



Sugar Hill
Recreation Guide

Fall 2018

ASSORTED CLASSES

ETIQUETTE I

Advance in your social learning skills in both formal and informal situations. Learn how to attain confidence, be polite, table manners, poise and posture, introductions and greetings and more! This class is open to boys and girls.

Class Schedule: Fridays, To Be Announced In October

Time: 5:30-6:30 pm

By: Aziza Modeling

Location: E Center, 5009 West Broad Street

Ages: 8-11

Fee: \$75

ETIQUETTE II

Advance in your social learning skills in both formal and informal situations. Learn how to attain confidence, be polite, table manners, poise and posture, introductions and greetings and more! This class is open to boys and girls.

Class Schedule: Fridays, To Be Announced In October

Time: 5:30-6:30 pm

By: Aziza Modeling

Location: E Center, 5009 West Broad Street

Ages: 10-16

Fee: \$75

INTRODUCTION TO PHOTOGRAPHY

Intro to Photography is a group photography course for beginner and intermediate photography. In this course, you'll learn DSLR operations, Shoot Manually, Studio and Natural Lighting Techniques, Model Portraiture, Editing, and so much more!

Class Schedule: Wednesdays, To Be Announced In October

Time: 6:30-7:30 pm

Location: E Center, 5009 West Broad Street

Ages: 12+

Fee: \$140-full session, \$15/drop-in



STARS OF SUGAR HILL - YOUTH

Darrell Grant is a professionally trained actor, writer and director. He's originally from Houston, TX. and received his Bachelor of Arts degree from Stephen F. Austin State University. Darrell is excited to share his passion for theatre performance and playwriting with the up and coming STARS of Sugar Hill. This year he will be teaching acting for students and adults.

Class Schedule: Wednesdays, To Be Announced In October

Time: 4:00-6:30 pm

Location: E Center, 5009 West Broad Street

Ages: 8-17

Fee: \$30/class

STARS OF SUGAR HILL - ADULT

Darrell Grant is a professionally trained actor, writer and director. He's originally from Houston, TX. and received his Bachelor of Arts degree from Stephen F. Austin State University. Darrell is excited to share his passion for theatre performance and playwriting with the up and coming STARS of Sugar Hill. This year he will be teaching acting for students and adults.

Class Schedule: Saturdays, To Be Announced In October

Time: 1:00-3:30 pm

Location: E Center, 5009 West Broad Street

Ages: 18+

Fee: \$30/class

MODELING

Bring your heels and learn how to walk the runway, poise and posture, commercials, monologues, voice projection, photo posing, make-up application and knowing your personal style! Open to boys and girls.

When: Saturdays, To Be Announced In October

Time: 12:30-1:45 pm

By: Aziza Modeling

Location: E Center, 5009 West Broad Street

Ages: 10 to adult

Fee: \$75

When: Saturdays, To Be Announced In October

Time: 12:30-1:45 pm

By: Aziza Modeling

Location: E Center, 5009 West Broad Street

Ages: 6-9 years old

Fee: \$75

When: Saturdays, To Be Announced In October

Time: 12:30-1:45 pm

By: Aziza Modeling

Location: E Center, 5009 West Broad Street

Ages: all ages

Fee: \$75

DANCE

TAP/BALLET

The class teaches 20 minutes of tap and 25 minutes of ballet. Since ballet is the basis for all dance technique, the combination of tap and ballet work hand in hand. The technical training is taught through ballet, which in turn helps teach the proper shifting of weights and patterns in movement for tap. Since children naturally respond to music and movement, all activities are executed to fun music. A Holiday Performance will be held on December 10th at 5:00pm at no additional costs to participants.

Class Schedule: Mondays, October 8th - December 10th

Time: 4:45 pm - 5:30 pm

Location: Sugar Hill Community Center

Ages: 3 yrs - 5 yrs

Fee: \$115

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!

BALLROOM AND SOCIAL DANCE CLASS

Covering Classic Ballroom Dances such as Waltz, Foxtrot & Tango, Rumba, Cha-Cha, East Coast & West Coast Swing and Popular Social Dances with relatable patterns such as Texas 2 Step, Night Club 2 Step, Salsa/Mambo, Merengue, Samba, Hustle & Shag.

When: Open Now - Mondays (except October 29th, November 5th, December 24th and December 31st)

Time: 6:00 pm - 7:00 pm (Beginners class at 5:30 pm)

Location: Sugar Hill Community Center

Ages: Teens and Adults

Fee: \$15 per class, pay as you go.

Please pre-register.



ARGENTINE TANGO

Join us for classes in Argentine Tango every Monday evening at 7:30 pm. Classes for beginners include 8 basic tango figures integrated with elements of improvisational direction changes, musical cadence variations, ochos, crosses, pivots, and turns. Class focus is on the fundamental structures of partnering for lead and follow and creating spontaneous in-the-moment tangos. No partner is needed to enroll and we change partners frequently throughout the class. We invite you to our classes to give movement, balance and joy to your life to the rhythm of Tango. Classes are taught by Tina Marie with Tango Eco and in conjunction with the Gwinnett Tango Society.

MISSION: Our mission is to promote tango as a social dance and evolving art form in our world culture while building & maintaining individual & community integrity, balance, & respect.

ABOUT: We dance and teach authentic Argentine Tango the way it is danced nightly all over the world. In tango there are no age, economic or race barriers. Music of tango is passionate and representative of many flavors, tempos, energies, and emotions, all moving us to dance in harmony with another. It asks us to get out of our heads and into our hearts. If you embrace tango, tango will embrace you.

ADDITIONAL: (PROS) Tango invigorates your body, rejuvenates your soul and improves coordination and is therapeutic. Tango makes us feel connected to community. Tango is the place where everyday life is left outside the door. It's a place we can feel, not think, and learn to enjoy what it means to be "in the moment". **(CONS)** May be habit forming and addictive. May take you to cities and places you never thought of visiting. May cause you to become gitty. May experience nights re-living moments of blissful dancing.

When: Open Now - Mondays

Instructor: Tina Marie Eaton, Tango Eco, Gwinnett Tango Society

Time: 8:00 pm – 9:00 pm

Location: Sugar Hill Community Center

Ages: Adults of all ages, beginners and all levels welcome

Fee: Purchase 4 class card - \$50, start immediately

Registration Notation: Advance registration. Call Tina at 678-469-5005 or register at www.TangoEco.com



FITNESS & HEALTH

ZUMBA

ZUMBA is a fusion of Latin and international music combined with easy to follow dance routines. This class will take you around the world in one hour without a passport. Burn a minimum of 500 calories while improving flexibility, strengthening your core and maximizing fat burn. Ditch the workout and join the ZUMBA Party!

Class Schedule: Thursdays, To Be Announced In October

Time: 6:30 pm - 7:30 pm

Location: E Center, 5009 West Broad Street

Ages: 15 yrs and up

Fee: \$6/drop in

PRIME TIME HEALTH AND BODY SYSTEMS

This interactive, engaging, multimedia course is a scientifically proven, healthy-aging program designed to help you fuel your body for optimal strength and longevity. Whole food nutrition is the key to mental and physical strength, health, and longevity. In these 9 topics over 4 weeks, you will learn how proper nutrition helps to prevent disease, sharpen thinking, boost energy, improve immune system function, and take your health to a new level with more skills and less pills simply by understanding the science of food and your body systems that use it. 1) Open Your Body's Internal Pharmacy – Practice Pills and Skills, 2) Make Health a Priority – Healthy Aging Process, 3) Move Waste From Your Waist and 4) Live Without Pain & Inflammation.

Class Schedule: Tuesdays, Dates Coming soon

Time: 10-11am or 5:30-6:30pm

Location: E Center, 5009 West Broad Street

By: National Board Certified Health and Wellness Coach, Stephanie Wolfe, The Whole Food Health Coach

Ages: Adults

Fee: \$79 (includes workbook and materials) *first six people to register receive \$10 off

NUTRITION ESSENTIALS

This fast-pace workshop is full of hands-on fun, offering health and nutrition essentials, with practical easy-to-apply information to improve your health journey. Learn how fats, proteins, and carbs work in your body and what is needed for prevention of sickness and disease, as well as how to build optimal health to live long and strong. The 4 pillars of health (Lifestyle, Exercise, Attitude, and Nutrition) covered in this workshop is the way to great mental, physical, and emotional health for the entire family. Topics include Traffic Light Eating, Brainsy Breakfasts, Skinny on Fats, Powering up with right Proteins, right Carbs, right Fats, and PLAY-fitness!

Class Schedule: Tuesdays, Dates Coming soon

Time: 10:30-11:30am or 5:30-6:30 pm

Location: E Center, 5009 West Broad Street

By: National Board Certified Health and Wellness Coach, Stephanie Wolfe, The Whole Food Health Coach

Ages: Adults

Fee: \$79 (includes workbook and materials, coaching, Q&A) *first six people to register receive \$10 off; half price for second family member

GENTLE PI. YO.

An expertly blended, moderate intensity, combination of Pilates and Yoga exercises to improve flexibility and balance, and strengthen core muscles. Use your own body weight to master a whole new level of body awareness and strength. Open to all ages and levels of ability. Bring an exercise mat and water.

Class Schedule: Tuesdays and Thursdays, To Be Announced In October

Time: 9:30 am - 10:30 am

Location: E Center, 5009 West Broad Street

Ages: 15 yrs and up

Fee: \$35/month

HATHA YOGA

A low impact form of exercise to improve strength and flexibility. Re-energize your body and mind in this one hour class that includes balance, stretching and relaxation. Ideal for beginners, people with mild physical limitations and those who need to relieve stress. Open to all ages and levels of ability. Bring an exercise mat and water.

Class Schedule: Wednesdays, To Be Announced In October

Time: 5:30 pm - 6:30 pm

Location: E Center, 5009 West Broad Street

Ages: All ages

Fee: \$35/month



FREE CLASSES

UNDERSTANDING AND MAXIMIZING YOUR SOCIAL SECURITY BENEFITS

Its possible to increase your lifetime benefits by over \$125,000 and more with the right strategy. A great resource for anyone who plans to retire in the next 15 years. Topics include: How your benefits are calculated, spousal and ex-spousal benefits, survivor benefits, potential taxation of benefits, early retirement and delayed retirement strategies, and more. How are COLAs calculated, and what to expect in future. Attend only one session. This is an education-only course provided by Robert Cox, RICP®, CFEI®, NSSA®, "The Retirement Educator" a professional retirement planner. www.retirefacts.com

Class Schedule: Thursdays, 10/4 or 11/8

Time: 6:30 - 7:45 pm

Location: Sugar Hill Community Center

Fee: Free

Pre-Registration is Required.

MEDICARE BASICS - 'WORKING THRU THE MEDICARE MAZE'

Great for you in planning your benefits strategy – or – just simply to get more information that will help you guide your parents in their choices. Learn the many facets and particulars of Medicare. Gain a foundation of Medicare Part A, Part B, Part C (Medicare Advantage) and Part D (Prescription Drug Plan). Areas include when to apply, how it interacts with private insurance, deductibles and what factors to include in choosing the right plan. An overview of Medigap (Supplement) plans is also provided. This is an education-only course provided by Robert Cox, RICP®, CFEI®, NSSA® "The Retirement Educator" a professional retirement planner.

Class Schedule: Thursdays, 11/15 or 12/6

Time: 6:30 - 7:45pm

Location: Sugar Hill Community Center

Fee: Free

Pre-Registration is Required.

ESTATE PLANNING: EVERYBODY NEEDS A WILL

We will cover the basics of Estate Planning. It is pretty common knowledge that a Last Will and Testament distributes your property when you die. But who will care for your children? Who will manage your affairs if you become disabled? Who will see to your medical care? How will your family know what to do? We will discuss Wills, Durable Financial Powers of Attorney, Advance directives for Healthcare and Living Trusts as tools to use in planning. James M. Miskell, instructor, an attorney with Asset Protection, Estate Planning and Elder Law practice offices in Lawrenceville and Johns Creek. www.letstalkestateplanning.com

Class Schedule: Tuesday, 10/2

Time: 6:30 - 7:45pm

Location: Sugar Hill Community Center

Fee: Free

Pre-Registration is Required.

WINNING THE COLLEGE ADMISSION GAME

College admission is not the same. It is more complicated and competitive than ever. The Game starts Day 1 of 9th grade. If you wait till senior year, you may have missed chances to get into the college of your dreams. Discover the most important factors in college admission. Know what to do from freshman year to graduation with less stress and more success.

Class Schedule: Saturdays, Dates Coming soon

Time: 12:00 - 1:00 pm

Location: E Center, 5009 West Broad Street

Ages: Middle/High School Students and Parents

Fee: Free

Pre-Registration is Required.

MAXIMIZE YOUR COLLEGE APPLICATION AND PERSONAL ESSAY

The application and the personal essay is your chance to share and to dazzle the college admission people with your unique self. It is often the hardest part because how do you communicate about yourself. Find out what the admission people are looking for and the best way to show it to them.

Class Schedule: Saturdays, Dates Coming soon

Time: 12:00 - 1:00 pm

Location: E Center, 5009 West Broad Street

Ages: Middle/High School Students and Parents

Fee: Free

Pre-Registration is Required.

HOW TO PAY FOR YOUR DREAM COLLEGE: FINANCIAL AID AND SCHOLARSHIPS

College costs are rising with no end. College costs till graduation can run into the tens of thousands. Then after graduation, there is college debt which never goes away. Learn how to maximize financial aid and scholarships benefits. The earlier you start the better your chances.

Class Schedule: Saturdays, Dates Coming soon

Time: 12:00 - 1:00 pm

Location: E Center, 5009 West Broad Street

Ages: Middle/High School Students and Parents

Fee: Free

Pre-Registration is Required.



MARTIAL ARTS

KARATE

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 beginner to Black Belt. Master Instructor: Shihan Dai Michael Hoffman – 6TH Degree Black Belt

FULL SESSIONS

Session 1: September 4th – September 27th
Session 2: October 2nd – October 30th
Session 3: November 1st - November 29th
(No class November 22nd)

SHORTENED SEASON

December 4th - December 20th

Classes resume January 8, 2019

Youth Class - Beginners Program:

Ages: 6 to 14 years
When: Tuesdays & Thursdays
Time: 6:15 pm – 7:00 pm
Location: Sugar Hill Community Center
Fee: \$65

Youth Class Beginners Program:

Ages: 6 to 14 years
When: Tuesdays & Thursdays
Time: 6:15 pm – 7:00 pm
Location: Sugar Hill Community Center
Fee: \$48

Youth Class - Intermediate/Advanced Program:

Ages: 6 to 14 years
When: Tuesdays & Thursdays
Time: 7:15 pm – 8:00 pm
Location: Sugar Hill Community Center
Fee: \$65

Youth Class - Intermediate/Advanced Program:

Ages: 6 to 14 years
When: Tuesdays & Thursdays
Time: 7:15 pm – 8:00 pm
Location: Sugar Hill Community Center
Fee: \$48

Adult Class - All rank levels:

Ages: 15+
When: Tuesdays & Thursdays
Time: 8:15 pm – 9:00 pm
Location: Sugar Hill Community Center
Fee: \$65

Adult Class - All rank levels:

Ages: 15+
When: Tuesdays & Thursdays
Time: 8:15 pm – 9:00 pm
Location: Sugar Hill Community Center
Fee: \$48



TAI CHI CHUAN

Often called “meditation in motion,” Tai Chi Chuan is a martial art that is characterized by slow, rhythmic, relaxed movements and is widely known for its health benefits. Tai Chi Quan has become increasingly popular around the world as a form of exercise therapy to reduce stress, lose weight, lower blood pressure, and promote general health and well being. Students will learn Yang style Tai Chi Quan forms, self-defense applications and will participate in Push Hands practice. Classes will be taught by Ching Yi Kung Fu Association certified instructor Dr. Mark VanShuyver.

Class Schedule: Saturdays, Dates Coming soon

Time: 2:00 to 2:55 pm

Location: E Center, 5009 West Broad Street

Ages: Adults; Seniors welcome

Fee: \$65/month

CHING YI KUNG FU

Ching Yi Kung Fu - Atlanta’s belt rank curriculum includes robust training in four Chinese martial arts systems that are commonly taught together, Taiji Quan, Bagua Zhang, Xingyi Quan, and Tanglang Quan (Praying Mantis Kung Fu). Students will learn traditional kung fu forms, self-defense applications, joint-locking and sticky-hands sparring. Classes will be taught by Ching Yi Kung Fu Association 6th Duan Black Belt instructor Dr. Mark VanSchuyver

Class Schedule: Saturdays, Dates Coming soon

Time: 3:00 to 3:55 pm

Location: E Center, 5009 West Broad Street

Ages: 13+

Fee: \$65/month



**COMING SOON:
The Ice Rink at Sugar Hill**

SUGAR HILL GOLF COURSE

EVENTS

Sat/Sun	Oct 20/21	SHGA members only
Sat	Oct 27	Big T 150 Charity event - must have a handicap
Sat	Nov 17	Two-Man Alt Shot - open to members and guests
Sat	Dec 15	Santa Charity - open to members and guests

SPECIAL RATES

Sugar Hill offers special rates for all active Military, Police, EMT, and Teachers.

GOLF CAMP

Check with I-9 sports to register your child for the next I-9 golf camp at Sugar Hill Golf Club. I-9 has camps in the Fall, Spring, and Winter

LESSONS

Lessons available by Scott Murphy, third generation golf professional and master club fitter.

Regular	45 minutes	\$45.00
Junior	30 minutes	\$20.00

RATES & BOOKING

Schedule your charity or business golf outings at Sugar Hill with the best rates in North Georgia.

Book the banquet room for meetings and parties \$250.00

Join our new range program for all the balls you want to hit \$200.00

New golf pass includes the range pass, Golf Association and discounted green fees \$275.00

Resident rates are now \$29.00 during the week and \$43.00 on the weekend.

Resident cards are purchased in the pro shop.

Junior rates – Pay by age for those younger than 16.

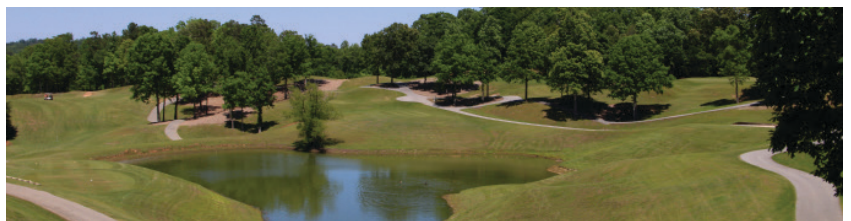
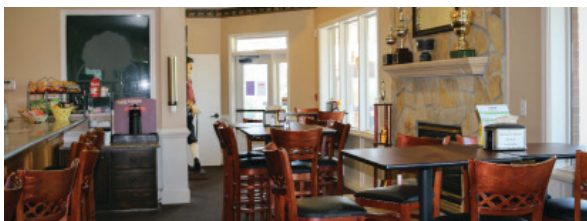
SUGAR HILL GOLF ASSOCIATION

Become part of the Sugar Hill Golf Association which includes a USGA handicap and 12+ tournaments a year \$100.00

Breakfast and Lunch served Tuesday – Sunday, call the grill at 770-932-9178

Free Wi-Fi now available in clubhouse. Check out our brand new website and free mobile app for smart phones that includes course GPS and flyovers. 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 | www.sugarhillgolfclub.com



RENTALS

SUGAR HILL COMMUNITY CENTER

The Sugar Hill Community Center is 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 one hundred (100) chairs, eight (8) five-foot-wide round tables, and fifteen (15) six-foot-long rectangle tables for your use during the rental.

THE COMMUNITY CENTER IS NOT RENTED BY THE HOUR.

One room rental: \$200 (Seniors, 55 yrs+: \$125)

Two room rental: \$300 (Seniors, 55 yrs+: \$175)

Rental Deposit: \$200 (Refundable)

Kitchen included in the rental rate.

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, 6 creek crossing bridges, sports lighting, street lights on pathways, unique pavilion playground facility, 3 picnic pavilions, 2 concession/restroom facilities.

Pavilion: \$75

Turf Field: \$50/hour, \$75/hour with lights

Grass Field: \$25/hour, \$50/hour 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
Sugar Hill, GA 30518
Mon – Fri, 8 – 5

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

Fill out and sign the registration form in the packet. Enclose payment. Payment may be made by personal check, money order, Visa, or MasterCard. This process does not guarantee you a spot in the requested program(s).

PLEASE MAKE CHECK PAYABLE TO:

City of Sugar Hill
5039 West Broad Street
Sugar Hill, GA 30518



Registration Form

Class	Dates	Age

Participant: _____ Participant/Guardian Signature: _____

Address: _____

City: _____ Zip: _____ Email: _____

Home Number: _____ Cell Number: _____ Emergency Number: _____

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 _____

770.831.7413 Monday – Friday, 8 am – 5 pm ■ 770.780.2494 Plaza Security or 770.945.6716 After Hours Number ■ 911 Emergencies

OFFICE USE ONLY

Signature of Sugar Hill Staff Completing Form: _____

TRANS # _____

Stipulations: _____

BAG #/DATE _____