

Recreation Therapy

Fall/Winter Programs



To register for these activities call Kelly at
770-254-5546, ext 203
Therapeutic Recreation puts FUN into FUNCTIONAL!



Hit The Trail Walking club

It's a walking club with your friends!!
Day: Wednesday's (no walks on bad weather days) **Registration is required.**
Date: Sept. 23—Nov. 11
Time: 4:00—5:00 pm
Where: First Ave. Park, Newnan. Bring a water bottle and wear you walking shoes for a leisure walk around the park!



Christmas Spirit Dance

Day: Tuesday, Dec. 15
Time: 7-9 pm
Cost: A treat for the food table
Age: Middle School to Adults
Where: Coweta Fair Grounds Main building. Dress in you Sunday best and join us for a night of dancing and fun! Parents are needed to chaperone, decorate & clean up. Call Kelly if you can help!



Health Fairs

Day: Sept. 16 & Oct. 13
Time: 9:00 till last student
Fee: None
Age: 3 & up
Where: Coweta Co. Recreation Dept. CCSO will host health fairs to provide athletes with the opportunity to see local doctors and nurses to have a Special Olympics medical completed at no cost to the parents. If you would like more information about the health fairs, please contact Kelly Abercrombie at 770-254-5546, ext. 203.



Bowling Fun

Day: Monday's (on going all year)
Time: 4-5 pm at Junction Lanes
Fee: \$3 each per week
This activity is for the entire family. For \$3 you can play as many games as you want for an hour—this includes shoe rental. No limit. Ramps are available for wheelchair bowlers. Let the desk worker know you are with Coweta Special Olympics. You do not have to be a Special Olympian to participate.



Tennis Lessons

Day: Tuesday's
Date: Sept. 15-Oct. 27 (NO CLASS Oct. 6)
Time: 5:30—6:30
Fee: None (**MUST REGISTER**)
Age: 12 & older
Where: Coweta Recreation Dept. Hospital Rd. All participants must have a Special Olympics medical on file before the first practice. Instructor will work on specific skills for the skills and individual competitions. team. All athletes must wear tennis shoes and bring a tennis racquet &



Power Lifting

Day: Every Thursday—September 10
Time: 7:00—8:00
Age: 16 & older (**must register**)
Where: Rutledge Inc., Hospital Road. **Fee:** None
Athletes will work on specific skills needed to perform the bench press, squat and dead lift. Athletes participating will be considered for the state Special Olympics team.



Co-ed Cheerleading

There are a three slots left on the Southern Stars "Superstars" team- a co-ed special needs competition cheerleading squad. The team won Nationals last year and placed 3rd at World's. If you are interested in your child trying out for an exciting sports team, please contact Kathy at the Newnan School of Gymnastics at 770-254-0637. The team practices every Saturday from 11-12.



Registration Begins August 31, 2009

Join OUR VOLUNTEER FORCE

We need volunteers for sports, arts & crafts and social activities provided to the Special Education students & Special Olympians of Coweta County. Volunteers are also needed for fund raising events and committee positions. Call Kelly!

Activities are