



# Health & Wellness



## About

### HEALTH AND WELLNESS

Alpharetta's Health & Wellness Program offers a myriad of opportunities that promote physical and mental well-being. Programs are intentionally designed for all levels and ages to engage in various activities so that everyone can enjoy being active, connect with their community and engage in educational enrichment activities.

Events and classes are added throughout the year. Full schedule can be found throughout this Newsletter.

## Inside:

[NEW Balanced Kids Atlanta](#)

[CPR & First AID Classes](#)

[Health and Wellness Events \(must register\)](#)

[Health & Wellness FREE Class Calendar](#)

[Adult Athletics](#)

[Address Locations](#)

[Trail Map & Miles](#)



# BalancedKids ATLANTA

Introductory clinic will teach kids how to confidently ride on 2 wheels in a fun and supportive environment! They are designed to help kids learn the **FUNDamentals** of riding a bike while guiding parents learn how to support their young riders.



## Learn & Overcome

BIKE RIDING CLASSES



### Highlights

Location: Preston Ridge  
Community Center

Monthly clinics



@BalancedKidsAtlanta



# ALPHARETTA

DEPARTMENT OF PUBLIC SAFETY

## Community First Aid

Learn critical skills to respond to and manage an emergency in the first few minutes until EMS arrives. You will learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. Age 13-17 allowed with parent or guardian.



SCAN WITH YOUR  
TO REGISTER



## Family & Friends CPR

This one-day course teaches the lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child, or infant. Skills are taught in a dynamic group environment by using the American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Age 13-17 allowed with parent or guardian.



### LOCATION

ROSWELL-ALPHARETTA  
PUBLIC SAFETY TRAINING  
CENTER - 11565 MAXWELL RD,  
ALPHARETTA, GA 30009

AVAILABLE


NOW



## CLASSES

CLASSES ARE YEAR ROUND AND DOES NOT SUPPLY A CERTIFIED CERTIFICATE

# Health & Wellness EVENTS

SCAN WITH YOUR   
TO REGISTER FOR  
THESE EVENTS



**OCT  
27**

## **BIKE RIDING CLINIC**

Balanced Kids Atlanta bike riding clinics teach kids how to confidently ride on two wheels in a fun and supportive environment! This one day clinic is designed to help kids learn the fundamentals of riding a bike while gaining confidence and learning a life long skill.

**NOV  
03**

## **FAMILY FRIENDS CPR**

his one-day course teaches the lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child, or infant. Skills are taught in a dynamic group environment by using the American Heart Association's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible. Age 13-17 allowed with parent or guardian.

**NOV  
09**

## **TREE CLIMBING**

Discover a sense of joy and exhilaration as you learn a fun, safe way to ascend a tree with a ropes/saddle system. Intro course with climbs tailored to be challenging or leisurely. An adventurous, confidence-building experience for all ages and abilities; families welcome! Climbers under 17 must be accompanied by an adult; no cost for adult if not climbing.

**NOV  
16**

## **BABYSITTER BOOTCAMP**

Learning babysitting skills is not just about changing diapers! In Babysitter Boot Camp® Certification class participants learn the business of being a good babysitter through safety skills, etiquette, marketing, choosing age appropriate and fun activities, and knowing what parents are looking for when they hire a babysitter. This is a great class for older siblings, camp counselors, neighborhood babysitters, children coming home from school alone, and Girl & Boy Scouts

**DEC  
01**

## **TINKERGARTEN**

Purposeful Play proudly presents Tinkergarten Explorers with Ms. Lynda! Play-based classes designed thoughtfully and geared toward getting families outdoors and developing critical skills. Offered to a mixed age group (recommended for 18 months to 8 years) accompanied by a caregiver following the Tinkergarten curriculum. We play through songs, stories, movement, and exploration.

**DEC  
02**

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**DEC  
07**

## **HOME ALONE BOOTCAMP**

Discover a sense of joy and exhilaration as you learn a fun, safe way to ascend a tree with a ropes/saddle system. Intro course with climbs tailored to be challenging or leisurely. An adventurous, confidence-building experience for all ages and abilities; families welcome! Climbers under 17 must be accompanied by an adult; no cost for adult if not climbing.

# Health & Wellness Calendar



## HEALTH AND WELLNESS: OCTOBER - DECEMBER

The Health and Wellness calendar is updated monthly and does not reflect any last minute class cancellations.

All Health and Wellness Fitness is FREE and open to all who are able to join. For any class cancellations, please follow us @alpharettaparks on Instagram. If you have any questions you can email us at [wellness@alpharetta.ga.us](mailto:wellness@alpharetta.ga.us) or call us at 678-297-6194.

Calendar reads Monday - Sunday classes for the month of October - December.



**NH**  
**NORTHSIDE HOSPITAL**  
**ORTHOPEDIC INSTITUTE**  
**SPORTS MEDICINE**



CLASS	TIME	LOCATION	SCHEDULE	AGES
50+Yoga	8:45-9:45am	Adult Activity Center	Mon,Wed, Fri	50+
Chair Yoga	10-11am	Adult Activity Center	Mon,Wed,Fri	50+
Total Fitness (Step Class)	9:30-10:30am	Wills Park Recreation Center	Mon, Wed, Fri, Sat	16+
Tai Chi	10-11am	Adult Activity Center	Mon, Wed, Fri	50+
Aerobics (Instructor or Video)	11am-12pm	Adult Activity Center	Mon, Wed, Fri	50+
Cardio Dance - Bilingual	6:30-7:30pm	Wills Park Recreation Center	Tue,Thu	All ages
Yoga with Magda	7:30-8:30pm	Wills Park Recreation Center	Tue	All ages
Alpharetta Barre	9:30am-10:15am	Preston Ridge Community Center	Wed	40+
Strength and Stretch with Alpharetta Barre	10:30am-11:15am	Preston Ridge Community Center	Wed	40+
Alpharetta Barre (essentrics)	9:30am-10:15am	Preston Ridge Community Center	Thu	40+
TriYoga	11am-12pm	Preston Ridge Community Center	Fri	40+
Zumba with Erika	7pm-8:30pm	Preston Ridge Community Center	Tue	All Ages
Lift Yoga	9-10am	Formal Garden - Down Town Alpharetta	Sat	All Ages
Yoga with Lily	9:30-10:30am	Formal Garden - Down Town Alpharetta	Sun	All Ages
MMM Soul Satisfying Meditation	12:15pm-1pm	Preston Ridge Community Center	Tue	40+
Basic Beginner Line Dance	10am-10:50am	Preston Ridge Community Center <hr/> Adult Activity Center	Tue <hr/> Thu	40+ <hr/> 50+
Beginner Line Dance	11am-11:50am	Preston Ridge Community Center <hr/> Adult Activity Center	Tue <hr/> Thu	40+ <hr/> 50+

# HOLIDAY

## Health & Wellness Notes

- Lift Yoga Classes starting first weekend of APRIL
- Alpharetta Barre & Essentrics Wednesday
- Class will be outside starting May-Aug.
- No "Zumba with Erika" on the 3rd Tuesday of each month
- Yoga mats are not provided

## Class Cancellation

All class cancellations will be announced on the @alpharettaparks Instagram page OR listed within the newsletter.

For Health & Wellness questions, please contact us at 678-297-6194

Alpharetta Barre Classes Canceled: October 9- 17



# SPORT NEWS



## THE SPORT NEWS

# ADULT ATHLETICS

1

### Softball

Adult Softball - Men's and Coed  
USSSA League.

2

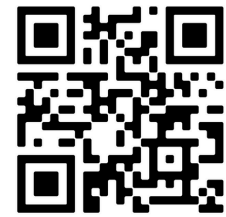
### Basketball

Adult Basketball - three different  
leagues / 8 games

3

### Flag Football

Adult Flag Football - NIRSA coed  
league



SCAN ME



City of Alpharetta Adult Athletics  
[athleticprograms@alpharetta.ga.us](mailto:athleticprograms@alpharetta.ga.us)  
678-297-6130





# Alpharetta Parks

LOCATION

*Live Well...Be Cool...Have Fun!*



# Location



## **Locations:**

- **Adult Activity Center: 13450 Cogburn Road**
- **Brooke Street Park: 2 Park Plaza // Behind City Hall \*\*\* Parking located on street or in parking deck only.**
- **Formal Garden: 2 Park Plaza // Next to the Alpharetta Library**
- **Farm at Old Rucker Park: 900 Rucker Road**
- **Innovation Academy: 125 Milton Avenue (field behind the school)**
- **Preston Ridge Community Center: 3655 Preston Ridge Road**
- **Rock Mill Park: 3100 Kimball Bridge Road**
- **Roswell Alpharetta Public Safety Training Center: 11565 Maxwell Road**
- **Town Green: 2 Park Plaza (by fountains)**
- **Wills Park Grand Pavilion and Alpharetta Community Center: 175 Roswell Street - Event Lawn/Pavilion behind the ACC**
- **Wills Park Lion's Club Pavilion: 11925 Wills Road by Wacky World Playground**
- **Wills Park Pool: 1815 Old Milton Parkway**
- **Wills Park Recreation Center, Gym, Multipurpose room, and Pavilions: 11925 Wills Road**
- **NEW "Pocket Park" - Waters Road Park: 3395 Kimball Bridge Road**
- **NEW "Pocket Park" - Mid Broadwell Park: 1480 Mid Broadwell Road**

# Health & Wellness Trail Map

## PARK TRIALS

Cogburn Road Park - 0.2-mile path.

North Park - 1 mile trail

Webb Bridge Park - 1.7 mile trail

Wills Park - 1.8 mile trail

Big Creek Greenway - 8 mile one way; joins 1.5 loop

Mt Adams Nature Trail - 1.3 mile loop

## DOWNTOWN WALKS

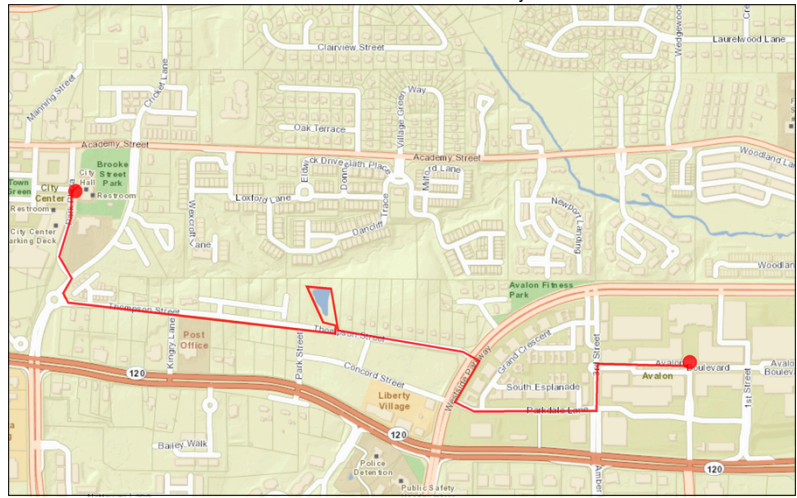
City Center Stroll - 0.75 mile

Taste of Alpharetta Loop - 1 mile

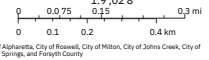
Downtown to Avalon - 3 mile round trip

Alpha Loop NEW\*

Avalon Walk 1.5 mile one way



October 14, 2019

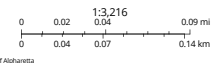


City of Alpharetta, City of Roswell, City of Milton, City of Johns Creek, City of Sandy Springs, and Forsyth County  
City of Alpharetta Georgia  
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Taste of Alpharetta Loop 1.1

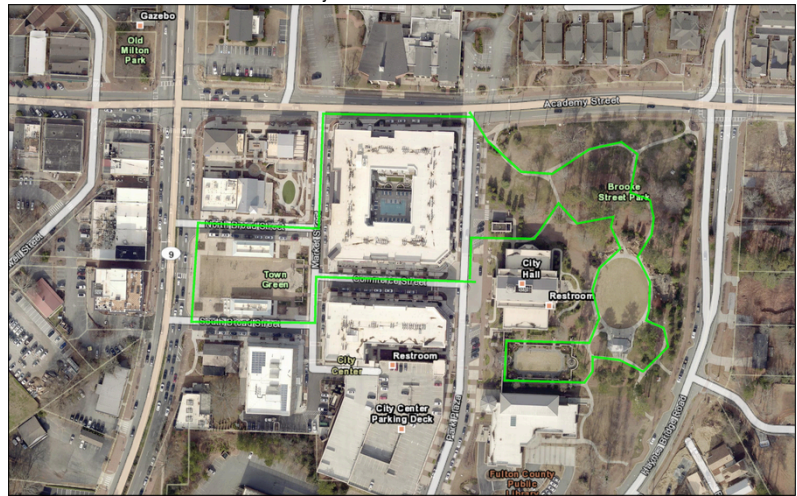


1/30/2024

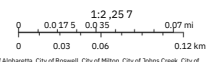


City of Alpharetta

City Center Stroll .75 mi



October 14, 2019



City of Alpharetta, City of Roswell, City of Milton, City of Johns Creek, City of Sandy Springs, and Forsyth County  
City of Alpharetta Georgia  
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# Health & Wellness



## *Scarecrow Harvest*

CITY OF ALPHARETTA

**Walk around City of Alpharetta to see amazing scarecrows!**

