

ACTIVITY GUIDE

FALL~WINTER 2009/10



CULLMAN CITY PARKS & RECREATION



www.cullmanrecreation.org

256-734-9157

Senior Spirit

The Senior Spirit is a program sponsored by the Cullman City Parks and Recreation Department and focuses on providing recreational, social and leisure opportunities for those over 50. There is no membership fee. Programs are offered in the Donald E. Green Senior Center at 1621 Cleveland Ave. S.W.

Fitness for Life

A great program of fitness, exercises and fun! Join in on a walking and stretching class that will boost your energy.
Date: Year-round
Morning and Afternoon
Mon, Wed, and Fri.
Time: 8:00 a.m. — 9:15 a.m.
1:00 — 2:00 p.m. (Walking)

Line Dancing

Join other seniors as they line dance to the hottest tunes! A low impact aerobic workout.
Date: Year-round
Mon, Wed, and Fri
Beginners: 9:15 — 10:00 a.m.
Intermediate: 10:00 — 11:00 a.m.
Instructor: Sherry Boatright

Senior Spirit Kickers

A chorus line of advance line dances and high kicks for experienced dancers.
Date: Wednesdays
Time: 2:00 — 4:00 p.m.
Instructor: Sherry Boatright

Senior Spirit Singers

Come together with other seniors to sing old time gospel hymns. This group is available to sing at Revivals, Special Events, Assisted Living facilities and Nursing Homes in the Community.
Practice: Mondays 10:00 a.m.

Quilting

Return to days gone by joining others around the quilting frame for an old fashion quilting bee.
Date: Mondays
Time: 1:00 p.m. (Jan. — Mar.)
Our goal is to quilt one or more quilts a year to be raffled for the senior programs.

3 —D Art Classes

3 Dimensional Art is the art of hand crafting several identical prints. Achieving realism in a picture cut from several prints, shaped and glued in levels to create dimensions, dropping a background in each level.
Date: Mondays

Time: 1 p.m.

Instructor: JoAnn McDermott

Art Classes

Art classes in oils, acrylics and other venues. Students are responsible for furnishing their own supplies.
Date: The 1st Tuesday of each month January — October.
Time: 8:30 a.m. — 12:30 p.m.
Instructor: Nella Fae Briscoe
Cost: \$10 per class.

Fun & Games

Rook, Phase 10 and other card games are a few of the fun things on Tuesday mornings. Bring a friend or make new ones with this day of fun and fellowship.
Date: Year — round on Tuesdays
Time: 9:00 a.m. — until

Tripoley

Tripoley, the game that combines three all time great games, Rummy Poker and Hearts.
Date: Wednesdays
Time: 1 p.m.

Bingo

Date: Every Tuesday
Time: 1 p.m.
Cost: Free

Bunco

A parlor game played with dice.
Date: 1st Monday of the month
Time: 1 p.m.
Cost: \$2.00 Prizes Awarded

Pool Table & Checkers

Date: Mon., Wed., Fri.
Time: 9:30 — 11:00 a.m.
12:30 — 4:00 p.m.
Tuesdays — 8:30 a.m. — 4:00 p.m.

Lunch Bunch

Join us the 2nd Friday of each month at 11 a.m. as we gather for lunch at local restaurants for a time of fellowship and good food.
Sept. — Rumor's Deli
Oct. — Cracker Barrel
Nov. — Bryant's Seafood
Dec. — Brandin's Iron

Breakfast Bunch

Come together for a time of food, fellowship and gathering around the breakfast table.
Date: 3rd Sat. of every month
Time: 9:00 a.m.
Location: The Dodge House
A non-smoking Restaurant Located @ Dodge City
Cost: (Dutch treat)

Library

If you like to read, we have Mystery, Western, Romance, and Classics & Novels. Check out by honor system.

Coming Soon

Wii Bowling League
Exercise Room

The Wed. Night Dance

Dance the night away with Capt. Joe King and Genelle, Offering a wide genre of music.
Light refreshments provided.
Date: Wednesday Nights
Time: 7:00 — 9:30 p.m.
Cost: \$4.00 per person

Music & Karaoke

Try your talent at singing or enjoy listening and dancing to others as Roy Moon provides music and karaoke for an afternoon of entertainment.
Date: 3rd Friday of each month
Time: 1:00 — 3:00 p.m.
Cost: FREE

Special Parties

Join us throughout the year as we celebrate birthdays, anniversaries, holidays and special events.

Senior Spirit Travel

Senior Spirit tours require a min. of 30 passengers to go on the motor coach. An advance deposit is required to confirm your reservation and should be paid by deposit deadline or the trips will be cancelled.

Talladega Motor Speedway Museum & Alabama Industry for the Deaf and Blind

Thursday, October 1, 2009
Cost: \$100.00
Trip includes transportation, admissions and lunch with gratuity
Deadline to register Sept. 16, 2009

Smokey Mountain Christmas

Nov. 30 — Dec. 4, 2009
Pigeon Forge, TN
5 Days 4 Nights
Cost: \$565 per person
Based on Double Occupancy
\$75 due at registration
Balance due November 1st.
Price includes: Motor coach transportation, 4 nights lodging @ the Governor's Inn, 10 Meals — 4 continental breakfasts — 2 lunches — 4 dinners, 5 shows — Smith

Family, Tennessee Shindig, The Miracle, Black Bear Jamboree and Country Tonight

Jekyll Island & Beaufort & Savannah, GA

March 22 — 26, 2010
Cost: \$499.00
Based on Double Occupancy
\$75 due at registration
Balance due January 14th.
Price includes: Motor coach transportation, lodging, 8 meals and much more.

For more information or to make your reservation for any of these trips contact Angie Jochum at 734-4803. Limited space available.



CULLMAN CITY PARKS AND RECREATION Fall/Winter 2009-10 Special Events

Phone Calls from Santa

We have Santa's direct line from the North Pole! The City of Cullman Parks and Recreation Department has talked to Santa and he asked us to make sure we have the names and numbers of the children who would like a phone call from him this year. This program is open to Cullman County residents only. Sign-ups begin December 1 and will be taken until either all spots are filled or December 18th at 5:00

p.m. Calls will be made on Monday, December 21 from 10 a.m.-6 p.m. only. Santa can't be responsible for children who aren't home for his call, so participants should be home during the chosen call time. To sign up, parents can call the Cullman Civic Center at 734-9157 to get on the list!
DATE: Monday, December 21st
REGISTRATION DATES: Monday, December 1 through Friday, December 18th (or when filled)
TIME: 10am to 6pm
COST: FREE
AGES: 0-12

Christmas in the Park

The City of Cullman's official

Tree Lighting Ceremony will be held at Depot Park on Saturday, December 5th from 4-6pm. Come and enjoy this wonderful evening filled with entertainment and a visit with Santa Claus! Bring the whole family to see the beautiful display of lights, enjoy the music, Santa, and more! (Parents, please bring your own camera for Santa photos).
DATE: Saturday, December 5
TIME: 4-6pm
LOCATION: Depot Park
COST: FREE
AGES: EVERYONE INVITED!!

Christmas Arts and Crafts Show

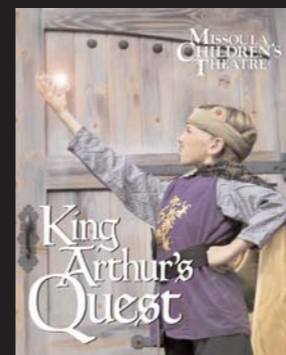
The 2009 Christmas Arts and

Crafts Show will be held on Friday, December 4 from 9am-9pm and Saturday, December 5 from 9am-5pm at the Cullman Civic Center. This is a great opportunity to get some unique gifts for friends and family. This is a juried show and no food items are allowed.

EXHIBITORS

If you would like to be an exhibitor, please come by the Cullman Civic Center to pick up an application or call 256-734-9157. The application deadline is October 31. The booth fee is \$45 for an 8x8 space. This show is open only to vendors with original works. Only

original works may be sold. NO KITS, ASSEMBLIES, IMPORTS OR FOOD ITEMS.



Missoula Children's Theatre — King Arthur's Quest
The Missoula Children's Theatre

has provided quality education, entertainment and enrichment for all ages through the performing arts. We will be hosting the theatre once again as we present a local performance of King Arthur's Quest. Auditions for the show will be held on Monday, January 18, 2009 at 3:30 p.m. at the Cullman Civic Center. Two performances will be held on Saturday, January 23 at 2 p.m. and 6 p.m. There is no cost for auditioning for this program, but those receiving parts should be prepared to practice every night throughout the week with no exceptions. Auditions are open to all children K-12. Costumes

are provided. Chosen actors will be asked to pay a \$20 fee, which includes 2 Parents' Tickets good for both shows.

Couch to 5k Classes

This program offers an opportunity to train and successfully run your first 5K. Whether you have never laced up a pair of running shoes or have been away from physical activity for a period of time, this program will help you achieve your goal. Weekly sessions combined with individual training prepares you and will allow you to enjoy the sport of running in a fun and low

stress environment. The program is open to ages 18 to 80 and couples are welcome. Because this is a group program, you have the chance to make new friends who share a common goal and will offer support to keep you motivated. Your new found friends will possibly become your running buddies as you continue with your newly discovered passion for running and physical fitness. Class is \$50 for the 10 week session. Class begins on October 20th with a meet and greet at the Wellness & Aquatic Center. Register today at the Civic Center.



Cullman GOLF Course

Cullman Golf Course Fall Tournament Schedule

August 29th & 30th
Buck Shear Memorial
September 12th
Christian Fellowship Scramble
September 19th
Glory Fellowship Scramble
September 19th & 20th
Cullman County Senior Champ.
September 26th
Cullman Co. Vol. Fire Dept.
October 1st
Farmer's Poultry
October 3rd
Cullman H.S. Cheerleaders
October 10th & 11th
Cullman Co. Championship
October 16th
Cullman Electric Co-Op
October 31st
1st Baptist Church of Cullman
November 14th
Coca-Cola Employee

Fall Junior Golf Program
September 1st — December 31st
\$160 per participant (Ages 8-19)
No charge Monday — Friday and weekends/holidays after 12:00.



Golf Pro - Ches Harris • Phone: 739-2386

The Cullman Golf Course is located on Golf Course Road off of Highway 31. Enjoy the challenge of this 18-hole, 72 par scenic course which includes a practice putting green, club house and pro shop, and a lighted driving range.

Weekday RATES

18 walking - \$17
18 riding - \$28
9 walking - \$13
9 riding - \$20
Twilight walking - \$14
Twilight riding - \$21

Weekend RATES

18 walking - \$20
18 riding - \$33
9 walking - \$16
9 riding - \$23



Our Commitment To You

The Cullman City Parks and Recreation Department is committed to the provision of well-designed parks and recreation areas for the present and future needs of the citizens of Cullman. It is our goal to continually assess the leisure pursuits of our patrons and to develop recreational programs to meet their needs. All individuals utilizing the facilities are subject to the rules and regulations of the Cullman City Parks and Recreation Department, the laws of the City of Cullman, and the state laws of Alabama.

Department Registration & Participation Guidelines

ADVANCE PAYMENT is advised and will ensure a space in the class/program.

THE DEPARTMENT is NOT responsible for injuries while participating in any of its activities.

AUDITING OF CLASSES is not allowed.

NO TRANSFER TO CLASSES

PARTICIPANTS enrolled in a class and unable to participate due to extreme circumstances will be allowed to enroll in a later class at no charge. Eligibility is left to the discretion of the program supervisor. CLASS SIZE is limited & will be filled on a first come, first serve basis. Classes reaching capacity will start a wait list.

CLASS DATES & TIMES are contingent on availability of facility and are subject to change. Every effort will be made to notify those affected.

POLICY ON CHILDREN — Participants are not permitted to bring children with them to class. Enrollment age for each class is included with the description of most of the classes.

CANCELLATIONS — In case of inclement weather, please listen to local radio and television stations. Announcements will be made periodically during the day. Every effort will be made to notify the participants.

MIN/MAX — There is a minimum number of participants needed before a class can go. If a sufficient number does not register, the class will be cancelled. Ensure your choice — register now!!!

ALL CLASSES/PROGRAMS/EVENTS are subject to cancellation due to insufficient registration.

PARTICIPATION in any class/program/event constitutes permission to use likeness in promotional materials.

Cullman City Parks and Recreation Board

Mr. Don Hubbard,
President
Mr. Mark Aderhold
Mr. Herbert Arnold

Mr. Woody Jacobs
Dr. Beth Johnson
Mr. Rusty Turner
Dr. Lisa Weeks

Cullman City Council

Max A. Townson,
Mayor
Mr. Garlan Gudger,
Jr., President
Mr. John Cook

Mrs. Jenny Folsom
Mr. Clint Hollingsworth
Mr. Andy Page

Contact Us

John Hunt, Director of Parks
256-775-7946

Cullman Wellness & Aquatic Center
256-775-7946
cwac@cullmanrecreation.org

McGukin Civic Center
256-734-9157
civiccenter@cullmanrecreation.org

Heritage Park/Field of Miracles/Athletics
256-739-9931
heritagepark@cullmanrecreation.org

Donald E. Green Senior Center/Ingle Park
256-734-4803
seniorspirit@cullmanrecreation.org

Cullman Gymnastics & Cheer Academy
Team: 256-739-6762
cullmanelite@yahoo.com
Recreation: 256-739-5567
cullmangymnastics@yahoo.com

Hurricane Creek Park
256-734-2125
rocjoc8@yahoo.com

Cullman Golf Course
256-739-2386
golf@cullmanrecreation.org

Nesmith Swimming Pool
256-734-2585 (seasonal)
swim@cullmanrecreation.org



Cullman Gymnastics and Cheer Academy

FALL/WINTER Gymnastics & Cheer SCHEDULE

Mom & Me

Monday 9:00
Monday 5:30
Tuesday 9:00
\$32

Preschool

Monday 9:30
Monday 4:30
Monday 5:30
Tuesday 9:30
Tuesday 3:30
Wednesday 3:30
\$35

Kindergym

Monday 3:30
Tuesday 5:30
Wednesday 4:30

Beginner:

Monday 3:30
Tuesday 5:30
Wednesday 4:30
\$40

Boys:

Monday 4:30
\$40

Cheer/Tumble:

5, 6 & 7 year
Beginner Tuesday
3:30
8 & up Beginners
Tuesday 4:30
\$40

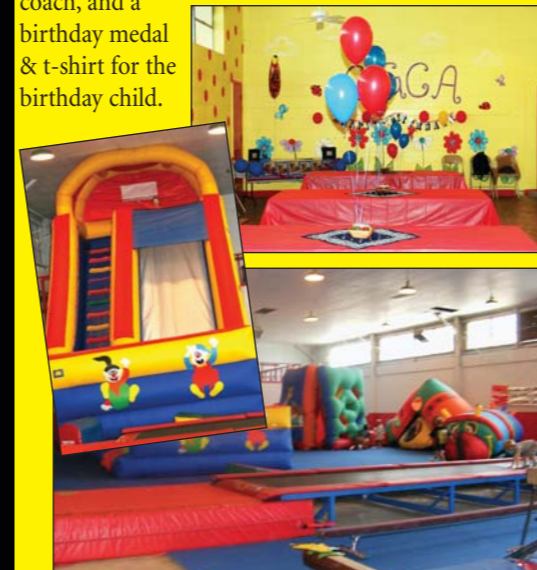
Intermediate & Advanced Tumblers

Monday 6:15
Wednesday 3:30
**You must have your handspring on your own to be in the intermediate/advance class.*
\$40



BIRTHDAY PARTY ROOM!

Want a unique place for your next birthday party? Have it at the CGCA Birthday Party Room! Our staff will create all the activities for a fun and different party! Birthday Parties! \$150 for 1 1/2 hours, \$200 for 2 hours. Fee includes facility rental, inflatable slide, coach, and a birthday medal & t-shirt for the birthday child.





At Chester
Freeman
Park

Building a Stronger, Healthier Community

Fitness Schedule & Description

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM		Target (Elisha)		Target (Elisha)		
5:15 AM	Cycle (Lori)		Cycle (Ellen)		Cycle (Lori)	
5:30 AM		Target (Elisha)		Target (Elisha)		
7:30 AM	Classics (Sheila R)		Classics (Sheila R)		Classics (Sheila R)	
8:00 AM						Cycle (Lori/Laura)
8:30 AM	Cycle 30 Min (Stephanie)	Cycle (Sandy)	Muscle Works (Stephanie)	Cycle (Laura)	Cycle 30 Min (Sandy)	
9:00 AM	Butts & Guts (Stephanie)				Target (Sandy)	Pilates (Alternating)
9:30 AM		Pilates (Stephanie)		Pilates (Stephanie)		
10:00 AM	SilverSneakers® MSROM (Sheila F)		SilverSneakers® MSROM (Crystal)			
11:00 AM	Stroke & Arthritis (Sheila F/Crystal)		Stroke & Arthritis (Sheila F/Crystal)		Stroke & Arthritis (Sheila F/Crystal)	
12:15 PM	Group Training (Sheila F)		Group Training (Sheila F)		Group Training (Sheila F)	
3:30 PM		S.T.O.M.P. (Carl)		S.T.O.M.P. (Carl)		
4:30 PM	Step & Sculpt (Sheila F)	Boot Camp (Sheila R)	Muscle Works (Sheila F)	Circuit (Sheila F)		
5:30 PM	Ab Lab (Stacey)	Pilates (Justina)	Cycle 30 Min (Stacey)			
6:00 PM	Cycle (Lori)	Cycle (Ellen)	Target (Stacey)	Cycle (Stacey)		
6:00 PM	MMA Cardio (Joey)			MMA Cardio (Joey)		

- SilverSneakers® MSROM** Designed to increase Muscular Strength, Range of Motion, and activity for daily living skills.
- Classics** Total body muscle toning designed to improve strength, balance and flexibility.
- Stroke & Arthritis** Group support & exercises for members suffering from stroke/arthritis.
- Yoga** A series of poses with an emphasis on breathing, concentration, flexibility and toning.
- Pilates** Classic core conditioning exercises specifically selected to tone abs, arms and legs.
- Target** 30 min total body workout with high intensity intervals using weights.
- Cycle** A challenging and fun 45 minute workout featuring varied aerobic and anaerobic intervals.
- Boot Camp** Utilizing a military style format, coupled with progressive, innovative, & creative exercise.
- Muscle Works** Incorporates muscle training using tubing, Resist-a-balls, hand weights and medicine balls.
- Step & Sculpt** Combination of step aerobics and muscle toning.
- Circuit** Short and high intensity aerobic intervals targeting upper and lower body muscles.
- Group Training** 30 minutes of group personal training session.
- MMA Cardio** Intense, high energy mixed martial arts class.
- Ab Lab** This is an ab blasting and low back strengthening workout. (30 minutes)
- Butts & Guts** 30 minutes of glute work & core strengthening.
- S.T.O.M.P.** Strong Teens Offer More Power is a fun and challenging 45 minute class for ages 10-14.

Fitness Managed By
CULLMAN REGIONAL MEDICAL CENTER



Fall/Winter Indoor Pool Schedule

Monday	5:00am — 8:00am 5:30am — 7:00am 8:00am — 9:00am 9:00am — 9:00pm	Open Swim/Lap Swim Swim Team Water Aerobics Open Swim
Tuesday	5:00am — 8:00am 5:30am — 7:00am 8:00am — 9:00am 9:00am — 4:30pm 4:30pm — 6:00pm 6:00pm — 7:00pm 6:00pm — 7:00pm 7:00pm — 8:00pm 8:00pm — 9:00pm	Open Swim/Lap Swim Swim Team Water Aerobics Open Swim 12&under Swim team 13&over Swim team Water Aerobics Swim Lessons Open Swim
Wednesday	5:00am — 8:00am 5:30am — 7:00am 8:00am — 9:00am 9:00am — 9:00pm	Open Swim/Lap Swim Swim Team Water Aerobics Open Swim
Thursday	5:00am — 8:00am 5:30am — 7:00am 8:00am — 9:00am 9:00am — 4:30pm 4:30pm — 6:00pm 6:00pm — 7:00pm 6:00pm — 7:00pm 7:00pm — 8:00pm 8:00pm — 9:00pm	Open Swim/Lap Swim Swim Team Water Aerobics Open Swim 12&under Swim team 13&over Swim team Water Aerobics Swim Lessons Open Swim
Friday	5:00am — 8:00am 5:30am — 7:00am 8:00am — 9:00am 9:00am — 7:00pm	Open Swim/Lap Swim Swim Team Water Aerobics Open Swim
Saturday	7:00am — 5:00pm 7:00am — 10:00am	Open Swim/Lap Swim Swim Team
Sunday	1:00pm — 6:00pm	Open Swim

2 Pool Lanes are always open during regular hours for lap swim.

Get Certified!

Call ahead to sign up or for more information.
775-SWIM(7946) Ext 24

Water Safety Instructor Classes — by the Red Cross.
November 30th — December 4th.

Lifeguard Instructor Classes —
December 7th — December 11th.

Get Your Membership TODAY!

Full Membership

Contract	Individual	Family
12 Month	\$45/Month	\$65/Month
6 Month	\$52/Month	\$72/Month

Fitness Only Membership

Contract	Individual	Family
12 Month	\$35/Month	\$55/Month
6 Month	\$42/Month	\$62/Month

Aquatics Only Membership

Contract	Individual	Family
12 Month	\$35/Month	\$55/Month
6 Month	\$42/Month	\$62/Month

Fitness — 775-7946 Ext 30
Aquatics — 775-7946 Ext 24 or 23
Main Line — 775-SWIM (7946)

a positive, healthy,
energetic
family oriented
atmosphere



CULLMAN CITY PARKS & RECREATION



COMMUNITY CLASSES

FALL~WINTER 2009/10

Register for all these classes and more at the Civic Center today!

Dog Obedience Classes



Teach your dog some manners! Bring out your favorite puppy or adult dog to this class for an amazing teaching experience. Sessions are 6 weeks. Please call instructor Sheri Davis at 734-4356 for the next class session. TIME: Puppy 6pm-7pm, Adult Dog 7pm-8pm. COST: \$50 for 6 week class. Instructor is Sheri Davis 734-4356. Times and Dates TBA, call the Civic Center for future dates.



Cullman Community Archery Park Located at the brand new Heritage Archery Park located across from the Cullman Golf Course We are proud to introduce our new archery park with exciting new programs starting fall of 2009! City Parks and Recreation will offer youth after school programs and youth day camps endorsed by the Archery Trade Association.

Discover Archery is an ASAP (after school archery program) class that combines proven teaching techniques with lesson plans, instructor training, and easy equipment access. This six weeks course will teach effective shooting form, explore archery styles, and use scoring games to test form and accuracy.

Saturday Classes Starting: September 26th
10:00 am — 11:00 am

Ages 8-17

\$45.00

All equipment, educational materials, and merits are included in price.



Line Dancing Classes: Learn new moves from the best! Instructor Donna Barnett will teach all the latest styles and techniques of this unique dance. Classes will be each Monday starting September 24th at the Civic Center. Class is \$7 per class, \$35 for the entire 6 weeks. More sessions to follow so please call for dates. Contact Donna @ donnarae@hughes.net or call the Civic Center.

Explore Bow Hunting is an educational program designed to teach students the basic skills of bow hunting. The Archery Trade Association has created this program to spark an interest and passion for bow hunting in today's youth. Through hands-on experiences, students gain confidence interacting with the natural environment and strengthen their appreciation for wildlife and the woods. Come spend the day with us exploring the outdoors and enjoying activities and games!

One Day Course Saturday, September 19th
9:00 am — 3:00 pm
Ages 8 — 17
\$20.00



Relax and get in SHAPE with Yoga!

Enjoy this wonderful relaxing class and get in shape at the same time. Classes are held every Tuesday at 6 pm. \$40 for any six classes. \$30 for seniors. Classes are taught by yoga expert Fabian Holland



NIA (non-impact aerobics) Class:

This cardiovascular fitness class that is scientifically is proven to reduce tension and anxiety. It is has helped many find relief from pain such as arthritis and fibromyalgia, as well as any physical condition brought on by stress in our everyday life. Classes are every Tuesday from 5:30-6:30 at the Civic Center. Classes are \$6 each. Taught by Ann Caretti.



Tae Kwon Do/Karate Classes:

Learn: Super-Effective Kicks and Punching Techniques, Karate Forms and Patterns. TAE KWON DO is a Korean Martial Art that means, "The Way of Hand and Foot". This Martial Art teaches Flexibility, Self-Control and focus, respect, and self defense. Black Belt Instructor, Jim Turner, has over 20 years experience with this Martial Art. Classes are every Tuesday and Thursday — Children's Class 5:30pm-6:30pm, Advanced Class 6:45pm-7:45pm, \$65 per 4 week session. Third family member receives half price discount. For details, please email instructor at Jimt251@aol.com.



Painting With Delancey:

Have you ever wished you could paint? If you have then you owe it to yourself to give it a try. It is relaxing, rewarding and just down right fun. Come and paint with Delancy Gardner every Monday night at 6:30 pm at the Cullman Art Guild Gallery in the City Park on second street just off West Main. The class is for beginners and for artist that want to learn some new techniques. Participants will need to furnish all their supplies. Call Delancy Gardner at 205.369.2169 for price information and a list of supplies.



MCGUKIN CIVIC CENTER

The McGukin Civic Center in Cullman offers a spacious multi-purpose facility for use by the community. The auditorium and stage are used throughout the year for a variety of activities. Individual rooms of the Civic Center be used for a variety of functions, such as craft exhibits, wedding receptions, business meetings and classroom situations. We also have one racquetball court that is available (depending on other activities in the building).

Civic Center Business Office
is open Monday-Friday from
8 a.m.- 5 p.m.

Rental Rates:

Single Room — \$20 per hour or \$75 per day
Double Room — \$35 per hour or \$100 per day
Auditorium — \$450 Monday-Thursday
\$550 Friday, Saturday & Sunday

For rentals,
please call 256-734-9157.

Heritage Park Sports Complex & Cullman Field of Miracles at Chester Freeman Park

For more information – 739-9931

Basketball

Registration Oct. 1-22 @ The Civic Center
 Ages 5-16 Boys and Girls
 \$75.00- Registration Fee
 \$90.00- Registration Fee After the 22

Tournaments @ Heritage Park/Soccer

Oct. 3-4 Corner High School Fast Pitch
 Oct. 10-11 NSA Wallace State
 Oct. 16-18 USFA FP
 Oct. 24-25 USSSA BB/SB
 Oct. 30- Nov. 1 NSA Cullman Crushers FP Tournament
 Nov. 7-8 USSSA Last Pitch SB
 Nov. 13-14 NSA Fall State Championship
 Nov. 21-22 AYSO Soccer State Tournament
 Feb. 13 Men's USSSA SP Worth Tournament
 Feb. 20 ASA Men's SP Tournament
 Feb. 27-28 USSSA Frozen Ropes 8-13 BB

Tournaments @ Field of Miracles

Oct. 3-4 USSSA BB/SB
 Oct. 10-11 NSA Wallace State
 Oct. 16-18 USFA FP
 Oct. 24-25 USSSA BB/SB
 Oct. 31-Nov. 1 USSSA BB/SB
 Nov. 13-14 NSA Fall State Championship
 Feb. 27 USSSA Frozen Ropes 8-13 BB

Baseball & Softball Registration

January 15-February 15 @ The Civic Center
 \$75.00- Registration Fee
 \$90.00- Registration Fee after Feb. 15

Flag Football Registration

January 15-February 15 @ Heritage Park
 \$425.00 a team

Men's Spring League Softball Registration

February 15-March 15 @ Heritage Park
 \$375.00 a team

Spring Challenger League Registration

February 15-March 15 @ The Civic Center
 \$50.00- Registration Fee



Hurricane Creek Park

William "Buddy" Rodgers Natural Area

22600 US Hwy 31 N Vinemont, AL 35179

256.734.2125

www.hurricane-creek.com
 hurricane@cullmanrecreation.org

Park Hours:

Wednesday thru Friday – 12 noon to *Sunset
 Saturday –9:00am to *Sunset
 Sunday 9:00am to *Sunset
 Closed Monday & Tuesday
 *Sunset is variable

Park Manager: John W. McCrary



Tourists and outdoor enthusiasts can enjoy several miles of scenic hiking trails, challenging mountain bike trails, rain-fed waterfalls and an impressive scattering of odd & interesting sandstone rock formations to climb on. The picnic area has a large covered pavilion plus other tables and spots that are the perfect place for an afternoon picnic with the family or a long leisurely lunch break with a friend.

You may stop by the park store to purchase that last minute item or fill your backpack with a full rack of rock climbing equipment. The deck features a large, artificial Climbing / Bouldering wall that is loads of fun for the youngsters. We have played host over the last couple of years to a variety of groups & clubs including birding groups, church groups, bike clubs, hiking groups and birthday parties plus school classes & families. Snacks & cold drinks are available in the park store.

Hurricane Creek Park adds a touch of the wilderness as an antidote to the everyday stress of the work-week. Our trails are a better workout than any stair-stepper or treadmill! Come burn off some steam!

Hurricane Creek Park Offers:

Rock Climbing / Bouldering, Mountain Biking, Birding, Hiking Trails, Scenic Picnic Areas, The Famously Fun "Twilight Tunnel", Concessions, and a Pro Shop.

My First Time Rock Climbing

Just like the name says; this outing is for those who have very little or no experience. We supply all equipment needed for climbing. Professional Guide John W. McCrary will start you on the beginner area. This is our most popular event and is a great outing for church youth groups, family get-togethers, corporate groups & activity dates.

Year Round

Days & Times: Saturday
 Cost: \$25.00 per person
 Registration: Must call ahead to book this outing – 256.734.2125
 Ages: 6 & over

Children's Birthday Parties

Hurricane Creek Park is a super fun place to celebrate your little ones birthday. Bring your party favors and have your child's birthday party on our deck.

The children will have a blast playing on the climbing wall before & after eating cake & ice cream. You may also want to take a hike through the park to let the youngsters run off some of the birthday sugar!

Year Round

Days & Times: Wednesday thru Friday - 12 noon to *Sunset
 Saturday -9:00am to *Sunset
 Sunday 9:00am to *Sunset
 Closed Monday & Tuesday
 *Sunset is variable

Cost: Use of deck is free. Cost to hike for groups of 10 or more \$2.00 each. Call ahead for reservations.

Mountain Biking

Hurricane Creek Park has approximately 8 miles of trail sections. There are many natural & man-made obstacles plus a steep entry & exit which make

the ride a fun & challenging experience. Platform pedals are suggested as well as helmets & other protective gear. Due to the natural existing terrain the trails should be considered very technical with a high difficulty rating. Overall the trails are smooth and well maintained for cross-country riding. Come check out our nearly completed mountain bike race course. Autumn & winter are perfect times of the year to get a fun workout in crisp & cool conditions.

Year Round

Days & Times: Wednesday thru Friday - 12 noon to *Sunset
 Saturday -9:00am to *Sunset
 Sunday 9:00am to *Sunset
 Closed Monday & Tuesday
 *Sunset is variable
 Cost: \$3.00 for Adult \$2.50 for Youth 17 & under

Trail Running

The trails at Hurricane Creek Park are a great way to get an intense cardio workout in a scenic surrounding. The trails have become popular with the running community; featuring challenging technical terrain and flowing wide trails. We will also be hosting a trail running race in early November. Come and enjoy an intense workout during the crisp & cool Fall/Winter season at Hurricane Creek Park.

Year Round

Days & Times: Wednesday thru Friday - 12 noon to *Sunset
 Saturday -9:00am to *Sunset
 Sunday 9:00am to *Sunset
 Closed Monday & Tuesday
 *Sunset is variable
 Cost: \$3.00 for Adult \$2.50 for Youth 17 & under

Bird Watching

In October 2005, Hurricane Creek Park was added as site 32 on the North Alabama Birding Trail.

For those avid birders interested in a quiet morning hike, Hurricane Creek Park is sure to please. The sandstone canyon landscape is home to blazing fields of wildflowers, and a canopy of towering, mature hardwood forest of oak, beech and tulip poplar. This variety makes it an accommodating home to many bird species. Enjoy the spectacular autumn colors of the season. In the fall & winter months the park is at its peak of perfection; typically featuring several natural rain-fed waterfalls including the man-made dam at the picnic area.

Fall & Winter

Days & Times: Wednesday thru Friday - 12 noon to *Sunset
 Saturday -9:00am to *Sunset
 Sunday 9:00am to *Sunset
 Closed Monday & Tuesday
 *Sunset is variable
 Cost: \$3.00 for Adult \$2.50 for Youth 17 & under

Basic Wilderness Survival Course

If you spend time in the woods in any way; you should have the knowledge to stay alive and get found if something goes wrong. This course could help you to become safer & more confident in using survival skills such as fire building, constructing an emergency shelter, finding food & much more information.

Day & Time: Sunday afternoons

between 1:00pm & 5:00pm
 Ages: 17 & under must have a parent participate
 Cost: \$35.00 per person
 Registration: Must call ahead to book this course – 256.734.2125

ADMISSION

\$3.00 for Adults 18 & over
 \$2.50 for 17 & under
 \$2.00 each for groups of 10 or more

*We do not accept Credit or Debit cards

YEARLY PASSES:

\$75.00 — Family
 \$50.00 Individual

Fall ~ Winter 2009/10

Fall ~ Winter 2009/10