



EXchange Park Recreation Center
An Intergenerational Family Center

**2771 Columbia Drive
Decatur, GA 30032
404-687-3430**

YOUTH/ADULT

SUPERSTARS AFTER SCHOOL PROGRAM

This program allows children to have a safe environment after school to learn and have fun. The after-school program builds character, develops leadership, fosters growth in social and academic skill, and most importantly provides hours of fun and friendship for children. This program offers homework assistance and the recreational activities to promote growth.

Ages: 4 – 12

Mondays – Fridays

2:30pm – 6:30pm

Fee: \$37 per week (\$148 per month)

Y.E.S Youth Enrichment Services Dance

Ages: 3 -14

Tuesday 4-5 (Ballet 3-5yo); 5-6pm (Hip Hop 3-5 yrs.)

Wednesday 5-6pm (Hip Hop 6-10 yr.); 6-7pm

(Majorette 6-10yr)

Thursday 5-6 pm (Ballet 6-10 yr.)

Saturday 10am – 2:45 pm

Enrollment and information@: SayYesToDance.com

Fee: 1hr/wk- \$59/MO

2hr/wk - \$115/MO

3hr/wk - \$179/MO

Contact- 678-753-4110

Thaddeaus Productions

Dance and Performing Arts Training

Monday & Wednesday 7-8:30 pm

Thaddeus Warnsley- Executive Director

Info@ThaddeausProductions.com

678-362-3048

Open Gym 17 & under

Monday & Wednesday 3:30 – 5:30

New Tradition Martial Arts

Our Kids Martial Arts and Karate programs are excellent choices for self-defense, discipline, and fitness.

Monday and Tuesday

6:00 pm – 6:45 pm and 7:00pm- 7:45pm

Fee: \$150.00 registration fee (including uniform)

\$100 per month there after

Instructor: Deshawn Murray 404-538-5963

Trap Kickboxing Workout

High Energy group workout for all fitness levels

Monday & Tuesday 7-7:45

Fee: TBA

Instructor: DeShawn Murray 404-538-5963

ADULT

Open Gym 18 & up

Tuesday

11:30pm-2:30PM

Chicago Stepping Class

Chicago-Style Stepping is an urban dance that originated in Chicago and continues to evolve nationwide and overseas, while defining its unique style and culture.

Wednesday 6:30 pm – 8:30 pm (Experienced)

Fee: \$10 per class

Instructor: Mr. Mathews

BINGO

Come enjoy a fun exciting game of BINGO with friends and family.

1st and 3rd Wednesday

11am – 1pm

The Art of Dance!

Partner Dance Classes

Learn to Dance with a Partner

Cha Cha, Salsa, Latin Moves, and Partner Line Dancing

Thursdays 10am or 7pm

Fee: \$10 Per Person

SENIOR PROGRAMS

G.O.O.D Bidwiz

Come socialize with friends or make new ones while enjoying your favorite game.

Level: All Ages: 55+

Thursdays 10:00am-2:00pm

Fee: Free

Bridge

Learn to play Bridge and enjoy the company of fellow card lovers.

Friday 10:00 am – 2:00 pm

Fee: Free

Senior Body Sculpting

Low impact chair aerobics for seniors

Friday: 11am -12pm

Fee: Free

HEALTH AND FITNESS

Zumba-GOLD

Low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Specifically for Seniors.

Wednesday: 9am -10am

Fee: Free

Soul line Dance

Monday and Thursday 11:00am-Noon Fee: Free

Instructor: Arleatha Kingcade

Pickle Ball Free Play

A fun sport that combines many elements of tennis, badminton, and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes

Wednesdays and Fridays

Wednesday 10 am – 1pm

Friday 12:30-2pm

ARTS & CRAFTS

Ceramics Class

Tuesday & Friday

9:00-2:00

Fee: \$40 8 sessions

Art Therapy

The use of art to help people explore emotions, develop self-awareness, cope with stress, boost self-esteem, and work on social skills.

Mondays 10am – 11am Fee: Free

Instructor: Ms. Alberta