

# GET ACTIVE *Sandy Springs*

FALL-WINTER 2023





It's easy to get active in Sandy Springs. The City offers a wide range of recreational programming for children and adults at affordable prices.



**Learn more and register today!**  
[registration.sandyspringsga.gov](https://registration.sandyspringsga.gov)

**Stay in the know. Sign up for our newsletter.**  
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# YOUTH

## SPORTS AND ACTIVITIES

Enroll your children in these year-round programs!

### Afterschool Basketball Leagues

Our afterschool basketball program is designed for boys and girls, grades 2-5 at convenient locations.

### GRPA District Basketball

GRPA District Basketball is our competitive league for boys and girls ages 10-14.

### Golf Clinics

Golf is a sport that children can grow into and become lifelong "links lovers!"

### Holiday Hoops Basketball

This annual basketball tournament is a popular event held every December.

### Kickball League

Mix a little soccer with a little baseball and you get kickball!

### Kids Paint Like Bob Ross

Children (ages 8-12) can also join in on the Bob Ross painting fun with a kid-friendly line of acrylic paints and smaller paint brushes for smaller hands. Nurture creativity in your child with an official Bob Ross landscape or seascape painting class.

### Little Medical School

Take the joy of learning into overtime with Little Medical School's STEAM-inspired program offering a hands-on opportunity to explore the evolving world of Science, Technology, Engineering, Art, and Math. Discover how they intersect and enhance learning.

### Soccer Leagues

Suitable for all age groups and skill levels, our soccer program is conveniently located and affordably priced.

### Select Soccer League

Select Soccer is a Co-Ed Semi-Competitive Recreational team that competes for district and state tournaments and recognition.

### Track and Field

The Sandy Springs Striders have a long-standing reputation in the area as one of the most competitive track and field teams.

### Youth Lacrosse

The Atlanta Lacrosse League oversees the fall and spring seasons of play. Learn more at [atlantalacrosseleague.com](http://atlantalacrosseleague.com).



### Jump Start Gymnastics

Sandy Springs Gymnastics offers affordable and accessible gymnastics. The center offers preschool gym, recreational gym, gym stars, competitive gym, camps, and more! Learn more at [sandyspringsgymnastics.org](http://sandyspringsgymnastics.org).



### Sandy Springs Youth Sports

Sandy Springs Youth Sports offers baseball, softball, flag & flex football, tackle football and cheerleading. Committed to coaching proper fundamentals and fostering competitive playing opportunities for all skill levels, each child is encouraged in their abilities and knowledge of the game while enjoying a high-energy, safe and supportive environment. Visit [sandyspringyouthsports.com](http://sandyspringyouthsports.com).







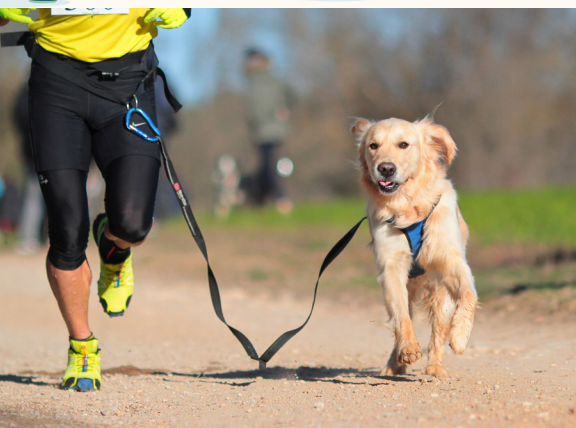
## BLUE STONE ARTS AND MUSIC FESTIVAL

Blue Stone Arts and Music Festival makes its debut in the City Springs district this September! Stroll along Blue Stone Road to check out the artists and groove to the live music found on multiple stages throughout the 2-day event.

## BLUE STONE 5K-9: A ROAD RACE FOR PEOPLE & PUPS

Why take your dog for a walk when you can take them for a fun run instead? The Blue Stone 5K9 Road Race for People and Pups is a tail-wagging good time with your "best friend!". In partnership with Catalyst Sports, The Blue Stone 5k9 welcomes participants of all abilities by providing a limited number of hand cycles and foot pedal bikes for the event.

For more event information, pet policy and to register for the race visit us at [bluestonefest.com](http://bluestonefest.com).



The City produces year-round special events to capture life's precious moments. We strive to help create lasting memories and establish family traditions at annual events—we've even included the family dog!



## MOVIES BY MOONLIGHT

AUGUST-SEPTEMBER

Lights! Camera! Action! It's time for family movie night! Pack a picnic or visit a food truck, settle in, and enjoy a popular movie on the big screen on the City Green.

## PAWS AND PASTRIES

OCTOBER

Spending time at the park helps keep a dog's socialization skills in tip-top form and can wear out a busy pup. Dog treats and pastries for their owners will be served outside the dog park fence. Join us for this "pawesome" event!







## SPOOKY SPRINGS

OCTOBER

This popular, annual event Spooky Springs caters to a very small crowd, referring to the average height of the target audience! This family-friendly event for young trick-or-treaters is held at the award-winning Abernathy Greenway Playable Art Park.



## MOTHER SON DANCE

MAY

The annual Mother Son Dance features dancing, games, snacks, refreshments, and door prizes. Each boy will also receive a souvenir photo and goody bag.

## SPARKLE SANDY SPRINGS

DECEMBER

The Sparkle Sandy Springs Parade and event debuts the Sparkle Village on the City Green. The event includes a menorah and tree lighting along with the help of snow machines to help set the holiday mood!



## SUNDOWN SOCIAL

YEAR ROUND

Sundown Social is a relaxed neighborhood gathering with live music and signature cocktails. Join your friends in the best back yard in Sandy Springs on select Thursdays.



## MARTIN LUTHER KING, JR. DAY CELEBRATION

JANUARY

The Martin Luther King Arts and Crafts Festival is the City's annual tribute to honor Dr. King. The family-friendly event features interactive learning stations, designed to celebrate, educate and share the teachings of Dr. King along with a screening of the Emmy-nominated animated family film, *Our Friend Martin*.



## STARGAZING AT OVERLOOK PARK

YEAR ROUND

Join the Atlanta Astronomy Club to observe the nighttime sky and will point out interesting constellations and objects, and answer questions about astronomy.

## DADDY DAUGHTER DANCE

FEBRUARY

This popular, long-running annual event features music from dad's and their daughter's favorite playlists. In addition to dancing, there are games, snacks, refreshments, door prizes, a souvenir photo and a goody bag.



## WILD EXPLORERS

YEAR ROUND

Georgia Audubon has partnered with Sandy Springs Recreation and Parks for Family Friendly Environmental Education Programs at Overlook Park.





# ADULT RECREATION

Staying active is not just child's play—the City provides opportunities for adults looking to improve their game or perhaps find a creative outlet.

## Atlanta Sport and Social Club

Looking to get active and make new “like-minded” friends? The Atlanta Sport and Social Club is the metro area's premier provider of adult recreational sports leagues and social events. New this year: Coed Softball, Bocce Ball, Ultimate Frisbee offered along with Kickball, Soccer, and Flag Football. Visit [atlantasportandsocialclub.com](http://atlantasportandsocialclub.com) to learn more.

## Bird Walk with Georgia Audubon

Overlook Park boasts several habitats, attracting a large variety of birds. Throughout the year, Georgia Audubon leads birdwatchers on guided tours.

## Crochet Buddies

The Sandy Springs Crochet Buddies meet once a month at City Springs. Check their Facebook group at [spr.gs/crochetbuddies](https://www.facebook.com/spr.gs/crochetbuddies).

## Fulton County Public Works Workshops

Attend the Fulton County Public Works educational workshops to learn how to save water and money and protect our resources by preventing pollution.

## Geology Walk and Talk

The hills and hollows of Sandy Springs, its vistas of the Chattahoochee, and even its name, are tied to its geologic past.

## Adult Fitness

Bring your water bottles and work ethic and prepare to get back into or stay in shape! We supply the equipment you supply the sweat! Join us Tuesday and Thursday mornings for free fitness classes on the City Green.

## Paint Like Bob Ross

In just a few short hours participants learn how to paint beautiful landscapes, even if you've never painted before!

## Fascinating World of Fungi

Mushrooms are delicious and fun to forage for, but they also provide nutrients to other plants and they are instrumental in cleaning oil spills and other toxic waste. Learn more about these and many other amazing features of mushrooms!

## Photography Club

The Sandy Springs Photography Club meets monthly at the Lost Corner Preserve. Join their Facebook group: [spr.gs/photographyclub](https://www.facebook.com/spr.gs/photographyclub).

## Sustainability Workshops

Explore Sandy Springs' Urban Forest! Each of the five programs in the Sustainability Program Series will feature a brief lecture and a workshop portion.

## Friends of Lost Corner

The Friends of Lost Corner is a non-profit organization that provides stewardship to Lost Corner Preserve. Not far from bustling Roswell Road, the 24-acre park is truly an oasis in the middle of the City with walking trails, a rentable community building and a community garden. Learn more about the amenities and upcoming programs at the Preserve by visiting [friendsoflostcorner.org](http://friendsoflostcorner.org)

## Sandy Springs Racquet Center

The Sandy Springs Racquet Center offers instructional programs suited for all levels and age groups. Get into the swing of things on one of the 30 lighted courts (including four clay tennis and eight permanent pickleball courts). The center is home to more than 130 USTA and ALTA teams and hosts USTA sanctioned tournaments. To learn more visit [spr.gs/sandyspringsracquetcenter](https://spr.gs/sandyspringsracquetcenter).

## Volleyball League

Make friends, get great exercise, and have fun when you join the City's Co-ed Volleyball League!

## Tai Chi

Originating in ancient China, Tai Chi is one of the most effective exercises for the body, mind, and soul. Although this practice is an art with great depth of knowledge and skill, it can be easy to learn, and will quickly deliver its health benefits. For many, it can become a lifetime practice.



## Abernathy Arts Center

Paint is splattering, pencils are getting sharpened, and the classrooms at the Abernathy Arts Center are filling up, offering a variety of classes that include painting, drawing, and mixed media. Classes are available to all ages ranges with sessions available for every schedule. For more, visit [artsandsprings.org/abernathy-artss](https://artsandsprings.org/abernathy-artss).





## ADAPTIVE RECREATION

Families with children and adults with disabilities will find inclusive programming throughout the year. These events are designed to create opportunities for children and adults with physical and developmental disabilities to connect with community.



### DINO EGG HUNT

APRIL

Go back to prehistoric times with an educational Fossil Dig and Dino Play Yard where participants will dig for real fossils! Participants can also attend an egg hunt featuring dinosaur-inspired eggs.

### SUPERSTAR DANCE

FEBRUARY

It's prom time for teens and adults with developmental or physical disabilities and every attendee will be crowned prom king and queen! Participants will enjoy a night of dance music, refreshments, souvenir photos, and take home a goody bag.



### ADAPTIVE KAYAKING FOR ADULTS

SUMMER

In partnership with Catalyst Sports - Our kayak instructors are trained in ACA Adaptive Paddling and have the ability to adapt the kayaks with additional equipment to accommodate a variety of needs. For more information visit [catalystsports.org/adaptive-kayaking/](https://catalystsports.org/adaptive-kayaking/).



### FALL FUN FOR ALL

SEPTEMBER

Let's celebrate sweater weather at Overlook Park Pavilion! Join us for Fall Fun for All, our fall festival that features mid-way games, prizes, light snacks, refreshments, and maybe a surprise or two.

### SNOW DAY MOVIE MATINEE

DECEMBER

Celebrate the start of winter with a Snow Day at City Hall! Join us for an afternoon pajama party and movie matinee. Enjoy our hot chocolate and snack bar and take home a goody bag.



Register for Adaptive Recreation Programming at [spr.gs/adaptiverecreation](https://spr.gs/adaptiverecreation).



# PARK ACTIVITIES

The City's Recreation and Parks Department currently maintains 16 City parks with new parks constantly under development. The spring and summer months are ideal to discover the multitude of opportunities to get active in Sandy Springs parks. The following are some suggestions, but we invite you to find new creative ways to enjoy the City's beautiful green spaces. For a complete list of parks in Sandy Springs, visit the parks webpage at [spr.gs/parks](http://spr.gs/parks).

Fall is typically back to school season, and at the Abernathy Arts Center the classrooms are filling up with students eager to learn something new. The Center offers a wide variety of classes taught by a dedicated, talented staff. Everything from painting, sculpture, mixed media, and more, classes are offered with morning, afternoon, after-school, evening and Saturday sessions.

This season is also ideal for a walk in the park! Whether it's a hike at Big Trees, or a stroll through Morgan Falls Overlook Park to take in the spectacular views of the Chattahoochee River, or a lap or two around the trail at Windsor Meadows, you'll want to scope out the perfect spot to catch the City's legendary tree canopy explode in autumn color! This link will help you time it just right.

