



2019 GUIDE



ADAPTIVE RECREATION

**NORTH FULTON SPECIAL NEEDS
PROGRAM GUIDE**

ALPHARETTA - JOHNS CREEK - MILTON - ROSWELL - ALPHARETTA YMCA



CREATED IN PARTNERSHIP WITH THE CITIES OF ALPHARETTA,
JOHNS CREEK, MILTON, ROSWELL, AND ED ISAKSON YMCA.

ALL ADAPTIVE RECREATION PROGRAMS & EVENTS ARE DESIGNED TO EXPOSE PARTICIPANTS TO NEW EXPERIENCES,
ENHANCE SELF-ESTEEM, SELF-CONFIDENCE, INDEPENDENCE, AND PROMOTE COMMUNITY INVOLVEMENT.

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About Us

North Fulton Special Needs Services and Expo is dedicated to the education, enrichment, and support of those with special needs within the North Fulton Community.

It takes a village, and in this case, multiple cities. The cities of Alpharetta, Johns Creek, Milton, Roswell, and Ed Isakson YMCA have partnered together to provide the individuals and families of North Fulton a single place to learn about and access adaptive and special needs programming, classes, camps, sports, special events, and more.

ADVOCATING

for people with disabilities.

PARTNERING

to benefit the overall community.

NETWORKING

to build cooperative relationships.





Fitness & Recreation



FITNESS

CITY OF ALPHARETTA & ED ISAKSON YMCA

Family Swim Nights

North Metro Miracle League (NMML)

Date: Sunday evenings

Time: 5 p.m. - 8 p.m.

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: FREE

Ages: All ages

Info: Family Swim Night at indoor pool.
www.nmml.net

After School Fitness Clinics

North Metro Miracle League (NMML)

Date: August - May (Monday & Wednesday)

Time: 4:30 p.m. - 6 p.m.

Adult Activity Center, 13450 Cogburn Rd.

Cost: Contact for cost

Ages: 4 - 21 yrs

Info: Dates and Times will be posted on NMML website in early September. Clinics runs for eight weeks per semester, two classes per week, and is an inclusive fitness class which encourages children and teens to move to the best of their ability.
www.nmml.net

B.R.A.V.E. - Gymnastics Class

Date: September - May

Time: Varies

Alpharetta Community Center, 175 Roswell St.

Cost: \$55 Residents, \$82.50 Non-residents

Ages: 3 - 7 yrs

Info: B.R.A.V.E (Be-Radiant-Active-Vibrant-Energetic) gymnastics class is designed to help improve fitness, hand-eye coordination, motor skills, balance, strength and flexibility, while enhancing sensory and spatial awareness. Classes are for children with special needs who are independent, while doing gross motor skill activities, yet require a smaller class size. For more information call 678-297-6100 or email accprograms@alpharetta.ga.us.

Special Needs Group Training

Date: Ongoing

Time: TBD

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: Contact for cost

Ages: 13 - 19 yrs

Info: Designed for teens with special needs in a fun, safe environment that teaches them how to exercise. Follows Fulton County School calendar. Free for facility members and open to YMCA program members for a fee. www.ymcaatlanta.org

Adaptive Swim Lessons

Date: Ongoing

Time: TBD

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: Contact for cost

Ages: All ages

Info: Designed for individuals with special needs to learn basic swimming skills and techniques through one-on-one instruction. www.ymcaatlanta.org



Adaptive Teen Yoga

Date: Ongoing

Time: TBD

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: Contact for cost

Ages: 13 - 19 yrs

Info: www.ymcaatlanta.org

Adaptive Teen Dance

Date: Ongoing

Time: TBD

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: Contact for cost

Ages: 13 - 19 yrs

Info: www.ymcaatlanta.org

CITY OF ROSWELL

Aquatic Fun and Fitness

Date: Mondays

Time: 6 p.m. - 6:45 p.m.

Adult Aquatic Center, 200 Dobbs Dr.

Cost: \$20 Residents, \$30 Non-residents

Ages: 10 yrs and up

Info: Aquatic exercise program to increase strength, flexibility, and endurance.

Adaptive Yoga

Date: Sept. - February 2020 (Thursdays)

Time: 5:30 p.m. - 6:30 p.m.

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: \$40 Residents, \$60 Non-residents

Ages: 12 yrs and up

Info: Build strength and flexibility, balance and manage stress by using breathing practices, physical postures, and relaxation techniques. This class created to support the strengths and unique abilities of those with Down Syndrome, Autism, ADHD and other learning & developmental disabilities.

Veterans Cycling Club

Date: Tuesdays

Time: 10 a.m. - Noon

Big Creek Park, 1600 Old Alabama Rd.

Cost: Free

Ages: All Veterans

Info: Beginners adaptive cycling program held at Big Creek Park.

Veterans Pickleball

Date: Thursdays

Time: 6:30 p.m. - 8 p.m.

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: Free

Ages: All Veterans

Info: Learn the fundamentals of Pickleball.

Adaptive Neverland Aquatics

Date: Varies

Time: Varies

Adult Aquatic Center, 200 Dobbs Dr.

Cost: Contact for cost

Ages: 2 yrs and up

Info: Offers basic swim lessons and adaptive swim team. Contact Neverland at 770-827-6373 or visit www.adaptedschwim.com.

Unique Therapy Services (UTS)

Date: Varies

Time: Varies

Adult Aquatic Center, 200 Dobbs Dr.

Cost: Contact for cost

Ages: All ages

Info: Provides Adaptive Aquatics, Swim instruction, and Aquatic Physical Therapy. Contact UTS at 770-641-9239.

RECREATION

CITY OF ALPHARETTA

Camp Moe-mentum

North Metro Miracle League (NMML)

Date: June

Time: 9 a.m. - 3 p.m.

Adult Activity Center, 13450 Cogburn Rd.

Cost: \$220

Ages: 5 - 13 yrs; 13 yrs and up

Info: Camp "Moe-Mentum" is an inclusive camp concentrating on fitness and fun. Campers of all abilities participate in a variety of activities which encourage movement and socialization.

Camp Happy Hearts**Date:** June - July**Time:** 9 a.m. - 4 p.m.

Lionheart Life Center, 225 Roswell St., Alpharetta, Ga

Cost: \$125 Residents, \$187.50 Non-residents**Ages:** 6 - 12 yrs**Info:** Camp Happy Hearts offers a fun summer day camp experience appropriate for children with special needs. Your child will make new friends and go to exciting places. Activities include swimming, arts and crafts, games, sports, field trips and much more!**Lionheart WORKS Camp****Date:** June - July**Time:** 9 a.m. - 3 p.m.

Lionheart Life Center, 225 Roswell St., Alpharetta, Ga

Cost: Contact for cost**Ages:** 18 yrs and up**Info:** Lionheart WORKS summer camp is a program for young adults, ages 18 and up, to receive Personal & Social Adjustment Training and Job Readiness Training in various settings.**Lionheart Farm Camp****Date:** June - July**Time:** 9 a.m. - 3 p.m.

Lionheart Life Center, 225 Roswell St., Alpharetta, Ga

Cost: \$450 per week/ \$500 per week w/ transportation**Ages:** 5 - 18 yrs**Info:** Lionheart Farm summer camp is a program for children 5 - 12 yrs old, where they can play, discover, and explore nature. Sensory driven activities include farming, gardening, woodworking, rustic art, ceramics and swimming.**Adaptive Ceramics for Young Adults****Date:** Oct. - Nov. (Tuesdays)**Time:** 3:30 p.m. - 4:30 p.m.

Alpharetta Arts Center, 238 Canton St.

Cost: \$50**Ages:** 18 yrs and up**Info:** The class is open for young adults ages 18 and above with neurodevelopmental challenges, such as autism. This is a group pottery class and we are unable to offer one on one support at this time. We hope you will come get your hands messy with us and create beautiful pieces!**CITY OF MILTON****Camp Joyful Soles****Date:** June - July**Time:** 9 a.m. - 4 p.m.

Milton High School, 13025 Birmingham Hwy.

Cost: \$175 Residents, \$262.50 Non-residents**Ages:** 13 - 22 yrs**Info:** Camp Joyful Soles serves high functioning Special Needs kids and young adults between the ages of 13-22.

The mission of Camp Joyful Soles is to provide a fun, safe environment where special needs kids ages 13-22 can enjoy a wide variety of activities and enjoy being around friends.

CITY OF ROSWELL**Adaptive Art****Date:** Varies**Time:** Varies

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: \$12 Residents, \$18 Non-residents**Ages:** 18 yrs and up**Info:** Adapted art program focusing on technique and creativity.**Thanksgiving Break Friendship Camp****Date:** Nov. 25 - Nov. 27**Time:** TBD

Waller Park Recreation Center, 250 Oak Street

Cost: \$225**Ages:** 3 - 16 yrs**Info:** For more information, please call 678-640-2489. Register online at www.SocialSkillsToday.com.

Sports



CITY OF ALPHARETTA

Adaptive Softball

North Metro Miracle League (NMML)

Date: Spring and Fall

Time: Varies

Adult Activity Center, 13450 Cogburn Rd.

Cost: \$45 per season

Ages: All ages

Info: Adaptive softball program for all abilities. No minimum ability requirement. There are five levels of competition including a Special Olympics travel team. Visit www.NMML.net for more information.

CITY OF JOHNS CREEK

Special K Soccer

Date: March 1 - May 17

Time: Varies

North Fulton United FC

Cost: TBD

Ages: All ages

Info: Inclusive soccer program for all abilities.



CITY OF ROSWELL

Adaptive Paddleboarding

Date: June - October

Time: Varies

Azalea Park Dock, 203 Azalea Dr.

Cost: \$40 Residents, \$60 Non-residents

Ages: 10 yrs and up

Info: Meet with a certified adaptive paddling instructor to enjoy the fun of paddling on the Chattahoochee! The Onit Ability paddle board accommodates wheelchairs for those who are paraplegic, amputees, or have other disabilities.

Baseball

Date: Sept. 14 - Oct. 26 (Saturdays)

Time: 9:30 a.m. - 10:30 a.m. - Ages 5-12 yrs
10:45 a.m. - 11:45 a.m. - Ages 12 - 17 yrs

Groveland Community Park, 160 Dobbs Dr.

Cost: \$30 Residents, \$45 Non-residents

Ages: 5 - 17 yrs

Info: Adaptive baseball program and instruction.

Adaptive Basketball

Date: January 11 - February 22 (Saturdays)

Time: 5 p.m. - 6:45 p.m.

Hambree Park Gym

Cost: \$30 Residents, \$44 Non-residents

Ages: 5 - 17 yrs

Info: Learn the basic skills of basketball using fun activities that include shooting, dribbling, passing, and more.

Adaptive Tennis

Date: September 10 - October 29 (Tuesdays)

Time: 6:30 p.m. - 7:30 p.m.

Roswell Area Park - TBD

Cost: Free

Ages: 18 yrs and up

Info: Participants will learn basic tennis skills: backhand, forehand, serving and more.

Social & Special Events

SOCIAL

CITY OF ALPHARETTA & ALPHARETTA YMCA

Camp 2 Community

North Metro Miracle League (NMML)

Date: July

Time: Varies

Adult Activity Center, 13450 Cogburn Rd.

Cost: TBD

Ages: 10 -16 yrs

Info: Camp2Community is a 4 week summer program aimed at providing meaningful life, social and vocational instruction while maintaining the stress free and fun environment of a typical summer camp. Campers will learn many valuable life skills.

Alpharetta Y Happy Club

Date: Ongoing

Time: Varies

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: Contact for cost

Ages: 16 yrs and up

Info: The Happy Club is a YMCA program– developed and maintained by volunteers–that provides teens and adults with developmental disabilities the opportunity to further develop their social and community skills. www.ymcaatlanta.org

Y After School

Date: Ongoing

Time: 2 p.m. - 6:30 p.m.

Alpharetta YMCA, 3655 Preston Ridge Rd.

Cost: Contact for cost

Ages: 5 - 11 yrs

Info: Inclusion after school program for K-5th Grade.



Owl Club Child Care

Date: Saturdays
Time: 12:30 p.m. - 3 p.m.
 Alpharetta YMCA, 3655 Preston Ridge Rd.
Cost: Contact for cost
Ages: 4 - 11 yrs
Info: Guided play and discovery programing for children with special needs. www.ymcaatlanta.org

Owl Program Day Camp

Date: Summer (Saturdays)
Time: 12:30 p.m. - 3 p.m.
 Alpharetta YMCA, 3655 Preston Ridge Rd.
Cost: Contact for cost
Ages: 5 - 14 yrs
Info: Please visit www.ymcaatlanta.org for more information.

Young Adult Bocce & Game Night

Dates: January - December (Every other Tuesday)
Time: 6:30 p.m. - 8 p.m.
 Newtown Park - Park Place
Cost: Free
Ages: 18 yrs and up
Info: The Recreation and Parks Division and our partner Michael Stinson, CPT, invite members of the community (18 years and older) with special needs to play Bocce Ball and enjoy an evening with friends. . Register or receive more information by contacting Michael Stinson at 716-818-3475 or michaelsstinson65@yahoo.com.

Dance Under the Stars

Dates: Friday, September 6
Time: 6:30 p.m. - 8 p.m.
 Newtown Park - Amphitheater
Cost: \$12
Ages: 15 yrs and up
Info: Join us for an evening of dancing, pizza, drinks, DJ Sammy and lots of fun! Parents are encouraged to drop off young adults, ages 15 years and older, to enjoy the dance. RSVP to info@greatprospectsinc.org or call 770-314-4243.

CITY OF JOHNS CREEK

Summer Kick-Off Picnic

Date: Saturday, May 11
Time: 11 a.m. - 1 p.m.
 Newtown Park - Park Place
Cost: Free
Ages: All ages
Info: Join us for the Summer Kick-Off Picnic, put on in partnership with Great Prospects and Johns Creek Civitans. The event includes free food, a petting zoo, music, activities, and fun! Register online or by contacting the Recreation and Parks Division. For more information contact Kirk Franz at 678-512-3200 or email Kirk.Franz@JohnsCreekGA.gov.

Young Adult Bingo Night

Dates: Friday, July 26; Friday, November 15
Time: 7 p.m. - 9 p.m.
 Newtown Park - Park Place
Cost: \$12
Ages: All ages
Info: Join us for Bingo Night, presented in partnership with Great Prospects. Parents are encouraged to drop off young adults to enjoy an evening of bingo, pizza, drinks, prizes, and fun! RSVP to info@greatprospectsinc.org or call 770-314-4243.

CITY OF ROSWELL

Young Adult Social Club

Date: Monthly/ Holidays
Time: Times vary
 Adult Recreation Center, 830 Grimes Bridge Rd.
Cost: \$16 Residents, \$24 non-residents
Ages: 18 yrs and up
Info: Monthly event encouraging social interactions and friendship. Dinner is provided. Events are themed.

Adaptive Bocce

Date: Thursdays
Time: 6:30 p.m. - 8 p.m.
 Adult Recreation Center, 830 Grimes Bridge Rd.
Cost: Free
Ages: 14 yrs and up
Info: Adaptive bocce, social event.

SOCIAL & SPECIAL EVENTS

CITY OF ROSWELL

Friendship Camp

Date: June - July (weekly)

Time: 9:30 a.m. - 3 p.m.

Waller Park Recreation Center, 160 Dobbs Dr.

Cost: \$325/ week

Ages: All ages

Info: Social event, themes change week to week.

Themed Monthly Dance Night

Date: July 17, Oct. 23, Nov. 13, Dec. 18, Feb. 19 (Wednesdays)

Time: 5:30 p.m. - 8 p.m.

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: \$16/ \$24 for the year

Ages: 18+ yrs

Info: Young adults with special needs are invited to dance the night away with their friends.

Movie Night

Date: July 24, Dec. 14 (Wednesdays)

Time: 6:30 p.m. - 8:30 p.m.

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: \$4 Residents, \$6 Non-residents

Ages: Infant - 18 yrs

Info: We will be watching 'How to Train Your Dragon 3' on the big screen! Sign up now so we will know how much pizza to order. Youth ages 16 and under must be accompanied by an adult.



Youth Social Club

Date: Monthly

Time: 6:30 p.m. - 8:30 p.m.

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: \$16 Residents, \$24 non-residents

Ages: 12 - 17 yrs

Info: Monthly event encouraging social interactions and friendship.

SPECIAL EVENTS

CITY OF JOHNS CREEK

Easter Egg Dash

Date: Saturday, April 13

Time: 10 a.m. - 11 a.m.

Newtown Park - Park Place

Cost: Free

Ages: All ages

Info: Enjoy a fun morning of games and the Easter Bunny! Don't forget to bring your basket and camera. No registration required.

Lunch with Santa

Date: Saturday, December 14

Time: 12 p.m.

Newtown Park - Park Place

Cost: Free

Info: "Lunch with Santa" gives our special guests time with the Big Elf himself, lots of delectable goodies, music and holiday activities.

Parents, don't forget to bring your camera. Registration is required and space is limited. Children must be accompanied by an adult (limit of two adults per family). Registration begins November 1 and ends November 29.

CITY OF ROSWELL

Adaptive Fun Night

Date: Aug. 24, Oct. 26 (Saturdays)

Time: 6 p.m. - 9 p.m.

Adult Recreation Center, 830 Grimes Bridge Rd.

Cost: \$15

Ages: 4 yrs and up

Info: Enjoy games and a movie night. Order pizza by the slice. Contact 678-640-2489 for more information.



Community Partners

ALPHARETTA YMCA

The YMCA of Metro Atlanta is an association of volunteers, members and staff, open to and serving all, with programs and services which build spirit, mind, and body. Financial assistance is available based on need. The YMCA actively seeks to identify and involve those in need.

General Information

3655 Preston Ridge Road

770-664-1220

Mon - Thu 5 a.m. - 9:30 p.m.

Fri 5 a.m. - 9 p.m.

Sat 7 a.m. - 6 p.m.

Sun 8 a.m. - 6 p.m.

ymcaatlanta.org/ymca-locations/alpharetta/

CITY OF ALPHARETTA

Alpharetta Recreation and Cultural Services Department offers a wide variety of classes, programs and activities for the entire family throughout the year. The department strives to promote the highest quality recreation programs and facilities for citizens of all ages and abilities.

General Information

Alpharetta Community Center

175 Roswell Street

678-297-6100

Mon-Thu 8:30 a.m.-9 p.m.

Fri 8:30 a.m.- 7 p.m.

Sat 8:30 a.m.- 4 p.m.

Register online at: Alpharetta.ga.us/recreation

NORTH METRO MIRACLE LEAGUE

The North Metro Miracle League provides supportive programming for children, youth and adults with disabilities focused on healthier, more active lifestyles, social competence, and emotional well-being.

General Information

John McLaughlin

Executive Director

770-777-7044

jettjock@mindspring.com

www.nmml.net/home/

LIONHEART LIFE CENTER

The Lionheart Life Center provides individuals with autism and other neurodevelopmental challenges a comprehensive range of educational, therapeutic and vocational services to maximize the potential for their highest level of independence.

General Information

225 Roswell Street
Alpharetta, GA 30009
770.772.4555
schooloffice@thelionheartschool.com

CITY OF JOHNS CREEK

Johns Creek Recreation and Parks is committed to enhancing the well being of its residents and visitors through comprehensive recreation and park programs, facilities, and services.

Programming within the parks includes activities and sports for youth and people of all ages, abilities, and backgrounds.

General Information

Newtown Park
3150 Old Alabama Road
Mon - Sun 6 a.m. - midnight
Register online at:
www.johnscreekga.gov/RecreationandParks

CITY OF MILTON

The City of Milton Parks and Recreation Department develops and maintains a system of parks and recreational resources to welcome visitors and enhance the well-being of Milton residents.

General Information

Milton City Hall
2006 Heritage Walk
678-242-2489
Mon - Fri 8 a.m. - 5 p.m.

CITY OF ROSWELL

The Roswell Recreation, Parks, Historic & Cultural Affairs Department continues to strive to meet the leisure needs of the citizens of Roswell by providing quality, comprehensive recreational opportunities as well as unique, engaging, and inclusive parks and facilities.

General Information

Azalea Park
203 Azalea Dr.

Grimes Bridge Park/ Adult Recreation Center
830 Grimes Bridge Rd.
770-641-3950

Grovelay Community Park/ Adult Aquatic Center
200 Dobbs Drive
770-641-3982


Waller Park Recreation Center
250 Oak St.
770-641-3996

ROSWELL SPECIAL NEEDS ADVOCACY GROUP

Parents and caregivers are invited to come to our monthly meetings to help plan and implement programs. Meetings are held at the Roswell Adult Recreation Center.

If you are interested in being on the advocacy group, contact Jessica Leonard at jleonard01@roswellgov.com.



A group of people is gathered outdoors, holding a large rainbow flag. The flag is the central focus, with its vibrant colors of red, orange, yellow, green, and blue. The people are partially visible, wearing casual clothing like t-shirts and shorts. The background shows a grassy area and some trees under a clear blue sky.

**“Some of the
most amazing
people are
the ones who
don’t fit into
boxes.”**

-TORI AMOS



SERVICES & EXPO

Creating community connections

City of Alpharetta
2 Park Plaza
Alpharetta, GA 30009
678-297-6000
Alpharetta.ga.us

City of Johns Creek
11360 Lakefield Drive
Johns Creek, GA 30097
678-512-3200
info@johnscreekga.gov
JohnsCreekGa.gov

Ed Isakson YMCA
3655 Preston Ridge Road
Alpharetta, GA 30005
770-664-1220
YMCAatlanta.org

City of Milton
2006 Heritage Walk
Milton, GA 30004
678-242-2500
info@cityofmiltonga.us
CityofMiltonGa.us

City of Roswell
38 Hill Street, Suite 100
Roswell, GA 30075
770-641-3950
Roswellgov.com