Sumter County Health & Wellness Guide

2013
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Sumter County Parks and Recreation Department

The Columns at Boone Park
408 Rucker St.
Americus, GA 31719
(229) 924-4878
Two public swimming pools and a splash pad
Open June-end of July

Barlow Street Park & Pool                     Rucker St. Swimming Pool
709 Barlow Street                            408 Rucker St.

Sumter Historic Trust Swimming Pool
318 E Church St,
Americus, GA 31709
(229) 942-6422
Adults only, outdoor swimming pool
Contact James Edgemon at or email at james_edgemon@hotmail.com for membership details

Americus Swim Center
510 Bell St.
(912) 924-5940
Outdoor facility for lap swimming and swim school
Open year round

Deriso Swimming Pool
Georgia Southwestern University
800 Georgia Southwestern State University Drive, Americus
(229) 924-3863
Campus facility with an Olympic-sized, heated, 6 lane indoor pool
- General Swim-open for 30 hours week. Year-round
- Swimming Lessons-Small group or one-on-one instruction
- Water Aerobics-Shallow water only-no swimming skills required
- Americus Blue Tide Swim Team-Competitive. Year-round
- SCUBA-Weekend courses taught by Richard Wisham (certification)
- Pool Parties-Host a birthday party, graduation party. Options include birthday cake and favors.

Hours of operation: Vary by season
Visit www.americusbluetide.com for more information including hours of operation and calendar with pool hours and class times
Georgia Southwestern State University Fitness Center

800 Georgia Southwestern State University Drive, Americus
Campus exercise facility with cardio equipment, circuit strength training machines, and free weight equipment.
Memberships can be purchased in the Marshall Student Center on campus.
Visit: [http://gsw.edu/Campus-Life/StudentActivities/Recreation](http://gsw.edu/Campus-Life/StudentActivities/Recreation) for more information

Hours of operation:

<table>
<thead>
<tr>
<th></th>
<th>Fall</th>
<th>Spring</th>
<th>Summer</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday/Wednesday:</td>
<td>6am-12pm, 2-10pm</td>
<td>Monday-Thursday: 6-9am, 12-10pm</td>
<td>Monday-Thursday: 6am-12pm; 2:30-9pm</td>
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<tr>
<td>Tuesday/Thursday:</td>
<td>6-9am, 12-10pm</td>
<td>Friday: 6am-6pm</td>
<td>Friday: 6am-6pm</td>
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<tr>
<td>Friday:</td>
<td>12-6pm</td>
<td>Saturday/Sunday: 2-5pm</td>
<td>Saturday/Sunday: 2-6pm</td>
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</tbody>
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Note: hours may change due to holidays and GSW events

Georgia Southwestern State University Group Exercise Classes

FREE for all students, faculty, staff, and Hurricane Club members
GSW ID required
Schedule subject to change by season/semester
Fall classes include: Booty Boot camp, Cardio Jam, Cardio Kickboxing, Cardio Sculpt, Happy Hour Friday, Hard “Core”, Intensity, Pilates, Study Cycle HIIT (High Intensity Interval Training), TBS (Total Body Sculpt), Yoga, & Zumba
Visit [http://gsw.edu/Campus-Life/StudentActivities/Recreation/FitnessCenter/GroupExercise/index](http://gsw.edu/Campus-Life/StudentActivities/Recreation/FitnessCenter/GroupExercise/index) for class times and descriptions
Visit: [http://gsw.edu/Campus-Life/StudentActivities/Recreation](http://gsw.edu/Campus-Life/StudentActivities/Recreation) for more information

Workout Joe’s

102 W. Lamar St.
Americus, GA 31709
(229)380-0255
24 hour access gym with cardio, circuit training and other fitness equipment
Visit [http://www.workoutjoes.com/index.html](http://www.workoutjoes.com/index.html) for more information

Hours of operation: 24 hours, seven days a week
Curves Exercise Gym for Women
500 Plantation Ridge Dr.
Americus, GA 31709
(229) 931-9990
Exercise gym that combines strength-training and cardio into one 30-minute workout for women
Offers personalized weight loss solution including customizable meal plans and customer support
Hours of operation:
Monday/Wednesday/Thursday/Friday: 6 am-12:30 pm; 2pm-7pm
Tuesday: 4pm-7pm

Southwest Georgia Fitness Center
1608 E. Forsyth St.
Americus, GA 31709
(229) 924-6869
Health club offering weights, cardio & aerobics classes
Classes include: STEP’n TONE, Cardio Explosion, HIIT (High Intensity Interval Training), Spinning, Cardio Sculpt/HIIT, Silver Sneakers, Zumba, Cross Fit, Tighter Assets, Butt & Guts, Boot camp, Cardio Tone, and Interval Explosion
Visit: https://www.facebook.com/swgafitness for more information
Hours of operation:
Sunday: 1pm-5pm
Monday-Thursday: 5 am-10 pm
Friday: 5 am-8 pm
Saturday 9 am-4 pm

Reps Real Life Fitness
329 W. Forsyth St.
Americus, GA 31709
(229)942-2318
Fitness gym focused on a strength and conditioning program that incorporates functional movements at a high intensity
Offers nutrition consultations to clients
Visit http://repsreallifefitness.com/ for more information
Hours of operation:
Monday-Friday: 7:30 am-11:30 am
Saturday-Sunday: training sessions available upon request
Georgia Southwestern University Intramural Sports
GSW Campus Recreation offers a variety of athletic events for students, faculty, staff, and members
Sports include: Flag Football, Volleyball, Basketball, Disc Golf, Ultimate Frisbee and more will be offered throughout the year

Sumter County Parks and Recreation Department
The Columns at Boone Park
408 Rucker Street
Americus, GA 31719
(229) 924-4878
Provides organized athletic league competitions, leisure, and recreation programming, parks, and facilities year-round
Sports include: Youth Basketball, Gymnastics, Baseball, Track and Field, Soccer, and Football, Cheerleading and Adult Softball
Visit http://www.scprd.org/ for registration deadlines and the current calendar of events
Visit http://www.scprd.org/news.shtml for sign up for text or email recreation alerts

Boys and Girls Club of Americus
103 Hosanna Circle
Americus, GA 31719
(229) 924-0414
Provides team sports programs, daily fitness challenges, and game tournaments to youth members
Sports include: Basketball & Baseball
Brickyard Plantation Golf Club
1619 US Hwy 280 East, Americus, GA 31709
(229) 874-1234
27-hole semi-private club open 7 days a week
Daily rates for non-members
For more details visit: http://www.brickyardgolfclub.com/

Griffin Bell Golf Course
1800 South Lee St. Americus, GA 31709
229.924.2914
Public 18-hole golf course owned and operated by Georgia Southwestern State University.
Includes: Golf Course, Driving Range, Practice Putting/Chipping Greens, Golf Instruction, Golf Shop, Events and Tournaments
Hours of operation:
Monday: 8:00 am - 6:00 pm
Tuesday: 12:00 pm - 6:00 pm
Wednesday - Sunday: 8:00 am - 6:00 pm

Lake Blackshear Golf Course
2459-H US Highway 280
West Cordele, GA 31015
1-800-459-1230
Public 18-hole golf course located on Lake Blackshear
Includes: Golf course & club storage
Hours of operation: Seven days a week, 8 am until dusk
Reservations are taken seven days a week (recommended on weekends and holidays).
To schedule a tee time and learn more about the golf packages, call 1-800-459-1230.

The Marina at Lake Black Shear
2459-H US Highway 280
West Cordele, GA 31015
1-800-459-1230
Boating and fishing trips on Lake Black Shear
Joyce Myers Park

Distance

.23 miles
.37 kilometers

Walking & Jogging Trails
Americus Sumter North Campus Stadium

Distance:
.25 miles
.41 kilometers
Americus Sumter Football Stadium/South Campus
Distance: .25 miles = .42 kilometers = 1 lap
Boone Park Rucker Street
Distance: .25 mile = 377 kilometers = 1 lap
Rees Park
Distance:
.32 miles
.5 kilometers
Central Baptist Church
Distance:
1 mile
1.66 kilometers
Georgia Southwestern University
Distance:
1.6 miles
2.56 kilometers
South Georgia Tech
Distance: 1 mile = 1.6 kilometers
Magnolia Manor Distance:
1.73 miles
2.78 kilometers
South Lee St.
Distance:
2 miles
3.2 kilometers
5k Cross Country Trail
Distance: 3.1 miles = 5 kilometers
6k Cross Country Trail
Distance: 3.73 miles = 6K
8k Cross Country Trail
Distance: 5 miles = 8 kilometers
Playgrounds
Shady Acres Walk
Horton Dr.

Playground Reese Park
Bosworth St.

Parks
Barnum Pond & Park
Corner of Mayo St. and Railroad St.

Brookdale Park
Park Row Extension

Joyce Myers Park
East Church St.

Habitat Park
Habitat St.

McCoy Hill Park
Academy St.

R.L. Freeman Park
Bessie Mays Circle

Rock Hill Park
East Rock Hill Dr.

Russell Street Park
Russell Street

Southeast Park
Black Smith Road

Baseball Fields
Pony League Field
Oak Avenue

Sumter County Regional Park
117 Dan Reeves Road
Thomas Bell Stadium
Bell Street

**Tennis Courts**
Sumter County High School (South) Tennis Courts
805 Harrold Ave.