Summer Guide 2019

MOBILE PARKS AND RECREATION
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SUMMER 2019
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Facilities are available to be rented for Special Events. We currently have eight large centers and five small centers that are perfect for: Hosting your next birthday party, family reunion, or wedding reception. Our friendly staff can help you find a gymnasium, meeting room, or kitchen that will suit your needs.
Call 208-1650 for pricing, rules, and availability.
For scheduled classes, activities, and special events, contact the center directly.
DOTCH COMMUNITY CENTER POOL

ADDRESS: 3100 Bank Ave., Mobile, AL 36617
PHONE: 452-8984
HOURS OF OPERATION: Mon. - Sat.: 10 a.m. - 6 p.m.
Sun.: 12 p.m. - 5 p.m.

FEE: Ages 15 and Under $.50
   Ages 16 & Up $1

KINDERQUATICS (AGES 6 MONTHS – 3 YEARS)
Mon. - Thur.: 6 – 6:30 p.m.
Mon. - Thur.: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

PRESCHOOL (AGES 4 – 5 YEARS)
Mon. - Thur.: 9 – 9:30 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

YOUTH BEGINNER (AGES 6 & UP)
Mon. - Thur.: 9:30 – 10 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

YOUTH INTERMEDIATE (AGES 6 & UP)
Mon. - Thur.: 6:30 – 7 p.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

ADULT LAP SWIM
Mon. - Thur.: 8 – 9 a.m. OR 6 – 7 p.m.
Session 1: June 3 – 27
Session 2: July 1 – 25

FIGURES PARK POOL

ADDRESS: 658 Donald St., Mobile, AL 36617
PHONE: 452-8502
HOURS OF OPERATION: Mon. - Sat.: 10 a.m. - 6 p.m.
Sun.: 12 p.m. - 5 p.m.

FEE: Ages 15 and Under $.50
   Ages 16 & Up $1

KINDERQUATICS (AGES 6 MONTHS – 3 YEARS)
Mon. - Thur.: 6 – 6:30 p.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

INTRO TO COMPETITIVE SWIMMING (AGES 7 & UP)
Mon., Wed., & Thur.: 8 – 9 a.m.
Session 1: June 3 – 28
Session 2: July 1 – 26

PRESCHOOL (AGES 4 – 5 YEARS)
Mon. - Thur.: 9 – 9:30 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

YOUTH BEGINNER (AGES 6 & UP)
Mon. - Thur.: 9:30 – 10 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

YOUTH INTERMEDIATE (AGES 6 & UP)
Mon. - Thur.: 6:30 – 7 p.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 - 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 - 25 (2 weeks) $20

MPRDAquatics@cityofmobile.org
HILLSDALE COMMUNITY CENTER POOL

ADDRESS: 556 Felhorn Rd., Mobile, AL
PHONE: 342-0216
HOURS OF OPERATION: Mon. - Sat.: 10 a.m. - 6 p.m.
Sun.: 12 p.m. - 5 p.m.

FEE: Ages 15 and Under $.50
    Ages 16 & Up $1

KINDERQUATICS (AGES 6 MONTHS – 3 YEARS)
Mon. - Thur.: 6 – 6:30 p.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

PRESCHOOL (AGES 4 – 5 YEARS)
Mon. - Thur.: 9 – 9:30 a.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

YOUTH BEGINNER (AGES 6 & UP)
Mon. - Thur.: 9:30 – 10 a.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

YOUTH INTERMEDIATE (AGES 6 & UP)
Mon. - Thur.: 6:30 – 7 p.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

YOUTH DESERT SWIM
Mon. - Thur.: 8 – 9 a.m. OR 6 – 7 p.m.
Session 1: June 3 – 27
Session 2: July 1 – 25

KIDD PARK POOL

ADDRESS: 800 East St., Mobile, AL
PHONE: 452-5650
HOURS OF OPERATION: Mon. - Sat.: 10 a.m. - 6 p.m.
Sun.: 12 p.m. - 5 p.m.

FEE: Ages 15 and Under $.50
    Ages 16 & Up $1

KINDERQUATICS (AGES 6 MONTHS – 3 YEARS)
Mon. - Thur.: 6 – 6:30 p.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

PRESCHOOL (AGES 4 – 5 YEARS)
Mon. - Thur.: 9 – 9:30 a.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

YOUTH BEGINNER (AGES 6 & UP)
Mon. - Thur.: 9:30 – 10 a.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

YOUTH INTERMEDIATE (AGES 6 & UP)
Mon. - Thur.: 6:30 – 7 p.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

OR
Mon. - Thur.: 6:30 – 7 p.m.
Session 1: June 3 – 13  (2 weeks) $20
Session 2: June 17 - 27  (2 weeks) $20
Session 3: July 1 – 11   (2 weeks) $20
Session 4: July 15 – 25  (2 weeks) $20

YOUTH DESERT SWIM
Mon. - Thur.: 9 - 10 a.m. OR 6 – 7 p.m.
Session 1: June 3 – 27
Session 2: July 1 – 25

MPRDAquatics@cityofmobile.org
LEFLORE MAGNET HIGH SCHOOL POOL

ADDRESS: 700 Donald Street, Mobile, AL 36617
PHONE: 251-208-1631
*Operational hours based on classes

KINDERQUATICS (AGES 6 MONTHS – 3 YEARS)
A fun course aimed at developing confidence in water for children aged 6 months to 3 years. Assist your child as he/she progresses through several skill levels and learns the importance of pool safety. This class focuses on developing swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. Children should wear waterproof diapers only.
AN ADULT MUST ACCOMPANY CHILD IN THE WATER!
Instructor(s): Red Cross Certified Pool Staff
Mon. - Thur.: 9 – 9:30 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 – 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 – 25 (2 weeks) $20
OR
Mon. - Thur.: 5 – 5:30 p.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 – 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 – 25 (2 weeks) $20

SWIMMING, PRESCHOOL (AGES 4 – 5 YEARS)
This American Red Cross program aims to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children. It teaches aquatic and safety skills in a logical progression through three levels.
Level 1: No pre-requisites; new to the pool, needing to learn water adjustment skills.
Level 2: Able to fully submerge head and swim short distances on front and back, with support.
Level 3: Able to swim at least 5 yards on both front and back, unsupported.
Instructor(s): Red Cross Certified Staff
Mon. - Thur.: 9:30 – 10 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 – 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 – 25 (2 weeks) $20
OR
Mon. - Thur.: 5:30 – 6 p.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 – 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 – 25 (2 weeks) $20

SWIMMING, YOUTH BEGINNER (AGES 6 & UP)
This American Red Cross program is designed for beginners and intermediate-level swimmers. Students will be grouped according to skill level on the first day of class. Topics of instruction include basic aquatic skills, swimming strokes, and personal water safety skills. See preschool swimming level description.
Instructor(s): Red Cross Certified Staff
Mon. - Thur.: 9 – 9:30 a.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 – 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 – 25 (2 weeks) $20
OR
Mon. - Thur.: 1 – 1:30 p.m.
Session 1: June 3 – 13 (2 weeks) $20
Session 2: June 17 – 27 (2 weeks) $20
Session 3: July 1 – 11 (2 weeks) $20
Session 4: July 15 – 25 (2 weeks) $20
OR
**LEFLORE MAGNET HIGH SCHOOL POOL (CONT)**

**Mon. - Thur.: 5 – 5:30 p.m.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**OR**

**Mon. - Thur.: 5:30 – 6 p.m.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**SWIMMING, YOUTH INTERMEDIATE (AGES 6 & UP)**

Level 4: Able to swim at least 15 yards (half of pool length) of both front crawl and elementary backstroke.

Level 5: Able to swim 25 yards of both front crawl and elementary backstroke and 15 yards of back crawl, breaststroke, and butterfly.

Level 6: “Fitness Swimming.” Able to swim 50 yards of both front crawl and elementary backstroke and 25 yards of back crawl, breaststroke, and butterfly.

*Instructor(s): Red Cross Certified Staff*

**Mon. - Thur.: 9:30 – 10 a.m.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**OR**

**Mon. - Thur.: 1:30 – 2 p.m.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**OR**

**Mon. - Thur.: 6 – 6:30 pm.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**SWIMMING, ADULT INSTRUCTIONAL (AGES 15 & UP)**

**Mon. - Thur.: 10 – 10:30 a.m.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**OR**

**Mon. - Thur.: 6:30 – 7 p.m.**
- Session 1: June 3 – 13 (2 weeks) $20
- Session 2: June 17 - 27 (2 weeks) $20
- Session 3: July 1 – 11 (2 weeks) $20
- Session 4: July 15 – 25 (2 weeks) $20

**AQUA ZUMBA**

Perfect for those looking to make a splash by adding low-impact, high-energy aquatics exercise to their fitness routine. Water creates natural resistance, which means every step is more challenging and helps tone muscles. JOIN THE PARTY!

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**SWIMMING & WADING POOLS**

Open June 1 – July 31

**HOURS OF OPERATION (SWIMMING POOLS)**

Monday – Saturday: 10 a.m. – 6:00 p.m.
Sunday: 12 p.m. – 5:00 p.m.

**SWIMMING POOL LOCATIONS:**

- Dotch Community Center: 251-452-8984
- Figures Park: 251-452-8502
- Hillsdale Community Center: 251-342-0216
- Kidd Park: 251-452-5650
- LeFlore High School: Refer to LeFlore’s section of the brochure for days and times.

**HOURS OF OPERATION (WADING POOLS)**

Monday – Friday: 10 a.m. – 4 p.m.

**WADING POOL LOCATIONS:**

- Crawford Park
- Duval Park
- Harmon Park
- Laun Park
- Lyons Park
- Rickarby Park

**SPRAY GROUNDS LOCATIONS:**

- Sullivan Park (Peters Park)
- Texas St. (Seals Park)
- Lake Drive (Tricentennial Park)
- McCants – Chavers (Mobile Terrace)
- Medal of Honor Park
AZALEA CITY GOLF COURSE

ADDRESS: 1000 Gaillard Drive
PHONE: 208-5150
www.azaleacitygolfcourse.com
GCSSA SUPERINTENDENT: Brian Aaron
aaron@cityofmobile.org
PGA HEAD GOLF PROFESSIONAL: Lawrence Auer
auerl@cityofmobile.org
HOURS OF OPERATION: 7 Days a Week, 7 a.m. - 7 pm
GREEN FEES: $25 Before Noon; $17 After Noon
JUNIOR RATES, 18 YEARS & YOUNGER:
$12 Before Noon, $8 After Noon
DRIVING RANGE OPEN: 7 a.m. - 7 p.m.

Golf Cart rentals are available

Azalea City Golf Course offers golf lessons for all golfers. We have various skill level lessons offered from the novice student to advanced lessons offered for more experienced golfers. Contact our office for more information for private lessons.

Call-in reservations for tee times are encouraged. Weekday tee times are available up to 7 days in advance. Weekend tee times may be reserved from 8 a.m. on Wednesday prior to the weekend.

Golf instruction is available from our PGA and LPGA teaching professionals. Group and individual instruction programs are available year round.

Call for more information: 251-208-5150

ART INSTRUCTIONAL CENTER

ACTIVITIES SPECIALIST: Ginger Woechan
(ginger.woechan@cityofmobile.org)
ADDRESS: 200 W. Parkway Street at Old Shell Road
(In Lavretta Park).
PHONE: 460-2421
HOURS OF OPERATION: Mon. - Fri.: 9 a.m. - 6 p.m.

*K Any listed supply fees are payable to instructor at the first class

CRAFTY GIRLY CAMP: (AGES 9-14)
This will be a girl’s camp about all things fun! We will work with clay, paint and jewelry!
* $15 supply fee.
Instructor: Ginger Woechan
Mon. – Thurs.: 9 a.m. - 12 noon
#01-04-2019-006356 June 10-13 (1 week) $36

PUPPET CAMP (AGES 7-11)
This camp is for your younger budding artist that wants to play while they create. We will make 3 types of puppets and a few props. On our last day join us for a puppet show!
* $15 supply fee.
Instructor: Ginger Woechan
Mon. - Thurs.: 9 a.m. – 12 noon
#01-04-2019-006357 June 17-20 (1 week) $36

GLOW IN THE DARK PAINTING (AGES 8-13)
This is a fun class for your child to be able to create their own painting with paint and by adding glow in the dark paint to make it glow! Your child will need to think about what they will want to create before class and have 3 ideas ready. They will complete one painting.
* Supply fee: $10
Instructor: Ginger Woechan
Mon.: 9 a.m. – 12 noon
#01-04-2019-006358 June 24 (1 class) $12
**ART INSTRUCTIONAL CENTER**

**DRAWING AND SKETCHING - CHARCOAL AND PASTELS (AGES 16 & UP)**
Using Charcoal and Pastels you will learn this loose way of creating a masterpiece!
*$5 supply fee.
Instructor: Ginger Woechan
Wed. & Thurs.: 1 - 3 p.m.
#01-04-2019-006359 July 24 & 25 (2 classes) $16

**OPEN STUDIO**
This class is for the art student who wants to paint and create in a group setting. You will need to bring your own supplies and ideas and have an understanding of your chosen medium. So dust off those old paints and come join us for art chat and light critiques.
Instructor: Ginger Woechan
Wed.: 9 a.m. - 12 noon
01-04-2019-006359 June 26, July 10 - 31 & Aug 7 $5 per class meeting

**PALETTE KNIFE BEACH UMBRELLAS (ACRYLICS)**
Have you fallen into painting and want something more exciting?! Then this fun and easy class is for you!
*$10 supply fee
Instructor: Ginger Woechan
Mon.: 10 a.m. - 12noon
#01-04-2019-006361 July 8 & 15 (2 weeks) $12
OR
Thurs.: 6:15 – 8:15 p.m.
#01-04-2019-006362 July 11 & 18 (2 weeks) $12

**BEGINNING OIL: BLUE CRAB (AGES 16 & UP)** NEW
This is a beginning oil class on the basics of working with oil paint and a how to on painting a blue crab. We will provide the supplies with your supply fee (paint, turp, brushes.) Note: our last class may run longer. Please, feel free to bring a drink or snack.
*$15 supply fee.
Instructor: Ginger Woechan
Mon. & Tues.: 10 a.m. - 12 noon
#01-04-2019-006363 July 22 & 23 (1 week) $16
OR
Tues.: 6:15 - 8:15 p.m.
#01-04-2019-006364 July 22 & 29 (1 week) $16
OR
Thurs.: 10 a.m. - 12 noon
#01-04-2019-006365 July 25 & August 1 (2 weeks) $16

**TEXTURED LITTLE OLD CHURCH**
This is fun way of painting an abstracted church. Don’t worry about your drawing skills in this fun class! All materials provided.
*$10 Supply fee.
Instructor: Ginger Woechan
Mon.: 6 – 8 p.m.
#01-04-2019-006366 July 22 & 29 (2 weeks) $16

**ZENTANGLE®**

**BEGINNING ZENTANGLE®** NEW
Have you dreamed of creating art with no mistakes? Zentangle® could be for you. This meditative art form is done on a 3.5” square paper tile with a micron pen. Repetitive patterns broken down into simple steps make it easy to do, and really there are no mistakes. It is relaxing, creative, and unbelievably satisfying. You will feel successful after the first class! We will learn three new tangles at the beginning of each session and then you will have the opportunity to put them together to create a beautiful tile.
*$10 Supply fee to be paid to instructor first day of class.
Instructor: Clara Brunk, Certified Zentangle Teacher (CZT)
Mon.: 1 – 3 p.m.
June 10 & 17 (2 weeks) $24
OR
Tues.: 6:15 – 8:15 p.m.
June 11 & 18 (2 weeks) $24

**BEGINNING ZENTANGLE® FOR YOUTH (AGES 10-17)**
Would you like to do some art where there are NO mistakes? The answer is Zentangle®! It is done on a 4.5” square tile with a black art pen. Everything is broken down into simple, easy to do steps. We will begin with relaxation breathing exercises that can help you focus and tune in. You will finish one tile per class. We will add color the second and third classes and learn new tangles each session. I can’t wait to see the amazing tiles you will create.
*$10 Supply fee to be paid to instructor first day of class.
Instructor: Clara Brunk, Certified Zentangle Teacher (CZT)
Mon.: 3 - 4 p.m.
July 8 & 15 (2 weeks) $12

**ZENTANGLE® CREATIONS: BEYOND THE BEGINNING NEW**
The completion of a beginning Zentangle® class is required before you take this class. In this three session class we will learn/practice tangles, create Zentangle Inspired Art (ZIA), utilize Reticulas and Fragments, and explore the use of color. The book Zentangle Primer 1 or Reticulas and Fragments would be helpful, but, is not required. Students should bring their own micron pens, colored pencils, and markers if you have them.
*$10 Supply fee to be paid to instructor first day of class.
Instructor: Clara Brunk, Certified Zentangle Teacher (CZT)
Mon.: 12:30 - 2:30 p.m.
July 15, 21 & 28 (3 weeks) $32
OR
Tues.: 6:15 - 8:15 p.m.
July 9 & 16 (2 weeks) $24

**CATHEDRAL WINDOW PAPER QUILT USING ZENTANGLE® RETICULAS AND FRAGMENTS**
The completion of a beginning Zentangle class is required before you take this class. Each student will create a 12” square colorful, 3-dimension finished product which can be framed. No quilting skills are needed for this paper replica of the beautiful Cathedral Window quilt. The book Zentangle Primer 1 or Reticulas and Fragments would be helpful, but, is not required. Students should bring their own micron pens, colored pencils, and markers if you have them.
*$10 Supply fee to be paid to instructor first day of class.
Instructor: Clara Brunk, Certified Zentangle Teacher (CZT)
Tues.: 1 - 3 p.m.
July 23, 30 & Aug. 6 (3 weeks) $32

JOSEPH C. DOTCH COMMUNITY CENTER

FACILITY SUPERVISOR: Michael Garbutt
ADDRESS: 3100 Bank Ave. A.
Mobile, AL 36617
OFFICE PHONE: 251-452-9856
CELL PHONE: 251-234-9080
Mon.-Thu. 9 a.m. – 8 p.m. & Fri. 9 a.m. – 7 p.m.

SUMMER LUNCH PROGRAM (AGES 0-18)
Mon. - Thurs.: 12 noon - 1 p.m.
Sponsored by Feeding the Gulf Coast

LINE DANCE
Mon.: 5:30 - 7 p.m.

SWING OUT DANCE
Tues.: 5:45 - 7:45 p.m.

SPADES FOR SENIORS
Mon. - Thurs.: 4 - 7:45 p.m.
Fri.: 4 - 6:45 p.m.

CODING ON THE COMPUTER
Instructor: Staff
Tues.: 2 - 3 p.m.
Thurs.: 3 - 4 p.m.

BIBLE STUDY
Instructor: Elder Tubbs
Fri.: 10 a.m. - 12 noon

TRINITY GARDENS CLASS OF 1970
4th Thurs. of each month: 6 p.m.

TRINITY GARDENS HIGH SCHOOL ALUMNI MEETING
All classes of Trinity Gardens High School
3rd Thurs. of each month: 6 p.m.

CLASSY DIAMONDS DANCE TEAM
Instructor: Sherica (Shay) Finch
Mon. & Wed.: 5 - 7 p.m.
EMAIL: Sherica_b@yahoo.com

YOGA FOR FITNESS (BEGINNERS-AGES 18 & UP)
Location: 261 Rickarby St., Mobile, AL 36605
(Former Woodcock Elementary)
Instructors: Kendra Bell
Wed.: 5:45 - 6:45 p.m.
June 5-26
July 10-31
(4 weeks) $25

ZUMBA FOR WOMEN (AGES 18-UP)
Instructor: Deanne Franklin
Tues. & Thurs.: 4 - 5 p.m.

PIANO (AGE 7- ADULT)
Instructor: Theodore Arthur Jr.
Tues.: 12:30 - 2:30 p.m. & 5:30 - 7:30 p.m.
Jun. 4 - 25
(Jul. 2 - 30
(4 weeks) $45

GUITAR (12 &UP)
Instructor: Theodore Arthur Jr.
Wed.: 12:30 - 2:30 p.m. & 5:30 - 7:30 p.m.
Jun. 5 - 26
Jul. 3 - 31
(4 weeks) $45

WALK WITH EASE
Instructor: Cassandra Pettway
Thurs.: 10 -10:45 a.m.

3 POINT SHOOT OUT
Instructor: Staff
Wed. - Thurs.: 5 p.m. until

3 ON 3 BASKETBALL
Instructor: Staff
Wed., Thurs., & Fri.: 4:30 p.m. until

MINI TEAM TOURNAMENT
Wed., Thurs., & Fri.: when available
Activities arranged to fit schedule

YOUTH SOCCER
Instructor: Sherman Williams
Mon. - Fri.: 5:30 - 7:30 p.m.

YOUTH BASEBALL
Instructor: Sherman Williams
Mon. - Fri.: 5:30 - 7:30 p.m

Free WiFi available at all Community Centers
MICHAEL A. FIGURES COMMUNITY CENTER

FACILITY SUPERVISORS: Yolanda Johnson  
(Yolanda.johnson@cityofmobile.org)  
& Woodrow Cannon  
(Woodrow.cannon@cityofmobile.org)  
ADDRESS: 658 Donald Street #C, Mobile, AL 36617  
OFFICE PHONE: 251-452-4052  
Mon. - Fri. 10 a.m. - 7 p.m.

SUMMER LUNCH PROGRAM (AGES 0-18)  
Mon. - Thurs.: 12 noon - 1 p.m.  
Sponsored by Feeding the Gulf Coast

MICHAEL FIGURES YOUTH PEACE ENRICHMENT  
SUMMER CAMP  
Music, Sports, Education Station, Tennis, Chess and much more fun and activities.  
Tues. - Fri.: 10:30 a.m. - 3 p.m.

LINE DANCE W/ LA LA  
Tues.: 5 p.m. - 6:45 p.m.

CARDS AND POOL TOURNAMENTS  
Mon. - Fri.: 10:30 a.m.- 2:30p.m.

HARMON-THOMAS COMMUNITY CENTER

FACILITY SUPERVISOR: Cora Edwards  
(coraedwards@cityofmobile.org)  
ADDRESS: 1611 Belfast Street, Mobile, AL. 36605  
OFFICE PHONE: 251-470-7752  
Mon.-Fri.: 9 a.m. – 7 p.m.

SUMMER LUNCH PROGRAM (AGES 0-18)  
Mon. - Thurs.: 12 noon - 1 p.m.  
Sponsored by Feeding the Gulf Coast

LIGHT OF THE VILLAGE SUMMER CAMP  
Tues. - Fri.: 10 a.m. - 3 p.m.

SENIOR ACTIVITIES  
Mon.-Thurs.: 9 a.m.-12:45 p.m.

WALKING WITH EASE  
Tues.: 10 - 11 a.m.

BIBLE CLASS  
Mon.: 10 – 11 a.m.

SEWING FOR SENIORS  
Mon.: 10 – 11 a.m.

SWIMMING FUN  
Mon. – Fri.: 10 a.m. – 5 p.m.

COMPUTER FOR KIDS  
Wed.: 3 - 4 p.m.

PIANO CLASS  
Mon. & Tues.: 5 – 6:15 p.m.
**HILLSDALE AREA COMMUNITY CENTER**

Facility Supervisors: Jeff McCondiche  
(jeffrey.mccondiche@cityofmobile.org)  
Sylvia Denson (Sylvia.denson@cityofmobile.org)  
Address: 556E. Felhorn Rd, Mobile, AL 36608  
Center Phone #: 344-0341  
Hours: Mon. – Thurs. 10 a.m. – 8 p.m.  
Friday 10 a.m. – 7 p.m.

**CARDS, DOMINOES & TABLE GAMES**  
Daily: 10 a.m. – 2 p.m.

**FOREIGN LANGUAGE CLASS**  
Mon. & Thurs.: 6 – 7:45 p.m.

**H.A.C.A.**  
(Hillsdale Area Community Association)  
2nd Tues. of each month: 7 p.m.

**HEALTH & WELLNESS EXERCISE CLASS**  
Mon., Tues. & Wed.: 6 – 7 p.m.

**LINE DANCE/SWING OUT**  
Line dancing/swing out is just another way you can stay healthy at Hillsdale Community Center. It’s a unique form of exercising.  
Wed.: 6:30 - 7:45 p.m.

**ROBERT HOPE COMMUNITY CENTER**

FACILITY SUPERVISOR: Voundria Thornton  
(voundria.thornton@cityofmobile.org)  
ADDRESS: 850 Edwards Street  
Mobile, AL 36610  
CENTER PHONE: 456-7639  
HOURS: Mon. – Thurs.: 10 a.m. – 8 p.m.  
Fri.: 10 a.m. – 7 p.m.

**SUMMER LUNCH PROGRAM (AGES 0-18)**  
Mon. - Thurs.: 12 noon - 1 p.m.  
Sponsored by Feeding the Gulf Coast

**CAMP HOPE (AGES 5 – 14 YEARS OLD)**  
June 11 – July 18  
Tues. – Thurs.: 10:30 – 2:30 p.m.  
Lunch available (Summer Lunch Program)

**WALKING WITH MRS. V**  
Mon. – Fri.: 10:15 – 11:15 a.m.

**SEASONED SENIORS**  
Mon.: 10 a.m. – 12 noon

**CHESS MEETING**  
Mon.: 10 a.m. – 12 noon

**OPEN COURT BASKETBALL**  
Mon. – Fri.: 10 a.m. – 3 p.m.

**OPEN RECREATION FOR PEOPLE W/ INTELLECTUAL DISABILITIES**  
Mon. – Fri.: 10 a.m. 12:45 p.m.

**PREP SYSTEM**  
(Personal Reference educational planning system)  
Tues. – Wed.: 6 – 7:30 p.m.

**SAIL PROGRAM**  
Mon. – Fri.: 9 a.m. – 1 p.m.

**SEWING CLUB**  
Tues.: 10 a.m. – 2 p.m.

**WALK FOR LIFE**  
Mon. – Fri.: 10 – 11:30 a.m.

**WEIGHT ROOM (OPEN)**  
Mon. – Fri.: 10 a.m. – 2 p.m. & 3 p.m. – 6 p.m.
READING ENRICHMENT/MEDIA DAY
Mon.: 12 – 1 p.m.
Tues. – Thurs.: 3:30 – 4 p.m.

ARTS & CRAFTS
Mon. & Thurs.: 5 – 6 p.m.

BILLARDS
Tues.: 5 – 5:45 p.m.

BILLARDS CLASS
Wed.: 5 – 5:45 p.m.
6:15 - 7 p.m.

POKENO
Mon.: 6:15 – 6:45 p.m.

PING PONG
Tues: 5:45 – 6:15 P.M.

SPADES WITH MS. HUGHES
Tues.: 6:30 – 7:30 p.m.

CONFLICT RESOLUTION PROGRAM (MALES)
Wed.: 5:30 – 7:30 p.m.

LAUN NEIGHBORHOOD CENTER & PARK

FACILITY SUPERVISOR: Brenda Peters
ADDRESS: 5401 Windmill Dr. off Demetropolis Rd.
CENTER PHONE: 661-6541
FOR MORE INFORMATION OR TO REGISTER: 463-7980 or 208-1610
HOURS: Mon. – Sat.: 9 a.m. - 6 p.m.

SUMMER LUNCH PROGRAM (AGES 0-18)
Mon. - Thurs.: 12 noon - 1 p.m.
Sponsored by Feeding the Gulf Coast

ACADEMIC TUTORING (ALL AGES)
Want to prepare your child for the next school year? Start this summer with math & reading tutoring. Students will have a chance to prepare for the next grade level with a certified educator. All grade levels are welcome. Call 463-7980 for more info. or to register.
Instructor: Letesha Smith
4 (30 minute) classes $45

BELLY DANCING - BEGINNER & INTERMEDIATE (AGES 18 & UP)
Great class for best friends, mothers & daughters, sisters, and meeting new friends. Whether you aspire to be a performer or you just want to get into shape, you can enjoy the benefits of this dance, while you develop stamina and overall flexibility-whatever your age, size, or shape! Costumes not required, however a hip scarf with coins is encouraged. Suggested class attire-yoga/exercise clothing & dance shoes or socks. THIS IS A WAIST CINCHER!
Instructor: Valarie Morrison
BEGINNERS: Thurs.: 6 – 7 p.m.
June 6 - July 18 (6 weeks) $35
Aug. 1 – Sept. 5 (6 weeks) $35
OR
INTERMEDIATE: Thurs.: 7 – 8 p.m.
June 6 - July 18 (6 weeks) $35
Aug. 1 – Sept. 5 (6 weeks) $35

BIKINI BOOT CAMP
Shape up, it’s beach time! Class includes total body workout with emphasis on the bikini areas. Includes body weight, isolation exercises and cardio to burn excess calories. Bring a yoga mat, water and beach towel.
Instructor: Tonya Gaskins
Sat.: 10 - 11 a.m.
June 8 - 29 (4 weeks) $25
July 13 - Aug. 3 (4 weeks) $25

GUITAR (ONE ON ONE)
All levels welcome. Students must bring their tunable guitar (Bass, Acoustic or electric) and a tuner. A small amplifier will be needed for electric guitars.
Instructor: Jimmy Botter
BEGINNERS & ADVANCED BEGINNERS: 4 (1-hour lessons) $100
Offered on Tues. & Wed.
Please call 463-7980 to reserve your time.
HOW TO USE YOUR IPHONE
Today I phones are powerful tools that go far beyond simply placing phone calls. It’s like carrying an entire personal computer (PC) and entertainment system in your pocket. But, in order to take advantage of these features and capabilities, you have to know they exist, and how to navigate to them, and make them work. Class covers Facebook, Twitter, Snapchat, Instagram, texting and more. Don’t spend your time standing in line at the phone store with sales people who don’t have time to help you. This class will give you the repetition you need to be phone smart. Bring your iPhone and any questions you may have.
Instructor: Tracy Davis
Thurs.: 4 - 5:30 p.m.
June 6 - 27 (4 weeks) $25
July 11 - Aug. 1 (4 weeks) $25

KICKBOXING
This class is designed for all men, women and teenagers, that are interested in losing weight, improving endurance, mobility and learning the basic fundamentals of boxing and kickboxing. Core development is the primary objective. Maximum results require energy & enthusiasm.
Instructor: Dereck Payne
ADULTS & TEENS: Sat.: 11 a.m. - 12:30 p.m.
June 8 - 29 (4 weeks) $80
July 13 - Aug. 3 (4 weeks) $80
AGES 6 - 12: Sat.: 12:30 p.m. - 1:30 p.m.
June 8 - 29 (4 weeks) $40
July 13 - Aug. 3 (4 weeks) $40

KIDDIE POOL WORKOUT (ADULTS)
Have fun and get fit! Exercises for the entire body based on Pilates, yoga and swimming movements. Wear a bathing suit or something you can get wet, wear sunscreen, bring an inflatable pool raft (body length) and towel.
Instructor: Melusyne
Tues.: 10 - 10:30 a.m.
June 4 - 25 (4 weeks) $10
July 9 - 30 (4 weeks) $10

KIDDIE POOL FUN FOR PRESCHOOLERS
Wading pools are a great place for kids to learn how to enjoy aquatics. Toys, games and socialization help with water acclimation and learning swimming skills. Bubbles, floating, safety without the intimidating big pool. Adults must accompany child into the water. Wear your swimsuits, bring towels and sunscreen.
Instructor: Melusyne
Tues.: 10:30 - 11 a.m.
June 4 - 25 (4 weeks) $10
July 9 - 30 (4 weeks) $10

PIANO FOR BEGINNERS 1 & 2 (AGES 8 & UP)
Students will be taught the basics of playing music on the piano/keyboard. Topics include: basic notes, rhythm and theory as well as finger exercises, chords and scales, all with the goal of being able to play basic accompaniment parts and fun songs. Keyboards are provided for students. Beginner book 1 & 2 may be purchased for $5 the first day of class.
Instructor: Heather Woosley
Tues.: 4 - 5 p.m. OR Tues. 5 - 6 p.m.
June 4 - July 9 (6 weeks) $35
July 23 - Aug. 27 (6 weeks) $35

PIANO & STRINGS LESSONS (ONE ON ONE)
We provide keyboards for piano but strings (violin, viola or cello) must be provided by student. Can be rented at local stores (Andy’s). Piano books 1 & 2 can be purchased for $5 the first class. Book for strings needed is “Essential Elements for Strings, Book 1”. Instructor will call you and discuss your needs and available times. Call 463-7980 for more info. or to register.
Instructor: Heather Woosley
4 (30 minute classes for 1 person) $ 40
4 (30 minute classes for 2 people) $ 50

TABLE TENNIS CLUB (IT’S ON LIKE PING PONG)
The Table Tennis Club is a place for people to learn table tennis, practice, and meet others to play matches. Baker High School Table Tennis coach Michael Ho will be helping everyone to work on skills and learn the game. Beginners welcome!
Mon. & Tues.: 6 - 8 p.m. NO CHARGE
June 3 - July 30 (9 weeks)

TAI CHI
The ancient Chinese believed that true health comes when the body and mind work together in harmony. Tai Chi, a series of slow, soft movements grew out of this tradition, and offers a gentle path to developing a body that is strong, balanced and energetic, and a mind that is calm, clear and relaxed. The practice of Tai Chi reduces stress, and has a recognized beneficial effect on many other health issues and conditions. It is suitable for people of all ages and physical conditions. Just wear comfortable clothes and shoes, and be prepared to have fun.
Instructor: Bob Varley
Wed.: 6 - 7 p.m.
June 5 - July 10 (6 weeks) $35
July 17 - Aug. 21 (6 weeks) $35
RECREATION LEADER I: Rhonda Mc Daniel  
(rhonda.mcdaniel@cityofmobile.org)  
ADDRESS: 5310 Colonial Oaks Dr., Mobile, AL  
CENTER PHONE: 344-7275  
FOR MORE INFORMATION OR TO REGISTER:  
463-7980 or 208-1610  

SUMMER LUNCH PROGRAM (AGES 0-18)  
Mon. - Thurs.: 12 noon - 1 p.m.  
Sponsored by Feeding the Gulf Coast  

ACADEMIC TUTORING (ALL AGES)  
Call 463-7980 for more information or to register.  
Instructor: Letesha Smith  
4 (30 minute) classes $45  

BELLY DANCING –BEGINNER & INTERMEDIATE  
Instructor: Michelle Lovitte  
BEGINNER — Mon.: 6 - 7 p.m.  
June 3 - July 8 (6 weeks) $35  
July 15 - Aug. 19 (6 weeks) $35  
OR  
INTERMEDIAT — Mon.: 7 - 8 p.m.  
June 3 - July 8 (6 weeks) $35  
July 22 - Aug. 26 (6 weeks) $35  

CANDLE LIT YOGA FOR FITNESS & RELAXATION  
(YOGA FOR A LIFETIME)  
Yoga softened with candlelight! This class combines power  
yoga using strong, flowing movements with deep breathing  
to create high energy workout that helps to build strength,  
unwind tight joints and loosen muscles (also burns calories)  
with gentle yoga to banish stress and tension, relax tight  
muscles, increase concentration, strengthen the lower back  
and improve balance. Teaches movements you can use for a  
lifetime. CURVY PEOPLE WELCOME! Bring a yoga mat.  
Instructor: Kendra Bell  
Thurs.: 5:30 - 6:30 p.m.  
June 6 - 27 (4 weeks) $30  

COOK AND EAT (AGES 8-12)  
A rich sensory activity that excites all five senses and builds a  
foundation for a lifelong love of cooking. Recipes for breakfast,  
lunch and dinner, including snacks.  
Instructor: Tracy Davis  
Mon.: 2-4 p.m.  
June 3 - 24 (4 weeks) $40  
July 8 - 29 (4 weeks) $40  

FAMILY POOL CLUB (RACK EM UP)  
Join the fun! A wholesome group of people with a common  
interest, billiards. We play the various Billiard games including  
8 Ball, 9 Ball, Cutthroat and more. Bumper pool available too.  
one of our biggest goals is to further the game of billiards, and  
teach the game to those who might not know how to play com- 
pletely. Everyone welcome. No smoking or drinking.  
Instructor: Dwayne Rapp  
Thurs.: 6:30 - 8 p.m. NO CHARGE  
June 6 - Aug. 1 (8 weeks)  

KICKBOXING (ADULTS & TEENS)  
Instructor: Dereck Payne  
Wed.: 6 - 7:30 p.m.  
June 5 - 26 (4 weeks) $80  
July 10-31 (4 weeks) $80  

SEWING FOR KIDS (AGES 8-12)  
The class is ideal for kids who would like to learn to sew  
and stitch and/or who already have an established desire  
for sewing, design and crafts. No prior sewing experience  
is necessary.  
Bring your own machine or we will provide one.  
Instructor: Tracy Davis  
Mon.: 4 - 6 p.m.  
June 3 - 24 (4 weeks) $40  
July 8 - 29 (4 weeks) $40
NEWHOUSE PARK & NEIGHBORHOOD CENTER

FACILITY SUPERVISOR: Dorothy Lewis
ADDRESS: 2960 Alston Dr., Mobile, AL
(Off of Dauphin Island Parkway)
CENTER PHONE: 470-7753
HOURS: Mon. – Fri. 9 a.m. – 6 p.m.

For more information or to register:
251-208-1662 or 251-208-1610

SUMMER LUNCH PROGRAM (AGES 0-18)
Mon. - Thurs.: 12 noon - 1 p.m.
Sponsored by Feeding the Gulf Coast

ACADEMIC TUTORING (ALL AGES)
Call 463-7980 for more info. or to register.
Instructor: Letesha Smith
4 (30 minute) classes $45

BIKINI BOOT CAMP
Instructor: Tonya Gaskins
Wed.: 5:30 - 6:30 p.m.
June 5 - 26 (4 weeks) $25
July 10 - 31 (4 weeks) $25

COYO (CORE & YOGA)
Variety of creative movements to improve the middle section of your body. Yoga will help make it more flexible and end the class with a feeling of peach and relaxation.
Bring a yoga mat and beach towel.
Instructor: Melusyne
Tues.: 6 - 6:30 p.m.
June 11 - July 30 (7 weeks) $15
(No class July 2)

FREE POUND WORKOUT
Come see for yourself, what it’s all about. It’s a California craze. If you’ve dreamed of channeling your inner rock star into a fitness plan, it’s time for POUND. Created by 2 female drummers, the Pound workout fuses cardio interval training with drumming to provide a challenging heart-pumping workout. Lively movements and upbeat tunes keep the workout fresh. No holding an uncomfortable pose for an extended period of time, the class is always moving. Full-body workout and targets common problem spots – a huge part of the class is performed in a squat position. The drumsticks aren’t just for show, each stick is ¼ pound and combine that with the constant up and down drumming, it targets your inner & outer thighs, butt and core. Drum sticks will be provided for the one night. IF YOU LIKE IT REGISTER FOR THE CLASS.
Instructor: Tonya Gaskins
Wed.: 6:30 - 7:30 p.m.
June 5

KICKBOXING (ADULTS & TEENS)
This class is designed for all men, women and teenagers, that are interested in losing weight, improving endurance, mobility and learning the basic fundamentals of boxing and kickboxing. Core development is the primary objective. Maximum results require energy & enthusiasm.
Instructor: Dereck Payne
Mon.: 6 - 7:30 p.m.
June 3 - 24 (4 weeks) $80
July 8 - 29 (4 weeks) $80

KID’S KLUB “DO SOMETHING NEW THIS SUMMER” (AGES 6-10)
Safe, supervised activities for kids to explore “something new”. We start with an outside activity like mini tennis or badminton, move inside to a cool down with kids’ yoga, then creative time such as drawing cartoons, sketching, watercolors, Lego projects and crafts, and board games or floor puzzles. Please register early, spaces are limited.
Instructor: Melusyne
Tues.: 1 - 4 p.m.
June 4 - 25 (4 weeks) $25
July 9 - 30 (4 weeks) $25

MUSIC DEVELOPMENT (AGES 13 & UP)
Designed to give band, musicians and vocalists the basic and advanced understanding of music (timing, movements, solo techniques, analyzing music, how to read sheet music and how to write music). Better your chances of becoming a complete Musician.
Instructor: Rev. John Lake
Mon.: 4-5 p.m.
June 3 - July 8 (6 weeks) $35
July 15 - Aug. 19 (6 weeks) $35
NEWHOUSE PARK & NEIGHBORHOOD CENTER

PIANO FOR BEGINNERS 1 & 2 (AGES 8 & UP)
Students will be taught the basics of playing music on the piano/keyboard. Topics include: basic notes, rhythm and theory as well as finger exercises, chords and scales, all with the goal of being able to play basic accompaniment parts and fun songs. Keyboards are provided for students. 
*Beginner book 1 & 2 may be purchased for $5 the first day of class.*
Instructor: Rev. John Lake
Tues.: 4 - 5 p.m. OR Tues.: 5 - 6 p.m.
June 4 - July 9 (6 weeks) $35
July 23 - Aug. 27 (6 weeks) $35

PIANO ONE ON ONE
We provide keyboards. Piano books 1 & 2 can be purchased for $5 the first class. Instructor will call you and discuss your needs and available times. Please call 463-7980 for more info or to register.
Instructor: Rev. John Lake
4 (30-minute classes for 1 person) $ 40

POUND WORKOUT
If you’ve dreamed of channeling your inner rock star into a fitness plan, it’s time for POUND. Created by 2 female drummers, the Pound workout fuses cardio interval training with drumming to provide a challenging heart-pumping workout. Lively movements and upbeat tunes keep the workout fresh. No holding an uncomfortable pose for an extended period of time, the class is always moving. Full-body workout and targets common problem spots – a huge part of the class is performed in a squat position. The drumsticks aren’t just for show, each stick is ¼ pound and combine that with the constant up and down drumming, it targets your inner & outer thighs, butt and core. *The Pound drumsticks can be purchased first day of class for $5.*
Instructor: Tonya Gaskins
Wed.: 6:30 - 7:30 p.m.
June 12 - July 3 (4 weeks) $25
July 10 - 31 (4 weeks) $25

SINGING IS BREATHING (VOICE LESSONS)
Gospel recording artist Carlett Martin will be holding private and group voice classes for all levels. Lessons involved warming up vocal chords, breathing, scales to stretch the muscles, developing the right tones for singing styles, learning about blending, harmony & texture, and performance development. Please bring water and/or warm tea to lesson. Call 463-7980 for more info. or to register.

RICKARBY PARK & NEIGHBORHOOD CENTER

FACILITY SUPERVISOR: Jackie Simmons McMillian  
(jacqueline.simmons@cityofmobile.org)
ADDRESS: 550 Rickarby St., Mobile, AL 36606
PHONE: 470-7750
HOURS: Mon. - Friday 9 a.m. - 6 p.m.

SUMMER LUNCH PROGRAM (AGES 0-18)
Mon. - Thurs.: 12 noon - 1 p.m.
Sponsored by Feeding the Gulf Coast

DAILY SNACKS
Mon. ~ Fri.: 3:30 - 4:30 p.m.

BASIC COOKING EVERY 3RD MONDAY OF THE MONTH

POWER WALKING
Mon. & Wed.: 9:15 - 10 a.m.

ARTS AND CRAFTS HOLIDAY CRAFT ACTIVITY
Tues.: 4 p.m. to 4:45 p.m.

WADING POOL OPEN
Mon. - Fri.: 10 a.m. till 5 p.m.

BOOKMOBILE EVERY THIRD THURSDAY OF MONTH

TIE DYING WITH PAINT
Mon. & Wed.: 10:30 - 11:15 a.m.

BASIC EXERCISE
Mon. - Fri.: 9:30 a.m. - 10 a.m.
JAMES SEALS COMMUNITY CENTER

FACILITY SUPERVISORS: Ralph Gordon
(ralph.gordon@cityofmobile.org)
& Tanya Gullett (Tanya.gullett@cityofmobile.org)
ADDRESS: 540 Texas Street 36603
CENTER PHONE: 438-7498
FOR MORE INFORMATION OR TO REGISTER: 208-1660
HOURS: Mon. – Thurs.: 10 a.m. – 8 p.m.
Fri.: 10 a.m. – 7 p.m.

SUMMER LUNCH PROGRAM (AGES 0 -18)
Mon.-Thurs.:  12 noon – 1:00 p.m.
Sponsored by Feeding the Gulf Coast

DAILY SNACKS (AGES 0 – 18)
Daily: 4 – 4:30 p.m.
Sponsored by Feeding the Gulf Coast

TEEN BUILDING RAP SESSION – (AGES 13-17)
Thurs.:  2 - 3 p.m.

DAILY OUTDOOR STRUCTURE ACTIVITY
Mon. – Fri.:  11 a.m. -12 noon (weather permitting)

BILLIARDS
Mon. - Fri.: 11 a.m. - 1 p.m.

BIBLE STUDY
Wed.: 10:45 a.m. - 12:30 p.m.

ADULT COMPUTER CLASS
Wed.: 1 - 2: p.m.

LINE DANCE
Mon. & Wed.: 5:30 - 7:30 p.m.

GOSPEL-CISE
Tues. & Thurs., 5:30 – 6:30 p.m.
Sat.: 9 - 10:30 a.m.

WHEELCHAIR BASKETBALL
Thurs.:  6 p.m.

ARTS & CRAFTS
Fri.: 2:30 p.m.
Bi-weekly beginning June 7

FENCING
Sat.: 8:30 - 11:30 a.m.

WALK & STRETCH
Mon. - Fri.: 10 – 11 a.m.

QUILTING
Mon. & Fri.: 11 a.m. – 2 p.m.

TENNIS IN THE PARKS
Come learn how to play and enjoy tennis or refresh your tennis techniques from a certified tennis Pro during our “It’s Starts in the Parks” summer tennis program at Michael Figures and James Seals Neighborhood Centers. For more information contact: Bruce Lockette, USPTA at 458-6260

Session I: June 4 - June 28
Every Tue., Thurs., & Fri.: 4 -5 p.m. $40
Session II: July 9 – Aug. 2, 2019
Every Tue., Thurs., & Fri.: 5:30 to 6:30 p.m. $40

DAILY SNACKS (AGES 0 – 18)
Daily: 4 – 4:30 p.m.
Sponsored by Feeding the Gulf Coast

GOSPEL-CISE
Tues. & Thurs., 5:30 – 6:30 p.m.
Sat.: 9 - 10:30 a.m.

WHEELCHAIR BASKETBALL
Thurs.:  6 p.m.

ARTS & CRAFTS
Fri.: 2:30 p.m.
Bi-weekly beginning June 7

FENCING
Sat.: 8:30 - 11:30 a.m.
SPRINGHILL RECREATION CENTER

FACILITY SUPERVISOR: Patricia Ferguson
(patricia.ferguson@cityofmobile.org)
ADDRESS: 1151 Springhill Avenue Mobile, AL 36604
CENTER PHONE: 438-7415
HOURS: Mon. - Fri.: 10 a.m. - 7 p.m.

SUMMER LUNCH PROGRAM (AGES 0 -18)
Mon.-Thurs.: 12 noon – 1:00 p.m.
Sponsored by Feeding the Gulf Coast

TAEKWONDO FOR BEGINNERS (AGES 5 & UP)
In this class the student will learn the techniques of Korean Martial Arts, which will develop the students’ fitness, self confidence and esteem, respect, life skills, as well as self-defense.
Instructor: Alex Jones
Mon.: 5:30 - 6:30 p.m.
June 19 - July 1 (4 weeks) $20
July 8 - 29 (4 weeks) $20

LEARN TO PLAY GUITAR (AGES 10 & UP)
Instructor: Theodore Arthur
Thurs.: 5 - 6:30 p.m.
June 13 - 18 (5 weeks) $35
June 25 - Aug. 22 (5 weeks) $35

SEWING BEGINNERS
If you have never sewn before or if you need a refresher course then, this is the class for you. Finally, a sewing class that keeps on teaching as your learning needs change. For beginners selected pattern should not exceed 5 pieces, if more see instructor first. Students will complete one basic garment during class.
Instructor: D. Howze
Tues.: 11 - 12:30 p.m.
June 11 - July 2 (4 weeks) $30
July 9 - 30 (4 weeks) $30

BASIC UPHOLSTERY FOR BEGINNERS
Learn the basic techniques of upholstery. Instructor will cover tools, type of fabrics suitable for different projects. You will learn how to measure a job, tear down a job, information on padding and cording, and much more. Students should know basic sewing. Students are encouraged to have a small project to work on during class, for example a stool, small chair, an ottoman, and removable pillows from a piece of furniture, please keep items on a small scale. Students will need to pay $15 to cover major tools/supplies. Call 208-1660 for supplies you will need to have for personal use.
Instructor: D.L. Howze
Wed.: 11 a.m. - 1 p.m.
June 6 - 26 (4 weeks) $40
July 10 - 31 (4 weeks) $40

COMPUTER LAB
Mon. & Wed.: 3 - 5 p.m.

WALKING IN THE GYM
Just 30 minutes of walking does the body good. Improves heart health, aids weight loss, regulates blood pressure, improves circulation, fights cancer, and reduces risk of diabetes and much more.
Mon. - Fri.: 10 a.m. - 12 Noon

LINE DANCING
Line dancing is just another way you can stay healthy at Springhill Recreation Center. It’s a unique form of exercising.
Mon., Wed. & Thurs.: 4:30 - 6:45p.m.
Tues. & Fri.: 11 a.m. - 1 p.m.

COLORING FOR ADULTS
Sitting down to color a picture is an effective means of reducing stress. All supplies provided, however feel free to bring your own. Sessions include soft music and occasionally herbal tea.
Wed.: 11 a.m. -12 noon

ARTS AND CRAFTS
Tues.: 10:30 - 11:30 a.m.
STOTT’S PARK & NEIGHBORHOOD CENTER

FACILITY SUPERVISOR: Warren Johnson  
ADDRESS: 2150 N. Demetropolis Rd.  
(N. Demetropolis & Cottage Hill)  
PHONE: 666-4955  
HOURS: Mon. – Fri. 9 a.m. – 6 p.m  

For more information or to register call: 208-1662

SUMMER LUNCH PROGRAM (AGES 0 -18)  
Mon.-Thurs.: 12 noon – 1:00 p.m.  
Sponsored by Feeding the Gulf Coast

BALLET FOR AGES 7-10  
Class for beginner and intermediate students focusing on the fundamentals of classical ballet. Instructor lived and trained in the Soviet Union for 6 years with Marika Stumbre of Riga Ballet. She also danced with the Alabama Contemporary Dance Comp. Missy Jones has 30 years of teaching experience.  
Instructor: Missy Jones  
Tues.: 4:30 - 5:30 p.m.  
June 4 - 25 ($50)  
July 2 - 30 ($55)

BALLET BARRE WORKOUT (ADULTS)  
Use ballet barre exercises and movements to strengthen and tone. No previous dance experience necessary.  
Instructor: Missy Jones  
Tues.: 5:30 - 6:30 p.m.  
June 4 - 25 ($50)  
July 2 - 30 ($55)

BELLY DANCING –BEGINNER & INTERMEDIATE  
Instructor: Michelle Lovitte  
INTERMEDIATE: Sat. 9 - 10 a.m.  
June 8 - July 13 ($35)  
July 20 - Aug. 24 ($35)  
OR  
BEGINNER: Sat. 10 - 11:30 a.m.  
June 8 - July 13 ($35)  
July 20 - Aug. 24 ($35)

COYO (CORE & YOGA)  
Variety of creative movements to improve the middle section of your body. Yoga will help make it more flexible and end the class with a feeling of peace and relaxation. Bring a yoga mat and beach towel.  
Instructor: Melusyne  
Wed.: 5:30-6 p.m.  
June 12 - July 31 (7 weeks) $15  
(No class July 3)

KID’S KLUB “DO SOMETHING NEW THIS SUMMER” (AGES 6-10)  
Safe, supervised activities for kids to explore “something new”. We start with an outside activity like mini tennis or badminton, move inside to a cool down with kids’ yoga, then creative time such as drawing cartoons, sketching, watercolors, Lego projects and crafts, and board games or floor puzzles. Please register early, spaces are limited.  
Instructor: Melusyne  
Wed.: 1 - 4 p.m.  
June 5 - 26 (4 weeks) $25  
July 10 - 31 (4 weeks) $25

“SWEATY” PICKLEBALL (OUTDOOR COURTS)  
Join the craze! Named after the family dog “Pickles” that used to chase the balls when they were playing. It’s a little tennis, a bit of ping-pong, a splash of badminton and fun to say AND PLAY! Played indoors, doubles or singles, on a court ¼ the size of a tennis court, with short wooden paddles and a perforated ball similar to a wiffle ball. It’s easier than tennis. Low impact, great for all ages, a sport for life. BEGINNERS ARE WELCOME. Rackets & balls provided. Wear your sunscreen and bring water.  
Instructor: Melusyne  
Sat.: 10 a.m. - 1 p.m. FREE  
June 15 - Aug. 3 (9 weeks)

PIYO TONE  
Great class to reduce your stress and tone your muscles. Piyo (Pilates & yoga) based workout helps strengthen your core muscles (trunk & pelvis) while working your entire body. Perfect for people that find yoga too slow. Includes exercises using body & light weight resistance, compound & isolated muscles, glides & bands, Pilates, and yoga. Class alternates resistance and yoga-Pilates based movements in a flowing motion (no jerky floor to standing movement). Bring a yoga mat, set of light weights and a towel. NO AEROBICS!  
Instructor: Melusyne  
Mon. & Thurs.: 6 - 6:45 p.m.  
June 10 - July 1 (4 weeks) $24  
(No class July 4)  
July 15-Aug. 8 (4 weeks) $24

SMALL GROUP PERSONAL FITNESS TRAINING  
Have you been thinking about hiring a trainer but it’s too expensive? You want to work out but don’t know which exercises to do or if your form is correct. This program is for small groups of people (4-6) wanting to improve their fitness level. Everyone will have an individual program designed for them. Workouts may include: toning & shaping, strength, core, flex-
STOTT'S PARK & NEIGHBORHOOD CENTER

ibility, balance, sports conditioning, and calorie burning. We will be using light weights, body weight exercise, bands, stability balls, glides and steps. After you register you will receive a call from the instructor asking about your personal fitness needs. Instructor is a certified personal trainer with over 30 years of fitness/exercise experience.

**Instructor:** Melusyne

**Mon. & Thurs.: 5 - 5:45 p.m.**

- June 10 - July 1 (4 weeks) $24
- July 15 - Aug. 8 (4 weeks) $24

**TAI CHI**

The ancient Chinese believed that true health comes when the body and mind work together in harmony. Tai Chi, a series of slow, soft movements grew out of this tradition, and offers a gentle path to developing a body that is strong, balanced and energetic, and a mind that is calm, clear and relaxed. The practice of Tai Chi reduces stress, and has a recognized beneficial effect on many other health issues and conditions. *Just wear comfortable clothes and shoes, and be prepared to have fun.*

**Instructor:** Bob Varley

**Wed.: 11:30 a.m. - 12:30 p.m.**

- June 5 - July 10 (6 weeks) $35
- July 24 - Aug. 28 (6 weeks) $35

**THOMAS SULLIVAN COMMUNITY CENTER**

**Facility Supervisor:** Mary Brown  
(mary.brown@cityofmobile.org)

**Address:** 351 N. Catherine St. Mobile, AL 36603

**Phone:** 438-7282

**Hours:** Mon. – Thurs.: 9 a.m. – 8 p.m.  
Fri.: 9 a.m. – 7 p.m.

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**SUMMER LUNCH PROGRAM (AGES 0 -18)**

Mon.-Thurs.: 12 noon – 1:00 p.m.

**Sponsored by Feeding the Gulf Coast**

**BIBLE STUDY**

*Lead by Mrs. Jones & Ms. Dotch*

Mon. & Wed.: 10 a.m.

**BOOK MOBILE**

Wed.: 3:30 – 4:30 p.m.

**COMPUTER LAB (OPEN)**

Mon. – Fri.: 9 a.m. – 7 p.m.

**COOKING 4 EVERYONE WITH CHEF MAURICE**

Wed.: 4 p.m.

**DANCE TEAM – SHIMMERING STARS**

Tues. & Fri.: 4 p.m.

**EQT’S**

With Ms. Morgan Raspberry  
Tues.: 5:30 p.m.

**GOSPELCIZE (EXERCISE)**

*Led by Sharon & Tangy*

Mon. & Wed.: 5:30 – 6:30 p.m.

**HEALTH & WEALTH FOR YOUTH**

*With Mrs. Jennifer Meadry*

Thurs.: 4:30 p.m.

**HEALTH & WEALTH (ADULTS)**

*With Mrs. Jennifer Meadry*

Thurs.: 6 p.m.

**LAFAYETTE COMMUNITY MEETING**

2ND Tues. of each month: 6 p.m.

**MOVIE & POPCORN**

Fri.: 3 – 5 p.m.

**SAIL PROGRAM –(SENIORS)**

(Senior Activities for Independent Living)

*Hot meal served daily*

Mon. – Fri.: 9 a.m. – 1 p.m.

**WALK WITH EASE**

*Led by Mrs. Stevens*

Mon. & Wed.: 10 a.m.

**WII COMPETION**

Thurs.: 3:30 – 4:30 p.m.
COTTAGE HILL GYMNASTICS CENTER

ACTIVITIES SPECIALIST: Tonya Carroll
(tonya.carrol@cityofmobile.org)
ADDRESS: Cottage Hill Gymnastics Center
Hillcrest Rd. (Between Grelot Rd. & Cottage Hill Rd.)
PHONE: 367-6182

TUMBLING, TRAMPOLINE & GYMNASTICS
PRESCHOOL MOVEMENT EDUCATION
(AGES 3, 4, & 5)
Children MUST be potty trained to attend class. Introduction to gymnastics apparatus. Body awareness, balance and self-confidence are developed through introduction to the world of exercise and fun.
SESSION 1: Mon. & Wed.: June 3 – 26
2 - 2:45 p.m. (4 weeks) $50
OR Tues. & Thurs.: June 4 – 27
9:30-10:15 a.m. (4 weeks) $50
OR Sat.: June 8 - 29
9 - 10 a.m. (4 weeks) $35
SESSION 2: Mon. & Wed., July 8 – 31
2 - 2:45 p.m. (4 weeks) $50
OR Tues. & Thurs.: July 9 – Aug. 1
9:30 - 10:15 a.m. (4 weeks) $50
OR Sat., July 13 - Aug. 3
9 - 10 a.m. (4 weeks) $35

KINDER-GYM (AGES 18 MON. – 3 YEARS)
A class for toddlers that will teach basic tumbling, body awareness, balance and self-confidence in a relaxed gymnastics environment! Adult must participate with the child.
SESSION 1: Fri.: June 7 - 28
9:30 - 10:30 a.m. (4 weeks) $35
OR 10:30 - 11:30 a.m. (4 weeks) $35
SESSION 2: Fri.: July 12 – Aug. 2
9:30 - 10:30 a.m. (4 weeks) $35
OR 10:30 - 11:30 a.m. (4 weeks) $35

YOUTH CLASSES
This class teaches progressive skills on trampoline and other gymnastics equipment. Flexibility, strength, balance and coordination are enhanced through participation in this program.

YOUTH GYMNASTICS (5-8 YEARS)
MUST BE 5 BY FIRST CLASS
SESSION 1: Tues. & Thurs.: June 4 – 27
3 – 4 p.m. (4 weeks) $60
OR Sat.: June 8 - 29
10 - 11 a.m. (4 weeks) $35
SESSION 2: Tues. & Thurs.: July 9 – Aug. 1
3 – 4 p.m. (4 weeks) $60
OR Sat.: July 13 – Aug. 3
10 - 11 a.m. (4 weeks) $35

YOUTH GYMNASTICS (9-12 YEARS)
SESSION 1: Sat.: June 8 - 29
11 a.m. - 12 noon (4 weeks) $35
SESSION 2: Sat.: July 13 – Aug. 3
11 a.m. - 12 noon (4 weeks) $35

BEGINNING TUMBLING (5-10 YEARS)
This class is designed to introduce younger students to the various components of tumbling. Primarily: cartwheels, round-offs, back walkovers, and back handsprings.
SESSION 1: Tues. & Thurs.: June 4 – 27
4 – 5 p.m. (4 weeks) $60
SESSION 2: Tues. & Thurs.: July 9 – Aug. 1
4 – 5:00 p.m. (4 weeks) $60

CHEER TUMBLING
(Emphasis on tumbling aspect of cheerleading) A must for students preparing for middle school or high school level cheerleading.
SESSION 1: Mon. & Wed.: June 3 – 26
5 – 6 p.m. (4 weeks) $60
SESSION 1: Tues. & Thurs.: June 4 – 27
5 – 6 p.m. (4 weeks) $60
SESSION 2: Mon. & Wed.: July 8 – 31
5 – 6 p.m. (4 weeks) $60
SESSION 2: Mon. & Wed.: July 8 – 31
5 – 6 p.m. (4 weeks) $60

BEGINNING TRAMPOLINE & TUMBLING (5 & UP)
This class teaches basic trampoline and tumbling skills and is an excellent safety course for those families with backyard trampolines.
SESSION 1: Mon. & Wed.: June 3 – 26
3 – 4 p.m. (4 weeks) $60
SESSION 2: Mon. & Wed.: July 8-31
3 – 4 p.m. (4 weeks) $60

INTERMEDIATE TRAMPOLINE & TUMBLING
For students with moderate gymnastics experience
SESSION 1: Mon. & Wed.: June 3-26
4 - 5 p.m. (4 weeks) $60
SESSION 2: Mon. & Wed.: July 8-31
4 - 5 p.m. (4 weeks) $60

PARENTS ARE INVITED TO FIRST & LAST CLASS ONLY
PARENTS: PLEASE NOTE THAT CLASSES FILL UP QUICKLY. IT IS BEST TO REGISTER FOR THE ENTIRE QUARTER.
NOTE REFUND POLICY.
TENNIS CENTERS

COPELAND-COX TENNIS CENTER
—MOBILE TENNIS CENTER—

GENERAL MANAGER: Scott Novak
ADDRESS: 851 Gaillard Drive, Mobile, AL 36608
PHONE: (251)208-5181
www.MOBILETENNISCENTER.COM

Tennis Center closed July 4th - Independence Day

CLINIC SCHEDULE: SUMMER 2019

INFORMATION:
• 8 Under / 10 Under Classes will follow a USTA Quick-Start Format:
  • 8 & Under (ages 6,7,8)—36 ft. Court
  • 10 & Under (ages 9,10)—60 ft. Court

• Minimum Requirement of 3 participants per clinic
• Payment required to Register. There is a Max. capacity for each clinic.
• Registration Deadline is FIRM and no late entries will be accepted.
• For More info email mobiletennis123@gmail.com
  or call 251-208-5181
• NO WALKONS FOR ANY CLINIC
• NO PRO-RATED COST FOR ANY CLINIC
• NO REFUNDS

CLINIC FEES:
ALL 2019 JUNIOR CLINICS ARE 4 WEEKS LONG

5 YEAR OLDS: 1/2 Hour, 1 Day a Week $35
8 UP, 10 UP, 12 UP, 18 UP CLINICS: 1 Hour, 2 Days a Week $90
ADULT CLINIC: 1 Hour, 1 Day a Week $50

ADULT BEGINNER CLINIC
The adult beginner clinic is designed to teach adults who are brand new to the sport. We encourage everyone to continue playing, by joining a league. This clinic is 6 weeks long, and the first 4 weeks you will work on developing skills and the final 2 weeks are focused on matches and league play.

SESSION 4: July 15 - Aug. 9
Registration Deadline: July 8

JR. CLINICS
5 YEAR OLDS: Tues.: 3:30 - 4 p.m.
8 & UP: Tues. & Thurs.: 6 - 7 p.m.
10 & UP: Tues & Thurs.: 4 - 5 p.m.
12 – 18 YEAR OLDS: Tues. & Thurs.: 5 - 6 p.m.

ADULT CLINICS
ADULT BEGINNER: MON.: 6 - 7 p.m.
ADULT INTERMEDIATE: MON.: 7 - 8 p.m.
ADULT BEGINNER CARDIO: WED.: 6 - 7 p.m.
ADULT INTERMEDIATE CARDIO: WED.: 7 - 8 p.m.
  Session 4 Rain Make Up Week: August 12 - 16

SESSION 5: Aug. 19 - Sept. 20
Registration Deadline: August 12

JR. CLINICS
5 YEAR OLDS: Tues.: 3:30 - 4 p.m.
8 & UP: Tues. & Thurs.: 6 - 7 p.m.
10 & UP: Tues & Thurs.: 4 - 5 p.m.
12 – 18 YEAR OLDS: Tues. & Thurs.: 5 - 6 p.m.

ADULT CLINICS
ADULT BEGINNER: MON.: 6 - 7 p.m.
ADULT INTERMEDIATE: MON.: 7 - 8 p.m.
ADULT BEGINNER CARDIO: WED.: 6 - 7 p.m.
ADULT INTERMEDIATE CARDIO: WED.: 7 - 8 p.m.
  Session 5 Rain Make Up Week: September 23 - 27

SESSION 3: June 3 - June 28
Registration Deadline: May 28

JR. CLINICS
5 YEAR OLDS: Tues.: 3:30 - 4 p.m.
8 & UP: Tues. & Thurs.: 6 - 7 p.m.
10 & UP: Tues & Thurs.: 4 - 5 p.m.
12 – 18 YEAR OLDS: Tues. & Thurs.: 5 - 6 p.m.

ADULT CLINICS
ADULT BEGINNER: MON.: 6 - 7 p.m.
ADULT INTERMEDIATE: MON.: 7 - 8 p.m.
ADULT BEGINNER CARDIO: WED.: 6 - 7 p.m.
ADULT INTERMEDIATE CARDIO: WED.: 7 - 8 p.m.
  Session 3 Rain Make Up Week: July 8-12
TENNIS CENTERS

LYONS PARK TENNIS CENTER

RECREATION LEADER II: James Richardson 
(james4686@bellsouth.net)
ADDRESS: 180 Lyons Park Avenue, Mobile, AL
PHONE: 694-1830
FAX: 690-7730
HOURS OF OPERATION: Mon. - Thur.: 3 - 9 p.m.
Fri.: Closed
Sat.: 8 a.m. - 1 p.m.
FEES:
$4 Day, $5 Night

INFORMATION:
• 5 Lighted Laykold Courts
• Special senior and youth rates available
• Hours subject to change based upon participation and inclement weather,
• Open to the public
• Special tickets are available
• Tennis lessons for adults and children
• USTA National Junior Tennis league
• BTA Adult League
• Lyons Park Very Own “Tennis Anyone” Program
• Lockers and Showers are available

LYONS PARK SUMMER YOUTH TENNIS CAMP
(AGES 6 - 18)
This youth tennis clinic is designed to help youth acquire and develop basic skills needed to play tennis. Contact center to register.
Mon., Tues., & Thurs.: 8:30 - 10:30 a.m.
June 3 - July 11 (6 weeks) $50

NJTL SUMMER TENNIS CAMP AT LYONS PARK
(AGES 6 - 18)
The USTA/National Junior Tenis and Learning (NJTL) network is a nationwide group of community tennis organizations seeking to develop the character of young people through tennis and education.
Mon., Tues., & Thurs.: 8:30 a.m. - 10:30 a.m.
June 3 - July July 11 (6 weeks) $50

MEDAL OF HONOR PARK

ADDRESS: 1711 Hillcrest Road, Mobile, AL 36695
PHONE: 251- 666-9639

Individual Tennis Lessons upon Request
Call for information

TENNIS IN THE PARKS

Come learn how to play and enjoy tennis or refresh your tennis techniques from a certified tennis Pro during our “It’s Starts in the Parks” summer tennis program at Michael Figures and James Seals Neighborhood Centers.
SESSION I: June 4 - June 28
Days: Every Tues., Thurs., and Fri.
Times: 4 - 5 p.m. @Figures  $40
5:30 to 6:30 p.m. @James Seals  $40
SESSION II: July 9 – Aug. 2, 2019
Days: Every Tues., Thurs., and Friday
Times: 4 -5 p.m. @Figures  $40
5:30 to 6:30 p.m. @James Seals  $40

For more information contact: Bruce Lockette, USPTA at 458-6260
THERAPEUTIC & SENIOR ACTIVITIES CENTER (T-SAC)

THERAPEUTIC RECREATION SPECIALIST:
Marie Beard (annette.beard@cityofmobile.org)
ADDRESS: 261 Rickarby St.
(former Woodcock Elementary School)
PHONE: 208-1669

Please call Marie Beard for classes below.
Please call to register for all classes.

YOGA FOR FITNESS (BEGINNERS AGES 18 & UP)
Location: 261 Rickarby Stt. 36605
(Formerly Woodcock Elementary)
Instructor: Kendra Bell
Wed.: 5:45-6:45 p.m.
June 6
July 10-31
(4 weeks) $25

SENIOR RECREATION

SWING OUT/LINE DANCE
Mon.: 6 - 8 p.m.

BID WHIST
Tues.: 10:30 a.m. - 6 p.m.

PINOCCHLE
Wed.: 10 a.m. - 6 p.m.

YOGA
Wed.: 5:45 - 6:45 p.m.

BID WHIST
Thurs.: 10 a.m. - 6 p.m.

PINOCCHLE
Sat.: 10 a.m. - 6 p.m.
City of Mobile Adult Center
1301 Azalea Road, Mobile AL
THERAPEUTIC RECREATION SPECIALIST:
Heidi Hanchey
PHONE: 251-666-3922
THERAPEUTIC RECREATION SPECIALIST:
LaDarrel Bell
PHONE: 251-666-0053

EARLY REGISTRATION IS ENCOURAGED.
Pre-registration determines if a class will meet or if it will be canceled. Only registered students can be contacted if a class is canceled.
ALL FEES TO BE PAID TO INSTRUCTOR.

Please call Heidi Hanchey at 251-666-3922 for the following classes.

FITNESS

15-330 BASIC YOGA
This class will teach strength, balance and relaxation exercises along with proper alignment and breathing. Class helps relieve stress and build strength and equilibrium. Bring sticky mat and regular towel.
Instructor: Irene Callaway
Tues.: 11 a.m. - 12 noon
Session 1: June 4 - July 9 (5 weeks) $20
Session 2: July 16 - Aug. 13 (5 weeks) $20
OR
Instructor: Caroline Bates-Hoffman
Thurs.: 11 a.m. - 12 noon
Session 1: June 6 - July 11 (5 weeks) $20
Session 2: July 18 - Aug. 15 (5 weeks) $20
OR
Instructor: Irene Callaway
Tue.: 5:30-6:30 p.m.
Session 1: June 4 - July 9 (5 weeks) $20
Session 2: July 16 - Aug. 13 (5 weeks) $20
OR
Instructor: Irene Callaway
Thurs.: 5:30-6:30 p.m.
Session 1: June 6 - July 11 (5 weeks) $20
Session 2: July 18 - Aug. 15 (5 weeks) $20

BODY SCULPTING
Body Sculpting is a strength training workout that combines flexibility and cardiovascular conditioning. Body Sculpting is designed to shape and tone the body without building muscular size or bulk. Body Sculpting is highly recommended to those wanting a weight loss program because it helps retain lean muscle tissue while boosting metabolism. Gerry’s classes are geared to accommodate all fitness levels.
Instructor: Gerry Lowe
Mon.: 11:15 a.m.
Session 1: June 3 to July 8 (5 weeks)
Session 2: July 15 to Aug. 12 (5 weeks)
OR
Wed.: 11:15 a.m.
Session 1: June 5 to July 10 (5 weeks)
Session 2: July 17 to Aug. 14 (5 weeks)

THERAPEUTIC RECREATION

Please call LaDarrel Bell at 251-666-6053 for the following classes.

THERAPEUTIC YOUTH MARCHING BAND (AGES 5-18)
Become a member of the City of Mobile Park & Recreation Special Activities all-inclusive therapeutic marching band, Magnolia Breeze Youth Ensemble. Learn instrumental music fundamentals, show-style marching techniques, dance routines, and color guard routines to prepare for community performances and parades. New and experienced musicians, dancers, and color guard (flag twirler) students are encouraged to join.

Call 208-1651

Registration: Mon.-Fri.: April 1 – July 1

Use form on PAGE 32 to REGISTER for Art Instructional Center and Cottage Hill Gymnastics Center.

For all other classes contact the specific location.
Becoming a Member: Life begins here at 55. A member must be 55 or older to join the center. Fill out the Participant Information Form and bring to the front desk. Important Notice: All new Participants have a 30 day grace period to have a Physician Release Form turned into the front desk. If participating in any Fitness, Dance, or Water related activities a participant must have a Physician Release Form signed by their doctor and on file. Physician Release Forms are updated every year.

CAFÉ 3201: Come Join Us for Lunch! OPEN to the PUBLIC. Mon.-Fri.: 11 a.m.-1:30 p.m. $7 Includes: Entree, 2 sides, bread, dessert, and drink.

Transportation Available

Qualifications to apply:
- Must be a registered member of the CHMRCC.
- Must live within a 4 mile radius of the center.
- Must stay for at least 4 hours.
  Restrictions may vary and/or subject to change.
To participate in the transportation program please see our Transportation Coordinator for an application.

The transportation program also offers monthly trips to different venues for our senior’s travel enjoyment.

**To get supply list for any class at the Regional Senior Center please call 251-602-4963**

ADVANCED QUILTING
Wed.: 8 a.m. – 12:30 p.m.

BEGINNER ART CLASS
Mon.: 10 a.m. – 12 noon

BEADING BUDDIES
Mon.: 9:45 a.m. – 12 noon

BEGINNER COMPUTER CLASSES
Tues.: 9:30 – 10:30 a.m.

BEGINNING ITALIAN
Wed.: 3 – 4 p.m.

BEGINNER LINE DANCE
Wed. 1:45 – 2:45 p.m.

BEGINNER QUILTING CLASS
1st & 3rd Tues.: 9 am – 12 noon

BEGINNER WATER COLOR
Tues. 10 a.m. – 3 p.m.

BIBLE STUDY
Mon.: 8:30 – 9:30 a.m.
OR Thurs.: 1-2 p.m. (Non-Domination)

BODY SCULPTING
“Mon. exercises are “Back Friendly”.
Mon. & Fri.: 8:10 – 9:20 a.m.

SUPPORT YOGA
Tues. & Thurs.: 4 p.m.
OR Fri.: 8 a.m.

CIRCUIT TRAINING
Time: Mon.4 p.m. & Wed. 8:30 a.m.

CROCHET
2nd, 3rd, & 4th Thurs.: 9 a.m. – 12 noon

DRAWING & ACRYLIC CLASS
Wed.: 9 a.m. – 12 noon

INTERMEDIATE LINE DANCE
Wed.: 4 – 5 p.m.

LOOM KNITTING CLASS
Thurs.: 12:30 – 3 p.m.

OIL PAINTING CLASS
Mon.: 1 – 4 p.m.

OPEN ART
Wed. & Fri.: 1 – 4 p.m.

PICKLEBALL
Mon.: 2 – 3:30 p.m.
and Fri.: 3 – 5 p.m.

POUND FITNESS
Tues. & Thurs. 3:30 – 4 p.m.

SPECIAL TOPICS (ART)
Fri.: 9 a.m. – 12 noon

STEP AEROBICS
Tues. & Thurs.: 8:30 – 9:30 a.m.

STRENGTH AND FLEXIBILITY
Wed.: 9:30 – 10:30 a.m.

TAI CHI
Time: Thurs. 1 – 2 p.m.

WATER AEROBICS
Maximum Class size is 6 people.
Mon.: 11 a.m. – 12 noon.
Tues.: 10:30 -11:30 am
Thurs.: 11 a.m. – 12 noon

WRITERS GROUP
Thurs.: 10:30 a.m. – 12 noon

ZUMBA
Mon., Tues., & Thurs.: 4 – 5 p.m.
Have you made plans for your child this summer?

Consider the

City of Mobile’s
Summer Adventure Camp

Registration Fee: $75.00
Due at time of registration. Registration fee is Non-Refundable
(Registration fee to be paid separate by cash or money order)
Weekly fee: $60.00

Locations:
T-SAC (old Woodcock) • Azalea Road Adult Center • Augusta Evans Special School

May 28, 2019 to August 2, 2019
(Closed July 4, 2019)
Must provide a daily lunch and snacks for your child

FOR MORE INFORMATION CALL:
251-251-208-1651 OR 251-208-1668

Register early to reserve your child’s spot at the Main Office of Parks and Recreation
48 N. Sage Ave • 8:00 AM – 4:00 PM

LIMITED SPACE AVAILABLE
SENIOR ACTIVITIES FOR INDEPENDENT LIVING
Mon. - Fri.: 9 a.m. - 1 p.m.

SAIL CENTERS: For those seniors who wish to have a tasty, nutritious meal combined with social activities and fellowship, Senior Activity for Independent Living (SAIL) Centers are open Monday through Friday with transportation available in most cases. SAIL centers offer a variety of health promotion events, medical screenings, and offer a regular exercise program that acts as an excellent osteoporosis preventative. Recreation is a regular part of SAIL Center operations.

HOME DELIVERED MEALS: The local SAIL centers serve hot meals which are delivered to home-bound seniors. Center managers conduct assessments to determine each person’s eligibility (subject to availability). The Home Delivered Meals Program allows seniors to remain in their homes and also provides them with daily socialization.

SAIL SITES:

HILLSDALE COMMUNITY CENTER
Center Manager: Mary Lee
Address: 558 Felhorn Road
Phone: 251-344-0341

THOMAS SULLIVAN COMMUNITY CENTER
Center Manager: Neda Arnold
Address: 351 N Catherine Street
Phone: 251-438-7282

PARKWAY SAIL CENTER
Center Manager: Freda Mitchell
Address: 1600 Boykin Blvd
Phone: 251-471-2503

TRICKSEY SAIL COMMUNITY CENTER
Center Manager: Jackie Green
Address: 3055 Banks Avenue
Phone: 251-456-6690

For scheduled classes, activities, and special events, contact the center directly.
YOUTH AND ADULT LEAGUE SPORTS / ATHLETIC PROGRAM

SUPERVISOR: Gregory Davis
mprdathletics@cityofmobile.org
PHONE: 251-208-1631
ADDRESS: 48 N. Sage Avenue, Mobile, AL 36607

ADULT SPORTS:
John Cobb
PHONE: 251-208-1634

YOUTH SPORTS, BASEBALL, SOFTBALL & FOOTBALL:
Monteil Fluker
PHONE: 251-208-1649 or 251-454-7390

YOUTH TRACK & FIELD:
Jan Hickman
PHONE: 251-605-5128

GENERAL INFORMATION: Jean Elders
eldersj@cityofmobile.org
PHONE: 251-208-1631

ADULT LEAGUE

ADULT COED SUMMER SOFTBALL PROGRAM 18+
REGISTRATION: (For all teams) May 20, 2019 - June 18, 2019
ENTRY FEE: $165.00, per team. League begins the week of June 24.
PLAYING SITE: Medal of Honor Softball Complex, (Cottage Hill Park).

For more information contact: John Cobb 251-208-1634
SUMMERTIME TALENT SHOW

The 61st Annual Floretta Fortune Talent Show will be held on Thursday, July 18, 2019 at 6:00 p.m., at Davidson High School Auditorium.

The talent show is open to all elementary (K-5), middle (6 – 8) and high school (9-12) students, who are currently enrolled in a public or private school.

Participants must complete a registration form prior to auditioning.

To register and schedule an audition date and time contact: Mrs. Mary Brown at 251-438-7282

Auditions will be held weekdays from 1:00 - 5:00 p.m. at the following locations:

- June 11-17 - Hillsdale Community Center (558 Felhorn Rd.)
- June 18-24 - Robert Hope Community Center (850 Edwards St.)
- June 25-July 11 - James Seals Community Center (540 Texas Street)

MANDATORY DRESSED REHEARSAL

Tuesday, July 16, 2019, 6-8 p.m.

at Davidson High School Auditorium

Save the Date!

MAYOR’S CUP

Saturday, August 3, 2019
Online and Mail-in Registration only available for ART INSTRUCTIONAL CENTER and COTTAGE HILL GYMNASTICS CENTER

Make money orders payable to: CITY OF MOBILE
Mail to: City of Mobile (location), 48 N. Sage Ave. Mobile, AL 36607-2653

No personal checks accepted. Activities paid for by credit/debit subject to a 3% non-refundable surcharge

Name: (on credit card if applicable) _________________________________________________________________________________________

Billing Address: ____________________________________________________________________________________________________________________________________________

City: _____________________________ State: ___________ Zip Code: ___________________________

Work #: ___________________________ Home #: ___________________________ Mobile #: ___________________________

E-mail Address: ______________________________________________________________________________________________________

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<th>Fee</th>
<th>Student</th>
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TOTAL ________________________

*Use form to register for Art Instructional Center and Cottage Hill Gymnastics Center Only.
To register for activities at all remaining sites please call the contact number listed for that site.