Find your passion...

CHECK OUT THE ACTIVITIES AND CLASSES IN MOBILE

MOBILE PARKS AND RECREATION WINTER SPRING 2019

WWW.CITYOFMOBILE.ORG/PARKS
MOBILE PARKS AND RECREATION

Mayor, City of Mobile
William S. Stimpson

Assistant Director of Operations
Parks and Recreation
Gerard W. McCants

Superintendent of Parks
Daniel Otto

Superintendent of Recreation
Shadrach Collins, Jr.

Program Supervisor of Community Centers
Katrina Frazier

Activities Program Supervisor
Mellanie P. Johnson

Did you know that many of the Mobile parks and facilities can be reserved or 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 205-1650 for pricing, rules, and availability. For scheduled classes, activities, and special events, contact the center directly.

Free WiFi available at all Community Centers
PALETTE KNIFE SUNFLOWERS 18+
Learn how to create a painting using palette knife and a brush! In this class we will focus on painting Sunflowers. With Palette knife you will become loose and free! Come join this fun class! This is an acrylic class. All supplies provided with your $12 supply fee paid to the instructor at the first class. NEW!!
Instructor: Ginger Woechan
Thur.: 10 a.m.-12 noon
Wed.: 6-8 p.m.

PALETTE KNIFE PINEAPPLE 18+
In this fun and fast based class you will learn how to create a painting using palette knife and a paint brush. Our focus will be on a beautiful Pineapple. Come join us for a painting loose class! This class is an acrylic class. All supplies provided for you with your $12 supply fee paid to the instructor at the first class. NEW!!
Instructor: Ginger Woechan
Thur.: 10 a.m.-12 noon
01-11-2018-006252 Jan. 17 & 24 $16

WATERCOLOR OPEN STUDIO 18+
In this class you will be practicing your watercolor skills or finishing a piece you have had a struggle with. This is a light critique and group painting class. You will need to bring all of your own supplies.
Instructor: Ginger Woechan
Mon.: 10 a.m.-12 noon
01-11-2018-006254 Feb. 18 &25 $5 per class

FUNKY WATERCOLOR PORTRAITS 18+
Come explore watercolor all while creating a funky portrait. You will explore your creative side and make a whimsy painting that will bring out your inner child. We will explore with color, drawing, and motifs. This class is a great way to get loose! You will need to bring watercolors, brushes and paper. All other supplies with will be provided for $5 supply fee. NEW!!
Instructor: Ginger Woechan
Mon.: 10 a.m.-12 noon
01-11-2018-006256 Mar. 11-25 $24

OIL PAINTING FOR BEGINNERS: SUNFLOWER 18+
In this beginners oil class we will concentrate on creating a beautiful sunflower painting. You will learn to create a masterpiece on canvas. All other supplies will be provided with your Supply Fee: $20 NEW!!

ART INSTRUCTIONAL CENTER

ACTIVITIES SPECIALISTS: Ann Henkel, Kathe Kutzman & Ginger Woechan
ADDRESS: 200 W. Parkway, Mobile, AL 36608
(In Lavretta Park).
PHONE: 460-2421
OPEN STUDIO (18+)
Open Studio is a class where you can come and work on most any project you want. You need to provide all of your own materials and the instructor will be there for guidance and light critique. You must have experience working with any medium you choose to use. This is a group creating atmosphere. Please, call 460-2421 if you plan on attending.
Instructor: Ginger Woechan
Tue.: 5 p.m.-7 p.m.
01-11-2018-006280  Feb 12-26, Mar. 12-26 $5 per class

ADULT CLASSES

UKULELE: LEARN A COOL UKE SONG EVERY WEEK
Already know the basics of playing the uke? Join us for an hour a music making while adding another song to your repertoire. We will work on finger picking, melody playing, reading tabs, multi-part songs, and, of course, additional chords and playing styles. $6 supply fee payable to the instructor at the first class of each session.
Instructor: Ann Henkel
Thu.: 5:30-6:30 p.m.
01-11-2018-006202  Sess. I: Jan. 24-Feb. 28 (6 wks.) $24
01-11-2018-006203  Sess. II: Mar 21- May 2 (6 wks.) $24
NO CLASS Apr 18

BEGINNING UKULELE
Call the Lavretta Park Art Center if you are interested. 251-460-2421
01-11-2018-006292

BEAD WEAVING
Try your hand at making a pet collar or a unique bracelet, working on a small bead loom. We will create a design on graph paper, string our looms, select the beads, and settle in with an enjoyable project. Results you love are guaranteed. $4 supply fee payable to the instructor at the first class.
Instructor: Ann Henkel
Mon.: 12:30-2:30 p.m.
01-11-2018-006304  Feb 4-Feb 18 (3 wks.) $24

Use form on PAGE 24 to REGISTER for ART INSTRUCTIONAL CENTER classes
ART INSTRUCTIONAL CENTER (CONT.)

TANGLE EXPLORATION: SHORT SESSIONS

We will continue our exploration of the meditative art of Zentangle®.

Join us for just one session, or enroll in all of them. In addition to learning some new tangles, we will work with adding color, deepening our grasp of enhancements, reticulae and fragments, and create some delightful ZIAs. Classes will include tangling on eco-dyed paper that we make, tangled labyrinth, zendalas and mandalas, tangled birds, tangled insects, and a ZIA house. These classes are for those who have taken a Beginning Zentangle class prior to this class. $2 supply fee per session, payable to the instructor.

Instructor: Ann Henkel, CZT

Tues.: 1-3 p.m.
01-11-2018-006297 Tangled House Jan. 22-29 (2 wks.) $16
01-11-2018-006298 Mandalas and Zendalas Feb. 12-26 (3 wks.) $24
01-11-2018-006299 Tangled Birds Mar. 12-19 (2 wks.) $16
01-11-2018-006300 Tangled Insects Apr. 2-9 (2 wks.) $16
01-11-2018-006301 Eco-dye Tangles May 7-14 (2 wks.) $16

OLDER KIDS: 12-16

ART WHAT YOU WANT!

This kids class is designed as a class to help your budding artist go off on their own two feet. Not structured like a school grade class. We explore different mediums and offer 3 different things to do per session (including painting, clay, sculpture, glass etching etc.) Your child should be able to create two different things per session. This class builds confidence and pushes your older child to be more creative and think on their own. All supplies will be provided for your child for the supply fee of $10 at the first of each new session.

Instructor: Ginger Woechan

Min. 3-Max 8
Wed.: 4-5 p.m.
01-11-2018-006286 Sess 3: Apr. 24-May 8 $15

PAINTING PROJECTS AND OPEN STUDIO

Some painting experience is necessary for this class. can work in oils, water colors, pen and ink, or acrylics. Students need to Students bring their own supplies, paints, palette knife, turpentine, canvas, or painting surface.

Instructor: Kathe Byrnes Kutzman

Wed. 9 a.m.-12 noon
01-11-2018-006260 Jan. 9 - May 15 $5 Table Fee

BEGINNING SILK PAINTING

Silk painting is fun, and yes, easy. Learn the basics of painting on silk, using silk dyes you will use many watercolor techniques, using salt and alcohol. Students need to bring push pins. Bring brushes and a palette for paints. Supply fee of $12 includes a scarf and paints to use for the class paid to the teacher the first class.

Instructor: Kathe Byrnes Kutzman

Tue.: 9:30 - 11:30 a.m.
01-11-2018-006267 Mar. 12 & 19 $16

NUNO FELTED SCARF

Learn how to felt on top of a ready-made scarf, students will also learn how to make pre-felts. Supply Fee is $10, to be paid to the teacher at 1st class. Students need to bring a light gauzy scarf (loose weave). If you want to purchase a nuno felting kit you can order it from Dharma Trading Co.

Instructor: Kathe Byrnes Kutzman

Tue.: 9:30-11:30 a.m.
01-11-2018-006264 Feb. 19 & 26 (2 wks.) $16
SOLDERED AND GLASS FUSED JEWELRY
Learn how to make the glass pendants using glass, copper foil and solder. Students need to bring the gloves, and a glasscutter. A Supply fee of $10 to be paid at the first lesson. Foil glass, solder, use of a solder gun, and flux are included in the fee.
Instructor: Kathe Byrnes Kutzman
Tue.: 10 a.m.-12 noon
01-11-2018-006268 Mar. 26 & April 2 (2 wks.) $16

BASIC ENAMELLING
Learn the basic technique of enameling using powered glass on different surfaces, tiles, copper blanks, etc. to make beautiful pieces. A supply fee of $10 to be paid to the teacher at first class. (enamel powders, paints, blanks and tiles are included in the fee).
Instructor: Kathe Byrnes Kutzman
Wed.: 1:30-3:30 p.m.
00-11-2018-006266 Mar. 27 & April 3 (2 wks.) $16

PAINTED MARDI GRAS SWEATSHIRT OR T-SHIRT
Paint a beautiful shirt to enjoy the festive Holiday Season. Students need to bring a washed and dried shirt, fabric or Bristol brushes all sizes, jewels or beads etc. All the craft stores carry fabric paints, glitter, and slick paints.
Instructor: Kathe Byrnes Kutzman
Tues.: 9 a.m.-12 noon
01-11-2018-006273 Jan. 8 (1 class) $12
01-11-2018-006276 Jan 15 (1 class) $12

ABSTRACT TEXTURES
NEW!!!!
Learn different techniques using common materials to create unique surfaces to paint on including Vaseline, glue, paste, rollers, stencil, metal leaf, embossing, shaving cream and many more. Surfaces, paints etc. will be supplied. A $10 supply fee to be paid to the instructor at the first class.
Instructor: Kathe Byrnes Kutzman
Tue.: 10 a.m.-12 noon
01-11-2018-006277 April 9-16

TIME FOR ART/A (AGES 8 – 11)
We will try our hand at a new project each week—drawing, painting, sculpture, mixed-media, print-making, and weaving. $6 supply fee payable to the instructor at the first class of each session.
Instructor: Ann Henkel
Mon.: 3:30-4:30 p.m.
01-11-2018-006293 Sess. 1: Jan. 28-Mar. 11 (6 wks.) $24
01-11-2018-006294 Sess. 2: Apr. 1-May 13 (6 wks.) $24

TIME FOR ART/B (AGES K – 2ND GRADE)
We will try our hand at a new project each week—drawing, painting, sculpture, mixed-media, print-making, and weaving. $6 supply fee payable to the instructor at first class of each session.
Instructor: Ann Henkel
Thur.: 3:30-4:30 p.m.
01-11-2018-006295 Sess. 1: Jan. 24-Feb. 28 (6 wks.) $24

Use form on PAGE 24 to REGISTER for Art Instructional Center and Cottage Hill Gymnastics Center Only.
See page 13 for information on registration for other locations.

Please call the location and pre-register for all classes. Pre-Registration determines if a class will meet or if it will be canceled.
JOSEPH C. DOTCH COMMUNITY CENTER

FACILITY SUPERVISOR: Michael Garbutt  
(michaelgarbutt89@gmail.com)  
ACTIVITIES COORDINATOR: Jack Green  
(jack.green@cityofmobile.org)  
ADDRESS: 3100 Bank Ave. A.  
Mobile, AL 36617  
OFFICE PHONE: 251-452-9856  
CELL PHONE: 251-234-9080  
Mon.-Thu.: 10 a.m.-8 p.m.  
Fri.: 10 a.m.-7 p.m.

AFTER SCHOOL HOT MEAL  
Tues., Wed., Thurs.: 3:30-4:30 p.m.

AFTER SCHOOL ENRICHMENT  
Instructor: Staff  
Mon.-Thurs.: 4-4:30 p.m.

TRINITY GARDENS CLASS OF 1970  
Meets the 4th Thur. in each month

TRINITY GARDENS HIGH SCHOOL ALUMNI MEETING  
All classes of Trinity Gardens High School  
Meets the 3rd Thur. in each month

CLASSY DIAMONDS DANCE TEAM  
Instructor: Sherica (Shay) Finch  
Email: Sherica_b@yahoo.com

YOGA FOR FITNESS (BEGINNERS-AGES 18 & UP)  
@ 261 Rickarby St., 36605  
(Former Woodcock Elementary)  
Instructors: Leontyne Jones & Kendra Bell  
Wed.: 5:45-6:45 p.m.  
Jan.9-30 (4 wks.)       $20  
Feb.6-27 (4 wks.)       $20  
Mar.13-Apr.10 (5 wks.)  $25  
Apr.24-May15 (4 wks.)   $20

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

SIMPLIFYING MEDICARE  
Instructor: Roger Cascaden  
11 a.m.-1 p.m.  
Jan.16 (1 class)    Free  
Feb.20 (1 class)   Free  
Mar.20 (1 class)   Free

PIANO (AGE 7- ADULT)  
Instructor: Theodore Arthur Jr.  
5-7 p.m.  
Jan.22-Feb.12 (4 wks.)       $45  
Feb.19-Mar.19 (4 wks.)       $45  
Mar.26-Apr.23 (4 wks.)       $45  
Apr.30-May21 (4 wks.)       $45

GUITAR (12 &UP)  
Instructor: Theodore Arthur Jr.  
5-7 p.m.  
Jan.23-Feb.13 (4 wks.)       $45  
Feb.20-Mar.20 (4 wks.)       $45  
Mar.27-Apr.24 (4 wks.)       $45  
May1-22 (4 wks.)        $45

MATHMATICS TUTORING (GRADES 1-6)  
Instructor: Shawn Williams  
Mon.: 6-7 p.m. & Wed.: 5:30-6:30 p.m.  
Jan.28-Feb.13 (3 wks.)       $30  
Feb.18-27 (2 wks.)          $20  
Mar.18-Apr.11 (4 wks.)      $40  
Apr.22-May8 (4 wks.)        $40

READING COMPREHENSION (GRADES K-6)  
Instructor: Karlesha Springs  
Tues. & Thurs.: 6-7 p.m.  
Jan.22-Feb.7 (3 wks.)       $30  
Feb.12-28 (4 wks.)         $40  
Mar.12-28 (3 wks.)         $30  
Apr.2-25 (3 wks.)          $30

NATURAL SOAP MAKING  
Supply fee: approximately $20 to be paid to instructor at beginning of class.  
Instructor: Cecile Hawkins  
6:30 p.m. - 7:45 p.m.  
Jan. 23 (1 class)     $20  
Feb. 20 (1 class)    $20  
Mar. 27 (1 class)    $20

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

SWING OUT DANCE  
Instructor: D.J. Daddy D.  
Tues.: 5:45-7:45 p.m.

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

COMPUTER CLASS  
Instructor: Cassandra Pettway  
Tues. & Thurs.: 2-3 p.m

BIBLE STUDY  
Instructor: Elder Tubbs  
Fri.: 10 a.m. - 12 noon
HARMON-THOMAS COMMUNITY CENTER

FACILITY SUPERVISOR: Cora Edwards  
(cora.edwards@cityofmobile.org)  
ADDRESS: 1611 Belfast Street  
Mobile, AL. 36605  
CENTER PHONE: 251-470-7752

Mon.-Thur.: 10 a.m.-8 p.m.  
Fri.: 10 a.m.-7 p.m.

For scheduled classes, activities, and special events, contact the center directly.

HILLSDALE COMMUNITY CENTER

FACILITY SUPERVISORS: Sylvia Denson  
(sylvia.denson@cityofmobile.org)  
Jeff McCondiche  
(jeffrey.mccondiche@cityofmobile.org)  
ADDRESS: 558 E. Felhorn Road  
Mobile, AL 36617  
CENTER PHONE: 344-0341

Mon.-Thur.: 10 a.m.-8 p.m.  
Fri.: 10 a.m.-7 p.m.

For More Information or to Register  
208-1660

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.: 6:30-7:45pm

HEART HEALTHY WALK  
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

EMPOWERMENT IN THE MIDDLE  
Wed.: 5:30-6:15 p.m.

KICKBOXING  
Tues.: 6-8 p.m.

SIMPLIFYING MEDICARE  
Confused by Medicare? Not sure whether to choose a Medicare Supplement and a Prescription Drug Plan or an Advantage plan? You will be given a brief overview of original Medicare and modernized Medicare. Please call ahead to check space availability. 208-1660.  
Instructor: Roger Cascaden  
Mon.: 10:30 a.m.-12:30 p.m.  
Jan. 28  
Mar. 25  
May 20  
FREE!!
ROBERT HOPE COMMUNITY CENTER

FACILITY SUPERVISOR: Voundria Thornton
(voundria.thornton@cityofmobile.org)
ADDRESS: 850 Edwards Street
Mobile, AL 36610
CENTER PHONE: 456-7639
Mon.-Thur.: 10 a.m.-8 p.m.
Fri. 10 a.m.-7 p.m.
For More Information or To Register 208-1660

WALK AND TALK
Open gym for those that prefer to walk &/or light jog for exercise.
Mon.-Fri.: 10:30-11:30 a.m.

ARTS AND CRAFTS WITH MS. HUGHES
Thur.: 5-6 p.m.

COMPUTER FOR ADULTS
If you are new to computers, this is where you start! You will
learn the basics of Windows in an easy-to-understand manner.
It’s a great starting place. Typing skills are not required.
Wed.: 10:30 a.m.-12:30 p.m.

SIT-A-CISE
Just sit and Get Fit: You will be able to do it 30 seconds at a
time. Join the exercise revolution.
Tues.: 10-10:30 a.m.

X-BOX COMPETITION
Fri.: 3:30-4:30 p.m.

GOSPEL CISE
With Sharon Williams: Motivator and Fitness instructor
Wed.: 5:30-6:15 p.m.

LAUN RECREATION CENTER & PARK

FACILITY SUPERVISOR: Conrad Allen
ADDRESS: 5401 Windmill Drive
Demetropolis & Cottage Hill
CENTER PHONE: 661-6541
Hours vary Mon.-Sat.: — call for specific

For More Information or To Register 463-7980 or 208-1610

ACADEMIC TUTORING GRADES 1-6 (ONE ON ONE)
School teacher with 17 years of educational experience, will
work with grades 1-6 to help prepare them for the new school
year. Tutor will design and implement exercises and activities
to help individual student’s academic improvements. Instructor
will call you and discuss your child’s needs and available
times. Please call to reserve your time.
Instructor: Tracy Davis
Sat. appointments begin at 12 noon
#14-11-2018-006205  4 (30 min. classes) $45
#14-11-2018-006206  4 (60 min. classes) $85

ACT PREP BOOT CAMP
Get to really know the ACT and learn tips, tricks, valuable
test-taking skills, effective study habits, and pacing skills.
This class is a great, organized review for students new to ACT
or for those looking to improve their score. Class meets the
four Sat.s leading up to the Feb. 9, Apr. 13 & June 8 ACT tests.
Class time is split between four sections of the test: math, science, English, and reading. An official ACT book (only by the
author Wiley) is highly recommended.
PRE-PAY IS REQUIRED – CALL 463-7980.
Instructor: Jaqui Virgil
Sat.: 11 a.m.-1 p.m.
#14-11-2018-006206 Sess. 1: Jan. 12-Feb. 2 (4 wks.) $75
#14-11-2018-006207 Sess. 2: Mar. 16-Apr. 6 (4 wks.) $75
#14-11-2018-006208 Sess. 3: May 11-June 1 (4 wks.) $75

Please call the location and
pre-register for all classes.
Pre-Registration determines if a class
will meet or if it will be canceled.
See page 13 for information on
registration, payments and refunds.
BELLY DANCING –BEGINNER & INTERMEDIATE
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: Valerie Morrison
Beginner - Thurs. 6-7 p.m.
Intermediate - Thurs. 7-8 p.m.
#14-11-2018-006209 Jan. 24-Feb. 28 (6 wks.) $35
#14-11-2018-006210 Mar. 14-Apr. 18 (6 wks.) $35
#14-11-2018-006211 Apr. 25-May 30 (6 wks.) $35

GUITAR (ONE ON ONE)
All levels welcome. Students must bring their tunable guitar (Bass, Acoustic or electric) and a tuner. A small amplifier will need needed for electric guitars.
Offered on Tues. & Wed. Please call to reserve your time.
Instructor: Jimmy Botter
#14-11-2018-006212 Beginners & Advanced Beginners 4 (1 hour lessons) $100

GUITAR FOR BEGINNERS (AGES 10 & UP)
Beginners learn the basic components of guitar playing, while intermediate students work on more complex techniques. Students must bring their tunable guitar (Bass, Acoustic or electric) and a tuner. A small amplifier will need needed for electric guitars. Practice between classes will speed up your progress.
Instructor: Jimmy Botter
Tues.: 4-5 p.m.
#14-11-2018-006213 Jan. 22-Feb. 26 (6 wks.) $35
#14-11-2018-006214 Mar. 12-Apr. 16 (6 wks.) $35
#14-11-2018-006215 Apr. 30-May 21 (6 wks.) $35

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.
#14-11-2018-006216 Jan 22-Feb. 26 (6 wks.) $35
#14-11-2018-006217 Mar. 12-Apr. 16 (6 wks.) $35
#14-11-2018-006218 Apr. 30-May 21 (6 wks.) $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. Please call to reserve your time.
#14-11-2018-006219 4 (30 minute classes for 1 person) $40
#14-11-2018-006219 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.
#14-11-2018-006220 Jan. 7-May 27
#14-11-2018-006220 Jan. 7-May 27
Closed Jan. 21, Mar. 4 & 5, and May 28

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.
#14-11-2018-006221 Jan 23-Feb. 27 (6 wks.) $35
No class Apr. 3
MITTENIGHT RECREATION CENTER & PARK

RECREATION LEADER I: Dorothy Goodwin
ADDRESS: 5310 Colonial Oaks Dr., Mobile AL 36618
(Moffat & University)
CENTER PHONE: 344-7275
Monday-Friday Opens at 9 a.m.
Closing hours vary — call for specifics

For More Information or To Register: 463-7980 or 208-1610

BELLY DANCING — BEGINNER & INTERMEDIATE
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: Michelle Lovitte
Beginner - Mon.: 6-7 p.m.
Intermediate - Mon.: 7-8 p.m.
#14-11-2018-006224 Jan. 22-Feb. 26 (6 wks.) $35
#14-11-2018-006225 Mar. 12-Apr. 16 (6 wks.) $35
#14-11-2018-006226 Apr. 23-May 21 (5 wks.) $30

CANDLE LIT YOGA FOR FITNESS & RELAXATION (BEGINNERS)
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, wind 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
Tues.: 5:30-6:30 p.m.
#14-11-2018-006228 Mar. 12-Apr. 16 (6 wks.) $35
#14-11-2018-006229 Apr. 23-May 21 (5 wks.) $30

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 completely. Everyone welcome. No smoking or drinking.
Instructor: Dwayne Rapp
Wed.: 6-8 p.m. $1 per person
#14-11-2018-006230 Jan. 9-May 29

ZUMBA SENTAO (CHAIR ZUMBA)
The Zumba Sentao workout takes the fitness party and partners it with, explosive, chair-based choreography (using a chair as your dance partner) and Latin-infused aerobic moves to strengthen, balance, and stabilize your core, and step up your cardio workout in a whole new way.
Instructor: Tonya Gaskins
Thur.: 5:30-6:30 p.m.
#14-11-2018-006231 Jan. 24-Feb. 28 (6 wks.) $35
#14-11-2018-006232 Mar. 14-Apr. 18 (6 wks.) $35
#14-11-2018-006233 Apr. 25-May 30 (6 wks.) $35

NEWHOUSE COMMUNITY CENTER & PARK

FACILITY SUPERVISOR: Dorothy Lewis
(lewis.dorothy@cityofmobile.org)
ADDRESS: 2960 Alston Drive, Mobile AL 36605
CENTER PHONE: 470-7753

CENTER HOURS:
Mon. - Fri.: 9 a.m.-6 p.m.
JAMES SEALS COMMUNITY CENTER

FACILITY SUPERVISORS: Ralph Gordon  
(ralph.gordon@cityofmobile.org)  
Rhonda McDaniel  
(rhonda.mcdaniel@cityofmobile.org)  
ADDRESS: 540 Texas Street, Mobile AL 36605  
CENTER PHONE: 438-7498  
Mon.-Thur.: 10 a.m.-8 p.m.  
Fri.: 10 a.m.-7 p.m.

For More Information or To Register: 208-1660

LINE DANCING
Line dancing is just another way you can stay healthy at James Seals Community Center. It’s a unique form of exercising.  
Mon. & Wed.: 5:30-7 p.m.

COMPUTER CLASS  
Wed.: 10 a.m.

GOSPELCISE  
Tue. & Thur.: 5:30-6:45 p.m.

WHEELCHAIR BASKETBALL  
Tue. & Thur.: 7 p.m.-8 p.m.

MENTORING FOR GIRLS WITH LACHINA  
Mon.: 4 p.m.

THE SPOKEN WORD WITH SALAAM  
Tue.: 4 p.m.
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.
Feb.: 4-25 (4 wks.) $20
Mar.: 11-Apr. 1 (4 wks.) $20
Apr.: 22-May 13 (4 wks.) $20

LEARN TO PLAY GUITAR (AGES 10 & UP)
While practice makes perfect, learn the basic skills for playing the guitar. All students need to bring an acoustic guitar that is tunable. Students will learn how to play 3-4 note lyrics as they learn the chords and become familiar with positioning. Students will learn to tune their guitars.
Instructor: Theodore Arthur
Thurs.: 5-6:30 p.m.
Jan. 24-Feb.: 21 (5 wks.) $35
Mar. 14-Apr. 11 (5 wks.) $35
May 2-30 (5 wks.) $35

SEWING FOR 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 a.m.-12:30 p.m.
Jan. 15-Feb. 5 (4 wks.) $30
Feb.: 12-Mar. 5 (4 wks.) $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.
Jan. 23-Feb. 13 (4 wks.) $40
Mar. 21-Apr. 11 (4 wks.) $40

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

PICKLEBALL@SPRINGHILL
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. Players will assist in teaching you how to play the game. Rackets and balls provided. Must wear tennis shoes. Water only in the gym, no food or drinks.
Mon.: 10:30 a.m.-1:30 p.m.
Thur.: 5-7:30 p.m.

HOW TO REGISTER & REFUND POLICY
ONLINE and mail-in REGISTRATION ONLY AVAILABLE FOR:
• ART INSTRUCTIONAL CENTER
• COTTAGE HILL GYMNASTICS CENTER

ON-SITE REGISTRATION REQUIRED FOR ALL OTHER ACTIVITIES
• All class fees are to be paid directly to the class instructors on the first night of class.
• Students should check with individual instructors for acceptable forms of payment (e.g. cash, money orders, credit or debit cards, etc.)
• Complete and submit registration form to instructor (PAGE 24) to reserve your space in class.
• Refund requests must be made to the instructor.
• All refunds are issued by instructors.
SPRINGHILL COMMUNITY CENTER (CONT.)

WALKING IN THE GYM
Just 30 minutes of walking does the body good. Walking 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.-6:30 p.m.

QUILLING
Learn the basics for quilting, how to cut and piece fabrics, then sandwich fabrics and bating before binding.
Wed. & Fri.: 10:30 a.m.-2:30 p.m.

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. & Thur.: 4:30-6:45 p.m.
Tue. & Fri.: 11:00-1:00 pm

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 FOR ADULTS
Every 3rd Tue.: 10:30-11:30 a.m.

For scheduled classes, activities, and special events, contact the center directly.

STOTT’S STUDIO & PARK

RECREATION LEADER 1: Willie Nixon
ADDRESS: 2150 Demetropolis Road, Mobile AL (North Demetropolis & Cottage Hill)
CENTER: 666-4955
Mon.-Sat.: hours vary — call for specifics

For more information or to register:
463-7980 or 208-1610

BELLY DANCING – BEGINNER & INTERMEDIATE
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!

PIYO STRETCH (FRIDAY DE-STRESS)
Great class to reduce your stress, stretch out those stiff muscles and gently tone the body. Piyo (Pilates & yoga) based workout using flowing movements and body weight resistance exercises. Perfect class for people that find yoga too slow. This class combines strength, flexibility, balance and core conditioning. Bring a yoga mat, towel. NO AEROBICS.
Instructor: Melusyne
Friday, 6-6:30 p.m.
#14-11-2018-006237 Jan. 4-May 24 (20 wks.) $20
(No class Mar. 1)

Instructor: Michelle Lovitte
Intermediate — Sat.: 9-10 a.m.
Beginner — Sat.: 10-11:30 a.m.
#14-11-2018-006234 Jan. 26-Mar. 9 (6 wks.) $50
No class Mar. 2
#14-11-2018-006235 Mar. 16-Apr. 20 (6 wks.) $50
#14-11-2018-006236 Apr. 27-June 1 (6 wks.) $50
PIYO TONE
Great class to reduce your stress and tone your muscles. 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.

Instructor: Melusyne
Mon. & Thurs.: 6-6:45 p.m.
#14-11-2018-006238 Jan. 7-Mar. 21 (9.5 wks.) $28
(No class Jan. 21, Mar 4 & 7)
#14-11-2018-006239 Mar. 25-May 30 (10 wks.) $30

SMALL GROUP PERSONAL FITNESS TRAINING
Have you been thinking about hiring a trainer but it’s too expensive? You want to workout 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, flexibility, 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.
#14-11-2018-006240 Jan. 7-Mar. 21 (9.5 wks.) $28
(No class Jan. 21, Mar 4 & 7)
#14-11-2018-006241 Mar. 25-May 30 (10 wks.) $30

SHITO RYU KARATE (AGES 4 & UP)
Debuting in the 2020 Olympic Games, Shito Ryu karate is a traditional form of martial art originated from Japan. This sport teaches the value of discipline, respect, self-confidence and discourages bad behavior. Students are allowed to interact and engage with each other which helps build social skills. Great exercise to keep mind and body active.

Instructor: Remika Rai
Tues.: 5:30-6:30 p.m. & Fri.: 5-6 p.m.
1 class per week (4 wks.) $40
or 2 classes per week (4 wks.) $80
#14-11-2018-006244 Jan. 8-Feb. 1 (4 wks.)
#14-11-2018-006244 Feb. 5-Mar. 1 (4 wks.)
#14-11-2018-006244 Mar. 12-Apr. 5 (4 wks.)
#14-11-2018-006244 Apr. 9-May 3 (4 wks.)
#14-11-2018-006244 May 7- May 31 (4 wks.)

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.: 11:30 a.m.-12:30 p.m.
#14-11-2018-006245 Jan. 9-Feb. 27 (6 wks.) $35
(No class Apr. 3)

ZUMBA
Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you’ll see why Zumba Fitness is often called exercise in disguise. Super effective? Check. Super fun? Check and check. This is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Instructor: Tonya Gaskins
Tues.: 6:30-7:30 p.m.
#14-11-2018-006246 Mar. 12-Apr. 16 (6 wks.) $35
#14-11-2018-006246 Apr. 23-May 21 (5 wks. ) $30
COTTAGE HILL GYMNASTICS CENTER

ACTIVITIES SPECIALIST: Tonya Carroll
ADDRESS: Western Administrative Complex
4851 Museum Drive, Mobile AL 36608
PHONE: 367-6182 or 208-5504

NO CLASS: January 21 (MLK), March 4-9 (Mardi Gras), and April 15-20 (Spring Break)

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.

Sess. 1: Mon. & Wed.: 2-2:45 p.m.
Jan. 14–Feb. 25 (6 wks.) $60
OR Tues. & Thurs.: 9:30-10:15 a.m.
Jan. 15–Feb. 21 (6 wks.) $60
OR Sat.: 9-10 a.m.
Jan. 12–Feb. 16 (6 wks.) $45

Sess. 2: Mon. & Wed.: 2-2:45 p.m.
Mar. 11–Apr. 1 (5 wks.) $55
OR Tues. & Thurs.: 9:30-10:15 a.m.
Mar. 12–Apr. 11 (5 wks.) $55
OR Sat.: 9-10 a.m.
Mar. 16–Apr. 13 (5 wks.) $40

Sess. 3: Mon. & Wed.: 2-2:45 p.m.
Apr. 22–May. 15 (4 wks.) $50
OR Tues. & Thurs.: 9:30-10:15 a.m.
Apr. 10–May 17 (4 wks.) $50
OR Sat.: 9-10 a.m.
Apr. 27–May 18 (4 wks.) $40

KINDER-GYM (AGES 18 MO – 3 YEARS)
Instructor: Tiara Patrick
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.

Sess 1: Fri.: 9:30-10:30 a.m.
OR Fri.: 10:30-11:30 a.m.
Jan. 11–Feb. 15 (6 weeks) $45

Sess. 2: Fri.: 9:30-10:30 a.m.
OR Fri.: 10:30-11:30 a.m.
Mar. 15–Apr. 12 (5 weeks) $40

Sess 3: Fri.: 9:30-10:30 a.m.
OR Fri.: 10:30-11:30 a.m.
Apr. 26 – May 17 (4 weeks) $35

Use form on PAGE 24 to REGISTER for Cottage Hill Gymnastics Center.
YOUTH CLASSES

These classes teach progressive skills on trampoline and other gymnastics equipment. Flexibility, strength, balance and coordination are enhanced through participation in these programs.

YOUTH GYMNASTICS (5-8 YEARS)
MUST BE 5 BY FIRST CLASS
Sess. 1: Tues. & Thurs.: 4-5 p.m.
Jan. 15-Feb. 21 (6 wks.) $70
OR Sat.: 10-11 a.m.
Jan. 12-Feb. 16 (6 wks.) $45

Sess. 2: Tues. & Thur.: 4-5 p.m.
Mar. 12-Apr. 11 (5 wks.) $65
OR Sat.: 10-11 a.m.
Mar. 16-Apr. 13 (5 wks.) $40

Sess. 3: Tues. & Thur.: 4-5 p.m.
Apr. 10-May 17 (4 wks.) $60
OR Sat.: 10-11 a.m.
Apr. 27-May 18 (5 wks.) $40

YOUTH GYMNASTICS (9-12 YEARS)
Sess. 1: Sat.: 11 a.m.-12 noon
Jan. 12-Feb. 16 (6 wks.) $45

Sess. 2: Sat.: 11 a.m.-12 noon
Mar. 16-Apr. 13 (5 wks.) $40

Sess. 3: Sat.: 11 a.m.-12 noon
Apr. 27-May 18 (4 wks.) $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.
Sess. 1: Tues. & Thur.: 5-6 p.m.
Jan. 15-Feb. 21 (6 wks.) $70

Sess. 2: Tues. & Thur.: 5-6 p.m.
Mar. 12-Apr. 11 (5 wks.) $65

Sess. 3: Tues. & Thur.: 5-6 p.m.
Apr. 10-May 17 (4 wks.) $60

CHEER TUMBLING (AGES 10 AND UP)
(Emphasis on tumbling aspect of cheerleading) A must for students preparing for middle school or high school level cheerleading.
Sess. 1: Mon. & Wed.: 6-7 p.m.
Jan. 14-Feb. 25 (6 wks.) $70

Sess. 2: Mon. & Wed.: 6-7 p.m.
Mar. 11-Apr. 10 (5 wks.) $65

Sess. 3: Mon. & Wed.: 6-7 p.m.
Apr. 22-May 15 (4 wks.) $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 ON PAGE 13.
SPECIAL ACTIVITIES
THERAPEUTIC RECREATION /ADULT CENTER

PROGRAM SUPERVISOR: Ella Austin-Mooney
Phone: 251-208-1668
SPECIAL ACTIVITIES OFFICE: 251-208-1651
RECEPTION DESK: 251-208-1671

LOCATION: Therapeutic and Senior Activity Center (T-SAC) 261 Rickarby St.
(former Woodcock Elementary)
THERAPEUTIC RECREATION SPECIALIST: Marie Beard
PHONE: 251-208-1669

LOCATION: City of Mobile Adult Center
1301 Azalea Rd.
THERAPEUTIC RECREATION SPECIALIST: Heidi Hanchey
PHONE: 251-666-3922

LOCATION: Therapeutic Recreation Program (Adult Center) 1301 Azalea Rd.
THERAPEUTIC RECREATION SPECIALIST: LaDarrel Bell
Phone: 251-666-6053

Class sizes are limited. Please call the location and pre-register for all classes. Pre-Registration determines if a class will meet or if it will be canceled.

MOBILE ADULT CENTER

City of Mobile Adult Center
1301 Azalea Road, Mobile AL
THERAPEUTIC RECREATION SPECIALIST: Heidi Hanchey
PHONE: 251-666-3922
Please call Heidi Hanchey at 251-666-3922

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.

FITNESS

CHAIR AEROBICS
Chair aerobics is safe effective, low impact workout, good for all fitness levels. Supply Fee payable first day of class to instructor. Mr. Lowe is a Silver & Fit instructor.
Instructor: Gerry Lowe
Tue.: 10 a.m.
Sess. 1: Jan. 8-Feb. 12 (5 wks.)
Sess. 2: Feb. 19-Mar. 26 (5 wks.)
Sess. 3: Apr. 3-May 1 (5 wks.)
Sess. 4: May 8-May 29 (5 wks.)

Thur.: 10 a.m.
Sess. 1: Jan.10-Feb. 7 (5 wks.)
Sess. 2: Feb.14-Apr.11 (5 wks.)
Sess. 3: Apr. 18-May 16 (5 wks.)

BODY SCULPTING
Instructor: Gerry Lowe
Mon.: 11:15 a.m.
Sess. 1: Jan. 7-Feb. 18 (5 wks.)

SPORT TRAINING
Instructor: Gerry Lowe
Wed., 4:30-5:30 p.m.
Sess. 1: Jan. 9-Feb. 6 (5 wks.)
Sess. 2: Feb. 13-Mar 13 (5 wks.)
Sess. 3: Mar. 20-Apr. 24 (5 wks.)
Sess. 4: May 1-29 (5 wks.)

ARTS AND CRAFTS

WOODCARVING
Come use our tools and learn this craft of old. The Delta woodcarvers share their skill the first Monday of each month. Join us! It is a great hobby. Call and reserve your spot today!
Instructor: Ron Johnson
First Monday of month: 3-6 p.m. FREE

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

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

SPECIAL EVENTS: CALL FOR DATES & TIMES

SENIOR RECREATION

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

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

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

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

PINOCHLE
Sat.: 10 a.m.-6 p.m.

THERAPEUTIC PROGRAMS

LINE DANCE
Mon.: 10 a.m.-12 noon

BINGO
Tue.: 10 a.m.-12 noon

KARAOKE
Wed.: 10 a.m.-12 noon

MOVIE/POPCORN
Thu.: 10 a.m.-12 noon

For scheduled classes, activities, and special events, contact the center directly.

THERAPEUTIC & SENIOR ACTIVITIES CENTER (T-SAC)

S.A.I.L. PROGRAMS

SENIOR ACTIVITIES FOR INDEPENDENT LIVING

Alabama Education Nutritional S.A.I.L. Programs are 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 regular exercise programs that act as an excellent osteoporosis preventative. Recreation is a regular part of SAIL Center operations. Each center serves hot meals that can be delivered to homebound 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

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

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

TRICKSEY SAIL CENTER
Center Manager: Jackie Green
Address: 3055 Banks Avenue
Phone: 251-456-6690
Program Supervisor: Ashley-Nicole Flowers, M.S., CTRS
Phone: 251-661-0128
3201 Hillcrest Rd., Mobile, AL

The programs at this senior center are for individuals 55 and older. The CHMRSCC is dedicated to providing the highest quality of recreational, educational, health, and wellness programs. The programs offered at the CHMRSCC will seek to engage a broad range of topics and events.

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

**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 in to 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.

**Becoming a Volunteer:** Our volunteers offer encouragement, vision, skills, creativity, commitment, and awareness that significantly impact our participants here at the center. At CHMRSCC our goal is to offer a wide variety of programs at NO cost to participants. Please consider sharing your talents for Volunteer Opportunities.

**Transportation:** The mission of the Connie Hudson Mobile Regional Senior Community Center transportation program is to provide a safe and efficient door to door service for participants ages 55 or older.

**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.**

**BEGINNER COMPUTER CLASSES**
Help for those new to computers!! Come to see what the fuss is about. Learn what you can do with a computer.
Tue.: 9:30-10:30 a.m.

**BEGINNING ITALIAN**
Book: Learn Italian the Fast and Easy Way 3rd Edition
May be purchased in bookstores and online.
Wed.: 3-4 p.m.

**BEGINNER LINE DANCE**
No experience needed!! Join in on the fun. Get full body workout, and meet new people.
Wed.: 1:45-2:45 p.m.

**BEGINNER QUILTING CLASS**
The beginner’s classes start with cutting your fabric and continue on through free motion quilting and binding. This can take several wks. We can only take new students from the beginning class for each quilt we do. It would be impossible to join us in the middle of making a quilt. We do all of our cutting and sewing in the class, with just a little homework, and we work at the speed of our slowest quilters. We will be using the pattern “Morning Star” from the book “Quilts Through The Season” By Eleanor Burns. It will be a lap quilt. **Call for supply list**
1st & 3rd Tue.: 9 a.m.-12 noon

**BEGINNER WATER COLOR CLASS OR WATER SOLUBLE OIL**
**Call for supply list**
Tue.: 10 a.m.-3 p.m.

**BIBLE STUDY**
If words like Peradventure, Railer, hither, wither, verily, sowest, thou, thee, etc. Leave you confused after reading the King James Bible then this is the class to attend. Non-lecturing, group/individual participation, discussion oriented teaching. Reading aloud will be required.
Mon.: 8:30-9:30 a.m.
Thur.: 1-2 p.m.
(Non-Domination)

**BODY SCULPTING**
*Tone muscles, lose inches and weight.
*Strengthen your core to improve balance.
*Burn calories, reduce stress, and increase energy.
“Monday exercises are “Back Friendly”.
Mon. & Fri.: 8:10-9:20 a.m.

**SUPPORT YOGA**
Chair Supported Yoga classes is a gentle form of young that is practiced sitting on a chair, or standing using a chair for support. This helps people with movement limitations, or Profound stiffness due to lack of activity; relief from disabilities and chronic conditions e.g., Arthritis, back pain, and other muscular-skeletal issues; recovery from surgery, illness or injury.
Tue. & Thur.: 4 p.m. & Fri.: 8 a.m.
CIRCUIT TRAINING
The Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a ball. A chair is available for support. This class is suitable for nearly every fitness level and can be adapted depending on the skill of individual participants. Mon.: 4 p.m. & Wed.: 8:30 a.m.

CROCHET
2nd, 3rd, and 4th Thur.: 9 a.m.-12 noon

DRAWING & ACRYLIC CLASS
This class is for those who want to paint with acrylics or draw with graphite/color pencils. Call for supply list. Wed.: 9 a.m.-12 noon

INTERMEDIATE LINE DANCE
Line Dances are choreographed dances with a repeated sequence of steps in which a group dance in one or more lines or rows. All facing either each other or in the same direction, and executing the steps at the same time. Wed.: 9 a.m.-12 noon

LOOM KNITTING CLASS
Loom Knitting creates a knotted fabric just like needle knit but the process is super simple, extremely easy to learn and to do! Instead of working on 2 needles, the knitter works along the loom where stitches are easily seen; you cannot lose your place and it’s easy to see if you make a mistake. Call for supply list. Thur.: 9 a.m.-12 noon

OIL PAINTING CLASS
This is a structured class to learn the master’s ways in oil painting through a series of class projects. See Instructor to sign-up. Mon.: 1-4 p.m.

OPEN ART
This is an open time in the art room. You are may work on an art project of your choice. See Instructor to sign-up. Wed. & Fri.: 1-4 p.m.

PICKLEBALL
Pickleball: a paddle sport (similar to a racquet sport) that combines elements of badminton, tennis, and table tennis. Played both indoors and out on a badminton-sized court and a slightly modified tennis net and played with a plastic ball. Mon.: 2 p.m.-3:30 p.m. & Fri.: 3-5 p.m.

POUND FITNESS
Pound workout fuses cardio interval training with drumming to provide a challenging heart pumping workout. Tue. & Thur.: 3:30-4 p.m.

SPECIAL TOPICS
This class will incorporate painting, drawing, photograph, or art tutorial sessions on DVD or hands on. See ART instructor to sign-up. Fri.: 9 a.m.-12 noon

STEP AEROBICS
Step Aerobics teaches you breathing techniques with movement to increase workout capacity. Tue. & Thur.: 8:30-9:30 a.m.

STRENGTH AND FLEXIBILITY
*Balance and Posture.
*Heart and Lung Power.
*Muscle Strength and Bone Density.
*Flexibility and Range of Motion. Wed.: 9:30-10:30 a.m.

TAI CHI
This gentle form of exercise helps maintain strength, flexibility and balance. Tai chi is often described as “meditation in motion,” but it might well be called “medication in motion”. This exercise is known to improve arthritis. Thur.: 1-2 p.m.

WATER AEROBICS
Water Aerobics increases the range of motion, supports the body and reduces stress on your muscles and joints. Maximum Class size is 6 people. Mon.: 11 a.m.-12 noon Tue.: 10:30-11:30 a.m. Thur.: 11 a.m.-12 noon

WRITERS GROUP
A group of people who come together to pursue the art and enjoyment of writing and fellowship. The group structure offers an opportunity to share and grow as a writer. Thur.: 10:30 a.m.-12 noon

ZUMBA
Zumba classes are typically about an hour long and are taught by instructors licensed by Zumba Fitness, LLC. Zumba consists of routines and step aerobics with Latin rhythms. Mon., Tue. & Thur.: 4-5 p.m.
JOSEPH C. DOTCH COMMUNITY CENTER
FACILITY SUPERVISORS: Michael Garbutt
(michaelgarbutt89@gmail.com)
Dale Slaughter
ADDRESS: 3100 Bank Ave.
PHONE: 452-9856
HOURS: M/T u/W/Th/F: 11:00 AM – 8:00 PM

MICHAEL A. FIGURES COMMUNITY CENTER
FACILITY SUPERVISORS: Yolanda Johnson
(yolanda.johnson@cityofmobile.org)
Woodrow Cannon (woodrowcannon@cityofmobile.org)
ADDRESS: 658 Donald St.
PHONE: 452-4052
HOURS: M/T u/W/Th/F: 10:00 AM – 7:00 PM

HARMON - THOMAS COMMUNITY CENTER
FACILITY SUPERVISOR: Cora Edwards
(cora.edwards@cityofmobile.org)
ADDRESS: 1611 Belfast St.
Phone: 470-7752
HOURS: M/T u/W/Th: 10:00 AM – 8:00 PM, Sat: 10:00 AM – 7:00 PM

HILLSDALE AREA COMMUNITY CENTER
FACILITY SUPERVISORS: Sylvia Denson
(sylvia.denson@cityofmobile.org)
Jeffrey McCondichie (jeffrey.mccondichie@cityofmobile.org)
ADDRESS: 558 Felhorn Rd.
PHONE: 344-0341
HOURS: M/Tu/W/Th: 10:00 AM – 8:00 PM; Fri: 10:00 AM-7:00 PM

ROBERT HOPE COMMUNITY CENTER
FACILITY SUPERVISOR: Voundria Thornton
(voundria.thornton@cityofmobilew.org), Jimmy Williams
ADDRESS: 850 Edwards St.
PHONE: 456-7639
HOURS: M/Tu/W/Th: 10:00 AM-8:00 PM; Fri:10:00 AM-7:00 PM

LAUN RECREATION CENTER & PARK
FACILITY SUPERVISOR: Conrad Allen
ADDRESS: 5401 Windmill Dr.
PHONE: 661-6541
HOURS: Mon-Sat: Call for specifics

MITTERNIGHT RECREATION CENTER & PARK
RECREATION LEADER 1: Dorothy Goodwin
(dorothy.goodwin@cityofmobile.org)
ADDRESS: 5310 Colonial Oaks Dr.
PHONE: 334-7275
HOURS: Mon-Fri: OPENS 9:00 AM
Closing hours vary — call for specifics

NEWHOUSE COMMUNITY CENTER & PARK
FACILITY SUPERVISOR: Dorothy Lewis
(dorothy.lewis@cityofmobile.org)
ADDRESS: 2960 Alston Dr.
PHONE: 470-7753
HOURS: M/Tu/W/Th/F: 9:00 AM – 6:00 PM

RICKARBY COMMUNITY CENTER & PARK
RECREATION LEADER: Jackie Simmons
(jacqueline.simmons@cityofmobile.org)
ADDRESS: 550 Rickarby St.
PHONE: 470-7750
HOURS: M/Tu/W/Th/F: 9:00 AM – 6:00 PM

JAMES SEALS COMMUNITY CENTER
FACILITY SUPERVISORS: Ralph Gordon
(ralph.gordon@cityofmobile.org)
Rhonda McDaniel (rhonda.mcdaniel@cityofmobile.org)
ADDRESS: 540 Texas St.
PHONE: 438-7498
HOURS: M/Tu/W/Th: 10:00 AM-8:00 PM; Fri: 10:00 AM-6 PM

SPRINGHILL RECREATION CENTER
FACILITY SUPERVISORS: Rhonda McDaniel
(rhonda.mcdaniel@cityofmobile.org), Sylvester Bush,
Patricia Ferguson (patricia.ferguson@cityofmobile.org)
ADDRESS: 1151 Springhill Ave.
PHONE: 438-7415
HOURS: M/Tu/W/Th/F: 10:00 AM – 7:00 PM

STOTTS STUDIO & PARK
RECREATION LEADER 1: Willie Nixon
ADDRESS: 2150 Demetropolis Road
PHONE: 666-4955
HOURS: Mon-Sat: hours vary — call for specifics

THOMAS SULLIVAN COMMUNITY CENTER
FACILITY SUPERVISOR: Mary Brown
(mary.brown@cityofmobile.org)
ADDRESS: 351 N. Catherine St.
PHONE: 438-7282
HOURS: Mon-Thur: 9:00 AM – 8:00 PM; Fri: 9:00 AM - 7:00 PM
YOUTH AND ADULT LEAGUE SPORTS

SPORTS COORDINATOR: Marion Shepard
(marion.shepard@cityofmobile.org)
PHONE: 454-7374
ADDRESS: 48 N. Sage Avenue

ADULT SPORTS: John Cobb
PHONE: 208-1634
Softball

YOUTH SPORTS: Monteil Fluker
PHONE: 454-7390
Baseball, Basketball, Football & Softball

YOUTH AND ADULT SOCCER: Coach Z
(coachz@cityofmobile.org)
PHONE: 200-6649

TRACK & FIELD: Jan Hickman
PHONE: 605-5128

GENERAL INFORMATION:
Athletic Office Assistant: Jean Elders
eldersj@cityofmobile.org
PHONE: 208-1631

2019 YOUTH BASEBALL /SOFTBALL
Registration begins March 4, 2019.
Parks are as follows:
- Aaron
- Crawford
- Duval
- Figures
- Hillsdale
- Kidd
- Peters
- Maitre
- Newhouse
- Seals
- Taylor Park
- Theodore
- Trimmier
- Trinity Garden

2019 ADULT SPRING SOFTBALL
Registration for teams from last season begins

2019 ADULT BASEBALL
Registration begins May 28 and the season starts Sunday,
June 3. Games to be played BA at Texas St., Hillsdale and Fig-
ures Parks, Entry fee to be determined by number of games.
June –Aug. Call 251-208-1601

2019 MPRD TRACK & FIELD (AAU)
Sanctioned program for ages 5-18. Registration begins March
4, 2019 at Murphy High School. Mon- Fri: 5 -7 p.m.

2019 MPRD SUMMER TRACK & FIELD
USATF Sanctioned program for ages 5-18.
Registration begins May 6. Murphy High School: 5- 7p.m.
Mon.-Fri. Registration fee is $25.

2019 YOUTH SOCCER
Ages 4-13 – (2 seasons)
Contact Coach Z
251-208-1632 or 251-200-6649

UPCOMING SUMMER PROGRAMS — REGISTRATION
begins in August for Adult Softball, Adult Flag Football, Youth
Soccer and Youth Football.
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) ___________________________________________________________ M/F ___ D.O.B. ___/___/___

Billing Address: ____________________________________________________________________________

City: __________________________________________ State: ______________ Zip Code: _____________________________

Work #: __________________ Home #: __________________ Mobile #: __________________

E-mail Address: ____________________________________________________________________________

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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. (See HOW TO REGISTER on page 13)