

# COMMUNITY ACTIVITIES PROGRAM



**#LiveWorkPlayMOB**



MOBILE PARKS & RECREATION  
MOBILECAP.ORG

WINTER  
SPRING  
2018

## **TABLE OF CONTENTS**

<b>3 – 6</b>	<b>ART INSTRUCTIONAL CENTER</b>
<b>6 – 10</b>	<b>LEFLORE MAGNET HIGH SCHOOL</b>
<b>10 – 15</b>	<b>COMMUNITY ACTIVITIES AT V.O.A.</b>
<b>15 – 17</b>	<b>MURPHY HIGH SCHOOL</b>
<b>18 – 21</b>	<b>PALMER PILLANS MIDDLE SCHOOL</b>
<b>21 – 25</b>	<b>DAVIDSON HIGH SCHOOL</b>
<b>25 – 26</b>	<b>COTTAGE HILL GYMNASTICS CENTER</b>
<b>26 – 27</b>	<b>NEIGHBORHOOD PARKS &amp; COMMUNITY CENTERS</b>
<b>27</b>	<b>S.A.I.L. PROGRAMS</b>
<b>28 – 29</b>	<b>SPECIAL ACTIVITIES THERAPEUTIC RECREATION/ADULT CENTER</b>
<b>29</b>	<b>HOLIDAY &amp; SUMMER CAMPS</b>
<b>30</b>	<b>YOUTH &amp; ADULT LEAGUE SPORTS</b>
<b>30</b>	<b>TENNIS CENTERS</b>
<b>30</b>	<b>AZALEA CITY GOLF COURSE</b>
<b>31</b>	<b>REGISTRATION INFORMATION</b>
<b>32</b>	<b>REGISTRATION FORM</b>

**MOBILECAP.ORG**

**COMMUNITY ACTIVITIES PROGRAM**

**48 N. SAGE AVE.  
MOBILE, AL 36607 – 2653**

**(251) 208 – 1654**

# ART INSTRUCTIONAL CENTER

ART SPECIALISTS: Ann Henkel, Kathe Kutzman & Ginger Woechan  
 PHONE: 460-2421  
 ADDRESS: 200 Parkway St W, Mobile, AL 36608  
 (in Lavretta Park)



## YOUTH CLASSES

### TIME FOR ART/A (AGES 8-10)

INSTRUCTOR: Ann Henkel

\$5 supply fee payable to instructor for each session

TIMES: Monday, 3:30-4:30 p.m.

#### "PAPER MAKING AND CRAFTS"

#01-11-2017-005544 Jan. 22-Feb. 5 (3 wks.) \$12

#### "WATERCOLOR FOR CHILDREN"

#01-11-2017-005545 Feb. 19-Mar. 5 (3 wks.) \$12

#### "ZENTANGLE® FOR CHILDREN"

Zentangle® is a method of creating artwork by drawing simple tangles, or patterns, one line at a time. Zentangle® isn't just about drawing. It focuses the mind, relaxes the body, and builds confidence. With Zentangle®, "anything is possible, one stroke at a time. Zentangle® is fun to do, and best of all, anyone can create art they will be proud of. It brings out the artist in everyone!

#01-11-2017-005546 Mar. 12-April 9 (3 wks.) \$12

#### "DRAWING FOR CHILDREN"

#01-11-2017-005547 Apr. 23-May 14 (4 wks.) \$16

### ART LAB/B (K5-2ND GRADE)

Labs are for experimenting and exploring. We will do just that with painting, drawing, printmaking, mixed media and clay, and crafts. Each class will connect a children's story or song to the artwork we do. \$6 supply fee payable to instructor for each session. No class Feb. 15

INSTRUCTOR: Ann Henkel

TIMES: Thursday, 3:30-4:30 p.m.

#01-11-2017-005548 Jan. 18-Mar. 6 (6 wks.) \$24

#01-11-2017-005549 Apr. 12-May 17 (6 wks.) \$24

### OLDER KIDS

This kid's 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

TIMES: Wednesday, 4-5 p.m.

#01-11-2017-005550 Jan. 24-Feb. 21 (4 wks.) \$16

#01-11-2017-005551 Feb. 28-Mar. 21 (4 wks.) \$16

#01-11-2017-005552 May 2-16 (3 wks.) \$12



## ADULT CLASSES

### ZENTANGLE® MANDALAS AND ZENDALAS

Discover the ancient teachings of the mandala, create beautiful examples of your own, including the beautiful Zendala variations, using your tangling skills. This class is for those have taken a Beginning Zentangle® class prior to this class. \$3 supply fee payable to instructor for each session

INSTRUCTOR: Ann Henkel (CZT™)

TIMES: Monday, 12:30-2:30 p.m.

#01-11-2017-005572 Jan. 22-Mar. 5 (3 wks.) \$24

### ZENTANGLE® OPEN STUDIO

Bring your Zentangle® supplies and a bag lunch. Join us for coffee, good conversation, and new ideas.

INSTRUCTOR: Ann Henkel (CZT™)

TIMES: Monday, 11:30 a.m.-2:30 p.m.

#01-11-2017-005573 Feb. 19-Mar. 19 (5 wks.) \$5 per class

### ZENTANGLE® PRIMER VOL. 1

A guided study of this book, written by Rick Roberts and Maria Thomas, the Founders of Zentangle®. Books may be purchased on Amazon. This book is a highly valuable resource for both beginning and experienced tangles so the class is open to all interested. \$6 supply fee payable to instructor for each session

INSTRUCTOR: Ann Henkel (CZT™)

TIMES: Monday, 12:30-2:30 p.m.

#01-11-2017-005574 Apr. 9-May 14 (6 wks.) \$48

### LAVRETTA PARK UKULELE PLAYERS.

Want a group to play and sing with? Bring your ukulele and join us for an hour of fun. Knowledge of basic chords and strumming patterns is assumed for this class. We will learn to sing and play a new song each week, as well as learning new techniques to improve our playing. This class is geared to soprano, concert, and tenor ukes. Baritone players can bring a capo or hone your transposition skills. Remember, the best way to get better is to play in a group. \$5 supply fee payable to the instructor for each session.

INSTRUCTOR: Ann Henkel

TIMES: Thursday, 5:30-6:30 p.m.

#### "BLUES"

#01-11-2017-005575 Jan. 18-Feb. 8 (4 wks.) \$16

#### "BEATLES PLUS"

#01-11-2017-005576 Feb. 22-Mar. 15 (4 wks.) \$16

#### "HAWAIIAN"

#01-11-2017-005577 Apr. 2-May 3 (4 wks.) \$16

# ART INSTRUCTIONAL CENTER (CONT.)

## FRIDAYS FOR WOMEN:

### DEEPENING YOUR CREATIVE CONNECTIONS

This class is designed to help women explore and integrate creative expression through the practice of mindfulness and artistic activity. We will begin each session with a meditative walk through our Lavretta Park, followed by some thoughtful input and sharing. Using varied art media and technique, the art we do in each class will flow from this. For all levels: beginner to advanced. Be prepared to play. \$10 supply fee payable to the instructor for each session. No class Apr. 6

**INSTRUCTOR: Ann Henkel**

**TIMES: Friday, 10 a.m.–12 p.m.**

#01-11-2017-005578 Jan. 19–Feb. 23 (6 wks.) \$48

#01-11-2017-005579 Mar. 2–Apr. 13 (6 wks.) \$48

#01-11-2017-005580 Apr. 20–May 18 (5 wks.) \$40

### PAINTING PROJECTS AND OPEN STUDIO

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

**INSTRUCTOR: Kathe Byrnes Kutzman**

**TIMES: Wednesday, 9 a.m.–12 p.m.**

#01-11-2017-005581 Jan. 17–May 30 \$5 weekly 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: \$12 includes a scarf and paints to use for the class paid to the teacher the first class.

**INSTRUCTOR: Kathe Byrnes Kutzman**

**TIMES: Tuesday, 1:30–3:30 p.m.**

#01-11-2017-005582 Feb. 20 & 27 (2 wks.) \$16

### NUNO FELTED MARDI GRAS SCARF

Learn how to felt on top of a ready-made scarf, students will also learn how to make pre-felts. The theme will be Mardi Gras; you may do one without a theme. Supply Fee is \$10 to be paid to the teacher at the first class. Students need to bring in 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**

**TIMES: Tuesday, 9:30–11:30 a.m.**

#01-11-2017-005583 Jan. 16 & 23 (2 wks.) \$16

### SOLDERED JEWELRY

Learn how to make the glass pendants using glass (different shapes at hobby store), glass slides, copper foil and solder. Students need to bring the glass, gloves, and a glass cutter. A Supply fee of \$10 to be paid the first lesson. Foil, solder, use of a solder gun, and flux are included in the fee.

**INSTRUCTOR: Kathe Byrnes Kutzman**

**TIMES: Tuesday, 1:30–3:30 p.m.**

#01-11-2017-005584 Apr. 3–17 (3 wks.) \$24

### BASIC ENAMELING

Learn the basic technique of enameling using powdered glass on different surfaces, tiles, copper blanks, etc. to make beautiful pieces. A supply fee of \$10 will be charged, paid to the teacher on first class. (Enamel powders, blanks and tiles are included in the fee).

**INSTRUCTOR: Kathe Byrnes Kutzman**

**TIMES: Tuesday, 1:30–3:30 p.m.**

#01-11-2017-005585 Mar. 6–20 (3 wks.) \$24

### REVAMP YOUR JEANS

Dress up your old jeans with studs, felted flowers, jewels and paints; you can also add fabric, trim and lace. Students need to bring jeans, scissors, jewels or studs. A supply fee of \$5 will be charged for the use of paints, brushes, material etc. Call for more info.

**INSTRUCTOR: Kathe Byrnes Kutzman**

**TIMES: Tuesday, 1:30–3:30 p.m.**

#01-11-2017-005586 May 15 & 22 (2 wks.) \$16

### PAINTED MARDI GRAS SWEATSHIRT OR T-SHIRT

Paint a beautiful shirt to enjoy the festive Mardi Gras 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**

**TIMES: Thursday, 9 a.m.–12 p.m.**

#01-11-2017-005587 Jan. 18 (1 class) \$12

*Samples are at the ART CENTER, if you need more info.  
Call 460-2421*

### MARDI GRAS MASK PAINTING (18+) **NEW**

Love Mardi Gras? Need a seasonal or year around decoration that you will love!! In this class you will create your own Mardi Gras mask painting with acrylic paint AND some palette knife. No paint experience needed! Add glitter, ribbon, feathers or sequins! All supplies provided with your supply fee \$12.

**INSTRUCTOR: Ginger Woehan**

**TIMES: Tuesday & Wednesday (call for times)**

#01-11-2017-005553 Jan. 24 & 25 (2 days) \$16

### BEGINNING OIL: BACK TO THE BASICS (18+) **NEW**

This is a beginning oil class on the basics of working with oil paint. We will guide you and help you understand how to use oil paint, techniques (with oil paint), and how to get started with a painting. We will provide some of the supplies with your supply fee (paint, turpentine, brushes.) You will need to bring a canvas pad (available at Michaels, Hobby Lobby, & Alabama Art Supply.) Supply fee: \$20

**INSTRUCTORS: Kathe Kutzman & Ginger Woehan**

**TIMES: Tuesday, 10:30 a.m.–12:30 p.m.**

#01-11-2017-005554 Feb. 7–28 (4 wks.) \$32

# ART INSTRUCTIONAL CENTER (CONT.)

## OIL PAINTING FOR BEGINNERS: LANDSCAPES (18+) NEW

In this beginners oil class we will concentrate on creating a landscape. You will learn to create a masterpiece on canvas. All other supplies will be provided with your Supply Fee: \$20

**INSTRUCTORS: Kathe Kutzman & Ginger Woechan**

**TIMES: Tues, 10:30 a.m.–12:30 p.m.**

**#01-11-2017-005555 Mar. 13–27 (3 wks.) \$24**

## BEGINNING WATERCOLOR BASICS (18+)

This class is a perfect beginner class for those who want to jump into this fun and versatile medium. All supplies will be provided for you with your supply fee and you will also be given a supply list for you further watercolor needs. Supply fee of \$10 to be paid to the instructor at the first class.

**INSTRUCTOR: Ginger Woechan**

**TIMES: Monday, 10 a.m.–12 p.m.**

**#01-11-2017-005556 Jan. 22 & 29 (2 wks.) \$16**

## WATERCOLOR PET PORTRAITS NEW

Learn to paint your pet! We will focus on color and techniques to help you achieve painting your own pet! You will need to bring at least 3 color pictures (with eyes open and mouth closed,) to the first class. You will need to have them already printed for this class. You will need to bring your own paper, watercolor paint, brushes and one micron pen 03. All other supplies will be provided for you. Supply fee: \$5

**INSTRUCTOR: Ginger Woechan**

**TIMES: Monday, 10 a.m.–12 p.m.**

**#01-11-2017-005557 Feb. 5–26 (3 wks.) \$24**

## LEARN TO SKETCH! NEW

This is a loose drawing class that will steer you in the direction of becoming great at drawing! This fast class will help encourage you to get over your fear of drawing! Students will need to bring a sketch book/journal (we recommend a book that is least 5x7 but not over 9x12.) All other supplies will be supplied for you. Supply fee: \$3

**INSTRUCTOR: Ginger Woechan**

**TIMES: Monday, 5:30–7 p.m.**

**#01-11-2017-005558 Feb. 5–26 (3 wks.) \$16.50**

## TEXTURED PALETTE KNIFE CROSS

This class is a fun and easy class! Have a great holiday painting or gift to give! We will use acrylic paint and medium to achieve a wonderful textured painting! All supplies will be provided for you with a \$12 Supply fee paid at the first class.

**INSTRUCTOR: Ginger Woechan**

**TIMES: Thursday, 1–3 p.m.**

**#01-11-2017-005559 Feb. 22–Mar. 1 (2 wks.) \$16**

**OR**

**TIMES: Tuesday, 5:30–7:30 p.m.**

**#01-11-2017-005560 Feb. –Mar. (2 wks.) \$16**

## WATERCOLOR TUSCAN WINDOW NEW

Come have fun in this loose watercolor class. Our class will take a little journey as we paint a rustic window from Tuscany. Students will need to know the basics of watercolor. Students must bring watercolor paints, brushes, and paper. All other supplies (sponges, w/c pencils, etc) will be provided with your supply fee of \$5.

**INSTRUCTOR: Ginger Woechan**

**TIMES: Monday, 10 a.m.–12 p.m.**

**#01-11-2017-005561 Mar. 5–19 (3 wks.) \$24**

## TUSCAN PALETTE KNIFE PAINTING

Have you wanted to learn palette knife? Are you afraid of getting started? This is the class for you! Come on and have a great time in this fast paced class. We will use acrylic paint to create a Tuscan landscape painting! All supplies will be provided for you with a supply fee of \$12

**INSTRUCTOR: Ginger Woechan**

**TIMES: Wednesday & Thursday, 1–3 p.m.**

**#01-11-2017-005562 Mar. 7 & 8 (2 days) \$16**

**OR**

**TIMES: Monday, 5:30–7:30 p.m.**

**#01-11-2017-005563 May 7–14 (2 wks.) \$16**

**EVENING – NEW!**

## PAINT YOUR PET! NEW

This is a fun acrylic class that will be so rewarding to you! You will learn to paint your pet in a loose fashion. This is not a class for full realism...our painting will not be perfect! You will need to bring 3 printed pictures of your pet (eyes open, mouth closed, and headshot.) All other supplies will be provided for you. Supply fee: \$10

**INSTRUCTOR: Ginger Woechan**

**TIMES: Monday, 5:30–7:30 p.m.**

**#01-11-2017-005564 Mar. 5–19 (3 wks.) \$24**

## WATERCOLOR BLUE CRAB (18+) NEW

Come paint this gulf coast beauty in a fun and fast paced watercolor class. You will need to bring your watercolors, paper and brushes. All other supplies will be provided for you with a supply fee \$3

**INSTRUCTOR: Ginger Woechan**

**TIMES: Monday, 10 a.m.–12 p.m.**

**#01-11-2017-005565 May 7–14 (2 wks.) \$16**

## PLEIN AIR (18+) NEW

Have you ever wondered how the great masters painted on site? Discover the how-to's, tricks and tips in the fun class. Our first class will be a meet and greet at the center. An hour explaining the supplies you will need and discuss our location to meet at for the next class time. You may want to bring supplies with you so we can advise you on what will work. You can use oil, acrylic or watercolor in this class. We will walk you through getting started and demonstrate too. No supply fee. You must bring all of your own materials.

**INSTRUCTORS: Ginger Woechan and Kathe Kutzman**

**TIMES: Tuesday, 9–11 a.m.**

**#01-11-2017-005566 May 1–22 (4 wks.) \$32**

# ART INSTRUCTIONAL CENTER (CONT.)

## OPEN STUDIO: (18+)

Open Studio is a class for the art student who wants to practice and create in a group setting. You will need to bring your own supplies and project ideas. This is a great class to practice your skills or finish up on old projects. Light critique and suggestions will be offered. Pay per class.

**INSTRUCTOR:** Ginger Woechan

**TIMES:** Tuesday, 5–7 p.m.

#01-11-2017-005567	Jan. 23 & 30	(2 wks.)	\$5/wk.
#01-11-2017-005568	Feb. 6–27	(3 wks.)	\$5/wk.
#01-11-2017-005569	Mar. 6–20	(3 wks.)	\$5/wk.
#01-11-2017-005570	Apr. 17	(1 wk.)	\$5/wk.
#01-11-2017-005571	May 1–15	(3 wks.)	\$5/wk.



# LEFLORE MAGNET HIGH SCHOOL

**PRINCIPAL:** Mr. William Henderson

**ACTING COORDINATOR:** Mellanie Johnson  
(johnsonm@cityofmobile.org)

**ASSISTANT COORDINATOR:** Nathaniel Moore Jr.

**SCHOOL OFFICE:** 221-3127 (Monday–Thursday, 4–8 p.m.)

**CITY OFFICE:** 208-1658 (Monday–Friday, 8 a.m.–4 p.m.)

**CELL:** 251-214-4684

**ADDRESS:** 700 Donald St, Mobile, AL 36617  
(Clinton St., off St. Stephens Rd.)

**INSTRUCTOR:** S. Green

**TIMES:** Monday, 5:30–7:30 p.m.

#09-11-2017-005416	Jan. 22–Feb. 19	(4 wks.)	\$40
#09-11-2017-005417	Feb. 26–Mar. 26	(4 wks.)	\$40
#09-11-2017-005418	Apr. 9–Apr. 30	(4 wks.)	\$40
#09-11-2017-005419	May 7–May 21	(3 wks.)	\$30

## MATH TUTORING (1ST–3RD GRADE)

Instructor will help students improve their math skills by working with them individually as well as teaching them to work alone. Basic math concepts of addition, subtraction, multiplication, and division will be covered.

**INSTRUCTOR:** Melissa Fisher

**TIMES:** Thursday, 4:30–6 p.m.

#09-11-2017-005312	Jan. 18–Feb. 8	(4 wks.)	\$30
#09-11-2017-005313	Feb. 22–Mar. 15	(4 wks.)	\$30
#09-11-2017-005315	Mar. 22–Apr. 19	(4 wks.)	\$30
#09-11-2017-005316	Apr. 26–May 17	(4 wks.)	\$30



## ACADEMICS

### ALGEBRA TUTORING

This tutorial program for the algebra-challenged will help students learn to master basic algebra concepts such as factoring, simplify quadratic equations, etc. No class Feb. 12 or Mar. 19

# LEFLORE MAGNET HIGH SCHOOL (CONT.)

## MATH TUTORING (4TH–6TH GRADE)

See previous description

No class Feb. 12 or Mar. 19

**INSTRUCTOR:** Staff

**TIMES:** Monday, 4:30–6 p.m.

#09–11–2017–005422	Jan. 22–Feb. 19	(4 wks.)	\$30
#09–11–2017–005425	Feb. 26–Mar. 26	(4 wks.)	\$30
#09–11–2017–005426	Apr. 9–Apr. 30	(4 wks.)	\$30
#09–11–2017–005427	May 7–May 21	(3 wks.)	\$25

## PRE-ALGEBRA (6TH–8TH GRADE)

This class introduces and/or reinforces the basic math concepts and skills that students need to possess before taking Algebra and other advanced math classes...

**INSTRUCTOR:** Clarcencia Bonner

**TIMES:** Wednesday, 5:30–7 p.m.

#09–11–2017–005473	Jan. 17–Feb. 7	(4 wks.)	\$30
#09–11–2017–005475	Feb. 21–Mar. 14	(4 wks.)	\$30
#09–11–2017–005476	Mar. 21–Apr. 18	(4 wks.)	\$30
#09–11–2017–005477	Apr. 25–May 16	(4 wks.)	\$30

## GETTING READY TO READ (AGES 4 & UP)

Instructor helps young learners with letter recognition, phonics, and other basic skills that are necessary for them to become good readers. No Class Mar. 19

**INSTRUCTOR:** Sophia Mitchell

**TIMES:** Monday & Tuesday, 4:30–5:30 p.m.

#09–11–2017–005363	Jan. 22–Feb. 20	(4 wks.)	\$40
#09–11–2017–005364	Feb. 26–Mar. 27	(4 wks.)	\$40
#09–11–2017–005365	Apr. 9–May 1	(4 wks.)	\$40
#09–11–2017–005366	May 7–May 22	(3 wks.)	\$30

## PHONICS FOR BEGINNERS (K–3RD GRADE)

With the belief that every child is reachable and teachable and more than 30 years of teaching experience, Jewel Simmons has started hundreds of children on the road to reading by introducing them to phonics—the 44 sounds that make up all words in the English language. Class is especially for the non-reader or child who needs to build a phonics foundation.

**INSTRUCTOR:** Jewel Simmons

**TIMES:** Wednesday, 4:30–5:30 p.m.

#09–11–2017–005383	Jan. 17–Feb. 7	(4 wks.)	\$20
#09–11–2017–005384	Feb. 21–Mar. 14	(4 wks.)	\$20
#09–11–2017–005385	Mar. 21–Apr. 18	(4 wks.)	\$20
#09–11–2017–005386	Apr. 25–May 16	(4 wks.)	\$20

## READING TUTORING & ENRICHMENT (1ST–3RD GRADE)

This class is designed to enhance the students' present reading level and to promote advancement. Class will also focus on improving students reading comprehension abilities, as it related to his or her present level. No class Feb. 12 or Mar. 19

**INSTRUCTOR:** Sophia Mitchell

**TIMES:** Monday, 5:30–7:30 p.m.

#09–11–2017–005367	Jan. 22–Feb. 19	(4 wks.)	\$40
#09–11–2017–005368	Feb. 26–Mar. 26	(4 wks.)	\$40
#09–11–2017–005369	Apr. 9–Apr. 30	(4 wks.)	\$40
#09–11–2017–005370	May 7–May 21	(3 wks.)	\$30

## THE P.R.E.P. SYSTEM (EDUCATION AND CAREER PLANNING)

Prepare yourself and your student for the possibilities of their future. Map out a customized plan according to your goals for their success. Through this series of workshops, you will learn valuable and very informative techniques for preparing a portfolio that will guide you to the professional career that you envisioned. To get an overview of what you can achieve by utilizing the P.R.E.P. System, please sign up for one of free class. Program is especially beneficial for 8th–12th grade students and their parent or guardian.

**INSTRUCTOR:** Terrence Hunter

### P.R.E.P. SYSTEM INTRODUCTORY CLASS

**TIMES:** Tuesday, 6–7 p.m.

#09–11–2017–005508	Jan. 16	(1 class)	FREE
#09–11–2017–005510	Jan. 23	(1 class)	FREE
#09–11–2017–005512	Jan. 30	(1 class)	FREE

OR \_\_\_\_\_

**TIMES:** Thursday, 6–7 p.m.

#09–11–2017–005513	Feb. 1	(1 class)	FREE
#09–11–2017–005509	Jan. 18	(1 class)	FREE
#09–11–2017–005511	Jan. 25	(1 class)	FREE

### P.R.E.P. PHASE 1: FOCUSED GOALS; DECISIVE ACTIONS; PRODUCING POSITIVE RESULTS

**TIMES:** Tuesday, 6–8 p.m.

#09–11–2017–005520	Feb. 20–Mar. 6	(3 wks.)	\$30
--------------------	----------------	----------	------

OR \_\_\_\_\_

**TIMES:** Thursday, 6–8 p.m.

#09–11–2017–005521	Feb. 22–Mar. 8	(3 wks.)	\$30
--------------------	----------------	----------	------

### P.R.E.P. PHASE 2: MAKING LOGICAL DECISIONS; THE PERFECT MIRROR; THE COMFORT ZONE

**TIMES:** Tuesday, 6–8 p.m.

#09–11–2017–005522	Mar. 13–Mar. 27	(3 wks.)	\$30
--------------------	-----------------	----------	------

OR \_\_\_\_\_

**TIMES:** Thursday, 6–8 p.m.

#09–11–2017–005527	Mar. 15–Mar. 29	(3 wks.)	\$30
--------------------	-----------------	----------	------

### P.R.E.P. PHASE 3: IMPROVING YOUR BEST; THE MISTAKES & KEEPING THEM SIMPLE; MOTIVATING YOURSELF & OTHERS

**TIMES:** Tuesday, 6–8 p.m.

#09–11–2017–005531	Apr. 10–Apr. 24	(3 wks.)	\$30
--------------------	-----------------	----------	------

OR \_\_\_\_\_

**TIMES:** Thursday, 6–8 p.m.

#09–11–2017–005532	Apr. 12–Apr. 26	(3 wks.)	\$30
--------------------	-----------------	----------	------

### P.R.E.P. PHASE 4: MAINTAINING BALANCE; I'M NOT PERFECT

**TIMES:** Tuesday, 6–8 p.m.

#09–11–2017–005533	May 1–May 15	(3 wks.)	\$30
--------------------	--------------	----------	------

OR \_\_\_\_\_

**Times:** Thursday, 6–8 p.m.

#09–11–2017–005534	May 3–May 17	(3 wks.)	\$30
--------------------	--------------	----------	------

# LEFLORE MAGNET HIGH SCHOOL (CONT.)



## FITNESS & EXERCISE

### COMBA-TAI KARATE

Students will learn how to discipline themselves in life, learn self-respect, and deflect aggression that is present with bullying. Knowing that you CAN learn something new and different is what martial arts is all about.

**INSTRUCTOR: Master Fulmer**

**TIMES: Tuesday & Thursday, 5:30–6:30 p.m.**

#09–10–2017–005194 Jan. 16–Feb. (4 wks.) \$36

#09–10–2017–005195 Feb. 20–Mar. 22 (5 wks.) \$45

#09–10–2017–005196 Mar. 27–May 3 (5 wks.) \$45

### SELF-DEFENSE FOR WOMEN & GIRLS (AGES 12 & UP)

Take this active participation class and let our instructor help you learn to defend yourself using the Aware, Avoid, and Prepare Method. Wear loose comfortable clothing.

**INSTRUCTOR: Brian Fulmer**

**TIMES: Monday, 5:30–7:30 p.m.**

#09–11–2017–005387 Jan. 22 & Jan 29 (2 wks.) \$25



## COMPUTER & BUSINESS SKILLS

### CHILDCARE DIRECTOR'S CERTIFICATION PROGRAM, PART I

Do you want to own your own Daycare business? Start by completing part 1 of a two-part course that covers the DHR guidelines. Find out how to start your own licensed daycare center. Class will also cover how to select spacing, bookkeeping requirements and how to select good personnel. You must be at least 19 years old and have a high school diploma or G.E.D. Don't miss out! Sign up early- Class Size Limited (No class Spring Break week)

**INSTRUCTOR: M. Hunt**

**TIMES: Tuesday, 6:30–8 p.m.**

#09–11–2017–005549 Mar. 13–Apr. 24 (6 wks.) \$50

### COMPUTER, BASICS FOR THE NERVOUS OR 1ST TIME USER

In this wired, modern world, everyone needs at least basic computer knowledge. Your learning is not limited by your age. Class is especially for learners of any age who have little or no experience using computers. You will learn computer terms and basic operating procedures.

**INSTRUCTOR: D. Williams**

**TIMES: Wednesday, 6–8 p.m.**

#09–11–2017–005514 Jan. 17–Feb. 7 (4 wks.) \$50

#09–11–2017–005515 Mar. 7–Mar 28 (4 wks.) \$50

### COMPUTER TECHNOLOGY (BASIC TROUBLE-SHOOTING)

Have you ever wished you could install a modem or replace a hard drive on your computer? Take this class and learn correct terminology, important features, how information is input, stored, and accessed. Basic troubleshooting procedures using non-invasive techniques will be covered. Instructor will guide students through the steps to disassemble, replace defective parts, and reassemble the central processing unit, as well as peripherals. CLASS SIZE IS LIMITED—DESKTOP COMPUTERS ONLY! SIGN UP SOON.

**INSTRUCTOR: D. Williams**

**TIMES: Wednesday, 6–8 p.m.**

#09–11–2017–005516 Feb. 21 & Feb. 28 (2 wks.) \$35

#09–11–2017–005517 Apr. 11 & Apr. 18 (2 wks.) \$35



## ART, DANCE & MUSIC

### ART FOR KIDS (AGES 6 & UP)

In this beginner course instructor helps students focus on developing the skills needed for sketching and observation of still life. No previous art experience is required. Supply fee of \$10 to be paid to instructor first day of class.

**INSTRUCTOR: A .C. Smith**

**TIMES: Tuesday, 4:30–5:30 p.m.**

#09–11–2017–005377 Jan. 16–Feb. 6 (4 wks.) \$20

#09–11–2017–005378 Feb. 20–Mar. 13 (4 wks.) \$20

#09–11–2017–005379 Apr. 10–May 1 (4 wks.) \$20

### ART FOR ADULTS (ALL LEVELS)

Instructor works with beginner through advanced artist in their preferred media, i.e. pen & ink, oil, acrylics, watercolor, etc. For supply list call 208-1658.

**INSTRUCTOR: A. C. Smith**

**TIMES: Tuesday, 6–8 p.m.**

#09–11–2017–005380 Jan. 16–Feb. 6 (4 wks.) \$40

#09–11–2017–005381 Feb. 20–Mar. 13 (4 wks.) \$40

#09–11–2017–005382 Apr. 10–May 1 (4 wks.) \$40

### PRE-BALLET AND TUMBLING FOR AGES 4–6

This class, taught by a dance educator from Studio37, will introduce students to the foundation of Ballet and Tumbling. Students will develop self-esteem, balance, coordination, and rhythm while exploring movement concepts in a fun and imaginative environment. Students will learn 1st–5th Ballet positions, choreography and more. Students should wear black leotards, pink tights, and pink ballet slippers.

**INSTRUCTOR: Ariel Bettis**

**TIMES: Wednesday, 4:30–5:30 p.m.**

#09–11–2017–005467 Jan. 17–Feb. 7 (4 wks.) \$20

#09–11–2017–005468 Feb. 21–Mar. 14 (4 wks.) \$20

#09–11–2017–005469 Mar. 21–Apr. 18 (4 wks.) \$20

#09–11–2017–005470 Apr. 25–May 16 (4 wks.) \$20



# LEFLORE MAGNET HIGH SCHOOL (CONT.)

## BRASS/WOODWINDS

Instruction offered on brass or woodwind instruments for aspiring musicians of all ages. Lessons will be provided on clarinet, flute saxophone, trumpet, trombone, etc. Students must provide own instrument.

**INSTRUCTOR: Theodore Arthur Jr.**

**TIMES: Monday, 5:30-7 p.m.**

#09-10-2017-005184	Feb. 26-Mar. 26	(5 wks.)	\$40
#09-10-2017-005185	Apr. 9-May 7	(5 wks.)	\$40

## GUITAR (12 & UP)

Welcome to the world of guitar. Learn tuning, holding and playing positions, picks and finger style. Students must furnish their own guitar.

**INSTRUCTOR: Theodore Arthur Jr.**

**TIMES: Monday, 7-8:30 p.m.**

#09-10-2017-005188	Feb. 26-Mar. 26	(5 wks.)	\$40
#09-10-2017-005189	Apr. 9-May 7	(5 wks.)	\$40

## PIANO (AGES 7-ADULT)

This class is for beginners as well as intermediate students. Instructor will cover the basic components about piano for those who have always wanted to learn to play the piano but didn't. Piano books may be purchased the day of class for an additional \$5.00.

**INSTRUCTOR: Theodore Arthur Jr.**

**TIMES: Tuesday, 5:30-7 p.m.**

#09-10-2017-005186	Feb. 27-Mar. 27	(5 wks.)	\$40
#09-10-2017-005187	Apr. 10-May 8	(5 wks.)	\$40



# GUITAR

## DRUMS (AGES 7 & UP)

Drum lessons for aspiring musicians. Students must supply their own drumsticks, and practice pads.

**INSTRUCTOR: Leon Rhoden**

**TIMES: Wednesday, 5:30-7 p.m.**

#09-10-2017-005190	Feb. 28-Mar. 28	(5 wks.)	\$40
#09-10-2017-005191	Apr. 11-May 9	(5 wks.)	\$40

## SWING OUT (DANCE)

Swing is more than a dance. Swing is music, its attitude, it's jazzy and it's romantic. Through easy to follow steps, you will learn classic swing dance moves from beginners' steps to elaborate spins.

**INSTRUCTOR: Derrick Andrews**

**TIMES: Monday, 6-8 p.m.**

#09-10-2017-005192	Jan. 22-Mar. 5	(6 wks.)	\$45
#09-10-2017-005193	Mar. 19-Apr. 30	(6 wks.)	\$45



## MISCELLANEOUS

### FAMILY & FRIENDS CPR (COMMUNITY CPR)

Learn lifesaving skills in CPR (Cardio-Pulmonary Resuscitation), AED (Automatic External Defibrillator), and the steps to take when adults, children or infants are choking. This course uses the practice-while-watching method and it is taught by Mobile-Fire and Rescue. Please pre-register. Class size is limited and non-credentialed. No certificates will be given.

**INSTRUCTOR: Capt. D. Y. Smith**

**TIMES: Tuesday, 5-6:30 p.m.**

#09-10-2017-005136	Jan. 30	(1 class)	FREE
#09-10-2017-005137	Feb. 27	(1 class)	FREE
#09-10-2017-005138	Mar. 27	(1 class)	FREE
#09-10-2017-005139	Apr. 24	(1 class)	FREE

### NATURAL HAIR 101

Ever wonder about having natural hair, how to manage it, what to use, admired the different styles that are worn? Well this class is for you! Learn how to transition from relaxer to natural, upkeep and maintenance, what to use, and even a few style options! You don't have to know everything about hair just have an open mind and a willingness to learn.

**INSTRUCTOR: Tanene Jackson**

**TIMES: Thursday, 6-8 p.m.**

#09-11-2017-005481	Feb. 22	(1 class)	\$20
#09-11-2017-005482	Apr. 12	(1 class)	\$20

# LEFLORE MAGNET HIGH SCHOOL (CONT.)

## SEW-EASY (ALL LEVELS)

Even if you have never sewn, you can learn to make a simple dress or party outfit. The only prerequisite is a willingness to learn. The instructor will guide you through the basic sewing fundamentals — selecting fabric, learning to read patterns, and completing at least one garment. If you have sewn before but are out of practice, this is the class for you. Class time is spent demonstrating sewing techniques and discussing individual sewing problems.

**INSTRUCTOR: T. Hickenbottom**

**TIMES: Tuesday, 6–8 p.m.**

#09–11–2017–005479	Feb. 27–Mar. 27	(5 wks.)	\$50
#09–11–2017–005480	Apr. 10–May 8	(5 wks.)	\$50

## THE PRE-PURCHASE CLASS: “BE AN INFORMED BUYER”

Purchasing your new home—if it is your first home or your tenth home— can be a stressful experience. Learn what to look for when shopping for your new home. Learn about home inspections, termite bonds and sellers disclosures. Learn about the legal and financial aspects of purchasing a home.

**INSTRUCTOR: Deborah Robinson**

**TIMES: Tuesday, 6–8 p.m.**

#09–11–2017–005502	Jan. 23	(1 class)	\$20
#09–11–2017–005503	Mar. 13	(1 class)	\$20
#09–11–2017–005504	May 8	(1 class)	\$20

## 10 TIPS ON SELLING YOUR HOME

Selling a home, either on your own or through a Real Estate Broker can be a stressful experience. Learn about curb appeal, staging your home for showing and legal requirements for selling a home.

**INSTRUCTOR: Deborah Robinson**

**TIMES: Thursday, 6–8 p.m.**

#09–11–2017–005505	Jan. 25	(1 class)	\$20
#09–11–2017–005506	Mar. 15	(1 class)	\$20
#09–11–2017–005507	May 10	(1 class)	\$20

## WIRELESS WORKSHOP (HOW TO USE YOUR IPHONE)

Are you tired of your phone being smarter than you? Don't spend your time standing in line at the phone store with sales people who don't have the time to help you! Today smart 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. Bring your Android Smartphone and any questions you may have and get hands on instructions. Instructor will demonstrate common tasks like sending a text message, watching a video clip on YouTube, or surfing the Web. Class also cover basics like adjusting the brightness of the display, and setting or changing ring tones, etc....

**INSTRUCTOR: Melissa Fisher**

**TIMES: Thursday, 6–7:30 p.m.**

#09–10–2017–005140	Jan. 18–Feb. 1	(3 wks.)	\$25
--------------------	----------------	----------	------

## WIRELESS WORKSHOP (HOW TO USE YOUR ANDROID SMARTPHONE)

See previous description (If it's not an iPhone, it must be an Android.)

**INSTRUCTOR: Melissa Fisher**

**TIMES: Thursday, 6–7:30 p.m.**

#09–10–2017–005141	Feb. 22–Mar. 8	(3 wks.)	\$25
--------------------	----------------	----------	------

# COMMUNITY ACTIVITIES PROGRAM AT V.O.A.

**COORDINATOR: Jenny Makselan**

(jenny.jurjevich@cityofmobile.org)

**ASSISTANT COORDINATOR: Elizabeth Espinosa**

(ecespinos@cityofmobile.org)

**VOA PHONE: 338-1519 (after 4 p.m., Monday–Thursday)**

**CITY OFFICE: 208-1661 or 208-1624**

**CELL: 251-263-2937**

**ADDRESS: 6500 Zeigler Blvd, Mobile, AL 36608  
(at Athey Rd., behind Family Dollar)**



## ACADEMICS

### ADULT LITERACY: LEARN HOW TO READ

Adults, here is your opportunity to improve your reading skills in a small, confidential setting. Begin at your own reading level and advance at your own pace. Feel the sense of pride and confidence as you widen your world through reading. Students must be able to recognize the letters of the alphabet.

**INSTRUCTOR: C. Martin**

**TIMES: Thursday, 6–8 p.m.**

#17–11–2017–005423	Mar. 1–29	(5 wks.)	\$50
#17–11–2017–005424	Apr. 12–May 10	(5 wks.)	\$50

# COMMUNITY ACTIVITIES PROGRAM AT V.O.A. (CONT.)



## ART

### BASIC PAINTING FOR ADULTS

Need a great way to relax? This class is for beginners, as well as those with experience. Learn a fun and easy way to paint. If you have always wanted to find your creative side, come join us. Supply Fee: \$10 paid to instructor at class.

**INSTRUCTOR: S. Morris**

**TIMES: Monday, 6–8 p.m.**

#17-11-2017-005428 Feb. 19–Mar. 26 (6 wks.) \$60



## COMPUTER & BUSINESS SKILLS

### BOOKKEEPING & ACCOUNTING I- BEGINNER (AGES 18 & UP)

This is a manual presentation of basic accounting. You will learn the accounting cycle for Partnership, Business, and Journal accounting. The instructor will cover bank reconciliation and business checking. The Bookkeeping & Accounting I book and workbook provided for you the first night of class. Book and workbook used for both classes. Certificates awarded.

**INSTRUCTOR: P. Denagall**

**TIMES: Monday & Wednesday, 6–8 p.m.**

#17-11-2017-005430 Feb. 19–Mar. 14 (4 wks.) \$80

### BOOKKEEPING & ACCOUNTING II- BEGINNER (AGES 18 & UP)

Class will continue studying the second half of the text, covering chapters 11–20. Instruction will cover cash control, detailed bank activities, payroll liabilities, tax records, sales and cash receipts, purchasing and cash payments, and much more. Book and workbook used for both classes. Certificates awarded.

**INSTRUCTOR: P. Denagall**

**TIMES: Monday & Wednesday, 6–8 p.m.**

#17-11-2017-005431 Apr. 16–May 9 (4 wks.) \$80

### CHILDCARE TEACHER CERTIFICATION PROGRAM, PT. I BEGINNER (AGES 18 & UP)

Complete this 12-hour course and gain the advantage for employment in the daycare business. Course will cover the requirements as provided by DHS. Learn the basics of teaching arts and crafts, music, language and science development, free-play, and how to set up learning spaces. Students are responsible for arranging testing dates with the appropriate agencies for CPR and TBA testing. You must be at least 18 years old and have a high school diploma or GED.

**INSTRUCTOR: M. Hunt**

**TIMES: Thursday, 6:30–8 p.m.**

#17-11-2017-005455 Mar. 15–Apr. 26 (6 wks.) \$50

### EXCEL I

Learn how to manage data using spreadsheets. New users to EXCEL and spreadsheets will find that once you know the basics, the rest is a breeze. Students must have some basic computer skills. You will learn the fundamentals of how to use worksheets, formulas, ranges, and routine operations. Students will need to bring their laptop computer with Excel software installed.

**INSTRUCTOR: L. Donald**

**TIMES: Monday–Thursday, 6–8 p.m.**

#17-11-2017-005456 Mar. 5–8 (4 days) \$50

#17-11-2017-005457 May 7–10 (4 days) \$50



## CRAFTS

### DO-IT-YOURSELF MESH WREATHS (AGES 15 & UP)

Learn how to make your own gorgeous wreath for any occasion—they also make wonderful gifts! The possibilities are endless. A great class for friends and family. Supplies needed: one work wreath form (already has the stems attached) OR wreath form + chenille stems, two-three rolls of coordinating deco mesh, ribbons and fillers/embellishments of your choice.

**INSTRUCTOR: S. Green**

**TIMES: Wednesday, 6–8 p.m.**

#17-11-2017-005460 Jan. 17 (1 class) \$20

#17-11-2017-005487 Mar. 14 (1 class) \$20

### JEWELRY-MAKING: STRETCH BRACELETS + EARRINGS (AGES 15 & UP)

Great gift idea for Mother's Day! Come out and learn how to make a stretch bracelet and a pair of coordinating earrings. Wow your family and friends with your creative abilities. These sets make excellent gifts for any occasion. \$10 fee payable to instructor at class (includes everything to make a bracelet and a pair of earrings).

**INSTRUCTOR: S. Green**

**TIMES: Wednesday, 6–8 p.m.**

#17-11-2017-005459 Apr. 18 (1 class) \$20

#17-11-2017-005488 May 2 (1 class) \$205

### SOY CANDLES (AGES 18 & UP)

Come join us in this fun and relaxing class, smelling great fragrances and creating beautiful candles. Students will learn to make a soy fragrance candle and take home two completed candles. Soy wax is made from soybeans grown by American farmers. Soy wax is clean-burning, soot-free, a great scent-thrower, and burns slower and longer than other wax. \$10 supply fee payable to the instructor at the first class.

**INSTRUCTOR: T. McPherson**

**TIMES: Thur.: 6–8 p.m.**

#17-11-2017-005494 Mar. 15 (1 class) \$20

# COMMUNITY ACTIVITIES PROGRAM AT V.O.A. (CONT.)

## TOMATO CAGE EASTER TREE (AGES 15 & UP)

Learn how to make this cute Easter tree with endless possibilities using a simple tomato cage as the foundation. Required Supplies: 1 tomato cage, 1 pkg. chenille stems (pipe cleaners), 1 roll deco mesh 21", 1-2 strings white lights, 1 glue gun & several glue sticks. Suggested Supplies: Embellishments and extension cord for glue gun.

**INSTRUCTOR: S. Green**

**TIMES: Wednesday, 6-8 p.m.**

#17-11-2017-005458 Feb. 28 (1 class) \$20



## DANCE & MUSIC

## TINY TWIRLERS (AGES 5-7)

Twirling is a great activity for young children because it helps them develop spatial awareness (left, right, up, down, front, back), fine motor skills (i.e. using pencils, scissors and key-boards), as well as hand-eye coordination. Children can develop strength, flexibility, stamina, and poise by participating in the sport of baton twirling, as well as learning life skills, such as: teamwork, good sportsmanship, time-management, and goal-setting. This is a great class for fitness, fun and enhancing positive self-esteem!

**INSTRUCTOR: L. Carter**

**TIMES: Tuesday, 5:30-6:30 p.m.**

#17-11-2017-005438 Jan. 16-Feb. 20 (5 wks.) \$25

#17-11-2017-005439 Feb. 27-Mar. 27 (5 wks.) \$25

#17-11-2017-005440 Apr. 10-May 8 (5 wks.) \$25

## TWEEN TWIRLERS (AGES 8-12)

Twirling is a great activity for young children because it helps them develop spatial awareness (left, right, up, down, front, back), fine motor skills (i.e. using pencils, scissors and key-boards), as well as hand-eye coordination. Children can develop strength, flexibility, stamina, and poise by participating in the sport of baton twirling, as well as learning life skills, such as: teamwork, good sportsmanship, time-management, and goal-setting. This is a great class for fitness, fun and enhancing positive self-esteem!

**INSTRUCTOR: L. Carter**

**TIMES: Tuesday, 6:30-7:30 p.m.**

#17-11-2017-005441 Jan. 16-Feb. 20 (5 wks.) \$25

#17-11-2017-005442 Feb. 27-Mar. 27 (5 wks.) \$25

#17-11-2017-005443 Apr. 10-May 8 (5 wks.) \$25

## TEEN TWIRLERS (AGES 13-17)

Develop strength, flexibility, stamina, and poise by participating in the sport of baton twirling. Twirlers of all ages benefit from baton twirling and the life skills practiced in this sport- teamwork, good sportsmanship, time-management, goal-setting, self-confidence and positive self-esteem. This is a great class for beginners, as well as seasoned twirlers who love to twirl for the fun of it! Parents and Students: Some colleges offer twirling scholarships.

**INSTRUCTOR: L. Carter**

**TIMES: Thursday, 6-7 p.m.**

#17-11-2017-005435 Jan. 16-Feb. 20 (5 wks.) \$25

#17-11-2017-005436 Feb. 27-Mar. 27 (5 wks.) \$25

#17-11-2017-005437 Apr. 10-May 8 (5 wks.) \$25

## ADULT TWIRLERS (AGES 18+)

Develop strength, flexibility, stamina, and poise by participating in the sport of baton twirling. Twirlers of all ages benefit from baton twirling and the life skills practiced in this sport- teamwork, good sportsmanship, time-management, goal-setting, self-confidence and positive self-esteem. This is a great class for beginners, as well as seasoned twirlers who love to twirl for the fun of it!

**INSTRUCTOR: L. Carter**

**TIMES: Thursday, 7-8 p.m.**

#17-11-2017-005432 Jan. 16-Feb. 20 (5 wks.) \$25

#17-11-2017-005433 Feb. 27-Mar. 27 (5 wks.) \$25

#17-11-2017-005434 Apr. 10-May 8 (5 wks.) \$25

## BELLY DANCING FOR WOMEN, BEGINNER (AGES 18 & UP)

Director of Zuri Raks, Valerie Morrison, welcomes women of all ages, shapes, and aspirations to this class. This is where all new dancers start. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength. It's also a fun way to get into shape! For those who are interested in performing as part of a troupe, this is the first step. Costumes not required; however, a hip scarf with coins is encouraged. Suggested class attire: yoga/exercise clothing & dance shoes or socks. No class Feb. 15 or Apr. 3

**INSTRUCTOR: V. Morrison**

**TIMES: Thursday, 6-7 p.m.**

#17-11-2017-005490 Jan. 18-Mar. 15 (8 wks.) \$40

#17-11-2017-005491 Mar. 22-May 17 (8 wks.) \$40

## BELLY DANCING FOR WOMEN, INTERMEDIATE (AGES 18 & UP)

Placement in this class requires prior approval from Instructor. You must have a working knowledge of the material in the intro class to move into the intermediate drills. Moving into the intermediate drills class must be approved by your instructor. No class Feb. 15

**INSTRUCTOR: V. Morrison**

**TIMES: Thursday, 7-8 p.m.**

#17-11-2017-005492 Jan. 18-Mar. 15 (8 wks.) \$40

#17-11-2017-005493 Mar. 22-May 17 (8 wks.) \$40

## COUPLES SWING OUT DANCING

Grab your partner and hit the dance floor! Dancing is a great way to have fun and stay fit. Swing is more than a dance. Swing is smooth music, its attitude, it's jazzy, and it's romantic. Through easy-to-follow steps, you will learn classic swing out dance moves from beginners' steps to elaborate spins. Class Fee is per couple. If paying online, only one person per couple needs to register. We will add the second person to the roster the first night of class.

**INSTRUCTOR: K. Nobles**

**TIMES: Tuesday, 6:30-8 p.m.**

#17-11-2017-005484 Feb. 20-Mar. 13 (4 wks.) \$60

#17-11-2017-005485 Apr. 10-May 1 (4 wks.) \$60

# COMMUNITY ACTIVITIES PROGRAM AT V.O.A. (CONT.)

## PIANO FOR BEGINNERS (AGES 7 & UP)

Come learn the basic skills for playing the piano. This is an excellent class for a refresher as well. Students will need to bring their own keyboards and \$5 for handbooks, payable to instructor at first class.

**INSTRUCTOR: M. Bonner**

**TIMES: Tuesday, 7–8 p.m.**

#17-11-2017-005537 Feb. 27–Mar. 27 (5 wks.) \$25

#17-11-2017-005489 Apr. 10–May 8 (5 wks.) \$25



## FITNESS & EXERCISE

### CANDLE LIT YOGA

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. No class Apr. 3

**INSTRUCTOR: K. Bell**

**TIMES: Tues. 5:45–6:45 p.m.**

#17-11-2017-005451 Jan. 16–Feb. 6 (4 wks.) \$20

#17-11-2017-005452 Feb. 20–Mar. 13 (4 wks.) \$20

#17-11-2017-005453 Mar. 20–Apr. 17 (4 wks.) \$20

#17-11-2017-005454 Apr. 24–May 15 (4 wks.) \$20

### BEGINNER TAEKWONDO FOR KIDS (AGES 6 -13)

Students will develop the skills of self-respect, courtesy and self-control while participating in a beneficial exercise and self-defense class. Students will build confidence and self-esteem while they progress through the program. This class will enhance the child's character and contribute to their self-worth. See instructor for arrangements for uniforms (optional). No class Feb. 17, Mar. 31 or Apr. 7.

**INSTRUCTOR: J. Andrianopoulos**

**TIMES: Saturday, 8:30–9:30 a.m.**

#17-11-2017-005403 Jan. 13–Feb. 10 (5 wks.) \$25

#17-11-2017-005404 Feb. 24–Mar. 24 (5 wks.) \$25

#17-11-2017-005405 Apr. 14–May 12 (5 wks.) \$25

### INTERMEDIATE TAEKWONDO FOR KIDS (AGES 6–13)

Placement in this class requires prior approval from Instructor. Students will develop the skills of self-respect, courtesy and self-control while participating in a beneficial exercise and self-defense class. Students will build confidence and self-esteem while they progress through the program. This class will enhance the child's character and contribute to their self-worth. Student testing for belt advancement is in place. See instructor for arrangements for uniforms. No class Feb. 17, Mar. 31 or Apr. 7.

**INSTRUCTOR: J. Andrianopoulos**

**TIMES: Saturday, 9:30–10:30 a.m.**

#17-11-2017-005447 Jan. 13–Feb. 10 (5 wks.) \$25

#17-11-2017-005448 Feb. 24–Mar. 24 (5 wks.) \$25

#17-11-2017-005450 Apr. 14–May 12 (5 wks.) \$25

SEE NEW REGISTRATION INFO ON PAGE 31.

# YOGA



# COMMUNITY ACTIVITIES PROGRAM AT V.O.A. (CONT.)



## HEALTH & BEAUTY

### ESSENTIAL OILS FOR BEGINNERS

Learn the healing properties of essential oils and how to use them in a number of ways to maintain and restore health, and improve your quality of life from their aromas. In this two-part class, you will learn how to use them safely in your home and on your skin by learning which carrier oils to combine with essential oils. Supple Fee: \$25—includes everything you need for class; payable to instructor at class.

**INSTRUCTOR: T. McPherson**

**TIMES: Tuesday & Thursday, 6–8 p.m.**

**#17-11-2017-005495 Apr. 17 & 19 (2 classes) \$20**



## HOME SKILLS

### DRAPERYSKILLING FOR THE BEGINNER

Enjoy learning how to make your own drapes! This class will cover instructions in measuring and figuring yardage for gathered and pleated panels. Students will receive lessons on both lined and unlined panels. Some basic sewing knowledge is helpful, but not mandatory. Students will receive supply information from the instructor the first night of class. No class Apr. 3

**INSTRUCTOR: L. Bridges**

**TIMES: Tuesday, 6–8 p.m.**

**#17-11-2017-005486 Mar. 6–Apr. 17 (6 wks.) \$60**

### SEW EASY (AGES 8 & UP)

Even if you have never sewn, you can learn to make a simple dress or party outfit. The only prerequisite is a willingness to learn. The instructor will guide you through the basic sewing fundamentals — selecting fabric, learning to read patterns, and completing at least one garment. If you have sewn before but are out of practice, this is the class for you as well. Class time is spent demonstrating sewing techniques and discussing individual sewing problems. Bring your sewing machine and have fun! Ms. Felecia makes it easy to learn! Required supplies: Basic sewing kit & sewing machine. No class Feb. 17, Mar. 31 or Apr. 7.

**INSTRUCTOR: F. Lewis**

**TIMES: Saturday, 9–11 a.m.**

**#17-11-2017-005474 Feb. 24–Mar. 24 (5 wks.) \$50**

**#17-11-2017-005498 Apr. 14–May 12 (5 wks.) \$50**

### UPHOLSTERY FOR BEGINNERS + INTERMEDIATE

Learn the basic techniques of upholstery. Instructor will cover tools and types of fabric suited 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 must have a small project to work on during class, for example: a stool, small chair, ottoman, or removable pillows from a piece of furniture. The instructor will give

out a supply list the first night of class.

**INSTRUCTOR: L. Bridges**

**TIMES: Thursday, 6–8 p.m.**

**#17-11-2017-005471 Feb. 22–Mar. 29 (6 wks.) \$60**

**#17-11-2017-005472 Apr. 12–May 17 (6 wks.) \$60**



## LANGUAGE

### SIGN LANGUAGE FOR BEGINNERS PT. I (AGES 13 & UP)

This is an introduction to American Sign Language, finger spelling, basic vocabulary and understanding of deafness. This is a good class for beginners or those needing a refresher class. This class is especially beneficial for those dealing with the public in sales or service professions. Middle and high school students also welcome. A textbook will be available for \$21, payable to the instructor at class time. Instructor will arrange Part II, based upon interest.

**INSTRUCTOR: Marta Pierce**

**TIMES: Tuesday, 6–8 p.m.**

**#17-11-2017-005465 Feb. 20–Mar. 27 (6 wks.) \$60**



## SAFETY & PERSONAL SKILLS

### BASIC FIREARM & SHOTGUN SAFETY COURSE (AGES 18 & UP)

Learn basic rules of proper handling, cleaning and use of firearms. Class also covers state laws on firearm use, ownership, self-protection and gun permit regulations. Anthony Clarkbanks has over 35 years of firearms instructor experience and is N.R.A. Certified. A training gun is used for class demonstrations. \$15 materials/ book fee is payable to instructor the first day of class. NO REAL WEAPONS ALLOWED! Students wishing to attend the Firing Range will need to coordinate times with instructor after 4th class; Firing range participation is optional and is a separate cost from class fee. Class location subject to change.

**INSTRUCTOR: A. Clarkbanks**

**TIMES: Monday, 6–8 p.m.**

**#17-11-2017-005464 Jan. 22–Feb. 26 (5 wks.) \$50**

## DAY CLASSES HELD AT LAUN PARK

### CALLIGRAPHY: A HIGHLY PROFITABLE HOME BUSINESS OR JUST FOR FUN!

The fine art of calligraphy began in medieval times, when monks joyously and laboriously produced biblical text using intricate, artistic lettering. This regal writing appears today in items such as wedding invitation, birth notices, and certificates of merit. You could also produce suitable-for-framing family trees. Without a huge initial investment, you could offer your services to schools (for diplomas), brides-to-be (for addressing invitations), athletic teams, and even corporations that are involved in recognition programs where certification are in order. Iticas alphabet will be

# COMMUNITY ACTIVITIES PROGRAM AT V.O.A. (CONT.)

covered, but the instructor will touch on other calligraphy alphabets. Supplies will be covered the first night of class. Please register in advance! No class Apr. 2

**INSTRUCTOR: S. Morris**

**TIMES: Monday, 9:30–11:30 a.m.**

**#17-11-2017-005499 Mar. 5–Apr. 16 (6 wks.) \$60**

## BELLY DANCING FOR WOMEN, BEGINNER (AGES 18 & UP)

Director of Zuri Raks, Valerie Morrison, welcomes women of all ages, shapes, and aspirations to this class. This is where all new dancers start. This class gives you the understanding of basic belly dance technique, posturing, language, move execution and it helps you to build necessary strength. It's also a fun way to get into shape! For those who are interested in performing as part of a troupe, this is the first step. Costumes not required; however, a hip scarf with coins is encouraged. Suggested class attire: yoga/exercise clothing & dance shoes or socks. No class Apr. 3

**INSTRUCTOR: V. Morrison**

**TIMES: Thursday, 10-11 a.m.**

**#17-11-2017-005500 Feb. 20–Apr. 17 (8 wks.) \$40**

## BASIC FIREARM & SHOTGUN SAFETY COURSE (AGES 18 & UP)

See description on left.

**INSTRUCTOR: A. Clarkbanks**

**TIMES: Monday, 9:30–11:30 a.m.**

**#17-11-2017-005501 Jan. 22–Feb. 26 (5 wks.) \$50**

## SIGN LANGUAGE FOR BEGINNERS PT. I (AGES 13 & UP)

This is an introduction to American Sign Language, finger spelling, basic vocabulary and understanding of deafness. This is a good class for beginners or those needing a refresher class. This class is especially beneficial for those dealing with the public in sales or service professions. Middle and high school students also welcome. A textbook will be available for \$21, payable to the instructor at class time. Instructor will arrange Part II, based upon interest.

**INSTRUCTOR: Marta Pierce**

**TIMES: Tuesday, 10 a.m.–12 p.m.**

**#17-11-2017-005466 Jan. 24–Feb. 28 (6 wks.) \$60**

# MURPHY HIGH SCHOOL

**PRINCIPAL: Mr. Joe Toomey**

**COORDINATOR: Jack Green**

(jack.green@cityofmobile.org)

**ASSISTANT COORDINATOR: Bettye Bennett-Richardson**

(bettye.bennett@cityofmobile.org)

**CITY OFFICE: 208-1659 or 208-1636**

**CELL: 251-234-9080 or 251-263-2177**

**ADDRESS: 100 S Carlen St, Mobile, AL 36606 (off Dauphin St.; registration is now located in the cafeteria.)**



## ACADEMICS

### ALGEBRA & GEOMETRY TUTORING (GRADES 6–12)

Instructor will assess the needs of your child and focus on the math skills they need help with in order to be successful, improve grades, and graduate. If the student has math homework, please have the student bring it to class. This is an excellent class for high school and middle school students who need help with their math skills, or for those who want enrichment activities. Although we encourage parents to meet the instructor, we strive to create a classroom setting and therefore suggest that parents do not sit in class with their child.

**INSTRUCTOR: Vanessa Chapman**

**TIMES: Saturday, 8–10 a.m.**

**#12-10-2017-005241 Jan. 6–Feb. 10 (6 wks.) \$60**

**#12-10-2017-005243 Feb. 24–Mar. 31 (6 wks.) \$60**

**#12-10-2017-005244 Apr. 14–May 19 (6 wks.) \$60**

### READING ENRICHMENT (GRADES K–6)

Does your child struggle in Reading? If so, give your child an opportunity to increase his/her academic achievement. The instructor will effectively diagnose and focus on the area of concern with your child. The areas that we will concentrate on are: alphabetic principle, phonemic awareness, phonics, reading fluency, and reading comprehension. Instructor will focus on the student's needs as it relates to his or hers weekly homework assignments. Certified in Reading. Book fees \$5, payable to the instructor the first day of class.

**INSTRUCTOR: Karlesha Springs**

**TIMES: Tuesday, 5–6 p.m.**

**#12-10-2017-005245 Jan. 16–Feb. 6 (4 wks.) \$30**

**#12-10-2017-005246 Feb. 20–Mar. 13 (4 wks.) \$30**

**#12-10-2017-005247 Mar. 20–Apr. 17 (4 wks.) \$30**

**#12-10-2017-005248 Apr. 24–May 15 (4 wks.) \$30**

### MATH TUTORING (GRADES 3–6)

Practice, Practice, Practice! The more you practice at math the better you will get. This class is designed to help your child become a better math student through practices with hands-on math activities and skill sheets. Students will have practice in addition, subtraction, telling time, and problem solving. Students are also encouraged to bring homework or extra work from their teacher. Although we encourage parents to meet the

# MURPHY HIGH SCHOOL (CONT.)

instructor, we strive to create a classroom setting and therefore suggest that parents do not sit in class with their child. Book fees \$12, payable to the instructor the first day of class.

**INSTRUCTOR: Acacia Keeby**

**TIMES: Wednesday, 5–6 p.m.**

#12-10-2017-005249	Jan. 17–Feb. 7	(4 wks.)	\$30
#12-10-2017-005250	Feb. 21–Mar. 14	(4 wks.)	\$30
#12-10-2017-005251	Mar. 21–Apr. 11	(4 wks.)	\$30
#12-10-2017-005252	Apr. 25–May 16	(4 wks.)	\$30



## ARTS & CRAFTS

### UPHOLSTERY FOR BEGINNERS\*

Learn the basic techniques of upholstery. Instructor will cover tools and types of fabric suited 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, ottoman, or removable pillows from a piece of furniture (please keep items on a small scale). \*Indicates a supply fee payable to the instructor at the first class.

**INSTRUCTOR: D.L. Howze**

**TIMES: Thursday, 6–8 p.m.**

#12-10-2017-005253	Jan. 18–Feb. 8	(4 wks.)	\$40
#12-10-2017-005254	Feb. 22–Mar. 15	(4 wks.)	\$40
#12-10-2017-005255	Apr. 12–May 3	(4 wks.)	\$40

### NATURAL SOAP MAKING

Learn how to make 100% Natural Bath and Body products for personal care or starting your own business. Class will include basic soap making skills, as well as simple recipes for bath body products such as Sugar Body Scrubs. Supply fee: approximately \$20 to be paid to instructor at beginning of class.

**INSTRUCTOR: Cecile Hawkins**

**TIMES: Wednesday, 6–8 p.m.**

#12-10-2017-005256	Jan. 10	(1 class)	\$20
#12-10-2017-005257	Feb. 7	(1 class)	\$20
#12-10-2017-005258	Mar. 28	(1 class)	\$20
#12-10-2017-005259	Apr. 18	(1 class)	\$20
#12-10-2017-005260	May 16	(1 class)	\$20



## DANCE & FITNESS

### TAEKWONDO FOR BEGINNERS (AGES 5–12)

Students are introduced to the basic techniques of Korean Martial Arts. An excellent opportunity for developing fitness, self-confidence, respect, life skills, and self-defense.

**INSTRUCTOR: Alex Jones**

**TIMES: Monday, 5:45–6:45 p.m.**

#12-11-2017-005300	Jan. 22–Feb. 19	(4 wks.)	\$25
#12-11-2017-005301	Feb. 26–Mar. 19	(4 wks.)	\$25
#12-11-2017-005302	Mar. 26–Apr. 23	(4 wks.)	\$25
#12-11-2017-005303	Apr. 30–May 21	(4 wks.)	\$25

### YOGA FOR FITNESS (BEGINNERS: AGES 18 & UP)

This class combines power yoga using strong, flowing movements with deep breathing to create a high energy workout that helps to build strength, unwind tight joints and loosen muscles (also burns calories) and gentle yoga to banish stress and tension, relax tight muscles, increase concentration, strengthen the lower back and improve balance. Learn movements you can use for a lifetime. No previous yoga experience necessary. Bring a sticky mat and towel.

**INSTRUCTORS: Leontyne Jones & Kendra Bell**

**TIMES: Wednesday, 5:45–6:45 p.m.**

#12-11-2017-005306	Jan. 10–Feb. 7	(5 wks.)	\$25
#12-11-2017-005308	Feb. 21–Mar. 21	(5 wks.)	\$25
#12-11-2017-005309	Mar. 28–May 9	(6 wks.)	\$30

### BEGINNER BELLY DANCING FOR WOMEN (AGES 18 & UP)

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!!! Suggested class attire-yoga/exercise clothing and dance shoes and socks.

**INSTRUCTOR: Michelle Lovette**

**TIMES: Thursday, 6–7 p.m.**

#12-11-2017-005311	Jan. 18–Feb. 22	(5 wks.)	\$25
#12-11-2017-005314	Mar. 1–29	(5 wks.)	\$25
#12-11-2017-005317	Apr. 12–May 17	(6 wks.)	\$30



## LIFE SKILLS

### INCREASE CASH FLOW & DEBT MANAGEMENT, WORKSHOP 1

Ever wonder why you don't have extra money at the end of the month. It's not how much you earn, but how much you keep. This course help you understand, control, and reduce your debt. Throughout the class, students will learn how to spend less and save more. The class will also give out strategies to lower your debt and pay them off sooner.

**INSTRUCTOR: Vo Tran**

**TIMES: Monday, 6–8 p.m.**

#12-11-2017-005318	Jan. 8	(1 class)	FREE
#12-11-2017-005319	Feb. 19	(1 class)	FREE
#12-11-2017-005320	Mar. 19	(1 class)	FREE

### BUILDING WEALTH & ASSET ACCUMULATION, WORKSHOP 2

Like building a house, we must build it from the ground up. This course provides understanding and strategies on how to build a strong financial foundation.

**INSTRUCTOR: Vo Tran**

**TIMES: Monday, 6–8 p.m.**

#12-11-2017-005339	Jan. 22	(1 class)	FREE
#12-11-2017-005340	Feb. 26	(1 class)	FREE
#12-11-2017-005341	Mar. 26	(1 class)	FREE



# MURPHY HIGH SCHOOL (CONT.)

## FAMILY & FRIENDS CPR (COMMUNITY CPR)

Learn lifesaving skills in CPR (Cardio-Pulmonary Resuscitation), AED (automatic External Defibrillator), and includes steps to take when adults, children or infants are choking. Presented by Mobile Fire and Rescue Team. Please pre-register, Class size is limited and non-credentialed.

**INSTRUCTOR: Capt. D. Smith**

**TIMES: Tuesday, 5-6 p.m.**

#12-07-2017-004853	Jan. 9	(1 class)	FREE
#12-11-2017-005350	Feb. 6	(1 class)	FREE
#12-11-2017-005351	Mar. 13	(1 class)	FREE
#12-11-2017-005352	Apr. 10	(1 class)	FREE
#12-11-2017-005354	May 8	(1 class)	FREE

## 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. By the end this class, you will be able to make an informed decision about which plan is the right for you. It is a free educational class and the public is welcome to attend.

**INSTRUCTOR: Roger Cascaden**

**TIMES: Wednesday, 6-8 p.m.**

#12-07-2017-004858	Jan. 10	(1 class)	FREE
#12-11-2017-005356	Feb. 7	(1 class)	FREE
#12-11-2017-005357	Mar. 7	(1 class)	FREE
#12-11-2017-005358	Apr. 11	(1 class)	FREE
#12-11-2017-005359	May 9	(1 class)	FREE

## EVERYDAY ETIQUETTE (BEGINNERS)

(2<sup>ND</sup>-6<sup>TH</sup> GRADE)

"Nobody's polite anymore, why should I be?" Sound familiar? All of us want to be liked and accepted. It is in our best interest to make our manners a contributing element to our relationships and successes. We will provide your child with the skills to feel self-assured and confident in any situation. Classes are fun, interactive sessions which engage the children in discussion and activities. What is the importance of good manners and civil behavior? Meet & Greet Essentials such as: Rules of Introduction, Eye Contact, and Shaking Hands. Modern Rules and Sub-Objectives such as: Phone, Gadget, and Tech Etiquette. Gift giving & receiving "Thank You" notes. Proper table manners: Being seated at the table; Proper use of the napkin; Understanding a four course place setting.

**INSTRUCTOR: Nichelle Showery**

**TIMES: Tuesday, 5-6:30 PM**

#12-11-2017-005538	Jan. 9-Feb. 6	(5 wks.)	\$35
#12-11-2017-005539	Feb. 20-Mar. 20	(5 wks.)	\$35
#12-11-2017-005540	Mar. 27-May 8	(6 wks.)	\$44

## SOCIAL AND WORK ETIQUETTE FOR TEENS

(AGES 13 & UP)

What is etiquette? We will provide your child with the skills to feel self-assured and confident in any situation. Focuses on

manners, socialization, and dining skills for girls and boys. Classes are fun, interactive sessions which engage the children in discussion and activities. What is the importance of good manners and civil behavior? Meet & Greet Essentials such as: Rules of Introduction, Eye Contact, and Shaking Hands. Modern Rules and Sub-Objectives such as: Phone, Gadget, and Tech Etiquette. Gift giving & receiving "Thank You" notes. Proper table manners: Being seated at the table; Proper use of the napkin; Understanding a four course place setting.

**INSTRUCTOR: Nichelle Showery**

**TIMES: Tuesday, 6:45-8 p.m.**

#12-11-2017-005541	Jan. 9-Feb. 6	(5 wks.)	\$35
#12-11-2017-005542	Feb. 20-Mar. 20	(5 wks.)	\$35
#12-11-2017-005543	Mar. 27-May 8	(3 wks.)	\$44



## PERFORMING ARTS

### BEGINNER GUITAR (AGES 7-13)

Parents are encouraged to attend this class with their child and it's free to the parent that signs up with the child. Various styles of guitar playing will be taught along with simple and familiar melodies.

**INSTRUCTOR: Theodore Arthur**

**TIMES: Wednesday, 6-7:30 p.m.**

#12-11-2017-005360	Jan. 10-Feb. 21	(6 wks.)	\$45
#12-11-2017-005361	Feb. 28-Apr. 11	(6 wks.)	\$45
#12-11-2017-005362	Apr. 18-May 16	(6 wks.)	\$45



# BASKETBALL

# PALMER PILLANS MIDDLE SCHOOL

PRINCIPAL: Jacinda H. Hollins  
 COORDINATOR: Melusyne Phillips  
 (phillipsm@cityofmobile.org)  
 CITY OFFICE: 208-1662  
 CELL: 251-463-7980  
 ADDRESS: 2051 Military Rd, Mobile, AL 36605  
 (off Dauphin Island Parkway)



## ACADEMICS

### ACT PREP BOOT CAMP

Get to really know the ACT and learn tips, tricks, and valuable test-taking skills. Learn speed-reading techniques, 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 Saturdays leading up to the Feb. 10th or Apr. 14th & Jun. 9th ACT test. Class time is split between all five sections of the test-math, science, English, reading, and writing. An official ACT book (only by the author Wiley) is highly recommended.

**INSTRUCTOR: Dalhart Roland**

**TIMES: Saturday, 2–6 p.m.**

#14-11-2017-005197	Jan. 13–Feb. 3	(4 wks.)	\$80
#14-11-2017-005198	Mar. 10–31	(4 wks.)	\$80
#14-11-2017-005199	May 12–Jun. 2	(4 wks.)	\$80

### ACT PREP FOR HIGHER SCORES IN ENGLISH *NEW*

Need a composite score increase fast! English is probably the easiest ACT score to bring up with limited time before the big day. Join us to learn the fundamental rules and strategies that can make a big difference. Class meets the four Saturdays leading up to the Feb. 10th or Apr. 14th & Jun. 9th ACT test.

**INSTRUCTOR: Dalhart Roland**

**TIMES: Saturday, 9–10:30 a.m.**

#14-11-2017-005321	Jan. 13–Feb. 3	(4 wks.)	\$30
#14-11-2017-005322	Mar. 10–31	(4 wks.)	\$30
#14-11-2017-005323	May 12–Jun. 2	(4 wks.)	\$30

### ACT PREP FOR HIGHER SCORES IN MATH *NEW*

Review or learn the key content of the ACT math section: algebra, geometry, and trigonometry. Join us to get tips, shortcuts, and the best guessing strategies. Class meets the four Saturdays leading up to the Feb. 10th or Apr. 14th & Jun. 9th ACT test.

**INSTRUCTOR: Dalhart Roland**

**TIMES: Saturday, 12–1:30 p.m.**

#14-11-2017-005324	Jan. 13–Feb. 3	(4 wks.)	\$30
#14-11-2017-005325	Mar. 10–31	(4 wks.)	\$30
#14-11-2017-005326	May 12–Jun. 2	(4 wks.)	\$30

### ACT PREP FOR HIGHER SCORES IN READING & SCIENCE

*NEW*

Target your ACT reading and science scores. Did you know that the ACT science section is not really a science test? Learn speed-reading techniques and tips for finding the right answers in both the reading and science passages. Class meets the four Saturdays leading up to the Feb. 10th or Apr. 14th & Jun. 9th ACT test.

**INSTRUCTOR: Dalhart Roland**

**TIMES: Saturday, 10:30 a.m.–12 p.m.**

#14-11-2017-005444	Jan. 13–Feb. 3	(4 wks.)	\$30
#14-11-2017-005445	Mar. 10–31	(4 wks.)	\$30
#14-11-2017-005446	May 12–Jun. 2	(4 wks.)	\$30

### MATH TUTORING (GRADES 1–6)

Let us help your child master basic math concepts such as addition, subtraction, multiplication and division. Students are encouraged to bring any homework or school assignments that they are struggling with. Instructor assists students individually and also covers common core requirements.

**INSTRUCTOR: Tracy Davis**

**TIMES: Thursday, 6:30–7:30 p.m.**

#14-11-2017-005262	Jan. 25–Feb. 22	(4 wks.)	\$20
#14-11-2017-005263	Mar. 8–29	(4 wks.)	\$20
#14-11-2017-005264	Apr. 12–May 3	(4 wks.)	\$20

OR

**TIMES: Saturday, 10–11 a.m.**

#14-11-2017-005265	Jan. 27–Feb. 24	(4 wks.)	\$20
#14-11-2017-005266	Mar. 10–31	(4 wks.)	\$20
#14-11-2017-005267	Apr. 14–May 5	(4 wks.)	\$20

### READING TUTORING (COMPREHENSION) (GRADES 1–6)

This class will teach students to think beyond the typical worksheets. Students will be able to demonstrate real-world reading strategies by connecting text to self, text to text, and text to world. Students will explore strategies that involve finding the meaning to vocabulary words with the text, main idea and details, sequence, and author's purpose. Students are also encouraged to bring tablets or cell phones with internet capabilities to aid research of various topics studied such as animals, volcanoes, and ancient lands.

**INSTRUCTOR: Tracy Davis**

**TIMES: Thursday, 5:30–6:30 p.m.**

#14-11-2017-005268	Jan. 25–Feb. 22	(4 wks.)	\$20
#14-11-2017-005269	Mar. 8–Mar. 29	(4 wks.)	\$20
#14-11-2017-005270	Apr. 12–May 3	(4 wks.)	\$20

OR

**TIMES: Saturday, 9–10 a.m.**

#14-11-2017-005271	Jan. 27–Feb. 24	(4 wks.)	\$20
#14-11-2017-005272	Mar. 10–31	(4 wks.)	\$20
#14-11-2017-005273	Apr. 14–May 5	(4 wks.)	\$20

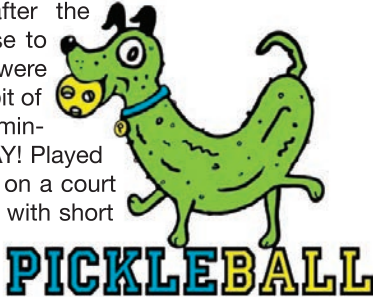
# PALMER PILLANS MIDDLE SCHOOL (CONT.)



## ATHLETICS

### PLAY PICKLEBALL

Join the craze! Named after the family dog "Pickles" that use 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 & balls provided. Must wear tennis shoes. Water only in the gym, no food or drinks. Closed Feb. 17 & Apr. 7  
**TIMES: Saturday, 9 a.m.–12 p.m.**  
**#14-11-2017-005274 Jan. 13–May 19 (17 wks.) \$17**



## COMPUTER & BUSINESS SKILLS

### HOW TO USE YOUR SMARTPHONE (ANDROID)

Today smartphones 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 smartphone (android) and any questions you may have.

**INSTRUCTOR: Tracy Davis**

**TIMES: Monday, 6–7 p.m.**

**#14-11-2017-005295 Feb. 26–Mar. 19 (4 wks.) \$20**

### HOW TO USE YOUR SMARTPHONE (IPHONE)

Today smartphones 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 smartphone (iPhone) and any questions you may have. No class Feb. 12

**INSTRUCTOR: Tracy Davis**

**TIMES: Monday, 6–7 p.m.**

**#14-11-2017-005304 Jan. 22–Feb. 19 (4 wks.) \$20**

### HOW TO USE YOUR SMARTPHONE (ANDROID) PART 2 NEW

Continuation of "How to Use Your Smartphone". Do you have more questions? Do you want to learn more about your Android? This class will give you the repetition you need to be phone smart. Bring your smartphone (Android) and any questions you may have.

**INSTRUCTOR: Tracy Davis**

**TIMES: Monday, 6–7 p.m.**

**#14-11-2017-005305 Apr. 30–May 21 (4 wks.) \$20**

### HOW TO USE YOUR SMARTPHONE (IPHONE) PART 2 NEW

Continuation of "How to Use Your Smartphone". Do you have more questions? Do you want to learn more about your iPhone? This class will give you the repetition you need to be phone smart. Bring your smartphone (iPhone) and any questions you may have. No class Apr. 2

**INSTRUCTOR: Tracy Davis**

**TIMES: Monday, 6–7 p.m.**

**#14-11-2017-005307 Mar. 26–Apr. 23 (4 wks.) \$20**



## DANCE & MUSIC

### BEGINNER BELLY DANCING (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: Michelle Lovitte**

**TIMES: Monday, 6–7 p.m.**

**#14-11-2017-005200 Jan. 22–Mar. 19 (8 wks.) \$40**

**#14-11-2017-005201 Mar. 26–May 21 (8 wks.) \$40**

### SALSA DANCE MADE SIMPLE

Two left feet? No problem! You will start with the very beginning steps of Salsa and work through basic turns, cross body leads, and simple combos. Bring your partner.

**INSTRUCTOR: Ale Aranda**

**TIMES: Tuesday, 7:30–8:30 p.m.**

**#14-11-2017-005206 Jan. 16–Feb. 6 (4 wks.) \$20**

**#14-11-2017-005406 Feb. 20–Mar. 13 (4 wks.) \$20**

**#14-11-2017-005407 Mar. 20–Apr. 17 (4 wks.) \$20**

**#14-11-2017-005408 Apr. 24–May 15 (4 wks.) \$20**

# PALMER PILLANS MIDDLE SCHOOL (CONT.)

## SALSA DANCE MADE SIMPLE 2

NEW

A continuation of Salsa Dance 1. Bring your partner.

**INSTRUCTOR:** Ale Aranda

**TIMES:** Thursday, 7:30–8:30 p.m.

#14-11-2017-005207	Jan. 18–Feb. 8	(4 wks.)	\$20
#14-11-2017-005409	Feb. 22–Mar. 15	(4 wks.)	\$20
#14-11-2017-005410	Mar. 22–Apr. 19	(4 wks.)	\$20
#14-11-2017-005411	Apr. 26–May 17	(4 wks.)	\$20

## BEGINNER PIANO 1 (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 may be purchased for \$5 the first day of class.

**INSTRUCTOR:** Heather Woosley

**TIMES:** Tuesday, 5–6 p.m.

#14-11-2017-005208	Jan. 16–Feb. 6	(4 wks.)	\$20
#14-11-2017-005209	Feb. 20–Mar. 13	(4 wks.)	\$20
#14-11-2017-005412	Mar. 20–Apr. 17	(4 wks.)	\$20
#14-11-2017-005413	Apr. 24–May 15	(4 wks.)	\$20

## BEGINNER PIANO 2 (AGES 8 & UP)

Next step after Beginner Piano 1

**INSTRUCTOR:** Heather Woosley

**TIMES:** Tuesday, 6–7 p.m.

#14-11-2017-005210	Jan. 16–Feb. 6	(4 wks.)	\$20
#14-11-2017-005211	Feb. 20–Mar. 13	(4 wks.)	\$20
#14-11-2017-005414	Mar. 20–Apr. 17	(4 wks.)	\$20
#14-11-2017-005415	Apr. 24–May 15	(4 wks.)	\$20

## FITNESS & EXERCISE

### 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, 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

**TIMES:** Thursday, 5:30–6:30p.m.

#14-11-2017-005212	Jan. 18–Feb. 8	(4 wks.)	\$20
#14-11-2017-005213	Feb. 22–Mar. 15	(4 wks.)	\$20
#14-11-2017-005371	Mar. 22–Apr. 19	(4 wks.)	\$20
#14-11-2017-005372	Apr. 26–May 17	(4 wks.)	\$20

## PIYO TONE

NEW

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

**TIMES:** Tuesday & Thursday, 5:30–6:15 p.m.

#14-11-2017-005288	Jan. 30–Mar. 29	(8 wks.)	\$24
#14-11-2017-005290	Apr. 10–May 31	(8 wks.)	\$24

## SMALL GROUP PERSONAL FITNESS TRAINING NEW

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, 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

**TIMES:** Tuesday & Thursday, 6:30–7:15 p.m.

#14-11-2017-005588	Jan. 30–Mar. 29	(8 wks.)	\$24
#14-11-2017-005589	Apr. 10–May 31	(8 wks.)	\$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. It is suitable for people of all ages and physical conditions. Just wear comfortable clothes and shoes, and be prepared to have fun. No class Feb. 13, Apr. 3, or May 1

**INSTRUCTOR:** Bob Varley

**TIMES:** Tuesday, 6–7 p.m.

#14-11-2017-005214	Jan. 23–Mar. 13	(7 wks.)	\$35
#14-11-2017-005215	Mar. 27–May 22	(7 wks.)	\$35

# PALMER PILLANS MIDDLE SCHOOL (CONT.)

DAY CLASSES HELD AT JAMES SEALS RECREATION CENTER

## PIYO STRETCH

*NEW*

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

**TIMES:** Monday, 10–10:30 a.m.

#14-11-2017-005291	Jan. 29–Mar 26	(8 wks.)	\$10
#14-11-2017-005292	Apr. 9–May 21	(7 wks.)	\$10

## TAI CHI

*NEW*

See previous description. No class Feb. 12 or Apr. 30

**TIMES:** Monday, 9:30–10:30 a.m.

#14-11-2017-005216	Jan. 22–Feb. 19	(4 wks.)	\$20
#14-11-2017-005217	Mar. 5–26	(4 wks.)	\$20
#14-11-2017-005294	Apr. 16–May 14	(4 wks.)	\$20



# DAVIDSON HIGH SCHOOL

**PRINCIPAL:** Lewis Copeland

**COORDINATOR:** Cheryl Sigler

(cheryl.sigler@cityofmobile.org)

**ASSISTANT:** Herman Finklea

**SCHOOL PHONE:** 221-3084 (Monday–Thursday, 4–8 p.m.)

**CITY OFFICE:** 208-1660 (Monday–Friday, 8 a.m.–4 p.m.)

**ADDRESS:** 3900 Pleasant Valley Rd, Mobile, AL 36609



## HEALTH & BEAUTY

### 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. By the end this class, you will be able to make an informed decision about which plan is the right for you. It is a free educational class and the public is welcome to attend. Please call ahead to check space availability. 208-1660.

**INSTRUCTOR:** Roger Cascaden

**TIMES:** Monday, 6–8 p.m.

#05-11-2017-005218	Jan. 29	(1 class)	FREE
#05-11-2017-005219	Mar. 26	(1 class)	FREE
#05-11-2017-005220	May 7	(1 class)	FREE



## ATHLETICS

### BEGINNER TAEKWONDO (AGES 5-10)

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. No class Feb. 12 & Apr. 2

**INSTRUCTOR:** Alex Jones

**TIMES:** Monday, 4:30–5:30 p.m.

#05-11-2017-005399	Jan. 29–Mar. 5	(5 wks.)	\$25
#05-11-2017-005400	Mar. 19–Apr. 23	(5 wks.)	\$25

### GOLF SWING CLINIC FOR BEG/INT (10 & UP)

This class is for the greenhorn or the experienced that want to learn the fundamentals of "The Game". Attention given to proper stance and swinging, good putting techniques, how to address the ball, course etiquette and scoring. Students should bring \$3 in quarters for balls (20-30) each week. BRING BOTTLED WATER! Class held on the driving range at High Point in Eight Mile. High Schools do have College Scholarships available in this field. This class will now be offered in fall, spring and summer, come join us for a great class.

**INSTRUCTOR:** A. Wilson

**TIMES:** Saturday, 9–10:30 a.m.

#05-11-2017-005221	Apr. 14–May 26	(7 wks.)	\$55
--------------------	----------------	----------	------

# DAVIDSON HIGH SCHOOL (CONT.)

## BEGINNER TENNIS FOR TEENS/ADULT (AGES 13 & UP)

Students will learn the basics of tennis in this class. Both beginners and those needing a refresher will find the help they need. Class will cover the fundamentals, ball control, stroke, footwork and scoring. Students will need to wear proper shoes, bring a racket and \$2 to cover the cost of the balls. Parents, there are college scholarships available in this field. No Class Feb. 13

**INSTRUCTOR: Wilson**

**TIMES: Tuesday, 5:30–7 p.m.**

#05-11-2017-005222	Feb. 27–Mar. 6	(5 weeks)	\$40
#05-11-2017-005223	Apr. 10–May 8	(5 weeks)	\$40



## HOME SKILLS & SAFETY

## BASIC FIREARM & SHOTGUN SAFETY COURSE (AGES 21 & UP)

This class will cover the basic safety, cleaning and proper use of firearms. Discussions will also cover state laws on use, ownership and self-protection laws and regulations. Students will learn about proper handling techniques and gun permit laws as well. Instructor has 30 years of firearms instructor experience and is N.R.A. CERTIFIED. A training gun is used for class demonstrations. A \$15 materials/book fee payable to instructor the first night of class. NO REAL WEAPONS ALLOWED! Students wishing to attend the Fire Range will need to coordinate times with instructor after fourth class; this option is a separate cost from registration fee. No Class Feb. 13 & Apr. 3

**INSTRUCTOR: A. Clarkbanks**

**TIMES: Tuesday, 6–8 p.m.**

#05-11-2017-005224	Jan. 16–Feb. 20	(5 wks.)	\$50
#05-11-2017-005225	Mar. 6–Apr. 10	(5 wks.)	\$50

## FAMILY & FRIENDS CPR (COMMUNITY CPR) (AGES 12 & UP)

Take this American Heart Association's Family and Friends Course and learn lifesaving skills in CPR (Cardio-Pulmonary Resuscitation), AED (Automatic External Defibrillator), and includes steps to take when adults, children or infants are choking. This course uses the practice-while-watching format and is taught by Mobile-Fire and Rescue. Please pre-register. Class size is limited and non-credentialed (No certificates will be given).

**INSTRUCTOR: Capt. D. Y. Smith**

**TIMES: Tuesday, 5–6:30 p.m.**

#05-11-2017-005226	Jan. 30	(1 class)	FREE
#05-11-2017-005227	Feb. 27	(1 class)	FREE
#05-11-2017-005228	Apr. 17	(1 class)	FREE



## SCHOLASTIC

## DRIVER'S EDUCATION (SIMULATOR ONLY) AGES 14 & UP

Learn the basic driving skills and the "Rules of the Road." This 12-hour course includes hands-on experience on the simulator. Safety is a major focus of this class. The Alabama State Driver's License handbook will be covered thoroughly to help

students prepare for their learner's permit. Registration includes Lab fees. This is not a high school credit-granting course. Many insurance companies have approved this course for discounts. Please check with your insurance agent first. Our instructor is state approved and certified. CERTIFICATES OF COMPLETION ARE GIVEN OUT AT THE END OF THIS COURSE. Class is limited to 13 students.

**INSTRUCTOR: S. Mosley**

**TIMES: Monday–Thursday, 4–7 p.m.**

#05-11-2017-005229	Feb. 27–Mar. 1	(1 wk.)	\$70
#05-11-2017-005230	Mar. 26–29	(1 wk.)	\$70



## REAL ESTATE

### BUYING FIXER-UPPER HOMES

Getting your hands on the property you want to fix-up can be personally and financially rewarding. Join us and find out how you can earn a good profit from the resale or see a stream of rental income from a fixer-upper. First time investors and seasoned pros will learn the essentials: finding property; pre-purchase inspection; estimating cost of repair; planning; organizing and managing the project; financing; do it yourself vs. subcontracting and marketing the finished product.

**INSTRUCTOR: S. Fowler**

**TIMES: Wednesday, 6–8 p.m.**

#05-03-2017-005231	Jan. 31	(1 class)	\$15
#05-11-2017-005232	Mar. 28	(1 class)	\$15

### HOME OWNERS SELLING CLASS

Selling a home, either on your own or through a Real Estate Broker can be a stressful experience. Learn what to repair before you list your home, and what not to repair. Learn about "curb-appeal", showing your home, and the legal requirements of selling a home.

**INSTRUCTOR: S. Fowler**

**TIMES: Wednesday, 6–8 p.m.**

#05-11-2017-005233	Feb. 7	(1 class)	\$15
#05-11-2017-005234	Apr. 11	(1 class)	\$15

### LEARN ABOUT INVESTING IN REAL ESTATE

Build an investment portfolio; learn to recognize a bargain in the Real Estate market; learn which homes have real investment potential and which do not. Learn about becoming a landlord—and the financial and legal responsibilities involved.

**INSTRUCTOR: S. Fowler**

**TIMES: Wednesday, 6–8 p.m.**

#05-11-2017-005235	Feb. 21	(1 class)	\$15
#05-11-2017-005236	Apr. 18	(1 class)	\$15

### ENHANCING YOUR HOME TO MAKE IT SELL

Thinking of selling your home within the next few months or years? Come find out how to invest your time, money and energy so you can sell your home quickly at the highest possible price. Learn:

- What potential buyers are looking for in a new home

# DAVIDSON HIGH SCHOOL (CONT.)

- How to give your home curb appeal
- How to stage each room of your home

**INSTRUCTOR: S. Fowler**

**TIMES: Wednesday, 6–8 p.m.**

#05–11–2017–005237 Feb. 28 (1 class) \$15

#05–11–2017–005238 Apr. 25 (1 class) \$15

## THE PREPURCHASE CLASS:

### “BE AN INFORMED BUYER”

Purchasing your new home- if it is your first home or your tenth home- can be a difficult experience. Learn what to look for when shopping for your new home. Learn about home inspection, termite bonds, and sellers’ disclosures. Learn the legal and financial aspects of purchasing a home.

**INSTRUCTOR: S. Fowler**

**TIMES: Wednesday, 6–8 p.m.**

#05–11–2017–005239 Mar. 7 (1 class) \$15

#05–11–2017–005240 May 2 (1 class) \$15



## BUSINESS & FINANCIAL MANAGEMENT

### MARKETING PROGRAMS, PRODUCTS & SERVICES WHAT DO I NEED TO DO TO ATTRACT NEW CUSTOMERS?

How can I market on a small budget? This four week course is designed to help business owners and nonprofit managers understand the basic concepts and methods used to plan a strategic marketing plan that works on a limited budget. You will learn how to effectively communicate your message distinctly through “Planning, Preparation and Plan B” and how to evaluate various marketing and social media methods and their effectiveness. And, you will create a simple marketing plan to implement a section each week. No class Feb. 15

**INSTRUCTOR: Sher Graham**

**TIMES: Thursday, 6–8 p.m.**

#05–11–2017–005275 Feb. 1–Mar. 1 (4 wks.) \$40

#05–11–2017–005276 Mar. 8–29 (4 wks.) \$40

### INCREASE CASH FLOW & DEBT MANAGEMENT

Ever wonder why you don’t have extra money at the end of the month. It’s not how much you earn, but how much you keep. This course helps you understand, control and reduce your debt. Throughout the class, students will learn how to spend less and save more. The class will also give out strategies to lower your debt and pay them off sooner.

**INSTRUCTOR: Vo Tran**

**TIMES: Tuesday, 6–8 p.m.**

#05–11–2017–005278 Jan. 23 (1 class) FREE

### BUILDING WEALTH & ASSEST ACCUMULATION

Like building a house, we must build t from the ground up. This course provides understanding and strategies on how to build a strong financial foundation.

**INSTRUCTOR: Vo Tran**

**TIMES: Tuesday, 6–8 p.m.**

## RETIREMENT PLANNING & WEALTH PRESERVATION

“Hope” isn’t a plan. Properly plan for retirement. This course helps you differentiate type of retirement vehicles. You will also learn how you can preserve your wealth for generations to come.

**INSTRUCTOR: Khoa Pham**

**TIMES: Tuesday, 6–8 p.m.**

#05–11–2017–005283 Apr. 17 (1 class) FREE



## LANGUAGES

### SPANISH I (CONVERSATIONAL) TEENS & ADULTS

Have you always wanted to learn another language? Well this is the class for you. This class will introduce you to the basics of the Spanish language. You will learn to speak and understand the most widely spoken language in the world. No Class Feb. 13

**INSTRUCTOR: Prestwood**

**TIMES: Wednesday, 6–8 p.m.**

#05–11–2017–005285 Jan. 24–Mar. 7 (6 wks.) \$60

#05–11–2017–005286 Apr. 11–May 16 (6 wks.) \$60

### BEGINNER SIGN LANGUAGE (AGES 13 & UP)

Students will be introduced to American Sign Language, finger spelling, basic sign vocabulary, and understanding deafness. The class is appropriate for beginners or those needing a refresher. Material covered will be beneficial for those dealing with the public in service or sales professions. Middle and high school students are welcome. The textbook will be available through the instructor for \$21

**INSTRUCTOR: Marta Pierce**

**TIMES: Thursday, 6–8 p.m.**

#05–11–2017–005287 Jan. 18–Mar. 1 (6 wks.) \$60

#05–11–2017–005289 Apr. 19–May 24 (6 wks.) \$60



## ACADEMICS

### READING ENRICHMENT/TUTORING (GRADES 1-3)

Parents, does your child have difficulty in understand what he reads? Reading is thinking. This class helps your child to learn those critical comprehension skills and strategies to increase their understanding. This class will have a great effect on your child’s grades. Limit 10 students. No class Feb. 13

**INSTRUCTOR: Staff**

**TIMES: Tuesday, 5–6:30 p.m.**

#05–11–2017–005293 Jan. 16–Feb. 20 (5 wks.) \$40

#05–11–2017–005296 Mar. 27–May 1 (5 wks.) \$40

### ACT TUTORING FOR HIGHER SCORES

Get to really know the ACT and learn tips, tricks, and valuable test-taking skills. Learn speed-reading techniques, 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 6 times for 2 and half hours. Class time

# DAVIDSON HIGH SCHOOL (CONT.)

is split between all five sections of the test-math, science, English, reading, and writing. No class Feb. 13 or Apr. 4

**INSTRUCTOR: J. Virgil**

**TIMES: Wednesday, 5:30–8 p.m.**

#05–11–2017–005535	Jan. 31–Mar. 14	(6 wks.)	\$80
#05–11–2017–005536	Mar. 28–May 9	(6 wks.)	\$80



## ARTS & CRAFTS

### BASIC PAINTING FOR ADULTS

Come and join our quiet environment while you learn to paint and reduce tension. The class will cover the basics of acrylics painting. No drawing experience required. Learn the different techniques in acrylics and apply it to any project you wish. If you have always wanted to paint, then you should take class and begin the most delightful leisure time experience of your life. Supply fee of \$21 (includes canvas) to be paid to instructor the first night of class.

**INSTRUCTOR: Staff**

**TIMES: Tuesday, 6–8 p.m.**

#05–11–2017–005328	Jan. 16–Feb. 6	(4 wks.)	\$40
#05–11–2017–005331	Mar. 6–27	(4 wks.)	\$40

### WATERCOLOR

This class will teach basic watercolor techniques including composition, perspective and light shadows. No class Feb. 13

**INSTRUCTOR: A. Kuppersmith**

**TIMES: Tuesday, 6–8 p.m.**

#05–11–2017–005332	Jan. 16–Feb. 27	(6 wks.)	\$60
#05–11–2017–005333	Mar. 6–Apr. 17	(6 wks.)	\$60

### CALLIGRAPHY: A HIGHLY PROFITABLE HOME BUSINESS OR JUST FOR FUN

The fine art of calligraphy began in medieval times, when monks joyously and laboriously produced biblical text using intricate, artistic lettering. This regal writing appears today in items such as wedding invitation, birth notices, and certificates of merit. You could also produce suitable-for-framing family trees. Without a huge initial investment, you could offer your services to schools (for diplomas), brides-to-be (for addressing invitations), athletic teams, and even corporations that are involved in recognition programs where certification are in order. Italic alphabet will be covered, but the instructor will touch on other calligraphy alphabets. Supplies will be covered the first night of class. Please register in advance! No class Feb. 15

**INSTRUCTOR: S. Morris**

**TIMES: Thursday, 6–8 p.m.**

#05–11–2017–005334	Jan. 25–Mar. 8	(6 wks.)	\$60
#05–11–2017–005335	Apr. 12–May 17	(6 wks.)	\$60

### BASIC UPHOLSTERY FOR BEG.

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. No class April 4

**INSTRUCTOR: D.L. Howze**

**TIMES: Wednesday, 6–8 p.m.**

#05–11–2017–005336	Jan. 24–Mar. 7	(6 wks.)	\$60
#05–11–2017–005357	Apr. 11–May 16	(6 wks.)	\$60



## DANCE/FITNESS/PERFORMING ARTS

### BEGINNER 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. No class April 5

**INSTRUCTOR: Theodore Arthur**

**TIMES: Thursday, 6–7:30 p.m.**

#05–11–2017–005373	Jan. 18–Mar. 1	(6 wks.)	\$45
#05–11–2017–005374	Mar. 15–Apr. 26	(6 wks.)	\$45

### BEGINNER BELLY DANCE (AGES 18 & UP)

You can look and feel better than you ever did while developing confidence, poise and flexibility through the popular Middle Eastern art that originated along the Mediterranean. Belly dancing strengthens the back, hips, and upper body and tones the abdominal muscles. Learn the basic movements and rhythms in this beginning class. Instruction on costume will also be covered. No class April 2

**INSTRUCTOR: V. Morrison**

**TIMES: Monday, 6–7 p.m.**

#05–11–2017–005375	Jan. 22–Mar. 5	(6 wks.)	\$30
#05–11–2017–005376	Mar. 19–Apr. 30	(6 wks.)	\$30

### INTERMEDIATE BELLY DANCE

This class is for the more experienced dancers. Have fun while getting into shape!! Learn this ancient dance of the eastern Mediterranean in a congenial atmosphere. This Egyptian folk dance form provides a low impact aerobic workout, while helping you develops grace, stamina and overall flexibility.

**INSTRUCTOR: V. Morrison**

**No class April 2**

**TIMES: Monday, 7–8 p.m.**

#05–11–2017–005388	Jan. 22–Mar. 5	(6 wks.)	\$30
#05–11–2017–005389	Mar. 19–Apr. 30	(6 wks.)	\$30

### BASIC YOGA

Yoga for beginners. 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. No class Feb. 13 or Apr. 3.



# DAVIDSON HIGH SCHOOL (CONT.)

INSTRUCTOR: I. Calloway

TIMES: Tuesday, 5:30–6:30 p.m.

#05-11-2017-005390	Jan. 16–Feb. 27	(5 wks.)	\$25
#05-11-2017-005391	Mar. 6–Apr. 12	(5 wks.)	\$25
#05-11-2017-005392	Apr. 17–May 22	(5 wks.)	\$25

## BASIC YOGA

See previous description. No class Feb. 15 or Apr. 5.

INSTRUCTOR: I. Calloway

TIMES: Thursday, 5:30–6:30 p.m.

#05-11-2017-005396	Jan. 16–Feb. 27	(5 wks.)	\$25
#05-11-2017-005397	Mar. 6–Apr. 12	(5 wks.)	\$25
#05-11-2017-005398	Apr. 17–May 22	(5 wks.)	\$25

## BASIC YOGA

See previous description.

INSTRUCTOR: I. Calloway

TIMES: Tuesday & Thursday, 5:30–6:30 p.m.

#05-11-2017-005609	Jan. 16–Feb. 17	(5 wks.)	\$50
#05-11-2017-005610	Mar. 6–Apr. 12	(5 wks.)	\$50
#05-11-2017-005611	Apr. 17–May 22	(5 wks.)	\$50

## FENCING FOR BEGINNERS (AGES 8 & UP)

Fencing! Yes, Fencing. Students will learn basic blocks, fencing terms and stances as well as participates in mock duels to learn the art of fencing. Types of sword you'll learn: Foil, Rapiers and Saber.

INSTRUCTOR: Prestwood

TIMES: Tuesday, 5–6:30 p.m.

#05-11-2017-005401	Feb. 20–Mar. 20	(6 wks.)	\$45
--------------------	-----------------	----------	------

## WALKING FOR EXERCISE (HALLS OF DAVIDSON)

PERFECT FOR NEW WALKERS. Are you looking for a safe place to walk for exercise? A one-mile path has already been mapped out for you! All you need to do is bring a friend and get in shape! Indoors, rain or shine, no dogs and perfectly safe. Start walking any time during these dates and times.

TIMES: Monday–Thursday, 5–7 p.m.

#05-11-2017-005402	Jan. 16–May 17	(1 class)	FREE!
--------------------	----------------	-----------	-------

# COTTAGE HILL GYMNASTICS CENTER

ACTIVITIES SPECIALIST?: Tonya Carroll

(tonya.carroll@cityofmobile.org)

GYM PHONE: 666-0559

CITY OFFICE: 208-1631

ADDRESS: 1711 Hillcrest Rd, Mobile, AL 36695 (Medal of Honor Park, in the bottom of the water tower)

## PRESCHOOL MOVEMENT EDUCATION (AGES 3–5 YRS)

Children MUST be potty trained to attend class. This class is an introduction to gymnastics apparatus. Body awareness, balance and self-confidence are developed through introduction to the world of exercise and fun.

Times: Monday & Wednesday, 2–2:45 p.m.

#08-10-2017-005144	Jan. 8–Feb. 5	(4 wks.)	\$50
#08-10-2017-005145	Feb. 19–Mar. 21	(5 wks.)	\$55
#08-10-2017-005146	Apr. 9–May 16	(6 wks.)	\$60

OR

Times: Tuesday & Thurs, 9:30–10:15 a.m.

#08-10-2017-005147	Jan. 9–Feb. 1	(4 wks.)	\$50
#08-10-2017-005148	Feb. 20–Mar. 22	(5 wks.)	\$55
#08-10-2017-005149	Apr. 10–May 17	(6 wks.)	\$60

OR

Times: Saturday, 9–10 a.m.

#08-10-2017-005150	Jan. 13–Feb. 3	(4 wks.)	\$35
#08-10-2017-005151	Feb. 24–Mar. 24	(5 wks.)	\$40
#08-10-2017-005152	Apr. 14–May 12	(5 wks.)	\$40

## KINDER-GYM (AGES 18 MOS–3 YRS)

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.

Instructor: Tiara Patrick

Times: Friday, 9:30–10:30 a.m.

#08-10-2017-005153	Jan. 12–Feb. 2	(4 wks.)	\$35
#08-10-2017-005154	Feb. 23–Mar. 23	(4 wks.)	\$35
#08-10-2017-005155	Apr. 13–May 11	(5 wks.)	\$40

OR

Times: Friday, 10:30–11:30 a.m.

#08-10-2017-005158	Jan. 12–Feb. 2	(4 wks.)	\$35
#08-10-2017-005157	Feb. 23–Mar. 23	(4 wks.)	\$35
#08-10-2017-005156	Apr. 13–May 11	(5 wks.)	\$40

## YOUTH GYMNASTICS (AGES 5–8 YRS)

CHILD MUST BE 5 BY FIRST CLASS. This class teaches progressive skills on trampoline and other gymnastics equipment. Flexibility, strength, balance and coordination are enhanced through participation in this program.

Times: Tuesday & Thursday, 4–5 p.m.

#08-10-2017-005159	Jan. 9–Feb. 1	(4 wks.)	\$60
#08-10-2017-005160	Feb. 20–Mar. 22	(5 wks.)	\$65
#08-10-2017-005161	Apr. 10–May 17	(6 wks.)	\$70

OR

Times: Saturday, 10–11 a.m.

#08-10-2017-005162	Jan. 13–Feb. 3	(4 wks.)	\$35
#08-10-2017-005163	Feb. 24–Mar. 24	(5 wks.)	\$40
#08-10-2017-005164	Apr. 14–May 12	(5 wks.)	\$40

# COTTAGE HILL GYMNASTICS CENTER (CONT.)

## YOUTH GYMNASTICS (AGES 9–12 YRS)

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

Times: Saturday, 11 a.m.–12 p.m.

#08-10-2017-005165	Jan. 13–Feb. 3	(4 wks.)	\$35
#08-10-2017-005166	Feb. 24–Mar. 24	(5 wks.)	\$40
#08-10-2017-005167	Apr. 14–May 12	(5 wks.)	\$40

## BEGINNING TUMBLING (AGES 5–10 YRS)

This class is designed to introduce younger students to the various components of tumbling. Primarily: cartwheels, round-offs, back walkovers, and back handsprings.

Times: Tuesday & Thursday, 5–6 p.m.

#08-10-2017-005168	Jan. 9–Feb. 1	(4 wks.)	\$60
#08-10-2017-005169	Feb. 20–Mar. 22	(5 wks.)	\$65
#08-10-2017-005170	Apr. 10–May 17	(6 wks.)	\$70

## CHEER TUMBLING (AGES 10 & UP)

(Emphasis on tumbling aspect of cheerleading) A must for students preparing for middle school or high school level cheerleading.

Times: Monday & Wednesday, 6–7 p.m.

#08-10-2017-005171	Jan. 8–Feb. 5	(4 wks.)	\$60
#08-10-2017-005172	Feb. 19–Mar. 21	(5 wks.)	\$65
#08-10-2017-005173	Apr. 9–May 16	(6 wks.)	\$70

OR \_\_\_\_\_

Times: Tuesday & Thursday, 6–7 p.m.

#08-10-2017-005174	Jan. 9–Feb. 1	(4 wks.)	\$60
#08-10-2017-005175	Feb. 20–Mar. 22	(5 wks.)	\$65
#08-10-2017-005176	Apr. 10–May 17	(6 wks.)	\$70

## 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.

Times: Monday & Wednesday, 4–5 p.m.

#08-10-2017-005177	Jan. 8–Feb. 5	(4 wks.)	\$60
#08-10-2017-005178	Feb. 19–Mar. 21	(5 wks.)	\$65
#08-10-2017-005179	Apr. 9–May 16	(6 wks.)	\$70

## INTERMEDIATE TRAMPOLINE & TUMBLING

For students with moderate gymnastics experience

Times: Monday & Wednesday, 5–6 p.m.

#08-10-2017-005180	Jan. 8–Feb. 5	(4 wks.)	\$60
#08-10-2017-005181	Feb. 19–Mar. 21	(5 wks.)	\$65
#08-10-2017-005182	Apr. 9–May 16	(6 wks.)	\$70

NO CLASSES: January 15 (MLK), February 12–17 (Mardi Gras) or April 2–7 (Spring Break)

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

# NEIGHBORHOOD PARKS & COMMUNITY CENTERS

PROGRAM SUPERVISOR: Katrina Frazier

(frazierk@cityofmobile.org)

ASSISTANT: Chris Powell

(chris.powell@cityofmobile.org)

ADDRESS: 48 N Sage Ave, Mobile, AL 36607

CITY OFFICE: 208-1657

The Mobile Recreation Department has a variety of parks and facilities available for public use. Did you know that some of these spaces can be reserved or rented for special events? We currently have eight large centers and four small centers where you can host your next birthday party, family reunion, or wedding reception with our friendly staff. Our Community Centers are the perfect location for your special event. The facilities include gymnasiums, meeting rooms, kitchens and more. Call 208-1650 for pricing, rules and availability.

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

## JOSEPH C. DOTCH COMMUNITY CENTER

FACILITY SUPERVISORS: Yolanda Johnson

(yolanda.johnson@cityofmobile.org)

PHONE: 452-9856

ADDRESS: 3100 Bank Ave # A, Mobile, AL 36617

HOURS: Monday–Friday, 11 a.m.–8 p.m.

## MICHAEL A. FIGURES COMMUNITY CENTER

FACILITY SUPERVISORS: Dorothy Lewis

(lewis.dorothy@cityofmobile.org)

& Woodrow Cannon

(woodrow.cannon@cityofmobile.org)

PHONE: 452-4052

ADDRESS: 658 Donald St # C, Mobile, AL 36617

HOURS: Monday–Friday, 11 a.m.–8 p.m.

## HARMON–THOMAS COMMUNITY CENTER

FACILITY SUPERVISOR: Cora Edwards

(cora.edwards@cityofmobile.org)

PHONE: 470-7752

ADDRESS: 1611 Belfast St, Mobile, AL 36605

HOURS: Monday–Friday, 10 a.m.–7 p.m.

January 2018, 4–4:30 p.m., Monday–Thursday will be  
“Study/Enrichment Time” No free play during this time.

FREE WIFI AT ALL  
COMMUNITY CENTERS



# NEIGHBORHOOD PARKS & COMMUNITY CENTERS (CONT.)

## HILLSDALE AREA COMMUNITY CENTER

FACILITY SUPERVISORS: Birdie Anderson  
(birdie.anderson@cityofmobile.org)  
& Sylvia Denson  
(sylvia.denson@cityofmobile.org)  
& Jeffrey McCondichie  
(jeffrey.mccondichie@cityofmobile.org)  
PHONE: 344-0341  
ADDRESS: 558 E Felhorn Rd, Mobile, AL 36608  
HOURS: Monday–Friday, 11 a.m.–8 p.m.

## ROBERT HOPE COMMUNITY CENTER

FACILITY SUPERVISOR: Voundria Thornton  
(voundria.thornton@cityofmobile.org)  
PHONE: 456-7639  
ADDRESS: 850 Edwards St, Mobile, AL 36610  
HOURS: Monday–Friday, 11 a.m.–8 p.m.

## LAUN PARK

FACILITY SUPERVISOR: Conrad Allen  
PHONE: 661-6541  
ADDRESS: 5401 Windmill Dr, Mobile, AL 36693  
HOURS: Monday–Friday, 3–6 p.m.

## NEWHOUSE PARK

FACILITY SUPERVISOR: Zelda Williams  
(zelda.williams@cityofmobile.org)  
PHONE: 470-7753  
ADDRESS: 2960 Alston Dr, Mobile, AL 36605  
HOURS: Monday–Friday, 10 a.m.–7 p.m.

## RICKARBY PARK

RECREATION LEADER: Jackie Simmons  
(jacqueline.simmons@cityofmobile.org)  
PHONE: 470-7750  
ADDRESS: 550 Rickarby St, Mobile, AL 36606  
HOURS: Monday–Friday, 9 a.m.–6 p.m.

## JAMES SEALS COMMUNITY CENTER

FACILITY SUPERVISORS: Ralph Gordon  
(ralph.gordon@cityofmobile.org)  
& Rhonda McDaniel  
(rhonda.mcdaniel@cityofmobile.org)  
PHONE: 438-7498  
ADDRESS: 540 Texas St, Mobile, AL 36603  
HOURS: Monday–Friday, 11 a.m.–8 p.m.

## SPRINGHILL RECREATION CENTER

FACILITY SUPERVISOR: Tanya Gullett  
(tanya.gullett@cityofmobile.org)  
& Patricia Ferguson  
(patricia.ferguson@cityofmobile.org)  
PHONE: 438-7415  
ADDRESS: 1151 Spring Hill Ave, Mobile, AL 36604  
HOURS: Monday–Friday, 8 a.m.–7 p.m.  
*Beginning Feb. 5, 10 a.m.–7 p.m.*

## STOTTS PARK

RECREATION LEADER: Willie Nixon  
PHONE: 666-4955  
ADDRESS: 2150 Demetropolis Rd, Mobile, AL 36693  
HOURS: Monday–Friday, 3–8 p.m.

## THOMAS SULLIVAN COMMUNITY CENTER

FACILITY SUPERVISOR: Mary Brown  
(mary.brown@cityofmobile.org)  
PHONE: 438-7282  
ADDRESS: 351 N Catherine St, Mobile, AL 36603  
HOURS: Monday–Friday, 11 a.m.–8 p.m.

## SAIL PROGRAMS

TIMES: Monday–Friday, 9:00 a.m.–1:00 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 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.

## HILLSDALE SAIL CENTER

CENTER MANAGER: Mary Lee  
(mary.lee@cityofmobile.org)  
ADDRESS: 558 Felhorn Road  
PHONE: 344-0341

## PARKWAY SAIL CENTER

CENTER MANAGER: Freda Mitchell  
(freda.mitchell@cityofmobile.org)  
ADDRESS: 1600 Boykin Blvd  
PHONE: 471-2503

## THOMAS SULLIVAN SAIL CENTER

CENTER MANAGER: Angela Bowden  
ADDRESS: 351 North Catherine Street  
PHONE: 438-7282

## TRICKSEY SAIL CENTER

CENTER MANAGER: Jackie Green  
(jacqueline.green@cityofmobile.org)  
ADDRESS: 3055 Banks Ave  
PHONE: 456-6690

# SPECIAL ACTIVITIES THERAPEUTIC RECREATION/ADULT CENTER

PROGRAM SUPERVISOR: Ella Austin-Mooney  
(ella.mooney@cityofmobile.org)  
PHONE: 208-1668  
ASSISTANT: 208-1651

**THERAPEUTIC & SENIOR ACTIVITY CENTER (T-SAC)**  
RECEPTION DESK: 208-1671  
ADDRESS: 261 Rickarby St, Mobile, AL 36606  
THERAPEUTIC RECREATION SPECIALIST: Marie Beard  
(annette.beard@cityofmobile.org)  
PHONE: 208-1669

**SPECIAL EVENTS: CALL FOR DATES & TIMES**  
Please call to register for all classes.

## SENIOR RECREATION

### SWING OUT/LINE DANCE

TIMES: Monday, 6–8 p.m.

### BID WHIST

TIMES: Tuesday, 10:30 a.m.–6 p.m.

### PINOCHLE

TIMES: Wednesday, 10 a.m.–6 p.m.

### BID WHIST

TIMES: Thursday, 10 a.m.–6 p.m.

### PINOCHLE

TIMES: Saturday, 10 a.m.–6 p.m.

## THERAPEUTIC PROGRAMS

### LINE DANCE

TIMES: Monday, 10:30 a.m.–12:30 p.m.

### BINGO/LUNCH

TIMES: Tuesday, 10:30 a.m.–12:30 p.m.

### ARTS/CRAFTS

TIMES: Wednesday, 10:30 a.m.–12:30 p.m.

### MOVIE/POPCORN

TIMES: Thursday, 10:30 a.m.–12:30 p.m.



### MOBILE ADULT CENTER

ADDRESS: 1301 Azalea Rd, Mobile, AL 36693  
THERAPEUTIC RECREATION SPECIALIST: Heidi Hanchey  
(heidi.hanchey@cityofmobile.org)  
PHONE: 666-3922  
THERAPEUTIC RECREATION SPECIALIST: LaDarrel Bell  
(ladarrel.bell@cityofmobile.org)  
PHONE: 666-6053  
CELL: 251-454-0880

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 cancelled.

**EARLY REGISTRATION IS ENCOURAGED.** Pre-registration determines if a class will meet or if it will be cancelled. Only registered students can be contacted if a class is cancelled.

No classes scheduled for Feb. 12 & 13

## FITNESS

### 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. No class on Feb. 28. No class Mardi Gras. No class Spring Break.

INSTRUCTOR: Irene Callaway

TIMES: Tuesday, 11 a.m.–12 p.m.

#52-12-2017-005590	Jan. 16–Mar. 13	(8 wks.)	\$24
--------------------	-----------------	----------	------

#52-12-2017-005591	Mar. 20–May 15	(8 wks.)	\$24
--------------------	----------------	----------	------

The following classes are taught by a certified Silver&Fit instructor. Supply Fee payable first day of class to instructor. Please call for more information.



### BEGINNER CHAIR EXERCISE

INSTRUCTOR: Gerry Lowe

TIMES: Tuesday & Thursday, 9 a.m.

#52-12-2017-005592	Jan. 16–May 15	(weekly)	FREE
--------------------	----------------	----------	------

### CHAIR EXERCISE

INSTRUCTOR: Gerry Lowe

TIMES: Tuesday & Thursday, 10 a.m.

#52-12-2017-005593	Jan. 16–May 15	(weekly)	FREE
--------------------	----------------	----------	------

### BODY SCULPTING

INSTRUCTOR: Gerry Lowe

TIMES: Tuesday & Thursday, 9 a.m.

#52-12-2017-005594	Jan. 16–May 15	(weekly)	FREE
--------------------	----------------	----------	------

TIMES: Monday & Wednesday, 11 a.m.

#52-12-2017-005595	Jan. 16–May 15	(weekly)	FREE
--------------------	----------------	----------	------

# SPECIAL ACTIVITIES THERAPEUTIC RECREATION/ADULT CENTER

## STRETCH CLASS

**INSTRUCTOR:** Gerry Lowe

**TIMES:** Thursday, 9:30 a.m.

#52-12-2017-005596 Jan. 16-May 15 (weekly) FREE



## GAMES

## BRIDGE FOR BEGINNERS

This class starts with the basics. How to deal & arrange hands into suits & how to evaluate the hand based on Goren's point count. Also covers bidding, play of hand, & scoring. The class includes lecture, explanation & playing time... Call and reserve your seat today.

**INSTRUCTOR:** Sarah Crawford

**TIMES:** Thursday, 10 a.m.-12 p.m.

#52-12-2017-005597 Jan. 18-Mar. 15 (8 wks.) \$24

#52-12-2017-005598 Mar. 22-May 17 (8 wks.) \$24



## ARTS & 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

**TIMES:** First Monday of month, 3-6 p.m.

#52-12-2017-005599 Feb. 5 FREE

#52-12-2017-005600 Mar. 5 FREE

#52-12-2017-005601 Apr. 2 FREE

#52-12-2017-005602 May 7 FREE

## OIL/ACRYLICS

Designed for beginners, as a well as those with some experience. You may choose acrylics or oil. Supplies not included

**INSTRUCTOR:** Diane Everett

**TIMES:** Wednesday, 9:30 a.m.-12:30 p.m.

#52-12-2017-005603 Jan.17-Feb. 6 (4 wks.) \$36

#52-12-2017-005604 Feb. 20-Mar. 14 (4 wks.) \$36

#52-12-2017-005605 Mar. 21-Apr. 11 (4 wks.) \$36

#52-12-2017-005606 Apr. 18-May 16 (4 wks.) \$36

## HEALTH CLASSES

This workshop teaches life style changes to improve your health. Instructor is a certified health & wellness coach. She also teaches you how to prepare healthy foods hands on. No Class Feb. 12, Apr. 2.

**INSTRUCTOR:** Rev. Ruby McMillian

**TIMES:** Wednesday, 10 a.m.-12 p.m. OR 6:30-8:30 p.m.

#52-12-2017-005607 Jan. 17-Mar. 12 FREE

**TIMES:** Wednesday, 10 a.m.-12 p.m. OR 6:30-8:30 p.m.

#52-12-2017-005608 Mar. 21-May 16 FREE

## LINE DANCING (ALL AGES)

Learn line dances, including the Wobble, Boot Scootin' Boogie, Electric Slide, Cupid Shuffle, and much more.

**INSTRUCTOR:** Staff

**TIMES:** Monday, 10:30 a.m.-12:30 p.m. FREE

## BASKETBALL SKILLS & DRILLS (AGES 19 & UP)

Develop and improve your fundamental basketball skills by learning essential drills. Engage in teamwork during scrimmage to become a more effective offensive and defensive player. No Class Feb 13, Apr 3

**INSTRUCTOR:** Staff

**TIMES:** Tuesday, 10:30 a.m.-12:30 p.m. FREE

## WONDROUS WEDNESDAY

Enjoy various activities, which include arts and crafts, sports, games, movie, and musical instruments. No Class Feb 14, Apr 4

**INSTRUCTOR:** Staff

**TIMES:** Wednesday, 10:30 a.m.-12:30 p.m. FREE

## DRUMS FOR BEGINNERS & INTERMEDIATE (AGES 5 & UP)

Learn to play different rhythms and use different techniques on various percussion instruments. No Class Feb 14 or Apr 4.

*(MUST PRE-REGISTER)*

**INSTRUCTOR:** Staff

**TIMES:** Wednesday, 5-6:30 p.m.

Supply fee paid to instructor first day of class: \$30



## HOLIDAY & SUMMER CAMPS

### 2018 HOLIDAY CAMPS @ T-SAC

*(formerly Woodcock Elementary)*

Teachers' Work Days \$15/day

Mardi Gras Camp: Feb. 14-16 \$45

(or \$20/day)

Spring Break Camp: Apr. 2-6 \$60

(or \$20/day)

**NOTE:** A one-time \$15 (nonrefundable) Camp Registration fee is to be paid by all campers that do not attend the City of Mobile's Before and After School Program for the school year of August 2017-May 2018. This will register camper for all camps held during the school year. Participant may attend each individual camp or by the day as needed.

### 2018 SUMMER ADVENTURE CAMP

Registration begins April 2, 2018 AT THE MAIN OFFICE OF PARKS AND RECREATION: 48 N. Sage Ave, 8:00 AM - 4:00 PM - LIMITED SPACE (Register online at [mobilecap.org](http://mobilecap.org))

Registration fee: \$75 (non refundable)

Location: TBA

You must provide a lunch for your child for ALL camps.

Camps are Monday through Friday unless noted\*

FOR MORE INFORMATION, CALL 208-1651, 208-1668 or 208-1671

## YOUTH & ADULT LEAGUE SPORTS

PROGRAM COODINATOR: **Marion Shepard**  
(marion.shepard@cityofmobile.org)

ADULT SPORTS: **John Cobb**  
Baseball & Flag Football  
PHONE: 208-1634

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

YOUTH & ADULT SOCCER: **Coach Z**  
(coachz@cityofmobile.org)  
PHONE: 251-200-6649

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

ADDRESS: 48 N Sage Ave, Mobile, AL 36607

GENERAL INFORMATION: 208-1631  
(eldersj@cityofmobile.org)

### 2018 ADULT SUMMER SOFTBALL

Registration for teams from last season begins May 7. Others accepted on a first-come, first-serve basis, starting June 4. Entry fee is \$165, for a 5-game season. Playing sites are Herndon (Sage) Park and Medal of Honor Softball Complex.

### 2018 ADULT BASEBALL

Registration begins May 29 and the season starts Sunday, June 4. Games to be played at Texas St., Hillsdale and Figures Parks. Entry fee to be determined by number of games.

### 2018 ADULT BASKETBALL (SUMMER)

Team Registration begins June 4 and the season starts weekdays, Monday through Thursday week of June 11. Entry fee to be determined by number of games. Games to be played at Dotch, Springhill, Hillsdale and Seals.

### 2018 ADULT SOCCER (SUMMER)

For males, females and co-ed. Dates, schedule and entry fee to be determined. All games at Sage Park.

### 2017 MPRD SUMMER TRACK & FIELD

USATF Sanctioned program for ages 5-18.  
Registration begins May 7  
Murphy High School: 5:00 PM until 7:00 PM  
Monday - Friday. Registration fee is \$25.

### 2018 OPEN GYM

(Various Community Centers on weekdays and Saturdays; times vary) Dotch, Hillsdale, Springhill, Figures, Hope, Sullivan, Seals and Harmon.

## TENNIS CENTERS

SUPERINTENDENT: **Scott Novak**  
(scott.novak@cityofmobile.org)  
ASSISTANT MANAGER: **Lori D. Williams**  
(lori.williams@cityofmobile.org)  
Web: mobiletenniscenter.net

### MOBILE TENNIS CENTER 60 LIGHTED LAYKOLD COURTS

ADDRESS: 851 Gaillard Drive  
PHONE: 208-5181  
FAX: 208-5188  
HOURS: Monday-Thursday, 8 a.m.-9 p.m.  
Friday & Saturday, 8 a.m.-5 p.m.  
Sunday, 9 a.m.- 5 p.m.  
FEES: \$4 days, \$5 under lights

### COTTAGE HILL TENNIS CENTER 10 LIGHTED LAYKOLD COURTS

ADDRESS: 1171 Hillcrest Road  
PHONE: 666-9539  
FAX: 666-4601  
HOURS: Monday-Thursday, 8 a.m.-9 p.m.  
Friday, 8 a.m.-5 p.m.  
Saturday, 8 a.m.-12 p.m.  
Sunday, facility closed (courts available until dark)  
FEES: \$4 day, \$5 night

### LYONS PARK TENNIS CENTER 5 LIGHTED LAYKOLD COURTS

ADDRESS: 180 Lyons Park Ave.  
PHONE: 694-1830  
FAX: 690-7730  
HOURS: Monday-Thursday, 3-9 p.m.  
Friday, Closed  
Saturday, 8 a.m.-1 p.m.  
Sunday, facility closed (courts available until dark)  
FEES: \$4 day, \$5 night

SPECIAL SENIOR AND STUDENT RATES AVAILABLE

*Hours subject to change based upon participation and inclement weather.*

## AZALEA CITY GOLF COURSE

PGA HEAD GOLF PROFESSIONAL: **Lawrence Auer**  
(auerl@cityofmobile.org)  
GCSSA SUPERINTENDENT: **Brian Aaron**  
(aaron@cityofmobile.org)  
ADDRESS: 1000 Gaillard Drive  
PHONE: 208-5150  
WEB: [azaleacitygolfcourse.com](http://azaleacitygolfcourse.com)

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

# REGISTRATION INFORMATION

- Beginning January 2018, **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 reserve your space in class.
- Refund requests must be made to the instructor.
- All refunds are issued by instructors.



CITY OF MOBILE  
PARKS & RECREATION  
**COMMUNITY ACTIVITIES PROGRAM**  
MOBILECAP.ORG

## THE COMMUNITY ACTIVITIES PROGRAM

*"A Continuing Education Program"*

A JOINT VENTURE OF THE CITY OF MOBILE  
AND  
THE MOBILE COUNTY SCHOOL SYSTEM

*Mayor, City of Mobile*  
**William S. Stimpson**

*Superintendent of Mobile County Public Schools*  
**Martha L. Peek**

*Assistant Director of Operations*  
**Gerard McCants**

*Superintendent of Recreation*  
**Shadrach Collins, Jr.**

*Supervisor of Community Activities*  
**Mellanie Poole Johnson**



### \*NO CLASSES WILL BE HELD ON CITY HOLIDAYS:

Monday, Jan. 15	Martin Luther King Day
Monday, Feb. 12–Tuesday, Feb. 13	Mardi Gras
Monday, Apr. 2–Friday, Apr. 6	Spring Break



**#LiveWorkPlayMOB**

# REGISTRATION FORM

MAILING ADDRESS: Community Activities Program (location)

48 N. Sage Ave.

Mobile, AL 36607 – 2653

MOBILECAP.ORG

NO PERSONAL CHECKS ACCEPTED. ACTIVITIES PAID FOR BY CREDIT/DEBIT SUBJECT TO A 3% NON – REFUNDABLE SUR-CHARGE)

Name: (on credit card if applicable) \_\_\_\_\_ D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Work #: \_\_\_\_\_ Home #: \_\_\_\_\_ Mobile #: \_\_\_\_\_

E – mail Address: \_\_\_\_\_

Class #/Class	Date	Time	Fee	Student	Gender	D.O.B.
1 _____	_____	_____	\$ _____	_____	M/F _____	____/____/____
2 _____	_____	_____	\$ _____	_____	M/F _____	____/____/____
3 _____	_____	_____	\$ _____	_____	M/F _____	____/____/____
4 _____	_____	_____	\$ _____	_____	M/F _____	____/____/____
5 _____	_____	_____	\$ _____	_____	M/F _____	____/____/____

TOTAL\$ \_\_\_\_\_