It's Your Move!

CHECK OUT THE ACTIVITIES AND CLASSES IN MOBILE

MOBILE PARKS AND RECREATION
WWW.CITYOFMOBILE.ORG/PARKS
**TABLE OF CONTENTS**

3  ART INSTRUCTIONAL CENTER *
5  JOSEPH C. DOTCH COMMUNITY CENTER +
7  MICHAEL A. FIGURES COMMUNITY CENTER +
8  HARMON-THOMAS COMMUNITY CENTER +
8  HILLSDALE COMMUNITY CENTER *
9  ROBERT HOPE COMMUNITY CENTER +
9  LAUN PARK COMMUNITY CENTER *
11  MITTERNIGHT PARK COMMUNITY CENTER *
12  NEWHOUSE PARK COMMUNITY CENTER *
13  RICKARBY PARK COMMUNITY CENTER +
13  JAMES SEALS COMMUNITY CENTER +
14  SPRINGHILL COMMUNITY CENTER *
15  STOTTS PARK COMMUNITY CENTER *
17  THOMAS SULLIVAN COMMUNITY CENTER *
17  COTTAGE HILL GYMNASICS CENTER
19  SPECIAL ACTIVITIES — THERAPEUTIC RECREATION / ADULT CENTER
19  MOBILE ADULT CENTER
20  THERAPEUTIC & SENIOR ACTIVITIES CENTER (T-SAC)
21  CONNIE HUDSON MOBILE REGIONAL SENIOR CENTER
23  S.A.I.L PROGRAMS
23  YOUTH AND ADULT LEAGUE SPORTS
24  REGISTRATION FORM

+ Katrina Frazier / ★ Mellanie P. Johnson

---

**MOBILE PARKS AND RECREATION**

Mayor, City of Mobile
William S. Stimpson

Assistant Director of Operations
Parks and Recreation
Gerard W. McCants

 Superintendent of Parks
Daniel Otto

Superintendent of Recreation
Shadrach Collins, Jr.

Program Supervisor of Community Centers
Katrina Frazier

Activities Program Supervisor
Mellanie P. Johnson

Did you know that many of the Mobile parks and facilities can be reserved or rented for special events? We currently have eight large centers and five small centers that are perfect for hosting your next birthday party, family reunion, or wedding reception. Our friendly staff can help you find a gymnasium, meeting room, or kitchen that will suit your needs.

Call 208-1650 for pricing, rules, and availability. For scheduled classes, activities, and special events, contact the center directly.

---

Free WiFi available at all Community Centers
ART INSTRUCTIONAL CENTER

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

PAINTING PROJECTS AND OPEN STUDIO
Some painting experience is necessary for this class. Students can work in oils, watercolors, pen and ink, or acrylics. Students need to bring their own supplies, paints, palette knife, turpentine, canvas, or painting surface.
Instructor: Kathe Byrnes Kutzman
Wed.: 9 a.m.-12 noon
#01-08-2018-006166 Nov. 7 $12

PAINTED HOLIDAY SWEATSHIRT OR T-SHIRT
Paint a beautiful shirt to enjoy the festive Holiday Season. Students need to bring a washed and dried shirt, fabric or Bristol brushes all sizes, jewels or beads etc. All the craft stores carry fabric paints, glitter, and slick paints.
Instructor: Kathe Byrnes Kutzman
Wed.: 9 a.m.-12 noon
#01-08-2018-006166 Nov. 7 $12

COLD WAX/OIL ABSTRACTS NEW!!!!
We will show you an easy way to create an abstract painting using cold wax and oils. Learn the basics about cold wax medium. Students will learn how to use a heat gun and a craft iron for different surface designs and texture. A canvas, paints, and cold wax will be provided for $30 supply fee per student to be paid to the instructors at the first class.
Instructors: Ginger Woechan and Kathe Byrnes Kutzman
Tues.: 9:30 a.m.-11:30 a.m.
#01-08-2018-006167 Nov. 6, 13 & 27 $24

ABSTRACT TEXTURES NEW!!!!
Learn different techniques using common materials to create unique surfaces to paint on including Vaseline, glue, paste, rollers, stencil, metal leaf, embossing, shaving cream and many more. Surfaces, paints, etc. will be provided for a $20 supply fee to be paid to the instructor at the first class.
Instructors: Ginger Woechan and Kathe Byrnes Kutzman
Tues.: 10 a.m.-12 noon
#01-08-2018-006168 Sept. 11, 18 & 25 $24

BEGINNING SILK PAINTING
Silk painting is fun, and 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 pushpins, 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
Tues.: 1:30 p.m.-3:30 p.m.
#01-08-2018-006162 Oct. 16 & 23 $16

NUNO FELTED SCARF
Learn how to felt on top of a ready-made scarf, students will also learn how to make pre-felts. 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. Supply Fee is $10 to be paid to the teacher on first class.
Instructor: Kathe Byrnes Kutzman
Tues.: 9:30 a.m.-11:30 a.m.
#01-08-2018-006163 Oct. 16 & 23 $16

SOLDERED AND GLASS FUSED JEWELRY
Learn how to make the glass pendants using glass, copper foil and solder. Students need to bring the gloves, and a glasscutter. A Supply fee of $10 to be paid the first lesson. Foil glass, solder, use of a solder gun, and flux are included in the fee.
Instructor: Kathe Byrnes Kutzman
Tues.: 10 a.m.-12 noon
#01-08-2018-006164 Oct. 2 & 9 $16

BASIC ENAMELING
Learn the basic technique of enameling using powered glass on different surfaces, tiles, copper blanks, etc. to make beautiful pieces. A supply fee of $10 will be charged, paid to the teacher on first class. (Enamel powders, paints, blanks and tiles are included in the fee).
Instructor: Kathe Byrnes Kutzman
Wed.: 1:30 p.m.-3:30 p.m.
#01-08-2018-006165 Nov. 14 & 21 $16
ART INSTRUCTIONAL CENTER (CONT.)

WATERCOLOR LETTERING
This popular class is back! This is more than a watercolor class and is just a sample of what you can do with lettering and watercolor! Class will focus on drawing letters and using watercolor to bring them to life! Have you ever wanted to make your own cards? Create artwork using typography? If you already have taken this class; we will push past and learn new techniques in this class. Class size is limited. All supplies/practice kit will be provided for you with a $15 supply fee.
Instructor: Ginger Woechan
Mon.: 10 a.m.-12 p.m.  
#01-07-2018-006078  Sept. 10-Oct. 1  $32
Mon.: 6 p.m.-8 p.m.  NEW!!!  
#01-07-2018-006079  Sept. 10-Oct. 1  $32

WATERCOLOR EMBELLISHMENTS
This embellishment class will follow the watercolor lettering class. Learning some simple ways to embellish your watercolor lettering paintings is a fun and exciting way to finish your painting! We will learn to jazz our watercolor letters up! In this class you will learn different techniques and styles to embellish. You will have needed to have taken the watercolor lettering class or talk with the instructor pre-class. Most supplies will be provided for you with your Supply fee of $15. However, there will be a supply list of things you can buy to further your own experience.
Instructor: Ginger Woechan
Mon.: 9:30 a.m.-12:30 p.m.  
#01-07-2018-006080  Nov. 19-26  NEW!!!  $24
Mon.: 6 p.m.-8:30 p.m.  
#01-07-2018-006083  Nov. 19-26  $24

WATERCOLOR LETTERING OPEN STUDIO
This class will serve as a practice time with students who have taken the Watercolor Lettering class. We will practice and work on our own projects while being among our classmates. This will be fun and student will need to bring their own supplies or must make arrangements with the teacher beforehand. Pay per class.
Instructor: Ginger Woechan
Mon.: 10 a.m.-12 p.m.  
#01-07-2018-006084  Oct. 8 & 15  $5/class

OPEN STUDIO
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
Tues.: 5 p.m.-7 p.m.  
#01-07-2018-006144  Sept. 11-Oct. 16  $5/class
#01-07-2018-006145  Nov. 6-Dec. 11  $5/class

PALETTE KNIFE AND TEXTURED HYDRANGEA  NEW!!
The popular palette knife plus texture class is being offered again! Come paint a beautiful Hydrangea arrangement in this two-week class! Supplies will be supplied for you with your Supply fee of $15 paid to the instructor at the first class.
Instructor: Ginger Woechan
Thur.: 1 p.m.-3 p.m.  
#01-07-2018-006146  Oct. 4 & 11  $16

PERSPECTIVE DRAWING FROM A PHOTO  NEW!!
In this class we will focus on perspective and drawing from a photo. We will use a common downtown Mobile, Al scene to learn from. Your supplies will be supplied for you with your supply fee due the first day of class. Supply Fee of $5.
Instructor: Ginger Woechan
Thurs.: 10 a.m.-12 p.m.  
#01-07-2018-006147  Nov. 8, 15 & 29  $24

TEXTURED NATIVITY SCENE  NEW!!
We will create an abstracted version of one of the most popular Holiday scenes. We will use texture medium, acrylic paint, palette knives, and liquid gold leaf. This will be a fun class that has an abstract flare! Come make a present or a great holiday Dec. oration! All supplies supplied for you with your supply fee of $15.
Instructor: Ginger Woechan
Thurs.: 1 p.m.-3pm  
#01-07-2018-006148  Nov. 8 & 15  $15
Mon.: 6 p.m.-8 p.m.  NEW!!  
#01-07-2018-006149  Dec. 3 & 10  $15

PALETTE KNIFE ANGELS WITH TEXTURED WINGS
Learn to use a palette knife and create an abstract faceless angel. This is a new twist on this popular class. We will be using a texture medium for the wings! This class is fast paced and is for a beginner or someone who has dabbled in the arts before. We will use acrylic paint and all supplies will be supplied for you with your Supply Fee of $15 due at first class to the instructor.
Instructor: Ginger Woechan
Min. 3- Max 10
Thurs.: 6 p.m.-8 p.m.  
#01-07-2018-006150  Nov. 29 & Dec. 6  $16

ADULT CLASSES

UKULELE: OLDIES BUT GOODIES
Already know the basics of playing the uke? Join us for an hour of music-making with songs from the 20’s to the 50’s. We will work on fingerpicking, melody playing, reading tabs, multi-part songs, and, of course, additional chords and playing styles. A $6 supply fee is payable to the instructor at the first class of each session.
Instructor: Ann Henkel
Thurs.: 5:30 p.m.-6:30 p.m.  
#01-07-2018-006157  Sep 6-Oct. 11  (6 wks.)  $24
#01-07-2018-006158  Nov. 1-Dec. 13  (6 wks.)  $24 No class Nov. 22

TANGLE EXPLORATION: PLAYING WITH COLOR
We will continue our exploration of the meditative art of Zentangle®. In these fall classes in addition to learning some new tangles, we will work with adding color, deepening our grasp of enhancements, reticulate and fragments, and create some delightful ZIAs. This class is for those have taken a Beginning Zentangle class prior to this class. A $6 supply fee is payable
ART INSTRUCTIONAL CENTER (CONT.)

TIME FOR ART/B (AGES K-2ND GRADE)
We will try our hand at a new project each week—drawing, painting, sculpture, mixed-media, print-making, and weaving.
A $6 supply fee is payable to the instructor at first class.
Instructor: Ann Henkel
Thurs.: 3:30-4:30 p.m.
#01-08-2018-006175 Sept. 6-Oct. 11 (6 wks.) $24
#01-08-2018-006176 Nov. 1-Dec. 14 (6 wks.) $24
No class Nov. 22

OLDER KIDS: 12-17 YEARS OLD
ART WHAT YOU WANT
This class is designed to be a continued class. Students will have a choice of what they want to create and talk through with an instructor to get ideas for their own project. We will not be creating fast projects. These projects will need a few weeks to be completed. Examples of projects: Painting, sculpture, watercolor lettering, dream catchers, etc. We know how important it is at this age to be able to create what you want!
Supplies will be supplied for your emerging artist for a Supply Fee of $10.
Instructor: Ginger Woechan
Wed.: 4-5 p.m.
#01-07-2018-005551 Sept. 11-25 & Oct. 3-17 $24
#01-07-2018-006151 Nov. 7, 14 & 28 & Dec. 5 & 12 $20

ZENTANGLE® OPEN STUDIO
Come with your lunch and your Zentangle supplies. Inspiration, guidance and good company will make this time a highlight of your week.
Tue.: 12 p.m.-3 p.m.
#01-08-2018-006172 Nov. 6-Dec. 11 $5/wk table fee

TIME FOR ART/A (AGES 8-10)
We will try our hand at a new project each week—drawing, painting, sculpture, mixed-media, print-making, and weaving.
A $6 supply fee is payable to the instructor at first class of each session.
Instructor: Ann Henkel
Mon.: 12:30-2:30 pm
#01-07-2018-006159 Sep 10-Oct. 16 (6 wks.) $48
#01-07-2018-006160 Nov. 5-Dec. 10 (5 wks.) $40 No class Nov. 12

RECREATION LEADER II: Michael Garbutt
(michaelgarbutt89@gmail.com)
ACTIVITIES COORDINATOR: Jack Green
(jack.green@cityofmobile.org)
ADDRESS: 3100 Bank Ave. A.
Mobile, AL 36617
OFFICE PHONE: 251-452-9856
CELL PHONE: 251-234-9080
Mon.-Thurs.: 11 a.m.-8 p.m.
Fri.: 10 a.m.-7 p.m.

MATHEMATICS TUTORING (GRADES 1-6)
Instructor: Shawn Williams
Mon. & Wed.: 5:30 p.m.-6:30 p.m.
Sept. 10-Sept. 26 (3 wks.) $30
Oct. 1-Oct. 24 (4 wks.) $40
Nov. 5-Nov. 26 (3 wks.) $30

READING COMPREHENSION (GRADES K-6)
Book fees $5, payable to the instructor the first day of class.
Instructor: Karlesha Springs
Tues. & Thurs.: 6 p.m.-7 p.m.
Sept. 11-Sept. 27 (3 wks.) $30
Oct. 2-Oct. 25 (4 wks.) $40
Nov. 6-Nov. 29 (3 wks.) $30

NATURAL SOAP MAKING
Supply fee approximately $20 to be paid to instructor at beginning of class.
Instructor: Cecile Hawkins
Wed.: 6:30 p.m.-7:45 p.m.
Sept. 26 (1 class) $20
Oct. 31 (1 class) $20
Nov. 28 (1 class) $20

LINE DANCE
Mon.: 5:30 p.m.-7:00 p.m.

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

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

COMPUTER CLASS  
Instructor: Cassandra Pettway  
Tues.: 2 p.m.-3 p.m.  
Thurs.: 3 p.m.-4 p.m.  

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

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

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

TRINITY GARDENS CLASS OF 1970  
Thur.: Sept. 27  
Thur.: Oct. 25  
Thur.: Nov. 29  
Thur.: Dec. 27  

TRINITY GARDENS HIGH SCHOOL ALUMNI MEETING  
ALL CLASSES OF TRINITY GARDENS HIGH SCHOOL  
Sept.: 20  
Oct.: 25  
Nov.: 29  
Dec.: 20  

CLASSY DIAMONDS DANCE TEAM  
Instructor: Sherica (Shay) Finch  
Email: Sherica_b@yahoo.com  
Mon. & Wed.: 5 p.m.-6 p.m.  

YOGA SWIM CLASS  
Instructor: Kiyanna Taylor  
Mon. Wed. & Fri.: 9 a.m.-10 a.m.  
and Tues. & Thurs.: 2 p.m.-3 p.m.  
Aug. 6-Aug. 22  

EVERYDAY ETIQUETTE (BEGINNERS)  
Instructor: Nichelle Showery  
Mon.: 6 p.m.-7 p.m.  
Sept. 10-Oct. 1  
Oct. 15-Nov. 5  
Nov. 19-Dec. 10  

YOGA FOR FITNESS (BEGINNERS-AGES 18 & UP)  
@ 261 RICKARBY ST., 36605 (FORMER WOODCOCK ELEMENTARY)  
Instructors: Leontyne Jones & Kendra Bell  
Wed.: 5:45 p.m.-6:45 p.m.  
Sept. 12-Oct. 3  
Oct. 10-Oct. 31  
Nov. 7-Nov. 28  
Dec. 5-Dec. 13  

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

TAEKWONDO FOR BEGINNERS (AGES 5-12)  
Instructor: Alex Jones  
Mon.: 4:30 p.m.-5:30 p.m.  
Sept. 10-Oct. 1  
Oct. 8-Oct. 29  
Nov. 5-Dec. 10  

FAMILY & FRIENDS CPR (Community CPR)  
Instructor: Capt. D.Y. Smith  
Tue.: 11 a.m.-12 noon  
Sept. 11  
Oct. 16  
Nov. 27  

SIMPLIFYING MEDICARE  
Instructor: Roger Cascaden  
Wed.: 11 a.m.-1 p.m.  
Sept. 12  
Oct. 17  
Nov. 28  

Open to all adults, no children during swim class.
MICHAEL A. FIGURES COMMUNITY CENTER

FACILITY SUPERVISORS: Dorothy Lewis
(lewis.dorothy@cityofmobile.org)
Woodrow Cannon
(Woodrow.cannon@cityofmobile.org)
ACTIVITIES COORDINATOR: Jack Green
(jack.green@cityofmobile.org)

ADDRESS: 658 Donald Street #C
Mobile, AL 36617
OFFICE PHONE: 251-452-4052
CELL PHONE: 251-234-9080
Mon.-Fri.: 10 a.m.-7 p.m.

DOMINOES W/ CALVIN
Mon.-Fri.: 11 a.m.-12:30 p.m.

AFTER SCHOOL ENRICHMENT
Mon.-Fri.: 3 p.m.-4 p.m.

KIDS ARTS & CRAFTS
Tues.-Thurs.: 4 p.m.-5 p.m.

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

ADULTS BILLIARD POOL TOURNAMENTS
Mon.-Fri.: 10 a.m.-2 p.m.

MENTOR YOUNG MAN CLASS
Wed.: 4 p.m.-5 p.m.

LADIES ARTS & CRAFT
Wed.: 10 a.m.-11 a.m.

GIRLS SELF ESTEEM CLASS
Instructor: Staff
Wed.: 5 p.m.-6 p.m.

GIRLS VOLLEYBALL
Instructor: Coach
Mon.: 5 p.m.-6 p.m.

WALK & EXERCISE
Instructor: Staff
Mon.-Fri.: 10:00 a.m.-11:00 a.m.

SERENITY
Mon.-Fri.: 1 p.m.-2 p.m.

READING CORNER
Instructor: Staff
Mon., Wed. & Fri.: 3:30 p.m.-4 p.m.

FAMILY & FRIENDS CPR (Community CPR)
Instructor: Capt. D. Y. Smith
Thurs.: 11 a.m.-12 noon
Sept. 13 (1 class) Free
Oct. 18 (1 class) Free
Nov. 28 (1 class) Free

SIMPLIFYING MEDICARE
Instructor: Roger Cascaden
11 a.m.-1 p.m.
Sept. 6 (1 class) Free
Oct. 18 (1 class) Free
Nov. 29 (1 class) Free

KIDS COOKING CLASS
Tues.: 4 p.m.-5:30 p.m.

BIBLE CLASS ADULTS
Mon. & Wed.: 12 noon-1 p.m.

HOMEWORK HELP
Mon.-Fri.: 4 p.m.-6 p.m.

BRASS/WOODWINDS
Instructor: Theodore Arthur Jr.
6 p.m.-7:30 p.m.
Sept. 11-Oct. 2 (4 wks.) $45
Oct. 8-Oct. 29 (4 wks.) $45
Nov. 19-Dec. 10 (4 wks.) $45

PIANO (AGE 7-ADULT)
Instructor: Theodore Arthur Jr.
6 p.m.-7:30 p.m.
Sept. 12-Oct. 3 (4 wks.) $45
Oct. 10-Oct. 31 (4 wks.) $45
Nov. 6-Nov. 27 (4 wks.) $45

GUITAR (12 & UP)
Instructor: Theodore Arthur Jr.
6 p.m.-7:30 p.m.
Sept. 13-Oct. 4 (4 wks.) $45
Oct. 11-Nov. 1 (4 wks.) $45
Nov. 8-Dec. 6 (4 wks.) $45
HILLSDALE COMMUNITY CENTER

FACILITY SUPERVISORS: Sylvia Denson  
(Sylvia.denson@cityofmobile.org)  
Jeff McCondichie  
(jeffrey.mccondiche@cityofmobile.org)  
ADDRESS: 556 E. Felhorn Road  
Mobile, AL 36608  
CENTER PHONE: 344-0341  
Mon.-Thur.: 10 a.m.-8 p.m.  
Fri.: 10 a.m.-7 p.m.  
For More Information or to Register  
208-1660

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

MIME AT HILLSDALE  
Thur.: 6 p.m.-7:30 p.m.  
(6 wks.)  
$30

SEW EASY (BEGINNER-INTERMEDIATE)  
Instructor: Adele McCune  
Sat.: 10 a.m.-12 noon  
#32-08-2018-006161  
Sept. 15-Oct. 6  
(4 wks.)  
$45

HARMON-THOMAS COMMUNITY CENTER

FACILITY SUPERVISOR: Cora Edwards  
(cora.edwards@cityofmobile.org)  
ACTIVITIES COORDINATOR: Jack Green  
(jack.green@cityofmobile.org)  
ADDRESS: 1611 Belfast Street  
Mobile, AL 36605  
OFFICE PHONE: 251-470-7752  
CELL PHONE: 251-234-9080

SENIOR ACTIVITIES  
Mon.-Thurs.: 9 a.m.-1 p.m.

GARDENING W/SENIORS & YOUTH  
Instructor: Ronwick Thomson  
See staff for dates & times.

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

CHAIR EXERCISE / BIBLE STUDY  
Tues.: 9 a.m.-11 a.m.

KIDS LEARNING TO SEW  
Instructor: Staff  
Date & Time TBD

Free WiFi available at all Community Centers
ROBERT HOPE COMMUNITY CENTER

FACILITY SUPERVISOR: Voundria Thornton  
(voundria.thornton@cityofmobile.org)

ADDRESS: 850 Edwards Street  
Mobile, AL 36610

CENTER PHONE: 456-7639

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

For More Information or To Register  
208-1660

DRAPERY MAKING FOR BEGINNERS
This class will cover instructions in measuring and figuring yardage for gathered and pleated panels.

Mon.: 11 a.m.-1 p.m.
Sept. 10-Oct. 1  (4 wks.) $40
Oct. 8-29  (4 wks.) $40

BASIC PAINTING FOR ADULTS
This class will cover the basics of acrylics and painting. No drawing experience required.

Tues.: 12 noon -1:30 p.m.
Sept. 4-25  (4 wks.) $30
Oct. 9-30  (4 wks.) $30

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

Mon.-Wed.: 11 a.m. -12 noon
Sept. 10-13  (3 days) $15
Oct. 15-17  (3 days) $15

QUILTING FOR BEGINNERS
Learn the basics for quilting, how to cut and piece fabrics, then sandwich fabrics and batting before binding. Supplies needed: rotary cutter, acrylic quilting ruler, quilting mat, fabric, scissors, seam ripper and high-quality thread.

Tue.: 10:30 a.m.-1:30 p.m.

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

Mon, Tues. & Thurs.: 11 a.m.-12 noon

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

WALK AND TALK
Open gym for those that prefer to walk and/or light jog for exercise.

Mon.-Fri.: 11 a.m.-12 noon

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

LAUN PARK COMMUNITY CENTER

ADDRESS: 5401 Windmill Drive  
off Demetropolis Rd.

CENTER PHONE: 661-6541

Hours vary Mon.-Sat.: — call for specifics  
For More Information or To Register  
463-7980 or 208-1610

BELLY DANCING-BEGINNER (AGES 18 & UP)
Instructor: Valerie Morrison
Thurs.: 6-7 p.m.
#14-7-2018-006050  Sept. 13-Oct. 18  (6 wks.) $35
#14-7-2018-006051  Nov. 1-Dec. 13  (6 wks.) $35
(No class Nov. 24)

BELLY DANCING-INTERMEDIATE (AGES 18 & UP)
This class is for the experienced dancers. Have fun while getting into shape! Learn the ancient dance of the eastern Mediterranean in a congenial atmosphere. This Egyptian folk dance form provides a low impact aerobic workout while helping you develop grace, stamina and overall flexibility.

Instructor: Valerie Morrison
Thurs.: 7 p.m.- 8 p.m.
#14-7-2018-006052  Sept. 13-Oct. 18  (6 wks.) $35
#14-7-2018-006053  Nov. 1-Dec. 13  (6 wks.) $35
(No class Nov. 24)

BEGINNER PIANO 1 & 2 (AGES 8 & UP)
Students will be taught the basics of playing music on the piano/keyboard. Topics include basic notes, rhythm, and theory as
well as finger exercises, chords and scales, all with the goal of being able to play basic accompaniment parts and fun songs. Keyboards are provided for students. Beginner book 1 & 2 may be purchased for $5 the first day of class.

Instructor: Heather Woosley
Tues.: 4 p.m.-5 p.m. OR Tues.: 5 p.m.-6 p.m.
#14-7-2018-006054 Sept. 11-Oct. 16 (6 wks.) $35
#14-7-2018-006055 Oct. 30-Dec. 4 (6 wks.) $35

HOW TO USE YOUR IPHONE
Today Iphones 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. However, 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. The class covers Facebook, Twitter, Snapchat, Instagram, texting and more. Don't spend your time standing in line at the phone store with salespeople who don't have time to help you. This class will give you the repetition you need to be phone smart. Bring your iPhone and any questions you may have.

Instructor: Tracy Davis
Sat.: 12 noon-1 p.m.
#14-7-2018-006056 Sept. 22-Oct. 13 (4 wks.) $40

MEDICARE 101—WHAT YOU DO NOT KNOW CAN COST YOU $$$! — MEDICARE WORKSHOP
Do you understand Part A, Part B, Part C, Part D, Medicare Extra Help, Medicare Savings Program, etc…? Many of us don’t know what we don’t know- that’s where SHIP comes in. SHIP is also known as the State Health Insurance Assistance Program. SHIP is a federally funded program for Medicare education in Alabama. SHIP provides free, unbiased Medicare information and counseling.

Instructor: James Roberson, Regional SHIP Coordinator
Fri.: 10 a.m.-12 noon
#29-08-2018-006179 Sept. 7 Free
#29-08-2018-006182 Oct. 5 Free
#29-08-2018-006183 Nov. 2 Free

TABLE TENNIS CLUB
(IT'S ON LIKE PING PONG)
The Table Tennis Club is a place for people to learn table tennis, practice, and meet others to play matches. Baker High School Table Tennis coach Michael Ho will be helping everyone to work on skills and learn the game. Beginners welcome!

Instructor: Michael Ho
Mon. & Tues. 6 p.m.-8 p.m. $1 per person
#14-7-2018-006058 Sept. 10-Dec. 11 (Closed Nov. 12)

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

Instructor: Bob Varley
Wed.: 6 p.m.-7 p.m.
#14-7-2018-006059 Oct. 10-Dec. 12 (9 wks.) $50

THE AMAZING ACADEMIC GAMES (GRADES 1-3)
Learning can be fun! Tutoring class designed to help your child improve math, word and thinking skills using various movement games. Includes races, scavenger hunt, puzzles, game shows and more. Kids will work individually and as teams to help build confidence, social skills, and academic understanding.

Instructors: Tracy Davis & Melusyne Phillips
Mon., Tues. & Wed.: 1 p.m.-2:30 p.m.
#14-7-2018-006061 Nov. 19-21 (3 classes) $35

THE AMAZING ACADEMIC GAMES (GRADES 4-6)
Learning can be fun! Tutoring class designed to help your child improve math, word and thinking skills using various movement games. Includes races, scavenger hunt, puzzles, game shows and more. Kids will work individually and as teams to help build confidence, social skills, and academic understanding.

Instructor: Tracy Davis & Melusyne Phillips
Mon., Tues. & Wed.: 2:30 p.m.-4 p.m.
#14-7-2018-006062 Nov. 19-21 (3 classes) $35
ART-DRAWING, BEGINNER (AGES 8 & UP)
Students will be introduced to the basic drawing skills of line, shape, space, value, perspective, proportion and composition. A supply list will be given the first night of class.
Instructor: A.C. Smith
Tues.: 6:45 p.m.-7:45 p.m.
#14-08-2018-006177 Sept. 11-Oct. 2 (4 wks.) $25
#14-08-2018-006178 Oct. 16-Nov. 6 (4 wks.) $25

BELLY DANCING-BEGINNER (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
Mon.: 6 p.m.-7 p.m.
#14-7-2018-006063 Sept. 10-Oct. 15 (6 wks.) $35
#14-7-2018-006064 Oct. 29-Dec. 10 (6 wks.) $35
(No class Nov. 12)

BELLY DANCING-INTERMEDIATE (AGES 18 & UP)
This class is for the experienced dancers. Have fun while getting into shape! Learn the ancient dance of the eastern Mediterranean in a congenial atmosphere. This Egyptian folk dance form provides a low impact aerobic workout while helping you develop grace, stamina and overall flexibility.
Instructor: Michelle Lovitte
Mon.: 7 p.m.-8 p.m.
#14-7-2018-006067 Sept. 10-Oct. 15 (6 wks.) $35
#14-7-2018-006068 Oct. 29-Dec. 10 (6 wks.) $35
(No class Nov. 12)

CANDLELIT 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
Tues.: 5:30 p.m.-6:30 p.m.
#14-7-2018-006071 Sept. 11-Oct. 30 (6 wks.) $35
No class Sept. 18 or Oct. 16

POUND WORKOUT
If you’ve dreamed of channeling your inner rock star into a fitness plan, it’s time for POUND. Created by 2 female drummers, the Pound workout fuses cardio interval training with drumming to provide a challenging heart-pumping workout. Lively movements and upbeat tunes keep the workout fresh. No holding an uncomfortable pose for an extended period, the class is always moving. Full-body workout and targets common problem spots—a huge part of the class is performed in a squat position. The drumsticks aren’t just for show, each stick is ¼ pound and combines that with the constant up and down drumming, it targets your inner & outer thighs, butt, and core. The Pound drumsticks can be purchased the first day of class for $5.
Instructor: T onya Gaskins
Wed.: 6 p.m.-7 p.m.
#14-7-2018-006069 Sept. 12-Oct. 17 (6 wks.) $35
#14-7-2018-006070 Oct. 31-Dec. 5 (6 wks.) $35

MEDICARE 101—WHAT YOU DO NOT KNOW CAN COST YOU $$! — MEDICARE WORKSHOP
Do you understand Part A, Part B, Part C, Part D, Medicare Extra Help, Medicare Savings Program, etc…? Many of us don’t know what we don’t know—that’s where SHIP comes in. SHIP is also known as the State Health Insurance Assistance Program. SHIP is a federally funded program for Medicare education in Alabama. SHIP provides free, unbiased Medicare information and counseling.
Instructor: James Roberson, Regional SHIP Coordinator
Fri.: 10 a.m.-12 noon
#35-08-2018-006181 Sept. 21 Free
#35-08-2018-006184 Oct. 12 Free
#35-08-2018-006185 Nov. 9 Free

No class Nov. 20 or Dec. 18

#14-7-2018-006143 Nov. 6-Dec. 11 (5 wks.) $30

RECREATION LEADER I: D. Goodwin
ADDRESS: 5310 Colonial Oaks Dr.
CENTER PHONE: 344-7275
Monday-Friday Opens at 9 a.m.
Closing hours vary — call for specifics
For More Information or To Register:
463-7980 or 208-1610
THE AMAZING ACADEMIC GAMES (GRADES 1-3)
Learning can be fun! Tutoring class designed to help your child improve math, word and thinking skills using various movement games. Includes races, scavenger hunt, puzzles, game shows and more. Kids will work individually and as teams to help build confidence, social skills, and academic understanding.
Instructor: Tracy Davis & Melusyne
Wed., Thurs. & Fri.: 1 p.m.-2:30 p.m.
#14-7-2018-006065  Dec. 26, 27 & 28  (3 classes) $35

THE AMAZING ACADEMIC GAMES (GRADES 4-6)
Learning can be fun! Tutoring class designed to help your child improve math, word and thinking skills using various movement games. Includes races, scavenger hunt, puzzles, game shows and more. Kids will work individually and as teams to help build confidence, social skills, and academic understanding.
Instructor: Tracy Davis & Melusyne
Wed., Thurs. & Fri.: 2:30 p.m.-4 p.m.
#14-7-2018-006066  Dec. 26, 27 & 28  (3 classes) $35

ZUMBA SENTAO (CHAIR ZUMBA)
The Zumba Sentao workout takes the fitness party and partners it with, explosive, chair-based choreography (using a chair as your dance partner) and Latin-infused aerobic moves to strengthen, balance, and stabilize your core, and step up your cardio workout in a whole new way.
Instructor: Tonya Gaskins
Wed.: 5 p.m.-6 p.m.
#14-7-2018-006074  Sept. 12-Oct. 17  (6 wks.) $35
#14-7-2018-006075  Oct. 31-Dec. 5  (6 wks.) $35

Please call the location and pre-register for all classes.
Pre-Registration determines if a class will meet or if it will be canceled.
See page 19 for information on registration, payments and refunds.
RICKARBY PARK & CENTER

FACILITY SUPERVISOR: Jackie Simmons  
(jacqueline.simmons@cityofmobile.org)
ADDRESS: 550 Rickarby St., Mobile, AL 36606
CENTER PHONE: 470-7750
for more information: 208-1660
Mon.-Fri.: 9 a.m.-6 p.m.

WOODWORKING CLASS WITH MISS BEVERLY  
(AGES 8 & UP)  
Mon. & Wed.: 4 p.m.-4:45 p.m.

WALKING WITH EASE  
This unique class is designed for people with arthritis—young and old, however suitable for those without arthritis. If you can stand for 10 minutes without increased pain, you can probably participate successfully, if not medication can be made to meet your needs.  
Mon. & Fri.: 10 a.m.-11 a.m.

LET’S PLAY PICKLEBALL!  
Pickleball provides participants with a unique form of low intensity exercising. Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. Two or four players use solid paddles made of wood or composite material to hit the ball.  
Fri.: 11:30 a.m.-12:30 p.m. (starting in Sept.)

MINI COMPUTER LAB  
(FOR JOB SEARCHES AND RESUMES)  
Fri.: 1:15 p.m.-2:15 p.m.

IN THE KITCHEN WITH JACKIE BAKING  
Wed.: 12:30 p.m.-1:15 p.m.

TUTORING FOR SCHOOL AGED CHILDREN  
Mon.-Fri.: 3 p.m.-5 p.m.

JAMES SEALS COMMUNITY CENTER

FACILITY SUPERVISORS: Ralph Gordon  
(ralph.gordon@cityofmobile.org)  
Rhonda McDaniel  
(rhonda.mcdaniel@cityofmobile.org)
ACTIVITIES COORDINATOR: Cheryl Sigler
ADDRESS: 540 Texas Street 36603
CENTER PHONE: 438-7498
Mon.-Thur.: 10 a.m.-8 p.m.
Fri.: 10 a.m.-7 p.m.
For More Information or To Register: 208-1660

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 is split between all five sections of the test-math, science, English, reading and writing.  
Tue.: 5 p.m.-7 p.m.
Session 1: Sept. 25-Oct. 23 (5 wks.) $50
Session 2: Nov. 6-Dec. 4 (5 wks.) $50

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

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 a class and begin the most delightful leisure experience of your life. Supply fee of $15.00 (includes canvas) to be paid to the instructor the first night of class. Call 208-1660 to register.  
Instructor: A. Kuppersmith
Wed.: 11 a.m.-1 p.m.
Sept. 24 FREE
Oct. 29 FREE
Dec. 3 FREE

BASIC UPHOLSTERY FOR BEG.  
Learn the basic techniques of upholstery. The instructor will cover tools, type of fabrics suitable for different projects. You will learn how to measure a job, tear down a job, information on padding and cording, and much more. Students should know basic sewing. Students are encouraged to have a small project to work on during class, for example, a stool, small chair, an ottoman, and removable pillows from a piece of furniture, please keep items on a small scale. Students will need to pay $15 to cover major tools/supplies. Call 208-1660 for supplies you will need to have for personal use.  
Instructor: D.L. Howze
Wed.: 11 a.m.-1 p.m.
Sept. 12-Oct. 3 (4 wks.) $40
Oct. 10-31 (4 wks.) $40
SPRINGHILL COMMUNITY CENTER

Facility Supervisors: Tanya Gullett
(Tanya.gullett@cityofmobile.org)
Patricia Ferguson
ACTIVITIES COORDINATOR: Cheryl Sigler
ADDRESS: 1151 Springhill Avenue 36604
CENTER PHONE: 438-7415
Mon.-Fri. 10 a.m.-7 p.m.
For More Information or To Register:
208-1660

CHEERLEADING FUNDAMENTALS 101
(AGE 8 & UP)
This class is designed to teach children the basic skills needed to advance in the sport of cheerleading. Your child will learn to memorize cheers and master the art of performing them.
Wed.: 5:30 p.m.-6:30 p.m.
Sept. 19-Oct. 17
(5 wks.) $25

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

TAEKWONDO FOR BEGINNERS (AGES 5 & UP)
In this class the student will learn the techniques of Korean Martial Arts, which will develop the students’ fitness, self-confidence and esteem, respect, life skills, as well as self-defense.
Instructor: Alex Jones
Mon.: 5:30-6:30 pm
Sept. 10-Oct. 1
(4 wks.) $20
Oct. 8-29
(4 wks.) $20
Nov. 5-26
(4 wks.) $20

LEARN TO PLAY GUITAR (AGES 10&UP)
While practice makes perfect, learn the basic skills for playing the guitar. All students need to bring an acoustic guitar that is tunable. Students will learn how to play 3-4 note lyrics as they learn the chords and become familiar with positioning. Students will learn to tune their guitars.
Instructor: Theodore Arthur
Thurs.: 5 p.m.-6:30 p.m.
Sept. 13-Oct. 11
(5 wks.) $35
Oct. 18-Nov. 15
(5 wks.) $35

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 a half hours. Class time is split between all five sections of the test-math, science, English, reading, and writing.
Tues.: 5 p.m.-7 p.m.
Session 1: Sept. 25-Oct. 23
(5 wks.) $50
Session 2: Nov. 6-Dec. 4
(5 wks.) $50

Ballet (AGES 5-8)
Beginner ballet class that builds balance, poise, and coordination. Students will learn the beginning of movements of ballet, jazz and will perform a show at the end of the session.
Instructor: S. Prestwood
Tues.: 5 p.m.-6 p.m.
Sept. 11-Oct. 9
(5 wks.) $25
Oct. 23-Nov. 20
(5 wks.) $25

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

FAMILY & FRIENDS CPR (Community CPR) (AGES 12 & UP)
Take this American Heart Association’s Family and Friends Course and learn life-saving 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 formal 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
Tues.: 5 p.m.-6:30 p.m.
Oct. 16 (1night)
Oct. 23-Nov. 20
(1night)

SIMPLIFYING MEDICARE
Confused by Medicare? Not sure whether to choose a Medicare Supplement and a Prescription Drug Plan or an Advantage plan? You will be given a brief overview of original Medicare and modernized Medicare. Please call ahead to check space availability. 208-1660.
Instructor: Roger Cascaden

JAMES SEALS COMMUNITY CENTER

COMPUTER CLASS
Wed.: 10 a.m.

GOSPELCISE
Tues. & Thurs.: 5:30 p.m.-6:45 p.m.

WHEELCHAIR BASKETBALL
Tues. & Thurs.: 7 p.m.-8 p.m.

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

THE SPOKEN WORD WITH SALAAM
Tues.: 4 p.m.

CHEERLEADING FUNDAMENTALS 101
(AGE 8 & UP)
This class is designed to teach children the basic skills needed to advance in the sport of cheerleading. Your child will learn to memorize cheers and master the art of performing them.
Wed.: 5:30 p.m.-6:30 p.m.
Sept. 19-Oct. 17
(5 wks.) $25

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

TAEKWONDO FOR BEGINNERS (AGES 5 & UP)
In this class the student will learn the techniques of Korean Martial Arts, which will develop the students’ fitness, self confidence and esteem, respect, life skills, as well as self defense.
Instructor: Alex Jones
Mon.: 5:30-6:30 pm
Sept. 10-Oct. 1
(4 wks.) $20
Oct. 8-29
(4 wks.) $20
Nov. 5-26
(4 wks.) $20

LEARN TO PLAY GUITAR (AGES 10&UP)
While practice makes perfect, learn the basic skills for playing the guitar. All students need to bring an acoustic guitar that is tunable. Students will learn how to play 3-4 note lyrics as they learn the chords and become familiar with positioning. Students will learn to tune their guitars.
Instructor: Theodore Arthur
Thurs.: 5 p.m.-6:30 p.m.
Sept. 13-Oct. 11
(5 wks.) $35
Oct. 18-Nov. 15
(5 wks.) $35

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 a half hours. Class time is split between all five sections of the test-math, science, English, reading, and writing.
Tues.: 5 p.m.-7 p.m.
Session 1: Sept. 25-Oct. 23
(5 wks.) $50
Session 2: Nov. 6-Dec. 4
(5 wks.) $50

Ballet (AGES 5-8)
Beginner ballet class that builds balance, poise, and coordination. Students will learn the beginning of movements of ballet, jazz and will perform a show at the end of the session.
Instructor: S. Prestwood
Tues.: 5 p.m.-6 p.m.
Sept. 11-Oct. 9
(5 wks.) $25
Oct. 23-Nov. 20
(5 wks.) $25

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

FAMILY & FRIENDS CPR (Community CPR) (AGES 12 & UP)
Take this American Heart Association’s Family and Friends Course and learn life-saving 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 formal 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
Tues.: 5 p.m.-6:30 p.m.
Oct. 16 (1night)
Oct. 23-Nov. 20
(1night)

SIMPLIFYING MEDICARE
Confused by Medicare? Not sure whether to choose a Medicare Supplement and a Prescription Drug Plan or an Advantage plan? You will be given a brief overview of original Medicare and modernized Medicare. Please call ahead to check space availability. 208-1660.
Instructor: Roger Cascaden
PICKLEBALL@SPRINGHILL
Join the craze! Named after the family dog “Pickles” that used to chase the balls when they were playing. It’s a little tennis, a bit of ping-pong, a splash of badminton and fun to say AND PLAY! Played indoors, doubles or singles, on a court ¼ the size of a tennis court, with short wooden paddles and a perforated ball similar to a whiffle 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.
Mon.: 10:30 a.m.-12:30 p.m.
Oct. 15 Free
PICKLEBALL@SPRINGHILL
Join the craze! Named after the family dog “Pickles” that used to chase the balls when they were playing. It’s a little tennis, a bit of ping-pong, a splash of badminton and fun to say AND PLAY! Played indoors, doubles or singles, on a court ¼ the size of a tennis court, with short wooden paddles and a perforated ball similar to a whiffle 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.
Mon.: 10:30 a.m.-12:30 p.m.

OPEN PICKLEBALL
Join the craze! Named after the family dog “Pickles” that used to chase the balls when they were playing. It’s a little tennis, a bit of ping-pong, a splash of badminton and fun to say AND PLAY! Played indoors, doubles or singles, on a court ¼ the size of a tennis court, with short wooden paddles and a perforated ball similar to a whiffle 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.
Mon.: 10:30 a.m.-1:30 p.m.
Thur.: 5 p.m.-7:30 p.m.

WALKING IN THE GYM
Just 30 minutes of walking does the body good. Improves heart health, aids weight loss regulates blood pressure, improves circulation, fights cancer, and reduces the risk of diabetes and much more.
Mon.-Fri.: 10 a.m.-6:30 p.m.

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

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

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

JEWELRY MAKING
Every Tue 10:45 a.m.-12:45 p.m.

BIBLE STUDY & FELLOWSHIP
Wed.: 10:30 a.m.-12:30 p.m.
STOTTS PARK COMMUNITY CENTER

SHIP is a federally funded program for Medicare education in Alabama. SHIP provides free, unbiased Medicare information and counseling.

James Roberson, Regional SHIP Coordinator
Fri: 10 a.m.-12 noon
#39-08-2018-006189 Oct. 5 FREE
#39-08-2018-006190 Oct. 26 FREE
#39-08-2018-006191 Nov. 30 FREE

PIYO TONE
Great class to reduce your stress and tone your muscles. Piyo (Pilates & yoga) based workout helps strengthen your core muscles (trunk & pelvis) while working your entire body. Perfect for people that find yoga too slow. Includes exercises using body & lightweight resistance, compound & isolated muscles, glides & bands, Pilates, and yoga. The class alternates resistance and yoga-Pilates based movements in a flowing motion (no jerky floor to standing movement). Bring a yoga mat, a set of light weights and a towel. NO AEROBICS!

Instructor: Melusyne
Mon. & Thurs.: 6 p.m.-6:45 p.m.
#14-7-2018-006089 Sept. 17-Dec. 13 (12 wks.) $36
(No class Nov. 12 & 22)

PMP, PROJECT MANAGEMENT PROFESSION —AL, EXAM PREP
Gain the Global industry standard Project Management Professional (PMP) distinction in 6 wks. PMPs are the project heroes. On average, PMPs make a 23% higher salary than those without the certification. The course includes tips for getting your PMP application approved, coverage of exam content, tips for studying efficiently and effectively, the best study tools, tips for being successful on exam day, and a completion certificate. The PMP application requires 3-5 years project management experience and 35 contact hours of project management education. This course fulfills the 35 contact hours application requirement. No need to cram or take off work. Learn and be supported at a steady 6-week pace. The course is taught by a Certified PMP in a digestible approach to the PMBOK 6th edition. PRE-PAY IS REQUIRED—CALL 463-7980.

Instructor: Dalhart Roland
Sat.: 9 a.m.-1 p.m.
#14-7-2018-006090 Oct 6-Nov. 10 (6 wks.) $1250

READING AND MATH ENRICHMENT (GRADES 1-3)
This class will teach students to think beyond the typical work-sheets. 30 minutes reading/30 minutes Math.

Instructor: Tracy Davis
Sat.: 9 a.m.-10 a.m.
#14-7-2018-006091 Oct. 20-Nov. 17 (5 wks.) $35

READING AND MATH ENRICHMENT (GRADES 4-6)
This class will teach students to think beyond the typical work-sheets. 30 minutes reading/30 minutes Math.

Instructor: Tracy Davis
Sat.: 10 a.m.-11 a.m.
#14-7-2018-006092 Oct. 20-Nov. 17 (5 wks.) $35

PRIVATE LESSONS
Maybe you’re not really into the classroom experience or the class times don’t fit or you just want one on one attention. Call to schedule convenient times: 463-7980 or 208-1662

ACADEMIC TUTORING GRADES 1-6 (ONE ON ONE)
School teacher with 17 years of educational experience, will work with grades 1-6 to help prepare them for the new school year. The tutor will design and implement exercises and activities to help individual student’s academic improvements. The instructor will call you and discuss your child’s needs and available times. Held at Mitternight Park. Please call to reserve your time.

Instructor: Tracy Davis
#14-7-2018-006097 Thurs.: 4:30 p.m.-6:30 p.m.
$10 per 30 min. /$20 per hour
#14-7-2018-006097 Fri.: 4:30 p.m.-6:30 p.m.
$10 per 30 min. /$20 per hour

GUITAR (ONE ON ONE)
All levels welcome. Students must bring their tunable guitar (Bass, Acoustic or electric) and a tuner. A small amplifier will be needed for electric guitars. Private lessons offered at Stott’s Park, Tues. 4:30-5:30 or 6:30-7:30 p.m or Laun Park, Wed., 3-4 or 4-5 p.m. Please call to reserve your time.

Instructor: J. Botter
#14-7-2018-006101 4 (1 hour lessons) $100

PIANO & STRINGS LESSONS (ONE ON ONE)
We provide keyboards for piano but strings (violin, viola or cello) must be provided by the student. Can be rented at local stores (Andy’s). Piano books 1 & 2 can be purchased for $5 the first night of class. Book for strings needed is “Essential Elements for Strings, Book 1”. The instructor will call you and discuss your needs and available times. Held at Laun Park. Please call to reserve your time.

#14-7-2018-006104 30 minute classes for 1 person $40
#14-7-2018-006104 30 minute classes for 2 people $50

SMALL GROUP PERSONAL FITNESS TRAINING
Have you been thinking about hiring a trainer but it’s too expensive? You want to workout but don’t know which exercises to do or if your form is correct. This program is for small groups of people (4-6) wanting to improve their fitness level. Everyone will have an individual program designed for them. Workouts may include toning & shaping, strength, core, flexibility, balance, sports conditioning, and calorie burning. We will be using light weights, body weight exercise, bands, stability balls, glides, and steps. After you register you will receive a call from the instructor asking about your personal fitness needs. The instructor is a certified personal trainer with over 30 years of fitness/exercise experience.

Instructor: Melusyne
Mon. & Thurs.: 4 p.m.-4:45 p.m. OR 5 p.m.-5:45 p.m.
#14-7-2018-006093 Sept. 17-Dec. 13 (12 wks.) $36
(No class Nov. 12 & 22)

CALL 463-7980.
CHEERLEADING PRACTICE (AGE 8 & UP)
This class is designed to teach children the basic skills needed to advance in the sport of cheerleading. Your child will learn to memorize cheers and master the art of performing them.
Instructor: Stephanie Wheats
Mon.-Thurs.: 5:30 p.m.-6:30 p.m.

LINE DANCING
Line dancing is just another way you can stay healthy. It's a unique form of exercising.
Tues.: 5:30 p.m.-7 p.m.

SWING OUT
Swing out is a unique form of exercising.
Fri.: 5:30 p.m.

COMPUTER CLASS
Wed.: 10 a.m.

GOSPELCISE WITH TANGY & SHARON
Mon. & Wed.: 5:30 p.m.-6:30 p.m.

MENTORING FOR BOYS
Thur.: 5 p.m.

COMPUTER LAB
Mon.-Fri.: 9 a.m.-7 p.m.

EARLY MORNING WALKERS
Mon.-Fri.: 7:30 a.m.

TUTORING & HOMEWORK HELP
Mon.-Thur.: 3:30 p.m.

OPEN GYM
Mon.-Thur.: 9 a.m.-8 p.m.
Fri.: 9 a.m.-7 p.m.

COOKING CLASS W/ CHEF MAURICE
Mon.: 4:30 p.m.

HOw TO REGISTER
Page 19

ACTIVITIES SPECIALIST: Tonya Carroll
ADDRESS: Western Administrative Complex
4851 Museum Dr., Mobile 36608
OFFICE PHONE: 208-5504 or
CELL PHONE: 367-6182

TUMBLING, TRAMPOLINE & GYMNASTICS
PRESCHOOL MOVEMENT EDUCATION
(AGES 3, 4, & 5)
Children MUST be potty trained to attend class. Introduction to gymnastics apparatus. Body awareness, balance, and self-confidence are developed through an introduction to the world of exercise and fun.
SESSION 1: Mon. & Wed.: Sept. 5-Oct. 1
2 p.m.-2:45 p.m. (4 wks.) $50
OR Tues. & Thurs.: Sept. 4-27
9:30 a.m.-10:15 a.m. (4 wks.) $50
OR Sat.: Sept. 8-29 9 a.m.-10 a.m. (4 wks.) $35
SESSION 2: Mon. & Wed.: Oct. 8-Oct. 31
2 p.m.-2:45 p.m. (4 wks.) $50
OR Tues. & Thurs.: Oct. 9-Nov. 1
9:30 a.m.-10:15 a.m. (4 wks.) $50
OR Sat.: Oct. 6-27 9 a.m.-10 a.m. (4 wks.) $35
SESSION 3: Mon. & Wed.: Nov. 12-Dec. 10
2 p.m.-2:45 p.m. (4 wks.) $50
OR Tues. & Thurs.: Nov. 13-Dec. 11
9:30 a.m.-10:15 a.m. (4 wks.) $50
OR Sat.: Nov. 10-Dec. 9 a.m.-10 a.m. (4 wks.) $35

KINDER-GYM (AGES 18 MO-3 YEARS)
A class for toddlers that will teach basic gymnastics, body awareness, balance and self-confidence in a relaxed gymnastics environment! An adult must participate with the child.
Instructor: Tiara Patrick
SESSION 1: Fri.: Sept. 7-28
9:30 a.m.-10:30 a.m. OR
10:30 a.m.-11:30 a.m. (4 wks.) $35
SESSION 2: Fri.: Oct. 5-26
9:30 a.m.-10:30 a.m. OR
10:30 a.m.-11:30 a.m. (4 wks.) $35
SESSION 3: Fri.: Nov. 9-Dec. 7
9:30 a.m.-10:30 a.m. OR
10:30 a.m.-11:30 a.m. (4 wks.) $35
This class teaches progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

**YOUTH GYMNASTICS (5-8 YEARS)**
**MUST BE 5 BY FIRST CLASS**

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Tues &amp; Thurs</td>
<td>Sept 4-27</td>
<td>4 p.m.-5 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>OR Sat</td>
<td>Sept 8-29</td>
<td>10 a.m.-11 a.m.</td>
<td>4 wks</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Session 2</td>
<td>Tues &amp; Thurs</td>
<td>Oct 9-Nov 1</td>
<td>4 p.m.-5 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>OR Sat</td>
<td>Oct 6-27</td>
<td>10 a.m.-11 a.m.</td>
<td>4 wks</td>
<td>$35</td>
<td></td>
</tr>
<tr>
<td>Session 3</td>
<td>Tues &amp; Thurs</td>
<td>Nov 13-Dec 11</td>
<td>4 p.m.-5 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>OR Sat</td>
<td>Nov 10-Dec 8</td>
<td>10 a.m.-11 a.m.</td>
<td>4 wks</td>
<td>$35</td>
<td></td>
</tr>
</tbody>
</table>

**YOUTH GYMNASTICS (9-12 YEARS)**

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Sat</td>
<td>Sept 8-29</td>
<td>11 a.m.-12 noon</td>
<td>4 wks</td>
<td>$35</td>
</tr>
<tr>
<td>Session 2</td>
<td>Sat</td>
<td>Oct 6-27</td>
<td>11 a.m.-12 noon</td>
<td>4 wks</td>
<td>$35</td>
</tr>
<tr>
<td>Session 3</td>
<td>Sat</td>
<td>Nov 10-Dec 8</td>
<td>11 a.m.-12 noon</td>
<td>4 wks</td>
<td>$35</td>
</tr>
</tbody>
</table>

**BEGINNING TUMBLING (5-10 YEARS)**
This class is designed to introduce younger students to the various components of tumbling. Primarily: cartwheels, round-offs, back walkovers, and back handsprings.

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Tues &amp; Thurs</td>
<td>Sept 4-27</td>
<td>5 p.m.-6 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
</tbody>
</table>

**SESSION 2 & 3**
Tues & Thurs | Oct 9-Nov 1 | 5 p.m.-6 p.m. | 4 wks | $60 |

**CHEER TUMBLING (AGES 10 AND UP)**
(Emphasis on tumbling aspect of cheerleading) A must for students preparing for middle school or high school cheerleading.

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Mon &amp; Wed</td>
<td>Sept 5-Oct 1</td>
<td>6 p.m.-7 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>Session 2</td>
<td>Mon &amp; Wed</td>
<td>Oct 8-Oct 31</td>
<td>6 p.m.-7 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mon &amp; Wed</td>
<td>Nov 12-Dec 10</td>
<td>6 p.m.-7 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
</tbody>
</table>

**SESSION 1 & 2**
Tues & Thurs | Sept 4-27 | 5 p.m.-6 p.m. | 4 wks | $60 |

**SESSION 3**
Tues & Thurs | Nov 13-Dec 11 | 5 p.m.-6 p.m. | 4 wks | $60 |

**BEGINNING TRAMPOLINE & TUMBLING (5 & UP)**
This class teaches basic trampoline and tumbling skills and is an excellent safety course for those families with backyard trampolines.

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Mon &amp; Wed</td>
<td>Sept 5-Oct 1</td>
<td>4 p.m.-5 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>Session 2</td>
<td>Mon &amp; Wed</td>
<td>Oct 8-Oct 31</td>
<td>4 p.m.-5 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mon &amp; Wed</td>
<td>Nov 12-Dec 10</td>
<td>4 p.m.-5 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
</tbody>
</table>

**INTERMEDIATE TRAMPOLINE & TUMBLING**
For students with moderate gymnastics experience.

<table>
<thead>
<tr>
<th>Session</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
<th>Duration</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session 1</td>
<td>Mon &amp; Wed</td>
<td>Sept 5-Oct 1</td>
<td>5 p.m.-6 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>Session 2</td>
<td>Mon &amp; Wed</td>
<td>Oct 8-Oct 31</td>
<td>5 p.m.-6 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
<tr>
<td>Session 3</td>
<td>Mon &amp; Wed</td>
<td>Nov 12-Dec 10</td>
<td>5 p.m.-6 p.m.</td>
<td>4 wks</td>
<td>$60</td>
</tr>
</tbody>
</table>

**NO CLASS:** November 21-24

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.

Use form on PAGE 24 to REGISTER for Cottage Hill Gymnastics Center.
SPECIAL ACTIVITIES
THERAPEUTIC RECREATION / ADULT CENTER

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

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

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

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

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

MOBILE ADULT CENTER

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

Please call Heidi Hanchey at 251-666-3922
EARLY REGISTRATION IS ENCOURAGED. Pre-registration determines if a class will meet or if it will be canceled. Only registered students can be contacted if a class is canceled.
ALL FEES TO BE PAID TO INSTRUCTOR.

No classes scheduled for  
Sept. 3, Nov. 22 & 23, Dec. 25 & 26

FITNESS

15-330 BASIC YOGA
This class will teach strength, balance and relaxation exercises along with proper alignment and breathing. The class helps relieve stress and build strength and equilibrium. Bring a sticky mat and regular towel.
Instructor: Irene Callaway  
Tue.: 10 a.m.-11 a.m.  
Tue.: 11 a.m.-12 noon  
Tue.: 5:30 p.m.-6:30 p.m.  
Thur.: 5:30 p.m.-6:30 p.m.
Session 1: Sep 4 - Sep 27 (4 wks.) $16  
Session 2: Oct. 2-Nov. 1 (5 wks.) $20  
Session 3: Nov. 6-Dec. 13 (5 wks.) $20  
Session 4: Nov. 8-Dec. 13 (5 wks.) $20  
No Class on Nov. 20 & Nov. 22
The following classes are taught by a certified Silver & Fit Instructor. Supply Fee payable first day to the instructor.

BEGINNER CHAIR AEROBICS  
Instructor: Gerry Lowe  
Tue. & Thur.: 9 a.m.
Session 1: Sept. 4-Sept. 27 (4 wks.)  
Session 2: Oct. 2-Nov.1 (5 wks.)  
Session 3: Nov. 6-Dec. 13 (5 wks.)  
No Class Nov. 20 & Nov. 22

Please call for more information.
Chair aerobics is safe effective, low impact workout, good for all fitness levels. Supply Fee payable first day to instructor, Gerry Lowe. Mr. Lowe is a Silver & Fit instructor.

HOW TO REGISTER

ONLINE and mail-in REGISTRATION  
ONLY AVAILABLE FOR:  
• ART INSTRUCTIONAL CENTER  
• COTTAGE HILL GYMNASICS CENTER

ON-SITE REGISTRATION REQUIRED  
FOR ALL OTHER ACTIVITIES
• 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 instructor (PAGE 24) to reserve your space in class.
• Refund requests must be made to the instructor.
• All refunds are issued by instructors.
MOBILE ADULT CENTER

CIRCUIT TRAINING
Instructor: Gerry Lowe
Wed.: 5:30-6:30 P.m.
Session 1: Sept. 5-26 (4 wks.)
Session 2: Oct. 3-31 (5 wks.)
Session 3: Nov. 7-Dec. 12 (5 wks.)
No class Nov. 21

STRETCH CLASS
Instructor: Gerry Lowe
Thur.: 9:30 a.m.
Session 1: Sept. 6-27 (4 wks.)
Session 2: Oct. 8-Dec. 13 (5 wks.)
No Class Nov. 22

BODY SCULPTING
Instructor: Gerry Lowe
Mon. & Wed.: 11:15 a.m.
Session 1: Sept. 5-26 (4 wks.)
Session 2: Oct. 1-31 (5 wks.)
Session 3: Nov. 5-Dec. 5 (5 wks.)
No Classes Nov. 19 & Nov. 21

SPORT TRAINING
Instructor: Gerry Lowe
Wed.: 4:30 p.m.-5:30 p.m.
Session 1: Sept. 5-26 (4 wks.)
Session 2: Oct. 3-Oct. 31 (5 wks.)
Session 3: Nov. 7-Dec. 12 (5 wks.)
No class Nov. 21

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

15-914 OIL\ACRYLICS
Designed for beginners, as well as those with some experience. You may choose acrylics or oil. Supplies not included
Instructor: Diane Everett
Wed.: 9:30 a.m.-12:30 p.m.
Session 1: Sept. 5-26 (4 wks.)
Session 2: Oct. 1-31 (5 wks.)
Session 3: Nov. 7-Dec. 12 (5 wks.)
No class Nov. 21

THERAPEUTIC & SENIOR ACTIVITIES CENTER (T-SAC)

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

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

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

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

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

LINE DANCE
Mon.: 10:30 a.m.-12:30 p.m.

BINGO/LUNCH
Tue.: 10:30 a.m.-12:30 p.m.

ARTS/CRAFTS
Wed.: 10:30 a.m.-12:30 p.m.

MOVIE/POPCORN
Thu.: 10:30 a.m.-12:30 p.m.

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

SPECIAL EVENTS: CALL FOR DATES & TIMES
The programs at this senior center are for individuals 55 and older. The CHMRSSC is dedicated to providing the highest quality of recreational, educational, health, and wellness programs. The programs offered at the CHMRSSC will seek to engage a broad range of topics and events.

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

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

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

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

Qualifications to apply:
• Must be a registered member of the CHMRCC.
• Must live within a 4 mile radius of the center.
• Must stay for at least 4 hours.
Restrictions may vary and/or subject to change.
To participate in the transportation program please see our Transportation Coordinator for an application.
The transportation program also offers monthly trips to different venues for our senior’s travel enjoyment.

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

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

BEGINNER ART CLASS
This class is for the true beginner in art to learn line, shadow, and value. See instructor to sign up.
Mon.: 10 a.m.-12 noon

BEADING BUDDIES
*Beads-Buy a variety of various beads (Glass, gemstone, metal, fire polished beads for Czech usually faceted. Call for supply list.
Mon.: 9:45 a.m.-12:00 NOON

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

BEGINNING ITALIAN
Book: Learn Italian the fast and easy way 3rd Addition
May be purchased in bookstores and online.
Wed.: 3 p.m.-4 p.m.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Alabama Education Nutritional S.A.I.L. Programs are for those seniors who wish to have a tasty, nutritious meal combined with social activities and fellowship. Senior Activity for Independent Living (SAIL) Centers are open Monday through Friday with transportation available in most cases. SAIL Centers offer regular exercise programs that act as an excellent osteoporosis preventative. Recreation is a regular part of SAIL Center operations. Each center serves hot meals that can be delivered to homebound seniors. Center Managers conduct assessments to determine each person’s eligibility (subject to availability). The home-delivered meals program allows seniors to remain in their homes and also provides them with daily socialization.

SAIL SITES:

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

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

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

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

SPORTS COORDINATOR: Marion Shepard
(marion.shepard@cityofmobile.org)
PHONE: 251-454-7374
ADDRESS: 48 N. Sage Avenue

ADULT SPORTS: John Cobb
PHONE: 251-208-1634
SOFTBALL: (Spring, Summer & Winter League) 251-208-1634
FLAG FOOTBALL: 251-208-1634

YOUTH SPORTS: Monteil Fluker
PHONE: 251-208-1649
2018 Baseball, Softball, Football & Basketball: 251-208-1649 or 251-454-7390

YOUTH AND ADULT SOCCER: Coach Zenzo
PHONE: 251-200-6649

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

2018 YOUTH FOOTBALL & CHEERLEADING
Registration for ages 4 thru 14-year-olds, began in the month of June. The season starts on August 25, 2018 at the following parks:
- Peters
- Taylor
- Theodore
- Trinity Gardens
- Duval
- Figures
- Hillsdale
- Kidd
- Springhill
- Aaron
- Harmon
- Crawford
- Community Baptist
- Texas Street

2018 YOUTH BASKETBALL
Registration for ages 4 thru 14 boys and girls begins in the month of October.

2018, ADULT FALL SOFTBALL PROGRAM
Registration began August 6, 2018. Registration is on a first come, first serve basis. The season begins Sept. 10, 2018. Entry fee is $215.00, for a 7-game season. Playing site is Medal of Honor Softball Complex.
**Online and Mail-in Registration only available for ART INSTRUCTIONAL CENTER and COTTAGE HILL GYMNASTICS CENTER**

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

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

Name: (on credit card if applicable) __________________________________________________________ M/F ___ D.O.B. ____ / ____ / ____

Billing Address: ___________________________________________________________________________________________________

City: ___________________________ State: _________________ Zip Code: ____________________________

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

E-mail Address: ___________________________________________________________________________________________________

<table>
<thead>
<tr>
<th>Class #/Class</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
<th>Student</th>
<th>Gender</th>
<th>D.O.B.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td>$</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TOTAL ______________

*Use form to register for Art Instructional Center and Cottage Hill Gymnastics Center Only. To register for activities at all remaining sites please call the contact number listed for that site. (See HOW TO REGISTER on page 19)