

**AUGUST - DECEMBER 2024** 

A GUIDE TO HAVING FUN IN MOBILE, ALABAMA

# ACTIVITY GUIDE

MPRD KIDS | TEENS | SENIORS | FITNESS | COMMUNITY CENTERS & MORE!



# **WELCOME**

#### A Message from Mayor Stimpson

Fall is here, and the Mobile Parks and Recreation Department (MPRD) has a variety of programs, activities and events to help Mobilians relax, play, and celebrate the season! With milder weather on the way, it's the perfect time for outdoor sports, and MPRD is offering basketball, flag football, volleyball, and soccer leagues for many age groups. There will also be dozens of clinics and programs at the Mobile Tennis Center, Azalea City Golf Course and the Cottage Hill Gymnastics Center.

Our staff does an incredible job providing enriching and engaging activities for local seniors, children, teenagers and adults. The MPRD therapeutics team has also developed great adaptive programs for Mobilians living with disabilities so everyone can get active and enjoy the fun this fall.

The coming months will also be an incredible time for events in Mobile. LoDa ArtWalk will be abuzz with creativity, and Market in the Park will return to Downtown Mobile in October. There will also be many special events to celebrate your favorite fall holidays, from Halloween to Christmas!

No matter how you get active, MPRD wants to be a part of your fall fun this year. I hope this Activity Guide gives you a taste of all the great things the City of Mobile offers. While you're out, if you see one of the many staff members who make these kinds of events and programs possible, please thank them. They have worked very hard to ensure that there is something for everyone in Mobile to enjoy this fall.

Let's go get em'!

William S. Stimpson





#### **MAYOR, CITY OF MOBILE**

William S. Stimpson

**EXECUTIVE DIRECTOR OF PUBLIC SERVICES** 

Shonnda R. Smith

SENIOR DIRECTOR OF PARKS & REC

Kim Carmody

**OPERATIONS MANAGER**Gerard W. McCants

SUPERINTENDENT OF RECREATION

Shadrach Collins, Jr.

SUPERINTENDENT OF PARKS
Daniel Otto

#### MOBILE CITY COUNCIL

Office: 251-208-7441

#### **DISTRICT 1**

Cory Penn council 1@cityofmobile.org

#### **DISTRICT 2**

William Carroll council2@cityofmobile.org

#### DISTRICT 3

Council President C.J. Small council3@cityofmobile.org

#### DISTRICT 4

Ben Reynolds council4@cityofmobile.org

#### **DISTRICT 5**

Joel Daves council5@cityofmobile.org

#### **DISTRICT 6**

Josh Woods council6@cityofmobile.org

#### **DISTRICT 7**

Council Vice President Gina Gregory council 7@cityofmobile.org

### MPRD ADVISORY BOARD

Rodney Toomer | President

Catherine O'Keefe | Secretary

**Herman Thomas** 

Lorenzo Green

**Hunter Whidden** 

Alyson Cain

Student Member: Vacant

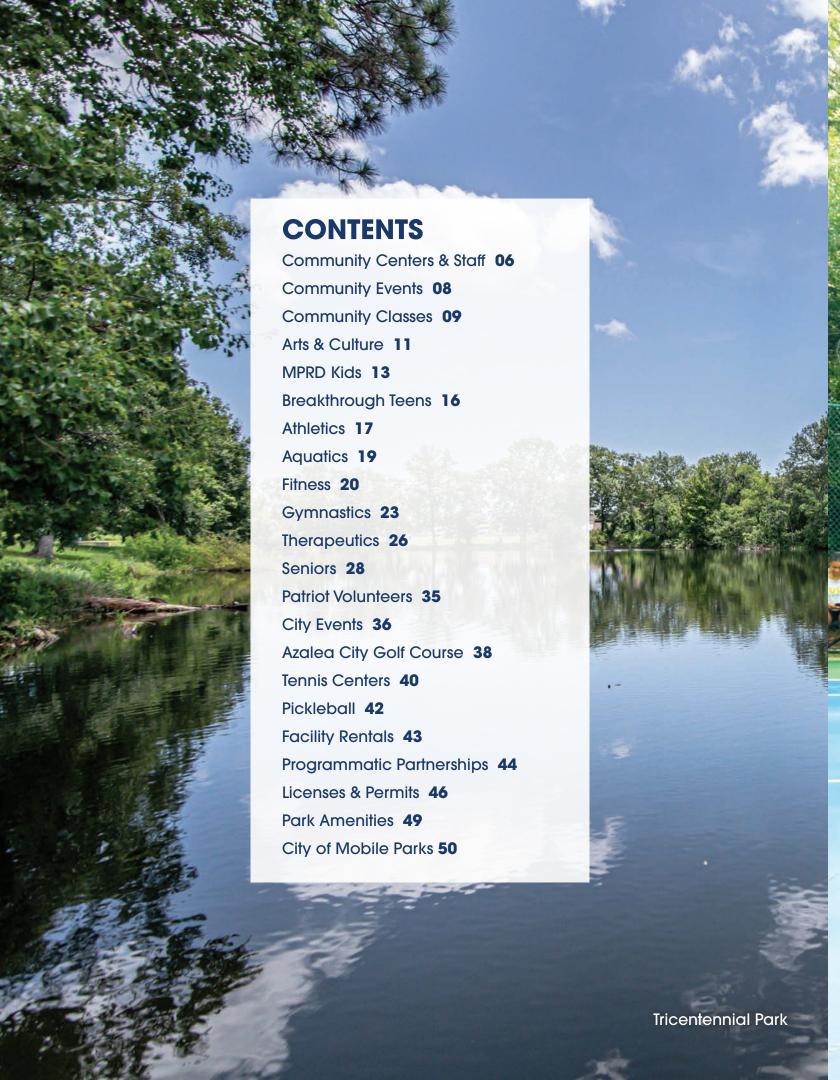
Senior Citizen Member: Vacant

The ADA Liaison provides inclusion to individuals with disabilities and/or medical conditions who request modifications to participate in other Parks and Recreation programs. The City of Mobile Parks and Recreation Department welcomes the participation of all individuals, including those with disabilities or special needs. We are committed to compliance with the ADA and provide reasonable modifications to facilitate program participation. We request that modification requests are made three weeks in advance, so we can communicate and prepare appropriate modifications. To request a modification or for more information, please contact us via email at mprdada@cityofmobile.org or at 251-208-6169.

# MOBILE PARKS & REC HEADQUARTERS

48 N. Sage Ave. Mobile, AL 36607

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# COMMUNITY CENTERS

#### **COMMUNITY CENTERS**

#### **DOTCH COMMUNITY CENTER**

Joseph C. Dotch Community Center 3100 Bank Ave, Mobile, AL 36617 | 251-452-9856 Hours: M-F 7:30am-8pm, 1st S 10am-2pm Michael Garbutt | michael.garbutt@cityofmobile.org

#### FIGURES COMMUNITY CENTER

Michael A. Figures Community Center 658 Donald St. #C, Mobile, AL 36617 | 251-452-4052 Hours: M-F 8am-8pm Yolanda Turner | yolanda.turner@cityofmobile.org

#### HARMON-THOMAS COMMUNITY CENTER

1611 Belfast St., Mobile, AL 36605 | 251-287-1140 Hours: M-F 11am-8pm Leslie Pettaway | leslie.pettaway@cityofmobile.org

#### **HILLSDALE COMMUNITY CENTER**

558 East Felhorn Rd, Mobile AL 36608 | 251-344-0341 Hours: M-F 7:30am-8pm, S 10am-2pm Rhonda McDaniel | rhonda mcdaniel@cityofmobile.org

#### **HOPE COMMUNITY CENTER**

Robert L. Hope Community Center 850 Edwards St, Mobile AL 36610 | 251-456-7639 Hours: M-F 11am-8pm Tanya Gullett | tanya.gullett@cityofmobile.org

#### **LAUN NEIGHBORHOOD CENTER**

5401 Windmill Dr, Mobile, AL 36693 | 251-661-6541 Hours: M-F 11am-8pm Roderick Cunningham | roderick.cunningham@cityofmobile.org

#### **LAVRETTA ART & CULTURE CENTER**

200 Parkway W, Mobile, AL 36608 | 251-460-2421 Hours: M-F 11am-8pm Lee Callaghan | lee.callaghan@cityofmobile.org

#### **NEWHOUSE TEEN CENTER**

2960 Alston Dr, Mobile, AL 36605 | 251-470-7753 Hours: M-F 11am-8pm

#### **RICKARBY NEIGHBORHOOD CENTER**

550 Rickarby St., Mobile, AL 36606 | 251-470-7750 Hours: M-F 11am-8pm Jackie Simmons McMillian | jacqueline.simmons@cityofmobile.org

#### **SEALS COMMUNITY CENTER**

James M. Seals, Jr. Community Center 540 Texas St., Mobile, AL 36603 | 251-438-7498 Hours: M-F 11am-8pm, 2nd S 10am-2pm Lashandra Barnes | lashandra.barnes@cityofmobile.org

#### **SPRINGHILL COMMUNITY CENTER**

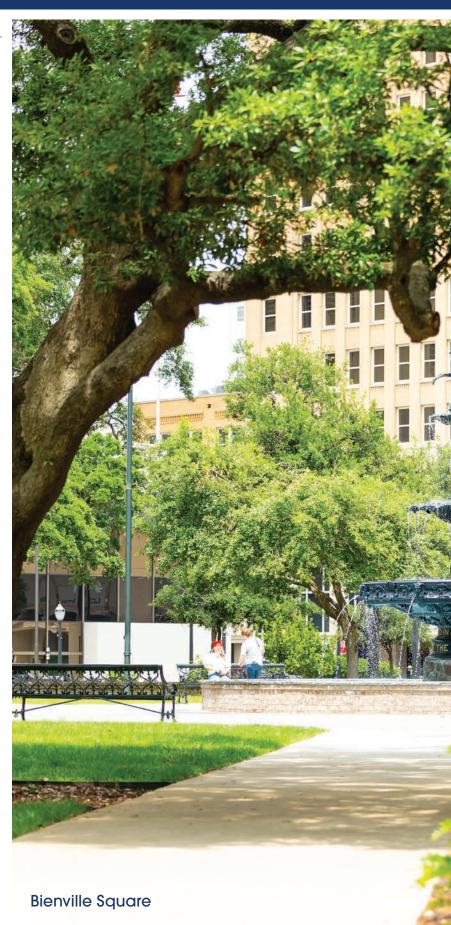
1151 Springhill Ave, Mobile, AL 36604 | 251-438-7415 Hours: M-F 7:30am-8pm Marcus Harden | marcus.harden@cityofmobile.org

#### STOTTS NEIGHBORHOOD CENTER

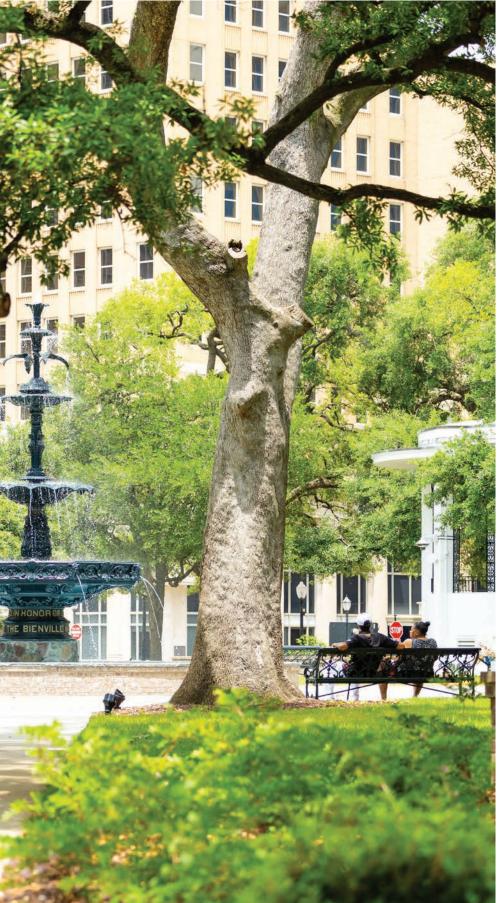
Sam Stotts Neighborhood Center 2150 N Demetropolis Rd., Mobile, AL 36693 | 251-666-4955 Hours: M-F 11am-8pm Woody Cannon | woody.cannon@cityofmobile.org

#### **SULLIVAN COMMUNITY CENTER**

Thomas Sullivan Community Center 351 N Catherine St, Mobile, AL 36603 | 251-438-7282 Hours: M-F 8am-8pm Joshua Pruitt | joshua.pruitt@cityofmobile.org



# AND STAFF



#### **STAFF**

#### **ATHLETIC & AQUATICS PROGRAMS**

Supervisor: Marcus Fluker marcus.fluker@cityofmobile.org | 251-208-1630

Aquatics Coordinator: Derrick Tinsley derrick.tinsley@cityofmobile.org | 251-208-1651

#### **THERAPEUTICS**

LaDarrel Bell, M.P.A. Therapeutics@cityofmobile.org | 251-208-1252

#### **AZALEA CITY GOLF COURSE**

Superintendent: Brian Aaron aaron@cityofmobile.org | 251-208-5162

PGA Head Golf Pro: Colin McKern colin.mckern@cityofmobile.org | 251-208-5150

#### **COMMUNITY CENTERS & PROGRAMS**

Supervisor: LaNisha Rembert-Penn lanisha.penn@cityofmobile.org | 251-208-1652

#### **TENNIS CENTERS**

Superintendent: Scott Novak scott.novak@cityofmobile.org | 251-208-5181

#### SENIOR CENTERS

#### CONNIE HUDSON MOBILE REGIONAL SENIOR CENTER

3201 Hillcrest Road. Mobile AL 36695 | 251-208-6701 Hours: M-F 7:30am-5:30pm Center Manager: Carl Lewis | cl.lewis@cityofmobile.org 251-208-1252

#### **PARKWAY SENIOR CENTER**

1600 Boykin Blvd., Mobile AL 36605 | 251-471-2503 Hours: Mon-F 7:30am-5:30pm Ashlyn Black ashlyn.black@cityofmobile.org

#### TRICKSEY SENIOR CENTER

3055 Banks Avenue, Mobile AL 36617 | 251-456-6690 Hours: M-F 8am-1pm Cassandra Pettway | cpettway@cityofmobile.org

#### **HOLIDAY CLOSINGS**

MPRD facilities will be closed on the following dates:

#### **LABOR DAY**

Monday, September 2

#### **VETERANS DAY**

Monday, November 11

#### **THANKSGIVING**

Thursday, November 28 and Friday, November 29

#### **CHRISTMAS**

Tuesday, December 24 and Wednesday, December 25

# **COMMUNITY EVENTS**

# MPRD INTERNATIONAL FASHION SHOW & EXHIBIT | NEW!

#### Seals | Free | All Ages S | 9/7 | 4 - 6pm

A fashion show with a twist. Featuring photo and art exhibits, and displays of traditional attire from cultures all around the world. A great way to display the beautiful diversity of the Mobile community! Join us!

# FAMILY FUN NIGHT: FALL CARNIVAL

# Dotch | Free | All Ages F | 9/20 | 5 - 7pm

Join us for a family fun carnival theme night! We will have a variety of interactive games, live music, food trucks and more! A great time the entire family will enjoy!

#### FATHER & DAUGHTER ROYAL TEA PARTY | NEW!

## Sullivan | Free | Ages 6-8 W | 9/25 | 5 - 7pm

Daughters and their guest of honor will enjoy a tea party, story and craft. Dressing up is encouraged but not required. Parent participation is required.

# COMMUNITY BLOCK PARTY NEW!

#### Seals | Free | All ages S | 10/12 | 2 - 8pm

Join MPRD for the Community Block Party the entire family will enjoy! Set up tailgate style, participants are invited to bring their own food as well tents, tables and chairs, or even pop out their trunks! There will be a live DJ, lawn games, and even a movie screening beginning at 6:30 p.m.

#### **BREAST CANCER AWARENESS**

# Sullivan | Free | All Ages F | 10/25 | 11am - 2pm

Join us for Pretty in Pink, a free community event to bring awareness to breast cancer and encourage early screenings. We'll be celebrating breast cancer survivors and those currently in treatment, as well as acknowledging those who have lost their fight to this deadly disease.

#### **MPRD TREAT NIGHT | NEW!**

#### All Centers | Free | All Ages Th | 10/31 | 6 - 7:30pm

Bring your children out to our MPRD Community Centers to collect sweets and treats from their friends with Mobile Parks and Recreation!

#### **DOMINO EFFECT | NEW!**

#### Sullivan| Free | Ages 18+ F | 11/8 | 6 - 8pm

Lets' knock down the competition and get spaded!! Grab your dominoes and spades partners and join us for a night of fun!

# FRIENDSGIVING COMMUNITY GIVEBACK | NEW!

#### Hillsdale | Free | All Ages F | 11/22 | All Day

Join us as we do our part to be Good Samaritans for the community. We are collecting food and clothing for families in need. Please note, this is a drive to collect items, not distribute! Collected items will be donated to a local charity.



## MPRD ANNUAL HOLIDAY PAGEANT AND MUSICAL

#### Harmon-Thomas | Free | All Ages Th | 12/12| 6 -7pm

Organized by Musical Director James Gulley. Let's celebrate the holidays in a classy and festive way. Prepare to enjoy an evening full of music, dance, food and talent from all over the city!

#### **HOLIDAY SNACK & PAINT | NEW!**

#### Seals | Free | Ages 5-14 F | 12/13 | 4 - 5pm

This fun social holiday gathering is for the youth to come and enjoy expressing their creativity by painting holiday canvases. Paint and supplies will be provided; participants must bring their own snacks. Registration is required to ensure an adequate amount of supplies.

## LAVRETTA FALL ART SHOWCASE & RECOGNITION

#### Lavretta | Free | All Ages Th | 12/19 | 6 - 7pm

Join us for this special exhibit of art created by the participants of the Fall Arts and Culture classes. Come out and show support for our young artists!

# MPRDKIDS SNEAKER BALL NEW!

# Springhill | Free | Ages 5-8 F | 12/20 | 6 - 7:30pm

Dress your little one in their favorite outfit and dance the night away! Show off your best moves on the dance floor, play games, wins prizes and visit our play area. You will enjoy snacks, lots of dancing, entertainment, photo ops and more. Parent participation is required.

#### HILLSDALE ANNUAL MARDI GRAS PARADE | COMING SOON!

#### Hillsdale | Free | All Ages F | 2/28

Come join us at our annual Mardi Gras parade! We will march around the parking lot of the Hillsdale Community Center, accompanied by the tunes of local high school bands and a motorcade of revelers throwing moon pies and other treats!

# BLACK HISTORY PROGRAM COMING SOON!

Hope | Free | All Ages

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# COMMUNITY CLASSES



#### **CRICUT® CRAFTS 101**

This class is for those who are new to the Cricut machine. You will learn the basics of the machine and it's software, and create small projects in class. Offered at three MPRD Community Centers, listed below.

Figures | Free | Ages 13+ T | 9/3-12/17 | 5 - 7pm

Instructor: Claudia Williams

Hillsdale | Free | Ages 13+ W | 9/4-12/18 | 5 - 6pm

Instructor: Destiny Hale

Laun | Free | Ages 13+ T/Th | 9/3-12/19 | 4 - 6pm

Instructor: Dorothy Smith

#### **KNIT-FOR-A-BIT | NEW!**

Harmon-Thomas | Free | Ages 18+ M | 9/9-12/16 | 10:15 - 11:15am

Enjoy beginner-level knitting while increasing mental, physical and emotional well-being. Instructors: Leslie Pettaway & Heidi Hanchey

#### **HOPE QUILTERS**

Hope | Free | Ages 18+ T/F | 9/3-12/20 | 11:30am - 2:30pm

Explore the traditional patchwork quilting design and give it something new! Join us as we use the resourcefulness of quilters before us to create new fabric designs with a modern aesthetic. Instructor: Tanya Gullett

#### **CRAFTY CROCHET**

Hope | Free | Ages 18+ Th | 9/5-12/19 | 11:30am - 2:30pm

Crochet your stress away and socialize with others that love the art of crocheting. Create handmade gifts for friends and family! Participants must bring their own yarn, crochet needle, scissors and yarn needle. Instructor: Tanya Gullett

#### **SEWING FOR BEGINNERS**

Laun | Free | Ages 13+ M/W | 9/4-12/18 | 5:30 - 6:30pm

Learn the basic functions of a sewing machine and get comfortable with straight stitching. Supplies and equipment will be provided. Instructor: Dorothy Smith

This icon indicates a class or activity led by an official MPRD Programmatic Partner.



#### COOKING WITH CARLA Sullivan | Free | Ages 13+ T | 9/3-12/17 | 5 - 7:30pm

Join us to learn how to cook healthy creative meals. We will teach you to read a recipe and use simple cooking tools to prepare a delicious, nutritious meal on a budget. Instructor: Carla Kennedy

#### **COMPUTER COMPANION**

Sullivan | Free | Ages 18+ M | 9/9-12/16 | 11am - 12pm

This is a broad class covering different types of computing devices, from desktops to smart phones. Participants will learn computer basics and find answers to issues regarding their smart devices and gaming consoles. Instructor: Adam Jackson

#### **BEGINNER COMPUTER**

Rickarby | Free | Ages 14+ W | 9/4-12/18 | 3:30 - 4:30pm

This class is ideal for those who would like to learn the basics of navigating the internet and other computer operations. You will also have practice in learning how to create a resume. Essential skills in this ever changing world! Instructor: Linda Carter

#### **E-SPORTS LOUNGE**

Sullivan | Free | Ages 5-18 M | 9/9-12/16 | 5 - 6pm

E-Sports is a gaming program for participants of all skill levels to play casually or competitively on Xbox, Playstation or a PC. Instructor: Adam Jackson

#### **HOPE VIDEO GAMES | NEW!**

Hope | Free | Ages 14+ T/Th | 9/3-12/19 | 3:45 - 4:45pm

The purpose of this class is to get children engaged in strategic ways of learning video and board games all while getting acquainted with their peers. Instructor: Tamarcus Lang

#### SIGN LANGUAGE FOR BEGINNERS

Hillsdale | Free | Ages 9+ M/W | 9/4-12/18 | 5:30 - 6:30pm

If you have ever wanted to learn sign language, this free class is just for you! Students will be introduced to American Sign Language, finger spelling, basic sign vocabulary, and understanding deafness.

Instructor: Miesha Gable

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# PRAISE DANCE WITH KIMBERLY CLAYTON | NEW!

#### Figures | Free | Ages 5+ F | 9/27, 10/25, 11/22, 12/20 | 4 - 5pm

Join prophetess Kimberly Clayton as she guides participants in the spiritual aspects of praise dance and flagging. You will learn about this unique art form from a Biblical perspective, incorporating in the significance of the praise garments and symbolic colors. Younger children must be accompanied by a parent. For more information, please call (251) 610-9721. Instructor: Kimberly Clayton

# FREESTYLE FENCING Springhill | \$40/4 wks | Ages 9+ W | 9/4-12/18 | 6 - 7pm

Students learn basic blocks, fencing terms, and stances for mock duels and learn the art of fencing! For more information, please visit mprd.recdeck.com. Instructor: Shari Prestwood

#### **TABLE TENNIS CLUB**

Hillsdale | Free | Ages 18+ M/Th | 9/5-12/19 | 5:45 - 7:45pm

Coach Ho helps players hone skills for Table Tennis so they can practice and play. Instructor: Jacob Younce and Mike Ho

# THE 3 S'S (SPORTS SPEAKING SKILLS)

Hope | Free | Ages 10+ W | 9/4-12/18 | 5:30 - 6:30pm

This program will help children and teens express their thoughts, ideas and feelings with confidence when talking with the media. We will be utilizing the elements of good speech, written logical manners and the importance of eye contact. Instructor: Tamarcus Lang

#### **OUR STORIES**

Figures | Free | Ages 15+ M | 9/9, 10/14, 11/11, 12/9 | 4 - 5pm

Our Stories is a mentoring program that provides motivation, financial preparation, job skills, and educational programs to help young people develop life skills and make healthy choices in their every day life.

Instructor: Yolanda Turner

# DISRUPSHUN SERVICE ORGANIZATION

Hope | Free | Ages 13-19 T/Th | 9/3-12/18 | 5:30 - 7:30pm

This program is a service organization designed for young ladies and gentleman ages 13-19, exclusively for educational and charitable purposes. For more information, contact Miss Walker at (251) 610-9427. Instructor: Carla Walker



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# ARTS & CULTURE

# MPRD COMMUNITY MASS CHOIR REHEARSALS

#### Seals | Free | Ages 5+ Every other T | 9/3-12/10 | 6-7:30pm

The MPRD Community Mass Choir is a group of singers from all over the city of Mobile. Join us as we grow together as a community, and become empowered through music. Visit mprd. recdesk.com for full schedule. Instructor: James Gullev

#### WOODWINDS Figures | \$45/4wks | Ages 12+ M | 9/9-12/16 | 5-6:30pm

Aspiring musicians can get instruction in brass or woodwind instruments. Lessons will be provided on clarinet, flute, saxophone, trumpet, trombone, etc. Call 251-422-4009 for more information or to register.

Instructor: Theodore Arthur

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#### GUITAR Dotal La

#### Dotch | \$45/4 wks | Ages 7+ T | 9/3-12/17 | 5:30-7:30PM Springhill | \$45/4 wks | Ages 7+ Th | 9/5-12/19 | 5-6:30pm

Rhythm and theory, finger exercises, scales and chords are just a few accompaniments to all the fun songs you will learn from one of Mobile's living legends. Offered at Springhill Recreation Center and Dotch Community Center. Call 251-422-4009 for more information and to register. Instructor: Theodore Arthur

#### PIANO Dotch | \$45/4 wks | Ages 7+ W | 9/4-12/18 | 5:30-7:30pm

Rhythm and theory, finger exercises, scales and chords are just a few accompaniments will learn from one of Mobile's Living Legends. Call 251-422-4009 for more information and to register. Instructor: Theodore Arthur Jr.

# M.A.A.D. HAND DRUMMING Hope | Free | Ages 18+ T | 9/3-12/17 | 6-7pm

Join us as we explore the ways in which African, Afro-Caribbean and African American rhythms and cultures have influenced today's music. Instructor: Wayne Curtis

# THE AWESOME WONDERS OF PIANO AND VOICE

Hope | Free | Ages 8+ M | 9/9-12/16 | 2:30-3:30pm Dotch | Free | Ages 8+ T | 9/3-12/17 | 4-5pm Figures | Free | Ages 8+ W | 9/4-12/18 | 4-5pm Lavretta | Free | Ages 8+ Th | 9/5-12/19 | 5-6pm Laun | Free | Ages 8+ F | 9/6-12/20 | 2:30-3:30pm

La la la! Do you wish to sing like an angel and play the piano like a pro? Well, come and discover the many wonder of the voice and piano. Classes are offered Monday–Friday at select MPRD Community Centers. Check the locations below and join us for one or all! Instructor: James Gulley

#### **FUN & EASY PIANO I**

Seals | Free | Ages 8+ M | 9/9-12/16 | 4-5pm Hillsdale | Free | Ages 8+ F | 9/6-12/20 | 4:30-5:30pm

Join us as we learn to play different riddles of popular songs and much more! No experience necessary! You will leave this class knowing all the basics of playing piano.
Instructor: James Gulley

#### **FUN & EASY PIANO II**

#### Seals | Free | Ages 8+ M | 9/9-12/16 | 5-6pm

Congratulations! You have mastered the basics of Fun & Easy Piano I and are ready to move on to the next level. In this class, you will begin to tackle more challenging pieces that require a greater level of skills and musicality. Instructor: James Gulley



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#### **ART OF DESIGN I NEW!**

#### Harmon-Thomas | Free | Ages 18+ T | 9/3-1217 | 10-11am

Did you know that creating art reduces stress, promotes creativity and boosts self-esteem? Come nurture your creative side through the relaxing benefits of arts and crafts. Instructor: Heidi Hanchey

#### **PAINT WITH FRIENDS | NEW!**

#### Harmon-Thomas | Free | Ages 18+ F | 9/6-12/20 | 9-11am F | 9/6-12/20 | 1-3pm

In this self-led activity, participants bring their own art supplies and encourage each other by offering light critiques. Instructor: Heidi Hanchey

#### **DRAMA 101**

# Figures | Free | All ages M | 9/9-12/16 | 5-6:30pm

This class will teach the art of learning lines, getting into character, portrayal and timing. We will also touch on wording and props to bring out a finished production.

Instructor: Dorothy Williams

#### **WEDNESDAY WANDERS | NEW!**

#### Harmon-Thomas | Free | Ages 18+ W | 9/4-12/18 | 10am-12pm

Put on your walking shoes and join us for our weekly excursions. A great way to improve social skills, exposure and cultural growth. Instructor: Leslie Pettaway.

#### **READY SET GO!**

#### Figures | Free | Ages 18+ Th | 9/5-12/19 | 6-7pm

Participants will identify cities, countries, states and other locations of interest to them and plan a travel itinerary.
Instructor: Cheryl Turk

#### **CULTURES OF THE WORLD**

#### Harmon-Thomas | Free | Ages 18+ T | 9/24, 10/22, 11/19, 12/17 10am-12pm

Celebrate the many cultures of our world. We will meet every three weeks to learn about festivities taking place in other countries. Be prepared to get creative and be entertained. Instructor: Lee Callaghan



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# MPRD KIDS



#### **SUPERVISOR**

#### LaNisha Penn

lanisha.penn@cityofmobile.org 251-604-9156

#### AFTER SCHOOL NUTRITION PROGRAM

#### All Centers | Free | Ages 2-18 M-F | 8/7-12/20 | 3 - 4pm

The free After School Nutrition operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children after school and during school holidays.

#### MPRD AFTER SCHOOL ALL-STARS PROGRAM

#### All Centers | Free | Ages 5-13 M-Th | 8/7-12/19 | 3 - 7:30pm

MPRDKids free after school programs for elementary and middle-school aged youth includes activities related to academic enrichment, health and fitness.

#### LIGHT OF THE VILLAGE AFTER-SCHOOL PROGRAM

## Figures | Free | Ages 5-14 M | 9/9-12/16 | 3 - 5pm

The Light of the Village After School Program provides free after-school care for at-risk children in high-crime, low-income areas. The After School Program consists of music,

games, crafts, snacks/meals, tutoring, homework help, and an interactive Bible study.

#### **AFTER-SCHOOL ARTS & CRAFTS**

#### Lavretta | Free | Ages 6-12 Th | 9/12-12/5 | 3:30 - 5pm (No class 10/10 and 11/28)

Children will be free to let their creativity shine as they collaborate on inspiring art projects. Instructor: Lee Callaghan

#### ARTS AND CRAFTS WITH WOODY

# Stotts | Free | Ages 5-12 M/W | 9/4-12/18 | 3 - 5pm

This class will provide children with opportunities to engage in arts and crafts. They will be allowed to explore their ideas and concepts and then express that by creating a work of art they can be proud of. Instructor: Woodrow Cannon

# ARTS AND CRAFTS WITH YOLANDA

# Figures | Free | Ages 5-10 W | 9/4-12/18 | 4 - 5pm

This class will provide children with opportunities to engage in arts and crafts. They will be allowed to explore their ideas and concepts and then express that by creating a work of art they can be proud of. Instructor: Yolanda Turner

# PRESCHOOL STORY TIME & CRAFT

#### Lavretta | Free | Ages 3-5 Th | 9/12-12/5 | 11am - 12:30pm (No class 10/10 and 11/28)

In this program, preschool aged children, accompanied by their parents, will be read a story followed by a corresponding craft. This is a great artistic outlet to develop your little ones' love for books! Instructor: Lee Callaghan

## PINE CONE CRAFT ACTIVITIES NEW!

#### Rickarby | Free | Ages 4+ T/Th | 9/3-12/19 | 11am - 12:30pm T/Th | 9/3-12/19 | 4:30 - 5:30pm

During this class, participants will learn how to make swag door wreaths, table centerpieces with candle holders and door garlands. All great gifts to share!

Instructors: Jackie McMillian & Eulanda Wilson

#### **SHAKE, RATTLE, AND READ**

#### Harmon-Thomas | Free | Ages 5-10 Th | 9/5-12/19 | 3 - 4pm

Youth will enjoy the twist and unique sensory approach as they shake, rattle and read their way through classic nursery rhymes. Instructor: James Gulley

## TOTS NEED RECREATION, TOO NEW!

#### Seals | Free | Ages 4-5 M-F | 9/3-12/20 | 8am - 12pm

Bring your tots out for a day of fun and laughter! They will enjoy coloring, singing, dancing, plus practice learning the alphabet, numbers and writing their names. Registration is required. Instructor: LaShandra Barnes

#### **PAINTING ON CANVAS**

# Figures | Free | Ages 8-12 W | 9/4-12/18 | 6:15 - 7pm

Join us to creatively express your thoughts and ideas in a relaxed setting. Supplies will be provided. Instructor: Frank Spraglin

## MARDI GRAS PORCH PARADE: HALLOWEEN EDITION

#### Lavretta | Free | Ages 13+ T | 9/3-10/1 | 5 - 7pm

In this fun class, participants will be introduced to techniques used by Mardi Gras float builders to create a piece to display outside of the Arts Center during Halloween season. Pre-registration is required. Instructor: Lee Callaghan

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# HEALTH AND NUTRITION FOR CHILDREN

#### Laun | Free | Ages 6+ M/W | 9/4-12/18 | 4 - 5pm

Provides kids with correct information on the nutritional value of foods and eating to help them make the best choice of foods for an adequate diet.

Instructor: Roderick Cunningham

# COMMUNITY BICYCLE DEVELOPMENT I NEW!

Rickarby | Free | Ages 4+ M/W | 9/4-12/18 | 4 - 4:45pm The purpose of this afternoon program is to teach young participants how to fix a flat, change a tire and put air in a tire. Instructors: Jackie McMillian & Fulanda Wilson

#### **LEGO CLUB | NEW!**

#### Seals | Free | Ages 5+ W | 9/4-12/4 | 5 - 6pm

Explore your creative side! Join us as we create unique masterpieces with Lego blocks. A fun activity that also improves focus and awareness! Instructor: LaShandra Barnes

#### **CARING CLUB**

#### Lavretta | Free | Ages 6-14 M | 9/16, 9/30, 10/21, 11/4 3:30 - 5pm

This club keeps our park clean and inviting with beautification, gardening and craft activities. Parental involvement is encouraged. Instructor: Lee Callaghan.

#### **WORLD EXPLORERS**

#### Lavretta | Free | Ages 6-14 M | 9/9, 9/23, 10/28, 11/18 3:30 - 5pm

In this class, children will explore customs and art forms from all around the world, inspiring their awareness of geography, history and other cultures! They should be prepared for a variety of experiences to enrich their young minds. Instructor: Lee Callaghan

# WORLD EXPLORERS INTENSIVE: CHRISTMAS IN GERMANY NEW!

#### Lavretta | Free | Ages 6-14 M | 12/2, 12/9, 12/16 | 3:30 - 5pm

During these sessions, young explorers will learn of the cultural, geographical and historical traditions of one of the world's favorite holidays. Instructor: Lee Callaghan

# THE BLAZING GEMS CHEER AND DANCE

#### Hillsdale | Free | Ages 8-16 T/Th | 9/3-12/19 | 5:30 - 7pm

We have combined the precision of cheer with the art of HBCU dance to create a dynamic experience that is both fun and age-appropriate. Learning is free; however there are fees for the Exhibition Squad. Please contact Coach Demi at (251) 423-7464 for more info. Instructors: Demi Harmon and Charlise Dixon

# LOVE SPEAKS KIDZ COOKING CULTURE

#### Seals | Free | Ages 6-18 Every 2nd T | 9/10, 10/8, 11/12, 12/10 5:30 - 7:30pm

Love Speaks introduces kids to proper nutrition, sanitation, and kitchen etiquette. For more information or to register, call 251-404-4287 or visit lovespeaksinc.org/ upcomingevents

# STEM MOBILE Select Centers | Free

#### Grades K-12 S | 10/19, 11/16 | 9 - 11am

This unique partnership between STEM Mobile and Mobile Parks and Recreation is one of our most popular programs. With interactive sessions covering diverse areas of science, technology, engineering and mathematics, young learners are rewarded with opportunities to expand their imagination and creativity, while tapping into inner passions that further fuel their desire to learn. Visit www. stemmobile.org for more information.

#### **CAMP LIFE**

# TEACHER WORK DAY MINI-CAMP

#### All Centers | Free | Ages 5-12 M | 9/16 | 8am - 4pm M | 10/14 | 8am - 4pm

Just because school is out for the day, it doesn't mean that learning has to stop.
Register your child for our Teacher Work Day
Mini-Camps where they will engage in activities that are both educational and fun! Themes vary per camp, yet the enrichment is just the same!
Breakfast and lunch is provided.

#### **AUTUMN HOLIDAY CAMP**

All Centers | Free | Ages 5-12 M-W | 11/25-11/27 | 8am - 4pm

#### WINTER HOLIDAY CAMP

All Centers | Free | Ages 5-12 12/23, 12/26, 12/27, 12/30, 12/31 8am - 4pm

# COMING SOON! TEACHER WORK DAY MINI-CAMP

All Centers | Free | Ages 5-12 Th-F | 1/2-1/3 | 8am-4pm



Free WiFi available at all Community Centers!



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# **BREAKTHROUGH TEENS**



# TEEN MENTOR COORDINATOR

#### **Phelon Carter**

phelon.carter@cityofmobile.org 251-208-1634

#### C.A.F.E.

#### Springhill | 9/12| 6-7:30pm Newhouse | Th | 10/10 | 6-7:30pm Hillsdale | Th | 11/14 | 6-7:30pm Seals | Th | 12/12 | 6-7:30pm

C.A.F.E. stands for "College Ain't For Everyone". If you're at a crossroads and unsure of your next steps, join us to engage with local professionals who have successful careers without a college degree. Free and perfect for ages 16-20.

#### **HUMP DAY HANGOUT**

Topgolf | W | 9/25 | 4:30-7:30pm Bowlero Bowling Alley W | 10/30 | 4:30-7:30pm Surge Entertainment W | 11/6 | 4:30-7:30pm Sunshine Skate Center W | 12/4 | 4:30-7:30pm

Join the MPRD Breakthrough Teens on select Wednesdays of each month as they take you around to the hottest spots in the city for fun, games and socializing! All activities are free and for ages 13-18.

#### **5TH QUARTER FRIDAYS**

#### TBA | Free | Ages 15-18 3rd F | 9/20, 10/18, 11/15, 12/20 8:30-11pm

After the high school football and basketball games on Friday nights, join us for the 5th Quarter! Enjoy live DJ, free food, and more—an event you don't want to miss!

# POLISHED CONVERSATIONS BRUNCH | NEW!

#### Seals | Free | Ages 13-19 S | 9/14 | 11am-1pm

Welcome to "Polished Conversations", an empowering and elegant event dedicated to teaching young ladies the timeless art of etiquette. Set in a sophisticated and chic venue, this event promises a memorable experience, and participants will leave with a sense of confidence and grace

#### VIBE WITH THE GUYS | NEW!

#### Seals | Free | Ages 13-19 S | 9/14 | 11am-1pm

A transformative day dedicated to empowering young men with essential life skills that will set them on the path to success

# TEEN CHEFS COOKING CLASS | NEW!

# Continental Commissary Kitchen | Free Ages 13-19

#### Th | 11/21 | 6-8pm

Teen Chefs is a fun and supportive cooking class for young culinary enthusiasts. Experienced instructors will guide participants through various recipes and teach essential techniques and tips.

#### **EMPOWERMENT DAY | NEW!**

#### 3 Circle Church | Free | Ages 13-19 S | 12/14 | 10am-12pm

This event is to help uplift and support the youth in the City of Mobile with the tools they need to succeed! Join us to discuss important topics such as mental and physical health, communication skills, and sharing self-care tips.



BREAKTHROUGH TEENS ACTIVITY GUIDE | 15

#### MPRD BREAKTHROUGH TEENS

# HUMP DAY

JOIN US ON SELECT WEDNESDAYS OF EACH MONTH AS WE TAKE YOU AROUND TO THE HOTTEST SPOTS IN THE CITY FOR FREE FUN, GAMES AND SOCIALIZING! PULL OUT YOUR SOCIAL CALENDARS AND SAVE THE DATES BELOW!

9/25 TOP GOLF

10/30 BOWLERO BOWLING ALLEY

11/6 SURGE ENTERTAINMENT

12/4 SUNSHINE SKATE CENTER

FROM 4:30-7:30PM



SCAN THE QR CODE TO SIGN UP TODAY!





November 22 | 6-8pm

Continental Kitchen, 260 Azalea Rd.

Enjoy a fun and supportive cooking class for young culinary enthusiasts! Experienced instructors will guide participants through various recipes and teach techniques and tips. This free class is perfect for ages 13-19.



Scan the QR code to register today!

## **Breakthrough Teens**

# Empowerment Day

December 14 | 10am-Noon

3 Circle Church, 150 5 Sage Ave



The goal of this free event is to help uplift and support the youth in the City of Mobile with the tools they need to succeed. Join us to discuss important topics such as mental and physical health, communication skills, and self-care tips. Perfect for ages 13-19.





# ATHLETICS

#### **SUPERVISOR**

#### **Marcus Fluker**

marcus.fluker@cityofmobile.org 251-208-8029

#### MPRD YOUTH FOOTBALL CLINIC

#### Sage Park | Free | Ages 8-14 S | 8/24 | 9 - 11am

This free Youth Football Clinic will introduce the basic fundamentals and rules of football. Registration for the league began on June 24 and will continue until the season begins on August 31.

# MPRD YOUTH FOOTBALL LEAGUE

#### Sage Park | \$200 per team | Ages 8-14 S | 8/31-10/19 | 9 - 11am

Cost for the league is \$200 per team and the season runs until October 19. Please visit mprd.recdesk.com > Programs > Athletics for more information!

#### MPRD YOUTH FLAG FOOTBALL CLINIC

## Sage Park | Free | Ages 4-12 S | 8/24 | 9 - 11am

This FREE Youth Flag Football Clinic will introduce the basic fundamentals and rules of flag football. Registration for the league began on June 24 and will continue until the season begins on August 31.

#### MPRD YOUTH FLAG FOOTBALL LEAGUE

#### Sage Park | \$100 per team | Ages 4-12 S | 8/31-10/19 | 9 - 11am

Cost for the league is \$100 per team and the season runs until October 19. Please visit mprd.recdesk.com > Programs > Athletics for more information!

# MPRD YOUTH GIRLS VOLLEYBALL LEAGUE CLINIC

#### Sullivan | Free | Ages 7-14 S | 8/31 | 9 - 11am

Free Youth Girls Volleyball Clinic to introduce the basic fundamentals and rules of volleyball. This free Youth Football Clinic to introduce the basic fundamentals and rules of football. Registration for the league began on July 31 and will continue until the season begins on September 7.



MPRD Athletics offers **FREE** clinics for each of our youth sports programs! These clinics allow potential league participants to learn the basic rules and fundamentals of the sport prior to the league season beginning.

## YOUTH NFL FLAG FOOTBALL

**AUG. 24 | 9-11AM | SAGE PARK** 

# YOUTH GIRLS VOLLEYBALL

AUG. 31 | 9-11AM SULLIVAN COMMUNITY CENTER

#### **YOUTH SOCCER**

SEPT. 21 | 9-11AM | SAGE PARK

#### **SPEED AND AGILITY CAMP**

NOV. 2 | 5-7PM | SAGE PARK

#### YOUTH BOYS BASKETBALL

NOV. 30 | 9-11AM HARMON-THOMAS COMMUNITY CENTER

#### YOUTH GIRLS BASKETBALL

NOV. 30 | 9-11AM HARMON-THOMAS COMMUNITY CENTER



## **SCAN THE OR CODE TO SIGN UP TODAY!**

# MPRD YOUTH GIRLS VOLLEYBALL LEAGUE

#### Sullivan | \$20 | Ages 7-14 S | 9/7-10/26 | 9am - 12pm

Cost for the league is \$20 per player and the season runs until October 26. Please visit mprd.recdesk.com > Programs > Athletics for more information!

## YOUTH SPORTS SKILLS DEVELOPMENT CAMP

#### Sage Park | \$45 | Ages 3-5 S | 9/7-10/26 | 1:15 - 2:30pm

This camp will teach teamwork and physical activity, allowing kids to learn new skills and

gain self-confidence. Registration began on July 27 and will continue until camp begins on September 7.

#### **YOUTH SOCCER CLINIC**

#### Sage Park | Free | Ages 4-14 S | 9/21 | 9 - 11am

This FREE Youth Soccer Clinic will provide players with the opportunity to learn the fundamentals of soccer. Registration for the Youth Soccer League began on August 5 and will continue until the season begins on September 28.

ATHLETICS ACTIVITY GUIDE | 17

#### YOUTH SOCCER LEAGUE

Sage Park | \$100 - \$200 per team Ages 4-14 S | 9/28-11/23 | 9am - 2pm

Cost for the league ranges from \$100 -\$200 per team and the season runs until November 23. Please visit mprd.recdesk.com > Programs > Athletics for more information.

# SPEED AND AGILITY CAMP CLINIC

# Sage Park | Free | Ages 7-18 S | 11/2 | 5 - 7pm

This FREE Speed and Agility Camp Clinic will introduce the running techniques, acceleration, deceleration, conditioning, flexibility and injury prevention tips that will be covered in more depth during the 6-week camp.

#### **SPEED AND AGILITY CAMP**

#### TBA | \$50 | Ages 7-18 M-Th | 11/4-12/20 | 5 - 7pm

The cost for the Speed and Agility Camp is \$50 per person and camp begins on November 4. Please visit mprd.recdesk.com > Programs > Athletics for more information.

#### MPRD YOUTH BOYS BASKETBALL CLINIC

#### Harmon-Thomas | Free | Ages 4-14 S | 11/30 | 9 - 11am

This free Youth Boys Basketball Clinic will introduce the basic fundamentals and rules of basketball. Registration for the MPRD Youth Boys Basketball League will begin on November 4 and will continue until the season begins on December 7.

# MPRD YOUTH BOYS BASKETBALL

# Harmon-Thomas | \$200 per team Ages 4-14

#### S|12/7-2/15|9-11am

Cost for the league is \$200 per team and the season runs until February 15. Please visit mprd.recdesk.com > Programs > Athletics for more information!

# MPRD YOUTH GIRLS BASKETBALL CLINIC

#### Harmon-Thomas | Free | Ages 4-14 S | 11/30 | 9 - 11am

This free Youth Girls Basketball Clinic will introduce the basic fundamentals and rules of basketball. Registration for the MPRD Youth Girls Basketball League will begin on November 4 and will continue until the season begins on December 7.

# MPRD YOUTH GIRLS BASKETBALL

Harmon-Thomas | \$200 per team | Ages 4-14 S | 12/7-2/15 | 9 - 11am Cost for the league is \$200 per team and the

Cost for the league is \$200 per team and the season runs until February 15. Please visit mprd.recdesk.com > Programs > Athletics for more information!

#### **ADULT BASKETBALL LEAGUE**

#### Seals, Harmon, Sullivan, Figures, Springhill

#### \$200 per team | Ages 18+ M/W | 10/7-11/27 | 5 - 7pm

This competitive basketball league includes teams from all over the city of Mobile competing for the championship trophy! Registration began on August 29 and will continue until the season begins on October 7. Please visit mprd.recdesk.com > Programs > Athletics for more information!

#### **ADULT INDOOR TRACK & FIELD**

#### TBA | \$20 | Ages 19+ M-F | 10/7-12/14 | 5 - 7pm

Adult Track and Field invites all adults ages 19 and up to join our family! Our team offers opportunities for training groups, hurdling, and the option to form relay teams for open and master championship competitions. The program runs under two different USATF teams: Master's and Open/Elite levels. Please visit mprd.recdesk.com > Programs > Athletics for more information!

# CO-ED ADULT SOCCER Sage Park | \$250-\$300 | Ages 18+

Sun | 9/15-11/24 | 3pm, 5pm, 7pm

Our competitive Co-Ed Adult Soccer League is operated in partnership with the South Alabama Soccer Association. Early registration for the SASA Fall 11v11 ends on September 1 after which the team fee increases to \$300 per team. For individual players, please contact the SASA League for team placement/registration at (251) 458-3530 or sasasoccerleague@gmail.com



This icon indicates a class or activity led by an official MPRD Programmatic Partner.



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# AQUATICS

#### **COORDINATOR**

#### **Derrick Tinsley**

derrick.tinsley@cityofmobile.org 251-208-1651

#### **SWIMMING POOLS**

M-S Until Aug. 3 | Free | 10am-6pm

#### **DOTCH COMMUNITY CENTER**

3100 Bank Ave.

#### FIGURES COMMUNITY CENTER

658 Donald St.

#### HILLSDALE COMMUNITY CENTER

558 E. Felhorn Rd.

#### **KIDD PARK**

800 East St.



# Baumhauer-Randle, Park Splash Pad

#### **SPLASH PADS**

Open Daily Until Sept. 28 | Free | 10am-6pm

#### **MEDAL OF HONOR PARK**

1711 Hillcrest Rd.

#### **MCCANTS-CHAVERS PARK**

7215 13th St.

#### TRICENTENNIAL PARK

2121 Bragg Ave.

#### **BAUMHAUER-RANDLE PARK**

1909 Duval St.

#### **PUBLIC SAFETY MEMORIAL PARK**

2301 Airport Blvd.

#### **SEALS COMMUNITY CENTER**

540 Texas St.

#### **SULLIVAN COMMUNITY CENTER**

351 N. Catherine St.

#### **SWIM PROGRAM PARTNERS**

#### **AFRICATOWN SUMMER SWIM**

africatownswim@gmail.com

#### **MOBILE PORT CITY MARLINS SWIM TEAM**

portcitymarlins@gmail.com



# **FITNESS**

#### LINE & SWING DANCE Figures | Free | Ages 21+ T | 9/3-12/17 | 5:30 - 7:30pm

There's a party every Tuesday at Figures Community Center! Come stay healthy and fit while learning the latest line dance steps! Instructor: Bettie Dean

# STEP, ROLL AND LINE DANCE

#### Seals | Free | Ages 18+ M/W | 9/4-12/18 | 6 - 7:30pm

Join Tiffany every Monday and Wednesday as she leads you in all of the latest line dances! Instructor: Tiffany Barnes

#### LINE DANCE WITH DOROTHY

#### Springhill | Free | Ages 18+ M | 9/9-12/16 | 5 - 6:45pm T/F | 9/3-12/20 | 11am - 1pm

Looking for exercise that does not feel like exercise? Join us to learn the latest line dance steps and brush up on some of the older ones as well! Miss Dorothy will have you moving and grooving as a group, using easy to follow instructions! Instructor: Dorothy Chaney

## BEGINNER BELLY DANCE

Springhill | \$30/4 wks | Ages 18+ M | 9/9-12/16 | 5:30 - 6:30pm Stotts | \$30/4 wks | Ages 18+ Th | 9/5-12/19 | 5:45 - 6:45pm

Come enjoy the benefits of belly dancing, whatever your age, size or shape! Costumes

are not required but a hip scarf with coins is encouraged! Instructor: Valerie Morrison

# BELLY DANCE: INTERMEDIATE

#### Springhill | \$30/4 wks | Ages 18+ M | 9/9-12/16 | 6:30 - 7:30pm Stotts | \$30/4 wks | Ages 18+ Th | 9/5-12/19 | 6:45 - 7:45pm

Are you ready to take your hip-shimmies to the next level? Intermediate belly dance introduces more of the technical elements of the craft as well as different belly dance styles. Prerequisite: Beginner Belly Dance.

Instructor: Valerie Morrison

# BELLY DANCE: ADVANCED LEVEL 1

#### Stotts | \$35/4 wks | Ages 18+ W | 9/4-12/18 | 5:45 - 6:45pm

Prerequisite for Level 1: Completion of Beginning and Intermediate Belly Dance classes. Instructor: Valerie Morrison

## BELLY DANCE: ADVANCED LEVEL 2

#### Stotts | \$35/4 wks | Ages 18+ W | 9/4-12/18 | 6:45 - 7:45pm

Prerequisite for Level 2: Completion of Advanced Level 2 Belly Dance classes. Instructor: Valerie Morrison

#### ZUMBA\* Dotch | Free | Ages 18+ Th |9/5 -12/19 | 5 - 6pm

Get the workout you've been missing in this interval style calorie-burning dance fitness party. Instructor: Deanna Franklin

# LET'S GET FIT WITH COACH HARPER | NEW!

#### Seals | Free | Ages 18+ T | 9/3-12/17 | 5:30 - 6:30pm

Come one, come all for a class of fun and fitness designed to balance, agility, and strength. Bring your 2–5lb dumbbells, a towel, and hydration. Let's move and groove to a healthier lifestyle. Instructor: Kenita Harper

# HIP HOP HIIT EFFECT Hillsdale | \$20/4 wks | Ages 18+ M/W/Th | 9/4 - 12/19 | 6 - 6:45pm

"We Got Goals!" Come join Coach Mhoon for a high-energy workout to burn calories, build muscle, and increase endurance. Instructor: Marie Mhoon

#### **BUNS-N-BANDS**

#### Hillsdale | Free | Ages 18+ Every other T | 9/10-11/26 | 6-6:45pm

Get ready for a new season of heart-pumping, muscle-burning moves to keep you firm and fit all year-round. Resistance bands and mats provided if needed. Classes are alternating Tuesdays; schedule on mprd.recdesk.com. Instructor: Kristen Taylor

#### **PARTY AT THE BARRE**

#### Hillsdale | Free | Ages 18+ Every other T | 9/21-11/19 | 6 - 6:45pm

Party at the Barre is back and better than ever with even more tools such as long bands and Pilates balls to fuel the burn. Classes are alternating Tuesdays; schedule posted on mprd.recdesk.com. Instructor: Kristen Taylor

# AFRICATOWN PLATEAU PACERS 30-MINUTE LOW IMPACT CARDIO

#### Hope | Free | Ages 18+ T/Th | 9/3-12/19 | 6 - 6:30pm

Join us two days a week for this 30-minute low-impact cardio workout designed to improve energy, decrease stress, and improve sleep!

Instructors: Rochelle Williams + Wanda Smith

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#### **BODY SCULPTING**

#### Springhill | Free | Ages 18+ M/W/F | 9/4-12/20 | 8:30 - 9:30am

Body sculpting is designed to shape and tone the body without building muscular size or bulk. Join Gerry for this highly beneficial strength training workout! Instructor: Gerry Lowe

# CHAIR AEROBICS Springhill | Free | Ages 18+

#### Springhill | Free | Ages 18+ T/Th | 9/3-12/19 | 8:30 - 9:45am

Join Gerry for this functional aerobic workout done using a chair to sit or for balance. Increase your heart rates, burn calories and build strength! Instructor: Gerry Lowe

# SILVERSNEAKERS BOOM MIND/CHAIR EXERCISE

#### Seals | Free | Ages 18+ M/Th | 9/5-12/19 | 12 - 1:30pm

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support. Instructor: June Jones

# SILVERSNEAKERS BOOM MIND/YOGA

#### Seals | Free | Ages 18+ T | 9/3-12/17 | 12 - 1:30pm

Strength. Confidence. Flexibility. MIND takes the best from yoga and Pilates and combines them into one fusion class. Designed to relax the body and mind with peaceful music and invigorating movements. The focus of this class is on core muscles, lower body strength and balance. Instructor: June Jones

# ADULT YOGA Laun | \$10 | Ages 18+ T/F | 9/3-12/20 | 11am - 12pm

Yoga makes your body stronger and more flexible. Join us for this beginner class and get ready to reap the benefits!
Instructor: Irene Callaway

# TAOIST TAI CHI™ Stotts | Free | Ages 18+ T | 9/3-12/17 | 4 - 5pm

Tai Chi practice is suitable for people of all ages and physical conditions, so come join us to learn a moving meditation that can reduce stress and help you find joy! Instructor: Bob Varley

## GUIDED IMAGERY MEDITATION NEW!

## Harmon-Thomas | Free | Ages 12-18 M/W | 9/4-12/18 | 2:30 - 3:30pm

Join Heidi as she leads you in a guided imagery meditation to decrease stress and anxiety. Please bring a mat or towel to lay on. Instructor: Heidi Hanchey

#### **WALK WITH EASE**

#### Rickarby | Free | Ages 18+ M/W/F | 9/4 - 12/20 | 4:45 - 5:30pm

Join us for 30 minutes of walking followed by 15 minutes of chair exercises!
Instructor: Jackie McMillian

#### **CHAIR EXERCISE WITH JACKIE**

#### Rickarby | Free | Ages 18+ T/Th | 9/3 - 12/19 | 5:30 - 6:30pm

Chair exercises help to increase flexibility, lung capacity, circulation and strength. Join Miss Jackie twice a week at Rickarby Park! Instructor: Jackie McMillian

#### **WALK WITH YOLANDA**

#### Figures | Free | Ages 18+ M | 9/9-12/16 | 11:30am - 12pm

Walking is an incredibly beneficial physical activity that gets your heart rate up, improves circulation, regulates blood pressure and burns calories. Join Yolanda in the gym every Monday morning. Instructor: Yolanda Turner



# WALK A MILE IN YOUR OWN SHOES | NEW!

#### Hope | Free | Ages 18+ M-F | 9/3-12/20 | 11am - 12pm

A brisk walk can burn between 150-200 calories an hour, which in turn increases your metabolic rate, helping you burn calories even when resting! Let this be your incentive to join us! Instructor: Tanya Gullett

## OPEN GYM FOR HOMESCHOOLERS I NEW!

#### Hope | Free | All Ages M | 9/9-12/16 | 11:30am - 1:30pm

Homeschool open gym is now here! Want to give your homeschooled children a great opportunity for physical education and time together? Instructor: Tanya Gullett

#### **FALL FOR SAFETY | NEW!**

#### Harmon-Thomas | Free | Ages 18+ T/Th | 9/3-12/19 | 9:15 - 9:45am

Join Leslie for this new Fall Prevention Exercise Series featuring slow movements performed while standing to help improve balance. Instructor: Leslie Pettaway

#### **MINDERCISE | NEW!**

# Harmon-Thomas | Free | Ages 25+ M | 9/9-12/16 | 9 - 10am

Participants will exercise the mind and develop focus in a step-by-step process through meditation and mind trivia games. Instructor: Leslie Pettaway

#### **B.A.M. BALANCE AND MOTION**

#### Harmon-Thomas | Free | Ages 18+ M/W | 9/4-12/18 | 5 - 5:45pm

Get moving and join us in developing balance, coordination, core strength, flexibility and range of motion. Instructor: Leslie Pettaway





FITNESS ACTIVITY GUIDE | 21



# INTERNATIONAL

## Saturday SEPTEMBER 7 4:00-6:00PM

James Seals Community Center 540 Texas St. Mobile, AL

Join us for a fashion show with a twist! Featuring photo and art exhibits, and displays of traditional attire from cultures all around the world. What a great way to display the beautiful diversity of the Mobile community!



FAMILY FUN NIGHT

SEPTEMBER 20 \* 5-7PM

## Dotch Community Center

Join us for a carnival-themed family fun night! We will have a variety of interactive games, live music, food trucks and more for the entire family to enjoy.







# **GYMNASTICS**

#### **COORDINATOR**

#### **Tonya Carrol**

tonya.carrol@cityofmobile.org 251-367-6182

#### **FALL SESSION 1**

#### **MONDAYS & WEDNESDAYS**

9/4-9/30

#### PRESCHOOL MOVEMENT

# Gymnastics Center | \$65 | Ages 3-5 M/W | 9/4-9/30 | 2-2:45pm

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **BEGINNING TRAMPOLINE** & TUMBLING

#### Gymnastics Center | \$70 | Ages 5-8 M/W | 9/4-9/30 | 4-5pm

This class will teach your gymnast basic trampoline and tumbling skills. It is an excellent safety course for families with backyard trampolines.

## INTERMEDIATE TRAMPOLINE & TUMBLING

# Gymnastics Center | \$70 | Ages 8-10 M/W | 9/4-9/30 | 5-6pm

This class is designed for your gymnast to build upon and perfect the skills taught in the

Beginning Trampoline and Tumbling class.

#### **CHEER TUMBLING**

Gymnastics Center | \$70 | 10+ M/W | 9/4-9/30 | 6-7pm

This class is a must for your child preparing for middle or high school cheerleading. It features an emphasis on the tumbling aspect of cheerleading.

#### **TUESDAYS & THURSDAYS**

9/3-9/26

#### PRESCHOOL MOVEMENT

#### Gymnastics Center | \$65 | Ages 3-5 T/Th | 9/3-9/26 | 9:30-10:15am

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$70 | Ages 5-8 T/Th | 9/3-9/26 | 4-5pm

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

#### **BEGINNING TUMBLING**

#### Gymnastics Center | \$70 | Ages 5+ T/Th | 9/3-9/26 | 5-6pm

Your young gymnast will be introduced to various components of tumbling, including cartwheels, round-offs, back walkovers, and back handsprings.

#### **CHEER TUMBLING**

#### Gymnastics Center | \$70 | 10+ T/Th | 9/3-9/26 | 6-7pm

This class is a must for your child preparing for middle or high school cheerleading. It features emphasis on the tumbling aspect of cheerleading.

#### **FRIDAYS**

9/6-9/27

#### KINDER-GYM

Gymnastics Center | \$45 Ages 18 mo-3 yrs F | 9/6-9/27 | 9:30-10:15am F | 9/6-9/27 | 10:30-11:15am

Your toddler will learn basic gymnastics, body awareness, balance, and self-confidence in a relaxed gymnastics environment. An adult must participate with your child.

#### **SATURDAYS**

9/7-9/28

#### PRESCHOOL MOVEMENT

#### Gymnastics Center | \$45 | Ages 3-5 S | 9/7-9/28 | 9-10am

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$45 | Ages 5+ S | 9/7-9/28 | 10-11am

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$45 | Ages 7-12 S | 9/7-9/28 | 11am-12pm

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

GYMNASTICS ACTIVITY GUIDE | 23

#### **FALL SESSION 2**

#### **MONDAYS & WEDNESDAYS**

10/7-10/30

#### PRESCHOOL MOVEMENT

# Gymnastics Center | \$65 | Ages 3-5 M/W | 10/7-10/30 | 2-2:45pm

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

# BEGINNING TRAMPOLINE & TUMBLING

# Gymnastics Center | \$70 | Ages 5-8 M/W | 10/7-10/30 | 4-5pm

This class will teach your gymnast basic trampoline and tumbling skills. An excellent safety course for families with backyard trampolines.

## INTERMEDIATE TRAMPOLINE & TUMBLING

# Gymnastics Center | \$70 | Ages 8-10 M/W | 10/7-10/30 | 5-6pm

This class is designed for your gymnast to perfect the skills taught in the Beginning Trampoline class and build on them.

#### CHEER TUMBLING

#### Gymnastics Center | \$70 | 10+ M/W | 10/7-10/30 | 6-7pm

This class is a must for your child preparing for middle or high school cheerleading. It features an emphasis on the tumbling aspect of cheerleading.

#### **TUESDAYS & THURSDAYS**

10/8-10/31

#### PRESCHOOL MOVEMENT

#### Gymnastics Center | \$65 | Ages 3-5 T/Th | 10/8-10/31 | 9:30-10:15am

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$70 | Ages 5-8 T/Th | 10/8-10/31 | 4-5pm

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.



#### **BEGINNING TUMBLING**

#### Gymnastics Center | \$70 | Ages 5+ T/Th | 10/8-10/31 | 5-6pm

Your young gymnast will be introduced to various components of tumbling, including cartwheels, round-offs, back walkovers, and back handsprings.

#### **CHEER TUMBLING**

#### Gymnastics Center | \$70 | 10+ T/Th | 10/8-10/31 | 6-7pm

This class is a must for your child preparing for middle or high school cheerleading. It features an emphasis on the tumbling aspect of cheerleading.

#### **FRIDAYS**

10/11-11/1

#### KINDER-GYM

#### Gymnastics Center | \$45 Ages 18 mo-3 yrs F | 10/11-11/1 | 9:30-10:15am F | 10/11-11/1 | 10:30-11:15am

Your toddler will learn basic gymnastics, body awareness, balance, and self-confidence in a relaxed gymnastics environment. An adult must participate with your child.

#### **SATURDAYS**

10/12-11/2

#### PRESCHOOL MOVEMENT

#### Gymnastics Center | \$45 | Ages 3-5 S | 10/12-11/2 | 9-10am

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$45 | Ages 5+ S | 10/12-11/2 | 10-11am

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$45 | Ages 7-12 S | 10/12-11/2 | 11am-12pm

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

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#### **FALL SESSION 3**

#### **MONDAYS & WEDNESDAYS**

11/13-12/16 (Closed 11/11)

#### PRESCHOOL MOVEMENT

# Gymnastics Center | \$65 | Ages 3-5 M/W | 11/13-12/16 | 2-2:45pm

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

## BEGINNING TRAMPOLINE & TUMBLING

# Gymnastics Center | \$70 | Ages 5-8 M/W | 11/13-12/16 (closed 11/11 Veteran's Day) | 4-5pm

This class will teach your gymnast basic trampoline and tumbling skills. An excellent safety course for families with backyard trampolines.

# INTERMEDIATE TRAMPOLINE & TUMBLING

# Gymnastics Center | \$70 | Ages 8-10 M/W | 11/13-12/16 | 5-6pm

This class is designed for your gymnast to perfect the skills taught in the Beginning Trampoline class and build on them.

#### **CHEER TUMBLING**

#### Gymnastics Center | \$70 | Ages 10+ M/W | 11/13-12/16 | 6-7pm

This class is a must for your child preparing for middle or high school cheerleading. It features an emphasis on the tumbling aspect of cheerleading.

#### **TUESDAYS & THURSDAYS**

11/12-12/12

#### PRESCHOOL MOVEMENT

#### Gymnastics Center | \$65 | Ages 3-5 T/Th | 11/12-12/12 | 9:30-10:15am

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$70 | Ages 5-8 T/Th | 11/12-12/12 | 4-5pm

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

#### **BEGINNING TUMBLING**

#### Gymnastics Center | \$70 | Ages 5+ T/Th | 11/12-12/12 | 5-6pm

Your young gymnast will be introduced to various components of tumbling, including cartwheels, round-offs, back walkovers, and back handsprings.

#### CHEER TUMBLING

#### Gymnastics Center | \$70 | 10+ T/Th | 11/12-12/12 | 6-7pm

This class is a must for your child preparing for middle or high school cheerleading. It features an emphasis on the tumbling aspect of cheerleading.

#### **FRIDAYS**

11/15-12/13

#### **KINDER-GYM**

Gymnastics Center | \$45 Ages 18 mo-3 yrs F | 11/15-12/13 | 9:30-10:15am F | 11/15-12/13 | 10:30-11:15am

Your toddler will learn basic gymnastics, body awareness, balance, and self-confidence in a relaxed gymnastics environment. An adult must participate with your child.

#### **SATURDAYS**

11/16-12/14

#### PRESCHOOL MOVEMENT

#### Gymnastics Center | \$45 | Ages 3-5 S | 11/16-12/14 | 9-10am

Your young gymnast will develop body awareness, balance, and self-confidence in this introduction to gymnastics equipment, exercise, and fun. Children must be potty trained to enroll in this beginning class.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$45 | Ages 5+ S | 11/16-12/14 | 10-11am

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.

#### **YOUTH GYMNASTICS**

#### Gymnastics Center | \$45 | Ages 7-12 S | 11/16-12/14 | 11am-12pm

Your gymnast will learn progressive skills on the trampoline and other gymnastics equipment. Flexibility, strength, balance, and coordination are enhanced through participation in this program.



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# **THERAPEUTICS**

#### **SUPERVISOR**

#### **LaDarrel Bell**

ladarrel.bell@cityofmobile.org 251-208-1252

While inclusion services provide accommodations for citizens with disabilities to participate in existing programs without fundamentally altering the program or activity, therapeutic recreation programs are specially designed activities that aim to meet the physical, social, emotional, and cognitive needs of their participants.

# SNAP BOWLING (SPECIAL NEEDS ATHLETES PROGRAM)

#### Bowlero Mobile | Free | Ages 10+ S | 8/17 -11/2 | 9:30am - 1pm

SNAP of Alabama strives to bring competition to all. Includes 3 games & bowling shoes. Grab your spot today! Email: joe@snapofalabama. com. Call 251-366-9978 for more information.

# SPECIAL OLYMPICS VOLLEYBALL (SPECIAL NEEDS ATHLETES PROGRAM)

#### Dotch Gymnasium | Free | Ages 18+ T | 9/3-11/5 | 5 - 6:30pm

Special Olympics gives athletes with intellectual disabilities an opportunity to engage in sports training for fun competitions and games. This program promotes fitness,

team coordination, and healthy athlete living. Athletes must meet specific physical requirements and prerequisite training to participate.

Email: mobilecospecialolympics@gmail.com

#### **ARTISM: ARTISTS WITH AUTISM**

#### Dotch | Free | Ages 16+ T | 9/3-12/10 | 10am - 12pm

Art provides a way for people who are nonverbal or minimally verbal to express themselves, and in some cases create an income. It allows people to be creative while doing meaningful and enjoyable work. Individuals with autism provide a unique perspective that comes through in all they create.

#### **COMPUTER COMPANIONS**

#### Dotch Computer Room | Free | Ages 10+ M-Th| 9/3-12/12 | 9 - 10am & 12pm -5pm

Receive helpful tips and training on basic computer skills. Learn how to navigate through computer operating systems, create and manage files, and access information via the World Wide Web.

#### **GAME ON!**

#### Dotch Room B | Free | Ages 10+ M-Th | 9/3-12/12 | 9 - 10am & 12 - 5pm

Learn to play various video games on the Xbox and Wii gaming stations. Explore a new dimension of gaming through virtual reality gaming systems. From race car driving to interactive games, enjoy them all.

# T.A.P.S. THERAPEUTIC ADULT PERCUSSION SQUAD

#### Dotch Gymnasium | Free | Ages 16+ W | 9/4-12/11 | 10am - 12pm

Learn to play different rhythms on various percussion instruments. This group activity helps to boost mood, relieve stress and reduce anxiety. No drumming experience is required.

# THERAPEUTIC YOUTH MARCHING BAND

#### Dotch Gymnasium | Free | Ages 5-18 M | 9/9-12/9 | 5 - 7pm Michael Dow Amphitheater | Free Ages 5-18 W | 9/4-12/11 | 5 - 7pm

Become a member of the all-inclusive therapeutic marching band. Learn instrumental music and marching fundamentals, dance routines, and color guard routines to prepare for community performances and parades. Beginner and experienced musicians, dancers and color guard (flag twirler) students are encouraged to join.

# ADAPTIVE BASKETBALL SKILLS AND DRILLS

#### Dotch | Free | Ages 16+ Th | 9/5-12/12 | 10am - 12pm

Develop and improve your fundamental basketball skills by learning essential drills that will help you become a more effective offensive and defensive player.

## ADVANCE BASKETBALL SKILLS AND DRILLS

#### Dotch | Free | Ages 16+ Th | 9/5-12/12 | 3 - 5pm

Develop and improve your fundamental basketball skills by learning essential drills that will help you become a more effective offensive and defensive player. This class is designed for advance players who can engage in fast pace and highly physical competition.



This icon indicates a class or activity led by an official MPRD Programmatic Partner.

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#### **ADAPTIVE DANCE PARTY**

#### Dotch | Free | Ages 10+ F | 9/6-11/15 | 10am - 12pm

Swing your arms, shake your hips, and move your feet to the beat of popular line dancing music. This is a good aerobic activity. Everyone is encouraged to move at their own pace.

#### **ADAPTIVE VOLLEYBALL**

#### Dotch | Free | Ages 16+ M | 9/9-9/30 | 10am - 12pm

Engage in teamwork on the court while learning essential volleyball fundamentals including serving, hitting, setting, passing and blocking.

#### **ADAPTIVE PICKLEBALL**

#### Dotch | Free | Ages 16+ M | 10/7-10/28 | 10am - 12pm

Engage in teamwork on the court while learning essential volleyball fundamentals including serving, hitting, setting, passing and blocking.

#### SIMPLE SIGN LANGUAGE

#### Dotch Room B | Free | Ages 5+ M | 11/4-12/9 | 10am - 12pm

Learn to communicate non-verbally using sign language. This activity is a resourceful method of communication when interacting with individuals who are deaf, who have a hearing impairment, who have speech difficulties or who are non-verbal.

#### **BINGO BONANZA**

#### Dotch | Free | Ages 10+ M | 11/8-12/9 | 10am - 12pm

This activity is great for helping individuals recognize numbers and letters. Picking up and placing bingo chips on the card helps improve fine motor skills.

#### **KARAOKE & COCOA**

# Dotch Room B | Free | All Ages F | 11/22-12/13 | 10am - 12pm

Lounge and listen to the melodies or step up to the microphone and sing your favorite song. Let us know if you like your hot cocoa with or without marshmallows.

# 60'S SOCK HOP & ICE CREAM SHOPPE

#### Dotch | Free | Ages 10+ F | 9/27 | 10am - 1pm

Dress in your favorite 1960's attire while enjoying music, dancing, and cool treats.

#### DOWN SYNDROME AWARENESS MONTH HALLOWEEN BASH

# Michael Dow Amphitheater | Free Ages 10+

#### Th | 10/31 | 10am - 1pm

In 2024, we are helping to bring awareness to Down syndrome and celebrate all the wonderful individuals with Down syndrome, who bring happiness into our lives. There will be music, dancing and a costume contest.

#### **HOLIDAY EXTRAVAGANZA**

#### Dotch Gymnasium | Free | Ages 18+ F | 12/6 | 10am - 1pm

Celebrate the holiday season with music, dancing, and a reception. Sponsored by Helping Hurting Women Heal Ministry. Seating is limited. Registration ends 11/22/24.





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# **SENIORS**



# ALABAMA ELDERLY NUTRITION PROGRAM

Parkway Senior Center, Hillsdale Community Center, Thomas Sullivan Community Center, Tricksey Senior Center | Free| Ages 60+ M-F | 9/3-12/20 | 9am-2pm

Come have a nutritious meal combined with social activities and fellowship. Must register for a center meal.

#### CONNIE HUDSON SENIOR CENTER

3201 Hillcrest Rd, Mobile, AL 36695 251-602-4963

# S.A.I.L. (STAY ACTIVE AND INDEPENDENT LIVING)

#### Free | Ages 55+ T/Th | 9/3-12/19| 10-11am

S.A.I.L. is an evidence-based fall prevention program centered on strength, balance, and fitness program for Seniors. Join us every Tuesday and Thursday!
Instructor: LaTerria Johnson

This icon indicates a class or activity led by an official MPRD Programmatic Partner.



#### **ARTS & CRAFTS**

#### Free | Ages 55+ W | 9/4-12/18 | 9:30-11am

Creative activities, such as arts and crafts, can help boost mental health by stimulating different parts of the brain. Trying new activities as an older adult can also provide a sense of accomplishment and improve selfesteem. Join us every Wednesday to enjoy arts and crafts activities while socializing and enhancing your overall way of life!

#### **HANDMADE CRAFTS**

#### Free | Ages 55+ M | 9/9-12/16 | 10am-12pm

Calling all knitters! Join us as we learn the basics of crocheting, loom knitting, beading, embroidery and more! Instructor: Harriet Nihart

#### **OPEN WATERCOLOR**

#### Free | Ages 55+ T | 9/3-12/17 | 9-11am

Paint with fellow watercolorists! Participants must bring their own art supplies for this self-led activity.

#### **BEGINNER OIL PAINTING**

#### Free | Ages 55+ Th | 9/12-10/31 | 1-3pm

Registration is required for all oil painting classes, and participants must bring their own supplies. Instructor: Carmel Alvis

#### INTERMEDIATE OIL PAINTING

#### Free | Ages 55+ M/T | 9/3-12/17 | 9-11am

This class is for those who have taken Beginner Oil Painting and/or those with oil painting experience ready to take their skills and knowledge of water-soluble oils to the next level. Instructor: Carmel Alvis

#### **ADVANCED OIL PAINTING**

#### Free | Ages 55+ Th | 9/5-12/19 | 9-11am

Gustav Klimt? Leonardo DaVinci? These oil painters have nothing on you! At least that's what your peers will say after the completion of this advanced class for experienced artists! Beginner Oil Painting and Intermediate Oil Painting are prerequisites for this class. Instructor: Carmel Alvis

#### **MIXED MEDIA**

#### Free | Ages 55+ W | 9/4-12/18 | 9-11am

Learn new techniques for working with various mediums to create unique works of art.
Instructor: Carmel Alvis

#### **PAINT PARTY**

#### Free | Ages 55+ Th | 11/14 & 12/5 | 1-3pm

This is an informal art class that allows guidance in creating a masterpiece. No experience needed! Instructor: Carmel Alvis

#### **OPEN ART LAB**

Free | Ages 55+ M-W | 9/3-12/18 | 1-3pm F | 9/6-12/20 | 9am-2pm

Bring in their own art supplies and create selfled expressions while encouraging other fellow artists!

# ITALIAN FOR BEGINNERS

#### Free | Ages 55+ W | 9/4-12/18| 3-4pm

Come learn the basics of the beautiful Italian language. Class begins with common phrases and then progresses to more advanced concepts. Instructor: Filippo Milone

#### **CONVERSATIONAL SPANISH**

#### Free | Ages 55+ W | 9/4-12/18 | 3-4pm

Join Fulgencio every Monday afternoon as he leads participants in basic greetings and conversational phrases to brush up on their Spanish-speaking skills.

Instructor: Fulgencio Hernandez

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#### ZUMBA\* Free | Ages 55+ T/Th| 9/3-12/19 | 4-5pm

A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Instructor: Lillie Crowley



Zumba Gold\* is a version of Zumba designed for older adults or those with mobility issues. The class is slower-paced and focuses on balance, coordination, and flexibility. It's a great way for seniors to stay active and healthy while having fun. Instructor: Joby Robertson

#### **LINE DANCE**

#### Free | Ages 55+ W | 9/4-12/18 | 2-3:30pm

Wednesday afternoons are for line dancing! Put on your dancing shoes and join your fellow movers and shakers at Connie Hudson Senior Center! Instructor: Louise Holman

# CIRCUIT TRAINING Free | Ages 55+ M | 9/9-12/16 | 10-10:30am

This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits.
Instructor: Joby Robertson

#### INTERVAL TRAINING

#### Free | Ages 55+ T | 9/3-12/17 | 12:30-1pm

Interval training is simply alternating short 30-second bursts of intense activity with longer intervals of less intense activity. Join Carl every Tuesday for this effective 30-minute workout. Instructor: Carl Lewis

#### SENIOR HIIT Free | Ages 55+ W | 9/4-12/18 | 9-9:30am

Join Joby for a unique blend of cardio and strength-based exercises. Instructor: Joby Roberston

# WEIGHTS & RESISTANCE TRAINING

#### Free | Ages 55+ T | 9/3-12/17 | 9-9:45am

Resistance training increases muscle strength by making your muscles work against a weight or force. Meet us every Tuesday morning for this beneficial workout. Instructor: June Jones

#### SILVERSNEAKERS® YOGA

Free | Ages 55+ M | 9/9-12/16 | 9-9:45am

Move through seated and standing yoga poses to increase flexibility, balance, and range of motion. Instructor: Joby Robertson

# SILVERSNEAKERS® BOOM MIND

#### Free | Ages 55+ Th | 9/5-12/19 | 9-9:45am

SilverSneakers BOOM MIND class is an intermediate to advanced level workout that combines the best of yoga and Pilates exercises. It is designed to help you improve your core strength and balance, increase your flexibility, and promote overall physical and mental well-being. Instructor: June Jones

# SILVERSNEAKERS® CHAIR YOGA

#### Free | Ages 55+ Th | 9/5-12/19 | 8-8:45am

By engaging in this carefully designed seated yoga and chair yoga routine, participants can work towards maintaining a healthy and active lifestyle, while reducing stress and promoting a sense of inner peace. Instructor: June Jones

#### STRETCH AND FLEX I NEW!

#### Free | Ages 55+ F | 9/6-12/20 | 10-11am

This class stretches and strengthens the specific muscles that are commonly associated with strain, sprains, and ergonomic injuries. Instructor: Karen Conner

#### **BIBLE STUDY**

#### Free | Ages 55+ M | 9/2-12/16 | 12:30-1pm

Studying the Bible with others is a powerful way to deepen our understanding of the scriptures. Meet up with fellow believers for devotion and fellowship. Instructor: Troy Clements.

#### THE WRITERS' GROUP

#### Free | Ages 55+ T | 9/3-12/17 | 2-3pm

The Writers' Group meets weekly to socialize and improve their writing.

#### **WIDOW SUPPORT GROUP**

#### Free | Ages 55+ 1st Th | 9/5-12/19 | 11am-1pm

This group allows those who have lost a loved one to share their thoughts, struggles and triumphs.



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#### **BINGO**

#### Free | Ages 55+ T/Th | 9/3-12/19 | 2:30-3:30pm

America's favorite game of chance! Join fellow players for a good time that is both fun and engaging, and is also designed to improve categorization, description, and word-finding skills! A win-win, even if you lose!

#### **OPEN CHESS**

#### Free | Ages 55+ T/Th | 9/3-12/19 | 8am-2pm

Feel free to bring your own chess board or join a fellow lover of the game at one our available chess boards. A great way to challenge your mind while socializing with like-minded individuals.

#### **OPEN DOMINOES**

#### Free | Ages 55+ W | 9/4-12/18 | 11:15am-1pm

Who will be the first to call out "Domino!"? Join us in our open game room every Wednesday morning as we meet for this classic game of "playing bones"!

#### **OPEN BRIDGE**

#### Free | Ages 55+ F | 9/6-12/20 | 11am-1pm

This classic card game is perfect for players of all Ages, and it's a great way to test your skills and strategy. Plus, it's a great way to stay sharp and keep your mind active. Whether you're a beginner or a seasoned pro, Bridge is a great game to play. Join us!

#### **TRIVIA DAY**

#### Free | Ages 55+ F | 9/6-12/20 | 1-3pm

Come and test your knowledge across a wide range of topics!

#### **BILLIARD TOURNAMENT**

#### Free | Ages 55+ 1st Th | 9/5-12/5 | 9am-12pm

Come be a part of our monthly Billiard Tournament! Will you be the Billiard Champ?

#### TRAILBLAZER TOURS

#### Free | Ages 55+ 3rd F | 9/20-12/20 | 8:30am-1pm

We will meet every 3rd Friday of the month to visit some of Mobile's finest locations for entertainment, education and food!



#### TRICKSEY SENIOR CENTER

3055 Bank Ave. Mobile, AL 36617 251-456-6690

#### **ARTS & CRAFTS**

#### Free | Ages 55+ Th | 9/6-12/15 | 11am-12pm

Creative activities, such as arts and crafts, can help boost mental health by stimulating different parts of the brain. Join us every Thursday to enjoy arts and crafts activities while socializing and enhancing your overall way of life!

Instructors: Nakeshia Holmes & Cassandra Pettway

#### **TRICKSEY CUSTOMS & DESIGNS**

#### Free | Ages 55+ M-F | 9/3-12/20 | 11am-12pm

Join Tricksey Seniors as we create Glass Centerpieces, Shirts, Wreaths, and More for the Holiday Season!

Instructors: Cassandra Pettway & Nakeshia Holmes

#### **CHAIR EXERCISE**

#### Free | Ages 55+ M-F | 9/3-12/20 | 9:15-10:30am

Chair exercises are an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercises also improve senior mobility by increasing blood flow and lubricating your joints. Instructor: Cassandra Pettway

#### **WALK WITH EASE**

#### Free | Ages 55+ T/Th | 9/4-12/19 | 9:45-11am

Learn about the Walk with Ease Program that is proven to reduce the pain of arthritis and improve your overall health. Experience Walk with Ease, improve your health and learn what's in the tool. Instructor: Cassandra Pettway

#### **BIBLE STUDY**

#### Free | Ages 55+ M/T | 9/3-12/17 | 10-11am

Studying the Bible with others is a powerful way to deepen our understanding of the scriptures. Meet up with fellow believers for devotion and fellowship.

Instructor: Reverend Anthony Shute

#### **BINGO**

#### Free | Ages 55+ F | 9/6-12/20 | 10-11am

America's favorite game of chance! Join fellow players for a good time that is both fun and engaging, and is also designed to improve categorization, description, and word-finding skills! A win-win, even if you lose!

#### COOK-OFF

#### Free | Ages 55+ M | 9/9-12/15 | 1-2pm

Do you enjoy cooking? Looking for new recipes? Come out to Tricksey Senior Center; you'll love what we'll be cooking up for you! Both Senior participants and local chefs will share their recipes during this class!

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IRSDAY, AUGUST 22



#### **GOSPEL CONCERT**

#### Free | Ages 55+ F | 9/13 | 12-2pm

Come worship and praise the Lord with us! Let everything that has breath praise the Lord! Live music & light refreshments will be served.

#### **BREAKFAST WITH SANTA**

#### Free | Ages 55+ W | 12/18 | 10am-1:30pm

Come and enjoy a hot breakfast! Dress in your best Christmas attire and take photos with Santa. You don't want to miss this!

#### **PARKWAY SENIOR CENTER**

1600 Boykin Blvd, Mobile, AL 36605 251-471-2503

#### **SURPRISE ACTIVITIES & CRAFTS**

#### Free | Ages 55+ Th | 9/5-12/19 | 10:30-11:30am

What do we have planned today? Dancing? Painting? Board games? There is only one way to find out! Join us Thursday morning for surprise activities to brighten your day! Led by Parkway Staff.



A total workout, combining all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Instructor: Vennette Williams

#### **CHAIR EXERCISE**

#### Free | Ages 55+ M - Th | 9/3-12/20 | 10-10:30am

Chair exercises are an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercises also improve senior mobility by increasing blood flow and lubricating your joints. Instructor: Ashlyn Black

#### **BIBLE STUDY**

#### Free | Ages 55+ T | 9/3-12/17 | 10-11am

Studying the Bible with others is a powerful way to deepen our understanding of the scriptures. Meet up with fellow believers for devotion and fellowship. Led by Parkway Seniors.



#### **BINGO**

#### Free | Ages 55+ M/F | 9/3-12/20 | 10:30-11:30am

America's favorite game of chance! Join fellow players for a good time that is both fun and engaging, and is also designed to improve categorization, description, and word-finding skills! A win-win, even if you lose!

#### **CREATIVE WRITING**

#### Free | Ages 55+ W | 9/5-12/18 | 10-11am

This is a weekly creative writing session where you will explore the expressive world of literature through creativity, imagination and storytelling. Instructor: Judy Gammage

#### **TRIVIA**

#### Free | Ages 55+ F | 9/6-12/20 | 10-11am

Test your knowledge across a wide range of topics in fun trivia games!

#### **GARDENING CLUB**

#### Free | Ages 55+ W | 9/5-12/18 | 10-11am

Join a community where members come together to share knowledge, tips and resources related to gardening.



Free WiFi available at all Community Centers!

# CAREGIVER SUPPORT GROUP I NEW!

#### Free | Ages 55+ 3rd T| 9/17, 10/15, 11/19, 12/17 1-3pm

Are you presently a caregiver? Have you ever been a caregiver? Do you know someone who is a caregiver? To reach out to caregivers who face the challenges and rewards of caregiving in a supportive and compassionate environment under the South Alabama Regional Planning Commission (SARPC) Area Agency on Aging which administers the Alabama Cares Program (support for caregivers) and Cindy Dahmer of Gentiva Hospice. Monthly meetings every third Tuesday 1pm lunch is provided. Led by Vince Duff, 251-479-8096

# GRANDPARENTS DAY CELEBRATION

#### Free | Ages 55+ M | 9/9 | 1-3pm

Honoring and celebrating our Seniors for their roles as grandparents. This event will include music, crafts and storytelling that brings joy and nostalgia to the Seniors.

#### **TEAM SPIRIT DAY**

#### Free | Ages 55+ Th | 9/19 | All Day

Show your team or school pride and represent your favorite high school, college, NBA/NFL team with a jersey or clothing article.

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#### HALLOWEEN COSTUME PARTY

#### Free | Ages 55+ Th | 10/31 | 10am-1 pm

Sugar, Spice and everything nice is what our Halloween costume party is made of! Join us in your Halloween costume for a fun filled party, best costume wins a prize!

#### **TEAM SPIRIT DAY**

#### Free | Ages 55+ F | 11/22 | All Day

Show your team spirit on Team Spirit Day by representing either the Crimson Tide with Alabama colors and gear, or the Tigers with Auburn colors and gear. Let your loyalty shine through and celebrate your favorite team with pride!

#### THANKSGIVING POTLUCK

#### Free | Ages 55+ W | 11/27 | 10am-1pm

Join us for a Thanksgiving potluck! Bring your favorite dish to contribute to the feast and enjoy a wonderful time of food and fellowship with friends and family.

#### **UGLY CHRISTMAS SWEATER PARTY**

#### Free | Ages 55+ F| 12/13 | 10am -1pm

Bring your favorite Christmas cookies and beverages along with a gift to play dirty. Ugliest sweater wins a prize!

#### HILLSDALE **COMMUNITY CENTER**

558 Felhorn Rd E, Mobile, AL 36608 251-344-0341

#### S.A.I.L. (STAY ACTIVE AND **INDEPENDENT LIVING)**

#### Free | Ages 55+ T/Th | 9/3-12/19| 10-11am

S.A.I.L. is an evidence-based fall prevention program centered on strength, balance, and fitness program for Seniors. Join us every Tuesday and Thursday! Instructor: LaTerria Johnson

**ARTS & CRAFTS** 

#### Free | Ages 55+ T|9/3-12/17|10-11am

Creative activities, such as arts and crafts. can help boost mental health by stimulating different parts of the brain. Trying new activities as an older adult can also provide a sense of accomplishment and improve self-esteem. Join us every Tuesday to enjoy arts and crafts activities while socializing and enhancing your overall way of life! Instructor: Nakeshia Holmes

#### **SENIOR FIT CREW**

#### Free | Ages 55+ M/W | 9/4-12/18 | 10-11am

Want to get Fit? Join our Crewe! Walk (indoors/outdoors), Dance Aerobics, Chair exercises, Weight Room, and More! We'll be your accountability partner and assist you in achieving your fitness goals! Instructor: Evelyn McGhee & Mary Lee

#### **BIBLE STUDY**

#### Free | Ages 55+ Th | 9/5-12/20 | 10-11am

Studying the Bible with others is a powerful way to deepen our understanding of the scriptures. Meet up with fellow believers for devotion and fellowship. Led by Hillsdale Seniors

#### **SENIOR OUTINGS**

#### Free | Ages 55+ M-F | 9/3-12/20 | 9am-2pm

Are you tired of sitting at home? Hang out with us as we visit museums, expos, and seminars, and find the best restaurants, shops, and more! Days and times vary. Instructor: Evelyn McGhee

#### **BREAST CANCER AWARENESS FASHION SHOW**

#### Free | Ages 55+ W | 10/23 | 10:30am-1 pm

Join us as we promote Breast Cancer Awareness! Dress up, dress down, dress PINK! Come out and enjoy the Seniors as they fashion themselves Pink Apparel! Music and refreshments while they last.

#### THOMAS SULLIVAN **COMMUNITY CENTER**

351 N Catherine St, Mobile, AL 36603 251-438-7282

#### S.A.I.L. (STAY ACTIVE AND INDEPENDENT LIVING)

#### Free | Ages 55+ T/Th | 9/3-12/19| 10-11am

S.A.I.L. is an evidence-based fall prevention program centered on strength, balance, and fitness program for Seniors. Join us every Tuesday and Thursday! Instructor: LaTerria Johnson

#### **EXERCISING WITH FIGARE**

#### Free | Ages 55+ M | 9/9-12/16 | 10-11am

Get fit and have fun while doing so! Join us daily for chair exercise, walking and more! Instructor: Gwendolyn Figare



#### **BIBLE STUDY**

#### Free | Ages 55+ W | 9/4-12/18 | 10-11am

Studying the Bible with others is a powerful way to deepen our understanding of the scriptures. Meet up with fellow believers for devotion and fellowship. Led by Pastor McCampbell.

#### **COFFEE & SCRIPTURE**

#### Free | Ages 55+ M-F | 9/3-12/20 | 9:30-10am

Chit Chat and discuss the "Scripture of the Day "every morning before diving into current events! We'll keep the coffee brewing for you!

#### **NEED TO KNOW**

#### Free | Ages 55+ F | 9/6-12/20 | 9:30-10:30am

Come out and learn more about nutrition and share recipes. Instructor: Felicia Greenhouse

# SOCK AND SWEATER HOLIDAY DRIVE

#### Free | Ages 55+ M-F | 9/30-12/2 | 8am-7pm

Partner with us this Holiday Season to give to those in need! We are collecting new and fairly new sweaters! We'll begin accepting donations on Sept. 30 - Dec.2. Please Help Us Give Warmth to Those in Need! Every donation is appreciated!

#### **PINKNIC**

#### Free | Ages 55+ F | 10/25 | 10am-12:30pm

In honor of Breast Cancer Awareness Month, Thomas Sullivan is hosting an all-pink picnic! Join us for bingo and other fun activities.

#### **OPEN ACTIVITIES AND GAMES**

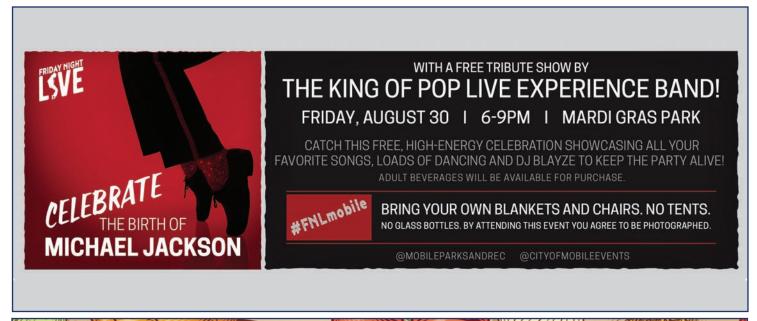
In addition to the variety of planned activities we have for our Seniors, each we also keep our social and game rooms open throughout the day. Please note the specific times below.

Hillsdale | Free | Ages 55+ M | 9/9-12/16 | 12-8pm

Parkway | FREE| Ages 55+ M-F | 9/3-12/20 | 7:30am - 5:30pm

Tricksey | FREE| Ages 55+ M-F | 9/3-12/20 | 9am - 2pm

Connie Hudson | FREE | Ages 55+ M-F | 9/2-12/20 | 7:30am - 5:30pm





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#### The City of Mobile Parks and Recreation Department

is looking for volunteers to help with a variety of opportunities. From park cleanup and senior assistance to sports coaches or collecting tickets at large events, there's something for everyone!

# **VOLUNTEER OPPORTUNITIES**

- Events Volunteer
- Recreation Centers
- Tennis Volunteers
- Senior Centers
- Therapeutics
- Youth Coaching/Tutoring

# WHERE TO START?

- Determine your level of involvement. Do you want to volunteer for a few hours or do you wish to be involved in a program over an extended period? Mobile Parks and Recreation has several volunteer opportunities such as: one-time only, ongoing roles and special event opportunities.
- 2. Once our **Volunteer Coordinator** receives your application, you will be contacted for an interview.
- 3. Training will be provided on-site.

# **REQUIREMENTS**

- Must be at least 16 years of age
- Provide your own transportation
- Friendly personality
- Flexible availability
- Background check is required for everyone (except one time only Large Event volunteers).





Scan the QR code to visit our website and learn more!



#### **KIDS DAY**

# Laun Park | Free | Teens Th | 8/1 | 7-10pm

Get ready to light up the night at our Teen Glow Foam Party! With epic tunes pumping and foam-tastic fun everywhere, it's the ultimate party you won't want to miss!

#### **LODA ARTWALK**

#### Downtown | Free | All Ages F | 8/9, 9/13, 10/11, 11/8, 12/13 6-9pm

Experience a delightful and leisurely evening at LODA ArtWalk, a cherished event that is designed to create a positive impact on the community by fostering connections among individuals from diverse cultures and backgrounds through the captivating world of art. This event serves as a platform for downtown art galleries, institutions, studios, and shops to proudly showcase their creative talents and extend a warm welcome to all attendees. As you take a stroll throughout the event, you will have the opportunity to immerse yourself in local music performances, admire the diverse works of local and regional artists, enjoy the vibrant atmosphere of the Performance Zone, entertain your children in the Kids Zone, explore various vendors, and savor an array of delectable food options.

#### LODA ARTWALK 2024 CELEBRATES

8/9 | 90's Nostalgia & Barbie 9/13 | Cinema 10/11 | Halloween 11/18 | Martial Arts / Power Rangers 12/13 | Christmas

Follow us on social media for more details. Please contact any participating art gallery to find out how to display your artwork. @ LODAartwalk #LODAartwalk

#### **ARTWALK ZONES**

Be sure to visit these zones during ArtWalk night.

#### **KIDS ZONE**

Features a creative monthly themed art activity. You may see games and activities, inflatables, photo ops, arts and crafts, costumed characters, face painting, caricature artists, and so much more. It is located on N Claiborne between Dauphin and St. Francis.

#### **PERFORMANCE ZONE**

This zone is located on Dauphin and Hamilton and will feature various performing arts groups. Performances are at 6, 7, and 8 pm. If you are interested in being part of the Performance Zone. Visit https://mobilearts.org/art-walk/ for more information.

#### **NON-PROFIT ZONE**

Are you a non-profit looking set up at LODA ArtWalk? This is just for you! This zone is located on S. Claiborne between Conti and Dauphin. Apply for a spot at the next LODA ArtWalk by visiting MPRD.recdesk.com and searching for 'Artwalk'. Follow us on social media for more details. Please contact any participating art gallery to find out how to display your artwork. @LODAartwalk #LODAartwalk

#### **ROLL MOBILE**

#### Bienville Square | Free | All Ages F | 8/9, 9/13, 10/11, 12/13 | 6-9pm

Join us at Bienville every second Friday night from May to October for our skating party we call Roll Mobile. The entrance is located at the corner of Conception and Dauphin Streets. DJ Geaux keeps the music pumping, so let's roll into the fun together! May, July, October, and December will have free skate rentals for the first 50 people. including roller skates, socks, and safety gear. \*Roller skates or roller blades only. No Skateboards, bicycles, scooters, or hoverboards

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### **FRIDAY NIGHT LIVE**

# Mardi Gras Park | Free | All Ages F | 8/30 | 6-9pm

Get ready to celebrate the legendary Michael Jackson with a spectacular FREE tribute show by The King of Pop Live Experience Band! This high-energy performance is an absolute must-see, along with a live DJ, incredible singing, non-stop dancing, adult beverages, and so much more. Bring your snacks, blankets, or chairs, and join us for an unforgettable night of fun and music.

### **BEER FEST**

### Downtown Mobile | \$35 | 21+ S | 10/5 | 6-9pm

Come and join the celebration at the 26th annual Dauphin Street Beer Fest! You'll have the chance to discover a wide array of unique beers for sampling at this year's festival. Don't miss out on this fantastic opportunity to explore and enjoy an amazing selection of beers. Tickets to Beer Fest are only \$35 per person and will sell fast! Secure your spot by purchasing tickets online from each venue at www.beerfestmobile.com. Remember, you must be 21 or older to purchase a ticket and attend this exciting event.

### **MARKET IN THE PARK**

# Cathedral Square | Free | All Ages S | 10/12, 11/16 | 7:30am-12pm

The City of Mobile presents the Market in the Park at Cathedral Square. The Market features local artisans, farmers, and so much more! Shop Local and eat fresh every Saturday morning from October 12 through November 16. Shop local for fresh fruits, vegetables, seafood, baked goods, jams/jellies, original art, and decor.

#### **ENTERTAINMENT CALENDAR**

October 12 | Quintin Berry October 19 | Lee Yankie October 26 | Jesse Perry November 2 | Quintin Berry November 9 | Lee Yankie November 16 | Jesse Perry

Are you a Market Vendor looking for booth opportunities at this event? Find out more information by contacting MPRDEvents@cityofmobile.org.

### WHISPERS OF MAGNOLIA

### Magnolia Cemetery | \$10 | All Ages S, Su | 11/19, 11/20 | 11am

Uncover the secrets of the past on a guided tour of Magnolia Cemetery. Talented local actors bring history to life, sharing the fascinating stories of those who rest here as you enjoy a charming wagon ride through this historic site. Accommodations are available for those with mobility concerns to ensure everyone can partake in this memorable experience. Tickets are just \$10. Secure yours today at www.MobileParksAndRec.org.

### **MOB-TOBER FEST**

### TBD | Free | All Ages S | 10/26 | 1-5pm

Get ready for an exhilarating and action-packed afternoon of family-friendly fun suitable for all ages! You can look forward to an array of thrilling events, including inflatable attractions, engaging games and activities, a delightful trail of delectable treats, fantastic photo opportunities, and captivating face painting. This event promises a frighteningly fantastic time that will be enjoyed by everyone! #MOBtoberFest

### **LIGHTING OF THE TREE**

# Mardi Gras Park | Free | All Ages F | 11/15 | 5:30-9pm

Celebrate the start of the holiday season with an unforgettable event! Immerse yourself in the joyous atmosphere with live performances, a talented DJ, delightful face painting, and a variety of offerings from local vendors and non-profit organizations. Indulge in delicious treats from food trucks and take part in a host of activities, including Christmas crafts, inflatable fun, and engaging games. Make sure to capture magical moments at our photo ops and be there for the grand tree lighting, where Santa Claus will make a special appearance!

### IRON BOWL WATCH PARTY

### TBD | Free | All Ages S | 11/30 | 2 Hours Before Kick Off

Experience the thrill of the Iron Bowl on a massive 23'x13' HD LED screen! Join us for an electrifying event with a live DJ, overflowing team spirit, and an array of exciting activities for the whole family. Whether you're shouting "Roll Tide" or "War Eagle," this is the ultimate game day celebration you won't want to miss!

### SMALL BUSINESS SATURDAY: OUTDOOR HOLIDAY MARKET

### Downtown Mobile | Free | All Ages S | 11/30 | 12-4pm

Join us for Small Business Saturday at our Outdoor Holiday Market and support our fantastic local vendors! Enjoy festive shopping and the chance to explore your favorite downtown spots for delicious food and drinks. Want to become a vendor? Sign up now at www.MPRD.recdesk.com. The registration fee is just \$50. Don't miss this festive community celebration!

### **MOONPIE OVER MOBILE**

# Downtown Mobile | Free | All Ages T | 12/31 | 6pm-12:30am

Join us for the highly anticipated return of MoonPie Over Mobile! We can't wait to welcome in the New Year with all of you. Downtown Mobile will be buzzing with excitement as thousands of people come together to mark the end of 2024 and the beginning of 2025. Experience the thrill of watching the iconic MoonPie drop, revel in live entertainment, and embrace the unique New Year's celebration that Mobile has to offer! @ MoonPieOverMobile



CITY EVENTS ACTIVITY GUIDE | 37



1000 Gaillard Drive, Mobile, AL 251-208-5150

Hours of operation: M-Su 7am-5pm Driving range hours: 7am-4pm

www.azaleacitygolfcourse.com

**GCSSA Superintendent:** Brian Aaron aaron@cityofmobile.org

**PGA Professional:** Colin McKern colin.mckern@cityofmobile.org

Azalea City Golf Course offers golf lessons for all golfers. We have lessons offered for various skill levels from novice to advanced. Contact our office for more information. Golf instruction is available from our PGA and LPGA teaching professionals. Group and individual instruction programs are available year-round. Call-in reservations for tee times are encouraged. Weekday tee times are available up to seven days in advance. Weekend tee times may be reserved from 8am on Wednesday before the weekend. Our 6,850-yard course is a par 72 with Champion Bermuda greens and Bermuda 419 tees and fairways. Golf cart rentals are available.

### **GREEN FEES**

\$29 before noon | \$19 after noon

Junior Rates (18 years & younger) \$15 before noon | \$10 after noon

### **ANNUAL MEMBERSHIPS**

Limited membership: M-F Individual: \$850/year | \$250/quarter Per dependent: \$300/year | \$100/quarter

Unlimited membership: M-Su Individual: \$1400/year | \$375/quarter Per dependent: \$300/year | \$100/quarter

LET US HOST YOUR NEXT GOLF TOURNAMENT! CALL 251-208-5150 FOR MORE INFO.

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Michael Brisbane
PGA Director of Instruction Michael Brisbane
offers both individual and group lessons,

focusing on whatever you need to improve.

Go to www.michaelbrisbanegolf.com to see times, and prices, and to make a reservation.

michael@michaelbrisbanegolf.com

### **TOURNAMENTS**

### **JGA JUNIOR TOUR**

Azalea City Golf Course | \$150
Ages 6-18
S-Su | 9/14-9/15
Sign up https://www.juniorgolfalabama.org

### **LITE SCRATCH TOUR**

Azalea City Golf Course | \$100 Men 18+ S-Su | 9/21-9/22 Sign up https://litescratchtour.com

### **JUNIOR METRO**

Azalea City Golf Course | \$100 Ages 13-17 S-Su | 10/19-10/20 Sign up https://jimmygreentour.com

#### **PROGRAMS**

### **JUNIOR CLINICS**

Azalea City Golf Course \$30 fee \$25/session | Ages 6-14 W | 9/4-10/23 | Ages 6-9: 4-5pm Ages 10-14: 5-6pm Sign up squirleyshirleygolf@gmail.com

### **LADIES CLINICS**

Azalea City Golf Course \$50/session | Ages 18+ W | 10/2-10/23, 10/30 | 5-6pm Sign up colin.mckern@cityofmobile.org



### Shirley Walker-Yeager LPGA Professional Shirley Walker-Yeager offers both individual and group lessons, focusing on whatever you need to improve.

Go to www.squirleyshirleygolf.com to see times, and prices, and to make a reservation.

shirley@squirleyshirleygolf.com



**Colin McKern** 

PGA Head Professional Colin McKern offers both individual and group lessons, focusing on whatever you need to improve.

Go to www.lessoncalendar.com/mckerngolf/ to see times, and prices, and to make a reservation.

colin.mckern@cityofmobile.org



AZALEA CITY GOLF COURSE ACTIVITY GUIDE | 39

# TENNIS CENTERS

### **MOBILE TENNIS CENTER**

851 Gaillard Drive, Mobile, Al 36608 251-208-5181

Hours: M-Th 8am-9pm, F-S 8am-5pm

Su 9am-5pm

General Manager: Scott Novak www.mobiletenniscenter.net/clinics

Certified Teaching Pros are available at Mobile Tennis Center. Please contact our front desk at 251-208-5181 for more information or visit us online.

Jake Eaker 228-218-5774 Athina Amanor 251-509-9965 Dustin Scott 251-583-6267 Hans Laub 251-605-3528

Stop by the Mobile Tennis Center Pro Shop! Hours: M-Th | 8:30am-6:30pm F | 8:30am-1:30pm

# MEDAL OF HONOR TENNIS CENTER

Cottage Hill Tennis Center 1711 Hillcrest Rd., Mobile, Al 36695 251-666-9539

Individual or group tennis lessons for all ages are offered at Cottage Hill Tennis Center. Contact teaching pros for available time and rates.

Elaine Campbell 251-604-4941 Hours: M-Th 8-11am, 5-9pm Fees: \$4 Day, \$5 Night

### LYONS PARK TENNIS CENTER

180 Lyons Park Avenue | 251-694-1830

Fax: 251-690-7730 Hours: M-Th | 3-9pm

F|Closed S|8am-1pm

Fees: \$4 day, \$5 night

Individual or group tennis lessons for all ages are offered at Lyons Park Tennis Center. Contact teaching pros for available time and rates

time and rates.

**James Richardson** 251-391-6685 **Lance Deleston** 251-648-2925



Hans Laub 251-605-3528



**Whitsett Herring** 251-554-3464



**Pierre Hall** 251-321-7666



Matthew Brooks 251-289-8752



Peyton Hickman 251-377-4181



**Johnathon Ames** 251-463-9170

### SCHEDULE A LESSON WITH ONE OF OUR CERTIFIED TEACHING PROS!



**Sebastien Torres** 787-949-2896



**Elaine Campbell** 251-604-4941



**Tahire El-Zare** 251-243-2335



**Raul Malaver** 228-547-9623





# National Public Parks Tennis Championships



SEPTEMBER 20 - 22, 2024

# MOBILE TENNIS CENTER

851 GAILLARD DR, MOBILE, AL 36608

















# **PICKLEBALL**

### **PICKLEBALL COURTS**

### **SEALS PARK**

James M. Seals, Jr. Park 540 Texas Street | Sunrise - 10pm

Located next to I-10 near the Virginia Street exit, this park is south of downtown and includes four courts that are freshly renovated and in pristine condition.

### STOTTS PARK

Sam Stotts Park 2150 Demetropolis | Sunrise - 10pm

These three courts in a small park in the Cottage Hill area get heavy use from our pickleball players. They will soon be renovated to create better playing surfaces.

### **LAVRETTA PARK**

200 Parkway W. | Sunrise - 7pm

These six new pickleball courts are nearing completion in this Springhill park.

### HILLSDALE PARK

558 Felhorn Rd. E. | Sunrise - 10pm

This project is nearing completion. When finished there will be four new pickleball courts in this West Mobile neighborhood.

### **CRAWFORD MURPHY PARK**

351 S. Ann St. | Sunrise - 10pm

This Midtown park is located next to Magnolia Cemetery. When completed, some of the tennis courts will be resurfaced into new pickleball courts.

### **ACTIVITIES**

### **PICKLEBALL FOR SENIORS**

Parkway | Free | Ages 55+ M-F | 9/3-12/20 | 7:30am-5:30pm Connie Hudson | Free | Ages 55+ F | 9/5-12/20 | 3:30-5pm

Pickleball is a paddleball sport that combines elements of badminton, table tennis, and tennis! Grab your paddles and make your way to one of our open Pickleball courts!

### PICKLEBALL FOR BEGINNERS & SKILLED PLAYERS

Rickarby | Free | Ages 6+ T/W | 9/3-12/18 11am-12:30pm & 4:30-5:30pm

Come out and enjoy the game of pickleball at Rickarby Park. Instructor: Jackie McMillian

### **OPEN PICKLEBALL**

Springhill | Free | Ages 13+ Th | 9/5-12/19 | 5:30-7:30pm

Join us for this fun game that is enjoyable to players of all ages! Easier than tennis and with lower impact on your joints, pickleball is a growing craze here in Mobile. Develop reaction time and strategy in this weekly open session. Paddles and balls are provided. Wear tennis shoes and bring your own water.



# PICKLEBAI COURT GUIDELINES



- The pickleball courts must be shared with all participants equally. Play must be limited to one hour if others are waiting.
- All players are responsible for clean-up after play.
- NO shoes that may mark or mar the court surface are prohibited.
   Tennis shoes ONLY.
- NO bicycles, skateboards, skates, scooters, or other wheeled devices are allowed on the pickleball courts, except for those devices used to assist persons with disabilities.
- NO pets are permitted on the pickleball court.
- NO glass is allowed on the courts.
- NO jumping over, pulling or sitting on the net.
- NO climbing on the pickleball court fence.

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# Have your next event at one of the City of Mobile's parks or facilities!

- **Pavilions** are featured in many of our parks throughout the City of Mobile. They include a roof, a picnic table(s), and are available on a free, first-come, first-served basis. Reservations are available for the pavilions located at Tricentennial, Langan, Medal of Honor, and Doyle Parks.
- Large pavilions and amphitheaters are perfect for outdoor events of up to 100 people, and include locations at the Medal of Honor Bicentennial Pavilion, the Langan Performing Arts Pavilion and the Mike Dow Amphitheater at Trinity Gardens Park.
- Indoor rental spaces include gymnasiums, kitchens, and multi-purpose rooms. Free Wi-Fi is available at all of our community centers.
- **Athletic fields** may be reserved by visiting mprd.recdesk.com, calling 251-208-1620 or sending an email to mprdpermits@cityofmobile.org.

# 251-208-1620 | mprdpermits@cityofmobile.org



# PROGRAMMATIC PARTNERSHIPS

One of the main goals of our MPRD Programmatic Partnerships is to create and support high-quality recreational and educational activities and programs to Mobilians of all ages in a clean, safe, and welcoming environment. To do that, we invite applicants to propose self-funded programming such as classes, performances, or sports activities where they have proven expertise. Successful applicants will receive free training, space, and promotion to our 30,000+ followers on social media.

We protect the safety and security of our community by doing our due diligence. This includes background checks and a rigorous application process. All applicants must attend a mandatory technical assistance workshop before applying. They then deliver a presentation before a panel whose members vote to accept or deny each application.

For questions, please call: Jack Green (251-327-8725) or Cheryl Sigler (251-208-1660)

### **FALL 2024 TIMELINE**

**DATE ACTION ITEM** 

7/19/2024 Partnership Application Released

8/6/2024 Mandatory Technical Assistance Workshop #1: Tuesday, 10am-11am via Zoom meeting

8/7/2024 Mandatory Technical Assistance Workshop #2: Wednesday, 2:30pm-3:30pm.

All in person meetings at MPRD headquarters: 48 N. Sage Ave. Mobile, AL

**8/8/2024 Mandatory Technical Assistance Workshop #3:** Thursday, 5:30pm-6:30pm.

An in-person meeting at MPRD headquarters, 48 N. Sage Ave.

**8/16/2024** Partnership Application Submission Deadline (pages 6, 7, 8)

**8/30/2024** Applications reviewed by external review committee

9/12/2024 Partner presentations to review panel

9/20/2024 Applicant notified of preliminary recommendations

1/06/2025 Winter/Spring 2025 program and classes begin

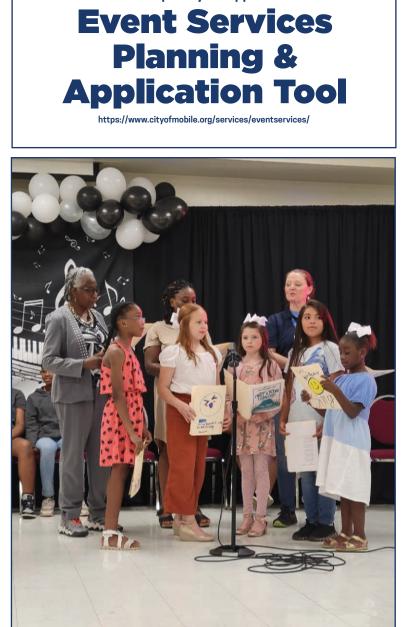
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Are you interested in hosting an event in the City of Mobile?



Scan the QR code with your mobile device to visit our website and complete your application with the



Winter-Spring Showcase





The MPRD Community Mass Choir is a group of singers from all over the City of Mobile. We would love for you to join us as we grow together as a community and family. The mission of the choir is to empower, strengthen, and encourage everyone through music.



MAY 7 & 21, JUNE 4 & 18, JULY 2 & 16, AUG. 6 & 20, SEPT. 3 & 17, OCT. 1 & 15, NOV. 5 & 12, DEC. 3 & 10

FROM 6-7:30PM

JAMES SEALS COMMUNITY CENTER 540 TEXAS ST. MOBILE, AL 36603



ALL AGES WELCOME!
NO AUDITIONS REQUIRED.

SIGN UP TODAY! CONTACT MUSIC DIRECTOR: JAMES GULLEY (251) 208-1675 | JAMES.GULLEY@CITYOFMOBILE.ORG

# LICENSES & PERMITS

Thank you for your interest in doing business in our historic port city. A valid City of Mobile business license is required for any company or person engaged in business within the corporate limits as well as the police jurisdiction. As a vendor participating in this Event, you are required to acquire a Business License. This is an annual license which expires on December 31 for the calendar year in which it is issued.

#### THE INITIAL PEDDLERS LICENSE INCLUDES:

### THE INITIAL FOOD TRUCK LICENSE INCLUDES:

Total	\$130.00			
Issue Fee	\$ 10.00	T	otal	\$130.00
Tax Deposit	\$70.00	ls	ssue Fee	<u>\$ 10.00</u>
License	\$ 50.00	L	icense	\$120.00

A 1/2 year license (starting July 1st) is \$25 license, \$70 deposit and \$10 issue fee. A 1/2 year license (starting July 1st) is \$60 license fee and \$10 issue fee.

### YOU CAN APPLY FOR YOUR BUSINESS LICENSE IN-PERSON AT:

City of Mobile, Revenue Department 205 Government Street, 2nd Floor, S. Tower Mobile, Alabama 36652 251-208-7462, Option 1

### **OR ONLINE:**

https://www.cityofmobile.org/government/revenue/business-license-application/

### TO OBTAIN A BUSINESS LICENSE YOU WILL NEED TO PROVIDE THE REQUIRED DOCUMENTATION:

#### FOR A SOLE PROPRIETOR:

- Copy of your government issued photo ID or valid driver's license.
- Signed Citizenship form located at: https://www.cityofmobile.org/government/revenue/revenue-forms-and-applications/

### FOR A LLC, CORPORATION OR NON-PROFIT:

- Copy of the owner's/officer's current government issued photo ID or valid driver's license.
- Copy of your article of formation stamped/recorded by probate court including certificate.

### FOOD TRUCK VENDORS ARE REQUIRED TO HAVE:

- Board of Health Clearance
- Fire Inspection Report
- MPRD Park Permit [if operating within a city park]

### YOU CAN APPLY FOR YOUR MPRD PARK PERMIT:

- In Person: 48 N Sage Ave, Mobile, AL 36607
- Or online at MPRD.RecDesk.com



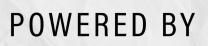




GROWING FUTURE INNOVATORS, CREATORS, AND MAKERS FOR THE 21ST CENTURY

# -STEM MOBILE-

SCIENCE • TECHNOLOGY • ENGINEERING • MATH









# STURDAYS A DIFFERENT THEME EACH MONTH!

AUG. 17 | LUNGS & THE RESPIRATORY SYSTEM
SEPT. 21 | CARS: FORCE & MOTION
OCT. 18 | HEARTS & THE CIRCULATORY SYSTEM
NOV. 16 | CHEMISTRY



SCAN THE QR CODE TO REGISTER FOR FREE!



# WHISPERS OF MAGNOLIA MAGNOLIA CEMETERY

1202 VIRGINIA STREET, MOBILE

### **OCTOBER 19 & 20**

SEVEN TOURS SATURDAY | SIX TOURS SUNDAY



Travel through history as the stories of the past come to life! Hear the Whispers of Magnolia as you ride on a guided wagon tour through the cemetery.

### **TICKETS ARE \$10 PER PERSON**

and can be purchased at MobileParksAndRec.org

We strive to ensure accessibility for all attendees, and accommodations can be arranged upon request. Please call us at 251.208.1550 to discuss your needs.

Visit us online for more information: MobileParksAndRec.org

By attending this event you agree to be photographed





(f) © @CityofMobileEvents

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5	<b>AMENITIES</b>	WALKING TRAILS	PLAYGROUND	RESTROOM	OUTDOOR BASKETBALL	PAVILION	SWIMMING POOL	SPLASH PAD	世の	PICKLEBALL COURT	ATL	KAYAK LAUNCH	DOG PARK	DISC GOLF	
No.		>	PL	≅	BA		S	S		룹	BO,				Ž,
	ARLINGTON PARK														
500	BAUMHAUER-RANDLE PARK														L
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- TOP	DOG RIVER PARK														
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	FIGURES PARK					•									7
400	FRY PARK														
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	HARMUN-THUMAS PARK HELEN WOOD PARK														1
-	HENRY AARON PARK														
	HEROES PARK														
CL.	HILLSDALE PARK														100
155	JOE A BAILEY PARK														2
B34	JOHN KIDD PARK														金銭
9.0	LAUN PARK														
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	LYONS PARK														
49	MAITRE PARK														
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	MILL STREET PARK														
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200	NEWHOUSE PARK														
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_	PUBLIC SAFETY MEMORIAL PARK					•									5
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	SCHWARZ PARK														N
- 6	SEALS PARK														
- 1	SKYLAND PARK														
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- 15	STOTTS PARK														
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