Welcome to another great year of Parks and Recreation programming! The momentum continues and I am excited about the work we have done in one year and what we will provide. We have accomplished so much in the past year including refreshing the look of the brochure, implementing the programmatic partnership that brought on 14 new programs, introducing the Movies in the Park Series, and our first Halloween Extravaganza.

The Executive Team will continue to visit and host community meetings to get your feedback and ideas about parks and recreation services. We have key positions coming in 2020 to enhance programming, extend community center hours, and increase park services. Look for more family and community events like the Movie and Music in the Park and the Musical Shrek performance.

Thank you to everyone who has been participating with MPRD over the years and welcome to the many new individuals and families that are becoming more aware of the sites and services that we offer. I request that you say something if you see something in our parks. Your calls and feedback makes us aware of what is happening in the parks so we can be responsive at (251) 208-1600. We are here to ensure your experience in our spaces is of the highest quality.

Yours in Service,

Shonnda Smith
Senior Director of Parks and Recreation
MOBILE PARKS AND RECREATION DEPARTMENT DIRECTORY

ATHLETIC PROGRAMS
SUPERVISOR: Greg Davis
mprdathletics@cityofmobile.org
PHONE: 251-208-1630

COMMUNITY CENTERS & PROGRAMS
SUPERVISOR: LaNisha Rembert Penn
lanisha.penn@cityofmobile.org
PHONE: 251-208-1652

GOLF SUPERINTENDENT
Brian Aaron
aaron@cityofmobile.org
251-208-5150

PROGRAMMING
SUPERVISOR: Mellanie Johnson
johnsonm@cityofmobile.org
PHONE: 251-208-1610

SENIOR CENTERS & PROGRAMS
SUPERVISOR: Ashley-Nicole Flowers
ashley.flowers@cityofmobile.org
PHONE: 251-208-6169

TENNIS SUPERINTENDENT
Scott Novak
scott.novak@cityofmobile.org
251-208-5181

THERAPEUTIC & INCLUSIVE PROGRAMS
SUPERVISOR: Ella-Austin-Mooney
ella.mooney@cityofmobile.org
PHONE: 251-208-1651

MRPD Facilities will be closed the following dates:
DR. MARTIN LUTHER KING, JR. BIRTHDAY — Monday, January 20
MARDI GRAS — Monday, February 24 & Tuesday, February 25
MEMORIAL DAY — Monday, May 25

REGISTER AT MPRD.RECDESK.COM
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RENTALS AND PERMITS

Facilities are available to be rented for Special Events. We currently have eight community centers and five neighborhood centers that are perfect for hosting your next birthday party, family reunion, or wedding reception. Our friendly staff can help you find a gymnasium, meeting room, or kitchen that will suit your needs. Call 208-1650 for pricing, rules, and availability.

Free Wi-Fi available at all Community Centers
Parks & Recreation

- COMMUNITY CENTER & NEIGHBORHOOD CENTERS
- GOLF COURSE
- PARK
- SENIOR CENTER
- TENNIS CENTER

See legend on pages 4-5

Data Source: City of Mobile GIS
JOIN THE CHALLENGE!

WALK, RUN, HIKE, BIKE, SWIM, PADDLE, RIDE OR ROLL 100 MILES THROUGH OUR BEAUTIFUL STATE.

Be Active:
Being active is good for your body and mind. Regardless of your age or current activity level, you can kick-start a healthier lifestyle through the 100 Alabama Miles Challenge.

There are over 25 Walking Trails in Parks and Greenways throughout the City of Mobile.

For more information and to join, visit 100alabamamiles.org

<table>
<thead>
<tr>
<th>PARKS &amp; FACILITIES</th>
<th>ADDRESSES</th>
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<tr>
<td>32 Aaron Park</td>
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<td>PARKS &amp; FACILITIES</td>
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<td>46 Maitre, Martha Park</td>
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<td>38 Johnson, PFC Howard II Park</td>
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<td>42 Laun Park</td>
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<td>48 Malibar Heights Park</td>
<td>Raines Dr.</td>
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<td>58 Mims, Lambert C Park</td>
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<td>74 Schwarz Park</td>
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<td>75 Skyland Park</td>
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<td>35&amp;36 Hillsdale Park &amp; Center</td>
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<td>44/2 Lavretta Park &amp; Art Center</td>
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<td>57 Miller Park</td>
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<td>59&amp;60 Mitternight Park</td>
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<tr>
<td>8 Boykin Park</td>
<td>5850 Carol Plantation Road</td>
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</tr>
</tbody>
</table>
ATHLETIC PROGRAMS

YOUTH & ADULT LEAGUE SPORTS

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

YOUTH SPORTS
CONTACT: MONTEIL FLUKER
PHONE: (251) 208-1649
EMAIL: mprdathletics@cityofmobile.org

YOUTH SPORTS
BASEBALL
Registration: March 10 & 12, 2020
Season: April 4th – May 30th, 2020
Registration Fees: $200 Per Team
Ages: 4-15 years

CRAWFORD PARK
Address: 351 S. Ann Street
Contact: Charlie Jones
E-Mail: jonesch@dot.state.al.us
Phone: 251-786-0208

DUVAL PARK
Address: 1909 Duval Street
Contact: Willie Cannon & Lew Isaac
E-Mail: williecannon451@yahoo.com
Phone: 251-689-0919 or 379-6181

HARMON-THOMAS COMMUNITY CENTER
Address: 1611 Belfast St.
Contact: Willie Cannon
E-Mail: williecannon451@yahoo.com
Phone: 251-379-6181

HENRY AARON PARK
Address: 2010 Andrews St.
Contact: Carlos Terry
E-Mail: CBterry251@gmail.com
Phone: 251-378-8625

HILLSDALE COMMUNITY CENTER
Address: 556 East Felhorn Rd.
Contact: Albert Lowery
E-Mail: viglo@comcast.net
Phone: 251-377-0557

JAMES SEALS PARK
Address: 540 Texas St.
Contact: Theron Watson
E-Mail: Theron.watson@gmail.com
Phone: 251-458-0273

KIDD PARK
Address: 800 East St.

Contact: Reginald Parker
E-mail: reginaldparker42@gmail.com
Phone: 251-366-6185

MICHAEL FIGURES COMMUNITY CENTER
Address: 658 Donald St.
Contact: Ezell Smith
E-mail: Ezellsmit85@yahoo.com
Phone: 251-753-7488

SPRINGHILL RECREATION CENTER
Address: 1151 Springhill Ave.
Contact: Willie McCall
E-Mail: markjrmj3@gmail.com
Phone: 251-767-5582

THOMAS SULLIVAN COMMUNITY CENTER
Address: 351 N. Catherine St.
Contact: Alice Thompson
E-Mail: amtrome@comcast.net
Phone: 251-605-9514

TRINITY GARDENS PARK
Address: 3100 Bank Ave.
Contact: Michael Garbutt
E-mail: Michaelgarbutt89@gmail.com
Phone: 251-452-9856

GIRLS SOFTBALL
Registration: March 10 & 12, 2020
Season: April 4th – May 30th, 2020
Registration Fees: $200 Per Team
Ages: 4-15 years

CRAWFORD PARK
Address: 351 S. Ann Street
Contact: Charlie Jones
E-Mail: jonesch@dot.state.al.us
Phone: 251-786-0208

DUVAL PARK
Address: 1909 Duval Street
Contact: Willie Cannon & Lew Isaac
E-Mail: williecannon451@yahoo.com
Phone: 251-689-0919 or 379-6181

HARMON-THOMAS COMMUNITY CENTER
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E-Mail: viglo@comcast.net
Phone: 251-377-0557

JAMES SEALS PARK
Address: 540 Texas St.
Contact: Theron Watson
E-Mail: Theron.watson@gmail.com
Phone: 251-458-0273

KIDD PARK
Address: 800 East St.
ATHLETIC PROGRAMS
YOUTH & ADULT LEAGUE SPORTS

HILLSDALE COMMUNITY CENTER
Address: 556 East Felhorn Rd.
Contact: Albert Lowery
E-mail: viglo@comcast.net
Phone: 251-377-0557

JAMES SEALS PARK
Address: 540 Texas St.
Contact: Theron Watson
E-mail: Theron.watson@gmail.com
Phone: 251-458-0273

KIDD PARK
Address: 800 East St.
Contact: Reginald Parker
E-mail: reginaldparker42@gmail.com
Phone: 251-366-6182

MICHAEL FIGURES COMMUNITY CENTER
Address: 658 Donald St.
Contact: Ezell Smith
E-mail: Ezellsmith85@yahoo.com
Phone: 251-753-7488

SPRINGHILL RECREATION CENTER
Address: 1151 Springhill Ave.
Contact: Willie McCall
E-Mail: markjrmj3@gmail.com
Phone: 251-767-5582

THOMAS SULLIVAN COMMUNITY CENTER
Address: 351 N. Catherine St.
Contact: Alice Thompson
E-Mail: amtrome@comcast.net
Phone: 251-605-9514

TRINITY GARDENS PARK
Address: 3100 Bank Ave.
Contact: Michael Garbutt
E-mail: Michaelgarbutt89@gmail.com
Phone: 251-452-9856

SPRING SOCCER
CONTACT: Zenzo Ndlovu (Coach Z)
PHONE: (251) 208-1665
EMAIL: coachz@cityofmobile.org
Registration: February 24 - 28
Season: March 21 June 6, 2020
Registration Fees: U6 – U8 - $100 per Team AND U10 – U12 - $200 per Team
Ages: 4-11 years
LOCATION: SAGE PARK
Address: 48 N. Sage Avenue

TRACK & FIELD
CONTACT: Coach Jan Hickman
Email: coachjhickman@yahoo.com
Phone: 251-208-1630
Registration: February 3rd - February 28th, 2020
Season: March 2nd – May 16th, 2020
Registration Fees: $35 Per Individual
Ages: 4-14 years
LOCATION: MURPHY HIGH SCHOOL
Address: 100 S. Carlen St

ADULT SPORTS
CONTACT: JOHN COBB
PHONE: (251) 208-1634
EMAIL: mprdathletics@cityofmobile.org

CO-ED VOLLEYBALL (16+)
CONTACT: Greg Davis
Email: mprdathletics@cityofmobile.org
Phone: 251-208-1630
Registration: February 4th – March 17th, 2020
Season: March 24th – May 19th, 2020
Registration fees:
$200 per Team or $25 Free Agent
LOCATION: HILLSDALE COMMUNITY CENTER
Address: 556 East Felhorn Rd

FLAG FOOTBALL (16+)
CONTACT: John Cobb
Email: mprdathletics@cityofmobile.org
Phone: 251-208-1634
Registration: February 4th – March 17th, 2020
Season: March 31st – May 19th, 2020
Registration fees: $300 Per Team or $25 Free Agent
LOCATION: MEDAL OF HONOR
Address: 1711 Hillcrest Rd

REGISTER AT MPRD.RECDESK.COM
ART INSTRUCTIONAL CENTER

ADDRESS: 200 W. Parkway Street at Old Shell Road
(In Lavretta Park).
PHONE: 460-2421
HOURS: Mon. - Fri.: 9 am-6 pm
ACTIVITIES SPECIALIST: Ginger Woechan
(ginger.woechan@cityofmobile.org)
ACTIVITIES SPECIALIST: Marnee Wiley

BEGINNING OIL: PALETTE KNIFE MAGNOLIA (16+)
In this class you will learn how to paint one of the most famous southern flowers using paint brush and palette knife! Don’t worry about drawing skills in the class! All supplies will be taken care of for you with a supply fee of $12 paid to the instructor at first class.
Instructor: Ginger Woechan
3/3 & 3/10 Tues.: 6:15-9:15 pm $16
5/6 & 5/13 Wed.: 1 pm-3 pm $16

OPEN STUDIO
This is a time to come paint among others and be inspired. You must bring your own materials to the class, have an idea and have an understanding of your medium. So dust off those old paints and come join us for art chat and light critiques.

PALETTE KNIFE: ABSTRACT COLOR BLOCKING
In this class you will create an abstract painting by using acrylic paint and color blocking. Be prepared to get loose and have fun! This is a non drawing class! All supplies provided for you with a $10 supply fee at first class.
Instructor: Ginger Woechan
5/12 & 5/19 Tues. 1pm-3 pm $12

POLYMER CLAY MIXED MEDIA: BIRDS (16+) NEW
Oh, what fun you will have in the expressive class! Mixed media is such a fun way to create and will be incorporating polymer clay in the mix! Check out our examples at the art center. All materials will be provided for you with a $12 supply fee paid to the instructor at the first class.
Instructor: Ginger Woechan
3/2-3/16 Mon. 10 am-12 pm $24
TEXTURED ROBINS EGG NEST (16+)  NEW
In this class you will learn how to paint a robins egg nest using texture and create your own nest! This is a easy and fun class! Come Join! All supplies included for $10 supply fee paid to the instructor at first class.
Instructor: Ginger Woechan
2/4-2/11  Tues.: 6:15 pm-8:15 pm  $16
2/3-2/10  Mon.: 10 am-12pm  $16
5/5 & 5/12  Tues.: 10 am-12pm  $16

TEXTURED WHIMSICAL TREE (16+)  NEW
Have you ever seen those cute and curly trees? Ever wanted to paint one? Here is your chance to paint a tectured one! This class will be so much fun! All materials will be provided with a supply fee of $10 to teacher at first class.
Instructor: Ginger Woechan
4/21 & 4/28  Tues.: 6:15 pm-8:15pm  $16
5/4 & 5/11  Mon.: 10 am-12pm  $16

ART FOR KIDS 9-11
Let your child explore art in a different way than a school type setting. In this class your child will be allowed to be freer. We will learn a different mediums each session and delve into your childs inner artist. All supplies with be provided for you with a $10 supply fee.
Instructor: Ginger Woechan
2/6-2/20  Thurs.: 3:30 pm-4:30 pm  $24
3/5-3/19  Thurs.: 3:30 pm-4:30 pm  $24
4/23 -5/7  Thurs.: 3:30 pm-4:30 pm  $24

ART WHAT YOU WANT! (12-16)
In this fun class your child will be given options so that they can “art what they want,” which is a great way to let their inner artist explore art in a non-school environment. We will focus a lot on painting in these classes. All supplies will be provided for you student with a $10 supply fee due at first class.
Instructor: Ginger Woechan
2/5-2/19  Wed.: 4 pm--5 pm  $12
3/4-3/18  Wed.: 4 pm--5 pm  $12
4/22- 5/6  Wed.:  4 pm--5 pm         $12

BEGINNING ACRYLIC: (16+)
Have you ever wondered where to start with acrylic painting? This class is for you! You will learn the basics to this fantastic medium. This class is a fun way to get started! Join today! Supply fee of $3 to instructor at first class.
Instructor: Marnee Wiley
2/4-2/18  Tues.: 10 am-12 pm  $24
2/7-2/21  Fri.: 10 am-12 pm  $24
3/3-2/17  Wed.: 10 am-12 pm  $24

BEGINNING ACRYLIC: LANDSCAPES (16+)
Have you ever wanted to paint a landscape but you just don’t know where to start? This class is for you! Learn how to get started and create your very own landscape using acrylic paint!
you will treasure! A supply list will be given at first class. Supply fee $3 to instructor at first class.
Instructor: Marnee Wiley
2/6-2/20 Thurs.: 10 am-12 pm $24

MIXED MEDIA COLLAGE  (16+)
This is a fun and easy way to figure with what to do with those old pictures you’ve been holding on to! Or a great way to use that fabric piece you can't get rid of! Take your old stuff and collage it! This class is fun and upbeat...and guess what?! No drawing skills required! $5 supply fee upon first class.
Instructor: Marnee Wiley
4/8-4/22 Wed.: 1 pm-3 pm $24

PAINT LIKE MONET!  (16+)
In this acrylic class you will paint your very own Monet! The instructor will take you step by step through creating your very own masterpiece! Take home your very own Monet! Supply fee of $3 due to instructor at first class.
Instructor: Marnee Wiley
5/6-5/20 Wed.: 1 pm-3 pm $24

TIME FOR ART (KINDERGARTEN-8)
This art class is a fun upbeat art class for the littles! Your child will learn an array of art in a fun environment. Help your child find their inner artist and sign them up today! Supply fee $3
Instructor: Marnee Wiley
1/13, 1/27 & 2/3 Mon.: 3:30 pm-4:30 pm $12

BEGINNING WATERCOLOR
Don’t be intimidated by watercolor! A different set of rules and the correct tools and you are going to be ready to start. This class will focus on the basics of watercolor: Papers and watercolors, mixing colors, values, light source, and techniques. Give it a chance! $10 supply fee
Instructor: Clara Brunk
3/17-3/4 Tues.: 1 pm-3 pm $32

BEGINNING ZENTANGLE®
Have you dreamed of creating art with no mistakes? Zentangle® could be the beginning of a life-long relaxing, creative and satisfying practice. This meditative art form is done on a 3.5” square paper tile with a micron pen, a pencil and a blending stump. What makes it easy. You replicate repetitive patterns broken down into simple steps. You will feel success after the first class! We will learn three new tangles at the beginning of each session, and you will have the opportunity to put them together to create a beautiful and unique tile. $10 supply fee
Instructor: Clara Brunk
1/7-1/14 Tues.: 1 pm-3 pm $32
3/2-3/9 Mon.: 6:15 pm-8:15 pm $32

NEW AND REQUESTED ZENTANGLES®
There are always challenging tangles and ones that we have never tried before. Students should have completed Beginning Zentangle® prior to taking this class. This class will focus on those. If you have requests let me know what they are. (At least two weeks before the class, please!) We will have some creative way of showcasing our efforts. Students will provide their own tools and tiles. No supply fee
Instructor: Clara Brunk
2/4-2/11 Tues.: 1 pm-3 pm $32

PET PORTRAIT USING WATERCOLOR
To take this class you should have experience with watercolors and your own supplies. We all adore our pets and want to immortalize them! You CAN do it! You MUST bring several photos of your pet. It will be best if your pet’s mouth is closed. Ask yourself if you want just a head, the bust, or the whole animal. Please bring the following with you: Watercolor paper, photos of your close-mouthed pet, pencil, eraser, watercolors, and brushes. No supply fee
Instructor: Clara Brunk
4/7-4/21 Tues.: 1 pm-3 pm $32
4/6-4/20 Mon.: 6:15 pm-8:15 pm $32

SUMINAGASHI INK AND ZENTANGLE®
Suminagashi is an ancient Japanese process of marbling paper. The first day of class will be a new experience for most of us. Using a special ink and water we will delve into creating beautiful designs on paper. We will then use that paper to tangle on the next week. $10 supply fee
Instructor: Clara Brunk
5/12-5/19 Tues.: 1-3 pm $32
ZENTANGLE® AURAKNOT AND COLOR
Using the pattern Auraknot we will create a dramatic tile that really shines. Students should have completed Beginning Zentangle® prior to taking this class. $10 supply fee
Instructor: Clara Brunk
4/28-5/5 Tues.: 1 pm-3 pm $32

ZENTANGLE® ON GRAY TILES
Excitement has been building over these beautiful new tiles. In this class we will explore techniques that work well on gray. Students should have completed Beginning Zentangle® prior to taking this class. There will be a winter spin on our project. Of course, there will be some tangles introduced. $10 supply fee
Instructor: Clara Brunk
1/28 Tues.: 1-3 pm $16

DRAWING FACES (AGES 10-17)
Faces can be challenging and fun! In this class you must only draw half of your face, and in black and white. The other half will be a black and white photo taken on the first day. We will learn to look at our own faces and see the details and values. Then, one step at a time, we will explore drawing the parts of a face. $5 Supply Fee
Instructor: Clara Brunk
1/13-27 & 2/3-10 Mon.: 3:30 -5 pm $20

Classes taught by the instructor Clara Brunk, may be registered for online. These classes can NOT be paid for online. The class cost and fees should be paid to the instructor, in cash, at the beginning of the class. You may also call the center at 251-460-2421, call/text the instructor at 251-454-2278, or email her at clarabrunk3900@gmail.com to reserve a place in the class.

COTTAGE HILL GYMNASTICS CENTER
ADDRESS: Medal of Honor Park
1711 Hillcrest Rd. (Between Grelot Rd. & Cottage Hill Rd.)
Mobile, AL 36695
PHONE: 251-367-6182 OR 251-533-8645
Tonya Carroll (tonya.carrol@cityofmobile.org)
ADDRESS: Cottage Hill Gymnastics Center

NO CLASSES
MLK - Jan.20
Mardi Gras Break - Feb. 24-29
Spring Break- Mar. 30-Apr.4

PRESCHOOL MOVEMENT EDUCATION
(AGES 3, 4, & 5)
Children MUST be potty trained to attend class. Introduction to gymnastics apparatus. Body awareness, balance and self-confidence are developed through introduction to the world of exercise and fun.
1/6-2/17 Mon.& Wed.: 2 pm-2:45 pm $60
1/7-2/13 Tues.& Thurs.: 9:30 am-10:15 am $60
1/11-2/15 Sat.: 9-10 am $45
3/2-3/25 Mon. & Wed.: 2 pm-2:45 pm $50
3/3-3/26 Tues. & Thurs.: 9:30 am-10:15 am $50
3/7-3/28 Sat.: 9 am-10 am $35
4/6-5/13 Mon. & Wed.: 2 pm-2:45 pm $60
4/7-5/14 Tues. & Thurs.: 9:30 am-10:15 am $60
4/11 -5/16 Sat: 9 am-10 am $45

KINDER-GYM (AGES 18 MO – 3 YEARS)
A class for toddlers that will teach basic gymnastics, body awareness, balance and self-confidence in a relaxed gymnastics environment! Adult must participate with the child.
Instructor: Tiara Patrick
YOUTH CLASSES

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

YOUTH GYMNASTICS (5-8 YEARS)
MUST BE 5 BY FIRST CLASS
1/7-2/13 Tues. & Thurs.: 4 pm-5 pm $70
1/11-2/15 Sat.: 10-11 am $45
3/3-3/26 Tues. & Thurs.: 4 pm-5 pm $60
3/7-3/28 Sat.: 10 am-11 am $35
4/7-5/14 Tues. & Thurs.: 4 pm-5 pm $70
4/11-5/16 Sat.: 10 am-11 am $45

YOUTH GYMNASTICS (9-12 YEARS)
1/11- 2/15 Sat.: 11 am-12 noon $45
3/7-3/28 Sat.: 11 am-12 noon $35
4/11-5/16 Sat.: 11 am-12 noon $45

BEGINNING TUMBLING (5-10 YEARS)
This class is designed to introduce younger students to the various components of tumbling. Primarily: cartwheels, round-offs, back walkovers, and back handsprings.
1/7-5/13 Tues. & Thurs.: 5 pm-6 pm $70
3/3-26 Tues. & Thurs.: 5 pm-6 pm $60
4/7-5/16 Tues. & Thurs.: 5 pm-6 pm $70

CHEER TUMBLING (AGES 10 AND UP)
(Emphasis on tumbling aspect of cheerleading) A must for students preparing for middle school or high school cheerleading.
1/6-2/17 Mon. & Wed.: 6 pm-7 pm $70
3/2-3/25 Mon. & Wed.: 6 pm-7 pm $60
4/6-5/13 Mon. & Wed.: 6 pm-7 pm $70

BEGINNING TRAMPOLINE & TUMBLING (AGES 5 & UP)
This class teaches basic trampoline and tumbling skills and is an excellent safety course for those families with backyard trampolines:
1/6-2/17 Mon. & Wed.: 4 pm-5 pm $70
2/2-2/25 Mon. & Wed.: 4 pm-5 pm $60
4/6- 5/13 Mon. & Wed.: 4 pm-5 pm $70
CHAIR AEROBICS
Chair aerobics is safe, effective, low impact workout, good for all fitness levels.
Instructor: Gerry Lowe, certified Silver & Fit Instructor
1/14-3/10 Tues.: 9 am
3/17-5/12 Tues.: 9 am
1/16-3/12 Thurs.: 9 am
3/19-5/14 Thurs.: 9 am

BODY SCULPTING
Body Sculpting is a strength-training workout that combines flexibility and cardiovascular conditioning. Body Sculpting is highly recommended to those wanting a weight loss program. Classes are geared to accommodate all fitness levels.
Instructor: Gerry Lowe, certified Silver & Fit Instructor
1/13-3/9 Mon.: 11:15 am
3/16-5/11 Mon.: 11:15 am
1/15-3/11 Wed.: 11:15 am
3/18-5/13 Wed: 11:15 am

WOOD CARVING
Self-led workshop. Plenty of people willing to help first time people. Come try out this hobby.
First Monday of month: 3 pm-6 pm

ART LAB
Self-led. Participants bring their own supplies. Oil, watercolor & acrylic everyone helps each other.
Wed. 10 am-12:30 pm

BUNCO
This game of chance has no strategy and uses three dice. Pot Luck at 5:30 p.m.
3rd Thurs. of month: 5:30 pm

SQUARE DANCING
Come learn to dance. Everyone is welcome.
1st & 3rd Wed. of month

ADDRESS: 1301 Azalea Rd., Mobile AL
PHONE: 251-666-3922
THERAPEUTIC & INCLUSIVE PROGRAMS SUPERVISOR:
Ella Austin-Mooney
(ella.mooney@cityofmobile.org)
ADDRESS: 1301 Azalea Rd.
Mobile, AL 36693
PHONE: 251-208-1668

THERAPEUTIC RECREATION SPECIALIST:
Heidi Hanchey (Heidi.hanchey@cityofmobile.org)
PHONE: 251-666-3922

THERAPEUTIC RECREATION SPECIALIST:
Annette Beard (annette.beard@cityofmobile.org)
PHONE: 251-208-1669

THERAPEUTIC RECREATION SPECIALIST:
LaDarrel Bell (ladarrel.bell@cityofmobile.org)
PHONE: 251-666-6053

OFFICE ASSISTANT: Denise Ellison
PHONE: 251-208-1651

FITNESS

BASIC YOGA
This class will teach strength, balance and relaxation exercises along with proper alignment and breathing. Class helps relieve stress and build strength and equilibrium. Bring sticky mat and regular towel. Fee paid to instructor on first day of class.
Instructor: Irene Callaway
1/14-2/4 Tues.: 11 am-12 noon $20
2/18-3/10 Tues.: 11am-12 noon $20
3/24-4/14 Tues.: 11am-12 noon $20
4/28-5/19 Tues.: 11am-12 noon $20
1/14-2/4 Tues.: 5:30 pm-6:30 pm $20
2/18-3/10 Tues.: 5:30 pm-6:30 pm $20
3/24-4/14 Tues.: 5:30 pm-6:30 pm $20
4/28-5/19 Tues.: 5:30 pm-6:30 pm $20
1/16-2/6 Thurs.: 5:30 pm-6:30 pm $20
2/20-3/12 Thurs.: 5:30 pm-6:30 pm $20
3/26-4/16 Thurs.: 5:30 pm-6:30 pm $20
4/30-5/21 Thurs.: 5:30 pm-6:30 pm $20

BOOM MIND YOGA
Boom Mind is a fusion of Yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and athletic performance in a class that’s good for your body and your mind.
Instructor: June Jones, certified Silver & Fit Instructor,
1/16-2/6 Thurs.: 8:30 am - 9:45 am
2/20-3/12 Thurs.: 8:30 am - 9:45 am
3/26-4/16 Thurs.: 8:30 am - 9:45 am
4/30-5/21 Thurs.: 8:30 am - 9:45 am

ARTS AND CRAFTS/DROP IN CLASSES
JOSEPH C. DOTCH COMMUNITY CENTER

ADDRESS: 3100 Bank Ave.
Mobile, AL 36617
PHONE: 251-452-9856
HOURS: Mon.-Fri.: 11 am-8 pm
Sat.: 10 am-2 pm

Michael Garbutt

AFTER SCHOOL NUTRITION PROGRAM (AGES 0-18)
Sponsored by Feeding the Gulf Coast
1/13-5/15 Mon.-Fri.: 3:45 pm-4:45 pm

AFTER SCHOOL ENRICHMENT
Instructor: Staff
1/13-5/15 Mon.-Thurs.: 4 pm-5:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3  12 noon-5 pm

MEXICAN TRAIN
This game is played with number dominoes that you match up to like numbers. Super easy.
Tue. & Thurs.: 10 am

WALKING CLUB
Walk with Heidi in the gym.
Mon.-Thurs.: 8:30 am

BIBLE STUDY
“Slaying the Giants in Your Life” You can win the battle and live victoriously. A study by Dr. David Jeremiah
Led by Mrs. Ruthie Johnson
Mon.: 11:30 am

THERAPEUTIC YOUTH MARCHING BAND
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. Marching band performance season runs through February 2020. Call 208-1651 or 666-6053. Ages 5-18.
3/2-6/1 Mon.: 5:30 pm-7:30 pm
3/4-6/3 Wed.: 5:30 pm-7:30 pm

THERAPEUTIC YOUTH MARCHING BAND
NEW MEMBER REGISTRATION
Ages 5-18
Mon.: 5:30 pm-7:30 pm
Wed.: 5:30 pm-7:30 pm

GUITAR (12 & UP)
Rhythm and theory, finger exercises, scales and chords are just a few accompaniments and a lot of fun songs you will learn from one of Mobile’s Living Legends. Call 251-726-4373 for more information or to register.
Instructor: Theodore Arthur Jr.
1/15-2/05 Wed.: 6 pm-7 pm $45
2/12-3/04 Wed.: 6 pm-7 pm $45
3/11-4/01 Wed.: 6 pm-7 pm $45

BIBLE STUDY
Study and learn the Bible with us.
Instructor: Elder Julia Tubbs
1/17-5/15 Fri.: 10 am-12 noon

CODING 101
Make your own games, apps or computer drawing using the coding skills taught in this class.
Instructor: Stephanie Hunn
1/14-5/12 Tues.: 4 pm-5:30 pm

REGISTER AT MPRD.RECDESK.COM
PIANO (AGE 7 - ADULT)
Rhythm and theory, finger exercises, scales and chords are just a few accompaniments and a lot of fun you will learn from one of Mobile’s Living Legends. Call 251-725-4373 for more information or to register.

Instructor: Theodore Arthur Jr.
1/15-2/05 Wed.: 5 pm-6 pm (4 wks.) $45
2/12-3/04 Wed.: 5 pm-6 pm (4 wks.) $45
3/11-4/01 Wed.: 5 pm-6 pm (4 wks.) $45

SEWING FOR SENIORS & BEGINNERS
A great way to learn sewing. Kids will stitch, design and learn crafts for a lifetime.
Instructor: Sandra Wiley
1/13-5/15 Tues. & Wed.: 12:30 pm-1:30 pm for seniors
1/13-5/15 Tues. & Wed.: 3:30 pm-4:45 pm for beginners

SPADES ANYONE
Enjoy spades, bid whist, even old maids.
1/13-5/14 Mon.-Thurs.: 5:45-7:45 pm
1/17-5/15 Fri.: 5:45 pm-6:45 pm

SWING OUT DANCE
Learn swing dancing from one of the best in the land.
Instructor: Robert Coleman
1/14-5/12 Tues.: 3:30 pm-7:45 pm

ZUMBA FOR WOMEN (AGES 18-UP)
Get the workout you been missing, low and high intensity moves. You will get muscle conditioning, flexibility and that boost of energy in every class.
Instructor: Deanne Franklin
1/14-5/21 Tues. & Thurs.: 4 pm-5 pm

THERAPEUTIC RECREATION SPECIALIST:
LaDarrel Bell (ladarrel.bell@cityofmobile.org)
Phone: 251-208-1651

THERAPEUTIC LINE DANCING (ALL AGES)
All Inclusive. Learn line dances, including the Wobble, Boot Scootin’ Boogie, Electric Slide, Cupid Shuffle, and much more.
Instructor: Staff
1/6-5/11 Mon.: 10:30 a.m.-12:30 p.m.

THERAPEUTIC BASKETBALL SKILLS & DRILLS (AGES 19 & UP)
All Inclusive. Develop and improve your fundamental basketball skills by learning essential drills. Engage in teamwork during scrimmage to become a more effective offensive and defensive player.
Instructor: Staff
1/14 – 5/12 Tues.: 10:30 a.m.-12:30 p.m.

THERAPEUTIC BASKETBALL SKILLS & DRILLS (ADVANCE) (AGES 19 & UP)
All Inclusive. Develop and improve your fundamental basketball skills by learning essential drills. Engage in teamwork during scrimmage to become a more effective offensive and defensive player.
Instructor: Staff
1/14 – 5/12 Tues.: 3:30 p.m.-5:30 p.m.

WONDEROUS WEDNESDAY (THERAPEUTIC)
All Inclusive. Enjoy various activities including arts and crafts, sports, games, movies, and music. Seating is limited.
REGISTER AT MPRD.RECDESK.COM
Instructor: Staff
1/15-5/13 Wed.: 10:30 a.m.-12:30 p.m.

THERAPEUTIC PICKLEBALL (AGES 19 & UP)
All Inclusive. Look, up in the sky. It’s a bird…it’s a plane…it’s a PICKLEBALL! Enjoy a unique sport that combines the elements of tennis, badminton, and table tennis into one super fun activity. Join or create a superhero team of 4 members to compete for the "Pickle ball Superhero League" trophy. REGISTER AT MPRD.RECDESK.COM
Instructor: Staff
1/16-5/14 Thurs.: 10:30 a.m. – 12:30 p.m.
MICHAEL A. FIGURES COMMUNITY CENTER

ADDRESS: 658 Donald Street #C,
Mobile, AL 36617
PHONE: 251-452-4052
HOURS: Mon.-Fri.: 11 am-8 pm
Yolanda Johnson
(Yolanda.johnson@cityofmobile.org)

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 – 18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3:30 pm-4:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

LINE DANCE WITH LALA
Line dancing/swing out is just another way you can stay healthy. It’s a unique form of exercising.
1/14-5/12 Tues.: 5:30 pm-7 pm

WOODWINDS
This class will offer instruction in brass or woodwind instruments for the aspiring musician. Lessons will be provided on clarinet, flute, saxophone, trumpet, trombone, etc. To register call 251-772-4323.
Instructor: Theodore Arthur
1/13-2/10 Mon.: 5 pm-6:30 pm $35
2/24-3/16 Mon.: 5 pm-6:30 pm $35
3/2-3/23 Mon.: 5 pm-6:30 pm $35
3/30-4/20 Mon.: 5 pm-6:30 pm $35

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 – 18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3:30-4:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

LINE DANCE WITH LALA
Line dancing/swing out is just another way you can stay healthy. It’s a unique form of exercising.
1/14-5/12 Tues.: 5:30 pm-7 pm

HARMON-THOMAS COMMUNITY CENTER

ADDRESS: 1611 Belfast Street
Mobile, AL 36605
PHONE: 251-470-7752
HOURS: Mon.-Fri.: 9 am–8 pm
Leslie Pettaway
(leslie.pettaway@cityofmobile.org)

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 – 18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3:30-4:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

RISE AND SHINE SENIORS
An exciting way to begin the day by waking your mind, body, soul and creativity.
Instructors: Leslie Pettaway
1/13-5/15 Mon.-Thurs.: 9 am-1 pm

LIGHT OF THE VILLAGE AFTER SCHOOL PROGRAM
Become a happy camper... Campers play fun-filled games hear short Bible stories and are assisted with completing homework.
Instructor: Jordan and Julisa
1/01-5/15 Tues. & Thurs.: 3:30 pm-5:30 pm

MORNING STROLL WITH HARMON
Stressed? Destress by taking a guided, leisurely walk through the halls of Harmon.
Instructor: Staff
1/01-5/15 Mon.: 9:30 am-10:30 am

PIANO CLASS (ALL LEVELS)
You too can be a Liberace 2!!! Learn the basics and how to play songs on the piano.
Instructor: Kina Greene
1/01-5/15 Mon.-Thurs.: 5 pm-6:15 pm

STITCHES YOUR WAY (SENIORS SEWING)
Seniors learn to sew craft items like blankets, trash bag holders, monogrammed glasses and more.
Instructor: Lozillia Coates
1/01-5/15 Wed.: 10 am-11 am

MAKE AND TAKE
You will learn to make crafts such as key chains, paint by the number pictures and more.
Instructor: Staff
1/01-5/15 Thurs.: 4 pm-5 pm

LIGHT OF THE VILLAGE AFTER SCHOOL PROGRAM
Become a happy camper... Campers play fun-filled games hear short Bible stories and are assisted with completing homework.
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LINE DANCING WITH LALA
Instructors: LA LA McNeil
1/13-5/15 Thurs.: 5:30 pm-7:30 pm

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STITCHES YOUR WAY (SENIORS SEWING)
Seniors learn to sew craft items like blankets, trash bag holders, monogrammed glasses and more.
Instructor: Lozillia Coates
1/01-5/15 Wed.: 10 am-11 am
HILLSDALE COMMUNITY CENTER

ADDRESS: 556E. Felhorn Road  
Mobile AL 36608  
CENTER PHONE: 344-0341  
HOURS: Mon.-Fri.: 9 am-8 pm  
Sat.: 10 am-2 pm  
Rhonda McDaniel  
(rhonda.mcdaniels@city of mobile.org)

AFTER SCHOOL NUTRITION PROGRAM (AGES 0-18)  
Sponsored by Feeding the Gulf Coast  
Mon.-Fri.: 4:30 pm-5:30 pm

SENIOR NUTRITION PROGRAM (AGES 60 & UP)  
Come have a hot meal combined with social activities and fellowship. Participants must register for a home delivered or hot meal served at the Center. Transportation is available for Seniors living within 4 miles of the center.  
Nutrition Leader: Mary Lee  
Mon.-Fri.: 9am-1pm

SPRING BREAK DAY CAMP (AGES 5-13)  
3/30-4/3  12 noon-5 pm

EMPOWERMENT WORKSHOP FOR GIRLS AGES 7-12  
Empowering girls ages 7-12 through self-esteem and character building, teaching them to love and embrace themselves and know that they matter and can become successful and powerful women if they believe in the power within. Our expectation is that they reach their highest potential when overcome internal and external barriers and mindsets.  
Instructor: Theresa McPherson  
1/16-2/13 Thurs.: 6 pm-8 pm  
3/5-3/26 Thurs.: 6 pm-8 pm  
4/9-4/30 Thurs.: 6 pm-8pm

LINE DANCE/SWING OUT  
Line dancing/swing out is just another way you can stay healthy at Hillsdale Community Center. It’s a unique form of exercise.  
1/15-5/13 Wed.: 6:30 pm-7:45 pm

PERFORMING ARTS SPRING BREAK CAMP (GRADES 2-8)  
This high-energy specialty camp takes a musical theatre show experience and condenses it into a single action-packed week. They will audition, receive a role, and rehearse the show. Campers will also learn dance, singing, acting, set building and costume design skills. Don’t be bored over spring break. LIMITED TO FIRST 30 CAMPERS ACCEPTED ON A FIRST COME FIRST SERVED BASIS! For more info or to register, contact instructor at 251-307-6056.  
Instructor: Jacob Rowe and The Pact Staff  
3/30-4/3 Mon.-Fri.: 8 am-12 pm

SEWING CLUB  
This is a group of “young at heart” ladies that come together to give of their time for different sewing projects as one of the ways that they give back to the community and they also welcome those who want to learn the craft of sewing.  
Instructor: B. Anderson & Lozillia Coates  
1/14-5/12 Tues.: 10 am-2 pm

STAY ACTIVE & INDEPENDENT FOR LIFE  
Come join us for exercise and socialization.  
1/13-5/15 Mon., Wed. & Fri.: 10:30 am-11:15am & 2:15 pm-3 pm

SPANISH AND GERMAN LANGUAGE CLASS (BEGINNER)  
If you have ever wanted to learn Spanish and or German, this is the class for you! Through basic Spanish and German grammar with comparisons to English, instructor shows how with practice everyone can learn another language.  
Instructor: Sonya Smith  
1/13-5/14 Mon. & Thurs.: 6:30 pm-8 pm

P.R.E.P SYSTEM (MIDDLE SCHOOL & UP)  
This series of classes is designed to help school age kids and their families learn the things that they can do now to prepare for the future. Whether that future includes higher education, an athletic career or military service. Participation in some activities and learning certain skills can increase and enhance chances for success.  
Instructor: T. Hunter  
1/14-5/13 Tues. & Wed.: 6pm-7:30 pm

REGISTER AT MPRD.RECDESK.COM
HEALTH AND WELLNESS EXERCISE CLASS
Just 30 minutes of walking does the body good. Improves heart health, aids weight loss, regulates blood pressure, improves circulation, fights cancer and reduces risk of diabetes.

1/13-5/14 Mon., Tues. and Thurs.: 6 pm-8 pm

DRAMA 101 (GRADES 2-8)
This Class will engage in the Art of Creative exploration! Intro to theatre provides a jumping ground of learning techniques in improve, character development, and movement. Beyond this, students will begin to fine true the actors’ intuition, strengthen powers of focus and reaction, analysis, ensemble-building and empathy and more importantly-confidence!

Call 251-307-5056 for more information or to register.
Instructor: Jacob Rowe
1/27-2/17 Mon.: 5 pm-6:30 pm $30
2/24-3/16 Mon.: 5 pm-6:30 pm $30

ADULT EXPLORATORY DANCE (18+)
This class will explore multiple dance styles including ballet, jazz, hip hop and more. Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/6-2/3 Mon.: 7:15 pm-8 pm $10 drop-in or $15/4 wks.
No class Jan. 20
2/10-3/9 Mon.: 7:15 pm-8 pm $10 drop-in or $15/4 wks.
No class Feb. 24
3/16-4/6 Mon.: 7:15 pm-8 pm $10 drop-in or $15/4 wks.
4/13-5/4 Mon.: 7:15 pm-8 pm $10 drop-in or $15/4 wks.

HIP-HOP DANCE (AGES 3 & UP)
Hip-hop dance refers to street dance style dance. Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/9-1/30 Thurs.: 6 pm-7 pm $5 drop-in or $15/4 wks.
2/6-2/27 Thurs.: 6 pm-7 pm $5 drop-in or $15/4 wks.
3/5-3/26 Thurs.: 6 pm-7 pm $5 drop-in or $15/4 wks.
4/9-4/30 Thurs.: 6 pm-7 pm $5 drop-in or $15/4 wks.
5/7-5/28 Thurs.: 6 pm-7 pm $5 drop-in or $15/4 wks.

LYRICAL DANCE, (AGES 3 & UP)
This dance style blends ballet and jazz to create a whole new Flava. Fun, creativity and self-expression are the basis of this class. Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/9-1/30 Thurs.: 5 pm-6 pm $5 drop-in or $15/4 wks.
2/6-2/27 Thurs.: 5 pm-6 pm $5 drop-in or $15/4 wks.
3/5-3/26 Thurs.: 5 pm-6 pm $5 drop-in or $15/4 wks.
4/9-4/30 Thurs.: 5 pm-6 pm $5 drop-in or $15/4 wks.
5/7-5/28 Thurs.: 5 pm-6 pm $5 drop-in or $15/4 wks.

MAJORETTE DANCE CLASS (ADULTS)
This class will introduce dancers to HBCU Band Dance Style. Dancers will learn fun “stand routines” and “field show” routines. Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/6-2/3 Mon.: 6:30 pm-7:15 pm $10 drop-in or $15/4 wks.
No class Jan. 20
2/10-3/9 Mon.: 6:30 pm-7:15 pm $10 drop-in or $15/4 wks.
No class Feb. 24
3/16-4/6 Mon.: 6:30 pm-7:15 pm $10 drop-in or $15/4 wks.
4/13-5/4 Mon.: 6:30 pm-7:15 pm $10 drop-in or $15/4 wks.
ROBERT HOPE COMMUNITY CENTER

ADDRESS: 850 Edwards Street
Mobile AL 36610
PHONE: 251-456-7639
HOURS: Mon.-Fri.: 11 am–8 pm
Voundria Thornton (voundria.thornton@cityofmobile.org)

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 -18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 4 pm-5 pm

HOMEWORK HELP (ELEMENTARY-HIGH SCHOOL)
Kids can get help with homework assignments.
Instructor: V. Hughes
1/13-/5/5/14 Mon.-Thurs.: 3:30 pm-4 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

ARTS AND CRAFTS
Craft activities for children who want to have fun while learning to make something unique.
Instructor: V. Hughes
1/13-5/14 Mon. & Thurs.: 5 pm-6 pm

DANCE WITH SHAL
Jazz- Fun and upbeat class with elements of Jazz technique for students who like to move. Hip Hop- An upbeat energetic class including timing rhythm and musicality. Call 21-348-2654 for more information or to register.
1/16-5/13 Wed.: 4 pm-5 pm

PERFORMING ARTS MARDI GRAS BREAK CAMP (GRADES 2-8)
This high-energy specialty camp takes a musical theatre show experience and condenses it into 3 action-packed days. Kids will audition, receive a role, and rehearse the show. Campers will also learn dance, singing, acting, set building and costume design skills. Don’t be bored over Mardi Gras break. LIMITED TO THE FIRST 30 CAMPER ACCEPTED ON A FIRST COME FIRST SERVED BASIS! For more info or to register, contact instructor at 251-307-5056.
Instructor: Jacob Rowe and The Pact staff
2/26-2/28 Wed.-Fri 8 a.m.-1 pm

DRAMA 101 (GRADES 2-8)
This Class will engage in the Art of Creative exploration! Intro to theatre provides a jumping ground of learning techniques in improve, character development, and movement. Beyond this, students will begin to fine tune the actors' intuition, strengthen powers of focus and reaction, analysis, ensemble-building and empathy and more importantly-confidence! For more info or to register, contact instructor at 251-307-5056.
Instructor: Jacob Rowe
3/31-4/21 Tues.: 5 pm-6:30 pm $30
5/5-26 Tues.: 5 pm-6:30 pm $30

WALK WITH MRS. V
Open gym for those that prefer to walk &/or light jog for exercise.
1/13-5/15 Mon.-Fri.:11 a.m.-12 noon

REGISTER AT MPRD.RECDESK.COM

LAUN RECREATION CENTER

ADDRESS: 5401 Windmill Dr. off Demetropolis Rd.
PHONE: 661-6541
HOURS: Mon.-Fri.: 3-8 pm
Patricia Ferguson (patricia.ferguson@cityofmobile.org)

AFTER SCHOOL NUTRITION PROGRAM & OPEN RECREATION
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3 pm - 4 pm
Open recreation Mon.,Wed., Thurs., Fri.: 3 pm-5 pm
Open Recreation Tues.: 3 pm-4 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

ACADEMIC TUTORING (ALL AGES)
Want to prepare your child get ahead academically? Start the school year with math and reading tutoring. Students will have a chance to prepare for the next grade level with a certified educator. All grade levels are welcome. Available at other sites.

Call 251-217-5819 for more info or to register.
Instructor: Letesha Smith
4 (30 minute) classes $45

BELLY DANCING –BEGINNER & INTERMEDIATE
Whether you aspire to be a performer or you just want to get into shape, you can enjoy the benefits of this dance, while you develop stamina and overall flexibility-whatever your age, size, or shape! Costumes not required, however a hip scarf with coins is encouraged. Suggested class attire-yoga/exercise clothing & dance shoes or socks. For more info or to register, contact instructor at Valannmor@aol.com.
Instructor: Valerie Morrison
BEGINNER:
1/9-2/20 Thurs.: 6 pm-7 pm $35
3/5-4/16 Thurs.: 6 pm-7 pm $35
4/30-5/28 Thurs.: 6 pm-7 pm $25
INTERMEDIATE:
1/9-2/20 Thurs.: 7 pm-8 pm $35
3/5-4/16 Thurs.: 7 pm-8 pm $35
4/30-5/28 Thurs.: 7 pm-8 pm $25
LAUN RECREATION CENTER

BOXING & KICKBOXING (AGES 5 & UP)
This class is designed for anyone interested in improving endurance, mobility and learning the basic fundamentals of boxing & kickboxing. Core development is the primary objective. Maximum results require energy & enthusiasm. Call 251-331-6130 for more info or to register.
Instructor: Derick Payne
1/6-2/3 Mon.: 5 pm-6 pm $40
No class Jan. 20
2/10-3/9 Mon.: 5 pm-6 pm $40
No class Feb. 24
3/16-4/13 Mon.: 5 pm-6 pm $40
No class Mar 30
4/20-5/11 Mon.: 5 pm-6 pm $40

STRENGTH & CONDITIONING FOR ADULTS
This class is structured for adults, and formatted for cardiovascular, core, muscular development, and overall strengthening of the entire body. 251-331-6130 for more info or to register.
Instructor: Derick Payne
1/9-1/30 Thurs.: 5 pm-6 pm $40
2/6-2/27 Thurs.: 5 pm-6 pm $40
3/5-3/26 Thurs.: 5 pm-6 pm $40
4/9-4/30 Thurs.: 5 pm-6 pm $40

PIANO FOR BEGINNERS 1 & 2 (AGES 8 & UP)
Students will learn basic notes, rhythm and theory as well as finger exercises, chords and scales, all with the goal of being able to play basic accompaniment parts and fun songs. Keyboards are provided for students. Beginner book 1 & 2 may be purchased for $5 the first day of class. For more info or to register, contact instructor at hhwoosley@gmail.com.
Instructor: Heather Woosley
Tues.: 4 pm-5 pm OR Tues.: 5 pm-6 pm $40
1/7-2/11 $40
3/3-4/14 $40
No class Mar 30

TABLE TENNIS CLUB (IT'S ON LIKE PING PONG)
This table tennis club is a place for people to learn table tennis, practice, and meet other to play matches. Baker High School Coach Michael Ho will be helping everyone to work on skill and learn the game. Beginners welcome!
1/7-5/15 Tues. & Fri. 6 pm-8 pm Free
Closed Feb. 25

PIANO PRIVATE LESSONS (ONE ON ONE)
We provide keyboards for piano. Piano books 1 & 2 can be purchased for $5 the first class. Instructor will call you and discuss your needs and available times. Call for more info or to register. For more info or to register, contact instructor at hhwoosley@gmail.com.
Instructor: H. Woosley
4 (30-minute classes for 1 student) $50

TAI CHI
Tai Chi, series of slow, soft movements grew out of this tradition, and offers a gentle path to developing a body that is strong, balanced and energetic, and a mind that is calm, clear and relaxed. The practice of Tai Chi reduces stress, and has a recognized beneficial effect on many other health issues and conditions. It is suitable for people of all ages and physical conditions. Just wear comfortable clothes and shoes, and be prepared to have fun. Call 334-315-1379 for more info or to register.
Instructor: Bob Varley
1/15-2/12 Wed.: 5:30 pm-6:30 pm $30
2/19-3/25 Wed.: 5:30 pm-6:30 pm $35
4/8-5/13 Wed.: 5:30 pm-6:30 pm $35

YOGA FOR FITNESS & RELAXATION (BEGINNERS)
This class combines power yoga using strong, flowing movements with deep breathing to create high energy workout that helps to build strength, unwind tight joints and loosen muscles (also burns calories) with gentle yoga to banish stress and tension, relax tight muscles, increase concentration, strengthen the lower back and improve balance. Teaches movements you can use for a lifetime! Bring a yoga mat. For more info or to register, call 251-454-2259.
Instructor: Kendra Bell
1/6-2/3 Mon.: 6 pm-7 pm $25
No class Jan. 20
2/10-3/9 Mon.: 6 pm-7 pm $25
No class Feb. 24
3/16-4/6 Mon.: 6 pm-7 pm $25
4/13-5/4 Mon.: 6 pm-7 pm $25

REGISTER AT MPRD.RECDESK.COM
MITTERNIGHT RECREATION CENTER

ADDRESS: 5310 Colonial Oaks Drive North
Mobile, AL 36618
PHONE: 251-344-7275
HOURS: Mon.-Fri.: 4:30pm-5:30 pm
Chamyne Thompson

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 -18)
Sponsored by Feeding the Gulf Coast
Mon.- Fri.: 4:30-5:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

RICKARBY RECREATION CENTER

ADDRESS: 5310 Colonial Oaks Drive North
Mobile, AL 36618
PHONE: 251-344-7275
HOURS: Mon.-Fri.: 4:30pm-5:30 pm
Chamyne Thompson

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 -18)
Sponsored by Feeding the Gulf Coast
Mon.- Fri.: 4:30-5:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

RICKARBY RECREATION CENTER

ADDRESS: 550 Rickarby St.
Mobile, AL 36606
PHONE: 251-470-7750
HOURS: Mon.-Fri. 11 am-8 pm
Jackie Simmons McMillian
(jacqueline.simmons@cityofmobile.org)

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 -18)
Sponsored by Feeding the Gulf Coast
Mon.- Fri.: 4:30-5:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

CHAIR EXERCISE ACTIVITIES
Chair exercise is safe effective, low impact workout, good for all fitness levels.
Mon.-Fri.: 11:15 am-12:15 pm

FABRIC ARTS AND CRAFT CLASS
Combine paint, stencils, drawings or pictures with fabric to create unique arts and crafts projects.
1/13-2/11 2nd & 4th Mon.: 11:30 am-12:30 pm
1.13-2/11 2nd & 4th Mon.: 6 pm-7pm

WALK WITH EASE PROGRAM
Just 30 minutes of walking does the body good. Improves heart health, aids weight loss, regulates blood pressure, improves circulation, fights cancer and reduces risk of diabetes.
1/13-5/15 Mon., Wed. & Fri.: 11:30 am-12 noon

BASIC COOKING/ BAKING COOKIES AND MORE
Come learn basic cooking skills while you learn to bake your favorite cookies.
3rd Thursday of every month: 11:30 am-12:30 pm 6 pm-6:45 pm

ADULT TABLE GAMES
Join the group and learn to play your favorite board/card games.
1/13-5/15 Mon., Wed. & Fri.: 4:30 pm-5:45 pm

HOMEWORK HELP
1/14-5/14 Tues. & Thurs.: 4:30 pm-5:30 pm

REGISTER AT MPRD.RECDESK.COM 21
JAMES SEALS COMMUNITY CENTER

ADDRESS: 540 Texas Street
Mobile, AL 36603
PHONE: 251-438-7498
HOURS: Mon.-Fri.: 11 am-8 pm
Sat.: 10 am-2 pm
Marcus Fluker

AFTER SCHOOL NUTRITION PROGRAM (AGES 0-18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 4 pm-5 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

ACADEMIC TUTORING (ALL AGES)
One on One help for your child with a certified educator. All grade levels are welcome. Also available at Laun Park. Call 251-217-5819 for more information or to register.
Instructor: Letesha Smith
Four (30 minute) classes $45

GOSPEL-CISE
Pump up your blood and SPIRIT by working out to gospel music.
Instructor: Nadine Jones
1/14-5/12 & 1/16-5/14
Tues. & Thurs.: 5:30 pm-6:30 pm
1/18-5/16 Sat.: 9 am-10:30 am

PICKLEBALL
It’s a little tennis, a bit of ping-pong, a splash of badminton, fun to say as well as PLAY! This game is played indoor, outdoor, doubles or singles, on a court ¾ the size of a tennis court, with short wooden paddles and a perforated ball similar to a waffle ball. This low impact game is great for all ages, a sport for life. BEGINNERS ARE WELCOME
1/8-5/13 Wed.: 5:45 pm-7:45 pm
4/6-5/18 Sat.: 10 am-12 noon

ROLLING HOOPS (WHEELCHAIR BASKETBALL)
Roll down the court and shoot your way to victory in a competitive game of wheelchair basketball.
Instructor: Mobile Patriots
1/14-5/12 & 1/16-5/14 Tues. & Thurs.: 6 pm-8 pm

STEP, ROLL & SLIDE (LINE DANCE)
Come one and all and learn the latest line dances to hit tunes. This instructor-led course will have you grooving as a group using easy-to-follow instructions.
Instructor: Tiffany Barnes
1/13-5/13 Mon. & Wed.: 5:30 pm-7 pm

STRETCH & WALK (AGES 6 & UP)
Maximize your walk. Get your day started by stretching out and walking a mile in your own shoes. (Ten minutes of stretching then walk your way to fitness.)
A self-directed class
1/13-5/15 Mon.-Fri.: 11 am-12 noon
SPRINGHILL RECREATION CENTER

ADDRESS: 1151 Springhill Avenue
Mobile, AL 36604
PHONE: 251-438-7415
HOURS: Mon.-Fri.: 11 am-8 pm
Tanya Gullett
(Tanya.gullett@cityofmobile.org)

AFTER SCHOOL NUTRITION PROGRAM (AGES 0-18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3:30-4:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

TAEKWONDO FOR BEGINNERS (AGES 5 & UP)
Students will develop the skills of self-defense, courtesy and self-control while participating in a beneficial exercise and defense class. The class will enhance the child’s character and contribute to their self-worth.
Instructor: Alex Jones
2/10-3/2 Mon.: 5:30 pm-6:30 pm $20
3/9-3/30 Mon.: 5:30 pm-6:30 pm $20
4/13-5/4 Mon.: 5:30 pm-6:30 pm $20

JOURNEY THRU THE BIBLE
Balancing life’s demands by studying God’s word. “Man shall not live by bread alone, but by every word that proceeds from the mouth of God” Matthew 4:4
Instructor: Rev. Michael Davis
1/15-5/13 Wed.: 11 am–12:45 pm

LEARN TO PLAY GUITAR (AGES 10 & UP)
While practice makes perfect, learn the basic skills for playing the guitar. All students need to bring an acoustic guitar that is tunable. Students will learn how to play 3-4 note lyrics as they learn the chords and become familiar with positioning. Students will also learn to tune their guitars.
Instructor: Theodore Arthur
Thurs.: 5-6:30 pm
1/16-2/13 Thurs.: 5 pm-6:30 pm $35
2/27-3/26 Thurs.: 5 pm-6:30 pm $35
4/16-5/14 Thurs.: 5 pm-6:30 pm $35

LINE DANCING
Line dancing is just another way you can stay healthy at Springhill Recreation Center. It’s a unique form of exercising.
1/13-5/15 Mon., Wed. & Thurs.: 4:30-6:45
Tues. & Fri.: 11 am-1 pm

ADULT TABLE GAMES
Join the group and learn to play your favorite board or card games.
1/16-5/14 Thurs.: 11 am-3 pm

LYRICISM 101 (AGES 11 & UP)
A chance for kids to explore hip hop as an art form, use it to express their artistic vision and tell their own story. Music production, basic instruction on keyboarding, guitar and circle drumming may be included.
Instructor: TBA
1/14-5/12 Tues.: 5 pm-6 pm

QUILTING MADE EASY (AGES 14 & UP)
Don’t be on pins and needles about creating that family heirloom. Come join the fun and learn how to quilt. (Some supplies are needed, call for more information.)
Instructor: Tanya M. Gullett
1/13-5/15 Mon. & Fri.: 11 am-2 pm

DISCOVER THE COMPUTER -N- YOU
Click your way through windows and discover an amazing view.
Learn basic and intermediate computer skills.
Instructor: Rev. Michael Davis
1/15-5/13 Wed.: 1 pm-2 pm
STOTTS RECREATION CENTER

ADDRESS: 2150 N. Demetropolis Rd.
(Off Cottage Hill), Mobile AL
PHONE: 666-4955
FOR MORE INFORMATION OR TO REGISTER: 208-1662
HOURS: Mon.-Fri.: 11 am-8 pm
Woody Cannon

AFTER SCHOOL NUTRITION PROGRAM (AGES 0 - 18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3:30 pm-4:30 pm
Open Recreation Mon. – Thurs. 3 pm-4:30 pm. Fri. 3 pm-5 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3  12 noon-5 pm

BALLET (AGES 7-10)
Class for beginner and intermediate students focusing on the fundamentals of classical ballet. Instructor lived and trained in the Soviet Union for 6 years with Marika Stumbre of Riga Ballet. She also danced with the Alabama Contemporary Dance Comp. Missy Jones has 30 years of teaching experience. For more info or to register, contact instructor at 918-260-0384
Instructor: Missy Jones
1/14-2/11  Tues. 5:30 pm-6:30 pm   $50
3/3-3/31  Tues. 5:30 pm-6:30 pm   $50
4/14-5/12  Tues. 5:30 pm-6:30 pm   $50

BALLET BARRE WORKOUT (16 & UP)
Barre workout is designed to trim, tighten and tone your entire body with an emphasis on defining your glutes and legs. By using small, controlled movements, isometric holds and high repetition, you can develop a strong, long, and lean physique in record time. The Barre workout is also great for toning your upper body and core. For more info or to register, contact instructor at 918-260-0384
Instructor: Missy Jones
1/14-2/11  Tues. 6:30 pm-7:30 pm   $50
3/3-3/31  Tues. 6:30 pm-7:30 pm   $50
4/14-5/12  Tues. 6:30 pm-7:30 pm   $50

BELLY DANCING – ADVANCED LEVEL 1 & 2
The Advanced Belly Dance classes are fast-paced with an emphasis on musical interpretation and choreography. This class offers lots of changes and movements while helping to build stamina and improve skill. Students will learn performance sets including folkloric dance, veil work, and drum solos. For more info or to register, contact instructor at Valannmor@aol.com.
Instructor: Valerie Morrison

ADVANCED LEVEL 1
Prerequisite for Level 1: Completion of Beginning and Intermediate Belly Dance Classes.
1/8-2/19  Wed.: 6 pm-7 pm   $35
3/4-4/15  Wed.: 6 pm-7 pm   $35
4/29-5/27  Wed.: 6 pm-7 pm   $35

ADVANCED LEVEL 2
Prerequisite for Level 2: Completion of Beginning, Intermediate and Advanced Level 1 Belly Dance Classes.
1/8-2/19  Wed.: 7 pm-8 pm   $35
3/4-4/15  Wed.: 7 pm-8 pm   $35
4/29-5/27  Wed.: 7 pm-8 pm   $35

BELLY DANCING – BEGINNER & INTERMEDIATE
Whether you aspire to be a performer or you just want to get into shape, you can enjoy the benefits of this dance, while you develop stamina and overall flexibility- whatever your age, size, or shape! Costumes not required, however a hip scarf with coins is encouraged. Suggested class attire-yoga/exercise clothing & dance shoes or socks. For more info or to register, contact instructor at Valannmor@aol.com.
Instructor: Valerie Morrison
BEGINNER:
1/18-2/29  Sat.: 9 am-10 am   $35
3/21-4/15  Sat.: 9 am-10 am   $35

INTERMEDIATE:
1/18-2/29  Sat.: 10 am-11 am   $35
3/21-4/15  Sat.: 10 am-11 am   $35

LOCOYO (INTERVAL TRAINING AND YOGA)
Burn fat, tone muscles and relax with this class that incorporates high & low intensity training (no or low impact). We’ll use Pilates, weights, bands, glides and body weight to improve balance, core, strength and finish with a yoga cool down. Every 4 weeks routines are changed and progress to achieve better results. IT’S LOCO! Bring water, towel and thick yoga mat.
For more info or to register, call 251-208-1662
Instructor: Melusyne
1/13-3/12  Mon & Thurs.: 6 pm-7 pm
3/23-5/14  Mon & Thurs.: 6 pm-7 pm

SHIMMY RAQS (BELLY DANCE WORKOUT)
This 30 min. class uses simplified belly dance moves to provide a low impact aerobic exercise. It is a fun, easy workout that will increase flexibility, strengthen your core, and sculpt your legs, buns, and thighs. No previous dance experience necessary. Suggested attire-yoga/exercise clothing & dance shoes or socks. A hip scarf with coins is encouraged because it is more fun to make music with your hips! For more info or to register, contact instructor at Valannmor@aol.com.
Instructor: Valerie Morrison
THOMAS SULLIVAN COMMUNITY CENTER

ADDRESS: 351 N. Catherine St.
Mobile, AL 36603 PHONE: 438-7282
HOURS: Mon.–Fri.: 9 am–8 pm
DeRico Tilley

SENIOR NUTRITION PROGRAM (AGES 60 & UP)
Come have a hot meal combined with social activities and fellowship. Participants must register for a home delivered or Hot meal served at the Center. Transportation is available for Seniors living within 4 miles of the center.
Nutrition Leader: Neda Arnold
Mon.-Fri.: 9 am-1 pm

AFTER SCHOOL NUTRITION PROGRAM (AGES 0-18)
Sponsored by Feeding the Gulf Coast
Mon.-Fri.: 3:30 pm-4:30 pm

SPRING BREAK DAY CAMP (AGES 5-13)
3/30-4/3 12 noon-5 pm

WALK WITH EASE
Start your day with a walk with Ms. Carole.
Instructor: Carole Stephens
1/8-5/20 Mon. & Wed.: 10 am-10:30 am

MATH & READING TUTORING K-8TH GRADE
Math & Reading for K thru 8th grade with a certified teacher.
Instructor: Ms. Gloria Williams
1/8-05/20 Mon.-Thurs.: 3 pm

GOSPELCISE EXERCISE
Exercising to gospel music, to improve heart and lungs every.
Instructors: TANGY & SHARON
1/8-5/20 Mon. & Wed.: 5:30 pm-6:30 pm

EQB’S (EXCEPTIONAL QUEENS OF BEAUTY) CIVIC CLUB
A program designed for young ladies not organized for profit but operated exclusively for educational or charitable purposes ages 13-19.
Instructor: Ms. Morgan Raspberry
1/8-05/20 Tues.: 5:30 pm-7:30 pm

CATCH KIDS PROGRAM
(Auburn Extension) children learn how to use a measuring cup, count calories & carbs and prepare delicious snacks & drinks the healthy way. No cooking!
Instructor: Ms. Kyondria
1/8-05/20 Wed.: 4 pm-4:45 pm

MOCK BALLET (AGES 3 & UP)
This beginner dance class stresses fun and creative expression while introducing students to basic dance positions and techniques. Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/7-1/29 Tues.: 5 pm-6 pm $5 drop-in or $15/4 wks.
2/4-3/03 Tues.: 5 pm-6 pm $5 drop-in or $20/5 wks.
3/11-4/07 Tues.: 5 pm-6 pm $5 drop-in or $15/4 wks.

TAI CHI
Tai Chi, series of slow, soft movements grew out of this tradition, and offers a gentle path to developing a body that is strong, balanced and energetic, and a mind that is calm, clear and relaxed. It is suitable for people of all ages and physical conditions. Just wear comfortable clothes and shoes and be prepared to have fun. For more info or to register, call 334-315-1379.
Instructor: Bob Varley
1/15-2/12 Wed.: 11:30 am-12:30 pm $30
2/19-3/25 Wed.: 11:30 am-12:30 pm $35
4/8-5/13 Wed.: 11:30 am-12:30 pm $35

TAI CHI
Taichi recreation center
CONTINUED
CONNIE HUDSON REGIONAL SENIOR CENTER

ADDRESS: 3201 Hillcrest Road
Mobile, AL 36695
PHONE: 251-208-6701
HOURS: Mon.-Fri.: 8 am-6 pm
SENIOR CENTER MANAGER: Carl Lewis
(cl.lewis@cityofmobile.org)

BECOMING A MEMBER: Senior center programs and classes are for individuals age 55 and older.

CAFÉ 3201: Open to the public for lunch. 11 am - 1:30 pm
Transportation is available for participants who reside within four miles of the Senior Center.

ACRYLIC PAINTING
Color your canvas! Learn about light, color and mixing in this fun acrylic class.
Instructor: Carmel Alvis
1/15-5/13 Wed.: 9 am-12 pm

ARTS AND CRAFTS
Create something new every month. Participants make and take a seasonal decorative item under the guidance of the instructor.
Instructor: Carmel Alvis
1/21, 2/18, 3/17, 4/21, 5/12 Tues.: 2 pm-4 pm

BEADING BUDDIES
String up one of a kind pieces of jewelry. Students will learn the basics of stringing and design, including review of raw materials and proper use & application of tools.
Instructor: Harriet Nihart
1/13-5/11 Mon.: 9:45 am-11:45 am

BIBLE STUDY
Enlightenment at its finest! Learn more about the bible in this study group.
Instructor: Troy Clements
1/13-5/11 Mon.: 8:30 am-9:30 am

BIBLE STUDY
Enlightenment at its finest! Learn more about the bible in this non-denominational study group.
Instructor: Ruth Hobbs
1/16-5/14 Thurs.: 11 am-12 pm

BILLIARD ROOM
Open weekdays from 8:00 AM to 5:30 PM to men and woman of the senior center. Come enjoy a game of pool in our state of the art pool room. We have 4 tables open for play. Practice till you win a monthly Tournament.
Monthly Tournaments
1/9, 2/13, 3/12, 4/9, 5/14
Thurs.: 9:30 am-12 pm

BOOM MIND
Boom Mind is a fusion of Yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and athletic performance in a class that’s good for your body and your mind.
Instructor: Joby Robertson
1/14-5/12 Tues.: 3:30 pm-4:30 pm
1/15-5/13 Wed.: 8 am-9 am

BRIDGE - SCHEDULED
Deal ‘em out! Come and be a part of this competitive card shark game.
Instructor: Sara Hunt
1/17-5/15 Fri.: 11:30 am-3 pm

CHAIR SUPPORTED YOGA
Meditate, Breathe and Stretch! All exercises are done in a chair while focusing on proper breathing techniques.
Instructor: June Jones
1/14-5/12 Tues.: 4 pm-5 pm

CHAIR YOGA
Meditate and Relax! Exercises in a chair and focus on proper breathing techniques.
Instructor: June Jones
1/16-5/14 Thurs.: 4 pm-5 pm

CHESS
Checkmate! Learn the strategies involved in capturing the Queen in this board game.
Instructor: Ronald Reese
1/14-5/12 Tues.: 10 am-5 pm
1/16-5/14 Thurs.: 10 am-5 pm

REGISTER AT MPRD.RECDESK.COM
CIRCUIT INTERVAL WITH CARL
Sweat it out! This class consists of a series of low-to-high-intensity workouts and builds endurance.
Instructor: Carl Lewis
1/14-5/12 Tues.: 9 am-10 am

CIRCUIT TRAINING
Work that body with low-impact choreography and exercises to develop upper-body strength. This class is suitable for all fitness levels.
Instructor: Joby Robertson
1/15-5/13 Wed.: 8:30 am-9:30 am
1/13-5/11 Mon.: 4 pm-5 pm

COMPUTER CLASS FOR BEGINNERS
Come learn the basic operation of a computer and how to easily access the internet.
Instructor: Dave Degruy
1/14-2/18 Tues.: 9 am-10 am

DOMINOES - SCHEDULED
Play some Bones! Come and learn this classic logic game and enjoy the fellowship.
Instructor: Jean Barnett
1/13-5/11 Mon.: 12:30 pm-3 pm
1/16-5/14 Thurs.: 12:30 pm-3 pm

DRAWING - BEGINNER
Learn how to draw! This class is for the true beginner in teaching the basics of drawing.
Instructor: Carmel Alvis
1/13-5/11 Mon.: 10 am-12 pm

FITNESS 101
Get stronger! Learn how to properly use our weight or cardio equipment. This class will demonstrate how to properly use our workout equipment.
Instructor: Carl Lewis
1/13-2/19 Mon./Wed.: 10 am-10:30 am
2/24-4/1 Mon./Wed.: 10 am-10:30 am
4/6-5/13 Mon./Wed.: 10 am-10:30 am

GUITAR - BEGINNER
Beginner guitar at the Connie Hudson Senior Community Center. It teaches basic chords and strumming. Materials needed include an acoustic guitar and a pick.
Instructor: Teddy Alvis
1/14-5/12 Tues.: 2 pm-3 pm

HILLCREST WRITERS GROUP
Find your own voice! Write, share and grow as a writer.
Instructor: Susan Roullier
1/16-5/14 Thurs.: 9 am-10:30 am

ITALIAN
Ciao Bella! Learn to speak this romance language with a native Italian leader. All levels welcome. A presto!
Instructor: Filippo Milone
1/15-5/13 Wed.: 3 pm-4 pm

INTERVAL TRAINING
Interval training involves alternating short, intense bouts of activity with brief recovery stints, and you can do it with almost any type of exercise.
Instructor: Carl Lewis
1/14-5/12 Tues.: 9 pm-10:30 am

IPAD CLASS
Come learn how to use the multi touch screen of the iPad to create and manage the internet, videos, images, and music more.
Instructor: Dave Degruy
1/14-2/18 Tues.: 10:30 am-11:30 am

OPEN LINE DANCE
Boot Scoot Boogie your way into this more advanced version of line dancing. Have fun learning a variety of dances to Country, Latin and Pop music.
1/15-5/13 Wed.: 2:45 pm-3:45 pm

LOOM KNITTING FOR SENIORS AGE 55 & ABOVE
Learn the art of Loom Knitting and how a pearl stitch, half stitch and cable needle apply.
Instructor: Tom Neal
1/16-5/14 Thurs.: 12:30 pm-2:30 pm

OIL PAINTING
Learn to paint like the Masters! Oil painting for intermediate painters. This class will teach the process of underpainting and the concepts of light, shadow and value.
Instructor: Carmel Alvis
1/16-5/14 Thurs.: 1 pm-4 pm

PICKLE BALL
A smashing hit with the Seniors! A paddle sport created for all skill levels. The basics are much like tennis, badminton and ping pong.
1/13-5/11 Mon.: 2 pm-3 pm
1/17-5/15 Fri.: 3 pm-5 pm
QUILTING
Bind, Block, Piece! Learn all the tips and tricks to create a finished quilt without all the frustration. This is a more advanced class in quilting.
Instructor: Betty Todd
1/15-5/13 Wed.: 8:30 am-12:30 pm

QUILTING - BEGINNING
Bind, Block, Piece! Learn a new quilting pattern every class.
Instructor: Janice Andrews
1/14-5/12 Tues.: 1st and 3rd of month: 9 am-12 pm

ROOK
Deal 'em out! Learn to play the trick-taking card game Rook.
1/14-5/12 Tues.: 1st and 3rd of month: 9 am-10 am

SCALE BACK ALABAMA
January 20-26, 2020 – Weigh-In Week
April 6-12, 2020 – Weigh-Out Week
April 21, 2020 – Final Event
Scale Back Alabama is a free statewide weight-loss campaign designed to encourage Alabamians to get healthy and to have fun while doing it. Since the first challenge in 2007, Alabamians have lost more than one million pounds!

TAI CHI
“Meditation in Motion” This gentle form of exercise helps maintain strength, flexibility, and balance.
Instructor: Al Walsh
1/16-5/14 Thurs.: 1 pm-2 pm

TAXES
Mondays Only. DIAL 2-1-1 OR CALL 1-888-421-1266 Must have an appointment. The 2020 Tax Season Starts January 20th. United Way will begin taking appointments January 3rd. Call to make your appointment. Brief appointments are necessary even for the drop off service.

THERMAL PLUNGE POOL
Warm water increases blood flow and reduces inflammation. Must have a Physician Release Form on file. Open from 8:30 am-5:30 pm

WII BOWLING
It’s a Strike! Interactive bowling without stress. Come play with other “gamers” and have a ball!
1/16-5/14 Thurs.: 12:30 pm-3:30 pm

YOGA
Traditional Hatha yoga is taught in this class combining the body’s movement on each breath. Planks and inversions are more advanced moves for this class.
Instructor: June Jones
1/17-5/15 Fri.: 8 am-9 am

ZUMBA GOLD
Take the work out of workout with our dance fitness party! A great cardio class that burns calories while dancing your cares away!
Instructor: Joby Robertson
1/14-5/12 Tues.: 4 pm-4:45 pm
1/16-5/14 Thurs.: 4 pm-4:45 pm

SPECIAL EVENTS
For ticket information please call 251-208-6701 or email mprdseniors@cityofmobile.org

MARDI GRAS BALL — February 7, 2020 6pm-9pm

FASHION SHOW — February 14, 2020 2pm-4pm

COUNTRY WESTERN DANCE — March 25, 2020 2pm-5pm

FRAUD PREVENTION FOR SENIORS — April 16, 2020: 9am-12 noon

CINCO DE MAYO DANCE — May 8, 2020 6pm-9pm

OLDER AMERICANS MONTH CELEBRATION COOK OUT — May 22, 2020 2pm-4pm

REGISTER AT MPRD.RECDESK.COM
PARKWAY SENIOR CENTER

ADDRESS: 1600 Boykin Blvd
PHONE: 251-471-2503
HOURS: Mon.- Fri.: 9 am-2 pm
NUTRITION LEADER: Freda Mitchell
freda.mitchell@cityofmobile.org

Transportation is available for participants who reside within four miles of the Senior Center.

BECOMING A MEMBER:
Senior center programs and classes are for individuals age 55 and older.

ARTS AND CRAFTS
Create something new every month. Participants make and take a seasonal decorative item under the guidance of instructor.
1/15-5/13 Wed.: 10 am-11:30 am

BIBLE STUDY
Learn life lessons and more about the bible in this study group.
1/16-5/14 Thurs.: 10 am-11 am

BINGO
Enjoy a game of bingo with us.
1/13-5/11 Mon.: 10 am-11 am

CHAIR EXERCISE
Full body workout with balance exercises done in a chair.
1/14-5/14 Tue. & Thur.: 9:15 am-10:30 am

CREATIVE WRITING
Find your own voice! Write, share and grow as a writer.
1/14-5/12 Tue.: 10 am-11:30 am

ONE MILE WALK
Walking is a perfect way to start exercising. It requires no special equipment, aside from a pair of comfortable walking shoes. Come Join us for a ONE MILE WALK.
1/13-5/15 Mon., Wed., Fri.: 9:30 am-10:30 am

OPEN LIBRARY
Computer Lab and Library Books Galore
1/2-5/29

OPEN GAMES
Open Games include Billiards, Air Hockey, Ping-Pong, Checkers, Card Games and Chess
1/2-5/29

MUSIC
Come practice on the piano or listen either way you are in for a treat!
1/15-5/13 Wed.: 9 am-9:30 am

NUTRITION PROGRAM
Come have a nutritious meal combined with social activities and fellowship. Must register for a home delivered meal or center meal.
1/2-5/29

QUILTING
Bring your own materials and enjoy conversation, assistance with technique, and the company of fellow craftsmen. Participants regularly create items to be donated to area hospitals and care facilities.
1/13-5/11 Mondays 9 am-2 pm

RED HATTERS CLASS
The Red Hat Society is a playgroup for women created to connect like-minded women, make new friends and enrich lives through the power of fun and friendship!
1/15-5/20 3rd Wed. of the Month: 9:30 am-11 am

SCALE BACK ALABAMA
Scale Back Alabama is a free statewide weight-loss campaign designed to encourage Alabamians to get healthy and to have fun while doing it. Since the first challenge in 2007, Alabamians have lost more than one million pounds!
1/20-26, 2020 – Weigh-In Week
4/6-12, 2020 – Weigh-Out Week
4/21, 2020 – Final Event

ZUMBA GOLD
Take the work out of a workout with our dance fitness party! A great cardio class that burns calories while dancing your cares away!
1/14-5/12 Tue.: 10:30 am-11:30 am

REGISTER AT MPRD.RECDESK.COM
LEOLA B. TRICKSEY SENIOR CENTER

PROGRAM SUPERVISOR: Ashley-Nicole Flowers
ADDRESS: 3055 Bank Avenue
PHONE: 251- 456-6690
HOURS: Mon.- Fri.: 9 am-1 pm
NUTRITION LEADER: Cassandra Pettway

Transportation is available for participants who reside within four miles of the Senior Center.

BECOMING A MEMBER:
Senior center programs and classes are for individuals age 55 and older.

ARTS AND CRAFTS
Create something new every month. Participants make and take a seasonal decorative item under the guidance of instructor.

1/13-5/11 Wed.: 10 am-11:30 am

BIBLE STUDY
Learn life lessons and more about the bible in this study group.

1/13-5/11 Mon. & Tue.: 10 am-11 am

BINGO
Enjoy a game of bingo with us.

1/13-5/11 Fri.: 10 am-11 am

CHAIR EXERCISE
Full body workout with balance exercises done in a chair.

1/13-5/11 Mon.-Fri.: 9:15 am-10:30 am

WALK WITH EASE
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.

3/2-5/7 Tue. & Thur.: 9:45 am-11 am

OPEN GAMES
Open Games include Air Hockey, Ping-Pong, Checkers, Card Games and Chess.

1/2-5/29

MATTER OF BALANCE
A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

1/13-3/23 Mon.: 10 am-11:30 am

MUSIC
Come practice on the piano or listen. Either way you are in for a treat!

1/13-5/11 Fri.: 9 am-9:30 am

NUTRITION PROGRAM
Come have a nutritious meal combined with social activities and fellowship. Must register for a home delivered meal or center meal.

1/2-5/29

SCALE BACK ALABAMA
Scale Back Alabama is a free statewide weight-loss campaign designed to encourage Alabamians to get healthy and to have fun while doing it. Since the first challenge in 2007, Alabamians have lost more than one million pounds!

1/20-26, 2020 – Weigh-In Week
4/6-12, 2020 – Weigh-Out Week
4/21, 2020 – Final Event
ALL CLINICS ARE 4 WEEKS LONG

CLINIC FEE SCHEDULE:

JUNIOR CLINICS OFFERED

5 Year Old Clinic, ½ Hour, 1 Day a Week $35
8 & Under, 10 & Under, 12 & Under, 18 & Under Clinics 1 Hour, 2 Days a Week $90
Adult Clinic, 1 Hour, 1 Day a Week: $50

SESSION 1: 1/13/20-2/7/20
Registration Deadline: 1/6/20
5 YEAR OLD - Tues., 3:30 pm-4 pm
8 & UNDER – Tues. & Thurs., 6 pm-7 pm
10 & UNDER – Tues. & Thurs., 4 pm-6 pm
12-18 YEAR OLDS– Tues. & Thurs., 5 pm-6 pm
Rain Make-up Week: 2/11/20-2/14/20

SESSION 2: 2/17/20-3/13/20
Registration Deadline: 2/10/20
5 YEAR OLD - Tues., 3:30 pm-4 pm
8 & UNDER – Tues. & Thurs., 6 pm-7 pm
10 & UNDER – Tues. & Thurs., 4 pm-6 pm
12-18 YEAR OLDS– Tues. & Thurs., 5 pm-6 pm
Rain Make-up Week: 3/16/20-3/20/20

SESSION 3: 3/23/20-4/17/20
Registration Deadline: 3/16/20
5 YEAR OLD - Tues., 3:30 pm-4 pm
8 & UNDER – Tues. & Thurs., 6 pm-7 pm
10 & UNDER – Tues. & Thurs., 4 pm-6 pm
12-18 YEAR OLDS– Tues. & Thurs., 5 pm-6 pm
Rain Make-up Week: 4/27/20-5/1/20

Registration Deadline: 4/27/20
5 YEAR OLD - Tues., 3:30 pm-4 pm
8 & UNDER – Tues. & Thurs., 6 pm-7 pm
10 & UNDER – Tues. & Thurs., 4 pm-6 pm
12-18 YEAR OLDS– Tues. & Thurs., 5 pm-6 pm
Rain Make-up Week: 6/1/20-6/5/20
COTTAGE HILL TENNIS CENTER — MEDAL OF HONOR PARK

ADDRESS: 1711 Hillcrest Road
Mobile, AL 36695
PHONE: 251-666-9539
HOURS: Mon.-Thurs.: 8 am-11 am, 5-9 pm
GATES ARE OPEN: 8 am-9 pm

- Individual or group Tennis Lessons for all ages are offered at Cottage Hill Tennis Center.
- Contact Teaching Pro Bruce King, (251) 382-4500 or Elaine Campbell, (251) 604-4941 for available time and rates.

LYONS PARK TENNIS CENTER

ADDRESS: 180 Lyons Park Avenue
PHONE: 694-1830 FAX: 690-7730
HOURS: Mon.-Thur.: 3-9 pm
Fri.: Closed
Sat.: 8 am-1 pm
FEES: $4 Day, $5 Night
James Richardson

KIDS 10 YRS. & UNDER
Mon. & Wed.: 5:30 pm-6:30 pm

KIDS 11 & OVER – INTERMEDIATE & ADVANCED
Tues. & Thurs.: 5:30 pm-6:30 pm

KIDS 11 & OVER – INTERMEDIATE & ADVANCED
Sat.: 8:30 pm-10:30 pm

ADULTS
Wed. & Thurs.: 5:30 pm-6:30 pm

To sign up for group or individual lessons with Lance Deleston call 251-648-2965.
THE PACT THEATRE COMPANY
MOBILE PARKS AND RECREATION

DreamWorks Theatricals

Shrek
The Musical

APRIL 30 - MAY 2, 2020
MEDAL OF HONOR PARK

DIRECTED & CHOREOGRAPHED BY JACOB ROWE

GET MORE INFO AT WWW.THEPACTMOBILE.COM

PARKS AND RECREATION

THE PACT THEATRE COMPANY
Mobile Parks and Recreation Department

**MUSIC IN THE PARK**

- **March 15**
  - Public Safety Park
  - Red Revelers (Rock/Soul)

- **March 29**
  - Cooper Riverside
  - Alvin King & Fifth K’nection (Jazz)

- **April 5**
  - Medal of Honor Peek (Rock)

- **April 19**
  - Trinity Gardens
  - Yeah Probably (Pop/Rock/Soul)

**MOVIES IN THE PARK**

- **March 27**
  - Lavretta Park
  - Toy Story 4

- **April 3**
  - Heroes Park
  - Aladdin (2019)

- **April 17**
  - Hillsdale Park
  - Lego Movie

- **May 1**
  - Doyle Park
  - Secret life of pets

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