Greetings,

Covid-19 has caused everyone to rethink how we navigate the world. The pandemic has challenged my team to increase their innovative thinking and I am thrilled to say they did not disappoint! We are still providing exciting and creative programming both virtually and in-person. Our 2021 Winter/Spring guide is filled with programming for the young and the young-at-heart. From outdoor adventures to online classes, there is something for everyone.

I would like to thank all of our volunteers and community programmatic partners. As partners, they are making an impact by providing interactive classes that are free or at a minimal cost in our Community Centers. In closing, I want to remind you to follow Parks and Recreation on social media. Our digital platforms provide the most up-to-date information as we navigate through the pandemic. Continue to stay safe, be well and enjoy all of our 78 parks and recreation programming!

Thank you,

Shonnda Smith
Senior Director of Parks and Recreation

VISION:
Fun and Safe Places where Everybody is Somebody

MISSION:
To increase the Social, Emotional and Physical well-being of our community by providing diverse activities in secure and welcoming spaces.

CORE VALUES:
- Customer Service
- Teamwork
- Diversity
ALL PROGRAMS, ACTIVITIES, AND EVENTS ARE TENTATIVE BASED ON CDC AND ALABAMA STATE GUIDELINES.

IF NECESSARY, IN-PERSON EVENTS MAY BE HELD VIRTUALLY.
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 3 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.
# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Page</th>
<th>Section</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>FACILITIES &amp; PARKS DIRECTORY</td>
</tr>
<tr>
<td>9</td>
<td>VOLUNTEER OPPORTUNITIES</td>
</tr>
<tr>
<td>10</td>
<td>ATHLETIC PROGRAMS (YOUTH &amp; ADULT LEAGUE SPORTS)</td>
</tr>
<tr>
<td>12</td>
<td>ART INSTRUCTIONAL CENTER</td>
</tr>
<tr>
<td>15</td>
<td>AZALEA CITY GOLF COURSE</td>
</tr>
<tr>
<td>16</td>
<td>COTTAGE HILL GYMNASTICS CENTER</td>
</tr>
<tr>
<td>18</td>
<td>COMMUNITY CENTER CORNER</td>
</tr>
<tr>
<td>19</td>
<td>DOTCH COMMUNITY CENTER</td>
</tr>
<tr>
<td>20</td>
<td>FIGURES COMMUNITY CENTER</td>
</tr>
<tr>
<td>21</td>
<td>HARMON-THOMAS COMMUNITY CENTER</td>
</tr>
<tr>
<td>22</td>
<td>HILLSDALE COMMUNITY CENTER</td>
</tr>
<tr>
<td>24</td>
<td>HOPE COMMUNITY CENTER</td>
</tr>
<tr>
<td>26</td>
<td>LAUN NEIGHBORHOOD CENTER (TEMPORARILY CLOSED FOR REPAIRS)</td>
</tr>
<tr>
<td>26</td>
<td>MITTENIGHT NEIGHBORHOOD CENTER</td>
</tr>
<tr>
<td>27</td>
<td>NEWHOUSE TEEN CENTER</td>
</tr>
<tr>
<td>27</td>
<td>RICKARBY NEIGHBORHOOD CENTER</td>
</tr>
<tr>
<td>28</td>
<td>SEALS COMMUNITY CENTER</td>
</tr>
<tr>
<td>30</td>
<td>SPRINGHILL RECREATION CENTER</td>
</tr>
<tr>
<td>31</td>
<td>STOTTS NEIGHBORHOOD CENTER</td>
</tr>
<tr>
<td>32</td>
<td>SULLIVAN COMMUNITY CENTER</td>
</tr>
<tr>
<td>34</td>
<td>FITLOT WORKOUT</td>
</tr>
<tr>
<td>35</td>
<td>SENIOR &amp; THERAPEUTIC PROGRAMMING</td>
</tr>
<tr>
<td>37</td>
<td>ADAPTIVE LEISURE LIFESPAN COMPLEX (ALL COMPLEX)</td>
</tr>
<tr>
<td>38</td>
<td>THERAPEUTIC &amp; INCLUSIVE PROGRAMS</td>
</tr>
<tr>
<td>39</td>
<td>SPECIALTY CAMPS</td>
</tr>
<tr>
<td>40</td>
<td>SENIOR PROGRAMS 55+</td>
</tr>
<tr>
<td>42</td>
<td>DRIVE-THRU EVENTS</td>
</tr>
<tr>
<td>44</td>
<td>TENNIS CENTERS: COPELAND-COX, COTTAGE HILL &amp; LYONS PARK</td>
</tr>
<tr>
<td>46</td>
<td>PROGRAMMATIC PARTNERSHIP</td>
</tr>
<tr>
<td>47</td>
<td>REGISTRATION FORM</td>
</tr>
<tr>
<td>48</td>
<td>SPECIAL EVENTS</td>
</tr>
<tr>
<td>51</td>
<td>DISCOVER YOUR PARKS: FACTS AND FIGURES</td>
</tr>
</tbody>
</table>

**MPRD FACILITIES WILL BE CLOSED ON THE FOLLOWING DATES:**

- Dr. Martin Luther King Jr. Birthday: Monday, January 18
- Mardi Gras: Monday, February 15 & Tuesday, February 16
- Memorial Day: Monday, May 31
<table>
<thead>
<tr>
<th>PARKS &amp; FACILITIES</th>
<th>ADDRESSES</th>
<th>DISTRICT</th>
</tr>
</thead>
<tbody>
<tr>
<td>32 Aaron Park</td>
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</tr>
<tr>
<td>10 Bush Park</td>
<td>712 Rice Street</td>
<td>1</td>
</tr>
<tr>
<td>23/90 Dotch Community Center &amp; Trinity Gardens Park</td>
<td>3100 Bank Avenue</td>
<td>1</td>
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<tr>
<td>25/26 Figures Community Center &amp; Park</td>
<td>658 Donald Street</td>
<td>1</td>
</tr>
<tr>
<td>33 Herndon (Sage) Park</td>
<td>2900 Dauphin Street</td>
<td>1</td>
</tr>
<tr>
<td>40 Lake Drive Tricentennial Park</td>
<td>2121 Bragg Avenue</td>
<td>1</td>
</tr>
<tr>
<td>52 McLean Park</td>
<td>320 Park Avenue</td>
<td>1</td>
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<td>56 Mill Street Park</td>
<td>2665 Mill Street</td>
<td>1</td>
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<tr>
<td>88 Tricksey Senior Center</td>
<td>3055 Bank Avenue</td>
<td>1</td>
</tr>
<tr>
<td>7 Bienville Square</td>
<td>150 Dauphin Street</td>
<td>2</td>
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<tr>
<td>9 British Park</td>
<td>209 S Dearborn Street</td>
<td>2</td>
</tr>
<tr>
<td>11 Cathedral Square</td>
<td>300 Conti Street</td>
<td>2</td>
</tr>
<tr>
<td>13 Cooper Riverside Park</td>
<td>1 Government Street</td>
<td>2</td>
</tr>
<tr>
<td>16 Crawford-Murphy Park</td>
<td>351 S. Ann Street</td>
<td>2</td>
</tr>
<tr>
<td>19 Detonti Square Park</td>
<td>311 N Conception Street</td>
<td>2</td>
</tr>
<tr>
<td>29/30 Harmon-Thomas Community Center &amp; Park</td>
<td>1161 Belfast Street</td>
<td>2</td>
</tr>
<tr>
<td>67/68 Hope Community Center</td>
<td>850 Edwards Street</td>
<td>2</td>
</tr>
<tr>
<td>39 Kidd Park</td>
<td>800 East Street</td>
<td>2</td>
</tr>
<tr>
<td>45 Lyons Park &amp; Tennis Center</td>
<td>180 Lyons Park Avenue</td>
<td>2</td>
</tr>
<tr>
<td>47 Malaga Square</td>
<td>403 Church Street</td>
<td>2</td>
</tr>
<tr>
<td>49 Mardi Gras Park</td>
<td>109 Government Street</td>
<td>2</td>
</tr>
<tr>
<td>55 Memorial Park</td>
<td>1800 Airport Boulevard</td>
<td>2</td>
</tr>
<tr>
<td>70/71 Rickarby Neighborhood Center &amp; Park</td>
<td>550 Rickarby Street</td>
<td>2</td>
</tr>
<tr>
<td>72 Ryan Park</td>
<td>750 Springhill Avenue</td>
<td>2</td>
</tr>
<tr>
<td>73/74 Seals Community Center &amp; Park</td>
<td>540 Texas Street</td>
<td>2</td>
</tr>
<tr>
<td>76 Spanish Plaza</td>
<td>401 Government Street</td>
<td>2</td>
</tr>
<tr>
<td>78 Springhill Recreation Center</td>
<td>1151 Springhill Avenue</td>
<td>2</td>
</tr>
<tr>
<td>82/83 Sullivan Community Center &amp; Park</td>
<td>351 N Catherine Street</td>
<td>2</td>
</tr>
<tr>
<td>91 Unity Point Park</td>
<td>900 Springhill Avenue</td>
<td>2</td>
</tr>
<tr>
<td>93 Washington Square</td>
<td>251 Chatham Street</td>
<td>2</td>
</tr>
</tbody>
</table>

**WALKING TRAILS**
**FIT LOTS**

**RENTALS AND PERMITS**

MPRD’s Athletic Fields, Community Centers and Parks are perfect for your upcoming event. For additional information, call the rentals office at (251) 208-1620, or visit https://www.mprd.recdesk.com/

*Free Wi-Fi available at all Community Centers*
<table>
<thead>
<tr>
<th>PARKS &amp; FACILITIES</th>
<th>ADDRESSES</th>
<th>DISTRICTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>86 Adaptive Leisure Lifespan Complex</td>
<td>1301 Azalea Road</td>
<td>3</td>
</tr>
<tr>
<td>1 Arlington Park</td>
<td>1705 Broad Street</td>
<td></td>
</tr>
<tr>
<td>5 Baumhauer-Randle Park</td>
<td>1909 Duval Street</td>
<td></td>
</tr>
<tr>
<td>24 Doyle Park</td>
<td>1728 Rosedale Road</td>
<td></td>
</tr>
<tr>
<td>27 Fry Park</td>
<td>1114 Gimon Circle</td>
<td></td>
</tr>
<tr>
<td>31 Helen Wood Park</td>
<td>4901 Dauphin Island Parkway</td>
<td></td>
</tr>
<tr>
<td>53 McNally Park</td>
<td>4380 Park Road</td>
<td></td>
</tr>
<tr>
<td>63/64 Newhouse Neighborhood Center &amp;</td>
<td>2960 Alston Drive</td>
<td></td>
</tr>
<tr>
<td>65 Parkway Senior Center</td>
<td>1600 Boykin Blvd.</td>
<td></td>
</tr>
<tr>
<td>79 Stewart Road Park</td>
<td>1320 Stewart Road</td>
<td></td>
</tr>
<tr>
<td>89 Trimmer Park</td>
<td>3600 Alba Club Road</td>
<td></td>
</tr>
<tr>
<td>92 Walsh Park</td>
<td>1401 Windsor Avenue</td>
<td></td>
</tr>
<tr>
<td>46 Maitre Park</td>
<td>2412 Halls Mill Road</td>
<td></td>
</tr>
<tr>
<td>17 Crestview Park</td>
<td>1600 Roland Drive</td>
<td>4</td>
</tr>
<tr>
<td>20 Dog River Park</td>
<td>2459 Dog River Drive N</td>
<td></td>
</tr>
<tr>
<td>34 Heroes Park</td>
<td>7161 Old Military Road</td>
<td></td>
</tr>
<tr>
<td>38 PFC Howard Johnson II Park</td>
<td>2661 Atoll Drive</td>
<td></td>
</tr>
<tr>
<td>42 Laun Neighborhood Center &amp; Park</td>
<td>5401 Windmill Drive</td>
<td></td>
</tr>
<tr>
<td>48 Malibar Heights Park</td>
<td>5355 Raines Drive</td>
<td></td>
</tr>
<tr>
<td>58 Mims Park</td>
<td>5400 Grishilde Drive</td>
<td></td>
</tr>
<tr>
<td>74 Schwarz Park</td>
<td>3701 Rivier du Chien Road</td>
<td></td>
</tr>
<tr>
<td>75 Skyland Park</td>
<td>4212 Arcturus Lane</td>
<td></td>
</tr>
<tr>
<td>80/81 Stotts Neighborhood Center &amp;</td>
<td>2150 Demetropolis Road</td>
<td></td>
</tr>
<tr>
<td>4 Joe Bailey Park</td>
<td>712 Magnolia Road</td>
<td>5</td>
</tr>
<tr>
<td>18 Denton Park</td>
<td>2859 Emogene Street</td>
<td></td>
</tr>
<tr>
<td>28 Hackmeyer Park</td>
<td>3710 Conway Drive S</td>
<td></td>
</tr>
<tr>
<td>50 Matthews Park</td>
<td>3700 Michael Boulevard</td>
<td></td>
</tr>
<tr>
<td>66 Public Safety Memorial Park</td>
<td>2301 Airport Boulevard</td>
<td></td>
</tr>
<tr>
<td>69 Rich Park</td>
<td>2700 Foreman Circle</td>
<td></td>
</tr>
<tr>
<td>12 Connie Hudson Regional Senior Center</td>
<td>3201 Hillcrest Road</td>
<td>6</td>
</tr>
<tr>
<td>54 Medal of Honor Park</td>
<td>1711 Hillcrest Road</td>
<td></td>
</tr>
<tr>
<td>50 Matthews Park</td>
<td>1001 Hitt Road</td>
<td></td>
</tr>
<tr>
<td>35/36 Hillsdale Community Center &amp;</td>
<td>556 East Felhorn Road</td>
<td>7</td>
</tr>
<tr>
<td>41 Langan Park</td>
<td>4901 Ziegler Boulevard</td>
<td></td>
</tr>
<tr>
<td>44/2 Lavretta Park &amp; Art Instructional Center</td>
<td>200 Parkway W</td>
<td></td>
</tr>
<tr>
<td>57 Miller Park</td>
<td>7451 Lamplighter Drive</td>
<td></td>
</tr>
<tr>
<td>59/60 Mitternigh Neighborhood Center &amp;</td>
<td>5310 Colonial Oaks Drive</td>
<td></td>
</tr>
<tr>
<td>51 McCants-Chavers Park</td>
<td>7215 Thirteenth Street</td>
<td></td>
</tr>
<tr>
<td>8 Boykin Park</td>
<td>5850 Carol Plantation Road</td>
<td>n/a</td>
</tr>
</tbody>
</table>

SEE MAP ON PAGE 3
Be a great help to your community by volunteering with Parks and Recreation!

Tutoring • Senior Activities • Athletics
And many more!

Whatever your skills or schedule, you can volunteer!

For more information please contact us:
(251) 208-1610 or visit us online at
MPRDVolunteers@cityofmobile.org
ATHLETIC PROGRAMS

ALL PARTICIPANTS MUST PRE-REGISTER

YOUTH SPORTS

Contact: Monteil Fluker
Phone: 251-208-1649
Email: monteil.fluker@cityofmobile.org

ALL PROGRAMS ARE PENDING DUE TO COVID-19 GUIDELINES

BASEBALL (Ages 4-15)
Clinic: 3/20 9-11am Sage Park
Season Starts: 4/10
Season Ends: 6/22
Team Registration: 3/16 & 3/18
8am-Noon at Sage Office
Fees: $200 per Team
Payment method: Sage Office and/or Online mprd.recdesk.com

GIRLS SOFTBALL (Ages 4-15)
Clinic: 3/20 9-11am Sage Park
Season Starts: 4/10
Season Ends: 6/22
Team Registration: 3/16 & 3/18
8am-Noon at Sage Office
Fees: $200 per Team
Payment method: Sage Office and/or Online mprd.recdesk.com

SOCCER (Ages 4-11)
Clinic: 3/6 9-11am Sage Park
Season Starts: 3/20
Season Ends: 6/5
Team Registration: 3/9 & 3/11
8am-Noon at Sage Office
Fees: $100 for U6-U8 Teams $200 for U10-U12 Teams
Payment method: Sage Office and/or Online mprd.recdesk.com

TRACK AND FIELD (Ages 4-14)
Clinic: 3/6 9-11am Sage Park
Season Starts: 3/15
Season Ends: 5/22
Team Registration: 2/1-3/10
8am-Noon at Sage Office
Fees: $35
Payment method: Sage Office and/or Online mprd.recdesk.com

VOLLEYBALL CLINIC (Ages 9-15)
Registration: 1/15–2/18
Clinic Dates: 2/20, 2/27 & 3/6 10-Noon
Fees: Free Clinic
Location: Dotch Community Center
Registration: Online mprd.recdesk.com

ADULT SPORTS

Contact: Monteil Fluker
Phone: 251-208-1649
Email: monteil.fluker@cityofmobile.org

ALL PROGRAMS ARE PENDING DUE TO COVID-19 GUIDELINES

VOLLEYBALL (Ages 16+)
Clinic Dates: Thurs. 1/7-3/30 5-7pm
Fees: Free Clinic
Locations: Thomas Sullivan Community Center and James Seals Community Center
Registration: Online mprd.recdesk.com

VOLLEYBALL OPEN GYM (Ages 16+)
Clinic Dates: Tues. 1/5-3/30 5-7pm
Fees: Free Clinic
Locations: Hillsdale Community Center
Registration: Online mprd.recdesk.com

ADULT FLAG FOOTBALL (Ages 16+)
Clinic: 3/16 6pm Medal of Honor Park
Season Starts: 3/30
Season Ends: 6/18
Team Registration: 2/2-3/19
Fees: $300 per team or $35 Free Agent
Payment Method: Sage Office and/or Online at mprd.recdesk.com
Join Parks & Recreation Staff for themed camps when school is out!

Kids will stay active, healthy, and engaged while following CDC guidelines for safety. Specialty camps offer a variety of recreational and educational opportunities including themed games, crafts, board games, special events, virtual field trips, movies, and more.

See page 18 & 39 for details!
## KIDS CLASSES

### TIME FOR ART  (Ages 5-8)
A fun upbeat art class for the littles! Your child will learn an array of art in a fun environment. Let us help your child develop their inner artist. Sign them up today!
Instructor: Marnée Wiley
- 1/11-1/25 Mon. 3:30-4:30pm $16
- 2/8-2/22 Mon. 3:30-4:30pm $16
- 3/8-3/22 Mon. 3:30-4:30pm $16
- 4/5-4/19 Mon. 3:30-4:30pm $16
- 5/3-5/17 Mon. 3:30-4:30pm $16

### ART FOR KIDS:  (Ages 9-11)
A chance for your child to explore art in a creative, relaxed setting. Children will be allowed and encouraged to freely express themselves artistically. We will have fun while learning and exploring a different medium each session.
Instructor: Ginger Woechan
- 1/14-1/28 Thurs. 3:30-4:30pm $16
- 2/11-2/25 Thurs. 3:30-4:30pm $16
- 3/11-3/25 Thurs. 3:30-4:30pm $16
- 4/15-4/29 Thurs. 3:30-4:30pm $16
- 5/6-5/20 Thurs. 3:30-4:30pm $16

### ART WHAT YOU WANT!  (Ages 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.
Instructor: Ginger Woechan
- 1/13-1/27 Wed. 3:30-4:30pm $16
- 2/10-2/24 Wed. 3:30-4:30pm $16
- 3/10-3/24 Wed. 3:30-4:30pm $16
- 4/14-4/28 Wed. 3:30-4:30pm $16
- 5/5-5/19 Wed. 3:30-4:30pm $16

## ADULT CLASSES

### BEGINNER DRAWING  (Ages 16+)
Let's get back to the basics! Learn the basics of drawing in a relaxed environment. Bring your sketchbook and we will provide all other supplies.
Instructor: Marnée Wiley
- 1/11 & 1/25 Mon. 10-Noon $22
- 2/9 & 2/16 Tues. 10-Noon $22
- 3/9 & 3/16 Tues. 10-Noon $22

### BEGINNER ACRYLIC  (Ages 16+)
Have you ever wondered where and how to get started with acrylic painting? Wonder no more! Sign up now and we will get you started learning the basics of this fantastic medium!
Instructor: Marnée Wiley
- 1/15 & 1/22 Fri. 10-Noon $22
- 4/16 & 4/23 Fri. 10-Noon $22

### KOI: ACRYLICS  (Ages 16+)
Dive into the world of koi with this beginner to intermediate level approach to painting realistic koi with acrylics.
Instructor: Marnée Wiley
- 2/8 & 2/22 Mon. 10-Noon $22
- 5/6 & 5/13 Thurs. 10-Noon $22

### COLOR MIXING  (Ages 16+)
Learn how to mix any color under the sun with acrylics!
Instructor: Marnée Wiley
- 2/12 & 2/19 Fri. 10-Noon $22
- 5/3 & 5/10 Mon. 10-Noon $22

### SPRING FLOWERS  (Ages 16+)
Inspired by the beauty of Spring? We are too! Let’s translate that botanical beauty to canvas with acrylics!
Instructor: Marnée Wiley
- 3/11 & 3/18 Thurs. 10-Noon $22
- 4/5 & 4/12 Mon. 10-Noon $22

### PET PORTRAITS  (Ages 16+)
Join us as we paint our furry friends’ step by step on canvas.
Instructor: Marnée Wiley
- 3/15 & 3/22 Mon. 10-Noon $22
- 5/7 & 5/14 Fri. 10-Noon $22
PLEIN AIR ADVENTURES
Explore the refreshing world of painting in an outdoor environment! The first session will be held at Lavretta Park.
Instructors: Ginger Woechan & Marnée Wiley
3/12 - 3/26 Fri. 10-Noon $22
You may register online for these classes, email instructor; clarabrunk3900@gmail.com, or call 251-454-2278. Class fees must be paid to the instructor on the night of the first class. You cannot pay online or by mail to the City Parks and Recreation Department.

ZENTANGLE® AND CREATIVE CARD MAKING
Merging Zentangle® and the making of two unique and advanced cards. This 3-week class will include learning a few new tangles and using some old favorites to create a waterfall and a diamond easel card. Beginning Zentangle® is not required but suggested. Participants should bring the usual supplies. The class fee includes other supplies that will be provided.
Instructor: Clara Brunk
01/12, 01/19, 01/26 Tues. 1-3pm $42

CREATING A ZENTANGLE® JOURNAL
Did you ever wonder what to do with the tiles you create? Here is your answer. Store them so you can see them and share them with others. In this three-week class, we will decorate and create pages and then bind them together. Beginning Zentangle® is not required but suggested. Participants should bring the usual supplies. The class fee includes other supplies that will be provided.
Instructor: Clara Brunk
2/02, 2/9, 2/23 Tues. 1-3pm $47

BEGINNING WATERCOLOR
Make a splash with beginning watercolors! Join us as we learn the basics of this fluid medium.
Instructor: Ginger Woechan
3/9 & 3/16 Tues. 6-8pm $22
5/11 & 5/18 Tues. 6-8pm $22

OPEN STUDIO
Take a little me time. Come relax, paint among others, and be inspired. You must bring your materials to the class, have an idea, and understand your medium. Just dust off those old paintings and brushes and join us for art chat and light critiques.
Instructor: Ginger Woechan
1/13-1/27 Wed. 9-Noon $15
2/10-2/24 Wed. 9-Noon $15
3/10-3/24 Wed. 9-Noon $15
4/14-4/28 Wed. 9-Noon $15
5/5-5/19 Wed. 9-Noon $15

Free WiFi available at all Community Centers
BLACK HISTORY MONTH ACTIVITIES

Clotilda Presentation
African Dance Performance
African Drumming Performance
Virtual Education Gee’s Bend, AL
Poetry Slam
Panel Discussion
Movie “Just Mercy”

28 DAYS OF MOBILE BLACK HISTORY: posts throughout the month of February

Check out our website for more info.
www.cityofmobile.org/parks
Azalea City Golf Course offers golf lessons for all golfers. We have various skill level lessons offered from the novice student to advanced for more experienced golfers. Contact our office for more information regarding private lessons.

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 7 days in advance. Weekend tee times may be reserved from 8am on Wednesday before the weekend.

**Golf Cart Rentals Available.**

**GREENS FEES:**
$25 Before Noon, $17 After Noon

**JUNIOR RATES: 18 YEARS & YOUNGER:**
$12 Before Noon, $8 After Noon

**ANNUAL MEMBERSHIPS AVAILABLE**
* Limited Membership: Mon.- Fri.
  Individual: $700/year $200/quarter
  Per dependent: $300/year $100/quarter

* Unlimited Membership: Mon.-Sun.
  Individual: $1200/year $325/quarter
  Per dependent: $325/year $100/quarter

**Contact us at 251-208-5150 to schedule your next golf tournament.**
## YOUTH GYMNASTICS (Ages 9-12)

<table>
<thead>
<tr>
<th>Dates</th>
<th>Day(s)</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/16-2/6</td>
<td>Sat.</td>
<td>11-Noon</td>
<td>$40</td>
</tr>
<tr>
<td>2/27-3/27</td>
<td>Sat.</td>
<td>11-Noon</td>
<td>$45</td>
</tr>
<tr>
<td>4/17-5/15</td>
<td>Sat.</td>
<td>11-Noon</td>
<td>$45</td>
</tr>
</tbody>
</table>

## BEGINNING TUMBLING (Ages 5-10)

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

<table>
<thead>
<tr>
<th>Dates</th>
<th>Day(s)</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/12-2/4</td>
<td>Tues. &amp; Thurs.</td>
<td>5-6pm</td>
<td>$65</td>
</tr>
<tr>
<td>2/23-3/25</td>
<td>Tues. &amp; Thurs.</td>
<td>5-6pm</td>
<td>$70</td>
</tr>
<tr>
<td>4/13-5/13</td>
<td>Tues. &amp; Thurs.</td>
<td>5-6pm</td>
<td>$70</td>
</tr>
</tbody>
</table>

## CHEER TUMBLING (Ages 10+)

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

<table>
<thead>
<tr>
<th>Dates</th>
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<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/11-2/8</td>
<td>Mon. &amp; Wed.</td>
<td>6-7pm</td>
<td>$65</td>
</tr>
<tr>
<td>2/22-3/24</td>
<td>Mon. &amp; Wed.</td>
<td>6-7pm</td>
<td>$70</td>
</tr>
<tr>
<td>4/12-5/12</td>
<td>Mon. &amp; Wed.</td>
<td>6-7pm</td>
<td>$70</td>
</tr>
</tbody>
</table>

## BEGINNING TRAMPOLINE & TUMBLING (Ages 5+)

This class teaches basic trampoline and tumbling skills and is an excellent safety course for those families with backyard trampolines.

<table>
<thead>
<tr>
<th>Dates</th>
<th>Day(s)</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/11-2/8</td>
<td>Mon. &amp; Wed.</td>
<td>4-5pm</td>
<td>$65</td>
</tr>
<tr>
<td>2/22-3/24</td>
<td>Mon. &amp; Wed.</td>
<td>4-5pm</td>
<td>$70</td>
</tr>
<tr>
<td>4/12-5/12</td>
<td>Mon. &amp; Wed.</td>
<td>4-5pm</td>
<td>$70</td>
</tr>
</tbody>
</table>

## INTERMEDIATE TRAMPOLINE & TUMBLING (Ages 8-10)

This class is designed to perfect the skills taught in the Beginning T & T class and build on them.

<table>
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<tr>
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<th>Fee</th>
</tr>
</thead>
<tbody>
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<td>1/11-2/8</td>
<td>Mon. &amp; Wed.</td>
<td>5-6pm</td>
<td>$65</td>
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<tr>
<td>2/22-3/24</td>
<td>Mon. &amp; Wed.</td>
<td>5-6pm</td>
<td>$70</td>
</tr>
<tr>
<td>4/12-5/12</td>
<td>Mon. &amp; Wed.</td>
<td>5-6pm</td>
<td>$70</td>
</tr>
</tbody>
</table>

## NO CLASSES:

- MARTIN LUTHER KING: 1/18
- MARDI GRAS BREAK: 2/15-2/20
- SPRING BREAK: 4/5-4/10
CLASS HELD AT:
HILLSDALE COMMUNITY CENTER
556 East Felhorn Road, 36608

KINDER-GYM (Ages 18 months-3 years)
A class for toddlers that will teach basic gymnastics, body awareness, balance, and self-confidence in a relaxed gymnastics environment! An adult must participate with the child.

1/16-2/6 Sat. 9:30-10:30am $40
2/27-3/20 Sat. 9:30-10:30am $40
4/17-5/8 Sat. 9:30-10:30am $40

PRESCHOOL MOVEMENT (Ages 3-5)
Children MUST be potty trained to attend class. Introduction to gymnastics apparatus. Body awareness, balance & self-confidence are developed to the world of exercise and fun.

1/16-2/26 Sat. 10:30-11:30am $40
2/27-3/20 Sat. 10:30-11:30am $40
4/17-5/8 Sat. 10:30-11:30am $40

CLASSES HELD AT:
JAMES SEALS COMMUNITY CENTER
540 Texas Street, 36603

KINDER-GYM (Ages 18 months-3 years)
A class for toddlers that will teach basic gymnastics, body awareness, balance, and self-confidence in a relaxed gymnastics environment! An adult must participate with the child.

1/16-2/6 Sat. 9:30-10:30am $40
2/27-3/20 Sat. 9:30-10:30am $40
4/17-5/8 Sat. 9:30-10:30am $40

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1/16-2/26 Sat. 10:30-11:30am $40
2/27-3/20 Sat. 10:30-11:30am $40
4/17-5/8 Sat. 10:30-11:30am $40
WIND DOWN WEDNESDAY FUN DAY
Come enjoy arts and craft Mardi Gras themed activities! Bring your throws and let’s create magic!
2/17 Wed. 7:30am-4:30pm $10, held at all centers

SPRING BREAK “UNDER THE SEA CAMP”
Go under the sea with these fun ocean-themed activities and crafts! Kids will make octopus mobiles, underwater viewers, whale friends, and even an entire ocean in a bottle. Spend the spring at sea with these ocean-themed activities.
4/5-4/9 Mon.-Fri. 7:30am-4:30pm $5 per day or $20 for the whole week

COMMUNITY CENTER SUMMER CAMP
Camp Sessions: Mon.-Fri. 6/7-8/6
Registration: Begins 4/5, Registration Fee $25
Sign up weekly: First come, first served.
Camp Weekly Fee: 7:30am-4:30pm, $50
Post-Camp Care: 4:30-6:30pm, $5 per day or $20 per week
Location: Held at ALL community centers

SUMMER CAMP: AGES 5-12
Structured Camps include:

ARTS AND CULTURE
6/7-6/25
Your children will love exploring creativity & the environment this Summer! Learn more about Mobile Arts and Culture and Enjoy activities to help enrich the mind and body this summer!

SPORTS AND FITNESS
6/28-7/16
Campers who want to be active can choose from a variety of activities and sports that add diversity to their exercise routine and have fun at the same time!

EDUCATIONAL AND STEM
7/19-8/6
We will be sharing the wonder of STEM (science, technology, engineering and mathematics) this summer with a interactive summer camp environment that will encourage campers to explore and inspire them to get their creative juices going!

KIDS STRETCH & RELAX WITH LESLIE
1/12-5/20 Tues. & Thurs. 3-4:30pm
Harmon Community Center

STRETCH & RELAX WITH LESLIE: AGES 18 & UP
1/11-5/17 Mon. & Wed. 10-11am
Harmon Community Center

CRAFTS ON A BUDGET (5 MINUTE IDEAS) WITH TONYA
1/19 & 2/2 Mardi Gras Wreaths Facebook
2/23 & 3/4 St. Patties Day Top Hats Facebook
3/16 No-Sew Sock Bunnies Facebook
4/27 Spring Wreaths Facebook

FAMILY FRIENDLY WORKOUT W/ PENEOPE
9/8-12/11 Tues. & Thurs. 5-6pm Online

HOP ON A NATIONAL PARK VIRTUAL TOUR WITH MPRD!
Yellowstone National Park shorturl.at/vBSV8

NATIONAL WEAR RED DAY
Add a splash of red to your attire to stand with MPRD in support of heart health. Its National Wear Red Day! Help us raise awareness and take a selfie and share with us! #MPRDGoRedForHeartHealth
2/5 Fri.

“LET’S GET POPPIN” NATIONAL POPCORN DAY
“Pop Pop Pop” our centers are celebrating National Popcorn Day! Popcorn will be served throughout the day, stop by and let’s get poppin’!
1/19 Tues.

NATIONAL BOY SCOUT DAY
Looking for a troop? Sign-up at one of our community centers.
2/8 Mon.

NATIONAL GIRL SCOUT DAY
Looking for a troop? Sign-up at one of our community centers.
3/12 Fri.

NATIONAL CHOCOLATE CAKE DAY
Did you know Wednesday, January 27 is National Chocolate Cake Day? Yes it Is real! What a awesome reason to celebrate eating chocolate cake! So in case you’re looking for a way to celebrate join us for some fun that will melt in your mouth!
1/27 Wed. 3-4pm ALL community centers

REGISTER AT MPRD.RECDESK.COM
AFTER SCHOOL NUTRITION PROGRAM (Age 0-18)  
Sponsored by Feeding the Gulf Coast  
Mon.-Fri. 3-4pm

DOTCH FAMILY FUN NIGHT  
Bring your whole family for a night of fun, games, and light refreshments.  
4/2 Fri. 5-7pm

GUITAR (Ages 12 & Up)  
Rhythm and theory, finger exercises, scales and chords are just a few accompaniments in addition to all the fun songs you will learn from one of Mobile’s Living Legends. Call 251-422-4009 for more information and to register.  
Instructor: Theodore Arthur Jr.  
1/12-2/2 Tues. 5:30-7:30pm $45  
2/9-3/9 Tues. 5:30-7:30pm $45  
3/6-4/6 Tues. 5:30-7:30pm $45  
4/13-5/4 Tues. 5:30-7:30pm $45

LINE DANCE 101  
Enjoy the latest in line dancing.  
Instructor: Ladresta McNeal  
1/13-5/20 Thurs. 5-7pm  
1/16-5/15 Sat. 10am-Noon Advanced  
1/16-5/15 Sat. Noon-1pm Beginners

PIANO (Ages 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 251-422-4009 for more information and to register. No class Wed. Feb. 16.  
Instructor: Theodore Arthur Jr.  
1/13-2/3 Wed. 5:30-7:30pm $45  
2/10-3/10 Wed. 5:30-7:30pm $45  
3/17-4/7 Wed. 5:30-7:30pm $45  
4/13-5/4 Wed. 5:30-7:30pm $45

ZUMBA FOR WOMEN (Age 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  
1/12-5/20 Tues. & Thurs. 4-5pm

FITNESS AND NUTRITION (Ages 18 & Up)  
This program offers regular exercise and recreational opportunities. This program is for those who wish to have a tasty, nutritious meal combined with social archives and fellowship.  
Instructor: Mike Garbutt  
1/11-5/21 Mon. & Fri. 1-3pm

COMPUTER FOR BEGINNERS  
Come learn the basic operation of a computer and how to easily access the internet. Along with teaching how to wireless print, from your cell phone.  
Instructor: Linda Carter  
1/11-5/20 Mon., Tues. & Thurs. 3-4pm

ARTS & CRAFTS (All Ages)  
Create something new every month. Participants make a seasonal decorative item under the guidance of instructor.  
Instructor: Brenda Miller  
1/11-5/19 Mon., Tues. & Wed. 4-5pm

PLAYING GOLF WITH COACH SLAUGHTER (All Ages)  
Instructor: Dale Slaughter  
1/12-5/20 Tues. & Thurs. 5-6:30pm

TEEN TALK (Ages 13-18)  
An outreach program of ICU Counseling & Mental Health Support Services, LLC. The purpose is to provide a safe place for middle and high school aged teens to engage in discussions specific to their emotional and behavioral needs. Teens are taught healthy coping skills and provided enrichment that can lead to successful lives. Written parental consent must be obtained before participating. For more information on how to sign up for a group, visit www.icumentalhealth.com  
Group Leaders: ICU Staff  
1/20-5/19 Wed. 3-4pm Middle School Boys  
1/20-5/19 Wed. 3:30-4:30pm Middle School Girls  
1/20-5/19 Wed. 4:30-5:30pm High School Boys  
1/20-5/19 Wed. 5-6pm High School Girls

Free WiFi available at all Community Centers
**AFTER SCHOOL NUTRITION PROGRAM** (Ages 0-18)
Sponsored by Feeding the Gulf Coast
Mon. - Fri. 3-4pm

**LIGHT OF THE VILLAGE AFTER-SCHOOL PROGRAM** (Ages 5-14)
Become a happy camper…kids play fun-filled games, hear short Bible Stories, and get help completing homework.
Instructor: Light of the Village Staff
1/12-5/21  Tue.- Fri. 3-5pm

**FIGURES FAMILY FUN NIGHT**
Bring your whole family for a night of fun, games and light refreshments.
2/5  Fri. 5-7pm

**SEW SWEET**
A beginner class that will enhance your sewing technique, followed by the learning process of making clothing for tots. Please call 452-4052 for supply info.
Instructor: Yolanda Turner
1/12-5/18  Tues. 11:30-2pm
1/12-5/18  Tues. 5:30-7pm

**TEEN TALK** (Ages 13-18)
Teen Talk is an outreach program of ICU Counseling & Mental Health Support Services, LLC. The purpose is to provide a safe place for middle and high school aged teens to engage in discussions specific to their emotional and behavioral needs. Teens are taught healthy coping skills and provided enrichment that can lead to successful lives. Written parental consent must be obtained before participating. For more information on how to sign up for a group, visit www.icumentalhealth.com
Group Leaders: ICU Staff
1/21-5/20  Thurs. 3-4pm  Middle School
1/21-5/20  Thurs. 4:30-5:30pm  High School

**THEMES**
Provide children with opportunities to engage in arts and crafts, allowing them to explore their ideas and concepts, and then express that through making something they can feel proud of or use for entertaining others or simply look at for pleasure.
Instructor: Penelope Wiley
1/11-5/19  Mon. & Wed. 4-5pm

**EXERCISING WITH RODERICK**
A brisk walk to music in the gym to get the heart rate up and clear the mind while having fun
Instructor: Roderick Cunningham
1/12-5/20  Tues. & Thurs. 3-4pm

**JAZZ** (Ages 4-11)
Beginner Jazz class will learn to build balance, poise and coordination as well beginning of movements of Jazz. Call 251-327-8498 for more info or to register.
Instructor: Ashley Perryman
1/12-2/2  Tues. 5-6pm  $25
2/9-3/2  Tues. 5-6pm  $25
3/9-30  Tues. 5-6pm  $25

**JAZZ** (Ages 12-18)
Beginner Jazz students will learn to build balance, poise, and coordination as well as beginning Jazz Movements. Call 251-327-8498 for more info or to register.
Instructor: Ashley Perryman
1/12-2/2  Tues. 5-6pm  $25
2/9-3/2  Tues. 5-6pm  $25
3/9-30  Tues. 5-6pm  $25

**MAJORETTE** (Ages 4-11)
Learn baton-twirling techniques, dance steps that draw form jazz, ballet, hip-hop and modern dance. Call 251-327-8498 for more info or to register.
Instructor: Ashley Perryman
1/14-2/4  Thurs. 4-6pm  $25
2/11-3/4  Thurs. 4-6pm  $25

**MAJORETTE** (Ages 12-18)
Learn baton-twirling techniques, dance steps that draw form jazz, ballet, hip-hop and modern dance. Call 251-327-8498 for more info or to register.
Instructor: Ashley Perryman
1/14-2/4  Thurs. 5-6pm  $25
2/11-3/4  Thurs. 5-6pm  $25

**LINE DANCE WITH LA LA**
Line dancing/swing out is just another way you can stay healthy at Michael Figures Community Center. When you join us, you can learn the latest dance steps, have lots of fun and get some exercise.
Instructor: LaDestra McNeal
1/12-5/18  Tues. 5-7pm
WOODWINDS
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 and to register.
Instructor: Theodore Arthur
1/11-2/8 Mon. 5-6:30pm $45
2/22-3/15 Mon. 5-6:30pm $45
3/22-4/12 Mon. 5-6:30pm $45
4/19-5/10 Mon. 5-6:30pm $45

VOLLEYBALL CLASS
Learn to hit the ball, position yourself to hit, defend in a game situation and the rules of the game.
Instructors: Conrad Allen
1/11-5/20 Mon. & Thurs. 4:30-6pm

TEEN ALL LEVELS (Ages 6+)
Coach Deleston will provide beginner & intermediate instruction. Practice in the areas of ready position stance, back-hand & forehand stance, and how to strike a tennis ball correctly. Other areas of instruction include how to serve, play points, and keep score. Racquets are available or bring your own.
Instructor: Lance Deleston
1/16-5/22 Sat. 8-11am

1611 BELFAST ST., MOBILE, AL. 36605 | (251) 470-7752 | HOURS: MON.-FRI. 11AM–8 PM
LESLIE PETTAWAY | leslie.pettaway@cityofmobile.org

WALKING WITH EASE (Ages 19 & up)
Walking away stress, worry and pain to keep you going throughout the days of life.
Instructors: Leslie Pettaway & Shurqonda West
1/12-5/20 Tues.-Thurs. 11am-1pm

HARMON-THOMAS COMMUNITY CENTER

FUNDAMENTALS OF GAME-TIME
Teaching basic instructions of life through games.
Instructors: Willie Nixon
1/13-5/21 Wed. & Fri. 4:30-5:30pm

GAME DAY ADULTS (BACK IN THE DAY)
Bringing back those fun-filled memories from the days of your youth.
Instructors: Leslie Pettaway & Shurqonda West
1/12-5/20 Tues., Wed. & Thurs. 11am-1pm

EXERCISE YOUR FINGERS WITH TYPING
Teaching our fingers to type at any speed.
Instructors: Nathaniel Moore
1/11-5/21 Mon.-Fri. 11am-Noon

SWING OUT / LINE DANCE
Have fun and make friends while learning to dance.
Instructors: Whitney Moore
1/11-5/21 Mon.-Fri. 5:45-7:30pm

REACH YOUR POTENTIAL WITH YOGA (Ages 7 & Up)
Love yourself, love your day, love your life.
Instructors: Leslie Pettaway & Shurqonda West
1/12-5/20 Tues. & Thurs. 4-5pm

COOKING WITH Q
Learn to make meals with ease. Spending time learning the basics of how to cook with quality & fun.
Instructors: Shurqonda West
1/12-5/20 Tues. & Thurs. 5-7pm

Piano Class (Ages 6 & Up)
Have you always wanted to learn to play the piano? Well, it is never too late to get started. Learn the basics and with lots of practice you can play the piano.
Instructor: Kina Greene
1/11-5/20 Mon.-Thurs. 5-6:30pm

Light of the Village After-School Program (Ages 5-14)
You can be a happy camper…Campers play fun-filled games plus hear short Bible stories and participate in reading and math enrichment activities.
Instructors: Jordan and Julisa
1/11-5/21 Mon.-Fri. 11am-5pm

HARMON FAMILY FUN NIGHT
Bring your whole family for a night of fun, games and light refreshments.
2/5 Fri. 5-7pm

REGISTER AT MPRD.RECDESK.COM
HILLSDALE COMMUNITY CENTER

556 EAST FELHORN ROAD, MOBILE AL 36608 | 251-344-0341
HOURS: MON.-FRI. 11AM-8PM, SAT. 10AM-2PM | RHONDA MCDANIEL | rhonda.mcdaniel@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)
Sponsored by Feeding the Gulf Coast
1/11-5/21 Mon.-Fri. 3-4pm

HILLSDALE FAMILY FUN NIGHT
Bring your whole family for a night of fun, games and light refreshments.
4/2 Fri. 5-7pm

BALLET & JAZZ (Ages 4-6)
A beginner dance class that combines ballet and jazz.
Students learn basic ballet positions and techniques along with jazz walks, chasse’ and battements. Students will perform a short center floor combination using these skills.
Instructor: Shalinda Henry
1/11-5/18 Mon. 5-5:45pm $5 drop-in or $15/4wks.

BALLET & JAZZ (Ages 7-13)
A beginner dance class that combines ballet and jazz.
Students learn basic ballet positions and techniques along with jazz walks, chasse’ and battements. Students will perform a short center line floor combination using these skills.
Instructor: Shalinda Henry
1/12-5/18 Tues. 5-5:45pm $5 drop-in or $15/4wks.

COMPUTER FOR BEGINNERS
Let us help you learn the basics of operating a computer and how to easily access the internet.
Instructor: Ms. Denson
1/12-5/20 Tues., Wed. & Thurs. 2:45-3:45pm

DANCE AEROBICS (Adults)
Will include the dance styles of jazz, hip hop, majorette, and more to get your heart pumping and achieve a cardio workout.
Instructor: Shalinda Henry
1/11-5/17 Mon. 6-6:45pm $5 drop-in or $15/4wks.
1/14-5/20 Thurs. 7-7:45pm $5 drop-in or $15/4wks.

DANCE COMPANY (Adults)
Comprised of dedicated dance students who love to perform and are looking to be challenged in class, rehearsals and performance. Each dance team level is designed for their specific age group and promotes teamwork and self-confidence.
Instructor: Shalinda Henry
1/12-5/18 Tues. 5:45-7pm $5 drop-in or $15/4wks.
1/13-5/19 Wed. 6-7:30pm $5 drop-in or $15/4wks.

DANCE COMPANY (Ages 7-13)
Instructor: Shalinda Henry
1/13-5/19 Wed. 5-6pm $5 drop-in or $15/4wks.

DRESS FOR SUCCESS AND LIFE
Teaching young males, the art of making a great impression toward a better life by practicing the interview process. Sharpen your skills, tie a tie, and coordinate your business attire.
Instructor: Nelson Curtis
1/11-5/20 Mon., Tues. & Thurs. 5-6pm

HIP-HOP & LYRICAL DANCE (Ages 4-6)
Fun, creativity and self-expression are the basis of this class that combines Hip Hop, also known as street dance & Lyrical, a blend of ballet & jazz. Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/14-5/20 Thurs. 5-5:45pm $5 drop-in or $15/4 wks.

HIP-HOP & LYRICAL DANCE (Ages 7-13)
Call 251-348-2654 for more information or to register.
Instructor: Shalinda Henry
1/14-5/20 Thurs. 6-6:45pm $5 drop-in or $15/4 wks.
HILLSDALE COMMUNITY CENTER

**KINDER-GYM** (Ages 18 Months - 3 Years)
Toddlers have fun while learning basic gymnastics, body awareness, balance and self-confidence in a relaxed gymnastics environment! An adult must participate with the child.
1/16-2/6 Sat. 9-9:45am $40
3/6-3/27 Sat. 9-9:45am $40

**P.R.E.P SYSTEM** (Teens-Adults)
Let us help you and your school age kids learn some of the things that you can do now to prepare for the future. Whether the future includes college, an athletic career or military service. Participation in some activities and learning certain skills can help increase and enhance chances for success.
Instructor: T. Hunter
1/12-5/19 Tues. & Wed. 6-7:30pm

**SEWING CLUB** (Teens-Adults)
This group of “young at heart” ladies come together to give of their time for different sewing projects as one of the many ways that they give back to the community. They welcome those who want to learn the craft of sewing.
Instructor: Lozillia Coates
1/12-5/18 Tues. 11am-1pm

**TABLE TENNIS CLUB** (It’s On Like Ping Pong)
The Table Tennis Club is a place for people to learn table tennis, practice and meet others to play matches. Baker High School Table Tennis Coach Ho will be helping everyone to work on skills and learn the game. Beginners welcome!
Instructor: Michael Ho
1/11-5/20 Mon. & Thurs. 5:45-7:45pm
ROBERT HOPE COMMUNITY CENTER

850 EDWARDS STREET, MOBILE AL 36610  |  (251) 456-7639  
HOURS: MON.-FRI. 11AM–8PM  
CHAMYNE THOMPSON  |  chamyne.thompson@cityofmobile.org

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

ACTING WORKSHOP (All Ages)  
Aspiring actors get introduced to scripts and learn many of the acting techniques used in professional theatre along with the basics of costumes and props. Attendees of the workshop will get a chance to apply these new skills by performing in a stage play. Call 251-510-0654 for more info or to register.  
Instructor: S. Prestwood  
4/15-5/20  Thurs. 5:30-7:30pm  $35

ARTS AND CRAFTS  
Arts and Crafts activities for children who want to have fun while creating something unique.  
Instructor: V. Hughes & Ms. Robinson  
1/11-5/21  Mon. & Fri. 4-6pm

BEGINNERS SEWING/CRAFTING (Teens – Adults)  
Have fun while learning the basic sewing skills you need to make simple garments. We will also teach you how to do some fun arts & crafts.  
Instructor: Michelle Tutt  
1/12-5/20  Tues. & Thurs. 4-5pm

BIBLE STUDY  
Instructor: Winfred July  
1/11-5/21  Mon. 11am-Noon

COOKING AROUND THE WORLD: KIDS COOKING CLASS (Ages 8-10)  
Taste the world! Kids will learn & cook meals from different countries across the world from China to Greece and countries in between.  
Instructor: Chamyne Thompson/Vicki Hughes  
1/22-5/28  4th Fri. of each month: 4-5pm

DISRUPSHUN SERVICE ORGANIZATION (Grades 8th-12th)  
This program is a service organization designed for young ladies and gentlemen ages 13-19, exclusively for educational and charitable purposes. For more information call Ms. Walker at 251-610-9427.  
Instructor: Ms. Carla Walker  
1/12-5/20  Tues & Thurs. 5:30-7:30 pm

HOPE FAMILY FUN NIGHT  
Bring your whole family for a Night of fun, games, and light refreshments.  
3/5  Fri. 5-7pm  
4/2  Fri. 5-7pm

WALK INTO WELLNESS (Adults & Seniors)  
This class is designed for adults & seniors. This 30-minute walking class helps improve heart health, aids weight loss, regulates, blood pressure, improves circulation, fights cancer and reduces risk of diabetes.  
Instructor: Chamyne Thompson  
1/12-5/21  Tues. & Fri. 11-11:30am

YOGA FOR FITNESS & RELAXATION (Beginners)  
When you combine power yoga using strong, flowing movements with deep breathing you create a high energy workout that helps you build strength, unwind tight joints and loosen muscles (also burn calories) with gentle yoga to banish stress and tension, relax tight muscles, increase concentration, strengthen the lower back and improve balance. Learn movements you can use for a lifetime. Bring a yoga mat. For more info or to register, call 251-454-2259.  
Instructor: Kendra Bell  
1/14-2/4  Thurs. 6-7pm  $30  
2/11-3/4  Thurs. 6-7pm  $30  
3/18-4/8  Thurs. 6-7pm  $30

REGISTER AT MPRD.RECDESK.COM
Get Out and Walk

Walking 30 minutes a day can help you:
- Connect with family, friends and neighbors
- Stay Healthy and reduce your risk of many conditions
- Save Money on travel and doctors' visits
- Help the Planet by reducing air pollution
- Boost Your Mind and feel good about yourself

Get walking every day with these tips:
- Start Slow: Just 10 minutes at a time is a great way to get started!
- Make a Plan: Put walking on your calendar to make sure you have time to walk.
- Walk Fast: Fast enough that you cannot sing, but are able to talk.
- Find a Buddy: Walk with a partner to help you stick to your walking plan and connect with others.
**LAUN COMMUNITY CENTER**

5401 WINDMILL DR. (OFF DEMETROPOLIS RD.)  
(251) 661-6541  |  HOURS: MON.-FRI. 11AM-8PM

CLOSED FOR RENOVATION

**MITTERNIGHT NEIGHBORHOOD CENTER**

5310 COLONIAL OAKS DRIVE NORTH, MOBILE, AL  36618  
(251) 344-7275  |  HOURS: MON.-FRI. 11AM-8PM

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

**DISCOVER THE COMPUTER -N- YOU**
Click your way through Windows and discover an amazing view. Learn basic and intermediate computer skills.  
Instructor: Jimmy Williams  
1/11-5/17  Mon. 11am-Noon

**HOW TO USE YOUR SMARTPHONE**
Technical assistance to help you learn how to navigate your phone. Bring your smartphone and any questions you may have.  
Instructor: Jimmy Williams  
1/14-5/20  Thurs. 11am-Noon

**CALLIGRAPHY: A HIGHLY PROFITABLE HOME BUSINESS OR JUST FOR FUN**
Calligraphy is a style of intricate, artistic lettering that often appears on items such as wedding invitations, birth notices and certificates of merit. Without a huge investment, you can learn this art form and offer your services to schools (for diplomas), brides-to-be (for addressing invitations), athletic teams and even corporations that are involved in recognition programs requiring certificates. Supplies will be covered on the first night of class. Call 251-510-0654 for more info or to register.  
Instructor: A. Kuppersmith  
1/19-2/23  Tues. 5:30-7:30pm  $55

**TAI CHI** (Adults)
Tai Chi, a series of slow, soft movements that 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 health issues and conditions. It is suitable for people of all ages and physical conditions. Wear comfortable clothes and shoes and be prepared to have fun. Call 251-510-0654 for more info or to register.  
Instructor: S. Prestwood  
1/19-2/23  Tues. 5:30-6:30pm  $30

**MEDITATIVE DRUMMING** (Adults)
The In-Rhythm approach to health and well-being through the medium of drumming is unique. We use a combination of drumming, mindfulness and mediation. We understand and harness the power of meditation to assist individuals in cultivation stillness of mind. Call 251-510-0654 for more info and to register.  
Instructor: S. Prestwood  
1/14-2/18  Thurs. 5:30-6:30pm  $40

**HAVE FUN WITH BASIC WATERCOLOR**
Have Fun with Basic watercolor. Watercolor techniques including composition, perspective and light shadows. Call 251-510-0654 for more info or to register.  
Instructor: A. Kuppersmith  
1/14-2/18  Thurs. 5:30-7:30pm  $55

**ARTS & CRAFTS**
Arts and crafts activities for children who want to have fun while creating something unique.  
Instructor: Carolyn James  
1/13-5/20  Tues. & Thurs. 4-5pm

WiFi available at all Community Centers
NEWHOUSE TEEN CENTER
2960 ALSTON DRIVE, MOBILE, AL 36605 | (251) 470-7753
HOURS: MON – FRI. 11AM-8PM | MARCUS HARDEN | marcus.harden@cityofmobile.org

AFTER-SCHOOL NUTRITION PROGRAM (Ages 0-18)
Sponsored by Feeding the Gulf Coast
1/11-5/21 Mon.-Fri. 4-6pm

ACADEMIC TUTORING (Ages 12-18)
Get one on one tutoring for your child with a certified educator.
Call (251) 470-7753 for more info.
Instructor: Pauline Ransom
1/12-2/2 Tues. 5:30-7:30pm $45
2/22-3/16 Tues. 5:30-7:30pm $45
3/23-4/13 Tues. 5:30-7:30pm $45
4/4-5/12 Tues. 5:30-7:30pm $45

CRICUT CRAFTS 101
This class is for the absolute beginner. We will be going over the basics of the Cricut machine and software. At the end of this 2-hour class, you will be able to create and make fun things to share!
Instructor: Dorothy Smith/Barbara Hines
1/12-5/20 Tues. & Thurs. 4-6pm

HEALTH & NUTRITION
Teaching kids about nutrition and healthy food choices.
Call (251) 470-7753 for more information.
Instructor: Marcus Harden
1/11-5/17 Mon. & Wed. 4-5pm

HIP HOP CARDIO
A fun and engaging way to do cardio while listening and exercising to your favorite music.
1/12-5/20 Tues. & Thurs. 6:30-7:30pm

SEWING FOR BEGINNERS
Learn the basic function of your sewing machine and become comfortable with straight stitching.
Instructor: Dorothy Smith
1/11-5/19 Mon. & Wed. 4-5pm

TEEN KICKBACK
Bring a friend for a night of fun, games and light refreshments every 1st Friday of the Month.
2/5-5/7 1st Fri. of each month 5-7pm

TEEN COUNCIL
For Teens by Teens. An enrichment leadership program to empower teens for the future by giving them tools to succeed in today’s global society.
1/4-5/19 Mon. & Wed. 6:30-7:30pm

TEEN TALK (Ages 13-18)
Teen Talk is an outreach program of ICU Counseling & Mental Health Support Services, LLC. The purpose is to provide a safe place for middle and high school aged teens to engage in discussions specific to their emotional and behavioral needs. Teens are taught healthy coping skills and provided enrichment that can lead to successful lives. Written parental consent must be obtained before participating. For more information on how to sign up for a group, visit www.icumentalhealth.com
Group Leaders: ICU Staff
1/25-5/25 Mon. 3-4pm Middle School Boys
1/25-5/25 Mon. 3:30-4:30pm Middle School Girls
1/25-5/25 Mon. 4:30-5:30pm High School Boys
1/25-5/25 Mon. 5-6pm High School Girls

RICKARBY RECREATION CENTER
550 RICKARBY ST., MOBILE, AL 36606 | (251) 470-7750 | HOURS: MON.-FRI. 11AM-8PM
JACKIE SIMMONS McMILLIAN | jacqueline.simmons@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)
Sponsored by Feeding the Gulf Coast
1/11-5/21 Mon. - Fri. 3-4pm

BOOKMOBILE!
2nd Tues. of every month

OPEN YOUR CREATIVE MIND!
Come, join us have fun and show your creative skills.
Instructor: Jackie McMillian
1/11-1/25 Mon. 4-5pm
2/2-2/11 Tues.-Thurs. 5-6pm
3/3-4/11 Wed.-Thurs. 6-7pm
4/6-4/14 Tues.-Thurs. 4:45-5:30pm
5/3-5/7 Mon.-Fri. 6:30-7:15pm

REGISTER AT MPRD.RECDESK.COM
KIDS CRAFTS CLASSES (Ages 5-12)
Open your creative mind! Come, have fun and show your creative skills.
Instructor: Jackie McMillian
1/11-1/25 Mon. 4-5pm
2/2-2/11 Tue.-Thurs. 5-6pm
3/3-3/11 Wed.-Thurs. 6-7pm
4/6-4/14 Tue.-Thurs. 4:45-5:30pm
5/3-5/7 Mon.-Fri. 6:30-7:15pm

MEDIA TECHNOLOGY FOR ADULTS (Free Wi-Fi)
Take a little time off and relax with tech and media activities.
1/11-1/25 Mon. 11am-2pm or 6-7pm
2/10-2/24 Wed. 11am-2pm or 6-7pm
3/18-3/25 Thurs. 11am-2pm or 6-7pm
4/20-4/27 Tues. 11am-2pm or 6-7pm
5/5-5/19 Wed. 11am-2pm or 6-7pm

OUTSIDE POWER WALKING ON YOUR OWN
Come try out the new and improved walking trail daily.
Instructor: Jackie McMillian
1/11-5/21 Mon.-Fri. 9am-Noon

TIE DYE CLOTHING CREATIONS
Come and learn how to create your own Tie Dye Clothing. (Bring Own Materials)
Instructor: Jackie McMillian
1/11-1/25 Mon. 11:30am-12:30pm or 6-7pm $5
2/10-2/24 Wed. 11:30am-12:30pm or 6-7pm $5
3/18-3/25 Thurs. 11:30am-12:30pm or 6-7pm $5
4/20-4/27 Mon. 11:30am-12:30pm or 6-7pm $5
5/19-5/26 Wed. 11:30am-12:30pm or 6-7pm $5

WALK WITH EASE/ CHAIR EXERCISE
Just 30 minutes of walking does the body good, along with chair exercises. Walking also helps improve heart health, aids in weight loss, regulates blood pressure, improves circulation and reduces the risk of diabetes.
Instructor: Jackie McMillian
1/12-5/18 Tue.-Fri. 11am-Noon

BASIC BAKING AND COOKING CLASSES
Come learn new creative ways to cook and bake healthy.
Instructor: Jackie McMillian
1/19 Tue. 12:45-1:30pm or 4:45-5:30pm
2/2 Tue. 12:45-1:30pm or 6-7pm
2/23 Tue. 12:45-1:30pm or 6-7pm
3/8 Mon. 12:45-1:30pm
3/25 Thurs. 12:45-2pm or 6-7pm
4/1 Thurs. 12:45-2pm or 5-7pm
4/26 Mon. 12:45-2pm or 5-7pm
5/11 Tue. Noon-1:30pm or 5-7pm
5/20 Thurs. Noon-1:30pm or 5-7pm

RICKARBY FAMILY FUN NIGHT
Bring your whole family for a night of fun, games and light refreshments.
5/7 Fri. 5-7pm
MAJORETTE & HIP HOP (Ages 4-11)
Classes include warm up, moving across the floor, style explorations (popping, locking, waving, gliding, etc.), and freestyle circles. Exercises focus on increasing flexibility, strength, precision, creativity and finding your own style. Class also includes majorette dance style as seen on TV with the Dancing Dolls. Call 251-327-8498 for more info or to register.
Instructor: Ashley Perryman
1/13-5/19 Wed. 3:30-4:30pm $25/4wks

MAJORETTE & HIP HOP (Ages 12-18)
Call 251-327-8498 for more info or to register.
Instructor: Ashley Perryman
1/13-5/19 Wed. 3:30-4:30pm $25/4wks

DISCOVER THE COMPUTER-N-YOU
Click your way through Windows and discover an amazing view. Learn basic and intermediate computer skills.
Instructor: Marcus Fluker
1/11-5/17 Mon. 10-11am

ELEMENTARY & LITERACY FOUNDATIONS
(Ages 5-12)
Do you like storytelling and problem solving? We have a exciting class for you!
Instructor: Cheryl Finley
1/11-5/19 Mon. & Wed. 4:30-5:30pm

SEALS FAMILY FUN NIGHT
Bring the whole family for a night of fun games and refreshments.
3/5 Fri. 5-7pm

KINDER-GYM (Ages 18 Mon-3 Years)
Toddlers have fun while learning basic gymnastics, body awareness, balance, and self confidence in a relaxed gymnastics environment! Adult must participate with the child.
1/16-2/6 Sat. 10:30-11:15am $40
2/20-3/13 Sat. 10:30-11:15am $40
3/27-4/17 Sat. 10:30-11:15am $40
5/1-5/22 Sat. 10:30-11:15am $40

SMARTPHONE 101
Is your phone smarter than you? Let us provide technical assistance to help you learn to navigate your phone. Bring your smartphone and any questions you may have.
Instructor: Marcus Fluker
1/14-5/20 Thurs. 11am-Noon

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
1/11-5/19 Mon. & Wed. 5:30-7pm

TENNIS ALL LEVELS (Ages 6-10)
Coach Deleston will provide beginner & intermediate instruction. Practice in the areas of ready position stance, backhand & forehand stance and how to strike a tennis ball correctly. Areas of instruction include how to serve, play points and keep score...
Instructor: Coach Lance Deleston
1/11-5/19 Mon. 5:30-7:30pm

TENNIS ALL LEVELS (Ages 19-50+)
Coach Deleston will provide beginner & intermediate instruction. Practice in the areas of ready position stance, backhand & forehand stance and how to strike a tennis ball correctly. Other areas of instruction include how to serve, play points and keep score. Racquets are available or bring your own.
Instructor: Coach Lance Deleston
1/13-5/19 Wed. 5:30-7:30pm

I-KARE CPR
FREE, CPR training by a Registered Nurse. A plus for any family, we all need to know CPR. It’s free at James Seals Community Center.
Instructor: Tamara Jackson
1/11-5/14 Mon. & Fri. 11am
1/11-5/14 Mon. & Fri. 6pm
1/16-5/15 Sat. 10:30-11:30am
SPRINGHILL RECREATION CENTER

1151 SPRINGHILL AVENUE  |  MOBILE, AL 36604  |  (251) 438-7415  |  HOURS: MON.-FRI. 11AM-8PM
PATRICIA FERGUSON  |  patricia.ferguson@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)
Sponsored by Feeding the Gulf Coast
1/11-5/21  Mon.-Fri. 3-4pm

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
1/11-5/21  Mon.-Fri. Appointments available
Four (30 minute) classes  $45

ADULT BEGINNER BALLET
This is an opportunity for adults 18+ who are interested in learning the fundamentals of ballet, to do so in a welcoming and pressure-free atmosphere. Call 251-342-2241 to register or for more info.
Instructor: Mobile Ballet Association
1/8, 15 & 22  Fri. 11am-12:15pm  $10 per class

ARTS & CRAFTS
Arts & Crafts Activities for children who want to have fun while creating something unique.
Instructor: Patricia Ferguson
1/12-5/20  Tues. & Thurs. 3:30-6pm

GUITAR, BEGINNER-INTERMEDIATE (Ages 10 & Up)
Pick up this affordable musical instrument and start learning the basic skills or dust off your old guitar and refresh those rusty skills. You must bring a tunable acoustic guitar. You will learn to play 3-4 note lyrics, the chords, become familiar with finger positioning and how to tune your guitar.
Call 251-422-4009 for more information and to register.
NO CLASS THURS., FEB. 18TH.
Instructor: Theodore Arthur
Please add these corrected dates
1/14-2/4  Thurs. 5-6:30pm  $45
2/11-3/11  Thurs. 5-6:30pm  $45
3/18-4/8  Thurs. 5-6:30pm  $45
4/15-5/6  Thurs. 5-6:30pm  $45

LINE DANCING
Looking for exercise that does not feel like EXERCISE? This is it! Join us and learn the latest line dance steps and brush up on some of the older ones as well. Ms. Dorothy will have you moving and grooving as a group using easy-to-follow instructions.
Instructor: Dorothy Chaney
1/11-5/17  Mon. 5-6:45pm
1/12-5/21  Tues. & Fri. 11am-1pm

STRETCH & WALK
Get your exercise in with us by stretching and then walking a mile or more. This is a self-directed activity.
1/11-5/20  Mon., Wed. & Thurs. 11am-1pm

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 3 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.

Free WiFi available at all Community Centers

REGISTER AT MPRD.RECDESK.COM
AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)
Sponsored by Feeding the Gulf Coast
1/11-5/21 Mon.-Fri. 3-4pm

BALLETT & JAZZ (Ages 4-6)
A beginner dance class that combines ballet and jazz. Students learn basic ballet positions and techniques along with jazz walks, chasse' and battements. A short center floor combination using these skills. Contact the instructor at 251-348-2654.
Instructor: Shalinda Henry
1/15-5/21 Fri. 5-5:45pm
$5 drop-in or $15/4 wks.

BASIC DRAWING FOR KIDS (Ages 8 & Up)
Kids will learn the basics of drawing from beginning shapes, shadowing and texture, to creating animals and people. We will spend the first part of the class relaxing and begin with some doodle or free drawing exercises. These activities will help develop good skills for moving forward. The second part of the class focuses on learning and practicing techniques, i.e.... as shadows, textures, shapes, and perspective. Contact the instructor at ashley.kuppersmith@yahoo.com to register and get a supply list.
Instructor: A. Kuppersmith
3/1-29 Mon. 5-6pm $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 class, 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
1/16-2/27 Sat. 9-10am Beginners $35
1/16-2/27 Sat. 10-11am Intermediate $35
3/6-5/1 Sat. 9-10am Beginners $35
3/6-5/1 Sat. 10-11am Intermediate $35
1/14-2/25 Thurs. 5:45-6:45pm Beginners $35
1/14-2/25 Thurs. 6:45-7:45pm Intermediate $35
3/11-4/29 Thurs. 5:45-6:45pm Beginners $35
3/11-4/29 Thurs. 6:45-7:45pm Intermediate $35

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.
1/13-2/17 Wed. 5:45-6:45pm $30
2/24-3/31 Wed. 5:45-6:45pm $30
4/7-5/12 Wed. 5:45-6:45pm $30

ADVANCED LEVEL 2
Prerequisite for Level 2: Completion of Beginning, Intermediate and Advanced Level 1 Belly Dance Classes.
1/13-2/17 Wed. 6:45-7:45pm $30
2/24-3/31 Wed. 6:45-7:45pm $30
4/7-5/12 Wed. 6:45-7:45pm $30

CHOCOLATE CANDY FLORAL
Learn the basics of making chocolate arrangements. (Beginners welcome!)
Instructor: Elizabeth Espinosa
1/11-5/19 Mon. & Wed. 4:30-5:30pm $35

FREESTYLE FENCING (Ages 9 & Up)
Students will learn basic blocks, fencing terms, and stances as well as participating in mock duels to learn the art of fencing. Types of swords we will use Foil, Rapiers, and Saber.
Instructor: Shari Prestwood
4/5-5/3 Mon. 6-7pm $40

MATH & READING TUTORING (K-8th Grade)
Math & Reading for K thru 6th grade with a certified teacher.
Instructor: Mrs. B. Bennett
1/11-5/21 Mon., Wed. & Fri. 3:30-5pm

MEDITATIVE DRUMMING (Ages 8 & Up)
The In-Rhythm approach to health and well-being through the medium of drumming is unique. We use a combination of drumming, mindfulness, and mediation. We understand and harness the power of meditation to assist individuals in cultivation stillness of mind. Call 251-510-0654 for more info and to register.
Instructor: S. Prestwood
4/5-5/3 Mon. 5-6pm $40
STOTTS RECREATION CENTER

PEN & INK (Ages 16 & Up)
Students will learn to draw using pen and dip ink. Pen and ink techniques covered will be crosshatch, stipple, long hatch, short hatch, shadowing, and textures. We will use sharpies, micron technical pens, dip ink and quill pens. Contact the instructor at ashley.kuppersmith@yahoo.com to register and get a supply list.
Instructor: A. Kuppersmith
3/1-3/29  Mon. 5-6pm  $35
3/1-3/29  Mon. 6-7pm  $35

TENNIS ALL LEVELS (Ages 6-10)
Coach Deleston will provide beginner & intermediate instruction. Practice in the areas of ready position stance, backhand & forehand stance and how to strike a tennis ball correctly. Other areas of instruction include how to serve, play points and keep score. Racquets are available or bring your own.
Instructor: Lance Deleston
1/12-5/18  Tues. 5:30-7:30pm

TENNIS ALL LEVELS (Adults)
Coach Deleston will provide beginner & intermediate instruction. Practice in the areas of ready position stance, backhand & forehand stance and how to strike a tennis ball correctly. Other areas of instruction include how to serve, play points and keep score. Racquets are available or bring your own.
Instructor: Lance Deleston
1/14-5/20  Thurs. 5:30-7:30pm

THOMAS SULLIVAN COMMUNITY CENTER

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)
Sponsored by Feeding the Gulf Coast
1/11-5/21  Mon.-Fri. 3-4pm

SULLIVAN FAMILY FUN NIGHT
Bring your whole family for a night of fun, games and light refreshments.
5/7  Fri. 5-7pm

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
1/12-5/18  Tues. 5:30-7:30pm

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.
Instructors: Rev. Michael Davis and Tanya Gullett
1/11-5/17  Mon. 11am-12:30pm

QUILTING MADE EASY (Ages 14 & Up)
You do not have to be on pins and needles about creating that family heirloom or just making a quilt. Come join the fun and learn how to quilt or share your tips. Some supplies are needed, for more information call 251-438-7282.
Instructor: Tanya Gullett
1/13-5/21  Wed. & Fri. 11:30am-2:30pm

GOSPEL-CISE
Exercising to gospel music. Did you know exercise affects the brain in many ways? It increases heart rate, which pumps more oxygen to the brain. It aids the release of hormones which provide an excellent environment for the growth of brain cells.
Instructors: Tangy & Sharon
1/11-5/19  Mon. & Wed. 5:30-6:30pm

TEEN CLUB!
Are you a teen looking to connect with others, talk about teen concerns, develop your strengths, play games and so much more. Come join us!
Instructor: Penny Wiley
1/11-5/19  Mon. & Wed. 4:30-6pm
SULLIVAN’S WALK CLUB!
Walking can help you lose weight and belly fat, as well as provide other excellent health benefits, including decreased risk of disease and improved mood. Walking just one mile burns about 100 calories.
Instructor: Lorenzo Grayson
1/11-5/21  Mon.–Fri. 4-5pm

WE’RE PLAYING VOLLEYBALL
Calling all females ages 12 & older to join in the fun. Learn or brush up on basic volleyball skills such as passing, setting, spiking, blocking, digging, serving while getting in a game.
Instructor: Kristie Reed
1/11-5/20  Mon. &Thurs. 5:30-7:30pm

BEGINNER CRICUT CLASSES
So, you bought a Cricut or thinking about purchasing one? We will get started by showing you how to set up your Cricut and begin making fun crafts.
Instructor: Tanya M. Gullett
1/12-5/18  Tues. 10:30am-12:30pm

CROCKPOT COOKING ONLINE
Start the crockpot and have a delicious home-cooked meal to enjoy with your family.
Instructor: Penny Wiley
1/26-5/25  Every 4th Tues.

VIDEO GAMING
What are your gaming skills? Want to improve them?
Instructor: Edward Gamble
1/12-5/20  Tues.-Thurs. 5-7pm

REGISTER AT MPRD.RECDESK.COM
Maintain or improve your fitness level with an introductory class to FitLot. You’ll then be ready for the FitLot Circuit Training class in which you’ll learn ways to use and adapt to the equipment in order to meet your needs.

For more information or to register call (251) 208-1662. Located at James Seals Park, 540 Texas St. Registration required.

INTRODUCTION TO FITLOT (2 CLASSES)
Instructor: Gerry Lowe
3/1-3/8  Mon. 10:30-11:30am
3/3-3/10  Wed. 10:30-11:30am

FITLOT CIRCUIT TRAINING (8 CLASSES)
3/15-5/3  Mon. 10:30-11:30am
3/17-5/5  Wed. 10:30-11:30am
Senior and Therapeutic Programming provides recreation, leisure and outreach services to City of Mobile residents who are 55+ and to residents with mild to moderate physical, mental and emotional disabilities. Special Recreation Program staff are still working during the coronavirus outbreak, but some of our programs and centers are operating with new procedures to protect public health.

INCLUSION is available to ALL INDIVIDUALS in accessing and enjoying the fun opportunities the City of Mobile Parks and Recreation Department offers. Call your local recreation center to find what activities interest the member. If the member has special needs and would like to request assistance, call the Program Supervisor at 251-208-6169. Please provide a minimum of three weeks notice to the start of the program. An assessment is required.

New client intake is being conducted by the outreach team via phone at each program.

Senior Centers are currently closed to the public. The staff is offering drive-thru socials, games, and packets at any of the Senior Center locations. Call your center to reserve a spot or for more information. If you are not a member, please call the outreach team at (251) 208-6701 to get set up. Frozen Meals are being delivered once a week.

All classes and activities will be evaluated with the most current conditions and orders.

VIRTUAL EDUCATION

Virtual Education can be accessed via Facebook, e-newsletter, or YouTube channel.

AMERICAN HEART MONTH HEALTH SEMINAR WITH AETNA

February is American Heart Month and we have partnered with Aetna to provide you with a 4-session seminar on heart-healthy nutrition, exercises, and other steps you can take to have a healthy heart! These sessions will be done in a call-in format. The number and passcode will be posted to our Facebook page a week before the start of the session.

1/12 Wed. 10:30-11:30am
2/3 Wed. 10:30-11:30am
2/10 Wed. 10:30-11:30am
2/17 Wed. 10:30-11:30am
2/24 Wed. 10:30-11:30am

COOKING IN THE KITCHEN - ONLINE

Thursdays will be a whole lot sweeter. Leaders in the kitchen, are leaders in the community. Learn the basic skills of cooking. Virtual cooking classes teach hands-on cooking techniques which will help you to be more productive and comfortable in the kitchen. We will share a recipe weekly with a tutorial video.

1/12-5/11 Tues. 9am.
January Healthy Soups,
February Desserts,
March Green Foods,
April Strawberries
May Hispanic Foods

CRAFTING & ARTS - ONLINE

Once a month a “rec-to-go” packet can be reserved for pickup following a virtual education demonstration. Pick up locations are Adult Center, Connie Hudson Senior Center, Parkway Senior Center and Tricksey Senior Center. Must Pre-register.

1/12 Tues. Mandala using Colored Sand
2/2 Tues. Heart Dream Catcher Craft
3/2 Tues. Beaded Colors of Faith Bracelet
4/6 Tues. Beach Sun Catchers
5/4 Tues. Patriotic Butterfly Sign

POETRY AND SPOKEN WORD VIRTUAL EVENT - ONLINE

Each year the month of April is set aside as a National Poetry Month to celebrate Poets. This Year join us as the Seniors of Mobile share their favorite poems.

1/12 Tues. 9am

REC-XERISE - ONLINE

Join us every Tuesday for workouts you can do from home.

1/12-5/18 Tues. 9am

SPA DAY & SELF CARE VIRTUAL EDUCATION - ONLINE

This virtual activity will offer an opportunity to practice relaxation skills and enjoy pampering with the use of inexpensive and hands-on material.

1/12 Thurs. 1pm
2/18 Thurs. 1pm
3/11 Thurs. 1pm
3/25 Thurs. 1pm
TECHNOLOGY TUESDAY - ONLINE
Join us every Tuesday for local resources, upcoming events and educational opportunities for specific focuses.
1/12-5/18   Tues. 11am

VIRTUAL BINGO - ONLINE
Join us every Tuesday and Thursday for some fun virtual Bingo with Zoom. See the staff and friends from near and far.
To access our zoom bingo, join on Zoom:
https://us04web.zoom.us/j/9977850052
Password: seniors
Meeting ID: 997 785 0052
Bingo cards are available outside for pickup at all Senior Centers or you can grab a virtual bingo card here:
https://bingobaker.com/play/1228516
1/12-5/18   Tues. 1pm
1/14-5/13   Thurs. 1pm

100 MILE CLUB
The 100 Mile Club is ideal for individuals looking for a challenge. Whether walking and running is a new hobby, or you are more advanced, it is easy to begin. Simply pre-register, track miles, and a celebration will take place after the last class.
1/11-5/17   Mon.-Thurs. 4-5pm  Connie Hudson
Senior Center
1/11-5/21   Mon., Wed & Fri.: 9-10am  Trimmier Park
1/11-5/20   Mon.-Thurs. 4-5pm  Tricksey Senior Center
1/13-5/20   Mon.-Thurs. 9-9:45am  Adult Center
1/13-5/20   Mon.-Thurs. 4-5pm  Adult Center

ARTS AND CRAFTS IN THE PARK
Join us on the second Friday to learn about a new art activity. Participants are encouraged to pre-register for supplies and material pick-ups.
Cathedral Square
3/12   Fri. 5-9pm
4/9    Fri. 5-9pm
5/14   Fri. 5-9pm

WORKOUTS IN THE PARK
No gym membership, no problem. Taking fitness outside during Covid19. Join a class in the park and social distance. Bring a mat and towel. No weights are necessary. Pre-registration is highly recommended.
Medal of Honor Park
1/11-5/17  Mon. 9-9:45am
1/13-5/19  Wed. 9-9:45am
**BASIC YOGA**
This class will teach strength, balance and relaxation exercises along with proper alignment and breathing. The class helps relieve stress and build strength and equilibrium. Bring a sticky mat and a regular towel. The fee is payable to the instructor.
Instructor: Irene Callaway, 251-367-4280
1/12-2/12 Tues. 11am-Noon $20
2/19-3/9 Tues. 11am-Noon $20
3/16-4/6 Tues. 11am-Noon $20
4/13-5/4 Tues. 11am-Noon $20
5/11-6/1 Tues. 11am-Noon $20
1/15-2/5 Fri. 11am-Noon $20
2/12-3/5 Fri. 11am-Noon $20
3/12-4/2 Fri. 11am-Noon $20
4/9-4/30 Fri. 11am-Noon $20
5/7-5/28 Fri. 11am-Noon $20

**BODY SCULPTING**
Body Sculpting is a strength-training workout that combines flexibility and cardiovascular conditioning. It is highly recommended to those wanting a weight loss program. Classes are geared to accommodate all fitness levels.
Instructor: Gerry Lowe
1/11-2/24 Mon. & Wed. 9am
3/1-4/21 Mon. & Wed. 9am
4/26-5/26 Mon. & Wed. 9am

**BUNCO**
Bring your own dice (3). No skill, no strategy - luck of the cast to win.
1/14 Thurs. 5:30-7:30pm
2/18 Thurs. 5:30-7:30pm
3/18 Thurs. 5:30-7:30pm
4/22 Thurs. 5:30-7:30pm
5/19 Thurs. 5:30-7:30pm

**CHAIR AEROBICS**
Chair aerobics is a safe, effective, low impact workout that is good for all fitness levels.
Instructor: Gerry Lowe
1/12-2/24 Tues. & Thurs. 9am
3/2-4/22 Tues. & Thurs. 9am
4/27-5/27 Tues. & Thurs. 9am

**BIBLE STUDY**
Study of Jeremiah - Bring your own Bible.
1/11-5/24 Mon. 11am-1pm

**BOOM MIND YOGA**
Boom Mind Yoga is a fusion of Yoga and Pilates that focuses on stretching and core strength. Improve your flexibility and athletic performance that is good for your body and your mind.
Instructor: J. Jones, 251-666-3922
1/11-2/26 Mon.-Fri. 8:30-9:45am
3/1-4/30 Mon.-Fri. 8:30-9:45am
5/3-5/28 Mon.-Fri. 8:30-9:45am

**BINGO**
Bingo for everyone. Come out and win some prizes.
1/14 Thurs. 10-11am & 4-5pm
2/11 Thurs. 10-11am & 4-5pm
3/11 Thurs. 10-11am & 4-5pm
4/15 Thurs. 10-11am & 4-5pm
5/13 Thurs. 10-11am & 4-5pm

**WILLIAMS**
Free WiFi available at all Community Centers

REGISTER AT MPRD.RECDESK.COM
While inclusion services provides accommodations for disabled citizens to participate in existing programs, without fundamentally altering the program or activity, therapeutic recreation programs are separate, specially designed activities that aim to meet the physical, social, emotional and cognitive needs of their participants.

**ADAPTIVE PICKLEBALL** (Ages 10 & Up)
Pickleball is a mixture of tennis, ping pong, and badminton. Wheelchair and stand up players can be on the same court. This class will introduce participants to the game of pickleball.
1/26- 2/23 Tues. 4:30-6:30pm  ALL Complex

**ADAPTIVE FLAG FOOTBALL** (Ages 15 & Up)
An opportunity for members to enjoy America's favorite sport. Players benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork, and sportsmanship. Individuals who want a program with less emphasis on competition and winning and more emphasis on FUN. Wheelchair and stand up players can be on the same field.
4/15-5/6 Thurs. 4:30-6:30pm  ALL Complex

**ADAPTIVE BOCCÉ BALL** (Ages 10 & Up)
Join us for Bocce Ball! A game that can be played by all. Learn the rules and have some fun!
4/14-5/26 Wed. 4:30-6:30pm  ALL Complex

**ADAPTIVE SOFTBALL** (Ages 10 & Up)
This program provides an instructed activity that allows individuals to enjoy the fun of softball. Participants will learn how to hit and catch a softball and they will partake in physical exercise for fitness.
4/17 Sat. 10am-Noon Doyle Park
5/8 Sat. 10am-Noon Doyle Park
5/15 Sat. 10am-Noon Doyle Park

**ARTISM - ARTIST WITH AUTISM** (All Ages)
Art provides a way for people who are nonverbal or minimally verbal to express themselves, and in some cases create a modest income. It allows people living in sheltered environments to be creative and have meaningful and enjoyable work. Most importantly, people with autism are often good artists precisely because they see things from their unique perspective.
1/26-5/25 Tues. 10-Noon & 4:30-6:30pm  ALL Complex

**REEL FUN FISHING** (Ages 16 & Up)
The Reel Fun fishing program will help to make fishing in City parks an easy option for anyone who might want to try it out. This class will include information about the waterbody, a list of fish species present, fishing tips and techniques applicable to each waterway, and information about obtaining a fishing license.
3/27 Sat. 10am-Noon Dog River Park
4/24 Sat. 10am-Noon Arlington Park

**SIMPLE SIGN LANGUAGE** (Ages 10 & Up)
Students learn basic, common etiquette signs and everyday signs to communicate with the hearing impaired.
1/25-3/29 Mon. 4:30-5:30pm  ALL Complex

**THERAPEUTIC YOUTH MARCHING BAND**
(Ages 5-18)
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. Band activities are held at the ALL Complex
1/11-2/22 Mon. 5-7pm
1/13-2/24 Wed. 5-7pm
5/3– 5/24 Mon. 5-7pm
5/5– 5/26 Wed. 5-7pm

**ADAPTIVE DANCE PARTY**
Come join the dance party in person if permitted. Sing some karaoke and show us your best moves. Learn a new dance at each event.
Cathedral Square, 300 Conti Street
4/10 Noon
4/24 Noon
5/8 Noon
5/22 Noon
# SPECIALTY CAMPS

Join Parks & Recreation Staff for themed camps when school is out. The goal is to keep kids active, healthy, and engaged while following CDC guidelines for safety. Specialty camps offer a variety of recreational and educational opportunities including themed games, crafts, board games, special events, virtual field trips, movies and more. Ages 4-13. Camps will be held at all Recreation Centers and the ALL Complex located at 1301 Azalea Rd. Families who may benefit from inclusion support services can call the Special Programs Supervisor at 251-208-6169. Camps are $50 weekly. Drop off begins at 7:30am. Camp Starts at 8am. Post Camp is available from 4:30-6:30pm for $5 daily. Limited number of campers are accepted on a first-come-first-served basis. Pre-registration is required for all camps.

### WIND DOWN WEDNESDAY FUN DAY

Come enjoy arts and craft Mardi Gras themed activities! Bring your throws and let’s create magic! All recreation centers will host this fun event. [Sign up at mprd.recdesk.com](https://www.mprd.recdesk.com)

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<tr>
<th>Date</th>
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<tr>
<td>2/17</td>
<td>Wed. 7:30am-4:30pm</td>
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### SPRING BREAK “UNDER THE SEA CAMP”

Go under the sea with these fun ocean-themed activities and crafts! Kids will make octopus mobiles, underwater viewers, whale friends and even an entire ocean in a bottle. Spend the spring at sea with these ocean-themed activities. All recreation centers will host this fun event. [Sign up at mprd.recdesk.com](https://www.mprd.recdesk.com)

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<td>4/5-4/9</td>
<td>Mon.-Fri. 7:30am-4:30pm</td>
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### SUMMER CAMP (Ages 4-12)

#### SUPERHEROES CAMP

Campers will soar into superhero camp and gear-up for a spectacular adventure! Our activities will include interactive games, superhero training, obstacle courses, cape creating, super-hero mask making, shield tosses, superhero science and super-hero crafts. There will also be special guest appearances by some of your favorite super-heroes.

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<td>Mon.-Fri. 7:30am-4:30pm</td>
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#### SAFARI CAMP

“Lions, and Tigers, and Bears. Oh My!” Join us for a week of “monkeying” around as we participate in jungle fun including a stuffed animal safari, jungle games, predator-prey, and a virtual safari rides every day.

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<td>6/21-7/2</td>
<td>Mon.-Fri. 7:30am-4:30pm</td>
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<td>Post Camp 4:30-6:30pm</td>
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#### FANTASY CAMP

Once upon a time, in a camp kingdom not so far away, kids from all around the city will gather to play. With their wild imaginations guiding the way, the camp will be transformed into a fantasyland every day. With castles to build and a fencing demonstration to see a week full of activities will go by so quickly. It is a camp you should sign up for if it is fun that you seek.

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<td>7/6-7/16</td>
<td>Mon.-Fri. 7:30am-4:30pm</td>
<td>$50/week</td>
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#### AROUND THE WORLD CAMP

Around the World explorers camp is a great way to teach geography skills and expose children to other cultures. Most importantly, you can nurture a love for exploration and a sense of respect and empathy for other ways of life. Through simple crafts and fun activities, you can spark curiosity about other cultures and set the foundation for future exploration.

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<td>7/19-7/30</td>
<td>Mon.-Fri. 7:30am-4:30pm</td>
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#### CIRCUS CAMP

Join the Circus! Try out the trapeze or simply clown around this summer at Circus Camp. Campers learn circus skills such as Silks, Stilts, Unicycle, Juggling, Rolla Bola, Acrobatics, and Diabolo. Each weeklong session culminates with a camp performance where kids can show off their newly learned skills. Your children will jump for joy when they find out you’ve registered them for our Circus Camp, and you’ll do a flip or two when you see how much fun they are having while learning too!

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<td>8/2-8/6</td>
<td>Mon.-Fri. 7:30am-4:30pm</td>
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<td>Post Camp 4:30-6:30pm</td>
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**Register at MPRD.RECDESK.COM**
Senior Centers and Programs staff are still working during the coronavirus outbreak. New client intake is being conducted by the outreach team via phone. To sign up for services, call the outreach team at (251) 208-6701. Senior Centers are currently closed to the public. If you are not a member, please call the outreach team at (251) 208-6701 to get set up. Senior centers and programs are for individuals age 55 and older. Frozen meals are being delivered once a week. All classes and activities will be evaluated with the most current conditions and orders.

For more information on virtual recreation classes, please email mprdseniors@cityofmobile.org or contact (251) 208-6701.

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 3 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.

**LET’S GET QUIZZICAL!**
Celebrate National Trivia Day with us by participating in our Drive-In Trivia Contest. If you know the answer, be the first to honk your horn! Will you be crowned, “The Quizzard of Oz?”

Stop by and find out!

1/4  Mon. 1-2pm  Parkway Senior Center

**NATIONAL POPCORN DAY SOCIAL**
“Pop” on into a Senior Center near you for National Popcorn Day! Refreshments will be served with the popcorn!

1/19  Tues. 11am-Noon  Connie Hudson Senior Center
1/19  Tues. 1-2pm  Parkway Senior Center

**NATIONAL CHOCOLATE CAKE DAY SOCIAL**
Celebrate National Chocolate Cake Day at the Parkway Senior Center! Aetna will be partnering with us for this fun drive-in event. Be sure to come hungry! Event is sponsored by Aetna

1/27  Wed. 1-2pm  Parkway Senior Center

**MARDI-GRA S DRIVE THRU PARADE**
Mardi-Gra s will look a little different this year. Put on your best festive wear and head to the Senior Center for a drive by parade.

2/4  Thurs. 10:30am-Noon  Connie Hudson Senior Center
International Women’s Day Panel Discussion
Movie “Iron Jawed Angels”
Women’s Empowerment Fashion Event
Sip-N-Paint (I’m Every Woman)
Movie “Hidden Figures”
Resource Trucks (Located at designated Community Centers weekly)

31 DAYS OF WOMEN’S HISTORY:
posts throughout the month of March

Check out our website for more info.
www.cityofmobile.org/parks
DRIVE-THRU EVENTS

NATIONAL PIZZA DAY DRIVE THRU EVENT
The culinary experts our active agers can come taste some pizza. Come out and enjoy with friends and family.
2/9  Tues. 11am-Noon  Connie Hudson Senior Center

VALENTINE’S LOVE SONG TRIVIA
Let us help you get in the Valentine’s Day mood with Love Song Trivia. Drive to Parkway Senior Center near you and see if you have what it takes to be crowned the winner! Hot dogs will be served!
2/12  Fri. 11:30am-12:30pm  Parkway Senior Center, Sponsored by Aetna

LOVE YOUR PET DAY
National Love Your Pet Day, a day to embrace one special trait that makes us human: our love of our pets! Bring your pet and have a special treat with your pet.
2/23  Tues. 10am-Noon  Connie Hudson Senior Center

NACHO AVERAGE SENIOR CENTER FUNCTION
Celebrate National Tortilla Chip Day at the Parkway and Tricksey Senior Centers! What better way to celebrate than to have some cheesy nachos!
2/24  Wed. 10:30-11:30am  Parkway Senior Center, Sponsored by Aetna

NATIONAL NUTRITION MONTH KICK OFF
Come to Tricksey Senior Center to learn about nutrition and supplemental information. Sponsored by Area Agency on Aging.
3/3  Wed. 10-Noon

SNACK AND LEARN ABOUT NUTRITION
March is National Nutrition Month so drive in to the Parkway Senior Center to learn about how important proper nutrition is! Community Insurance Partners will be leading this health seminar and providing snacks while you learn!
3/10  Wed. 10:30am  Parkway Senior Center, Sponsored by Aetna

NATIONAL GIRL SCOUT WEEK COOKIE DAY DRIVE IN SOCIAL
“Do a good turn daily.” Come get a good cookie during Girl Scout Week. Girl Scouts of all ages celebrate by demonstrating courage, confidence, and character. Girl Scouts in our city have made an impact by helping active agers.
3/17  Wed. 11am-Noon  Connie Hudson Senior Center

IT’S YOUR LUCK DAY DRIVE IN SOCIAL
Come celebrate St. Patrick’s Day with a Drive-thru social at Tricksey Senior Center. Be sure to wear your best green attire!
3/17  Wed. 10-2pm  Tricksey Senior Center, Sponsored by Aetna

ST. PATRICK’S DAY DRIVE-IN SOCIAL
Come celebrate St. Patrick’s Day with a Drive-thru social at Parkway Senior Center. Be sure to wear your best green attire!
3/17  Wed. 10-11am  Parkway Senior Center, Sponsored by Aetna

LET’S GET LYRICAL!
Drive in to the Parkway Senior Center for this contest! You can either be a judge or you can sing your heart out! Who will be deemed the best singer on the Parkway? Come on by and find out!
3/24  Wed. 10:30-11:30am  Parkway Senior Center

WORLD HEALTH DAY DRIVE-THRU HEALTH FAIR
Celebrate World Health Day with Aetna and us by attending this drive-thru Health Fair. We will have several vendors set up to share education and health tips to keep our active agers healthy!
4/6  Tues. 10am-Noon  Tricksey Senior Center
4/7  Wed. 10am-Noon  Parkway Senior Center
4/8  Thurs. 10am-1pm  Connie Hudson Senior Center

NATIONAL GARDENING DAY KITS
Celebrate National Gardening Day with us and Aetna! Drive by the Parkway Senior Center to get your seeds and pot and let us see if you have a green thumb!
4/14  Wed. 1-2pm  Parkway Senior Center

CINCO DE MAYO DRIVE-THRU SOCIAL
Come join our drive-thru fiesta to celebrate Cinco de Mayo! Spanish themed drinks and snacks will be served!
5/5  Wed. 1-2pm  Parkway Senior Center, Sponsored by Aetna

SNACK AND LEARN ABOUT ARTHRITIS
May is National Arthritis Awareness Month. Arthritis is a condition that affects 50 million people in the United States. That is 1 in 5 adults. It is one of the nation’s top causes of disability. Join Community Insurance Partners for this drive-thru educational opportunity to learn steps you can take to combat arthritis.
5/7  Fri. 10:30am  Parkway Senior Center
OLDER AMERICAN’S MONTH CELEBRATION DRIVE-IN
Let us celebrate you! Join Aetna and us as we celebrate all our members for this drive-in event!
5/12  Wed. 10-Noon  Tricksey Senior Center
5/20  Thurs. 1-2pm  Parkway Senior Center

SENIOR HEALTH AND FITNESS DRIVE-THRU HEALTH FAIR
5/25  Tues. 10am-Noon  Connie Hudson Senior Center, Sponsored by Aetna

DRIVE IN BINGO
Parking attendants will assist with parking. There will be no reserved parking spots. Trucks and vans will be parked in the rear of the parking lot to help with viewing by smaller cars. There is room for approximately 45-50 cars, and it is first come, first served. There will be five games followed by an intermission, then five more games (time allowing) will be held but this is subject to change. The bingo caller will be in a central location with a microphone. Those who get Bingo honk their horn. All attendees must remain in their vehicles.

CONNIE HUDSON SENIOR CENTER
1/28  Thurs. 1-2pm  Sponsored by Aetna
2/9   Tues. 2-3pm  Sponsored by Aetna
3/25  Thurs. 1-2pm  Sponsored by Aetna
4/29  Thurs. 1-2pm  Sponsored by Aetna

PARKWAY SENIOR CENTER
1/14  Thurs. 1-2pm  Sponsored by Aetna
2/5   Fri. 10:30-11:30am  Sponsored by Community Insurance Partners
2/18  Thurs. 1-2pm  Sponsored by Aetna
3/4   Thurs. 1-2pm  Sponsored by Aetna
4/22  Thurs. 1-2pm  Sponsored by Aetna
5/13  Thurs. 1-2pm  Sponsored by Aetna

TRICKSEY SENIOR CENTER
2/25  Thurs. 1-2pm  Sponsorship TBD
3/18  Thurs. 1-2pm  Sponsorship TBD
4/22  Thurs. 1-2pm  Sponsorship TBD

DRIVE IN MOVIE NIGHT
Celebrate National Woman’s Month by going to the Drive-In movies with us! We will be showing the film, “Iron Jawed Angels,” which highlights some of the history behind the Suffragette Movement. Refreshments and snacks will be served! Don’t forget to bring your chairs. Aetna is partnering with us for this event.
3/18  Thurs. 5:30pm  Connie Hudson Senior Center
JUNIOR CLINICS & FEES
All junior clinics are 1 hour long, twice a week
8 & Under  $90/session
18 & Under  $90/session

SESSION 1: 1/4-1/29
Registration Deadline: 12/28/20
8 & Under  Mon. & Wed. 4-5pm
18 & Under  Tue. & Thurs. 4-5pm
Rain Make-up Week: 2/1-2/5

SESSION 2: 2/8-3/5
Registration Deadline: 2/1/21
8 & Under  Mon. & Wed. 4-5pm
18 & Under  Tue. & Thurs. 4-5pm
Rain Make-up Week: 3/15-3/19

SESSION 3: 3/22-4/16
Registration Deadline: 3/15/21
8 & Under  Mon. & Wed. 4-5pm
18 & Under  Tue. & Thurs. 4-5pm
Rain Make-up Week: 4/26-4/30

SESSION 4: 5/3-28
Registration Deadline: 4/26/21
8 & Under  Mon. & Wed. 4-5pm
18 & Under  Tue. & Thurs. 4-5pm
Rain Make-up Week: 5/31-6/4

ADULT CLINICS & FEES
All adult clinics are 1 hour long, once a week for 4 weeks
Adults  $50/session
Adult cardio  $50/session

SESSION 1: 1/4-1/29
Registration Deadline  12/28/20
Adult Beginner  Mon. 6-7pm
Adult Intermediate  Mon. 7-8pm
Adult Beginner Cardio  Wed. 6-7pm
Rain Make-up Week: 2/1-2/5

SESSION 2: 2/8-3/5
Registration Deadline  2/1/21
Adult Beginner  Mon. 6-7pm
Adult Intermediate  Mon. 7-8pm
Adult Beginner Cardio  Wed. 6-7pm
Rain Make-up Week: 3/15-3/19

SESSION 3: 3/22-4/16
Registration Deadline  3/15/21
Adult Beginner  Mon. 6-7pm
Adult Intermediate  Mon. 7-8pm
Adult Beginner Cardio  Wed. 6-7pm
Rain Make-up Week 4/26-4/30

SESSION 4: 5/3-28
Registration Deadline  4/26/21
Adult Beginner  Mon. 6-7pm
Adult Intermediate  Mon. 7-8pm
Adult Beginner Cardio  Wed. 6-7pm
Rain Make-up Week 5/31-6/4

REGISTER AT MPRD.RECDESK.COM
COTTAGE HILL TENNIS CENTER — MEDAL OF HONOR PARK

1711 HILLCREST RD., MOBILE, AL. 36695  |  (251) 666-9539
HOURS: MON.-THURS. 8-11AM, 5-9PM  |  GATES ARE OPEN 8AM-9PM

Individual or group Tennis Lessons for all Ages are offered at Cottage Hill Tennis Center. Contact Teaching Pros for available time and rates:
Bruce King, 251-382-4500  |  Elaine Campbell, 251-604-4941

LYONS PARK TENNIS CENTER

180 LYONS PARK AVENUE  |  (251) 694-1830  |  FAX: (251) 690-7730
HOURS: MON.-THUR. 3-9PM, FRI. CLOSED, SAT. 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:
James Richardson, 251-391-6685  |  Lance Deleston, 251-648-2925
The City of Mobile Parks and Recreation Department (MPRD) is looking for individuals and organizations for programmatic services. We are actively recruiting partners in areas such as dance, fitness, tutoring, mentoring, art, theatre, and other fun activities/programs in MPRD facilities.

Interested parties will need to attend one mandatory technical assistance workshop. During this Technical Assistance workshop, you will learn the process to successfully apply to be a partner.

All selected partners will be required to sign a Facility Use Agreement with the City of Mobile. Program facilitation will begin Fall 2021.

**APRIL 9**  
Programmatic Partnership Application released

**APRIL 13**  
Mandatory Technical Assistance Workshops  
Time: Tuesday, 6-7:30pm  
Location: *Will be conducted over Zoom*

**APRIL 14**  
Mandatory Technical Assistance Workshops  
Time: 10:30am–Noon  
Location: *Will be conducted over Zoom*

**APRIL 15**  
Mandatory Technical Assistance Workshops  
Time: 6-7:30pm  
Location: *Will be conducted over Zoom*

*Partnership Application Submission Deadline:*  
May 7, 2021 at 5pm

For additional information go to MPRDPrograms@cityofmobile.org
REGISTRATION FORM

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

No personal checks accepted. Activities paid for by credit/debit subject to a 3.1% non-refundable surcharge)

Name: (on credit card if applicable) _____________________________________________________________ D.O.B. _____/_____/_____
Gender: M / F  Email Address: ________________________________________________________________
Billing Address: ____________________________________________________________________________
City: ____________________________ State: _________________ Zip Code: _____________________________
Cell #: __________________________ Opt-in to receive text alerts? Yes ?/ No  If Yes, Mobile Carrier:____________________________

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ART WALK
LoDa & Downtown Mobile
(Virtual unless otherwise noted)
Feb. 12 - May 14, 2nd Friday of Each Month 6-9pm
Second Fridays in the LoDa Art District have become quite a popular time and place to be! With the LoDa Art Walk in its 9th year, the event seems to be getting better each month. Join downtown art galleries, institutions, studios, and unique shops as they open their doors and welcome you inside to see beautiful artwork, sample delicious foods, and hear the sounds of the LoDa Art Walk. Please contact any participating art gallery to find out how to display your work.  
@LODAartwalk

MARKET IN THE PARK
Cathedral Square, 300 Conti St.
April 23-May 29, Sat. 7:30am-Noon
Buy locally grown, locally produced and homemade items at Market in the Park! The Fall Market runs from the second weekend in October through the third weekend in November.  
@MarketsInMobile

SPRING ART IN THE PARK WITH GINGER & MARNEE’
4/7, Cathedral Square
4/21, Arlington Park
5/19, Cooper Riverside Park

Sip N' Paint
4/24 SAT. 2-5PM | COOPER RIVERSIDE PARK

WWW.CITYOFMOBILE.ORG/PARKS
Let the hunt begin.
Saturday March 27, 10am

For more information, view our website at
www.cityofmobile.org/parks
NATIONAL KITE DAY

Saturday, April 17, 10am
James Seals Community Center

For more information, view our website at www.cityofmobile.org/parks
Discover Your Parks!

- **147,871 PARTICIPANTS**
- **1 MUNICIPAL GOLF COURSE**
- **5 POOLS**
- **12 MULTIPURPOSE FIELDS**
- **5 SPLASH PADS**
- **78 PARKS**
- **72 BASEBALL FIELDS**
- **43 PLAYGROUNDS**
- **15 COMMUNITY/NEIGHBORHOOD CENTERS**
- **1 GYMNASTICS CENTER**
- **3 SENIOR CENTERS**
- **93 TENNIS COURTS**
- **19 OUTSIDE BASKETBALL COURTS**
We’re back with another round of Movies in the Park!
Reserve a social distancing circle for your family
by registering at mprd.recdesk.com.

Face Mask Required. Movies subject to change.