

## FROM THE DEPUTY EXECUTIVE DIRECTOR OF PUBLIC WORKS

Greetings To The Community,

Are you ready to grow with us this summer?

I want to invite you along for fun activities, events, and programs this summer. In mid-March we began collecting feedback from each district through community engagements, this data will be used to assist us in creating what you want to do and see throughout our City for the next 3-5 years. This summer we are working hard to enhance how we grow together as a community.

STEM MOBILE presents S.T.E.M. Saturday! Every third Saturday of the month we offer this free event in an effort to engage, expose, and inspire children in the fields of science, technology, engineering, and math (STEM) through high-quality programming and resources.

Every second Friday of the month throughout Downtown, Mobile we celebrate the arts with monthly themes that highlight culture, diversity, and local creatives during LODA ArtWalk. If you are new to this event or it's been a while since you've last gone then, I invite you to see all the new activations that have been added such as a Non-Profit Zone, Performance Zone, and a Kids Zone!

#MPRDKids Summer Camps are back with weekly field trips and themes that include Arts & Culture, Sports & Fitness, plus Education & STEM.

We are also offering a Teen Exploration Camp for ages 13-15. Teens will explore weekly career fields, visit local colleges, enjoy field trips, plus prep for the ACT, and more!

There is always something to explore with Mobile Parks and Recreation and we look forward to beautiful weather, good times, and planting the seeds needed for a better community.

Enjoy!



Shonnda Smith  
Deputy Executive Director of Public Works,  
City of Mobile



### 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

**MAYOR, CITY OF MOBILE**  
**William S. Stimpson**

**EXECUTIVE DEPUTY DIRECTOR OF PUBLIC WORKS**  
**Shonnda R. Smith**

**OPERATIONS MANAGER**  
Gerard W. McCants

**SUPERINTENDENT  
OF RECREATION**  
Shadrach Collins, Jr.

**SUPERINTENDENT  
OF PARKS**  
Daniel Otto

**EVENTS MANAGER**  
Jonni Nottingham

**MEDIA MARKETING  
MANAGER**  
Stephanie Durkac

**MOBILE PARKS AND RECREATION DEPARTMENT DIRECTORY**

**ATHLETIC & AQUATICS PROGRAMS**

**SUPERVISOR: Greg Davis**

gregory.davis@cityofmobile.org  
251-208-1630

**AZALEA CITY GOLF COURSE**

**SUPERINTENDENT: Brian Aaron**

aaron@cityofmobile.org

**COMMUNITY CENTERS & PROGRAMS**

**SUPERVISOR: LaNisha Rembert-Penn**

lanisha.penn@cityofmobile.org  
251-208-1652

**SENIOR & THERAPEUTIC  
PROGRAMMING SUPERVISOR & ADA**

**LIAISON: DeQuel Robinson**

dequel.robinson@cityofmobile.org  
251-208-6107

**TENNIS CENTERS SUPERINTENDENT:**

**Scott Novak**

scott.novak@cityofmobile.org  
251-208-5181

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

[WWW.MOBILEPARKSANDREC.ORG](http://WWW.MOBILEPARKSANDREC.ORG)



@MobileParksAndRec

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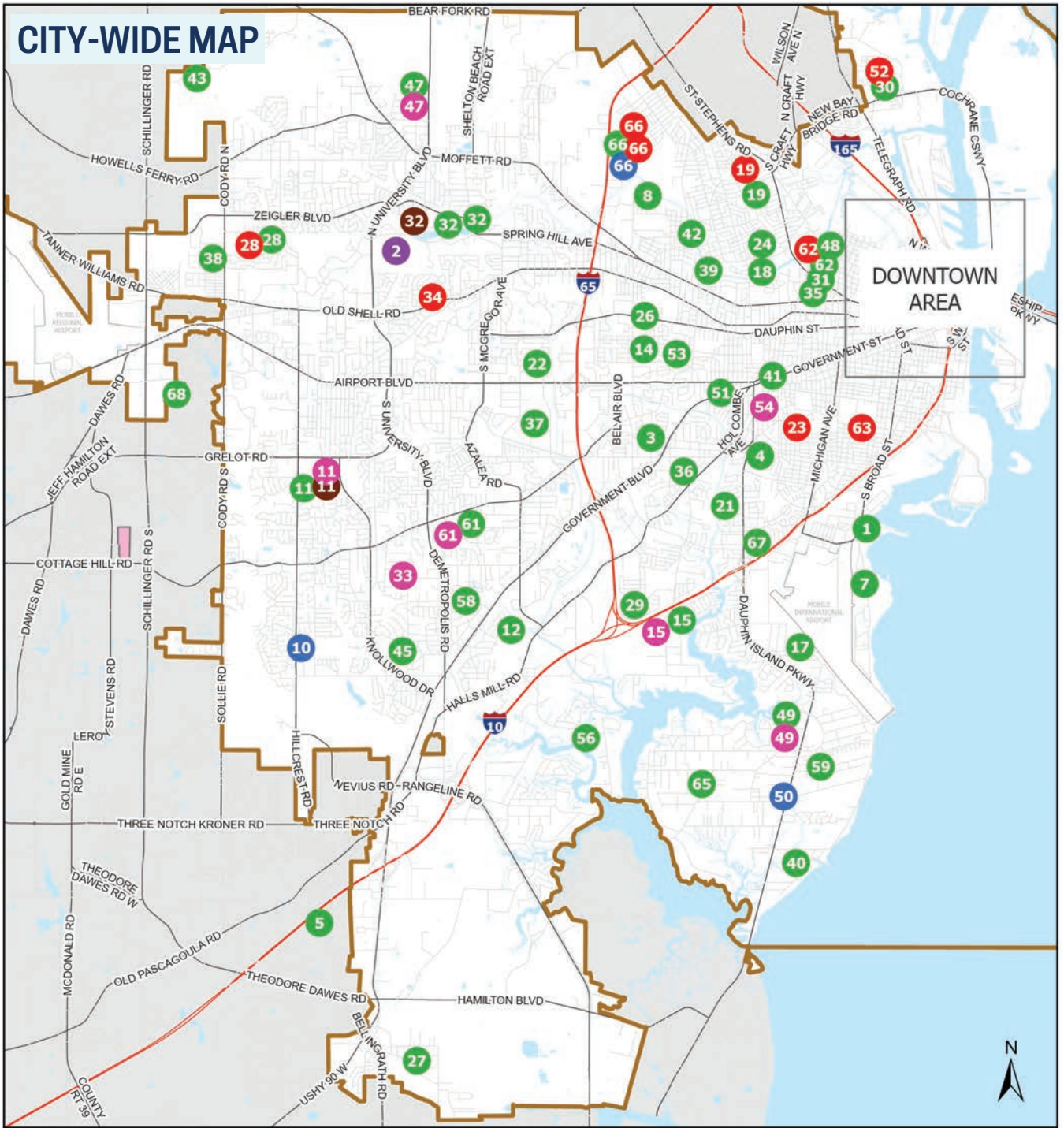
### **MPRD FACILITIES WILL BE CLOSED ON THE FOLLOWING DATES:**

**Juneteenth:** Monday, June 19

**Independence Day:** Tuesday, July 4

**Labor Day:** Monday, September 4

# CITY-WIDE MAP



## PARKS AND RECREATION FACILITY LOCATIONS

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

SEE LEGEND ON PAGES 6-7

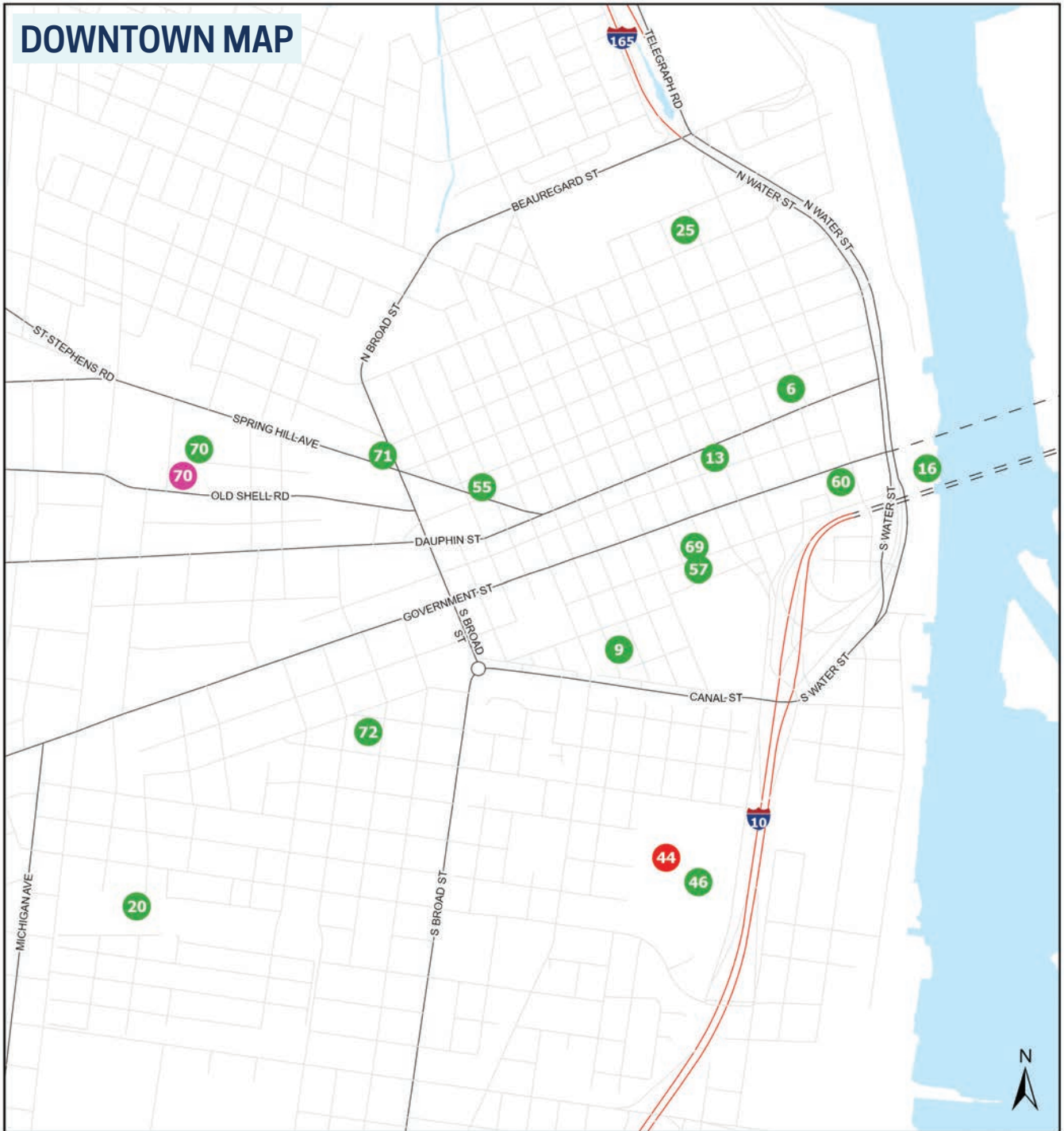


Print Date: 7/31/2019

Data Source: City of Mobile GIS



# DOWNTOWN MAP
















## PARKS AND RECREATION FACILITY LOCATIONS

- |   |  |
|---|--|
| <span style="color: red;">●</span> COMMUNITY CENTER | <span style="color: magenta;">●</span> NEIGHBORHOOD CENTER |
| <span style="color: purple;">●</span> GOLF COURSE   | <span style="color: blue;">●</span> SENIOR CENTER          |
| <span style="color: green;">●</span> PARK           | <span style="color: brown;">●</span> TENNIS CENTER         |

SEE LEGEND ON PAGES 6-7



Print Date: 7/31/2019  
Data Source: City of Mobile GIS

	PARK & FACILITY	ADDRESS	DISTRICT
8	BUSH PARK	712 RICE ST	1
18	FREDRICK D RICHARDSON JR TRICENTENNIAL PARK  	2121 BRAGG AVE	
19	FIGURES PARK & COMMUNITY CENTER 	658 DONALD ST	
24	HENRY AARON PARK 	2010 ANDREWS ST	
26	HERNDON (SAGE) PARK 	2900 DAUPHIN ST	
39	MCLEAN PARK	320 PARK AVE	
42	MILL STREET PARK	2665 MILL ST	
66	TRICKSEY SENIOR CENTER	3055 BANK AVE	
66	TRINITY GARDENS COMMUNITY CENTER & PARK 	3100 BANK AVE	
66	DOTCH COMMUNITY CENTER	3100 BANK AVE	
6	BIENVILLE SQUARE	150 DAUPHIN ST	2
9	BRITISH PARK	209 S DEARBORN ST	
13	CATHEDRAL SQUARE	300 CONTI ST	
16	COOPER RIVERSIDE PARK	1 GOVERNMENT ST	
20	CRAWFORD MURPHY PARK  	351 S ANN ST	
23	HARMON-THOMAS COMMUNITY CENTER & PARK	1611 BELFAST ST	
25	DETONTI SQUARE PARK	311 N CONCEPTION ST	
30	KIDD JOHN PARK	800 EAST ST	
31	LAFAYETTE HEIGHTS PARK	1508 ST STEPHENS RD	
35	LYONS PARK 	180 LYONS PARK AVE	
41	MEMORIAL PARK	1800 AIRPORT BLVD	
44	JAMES SEALS COMMUNITY CENTER & PARK  	540 TEXAS ST	
48	MLK PARK	1101 DR MARTIN LUTHER KING JR AVE	
52	REV ROBERT L HOPE COMMUNITY CENTER	850 EDWARDS ST	
54	RICKARBY RECREATIONAL CENTER & PARK  	550 RICKARBY ST	
55	RYAN PARK	750 SPRINGHILL AVE	
57	MALAGA SQUARE	403 CHURCH ST	
60	MARDI GRAS PARK	109 GOVERNMENT ST	
62	SULLIVAN THOMAS PARK & COMMUNITY CENTER	351 N CATHERINE ST	
69	SPANISH PLAZA	401 GOVERNMENT ST	
70	SPRINGHILL RECREATIONAL CENTER & PARK	1151 SPRING HILL AVE	
71	UNITY POINT PARK	900 SPRING HILL AVE	
72	WASHINGTON SQUARE	251 CHATHAM ST	






















 WALKING TRAILS  OUTDOOR FITNESS EQUIPMENT  DOG PARK

SEE MAP ON PAGE 5

## 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, email [mprdpermits@cityofmobile.org](mailto:mprdpermits@cityofmobile.org) or visit [mprd.recdesk.com](http://mprd.recdesk.com)

**Free Wi-Fi available at all Community Centers**

	PARK & FACILITY	ADDRESS	DISTRICT
1	ARLINGTON PARK 	1705 S BROAD ST	3
4	BAUMHAUER-RANDLE PARK	1909 DUVAL ST	
7	BROOKLEY BY THE BAY PARK	254 OLD BAY FRONT DR	
17	DOYLE PARK 	1728 ROSEDALE RD	
21	FRY PARK	1114 GIMON CIR W	
36	MAITRE MARTHA B PARK	2412 HALLS MILL RD	
40	MCNALLY PARK	4380 PARK RD	
49	NEWHOUSE RECREATIONAL CENTER & PARK 	2960 ALSTON DR	
50	PARKWAY SENIOR CENTER	1600 BOYKIN BLVD B	
59	STEWART PARK	1320 STEWART RD	
63	TAYLOR COMMUNITY CENTER	1050 BALTIMORE ST	
65	TRIMMIER PARK 	3600 ALBA CLUB RD	
67	WALSH PARK	1401 WINDSOR AVE	
12	CRESTVIEW PARK 	1600 ROLAND DR	4
15	DOG RIVER RECREATIONAL CENTER & PARK	2459 DOG RIVER DR N	
27	HEROES PARK 	7161 OLD MILITARY RD	
29	PFC HOWARD JOHNSON II PARK 	2661 ATOLL DR	
33	LAUN PARK & RECREATIONAL CENTER 	5401 WINDMILL DR	
45	MIMS LAMBERT C PARK	5400 GRISHILDE DR	
56	SCHWARZ PARK	3701 RIVIERE DU CHIEN RD	
58	SKYLAND PARK	4212 ARCTURUS LN	
61	STOTTS RECREATION CENTER & PARK 	2150 DEMETROPOLIS RD	
3	BAILEY JOE A. PARK  	712 MAGNOLIA RD	5
14	DENTON PARK 	2859 EMOGENE ST	
22	HACKMEYER PARK  	3710 CONWAY DR S	
37	MATTHEWS PARK	3700 MICHAEL BLVD	
51	PUBLIC SAFETY MEMORIAL PARK  	2301 AIRPORT BLVD	
53	RICH PARK	2700 FOREMAN CIR	
10	CONNIE HUDSON MOBILE REGIONAL SENIOR COMMUNITY CENTER	3201 HILLCREST RD	6
11	MEDAL OF HONOR PARK  	1711 HILLCREST RD	
11	COTTAGE HILL TENNIS CENTER	1711 HILLCREST RD	
11	COTTAGE HILL GYMNASIAC CENTER	1711 HILLCREST RD	
2	AZALEA CITY GOLF COURSE	1000 GAILLARD DR	7
28	HILLSDALE COMMUNITY CENTER & PARK	558 FELHORN RD	
32	LANGAN PARK 	4901 ZEIGLER BLVD	
32	THE CHARLES WOOD JAPANESE GARDEN	800 FOREST HILL DR	
32	THE REGGIE COPELAND - NEWTON COX TENNIS CENTER	851 GAILLARD DR	
34	LAVRETTA PARK & ART INSTRUCTIONAL CENTER 	200 PARKWAY DR W	
38	MCCANTS-CHAVERS PARK	7215 THIRTEENTH ST	
43	MILLER PARK	7451 LAMPLIGHTER DR	
47	MITTERNIGHT RECREATIONAL CENTER & PARK 	5310 COLONIAL OAKS DR	
5	BOYKIN PARK	5850 CAROL PLANTATION RD	n/a
68	WEST SIDE PARK	1001 HITT RD	

# AQUATIC PROGRAMS

48 N. SAGE AVENUE, MOBILE, AL 36607 | (251) 208-1631  
AQUATICS SUPERVISOR: GREG DAVIS | EMAIL: mprathletics@cityofmobile.org

ALL PROGRAMS ARE PENDING DUE TO STAFF AVAILABILITY

## SPLASH PADS

Season Dates: 5/22-10/1  
Hours of Operation: For available hours of operation visit our website [www.MobileParksandRec.org](http://www.MobileParksandRec.org)  
Locations: Sullivan Park  
Seals Park  
Fredrick D. Richardson, Jr. Tricentennial Park  
McCants-Chavers Park  
Medal of Honor Park

## SWIMMING POOLS (All ages)

Season Dates: 5/30-8/6  
Hours of Operation: For available hours of operation visit our website [www.MobileParksandRec.org](http://www.MobileParksandRec.org)  
Fee: Free  
Locations: **Dotch Community Center Pool**  
3100 Bank Avenue, 251-452-8984  
**Figures Community Center Pool**  
658 Donald Street, 251-452-8502  
**Hillsdale Community Center Pool**  
556 Felhorn Road, 251-342-0216  
**Kidd Park Pool**  
800 East Street, 251-452-5650

## DIVE-IN MOVIES (All ages)

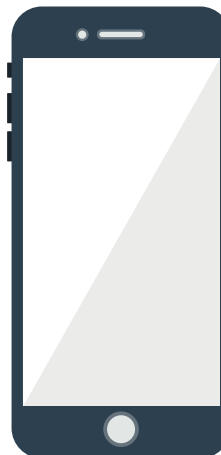
Come DIVE-IN and watch a movie while you swim. Bring your friends and a float!

**PAWS OF FURY** Date: 7/7, Fri. 8pm  
Location: Dotch Community Center Pool  
Fee: Free

**FINDING NEMO** Date: 7/21, Fri. 8pm  
Location: Hillsdale Community Center Pool  
Fee: Free

## SWIM LESSONS (Ages 4 & Up)

All swim lessons are pending due to staff availability.  
For available lessons visit [MPRD.recdesk.com](http://MPRD.recdesk.com)



OPT-IN FOR THE LATEST  
INFO ON EVERYTHING

**MOBILE PARKS  
& RECREATION**

TEXT **MOBILEPARKS**  
TO **91896**





# ATHLETIC PROGRAMS

48 N. SAGE AVENUE, MOBILE, AL 36607 | (251) 208-1631  
ATHLETICS SUPERVISOR: GREG DAVIS | EMAIL: mprdathletics@cityofmobile.org



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

ALL PARTICIPANTS MUST PRE-REGISTER

## YOUTH SPORTS

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

### YOUTH FLAG FOOTBALL LEAGUE (Ages 4-14)

Clinic: 6/10 (Free) 9am-Noon  
Season Starts: 6/17  
Season Ends: 8/5  
Team Registration: 6/12 – 6/15 at Sage Office and/or online at MPRD.recdesk.com  
Fees: \$200 per team  
Payment method: Sage Office or online at MPRD.recdesk.com  
Location: Sage Park (Saturdays 9am-3pm)

### YOUTH KICKBALL CLINICS (Ages 4-14)

Clinic: 6/24 (Free) 9-11am  
Season Starts: 7/8  
Season Ends: 7/29  
Team Registration: 5/29 – 7/29 online at MPRD.recdesk.com  
Fees: \$20 per individual  
Payment method: Sage Office or online at MPRD.recdesk.com  
Location: Sage Park (Saturdays 9-11am)



## ADULT SPORTS

**Contact: Marcus Fluker**  
Phone: 251-208-8029  
Email: marcus.fluker@cityofmobile.org

### 5 VS. 5 ADULT BASKETBALL LEAGUE (Ages 18 & Up)

Season Starts: 6/6  
Season Ends: 7/15  
Team Registration: 5/14 – 6/6 Online MPRD.recdesk.com  
Fees: \$200 per team/\$20 free agent  
Payment method: Sage Office and/or online at MPRD.recdesk.com  
Location: James Seals Community Center  
Thomas Sullivan Community Center  
Harmon Community Center  
Hillsdale Community Center

### CO-ED ADULT SOCCER (Ages 18 & Up)



Programmatic Partnership with South Alabama Soccer Association

**Contact: Eddie Hamilton**  
Phone: 251-554-0132  
Email: adidas9669@gmail.com  
Team Registration: Online at MPRD.recdesk.com  
Season Starts: 6/25  
Season Ends: 8/27  
Fees: \$200 per team  
Location: Sage Park (Sundays)

### ADULT FLAG FOOTBALL LEAGUE (Ages 16 & Up)

Season Starts: 7/16  
Season Ends: 8/20  
Team Registration: 5/20 - Online @ MPRD.recdesk.com  
Fees: \$150 per team/\$20 free agent  
Payment method: Sage Office and/or online at MPRD.recdesk.com  
Location: Sage Park (Saturdays 2:30 – 5:30pm)



# AZALEA CITY GOLF COURSE

1000 GAILLARD DRIVE, MOBILE, AL | (251) 208-5150  
 HOURS OF OPERATION: MON.-SUN. 7AM-5PM | DRIVING RANGE OPEN 7AM-4PM  
 WWW.AZALEACITYGOLFCOURSE.COM  
 GCSSA SUPERINTENDENT: BRIAN AARON | aaron@cityofmobile.org  
 PGA PROFESSIONAL: COLIN MCKERN | colin.mckern@cityofmobile.org

Azalea City Golf Course offers golf lessons for all golfers. We have various skill level lessons offered from the novice student to the 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 seven days in advance. Weekend tee times may be reserved from 8am on Wednesday before the weekend.

**Course Information:**

72 par | 6,850 yards with Champion Bermuda greens  
 Bermuda 419 tees and fairways

**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!**



# COTTAGE HILL GYMNASTICS CENTER

MEDAL OF HONOR PARK, 1711 HILLCREST RD. (BETWEEN GRELOT & COTTAGE HILL), MOBILE, AL 36695  
 (251) 367-6182 OR (251) 533-8645 | TONYA CARROLL | tonya.carroll@cityofmobile.org

**PRESCHOOL MOVEMENT EDUCATION (Ages 3-5)**

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

6/5 -6/28	Mon. & Wed. 2-2:45pm	\$65
6/6- 6/29	Tues. & Thur. 9:30-10:15am	\$65
6/3-6/24	Sat. 9-10am	\$45
7/10-8/2	Mon. 2-2:45 pm	\$65
7/11- 8/3	Tues. & Thur. 9:30-10:15am	\$65
7/8- 7/29	Sat. 9-10am	\$45

**KINDER-GYM (Ages 18 mo.-3 yrs.)**

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

**Instructor: Mila Gatlin**

6/2-6/23	Fri. 9:30-10:30am	\$45
6/2-6/23	Fri. 10:30-11:30am	\$45
7/7-7/28	Fri. 9:30-10:30am	\$45
7/7-7/28	Fri. 10:30-11:30am	\$45

# COTTAGE HILL GYMNASTICS CENTER

## YOUTH CLASSES

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

### YOUTH GYMNASTICS (Ages 5-8)

Must be 5 years old by first class

6/6-6/29	Tues. & Thu. 4-5pm	\$70
6/3-6/24	Sat. 10-11am	\$45
7/11-8/3	Tues. & Thu. 4-5pm	\$70
7/8-7/29	Sat. 10-11am	\$45

### YOUTH GYMNASTICS (Ages 7-12)

6/3-6/24	Sat. 11am-Noon	\$45
7/8-7/29	Sat. 11am-Noon	\$45

### 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.

6/6-6/29	Tues. & Thu. 5-6pm	\$70
7/11-8/3	Tues. & Thu. 5-6pm	\$70

### CHEER TUMBLING (Ages 10 & Up)

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

6/5-6/28	Mon. & Wed. 6-7pm	\$70
7/10-8/2	Mon. & Wed. 6-7pm	\$70
6/6-6/29	Tues. & Thu. 6-7pm	\$70
7/11-8/3	Tues. & Thu. 6-7pm	\$70

### BEGINNING TRAMPOLINE & TUMBLING (Ages 5 & Up)

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

6/5-6/28	Mon. & Wed. 4-5pm	\$70
7/10-8/2	Mon. & Wed. 4-5pm	\$70

### 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.

6/5-6/28	Mon. & Wed. 5-6pm	\$70
7/10-8/2	Mon. & Wed. 5-6pm	\$70

### Classes held at:

#### Hillsdale Community Center

558 East Felhorn Road, Mobile, AL 36608

### KINDER-GYM (Ages 18 mo.-3 yrs.)

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.

6/3-6/24	Sat. 9-9:45am	\$35
7/8-7/29	Sat. 9-9:45am	\$35

### Class Held At:

#### James Seals Community Center

540 Texas Street, Mobile, AL 36603

### KINDER-GYM (Ages 18 mo.-3 yrs.)

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.

6/3-6/24	Sat. 10:30-11:15am	\$35
7/8-7/29	Sat. 10:30-11:15am	\$35





# COMMUNITY CENTER BEAT

MARCH TO THE BEAT OF YOUR COMMUNITY'S DRUM WITH SPECIALTY ACTIVITIES, CLASSES AND EVENTS VIA THE WEB OR IN PERSON!  
THERE'S ALWAYS SOMETHING NEW TO DO! VIRTUAL EDUCATION CAN BE ACCESSED VIA FACEBOOK @MOBILEPARKS&REC

## FIT M.O.B. - MOBILE (Ages 13 & Up)

Sweat more, pay less! Fit Mobile is a fitness movement outside of the traditional gym setting. With a "less is more" mentality, Fit M.O.B. hosts strength, cardio, and yoga workouts requiring minimal equipment for people of all fitness levels.

### Tour Dates:

6/10	8-9am	Cooper Riverside Park
6/17	8-9am	Mardi Gras Park
6/24	8-9am	Medal of Honor Park
7/1	8-9am	Sage Park
7/8	8-9am	Mardi Gras Park
7/15	8-9am	Sage Park
7/22	8-9am	Mardi Gras Park
7/29	8-9am	Medal of Honor Park

## NEW! MPRD FITNESS VERZUZ BATTLE (Ages 13 & Up)

The verzu battle may consist of up to 20 rounds of what would be some of your favorite local fitness trainer's top workout exercise or cardio workout collaborations to go head-to-head against each other. During the battle, the trainers will play a song and display a 1-2 minute workout movement one after another, through audio sound headphones. Each trainer will have 10-20 people on their team getting their heart rate monitored on a screen.

### Battle Dates:

6/24	Sat. 10-11am	1st Battle (20 rounds)
7/22	Sat. 10-11am	2nd Battle (20 rounds)
8/3	Thurs. 6:30-7:30pm	Championship Round
Location:	Mike Dow Amphitheater	
Fees:	Free! Register at <a href="http://MPRD.recdesk.com">MPRD.recdesk.com</a>	

## NEW! GLOBAL WELLNESS DAY (All ages)

Join MPRD to celebrate the fundamental purpose of Global Wellness Day which is to make citizens aware of the value of health. Even if it's for one day, the goal is to make us stop and think, get away from the stress of unhealthy living and find peace within ourselves. Health vendors and fitness classes will be set up to showcase their businesses.

6/10	Sat. 9-11am
Location:	Cooper Riverside Park

## MPRD JUNETEENTH CELEBRATION

"Celebrating Through Spoken Word, Music, and The Arts"

6/15	Thurs. 5-7pm
Location:	Mike Dow Amphitheater

## CELEBRATE FRIENDSHIPS

Follow these easy steps and brighten someone's day with a handmade friendship bracelet! All you need is embroidery floss or string and a piece of tape! #NationalFriendshipDay

8/6 Sun.	Tanya Gullett (Virtual Tutorial on Facebook)
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## CHILD OF THE WILD (Ages 3-11)



Wild Sprouts is a nature enrichment program that offers children a unique opportunity to improve their development and education while connecting with nature and friends. Participants will explore nature through the study of native flora and fauna, investigation of new discoveries and more. For more information or to register go to [www.childofthewild.us](http://www.childofthewild.us)

### Instructors: Rebecca Baxter and J P Kinney

6/1	Thurs. 4-6pm	\$30
7/6	Thurs. 4-6pm	\$30
Location:	Crestview Park	

## NEW! NATIONAL MOVIE NIGHT

Pop some popcorn, grab a blanket and come join us with your favorite buddy at Springhill Community Center for a fun night of entertainment in celebration of National Movie Night.

6/9	Fri. Movie starts at 7:45pm
Location:	Springhill Recreational Center

## UNITED NATIONS PUBLIC SERVICE DAY

Every year the United Nations Public Service Day celebrates the value and virtue of public service to the community. Our MPRD campers will create cards to show their appreciation to all public service workers. Cards will be distributed to police, fire, and public works departments.

6/23	Fri. 10am-12pm
Location:	All Community Centers

## NATIONAL PARK AND RECREATION MONTH

This July, we will celebrate the vital role park and recreation professionals play in bringing people together, providing essential services and fostering the growth of our communities. Theme: Where Community Grows

7/1-7/31

## NEW! NATIONAL STRAWBERRY SUNDAE DAY

On July 7th, it our time to indulge in National Strawberry Sundae Day with vanilla or strawberry ice cream with whipped cream, and strawberry sauce. Join us from 5-7pm for our Family Fun Day and have a treat on us while they last.

7/7	Fri. 5-7pm
Location:	Dotch Community Center

## NEW! BUFFALO SOLDIERS DAY

Buffalo Soldiers Day commemorates the formation of the first regular Army regiments comprised of African American soldiers in 1866. Celebrate with us! Visit our FB Page @mobileparksandrec and watch our commemorative video by Shawn Temple.

#MPRDCelebratesBuffaloSoldiersDay	
7/28	Fri.



# BREAKTHROUGH TEENS PROGRAMS, ACTIVITIES, & EVENTS

OUR BREAKTHROUGH TEENS PROGRAMS FOCUS ON THE DEVELOPMENT OF PERSONAL, SOCIAL, AND PROFESSIONAL SKILLS OFFERED IN OUR COMMUNITY CENTERS THROUGHOUT THE CITY OF MOBILE.



## LIFE SKILLS

Basic skills that you acquire through your everyday life experiences.

6/5-6/9 Mon.-Fri. 5-7pm  
Location: Seals Community Center

## HEALTH

Basic skills, tools, and knowledge to live healthier.

6/13-6/15 Tues.-Thurs. 5-7pm  
Location: Thomas Sullivan Community Center

## LEADERSHIP

Basic knowledge and skills to advance your career, team, and organization.

6/20-6/23 Tues.-Fri. 5-7pm  
Location: Figures Community Center

## NEW! TEEN BBQ BANGER

This chill cookout will be the kick start to 4th of July for all teens! On this day, there will be free food & drinks, a live DJ, games, basketball & flag football tournaments, plus more! This will be a vibe that a teen wouldn't want to miss!

7/3 Mon. 3-6pm  
Location: Newhouse Teen Center

## NEW! GAMER DAY

On this day, all teens and young adults are invited to our teen center to compete with other gamers! There will be console games, computer games, and board games! Make sure to bring only your best!

7/20 Thurs. 5-8:30pm  
Location: Newhouse Teen Center

## NEW! TEEN POOL PARTY

What's a cool summer without a pool party? All teens are invited to come hop in the pool on this hot summer day! Make sure to wear your trunks and swim suits because you're definitely going to need it.

8/3 Thurs. 3-6pm  
Location: Hillsdale Community Center



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

## CAMP LIFE



## MPRKIDS SUMMER CAMPS (Ages 5-12)

Camp Sessions: Mon.-Fri. 6/5-8/4  
Registration: Begins 4/1, Registration Fee \$25  
Sign up weekly: First come, first serve  
Camp Weekly Fee: 7:30am-4:30pm, \$25/per Camper  
Post-Camp Care: 4:30-6:30pm, \$5/day or \$20/week  
Locations: Dotch, Hillsdale, Seals, Hope Community Centers

Structured Camps include:

### ARTS AND CULTURE

6/5-6/23

Featuring weekly themes and projects, campers will celebrate arts and culture! They will become pop stars by writing and performing their own music, learn about storytelling and character-building while becoming an author of their own book and travel the world getting their passports stamped while learning about artists from all over! Children will love learning more about Mobile arts and culture while enjoying activities to help enrich the mind and body. Weekly field trips will include swimming, theater plays, paint party trip, symphony and dance shows!

 Free WiFi available at all Community Centers

# CAMP LIFE

## SPORTS AND FITNESS

6/26-7/14

Featuring weekly themes and projects, campers will dive into the world of sports and fitness. Campers will learn about food ingredients and healthy habits in order to write and prepare their own kid-approved cookbook, they will work together to build their own sports team and create new games with their own rules, and they will compete in tournaments to show off sportsmanship in their own #MPRDKids Olympics-style Showdown! Campers who like to be active can choose from a variety of activities and sports that add diversity to their exercise routine, while having fun at the same time. Weekly field trips will include swimming, bowling, skating, and a #MPRDKids Cup exclusive event!

## EDUCATION AND STEM

7/17-8/4

Featuring weekly themes and projects, campers will explore the world of STEM. They will learn to code their own games and become game masters through new tech skills and they will become a mad scientist by competing in their own science fair, complete with exploding volcanoes! We will be sharing the wonder of STEM (science, technology, engineering and mathematics) this summer in an interactive camp environment to encourage campers to explore, build and create. Weekly field trips will include swimming, aquarium exploration and a discovery museum trip!

## NEW! KNIGHT LIFE CHRISTIAN DISCIPLES CAMP



(Boys Ages 8-13)

Knight Life Christian Disciples Camp is an exciting, fun-filled 7-week leadership development and adventure day camp for boys. We instruct boys on developing and maintaining devout moral character and integrity. We instill practical principles of the Virtues of Knighthood, the Knight's Code of Chivalry, the game of Chess, and a servant-style leadership attitude from a Biblical worldview.

**Instructor: Llewellyn Lanier, Jubilee Youth Service & Leadership Academy**

6/5-8/4

Mon.-Fri. 8am-5pm

Fees:

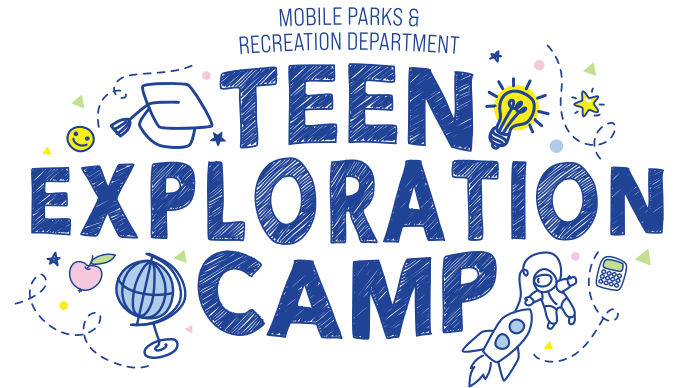
\$50 non-refundable registration fee

Location:

Midnight Neighborhood Center

Details:

Call (251) 591-8041



## TEEN EXPLORATION CAMP (Ages 13-15)

Did you know that gamers get paid? Did you know arguing could make you cash? Did you know that what you already love could give you a paycheck? #MPRDTeen Summer Camp will be centered around how to make career-prep the stepping-stone everyone needs by showing off some of the best industries to become a part of and how to get there, even if you never thought you could. This camp will include interactive presentations from professionals who work in various fields and activities to keep teens engaged and having fun. Each week campers will explore a different type of industry, the people in the workplace, and what passions and skills are needed.

Camp Sessions:

Mon-Fri 6/5-8/4

Registration:

Begins 4/1, Registration Fee \$25

Sign up weekly:

First come, first serve

Camp Weekly Fee:

7:30am-3:30pm, \$25/per Camper

Location:

Springhill Recreation Center

### Weekly Themes:

6/5- 6/9

Arts and Culture

6/12- 6/16

Medical Field

6/20- 6/23

IT

6/26- 6/30

Business

7/3- 7/7

Legal and Public Safety

7/10- 7/14

Sports and Fitness

7/17- 7/21

Architecture and Engineering

7/24- 7/28

Innovation

7/31- 8/4

Entrepreneurship and Trades



# JOSEPH C. DOTCH COMMUNITY CENTER

3100 BANK AVE., MOBILE, AL 36617 | (251) 452-9856 | HOURS: MON.-FRI. 7:30AM-8PM, SAT. 10AM-2PM  
MICHAEL GARBUTT | michael.garbutt@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## MPRDKIDS SUMMER CAMPS (Ages 5-12)

Camp Sessions: Mon.-Fri. 6/5-8/4  
Registration: Begins 4/1, Registration Fee \$25  
Sign up weekly: First come, first serve  
Camp Weekly Fee: 7:30am-4:30pm, \$25/per Camper  
Post-Camp Care: 4:30pm-6:30pm, \$5/day or \$20/week

## DOTCH FAMILY FUN NIGHT "STARS AND STRIPES"

Join us for a patriotic night of fun activities and games centered around the stars and stripes. Light refreshments will be served.  
7/7 Fri. 5-7pm

## GUITAR (Ages 12 & Up)



Rhythm and theory, finger exercises, scales and chords are just a few accompaniments to all the fun songs you will learn from one of Mobile's living legends. Call 251-422-4009 for more information and to register.

**Instructor: Theodore Arthur Jr.**

6/6-6/27 Tues. 5:30-7:30pm \$45  
7/11-8/1 Tues. 5:30-7:30pm \$45  
Location: Room C

## LALA LINE DANCING (All ages)



Line dancing/swing out is just another way you can stay healthy. Join us and learn the latest dance steps, have lots of fun and get some exercise.

**Instructor: LaDresta McNeal**

6/6-8/1 Tues. 11am-1pm Intermediate/Advanced  
6/7-8/2 Wed. 5-7:30pm  
6/8-8/3 Thurs. 5-7:30pm  
Location: Gym

## PIANO (Ages 7 & Up)



Rhythm and theory, finger exercises, scales and chords are just a few accompaniments to all the fun songs you will learn from one of Mobile's living legends. Call 251-422-4009 for more information and to register.

**Instructor: Theodore Arthur Jr.**

6/7-6/28 Wed. 5:30-7:30pm \$45  
7/5-8/2 Wed. 5:30-7:30pm \$45  
Location: Room C

## OPEN BASKETBALL

Must register at MPRD.Recdesk.com

6/5-8/4 Mon. Wed. & Fri. 5:30- 6:30pm  
Location: Gym

## NEW! LET'S GET YOUR CREDIT RIGHT! (Ages 18 & Up)

Let's explore the basics of building, improving and repairing credit. You'll learn about the fundamentals of credit & how it's maintained. Informational purposes only.

**Instructor: Nora Caldwell**

6/9-8/4 Fri. 5-6pm  
Location: Room C

## EDUCATIONAL HEALTH 101

It's time to start a healthy journey. Come learn simple and budget friendly meal plans. You'll also learn ways to incorporate simple cardio exercises in your daily routine.

**Instructor: Michael Garbutt**

6/5-8/4 Mon. Fri. 5-6pm  
Location: Room A

## NEW! WIND DOWN WEDNESDAY: R&B STRETCH AND RELAX (Ages 18 & Up)

Classes are taught to R&B music. We promote body positivity, welcome all fitness levels, and encourage members not to take yoga so seriously and enjoy the moment. We will focus on full body stretching and mental stress release.

**Instructor: Jihad Irby / Kristan Taylor**

6/7 Wed. 7-8pm  
6/21 Wed. 7-8pm  
7/5 Wed. 7-8pm  
7/19 Wed. 7-8pm  
Location: Mike Dow Amphitheater

## SENIOR PROGRAMMING (AGES 55+)

**Therapeutic Recreation Specialist: Heidi Hanchey**

(251) 208- 1081 | heidi.hanchey@cityofmobile.org

## NEW! MEDICARE 101 BY LISA



Want to learn how Medicare works? Medicare 101 will help those on Medicare better understand their options and make better informed decisions for themselves. This class is design to help those turning 65 and for family members of people on Medicare gain better knowledge and understanding on how Medicare works. Refreshments provided.

**Instructor: Lisa Scott Cigna Health Care**

6/30 Fri. 2-4pm  
7/28 Fri. 2-4pm  
Location: Computer Lab

# JOSEPH C. DOTCH COMMUNITY CENTER

## NEW! ICE CREAM SOCIAL AND MEDICARE CLASS BY MICHELLE



This class helps people on Medicare better understand their options and make informed decisions for themselves and their family members. If you are age 55 years and would like to ask questions or learn more about Medicare this is your class. Ice cream sundaes provided following the class.

**Instructor: Michelle Hylton Advocate Health Advisors**

8/4 Fri. 2-4pm  
Location: Computer Lab

## BOOKWORMS



For seniors of all ages that love to enjoy a good read. This reading group meets once a month. It's consisted of open-minded people who love to read and discuss books based on different genres. (Books can be downloaded for free using the "Hoopla App")

**Instructor: Kathleen O'Neal**

6/28 Wed. 10-noon (Discussion)  
"The Surviving Trace" by Calia Read (AUDIOBOOK)  
7/26 Wed. 10-noon (Discussion)  
"We Is Got Him" by Carrie Hagan (EBOOK)  
Location: Computer Lab

## BUNCO

Come roll the dice with us. In this game no skill or strategy is required. It is the luck of the roll. Learn Bunco & play for fun.

**Instructor: Heidi Hanchey**

6/9-7/28 Fri. 2-4pm  
Location: Game Room

## GAME & PLAY

Play a different hand each day of the week while making friends.

6/5-8/4  
Rook & Canasta Mon. & Wed. 10am-Noon - Lobby  
Mexican Train /Chicken Foot Tues. 10am-Noon - Lobby  
Pinochle Wed. 9am-5pm - Game Room  
Spades Mon.-Fri. 3pm - Lobby

## LET'S PLAY ROOK

Learn to play the Rook card game. We play by the Master's Games Rules. Beginners are welcome.

**Instructor: Heidi Hanchey**

6/9-8/4 Fri. 10am-noon  
Location: Game Room

## OPEN ART LAB

In this self-lead activity participants bring their own art supplies and encourage each other by helping or offering light critiques.

6/5-7/31 Mon. 1-3pm  
6/8-8/3 Thurs. 1-3pm  
Location: Multipurpose Room B

## BEGINNER WATERCOLOR CLASS

Looking for beginner watercolor enthusiast! Nurture your creativity through the relaxing benefits of art. A supply list will be given first day of class.

**Instructor: Heidi Hanchey**

6/6-8/1 Tues. 2-4pm  
Location: Multipurpose Room B

## CRAFTY CRAFTERS

Work together with the class to experiment and learn new techniques with resin and acrylic pours. Create new projects for your home or gifts for loved ones. This is a once-a-month class. Call for the supply list 251-208-1081.

**Instructor: Heidi Hanchey**

6/1 10am-noon  
7/6 10am-noon  
Location: Multipurpose Room B

## MATS ON THE GO



This is a craft that is full of heart and community minded. You will learn how to make plastic grocery bags into a light weight mat that you can take anywhere or donate to someone in need. We use a number N crochet hook. You can bring clean plastic bags or share the ones we have on hand.

**Instructor: Joann Willcutt**

6/5-7/31 Mon. 10am-2pm Wed. 3-4pm  
Location: Lobby

## OPEN PICKLE BALL

A paddleball sport that combines elements of badminton, table tennis and tennis. Two to four players use the paddles to hit a perforated polymer ball over the net. This is a fast growing, up and coming sport. Bring your friends (your equipment) and enjoy using this beautiful court in the AC. RSVP so staff will have the net set up. Register at [MPRD.recdesk.com](http://MPRD.recdesk.com)

6/6-8/1 Tues. 10am  
Location: Gym

## JUMP UP JOHNNIE CHAIR EXERCISE

Chair exercise is an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercise also improves senior movement by increase blood flow & lubricating your joints. It is good for all fitness levels.

**Instructor: Johnnie Rankins**

6/5-8/1 Tues. 9-10am  
6/8-8/3 Thurs. 9-10am  
Location: Game Room



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



# JOSEPH C. DOTCH COMMUNITY CENTER

## NEW! SUMMER SPLASH

This fun in the sun class includes a warm up, cardio, strength training and cool down exercises. Water aerobics helps build strength, increases endurance, lowers high blood pressure, reduces stress, helps with weight loss and enhances balance and coordination.

**Instructor: Heidi Hanchey**

6/6-8/1

Tues. 10-11am

Location:

Dotch Community Center Pool



OPT-IN FOR THE LATEST INFO ON EVERYTHING  
**MOBILE PARKS & RECREATION**  
TEXT MOBILEPARKS TO 91896

# MICHAEL A. FIGURES COMMUNITY CENTER

658 DONALD STREET #C, MOBILE, AL 36617 | (251) 452-4052 | HOURS: MON-FRI. 8AM - 8PM

YOLANDA TURNER | yolanda.turner@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4

Mon.-Fri. Noon-1pm

## LIGHT OF THE VILLAGE "CAMP LIGHT" (Ages 5-14)



Be a happy camper! Campers play fun-filled games plus hear short Bible stories and participate in reading and math enrichment activities.

**Instructors: Light of the Village Staff**

6/6-7/14

Tue.-Fri. 11:30am-3:30pm

## NEW! LIFT EVERY VOICE, LET'S SING FOR ADULTS

(18 & Up)

Do you wish to sing like an angel? Well come discover the many wonders of the voice. Also, come learn some simple techniques that are apart of singing. You will love this class if singing is your passion. When you leave this class, you will never, ever want to stop singing!

**Instructor: James Gullely**

6/7-8/2

Wed. 3:30-4:30pm

## NEW! 5V5 WOMEN'S BASKETBALL SUMMER LEAGUE

(Ages 17 & Up)



Must have competed in HS, College, or Professionally. A women's basketball league operating as a mentorship bridge for high school female student-athletes. Contact the instructor at [info@nextlevelmoxie.com](mailto:info@nextlevelmoxie.com) and register at [nextlevelmoxie.com/themoxieleague](http://nextlevelmoxie.com/themoxieleague)

**Instructor: Morgan Crawford (The Moxie League)**

6/5-7/26

Mon. & Wed. 6pm Fee: Free agent \$50

Location:

Gym

Fee:

Team \$400

Registration:

April 1 - June 1

## CRICUT CRAFTS 101 (13 & Up)

This class is for the absolute beginner. We will be going over the basics of the Cricut machine and software. In this two-hour class you will complete a project to take home. Supply list and projects will be given the first day of class.

**Instructor: Claudia Williams**

6/6-8/1

Tues. 5-7pm

Location:

Room B

## PAINTING ON CANVAS (Ages 8-12)

Creative painting on canvas expresses your thoughts and ideas in a relaxed setting. Participants will be encouraged to express themselves artistically. Supplies will be provided.

**Instructor: Frank Spraglin**

6/7-8/2

Wed. 6:15-7pm

Location:

Multi-purpose Room A

## LINE DANCE WITH LALA (Ages 15 & Up)



Line dancing/swing out is just another way you can stay healthy at Michael Figures Community Center. Join us to learn the latest dance steps, have lots of fun and get some exercise.

**Instructor: LaDestra McNeal**

6/6-8/1

Tues. 5-7pm

Location:

Room A

## WOODWINDS (Ages 12 & Up)



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 Jr.**

6/12-7/17

Mon. 5-6:30pm

Fee:

\$45

Location:

Room C

# MICHAEL A. FIGURES COMMUNITY CENTER

## COMMUNITY CLEAN UP DAY (Ages 5-10)

The Kids will have a fun time picking up trash and treating it like it is a competition. At the end of the day the one with the largest recycled bag of trash wins a prize.

**Instructor: Frank Spraglin**

6/30 Fri. 5:30pm

7/28 Fri. 5:30pm

## OPEN COMPUTER LAB

This self-lead activity allows students the ability to complete school assignments, search the internet, develop resumes, complete job searches, play games, etc.

6/5-8/4 Mon.-Fri. 3-5pm

## WALKING TRACK (Ages 18 & Up)

Come join us on a brisk walk for improved health benefits. Just 30 minutes of walking does the body good. Walking helps improve heart health, aids in weight loss, regulates blood pressure, improves circulation and reduces the risk of diabetes.

**Instructor: Yolanda Turner**

6/5-8/4 Mon. 11:30am-Noon

Location: Figures Park Walking Trail

## OPEN GAME ROOM (All ages)

Monopoly, Uno, Spades Bumper Pool& more. Join us for some open play game room fun.

6/5-8/4 Mon.-Fri. 5:30-7:30pm

Location: Game Room 2

## OPEN BASKETBALL

Must register at [MPRD.Recdesk.com](http://MPRD.Recdesk.com)

6/5-8/4 Mon., Thurs., Fri., 4-7:30pm

6/6-8/2 Wed.& Tues. 1-5pm

Location: Gym

## 4 ON 4 BASKETBALL (Ages 18 & up)

Come make new friends and enjoy exercising while playing basketball. 4 on 4 basketball is a team sport that involves two teams trying to score points against one another by throwing a ball through a 10 feet high hoop(basketball) under organized rules.

**Instructors: Anthony Lang**

6/6-8/2 Tues. & Wed. 5:30-7pm

Location: Gym

## NEW! JOB 101: SO YOU WANT A JOB (Ages 15-18)

You will learn how to navigate various employment websites, gain interviewing skills, and learn how to write resumes.

**Instructor: Cheryl Turk**

6/6-8/1 Tues. 5:30-7pm

Location: Multi-purpose Room C

## LET'S READ FOR FUN (Ages 6-10)

Build reading skills, explore different cultures in the world, discover new places to travel. Participants will develop reading skills and explore new places.

**Instructor: Cheryl Turk**

6/7-8/2 Wed. 5-5:45pm

Location: Multi-purpose Room C

## ARTS AND CRAFTS (Ages 4-10)

Provides children with opportunities to engage in arts and crafts, allowing them to explore their ideas and concepts, and then express that through making something with which they can feel proud.

**Instructor: Yolanda Turner**

6/7-8/2 Wed. 4-5pm

Location: Multi-purpose Room A

## TABLE TENNIS (Age 12 & up)

Sometimes called Ping Pong, Table Tennis is a sport enjoyed by people around the world. Come join us at Figures Community Center and enjoy the comradery.

**Instructor: Claudia Williams**

6/6-8/3 Tues. & Thurs. 5:30-7:30pm

Location: Game Room 1

## LIFE SKILLS 101 (Ages 15 & up)

A mentoring program that provides motivation, financial preparation, job skill development and educational activities to help young people develop life skills and make healthy choices in their everyday life.

**Instructor: Yolanda Turner**

6/5 Mon. 4-6pm

7/10 Mon. 4-6pm

Location: Multi-purpose Room C

## LET'S TALK (Ages 12-19)

To allow participants the opportunity to openly engage in topics of concern specific to their age group and learn how to express their daily challenges.

**Instructor: Claudia Williams**

6/5-7/31 Mon. 5-6pm

Location: Multi-purpose Room C

## CONFLICT RESOLUTION (Ages 12-17)

This class is meant introduce participants to effective problem solving, communication skills and respect of others. Participants will develop effective communication skills. Discussions lead by a mastered level counselor.

**Instructor: Cheryl Turk, M.S.**

6/7-8/2 Wed. 6-7pm

Location: Room C

# HARMON-THOMAS COMMUNITY CENTER

1611 BELFAST ST., MOBILE, AL. 36605 | (251) 287-1140 | HOURS: MON.-FRI. 11AM-8PM  
LESLIE PETTAWAY | [leslie.pettaway@cityofmobile.org](mailto:leslie.pettaway@cityofmobile.org)

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## PLAY YOUR BEST GAME (Ages 13-17)

Teaching basic life lessons through the games of basketball and volleyball. **Instructor: James White**

6/7-8/4 Wed. & Fri. 4:30-5:30pm

Location: Gym

## INTRO TO COMPUTERS (Ages 18 & Up)

Learn the basics of working on a computer for everyday use.

**Instructor: Leslie Pettaway**

6/5-8/4 Mon. & Fri. 11:15am-12:15pm

Location: Room A

## BOYS & GIRLS CLUBS - OPTIMIST BRANCH (Ages 6-18)



This summer education program is kid-focused, fun, and engaging! Activities include field trips, sports, arts & crafts and more. Lunch is included. Call 251-438-5111 to register.

6/5 - 7/28 Mon.-Fri. 10 am - 6 pm.

## WALK WITH EASE (Ages 18 & Up)

Walk for yourself, enjoy your day and walk for your life.

**Instructor: Leslie Pettaway**

6/6-8/3 Tues. & Thurs. 10:30-11:30am

Location: Room B

## SENIOR ACTIVITIES (Ages 18 & Up)

Come join our morning activities with arts & crafts, bingo, etc.

Fitness knowledge of fall prevention and social engagements in a variety of settings.

**Instructor: Leslie Pettaway**

6/5-8/3 Mon.-Thurs. 9am-1pm

Location: Room B

## KIDS IN THE KITCHEN (Ages 7-13)

Come learn the importance of measuring properly and how to pack a balanced, but fun lunch.

**Instructor: Leslie Pettaway**

6/6-7/27 Tues.-Thurs. 3-4pm

Location: Kitchen

# HILLSDALE COMMUNITY CENTER

558 EAST FELHORN ROAD, MOBILE AL 36608 | 251-344-0341  
HOURS: MON.-FRI. 7:30AM-8PM, SAT. 10AM-2PM | RHONDA MCDANIEL | [rhonda.mcdaniel@cityofmobile.org](mailto:rhonda.mcdaniel@cityofmobile.org)

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## MPRDKIDS SUMMER CAMPS (Ages 5-12)

Camp Sessions: Mon.-Fri. 6/5-8/4

Registration: Begins 4/1, Registration Fee \$25

Sign up weekly: First come, first serve

Camp Weekly Fee: 7:30am-4:30pm, \$25/per Camper

Post-Camp Care: 4:30pm-6:30pm, \$5/day or \$20/week

Locations: Hillsdale Community Center

## HILLSDALE FAMILY FUN NIGHT "U-N-I-T-Y IN THE COMMUNITY"

Join us for a night of fun activities and games centered around family unity and light refreshments will be served.

7/21 Fri. 5-7pm

## BEGINNER ENGLISH CLASS FOR ADULTS (Ages 18 & Up)



Basic English classes for adults. In a very relaxed setting with emphasis on pronunciation and every day communication. For more information or to register call 318-471-2462.

**Instructor: Francisca Carvajal**

6/6-8/1 Tues. 6-7pm

Location: Multi-Purpose Room D

## BEGINNING SPANISH CLASSES FOR CHILDREN

(Ages 4-6)



Kids will learn basic Spanish in a very relaxed setting with emphasis on pronunciation and every day communication. For more information or to register call 787-922-5081.

**Instructor: Kismeth Melendez**

6/6-8/1 Tues. 6-7pm

Location: Multi-Purpose Room C

# HILLSDALE COMMUNITY CENTER

## **LATIN DANCE** (Ages 15 & Up)



Come join us for a fun dancing class, where exercise and culture come together to help you stay in shape! For more information or to register call 251-391-5193.

**Instructor: Flor de Maria Gilman & Co.**

6/5-7/31 Mon. 6:30-7:30pm

Location: Gym

## **CARDIO DANCE** (Ages 15 & Up)



Whether your goal is to have a healthy lifestyle or to get in shape, you can enjoy the health benefits of different dance styles and cultures. For more information or to register, call 787-375-1708.

**Instructor: Cristina Ramos & Co.**

6/6-8/1 Tues. 6-7pm

Location: Gym

## **ETIQUETTE** (Ages 10-12)

This class is designed to empower children to develop strong social skills that will transfer them into leaders of tomorrow.

**Instructor: Rhonda McDaniel**

6/6-8/3 Tues. & Thurs. 4-5pm

Location: Multi-Purpose Room C

## **CRICUT CRAFTS 101** (Ages 13 & Up)

This class is for the absolute beginner. We will be going over the basics of the Cricut machine and software. In this two-hour class you will complete a project to take home. Supply list and projects will be given the first day of class.

**Instructor: Destiny Hale and Rhonda McDaniel**

6/5-8/2 Mon. & Wed. 5-6:30pm

Location: Multi-Purpose Room A

## **CHAIR EXERCISE** (Ages 18 & Up)

You will build strength in your arms, legs, core and more without having to stand up.

**Instructor: Brenda Miller**

6/6-8/3 Tues. & Thurs. 4-5pm

Location: Gym

## **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.

**Instructor: Nelson Curtis**

6/5-7/31 Mon. & Thurs. 5:45-7:45pm

Location: Room A

## **NEW! PROGRESSIVE FITNESS** (Ages 18 & Up)

Every day we get older, which means every day we lose strength and balance. Participants will have access to weekly workouts. Self-led workout instructions will be posted in the multi-purpose room and you will be able to utilize the fitness equipment set out to follow along at your own pace. These quick and effective workouts will give you the daily amount of time you should do commit to yourself!

6/5-8/4 Mon.-Fri. 4-7:45pm

Location: Weight Room

## **OPEN PLAY DOMINOES “SLAM THEM BONES”**

(Ages 18 and up)

Whether you play ten to get in, teams, singles or etc., come join a community of domino players at all levels. This fun-filled competition will become your favorite past time.

**Instructor: Nelson Curtis**

6/7-8/2 Wed. & Fri. 5:45-7:45pm

Location: Room A

## **SENIOR PROGRAMMING** (AGES 55+)

**Therapeutic Recreation Specialist: Guynasha deWeever**

(251) 802-5356 | guynasha.deweever@cityofmobile.org

## **ALABAMA ELDERLY NUTRITION PROGRAM**

Are you at least age 60? Would you enjoy meeting others, socializing, playing games, learning about healthy eating and a hot meal? Come have a nutritious meal combined with social activities and fellowship. Must register for a center meal.

6/5-8/4 Mon.-Fri. 9am-1pm

Lunch is served at 11:30am

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

**BECOME A MEMBER:** Senior Center Programs and classes are for individuals ages 55 and older.

## **BIBLE STUDY**

Do you enjoy praise and worship? Looking for believers to study the Bible with? Come out and fellowship with likeminded believers as we study the word of God!

**Instructor: Henry Tripp**

6/8-7/27 Thurs. 10:30-11:30am

Location: Room A

## **SENIOR WATER AEROBICS**

Try staying on beat while beating the Heat this summer! Achieve the summer body of your dreams while doing fun exercises in the pool! These exercises will improve your coordination, mobility, and balance! Come out and splash your way into fitness!

**Instructor: Guynasha deWeever**

6/5-7/26 Mon. & Wed. 10-10:45am

Location: Hillsdale Community Center Pool



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



# HILLSDALE COMMUNITY CENTER

## SENIOR ELECTRONIC CLASS

Don't know how to use a computer, tablet, or cellphone? Come out and learn how to shop online, pay bills, navigate the internet and more!

**Instructor: Evelyn McGhee**

6/6-7/25 Tues. 10-11am  
Location: Computer Lab

## SENIOR EXERCISE CLASS

Want to become healthy? Have a weight loss goal? We'll help you get fit and have fun while doing so! Join us every Monday and Wednesday!

**Instructor: Evelyn McGhee**

6/5-7/26 Mon. & Wed. 10-11am  
Location: Room A

## OPEN GAMES

Come out and enjoy yourself playing dominos, spades, checkers, Family Feud, and more!

6/5-7/28 Mon.-Fri. Noon-1pm  
Location: Room A

## ALOHA -LUAU

Aloha Oe - sway to the music as the waves of the water take you away. Sipping, barbecuing, dancing, and swimming...sounds great, doesn't it? Join us for a perfect getaway from the everyday norm as we party the day away. See you there!

**Instructor: Evelyn McGhee**

6/9 Fri. 10:30am-2pm  
Location: Hillsdale Community Center Pool

# ROBERT HOPE COMMUNITY CENTER

850 EDWARDS STREET, MOBILE AL 36610 | (251) 456-7639 | HOURS: MON.-FRI. 7:30AM-8PM

TANYA GULLETT | [tanya.gullett@cityofmobile.org](mailto:tanya.gullett@cityofmobile.org)

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## MPRDKIDS SUMMER CAMPS (Ages 5-12)

Camp Sessions: Mon.-Fri. 6/5-8/4  
Registration: Begins 4/1, Registration Fee \$25  
Sign up weekly: First come, first serve  
Camp Weekly Fee: 7:30am-4:30pm, \$25/per Camper  
Post-Camp Care: 4:30pm-6:30pm, \$5/day or \$20/week  
Locations: Robert Hope Community Center

## 30 MIN WALK FIT (Adults)

Join us for walk fitness to help improve your heart health, aid weight loss, regulate blood pressure, improve circulation, and reduce the risk of diabetes and much more.

**Instructor: Ms. Marie Beard**

6/5-8/2 Mon. & Wed. 6-6:30pm  
Location: Outdoor Track & Gym

## DISRUPSHUN SERVICE ORGANIZATION (Grades 8-12)



This service-oriented organization is designed for young ladies and gentlemen ages 13-19, exclusively for educational and charitable purposes. Participants will learn life skills, teamwork, and the benefits of giving back to the community. For more information call Ms. Walker at 251-610-9427.

**Instructor: Carla Walker**

6/6-8/3 Tues. & Thurs. 5:30-7:30pm  
Location: Room A

## SEWING CLUB (Ages 18 & Up)

A fun-loving group of people with a common interest of sewing. Enjoy sewing and learning together how to create beautiful garments, masks and more.

**Instructor: Ms. Marie Beard**

6/6-8/1 Tues. 6:30-7:30pm  
Location: Room C

## OPEN BASKETBALL

Must register at [MPRD.Recdesk.com](http://MPRD.Recdesk.com)

6/5-8/4 Mon., Wed. & Fri.  
Session 1: 4:30-5:30pm  
Session 2: 6:30-7:30pm  
Location: Gym

## OPEN GAME ROOM (All ages)

Monopoly, Uno, spades, bumper pool and more. Join us for some open play and game room fun.

6/5-8/4 Mon.-Fri. 5:30-7:30pm  
Location: Room D

## PUPPETS AND STORIES (Ages 6-12)

In this whimsical, brand-new, introductory class children will take their first steps towards becoming a puppeteer using sock puppets. They will learn how to manipulate and put on a puppet show. Puppets will be provided.

**Instructor: Mrs. Marie Beard**

6/6-8/1 Tues. 5-6pm  
Location: Room B

# LAUN COMMUNITY CENTER

5401 WINDMILL DR. (OFF DEMETROPOLIS RD.), MOBILE, AL 36693 | (251) 661-6541  
HOURS: MON.-FRI. 11AM-8PM | RODERICK CUNNINGHAM | roderick.cunningham@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## CRICUT CRAFTS 101 (13 & Up)

This class is for the absolute beginner. We will be going over the basics of the Cricut machine and software. In this two-hour class you will complete a project to take home. Supply list and projects will be given the first day of class.

**Instructors: Dorothy Smith**

6/6-8/3 Tues. & Thurs. 4-6pm

## HEALTH & NUTRITION (Ages 6 & Up)

Provides kids with correct information on the nutritional value of foods, food quality and safety, methods of preservation, processing and handling, food preparation and eating to help them make the best choice of foods for an adequate diet.

**Instructor: Roderick Cunningham**

6/5-8/2 Mon. & Wed. 5:30-6:30pm


## SEWING FOR BEGINNERS (Ages 13 & Up)

Learn the basic function of your sewing machine and become comfortable with straight stitching. Supplies and equipment will be provided.

**Instructor: Dorothy Smith**

6/5-8/2 Mon. & Wed. 5:30-6:30pm

## BEGINNER YOGA FOR ADULTS (Ages 18 & Up)

 Beginner yoga is a gentle, basic classes with no flow between poses. It will be a slow-paced stretching class with some simple breathing exercises. This is a good place to learn relaxation techniques, beginner poses and become comfortable with yoga. Mats will be provided.

**Instructor: Irene Callaway**

6/6-8/4 Tues. & Fri. 11am-Noon

## GAME TIME (Ages 6 & Up)

We will teach you how to play board games such as Checkers, chess, dominos and card games. Have fun learning new games!

**Instructor: Roderick Cunningham**

6/5-8/4 Mon. Wed. Fri. Noon-1pm

# LAVRETTA ART & CULTURE CENTER

200 PARKWAY WEST (OFF OLD SHELL ROAD, IN LAVRETTA PARK), MOBILE, AL 36608  
(251) 460-2421 | HOURS: MON.-FRI. 11AM-8PM | ACTIVITIES SPECIALISTS: LEE CALLAGHAN & REGINA SMITH

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## CARING CLUB (Ages 5 & Up)

A very elite club for community members to invest in their park. This is a family friendly activity, and parental involvement with their children is encouraged. We will work together to always keep our park clean and inviting. Beautification projects will include gardening and craft activities. If you have garden gloves, they may come in "handy."

**Instructors: Lee Callaghan and Regina Smith**

6/5, 7/3, 7/17, 7/31 Every other Mon. 3:30-5pm

## NEW! SUMMER DRAMA WORKSHOP (Ages 8-14)

This class will nurture self-esteem through acting. This class will also strengthen reading skills, promote cooperation and memorization, encourage voice projection, and inspire imagination. Students will present a short play before an audience on the last day of class. We will meet 3 evenings/week for 5 weeks during which students will choose a play to learn and perform. There will be some focus on costumes and set design. Students may be asked to bring items in for their costumes.

**Instructors: Lee Callaghan and Regina Smith**

6/5-7/5 Mon., Tues., Wed. 5:30-7:30pm. No class 7/4.

## PEN PAL CLUB (Ages 8 & Up)

This is an introductory course where participants will learn how to create decorative letters for their loved ones. We will create decorative envelopes using old calendars or magazines, decorating letters using stickers and writing utensils, introductory letters, and much more.

**Instructor: Regina Smith**

6/6-7/25 Tues. 1:30-2:30pm



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

## LAVRETTA ART & CULTURE CENTER

### **PRESCHOOL STORYTIME & CRAFT** (Ages 3-5)

Bring your preschooler for a story and let them participate in creating a fun craft. Parents must accompany their child. New story and craft every week!

**Instructors: Lee Callaghan & Regina Smith**

6/8-7/27 Thurs. 11am-12:30pm

### **WORLD EXPLORERS** (Ages 6-14)

In this arts & cultural class, children will explore customs and artforms of other countries throughout our world. We will have guest presenters and a variety of experiences that will enrich our young participants' lives.

**Instructor: Lee Callaghan**

6/12, 6/26, 7/10, 7/24 Every Mon. 3:30-5pm

### **NEW! BEGINNING DRAWING** (Ages 18 & Up)

This is an introductory course where participants will learn a variety of techniques used to get them started with basic drawing using graphite and colored pencils. Learners will become familiar with drawing terminology, pencil types, shading techniques, gesture drawing, line drawings, and more! Supplies are included.

**Instructor: Regina Smith**

6/5-7/31 Mon. 1:30-2:30pm

### **BEGINNING WATERCOLOR** (Ages 18 & Up)

This course will introduce participants to a variety of techniques used to get them started painting in watercolor. We will use a variety of exercises to help master this colorful medium such as learning the color wheel, working wet-on-wet, basic washes, and more. Supplies will be provided.

**Instructor: Regina Smith**

6/8-7/27 Thurs. 5-7pm

### **NEW! DOODLE TO THE MUSIC** (Ages 12-17)

Our goal is to provide a respite from the pressures of teenage life. Participants will be taught some doodling techniques using gel pens and watercolor paper and will be encouraged to create freely as a way to relax. With music, students may find added means of expression.

**Instructor: Lee Callaghan**

7/11-7/25 Tues. 6-7pm



Free WiFi available at all Community Centers

## MITTERNIGHT NEIGHBORHOOD CENTER

5310 COLONIAL OAKS DRIVE NORTH, MOBILE, AL 36618

(251) 344-7275 | HOURS: MON.-FRI. 8AM-5PM

### **NEW! KNIGHT LIFE CHRISTIAN DISCIPLES CAMP**

(Boys Ages 8-13)



*Knight Life Christian Disciples Camp is an exciting, fun-filled 7-week leadership development and adventure day camp.*

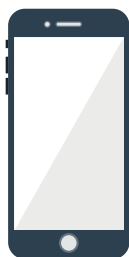
We instruct boys on developing and maintaining devout moral character and integrity. We instill practical principles of the Virtues of Knighthood, the Knight's Code of Chivalry, the game of Chess, and a servant-style leadership attitude from a Biblical worldview. For more details please call: (251) 591-8041.

**Instructor: Llewelyn Lanier**

Jubilee Youth Service & Leadership Academy

6/5-8/4 Mon.-Fri. 8am-5pm

Fees: \$50 Non-refundable registration fee



OPT-IN FOR THE LATEST INFO ON EVERYTHING  
**MOBILE PARKS & RECREATION**  
TEXT MOBILEPARKS TO 91896



# NEWHOUSE TEEN CENTER

2960 ALSTON DRIVE, MOBILE, AL 36605 | (251) 470-7753 | HOURS: MON.-FRI. 11AM-8PM

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## NEW! YOUTH COMMUNITY HEALTH FIRST AID

(Ages 12-18)



Youth Mental Health First Aid teaches you to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18.

**Instructor: Dr. Antonette Francis-Shearer, PhD**

6/27 Tue. 2-3pm

## PS4 (Ages 13-19)

With eSports becoming the newest crazy come compete with teens around the city and see who wins the tournament.

**Instructor: Mikayla Lewis**

6/2, 6/16, 7/14 Fri. 4-5pm

## NEW! FUN FRIDAY FLAG FOOTBALL (Ages 13-18)

Fun Friday Flag Football is to help the teens develop teamwork skills. Teamwork translates into selflessness, cooperation, and better communication skills. The structure of the game fosters important life skills such as leadership, goal setting, and time management. The games are quick competitive and every drive counts especially in tournaments. It's the version of football you loved playing in your backyard-why ever stop?

**Instructor: Brittany Heartfield & Mikayla Lewis**

6/9, 6/23, 7/7, 7/21, 8/4 Fri. 4:30-6pm

## NEW! RESUME BUILDER (Ages 13-19)

This class will teach young adults how to prepare a professional resume that reflects their skills, knowledge and education that is relevant to the job they are seeking.

**Instructor: Brittany Heartfield**

6/9, 6/16, 6/23, 7/14 Fri. 3-4pm

# RICKARBY RECREATION CENTER

550 RICKARBY ST., MOBILE, AL 36606 | (251) 470-7750 | HOURS: MON.-FRI. 11AM-8PM

JACKIE SIMMONS MCMILLIAN | jacqueline.simmons@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## RICKARBY COMMUNITY FUN NIGHT "A DAY OF SERVICE"

Bring your whole family for a night of fun activities, and games. Let's celebrate the value and virtue of public service to the community. Light refreshments will be served. During United Nations Public Service Day our #MPRDKids Summer Campers create cards to show appreciate to all public service workers. The cards will be given to public workers that come into the centers to service our equipment.

6/23 Fri. 5-7pm

## BOOKMOBILE!

Come sign up for a library card and check out books & movies. You are welcome to sit and read or participate in mini-activities.

Third Tuesday of every month.

## NEW! FUN & EASY PIANO FOR KIDS (Ages 5-18)

Do you enjoy music? Well come out and learn the notes on the piano and the sounds of them. You will have fun learning how to play different riddles of popular songs and much more. You really don't want to miss this class. When you leave, you will know the basics about the piano.

**Instructor: James Gulley**

6/8-8/3 Thurs. 12:30-1:30 pm

## NEW! ONE WARM COAT DRIVE

In conjunction with MPRD Patriot Volunteers & Boy Scouts Pack 2468. This event will be a public coat drive to give back to our local neighborhood, The Water Front Rescue Mission. Bring your worn but not torn and new coats, all sizes are needed.

**Facilitator: Jackie McMillian /Sovereignty Goddess**

6/23 Fri. 1-5pm

Location: Room B



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



Free WiFi available at all Community Centers



# RICKARBY RECREATION CENTER

## PICKLEBALL (Ages 6-12)

Join the pickleball craze! It's a little tennis, a bit of ping pong, and a splash of badminton. Played on a court a ¼ the size of a tennis court, with a short racquet called a paddle and a perforated ball similar to a whiffle ball. This game is for everyone in the family. Paddles & balls are provided. Wear tennis shoes and bring your own water. Please register at [MPRD.recdesk.com](http://MPRD.recdesk.com). Open play.

6/9-8/4 Fri. 11:30am-12:30pm & 4-5PM  
Location: Rickarby Park

## COMPUTER FOR KIDS (Ages 5-18)

Build your technology skills in our open lab. Take a little time off and relax with tech and media activities.

**Instructor: Linda Carter**

6/13-6/27 Tues. 4-5 pm  
7/11-7/25 Tues. 4-5 pm  
Location: Room B

## COMPUTER OUTREACH (Ages 6-12)

Build your technology skills in our open lab. Familiarize yourself with computer basics and access free Wi-Fi.

**Instructor: Linda Carter**

6/13-6/27 Tues. 11:15am -Noon  
7/11-7/25 Tues. 11:15am - Noon  
Location: Room B

## TIE DYE (All ages)

Come and learn how to create your own tie dye clothing. Bring own materials (shirt, socks, apron etc.). Explore different colors, patterns and styles.

**Instructor: Jackie McMillian**

6/5-8/7 Mon. 5-6:15pm \$5 supply fee  
Location: Kitchen



## WALK WITH EASE EXERCISE W/ MS. JACKIE (18 & Up)

Learn about the Walk with Ease Program which is proven to reduce the pain of arthritis and improve your overall health.

**Instructor: Jackie McMillian**

6/5-8/3 Mon.-Thurs. 11:15am-Noon  
Location: Outside

## STRETCH & RELAX (Ages 18 & Up)

Come enjoy the simple art of stretching. Learn how to stretch properly for your own safety and for your specific body type. Stretching increases blood flow and oxygen.

**Instructor: Jackie McMillian**

6/5-8/4 Mon.-Fri. 11am-Noon  
Location: Room B

## SEASONAL ARTS & CRAFTS (Ages 4 & Up)

Create a masterpiece of arts and crafts for the summer with items you have around the house. Bring flower pots or cups and create designs for yourself or someone else.

**Instructor: Jackie McMillian**

6/15-6/29 Thurs. 1-2pm & 6-7pm  
7/12-7/26 Wed. 1-2pm & 6-7pm  
Location: Room B

## NEW! LIFT EVERY VOICE, LET'S SING (Ages 18 & Up)

Do you wish to sing like an angel, then you will love this class. You can discover the many wonders of the voice.

**Instructor: James Gulley**

6/8-7/27 Thurs. 4-5pm  
Location: Room B



# JAMES SEALS COMMUNITY CENTER

540 TEXAS ST., MOBILE, AL 36603 | (251) 438-7498 | HOURS: MON.-FRI. 7:30AM-8PM, SAT. 10AM-2PM

LASHANDRA BARNES | lashandra.barnes@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)


Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## MPRDKIDS SUMMER CAMPS (Ages 5-12)

Camp Sessions: Mon.-Fri. 6/5-8/4  
Registration: Begins 4/1,  
Fees: \$25 Registration Fee  
Sign up weekly: First come, first serve  
Camp Weekly Fee: 7:30am-4:30pm, \$25/per Camper  
Post-Camp Care: 4:30pm-6:30pm, \$5/day or \$20/week  
Location: James Seals Community Center

## LOVE SPEAKS INC. KIDZ COOKING CULTURE PROGRAM (Ages 6-18)


 Love Speaks is a non-profit, kid-cooking, culture program introducing proper nutrition, sanitation, kitchen etiquette and self-reliance. For more information or to register call 251-404-4287 or [www.lovespeaksinc.org](http://www.lovespeaksinc.org)

**Instructors: Jessica White and India Andrews**

6/13, 7/11, 8/1 4:30-7pm

Location: Kitchen

## STEP, ROLL AND SLIDE LINE DANCE (Ages 13 & Up)

 Come one, come all and learn the latest line dances from around the country.


**Instructor: Tiffany Barnes**

6/7-8/3 Wed. 5:30-7pm

Location: Room B

## YOGA FOR FITNESS & RELAXATION, BEGINNERS

(Ages 18 & Up)

 When you combine power yoga using strong, flowing movements with deep breathing you create a high energy workout that helps build strength. 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**

6/8-6/22 Thurs. 5:30-6:15pm

Fee: \$30/session or \$8/class

Location: Room A

## BEGINNER CANDLE MAKING (Ages 15 & Up)

Come learn the proper techniques for making candles at home. Supply fee is \$5.00. Register at [MPRD.recdesk.com](http://MPRD.recdesk.com)

**Instructor: LaShandra Barnes**

6/6-6/27 Tues. 4-5 pm

Location: Art Room

## NEW! LET'S GET CRAFTY! (Ages 19 & Up)

Learn to make your very own glitter wine glass and watch the transformation. You can bring different items to craft each week like your cups and mugs.

**Instructor: LaShandra Barnes**

7/11-8/1 Tues. 4-5 pm

Location: Art Room

## NEW! LIFT EVERY VOICE, LET'S SING FOR ADULTS

(Ages 18 & Up)

Do you wish to sing like an angel? Well come discover the many wonders of the voice. Also, come learn some simple techniques that are apart of singing. You will love this class if singing is your passion. When you leave this class, you will never, ever want to stop singing!

**Instructor: James Gulley**

6/5-7/31 Mon. 3:30-4:30 pm

## NEW! 30 LOVE FUTURE STARS TENNIS CAMP

(Ages 5-12)

The 30 Love Tennis program introduces young children to the basics of tennis in a fun, personalized approach. Players learn proper grips, footwork, strokes, volleys and serves during a series of drills designed to teach skills in a fun and dynamic way. In addition to developing a love for tennis, athletes will learn the rules and etiquette that make tennis such an exciting game to play.

**Instructor: Wilbert Cooley**

### SESSION 1

4/3-4/5 Mon., Tues., Weds. 4-5pm

4/10-4/12 Mon., Tues., Weds. 4-5pm

4/24-4/27 Mon., Tues., Weds. 4-5pm

### SESSION 2

5/1-5/3 Mon., Tues., Weds. 4-5pm

5/8-5/10 Mon., Tues., Weds. 4-5pm

5/28-5/30 Mon., Tues., Weds. 4-5pm

### SESSION 3

6/5-6/7 Mon., Tues., Weds. 4-5pm

6/12-6/14 Mon., Tues., Weds. 4-5pm

6/19-6/21 Mon., Tues., Weds. 4-5pm

6/26-6/28 Mon., Tues., Weds. 4-5pm

### SESSION 4

7/3-7/5 Mon., Tues., Weds. 4-5pm

7/10-7/12 Mon., Tues., Weds. 4-5pm

7/17-7/19 Mon., Tues., Weds. 4-5pm

7/24-7/26 Mon., Tues., Weds. 4-5pm

### SESSION 5

8/21-8/23 Mon., Tues., Weds. 4-5pm

8/28-8/30 Mon., Tues., Weds. 4-5pm

### SESSION 6

9/4-9/5 Mon., Tues., Weds. 4-5pm

Location: James Seals Community Center Tennis Courts

# SPRINGHILL RECREATION CENTER

1151 SPRINGHILL AVENUE | MOBILE, AL 36604 | (251) 438-7415 | HOURS: MON.-FRI. 7:30AM-8PM  
MARCUS HARDEN | marcus.harden@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## SPRINGHILL FAMILY FUN NIGHT "BEACH BASH"

Join us for a night of fun activities and games centered around the summer beach bash. Wear your favorite beach hat and bring your favorite chair. Light refreshments will be served.

6/9 Fri. 5-7pm

## TEEN EXPLORATION CAMP (Ages 13-15)

Did you know that gamers get paid? Did you know arguing could make you cash? Did you know that what you already love could give you a paycheck? #MPRDTeen Summer Camp will be centered around how to make career-prep the stepping-stone everyone needs by showing off some of the best industries to become a part of and how to get there, even if you never thought you could. This camp will include interactive presentations from professionals who work in various fields and activities to keep teens engaged and having fun. Each week campers will explore a different type of industries, the people in the workplace, and what passions and skills are needed.

Camp Sessions: Mon-Fri 6/5-8/4  
Registration: Begins 4/1  
Fees: \$25 Registration Fee  
Sign up weekly: First come, first serve  
Camp Weekly Fee: 7:30am-3:30pm, \$25/per Camper

### Weekly Themes:

6/5- 6/9	Arts and Culture
6/12- 6/16	Medical Field
6/20- 6/23	IT
6/26- 6/30	Business
7/3- 7/7	Legal and Public Safety
7/10- 7/14	Sports and Fitness
7/17- 7/21	Architecture and Engineering
7/24- 7/28	Innovation
7/31- 8/4	Entrepreneurship and Trades

## BEGINNER BELLY DANCE (Ages 16 & Up)



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 developing stamina and overall flexibility whatever your age, size or shape! Costumes not required, however a hip scarf with coins is encouraged. Suggested class attire is yoga/exercise clothing and dance shoes or socks. For more info or to register, contact instructor at Valannmor@aol.com

### Instructor: Valerie Morrison

6/5-7/31 Mon. 5:30-6:30pm \$30  
Location: Room A

## BEGINNING SMALL GROUP PERSONAL FITNESS

(Ages 18 & Up)

This class will include cardiovascular, strength training, core exercises and flexibility exercises. Routines will be adapted for each participant. Class limited to six.

### Instructor: Marcus Harden

6/6-8/3 Tues. & Thurs. 11-11:45am  
Location: Room A

## PICKLEBALL (Ages 13 & Up)



Join the pickleball craze! It's a little tennis, a bit of ping pong and a splash of badminton. Played on a court a ¼ the size of a tennis court, with a short racquet called a paddle and a perforated ball similar to a whiffle ball. Easier than tennis, lower impact, develops reaction time and strategy. This game is for everyone in the family. Paddles & balls provided. Wear tennis shoes and bring your own water. Please register at [MPRD.recdesk.com](http://MPRD.recdesk.com)

### Instructor: Trevor Johnson

6/6-8/3 Thurs. 10am-Noon & 4:30-7:45pm  
Location: Room A

## CHAIR YOGA (Ages 18 & Up)



This gentle form of yoga is practiced sitting on a chair or using a chair for support during standing poses. Chair yoga is especially suitable for older adults, people with balance or coordination issues, and those with disabilities. Chair yoga helps increase flexibility, lung capacity, circulation and strength, while improving balance and relieving stress. The class incorporates breathing exercises, stretching, yoga postures and final relaxation. Call or text (773) 837-7618 for information or to register.

### Instructor: June Jones

6/5-8/3 Mon. & Thurs. 11am-Noon  
Location: Room A

## FREESTYLE FENCING (Ages 9 & Up)



Students will learn basic blocks, fencing terms and stances. They will also participate in mock duels to learn the art of fencing. Types of swords used will be foils, rapiers and sabers. Call or text 251-510-0654 for more information or to register.

### Instructor: Shari Prestwood

6/7-8/2 Wed. 6-7pm \$40  
Location: Room A



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

# SPRINGHILL RECREATION CENTER

## 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, chords, finger positioning and how to tune your guitar. Call 251-422-4009 for more information and to register.

**Instructor: Theodore Arthur Jr.**

6/8-6/29	Thurs. 5-6:30pm	\$45/4 weeks
7/6-8/3	Thurs. 5-6:30pm	\$45/4 weeks
Location:	Room C	

## LINE DANCE (Ages 18 & Up)



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**

6/5-7/31	Mon. 5-6:45p
6/6-8/4	Tues. & Fri. 11am-1pm
Location:	Room A

## STRETCH & WALK (Ages 18 & Up)

Get your exercise in with us by stretching and then walking a mile or more. This is a self-directed activity.

6/5-8/3	Mon., Wed. & Thurs. 3-4pm
Location:	Room A

## STEP AEROBICS/BUTT BAND (Age 13 & Up)



High-intensity training for the lower half of your body with emphasis on the booty. Workout includes steps, bands cardio impact & body weight exercise and throw in a little butt-like yoga. Bring your yoga mat and towel. Call or text 251-376-1465 for more information or to register.

**Instructor: Ashley Perryman**

6/6-8/1	Tues. 5:30-6:15pm	\$10 per class
Location:	Room A	

## JAZZ & BALLET (Ages 3-10)



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. Call 251-376-1465 for information or to register.

**Instructor: Ashley Perryman**

6/6-6/27	Tues. 4-4:45pm	\$35 /4wks
7/11-8/1	Tues. 4-4:45pm	\$35/4wks
Location:	Lounge	

## JAZZ & BALLET (Ages 11-18)



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. Call 251-376-1465 for information or to register.

**Instructor: Ashley Perryman**

6/6-6/27	Tues. 5-5:45pm	\$35/4wks
7/11-8/1	Tues. 5-5:45pm	\$35/4wks
Location:	Lounge	

## YOGA FOR FITNESS & RELAXATION, BEGINNERS

(Ages 18 & Up)



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 loosens up muscles (also burn calories). Gentle yoga banishes stress and tension, relaxes tight muscles, increases concentration, strengthens the lower back and improves 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**

6/6-8/1	Tues. 5:30-6:15pm
Location:	Room A

## BODY SCULPTING (Ages 25 & Up)



Body sculpting is designed to shape and tone the body without building muscular size or bulk. This strength training workout combines flexibility and cardiovascular conditioning using just one set of 5pound (each) dumbbells.

**Instructor: Gerry Lowe**

6/6-8/1	Tues. & Thurs. 8:30-9:45am
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## CHAIR AEROBICS (Ages 25 & Up)

Chair aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories and build strength. Chair aerobics is a functional aerobic workout that is done using a chair to either sit or use for balance.

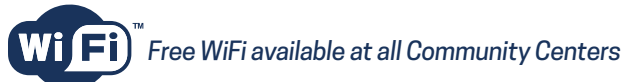
**Instructor: Gerry Lowe**

6/5-8/4	Mon. Wed. Fri. 8:30-9:30am
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## PROGRESSIVE FITNESS (Age 18 & Up)

Every day we get older, which means every day we lose strength and balance. Participants will have access to weekly workouts. Self-led workout instructions will be posted in the multi-purpose room and you will be able to utilize the fitness equipment set out to follow along at your own pace. These quick and effective workouts will give you the daily amount of time you should do commit to yourself!

6/5-8/4	Mon.-Fri. 11:30am
Location:	Room A





# STOTTS RECREATION CENTER

2150 N. DEMETROPOLIS RD. (OFF COTTAGE HILL), MOBILE, AL 36693 | (251) 666-4955  
HOURS: MON.-FRI. 11AM-8PM | WOODY CANNON | woody.cannon@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnership with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm


## ARTS AND CRAFTS WITH WOODY (Ages 5-12)

This class will provide children with opportunities to engage in arts and crafts by allowing them to explore their ideas and concepts while making something they can be proud of.

**Instructor: Woody Cannon**

6/5-8/2 Mon. & Wed. 3-5 pm

## BELLY DANCE-ADVANCED LEVEL 1 & 2 (Ages 18 & Up)

 These advanced level 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. Limit 6 per session.

**Instructor: Valerie Morrison**

### ADVANCED LEVEL 1

Prerequisite for Level 1: Completion of Beginning and Intermediate Belly Dance Classes.

6/7-8/2 Wed. 5:45-6:45pm \$35


### ADVANCED LEVEL 2

Prerequisite for Level 2: Completion of Beginning, Intermediate and Advanced Level 1 Belly Dance Classes.

6/7-8/2 Wed. 6:45-7:45pm \$35

## BELLY DANCE- BEGINNER & INTERMEDIATE

(Ages 18 & Up)


 Whether you aspire to be a performer or 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 is yoga/exercise clothing and dance shoes or socks. For more info or to register, contact instructor at Valannmor@aol.com. Limit 15 per session.

**Instructor: Valerie Morrison**

6/8-8/3 Thurs. 5:45-6:45pm \$30

6/8-8/3 Thurs. 6:45-7:45pm \$30

## TAOIST TAI CHI (All ages)

 In the Taoist tradition, health comes when the body, mind and spirit work together in harmony. The 108 move Tai Chi set grew from this tradition, and working on these moves contributes to better balance and posture, increased strength and flexibility, improved circulation, a mind that is dynamic yet clear and calm, and a spirit that is resilient yet light and peaceful at the deepest levels. Tai Chi practice is suitable for people of all ages and physical conditions, so come join us to learn and practice a moving meditation that can reduce stress and help you find joy. For more information or to register call 334-315-1379.

**Instructor: Bob Varley**

6/6-7/11 Tues. 4-5pm

\$40.00/6wks.



# THOMAS SULLIVAN COMMUNITY CENTER

351 N. CATHERINE ST., MOBILE, AL 36603 | (251) 438-7282

HOURS: MON.-FRI. 8AM-8PM | TANYA GULLETT | tanya.gullett@cityofmobile.org

## SUMMER NUTRITION PROGRAM (Ages 0-18)

Afterschool Nutrition Program operates in partnering with Feeding the Gulf Coast. This program provides a free meal and a snack to children during the summer.

6/5-8/4 Mon.-Fri. Noon-1pm

## NEW! ANYONE FOR CHESS OR CHECKERS (Adults)


Everyone from novice to advanced level can play chess or checkers. Both games can develop critical thinking and analytical skills that can be used in all areas of life.

**Instructor: Adam Jackson**

6/7-8/2 Wed. 5-7pm

Location: Room B

## EQB'S - EXCEPTIONAL QUEENS OF BEAUTY CIVIC CLUB (Ages 13-19)

 A program designed for young ladies, not organized for profit but operated exclusively for educational or charitable purposes. A community of young ladies set to discuss issues that affect the youth today.

**Instructor: Morgan Raspberry**

6/8-8/3 Thurs. 5:30-7:30 pm

Location: Room A

## NEW! COMMUNITY ORGANIC GARDENING (All ages)

Youth and adults will have the opportunity to assist with growing a small community garden on a raised moveable wooden garden bed. This is an opportunity for learning team building and life skills, and financial literacy, along with a focus on STEM subjects sure as botany, chemistry, and agriculture.

**Instructor: Adam Jackson**

6/7-8/2 Mon. 5-6:30pm

Location: Sullivan Park

## NEW! LIFT EVERY VOICE, LET'S SING FOR ADULTS

(Ages 18 & Up)

Do you wish to sing like an angel? Well come discover the many wonders of the voice. Also, come learn some simple techniques that are apart of singing. You will love this class if singing is your passion. When you leave this class, you will never, ever want to stop singing!

**Instructor: James Gulley**

6/6-8/1 Tues. 4:45-5:45 pm



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

## SENIOR PROGRAMMING (AGES 55+)

**Therapeutic Recreation Specialist: Guynasha deWeever**

(251) 802-5356 | guynasha.deweever@cityofmobile.org

### ALABAMA ELDERLY NUTRITION PROGRAM

Are you at least age 60? Would you enjoy meeting others, socializing, playing games, learning about healthy eating and a hot meal? Come have a nutritious meal combined with social activities and fellowship. Must register for a center meal.

6/5-8/4 Mon.-Fri. 9am-1pm

Lunch is served at 11:30am in Room B.

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

**BECOME A MEMBER:** Senior Center Programs and classes are for individuals ages 55 and older.

### SENIOR BIBLE STUDY

Love reading the Word of God? Want to go deeper in the Word? Fellowship with us as we study the Bible every Wednesday!

Instructor: Guest Pastors

6/7-7/26 Wed. 10-11am

Location: Room: B


### OPEN LOUNGE

Come and enjoy self-guided activities. The lounge is always open for puzzles, dominoes, spades, crafts, Soap Operas, and more!

6/5-7/26 Mon.& Wed. 11:30am-12:30pm

Location: Room: B

### COFFEE AND SCRIPTURE

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

**Instructor: Annette Daniels**

6/5-7/28 Fri. 9-10am

Location: Room: B



# THOMAS SULLIVAN COMMUNITY CENTER

## NEW! SENIOR BID WHIST - OPEN GAME

If you enjoy playing Spades, you'll enjoy this Card Game! Come out and join us for a game of Bid Whist. Bid Whist is a classic four-player partnership game using one standard deck of 52 cards plus 2 jokers (big and little). The aim of the game is to be the first partnership to reach the win target of 7, or force the opponents to drop to -7.

It's a fun card game to learn, play, and watch!

6/6-7/27 Tues. & Thurs. Noon-2pm

Location: Room B

## SENIOR EXERCISE - MATTER OF BALANCE



Feeling stiff? Afraid of falling? Find your balance again as we dance and exercise every Tuesday at Thomas Sullivan!

After this class, you'll sure to find a pep in your step!

**Instructor: Lisa Scott/Mary Lee**

6/6-7/11 Tues. 10-11am

Location: Room B

## LET FREEDOM RING - JUNETEENTH CELEBRATION

Join us as we celebrate African American's Independence Day! Come out and see how we commemorate African Americans last steps into freedom! Information! Games! and Refreshments while they last!

6/16 Thurs. 10am-Noon

Location: Room B

## STRIPES AND STARS - 4TH OF JULY CELEBRATION

Our Country Tis of Thee! Come out and celebrate Independence Day with us! Games, dancing, and refreshments while they last!

6/30 Fri. 10am-Noon

Location: Room B

# SENIOR & THERAPEUTIC PROGRAMMING

DEQUEL ROBINSON | [dequel.robinson@cityofmobile.org](mailto:dequel.robinson@cityofmobile.org) | (251) 208-6169

Senior and Therapeutic Programing 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. 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.

# THERAPEUTIC PROGRAMS

LADARREL BELL, M.P.A. | [therapeutics@cityofmobile.org](mailto:therapeutics@cityofmobile.org) | (251) 208-1252

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

## ADAPTIVE BASKETBALL SKILLS & DRILLS (Ages 16 & Up)

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

**Instructor: LaDarrel Bell**

7/6-7/27 Thu. 10am- Noon

Location: Dotch Community Center (Gymnasium)

## ADAPTIVE FLAG FOOTBALL (Ages 16 & Up)

Participants will learn the game of flag football and practice drills that include running/walking, passing, and catching. This is a great fitness activity.

**Instructor: LaDarrel Bell**

6/8-6/29 Thu. 10am - Noon

Location: Trinity Gardens Park (Athletic Field)

## ADAPTIVE VOLLEYBALL (Ages 16 & Up)

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

**Instructor: Valerie Armstrong**

7/3-7/31 Mon. 10am-Noon

Location: Dotch Community Center (Gymnasium)

## ADAPTIVE BOCCE BALL (Ages 16 & Up)

Join us for Bocce Ball! Bocce Ball is a competitive game that can be played by all. Learn the rules and have some fun!

**Instructor: April Britton**

6/7-6/26 Wed. 10am-Noon

Location: Michael Dow Amphitheater



# THERAPEUTIC PROGRAMS

## ADAPTIVE PICKLEBALL (Ages 16 & Up)

Pickleball is a low impact sport that combines the games of tennis, ping pong, and badminton into one fun activity. This game can be adapted to accommodate individuals with different intellectual and physical abilities.

**Instructor: Valerie Armstrong**

7/5-7/26 Wed. 10am-Noon  
Location: Dotch Community Center (Gymnasium)

## ADAPTIVE SOFTBALL (Ages 16 & Up)

This program provides an instructed activity that allows individuals to enjoy the fun of softball. Participants will learn how to hit, catch, and throw a softball while partaking in physical exercise for fitness.

**Instructor: April Britton**

6/5-6/26 Mon. 10am-Noon  
Location: Trinity Gardens Park (Baseball Field)

## REEL FUN FISHING (Ages 16 & Up)

The Reel Fun Fishing introduces the basic elements of fishing in Mobile's beautiful waterways. Participants will gain information about fishing tips and techniques while attempting to reel in "The Big Catch". An Alabama Saltwater Recreational Fishing License is required for participants ages 16 through 64.

**Instructor: LaDarrel Bell**

6/9-7/28 Fri. 10am-Noon  
Location: Arlington Park (Pier)

## ARTISM: ART WITH AUTISM (Ages 5 & Up)

Art provides an opportunity for individuals to creatively express themselves. Autistic individuals give a unique perspective that is represented in all they create. This program gives artists the use of various materials to produce an array of art.

**Instructor: Shurqonda West**

6/6-7/25 Tues. 10am-Noon  
Location: Dotch Community Center  
(Multipurpose Room B)

## THERAPEUTIC YOUTH MARCHING BAND (Ages 5-18)

Become a member of an inclusive therapeutic marching band program that teaches instrumental music, 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.

**Instructor: LaDarrel Bell**

6/5-7/31 Mon. 5-7pm  
6/7-7/26 Wed. 5-7pm  
Location: Michael Dow Amphitheater  
Registration Fee: \$25

## GAME ON

Learn to play various video games on the XBOX and Wii gaming stations. We also offer virtual interactive games on the Meta Quest 2. In addition to video games, learn to play different board games and card games including checkers, chess, and Uno.

6/5-7/31 Mon. Noon-5pm  
6/6-7/25 Tue. Noon-5pm  
6/7-7/26 Wed. Noon-5pm  
6/8-7/27 Thu. Noon-5pm  
Location: Dotch Community Center  
(Multipurpose Room B)

## COMPUTER COMPANIONS

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

**Instructor: Shurqonda West**

6/5-7/31 Mon. Noon-5pm  
6/6-7/25 Tue. Noon-5pm  
6/7-7/26 Wed. Noon-5pm  
6/8-7/27 Thu. Noon-5pm  
Location: Dotch Community Center  
(Multipurpose Room C)

## SPECIAL OLYMPICS VOLLEYBALL



Special Olympics gives athletes with intellectual disabilities an opportunity to engage in sports training for fun competitions and games. Special Olympics Volleyball training allows athletes to improve their skills and achieve individual and team goals. This program promotes fitness, team coordination, and healthy athlete living. Athletes must meet specific physical requirements and prerequisite training to participate.

Email: [mobilecospecialolympics@gmail.com](mailto:mobilecospecialolympics@gmail.com)

**Instructor: Nick Caddell & Virginia Caddell**

6/6-7/25 Tue. 5:00pm - 6:30pm  
Location: Dotch Community Center (Gymnasium)





# SENIOR NUTRITION PROGRAMMING

GUYNASHA DEWEEVER | (251) 802-5356

GUYNASHA.DEWEEVER@CITYOFMOBILE.ORG | MPRDSeniors@cityofmobile.org

## SENIOR PROGRAMS 55+

**BECOMING A MEMBER:** Senior center programs and classes are for individuals ages 55 and older. For more information, please email [mprdseniors@cityofmobile.org](mailto: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 [mprdata@cityofmobile.org](mailto:mprdata@cityofmobile.org) or at (251) 208-6169.

## ALABAMA ELDERLY NUTRITION PROGRAM

Are you at least age 60? Would you enjoy meeting others, socializing, playing games, learning about healthy eating and a hot meal? Come have a nutritious meal combined with social activities and fellowship. Center locations that participate in this program are listed below. Must register for a center meal at Center listed below. Meals are Sponsored by South Alabama Regional Planning Commission (SARPC). All Meals are free! Donations are appreciated.

Locations: Hillsdale Community Center  
Thomas Sullivan Community Center  
Tricksey Senior Center  
Parkway Senior Center

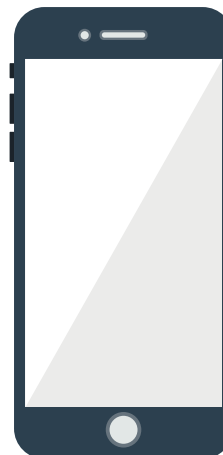
### NUTRITION CENTER HOURS

Hillsdale	Mon.-Thurs.9am-2pm	Fri. 9am-1pm
Thomas Sullivan	Mon.-Thurs.9am-2pm	Fri. 9am-1pm
Tricksey	Mon.-Thurs. 8am-2pm	Fri. 8am-1pm
Parkway	Mon.-Fri. 7:30am-5:30pm	

### LUNCH SERVED AT EACH CENTER

Hillsdale	11:30am
Thomas Sullivan	11:00am
Tricksey	12:00pm
Parkway	11:30am

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



OPT-IN FOR THE LATEST  
INFO ON EVERYTHING

**MOBILE PARKS  
& RECREATION**

TEXT **MOBILEPARKS**  
TO **91896**



# CONNIE HUDSON MOBILE REGIONAL SENIOR CENTER

3201 HILLCREST ROAD, MOBILE AL 36695 | (251) 208-6701 | HOURS: MON.-FRI. 7:30AM-5:30PM

CENTER MANAGER: CARL LEWIS | [cl.lewis@cityofmobile.org](mailto:cl.lewis@cityofmobile.org)

## ADVANCED OIL PAINTING

This is an advanced oil painting class for experienced students to build upon their skills in oil painting using water-based oils. Please see instructor for art supplies and class information. For registration, please contact Carmel Alvis 251-208-6264.

**Instructor: Carmel Alvis**

6/8 - 7/27                      Thur. 12:30-3pm  
Location:                      Art Room

## ADVANCED OIL ART 2

This class is for our advanced students. Please see instructor for art supplies and class information. For registration information, please contact Carmel Alvis 251-208-6264.

**Instructor: Carmel Alvis**

6/9 - 7/28                      Fri. 9-11am  
Location:                      Art Room

## BEGINNER OIL PAINTING 1

This class is for beginners. Please see instructor for art supplies and class information. For registration information, please contact Carmel Alvis 251-208-6264.

6/5 - 7/24                      Mon. 9-11am  
Location:                      Art Room

## BEGINNER OIL PAINTING 2

This class is for the true beginner using water-based oil paints. Each student is responsible for their supplies. Please see instructor for art supplies and class information. For registration information, please contact Carmel Alvis 251-208-6264.

**Instructor: Carmel Alvis**

6/6 - 7/25                      Tues. 9-11am  
Location:                      Art Room

## MIXED MEDIA

This class allows students to work in various medium. Please see instructor for art supplies and class information. For registration information, please contact Carmel Alvis 251-208-6264.

**Instructor: Carmel Alvis**

6/7 - 7/26                      Wed. 9-11am  
Location:                      Art Room

## THERAPEUTIC ARTS AND CRAFTS

Join us and learn about a new art activity. Participants are encouraged to pre-register for supplies and materials. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Pam Gonzalez/Laterria Johnson**


6/7 - 7/26                      Wed. 9:30-10:30am  
Location:                      Room B

## BILLIARD ROOM

Open weekdays from 8am to 5:30pm to men and women of the senior center. Come enjoy a game of pool in our state-of-the-art pool room. We have four tables open for play.

Location:                      Billiard Room

## HANDMADE CRAFTS

 This class will be teaching crochet, knitting, beading, loom knitting, embroidery and many other handmade crafts. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Harriet Nihart**

6/5 - 7/24                      Mon. 10am-noon  
Location:                      Room B

## ART CLASS PAINTIN' TIME


In this self-led activity participants bring their own art supplies, encourage and help each other. For registration information, please contact Carmel Alvis 251-208-6264.

**Instructor: Carmel Alvis**

6/5 - 7/24	Mon. 1-3pm	Beginners Painting 1
6/6 - 7/25	Tue. 1-3pm	Beginners Painting 2
6/7 - 7/26	Wed. 1-3pm	Mixed Media
6/9 - 7/28	Fri. Noon-3pm	Advanced Art 2

Location:                      Art Room


## ARTS AND ACTIVITIES

 Come and join us for a variety of different art activities, by turning house hold items into usable art pieces. For registration information please contact Carmel Alvis 251-208-6264.

**Instructor: Debbie Baker**

6/7-7/26                      Wed. 1-2:30pm  
Location:                      Room B

## SILVER SNEAKERS YOGA

 Move through seated and standing yoga poses to increase flexibility, balance and range of motion. A chair is used to meet a variety of fitness levels. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Joby Robertson**

6/5 - 7/24                      Mon. 9-9:45am  
Location:                      Gym



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

# CONNIE HUDSON MOBILE REGIONAL SENIOR CENTER

## ZUMBA



This class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination. No equipment is needed. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Joby Robertson**

6/7 - 7/26 Wed. 9:45-10:30am

Location: Gym

## ZUMBA 101



This class is a mixture of low and high-intensity moves for an interval-style, calorie-burning dance party. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Lillie Crowley**

6/5 - 7/24 Mon. 4:30-5:15pm

6/8 - 7/27 Thurs. 4:30-5:15pm

Location: Gym

## CIRCUIT TRAINING



This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits. A chair and handheld weights are recommended. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Joby Robertson**

6/5 - 7/24 Mon. 10-10:45am

Location: Gym

## OPEN FITNESS

Open weekdays from 7:30am to 5:30pm to men and women of the senior center. Come enjoy our state-of-the-art fitness center. Physician form is required to attend.

Location: Fitness Room

## OPEN WII BOWLING

Wii-bowling can be great fun for most any age. It's not hard to play but it can still be challenging for even the most accomplished bowlers.

The object of Wii-bowling is to knock down the pins. You get two tries per frame just like with regular bowling. All the scoring is like real bowling, so if you don't know much about bowling, you get to learn how bowling works in a fun and friendly atmosphere.

6/9 - 7/28 Fri. 10-11am

Location: Room B

## OPEN CHESS

Chess is one of the oldest and most popular board games. It is played by two opponents on a checkered board with specially designed pieces of contrasting colors, commonly white and black. The objective of the game is to capture the opponent's king.

6/7 - 7/25 Tues. 10am-3pm

6/8 - 7/27 Thurs. 10am-3pm

Location: Lobby

## BIBLE STUDY



In Christian communities, Bible study is the study of the Bible by ordinary people as a personal religious or spiritual practice. Bible study in this sense is distinct from biblical studies, which is a formal academic discipline.

**Instructor: Troy Clements**

6/5 - 7/24 Mon. 8:30-9:30am

Location: Room B

## OPEN PICKLEBALL

A paddleball sport (like a racket sport) that combines elements of badminton, table tennis, and tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a whiffle ball, with 26-40 round holes, over a net.

6/9 - 7/28 Fri. 3-5pm

Location: Gym

## OPEN LINE DANCE

Come and join us for music, fun and choreographed dancing in a safe environment, which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or row. Class led by one of Connie Hudson's own prized seniors, Louise Holman.

6/7 - 7/26 Wed. 2-3:30pm

Location: Gym

## ITALIAN FOR BEGINNERS



Come join us and let our wonderful instructor teach you the basics of the beautiful Italian language. Class begins with common phrases and then progresses to more advanced concepts. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Filippo Milone**

6/7 - 7/26 Wed. 3-4pm

Location: Room B

## INTERVAL TRAINING

Interval training is simply alternating short bursts (about 30 seconds) of intense activity with longer intervals (about one to two minutes) of less intense activity. For instance, if your exercise is walking and you're in good shape, you might add short bursts of jogging into your regular brisk walks. For registration information, please contact Carl Lewis 251-208-6335.

**Instructor: Carl Lewis**

6/7 - 7/25 Tues. Noon-12:30pm

Location: Fitness Room

# CONNIE HUDSON MOBILE REGIONAL SENIOR CENTER

## OPEN BRIDGE

A trick-taking card game using a standard 52-card deck. In its basic format, it is played by four players in two competing partnerships, with partners sitting opposite each other around a table. The game consists of several deals, each progressing through four phases.

6/9 - 7/28 Fri. 11am-2pm  
Location: Room B

## OPEN COMPUTER LAB

Open weekdays from 7:30am to 5:30pm to men and women of the senior center.

Location: Computer Lab

## ADAPTIVE COMPUTER LAB AND OPEN GAMES

Enjoy Wii and computer games.

6/6 - 7/25 Tues.-Thurs. 9-11am  
Location: Computer Lab

## BINGO

Come and join us for an exciting game of bingo played in a safe and fun environment.

6/6 - 7/25 Tues. 2:30-3:30pm  
6/8 - 7/27 Thurs. 2:30-3:30pm  
Location: Gym

## MEET AND GREET

Meet other seniors in your area! Whether you're in the 50's, 60's, 70's or 80's group, join in activities that keep you young and active.

7/13 Thurs. 1pm.  
Location: Gym

## TRAIL BLAZER TOURS

Come and join us for some of Mobile's finest locations for entertainment, education, and food. Please contact the Front Desk of the Connie Hudson Senior Center for more details.

6/16 Fri. 8:30am-1pm  
7/14 Fri. 8:30am-1pm  
Location: Lobby

## OPEN DOMINOES

Dominoes is one of the most famous board games in the world. Come and enjoy playing and try your luck!

6/7 - 7/26 Wed. 11:15am-1pm  
Location: Room B

## BOOM MIND



Do you like fast-paced, challenging workouts? Boom was developed by leading fitness experts to improve strength, flexibility and endurance. These classes will challenge you, but don't worry...one-handed pushups aren't required. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: June Jones**

6/8 - 7/27 Thurs. 9-9:45am  
Location: Gym

## CHAIR YOGA



Chair yoga is a gentle form of yoga that can be done sitting on a chair or standing on the ground while using the chair for support. Benefits of chair yoga include improve flexibility, better concentration and increased strength. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: June Jones**

6/8 - 7/27 Thurs 8-8:45am  
Location: Gym

## WEIGHTS AND RESISTANCE TRAINING



Resistance training increases muscle strength by making your muscles work against a weight or force. Different forms of resistance training include using free weights and resistance bands and your own body weight. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: June Jones**

6/7 - 7/25 Tues. 9-9:45am  
Location: Gym

## SILVER SNEAKER BOOM MUSCLE



Looking for more of a challenge? Try Muscle, a unique blend of cardio and strength-based exercises. Enjoy an action-packed workout with moves inspired by your favorite sports like golf and tennis. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Joby Robertson**

6/7 - 7/26 Wed. 9-9:45am  
Location: Gym

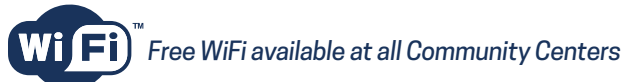
## SILVER SNEAKER YOGA 30MIN



This stability class is a drills and skills class set to music and is designed to improve balance, agility and increase power. We recommend that everyone bring an exercise band. For registration information, please contact the Front Desk 251-208-6167.

**Instructor: Joby Robertson**

6/6 - 7/25 Tues. 10-10:30am  
Location: Gym





# PARKWAY SENIOR CENTER

1600 BOYKIN BLVD., MOBILE AL 36605 | (251) 471-2503

HOURS: MON-FRI 7:30AM-5:30PM | ASHLYN BLACK | ashlyn.black@cityofmobile.org

## ALABAMA ELDERLY NUTRITION PROGRAM

Are you at least age 60? Would you enjoy meeting others, socializing, playing games, learning about healthy eating and enjoy a hot meal? Come have a nutritious meal combined with social activities and fellowship. Must register for a center meal. Application provided at courtesy desk.

6/1-7/31 Mon.-Fri. 11:30am-1pm

## ARTS AND CRAFTS

Explore a variety of arts and crafts with peers that will foster creative expression, fun and good-looking projects!

**Instructor: Isabel Henderson**

6/1-7/27 Thurs. 10:30-11am

## OPEN BALLOON VOLLEYBALL

Get your head in the game with a game of seated balloon volleyball.

6/6-7/25 Tues. Noon-1pm

## BIBLE STUDY

Take a deep dive into the Bible with likeminded individuals with an hour session devoted to learning more about the Bible and the many life lessons we can take from it.

**Instructor: Judy Burnham**

6/6-7/25 Tues. 10-11am

## BINGO

Willing to take a risk on winning or losing? Join us for an hour of fun-filled bingo to see what all you could win!

6/2-7/31 Mon. & Fri. 10:30am

## CHAIR EXERCISE

Sit back, relax, and stay fit even if sitting. Benefit from a seated 30-minute exercise with a video guide.

6/5-7/27 Mon. & Thurs. 10-10:30am

## NEW! COOKING BY THE BOOK RECIPE CLASS

Explore a variety of foods while reminiscing on recipes that you value and compile them into a recipe book with other participants.

**Instructor: Carol Stephens**

6/6-7/25 Tues. 10:30-11:30am


## CREATIVE WRITING

Grab a pen and paper and join us for creative writing every Wednesday! This form of writing is an expressive form of literature; one which demands you to use your own creativity, imagination and story to portray a particular message, emotion, or plot.

**Instructor: Judy Gammage**

6/7-7/26 Wed. 10am

## NEW! ELECTRIC ZUMBA 102

 Get a total workout combining all events of fitness --- cardio, muscle conditioning, balance, and flexibility with a dose of fun all while listening to music!

**Instructor: Vennette Williams**

6/7-7/26 Wed. 10:30-11:30am

## GARDENING CLUB

We swap plants and work together in our community garden. The best garden clubs take advantage of everyone's knowledge. One way to do this is to ask each member in turn to design and lead a meeting. Come and experience the benefits of gardening! Led by Parkway Seniors

6/7-7/26 Wed. 10-11am

## INDEPENDENCE DAY POTLUCK

Ready or not, summer's here! Bring your favorite BBQ dish to as spotlight the season's best cuisines while we commemorate Independence Day! Bring these potluck-ready dishes to our event, and we guarantee you'll go home with an empty pan.

7/3 Mon. 10am-1pm

## LOOM KNITTING

Do you like knitwear? If so, try our free beginning looming class, it will introduce you to the basic looming techniques needed to make hats, scarves, and more.

**Instructor: Constance Bennett**

6/1-7/27 Thurs. 9:30-10:30am

## OPEN COMPUTER LAB

Parkway provides seniors with free Wi-Fi, laptops, and a printer. This computer lab also has a mounted projector screen and equipment accessible to seniors for presentations.

6/2-7/31 Mon.-Fri. 7:30am-5:30pm

## OPEN FITNESS ROOMS

Stay fit at Parkway! The fitness rooms are self-led exercises spaces where we provide a variety of equipment ranging from treadmills, ellipticals, bikes, free weights and more. Come enjoy our state-of-the-art fitness center. Physician form is required to attend.

6/2-7/31 Mon.-Fri. 7:30am-5:30pm

## OPEN GAME ROOM

We have open games for you to enjoy all day throughout the center! Games include corn hole, dominoes, billiards, karaoke, puzzles, ping pong, cards, puzzles, coloring books and Wii games!

6/2-7/31 Mon. - Fri. 7:30am-5:30pm

## PARKWAY SENIOR CENTER

### OPEN VIRTUAL SPORTS

Wii is a video game system that allows sports to be digitally. Wii sports aim to recreate the experience of being at an actual sports event, even if it is just virtually. Wii offers tennis, bowling, and more!  
6/2-7/31 Mon. - Fri. 3-5:30pm

### NEW! REMINISCENCE SOCIAL

Reminiscence is the act of thinking or talking about personal experiences that occurred in the past. It is essential for healthy aging, and it serves multiple functions, such as decision-making and introspection, transmitting life lessons, and bonding with others. Join us for a round table discussion as we revisit the past.

**Instructor: Ashlyn Black**

6/5-7/31 Mon. - Fri. 3-4pm

### WALKAHOLICS ADULT WALKING GROUP

Let's go for a walk! Get active this summer with Parkway support. Join us for gentle, friendly, weekly walks as we take a brisk walk outdoors on a walking trail.

**Instructor: Carol Stephens**

6/2-7/31 Mon., Wed., Fri. 9-10am



## TRICKSEY SENIOR CENTER

3055 BANKS AVENUE, MOBILE AL 36617 | (251) 456-6690 | HOURS: MON.-FRI. 8AM-1PM  
CASSANDRA PETTWAY | cpettway@cityofmobile.org

Transportation is available for participants who reside within four miles of the Senior Center.  
BECOME A MEMBER: Senior center programs and classes are for individuals age 55 and older.

### ALABAMA ELDERLY NUTRITION PROGRAM

Are you at least age 60? Would you enjoy meeting others, socializing, playing games, learning about healthy eating and a hot meal? Come have a nutritious meal combined with social activities and fellowship. Must register for a center meal. Lunch served at 12pm.

### ARTS LOUNGE - ART ENRICHMENT PROGRAM

Put your creative skills to the test with creating new and exciting crafts at Tricksey Senior Center! Here, you'll paint canvas and create items that will have you standing at the door ready to start a new crafting day. Participants will create seasonal decorative items under the guidance of an art instructor.

**Instructor: Carmel Alvis**

6/1-7/27 Thurs. 11-11:30am

### DAILY DEVOTION

Fellowship with us every morning as we sing songs of praise before diving into the Word of God. All are welcome to come out and enjoy reading the Bible.

**Instructor: Willie Thomas**

6/5-7/28 Mon.-Fri. 10:30-11:00am

### BEGINNER WOODCARVING CLASS

Do you enjoy unique, custom, and handmade works of art? Join us every Monday at Tricksey Senior Center. We'll get you started in your woodcarving journey.

**Instructor: Cassandra Pettway**

6/5-7/24 Mon. 1-2pm

### OPEN SPADES CARD GAME

Have fun and do a little "trash talking" while playing this competitive card game. We'll have you ready for your next family reunion, BBQ, or friendly gathering!

6/5-7/28 Mon. - Fri.

### CHAIR EXERCISE

Joints Stiff? Want a full work out without the fear of falling? Join us for chair exercise! In this session, you'll get a full body workout without the risk of falling.

6/5-7/28 Mon.-Fri. 1-2pm

# TRICKSEY SENIOR CENTER

## WALK WITH EASE

Do you want to improve your health? Participating in the Walk with Ease Program has proven to reduce the pain of arthritis while improving your overall health. Join us to learn the program and improve your health.

**Instructor: Cassandra Pettway**

6/6-7/27 Tues. & Thurs. 7:30-8:30am & 1-1:30pm

## BIBLE DEEP STUDY

Join our weekly study group to learn life lessons and more.

**Instructor: Thomas Dixon**

6/6-7/25 Tues. 10:30-11am

## BINGO

Prizes, fun and laughter! Join us for an enjoyable game of BINGO.

6/2-7/28 Fri. 10-11am

## CRAFT CORNER

Love Pinterest? Come out every month and learn a new craft!

6/7-7/26 Every other Wednesday Noon-12:30pm

## TECHNOLOGY TUESDAY

Don't let your "smart phone" or tablet outsmart you! Allow us to assist you in mastering the basics. We will assist you in finding the answers to your technology/electronic related questions. See staff to join.

6/6-7/25 Thurs.

Location: Computer Lab

## DIABETES EDUCATION

Put an end to your Diabetic Blues! At Tricksey Senior Center, you will learn about nutrition, exercise, stress relief, and other ways to take charge of your health. Let's put diabetes in its place!

**Instructor: Various Guest Speakers**

6/7-7/26 Wed. Noon-1pm



## OPEN GAMES

Enjoy yourself playing air hockey, checkers, chess or cards.

6/7-7/27 Wed. & Thurs. 1-2pm

## STEP CLASS/LINE DANCE

Do you know any line dances? Have you ever wanted to be the star at your family or friends gathering? Come out and learn some new dance steps! We'll have you stepping and sliding at every Family Reunion! & Guess what? Those steps will help you burn calories too!

**Instructor: Joyce Johnson**

6/7-7/26 Wed. 12:30 -1:30pm

## WII BOWLING

Join the crew as we get some strikes in and show off our bowling skills. This activity promotes balance and coordination.

6/8-7/27 Thurs. 12pm

## TRICKSEY SENIOR EXPO

Resources! Vendors! Refreshments! Come out and learn more about the resources and opportunities available in your community! We'll have community organizations, businesses and programs for the "well-seasoned crowd" ages 55 & up. We will also have giveaways and food while they last.

6/16 Fri. 10am-2pm





# TENNIS CENTERS

## COPELAND-COX TENNIS CENTER — MOBILE TENNIS CENTER

851 GAILLARD DRIVE, MOBILE, AL 36608 | (251) 208-5181 | HOURS: MON.-THURS. 8AM-9PM, FRI.-SAT. 8AM-5PM, SUN. 9AM-5PM  
GENERAL MANAGER: SCOTT NOVAK | [www.mobiletenniscenter.net/clinics](http://www.mobiletenniscenter.net/clinics)

### Certified Teaching Pros available at Mobile Tennis Center

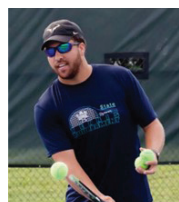
Please contact our front desk at (251) 208-5181 for more information or visit us online.



Jake Eaker  
228-218-5774



Athina Amanor  
251-509-9965



Johnathon Ames  
521-463-9170



Dustin Scott  
251-583-6267



Hans Laub  
251-605-3528

### Stop by the Mobile Tennis Center Pro Shop!

Hours: Mon.-Thurs. 8:30am-6:30pm & Fri. 8:30am-1:30pm.

#### MIGHTY MITES (Age 5)

The fundamental skills of tennis for children aged 5 will be taught. They will then continue to develop these skills throughout the clinic session.

**Certified Instructor: Dustin Scott**

Session 4: 5/22-6/12 Mon. 3:30-4pm \$50.00  
Location: Mobile Tennis Center

#### 8 & UNDER CLINIC (Ages 6 - 8)

This is a beginner start up clinic for children ages 6 to 8 on a 36' court while playing with red balls. This is a great way for children to learn the game of tennis.

**Certified Instructors: Dustin Scott, Johnathon Ames**

Session 4: 5/22-6/14 Mon. & Wed. 4-5pm \$110.00  
Location: Mobile Tennis Center

#### 10 & UNDER CLINIC (Ages 9 - 10)

This clinic is played on a shorter court (36') with orange ball. This clinic is designed to improve upon the skills used in the game of tennis.

**Certified Instructors: Dustin Scott, Athina Amanor**

Session 4: 5/23-6/15 Tues. & Thur. 5-6pm \$110.00  
Location: Mobile Tennis Center

#### 11 & UP CLINIC (Ages 11 - 17)

This clinic is played on a regular court (60') with regular balls. This clinic is geared towards aspiring JV/High school players as well as Junior Team Tennis players.

**Certified Instructors: Athina Amanor, Jake Eaker**

Session 4: 5/23-6/15 Tues. & Thur. 4-5pm \$110.00  
Location: Mobile Tennis Center

#### ADVANCED JUNIOR CLINIC (Recommended Ages 10 - 17)



Elite Program. Instructor permission is required for admission to this clinic. This is a highly advanced tennis clinic for players striving to be top junior players. Most players in this group have proficient skills to maintain aggressive player sustained rallies with hitting partners. Most players are encouraged or are already partaking in USTA junior tournaments.

**Certified Instructor: Raul Malaver**

Phone: 228-547-9623 | Email: [raulmalaver@yahoo.com](mailto:raulmalaver@yahoo.com)  
5/29-8/2 Mon. & Wed. 6-8pm \$30.00  
6/3-8/5 Sat. 9-11am \$30.00

#### ADULT BEGINNER 101 (Ages 18 & Up)

This program is for entry level adults who have never played or picked up a racquet. It is designed to teach you the rules, scoring, and etiquette used for League Play. After completion of the 6 week clinic, a USTA coordinator helps place the players on a league team specifically for beginners.

**Certified Instructor: Jake Eaker**

Session 4: 5/24-6/14 Wednesday 6-7pm \$60.00  
Location: Mobile Tennis Center

#### ADULT BEGINNER CLINIC (Ages 18 & Up)

Beginner level clinic for the Adult Player. Our pros will help you develop the proper skills used for tennis.

**Certified Instructor: Jake Eaker**

Session 4: 5/22-6/12 Monday 6-7pm \$60.00  
Location: Mobile Tennis Center



## TENNIS CENTERS

### COPELAND-COX TENNIS CENTER — MOBILE TENNIS CENTER

#### ADULT INTERMEDIATE CLINIC (Ages 18 & Up)

Intermediate level clinic for the Adult Player. Our pros will continue to develop the skills used for the intermediate level player.

**Certified Instructor: Jake Eaker**

Session 4: 5/22-6/12 Monday 7-8pm \$60.00

Location: Mobile Tennis Center

#### ADULT BEGINNER CARDIO CLINIC (Ages 18 & Up)

This clinic is designed to raise your heart rate while working on your beginner level skills.

**Certified Instructor: Johnathon Ames**

Session 4: 5/24-6/14 Wednesday 6-7pm \$60.00

Location: Mobile Tennis Center

#### ADULT INTERMEDIATE CARDIO CLINIC (Ages 18 & Up)

This clinic is designed to raise your heart rate while working on your Intermediate level skills.

**Certified Instructor: Johnathon Ames**

Session 4: 5/24-6/14 Wednesday 7-8pm \$60.00

Location: Mobile Tennis Center



OPT-IN FOR THE LATEST INFO ON EVERYTHING  
**MOBILE PARKS & RECREATION**  
TEXT MOBILEPARKS TO 91896

### COTTAGE HILL TENNIS CENTER — MEDAL OF HONOR PARK

1711 HILLCREST RD., MOBILE, AL 36695 | (251) 666-9539  
HOURS: MON.-THURS. 8-11AM, 5-9PM | FEES: \$4 DAY, \$5 NIGHT

Individual or group tennis lessons for all ages are offered at Cottage Hill Tennis Center.  
Contact teaching pros for available time and rates: Elaine Campbell, 251-604-4941

### 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



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## **PARKS & RECREATION PROGRAMMATIC PARTNERSHIP**

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### **TIMELINE FOR JANUARY-MAY 2024 PARTNERSHIP PROCESS**

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The City of Mobile Parks and Recreation Department (MPRD) is looking for individuals and organizations for programmatic services. We are actively recruiting partners in these specific areas such as Science, Technology, Engineering, Math (STEM), fitness, mentoring, and theatre, in MPRD facilities.

Interested parties required 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 January 2024.

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**JUNE 19**                      **Programmatic Partnership Application Released**

**JUNE 27**                      **Mandatory Technical Assistance Workshops**  
Tuesday, 6-7:30pm  
*Will be conducted over Zoom*

**JUNE 28**                      **Mandatory Technical Assistance Workshops**  
Wednesday, 10:30am-Noon  
*Will be conducted over Zoom*

**JUNE 29**                      **Mandatory Technical Assistance Workshops**  
Thursday, 6-7:30pm  
*MPRD Administrative Offices, 48 North Sage Ave.*

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**PARTNERSHIP APPLICATION SUBMISSION DEADLINE:**  
**FRIDAY, JULY 14, 2023 AT 5PM**

For additional information: [MPRDPrograms@cityofmobile.org](mailto:MPRDPrograms@cityofmobile.org)

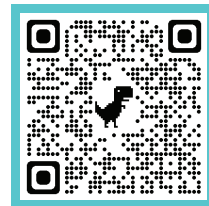


**SWEAT MORE, PAY LESS! FIT MOBILE HOSTS STRENGTH, CARDIO, AND YOGA WORKOUTS REQUIRING MINIMAL EQUIPMENT FOR PEOPLE OF ALL FITNESS LEVELS.**

**SELECT DATES JUNE-JULY  
AROUND THE CITY**

**VISIT OUR WEBSITE TO LEARN MORE: [MOBILEPARKSANDREC.ORG](http://MOBILEPARKSANDREC.ORG)**

**f FOLLOW US ON FACEBOOK: @MOBILEPARKSANDREC**



**SCAN THE QR CODE TO STAY UP-TO-DATE!**

- **WEEKLY WORKOUTS**
- **MONTHLY CHALLENGES & ACTIVITIES**
- **WALK-JOG-RUN BEGINNER COURSES**
- **& MORE FOR FREE!**





# EVENTS

48 NORTH SAGE AVENUE, MOBILE, AL 36607 | 251-208-1550 | HOURS: MON.-FRI. 8AM-5PM  
MANAGER: JONNI NOTTINGHAM | [jonni.nottingham@cityofmobile.org](mailto:jonni.nottingham@cityofmobile.org)

*Want to keep up-to-date on all the exciting events happening in Mobile?*

*Check out our website at [www.MobileParksandRec.org](http://www.MobileParksandRec.org)*

*Follow us on social media at @MobileParksAndRec and @CityOfMobileEvents*

*Get text notifications right to your phone! Just text 'MOBILEEVENTS' to 91896*



## LODA ARTWALK

Downtown Mobile  
The 2nd Friday of Each Month, 6-9pm

*LODA ArtWalk showcases the creative side in Downtown, Mobile every second Friday of the month. Join us as we feature art, live music, theatrical performances, exhibits, galleries, museums, shops, bars, restaurants, and more! Please contact any participating art gallery to find out how to display your artwork. Be sure to stop by the Kids Zone at the corner of Dauphin and N. Claiborne Streets for free crafts and activities!*

### ARTWALK 2023 CELEBRATES...

June 9	Pride Month
July 14	Dance Day and National Tattoo Month
August 11	Fashion Month
Sept. 8	All Things Disney Month

**Follow us on social media for more details!**

 @LODAartwalk #LODAartwalk



## ARTWALK ZONES

You asked for it and we listened! We are excited to be introducing new activities during each LODA ArtWalk!

**KIDS ZONE** – This is a free art activity and monthly themed fun zone! It is located on Claiborne St. Between Dauphin St. & Saint Francis St.

**PERFORMANCE ZONE** – This zone is located on Dauphin St. And Hamilton St., which will feature area performing arts groups of all kinds each month! Performances will be held hourly, beginning at 6 pm. This will allow three different performance groups to showcase their work each month at 6, 7, and 8 pm.

Interested in being part of the Performance Zone? Visit <https://mobilearts.org/art-walk/> for more information.

**NON-PROFIT ZONE** – Are you a non-profit looking setup at LODA ArtWalk? This is for you! This zone is located on S. Claiborne St. Between Conti St. & Dauphin St.

Apply for spot at the next LODA ArtWalk by visiting [MPRD.recdesk.com](http://MPRD.recdesk.com) & then search 'artwalk'.





# EVENTS



## SATURDAYS AT THE COOP

Cooper Riverside Park, 1 Government Street  
The Saturday following LODA ArtWalk Fridays

Enjoy a variety of bands and entertainment and more at Cooper Riverside Park every month on the Saturday following Friday's LODA ArtWalk! With funk rock, princess sing-a-longs, and much more, there's something for everyone at Saturdays at the Coop!

### Summer Entertainment Calendar:

June 10	7-10PM	12Eleven (R&B/Pop)	Cooper Riverside Park
July 15	4-7PM	Kids Day Princesses in the Park (Sing-a-longs)	Mardi Gras Park
August 12	7-10PM	Duane Bartel Band (Funk Rock)	Mardi Gras Park
Sept. 9	7-10PM	Honey Daze (Smooth Vintage)	Mardi Gras Park

#NightsAtTheCoop



## KIDS DAY

Quarterly Event  
Cooper Riverside Park, 1 Government Street  
Saturday, July 15, 4-7pm

Your wish will come true when we bring your beloved characters to life! Kids Day and Saturdays at the Coop Concert Series team up for sing-a-longs, stories, dancing, games, and so much more! Follow us on social media for more details about this and future Kids Days!



## FRIDAY NIGHT LIVE

Quarterly Concert Series  
Medal of Honor Park, 1711 Hillcrest Rd  
Friday, August 25, 6-10 pm

The fun continues in August with a musical performance by The Rock Mob Band and Ambush Reggae Band! Have a picnic, grab your blankets or chairs, and let's have a good time!

Don't forget to follow us on social media @MobileParksandRec and @CityofMobileEvents for more info on this & other events in this quarterly concert series!

#FNLMobile



## ROLL MOBILE

Bienville Square, 150 Dauphin Street  
The 2nd Friday of each month, May-October, 6-9 pm

Get your skates and let's roll! Roll Mobile is back and better than ever! Once again, The City of Mobile Parks & Recreation has turned the streets around Bienville Square into a free outdoor roller-skating rink! Enjoy skating as a live DJ plays or just bring a chair to watch the action from outside the rink! Roll Mobile merchandise is available for purchase on-site. Be sure to swing by the MPRD tent and grab a Roll Mobile t-shirt, fanny pack or water bottle!

For safety, no bicycles, skateboards, scooters, or hover boards are allowed in the skating area.

#RollMobile

# EVENTS



## MARKET IN THE PARK

Cathedral Square, 300 Conti Street  
Every Saturday, May 6-July 8, 7:30 am-Noon

Enjoy music by local musicians while you shop for seasonal fresh fruits, vegetables, seafood, baked goods, jams, preserves, honey, original art, décor and more! Market in the Park vendors feature only locally grown, produced, and handmade items!

### Entertainment Calendar:

 <b>MARY ALICE MAPP MAY 6</b>	 <b>INDYAH RASHAUD MAY 13</b>	 <b>KAT DEAL MAY 20</b>	 <b>STEPHEN SYLVESTER MAY 27</b>	 <b>ZACH CHIVERS JUNE 3</b>
 <b>TODD SMITH JUNE 10</b>	 <b>WES BAILEY JUNE 17</b>	 <b>JOHNNY HAYES JUNE 24</b>	 <b>RYAN BALTHROP JULY 1</b>	 <b>MEREDITH HICKS JULY 8</b>

Follow us on social media for more details at @MarketsInMobile!

#MarketInThePark #MITP



## JUNETEENTH

Check out our upcoming events celebrating Juneteenth!

### Juneteenth Symposium

Ben May Main Library, 701 Government Street  
Thursday, June 15, 6-8 pm

Get the Juneteenth celebration going early by joining us for a forum discussing the history of Juneteenth and its significance today at the Ben May Main Library. There will be a speaker and panelists who will engage the audience with thought-provoking discourse on Juneteenth's relevance and importance.

### Juneteenth Celebration

Robert Hope Community Center, 850 Edwards Street  
Monday, June 19, 6-8 pm

Join us at Robert Hope Community Center to celebrate Juneteenth 2023: "From Freedom to Liberation"! MOYA African Dance and Drum Group will entertain with creative song, dance, drums, and storytelling. There will also a DJ, a living wax museum, crafts, and more!

## EVENTS



### PRINCE TRIBUTE CELEBRATION

Cooper Riverside Park, 1 Government Street  
Wednesday, June 7, 7-10 pm

VIP Admission: 5 pm      General Admission: 6 pm      Concert Begins: 7 pm  
Tickets:                      \$50 General Admission      \$125 VIP

*Mobile celebrates the birth of "Prince" once again with a tribute concert by America's #1 Prince Experience Band, The Purple Madness! With DJ Blayze, dancing, adult beverages available and so much more, it's a performance you don't want to miss! Bring your chairs or blankets and catch the Purple Madness!*

**Please note: Minimum age for admission is 18, adult beverages available for 21+.**

*VIP tickets include early entry, photo ops with "Prince" during early entry, VIP bar & private restroom access, preferred seating area in front of the stage, free parking, as well as a custom clear tote bag filled with Prince Tribute-themed items: wristband, 26oz aluminum steel bottle, 2-piece stainless straw set, vinyl coaster, and a twist and chill fan!*

*VIPs, come between 5-6 pm for your chance to win free tickets to other City of Mobile events for being dressed in your best Prince-themed attire!*

Check out our website at [www.MobileParksandRec.org](http://www.MobileParksandRec.org) for more information and to purchase tickets.  
VIP Tickets are limited.

#Prince



### CITY OF MOBILE'S 4TH OF JULY CELEBRATION

Cooper Riverside Park, 1 Government Street, & Mardi Gras Park  
Tuesday, July 4, 4-9:30 pm

*Celebrate the Fourth of July with the City of Mobile! Bring your friends and family to an evening filled with live music, dancing, photo ops, and most importantly, counting down to the fireworks show! It's the perfect opportunity for making memories!*

Musical performances by Ted Hefko & The Thousandairens and We Got the Beat!

### KID'S ZONE

Mardi Gras Park, 109 Government Street

*The Fourth of July festivities continue in the Kids Zone! Enjoy music, games, activities, bounce houses, face painting, caricature artists, and more!*

#July4thMobile



# PRINCE TRIBUTE Celebration!



WEDNESDAY, JUNE 7 | 6-9PM  
COOPER RIVERSIDE PARK  
1 GOVERNMENT STREET

Celebrate the birth of "Prince" with a tribute concert by America's #1 Prince Experience Band, THE PURPLE MADNESS from 7-9pm!

LIVE PERFORMANCE BY THE PURPLE MADNESS • DJ BLAYZE • DANCING  
ADULT BEVERAGES • BEST DRESSED CONTEST  
VIP ENTRY 5PM • EVENT STARTS 6PM • CONCERT BEGINS 7PM



\$50 for General Admission  
\$125 for VIP

**VIP TICKETS INCLUDE:**

- Early entry • Custom clear tote bag
- Prince-themed wristband • Prince-themed vinyl coaster
- 26oz aluminum steel bottle • 2-piece stainless straw set
- Photo ops with Prince • Prince-themed twist and chill fan
- VIP bar • Private restroom
- Preferred seating in front of stage • Free parking

VISIT US ONLINE FOR MORE INFORMATION  
[www.MobileParksandRec.org](http://www.MobileParksandRec.org)

  @MobileParksAndRec | @CityOfMobileEvents

Text  
**'MOBILEEVENTS'**  
to 91896  
for event related  
notifications.

No tents, glass bottles, coolers, or weapons allowed. Bags are subject to be searched.  
By attending this event, you agree to be photographed. Event is 18+ - drinking is 21+. We encourage people to bring chairs. VIP should bring chairs.



# EVENTS

## INTERESTED IN YOUR BUSINESS JOINING THE NEXT PARKS AND RECREATION EVENT?

We are always looking for new market vendors, food vendors, and food trucks to join us at our events! All event vendor applications are available at [www.MPRD.RecDesk.com](http://www.MPRD.RecDesk.com). Click on Programs, then filter the results by type (Events) and subtype (Vendor Applications or Food Vendor Applications). Each application provides deadline & fee information. Check out the next page for information on working with the City of Mobile. Please reach out to [MPRDEvents@cityofmobile.org](mailto:MPRDEvents@cityofmobile.org) for more information!



# We Have A Spot Saved For You!

Join Us At The Next Event!

Non-Profit  
Organizations

Local Vendors

Small Businesses

Movie Partners

Food Trucks

Clothing Vendors

Arts & Crafts Vendors

Food Vendors

Market Vendors

# WORKING WITH THE CITY OF MOBILE

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

## THE INITIAL PEDDLERS LICENSE INCLUDES:

License	\$ 50.00
Tax Deposit	\$ 70.00
Issue Fee	<u>\$ 10.00</u>
<b>Total</b>	<b>\$130.00</b>

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

## THE INITIAL FOOD TRUCK LICENSE INCLUDES:

License	\$120.00
Issue Fee	<u>\$ 10.00</u>
<b>Total</b>	<b>\$130.00</b>

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

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

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

## OR ONLINE:

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

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

### FOR A SOLE PROPRIETOR:

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

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

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

### FOOD TRUCK VENDORS ARE REQUIRED TO HAVE:

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

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

- In Person: 48 N Sage Ave, Mobile, AL 36607
- Or online at [MPRD.RecDesk.com](http://MPRD.RecDesk.com)



**STAY UP-TO-DATE  
WITH THE LATEST  
EVENTS HAPPENING  
— IN THE —  
CITY OF MOBILE!**

**TEXT  
MOBILEEVENTS  
TO 91896**





MOBILE PARKS & RECREATION

# PATRIOT

*Volunteer*

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

## VOLUNTEER OPPORTUNITIES

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

## WHERE TO START?

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

## REQUIREMENTS

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



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

@CityofMobileEvents @MobileParksAndRec

