



ACTIVITY GUIDE

WINTER/SPRING 2022



Discover Your Parks! 

www.MobileParksAndRec.com |   @MobileParksAndRec

FROM THE SENIOR DIRECTOR OF PARKS AND RECREATION

Greetings,

Whew!! 2021 has been a phenomenal year for Parks and Recreation. From our special events to our community programming, thank you for participating. Our amazing staff wake up every day imagining, developing and executing programs and events for you and your family to enjoy.

As we embark on a new year, my hope is that you will step out of your comfort zone and explore all that our City has to offer. Prepare today to take an art class, learn sewing, or renew your fitness goals. There are new adventures to explore including girls sports, concerts, movies in our parks and so much more. In 2022, make the pledge to Enjoy Mobile!

Shonnda Smith



Shonnda Smith
Senior Director of Parks and Recreation



VISION:

Fun and Safe Places where
Everybody is Somebody

MISSION:

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

CORE VALUES:

- Customer Service
- Teamwork
- Diversity

MASKS ARE ENCOURAGED FOR ALL INDOOR ACTIVITIES & EVENTS



**Help your community by volunteering
with Parks and Recreation!**

- Tutoring
- Senior Activities
- Athletics
- And many more!

**Whatever your skills or schedule,
you can volunteer!**



**For more information please
contact us: (251) 208-1605**

MPRDVolunteers@cityofmobile.org

MAYOR, CITY OF MOBILE

William S. Stimpson

SENIOR DIRECTOR PARKS AND RECREATION
Shonnda R. Smith

OPERATIONS MANAGER
Gerard W. McCants

SUPERINTENDENT OF PARKS
Daniel Otto

SUPERINTENDENT OF RECREATION
Shadrach Collins, Jr.

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
PGA Head Golf Pro: Lawrence Auer
auer@cityofmobile.org
251-208-5150

COMMUNITY CENTERS & PROGRAMS

SUPERVISOR: LaNisha Rembert Penn

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

COMMUNITY ENGAGEMENT & EVALUATION:

Mellanie Johnson

johnsonm@cityofmobile.org
251-208-1610

EVENTS MANAGER: Jonni Nottingham

jonni.nottingham@cityofmobile.org
251-208-1550

SENIOR & THERAPEUTIC PROGRAMMING,

ADA LIAISON SUPERVISOR: Ashley-Nicole Flowers

ashley.flowers@cityofmobile.org
251-208-6701

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 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 or at 251-208-6169.

WWW.CITYOFMOBILE.ORG/PARKS



@mobileparksandrec

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MPRD FACILITIES WILL BE CLOSED ON THE FOLLOWING DATES:

Dr. Martin Luther King Jr. Birthday: Monday, Jan. 17

Mardi Gras Holidays: Monday, Feb. 28 & Tuesday, Mar. 1

Memorial Day: Monday, May 30

PARKS AND RECREATION FACILITY LOCATIONS

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

SEE LEGEND ON PAGES 4-5



Price: \$21.00

Data Source: City of Mobile GIS

PARK & FACILITY		ADDRESS	DISTRICT
1	32 Aaron Park 	2010 Andrews Street	1
	10 Bush Park	712 Rice Street	
	23/90 Dotch Community Center & Trinity Gardens Park 	3100 Bank Avenue	
	25/26 Figures Community Center & Park 	658 Donald Street	
	33 Herndon (Sage) Park 	2900 Dauphin Street	
	40 Lake Drive Tricentennial Park  	2121 Bragg Avenue	
	52 McLean Park	320 Park Avenue	
	56 Mill Street Park	2665 Mill Street	
	88 Tricksey Senior Center	3055 Bank Avenue	
2	7 Bienville Square	150 Dauphin Street	2
	9 British Park	209 S Dearborn Street	
	11 Cathedral Square	300 Conti Street	
	13 Cooper Riverside Park	1 Government Street	
	16 Crawford-Murphy Park 	351 S. Ann Street	
	19 Detonti Square Park	311 N Conception Street	
	29/30 Harmon-Thomas Community Center & Park	1161 Belfast Street	
	67/68 Hope Community Center  	850 Edwards Street	
	39 Kidd Park	800 East Street	
	45 Lyons Park & Tennis Center 	180 Lyons Park Avenue	
	47 Malaga Square	403 Church Street	
	49 Mardi Gras Park	109 Government Street	
	55 Memorial Park	1800 Airport Boulevard	
	70/71 Rickarby Neighborhood Center & Park	550 Rickarby Street	
	72 Ryan Park	750 Springhill Avenue	
	73/74 Seals Community Center & Park  	540 Texas Street	
	76 Spanish Plaza	401 Government Street	
	78 Springhill Recreation Center	1151 Springhill Avenue	
	82/83 Sullivan Community Center & Park	351 N Catherine Street	
	91 Unity Point Park	900 Springhill Avenue	
	93 Washington Square	251 Chatham Street	

 WALKING TRAILS  FIT LOTS

SEE MAP ON PAGE 3

RENTALS AND PERMITS

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

Free Wi-Fi available at all Community Centers

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

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

PEE WEE SKILL DEVELOPMENT CAMP

(Ages 3-5)

Season Starts: 3/19

Season Ends: 5/14

Registration: 1/10 - Online at MPRD.recdesk.com

Fees: \$35

Payment method: Sage Office and/or
online at MPRD.recdesk.com

Location: Sage Park (Saturdays Noon-1:15pm)

YOUTH 7 ON 7 FOOTBALL (Ages 7-18)

Clinic: 5/7 (Free) 9am - Noon

Season Starts: 5/14

Season Ends: 6/18

Team Registration: 4/15 - 5/6

8am - Noon at Sage Park Pavilion
and/or online at MPRD.recdesk.com

Fees: \$200 per team/ \$20 free agent

Payment method: Sage Office and/or
online at MPRD.recdesk.com

Location: Sage Park (Saturdays 9am - Noon)

TRACK AND FIELD (Ages 4-14)

Clinic: 3/5 (Free) 9 - 11am

Season Starts: 3/14

Season Ends: 5/21

Registration: Online at MPRD.recdesk.com

Fees: \$50 for ages 4-6, \$100 for ages 7-14
(includes registration and uniform)
*Discount for two or more children

Payment Method: Sage Office and/or
online at MPRD.recdesk.com

Location: Davidson High School (Mon - Fri 5-7pm)

YOUTH GIRLS' VOLLEYBALL LEAGUE (Ages 7-14)

Clinic: 3/12 (Free) 9 - 11am

Season Starts: 3/19

Season Ends: 4/9

Team Registration: 3/13 - 3/17

8am - Noon at Sage Park Pavilion
and/or online at MPRD.recdesk.com

Fees: \$200 per team/ \$20 free agent

Payment method: Sage Office and/or
Online at MPRD.recdesk.com

Location: Hillsdale Community Center
(Saturdays 9am - 3pm)

YOUTH GIRLS' SOFTBALL LEAGUE (Ages 4-14)

Clinic: 3/26 (Free) 9 - 11am

Season Starts: 4/9

Season Ends: 6/4

Team Registration: 3/28 - 4/2

8am - Noon at Sage Park Pavilion
and/or online at MPRD.recdesk.com

Fees: \$200 per team/ \$20 free agent

Payment method: Sage Office and/or
online at MPRD.recdesk.com

Location: Sage Park (Saturdays 8am - 3pm)

YOUTH SOCCER LEAGUE (Ages 4-11)

Clinic: 3/19 (Free) 9 - 11am

Season Starts: 3/26

Season Ends: 6/4

Registration: 2/12 - 3/19 (Saturdays 9 - 11am)
at Sage Park
and/or online MPRD.recdesk.com

Fees: U6-U8 \$100 per team

U10-U12 \$200 per team

Payment method: Sage Office and/or
online at MPRD.recdesk.com

Location: Sage Park (Saturdays 9am - 2pm)



REGISTER AT MPRD.RECDESK.COM

ATHLETIC PROGRAMS

YOUTH BASEBALL LEAGUE (Ages 4-14)

Clinic: 3/26 (Free) 9 – 11am
Season Starts: 4/9
Season Ends: 6/4
Team Registration: 3/28 – 4/2
8am – Noon at Sage Park Pavilion
and/or online at MPRD.recdesk.com
Fees: \$200 per team
Payment method: Sage Office and/or
online at MPRD.recdesk.com
Location: Medal of Honor Park
(Saturdays 8am – 3pm)

CO-ED YOUTH LACROSSE (Ages 5 & UP)

 Programmatic Partnership with Mobile Recreation
Lacrosse Organization (MRLO)

Contact: Christopher Pierce

Phone: 843-412-7798
Email: Mobilereclacrosse@gmail.com
Season Starts: 3/7
Season Ends: 4/27
Team Registration: 1/10 - 3/7
Fees: \$35
Location: Sage Park & Medal of Honor Park
(Mon & Wed 5:30 – 7pm)



ADULT SPORTS

Contact: Marcus Fluker

Phone: (251) 208-8029
Email: marcus.fluker@cityofmobile.org

VOLLEYBALL OPEN GYM (Ages 16 & Up)

Season Starts: 1/4
Season Ends: 5/21
Registration: Ongoing – online at MPRD.recdesk.com
Fees: Free
Location: Hillsdale
(Tues. 5-7pm & Sat. 10am-Noon)
Thomas Sullivan (Fri. 5-7:30pm)
James Seals
(Thu. 5-7pm & Sat. 10am-Noon)

3 VS. 3 ADULT BASKETBALL LEAGUE (Ages 16 & Up)

Clinic: 3/19 (Free) 9am – Noon
Season Starts: 3/26
Season Ends: 5/14
Team Registration: 2/26 – 3/25 online, MPRD.recdesk.com
Fees: \$125 per team
Payment method: Sage Office and/or
online at MPRD.recdesk.com
Location: James Seals Community Center
(Saturdays 9am – 1pm)

CO-ED ADULT SOCCER (Ages 16 & Up)

 Programmatic Partnership with South Alabama
Soccer Association

Contact: Eddie Hamilton

Phone: (251) 554-0132
Email: adidas9669@gmail.com
Season Starts: 1/10
Season Ends: 5/20
Fees: \$175 per team
Location: Sage Park (Sundays)

ADULT FLAG FOOTBALL LEAGUE (Ages 16 & Up)

Clinic: 1/8 (Free) 2:30 – 5:30 pm
Season Starts: 1/15
Season Ends: 2/19
Team Registration: 1/10 - online at MPRD.recdesk.com
Fees: \$200 per team
Payment method: Sage Office and/or
online at MPRD.recdesk.com
Location: Medal of Honor 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 HEAD GOLF PROFESSIONAL: LAWRENCE AUER | auerl@cityofmobile.org

Azalea City Golf Course offers golf lessons for all golfers. We have various skill level lessons offered from the novice student to advanced for more experienced golfers. Contact our office for more information regarding private lessons.

Golf instruction is available from our PGA and LPGA teaching professionals. Group and individual instruction programs are available year-round.

Call-in reservations for tee times are encouraged. Weekday tee times are available up to 7 days in advance. Weekend tee times may be reserved from 8am on Wednesday before the weekend.

Golf Cart Rentals Available.

GREENS FEES:

\$25 Before Noon, \$17 After Noon

JUNIOR RATES: 18 YEARS & YOUNGER:

\$12 Before Noon, \$8 After Noon

ANNUAL MEMBERSHIPS AVAILABLE

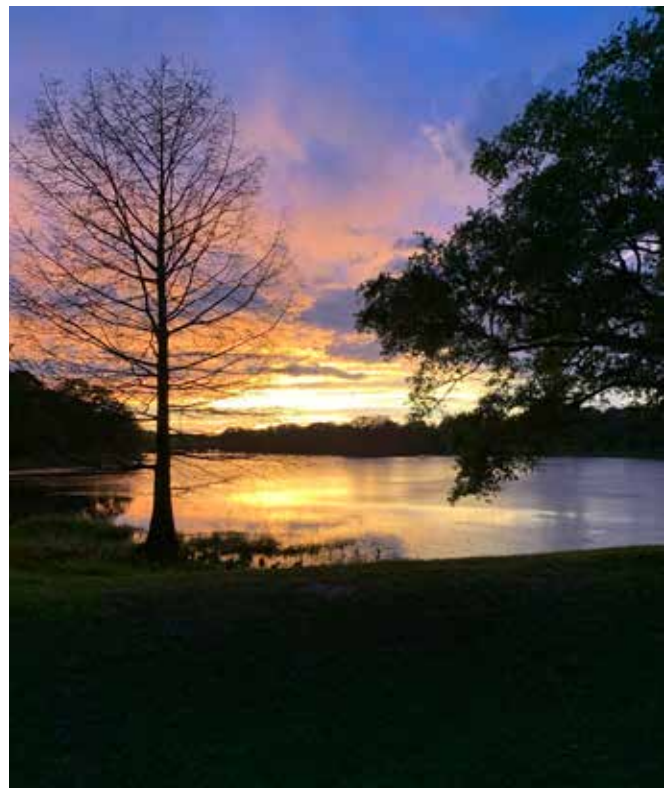
* Limited Membership: Mon.- Fri.

Individual:	\$700/year	\$200/quarter
Per dependent:	\$300/year	\$100/quarter

* Unlimited Membership: Mon.-Sun.

Individual:	\$1200/year	\$325/quarter
Per dependent:	\$325/year	\$100/quarter

Contact us at 251-208-5150 to schedule your next golf tournament.



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.

1/10-2/21	Mon. & Wed. 2-2:45pm	\$70
1/11-2/17	Tues. & Thur. 9:30-10:15am	\$70
1/15-2/19	Sat. 9-10am	\$50
3/7-4/6	Mon. & Wed. 2-2:45pm	\$65
3/8-4/7	Tues. & Thur. 9:30-10:15am	\$65
3/12-4/9	Sat. 9-10am	\$45
4/25-5/18	Mon. & Wed. 2-2:45pm	\$60
4/26-5/18	Tues. & Thur. 9:30-10:15am	\$60
4/30-5/21	Sat. 9-10am	\$40

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

1/14-2/18	Fri. 9:30-10:30am	\$50
1/14/2/18	Fri. 10:30-11:30am	\$50
3/11-4/8	Fri. 9:30-10:30am	\$45
3/11-4/8	Fri. 10:30-11:30am	\$45
4/29-5/20	Fri. 9:30-10:30am	\$40
4/29-5/20	Fri. 10:30-11:30am	\$40

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

1/11-2/17	Tues. & Thu. 4-5pm	\$75
1/15-2/19	Sat. 10-11am	\$50
3/8-4/7	Tues. & Thu. 4-5pm	\$70
3/12-4/9	Sat. 10-11am	\$45
4/26-5/19	Tues. & Thu. 4-5pm	\$65
4/30-5/21	Sat. 10-11am	\$40

YOUTH GYMNASTICS (Ages 9-12)

1/15-2/19	Sat. 11am-Noon	\$50
3/12-4/9	Sat. 11am-Noon	\$45
4/30-5/21	Sat. 11am-Noon	\$40

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.

1/11-2/17	Tues. & Thu. 5-6pm	\$75
3/8-4/7	Tues. & Thu. 5-6pm	\$70
4/26-5/19	Tues. & Thu. 5-6pm	\$65

CHEER TUMBLING (Ages 10 & Up)

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

1/10-2/21	Mon. & Wed. 6-7pm	\$75
3/7-4/6	Mon. & Wed. 6-7pm	\$70
4/25-5/18	Mon. & Wed. 6-7pm	\$65
1/11-2/17	Tues. & Thu. 6-7pm	\$75
3/8-4/7	Tues. & Thu. 6-7pm	\$70
4/26-5/19	Tues. & Thu. 6-7pm	\$65

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.

1/10-2/21	Mon. & Wed. 4-5pm	\$75
3/7-4/6	Mon. & Wed. 4-5pm	\$70
4/25-5/18	Mon. & Wed. 4-5pm	\$65



COTTAGE HILL GYMNASTICS CENTER

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.

1/10-10/4	Mon. & Wed. 5-6pm	\$75
3/7-4/6	Mon. & Wed. 5-6pm	\$70
4/25-5/18	Mon. & Wed. 5-6pm	\$65

CLASSES HELD AT: HILLSDALE COMMUNITY CENTER

556 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.

1/15-2/19	Sat. 9-9:45am	\$50
3/12-4/19	Sat. 9-9:45am	\$45
4/30-5/21	Sat. 9-9:45am	\$40

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.

1/15-2/19	Sat. 10:30-11:15am	\$50
3/12-4/19	Sat. 10:30-11:15am	\$45
4/30-5/21	Sat. 10:30-11:15am	\$40



COMMUNITY CENTER BEAT

*Your window to fun, creative, educational classes, and activities via the web or in person!
Virtual Education can be accessed via Facebook, e-newsletter, or Youtube channel.*

ARTS & CRAFTS FROM HOME W/ STEPHANIE

It's National Bubble Wrap Appreciation Day! Follow along at home and create a raincloud using a bubble wrap painting technique!

1/31 Mon. Virtual Tutorial - Facebook

LET THE GOOD TIMES ROLL

Use that giant bag of beads to create a simple Mardi Gras bead wreath from home!

2/21 Mon. Virtual Tutorial - Facebook

CELEBRATE WORLD POETRY DAY

Get in touch your creative side! All you need is an old book and a black marker! Watch from home and feel inspired while we create Black Out Poetry!

3/21 Mon. Virtual Tutorial - Facebook

HOP ON A NATIONAL PARK VIRTUAL TOUR WITH MPRD!

Dry Tortugas National Park, Florida

<https://bit.ly/2YDgyWy>

Hawaii Volcanoes National Park, Hawaii

<https://bit.ly/3mNgWdH>

Kenai Fjords National Park, Alaska

<https://bit.ly/3FBpeOQ>

NATIONAL DRESS UP YOUR PET DAY

You know your pet is the best and we want you to show off how great they are! Send your best dressed pet pics to MPRDSocial@cityofmobile.org so we can show them off on our Facebook page during #NationalDressUpYourPetDay!

1/14 Fri.

NATIONAL BOY SCOUT DAY

Looking for a troop? Sign-up at James-Seals, Rickarby or Hillsdale Community Centers! Girls are welcome too!

2/8 Tues.

NATIONAL GIRL SCOUT DAY

Whether you are into Caramel Delites, Peanut Butter Patties or shortbread flavors, we can all agree that Girl Scout Cookies are delicious! Support your local Girl Scouts and pick up a box to celebrate National Girl Scout Day!

3/12 Sat.

NATIONAL SCRABBLE DAY

Check out a community center near you for Open Game Play and use the lettered tiles to make words! You could W-I-N and make F-R-I-E-N-D-S while having fun on #NationalScrabbleDay

4/13 Wed.

NATIONAL PICNIC DAY

Pack a basket and head to one of our beautiful parks to enjoy #NationalPicnicDay Get out and #DiscoverYourParks

4/23 Sat.

TEEN BREAK

Newhouse Teen Center is the place for teens! Join us during Spring Break for Teen Specific Fun including a Trap and Paint, Movie Night, Cook-out, and of course MUSIC!

4/20-4/22 Wed. - Fri.

RELAX YOUR WEDNESDAY AWAY

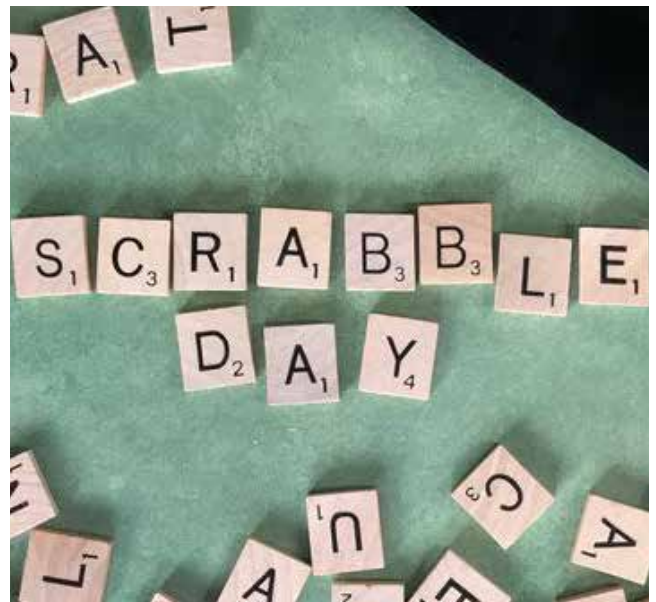
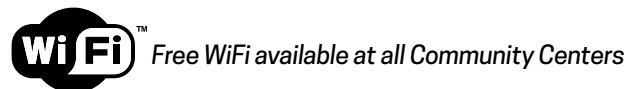
Come enjoy arts and crafts featuring Mardi Gras themed activities! Bring your throws and let's create new magic.

3/3 Wed. 7:30am-4:30pm
Activity held at all centers
Free

SPRING BREAK IN OUTER SPACE CAMP (Ages 5-12)

Spend spring break in MPRD's Outer Space-themed Camp. Travel into outer space within the solar system, let the sun come together with all the planets that revolve around it.

4/18-4/22 Mon.-Fri. 7:30am-4:30pm
\$15 per day or \$50 for the whole week



MPRDKIDS SUMMER CAMPS

MPRDKIDS SUMMER CAMPS

Camp Sessions: Mon-Fri 6/6-8/5
Registration: Begins 4/1, Registration Fee \$25
Sign up weekly: First come, first serve
Camp Weekly Fee: 7:30am-4:30pm, (price description to go here)
Post-Camp Care: 4:30pm-6:30pm, \$5/day or \$20/week
Locations: Hillsdale, Seals and Sullivan Community Centers

SUMMER CAMP: AGES 5-12

Structured Camps include:

ARTS AND CULTURE

6/6-6/24

Children will love to explore creativity and the environment this summer! Learn more about Mobile arts and culture while enjoying activities to help enrich the mind and body.

SPORTS AND FITNESS

6/27-7/15

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!

EDUCATIONAL AND STEM

7/18-8/5

We will be sharing the wonder of STEM (science, technology, engineering and mathematics) this summer with an interactive camp environment that will encourage campers to explore, build and create.

SUMMER CAMP: AGES 3-11

CHILD OF THE WILD



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 the native flora and fauna, investigation of new discoveries and more. Call (251) 751-2697 for more information or to register.

Instructors: Rebecca Baxter and J P Kinney

1/20-2/10 Thurs.4-6pm \$30

3/24-4/14 Thurs.4-6pm \$30

Location: Meets at the water tower
in Medal of Honor Park,
1711 Hillcrest Road



JOSEPH C. DOTCH COMMUNITY CENTER

3100 BANK AVE., MOBILE, AL 36617 | (251) 452-9856 | HOURS: MON.-FRI. 11AM-8PM, SAT. 10AM-2PM

MICHAEL GARBUTT | michael.garbutt@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Age 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3-4pm

S.C.H.O.O.L.S. (SUCCESS CAN HAPPEN OUT OF LOW SCORES) SAT/ACT PREP

Our goal is to prepare students for standardized tests, provide achievement building activities and infuse elements of character into K-12 and collegiate curriculum frameworks. Your student's ACT/SAT score will rise to reach the 2018 national act benchmarks through participation in this program.

Instructor: Valencia Belle

5/7-28 Mon. 3:30-5:30pm and Sat. 10am-2pm

Location: Dotch Community Center

Test Date: June 11, 2022 \$25/session

TEEN KICKBACK

Bring a friend for a night of fun and join in on something new each month. From basketball tournaments to music battles to video games, light refreshments will be served. Show up and "Kickback"

1/7-5/6 First Fri. of each month 6-8pm

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.

1/11-2/1 Tues. 5:30-7:30pm \$45

2/8-3/8 Tues. 5:30-7:30pm \$45

3/15-4/5 Tues. 5:30-7:30pm \$45

4/12-5/3 Tues. 5:30-7:30pm \$45

Location: Room C

LINE DANCE 101



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

Instructor: Ladresta McNeal

1/13-5/20 Thurs. 5-7pm Intermediate/Advance

1/15-5/20 Sat. 10am-1pm Intermediate/Advance

Location: Room A

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.

1/12-2/2 Wed. 5:30-7:30 \$45

2/9-3/9 Wed. 5:30-7:30 \$45

3/16-4/6 Wed. 5:30-7:30 \$45

4/13-5/4 Wed. 5:30-7:30 \$45

Location: Room C

BIBLE STUDY



Study the letters of the Bible with one of Mobile's Bible scholars.

Instructor: Elder J. Tubbs

1/14-5/20 Fri. 10am-Noon

Location: Room D

CRICUT CRAFTS 101

This class is for the absolute beginner. We will be going over the basics of the Cricut machine and software. In this class, you will learn to create and make fun things to share. \$10 supply fee.

Instructor: Linda Carter

1/10-5/18 Mon & Wed. 3-4pm

Location: Room C

CELL PHONE/COMPUTER BEGINNERS

Let us answer many of your computer and cell phone questions. We will show you how to use technology to make your life easier. With a little help you can learn:

- What is cash app and how do you use it?
- How to use your android cell phone as a remote control.
- How to shop online for all your grocery and personal need.
- How to use Google Maps to get to your destination.

Instructor: Linda Carter

1/11-5/19 Tues. & Thurs. 3-4pm

Location: Room C

ZUMBA FOR WOMEN (Age 18 & Up)



Get the workout you have been missing featuring low and high intensity moves. You will get muscle conditioning, flexibility and a boost of energy from every class.

Instructor: Deanne Franklin

1/11-5/19 Tues & Thurs. 5-6pm

Location: Room A

JOSEPH C. DOTCH COMMUNITY CENTER

COMMUNITY YOGA CLASS (All ages)

Gain strength, increase balance and learn relaxation exercises, along with proper alignment and breathing. Yoga helps relieve stress while building strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins in March. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

3/5-3/26

Sat. 10-11am

Location:

Ampitheater

COMMUNITY YOGA KICKBACK (Ages 18 & Up)

Join us for a 45-minute late-night yoga session followed by a sound bowl meditation. Class will be laid back with good music and suited for all-levels. Bring your own mat. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

3/14

Mon. 7-8pm

Free Event

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

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/20-5/20

Mon.-Fri. 3-4pm

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

1/11-5/17

Tue.-Fri. 3-5pm

COMMUNITY YOGA CLASS (All ages)

Gain strength, increase balance and learn relaxation exercises, along with proper alignment and breathing. Yoga helps relieve stress while building strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins in April. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

4/5-4/26

Tue. 11am-Noon

TEEN KICKBACK

Bring a friend for a night of fun and join in on something new each month. From basketball tournaments to music battles to video games, light refreshments will be served. Show up and "Kickback"

1/7-5/6

First Fri. of each month 6-8pm

TEEN TALK (Ages 13-18)



Teen Talk is an outreach program of ICU Counseling & Mental Health Support Services, LLC. The purpose is to provide a safe place for middle and high school aged teens to engage in discussions specific to their emotional and behavioral needs. Teens are taught healthy coping skills and provided enrichment that can lead to successful lives. Written parental consent must be obtained before participating. For more information on how to sign up for a group, visit www.icumentalhealth.com

Group Leaders: ICU Staff

1/13-5/19

Thurs. 5-6pm

Middle School

1/10-5/19

Thurs. 6:30-7:30pm

High School

Location:

Room C

ARTS AND CRAFTS (Ages 4-10)

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

Instructor: Yolanda Turner

1/10-5/18

Mon. & Wed. 4-5pm

Location:

Room B

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: Ladresta McNeal

1/11-5/17

Tues. Noon-2pm

1/11-5/17

Tues. 5-7pm

Location:

Room A



Free WiFi available at all Community Centers

MICHAEL A. FIGURES COMMUNITY CENTER

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.

1/24-2/28 Mon. 5-6:30pm \$45

3/14-4/18 Mon. 5-6:30pm \$45

Location: Room C

OUR STORIES (Ages 15 & Up)

This is a mentoring program that provides motivation, financial education, job skills and educational programs to help young people develop life skills and make healthy choices in their everyday lives.

Instructor: Yolanda Turner

1/10 Mon. 4-5pm

3/7 Mon. 4-5pm

5/2 Mon. 4-5pm

Location: Room C

ARTS AND CRAFTS (Ages 5-10)

In February we will be making Mardi Gras masks, in March everything green for St. Patrick's Day and in April spring flowers.

Instructor: Claudia Williams

1/20-5/19 Thurs. 5:30-6:30pm

Location: Room B

GARDENING

Let's grow together! Discover the rewarding process of growing your own food. Learn how to start a garden and care for it successfully.

Instructor: Frank Spraglin

1/12-5/18 Wed. 6-6:45pm

READING TAKES YOU AROUND THE WORLD

This program will help provide vocabulary expansion and memory improvement while enhancing focus and concentration.

Instructor: Yolanda Johnson

1/10-5/16 Mon. 4-5pm

Location: Room C

OPEN COMPUTER LAB

1/10-5/20 Mon.-Fri. Noon-2pm

WALKING IN THE GYM

Just 30 minutes of walking does the body good. Improve your heart health, aid weight loss regulate blood pressure, improve circulation, reduce the risk of diabetes and much more.

Instructor Yolanda Turner

1/10-5/20 Mon., Wed., Thurs. & Fri.

Noon-12:30pm

Location: Gym

OPEN BILLIARDS (12 & Up)

Come and enjoy a game of pool in our state-of-the-art pool room. We have several tables open to play.

1/10-5/20 Mon.-Fri. 11am-7:30pm

Location: Room A

JAZZ & BALLET/MAJORETTE & HIP-HOP



All styles of dance techniques including classical ballet, jazz and modern dance combined with current forms of popular dance. Classes include warm-ups, isolations, stretches, across the floor progressions and choreography combinations. Exercises focus on increasing flexibility and strength, rhythm and isolation of body parts, and expressing personal style. Class also includes majorette dance style as seen on TV with Dancing Dolls. Call (251) 327-8498 for more info or to register.

Instructor: Ashley Perryman

1/13-5/19 Ages 14-17 Thurs. 4:30-5:30pm

\$25/4 weeks

1/13-5/19 Ages 18 & Up Thurs. 5:30-6:30pm

\$25/4 weeks

Location: Room C

CONNECTING WITH THE COMMUNITY (Ages 13 & Up)

This class is designed to connect individuals to various community and mentoring resources in the area. Discover local agencies that help with shelter, food, utilities, job placement and mentoring programs for youth in the community in order to provide a better future.

Instructor: Cheryl Turk

1/12-5/18 Wed. 6-7pm

Location: Room C



Free WiFi available at all Community Centers

HARMON-THOMAS COMMUNITY CENTER

1611 BELFAST ST., MOBILE, AL. 36605 | (251) 287-1140 | HOURS: MON.-FRI. 11AM-8 PM

LESLIE PETTAWAY | leslie.pettaway@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3:30-4pm

LIGHT OF THE VILLAGE AFTER SCHOOL CAMP

 (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: Jordan and Julisa

1/11-5/20 Tue.-Fri. 3-5pm

Location: Room B

HARMON-THOMAS COMMUNITY FUN NIGHT

Bring your whole family for a night of fun, games and light refreshments.

4/22 Fri. 5-7pm

JAMMIN' BINGO (Ages 5-15)

The dancing bingo game is an all-time hit!

Instructor: Shurqonda West

1/10-5/18 Mon. & Wed. 6:30-7:30pm

Location: Room D

FUNDAMENTALS OF GAME-TIME (Ages 13-17)

Teaching basic life lessons through the games of basketball and volleyball.

Instructor: Willie Nixon

1/12-5/20 Wed. & Fri. 4:30-5:30pm

Location: Room D

INTRO. TO COMPUTER (Adults)

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

Instructor: Leslie Pettaway

1/10-5/20 Mon. & Fri. 11:15am-12:15pm

Location: Room A

WALK WITH EASE (Adults)

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

Instructor: Nate Moore

1/11-5/19 Tues. & Thurs. 10:30-11:30am

Location: Room B

SENIOR ACTIVITIES (Adults)

Come join our morning activities and keep that momentum moving.

Instructor: Leslie Pettaway

1/10-5/19 Mon-Thurs. 9am-1pm

Location: Room B

HOW TO READ MUSIC (Adults)

Ever wanted to learn how to read music? Come learn the basics of music notation.

Instructor: Anne Labranche

2/17, 3/17, 4/14 Thurs. 11am - Noon

Location: Room B

MUSIC BINGO (Adults)

Use your ears to win the game! Recognize that song? Mark it on your bingo card! Don't know a lot of songs? Don't worry, we'll listen to them before we start!

Instructors: Leslie Pettaway

2/24, 3/31, 4/28 Thurs. 11am-Noon

Location: Room A



HILLSDALE COMMUNITY CENTER

556 EAST FELHORN ROAD, MOBILE AL 36608 | 251-344-0341

HOURS: MON.-FRI. 11AM-8PM, SAT. 10AM-2PM | RHONDA MCDANIEL | rhonda.mcdaniel@cityofmobile.org

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.

1/10-5/20 Mon.-Fri. 9am-1pm

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3-4 pm

S.C.H.O.O.L.S. (SUCCESS CAN HAPPEN OUT OF LOW SCORES) SAT/ACT PREP

Our goal is to prepare students for standardized tests, provide achievement building activities and infuse elements of character into K-12 and collegiate curriculum frameworks. Your student's ACT/SAT score will rise to reach the 2018 national act benchmarks through participation in this program.

Instructor: Valencia Belle

3/5 -3/26 Mon. 3:30 - 5:30pm & Sat. 10am - 2pm

Fee: \$25/session

Location: Hillsdale Community Center

Test Date: April 2, 2022

MARDI GRAS CELEBRATION 2022

Come join us at our annual Mardi Gras parade. We will march around the parking lot of the Hillsdale center. High school marching band will provide music, alongside a motorcade throwing moonpies and other treats.

2/25/22 Fri. 10am

COMMUNITY YOGA CLASS (All-ages)

Gain strength, increase balance and learn relaxation exercises, along with proper alignment and breathing. Yoga helps relieve stress while building strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins February 7th. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

2/7-2/28 Mon. 10-11am

30 MIN WALK FIT (Adults)

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

Instructors: Rhonda McDaniel

1/11-5/29 Tues. & Thurs. 11:30am-Noon

Location: Gym

BALLET & JAZZ (Ages 4-6)



A beginner dance class that combines ballet and jazz. Students learn basic ballet positions and techniques along with jazz walks, chasse' and battements. Students will perform a short center floor combination using these skills. Call (251) 348-2654 for information or to register.

Instructor: Shalinda Henry

1/10-5/16 Mon. 5-5:45pm \$20/4wks.

1/11-5/17 Tues. 5-5:45pm \$20/4 wks.

Location: Room B

CONTEMPORARY BIBLE STUDY (Devotionals)

This Bible study class will provide a unique, interactive biblical perspective on current life issues and hot topics that people are encountering in the world today. This class will include game and exercise activities.

Instructor: Rhonda McDaniel

1/12-5/18 Wed. 11am-Noon

Location: Room B

OPEN DOMINOES (Slam them bones)

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: Rhonda McDaniel

1/11-5/19 Tues. & Thurs. 11:30am-2:30pm

Location: Room A

TUTORING (Ages 6-10)

This class is for all elementary students on all subjects.

Instructor: Rhonda Mc Daniel

Mon. 3:30-4:30pm

Location: Room A

BALLET & JAZZ (Ages 7-13)



A beginner dance class that combines ballet and jazz. Students learn basic ballet positions and techniques along with jazz walks, chasse' and battements. Students will perform a short center floor combination using these skills. Call (251) 348-2654 for information or to register.

Instructor: Shalinda Henry

1/10-5/16 Mon. 6-6:45pm

Fee: \$20/4wks.

Location: Room C



Free WiFi available at all Community Centers

HILLSDALE COMMUNITY CENTER

COMPUTER FOR BEGINNERS (Adults)

Let us help you learn the basics of operating a computer and how to easily access the internet.

Instructor: Ms. Denson

1/11-5/19 Tues., Wed. & Thurs. 2:45-3:45pm

Location: Room A

DANCE COMPANY (Ages 7-13)



Comprised of dedicated dance students who love to perform and are looking to be challenged in class, rehearsals and performance. Each dance team level is designed for their specific age group and promotes teamwork and self-confidence. Call (251) 348-2654 for information or to register.

Instructor: Shalinda Henry

1/12-5/18 Wed. 5:45-7:30 pm

Fee: \$20/4wks.

Location: Room C

DRESS FOR SUCCESS AND LIFE (Ages 12 & up)

Teaching young males the art of making a great impression toward a better life by practicing the interview process. Sharpen your skills, tie a tie and coordinate your business attire.

Instructor: Nelson Curtis

1/10-5/19 Mon., Tues. & Thurs. 5-6pm

Location: Room C

JAZZ & TAP (Ages 4-6)



A beginner dance class that combines tap and jazz. Students learn basic jazz positions and techniques along with tap rhythm, musicality and timing. Students will perform a short center floor combination using these skills. Call (251) 348-2654 for information or to register.

Instructor: Shalinda Henry

1/15-5/14 Sat. 11-11:45am

Fee: \$20/4 wks.

Location: Room C

DANCE AEROBICS (Adults)



This physical activity makes you sweat, causes you to breathe harder and gets your heart beating fast. Aerobic dance strengthens your heart and lungs while training your cardiovascular system to manage and deliver oxygen more efficiently throughout your body. Call (251) 348-2654 for information or to register.

Instructor: Shalinda Henry

1/15-5/14 Sat. 10-10:45am

Fee: \$20/4wks.

Location: Room C

LYRICAL DANCE & HIP HOP (Ages 4-6)



Fun, creativity and self-expression are the basis of this class that combines hip hop style, also known as street dance and lyrical, with a blend of ballet & jazz. Call (251) 348-2654 for more information or to register.

Instructor: Shalinda Henry

1/11-5/17 Tues. 6-6:45 pm

1/13-5/19 Thurs. 5-5:45pm

Fee: \$20/4 wks.

Location: Room C

LYRICAL DANCE & HIP HOP (Ages 7-13)



Fun, creativity and self-expression are the basis of this class that combines hip hop style, also known as street dance and lyrical, with a blend of ballet & jazz. Call (251) 348-2654 for more information or to register.

Instructor: Shalinda Henry

1/13-5/19 Thurs. 6-6:45pm

Fee: \$20/4 wks.

Location: Room C

P.R.E.P SYSTEM (Teens-Adults)



Let us help you and your school age kids learn some of the things that you can do now to prepare for the future, whether the future includes college, an athletic career or military service. We provide knowledge on how to increase and enhance chances for success.

Instructor: Terrance Hunter

1/11-5/18 Tues. & Wed. 6-7:30pm

Location: Room A

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. Mike Ho, Baker High School Table Tennis coach, will be helping everyone to work on skills and learn the game.

1/10-5/19 Mon. & Thurs. 5:45-7:45pm

Location: Room A

TEEN DANCE (Ages 13-18)



This class teaches students ages 13-18 the basics of jazz, ballet, hip hop, lyrical and majorette. Call (251) 348-2654 for more information or to register.

Instructor: Shalinda Henry

1/10-5/16 Mon. 7-7:45 pm \$20/4wks

Location: Room C

No class 2/28



Free WiFi available at all Community Centers

HILLSDALE COMMUNITY CENTER

TIKTOK DANCE (Ages 5 & Up)



This class focuses on TikTok dance trends.

Call (251) 348-2654 for more information or to register.

Instructor: Shalinda Henry

1/11-5/17 Tues. 6:50-7:20 pm \$20/4/wks.

Location: Room C

No class 3/1

TODDLER DANCE (Ages 2-3)



Instill a love of dance in your young child. They will learn basic ballet and tap movements with proper techniques in a positive and fun environment.

Call (251) 348-2654 for more information or to register.

Instructor: Shalinda Henry

1/12-5/18 Wed. 5-5:30 pm \$20/4wks.

Location: Room C

OPEN LISTENING (Ages 13 & Up)

Choose from a list of playlists on our computers or bring your own music and listening device. Receive instructions for guided critical listening while noticing new things about the music you love! Bring your own headphones, if possible.

Instructor: Rhonda McDaniel

1/12-5/16 Wed. 11am-Noon

Location: Room C

MUSIC BINGO (Adults)

Use your ears to win the game! Recognize that song? Mark it on your bingo card! Don't know a lot of songs? Don't worry, we'll listen to them before we start!

Instructor: Rhonda McDaniel

2/23, 3/30, 4/27 Wed. Noon-1pm



ROBERT HOPE COMMUNITY CENTER

850 EDWARDS STREET, MOBILE AL 36610 | (251) 456-7639 | HOURS: MON.-FRI. 11AM-8PM

CHAMYNE THOMPSON | chamyne.thompson@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3-4pm

HOPE AFTER-SCHOOL PROGRAM (Ages 10-14)



In Partnership with Boys & Girls Club of America

Be a happy camper! Youth play fun-filled games, create amazing arts and crafts, plus learn STEM and participate in enrichment activities.

Instructors: BGCA and Hope Staff

1/10-5/18 Mon.-Wed. 3:30-5:30pm

Location: Room A

COMPUTER BASICS WITH CONRAD (Adults & Seniors)

We will help you learn the basic skills on how to use a computer.

Instructor: Mr. Conrad Allen

1/10-5/20 Mon. & Fri. 4-5pm

Location: Room B

POSITIVE VIBES - INSPIRATIONAL AND MEDITATIVE ART CLASS (Adults & Seniors)

Begin and end your work week with a relaxing, creative class featuring inspirational and meditative art.

Instructor: Ms. Chamyne Thompson

1/10-5/20 Mon. & Fri. 5-6pm

Location: Room

ACTIVE FAITH

Join us for an engaging learning experience as we read the Bible and discuss the many life lessons we can take from it.

Instructor: Ms. Chamyne Thompson and Mrs. Beard

1/10-5/16 Mon. 11am-Noon

Room C



Free WiFi available at all Community Centers

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, reduce the risk of diabetes and much more.

Instructor: Ms. Chamyne Thompson

1/10-5/18 Mon. & Wed. 11:15-11:45am
& 6:15-6:45pm

Location: Gym

HOLIDAY COOKING WITH CONRAD (Ages 12-15)

Join Chef Allen and others to learn how to create and prepare simple dishes and appetizers for the holiday season that will make your family and friends say WOW!

Instructor: Mr. Conrad Allen

1/13-5/19 Thurs. 4-5pm

Location: Room A

BREW AND BINGO (Adults/Seniors)

Join us for a cup of coffee and a fun-filled game of bingo.

Instructor: Ms. Chamyne Thompson

1/11-5/17 Tues. 11am-Noon

Location: Room A

DISRUPTSHUN SERVICE ORGANIZATION (Grades 8-12)



This program is a service organization designed for young ladies and gentlemen ages 13-19, exclusively for educational and charitable purposes. For more information call Ms. Walker at (251) 610-9427.

Instructor: Carla Walker

1/11-5/19 Tues & Thurs. 5:30-7:30pm

Location: Room A

SEWING CLUB (Adults)

A fun-loving group of people with a common interest of sewing. Enjoy sewing and learn together how to create beautiful garments, masks and more. If you have never sewn before or need a refresher course, then this is the group for you. We keep on teaching as your learning needs change.

Instructor: Mrs. Marie Beard

1/11-5/17 Tues. Noon-1pm or 6:30-7:30pm

Location: Room C

OPEN BASKETBALL

Must register at MPRD.Recdeck.com

1/11-5/20 Mon., Wed. & Fri.

Session 1: 11:30am - 2:30pm

2/11-5/20 Mon., Wed. & Fri.

Session 2: 5:30 - 7:30pm

Location: Gym

GAME ZONE CHALLENGE (Ages 8-15)

Join us in the Game Zone and enjoy playing the Wii and Xbox game systems.

Instructor: Mr. Conrad Allen

1/10-5/20

Mon. Wed. & Fri. 6-7pm

Location:

Room A

DISCOVER THE COMPUTER-N-YOU (All ages)

Click your way through Windows and discover an amazing view. Learn basic computer skills and how to easily access the internet. We can also show you how to wireless print from your cell phone.

Instructor: Mr. Conrad Allen

1/14-5/20

Fri. 4-5pm

Location:

Room C

OPEN GAME ROOM (All ages)

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

1/10-5/20

Mon-Fri. 11am- 3pm & 5:30-7:30pm

Location:

Room D

STORYTELLING WITH PUPPETS (Ages 10-15)

In this whimsical, brand-new, introductory class, children will take their first steps towards becoming a puppeteer using sock puppets.

Instructor: Mrs. Marie Beard

1/12-5/18

Wed. 5-6pm

Location:

Room B

MEDITATIVE DRUMMING (Adults)



The In-Rhythm approach to health and well-being through the medium of drumming is unique. We use a combination of drumming, mindfulness and mediation. We understand and harness the power of meditation to assist individuals in cultivating stillness of mind. Call (251) 510-0654 for more info and to register.

Instructor: Shari Prestwood

1/13-2/10

Thurs. 6:30-7:30pm \$30

Location:

Room B

CHAIR YOGA (Adults)

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.

Instructor: LaSarah Deshauteurs

2/9

Wed. 11am-Noon

Free

ROBERT HOPE COMMUNITY CENTER

CRICUT CRAFTS 101

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 learn to create and make fun things to share. \$10 Supply fee.

Instructor: Ms. Chamayne Thompson

1/12-5/16 Wed. Noon-1pm

Location: Room B

OPEN LISTENING (Ages 13 & Up)

Choose from a list of playlists on our computers or bring your own music and listening device. Receive instructions for guided critical listening while noticing new things about the music you love! Bring your own headphones, if possible.

Instructor: Ms. Chamayne Thompson

1/11-5/17 Tues. 11am-Noon

Location: Room C

INSTRUMENT CRAFT SERIES (All ages)

Learn about a different instrument group, how they sound and how they work at each meeting. You will construct your own basic drum, string instrument and wind instrument using things you can find at home.

Instructor: Ms. Chamayne Thompson

2/2, 3/2, 4/6 Wed. 5-5:30pm

Location: Room C

HOPE HEALTH & WELLNESS:

10 WEEK NUTRITION SERIES (Adults & Elderly)

Learn about health, wellness and nutrition.

Instructor: Kim Chapman, Urban Snap Ed. Educator
Alabama Cooperative Extension System

1/10-3/14 Mon. 11am-Noon Free

LAUN COMMUNITY CENTER

5401 WINDMILL DR. (OFF DEMETROPOLIS RD.), MOBILE, AL 36693 | (251) 661-6541

HOURS: MON.-FRI. 11AM-8PM | PATRICIA FERGUSON | patricia.ferguson@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3-4pm

LAUN COMMUNITY FUN NIGHT

Bring your whole family for a night of fun, games and light refreshments.

5/27 Fri. 5-7pm

TAI CHI (Adults)

 Tai Chi is a series of slow, soft movements that offers a gentle path to developing a body that is strong, balanced and energetic, and a mind that is calm, clear and relaxed. The practice of Tai Chi reduces stress and has a recognized beneficial effect on many health issues and conditions. It is suitable for people of all ages and physical conditions. Wear comfortable clothes and shoes and be prepared to have fun. Call (251) 510-0654 for more info or to register.

Instructor: Shari Prestwood

1/25-3/8 Tues. 6:30-7:30pm \$20

COMMUNITY YOGA CLASS (All-ages)

Gain strength, increase balance and learn relaxation exercises along with proper alignment and breathing. Yoga helps relieve stress and build strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins in April. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

4/6-4/27 Wed. 11am-Noon

MEDITATIVE DRUMMING (Adults)

 The In-Rhythm approach to health and well-being through the medium of drumming is unique. We use a combination of drumming, mindfulness and meditation. We understand and harness the power of meditation to assist individuals in cultivation stillness of mind. Call (251) 510-0654 for more info and to register.

Instructor: Shari Prestwood

1/27-3/3 Thurs. 6:30-7:30pm \$30

MUSIC BASICS & APPRECIATION (Ages 6-10)

This six-week class is for students ages 6-10 who wish to gain an understanding of the basics of musical skills, notation and instruments. The class will teach music from both classical and contemporary perspectives.

Instructor: Anne Labranche

1/19-2/23 Wed. 4-4:50 pm

3/9-4/13 Wed. 4-4:50 pm



Free WiFi available at all Community Centers

LAUN COMMUNITY CENTER

MUSIC BASIC & APPRECIATION (Ages 11-14)

This six -week class is for students ages 11-14 who wish to gain an understanding of the basics of musical skills, notation and instruments. The class will teach music from both classical and contemporary perspectives.

Instructor: Anne Labranche

1/19-2/23 Wed. 5-5:50 pm

3/9-4/13 Wed. 5-5:50 pm

FUN WITH WATERCOLOR, BEGINNER (Adults)



Have fun while learning to paint with watercolor. Watercolor techniques including composition, perspective and light shadows. Call (251) 510-0654 for more info or to register.

Instructor: Ashley Koppersmith

3/10-4/14 Thurs. 6:30-7:30pm \$35

ARTS AND CRAFTS (Ages 4-12)

Arts and crafts activities for children who want to have fun while creating something unique.

Instructor: Patricia Ferguson

1/11-5/19 Tues. & Thurs. 4-5pm

ENGLISH AS A SECOND LANGUAGE (Adults 18 & up)



This is a great class for adults who want to learn English as a second language. Teaching English to non-English speaking adult learners includes listening, speaking, reading and writing skills.

Instructor: Angelica Perkins

1/21-5/20 Fri. 6-8pm

LAVRETTA ART & CULTURE CENTER

200 W. PARKWAY AT OLD SHELL ROAD (IN LAVRETTA PARK), MOBILE, AL 36608

(251) 460-2421

COMMUNITY VOICE PROGRAM (Ages 9 & Up)

A place for those who love to sing to learn about their voice, music and how to practice with the goal of singing in a performance. We will sing together and solo to learn new skills!

Instructor: Anne Labranche

1/11-5/12 Tues. & Thurs. 5-6:15pm

*No class on Feb. 1 & 3, Mar. 1 & 3, April 19 & 21

CREATE AND LISTEN (Ages 13 & Up)

A time to learn about the way art and music relate to each other. Each class will focus on new composers, genres and arts/crafts activities. Let the music inspire you as you create! Share your creations and thoughts at the end of every class.

Instructor: Anne Labranche

1/25, 2/22, 3/29, 4/26 Tues. 6:15-7:45 pm

SONG STUDY (Ages 12 & Up)

Bring in a song you would like to perfect. Dive into the composer, lyricist, style and text. Improve the way you sing it through individual help and feedback in a supportive group environment.

Instructor: Anne Labranche

3/31-5/12 Thurs. 6:30-7:20pm

*No class on 4/21

MUSICAL STORY TIME (Ages 3 & Up)

Hear a story and discover the music that goes with it! Explore the music and story with an interactive storybook and activities!

Instructor: Anne Labranche

2/25 The Sorcerer's Apprentice Fri. 4-4:50pm

3/25 Carnival of the Animals Fri. 4-4:50pm

4/22 Swan Lake Fri. 4-4:50pm

5/13 Cinderella Fri. 4-4:50pm

PLAYLIST WORKSHOP (Ages 13 & Up)

Learn to create a playlist that flows, using your listening platform of choice, based on principles of key, tempos and theme. Use this guidance to create a personal playlist that represents a special mood or occasion. Technical help will be provided if needed. Bring your own device and headphones.

Instructor: Anne Labranche

5/4 Wed. 6-7pm



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

MITTERNIGHT NEIGHBORHOOD CENTER

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

OPEN FOR RENTALS ONLY

NEWHOUSE TEEN CENTER

2960 ALSTON DRIVE, MOBILE, AL 36605 | (251) 470-7753 | HOURS: MON – FRI. 11AM-8PM
RODERICK CUNNINGHAM | roderick.cunningham@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast
1/10-5/20 Mon.-Fri. 3-4pm

ACADEMIC TUTORING (Ages 12-18)

Get one-on-one tutoring for your child with a certified educator.
Call (251) 470-7753 for more info.

Instructor: Pauline Ransom

1/11-5/17 Tues. 5:30-7:30pm \$45
Location: Room A

CRICUT CRAFTS 101

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 learn to create and make fun things to share.
\$10 supply fee.

Instructors: Dorothy Smith

1/11-/5/19 Tues. & Thurs. 4-6pm
Location: Room A

HEALTH & NUTRITION

Teaching kids about nutrition and healthy food choices.
Call (251) 470-7753 for more information.

Instructor: Roderick Cunningham

1/10-5/18 Mon. & Wed. 4-5pm
Location: Room B

SEWING FOR BEGINNERS

Learn the basic function of your sewing machine and become comfortable with straight stitching. Bring own supplies or \$10 supply fee.

Instructor: Dorothy Smith

1/10-5/18 Mon. & Wed. 5:30-6:30pm
Location: Room B

TEEN KICKBACK



Bring a friend for a night of fun and join in on something new each month. From basketball tournaments to music battles to video games, light refreshments will be served. Show up and "Kickback"

Instructor: ICU Staff

1/7-5/6 First Fri. of each month 6-8pm
Location: Room B

TEEN COUNCIL



For Teens by Teens. An enrichment leadership program to empower teens for the future by giving them the tools to succeed in today's global society.

Instructor: ICU Staff

1/10-5/18 Mon. & Wed. 6:30-7:30pm
Location: Room B

TEEN TALK (Ages 13-18)



Teen Talk is an outreach program of ICU Counseling & Mental Health Support Services, LLC. The purpose is to provide a safe place for middle and high school aged teens to engage in discussions specific to their emotional and behavioral needs. Teens are taught healthy coping skills and provided enrichment that can lead to successful lives. Written parental consent must be obtained before participating. For more information on how to sign up for a group, visit www.icumentalhealth.com

Group Leaders: ICU Staff

1/10-5/16 Mon. 5-6pm Middle School
1/10-5/16 Mon. 6:30-7:30pm High School
Location: Room B



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

RICKARBY RECREATION CENTER

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

JACKIE SIMMONS MCMILLIAN | jacqueline.simmons@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 2-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon. - Fri. 3-4pm Snacks

BOOKMOBILE!

Third Tues. of every month

RICKARBY COMMUNITY FUN NIGHT

Bring your whole family for a night of fun, games and light refreshments.

5/27 Fri. 5-7pm

KIDS GAMING ZONE (Ages 4-16)

PlayStation for mind building.

Wii game exercise for physical activity.

Location: Room B

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

1/14-5/20 Fri. 11:30am-12:30pm

Location: Pickleball Court

COMPUTER OUTREACH FOR KIDS (Free Wi-fi)

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

Instructor: Jackie McMillian

1/12-5/18 Wed. 4-5pm

Location: Room B

COMPUTER OUTREACH FOR ADULTS (Ages 19+)

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

Instructor: Jackie McMillian

1/12-5/18 Wed. 11:15am-Noon

Location: Room B

TIE DYE CRAFT CLASS (All ages)

Enjoy the craft of tie dye! Limited class size.

Instructor: Jackie McMillian

1/07 & 1/21 Fri. 11:30am-12:30pm & 5:30-6:30pm

2/11 & 2/25 Fri. 11:30am-12:30pm & 5:30-6:30pm

3/11 & 3/25 Fri. 11:30am-12:30pm & 5:30-6:30pm

4/08 & 4/22 Fri. 11:30am-12:30pm & 5:30-6:30pm

Location: Kitchen

TIE DYE (All ages)

Come and learn how to create your own tie dye clothing. Bring own materials.

Instructor: Jackie McMillian

1/10-5/16 Mon. 5-6:15pm \$5

1/12-5/18 Wed. 5-6:15pm \$5

Location: Kitchen

WALK WITH EASE EXERCISE W/ MS. JACKIE

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

Instructor: Jackie McMillian

1/10-5/19 Mon. - Thurs. 11:15am-Noon

Location: Outside

POWER WALKING FOR YOUR HEALTH

Learn to power walk and get the most benefits from it! Walking also helps improve heart health, aids in weight loss, regulates blood pressure, improves circulation and reduces the risk of diabetes.

Instructor: Jackie McMillian

1/11-5/19 Tues.-Thurs. 11:15am-Noon

1/10-5/19 Mon.-Thurs. 5-6pm

Location: Outside

HOLIDAY ARTS AND CRAFTS

Create crafts with the winter and spring Season in mind. Let your imagination flow!

Instructor: Jackie McMillian

1/10-5/16 Mon. 12:30-1:30pm

1/13-5/19 Thurs. 4:15-5:30pm

Location: Room B

LIGHT STRETCHING

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

1/10-5/20 Mon.-Fri. 11am-Noon

Location: Room B

RICKARBY RECREATION CENTER

INSTRUMENT CRAFT SERIES (All ages)

Learn about a different instrument group, how they sound and how they work at each meeting. You will construct your own basic drum, string instrument and wind instrument using things you can find at home.

Instructor: Jackie McMillian

2/1 Tues. 5-5:30pm

3/1 Tues. 5-5:30pm

4/5 Tues. 5-5:30pm

Location: Room B

OPEN LISTENING (Ages 13 & Up)

Choose from a list of playlists on our computers or bring your own music and listening device. Receive instructions for guided critical listening while noticing new things about the music you love! Bring your own headphones, if possible.

Instructor: Jackie McMillian

1/11-5/17 Tues. 11am-Noon

Location: Room B

JAMES SEALS COMMUNITY CENTER

540 TEXAS ST., MOBILE, AL 36603 | (251) 438-7498 | HOURS: MON.-FRI. 11AM-8PM, SAT. 10AM-2PM

LASHANDRA BARNES | lashandra.barnes@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3-4 pm

S.C.H.O.O.L.S. (SUCCESS CAN HAPPEN OUT OF LOW SCORES) SAT/ACT PREP

Our goal is to prepare students for standardized tests, provide achievement building activities and infuse elements of character into K-12 and collegiate curriculum frameworks. Your student's ACT/SAT score will rise to reach the 2018 national act benchmarks through participation in this program.

Instructor: Valencia Belle

1/10-1/31 Mon. 3:30-5:30pm & Sat. 10am-2pm

Location: Seals Community Center

Test Date: February 12, 2022 \$25/session

TEEN KICKBACK



Bring a friend for a night of fun and join in on something new each month. From basketball tournaments to music battles to video games, light refreshments will be served. Show up and "Kickback"

Instructor: ICU Staff

1/7-5/6 First Fri. of each month 6-8pm

ACADEMIC TUTORING (All ages)



One-on-one help for your child with a certified teacher. All grade levels are welcome. Call (251) 217-5819 for more information or to register.

Instructor: Letesha Smith

Mon.-Fri. (By appointment only) Four, 30- minute classes

Fee: \$45

Location: Room D

BEGINNER PIANO (Ages 5 & up)



Introduction to piano and music for those who have little to no experience or need a review of the very basics. You will learn how to read music, find notes on the piano and other essentials to begin playing pieces. Book needed for class: Primer Level-Lesson Book: Piano Adventures by Nancy & Randall Faber \$10. For more info. Call L. Smith at (251) 217-5819.

Instructor: Letesha Smith

1/11-5/17 Tues. 5:30-6pm or 6-6:30pm

\$45/4 weeks

1/13-5/19 Thurs. 5:30-6pm or 6-6:30pm

\$45/4 weeks

Location: Room C

IKARE CPR (Ages 16 & Up)



This class provides knowledge about stroke prevention and the necessary skills to perform highly-effective CPR. Come and get certified through a knowledgeable registered nurse specializing in critical-care, approved through the American Heart Association and American Red Cross. To reserve a space, send your full name and phone number to iKareservicesLLC@gmail.com.

Instructor: Tamara Jackson

1/13-5/19 Thurs. 11:30am-3pm

Location: Room D

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 lovespeaksinc.org/ upcoming events

Instructors: Jessica White and India Andrews

1/18, 2/1, 2/15, 3/1, 3/15, 4/5, 4/19, 5/3, 5/17
4:30-7:30pm

Location: Room B

BOOM MIND YOGA



Boom Mind Yoga is a fusion of yoga and Pilates. Help improve flexibility along with athletic performance.

Instructor: June Jones

1/10-5/19 Mon. & Thurs. 1pm Chair Exercises
1/11-5/17 Tue. 11am Yoga

Location: Room D

COMMUNITY YOGA CLASS (All ages)

Gain strength, increase balance and learn relaxation exercises, along with proper alignment and breathing. Yoga helps relieve stress while building strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins in March. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

3/7-3/28 Mon. 11am-Noon

STEP, ROLL AND SLIDE LINE DANCE



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

Instructor: Tiffany Barnes

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

Location: Room B

FUN WITH COLORS (Ages 4-12)

Let your creative side come out while enjoying great arts and crafts with us.

Instructor: Dorothy Lewis

1/10-5/20 Mon.-Fri. Noon-1pm

Location: Room E

ARCHERY (Ages 12 & Up)

What's your target! Learn basic archery skills while having fun with a bow and arrow. Register at MPRD.RECDESK.COM
Limit 6 per session.

Instructor: LaShandra Barnes

1/13-2/3 Thurs. 4-5pm
2/10-3/10 Thurs. 4-5pm
3/17-4/7 Thurs. 4-5pm
4/14-5/12 Thurs. 4-5pm

TENNIS ALL LEVELS (Ages 6-10)



Coach Deleston will provide beginner and intermediate instruction. Practice in the areas of ready position stance, backhand & forehand stance and how to strike a tennis ball correctly. Areas of instruction include how to serve, play points and keep score.

Call (251) 648-2965 for information or to register.

Instructor: Coach Lance Deleston

1/10-5/16 Mon. 5:30-7:30pm \$40/4 wks.

Location: Tennis Court

TENNIS ALL LEVELS (Ages 19-50+)



Coach Deleston will provide beginner and intermediate instruction. Practice in the areas of ready position stance, backhand & forehand stance and how to strike a tennis ball correctly. Other areas of instruction include how to serve, play points and keep score. Racquets are available or bring your own. Call (251) 648-2965 for information or to register.

Instructor: Coach Lance Deleston

1/12-5/19 Wed. 5:30-7:30pm \$40/4 wks.

Location: Tennis Court

STRETCH AND WALK WITH LASHANDRA (Adults)



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

Instructor: LaShandra Barnes

1/10-5/16 Mon.-Fri. 11am-Noon

Location: Room A

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

1/13-2/3 Thurs. 5:30-6:15pm
2/10-3/3 Thurs. 5:30-6:15 pm
3/10-3/31 Thurs. 5:30-6:15 pm
4/7-4/28 Thurs. 5:30-6:15 pm
5/5-5/19 Thurs. 5:30-6:15 pm
Fee: \$30/session or \$8/class
Location: Room A



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

SPRINGHILL RECREATION CENTER

1151 SPRINGHILL AVENUE | MOBILE, AL 36604 | (251) 438-7415 | HOURS: MON.-FRI. 10AM-8PM

MARCUS HARDEN | marcus.harden@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20

Mon.-Fri. 3-4pm

Location:

Room B

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-yoga/exercise clothing and dance shoes or socks. For more info or to register, contact instructor at Valannmor@aol.com.

Instructor: Valerie Morrison

1/10-2/21

Mon. 5:30-6:30pm

\$30

3/7-4/11

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

1/11-5/19

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

Instructor: Trevor Johnson

1/13-5/19

Thurs. 10am-Noon & 4:30-7:45pm

Location:

Room A

CHAIR YOGA (Adults)



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, relieves stress. The class incorporates breathing exercises, stretching, yoga postures and final relaxation. Call or text (773) 837-7618 or (251) 208-1662 for information or to register.

Instructor: June Jones

1/10-5/19

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

1/12-2/16

Wed. 6-7pm

\$40

2/23-3/30

Wed. 6-7pm

\$40

Location:

Room A

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.

1/13-2/3

Thurs. 5-6:30pm

\$45/4 weeks

2/10-3/3

Thurs. 5-6:30pm

\$45/4 weeks

3/10-3/31

Thurs. 5-6:30pm

\$45/4 weeks

Location:

Room C



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

SPRINGHILL RECREATION CENTER

DANCE, JAZZ



Jazz dance combines techniques of classical ballet and modern dance with current forms of popular dance. Classes include warm-ups, isolations, stretches, across the floor progressions and choreography combinations. Exercises focus on increasing flexibility and strength, rhythm, isolation of body parts and expressing personal style. Call (251) 327-8498 for more info or to register.

Instructor: Ashley Perryman

1/13-5/19 Ages 14-17 Thurs. 4:30-5:30pm
\$25/4 weeks

1/13-5/19 Ages 18 & Up Thurs. 5:30-6:30pm
\$25/4 weeks

Location: Room A

LINE DANCE (Adults)



Looking for exercise that does not feel like EXERCISE? This is it! Join us and learn the latest line dance steps and brush up on some of the older ones as well. Ms. Dorothy will have you moving and grooving as a group using easy-to-follow instructions.

Instructor: Dorothy Chaney

1/10-5/16 Mon. 5-6:45pm

1/14-5/17 Tues. & Fri. 11am-1pm

Location: Room A

STRETCH & WALK (Adults)

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

Instructor: Sylvester Bush

1/10-5/19 Mon., Wed. & Thurs. 11am-1pm

Location: Room A

COMMUNITY YOGA CLASS (All ages)

Gain strength, increase balance and learn relaxation exercises along with proper alignment and breathing. Yoga helps relieve stress and build strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins January 12th. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

1/12-2/2 Wed. 11am-Noon

Location: Studio 1

COMMUNITY YOGA KICKBACK (Ages 18 & Up)

Join us for a 45-minute late-night yoga session followed by a sound bowl meditation. Class will be laid back with good music and suited for all-levels. Bring your own mat. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

1/10 Mon. 7-8pm Free Event

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

1/11-2/1 Tues. 5:30-6:15pm

2/8-3/1 Tues. 5:30-6:15pm

3/8-3/29 Tues. 5:30-6:15pm

4/5-4/26 Tues. 5:30-6:15pm

5/3-5/17 Tues. 5:30-6:15pm

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

Location: Room A

CREATE AND LISTEN (Ages 13 & up)

A time to learn about the way art and music relate to each other. Each class will focus on new composers, genres and arts and crafts activities. Let the music inspire you as you create! Share your creations and thoughts at the end of every class.

Instructor: Anne Labranche

1/28, 2/18, 3/18, 4/15 Fri. 3-4:30 pm

Location: Room A

INTRODUCTION TO MUSIC SOFTWARE (Ages 12+)

Learn the basics of two music composition computer programs, Note flight and Foundation. Make your own music!

Instructor: Anne Labranche

1/28, 2/18, 3/18, 4/15, 5/6 Fri. 4:45-5:45pm

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

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20 Mon.-Fri. 3-4pm

ARTS AND CRAFTS WITH WOODY (Ages 5-12)

Instructor: Woody Cannon

1/10-5/18 Mon. & Wed. 3-5 pm

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



The Advanced Belly Dance classes are fast paced with an emphasis on musical interpretation and choreography. This class offers lots of changes and movements while helping to build stamina and improve skill. Students will learn performance sets including folkloric dance, veil work and drum solos. For more info or to register, contact instructor at Valannmor@aol.com. Limit 6 per session.

Instructor: Valerie Morrison

Advanced Level 1

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

1/12-2/23	Wed. 5:45-6:45pm	\$35
3/2/-4/13	Wed. 5:45-6:45pm	\$35

Advanced Level 2

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

1/12-2/23	Wed. 6:45-7:45pm	\$35
3/2-4/13	Wed. 5:45-6:45pm	\$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- yoga/exercise clothing and dance shoes or socks. For more info or to register, contact instructor at Valannmor@aol.com. Limit 12 per session.

Instructor: Valerie Morrison

1/13-2/24	Thurs. 5:45-6:45pm	\$30
1/13-2/24	Thurs. 5:45-6:45pm	\$30
No class 11/18		
1/12-2/24	Thurs. 6:45-7:45pm	\$30
1/13-2/24	Thurs. 6:45-7:45pm	\$30

NATURE PLAY (Ages 5-11)



Let's go outside to play! This outdoor program offers children a unique opportunity to improve their development and education while connecting with nature and friends. Call (251) 751-2697 for more information or to register.

Instructors: Rebecca Baxter and J P Kinney

1/13	Thurs. 4-6pm
2/24	Thurs. 4-6pm
3/17	Thurs. 4-6pm
4/28	Thurs. 4-6pm
5/19	Thurs. 4-6pm

COMMUNITY YOGA CLASS (All ages)

Gain strength, increase balance and learn relaxation exercises, along with proper alignment and breathing. Yoga helps relieve stress while building strength and equilibrium. Bring a sticky mat and a regular towel. Four -week session begins January 11th. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

1/11-2/1 Tues. 11am-Noon

INSTRUMENT CRAFT SERIES (All ages)

Learn about a different instrument group, how they sound and how they work at each meeting. You will construct your own basic drum, string instrument and wind instrument using things you can find at home.

Instructor: Woody Cannon

2/3, 3/3, 4/7 Thurs. 5-5:30pm

MUSICAL STORY TIME (Ages 3 & Up)

Hear a story and discover the music that goes with it! Explore the music and story with an interactive storybook and activities!

Instructor: Anne Labranche

2/25	The Sorcerer's Apprentice	Fri. 11-11:50am
3/25	Carnival of the Animals	Fri. 11-11:50am
4/22	Swan Lake	Fri. 11-11:50am
5/13	Cinderella	Fri. 11-11:50am



Free WiFi available at all Community Centers



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

THOMAS SULLIVAN COMMUNITY CENTER

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

HOURS: MON.-FRI. 11AM-8PM | TANYA GULLETT | tanya.gullett@cityofmobile.org

AFTER SCHOOL NUTRITION PROGRAM (Ages 0-18)

Sponsored by Feeding the Gulf Coast

1/10-5/20

Mon.-Fri. 3-4pm

Location:

Room C

SULLIVAN COMMUNITY FUN NIGHT

Bring your whole family for a night of fun, games and light refreshments.

3/25

Fri. 5-7pm

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.

1/10-5/20

Mon.-Fri. 9am-1pm

Location:

Room B

CRICUT CRAFTS 101

This class is for the absolute beginner. We will be going over the basics of the Cricut machine and software. In this class you will learn to create and make fun things to share. \$10 supply fee.

Instructor: Tanya M. Gullett

1/10-5/16

Mon. 11:30am-12:30pm

Location:

Room B

CALLING ALL CARD AND DOMINO PLAYERS

For seniors, card games and dominoes are a fun and inexpensive way to spend time with friends while meeting others, so come join us!

1/11-5/19

Tues. & Thurs. 11:30am-2:30pm

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.

Instructor: Morgan Raspberry

1/11-5/17

Tues. 5:30-7:30pm

Location:

Room A

COMMUNITY YOGA CLASS (All ages)

Gain strength, increase balance and learn relaxation exercises, along with proper alignment and breathing. Yoga helps relieve stress while building strength and equilibrium. Bring a sticky mat and a regular towel. Four-week session begins February 8th. To register go to MPRD.recdesk.com or contact the center.

Instructor: LaSarah Deshauteurs

2/8-3/1

Tues. 11am-Noon

Location:

Room A

QUILTING MADE EASY (All ages)

You don't have to be on pins and needles about creating that family heirloom or just making a quilt. Come join the fun, learn how to quilt and share your tips with others. Some supplies are needed, for more information call (251) 438-7282.

Instructor: Tanya Gullett

1/12-5/18

Wed. & Fri. 11am-2pm

Location:

Room B

TEEN CLUB! (Ages 13 & Up)

Are you a teen looking to connect with others, talk about teen concerns, develop your strengths, play games and so much more? Come join us!

Instructor: Penny Wiley

1/10-5/18

Mon. & Wed. 4:30-6pm

Location:

Room B

SULLIVAN'S WALKING CLUB! (All ages)

Walking can help you lose weight and belly fat, as well as provide other excellent health benefits, including decreased risk of disease and improved mood. Walking just one mile burns about 100 calories.

Instructor: Lorenzo Grayson

1/10-5/20

Mon.-Fri. 11:30am-12:30pm & 4-5pm

Location:

Room A

VIDEO GAMING (Ages 5 & Up)

An opportunity to play multi-player games against each other, play single-player games and spend time talking about the latest games, discussing gaming strategies and preferences.

Instructor: Edward Gamble

1/11-5/19

Tues.-Thurs. 5-7pm

Location:

Room C

THOMAS SULLIVAN COMMUNITY CENTER

MOM AND ME MUSIC (Ages 2-5)

Children ages 2-5 and parents will participate in fun activities that introduce basic musical concepts to promote interest in music, creativity and motor skills practice. Children are welcome to attend with one or both parents, grandparents or guardians.

Instructor: Anne Labranche

2/2-4/13 Wed. 11am-Noon

*No class on 3/2

Location: Room

JUBILEE YOUTH SERVICE & LEADERSHIP ACADEMY

(Ages 8-13)

Life Core 3-16 is a Christ-centered, male-focused, group mentoring, discipleship and leadership skills training series. We promote a structured, multi-component, versatile program that exhibits three (3) specific life principles (with supporting declarations) and sixteen (16) personal core values. Please call (251) 591-8041 or email us at jubileekidz@jysla.org

Instructors: Llewaylyn Lanier, Marc Guerrieri, Johnnie Easton

1/10-5/18 Mon., Tues., Wed. 4-7pm

\$25

Location: Room B

SENIOR & THERAPEUTIC PROGRAMMING

SUPERVISOR: ASHLEY-NICOLE FLOWERS MS, CTRS

ashley.flowers@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.

VIRTUAL EDUCATION

TEXT CHALLENGE

Text Challenge is a simple text-based challenge that can help participants engage and socialize, which is important to overall health and well-being. To take part, the only thing needed is a smartphone, tablet or other device with text capability.

Registration is required.

CRACK THE CODE

Crack the Code can be an easy way to help connect and mingle. Participants will work to unscramble words to reveal a phrase. Participants will receive instructions when registration happens.

Registration is required.

TECHNOLOGY Q & A

Do you have technology questions? Technology Trainers are available to help Monday-Fridays from 1-3pm. Please call (251) 456-9960. Trainers will be able to assist with general technology questions. More advanced questions, such as virus removal, should be directed to trained professionals.



ADAPTIVE LEISURE LIFESPAN COMPLEX (ALL COMPLEX)

1301 AZALEA RD., MOBILE AL 36693 | (251) 208-1671 | HOURS: MON.-FRI. 9AM-5PM

CENTER MANAGER: HEIDI HANCHEY | Allcomplex@cityofmobile.org

*The ALL Complex is open. Our programs are operating with new procedures to protect public health.
To sign up for classes or to become a member, call the front desk.*

OPEN GAMES

1/10-5/20	Tues. & Thurs. 9am-Noon
	Mexican Dominoes
1/10-5/20	Tues. - Thurs. Noon-5pm
	Bid Whist
1/10-5/20	Wed. 9am-5pm
	Pinochle
1/10-5/20	Mon. & Thurs. 1:30-4:30pm
	Canasta & ROK

CRAFTING WITH TODDLERS

This monthly program for toddlers & preschoolers features a different theme each month with craft and story time around it. It is available to toddlers and their guardians.

1/18	Tues. 1-2pm	Sea life Magnet
2/15	Tues. 1-2pm	Windsock
3/15	Tues. 1-2pm	Wacky Animals
4/19	Tues. 1-2pm	Bugs on Wheels
5/17	Thurs. 1-2pm	Kite Making

LIL' DEB'S CRAFTS

Contact Heidi 208-1081 to get supply list and RSVP.

Instructor: Heidi Hanchey

1/7	Fri. 1pm	Mardi Gras Wreath
2/4	Fri. 1pm	Decoupage Clay Pots
3/4	Fri. 1pm	Easter Egg Wreath
4/1	Fri. 1pm	Yarn Egg
5/6	Fri. 1pm	Tissue Paper Flowers

CRICUT

Come learn how to cut and create designs from various materials like paper, vinyl and iron-on.

Instructor: Heidi Hanchey

1/14- 5/15	Fri. 1pm
Except first Friday of every month	

BASIC YOGA



Gain strength, increase balance and learn relaxation exercises along with proper alignment and breathing.

Yoga helps relieve stress and build strength and equilibrium.

Bring a sticky mat and a regular towel. The fee is payable to the instructor. Call (251) 367-4280 for more information or to register MPRD.recdesk.com

Instructor: Irene Callaway

1/7-1/25	Tues. 11am-Noon	\$20
2/1-2/22	Tues. 11am-Noon	\$20
3/8-3/29	Tues. 11am-Noon	\$20
4/5 -4/26	Tues. 11am-Noon	\$20
5/3 -5/31	Tues. 11am-Noon	\$25
1/7-1/28	Fri. 11am-Noon	\$20
2/4-2/25	Fri. 11am-Noon	\$20
3/4-3/25	Fri. 11am-Noon	\$20
4/1-4/29	Fri. 11am-Noon	\$25
5/6-5/27	Fri. 11am-Noon	\$20

BOOM MIND YOGA



Boom Mind Yoga is a fusion of yoga and Pilates. Help improve flexibility along with athletic performance.

Call (251) 666-3922 for more information or to register.

Instructor: June Jones

1/10-5/16	Mon. 9am	Circuit
1/11-5/17	Tues. 9am	Yoga
1/12-5/18	Wed. 8am	Yoga
	9am	Weight Resistance
1/13-5/19	Thurs. 9am	Boom Yoga
1/14-5/20	Fri. 9am	Yoga
	9:30am	Meditation
	9:45am	Circuit

WALKING AND STRETCH



A brisk walk in the gym followed by stretching exercises. For more information call (251) 605-2008

or Glowe3@yahoo.com.

Instructor: Gerry Lowe

1/14-5/27	Fri. 9am
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ADAPTIVE LEISURE LIFESPAN COMPLEX (ALL COMPLEX)

BODY SCULPTING



Body Sculpting is a strength-training workout that combines flexibility and cardiovascular conditioning. It is highly recommended to those wanting a weight loss program. Classes are geared to accommodate all fitness levels. For more information call (251) 605-2008 or Glowe3@yahoo.com

Instructor: Gerry Lowe

1/10-5/25 Mon. & Wed. 9am

CHAIR AEROBICS



Chair aerobics is a safe, effective, low impact workout that is good for all fitness levels. For more information call (251) 605-2008 or Glowe3@yahoo.com

Instructor: Gerry Lowe

1/11-5/20 Tues. & Thurs. 9am

OPEN ART LAB

In this self-led activity participants bring their own art supplies and encourage and help each other.

Instructor: Heidi Hanchey

1/10-5/16 Mon. 9am-1:30pm

1/14-5/25 Wed. 9:30am-12:30pm

BEGINNER ART CLASS

Looking for beginner watercolor enthusiasts! Nurture your creativity through the relaxation therapy of art. This is a non-judgmental approach to watercolor classes. A supply list will be given on first day of class.

1/14 - 5/13 Fri. 10am-Noon

SPORTS AND CONDITIONING



Focus on core, condition and sports agility. Helps you stay in shape or get in better shape. Good for all sports. For more information call (251) 605-2008 or Glowe3@yahoo.com

Instructor: Gerry Lowe

1/10-3/29 Mon. 3:30-5pm

4/4-5/16 Mon. 3:30-5pm

1/12-3/30 Wed. 3:30-5pm

4/6-5/25 Wed. 3:30-5pm

WOODCARVING

Self-led workshop. Plenty of people are willing to mentor first-time wood carvers. Come try out this hobby.

1/10 Mon. 2-5pm

2/7 Mon. 2-5pm

3/7 Mon. 2-5pm

4/4 Mon. 2-5pm

5/2 Mon. 2-5pm

PICKLEBALL PLAY (Reservations Only)

Pickleball is a cross between badminton, tennis and ping-pong. It is played on a badminton-sized court with wooden paddles, a whiffle ball and a net that is lowered to 34 inches. It is a fun easy to learn sport for people of all ages and athletic abilities.

Pickleball Protocol

- One court set up, with a maximum of four people.
- Play lasts for an hour and a half and it is open play.
- Participants must bring their own Pickleball paddles and balls.
- Players will only serve their ball.
- You must sign up and reserve a time slot to play.
- There are four 1 ½ hour time slots available each day.
- You are only allowed to sign up for one time slot per day.

1/10-5/20 Mon.-Fri. 9:30-11am

1/10-5/20 Mon.-Fri. 1-2:30pm



THERAPEUTIC PROGRAMS

PROGRAM MANAGER: LADARREL BELL | 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 AND DRILLS

(Ages 10 & Up)

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

1/13-3/31 Thurs. 10am-Noon
Location: ALL Complex

ADVANCE 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.

1/13-5/19 Thurs. 3-5pm
Location: ALL Complex

ADAPTIVE VOLLEYBALL (Ages 10 & Up)

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

3/7-4/25 Mon. 10am-Noon
Location: ALL Complex

ADAPTIVE BOCCE BALL (Ages 10 & Up)

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

1/10-2/21 Mon. 10am-Noon
Location: ALL Complex

ADAPTIVE PICKLEBALL (Ages 10 & Up)

Pickleball is a sport that combines the games of tennis, ping pong and badminton. This game can be adapted to accommodate individuals who use wheelchairs.

4/7-5/19 Thurs. 10am-Noon
Location: ALL Complex

ADAPTIVE SOFTBALL (Ages 10 & Up)

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

4/9-4/23 Thurs. 10am-Noon
Location: Doyle Park

ADAPTIVE FLAG FOOTBALL

An opportunity for members to enjoy America's favorite sport. Players benefit by being physically active through non-contact, continuous action while learning the fundamentals of football, lessons in teamwork and sportsmanship. Individuals who want a program with less emphasis on competition and winning, and more emphasis on FUN. This activity is adaptive for wheelchair users.

4/5-5/17 Tues. 3-5pm
Location: ALL Complex ALL Complex

REEL FUN FISHING (Ages 16 & Up)

The Reel Fun Fishing program will help to make fishing in city parks an easy option for anyone who might want to try it out. This class will include information about fishing tips and techniques, fish species and information about obtaining a fishing license. An Alabama fishing license is required for individuals ages 16-64.

4/30-5/14 Thurs. 10am-Noon
Location: Arlington Park

REC-XERCISE (Ages 10 & Up)

Learn to use various equipment to actively engage in fun exercise routines which can be replicated at home. Exercises can be adapted to meet all ability levels.

4/8-5/20 Fri. 10am-Noon
Location: ALL Complex

ARTISM: ART WITH AUTISM

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

1/12-5/17 Tues. 10am-Noon
Location: ALL Complex



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

THERAPEUTIC PROGRAMS

SIMPLE SIGN LANGUAGE

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

1/11-5/17 Tues. 3-5pm
Location: ALL Complex

SNAP BOWLING—

SPECIAL NEEDS ATHLETES PROGRAMS

 SNAP of Alabama strives to bring competition to all. This session lasts a span of 10-11 weeks. In order to compete, athletes can make a team of their friends or be placed on a team. Each team needs three special athletes and a coach or guardian, making up a team of four. Bowling takes place every Saturday morning at 10 AM during the session. Teams are able to pick their team name. Bowlers are able to bowl three games each Saturday and record their scores. At the end of the year there is an award ceremony to honor all of our special athletes and the hard work they have put in through the session. Sign up is open now for the next session. Grab your spot today!

Instructor: Joe Marshall, SNAP of Alabama

Email: joe@snapofalabama.com

Call for more information: Phone: (251) 366-9978

1/8-3/26 Sat. 9:30am-12:30pm
Location: Skyline Lanes
Single Athlete: Includes 3 games of bowling & shoes
 \$8/week
Team: Includes 3 games of bowling & shoes
 \$24/week
Single Athlete: Includes 3 games of bowling & shoes
 \$88/session
Team: Includes 3 games of bowling & shoes
 \$240/session

THERAPEUTIC YOUTH MARCHING BAND (Ages 5-18)

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

1/10-5/16 Mon. 5-7pm
1/12-5/18 Wed. 5-7pm
Location: ALL Complex

T.A.P.S. (Therapeutic Adult Percussion Squad)

(Ages 16 & Up)

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

1/12-5/18 Wed. 10am-Noon
Location: ALL Complex

LINE DANCING

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

2/11 Fri. 10am – Noon
3/11 Fri. 10am – Noon
Location: ALL Complex

BINGO BONANZA

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

2/18 Fri. 10am – Noon
3/18 Fri. 10am – Noon
Location: ALL Complex

WORLD AUTISM AWARENESS DAY SENSORY JUBILEE

We are helping to bring awareness to autism spectrum disorder and celebrate all the wonderful individuals with autism who bring happiness into our lives. Engage in sensory stimulating activities and games. Learn about some of the unique abilities of individuals with autism.

4/1 Fri. 10am – Noon
Location: ALL Complex

KARAOKE AND COCOA

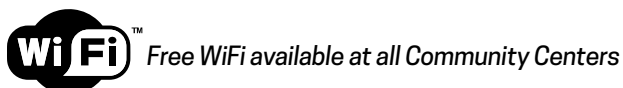
Lounge and listen to the melodies or step up to the microphone and sing your favorite song. Let us know if you like your hot cocoa with or without marshmallows.

1/14-2/4 Fri. 10am – Noon
Location: ALL Complex

GAME ON!

Learn to play various video games on the XBOX and Wii gaming stations. From race car driving to interactive games, enjoy them all. Also learn to play different board games including checkers, chess and backgammon.

1/10-5/16 Mon. 1-5pm
1/11-5/17 Tues. 1-5pm
1/12-5/18 Wed. 1-5pm
1/13-5/19 Thurs. 1-5pm
Location: ALL Complex



SENIOR & THERAPEUTIC PROGRAMMING

PROGRAM MANAGER: GUYNASHA DEWEEVER | (251) 802-5356

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 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 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. Must register for a center meal.

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

Hours: 9am-1pm

STAY ACTIVE AND INDEPENDENT FOR LIFE PROGRAM



(New)

Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly.

1/10 -5/18 Mon. & Wed. 1:30-2:30pm
Location: Hillsdale Community Center

BINGOCIZE (New)



Bingocize is a 10- week program designed to increase physical activity and reduce sedentary behavior. Specifically, Bingocize can increase older adults' functional fitness, knowledge of fall prevention and social engagement in variety of settings, including community senior centers.

1/18-5/20 Tues. & Thurs. 12:30-1:30pm
Location: Parkway Senior Center

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 or at 251-208-6169.



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 | chmrscc@cityofmobile.org

ADVANCED OIL

This is an advanced oil painting class for experienced students to build upon their skills in oil painting using water-based oils.

Instructor: Carmel Alvis

1/13-5/19 Tue. 12:30-3pm

PAINTING FOR BEGINNERS

This class is for the true beginner using water-based oil paints. Each student is responsible for their supplies.

Instructor: Carmel Alvis

1/11-5/17 Tue. 9-11am

MIXED MEDIA

This class allows students to work in various mediums.

Instructor: Carmel Alvis

1/12-5/18 Wed. 9-11am

ARTS AND CRAFTS

Join us on the second Wednesday of each month to learn about a new art activity. Participants are encouraged to pre-register for supplies and materials.

Instructor: Carmel Alvis

1/12 Wed. 1:30pm
2/3 Wed. 1:30pm
3/9 Wed. 1:30pm
4/13 Wed. 1:30pm
5/11 Wed. 1:30pm

CRICUT

Come learn how to cut and create designs from various materials like paper, vinyl and iron-on.

Instructor: Carmel Alvis

1/19 Wed. 1:30pm
1/26 Wed. 1:30pm
2/16 Wed. 1:30pm
2/23 Wed. 1:30pm
3/16 Wed. 1:30pm
3/23 Wed. 1:30pm
4/20 Wed. 1:30pm
4/27 Wed. 1:30pm

IPHONE CAMERA CLASS

This is a class to learn how to use your iPhone in various ways and applications to take better photos.

Instructor: Carmel Alvis

3/10 Thur. 9:30am
3/17 Thur. 9:30am
3/31 Thur. 9:30am
4/7 Thur. 9:30am
4/21 Thur. 9:30am
4/28 Thur. 9:30am

BILLIARD ROOM

Open weekdays from 8am to 5:30pm to men and woman 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. Practice until you win a monthly tournament.

DRAWING CLASS

This class teaches the basics of drawing for the beginner and builds on drawing concepts for the more skilled student.

Instructor: Carmel Alvis

1/10-5/16 Mon. 9-11am

CREATIVE WRITING



This genre includes poetry, fiction (novels, short stories), scripts, screenplays and creative non-fiction.

Instructor: Kate Duthu

1/11-5/17 Tue. 11:30am-12:30pm

OPEN ART LAB

In this self-led activity participants bring their own art supplies, encourage and help each other.

Instructor: Carmel Alvis

1/10-5/16 Mon. 1-3pm
1/12-5/17 Tue. 1-3pm
1/14-5/20 Fri. Noon-3pm

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.

Instructor: Joby Robertson

1/10-5/16 Mon. 8-8:45am



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.

Instructor: Joby Robertson

1/10-5/16 Mon. 10-10:45am

1-13-5/19 Thurs. 4-5pm

ZUMBA 101



This class is a mixture of low and high-intensity moves for an interval-style, calorie-burning dance party.

Instructor: Lillie Crowley

1/10-5/16 Mon. 4:30-5:15pm

SILVER SNEAKERS CHAIR YOGA



Can't get down on the floor, don't feel comfortable standing for long periods of time or recovering from an injury that doesn't allow you to do your usual activities? Chair yoga may be your answer! These seated yoga moves are designed to increase flexibility, balance and range of movement.

Instructor: Joby Robertson

1/11-5/17 Tues. 8:30-9:15am

CIRCUIT TRAINING



This standing class alternates upper-body strength work with low-impact cardio to maximize fitness benefits. A chair and handheld weights or tubing are recommended.

Instructor: Joby Robertson

1/10-5/16 Mon. 9-9:45am

TAI CHI



A series of gentle physical exercises and stretches. Each posture flows into the next without pause, ensuring that your body is in constant motion. Tai chi is sometimes described as meditation in motion because it promotes serenity through gentle movements — connecting the mind and body.

Instructor: Al Walsh

1/13-5/19 Thurs. 1-2pm

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.

1/14-5/20 Fri. 10-11am

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.

1/11-5/17 Tues. 10am-3pm

1/13-5/19 Thurs. 10am-3pm

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

1/10-5/16 Mon. 8:30-9:30am

PICKLE BALL

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.

1/11-5/17 Tues. 3-5pm

OPEN LINE DANCE WITH WAYNE

Come and join us for music, fun and dancing in a safe environment.

Instructor: Wayne Dunkin

1/12-5/18 Wed. 1-2:30pm

ITALIAN

Come and learn Italian language basics. from common phrases to more advanced concepts. with our wonderful instructor.

Instructor: Filippo Milone

1/12-5/18 Wed. 3-4pm

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.

Instructor: Carl Lewis

1/11-5/17 Tues. Noon-12:30pm



Free WiFi available at all Community Centers

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.

1/14-5/20 Fri. 11am-2pm

BINGO

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

1/11-5/17 Tues. 2:30-3:30pm

1/13-5/19 Thurs. 2:30-3:30pm

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!

1/13 Thurs. 1-2:30pm

2/10 Thurs. 1-2:30pm

3/10 Thurs. 1-2:30pm

4/8 Thurs. 1-2:30pm

5/13 Thurs. 1-2:30pm

OPEN DOMINOES

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

1/12-5/18 Wed. 11:15am-1pm

ROOK

The object of the game is to be the first team to reach 300 points by capturing cards with a point value in tricks. If both teams have over 300 points at the end of a round, the team who has the highest point total wins. Only certain cards have a point value. These are known as counters. Each 5 is worth 5 points, each 10 and 14 is worth 10 points, and the Rook Bird card is worth 20 points.

1/12-5/18 Wed. 9-11am

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.

Instructor: Joby Robertson

1/12-5/18 Wed. 9-9:45am

SILVER SNEAKER STABILITY 30MIN



This stability class is a drills and skills class set to music and is designed to improve balance, agility and increase power.

Instructor: Joby Robertson

1/11 - 5/17 Tues. 10-10:30am

SILVER SNEAKER 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.

Instructor: Joby Robertson

1/11-5/17 Tues. 9:30-10:15am

PARKS AND PICNIC TOUR

Come and join us for a relaxing lunch in some of Mobile's most beautiful parks.

Driver: Adam Jackson

1/14 Fri. 10am-1pm Medal Honor Park

2/11 Fri. 10am-1pm Tricentennial Park

3/11 Fri. 10am-1pm Arlington Park

4/8 Fri. 10am-1pm Doyle Park

5/13 Fri. 10am-1pm McNally Park

WALK WITH EASE (New)

Walk With Ease is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Instructor: Adam Jackson

1/10 - 5/18 Mon. & Wed. 9-9:45am



PARKWAY SENIOR CENTER

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

CENTER MANAGER: EDMAR ESPINA, CTRS | parkwayseniors@cityofmobile.org

FOLLOW US ON FACEBOOK! WWW.FACEBOOK.COM/PARKWAYSENIORS

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.

1/10-5/20 Mon.-Fri. 9am-1pm

GARDENING CLUB

Parkway Senior Center, in partnership with Alabama Cooperative Extension, started a gardening club last fall! Seniors will learn how to garden, what to grow, and when and how to plant. Come and experience all the benefits of gardening!

1/13-5/19 Thurs. 10-11am

SENIOR COMPUTER EDUCATION CLASSES

Never been good with using a computer? Join us every first Monday of the month for our monthly senior computer education class in partnership with the Mobile Public Library. Feel free to ask us for help with anything computer related at the end of the classes!

Instructor: Lucile Coleman

1/10-5/16 First Mon. of every month.
10:30-11:30am

BINGOCIZE



Bingocize is a 10-week program designed to increase physical activity and reduce sedentary behavior.

Specifically, Bingocize can increase older adult's functional fitness, knowledge of fall prevention and social engagement in variety of settings, including community senior centers.

1/18-5/19 Tues. & Thurs. 12:30-1:30pm

LIVING WELL ALABAMA

Living Well Alabama is a FREE six-week health education workshop sponsored by the Area Agency on Aging. This workshop is for people with chronic health conditions who wish to practice healthier lifestyle choices, improve life skills and learn tools to help manage symptoms. The program is also great for caregivers. Join us for an opportunity to get your life back! Please register at the front desk or call Carol Massey at (251) 445-3823.

1/20-3/20 Thurs. 8:45-11:15am

QI GONG

Come experience this workout that originated from China that combines repetitive movements, breathing techniques, focused intention and meditation to achieve harmony and balance. You can practice this low impact exercise at your own pace anytime or anywhere, if you feel comfortable with the movements.

Instructor: Jaime Le

1/14-5/20 Fri. 12:15-1:15pm, once a month

PARKWAY OPEN FITNESS

Come and use our brand new cardio and fitness rooms! Get into better shape and sign up for a free fitness membership today. Please note that a signed doctor's release form will be needed to access the fitness room.

1/10-5/20 Mon.-Fri. 7:30am-5:30pm

PARKWAY COMPUTER LAB

Parkway Senior Center has a computer lab for seniors to use so they can surf the web, look up recipes and stay updated with the current news!

1/10-5/20 Mon.-Fri. 7:30am-5:30pm

BILLIARDS AND OPEN GAMES

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

1/10-5/20 Mon.-Fri. 7:30am-5:30pm

CHAIR FITNESS

Come participate in these easy but effective, low-impact full body workouts to help keep fit every Monday and Wednesday!

1/10-5/20 Mon. 9:30-10:am

1/12-5/18 Wed. 9:30-10am

BINGO

Join us for an hour of fun-filled bingo and get a chance to win prizes!

1/10-5/16 Mon. 1-2pm

1/14-5/20 Fri. 10-11am

BIBLE STUDY

Join us every Tuesday as we learn to understand more about the Bible.

1/11-5/17 Tues. 10:30-11:30am

TRICKSEY SENIOR CENTER

3100 BANKS AVENUE, MOBILE AL 36617 | (251) 456-6690 | HOURS: MON.-FRI. 8AM-1PM

PROGRAM MANAGER: GUYNASHA DEWEEVER | Trickseyseniorcenter@cityofmobile.org

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

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.

ARTS AND CRAFTS

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

1/10-5/20 Mon.-Fri. 9-10am

BIBLE STUDY

Learn life lessons and more about the Bible in this study group.

1/10-5/27 Mon. & Tues. 10-11am

BINGO

Enjoy a game of bingo with us.

1/14-5/17 Fri. 10-11am

CHAIR EXERCISE

Full body workout with balance exercises done in a chair.

1/10-5/20 Mon.-Fri. 9:15-10:30 am

WALK WITH EASE

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

1/11-5/19 Tues. & Thurs. 9:45-11am

OPEN GAMES

Open Games include air hockey, ping-pong, checkers, card games and chess.

1/10-5/20 Mon.-Fri. 8am-1pm

MUSIC

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

1/14-5/20 Fri. 9-9:30am



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

JUNIOR CLINICS & FEES

All junior clinics are one hour long, twice a week

Mighty Mites	Age 5	\$35/session
8 & Under	Ages 6-8	\$90/session
10 & Under	Ages 9-10	\$90/session
11 & Up	Ages 11-17	\$90/session

SESSION 1: 1/3-1/27

Registration Deadline: 12/27

Mighty Mites	Mon. 3:30-4pm
8 & Under	Mon. & Wed. 4-5pm
10 & Under	Tue. & Thurs. 5-6 pm
11 & Up	Tue. & Thurs. 4-5pm

Rain Make-up Week: 1/31-2/4

SESSION 2: 2/14-3/11

Registration Deadline: 1/27

Mighty Mites	Mon. 3:30-4pm
8 & Under	Mon. & Wed. 4-5pm
10 & Under	Tue. & Thurs. 5-6 pm
11 & Up	Tue. & Thurs. 4-5pm

Rain Make-up Week: 3/14-3/18

ADULT CLINICS & FEES

All adult clinics are one hour long, once a week for four weeks

Adult Beginner	Ages 18 & Up	\$50/session
Adult Intermediate	Ages 18 & Up	\$50/session
Adult Beginner Cardio	Ages 18 & Up	\$50/session
Adult Intermediate Cardio	Ages 18 & Up	\$50/session

SESSION 3: 3/28-4/22

Registration Deadline: 3/21

Adult Beginner	Mon. 6-7pm
Adult Intermediate	Mon. 7-8pm
Adult Beginner Cardio	Wed. 6-7pm
Adult Intermediate Cardio	Wed. 7-8pm

Rain Make-up Week: 4/25-4/29

SESSION 4: 5/9-6/10

Registration Deadline: 5/2

Adult Beginner	Mon. 6-7pm
Adult Intermediate	Mon. 7-8pm
Adult Beginner Cardio	Wed. 6-7pm
Adult Intermediate Cardio	Wed. 7-8pm

Rain Make-up Week: 6/13-6/17



TENNIS CENTERS

COTTAGE HILL TENNIS CENTER — MEDAL OF HONOR PARK

1711 HILLCREST RD., MOBILE, AL. 36695 | (251) 666-9539

HOURS: MON.-THURS. 8-11AM, 5-9PM | GATES ARE OPEN 8AM-9PM

Individual or group tennis lessons for all ages are offered at Cottage Hill Tennis Center.

Contact teaching pros for available time and rates:

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



PARKS AND RECREATION PROGRAMMATIC PARTNERSHIP TIMELINE FOR FALL 2022

The City of Mobile Parks and Recreation Department (MPRD) is looking for individuals and organizations for programmatic services. We are actively recruiting partners in areas such as dance, fitness, tutoring, mentoring, art, theatre, and other fun activities/programs in MPRD facilities.

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

All selected partners will be required to sign a Facility Use Agreement with the City of Mobile. Program facilitation will begin Fall 2022.

APRIL 8 Programmatic Partnership Application released

APRIL 12 Mandatory Technical Assistance Workshops
Tuesday, 6-7:30pm
Conducted over Zoom

APRIL 13 Mandatory Technical Assistance Workshops
Wednesday, 10:30am–Noon
Conducted over Zoom

APRIL 14 Mandatory Technical Assistance Workshops
Thursday, 6-7:30pm
In Person Meeting (Dependent upon COVID guidelines)
MPRD Administrative Offices, 48 North Sage Ave.

Partnership Application Submission Deadline:
Friday, May 6, 2022, at 5pm

For additional information email us at MPRDPrograms@cityofmobile.org

EVENTS

Please follow us on Social Media to keep up to date on the events you are planning to attend.

LoDa ARTWALK

Downtown Mobile

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

With the LODA ArtWalk in its 17th year, the event seems to be getting better each month. Join downtown art galleries, institutions, studios and unique shops as they open their doors and welcome you. See beautiful artwork, sample delicious foods and hear the sounds of the LODA ArtWalk. Please contact any participating art gallery to find out how to display your artwork.

 @LODAartwalk #LODAartwalk

SATURDAYS AT THE COOP

Cooper Riverside Park, 1 Government Street

Saturdays, following LODA ArtWalk Fridays, 7-10pm

1/15 - 12/10,

Join us and enjoy a variety of bands/entertainment, food trucks, local vendors and more at Cooper Riverside Park. Adult beverages are available for purchase. Saturdays at the Coop is brought to you every Saturday following LODA ArtWalk Friday! Music genres vary.

Entertainment calendar for the Winter/Spring:

1/15 The Six Piece Suits (party band)

2/12 Boukou Groove Band (funk/soul/jazz)

3/21 Red and the Revelers (blues)

4/9 Kickstand Jenny *3-5pm During Kites Over Mobile at Battleship Park* (rock)

5/14 Brandon Blackburn (country)

 #NightsAtTheCoop

LIGHTING OF THE MARDI GRAS TREE

Mardi Gras Park, 109 Government Street

1/15 Sat. 5:30-6:30pm

Stop by the newly renovated Mardi Gras Park for the Lighting of the Mardi Gras Tree, then follow us as we all head over to Cooper Riverside Park for a celebration! We will celebrate both the Mardi Gras Tree, as well as the kick-off of our Saturdays at the Coop 2022 Concert Series! Concert will feature The Six Piece Suits! Show will run 7-10pm at Cooper Riverside Park, 101 S. Water Street.

KIDS DAY: QUARTERLY KIDS DAY EVENTS

1. Medal of Honor Park, 1711 Hillcrest Road

1/8, Sat. 10am – 2pm

Music, games, food, fun and a Power Wheels Race! Register for the Power Wheels Race at www.MPRD.recdesk.com Registration is free.

2. James Seals Park

540 Texas Street

4/23, Sat. 5:30 – 8:30pm

Make Believe Day! Dress as your favorite character from a book, movie or TV show! Meet some of your most beloved characters in the park and listen to story time! Tethered hot air balloon rides offered throughout the evening.



EVENTS

Please follow us on Social Media to keep up to date on the events you are planning to attend.

BLACK HISTORY MONTH

Celebrate Black History throughout the entire month of February!

- Join us on Wednesdays, 6pm, at James Seals Park for weekly movie events, with some powerful panel discussions. Discussions led by Dr. Raoul Richardson. Movies include:
 - 2/2 From the Rough
 - 2/9 Judas & the Black Messiah
 - 2/16 The Immortal Life of Henrietta Lacks
 - 2/23 42
- Follow us on social media for 28 days of Black History facts.
- Visit the Art Gallery Show at Connie Hudson Senior Center, Monday – Friday, 7:30a – 5:30p. Check out African-American Art from some of your favorite senior artists.
- Wrap up Black History Month with a final movie, panel discussion, music and a vendor market featuring black businesses in partnership with ACCEL Academy on 2/23!

“FRIDAY NIGHT LIVE”

Quarterly Concert Series

Cathedral Square, 300 Conti Street

2/11, Fri. Event starts at 5pm, concert begins at 5:30pm. Friday Night Live will showcase six different brass bands in celebration of Mardi Gras!

Cooper Riverside Park, 1 Government Street

5/27 Fri. Gates open at 6pm, concert begins at 7pm. Performances By: Smokey Jones and the Three Dollar Pistols and the Spunk Monkees! We invite you to tie up your boat next to the park for a yacht rockin’ good time! Join us for fun, food, and great music #FNLMobile



WOMEN’S HISTORY MONTH

Celebrate Women’s History throughout the entire month of March!

- Join us on Mondays in March for some March Madness: “Shop til You Drop,” shopping events. 6-9pm at Cooper Riverside Park: music, food trucks and lots of shopping!
- Follow us on social media for Words for Women Wednesdays throughout the month to hear messages from women in and around our area.
- Wrap up Women’s History Month with Ladies Night Out Sip N Paint at Cooper Riverside Park on the 28th from 6-9pm. \$25 Registration online at www.MPRD.recdesk.com

SIP ‘N PAINT: QUARTERLY PAINTING SERIES

Cooper Riverside Park, 1 Government Street

3/28, Mon. 6-9pm

Wrap up Women’s History Month with Ladies Night out at Cooper Riverside Park sipping, painting, singing, dancing, eating and having a lot of fun!

\$25 Registration online at www.MPRD.recdesk.com

 #SipNPaintMobile

MOVIES IN THE PARK

We are back with another round of Movies in the Park! We have movies for both adults and kids again this session! #DiscoverYourParks, hang out, play games, snack, watch movies and so much more! Let us know you’re coming by registering for the movie at www.MPRD.recdesk.com (Registration preferred, but not required)

Movies in the Park: Kids (Thurs. 6:30pm)

- 3/10 Public Safety Memorial Park – We Are Blood
- 3/17 Tricentennial Park – Leap
- 3/24 New House Neighborhood Center & Park – The Blind Side
- 3/31 Lavretta Park – Moana

Movies in the Park: Adults (Thurs. 7:30pm)

- 4/7 Heroes Park – The Lost Boys
 - 4/14 Connie Hudson Senior Center – Moms’ Night Out
 - 4/21 Mardi Gras Park – Grease
 - 4/28 Spanish Plaza – Desperado
- *Movie to be played in Spanish*

EVENTS

Please follow us on Social Media to keep up to date on the events you are planning to attend.

SPRING FLING

Dotch Community Center/Trinity Gardens Park
3100 Bank Ave.

4/16, Sat. 10am-4pm

So much is happening at Mobile's Spring Fling! We have something for the whole family. Come check out the activities: Easter Egg Hunt, Easter Bunny photos, food trucks, vendors, petting zoo, face painting, inflatable bounce houses, music and more!

ROLL MOBILE

Bienville Square, 150 Dauphin Street

5/13-10/14, Fri. 6-9pm

Get your skates street ready and Let's Roll, Mobile! The Mobile Parks and Recreation Department is turning all of Bienville Square into an outdoor roller-skating rink! Entry to the skating event is free. Come on out, listen to the LIVE DJ and skate the Square with us on the second Friday of the month! May - October #RollMobile

MARKET IN THE PARK

Cathedral Square, 300 Conti Street

5/7-7/16, Sat. 7:30am-Noon

Buy locally grown, locally produced and homemade items at Market in the Park!

 @MarketsInMobile #MarketInThePark

Trinity Gardens Park, 3100 Bank Ave.

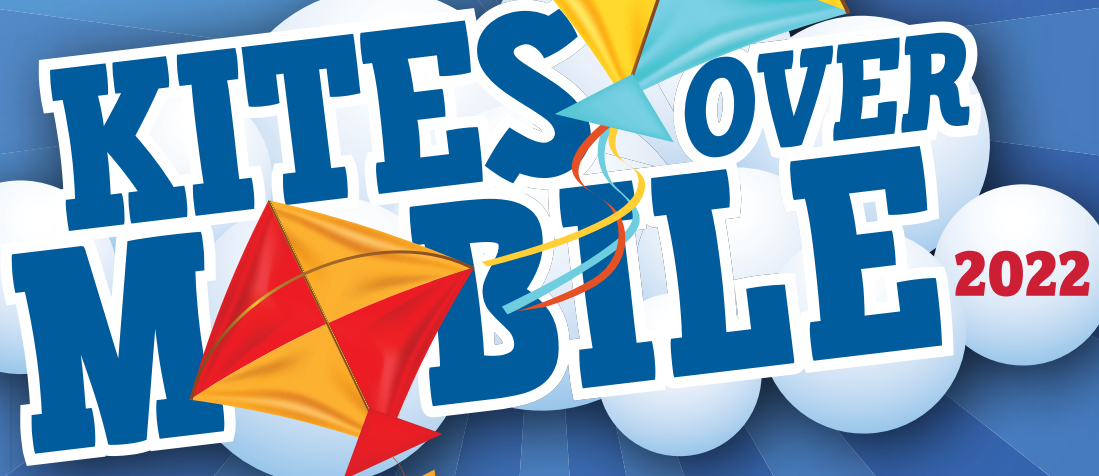
5/26-7/14, Sat. 3-6pm

Buy locally grown, locally produced and homemade items at Market in the Park!

 @MarketsInMobile #MarketInThePark





The graphic features the text "KITES OVER MOBILE" in large, bold, blue letters with a white outline, set against a background of stylized white clouds. To the right of the text is the year "2022" in red. Two kites are flying: a yellow and blue diamond-shaped kite with a red heart in the center, and a red and orange diamond-shaped kite. A string of colorful triangular flags hangs from the bottom of the kites. The background is a dark blue gradient with a silhouette of a city skyline at the bottom.

KITES OVER MOBILE 2022

The City of Mobile Parks and Recreation Department
hosts the **2nd Annual** Kites Over Mobile!

Sat. April 9: 10am-5pm

Sun. April 10: Noon-5pm

Battleship Memorial Park

2703 Battleship Parkway, Mobile, Alabama 36602

**A Kite Festival full of high-flying FUN
for the entire community!**

- ❖ Professional Kite Flying Demonstrations ❖
- ❖ Show Kite Displays ❖
- ❖ Live DJ ❖
- ❖ Food Trucks ❖
- ❖ Kites for sale onsite OR bring your own! ❖

For more information visit www.cityofmobile.org/parks

Follow us on social media for
last-minute details and any weather-related updates.



#KitesOverMobile

