



JUNE & JULY 2024

A GUIDE TO HAVING FUN IN MOBILE, ALABAMA

# ACTIVITY GUIDE

DAY CAMPS | ACTIVE SENIORS | DISC GOLF | PICKLEBALL | & MORE!





# WELCOME

## A Message from Mayor Stimpson

With dozens of fantastic public parks, community centers, senior centers, and tennis, golf, and aquatic facilities, there are countless ways to get outside and enjoy summer in the City of Mobile. The Mobile Parks and Recreation Department has put together this Activity Guide to showcase the diverse range of programs, summer camps, activities, and events available to Mobilians of all ages and interests.

With specialized programming for children, teenagers, young adults, seniors, and citizens with special needs, MPRD has something for everyone to enjoy this summer. If you're looking to cool off, our aquatics offerings include pools, splash pads and swimming lessons at facilities across the community. MPRD and its partners also offer a wide range of programming, from fitness, arts and culture, and recreational sports to educational classes on fencing, cooking, music, sewing, gymnastics, and many other engaging subjects.

This Activity Guide provides all the tools you need to make this summer memorable for you and your family. In closing, I want to thank all the dedicated MPRD staff members, programmatic partners, volunteers, and participants who make these enriching experiences possible. I hope you find something to celebrate this summer in the City of Mobile.

Sincerely,



William S. Stimpson  
108<sup>TH</sup> Mayor of Mobile, Alabama



### VISION

FUN AND SAFE PLACES  
WHERE EVERYBODY IS  
SOMEBODY

### MISSION

TO INCREASE THE SOCIAL,  
EMOTIONAL AND PHYSICAL  
WELL-BEING OF OUR  
COMMUNITY BY PROVIDING  
DIVERSE ACTIVITIES IN  
SECURE AND WELCOMING  
SPACES.

### CORE VALUES

CUSTOMER SERVICE  
TEAMWORK  
DIVERSITY



## MAYOR, CITY OF MOBILE

William S. Stimpson

## EXECUTIVE DIRECTOR OF PUBLIC SERVICES

Shonnda R. Smith

## DIRECTOR OF PARKS & RECREATION

Kim Carmody

## OPERATIONS MANAGER

Gerard W. McCants

## SUPERINTENDENT OF RECREATION

Shadrach Collins, Jr.

## SUPERINTENDENT OF PARKS

Daniel Otto

## MOBILE CITY COUNCIL

Office: (251) 208-7441

### DISTRICT 1

Cory Penn

[council1@cityofmobile.org](mailto:council1@cityofmobile.org)

### DISTRICT 2

William Carroll

[council2@cityofmobile.org](mailto:council2@cityofmobile.org)

### DISTRICT 3

Council President C.J. Small

[council3@cityofmobile.org](mailto:council3@cityofmobile.org)

### DISTRICT 4

Joel Daves

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### DISTRICT 5

Ben Reynolds

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### DISTRICT 6

Josh Woods

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### DISTRICT 7

Council Vice President Gina Gregory

[council7@cityofmobile.org](mailto:council7@cityofmobile.org)

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



# COMMUNITY CENTERS

## COMMUNITY CENTERS

### JOSEPH C. DOTCH COMMUNITY CENTER

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

### MICHAEL A. FIGURES COMMUNITY CENTER

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

### HARMON-THOMAS COMMUNITY CENTER

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

### HILLSDALE COMMUNITY CENTER

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

### ROBERT HOPE COMMUNITY CENTER

850 Edwards Street, Mobile AL 36610 | 251-456-7639 | Hours: M-F 7:30am-8pm  
Tanya Gullett | tanya.gullett@cityofmobile.org

### LAUN COMMUNITY CENTER

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

### LAVRETTA ART & CULTURE CENTER

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

### NEWHOUSE TEEN CENTER

2960 Alston Drive, Mobile, AL 36605 | 251-470-7753 | Hours: M-F 11am-8pm  
Brittany Heartfield: (251) 470-7753

### RICKARBY RECREATION CENTER

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

### JAMES SEALS COMMUNITY CENTER

540 Texas St., Mobile, AL 36603 | 251-438-7498 | Hours: M-F 7:30am-8pm, S 10am-2pm  
Lashandra Barnes | lashandra.barnes@cityofmobile.org

### SPRINGHILL RECREATION CENTER

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

### STOTTS RECREATION CENTER

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

### THOMAS SULLIVAN COMMUNITY CENTER

351 N. Catherine St., Mobile, AL 36603 | 251-438-7282 Hours: M-F 8am-8pm  
Tanya Gullett | tanya.gullett@cityofmobile.org

## SENIOR CENTERS

### CONNIE HUDSON MOBILE REGIONAL SENIOR CENTER

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

### PARKWAY SENIOR CENTER

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

### TRICKSEY SENIOR CENTER

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





# AND STAFF



## **ATHLETIC & AQUATICS PROGRAMS**

Supervisor: Marcus Fluker

[marcus.fluker@cityofmobile.org](mailto:marcus.fluker@cityofmobile.org)

251-208-1630

Aquatics Coordinator: Derrick Tinsley

[derrick.tinsley@cityofmobile.org](mailto:derrick.tinsley@cityofmobile.org)

251-208-1651

## **THERAPEUTICS**

LaDarrel Bell, M.P.A.

[Therapeutics@cityofmobile.org](mailto:Therapeutics@cityofmobile.org)

251-208-1252

## **AZALEA CITY GOLF COURSE**

Superintendent: Brian Aaron

[aaron@cityofmobile.org](mailto:aaron@cityofmobile.org)

251-208-5162

PGA Head Golf Pro: Colin McKern

[colin.mckern@cityofmobile.org](mailto:colin.mckern@cityofmobile.org)

251-208-5150

## **COMMUNITY CENTERS & PROGRAMS**

Supervisor: LaNisha Rembert-Penn

[lanisha.penn@cityofmobile.org](mailto:lanisha.penn@cityofmobile.org)

251-208-1652

## **TENNIS CENTERS**

Superintendent: Scott Novak

[scott.novak@cityofmobile.org](mailto:scott.novak@cityofmobile.org)

251-208-5181

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

**JUNETEENTH**

Wednesday, June 19

**INDEPENDENCE DAY**

Thursday, July 4

**LABOR DAY**

Monday, Sept. 2



# CAMP LIFE



## MPRDKIDS SUMMER CAMP

Dotch, Hillsdale, Seals, Hope

\$25 | Ages 5-12

M-F | 6/3-8/2 | 7:30am-4:30pm

## MPRDKIDS AFTER-CAMP CARE

Dotch, Hillsdale, Seals, Hope

\$20 | Ages 5-12

M-F | 6/3-8/2 | 7:30am-6:30pm

## TEEN CAREER EXPLORATION CAMP

Springhill | \$25 | Ages 13-15

M-F | 6/3-8/2 | 7:30am-3:30pm

Did you know that gamers get paid, or that arguing could make you cash? #MPRDTween Summer Camp includes career presentations and activities to keep teens engaged and having fun. Campers discover different industries, workplaces, and what passions and skills are needed.

## WILD ONES FREE PLAY

Lavretta Park | Free | Ages 0-11

Th|6/6, 8/1 | 5-7 p.m.

Child of the Wild invites children outside for unstructured free play to foster their creativity, resilience, and independence with nature immersion, physical activity and social interaction. Join us to embrace the joy and wonder of play in the great outdoors! Visit [www.childofthewild.us](http://www.childofthewild.us) for more information. Instructors: Rebecca Baxter & JP Kinney



## LIGHT OF THE VILLAGE SUMMER CAMP

Figures | Free | Ages 5-14

T-F | 6/4-7/19 | 11:30am-3:30pm

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

Instructor: Light of the Village Staff



## KNIGHT LIFE CHRISTIAN DISCIPLE CAMP

Mitternacht | \$50 | Ages 8-13

M-F | 6/3-8/2 | 8am-5pm

Knight Life Christian Disciples Camp is an exciting, fun-filled 7-week leadership development and adventure day camp for boys. We help boys develop and maintain devout moral character and integrity by instilling the virtues of knighthood and chivalry, by teaching chess, and by embodying a servant-style leadership attitude from a Biblical worldview.





# #MPRDKIDS SUMMER CAMPS

## MPRDKIDS SUMMER CAMP (Ages 5-12)

6/3-8/2  
Registration begins 4/1  
Sign up weekly:  
Day Camp Fee:  
Locations:

Mon-Fri 7:30am-4:30pm  
Registration Fee \$25  
First come, first served  
\$25 a week per camper  
Dotch, Hillsdale, Hope, Seals, Sullivan

## MPRDKIDS AFTER-CAMP CARE

6/3-8/2  
Registration begins 4/1

Mon-Fri 4:30pm-6:30pm,  
\$5 a day per camper or \$20 a week

## WEEKLY CAMP THEMES:

### ARTS AND CULTURE (6/3-6/21)

Using the theme of Empathy as the backdrop, campers will start MPRDKids Summer Camp off celebrating arts and culture! They will learn compassion and acceptance of others by participating in empathy skits, learning about customs and traditions of cultures around the world, and honoring the celebration of Juneteenth! Weekly routines will consist of daily wellness checks, mindful movement activities, swim days and field trips, and we will end this three-week session with a Juneteenth Cookout at Michael Dow Amphitheater! Bring on the fun!

### SPORTS AND FITNESS (6/24-7/12)

For this theme, we will start our session off learning new sports and games from all over the world! Have you ever heard of Tuvalu and the game of Te Ano? By the end of this three-week fun-fest, our MPRDKids campers will be able to tell you all about it! They will also be exploring the connection between sports and STEM, and participating in daily functional fitness drills and practices to prepare them for our annual MPRDKids Summer Camp Kids Cup! Empathy topics will include sportsmanship and cooperation, and campers will also engage in discussions on healthy eating habits.

### EDUCATIONAL AND STEM (7/15-8/12)

Science! Technology! Engineering! Mathematics! These final weeks are all about STEM! Throughout the summer, campers participate in daily small STEM projects as a part of their daily rotations. Campers will now have the opportunity to create and engage with larger-than-life projects to be presented at our MPRDKids Camp Science Fair! Ecology is the primary focus topic as campers learn empathy for their environment by way of understanding their personal relationship to and impact on their surroundings. Think "Reduce! Reuse! Recycle!" They will also be visited by the Mobile Firefighters Department.

# TEEN EXPLORATION CAMP

## TEEN CAREER EXPLORATION CAMP (Ages 13-15)

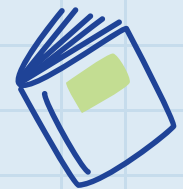
Did you know that gamers get paid? Did you know arguing could make you cash? Did you know that what you already love could give you a paycheck? #MPRDTeen Summer Camp will be centered around how to make career-prep the stepping-stone everyone needs by showing off some of the best industries to become a part of and how to get there. This camp will include interactive presentations from professionals who work in various fields and activities to keep teens engaged and having fun. Each week campers will explore a different type of industries, the people in the workplace, and what passions and skills are needed.

6/3-8/2  
Registration begins 4/1  
Sign Up Weekly  
Springhill Recreation Center

Mon-Fri 7:30am-3:30pm  
Registration Fee \$25  
First come, first served  
\$25 a week per camper

### Weekly Themes:

6/3- 6/7 Arts and Culture  
6/10- 6/14 Medical Field  
6/17- 6/21 IT  
6/24- 6/28 Business  
7/1- 7/5 Legal and Public Safety  
7/8- 7/12 Sports and Fitness  
7/15- 7/19 Architecture and Engineering  
7/22- 7/26 Innovation  
7/29- 8/2 Entrepreneurship and Trades



REGISTER ONLINE:  
[MPRD.RECDESK.COM](http://MPRD.RECDESK.COM)



# BREAKTHROUGH TEENS



## **ONE LOVE BLOCK PARTY | NEW!**

**Langan Park | Free | All ages  
S | 6/1 | 1-5pm**

Join us for a summer block party as we enjoy live music, outdoor activities, and grilled food. Sponsored by MPRD Breakthrough Teens and One Love.

## **HUMP DAY HANGOUT PAINT EDITION**

**Dotch Amphitheater | Free | Ages 16-24  
W | 6/12 | 4:30-7pm**

Come join us for a vibrant and creative teen paint party outdoors, complete with complimentary food and drinks! Unleash your artistic talents in the fresh air while enjoying delicious snacks and refreshing beverages on us. It's the perfect opportunity to relax, socialize, and express yourself through art in a fun and relaxed setting.

## **CAREER PREP FOR TEENS**

**Newhouse | Free | Ages 13+  
T | 6/4-7/30 | 5-6:30pm**

Come learn how to create resumes and prep for interviews. You will also learn about appropriate dress and job etiquette.

## **GRILL & CHILL | NEW!**

**Sage Park | Free | Ages 16-24  
F | 6/28 | 4:30-7:30pm**

A teen and young adult free summer cookout is the perfect opportunity for young people to come together and enjoy delicious food in a relaxed atmosphere. This event can provide a fun and social experience for teenagers and young adults to connect, make new friends, and create lasting memories. With a variety of grilled favorites, refreshing beverages, and lively music, this cookout is sure to be a hit among the younger crowd.

## **TEEN FEUD | NEW!**

**Innovation Portal | Free | Ages 16-24  
F | 7/12 | 6-9PM**

Join us for an exciting teen game show night, open to all teens and young adults, completely free of charge. Enjoy a fun-filled evening with complimentary food, drinks, and a variety of entertaining games to participate in.

## **HUMP DAY HANGOUT MOVIE EDITION**

**Push Cinema | Free | Ages 16-24  
W | 7/17 | 4:30 - 7:30PM**

Enjoy a fun-filled evening at Push Cinema Movie Theater with a free teen and young adult movie night, where teens and young adults can gather to watch the latest films on the big screen. This special event provides an opportunity for young movie enthusiasts to come together, relax, and enjoy a night of entertainment without any cost.

## **TEEN SUMMIT | NEW!**

**Convention Center | Free | Ages 13-18  
S | 8/17 | 10am-2pm**

We have an exciting lineup of speakers discussing leadership, mental health, career development, and more. This offers an opportunity for teens to learn, grow, and connect with like-minded peers in a supportive and inspiring environment.



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



# SENIORS

## ALABAMA ELDERLY NUTRITION PROGRAM

Parkway Senior Center, Hillsdale Community Center, Thomas Sullivan Community Center, Tricksey Senior Center | Free | Ages 60+  
M-F|6/3-8/2|9am-2pm

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

## ARTS & CRAFTS

There is nothing more therapeutic than engaging in arts & crafts in the presence of other creatives! Join us at one of the Senior Centers below for art, fellowship, and fun!

Connie Hudson | Free | AGES 55+  
W | 6/5-7/31 | 9:30-11am

Instructor: Staff

Hillsdale | Free | Ages 55+  
Th | 6/6-8/1 | 10-11am

Instructor: Evelyn McGhee

Tricksey | Free | Ages 55+  
Th | 6/6-8/1 | 1-2pm

Instructor: Beverly Darrington

Thomas Sullivan | Free | Ages 55+  
Th | 6/6-7/30 | 10-11am

Instructor: Gwendolyn Figure

## SURPRISE ACTIVITIES & CRAFTS

Parkway | Free | Ages 55+  
Th | 6/6-8/1 | 10:30-11:30am

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

## HANDMADE CRAFTS

Connie Hudson | Free | Ages 55+  
M | 6/3-7/29 | 10am-12pm

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

## BEGINNER WATERCOLOR

Dotch | Free | Ages 55+  
W | 6/5-7/31 | 2-4pm

Nurture your creativity through the relaxing benefits of art. A supply list will be given on the first day of class. Instructor: Heidi Hanchey

## WATERCOLOR

Connie Hudson | Free | Ages 55+  
T | 6/3-7/30 | 9-11am

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

## BEGINNER OIL PAINTING

Connie Hudson | Free | Ages 55+  
Th | 6/6-8/1 | 1-3pm

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

## INTERMEDIATE OIL PAINTING

Connie Hudson | Free | Ages 55+  
M/T | 6/3-7/30 | 9-11am

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

## ADVANCED OIL PAINTING

Connie Hudson | Free | Ages 55+  
Th | 6/6-8/1 | 9-11am

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

## MIXED MEDIA

Connie Hudson | Free | Ages 55+  
W | 6/5-7/31 | 9-11am

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

## BEGINNER ACRYLIC

Dotch | Free | Ages 55+  
F | 6/7-8/2 | 2-4pm

Nurture your creativity through the relaxing benefits of art. A supply list will be given on the first day of class. Instructor: Heidi Hanchey

## TRICKSEY CUSTOMS & DESIGNS

Tricksey | Free | Ages 55+  
W | 6/5-7/31 | 12:30-1:30pm

Join us as we use sewing, stencils and iron-ons to customize shirts, hats and other apparel. Instructor: Cassandra Pettway





## ART LAB

We also offer space for participants to bring in their own art supplies and create self-led expressions while encouraging other fellow artists! Visit us at one of our featured centers below.

### Connie Hudson

**M-W | 6/3-7/31 | 1-3pm**

**F | 6/7-8/2 | 9am-2pm**

### Dotch

**M | 6/3-7/31 | 1-3pm**

## FITNESS

### ZUMBA®

A total workout, combining all elements of fitness—cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class. Taught at various Senior Center locations!

### Connie Hudson | Free | Ages 55+

**T/Th | 6/4-8/1 | 4-5pm**

Instructor: Lille Crowley

### Parkway | Free | Ages 55+

**W | 6/5-7/31 | 10:30-11:30am**

Instructor: Vennette Williams

### ZUMBA GOLD®

**Connie Hudson | Free | Ages 55+**

**W | 9:45-10:30am**

Instructor: Joby Robertson

## LINE DANCE

Wednesday afternoons are for line dancing! Put on your dancing shoes and join your fellow movers and shakers and one of our Senior Centers below.

### Tricksey | Free | Ages 55+

**W | 6/5-7/31 | 1-2pm**

Instructor: Joyce Johnson

### Connie Hudson | Free | Ages 55+

**W | 6/5-7/31 | 2-3:30pm**

Instructor: Louise Holman



### CIRCUIT TRAINING

**Connie Hudson | Free | Ages 55+**

**M | 6/3-7/29 | 10-10:30am**

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

Instructor: Joby Robertson

### INTERVAL TRAINING

**Connie Hudson | Free | Ages 55+**

**T | 6/4-7/30 | 12:30-1pm**

Interval training is simply alternating short 30-second bursts of intense activity with longer intervals of less intense activity.

Join Carl every Tuesday for this effective 30-minute workout. Instructor: Carl Lewis



### SENIOR HIIT

**Connie Hudson | Free | Ages 55+**

**W | 6/5-7/31 | 9-9:30am**

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

Instructor: Joby Robertson



### WEIGHTS AND RESISTANCE TRAINING

**Connie Hudson | Free | Ages 55+**

**T | 6/4-7/30 | 9-9:45am**

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



### SILVERSNEAKERS® YOGA

**Connie Hudson | Free | Ages 55+**

**M | 6/3-7/29 | 9-9:45am**

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



### SILVERSNEAKERS® BOOM MIND

**Connie Hudson | Free | Ages 55+**

**Th | 6/6-8/1 | 9-9:45am**

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



## SILVERSNEAKERS® CHAIR YOGA

**Connie Hudson | Free | Ages 55+  
Th | 6/6-8/1 | 8-8:45am**

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

## CHAIR EXERCISE

Chair exercises are an excellent way to build strength and improve flexibility without putting too much strain on your body. Chair exercises also improve senior mobility by increasing blood flow and lubricating your joints. Offered at the following centers below.

**Dotch | Free | Ages 55+  
M | 6/3-7/29 | 10-10:45am**  
Instructor: Staff

**Parkway | Free | Ages 55+  
M/Th | 6/3-8/1 | 10-10:30am**  
Instructor: Ashlyn Black

**Tricksey | Free | Ages 55+  
Th | 6/6-8/1 | 11am-12pm**  
Instructor: Cassandra Pettway

## EXERCISING WITH FIGARE

**Thomas Sullivan | Free | Ages 55+  
M-F | 6/3-8/2 | 10-10:30am**

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

## STRETCH AND FLEX | NEW!

**Connie Hudson | Free | Ages 55+  
F | 6/7-8/2 | 10-11am**

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

## GUIDED IMAGERY MEDITATION NEW!

**Dotch | Free | Ages 55+  
T-Th | 6/4-8/1 | 2-3pm**

Guided imagery meditation decreases stress and anxiety by reducing the feelings of being overwhelmed and putting the brain into a balanced state of mind.

## WALK WITH EASE: SENIOR WALKING CLUBS

Get your steps in daily with one of our Senior Walking Clubs! Check times and locations below, find your best pair of walking shoes, and come be a part of the walking crew!

**Tricksey | Free | Ages 55+  
T/Th | 6/4-8/1 | 7-7:45am**

**Thomas Sullivan | Free | Ages 55+  
M | 6/3-7/29 | 10:30-11:15am**

**Hillsdale | Free | Ages 55+  
M-F | 6/3-8/2 | 9:30-10am**

## SENIOR FIT CREW

**Hillsdale | Free | Ages 55+  
M/W | 6/3-7/31 | 10-11am**

Join our crew as we walk, dance, do aerobics, chair exercises and more.  
Instructor: Evelyn McGhee

## SENIOR WATER AEROBICS

**Hillsdale | Free | Ages 55+  
Th | 6/6-8/1 | 10-10:45am**

This class is taught in the pool to help improve your coordination, mobility and balance. Come and splash your way into fitness!  
Instructor: Guyanasha DeWeever

## SUMMER SPLASH

**Dotch | Free | Ages 55+  
T-Th | 6/4-8/1 | 10-11am**

This "fun in the sun" class includes a warm-up, cardio & strength training workout and a cool-down: all in the pool!

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

**Connie Hudson | Free | Ages 55+  
T/Th | 10-11am**

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



## SPORTS

### CHAIR VOLLEYBALL

Chair volleyball is played on a smaller court designed for players to sit and play on folding chairs, with 6 players on each team. Different but fun! Join us at one of the locations listed below.

**Tricksey | Free | Ages 55+  
W | 6/5-7/31 | 10-11am**

**Hillsdale | Free | Ages 55+  
M/W | 6/3-7/31 | 10-11am**

### FLY SWATTER VOLLEY

**Thomas Sullivan | Free | Ages 55+  
Th | 6/6-8/1 | 10-11am**

Tap into your inner child as we try volleyball in a fun new way: with balloons!  
Led by Sullivan Staff.

### PICKLEBALL

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

**Parkway | Free | Ages 55+  
M-F | 7:30am-5:30pm**

**Connie Hudson | Free | Ages 55+  
F | 6/7-8/2 | 3:30-5pm**

## ACTIVITIES

### BIBLE STUDY

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

**Hillsdale | Free | Ages 55+  
T | 6/4-7/30 | 10-11am**

Led by Hillsdale Seniors

**Tricksey | Free | Ages 55+  
M/T | 6/3-7/30 | 10-11am**

Led by Reverend Anthony Shute

**Parkway | Free | Ages 55+  
T | 6/4-7/30 | 10-11am**

Led by Parkway Seniors

**Thomas Sullivan | Free | Ages 55+  
W | 6/5-7/31 | 10-11am**

Led by Pastor McCampbell

**Connie Hudson | Free | Ages 55+  
T | 6/4-7/29 | 12:30-1pm**

Led by Troy Clements

### BINGO

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

**Parkway | Free | Ages 55+  
M/F | 6-3-8/2 | 10:30-11:30am**

**Connie Hudson | Free | Ages 55+  
T/Th | 6/4-8/1 | 2:30-3:30pm**

### BINGOCIZE

**Parkway | Free | Ages 55+  
M | 6/3-7/29 | 9-10am**

Bingocize combines the game of Bingo with exercise and health education!  
Led by Parkway Staff.

### THE WRITERS' GROUP

**Connie Hudson | Free | Ages 55+  
T | 6/4-7/30 | 2-3pm**

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

## CREATIVE WRITING

**Parkway | Free | Ages 55+  
W | 6/5-7/31 | 10-11am**

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

## OPEN ACTIVITIES AND GAMES

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

**Parkway | Free | Ages 55+  
M-F | 6/3-8/2 | 7:30am-5:30pm**

**Tricksey | Free | Ages 55+  
M-F | 6/3-8/2 | 9am-2pm**

**Connie Hudson | Free | Ages 55+  
M-F | 6/3-8/2 | 7:30am-5:30pm**

### CHESS

**Connie Hudson | Free | Ages 55+  
T/Th | 6/4-8/1 | 8am-2pm**

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

### DOMINOES

**Connie Hudson | Free | Ages 55+  
W | 6/5-7/31 | 11:15am-1pm**

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

### BRIDGE

**Connie Hudson | Free | Ages 55+  
F | 6/7-8/2 | 11am-1pm**

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





## TRIVIA

**Parkway | Free | Ages 55+  
F | 6/7-8/2 | 10-11am**

Test your knowledge across a wide range of topics in this fun trivia game. Led by Parkway Staff

## BILLIARD TOURNAMENT

**Connie Hudson | Free | Ages 55+  
1st Th | 6/6-8/1 | 9am-12pm**

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

## GARDENING CLUB

**Parkway | Free | Ages 55+  
W | 6/5-7/31 | 10-11am**

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

## WIDOW SUPPORT GROUP

**Connie Hudson | Free | Ages 55+  
1st Th | 6/6-8/1 | 11am-1pm**

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

## EXPLORING THE PARKS

**Thomas Sullivan | Free | Ages 55+  
3rd T | 6/18-7/15 | 9:30am-12pm**

Pack a lunch and explore different parks with us this Summer. Participants must RSVP to attend. Please visit [mprd.recdesks.com](http://mprd.recdesks.com) or call (251)438-7282 for more information.

## SENIOR OUTINGS

**Hillsdale | Free | Ages 55+  
M-F | 6/3-8/2 | 9am-2pm**

Join us as we visit local museums, expos, seminars, restaurants and shops!

## TRAILBLAZER TOURS

**Connie Hudson | Free | Ages 55+  
3rd F | 6/21, 7/19 | 8:30am-1pm**

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

## PANTRY ON THE GO

**Thomas Sullivan | Free | Ages 55+  
T/Th | 6/4-8/1 | 2-4pm**

Have you done your Good Samaritan act for the month? Come out and feed the community with us every Tuesday and Thursday!

## CLASSES

### ITALIAN FOR BEGINNERS (PP)

**Connie Hudson | Free | Ages 55+  
W | 6/5-7/31 | 3-4pm**

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

### CONVERSATIONAL SPANISH

**Connie Hudson | Free | Ages 55+  
W | 6/5-7/31 | 3-4pm**

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

### NEED TO KNOW

**Thomas Sullivan | Free | Ages 55+  
F | 6/7-8/2 | 9:30-10:30am**

Come out and learn more about nutrition and share recipes. Instructor: Gwendolyn Figare

### COOK-OFF

**Tricksey | Free | Ages 55+  
1st/3rd M | 6/3-7/15 | 1-2pm**

Join us every 1st and 3rd Monday for our cooking class led by a local chef. Instructor: Mildred Anglins

### SENIOR SEWING CLASS

**Hillsdale | Free | Ages 55+  
M-F | 6/3-8/2 | 12:30-1:30pm**

This is a Senior-led class for beginners. If you have ever wanted to learn how to sew, this class is just for you! Instructor: Evelyn McGhee

### GREEN THUMB GARDENING

**Hillsdale | Free | Ages 55+  
T/Th | 6/4-8/1 | 12:45-1:45pm**

Have you ever dreamed of having a garden but didn't know where to start? Don't worry, we can help you out! We'll teach you all the tips and tricks to help your garden flourish. Instructor: Evelyn McGhee

## EVENTS

### FATHER'S DAY CELEBRATION

**Connie Hudson | Free | Ages 55+  
F | 6/14 | 1-3pm**

Come out and celebrate Father's Day with Connie Hudson Senior Center.

### JUNETEENTH CELEBRATION

**Parkway | Free | Ages 55+  
T | 6/18 | 12:30-2pm**

Celebrate Juneteenth with us, honoring freedom and heritage!

### 4TH OF JULY FASHION SHOW NEW!

**Connie Hudson | Free | Ages 55+  
W | 7/3 | 1-3pm**

Come out to enjoy and even be a part of our fashion show in observance of July 4th.

### INDEPENDENCE DAY POTLUCK

**Parkway | Free | Ages 55+  
W | 7/3 | 10am-1pm**

Bring your favorite BBQ dish to share as we celebrate Independence Day!



# ATHLETICS

## YOUTH FLAG FOOTBALL CLINIC

Sage Park | Free | Ages 4-14  
S | 6/1 | 9am-12pm

This free Youth Flag Football Clinic introduces the fundamentals and rules of no-tackle flag football.

## YOUTH FLAG FOOTBALL

Sage Park | \$25 | Ages 4-14  
S | 6/8-8/3 | 9am-12pm

This Youth Flag Football program introduces the fundamentals and rules of no-tackle flag football.

## TRACK & FIELD CLINIC

Davidson High School | Free | Ages 7-18  
S | 5/11 | 9-11am

Learn to compete in running, hurdles, and more in this track and field Junior Olympics program for ages 7-18.

## TRACK & FIELD

Davidson High School  
\$100 | Ages 7-18

M-F | 5/13-7/31 | 5-7pm

Learn to compete in running, hurdles, and more in this track and field Junior Olympics program for ages 7-18.

## FREE YOUTH KICKBALL CLINIC

Sage Park | Free | Ages 4-14  
S | 6/22 | 9-11am

This free youth kickball clinic introduces the fundamentals and rules of kickball, including kicking and fielding.

## YOUTH KICKBALL

Sage Park | \$20 | Ages 4-14  
S | 6/29-8/3 | 9-11am

This youth kickball program introduces the fundamentals and rules of kickball, including kicking and fielding.

## ADULT CO-ED BASKETBALL LEAGUE

Seals, Thomas Sullivan, Harmon, and Hillsdale \$200 per team | Ages 18+  
T/Th | 6/4-7/13 | 5-8pm

This competitive basketball league includes teams from across the city playing for trophies.



## CO-ED ADULT SOCCER

Sage Park | \$200 per team

Ages 18+

Sun | 6/23-08/25 | 3-10pm

Our competitive soccer league is for adult men and women and is operated under a programmatic partnership with the South Alabama Soccer Association.

## YOUTH VOLLEYBALL

Sullivan Community Center

\$20 | Ages 4-14

S | 6/1-7/27 | 9-11am

This program introduces the fundamentals and rules of youth volleyball.

## YOUTH SPIRIT TEAM

Sage Park | \$20 | Ages 4-14

S | 6/8-8/3 | 10am-12pm

This program is designed to promote teamwork and sportsmanship via performance in a fun way using chants, arm gestures, jumps, kicks, and tumbling.

## ADULT TRACK & FIELD

Davidson High School | \$20

Ages 19 & up

M-F | 5/13-7/31 | 5-7pm

Team members can compete in running, hurdling, and relay races for open and master championship competitions. The program includes USATF Master's and Open/Elite teams.



## THE MOXIE LEAGUE WOMEN'S BASKETBALL

Seals | \$75 per person | Ages 17+  
M/W | 6/3-8/5 | 5-8pm

Contact : Morgan Crawford  
251-391-6823

Email: info@nextlevelmoxie.com

Website: themoxieleague.com

## ADULT FLAG FOOTBALL LEAGUE

Sage Park | \$200 per team | Ages 18 +

S | 6/8-8/3 | 1pm-4pm

This is a competitive adult flag football league.

## BRAZILIAN WAY SOCCER TRAINING CAMP

Sage Park | \$110 | Ages 6-15

F-Su | 6/17-6/20 | 8:30-11am

This elite soccer program for boys and girls builds soccer skills and enhances creativity, improvisation and one-on-one skills.



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





# AQUATICS

## SPLASH PADS

**McCants-Chavers, Medal of Honor, Seals, Sullivan, Tricentennial, Public Safety Memorial and Baumhauer-Randle**  
**Free | All ages**  
**M-Su | 5/27-9/28 | 10-6pm**

A MPRD Splash Pad is a fun way to cool off in fountain and spray features. Swimwear is required for everyone in the water, and a swim diaper is required for infants and toddlers.

## SWIMMING POOLS

**Dotch, Figures, Hillsdale, Kidd**  
**Free | All ages**  
**M-S | 5/27-8/3 | 10-6pm**

Our pools are open for the entire family. Grab a towel, sunscreen and swimwear for a day at the pool. Swimwear is required for everyone in the water, and a swim diaper is required for infants and toddlers.

## DIVE-IN MOVIE: KUNG FU PANDA

**Dotch | Free | All ages**  
**F | 7/5 | 8pm**

Come to our "dive-in movie" and watch a movie while you swim. The movie is projected onto a large screen and sound system. Floats are welcome.

## DIVE-IN MOVIE: THE INCREDIBLES

**Hillsdale | Free | All ages**  
**F | 7/19 | 8pm**

Come to our "dive-in movie" and watch a movie while you swim. The movie is projected onto a large screen and sound system. Floats are welcome.

## LEVEL 1 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 4-15**  
**T/W/Th | 6/4-6/13 | 3-5pm**

This Level 1 class is appropriate for beginners and includes floating, kicking, and breathing.

## LEVEL 1 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 4-15**  
**T/W/Th | 6/18-6/27 | 3-5pm**

This Level 1 class is appropriate for beginners and includes floating, kicking, and breathing.

## LEVEL 1 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 4-15**  
**T/W/Th | 7/2-7/11 | 3-5pm**

This Level 1 class is appropriate for beginners and includes floating, kicking, and breathing.

## LEVEL 1 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 4-15**  
**T/W/Th | 7/16-7/25 | 3-5pm**

This Level 1 class is appropriate for beginners and includes floating, kicking, and breathing.

## LEVEL 1 & 2 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 16+**  
**T/W/Th | 6/4-6/13 | 5-6:30pm**

Level 1 and Level 2 swim instruction including floating, kicking, breathing, and stroke development.

## LEVEL 1 & 2 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 16+**  
**T/W/Th | 6/18-6/27 | 5-6:30pm**

Level 1 and Level 2 swim instruction including floating, kicking, breathing, and stroke development.

## LEVEL 1 & 2 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 16+**  
**T/W/Th | 7/2-7/11 | 5-6:30pm**

Level 1 and Level 2 swim instruction including floating, kicking, breathing, and stroke development.

## LEVEL 1 & 2 SWIM LESSONS

**Dotch, Figures, Hillsdale**  
**\$20 | Ages 16+**  
**T/W/Th | 7/16-7/25 | 5-6:30pm**

Level 1 and Level 2 swim instruction including floating, kicking, breathing, and stroke development.

## LEVEL 1 & 2 SWIM LESSONS

**Kidd Park | \$20 | Ages 5-15**  
**T/W/Th | 6/4-7/25 | 3:30-5pm**

Level 1 and Level 2 swim instruction including floating, kicking, breathing, and stroke development. Partnership with Mobile Port City Marlins. Contact Paris Lang @ 251-442-5295.

**COME ON IN,  
THE WATER'S  
FINE!**

Our Aquatics Program includes swimming lessons, movies at the pool, and splash pads at five locations!



# ARTS & CULTURE

## CARING CLUB

Lavretta | Free | All ages  
M | 6/10, 6/24, 7/8, 7/22 | 3:30–5pm

Join our club. We care for our park and environment, incorporating art, recycling, and dedication to reducing litter.

## PRESCHOOL STORYTIME & CRAFT

Lavretta | Free | Ages 3–5  
Th | 6/6–8/1 | 11am–12:30pm

Preschoolers will listen to a story and participate in a craft activity. Parents must accompany children.

## WORLD EXPLORERS

Lavretta | Free | Ages 6–14  
M | 6/3, 6/17, 7/1, 7/15, 7/29  
3:30–5pm

This is an art and cultural class for children to explore the customs and art forms of other countries.

## SUMMER DRAMA WORKSHOP

Lavretta | Free | Ages 8–14  
M–W | 6/3–7/3 | 5–7pm

Enjoy writing, acting, and designing sets and costumes in preparation for a final production before a live audience.

## LISTENING & PAINTING PARTY

Lavretta | Free | Ages 18+  
F | 6/7–7/26 | 6–8pm

This is a relaxed painting class where you can start your weekend playing records and painting with friends.

## OPEN STUDIO LAB

Lavretta | Free | Ages 18+  
F | 6/7–7/26 | 11am–1pm

This class offers a creative space to inspire your art endeavors. Bring your materials as supplies are limited.

## SUMMER NAIL DECORATING

Lavretta | Free | Ages: 14+  
T | 7/9–7/30 | 5–7pm

Bring your favorite summer nail polish colors for a fun and social activity.

## DRAMA 101

Figures | Free | All ages  
M | 6/3–7/29 | 5–6:30pm

This class will teach the art of learning lines, getting into character, portrayal, and timing. We will also touch on wording and props to create a finished production.  
Instructor: Dorothy Williams

## PAINTING ON CANVAS

Figures | Free | Ages 8–12  
W | 6/5–7/31 | 6:15–7pm

Creative painting on canvas expresses your thoughts and ideas in a relaxed setting. Supplies will be provided.  
Instructor: Frank Spraglin

## WOODWINDS

Figures | \$45/6wks | Ages 12+  
M | 6/10–7/15 | 5–6:30pm

Aspiring musicians can get instruction in clarinet, flute, saxophone, trumpet, trombone, etc. Call 251-422-4009 for more information or to register.

Instructor: Theodore Arthur

## ARTS AND CRAFTS WITH WOODY

Stotts | Free | Ages 5–12  
M/W | 6/3–7/31 | 3–5pm

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

## ARTS AND CRAFTS WITH YOLANDA

Figures | Free | Ages 4–10  
M/W | 6/3–7/31 | 4–5pm

Children will explore their ideas and concepts and then express that through making something they are proud of.  
Instructor: Yolanda Turner

## TIE-DYE CREATIONS

Rickarby | Free | Ages 5+  
W | 6/5–7/24 | 4–5pm

Participants will create colorful tie-dye designs using t-shirts and other clothing.

## READY SET GO!

Figures | Free | Ages 18+  
M/F | 6/3–8/2 | 6–7pm

Students will identify cities, countries, states, and other locations of interest as they create a travel itinerary.  
Instructor: Cheryl Turk

## GUITAR

Dotch | \$45/4 wks | Ages 7+  
T | 6/4–7/30 | 5:30–7:30pm

Guitar lessons include rhythm and theory, finger exercises, scales, and chords. Learn accompaniments to songs from a Mobile music legend. Call 251-422-4009 for more information and to register.  
Instructor: Theodore Arthur Jr.

## WONDERFULLY MADE MINDS

Seals | Free | Ages 12+  
S | 6/15–7/13 | 11am–12pm

Our students will engage in activities chosen to build a strong foundation for creativity and imagination through art and drama.

## SEASONAL CRAFT

Rickarby | Free | Ages 5+  
T/Th | 6/4–7/18 | 4:15–5:30pm

At the end of this class, you will be able to create table centerpieces as well as wall and door decorations.

## TIE DYE CREATIONS

Rickarby | Free | Ages 5+  
M | 6/3–7/22 | 11am–12pm

Participants will create colorful tie-dye designs using t-shirts and other clothing.

## PIANO

Dotch | \$45/4 wks | Ages 7+  
W | 6/5–7/24 | 5:30–7:30pm

Piano lessons include rhythm and theory, finger exercises, scales, and chords. Learn accompaniments to songs from a Mobile music legend. Call 251-422-4009 for more information and to register.  
Instructor: Theodore Arthur Jr.

## GUITAR

Springhill | \$45/4 wks | Ages 7+  
Th | 6/6–8/1 | 5–6:30pm

Guitar lessons include rhythm and theory, finger exercises, scales, and chords. Learn accompaniments to songs from a Mobile music legend. Call 251-422-4009 for more information and to register.  
Instructor: Theodore Arthur Jr.

## HAND DRUMMING

Hope | Free | Ages 18+  
T | 6/4–7/30 | 6–7pm

Join in on learning the influences in today's music using African, Afro-Caribbean, and African American rhythms and cultures. Taught in partnership with Alabama State Council of the Arts. Instructor: Wayne Curtis





# BRAZILIAN WAY ELITE TRAINING CAMP



PARKS AND  
RECREATION

TECHNICAL DEVELOPMENT  
TACTICAL AWARENESS & FUN



**WHERE**  
Sage Park: 48 N. Sage  
Avenue Mobile, AL 36507



**WHO**  
Boys & Girls  
Ages 6-15



**WHEN**  
June 17-20



**TIMES**  
8:30-11:00 am



**PRICE**  
\$110

## DAILY SCHEDULE

- » 8:15-8:30: Camp check-in
- » 8:30-9:00: 4v4 game warm-up
- » 9:00-9:45: First session
- » 9:45-10:30: Second session
- » 10:30-11:00: Scrimmages
- » 11:00-11:15: Camp check-out



**SCAN NOW  
TO REGISTER!**



Visit [www.brazilianwaysoccer.com](http://www.brazilianwaysoccer.com) to learn more.

Email: [admin@brazilianwaysoccer.com](mailto:admin@brazilianwaysoccer.com) • Phone: (423) 489-9998





# FITNESS

## **BODY SCULPTING**

Springhill | Free | Ages 18+  
M/W/F | 6/3-8/2 | 8:30-9:30am

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

## **STRENGTH & TONE WITH JASMINE**

Sullivan | Free | Ages 18+  
M/W | 6/3-7/31 | 5-5:30pm

This total body workout focuses on aerobic activity for heart health while assisting in attaining more energy and flexibility! You don't want to miss it!

Instructor: Jasmine Martin

## **HIP HOP HIIT EFFECT**

Hillsdale | \$20/4 wks | Ages 18+  
M/W/Th | 6/3-8/1 | 6-6:45pm

Come join Coach Marie Mhoon for a high-energy workout to burn calories, build muscle, and increase endurance.

## **BEGINNING SMALL GROUP PERSONAL FITNESS**

Springhill | Free | Ages 18+  
M/W | 6/3-7/31 | 5-6pm

This class will include cardiovascular strength training and core exercises. Routines will be adapted for each participant. Class size is limited to 6.

Instructor: Marcus Harden

## **CHAIR AEROBICS**

Springhill | Free | Ages 18+  
T/Th | 6/4-8/1 | 8:30-9:45am

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

Instructor: Gerry Lowe

## **CHAIR EXERCISE WITH JACKIE**

Rickarby | Free | Ages 18+  
T/Th | 6/4-8/1 | 5:30-6:30pm

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

Instructor: Jackie McMillan

## **WALK WITH EASE**

Rickarby | Free | Ages 18+  
M/W/F | 6/3-8/2 | 4:45-5:30pm

Join us for 30 minutes of walking followed by chair exercises!

Instructor: Jackie McMillan

## **WALK WITH YOLANDA**

Figures | Free | Ages 18+  
M | 6/3-7/29 | 11:30am-12pm

Walking gets your heart rate up, improves circulation, regulates blood pressure, and burns calories.

Instructor: Yolanda Turner

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

Harmon-Thomas | Free | Ages 18+  
M/W | 6/3-7/30 | 5-5:45pm

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

Instructor: Leslie Pettaway

## **30 MINUTE LOW IMPACT CARDIO**

Hope | Free | Ages 18+  
T/Th | 6/4-8/1 | 6-6:30pm

Doing this 30-minute low-impact cardio workout 2 days a week will improve energy, decrease stress, and improve sleep!

Instructor: Rochelle Williams, Plateau Pacers

## **STEP AEROBICS**

Laun | Free | Ages 18+  
M/Th | 6/3-8/1 | 11am-12pm

Join us twice a week for this fun low-impact step aerobics class!

Instructor: Dana Nettles

## **ADULT YOGA**

Laun | Free | Ages 18+  
T/F | 6/4-8/2 | 11am-12pm

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

Instructor: Irene Callaway

## **TAOIST TAI CHI®**

Stotts | Free | Ages 18+  
T | 6/4-7/30 | 4-5pm

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

Instructor: Bob Varley

## **ZUMBA®**

Dotch | Free | Ages 18+  
Th | 6/6-8/1 | 5-6pm

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

Instructor: Deanna Franklin

## **LINE & SWING DANCE**

Figures | Free | Ages 21+  
T | 6/4-7/30 | 5:30-7:30pm

Stay healthy and fit, learn the latest dance steps, have lots of fun, and exercise!

Instructor: Bettie Dean





## STEP, ROLL AND LINE DANCE

Seals | Free | Ages 18+  
M/W | 6/3-7/31 | 6-7:30pm

Come one, come all and learn the latest line dances!

Instructor: Tiffany Barnes



## MORNING LINE DANCE WITH DOROTHY

Springhill | Free | Ages 18+  
T/F | 6/4-8/2 | 11am-1pm

Looking for exercise that does not feel like exercise? Join us to learn the latest line dance steps and brush up on some of the older ones as well!

Instructor: Dorothy Chaney

## EVENING LINE DANCE WITH DOROTHY

Springhill | Free | Ages 18+  
M | 6/3-7/29 | 5-6:45pm

Miss Dorothy will have you moving and grooving as a group, using easy-to-follow instructions!

Instructor: Dorothy Chaney



## BEGINNER BELLY DANCE

Springhill | \$30/4 wks | 18+  
M | 6/3-7/29 | 5:30-6:30pm

Become a performer or just get into shape. Costumes are not required but a hip scarf with coins is encouraged.

Instructor: Valerie Morrison



## BELLY DANCE: INTERMEDIATE | NEW!

Springhill | \$30/4 wks | Ages 13+  
M | 6/3-7/29 | 6:30-7:30pm

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. Prerequisite for Intermediate is Beginners.

Instructor: Valerie Morrison



## BELLY DANCE: BEGINNER & INTERMEDIATE

Stotts | \$30/4 wks | Ages 18+  
Th | 6/6-8/1 | 5:45-6:45pm

Come enjoy the benefits of belly dancing, whatever your age, size, or shape! For more information, contact Valerie at [valannmor@gmail.com](mailto:valannmor@gmail.com).

Instructor: Valerie Morrison



## BELLY DANCE: ADVANCED LEVEL 1

Stotts | \$30/4 wks | Ages 18+  
W | 6/5-7/31 | 5:45-6:45pm

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

Instructor: Valerie Morrison



## BELLY DANCE: ADVANCED LEVEL 2

Stotts | \$30/4 wks | Ages 18+  
W | 6/5-7/31 | 6:45-7:45pm

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

Instructor: Valerie Morrison

## PICKLEBALL FOR BEGINNERS AND SKILLED PLAYERS

Rickarby | Free | Ages 6+  
T/W | 6/4-7/30 | 11 am-12:30 pm,  
2-3:30 pm

Join Miss Jackie as she teaches you this fun pickleball sport that combines elements of badminton, table tennis, and tennis.

Instructor: Jackie McMillan

## PROGRESSIVE FITNESS

Springhill | Free | Ages 13+  
M-F | 6/3-8/2 | 11am-4pm

Self-led workout instructions will be posted in the multi-purpose rooms and updated weekly with easy-to-follow exercises that participants of all ages and fitness levels can participate in. Equipment will be available for use with the workouts.

## MPRD FITNESS AT THE BACKYARD

Sage | Free | Ages 13+  
W | 6/12, 7/10, 8/7 | 6-7:30pm

No gym membership, no problem! Join us as we showcase the FREE fitness classes that we offer at our community centers! Each meet-up features a different instructor and workout. #FitMobile #WeOutside

## WIND DOWN WEDNESDAY

Free | Ages 18+  
W | 6/5 | 6-7pm | Springhill  
W | 7/17 | 6-7pm | Seals  
W | 7/31 | 6-7pm | Dotch

The Flowga healing and relaxation series is designed to showcase easy stretches combined with low-impact dance movements to nice chill R&B music. Counteracting strain from prolonged sitting or standing, reducing inflammation, and giving you a calm mind.

Instructor: Christine Ward

## CRUISING FROM THE COOP

Cooper Riverside Park | Free | Ages 18+  
Su | 6/9-7/28 | 3-4:30pm

This is a social cycling group with varying levels of riders. Ride through the downtown/midtown area. Must provide your bike and helmet to participate. We will meet just outside the gates of Cooper Riverside Park.

Instructor: Jihad Irby

## CARDIO NO AUDIO INTERVAL FITNESS TRAINING

Free | Ages 13+  
Th | 6/20 | 6:15-7:15pm | Springhill  
Th | 7/18 | 6:15-7:15pm | Cooper Riverside

Come experience a full-body workout fueled completely by your music of choice. Get fit in a fun and different way by working out wearing noise-isolation headphones with a lit playlist and minimal distractions.

Instructor: Jihad Irby

## HEALTHY TRAILS 5K PARK WALK/RUN

S | 8-9 a.m.  
6/8 | Arlington Park  
6/15 | Public Safety Park  
6/22 | Crawford Murphy Park  
6/29 | Sage Park  
7/6 | Tricentennial Park  
7/13 | Mardi Gras Park  
7/20 | Medal of Honor Park  
7/27 | Langan (Municipal) Park

Healthy trails encourage runners and walkers of all abilities, ages, and skill levels to come together and enjoy scenic views of our parks and lovely walking trails. Healthy Trails is body-positive, welcoming, and inclusive, there is no time limit and no one finishes last.

## ADULT TRACK & FIELD

Davidson High School | \$20  
Ages 19 & up  
M-F | 5/13-7/31 | 5-7pm

Team members can compete in running, hurdling, and relay races for open and master championship competitions. The program includes USATF Master's and Open/Elite teams.

## ADULT FLAG FOOTBALL LEAGUE

Sage Park | \$200 per team | Ages 18+  
S | 6/8-8/3 | 1pm-4pm

This is a competitive adult flag football league.



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



# CLASSES

## **FREESTYLE FENCING** Springhill | \$40/4 wks

**Ages 9 & up**  
**W | 6/5-8/28 | 6-7pm**

Students learn basic blocks, fencing terms, and stances for mock duels and learn the art of fencing! Call or text (251)510-0654 for more information.

## **CRICUT CRAFTS 101**

**Figures | Free | Ages 13+**  
**T | 6/4-7/30 | 5-7pm**

This class is for the beginner. We will be going over the basics of the Cricut machine and software. Supply lists and projects will be given on the first day of class.

Instructor: Claudia Williams

## **KIDZ COOKING CULTURE** Seals | Free | Ages 6-18

**T | 6/11-7/9 | 5:30-7:30pm**

Our Programmatic Partner Love Speaks introduces kids to proper nutrition, sanitation, and kitchen etiquette. For more information or to register, call 251-404-4287 or go to [lovespeaksinc.org/upcomingevents](http://lovespeaksinc.org/upcomingevents)

## **COMPUTER COMPANION**

**Sullivan | Free | Ages 18+**  
**M | 6/3-7/29 | 11-12:00pm**

Learn the basic operation of a computer and how to easily use a search engine to locate and retrieve information on the Internet.

Instructor: Adam Jackson

## **E-SPORTS LOUNGE**

**Sullivan | Free | Ages 5-18**  
**M | 6/3-7/29 | 5-6:30pm**

E-Sports is a gaming program for participants of all skill levels to play casually or competitively on Xbox, PlayStation, or a PC.

## **THE THREE S'S: SPORTS SPEAKING SKILLS**

**Hope | Free | Ages 10+**  
**W | 6/5-7/31 | 5:30-6:30pm**

Help children and teens express their thoughts, ideas, and feelings with confidence when talking with the media. We will be utilizing the elements of good speech, written logical manners, and the importance of eye contact.

Instructor: Tamarcus Lang

## **CARD-MAKING FOR ALL SEASONS**

**Hope | Free | Ages 5+**  
**M | 6/3-7/29 | 5:00-6:00pm**

Want to do something meaningful and impactful for yourself and someone else? Join us and let's make cards that can be donated to nursing homes, hospitals, and veterans.

Instructor: Barbara Hines

## **CRICUT CRAFTS 101**

**Laun | Free | Ages 13+**  
**T/Th | 6/4-8/1 | 4-6pm**

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!

Instructor: Dorothy Smith

## **HEALTH AND NUTRITION**

**Laun | Free | Ages 6+**  
**M/W | 6/3-7/31 | 4-5pm**

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

## **SEWING FOR BEGINNERS**

**Laun | Free | Ages 13+**  
**M/W | 6/3-7/31 | 5:30-6:30pm**

Learn the basic functions of a sewing machine and get comfortable with straight stitching.

Supplies and equipment will be provided.

Instructor: Dorothy Smith



# COMMUNITY ACTIVITIES & EVENTS

## TABLE TENNIS CLUB

Hillsdale | Free | Ages 8+  
M/Th | 6/3-8/1 | 5:45-7:45pm

This club helps players develop table tennis skills so they can practice and play.  
Instructor: Nelson Curtis

## TABLE TENNIS

Figures | Free | Ages 12+  
T/Th | 6/4-8/1 | 5:30-7:30pm

Sometimes called ping pong, table tennis is a sport enjoyed by people around the world. Come join us and learn table tennis at Figures Community Center.  
Instructor: Claudia Williams

## BOOKMOBILE

Rickarby | Free | Ages 5+  
M | 6/3-7/29 | 2:50-3:20pm

Come sign up for your library card and check out books and movies. You are welcome to sit and read or participate in many activities.

## BEACH BASH FAMILY FUN NIGHT

Hillsdale | Free | Ages 5+  
W | 6/7 | 5pm-7pm

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

## ADULT FUN GAME & DRIVE-IN MOVIE NIGHT

Seals | Free | Ages 18+  
F | 6/21 | 7-10pm

Spend a night under the stars at a free drive-in movie. This will be a great night of fun and entertainment.

## TRIKE, TROT, ROLL, AND BOUNCE KIDS SKATE NIGHT

Seals | Free | Ages 10 and under  
F | 6/28 | 6-8pm

Parents may bring children ages 10 and under to run, walk, roll, and ride their favorite scooter, skateboard, or toy.

## JUNIOR FIREFIGHTER DAY

Figures | \$5 | Ages 5-12  
W/Th | 7/24 & 7/25 | 9am-12pm

This 3-hour program provides kids with a close-up look at firefighting and tools of the trade. Children will learn what it is like to be a firefighter, ask questions, and have a chance to see equipment. Operated by Mobile Fire-Rescue Department and Mobile Parks & Recreation Department.

## GLOBAL WELLNESS DAY

Spanish Plaza | Free | All ages  
S | 6/8 | 9am-2pm

Grab your blankets, pack a light picnic, and join the City of Mobile Parks and Recreation Department as we host our second annual Global Wellness Day event. With the theme #MagentaNature, activities planned will promote access to nature for all and highlight the healing effects of a nature-centric lifestyle.







# THERAPEUTICS

## ADAPTIVE BASKETBALL

**Dotch | Free | Ages 16+**  
**Th | 6/6-8/1 | 10am-12pm**

Develop and improve fundamental basketball skills adapted to accommodate individuals with physical disabilities and provide inclusive sports.

## ADAPTIVE KICKBALL | NEW!

**Dotch | Free | Ages 16+**  
**M | 6/3-6/24 | 10am-12pm**

This program provides an instructor to teach kickball adapted to accommodate individuals with intellectual and physical disabilities and provide inclusive sports.

## ADAPTIVE SOFTBALL

**Dotch | Free | Ages 16+**  
**W | 6/5-6/26 | 10am-12pm**

This program allows individuals to enjoy the game of softball. The sport is adapted to accommodate and provide inclusive sports.

## ADAPTIVE PICKLEBALL

**Dotch | Free | Ages 16+**  
**W | 7/3-7/31 | 10am-12pm**

This adaptive program allows athletes with intellectual disabilities to learn and play pickleball.

## ARTISM: ARTISTS WITH AUTISM

**Dotch | Free | Ages 10+**  
**T | 6/4-7/30 | 10am-12pm**

This program provides an opportunity for autistic individuals to creatively express themselves. Autistic individuals have a unique perspective that is shown in their art.

## REEL FUN FISHING

**Arlington Park | Free | Ages 16+**  
**F | 6/7-7/26 | 10am-12pm**

The Reel Fun fishing program will make fishing in City parks an easy option for anyone who might want to try it out. This class will include information about the body of water, species present, fishing tips, and information about obtaining a fishing license.

## SIMPLE SIGN LANGUAGE

**Dotch | Free | Ages 10+**  
**M | 7/8-7/29 | 10am-12pm**

Learn to communicate non-verbally through the use of sign language with individuals who are deaf, who have a hearing impairment, who have speech difficulties, or who are non-verbal.

## SPECIAL OLYMPICS VOLLEYBALL

**Dotch | Free | Ages 16+**  
**T | 6/4-7/30 | 5-6:30pm**

Special Olympics allows athletes with intellectual disabilities to play sports like volleyball. This program promotes fitness, team coordination, and healthy living. Athletes must meet specific physical requirements and prerequisite training to participate.  
 Email: [mobilecospecialolympics@gmail.com](mailto:mobilecospecialolympics@gmail.com)

## THERAPEUTIC MARCHING BAND

**Dotch | \$25 | Ages 5+**  
**M/W | 6/3-7/31 | 5-7pm**

Join this inclusive therapeutic marching band, to learn instrumental music, marching fundamentals, as well as dance and color guard routines to prepare for community performances and parades. Beginners and experienced musicians, dancers, and color guard (flag twirler) students are encouraged to join.

## COMPUTER COMPANIONS

**Dotch | Free | Ages 10+**  
**M/T/W/Th | 6/3-8/1 | 9am-4pm**

Participants get helpful tips and training in basic computer skills. Learn to navigate computer operating systems, create and manage files, and access information from the internet.

## GAME ON!

**Dotch | Free | Ages 10+**  
**M/T/W/Th | 6/3-8/1 | 9am-4pm**

Learn to play various video games on the Xbox and Wii gaming stations and explore a new dimension of gaming through virtual reality gaming systems.

# AZALEA CITY GOLF COURSE

1000 Gaillard Drive, Mobile, AL | (251) 208-5150  
Hours of operation: M-Su 7am-5pm | Driving range hours: 7am-4pm  
[www.azaleacitygolfcourse.com](http://www.azaleacitygolfcourse.com)

**GCSSA Superintendent:** Brian Aaron | [aaron@cityofmobile.org](mailto:aaron@cityofmobile.org)  
**PGA Professional:** Colin McKern | [colin.mckern@cityofmobile.org](mailto:colin.mckern@cityofmobile.org)

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

## GREEN FEES

\$25 before noon  
\$17 after noon

Junior Rates (18 years & younger)  
\$12 before noon  
\$8 after noon

## ANNUAL MEMBERSHIPS

Limited membership: M-F  
Individual: \$700/year | \$200/quarter  
Per dependent: \$300/year | \$100/quarter

Unlimited membership: M-Su  
Individual: \$1200/year | \$325/quarter  
Per dependent: \$325/year | \$100/quarter

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

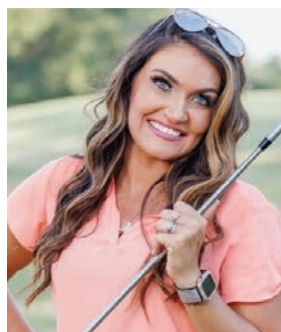


**Lessons with Michael Brisbane**  
Golf Course | Ask Instructor | Ages 6-100

PGA Director of Instruction Michael Brisbane offers both individual and group lessons, focusing on whatever you need to improve.

Go to [www.michaelbrisbanegolf.com](http://www.michaelbrisbanegolf.com) to see times, and prices, and to make a reservation.

For other questions, email:  
[michael@michaelbrisbanegolf.com](mailto:michael@michaelbrisbanegolf.com)



**Lessons with Shirley Walker-Yeager**  
Golf Course | Ask Instructor | Ages 6-100

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

Go to [www.squirrelshirleygolf.com](http://www.squirrelshirleygolf.com) to see times, and prices, and to make a reservation.

For other questions, email:  
[shirley@squirrelshirleygolf.com](mailto:shirley@squirrelshirleygolf.com)



**Lessons with Colin McKern**  
Golf Course | Ask Instructor | Ages 6-100

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

Go to [www.lessoncalendar.com/mckerngolf/](http://www.lessoncalendar.com/mckerngolf/) to see times, and prices, and to make a reservation.

For other questions, email:  
[colin.mckern@cityofmobile.org](mailto:colin.mckern@cityofmobile.org)



# TENNIS CENTERS

## MOBILE TENNIS CENTER

851 Gaillard Drive, Mobile, AL 36608 | 251-208-5181

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

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

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

**Jake Eaker** 228-218-5774

**Athina Amanor** 251-509-9965

**Dustin Scott** 251-583-6267

**Hans Laub** 251-605-3528

Stop by the Mobile Tennis Center Pro Shop!

Hours: M-Thurs. 8:30am-6:30pm & F 8:30am-1:30pm.



**Hans Laub**  
(251) 605-3528



**Whitsett Herring**  
(251) 554-3464



**Pierre Hall**  
(251) 321-7666



**Matthew Brooks**  
(251) 289-8752



**Peyton Hickman**  
(251) 377-4181



**Johnathon Ames**  
(251) 463-9170

## MEDAL OF HONOR TENNIS CENTER

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

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

**Elaine Campbell** 251-604-4941

Hours: M-Th 8-11am, 5-9pm

Fees: \$4 Day, \$5 Night

## LYONS PARK TENNIS CENTER

180 Lyons Park Avenue | (251) 694-1830 | fax: (251) 690-7730

Hours: M-Th 3-9pm, F Closed, S 8am-1pm | fees: \$4 day, \$5 night

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

**James Richardson** 251-391-6685

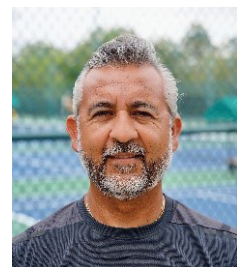
**Lance Deleston** 251-648-2925



**Sebastien Torres**  
(787) 949 - 2896



**Elaine Campbell**  
(251) 604 - 4941



**Raul Malaver**  
(228) 547 - 9623

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



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

## MIGHTY MIGHTS

Tennis Center | \$70 | Age 5

Session 4: M/W | 5/20-6/12 | 3:30-4pm

Session 5: M/W | 7/8-7/31 | 3:30-4pm

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

## 8 & UNDER CLINIC

Tennis Center | \$110 | Ages 6-8

Session 4: M/W | 5/20-6/12 | 4-5pm

Session 5: M/W | 7/8-7/31 | 4-5pm

This is a beginner clinic for children aged 6-8 on a 36' court while playing with red balls. This is a great place to start and learn the game of tennis.

## 10 & UNDER CLINIC

Tennis Center | \$110 | Ages 9-10

Session 4: T/Th | 5/21-6/13 | 5-6pm

Session 5: T/Th | 7/9-8/1 | 5-6pm

This is a beginner clinic for children aged 9-10 on a shorter court (36') with an orange ball. This clinic is designed to improve upon previously learned skills.

## 11 & UP CLINIC

Tennis Center | \$110 | Ages 11-17

Session 4: T/Th | 5/21-6/13 | 4-5pm

Session 5: T/Th | 7/9-8/1 | 4-5pm

This beginner clinic is for kids aged 11-17 played on a full-sized court (60') with regular balls. This clinic is geared to enhance your tennis skills.

## INTERMEDIATE JUNIOR CLINIC

Tennis Center | \$30 every session

Ages 8-18

T/Th | 5/2-8/1 | 6-8pm

This clinic is for kids who have previously gone through our beginner clinics. Kids will learn more enhanced tactics for the sport of tennis.

## ADVANCED JUNIOR CLINIC

Tennis Center | \$30 every session

Ages 8-18

M/W | 5/1-7/31 | 6pm-8pm

This is an Elite Program, and instructor permission is required for admission. These players have proficient skills in the sport of tennis.

## ADVANCED JUNIOR CLINIC

Tennis Center | \$30 every Sat.

Ages 8-18

Sat | 5/4-7/27 | 10am-12pm

This is an Elite Program, and instructor permission is required for admission. These players have proficient skills in the sport of tennis.

## READY TO LEARN

Tennis Center | \$40 | Ages 18+

Session 4: W | 5/22-6/12 | 6-7pm

Session 5: W | 7/10-7/31 | 6-7pm

This program is for players with no tennis experience, limited play with no instruction, or a past player with no current play.

## SET TO PLAY

Tennis Center | \$40 | Ages 18+

Session 4: W | 5/22-6/12 | 7-8pm

Session 5: W | 7/10-7/31 | 7-8pm

This program is for people who have completed Ready to Learn beginner programs or are a recreational player.

## ADULT INTERMEDIATE CLINIC

Tennis Center | \$60 | Ages 18+

Session 4: M | 5/20-6/10 | 7-8pm

Session 5: M | 7/8-7/29 | 7-8pm

This is an intermediate-level clinic for the adult player. Our pros will continue to develop the skills used for the intermediate-level player.

## ADULT BEGINNER CARDIO CLINIC

Tennis Center | \$60 | Ages 18+

Session 4: W | 5/22-6/12 | 6-7pm

Session 5: W | 7/10-7/31 | 6-7pm

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

## ADULT INTERMEDIATE CARDIO CLINIC

Tennis Center | \$60 | Ages 18+

Session 4: W | 5/22-6/12 | 7-8pm

Session 5: W | 7/10-7/31 | 7-8pm

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

## ADULT SATURDAY MORNING

Tennis Center | \$20 every Sat.

Ages 18+

S | 5/4-7/27 | 9-10am

This is an adult clinic on Saturday mornings to help work on improving and developing your skills in the sport of tennis.

## ADULT FRIDAY MORNING

Tennis Center | \$20 every Fri.

Ages 18+

F | 5/3-7/26 | 9:30-10:30am

This is an adult clinic on Saturday mornings to help work on improving and developing your skills in the sport of tennis.







# COTTAGE HILL GYMNASTICS CENTER

## **PRESCHOOL MOVEMENT**

**Gymnastics Center | \$65 | Ages 3-5  
M/W | 6/3-6/26 | 2-2:45pm**

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

## **BEGINNING TRAMPOLINE & TUMBLING**

**Gymnastics Center | \$70 | Ages 5-8  
M/W | 6/3-6/26 | 3-4pm**

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

## **INTERMEDIATE TRAMPOLINE & TUMBLING**

**Gymnastics Center | \$70 | Ages 8-10  
M/W | 6/3-6/26 | 4-5pm**

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

## **CHEER TUMBLING**

**Gymnastics Center | \$70 | 10+  
M/W | 6/3-6/26 | 5-6pm**

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

## **PRESCHOOL MOVEMENT**

**Gymnastics Center | \$65 | Ages 3-5  
T/Th | 6/4-6/27 | 9:30-10:15am**

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

## **YOUTH GYMNASTICS**

**Gymnastics Center | \$70 | Ages 5-8  
T/Th | 6/4-6/27 | 3-4pm**

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

## **BEGINNING TUMBLING**

**Gymnastics Center | \$70 | Ages 5-8  
T/Th | 6/4-6/27 | 4-5pm**

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

## **CHEER TUMBLING**

**Gymnastics Center | \$70 | 10+  
T/Th | 6/4-6/27 | 5-6pm**

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

## **KINDER-GYM | NEW!**

**Gymnastics Center  
\$45 | Ages 18 mo-3 yrs  
F | 6/7-6/28 | 9:30-10:15am**

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



## KINDER-GYM | NEW!

**Gymnastics Center**  
**\$45 | Ages 18 mo-3 yrs**  
**F | 6/7-6/28 | 10:30-11:15am**

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

## PRESCHOOL MOVEMENT

**Gymnastics Center | \$45 | Ages 3-5**  
**S | 6/8-6/29 | 9-10am**

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

## YOUTH GYMNASTICS

**Gymnastics Center | \$45 | Ages 5-8**  
**S | 6/8-6/29 | 10-11am**

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

## YOUTH GYMNASTICS

**Gymnastics Center | \$45 | Ages 7-12**  
**S | 6/8-6/29 | 11-12pm**

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

## PRESCHOOL MOVEMENT

**Gymnastics Center | \$65 | Ages 3-5**  
**M/W | 7/8-7/31 | 2-2:45pm**

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

## BEGINNING TRAMPOLINE & TUMBLING

**Gymnastics Center | \$70 | Ages 5-8**  
**M/W | 7/8-7/31 | 3-4pm**

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



## INTERMEDIATE TRAMPOLINE & TUMBLING

**Gymnastics Center | \$70 | Ages 8-10**  
**M/W | 7/8-7/31 | 4-5pm**

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

## CHEER TUMBLING

**Gymnastics Center | \$70 | 10+**  
**M/W | 7/8-7/31 | 5-6pm**

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

## KINDER-GYM | NEW!

**Gymnastics Center | \$45 | 18mo-3 yrs**  
**F | 7/12-8/2 | 9:30-10:15am**

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

## KINDER-GYM | NEW!

**Gymnastics Center | \$45 | 18 mo-3 yrs**  
**F | 7/12-8/2 | 10:30-11:15am**

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

## PRESCHOOL MOVEMENT

**Gymnastics Center | \$45 | Ages 3-5**  
**S | 7/13-8/3 | 9-10am**

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

## YOUTH GYMNASTICS

**Gymnastics Center | \$45 | Ages 5-8**  
**S | 7/13-8/3 | 10-11am**

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

## YOUTH GYMNASTICS

**Gymnastics Center | \$45 | Ages 7-12**  
**S | 7/13-8/3 | 11am -12pm**

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



# CITY EVENTS

## LODA ARTWALK

**Downtown, Mobile | Free | All Ages**  
**F | 6/14, 7/12 | 6–9pm**

Enjoy a relaxing evening at LODA ArtWalk which is a free-family friendly event that aims to positively impact the community by connecting people of diverse cultures and backgrounds through the arts. This event displays the creative talents of the downtown art galleries, institutions, studios, and unique shops as they open their doors to welcome you. This is the perfect night to take a stroll and enjoy local and regional artists, a Performance Zone, a Kids Zone, many vendors, and great food options.

### Loda Artwalk 2024 Celebrates:

6/14 - Pride

7/12 - Tattoos & Sharks

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

## ARTWALK ZONES

Be sure to visit these zones during ArtWalk night.

**KIDS ZONE** – Features a creative monthly themed art activity every LODA ArtWalk night. Stop by and check out this zone. You may see games and activities, inflatables, photo ops, arts and crafts, costumed characters, face painting, caricature artists, and so much more. It is located on N Claiborne St. Between Dauphin St. and St. Francis St.

**PERFORMANCE ZONE** – This zone is located on Dauphin St. And Hamilton St., which features performing arts groups of all kinds each month! Performances will be held hourly, beginning at 6 pm. This will allow three different performance groups to showcase their work each month at 6, 7, and 8 pm. Interested in being part of the Performance Zone? Visit <https://mobilearts.org/art-walk/> for more information.

**NON-PROFIT ZONE** – Are you a non-profit looking to set up at LODA ArtWalk? This is just for you! This zone is located on S. Claiborne St. Between Conti St. & Dauphin St. Apply for a spot at the next LODA ArtWalk by visiting [mprd.recdesk.com](https://mprd.recdesk.com), then searching 'artwalk' in the Program section.

## MARKET IN THE PARK

**Cathedral Square | Free | All Ages**  
**Sat | 5/4–7/6 | 7:30 am–12pm**

Come shop locally grown, produced, and handmade items while enjoying live entertainment! Mark your calendars and come discover a variety of high-quality products while being entertained by live performances. Don't miss out on this opportunity to support local artisans and have a great time!

## ROLL MOBILE

**Bienville Square | Free | All Ages**  
**F | 6/14, 7/12 | 6–9pm**

Get your skates ready because Roll Mobile is back and better than ever! The City of Mobile has transformed the streets around Bienville Square into a free outdoor roller-skating rink. Join us for a night of fun with a live DJ, or simply bring a chair to watch the action from outside the rink. Don't forget to check out the Roll Mobile merchandise available for purchase on-site. Remember, for safety reasons, no bicycles, skateboards, scooters, or hoverboards are allowed in the skating area. Let's roll!

## MYSTERY POP-UP EVENT

**Mystery location | Free | All Ages**  
**S | 6/15**

Join us for the last Mystery Pop-Up event of the year! This event will be announced at the May event. It will be something for you and your family to participate in. Stay tuned!

## JUNETEENTH

**National Maritime Museum of the Gulf of Mexico | Free | All Ages**  
**W | 6/19 | 6–8 pm**

Celebrate Juneteenth with the City of Mobile as we feature health, arts & education, and more! There will be music, vendors, and most importantly resources for you and your family.

## SUMMER DRIVE-IN MOVIE

**Medal of Honor, Seals | Free | All Ages**  
**Th | 6/28, 7/26 | 6–9pm**

Beat the heat with our new Summer Drive-In Movies! Bring your friends and enjoy family-friendly movies from the comfort of your car! Movies begin at sunset. You will need a functioning car radio to hear the movie's audio.  
6/28—Mama Mia at Medal of Honor Park  
7/26—Minions: Rise of Gru at Seals Park

## 4TH OF JULY CELEBRATION

**USS Alabama Battleship Memorial Park**  
**Free | All Ages**  
**Th | 7/4 | 6–9:30pm**

Get ready for an Independence Day Celebration brought to you by the City of Mobile! Invite your family and friends to spend the day featuring live music, bounce houses, games and activities, face painters, and most importantly, a spectacular fireworks show at 9 pm.

## KIDS DAY

**Laun | Free | Teens**  
**Th | 7/8 | 7–10pm**

Let's glow at our Teen Glow Foam Party! We're cranking up the tunes and adding some foam-tastic fun!



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



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

# **Event Services Planning & Application Tool**





# MOBILE PARKS & RECREATION **PATRIOT** *Volunteer*

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



Our Mission Statement:  
"Fun and Safe Places  
Where Everybody  
is Somebody"

## VOLUNTEER OPPORTUNITIES

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

## WHERE TO START?

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

## REQUIREMENTS

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



**YOU** make  
the difference!



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

# VOLUNTEER OPPORTUNITIES

## LODA ARTWALK

**Downtown Mobile, Cathedral Square**  
**Free | 16+**  
**F | 6/14 | 6-9pm**

The City of Mobile Parks & Rec is looking for a few people to volunteer for our monthly ArtWalk celebration. The volunteers will assist with the following: tent set-up and breakdown, registration, and kids' corner.

## ROLL MOBILE

**Bienville Square | Free | 16+**  
**F | 6/14 | 6-9pm**

Come join the Patriot Volunteer Downtown and serve the community with Roll Mobile, assist with shoe changing stations and ensure the safety of others.

## JUNETEENTH CELEBRATION

**National Maritime Museum of the Gulf of Mexico | Free | 16+**  
**W | 6/19 | TBA**

Come give your time and talents as we celebrate Juneteenth at Hope Community Center. Volunteers will assist with set up, breakdown, registration, arts & crafts assistance, and more!

## COMMUNITY CLEANUP

**Tricentennial Park | Free | 16+**  
**S | 6/29 | 9-10am**

Come join Patriot Volunteers for a community cleanup happening June 29, 2024. This registration is for 2 different clean-ups happening on June 29th at Tricentennial Park at 9am and Municipal Park at 10:30am. Please be sure to register for the correct location that you wish to volunteer for. Gloves, vest, pickers, hand sanitizer will be provided upon sign-in!

## COMMUNITY CLEANUP

**Municipal Park | Free | 16+**  
**S | 6/29 | 10:30-11am**

Come join Patriot Volunteers for a community cleanup happening June 29, 2024. This registration is for 2 different clean-ups happening on June 29th at Tricentennial Park at 9am and Municipal Park at 10:30am. Please be sure to register for the correct location that you wish to volunteer for. Gloves, vest, pickers, and hand sanitizer will be provided upon sign-in!

## FOURTH OF JULY CELEBRATION

**USS Alabama Battleship**  
**Free | 16+**  
**Th | 7/4 | 6-9:30pm**

Come give your time and talents as we celebrate the Fourth of July at Cooper Riverside. Volunteers will assist with set up, breakdown, registration, arts & crafts assistance, and more!

## LODA ARTWALK

**Downtown, Mobile | Free | 16+**  
**F | 7/12 | 6-9pm**

The City of Mobile Parks & Rec is looking for a few people to volunteer for our monthly ArtWalk celebration. The volunteers will assist with the following: tent set-up and breakdown, registration, and kids' corner.

## ROLL MOBILE

**Bienville Square | Free | 16+**  
**F | 7/12/2024 | 6-9pm**

Come join the Patriot Volunteer Downtown and serve the community with Roll Mobile, assist with shoe changing stations and ensure the safety of others.

## COMMUNITY PARK CLEANUP

**Dog River Park | Free | 16+**  
**S | 7/27 | 9-10am**

Come join Patriot Volunteers for a community Cleanup happening July 27, 2024. This registration is for 2 different clean-ups happening on July 27 at Dog River Park at 9am and Medal of Honor Park at 10:30am. Please be sure to register for the correct location that you wish to volunteer for. Gloves, vest, pickers, and hand sanitizer will be provided upon sign-in!

## COMMUNITY PARK CLEANUP

**Medal of Honor Park | Free | 16+**  
**S | 7/27 | 10:30-11am**

Come join Patriot Volunteers for a community Cleanup happening July 27, 2024. This registration is for 2 different clean-ups happening on July 27th at Dog River Park at 9am and Medal of Honor Park at 10:30am. Please be sure to register for the correct location that you wish to volunteer for. Gloves, vest, pickers, and hand sanitizer will be provided upon sign-in!

## KIDS DAY

**Laun Park | Free | 16+**  
**Th | 8/1 | TBA**

The Parks & Rec dept. are looking for a few good men and women to volunteer for our quarterly annual Volunteers needed for set-up & take down, MPRD information tent, craft table attendance, and the photo station crew.

## LODA ARTWALK

**Cathedral Square | Free | 16+**  
**F | 8/9 | 6-9pm**

Mobile Parks and Recreation is looking for a few people to volunteer for our monthly ArtWalk celebration. The volunteers will assist with the following: tent set-up and breakdown, registration, and kids' corner.

## LODA ROLL MOBILE

**Bienville Square | Free | 16+**  
**F | 8/9 | 6-9pm**

Come join the Patriot Volunteer Downtown and serve the community with Roll Mobile, assist with shoe-changing stations, and ensure the safety of others.

## FISHING CLINIC

**Lake Drive Tricentennial Park**  
**Free | 16+**  
**S | 8/17 | 8am-12pm**

This children's clinic is geared towards teaching kids the joys of fishing and respecting the environment. All kids between the ages of 5 and 15 are invited to participate in this event and must have adult supervision. We are looking to provide bait and there will be 30-40 volunteers to assist with baiting hooks, removing fish, and rigging lines.



# FACILITY RENTALS

Consider Mobile Parks and Rec for your next event! Provide your guests with bathrooms, parking, and more in one of Mobile's beautiful parks.

For additional information and help renting space, **call the rentals office at (251) 208-1620, or email [mprdpermits@cityofmobile.org](mailto:mprdpermits@cityofmobile.org).**

- **Free pavilions** include a roof, table(s), and a concrete pad, and are available on a first-come, first-served basis.
- **Reserved pavilions** are available at our most popular parks including Lake Drive Tricentennial, Langan, Medal of Honor, and Doyle parks.
- **Rental pavilions and amphitheaters** are perfect for larger outdoor events, and include Medal of Honor Bicentennial Pavilion, Langan Performing Arts Pavilion and Mike Dow Amphitheater at Trinity Gardens Park.
- **Indoor rental spaces** include gymnasiums, kitchens, and multi-purpose rooms at our community centers. They can accommodate up to 100 people, and free Wi-Fi is available inside all our community centers.
- Athletic fields may be rented for games when not being used for league play. To reserve an athletic field, simply complete and return an application to [mprdatleticpermits@cityofmobile.org](mailto:mprdatleticpermits@cityofmobile.org), attaching a certificate of liability insurance showing MPRD as the certificate holder. For all youth teams, background check is also required.



**Langan Park Pavilion**





# PROGRAMMATIC PARTNERSHIPS

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

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

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

## FALL 2024 TIMELINE

### DATE ACTION ITEM

**7/19/2024 Partnership Application Released**

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

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

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

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

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

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

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

**9/12/2024 Partner presentations** to review panel

**9/20/2024 Applicant notified of preliminary recommendations**

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



# LICENSES & PERMITS

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

## THE INITIAL PEDDLERS LICENSE INCLUDES:

License	\$ 50.00
Tax Deposit	\$ 70.00
Issue Fee	\$ <u>10.00</u>
<b>Total</b>	<b>\$130.00</b>

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

## THE INITIAL FOOD TRUCK LICENSE INCLUDES:

License	\$120.00
Issue Fee	\$ <u>10.00</u>
<b>Total</b>	<b>\$130.00</b>

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

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

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

## OR ONLINE:

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

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

### FOR A SOLE PROPRIETOR:

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

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

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

## FOOD TRUCK VENDORS ARE REQUIRED TO HAVE:

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

## YOU CAN APPLY FOR YOUR MPRD PARK PERMIT:

- In Person: 48 N Sage Ave, Mobile, AL 36607
- Or online at [MPRD.RecDesk.com](http://MPRD.RecDesk.com)

# COMING SOON

## TEACHER WORKDAY MINI CAMP

All Community Centers | \$15

Ages 5-12

M | 9/6, 10/14 | 7:30am-3:30pm

Our all-day Teacher Workday Day Camp provides fun activities and time to connect and make new friends while out of school.

## FANTASY CAMP

All Community Centers | \$25

Ages 5-12

M-W | 11/25-11/27 | 7:30am-3:30pm

In a camp kingdom not so far away, kids from all around the city will gather to play. With their wild imaginations guiding the way, camp will be transformed into a fantasy land each day.

## HOLIDAY CAMP

All Community Centers | \$25

Ages 5-12 | M-Th

12/3, 12/26, 12/27, 12/30, 12/31,  
1/2/25, 1/5/25

7:30am-3:30pm

We've got all the big holidays wrapped into one fantastic camp! Come enjoy activities and fun games that are sure to bring smiles and feelings of friendship, renewal, suspense, gratitude and charity!

## MPRD ALL STAR AFTER SCHOOL PROGRAM

Registration begins July 8th at Laun, Rickarby, Hillside, Sullivan, Figures, Dotch, Hope, Seals, Newhouse, Stotts, and Lavretta Centers. Enrollment is limited, so register soon at [MPRD.recdesk.com](http://MPRD.recdesk.com).

## STEM MOBILE IS BACK AND READY TO ROLL!

STEM Mobile is scheduled from 9am to 12pm on the 3rd Saturday of the month beginning in May. Locations include Dotch Community Center, Seals Community Center, BC Rain High School, Denton Middle School, Burn Middle School, and Hillside Community Center.

## MPRD STEM PRE-K PROGRAM

Ages 4-5

Be on the look-out for our brand-new Pre-K program coming to Seals Community Center in the Fall. Check out our website for more information!

## ATHLETICS

Fall sports at MPRD include Youth Football, Youth Flag Football, Youth Girls' Volleyball, Youth Sports Development Camp, Youth Boys' Basketball, Youth Girls' Basketball, Youth Soccer, Speed and Agility Camp, Adult Basketball, and Co-Ed Adult Soccer.





# JULY IS PARKS AND

## MONDAY

### CARDIO TENNIS IN THE PARK

Mobile Tennis Center | All Ages  
M-Th | 7/8-7/25 | 6-7pm

7/15: Social Media Giving Day

7/29: National Chicken Wing Day

## TUESDAY

### JUNIOR CLINICS 7/9, 7/23

\$50 per session | Ages 7-12  
9-10am

7/23: National Vanilla Ice Cream Day

## FRIDAY

### DIVE-IN MOVIE: KUNG FU PANDA

Dotch | Free | All ages  
7/5 | 8-10pm

### TEEN GAME SHOW

Innovation Portal | Free  
Ages 16-24 | 6-9pm

### DIVE-IN MOVIE: THE INCREDIBLES

Hillsdale | Free | All ages | 8-10pm

### KIDS COMMUNITY NIGHT OUT

Seals | Free | Ages 5-12 | 4-7pm

### USTA ALABAMA JUNIOR TEAM CHAMPIONSHIPS

Mobile Tennis Center | \$40  
Ages 5-18  
F, S | 7/27-7/28 | 8am-5pm

### JUNIOR TENNIS PLAYERS STATEWIDE

Mobile Tennis Center | Free  
F-Su | 7/19-7/21  
Ages 5-18 | All day

### PARKS AND REC SUMMER SOCIAL

Mobile Tennis Center  
F | 7/26 | 6-9pm

### USTA BLAZIN' ACES JUNIOR CLASSIC

Mobile Tennis Center  
F, S | 7/27-7/28 | 8am-5pm

## SATURDAY

### YOUTH KICKBALL LEAGUE

Sage | \$20 | Ages 4-14

### YOUTH FLAG FOOTBALL

Sage | 9-11am  
\$20 | Ages 4-14

### NATIONAL HOP-A-PARK DAY

All Parks | All Day

### COMMUNITY PICNIC IN THE PARK

Seals | Free | All ages  
7/13 | 10am-2pm

### CITY-WIDE BOOTCAMP

Sage | Free | Ages 13+  
7/20 | 9:15-10am

### HEALTH & WELLNESS PET WALK

Medal of Honor Park | Free | All ages  
7/20 | 9-11am

### USTA ALABAMA JUNIOR TEAM CHAMPIONSHIPS

Mobile Tennis Center | \$40 | Ages 5-18  
7/20 | All Day

### MPRD KIDS CYCLING CLASSIC

Municipal Park | Free | Ages 4-12  
7/27 | 8am-12pm

### PARKS AND REC SUMMER SOCIAL

Mobile Tennis | Free | All Ages  
7/27 | All day

# RECREATION MONTH

## WEDNESDAY

### ART IN THE PARK

Location TBA | Free | All ages

### FOURTH OF JULY FASHION SHOW

Connie Hudson | Free  
Ages 55+ | 7/4 | 1-3pm

### LADIES CLINICS

\$50/session Ages 19+ | 5:30-6:30pm

Email to reserve your spot:  
colin.mckern@cityofmobile.org

7/17: National Hot Dog Day

7/24: National Drive-Thru Day

7/31: National Mutt Day

## SUNDAY

### CRUISING FROM THE COOP

Cooper Riverside Park | Free | Ages 13+

### USTA ALABAMA JUNIOR TEAM CHAMPIONSHIPS

Mobile Tennis Center | \$40 | Ages 5-18  
7/21 | All Day

### PARKS AND REC SUMMER SOCIAL

Mobile Tennis | Free | All Ages  
7/28 | All day

## THURSDAY

### JUNIOR TENNIS CLINICS

\$50 per session | Ages 7-12  
7/11, 7/25 | 9-10 am

Email PGA Professional Colin McKern to reserve your spot:  
colin.mckern@cityofmobile.org.

7/4: Independence Day

7/11: National Pet Photo Day

7/25: National Chili Dog Day

## SHARE YOUR PHOTOS!

Post photos and videos of you celebrating Parks and Recreation Month.

Use the hashtags:

#WhereYouBelong  
#ParkAndRecMonth2024

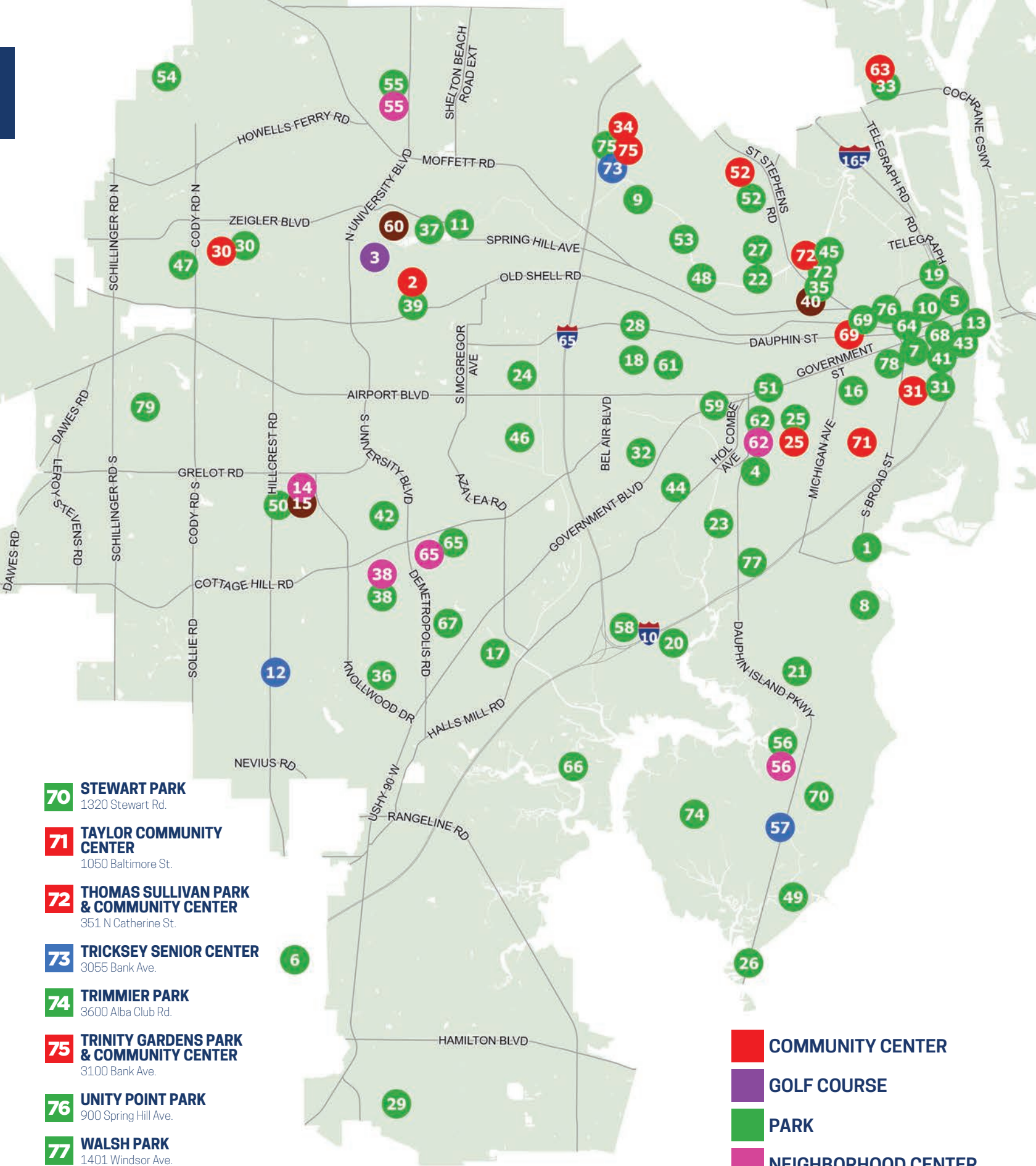




# CITY OF MOBILE PARKS

- 1 ARLINGTON PARK**  
1705 S Broad St.
- 2 ART CENTER**  
200 W Parkway Dr.
- 3 AZALEA CITY GOLF COURSE**  
1000 Gaillard Dr.
- 4 BAUMHAUER-RANDLE PARK**  
1909 Duval St.
- 5 BIENVILLE SQUARE**  
150 Dauphin St.
- 6 BOYKIN PARK**  
5850 Carol Plantation Rd.
- 7 BRITISH PARK**  
209 S Dearborn St.
- 8 BROOKLEY BY THE BAY PARK**  
254 Old Bay Front Dr.
- 9 BUSH PARK**  
712 Rice St.
- 10 CATHEDRAL SQUARE**  
300 Conti St.
- 11 CHARLES WOOD JAPANESE GARDEN**  
800 Forest Hill Dr.
- 12 CONNIE HUDSON MOBILE REGIONAL SENIOR COMMUNITY CENTER**  
3201 Hillcrest Rd.
- 13 COOPER RIVERSIDE PARK**  
1 Government St.
- 14 COTTAGE HILL GYMNASTICS CENTER**  
1711 Hillcrest Rd.
- 15 COTTAGE HILL TENNIS CENTER**  
1711 Hillcrest Rd.
- 16 CRAWFORD MURPHY PARK**  
351 S Ann St.
- 17 CRESTVIEW PARK**  
1600 Roland Dr.
- 18 DENTON PARK**  
2859 Emogene St.
- 19 DETONTI SQUARE PARK**  
311 N Conception St.
- 20 DOG RIVER PARK**  
2459 Dog River Dr. N
- 21 DOYLE PARK**  
1728 Rosedale Rd.
- 22 FREDRICK D. RICHARDSON JR. TRICENTENNIAL PARK**  
2121 Bragg Ave.
- 23 FRY PARK**  
1114 Gimon Cir. W
- 24 HACKMEYER PARK**  
3710 Conway Dr. S
- 25 HARMON-THOMAS PARK & COMMUNITY CENTER**  
1611 Belfast St.
- 26 HELEN WOOD PARK**  
4901 Dauphin Island Pkwy.
- 27 HENRY AARON PARK**  
2010 Andrews St.
- 28 HERNDON-SAGE PARK**  
2900 Dauphin St.
- 29 HEROES PARK**  
7161 Old Military Rd.
- 30 HILLSDALE PARK & COMMUNITY CENTER**  
558 Felhorn Rd.
- 31 JAMES SEALS PARK & COMMUNITY CENTER**  
540 Texas St.
- 32 JOE A. BAILEY PARK**  
712 Magnolia Rd.
- 33 JOHN KIDD PARK**  
800 East St.
- 34 JOSEPH C. DOTCH COMMUNITY CENTER**  
3100 Bank Ave.
- 35 LAFAYETTE HEIGHTS PARK**  
1508 St Stephens Rd.
- 36 LAMBERT C MIMS PARK**  
5400 Grishilde Dr.
- 37 LANGAN PARK**  
4901 Zeigler Blvd.
- 38 LAUN PARK & NEIGHBORHOOD CENTER**  
5401 Windmill Dr.
- 39 LAVRETTA PARK**  
200 Parkway W
- 40 LYONS PARK & TENNIS CENTER**  
180 Lyons Park Ave.
- 41 MALAGA SQUARE**  
403 Church St.
- 42 MALIBAR HEIGHTS PARK**  
5355 Raines Dr.
- 43 MARDI GRAS PARK**  
109 Government St.
- 44 MARTHA B. MAITRE PARK**  
2412 Halls Mill Rd.
- 45 MARTIN LUTHER KING PARK**  
1101 Dr Martin Luther King Jr Ave.
- 46 MATTHEWS PARK**  
3700 Michael Blvd.
- 47 MCCANTS-CHAVERS PARK**  
7215 Thirteenth St.
- 48 MCLEAN PARK**  
320 Park Ave.
- 49 MCNALLY PARK**  
4380 Park Rd.
- 50 MEDAL OF HONOR PARK**  
1711 Hillcrest Rd.
- 51 MEMORIAL PARK**  
1800 Airport Blvd.
- 52 MICHAEL A. FIGURES PARK & COMMUNITY CENTER**  
666 Donald St.
- 53 MILL STREET PARK**  
2665 Mill St.
- 54 MILLER PARK**  
7451 Lamplighter Dr.
- 55 MITTERNIGHT PARK & RECREATIONAL CENTER**  
5310 Colonial Oaks Dr.
- 56 NEWHOUSE PARK & TEEN CENTER**  
2960 Alston Dr.
- 57 PARKWAY SENIOR CENTER**  
1600 Boykin Blvd. B
- 58 PFC HOWARD JOHNSON II PARK**  
2661 Atoll Dr.
- 59 PUBLIC SAFETY MEMORIAL PARK**  
2301 Airport Blvd.
- 60 REGGIE COPELAND - NEWTON COX TENNIS CENTER**  
851 Gaillard Dr.
- 61 RICH PARK**  
2700 Foreman Cir.
- 62 RICKARBY PARK & RECREATIONAL CENTER**  
550 Rickarby St.
- 63 ROBERT L. HOPE COMMUNITY CENTER**  
850 Edwards St.
- 64 RYAN PARK**  
750 Spring Hill Ave.
- 65 SAM STOTTS PARK & RECREATION CENTER**  
2150 Demetropolis Rd.
- 66 SCHWARZ PARK**  
3701 Riviere Du Chien Rd.
- 67 SKYLAND PARK**  
4212 Arcturus Ln.
- 68 SPANISH PLAZA**  
401 Government St.
- 69 SPRINGHILL PARK & COMMUNITY CENTER**  
1151 Spring Hill Ave.





- 70 STEWART PARK**  
1320 Stewart Rd.
- 71 TAYLOR COMMUNITY CENTER**  
1050 Baltimore St.
- 72 THOMAS SULLIVAN PARK & COMMUNITY CENTER**  
351 N Catherine St.
- 73 TRICKSEY SENIOR CENTER**  
3055 Bank Ave.
- 74 TRIMMIER PARK**  
3600 Alba Club Rd.
- 75 TRINITY GARDENS PARK & COMMUNITY CENTER**  
3100 Bank Ave.
- 76 UNITY POINT PARK**  
900 Spring Hill Ave.
- 77 WALSH PARK**  
1401 Windsor Ave.
- 78 WASHINGTON SQUARE**  
251 Chatham St.
- 79 WEST SIDE PARK**  
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