

2014

COMMUNITY CENTERS
PROGRAM DIRECTORY

L I T T L E R O C K



Parks & Recreation

WWW.LRPR.ORG / 501.371.4770

"A City In A Park"

Jackson, Selandria

Little Rock Parks and Recreation

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The **Commission for Accreditation of Park and Recreation Agencies (CAPRA)** recognizes park and recreation agencies for excellence in operation and service. Each agency is charged with providing high quality services and experiences, park and recreation agencies across the United States turn to CAPRA Accreditation as a credible and efficient means of achieving these goals, while providing assurance to the public that the agency meets national standards of best practice. CAPRA accredits departments and agencies that provide park and recreation programs and services.

There are currently 112 accredited park and recreation agencies in the United States.

Little Rock Parks and Recreation is the only agency in the state to successfully achieve national accreditation.

City of Little Rock

Parks and Recreation Department

Truman Tolefree

500 W Markham St Ste 108

Little Rock AR, 72201-1414

Phone: (501) 371-4436 Fax: (501) 371-6832

Agency Contact Email: ttolefree@littlerock.org

Agency Website: <http://www.littlerock.org>

First Accredited: 10/11/2006

Recreation Administration

Little Rock Parks and Recreation

500 West Markham, Room 108

Little Rock, AR 72202

(501) 371-4770

www.lrpr.org

Director, Truman Tolefree

ttolefree@littlerock.org

(501) 371-4770

Recreation Manager, Gil Standridge

gstandridge@littlerock.org

(501) 244-5415

Recreation Supervisor, Selandria Jackson

sjackson@littlerock.org

(501) 371-6855

Community Centers Vision - CCN21C

What is CCN21C?

Community Centers in the 21st Century

- ▶ It is our vision to achieve excellence in our facilities with employees who provide customer service first in 21st century programming.

What can you expect?

- ▶ Expect Excellent Customer Service
- ▶ Excellent Facilities
- ▶ Innovative Programming
- ▶ Special Events
- ▶ Excellence in Athletics
- ▶ 21st Century Marketing

Stay in touch with Little Rock Parks & Recreation on many of your favorite social media platforms.

www.lrpr.org

www.facebook.com/lrparksrec

www.twitter.com/lrparksrec



Little Rock Parks and Recreation has 4 community centers in Little Rock, Arkansas and design is currently underway for a fifth.

Each community center has a rich heritage and is strategically located to reach youth, adult and senior residents of Little Rock.

Each community center contributes to the mission of Little Rock Parks and Recreation which is to provide the citizens and visitors of Little Rock accessible recreational program opportunities, experiences and activities which promote active living, health and wellness, socialization, self-esteem, growth and achievement.



Dunbar Community Center
1001 West 16th
Little Rock, AR 72202
(501) 376-1084
Est. October, 1954
www.lrpr.org

Facility Supervisor

Sedric Mayfield

Recreation Programmers

Carol Bealer
 Rochelle Burton
 Jeffrey Calaham

Maintenance

James Bowens
 Doc Sampson

Activity Supervisor

Charles Baird

Receptionist

Tameka Banks
 Barbara Caffey

Other Staff

Activity Aides
 Program Coaches
 Summer Playground Aides

Senior Program Staff

Kathy Duncan
 Daisy McBeth
 Freddie Smith



Dunbar Community Center opened its doors on October 10, 1954. The lead story in the Arkansas Democrat Gazette read: The Dunbar Community Center for Negroes at West 16th and Chester will open today. The facility cost was \$210,000.00 and opened with funds proved by the Negro Park Bond issue. The Community Center was used for “everything” in the Negro community. Dunbar was the choice for sports, dances, club meetings, movies, dinners, stage plays, concerts and much more.

Dunbar Community Center has seen the faces of several celebrities including professional athletes and entertainers: Al Green, Staple Singers, Hunter Sisters, Hunter Brothers, Sidney Moncrief, Tom Joyner, Michael Baisden, Joe Johnson, Scottie Pippen, and many more.

Dunbar received its first major facelift 50 years later in 2004 with a newly renovated and expanded facility from the citizens of Little Rock bond issue valued over \$1.8 million dollars. The renovation included a new gymnasium floor, weight room, game room and classroom upstairs addition, additional storage space, banquet hall, commercial kitchen, computer lab and staff offices.

Celebrating 60 years October, 2014, Dunbar Community Center received additional renovation in 2013 with the LR Cent sales tax.

Today Dunbar Community Center is now home to a wide diversity of participants that participate in a number of activities and programs including special events and summer programs.

The rich heritage of the athletic programs continues with the Men’s Summer Basketball League, Raider Youth Football, Youth Hawks T-Ball, Softball and Basketball programs.

**Southwest
Community Center**
6401 Baseline Road
Little Rock, AR 72209
(501) 918-3975
Est. June, 1994
www.lrpr.org

Facility Supervisor
Michael Harris

**Senior Recreation
Programmer**
Ray Kimbrough

**Recreation
Programmers**
Carey Smith
Charles Thomas

Maintenance
Robert Ford
Arthur Shaw
David Surratt

Activity Supervisor
John Peterson

Receptionist
Charlotte Hampton
Brenda Stenhouse

Other Staff
Activity Aides
Program Coaches
Summer Laureate Aides

Senior Program Staff
Michelle Martindale
Bonita Porter



The City of Little Rock opened Southwest Community Center June, 1994. The center is centrally located between the Southwest Police precinct and the Dee Brown Library.

The Southwest Community Center has basketball courts, a fitness area and a public swimming pool that includes two diving boards and kiddie wade pool. In addition, the Southwest Community Center complex contains open ball fields for soccer, football and other outdoor activities.

The citizens of Little Rock overwhelmingly approved a Capital Bond program for renovation and 7,000 square feet expansion in November, 2003. The package included in \$1.25 million facility upgrades.

The expansion included a Multi-Purpose Room/Banquet Hall, kitchenette, additional restroom, game room, storage area, classroom, specialized flooring for the Aerobics Room, expansion of Fitness Room and covered entry into front door and lobby.

Southwest Community Center added a playground in 2010 as an addition to the facility. Near the playground is a walking trail that community residents use for exercise to walk from each facility within the complex.

**East Little Rock
Community Center**
2500 East 6th Street
Little Rock, AR 72202
(501) 374-2881
Est. June, 1994
www.lrpr.org



Facility Supervisor

Karen Johnson

Senior Program Staff

Theresa Cole

Mary Rogers

Evelyn Tenpenny

John Thomas

East Little Rock Community Center has been a staple of the east end community since 1973. The community center is located within the Nathaniel Hill Community Complex along with the East Little Rock Senior Center, St. Vincent East Health/Dental Clinic, and the UAMS Head Start East program.

The East Little Rock Community Center was built as a Model Cities Project. It was designed to provide a comprehensive recreation and social service program for the East End community. The complex contains approximately 29,000 square feet of building space surrounded by 26 acres of open space with lighted ball fields, 3 tennis courts, swimming pool, 2 playgrounds, picnic areas and basketball courts. Many former East End community residents return to the community center annually for East End Day to reminisce about summer and afterschool programs; and youth East Little Rock Players athletic teams. The East Little Rock Community Center Swimming Pool was home of the tallest diving boards in Little Rock prior to its closure in 2008.

The East Little Rock Community Center currently is a service provider for various agencies, serves as a location for Little Rock Parks and Recreation special programs and events, youth athletics training location, and athletics home to independent and public schools and/or organizations.

East Little Rock Community Center annually hosts:

- Election Polling Site
- National Night Out
- Commodities Distribution Site
- Little Rock Cooling Center

In addition the East Little Rock Community Center ball fields and park hosts serves as a practice and game locations for a number of teams and City of Little Rock events.

Stephens Community Center
3720 West 18th
Little Rock, AR 72204
(501) 603-9974
Est. March, 2001
www.lrpr.org

Facility Supervisor
 Susie Matheny

Recreation Programmers
 Linda Bealer
 Jeffrey Lacey

Maintenance
 Melvin Collins

Activity Supervisor
 Mandaryl McCullum

Receptionist

Other Staff
 Activity Aides
 Program Coaches
 Summer Playground Aides

Senior Program Staff
 Jimmy Turner



The Stephens Community Center is a valuable feature of the adjoining Stephens Elementary School. The community center opened in 2001 to the public and offers such programs as community outreach services, a program for senior citizens, an after-school program and various classes for the benefit of the community.

Stephens Community Center and Elementary School is named for Charlotte Andrews Stephens (1853-1951), the first African-American teacher in the Little Rock School District and most likely the first African-American woman from Arkansas to attend college. Mrs. Stephens showed her dedication to education and the community by donating land for the current 18th Street site.

The community center has a gymnasium and two multi-purpose classrooms and a kitchen area.

Stephens serves residents of the community and other Little Rock communities with numerous programs including afterschool, summer, instructional and athletic programs.

Facility Rentals

Banquet Hall Reservation

(3 Hours Minimum)

Deposit	\$50.00
Entire Hall	\$300.00
Half Hall	\$150.00
Additional Hour	\$50.00

Kitchen Reservation

Deposit	\$50.00
Rental Fee	\$50.00

Multi-Purpose Room Reservation

(3 Hours Minimum)

Deposit	\$25.00
Rental Fee	\$150.00
Additional Hour	\$25.00

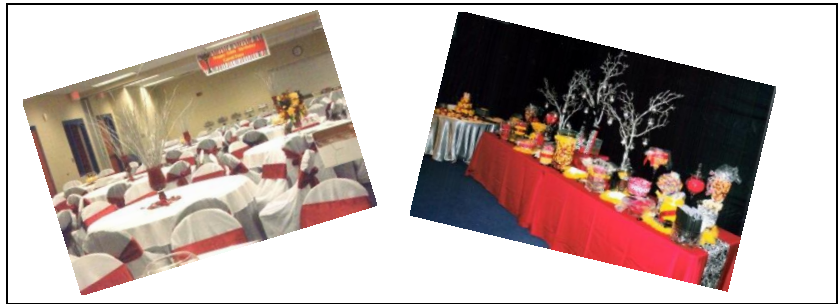
Reservation Policies

A contractual agreement required for each reservation with identification.

Reservations must be paid in full at least two weeks in advance of requested date.

All reservations must end with facilities cleaned no later than midnight.

No alcohol allowed on Little Rock Parks and Recreation premises.



Little Rock Parks and Recreation community centers currently have 2 facilities with Banquet Halls available for rentals. Dunbar Community Center is ideally located near downtown Little Rock and Southwest Community Center is in the heart of Southwest Little Rock. Our facilities are perfect for intimate settings or accommodations up to 150 guests.

Both locations are ideal to host your special events in a warm friendly atmosphere. Schedule your business, family, or church event including reunions, baby showers, anniversaries, weddings and receptions, church dinners, business meetings, corporate celebrations, luncheons, parties and much more.

Our facilities also have fully equipped, stainless steel commercial kitchen available for rental. By choosing our facilities you may rent our kitchen and have the option of using your own affordable caterer for your event. Our kitchens are available for actual cooking for licensed and insured caterers or solely to stage out food services (ice maker, warmers, sinks, microwave and refrigerator).

Our facility rentals come with tables and chairs at no extra cost. Projection screens and televisions are available at select facilities.

In addition to Banquet Halls each of our 3 community centers offers small rooms for small meetings and other intimate settings.

2014 Youth Athletics

Athletics for youth ages 6 – 15 is an intricate part of Little Rock Parks and Recreation. It is our goal to provide recreational athletic programs to youth in Central Arkansas. Our leagues promote recreation, sportsmanship, fun, parental involvement, competition and the basic foundation for learning how to play various sports.

Registration

To register for any of our programs patrons may sign up at any of our community centers with required information. Registration with community center teams includes uniform.

Requirements:

Birth Certificate, Registration Form and Registration Fee

- ✓ Baseball (\$10)
- ✓ Basketball (\$20)
- ✓ Cheerleading (\$10)
- ✓ Football (\$20)
- ✓ Kickball (\$10)
- ✓ Soccer (\$10)
- ✓ Softball (\$10)
- ✓ T-Ball (\$10)
- ✓ Track (\$10)
- ✓ Volleyball (\$10)

2014 Youth Athletics Calendar**January**

27 – 30 LRPR Youth Basketball Jamboree

February

3 LRPR Youth Basketball League Starts
18 Baseball Registration Opens

March

3 Soccer Registration Opens
3 Track Registration Opens
17 Junior Hoops Registration Opens

April

8 Soccer League Kicks Off
12 Track Season Kicks Off
14 Baseball League Kicks Off
14 Junior Hoops Kicks Off
14 Dodgeball Registration Opens

May

1 Kickball Registration Opens
5 Dodgeball League Kicks Off

June

2 Kickball Season Kicks Off

July

1 Football Registration Opens

August

4 Cheerleading Registration Opens
4 Volleyball Registration Opens

September

6 Cheerleading Kicks Off
6 Football Season Kicks Off
22 Volleyball Kicks Off

October

1 Basketball Registration Opens

November**December**

1 Basketball Season Kicks Off

2014 Adult Athletics

Little Rock Parks and Recreation recognizes the importance of adult recreation to enhance quality of life. Our community centers provide recreational athletic programs to assist adults who enjoy fun competition, exercise and a stress reliever. Our leagues promote recreation, sportsmanship, family involvement, and fun competition.

Registration

To register for any of our programs patrons may sign up at any of our community centers with required information.

Requirements:

Team Roster Form,
Registration Form and
Registration Fee

- ✓ Men's Summer
Basketball League
(\$450 per team)
- ✓ Men's Basketball
League
(\$250 per team)
- ✓ Adult Volleyball
League
(\$225 per team)

2014 Adult Athletics Calendar**January**

6 Southwest Volleyball Registration Opens

February

3 Southwest Volleyball Kicks Off

March

3 Southwest Soccer League Registration Opens
3 Stephens 30/40 Men's Basketball League
Registration Opens

April

7 Southwest Soccer League Kicks Off
7 Stephens 30/40 Men's Basketball League Kicks
Off

May

1 Dunbar Men's Summer League Registration
Opens

June

16 Dunbar Men's Summer League Kicks Off

July**August**

4 Southwest Men's Basketball League Registration
Opens

September

8 Southwest Men's Basketball League Kicks Off

October**November****December**

2014 Athletic Events and Activities

Little Rock Parks and Recreation hosts a number of special athletic events and activities for our participants. These events not only provide youth an opportunity to compete nationally but also afford them the opportunity to participate in non-traditional sports and activities.

In addition our Skills and Drills also are opened to the public to offer youth an opportunity to learn basic skills and advanced improvement on current skills in various sports.

National Participation Events

Hershey's Track Meet

Little Rock Parks and Recreation hosts an annual HERSHEY'S Track & Field Games meet offers running events, like the 50-meter dash and the 800-meter run, and field events, like the softball throw and the standing long jump. And that's just for starters. If you work hard enough and qualify in your events, you'll get the chance to compete at the North American Final in Hershey, Pennsylvania.

Pitch, Hit and Run

Major League Baseball Pitch, Hit & Run (PHR) is an exciting skills event for boys and girls where participants have the opportunity to compete in four levels of competition including All-Around, Pitching, Hitting and Running.

Punt, Pass and Kick

The NFL PUNT, PASS & KICK (PPK) program is a national skills competition for boys and girls between the ages of 6 and 15 to compete separately against their peers. Girls and boys in five separate age divisions (6-7, 8-9, 10-11, 12-13, and 14-15) compete against each other in punting, passing and place kicking in a fun and engaging forum.

LRPR Youth League Special Events

Football Red Zone Challenge and Jamboree – This one day event is for teams registered in Little Rock Parks and Recreation Youth Football program to compete in various challenges and provides an opportunity for teams to compete in select quarters to prepare for the season openers.

Introduction to Volleyball Clinic – Youth interested in volleyball are encouraged to attend a one-week clinic designed to provide instruction from certified volleyball officials and instructors an introductory course to prepare the participants for league play in school and community centers.

JR NBA/WNBA All-Star Day – Select youth who participate in the LRPR Junior NBA/WNBA youth basketball season and excel in skill level will have the opportunity for coaches to vote on participants to play in All-Star games and all youth may select various activities and challenges to participate in, including our Slam Dunk Contest.

Non-Traditional Athletic Activities & Programs

It is our goal to expose and introduce non-traditional sports programs to our participants. Participants will have an opportunity to continue participation at select schools and increase scholarship opportunities participating in non-traditional sports programs.



Running Club – Interested youth may register and participate in the LRPR Running Club and have an opportunity to run in select marathons and races.



Tennis Club – Interested youth may register and learn the basic principles of tennis and have an opportunity to join select tennis teams.



Golf Club – Interested youth may register and learn the basic principles of golf on the golf course with professional instructors.



Bowling Club – Interested youth may register and learn the basic principles of bowling and have an opportunity to compete on a golf team.



Skills and Drills Activities

Recreational Sports Skills and Drills – We offer an opportunity for youth to learn basic rules of the game and have fun playing games including Badminton, Kickball, Dodgeball, Foosball and much more.

No league play or competition just an opportunity to exercise and play games with no required skill or registration fees.

Emphasis placed on teamwork and sportsmanship.

Competition Skills and Drills

Youth participating in our football and basketball athletic programs have an opportunity to prepare for league play, improve skill level, learn various techniques and work with coaches on proper game play.

It is our goal to ensure youth who participate are highly active, feel successful and have fun

Football – Emphasis placed on improvement on player's techniques, performance and enjoyment. Coaches will focus on tackling and catching drills; and group drills for offense, defense and special teams.

Basketball – Emphasis placed proper basketball stance, footwork, dribbling, passing, catching, and cutting, rebounding, layups, free throws, shooting, coordination and conditioning drills.

**Little Rock Parks and
Recreation 2014
Summer Programs**



Little Rock Parks and Recreation would like to welcome children and parents within the Little Rock area as prospective participants in our Summer Playground Program, Teen Camp or Summer Laureate Program. Each program's objective is to provide children a rewarding, enjoyable and safe summer of supervised, organized and worthwhile recreational activities while school is not in session. We offer a wide range of on-site and field trip activities. Breakfast and lunch is included in registration for each program.

Summer Playground Program – Dunbar Community Center and Stephens Community Center in addition to select other locations host an 8-week Summer Playground Program for registered participants.

Program Dates: June 9 – July 31

Program Cost: \$90.00 one child and \$25.00 for each additional child

Summer Teen Camp Program – Teens are offered an opportunity to participate in our 8-week Summer Teen Camp program at a select location TBD. Emphasis is placed on activities for teens and ‘tweens to participate in activities with their peers.

Program Dates: June 9 – July 31

Program Cost: \$90.00 one child and \$25.00 for each additional child

Summer Laureate Program – Southwest Community Center host our 6-week Summer Laureate Program for registered participants.

Program Dates: June 16 – July 25

Program Cost: \$90.00 one child and \$25.00 for each additional child

Online Registration available: www.onlinesignup.org/littlerock



Latchkey

Afterschool Program

2014 Program Dates

First Session

January 7 – June 3

Second Session

August 18 – December 19

Locations & Times

2:30pm – 6:00pm

Dunbar Community Center

Southwest Community Center

Stephens Community Center

Registration

\$25.00 monthly per child

K – 8th Grade

Must be at least 6 years of age to register in program.

All fees due in full per session upon registration.

Online Registration available:

www.onlinesignup.org/littlerock

Afterschool Programs: Making a Difference in America's Communities by Improving Academic Achievement, Keeping Kids Safe and Helping Working Families

The Latchkey Afterschool program at each community center offers parents an affordable program that provides structured activities, staff supervision, homework time, athletics, recreational activities, meals and snack time.

Latchkey also provides an opportunity for registered participants to attend the community center on non-school Little Rock School District calendar days.

A 2010 Afterschool Alliance election eve poll found that more than half (52 percent) of likely voters agree that afterschool, before-school and summer learning programs are the best way to expand learning opportunities for students in order to help them do better in school, motivate them to stay on track and prepare them for the future.

Afterschool programs are serving a high need population. Parents express a strong need for afterschool programs and feel hopeful that these programs will improve their children's life chances.



Launched in October 2000, *Lights On Afterschool* is the only nationwide event celebrating afterschool programs and their important role in the lives of children, families and communities. The effort has become a hallmark of the afterschool movement and generates thousands of media clippings each year. This year Little Rock Parks and Recreation community centers will celebrate the national event on October 23, 2014 at each community center.



Youth Instructional Classes

Registration

To participate in community centers instructional classes, participants must pay the monthly registration fee for each class.

\$10.00 per month for each class

Additional fees may be suggested for class uniform or participation in certified events recommended by instructor.

Instructors

All classes are taught by instructors with experience, training and/or certification at each facility.

Dunbar Community Center

Gymnastics

Our gymnastic programs are open to boys and girls. All our programs are designed so every child may excel to their fullest potential in a non-competitive atmosphere. Participants will be working on motor co-ordination, strength, flexibility and beginning gymnastic skills.

Tuesday & Thursday 6:00pm – 7:00pm

Hip-Hop Dance

Learn to express yourself through music and dance, using the dynamic dance style of hip hop. Hip Hop dance is a form of dance that focuses on the hip hop culture, music, attitude, style and funk. A high energy dance sequence will be created that is fun, funky, and great exercise too. No previous dance experience necessary; each movement will be taught step-by-step.

Monday	Ages 8 – 11	6:00pm – 7:00pm
Monday	Ages 12 – 15	7:00pm – 8:00pm

Southwest Community Center

Gymnastics

Our gymnastic programs are open to boys and girls. All our programs are designed so every child may excel to their fullest potential in a non-competitive atmosphere. Participants will be working on motor co-ordination, strength, flexibility and beginning gymnastic skills.

Tuesday and Thursday 5:00pm – 7:00pm

Karate

Designed to instruct students the basics of martial arts. Open to ages 6 and up. Classes are divided into four levels based on skill and experience. Focus is on coordination, balance, fitness, and instilling discipline early.

Wednesday and Friday 6:30pm – 8:00pm

Dance

This program allows participants to dance while also developing fine motor skills and enhancing their imagination. High energy dance sequences will be taught while they begin to develop their life-long dancing skills.

Tuesday and Thursday 5:00pm – 7:00pm

Stephens Community Center

Taekwondo

TaeKwonDo, the "Way of the Hand and the Foot," is a Korean martial art which traces its roots through the centuries to the ancient fighting arts of the Korean peninsula. Open to ages 6 and up. Classes are divided into levels based on skill and experience. Focus is on coordination, balance, fitness, and instilling discipline early.

Monday and Wednesday 7:00pm – 8:00pm



Adult Instructional Classes

Registration

To participate in community centers instructional classes, participants must have a community center membership.

Memberships allow participation in classes and access to facility workout and game room amenities based on availability.

Adults (Ages 16 – 54)
\$3.00 Daily
\$25.00 Monthly

Seniors (Ages 55+)
\$2.00 Daily
\$12.00 Monthly

Instructors

All classes are taught by instructors with experience, training and/or certification at each facility.

Dunbar Community Center

Aerobics

Our comprehensive aerobics routines consist of a warm-up sequence, stretching and endurance exercises meant to improve your cardiovascular function. Essentially designed to raise the heart rate, the class targets major muscle groups, including your arms and legs.

Tuesday and Thursday 6:00pm – 7:00pm

Dance

Join other dancers and learn some fun Line Dances or just come for the great exercise. You never need a partner but you can bring your friends and have a lot of fun and you get to exercise without realizing you are actually exercising.

Monday 6:00pm – 8:00pm

Zumba

Zumba is fun and exciting. When you're participating in Zumba group class, it doesn't really feel like you're exercising. It's a whole-body aerobic exercise that uses up a lot of energy and burns calories through dancing. Zumba can improve your flexibility, since there's so much movement involved, and it can help to strengthen your core.

Tuesday and Thursday 7:00pm – 8:00pm

Southwest Community Center

Aerobics

Our comprehensive aerobics routines consist of a warm-up sequence, stretching and endurance exercises meant to improve your cardiovascular function. Essentially designed to raise the heart rate, the class targets major muscle groups, including your arms and legs.

Monday – Friday 5:30pm – 6:30pm

Boot Camp

The idea is to continually work the body as research demonstrates that it is the most efficient and effective way to improve your cardiovascular system, lose weight and build muscle. The endless variety of exercises and instructor styles insures that every class feels new and exciting.

Saturday 8:00am – 10:00am



Adult Instructional Classes

Registration

To participate in community centers instructional classes, participants must have a community center membership. Memberships allow participation in classes and access to facility workout and game room amenities based on availability.

Adults (Ages 16 – 54)
 \$3.00 Daily
 \$25.00 Monthly

Seniors (Ages 55+)
 \$2.00 Daily
 \$12.00 Monthly

Instructors

All classes are taught by instructors with experience, training and/or certification at each facility.

Southwest Community Center

Diversercise

Diversercise is a combination of aerobics and taekwondo. The regimen's goal is to increase strength, mobility, stamina, flexibility and cardiovascular endurance.

Tuesday and Thursday 7:00pm – 8:00pm

Senior Aerobics

Low-impact aerobic exercise is an effective way for a senior citizen to keep his cardiovascular system in shape, while protecting his bones and joints at the same time.

Monday, Wednesday and Friday 8:30am – 9:30am

Zumba

Zumba is fun and exciting. When you're participating in Zumba group class, it doesn't really feel like you're exercising. It's a whole-body aerobic exercise that uses up a lot of energy and burns calories through dancing. Zumba can improve your flexibility, since there's so much movement involved, and it can help to strengthen your core.

Monday and Wednesday 7:00pm – 8:00pm

Stephens Community Center

Pickleball

Pickleball is mini-tennis like game that combines the elements of badminton, tennis and table tennis. Students will be able to learn the proper strokes: forehand, backhand, volley, lob, overhead, and slice. Successfully use the strokes and play singles and doubles.

Wednesday 6:00pm – 8:00pm

Little Rock Parks and Recreation recognizes and promotes healthy lifestyles for enhanced quality of life, personal growth and potential through positive lifestyle behaviors and attitudes. Our adult instructional classes focus on the Primary and Secondary components of fitness.

- | | | |
|-------------------|----------|--------------|
| Cardiorespiratory | Muscular | Flexibility |
| Body Composition | Balance | Coordination |
| Reaction Time | Agility | Speed |
| Mental Capability | Power | Strength |



**Adult
Healthy Living
Opportunity for
Members**

Memberships

Adults (Ages 16 – 54)
\$3.00 Daily
\$25.00 Monthly

Seniors (Ages 55+)
\$2.00 Daily
\$12.00 Monthly

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance. It can reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers. Unlike some other forms of exercise, walking is doesn't require any special equipment or training.

Our community centers are available for members for walking indoors at each of our facilities. We encourage walking at our open gymnasiums during non-scheduled activity times. Members are encouraged to walk alone or bring friends for walking laps weekly.

Dunbar Community Center

Monday 9:00am – 11:00am
1:00pm – 3:00pm
Tuesday – Friday 7:30am – 11:30am

Southwest Community Center

Monday – Friday 6:30am – 9:00am

Stephens Community Center

Monday – Friday 8:00am – 10:00am
1:00pm – 3:00pm

OPEN GYM ADULT BASKETBALL



Enjoy recreational basketball?

Fun competition with friends, no league play, open to men and women who want to exercise at each facility.

Membership required at each facility.



**Adult
Healthy Living
Opportunity for
Members**

Memberships

Adults (Ages 16 – 54)
\$3.00 Daily
\$25.00 Monthly

Seniors (Ages 55+)
\$2.00 Daily
\$12.00 Monthly

Hours of Operation

Dunbar

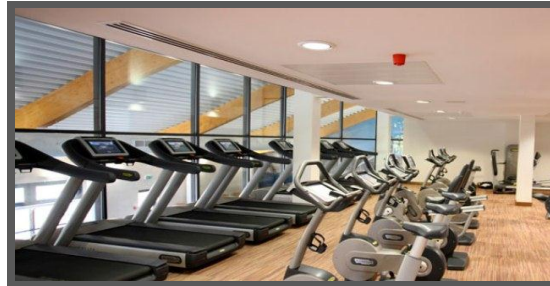
Monday - Thursday
9:00am – 9:00pm

Friday
9:00am – 6:00pm

Southwest

Monday - Friday
6:30am – 9:00pm

Saturday
8:00am – 5:00pm



The advantage of a smaller, local community center Fitness Area/Weight Room is we can offer lower fees with no enrollment fees and great equipment available for use.

Little Rock Parks and Recreation equipped Dunbar Community Center and Southwest Community Center with new equipment in 2013.

The equipment ranges from a sea of cardiovascular equipment at the gym –rows of treadmills, elliptical machines, stair steppers, stationary bikes, and more.

Also, smaller gyms can have fewer members. What this means is that you have better availability for the fitness equipment. For the personal touch, the staff at our community centers is better able to get to know you and vice versa.

Join one of our gyms today and improve your health.



2014

Winter Events

Breakfast with Santa
Sweetheart Dance
Latchkey Valentine's Ball

Spring Events

Spring Break Specials

- "Fun Day"
- "Take It Outside"

Latchkey Graduations

Summer Events

Summer Bash Week

Fall Events

Halloween Bash
Fall Festival

Year Round 'Happenings

Field Trips
Teen Night
Pool Tournaments
Video Challenges
Spades & Dominoes
Tournaments



Special Events at community centers are organized recreational, cultural, fun events and/or activities with community outreach for youth or adult participants. The various events are hosted at community centers, at a park or other recreation facility. Little Rock Parks and Recreation staff coordinates and organizes these events and also work with other agencies to ensure activities are running smoothly and are organized.

Special Events Description and Information

Winter Events

Valentine's Ball

Thursday, February 13

Location: Dunbar Community Center

Description: Participants from community centers Latchkey Program will be invited to participate in a Valentine's Ball with semi-formal attire, music and refreshments.

Breakfast with Santa

Saturday, December 13

Location: Southwest Community Center

Description:

Spring Events

Spring Break Specials

March 24 - 28

"Fun Day"

Monday, March 24

Location: East Little Rock

Description: Youth from various communities invited to participate in a day of fun and games including refreshments, tournaments and challenges. Prizes awarded to winners.

"Take It Outside"

March 25 – 28

Location: Stephens Community Center

Description: Youth with memberships will go 'outside' on a different field trip each day.

Latchkey Graduation

May, 2014

Location: Dunbar Community Center

Description: 5th grade Latchkey participants will have a graduation ceremony including a special guest speaker and are recognized for their participation in the program while in elementary school.



2014

Winter Events

Breakfast with Santa
Sweetheart Dance
Latchkey Valentine's Ball

Spring Events

Spring Break Specials

- "Fun Day"
- "Take It Outside"

Latchkey Graduations

Summer Events

Summer Bash Week

Fall Events

Halloween Bash
Fall Festival

Year Round 'Happenings

Field Trips
Teen Night
Pool Tournaments
Video Challenges
Spades & Dominoes
Tournaments



Summer Events

Summer Bash Week

July 32 - 25

"Summer Talent Show"
"Community Center Summer Party"
"Staff versus Participants Basketball Game"
Other activities to be announced

Fall Events

Halloween Bash

Friday, October 31

Dunbar Community Center

Description: Join us as we celebrate with costume contests, food, door prizes, games with great prizes in a safe environment for parents and kids of all ages.

Year Round 'Happenings

Field Trips – Each community center hosts a number of field trips for participants in Latchkey and Summer programs. Participants are accompanied by staff on all field trips. Annual field trips include museums, Arkansas State Fair, movies, Wild River Country, Little Rock Zoo and more.

Teen Night – Hosted by Southwest Community Center, this activity offers teens an opportunity to engage in organized activities among their peers with staff involvement.

Pool Tournaments – Hosted by Southwest Community Center, adults are encouraged to demonstrate and compete in billiards tournaments throughout the year.

Video Challenges – These video game challenges are hosted by Dunbar Community Center and Southwest Community Center at various times through the year with prizes awarded to winners. Challenges are held for youth and adults in various games including Playstation and Xbox.

Spades & Dominoes Tournaments – Hosted by Southwest Community Center, this activity offers teens and adults an opportunity to compete in some of the most popular table games for prizes, awards and of course bragging rights.



It is our goal is to ensure the safety of each participant and of our facilities; therefore it is important to us that our participants work with our staff to ensure our Policies and Procedures are followed consistently by each facility participant. We appreciate your support while following all facility general rules and regulations.



COMMUNITY CENTERS POLICIES & PROCEDURES

GENERAL FACILITY RULES

- No unsportsmanlike conduct allowed in facility, programs, or playground.
- No horseplay or fighting in building or on facility grounds.
- Participants must have a membership to utilize facility equipment and programs.
- Youth members may participate in activities at scheduled times. Youth memberships are not privileged access during school hours of the Little Rock School District.
- No drugs or alcohol is permitted in or around the facility.
- No profanity or loud prolonged noises acceptable in the building.
- Everyone entering facility must sign in at Receptionist Desk.
- Our facility does not allow general public use of our facilities for services and guidelines not listed in the facility brochure.
- No firearms or fireworks allowed in the facility or within 25 feet of the building.

PARTICIPANT DISCIPLINARY POLICIES

- Participants violating rules may be asked to leave or reprimanded by Facility Manager.
- Participants who disrespect staff (*use of profanity or refusal to follow instructions which violate policies*) will be given a reprimand.
- Participants cannot be suspended from programs unless approved by Facility Manager.
- A participant is defined as anyone who enters the facility, enroll in a program, or purchase a membership.
- Participants must follow all program guidelines will enrolled in a program on-site and away from the facility.
- Disciplinary procedures may include warning, written reprimand, verbal reprimand, suspension, or expulsion from the facility.

Aging & Active Programs**Dunbar**

501.374.4817
 Tuesday – Friday
 8:30am – 1:00pm

East Little Rock

501.375.9132
 Tuesday – Friday
 8:30am – 1:00pm

Southwest

501.918.3975
 Monday - Friday
 8:30am – 1:00pm

Stephens

501.603.9974
 Tuesday – Friday
 8:30am – 1:00pm



Little Rock Parks and Recreation offers a variety of recreational programs and activities for persons 55 years of age and older. Activities provide opportunities for active senior adults to use their leisure time to travel, pursue old hobbies and learn new ones, increase their knowledge, socialize with old friends or meet new ones, become physically fit and much more. For that extra time you have, the Aging & Active Program has a lot to offer. Get up and go!



**City of Little Rock
Mission Statement**

Little Rock's vision is to be a leading city of the 21st Century by providing a safe and supportive environment that empowers its citizens, neighborhoods, and businesses to develop and prosper

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Position 9, At-Large**

**Director Joan Adcock
Position 10, At-Large**

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