

LUFKIN PARKS AND RECREATION ACTIVITY PROGRAM

www.lufkinparks.com



Spring Session 2009
Registration Dates: March 9th-March 20th
Class Dates: March 23rd-May 15th

MISSION STATEMENT

The mission of the Lufkin Parks and Recreation Department is to accommodate the leisure needs of citizens.

**For Information Concerning Youth Sports,
Please Contact The Following Names With
The Lufkin Youth Athletic Associations.**

PARKS AND RECREATION BOARD

Roy Reyes
Victor Bruce
Richard Joseph
Lela Simmons

Cathy Todd
Summer Osgood
Jeff Taylor

LPAR STAFF

Director	Don Hannabas
Parks Superintendent	Barry Cox
Recreation Superintendent	Mike Akridge
Recreation Specialist	Candace Dawson
Secretary	Jessica Leyva
League Supervisor	Butch Cantrell
Downtown Center Supervisor	Yolanda Davis

Lufkin Youth Baseball Association
Judy Maddux
(936) 639-4266

Angelina Youth Soccer Association
Jill Ray
(936) 632-1936
(936) 632-9549 Hotline
www.angelinayouthsoccer.org

Lufkin Girls Softball Association
Cindy Pope
(936) 676-7338
(936) 637-6004 Hotline

East Texas Football League
Ralph Bean
(936) 639-1661

Lufkin Youth Basketball Association
Ralph Bean
(936) 639-1661

United Hispanic Soccer League of East Texas
Pedro Diaz
(936) 465-4429
(936) 639-1153



REGISTRATION for Winter classes will begin Monday, March 9th, at the Downtown Center, 125 North First, from 8:00 a.m. to 7:00 p.m., Monday through Thursday, and 8:00 a.m. to 5:00 p.m. on Fridays. Registration will conclude on Friday, March 20th. All classes have a maximum enrollment and are filled on a first come basis.

NO PHONE REGISTRATION!!!

RECREATION CLASSES

AZALEA FITNESS TRAIL- Grab those walking or running shoes and come out to Grace Dunne Richardson Park and take a stroll on our fitness trail!! Enjoy nature up close and personal as you will find that is goes all the way to Kiwanis Park. Stroll back and you will have walked **3.8 miles!!!** There's plenty of **Lighting** and **Security** for those who like to walk or run in the evenings. **IT'S FUN, IT'S GREAT EXERCISE, AND IT'S FREE!!**



SENIOR AEROBICS- Come to the Recreation Center Department to let **Larry King** teach you to have fun at line dancing. He will be exercising to old classics and popular country and western ballads. This class will concentrate on the cardiovascular system by using floor exercises, dance steps and weights. Wear comfortable exercise clothes.

M-W-F 9:00-10:30 (beg) DT #3 \$10/month 50-UP
 10:00-11:30 (adv)
 TUES 5:30-8:00 DT#3 \$10/month 50-UP

SPECIAL NEEDS SOFTBALL- Registration begins Monday, March 16th through Friday, April 3rd. Cost per child is \$20.00. Evaluation practice will be Saturday, April 4th, from 9:00-11:30 a.m. at Winston Park. Any age and diagnosis welcome. Anyone interested in coaching needs to attend the Coaches Training on Saturday, March 7th from 9:00-12:00 p.m. at Kit McConnico Park. Any questions may be directed at **Deanna Ramsey at (936) 639-9554.**

LOCATION LEGEND
CC-CHAMBERS CENTER
CP-CHAMBERS PARK
DT-DOWNTOWN CENTER
KP-KIWANIS PARK

BALLROOM DANCING- Come let **Mike Balash** teach you how to Ballroom Dance! Learn to Waltz, Fox Trot, Tango, Rumba, Mambo, ChaCha, and do the East Coast Swing. Both singles and couple are welcome!

THUR 6:30-8:00 DT #3 \$30 a month 14-UP
 \$10 per lesson



PINEYWOODS DULCIMER / FOLK MUSIC GROUP

The Mountain Dulcimer is an unusual instrument with a fascinating history from the earliest settlers of our country. Folk Life music is unique and it touches all ages with a simple learning process and has a magic of bringing home folks together in small or large groups. If you are interested in joining, please contact **Ken Ryan at 875-2680 or John McCoy at 632-8910.**

DATE: EVERY THURSDAY
PLACE: CHAMBERS CENTER
TIME: 5:00 – 9:00 P.M.
COST: FREE

WE WOULD LIKE TO OFFER A
 PILATES AND AEROBICS
 CLASS, BUT ARE IN NEED OF
 AN INSTRUCTOR. IF YOU ARE
 INTERESTED IN TEACHING
 THIS CLASS OR ANY OTHER,
 PLEASE CALL THE
 DOWNTOWN RECREATION
 CENTER AT (936) 633-0250.

CLASS DAY WKS TIME LOC. FEE AGE

BABYNASTICS – (Parent and Tot) – Parents help your child develop proper skills of gymnastics at an early age. **Ali McClendon** will be the instructor.

Friday	8	10:30-11:00am	DT#1	\$22	2
M-W	8	3:45-4:15pm	DT#1	\$26	2

DANCE- **Jessica Velez** will be teaching different types of dances and techniques.

Ballet	M-W	8	5:00-5:30	DT#4	\$26	3-4
Ballet	M-W	8	6:00-6:30	DT#4	\$28	5-7
Ballet	M-W	8	6:30-7:00	DT#4	\$26	3-4
Hip Hop	M-W	8	7:00-7:30	DT#3	\$28	6-up
Ballet	T-Th	8	4:30-5:00	DT#4	\$28	5-7
Ballet	T-Th	8	5:15-5:45	DT#4	\$26	3-4
Ballet	T-Th	8	6:15-6:45	DT#4	\$28	5-7
Ballet	T-Th	8	6:45-7:15	DT#4	\$26	3-4
Hip Hop	T-Th	8	7:15-7:45	DT#3	\$28	6-up

TAE KWON DO- Students will learn fun exciting self-defense techniques all while building confidence, leadership training, and fitness will be emphasized. Our program gives kids better focus for better school grades, discipline and to live a healthy, stronger life. This class is taught by 3rd degree black belt **Tony Huerta Jr.** *Note: **Uniform is mandatory and can be purchased during the first class.**

M-W 6:00-7:00 DT#3 \$45/mo. 5-up

GYMNASTICS FOR HOME SCHOOLERS- **Dayna Zbylot** will be working with homeschoolers on basic gymnastic skills for the floor, beam, bars, and vault. Children will also be working on flexibility and endurance.

Tues	1:00-2:00	DT#1	\$25/mo.	4-5
Tues	2:00-3:00	DT#1	\$25/mo.	6-up

EXPERIENCE DISC GOLF-

If you've never tried it, you should Disc golf is played much like the game of golf, but uses a disc (slightly smaller than a Frisbee) instead of a club and a ball. The ultimate goal is to get the disc in a basket, not a hole. The entire family can play at Kiwanis Park and experience the fun at no charge.



CLASS DAY WKS TIME LOC FEE AGE

GYMNASTICS- Parents bring your children to a class designed to help their coordination and motor skills. Learn basic tumbling at a beginning level to backhand springs at an intermediate level. **Ali McClendon** will introduce you to all the concepts of gymnastics by teaching forward rolls, backward rolls, headstands, handstands, backbends, cartwheels, round-offs, and flip-flops. Balance beams and parallel bar skills will also be introduced. Comfortable gym clothes should be worn. **NO HOSE, BELTS, OR JEWELRY PLEASE!!!**

3 yr old	M-W	8	4:15-4:45	DT#1	\$26	3
3 yr old	T-Th	8	6:00-6:30	DT#1	\$26	3
3 yr old	Fri.	8	3:00-3:45	DT#1	\$22	3
Preschool	M-W	8	5:45-6:30	DT#1	\$28	4-5
Preschool	T-Th	8	4:15-5:00	DT#1	\$28	4-5
Preschool	T-Th	8	6:30-7:15	DT#1	\$28	4-5
Preschool	Fri.	8	3:45-4:30	DT#1	\$22	4-5
Beginning	M-W	8	6:30-7:30	DT#1	\$30	6-up
Beginning	T-Th	8	5:00-6:00	DT#1	\$30	6-up
Beginning	T-Th	8	7:15-8:15	DT#1	\$30	6-up
Intermediate	M-W	8	4:45-5:45	DT#1	\$30	6-up

TUMBLING-CHEERLEADING- **Christie Griffin Maddux** will be teaching the basic fundamentals on what it takes to be a cheerleader. Learn tumbling techniques, jumps, cheers, and chants.

M 8 7:00-8:00 DT#2 \$22 10-up

CREATE-A-CLASS

- √ Do you see the need for a class which has not been offered before?
- √ Do you know someone who is a great teacher (or could be) and knows an unusual or interesting subject or craft?
- √ Do you have a special interest that you would like to share with others in a class?

CREATE-A-CLASS IDEA FORM

Name: _____

Address: _____

City: _____ Zip: _____

Phone Number: _____

Course Idea(s):

1. _____
2. _____
3. _____

Mail or return completed form to:
Lufkin Parks and Recreation
P.O. Drawer 190
Lufkin, TX 75902-0190

SPORTS

ADULT SUMMER I SOFTBALL

2009

Registration: April 13th-May 1st
Deposit: \$50.00
Entry Fee: \$325.00
League Play Begins: Week of May 18th
Coaches Meeting: Downtown Recreation Center
Tuesday, May 5th @ 6:00 p.m.

Games: Men's A, B, & C: Mondays
Men's D: Wednesdays
Men's Church: Thursdays
Men's Industrial: Fridays
Women's Open: Fridays
Women's Church: Mondays
Open Co-Ed: Tuesdays
Seniors: Fridays

ADULT SUMMER II SOFTBALL

2009

Registration: June 15th-July 3rd
Deposit: \$50.00
Entry Fee: \$325.00
League Play Begins: Week of July 20th
Coaches Meeting: Downtown Recreation Center
Tuesday, July 7th @ 6:00 p.m.

Games: Men's B & C: Mondays
Men's D: Wednesdays
Open Co-Ed A, B, C: Tuesdays
Adult Church Co-Ed: Thursdays
Youth Church Co-Ed: Fridays

2009 KIT MCCONNICO SOFTBALL TOURNAMENTS

MARCH 14-15

APRIL 4

JUNE 12-14

JULY 18-19

JULY 31-AUGUST 2

AUGUST 15-16

SEPTEMBER 19-20

ASA MEN'S C, D & CO-ED

ASA MEN'S & CO-ED

ASA GIRLS 12U-"B" STATE

TAAF GIRLS 10U-"A" & "B" STATE

ASA MEN'S 35 & OVER STATE

ASA GIRLS 8U-14U

ASA MEN'S & CO-ED

CONTACT MIKE AKRIDGE AT (936) 633-0250 FOR ALL TOURNAMENTS.

2009 PITCH, HIT & RUN

PITCH, HIT & RUN is a **FREE** program for boys and girls ages 7-14, designed to encourage youth participation in baseball and allow children to showcase their pitching, hitting and running abilities.

Competition Date: Saturday, April 18, 2009
Competition Time: 3:00 p.m. for Girls
4:30 p.m. for Boys
Registration: Day of the Event
Place: Morris Frank Park at Field #5
Cost: **FREE**
Ages: 7-8, 9-10, 11-12, 13-14
As of July 17, 2009

10TH ANNUAL EASTER EGG HUNT



Lufkin Jewelry on the Square



The Lufkin Parks and Recreation Department and K-Fox 95.5 present the 10th annual Easter Egg Hunt. The event will take place at Kit McConnico Park on Saturday, April 11, 2009, at 1:00 p.m.

Registration will begin at noon. Special appearances will be made by The Easter Bunny and the K-Fox Fox. There will be lots of eggs to be found. A \$1 donation is asked to help make this even possible. We would also like to recognize our sponsors listed above. Bring your children to join the fun. (All ages up to 10 years old.)

For more information call (936) 633-0250.