



# Lufkin Parks and Recreation Activity Program

## Summer Session I

Registration Dates: May 17<sup>th</sup>–May 28<sup>th</sup>

Class Starts: May 31<sup>st</sup> – July 11<sup>th</sup>

[www.lufkinparks.com](http://www.lufkinparks.com)

## Summer Session II

Registration Dates: June 28<sup>th</sup> – July 9<sup>th</sup>

Classes Start: July 12<sup>th</sup> – August 20<sup>th</sup>

(936) 633-0250

### Mission Statement

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

### PARKS AND RECREATION BOARD

Roy Reyes  
Victor Bruce  
Richard Joseph  
Lela Simmons

Cathy Todd  
Summer Osgood  
Jeff Taylor

### LPAR Staff

Public Works Director  
Parks Superintendent  
Recreation Superintendent  
Secretary  
League Supervisor  
Downtown Center Supervisor  
Recreation Specialist

Steve Floyd  
Barry Cox  
Mike Akridge  
Candace Dawson  
Butch Cantrell  
Kevin Furman  
Katie Houston

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

### 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](http://www.angelinayouthsoccer.org)

### Lufkin Girls Softball Association

James Cates  
(936) 635-2041  
(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) 465-3020  
(936) 639-1153



**2010**

**REGISTRATION** will begin Monday, May 17<sup>th</sup>, 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 May 28<sup>th</sup>. Registration for Summer II classes will conclude on July 9<sup>th</sup>. All classes have a maximum and minimum 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 Dunn 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!!**

**LINE DANCING-** 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 (beginner) DT #3 \$10 a month 15-UP  
10:00-11:30 (advanced)  
TUES 5:30-8:00 DT #3 \$10 a month 15-UP

**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

**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 3<sup>rd</sup> degree black belt **Tony Huerta**. Uniform is mandatory and can be purchased during the first day of class.

M-W 6:00-7:00 DT #3 \$45/mon 5-UP  
T-T 5:30-6:30 DT #2 \$45/mon 10-UP

### **PINEYWOODS DULCIMER / FOLK MUSIC GROUP**

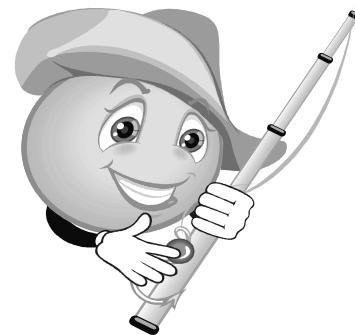
The Mountain Dulcimer is an unusual instrument with a fascinating history from the earliest settlers of our country. Folk Life music is unique and it touches all ages with a simple learning process and has a magic of bringing home folks together in small or large groups. If you are interested in joining,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

## KIDCATCH FISH DERBY

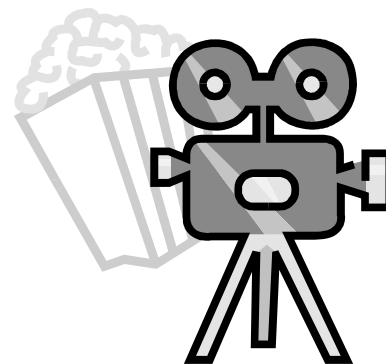
The Kid Catch program was developed as an outreach program involving children and their families. Our goal is to offer the opportunity for children and their families to have the experience of fishing and the great outdoors. Not only does Kid Catch teach fishing skills but we give children and their families the opportunity to participate in an old Texas tradition. By introducing children to nature and its resources we are insuring that these wonderful experiences will last for generations to come. This event will be held at the Ellen Trout Park, but it will not be in the lake. This year we will be fishing out of a 20X20 tank. Everyone should catch a fish and no one should leave empty handed.

**REGISTRATION:** Day of event at Ellen Trout Park  
**PLACE:** Ellen Trout Park  
**DATE:** Sunday, July 4<sup>th</sup> 2010  
**TIME:** 1:00-5:00  
**AGES:** 16-under  
**CHARGE:** Free



**POPCORN AND A MOVIE-** Come enjoy popcorn, lemonade and a movie! This allows for family fun and a great opportunity to spend quality time with the ones you love.

**REGISTRATION:** May 1<sup>ST</sup> – May 30<sup>TH</sup>  
**PLACE:** Downtown Center  
**DATE:** June 11<sup>th</sup> 2010  
**TIME:** 2-4  
**AGES:** 3-12  
**FEE:** Free



## YOUTH ACTIVITIES

CLASS DAY WKS TIME LOC. FEE AGE

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

M-W	6	3:45- 4:15pm	DT# 1	\$26	2
T-T	6	3:00- 3:30pm	DT# 1	\$26	2
Friday	6	9:30-10:00am	DT# 1	\$20	2

**MED-A-FITNESS-** Attendees will experience meditation and its beneficial results. This class will teach you proper stretch techniques and high cardiovascular workouts all in one class. Come see **Anderia Felder** for an introduction to a healthier, better way of life.

**Women** T-T 6 9am– 10am DT#3 \$35 17-up

**Women** T-T 6 4:30 – 5:30 DT#3 \$35 17-up

**Men** T-T 6 10am – 11am DT#3 \$35 17-up

**KUNG FU& TAI CHI-** Come to Brandon Center to learn Chinese Martial Arts . The Techniques taught will help to improve coordination, focus, muscle tone, and give a wider range of motion to joints and ligaments. Let Grandmaster, Edward Scott, teach self defense which helps to build confidence as well.

**KUNG-FU-** M-W 3:00-5:30 BC FREE 5-UP

**TAI CHI -** M-W 5:30-7:00 BC FREE 5-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.

**LOCATION LEGEND**

**CC-CHAMBERS CENTER  
BC-BRANDON CENTER  
DT-DOWNTOWN CENTER  
KP-KIWANIS PARK**

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. **Savanha Maddox** 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 6 2:30-3:00 DT#1 \$26 3

3 yr old M-W 6 4:15-4:45 DT#1 \$26 3

3 yr old T-T 6 9:30-10:00 DT#1 \$26 3

3 yr old T-T 6 3:30-4:00 DT#1 \$26 3

3 yr old T-T 6 6:00-6:30 DT#1 \$26 3

3 yr old Fri. 6 10:00-10:45 DT#1 \$22 3

Preschool M-W 6 3:00-3:45 DT#1 \$28 4-5

Preschool M-W 6 5:45-6:30 DT#1 \$28 4-5

Preschool T-T 6 10:00-10:45 DT#1 \$28 4-5

Preschool T-T 6 4:15-5:00 DT#1 \$28 4-5

Preschool T-T 6 6:30-7:15 DT#1 \$28 4-5

Preschool Fri. 6 10:45-11:45 DT#1 \$24 4-5

Beginning M-W 6 4:45-5:45 DT#1 \$30 6-up

Beginning M-W 6 6:30-7:30 DT#1 \$30 6-up

Beginning T-T 6 10:45-11:45 DT#1 \$30 6-up

Beginning T-T 6 5:00-6:00 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 6 7:00-8:00 DT#2 \$25 10-up

W 6 7:30-8:15 DT#2 \$25 10-up

**BEGINNING SIGN LANGUAGE-** Let **Amy Wych** teach you to use facial expressions, gestures, signs, and finger spelling for songs and children's stories. Intermediate ongoing class for those desiring to increase their skill. All ages welcome.

(BEG) MON. 6 1:00-1:50 DT#4 \$30

(INT) MON. 6 2:00-2:50 DT#4 \$25/mon

**MIKE LOVE & ASSOCIATES**

**JULY 4TH CELEBRATION**

**SUNDAY, JULY 4, 2010**

**1:00 P.M. UNTIL AFTER DARK**

**FIREWORKS WILL BEGIN AT 9:15**

**COME ENJOY THE**

**FOOD, FUN,**

**AND FIREWORKS**

