



LUFKIN PARKS AND RECREATION ACTIVITY PROGRAM

www.lufkinparks.com



SUMMER I

Registration Dates: May 18th-May 29th

Class Dates: June 1st-July 10th

SUMMER II

Registration Dates: June 29th-July 10th

Class Dates: July 13th-August 21st



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
Sumner Osgood
Jeff Taylor

LPAR STAFF

Director	Don Hannabas
Parks Superintendent	Barry Cox
Recreation Superintendent	Mike Akridge
Secretary	Jessica Leyva
Recreation Specialist	Candace Dawson
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 is at the Downtown Recreation 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. 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 it 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

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

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

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 the event
 Place: Ellen Trout Park
 Date: Saturday, July 4, 2009
 Time: 1:00-5:00 p.m.
 Ages: 16-under
 Cost: **FREE**



PILATES- Come do Pilates with Jessica Thomas. Work it out in this fun and strength building class. Instruction is taught on breathing, control, and precision and will help with flexibility, endurance, and creating a leaner figure. Join us as we work our arms, abs, and thighs in this exciting class. Recommended, but not necessary: mat and weights.

M-W 8 5:30-6:30 p.m. DT#2 \$25/month 15-up



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 and Lindsey Chandler** will be the instructors.

M-W	6	3:45-4:15 pm	DT#1	\$22	2
T-Th	6	2:30-3:00 pm	DT#1	\$22	2
Friday	6	10:30-11:00 am	DT#1	\$18	2

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
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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.

Mon.	10:00-11:00	DT#1	\$25/mo.	4-5
Mon.	11:00-12:00	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.

JAZZ AND HIP HOP- **Jessica Thomas** will be teaching different dance techniques through Jazz and Hip Hop.

Hip Hop	M-W	6	3:30-4:30	DT#2	\$26	6-up
Jazz	M-W	6	4:30-5:30	DT#2	\$26	6-up

DANCE AND DRILL TEAM- **Allison McClean** will be teaching a Drill Team class, a Choreographic Jazz and Hip Hop class, and a Dance class where you will learn a different dance each night.

Chor.	Tues.	6	5:30-6:30	DT#2	\$26	14-up
Dance	Thurs.	6	5:30-6:30	DT#2	\$26	10-up
Drill	T-Th	6	6:30-7:30	DT#2	\$30	14-up

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 and Lindsey Chandler** 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	Fri.	6	9:45-10:30	DT#1	\$18	3
3 yr old	T-Th	6	9:30-10:00	DT#1	\$22	3
3 yr old	T-Th	6	3:00-3:30	DT#1	\$22	3
3 yr old	M-W	6	2:30-3:00	DT#1	\$22	3
3 yr old	M-W	6	4:15-4:45	DT#1	\$22	3
3 yr old	T-Th	6	6:00-6:30	DT#1	\$22	3
3 yr old	Fri.	6	3:00-3:45	DT#1	\$18	3
Preschool	Fri.	6	11:00-11:45	DT#1	\$20	4-5
Preschool	T-Th	6	10:00-10:45	DT#1	\$24	4-5
Preschool	M-W	6	3:00-3:45	DT#1	\$24	4-5
Preschool	M-W	6	5:45-6:30	DT#1	\$24	4-5
Preschool	T-Th	6	4:15-5:00	DT#1	\$24	4-5
Preschool	T-Th	6	6:30-7:15	DT#1	\$24	4-5
Preschool	Fri.	6	3:45-4:30	DT#1	\$20	4-5
Beginning	Fri.	6	11:45-12:45	DT#1	\$22	6-up
Beginning	T-Th	6	10:45-11:45	DT#1	\$26	6-up
Beginning	M-W	6	6:30-7:30	DT#1	\$26	6-up
Beginning	T-Th	6	5:00-6:00	DT#1	\$26	6-up
Beginning	T-Th	6	7:15-8:15	DT#1	\$26	6-up
Intermediate	M-W	6	4:45-5:45	DT#1	\$26	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	6:30-7:00	DT#2	\$15	6-9
M	6	7:00-8:00	DT#2	\$18	10-up



SPORTS

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

ADULT FALL SOFTBALL 2009

Registration: Aug. 26th-Sept. 11th
Deposit: \$50.00
Entry Fee: \$300.00
League Play Begins: Week of September 28th
Coaches Meeting: Downtown Recreation Center
 Tuesday, September 15th
 6:00 p.m.

Games: Men's Open A, B, & C: Mondays
 Men's Open D: Wednesday
 Men's Church: Thursday
 Women's Open: Thursday
 Open Co-Ed: Tuesday

2009 KIT MCCONNICO SOFTBALL TOURNAMENTS

JUNE 12-14
 JULY 18-19
 JULY 31-AUGUST 2
 AUGUST 15-16
 SEPTEMBER 19-20

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.



JUST SOMETHING FOR THE SPORTSMAN IN ALL OF US!!

BASKETBALL CAMP

Learn to play the right way! Come join Jonathan Kegler, local youth coach, teach the proper techniques on dribbling, shooting, and passing. Both boys and girls are invited to attend this camp.

DATE: JUNE 15TH – JUNE 19TH
PLACE: FIRST BAPTIST CHURCH
LOCATION: 106 E. BREMOND AVE.
TIME: 9:00 AM – 11:30 AM
COST: \$25.00
AGE: 7-12
* A T-SHIRT WILL BE PROVIDED FOR EACH CHILD.



SOFTBALL CAMP

Let Jessica Wideman, former Lufkin Lady Panther teach your child all the basics on Girls Fast pitch Softball. Each girl will be responsible for her own equipment.

DATE: JUNE 22ND – JUNE 26TH
PLACE: MORRIS FRANK PARK
TIME: 9:00 AM – 11:00 AM
COST: \$25.00
AGE: 7 - UP
*NOTE: Anyone wanting to learn to pitch can pay an additional \$10.00 from 11:00AM – 12:00 NOON
* A T-SHIRT WILL BE PROVIDED FOR EACH CHILD.

DANCE CAMP

Come join Jessica Velez down at the Recreation Center to learn various dance styles and techniques. Types of dances include jazz, hip hop, lyrical, and much more! You don't want to miss out on an opportunity like this.

DATE: JULY 6TH – JULY 10TH
PLACE: DOWNTOWN REC CENTER
TIME: 1:00 PM – 3:00 PM
COST: \$25.00
AGE: 6 YRS AND UP
* A T-SHIRT WILL BE PROVIDED FOR EACH CHILD.



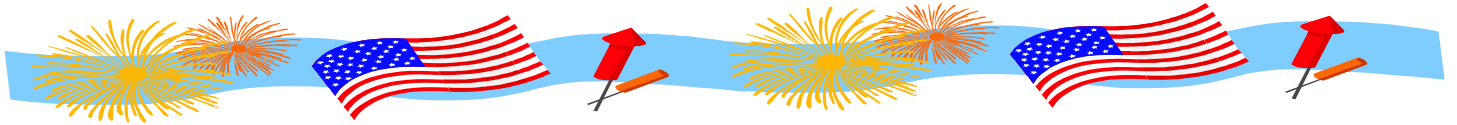
CHEER CAMP

In this camp, Lindsey Chandler will be teaching different techniques for cheerleading. Tumbling techniques, jumps, cheers and chants will all be taught in this camp. This is a great opportunity to learn cheerleading from a Diboll Varsity Cheerleader.

DATE: JULY 13TH – JULY 17TH
PLACE: DOWNTOWN REC CENTER
TIME: 12:00-2:00 MONDAY-THURSDAY, AND 1:00-3:00 FRIDAY
COST: \$25.00
AGE: 7-12
* A T-SHIRT WILL BE PROVIDED FOR EACH CHILD.

MIKE LOVE & ASSOCIATES

JULY 4TH CELEBRATION



SATURDAY, JULY 4, 2009

AT ELLEN TROUT PARK

**1:00 P.M. UNTIL AFTER DARK
FIREWORKS WILL BEGIN AT 9:15 P.M.**

COME ENJOY THE

FOOD, FUN, AND

FIREWORKS!

