

Jefferson Parish Department of Parks and Recreation

Westbank Fall 2019

Leisure Service

Holiday Mini Camps

**New Classes: Ballet, Merengue/Salsa,
Greeting Cards, Paper Scraping &
One Day Camp...Shopping Saturdays**

November and December

Fitness: Zumba & Disc Golf

**Youth Athletic Programs: Register NOW!
Football, Volleyball & Cheerleading**



Parks & Recreation

Jefferson Parish, Louisiana

Greetings: A publication of the Jefferson Parish Department of Parks and Recreation which is dedicated to enhancing the quality of life in our community by offering various programs, activities and facilities for the citizens of Jefferson Parish.

**How to Contact
Parks and Recreation**

By phone:

Eastbank - 736-6999
Westbank - 349-5000
Lafreniere - 838-4389

By Email:

www.jpcreation@jeffparish.net

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Americans with Disabilities Act

In accordance with provisions of the Americans with Disabilities Act of 2008, as amended, Jefferson Parish shall not discriminate against individuals with disabilities on the basis of disability in its services, programs, or activities. If you require aids or devices, or other reasonable accommodations under the ADA Amendments Act, please submit your request to the ADA Coordinator (below) at least 48 hours in advance or as soon as possible. [NOTE: 72-hour advanced notice required to request a certified ASL interpreter.] Jefferson Parish Office of Citizens with Disabilities ADA, Coordinator, 1221 Elmwood Pk. Blvd Suite 210, Jefferson, LA 70123 (504) 736-6086 Email: ADA@jeffparish.net

Photo Policy: Photographs are periodically taken of participants while engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspaper and/or our publications (such as this one) or presentations. If you prefer that we not use your photo, please let the photographer know.

Registration Policy

1. No confirmation of registrations sent. Report to class unless otherwise notified.
2. Classes that have not met minimum enrollment are subject to cancellation, you will be notified if cancelled.
3. Only paid participants allowed in class.
4. REFUNDS - No refunds given 3 working days before an activity begins. A service charge of 10% will be levied on all refunds. NO CASH refunds given...a check will be mailed within 4-5 weeks for those paid using cash or check; accounts will be credited if you paid using a card.
5. PAYMENTS must accompany the registrations. For mail-ins - make check or money order payable to JPRD. Discover, Visa, or MasterCard accepted on-line or in our office only.
6. \$25 NSF fee will be assessed on returned checks.
7. CANCELLED classes by JPRD during a session will be rescheduled by extending the sessions and/or changing the class day/time.

Walk-in & Mail-in Registration: Pre-registrations are required for most classes. Registrations posted on a first come, first serve basis. The main office is open Monday thru Friday from 8:00 am - 5:00 pm. Registration is taken at the main office during office hours at 7437 Lapalco Blvd., Marrero.

Internet Registration: JPRD introduced a new online software program Rec1. Participants will create a new account by going to www.jprrd.org. Register for most classes, including camps, using a Discover, Visa or MasterCard. Some classes with special requirements are not available for online registration. For these classes, camps and programs please register by mail OR in person at our office.

Interested in Teaching or Coaching?

Have a skill and would like to share it with others? If you are qualified and would like to teach a program, please contact us - we will be glad to discuss your ideas! If coaching or assistant coaching is of interest to you, call or email us!

Liability: Injuries are to be reported to the instructor and playground personnel as soon as possible. Medical reimbursements insurance has been incorporated into class fees, except in some programs, such as athletics, Golden Age, and Alternative Programs where participants pay a medical reimbursement insurance fee before participating. Claim forms can be obtained from the playgrounds or from our office

Art Start

(6 classes - \$40)



(Ages 6 to 12) The artist inside your child! Participants will utilize color pencils and an art pad to learn the art of drawing shapes and objects. Participants will guide each other in the art process under the guidance of instructor Ms. Penny. Ms. Penny will bring a picture to class and participants will unleash their imaginations on their art pad. \$15 instructor fee due first class.

Instructor: Penny Baker

10am-11:30am
Terrytown Play. Room 201 Saturday, Sept. 21 to Nov. 2
No Class on October 13.



Acting 101 5 weeks-\$50 Terrytown Play. Room 101

(Age 9 to 14) Participants will build self-awareness and self-confidence by focusing on creative expression (physical and vocal), concentration, communication skills, social interaction, writing and performing. This class will awaken participants' imagination, emotions, and intellect!

Instructor: Veronica LaCoste

Tuesdays & Thursdays Sept. 17 to Oct. 17
Age 9 - 11: 6pm-7pm Age 12 - 14: 7pm-8pm



Crochet & Knitting

(Ages 16 to Adult) (6 classes - \$66)

Crocheting is the art of making a piece of needlework by looping thread with a hooked needle. All interested beginners, intermediates and advanced students welcome. Beginners will make a baby afghan. Bring size "i" (as in igloo) crochet hook and 20 skeins of 3.5 oz. white worsted weight yarn, pattern will be given in class. Intermediate and advanced students can bring their own pattern, hook and material OR make a full size afghan (bring size "i" hook and 20 skeins of white yarn - pattern to be given at class). Belle Terre Play. Room 101...**No Class Oct 31**

Instructor: Mary Ann Singleton 6:00p-8:00p
Thursdays, Sept. 5-Oct. 10 & Oct. 17 to Nov. 15



Computer & Internet Basics

(Ages 15 to Adult) Learn the basics of your computer (operating systems, keyboard skills, etc.) and the internet (email, web browsers, etc.). Participants must bring a laptop or a tablet to class.

Instructor: Venesta James (6 classes-\$35)
 Terrytown Play. Rm 201 6:30pm-8:30pm
 Wednesdays Sept. 4 to Oct. 2

Microsoft Basics

(Ages 15 to Adult) Learn the basics of Word, Excel, PowerPoint and other programs in Microsoft Office in this 5 weeks course. Participants must bring a laptop or tablet with Microsoft Office installed to class.

Instructor: Venesta James (6 classes-\$35)
 Terrytown Play. Rm 201 6:30pm-8:30pm
 Wednesdays Oct. 23 to Nov. 20

Class Instructor: Julie Vullo

Greeting Cards \$15.00 Age: 15-Adult
 PARD Play, Rm. 101 Thursday, 7p-9p November 14
 Learn techniques, tips, and tricks for creating amazing effects using paper, fabric, inks, stamps, die cuts, and embossing to make your personalized greeting cards and sentiments. Participants will create 3 or more unique greeting cards using ephemera (used paper), textured paper, fabrics, lace, trim, ink, paint and stamps. Greeting Cards is a quarterly class. The themes for this quarter are Halloween, Thanksgiving, autumn, and holiday season.

How to Emboss Like a Boss! \$15.00 Age: 15-Adult
 PARD Play. Rm. 101 Thursday, 7p-9p September 12
 Participants will learn how to create amazing textured backgrounds on aluminum, cardstock, and fabric for sentimental gifts and even learn how to create your personalized stationary (e.g. greeting cards, art journals, etc.). Participants will learn techniques, tips and tricks for embossing by utilizing powders, pastes, heat guns, irons, folders, inks and stamps to create a professional, finished design. Embossing is a versatile technique that can be used in almost any art project! This class is an introductory level; intermediate and advanced students are welcome! \$20.00 instructor fee is due at the beginning of class. A heat tool is required please call for info.

Inking with Alcohol & Friends \$15.00 Age: 15-Adult
 PARD Play. Rm. 101 Saturday, 10a-12p September 14
 Perfect for gifts or to spice up your home! Learn techniques, tips and tricks for using alcohol inks to create professional artist effects on any non-porous surface. You will create amazing, abstract, inked backgrounds on metal, glass, and specialty papers to be used as backgrounds for personalized greeting cards, art journals and much more! Alcohol inking is versatile and beautiful enough to be used alone and in framed or incorporated into any art project. \$20.00 Instructor Fee due at the beginning of class. Participants can bring the following items to class (optional): Small bottle of 91% Isopropyl Alcohol--for additional blending and experimentation. Colors of Alcohol Ink (your choice). Example: Amazon carries an "Exciter Pack" 9 piece set: Jacquard Products Acid Free Pinata Color Exciter Pack Ink, 1/2 ounce, Assorted, approximately \$22.94

Class Instructor: Julie Vullo

New Orleans in a Nutshell \$20.00 Age: 15-Adult
 PARD Play. Rm. 101 Thursday 7p-9p Date: October 17
 K&B, Mr. Bingle or DH Holmes ring a bell? If so, take this class! Create a page of your earliest New Orleans memories! Participants will cut an authentically unique 12x12 page down to size or use as is in journals, memory books or in any art project of choice. Participants will utilize New Orleans inspired vintage photos, ephemera (used paper), textured paper, fabrics, lace, trim, ink, paints and stamps. \$20.00 Instructor Fee due at the beginning of class. Participants needs to bring embellishments, ephemera (used paper) (participant choice) to personalize page.

The Traveler's Journal, \$65.00 Age: 15-Adult
 PARD Play, Rm. 101 Saturday, 9:30a-12p Nov. 9 & 16
 Transform an ordinary hard cover book into a one of a kind traveler's journal!

Participants will utilize specialty and scrapbook paper, adhesives and hand sewn binding methods to make a simple, highly customizable journal. Participants will explore sizes (standard, passport, cashier, etc.) that fits his or her personality while using upcycled supplies! With the addition of collage, fabric, lace paint, ink and stamps, you will turn simple materials into a unique and fun journal to save your thoughts and memories. The journal can also serve as a family heirloom, souvenir, or special gift. \$20.00 instructor fee is due at the beginning of class. A heat tool is required please call for info.



Sewing for Beginners

Instructor: Edith Jupiter

Participants will learn how to thread needles, how to thread a sewing machine, basic stitches used in repairing and making clothes and other items (stitching straight line, backstitches and zig-zag), sewing various buttons, how to read a pattern lay out and sewing safety. Once participants have the basic knowledge of sewing, they will complete a small project to test their sewing skills. Handouts will be given on basic sewing. Supplies: Basic sewing kit.

(4 classes - \$35)
 Kids (Age 8 to 14)
 Saturdays,
 Adults (Age 15 & Up)
 Wednesdays



PARD Play. Rm. 101
 10am-12:00am
 Sept. 21 to Sept. 28
 6:30pm-8pm
 Sept. 18 to Sept. 25

Intermediate Sewing

Instructor: Edith Jupiter

Participants will integrate what they learned in Sewing for Beginners by sewing a skirt. Participants will begin the project by choosing a skirt pattern (provided by instructor). Participants will learn the blind hem stitch and how to insert a zipper. Participants will receive handouts on intermediate sewing skills. Additional supplies will be needed.

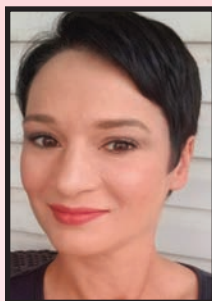
(4 classes - \$35)
 Kids (Age 8 to 14)
 Saturdays,
 Adults (Age 15 & Up)
 Wednesdays



PARD Play. Rm. 101
 10am-12:00am
 Oct. 19 to Oct. 26
 6:30pm-8pm
 Oct. 16 to Oct. 23

Warm welcome to Bridget Himel,

Ms. Himel started dancing at the age of 4. In 1988, at the age of 9, trained with Constantine Apetrei in Mandeville, LA. Constantine defected from the *Bolshoi Ballet* and is a *Master Russian Vaganova Teacher*. At 14, she was accepted into the *ABT (American Ballet Theater)* Intensive training program in New York City. There she was also accepted to a training program with the



Kirov Ballet of Russia. In 1996, an injury sidelined her dancing career temporarily. Bridgette attended LSU and earned a degree in engineering before returning to ballet. Recently performed as a guest artist at *Apetrei Ballet* and *Atlanta Ballet*. *Himel Dance Conservatory* opened in 2014. Graduates of my program have gone on to *ABT-American Ballet Theater*, *Chicago Ballet*, *Harlem Ballet*, and *Dallas Ballet*.

NEW Ballet 1 Instructor: Bridget Himel \$85.00

Age: 7-11 Oakdale Play. Rm. 103

Tuesday & Thursday Time: 6:30p.m.-7:30p.m. Date: 9/3-11/21

This level typically consists of students who are at least 7 years old and have minimum previous ballet experience and typically remain at this level for several years. Students participate in a full barre exercise (usually 45 minutes) in addition to practicing floor techniques and traveling techniques that will prepare them for performances and more complex variations. Students begin to undertake basic turns at this level and should have a good grasp of the technique. Attire: Girls: black leotard, pink tights, pink ballet shoes. Hair must be worn in a bun/short hair must be secured away from face. Boys: white t-shirt, black ballet or jazz shoes, black or white socks, black athletic OR yoga pants. Boys may wear athletic shorts in summer. No Sweatpants allowed. Entry into Ballet II ids determined by instructor assessment. Students in Ballet II are required to attend class twice a week.



No skirts and tutus allowed! No class Oct. 10 and Oct. 31.

NEW Ballet III Instructor: Bridget Himel Cost: \$85.00

Age: 7 to 11 Instructor: Bridget Himel Cost: \$85.00

Oakdale Play. Rm. 103 Tuesday & Thursday 6:30pm-7:30pm Date: 9/3 - 11/21

This level typically consists of students who are at least 7 years old and have minimum previous ballet experience and typically remain at this level for several years. Students participate in a full barre exercise (usually 45 minutes) in addition to practicing floor techniques and traveling techniques that will prepare them for performances and more complex variations. Students begin to undertake basic turns at this level and should have a good grasp of the technique. Attire: Girls: black leotard, pink tights, pink ballet shoes. Hair must be worn in a bun/short hair must be secured away from face. Boys: white t-shirt, black ballet OR jazz shoes, black or white socks, black athletic OR yoga pants. Boys may No Sweatpants allowed. Entry into Ballet II ids determined by instructor assessment. Students in Ballet II are required to attend class twice a week.

No skirts and tutus allowed! No class Oct. 10 and Oct. 31.

Ballet III Instructor: Bridget Himel Cost: \$85.00

Oakdale Play, Rm. 103 Age: 12 to 18 Tuesday & Thursday 7:30p.m.-8:30p.m. Date: 9/3 to 11/21

This level is an intermediate level of dance and includes preparatory exercises for pointe. Students should have a good working knowledge of the Vaganova method, terminology, and required technique; at this level, the technique is practiced and perfected. Students participate in more advanced exercises, body positioning and movement. Students will practice a basic variation once a week to prepare for stage presentation. Attire: Girls: black leotard, pink tights, pink ballet shoes. Hair must be worn in a bun/short hair must be secured away from face. Boys: white t-shirt, black ballet OR jazz shoes, black or white socks, black athletic OR yoga pants. Boys may wear athletic shorts in summer. **No class Oct. 10 and Oct. 31.**

Carolina's Merengue with a Side of Salsa

Instructor: Carolina Pozo, Fee: \$65.00

Site: Pard Play. Rm. 201, Age: 16 & Up

Monday & Thursday, Dates: 8/26- 9/26 & 10/10-11/14

Time: 2p.-3p (Seniors, 50 +)

6p.m. to 7p.m. (Age 16+)



Carolina is a new instructor with a spicy new dance: Merengue with a Side of Salsa! Carolina is ready to introduce the Merengue and the Salsa to beginner dancers who can handle the spicy Latino dances.

The Merengue and Salsa go beyond just dance steps: the Latino culture utilize the Merengue and Salsa to express themselves and celebrate through the generations. Wear comfortable clothing and comfortable, dance appropriate shoes. Dance shoes will be available the first class. Please note shoe size and quantity are not guaranteed.



No class Sept. 2, Oct. 31, Nov. 11.



One Day Camp: Shopping Saturday

Cost: \$15.00 for 2 Sessions (9a-3p)
 \$10 per Session Play: Terrytown, Rm. 102
 Age: 3 to 10) Days: Saturdays,
 Time: 9a -3p Structured camp hours
 Dates: 11/2, 11/16, 11/ 23
 Children will be busy doing: Arts & Crafts, games,
 sports, outside
 activities, movies, and visiting the library! Child will
 need a brown bag lunch.



**Pre-Registration
 Required**

**One Day Camp
 Shop and Drop**

Cost: \$15.00 for 2 Sessions (9a-3p)
 \$10 per Session Play: Terrytown, Rm. 102
 Age: 3 to 10 Days: Saturdays, Time: 9a -3p
 9a-11a & 12-3p...Structured camp hours
 Dates: 12/7, 12/14, 12/ 21
 Description:
 Children will be busy doing: Arts & Crafts, games, sports, outside
 activities, movies, and visiting the library! Child will need a brown
 bag lunch.



Ceramic Camp Cost per session \$50.00 Age: 7-12
 It's that time of the year again when kids are out of school but parents are
 still working. If your child likes to be creative and make things with their
 hands than Ceramic Camp is for them. For the duration of camp we will learn
 the complete process of creating ceramic pieces, and everything they make
 they will be able to bring home. Spots are limited to 10, so hurry up and sign
 up today!
 Terrytown Play. Ceramic Room 203 7:30a-5:30p
 Session 1: 11/25-27 Session 2: 12/23 & 12/26-27/19



Camp Gobble Gobble \$55 per camper
 Ages: 3-10 11/25, 26 & 27 7:30am-5:30pm
 Monday to Wednesday Room 102
 Before and After Care included, structured
 activities:from 9am-3:30pm Terrytown Play.
 Bring a lunch, snacks and beverages daily.



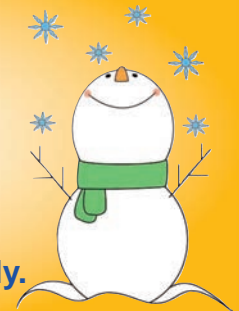
Camp Jingle Bell Rock \$55 per camper
12/23, 12/26 & 12/27
Terrytown Play. Rm. 102
Ages: 3-10 7:30am - 5:30p
 There will be structured activities are from
 9am-3:30pm. Before and After Care are included
 Bring lunch, snacks and beverages daily



...Culinary Camp... Age: 5-14 Terrytown Play. 7:30am-5:30pm
 Kids are out for the holidays and need a place to go while they are off. Culinary
 camp is the answer; this is the perfect camp for kids to come. Each camper will
 have the opportunity to learn how to cook different dishes every day. There
 is no need to worry about packing breakfast, lunch, or snack since the
 campers will be making their own meals throughout the day. Spots are
 limited to 20, register online at jprd.org or call Jacob at 349-5000 to
 register your child today. Room 205 Cost per session \$65.00
 Session I.... 11/25-27/19 Session II....12/26-27/19



Camp Frosty
\$55 per camper Ages: 3-10
Dates: 12/30/19, 1/2/20 & 1/3/20
Wednesday to Friday...7:30 am to 5:30
Before and After Care included
Structured activities: 9am-3:30pm
Terrytown Play, Room 102
Bring a lunch, snacks and beverages daily.
3 days of fluffy, frosty fun!





AM Body Blast w/Zelda Weber

(Ages 16 to Adult) Need a morning jump start? A bit of exercise in the morning can rev up your metabolism all day long. You will feel more energetic and may also sleep better. Most importantly, by exercising in the morning, you will be sure to get your workout in every single day before interruptions and distractions start up. The 1-hour class is dedicated to pushing your body to the next level. Bootcamp sports inspired style workouts include strength conditioning, muscle toning & envelopment, plyometric and interval training. Some workouts may be outside on the track. Will need exercise mat and don't forget water! (8-week session - \$53) Oakdale Play, Room 102 M, W, & F 9:00-10:00 am Sess 1: Sept. 4 - Oct 20 Sess 2: Oct 30 - Dec 20



Zumba with Lisa

(Age 16 to Adult) Are you looking for a way to work out that is fun and doesn't feel like working at all? Then come to our Zumba party! The reason is simple - every class is a party. You don't even have to know how to dance, just move your body and follow my lead. Plus, meet new friends in the process. It is easy - try it! I promise you will have a blast – watch out - you just might become addicted to it! **I DID!**



Instructor: Lisa Pirie

\$ 45 - 1 class per week or \$75 - 2 classes per week or \$100- 3 classes per week

Kings Grant Plgd. Rm 201 Tue & Thurs. 6:00-7:00 pm

PARD Plgd, Rm 201 Sat, 9:00-10:00 am

*******H.O.P. with Zelda Weber *******

(Ages 16 to Adult) Looking for a class that turns your weight loss journey into a success story? Look no further. Commit to one hour a day, three days a week, and join the many other participants who have become stronger, slimmer, and sexier all while exercising to a wide variety of music & different workouts to keep challenging the mind & body. This is a group setting which always makes exercising easier and keeps you accountable. All classes focus on a total body workout and may include high intensity/low impact aerobics, kickboxing, step, interval training, HIIT, boot camp, circuit training, toning & sculpting, stretching, and core strengthening. In order to achieve our full potential to be in our best shape, nutritional information is also distributed and discussed.

(8-week session - \$53) Oakdale Play, Rm 102

Sept. 04 - Oct 28	Sept 03 - Oct 26
Oct 30 - Dec 21	Oct 29 - Dec 21
M, W - 5:00-6:00 pm	Tu, Th - 5:00-6:00 pm
M, W - 6:00-7:00 pm	Tu, Th - 6:00-7:00 pm
Sat - 9:00-10:00 am	Sat - 9:00-10:00 am

ZUMBA with Janay

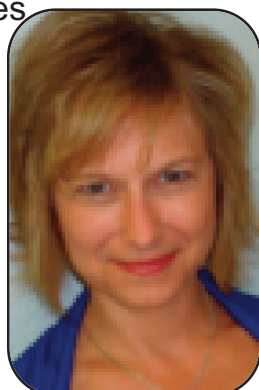
Perfect for everybody...to bring people together... How it Works...We take the work out of workout by mixing low/high intensity moves for an internal style. Calorie burning dance fitness party is what you feel...Latin and World Rhythms takes over... That's why Zumba Class is exercise in disguise!...Benefits...A total workout, cardio, muscle conditioning, balance and flexibility, boosted energy and you will feel awesome each time you leave class!

Instructor Janay Webster
Terrytown Play. Rm 202
Monday & Wednesday 7-8p
8/26-10/21 10/23-12/18



Low Impact Aerobics w/Lori Ages 16 - Adult
POUND ROCKOUT WORKOUT

Instructional and motivating class that boosts your self-esteem and metabolism. Get into better physical condition with a variety of alternating workouts. Includes Low Impact, high intensity aerobics, circuit training, floor work and an intro to Boot Camp and Kick Boxing at a moderate pace. Including the newest of fitness POUND rock out workout with RipStix. Will need an exercise mat and don't forget water!



Instructor: Lori Gauthier

(8 week-\$40) Oakdale Plgd, Room 103
Monday & Wednesday 6:00-7:00p
Sep 18 - Nov 11 **Nov 13 - Jan 22/20**

AIKI KEMPO KARATE

Grandmaster, James Cosey, Jr. 5th Degree Black Belt
 Benefits of learning Aiki-Kempo Karate: Have fun learning new skills & drills, Develop physical and cognitive skills, Learn self-control and discipline, Manage anger for critical thinking, develop mental concentration, & Teaches real-life Self-Defense Skills.

Tue. & Thurs.
 Jr. 5-6pm & Sr. 6-7pm
 05/15 - 07/05
 07/10 - 08/30



Fitness w/Val

Come join this energetic instructor for a Fun warm-up followed by a Fat Burning Aerobic workout. Get in better physical condition with a variety of alternating workouts. Lose inches, burn fat, and develop better cardiovascular fitness. Work the upper & lower body using weights, bands, crunches, and a variety of floor exercises. Class ends with a relaxing cool-down.

Instructor: Valliery Stanton

Fee: \$40 per 8 wk. Session

Tues & Thurs 6 - 7 PM
Terrytown Plgd. Room #202
Aug 27 - Oct 17 Oct 22 - Dec 19

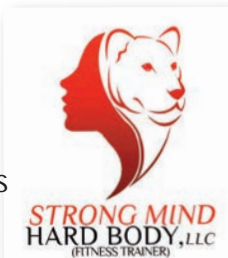


Start your Fitness Journey with

Strong Mind Hard Body, LLC.

Instructor: Dr. Von, USMC Ret.

Dr. Von's United States Marine Corps inspired program is tailored for ages 9 to 99. The program is designed to engage a full body workout while having FUN, strengthening your mind, your body, and establishing the importance of teamwork. Your body is your machine! Your mind drives that machine! You are your competitor. Join me on Monday & Wednesday evenings from 5:30-6:30 pm, and Saturday mornings 9:30-10:30 am at Kings Grant Playground (Rm. 201) for a fitness experience you will definitely enjoy.



Sep 09 - Nov 02 Fee \$288
Nov 04 - Dec 22 Fee \$250

TriYoga w/Barbara

(Age 15 to Adult)

Class is a complete form of Hatha Yoga. It is a union of posture (asana), breathing techniques (pranayama), and mudras (hand positions) which help focus one's attention inward to unite the mind, body and spirit. Tri Yoga includes relaxation-in-action with its unique wave-like movements. Instructor: Barbara Dupart (8-week session, \$50)



Belle Terre Play, Rm 101 M & W, 5:15-6:15pm
 PARD Play, Rm 201 Tu & Th, 9:30-10:30am
 Sept. 09 - Oct 30 Sept. 03 - Oct 24
 Nov 05 - Dec 19 Oct 29- Dec 19

PRIVATE TENNIS LESSONS

Available upon request.

\$35 ea. for doubles

\$50 each per hour for singles.



To schedule, call

349-5000 Ext. 87216

or dlauland@jeffparish.net

Basics of Tennis

Terrytown Courts 5 & 6

Free Can of Tennis Balls w/Registration



Tuesdays

6-12	09/10-10/29	5:30-6:30p	\$50
13+	09/10-10/29	6:30-7:30p	\$50
18+	09/10-10/29	7:30-8:30p	\$60
6-12	11/05 - 12/17	5:30-6:30p	\$50
13+	11/05 - 12/17	6:30-7:30p	\$50
18+	11/05 - 12/17	7:30-8:30p	\$60

Bearded Dragon Martial Arts

Instructor: Sensei Gage Brouillette

Come be a part of Bearded Dragon

Martial Arts and learn Shotokan Karate.

Class is a complete form of Hatha Yoga. Come learn how to defend yourself while breathing techniques (pranayama), and mudras (hand positions) which help focus one's attention inward to unite the mind, body and spirit. **Learning effective self-defense using blocks, kicks, and punches. Board breaking and weapons will also be taught. Come to class wearing loose**



Tri Yoga includes relaxation-in-action with its comfortable clothing. **Ages: 7- Adult**

Fee: \$60 per 8 wk. Session (8-week

session \$50)

Uniform/T-Shirt separate.
 Belle Terre Play, Rm 101 PARD
 6:30-7:30p Site: Estelle Play.

Tuesday & Thursday

Aug 28 - Oct 18 Oct 23 - Dec 18



Lil Dragons Martial Arts

Ages 3-6 yrs. can be a part of Lil Dragons Martial Arts and learn Shotokan Karate. Come learn how to defend yourself while learning effective self-defense using blocks, kicks, and punches.

Estelle Play. Tuesday & Thursday 6:00 - 6:30pm

Instructor: Sensei Gage Brouillette Ages: 3-6

Fee: \$60 per 8 wk. per session. Uniform/T-Shirt separate
 Aug 28 - Oct 18 Oct 23 - Dec 18

Youth Athletic Programs: Register NOW! Football, Volleyball & Cheerleading

**Brent Griffin, Area Coordinator,
bgriffin@jeffparish.net
Call your local playground listed on
the back page
or Athletic Division**

**Register in January for:
Track & Soccer...Ages 5-17
(Determine by 1/1/20)**

**Register in November for :
Basketball Ages 5-17
(Determine by 9/1/19)**

Adult Leagues offered in:

**Softball, Flag Football & Volleyball.
Registration must be in our office at
least 1 month prior to league start
date. Waiting lists do exist in some
leagues. A \$5 per person per sport,
non-refundable insurance fee PLUS
an entrance fee must be paid before
participating. Only teams may
register. Minimum age of 18 by
league start date.**





Online
Registration
JPRD.org





NEW... Disc Golf...Instructor: Davis Williamson...Cost: \$15.00...Parc Des Familles...Age: 6 to 12 Saturday, 10a.m. to 11:30a.m. Date: 9/21 to 11/2...

Lessons and classes provided by David Williamson can be completely tailored to the goals of the individual or group. If your goal is to learn everything you can about the game, including why to play, how to play, and where to play disc golf, this is the place for you. Get a basic primer in 4 sessions. If you are already hooked on this much more accessible version of the great game of golf and want to learn the skills, techniques and practice habits to improve your game and thereby take your enjoyment of the game to the next level, you will find that here as well. Disc golf is similar to traditional golf, however, instead of using golf clubs and balls aiming for a hole, disc golf players use disc golf discs and aim for a disc golf basket which is a pole extending up from the ground with chains and a basket where the disc lands. The object of the game is to complete each hole in the fewest number of throws, starting from a tee area and finishing with the disc coming to rest in the basket. Generally, a course is made up of 9 or 18 holes. Players start at hole one and complete the course in order, playing through to the last hole. The player with the lowest total cumulative throws wins. Disc golf differs from traditional golf in important ways. Disc golf is one of the best lifetime fitness sports. It is easy to learn, a healthy activity, and accessible to people of all ages and fitness levels. If you can throw a Frisbee® and you like to have fun, you can play disc golf. There are over 7,500 disc golf courses in the United States and millions of people who play the game. The positive experience with disc golf and the growing demand for more courses have led to the expansion of the sport all over the country, from small towns to urban areas.



Best-Bank Junior Chef Showdown Cost: \$33.00

Ages: 7-15...Best-Bank Junior Chef Class is a hands-on fun cooking class for kids between 7 to 15 years old. The chef teaches participants how to make delicious meals from ingredients that most people already have in the fridge and pantry. Every Thursday parents can take the night off from cooking and let their kids do the cooking. The class runs continuous throughout the year to allow anyone who wants to learn to cook an opportunity to do so. The cost is \$33.00 for three weeks and the cost has a food fee built into it. Participants must confirm registration space before class begins.

Location: Terrytown Play. Room 204
 Thursday Tim: 6p-8p
 Sess. 1 9/12, 9/19 & 9/24
 Sess. 2 10/10, 10/17, 10/24
 Sess. 3 10/31, 11/7, 11/14
 Sess. 4 12/5, 12/12, 12/19



Paleo Night Out Age: 18+

Cost: \$20.00 per Session
 Site: Terrytown Play. Room 204
 ...Everyone wants to eat healthier and feel better doesn't know quite where to start. This is where you start! This class is a two night introduction into Paleo eating. Here you will sample recipes, learn how to make a meal plan, and take the first steps to living a healthier life.



Mondays: Time: 6:30-8:00p
 Ses. 1...10/7 & 10/14 Ses. 2...11/18 & 11/25

Ceramics for Adults Age: 16+ Cost: \$30.00

Participants will choose their own pieces and work on them from start to finish. Participants can expect to finish 3-10 pieces during this time, depending on size and details of each piece. The cost is \$30.00, this fee covers all materials, tools, and paint. Participants must register ahead of time on jprd.org or by calling Jacob at 349-5000.

Site: Terrytown Play. Room 204 Time: 6:00 pm-8:00 pm
 Tuesday, Ses. 1...10/1, 10/8, 10/15, 10/22
 Ses. 2...12/3, 12/10, 12/17, 12/19

Ceramics for Kids Cost: \$30.00

Age: 7 – 15...This class is designed for those children that are really creative and love to create with their hands. During the four weeks of class participants will work through the entire ceramic process from start to finish making their own masterpieces. On average participants can expect to complete 3 to 10 pieces, depending on how complex the piece is. The cost is \$30.00 per session, this includes all materials and tools with no extra cost associated. Space is limited to 6 participants per session!

Site: Terrytown Play. Room 204
 Time: 6:00 pm-8:00 pm
 Date: Tuesday
 Session 1...9/3, 9/10, 9/17, 9/24
 Session 2...11/5, 11/12, 11/19, 11/26



Christmas Cookies Age:3-10 Cost: \$10.00

This class is designed for kids to come out and make their own cookies from scratch and decorate them in a festive way. This is a one night class on December 17th which will be a fun night for all who participate. 6:30-8:00 pm

Site:Terrytown Play. Room 204 Date: Monday, 12/18/2019



Developmental Disabilities Programs: Parks and Recreation offers recreational activities to persons with developmental disabilities. The goals are to improve or maintain physical, cognitive, emotional and social functions and promote healthy, independent leisure lifestyles. Year-round programs are offered in classes, events, clubs, and camps. The programs stress choice, involvement and self-direction while offering recreational experiences, new challenges and socializing in a safe environment. To ensure safety and enjoyment of others in recreational programs, participants are expected to display appropriate behavior. The success of all recreation activities depends not only on good planning and instruction, but the conduct of participants. Appropriate behavior includes the ability to follow instructions and interact with others in a socially acceptable manner. Must be capable mobility and able to attend to personal needs. It is to be noted that the annual, non-refundable insurance fee of \$7 must be paid before participating in any of these programs.

Special Program Supervisor: Susan Hirschmann,
call...349-5000 ext. 87212 OR SHirschmann@jeffparish.net

Artist @ Work (Ages 14+)

\$20.00 (6 wks.) Basic drawing and painting... You can learn how to draw and paint pictures that delight you and the people you show them to. When the final result is something you're proud of, the process becomes a pleasure.

Supply fee: \$15.00

Terrytown Golden Age Center

Instructor: Leslie Vedros

Monday's 6-7:00p,

September 9 - October 21, 2019



Crafty Fun (Ages 14 & Up)

"Make and take projects." Participants will need a "buddy." to assist with craft projects. **Instructor: Sally Falcone**

\$20.00 (6 wks.) Terrytown Play. Rm 203

\$15.00 supply fee pay to instructor.

Thursday's 6:30 - 7:00p

September 12 - October 17, 2019

Dance Is Our Line

Ages 13 & up

Fun Line dances. Dance individually or with a partner.

Instructor: Leann Falcone

\$20.00 (8 weeks)

Terrytown Play... Rm 205 Tuesday

6:00 – 7:30p

September 10 – October 22, 2019



Fun Game Nite: \$10.00

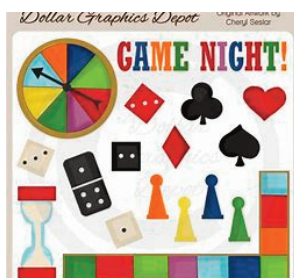
Terrytown Golden Age Center

Register Deadline:

by Friday Sept. 20

6:30 – 8:30 PM

Friday September 27, 2019



Spooktacular Dance: \$10.00

The Goblins are Haunting, the Monsters will Mash, Its time to get ready For Our Halloween Bash.

Dance with "E Z" Dj. Costume Contest Terrytown Golden Age Ctr.

Register Deadline: October 18, 2019

Friday, October 25, 2019 6:30 – 9:00p



Ornament Class...Insurance fee of \$7.00 Come out and decorate ornaments for Celebration in the Oaks Lights in Lafreniere Park's trees. Light refreshments will be served. Terrytown Plgd.

Rm 102 Deadline: Friday October 26, 2019 Activity Date: November 7, 2019 6:00pm-8:00pm



Turkey Bingo Fee:\$10.00

Play bingo with friends and win a turkey and/other prizes.

Terrytown Golden Age Center

Deadline: Friday, Nov. 15

6:30 – 8:30p

Friday, November 22, 2019



White Christmas Dance

Fee: \$10.00 Deadline: Friday Dec. 7

Dancing to the music of "EZ" dj .

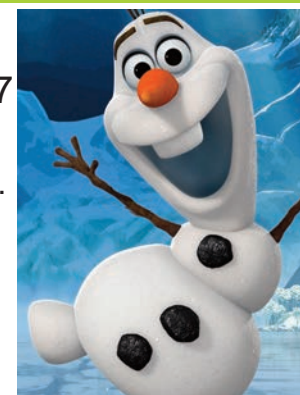
Come enjoy the festive foods with friends.

A King and Queen will reign the night!

Dance contest. Door Prizes.

Site: Terrytown Golden Age Center

6:30 – 9:00p Friday Dec. 21, 2019



Golden Age Programs (Adults 50 & up)
 Garry Vedros Program Supervisor @504-349-5000 or GVedros@jeffparish.net

Jefferson Parish Parks and Recreation's Golden Age Clubs are located throughout the West Bank area. There are 8 different clubs with members ranging in age from 50 to 100. Benefits in belonging to a Golden Age Club are: Weekly/biweekly meetings Monday through Thursday meeting activities include, but are not limited to, socializing, bingo, card games, darts, and discounted outings. Club intramural sports help prepare members for the Senior Olympics. Special events which include theme dances, Bunco parties, quarterly Casino bus trips and annual vacation trips are schedule in advance. Special events are for members and their guests. It benefits your social life, your health and our community enactment. Have a day job? We offer 2 night clubs at Nicholson and Waggaman It is simple to join a JPRD Golden Age Club - just select a convenient location (Please note * the club name is not always the location of the club meeting). Then just show up at the meeting and check us out! It is that simple!

GOLDEN AGE MEETINGS . . .

- Belle Terre Club.....Tues, 1:00-3:00 pm..... Site: Estelle Senior Center
- Bridge City Club.....2nd & 4th Wed, Noon-2:00 pm.....Site: Bridge City Senior Center
- Harvey Club.....Mon, Noon-3:00 pm.....Site: Belle Terre Playground
- Nicholson Club.....1st & 3rd Tues, 6:30 pm.....Site: Estelle Senior Center
- Oakdale Club.....1st & 3rd Wed, 10:00 am-1:00 pm.....Site: Oakdale Playground
- Terrytown Club.....Thurs, 1:00-3:00 pm.....Site: Terrytown Golden Age Center
- Theta Club.....1st & 3rd Mon, Noon-3:00 pm.....Site: Terrytown Golden Age Center
- Waggaman Club.....1st & 3rd Thurs, 6:30-9:30 pm.....Site: Bridge City Senior Center

Upcoming Events: "Harvey Luau" Social Dance, "Terrytown Tailgate" Social Dance, "Waggaman Halloween" Social Dance, Big Trip... "Branson Fall Foliage," Acosta Foundation Buncos, Beanbag Baseball, Intramural Sports Luncheon, Christmas Celebration Social Dance, Royal Court Brunch, Waggaman Thanksgiving Jelly Rolls, 2019 Sport Jamborees...Darts, Shuffleboard and Washer Pitch

Senior Dance

A soft tap dance class open to anyone over 50.

Comfortable, non-slippery tap shoes needed.

Instructor:

Margaret Schultheis

(8 week session)

\$24 Golden Age Members

\$29 – Non Member

PARD Plgd, Rm 201 Wed,
6:00-8:00 pm

Sept. 11 - Oct. 30

Nov. 06 - Dec 30

Call Dawn Lauland @
#504-349-5000



COME GROW WITH US! BRIDGE CITY GOLDEN AGE CLUB

Meetings: 12noon on the 2nd & 4th Wednesday of the month.

Bridge City Senior Center

For Info: Please call: Garry Vedros @ 349-5000

Parc des Familles *610 acre development!*

6101 Leo Kerner Lafitte Pkwy, Marrero 70072

Open Daily - Hours change seasonally

Disc Golf Course

The new Parc des Familles Disc Golf Course, first envisioned in 2015, has been completed. The park offers a challenging 18 hole course, spread among 66 beautiful acres for players of all ages and skill levels. The course was designed to give players a varied degree of difficulty. Concrete tee pads, tee signs, and disc catcher baskets have been installed for the player's use. There were grading, excavation, and embankment projects to give the course definition. Since opening in May of 2018 disc golfers from all over the country have come to play. The Entrance is located on the main road through the South Gate.



PARC FEATURES



Boardwalk and Picnic Area

The park offers a 2,000 foot wooden boardwalk that winds through native trees and marsh. There is a picnic area with pavilions and a restroom building near the boardwalk.

Estelle Playground is located on the north end of Parc des Familles is a fully functioning playground with a Quadraplex of 4 ball fields with a pressbox/concession stand building, a batting cage, covered bleachers and a gym building.



Lafreniere Park

155 acres of beauty for all to enjoy located
3000 Downs Boulevard, Metairie, LA 70003
504-838-4389 www.lafrenierepark.org

Open Daily 5:00am until 9:45pm
Office Hours - Mon-Fri 8:00am-5:00pm
Reservations taken - 8:00am-4:30pm

“Christmas In The Park”
at Lafreniere Park
December 6, 2019 through December 30, 2019

Rent-A-Park : We have so much to offer! Some rooms and shelters are available for rental by individuals, clubs, organizations, and companies, when not secured for Parks and Recreation programs, at a very reasonable rate. Availability and locations are limited. Please call one of our facilitators to assist you. (See Reservation Policies on next page) All office hours are Monday through Friday from 8:00 am until 5:00 pm.

For Eastbank & LaSalle Park - call Becky at 736-6999 or bletort@jeffparish.net

For Westbank - call Mary at 349-5000 or mwilliams@jeffparish.net

For Lafreniere Park - call Cathy at 838-4389 or ccutress@jeffparish.net



Boat Launches

Glisson Park in Crown Pointe
Rosethorne at Rosethorne Playground in Lafitte
Bonnabel Boat Launch in Metairie.

Bucktown Marina

Located on Lake Pontchartrain off the Old Hammond Highway. Picnic areas also on site.

Dog Parks

Bonnabel at the end of Bonnabel Blvd by the Boat Launch.
Lafreniere Park - a 5-acre facility located inside the Park.
Both are FREE for you and your pet to enjoy.

Fishing Piers

Lower Lafitte - a handicapped accessible fishing pier on the waterway in Lafitte
Rosethorne - built in 2012, this is located by the boat launch at Rosethorne.
Bonnabel - reopened in 2014 - is located at the Bonnabel Boat Launch.

Meeting Rooms

Most rooms available for meetings, parties, showers, birthdays, etc. Any function consuming alcohol or having a large number of people will be required to have a Jefferson Parish Deputy on duty. Arrangements will be made at the time of the reservation.

Quadraxplex

JPRD currently has two that are available for rental both of which consists of 4 softball fields with a pressbox-concession - restroom building in the center. LaSalle has covered bleachers and Parc des Familles will soon have same.

Running Tracks

Available for rental:
Johnny Jacobs or Kings Grant on the Westbank
Pontiff and Jefferson on the Eastbank
Jefferson - 1 lap - 1/4 mile

Pontiff - 1 lap 1/4 mile

J. Jacobs - 1 lap - 1/4 mile

Kings Grant - 1 lap - 1/4 mile

Spray Park

Lafreniere Park - located near the Carousel.
This amenity opened in July 2012 and is available for public sessions and private parties.

Stadiums

Mike Miley Stadium on West Metairie in Metairie is used not only by our teenage boys programs, but by local area high schools. It has an artificial turf infield.

Miley Softball Complex on Saints Drive in Metairie is used by our girls' programs and local area high schools.

Segnette Field, located at the Alario Sports Complex just off the Westbank Expressway, is used by our boys teenage programs, local area high schools and some colleges. It has an artificial turf infield.

Swimming Pool

Johnny Jacobs - This outdoor pool is available during summer months. Public sessions offered. Call office for hours.

Tot Lot (Play Equipment Areas)

Available at almost all of our playgrounds and at various satellite sites throughout Jefferson Parish.

Tennis Courts

Available at no charge at most playgrounds on a first come, first serve basis, except when reserved for our programs. When using, please be considerate and limit your use to 1 hour if others are waiting to play. Private or group lessons not allowed unless offered by JPRD.

Walk Tracks

Eastbank Locations:
Lafreniere Park - 2mi
LaSalle Park -
LaSalle Loop - 1 mi
Zephyr Loop - 1.2 mi
Outer Perimeter - 1.8 mi
Pontiff - 1 mi

Westbank Locations:
Avondale North - .25 mi
Avondale South - .25 mi
Bellemeade
Bent Tree - .25 mi
Claiborne Gardens - .25
Esther St. - .18 mi
Harvard Ave - 5 laps = 1mi
Hwy 90 Avondale - .16
Oakdale - .50 mi
PARD - .66 mi
Thomas Jefferson - .25
Westminster - .25 mi
Wilson St - .53
Woodland West - .25 mi



RESERVATION POLICIES

1. Reservation must be requested 10 working days in advance.
2. Reservations accepted Monday - Friday from 8:00 am thru 4:30 pm.

RULES AND REGULATIONS:

1. Profit-making functions not allowed except for JPRD or playground booster functions or sanctioned events.
2. No publicity, tickets, or invitations can be issued until reservation application and publicity is approved by JPRD.
3. We reserve the right to:
 - Pre-empt any activity for a JPRD function and will attempt to notify you as far in advance as possible.
 - Cancel any previously confirmed booking for violation of these rules.

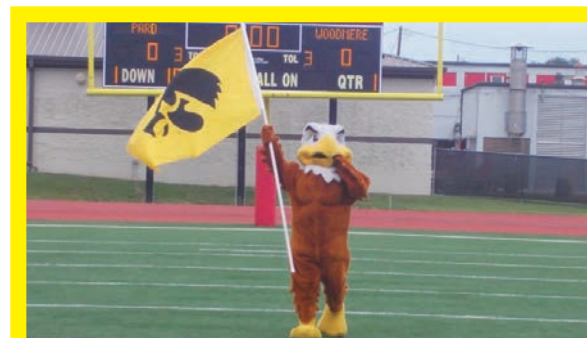
4. All JPRD facilities are SMOKE FREE.
5. No mechanical or live animal rides; no water play equipment (such as water slides, slip-n-slides, etc.)
6. Liability coverage (minimum of \$1 million required for Space Walks and/or other such apparatus.
7. No boiling of seafood. Debris must be put into dumpster or trash cans. No boiled seafood for indoor reservations.
8. No DJs or amplified music allowed at outdoor bookings.

CANCELLATIONS:

1. Must be requested, in writing, 10 working days in advance - \$20 fee charged.

BEVERAGES:

1. No glass containers allowed.
2. Any function consuming alcohol or having a large number of people will be required to have a Jefferson Parish deputy on duty. Arrangements will be made at the time of the reservation.



To register for a CLASS or MINI CAMP - Send this form along with the fee(s) to:

JPRD -WESTBANK, ATTN: Leisure Service, 7437 Lapalco Blvd, Marrero, LA 70072

Class _____ Playground _____

Class Day (of week) _____ Time _____ Start Date _____

Participant Name _____ M _____ F _____

Age (Children only) _____ Date of Birth ____/____/____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Cell Phone _____

Email address: _____ @ _____

IF ABOVE IS A MINOR, PLEASE COMPLETE THE FOLLOWING:

Mother's Name _____ Work Phone _____ Cell _____

Father's Name _____ Work Phone _____ Cell _____

Emergency Name _____ Relationship _____ Phone _____

Parks and Recreation reserves the right to expel anyone from a class or camp due to unacceptable behavior. Falsified or incomplete registration will result in rejection of your application and/or dismissal from class/camp. In case of an emergency or accident, my signature below, authorizes JPRD to seek immediate medical care. I have read and understand the rules and regulations above and do agree to comply.

Signature _____ Date _____

Amount enclosed \$ _____ Money Order _____ Check No _____ Received by _____ Date _____



Jefferson Parish
Government

**PARISH PRESIDENT
MICHAEL S. YENNI**

PARISH COUNCIL AT LARGE

Keith Conley, Division A

Cynthia Lee-Shang, Division B

COUNCIL MEMBERS:

Ricky J. Templet Dist. 1

Paul D. Johnson Dist. 2

Mark D. Spears, Jr. Dist. 3

Dominick Impastato Dist. 4

Jennifer Van Vrancken Dist. 5

JPRD SEEKING SPONSORS

Interested in becoming a
sponsor of JPRD?
Call Antoinette Holmes
at 504-736-6981
for more details



Jefferson Parish Department of Parks & Recreation
C.J. Gibson, Director Leo J. Webb, Assistant Director

JPRRecreation@jeffparish.net

7437 Lapalco Blvd, Marrero, LA 70072

Phone: 504-349-5000 Email - jprecreation@jeffparish.net

Administration 736-6999

JPRRecreation@jeffparish.net Ext 226

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Cheryl Anderson, Payroll Clerk CAnderson@jeffparish.net Ext 89301	Renee Bergeron, Typist Clerk RBergeron@jeffparish.net Ext 89303	Soraya Pirsalehy, Clerk, SPirsalehy@jeffparish.net Ext 89305

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349-5000**

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BGriffin@jeffparish.net Ext. 85011
Danielle Williams, Typist Clerk III
DBWilliams@jeffparish.net, Ext. 87209



Westbank Recreation Facilities Directory

Avondale Plgd.....736-8465
700 S. Jamie Blvd, Avondale 70094
Willie McCall, Supervisor
WMcCall@jeffparish.net
Belle Terre Plgd.....349-5044
5600 Belle Terre Rd, Marrero 70072
Kathy Forsyth, Asst Supervisor
KForsyth@jeffparish.net
Bridge City Plgd736-8466
400 11th St, Bridge City 70094
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LAldana@jeffparish.net
Estelle Comm Ctr349-5047
5012 Ehret Rd, Marrero 70072
Estelle Plgd.....349-5964
5801 Leo Kerner Lafitte Pkwy
Marrero 70072
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JKlink@jeffparish.net
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Harvey Plgd.....364-3681

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Kennedy Hgts. Plgd.....736-8467
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Lafitte 70067
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Terrytown Plgd.....364-3683
Golden Age Center364-3680
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JBrooks@jeffparish.net

