



FITNESS @ NORD

August 21–December 16



New Orleans Recreation
Development Foundation

nordc.org |     NORDCOMMISSION

5420 Franklin Avenue
New Orleans, LA 70122
(504) 658-3052

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ABOUT NORD

NORD provides safe, educational, recreational and culturally engaging opportunities to residents of the City of New Orleans.

Mission Statement: To advance the physical, mental, and social well-being of New Orleanians by providing safe and welcoming environments for recreational, athletic, and cultural experiences.

Vision: To create a sustainable and innovative organization that transforms lives.

Tagline: "Something for everyone"

Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight, and even improve your sleep habits and self-esteem. NORD offers a range of fitness activities, from walking clubs to line dance classes, and our fitness instructors know how to help you modify any exercise to your own level. So, don't wait! Come find your fit with NORD!

Please note, if you have an injury or a medical condition, consult your doctor or a physical therapist for help designing a fitness program that gradually improves your range of motion, strength, and endurance.

◆ Thank you to our sponsors for your continued support of NORD and efforts in making New Orleans a Fit City.



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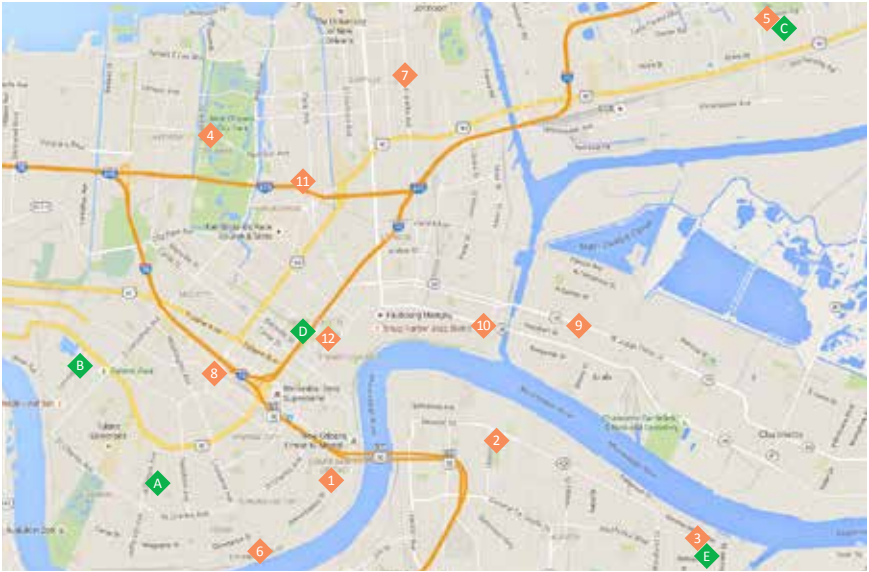


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Information subject to change. Visit nordc.org for current programming and schedules.

FACILITIES MAP



◆ Rec Centers

- 1 Annunciation Rec Center
800 Race St.
- 2 Behrman Rec Center
2529 General Meyer Ave.
- 3 Cut-Off Rec Center
6600 Belgrade St.
- 4 Gernon Brown Rec Center
1001 Harrison Ave.
- 5 Joe W. Brown Rec Center
5601 Read Blvd.
- 6 Lyons Rec Center
624 Louisiana Ave.
- 7 Milne Rec Center
5420 Franklin Ave.
- 8 Rosenwald Rec Center
1120 S. Broad St.
- 9 Sanchez Multi-Purpose Center
1616 Coffin Ave.
- 10 Stallings St. Claude Rec Center
4300 St. Claude Ave.
- 11 St. Bernard Rec Center
1500 Lafreniere St.
- 12 Treme Rec Center
900 N. Villere St.

◆ Parks

- A Evans Park
5100 La Salle St.
- B Harrell Stadium
2202 Leonidas St.
- C Joe W. Brown Park
5601 Read Blvd.
- D Lemann/Lafitte Greenway
628 N. Claiborne Ave.
- E Norman Park
3301 Eaton St.

FACILITIES

Closure Dates

Below is a list of closures through the end of the year.

August 17 (Rec Centers only)	September 5-8 (Pools only)	November 24	January 1
September 4	November 23	December 25	

◆ Fitness Centers

NORD has six fitness centers with cardio machines and exercise equipment and an outdoor fitness center at St. Roch Park. The centers are free and open to ages 16+.

Fitness Center	Mon–Fri	Sat	Sun
Milne Rec Center	10:00 AM–9:00 PM	9:00 AM–2:00 PM	Closed
Rosenwald Rec Center	10:00 AM–9:00 PM	9:00 AM–2:00 PM	Closed
Sanchez Multi-Service Center	8:00 AM–9:00 PM	9:00 AM–2:00 PM	Closed
Stallings St. Claude Rec Center	10:00 AM–9:00 PM	9:00 AM–2:00 PM	Closed
St. Bernard Rec Center	10:00 AM–9:00 PM	9:00 AM–2:00 PM	Closed
St. Roch Park Outdoor Fitness Center	6:00 AM–10:00 PM	6:00 AM–10:00 PM	6:00 AM–10:00 PM
Treme Recreation Community Center	8:00 AM–9:00 PM	9:00 AM–2:00 PM	Closed

◆ Staffed Parks/Playgrounds

Name	Address	District	Neighborhood
A. L. Davis	2600 LaSalle St.	B	Uptown
Behrman	2529 Gen. Meyer Ave.	C	Algiers
Bodenger	3400 Kansas St.	C	Algiers
Bunny Friend	1903 Desire St.	D	9th Ward
Burke	2524 Annunciation St.	B	Uptown
Carver	7410 Prytania St.	A	Uptown
Comiskey	600 S. Jeff Davis Pkwy.	B	Mid City
Conrad	3400 Hamilton St.	A	Uptown
Cut-Off	6600 Belgrade St.	C	Algiers
Digby	6600 Virgilian St.	D	New Orleans East
Easton	3141 Toulouse St.	A	Mid City
Eastshore	14600 Curran Rd.	E	New Orleans East
Evans	5100 La Salle St.	B	Uptown
Goretti	7500 Benson St.	E	New Orleans East
Hardin	2500 New Orleans St.	D	7th Ward
Harrell	2202 Leonidas St.	A	Uptown

PROGRAM SCHEDULES

◆ Staffed Parks/Playgrounds

Name	Address	District	Neighborhood
Joe W. Brown	5601 Read Blvd.	E	New Orleans East
Kenilworth	7820 Redfish St.	E	New Orleans East
Lemann/Lafitte Greenway	628 N. Claiborne Ave.	C	Treme
Lakeview	5501 Gen. Diaz St.	A	Lakeview
Lemann	628 N. Claiborne Ave.	C	Treme
Lyons	624 Louisiana Ave.	B	Uptown
McCue	2601 Franklin Ave.	D	St. Roch Neighborhood
McDonough	1500 Teche St.	C	Algiers
Milne	2500 Filmore St.	D	Gentilly
Norman	3301 Eton St.	C	Algiers
Norwood Thompson	7200 Forshey St.	B	GertTown
Odile Davis	3000 Law St.	D	Desire
Oliver Bush	2500 Caffin Ave.	E	Lower 9th Ward
Pontchartrain	6500 Press St.	D	Gentilly
Pradat	7200 Dreax Dr.	E	Gentilly
Sam Bonart	1209 Forstall St.	E	9th Ward
Sampson	3211 Treasure St.	D	Desire
St. Roch	1800 St. Roch Ave.	D	St. Roch
Stallings Gentilly	2700 Lapeyrouse St.	D	Gentilly
Taylor	2600 S. Roman St.	B	Uptown
Willie Hall at Perry Roehm	2939 Touro St.	D	St. Bernard Community

◆ Pools

Name	Mon–Fri	Sat	Sun
Joe W. Brown Pool (Indoor)	5601 Read Blvd.; (504) 658-3020		
Year Round	8:00 AM–8:00 PM	9:00 AM–2:00 PM	Closed
Sanchez Pool (Indoor)	1616 Caffin Ave.; (504) 658-3067		
Year Round	8:00 AM–8:00 PM	9:00 AM–2:00 PM	Closed
Treme Pool (Indoor)	900 N. Villere St.; (504) 658-3162		
Year Round	8:00 AM–8:00 PM	9:00 AM–2:00 PM	Closed

FACILITIES

◆ Rec Centers

Monday–Friday 10:00 AM–9:00 PM; Saturday 9:00 AM–2:00 PM; Sunday closed.

Name	Address	Phone
Annunciation Rec Center	800 Race St.	(504) 658-3095
Behrman Rec Center	2529 General Meyer Ave.	(504) 658-3170
Cut-Off Rec Center	6600 Belgrade St.	(504) 658-3058
Gernon Brown Rec Center	1001 Harrison Ave.	(504) 658-3151
Joe W. Brown Rec Center	5601 Read Blvd.	(504) 658-3080
Lyons Rec Center	624 Louisiana Ave.	(504) 658-3004
Milne Rec Center	5420 Franklin Ave.	(504) 658-3088
Rosenwald Rec Center	1120 S. Broad St.	(504) 658-3090
St. Bernard Rec Center	1500 Lafreniere St.	(504) 658- 3040
Sanchez Multi-Service Center	1616 Caffin Ave.	(504) 658-3059
Stallings St. Claude Rec Center	4300 St. Claude Ave.	(504) 658-3053
Treme Recreation Community Center	900 N. Villere St.	(504) 658-3160

FITNESS @ NORD

- *Classes are Sept 5–Dec 16.*
- *No cost unless otherwise noted. Open to people of all ages and abilities.*
- *No pre-registration is needed and equipment is provided.*

◆ Adult Fitness

Elevate your mood and energy levels with this cardio fitness class that combines kickboxing and aerobics to tone and firm your body.

◆ Ballet

Learn the fundamentals of classical ballet as you focus on dancing technique, body alignment, and balance!

◆ Boot Camp

Ever wanted to try a boot camp class, but don't know where to start? Our instructors will meet you right where you are at by mixing traditional calisthenic and body weight exercises with interval and strength training in this group exercise class!

◆ Dance Fitness

This upbeat dance workout mixes modern moves with strength training. Come learn some new moves, keep your heart rate up, and have some fun!

FITNESS @ NORD

◆ Fitness Fusion

Group Training: classes that include elements of yoga, pilates, high intensity interval training, barre, cardio, strength training, core isolation and PIYO.

◆ Hula Hooping

Build core control and stability in this fun hula hooping class that reaches participants of all levels! Learn to hoop on and off the body as you practice transitions between movements, tricks, and fun sequences all while getting a full body workout.

◆ Jazz Hip Hop

Shake your tail feather in this class that fuses hip-hop elements and jazz funk dance techniques for a fun fitness work-out!

◆ Line Dancing

Get those dancing shoes on for this class that combines low, moderate, and high energy dance routines set to R&B and soul music. It's a great form of exercise, a way to relieve stress, and, most of all, a ton of fun!

◆ Pilates

This class has it all! Improve flexibility and core strength through the perfect blend of deep muscle toning, stretching, balance and cardio!

◆ POSH Pro-Fit

A dance based fitness class with a variety of focuses each session. This class includes core conditioning, leg and glute target segments of training.

◆ Urban Swing/Partner Dance

Get those dancing shoes on!!! This class combines low, moderate, and high energy dance routines set to popular 1920-40's swing music. It's a great form of exercise, socialization, stress reliever, and most of all tons of fun.

◆ Walking Group

Tired of walking alone? Looking for a new way to motivate yourself? Join this group, and go at your own speed, expand your workout group, and improve you heart health with every step!

◆ Yoga

Center your body, mind, and spirit in this class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength.

◆ Zumba

Love to dance? Join us for this total work-out, mixing low-intensity and high-intensity dance moves and combining all elements of fitness, including cardio, muscle condition, balance, and flexibility!

DANCE & MOVEMENT

Classes begin Sept 5. To register, please visit your nearest rec center. Fees may apply.

◆ Casa Samba

Classes combine traditional music, vocals, theater, dance and drumming to capture the spirit of Carnival in Brazil and Afro-Brazilian traditions and history. Capoeira Angola is a passive martial art that incorporates flexibility and stretching movements, basic kicks, and proper breathing methods. Registration is ongoing. Fees apply.

◆ Dancing Grounds

Dancing Grounds (DG) is a nonprofit organization dedicated to bringing high-quality, inclusive, and accessible dance programs to New Orleans residents of all ages. Dancing Grounds uses dance as a vehicle for developing youth change agents, inspiring health and wellness, and promoting social justice.

◆ Drama Kids

Drama Kids and Teen Acting Academy offers exciting programs for ages 4-18. Kids have tons of fun and develop important confidence-building skills that will help them personally and academically. Activities include improvisations, mini-scripts, speaking skills, character analysis, theater games, creative movement, and performances. Register at dramakidsnola.org or call (504) 383-5773. \$38/month.

◆ L.Y.F.E. of Dance

L.Y.F.E. of Dance programs encourages, motivates and guides young ladies in making proper life choices through the "Art of Dance". Dance programs give members of the community an active, creative and engaging dance experience.

◆ N'Kafu African Dance

N'Kafu Traditional African Dance Company is dedicated to the documentation, research, promotion, and preservation of traditional African folklore. N'Kafu and Culu (Children) offers dance, song, and drum classes at Treme Recreation Community Center.

◆ New Orleans Ballet Association (NOBA)

Since 1992, the NORD/NOBA Center for Dance has strived to touch the lives of every member of our community through dance. Tuition-free classes are offered to youth and adults alike. Registration at your local NORD Rec Center is required.

◆ POSH Expressions

Posh Expressions offers performing arts training for young artists of all ages. Currently offering contemporary, modern, and hip/hop dance classes. For more information contact Monique Brogan at (504) 982-3407 or monique.brogan78@gmail.com. www.liberatedmover.com

◆ Tekrema Center for Art & Culture

Promotes the development and perseverance of African Diaspora art and culture through the performing and visual arts, humanities and special programming.

AQUATICS

Swim Lesson Registration:

- *Session I: Aug 21–Sept 6*
- *Session II: Oct 2–Oct 20*

Swim Lesson Sessions:

- *Session I: Sept 11–Oct 24*
- *Session II: Oct 23–Dec 9*

◆ **How to Register**

Submit completed registration form to a lifeguard. Registration forms are available at all indoor pools and online at nordc.org. Participants can only register for one class per session and must attend the first class or they will be dropped from the course.

◆ **Adult Swim Workshop**

The class will focus on reviewing skills learned in past swim lessons like water safety skills, stroke development, and breathing techniques. Open to all levels.

◆ **Master Swimmer**

Class designed for swimmers who have completed all levels of Shark classes and want to improve their stroke and swim on a competitive level.

◆ **Swim Team**

This competitive program offers the opportunity to improve swimming skills, endurance and promote a healthy lifestyle.

◆ **Junior Lifeguard Program**

Individuals will meet every Saturday for 8 weeks, Sept 30–Nov 18. Orientation: Sept 30, 9:00 AM–10:00 AM, Ages 11–15. Locations: Sanchez, Joe W. Brown, Treme.

◆ **Lap Swim**

Designated lanes for skilled swimmers to swim the length of the pool uninterrupted.

◆ **Pre Lifeguard Program**

Class designed for individuals pursuing a career in lifeguarding, the training will consist of shallow and deep water rescues, first aid, and CPR.

◆ **Water Aerobics: Low Impact/High Impact**

Have fun while doing cardio and water exercises that target the whole body. Registration ongoing. Ages 16+.

◆ **Swim Lesson Descriptions**

Tadpole	6 -36 mos.
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Parents and children participate in guided activities that emphasize fun and elementary swimming skills. Water comfort; water entry; splash, kick; blow bubbles.

Guppy 1	Ages 2-5
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For children who love the water, but aren't quite ready to be on their own with an instructor. Class will focus on: Water comfort, water entry; splash, kick; blow bubbles.

Guppy 2	Ages 2-5
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Focus will be on float; kick; under water exploration, swim to the pool side; begin coordinated arm and leg movement.

◆ Swim Lesson Descriptions

Nemo 1	Ages 3-5
Learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Focus is on water comfort; water entry; blow bubbles; kick; breath control.	
Starfish 1	Ages 6-12
Intro to Water Skills: Water comfort; safe water enter and exit; submerge mouth, nose and eyes; exhale and open eyes under water; roll over with support; swim with support; use of life jacket.	
Starfish 2	Ages 6-12
Fundamental Aquatics: Skills -Safe water enter and exit; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; rolls; tread water, swim using combined arm and leg actions.	
Dolphin 1	Ages 12-16
Intro to Water Skills: Water comfort; safe water enter and exit; submerge mouth, nose and eyes; exhale and open eyes underwater; roll over with support; float with support; swim using arm and leg actions with support; use of life jacket.	
Dolphin 2	Ages 12-16
Fundamental Aquatics: Safe water enter and exit water; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; change directions; roll over; tread water; swim using combined arm and leg actions.	
Dolphin 3	Ages 12-16
Stroke Development: Jump into deep water; dive in; bob with the head submerged; rotary breathing; glides; float in deep water; change positions; front and back crawl; butterfly-kick and body motion.	
Dolphin 4	Ages 12-16
Stroke Improvement: standing dive; swim underwater; feet-first surface dive; open turns while treading water; front and back crawl; breaststroke; butterfly; elementary backstroke.	
Shark 1	Ages 16+
Terrified of Water (TOW): We work with you to get past your fears and conquer the world of aquatics!	
Shark 2	Ages 16+
Fundamental Aquatics Skills: Safe water enter and exit; submerge head; blow bubbles (bobbing); open eyes underwater; float; glides; change directions, roll over; tread water; swim using combined arm and leg actions.	
Shark 3	Ages 16+
Stroke Development: Jump into deep water; dive in; bob with head submerged; rotary breathing; glides, float in deep water; change positions; back crawl; butterfly-kick and body motion.	
Shark 4	Ages 16+
Improve Skills and Strokes: Focus on endurance and form with crawl, back crawl, breaststroke and backstroke; water safety survival skills.	

OUTDOORS PROGRAM

To register, reserve, or for more information, visit nordc.org/outdoors, call (504) 658-3082, or email NORDCoutdoors@nola.gov.

All outdoor programs are free and all equipment is provided. Registration or reservations are required for most of our programs. Programs meet behind the Joe W. Brown Rec Center unless otherwise specified. There will be no classes Nov 23 & 24.

◆ Certs for Service

Accepted applicants receive Red Cross lifeguard training and testing by August 12 in exchange for serving six Saturdays as volunteer lifeguards at Joe W. Brown Park for Open Canoeing. Also accepting non-lifeguard volunteers; training provided.

◆ Fishing Class *Registration required*

Adults and youth work side-by-side in this beginner's 5-day fishing course, learning knot tying, fishing safety, line setting, casting, and identifying and unhooking fish. Louisiana Freshwater Fishing license required for participants over age 15. Youth under age 10 must be accompanied by an adult.

◆ Canoeing Class *Registration required*

Fun for the whole family, or just a few friends! Participants of all ages will learn canoe safety, self-launching and disembarking, and basic canoeing strokes. All equipment provided; no experience necessary. One adult for every 2 children under age 10 required.

◆ Open Canoeing & Fishing

Visit the NORD staff behind the Joe W. Brown Rec Center to sign out canoeing and fishing equipment for a self-guided experience at Joe W. Brown Park. Lessons available for beginners. Children under 10 must be accompanied by an adult. Fishing license required for anyone over age 15. Groups of 10 or more must call in advance. Dependent on volunteer participation and weather.

WE NEED YOU!

We need you! Many NORD Outdoors activities run on the power of volunteers. If you enjoy the outdoors, or are curious to learn about outdoor recreation through volunteerism, this is the place for you. Contact us for individual or group volunteer opportunities long term or short term!



*All guided group activities start August 1. For groups of eight or more.
Reservation required. Sessions are typically 1-2 hours long.*

◆ **Group Fishing Activity**

Learn basic fishing line rigging, knot tying, casting, and fish identification with an experienced instructor. All equipment provided; no experience necessary. Fishing license required for participants over age 15. Ages 7+.

◆ **Group Geocaching Activity**

Learn the history and skills of the worldwide GPS-based game of geocaching, and try to find every cache on our Joe W. Brown Park treasure hunt! Children under age 10 must be accompanied by an adult.

◆ **Group Nature Exploration Activity**

Walk with a Louisiana Master Naturalist through Joe W. Brown Park, Bayou Sauvage, Couturie Forest, or Jean Lafitte.

◆ **Group Survival Skills Activity**

Learn shelter and fire building skills in a hands-on activity at Joe W. Brown Park.

◆ **Group Teambuilding Session**

Practice conflict resolution, communication, problem solving, and more with a facilitator. Groups can come to us, or we'll come to you! Ages 8+.

◆ **Group Canoeing Activity**

Tour the Joe W. Brown lagoons by canoe. Learn basic paddling skills and canoe safety with an experienced instructor. All equipment provided; no experience necessary. One adult required for every 2 children under age 10. Ages 3+.

PROGRAM SCHEDULES

Classes begin the week of Sept 5.

Class	Day	Time	Age	Location
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◆ Annunciation Rec Center 800 Race St.

Fitness @ NORD Classes

Pilates	Tues	10:00 AM–11:00 AM	18+	Multi-Purpose Room
Pilates	Tues	11:00 AM–12:00 PM	18+	Multi-Purpose Room
Zumba	Wed	11:00 AM–12:00 PM	18+	Multi-Purpose Room

Dance & Movement Classes

Casa Samba Brasilian Dance*	Mon, Tues, Thurs	7:00 PM–9:00 PM	All	Multi-Purpose Room
Casa Samba Brasilian Dance*	Wed, Fri	6:00 PM–9:00 PM	All	Multi-Purpose Room
Casa Samba Brasilian Dance*	Sat	10:30 AM–12:00 PM	All	Multi-Purpose Room

◆ Behrman Rec Center 2529 General Meyer Ave.

Fitness @ NORD Classes

Adult Fitness	Mon, Wed	7:00 PM–8:00 PM	18+	Dance Room
Line Dancing	Wed	5:30 PM–6:30 PM	18+	Gym
Zumba	Thurs	5:30 PM–6:30 PM	18+	Dance Room

Dance & Movement Classes

NOBA Sr. Dance Fitness	Mon, Wed	10:30 AM–12:30 PM	55+	Dance Room
NOBA Sr. Dance Rehearsal	Mon, Wed	12:30 PM–1:30 PM	55+	Dance Room
NOBA Ballet [†]	Tues, Thurs	4:30 PM–5:30 PM	6–8	Dance Room
NOBA Ballet [†]	Tues, Thurs	5:30 PM–6:30 PM	9–18	Dance Room
POSH Expressions Int/Adv Contemporary Modern*	Tues	6:45 PM–8:00 PM	All	Dance Room
POSH Expressions Beginner Hip Hop*	Wed	5:15 PM–6:30 PM	All	Dance Room

*Fees apply. † Registration required.

Class	Day	Time	Age	Location
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◆ **Cut-Off Rec Center** 6600 Belgrade St.

Fitness @ NORD Classes

Walking Club	Mon–Fri	10:00 AM–12:00 PM	18+	Gym
Line Dancing	Mon	6:00 PM–7:00 PM	18+	Multi-Purpose Room

Dance & Movement Classes

NOBA Tap [†]	Mon	5:00 PM–6:00 PM	6–8	Multi-Purpose Room
NOBA Tap [†]	Mon	6:00 PM–7:00 PM	9–18	Multi-Purpose Room
NOBA Ballet [†]	Wed	5:00 PM–6:00 PM	6–8	Multi-Purpose Room
NOBA Ballet [†]	Wed	6:00 PM–7:00 PM	9–18	Multi-Purpose Room

◆ **Evans Park** 5100 La Salle St.

Fitness @ NORD Classes

Zumba	Wed	6:00 PM–7:00 PM	18+	Park
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◆ **Gernon Brown Rec Center** 1001 Harrison Ave.

Fitness @ NORD Classes

Zumba*	Mon, Wed, Fri	6:30 PM–7:30 PM	18+	Gym
Fitness Fusion*	Tues, Thurs	6:30 PM–7:30 PM	18+	Multi-Purpose Room
Zumba*	Sat	9:15 AM–10:15 AM	18+	Multi-Purpose Room
Fitness Fusion*	Sat	9:15 AM–10:15 AM	18+	Gym

◆ **Harrell Stadium** 2202 Leonidas St.

Fitness @ NORD Classes

POSH Pro Fit	Mon	5:30 PM–6:30 PM	18+	Stadium
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PROGRAM SCHEDULES

Classes begin the week of Sept 5.

Class	Day	Time	Age	Location
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◆ Joe W. Brown Rec Center 5601 Read Blvd.

Fitness @ NORD Classes

Yoga	Mon	6:30 PM–7:30 PM	18+	Dance Room
Adult Fitness	Tues, Thurs	7:00 PM–8:00 PM	18+	Main Gym
Urban Swing/ Partner Dancing	Wed	6:30 PM–7:30 PM	18+	Dance Room
Boot Camp	Sat	10:30 AM–11:30 AM	18+	Outside

Dance & Movement Classes

NOBA Sr. Dance Fitness ¹	Mon, Wed	10:30 AM–12:30 PM	55+	Dance Room
NOBA Ballet ¹	Mon, Thurs	4:30 PM–5:30 PM	6–8	Dance Room
NOBA Ballet ¹	Mon, Thurs	5:30 PM–6:30 PM	9–18	Dance Room

Aquatics Classes

Aquatics classes begin the week of Sept 11.

Water Aerobics Low Impact	Mon, Wed, Fri	8:05 AM–8:50 AM	16+	Pool
Water Aerobics High Impact	Mon, Wed, Fri	6:00 PM–7:00 PM	16+	Pool
Shark 1 & 2	Mon, Wed	9:00 AM–10:00 AM	16+	Pool
Starfish 1 & 2	Mon, Wed	4:45 PM–5:30 PM	6–12	Pool
Master Swimmer	Mon, Wed	9:00 AM–10:00 AM	16+	Pool
Water Aerobics High Impact	Tues, Thurs	8:05 AM–8:50 AM	16+	Pool
Shark 3 & 4	Tues, Thurs	9:00 AM–10:00 AM	16+	Pool
Starfish 1 & 2	Tues, Thurs	4:30 PM–5:15 PM	6–12	Pool
Shark 1 & 2	Tues, Thurs	5:15 PM–6:00 PM	16+	Pool
Water Aerobics Low Impact	Tues, Thurs	6:00 PM–7:00 PM	16+	Pool
Pre Lifeguard Training	Fri	10:00 AM–11:00 AM 5:00 PM–6:00 PM	16+	Pool
Swim Team	Sat	9:00 AM–10:00 AM	7+	Pool
Jr. Lifeguard Training	Sat	9:00 AM–10:00 AM	11–15	Pool
Dolphins 1 & 2	Sat	10:00 AM–11:00 AM	12–15	Pool
Tadpoles	Sat	11:00AM–11:30 AM	6-36 mo	Pool
Nemo	Sat	11:15 AM–11:45 AM	4–5	Pool
Starfish 3 & 4	Sat	12:00 PM–12:45 PM	6–12	Pool

*Fees apply. † Registration required.

Class	Day	Time	Age	Location
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◆ **Joe W. Brown Rec Center** 5601 Read Blvd.

Outdoors Program

Certs for Service	Sat	10:00 AM–2:00 PM	16+	Aug 13–Nov 11
Open Canoeing & Open Fishing	Sat	10:00 AM–2:00 PM	All†	Aug 5–Nov 11
Fishing Class†	Sat	2:15 PM–3:15 PM	3+	Sep 9–Oct 7
Canoeing Class†	Sat	2:15 PM–3:15 PM	3+	Oct 14–Nov 11
Group Fishing Activity†	Tues–Sat	9:00 AM–6:00 PM	7+	Appt. Only
Group Geocaching Activity†	Tues–Sat	9:00 AM–6:00 PM	All	Appt. Only
Group Nature Exploration Activity†	Tues–Sat	9:00 AM–6:00 PM <i>Also available at Bayou Sauvage, Couturie Forest, or Jean Lafitte</i>	All	Appt. Only
Group Survival Skills Activity†	Tues–Sat	9:00 AM–6:00 PM	All	Appt. Only
Group Teambuilding Session†	Tues–Sat	9:00 AM–6:00 PM	8+	Appt. Only
Group Canoeing Activity†	Tues–Sat	9:00 AM–6:00 PM	All†	Appt. Only

◆ **Lemann/Lafitte Greenway** 628 N. Claiborne Ave.

Fitness @ NORD Classes

Get Fit at the Greenway: Zumba	Tues	6:00 PM–7:00 PM	12+	Greenway Sept 5–Oct 10
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◆ **Lyons Rec Center** 624 Louisiana Ave.

Fitness @ NORD Classes

Pilates	Mon	6:30 PM–7:30 PM	18+	Multi-Purpose Room
Line Dancing	Tues	7:00 PM–8:00 PM	18+	Multi-Purpose Room
Dance Fitness	Wed	6:30 PM–7:30 PM	18+	Multi-Purpose Room

PROGRAM SCHEDULES

Classes begin the week of Sept 5.

Class	Day	Time	Age	Location
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◆ Lyons Rec Center 624 Louisiana Ave.

Dance & Movement Classes				
NOBA Tai Chi [†]	Mon	10:30 AM–11:30 AM	14+	Dance Room
NOBA Early Childhood Dance [†]	Mon	11:45 AM–12:45 PM	3–4	Dance Room
NOBA Youth Modern [†]	Mon/Wed	4:15 PM–5:25 PM	8–13	Dance Room
NOBA Sr. Dance Fitness [†]	Tues/Thurs	10:30 AM–12:30 PM	55+	Dance Room
NOBA Sr. Dance Rehearsal [†]	Tues/Thurs	12:30 PM–1:30 PM	55+	Dance Room
NOBA Ballet [†]	Tues/Thurs	3:40 PM–4:30 PM	6–8	Dance Room
NOBA Ballet [†]	Tues/Thurs	4:40 PM–5:40 PM	9–14	Dance Room
NOBA Gentle Yoga [†]	Wed	10:30 AM–11:30 AM	14+	Dance Room
NOBA Beginner Pilates [†]	Wed	12:00 PM–1:00 PM	14+	Dance Room
NOBA Int/Adv Ballet [†]	Fri	10:30 AM–12:00 PM	14+	Dance Room
NOBA Early Childhood Dance [†]	Sat	9:30 AM–10:15 AM	3–4	Dance Room

◆ Milne Rec Center 5420 Franklin Ave.

Fitness @ NORD Classes				
Senior Yoga	Tues	10:30 AM–11:30 AM	55+	North Gym
Line Dancing	Tues	5:30 PM–6:30 PM	18+	North Gym
Boot Camp	Thurs	6:00 PM–7:00 PM	18+	Outdoors
Fitness Fusion	Sat	11:00 AM–12:00 PM	18+	Multi-Purpose Room

◆ Norman Park 3301 Eton St.

Fitness @ NORD Classes				
Zumba	Thurs	6:30 PM–7:30 PM	18+	Outdoors

◆ Rosenwald Rec Center 1120 S. Broad St.

Fitness @ NORD Classes				
Line Dancing	Wed	7:00 PM–8:00 PM	18+	Dance Room
Dance & Movement Classes				
NOBA Pre-Ballet [†]	Mon	4:30 PM–5:30 PM	5–6	Dance Room
NOBA Ballet [†]	Mon	5:30 PM–6:30 PM	7–9	Dance Room
NOBA Pre-Jazz [†]	Wed	4:30 PM–5:30 PM	5–6	Dance Room
NOBA Jazz [†]	Wed	5:30 PM–6:30 PM	7–9	Dance Room

*Fees apply. † Registration required.

Class	Day	Time	Age	Location
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◆ **Sanchez Multi-Service Center** 1616 Caffin Ave.

Fitness @ NORD Classes

Walking Club	Mon–Fri	6:30 AM–8:30 AM	18+	Gym
Zumba	Mon	10:30 AM–11:30 AM	18+	Senior Center
Adult Fitness	Tues, Thurs	5:30 PM–6:30 PM	18+	Gym
Line Dancing	Tues	6:30 PM–7:30 PM	18+	Multi-Purpose Room
Senior Yoga	Wed	10:30 AM–11:30 AM	18+	Senior Center
Hula Hooping	Wed	6:30 PM–7:30 PM	18+	Rear Hallway

Dance & Movement Classes

Tekrema Ballet*	Mon	5:30 PM–6:30 PM	3–5	Dance Room
Tekrema Ballet*	Mon	6:30 PM–7:30 PM	6–10	Dance Room
Tekrema Jazz*	Mon	7:30 PM–8:30 PM	18+	Dance Room
Tekrema Intro to Dance*	Tues, Thurs	5:00 PM–6:00 PM	11+	Dance Room
Tekrema Beginning Ballet*	Tues	6:00 PM–7:15 PM	11+	Dance Room
Tekrema Jazz*	Tues	7:15 PM–8:30 PM	18+	Dance Room
Tekrema Youth Int Ballet*	Wed	5:00 PM–6:00 PM	12–17	Dance Room
Tekrema Adult Yoga*	Wed	6:00 PM–7:00 PM	18+	Dance Room
Tekrema West African Dance*	Wed	7:00 PM–8:30 PM	All	Dance Room
Tekrema Chakra Dance Theatre*	Thurs	6:00 PM–7:30 PM	6–13	Dance Room
Tekrema Modern Jazz*	Thurs	7:30 PM–9:00 PM	18+	Dance Room
Tekrema Chakra Dance Theatre*	Fri	6:00 PM–7:30 PM	6–13	Dance Room
Tekrema Hip Hop Jazz*	Sat	10:00 AM–11:00 AM	6–11	Dance Room
Tekrema West African*	Sat	11:00 AM–12:00 PM	11+	Dance Room
Tekrema Adult Dance*	Sat	12:00 PM–1:00 PM	18+	Dance Room

Aquatics Classes

Aquatics classes begin the week of Sept 11.

Water Aerobics	Mon–Fri	8:10 AM–8:55 AM	16+	Pool
Water Aerobics	Mon–Fri	6:00 PM–6:45 PM	16+	Pool
Shark 1	Mon, Wed	9:00 AM–9:45 AM	16+	Pool
Shark 2	Mon, Wed	9:00 AM–9:45 AM	16+	Pool
Shark 1	Mon, Wed	5:00 PM–5:45 PM	16+	Pool
Shark 2	Mon, Wed	5:00 PM–5:45 PM	16+	Pool

PROGRAM SCHEDULES

Classes begin the week of Sept 5.

Class	Day	Time	Age	Location
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◆ Sanchez Multi-Service Center 1616 Caffin Ave.

Aquatics Classes		Aquatics classes begin the week of Sept 11.			
Starfish 1	Mon, Wed	4:10 PM–4:40 PM	6–12	Pool	
Starfish 2	Mon, Wed	4:10 PM–4:40 PM	6–12	Pool	
Nemo 1	Tues, Thurs	4:10 PM–4:40 PM	3–5	Pool	
Nemo2	Tues, Thurs	4:10 PM–4:40 PM	3–5	Pool	
Starfish 3	Tues, Thurs	4:10 PM–4:40 PM	6–12	Pool	
Shark 3	Tues, Thurs	5:00 PM–5:45 PM	16+	Pool	
Shark 4	Tues, Thurs	5:00 PM–5:45 PM	16+	Pool	
Water Aerobics	Sat	9:10 AM–9:55 AM	16+	Pool	
Jr Lifeguard	Sat	9:00 AM–10:00 AM	11–15	Pool	
Swim Team	Sat	9:00 AM–10:00 AM	All	Pool	
Tadpole	Sat	10:30 AM–11:00 AM	6-36 mo	Pool	
Guppy 1	Sat	10:30 AM–11:00 AM	2–5	Pool	
Nemo 1	Sat	11:30 AM–12:00 PM	3–5	Pool	
Nemo 2	Sat	11:30 AM–12:00 PM	3–5	Pool	
Starfish 1	Sat	12:00 PM–12:45 PM	6–12	Pool	
Starfish 2	Sat	12:00 PM–12:45 PM	6–12	Pool	
Starfish 3	Sat	12:00 PM–12:45 PM	6–12	Pool	
Starfish 4	Sat	12:00 PM–12:45 PM	6–12	Pool	

◆ Stallings St. Claude Rec Center 4300 St. Claude Ave.

Fitness @ NORD Classes				
Boot Camp	Sat	9:00 AM–10:00 AM	18+	Multi-Purpose Room
Dance & Movement Classes				
NOBA Ballet [†]	Mon, Wed	4:15 PM–5:15 PM	6–11	Dance Room
N'Fungolo*	Tues	6:00 PM–7:30 PM	All	Dance Room
N'Fungolo*	Thurs	6:00 PM–7:30 PM	All	Dance Room
Dancing Grounds*	Fri	6:00 PM–7:30 PM	All	Dance Room
Dancing Grounds*	Fri	7:30 PM–9:00 PM	All	Dance Room
Dancing Grounds*	Sat	9:00 AM–10:30 PM	All	Dance Room
Dancing Grounds*	Sat	10:30 AM–12:00 PM	All	Dance Room
Dancing Grounds*	Sat	12:00 PM–1:30 PM	All	Dance Room

*Fees apply. † Registration required.

Class	Day	Time	Age	Location
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◆ **St. Bernard Rec Center** 1500 Lafreniere St.

Fitness @ NORD Classes

Walking Club	Mon–Thurs	10:00 AM–12:00 PM	18+	Fitness Center
Boot Camp	Mon	6:00 PM – 7:00 PM	18+	Fitness Center

Dance & Movement Classes

LYFE of Dance Jazz/Secondline*	Tues	5:30 PM–6:45 PM	2–13	Dance Room
LYFE of Dance Jazz/Secondline*	Tues	6:45 PM–8:30 PM	14+	Dance Room
LYFE of Dance Hip Hop*	Thurs	5:30 PM–6:45 PM	2–13	Dance Room
LYFE of Dance Hip Hop*	Thurs	6:45 PM–8:30 PM	14+	Dance Room
LYFE of Dance Creative Movement/Hip Hop*	Sat	12:00 PM–2:00 PM	All	Dance Room

◆ **Treme Recreation Community Center** 900 N. Villere St.

Fitness @ NORD Classes

Urban Swing/ Partner Dancing	Mon	6:00 PM–7:00 PM	18+	Multi-Purpose Room
Adult Fitness	Mon, Wed	5:30 PM–6:30 PM	18+	Multi-Purpose Room
Jazz Hip Hop	Tues	6:30 PM–7:30 PM	18+	Multi-Purpose Room
Yoga	Wed	6:00 PM–7:00 PM	18+	Dance Room

Dance & Movement Classes

NOBA Hip Hop [†]	Mon	5:00 PM–6:00 PM	6–8	Dance Room
NOBA Hip Hop [†]	Mon	6:00 PM–7:00 PM	9–18	Dance Room
NOBA Ballet [†]	Mon	7:00 PM–8:15 PM	14+	Dance Room
N'Kafu/Culu African	Mon	7:00 PM–8:30 PM	14+	Multi-Purpose Room
NOBA Ballet [†]	Tues, Thurs	5:00 PM–6:00 PM	6–8	Dance Room
NOBA Ballet [†]	Tues, Thurs	6:00 PM–7:00 PM	9–18	Dance Room
NOBA Tap [†]	Wed	4:00 PM–5:00 PM	6–8	Dance Room
NOBA Tap [†]	Wed	5:00 PM–6:00 PM	9–18	Dance Room
N'Kafu/Culu African	Wed	7:00 PM–8:30 PM	14+	Multi-Purpose Room
N'Kafu/Culu African	Fri	5:30 PM–6:45 PM	6–11	Multi-Purpose Room
NOBA Modern (Horton) [†]	Fri	5:45 PM–7:00 PM	14+	Dance Room
N'Kafu/Culu African*	Fri	7:00 PM–8:30 PM	14+	Multi-Purpose Room
NOBA Folkloric (Haitian) [†]	Fri	7:15 PM–8:30 PM	14+	Dance Room
N'Kafu/Culu African*	Sat	10:30 AM–12:30 PM	6–11	Dance Room

PROGRAM SCHEDULES

Classes begin the week of Sept 5.

Class	Day	Time	Age	Location
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◆ Treme Recreation Community Center 900 N. Villere St.

Aquatics Classes

Aquatics classes begin the week of Sept 11.

Water Aerobics	Mon–Fri	8:10 AM–8:55 AM 10:00 AM–10:45 AM 6:00 PM–6:45 PM	16+	Pool
Shark 1 & 2	Mon, Wed	9:00 AM–9:45 AM	18+	Pool
Starfish 1 & 2	Mon, Wed	4:00 PM–4:45 PM	6-36 mo	Pool
Shark 1 & 2	Mon, Wed	5:00 PM–5:45 PM	18+	Pool
Shark 3 & 4	Tues, Thurs	9:00 AM–9:45 AM	18+	Pool
Nemo 1 & 2	Tues, Thurs	4:00 PM–4:30 PM	3–5	Pool
Nemo 3 & 4	Tues, Thurs	4:30 PM–5:00 PM	3–5	Pool
Starfish 3 & 4	Tues, Thurs	5:00 PM–5:45 PM	6–12	Pool
Swim Workshop	Fri	11:00 AM–11:45 AM	16+	Pool
Shark 1 & 2	Fri	4:00 PM–4:45 PM	18+	Pool
Shark 3 & 4	Fri	5:00 PM–5:45 PM	18+	Pool
Water Aerobics	Sat	9:10 AM–9:55 AM	16+	Pool
Junior Lifeguards	Sat	10:00 AM–12:00 PM	11–15	Pool
Starfish 1 & 2	Sat	10:00 AM–10:45 AM	6–12	Pool
Dolphins 1 & 2	Sat	11:00 AM–11:45 AM	13–16	Pool
Tadpoles	Sat	11:00 AM–11:30 AM	6-36 mo	Pool
Swim Team	Sat	12:00 PM–2:00 PM	7–15	Pool

VOLUNTEERS

People volunteer for a variety of reasons. Volunteering offers individuals the opportunity to contribute to their community and also provides an opportunity to develop new skills or build on existing experience and knowledge.

NORD offers various volunteer opportunities:

Rec Centers Volunteer: There are short-term and long-term volunteer opportunities in our recreation centers. Opportunities include but are not limited to administrative assistance, program instruction, and program assistance.

Special Events Volunteer: Volunteers are needed throughout the year to assist with seasonal, or one-time special events.

Athletic Volunteer: Volunteer coaches serve as positive role models for our youth athletics participants and are needed year-round. Assistance is also needed for game operations.

Outdoors Volunteer: Enjoy the outdoors or interested to learn about outdoors recreation through volunteerism? Opportunities include assistance with canoeing, fishing, and special events.

Volunteer Groups: Community members, organizations, or organized groups of 5 or more are welcome to spearhead a specific volunteer project, program, or assist with special events.

Booster Clubs: Open to parents, guardians, and family members of children registered to participate in activities and programs, and any individuals without participating children who want to support a particular rec center or playground.

Volunteers registered with NORD who contribute 30 hours or more during a tax year qualify for a \$500 Louisiana State Income Tax deduction.

For more information about volunteer opportunities please contact nordcvolunteers@nola.gov or call (504) 658-3074.



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