

CITY OF NEW ORLEANS

# Recreation & Leisure

Classes, Events and Schedules

JUNE - SEPT

Summer  
2024



NORDC.ORG



INSIDE: Pool Locations  
and Schedules,  
Summer Events,  
Program Descriptions,  
Class Schedules,  
Facilities



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# About NORD

The New Orleans Recreation Development (NORD) Commission has earned national accreditation, making New Orleans the second city in Louisiana and one of under 200 agencies across the U.S. out of more than 12,000 with this stamp of excellence. 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."

In accordance with provisions of the Americans with Disabilities Act of 2008, as amended, the City of New Orleans 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: **Ashley Frank 504-658-3032, afrank@nola.gov, or 711 for Louisiana Relay Service** at least 48 hours in advance or as soon as possible.

# 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, Special Events Volunteer, Athletic Volunteer, Outdoors Volunteer, and Volunteer Groups.**

**Volunteers registered with NORD and Track It Forward 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 **504-658-3008**.

# Booster Club

Booster clubs help fund student-athletes and assist us in providing an experience consistent with the NORD tradition of "something for everyone."

Booster clubs help fund uniforms and equipment, cover travel expenses, and help our volunteer coaches reach our ultimate goal of developing our student-athletes.

Membership in a booster club is open to community members, 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.

Boosters play a role in providing student-athletes with a positive experience through their enthusiastic efforts. They can support teams and student-athletes through donations of time and financial resources which help student-athletes succeed on and off the playing field.

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

For more information on booster clubs, or to form a booster club, visit [nordc.org](http://nordc.org) or contact [nordcvolunteers@nola.gov](mailto:nordcvolunteers@nola.gov) or call 504-658-3008.







**City of New Orleans**  
Mayor LaToya Cantrell



*Dear Friends,*

As we embark upon the summer season of 2024, I am excited about all the steps the City has taken collectively to ensure that our young people have fun and safe environments every season, to participate in athletic activities, cultural programs, internships or enrichment programs and events. This season, the New Orleans Recreation Development (NORD) Commission is ready to stand on its promise to offer "Something for Everyone."

We are also excited about the upcoming summer programs in partnership with local community organizations across the city, with plans to launch some new opportunities such as NOLA Idol competition in collaboration with NORD's Artist in Residence, Irvin Mayfield. These innovative programs are just what our youth and young adults need to keep them engaged and productive.

It's also important to note that we will continue prioritizing improvements to our city's infrastructure throughout the summer months, including bringing NORD facilities and pools back online. Since the start of my administration, the City of New Orleans remains committed to completing our projects, including those federally funded ones, on time. Our NORD capital projects include Morris F.X. Jeff Sr. Pool Renovations and Enclosure and Skelly Rupp Stadium Renovations, which are slated to open Summer 2024. Investing in the quality and longevity of our facilities is a testament to our commitment to not only our young people but all residents of the City of New Orleans.

I want to echo NORD's Chief Executive Officer Larry Barabino Jr.'s excitement around kicking off the season with new and meaningful programming and express my heartfelt appreciation for every New Orleanian who has supported the work of this department over the past several years. Let's continue to work collaboratively to move New Orleans forward.

Wishing you a fun, safe, and beautiful Summer!

*Happy Summer,*

**LaToya Cantrell**  
Mayor, City of New Orleans



**Dear Friends,**

I hope my letter finds you and your loved ones safe and healthy. Since my appointment as NORD CEO in 2018, we have consistently advocated and doubled down on investments to public recreation and park revitalization. Through these investments, we have increased our amenities and offerings to the City of New Orleans by more than 50%. I would like to thank the citizens of New Orleans, Mayor LaToya Cantrell, the NORD Commission, City Council, and the NORD Foundation for their investment and commitment to safe, state-of-the-art recreational spaces and quality programming. Through this commitment, NORD has been recognized, for the second time, as one of the top park systems in the country, earning national reaccreditation in September of 2022.

Summer is an exciting time for NORD as we prepare to open and operate 11 outdoor pools, four indoor pools, youth, and teen summer camps, and provide opportunities for residents to stay active, engaged, and safe throughout the summer months. This summer, NORD will offer 21 youth camps and 12 teen camps across the City of New Orleans, serving more than 2,600 youth and 1,000 teens through partnerships with schools, nonprofits, and faith-based organizations. Summer camp at NORD has been a tradition in the City of New Orleans for over 55 years. We look forward to continuing that tradition with a diverse curriculum of structured academic, cultural, and recreational activities, including water safety classes for all campers and visitors to NORD pools.

In addition to summer camps, we are proud to bring back program and event favorites,



including pickleball, tennis lessons, swim lessons, open canoeing, and fishing, annual Teen College tour, and Back to School Expos. New this summer is our inaugural teen festival "Gen Z Fest" produced for teens by teens on the Lafitte Greenway in June of 2023.

We will unveil two new facilities Village de Les Clubhouse and Desire Florida Community Center and break ground on two renovations this summer including Morris F.X. Jeff Sr. pool renovations, and Skelly Rupp Baseball Stadium renovations. The opening and renovations of these facilities will expand our current programs and services to residents of all ages. We hope you are as excited as we are!

I want to thank Mayor LaToya Cantrell, the NORD Commission, the NORD Foundation, our generous sponsors, my NORD team, and our dedicated volunteers and partners for their commitment to community and recreation. I look forward to seeing you around and hearing your suggestions and feedback as we continue to make certain NORD offers **something for everyone.**

*Sincerely,*

**Larry Barabino, Jr.**  
NORD Chief Executive Officer





# From the Commission



## Greetings,

As your Commission Chair, I want to express my sincere gratitude and excitement to serve you, my fellow New Orleanians. As we continue into 2024, I look forward to continuing our plans to double down on NORD's mission to advance our city by providing safe and welcoming environments for recreational and cultural experiences. I want to thank my fellow Commissioners, CEO Barabino, Mayor Cantrell, New Orleans City Council, NORD Foundation, NORD staff, and the community for their continued support.

As you read through the 2024 summer program guide, I hope you find something that fits your interest and that you and your entire family can enjoy. I personally recommend attending one of the Friday Movies in The Park events or checking out the new pickup soccer program in Algiers at Norman Playground. If you are looking for something more, NORD offers tennis, open canoeing and fishing, archery, pickle ball, and year-round aquatics programming at four indoor facilities across the city. I look forward to the completion of two construction projects on the Westbank at Cut-Off Recreation Center Splash Pad and the enclosure and expansion of pool amenities at Morris F.X. Jeff Recreation Center. The completion of this natatorium will add a fifth year-round aquatics facility to NORD's portfolio. As your Commission Chair, I will continue to support NORD staff, events, programs, and services so that every New Orleanian may have access to state-of-the-art facilities, parks, and recreation services. Thank you for your commitment to the City of New Orleans and NORD. It is an exciting time of year, and I encourage you to explore everything NORD has to offer. Have a safe and enjoyable season!

Sincerely,

*Theo C. Sanders*  
**Theo C. Sanders, III**  
 Chair, NORD Commission



# NORD Commission

NORD has a governing board of Commissioners appointed by the Mayor and approved by City Council who meet the first Tuesday of the month to oversee the operations, activities, and performance of NORD. The Commission members receive no compensation for their services, but accept their appointments in the interest of civic betterment.



*Mayor LaToya Cantrell*  
 Ex-Officio Member  
 Mayor of New Orleans



*Gilbert Montaña*  
 Chief Administrative  
 Officer



*Freddie King, III*  
 District 3  
 City Council  
 Representative



*Olin Parker*  
 District 3  
 Board Member  
 Orleans Parish School Board



*Theo C. Sanders, III*  
 Chair District C  
 Representative



*Dana Peterson*  
 Vice Chair At-Large  
 Mayoral Appointee



*Ernest Price, Jr.*  
 NORD Foundation  
 Representative



*Raquel "Rocky"  
 Dufauchard*  
 New Orleans Public  
 Library Representative



*Frances Fayard*  
 District A  
 Representative



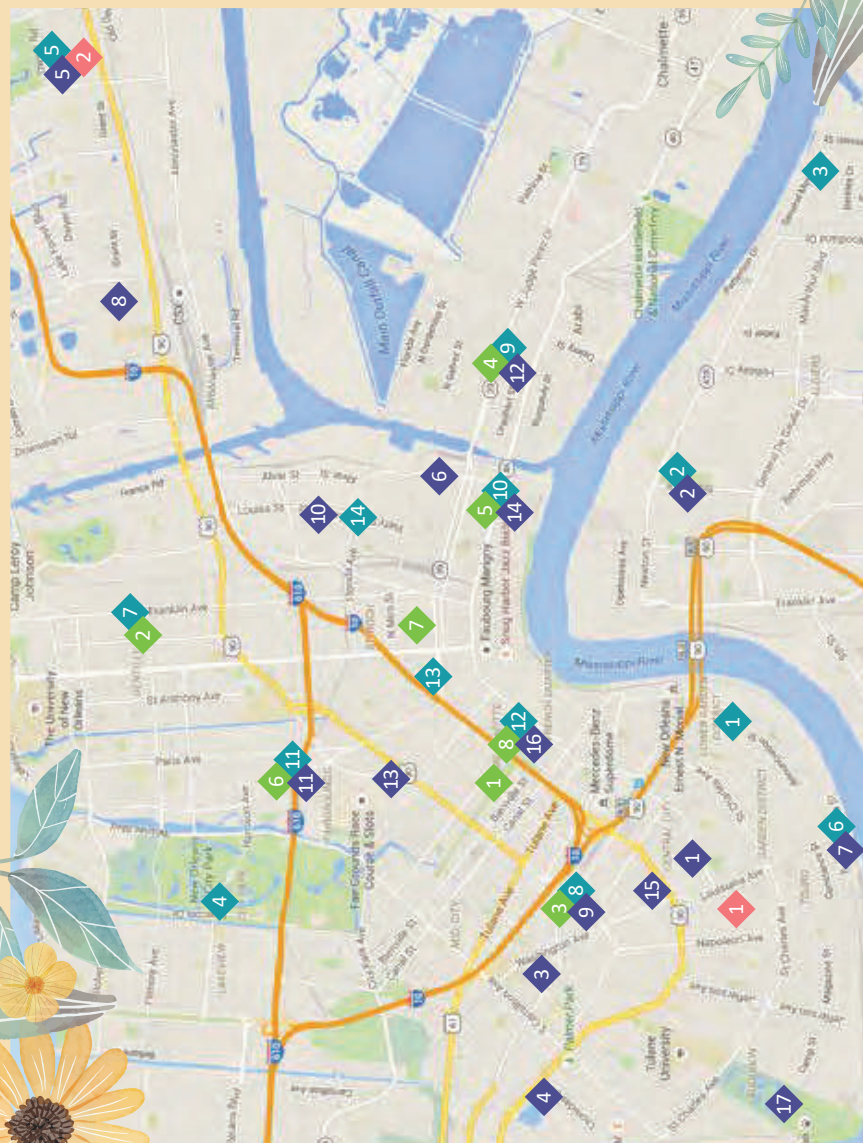
*Blaire Fernandez*  
 District E  
 Representative



*Troy White*  
 District E  
 Representative



*"Open"*  
 District D  
 Representative



## Rec Centers

- 1 Annunciation Rec Center**  
800 Race St.
- 2 Morris F.X. Jeff, Sr. Rec Complex**  
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-Service Center**  
1616 Fats Domino Ave.
- 10 Stallings St. Claude Rec Center**  
4300 St. Claude Ave.
- 11 St. Bernard Rec Center**  
1500 Lafreniere St.
- 12 Treme Recreation Community Center**  
900 N. Villere St.
- 13 Hunters Field**  
1659 N. Claiborne Ave.
- 14 Desire Florida**  
3450 Industry St.
- 15 Keller Community Center**  
1814 Magnolia Street

## Tennis Centers

- 1 Atkinson Stern Tennis Center**  
4025 S. Saratoga St.
- 2 Joe W. Brown Tennis Center**  
5601 Read Blvd.

## Pools

- 1 A. L. Davis Pool**  
2600 LaSalle St.
- 2 Federal City Pool**  
2220 Constitution St.
- 3 Gert Town Natatorium (Indoor)**  
3411 Broadway St.
- 4 Harrell Pool (CLOSED)**  
2202 Leonidas St.
- 5 Joe W. Brown Pool (Indoor)**  
5601 Read Blvd.
- 6 Lemann Pool**  
4536 N. Prieur St.
- 7 Lyons Pool**  
624 Louisiana Ave.
- 8 Pradat Pool**  
7200 Dreaux Ave.
- 9 Rosenwald Pool**  
1120 S. Broad St.
- 10 Sampson Pool**  
3100 Louisa St.
- 11 St. Bernard Pool**  
1500 Lafreniere St.
- 12 Sanchez Pool (Indoor)**  
1616 Fats Domino Ave.
- 13 Stallings Gentilly Pool**  
2700 Lapeyrouse St.
- 14 Stallings St. Claude Pool**  
4300 St. Claude Ave.
- 15 Taylor Pool (CLOSED)**  
2600 S. Roman St.
- 16 Treme Pool (Indoor)**  
900 N. Villere St.
- 17 Whitney Young Pool**  
6500 Magazine St.

## Fitness Centers

- 1 Lafitte Greenway Outdoor Fitness Park**  
1971 Lafitte Street
- 2 Milne Rec Center**  
5420 Franklin Ave.
- 3 Rosenwald Rec Center**  
1120 S. Broad St.
- 4 Sanchez Multi-Service Center**  
1616 Fats Domino Ave.
- 5 Stallings St. Claude Rec Center**  
4300 St. Claude Ave.
- 6 St. Bernard Rec Center**  
1500 Lafreniere St.
- 7 St. Roch Park Outdoor Fitness Park**  
1800 St. Roch Ave.
- 8 Treme Recreation Community Center**  
900 N. Villere St.

# Facilities

## Closure Dates

Programming is from June 5 – August 26. Facilities will be closed on the below dates.

June Tenth and July 4th

## Fitness Centers

NORD has seven fitness centers with cardio machines and exercise equipment and two outdoor fitness parks. The centers are free and open to ages 18+.

<i>Fitness Center</i>	<i>Mon - Fri</i>	<i>Sat</i>	<i>Sun</i>
<b>Cut Off Rec Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>Lafitte Greenway Outdoor Fitness Park</b>	6:00 AM-10:00 PM	7:00 AM-6:00 PM	7:00 AM-6:00 PM
<b>Milne Rec Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>Rosenwald Rec Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>Sanchez Multi-Service Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>Stallings St. Claude Rec Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>St. Bernard Rec Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>St. Roch Park Outdoor Fitness Park</b>	6:00 AM-10:00 PM	6:00 AM-10:00 PM	6:00 AM-10:00 PM
<b>Treme Recreation Community Center</b>	4:00 AM-9:00 PM	9:00 AM-2:00 PM	Closed
<b>Joe W. Brown Outdoor Fitness Park</b>	6:00 AM-10:00 PM	6:00 AM-10:00 PM	6:00 AM-10:00 PM

Get Your Fitness On!

## FREE FITNESS CENTERS

Multiple locations across the city!

Free Access




# Staffed Parks / Playgrounds

<i>Name</i>	<i>Address</i>	<i>District</i>	<i>Neighborhood</i>
<b>A. L. Davis</b>	2600 LaSalle St.	B	Uptown
<b>Bodenger</b>	3400 Kansas St.	C	Algiers
<b>Bunny Friend</b>	1903 Desire St.	D	9th Ward
<b>Carver</b>	7410 Prytania St.	A	Uptown
<b>Comiskey</b>	600 S. Jeff Davis PKwy.	B	Mid City
<b>Conrad</b>	3400 Hamilton St.	A	Uptown
<b>Cut-Off</b>	6600 Belgrade St.	C	Algiers
<b>Digby</b>	6600 Virgilian St.	D	New Orleans East
<b>Easton</b>	3141 Toulouse St.	A	Mid City
<b>Eatshore</b>	14600 Curran Rd.	E	New Orleans East
<b>Goretti</b>	7500 Benson St.	E	New Orleans East
<b>Hardin</b>	2500 New Orleans St.	D	7th Ward
<b>Harrel</b>	2202 Leonidas St.	A	Uptown
<b>Joe W. Brown</b>	5601 Read Blvd.	E	New Orleans East
<b>Kenilworth</b>	7820 Redfish St.	E	New Orleans East
<b>Lafitte Greenway/ Lemann</b>	1971 Lafitte St.	C	Treme
<b>Lakeview</b>	5501 Gen. Diaz St.	A	Lakeview
<b>Lyons/Burke</b>	624 Louisiana Ave.	B	Uptown
<b>McCue</b>	2601 Franklin Ave.	D	St. Roch Neighborhood
<b>McDonough</b>	1500 Teche St.	C	Algiers
<b>Milne</b>	2500 Filmore St.	D	Gentilly
<b>Morris F.X. Jeff, Sr. Rec Complex</b>	2529 Gen. Meyer Ave.	C	Algiers
<b>Norman</b>	3301 Eton St.	C	Algiers
<b>Norwood Thompson</b>	7200 Forshey St.	B	Gert Town
<b>Oliver Bush</b>	2500 Fats Domino Ave.	E	Lower 9th Ward
<b>Pontchartrain</b>	6500 Press St.	D	Gentilly
<b>Pradat</b>	7200 Dreaux Dr.	E	New Orleans East
<b>Sampson</b>	3211 Treasure St.	D	Desire
<b>St. Roch</b>	1800 St. Roch Ave.	D	St. Roch
<b>Stallings Gentilly</b>	2700 Lapeyrouse St.	D	Gentilly
<b>Taylor</b>	2600 S. Roman St.	B	Uptown
<b>Willie Hall at Harris Playground</b>	4998 Piety St.	D	Desire
<b>Village de'lest</b>	13512 Granville St.	E	New Orleans East

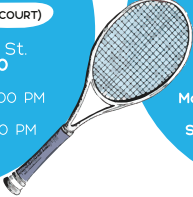


# Tennis Centers


**Court Fees:** Mon–Thurs \$5/hr before 4:00 PM, \$7/hr after 4:00 PM; Sat–Sun \$7/hr. Open by reservations only. Limited number per hour. No programming or tournaments. Singles only, no doubles. Ages 14+. Under 14 needs an adult or guardian age 18+ to accompany the minor.



**Atkinson Stern Tennis Center**  
(9 CLAY COURTS) (1 MULTIUSE COURT)  
4025 S. Saratoga St.  
(504) 658-3060  
Mon–Thurs: 8:00 AM–8:00 PM  
Fri: CLOSED  
Sat–Sun: 8:00 AM–4:00 PM



**Joe W. Brown Tennis Center**  
(10 HARD COURTS)  
5601 Read Blvd.  
(504) 658-3071  
Mon–Thurs: 11:00 AM–7:00 PM  
Fri: CLOSED  
Sat–Sun: 8:00 AM–4:00 PM



# Rec Centers

Summer Hours: 4:00–9:00 PM. Visit [nordc.org/calendar](http://nordc.org/calendar) to make reservations.

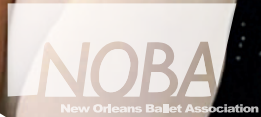
Name	Address	Phone
Annunciation Rec Center	800 Race St.	(504) 658-3095
Cut-Off Rec Center	6600 Belgrade St.	(504) 658-3058
Gernon Brown Rec Center	1001 Harrison Ave.	(504) 658-3151
Joe W. Brown Rec Center	5601 Read Blvd.	(504) 658-3080
Lyons Rec Center	624 Louisiana Ave.	(504) 658-3004
Milne Rec Center	5420 Franklin Ave.	(504) 658-3088
Rosenwald Rec Center & Annex	1120 S. Broad St.	(504) 658-3090
Sanchez Multi-Service Center	1616 Fats Domino Ave.	(504) 658-3059
Stallings St. Claude Rec Center	4300 St. Claude Ave.	(504) 658-3053
Morris F.X. Jeff, Sr. Rec Complex	2529 General Meyer Ave.	(504) 658-3170
St. Bernard Rec Center	1500 Lafreniere St.	(504) 658-3040
Treme Recreation Community Center	900 N. Villere St.	(504) 658-3160
Hunters Field	1659 N. Claiborne Ave.	
Desire Florida	3450 Industry St.	(504) 658-3076
Keller Community Center	1814 Magnolia Street	

# Pools

Reservations required for lap swim and water aerobics. See schedule for available times.

Name	Address	Phone
A.L. Davis Pool+	2600 La Salle Street	(504) 896-4674
Federal City Pool	2220 Constitution St.	
Gert Town Pool (Indoor)	3411 Broadway St.	(504) 658-3096
Joe W. Brown Pool (Indoor)	5601 Read Blvd.	(504) 658-3020
Lemann Pool	1971 Lafitte St.	(504) 552-9197
Lyons Pool	624 Louisiana Ave.	(504) 658-3055
Pradat Pool	7200 Dreux Street	(504) 658-3044
Rosenwald Pool	1120 S. Broad Street	(504) 658-3090
Sampson Pool	3100 Louisa Street	(504) 940-1809
Sanchez Pool (Indoor)	1616 Fats Domino Ave.	(504) 658-3067
Stallings St. Claude Pool	4300 St.Claude Street	(504) 658-3053
Stallings Gentilly Pool	2700 Lapeyrouse Street	(504) 569-0693
Treme Pool (Indoor)	900 N. Villere St.	(504) 658-3162
Whitney Young Pool	6500 Magazine Street	(504) 864-1416





## Discover NOBA Dance

TUITION-FREE DANCE  
FITNESS AND WELLNESS CLASSES  
(AGES 4-80+)

**To get moving with NOBA this summer!**

(504) 522-0996, and dial "2"  
[www.nobadance.com](http://www.nobadance.com)



# Visit the Greenway!

**BIKE • WALK • PLAY!**  
[LAFITTEGREENWAY.ORG](http://LAFITTEGREENWAY.ORG)





# Rent a NORD Facility

Interested in renting a park, shelter or gym for your upcoming special event or film location?

We have facilities to suit any occasion — from family reunions to community meetings, and wedding receptions to large tournaments and neighborhood festivals. In addition, facility rental income directly benefits Multi-Purpose movement efforts at all NORD recreational centers and parks.

## NORD spaces available for rent include:

- ✓ Picnic shelters in Joe W. Brown Memorial Park
- ✓ Greenspace and/or playgrounds at various parks/ playgrounds around the city
- ✓ Meetings spaces for groups ranging in size from 10 – 100 attendees
- ✓ Multipurpose athletic fields (football, baseball/softball, soccer fields; covered and uncovered basketball courts
- ✓ Recreational center gymnasiums
- ✓ Dance rooms
- ✓ Football and/or track stadiums
- ✓ Indoor pool in Joe W. Brown Memorial Park or at the Gert Town Natatorium (additional rental restrictions apply)

## Follow these easy steps to rent a NORD facility

Download the NORD Facility Rental/Permit Application on [www.nordc.org](http://www.nordc.org).

Complete and sign the application and return to the NORD Rental Division a minimum of 15 business days before your requested event date. The Rentals Division will be in contact via email or phone to verify availability or offer alternate dates and provided a detailed quote within two to three (2-3) business days.

### In person or mail:

**Rentals Division:** 5420 Franklin Ave., New Orleans, LA 70122 | **Phone:** (504) 658-3084

**Fax:** (504) 658-3050 | **Email:** [nordrentals@nola.gov](mailto:nordrentals@nola.gov)

Once all details are confirmed, a reservation confirmation from the NORD Rental Division will be sent via email. The deposit is required within 30 days and the complete rental fee is due in 15 business days before the event date.

Once confirmed any requested changes to the application must be received in writing and approved by the NORD at least five (5) days prior to the scheduled event.

## FREQUENTLY ASKED QUESTIONS

### How much does it cost to rent a NORD facility?

Rental fees vary and are specific to each event. Please see the current NORD Rental fee structure available on our website. Once the NORD Rental Division receives your application, an appropriate rental fee will be given to you along with any other permitting requirements, such as security, insurance, or relevant special event permits.

### What happens if there is inclement weather?

In the case of inclement weather, if the request is received by 3pm Friday before your event date, NORD will allow the applicant to reschedule their rental within six months of the event date. Once the facility/venue is occupied, there will be no refunds given due to weather and the rental fee will be forfeited.

### What forms of payment does NORD accept?

NORD accepts business checks, certified cashier's check and money orders ONLY as forms of payment. No cash, personal checks, or credit cards.

### Will NORD provide tables and chairs for my event?

NORD does not provide tables and chairs for outdoor events. Events in a NORD Recreation Center may have access to tables and chairs based on availability. It is the responsibility of the applicant to set up and break down tables and chairs for their event.

### What types of activities are allowed when renting NORD facilities?

Live or DJ entertainment. Use of non-water inflatable/spacewalk. Grilling on self-provided grills.

### What types of activities are NOT allowed when renting NORD facilities?

The sale of food, beverages, goods or merchandise without written approval from NORD and will require additional permits from the City of New Orleans through One Stop Shop. Concession stands are reserved for the exclusive use of the NORD Booster Clubs.

Erecting stages, tents and/or booths without written approval from NORD will require additional permits from the City of New Orleans through One Stop Shop.

For events that require tents and staging, all necessary permits from city agencies must be obtained and presented to the NORD Rental Office before NORD will approve use. **To contact the City of New Orleans' One Stop Shop, [www.nola.gov/onestop](http://www.nola.gov/onestop) or 1300 Perdido St, 7th Floor, New Orleans, LA 70112.**





# Aquatics



For more information, visit [nordc.org/aquatics](http://nordc.org/aquatics), contact the Aquatics Office at (504) 658-3044, or email [NORDCaquatics@nola.gov](mailto:NORDCaquatics@nola.gov).



## Lap Swim

Swimming is a very healthy way to work out!

## Water Aerobics: Low Impact/High Impact

Join one of our water aerobics classes for non-weight bearing exercise. No prerequisites. Ages 16+.

## Swim Lessons

**Parent and Child Level 1, ages 6-36 months. (6 participants total per class)**

This is a parent guided course. Instructors teach the parent basic water orientation skills to perform with their child, including guiding parents with methods to accomplish those skills.

**Level 1 Starfish, ages 6, 7, & 8. No pre-requisites. (3 participants total per class)**

Level 1 is designed to accomplish basic water comfort, basic water safety skills, beginning kicking, rudimentary arm movement, blowing bubbles and submerging.

**Level 2 Starfish, ages 6, 7 & 8 (3 participants total per class)**

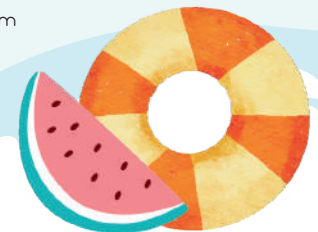
Level 2 is designed to build on Level 1 skills as well as adding skills: independent movement, combined arm and leg action on front and back, gliding, retrieving objects under water and water safety skills. **PRE-REQUISITES SUCCESSFUL COMPLETION OF LEVEL 1.**

## Open Swim

Come and cool off from the New Orleans heat. Open to families. Limited space.

## Pool Hours

**Outdoor pools 8am-6pm**  
**Indoor pools 8am-7pm**



This summer, NORD Indoor and Outdoor pools will be offering the following programming on rotating schedule due to lack of lifeguards to safely staff each pool. To check operational hours and locations, please visit <https://nordc.org/activities/aquatics/>.

Please note the following important information: No reservations will be required. First safely operate the pool.

# Aquatics

GERT TOWN POOL 3411 BROADWAY ST. 504-658-3096

Program Name	Age	Days of the week	Start Time	End Time
Water Aerobics	16+	M,W,F	9:00am	9:45am
Water Aerobics	16+	T & TH	7:00pm	7:45pm
Lap swim	16+	M-F	8:00am	8:45am
Family Swim	Various	M-F	2:00pm	6:45pm
Lap swim	16+	M-F	2:00pm	4:45pm
Summer Camps	8+	M-F	10:00am	2:00pm
Starfish Level 1	6 thur 12	M & W	5:00pm	5:45pm
Starfish Level 2	6 thur 12	M & W	5:00pm	5:45pm
Starfish Level 3	6 thur 12	T & TH	5:00pm	5:45pm
Shark Levels 1&2	16+	T & TH	6:00pm	6:45pm
Water Aerobics	16+	Sat.	10:00am	10:45am
Lap swim	16+	Sat.	9:00am	9:45am
Family Swim	16+	Sat	11:00am	2:00pm

JOE W. BROWN POOL 5601 READ. BLVD. 504-658-3020

Program Name	Age	Days of the week	Start Time	End Time
Lap swim	16+	M-F	8:00am	8:45am
Family Swim	Various ages	Sat.	10:00am	2:00pm
Lap swim	16+	Sat	9:00am	2:00pm
Water Aerobics	16+	M-F	9:00am	9:45am
Water Aerobics	16+	M-TH	7:00pm	7:45pm
Summer Camps	8+	M-F	10:00am	2:00pm
Lap swim	16+	M-F	3:00pm	6:45pm
Family Swim	Various ages	M-F	3:00pm	6:45pm
Shark Level 1	16+	M & W	6:00pm	6:45pm
Shark Level 2	16+	M & W	6:00pm	6:45pm
Shark Level 3	16+	T & TH	6:00pm	6:45pm
Starfish Level 1	6 thur 12	M & W	5:00pm	5:45pm
Starfish Level 2	6 thur 12	M & W	5:00pm	5:45pm
Starfish Level 3	6 thur 12	T & TH	5:00pm	5:45pm
Starfish Level 4	6 thur 12	T & TH	5:00pm	5:45pm
Nemo Level 1	3 thur 5	Sat.	10:00am	10:30am
Dolphin Level 1	16+	Sat.	11:00am	11:45am

# Aquatics

SANCHEZ POOL 1616 FATS DOMINO AVE. 504-658-3097

Program Name	Age	Days of the week	Start Time	End Time
Water Aerobics	16+	M-F	9:00am	9:45am
Water Aerobics	16+	M-F	6:00pm	6:45pm
Summer Camps		M-F	10:00am	2:00pm
Family Swim	Various ages	M-F	2:00pm	6:45pm
Lap Swim	16+	M-F	2:00pm	6:45pm
Shark Level 1	6 thur 12	M & W	7:00pm	7:45pm
Shark Level 2	6 thur 12	T & TH	7:00pm	7:45pm
Tadpole Level 1	6-36 mons	Sat	10:00am	10:30am
Dolphin 1	13-16	Sat.	11:00am	11:45am
Family Swim	Various	Sat	9:00am	2:00pm

TREME POOL 900 N. VILLERE ST. 504-658-3162

Program Name	Age	Days of the week	Start Time	End Time
Water Aerobics	16+	M-F	7:00am	7:45am
Water Aerobics	16+	M-F	6:00pm	6:45pm
Lap Swim	16+	M-F	5:00pm	5:45pm
Summer Camps	8+	M-F	10:00am	2:00pm
Shark Level 1	Ages 13-16	T & TH	5:00pm	5:45pm
Shark Level 2	Ages 13-16	T & TH	5:00pm	5:45pm
Shark Level 3	Ages 13-16	T & TH	5:00pm	5:45pm
Shark Level 4	Ages 13-16	T & TH	5:00pm	5:45pm
Starfish Level 1	6 thur 12	T & TH	4:00pm	4:45pm
Starfish Level 2	6 thur 12	T & TH	4:00pm	4:45pm
Nemo Level 1	Ages 3 - 5	M & W	4:00pm	4:25pm
Nemo Level 2	Ages 3 - 5	M & W	4:30pm	4:55pm
Family Swim	Various	Sat.	10:00am	2:00pm
Water Aerobics	16+	Sat	9:00am	9:45am
Tadpole Level 1	6-36 mons	Sat	10:00am	10:30am
Open Swim	Various ages	Sat.	9:00am	2:00pm

# Aquatics

## LYONS 624 LOUISIANA AVE.504-658-3055

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45am
Water Aerobics	16+	M-F	9:00am	9:45am
Summer Camps	8+	M-F	10:00am	2:00pm
Lap Swim	16+	M-F	3:00pm	6:00pm
Parent/Child Level I	6-36 months	M & W	3:00pm	3:45pm
Starfish Level I	6 thur 12	T & TH	3:00pm	3:45pm
Starfish Level 2	6 thur 12	T & TH	4:00pm	4:45pm
Family Swim	Various ages	M-F	2:00pm	6:45pm
Family Swim	Various ages	Sat	9:00am	2:00pm

## ROSENWALD POOL 1120 S. BROAD ST.

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	9:45am
Summer Camps	8+	M-F	10:00am	2:00pm
Starfish Level I	6 thur 12	M & W	4:00pm	4:45pm
Starfish Level 2	6 thur 12	M & W	4:00pm	4:45pm
Starfish Level 3	6 thur 12	M & W	4:00pm	4:45pm
Starfish Level 4	6 thur 12	M & W	4:00pm	4:45pm
Family Swim	Various ages	M-F	3:00pm	6:45pm

## ST. BERNARD POOL 1500 LAFRENIERE ST.504-658-3061

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45pm
Water Aerobics	16+	M-F	9:00am	9:45am
Summer Camps	8+	M-F	10:00am	2:00pm
Parent/Child Level I	6-36 months	M & W	3:00pm	3:45pm
Starfish Level I	6 thur 12	M & W	4:00pm	4:45pm
Starfish Level 2	6 thur 12	T & TH	4:00pm	4:45pm
Family Swim	Various ages	M-F	2:00pm	6:45pm
Family Swim	Various ages	Sat	9:00am	2:00pm

# Aquatics

## SAMPSON POOL 3100 LOUISA ST.

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45am
Water Aerobics	16+	M-F	9:00am	9:45am
Summer Camps	Various ages	M-F	10:00am	2:00pm
Nemo I	Ages 3 - 5	M & W	3:00pm	3:35pm
Nemo I	Ages 3 - 5	M & W	3:30pm	3:55pm
Parent/Child Level I	6 - 36 months	M & W	4:00pm	4:30pm
Starfish Level I	6 thur 12	T & TH	4:00pm	4:30pm
Starfish Level 2	6 thur 12	T & TH	4:00pm	4:30pm
Family Swim	Various ages	M-F	3:00pm	6:45pm
Family Swim	Various ages	Sat	9:00am	2:00pm

## STALLINGS GENTILLY POOL 2700 LAPEYROUSE ST.504-569-0693

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45pm
Water Aerobics	16+	M-F	9:00am	9:45am
Summer Camps	8+	M-F	10:00am	2:00pm
Nemo Level I	Ages 3 - 5	M & W	4:00pm	4:30pm
Nemo Level 2	Ages 3 - 5	M & W	5:00pm	5:30pm
Starfish Level I	6 thur 12	T & TH	4:00pm	4:30pm
Starfish Level 2	6 thur 12	T & TH	5:00pm	5:30pm
Family Swim	Various ages	M-F	2:00pm	6:45pm
Parent/Child Level I	6 - 36 months	Sat	10:00am	10:30am
Open Swim	Various ages	Sat	9:00am	4:00pm
Lap Swim	16+	Sat	9:00am	2:00pm



# Aquatics

## STALLINGS ST. CLAUDE POOL 4300 ST. CLAUDE AVE.

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45am
Water Aerobics	16+	M-F	9:00am	9:45am
Summer Camps	8+	M-F	10:00am	2:00pm
Nemo I	3 – 5	M & W	4:00pm	4:30pm
Parent/Child Level I	6 – 36 months	M & W	5:00pm	5:30pm
Starfish Level I	6 thur 12	T & TH	4:00pm	4:30pm
Starfish Level 2	6 thur 12	T & TH	4:00pm	4:30pm
Family Swim	Various ages	M-F	3:00pm	5:45pm
Family Swim	Various ages	Sat	9:00am	2:00pm

## WHITNEY YOUNG POOL 6500 MAGAZINE ST.

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45am
Water Aerobics	16+	M-F	9:00am	9:45am
Lap Swim	16+	M-F	11:00am	5:45pm
Family Swim	Various ages	M-F	11:00am	5:45pm
Parent/Child Level I	6 – 36 months	TH & FRI	3:00pm	3:30pm
Starfish I	6 thur 12	TH & FRI	4:00pm	4:30pm
Lap Swim	16+	Sat	9:00am	9:45am
Family Swim	Various ages	Sat	10:00am	1:45pm

## FEDERAL CITY POOL 2220 CONSTITUTION SAT.

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim	16+	M-F	8:00am	8:45pm
Water Aerobics	16+	M-F	9:00am	9:45am
Summer Camps	8+	M-F	10:00am	2:00pm
Parent/Child Level I	6–36 months	M & W	3:00pm	3:45pm
Parent/Child Level I	6–36 months	M & W	4:00pm	4:45pm
Starfish Level I	6 thur 12	T & TH	3:00pm	3:45pm
Starfish Level 2	6 thur 12	T & TH	4:00pm	4:45pm
Family Swim	Various ages	M-F	5:00pm	5:45pm
Lap Swim	16+	Sat	9:00am	2:00pm

# FitNOLA Summer Schedule

June 3 – August 10

Mini-Session – August 19 – August 30

Rev. 5.16.24

Class Name	AGE	Day	Start Time	End Time	Program Location	Room	FINELA Designation	DIFFICULTY	INTENSITY	DESCRIPTION	CLASS START	RESERVATION END
Hip-Hop Cardio with Dorian May	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAYS	10:00 AM	10:50 AM	Lycée	MFP 1	FINELA Innovative	ADAPTIVE	ADAPTIVE	Hip-Hop Cardio is a fun and engaging way to achieve the ultimate cardio workout. Enjoy dancing to some of your favorite music with signature hip hop moves working everything from legs and glutes to arms and core. You do not need to be a dancer or know how to dance to enjoy this class and get the best cardio workout.	June 3	August 28
Line Dancing with ANEW Fitness	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	WEDNESDAY	6:00 PM	6:50 PM	Mixe	MFP	FINELA Seniors	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is able to exercise.	June 3	August 28
Line Dancing with KIM Shoppers	55+	TUESDAY/THURSDAY	11:00 AM	11:50 AM	Florida/Destre	MFP	FINELA Seniors	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is able to exercise.	June 3	August 28
Line Dancing with KIM Shoppers	55+	TUESDAY/THURSDAY	12:00 PM	12:50 PM		MFP	FINELA Seniors	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is able to exercise.	June 3	August 28
Adaptive Dance Cardio w/ Dorian May	55+	MONDAY/WEDNESDAY	11:00 AM	11:50 AM		MFP	FINELA Seniors	BEGINNER	LIGHT	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	June 3	August 28
Senior Resistance Training w/ ANEW Fitness	55+	MONDAY	9:30 AM	10:30 AM		MFP	FINELA Seniors	BEGINNER	LIGHT	Hip-Hop Cardio is a fun and engaging way to achieve the ultimate cardio workout. Enjoy dancing to some of your favorite music with signature hip hop moves working everything from legs and glutes to arms and core. You do not need to be a dancer or know how to dance to enjoy this class and get the best cardio workout. This class is adaptive and adheres to the United Physical Education Curriculum for persons with special needs.	June 3	August 28
Dance Cardio w/ Footprints to Fitness	55+	TUESDAY/THURSDAY	9:30 AM	9:50 AM		MFP	FINELA Seniors	BEGINNER	LIGHT	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	June 3	August 28
Zumba w/ Elba Salas	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY	6:30 PM	7:20 PM	BERNARD BROWN	MFP	FINELA MOVE	BEGINNER	LIGHT	"Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness."	June 3	August 28
Zumba w/ Elba Salas	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAY	9:00 AM	9:50 AM		MFP	FINELA MOVE	BEGINNER	LIGHT	"Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training – alternating fast and slow rhythms – to help improve cardiovascular fitness."	June 3	August 28
Running Club	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY-FRIDAY	7:00 AM	7:50 AM	Sharing of Lambert Playground	Park	FINELA MOVE	ADAPTIVE	ADAPTIVE	Meet other running enthusiasts for this self-paced running group.	June 3	August 28



Class Name	AGE	Day	Start Time	End Time	Program Location	Room	FINOLA Designation	DIFFICULTY	INTENSITY	DESCRIPTION	CLASS START	RESERVATION END
TBX Circuit w/ CrossFit NOLA	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY	6:00 PM	6:30 PM	Brake Tag Station	BRAG TAG	FINOLA STRONG	INTERMEDIATE	MODERATE	TBX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Our classes will move you. Our instructors will inspire you. Modifications are always welcomed in any class.	June 3	August 28
Boot Camp w/ CrossFit NOLA	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	THURSDAY	6:00 PM	6:30 PM		BRAG TAG	FINOLA STRONG	INTERMEDIATE	MODERATE	This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional fitness, resistance training, and body weight exercises in a high-intensity format.	June 3	August 28
Cardio Blast w/ GoFitprints to Fitness	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAY	10:00 AM	10:30 AM		BRAG TAG	FINOLA STRONG	INTERMEDIATE	MODERATE	Cardio Blast blends high energy and great music for an edited workout. This group fitness class includes elements of cardio, stretching, pilates, meditation, aerobic dance, strength training, abs and glutes. All you need is to come with a yoga mat and a smile.	June 3	August 28
Yoga w/ Kim Curtis	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	TUESDAY	7:00 PM	7:30 PM	Joe W. Brown	TEEN CENTER	FINOLA MOVE	BEGINNER	LIGHT	"Center your body, mind, and spirit in this chair-based class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and core strength. No equipment needed."	June 3	August 28
Line Dancing w/ NML Shoppers	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Wednesday	5:00 PM	6:30 PM		Practice Gym	FINOLA Move	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to exercise.	June 3	August 28
Line Dancing w/ NML Shoppers	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Wednesday	6:30 PM	7:30 PM		Practice Gym	FINOLA Move	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to exercise.	June 3	August 28
Line Dancing w/ NML Shoppers	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAY	10:00 AM	10:30 AM		Practice Gym	FINOLA Move	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to exercise.	June 3	August 28
Line Dancing w/ NML Shoppers	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	SATURDAY	10:30 AM	12:00 AM		Practice Gym	FINOLA Move	BEGINNER	LIGHT	Line dancing classes are for everyone. Our class is designed for people that have no experience line dancing, as well as for the most advanced dancers. Our style of teaching is patient, and positive. Our goals are to ensure that you are able to dance, and have the most fun. We move at the pace needed to ensure you are able to master the dances we are teaching. Our classes begin with a community building warm-up and stretching to ensure everyone is safe to exercise.	June 3	August 28
Dance Fitness with NDAE	65+	WEDNESDAYS	6:00 PM	6:30 PM	Treme	MIP	FINOLA Seniors	Beginner	Light	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	June 3	August 28

Class Name	AGE	Day	Start Time	End Time	Program Location	Room	FINOLA Designation	DIFFICULTY	INTENSITY	DESCRIPTION	CLASS START	RESERVATION END
Beginner Kung Fu w/ Shaolin Institute (Donation Requested)	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY/FRIDAY	5:30 PM	6:20 PM	St. Bernard	MIP	FINOLA Kids	Beginner	Light	Kung fu, a martial art, both a form of exercise with a spiritual dimension stemming from concentration and self-discipline and a primarily unarmed mode of personal combat.	June 3	August 28
Advanced Kung Fu w/ Shaolin Institute	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY/FRIDAY	6:30 PM	7:20 PM		MIP	FINOLA MOVE	Intermediate	Moderate	Kung fu, a martial art, both a form of exercise with a spiritual dimension stemming from concentration and self-discipline and a primarily unarmed mode of personal combat.	June 3	August 28
Drums Kickboxing w/ Shaolin Institute	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY/FRIDAY	7:30 PM	8:20 PM		MIP	FINOLA Move	Advanced	Difficult	Drums is the official Chinese boxing full-contact combat sport. This class focuses on proper Shaolin technique, including hand strikes, elbows and knees, kicks and throws.	June 3	August 28
Tai Chi w/ Shaolin Institute	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Saturday	10:00 AM	10:50 AM		MIP	FINOLA MOVE	Beginner	Light	Kung fu, a martial art, both a form of exercise with a spiritual dimension stemming from concentration and self-discipline and a primarily unarmed mode of personal combat.	June 3	August 28
Kung Fu Instructor Training w/ Shaolin Institute	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Saturday	10:15 AM	12:15 PM		MIP	FINOLA Move	Beginner	Light	Kung fu, a martial art, both a form of exercise with a spiritual dimension stemming from concentration and self-discipline and a primarily unarmed mode of personal combat.	June 3	August 28
Dance Cardio w/ Derrin May	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	Tuesday/Thursday	10:00 AM	10:50 AM	Keller	MIP	FINOLA Adaptive	ADAPTIVE	LIGHT	Dance Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy hip-hop, rock, R&B, blues and funk.	June 3	August 28
Open Meditation	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY /FRIDAY	8:30 AM	9:20 AM	Rosenwald Annex	DANCE ROOM	FINOLA Immersive	ADAPTIVE	ADAPTIVE	"In open meditation, instead of concentrating on something, your attention is open and remains aware of everything that is happening. Instead of getting caught up in thoughts or feelings, during this type of meditation you just need to be present with whatever is happening."	June 3	August 29
Adaptive Functional Fitness	Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.	MONDAY/WEDNESDAY	10:00 AM	10:50 AM		DANCE ROOM	FINOLA Immersive	ADAPTIVE	ADAPTIVE	This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional fitness, resistance training, and body weight exercises.	June 4	

**FINOLA MOVE** Whether you're in the middle of a fitness journey, you've taken a long break from exercise or you're just getting started, these low-to-moderate impact classes are the perfect place to begin. You'll establish an exercise routine with simple, straightforward workouts that progress from week to week.

**FINOLA STRONG** Want to take your fitness to the next level? FINOLA STRONG classes are high-energy fitness class with moves that cater to those who want a challenge. These classes combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats.

**FINOLA Immersion** FINOLA Immersion provides fitness classes for families and individuals with mental, physical, and cognitive challenge in a fun, engaging, and educated way.

**FINOLA Seniors** FINOLA Seniors caters to the wellness, education, and socialization needs of community members age 65 and older. Whether you are recovering from surgery or just looking to stay fit and active, we have the experts and the class for your need.

**FINOLA En Español** Ya sea que esté en medio de un viaje de acondicionamiento físico, haya tomado un descanso prolongado del ejercicio o recién esté comenzando, estas clases de impacto bajo a moderado son el lugar perfecto para comenzar. Establecerás una rutina de ejercicios con entrenamientos simples y sencillos que progresan de una semana a otra.



# Athletics



For more information, visit [nordc.org/sports](http://nordc.org/sports), contact the Athletics Office at (504) 658-3087, or email [NORDCathletics@nola.gov](mailto:NORDCathletics@nola.gov).



## Baseball / Softball

Boys: 7-12 Girls: 9-14

Registration Starts:

Season Starts:

Baseball Championship:

March 22 - April 15

May 6th · 6:00pm - 8:30pm

July 6 - July 11 · 6:00 til

## Flag Football

Co Ed ages 5-14

Registration Starts:

Season Starts:

Flag Football Championship: July 15th · 9:00pm - 1:00pm

June 1 - June 16

June 24th · 9:00 til

## Tackle Football

Co Ed ages 5-14

Registration Starts:

Season Starts:

Division II Championship:

Division I Championship:

NORD West vs. NORD

East All Star Game:

June 1 - July 31

August 19th

November 4th

November 11th

November 18th

## Volleyball

Co Ed ages 8-14

Registration Starts:

Serve It Up Jamboree:

Season Starts:

Volleyball Championship

July 5 - 26

September 2nd

September 9th

October 21st



JUNE 3RD - SEPT 30TH  
**Summer 2024**

CITY OF NEW ORLEANS

# Recreation & Leisure

## Youth Sports Training

Early athletic development program tailored for athletes ages 4-13yo of any skill level. Youth enjoy learning to catch, throw, jump, run, kick and more in this fun upbeat program. Training available for all sports. Reservation required.

Flag Football Championship: August 3 9:00am - 1:00pm at Joe Brown Stadium

Tackle Football: Season Starts: August 29 6:00pm at Joe Brown Stadium

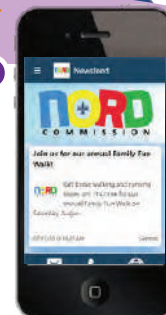
Division II Championship: November 2 9:00am at Joe Brown Stadium

Division I Championship: November 9 9:00am at Joe Brown Stadium

NORD West vs. NORD East All Star Game: Date DTB

## NORD APP is here!

- Access Program Schedules
- View Class Descriptions
- Receive Alert like Cancellations, Closures, etc.
- FREE Download for IOS & Android Smart phones







# Cultural Arts

For more information,  
visit [nordc.org/activities](http://nordc.org/activities),  
call 504-658-3027 or  
email [NORDCultural@nola.gov](mailto:NORDCultural@nola.gov).



## Dance & Theatre

### Casa Samba

Classes combine traditional music, vocals, theatre, dance and drumming to capture the spirit of Carnival in Brasil and Afro- Brazilian traditions and history. Registration is ongoing. Fees apply. For more information please contact (504) 236-7479 or [drealsambaman@yahoo.com](mailto:drealsambaman@yahoo.com).

### LYFE of Dance

LY.F.E. of Dance Programs encourages, motivates and guides youth, teen, and adults in the community in making proper life choices through the "Art of Dance". Our dance programs give members of the community an active, creative and engaging dance and sports experience. Each program encourages individuals to express themselves in a fun and nurturing environment while they learn to work together, set goals, and build confidence. Ages 2+! Registration is ongoing. Fee's may apply!!! We offer gentlemen classes, Jazz, Hip-Hop, Modern, HBCU/Majorette (Batons), Tap, and more. For more information please contact Ms. Jermaine at (504) 272-4194, or email [mylyfeofdancestudio@gmail.com](mailto:mylyfeofdancestudio@gmail.com) Website Home | L.Y.F.E. Of Dance Studio

### N'Kafu and Culu Traditional African Dance Company

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 Tremé Recreation Community Center. For more information please contact **Mariama Curry** at (504) 430-0894.

### Nola Outrage Dance Team

NOLA Outrage Dance Team is more than just DANCE; we encourage youth to embrace their talents by expressing themselves during each class and performance. Each dancer will be given the opportunity to strive for excellence by competing in various competitions while enjoying the art of dance! Ages 6+. For more information or to register, call **Chantell Payne** at 504-224-3571 or email [nolaoutragedance@yahoo.com](mailto:nolaoutragedance@yahoo.com). Visit [nolaoutragedanceteamllc.com](http://nolaoutragedanceteamllc.com).



### Subscribe Now!

NORD is offering select Cultural Programming via YouTube. com including piano lessons, art lessons, and dance. Subscribe to our YouTube channel at [youtube.com/c/nordcommission](https://youtube.com/c/nordcommission) to receive alerts when new content is added.

# June & July 2024 Schedules

## NORD/NOBA Center for Dance

Millette W. Lin, mwhite@nobadance.com: 504-522-0996 ext. 213 (O): 985-373-1384  
(M) Corey Melancon, cmelancontaj@nobadance.com: 504-522-0996 ext. 207 (O): 504-284-8098  
(M) Programs, schedules & instructors subject to change; Updated 4/9/2024

### SCHEDULES BY LOCATION:

#### ANNUNCIATION REC CENTER (800 Race Street)

Classes take place in the multipurpose room

Instructor: Aline de Souza-Myers

Summer 2024 Classes: July 9 - 25

##### Weekly Class Schedule:

##### Tuesday & Thursday

10:30-11:45am Senior Dance Fitness Class (ages 55+)

#### JOE W. BROWN REC CENTER (5601 Read Blvd.)

Youth classes take place in the dance studio

Instructor: Madyson Barbain & Catherine Woodfox  
(Early Childhood & Prep. Classes)

Summer 2024 Classes: June 3 - 26\*

##### Weekly Class Schedule:

##### Monday & Wednesday

5:00-5:45pm Early Childhood Ballet Group A (Mon) or  
Group B (Wed) (4-5 y/o)- 5:45-6:45pm Preparatory Ballet  
(6-7 y/o)

6:45-7:45pm Preparatory /Teen Ballet & Jazz (8-18 y/o)

\*Students must commit to attending both days of Preparatory  
Ballet \*No classes on Wednesday, June 19 Juneteenth Holiday)

#### CUT OFF REC CENTER (6600 Belgrade Street)

Classes take place in the back multipurpose room

Instructor: Jaelyn Robinson

Summer 2024 Classes: June 3 - 26\*

##### Weekly Class Schedule:

##### Monday

4:15-5:00pm Early Childhood Ballet Group (4-5 y/o)

5:00-6:00pm Preparatory Ballet (6-g y/o)

##### Wednesday

5:00-6:00pm Preparatory Ballet (6-g y/o)

\*Students must commit to attending both days of Preparatory  
Ballet \*No classes on Wednesday, June 19 Juneteenth Holiday)

#### DESIRE/FLORIDA MULTI-SERVICE CENTER (3250 Industry Street)

Classes take place in the dance room

Instructor: Carly Bourgeois Ujue);

Aline de Souza-Myers Ujue)

Summer 2024 Classes: June 3 - 26 & July 8 - 24

##### Weekly Class Schedule:

##### Monday & Wednesday

10:30-11:45am Senior Dance Fitness Class (ages 55+)

### SCHEDULES BY LOCATION (continued from previous page):

#### LVON S REC CENTER, 624 Louisiana Ave.

#### QRD/ NOBACENTER FOR DANCE (CFD) STUDIO -

The Studio will be in use for CFO programming daily during the summer, with programming to include Adventures in Dance Camp in June, as well as Summer Intensives in July.

CFO Adventures in Dance Camp classes and activities take place in the dance studio and the large multipurpose room.

CFO Summer Intensive classes take place in the dance studio.

#### ADVENTURES IN DANCE SUMMER CAMP

Camp prep/training days for faculty/staff: May 21 - 22 & May 28 - 29

Camp takes place June 6-26\*

- June 3 - 7 (M-F), 8:00 a.m.- 3:00 p.m.
- June 10 - 14 (M-F), 8:00 a.m.-3:00 p.m.
- June 17, 18, 20, 21(M-Tu : Th-Fri), 8:00 a.m.- 3:00 p.m.
- June 24 - 26 (M-W), 8:00 a.m.- 3:00 p.m.

Saturday, /vday 11, 9 :30 - 10:30 a.m. - Camp Orientation in dance studio.

Wednesday, June 26, at 2 p.m. - Culminating camp concert

Wednesday, June 19 - No camp in observance of the Juneteenth holiday.

\*Campers must attend ALL days listed above.

This camp for youth ages 7-11 explores movement and creativity, and motivates, educates, and inspires youth through daily classes led by instructors Bethani Pete Col lins, Corey Melancon, Aline de Souza-Myers , and Tai Teamer in various dance styles, along with specially designed workshops and activities about nutrition, health, literacy and more. Campers also participate in special dance master classes with visiting guest artists, plus a fully costumed culminating performance!

#### SUMMER INTENSIVE PROGRAM C JULY 8-19

- July 8-19 (M-F), 8:30am-12:00pm
- Friday, July 19, 11:30am Culminating Showcase Event

Ballet, Modern, Jazz, Choreography, and more with NOBA Pre-Professional Program Faculty Corey Melancon

#### SUMMER INTENSIVE PROGRAM D JULY 8-25

- July 8 - 12 (M-F), 12:30-5:30pm
- July 15 - 19 (M-F), 12:30-5:30pm
- July 22 - 25 (M-Th), 12:30-5:30pm
- Thursday, July 25, 5:00pm Culminating Showcase Event

Ballet, Modern, Jazz, Choreography, and more with NOBA Pre-Professional Program Faculty Aline de Souza -Myers and Corey Melancon; plus Master Classes with visiting Guest artists!

# June & July 2024 Schedules

## NORD/NOBA Center for Dance

Millette W. Lin, [mwhite@nobadance.com](mailto:mwhite@nobadance.com): 504-522-0996 ext. 213 (O): 985-373-1384  
(M) Corey Melancon, [cmelancon@nobadance.com](mailto:cmelancon@nobadance.com): 504-522-0996 ext. 207 (O): 504-284-8098  
(M) Programs, schedules & instructors subject to change; Updated 4/19/2024

### TREME RECREATION COMMUNITY CENTER 600 N. Villere St.

#### -Youth classes take place in the 2nd floor dance studio

Instructors: Jaelyn Robinson (Preparatory/Teen Ballet & Jazz); Chelsea Syal (Early Childhood); Tai Teamer (Hip Hop)

Summer 2024 Classes: June 3 - 27\*

#### Weekly Class Schedule:

##### Monday

5:15-6:15pm Preparatory Hip Hop (6-8 y/o) 6:15-7:15pm Preparatory Hip Hop (9-18 y/o)

##### Tuesday & Thursday

5:00-6:00pm Preparatory Ballet (6-7 y/o) 6:00-7:00pm Preparatory Ballet (8-11 y/o)

7:00-8:00pm Preparatory/Teen Ballet & Jazz (12-18 y/o)

##### Wednesday

4:30-5:15pm Early Childhood Ballet (4-5 y/o)

\*Students must commit to attending both days of Preparatory Ballet. \*No classes on Wednesday, June 19 Nineteenth Holiday

### JUNE TWILIGHT CLASSES:

JUNE 3 - 27\*, 2024

Afternoon and evening classes during June in ballet at the Joe W. Brown and Cut Off Rec Centers, plus ballet and hip-hop classes at the Treme Recreation Community Center. Registration is now open online at [www.nobadance.com](http://www.nobadance.com).

-No audition or experience required. Registration is on a first come, first served basis through NOBA.

# June & July 2024 Schedules

## NORD/NOBA Center for Dance

Millette W. Lin, [mwhite@nobadance.com](mailto:mwhite@nobadance.com): 504-522-0996 ext. 213 (O): 985-373-1384  
(M) Corey Melancon, [cmelancon@nobadance.com](mailto:cmelancon@nobadance.com): 504-522-0996 ext. 207 (O): 504-284-8098  
(M) Programs, schedules & instructors subject to change; Updated 4/19/2024

### SUMMER INTENSIVE PROGRAMS: JUNE & JULY 2024

Dates & Times Vary | Lyons Rec Center & Tulane's McWilliams Hall (see "schedules by location")

The tuition-free Summer Intensive Programs in June and July 2024 give focused, motivated and talented students ages 7-18 opportunities to study with an exceptional faculty of visiting and local artists. The three-week July Daytime Intensive for advanced students ages 12-18 will take place July 8 - 26, 2024, and will feature a phenomenal faculty of visiting master artists, including former Dance Theatre of Harlem Ballet Masters Kellye Saunders and Keith Saunders, who now are on faculty with the School for Classical and Contemporary Dance at TCU in Fort Worth, Texas, plus guest instructors Michelle Manzanale and Rodney Hamilton of Ballet Hispanico, the largest Latinx/Latine/Hispanic cultural organization in the United States and one of America's Cultural Treasures. Select guest artists will join with a talented local cast of NOBA youth and alumni in a culminating Summer Concert at NOCCA's Freda Lupin Memorial Hall on July 26, 2024. An additional Summer Intensive session will be offered June 17-21 for ages 12-18, featuring Master Guest Artists Clifton Brown (Assistant Rehearsal Director, Alvin Ailey American Dance Theater), Fredrick Earl Mosley (award-winning and internationally recognized arts educator, choreographer, and Founder and Artistic Director of Earl Mosley's Diversity of Dance (EMDOD)). In July, Summer Intensive Programs will be offered for students ages 7-10 and ages 11-16, featuring both guest and local faculty members Corey Melancon, Aline de Souza-Myers, Rebecca Chauvin, & Alice Pascal Escher.

-By audition/invitation only. Open auditions were held in January, and registration is now closed.

### SENIOR DANCE FITNESS SUMMER CLASSES:

Desire / Florida Multi-Service Center: June 3 - 26 & July 8 - 24, Monday & Wednesday, 10:30-11:45am

Rec Center: July 9 - 25, Tuesday & Thursday, 10:30-11:45am

Stretch, balance, cardio and dance for seniors ages 55 and up set to fun music, and more! Instructors: Carly Bourgeois (June) and Aline de Souza-Myers (July)

-Open to ages 55 and up; registration is ongoing through NOBA.





JOIN OUR VISUAL ARTS 2023

# ART CLASSES



For more information, call  
Cultural Programs: (504) 658-3011  
[WWW.NORDC.ORG](http://WWW.NORDC.ORG)  
**SEE YOU THERE!**



## PIANO LESSONS

A FREE great  
opportunity for both  
**youth & adult** to learn  
to play the piano

More Information

CALL CULTURAL PROGRAMS:  
(504) 658-3011







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# ADULT GUITAR *Lessons*

**FUN  
LEARN  
PLAY**



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CULTURAL PROGRAMS  
(504) 658-3011



# KRAZY HAT SOCK HOP PARTY

**YOU AND YOUR HAT ARE INVITED**

**FRIDAY | JULY 5 | 5PM-7PM**  
**TREME REC CENTER**  
**900 N. VILLERE STREET**  
**NEW ORLEANS, LA | 70116**

**REGISTER  
SCAN HERE**



**AGES  
4-12  
YRS**





PROUDLY  
PRESENTS

# NOLA IDOL

Featuring  
Guest Judges: **CYRIL NEVILLE  
DAVID BATISTE  
AND MORE!**

## PRIZES:

Professional Coaching  
Selection for NORD City-Wide Choir  
Performance at festivals  
Cash Prizes and more!

FOR MORE INFO  
CALL: 504-658-3052  
WWW.NORDC.ORG

REGISTER TODAY



SCAN HERE!



Irvin Mayfield serves as our Inaugural Artist in Residency for our 2023-2024 Music Matters series. He is a 2-time Grammy Award and Billboard winning artist.

FRI  
JUNE 14  
5PM-7PM



# DADDY + DAUGHTER SUMMERTIME LUAU

SUMMER FUN FOR OUR GIRLS

EMBRACE. EMPOWER. ENCOURAGE

MILNE REC CENTER

5420 FRANKLIN AVENUE | NOLA | 70122

GIRLS AGES: 4-17YRS OLD

SCAN ME



Limited Space Available. For more  
information contact [dbjohnson@nola.gov](mailto:dbjohnson@nola.gov)





## NOBA Center for Dance

The NORD/NOBA Center for Dance was founded in 1992 as a groundbreaking cultural and community partnership between NORD and the New Orleans Ballet Association (NOBA) to make dance accessible to all school-age children. NORD/NOBA Center for Dance also offers classes for adults and seniors. Registration fees may apply. Call **504-522-0996** and dial "2" and e-mail **enrollment@nobadance.com** for children's classes, or **mwhite@nobadance.com** for adult and teen classes.

Aline Neves de Souza-Myers has worked with NOBA and NORD Commission as lead instructor for the Center for Dance (CFD) since 2007. Aline, a native of Brasil, holds a degree in physical education from the Universidade Castelo Branco and is a graduate from Escola Estadual de Dancas Maria Olenewa of the Municipal Theatre of Rio de Janeiro. She performed and toured internationally with the Ringling Brothers, Barnum, & Bailey Circus, and in festivals as a dancer and aerialist. Aline has danced and choreographed for Komenka Ethnic Music and Dance Ensemble, performing nationally and in Bulgaria, France, and Canada. She has served as Local Rehearsal Director for CFD Student Projects with Complexions Contemporary Ballet, Ballet Hispanico, Parsons Dance and Limon Dance Company. She is the founder and lead instructor for the CFD Senior Dance Fitness Program with NORD Commission. She also serves as the NOBA Director for The Nutcracker Suite, and was selected to be part of the prestigious School of American Ballet's National Visiting Fellows Program for 2019-20.

## Tekrema Center for Art & Culture

Tekrema Center for Art and Culture's mission is the maintenance, development and perseverance of African Diaspora art and culture through training and research in the arts, and the dissemination of these resources through classes, presentations, exhibitions, publications, and public lectures. Fees apply. For more information, please see **tekremacenter.com** or contact **TekremaCenter@gmail.com**.


## Musical Arts

### Piano

Have fun learning a how to play or brushing up on your piano skills. NORD offers group lessons at all skill levels. Learn how to read music, proper playing technique, and elementary music theory. Registration is no cost and ongoing for students ages 6+. Piano lessons are available in-person and virtually. Check the program schedule for locations. Registration required. **For more information, or to register, call (504) 658-3011 or email nordccultural@nola.gov.**

### Guitar

Learn how to properly hold the instrument, place your fingers, and strike the strings. Virtual classes available. Registration required. **For more information, or to register, call (504) 658-3011 or email nordccultural@nola.gov.**




CITY OF NEW ORLEANS

# Recreation & Leisure

JUNE 3RD - SEPT 30TH

## Summer 2024

For more information, visit [nordc.org/activities/fitness](https://nordc.org/activities/fitness), call **(504) 658-3127**, or email **NORDCfitness@nola.gov**.



## Intensity Levels

### Beginner/Light

Designed for those class members who are just starting their fitness journey. These fitness classes are meant for those who are just starting out and might need a bit of a slower introduction to the workout.

### Intermediate/Moderate

Designed for class members who are ready for the next challenge. These fitness classes are for members who feel comfortable with performing complex, multijoint movements even if it's the modified version.

### All Levels

All fitness levels are welcome!

### Advanced/Vigorous

Designed for the class members who are ready to go full out and experience peak performance. These fitness classes are for members who feel comfortable with performing modified or full movements and are ready for maximum calorie burn!

### Adaptive

These classes are designed specifically for persons with special needs or special populations who want to stay healthy and fit in a safe, friendly fitness environment.

### BOOT CAMP *Intermediate Moderate*

This class combines both strength and cardiovascular training to give participants a challenging, but rewarding, full-body workout. It incorporates functional fitness, resistance training, and body weight exercises in a high intensity interval training (HIIT) format.

### CARDIO BLAST *Intermediate Moderate*

Cardio Blast blends high energy and great music for an upbeat workout. This group fitness class includes elements of cardio, stretching, pilates, meditation, aerobic dance, strength training, abs and glutes. All you need is to come with a yoga mat and a smile.

### CHAIR HIP-HOP CARDIO *Beginner Light*

Hip Hop Cardio is a fun and engaging way to achieve the ultimate cardio workout. Enjoy dancing to some of your favorite music with signature hip hop moves working everything from legs and glutes to arms and core. You do not need to be a dancer or know how to dance to enjoy this class and get the best cardio workout.

### FITLOT INTRO *Adaptive Adaptive*

These one-hour intro classes will help you learn proper movement, safe equipment use, and the format of a FitLot circuit training class in a slow-paced, light-effort instructional setting. Registration required.

### FITLOT CIRCUIT *Adaptive Adaptive*

These one-hour circuit training classes provide a full-body and fun workout that all ages and abilities can benefit from. This series is perfect for people starting a new fitness routine or trying to restart their fitness habits. Participants will train under the guidance of a fitness professional twice a week and alongside a group of committed neighbors who are also working to achieve a more active lifestyle. Participants are encouraged to attend 70% of the classes in this series because it only works if you show up! We suggest people interested in the 8-week series first attend a FitLot Intro class to become familiar with the FitLot equipment and exercises.

### FITLOT CIRCUIT (DROP-IN) *Adaptive Adaptive*

In these one-hour drop-in classes, you will experience a full FitLot circuit training workout without having to sign up for the 8-week commitment of a Series.

### HIP-HOP CARDIO *Beginner Light*

Hip Hop Cardio is a fun and engaging way to achieve the ultimate cardio workout. Enjoy dancing to some of your favorite music with signature hip hop moves working everything from legs and glutes to arms and core. You do not need to be a dancer or know how to dance to enjoy this class and get the best cardio workout.

### MINDFUL MOVEMENT *Beginner Light*

Stretch out stiff, tired and achy muscles with this morning full body stretch class for beginners. Participants should bring water, towels and an exercise mat.

### MORNING MOTIVATION *Beginner Light*

Stretch out stiff, tired and achy muscles with this morning full body stretch class for beginners. Participants should bring water, towels and an exercise mat.

### PILATES *Beginner Light*

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

### POWER LUNCH YOGA *Intermediate Moderate*

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. No equipment needed.

### SENIOR DANCE FITNESS *Adaptive Adaptive*

Senior Fitness is a low impact dance cardio workout for active adults aging actively. The songs in this workout will take back in the day like Doo Wop, Motown and more. The dance exercises consist of grapevines, step touches, dips, twist and more.

### TRX CIRCUIT *Intermediate Moderate*

TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises. Our classes will move you. Our instructors will inspire you. Modifications are always welcomed in any class.

### YOGA *Intermediate Moderate*

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. No equipment needed.

### ZUMBA *Beginner Light*

Zumba is a fitness program that combines Latin and international music with dance moves. Zumba routines incorporate interval training — alternating fast and slow rhythms — to help improve cardiovascular fitness.

## Recreation Center Activities

### FREE-PLAY BASKETBALL

Free play basketball for youth and adults is offered at all NORD's full-service recreation Facilities. Please contact the nearest Recreation Center for Youth and Adult Free play schedules.

### FREE-PLAY PICKLEBALL

Pickleball is the latest fitness craze! A paddle sport created for all ages and skill levels. The rules are simple, and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. We offer pickleball at 4 of our rec centers,

Gernon Brown, Joe Brown, Morris Jeff and Lyons. Please contact your nearest site for schedules.

### GOLF

Learn the basics on how to play the game, the difference of clubs and uses, how to swing, and more? In Class instruction in addition to outdoor practice. Space is limited. Visit Milne rec Center at 5420 Franklin Ave. to register today! Adult and youth sessions.

### INTRO TO COMPUTERS

Learn the basics of how to use computers, the usage of word, excel and PowerPoint. In class instructions with the usage of our computer labs. Visit Desire Florida and Rosenwald Annex to register today! Adults and youth sessions.

### SENIOR PROGRAMMING

Visit our Seniors Centers at Desire Florida and Keller Center for fun senior activities. Including AARP Driving, Bingo, healthy eating, smart driving classes, potlucks and more. Contact your nearest location for the monthly calendar.

### WHEELCHAIR BASKETBALL

Come play wheelchair basketball with us! NORD offers Free Play Wheelchair basketball. Visit our Milne Recreation for registration information.

### FREE-PLAY VOLLEYBALL

Come play volleyball with us! NORD offers Free Play Volleyball at 4 of our Recreation Centers: Stallings, Joe W. Brown, Stallings, and Lyons Recreation Center. Please contact these select locations for schedules and details.

### WALKING CLUB

Get moving with this offering. The walking club promotes enthusiasm for walking and give the participants opportunity to walk and socialize around our gymnasium for an indoor fitness experience. Please visit your nearest full-service recreation Center to schedule.

### FREE PLAY GAMING

Free play gaming for youth and adults is offered at select NORD's full-service recreation Facilities. Treme, Rosenwald and St. Bernard Please contact the nearest Recreation Center for Youth and Adult scheduled time.

### VOCAL MUSIC

Come out and learn the basics of vocal music. Vocal music focuses on the voice of a human as the main component in a piece of music.

### LAFITTE GREENWAY

Visit the Greenway! Greenway will be offering Monday Poetry Nights at the Greenway station and Open Skating on Saturdays at the Basketball Court.

- We would like to list any Friends of Lafitte Programming (maybe as flyer)
- Will connect you with them!

### MEDITATION

Come find your peace! Visit Treme Center and experience electrifying calmness before a hard day. Contact Treme Center for details and schedules.



# GOLF

## TRAINING

NOW - DECEMBER 31, 2024



**AGES: 7-10**  
[www.nordc.org](http://www.nordc.org)

MON-WED, FRI  
4PM-8PM

SATURDAY  
9AM-2PM

📍 Milne' Recreation Center

5420 Franklin Avenue | New Orleans, La. 70122

*For registration info, visit  
Milne' Recreation Center*



## INDOOR WALKING

7:00AM - 10:00AM | MONDAY THRU FRIDAY



FOR SENIORS

**TREME' REC CENTER**  
**900 N. VILLERE STREET**  
**NEW ORLEANS, LA**  
**70116**

[www.nordc.org](http://www.nordc.org)







# NORD COMMISSION SUMMER FOR SENIORS



**55+  
SENIORS**

*\*Be sure to look out for new programming as it comes online this Summer!*

**ROSENWALD  
ANNEX**  
1140 S. BROAD STREET  
**Bingo:**  
MON/WED 10:30AM-11:45AM

**Intro to Computers:**  
TUES/THURS 10:30AM-11:45AM

**Line Dancing:**  
TUES/THURS 11:30AM-12:30PM

**NEW! KELLER  
COMMUNITY CENTER**  
1814 Magnolia Street

**FitNOLA: Dance Cardio w/  
Derwin May**  
TUES/THURS 10:AM-10:50AM

**Humana Partnership:**  
THUR 11:30AM-12:30PM  
(JUNE 6 - JULY 25)

**ANNUNCIATION  
REC CENTER**  
800 Race Street  
**NOSA Senior Dance Fitness:**  
MON/WED 10:30AM-11:45AM

**DESIRE/FLORIDA  
REC CENTER**  
3250 Industry Street  
**AARP Smart Driver Course:**  
SAT 9:00AM-1:00PM

**FitNOLA: Senior Resistance  
Training**  
MON 9:30AM-12:30PM

**FitNOLA: Dancing Cardio  
w/ Footprints to Fitness**  
TUES/THURS 9:30AM-9:50AM

**FitNOLA: Line Dancing**  
TUES/THURS 11:00AM-11:50AM,  
12:00PM-12:50PM



# TEEN COUNCIL



## JOIN OUR TEEN COUNCIL FOR TEENS. BY TEENS.

IF YOU'RE BETWEEN THE AGES 12-17 AND LIVE IN ORLEANS PARISH, THIS THE PLACE TO BE!  
MEETINGS ARE EVERY 2ND SATURDAY OF EVERY MONTH WHERE WE PLAN, DISCUSS,  
EMPOWER, AND ENGAGE WITH TEEN ACTIVITIES, FIELD TRIPS AND MORE! THIS IS FREE AND  
OPEN TO ALL ORLEANS PARISH TEENS. FOR MORE INFORMATON EMAIL  
[NORDTEENS@NOLA.GOV](mailto:NORDTEENS@NOLA.GOV)



# NOW HIRING

## LIFEGUARDS

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# \$17.15

PER HOUR

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SCHEDULES

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CERTIFICATIONS  
AVAILABLE

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TRAINING  
AVAILABLE

--  
AGES 15+

Apply today [nordc.org](http://nordc.org).



NORD MONTHLY  
NEWSLETTER



SCAN ME



Join our  
newsletter  
database,  
**TODAY!**



# HEAR US. SEE US. JOIN US.

[www.nordc.org](http://www.nordc.org)



# LIFEGUARD & JR. LIFEGUARD TRAINING

*Whether you are new to swimming or want to improve your swimming skills, our experienced instructors will guide you step by step.*

## PROGRAM FEATURES:

- ✓ All **NORD** pools, EVERY SATURDAY
- ✓ From 10:00am to 1:00pm
- ✓ Train to be a lifeguard now and work as a lifeguard this summer!



**\*\*Please note: SUBJECT TO CHANGE**

**GET STARTED TODAY**

To Sign Up, Email: [jsjones@nola.gov](mailto:jsjones@nola.gov)

