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CITY OF NEW ORLEANS  
**Recreation &  
Leisure**

**NORD**  
COMMISSION

CLASSES, EVENTS & SCHEDULES

SEPTEMBER-DECEMBER







# CENTERS COMPUTER ACCESS

Available during normal center hours



## Locations

Cutoff

Gernon Brown

Joe W. Brown

Lyons

Rosenwald

Sanchez

Stallings-Gentilly

Treme

Desire/Florida



PLEASE NOTE: All users will have to present proper form of identification prior to use



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# OFFICIAL LETTERS

## A WORD FROM THE MAYOR, NORD CEO & COMMISSIONER

Dear Neighbors of Louisiana,

As we welcome the Fall 2025 season, I'm filled with pride and gratitude for all we've accomplished together to support the young people of New Orleans. Through athletic leagues, cultural programs, enrichment activities, and more, we continue to create safe, engaging, and inspiring spaces for youth and families across our city.

The New Orleans Recreation Development (NORD) Commission remains committed to its mission of offering "Something for Everyone." The success of this summer's programming powered by strong partnerships with local community organizations has laid a strong foundation for what's ahead this fall.

We were especially proud to reopen the Morris F.X. Jeff Sr. Pool this summer, following a long awaited renovation and enclosure. This facility is now open year-round, providing a state-of-the-art space for residents of all ages to enjoy. It reflects our continued investment in high-quality recreational infrastructure that promotes health, wellness, and community connection.

Looking ahead, we're excited to see our young athletes and families make the most of new turf fields, made possible through the City's collaboration with the NFL and the Super Bowl Host Committee. These fields represent more than just a playing surface they're a symbol of what's possible when major events leave a lasting impact on local communities.

These investments go beyond physical spaces, they demonstrate our commitment to the future of this city. Under the leadership of NORD's CEO, Larry Bambino Jr., and his dedicated team, our programs remain innovative, accessible, and rooted in the needs of our residents. As always, I want to thank every New Orleanian and all our partners who have supported and championed this work.

Wishing you a joyful, safe, and inspiring fall season!

Sincerely,

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



**City of New Orleans**  
Mayor LaToya Cantrell



Dear Friends,

I hope this message finds you and your family safe, healthy, and enjoying all that our great city has to offer. Since I was appointed CEO of the New Orleans Recreation Development (NORD) Commission in 2018, we've remained focused on expanding access to high-quality recreation for all residents. That commitment continues to drive us, and I'm proud to report that we've sustained more than a 50% increase in amenities and programming citywide - progress made possible thanks to our strong partnerships with the Mayor's Office, City Council, NORD Commission, and NORD Foundation.

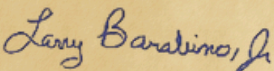
Over the past year, we've celebrated several major milestones. The George V. Rainey Natatorium at the Morris F.X. Jeff Sr. Recreation Complex was open for summer swimming and will remain open year-round, expanding access to aquatics programming for all ages and skill levels. We also unveiled new football and baseball fields featuring professional-grade turf from Super Bowl LIX. This unique investment will enhance playability and performance for athletes of all ages. Projects like these reflect our mission: to offer safe, modern, and welcoming spaces for residents of all ages and abilities.

This summer, we doubled down on our investment in youth by offering over \$254,000 in stipends to participants in our Teen Summer Camp and Teen Sports Challenge, up to \$450 per teen, for each program. These stipends aren't just financial support; they're a tangible investment in the leadership, growth, and future of our young people.

As we shift into the fall season, we're excited to welcome you back with a robust lineup of programs. Our recreation centers will continue to offer community favorites like indoor pickleball, free play, NOBA dance, and Fit NOLA fitness sessions. We'll also have a full slate of youth sports, including youth football and volleyball. Our E-Sports program continues to grow, providing a fun and competitive space for young gamers across the city. We're also excited for the return of our Fall Movies in the Park series, bringing families and neighbors together for free, outdoor movie nights at parks across the city.

Thank you to our dedicated staff, volunteers, and partners for making this all possible. Your support is what allows us to serve thousands of residents each season and keep building momentum. I invite you to participate, share feedback, and help us continue to shape a recreation system that reflects the vibrancy of New Orleans.

See you at the park,



Larry Barabino, Jr. NORD Chief  
Executive Officer





Greetings,

As your NORD Commissioner for District D, I'm honored to serve such a dynamic and resilient community. With each season, we continue to invest in spaces and programs that bring joy, wellness, and opportunity to our neighborhoods, and this fall is no exception.

I want to personally thank you for your continued support of NORD and for embracing the value that recreation, culture, and community bring to our city. I also extend my gratitude to my fellow Commissioners, CEO Larry Barabino, Jr., Mayor LaToya Cantrell, the New Orleans City Council, and our dedicated NORD staff and volunteers for their tireless work in keeping our parks and programs thriving.

This fall, I'm proud to share several exciting updates for District D. Sampson Playground is entering construction with nearly \$1 million in renovations to revitalize this important neighborhood space. Wesley Barrow Stadium and the Perry Roehm Baseball Fields will receive major upgrades to enhance youth sports, and a new parking lot at Wesley Barrow, already 45% complete, will make it easier for families to access games and events.

In addition to these capital improvements, our fall programming is stronger than ever. From Movies in the Park and youth football to aquatics, pickleball, and FIT NOLA wellness classes, NORD continues to offer something for everyone. I'm especially excited about our Teen Council's work this season, including creative residencies and leadership development initiatives that help our young people grow and thrive.

Milne Rec Center, Stallings Gentilly, and Hardin Playground remain cornerstones of our district, serving as welcoming spaces where neighbors connect, families play, and youth learn lifelong skills.

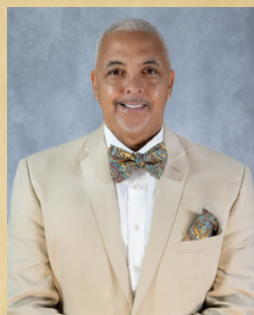
As your Commissioner, I remain deeply committed to ensuring that every resident of District D has access to safe, high-quality recreational opportunities. I invite you to take full advantage of all NORD has to offer this fall and to continue making our parks and programs a part of your daily life.

Thank you for the opportunity to serve. Let's make this fall a season of connection, celebration, and continued growth.

Warm regards,

Adolph F. Bynum, Jr.

Commissioner, District D  
New Orleans Recreation Development Commission  
(NORD)





# NORD COMMISSION

## GOVERNING BOARD MEMBERS

NORD has a governing board of Commissioners appointed by the Mayor and approved by the 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 Montañó**  
Chief Administrative  
Officer



**Freddie King, III**  
City Council Representative



**Olin G. Parker**  
Representative  
Orleans Parish School Board



**Theo C. Sanders, III**  
Member-Ex-Officio



**Dana Peterson**  
Vice Chair  
At-Large Mayoral Appointee



**Ernest Price, Jr.**  
Board - Chairman



**Alexis Parent-Ferrouillet, EdD, MPH**  
New Orleans Public Library  
Representative



**Frances Fayard**  
District A Representative



**Blaire Fernandez**  
District B Representative

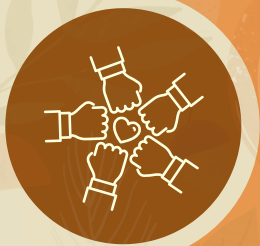


**Troy White**  
District E Representative



**Adolph F. Bynum, Jr.**  
District D Representative





# VOLUNTEERS

## VOLUNTEER WITH NORD

**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.

**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 visit [www.nordc.org/volunteer](http://www.nordc.org/volunteer) or call 504-658-3052.



## ABOUT NORD

NEW ORLEANS RECREATION DEVELOPMENT  
(NORD) COMMISSION

**The New Orleans Recreation Development (NORD) Commission** has earned national accreditation, making the City of New Orleans the second parish 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](mailto:afrank@nola.gov); or 711 for Louisiana Relay Service at least 48 hours in advance or as soon as possible



# BOOSTER CLUB

SOMETHING FOR EVERYONE

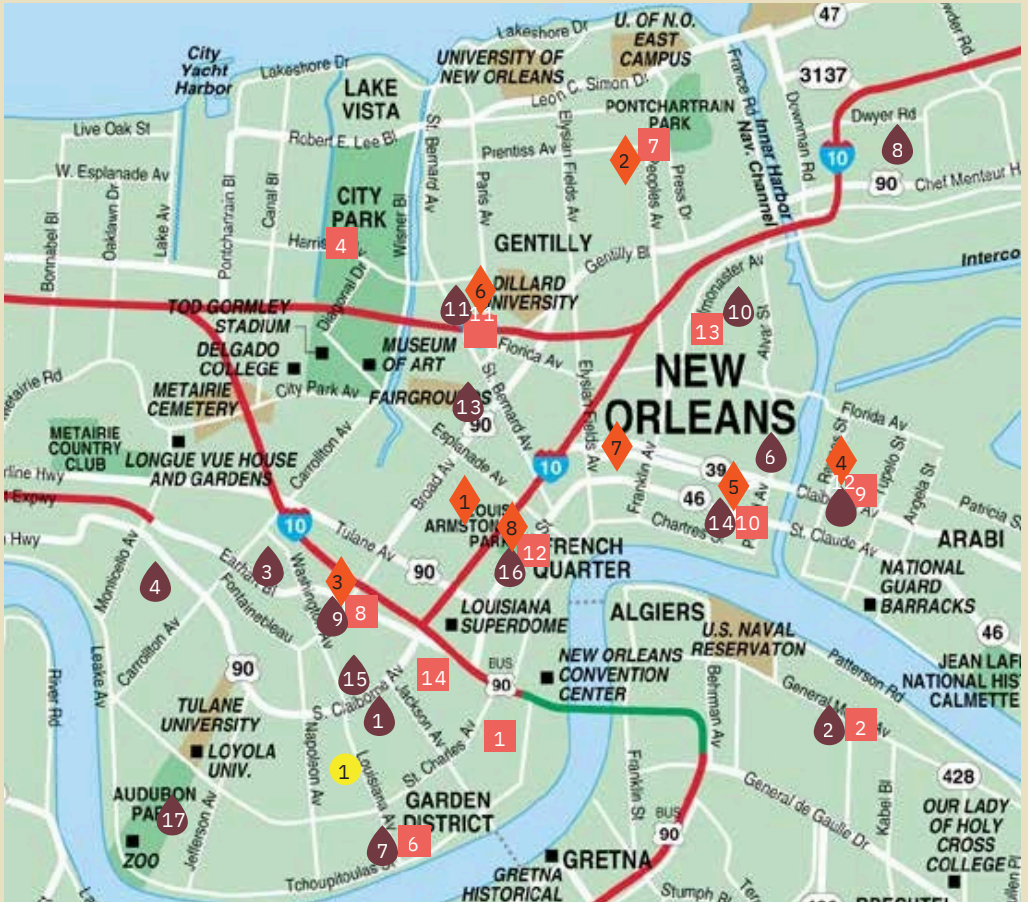
**Booster Clubs help fund student-athletes and assist NORD in providing an experience consistent with the tradition of “something for everyone”.** Booster clubs help fund uniforms and equipment, cover travel expenses, and help our volunteer coaches reach the ultimate goal of developing student athletes. 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 [demand.simon@nola.gov](mailto:demand.simon@nola.gov) or call 504-658-3098.**



# FACILITIES MAP

2025 RECREATION & LEISURE



## Rec Centers

- 1 Annunciation Rec Center 800 Race St.
- 2 Morris FX 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 Tremere Rec Community Center 900 N. Villere St.
- 13 Desire/Florida Multi-Service Center 3250 Industry St.
- 14 Hunter's Field 1659 N. Claiborne Ave.

## Fitness Centers

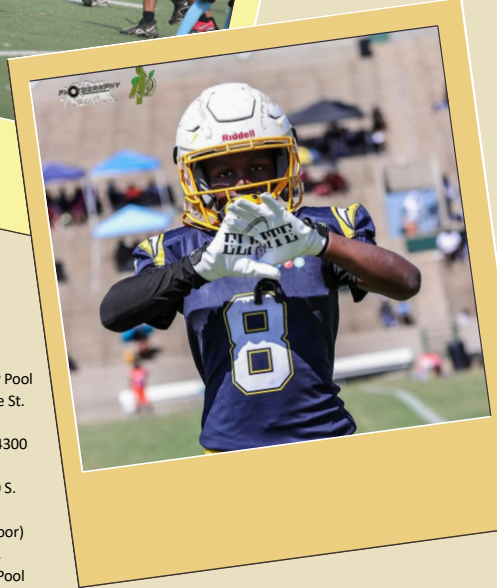
- 1 Laffitte Grnwy Outdoor Fitness Park 1971 Laffitte St.
- 2 Milne Rec Center 5420 Franklin Ave.
- 3 Rosenwald Rec Center 1120 S. Broad St.
- 4 Sanchez Multi-Service Center 1616 Fats Domino Ave.
- 5 Stallings St. Claude Rec Center 4300 St. Claude Ave.
- 6 St. Bernard Rec Center 1500 Lafreniere St.

- 7 St. Roch Park Outdoor Fitness Park 1800 St. Roch Ave.
- 8 Tremere Rec Community Center 900 N. Villere St.
- 9 Cut-off 6600 Belegarde Street
- 10 Joe W. Brown Outdoor 5601 Read Boulevard

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



# FACILITIES

## FALL NORD FACILITY SCHEDULES

### FALL CLOSURE DATES

**Fall programming is from September 15 – December 31.** Facilities will be closed on the following dates:

**Labor Day** - September 1

**Indigenous People's Day** - October 13

**Thanksgiving Day** - November 27

**Veterans Day** - November 28

**Christmas Eve & Christmas** - December 24-25

**New Years Eve** - December 31

### FITNESS CENTERS

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

#### Cut-Off Rec Center

M-F 10 AM–9 PM SAT 9 AM–2 PM SUN Closed

#### Joe W. Brown Rec Center Fit Lot

M-F 6 AM–9 PM SAT 6 AM–9 PM SUN Closed

#### Lafitte Greenway Outdoor Fitness Park

M-F 6 AM–10 PM SAT 7 AM–6 PM SUN 7 AM–6 PM

#### Milne Rec Center

M-F 10 AM–9 PM SAT 9 AM–2 PM SUN Closed

#### Rosenwald Rec Center

M-F 10 AM–9 PM SAT 9 AM–2 PM SUN Closed

#### Sanchez Multi-Service Center

M-F 8 AM–9 PM SAT 9 AM–2 PM SUN Closed

#### Stallings St. Claude Rec Center

M-F 10 AM–9 PM SAT 9 AM–2 PM SUN Closed

#### St. Bernard Rec Center

M-F 10 AM–9 PM SAT 9 AM–2 PM SUN Closed

#### St. Roch Park Outdoor Fitness Park

M-F 6 AM–10 PM SAT 6 AM–10 PM SUN 6 AM–10 PM

#### Treme Recreation Community Center

M-F 8 AM–9 PM SAT 9 AM–2 PM SUN Closed

### STAFFED PARKS/ PLAYGROUNDS

Name	Address	District	Neighborhood
A. L. Davis	2600 LaSalle St.	B	Uptown
Bodenger	3400 Kansas St.	C	Algiers
Bunny Friend	1903 Desire St.	D	9th Ward
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
Devore	1500 Teche 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
Goretti	7500 Benson St.	E	New Orleans East
Hardin	2500 New Orleans St.	D	7th Ward
Harrell	2202 Leonidas St.	A	Uptown
Joe W. Brown	5601 Read Blvd.	E	New Orleans East
Kenilworth	7820 Redfish St.	E	New Orleans East
Lafitte Greenway/ Lemann	1971 Lafitte St.	C	Treme
Lakeview	5501 Gen. Diaz St.	A	Lakeview
Lyons/Burke	624 Louisiana Ave.	B	Uptown
McCue 2601	Franklin Ave.	D	St. Roch NBHD
Milne 2500	Filmore St.	D	Gentilly
Morris F X Jeff.	2529 Gen. Meyer Ave.	C	Algiers
Norman	3301 Eton St.	C	Algiers
Norwood Thompson	7200 Forshey St.	B	Gertown
Oliver Bush	2500 Caffin Ave.	E	Lower 9th Ward
Pontchartrain	6500 Press St.	D	Gentilly
Pradat	7200 Dreaux Dr.	E	New Orleans East
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



5420 FRANKLIN AVENUE  
NEW ORLEANS, LA 70122  
(504) 658-3052  
nordc.org



## TEEN CENTERS

Teen Centers are a fun and safe place where teens from local communities can socialize and have positive interactions with peers. Teen Centers include video gaming systems, HDTVs, board games, air hockey, ping pong, and more! Check Teens section for scheduled programming.

### Cut-Off Rec Center 6600 Belgrade St.

M–F 4:00 PM–9:00 PM

### Joe W. Brown Rec Center 5601 Read Blvd.

M–F 4:00 PM–9:00 PM

### Lyons Rec Center 624 Louisiana Ave.

M–F 4:00 PM–9:00 PM

### Milne Rec Center 5420 Franklin Ave.

M–F 4:00 PM–9:00 PM

### Sanchez Multi-Service Center 1616 Caffin Ave.

M–F 4:00 PM–9:00 PM

### St. Bernard Rec Center 1500 Lafreniere St.

M–F 4:00 PM–9:00 PM

## TENNIS CENTERS

Court Fees:

Mon–Thurs \$5/hr before 4:00 PM,

\$7/ hr after 4:00 PM;

Sat–Sun \$7/hr.

No reservations. First-come, first-served.

### Atkinson Stern Tennis Center

4025 S. Saratoga St. |

P: (504) 658-3060 9

clay courts

Mon–Thurs 8:00 AM–9:00 PM | Fri Closed

Sat–Sun 8:00 AM–4:00 PM

### Joe W. Brown Tennis Center

5601 Read Blvd. | P: (504) 658-3071 10

hard courts

Mon–Thurs 11:00 AM–9:00 PM | Fri Closed

Sat–Sun 8:00 AM–4:00 PM

## REC CENTERS

All Rec Centers are open Monday–Friday 10:00 AM–9:00 PM, Saturday 9:00 AM–2:00 PM and are closed on Sunday

Name	Address	Phone
Annunciation Rec Center	800 Race St.	(504) 658-3095
Cut-Off Rec Center	6600 Belgrade St.	(504) 658-3058
Desire/Florida Multi-Service Center	3250 Industry Street	504-658-3076
Gernon Brown Rec Center	1001 Harrison Ave.	(504) 658-3151
Joe W. Brown Rec Center	5601 Read Blvd.	(504) 658-3080
Keller Community Center	1814 Magnolia St.	TBA
Lyons Rec Center	624 Louisiana Ave.	(504) 658-3004
Milne Rec Center	5420 Franklin Ave.	(504) 658-3088
Morris FX Jeff Rec Center	2529 General Meyer Ave.	(504) 658-3170
Rosenwald Rec Center	1120 S. Broad St.	(504) 658-3090
Sanchez Multi-Service Center	1616 Caffin Ave.	(504) 658-3059
St. Bernard Rec Center	1500 Lafreniere St.	(504) 658-3040
Stallings St. Claude Rec Center	4300 St. Claude Ave.	(504) 658-3053
Treme Recreation Community Center	900 N. Villere St.	(504) 658-3160
Hunters Field	1659 N. Claiborne Ave	(504) 658-3100

## POOLS

All pools are open Monday–Friday 8:00 AM–8:00 PM, Saturday 9:00 AM–2:00 PM and are closed on Sunday.

Name	Address	Phone
Gert Town Natatorium (Indoor)	3411 Broadway St.	(504) 658-3096
Joe W. Brown Pool (Indoor)	5601 Read Blvd.	(504) 658-3020
Sanchez Pool (Indoor)	1616 Caffin Ave.	(504) 658-3067
Treme Pool (Indoor)	900 N. Villere St.	(504) 658-3162
George V. Rainey Natatorium (Indoor)	2529 General Meyer Ave.	(504) 658-3094





# FACILITIES

## FALL RECREATION CENTER ACTIVITIES

### Free-Play Basketball

Free-play basketball for youth and adults are offered at all NORD's full-service recreation facilities. Please contact the nearest Recreation Center for Youth and Adult Free-play schedules. Visit Gernon Brown Rec Center 1001 Harrison Ave.

### Free-Play Volleyball

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

### 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 four of our rec centers: Gernon Brown, Joe Brown, Morris FX Jeff and Lyons. Please contact your nearest site for schedules.

### Walking Club

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

### 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 available.

### Double Dutch

Let's Jump! Double Dutch is program geared to develop eye-foot coordination, cooperation, and teamwork. This program is for both youth and teens. Come out and join us at Lyons Center. Contact the Lyons Center for details and schedules.

### 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 computers. Visit Desire/Florida and Rosenwald Annex to register today! Adult and youth sessions.

### Essentials of Ping Pong

For Youth and Adults Program geared to introduce key components and guidelines of ping pong. We have ping pong tables at several of our centers across the city: Tremé, Joe Brown, Lyons, Sanchez and Rosenwald. Contact your nearest Center for additional details and schedules.

### Senior Programming

Visit our Senior Centers at Desire/Florida and Rosenwald Annex for fun senior activities. Programming includes, Bingo, piano, guitar, and smart driving classes, potlucks and more. Contact your nearest location for monthly calendar.

### 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.

### Wheelchair Basketball

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

### Meditation

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

### Open Checkers

Open play Checkers for youth and adults is offered at Lyons Centers. Please contact the Rec Center for youth and adult open play schedules.

### Open Chess

**NEW!** Open play Chess for youth and adults is offered at Lyons Centers. Please contact the Rec Center for Youth and Adult open play schedules.

### Basketball Fundamentals

Learn the basics on how to play the game. In-class instruction, as well as outdoor practice. Space is limited. Contact your local Recreation Center for schedule and details.

## E-Sports

Using gaming as a foundation, students will have the ability to learn transferable skills that can lead them into careers in the gaming industry and beyond. Please visit or contact the Milne, Joe W. Brown, Lyons Center, and Cut-Off Centers for schedules and details.

## Ball Room Dancing

**NEW!** Ballroom dancing is a fun and engaging activity that offers a wide range of benefits for individuals of all ages and skill levels. Please our Treme Center for more details regarding our Ball Room dancing classes.

## NORD Fall 2025 Events

### Halloween Festivities

#### Haunted House

October 24th – 25th & October 31st

A spooky, fun-filled haunted house experience for all ages.

#### Monster Mile Run

October 25th, Race @ 9am at Lafitte Greenway

Get in the Halloween spirit with this festive fun run!

### Spooktacular Events

October 31st, Citywide Halloween celebrations across NORD locations—games, treats, and costumes encouraged!

### Holiday Toy Drive

October – December

All NORD Recreation Centers & Pools  
Help bring holiday cheer! Drop off new, unwrapped toys to support local families.

### Toy Giveaway

December 13th

Location: TBD

Families are invited to join us for this heartwarming holiday celebration and toy distribution.

### Girls on the Run

Joe W. Brown Recreation Center

Mondays & Wednesdays | Begins September 15th

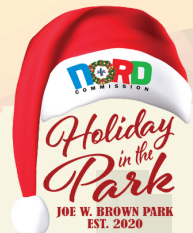
Register Now!

Empowering girls through running and confidence-building activities.

## HOLIDAY IN THE PARK

Holiday In The Park is an annual event that takes place in historic Joe W. Brown Park located in beautiful New Orleans East. The event transforms the park into a festive celebration of lights, music, food, performances and community. Holiday In The Park, a project of the New Orleans Recreation Development Commission, starts the Saturday after Thanksgiving and continues through January 2nd. Holiday Park is driven by a group of community volunteers that have come together, along with NORD staff, to bring this magical event to the entire New Orleans and surrounding communities.

Holiday in the Park is a festive event that combines a drive-through and a walk-through experience. During the walk-through, guests can enjoy concessions, live performances from community entertainers, and a visit to Santa's Village, where children can drop off letters in Santa's mailbox. On weekends, Santa himself will be present for visits and photo opportunities. The event begins November 29 and runs nightly from dusk until 9:00 p.m., except on Christmas Day and New Year's Eve.



## 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, community meetings, and wedding receptions to large tournaments and neighborhood festivals. In addition, facility rental income directly benefits improvement 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:

1. Download the NORD Facility Rental/ Permit Application on [www.nordc.org](http://www.nordc.org).
2. 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 provide 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)658-3086
  - Email: [nordcrentals@nola.gov](mailto:nordcrentals@nola.gov)
3. 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 15 business days before the event date.
4. 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. 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 checks 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 a non-water inflatable/spacewalk
- ◆ Grilling on self-provided grills

## **What types of activities are NOT allowed at rented 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. Frequently Asked Questions



# AQUATICS

AMERICAN RED CROSS PROGRESSIVE  
SWIM LESSONS

## SWIM LESSONS

We are proud to offer American Red Cross Progressive Swim Lessons to the community. Please see the class availability for the pool of your choice. Registration is completed at each individual pool. Please see class descriptions and offerings within this brochure to assist with registration.



## SWIM LESSON REGISTRATION

Session 1: Sept 3-5

Session 2: Sept 29-Oct 3

Session 3: Oct 27-31

Session 4: Nov 24-26

## SWIM LESSON CLASSES

Session 1: Sept 8-27

Session 2: Oct 6-25

Session 3: Nov 3-22

Session 4: Dec 1-20

**Disclaimer:** On the Wednesday before the registration deadline, courses will be assessed for minimum numbers. If a course does not have three registered participants on that date, it will be canceled.

## How to Register:

Submit completed registration form to an aquatics facility. Registration forms are available at all indoor pools and online at [nordc.org](http://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

Not ready for lap swimming? Enroll in our Adult Learn to Swim courses. Beginner through refresher courses available.

## Lap Swim

Lap lanes are available all day at our year-round pools. Swimming is a very healthy way to work out!

## Pre-Lifeguard Training

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

## Junior Lifeguard Program

This is a pre-lifeguarding program designed for the individual that would like to become a lifeguard in the future. Participants are introduced to lifesaving skills, basic lifeguarding knowledge and introduces an 11–14 year old to the world of lifeguarding. Prerequisites: swim 25 yards front crawl with a breathing pattern; swim 25 yards breast stroke using a pull, breathe, kick and glide sequence; tread water for 1 minute using arms and legs; float on the back for 30 seconds; swim 10 feet under water.

## Swim Team

This competitive program offers the opportunity to improve swimming skills, endurance and promote a healthy lifestyle. Ages 6–18.

## Water Aerobics Low Impact/High Impact

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

## Swim Lesson Descriptions

### PARENT CHILD AQUATICS:

Levels 1 & 2 6–36 mos. (Tadpoles 1-2). 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. An adult must be in the water with each student.

### PRESCHOOL AQUATICS:

Levels 1–3 Ages 3–5 (Nemo 1-3). This course is designed for the first experience in the pool without the parent. Students learn water safety, water exploration, survival, and basic water skills such as blowing bubbles and kicking. Course is leveled. Successful completion of one level is required for participation in the next.

### LEARN TO SWIM:

Levels 1–5 Ages 6-12, 13-16, 16+, Adults Level I (Starfish 1, Shark 1, Dolphin 1). No Prerequisites.

**Level 1** is designed to accomplish basic water comfort, basic water safety skills, beginning kicking, rudimentary arm movements, blowing bubbles and submerging the face. Level 2 (Starfish 2, Shark 2, Dolphin 2)

**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. Prerequisite successful completion of Level 1.

**Level 3** (Starfish 3, Shark 3, Dolphin 3) Level 3 course begins the formation of strokes. Putting the parts together to perform a basic front crawl or elementary backstroke, kick like a dolphin, learn about diving, survival float, and add to their water safety skills. Prerequisite successful completion of Level 2.

**Level 4** (Starfish 4, Shark 4, Dolphin 4) Level 4 focuses on improving the basic stroke developed in Level 3. Breaststroke and sidestroke fundamentals and dolphin kick and backstroke are a part of this course. Prerequisite successful completion of Level 3. **Level 5** (Master Swimmer) Level 5 is where students will refine their strokes. This is the fine tuning of all six major strokes; elementary backstroke, front crawl, breaststroke, sidestroke, backstroke and butterfly. At the successful completion of this level, the student is prepared to progress to a competitive level, swim club or swim team. Prerequisite successful completion of Level 4.





# AQUATICS

## AQUATIC SCHEDULES

### 2025 FALL Aquatics Schedule

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

Program Name	Age	Days of the week	Start Time	End Time
Lap Swim ONLY	16+	M,W,F	8:00am	8:00am
Water Yoga	16+	T & TH	8:00am	8:45am
Water Aerobics	16+	M-F	9:00am	9:45am
Water Aerobics	16+	M,W,F	6:00pm	6:45pm
Lap/Open Swim	Various ages	M,W,F	7:00pm	7:45pm
Lap Swim	Various ages	M-F	10:00am	11:45am
Shark Levels 1 & 3	Adults	M-F	10:00am	10:45am
Shark 3 & 4	Adults	F	10:00am	10:45am
CLOSED for Lunch		M-F	12:00pm	1:00pm
Family/Lap Swim	Various ages	M,W,F	1:00pm	5:45pm
Starfish Level 3 & 4	6 thur 12	T & TH	5:00pm	5:45pm
Swim Team Practice pool CLOSED	9 & up	T & TH Only	4:00pm	5:45pm
Water Aerobics	16+	M,W,F	6:00pm	6:45pm
Shark Level 1 & 3	Adults	T & TH	6:00pm	6:45pm
Lap Swim ONLY	16+	Sat.	9:00am	9:45am
Lifeguard Training	15+	Sat.	10am	12:00pm
Nemo Level 1 & 2	Ages 3-5	Sat.	10:00am	10:30am
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
Water Aerobics	16+	M-F	9:00am	9:45am
Water Aerobics	16+	M-TH	7:00pm	7:45pm
Lap Swim	16+	M-F	10:00am	11:45am
Lap Swim	16+	M-F	2:00pm	6:45pm
Shark 1 & 2	17+	M,W	10:00am	10:45am
CLOSED for Lunch		M-F	12:00pm	1:00pm
Lifeguard in-service	15+	M-F	1:00pm	2:00pm
Family Swim	Various Ages	M-TH	2:00pm	5:45pm
Family Swim	Various Ages	F	2:00pm	7:45pm
Nemo Level 1 & 2	3-5	M, W	4:00pm	4:30pm
Starfish Level 1 & 2	6-12	M,W	5:00pm	5:45pm
Shark Level 1 & 2	17+	M,W	6:00pm	6:45pm
Starfish Level 3 & 4	6-12	T, TH	5:00pm	5:45pm
Shark Level 3 & 4	17+	T, TH	6:00pm	6:45pm
Family/Lap Swim	Various ages	Sat.	9:00am	12:45pm
Parent/Child	3-36 mon.	Sat.	10:00am	10:30am
Dolphin	13-15	Sat.	11:00am	11:45am
Lifeguard Training	15+	Sat.	11:00am	12:45pm

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	8:10am	8:45am
Lap/Family Swim	16+	M-F	9:00am	11:45am
CLOSED for Lunch		M-F	12:00pm	1:00pm
Lap/Family Swim	Various ages	M-F	1:00pm	5:45pm
Family Swim	Various ages	M-F	7:00pm	7:45pm
Nemo Level 1 & 2	Ages 3-5	M,W	4:00pm	4:30pm
Starfish Level 1 & 2	6 thur 12	M,W	5:00pm	5:45pm
Water Aerobics	16+	M-F	6:00pm	6:45pm
Shark 1 & 2	Adults	M,W	7:00pm	7:45pm
Starfish 3 & 4	6 thur 12	T,TH	5:00pm	5:45pm
Shark 3 & 4	Adults	T,TH	7:00pm	7:45pm
Water Aerobics	16+	Sat.	9:00am	9:45am
Parent/Child Level 1	6-36 months	Sat.	10:00am	10:30am
Lifeguard Training	15+	Sat.	10:00am	12:45pm
Family/Lap Swim	Various ages	Sat	10:00am	12:45pm

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	7:50am
Water Yoga	16+	T	11:00am	11:45am
Water Aerobics	16+	M-F	6:00pm	6:45pm
Water Aerobics	16+	Sat.	9:00am	9:45am
Family Swim	Various ages	M-TH	9:00am	4:00pm
Family Swim	Various ages	F	8:00am	5:00pm
Family Swim	Various ages	M-F	7:00pm	7:45pm
Lap Swim	16+	M-F	8:00am	6:00pm
Shark 1 & 2	Adults	M,F	8:00am	8:45am
CLOSED for Lunch		M-F	12:00pm	1:00pm
Shark Level 1 & 2	Adults	M,W	5:00pm	5:45pm
Shark Level 3 & 4	Adults	T, TH	8:00am	8:45am
Shark Level 3 & 4	Adults	T, TH	5:00pm	5:45pm
Nemo Level 1 & 2	3 - 5	M, W	4:00pm	4:25pm
Nemo Level 3 & 4	3 - 5	M,W	4:30pm	4:55pm
Starfish Level 1 & 2	6-12	T,TH	4:00pm	4:25pm
Starfish Level 3 & 4	6-12	T,TH	4:30pm	4:55pm
Tadpole Level 1	6-36 mons	Sat	10:00am	10:30am
Lifeguard Training	15+	Sat.	10:00am	11:00am
Lap Swim	16+	Sat.	10:00am	12:45pm
Family/Lap Swim	Various ages	Sat.	11:00am	1:00pm

George V. Rainey Pool 2529 General Meyer Ave.

Program Name	Age	Days of the week	Start Time	End Time
Water Aerobics	16+	T,TH	7:00am	7:45am
Water Aerobics	16+	M,W,F	9:00am	9:45am
Water Aerobics	16+	M-F	6:00pm	6:45pm
Lap Swim	16+	M,W,F	8:00am	8:45am
Lap Swim	16+	M,W,F	10:00am	11:45am
Lap Swim	16+	M-F	1:00pm	5:45pm
Lap Swim	16+	T,TH,F	7:00pm	7:45pm
CLOSED for Lunch		M-F	12:00pm	1:00pm
Family/Lap Swim	Various Ages	M-F	1:00pm	5:45pm
Shark Level 1 & 2	Adults	M, W	10:00am	10:45am
Starfish Level 1 & 2	6-12	M,W	5:00pm	5:45pm
Nemo Level 1 & 2	3 - 5	M,W	4:30pm	4:45pm
Parent/Child Level 1	6-36 months	Sat.	10:00am	10:30am
Lap Swim	16+	Sat.	9:00am	9:45am
Family/Lap Swim	Various Ages	Sat	11:00am	1:45pm
Lifeguard Training	15+	Sat.	10:00am	12:00pm



📍 5420 FRANKLIN AVENUE  
NEW ORLEANS, LA 70122  
☎ (504) 658-3052  
🌐 nordc.org



# SWIMMING LESSONS

LESSONS OFFERED AT ALL NORD POOLS

For All  
Ages: 6mos-Adults  
**FREE**



**Register Now  
In Person!**

## Session Dates:

SESSION 1:  
SWIM LESSON **REGISTRATION:** SEPT. 3 - 5  
SWIM LESSON CLASSES: SEPT. 8 - 27

SESSION 2:  
SWIM LESSON **REGISTRATION:** SEPT. 29 - OCT 3  
SWIM LESSON CLASSES: OCT. 6 - 25

SESSION 3:  
SWIM LESSON **REGISTRATION:** OCT. 27 - 31  
SWIM LESSON CLASSES: NOV. 3 - 22

SESSION 4:  
SWIM LESSON **REGISTRATION:** NOV. 24 - 26  
SWIM LESSON CLASSES: DEC. 1 - 20

For more information:  
Call Aquatics at 504-658-3052  
Visit [NORDC.ORG](http://NORDC.ORG)





Come join our award-winning

## SWIM TEAM

WE WANT YOU | OPEN ALL  
AGES: 6-18YRS OLD

PRACTICES WILL BE HELD ON  
**TUESDAYS & WEDNESDAYS**  
TIME: 4:00PM-5:45PM

CALL TODAY: (504) 658-3044  
OR EMAIL: [JS.JONES@NOLA.GOV](mailto:JS.JONES@NOLA.GOV)









# ATHLETICS

2025 ATHLETIC SCHEDULE



## Stadium Cheerleading

- Cheer Showcase October 26 at Joe Brown Rec Center

## Volleyball

- Registration July 1 – August 21 (closed)
- Coaches clinic August 10
- Player Clinic August 10 at Joe W. Brown
- Serve It Up Jamboree- August 30 at Joe W. Brown
- Season starts September 6
- Championships October 24 at Lyons

## Tackle Football

- Season starts September 2 at Lafitte Greenway
- Division II Championship November 1 at Lafitte Greenway
- Division I Championship November 8 at Joe Brown Stadium
- All Star Game dates TBD

## Basketball

- Registration begins November 3
- Registration ends December 15
- All-Star tryouts Saturday December 13 at Rosenwald Rec Center

### How to Register

Parents may register players at their desired playground if there are teams for the current season. Parents may also register online. Required registration forms can be found at [nordc.org](http://nordc.org)

## Documents needed to register for every NORD sport:

<https://nordc.org/sports/>

- NORD Consent for Health Care Form
- Athletics Player/Parent Contract and Code of Conduct
- COVID-19 Liability Waiver and Release Form
- Original Birth Certificate
- Proof of Orleans Parish Residence
- Fees: \$5 per participant registration fee

All completed registration forms and mandatory supplementing documents must be submitted via email to [nordcathletics@nola.gov](mailto:nordcathletics@nola.gov).

## Basketball FUNDamentals

Does your youth want to improve their basketball skills? Basketball fundamentals classes focus on the basic basketball fundamentals of kids ages 5–14. Classes are energetic, participative, and fun. Each week young players are introduced to new individual and team drills. For more information please contact 504-658-3090 for Rosenwald or 504-658-3080 for Joe W. Brown.

## Spartan Boxing

Spartan Boxing Club (SBC) in partnership with NORD will provide boxing programming to youth and adults of Orleans Parish. SBC will connect New Orleans citizens to the sport of boxing by using consistent workout regimens, as well as competition and techniques used in boxing to build and strengthen the bodies, minds, and characters of participants. To register or for more information, please contact Coach Knapper (504) 515-7992, Coach Ryan (504) 305-7850, Coach Rhonda (504) 617-3814.



## We're Looking For Some Good Volunteers!

Volunteer Coach Requirements:

Basketball, Cheerleading, Soccer, Softball,  
Track & Field, Volleyball

Complete and submit a volunteer application

Submit and clear a background check

Complete SafeSport online training and submit certificate

Attend all clinics, trainings and coaches meetings



# 18th Ward Programming

SEPT 2 - OCT 19



## Programs

**Easton (Mid City): Tuesdays and Thursdays**

**Digby (New Orleans East): Wednesdays**

**Norman (Westbank): Wednesdays**



**Tykes: 5:00pm - 5:30pm**

**Rec Soccer: 5:30pm - 7:00pm**

**Easton: 3141 Toulouse Street, New Orleans, LA**

**Digby: 6600 Virgilian Street, New Orleans, LA**

**Norman: 3131 Eton Street, New Orleans, LA**

**@the18thward**



**www.the18thward.org**

**504-435-9552**



5420 FRANKLIN AVENUE  
NEW ORLEANS, LA 70122  
(504) 658-3052  
nordc.org



# NORD COMMISSION TENNIS EVERYDAY

FREE  
TRIAL  
CLASS



Beginner - Intermediate - Advanced



## Joe W. Brown Tennis Court

5601 Read Boulevard  
New Orleans, LA. 70127

### Monday - Thursday

11:00am-9:00pm

**\*\*Before 4pm: \$5/hour; After 4pm: \$7/hour**

### Friday

\*CLOSED FOR MAINTENANCE\*

### Saturday & Sunday

8:00am-4:00pm

**\*\*\$7/hour**



REGISTER  
NOW  
504-658-3071

FOR MORE INFORMATION : [WWW.NORDC.ORG/TENNIS/](http://WWW.NORDC.ORG/TENNIS/)







## CULTURAL ARTS

Visit [nordc.org/activities](http://nordc.org/activities), call 504-658-3015 or email [NORDCultural@nola.gov](mailto:NORDCultural@nola.gov)

# DANCE AND THEATRE

### **Casa Samba**

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

### **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 504-222-3571 or email [nolaoutragedance@yahoo.com](mailto:nolaoutragedance@yahoo.com).

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

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

### **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](http://tekremacenter.com) or contact [TekremaCenter@gmail.com](mailto:TekremaCenter@gmail.com).

**Cultural Arts Registration**  
Registration for piano, dance,  
and art is required at your rec  
center of choice.

### 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. Fees may apply. For more information please contact 504-522-0996 or email [mwhite@nobadance.com](mailto:mwhite@nobadance.com) or [sbensinger@nobadance.com](mailto:sbensinger@nobadance.com).

**Registration is required at your rec center of choice.**

### L.Y.F.E of Dance

L.Y.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. Fees may apply. We offer gentlemen classes, Jazz, Hip-Hop, Modern, HBCU/ Majorette (Batons), Tap, and more. For more information, please contact Ms. Jermaine Alphonse at (504) 272-4194, or email [jalphonse@lyfeofdance.org](mailto:jalphonse@lyfeofdance.org) Website: [www.lyfeofdance.org](http://www.lyfeofdance.org).

## VISUAL ARTS



### Painting, Drawing and Ceramics

Elevate your artistic abilities with step-by-step lessons from our creative NORD Staff. Explore a wide range of mediums utilizing drawing, painting, and ceramics. Develop critical thinking skills, stimulate curiosity, and create wonderful pieces of art. All art classes are multi-generational, and all ages are encouraged to participate





## CULTURAL ARTS

Visit [norde.org/activities](http://norde.org/activities), call 504-658-3015 or email [NORDCcultural@nola.gov](mailto:NORDCcultural@nola.gov)



**NORD**  
COMMISSION

JOIN OUR VISUAL ARTS 2025

# ART CLASSES



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



# MUSICAL ARTS

## NORD Senior Choir

Seniors age 55+ of all skill levels who like to sing and have fun are welcome. The Senior Choir performs regularly at NORD events in addition to senior centers, churches, and community events. For more information or to register, call (504) 658- 3075 or email [NORDCultural@nola.gov](mailto:NORDCultural@nola.gov).



## Piano

Have fun learning anew 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 free and ongoing for students ages 6+. Register at your recreation center of choice. Instructors will work with each student to select a specific day and time. Students learn the basic posture, theory, and position of the instrument. Student learns basic technique including affinity towards reading sheet music, note identification, fingering, rhythm creation and identification, and major and minor chords. Student begin warming up independently and learns dynamic playing with key signature changes. Students will prepare a minimum two pieces for performance per semester.



**NORD**  
COMMISSION

## PIANO LESSONS

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

 **10:00AM-12:00PM**

 **MONDAYS & TUESDAYS**

 **ANNUNCIATION CENTER**  
800 Race Street | NOLA | 70130

[More Information](#)

**CALL CULTURAL PROGRAMS:**  
(504) 658-3011





## CLASS DESCRIPTIONS

Start and End dates (Sept. 8 - Dec. 20)

### FITNESS AT NORD

Classes are September 8 - December 20

No cost unless otherwise noted.

Ages 10-14 may attend with parent/guardian.

Ages 15+ may attend unaccompanied, where indicated.

No pre-registration is needed and equipment is provided.

### Beginner Kung Fu (Donation Requested)

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.

### Advanced Kung Fu

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

### Sanda Kickboxing

Sanda is the official Chinese boxing full-contact combat sport. This class focuses on proper Sanda technique, including hand strikes, elbows and knees, kicks and throws

### Tai Chi

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Over the years, it has become more focused on health promotion and rehabilitation.

### Healthy Aging Resistance Training

A full-body workout using weight plates, barbells, resistance bands, and steps combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit

### Adaptive Functional Fitness

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. This class is adaptive and adheres to the Unified Physical Education Curriculum for persons with disabilities.

### Chair Yoga

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 inner strength. Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. No equipment needed.

### Adaptive Bounce Cardio

Bounce Cardio is a low impact dance cardio workout for active adults aging actively, set to high energy bounce music.

### Line Dancing

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.

### Beginner Garden Basics

Venture into the verdant world of vegetable gardening with our comprehensive 12-part course, tailored perfectly for gardening novices and those eager to green their thumbs. If the allure of fresh, home-grown veggies beckons you, this meticulously curated guide promises to transform your space, however big or small, into a lush, thriving garden.

### Intermediate Line Dancing

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.

### Cardio Boot Camp

Cardio Boot Camp 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.

### Healthy Aging Mobility and Core

Healthy Aging core and mobility classes are structured to support adults of various fitness levels who want to work on core balance and mobility skills. The classes typically include a warm-up to ease everyone into the upcoming exercises. The main workout session focuses on building muscles and endurance for balance and mobility. The expert instructors follow that up with a cool-down phase to safely transition class participants from the main workout into a resting period while reducing the risks of injuries.

### Healthy Aging Dance Cardio

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.



### Active Living Every Day

Active Living Every Day is an evidence-based behavior change program. Our approach is unique because it addresses the root causes of inactivity rather than simply prescribing exercise. Participants learn the skills they need to become and stay physically active, including identifying and addressing barriers to physical activity, increasing self-confidence about becoming physically active, creating realistic goals and rewards for physical activity, developing social support, and recovering from lapses in physical activity. Each session includes light, optional exercise and a peer support format.

### Cardio Sculpt

Cardio Sculpt 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

### Beginner Line Dancing

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.

### Healthy Eating Every Day

Improve your health and quality of life through balanced eating! Healthy Eating Every Day is a practical, evidence-based program that teaches you how to improve your eating habits in ways that fit your lifestyle. In this class, you'll learn how to choose the right balance of the right foods, set realistic goals and rewards, and cope with triggers for unhealthy eating. You'll also learn useful skills like creating food shopping lists that include healthy foods, balancing calories to achieve and maintain a healthy weight, eating well when dining out or away from home, and setting personal goals to help you reduce your sodium intake or increase the number of fruits and vegetables you eat. Healthy Eating Every Day contains checklists, charts, activities, and reminders to help you personalize the program and enjoy the process of learning how to eat healthy!

### Dance Cardio

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.

### Pilates

Pilates is a low-intensity muscle-strengthening workout that focuses heavily on building strong core muscles. Pilates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.

### AfroBeats Dance Cardio

Afrobeats music, which is derived from and combines many musical genres, has a direct influence on Afrobeats dance. Afrobeats dance originated from popular African street dances such as amapiano, afrobeat, Kuduro, Azonto, Soukous, and others.

### QuiGong

The term "qigong" is a combination of two words: "qi," which means "subtle breath" or "vital energy," and "gong," which translates to "skill cultivated through steady practice." Together, the words describe an age-old practice that harnesses the power of breath, movement, and intention setting to create health and balance within the body. Participants will explore exercises made up of postures, breathwork, and intention setting.

### Open Meditation

Open meditation is a type of mindfulness practice that encourages practitioners to cultivate an open, non-judgmental awareness of their thoughts, feelings, and sensations. It often involves practices like breathwork, movement, and sound to awaken the body and mind, bringing individuals to the present moment. This style of meditation is also known as open monitoring or non-directive meditation, where practitioners allow thoughts to come and go, remaining aware of everything happening around them.

### Hip-Hop Cardio

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.

### TRX Circuit

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.

### Gentle Yoga

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 inner strength. Please bring mats and water. Mats are not provided at this location.





5420 FRANKLIN AVENUE  
NEW ORLEANS, LA 70122  
(504) 658-3052  
nordc.org



### Boot Camp

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.

### Cardio Blast

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

### Spin Class

An indoor cycling workout that focuses on endurance, strength, intervals and high intensity work. Energizing music and challenging terrain will motivate you and leave you wanting more at the end of class. This class is for all levels.

### Healthy Aging Walking Club

Exercise with family, friends and neighbors is fun and easy with a walking club. Walking with others can keep you motivated, improve your accountability and help you meet new people with similar goals.

### Body Pump

BODYPUMP is a weightlifting workout that challenges participants to build lean, athletic muscle by lifting weights while performing high repetitions instead of heavyweights with fewer reps.

### Adaptive Water Yoga

Aqua Yoga is a low-impact aquatic exercise, performing yoga poses in water. Aqua Yoga poses help you develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. No yoga experience is necessary.

### Mobility and Core

Healthy Aging core and mobility classes are structured to support adults of various fitness levels who want to work on core balance and mobility skills. The classes typically include a warm-up to ease everyone into the upcoming exercises. The main workout session focuses on building muscles and endurance for balance and mobility. The expert instructors follow that up with a cool-down phase to safely transition class participants from the main workout into a resting period while reducing the risks of injuries.

### Adaptive Mobility and Core

Healthy Aging core and mobility classes are structured to support adults of various fitness levels who want to work on core balance and mobility skills. The classes typically include a warm-up to ease everyone into the upcoming exercises. The main workout session focuses on building muscles and endurance for balance and mobility. The expert instructors follow that up with a cool-down phase to safely transition class participants from the main workout into a resting period while reducing the risks of injuries.

### Water Yoga

Aqua Yoga is a low-impact aquatic exercise, performing yoga poses in water. Aqua Yoga poses help you develop strength, static balance, and increases range of motion with little to no impact on joints, especially knees, hips, and ankles. No yoga experience is necessary.

### Healthy Aging Resistance

A full-body workout using weight plates, barbells, resistance bands, and steps combined with bodyweight exercises to create compound and isolation exercises to get you lean, toned, and fit.

### Chair Aerobics

Chair Aerobics is a functional aerobic workout that is done using a chair to either sit or use for balance. Chair Aerobics is designed to be a challenging workout for everyone that will increase your heart rate, burn calories, and build strength.

### Mindfulness

Open meditation is a type of mindfulness practice that encourages practitioners to cultivate an open, non-judgmental awareness of their thoughts, feelings, and sensations. It often involves practices like breath work, movement, and sound to awaken the body and mind, bringing individuals to the present moment. This style of meditation is also known as open monitoring or non-directive meditation, where practitioners allow thoughts to come and go, remaining aware of everything happening around them.

### Chair Fitness

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 inner strength. Chair yoga is a gentle form of yoga that's done while seated or using a chair for balance. No equipment needed.

### Yogalates

Yogalates, a mix of Yoga and Pilates, is a low-intensity muscle-strengthening workout that focuses heavily on building strong core muscles. Yogalates can promote flexibility, mobility, and posture. Please bring mats, a towel and a water bottle.

## FITNOLA CLASS DESIGNATIONS

### Active People. Healthy Nation

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.

### Active People. Healthy Nation+

Want to take your fitness to the next level? Active People, Healthy Nation 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

### Adaptive

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

### Healthy Aging

Healthy Aging caters to the wellness, education, and socialization needs of community members age 55 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.

"

## FITNOLA EVENTS

### "Ugly Sweater" Family Fun Run/Walk (1mi.)

Join the FitNOLA Family Fun Run/Walk! This 1-mile walk/run is for persons with disabilities, their families and their allies ages and up, and is focused on healthy living and getting up and moving! This year's theme is UGLY SWEATERS, so break out those ugly sweaters! The event date is December 12th. It starts at 10 AM at the Lafitte Greenway. Ages 4-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.

### Walking with a Doc Series: Walk with a Dietitian

Join Fit NOLA and Ryan Yates, R.D. for a walk, discussion and Q&A session about all things nutrition! Ryan Yates is a Registered Dietitian with six years of practice, three of those in outpatient oncology. He is also a senior Non-Commissioned Officer in the Army National Guard with eighteen years of service and twelve years of upper leadership experience. Ryan specializes in nutritional education towards impoverished communities, teaching health literacy, nutrition fundamentals, establishing community service connections, and empowering patients to set SMART goals. Ryan has been recognized by patients, coworkers, and superiors for going above and beyond to ensure patients are cared for outside of the clinic walls. The event starts at 8 AM at the Lafitte Greenway (starting at the FitLot)

All ages are welcome, and we encourage you to bring your four-legged friends! Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.

### Active Living Everyday Lunch & Learn

Active Living Everyday Day is an evidence-based behavior change program. Our approach is unique because it addresses the root causes of inactivity rather than simply prescribing exercise. Participants learn the skills they need to become and stay physically active, including identifying and addressing barriers to physical activity, increasing self-confidence about becoming physically active, creating realistic goals and rewards for physical activity, developing social support, and recovering from lapses in physical activity. Each session includes light, optional exercise and a peer support format. The event date is August 29, 2025 and it starts at 12 AM at the Desire/Florida. Ages 10-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied.





# FITNOLA FALL SCHEDULE

\*Ages 10-14 may attend with parent/ guardian. Ages 15+ may attend unaccompanied.  
\*\* Ages 4-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied

## FitNOLA Fall Schedule - September 8 - December 20

### Program Location: Lyons

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Beginner Kung Fu (Donation Requested)	Cardio	*	MONDAY/WEDNESDAY /FRIDAY	5:30 PM	MTP (front near hall)	Beginner	Light
Advanced Kung Fu	Cardio	*	MONDAY/WEDNESDAY /FRIDAY	6:30 PM	MTP (front near hall)	Advanced	Vigorous
Sanda Kickboxing	Cardio	*	MONDAY/WEDNESDAY /FRIDAY	7:30 PM	MTP (front near hall)	Advanced	Moderate
Tai Chi	Mobility/Flexibility	*	Saturday	9:00 AM	MTP (front near hall)	Beginner	Light
Healthy Aging Resistance Training	Resistance	55+	Tuesday/Thursday	10:00 AM	MTP	Beginner	Light
Adaptive Functional Fitness	Resistance	*	Tuesday/Thursday	11:00 AM	GYM	Adaptive	Adaptive
Chair Yoga	Mobility/Flexibility	55+	MONDAY/WEDNESDAY	9:00 AM	MTP (front near hall)	Adaptive	Adaptive
Pilates	Mobility/Flexibility	*	TUESDAY/THURSDAY	9:00 AM	MTP	Beginner	Light
Adaptive Functional Fitness	Resistance	*	MONDAY/WEDNESDAY	10:00 AM	GYM	Adaptive	Adaptive
Adaptive Bounce Cardio	Cardio	*	MONDAY/TUESDAY/WEDNESDAY	11:00 AM	MTP (front near hall)	Adaptive	Adaptive

### Program Location: Sanchez

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Healthy Aging Resistance Training	Resistance	55+	THURSDAY	10:00 AM	GYM	Adaptive	Adaptive
Line Dancing	Cardio	55+	MONDAY/WEDNESDAY	4:30 PM	MTP	Beginner	Light
Chair Yoga	Mobility/Flexibility	55+	MONDAY	10:00 AM	MTP	Beginner	Light

### Program Location: Cut-Off

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Line Dancing	Cardio	*	TUESDAY	5:30 PM	MTP	Beginner	Light
Healthy Aging Resistance Training	Resistance	55+	WEDNESDAY	6:00 PM	GYM	Adaptive	Adaptive

### Program Location: Milne

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Small Group Personal Training	Resistance	*	MONDAY/WEDNESDAY	10:00 AM	Weight Room	Beginner	Light
Beginner Garden Basics	Cardio	55+	WEDNESDAY	8:30 AM	MTP	Beginner	Light
Intermediate Line Dancing	Cardio	*	WEDNESDAY	6:00 PM	MTP	Beginner	Light
Cardio Boot Camp	Cardio	*	SATURDAY	10:00 AM	GYM	Intermediate	Moderate
Healthy Aging Mobility and Core	Mobility/Flexibility	55+	TUESDAY/THURSDAY	10:30 AM	MTP	Beginner	Light
Healthy Aging Dance Cardio	Cardio	*	TUESDAY/THURSDAY	9:30 AM	GYM	Beginner	Light
Active Living Every Day	Health Literacy	18+	TUESDAY/THURSDAY	12:00 PM	MTP 1	Beginner	Light
Adaptive Functional Fitness	Cardio	*	WEDNESDAY/FRIDAY	11:00 AM	GYM	Adaptive	Adaptive
Healthy Aging Resistance Training	Resistance	55+	WEDNESDAY/FRIDAY	10:00 AM	GYM	Adaptive	Adaptive



# FITNOLA FALL SCHEDULE

\*Ages 10-14 may attend with parent/ guardian. Ages 15+ may attend unaccompanied.

\*\* Ages 4-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied

## Program Location: Florida/Desire

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Healthy Aging Mobility and Core	Mobility/Flexibility	55+	MONDAY/WEDNESDAY	11:30 AM	MTP	Beginner	Light
Cardio Sculpt	Cardio	55+	MONDAY/WEDNESDAY /FRIDAY	9:30 AM	MTP	Beginner	Light
Beginner Line Dancing	Cardio	55+	TUESDAY/THURSDAY	11:00 AM	MTP	Beginner	Light
Beginner Line Dancing	Cardio	55+	TUESDAY/THURSDAY	12:00 PM	MTP	Beginner	Light
Healthy Aging Resistance Training	Resistance	55+	TUESDAY/THURSDAY	9:30 AM	MTP	Beginner	Light
Healthy Eating Every Day	Health Literacy	18+	MONDAY/WEDNESDAY	12:30 PM	MTP 1	Beginner	Light

## Program Location: Gernon Brown

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Chair Yoga	Mobility/Flexibility	*	TUESDAY/THURSDAY	9:00 AM	MTP	Beginner	Light
Dance Cardio	Cardio	*	TUESDAY/THURSDAY	10:00 AM	MTP	Beginner	Light
Guided Meditation	Mobility/Flexibility	*	TUESDAY	11:00 AM	MTP	Beginner	Light
Healthy Aging Resistance Training	Resistance	55+	THURSDAY	11:00 AM	MTP	Beginner	Light
Active Living Every Day	Health Literacy	18+	FRIDAY	10:00 AM	Classroom	Beginner	Light
Healthy Eating Every Day	Health Literacy	18+	FRIDAY	11:00 AM	Classroom	Beginner	Light
Pilates	Mobility/Flexibility	*	MONDAY/WEDNESDAY /FRIDAY	9:00 AM	MTP	Beginner	Light
AfroBeats Dance Cardio	Cardio	*	MONDAY/WEDNESDAY	6:50 PM	MTP	Beginner	Light
QuiGong	Mobility/Flexibility	*	SATURDAY	9:15 AM	MTP	Beginner	Light

## Program Location: Rosenwald

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Small Group Personal Training	Resistance	*	TUESDAY/THURSDAY	12:00 PM	Weight Room	Beginner	Light

## Program Location: Rosenwald Annex

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Open Meditation	Mobility/Flexibility	*	MONDAY-FRIDAY	8:00 AM	DANCE ROOM	Adaptive	Adaptive
Hip-Hop Cardio	Cardio	*	SATURDAYS	10:00 AM	MTP 1	Beginner	Light

## Program Location: Brake Tag Station

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
TRX Circuit	Cardio/Resistance	*	TUESDAY	6:00 PM	BRAKE TAG	Intermediate	Moderate
Gentle Yoga	Mobility/Flexibility	*	TUESDAY/THURSDAY	7:00 AM	BRAKE TAG	Beginner	Light
Boot Camp	Cardio/Resistance	*	THURSDAY	6:00 PM	BRAKE TAG	Intermediate	Moderate
Cardio Blast	Cardio	*	SATURDAY	10:00 AM	BRAKE TAG	Intermediate	Moderate
Spin Class	Cardio	*	Wednesday	6:00 PM	BRAKE TAG	Beginner	Light





# FITNOLA FALL SCHEDULE

\*Ages 10-14 may attend with parent/ guardian. Ages 15+ may attend unaccompanied.  
 \*\* Ages 4-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied

## Program Location: Lafitte Greenway FitLot

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Healthy Aging Walking Club	Cardio	*	Monday-Friday	8:00 AM	FitLot	Beginner	Light

## Program Location: Joe W. Brown

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Adaptive Dance Cardio	Cardio	*	TUESDAY/THURSDAY	10:00 AM	Practice Gym	Beginner	Light
Healthy Aging Resistance Training	Resistance	55+	MONDAY/TUESDAY	11:00 AM	TEEN CENTER	Beginner	Light
Hip-Hop Cardio	Cardio	*	TUESDAYS	6:00 PM	TEEN CENTER	Adaptive	Adaptive
Beginner Line Dancing	Cardio	*	Wednesday	5:30 PM	Practice Gym	Beginner	Light
Beginner Line Dancing	Cardio	*	Wednesday	6:30 PM	Practice Gym	Beginner	Light
Dance Cardio	Cardio	*	Thursday	6:00 PM	Practice Gym	Beginner	Light
Healthy Aging Walking Club	Cardio	*	Monday-Friday	7:00 AM	Victory Track	Beginner	Light
Chair Yoga	Mobility/Flexibility	55+	FRIDAY	10:00 AM	MTP	Beginner	Light
Healthy Aging Mobility and Core	Mobility/Flexibility	55+	Thursday	11:00 AM	MTP	Beginner	Light
FitLot Circuit	Resistance	*	Tuesday/Thursday	6:00 PM	FitLot	Beginner	Light
Body Pump	Cardio/Resistance	*	Wednesday	6:30 PM	MTP	Beginner	Light

## Program Location: Gert Town Natatorium

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Water Yoga	Mobility/Flexibility	*	MONDAY/WEDNESDAY	8:00 AM	Natatorium	Beginner	Light

## Program Location: Tremé

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Chair Yoga	Mobility/Flexibility	*	TUESDAY/THURSDAY	9:00 AM	MTP	Beginner	Light
Guided Meditation	Mobility/Flexibility	*	TUESDAY/THURSDAY	10:00 AM	MTP	Beginner	Light
Healthy Aging Resistance Training	Resistance	55+	MONDAY/TUESDAY	10:00 AM	TEEN CENTER	Beginner	Light
Beginner Line Dancing & Second Line Dancing	Cardio	*	MONDAY/WEDNESDAY	9:15 AM	GYM	Beginner	Light
Intermediate Line Dancing & Second Line Dancing	Cardio	*	MONDAY/WEDNESDAY	10:15 AM	GYM	Beginner	Light
Hip-Hop Cardio	Cardio	*	WEDNESDAYS	6:00 PM	MTP	Beginner	Light



# FITNOLA FALL SCHEDULE

\*Ages 10-14 may attend with parent/ guardian. Ages 15+ may attend unaccompanied.

\*\* Ages 4-14 may attend with parent/guardian. Ages 15+ may attend unaccompanied

## Program Location: Treme Natatorium

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Adaptive Water Yoga	Mobility/Flexibility	*	TUESDAY	11:00 AM	GYM	Adaptive	Adaptive

## Program Location: Morris Jeff

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Hip-Hop Cardio	Cardio	*	SATURDAYS	10:00 AM	MTP	Beginner	Light
Line Dancing	Cardio	*	MONDAYS	6:00 PM	MTP	Beginner	Light
Mobility and Core	Mobility/Flexibility	*	WEDNESDAY	6:00 PM	MTP	Beginner	Light
Adaptive Mobility and Core	Mobility/Flexibility	*	MONDAY/WEDNESDAY	10:00 AM	MTP	Beginner	Light
Mobility and Core	Mobility/Flexibility	*	MONDAY/WEDNESDAY	11:00 AM	GYM	Beginner	Light

## Program Location: Annunciation

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Cardio Boot Camp	Cardio	*	THURSDAY	6:00 PM	Field	Intermediate	Moderate

## Program Location: Stallings St. Claude

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Healthy Aging Resistance	Resistance	55+	Friday	10:00 AM	MTP	Beginner	Light
Line Dancing	Cardio	55+	MONDAY/WEDNESDAY	9:30 AM	MTP	Beginner	Light
Chair Aerobics	Cardio	55+	Tuesday	11:00 AM	MTP	Beginner	Light
Chair Yoga	Mobility/Flexibility	55+	Thursday	11:00 AM	MTP	Beginner	Light
Mindfulness	Mobility/Flexibility	*	MONDAY/WEDNESDAY	2:00 PM	MTP	Beginner	Light
Chair Fitness	Cardio	*	MONDAY/WEDNESDAY	3:00 PM	MTP	Beginner	Light
Yogalates	Mobility/Flexibility	*	MONDAY/WEDNESDAY	4:00 PM	MTP	Beginner	Light

## Program Location: St. Bernard

Class Name	Classification	Age	Day	Start Time	Room	DIFFICULTY	INTENSITY
Small Group Personal Training	Resistance	*	MONDAY/WEDNESDAY	6:00 PM	Weight Room	Beginner	Light



## HOW MUCH EXERCISE SHOULD I GET?

The U.S. Centers for Disease Control and Prevention's exercise guidelines recommend that adults get at least 150 minutes of moderate-intensity aerobic activity per week, along with two days of muscle-strengthening activity. The recommendations can be met through a variety of activities and can be broken up into smaller, manageable time chunks.

### For adults (18–64 years)

- **Aerobic activity:** Aim for at least 150 minutes of moderate-intensity activity (e.g., brisk walking, water aerobics) or 75 minutes of vigorous-intensity activity (e.g., jogging, swimming laps) each week. Recommended Fit NOLA classes include dance cardio
  - You can spread this activity out during the week. One common approach is 30 minutes a day, five days a week.
  - An equivalent mix of moderate- and vigorous-intensity activity is also an option.
- **Muscle-strengthening:** Engage in activities that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms) at least two days a week.
  - Activities can include lifting weights, using resistance bands, doing push-ups and sit-ups, or heavy gardening. Recommended Fit NOLA classes include Boot Camp and Resistance Training.

### For older adults (65 and older)

Older adults should follow the same guidelines as other adults, with some additional considerations.

- **Add balance exercises:** Include activities to improve balance, such as Tai Chi, yoga, or Mobility and Core.
- **Adjust for fitness level:** Determine the level of effort relative to your fitness.
- **Consider chronic conditions:** If you have chronic conditions that prevent you from meeting the 150-minute recommendation, be as physically active as your abilities allow.

For children and adolescents (6–17 years)

Children and adolescents need more daily activity to support their growth and development.

- **Daily activity:** Get 60 minutes or more of moderate-to-vigorous physical activity every day.
- **Include variety:** The 60+ minutes should include:
  - **Aerobic:** Most of the activity should be aerobic, with vigorous-intensity activity included at least three days a week.
  - **Muscle-strengthening:** Activities like climbing or push-ups should be included at least three days a week.
  - **Bone-strengthening:** Activities like jumping rope or gymnastics should be included at least three days a week.

### Safety tips for all ages

- Start slowly and gradually increase activity to avoid injury.
- Listen to your body and stop if you feel pain, dizziness, or chest discomfort.
- Consult a doctor before starting vigorous-intensity activity if you have a chronic health condition or have been inactive.



# Cultural Activities and Programs

For more information, please call (504)658-3011



## Family Game Night

Friday, October 17, 2025

Milne Rec. Center

5:00 pm – 7:00 pm

## Kid Café Meal Program

All NORD Rec. Centers

Mondays – Fridays

Between 3:00 pm – 6:00 pm

## Cultural

**Piano @ Morris Jeff Rec. Center**

Mondays – 10:30 am – 2:30 pm

Thursdays – 10:30 am – 2:30 pm

**Piano @ Cut-Off Rec. Center**

Tuesdays – 10:30 am -2:30 pm

**Piano @ Annunciation Center**

Wednesdays – 10:30 am – 2:30 pm

**Piano @ Milne Rec. Center**

Mondays – 9 am – 6 pm

Tuesdays – 9 am – 6:30 pm

Wednesdays – 9 am – 6 pm

Thursdays – 12:30 pm- 3:30 pm

**Piano @ Gernon Brown Rec. Center**

Thursdays -- 4 pm – 6 pm

**Piano @ Tremé Rec. Center**

Fridays – 2 pm – 5 pm

## Art Classes

- Watercolor class @ Milne Rec. Center – Mondays @ 5:30pm – 7:30pm
- Ceramics class @ Gernon Brown Rec. Center – Tuesdays @ 1:00 pm – 4:00 pm
- Drawing class @ Milne Rec. Center – Thursdays @ 10:00 am – 12:00 pm
- Painting class @ Tremé Rec. Center – Fridays @ 3:00pm – 5:00pm

## Senior Dance Fitness class

- Mondays and Wednesdays --- Morris Jeff Rec. Center @ 10:30 am – 12:30 pm
- Tuesdays and Thursdays --- Lyons Rec. Center @ 10:30 am – 12:30 pm

## Youth Dance class

Mondays and Wednesdays --- Stallings St. Claude Rec.

Center @ 4:30 pm – 7:30 pm

## Senior Choir

Mondays and Tuesday – Milne Rec. Center @ 1:00 pm –

2:00 pm

## Outdoors

Guided Group Activities --- Tues – Fri. @ 9:00am – 6:00 pm

| Appt. Only

- Group Canoeing
- Group Archery
- Group Survival Skills
- Group Fishing
- Group Nature Walk
- Group Geocaching

## Open Canoeing & Fishing

- Saturdays @ 10:00 am – 2:00 pm

## Open Archery

- Thursdays @ 4:00 pm – 7:30 pm

## Camping Program

Availability: Private group camping is available on select dates on a first-come, first-serve basis. The campsite may be reserved Friday afternoon from 3 p.m. to Saturday morning at 9 a.m. Private camping is contingent on staff availability.

## The Haunted Canoe Ride

- Friday, October 31, 2025
- Joe Brown Complex Canoe launch





# OUTDOORS

Visit [nordc.org/outdoors](http://nordc.org/outdoors), call (504) 658-3082, or email [NORDCoutdoors@nola.gov](mailto:NORDCoutdoors@nola.gov)



All outdoors programs are FREE and all equipment is provided. Programs meet behind Joe W. Brown Rec Center unless otherwise specified. Registration or reservations are usually required.

## A Call for Open Canoeing & Fishing Volunteers! We Need You!

Join our spirited, easy-going crew for a unique volunteering experience. NORD Outdoors is looking for volunteers to help lead its Open Canoeing & Fishing activities at Joe W. Brown Park in New Orleans East. We operate on Saturdays (March 9–Nov. 2) from 10:00 a.m.–2:00 p.m. Training for all activities is provided. If you aren't familiar with outdoor recreation, step out of your comfort zone! Must be age 15+ to volunteer.

## Open Canoeing & Fishing

Visit the friendly NORD Outdoors team behind the Joe W. Brown rec center every Saturday (March 9–Nov. 2) from 10:00 a.m.–2:00 p.m. Sign out canoeing equipment or fishing tackle and enjoy this self-guided experience at the beautiful Joe W. Brown Park! It's free! The park features two lagoons and over a mile of winding canals. Admire wildlife. Snag a big bass, bluegill, or catfish from our spacious, ADA-accessible dock! No experience? No problem. Our staff and dedicated volunteers provide introductory paddle and fishing lessons. Come solo or bring the fam!

### IMPORTANT INFO:

For groups of 10 or less, come at your convenience; no reservation required. For groups of more than 10, please call in advance to reserve a time. Open to all ages. Children under age 10 must be accompanied by an adult. A parent or guardian must sign a waiver for children under age 18. For Open Fishing, a freshwater fishing license is required for participants age 16 and over.



## Open Archery

Swing by our archery range every Thursday to unwind, learn a new skill - or both. It's free! A certified archery instructor will always be on hand, providing thorough safety instructions and plenty of tips about technique and form. Improve your form with each session. Master the fundamentals.

### IMPORTANT INFO:

Visit [nordc.org/outdoors](http://nordc.org/outdoors) to reserve your target. You may bring one guest per target when space is available. Ages 8+. Sessions offered every Thursday at 4:00 p.m., 5:00 p.m. and 6:00 p.m. Open year-round! Location: Joe W. Brown Archery Range. Take the second entrance into the park from Read Blvd. near the fire station. Range located behind the Spartan Field House near the playground. All equipment is provided.

## Group Activities

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

Looking to try something new and constructive with your youth group, school group, club, organization, or family? We take all comers! Check out our diverse offerings. Important info: Activities are free. Minimum of eight participants. A single activity is typically 2–3 hours. For field trips, multiple activities may be booked. See descriptions for age ranges. Availability: Tuesday–Friday from 9:00 a.m. – 6:00 p.m. Also available Saturdays Nov. 9 – March 1 from 10:00 a.m. – 2:00 p.m.

### Archery:

Learn bow-shooting skills and range safety with a certified archery instructor. Shoot a few rounds of arrows and test your accuracy. Improve your form with each session. Master the fundamentals. (Ages 8+)

### Canoeing:

Tour the Joe W. Brown lagoons by canoe. Learn basic paddling skills and canoe safety with a seasoned instructor. All equipment provided; no experience necessary. The park features two lagoons and over a mile of winding canals! One adult is required for every two children under age 10. (Ages 3+)

### Fishing:

Learn basic bait rigging, knot tying, casting, and fish identification with a seasoned instructor. Snag a big bass, bluegill, or catfish from our spacious, ADA-accessible dock! All equipment provided; no experience necessary. A freshwater fishing license is required for participants age 16 and over. (Ages 7+)

### Nature Walk:

Experience the wonders of Louisiana in our own backyard. Professional outdoors enthusiasts will introduce you to the robust ecosystems within Joe W. Brown Park or the nearby Audubon Nature Center. For youth and teens, nature walks include a series of educational activities that engage the senses. (Ages 5+)

### Basic Survival Skills:

Go off the grid and learn the basics of shelter building, fire building, and water purification in this hands-on class at Joe W. Brown Park. Gain knowledge about local medicinal or edible plants that can be found in the park and often in your own neighborhood. (Ages 5+)

### Geocaching:

Develop the skills to become a successful geocacher in this worldwide, GPS-based treasure hunt! Try to find every cache within our Joe W. Brown Park course, which now includes two advanced caches mimicking real-world scenarios. Children under age 10 must be accompanied by an adult. For more info about the culture, concepts, and history of geocaching, visit [geocaching.com](http://geocaching.com). (All Ages)



### Camping

Reserve our family-friendly, urban campsite at Joe W. Brown Campsite! The campsite features a fire pit, water spigot, and nearby shelter with picnic tables and bathrooms. Pair your trip with one or more activities above for a holistic experience. A NORD Outdoors employee will stay overnight to ensure park rules are followed, to safely extinguish the fire, and to unlock the gates in case of an emergency. Important Info: Reservation required. Camping is free. Groups must have at least 10 people and provide their own equipment and firewood.

*Note: Camping is available on select dates on a first-come, first-serve basis. The campsite may be reserved Friday afternoon from 3 p.m. to Saturday morning at 9 a.m. Call or email for availability: (504) 655-8396 or [NORDCoutdoors@nola.gov](mailto:NORDCoutdoors@nola.gov).*

### Outdoors Program at Joe W. Brown

PROGRAM	DAYS	TIMES	AGE	DATES
Group Canoeing*	Tues-Fri	9:00 AM-6:00 PM	3+	Appt. Only
Group Fishing*	Tues-Fri	9:00 AM-6:00 PM	7+	Appt. Only
Group Archery*	Tues-Fri	9:00 AM-6:00 PM	8+	Appt. Only
Group Nature Walk*				
<i>Also available at the adjacent Audubon Nature Center</i>	Tues-Fri	9:00 AM-6:00 PM	5+	Appt. Only
Group Survival Skills*	Tues-Fri	9:00 AM-6:00 PM	5+	Appt. Only
Group Geocaching*	Tues-Fri	9:00 AM-6:00 PM	All	Appt. Only
Open Archery*	Thurs	4-5 PM & 5-6 PM	8+	Year-round
Camping*	Fri	4:00 PM- Sat 9:00 AM	All	TBD
<i>(NORD LOOP Family Camp Out)</i>				
Open Canoeing & Open Fishing	Sat	10:00 AM-2:00 PM	All	Mar 9-Nov 2
* Registration required.				





## GET OUT AND FISH

- Stockings are provided by the LDWF Get Out & Fish! Community Fishing Program:  
<https://www.wlf.louisiana.gov/page/get-out-and-fish>  
NORD provides a host site and is a participant in the program
- The public is welcome to fish on the dock or along the banks anytime during park operating hours, which are 7:00 a.m. - 9:00 p.m.
- Self-guided experience: must bring own pole, tackle, and bait

### Channel Catfish (*Ictalurus punctatus*)



Stocked in the spring and fall each year at Joe W. Brown Park. You'll have luck fishing for channel catfish along the bottom of the pond with many different types of bait. Channel catfish particularly like baits with a strong smell. Bait recommendations for channel catfish: dough bait, shrimp, worms, chicken meat, and Slim Jims

### Rainbow Trout (*Oncorhynchus mykiss*)



February at Joe W. Brown Park, pending the water temperature. We suggest fishing for rainbow trout with a light line and small hook. You might try a small spinner lure or rooster tail. Many people have luck with power bait or corn as well. You can catch rainbow trout with both live and dead bait. Bait recommendations for Rainbow trout: PowerBait and corn.

*NOTE: Our first 2024 fall catfish stocking will likely occur in late Sept. or early Oct.*



**LDWF**  
**GET OUT & FISH!**  
COMMUNITY FISHING PROGRAM

**GET OUT & FISH!**  
**FRESH CATFISH STOCKING**  
**1,000 POUNDS OF CHANNEL CATFISH**  
**JOE W. BROWN PONDS**  
**5601 READ BOULEVARD**  
**DATE/TIME: TBA**

\*\*\*BONUS: Free Poles, Bait, and Fishing Lessons. Intro Lessons and canoe checkouts will be on Saturdays thru Nov. 1 from 10am-2pm. Visit gazebo behind Joe W. Brown Rec Center for equipment and intro lessons.

**NORD**  
COMMISSION

**FREE**  
**BRING YOUR OWN POLE & BAIT**  
**SELF-GUIDED EXPERIENCE**  
[www.nordc.org/outdoors](http://www.nordc.org/outdoors)



**nORD COMMISSION HALLOWEEN HAUNTED HOUSE**

**FRI-SAT, FRI  
OCT 24-25, 31  
6pm-9pm**

**Lafitte Greenway (Brake Tag Station)  
500 N. Norman C. Francis Parkway | New Orleans | 70112**

**FRI  
OCT 31  
5pm-8pm**

**Joe W. Brown  
5601 Read Boulevard | New Orleans | 70126**

**Wear a costume! | All Ages Welcome!  
www.nordc.org**



**nORD COMMISSION**

**Halloween Spooktacular**

**OCTOBER 31, 2025 | 5pm-8pm**

**JOE W. BROWN  
LAFITTE GREENWAY  
MORRIS F.X. JEFF**

*Participants can visit all three (3) locations  
for extreme Halloween Fun & Trick or Treat!*

**All Ages Welcome!**

**SPOOKY TREATS, DRINKS & GAMES  
COSTUMES ENCOURAGED**



# TEENS

2024 TEEN EVENTS & ACTIVITIES

## Teen Council

### MONTHLY MEETING

Teen Council

September 13, 2025

October 11, 2025

November 8, 2025

December 13, 2025



## Why Should You Join TC?

APPLICATIONS ARE DUE on August 31st!

Questions? Contact NORD Teen Program Manager at [nordcteens@nola.gov](mailto:nordcteens@nola.gov) or (504) 658-3003



EXPLORE various career options in New Orleans  
NETWORK with professionals from local businesses and community leaders  
DEVELOP new, hands-on job skills in the real world  
BUILD your resume with community activities



### PARTICIPANTS WILL:

- Address topics such as career pathways, public speaking, fine dining etiquette, entrepreneurship, and environmental awareness
- Create an ePortfolio to assist with college applications
- Be tasked with planning a wide variety of responsibilities, including the Mardi Gras Ball, Teen Council Meetings, and more!
- TC members are eligible to travel with peers on annual College Tours!

### HAVE FUN!

#### TC APPLICANTS REQUIREMENTS:

- Birth Certificate
- A current report card
- Two (2) letters of recommendation
- A 250-word essay on "Leadership"
- At least a 2.5 GPA or greater

### TO APPLY:

- SUBMIT documents in person at the NORD main office located at 5420 Franklin Avenue, NOLA 70122.
- Space is limited.





**NORD**  
COMMISSION

# TEEN COUNCIL

**SATURDAYS  
10AM-12PM  
MILNE REC CENTER**



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

IF YOU'RE BETWEEN THE AGES 13-17 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 INFORMATIION EMAIL  
[NORDEENS@NOLA.GOV](mailto:NORDEENS@NOLA.GOV)



The poster features a dark blue background with orange circuit-like lines. At the top left is the 'NOLA GROWN' logo (a stork carrying a cup). At the top center is the 'NORD COMMISSION' logo. To the right is a stylized icon of a person wearing a VR headset. The main title 'E-SPORTS' is in large, bold, white letters. Below it are two photos of people gaming: one of a man with headphones and a woman, and another of a person from behind wearing headphones. Between these photos is a QR code with a green border and the text 'SCAN ME'. To the left of the photos is the text 'LEVEL UP' with an upward arrow, and to the right is a red target icon. On the far left and right sides are the words 'FREE PLAY' in large, bold, white letters. Below the photos is the text 'SIGN UP FOR SESSIONS:'. At the bottom, it lists the schedule: 'MONDAYS/WEDNESDAYS-5PM-7PM' and 'TUESDAYS/THURSDAYS-5PM-7PM', followed by '\*MILNE | CUT-OFF | LYONS | JOE W. BROWN\*'. Below this is the text 'EDUCATIONAL OPPORTNITIES' in green, 'AGES: 7-17YRS' in white, and 'WWW.NORDC.ORG' in small white letters. There are also icons of a game controller, a plus sign with arrows, and a 'GAME OVER' sign.

**NOLA GROWN**

**NORD**  
COMMISSION

**E-SPORTS**

LEVEL UP ↑

FREE PLAY

SCAN ME

SIGN UP FOR SESSIONS:

MONDAYS/WEDNESDAYS-5PM-7PM  
TUESDAYS/THURSDAYS-5PM-7PM  
\*MILNE | CUT-OFF | LYONS | JOE W. BROWN\*

**EDUCATIONAL OPPORTNITIES**

**AGES: 7-17YRS**

WWW.NORDC.ORG

FREE

GAME OVER

START





# NORD FOUNDATION

FACILITIES & PLAYGROUND SPONSORS

## THANK YOU TO OUR PROGRAM SPONSORS

### 2024 Contributions

Evans Booster Club - \$500  
LCMC - \$1534  
Harrah's - \$5,000 (Holiday in the Park)  
Harrah's Thomas - \$1,000 (Holiday in the Park)  
State of Louisiana - \$75,000  
LAMP - \$5,000 (for 2023 Golf Tournament) Cabrini  
High School - \$9,250  
Capital One - Summer Camps \$7,500  
FitLot - FitNOLA \$4010  
NOTCF - Recreation & Culture \$40K  
Harrah's King - \$1000  
Horizon Bank (formerly IBERIA Bank) - \$2,250 N.O.  
Jazz & Heritage - \$3,000

### Partnerships,

#### NORD still has funding from the following:

Aquatics (Hertz, GNO Inc., RWE)  
Athletics (AllState Sugar Bowl)  
Track & Field (Horizon Bank)  
SWAAG (CAF - Charity Aids Foundation)  
After-School Feeding (Share Our Strength)  
Cultural (Liberty Bank)  
FitNOLA (Chevron)  
Teen Programs (Chevron)  
Teen Camps (Capital One)

### NORD FOUNDATION

The NORD Foundation is a 501(c)(3) nonprofit organization that raises funds to support the activities of the New Orleans Recreation Development Commission.

This private organization is led by a volunteer Board of Directors. All contributions received will be acknowledged by letter and are tax-deductible to the extent allowed by law. Individual and corporate donors may restrict their gift to a specific playground or program, or give funds to support NORD's priority needs, such as athletic equipment. Gifts in any amount are welcome.

Please contact Cheryl Mendy, Office Manager, [cherylm@nordfoundation.org](mailto:cherylm@nordfoundation.org), (504) 919-6049.

#### New Orleans Recreation Development Foundation

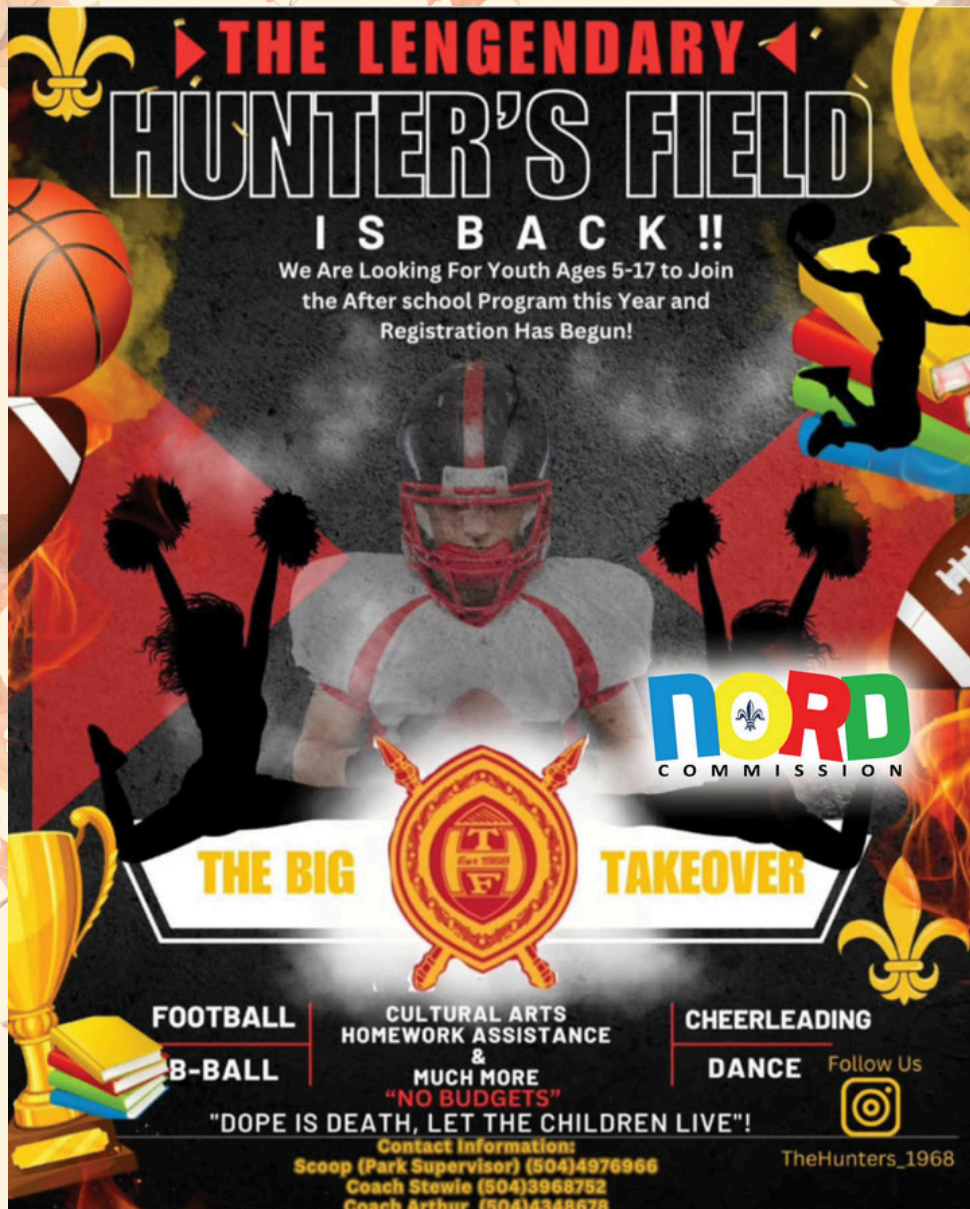
5420 Franklin Avenue, New Orleans, LA 70122  
[www.nordfoundation.org](http://www.nordfoundation.org)

## Board of Directors

**Ernest P. Price, Jr.**  
**Board-Chairman**

**Theo Sanders**  
**Member-Ex-Officio**





# THE LENDGARY HUNTER'S FIELD

## IS BACK!!

We Are Looking For Youth Ages 5-17 to Join  
the After school Program this Year and  
Registration Has Begun!

**NORD**  
COMMISSION

### THE BIG TAKEOVER


**FOOTBALL**  
**B-BALL**

**CULTURAL ARTS**  
**HOMEWORK ASSISTANCE**  
**&**  
**MUCH MORE**  
**"NO BUDGETS"**

**Cheerleading**  
**DANCE**

**"DOPE IS DEATH, LET THE CHILDREN LIVE!"**

**Contact Information:**  
Scoop (Park Supervisor) (504)4976966  
Coach Stewie (504)3968752  
Coach Arthur (504)4348678

**Follow Us**  
  
TheHunters\_1968



**FRIDAY**  
**OCTOBER 17**  
**5:00PM-7:00PM**

**Register Now Below:**

**scan  
ME!**



**NORD Family Game  
Night!**

**MILNE REC CENTER**  
**5420 FRANKLIN AVE. | NOLA | 70122**

*Come out and join us for a night of  
family fun, win prizes and make  
memories!*

**For more information  
call 504-658-3052**

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





**Free**  
**kid cafe'**  
**program**

**\*Ages 18 and under\***

**Kid Cafe' FREE meals and  
snacks are available Monday  
through Friday between 3:00p  
to 6:00p at NORD Rec Centers**

*Days and times may vary per site. Please call center for detailed information.*



CONTACT US FOR MORE INFO  
**504-658-3052**







5420 FRANKLIN AVENUE  
NEW ORLEANS, LA 70122  
(504) 658-3052  
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)





5420 FRANKLIN AVENUE  
NEW ORLEANS, LA 70122  
(504) 658-3052  
nordc.org



# NOW HIRING

## LIFEGUARDS

STARTING AT

# \$17.58

PER HOUR

FLEXIBLE  
SCHEDULES

--

CERTIFICATIONS  
AVAILABLE

--

TRAINING  
AVAILABLE

--

AGES 15+



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





# VOLUNTEERS NEEDED!

**CALLING ALL VOLUNTEERS! WE NEED YOUR HELP!**

Our organization is looking for dedicated individuals to join us in our mission to make a positive impact in our community.

**Rec Centers | Special Events | Athletics | Outdoors | Volunteer Groups | Booster Clubs**



Contact us today to learn more about this exciting volunteer opportunity.

**[nordc.org/volunteer/](http://nordc.org/volunteer/)**





NEW ORLEANS  
**nORD**  
RECREATION DEVELOPMENT FOUNDATION

**TRANSFORM LIVES WITH  
YOUR DONATION**

For more information  
on how to donate & more!  
Contact Cheryl Mendy  
[cherylm@nordfoundation.org](mailto:cherylm@nordfoundation.org)

**DONATE NOW**

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



Follow us for updated  
programming, sports,  
events, and more!



LIKE



COMMENT



SHARE



SAVE



*Hear Us. See Us. Join Us.*

