



CITY OF NEW ORLEANS REATION LEISURE



CLASSES, EVENTS & SCHEDULES



Summer Calendar of Events **Summer Program Descriptions Facility Rental Information Facilities, Amenities, and Locations**

JUNE-AUGUST





SCAN OUR QR CODE & START YOUR PROCESS TODAY!





For more information or questions visit nordc.org

Hear Us. See Us.

♡LIKE ♀COMMENT ♂SHARE ☐ SAVE

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



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2025 RECREATION & LEISURE



OFFICIAL LETTERS

A WORD FROM THE MAYOR, NORD CEO & COMMISSION CHAIR







Dear Residents of New Orleans,

It is an absolute pleasure, as the Mayor of the City of New Orleans, to express my sincere gratitude to the NORD Foundation for their unwavering support and dedication to enhancing the lives of our residents through exceptional recreational opportunities and community programs.

As we set our sights on Summer 2025, I am excited that our kids will have fun, safe environments all season, whether through athletic activities, cultural programs, internships, or enrichment programs and events. These tools and many other innovative programs are just what our youth and young adults need

to keep them engaged and productive.

Under my leadership, the City of New Orleans has completed several projects, marking significant progress in expanding recreational opportunities for our community.

This year, we are proud to announce several new infrastructure developments, including the installation of Super Bowl LIX turf at the Lafitte Greenway, Joe Brown Park, Perry Roehm Stadium, and Larry Gilbert Stadium. Additionally, the George V. Rainey Natatorium at Morris F.X. Jeff Park is now complete, offering our community an improved aquatic facility.

We are also thrilled to introduce the Lyons Center Maker Space and Esports Lab, as well as the upcoming Kaboom play structure build at Milne, scheduled for May. Our partnership with STEM NOLA will provide exciting opportunities for youth engagement in both the summer and fall seasons. Furthermore, we have plans to resurface the AL. Davis tennis courts and add pickleball facilities, with work scheduled to begin in July.

I want to echo NORD's Chief Executive Officer, Larry Barabino Jr.'s, excitement about investing in safe, dynamic recreational spaces and top-tier programming as we launch new initiatives this season. Let's continue working collaboratively to move New Orleans forward.

Sincerely,

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LaToya Cantrell

Mayor, City of New Orleans



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Dear Friends,

I hope this letter finds you well. I want to extend my sincere gratitude to the residents of New Orleans, Mayor LaToya Cantrell, the NORD Commission, City Council, and the NORD Foundation for their continued investment in creating safe, modern recreational spaces and high-quality programming for our community.

Summer at NORD means open pools, camps, and programs to keep residents active, engaged, and safe. This year, we're offering 21 youth camps and 12 teen camps, serving over 2,600 youth and 1,000 teens. For 57 years, NORD summer

camps have provided enriching activities, including water safety classes for all campers and pool visitors.

Speaking of pools, we are excited to welcome residents to the first full summer at the newly completed George V. Rainey Natatorium at the Morris F.X. Jeff Recreation Complex in Algiers. This state-of-the-art facility will provide year-round swimming programs, water aerobics, and lifeguard training, ensuring accessible aquatic resources for all.

We are also making strides in improving our recreational infrastructure. This summer, we celebrate the installation of Super Bowl LIX turf at the Lafitte Greenway, Joe W. Brown Stadium, Perry Roehm Stadium, and Larry Gilbert Stadium, providing top-quality athletic fields for youth and adult sports.

In addition, we will continue offering community favorites such as Fit NOLA, pickleball, water aerobics, free play basketball, open archery, baseball, softball, and NOBA Dance.

I want to express my sincere appreciation to our generous sponsors, community partners, volunteers, and the dedicated NORD team for their unwavering commitment to community recreation. Your support ensures we continue to provide safe, dynamic spaces and exceptional programming. I look forward to seeing you at our events and making this summer one to remember.

Here's to a fun-filled and engaging Summer 2025 at NORD – where there's something for everyone.

Sincerely,

any Baralino, J Larry Barabino, Jr.

NORD Chief Executive Officer



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Dear Friends and Neighbors,

As Chair of the NORD Commission, I'm proud to share in the excitement of another vibrant summer season in New Orleans. I want to thank Mayor LaToya Cantrell, my fellow Commissioners, the City Council, the NORD Foundation, and most importantly, the people of New Orleans for your continued belief in the power of parks and recreation to strengthen our communities.

Each summer brings renewed energy to NORD, and 2025 is no exception. With expanded programming, improved facilities, and deepened community partnerships, this season reflects our shared commitment to providing

inclusive, high-quality recreational opportunities for residents of all ages.

We're especially excited about the full summer debut of the George V. Rainey Natatorium at the Morris F.X. Jeff Recreation Complex in Algiers, a major step forward in offering year-round aquatic access for our residents. The recent installation of Super Bowl LIX turf at four of our athletic sites, Lafitte Greenway, Joe W. Brown Stadium, Perry Roehm Stadium, and Larry Gilbert Stadium, also underscores how New Orleans continues to invest in lasting legacies that benefit our youth and families.

This summer, NORD will serve thousands of young people through youth and teen camps, while also offering a variety of health, fitness, and cultural programs from pickleball and flag football to water aerobics, open archery, and dance. These offerings help foster community connection and personal well-being across all neighborhoods.

On behalf of the NORD Commission, thank you for your partnership and support. Together, we're building a stronger, healthier, and more joyful New Orleans - one season at a time.

Warm regards,

Theo C. Sanders

Theo C. Sanders, III Chair, NORD Commission



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 the their services, but accept their appointments in the interest of civic betterment.



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



Gilbert Montaño



Freddie King, III Chief Administrative Officer City Council Representative



Olin G. Parker Representative Orleans Parish School Board



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



Dana Peterson Vice Chair At-Large Mayoral Appointee



Ernest Price, Jr.

NORD Foundation

Representative



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

"Open" At-Large Mayoral Appointee



Adolph 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 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, 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.

Booster Club members 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 or contact demond.simon@nola.gov or call 504-658-30989.



FACILITIES MAP

2025 RECREATION & LEISURE

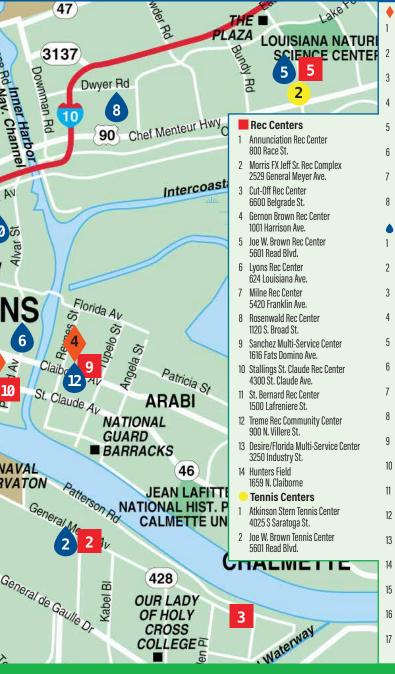






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Fitness Centers

- Laffitte Grnwy Outdoor Fitness Park 1971 Lafitte St.
- 2 Milne Rec Center 5420 Franklin Ave.
- 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.
- ' St. Roch Park Outdoor Fitness Park 1800 St. Roch Ave.
- 8 Treme Rec Community Center 900 N. Villere St.

Pools

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

FACILITIES

SUMMER NORD FACILITY SCHEDULES



SUMMER CLOSURE DATES

Summer programming is from June - August Facilities will be closed on the following dates:

Juneteenth: June 19

Independence Day: July 4

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.	В	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.	В	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.	В	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.	В	GertTown
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.	В	Uptown
Willie Hall at Harris Playground	983 Louisa Drive	D	Pontchartrain Park



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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.

Milne Rec Center 5420 Franklin Ave.

M-F 4:00 PM-9:00 PM

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

Rec Center Summer Hours Monday - Friday | 4pm - 9pm Except Desire Open Monday - Friday | 10am - 9pm

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
Hunters Field	1659 N. Claiborne	(504) 658-3100
Joe W. Brown Rec Center	5601 Read Blvd.	(504) 658-3080
Lyons Rec Center	624 Louisiana Ave.	(504) 658-3004
Milne Rec Center	5420 Franklin Ave.	(504) 658-3088
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

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



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.
- 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
- 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.
- 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

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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

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- 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 is prohibited without written approval from NORD. Additionally, such sales require permits from the City of New Orleans, obtainable through the One Stop Shop. Concession stands are reserved exclusively for NORD Booster Clubs.
- Erecting stages, tents, or booths without written approval from NORD is prohibited and requires additional permits from the City of New Orleans, obtainable through the 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 or 1300 Perdido St, 7th Floor, New Orleans, LA 70112.

FACILITIES

SUMMER 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.

FREE-PLAY VOLLEYBALL

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

FREE-PLAY PICKLEBALL

Pickleball is the latest fitness craze! A paddle sport crested 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 6 of our rec centers, Gernon Brown, Joe Brown, Morris Jeff, Treme, Rosenwald and Lyons. Please contact your nearest center for schedules.

WALKING CLUB

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

GOLF

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

INTRO TO COMPUTERS

Learn basics of how to use computers, the usage or word, excel and PowerPoint. In class instructions with the usage of our computer labs. Contact the Desire and Lyons Center locations for dates and schedules.

PING PONG FREEPLAY

For adults and Youth

We have ping pong tables at several of our rec centers across the city: Treme, Sanchez, Rosenwald, Morris Jeff, St. Bernard and Milne. Come out for a challenge to see who the best is! Contact your nearest center for schedules.

WHEELCHAIR BASKETBALL

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

OPEN CHECKERS

NEW! Open play Checkers for youth and adults is offered at all NORD Lyons Centers. Please contact you for Youth and Adult open play schedules.

OPEN CHESS

Open play Chess for youth and adults is offered at all NORD Lyons Centers. Please contact for Youth and Adult open play schedules.

BASKETBALL FUNDAMENTALS

Learn the basics on how to play the game, In Class instruction in addition to outdoor practice. Space is limited. Visit or contact your local Recreation Centers for schedules and details.

E-SPORTS NEW LOCATION!

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 and or contact our Milne , Lyons and Cutoff Centers for schedules and details.

OPEN PLAY GAMING

NEW! Let's game! Come out to 3 of our Recreation Centers: Treme, Rosenwald and St. Bernard and hang out in our cool Teen Center and game. Time slots for gaming are offered on a weekly basis at those 3 sites. Please contact or visit us about the schedule 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 visit Treme Center for more details regarding our Ball Room dancing classes.

YOUTH PROGRAMS



SUMMER YOUTH PROGRAMS AND ACTIVITIES

Family Game Night June 27, 2025

Rosenwald Rec Center 5:00 pm – 7:00 pm

Youth Krazy Hat

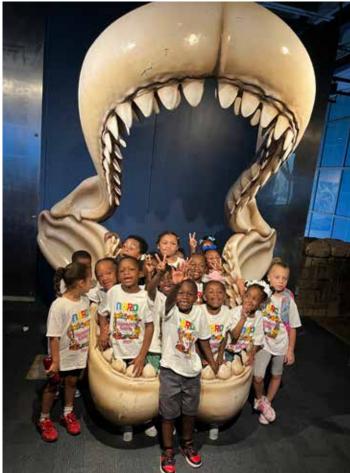
July 11, 2025 Sock Hop Dance Treme Rec Center 5:00 pm – 7:00 pm

Family Game Night

August 15, 2025 Sanchez 5:00 pm - 7:00 pm







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 I: June 2-6, 2025
- Session II: July 7-11, 2025
- Session III: August 4-8, 2025

SWIM LESSON SESSIONS

- Session I: June 9-July 3, 2025
- Session II: July 14-August 1, 2025
- Session III: August 11-29, 2025

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. Participants can only register for one class per session and must attend the first class or they will be dropped from the course.



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 nordc.org



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 5–18.

WATER AEROBICS

Low Impact/High Impact

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

AQUATICS - Call 504-658-3044 or email jsjones@nola.gov

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 SCHEDULE



SUMMER AQUATICS SCHEDULE

)ADWAY ST. 5	04-6 <u>58-3</u>	3096		TREME POOL 900 N. VILL	ERE ST. 504 <u>-6</u>	58-31 <u>62</u>		
Program Name	Age	Days	Start Time	End Time	Program Name	Age	Days	Start Time	End Time
Lap Swim ONLY	16+	M-F	7:00am	8:45am	Water Aerobics	16+	M-F	7:00am	7:45am
Water Aerobics	16+	M,W,F	9:00am	9:45am	Water Aerobics	16+	M-F	6:00pm	6:45pm
Water Yoga	16+	T,TH	9:00am	9:45am	Water Aerobics	16+	Sat.	9:00am	9:45am
Water Aerobics	16+	M,W,F	6:00pm	6:45pm	Lap Swim	16+	M-F	5:00pm	5:45pm
Summer Camps	8+	M-F	10:00am	2:00pm	Summer Camps	8+	M-F	10:00am	4:00pm
Family Swim	Various ages	M,W,F	2:00pm	4:00pm	Shark Level 1	Ages 17+	M,W	5:00pm	5:45pm
Family Swim	Various ages	T,TH	4:00pm	4:45pm	Shark Level 2	Ages 17+	M,W	5:00pm	5:45pm
Family Swim	Various ages	M,W,F	6:00pm	6:45pm	Shark Level 3	Ages 17+	T, TH	5:00pm	5:45pm
Programming	Various ages	M-F	7:00pm	7:45pm	Shark Level 4	Ages 17+	T,TH	5:00pm	5:45pm
Starfish Levels 1-4	Ages 6-12	T,TH	5:00pm	5:45pm	Starfish Level 1	Ages 6-12	T, TH	4:00pm	4:45pm
Shark Levels1-4	Ages 13-16	T,TH	6:00pm	6:45pm	Starfish Level 2	Ages 6-12	T,TH	4:00pm	4:45pm
Swim Team	6+	Sat	9:00am	10:00am	Nemo Level 1	Ages 3 - 5	M,W	4:00pm	4:25pm
Nemo Levels 1&2	Ages3-5	Sat	10:00am	10:45am	Nemo Level 2	Ages 3 - 5	M, W	4:30pm	4:55pm
Family Swim	Various ages	Sat	10:00am	1:45pm	Programing	Various ages	M-F	7:00pm	7:45pm
Lap swim	16+	Sat	10:00am	1:45pm	Lap Swim	16+	Sat	10:00am	2:00pm
JOE W. BROWN POOL 5601		504-658-			Tadpole Level 1	6-36 mons	Sat	10:00am	10:30am
Program Name	Age	Days	Start Time	End Time	GEORGE V. RAINEY POOL	2529 GENERAL	MEYER AV	F. 504-65	8-3094
Lap swim	16+	M-F	8:00am	8:45am	Program Name	Age	Days	Start Time	End Time
Lap swim	16+	Sat	9:00am	4:00pm	Water Aerobics	16+	T,TH	7:00am	7:45am
Water Aerobics	16+	M-F	9:00am	9:45am	Water Aerobics	16+	M,W,F	9:00am	9:45am
Water Aerobics	16+	M-F	7:00pm	7:45pm	Water Aerobics	16+	M,W,F	7:00pm	7:45pm
Summer Camps	8+	M-F	10:00am	2:00pm	Water Aerobics	16+	TTH	7:00pm	7:45pm
Lap swim	16+	T-F	2:00pm	5:00pm	Lap Swim	16+	M-F	8:00am	8:45am
Family Swim	Ages 3-5	T-TH	2:00pm	5:00pm	Lap Swim	16+	M,W	2:00pm	6:45pm
Family Swim	Various ages	Sat	10:00am	2:00pm	Lap Swim	10+	T,TH	2:00pm	5:45pm
Starfish Level 1 & 2	Ages 6-12	M, W	5:00pm	5:45pm	Programming	Various ages	M-F	7:00pm	7:45pm
Shark Level 1	Ages 13-16	M, W	6:00pm	6:45pm	Lap Swim ONLY	16+	Sat	9:00am	12:45pm
Nemo Levels 1 &2	Ages3-5	T, TH	3:00pm	3:30pm	Family Swim	Various ages	M,W,F	2:00pm	6:45pm
Starfish Levels 3&4	Ages 6-12	T,TH	5:00pm	5:45pm	Family Swim	Various ages	T,TH	2:00pm	5:45pm
Shark Level 3	Ages 13-16	T,TH	6:00pm	6:45pm	Family Swim	Various ages	Sat	9:00am	1:45pm
Parent/Child	- ·	Sat			-	8+	M-F		
Dolphin Level 1&2	6-36 mon. 16+	Sat.	10:00am 11:00am	10:30am 11:45am	Summer Camps Shark Levels 1 & 2	8+ Ages 17+	M-F M.W	10:00am 6:00pm	2:00pm 6:45pm
		504-658		II.4Jdill	Starfish Level1 & 2		MW		5:45pm
SANCHEZ POOL 1616 FATS				Ford Time	Nemo Levels	Ages 6-12 Ages 3-5	M.W	5:00pm 4:00pm	4:30pm
Program Name	Age	Days	Start Time	End Time	Parent/Child		Sat	4:00pm 10:00am	4:50pm
Lap Swim	16+	M-F	8:00am	8:45am	r arent/child	Ages 6 mon.+	Jai	10.000111	IIIPOC'OI
Water Aerobics	16+	M,W,F	9:00am	9:45am		1000		100	11-
Water Aerobics	16+	M-F	6:00pm	6:45pm	B P	1000		1	-
Water Yoga	16+	T,TH	9:00am	9:45am			-		-
Summer Camps	8+	M-F	10:00am	2:00pm	100	1			-
Family Swim	Various ages	M-F	2:00pm	5:45pm			÷		
Lap Swim	16+	M-F	2:00pm	5:45pm	100	A CONTRACTOR	-	1	100
Programming	Various ages	M-F	7:00pm	7:45pm				- 1	37
	Ages 3-5	M,W,TH	4:00pm	4:30pm	CITATION CONT	1 Aller	2.1	- (5	
Nemo Level 1		M.W.TH	5:00pm	5:30pm	ALLAN .	410	and the second		-
Nemo Level 1 Nemo Level 2	Ages 3-5				and the second se		-	ALC: NOT THE OWNER OF THE OWNER OWNER OF THE OWNER OWNER OF THE OWNER	
Nemo Level 1 Nemo Level 2 Starfish Level 1	Ages 6-12	T	4:00pm	4:30pm		-	-	1	
Nemo Level 1 Nemo Level 2	Ages 6-12 Ages 6-12	T T	4:00pm 5:00pm	5:30pm		ġ.,		-	
Nemo Level 1 Nemo Level 2 Starfish Level 1	Ages 6-12	T	4:00pm		2				



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SWIM LESSON CLASSES: JULY 14-AUG 1

SWIM LESSON REGISTRATION: AUG 4-8

SWIM LESSON CLASSES: AUG 11-29

SESSION 3:

Call Aquatics at 504-658-3052 Visit NORDC.ORG

For more information:

ATHLETICS

2025 ATHLETIC SCHEDULE







Baseball Softball

- Registration closes May 9
- Coaches Clinic Monday, May 5 at Wesley Barrow 5:30pm
- Season Kickoff Jamboree Saturday, May 10 @ Cuccia - Byrnes 9:30am
- Championships July 9-12 @ 6:00pm

Flag Football

- Registration June 9 June 30
- Coaches Clinic June 12 at Milne Rec Center 5:30pm
- Season starts Monday, July 22
- Championship Tournament Saturday, August 3 at Lafitte Greenway

Cheerleading

- Registration July 7 August 11
- Cheer Clinic July 20 at Rosenwald Rec Center

Volleyball

- Registration August 1 August 21
- Coaches clinic Wednesday, August 6 at Xavier University 5:30pm
- Season starts Saturday, September 13
- Championships Friday, October 24 at Rosenwald



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Tackle Football

- Registration June 2 August 1
- Coaches Clinic Date TBD
- NORD Tackle Football Jamboree Friday, August 15, Saturday, August 16 and Sunday, August 17 at Joe Brown Stadium 9:30am
- Season starts Tuesday, August 26 at Joe Brown Stadium
- Division II Championship Saturday, October 25 at Lafitte Greenway starting at 9:30am
- Division I Championship Saturday, November 1 at Joe Brown Stadium starting at 9:30am
- All Star Game dates TBD

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.

- 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
- Registration Form

All completed registration forms and mandatory supplementing documents must be submitted via email to nordcathletics@nola.gov.



Your Time, Your Talents, Your Community: Volunteer!

ISSIO

Volunteer Coach Requirements:

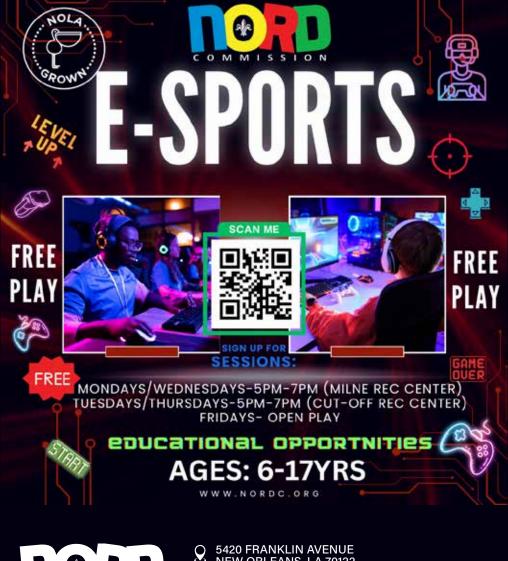
Baseball, Basketball, Cheerleading, Soccer, Football, Softball, Track & Field, Volleyball

- Complete and submit a volunteer application
- Submit and clear a background check

СОММ

- · Complete SafeSport online training and submit certificate
- · Attend all clinics, trainings and coaches meetings





С

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STARTING AT



FLEXIBLE SCHEDULES ---CERTIFICATIONS AVAILABLE ---TRAINING AVAILABLE ---AGES 15+



Apply today nordc.org.



CULTURAL ARTS

Visit nordc.org/activities, call 504-658-3015 or email NORDCcultural@nola.gov



DANCE & THEATRE

CASA SAMBA

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

CULTURAL ARTS REGISTRATION

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

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 or contact TekremaCenter@gmail.com.

www.nolaoutragedanceteamllc.com



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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 or 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 Website: www.lyfeofdance.org.

PAINTING, DRAWING AND CERAMICS

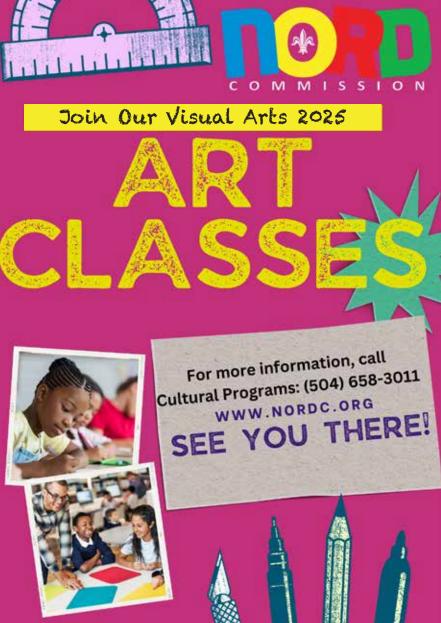
Elevate your artistic abilities with step-by-step lessons from our creative NORD Staff. Explore a wide range of mediums utilizing drawing, painting, and ceramics. Develop critical thinking skills, stimulate curiosity, and create wonderful pieces of art. All art classes are multi-generational, and all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



CULTURAL ARTS

Visit nordc.org/activities, call 504-658-3011 or email NORDCcultural@nola.gov







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MUSICAL ARTS

BEGINNER GUITAR

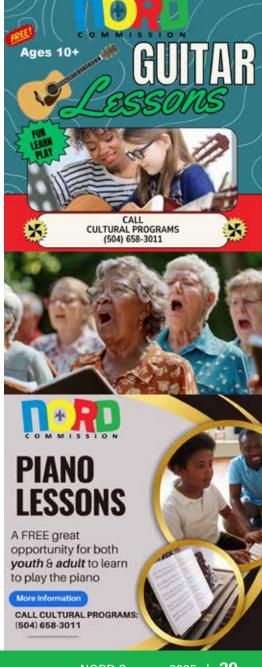
Want to move from air guitar to the real thing? Come start perfecting your solo by obtaining beginner guitar skills. Learn how to properly hold the instrument, place your fingers, and strike the strings. Music enthusiasts ages 10+ welcome. No previous experience necessary. For more information contact 504-658-3011, or email nordccultural@nola.gov.

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 NORDCcultural@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.



FITNESS



Visit nordc.org/activities/fitness, call (504) 658-3027, or email NORDCfitness@nola.gov

FITNESS AT NORD

- Classes are June 2 August 23
- No cost unless otherwise noted. Open to people of all ages and abilities.
- > No pre-registration is needed and equipment is provided.

Active Living Every Day Group 1 & 2

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.

Adaptive Functional Fitness

The backdrop of this heavily African-based technique combines urban street styles. This class's cultural, social, and free-spirited aspects create an environment where you can dance, learn, have fun, and feel free. Amapiano, afrobeats, Kuduro, Azonto, coupé decalé, and others_will be on the menu!

Adaptive Mobility and Core

Adaptive 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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.

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.



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Healthy Aging Nutrition Education

Nutrition Education is a program designed to teach Healthy Aging participants to prepare healthy meals and feel more confident in the kitchen. Second Harvest staff created recipes that show participants they can still eat their favorite foods and be healthy at the same time just by making a few small changes. Participants learn useful nutrition information about the importance of consuming enough fruits and vegetables, lowering intakes of fat, sugar and sodium; and proper portion control. Participants will learn basic cooking techniques such as knife skills and safety, food safety, proper measuring and calculations, meal planning, boiling, simmering, sautéing and baking, and strategies to modify recipes to reduce fat, sodium and sugar).

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.

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.

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.

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.

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.

Kung Fu Instructor Training

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.

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.

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.

Open Meditation

In open meditation, instead of concentrating on something, your attention is open and remains aware of everything that is happening. Instead of getting caught up in thoughts or feelings, during this type of meditation you just need to be present with whatever is happening.

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.

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.

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.

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.

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.

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.



FitNOLA: FITNESS



Visit nordc.org/activities/fitness, call (504) 658-3027, or email NORDCfitness@nola.gov

FITNOLA SUMMER SCHEDULE

AGE	Day THURS SAT THURS SAT TUE/THURS WED TUE WED	Start Time 6:00 PM 10:00 AM 6:00 PM 10:00 AM 7:00 AM 6:00 PM 6:00 PM	End Time 6:50 PM 10:50 AM 6:50 PM 10:50 AM 7:50 AM 6:50 PM	Location Annunciation Annunciation Brake Tag Station Brake Tag Station Brake Tag Station	Room Field MTP 1 BRAKE TAG BRAKE TAG BRAKE TAG	FINOLA Dsg. Aphn Aphn Aphn Aphn Aphn	DIFFICULTY INTERMEDIATE Beginner INTERMEDIATE INTERMEDIATE	INTENSITY MODERATE Light MODERATE
· · · 55+	SAT THURS SAT TUE/THURS WED TUE	10:00 AM 6:00 PM 10:00 AM 7:00 AM 6:00 PM	10:50 AM 6:50 PM 10:50 AM 7:50 AM	Annunciation Brake Tag Station Brake Tag Station	MTP 1 Brake tag Brake tag	AP,HN AP,HN AP,HN	Beginner INTERMEDIATE	Light Moderate
· · · 55+	THURS SAT TUE/THURS WED TUE	6:00 PM 10:00 AM 7:00 AM 6:00 PM	6:50 PM 10:50 AM 7:50 AM	Brake Tag Station Brake Tag Station	BRAKE TAG Brake tag	AP,HN AP,HN	INTERMEDIATE	MODERATE
· · · 55+	SAT TUE/THURS WED TUE	10:00 AM 7:00 AM 6:00 PM	10:50 AM 7:50 AM	Brake Tag Station	BRAKE TAG	AP,HN		
•	TUE/THURS WED TUE	7:00 AM 6:00 PM	7:50 AM	5			INTERMEDIATE	MODEDATE
•	WED TUE	6:00 PM		Brake Tag Station	RRAKE TAG			MODERATE
•	TUE		6:50 PM		טווחווב וחט	AP,HN	BEGINNER	LIGHT
•		6:00 PM		Brake Tag Station	BRAKE TAG	AP,HN	BEGINNER	LIGHT
•	WED		6:50 PM	Brake Tag Station	BRAKE TAG	AP,HN	INTERMEDIATE	MODERATE
55+		6:00 PM	6:50 PM	Cut-Off	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE
55+	TUE	5:30 PM	6:20 PM	Cut-Off	MTP	Healthy Aging	BEGINNER	LIGHT
	TUE/THURS	11:00 AM	11:50 AM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
55+	TUE/THURS	12:00 PM	12:50 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
55+	M/W/F	9:30 AM	10:20 AM	Florida/Desire	MTP	AP,HN	BEGINNER	LIGHT
55+	M/W	11:30 AM	12:20 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
55+	TUES	1:00 PM	2:00 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT
55+	TUE/THURS	9:30 AM	10:20 AM	Florida/Desire	GYM	Healthy Aging	BEGINNER	LIGHT
•	M/W	6:50 PM	7:40 AM	GERNON BROWN	MTP	AP,HN	BEGINNER	LIGHT
	M-F	7:00 AM	7:50 AM	GERNON BROWN	MTP	AP,HN	BEGINNER	LIGHT
	TUE/THURS	9:00 AM	9:50 AM	Gert Town Natatorium	Natatorium	Healthy Aging	Beginner	Light
	WED	5:30 PM	6:20 PM	Joe W. Brown	Practice Gym	AP,HN	BEGINNER	LIGHT
	WED	6:30 PM	7:20 PM	Joe W. Brown	Practice Gym	AP,HN	BEGINNER	LIGHT
	THURS	6:00 PM	6:50 PM	Joe W. Brown	Practice Gym	AP,HN	BEGINNER	LIGHT
	M-F	7:00 AM	7:50 AM	Joe W. Brown	Victory Track	AP,HN	BEGINNER	LIGHT
•	TUES	6:00 PM	6:50 PM	Joe W. Brown	TEEN CENTER	Adaptive	ADAPTIVE	ADAPTIVE
	M-F	7:00 AM	7:50 AM	Lafitte Greenway FitLot	Victory Track	AP,HN	BEGINNER	LIGHT
•	M/W/F	6:30 PM	7:20 PM	Lyons	MTP (front near hall)	AP,HN		
	M/W/F	5:30 PM	6:20 PM	Lyons	MTP (front near hall)	AP,HN	Beginner	Light
	SAT	11:15 AM	12:15 PM	Lyons	MTP (front near hall)	AP,HN	BEGINNER	LIGHT
	M/W/F	7:30 PM	8:20 PM	luce.	MTD // 1 10			
			0.20 FIVI	Lyons	MTP (front near hall)	AP,HN	Advanced	
•		M/W M/F TUE/THURS WED WED THURS M-F TUUS M-F MURS M-F MURS M/W M/W/F	M/W 6:50 PM M/F 7:00 AM TUE/THURS 9:00 AM WED 5:30 PM WED 6:30 PM THURS 6:00 PM THURS 6:00 PM THURS 6:00 PM THURS 6:00 PM M-F 7:00 AM TUES 6:00 PM M/W/F 6:30 PM M/W/F 5:30 PM	N/W S:50 PM 7:40 AM M/W S:50 PM 7:40 AM M-F 7:00 AM 7:50 AM TUE/THURS 9:00 AM 9:50 AM WED 5:30 PM 6:20 PM WED 6:30 PM 7:20 PM THURS 6:00 PM 6:50 PM THURS 6:00 PM 6:50 PM TUES 6:00 PM 6:50 PM M-F 7:00 AM 7:50 AM M/W/F 6:30 PM 6:50 PM M/W/F 5:30 PM 6:20 PM M/W/F 5:30 PM 7:20 PM M/W/F 5:30 PM 2:20 PM SAT 11:15 AM 12:15 PM	N.W.W G.SO PM 7:40 AM GENOIN BROWN M.F 7:00 AM 7:50 AM GENOIN BROWN TUE/THURS 9:00 AM 9:50 AM GENOIN BROWN WED 5:30 PM 6:20 PM Joe W. Brown WED 6:30 PM 7:20 PM Joe W. Brown THURS 6:00 PM 6:50 PM Joe W. Brown THURS 6:00 PM 6:50 PM Joe W. Brown M.FF 7:00 AM 7:50 AM Joe W. Brown M.FF 7:00 AM 7:50 AM Joe W. Brown M.WF 6:00 PM 6:50 PM Joe W. Brown M.WF 7:00 AM 7:50 AM Lafite Greenway Filtot M.W/F 5:30 PM 7:20 PM Joer W. Brown MWV/F 5:30 PM 7:20 PM Jorns M/W/F 5:30 PM 7:20 PM Jons SAT 11:15 AM 12:15 PM Lyons	M/W 6:50 PM 7:40 AM GENON BROWN MTP M/W 6:50 PM 7:50 AM GENON BROWN MTP M.F 7:00 AM 7:50 AM GENON BROWN MTP TUE/THURS 9:00 AM 9:50 AM Gen Town Natatorium Natatorium WED 5:30 PM 6:20 PM Joe W. Brown Practice Gym WED 6:30 PM 7:20 PM Joe W. Brown Practice Gym THURS 6:00 PM 6:50 PM Joe W. Brown Practice Gym M.F 7:00 AM 7:50 AM Joe W. Brown Practice Gym M.F 7:00 AM 7:50 AM Joe W. Brown Victory Track M.F 7:00 AM 7:50 AM Joe W. Brown TEEN CENTER M.F 7:00 AM 7:50 AM Joe W. Brown TEEN CENTER M.FF 7:00 AM 7:20 PM Joe W. Brown TEEN CENTER M.W/F 6:30 PM 7:20 PM Joe W. Brown MTP (tront near hall) M/W/F 5:30 PM 6:20 PM Joens </th <th>Number Number Numer Numer Numer<th>NUMNU</th></th>	Number Numer Numer Numer <th>NUMNU</th>	NUMNU

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



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FITNOLA SUMMER SCHEDULE (CONTINUED)

Class Name	AGE	Day	Start Time	End Time	Location	Room	FitNOLA Dsg.	DIFFICULTY	INTENSITY
Cardio Boot Camp		SAT	10:00 AM	10:50 AM	Milne	GYM	AP,HN	INTERMEDIATE	MODERATE
Intermediate Line Dancing	•	WED	6:00 PM	6:50 PM	Milne	MTP	Healthy Aging	BEGINNER	LIGHT
Hip-Hop Cardio		MONS	6:00 PM	6:50 PM	Morris Jeff	MTP	AP,HN	Beginner	Light
Mobility and Core	55+	WED	6:00 PM	6:50 PM	Morris Jeff	MTP	Healthy Aging	BEGINNER	LIGHT
Active Living Every Day Group 1	18+	M/W	12:00 PM	12:50 PM	Rosenwald Annex	MTP1	Healthy Aging	BEGINNER	LIGHT
Active Living Every Day Group 2	18+	TUE/THURS	12:00 PM	12:40 PM	Rosenwald Annex	MTP1	Healthy Aging	BEGINNER	LIGHT
Adaptive Functional Fitness		M-F	10:00 AM	10:50 AM	Rosenwald Annex	MTP 2	Adaptive	ADAPTIVE	ADAPTIVE
Adaptive Functional Fitness	•	M-F	11:00 AM	11:50 AM	Rosenwald Annex	MTP 2	Adaptive	ADAPTIVE	ADAPTIVE
Adaptive Mobility and Core		M-F	10:00 AM	10:50 AM	Rosenwald Annex	Dance Room	Adaptive	ADAPTIVE	ADAPTIVE
Adaptive Mobility and Core	•	M-F	11:00 AM	11:50 AM	Rosenwald Annex	Dance Room	Adaptive	ADAPTIVE	ADAPTIVE
FitNOLA Instructor Training/ Daily Inservice	N/A	M-F	1:00 PM	1:50 PM	Rosenwald Annex	MTP 2	N/A	N/A	N/A
Hip-Hop Cardio	•	M-F	10:00 AM	10:50 AM	Rosenwald Annex	MTP 1	Adaptive	ADAPTIVE	ADAPTIVE
Hip-Hop Cardio	•	M-F	11:00 AM	11:50 AM	Rosenwald Annex	MTP 1	Adaptive	ADAPTIVE	ADAPTIVE
Intermediate Line Dancing	55+	M/W	9:00 AM	10:50 AM	Rosenwald Annex	MTP 2	Healthy Aging	INTERMEDIATE	INTERMEDIATE
Open Meditation		M-F	8:00 AM	8:50 AM	Rosenwald Annex	DANCE ROOM	Adaptive	ADAPTIVE	ADAPTIVE
Chair Yoga	55+	MON	10:00 AM	10:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT
Healthy Aging Resistance Training	55+	THURS	10:00 AM	10:50 AM	Sanchez	GYM	Healthy Aging	ADAPTIVE	ADAPTIVE
Line Dancing	55+	M/W	11:00 AM	11:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT
Water Yoga	•	TUE/THURS	9:00 AM	9:50 AM	Sanchez Natatorium	Natatorium	Healthy Aging	Beginner	Light
Dance Cardio	•	TUE/THURS	9:00 AM	9:50 AM	Stallings Gentilly	Clubhouse	AP,HN	Beginner	Light
Hip-Hop Cardio		WEDS	6:00 PM	6:50 PM	Treme	MTP	AP,HN	Beginner	Light

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 classes provide 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.



Pick RD Open-Play

<u>Locations:</u> Atkinson Stern Center Gernon Brown Rec Center Joe W. Brown Rec Center Morris F.X. Jeff Rec Center Stallings Rec Center



Scan for

Schedule times

18+

Adults



OPEN CANOEING & FISHING

Visit the friendly NORD Outdoors team behind the Joe W. Brown Rec Center to sign out canoeing equipment or fishing tackle. The park features two lagoons and over a mile of winding canals. Admire the wildlife. Snag a big bass, crappie, 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!

Joe W. Brown Park - 5601 Read Blvd., New Orleans EAST

> 10:00 am - 2:00 pm Every Saturday March 8 - November 1 FREE

For more information, call (504) 658-3082 or visit nordc.org/outdoors.

OUTDOORS





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 8–Nov. 1) from 10:00 a.m.-2:00 p.m. Training for all activities is provided. If you aren't familiar with these activities, 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 8– Nov. 1) from 10:00 a.m.-2:00 p.m. Sign out canoeing equipment or fishing tackle and enjoy this selfguided 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.



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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 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.

SUMMER CAMPS NOTE

Summer camps receive priority for group activities during June and July. However, feel free to contact us to check availability or schedule a future date by calling 504-658-3082 or emailing NORDCoutdoors@nola.gov.

GROUP ACTIVITIES

To reserve or for more information, visit nordc. org/outdoors, call (504) 658-3082, or email 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: Tues–Friday (year-round) from 9:00 a.m.–6:00 p.m. Saturdays are also available Nov. 2– 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. (All Ages)

OUTDOORS



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

CAMPING

Reserve our family-friendly, urban campsite at Joe W. Brown Park! The NORD 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. Call or email for availability: (504) 655-8396 or NORDCoutdoors@nola.gov. 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.

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*				
Also available at the adjacent	Tues-Fri	9:00 AM-6:00 PM	5+	Appt. Only
Audubon Nature Center				
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	4:00 PM-7:00 PM	8+	Year-round
Open Canoeing & Open Fishing	Sat	10:00 AM-2:00 PM	All	Mar 8-Nov 1

* Registration required.





- Stockings are provided by the LDWF Get Out & Fish! Community Fishing Program: wlf.louisiana.gov/page/getout-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)



Stocked in mid-January to early 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.



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LDWF CATFISH AND **RAINBOW TROUT STOCKINGS**

Catfish are stocked in spring and fall. Rainbow trout are stocked mid-January to early February. Estimated dates are listed below:

- Rainbow Trout: January
- Catfish No. 1: March or April
- Catfish No. 2: May

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SHARE

- Catfish No. 3: September
- Catfish No. 4. November

The rainbow trout stocking, in particular, is a highly popular and unique event, as it occurs once a year and the species is novel. Follow NORD on social media for the latest updates.

> 1 5 5



TEENS

2025 TEEN EVENTS & ACTIVITIES





JUNE-AUGUST

The Teen Council Program is a prestigious leadership initiative designed to prepare you for college, career success, and real-world challenges.

• TEEN COUNCIL MEETING

Saturday, June 14, 2025 Milne Rec. Center (5420 Franklin Ave.) 10am-12pm

• TEEN COUNCIL MEETING

Saturday, August 9, 2025 Morris Jeff Rec. Center (2529 General Meyer Ave) 10am–12pm

No MEETING IN JULY

Why Should You Join TC?

APPLICATIONS ARE DUE on August 31st! Questions? Contact NORD Teen Program Manager at 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

TEENS

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:

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

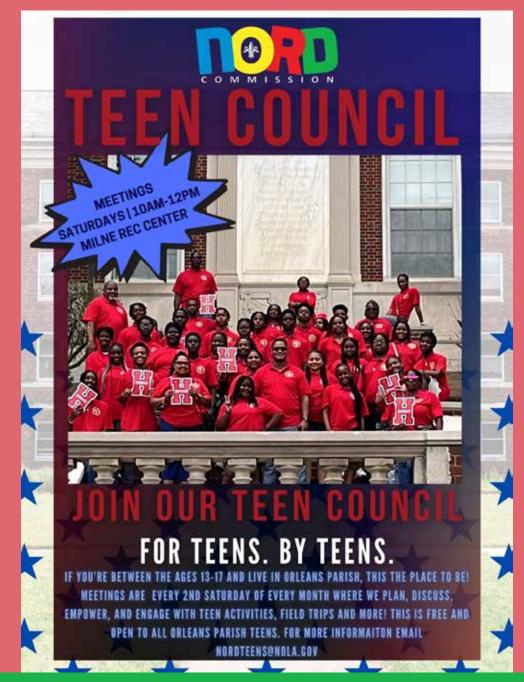
TO APPLY:

- SUBMIT documents via email to nordcteens@nola.gov or in person at the NORD main office located at 5420 Franklin Avenue, NOLA 70122.
- Space is limited.



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 nordc.org







VOLUNTEERS NEEDED!

VOLUNTEER

VOLUNTEER

VOLUNTEE

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







nordc.org/volunteer/

NORD FOUNDATION



FACILITIES & PLAYGROUND SPONSORS

THANK YOU TO OUR PROGRAM SPONSORS 2024 Contributions

Evans Booster Club \$500 LCMC - \$1,534 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 \$4,010 NOTCF - Recreation & Culture \$40,000 Harrah's King - \$1,000 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, Administrator, cherylm@nordfoundation.org, (504) 919-6049.

New Orleans Recreation Development Foundation 5420 Franklin Ave., New Orleans, LA 70122 www.nordfoundation.org

Board of Directors

Robert S. Boh Boh Bros.

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> Michael Hecht GNO, Inc.

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Theodore "Theo" Sanders, III Ex-Officio, NORD Foundation

Walter Williams

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Earnest P. Price, Jr. Chairman



COMMISSION LIFEGUARD & JR. LIFEGUARD

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