



spring 2025



CITY OF NEW ORLEANS

RECREATION & LEISURE



CLASSES, EVENTS & SCHEDULES

INSIDE

- Spring Calendar of Events
- Spring Program Descriptions
- Facility Rental Information
- Facilities, Amenities, and Locations

JANUARY - MAY 2025

NORD
COMMISSION



SATURDAY
MARCH 8TH
9AM-1PM

SUMMER CAMP EXPO

Summer Camp registration: Youth and Teen Camps
Must bring required documents. Please visit our website for details.



YOUTH
4-12YRS

TEENS
13-15YRS

EXPO LOCATIONS:

Joe W. Brown Recreation Center
Milne Recreation Center
Morris F.X. Jeff Recreation Center
Lyons Recreation Center
Sanchez Recreation Center



www.nordc.org

TABLE OF CONTENTS

2024 RECREATION & LEISURE



FROM THE MAYOR, NORD, & THE COMMISSION	4
NORD COMMISSION	7
VOLUNTEERS	8
ABOUT NORD	8
BOOSTER CLUBS	9
FACILITIES MAP	10
FACILITIES	12
FITNESS CENTERS	12
STAFFED PARKS/PLAYGROUNDS	12
TEEN CENTERS	13
TENNIS CENTERS	13
REC CENTERS	13
POOLS	13
RENT A NORD FACILITY	14
SPRING REC CENTER EVENTS & ACTIVITIES	16
YOUTH PROGRAMS & ACTIVITIES	17
AQUATICS	22
ATHLETICS	26
CULTURAL ARTS	30
FITNESS AT NORD	34
OUTDOOR	40
TEENS	44
NORD FOUNDATION & SPONSORS	47



OFFICIAL LETTERS

A WORD FROM THE MAYOR, NORD CEO & COMMISSION CHAIR



City of New Orleans
Mayor LaToya Cantrell



Dear Friends,

As we set our sights on Spring 2025, I would like to take a moment to thank the NORD Foundation for their unwavering support and dedication to enhancing the lives of our residents through exceptional recreational opportunities and community programs.

We have a lot of exciting events that will celebrate the spirit of New Orleans, such as the Special Needs Mardi Gras Sneaker Ball and the Teens Mardi Gras Masquerade Ball. Families can also look forward to our programs like Fit NOLA, water aerobics, pickleball, and open archery, while keeping beloved traditions alive with events such as Easter Extravaganzas, and our Summer Camp Expo s across the city.

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. We are also excited about the return of Movies in the Park in partnership with local community organizations across the city, with plans to launch some new opportunities. These tools and many other innovative programs are just what our youth and young adults need to keep them engaged and productive.

It's also important to note that we will continue prioritizing improvements to our City's infrastructure including NORD facilities. Under my leadership, the City of New Orleans completed many federally funded projects. Our completed NORD capital projects include Skelly Rupp Stadium, George Washington Carver Playground, MX Jeff Pool, and the Cut-off Splash Pad and Walking Trail. Completing these projects mark a major step forward in our dedication to providing the community with a broader range of recreational opportunities.

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 like the recent opening of the E-Sports center at Milne. I also want to thank every New Orleanian who has supported the work of this department. Let's continue working collaboratively to move New Orleans forward.

Sincerely,

A blue ink handwritten signature of LaToya Cantrell.

LaToya Cantrell

Mayor, City of New Orleans





Dear Friends,

I hope this letter finds you well. As we look ahead to Spring 2025, I want to express my 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, dynamic recreational spaces and top-tier programming for our community. Your support makes a world of difference.

Spring is a time for fresh starts, marking the beginning of our preparations for an exciting and busy season leading into summer! This year, we're thrilled to host events celebrating the spirit of New Orleans, such as the Special Needs Mardi Gras Sneaker Ball and the Teens Mardi Gras Masquerade Ball, both promising memorable experiences for all. Families can also enjoy our Family Game Nights across NORD facilities. Alongside these events, we're continuing popular programs like Fit NOLA, water aerobics, pickleball, and open archery, as well as cherished traditions like Movies in the Park, Easter Extravaganzas, and our Summer Camp Expos citywide.

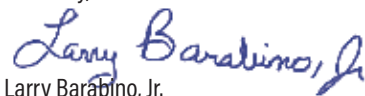
With Super Bowl LIX coming to New Orleans, we're excited to share that NORD has been selected to host multiple community-centered events. This presents a unique opportunity to showcase our vibrant community spirit and provide residents and visitors alike with a memorable Super Bowl experience like no other.

We're also proud to announce the completion of the George Rainey Natatorium at the Morris F.X. Jeff Recreation Complex. This state-of-the-art aquatic facility will provide year-round swimming programs and health and wellness activities for residents of all ages. Its completion is a significant milestone in our commitment to offering more comprehensive recreational opportunities to the community.

As we welcome this new season, I want to thank our generous sponsors, community partners, and the dedicated NORD team for their unwavering commitment to community recreation. I look forward to seeing you at our events and hearing your feedback as we continue to provide quality, inclusive opportunities for all.

Here's to a fun-filled and engaging Spring at NORD, where there's always something for everyone!

Sincerely,

A handwritten signature in blue ink that reads "Larry Barabino, Jr.".

Larry Barabino, Jr.

NORD Chief Executive Officer





Greetings,

As your Commission Chair, I want to express my heartfelt gratitude and enthusiasm to serve you, my fellow New Orleanians. As we enter Spring 2025, I look forward to furthering NORD's mission of enhancing our city by providing safe and welcoming environments for recreational and cultural experiences. I extend my thanks to my fellow Commissioners, CEO Barabino, Mayor Cantrell, the New Orleans City Council, the NORD Foundation, NORD staff, and the community for their unwavering support.

As you explore the 2025 spring program guide, I hope you find activities that inspire you and your family to get involved and stay active. This spring, we're excited to offer a wide range of programming, including youth sports leagues such as baseball, softball, and soccer. NORD also continues to provide tennis, open canoeing and fishing, archery, pickleball, and year-round aquatics programs at our facilities citywide. There's truly something for everyone this season and I invite you to try something new!

I am particularly excited about the recent completion of the George Rainey Natatorium at the Morris F.X. Jeff Recreation Complex in Algiers. This state-of-the-art aquatic facility will serve as a vital resource for the community, offering year-round swimming programs and a place for residents to connect and stay active. As your Commission Chair, I am committed to ensuring NORD continues to support the needs of every neighborhood, with high-quality facilities, parks, and recreational services available to all New Orleanians.

Thank you for your dedication to the City of New Orleans and NORD. This is an eventful time of year, and I encourage you to explore everything NORD has to offer. Have a safe and enjoyable season!

Sincerely,

A handwritten signature in black ink that reads "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 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
Chair
District C Representative



Dana Peterson
Vice Chair
At-Large Mayoral Appointee



Ernest Price, Jr.
NORD Foundation
Representative



Raquel "Rocky" Dufauchard
New Orleans Public Library
Representative



Frances Fayard
District A Representative



Blaire Fernandez
District B Representative



Troy White
District E Representative



"Open"
District D Representative

"Open"
At-Large Mayoral Appointee

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 nordcathletics@nola.gov or call 504-658-3083.



FACILITIES MAP

2024 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 Stalls St. Claude Rec Center
4300 St. Claude Ave.
- 11 St. Bernard Rec Center
1500 Lafreniere St.
- 12 Treme Rec Community Center
900 N. Villere St.
- 13 Desire/Florida Multi-Service Center
3250 Industry St.
- 14 Keller Community Center
1814 Magnolia St.

Fitness Centers

- 1 Laffitte Grnwy Outdoor Fitness Park
1971 Lafitte 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 Stalls St. Claude Rec Center
4300 St. Claude Ave.
- 6 St. Bernard Rec Center
1500 Lafreniere St.

- 7 St. Roch Park Outdoor Fitness Park
1800 St. Roch Ave.
- 8 Treme Rec Community Center
900 N. Villere St.

Tennis Centers

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



Major Spring Programming

NATIONAL GIRLS AND WOMEN IN SPORTS DAY

February 5th at Xavier Convocation Center

KITE DAY

TBD

EASTER EXTRAVAGANZA

April 12th at Morris F.X. Jeff, Joe W. Brown and Lafitte Greenway



● Pools

- | | | |
|--|---|--|
| 1 A. L. Davis Pool
2600 LaSalle St. | 7 Lyons Pool
624 Louisiana Ave. | 13 Stallings Gentilly Pool
2700 Lapeyrouse St. |
| 2 Federal City Pool
2220 Constitution St. | 8 Pradat Pool
7200 Dreaux Ave. | 14 Stallings 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



SPRING NORD FACILITY SCHEDULES

SPRING CLOSURE DATES

Spring programming is from January 2 - May 31

Facilities will be closed on the following dates:

Mardi Gras Day: March 4

Good Friday: April 18

Memorial Day: May 26

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 FX Jeff.	2529 Gen. Meyer Ave.	C	Algiers
Norman	3301 Eton St.	C	Algiers
Norwood Thompson	7200 Forshey St.	B	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.	B	Uptown
Willie Hall at Harris Playground	983 Louisa Drive	D	Pontchartrain Park

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

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.	



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.
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
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 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

SPRING 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 Centers: Joe W. Brown, Stallings, 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 4 of our rec centers, Gernon Brown, Joe Brown, Morris 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 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.

DOUBLE DUTCH

NEW! Let's Jump! Double Dutch is a 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 computer labs. Visit Desire Florida and Rosenwald Annex to register today! Adults and youth sessions.

ESSENTIALS OF PING PONG

For Youth and Adults

NEW! Program geared to introduce key components and guidelines of pink pong. We have ping pong tables at several of our centers across the city: Treme, Joe Brown, Lyons, Sanchez and Rosenwald. Contact any one of them to get details and schedules.

SENIOR PROGRAMMING

Visit our Seniors Centers at Desire Florida and Rosenwald Annex for fun

senior activities. Including Bingo, healthy eating, smart driving classes, potlucks and more. Contact your nearest location for the monthly calendar.

LAFITTE GREENWAY

Visit the Greenway! Greenway will be offering Monday Poetry Nights at 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 for registration information.

MEDITATION

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

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

NEW! 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! 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 and Cutoff Centers for schedule and details.

COMPUTER LABS

NEW! NORD has (9) computer labs across the city where you are able to go into the facility and reserve a computer to us for personal, emergency and after school needs. Please visit Cutoff, Gernon Brown, Joe Brown, Lyons, Milne Rosenwald, Sanchez, Stallings and Treme for lab scheduled 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 our Treme Center for more details regarding our Ball Room dancing classes.

YOUTH PROGRAMS



SPRING YOUTH PROGRAMS AND ACTIVITIES

Special Needs Mardi Gras Sneaker Ball

Joe Brown Rec. Center
Saturday, January 25, 2025 @ 5p - 8p

Kid Caf 

Afterschool Meal/Snack Program
Cut-Off, Desire/Florida, Gernon Brown, Hunter's Field, Joe. W. Brown, Lafitte Greenway, Milne, Morris Jeff, Rosenwald, Sanchez, Stallings, Treme
3:00 pm to 6:00 pm, Monday - Friday.

Senior Game Day

Desire/Florida Rec. Center
Wednesday, February 19, 2025 @ 11a - 1p

Family Game Night

Morris Jeff Rec. Center
Friday, February 21, 2025 @ 5:00p - 7:00p

Summer Camp Expo

Saturday, March 8, 2025
Morris Jeff, Milne, JWB, Sanchez, Lyons
@ 9:00 am - 1:00 pm

Daddy Daughter Spring Fling

Milne Rec. Center
Friday, March 14, 2025 @ 5:30p - 7:30p

Family Game Night

Treme Rec. Center
Friday, Treme, April 11, 2025 @ 5:00p - 7:00p

Mother - Son Sweetheart Dance

Milne Rec. Center
May 2, 2025 @ 5:30p - 7:30p

Boys & Girls Club Afterschool Program

Provide a world-class Club Experience that assures success is within reach of every young person who enters our doors with all members on track to graduate from high school with a plan for the future, demonstrating good character and citizenship, and living a healthy lifestyle. Ages 7-17. For more information, contact Danyell, Club Director, at 504-505-5855 or danyell@bgcmetroloouisiana.org.

Girl Scouts Louisiana East

Fun, friendship and new adventures are what Girl Scouts is all about. Girls make new friends, challenge themselves, write their own stories, and take action to change the world for the better. STEM, outdoors, life skills, and entrepreneurship activities for girls to gain skills that will help them reach their full potential, equipping them to be leaders in their own homes, schools and communities and excel academically. Girls, ages 5-17. For more information, contact Lonnie Carter @ Lcarter@gslc.org

GLAM U

Glam U Fashion Academy - 6-week program

Glam U Fashion Academy offers a range of workshops in modeling, makeup, and fashion styling. This program provides a platform for girls to embrace their individuality, learn essential skills, and cultivate self-esteem and confidence through specific areas of focus. By nurturing their passions for modeling, makeup, fashion, and creative expression, we inspire girls to embrace their inner beauty and embark on a journey of self-discovery. Girls, ages 9 - 12 and 13-17

Glam Girl Program - 4-week program

The Glam Girl Program is an empowering and comprehensive personal development experience for girls. This program combines open discussions, journaling, and interactive activities to foster self-awareness, self-love, self-expression, positive self-talk, and healthy friendships. Program topics include: affirmations, body image, positive self-talk, leadership and more. Girls, ages 9-12 and 13-17. For more information, contact info@glamu101.org



NORD COMMISSION
FAMILY GAME NIGHT

WEDNESDAY FEB 21
5:00PM-7:00PM

NORD Family Game Night!
MORRIS JEFF REC CENTER
3000 GERMANTOWN AVENUE (DE) MOBILE 36622
Come out and join us for a night of family fun, with prizes and more! Free admission.

Register Here Below:

scan ME!

For more information call 504-658-3052
www.nordc.org

NORD COMMISSION
FAMILY GAME NIGHT

FRIDAY APR 11
5:00PM-7:00PM

NORD Family Game Night!
TREME REC CENTER
1000 N. VILLAGE STREET MOBILE 36622
Come out and join us for a night of family fun, with prizes and more! Free admission.

Register Here Below:

scan ME!

For more information call 504-658-3052
www.nordc.org



JOIN US

FREE

NORD
COMMISSION

TUES
FEBRUARY
4TH
6pm-8pm

NATIONAL
GIRLS &
WOMEN'S
SPORTS DAY



FOR GIRLS
5-18 YEARS OLD

SCAN
QR CODE TO REGISTER



ACTIVITIES:

- Fundamentals in Basketball
- Swimming
- Tennis
- Volleyball

SMALL
GROUP SESSIONS

LEARN ABOUT:

- Sports Jobs
- Nutrition Jobs

Xavier Convocation Center
7900 Stroelitz Street | NOLA 70125

www.nordc.org

Register Online!



12TH ANNUAL EASTER EXTRAVAGANZA



SATURDAY, APRIL 12, 2025
11:00AM-2:00PM

EGG HUNT, PRIZES, & MORE

MORRIS F.X. JEFF
JOE W. BROWN MEMORIAL PARK
LAFITTE GREENWAY

Partnership with:

OPEN TO AGES 3-12 | FREE



MOVIES IN THE PARK

SPRING 2025 DATES & LOCATIONS COMING SOON...

nord presents
**MOVIES
IN THE PARK**

NORDCOMMISSION

Family friendly
movies
start at dusk!
March 7-May 9

This event is FREE! Bring your own picnic. Blankets & lawn chairs welcome.

MORE INFO

Call 504-658-3052

@nordcommission

FREE



Check NORDC.ORG for availability of additional details.



NORD
COMMISSION



E-SPORTS

LEVEL
UP



FREE
PLAY



FREE
PLAY



SIGN UP FOR
SESSIONS:

GAME
OVER

FREE

MONDAYS/WEDNESDAYS-5PM-7PM (MILNE REC CENTER)
TUESDAYS/THURSDAYS-5PM-7PM (CUT-OFF REC CENTER)
FRIDAYS- OPEN PLAY

START

EDUCATIONAL OPPORTNITIES

AGES: 6-17YRS

WWW.NORDC.ORG



NORD
COMMISSION

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

   
NORDCommission

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: Jan 6-10
- Session II: Feb 3-7
- Session III: Mar 3-7
- Session IV: Mar 31 - Apr 5
- Session V: Apr 28 - May 3

SWIM LESSON SESSIONS

- Session I: Jan 13 - Feb 1
- Session II: Feb 10 - Mar 1
- Session III: Mar 10-29
- Session IV: Apr 7-26
- Session V: May 5-23

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.

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 non-weight 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 1 (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



SPRING AQUATICS SCHEDULE

GERT TOWN POOL 3411 BROADWAY ST. 504-658-3096				
Program Name	Age	Days	Start Time	End Time
Lap Swim ONLY	16+	M-F	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
Water Aerobics	16+	T,TH	7:00pm	7:45pm
Lap Swim	Various ages	M-F	10:00am	11:45am
Shark Level 3	Adults	W	10:00am	10:45am
Shark Level 3	Adults	W	5:00am	5:45pm
Shark Levels 1 & 2	Adults	T,TH	10:00a	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 1 & 2	6 thru 12	T,TH	5:00pm	5:45pm
CLOSED Swim Team Practice	9 & up	T & TH	4:00pm	5:45pm
Water Aerobics	16+	M,W,F	6:00pm	6:45pm
Shark Level 1 & 2	Adults	T,TH	6:00pm	6:45pm
Lap Swim ONLY	16+	Sat.	9:00am	9:45am
Lifeguard Training	15+	Sat.	11am	12:00pm
Nemo Level 1 & 2	Ages 3-5	Sat.	10:00am	10:45am
Parent /Child	6-36 mon.	Sat.	10:00am	10:45am
Family Swim	16+	Sat	11:00am	2:00pm
JOE W. BROWN POOL 5601 READ, BLVD. 504-658-3020				
Program Name	Age	Days	Start Time	End Time
Lap swim	16+	M-F	8:00am	8:45am
Water Aerobics	16+	M-F	9:00am	9:45am
Deep Water Aerobics	16+	F	10:00am	10:45am
Family/Lap Swim	16+	M-F	10:00am	11:45am
Shark 1 & 2	Adults	M,W	10:00am	10:45am
Shark 3	Adults	T,TH	10:00am	10:45am
CLOSED for Lunch		M-F	12:00pm	1:00pm
Lifeguard in-service	15+	M-F	1:00pm	2:00pm
Nemo Level 1 & 2	Ages 3-5	T,TH	4:00pm	4:30pm
Parent/Child	6-36 months	T,TH	4:00pm	4:30pm
Family/Lap Swim	Various ages	M-F	2:00pm	5:45pm
Nemo Level 1 & 2	Ages 3-5	M, W	4:00pm	4:30pm
Shark Level 3	6 thru 12	T,TH	5:00pm	5:45pm
Parent/Child	6-36 months	T,TH	4:00pm	4:30pm
Starfish Level 1 & 2	6 thru 12	M,W	5:00pm	5:45pm
Starfish Level 3	6 thru 12	T,TH	5:00pm	5:45pm
Shark Level 1 & 2	Adults	M,W	6:00pm	6:45pm
Water Aerobics	16+	M-TH	7:00pm	7:45pm
Shark 3	Adults	T,TH	6:00pm	6:45pm
Lap Swim	Various ages	Sat.	9:00am	9:45am
Dolphin	Ages 13-15	Sat.	10:00am	10:45am
Parent/Child	6-36 months	Sat.	10:00am	10:45am
Lifeguard Training	15+	Sat.	11:00am	12:45pm
SANCHEZ POOL 1616 FATS DOMINO AVE. 504-658-3097				
Program Name	Age	Days	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 thru 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 thru 12	T,TH	5:00pm	5:45pm
Shark 3 & 4	Adults	T,TH	7:00am	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
TREMIE POOL 900 N. VILLERE ST. 504-658-3162				
Program Name	Age	Days	Start Time	End Time
Water Aerobics	16+	M-F	7:00am	7:50am
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,F	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	Ages 3-5	M,W	4:00pm	4:25pm
Nemo Level 3 & 4	Ages 3-5	M,W	4:30pm	4:55pm
Starfish Level 1 & 2	6 thru 12	T,TH	4:00pm	4:25pm
Starfish Level 3 & 4	6 thru 12	T,TH	4:30pm	4:55pm
Tadpole Level 1	6-36 months	Sat	10:00am	10:30am
Lifeguard Training	15+	Sat.	10:00am	11:00am
Lap Swim	16+	Sat.	10:00am	12:45pm
Open Swim	Various ages	Sat.	11:00am	1:00pm
MORRIS JEFF POOL 2529 GENERAL MEYER AVE.				
Program Name	Age	Days	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-F	8:00am	8:45am
Family/Lap Swim	Various	M-F	10:00am	11:45am
Family/Lap Swim	Various	M-F	1:00pm	5:45pm
Family/Lap Swim	Various	M-F	7:00pm	7:45pm
Shark Level 1 & 2	Adults	M,W	10:00am	10:45am
Shark Level 3 & 4	Adults	T,TH	10:00am	10:45am
Starfish Level 1 & 2	6 thru 12	M,W	5:00pm	5:45pm
Nemo Level 1 & 2	Ages 3-5	M,W	4:00pm	4:45pm
Parent/Child Level 1	6-36 months	T,TH	4:00pm	4:30pm
Dolphin	13-15	T,TH	5:00pm	5:45pm
Family/Lap Swim	Various ages	Sat	9:00am	12:45pm
Lifeguard Training	15+	Sat.	10:00am	12:00pm

NORD
COMMISSION

Spring

SWIMMING LESSONS

LESSONS
OFFERED AT
ALL NORD POOLS

For All
Ages: 6mos-Adults

FREE



**Register Now
In Person!**

**Classes starts
on Jan 13th**

Session Dates:

SESSION 1:
SWIM LESSON REGISTRATION: JAN 6 - 10
SWIM LESSON CLASSES: JAN 13 - FEB 1

SESSION 2:
SWIM LESSON REGISTRATION: FEB 3 - 7
SWIM LESSON CLASSES: FEB 10 - MARCH 1

SESSION 3:
SWIM LESSON REGISTRATION: MARCH 3 - 7
SWIM LESSON CLASSES: MARCH 10 - 29

SESSION 4:
SWIM LESSON REGISTRATION: MARCH 31 - APR 5
SWIM LESSON CLASSES: APR 7 - 26

SESSION 5:
SWIM LESSON REGISTRATION: APR 28 - MAY 3
SWIM LESSON CLASSES: MAY 5 - 23



**For more information:
Call Aquatics at 504-658-3052
Visit NORDC.ORG**

ATHLETICS

2025 ATHLETIC SCHEDULE



Basketball Championships

- Middle School Basketball Championships Thursday, February 13, Beginning at 5:30pm at JWB
- NORD Basketball Championships Saturday February 15, Beginning at 9:30am at JWB

Track and Field

- Track registration February 3 - March 3
- Peewee Track starts Thursday March 13, 6:30 PM at Harrell
- NORD Fun Run Saturday March 15, at 9:00 AM at Harrell
- Tune Up Meet Saturday March 22, 9:00 AM at JWB
- Morris F.X. Jeff Relays Saturday April 5, 9:00 AM at Morris F.X. Jeff Stadium
- Elton Mims Relays Saturday April 12, 9:00 AM at Harrell
- District Meet Saturday April 19, 9:00 AM at JWB and Morris F.X. Jeff Stadium
- Steven J. George Citywide Track and Field Championship Saturday April 26, 9:00 AM at JWB

Baseball Softball

- Registration March 10- April 11
- Coaches Clinic Saturday, March 22 at Wesley Barrow 9:30am
- Season Kickoff Jamboree Saturday, May 3 at Kenilworth 9:30am
- Regular Season starts Saturday, May 10
- Championships July 9-12 at 6:00pm

Flag Football

- Registration June 9 - June 30
- Coaches Clinic June 12 at Milne Rec Center
- Season starts Monday, July 22
- Championship Tournament Saturday, August 3 at Harrell

Cheerleading

- Registration July 7 – August 11
- Cheer Clinic July 20 at Rosenwald Rec Center
- Cheer Showcase Friday, November 7 at Joe Brown Rec Center

Volleyball

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

Tackle Football

- Registration June 2 – August 1
- Coaches Clinic Saturday, May 31 at Joe Brown Rec Center
- NORD Tackle Football Jamboree Friday, August 15 and Saturday, August 16 at Joe Brown Stadium 9:30am
- Season starts Tuesday, August 26 at Joe Brown Stadium

- Division II Championship Saturday, November 1 at Joe Brown Stadium starting at 9:30am
- Division I Championship Saturday, November 8 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!

Volunteer Coach Requirements:

Baseball, Basketball, Cheerleading, Soccer, Football, 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



NORD
COMMISSION

GIRLS ON THE RUN

JOE W. BROWN

5601 READ BOULEVARD | NO EAST | AGES: 3RD-5TH GRADERS



FREE
FREE
FREE

FREE
FREE
FREE

SCAN ME!



REGISTRATION BEGINS
JANUARY 13, 2025

FOR MORE INFO, CONTACT US:

- 📞 504-658-3052 ext. 83024
- ✉️ ajia.mitchell@nola.gov



NORD
COMMISSION

📍 5601 READ BOULEVARD
NEW ORLEANS EAST

📞 (504) 658-3052

🌐 nordc.org






 NORDCOMMISSION



REGISTRATION NOW OPEN

PEE WEE TRACK & FIELD

EVERY THURSDAY | 6:30PM | HARRELL PARK

LET'S GO TEAM!



SCAN ME!



Youth | 4-14yr old

@nordcommission



2202 LEONIDAS STREET
NEW ORLEANS, LA 70118
 (504) 658-3052
 nordc.org



NORDCommission

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.

www.nolaoutragedanceteamllc.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.



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.



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.

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.



CULTURAL ARTS



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



NORD
COMMISSION

Join Our Visual Arts 2025

ART CLASSES



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



MUSICAL ARTS

BEGINNER GUITAR

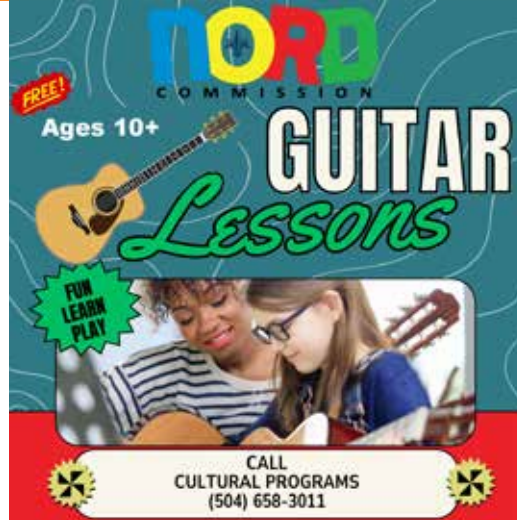
Want to move from air guitar to the real thing? Come start perfecting your solo by obtaining beginner guitar skills. Learn how to properly hold the instrument, place your fingers, and strike the strings. Music enthusiasts ages 10+ welcome. No previous experience necessary. For more information contact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

FREE!
Ages 10+

GUITAR Lessons

**FUN
LEARN
PLAY**



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



NORD
COMMISSION

PIANO LESSONS

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

More Information

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



FITNESS



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

FITNESS AT NORD

- Classes are January 6–May 24
- No cost unless otherwise noted. Open to people of all ages and abilities.
- No pre-registration is needed and equipment is provided.

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

Adaptive Free Play - Adaptive Play is games and toys that work for individuals with unique physical or mental capacities. Special ways to play pretend, build with blocks, make up games or explore sensory experiences can engage and support individuals with developmental delays, physical challenges, sight or hearing challenges, or significant emotional/behavioral challenges

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.

Adaptive Play - Adaptive Play is games and toys that work for individuals with unique physical or mental capacities. Special ways to play pretend, build with blocks, make up games or explore sensory experiences can engage and support individuals with developmental delays, physical challenges, sight or hearing challenges, or significant emotional/behavioral challenges

Adaptive Strength & Cardio - This class 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

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.

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

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.

Beginner Line Dancing & Second 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.

Dance Fitness with NOAGE - 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. Ages 55+ coordinated with the New Orleans Advocates for LGBTQIA+ Elders (NOAGE).

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

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.

Guided Meditation/Stretching - In a guided meditation, a narrator or teacher explains the dynamics of the mind and how it's likely to behave during meditation. (This is the approach). The teacher may also explain meditation techniques. (This is the practice). Finally, the teacher may explain how to take these techniques into everyday life. (This is the integration).

Guided Stretching - Stretching will improve your range of motion & flexibility, reduce pain and tension. So you can move - better.

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 w/ ANEW Fitness - Healthy Aging classes teach people over 55 how to maintain and improve their physical and mental health, independence, and quality of life as they age. Classes focus on strength training flexibility, mobility and, most of all, fun!

Healthy Start Baby Bounce - Baby Bounce, a creative movement class for families with babies 2-18 months.

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.

Intermediate Line Dancing & Second 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.

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.

Strength & Cardio - Center your body, mind, and spirit in this class designed for all levels of participants. Practice meditation through movement, focusing on breath, alignment, and inner strength. Mats are not provided for this class.

Tai Chi - Tai chi originated as an ancient martial art in China. It is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. 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.

Yoga - 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

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



FitNOLA: FITNESS



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

FITNOLA SPRING SCHEDULE

Class Name	AGE	Day	Start Time	End Time	Location	Room	FITNOLA Dsg.	DIFFICULTY	INTENSITY	START	END
Beginner Kung Fu (Donation Requested)	*	M W F	5:30 PM	6:20 PM	Lyons	MTP	AP, HN	Beginner	Light	Jan 6	May 24
Advanced Kung Fu	*	M W F	6:30 PM	7:20 PM	Lyons	MTP	AP, HN			Jan 6	May 24
Sanda Kickboxing	*	M W F	7:30 PM	8:20 PM	Lyons	MTP	AP, HN	Advanced		Jan 6	May 24
Tai Chi	*	Sat	10:00 AM	10:50 AM	Lyons	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Kung Fu Instructor Training	*	Sat	11:15 AM	12:15 PM	Lyons	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Chair Yoga	55+	M W	9:00 AM	9:50 AM	Lyons	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Pilates	*	Tue Thu	9:00 AM	9:50 AM	Lyons	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Healthy Start Baby Bounce	*	1st+3rd Tue	5:30 PM	7:00 PM	Lyons	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Spin Class	*	Thur	6:00 PM	6:50 PM	Lyons	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Hip-Hop Cardio	*	Sat	10:00 AM	10:50 AM	Lyons	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Line Dancing	55+	M W	11:00 AM	11:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Chair Yoga	55+	M	10:00 AM	10:50 AM	Sanchez	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Adaptive Dance Cardio	*	Thur	10:00 AM	10:50 AM	Sanchez	Gym	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Adaptive Dance Cardio	*	Thur	11:00 AM	11:50 AM	Sanchez	Gym	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Line Dancing	18+	Tue	5:30 PM	6:20 PM	Cut-Off	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Healthy Aging w/ ANEW Fitness	18+	Thur	10:00 AM	10:50 AM	Cut-Off	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Dance Cardio	18+	Tue Thu	9:30 AM	10:20 AM	Milne	GYM	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Guided Meditation/Stretching	55+	Tue Thu	10:30 AM	11:20 AM	Milne	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Adaptive Functional Fitness	*	W F	11:00 AM	11:50 PM	Milne	GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Healthy Aging Resistance Training	55+	W F	10:00 AM	10:50 PM	Milne	GYM	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Intermediate Line Dancing	*	W	6:00 PM	6:50 PM	Milne	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Cardio Boot Camp	*	Sat	10:00 AM	10:50 AM	Milne	GYM	AP, HN	INTERMEDIATE	MODERATE	Jan 6	May 24
Adaptive Free Play	*	M-F	10:00 AM	10:50 AM	Morris Jeff	GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Beginner Line Dancing	55+	Tue Thu	11:00 AM	11:50 AM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Beginner Line Dancing	55+	Tue Thu	12:00 PM	12:50 PM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Cardio Sculpt	55+	M W	9:30 AM	10:20 AM	Florida/Desire	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Guided Meditation/Stretching	55+	M W	10:30 AM	11:20 AM	Florida/Desire	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Healthy Aging Resistance Training	55+	Tue Thu	9:30 AM	10:20 AM	Florida/Desire	GYM	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Dance Cardio	*	Tue Thu	10:00 AM	10:50 AM	GERNON BROWN	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Guided Meditation/Stretching	55+	Tue Thu	11:00 AM	11:50 AM	GERNON BROWN	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Pilates	*	Tue Thu	9:00 AM	9:50 AM	GERNON BROWN	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Chair Yoga	55+	M W	9:00 AM	9:50 AM	Gernon Brown	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Zumba	*	M W	6:50 PM	7:40 AM	GERNON BROWN	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Open Meditation	*	M-F	8:00 AM	8:50 AM	Rosenwald Annex	DANCE ROOM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Adaptive Functional Fitness	*	M W	10:00 AM	10:50 AM	ROSENWALD	GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Adaptive Play	*	M-F	11:00 AM	11:50 AM	ROSENWALD	GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24

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

FITNOLA SPRING SCHEDULE (CONTINUED)

TRX Circuit	*	Tue	6:00 PM	6:50 PM	Brake Tag Station	Brake Tag	AP, HN	INTERMEDIATE	MODERATE	Jan 6	May 24
Gentle Yoga	*	Tue Thu	7:30 AM	8:20 AM	Brake Tag Station	Brake Tag	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Boot Camp	*	W	6:30 PM	7:20 PM	Brake Tag Station	Brake Tag	AP, HN	INTERMEDIATE	MODERATE	Jan 6	May 24
Boot Camp	*	Thur	6:00 PM	6:50 PM	Brake Tag Station	Brake Tag	AP, HN	INTERMEDIATE	MODERATE	Jan 6	May 24
Cardio Blast	*	Sat	10:00 AM	10:50 AM	Brake Tag Station	Brake Tag	AP, HN	INTERMEDIATE	MODERATE	Jan 6	May 24
Adaptive Strength & Cardio	*	Thur/F	10:00 AM	10:50 AM	Joe W. Brown	Prac GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Adaptive Chair Yoga	*	Thur/F	11:00 AM	11:50 AM	Joe W. Brown	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Hip-Hop Cardio	*	Tue	6:00 PM	6:50 PM	Joe W. Brown	Teen Ctr	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Beginner Line Dancing	*	W	5:30 PM	6:20 PM	Joe W. Brown	Prac GYM	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Beginner Line Dancing	*	W	6:30 PM	7:20 PM	Joe W. Brown	Prac GYM	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
FitLot Circuit	*	Tue Thu	5:00:00 PM	5:50 PM	Joe W. Brown	FitLot	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Dance Cardio	*	Thur	6:00 PM	6:50 PM	Joe W. Brown	Prac GYM	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Adaptive Play	*	M-F	12:00 PM	12:50 PM	Joe W. Brown	Prac GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Beginner Line Dancing & Second Line Dancing	*	M W	9:15 AM	10:05 AM	Treme	GYM	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Intermediate Line Dancing & Second Line Dancing	*	M W	10:15 AM	11:05 AM	Treme	GYM	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Chair Yoga	*	Tue Thu	9:00 AM	9:50 AM	Treme	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Strength & Cardio	*	Tue Thu	10:00 AM	10:50 AM	Treme	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Dance Fitness with NOAGE	65+	W	6:00 PM	6:50 PM	Treme	MTP	Healthy Aging	Beginner	Light	Jan 6	May 24
Adaptive Water Yoga	*	Tue	11:00 AM	11:50 AM	Treme	GYM	Healthy Aging	Beginner	Light	Jan 6	May 24
Adaptive Water Yoga	*	Tue	12:00 PM	12:50 PM	Treme	GYM	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Dance Cardio	*	M-F	10:00 AM	10:50 AM	Keller	MTP	Healthy Aging	ADAPTIVE	ADAPTIVE	Jan 6	May 24
Guided Stretching	*	M-F	11:00 AM	11:50 AM	Keller	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Yoga	55+	Tue Thu	10:00 AM	10:50 AM	Stallings	MTP	AP, HN	BEGINNER	LIGHT	Jan 6	May 24
Guided Meditation/Stretching	55+	Tue Thu	11:00 AM	11:50 AM	Stallings	MTP	Healthy Aging	BEGINNER	LIGHT	Jan 6	May 24
Yoga	*	M W	10:00 AM	10:50 AM	Stallings	MTP	Adaptive	ADAPTIVE	ADAPTIVE	Jan 6	May 24

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 Immersion 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.



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) 658-3083 or visit nordc.org/outdoors.

NORD COMMISSION Pickleball Open-Play



18+
Adults



Scan for
Schedule times

Locations:

- Atkinson Stern Center
- Gernon Brown Rec Center
- Joe W. Brown Rec Center
- Morris F.X. Jeff Rec Center
- Stallings Rec Center



NORD COMMISSION
SATURDAY
FEBRUARY 15, 2025

MARDI GRAS Sneaker Ball

ANNUAL SPECIAL NEEDS BALL

JOIN US AS WE KICK OFF THE 2025 CARNIVAL SEASON WITH OUR ANNUAL MARDI GRAS BALL FOR OUR SPECIAL NEEDS COMMUNITY!
FORMAL ATTIRE OPTIONAL | OPEN TO ALL AGES

JOE W. BROWN GYM
5601 READ BLVD. | NOLA | 70126
5:00PM - 8:00PM

For more information:
Call: (504) 373-3927
dbjohanson@nola.gov

SCAN QR CODE TO REGISTER

NORD COMMISSION

JOIN OUR TEAM!

SCAN OUR QR CODE & START YOUR PROCESS TODAY!

For more information or questions visit nordc.org

Hear Us. See Us. Join Us.

LIKE
 COMMENT
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 SAVE
 follow us for updates!

NORD COMMISSION

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

NORDCommission



FitNOLA

Spring Kickoff & Health Expo

Join us for FREE fitness demos and discover our spring fitness schedule, including line dancing, hip-hop cardio, yoga and resistance training!

Saturday, January 4, 2025

9:00 a.m. - 1:00 p.m.

Rosenwald Recreation Center

1140 S. Broad

New Orleans, LA 70125



OUTDOORS



Visit nordc.org/outdoors, call (504) 658-3082, or email 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 8–Nov. 1) 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 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, 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.

FAMILY CAMPOUT

Spring 2025, Late March- Early April
Date TBD

Want to take your family or friends camping, but unsure where to start? NORD Outdoors and LOOP NOLA have got the event for you! Register for our Family Camp out for campfire camaraderie and a night out under the stars. Bring your sleeping bags, pillows, and toiletries – that's it! We'll provide tents, sleeping pads, water, food, indoor plumbing, games and activities. All are welcome. To register, visit: nordc.org/outdoors.

Additional info: The NORD campsite features a fire pit, water spigot, and nearby shelter with picnic tables and bathrooms. NORD Outdoors employees will stay overnight to ensure park rules are followed, to safely extinguish the fire, and to unlock the gates in case of an emergency.

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	4:00 PM-7:00 PM	8+	Year-round
Camping*	Fri	4:00 PM- Sat 9:00 AM	All	April 5-6
<i>(NORD LOOP Family Camp Out)</i>				
Open Canoeing & Open Fishing	Sat	10:00 AM-2:00 PM	All	Mar 8-Nov 1

*Registration required.



FREE!

RESERVATIONS REQUIRED

NORDC.ORG/ACTIVITIES/OUTDOORS

AGES 8+

ALL EQUIPMENT IS PROVIDED

Every Thursday
4pm-7pm
Open Year-
Round

OPEN ARCHERY



NORD

JOE W. BROWN PARK
5601 Read Blvd
New Orleans, LA 70127





2024 First Place: Gigi Delos Reyes

Title: Golden Hour

Location: City Park, Scout Island

NATURE PHOTO CONTEST | March 7 – April 25

Calling all photographers of all skill levels in Greater New Orleans! Get outside, take pictures, and win prizes! Submit up to three photos celebrating nature in NOLA in our annual spring online contest. Photos may include wildlife, plants, natural landscapes, people enjoying the outdoors, or any photo in which nature is the central theme.

Vote for favorites and submit entries via the dedicated contest website, which can be found at nordc.org/outdoors.

An Audubon Family Membership is awarded to the top three winners. Other prizes are awarded to honorable mentions. Winners are announced on Earth Day. FREE and open to all!

For complete contest rules, nordc.org/outdoors.

Get Out & FISH!

- **Stockings are provided by the LDWF** Get Out & Fish! Community Fishing Program: 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*)



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.

TEENS

2025 TEEN EVENTS & ACTIVITIES



TEEN COUNCIL MONTHLY MEETING

Teen Council Monthly Meetings – ages 13-17 years

Location: Milne Rec Center

5420 Franklin Ave, New Orleans, LA 70122

Time: Every 2nd Saturday of each month
10am to 12noon

Saturday, January 11

Saturday, February 8

Saturday, March 8

Saturday, April 12

Saturday, May 3

Join us for our monthly meetings. Earn service hours, discuss current events, plan teen events, and join in on the Fun!

TEEN EVENTS & ACTIVITIES

SPRING 2025

TEEN MARDI GRAS BALL

PAID INTERNSHIP (TEEN COUNCIL MEMBERS)

TEEN PODCAST

TEEN OUTINGS

COMMUNITY SERVICE/VOLUNTEER OPPORTUNITIES

ACT PREP



NORD
COMMISSION

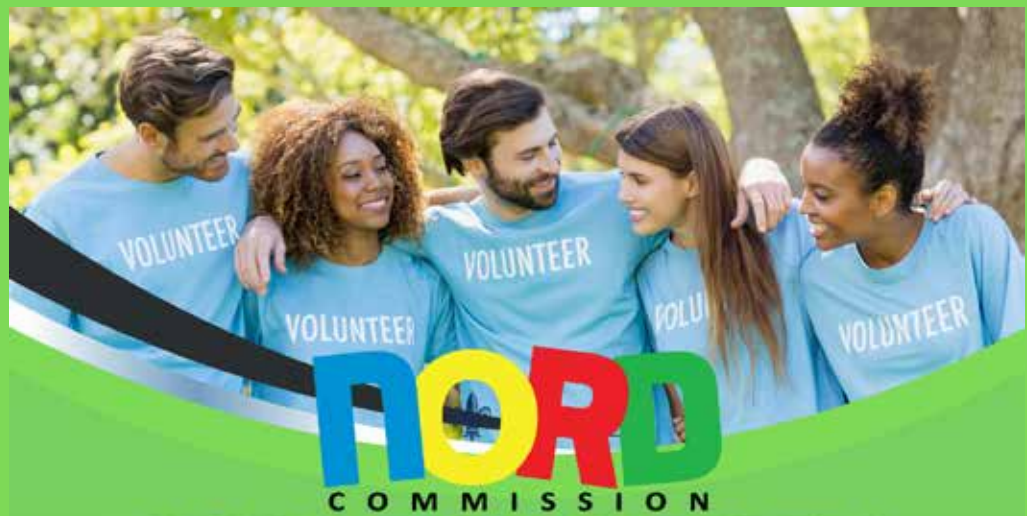
TEEN COUNCIL

MEETINGS
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 INFORMATON EMAIL
NORDTEENS@NOLA.GOV



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/



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

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Boh Bros.

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Chairman



NORDCommission



NORD COMMISSION **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

