



# CONNECTING PEOPLE • PLAY • PARKS



AUGUST 2019

## EVENTS

- ★ **FARMERS' MARKET EVOLUTION: AUGUST 3**  
JACKSONVILLE FARMERS' MARKET  
7AM-NOON | FREE ADMISSION!
- ★ **BACK TO SCHOOL SPLASH: AUGUST 16**  
SPLASH ZONE WATER PARK  
6PM-9PM | \$5 ADMISSION ~ SLIDES FREE!
- ★ **MARKET MADNESS: AUGUST 27**  
JACKSONVILLE FARMERS' MARKET  
4P-8P | FREE ADMISSION!

**CALL MEGAN FOR DETAILS @ (501) 982-4171**

## AQUATICS

SIGN UP FOR TU/TH SWIM LESSONS  
SESSION 9: SEPT 3 -26

SIGN UP FOR M/W SWIM LESSONS SEPT 4-25  
SESSION 9: LEVELS 1 THROUGH 3 WORK ON SPECIFIC  
SKILL DEVELOPMENT.

**FOR MORE INFO:  
CONTACT LISA AT (501) 982-4171**

## SHOOTING RANGE

CALL TO RESERVE A FIELD: (501) 241-2441

**AUGUST 1 - SEPTEMBER 15  
REGISTER YOUR TEAM FOR THE  
FALL TRAP SHOOTING LEAGUE  
CALL (501) 241-2441**

ARE YOUR BUSINESS GOALS ON TARGET?  
TAKE YOUR NEXT MEETING OUTDOORS.

## ATHLETICS

### REGISTRATION

 **YOUTH & ADULT FLAG FOOTBALL**  
**REGISTER [HERE](#)**  
GAMES START IN SEPTEMBER

 **YOUTH FALL T-BALL,  
BASEBALL, SOFTBALL**  
**REGISTER [HERE](#)**  
GAMES START IN SEPTEMBER

 **YOUTH SOCCER**  
**REGISTER [HERE](#)**  
GAMES START IN SEPTEMBER

 **ADULT SOFTBALL**  
**REGISTER [HERE](#)**  
GAMES START IN SEPTEMBER

 **GIRLS VOLLEYBALL**  
**REGISTER [HERE](#)**  
GAMES START IN NOVEMBER

## YOUTH CENTER



AFTER SCHOOL FEEDING PROGRAM  
MON-FRI | AGES: 5 TO 18 YRS OLD | FREE



BACK TO SCHOOL FREE IMMUNIZATIONS & HAIRCUTS  
**AUGUST 5TH | AGES 8-15 | 3P-6P**

**PHONE: (501) 982-0818**



# COMMUNITY CENTER

## DERAILED

IS THE ELLIPTICAL TRAINER YOUR GO-TO PIECE OF GYM EQUIPMENT? WHY NOT - IT GETS YOUR HEART PUMPING WITH LOW IMPACT. DON'T LET SMALL MISTAKES COST YOU BIG FITNESS GAINS.

MAKE THE MOST OF YOUR ELLIPTICAL TRAINING BY AVOIDING THE 5 MOST COMMON ELLIPTICAL ERRORS:

- YOU ONLY USE THE ELLIPTICAL > SAME WORKOUTS LEAD TO FITNESS & WEIGHT LOSS PLATEAU.
- YOU RELY ON "CALORIES BURNED" > ELLIPTICAL MACHINES TEND TO OVERESTIMATE # OF CALORIES BURNED.
- NEVER ADJUST SPEED/RESISTANCE > MAINTAINING THE SAME PACE WILL GIVE YOU THE SAME RESULTS= NOTHING.
- YOU DON'T WORK YOUR UPPER BODY > IF YOU DON'T ENGAGE YOUR UPPER BODY, YOU BURN FEWER CALORIES.
- YOU'RE DISTRACTED > YOU'RE LIKELY TO SLOW DOWN AND TAKE THE THE PATH OF LEAST RESISTANCE.

AT THE JACKSONVILLE COMMUNITY CENTER WE OFFER MANY DIFFERENT CARDIO MACHINES, FREE WEIGHTS ALONG WITH LAND & WATER FITNESS CLASSES TO MIX UP YOUR WORKOUT. COME WORKOUT WITH US!!

# EVENT CENTER

NEED A VENUE FOR YOUR BABY SHOWER OR BUSINESS CONFERENCE?  
WE HAVE SPACE AVAILABLE FOR SMALL & LARGE EVENTS.

FOR SPECIAL EVENTS, BANQUETS, CONFERENCES, WORKSHOPS AND MORE, THE COMMUNITY CENTER HAS BEAUTIFUL, AFFORDABLE MEETING ROOMS AND BANQUET SPACE. HOSTING OVER 300 EVENTS EACH YEAR, IT IS THE BUSIEST PLACE IN TOWN. ENJOY THE CONVENIENCE OF FREE FRONT DOOR PARKING AND EASY ACCESS OFF HIGHWAY 67-167.



**CALL & ASK TO SPEAK WITH  
MEGAN TO DISCUSS YOUR EVENT  
TODAY!! (501) 982-4171**

# PARKS

A TRIP TO THE WATER PARK IS A QUINTESSENTIAL PART OF SUMMER. WHILE FUN & EXCITING, SOME FEATURES AT THE WATER PARK CAN POSE SAFETY RISKS WHEN NOT USED PROPERLY. TO ENSURE EVERYONE HAS A GREAT TIME, HERE ARE SOME ESSENTIAL SAFETY TIPS:

- STAY HYDRATED**
- KEEP AN EYE ON THE KIDS**
- BRING SAFETY SUPPLIES**

STAYING SAFE WILL ENSURE EVERYONE ENJOYS THEIR AFTERNOON AT THE WATER PARK. HAVE YOU BEEN TO **SPLASH ZONE** THIS SUMMER?

FOR MORE INFO ON WATER PARK SAFETY CLICK THE LINK BELOW.

[HTTPS://NEARSAY.COM/N/607/444  
8/AR/PARKS](https://nearsay.com/n/607/4448/ar/parks)

## KNOW B4 YOU GO



AUG

COMMUNITY CENTER  
OPEN ALL OF AUGUST

## Let's Be Social

- JACKSONVILLEPARKSANDRECREATION
- JACKSONVILLE\_PARKS\_N\_REC
- PARKSRECDEPTAR
- JACKSONVILLE PARKS & RECREATION

## SPLASH ZONE WATER PARK

### BACK TO SCHOOL SPLASH

FRIDAY, AUGUST 16TH  
6PM-9PM

\$5 ADMISSION ~ SLIDES FREE!

**GET SET TO GET WET!**

MONDAY - FRIDAY: 11:30AM - 6:30PM  
SATURDAY, SUNDAY & HOLIDAYS:  
12:00PM - 6:00PM

**DOWNLOAD THE BROCHURE [HERE](#)**

