



# CONNECTING PEOPLE • PLAY • PARKS



FEBRUARY 2020

## EVENTS

### CUPID SHUFFLE 5K WALK/RUN

SATURDAY | FEBRUARY 8 | 8AM-11AM

DUPREE PARK

**\$25 PRE-REGISTRATION**

**\$35 DAY-OF REGISTRATION**

CHIP TIMED USATF CERTIFIED COURSE

PARTICIPANTS RECEIVE A MEDAL & T-SHIRT

**STILL TIME TO SIGN UP! REGISTER @**

**[WWW.ARKANSASRUNNER.COM](http://WWW.ARKANSASRUNNER.COM)**

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

## AQUATICS

SWIM LESSONS: SESSION 3 & 4 IN MARCH  
MON/WED OR TUES/THURS CLASSES

**CLICK HERE** FOR DETAILS

LIFEGUARD CLASS: MARCH 26-28

SESSION 1 | \$250 | **CLICK FOR DETAILS**

PRE-REQ TESTS ON TUES & THURS @ 7PM

**CONTACT LISA AT (501) 982-4171**

## SHOOTING RANGE

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

★ FEB 7-8: AYSSP SUPPLY PICK UP

★ FEB 8-9: NRA LEVEL 1

★ FEB 29: PARKS ATA SHOOT  
TARGETS ONLY

FOR MORE SHOOT VISIT:

**[WWW.JACKSONVILLESHOOTINGCOMPLEX.COM](http://WWW.JACKSONVILLESHOOTINGCOMPLEX.COM)**

## ATHLETICS

### REGISTRATION

### SPRING SPORTS LEAGUES REGISTRATION OPEN NOW!



### YOUTH SOFTBALL & BASEBALL LEAGUE

**REGISTRATION FORM HERE**

GAMES @ DUPREE PARK & EXCELL PARK  
GAMES BEGIN IN APRIL

**FOR MORE DETAILS CONTACT LANDON  
(501) 690-1722**



### ADULT SOFTBALL LEAGUES

**TEAM REGISTRATION FORM HERE**

GAMES @ DUPREE PARK | APRIL 2020

**FOR MORE DETAILS CONTACT LARRY  
(501) 749-8705**



### WOMENS VOLLEYBALL LEAGUE

GAMES ON MONDAYS @ THE CENTER



### MENS BASKETBALL LEAGUE

GAMES ON SUNDAYS @ THE CENTER

## MARTIN STREET YOUTH CENTER

AFTER SCHOOL FREE FEEDING PROGRAM  
MON-FRI @ 4PM | AGES: WALKING TO 18 YRS OLD

**HAVING AN EVENT? WE HAVE SPACE TO RENT!  
CALL GLEN @ (501) 982-0818**



# COMMUNITY CENTER



**SILVER SNEAKERS**



SILVERSNEAKERS® IS A HEALTH AND FITNESS PROGRAM DESIGNED FOR ADULTS 65+. NO ADDITIONAL COST IF YOU HAVE SILVERSNEAKERS INCLUDED IN YOUR MEDICARE ADVANTAGE PLAN.

## CLASSES DESIGNED FOR SENIORS

WHETHER INDOORS OR OUTDOORS, BEGINNER OR EXPERIENCED, WE HAVE FITNESS CLASSES FIT FOR EVERYONE. ALL SILVERSNEAKERS CLASSES ARE LED BY OUR SUPPORTIVE INSTRUCTORS.

## THE FREEDOM TO CHOOSE

WEIGHTS, TREADMILLS, STATIONARY BIKES, AND SO MUCH MORE - WHETHER YOU'RE STARTING TO EXERCISE OR KEEPING UP WITH YOUR PROVEN WORKOUT, YOU'LL HAVE ACCESS TO EQUIPMENT YOU NEED.

## GET ACTIVE, FEEL GREAT!

IT'S NEVER TOO LATE TO START LIVING A LONGER, HEALTHIER LIFE. TAKE ADVANTAGE OF ALL SILVERSNEAKERS HAS TO OFFER. CALL US TO CHECK IF YOU'RE A MEMBER TODAY (501) 982-4171.

# EVENT CENTER



**WE'VE GOT THE RIGHT SPACE FOR ANY EVENT!**

**FEB 4:** JACKSONVILLE CHAMBER OF COMMERCE BANQUET

**FEB 7-8:** MISS GREATER JACKSONVILLE PAGEANT

**FEB 20:** TASTE OF NEW ORLEANS - SENIOR WELLNESS & ACTIVITY CENTER

**FEB 22:** FATHER/DAUGHTER BANQUET - JACKSONVILLE SERTOMA CLUB

★ **BOOK YOUR 2020 EVENT WITH US TODAY!** ★

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

# PARKS

## 5K PRE-RACE PREPARATION

A 5K IS A WONDERFUL WORKOUT THAT CAN BURN UP TO 700 CALORIES PER HOUR. YOU'LL RAISE YOUR HEART RATE, LOWER BLOOD PRESSURE, AND RELIEVE STRESS - ALL WHILE TONING AND SHAPING YOUR BODY.

WHETHER IT'S YOUR FIRST 5K TO RUN OR YOU'RE A TRAINED RUNNER, HERE ARE SOME HELPFUL PRE-RACE PREPARATION STEPS:

**WARM UP:** WARMING UP IS A VITAL PART OF ANY RUNNERS PREPARATIONS. FAILURE TO WARM UP CAN RESULT IN INJURIES AND POTENTIALLY A LONG-TERM LAY OFF.

**EAT & HYDRATE:** LIKE MOST RACES YOU SHOULD EAT WELL BEFORE YOU RUN SOMETHING SUBSTANTIAL ABOUT 2-3 HOURS BEFOREHAND AND MAKE SURE YOU ARE SUFFICIENTLY HYDRATED.

**FOOTWEAR:** WEAR APPROPRIATE SHOES FOR YOUR DISTANCE.

**PACE YOURSELF:** BEST 5K RACE TIMES ARE ACHIEVED WHEN YOUR PACE IS EVEN THROUGHOUT AND EVEN A LITTLE FASTER TOWARDS THE END OF IT.

**SIGN UP FOR THE CUPID SHUFFLE 5K HERE**

## KNOW B4 YOU GO



**FEB 17**

**CLOSED FOR PRESIDENTS DAY**

## Let's Be Social

JACKSONVILLEPARKSANDRECREATION

JACKSONVILLE\_PARKS\_N\_REC

PARKSRECDEPTAR

JACKSONVILLE PARKS & RECREATION

## SPLASH ZONE

## WATER PARK

**2020 SEASON OPENING: MEMORIAL WEEKEND | MAY 23-25**

**2020 SEASON PASSES WILL GO ON SALE MARCH 2ND**

**2020 POOL PARTIES CAN BE SCHEDULED STARTING MARCH 2ND**

**CLICK HERE FOR DETAILS**

## HOURS:

MONDAY - FRIDAY:  
11:30AM - 6:30PM

SATURDAY, SUNDAY & HOLIDAYS:  
12:00PM - 6:00PM

