2024 SPRING QUARTER BROCHURE



SPRING QUARTER REGISTRATION BEGINS FEBRUARY 5

auburnalabama.org/parks/register

ABBREVIATION GUIDE

OF THE WEEK

Dates are listed in month/date format. For example,

- May 1 is listed as 5/1.MMondayTTuesdayWWednesdayRThursdayFFridaySASaturdaySUSunday
- EO Every Other

FACILITIES/LOCATIONS

AA Auburn Arboretum AHS Auburn High School AHST Auburn High School Track AJHS Auburn Junior High School APL Auburn Public Library ASC Auburn Softball Complex ASF Auburn Soccer Fields-Shug Jordan Fields ATPS Auburn Technology Park South-Lake BCC Boykin Community Center BCG Boykin Community Gym CSP Chewacla State Park DP Dinius Park DRCS Dean Road Ceramics Studio DRRC Dean Road Recreation Center DMSG Drake Middle School Gymnasium Duck Samford Park DSP DTWN Downtown Auburn East Samford School ESS FBRC Frank Brown Recreation Center FIΡ Felton Little Park HC Hubert & Grace Harris Senior Center IPT Indian Pines Tennis Courts JDCAC Jan Dempsey Community Arts Center KP Kiesel Park KPNC Kreher Preserve & Nature Center MLK Martin Luther King Park MPB Margie Piper Bailey Ogletree Elementary School OES SP Samford Pool TCP Town Creek Park Town Creek Inclusive Playground WSC Wire Road Soccer Complex City of Auburn/Auburn University YTC Yarbrough Tennis Center

REGISTRATION GUIDELINES

Registration will begin Monday, February 5 at 8 a.m. Citizens must have an online account to register for any Parks and Recreation programs. An account should be created for any individual who is interested in registering and participating in a program. To access the online system and create an account visit auburnalabama.org/parks/register. Programs with an associated cost will require payment which can be made online using a credit card. Individuals who wish to pay with cash or check can register and pay in–person at the Harris Center Monday–Friday, 8am–5pm. Registration will only be accepted from participants who live or work in the City of Auburn during the first two weeks of registration, February 5-23.

The Auburn Parks and Recreation Department administration offices are located in the Harris Center at 425 Perry Street and are open Monday–Friday, 8 AM until 5 PM

REGISTRATION: Registration is required for all programs. Your early registration makes a difference, as all programs have a minimum participation requirement. Registration is accepted on a first come, first served basis. After a class has reached capacity, names will be placed on a waiting list. Contact us at (334) 501–2930 for questions or more information.

PHOTOS: City of Auburn staff will periodically take photos of program participants and park visitors. These photos may be used in our publications, including seasonal program guides, facility brochures, advertisements and on our website. If you do not wish to have your photo taken, please notify the photographer at that time.

WAIVER AND RELEASE: All participants in programs conducted by the City of Auburn Parks and Recreation Department are required to sign a liability/waiver release form. Participants under the age of 19 will be required to have a parent/guardian sign for them.

FEES: Classes with fees must be paid at the time of registration.

REFUNDS: All refund requests must be made in writing to the Parks and Recreation Administrative office via email (registration@auburnalabama.org) or using the refund request form on the home page of the online portal. Refunds for leisure activities will be processed and issued within 1 week if originally paid online by customer or 2–3 weeks if registration was processed in–person at the Harris Center. Tennis and Youth Sports refunds will be processed and received after 30 days. All refunds may be subject to a 10% fee.

CEMETERIES: Auburn Parks and Recreation is responsible for Memorial Park, Westview, Pine Hill, and Town Creek Cemeteries. To purchase bronze markers or lots, arrange for burial or for more information, please pick up the cemetery brochure or contact the Harris Center at (334) 501–2930.

PICNIC FACILITIES: Picnic facilities at Duck Samford, Kiesel, Town Creek Inclusive Playground, Bowden, Sam Harris, Dinius, Martin Luther King and Felton Little Parks are available for reservations. To reserve a park, contact the Harris Center at (334) 501–2930.

RENT-A-FACILITY: City of Auburn Parks and Recreation facilities and parks are available to the public for rental. Rental fees vary depending on the amount of space, equipment, and type of facility needed. For more information on City facilities, please visit auburnalabama.org/parks/register to check availability and reserve a facility or park. To schedule a tour of the historic Nunn Winston House and service building at Kiesel Park, contact Auburn Parks and Recreation at (334) 501–2930.

NOTES: Participants in all Auburn Parks and Recreation programs must be toilet trained. If participants are not picked up on time from programs, a late fee will be assessed.

SERVICE FEES: A \$30 service fee will be charged on all checks returned by the bank. ACCOMMODATIONS: In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990 ("ADA"), the City of Auburn, Alabama does not discriminate on the basis of disability in its services, programs, or activities. Upon request, qualified individuals with disabilities will be provided with reasonable accommodations. To ensure effectiveness of the accommodations, the City requests that the Administrative offices of the Parks and Recreation Department be notified of the need at least 48 hours prior to the program, event, or activity. Please refer to the back of this brochure for a complete

listing of all facilities and parks. You may also refer to the Parks and Recreation Guide, available at the Harris Center, for a map and detailed information about each individual park and facility.



Please visit auburnalabama.org/government/ada for additional information.

BARK IN THE PARK: CELEBRATING RESPONSIBLE DOG OWNERSHIP

Calling all dog lovers! Auburn Parks and Recreation and the Lee County Humane Society will host Bark in the Park, an event celebrating responsible dog ownership, on Saturday, March 16th from 9 a.m. - 2 p.m. at Kiesel Park. This FREE community event is open to all dog owners and their favorite four-legged friends. Visit a variety of educational booths, shop with local pet vendors and enjoy door prizes and dog-friendly activities all morning. Looking to expand your canine family? Rescue dogs will be available for adoption as well! Join us for a morning of doggone good fun at the park! Do you have a dog-related business and would like to be a vendor? Contact Sarah Cook at scook@ auburnalabama.org or visit auburnalabama.org/parks/register to apply.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--------|--------------------|-----------------|---------------------|-----------------|--|
| ALL | SA | 3/16 | 9 a.m. – 2 p.m. | KP | |
| Contac | :t: Sarah C | Cook • (334) 50 |)1-2948 • scook@aub | ournalabama.org | |



DAY IN CLAY

Mark your calendars, Day in Clay is back! This one-day open house will take place in the new ceramics studio located in the Jan Dempsey Community Arts Center on Saturday, March 16th from 1-4 pm. During this open house, we encourage the whole family to visit our new, fully equipped studio, enjoy beverages and snacks as well as watch demonstrations by studio members. Visitors who want to have the experience of working in clay can pay \$10 per person and select either an adult or kids project to create. All projects are led by JDCAC Ceramics Studio members or staff and will be held at 1:00 p.m., 2:00 p.m. and 3:00 p.m. While we invite everyone to visit our studio, we have limited space available for those interested in creating with clay. ALL registrations for hands-on workshops must be done at auburnalabama.org/parks/register. No hands-on workshops can be purchased at the door. Since your handmade clay creation must have time to dry and be fired, please plan to pick up your work between April 16th - May 1st.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | | |
|--------|--|---------|------------|----------|--|--|--|--|
| 6+ | SA | 3/16 | 1 - 4 p.m. | JDCAC | | | | |
| Contac | Contact: Emillie Dombrowski • (334) 501-2944 • | | | | | | | |
| | edombrowski@auburnalabama.org | | | | | | | |

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BARK ING RESPONSIBLE DOG OWNERSHIP AT KIESEL PARK GELEBRATING RESPONSIBLE DOG OWNERSHIP AT KIESEL PARK MARCH 16 9 AM - 2 PM



THE EGGCELLENT EASTER SCAVENGER HUNT

Join Auburn Parks and Recreation for the 4th Annual Eggcellent Easter Scavenger Hunt beginning Saturday, March 23 and ending Wednesday, March 27. A clue will be posted on the Auburn Parks and Recreation Facebook and Instagram each morning of the scavenger hunt leading participants to an Easter egg in one of our parks or facilities. Participants must then use their phones to scan the QR code on the Easter egg which will lead them to the next clue. When participants have found all the clues, they will be prompted to enter their name into the drawing for one of five prizes. Each day you participate is a chance to earn another entry! Five lucky participants will win a \$25 gift card to a local business. Winners will be drawn at random on Thursday, March 28. Only one entry per person per day will be counted. For more information, contact Gabby Filgo at gfilgo@auburnalabama.org, or go to auburnalabama.org/parks.

FREE to the public.Age(s)Day(s)Date(s)TimeLocationALLSA - W3/23 - 3/27ALLALLContact: Gabby Filgo • (334) 501-2946 • gfilgo@auburnalabama.org



BREAKFAST WITH THE BUNNY

Hop on over to our 3rd Annual Breakfast with the Bunny! The event will be held on Saturday, March 23, 2024, from 8 - 11 a.m. at Kiesel Park. The buffet-style breakfast is \$10 per person and activities will include a meet and greet with the Easter Bunny, balloon animals, face painting, a petting zoo and egg hunt! This can't-miss event is sure to produce some cherished family memories and adorable photo opportunities. If there is inclement weather on the day of the event, it will be moved to an indoor location. Tickets go on sale on Monday, February 5 at 8:00 a.m. at auburnalabama.org/parks/register. No walk-ups will be accepted on the day of the event. \$10 per person. Age(s) Day(s) Date(s) Time Location 3 & Under SA Contact: Gabby Filgo • (334) 501-2946 • gfilgo@auburnalabama.org



44TH ANNUAL EASTER EGG HUNT – NEW LOCATION!

Join Auburn Parks and Recreation for the 44th Annual Easter Egg Hunt! This year's egg hunt will be held at Duck Samford Park Lower Baseball Fields. There will be four hunting fields available for the following age groups: 0-3, 4-6, 7-8 & 9-10 years of age. Ten grand prizes will be awarded in each group and the Easter Bunny will be available for photos before and after the Egg Hunt. Attendees can also enjoy musical entertainment, free balloons, face painting and inflatables beginning at 9 a.m. Please remember to arrive early to check-in and find your child's correct age group. The first age group will begin at 10:30 a.m. sharp! Egg Hunt Start times will be staggered by age group. Registration will open Monday, February 5 for Auburn residents. Anyone outside of Auburn can begin registering Monday, March 18 if space is still available. **Registration will take place at auburnalabama.org/ parks/register. \$5 per child for Auburn residents. \$10 per child for non-residents. Every participant must be pre-registered and there will be no registration taken day of event!**

0-3 Hunts at 10:30 a.m. • 4-6 Hunts at 10:45 a.m. • 7-8 Hunts at 11:00 a.m. • 9-10 Hunts at 11:15 a.m.

| Age(s) | Day(s) | Date(s) | Time | Location | |
|--------|--|---------|------------|----------|--|
| 0 - 10 | SA | 3/30 | 9 a.m Noon | DSP | |
| | SU | 3/31 | 2 – 5 p.m. | DSP | |
| | (Rain Date) | | | | |
| Contac | contact: Gabby Fildo • (334) 501-2946 • ofildo@auburnalabama.org | | | | |

19TH ANNUAL AUBURN CITYFEST JURIED ART SHOW AND PREVIEW RECEPTION

Join us Thursday, April 25th for the 19th Annual Juried Art Show and Preview Reception presented by the Auburn Arts Association, the Auburn CityFest Committee and Auburn/Opelika Tourism. Enjoy a preview reception held at the historic Nunn-Winston House on the grounds of Kiesel Park. Great food and drinks will be provided. Artists are invited to submit works for this competition. More than \$1,000 in awards will be presented. This event is free to the public. The Auburn Arts Association will accept submissions to the show through Friday, April 19th. Visit auburncityfest.com for a registration link.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | |
|--------|--|---------|------------------|----------|--|--|--|
| 18+ | R | 4/25 | 5:30 – 7:30 p.m. | KP | | | |
| Contac | Contact: Emillie Dombrowski • (334) 501-2944 • | | | | | | |
| | ebombrowski@auburnalabama.org | | | | | | |





AUBURN CITYFEST 2024

Get ready for one of Auburn's favorite spring traditions, the Auburn CityFest! Join Auburn Parks and Recreation for Auburn CityFest Saturday, April 27 at Kiesel Park from 9 a.m. – 4 p.m. Enjoy live music, food, arts and crafts vendors, nonprofit organizations, children's activities, special appearances and much more. This FREE outdoor event is held rain or shine. For more information or to register to become an art, food or non-profit vendor visit auburnalabama.org/register.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------|-----------------|---------------------|-------------------|
| All | SA | 4/27 | 9a.m – 4 p.m. | KP |
| Contac | t: Ann Berg | jman • (334) 50 | 1-2936 · abergman@a | auburnalabama.org |



SPRING SUNDOWN CONCERT SERIES

Join us for an evening of music and fun at beautiful Keisel Park. Bring your lawn chair, blanket, kick back and enjoy the music. Food concessions will be on site for purchase. Bands will be announced at a later date at auburnalabama.org/parks. **FREE**.

| | | | Date(s) | Time(s) | Location |
|----|-------|---------------------|------------------|---------------------|------------------|
| AL | L | R | 5/2 – 5/30 | 6:00 - 7:30 p.m. | KP |
| Co | ontac | t: Jarrett J | Jones • (334) 50 | 1-2941 • jyjones@au | uburnalabama.org |

ACTIVE AUBURN'S 4TH ANNUAL





CITY MARKET

City Market is back for the summer season! Auburn Parks and Recreation invites the community, growers, and consumers alike, to join us at Town Creek Park every Saturday from May 18th until August 31st from 8-11 AM. The market will host local farmers, growers, and artists to sell their produce and products. Parking will be available for all market attendees in the gravel parking lot across from Town Creek Park.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|-----------------|------------------|
| ALL | SA | 5/18 – 8/31 | 8 – 11 a.m. | TCP |
| Contac | :t: Sarah C | ook • (334) 501 | -2948 • scook@a | uburnalabama.org |

30[™] ANNUAL FISHING RODEO SPONSORED BY EVANS REALTY

Cast into summer with the 30th Annual Fishing Rodeo sponsored by Evans Realty! Join us at the lake at Auburn Technology Park South on Saturday, May 11 from 7-11 a.m. Registration will open Monday, April 1 for Auburn residents. Anyone outside of Auburn can begin registering Monday, April 15th. Every participant must be pre-registered there will be no registration taken day of event. The first 175 kids registered will receive a free fishing rod and reel courtesy of Evans Realty, and the Auburn Parks and Recreation Department will supply the bait. Each child will be permitted to bring home five fish and must be accompanied by an adult at all times. If you plan to take home fish, please bring a bucket. Door prizes will be given out to lucky participants and prizes will be awarded to the biggest and smallest fish caught in each age category. We will also give out an award for the most fish caught overall. This event is a great chance to bring kids and their parents together with America's favorite pastime **S5 per child**

| paronito | logoti ici wi | | | per ennu. |
|----------|-------------------|----------------|-------------------|------------------|
| Age(s) | Day(s) | Date(s) | Time(s) | Location |
| ALL | SA | 5/11 | 7 – 11 a.m. | ATPS |
| Contac | t: Sarah C | ook • (334) 50 |)1-2948 • scook@a | uburnalabama.org |

LET'S GET ACTIVE, AUBURN!

Join us as we kick off the 2024 season! Active Auburn is a health and wellness campaign presented by Auburn Parks and Recreation and launched in August 2017. The campaign is designed to encourage Auburn residents to get active in Auburn and connect them with their fellow residents and City parks and facilities. For questions about Active Auburn, visit www.auburnalabama.org/parks.



50+ FITNESS

SILVER SNEAKERS

The Silver Sneakers® Fitness program is an innovative program offered through participating health plans that gives you the freedom to get fit your way[™]. Silver Sneakers Classic: Move to music and have fun while exercising to increase muscle strength, range of movement, and activities for daily living. Hand-held weights, bands, and a ball are used for resistance. A chair is used for seated exercises and standing support **If** you miss three classes in a row without any communication to the instructor you will be removed from the roster. \$5 fee. Once your Silver Sneakers membership is verified you will be refunded the \$5 fee.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | |
|--------|--|------------|---------------|----------|--|--|--|
| 50+ | М | 3/4 – 5/13 | 9- 9:45 a.m. | HC | | | |
| 50+ | Т | 3/5 – 4/30 | 2-2:45 p.m. | HC | | | |
| 50+ | R | 3/7 – 5/2 | 9 – 9:45 a.m. | HC | | | |
| Contac | Contact: Sarah Cook • (334) 501-2948 • scook@auburnalabama.org | | | | | | |

TAILS AND TRAILS FUN RUN 2024

Join Active Auburn as we kick-off the 12th Annual Bark in the Park with a 3K for you and your furriest friends. Grab your running shoes and your running "pawtner" for a dog gone good time! The 4th Annual Tails and Trails 3K will begin at 9 a.m. on Saturday, March 16th at Kiesel Park coinciding with Bark in the Park. Online registration will begin Monday, January 1st. ***New in 2024* Registration for Tails and Trails is FREE, but required.**

T-shirt purchases are optional, and sizes will be guaranteed until February 29th. Shirts will be available for purchase at the event. To be guaranteed your t-shirt size, participants must register by Thursday, February 29th.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | |
|--|--------|---------|---------------|----------|--|--|
| 8+ | SA | 3/16 | 9 - 9:45 a.m. | KP | | |
| Contact: Maura Toohey • (334) 501-2940 • mtoohey@auburnalabama.org | | | | | | |

ZUMBA GOLD

Zumba Gold is designed for the older active adult, a person who has not been exercising in a long time or individuals who may be limited physically. The biggest difference between Zumba Gold and Zumba basic is that Zumba Gold is done at a much lower intensity. It is just as much fun, just not as fast! Zumba Gold uses the same great Latin styles of music and dance that are used in the Zumba basic program, including the Salsa, Cha-Cha, Rock 'n Roll and Merengue. The Zumba Gold program strives to improve balance, strength, flexibility and most importantly, the heart. When you take the Zumba Gold class, be sure to wear comfortable workout clothing, take water and a towel, along with a "ready to party" attitude! **FREE.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|-------------------|------------------|--------------------|
| 50+ | Μ | 3/4 – 5/27 | 10 - 11 a.m. | FBRC |
| | W | 3/6 – 5/29 | 10 - 11 a.m. | FBRC |
| Contac | t: Gabby F | Filgo ● gfilgo@ai | uburnalabama.org | g • (334) 501-2946 |

SEATED ZUMBA GOLD

Zumba movements are designed to mimic many typical Latin dance styles like salsa, rumba, and cumbia. Although traditionally many of these dances require use of your entire body, they can easily be adapted for people with mobility challenges. Many movements can be done with the upper body from a seated position in a wheelchair. Because so many unique styles of music are usually incorporated into typical Zumba classes, participants join into the motions they feel most comfortable with. This class is a wonderful way to strengthen the upper body as well as the lower extremities such as ankles and feet (if able). The class can be taken from your own wheelchair or from a regular chair. Chairs will be provided. FREE.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--|--------|------------|-----------------|----------|--|
| 50+ | Μ | 3/4 – 5/27 | 11 – 11:30 a.m. | FBRC | |
| | W | 3/6 – 5/29 | 11 – 11:30 a.m. | FBRC | |
| Contact: Gabby Filgo • gfilgo@auburnalabama.org • (334) 501-2946 | | | | | |

LOW IMPACT CARDIO SCULPT

This class is led by a certified fitness instructor and designed to give maximum cardiovascular benefits with little stress on the joints. Muscle building and strengthening exercises are incorporated with low-impact cardio movements designed to tone muscles and increase cardiovascular endurance. This workout also includes balance and stretching exercises, which we need as we age. Please bring an exercise mat (example: yoga mat). Lightweights (no more than 2-3-pound handheld weights, soup cans, water bottles, etc.) are encouraged but not mandatory. Participants are encouraged to modify and work out at his/her own pace and modifications are shown by the instructor. FREE.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|----------------------|-------------------|------------------|---------------------|
| 50+ | TR | 3/19 – 5/30 | 10 a.m. – 10:4 | 15 a.m. FBRC |
| Contac | :t: Valerie C | Carson • (334) 74 | 0-8988 • valerie | ecarson@knology.net |

YIN YOGA FOR HEALTH AND HAPPINESS

Yin Yoga is a little different than a "typical" yoga class. It is a passive/quiet yoga practice where we learn to relax our muscles in poses held for longer periods of time to improve joint, ligament, fascia, and connective tissue that normally are not exercised in traditional exercise sessions. Please let instructor know of any injuries, concerns in order that the poses practiced in the class may be modified to meet your specific needs. Yin yoga is highly recommended if you are over the age of thirty-five as it helps to keep the connective tissue, joints, and other aspects of the body in alignment and sustain flexibility as we age. Yin yoga also incorporates mindfulness to include breathing techniques that help improve mood, sleep, and mobility. This is an all-levels class from beginners to advanced. Participants will need a yoga or padded mat, small lap blanket or beach towel. The participant may decide to buy their own optional equipment - bolster, blocks, and yoga strap. The Parks and Recreation Department supply those optional equipment items for use unless you chose to buy your own. It is suggested that you attend class and use the supplied optional equipment before you go out and buy your own. it is suggested you give yourself some time to see if the class is something that you will continue before buying the additional items. Instructor reserves the discretion to cancel class as needed. FREE.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|------------|-------------------|----------------------|-----------|
| 50+ | W | 3/6 – 5/29 | 8:45 – 9:45 a.m. | FBRC |
| Contac | t: Tammy I | Hollis • (334) 70 |)3-0168 • hollite60@ | gmail.com |

DUMBBELL BASICS

Learn how to use dumbbells safely and effectively during cardio routines for long-term physical health. This class is led by a certified personal trainer and focuses on proper technique and safety. Please register

| for only ONE session of this class. FREE. | | | | | |
|---|--------|---------|---------|----------|--|
| Age(s) | Day(s) | Date(s) | Time(s) | Location | |

| Sessi | ion I | | | |
|-------|------------|-------------------|----------------------|------|
| 50+ | W | 3/27 | 9:30 – 9:55 a.m. | FBRC |
| Sessi | ion II | | | |
| 50+ | W | 4/24 | 9:30 – 9:55 a.m. | FBRC |
| Sessi | ion III | | | |
| 50+ | W | 5/22 | 9:30 – 9:55 a.m. | FBRC |
| Conta | act: Valer | ie Fetsch • vfets | sch@auburnalabama.or | g |

BE FAB (BE FLEXIBLE & BALANCED)

Be FAB (Flexible and Balanced) - Feel better and more confident by improving your balance and stretching your muscles safely for long-term physical health. This class is led by a certified personal trainer and focuses on proper technique and safety. Please bring an exercise mat or towel for floor work. Exercise modifications can be made if needed. You are encouraged to come as many days as you can each week for the best results. If this class is full and you miss 1 week without any communication to the instructor, you will be automatically removed from the roster so others may register. FREE.

| Age(s) | Day(s) | Dates(s) | Time(s) | Location | |
|---|--------|-------------|----------------|----------|--|
| 18+ | MTWRF | 3/11 – 5/31 | 1 p.m1:45 p.m. | FBRC | |
| Contact: Valerie Fetsch • vfetsch@auburnalabama.org | | | | | |

I'VE FALLEN AND I CAN GET UP

Are you afraid of falling and not being able to get back up again, or do you avoid sitting on the floor because you don't think you can get back up again? If so, this class is for you! We will work on strengthening the muscles needed and safe technique to get down onto the floor and then back up again. This class is led by a certified personal trainer and focuses on proper technique and safety. Note: Participants will only be allowed to register for one session of this class. If this class is full and you miss the first class without any communication to the instructor, you will be removed from the roster so others may register. FREE

| Session I 3/18-3/29 | | | | | | |
|-----------------------|---------------------|-----------------|-------------------|----------|--|--|
| Sessio | n II 4/8-4/ | 19 | | | | |
| Session III 5/17-5/31 | | | | | | |
| Age(s) | Day(s) | Date(s) | Time | Location | | |
| 50+ | MWF | 3/18 – 5/31 | 2:15 – 2:45 p.m. | HC | | |
| Contac | t: Valerie F | etsch • vfetsch | @auburnalabama.or | q | | |

50+ PROGRAMS

HOW TAX PLANNING CHANGES THROUGH FOUR STAGES OF RETIREMENT

Attend this workshop and you will learn the critical tax question you must answer BEFORE retirement, the surprises that often make retirement more expensive, what the Social Security "tax trap" is and how you can avoid it, why tapping assets in the wrong order can trigger higher Medicare premiums, why you need to manage taxes even before you retire, the four stages of retirement and important tax actions in each stage including tricky IRA challenges, mistakes to avoid when it comes to your investment portfolio, health care, and estate. You need a retirement tax strategy that will identify the types of taxes you will face at various stages, address how taxes impact Social Security and Medicare, and plan when to tap different accounts so you don't overpay taxes. Participants should only plan to attend one session as all sessions will cover the same material. All participants will be required to register. If you plan to register the day of the workshop, please plan to arrive 15-30 minutes early so the front desk staff can assist you. FREE.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|------------|----------------|---------------------|----------------|
| 50+ | Т | 3/5 | 1 – 2:30 p.m. | HC |
| | Т | 3/12 | 6:30 – 8 p.m. | HC |
| Contac | t: Fred Mi | ddleton • (334 |) 481-1222 • fred@p | mgplanning.com |

SAVVY IRA PLANNING - TAX-SAVING STRATEGIES TO HELP YOU GET MORE OUT OF YOUR IRA

At this workshop you will learn: 7 strategies for Savvy IRA planning, 6 roll over options for your retirement, plan funds, SECURE Act changes to IRA planning, 3 common required minimum, distribution mistakes, the difference between indirect and direct rollovers, how to coordinate your IRA planning with your overall retirement, estate, tax, Social Security and financial plans, and 3 different options for spousal IRA beneficiaries. The decisions you make today can have, an impact on your overall retirement plan! **Participants should only plan to attend one session as**

all sessions will cover the same material.

All participants will be required to register. If you plan to register the day of the workshop, please plan to arrive 15-30 minutes early so the front desk staff can assist you. FREE.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|---|--------|---------|---------------|----------|
| 50+ | Т | 4/9 | 1 – 2:30 p.m. | HC |
| | Т | 4/16 | 6:30 – 8 p.m. | HC |
| Contact: Fred Middleton • (334) 481-1222 • fred@pmgplanning.com | | | | |

SAVVY GENERATIONAL PLANNING: HOW TO PLAN, COMMUNICATE, AND EXECUTE THE SMOOTH TRANSFER OF ASSETS

Attend this complimentary workshop and you will learn how generational planning is replacing traditional, stuffy estate planning, what happens when a legacy isn't planned, a tale of two families: James Gandolfini and Randy Pausch, how legacy planning can be a meaningful, even fun, process, how to plan for sudden incapacity, the importance of expressing your wishes and conveying your values, how to successfully transfer your wealth, tangible and intangible, and a six-step process to start leaving your mark on the next generation. Securities and Advisory Services are offered through Cetera Advisors LLC, member FINRA/SIPC, a broker/dealer, and a Registered Investment Adviser. Cetera is under separate ownership from any other named entity. **Participants should only plan to attend one session as all sessions will cover the same material. All participants will be required to register. If you plan to register the day of the workshop, please plan to arrive 15-30 minutes early so the front desk staff can assist you. FREE.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|---|--------|---------|---------------|----------|
| 50+ | Т | 5/7 | 1 – 2:30 p.m. | HC |
| | Т | 5/14 | 6:30 – 8 p.m. | HC |
| Contents Fred Middleton + (224) 421 1000 + fred@pmaplepping.com | | | | |

Contact: Fred Middleton • (334) 481-1222 • fred@pmgplanning.com

THE CRAFTY CREW

Come hang out with us on select afternoons each month and enjoy making a seasonal craft with step-by-step instruction. **\$10.**

March • Paint by Numbers

April • Safety Pin Jewelry

| Mav | • | Decorative | Travel | Mud |
|-----|---|------------|--------|-----|
| | | | | |

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|------------------|------------------|
| 50+ | F | 3/1, 4/5, 5/3 | 2 – 3:30 p.m. | HC |
| Contac | :t: Sarah C | ook • (334) 501 | -2948 • scook@ai | uburnalabama.org |

NUTRITION BASICS: SUMMER VACATION EDITION

Get tips for eating healthy for long-term health and weight management for summer. This class is offered by a Health and Wellness Coach who has a BS Degree in Physical Activity and Health from AU. **FREE**.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------|----------------|--------------------|----------|
| 18+ | R | 5/30 | 2:30 – 3:30 p.m. | HC |
| Contac | t: Valerie I | etsch • vfetsc | h@auburnalabama.or | g |

GET OUT AND GO! LOCAL ADVENTURE CLUB

Join us each month as we venture out to take advantage of the local sights and activities! Participants must provide their own transportation to each location. Look for directions and more details in the *Senior Connection* newsletter each month. **Cost varies by activity. Please register in advance.**

egister in advance.

March • The Splatter Room at Opelika Rage Room - \$20

| April • | Chocialaula | a Fanns - ƏTZ | | |
|--|-------------|---------------|----------------|---------------|
| Age(s) | Day(s) | Date(s) | Time(s) | Location |
| 50+ | F | 3/8 | 2 – 3 p.m. | 1510 2nd Ave, |
| | | | | Opelika, AL |
| 50+ | F | 4/12 | 11 a.m. – Noon | 929 Co Rd 14, |
| | | | | Auburn, AL |
| Contact: Sarah Cook • (334) 501-2948 • scook@auburnalabama.org | | | | |

BINGO & LUNCH TO GO

On the first and third Tuesdays of each month, enjoy playing bingo and catching up with friends. Participants will be provided a boxed lunch to take home. Space is limited for in-person bingo, so if you register but cannot attend, please, let us know in writing. PRE-REGISTRATION IS REQUIRED; you must be registered the Friday before bingo to be guaranteed lunch and to participate. You must attend bingo to receive a lunch. **\$10 per day.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--|--------|-----------|------------------|----------|--|
| 50+ | Т | 3/5, 3/19 | 10:30 a.m 12 p.m | . HC | |
| | | 4/2, 4/16 | 10:30 a.m 12 p.m | . HC | |
| | | 5/7, 5/21 | 10:30 a.m 12 p.m | . HC | |
| Contact: Sarah Cook • (334) 501-2948 • scook@auburnalabama.org | | | | | |

MUNCH AND MINGLE LUNCH CLUB

Get together with old friends and make some new friends as we gather on select Wednesday afternoons each month for lunch at a local restaurant. Participants must provide their own transportation and cover the cost of lunch. Senior discounts may apply at some restaurants. **Please register in advance so reservations can be made for the group.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--|--------|---------|--------------|-----------|
| 50+ | W | 3/20 | 11 a.m1 p.m. | Milo's |
| | W | 4/24 | 11 a.m1 p.m. | ll Forno |
| | W | 5/22 | 11 a.m1 p.m. | Don Julio |
| Contact: Sarah Cook • (334) 501-2948•scook@auburnalabama.org | | | | |

FOOD FOR THOUGHT – A 50+ BREAKFAST SPEAKER SERIES

On a select Tuesdays join us for a FREE breakfast and entertaining speaker. Please register in advance so we can supply enough food. FREE to the public. Speakers will be posted in the Senior Connection Newsletter.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|------------------|-------------------|
| 50+ | Т | 3/26, 4/30, 5 | /289 – 10 a.m. | HC |
| Contac | :t: Sarah (| Cook • (334) 50 |)1-2948 • scook@ | auburnalabama.org |



BOOK CLUB

Read and Reflect Book Club meets at the Harris Center and via Zoom on the last Tuesday of each month to discuss a selected book. Most books are available to check out at the Auburn Public Library, located at 749 East Thach Avenue. Please call 334-501-3190 or use the library link at auburnalabama.org to reserve your copy today. You can email Sarah (scook@auburnalabama.org) to be added to the Read and Reflect email list. A Zoom link will be sent to the Read and Reflect email list. **FREE.**

March: Lessons in Chemistry by Bonnie Garmus

April: Horse by Geraldine Brooks

May: Good Night Irene by Luis Alberto Urrea

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|------------------|--------------------|----------------|
| 50+ | Т | 3/26, 4/30, 5/28 | 3 1:30 - 2:30 p.m. | HC |
| Contac | t: Sarah C | ook • (334) 501- | 2948 • scook@aub | urnalabama.org |

COOKBOOK CLUB

A cookbook club is a combination of a lot of good things. It is kind of like a book club, kind of like a potluck dinner, but together. Everyone gets to try new foods and talk about it. Stop by the Harris Center to browse the cookbook and pick out your recipe. You will bring your dish for everyone to sample and discuss. Please make enough for ten people. **Spring**

| Co | okbo | ook | – The | Blue | Zones | Kitche | en. FREE. | |
|----|------|-----|-------|------|-------|--------|-----------|--|
| - | | _ | | | | | | |

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--|--------|---------|------------|----------|--|
| 50+ | Μ | 4/22 | 12 - 1p.m. | HC | |
| Contact: Sarah Cook • (334) 501-2948 • scook@auburnalabama.org | | | | | |

50+ SPECIAL EVENTS

MATINEE MONDAY

Join us for a movie, popcorn, and candy on select Monday afternoons. More movie suggestions are welcome! **\$5 per person. Please**

register by the Wednesday prior at 5 p.m.

March: Oppenheimer

April: Haunted Mansion

May: Juniper

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--|--------|---------|------------------|----------|--|
| 50+ | Μ | 3/11 | 1:30 – 3:30 p.m. | HC | |
| | Μ | 4/8 | 1:30 – 3:30 p.m. | HC | |
| | Μ | 5/6 | 1:30 – 3:30 p.m. | HC | |
| Contact: Sarah Cook • (334) 501-2948 • scook@auburnalabama.org | | | | | |

MOVIE NIGHT AT THE HARRIS CENTER

Nothing like enjoying food and a good flick together! Come join us for a movie and dinner on select Thursday nights this fall. More movie suggestions welcome! **\$10 per person (includes pizza). Please register by the Wednesday prior at 5 p.m.**

March • Oppenheimer

April • Haunted Mansion

Mav • Juniper

| | our np or | | | |
|--|-----------|---------|------------------|----------|
| Age(s) | Day(s) | Date(s) | Time(s) | Location |
| 50+ | R | 3/14 | 5:30– 8:30 p.m. | HC |
| | R | 4/4 | 5:30 – 8:30 p.m. | HC |
| | R | 5/16 | 5:30- 8:30 p.m. | HC |
| Contact: Sarah Cook • (334) 501-2948 • scook@auburnalabama.org | | | | |

EASTER EGG HUNT AND LUNCH

Who says kids get to have all the fun? Come out for the 50+ Easter egg hunt and lunch! Gather for fellowship and a good meal before searching high and low for goody-filled eggs all over the Harris Center. Leave no stone, leaf, or chair unturned to find the most eggs and win a multitude of prizes! **You must be registered by Friday, March 22nd. \$10 Der Derson.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|---------------------|-----------------|
| 50+ | Μ | 3/25 | 11 a.m 1 p.m. | HC |
| Contac | :t: Sarah C | Cook • (334) 50 |)1-2948 • scook@aul | burnalabama.org |

GONE FISHING!

Join us for a relaxing morning of fishing! Breakfast, chairs, fishing rods, bait and tackle will be provided. We will fish in the pond at the Wire Road Soccer Complex located at 2340 Wire Road. **\$10 per person.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|-------------------|-------------------|
| 50+ | Т | 5/14 | 8 – 11 a.m. | WRSC |
| Contac | st: Sarah (| Cook • (334) 50 | 01-2948 • scook@a | auburnalabama.org |

50+ FIELD TRIPS

THE RETREAT DAY SPA -BIRMINGHAM, AL

Enjoy a spa day at The Retreat Day Spa. You will get to pick from a facial, massage, or nails. This trip will include light snacks, wine, prosecco, mimosas, hot tea, and a charcuterie board. **\$60**.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|--------------------|-----------------|
| 50+ | Μ | 3/4 | 8 a.m 3 p.m. | HC |
| Contac | :t: Sarah C | Cook • (334) 50 | 01-2948 • scook@au | burnalabama.org |

WORLD BALLET SERIES: SWAN LAKE – THE RIVER CENTER, COLUMBUS, GA

Experience the legendary Swan Lake, the ballet of all ballets, will be performed one night only as a part of the World Ballet Series. See the iconic Dance of the Little Swans, count the 32 fouettés performed by Odile and immerse yourself in magical Tchaikovsky's music. The production will feature richly detailed, hand-painted sets as well as over 150 radiant costumes that bring fresh representation to this timeless classic. World Ballet Series is a unique project that attracts many international artists and is composed of renowned professional dancers representing over ten countries who are united by a passion for entertaining audiences and enriching classical ballet traditions through brilliant, critically acclaimed new productions of timeless ballet classics. **Bring extra money for**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|-------------------|-------------------|
| 50+ | W | 3/27 | 3 - 10 p.m. | HC |
| Contac | :t: Sarah C | Cook • (334) 50 | 01-2948 • scook@a | auburnalabama.org |



SIX THE MUSICAL – THE FOX THEATRE, ATLANTA, GA

Divorced, beheaded, died, divorced, beheaded, survived. From Tudor Queens to Pop Icons, the SIX wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a Euphoric Celebration of 21st century girl power! This new original musical is the global sensation that everyone is losing their head over! SIX has won 23 awards in the 2021/2022 Broadway season, including the Tony Award® for Best Original Score (Music and Lyrics) and the Outer Critics Circle Award for Best Musical. The New York Times says SIX "TOTALLY RULES!" (Critic's Pick) and The Washington Post hails SIX as "Exactly the kind of energizing, inspirational illumination this town aches for! **Please bring**

| extra money for functil \$60. | | | | | | |
|-------------------------------|-------------------|-----------------|---------------------|-----------------|--|--|
| Age(s) | Day(s) | Date(s) | Time(s) | Location | | |
| 50+ | SA | 4/20 | 9 a.m. – 6 p.m. | HC | | |
| Contac | t: Sarah C | Cook • (334) 50 |)1-2948 • scook@aul | burnalabama.org | | |

STRAWBERRY PATCH AND LUNCH AT LANE SOUTHERN ORCHARDS – FORT VALLEY, GA

On this sweet trip you will enjoy an escort through Lane Southern Orchards strawberry patch. Everyone will get to pick strawberries to fill their own 1lb. container to take home. The strawberry patch will be followed by a delicious lunch at the Peachtree Café & Bakery. Please bring extra money for lunch and extra money if you would like to pick more than 1lb of strawberries. \$15.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|----------------|---------------------|-----------------|
| 50+ | Μ | 4/29 | 8 a.m. – 3 p.m. | HC |
| Contac | t: Sarah C | ook • (334) 50 |)1-2948 • scook@auk | ournalabama.org |

ART GALLERY SPRING 2024 EXHIBITION SCHEDULE

23RD ANNUAL JURIED ART EXHIBITION

March 8 – April 19

A competitive exhibition open to area artists. All art mediums except photography are eligible for submission. 23rd Annual Juried Art Exhibition Submission Guidelines. Artists currently residing or working in Lee County and the adjacent counties in eastern Alabama are invited to submit two recent works in the 23rd Annual Juried Art Exhibition sponsored by the Auburn Arts Association. Professional, student and amateur artists 18 years of age and over are eligible to enter this competitive show. Works in any art medium except photography are due at the Jan Dempsey Community Arts Center by Feb. 29 from 10 a.m. – 4 p.m. and March 1 from 8 a.m. – 5 p.m. The entry fee for this show is \$35. For more info. and to register, visit at auburnalabama.org/arts. The exhibition will be on view in the Art Gallery at the Arts Center from March 8 – April 19, 2024. For further information, please call (334) 501-2963 or email auburnarts@ bellsouth.net.

Contact: Auburn Arts Association • (334) 501-2963 • auburnarts@ bellsouth.net

2024 SPRING INVITATIONAL ART EXHIBITION: SQUARE

May 10 – June 22

An exhibition by selected artists and craftspersons featuring works based on the format Square.

GUIDED KAYAKING FLOAT -MACON, GA

A beautiful four-and-a-half-mile stretch of lazy river that winds through the serene Oconee National Forest, with some private homes dotting the banks. The Towaliga River enters the Ocmulgee at roughly the halfway point on this trip and the river remains pristine from the put in point at Highway 83 to the takeout at the Juliette River Park. This stretch is perfect for beginners as there are no rapids, but experienced paddlers appreciate the beauty of the Ocmulgee as it gently winds its way towards Macon and takes a breather from the shoals found up and downstream. River time is approximately 2 hours; expect to spend 2.5-3 hours including shuttle, paddle and life jacket fitting, and paddling instructions. On this guided tour you will be accompanied by an experienced kayaker, who will help with technique, provide assistance should you unexpectedly end up out of your boat, point out wildlife, act as cameraperson for group photos at your request, and generally work to improve your experience. Bring sunscreen, hat, water, snacks/lunch, sandals, water shoes, or a pair of old sneakers (no flip-flops please) and a towel \$80.

| | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|----------------|----------------------|----------------|
| 50+ | F | 5/3 | 7 a.m. – 5:30 p.m. | HC |
| Contac | :t: Sarah C | ook • (334) 50 | 01-2948 • scook@aubi | urnalabama.org |



THE SUMMER SHOW: BLACK/ WHITE + 1

For updated information about this show visit AuburnArts.org

NEW! BOB ROSS STYLE PAINTING WORKSHOP

A four-hour workshop where one paints a classic Bob Ross painting in the Bob Ross wet-on-wet style. The painting will be one of the ones featured on Bob Ross's popular tv series. Participants will learn basic techniques from a certified Bob Ross CRI instructor and be able to take home a Bob Ross style painting of their own at the end of the day. All supplies will be provided. **\$100.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------------------|---------------|-----------------------|-----------------|
| 14+ | SA | 4/6 | 9 a.m. – 1 p.m. | JDCAC |
| Contac | :t: John Ha | awkins • (256 |) 503-9731 • john.hav | vkins.au@gmail. |

com

AUBURN OPEN STUDIO

Artists coming together to create art and support expression. No matter what level artist – you are welcome! All mediums are encouraged – watercolor, oil, acrylic, pastel, mixed media, and outsider art. **FREE**.

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|------------------|-------------------|------------------|----------|
| 18+ | F | 3/1 – 5/31 | 10 a.m. – 2 p.m. | JDCAC |
| Contac | t: Raymor | id Vantilburg • (| (630) 697-2929 • | |
| | rayvantil | burgart@gmail. | com | |

ARTS

PAINTING OPEN STUDIO

Painting Open Studio, under the support of the Auburn Arts Association and instructed by Nils Larson, will encourage artists to provide artistic fellowship, to share ideas/work and to be with other artists. Members of the studio group meet weekly to work on their own respective paintings. The open studio format means members are free to come and go according to their individual time needs. The instructor will give critical feedback and aid with process whenever requested. The instructional focus is primarily geared towards representational painting with oil and development of observational painting skills. Students will supply their own materials. **\$60.**

| Age(s) | Day(s) | Date(s) | Time | Location | |
|--|--------|------------|-----------------|----------|--|
| 18+ | Т | 3/5 – 5/28 | 8 a.m. – 2 p.m. | JDCAC | |
| Contact: Nils Larson • (334) 663-4734 • signaladvance@protonmail.com | | | | | |

2024 YOUTH TRACK

Participation numbers limited to first 100 registrations.

Online/Scholarship Registration:

| 2/6 – 2/29 • www.auburnalabama.org/athletics/youth-sports/track | | | | | | |
|---|------------|-----------|---------|---------------|--|--|
| Age(s) | Day(s) | Location | Time(s) | Date(s) | | |
| 8 - 12 | TBD | AHS Track | TBD | April and May | | |
| (Age as | of 4/1/24) | | | | | |
| Coordinators: Mark Hudmon • (334) 501-2976 • | | | | | | |
| mhudmon@auburnalabama.org | | | | | | |
| Fee: Or | nline \$50 | | | | | |

2024 YOUTH VOLLEYBALL LEAGUE

Grades: 5th – 12th (Go by the proper grade child should be in school) **Online/Scholarship Registration:**

| 1/4 - 2/1 • www.auburnalabama.org/athletics/youth-sports/vo | lleyball |
|---|----------|
|---|----------|

| Age(s) | Day(s) | Location | Time(s) | Date(s) | | |
|---|------------|----------|---------|-----------|--|--|
| Grades | TBD | FBRC | TBD | March and | | |
| $5^{\text{th}}-12^{\text{tr}}$ | 1 | | | April | | |
| Coordinator: Mark Hudmon • (334) 501-2976 • | | | | | | |
| mhudmon@auburnalabama.org | | | | | | |
| Fee: Or | nline \$50 | | | | | |

DIXIE SOFTBALL

Online/Scholarship Registration:

| 1/4 - 1/18 • www.auburnalabama.org/baseball | | | | | | | | |
|---|--|----------|---------|------------|--|--|--|--|
| Age(s) | Day(s) | Location | Time(s) | Date(s) | | | | |
| 7-12 | TBD | FLP | TBD | Mar - June | | | | |
| (Age as | of 12/31/23 | 3) | | | | | | |
| Coordi | Coordinator: Mike Goggans • (334) 501-2945 • | | | | | | | |
| mgoggans@auburnalabama.org | | | | | | | | |
| Fee: Or | Fee: Online \$75 | | | | | | | |
| - | | | | | | | | |

DIXIE YOUTH BASEBALL/T-BALL

Online/Scholarship Registration:

| 1/4 – 1/18 • www.auburnalabama.org/base | ball |
|---|------|
|---|------|

| Age(s) | Day(s) | Location | Date(s) |
|---------|---------------|------------------|-------------------------------|
| T-ball | | | |
| 5 and 6 | TBD | FLP | Mar-June |
| Youth I | Baseball | | |
| 7-12 | TBD | DSP | Mar-June |
| (Age as | of 4/30/24 |) | |
| Coordi | nators: Y | outh Baseball • | Brody Thomas • (334) 501-2952 |
| | b | thomas@auburr | nalabama.org |
| | T | ball • Mike Gog | ggans • (334) 501-2945 • |
| | m | igoggans@aubi | urnalabama.org |
| Fee: Or | nline T-ball/ | Dixie Youth \$75 | 5 |

STUDIO 222 FIBERARTS GROUP

This group is under the support of the Auburn Arts Association. This regional artist group's focus is fiberarts sharing with each other their various skills, studying design and composition, and occasionally host visiting artists who share their talents and artworks. **FREE.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|-------------------|-------------------|-----------------|-------------|
| 18+ | F | 3/29, 4/26, 5/31 | 12 – 3 p.m. | JDCAC |
| Contac | t: Laura K | loberg • (334) 33 | 32-5458 • aura5 | 7@yahoo.com |

SCHOLARSHIP INFORMATION

The City of Aubum has allocated Community Development Block Grant (CDBG) funds to pay registration fees for youths (up to age 18) to participate in sports programs available through the Aubum Parks and Recreation Department. CDBG funds may be used to pay for registration fees for up to \$50. All persons interested in registering for youth sports through a scholarship must register online. Registration will begin the first day of online registration for the league and go through the last weekday of registration.

13-15 BOYS BASEBALL

Online/Scholarship Registration:

| 1/4 – 1/18 • www.auburnalabama.org/baseball | | | | | |
|--|--------|----------|----------|--|--|
| Age(s) | Day(s) | Location | Date(s) | | |
| 13 – 15 | TBD | DSP | Mar-June | | |
| (Age as of 4/30/24) | | | | | |
| Coordinator: Mike Goggans • (334) 501-2945 • | | | | | |
| mgoggans@auburnalabama.org | | | | | |

Fee: Online \$75

YOUTH RECREATIONAL SOCCER LEAGUES

Online/Scholarship Registration:

| 1/4 - 1/* | 18 • www.a | auburnalabam | a.org/soccer/youth |
|-----------|-------------|---------------|---------------------|
| Age(s) | Day(s) | Location | |
| 4 – 18 | TBD | WSC | |
| Coordi | nator: Jas | son Burnett • | (334) 501-2943 • |
| | jbu | rnett@auburn | alabama.org |
| Fee: \$7 | 0 | | |
| For more | e info: wwv | v.auburnalaba | ma.org/soccer/youth |

YOUTH SOCCER RECREATIONAL LEAGUE AGE GROUPS

FALL 2023-SPRING 2024

| Age Group | Birth Years |
|-----------|------------------|
| Under 6 | 2018, 2019 |
| Under 8 | 2016, 2017 |
| Under 10 | 2014, 2015 |
| Under 13 | 2011, 2012, 2013 |
| Under 16 | 2008, 2009, 2010 |
| Under 19 | 2005, 2006, 2007 |
| | |

YOUTH FREE-PLAY BASKETBALL MEMBERSHIPS FOR DEAN ROAD RECREATION CENTER

Youth Free-Play Basketball Memberships are now available & required for participation in Youth Free-Play Basketball at Dean Road Recreation Center. Youth Free-Play Basketball is for registered participants that are within the ages of 6-15 & all children MUST be accompanied by a parent or legal guardian during participation. Each child must have a membership card in their name and scan-in at the front desk upon entry to participate. All memberships are free & are valid for one year (unless the child reaches age 16 during the membership period, which they would no longer be eligible to participate, as they would be aged out). This membership card will be valid for unlimited participation at the Dean Road Recreation Center during Youth Free-Play Basketball hours for the membership year. To obtain a membership, please visit www.auburnalabama.org/parks/register. Youth Free-Play Basketball hours may vary, according to programs/events scheduled at the facility. Therefore, you are welcome to call Dean Road Recreation Center during weekday business hours (8am-5pm, CST) to verify. FREE to the public. Age(s) Day(s) Date(s) Time(s) Location

| | | • • | • • | |
|--------|--------------|------------------------------|---------------|-----------------------|
| 6 – 15 | MTWRF | 3/1 – 5/31 | Varies | DRRC |
| Contac | t: Tiffanv S | cott • (334) 50 [.] | 1-2950 • tsco | ott@auburnalabama.org |

FREE PLAY BASKETBALL & RACQUETBALL AT FRANK BROWN REC. CENTER & BOYKIN COMMUNITY CENTER

Free play basketball (FBRC & Boykin) and racquetball (FBRC) are available free of charge to citizens who live or work within the city limits of Auburn, AL, and to non-citizens for a one-time \$30.00 fee. A membership must be acquired for free play basketball regardless of age. The membership is nonrefundable, and non-transferable, and can only be used by the card holder. Memberships can be acquired at auburnalabama.org/parks/register. Children aged 6 - 12 MUST be accompanied by an adult while using the Basketball Courts. Both the child and the parent/ guardian must have a membership. Free-Play Basketball hours may vary according to programs/events scheduled at the facility. You are welcome to call Frank Brown or Boykin during weekday business hours (8am-5pm, CST) to verify. FREE to the public. Anole) Davle) Data(s) Time(s) Location

| Age(3) | Day(5) | Date(5) | Time(3) | Location |
|--------|---------------------|-------------------|------------------|--------------------|
| 6+ | Varies | 3/1 – 5/31 | Varies | FBRC & BCC |
| Contac | t: Jarrett . | Jones • (334) 501 | I-2941 ● jyjones | @auburnalabama.org |

SHOOT FOR THE STARS BASKETBALL SKILLS DEVELOPMENT CLINIC

All athletes ages 9-13 join Coach John Thomas at the Shoot For The Stars Basketball Development Clinic to work on their basic basketball skills! Coach John has played international basketball for over 15 years and 1 year at SlamBall. He has developed different basketball techniques from around the globe designed to help your child become the best athlete they can be. **\$30/per session.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|----------------|---------------------|-------------|
| 9-13 | SA | 3/2 – 5/25 | 1:30 - 3:30 p.m. | FBRC |
| Contac | :: John Th | omas • (334) 3 | 34-444-6472 • jttv2 | 4@gmail.com |



CTA BASKETBALL TRAINING

CTA is unlike any other training program. CTA will train your kids to increase their speed, change of direction, defensive stamina, rebounding, and ball handling skills. CTA is a pivotal piece in helping a player become an athlete on the court and preform at a high level. Join the CTA family and let us get your child from good to great. We believe: "Desire it...Devote it Display it " \$125/ner month"

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|-------------------|------------|-----------------|------------------|----------|
| 3rd - | MWF | 3/4 – 5/31 | () | FBRC |
| College | | | | |
| 3 rd - | SU | 3/3 – 5/26 | 3 – 6 p.m. | FBRC |
| College | | | | |
| Contac | t: Coach I | Everett Thomas | • (334) 275-2548 | • |
| | info@the | esilverbackz.co | m | |

G.O.D. ADULT BASKETBALL LEAGUE

G.O.D Basketball League is a not-for-profit organization providing recreational basketball leagues for both adults and youth in the Southeast since 2006. It allows players to play in a safe environment, stay in shape, play year-round, and in the championship ring. Players can enter a team or register individually and be placed on a team. **\$25/player.**

| Ages(s) Day(s) | | Date(s) | Time(s) | Location |
|----------------|--------------|----------------|--------------------|----------|
| 19+ | MTWR | 3/4 – 5/30 | 6 – 8 p.m. | FBRC |
| 19+ | F | 3/1 – 5/31 | 4 – 6 p.m. | FBRC |
| 19+ | SU | 3/3 – 5/26 | 1 – 3 p.m. | FBRC |
| Conta | ict: Coach I | Everett Thomas | • (334) 275-2548 • | • |
| | | | | |

info@thesilverbackz.com

ADULT SPORTS

SPRING LEAGUE ADULT MEN SOFTBALL

The full entry fee will be required when you register a team at www. auburnalabama.org/athletics. 12 game season with end of the season tournament Teams will play double-headers one night a week. Miken bats will be provided by the complex. Tuesdays - Men's Open Softball

Online/Scholarship Registration: www.auburnalabama.org/athletics

Coordinators: Mark Hudmon • (334) 501-2976 • mhudmon@auburnalabama.org

Fee: Online \$450

GOLF

Pines Crossing Golf Course, formerly known as Indian Pines, is an 18-hole public golf course located at 900 Country Club Drive in Auburn, adjacent to Opelika. In 2005, the course was cited by "Golf Digest" in their rating of Auburn as the "best golf city in America." Recently redesigned by Golf Course Architect Bill Bergin, Pines Crossing is a par 72 course measuring 7,031 yards with TifEagle greens and TifTuf fairways. Pines Crossing offers a variety of tees for all skill levels as well as a newly designed practice facility and short game area. Pines Crossing was originally constructed in 1946 as the Saugahatchee County Club, a nine-hole course. The first tournament was held on July 4, 1947. In 1976, the course was sold to the cities of Auburn and Opelika, which have operated it as a municipal course since. The course was redesigned in 1999. After fire destroyed the old clubhouse, a new clubhouse was constructed in 2006. Pines Crossing hosts the Bill Hall Memorial Invitational, an amateur event tournament drawing 200 participants. Golf lessons are taught by three professionals on site: Fred Holton, PGA General Manager/Professional; Jerry Bavaro, PGA Head Golf Professional; and Brian Sturz, PGA Member. To register for golf lessons or to learn more about Pines Crossing, please contact (334) 821-0880. For tee times and more information, visit pinescrossing.com

AUBURN PARKS & RECREATION

SPRING LEAGUE ADULT CO-ED KICKBALL

The full entry fee will be required when you register a team at www. auburnalabama.org/athletics. 12 game season with end of the season tournament. Teams will play double-headers one night a week. Wednesdays - Co-ed Kickball

Online/Scholarship Registration: www.auburnalabama.org/athletics Coordinators: Mark Hudmon • (334) 501-2976 •

mhudmon@auburnalabama.org

Fee: Online \$250

ADULT 7V7 LEAGUE

The full entry fee will be required when you register a team.

Age Requirement and Eligibility Regulations

Adult Open League Ages 18+. Adult 40+ league Adults Ages 40+. *All players must be 18 years old on or before they play their first game. *A player having played in one game with a team may not transfer or play for another team. A player appearing on two rosters is committed to the first team with which he competes.

Online: www.auburnalabama.org/soccer

Coordinators: Jason Burnett • (334) 501-2943 •

jburnett@auburnalabama.org

Fee: Online \$600/team

TENNIS

All Tennis registrations are done online at https//auburnal. myrec.com

You MUST pick the days of the week as clinics are limited. There are multi clinic discounts IF you register for more than one session on the same transaction.

There are three sessions

| Session 1 – March 1-29 (no class spring break) |
|--|
| Session 2 - April 1-30 |
| Session 3 - May 1 - 31 |
| Contact: Sarah Hill • (334) 501-2920 • shill@auburnalabama.org |

4-6 YEAR OLD TENNIS

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|------------|----------------|----------|
| 4-6 | MTWR | 3/4 – 5/30 | 3:10-3:40 p.m. | YTC |

Your child will have fun learning basic techniques of tennis. This clinic will help the child become accustomed to the court, the tennis racquet, and the tennis ball. Your child will learn basic tennis and movement skills. These skills will help them learn the game of tennis and improve their coordination. Clinics will be on a modified court, use a shorter racquet (21-23 inches), and use a soft tennis ball (red or orange). Some parent involvement will be needed. **Fees:** less than \$5 a class. Total calculated based on number of days selected

Contact: Francois Bosman fbosman@aubumalabama.org• (334) 501-2922

6-8 YEAR OLD TENNIS

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|------------|-----------------|----------|
| 6-8 | MTWR | 3/4 – 5/30 | 3:30 -4:15 p.m. | YTC |

Your child will become familiarized with the equipment and basic skills of tennis while participating in organized tennis activities. At this clinic, your child will start to understand and develop the correct techniques needed to play tennis. He/she will learn through fun tennis and movement drills. Also, this clinic will introduce competitive point play and teach sportsmanship. Clinics will be on a modified court, use a shorter racquet (23 inches), and uses a soft ball (orange).

Fees: less than \$5 a class. Total calculated based on number of days selected

Contact: Francois Bosman fbosman@auburnalabama.org• (334) 501-2922

PICKLEBALL

This recreation craze has an estimated 3 million players nationally and has become the fastest growing sport in the US according to the USA Pickleball Association. It borrows from tennis, ping pong and badminton. It is easy to learn and with less ground to cover on a smaller court and is not hard on the joints. Pickleball is a great alternative to tennis as adults get older or for anyone nursing overuse injuries from other sports. In addition to simply being fun, the moderate exercise and social nature of the game keep participants coming back week after week. The games in Auburn are played on the six Samford Pickleball and Tennis Center pickleball courts. For more information on local pickleball games E-mail auburnpickleball@gmail.com or visit auburnpickelball.edublogs.org. **FREE to the Public.**

9-12 YEAR OLD TENNIS

| Age(s) | Days(s) | Date(s) | Times | Location |
|-----------|--------------------|------------------|---------------------------------------|-----------------------|
| 9-12 | MTWR | 3/5 – 5/30 | 4:15-5:15 p.m. | YTC |
| Vermelail | سلمان مما الأبينام | شالمت ملالم منام | a a a a a a a a a a a a a a a a a a a | بلم محمد م م م ام م م |

Your child will be introduced to rallying an orange tennis ball and to compete in various games. Your child will work on techniques that will improve their tennis skills. They will experience more personal success and tennis will become more fun. Also, this clinic will introduce your child to match play and tournament play. Clinics will be on a modified court, use a shorter racquet (25 inches), and uses a soft ball (orange). **Fees:** less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

12-17 YEAR OLD TENNIS

| Age(s) | Days(s) | Date(s) | Time | Location |
|-----------|------------------|--------------------|-------------------------|----------------------------|
| 12-17 | MTWR | 3/4 – 5/30 | 5:15-6:15 p.m. | YTC |
| Clinic is | for all juniors | s just starting o | ut playing tennis (no | tennis experience) |
| and for a | all juniors lool | king to improve | their tennis skills. Yo | our child will work on |
| different | techniques t | that will improve | their tennis skills ar | id fitness. Your child |
| will beco | ome familiar | with the tennis | racquet, yellow ten | nis balls, and court |
| positions | s. Through c | lifferent organize | ed activities, your cl | hild will work on ball |
| control v | vhile rallying | with other junio | rs. Your child will be | introduced to point |
| play and | l match play. | Clinics will be | on a full-size court, | use a standard size |
| racquet | (27 inches), a | and play with G | reen Dot and Yellow | tennis balls. Fees: |
| less thar | n \$9 a class. | Total calculate | d based on numbe | r of days selected. |

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

| | | 0-2.5) | | |
|--------|---------|------------|----------|----------|
| Age(s) | Days(s) | Date(s) | Time(s) | Location |
| 19+ | TRF | 3/1 – 5/31 | 9-10 a.m | YTC |

This clinic provides tennis opportunities for players of all skill levels. You will learn the game of tennis through tennis drills and organized activities. You will learn tennis strategies and court positions while playing in point situations. You will have the opportunity to play tennis, have fun, and fall in love with the sport of tennis. **Fees:** less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

ADULT AM TENNIS (LEVEL 2.5 – 3.0)Age(s)Days(s)Date(s)Time(s)Location19+MW3/4 - 5/299-10 amYTC

This clinic is for adults that have some playing experience and are looking to improve their tennis skills. You will learn the game through tennis drills and organized activities. You will learn tennis strategies and court positions while playing in point situations. **ONE year of tennis experience is required. Fees:** less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

ADULT AM INTERMEDIATE TENNIS (LEVEL 3.0 +) Age(s) Days(s) Date(s) Time(s) Location

19+ TR

3/5 – 5/30 10 -11 a.m.

YTC

This clinic is for adults that have some playing experience and are looking to improve their tennis skills. You will learn the game of tennis through tennis drills and organized activities. You will learn tennis strategies and court positions while playing in point situations. You will have the opportunity to play tennis, have fun, and improve on your tennis game. Note: One year of tennis experience is required. **Fees:** less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

ADULT CARDIO AM TENNIS (LEVEL 3.0+)

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|------------|------------|----------|
| 19+ | MWF | 3/5 – 5/30 | 8 – 9 a.m. | YTC |

This clinic is for those tennis players that want to get out of the gym and onto the tennis court. You will be playing tennis to music while getting a fun filled cardio fitness workout. NOTE: This clinic is not for beginners and there will be limited stroke instruction. **Fees:** less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

ADULT PM TENNIS (LEVEL 3.0 +)

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|------------|-----------------|----------|
| 19+ | MW | 3/4 – 5/29 | 6:30 -7:30 p.m. | YTC |

This clinic is for adults that have some playing experience and are looking to improve their tennis skills. You will learn the game of tennis through tennis drills and organized activities. You will learn tennis strategies and court positions while playing in point situations. You will have the opportunity to play tennis, have fun, and improve on your tennis game. Note: One year of tennis experience is required. **Fees:** less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

ALL ABOUT SHOWERS

Throw a mom-to-be a gathering of friends and family to help her get ready for her new arrival. We can help with decorations, serving ware and set up. Submit a request form at auburnalabama.org/parks/register.

Basic package: 2-hour time slot, tablecloths, cups, and napkins - \$150 **Standard Customized:** 2-hour time slot, tablecloths, cups and napkins, decoration using name and theme, pennant garland, cake topper, small toppers, balloons - \$200.

Deluxe Customized: 2-hour time slot, tablecloths, cups, napkins, decoration using name and theme, pennant garland, cake topper, small toppers, 4 photo props, 4 popcorn boxes, balloons - \$230.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|---------------|------------------|
| 19+ | Varies | 3/1 – 5/25 | Varies | FBRC |
| Contac | :t: John Th | nomas • (334) 3 | 34-444-6472 • | ittv24@amail.com |



ADULT NIGHT BEGINNER TENNIS (LEVEL 1-2.5)

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|------------|-----------------|----------|
| 19+ | TR | 3/1 – 5/31 | 6:30 -7:30 p.m. | YTC 1/16 |

This clinic provides tennis opportunities for those adults that have never played tennis. You will work on techniques that will introduce the different tennis skills needed to play the game of tennis. You will become familiar with the tennis racquet, tennis balls, and court positions. Through different tennis drills and organized activities, you will learn ball control and will be able to rally with other adults. You will have the opportunity to learn, have fun, and fall in love with the sport of tennis.

Fees: less than \$9 a class. Total calculated based on number of days selected.

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922

PRIVATE TENNIS INSTRUCTION

Yarbrough Tennis Center offers individual, semi-private, group, and team lessons for those who would like more individualized attention.

Fee: See Instructor

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|------------|---------|----------|
| All | By appt | 3/1 – 5/31 | By appt | YTC |

Please complete the private tennis request form on myrec.com (under tennis)

Contact: Francois Bosman fbosman@auburnalabama.org • (334) 501-2922



A BALL OF A PARTY

Do you have a child who loves basketball? Let us throw a basketball party. Coach John Thomas, who played international basketball for 15+ years, will be there to help pull off a memorable party and game. Submit a request form at auburnalabama.org/parks/register.

Basic Package: 2-hour time slot, tablecloths, cups and napkins - \$150 Pro Package: 2-hour time slot, tablecloths, cups and napkins, adding either basketball activities with Coach Thomas or a Referee for Game Time - \$200

Standard Customized : 2-hour time slot, tablecloths, cups and napkins, decoration using name, age, basketball theme, pennant garland, cake topper, small toppers, 4 popcorn boxes, balloons - \$200

Pro Customized: 2-hour time slot, tablecloths, cups and napkins, decoration using name, age, basketball theme, pennant garland, cake topper, small toppers, 4 popcorn boxes, balloons; adding either basketball activities with Coach Thomas or a Referee for Game Time! - \$250

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|-----------------|----------------|------------------|
| 8+ | SA, SU | 3/2 - 5/25 | 1 – 6 p.m. | FBRC |
| Contac | :: John Th | iomas • (334) 3 | 334-444-6472 • | jttv24@gmail.com |

CAMP KALEIDOSCOPE

Join us for lots of fun this summer at day camp! Each week of camp is filled with games, activities, swimming, art projects, special guests, and field trips. Registration will take place online beginning at 8 a.m. (CST) on Monday, February 5th. You can get more information and access the registration site by visiting https://www.auburnalabama.org/camp-kaleidoscope/. PLEASE READ ALL INSTRUCTIONS PRIOR TO REGISTRATION! \$145/ week: \$110/week for each additional sibling.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------|--------------|--------------|----------|
| 6 - 8 | M - F | 6/3 – 6/7 | 8 a.m 5 p.m. | WSC |
| | M - F | 6/10 - 6/14 | 8 a.m 5 p.m. | WSC |
| | M - F | 6/17 – 6/21* | 8 a.m 5 p.m. | WSC |
| | M - F | 6/24 – 6/28 | 8 a.m 5 p.m. | WSC |
| | M - F | 7/8 - 7/12 | 8 a.m 5 p.m. | WSC |
| | M - F | 7/15 – 7/19 | 8 a.m 5 p.m. | WSC |
| | | *No Camp | on 6/19 | |

*No camp week of 7/1 - 7/5

*Cancellations must be made by Wednesday at 5 p.m. prior to the week you are cancelling to receive a refund. *Camp slots fill quickly. Early registration is encouraged.

Contact: Sarah Cook • (334) 501-2946 • scook@auburnalabama.org

CAMP QUEST

Join us for lots of fun this summer at day camp! Each week of camp is filled with games, activities, swimming, art projects, special guests, and field trips. Registration will take place online beginning at 8 a.m. (CST) on Monday, February 5th. You can get more information and access the registration site by visiting https://www.auburnalabama.org/camp-kaleidoscope/. **PLEASE READ ALL INSTRUCTIONS PRIOR TO REGISTRATION! \$145/** week; \$110/week for each additional sibling.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------|--------------|--------------|----------|
| 9 - 12 | M - F | 6/3 – 6/7 | 8 a.m 5 p.m. | FBRC |
| | M - F | 6/10 - 6/14 | 8 a.m 5 p.m. | FBRC |
| | M - F | 6/17 – 6/21* | 8 a.m 5 p.m. | FBRC |
| | M - F | 6/24 – 6/28 | 8 a.m 5 p.m. | FBRC |
| | M - F | 7/8 - 7/12 | 8 a.m 5 p.m. | FBRC |
| | M - F | 7/15 – 7/19 | 8 a.m 5 p.m. | FBRC |
| | | *No Camp | on 6/19 | |

*No camp week of 7/1 – 7/5

*Cancellations must be made by Wednesday at 5 p.m. prior to the week you are cancelling to receive a refund.

*Camp slots fill quickly. Early registration is encouraged.

Contact: Sarah Cook • (334) 501-2946 • scook@auburnalabama.org

GROSS OUT CAMP

If it is icky, sticky, messy or gross, it's Gross Out Day Camp! Slimy salamanders, slugs, bugs, crawdads and roly polies are all found as campers explore their world through hands-on field biology. In this award-winning science camp, campers from 1st through 4th grades learn about plants, trees, insects, and animals. (It's science, but please don't tell the kids.) The camp combines science experiments, exploring and nature-inspired arts and crafts to address a variety of learning styles. Activities include Meet-a-Tree (scientific observation), Build-a-Beast (scientific method), and making non-Newtonian fluids (physics/chemistry). The camp runs from 9am - 5pm with before and after care available from 8am-6pm. Each camp consists of 20 campers taught by an expert in outdoor education. Bring your own lunch, water bottle and snacks. **\$300 per week. \$325 per week**

with before and after care. Financial aid is available. Please contact instructor if you are in need of financial aid.

| Grade(s) |) Day(s) | Date(s) | Time | Location |
|-------------------------------|----------|-------------|-----------------|----------|
| $1^{\text{st}}-4^{\text{th}}$ | MTWRF | 6/10 - 6/14 | 9 a.m. – 5 p.m. | DP |
| $1^{st}-4^{th}$ | MTWRF | 6/17 – 6/21 | 9 a.m. – 5 p.m. | KP |
| $1^{\text{st}}-4^{\text{th}}$ | MTWRF | 7/8 – 7/12 | 9 a.m. – 5 p.m. | TCP |
| $1^{\text{st}}-4^{\text{th}}$ | MTWRF | 7/15 – 7/19 | 9 a.m. – 5 p.m. | KP |

verna@FreshAirFamily.org

ART FOR YOUNG CHILDREN - NEW TIME!

Art for Young Children is an ART CAMP created by Chichi Lovett and coordinated by Sara Custer, Cultural Arts Administrator, and Emillie Dombrowski, Art Education Specialist. Art camps provide a supportive and creative learning environment where instruction is collaborative and taught by experienced artists and art educators. Campers will explore different mediums while learning about artists, history, movements and cultures. We are an ART workshop with emphasis on aesthetics and the process of creating art. We will inspire your child to experiment with materials and try new techniques while learning about the elements and principles of design in a variety of age-appropriate lessons. A special exhibition of the children's artwork will be held at the end of each session. For more information, please contact the JDCAC. Enrollment is limited and pre-registration is required. Online registration through MyRec will start Monday, Feb. 5. You can get more information and access the registration site by visiting www.auburnalabama.org/arts. PLEASE READ ALL INSTRUCTIONS PRIOR TO REGISTRATION! \$60/week/ child. Price includes cost of all materials and snacks

| child. Price includes cost of all materials and shacks. | | | | | |
|---|------------|-----------------|-------------------|----------------------|--|
| Age(s) | Day(s) | Date(s) | Time | Location | |
| Sessio | n I | | | | |
| 4-6 | TRF | 6/18, 20 & 21 | 9 – 11 a.m. | JDCAC | |
| Camp | will not b | e held Junete | enth June 19 | | |
| Sessio | n II | | | | |
| 4 -6 | TWR | 7/23 – 7/25 | 9 – 11 a.m. | JDCAC | |
| Coord | inators: S | ara Hand Custer | r and Emillie Dom | nbrowski/Auburn Arts | |
| | A | ssociation | | | |
| Conta | ct: JDCAC | • (334) 501-296 | 3 • scuster@aub | ournalabama.org | |

VISUAL ARTS WORKSHOPS FOR CHILDREN

Visual Arts Workshops for Children is an ART CAMP created by Chichi Lovett and coordinated by Sara Custer, Cultural Arts Administrator, and Emillie Dombrowski, Art Education Specialist. Art camps provide a supportive and creative learning environment where instruction is collaborative and taught by experienced artists and art educators. Campers will explore different mediums while learning about artists, history, movements, and cultures. We are an ART workshop with emphasis on aesthetics and the process of creating art. We will inspire your child to experiment with materials and try new techniques while learning about the elements and principles of design in a variety of age-appropriate lessons. A special exhibition of the children's artwork will be held at the end of each session. For more information, please contact JDCAC. Enrollment is limited and pre-registration is required. Online registration through MyRec will start Monday, Feb. 5. You can get more information and access the registration site by visiting www.auburnalabama.org/arts. PLEASE READ ALL INSTRUCTIONS PRIOR TO REGISTRATION! \$80/week/

| child. Price includes cost of all materials and snacks. | | | | |
|---|------------|---------------|---------------------|--------------------|
| Age(s) | Day(s) | Date(s) | Time | Location |
| Sessio | n I | | | |
| 7 – 12 | MTWRF | 6/24 – 6/28 | 9 a.m. – noon | JDCAC |
| Sessio | n II | | | |
| 7 - 12 | MTWRF | 7/8 – 7/12 | 9 a.m. – Noon | JDCAC |
| Sessio | n III | | | |
| 7-12 | MTWRF | 7/15 – 7/19 | 9 a.m. – Noon | JDCAC |
| Coordi | nators: Sa | ra Hand Custe | r and Emillie Dombi | rowski/Auburn Arts |
| | As | sociation | | |
| Contac | t: JDCAC • | (334) 501-296 | 63 • scuster@aubur | nalabama.org |

CERAMICS INDEPENDENT STUDIO FOR ADULTS

Individuals who have had experience in ceramics and pottery and meet the Independent Studio membership requirements may work in the studio independently during center hours once obtaining approval from studio director and registering. The Ceramics Studio is located at 222 East Drake Avenue in the Jan Dempsey Community Arts Center. Enjoy working in our studio which offers opportunities to hand-build ceramics and throw on our potter's wheels. A selection of clay will be available for purchase with glaze and firing fees calculated into the cost. Clay is \$40/box and must be bought through MyRec. All Independent Studio Members will be required to sign into the studio each day, aid in keeping the studio clean, and adhere to the policies stated in the member contract. Studio hours are subject to change based on the schedule of classes offered by the studio. **\$80 per quarter.**

| Ages | Day Dates | Time | Location |
|-------|----------------------------|--------------|------------------------------|
| 18+ | MTWRFSA 3/1 – 5/31 | 8 a.m5 p.m. | JDCAC |
| Conto | et. Emillio Dombrowaki e / | 224)501.2044 | lombrowski@auburnalabama.org |

Contact: Emillie Dombrowski • (334)501-2944 • edombrowski@auburnalabama.org

INDEPENDENT STUDIO MEMBERSHIP REQUIREMENTS

Any person interested in becoming an independent studio member of the Jan Dempsey Ceramics Studio must meet one of the following three criteria: • Taken a minimum of two classes at the Jan Dempsey Ceramics Studio within the past two calendar years. One of the two classes must be a throwing class. Only classes that are 7 weeks in length or longer count towards independent membership.

- Completed 16 hours of private lessons with a Jan Dempsey Ceramics Studio Instructor and one ceramic throwing class or 32 hours of private lessons with a Jan Dempsey Ceramics Studio Instructor.
- Have comparable professional experience or completed a ceramics degree in the last five years.

If the above requirements are met, an interview and studio tour can be scheduled with the studio director to decide independent membership status. Once given permission by the ceramic's studio director, members can register for independent membership online at the Harris Center administrative offices. IF THE ABOVE REQUIREMENTS ARE NOT MET, an interview and studio tour can be scheduled with the studio director to decide possible Independent Studio membership status. Examples of work and experience must be presented. Once given permission they may register. For further questions please contact Art Education Specialist Emillie Dombrowski at edombrowski@auburnalabama.org or call (334) 501–2944.

COME AND SLING SOME MUD WITH US!

The Jan Dempsey Community Arts Center Ceramics Studio is here for you! Inventive classes are offered each quarter and independent studio memberships are available. Come by and look at our innovative new studio space which includes 20 pottery wheels, a stainless-steel extruder, slab rollers, commercial-grade kilns, and a selection of hand mixed glazes. We offer wheel-throwing and hand building classes for all ages. If you are interested in teaching classes or have any questions about the studio, please contact Emillie Dombrowski, Art Education Specialist, at (334) 501-2944 or edombrowski@auburnalabama.org

SPRING CERAMICS CAMP

Join us for an exciting kids' ceramics mini camp from March 13th - 15th where creativity knows no bounds! From 4 - 6 pm each day, young artists will embark on a hands-on journey through the world of pottery. Our skilled instructors will guide them through the basics of ceramics, fostering a fun and supportive environment. Students will complete three projects that will be ready for pick-up on Friday, March 22nd. **\$100/participant +**

| φ∠∪ ma | | | | | |
|--|--------|-------------|------------|----------|--|
| Age(s) | Day(s) | Date(s) | Time | Location | |
| 8-18 | WRF | 3/13 – 3/15 | 4 - 6 p.m. | JDCAC | |
| Contact: Emillie Dombrowski • 334-501-2944 • | | | | | |
| edombrowski@auburnalabama.org | | | | | |

BIRDS, BATHS AND BEYOND

Add a little of you to your yard. Take a few weeks and create your own masterpieces to adorn your yard. All skill levels are welcome. **\$120 per narticinant**.

| partici | panti | | | |
|--|--------|------------|---------------|----------|
| Age(s) | Day(s) | Date(s) | Time | Location |
| 18+ | W | 3/6 – 4/24 | 5:30 - 8 p.m. | JDCAC |
| Contact: Mary Williams • 334-329-9637 • marywillaims31@msn.com | | | | |

BEGINNER CERAMICS I

Are you curious about throwing pottery? Come join me as we learn the basics of wheel throwing! In this beginner class, you will learn the fundamentals of pottery such as centering, coning, opening and pulling walls. With a focus on techniques, we will explore different forms such as bowls and cylinders. Throughout the class, you will have access to the studio to practice what you have learned. Our last class will give you the opportunity to glaze and take home your work to show off to friends and family. \$120 Class + \$40 materials

| materials | . \$120/pa | articipant + 3 | \$40 materials | s tee. |
|-----------|------------|----------------|----------------|--------|
| Age(s) | Day(s) | Date(s) | Time | Locati |

| Age(s) | Day(s) | Date(s) | lime | Location | |
|---|--------|------------|------------------|----------|--|
| 18+ | W | 3/6 – 4/17 | 5:30 – 7:30 p.m. | JDCAC | |
| Contact: Hayley Williams • 251-459-5455 • williamshayleyr@gmail.com | | | | | |

BEGINNER CERAMICS II

Now that you've got the basics of wheel throwing, what's next? Take this class to explore further wheel throwing techniques like trimming, adding handles, making lids, and handling larger amounts of clay! **\$120**/

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|-------------|--------------------|----------------------|----------------|
| 18+ | W | 4/24 – 5/29 | 5:30 – 7:30 p.m. | JDCAC |
| Contac | t: Hayley W | 'illiams • 251-459 | 9-5455 • williamshay | leyr@gmail.com |

HANDBUILDING AND SURFACE DECORATION TECHNIQUES WITH MARIA

Curious about pottery? Join our studio and become familiar with handbuilding and surface decoration techniques. This class is for beginners and more advances students willing to explore handbuilding and decoration techniques in the design of plates, serving dishes, cups, etc. In addition to creating one of a kind handbuilding work, students will also enjoy learning various surface decoration techniques to add flair to any piece of art! You do not need to have ceramic skills since this class will accommodate beginners and more experience students. Clay, glazes and kiln firing costs are included in the material fee and essential tools are available in the ceramic studio. Come and have fund \$140/narticipant + \$40 materials fee

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------|-------------|------------------|----------|
| 18+ | Μ | 03/11-04/29 | 6:00 – 8:30 p.m. | Ceramics |
| | | | | Studio 2 |

Contact: Maria Auad • (334) 663-8292 • lujanauad@gmail.com

CERAMICS

PRIVATE AND SEMI-PRIVATE CERAMIC LESSONS

Private Instruction for one on one, or semi-private lessons for a small group of participants. These lessons are geared towards individuals wanting to learn and create assorted items with clay. Learn wheel throwing or hand building, along with glazing and decorating techniques! To be eligible for lessons, please submit a request form online at auburnalabama.org/ parks/register. Once we have your contact information, we will gather more information about dates and times. You will then be required to register and pay online. No experience necessary. **\$25/hour + \$15**

| materials fee/per person/per two-hour session | | | | | |
|---|------------|------------|------------|----------|--|
| Age(s) | Day(s) | Date(s) | Time | Location | |
| 6+ | By Request | 3/1 – 5/31 | By Request | JDCAC | |
| Contact: Romona Brisco • (334) 703-6140 • iambk2005@yahoo.com | | | | | |

FOCUSED THROWING – ALL ABOUT CYLINDERS

This class is for students at all levels wanting to learn or improve at centering and pulling clay to make cylinders. Most vessels of height on the wheel start with cylinders as the foundation - mugs, bottles, jugs, pitchers, and vases are examples. We will focus on techniques and tips for centering various amounts of clay, up to 5 pounds, as time and experience permits. Students are expected to spend time practicing techniques and tips given in class to center clay and create cylinders of various sizes. Students will be required to make at least three, well made, functional cylinders on the wheel by the end of this class. Note: Recycled/'pugged' clay may be used in this class for practice. Instructor focus is on centering and pulling only to produce well-made cylinders. These well-made cylinders can be used as functional kitchen and bathroom containers, planters, and for other uses.

| ino expe | rience nec | essary! \$115/H | articipant + \$20 | materials. |
|----------|-------------------|------------------|--------------------|--------------|
| Age(s) | Day(s) | Date(s) | Time | Location |
| 14+ | Т | 3/5 – 4/16 | 5:30 – 7:30 p.m. | JDCAC |
| Contac | :t: Romona | a Brisco • (334) | 703-6140 • iambk20 | 05@yahoo.com |

ADVANCED SQUARE DANCING WITH THE VILLAGE A'S

For those who have completed the Mainstream and Plus levels of square dancing and have become highly proficient at dancing those levels. We begin with teaching of the A1 level and then the A2 level will follow thereafter. We take our time teaching and explaining each call then walk thru the call and dance it until all are proficient at dancing that call. We build on each call each week as we are dancing. After all calls are taught, we will just continue dancing. **FREE.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-------------------|------------------|----------|
| 15+ | R | 3/7 – 5/30 | 2:15 – 4:45 p.m. | HC |
| Contac | t: Larry Be | elcher • caller4u | J@gmail.com | |

NEW! PRESCHOOL BALLET

A fun and positive space to creatively explore and learn simple movement skills which form the basis of classical ballet technique. Students will practice the fundamentals of dance, left/right orientation, musicality, and social skills such as taking turns and respecting others. Girls: pink leotard, pink tights and pink ballet shoes. Boys: black shorts, white t-shirt, white socks and black ballet shoes. Special demonstration on the final day. Must be 3 by March 1st, 2024. **\$100.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|---------------------|------------------|---------------------|-----------|
| 3-4 | SA | 3/9 – 5/18 | 9 – 9:45 a.m. | JDCAC |
| Contac | :t: Jenn Tra | avis • (850) 625 | 5-0642 • travija@ho | tmail.com |

FOUNDATIONS IN WHEEL-THROWN POTTERY

Whether it's your first time around or you're taking another spin, this mixedlevel course will cover fundamental techniques for throwing vessels on the wheel. We will focus on creating table-ready bowls and cups, exploring different shapes as confidence grows. Those more experienced can try their hands at lids, handles and altered forms. Throughout the course, you will also have access to the facilities to practice on a wheel during open studio hours. There is a break on 4/16 to accommodate the firing schedule before our final glazing session. Please note that in order to participate, attendance on the first day (which falls on AU spring break) is required. Kindly confirm that you can attend all seven class sessions before enrolling as this course often has a waitlist. **\$125/participant + \$35 materials fee.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------|--------------------------|---------------|----------|
| 18+ | Т | 3/5 – 4/23 (off 4/16) | 5:30 – 8 p.m. | JDCAC |

ART IN THE GARDEN - HAND BUILDING FLOWERPOTS AND MORE!

Ready to get a jump start and customize your summer garden? This class is for you! We will be hand building several types of flowerpots as well as bird baths and houses, plant markers and even a tiny ladybug home. We will also explore texture and how to make your own pattern. This class is designed for beginners through advanced. **\$100/participant + \$20** materials fee.

| materials fee. | | | | | | |
|----------------|-------------------|---------------|-----------------|--------------------|--|--|
| Age(s) | Day(s) | Date(s) | Time | Location | | |
| 18+ | SA | 3/9 – 3/23 | 10 a.m. – 12 | 2:30 p.m. JDCAC | | |
| Contac | t: Jacquel | ine McDonougł | n • ladylovesgi | rits@hotmail.com • | | |
| | 770-715 | 5-1741 | | | | |

NEW! INTRO TO BALLET

An introductory class for children aged 5-6 years old, students will learn classical ballet terminology and technique. Students will engage in traditional barre exercises and age-appropriate movement while celebrating creativity and musicality. Girls: pink leotard, pink tights and pink ballet shoes. Boys: black shorts, white t-shirt, white socks and black ballet shoes. Special demonstration for parents on the last day. **\$100.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------|------------|--------------|----------|
| 5-6 | SA | 3/9 – 5/18 | 10 – 11 a.m. | JDCAC |

NEW! THE JOY OF DANCE

Allow yourself to soar, turn, leap, fall, and fly in this joyous celebration of movement and dance! Each class will begin with a thorough warm-up to awaken, align, strengthen, and stretch the body. We'll follow that with a guided exploration of movement and creativity and end with an explosive journey across the floor. Dancers will leave feeling energized and joyful. Teacher is experienced in differentiating instruction -- everyone is welcome; beginners to experienced dancers, all abilities, sizes, shapes, and bodies are encouraged! Mature teens through seniors. Dancers should wear clothing that is comfortable and shows alignment of the spine, hip, knees, and ankles; solid color pants and shirt preferred. Bare feet. \$125 for 11 classes, Instructor will accept drop-in dancers for \$15/class if minimum number of season-long participants is met and space remains. Age(s) Day(s) Date(s) Time Location 3/9 – 5/18 11:15 a.m. – 12:30 p.m. JDCAC 13+ SA Contact: Jenn Travis • (850) 625-0642 • travija@hotmail.com

NEW! INDIAN CLASSICAL DANCE

Explore the rich tradition of Indian classical dance of Bharatanatyam in our dance classes. Immerse yourself in the graceful movements, intricate expressions, and rhythmic footwork of this classical Indian dance form. Whether you're a beginner or an experienced dancer, our classes cater to all levels. Join us to embrace the cultural heritage and artistic beauty of India. Ages 7-17 may participate with a parent present. **\$12 per class.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|-------------|-----------------|--------------------|----------|
| 7+ | SA | 3/2 – 5/25 | 8:30 – 9:30 a.m. | JDCAC |
| Contac | t: Prachi B | have • (774) 51 | 0-0496 • ibhave@gn | nail.com |

NEW! BOLLYWOOD DANCE

Dive into the magic of Bollywood dance, with dynamic routines inspired by the latest hits and timeless classics. From the sultry moves of Bollywood romance to the high-energy beats of celebratory numbers, our classes cover it all! Pop, hip hop, salsa, classical, folk and many more styles come together under the umbrella of Bollywood dance making it the most popular, fun and joyful dance forms in many parts of the world. It literally unifies the world dance styles! Ages 7-17 may participate with a parent present. **\$5 per class.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------------|------------------|--------------------|----------|
| 7+ | Т | 3/5-5/28 | 7 – 8 p.m. | JDCAC |
| 7+ | SA | 3/2 – 5/25 | 9:45 – 10:45 a.m. | JDCAC |
| Contac | t: Prachi Br | nave • (774) 510 |)-0496 • ibhave@gm | nail.com |

SQUARE DANCE WITH THE VILLAGE SQUARES

Have fun dancing with caller Larry Belcher and the Auburn Village Squares. Our dance program includes mainstream and plus square dancing, and line dancing. Both couples and singles with square dance experience are welcome. The program meets on Tuesdays except when cancelled due to Arts Center events and closings. For more information, please visit our website: villagesquares.alan-reed.com. **\$15/month**.

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|------------|-----------------|-----------------------|----------------|
| 16+ | Т | 3/5 – 5/28 | 6:15 – 8:45 p.m. | JDCAC |
| Contac | t: Bob and | Marcia Locy • (| (334) 887-2898 • locy | /rob@amail.com |



INDIVIDUAL NUTRITION COUNSELING

Do you want to be healthier, but don't know where to start? Family First is here for you! Natlie a Registered Dietitian, Certified Fitness Instructor, and Behavior Change Specialist. She educates clients on a variety of health services including individualized or group nutrition counselling, nutrition education, and individual or family meal planning. After you complete the request for, Natalie will send you a preliminary assessment to complete. Plans start at \$50 for 45-minute individual counselling session. More plans available on www.familyfirstdiet.com. Date(s) Time(s) Location Age(s) Day(s) ALL By Appt. 3/1 – 5/31 By Appt. TBD Contact: Natalie Stephens • 334-524-4019 • pughnat@familyfirstdiet.com

NEW! DANCER WESTERN SQUARE DANCING WITH THE VILLAGE SQUARES

Learn Western Style Square Dancing with Caller Larry Belcher and the Village Squares. Classes focus on learning the calls for Mainstream Western Square Dancing beginning at the beginning. No previous experience is necessary. New classes begin periodically, and interested dancers should contact the instructor for start date of the next class if they are not currently dancing with class. Ages 12 – 17 may participate with a parent. \$5/class, \$10/month, or \$30/quarter.

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--|---------------|-----------------------|----------------|
| 12+ | T (2 nd & 4 th) | 3/12 - 5/21 | 6:15 – 8:45 p.m. | JDCAC |
| Contac | t: Bob and N | Marcia Locy • | (334) 887-2898 · locy | /rob@qmail.com |

LEARN TO SWING DANCE IN THE AUBURN COMMUNITY WITH AUSDA

Interested in learning how to swing dance? Auburn University Swing Dance Association (AUSDA) hosts FREE beginner and intermediate swing dance lessons every Friday night. Lessons are from 7 – 8 p.m. and social dancing is from 8 – 9 p.m. Don't have any dance experience? Don't worry, we've got you covered. Our beginner lessons are designed to teach you from the ground up so we will have you dancing the night away in no time! Don't have a partner? Perfect, neither do we! We rotate partners frequently throughout our lessons to provide the best learning environment and allow our students to meet everyone in the lesson. So, while you are more than welcome to bring a partner, partners are not required. What do I wear? The most important thing is to be comfortable. Wear something you are comfortable in. Ladies if you wear a skirt or a dress be conscious that the turns we do will make the skirt billow. As for shoes, wear closed toe shoes (No flip-flops or sandals). No special shoes are required. **FREE.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------|------------|------------|----------|
| 13+ | F | 3/1 – 5/31 | 7 – 9 p.m. | JDCAC |

ARGENTINE TANGO PRÁCTICA

Join us to dance the most beautiful, elegant, and sensual dance in the world, the Argentine Tango. Tango is drama, passion and romance, a dance of connection and dialogue between partners. Tango is not a series of memorized steps, nor a dance that merely promotes mechanical reactions; rather it is a dance of improvisation where both partners must listen to the music and, more importantly, listen to each other. Members of this group have been dancing the Argentine Tango for at least ten years and are happy to share their tango skills. **FREE.**

| Ages | Day(s) | Date(s) | Time | Location | | |
|-------|--|--------------|-------------------|----------|--|--|
| 18+ | R | 3/7 – 5/30 | 6 – 8 p.m. | JDCAC | | |
| Conta | Contact: Sergio RuizCórdova • (334) 444-2857 • | | | | | |
| | ruizcor@ | auburn.edu • | greentia@live.com | | | |

ISTROLL

iStroll is the ultimate 60-minute workout that incorporates running, body weight, dumbbells, resistance bands and of course a jogging stroller! Parents and caregivers get a full body workout while kids stay moving, all in a supportive community. All fitness levels are invited to join, including prenatal. Bring a mat, water bottle, and stroller (if you like). All kids are welcome. **\$8/class. \$50/month. \$35/5 class pass. \$70/10 class pass.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--|--------|------------|------------|---------------|--|
| ALL | MTRF | 3/4 – 5/31 | 10-11 a.m. | Varies Weekly | |
| Contact: Heather Harper and Carla McBride • (334) 590-2855 • | | | | | |
| istrollauburnopelika@gmail.com | | | | | |

ISTROLL KIDS

An interactive child and parent exercise class with fun learning aspect interwoven. Parents should wear comfortable clothes and expect to

participate. **\$6 per class/\$4 for each additional child/\$50 per child for entire quarter.**

| Age(s) | Day(s) | Date(s) | Time(s) Location | | |
|--------------------------------|------------------|---------------|--------------------------------|--|--|
| 2-10 | Т | 3/5 – 5/28 | 11:15 a.m. – Noon DRRC | | |
| Contac | : Heather | Harper and Ca | rla McBride • (334) 590-2855 • | | |
| istrollauburnopelika@gmail.com | | | | | |

TAI CHI

This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age (Harvard Medical School, May 24, 2022). Tai Chi is a low impact form of exercise involving slow, or little movement with a focus on body positioning, balance, posture, and relaxation. Regular practice of tai chi increases flexibility, muscle strength, and bone mineral density. Tai chi promotes health and mobility through slow movements and prolonged deep breathing. It is also a martial art with practical self-defense applications. It can be practiced alone or with others and requires very little space to practice in. **\$100 per quarter or \$8 per class. \$50 per quarter if only taking one class per week.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|------------|------------------|--------------------|-------------|
| 14+ | MW | 3/4 - 5/27 | 5:15 – 6:15 p.m. | HC |
| Contac | t: Craig R | ueter • craig_ru | eter@yahoo.com • 3 | 34-703-0899 |

ZUMBA WITH LARRY

Zumba is a dance fitness party with a contagious blend of Latin and international rhythms. Zumba fitness is easy to follow. You will burn calories without even knowing it. Larry's contagious and uplifting spirit will give you comfort. **\$5/class, \$25/5-class pass, \$40/10-class pass, \$135/quarter.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--|----------|------------|------------------|----------|--|
| 16+ | MW | 3/4 – 5/29 | 7:30 – 8:30 p.m. | FBRC | |
| Contact: Larry (Pop) Thomas • (334) 695-6265 • larrypopthomasjr@ | | | | | |
| | yahoo.co | om | | | |

LOW IMPACT STRENGTH & STRETCH

30 minutes of each – Low impact/Strength Training/Stretching and Relaxation. A quick, complete 1 ½-hour class (you can take just 30 min) that addresses cardiovascular fitness, increasing metabolic rate, increasing muscle mass, and reducing body fat, increasing bone density, and reducing low back and arthritis pain. You may also sleep better and feel more relaxed. A Certified Personal Trainer, Group Fitness Instructor, and Wellness Coach teach this class. We begin with cardio exercises to music, the next 30 minutes include strength training for all major muscle groups, and we finish with stretching and relaxation. Beginners are warmly welcomed by this class. You are encouraged to bring weights and a mat if you have them. Otherwise, equipment will be provided. **\$5/ Class, \$40/ Month \$100/full quarter**

| Ψ Τ Ο/ ΙΙ | φτο/ month, φτοσ/run quarter. | | | | | | |
|--|-------------------------------|------------|------------------|----------|--|--|--|
| Age(s) | Day(s) | Dates(s) | Time(s) | Location | | | |
| 16+ | MWF | 3/1 – 5/31 | 9:15 -10:45 a.m. | FBRC | | | |
| Contact: Lisa Gallagher • (334) 703-9343 • lisagal0725@gmail.com | | | | | | | |

ZUMBA WITH ALLISON

Zumba is a dance-fitness program combining all elements for a total body workout, cardio, muscle conditioning, balance, and flexibility. It is an hour cardio burn set to Latin fusion and international dance music. Classes are easy to follow, fun, and ongoing so jump in at any time! **\$5/ Class,**

| \$40/10 clas | ss visits | or \$110 | /Quarter. |
|--------------|-----------|----------|-----------|
|--------------|-----------|----------|-----------|

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|------------|------------------|-----------------------|--------------|
| 16+ | TR | 3/5-5/30 | 5:30 - 6:30 p.m. | FBRC |
| Contac | t: Allison | Kesler • (334) 6 | 63-4198 • alikatekesl | er@yahoo.com |

BE FAB (BE FLEXIBLE & BALANCED)

Be FAB (Flexible and Balanced) - Feel better and more confident by improving your balance and stretching your muscles safely for longterm physical health. This class is led by a certified personal trainer and focuses on proper technique and safety. Please bring an exercise mat or towel for floor work. Exercise modifications can be made if needed. You are encouraged to come as many days as you can each week for the best results. If this class is full and you miss 1 week without any communication to the instructor, you will be automatically removed from the roster so others may register. FREE. Location Age(s) Day(s) Dates(s) Time(s) MTWR 3/11 - 5/31 FBRC 18+ 1 p.m.-1:45 p.m. **Contact:** Valerie Fetsch • vfetsch@auburnalabama.org

FBRC FITNESS AREA ORIENTATION

Take care of your body by learning how to use constant resistance machines (weight machines) and the cardio machines in the FBRC Fitness Area. This class is led by a certified personal trainer and will focus on proper technique and safety. A 90-minute Fitness Area orientation is available by appointment only. Please fill out the registration form to set up the appointment. Choose as many days and times as possible for faster scheduling. The class is FREE TO THE PUBLIC, but a \$30 Lifetime Fitness Center pass/waiver is required to attend. Age(s) Day(s) Dates(s) Location Time(s) 18+ MTWRF 3/11 – 5/31 By Appt. FBRC Contact: Valerie Fetsch • vfetsch@auburnalabama.org

SAMATHA MEDITATION

Samatha means calm. Samatha meditation is an effective, but gentle, way of training the mind to develop inner strength and freedom from turmoil, leading on to clarity and understanding. All are welcome, especially beginners. Please bring a cushion to sit on. **FREE**.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|------------------|------------------|----------------------|---------------|
| 19+ | R | 3/21 – 5/30 1 | 11 a.m 12:30 p.m. | FBRC |
| Contac | t: Thomas | Lockhart • (605) |) 906-6370 • lockhai | rtt@gmail.com |

LOW IMPACT CARDIO SCULPT

This class is led by a certified fitness instructor and designed to give maximum cardiovascular benefits with little stress on the joints. Muscle building and strengthening exercises are incorporated with low-impact cardio movements designed to tone muscles and increase cardiovascular endurance. This workout also includes coordination, balance and stretching exercises, which we need as we age. Please bring an exercise mat (example: yoga mat). Light weights (no more than 2-3-pound handheld weights, soup cans, water bottles, etc.) are encouraged but not mandatory. Participants are encouraged to modify and work out at his/her own pace and modifications are shown by the instructor. **FREE.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------|-------------------|----------------------|-----------------|
| 50+ | TR | 3/5 – 5/16 | 10 – 10:45 a.m. | FBRC |
| Contac | t: Valerie (| Carson • (334) 74 | 0-8988 • valeriecars | son@knology.net |

ART FOR HOMESCHOOLERS

These classes, under the sponsorship and support of the Auburn Arts Association, are divided into two age groups to allow for age appropriate art experiences. Fees cover instruction and all supplies and materials. Please register in advance of the first day of classes. **\$85/first child;**

\$80/each additional sibling. Group 1 | Art Explorers

Join us in learning about artists and art techniques as you explore a variety of art media and develop your own artistic style. Classes are organized around themes that highlight the basic elements of art. In the past, some of these themes have been "A Potpouri of Portraits," "Fins and Feathers," "Make Yourself at Home," and "The Shape of Things." Please register in

Please note, the registration for the all events at the Kreher Preserve & Nature Center (KPNC) are coordinated by KPNC staff. Please visit auburn.edu/preserve or call (334) 707–6512 for more information. All program and event fees help fund the nature center operations.

NATURE BABIES

Nature Babies is designed to encourage caregivers to take their babies out into the natural world – a world that provides endless ways to interact with your little one; from traversing trails together, feeling the textures of leaves, playing peek-a-boo with trees, and much more. Classes are loosely structured with teachers guiding caregivers in ways to learn and connect with their babies and nature. Nature Babies meets every Wednesday from 10:30 – 11:30 am and is free for everyone. Visit our website for more information: https://aub.ie/naturebabies.

| Age(s) | Days(s) | Date(s) | Time(s) | Location | |
|---|---------|------------|--------------------|----------|--|
| 0-2 | W | EVERY WEEK | 10:30 – 11:30 a.m. | KPNC | |
| w/Careg | iver | | | | |
| Contact: Sarah Crim • (334) 707-6512 • natureeducation@auburn.edu | | | | | |

SPRING BREAK CAMPS

Spring Break Camps at the Kreher Preserve & Nature Center are a great way for your children to spend their spring break outdoors, immersed in nature, exercise, and fresh air... and a bit of education, too! Campers will join our naturalists for three days of nature-based learning experiences and adventure in the forests of the Preserve. We offer two weeks to coincide with both Auburn and Opelika spring breaks. Snacks will be provided; children should bring their lunch and a refillable water bottle each day. Registration is \$150 (\$120 for members) for 3 days of camp. Visit our website to learn more: https://aub.ie/springbreakcamp.

| Age(s) Days(s) | Date(s) | Time(s) | Location |
|-------------------|-----------------|---------------------|----------------|
| 1-6 grade MTW | 3/4-3/6 | 8 a.m 3 p.m. | KPNC |
| 1-6 grade MTW | 3/18-3/20 | 8 a.m 3 p.m. | KPNC |
| Contact: Sarah Cr | im • (334) 707- | 6512 • natureeducat | ion@auburn.edu |

advance of the first day of class.

| Age(s) | Day(s) | Date(s) | Time | Location | |
|---|--------|------------|-------------|----------|--|
| 6 – 9 | R | 3/14 – 5/2 | 9 – 11 a.m. | JDCAC | |
| Contact: Amy Kaiser • (334) 821-0916 • amyekaiser@gmail.com | | | | | |

Group 2 | Art Adventures

This class is designed for the young artist ready to meet art challenges at the intermediate level. Students will take a step further into developing a creative style while exploring a variety of artists, styles, techniques, and media.

| Age(s) Day(s) | Date(s) | Time | Location |
|------------------|-------------------|-----------------|--------------|
| 10–15 R | 3/14 – 5/02 | 9 – 11 a.m. | JDCAC |
| Contact: Laura K | (loberg • (334) 3 | 32-5458 • aura5 | 57@yahoo.com |

LEPRECHAUN HIKE

Join us for our second annual leprechaun hike as we search the trails for the sneaky leprechauns in the woods. Participants will engage in fun, handson crafts and activities as they uncover the path of our little green friends. The hike will take place on Saturday, March 9 and Saturday, March 16 from 10am-2pm. Tickets will be \$7/participant (\$5 for members).

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|---------|-----------|-------------|----------|
| ALL | SA | 3/9, 3/16 | 10a.m 2p.m. | KPNC |

DISCOVERY HIKES AND NATURE WALKS

Family Discovery Hikes and Nature Walks are monthly guided hikes through the Kreher forest. Family Discovery Hikes offer excellent opportunities for the entire family to learn about nature and see wildlife up close, while enjoying fresh air and exercise in our beautiful outdoors. Nature Walks are for adults only and offer opportunities to socialize, learn, and just relax and decompress in the quiet, peaceful forest. Each month offers a different theme. Discovery Hikes and Nature Walks are free – donations are welcomed. Rescheduled in the event of rain – please watch our social media pages for updates.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|-----------------|-------------------|------------------|
| Seasor | าร | | | |
| ALL | Т | 3/12 | 3:30 p.m. | KPNC |
| Adults | R | 3/14 | 8:30 a.m. | KPNC |
| Buds a | nd Leave | S | | |
| ALL | Т | 4/9 | 3:30 p.m. | KPNC |
| Adults | R | 4/11 | 8:30 a.m. | KPNC |
| Mushre | ooms | | | |
| ALL | Т | 5/14 | 3:30 p.m. | KPNC |
| Adults | R | 5/9 | 8:30 a.m. | KPNC |
| Contac | t: Sarah C | rim • (334) 707 | -6512 • natureedu | cation@auburn.ec |

NATURE EXPLORER HOMESCHOOL PROGRAM

Nature Explorers Homeschool Program is an environmental education program designed for home-schooling families which offers a unique, nature-based educational experience. Classes incorporate hands-on science with nature and environmental awareness, and each concludes with a nature hike. Classes meet on the 2nd & 4th Thursday of the month for 4 months, Feb – May, from 10:00 to 11:30 am. Each of the eight classes will focus on a different topic. Nature Explorers is \$80/student (\$64 for members). A 10% discount is offered for siblings living in the same residence. Visit our website to learn more: https://aub.ie/natureexplorers.

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|-----------|---------------------|----------------|--------------------|--------------------|
| ALL | R | 2/8, 2/22, 3 | 3/14, | 3/28 10 - |
| 11:30 a.i | m. | KPNC | | |
| | 4/11, 4/25 | , 5/9, & 5/23 | | |
| Contac | :t: Sarah Cr | im • (334) 707 | 7-6512 • natureedu | ucation@auburn.edu |

FAMILY ART FUN

Come enjoy the outdoors at the KPNC through art! No matter the age you can have fun with art while learning to improve. During this class you will learn about many different watercolor techniques while creating your own masterpiece. We will start with simple techniques and work our way up. We will do an instructive lesson on how to paint a leaf, then you will get the chance to paint whatever inspires you. This will be a great opportunity to have some family fun while enjoying nature and art! Tickets are \$5 (\$4 for members) and available on our website or at the door. Cancelled in the event of rain – please watch our Facebook page for updates.

| Age(s) | Days(s) | Date(s) | Time(s) | Location | |
|--------|--|---------|------------|----------|--|
| ALL | SA | 3/30 | 1 - 3 p.m. | KPNC | |
| ALL | SA | 5/4 | 1 - 3 p.m. | KPNC | |
| Contac | Contact: Sarah Crim • (334) 707-6512 • preserve@auburn.edu | | | | |

TREE TOTS

Spring registration opens March 5; summer registration

opens May 6. Tree Tots is a nature-based-play class where children, with the help of their caregivers, are encouraged to use their senses to explore their natural environment and learn together through play. Classes are loosely structured with teachers functioning as guides; asking questions to encourage wonder and allowing our tree tots to make choices throughout our journey. Classes meet 9:30 – 11 a.m. Tree Tots is \$60/student (\$48 for members). A 10% discount is offered for siblings living in the same residence. Visit our website for more information: https://aub.ie/treetots.

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|---------|---------------------|----------------|---------------------|------------------|
| 1-2 | R & SU | 4/4-5/12 | 9:30 - 11 a.m. | KPNC |
| w/Careg | giver | | | |
| Contac | :t: Sarah Cr | im • (334) 707 | -6512 • natureeduca | ation@auburn.edu |

FOREST FRIENDS

Spring registration opens March 5; summer registration opens May 6. Forest Friends is an award-winning program offering a unique educational experience for pre-school children and their caregivers, incorporating hands-on activities with nature and environmental awareness. Children will learn about a different topic each week of the 6-week session. Classes meet 9:30 – 11 a.m. Forest Friends is \$60/student (\$48 for members). A 10% discount is offered for siblings living at the same residence. Visit our website for more information: https://aub.ie/forestfriends.

| Age(s) | Days(s) | Date(s) | Time(s) | Location | |
|---|---------|----------|----------------|----------|--|
| 3-5 | F & SU | 4/5-5/12 | 9:30 - 11 a.m. | KPNC | |
| w/Careg | jiver | | | | |
| Contact: Sarah Crim • (334) 707-6512 • natureeducation@auburn.edu | | | | | |

POND PALS

Spring registration opens March 5. Pond pals extends our Nurtured in Nature series to some of our young elementary-aged students. These classes will meet four times from 9:30am-11:00am on Saturdays in April and May. Students will have the opportunity to engage in hands-on nature-based activities and projects, engaging both their bodies and minds. Pond Pals is \$40/student (\$32 for members).

| Age(s) | Days(s) | Date(s) | Time(s) | Location | |
|---|---------|-------------|----------------|----------|--|
| 6-8 | SA | 4/13, 4/20, | 9:30 - 11 a.m. | KPNC | |
| w/Careg | jiver | 4/27, 5/1 | | | |
| Contact: Sarah Crim • (334) 707-6512 • natureeducation@auburn.edu | | | | | |

KPNC TEENS

Spring registration opens March 5. Our newest nature series for our older explorers, these classes will bring an in-depth and projectbased look at some of the unique aspects of the forest including topics on the flora and fauna of the KPNC, mushrooms, geology, and more. The classes will culminate in a management plan for the KPNC woods after spending weeks studying the various pieces that make this ecosystem so special. Classes will meet Saturday's from 10:00am-11:30am for six weeks beginning March 16th. Cost is \$60/student (\$48 for members).

| Age(s) Days(s) | Date(s) | Time(s) | Location |
|-------------------|-----------------|------------------|--------------------|
| 12-15yrs. SA | 3/16-4/27 | 10 a.m 11:30 |) a.m. KPNC |
| Contact: Sarah Cr | im • (334) 707- | 6512 • natureedu | ication@auburn.edu |

S'MORE FUN WITH MOM

Join us for S'more Fun with Mom, Lee County's mother/son/family adventure, co-hosted by the Kreher Preserve & Nature Center and the City of Auburn. This fun evening will include a night hike, cookout, storytelling, and of course s'mores! Our mother/son duos may visit a craft station to create their own keepsake art project. NEW: Thursday is Family Night when dads and daughters are welcome to join. S'more Fun with Mom is offered three evenings: Thursday, Friday, & Saturday, May 11, 12, & 13 from 6:00 – 8:30 PM. The cost is \$30 per mother/son duo (\$10 each for any additional children). Friday and Saturday are for boys aged 4 to 12 and their moms; Thursday is for the whole family (children under 3 do not need a ticket). Registration is available on our website or onsite. Rescheduled or cancelled in the event of rain – please watch our Facebook page for updates.

| Age(s) | Days(s) | Date(s) | Time(s) | Location |
|--------|----------------------|---------------|---------------------|------------------|
| ALL | R, F, & SA | 5/9 - 5/11 | 6 - 8:30 p.m. | KPNC |
| Contac | t: Sarah Crir | m • (334) 707 | -6512 • natureeduca | ation@auburn.edu |

IN THE GARDEN WITH CYNDI: BEGINNER

In The Garden With Cyndi is a fun, casual gardening class for adults where you get to learn tips and tricks, get your hands dirty, and get expert advice on a myriad of gardening techniques and best practices. Cyndi Czerkawski is an experienced gardener and educator. She has spent years accumulating knowledge about gardening and is ready to pass that on to you! Visit our website for more information: https://aub. ie/inthegarden.

| Age(s) Days(s) | Date(s) | Time(s) | Location |
|-------------------|-----------------|-----------------|---------------------|
| ADULTS SU | March TBA | 1 - 4 p.m. | KPNC |
| Contact: Sarah Ci | im • (334) 707- | 6512 • natureed | lucation@auburn.edu |



YOSHUKAI KARATE – BASIC CHILDREN'S CLASS

Karate is a martial art that emphasizes self-confidence, self-discipline, respect, and physical fitness. The primary focus of this class is coordination, physical fitness, listening skills, focus on activities. We teach the basics of karate: strikes, blocks, and kicks. We may begin teaching kata, the basis for practicing all techniques. Students will be performing exercise drills and sparring techniques on heavy bags and various striking

| pads. | \$150/quarte | er. \$45/Unifor | n fee payab | le to instructor |
|-------|--------------|-----------------|-------------|------------------|
| for n | ew students | | | |
| A | | Deta(a) T | | Leastien |

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|---|--------|------------|---------------|----------|--|
| 5 – 12 | TR | 3/5 – 5/30 | 6 – 6:45 p.m. | DRRC | |
| Contact: Jim Robertson • (334) 703-2402 | | | | | |

YOSHUKAI KARATE – ADVANCED CHILDREN'S CLASS

Karate is a martial art that emphasizes self-confidence, self-discipline, respect, and physical fitness. This class teaches basic strikes, blocks, and kicks. We also teach kata, the basis for practicing all karate techniques. As students progress, we teach advanced strikes, blocks, kicks, self-defense, and traditional weapons use. Optional activities include sparring and self-defense fighting in a controlled environment. **\$150/quarter. \$45/ Uniform fee pavable to instructor for new students**.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|---|--------|-----------|------------------|----------|--|
| 5 – 12 | TR | 3/5 -5/30 | 6:45 – 7:45 p.m. | DRRC | |
| Contact: Jim Robertson • (334) 703-2402 | | | | | |

AUBURN UNIVERSITY MUSIC PROJECT – BEGINNER STRINGS & INTERMEDIATE STRINGS

Created in the Fall of 2015, the Auburn University Music Project program aims to provide group lessons on orchestral string instruments to local students, as well as practical hands-on training for Auburn University music and music education undergraduate students. **\$150. Pavable to AU.**

| Grade(s) Day(s) | Date(s) | Time | Location |
|----------------------|-------------------|----------------------|-------------------|
| Beginner | | | |
| 3 rd + T | 3/5 – 5/14 | 4 – 5:30 p.m. | JDCAC |
| Intermediate | | | |
| 3 rd + R | 3/7 – 5/16 | 4 – 5:30 p.m. | JDCAC |
| The AU Music proje | ect follows the A | uburn University Aca | ademic Calendar. |
| This is a continuati | on of our Fall 20 |)23 classes. Please | visit www.aub.ie/ |
| aump for more info | ormation | | |
| Contact: Dr. Guy | Harrison • (517 |) 648-2369 • gharr | ison@auburn.edu |

YOSHUKAI KARATE – TEENS/ ADULTS

Karate is a martial art that emphasizes self-confidence, self-discipline, respect, and physical fitness. This class teaches basic strikes, blocks, and kicks. As students progress, we teach advanced strikes, blocks, kicks, kata (the basis for practicing all martial arts techniques), self-defense, and traditional weapons use. Optional activities include sparring and self-defense fighting in a controlled environment. **\$150/quarter. \$45/**

| Uniform fee payable to instructor for new students. | | | | | | |
|---|---|----------|------------------|----------|--|--|
| Age(s) | Day(s) | Date(s) | Time(s) | Location | | |
| 12+ | TR | 3/5-5/30 | 7:45 – 9:15 p.m. | DRRC | | |
| Contac | Contact: Jim Robertson • (334) 703-2402 | | | | | |

KENDO CLASS

Kendo is traditional Japanese martial arts that arose from the samurai, or warrior in feudal Japan, fighting with bamboo 'swords'. Kendo players wear protective gear like armor over. Kendo differs from many other sports. Heir to the traditional spirit of martial arts, kendo is not solely about winning but also respects good manners and nurtures a strong spirit. **\$50/ Month.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|---|--------------------------------------|------------|------------|----------|--|
| 11+ | TR | 3/5 – 5/30 | 7 - 9 p.m. | HC | |
| | SA 2 nd & 4 th | 3/9 – 5/25 | 10 a.mNoon | FBRC | |
| Contact: Seonghoon Kim • (706) 505-8048 • soongulrang@gmail.com | | | | | |

NEW! MUSIC FOR PRESCHOOLERS

Preschoolers have a natural love of music! Music is used to boost language skills, confidence, social-emotional skills, self-control, and more. We will focus on playing instruments as well as sound exploration, ensemble development, creative play, and more. Preschoolers will enjoy the fun of music-making while boosting all areas of learning. Parent participation is required if your child is not potty trained. There will be a meeting the week prior to the first day of class. More details about the meeting will be e-mailed to those who are registered. **\$80 per child.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|-------------------|-----------------|---------------------|-----------|
| 3-4 | Μ | 3/4 - 4/22 | 4 – 4:45 p.m. | JDCAC |
| Contac | t: Kathy K | ing • (334) 524 | I-0467 • kingkat@au | uburn.edu |

CITIZENS' CLIMATE EDUCATION

The Citizens' Climate Education Auburn-Opelika chapter is a non-partisan grassroots advocacy organization that empowers individuals to educate key stakeholders, policymakers, and the general public about effective solutions to climate change by providing key training tools and other educational resources to help volunteers become effective advocates for climate solutions - building political will for long-lasting climate solutions. We envision transitioning to a global clean energy economy that is structured by the principles of inclusivity, equity, and sustainability. This group meets the first Wednesday of every month. **FREE.**

| 11131 1100 | 103000 010 | | | | | |
|------------|------------------------------------|----------------|------------------|----------|--|--|
| Age(s) | Day(s) | Date(s) | Time | Location | | |
| ALL | W | 3/6, 4/3, 5/1 | 6:30 – 7:30 p.m. | HC | | |
| | (1 st of month) | | | | | |
| Contac | act: Josh Poole • (404) 451-2108 • | | | | | |
| | citizensc | limatelobbyedu | cation@gmail.com | | | |

SELF-DEFENSE CLASSES

All self-defense starts with learning self-awareness. Natalie has been practicing Martial Arts since 1993. She holds a 4th degree black belt in Yoshukai Karate and a black belt in ITA Tai Kwon Do. She also has rank in Jujitsu and has practiced many other forms. She uses these skills to teach women's self-defense courses to various groups and clubs. Each class is a 2-hour course to teach basic self-defense and self-awareness skills in real world scenarios. Participants will leave the class feeling more confident. **\$20 per participant per day.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | |
|--|--------|----------------|----------------|----------|--|--|
| 12+ | SA | 3/30, 4/20, 5/ | 18 10 a.m Noon | FBRC | | |
| Contact: Natalie Stephens • 334-524-4019 • | | | | | | |
| pughnat@familyfirstdiet.com | | | | | | |

SPECIAL INTERESTS

TEA SOMMELIER'S GUIDE TO TEA

Welcome to a unique Tea Class experience in Alabama! Whether you're a tea enthusiast, seeking an alternative to coffee, or simply curious about the world of tea, our class offers a special opportunity to indulge in the rich array of flavors and aromas of this beloved beverage. In this hands-on class, a tea sommelier will lead you through the captivating history and culture of tea, helping you enhance your skills in tea selection, appreciation, storage, and brewing techniques. Through engaging demonstrations and tastings, you'll delve into a variety of teas from different corners of the world including green, black, white, oolong, and dark (Puerh) teas. We will try 3 to 5 varieties of tea with accompanying food. Instructor is a Licensed Tea Sommelier (Level 1 &

2). \$30 per person.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|---|--------|---------|------------|----------|--|
| 19+ | W | 5/15 | 6 – 8 p.m. | HC | |
| Contact: Cleo Yu • (334) 444-9132 • yjtradebaby@gmail.com | | | | | |

TEA BLENDING WORKSHOP – MAKE YOUR OWN EARL GREY

Welcome to a journey through time as we delve into the fascinating history of Earl Grey tea! In this workshop, we'll uncover the origins and tales behind this iconic blend, exploring how it became a beloved classic. Classics earn their status for a reason, embodying sophistication, and timeless charm. During the workshop, you'll taste 4-5 black teas from different regions, gaining an understanding of the unique characteristics developed from diverse terroirs. Choose one of your favorites as a base tea to blend with bergamot and other secret ingredients finding the subtle art of flavor balance. Guided by an expert tea blender, you'll create your own Earl Grey, adding a personal twist to this beloved tea. Take home a small bag of your custom blend, perfect for your gatherings. **\$30 per**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|---------------|-------------------|------------|
| 19+ | W | 3/13 | 6 – 8 p.m. | HC |
| Contac | st: Cleo Yu | • (334) 444-9 | 132 • yjtradebaby | @gmail.com |

GREEN TEA AND MATCHA WORKSHOP

Green tea and Match workshop, the season of awakening! Are you ready to bask in the vibrancy of delicate green tea leaves? Whether you are a green tea enthusiast or a newcomer to its awakening charm, welcome to the world of green tea. Green tea has been used for meditation purposes for thousands of years and now it is time for you to delve into the relaxing moment. In this workshop, immerse yourself in tastings of 4-5 various green teas from different processing methods and different regions all over the world. You will be delighted to find the subtle uniqueness of each green tea. Also, we will delve into Matcha, a powdered type of green tea. Through engaging demonstrations, you will learn how to properly prepare, whisk, and savor Matcha in a traditional ceremonial way. **\$30**

| Age(s) | | Date(s) | Time(s) | Location |
|--------|-------------|----------------|------------------|------------|
| 19+ W | 4/17 | 6 – 8 p.m. | HC | |
| Contac | ct: Cleo Yu | • (334) 444-91 | 32 • yjtradebaby | @gmail.com |



IAMBK AFTER-SCHOOL ENRICHMENT

IAMBK is a 501c3 community organization that partners with Auburn City Schools and other local organizations. Sessions are offered by certified and specialized instructors in a variety of areas. This program provides youth, ages 6-17, with individualized support in reading, math, and science, in small and large groups, using curriculum that indicates levels of mastery and progress throughout the year. Limited space available.

| \$35/qı | larter. | | | |
|---------|------------------------|------------------|---------------------|----------------|
| Age(s) | Day(s) | Date(s) | Time | Location |
| Monda | y Connec | t | | |
| 6-17 | М | 1/22 – 4/30 | 5:30 – 6:30 p.m. | FBRC |
| Creativ | ve Dance | | | |
| 6-17 | Т | 1/16 - 4/30 | 5:30 – 6:30 p.m. | FBRC |
| Hands | on Scien | ce | | |
| 6-17 | W | 1/17 – 4/24 | 5:30 – 6:30 p.m. | FBRC |
| IAMBK | Visual A | rts | | |
| 6-17 | R | 1/18 – 4/25 | 5:30 – 6:30 pm | JDCAC |
| Individ | ual/Famil | y Counseling | l | |
| 6-17 | By Appt. | 1/2 - 4/30 | By Appt. | TBD |
| Contac | st: Dr. Trellis | s Calloway • iam | nbk@ymail.com • (33 | 34) 728-0309 • |
| | www.iar | nbkinc.org | | |

THE BIRTH VILLAGE CLASSES

Doulas Sarah Doyle and Laura Weldon teach a robust, six-unit childbirth preparation course, which includes preparing the mind and body for birth, the process of labor and birth, evidence-based care, how to work with your provider, comfort measures for labor, how to support the laboring person, essential preparation for the postpartum/newborn time, and more. This is a class for parents who want to be well-informed about their options. The classes are designed to help prepare parents for any kind of birth, including home birth, unmedicated hospital birth, birth with an epidural, or cesarean section. Each class meeting lasts 2.5 hours. Childbirth classes are approved for reimbursement through your medical Flexible Spending Account, and some insurance policies will reimburse for them. We have need-based scholarships available. If you would like to apply, please email Laura at birthvillageclass@amail.com.

| | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|----------------|-------------------|----------|
| 16+ | М | 3/18 – 4/22 | 6 – 8:30 p.m. | HC |
| Contac | t: Laura We | ldon & Sarah D | oyle • (334) 521- | 6222 • |
| | birthvillag | eclass@gmail.c | om | |

AUBURN BOARD GAMES

Pictionary and UNO to Galaxy Trucker and Talisman! Whether you are interested in the more traditional party/family board games, card games or an intense round of tabletop strategy or RPG's, all are welcome! This group is open to everyone regardless of age or experience, we usually have 10-20 members per meetup. Come have some fun and meet new people. **FREE**.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------|----------------|-----------------|-----------------|
| 16+ | W | 3/6 – 5/29 | 6 – 9 p.m. | FBRC |
| Contac | ct: Jack Ra | mey • (334) 70 | 3-3985 • rameyg | eorge@gmail.com |

AASMA – SCALE PLASTIC MODELING

Auburn Area Scale Modelers Association is a club focused on Scale Plastic Modeling, Aircraft, Armor, Ships, Cars, and Sci-Fi models of all scales and media. There will be discussions related to building/finishing techniques and history related to each personal project. **Ages 12 – 17**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|-------------------|------------------|--------------------|---------------|
| 12+ | W | 3/6 – 5/29 | 6 – 8:30 p.m. | JDCAC |
| Contac | t: Matt Mc | organ • (334) 75 | i0- 9170 • fowaubu | ırn@gmail.com |

NUTRITION BASICS: SUMMER VACATION EDITION

Get tips for eating healthy for long-term health and weight management for summer. This class is offered by a Health and Wellness Coach who has a BS Degree in Physical Activity and Health from AU. **FREE**.

| | Day(s) | Date(s) | Time(s) | Location |
|--------|----------------------|----------------|--------------------|----------|
| 18+ | R | 5/30 | 2:30 – 3:30 p.m. | HC |
| Contac | st: Valerie F | etsch • vfetso | h@auburnalabama.or | g |

HOPLOLOGY

This club will study the evolution and development of human combative behavior through readings and discussions, **\$20.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|------------------|--------------------|-------------|
| 18+ | F | 3/1 – 5/31 | Noon-2 p.m. | FBRC |
| Contac | :t: John Di | Julio • (334) 52 | 24-3559 • dijohnp@ | @auburn.edu |

AUBURN DUPLICATE BRIDGE CLUB

The Auburn Duplicate Bridge Club is an ACBL sanctioned game. Anyone

| Age(s | s) Day(s) | Date(s) | Time(s) | Location |
|-------|-----------|------------|----------------|----------|
| 12+ | MR | 3/4 - 5/30 | 12 – 4:45 p.m. | FBRC |
| | Т | 3/5 – 5/28 | 6-9 p.m. | FBRC |

MORNING AND AFTERNOON BRIDGE

Come and fellowship with a game of bridge every 2nd and 4th Monday morning and EVERY Tuesday afternoon. Bridge is stimulating social and competitive sport in which all can enjoy. **FREE.**

| Age | Day(s) | Date(s) | Time(s) | Location |
|-------|------------------------|------------------------------|--------------------|-----------------|
| 18+ | M (2 nd & 4 | 1 th) 3/4 – 5/27 | 8 a.mNoon | FBRC |
| | Т | 3/5 – 5/28 | Noon-5 p.m. | FBRC |
| Conta | nct: Judv W | ilhite• (334) 309 | 9-6346 • randi1969 | 9@bellsouth.net |

AUBURN AREA COMMUNITY THEATRE (AACT) ACADEMY -SPRING

Improv - Improve - Using Improvisation Skills to Become a Better Actor with AACT. If this is your first time participating in a theater activity, or if you have been on stage many times this class is for you! We will explore the techniques of Improvisation. Theater and life skills will be learned and strengthened as we practice working together as an ensemble, being flexible, and learning to think on our feet. We will be using fun games and activities to accomplish these goals. This term we will include elements of Devised Theater, or Collective Creation to our weekly activities. This approach will empower young actors as they practice their communication skills, listening to others and expressing their thoughts clearly. Come create with us!

\$80/child. Sibling discounts and need based scholarships are available. Scholarship forms and details are available at auburnact.org.

| Age(s) | Day(s) | Date(s) | Time | Location |
|-----------|-------------|------------------|------------------|-------------------|
| ACTI | | | | |
| 5-8 | Т | 3/12 – 5/14 | 4 – 5 p.m. | JDCAC |
| ACT II | | | | |
| 9 - 11 | Т | 3/12 – 5/14 | 5 – 6 p.m. | JDCAC |
| ACT III | | | | |
| 12 – 18 | Т | 3/12 – 5/14 | 5 – 6 p.m. | JDCAC |
| *** A Par | rent Presen | tation featuring | three classes wi | ll be held on May |

14th at 5 p.m.. ACT I, ACT II and ACT III will all arrive at 4 p.m. that day to practice and prepare.

Contact: Melanie Brown • (334) 332-6834 • mbrown@auburnact.org

WEDNESDAY MORNING BRIDGE

The game of bridge is a stimulating, social, and competitive sport. All ages enjoy this sport! Bridge is a great activity for seniors to take up as a hobby. Join us! Limited to 24 players. **FREE.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|-------------------|-----------------|
| 50+ | W | 3/6 -5/29 | 8 a.m Noon | FBRC |
| Contac | st: Judy Wi | hite • (334) 30 | 9-6346 • randj196 | 9@bellsouth.net |

KOREAN LANGUAGE AND CULTURES

Intensive course to immerse students in elementary levels of the Korean language as well as Korean culture. You will learn the Korean alphabet how to read and write in Korean and the basic holidays and culture of Korea. **\$180/person.**

| | Day(s) | Date(s) | Time | Location |
|--------|---------------------|-----------------|------------|----------|
| 10+ | SA | 2/13 – 5/25 | 9 a.m Noon | FBRC |
| Contac | st: Jenny Le | ee • (714) 323- | 0730 • | |
| | auburnk | oreanschool@g | mail.com | |

KOREAN ADVANCED CLASS

This course will focus on grammar, reading and writing. Korean culture will be taught every class as well. Student must be read and write in Korean before signing up for the class. **\$180/person.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------------------|----------------|------------|----------|
| 10+ | SA | 2/13 – 5/25 | 9 a.m Noon | FBRC |
| Contac | :: Jenny Le | e • (714) 323- | 0730 • | |
| | auburnko | oreanschool@g | mail.com | |

PRODUCTIONS

AUBURN AREA COMMUNITY THEATRE (AACT) YOUNG PERFORMERS – "MISS NELSON IS MISSING!"

This season, AACT is creating an opportunity to take a show on the road, reaching young audiences in surrounding areas that don't usually have access to live theatre. The Traveling AACTors will bring a favorite story to life: , "Miss Nelson Is Missing! " (written by Henry Allard and adapted by Jeff Hatcher) tells the story of a teacher that can't control her crazy classroom because she's just too nice. But when she disappears, her replacement is the hard-as-nails, detention-loving, recess-canceling, homework-overloading substitute teacher Viola Swamp! With the Big Test approaching, the kids suddenly realize how much they miss Miss Nelson and they'll do anything --including hiring a private eye -- to solve the mystery of her disappearance and bring her back. Laughter and action for all ages guaranteed. **\$10/Adults, \$8/Children, Seniors Tickets are available at AuburnACT.org.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------|-------------|-----------|--------------|
| All | | | | |
| Produc | tion: | | | |
| | RFSA | 2/22 - 2/24 | 6:30 p.m. | Grace United |
| | | | | Methodist |
| | | | | Church |

| 8/ | a t | ~ | . . |
|-----|------------|-------|------------|
| IVI | at | e | е: |

| matheor | | | |
|----------------|-----------------|--------------------|------------------|
| SA | 2/24 | 2 p.m. | Grace United |
| | | | Methodist |
| | | | Church |
| Traveling Show | v: | | |
| Т | 2/27 | 6:30 p.m. | BCC |
| FSA | 3/1 – 3/2 | 6:30 p.m. | TBD |
| Matinee: | | | |
| SU | 3/3 | 2 p.m. | TBD |
| Director: Dana | Tompkins • (407 | 7) 212-2817 • dana | amarye@gmail.com |
| Production Ma | nager: Cora C | onnelly • (334) 70 | 3-3128 • |
| | | · · | |

connelly517@gmail.com

AUBURN AREA COMMUNITY THEATRE (AACT) ADULTS ANNOUNCE OPEN AUDITIONS FOR "THE GAMES' AFOOT"

Open Auditions for The Games Afoot! No previous experience necessary! 5 women, and 3 men of various ages are needed for this delicious Murder Mystery, by award-winning playwright Ken Ludwig. Come either or both audition days, and read from the scripts provided. Characters include Gillette, the renowned actor playing Sherlock, his daffyhigh society momma, a pair of wise-cracking seasoned performers, the sweet Newlyweds, the very funny and sarcastic female theatre critic, and the eccentric female inspector who gets it all wrong. Set, props, and other volunteers are also welcome to come to auditions. Contact Director Andrea Holliday via email at Auditions@AuburnACT.org for more information. **FREE.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|---------|------------|------------------|-----------------|----------|
| 18+ | | | | |
| Auditio | ons: | | | |
| | MT | 2/19 & 2/20 | 6:30 – 8 p.m. | JDCAC |
| Callba | cks: | | | |
| | R | 2/22 | 6:30 – 8 p.m. | JDCAC |
| Rehear | rsals: | | | |
| | MTR | 3/4 – 5/9 | 6 – 8:30 p.m. | JDCAC |
| Set Bu | ild: | | | |
| | SASU | 5/4 – 5/5 | 9 a.m. – 5 p.m. | JDCAC |
| Tech a | nd Dress | Rehearsal: | | |
| | | 5/8 – 5/9 | 6 – 9 p.m. | JDCAC |
| Directo | or: Andrea | Holliday • (334) | 559-0807 • | |
| | Auburna | areacomtheater | @gmail.com | |
| Produc | tion Man | ager: Terry Kel | ley | |

AUBURN AREA COMMUNITY THEATRE (AACT) ADULTS PERFORMS "THE GAME'S AFOOT"

For May 2024, AACT presents a comedy thriller, written by award-winning playwright Ken Ludwig. It is 1936, and Broadway star William Gillette, admired the world over for his leading role in the play Sherlock Holmes, has invited his fellow cast members to his estate for a weekend of revelry. When one of the guests is stabbed to death, the festivities in this house of tricks and mirrors turn dangerous. It's up to Gillette himself, as he assumes his on-stage persona of Detective Sherlock Holmes, to track down the killer before the next victim falls. It would help if the bodies would just stay put! The danger and hilarity are non-stop in this glittering whodunit directed by Andrea Holliday. **\$12/Adults, \$10/Children,**

Seniors Tickets are available at AuburnACT.org.

| Age(s) | Day(s) | Date(s) | Time | Location |
|--------|--------|-------------|--------|----------|
| All | | | | |
| Produc | tion: | | | |
| | RFSA | 5/10 – 5/18 | 7 p.m. | JDCAC |
| Matine | e: | | | |
| | SU | 5/12, 5/19 | 2 p.m. | JDCAC |
| - | | | | |

Director: Andrea Holliday • (334) 559-0807 • Auburnareacomtheater@amail.com

Production Author: Ken Ludwig

AUBURN AREA COMMUNITY THEATRE (AACT) ADULTS ANNOUNCE OPEN AUDITIONS FOR "DISNEY'S BEAUTY AND THE BEAST"

Open Auditions for Disney's *Beauty and the Beast!* No previous experience necessary! Actors 16 and up are invited to audition for roles for 13 women and 13 men. Boys and girls, aged 6-10, are invited to audition for Chip. Please notice that rehearsals do not start until 5/21/24. Please bring your calendar to discuss any rehearsal conflicts. Go to https://form.Jotform.com/AuburnACT/ Beauty-and-the-Beast or AuburnACT.org for an audition time slot. You may prepare a 30 second monologue or read from the scripts provided. Please prepare 1-2 minutes of a song. You may bring a recorded accompaniment or sing a capella. Please wear clothing and shoes you can move in. You will be taught a very brief dance routine. (Not every role will require dancing.) All actors may not be required at all rehearsals. Set, props, and other volunteers are also welcome to come to auditions. Contact Director Terry Kelley via email at Auditions@AuburnACT.org for more information.

| Age(s) Day(s) | Date(s) | Time | Location |
|-----------------------|-------------------|--------------------|--------------|
| 16+ | | | |
| Auditions: | | | |
| MT | 4/22 & 4/23 | 6:30 – 8p.m. | JDCAC |
| Callbacks: | | | |
| R | 4/24 | 6:30 – 8 p.m. | JDCAC |
| Rehearsals: | | | |
| MW | 5/21 – 8/8 | 6 – 8:30 p.m. | JDCAC |
| Set Build: | | | |
| SA,SU | 8/3 – 8/4 | 9 a.m. – 5 p.m. | JDCAC |
| Tech and Dress | Rehearsal: | | |
| WR | 8/7 – 8/8 | 6 – 9 p.m. | JDCAC |
| Director: Terry K | elley • (334) 759 | -0110 • TKelley@au | uburnact.org |
| Production Mai | nager: Bradley (| Cantrell | |

AUBURN AREA COMMUNITY THEATRE (AACT) ADULTS PERFORMS "DISNEY'S BEAUTY AND THE BEAST"

Enjoy this Tale as Old as Time! Based on the Oscar- nominated motion picture, this is classic story of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end, and he will be transformed into his former self. But time is running out. If the Beast does not learn his lesson soon, he and his household will be doomed for all eternity. Meet the enchanted household, Lumiere and Babette, Cogsworth, Mrs. Potts, and of course, Chip! Come be our guest! **\$16/Adults, \$14/ Children, Students & Seniors. Tickets are available at AuburnACT.org.**

| Age(s) | Day(s) | Date(s) | Time | Location |
|---------|--------------|-------------------|------------------|----------------|
| All | | | | |
| Produc | ction: | | | |
| | RFSA | 8/9 – 8/18 | 7 p.m. | JDCAC |
| Matine | e: | | | |
| | SU | 8/11, 8/18 | 2 p.m. | JDCAC |
| Directo | or: Terry Ke | elley • (334) 759 | 9-0110 • TKelley | @auburnact.org |
| Produc | tion Mar | ager: Bradley | Cantrell | |



The Auburn Parks and Recreation Therapeutics Program offers recreational activities, programs/leagues, social activities, and field trips for citizens with special needs. Therapeutic program offerings are a wonderful way for your child, teen, or adult to meet new people, learn skills, and socialize in a structured environment. All programs are free, unless otherwise noted. To stay current with these and other local/regional program offerings, including Special Olympics, e-mail ekaufman@auburnalabama.org to be added to our monthly e-newsletter list!

THERAPEUTIC MINI CAMP FOR YOUTH

This is a seven-week summer day camp designed for youth with various disabilities (e.g., autism, cerebral palsy, Down syndrome, developmental delays, hearing impairments, vision impairments). The Therapeutic Summer Camp's curriculum program includes life skills training such as handling money, teamwork, social skills, creative opportunities, exercise, swimming, and other physical recreation activities (e.g., basketball, bowling, volleyball). The campers also participate in cultural experiences, such as visiting museums, outdoor adventures, and other exciting trips. Last year's camp was a huge success and this year's camp will be even better! Registration packets will be available on February 12, 2024, at the Harris Center and online. All packets and registration fees must be turned in by 5 p.m. on Friday, March 15, 2024. Campers will be evaluated on an individual basis. **\$50 per camper. \$40 for each additional sibling.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|--------------------|-----------------|----------------|----------|
| 8-14 | MTWR | 6/3 – 7/25* | 8 a.m. – Noon | DRRC |
| | *Will not h | nave camp on 6 | /17 or 7/1-7/5 | |
| Contac | t: Elizabet | h Kaufman • (33 | 34) 501-2930 • | |
| | ekaufma | an@auburnalab | ama.org | |

2024 SUMMER THERAPEUTIC DAY CAMP FOR TEENS AND ADULTS

This is a seven-week summer day camp designed for young adults with various disabilities (e.g., autism, cerebral palsy, Down syndrome, developmental delays, hearing impairments, vision impairments). The Therapeutic Summer Camp's curriculum program includes life skills training such as handling money, teamwork, social skills, creative opportunities, exercise, swimming, and other physical recreation activities (e.g., basketball, bowling, volleyball). The campers also participate in cultural experiences, such as visiting museums, outdoor adventures, and other exciting trips. Last year's camp was a huge success and this year's camp will be even better! Registration packets will be available on February 12, 2024, at the Harris Center and online. All packets and registration fees must be turned in by 5 p.m. on Friday, March 15, 2024. Campers will be evaluated on an individual basis. **\$125 per camper**.

\$100 for each additional sibling.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | |
|--------|---|-------------|-----------------|--------------|--|--|--|
| 15+ | MTWR | 6/3 – 7/25* | 8 a.m. – 4 p.m. | Drake Middle | | | |
| | | | | School Gym | | | |
| | *Will not have camp on 6/17 or 7/1-7/5 | | | | | | |
| Contac | Contact: Elizabeth Kaufman • (334) 501-2930 • | | | | | | |
| | ekaufman@auburnalabama.org | | | | | | |

NEW! NATALIE'S NUTRITION NINJAS

Join us for 45 minutes of karate and self-defense followed by 45 minutes of cooking an easy, healthy balanced snack. Participants will create a recipe folder and add to it each week by making and tasting a healthy snack. When you register, please let us know if you have any dietary restrictions so we can accommodate those with our snack ingredients.

\$15 per participant.

| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | |
|--------|-----------------------------|----------------|---------------|----------|--|--|--|
| 12+ | R | 3/7 – 4/25 | 5:30 – 7 p.m. | DRRC | | | |
| Contac | st: Natalie S | Stephens • 334 | 1-524-4019 • | | | | |
| | pughnat@familyfirstdiet.com | | | | | | |

TR BINGO & FITNESS

Let's get healthy together! After we have enjoyed some exercise, trivia, craft, or a game we will play bingo and take-home fun prizes. **FREE to**

Therapeutic Program Participants.

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|---------------------|----------------|-----------------|----------|
| 14+ | W | 3/13 – 5/1 | 5:30 – 7 p.m. | DRRC |
| Contac | :t: Elizabet | h Kaufman • (3 | 334) 501-2930 • | |
| | ekaufma | an@auburnalab | bama.org | |

TR GAME NIGHT - ADULTS

Join us for board/card games, video games, and more! This event will include food and drinks each time. Come for dinner and fellowship and a chance to make new friends! **FREE to Therapeutic Program**

| Participants. | | | | | | | |
|---|----------------------------|-------------|------------------|----------|--|--|--|
| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | |
| 17+ | F | 3/29 & 4/12 | 5:30 – 7:30 p.m. | DRRC | | | |
| Contact: Elizabeth Kaufman • (334) 501-2930 • | | | | | | | |
| | ekaufman@auburnalabama.org | | | | | | |

TR GAME NIGHT – YOUTH

Join us for board/card games, video games, and more! This event will include food and drinks each time. Come for dinner and fellowship and a chance to make new friends! **FREE to Therapeutic Program Participants**

| i ui tivi | puntor | | | | | | |
|-----------|---|-------------|---------------|----------|--|--|--|
| Age(s) | Day(s) | Date(s) | Time(s) | Location | | | |
| 5-16 | F | 3/22 & 4/26 | 5:30 – 7 p.m. | DRRC | | | |
| Contac | Contact: Elizabeth Kaufman • (334) 501-2930 • | | | | | | |
| | ekaufman@auburnalabama.org | | | | | | |

THERAPEUTICS

LEE COUNTY SPECIAL OLYMPICS

Auburn Parks and Recreation supports Special Olympics by sponsoring teams for many of the Special Olympic events. Currently, we support athletes for basketball, bowling, flag football, golf, softball, swimming, tennis, track and field, and volleyball. Practices take place throughout the year with the help of local Special Olympics' volunteer coaches. You must be at least 8 years of age and meet the requirements of the Alabama Special Olympic Guidelines to participate. We currently need Coaches for our Special Olympic Athletes. If you have the time and the interest to help coach these dynamic and fun-loving kids, please contact the Lee County Special Olympics Director or the State office today! Registration for the 2023-2024 Special Olympics Season begins August 7 and ends October 18th. This enables us to plan teams and determine the number of athletes we will have at practices! **Registration is needed and includes completing health forms and release forms.

Coordinator: Elizabeth Kaufman, Lee Co. Special Olympics Director • (334) 501-2939 • ekaufman@auburnalabama.org

BOWLING PRACTICE

Although Bowling does not belong to the Olympic sports, it is among the most popular sports in Special Olympics. It is a particularly beneficial sport to people with intellectual disabilities, irrespective of their age or sports abilities, since it ensures physical exercise, participation, and social integration. Plus, it is great fun! Athletes will prepare for the early spring tournament and State Games \$2 50/name navable at the bowling allow

| Games. \$2.50/game payable at the bowling alley. | | | | |
|---|---------|----------------|------------|-----------|
| Age(s) | Day(s) | Date(s) | Time(s) | Location |
| 8+ | М | 12/4 – 5/13 | 2 - 4 p.m. | AMF Lanes |
| Contact: Elizabeth Kaufman • (334) 501-2930 • | | | | |
| | ekaufma | an@auburnalaba | ama.org | |

SWIMMING

Join us for aquatics practice! Athletes must be able to swim, tread water, and float, and must be comfortable in the water. We teach the different strokes, speed, and stroke refinement during practice, as well as turning and diving techniques. Athletes must not ingest water during practice and must have good water etiquette as our pool is usually full! There is a swim competition in January 2024 and again at state games in May 2024. We have an informational meeting on Wednesday, November 29th at 5:30pm in Meeting Room C at the Opelika Sportsplex - participation is mandatory! After that practice is on Wednesdays. **FREE**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|---------------------|-----------------|------------------|------------|
| 8+ | W | 11/29 – 5/15 | 5:15 – 6:15 p.m. | Opelika |
| | | | | Sportsplex |
| Contac | :t: Elizabet | h Kaufman • (33 | 34) 501-2930 • | |
| | ekaufma | an@auburnalaba | ama.org | |

TRACK AND FIELD PRACTICE

Join us for Track and Field practice at the AU Coliseum! Parking is free after 5pm. Please come upstairs to the 3rd floor and meet us outside the elevator doors in the concourse. We will walk and run, do some exercising, and practice both our track and field skills. Competitions are in April and May 2024. **FREE.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location |
|--------|-------------------|----------------|------------------|-------------|
| 8+ | Т | 1/9 – 5/14 | 5:30 – 6:30 p.m. | AU Coliseum |
| Contac | : Elizabet | h Kaufman • (3 | 34) 501-2930 • | |
| | ekaufma | an@auburnalab | ama.org | |









12th Annual Polar Plunge

JUMP IN AND TAKE THE PLUNGE TO RAISE MONEY FOR LEE COUNTY SPECIAL OLYMPICS! SAMFORD POOL SATURDAY, JANUARY 20, 2024 9 A.M.

> Donations can be cash or check. Please make checks out to Lee County Special Olympics. All donations should be brought to Samford Pool on Saturday, January 20th, 2024.

> > If you register PRIOR to Wednesday, January 3rd, 2024, you will be guaranteed a Polar Plunge t-shirt!

Hosted by the City of Auburn Parks and Recreation

REGISTER ONLINE AT AUBURNALABAMA.ORG/PARKS/REGISTER











REC VIP: VOLUNTEER IN PARKS!

Giving back to your community can be rewarding AND fun when you serve as a Rec. VIP...Volunteer in Parks that is! Volunteers bring a unique set of skills, experience and ideas that can help create new and exciting programs that would otherwise not be possible. Whether it is coaching a youth sports team, assisting at art camps, or helping to keep a special event running smoothly, volunteers are an invaluable asset to our community! REC VIP Members will receive a quarterly newsletter with upcoming volunteer opportunities, a t-shirt, swag, and a chance to attend volunteer appreciation events! Register for the 2023-2024 fiscal year online at auburnalabama.org/parks/register. A sign-up form for individual volunteer opportunities will be sent out to registrants each quarter. **FREE to the public.**

| Age(s) | Day(s) | Date(s) | Time(s) | Location | |
|--------|-----------|-------------------|-------------------|--------------------|--|
| 19+ | ALL | Varies | Varies | Varies | |
| Contac | ct: Gabby | r Filgo • (334) 5 | 501-2946 • gfilgo | @auburnalabama.org | |







PLANNING TO REGISTER FOR SPRING PARKS AND RECREATION PROGRAMS?

Create an online account NOW!

Citizens who are interested in participating in any Parks and Recreation program must have an online account to register

For more information regarding creating an online account or registering for a program, please contact the Parks and Recreation Administrative Office.

Contact Information: (334) 501–2930 • registration@auburnalabama.org www.auburnalabama.org/parks/register SCAN THE QR CODE TO CREATE AN ACCOUNT



SPRING QUARTER REGISTRATION WILL BEGIN FEBRUARY 5.

RECREATION FACILITIES

| Auburn/Opelika Skate Park | 900 Country Club Drive | |
|-------------------------------------|------------------------|--|
| Boykin Community Center | 400 Boykin Street | |
| Dean Road Ceramics Studio | | |
| Dean Road Recreation Center | | |
| Frank Brown Recreation Center | | |
| Hubert & Grace Harris Senior Center | | |
| Jan Dempsey Community Arts Center | | |
| Samford Pool | | |

ATHLETIC FACILITIES

| Wire Road Soccer Complex | | |
|---|----------------------------|--|
| | | |
| Duck Samford Baseball Fields 1–3 | 1720 East University Drive | |
| Bo Cavin Baseball Fields 4–7 | | |
| Duck Samford Baseball Fields 8–10 | | |
| Felton Little Park341 East Glenn Avenue | | |
| Margie Piper Bailey Park | | |
| Shug Jordan Soccer Fields | | |

TENNIS COURTS

| Samford Avenue Pickleball and Tennis Center | |
|--|---|
| City of Auburn/Auburn University Yarbrough Tennis Center | 1 |

PARKS

| Bowden | | Moores Mill | 900 E. University & Moores Mill Rd |
|---|--------------------------------|--------------------------------------|--|
| Dinius Park | 1435 Glenn Avenue | Forest Ecology Preserve & Nature Cen | ter2222 North College St. |
| Graham McTeer | 200 Chewacla Dr. & Thach Ave. | Sam Harris | 850 Foster St. |
| Felton Little | | Hickory Dickory | 1400 Hickory Ln. & N. Cedarbrook Dr. |
| Kiesel | 520 Chadwick Ln. (Lee Road 51) | Duck Samford | 1623 East University Dr./335 Airport Rd. |
| Martin Luther King | 190 Byrd St | Town Creek Park | 1150 South Gay St. |
| Town Creek Inclusive Playground430 Camellia Drive | | Westview Park | 657 Westview Dr. |

WALKING TRAILS

| Dinius Walking Trail–1435 Glenn Avenue | Trail is ¾ of a mile long |
|---|--|
| Duck Samford Walking Track–1623 East Glenn Avenue | \dots 3 ³ / ₄ laps around the track = 1 mile |
| Duck Samford Baseball Walking Trail-335 Airport Road | 1 lap around the walking trail = $\frac{1}{4}$ mile |
| Duncan Wright Fitness Trail–465 Wrights Mill Road | Begin and end at Wrights Mill Rd., Circle main loop twice = 1 mile |
| Forest Ecology Preserve & Nature Center-2222 North College Street | Easy to moderate loop trails = 5 miles |
| Frank Brown Recreation Center–235 Opelika Road | One complete lap = .42 miles |
| Kiesel Park Walking Trail–520 Chadwick Lane | 1 lap around the walking trail = 2 $\frac{1}{4}$ miles |
| Sam Harris Park Walking Trail–85 Foster Street | \dots 6 laps around the walking trail = 1 mile |
| Town Creek Park Trail–1150 South Gay Street | 0.87 mile |
| Town Creek Inclusive Playground loop-430 Camellia Drive | 0.25 miles outside loop |
| | |

CEMETERIES

| Memorial Park | 1000 East Samford Avenue |
|---------------|--------------------------|
| Pine Hill | 303 Armstrong Street |

RENT-A-FACILITY

City of Auburn Parks and Recreation facilities and parks are available to the public for rental. Rental fees vary depending on the amount of space, equipment, and type of facility needed. For more information on city facilities, please visit auburnalabama.org/parks or refer to our Parks and Recreation Guide (available at the Harris Center).

NOTES

Citizens are encouraged to use city facilities during regular hours. All parks and cemeteries open at sunrise and close at sunset. For information on game cancellations or postponements, please call: Time and Temperature, (334) 745–6311 or visit auburnalabama.org/parks and click on the Game Status button.