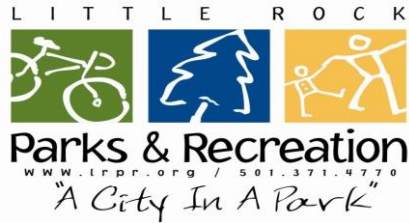


**2019**  
**Little Rock Parks & Recreation**  
**Community Center Directory**



**Benefits are Endless!**





**John Eckart, *Director of Parks & Recreation***

Visit our website [jeckart@littlerock.gov](mailto:jeckart@littlerock.gov)

[www.lrpr.org](http://www.lrpr.org) (501) 371-4770

**Gil Standridge, *Recreation Manager***

[gstandridge@littlerock.gov](mailto:gstandridge@littlerock.gov)

(501) 244-5415

**Shawanda Robinson, *Recreation Program Coordinator***

[srobinson@littlerock.gov](mailto:srobinson@littlerock.gov)

(501) 371-6855

**Follow us for updates, photos, and more information.**



Facebook: Little Rock Parks & Recreation



Twitter: @lrparksrec



Instagram: littlerockparksandrec

# Table of Content

Benefits of Community Centers	4 - 5
Dunbar Community Center	6
Southwest Community Center	7
Stephens Community Center	8
East Little Rock Community Center	9
The Centre at University Park	10
West Central Community Center & Sports Complex	11
Youth Athletics	12
Spring & Summer Sports	13
Fall & Winter Sports	14
Afterschool & Summer Programs	15
Community Center Special Events	16
Adult Recreation	17
Let's Walk	18
Active and Aging	19
Community Center Facility Rentals	20
The Centre at University Park Rentals	21
Swimming Pool	22
City Board of Directors	23



## **Mission Statement**

To create a meaningful parks and recreation system that provides quality leisure services, promotes the natural environment, local economy and the health of the community and strengthens the diversity of a democratic society.



# Benefits of Community Centers

## **TAKE CARE OF LATCH KEY CHILDREN — EDUCATE**

Good news for working parents! Many communities' parks and recreation agencies provide after school and summer child care.

## **CONTROL WEIGHT, LOOK BETTER, BUILD STRONG BODIES**

Sports participants have significantly lower body mass index values, lower blood pressures, and lower resting pulse rates. The physically fit person is less prone to injury, and is less likely to experience depression.

## **LOWER CHANCE OF DISEASE — DECREASE INSURANCE PREMIUMS — LIVE LONGER!**

Childhood participation in organized fitness and sports programs helps attain higher bone density establishing a strong health base to combat osteoporosis in later life. An estimated 66,000 U.S. deaths from coronary heart disease, colon cancer and diabetes could be prevented annually if one half of the sedentary people became active on a regular basis.

## **BUILD SELF-ESTEEM**

When young people feel good about themselves they operate more effectively and productively in our communities, families and schools. Our programs teach the importance of trust, supportive social interaction and personal challenge while creating valuable life long memories.

## **REDUCE STRESS — RELAX!**

Positive and enjoyable recreation experiences can decrease stress and psychological tensions. Leisure activities provide people with the opportunity to expel energy and emotion not being released in other aspects of their lives.

## **PROMOTE SENSITIVITY TO CULTURAL DIVERSITY**

Social interaction through recreation breaks down unfamiliarity, fear and isolation, and promotes positive contact between different ethnic groups and the broader community. The strength of a community is increased through recreation activities that allow people to share cultural and ethnic differences.

# Benefits of Community Centers

## **INCREASE COMMUNITY PRIDE — STRENGTHEN NEIGHBORHOOD INVOLVEMENT**

Community pride is generated through leisure and park facilities. When communities compare themselves to one another, eager to improve, they almost always evaluate their levels of open space, recreation facilities, and leisure program development.

## **REDUCE CRIME, DIMINISH GANG VIOLENCE, PROVIDE SAFE PLACES TO PLAY**

The bottom line: it costs 100 times as much to incarcerate that to recreate.

## **MEET FRIENDS — CREATE MEMORIES!**

A child develops social skills, problem solving and creativity through early play experiences. The best opportunities are those that are planned and supervised. Physical activity is intellectually stimulating and enhances the learning process and the development of cognitive skills.

## **LOWER HEALTH CARE COSTS**

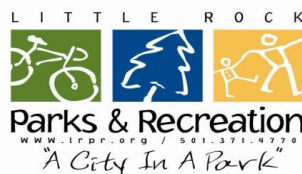
Physically active older people typically benefit from lower blood pressure, increased muscle strength, joint flexibility, and lower total cholesterol levels than do less active people. Leisure activities can create new social relationships for Seniors.

## **ENHANCE RELATIONSHIP SKILLS — TEACH VITAL LIFE SKILLS**

Afterschool sports, as well as arts and craft classes enlighten children about the concept of team play: Together Everyone Achieves More.

Positive conflict resolution is a skill which can be applied all lifelong.

Appropriate risk taking, and a healthy sense of competition and sportsmanship can substitute for violent confrontation related to gang activity.



# Dunbar Community Center



1001 West 16th Little Rock, AR 72206 (501) 376-1084  
Est. October, 1954

## ***Our Staff:***

Rochelle Burton, *Recreation Facility Supervisor*  
Carol Bealer, Chenell Tucker, Jeremy Dotson, *Recreation Programmer*  
James Bowen, Doc Sampson, *Maintenance*  
Charles Baird, *Activity Supervisor*  
Nicole Kinnard, Barbara Caffey, *Receptionist*

## ***Hours of Operation***

Monday-Friday  
9:00 a.m. - 9:00 p.m.

## ***Facility Amenities***

- Exercise Room
- Kitchen
- Game Room
- Meeting Rooms
- Computer Lab
- Arts & Craft Room
- Banquet Hall
- Full court gymnasium
- Senior Center Site location



# Stephens Community Center



**3720 West 18th Little Rock, AR 72204 (501) 603-9974**  
**Est. March, 2001**

## **Our Staff:**

Linda Bealer, *Recreation Facility Supervisor*

Chenell Tucker, *Recreation Programmer*

Melvin Collins, Maintenance

Evelyn Layne, *Activity Supervisor*

Jennifer Simmons, *Receptionist*

## **Hours of Operation**

**Monday-Thursday**

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

**Friday**

9:00am—6:00pm

## **Facility Amenities**

- Full court gymnasium
- Game Room
- Multi-purpose Rooms



# East Little Rock Community Center



2500 East 6th Street Little Rock, AR 72202 (501) 374-2881  
Est. 1973

## Our Staff:

Susie Matheny, *Recreation Facility Supervisor*

## Hours of Operation

Monday-Friday 9:00am—6:00pm

## Facility Amenities

- Full court gymnasium
- Multi-purpose Rooms
- 26 acres of open space with lighted ball fields, playgrounds, basketball courts and picnic areas







## YOUTH ATHLETICS

Athletics for youth ages 3—17 is an intricate part of our community centers. It is our goal to provide various recreational athletic programs to youth in Central Arkansas. Our leagues promote recreation, sportsmanship, fun, parental involvement, competition and the basic foundation for learning how to play various sports.



***Baseball***

***Basketball***

***Cheerleading***

***Football***

***Kickball***

***Soccer***

***Softball***

***Tee Ball***

***Track***

***Volleyball***

# Spring Sports



**Registration:** January—March

**Season:** April—May

**Soccer** – Primarily devoted to the enjoyment and development of soccer players, we provide an opportunity for participants to have fun, learn the sport and develop life skills. Instructional clinics for both coaches and players are included in registration.

**Track & Field** – The program is designed to expose participants to the basic foundation of an active life: physical fitness, running, jumping and throwing. Participants will compete in a series of track meets and earn an opportunity to participate in the Hershey's Track and Field Championship Track Meet.

**Junior Hoops** – This competitive basketball league is open to Middle School and High School basketball players. The league allows participants to play with their competitive clubs, friends from other teams and lengthen their basketball seasons with a Tournament Champion crowned at season end.

**Baseball** – An emphasis is placed on fun, teaching of basic skills and fundamentals, team concept and sportsmanship. Community center and additional fees may be required. Instructional clinics for both coaches and players are included in registration.



# Summer Sports

**Registration:** March—June

**Season:** May—July

**Girls Fast Pitch Softball** – It is our goal to provide girls an opportunity to learn the nation's fastest growing arena of softball. Participants and coaches will have the opportunity to participate in clinics to learn the fundamentals of fast pitch softball.

**Boys Pitching Machine Baseball** – It is our goal to provide an introduction to baseball. Participants will learn the basic concepts of the game while being introduced to the pitching machine.

**Tee-Ball** – The program is designed to introduce our youngest participants to the Tee-Ball game. The fundamental development focus will focus on hitting, throwing, fielding, batting, and base running.

**Late Night Softball** – It is our goal to provide a fun, challenging league for teens affiliated with YIP, Church and other organized groups to play softball.

# FALL SPORTS

**Registration:** June—September  
**Season:** August—November



**Cheerleading** – Participants are taught basic fundamentals of cheer including spirit cheers, jumps, tumbling and given the opportunity to cheer at football games. Youth participate in practices and may have the opportunity to compete in cheer competitions.

**Football** – We provide every participant an opportunity to play in a competitive, recreational league with emphasis on safety, fundamental instruction on tackling, running, catching, offense and defense. Participants and coaches will have the opportunity to participate in camps and clinics to assist with game preparation.

**Volleyball** – Youth are given the opportunity to play in one of two divisions in preparation for next level play. The fundamental development focus will be placed on bumping, serving, offense and defense.



# WINTER SPORTS

**Registration:** September—November  
**Season:** December—February

**Basketball** – Participants are taught basic fundamentals of basketball including shooting, passing, dribbling, offense and defense. The league is open to community center, church and independent teams.

## **League Divisions:**

*Select Upper & Lower Divisions*

Start Smart—Pre-K Ages 3 & 4)

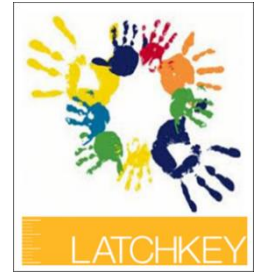
Small Ball—Kindergarten & 1st Grade

Jr. NBA—2nd & 3rd Grade Boys

Jr. NBA—4th & 5th Grade Boys

Jr WNBA—4th & 5th Grade Girls

## Afterschool Programs



Little Rock Parks and Recreation Afterschool Programs are in session during the school year, from August to June. Our Latch Key Program provides parents an affordable program with structured activities, staff supervision, homework time, athletics, recreational activities, meal, and snack times daily and on days when school is not in session. Other Afterschool Programs Gymnastics, Cooking Class, Karate, Hip Hop Dance and more.

**Cost:** \$125.00 per Semester

**Fall Semester:** August – December **Spring Semester:** January - May

## Summer Programs

**Locations: Dunbar, Stephens, East Little Rock, West Central Center, Southwest, and various school sites.** *This 8-weeks program's objective is to provide for children ages 6-15, a rewarding, enjoyable and safe summer of supervised, organized and worthwhile recreational activities while school is not in session. We will offer a wide range of on-site and field trip activities.*

### **Specialty Camps:**

1. *Summer Teen Camp (ages 11-15) Teen Activities*
2. *Summer Laureate Program (6 Week program)*

*The non-refundable registration fee is \$100 for the first child and \$50 for any additional children from the same immediate family that reside in the same household.*

*One Child...\$100.00*

*Two Children...\$150.00*

*Three Children...\$200.00*

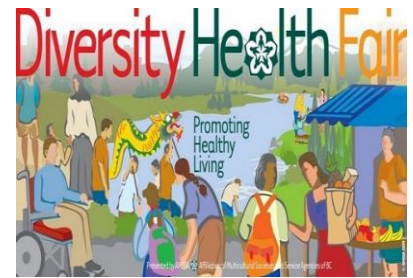
*Four Children...\$250.00*

**Summer Playground Program Information Hotline – (501) 371-4445**

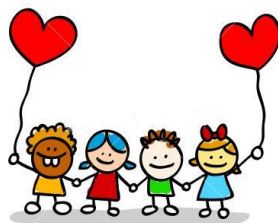
**Summer Playground Program Office – (501) 371-6858**

**Register online at: [littlerockparks.onlinesignup.org](http://littlerockparks.onlinesignup.org)  
“Summer Playground Program”**

# Community Center Special Event



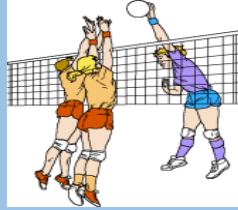
Valentine Sweetheart Party  
Breakfast with Santa  
Spring Break Blast Week  
Latchkey Graduations  
Star Student Banquet  
End of the School Year Parties  
Lights On Afterschool Showcase  
Summer Bash Week  
Back to School Bash  
Halloween Bash  
Fall Festival  
Latchkey Christmas Banquet  
State Parks Field Trips  
Commit to Health - Community Centers Health Fair





# Adult Recreation

Athletic ~ Instructional Classes ~ Fitness



*Beginners and Advanced Participants Welcome*

## Basketball Leagues

### **Dunbar Community Center**

- Open Men's Summer League

### **Southwest Community Center**

- Fall Open Men's League
- Fall Open Women's League

### **Stephens Community Center**

- 30 & Over Open Men's League
- 40 & Over Open Men's League

## Volleyball Leagues

### **Southwest Community Center**

- Open Women's, Men's, and Co-Ed League

### Classes:

### Locations:

<b>Aerobics Classes</b>	<i>Dunbar Community Center Southwest Community Center West Central Community Center</i>
<b>Boot Camp Classes</b>	<i>Dunbar Community Center Southwest Community Center West Central Community Center</i>
<b>Zumba Classes</b>	<i>Southwest Community Center</i>
<b>Line Dance Classes</b>	<i>Dunbar Community Center West Central Community Center</i>

# Let's Walk!



## Did You Know??

It is recommended that children and adults should engage in physical exercise for at least 30 minutes a day, five or more times a week, to maintain and improve health.

- Consult your physician before beginning a new exercise routine.
- Always carry a cell phone and identification.
- Take time to warm up or cool down and stretch before and after your walk.
- Invest in a well-fitting pair of shoes with solid support and good tread.
- Dress for the weather. Wear layers if it's cold and choose loose, light- colored clothing when it's hot. Protect yourself from the sun by wearing a hat and sunscreen.
- Strengthens Bone,
- Low-Impact lifts Mood
- Improves balance
- Aid weight loss
- Reduce Stress

## Get in the Gym or Take it Outside!

# AGING & ACTIVE



- Meet Friends
- Socialize
- Bingo, Cards, Dominos
- Health & Wellness
- Watch TV/Movies
- Have Fun
- Exercise
- Arts & Crafts
- Field Trips
- Nutrition
- Music
- Special Activities



## ***COMMUNITY CENTERS***

### ***SENIOR PROGRAMS***

*Dunbar Community Center  
501-376-1084*

*East Little Rock Community Center  
501-374-2881*

*Southwest Community Center  
501-918-3974*

*Stephens Community Center  
501-603-9974*

For Details Contact:  
Karen Johnson at  
(501) 371-6854

# Community Center

## Facility Rentals

Our facilities are ideal to host your special events in a warm, friendly atmosphere. Looking for a location for a family reunion, baby shower, anniversary celebration, wedding, reception, church dinner, business meetings, luncheons, corporate celebrations, birthday parties and much more.

Our Banquet Halls or Multi-Purpose Rooms are perfect for intimate settings or events accommodating up to 150 people.

All reservations require a non-refundable deposit and standard agreement. All reservations include tables and chairs.

### 3 Hour Reservation Minimum

Deposit: Banquet Hall - \$50.00

Deposit: Multi-Purpose Room - \$25.00

Banquet Hall—\$300.00

Multi-Purpose—\$150.00

Kitchen Deposit—\$50.00

Kitchen—\$50.00



# The Centre at University Park

## Rentals

*3 hour minimum for all rooms except half banquet hall*

### **Conference Room**

Deposit - \$25

Rental Fee- \$25 / hour

### **Meeting Room #1**

Deposit - \$25

Rental Fee - \$30 / hour (working hours)

Rental Fee - \$40 / hour (after hours)

\*Setup/Cleanup - \$25 each

### **Multipurpose Room**

Deposit - \$50

Rental Fee - \$50 / hour (working hours)

Rental Fee - \$75 / hour (after hours)

\*Setup/Cleanup - \$30 each

### **Banquet Hall**

Deposit - \$100

Rental Fee - \$90 / hour (working hours)

Rental Fee - \$110 / hour (after hours)

\*Setup/Cleanup - \$60 each

### **Half Banquet Hall**

Deposit - \$75

Rental Fee - \$60 / hour (working hours)

Rental Fee - \$90 / hour (after hours)

\*Setup/Cleanup - \$50 each

### **Computer Training Room**

(rented as needed)

Rental rates same as Multipurpose Room

**Computer Not A Part of Rental**

\*Optional to Customer

Only customers renting half or entire banquet hall will have access to Kitchen at no additional cost.

**For Questions or to make a Reservation call: (501) 661-1700**

# Southwest Swimming Pool

*Southwest Community Center*

*6401 Baseline Road*

*501-918-3974*



- + Open Recreational Swim
- + Swimming Lessons
- + Kid's Pool
- + Swim Exercise Classes
- + Diving Board
- + Lane Swimming
- + Available for Rentals

# CITY OF LITTLE ROCK BOARD OF DIRECTORS

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**Mayor Frank Scott**

**Vice Mayor B.J. Wyrick, Ward 7**

**Erma Hendrix, Ward 1**

**Ken Richardson, Ward 2**

**Kathy Webb, Ward 3**

**Capi Peck, Ward 4**

**Lance Hines, Ward 5**

**Doris Wright, Ward 6**

**Dr. Dean Kumpuris, Position 8**

**Gene Fortson, Position 9**

**Joan Adcock, Position 10**

**City Manager, Bruce T. Moore**

**Assistant City Manager, James Jones**



City of Little Rock

## Mission Statement

Little Rock's vision is to be a leading city of the 21st Century by providing a safe and supportive environment that empowers its citizens, neighborhood neighborhoods, and businesses to develop and prosper.

