

Parks and Recreation is pleased by the support of the City of Little Rock Board of Directors who provide our recreation programs in our City available.

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Dunbar Community Center

2011/2012

**FALL &
WINTER**



**Dunbar Community Center
1001 West 16th Street
Little Rock, AR 72202
(501) 376-1084
Fax (501) 301-7901
Visit our website: littlerock.org**

DUNBAR COMMUNITY CENTER

The Dunbar Community Center opened its doors on October 10, 1954. The lead story in the Arkansas Democrat Gazette read: The Dunbar Community Center for Negroes at West 16th and Chester Streets will open today. The facility cost was \$210,000.00 and opened under the City of Little Rock Parks and Recreation Department with funds provided by the Negro Park Bond issue. The Community Center was used for “everything” in the Negro community. Dunbar Community Center opened its doors with Albert Lamb as its first Director. Mr. Lamb solicited the advice of several community leaders and other community centers in the country to assist Dunbar in becoming the vehicle of choice for Negro sports, dances, club meetings, Scout activities, movies, dinners, stage plays, concerts, and much more.

Dunbar Community Center has seen the faces of several celebrities from near and far including professional athletes and entertainers: Al Green, Staple Singers, Hunter Sisters, Hunter Brothers, Sidney Moncrief, and many more.

Dunbar Community Center now has its first major facelift with a newly renovated and expanded facility from the citizens of Little Rock bond issue valued over \$1.8 million dollars. With programs such as Dunbar Jr NBA/WNBA, After School Lights-On program, Summer League, and Summer Playground the Dunbar Community Center will continue to serve our community and all the citizens of Little Rock!

WE ARE HERE FOR YOU!!!

Little Rock Parks and Recreation Administrators

Director Truman Tolefree

Recreation Manager

Recreation Supervisor Claudius Johnson

Dunbar Community Center Staff

Facility Manager Darryl Marbley

Program Managers Carol Bealer

Rochelle Burton

Anthony “Coach Temple” Moorman

Play Leaders Charles Baird

Jacoby Knight Karla Rodgers

Thomas McCastle Ann Bealer

Receptionist Barbara Caffey

Maintenance James Bowens and Doc Sampson

Athletic Staff C. V. Jones & Fred Hokes



SECTION I. GENERAL FACILITY POLICIES

- No unsportsmanlike conduct allowed in facility, programs, or playground.
- No horseplay or fighting in building or on facility grounds.
- Participants must have a membership to utilize facility equipment and programs.
- No drugs or alcohol is permitted in or around the facility.
- No profanity or loud prolonged noises acceptable in the building.
- Everyone entering facility must sign in at Receptionist Desk.
- Our facility does not allow general public use of our facilities for services and guidelines not listed in the facility brochure.
- No firearms or fireworks allowed in the facility or within 25 feet of the building.
- No walking around gym with hand weights.

SECTION II. PARTICIPANT DISCIPLINARY POLICIES

- Participants violating rules may be asked to leave or reprimanded by Facility Manager.
- Participants who disrespect staff (use of profanity or refusal to follow instructions which violate policies) will be given a reprimand.
- Participants can not be suspended from programs unless approved by Facility Manager.
- A participant is defined as anyone who enters the facility, enroll in a program, or purchase a membership.
- Participants must follow all program guidelines will enrolled in a program on-site and away from the facility.
- Disciplinary procedures may include warning, written reprimand, verbal reprimand, suspension, or expulsion from the facility.

REGISTER TODAY!

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FEE STRUCTURE

Membership Fees:

Daily Fees

Youth under 6	Free w/Adult
Youth (6 – 15)	\$2.00
Adults (16 – 54)	\$3.00
Adults (55+)	\$2.00

Monthly Fees

Youth under 6	Free w/Adult
Youth (6 – 15)	\$12.00
Adults (16 – 54)	\$25.00
Adults (55+)	\$12.00

For the enjoyment and pleasure of our members and guest, we provide the following:

- Full-Size Gymnasium
- Multi-Purpose Activity Rooms
- Banquet Hall
- Full Compliment Kitchen
- Lighted Parking
- Full Compliment of Weight Machines and Cardio Equipment
- Professional Staff

Instructional Classes

Youth 6 – 15

Registration Fee \$10.00 Monthly

Adults 16 – 54

Registration Fee \$15.00 Monthly

Adult and Youth Athletics and League Fees

See Program Description

Special Programs and Activities

Senior's Game Night

Membership Required

Senior adults are encouraged to participate in dominoes and various card games in tournaments and weekly social activity.

Tuesday & Thursday

5:00pm – 6:00pm

Skills and Drills Basketball Clinic

Membership Required

Program designed to teach basketball players on all levels (beginner—advanced) continuous skills and drills. Emphasis placed on proper technique and being health conscious.

Monday's

6:00pm—7:30pm

Saturday's

10:00am—12:00pm



Christmas Celebration

Latchkey Membership Required

Date: TBA

3:00pm

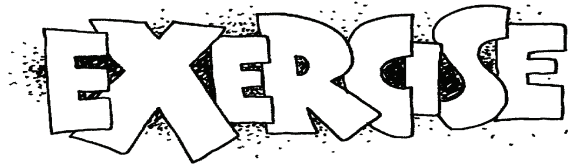


Adult Instructional Classes

Step & Line Dancing \$15.00 per month

The participant will be made aware of the different styles of line dances, which allows participant to move to different tempos and beats.

Days & Hours: Monday's
6:00pm – 8:00pm



Aerobics \$15.00 per month

The participant is introduced to a variety of different cardiovascular exercises to improve strength, endurance, flexibility, stamina and energy, which may assist in lowering cholesterol, losing weight and toning the body. The participant will learn a longer, healthier life-style.

Basic Aerobics
 Days & Hours: Tuesday & Thursday
6:30pm – 8:00pm

Zumba
 Days & Hours: Tuesday & Thursday
6:00pm – 7:00pm

FACILITY RENTALS

Multi-Purpose Rooms

Multi-Purpose Rooms (Per Hour Charge)	\$50.00
Includes all individual rooms	
Multi-Purpose Rooms Rental Deposit	\$25.00
Each additional hour	\$25.00

Banquet Hall

Entire Banquet Hall (Per Hour Charge)	\$100.00
Entire Banquet Hall Deposit	\$50.00
Each additional hour	\$50.00
Kitchen	\$50.00

Entire Facility

Entire Facility (Minimum 3 Hours) (Excludes Gym & Game Room)	\$500.00
Entire Facility Rental Deposit	\$50.00

Gymnasium Rental is not available for non-athletic rentals.

- All rental agreements require a 3-hour minimum charge.
- All rental agreements must have prior approval to charge admission.
- Other rental regulations must be observed per Policies and Procedure Agreement.

ATHLETIC RENTALS

Practices for Adult and Youth Independent Teams Registered in Parks and Recreation League

A. Practice <i>During</i> Regular Operating Hours	
Per Hour ½ Court	\$15.00
Per Hour Full Court	\$25.00
B. Practice <i>After</i> Regular Operating Hours	
2 Hour Minimum – Full Court	\$50.00
Each Additional Hour	\$20.00

Independent Athletics Games

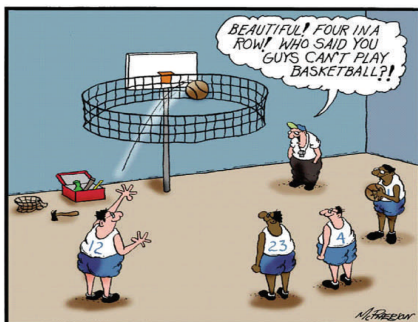
Concession Rights must be approved by Little Rock Parks and Recreation Director	
2 Hour Minimum	\$150.00
Each additional ½ hour (up to 4 hours)	\$25.00
Gymnasium Deposit	\$50.00

Gymnasium Activities

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Monday – Friday

Walk for Exercise	9:00am – 11:00am
Open Play for Adult Members	11:00am – 1:00pm
Walk for Exercise	1:00pm – 3:00pm
After School Activities	3:00pm – 5:30pm



After the team lost 20 consecutive games, Coach Fainsworth did his best to help his players regain their confidence.

Game Room Activities

Monday – Friday

Senior Member Activities	10:00am – 12:00pm
Open Play for Adult Members	12:00pm – 3:00pm
Afterschool Activities	3:00pm – 5:30pm

Monday – Thursday

Open Play for Youth Members	5:30pm – 7:30pm
Open Play for Adult Members	7:30pm – 9:00pm

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Youth Instructional Classes

Music: Keyboard Instruction **\$10.00 per month**

The participant is introduced to the techniques involved in playing keyboards and percussion; vocals with rhythm concepts; and at the end of the course the participant should be able to play a familiar melody and create music in a studio.

Youth Music Class (Ages 9 – 15)
 Days & Hours: Tuesday & Thursday
 5:00pm – 7:00pm

Cheerleading (Ages 6 – 12) **\$10.00 Registration Fee**

Participants are taught to execute and recite a minimum of 3 cheers, in order to obtain fan support at athletic events. These choreographed cheers require participants to learn a variety of flips and sequential moves and perform cheer routines at youth athletic games. Limited spaces available

Days & Hours: Tuesday - Thursday
 5:30pm – 7:00pm
 Game Days: Saturday Mornings

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Special Programs

Computer Lab



Participants are taught basic keyboard usage and on basic computer program operation in Microsoft Word to assist with book reports and other assignments.

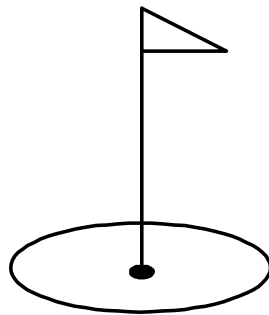
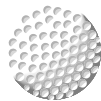
Lights On! Computer Class (Must be registered in Lights On! Program)

Days & Hours: Monday—Friday
3:00pm – 5:00pm

Golf

The participant will learn independence in daily living and the basic steps of preparing one complete dish.

First Tee Golf Course Grades: 3rd—5th
Days & Hours: Thursday's
3:30pm – 4:30pm



After School Programs

Monday – Friday

2:30pm – 6:00pm

\$25.00 per month

Dunbar Community Center offer a variety of after school programs which include:

Latchkey After School Program

Basketball	Football	Dance
Computer	Cooking	Cheerleading
Golf	Game Room	Volleyball
Arts & Crafts	Music	Youth Fitness
Video Challenge		

Limited spaces available

REGISTER TODAY!

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Youth Athletics

Objectives of Youth Athletics:

- The participant will be assigned to a team of their own age group.
- The participant will be instructed in the basic rules and techniques of the sport.
- The participant will participate in team competition to determine league standings, which determine overall team ability compared to other teams in the league.
- The participant learns teamwork, discipline and individual skills required to play the sport.

Tackle Football

Days & Hours: Practice: Tuesday – Thursday
5:30pm – 7:30pm
League Games: Saturday Morning

Registration Fee: \$20.00 August 1, 2011

Volleyball

Days & Hours: Practice: Tuesday & Wednesday
5:30pm – 6:30pm
League Games: Monday & Thursday

Registration Fee: \$10.00 Beginning September 1

Basketball

Days & Hours: Practice: Monday – Thursday
5:30pm – 8:30pm
League Games: Monday - Thursday
League begins; January 23, 2012

REGISTER TODAY!

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Youth Fitness Programs

Objectives of Youth Fitness Programs:

- To encourage youth to stay in shape and learn the value of good eating habits.
- To promote healthy living to avoid obesity
- To encourage parents to get involved with children and their objectives



Youth Fitness Program

Girls Running Club

Days & Hours: Practice: Monday and Friday
3:30pm – 4:30pm

Program Fee:



\$ 0.00

EAT HEALTHY

BE HEALTHY