



CONNECTING PEOPLE • PLAY • PARKS



OCTOBER 2019

EVENTS

**OCT
22**

MARKET MADNESS
JACKSONVILLE FARMERS' MARKET
4P-8P | FREE ADMISSION!

**OCT
31**

TRUNK OR TREAT
DUPREE PARK | 5:30P-8P
FREE ADMISSION!!

BE A PART OF THIS EXCITING EVENT!!
WE NEED VOLUNTEERS, DECORATED TRUNKS, CANDY, DONATIONS & MORE.
CALL MEGAN FOR DETAILS @ (501) 982-4171

AQUATICS

CHECK OUT THE MANY ACTIVITIES WE OFFER YEAR ROUND IN OUR INDOOR POOL - **CLICK HERE**

SIGN UP FOR TU/TH SWIM LESSONS
SESSION 11: OCT 29-NOV 21

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

SHOOTING RANGE

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

- ★ **OCT 4-6: FALL HANDICAP SHOOT PROGRAM**
- ★ **OCT 13,20 OR 27: TRAP SHOOTING 101 CLASS**
MUST SIGN UP TO ATTEND
- ★ **OCT 19: BREAST CANCER AWARENESS SHOOT FLYER**

FOR MORE SHOTS VISIT:
WWW.JACKSONVILLESHOOTINGCOMPLEX.COM

ATHLETICS

REGISTRATION



GIRLS VOLLEYBALL
REGISTER HERE

GAMES START IN NOVEMBER
FOR MORE DETAILS CONTACT LANDON
(501) 690-1722



WOMENS VOLLEYBALL
REGISTER HERE

GAMES START JANUARY 2020



MENS BASKETBALL
REGISTER HERE

GAMES START JANUARY 2020
FOR MORE DETAILS CONTACT LARRY
(501) 749-8705



MARTIN STREET

YOUTH CENTER

AFTER SCHOOL **FREE FEEDING PROGRAM**
MON-FRI @ 4PM | AGES: 5 TO 18 YRS OLD

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



COMMUNITY CENTER

WATER AEROBICS

REGULAR EXERCISE IS ESSENTIAL FOR A HEALTHY LIFE. HOWEVER, WORKING OUT AT THE GYM CAN BECOME TEDIOUS OVER TIME. MAYBE IT'S TIME TO CHANGE THINGS UP A BIT. HERE ARE 3 KEY BENEFITS FOR INCORPORATING WATER AEROBICS INTO YOUR EXERCISE ROUTINE.

1. LOW-IMPACT CARDIO

THE BODY PUMPS MORE BLOOD PER HEARTBEAT, KEEPING YOUR HEART RATE LOWER THAN HIGH-SPEED CARDIO. EXERCISES IN THE WATER ALSO REDUCES PRESSURE ON THE JOINTS.

2. TONED MUSCLES

WATER PLACES 12 TIMES THE RESISTANCE OF AIR ON YOUR MUSCLES, SO EVEN SMALL MOVEMENTS CAN CHALLENGE YOUR BODY, GIVING YOU TONED MUSCLES & MAKING YOU STRONGER.

3. INCREASED FLEXIBILITY

WATER AEROBICS CAN GENTLY INCREASE JOINT MOBILITY. AS YOUR BODY MOVES IN THE WATER, YOUR JOINTS WILL ADJUST TO THE PRESSURE AND MAY EXPERIENCE A GREATER RANGE OF MOTION.

FOR MORE INFO ABOUT THE WATER AEROBIC CLASSES WE OFFER CLICK [HERE](#).

EVENT CENTER

ARE YOU PLANNING A COMPANY CHRISTMAS PARTY, NEW YEARS EVENT OR ANOTHER CORPORATE HOLIDAY PARTY THIS YEAR? WE HAVE SPACE AVAILABLE FOR SMALL & LARGE EVENTS.

★WE'VE GOT THE RIGHT SPACE FOR ANY HOLIDAY EVENT!★

THE JACKSONVILLE COMMUNITY CENTER OFFERS MANY OPTIONS TO MAKE YOUR HOLIDAY EVENT A SUCCESS. ENJOY THE CONVENIENCE OF FREE WIFI, FREE FRONT DOOR PARKING AND EASY ACCESS OFF HIGHWAY 67-167.

October 5-6: Gem, Mineral & Jewelry Show
October 26-27: Stamp Show



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

PARKS

JOIN US FOR TRUNK OR TREAT AT DUPREE PARK ON THURSDAY, OCTOBER 31ST FROM 5:30PM-8PM.

IT'S HALLOWEEN TIME, READY OR NOT. MEET US AT **DUPREE PARK** PARKING LOT. PARK YOUR CAR, POP THE TRUNK AND FILL IT UP WITH LOTS OF JUNK. CANDY, TREAT – BRING IT ALL SO THE KIDDIES CAN HAVE A BALL. IT'S FREE TO GET IN AND TRICK-OR-TREAT SAFELY WITH FRIENDS.

THERE WILL BE VARIOUS GAMES & ACTIVITIES, BOUNCE HOUSES, HAYRIDES, COSTUME & TRUNK CONTESTS, MUSIC AND MORE.

BRING YOUR CAR TO THE PARKING LOT, DECORATE IT, AND BRING CANDY TO HAND OUT TO THE LITTLE ONES. IF HANDING OUT CANDY ISN'T YOUR THING, VOLUNTEERS ARE NEEDED FOR THE GAMES AND ACTIVITIES.

FOR MORE INFO ON TRUNK OR TREAT & HOW TO VOLUNTEER **CONTACT MEGAN AT (501) 982-4171** FOR MORE DETAILS.

KNOW B4 YOU GO



OCT 1

JHS VOLLEYBALL

OCT 8

GAMES @ THE COMMUNITY CENTER

OCT 10

CALL FOR TIMES (501) 982-4171

Let's Be Social

JACKSONVILLEPARKSANDRECREATION

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JACKSONVILLE PARKS & RECREATION

SPLASH ZONE WATER PARK



~CLOSED FOR 2019~

WE WILL BE BACK MEMORIAL WEEKEND 2020!!

HOURS:

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

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

