



SPAR eNEWS

“Know the Happenings in Shreveport’s Public Assembly and Recreation Department” June Issue

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Recreation



SPAR and Fit for Life, Inc. held the Annual Fit for Life Day in Shreveport on May 8-9, 2009. There were events at venues all over Shreveport for individuals from babies to seniors and those with disabilities. Physical fitness was the central theme and the event was a great success. Participation numbered in the thousands!

Over 50 families benefited from Lake-side’s Clothes Give-A-Way held on May 9. Concerned citizens donated clothes and household items for the event. Great job Norcha and staff!

SPAR’s first job fair was held at Valencia on April 30. More than 500 job seekers attended. Over 70 got jobs! Great work Shalon and staff!

Athletics



Athletics June Schedule of Events

Youth Track & Field
May - August 5

Junior Golf Program
June 1 - July 2 and July 6 - August 6

Free Tennis Program
June 1 - August 13

YOUTH Fit Distance Running
June 2 - July 30

Midnight Basketball League
June 8 - July 31

Adult Summer Softball
June 1 - July 2

Tennis Camps for age 5 up
June 8

For more info about SPAR Athletics call 673.7749 or 673.7776 or visit www.myspar.org.

SPAR Zumba Fitness



Dance your way to a fitter you. Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout system that will blow you away! It's effective. It is an aerobic workout, which we all know works. But it's more fun, which make you stick with the program until you get results. Zumba helps you achieve long term health benefits while experiencing an absolute blast in one exhilarating hour of caloric-burning, heart-racing, muscle-pumping, body-energizing, awe-inspiring movements meant to engage and captivate for life! Decrease body fat, reduce stress levels, and tone muscles in a friendly party environment. Need no prior experience to attend.

Classes held on Monday at 11 am & 5:30pm, Wednesday 11 am and Saturday 10 am at Bill Cockrell Community Center, 4109 Pines Road. Also held Tuesday 5:30 pm at Southern Hills Community Center, 1002 Bert Kouns Ind. Loop. For info including price call Cindy at 318-518-7312.

Youth Programs

Eight SPAR kids from Valencia Park’s After-School program took Caddo Parish up on its offer to pay their way to a mountain biking clinic conducted near Chimp Haven. SPAR provided transportation and Caddo Parish provided bikes, helmets, professional instruction, snacks and an exciting time for the hardy souls who braved the trail for an outdoor adventure. If the exuberance and "war stories" to friends about their rough and tumble outing are any measure, we shouldn't have any trouble filling the next available slots. Next up from our friend, Larry Raymond with the Parish, is a canoeing class. Registration deadline for the class is on June 8th. The class will be held in a pool. Call Robin Jenkins at 213-0434 for details.



Upcoming Events

June 5 - 7 ▪ Red River Rumble
Festival Plaza

June 5 ▪ Movies & Moonbeams
Rudy
Riverview Park 7:30pm

June 12-14 ▪ City Amateur
Match Play Championship
Querbes Golf Course

June 12 ▪ March of Dimes 50’s
Dance
Riverview Hall

June 19 - 21 ▪ Let The Good
Times Roll Festival
Festival Plaza

June 9, 13, 16, 20, 23, 30
Farmers Market
Festival Plaza

For everything SPAR, visit us @
www.myspar.org.

For all Shreveport/Bossier City events
check out:



Photo Contest!



SPAR’s “Take A Pic, & Win A Tee” photo contest is ongoing. Take a fantastic photo of your family, friends and you enjoying a SPAR facility or event and win a T-shirt! Contest open to all except SPAR employees and their family. Photo must be a 2009 photo and can be of person(s) or thing. Win your t-shirt now!

Email photograph to:
frederick.lewis@shreveportla.gov

Include “Photo Contest” in subject along with relevant names, facility and event.

Senior Happenings



In May, SPAR Seniors participated in the Northwest Senior Olympics. In Arts & Crafts, a number of Seniors competed and placed. Willie Mae Joyner from Airport Park won "the Best of Show Award". Sandy Cornelious from Bill Cockrell, won first place in Crafts and Frances Williams from Airport Park, won first place in the Sewing Category.

Fifteen teams from four parishes competed for 1st, 2nd and 3rd place in the Bean Bag Baseball Tournament. Airport Park won 2nd place, a first for a Caddo team. Seniors competed and placed in a number of athletic events including Bocce Ball, Washer Pitch, Miniature Golf, Bowling, Horseshoe, Shuffleboard and Track and Field.

On May 8, the Seniors participated in Fit for Life. They played table and board games; did aerobics, stretching and line dancing. They also played a favorite,

Bean Bag Baseball. The events were held at Southern Hills Community Center. On May 22nd the Seniors held their Annual Senior Picnic at Columbia Park where they socialized, ate, danced and played board and table games. Keep up with Senior programs and events at www.myspar.org.