

## Springdale Parks & Rec 🛞 2019-20 Sports Calendar



#### **WINTER SPORTS**

SPORT	AGES	Early (10% OFF) REGISTRATION	REGULAR REGISTRATION	SEASON BEGINS
Youth Basketball	8-18	Nov. 4, 2019	Nov. 11 - Dec. 2	Jan. 13
Adult Basketball	19-Up	Nov. 4, 2019	Nov. 11 - Dec. 2	Jan. 13

## **SPRING SPORTS**

SPORT	AGES	EARLY (10% OFF) REGISTRATION	REGULAR REGISTRATION	Season Begins
Youth Soccer	3-18	Feb. 3, 2020	Feb. 10-Mar. 2	Apr. 13
Adult Soccer	19-Up	Feb. 3, 2020	Feb. 10-Mar. 2	Apr. 13
Baseball Majors/Minors/Machine	7-12	Feb. 3, 2020	Feb. 10-Mar. 2	Apr. 13
Baseball Blastball/T-ball	3-6	Feb. 3, 2020	Feb. 10-Mar. 2	Apr. 13
Baseball Babe Ruth	13-15	Feb. 3, 2020	Feb. 10-Mar. 2	Apr. 13
Youth Softball	5-18	Feb. 3, 2020	Feb. 10-Mar. 2	Apr. 13
Adult Softball	19-Up	TBA	TBA	TBA

#### **SUMMER SPORTS**

SPORT	AGES	EARLY (10% OFF) REGISTRATION	REGULAR REGISTRATION	SEASON BEGINS
Youth Basketball	8-18	Apr. 6, 2020	Apr. 13-May 4	June 8
Adult Basketball	19-Up	Apr. 6, 2020	Apr. 13-May 4	June 8
Disc Golf League	Any	May 2020	May 2020	In June

## **FALL SPORTS**

SPORT	AGES	Early (10% OFF) REGISTRATION	REGULAR REGISTRATION	SEASON BEGINS
Baseball	3-18	June 15, 2020	July 6-Aug. 10	Sept. 14
Youth Softball	5-18	June 15, 2020	July 6-Aug. 10	Sept. 14
Adult Softball	19-Up	June 15, 2020	July 6-Aug. 10	Sept. 14
Football	9-12	June 15, 2020	July 6-Aug. 10	TBA
Youth Soccer	3-18	June 15, 2020	July 6-Aug. 10	Sept. 14
Youth Volleyball	8-15	Aug. 3, 2020	Aug. 10-Aug. 28	Oct. 26
Adult Soccer	19-Up	TBA	TBA	TBA

### A Message From the AD

# New rec center offers new opportunities

Most will associate new growth with the springtime. But at the Springdale Parks and Recreation Department, this fall has turned into an exciting season of growth.

When the city purchased the new Recreation Center last year, we were all hopeful for new opportunities within our department. Now that fall has come some of those opportunities have blossomed into fruition. In this edition, I will talk about the ways in which we have added to our previous programs, as well as things that we have planned in the near future.

Within the new Recreation Center we have expanded the number of fitness classes we offer. Not only will we be offering new and exciting classes, but we will also be increasing the variety of times they will be offered. We will now have fitness classes in the mornings, mid-day during the week, and Saturday mornings, which complement our weekday evening classes. Those new classes include three varieties of yoga, as well as kickboxing, Dance Fit, Mixxed Fit, Zumba, Pound, Bolly X and Strong 30.

With the success we have had with our



**BOYKIN**ATHLETICS
DIRECTOR

**MATT** 

Basketball Academy, which gives small group instruction on the game's fundamental skills, we have expanded to host academies in other sports. This fall we offered academies for basketball, baseball, fast-pitch softball, and soccer.

We have been very fortunate to have these events staffed by national team coaches,

current/former University of Arkansas Razorback student-athletes, Ecclesia College student-athletes, and longtime members of the Springdale athletics community.

In addition to our annual events, such as the Pooch Plunge and our Halloween-Fest, we also have new events scheduled for our parks. Luther George Park will be hosting several new events this fall, including Fitness in the Park (Yoga, Zumba

and Pound with morning coffee) and an art festival. Like our volleyball kick-off clinic and the first session of the soccer academy, these events will be free to all who wish to attend.

Springdale has a rich history in the sport of soccer and we look forward to continuing that tradition. We recently added indoor soccer to our programming. We have also upgraded our indoor facility with new lighting, field turf, and netting, as well as added a new coat of paint. Games will begin soon.

Looking further down the road, we are planning to add summer camps and day clinics in the Recreation Center. We hope that these camps and clinics will not only introduce our youth to new sports, but also give them a safe, constructive environment to burn off some energy while school is out.

Thanks again for your participation and support of the Springdale Parks and Recreation Department. We are looking forward to continued growth in our programs and the partnership being built within our community.

#### WINTER SPORTS REGISTRATION

#### **Youth Basketball**

Registration Dates: Nov. 4-Dec. 2 Early Bird (10% Off): Nov. 4-Nov. 8 Age Groups: 8U, 10U, 12U, 15U, 18U

Games Begin: Jan. 13.

**Games Location:** Springdale Rec Center, 1906 Cambridge St. **Registration Fees:** \$54 per player through Nov. 8. Then \$60 per player through the end of registration (Dec. 2).

- \* Basketball players receive a reversible jersey
- \* If an experienced player is in their last year of eligibility for the current age group, they may request to be placed in the next league. However, they must gain approval from the program coordinator to play in the next age group. If no approval is given, they will remain in the league slotted by their age.

Contact: Kayleigh Dockery

#### What To Do?

For more information or to register for one of our Fall sports, go to www.SpringdaleAR.gov/747/sports,

Call (479) 750-8185, or come by the Springdale Recreation Center

#### **Adult Basketball**

Registration Dates: Nov. 4-Dec. 2 Early Bird (10% Off): Nov. 4-Nov. 8

Age Groups: 18-Up Games Begin: Jan. 13.

Games Location: Springdale Rec Center, 1906 Cambridge St. Registration Fees: \$60 per team hrough Nov. 8, then. \$400 per eam through the end of registration (Dec. 2).

- \* Teams can be uni-sex or co-ed.
- \* Games are 2-20 minute halves.

- \* There will be a 6-7 week round-robin style playing season that includes a season ending tournament
- \* Awards are given to the tournament winner, including a championship hoodie.
- \* Practice will be scheduled to start two weeks prior to the opening of the regular season
- \* Late registrations may be accepted if space is available with a \$25 late fee required.

Contact: Kayleigh Dockery

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# Fitness Class Descriptions

**Beginners Yoga** 

Come experience a yoga class that is geared specifically towards first time practitioners. You will learn how to breathe and pay attention to what is happening with your body and mind, as you move through a full yoga class, learn the pose names, how they feel in your body, and allow yourself to relax and unwind.

#### **Gentle Flow Yoga**

Yoga performed at a slow pace to release stress and tension from joints and muscles, will focus on improving flexibility and movement. Restorative poses will calm the nervous system and aid in the release of deeply held tensions from the body and mind.

#### **Mixxed Fit**

A people inspired fitness program with explosive dance moves and body weight toning. Lots of standing crunch moves, and big arms, all to fun music and with fun dancing using popular songs from the radio. A people inspired fitness program with explosive dance moves and body weight toning. Lots of standing crunch moves, and big arms, all to fun music and with fun dancing using popular songs from the radio.

#### **Dance Fit**

Forget the workout, just lose yourself in the music and find yourself in shape at the dance fitness party. Don't worry if you've never danced before! This high-energy dance workout will make you sweat while you are learning the latest moves. We break down the moves so they are easy to learn and follow. We will get you started and help you learn while you have a blast with the group.

#### **Bolly X**

Check out this fun class, a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. Move, sweat, and have fun.

#### Strong 30

Strong 30 combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move, all in 30 minutes! The efficient and focused class helps you fit fitness into any schedule.

#### Zumba

Zumba fuses hypnotic latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!



There is no charge for any fitness class, but attendees must have a membership to the Springdale Recreation Center. *Please see Page 11 for annual membership costs.* 

#### **Kickboxing**

High intensity training for those looking to get fit and strong. This class focuses on bag work, cardio, and strength to provide the ultimate Kickboxing experience. You'll be getting a full body burn in just 60 minutes. This class is for everyone of all ages and skill levels.

#### **Pound**

Channel your inner rockstar with this full-body cardio jam session, inspired by drumming. Using Ripstix- lightly weighted exercise drumsticks you will torch calories and tone while rocking out to your favorite music.

# springdale Recreation Center Dailly Fitness Class Schedule

ALL CLASSES FREE WITH A MEMBERSHIP Sign up at the Front Desk (Space is Limited)

\*Classes and times subject to change\*

Mondays	
5:30 pm-6:20 pm	Yoga
6:30 pm-7:20 pm	Kickboxing
7:30 pm-8:20 pm	Dance Fit
Tuesdays	
5:00 pm-5:30 pm	
5:30 pm-6:20 pm	
6:30 pm-7:20 pm	
7:30 pm-8:20 pm	Mixxed Fit
Wednesde	W.C.
Wednesda	
4:00 pm-4:50 pm	Yoga
5:15 pm-6:20 pm	Kickboxing
6:30 pm-7:20 pm	
7:30 pm-8:20 pm	Dance Fit
Thursday	
5:00 pm-5:30 pm	
5:30 pm-6:20 pm	
6:30 pm-7:20 pm	Zumba
0.50 pm-7.20 pm	Zamba
Fridays	
5:15 pm-6:20 pm	Kickboxina
5:15 pm-6:20 pm 6:30 pm-7:20 pm	Mixxed Fit
Saturday	S
9:00 am-9:50 am	Gentle Flow Yoga
10:00 am-10:50 am	
11:00 am-11:30 am	Strong 30



CARNIVAL GAMES PUMPKIN Toss

FREE CANDY CARVING TOUCH-A-TRUCK

AND MUCH MORE ...

Hosted By Springdale Parks & Rec and Springdale Police Department





City of Springdale Parks & Recreation

## SPRINGDALE TRAIL SYSTEM



Photo Courtesy of TrailForks.com

Springdale has some of the most beautiful trails and pathways in Northwest Arkansas. The best part of the Razorback Greenway runs through Springdale, between downtown and Lake Springdale. The trail system also has some of the best mountain biking in the region.

The City is working on expanding our trail system and connecting all parts of the city in the future. Currently, the Dean's Trail is under construction and portions will begin to open in the near future.

The City of Springdale has updated its comprehensive Master Trail Plan. The expanding trail system will provide access from local neighborhoods to schools, parks, businesses, and downtown destinations.

#### **Points of Interest**

Specific points of interest include the Lake Springdale trailhead, Sanders trailhead, Fitzgerald mountain bike trailhead (adjacent to Bayyari Park), Jones Center, Shiloh Museum, Arts Center of the Ozarks, and Downtown Springdale.

#### **Connects to Adjacent Communities**

The Razorback Greenway, a regional trail system, provides connections to adjacent communities.

#### **Transportation & Recreation**

The expanding trail system will continue to provide alternative transportation and recreational opportunities to the citizens and visitors of Springdale.

#### **Trails Committee**

The Springdale Trails Committee is focused on expanding the city's trail system and representing the interests of trail users in the city. The Committee meets at 4 p.m. on the third Wednesday of each month in the multipurpose room at 201 Spring St. To stay up to date on trail meetings, please check out our calendar at www.springdalear.gov/Calendar.aspx

You can also go to our website for additional details on the trails and pathways at **www.springdalear.gov/800/** 

#### **More Information**

For more information about the Trail System or Committee, please contact he Springdale Parks & Recreation Department at 479-750-8185.

Report any trail issues or concerns by email to **ParksAndRec@springdalear.gov.** 

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# 1127 S Gutensohn Rd, Suite 101 Springdale, AR 72762 www.springdaleeyedoctor.com (479) 750-EYES

¡Hablemos español!

# A conversation with Dr. Micah Thomason

Q: Other than your business being located in Springdale, what is your connection to the city?

**A:** I am a Springdale boy at heart. This is my hometown—where I was raised, graduated high school, made friends, and now have a family and am raising my own children. I have always had a pride in Springdale and want it to be the best city in NWA. My desire is to not only have a successful business in Springdale, but also to see other businesses grow and become successful for our city as well.

Q: In what ways do you feel like youth sports helps our community?

A: Youth in every community thrive from physical activity, involvement with peers/friends, and positive reinforcement from their parents and coaches. When children in the community are able to participate in athletics, it not only benefits them physically, but mentally and emotionally as well. They are able to learn important life skills like determination, hard work, dedication, and team work. They learn to become good winners—and even good losers.

#### Q: How have you seen your work benefit those involved in athletics?

A: Optometry is a unique and special field that is vital to success in most athletics. Advanced Family Eye Care has had the privilege of serving several athletes in Northwest Arkansas in a unique program called Sports Vision. This has helped athletes at all levels of competition train to meet their fullest potential. We have also been able to equip athletes with appropriate eyewear, sport goggles, etc. for various sports. Knowing that we are helping prepare these athletes with vital skills and the proper equipment needed for success is very rewarding.

## Q: Other than athletics, what areas are you passionate about helping the community?

**A:** My Northwest Arkansas community is very important to me. Other than our youth athletic programs, I am also very passionate about the education system for our children. Our office provides vision exams for thousands of children in the NWA area annually, ensuring they are prepared for school and

Springdale Parks and Recreation would again like to thank Advanced Family Eye Care for its generous sponsorship of our Blastball and T-Ball programs. We greatly appreciate Dr. Micah Thomason and his staff at Advanced Family Eye Care for their support of Springdale Parks and Recreation. Dr. Thomason is very excited to partner with the City of Springdale to support its youth athletic programs.

able to succeed once they are in school. I am happy to partner with several Springdale schools, providing assistance with translating, fundraising, field trips, etc. Our children are the future of this community and our world. It is essential that we do all we can to invest in them and to make sure their needs are met.

## Q: What would you like the community to know about Advanced Family Eye Care?

A: At Advanced Family Eye Care, we try to set the standard for complete eye care for all vision needs. The doctors and staff are committed to providing quality eye care and customer service. We provide thorough eye exams in both English and Spanish, striving to make our patients more confident and comfortable in their native language. I care deeply for my staff, and we function more as a family than a mere group of co-workers. Our desire is truly to be "Our Family Caring for Your Family's Vision Care Needs."

#### Q: Confidence is a big key in being successful and enjoying sports. How does Advanced Family Eye Care help give confidence to its customers in their everyday life?

A: Confidence is crucial at Advanced Family Eye Care. Children (and sometimes us adults too!) struggle at first with the desire to wear glasses when needed. We make it our mission to help individuals find frames that will not only help them see better but will also help them feel comfortable and confident. Reinforcing confidence in a child who needs vision correction is often the most difficult part of the battle. When we see a child who has selected a frame he or she likes, we believe they are much more likely to wear glasses as needed.



## Free-to-play Courses offered at JB Hunt Park

Play either of two courses at your leisure, open year-around, all day. No fees. No tee times. Located at JB Hunt Park, 955 Fleming Drive.



## What's Offered

- An 18-hole 12.5-acre all-terrain course
- An 9-hole 6.7-acre all-terrain junior course
- Yardage markers at each hole for easy navigation
- Dynamic Discs is a fully stocked pro shop on site for all your equipment needs
  - A paved parking lot

**Contact Dynamic Discs** NW Arkansas at (479) 365-7997. Facebook, or their website at DynamicDiscs.com for future tournament dates



# Join the Springdale Recreation Center



Springdale's Parks and Recreation Department is in full operation at it's Recreation Center Facility, located at 1906 Cambridge St.

Follow us on Facebook and on our website at **springdalear.gov/797/ Parks-Recreation** as we will provide updates on events.

## **Phone Number:** (479) 750-8185

#### **Hours of Operation:**

Monday-Friday: 6 AM-10 PM Saturday: 8 AM-10 PM Sunday: 12 PM-10 PM

#### **Annual Membership Cost:**

- 18 and under- \$25
- 19 to 54- \$50
- **55-69-\$30**
- 70 and over Free!
- Family- \$100
- Military- Free!

#### **Amenities Include:**

- Exercise classes
- Court rentals
- Multipurpose room rental
- Green/Yellow bag sales
- Senior Center Taxi service to our facility

## Staff Directory ... Who to ask for?

#### **Chad Wolf**

General Parks and Recreation Questions

#### **Matt Boykin**

Athletic Director and Programming Questions

#### **Keith Deshazo**

Youth Baseball, Adult Softball and Umpiring Questions

#### **Ryan Marsh**

Soccer, Football, Tennis and Disc Golf Questions

#### **Kayleigh Dockery**

Youth & Unified Softball, Basketball, Volleyball Questions

#### **Zach Walls**

Field Rentals and Parks/Trails Questions

#### **Vernon Tarver**

Special Events and Marketing Questions

#### **Erin Blount**

Recreation Center Events/Rentals Questions

#### **Shelly Schneider**

**Concession Stand Questions** 

Call: (479) 750-8185

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## J.B. Hunt Park (Lake Springdale)

#### 955 Fleming Drive

#### **Features:**

- Baseball/Softball Fields
- Walking & Bike Trails
- Disc Golf Courses
- Play Structures
- Rod or pole fishing

#### **Amenities:**

JB Hunt Park sits on a 200-acre site which features Lake Springdale and offers various recreational features, such as:

- 2 Adult Softball Fields
- 2 Play Structures With Wood Chip Fall Zones for Ages 5-12
- 2 Separate Swing Sets
- 4 Youth Fast-Pitch Softball Fields With Concession Stand
- Two Paved Trails
- 18-Hole Disc Golf Courses



- Mountain Bike Trail
- Pump Track

#### **Pavilions:**

JB Hunt Features two lighted pavilions with tables. Rentals are \$12.50 an hour, with a minimum of two hours. Come by the

Springdale Recreation Center to rent a pavilion.

JB Hunt East Pavilion features a tall playground and a large open field (Capacity: 80). JB Hunt West Pavilion features a smaller playground and closer proximity to the softball fields (Capacity: 70).



Lake Springdale offers picturesque views and many recreational opportunities, including rod and pole fishing.

## **Murphy Park**

# **501 S. Pleasant Street** History:

Murphy Park is the city's oldest park. It's named after Robert Murphy, who moved to Springdale in 1901. The Murphys sold their farm to the city in 1955 to build a park and swimming pool.

#### **Amenities:**

Murphy Park is a 40 acre site which features several recreational features, including:

- 1 Pond (3 Acres)
- -- Open to fishing with rod or pole only
- -- Large mouth bass must be released immediately
- -- Catfish daily limit is three
- -- Trout daily limit is five
- -- Bream daily limit is 25



- 1 Sand Volleyball Court
- 1 Separate Swing Set
- 1 Play Structure
- 2 Covered Pavilions
- 39 Individual Picnic Tables
- Outdoor 0.75 Mile Paved Trail

#### **Pavilion:**

M3 pavilion rentals are \$12.50 an hour, with a minimum of two hours. Pavilion features close proximity to Springdale Public Library and playground.

Special event pavilion is located close to the Springdale Aquatic Center. This pavilion allows table/chair rentals and catering services. Great for corporate parties, weddings, reunions and more. This pavilion is \$50 per hour with a minimum of four hours. This includes set up and tear down time.

## Randal Tyson Recreation Complex

#### **303 Watkins Avenue**

#### **Amenities:**

This recereation complex offers the following amenities:

- 0.75 Mile Paved Trail
- 1 Sand Volleyball Court
- 1 Separate Swing Set
- 2 Miracle League Fields for People With Disabilities
- 3 Adult Softball Fields
- 3 Babe Ruth Baseball Fields
- Concession Stands
- 3 Horseshoe Pits
- 3 Play Structures
- 4 Basketball Goals
- 4 Little League Baseball Fields
- 5 Soccer Fields
- 6 Lighted Tennis Courts



#### **Pavilions:**

The Tyson Park Pavilions are available for rental at \$12.50 an hour, with a minimum of two hours.

T1 Pavilion features close proximity to playgrounds, sand volleyball and horseshoe pits.

(Capacity 90). T2 Pavilion features close proximity to the basketball courts, Miracle League Fields and play ground. (Capacity 160).

Come by the Springdale Recreation Center to rent this pavilion.

## 'Charlie' and Willie George Park

#### **4023 Hylton Road**

#### **Features:**

- Baseball/Softball Fields
- Lighted Football Field
- Lighted Soccer Fields
- Lighted Tennis Courts
- Pavilion/Restrooms
- Trails
- Electricty

#### **Amenities:**

C.L. "Charlie" and Willie George Park has these amenities:

- 4 Artificial Turf Baseball Fields With Concessions
- Dog Park
- Paved Walking Trail
- 2 Pavilions
- Play Structures



■ Splash Pad Open Daily From 9 a.m.- dark (Opened May 19th-Closes Sept. 16th)

#### **Pavilions:**

The Pavilions at the park are available for rental at \$12.50 an hour, with a minimum of two hours (Capacity 100).

Come by the Springdale Recreation Center to rent this pavilion.

Pavilion Northeast is right by the football field and close to the dog park (Capacity: 100).

Pavilion South is right by the playground and splash pad (Capacity: 80).

## **Luther George Park**

#### 300 Park Street

#### **Features:**

- Trails
- Play Structures
- Picnic Tables
- Playground
- Restrooms
- Grill
- Electricty

#### **Amenities:**

Luther George Park is a 10-acre site offering the following amenities:

- 0.25 Mile Paved Walking Path (5' Wide Concrete Loop)
- 1 Pavilion With Picnic Tables
- 1 Skate Park With Half-Pipe, 2 Quarter Ramps, and One Centerpiece



- 15 Picnic Tables (Uncovered)
- 2 Restroom Facilities
- 4 Spring Loaded Animal Seats
- 6 Covered Picnic Tables
- 8 Individual Play Structures With Wood Chip Landing Zone

#### **Pavilion:**

The Luther George Pavilion is available for rental at \$12.50 an hour, with a minimum of two hours (Capacity 100).

Come by the Springdale Recreation Center to rent this pavilion.

## **Bobby Hopper Park**

#### 981 E. Huntsville Avenue

#### **Features:**

- Pavilion
- Playground
- Soccer Field
- Restrooms

#### **Pavilion:**

The Bobby Hopper Pavilion is available for rental at \$12.50 an hour, with a minimum of two hours (Capacity 30).

Come by the Springdale Recreation Center to rent this pavilion.

For more information, call (479) 750-8185.



## **Bayyari Park**

#### 2300 Deer Valley Street

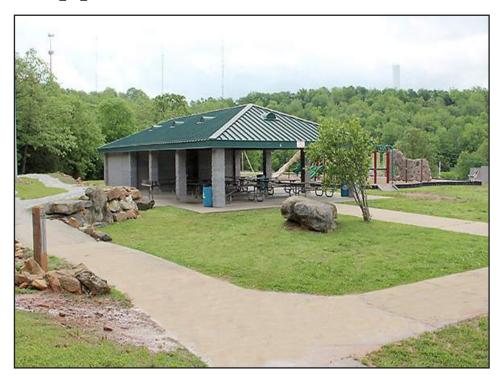
#### **Features:**

- Pavilion
- Trails
- Picnic Areas (Tables)
- Playground
- Restrooms
- Grill
- Electricty

#### **Amenities:**

Bayyari Park is a 15-acre site offering the following amenities:

- Access to 10.7 miles of mountain biking
- 1 Playground With Wood Chip Fall Zone for Ages 5-12
- 1 Separate Swing Set
- 3 Covered Picnic Tables
- Pavilion With Picnic Tables
- Restroom
- Picnic Areas



#### **Pavilion:**

The Bayyari Pavilion is available for rental at \$12.50 an hour, with a minimum of two hours (Capacity 80).

Come by the Springdale Recreation Center to rent this pavilion.

For more information, call (479) 750-8185.

Crystal Bridges Museum of American Art and Springdale Parks & Recreation Present

FEATURED ARTISTS:

Estilo Rancho Viejo Pacific Island Arts

Mark Harmony Anthony Garcia

SKATE
COMPETITION
WITH PRIZES AND
GIVEAWAYS
presented by
The Groove
Skateshop

ARTIN ETHE PARK

> LUTHER GEORGE PARK 300 PARK ST.,

**SPRINGDALE** 

SUNDAY, NOVEMBER 3

2 - 5PM

Soccer Station
Parachute Game
Bouncy House
Art Making
Face Painting
Snacks



