




























APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NO SCHOOL 	2 NO SCHOOL 	3 NO SCHOOL  	4 NO SCHOOL  	5 NO SCHOOL  	6  JAMBOREE 
8 	9 WEEKLY GAMES	10 board meeting 	11 	12  Scrapbook/Craft Crop REGISTER IN OFFICE 	13 
14  	15 	16 WEEKLY GAMES	17 WEEKLY GAMES	18 	19 
22 	23 WEEKLY GAMES	24 	25  Temporary Park Hours: 10:00 AM UNTIL SUNSET: MON - FRI Grand Opening information to come soon. PICKLEBALL BASKETBALL TENNIS COURTS WILL BE CLOSED DURING/AFTER WET WEATHER CONDITIONS UNTIL THEY BECOME COMPLETELY DRY.	26 	27 
29 	30 WEEKLY GAMES	OPERATING HOURS: Monday - Thursday: 6:00 am to 8:00 pm Friday: 6:00 am to 5:00 pm Saturday: 8:00 am to 12:00 pm			

Background Photos by Dennis Duval Photography

Craft Weekend!

with Sabrina Ledoux

Bring any project that you would like to work on. Attend one day or both days.

February 16th & 17th **March 15th & 16th**

April 12th & 13th

Only **\$15** per day

creating lovely handmade crafts *Let's get creative!*

www.ward7rec.com

WARD 7 COMMUNITY CENTER

AEROBICS DANCE

A FUN, ENERGETIC DANCE CLASS WITH UPBEAT MUSIC TO GET YOU MOVING.

TUESDAY & THURSDAY @ 5:00 PM

CLASS BENEFITS:

- Total Body Movement
- Build Endurance
- Burn Calories
- Increase Serotonin
- Help With Coordination
- Help With Cognitive Skills

FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS

WARD 7 COMMUNITY CENTER

FUNCTIONAL FITNESS

Roger Sharpe & Grand

MAKE YOUR BODY STRONG AND FLEXIBLE.

Functional Fitness is strength training that prepares and trains muscles to make everyday tasks, activities, and movements (bending, twisting, pulling, & lifting) safer and easier.

6:00 AM

MONDAY - WEDNESDAY - FRIDAY

Class Benefits:

- Muscle Strength
- Endurance
- Flexibility
- Range of Motion
- Coordination
- Balance

FREE FOR FITNESS MEMBERS. \$5.00 FOR NON-MEMBERS.

WARD 7 COMMUNITY CENTER

Country Western DANCE CLASS

THIS EXCITING 2-HOUR CLASS FOCUSES ON COUNTRY AND WESTERN DANCE; INCLUDING LINE DANCING, JITTERBUG, AND CHA-CHA.

Wednesday @ 6:00 pm

BENEFITS OF CLASS:

- Meet New People
- Help with Coordination
- Increase Flexibility
- Improve Mood & Memory
- Burn Calories

FREE FOR FITNESS ROOM MEMBERS. \$10.00 FOR NON-MEMBERS

Kids Art Class

Let's Paint

April 3, 2024 at 2PM

Ward 7 Community Center
With Crafty Queens

www.ward7rec.com

Register Now \$25

VINTON SENIOR CENTER

Spring FLING!

APRIL 20, 2024

9AM - 1PM

WARD 7 RECREATION CENTER
1615 HORRIDGE STREET, VINTON, LA

Bear Bag Tournament

\$5.00 PER PERSON

SILENT AUCTION FOOD BOOTHS

VENDORS LINE DANCING

DOOR PRIZES

WARD 7 COMMUNITY CENTER

TOTAL BODY RESET

THE ULTIMATE POWER HOUR FOR YOUR BODY

MONDAY - WEDNESDAY - FRIDAY

8:00 AM

Benefits of Class:

- GAIN STRENGTH AND MUSCLE
- KICK START YOUR METABOLISM
- STRENGTHEN YOUR CORE
- OFFERS VARIETY WITHOUT BOREDOM

This well-rounded class packs a punch with a mix of strength training, core workouts, and HIIT (High-Intensity Interval Training). You will build muscle, strengthen your core, and get your heart pumping to boost your metabolism.

Free to Fitness Room Members. \$5 per class for non-members.

WARD 7 COMMUNITY CENTER

PILATES

A LOW IMPACT, FULL BODY WORKOUT TO IMPROVE MUSCLE TONE AND FLEXIBILITY.

Class Benefits:

- Improve stability, balance, & coordination
- Build endurance
- Increase range of motion
- Pain relief for damaged joints and bones
- Improve posture
- Strengthen joints

6 Principles of Pilates:

- Concentration
- Control
- Center
- Breath
- Precision
- Flow

MONDAY & WEDNESDAY @ 5:00PM

TUESDAY & THURSDAY @ 8:00AM

SATURDAY @ 9:00AM

FREE FOR FITNESS ROOM MEMBERS. \$5 FOR NON-MEMBERS.

DIY SIGN PARTY

with Crafty Queens

Join us for a fun night out to create a handmade wood sign, tiered tray set, or 16" door hanger. Pick one design from multiple designs provided. All material will be supplied. (Ribbon may vary from pictures)

UPCOMING DATES:

- FEBRUARY 18, 2024
- MARCH 17, 2024
- APRIL 14, 2024

www.ward7rec.com

Check monthly for details on each class.