



PADUCAH PARKS SERVICES

2016 Winter/Spring Newsletter



PADUCAH PARKS CONTINUES TO OFFER POPULAR SOCCER PROGRAMS

Looking forward to spring? We are at Paducah Parks Services, and are once again offering two of our more popular spring programs for youth, Tiny Tot Soccer and Spot On Soccer. This is the third year for Spot On Soccer, while Tiny Tot soccer has been offered for over ten years. Recreation Specialist, Mallory Gentry, says “It’s a non-competitive league, so we want kids to learn while having fun at the same time,” which she believes makes the programs so popular.

Although both programs offer youth in the community an opportunity to learn the game of soccer, there are a few differences. Tiny Tot is for kids between the ages of 3 and 5, as it is a beginner course to learn basic skills. Spot On is for those between Kindergarten and 5th grade. Even though Spot On is for beginners and kids who’ve played for a few years, Paducah Parks hopes to grow the skills and level of play for each participant at each grade level.

Gentry says, “In the end we hope the kids can have fun while learning the game of soccer and grasping the team concept.” Practices and games are held on Saturday mornings for an easy weekly commitment. Coaches will provide instruction and officiate during games. Registration for both of these programs can be found online or at the Paducah Parks office, located at 1400 H.C. Mathis Drive in Paducah, Kentucky beginning in March.

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FIND US ON SOCIAL MEDIA

Stay connected with Paducah Parks Services by liking us on Facebook and following us on Twitter. It’s a great way to get involved and stay up to date on all of the latest news and happenings.

Facebook: Paducah Parks Services

Twitter: @PaducahParks

#paducahparks



WORD FROM THE DIRECTOR

MARK THOMPSON



Greeting from the Director's desk:

There have been a lot of changes in the Parks Services Department throughout my fifteen years with the City of Paducah. There has been a long list of facility improvements over this period. Some of you may remember the development of the Parks Master Plan that was completed in 2002. It has served us well as a road map for the long term development of parks in Paducah. Over 75% of the primary goals have been met through steady efforts of the City Staff and the City Commission. Prime among the facility improvements are the Greenway Trail, Skatepark, Coleman Park Sprayground, Noble Park Amphitheatre, swimming pool renovation, Dog Park, disc golf courses, the Paducah Recreation Center (REC) and the Boundless Playground. Additionally, there has been a targeted improvement on the maintenance of all existing playgrounds and park shelters at all parks.

Great park additions are also planned for the near future. The six-acre Health Park will focus on the physical well-being of users. Exercise equipment, raised-bed community gardens, walking/jogging path, and a large community-build playground are included. A big shout-out should be given to the Rotary Club for their sponsorship and commitment to the installation of this fantastic playground. The Riverfront Project will bring a new water-based environment to our parks system including a 340 foot transient dock. The extension of the next two phases to the Greenway Trail will connect the improved Schultz Park and downtown to the existing trail. This will give us nearly six miles of trail connecting five major parks. Additionally, we look forward to the completion of the beautiful lake wall in Noble Park.

To top all of this, we have one of the best recreation division staffs in the state. The Kentucky Recreation and Parks Society awarded Paducah Parks Services its department of the year designation three years in a row. The KRPS recognition includes additional honors for programming for three years. Our offerings in special events, adult athletics, farmer's market, aquatics, camps and youth sports are exceptional for a department of our size.

As we begin 2016, I would urge you to join us in participating in top notch recreation programming and our award winning parks to improve your health and enjoy the rich sense of community that is Paducah.

Yours in health, community, and recreation,
Mark Thompson

Staff Directory

Director.....MARK THOMPSON
Parks Maintenance Superintendent....LES EVANS
Recreation Superintendent.....AMIE CLARK
Special Events Coordinator...MOLLY TOMASALLO
Recreation Specialist..... MALLORY GENTRY
Recreation Specialist.....TAYLOR MORSCHING
Executive Assistant I.....LESSA WILSON
Administrative Assistant III.....JILL RANEY
Administrative Assistant II...ZACHARY BOYARSKI
Parks Maintenance Supervisor.....ED SANDERS

Contact Us

Paducah Parks Services
1400 H.C. Mathis Drive
Paducah, KY 42001

PH (270) 444-8508

FAX (270) 444-8627

email:

parkinfo@paducahky.gov

website:

http://paducahky.gov/parks-services-department



PADUCAH RECREATION CENTER

The Paducah Recreation Center includes a gymnasium, stage, kitchen, conference room, and classroom space. Classes and activities include **Open Gym**, **Walking Club**, **Chair Yoga**, **Tai Chi**, **Mat Yoga**, **Sit and Get Fit**, **Basketball Open Gym**, **Volleyball Open Gym**, **Futsal Open Gym**, and more! Activities offered may change from month to month.

2016 Membership Fees

Individual Membership	\$5
Family Membership (Family consists of Guardian(s) and their children)	\$5
Classes at the REC (Some classes are not included in membership and will have additional participation fees)	Varied
Team Fees	Varied

Open Gym Hours

Monday - Thursday	2:30 pm - 10:00 pm
Friday	2:30 pm - 6:00 pm
Saturday - Sunday	CLOSED
MONTHLY SCHEDULES ARE POSTED ON THE PADUCAH PARKS SERVICES WEBSITE	

DON'T FORGET!

- You must wear athletic shoes on gym floor (Shoes with heels are prohibited.)
- Must show ID upon entry and sign in
- Equipment must be checked in and out at the office
- Children under 10 must be accompanied by an adult

The Paducah Recreation Center is located at
1527 Martin Luther King Jr. Drive in Paducah, KY
270-444-8508

<http://paducahky.gov/paducah-recreation-center>

WEIGHT-THE REALITY SERIES

Learn to make behavior modifications, fit physical activity in to your lifestyle, use portion control when eating, make healthy recipes, weekly weigh-ins, and weekly challenges. This class is run by the McCracken County Cooperative Extension Service. The 8 week session begins January 7.

- Thursdays from 10:00 am - 11:00 am
- Cost: \$5
- Optional Weight Loss Challenge for \$10
- Paducah Recreation Center

DANCE, HEALTH AND WELLNESS

Mid East Dance - Beginners

Mid-East Dancing, or "Belly Dancing", is a wonderful form of exercise and an expression that teaches poise and grace. This is a beginner's class with two sessions. (Ages 16+ years)

- Tuesdays from 5:00 - 6:15 pm
- March 1 - April 19: \$40 for 8 weeks
- April 26 - May 31: \$30 for 6 weeks
- Classroom 2, Parks Services
- Margie Hyde

Mid East Dance - Intermediate/Advanced

Mid-East Dancing, or "Belly Dancing" class with three sessions for those at intermediate or advanced levels. (Ages 16+ years)

- Tuesdays from 6:30 - 8:00 pm
- January 12 - March 1: \$40 for 8 weeks
- March 8 - April 26: \$40 for 8 weeks
- May 3 - May 31: \$25 for 5 weeks
- Classroom 2, Parks Services
- Jennifer McCain

Mid East Dance - Advanced/Troupe

Advanced class with two sessions (Ages 16+ years)

- Wednesdays from 6:30 - 8:00 pm
- March 2 - April 20: \$40 for 8 weeks
- April 27 - May 25: \$25 for 5 weeks
- Classroom 2, Parks Services
- Margie Hyde

Mid East Dance - Performance Troupe

Instructor approval is required for this class. New 8-week sessions begin on January 5 and March 1.

- Tuesdays from 6:00 pm—7:30 pm
- Cost: \$40/session
- Classroom 3, Paducah Parks
- Lisa Mead

Private Lessons in Guitar, Piano, Voice and Dance

(K - Adult) Curriculum varies for age level and ability. Call 270-210-4990 for more information about schedule.

- \$15/30-minute lesson
- The Rhythm Factory

Beginners Tribal Fusion Belly Dance

A fun class that combines elements of hip hop, Indian dance, Jazz, American Tribal Style belly dance, and traditional belly dance to create an earthy and expressive dance style known as Tribal Fusion belly dance. It is open to all levels of dancers; no prior dance experience is required. (Ages 16+ years) Two sessions are available: January 7 - February 25 and March 3 - April 28.

- Thursdays at 5:15 - 6:15 pm
- Cost: \$35/session or \$5/class
- Classroom 3, Parks Services
- Tasha Forrest

Mixed Level Tribal Fusion

A fun class that combines elements of hip hop, Indian dance, Jazz, American Tribal Style belly dance, and traditional belly dance to create an earthy and expressive dance style. It is open to all levels of dancers, no prior dance experience is required.

- Thursdays from 6:30 pm - 8:00 pm
- February 4 - March 31
- April 7 - May 26
- \$42/session or \$7 per class
- Classroom 3, Parks Services
- Tasha Forest

Jumps, Lifts, Turns, & Acro

For ages 10+ with instructor approval.

An action packed class where students will learn how to do various types of dance "tricks" and the techniques behind them. A minimum of 3 years dance experience is required. Classes are ongoing. Call 270-210-4990 for more information.

- Tuesdays at 7:45 pm
- \$45/month
- The Rhythm Factory
- Tiffany Okerson

Dramatic Arts

Acting, stage presence, theater history, behind the scenes, stage makeup, improvisation and more. Students will learn skits, play fun acting games, and explore the world of theater! Classes are ongoing. Call 270-210-4990 for more information.

- Elementary students: Tuesdays at 6:15 pm
- MS and HS students: Tuesdays at 4:45 pm
- \$40/month
- The Rhythm Factory
- Amber Taylor

Pre-K - High School Dance

Ballet, Tap, Jazz, Contemporary, Lyrical, and Hip Hop! Different styles can be combined as you like. 7 levels for ages 3-19. Call 270-210-4990 for more information.

- Tuesdays
- \$40/month
- The Rhythm Factory
- Tiffany Okerson

Clogging - Beginner

Basic clogging techniques taught for fun and fitness. Classes begin in January. For more information call Trudy McCutchen at 270-444-9131 or 270-519-2062.

- Mondays at 7:00 pm
- Robert Cherry Civic Center
- Trudy McCutchen

Technique and Anatomy

For ages 13 - 19. A supplemental class to Ballet, solid technique is reinforced and students will learn how to align the body properly when dancing, as well as how to move and stretch correctly. Classes are ongoing. Call 270-210-4990 for more information

- Fridays at 5:45 pm
- \$40/month
- The Rhythm Factory
- Emi Hensel

Fuzion

Learn how to sing, dance, and act in one class! Students will learn how to craft singing, dancing and acting skills together, combining current and classic songs with stylized movement and dialogue. Levels for Elem thru High School. Call 270-210-4990 for more information.

- Thursdays
- \$35/month
- The Rhythm Factory
- Tiffany Okerson

Vocal Technique and Performance

Vocal techniques such as breath control, projection, diction, pitch and more will be explored, as well as stage presence and finding your own unique voice. For every aspiring singer! Call 270-210-4990 for more information.

- Elementary students: Tuesdays at 4:15 pm
- MS and HS students: Tuesdays at 5:30 pm
- \$35/month
- The Rhythm Factory
- Amber Taylor

FITNESS IN THE PARK SERIES

Paducah Parks Services will be offering fitness activities in multiple parks this spring and summer on Saturday mornings with a variety of fitness instructors. More information will be provided soon!



YOGA WITH SUZI BECOMES A MAINSTAY AT PRC

Some of the more popular programs offered at the Paducah Recreation Center are the yoga classes with Suzi Renaud. We sat down with her to gain more insight on her yoga classes and to get to know her better!

Q: Can you tell us a little about yourself?

A: I was born and raised in Paducah. I went to Dallas, Texas after high school and lived there for 26 years. I came back to Paducah 15 years ago for my family situation. I started teaching at Baptist Family Fitness and then I was contacted by the Parks, and have been with them for 12 years. In the meantime I started my own studio and have taught at just about every place in Paducah from the Juvenile Detention Center to the Oscar Cross Boys and Girls Clubs to Schools to Health Fairs and all sorts of events. Oh, and at the Paducah Recreation Center!

Q: What classes do you teach at PRC?

A: What I teach here now is Mat Yoga. It's a beginner's class for all levels. I teach a Chair Yoga class. It's for all levels. I even have people that do Mat Yoga come to Chair Yoga. The other class I do is Sit and Get Fit, which is a combination of weights, resistant bands, and yoga.

Q: How long have you been teaching these classes?

A: I have been teaching with the Parks for 12 years, I'm proud to say. I've had my own studio for 13 years. But I've been teaching fitness for over 25 years. I even taught on a cruise ship one year.

Q: Why do you think others should take your classes?

A: For one, it's the most affordable class in town! We have such qualified, great instruction, by not only myself, but those from the extension office and the health center. It's only the best; you can only get the best at the parks.

DANCE, HEALTH AND WELLNESS

Sit and Get Fit

Join Suzi Renaud for a strengthening class in a combo mat pilates and yoga class. FREE with membership. Classes are ongoing.

- Tuesday and Thursday at 3:30 pm
- Paducah Recreation Center
- Suzi Renaud

Chair Yoga

Great for those in need of rehabilitative or specialized exercise programming. FREE with PRC membership.

- Mondays at 3:30 pm, Tuesday, Wednesday, Thursday & Friday at 12:15 pm
- Paducah Recreation Center
- Suzi Renaud

Mat Yoga

Yoga at the Paducah Recreation Center. 45 minute class to re-energize, strengthen and tone. Build some relaxation into your day. Class is available to REC members only. Contact Parks for more information about membership.

- Tuesdays & Thursdays at 11:00 am
- Mondays and Wednesdays at 4:30 pm
- Paducah Recreation Center
- Suzi Renaud

Tai Chi

Join us for Tai Chi at the Paducah Recreation Center! Classes are FREE with Paducah Recreation Center Membership. Classes are ongoing.

- Mondays at 12:15 pm
- Paducah Recreation Center
- Suzi Renaud

Walking Club - PRC

Paducah Recreation Center will open for walkers who want to get out of the cold during the winter season. FREE with a \$5 PRC membership. Contact Parks for more information at 270-444-8508.

- Tuesday 10-11 am, Wednesday 11am -12:15pm, Thursday 10-11am, Friday 1-2:30 pm
- Paducah Recreation Center

Balanced Body

Join Suzi for her newest class at the Paducah Recreation Center. This class will be starting in January and is FREE with your PRC membership.

- Tuesdays and Thursdays at 9:30 am
- Paducah Recreation Center
- Suzi Renaud

Aikijutsu

Aikijutsu or "art of love and care" is a samurai art with techniques that date back 900 years. We practice Shugo Tenshi ryu or "Guardian Angel" style.

The principles we use with the techniques allow a smaller person to take down and pin someone three times their size. All students train together. Our only goal - teaching you the skills needed to survive an altercation on the street. For ages 12+

- Mondays and Thursdays at 6:30 pm
- Begins January 4
- Cost: \$50 per month
- Classroom 2, Parks Services
- Craig Cruse



COMING THIS SUMMER!

LIVE on the RIVER

Celebrate Paducah with us in a family friendly atmosphere with musicians, artists, and performers who will set up downtown on select Saturdays this summer. Schedule of artists will be available soon. Visit www.paducahky.gov for the most current information.

- First Saturday of June, July, and August
- Riverfront Plaza
- Molly Tomasallo

Riverfront Concert Series

Join us for our summer concerts at Wilson Stage on Thursday nights. Schedule of artists will be released soon. Visit www.paducahky.gov for updated information.

- Two Thursdays in June, July, and August
- Wilson Stage, Riverfront Plaza
- Molly Tomasallo

SPECIAL EVENTS

Snow Sculpture Contest

Make the most of your snow days this season by building a snow sculpture, taking a picture, and sending it in for our contest!

Email pictures to:

parkinfo@paducahky.gov

or mail to:

Paducah Parks Services

Attn: Snow Sculpture Contest,

1400 HC Mathis Drive

Paducah, KY 42001.

- Pictures must be submitted by March 31, 2016.
- Winners will receive prizes. Rules and regulations apply.
- Amie Clark

I Heart Presidents Day

Come join us for a fun day of presidential themed activities to celebrate President's Day. Kids of all ages will make arts & crafts, plus learn about different presidents and what life is like living in the White House. There will be FREE candy and gifts for all participants! More information will be provided in 2016 on this new special event!

- Saturday February 13
- 10:00 am - 1:00 pm
- FREE
- Paducah Parks Services Office
- Taylor Morsching

Easter Egg Dash

Hop on over for our Annual Easter Egg Dash! Children 10 and under will race to pick up over 14,000 candy-filled eggs in search for the PRIZE eggs. Age divisions and dash times are:

- ◆ 2 years and under at 5:45 pm
 - ◆ 3-5 years at 6:00 pm
 - ◆ 6-8 years at 6:15 pm
 - ◆ 9-10 years at 6:30 pm
- Registration will begin at 5:00 pm on site. Pre-registration is available online at www.paducahky.gov. Each dash will begin on time.

- Thursday, March 17
- On-site registration begins at 5:00 pm
- FREE
- Location TBA
- Mallory Gentry

FARMERS MARKET

Paducah's Farmer's Market will open for the season in late April. Produce and artisan vendors will be selling goods of all kinds. Come join us for some fun each Saturday and select weekdays throughout the season and see what we have in store for you! A tentative schedule of Celebration Saturday events will be coming soon. Visit us online at www.paducahky.gov for the most recent information.

If you are interested in being a vendor, contact the Parks Services Office at 270-444-8508.

Paducah Farmer's Market, Downtown Paducah

Molly Tomasallo



SPORTS AND ATHLETICS

Coed Wiffleball

Registration deadline is Friday, January 8. Must have seven people on the roster, including two females. Games begin Monday, January 25. (Ages 14+ years)

- Mondays starting at 6:30 pm
- Cost: \$150 per team
- Paducah Recreation Center
- Mallory Gentry

Paducah City Baseball & Softball Parents Meeting

Paducah Parks Services will be organizing the Paducah City Baseball/Softball League for youth ages 4 – 18 years. Parents interested in learning more about the Paducah City Baseball/Softball League should attend this informational meeting.

- Thursday January 14th
- 6:00 - 7:30 pm
- Paducah Parks Services Office, Senior Activity Room

Tiny Tot Soccer

Introduce your preschooler to the fundamentals of soccer with this four week league for 3 - 5 year olds. Maximum of 48 players. Each team will consist of 8 players. Registration deadline is 5:00 pm on Friday, April 1. MUST pre-register at Parks Office. Shirts and shin guards will be provided. Each of the four dates will consist of 20 minute skill session and then a scrimmage.

- Saturdays April 16- May 7 beginning at 9:00 am
- Cost: \$20 per player
- Jetton Field
- Taylor Morsching

Summer Adult Softball

Three leagues will be offered, Men's Upper, Men's Lower, and Coed. Team Manager and Informational Meeting is Monday, March 21 at 6:30pm in the Paducah Recreation Center. Registration Deadline is 5:00 pm on Tuesday, April 5. Games will begin the week of April 18.

- Monday, Tuesday, Wednesday at 6:30, 7:30, and 8:30
- Games begin April 18-20
- Cost: \$400 per team
- Stuart Nelson Park
- Taylor Morsching

Futsal Open Gym

Open Gym Futsal is Thursday nights at the Paducah Recreation Center from 5:30-7:40. Starting in March it will also be on Tuesday nights. FREE to participate with a \$5 Recreation Center Membership.

- Thursdays 5:30 - 7:40 pm in January and February
- Paducah Recreation Center

Spot On Soccer

An instructional soccer league for children in K - 5th grades. Children will learn the basics of the game of soccer. T-shirts and shin guards will be provided. Must pre-register by Friday, April 1. Game schedules will be available by April 8.

- Saturdays April 16 – May 7 starting at 10:00 am
- Cost: \$20.00 per player
- Jetton Field
- Mallory Gentry

Volleyball Open Gym

Open Gym Volleyball is every Thursday night at the PRC. Open to all ability levels. FREE to participate with a \$5 Recreation Center Membership. Scheduled times may change in March.

- Thursdays 7:45 - 10:00 pm in January and February
- Paducah Recreation Center

NCBA Youth Clinic

Join the teams playing in the National Club Baseball Association DI World Series for a baseball and softball clinic for kids ages 5-14 years old. Kids will work with the players and coaches to enhance their skills in throwing, fielding, and hitting. T-shirts and a baseball/softball will be provided while supplies last.

- Monday May 30
- Registration at 10:00 am
- Clinic begins at 10:30 am
- FREE
- Brooks Stadium
- Taylor Morsching

PADUCAH SKATEPARK

The Paducah Skatepark is a concrete park with ramps for skateboarders and bicyclists located on the west side of Noble Park behind the ball fields and next to the entrance to the Greenway Trail. A restroom facility is next to the skatepark in addition to bleachers for spectators. There is no charge to enjoy the skatepark! According to the Paducah Code of Ordinances, all users of the skatepark whether on skateboard, roller skates, and/or bicycle must wear a helmet that is designed for use with a skateboard, roller skates, and/or bicycle.





EDUCATIONAL AND ART PROGRAMS

Tot School

For preschoolers ages 3 - 5 years. Learn basic fundamentals needed for Kindergarten. Activities include circle time, music, snacks, art, and much more! Must be 3 and completely potty trained.

- Monday & Wednesday
- January 4 - May 11
- 9:00 am - 2:00 pm
- Cost: \$110 per month
- Paducah Parks Services Bldg., Room 1
- Kathy Reese

Spring Break Camp

Have your K - 5th Graders spend spring break with us! Activities include sports, games, arts and crafts, snacks, field trips and more. Must pre-register by March 28th. Kids should bring their own lunch and wear tennis shoes.

- Monday - Friday
- April 4 - 8
- 8:30 am - 4:30 pm
- Cost: \$85
- Anna Baumer Building, Noble Park
- Taylor Morsching

GREENWAY TRAIL ETTIQUETTE

Be predictable: Move in a predictable pattern as you ride or walk on the Greenway Trail and always look behind you before you change lanes.

Keep right on the trail: Be safe, but stay as far to the right side of the trail, as possible.

Don't be a trail hog: If you're riding or traveling with a group, or with your pets, never use more than half the width of the trail. There's no need to block the flow of traffic on the trail and this will allow other users to pass you easily.

Pass on the left: When you need to pass those who are headed in the same direction you're going on the trail, please do so on their left. Also, be sure to use hand signals to alert those traveling behind you that you're about to pass.

Communicate when passing: When passing other trail users, be sure to say it loud enough for the people you are passing to hear you. Say in a loud voice: "passing on your left"

Watch for children and pets: As adorable and sweet as these little fellas can be they are not always predictable and may run out in front of you unexpectedly. So just be cautious, especially when riding your bike on the trail.

Taking breaks: Occasionally, walkers, joggers and cyclists need to stop to tie a shoe or to adjust something. There's nothing wrong with taking a break, just be sure to step off the trail so that you don't cause any sudden obstacles for those behind you.

Do not litter: Leave nature as you found her. That means don't leave any trash or debris behind; including cigarette butts, plastic water bottles, gum, paper, and a bunch of other things.

Carry a cell phone: Carry a cell phone in case of injuries, emergencies, etc. If possible use landmarks or mile markers when notifying the proper people of your location.

Be respectful: No matter what the skill or speed of the other trail users may be, it's important that everyone feels safe and comfortable on the trail. So don't go blowing past walkers who may be taking a leisurely stroll and don't assume that everyone around you is going to just move out of your way. All pets should be kept on a leash.

NOW HIRING!!!

Paducah Parks Services will be accepting applications for spring and summer employment in the following positions:

- ◆ Summer Camp Coordinators
- ◆ Recreation Leaders
- ◆ Pool Managers
- ◆ Pool Attendants
- ◆ Lifeguards
- ◆ Umpires (Sports Officials)
- ◆ Soccer Coaches
- ◆ Recreation Intern

Visit www.paducahky.gov and click on Employment to see a complete listing of positions that are available. **The best time to apply is February and March.** Deadlines to apply vary by position.

For more information about these job postings contact Parks Services at 270-444-8508



SUMMER CAMP PREVIEW

PLAYGROUND ACTIVITY CAMP

For graduated K – 5th graders. Camp will be held at Noble Park and will include arts and crafts, games, sports, swimming, field trips, and more! Monday - Friday. Maximum participation of 120 children.

KIDZ KLUB TOO

For children ages 3 – 5 years. Camp will be held at the Arts and Crafts Building in Noble Park and will include arts and crafts, games, sports, swimming lessons, field trips, and more! Monday-Thursday. Maximum participation of 12 children per week. Kids must be potty trained.

KIDZ KLUB

For graduated K – 4th graders. Camp will be held at the Anna Baumer Building in Noble Park and will include arts and crafts, games, sports, swimming, field trips, snacks, and more! Monday - Friday. Maximum participation of 24 children per week.

BEYOND KIDZ KLUB

For graduated 5 - 7th graders. Camp will meet in Noble Park, and includes games, field trips, swimming, sports, and more. Will include skill development in leadership and conflict resolution. Monday - Friday. Maximum participation of 12 students per week.



PARKS AND FACILITIES

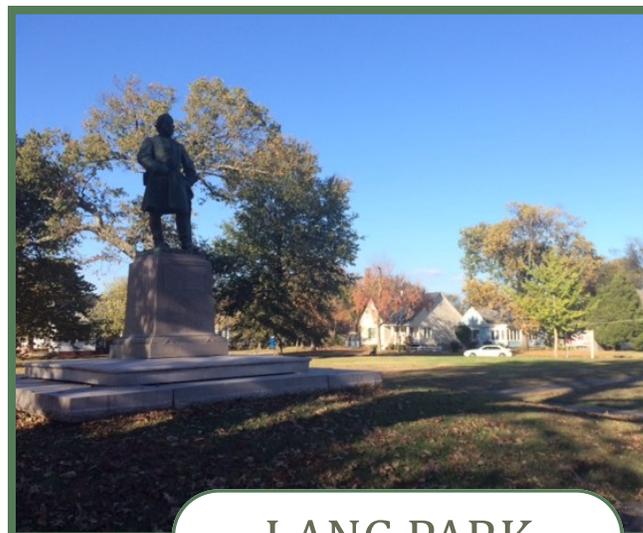
- **Albert Jones Park** - "C" & "B" Streets neighborhood - Perimeter walk path, lighted seating area and landscaping designed for a serene setting.
- **Kolb Park** - 6th & Broad Street - picnic shelter, play-ground equipment, and open play area.



BOB NOBLE PARK

28th & Park Avenue - 135 acres with 5-acre lake. Indian sculpture "Wacinton", 6 lighted tennis courts, 4 full-length basketball courts, outdoor swimming pool with spray pad, 20 picnic shelters, tables and grills, outdoor amphitheater, Anna Baumer Community Center, Arts and Crafts Building, Civic Center, handicapped accessible nature trail, 2 playgrounds (1 boundless), 6 baseball/softball fields, Greenway Trail, Skate Park, and free wireless internet hotspot.

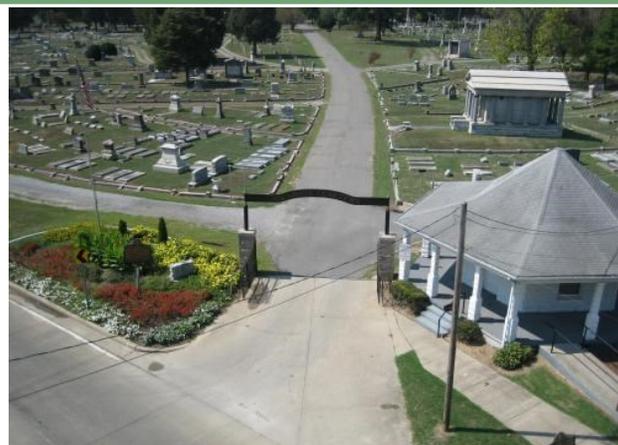
- **Brooks Stadium & Park** - 25th & "C" Street - 75 acres, hosts American Legion and PTHS Baseball. Stadium accommodates 3,000 people. Football/rugby field adjacent to stadium. John Shepherd Soccer field and PTHS softball field across from stadium.
- **Caldwell Park** - 14th & Martin Luther King Jr. - Small Park with monument honoring a Kentucky soldier.
- **Dolly McNutt Memorial Plaza** - 5th and Clark - seating, scenic fountain, free wireless internet hotspot.
- **Greenway Trail** - Over 5 miles of graded and paved trail extending through Stuart Nelson and Bob Noble Parks, crossing Cairo Road, traveling under US 45 and continuing on the earthen floodwall to the river-front.
- **Independence Park** - On the corner of Lone Oak Road and Alben Barkley Drive - Open space for play, pavilion, and small play structure.
- **Keiler Park** - 30th & Broadway - 3-acre site with picnic shelters and playground equipment.



LANG PARK

17th & Fountain Avenue - site of General Lloyd Tilghman monument

- **Langstaff Park** - 14th & Langstaff - Small park with playground, shelter and picnic table.
- **Midtown Golf Course** - 1122 Adams St. - 10 acre site - 9 hole course for golf, FootGolf, and disc golf, free admission, one picnic shelter.
- **Ohio River Boat Launch** - 6th and Burnett Street - 82 space parking lot downstream of the Paducah Expo Center. The boat launch is 5-6 lane boat ramp with an 8 x 80 foot gangway/courtesy dock.



OAK GROVE CEMETARY

1613 Park Ave - Information about history, maps, burial records and more can be found at paducahky.gov/paducah/oak-grove-cemetery

Activity Registration Form



Program Information

Class: _____ Date Offered: _____ Time Offered: _____

> Participant's Information:

Name (first, last): _____ Gender (circle one) M F

Birthday: _____ School Grade: (1 through 12; **P** for preschool; **K** for kindergarten): _____

Participant's E-mail address: _____

Address, City, State, Zip: _____

> **Parent/Guardian Name if participant is a minor (under age 18):** _____

Street Address/City/Zip Code: _____

Home Phone: _____ Work Phone: _____ Extension: _____

Emergency or Cell Phone: _____ E-Mail Address: _____

Emergency Contact Information – please list in order of preference:		
Name	Phone	Relationship
1.		
2.		
3.		

I understand that this event is potentially hazardous, and that I (or my child) should not enter and participate unless medically able and properly trained. I assume full responsibility for any injury or accident which may occur while traveling to or from the event, during the event, or while on the premises of the event. I also am aware of and assume all risks associated with this event, including but not limited to falls, contact with other participants, effects of weather, traffic and conditions of the road.

I hereby release the City of Paducah and each of its agents from any liability arising out of my participation in this event. This waiver includes any and all claims, whether caused by negligence or the action or inaction of any of the above parties.

I understand the entry fee is non-refundable and non-transferable. I hereby grant full permission to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

Participant's Signature _____

Date _____

- Parent/guardian signature if participant is under 18 years old

Return this form and payment to:

Paducah Parks Services, 1400 H.C. Mathis Drive -- or mail to -- PO Box 7265, Paducah, KY 42002-7265

You can also register online at www.paducahky.gov