

spring 2024

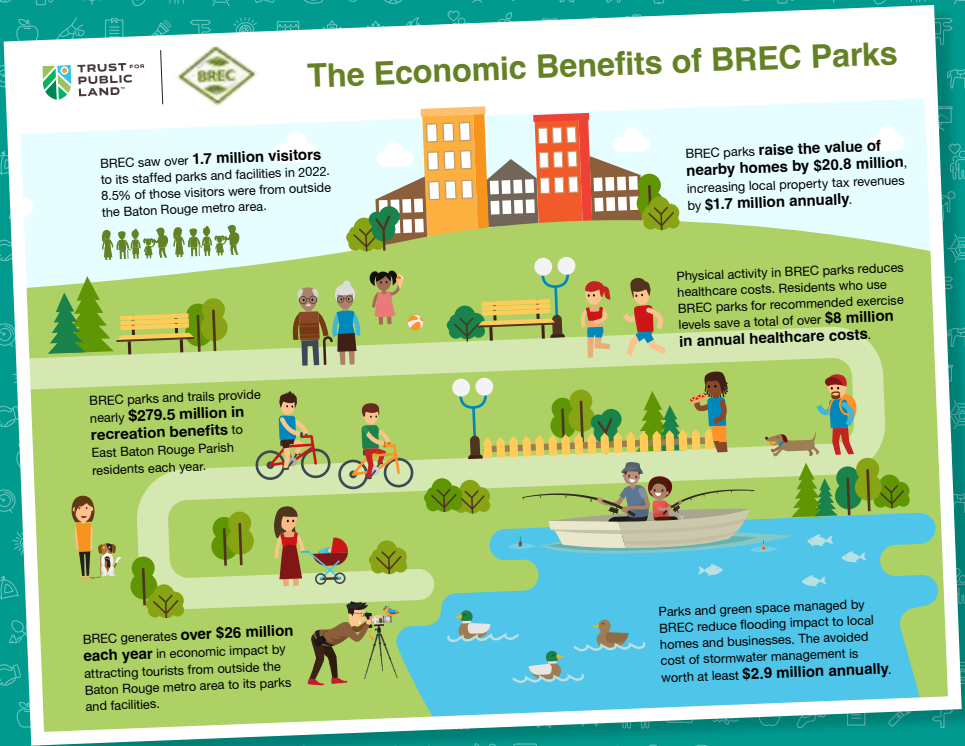
PLAY BOOK



**PROGRAMS + EVENTS +
CLASSES + HOLIDAY CAMPS**

YOUR PARKS, OUR PURPOSE

BREC Parks Have A Serious Purpose: Saving Taxpayers Millions In Economic, Health + Environmental Benefits



BREC is creating a new ten year master plan and we need your ideas to keep the momentum going and make every park, facility and trail in our system Gold Medal worthy.

**IMAGINE
YOUR PARKS** **3**
PARKS WITH PURPOSE

To learn more about the master planning process and how you can help, visit:

 **BREC.ORG/IMAGINEYOURPARKS3**

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A WORD FROM BREC

FOLLOW US ON SOCIAL MEDIA!



BREC offices can be reached from 8 a.m.-5 p.m., Monday through Friday at 225-272-9200.

BREC COMMISSION

KENNETH POINTER, CHAIRMAN

SANDRA DAVIS, VICE-CHAIR

DWAYNE ROGERS, TREASURER

ROSSIE WASHINGTON, JR.

COLLIS TEMPLE, JR.

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BREC EXECUTIVE STAFF

COREY K. WILSON, BREC SUPERINTENDENT

**REED RICHARD, ASSISTANT SUPERINTENDENT OF
SYSTEM PLANNING**

**BRANDON SMITH, ASSISTANT SUPERINTENDENT OF
RECREATION PROGRAMS + FACILITIES**

ANDREA ROBERTS, CHIEF OPERATING OFFICER

ANEATRA BOYKIN, CHIEF LEGAL OFFICER

LETTER FROM SUPERINTENDENT COREY WILSON



Dear BREC Families,

A new year is just around the corner, and we are excited to share what the BREC staff has in store for you. As we embark on this new season, we're committed to offering an even more diverse and enriching array of activities for you, your family, and friends to enjoy.

Mark your calendars for March 2, 2024, when registration opens for our acclaimed summer camps, providing not just fun, but also healthy activities, lasting memories and essential doses of sunshine and nature. Be on the lookout for our comprehensive summer camp guide in February so you will be ready to reserve spots for your children as many of our camps fill up quickly.

Our PlayBook is brimming with opportunities to learn, from athletic and art classes to unique programs teaching everything from baking, dancing, and horseback riding to extreme sports. We are also thrilled to reintroduce popular community events such as Zippity Zoo Fest, Rockin' at the Swamp, Wild Wine Walk and BioBlitz. And of course, we're here to ensure your children have a safe and active Spring Break with our popular holiday camps.

Look for a huge announcement this spring as we invite you to celebrate the end of the largest single construction project in BREC's history with the opening

of the new entryway to the Baton Rouge Zoo. This project also includes the new pygmy hippo exhibit, giraffe feeding station, new Zoo train route, adventure playground and bayou promenade at Greenwood Community Park and the renovated J.S. Clark Golf Course. Other transformational projects such as the elevated recreation center at Howell Community Park, the Nature Station at Frenchtown Road Conservation Area, new greenways for bicyclists and pedestrians, new sections of greenways for bicyclists and pedestrians and much more will also be celebrated throughout the year.

We will continue working with you to reimagine our system as we put the finishing touches on the Imagine Your Parks 3 system-wide master plan that will guide improvements to the BREC system for the next decade. Your voices have been instrumental in creating a Gold Medal winning system and our goal is to continue making progress with a focus on equity, excellence and to bring another national title to East Baton Rouge as soon as we are eligible to compete again.

Thank you for making our parks shine brighter,

Corey K. Wilson, BREC Superintendent

CALENDAR OF EVENTS



THIS MONTH AT BREC...

JANUARY

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MEET THE ARTISTS CLOSING RECEPTION**
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JUNE

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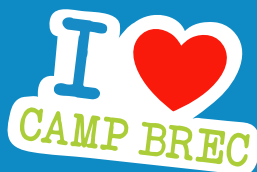


SUMMER CAMP 2024!

BREC is proud to offer a variety of camps and activities to help keep your child engaged in a safe, fun way with timeless camp fun and exciting new adventures.

Registration begins online **March 2!**

 brec.org/summercamp



SUMMER CAMP ASSESSMENTS

Does your child have a disability? Do they need accommodations or inclusion services to participate in summer camp? Sign up for summer camp assessments.

NAIRN DRIVE PARK

Monday + Wednesday / March 4- May 10
3:30-5:30 p.m

More info:  recadaptive@brec.org

 225-272-9200 ext 1562



PLAY. DISCOVER. GROW.

PLAYBOOK

CLASSES + PROGRAMS + CAMPS + EVENTS

Do you enjoy our PlayBook?

Help us improve by filling out our short survey.

 brec.org/playbooksurvey





BE GOOD DO GOOD

Looking for a way to give back to the community with your school, church, office, or other group? Check out our **VOLUNTEER OPPORTUNITIES** and sign up today.

BREC needs volunteers to fulfill our mission of providing park and recreational opportunities for all residents of East Baton Rouge Parish. With a range of facilities and programs, BREC has a volunteer opportunity for everyone.

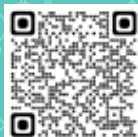
BENEFITS: Volunteers who contribute 30 or more hours in a calendar year and complete mandatory BREC volunteer training are eligible for a \$500 Louisiana state tax deduction and a chance to win various prizes.

SCREENING PROCESS: In keeping with our intent to provide the best possible services, we undergo a thorough volunteer process. As a result, we require volunteers to fill out an opportunity form and consent to a background check.

VOLUNTEER OPPORTUNITIES: Be on the lookout for this icon 🖐️ throughout the PlayBook for events that you can volunteer at!

Join the
#BREC VOLUNTEERS!

SCAN HERE



VOLUNTEER

WITH BREC

Follow Us: Facebook @VolunteerBREC
Contact Us: volunteer@brec.org

INCLUSIVE SERVICES

It is the mission of BREC to provide programs to all individuals in East Baton Rouge Parish. In order to best serve our community members with disabilities, assessments are requested of all potential and recurring BREC participants, with a disclosed disability, to determine appropriate accommodations or modifications for the programs. Assessments are done to make sure that all participants have the tools needed to successfully participate as well as to make sure the activity of interest is the correct setting for the participant.

NEW PROGRAM MEMBERS: New participants that would like to have an assessment should contact Molly Phillips, Program Coordinator of Adaptive and Adult Leisure. Assessment will be conducted by either Molly or Casey Cantrelle, Adaptive Recreation Manager and will be assisted by members of the Adaptive Recreation staff. Assessments consist of completing necessary paperwork and an interactive experience with our staff.

ONGOING PROGRAM MEMBERS: Assessment paperwork will be updated annually and should include any goals the parent/guardian or participant wishes to achieve throughout the program.

PARTICIPANT REQUIREMENTS: Requirements are dependent on each program. They include, but are not limited to: independent toileting, independent feeding, staying with a group and function on the staff to participant ratio of the group. If the participant is unable to fulfill the program requirements a 1:1 aid will be required and must be arranged by the parent/guardian.

SCHEDULING ASSESSMENTS: Assessments must be conducted prior to the start of the program.

All BREC programs are inclusive. If you need inclusive services or accommodations in order to participate in an activity, want to schedule an assessment or have any questions, please contact our Adaptive staff.

Molly Phillips, Program Coordinator of
Adaptive + Adult Leisure

Casey Cantrelle, Adaptive Recreation Manager

✉ recadaptive@brec.org

☎ 225-272-9200 EXT 1561



ADAPTIVE RECREATION



Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

Our goal is to offer a positive and supportive environment where individuals of all abilities can explore new recreation skills, develop socialization skills and have opportunities to participate in leisure and recreation programming to the fullest extent. While BREC strives to offer inclusive programs parish-wide we also offer separate programs exclusively for people with intellectual and developmental disabilities.

More info: casey.cantrelle@brec.org

225-272-9200 EXT 1561

To register: brec.org/adaptiveregistration

All BREC programs are inclusive. If you would like to participate in a BREC program and might require an accommodation, please contact molly.orr@brec.org for more information or set up an assessment.

EVENTS

SUNSHINE SOCIALS

Dance the night away with BREC Adaptive and Families Helping Families as we host our monthly Sunshine Socials. Be creative and dress to match each month's theme. Enjoy dinner, dancing, and door prizes.

JEFFERSON HIGHWAY PARK

Jan. 19: **New Year's Beach Bash**

Feb. 16: **Masquerade Ball**

March 15: **Yellow Out for Developmental Disabilities Awareness**

April 19: **Tie-Dye Time**

May 17: **Prom - Black + White Ball**

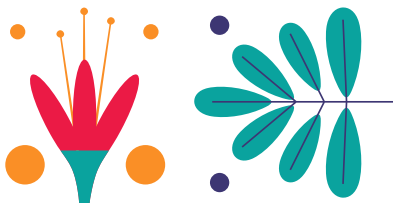
6-9 p.m. / \$5/person

Ages: 16+ with intellectual + developmental disabilities + their families

More info: recadaptive@brec.org

225-272-9200 EXT1561

To register: brec.org/adaptiveregistration



Indicates Volunteer Opportunity

PROGRAMS

SUNSHINE CLUB

What do you do after graduation? You walk on Sunshine, of course! The Sunshine Club is here to help bridge the gap for adults with Intellectual and developmental disabilities by offering not only recreational experiences but life skills and volunteer opportunities. We learn how to be productive members of the community while exploring and learning new things with lots of fun thrown in the mix.

MILTON J. WOMACK PARK

Monday-Friday / Jan. 2- May 17 / 8:30 a.m.-3:30 p.m.

Ages: 18+ with intellectual + developmental disabilities / \$125/week

All incoming participants need an assessment.

To register: webtrac.brec.org

SUNSHINE INTERACTIVE GROUP

Come have fun with the Sunshine Interactive Group for teens and adults with intellectual and developmental disabilities. Sunshine Interactive Group is designed for teens and adults with intellectual disabilities to learn new skills, take part in new adventures and interact with others their age while having tons of fun!

NORTH SHERWOOD FOREST COMMUNITY PARK

Monday-Friday / Jan. 8- May 17 / 10 a.m.-noon

Ages: 16+ with intellectual + developmental disabilities + their caregiver

To register: brec.org/adaptiveregistration

INCLUSIVE LEAGUES

INCLUSIVE BASKETBALL

Nothing but net! Show off your dribbling and shooting skills with BREC Adaptive's Inclusive Basketball Open to everyone of all abilities ages 3 through adults.

FOREST COMMUNITY PARK

Feb. 17-April 20 / 9 a.m.-noon / Ages: 3+ / \$10

To register: webtrac.brec.org

INCLUSIVE KICKBALL

Next Kicker Up! Show your kicking skills and round the bases with BREC Adaptive's Inclusive Kickball. Open to everyone of all abilities ages 3 through adults.

LOVETT ROAD PARK

Tuesday / Feb. 27- April 30 / 6-7 p.m.

Ages: 3+ / \$10


To register: webtrac.brec.org

ADULT LEISURE

 BREC.ORG/ADULTLEISURE

Opportunities listed below are free for ages 55+ unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

The BREC Adult Leisure genre includes recreation facilities, events and programs across East Baton Rouge Parish offering a variety of recreational opportunities for adults ages 55 and up. These opportunities vary and can include arts and crafts, health and wellness and seasonal pop-up events.

More info:  pturner@brec.org

PROGRAMS

ARTS + CULTURE

CLASSIC CERAMICS OPEN STUDIO

Spark your interest in Ceramics. Participants bring their own supplies: paint/brushes/pieces or can purchase a piece from our selection. Seasoned participants provide insight on the techniques involved in the painting and glazing of ceramics. The focus of this class is not the forming of the ceramic piece but administering the paint and glaze to preformed ceramic pieces.

SHARP ROAD PARK

Tuesday + Thursday / 9-11 a.m.

LOYAL TO THE SOIL GARDENING CLUB

Do you have a green thumb? Are you interested in learning more about gardening? Either way, the Loyal to the Soil Gardening program is for you! This program extends the opportunity to contribute your time and expertise to grow nutritious foods, socialize with others and pass on cross-generational knowledge to younger community members.

ANNA T. JORDAN COMMUNITY PARK

Wednesday / 9:30-11 a.m.

ALSEN PARK

Thursday / 10-11 a.m.

PAINTING WITH A PURPOSE CLASS

Are you interested in learning to paint? Our Painting with Purpose class provides participants the opportunity to experience and explore a variety of painting techniques and mediums. Instructor will guide class in painting projects and allow them to explore their creativity by creating unique pieces of art. Participants will receive a supply list to select, purchase and bring in their own supplies.

WEBB PARK SENIOR CENTER

Tuesday / 10-11 a.m.

SHARP AS A NEEDLE SEWING CLASS

Do you have a sewing machine, patterns or fabric laying around? Are you interested in developing a new skill and learning how to sew? No matter what skill level you are starting from, Sharp as a Needle Sewing Class is for you! Our instructor will familiarize participants with the sewing machine: parts, function and how to operate. Different patterns and materials will be presented, discussed and utilized to make individual projects.

WEBB PARK SENIOR CENTER

Monday / 10-11 a.m.

ALSEN PARK

Tuesday / 10-11 a.m.

WARMTH OF THE EARTH POTTERY PROGRAM

Use your hands to get creative while shaping and molding clay into beautiful pieces of artwork. Basic pottery techniques are introduced where participants will be allowed to create, paint, and glaze their individual pieces. The finished product will then be fired by the instructor.

SHARP ROAD PARK

Monday + Wednesday + Friday / 9:30-11 a.m.

HEALTH + WELLNESS

BUSY BODIES

Busy bodies is a Senior instructor-led exercise program using chairs, weight, strength bands and balancing bars. This program addresses some of the major wellness components needed for optimal health. These areas include strength, flexibility, balance, cognition and nutrition.

INDEPENDENCE COMMUNITY PARK

Monday + Wednesday + Friday / 8:30-9:30 a.m.

COMMIT TO BE FIT AEROBICS CLASS

Are you ready to get out of the house and have some fun? Come and enjoy a low impact aerobics class with us! Commit to Be Fit works your entire body utilizing great music and purposeful moves that helps you to get in the groove, in and out of class.

NORTH SHERWOOD FOREST COMMUNITY PARK

Monday-Friday / 9:30-10:30 a.m.

ALSEN PARK

Wednesday / 10-11 a.m.

GOLDEN HOURS TEA DANCE

Grab those dancing shoes for our weekly Golden Hours Dances, with live entertainment, refreshments and plenty of dancing, along with the opportunity to meet new friends and catch up with familiar faces around the community.

JACKSON COMMUNITY PARK

Thursday / 1-3 p.m. / \$5

STEPS IN MOTION

Participants will be taught a sequence of choreographed dance steps in which participants move in line or rows, facing the same direction and executing the same steps at the same time. The participants will get a workout while learning to dance like a pro.

NORTH SHERWOOD FOREST COMMUNITY PARK

Monday-Friday / 10:30-11:30 a.m.

TABLE TENNIS

Table tennis is a wonderful way to simulate mental alertness, concentration and tactical strategy. This makes it the perfect game for senior! Table tennis also develops mental acuity, improves reflexes, is easy on the joints, burns calories, offers a social outlet, improve balance, and stimulates various parts of the brain.

INDEPENDENCE COMMUNITY PARK

Monday + Thursday / noon-3 p.m.

Wednesday / 10 a.m.-noon

TEA DANCE

Grab those dancing shoes for our weekly Tea Dances! Each week we offer live entertainment, refreshments, and plenty of dancing along with the opportunity to meet new friends and catch up with familiar faces in the community.

MILTON J. WOMACK PARK BALLROOM

Tuesday / 1-3 p.m. / \$5

WALKING WITH JOY

Walking with JOY is more than just an exercise program. It is a positive and healthy start to your day. We will reach fitness goals by walking while we visit and converse in a group setting.

ALSEN PARK

Monday / 10-11:30 a.m.

YOGA

You're never too old to reap the rewards of yoga. For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution.

INDEPENDENCE COMMUNITY PARK

Thursday / 8:30-9:30 a.m.

NORTH SHERWOOD FOREST COMMUNITY PARK

Thursday / 10-11 a.m.

WEBB PARK SENIOR CENTER

Wednesday / 10-11 a.m.

ZUMBA GOLD

Come party yourself into shape with Zumba classes. Zumba is a Latin-inspired, easy to follow cardio-burning, and dance-fitness party you do not want to miss. It fuses hypnotic Latin rhythms and easy to follow aerobic moves to create a one of a kind fitness programs that is energizing. This class is month to month with no contracts needed, so sign up and start dancing your way to a healthier, more vibrant you!

INDEPENDENCE COMMUNITY PARK

Tuesday + Thursday / 11 a.m.-noon / \$30



ADVENTURE + SPORTS

 [BREC.ORG/ADVENTUREANDSPORTS](https://brec.org/adventureandsports)

Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

EVENTS

MAJOR LEAGUE BASEBALL -

PITCH, HIT + RUN (PHR)

Participants compete in either the Baseball Division or Softball Division and can advance through four levels of competition including Locals, Sectionals, Team Championships, and the National Finals during MLB All-Star Week. BREC Athletics local host site will be announced through our social media platforms.

HARTLEY/VEY SPORTS PARK (OAK VILLA)

Spring 2024 / 10 a.m.-4 p.m. / Ages: 14 + under

To register:  pitchhitrun.com


MAJOR LEAGUE BASEBALL -

JR. HOME RUN DERBY (JRHRD)

Jr.HRD provides youngsters 14 and under an opportunity to participate in an exciting, free, home run derby competition. All Local events are individually scored, and the winners advance to one of ten (10) Regional Competitions. Regional Champions will advance and compete in the National Finals during Major League Baseball All-Star Week. BREC Athletics local host site will be announced through our social media platforms.

HARTLEY/VEY SPORTS PARK (OAK VILLA)

Spring 2024 / 10 a.m.-4 p.m. / Ages: 14 + under

To register:  mlb.com/junior-home-run-derby/

STUDENT HORSE SHOW

Our BREC lesson students enjoy a day at a horse show, demonstrating all they've learned, and gaining experience in the show ring in a welcoming and encouraging environment. Open to the public for viewing, and a great opportunity to let your future young rider see what our park has to offer.


FARR PARK EQUESTRIAN CENTER

English Horse Show: Jan. 20 + April 21

Western Horse Show: Jan. 21 + April 20

9 a.m.-2 p.m.

More info:  camille.chapman@brec.org



 225-769-7805

10 + UNDER TENNIS TOURNAMENT

This tournament features a singles round robin format with boys and girls divisions: ages 8 and younger on a 36 ft. court with a maximum 23-inch racquet; ages 10 and younger on a 60 ft. court with a maximum 25-inch racquet; ages 10 and younger on a 78 ft. court with a maximum 29-inch racquet. Free snacks and awards for players.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Feb. 17 / 8:30 a.m.-noon / Ages: 6-10 / \$20

To register:  webtrac.brec.org  225-766-0247

Registration Deadline: Feb. 14

MARCH MADNESS 3 ON 3 BASKETBALL TOURNAMENT

Are you ready to develop 6 (3 on 3) players on the court where players can touch the ball more often, establish man-to-man defense a little easier, and work on other fundamentals like dribbling, passing, and shooting join in on the fun 3 on 3 tournament.

MAYFAIR PARK

March 14 / 5-7 p.m.

BEN BURGE PARK

March 23 / 9 a.m.-noon

Ages: 16+ / \$5 per player

More info:  dbarlow@brec.org

To register: On-site individual or as a team

3V3 BASKETBALL COMPETITION

Come test your basketball skills against other players in your community. This one-day competition will have teams competing to see who the best is. The teams will consist of 3 players and follow the USAB style of play. Register as a team or individually in-person or online.

MAPLEWOOD DRIVE PARK

March 16 / 10 a.m.-3 p.m. / Ages: 16+

\$5 per player

More info:  tyriek.york@brec.org  225-229-3966

To register:  webtrac.brec.org



 Indicates Volunteer Opportunity

REC NON-STOPPERS BASKETBALL

The mighty Non-Stoppers Consist of players from the community. The Non-Stopper's motto is that they never want to take a break. This program teaches them man-to-man defense, teamwork, and other fundamentals like dribbling, passing, and shooting. Register in-person or online.

ANNA T. JORDAN COMMUNITY PARK - Jan. 16



GUS YOUNG AVENUE PARK - Feb. 20

LONGFELLOW PARK - March 19

MONTE SANO PARK - April 16

4-6 p.m. / Ages: 16+ / \$5 per person

More info:  vsavage@brec.org  225-775-1707

To register:  webtrac.brec.org  On-site

ADULT FUN PICKLEBALL DOUBLES TOURNAMENT

This one-day doubles tournament features a round robin format. Divisions for men, women, and mixed. Various levels.

GREENWOOD COMMUNITY PARK TENNIS CENTER
March 23 + July 13 / 8 a.m.-6 p.m.

Ages: 18+ / \$40

To register:  webtrac.brec.org

Registration Deadline: Monday before tournament

COMITE RIVER RUN

Join us for BREC's 4th annual Comite River Run! Runners will take to the trails for a 5-mile loop along the river and through the woods. Join us after the race for food and fun. Awards will be given for 1st- 3rd in the Men's and Women's divisions. There will also be finisher medals for all runners who complete the course.

COMITE RIVER CONSERVATION AREA

March 23 / 8 a.m.-1 p.m. / Ages: 8+ / \$25

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

COMITE CLASSIC

Test your mountain bike skills at the Comite Classic! Sign up for either our 1 loop (5 mi.) novice division or our 3 loop (15 mi.) advance division. Each loop is approximately 5 miles. After the race join us for food and fun. Prizes will be awarded to the top three male and female finishers in each division.

COMITE RIVER CONSERVATION AREA

April 6 / 9 a.m.-1 p.m. / Ages: 8+ / \$25

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

BR BIKE FEST

Are you bananas for bicycles? Join us for Baton Rouge's third annual bike festival. Come enjoy velodrome demonstrations, free rides on BREC's BMX track, BMX skate park competition, and a guided bicycle rides along the Pennington Trail. This event will feature many bike related organizations throughout East Baton Rouge Parish and aims to support two-wheeled locomotion and a love for all this bicycling. It'll be wheely fun!

PERKINS ROAD COMMUNITY PARK

April 13 / 10 a.m.-2 p.m.

More info:  xsports@brec.org

BLITZBALL TOURNAMENT

This new game is similar to whiffle ball, but uses a unique patent-pending baseball design that allows players to add more spin and speed to each pitch! Blitzball is a great way to challenge players and add a unique twist to the game. This will be a 1 day tournament. Register as in individual or as a team in-person or online.

LOVETT ROAD PARK

April 20 / 10 a.m.-3 p.m. / Ages: 16+ / \$5

More info:  tyriek.york@brec.org  225-229-3966

To register:  webtrac.brec.org

OPEN HOUSE JUNIOR SINGLES TOURNAMENT

This is a great opportunity for beginner youth players to experience playing in a tournament. Green dot ball and yellow ball divisions. Format is 10-point sets. Free pizza, snacks, and beverages for players.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

May 3 / 4-8 p.m. / Ages: 11-18 / \$20

To register:  webtrac.brec.org  225-343-3767

Registration Deadline: May 1

PETS + PADDLE

Bring your young pawdaws to the bark side at University Lakes, and May the 4th be with you! This all-in-one event, in cooperation with Friends of the Animals, is an annual fundraiser and pet adoption program. Make a \$10 contribution to Friends of the Animals and take your pooch out in a kayak or paddle board. This is a great opportunity to help a wonderful cause and enjoy some time outdoors with your four-legged friends.

MILFORD WAMPOLD MEMORIAL PARK

May 4 / 11 a.m.-3 p.m.

\$10 Donation to Friends of the Animals

More info:  outdooradventure@brec.org

SUMMER KICK-OFF

Come KICK off the Summer with us and enjoy a day-long celebration of the start of summer at the skatepark! Come join us for music, food, fun, and extremely good riding. Beginning at noon, the park will get blasted with non-stop music as well as food vendors! We will have a skatepark contest involving our Skaters, Bikers, and Scooters with fantastic prizes for top finishers!

PERKINS ROAD COMMUNITY PARK

May 11 / noon-3 p.m. / Ages: 5+

More info:  xsports@brec.org



JUNIOR ADVANCED FUN TENNIS TOURNAMENT

This tournament is for yellow ball players only and features a singles round robin format for boys and girls ages 10-12. Provides an opportunity for those just starting yellow ball to experience tournament play and for advanced players to have competitive play. Free snacks and awards for players.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

June 1 / 8:30 a.m.-noon / Ages: 10-12 / \$20

To register: 🌐 webtrac.brec.org 📞 225-766-0247

Registration deadline: May 29

PROGRAMS + CLINICS

ATHLETIC CLINICS + SPORTS

BADMINTON

Quick! Name the fastest racket sport in the world. Nope, it's badminton! Faster than tennis, squash, jai lai and others by as much as 100 m.p.h! You may remember playing in your backyard or at picnics, but now you can play every week at Highland Road Community Park. You will get a fabulous workout, and all ages and skill levels are welcome.

HIGHLAND ROAD COMMUNITY PARK

Tuesday + Friday / Jan. 2-May 31 / 3:30-7:30 p.m.

Ages: 10+

More info: 📧 lashawna.lindsey@brec.org

📞 225-767-4003

To register: 📍 On-site

VOLLEY UP

Participants will be inspired to learn the basic fundamentals in a creative way with other experienced volleyball players. It's designed to encourage others to get back into the fun and energetic game of volleyball. Let's volley up and have fun!

ANNA T. JORDAN COMMUNITY PARK

Thursday / Jan. 11-May 30 / 6-8 p.m.

ANTIOCH BOULEVARD PARK

Tuesday-Thursday / Jan. 9-May 23 / 6-8 p.m.

BEN BURGE PARK

Wednesday / Jan. 10-April 24 / 5-7 p.m.

HIGHLAND ROAD COMMUNITY PARK

Monday / Jan. 8-May 20 / 4:30-7:30 p.m.

MAYFAIR PARK

Friday / Jan. 5-April 26 / 4:30-6:30 p.m.

Ages: 16+

More info: 📧 lashawna.lindsey@brec.org

📞 225-767-0710 (Mayfair + Highland)

📧 vselvage@brec.org 📞 225-775-1707 (Anna T.)

To register: 🌐 webtrac.brec.org

VOLLEY UP ACADEMY

The Volley Up Academy educates athletes so they can excel in Middle and high school. Participants will be strengthening the body, learning drills, bonding with teammates, coaches, and improving volleyball technique through thrilling and modern volleyball exercises. Volley Up will help with molding your passion and developing respect, trust, and discipline.

HIGHLAND ROAD COMMUNITY PARK

Wednesday / Jan. 3-April 24 / 5:30-7:30 p.m.

Ages: 11+ / \$10 per session

More info: 📧 lashawna.lindsey@brec.org

📞 225-767-4003

To register: 🌐 webtrac.brec.org

EQUESTRIAN

GUIDED TRAIL RIDES

BREC's Farr Park Equestrian center is proud to offer guided trail rides on select Saturdays and Sundays. Enjoy a one-hour gentle ride through the park or in the indoor arena on one of the BREC horses. This fun activity is perfect for families, groups and friends. Trail rides are by appointment only, and all riders must be at least 9 years old.

FARR PARK EQUESTRIAN CENTER

Jan. 13 + Feb. 3 + 17 + March 16 + April 13 + 27

Ride times: 9 a.m. + 10:30 a.m. + noon

Ages: 9+ / \$50/rider

Maximum 8 riders per ride time

More info: 📧 camille.chapman@brec.org

📞 225-769-7805

HEARTS + HOOVES THERAPEUTIC RIDING PROGRAM SPRING

Riders ages 6 and up with physical, mental, and social disabilities will participate in a 6-week session of riding lessons tailored to their needs. Riders enjoy a one-hour class on horseback while learning stretching exercises, basic equitation, and games. Horseback riding is known to improve core strength and co-ordination and provide a unique social opportunity with peers. Maximum class sizes of 8 riders, with 3 instructors and up to 3 volunteer assistants per rider.

FARR PARK EQUESTRIAN CENTER

Session 1: Monday / Jan. 22-Feb. 26

Session 2: Monday / March 11-April 15

Available class times: 4:30 p.m. + 6 p.m. / Ages: 6+ \$130

Pre-registration + Assessment required

Scholarships are available

To register: 📧 camille.chapman@brec.org

📞 225-769-7805

To volunteer: 🌐 volunteer.brec.org

More info: 📧 camille.chapman@brec.org

📍 Indicates Volunteer Opportunity



ENGLISH + WESTERN RIDING LESSONS

Learn how to ride a horse or improve your skills. We offer lessons from beginner to advanced. Farr Park offers riding lessons to students ages 6 and older at all different levels, English or Western, taught by qualified instructors who specialize in their disciplines. Group and private lessons are available.

FARR PARK EQUESTRIAN CENTER


Tuesday-Friday, year round

Lesson Times: 4 p.m. + 5:30 p.m. / Ages: 6+

Group lessons (no more than 5 riders) \$30

Private lessons: \$50

More info:  camille.chapman@brec.org

 225-769-7805

EXTREME SPORTS

SKATEBOARDING ACADEMY

Do you want to learn to skateboard? Then join us for Skateboarding Academy! Over four weeks our staff will teach the fundamentals of skateboarding, from balance, board control, transition riding, ollies and more. This class meets consecutively over a four-week period so you have time each week to practice the lessons from each class and grow your skills. This class is open to skaters at any skill level. Our instructors meet the skater where they're at and will be there to guide riders with general coaching that meets them based on their personal abilities. BREC will provide all equipment necessary.

EXTREME SPORTS PARK AT

PERKINS ROAD COMMUNITY PARK

March 6-27 / Wednesday / 6-7 p.m.

Ages: 8+ / \$50

More info:  xsports@brec.org  225-766-9039

To register:  webtrac.brec.org

BMX AT THE PARK

BMX at the Park is an entry level, beginner skatepark BMX skills clinic specifically for riding the skatepark. Over four weeks our staff will teach the fundamentals of riding BMX. During the clinic, one of our experienced instructors will guide riders on the essentials skills of riding the park such as etiquette, riding transition, and bunny hops. This clinic is open to riders at any skill level. Our instructors meet the rider where they're at and will be there to guide riders with both general and specific issues they may be having. This clinic is limited to 10 riders to ensure quality instruction, sign up now while spots are still available! BREC will provide all equipment necessary.

EXTREME SPORTS PARK AT

PERKINS ROAD COMMUNITY PARK

March 7-28 / Thursday / 6-7 p.m. / Ages: 8+ / \$50

More info:  xsports@brec.org  225-766-9039

To register:  webtrac.brec.org

SKATEBOARDING BASICS

Skateboarding Basics is a basic skateboarding skills clinic for entry level skaters. During these classes an experienced instructor will guide skaters on the essentials of riding your board at the park. This involves skills such as etiquette, turning, riding transition, and much more. This clinic is open to skaters at any skill level. Our instructors meet the skater where they're at and will be there to guide riders with both general coaching that meets them based on their personal abilities. BREC will provide all equipment necessary.

EXTREME SPORTS PARK AT

PERKINS ROAD COMMUNITY PARK

April 10 + 17 / 6-7 p.m. / Ages: 8+ / \$20

More info:  xsports@brec.org  225-766-9039

To register:  webtrac.brec.org

BALANCE BIKING 101

Balance Biking 101 is a unique program geared towards accelerating a toddler's bicycle handling skills and progression curve. It offers a safe environment for kids 2-5 to learn how to ride the BMX track with experienced instructors by their sides. Over two week our instructors will guide students through certain smaller areas of the BMX track and teach bike control as well as track etiquette! This class is formatted to give your child a head start in bicycle riding and designed to give them a sense of accomplishment at an early age. This clinic is limited to 10 riders to ensure quality instruction, sign up now while spots are still available! BREC will provide all equipment necessary.

EXTREME SPORTS PARK AT

PERKINS ROAD COMMUNITY PARK

April 11 + 18 / 6-7 p.m. / Ages: 2-5 / \$20

More info:  xsports@brec.org  225-766-9039

To register:  webtrac.brec.org

OUTDOOR

ARCHERY 101

Want to explore archery? Then join us for this one-time introductory class to learn the skills of archery. Come enjoy the fun that comes with shooting a bow and arrow and let us help you get on target! This class is for ages 16 and up only. BREC will provide all equipment necessary.

MILTON J. WOMACK PARK

Jan. 18 / 6-7:30 p.m. / Ages: 16+ / \$15

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

ARCHERY 101 JR.

Want to explore archery? Then join us for this one-time introduction class to learn the skills of archery. Come enjoy the fun that comes with shooting a bow and arrow and let us help you get on target! This class is for youth from ages 8-15. BREC will provide all equipment necessary.

MILTON J. WOMACK PARK

Jan. 25 / 6-7:30 p.m. / Ages: 8-15 / \$15

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

ARCHERY ACADEMY


Archery Academy is designed to take you from archery newbie to bullseye bound in four short weeks. Our instructors will provide you with basic archery instruction, educate participants on common archery equipment, and safe archery practices. You will spend lots of time shooting with plenty of opportunity to practice your newfound archery skills. We meet once a week for four weeks to review and practice skills, ending in an explosive conclusion! Both youth and adults are welcome. All equipment is provided.

MILTON J. WOMACK PARK

Feb. 8-29 / Thursday / \$40

6-7 p.m. / Ages: 8-15

7-8 p.m. / Ages: 16+

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

SUNSET PADDLE


Join us as we paddle into the beautiful south Louisiana sunset. This experience is perfect for youth and adults with little or abundant watercraft skills. Single and tandem kayaks are available to rent, but these spots go quickly so make sure to register in advance before the event is full.

MILFORD WAMPOLD MEMORIAL PARK

April 25 + May 9 + 23 / 6:30-8 p.m.

June 12 + 26 + July 10 + 24 / 7-8:30 p.m.

Ages: 12+ / \$10 single kayak / \$20 tandem kayak

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

KAYAKS + COFFEE

Looking for something more than your average cup of Joe to kickstart your morning routine? Try adding a little spice with Kayaks & Coffee, a fantastic blend of adventure and exercise to get you ready to face the day.

MILFORD WAMPOLD MEMORIAL PARK

April 23 + May 14 / 10 a.m.-noon / Ages: 18+

\$10 single kayak / \$20 tandem kayak

More info:  outdooradventure@brec.org


To register:  webtrac.brec.org

KAYAKING 101

A beginner to intermediate paddling class on a local BREC pond. You will be given the opportunity to explore paddling skills on dry land, before moving on to water to get a true feel for how kayaks handle in their natural environment. Instructors will coach participants on basic kayak handling, strokes, and techniques, and maneuvering skills to help you feel comfortable on the water in the kayak.

GREENWOOD COMMUNITY PARK

April 9 / 6-7 p.m. / Ages: 12+ / \$15

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

SUP 101

SUP bruh? We're stoked to be offering this SUP 101 course at Greenwood Community Park. So come hang with us as we take our stand-up paddle boards out on the Greenwood Lake. Let us help you get comfortable standing and paddling on the open water. All SUP equipment provided.

GREENWOOD COMMUNITY PARK

April 17 / 6-7 p.m. / Ages: 12+ / \$15

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

PICKLEBALL

INTERMEDIATE + ADVANCED PICKLEBALL

This is an open-play competition opportunity for intermediate and advanced pickleball players.

GREENWOOD COMMUNITY PARK TENNIS CENTER

Tuesdays + Thursdays / 5-9 p.m.

Ages: 18+ / \$5/person

FREE FRIDAYS PICKLEBALL/TENNIS PLAY

Free play for all levels.

GREENWOOD COMMUNITY PARK TENNIS CENTER

Fridays / 8 a.m.-noon / Ages: 18+

YOUTH PICKLEBALL CLINIC

This FREE clinic is for youth who want to learn the game of pickleball.

GREENWOOD COMMUNITY PARK TENNIS CENTER

May 18 / 9-11 a.m. / Ages: 6-17

TENNIS

ADULT PROGRAMS

TUESDAY NIGHT TENNIS

This on-going program is for players who are more consistent and can handle a faster pace. Focused drills as well as advanced technique and strategies. Walk-ins accepted.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

Tuesdays / 6:30-8 p.m. / Ages: 18+ / \$12/session

SUNDAY MORNING TENNIS

This on-going program is for players who are more consistent and can handle a faster pace. Focused drills as well as advanced technique and strategies. Walk-ins accepted.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

Sunday / 8:30-10 a.m. / Ages: 18+ / \$12/session

GENEXIS LEAGUE PREP FOR ADULT BEGINNERS


This program is for adult beginner players who want to improve their tennis skills in preparation to play league tennis.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

Jan. 8-29 (no class Jan. 15) + Feb. 5-26 + March 4-25 + April 8-29 + May 6-27 + June 3-24 + July 8-29

Monday / 7:30-8:30 p.m. / Ages: 18+

For monthly + daily rates:  brec.org/tennis

To register:  webtrac.brec.org  225-343-3767

 Indicates Volunteer Opportunity

BEGINNER ADULT INSTRUCTION

This four-week program for beginners introduces and reinforces fundamental tennis techniques. Walk-ins accepted. Day of the week must be chosen prior to registering for class.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Monday or Wednesday / Jan.-May

Tuesday or Thursday / June + July

6-7 p.m. / Ages: 18+

For monthly + session rates: [brec.org/tennis](https://www.brec.org/tennis)

To register: [webtrac.brec.org](https://www.webtrac.brec.org) 225-766-0247

SHOW UP + PLAY

INTERMEDIATE ADULT ROUND ROBIN

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Wednesday / Jan. 3-May 29

Thursday / June 6-July 25

7-8:30 p.m. / Ages: 18+ / Cost of court fees

STROKES, STRATEGY + PLAY

FOR ADULT INTERMEDIATES

This four-week program reinforces stroke development, conditioning, and strategies for adult intermediate players. Walk-ins accepted.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Monday / Jan. 8-29 + Feb. 5-26 + March 4-25 +

April 8-29 + May 6-27

Tuesday / June 4-25 + July 9-30

7-8 p.m. / Ages: 18+ / \$40

To register: [webtrac.brec.org](https://www.webtrac.brec.org) 225-766-0247

INTERMEDIATE ADULT TENNIS CLINIC

This four-week program is for adults who want to fine-tune their game.

INDEPENDENCE COMMUNITY PARK TENNIS CENTER

Feb. 5-26 + March 4-25 + April 8-29 + May 6-27 +

June 3-24 + July 8-29

Monday / 6-7:30 p.m. / Ages: 18+ / \$50

To register: [webtrac.brec.org](https://www.webtrac.brec.org) 225-923-2792

Registration deadline: Friday before session

BEGINNER ADULT TENNIS CLINIC

This four-week program is for adults who want to learn the fundamentals of the game.

INDEPENDENCE COMMUNITY PARK TENNIS CENTER

Feb. 7-28 + March 6-27 + April 3-24 + May 1-22 +

June 5-26 + July 10-31

Wednesday / 6-7:30 p.m. / Ages: 18+ / \$50

To register: [webtrac.brec.org](https://www.webtrac.brec.org) 225-923-2792

Registration deadline: Friday before session

YOUTH PROGRAMS

OPEN HOUSE SERIES FOR JUNIORS

Kids come out and learn to play tennis. Racquets provided. Please bring a water bottle and dress to sweat.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

Saturdays

Ages: 6-10 / 8:30-9:30 a.m.

Ages: 11-17 / 9:30-10:30 a.m.

\$2/class

HOME-SCHOOL TENNIS PROGRAM

A six-week program designed especially for home-schooled children. Program includes drills, games, and tennis knowledge.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

Jan. 10-Feb. 14 + Feb. 21-March 27

Wednesday / 1-2:30 p.m. / Ages: 5-17 / \$70/session

To register: [webtrac.brec.org](https://www.webtrac.brec.org) 225-343-3767

PEE WEE CHAMPS

This four-week program is designed to help your child develop motor skills, hand-eye coordination, overall athleticism, and fundamental tennis strokes.

CAPITAL ONE TENNIS CENTER AT

CITY-BROOKS COMMUNITY PARK

March 1-22 / Friday / 3:45-4:30 p.m.

Ages: 3-6 / \$55

To register: [webtrac.brec.org](https://www.webtrac.brec.org) 225-343-3767

HIGHLAND PARK JUNIOR TENNIS ACADEMY

This is a continuous year-round program. Beginner level (red ball) is only offered monthly. Skill levels for beginner, intermediate, and advanced (orange/green dot/yellow balls) are separated into semesters. 10% discount off semester rate if registered by Dec. 18, 2023. May is a two-week session. Online registration is not available.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Jan. 4-May 16

Minnows: Beginner skill level participants (red ball).

Only monthly rates offered.

Ages: 5-8 / Monday + Wednesday / 4:30-5:30 p.m.

Guppies: Beginner and intermediate skill level

participants (orange and green dot balls) must have taken Minnows or have Academy Director approval.

Ages: 8+ / Monday-Thursday / 4:30-6 p.m.

Sharks: Intermediate and advanced skill level

participants (yellow ball). Participants must have taken Guppies or have Academy Director approval.

Ages: 9-17 / Monday-Thursday / 5:30-7 p.m.

For monthly + session rates: [brec.org/tennis](https://www.brec.org/tennis)

More info + to register: 225-766-0247 / On-Site

Registration Deadline: 24 hours prior to class. Same day walk-ins will not be accepted.





PEE WEE PROGRAM

This four-week program consists of 45-minute classes designed to introduce the game of tennis to younger children. Help your child develop motor skills, hand-eye coordination, overall athleticism, and fundamental tennis strokes. Fun is guaranteed!

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Feb. 3-March 2 + March 9-April 6 + April 13-May 4
Saturday / 9:15-10 a.m. + 10:15-11 a.m.

Ages: 3-5 / \$40/session

To register: webtrac.brec.org ☎ 225-766-0247

Registration deadline: Thursday before session begins

JUNIOR BEGINNER INSTRUCTION

This four-week program introduces and reinforces fundamental tennis techniques. Walk-ins accepted.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Feb. 6-27 + March 5-26 + April 9-30 + May 7-28

Tuesday / 5-6 p.m. / Ages: 8-17 / \$40

To register: webtrac.brec.org ☎ 225-766-0247

JUNIOR ADVANCED BEGINNER INSTRUCTION

This four-week program reinforces fundamental tennis techniques, stroke development, and conditioning for advanced beginners. Walk-ins accepted.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Feb. 7-28 + March 6-27 + April 10-May 1 + May 8-29

Wednesday / 5-6 p.m. / Ages: 8-17 / \$40

To register: webtrac.brec.org ☎ 225-766-0247

SUMMER JUNIOR TENNIS ACADEMY

Two four-week sessions. Skill levels include beginner, advanced, and intermediate. No drop-ins. Space is limited.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

May 27-June 19 + July 15-Aug. 7

Monday + Wednesday / 6-7:30 p.m. / Ages 5-17

For monthly rates: brec.org/tennis

To register: ☎ 225-766-0247

NATIONAL JUNIOR TENNIS LEAGUE (NJTL)

Six-week program to introduce the game of tennis to children.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

June 3-July 10 / Monday + Wednesday

Ages: 8-18 / \$50

All levels: 6-7:30 p.m.

Intermediate: 7:30-9 p.m.

To register: webtrac.brec.org ☎ 225-766-0247

HOME-SCHOOL TENNIS PROGRAM

This six-week program is designed especially for home-schooled children. Participants will learn about the game of tennis in a fun learning environment. Program includes drills, games, and tennis knowledge.

INDEPENDENCE COMMUNITY PARK TENNIS CENTER

Jan. 11-Feb. 15 + Feb. 22-March 28

Thursday / 1:30-3 p.m. / Ages: 6-17 / \$70

To register: webtrac.brec.org ☎ 225-923-2792

Registration deadline: Friday before session

PEE WEE TENNIS PROGRAM

This six-week program is designed especially for children between the ages of 3-6. Program includes drills, games, and tennis knowledge.

INDEPENDENCE COMMUNITY PARK TENNIS CENTER

Jan. 11-Feb. 15 + Feb. 22-March 28

Thursday / 1:30-2:15 p.m. / Ages: 3-6 / \$50

To register: webtrac.brec.org ☎ 225-923-2792

Registration deadline: Friday before session

LEAGUES

ADULT LEAGUES

WEEKDAY ADULT MEN'S SOFTBALL

BREC Athletics offers Winter and Spring Weekday Men's Softball Leagues. Weekday Men's Softball League registrations are accepted online and/or contact athletics@brec.org

HARTLEY/VEY SPORTS PARK (OAK VILLA)

Monday + Tuesday + Wednesday / 6:30-10 p.m.

Ages: 18+ / \$395 per team

Winter League: Feb. 19-Mar. 21 / 8-10 Game Season

Winter Registration Period: Jan. 1-31

Spring League: May 13-June 26 / 8-10 Game Season

Spring Registration Period: April 1-30

More info: athletics@brec.org

☎ 225-272-9200 EXT 1403

SUNDAY ADULT COED SOFTBALL

BREC Athletics offers Winter and Spring Adult Coed Sunday Softball Leagues. Sunday Softball League registrations are accepted online and/or contact athletics@brec.org

PERKINS ROAD COMMUNITY PARK

Sunday / 1-6 p.m. / Ages: 18+ / \$395 per team

Winter League: Feb. 11-April 28 / 8-10 Game Season

Winter Registration Period: Jan. 1-31

Spring League: May 12- July 28 / 8-10 Game Season

Spring Registration Period: April 1-30

More info: athletics@brec.org

☎ 225-272-9200 EXT 1403

ADULT COED VOLLEYBALL OPEN GYM

Serve up some fun with a BREC Adult Volleyball Open Gym. Enjoy Tuesday and Thursday evening pick-up games during our Adult Coed Volleyball Open Gym. Participants will play on Tuesdays and Thursdays for six (6) weeks. Pre-registration is required. If you want to play the whole season, you may register for all sessions. Experience is not necessary. Winter sessions will be indoors, and Spring session will be on Sand Courts. Play with friends and challenge yourself to stay active with BREC Athletics. Adult Volleyball registrations are accepted online and/or contact athletics@brec.org. *BREC will need a minimum of 24 participants each session to host this event.

KATHY DRIVE PARK

Tuesday + Thursday / 8-10 p.m.

Ages: 18+ / \$20 per player per session

Winter Indoor Volleyball

Session 1: Feb. 20-22

Session 2: Feb. 27-29

Session 3: March 12-14

Session 4: March 19-21

Session 5: March 26-28

Session 6: April 2-4

Winter Indoor Registration Period: Jan. 1-31

Spring Sand Volleyball

Session 1: May 14-16

Session 2: May 21-23

Session 3: May 28-30

Session 4: June 4-6

Session 5: June 11-13

Session 6: June 18-20

Spring Sand Registration Period: April 1-30

More info: athletics@brec.org

☎ 225-272-9200 EXT 1585

WEEKDAY ADULT BASKETBALL

Join an adult basketball league with BREC. Play with friends and challenge yourself to stay active with BREC Athletics. Experience necessary. Adult Basketball registrations are accepted online and/or contact athletics@brec.org.

VARIOUS LOCATIONS

Monday + Wednesday / 8-10 p.m.

Ages: 18+ / \$425 per team

Winter League: Feb. 19-March 27 / 8-10 Games

Winter Registration Period: Jan. 1-31

Spring League: May 13-June 26 / 8-10 Games

Spring Registration Period: April 1-30

More info: athletics@brec.org

☎ 225-272-9200 EXT 1137

MEN OVER 40 BASKETBALL OPEN GYM

Still love the game, still want to play? Join BREC for our Men Over 40 Basketball Open gym. Tuesday and Thursday evenings come play some pick-up games with older players. Participants will play on bi-weekly for six (6) weeks. Pre-registration is required. If you want to play the whole season, you may register for all sessions. Experience is not necessary. Play with friends and challenge yourself to stay active with BREC Athletics. Adult Basketball registrations are accepted online and/or contact athletics@brec.org. *BREC will need a minimum of 24 participants each session to host this event.

VARIOUS LOCATIONS

Tuesday + Thursday / 7-10 p.m.

Ages: 18+ / \$20 per player per session

Session 1: May 14-16

Session 2: May 21-23

Session 3: May 28-30

Session 4: June 4-6

Session 5: June 11-13

Session 6: June 18-20

Spring Registration Period: April 1-30

More info: athletics@brec.org

☎ 225-272-9200 EXT 1137



SUNDAY ADULT 7V7 FLAG FOOTBALL

7 v 7 Flag Football at BREC cannot be beat for good times and a competitive atmosphere. Join your friends for a fun recreational and competitive league at BREC!

KATHY DRIVE PARK + FLANNERY ROAD PARK

Sunday / 1-6 p.m. / Ages: 18+ / \$395 per team

Winter League: Feb. 11-April 28 / 8-10 Games

Winter Registration Period: Jan. 1-31

Spring League: May 12-July 28 / 8-10 Games

Spring Registration Period: April 1-30

More info:  athletics@brec.org

 225-272-9200 EXT 1585

YOUTH LEAGUES

YOUTH BASKETBALL OF BATON ROUGE

YOUTH GIRL'S DEVELOPMENTAL PROGRAM

BREC Youth Girl's Developmental Program will be a recreational instructional league mixed with skill development training. Girls in 2nd to 7th grade will learn fundamental basketball skills, while competing in a fun & supportive environment. Program cost includes a jersey for league play. Volunteers will be needed!!!

SPORTS ACADEMY + MCKINLEY MIDDLE SCHOOL GYM

Monday / Grades: 3-8 / \$75

League Play: May 6-June 24 / Registration: April 1-30

League Groups -

Sophomore: Third + Fourth Grade

Junior: Fifth + Sixth Grade

Senior: Seventh + Eighth Grade

BREC T-BALL

BREC Athletics offers a spring/summer youth t-ball season, Little Sluggers, for youth grades Pre-K to Kindergarten. Our mission is to ensure that each participant registered for our program has a safe, fun, and enriching experience with baseball.

HARTLEY/VEY SPORTS PARK (OAK VILLA)

Monday + Wednesday / 6:40-9:40 p.m. / 8-10 Games

Ages: 4-5 / \$350

Spring/Summer League: May 15-July 5

Registration: April 1-30

BREC COACHES PITCH

BREC Athletics offers a spring/summer youth coach pitch season, the Minor League Division, for youth grades 1st and 2nd. Our mission is to ensure that each participant registered for our program has a safe, fun, and enriching experience with baseball.

HARTLEY/VEY SPORTS PARK (OAK VILLA)

Monday + Wednesday / 6:40-9:40 p.m. / 8-10 Games

Grades: 1-2 / \$350

Spring/Summer League: May 16-July 6

Registration: April 1-30


BREC KID PITCH


Powered by: Louisiana Youth Sports Network


BREC Athletics and LYSN will offer spring/summer youth kid pitch season. Our mission is to ensure that each participant registered for our program has a safe, fun, and enriching experience with baseball.

HARTLEY/VEY SPORTS PARK (OAK VILLA)

May-July / 6:40-9:40 p.m. / Ages: 8-17

More info:  info@LouisianaYouthBaseball.com

 1-888-774-3668

To register:  gameguardiansystems.net

Kid Pitch Division(s)

10U - Any player who has not reached his or her 11th birthday on or before May 1, 2024, is eligible to play.

12U - Any player who has not reached his or her 13th birthday on or before May 1, 2024, is eligible to play.

15U - Any player who has not reached his or her 16th birthday on or before May 1, 2024, is eligible to play.

18U - Any player who has not reached his or her 19th birthday on or before May 1, 2024, is eligible to play

YOUTH BASEBALL OF BATON ROUGE

YOUTH GIRL'S DEVELOPMENTAL PROGRAM

BREC Youth Girl's Softball Developmental Program will be a recreational instructional league with skill development training. Girls in grades 2nd to 7th will learn fundamental softball skills, while competing in a fun & supportive environment. Program cost includes jersey for league play. Volunteers will be needed!!!

HARTLEY/VEY SPORTS PARK (OAK VILLA)

Tuesday + Thursday / 6:40-9:40 p.m.

Ages: 7-12 / \$75

League Play: May-July

Registration: April 1-30

League/Skill Training Offered Spring/Summer Leagues

Sophomore: Third + Fourth Grade

Junior: Fifth + Sixth Grade

Senior: Seventh + Eighth Grade



ARTS + CULTURE

 BREC.ORG/ARTSANDCULTURE

Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

EVENTS

SWAMP ART RECEPTIONS

Are you one of our participating artists or would you like to meet them and share your appreciation for their work? If so, please join us for one of our receptions in association with our Swamp Art Spectacular show. Light refreshments provided.

BLUEBONNET SWAMP NATURE CENTER

Swamp Art Soiree


Jan. 11 / 5:30-7:30 p.m. / Ages: 18+

Meet the Artists Closing Reception

Feb. 25 / 2:30-4:30 p.m.

Ages: All ages / Participating artists are free

More info:  swampevents@brec.org

 225-757-8905


SWAMP ART SPECTACULAR

Join us for our 5th Annual Swamp Art Spectacular, featuring work from local artists in the fields of Fabric Arts, Fine Arts and Photography – focusing on the theme “Impressions of Louisiana Nature.” Come visit during the exhibition and vote on your favorite piece in both the youth and adult categories – winners will receive a prize at the end of the show!

BLUEBONNET SWAMP NATURE CENTER

Jan. 12-Feb. 25 / Regular operating hours

More info:  swampevents@brec.org


 225-757-8905

IPT BLACK HISTORY CELEBRATION

This extraordinary event promises to be a celebration of African American culture, heritage, and achievement like no other. Independence Park Theatre will come alive with a dazzling array of talents that feature performances that span the spectrum of art and theatre – from soul-stirring gospel choirs to electrifying dance ensembles, to thought-provoking spoken word poetry and gripping historical reenactments. You and your family won't want to miss out on this Black History Celebration!

INDEPENDENCE EVENT CENTER

Feb. 10 / 10 a.m.-3 p.m.

More info:  theparktheatre.com/events

TEA FOR TWO

This specialized class is designed for a grown up and tween or teen. The pair will spend the morning creating tea-cup prints using bottled ink and calligraphy pens. This unique class is a great way to spend time with the tween or teen in your life by being creative! Tea, lemonade, cookies and crumpets will be served!

BARINGER ART CENTER

Feb. 17 / 10-11:30 a.m. / Ages: 12+ / \$40

To register:  webtrac.brec.org

More info:  robin.mcandrew@brec.org

 225-272-9200 EXT 1505

2ND ANNUAL ARTS FEST @ BARINGER

This family fun fest will be held at BREC's Baringer Art Center. Join BREC Art for a morning of cool art demos, projects for young artists, puppy sketching, BREC on the Geaux, music, art vendors, installations and much more! Meet our staff, tour the Baringer Art Center, make friends with an artist and fill your morning with creative ideas, great art and a few surprises!

BARINGER ART CENTER

April 13 / 10 a.m.- 1 p.m.

More info:  robin.mcandrew@brec.org

 225-272-9200 EXT 1505

LET'S GEAX TIE DYE

Let's learn the basic art of tie dye! Join us to create your own colorful pieces. Bring your shirt, bag, hat or anything you would like to tie dye.

JEFFERSON HIGHWAY PARK

April 13 / noon-2 p.m. / Ages: 3+

More info:  jeremy.isaac@brec.org / 225-960-2991

To register:  webtrac.brec.org

INTERNATIONAL MUSEUM DAY

Magnolia Mound joins with other worldwide museums in observing the importance and cultural significance of museums. Special Exhibits and tours highlighting the work of the museum will be offered. Free admission.

MAGNOLIA MOUND

May 18 / 10 a.m.-5 p.m.

More info:  225-343-4955

BADDIES WHO BRUNCH

They're back! And this time with two performances! Get your besties and baddies together to join our Baddies Who Brunch. High energy performances, amazing food and of course MIMOSAS! We hope that you join us and become part of the party!

INDEPENDENCE EVENT CENTER

June 15 + 16

Doors: 10 a.m. / Show: 11 a.m.-1 p.m. / Ages: 18+

Tickets: \$35 (includes Table Seating + Brunch + Bottomless Mimosas)

More info: independencetheatre.com/events

PROGRAMS

POP UP ART

Are you ready to relax, refresh and do creative art? Join us for Pop-Up Art under the pavilion. Express your personality and create your own unique masterpieces. Art expands your critical-thinking skills and creativity.

HIGHLAND ROAD COMMUNITY PARK

Every Friday / Jan. 5-April 26 / 11 a.m.-noon

Ages: 2+

More info: lashawna.lindsey@brec.org

☎ 225-767-4003

To register: brec.org/popupart

ART IMAGINATION

Find all the things that you love the most about art and let your imagination run wild. Participants will create arts and crafts projects while enjoying soft music.

MILLS AVENUE PARK + MONTE SANO PARK

Wednesday / Jan. 10-May 20 / 5-6 p.m. / Ages: 6+

More info: vsavage@brec.org ☎ 225-775-1707

To register: webtrac.brec.org

PRIVATE MUSIC LESSONS WITH KIDS' ORCHESTRA

Interested in learning a musical instrument? Kids' Orchestra in partnership with BREC can help! In each thirty-minute private lesson, students will have one-on-one instruction with a professional musician on their instrument, allowing students to advance at their own pace. Lessons are available on flute, clarinet, trumpet, trombone, tuba, percussion, violin, viola, cello, and double bass at the locations and days listed below. Lessons come in packages of 12 or 24 during the school year and 4 or 8 during the summer. The cost is \$35 per lesson and includes an instrument, a performance shirt, and performance opportunities.

BAKER RECREATION CENTER – Wednesday

GUS YOUNG AVENUE PARK – Thursday

ZACHARY COMMUNITY PARK — Tuesday + Thursday

Year-Round / 4-8 p.m. / Ages: 7+ / \$35 per lesson

To register: kidsorchestra.org/private-lessons/

FIRST FREE SUNDAYS

Free self-guided and highlight tours will be offered on the first Sunday of each month.

Black History Month Feb. 4 / 1-4 p.m.

Special "back of the big house" self-guided tours will be offered focusing on the lives of the enslaved community. A walking trail will feature the lives of early African American East Baton Rouge pioneers in business, law, medicine, education, and religion. Event continues throughout the month.

Women's History Month March 3 / 2 p.m.

Experience Magnolia Mound through the eyes of women who lived on the property. A 45-minute presentation will feature the lives of women that feature in the history of Magnolia Mound, beginning with the early colonial period to the women who led the preservation effort to create a historic house museum at Magnolia Mound.

A Long Hot Summer: Louisiana Summers Before Air Conditioning May 5 / 2 p.m.

Learn about how early Louisianians kept cool before the invention of air conditioning. Special tours will highlight how nature, architecture, and custom-created "cooler" spaces before electricity. The house museum will be transformed into "summer dress" to help illustrate the ways in which people work to adapt to Louisiana's climate.

Finding Your family's Juneteenth Story

June 2 / 2 p.m.

In honor of Juneteenth, Magnolia Mound offers a short, workshop on the basics of genealogy, specifically focusing on the African American experience in Louisiana. The study of one's family helps connect a family's story to the larger story of Louisiana and America. Come learn from a professional how to discover your family's story.

MAGNOLIA MOUND

Jan. 7 + Feb. 4 + March 3 + April 7 + May 5 + June 2

+ July 7 / Regular operating hours

More info: ☎ 225-343-4955

SWAMP FIELD DAY WEEKEND

Those interested in working on entry pieces for upcoming Swamp Art Spectacular shows can visit the swamp on these days for inspiration (FOR FREE!). Whether your gear includes canvases or cameras, come out and enjoy this paint-out and field-shoot day. Bring your own supplies – we'll provide workspace indoors and out for you to create your masterpieces!

BLUEBONNET SWAMP NATURE CENTER

April 20-21 / Regular operating hours

More info: swampevents@brec.org

☎ 225-757-8905

CRAFT CORNER AT THE SWAMP

Looking to express yourself through some nature-themed crafts while enjoying the sights and sounds of the Swamp? Join us quarterly as we host Craft Corner and provide a variety of fun and interactive crafts for you to complete with us or take home to work on at your leisure. This program is included with your general admission.

BLUEBONNET SWAMP NATURE CENTER

Jan. 19-20 + April 5-6 + July 12-13 / 9 a.m.-5 p.m.

More info: sguidry@brec.org ☎ 225-757-8905

YOUTH ART PROGRAMS

SATURDAY MORNING STUDIO: LITERARY TWISTS!

This spring Saturday Morning Studio will revisit legendary folk and fairy tales that contain good advice and may even teach us a life lesson! Each month we will read and discuss a childhood tale and then create an art piece representing the story.

Jaboti Jan. 27

Join us for a morning of learning about shapes and warm and cool colors inspired by the text and illustrations in Gerald McDermott's book, *Jaboti*. We will paint our interpretation of Jaboti the turtle who teaches us everyone is individually unique.

The Lion and the Mouse Feb. 17

This month we will be inspired by Aesop's fable, *The Lion and The Mouse*, using Jerry Pinkney's wordless picture book. While discussing proportions and the use of lines we will create lions and a mouse using pencil and watercolor. Remember, there is no one so small they can't help someone bigger!

The Grasshopper and the Ant March 9

Work before play will be our "lesson" this month. We will learn about creating sequence and telling the story through pictures as we draw the characters from the story, *The Grasshopper and The Ant*, from different scenes inspired by Aesop's fable.

After the Fall April 20

After the Fall makes us contemplate what might have happened to Humpty Dumpty after his famous tumble. Inspired by text and illustrations in Dan Santa's book we will create a 3-D mixed media Humpty and discuss his fear, anxiety, perseverance and, finally, his transformation.

MILTON J. WOMACK PARK

10:30 a.m.-noon / Ages: 8-12 / \$12

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

225-272-9200 EXT 1505

STUDIO 3, 4, 5

It's never too early to begin art! This class will introduce grown-up and child, to the very basics of art thorough games, introduction to brush work, watercolors, mixed media and lessons on lines, shapes and color. (Grown-Up must remain with participant during class.)

Lesson I : The Hungry Caterpillar

Collage using simple shapes

Lesson II: Saturday

Creating a puppet

Lesson III: Russell the Sheep

Learning about pattern

Lesson IV: Acoustic Rooster

Creating a 3-D sculpture

BARINGER ART CENTER

April 9 + 16 + 23 + 30 / 9:30-10:30 a.m.

Ages: 3-5 / \$40 for in parish residents

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

225-272-9200 EXT 1505

LITTLE PICASSO'S

Young artists will explore and create visual art by using the elements of fine art through fun, artistic projects.

Lesson I: Color Monster

After reading and discussing *The Color Monster* by Anna Ileanas students will create a Monster about how they are feeling that day using pencils, crayons, cardstock and scissors.

Lesson II: Big Words

For this lesson students will choose and illustrate a word after reading *Big Words for Little Geniuses* by Susan and James Patterson. Students would then draw and paint their favorite toy.

Lesson III: Dig a Hole

This week we will join Sam and Dave as they embark on a journey to find something spectacular. What will they find?! After reading and discussing the book, *Sam and Dave Dig a Hole* by Mac Barnett, students will create a collage of their own hole digging journey.

Lesson IV: Let's Draw!

This week we will have a draw-along using pencils, markers, and pastels. Students will learn when and how to use each medium while following along to draw a variety of fun and unique subjects.

BARINGER ART CENTER

Feb 27 + March 5 + 12 + 19 / 4:30-5:30 p.m.

Ages: 5-7 / \$40 per month

ZACHARY COMMUNITY PARK

April 9 + 16 + 23 + 30 / 4:30-5:30 p.m.

Ages: 5-7 / \$40 per month

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

225-272-9200 EXT 1505

LOOSE ENDS

Let BREC Art help with the mid-week slump! Both Baringer Art Center and Zachary Community Park will open its doors to the creative world of art! Music, artsy games, art chats and visual art will be part of this on-going series. Must register for each class separately.

BARINGER ART CENTER

Feb. 8 + 15 + 22 + 29 + March 7

4:30-5:30 p.m. / Ages 8-12 / \$5 per class

ZACHARY COMMUNITY PARK

March 13 + 20 + 27 + April 10 + 17 + 24

4:30-5:30 p.m. / Ages 8-12 / \$5 per class

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

225-272-9200 EXT 1505



ADULT ART PROGRAMS

BREC's Baringer Art Center is offering art workshops for adults who prefer a one-time class as opposed to the number of weeks committed for an ongoing class. All supplies provided.

MUDDY BUDDIES: WHEEL THROWING

This class will allow participants to use a potter's wheel to learn how to make basic shapes used in all pottery: the cylinder and the bowl. With these two shapes, participants will then create, and design mugs and bowls limited only by their imagination! This class will also explore trimming and glazing. Please register as adult only online.

DRUSILLA LANE PARK

Session I: Feb. 20 + 27 + March 5 + 12 + 19 + 26

Session II: Feb. 22 + 29 + March 7 + 14 + 21 + 28

Session III: April 9 + 16 + 23 + 30 + May 7 + 14

6-8 p.m. / Ages: 16+ / \$200 per participant

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

📞 225-272-9200 EXT 1505

MUDDY BUDDIES: HAND BUILDING

This class will explore the fun of hand building art and practical design by building on basic shapes and learning how to "slip and score" and glaze. Please register as adult only online.

DRUSILLA LANE PARK

April 11 + 18 + 25 + May 2

6-8 p.m. / Ages: 16+ / \$150

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

📞 225-272-9200 EXT 1505

ART UNWINED

Tired of the same ol' paint and drink?! If so, then check out BREC's adult-only, fun and creative grown-up creative time outs. Each of these classes are designed to encourage and inspire while enjoying beverages and nibbles. All art supplies, nibbles and adult (or not) beverages included. Great for friend get-togethers, bridal parties, corporate team building or just making new friends! Private ART UnWined bookings are also available.

DRUSILLA LANE PARK

March 8: Mud for Two!

Grab your partner, your BFF, your parent, sibling, cousin, uncle, granny...and join us for a night of muddy fun! During this Art UnWined, duos will take turns learning wheel basics and then glazing a bisque piece of their choice – a mug, plate, vase, or small creature! Wine, beer, and nibbles will be provided. Please register as adult only online.

6:30- 8:30 p.m. / Ages: 21+ / \$40 per person

BARINGER ART CENTER

April 26: Costumed Figure Drawing

For this Art UnWined participants will sketch and draw a live, clothed, model. The model will pose for one minute gesture drawings, followed by longer poses of 25 minutes. Participants should bring their own drawing materials and sketch pad or paper. Anything goes! Graphite, charcoal, paints or mixed media materials are all welcome in this "artist's choice" class. Participants will have the freedom to explore and create on their own. There will be a timekeeper for the poses, but the evening is self-guided. Wine, Champagne, and nibbles will be provided. Please register as adult only online.

6:30-8:30 p.m. / Ages: 21+ / \$35 per person

To register: webtrac.brec.org

More info: robin.mcandrew@brec.org

📞 225-272-9200 EXT 1505



\$5 FODDER


Join Holly Stone-Barker, artist and illustrator, each Friday in February for a lesson in watercolor, collage, stamp making and ink prints. Lessons are not repeated and preferred journals are suggested.

BARINGER ART CENTER

Feb. 2 + 9 + 16 + 23 / 9:30-11 a.m. / Ages: 16+
\$5 per class

To register:  webtrac.brec.org

More info:  robin.mcandrew@brec.org

 225-272-9200 EXT 1505

MONDAY MORNING ART

In March, artist and illustrator, Holly Stone-Barker will teach 4 separate art classes. Any level of participant is welcome. All supplies are included. These stand-alone classes are a bargain! Please note you must register for each class separately

Drawing + Sketching March 4

Gel Plate Printing March 11

Painting with Watercolor March 18


Exploring Color with Gouache March 25

BARINGER ART CENTER

March 4 + 11 + 18 + 25 / 9:30-11:30 a.m.

Ages: 16+ / \$10 per class

To register:  webtrac.brec.org

More info:  robin.mcandrew@brec.org

 225-272-9200 EXT 1505

OPEN STUDIO

Join us, to learn basics or get helpful tips about your own pieces. This is not a class but a space to work on your art and get advice and tips from professional artist, Holly Stone-Barker. We will have basic supplies for use. Only out-of-parish residents must register for this studio.


BARINGER ART CENTER

March 8 + 15 + 22 + April 12 + 19 / 9:30-11:00 a.m.

Ages: 16+

To register:  webtrac.brec.org

More info:  robin.mcandrew@brec.org

 225-272-9200 EXT 1505

DANCE

DANCE + TECHNIQUE WORKSHOP

Join us for an unforgettable Dance Program Workshop tailored for talented dancers. This intensive event offers four days of skill refinement, artistic exploration, and collaboration with renowned instructors. The workshop culminates in a spectacular event on the final day, showcasing the participants' creativity and talent.

INDEPENDENCE PARK THEATRE

Jan. 2-5 / 9 a.m.-5 p.m. / Ages: 12-17 / \$100

More info:  theparktheatre.com

DANCE

Participants learn a series of modern dance including ballet, jazz, hip-hop and tap techniques. This program provides a recital where students showcase their dance abilities. Routines focus on technical skills and dance ability in one-hour class segments per age groups. Parents are required to purchase recital costumes.

T.D. BICKHAM PARK

Tuesday + Thursday / Oct. 10-May 23 / 6:30-8 p.m.

\$25 (Ages: 3-5) / \$35 (Ages: 6+)


To register:  webtrac.brec.org


ADULTS WITH MOTION

Want to learn how to dance for your next family gathering? This program will teach you the basic line dances and old school hip hop. It is open to all levels of dance skills. Bring your moves and come join us to get your groove on. A recital will be held at the end of the program to show off dance routines learned.

PERKINS ROAD COMMUNITY PARK

Jan. 8-April 8 / 6-7 p.m. / Ages: 18+ / \$22 per mth

More info:  lashawna.lindsey@brec.org

 225-766-5209

To register:  webtrac.brec.org

ART IN MOTION

Want to learn how to dance? This program will teach you the basics of the genres of jazz, tap, ballet and hip hop. It is open to all levels of dance skills. Bring your moves and come join us to get your groove on. A recital will be held at the end of the program to show off dance routines learned.

Tuesday / Jan. 9-April 13

PERKINS ROAD COMMUNITY PARK

5:30-6:30 p.m. (Ages: 6-9)

6:30-7:30 p.m. (Ages: 10-15)


INDEPENDENCE COMMUNITY PARK


5-6 p.m. (Ages: 3-5)

6-7 p.m. (Ages: 6-9)

7-8 p.m. (Ages: 10-17)

\$22 per month

More info:  225-766-5209 (Perkins)

 225-928-7860 (Independence)

To register:  webtrac.brec.org

HIP HOP / MAJORETTES DANCE

Dance to the moon and reach for the stars. Majorettes Dance also known as HBCU Dance includes 8 counts dance struts and jumps inspired by the clean and crisp technique of jazz and the energy and attitude of hip hop.

EXXON MOBIL YMCA AT HOWELL PLACE GYM

Wednesday / Jan. 17-April 18 / 6:30-8 p.m.

Ages: 6-16 / \$22 per month

More info:  vselva@brec.org  225-775-1707

To register:  webtrac.brec.org

HEALTH + WELLNESS

 BREC.ORG/HEALTHANDWELLNESS

Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

EVENTS

H.I.I.T (HIGH-INTENSITY INTERVAL TRAINING)

Are you ready to learn how to turn up the intensity of your exercise routine by moving your body in different ways? HIIT is a type of interval training exercise. It incorporates several timed rounds that alternate between high intensity movements to significantly increase your heart rate to at least 80% of your maximum heart rate, followed by short periods of lower intensity exercises.

HIGHLAND ROAD COMMUNITY PARK Jan. 27

JEFFERSON HIGHWAY PARK Feb. 24

FOREST COMMUNITY PARK March 30

ANNA T. JORDAN COMMUNITY PARK April 27

ZACHARY COMMUNITY PARK May 18

10:30-11:30 a.m. / Ages: 16+

More info:  breconthegeaux@brec.org

To register:  brec.org/HIIT

FLEX BODY AND STRETCH

Start the year right with learning how to strengthen your body followed by stretching exercises! This beginner friendly class will show you how to use your body-weight to build muscle followed by proper stretching techniques to help you to increase your flexibility and range motion.

HIGHLAND ROAD COMMUNITY PARK Jan. 10

JEFFERSON HIGHWAY PARK Feb. 7

FOREST COMMUNITY PARK March 13

ANNA T. JORDAN COMMUNITY April 10

ZACHARY COMMUNITY PARK May 8

5:30-6:30 p.m. / Ages: 16+

More info:  breconthegeaux@brec.org

To register:  brec.org/FlexBodyandStretch

VIBIN' YOGA

Vibing yoga combines traditional yoga techniques with the rhythms and flows of hip-hop music. This workout combines elements of yoga and trapeze arts, that creates a full-body workout with a healthy dose of fun. Vibing Yoga may be the new start you are looking for. Come in and embrace a new journey of self-discovery, strengthening your personal yoga practice and learning a new skill. All classes will now be followed by an hour of Power Up Yoga.

HIGHLAND ROAD COMMUNITY PARK

Jan. 4 + 18 / 6-7 p.m. + Jan. 27 / 8:30-9:30 a.m.

JEFFERSON HIGHWAY PARK

Feb. 1 + 15 / 6-7 p.m. + Feb. 24 / 8:30-9:30 a.m.

FOREST COMMUNITY PARK

March 7 + 21 / 6-7 p.m. + March 30 / 8:30-9:30 a.m.

INDEPENDENCE BOTANIC GARDENS LAWN


April 4 + 18 / 6-7 p.m. + April 27 / 8:30-9:30 a.m.

GOODWOOD PARK

May 2 / 6-7 p.m. + May 18 / 8:30-9:30 a.m.

Ages: 18+

More info:  breconthegeaux@brec.org

To register:  brec.org/vibingyoga

POWER UP YOGA

Now let's take it to the next step and Power Up to it. Power Yoga is this style combines the athletics of Ashtanga with the flow of Vinyasa. Power yoga practice can include almost any yoga pose, put together in sequences designed to build strength and endurance.

HIGHLAND ROAD COMMUNITY PARK

Jan. 4 + 18 / 7-8 p.m. + Jan. 27 / 9:30-10:30 a.m.

JEFFERSON HIGHWAY PARK

Feb. 1 + 15 / 7-8 p.m. + Feb. 24 / 9:30-10:30 a.m.

FOREST COMMUNITY PARK

March 7 + 21 / 7-8 p.m.

March 30 / 9:30-10:30 a.m.

INDEPENDENCE BOTANIC GARDENS LAWN

April 4 + 18 / 7-8 p.m. + April 27 / 9:30-10:30 a.m.

GOODWOOD PARK

May 2 / 6-7 p.m. + May 18 / 9:30-10:30 a.m.

Ages: 16+

More info:  breconthegeaux@brec.org

To register:  brec.org/PowerUpYoga



MINDFUL BALANCE ESCAPE

Inhale, exhale and come join us for some self-care love to yourself. There will be vendors, instructors, and health foods to help you along your journey of caring for your body. Join Brec on the Geaux for relaxing, good time.

NORTH SHERWOOD COMMUNITY PARK

May 25 / 10 a.m.-1 p.m.

More info: 📞 breconthegeaux@brec.org

To register: 🌐 brec.org/yoga

PROGRAMS

CIRCUIT TRAINING

Are you ready to get into a healthier you? This program will help improve heart health along with muscular endurance and increase strength. Grab your water and towel and join us for this full body workout.

INDEPENDENCE COMMUNITY PARK

Monday / Jan. 8-May 20 / 5-6 p.m.

Ages: 16+ / \$10 per class

More info: 📞 225-928-7860

To register: 🌐 webtrac.brec.org

FOREST TRAIL BLAZERS

Meet up with other trail users of all abilities before hitting the trails for some comradery. Sign in at the Forest Park Recreation Center.

FOREST COMMUNITY PARK

Tuesday-Thursday / 10 a.m.-2 p.m. / Ages: 18+

More info: 📞 225-256-2849

LINE DANCING

Line Dancing is a beginner workout plan made to be fun and safe for anyone. We employ a variety of methods to get you moving including line dancing and aerobics.

NORTH SHERWOOD FOREST COMMUNITY PARK

Tuesday + Thursday / 6-7 p.m. / Ages: 16+

\$36 per month (2 one-hour classes per week)

More info: 📞 tyriek.york@brec.org 📞 225-229-3966

To register: 🌐 webtrac.brec.org

MARTIAL ARTS

Martial arts class teaches how to exercise the mind, body, and spirit through focused, purposeful movements. In addition to self-defense skills, participants learn self-discipline, self-confidence, and positive social behaviors.

EXXON MOBIL YMCA AT HOWELL PLACE GYM

Tuesday / Jan. 9-May 28 / 6-7 p.m.

LONGFELLOW PARK

Tuesday + Wednesday / year-round / 6-7:30 p.m.

Ages: 6-18 (Beginner) / Ages: 16-18 (Intermediate)

\$22 per month

More info: 📞 vselvage@brec.org 📞 225-775-1707

To register: 🌐 webtrac.brec.org

PILATES

Pilates combines low-impact flexibility and strength exercise with endurance movements. This class is for every ability and the instructor will provide examples for various levels.

JACKSON COMMUNITY PARK

Thursday / 6:30-7:30 p.m. / Ages: 16+

\$24 per month

More info: 📞 tyriek.york@brec.org 📞 225-229-3966

To register: 🌐 webtrac.brec.org

TANG SOO DO

Interested in learning a form of karate? This class is a traditional Korean martial art and is a primarily system of empty-handed self defense techniques. It is taught by an instructor with an extensive martial arts background.

INDEPENDENCE COMMUNITY PARK

Monday + Wednesday / Jan. 3-May 22

5:30-6:30 p.m. (Beginner)

6:30-7:30 p.m. (Advanced)

Ages: 6+

\$25 per month (Beginner)

\$30 per month (Advanced)

More info: 📞 225-928-7860

To register: 🌐 webtrac.brec.org

ZUMBA

Come and join us for the Latin-inspired, calorie burning and dance fitness party. Fusing hypnotic Latin rhythms and easy to follow aerobic moves to create a one-of-a-kind fitness program that is energizing and fun.

ANTIOCH BOULEVARD PARK

Monday / Jan. 8-May 27 / 6-7 p.m.

Ages: 16+ / \$10/class

INDEPENDENCE COMMUNITY PARK

Wednesday / Jan. 3-May 2 / 6:30-7:30 p.m.

Ages: 16+ / \$24 per month

More info: 📞 225-256-2848 or 225-752-8316

To register: 🌐 webtrac.brec.org 📍 On-site

ZUMBA GOLD ®

Come party into shape with us at Zumba Gold! This Latin-inspired, calories-burning, dance fitness and physical movement party.

INDEPENDENCE COMMUNITY PARK

Monday / Jan. 3-May 29 / 11 a.m.-noon

Ages: 55+ / \$24 per month

More info: 📞 225-928-7860

To register: 🌐 webtrac.brec.org



HOLIDAY EVENTS + CAMPS

 [BREC.ORG/HOLIDAYCAMPS](https://brec.org/holidaycamps)

Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

EVENTS

COMMUNITY BONFIRE

Let's Light up the night! What's a better way to welcome the new year! Join us for an evening of fun at Brec's community bonfire. Bring a chair, have a picnic, or dance the night away! There will be s'mores, hot chocolate, fun entertainment, and much more!

HIGHLAND ROAD COMMUNITY PARK

Jan. 20 / 4-8 p.m.

More info:  recreationevents@brec.org


To register:  brec.org/bonfire


SWEETHEART SOIREE

Do you have Valentine's Day Plans? Come out and bring a friend or your sweetheart and join us under the stars for an entertaining night. Entertainment will include trivia, a movie showing, a sweetheart bike ride, wine & refreshments, and photos to capture the night!

JEFFERSON HIGHWAY PARK

Feb. 10 / 5:30-8:30 p.m. / Ages: 18+

More info:  recreationevents@brec.org

To register:  brec.org/sweetheart

SENSORY BUNNY

Does standing in line or traditional visits with the Easter Bunny prove to be difficult for your family? If so, hop on over for this special event where families with children and adults with disabilities are invited to join BREC's trained staff for activities and pictures with the Easter Bunny, while avoiding long wait times.

ZACHARY COMMUNITY PARK

March 1 / 6-8 p.m.

To register:  brec.org/sensorybunny

LUCK OF THE RUN

Get your green on and come join us for a Shamrockin' good time! Come on out to promote Developmental Disability Awareness Month. Open to everyone regardless of your ability. The Developmental Disability awareness color is yellow -But feel free to wear your lucky green!

PERKINS ROAD COMMUNITY PARK

March 9 / 10 a.m.-noon

More info:  recreationevents@brec.org

To register:  brec.org/luckrun




EGG HUNT AFTER DARK

Who said adults can't have fun for easter!? Egg hunts aren't just for kids so come Join us for a fun kids free event! Eggs will be hidden all over the field with candy and other special prizes. This free event will include music, great food and more!

HIGHLAND ROAD COMMUNITY PARK

March 15 / 6-9 p.m. / Ages: 18+

More info:  recreationevents@brec.org

To register:  brec.org/adultegghunt

EGGSTRAVAGANZA

Question? What do you get when you combine kids, eggs, prizes, and Fun? You get BREC's community egg hunt! We invite you to join us for this family-fun event. There will be games, face painting, bounce houses, arts and crafts, a petting zoo, and a visit from the Bunny. BOYB (Bring your own basket!)

INDEPENDENCE COMMUNITY PARK

March 23 / 1-3 p.m.

More info:  recreationevents@brec.org

FAMILY KARAOKE

Come sing and dance the night away! Join us for a fun night singing your favorite songs with your friends and family. There will be refreshments, board games, inflatables, fun family photos, and wholesome musical fun!

JACKSON COMMUNITY PARK

April 13 / 1-3 p.m.

More info:  recreationevents@brec.org

To register:  brec.org/karaoke


 Indicates Volunteer Opportunity

MOVIE IN THE PARK: STAR WARS

May the force be with you! come celebrate your love for Star Wars with others. Costumes are encouraged! There will be trivia, an outdoor movie showing, costume contest and much more!

ZACHARY COMMUNITY PARK

May 4 / 11 a.m.-7 p.m.

More info:  recreationevents@brec.org

To register:  brec.org/starwarsmp


FAE DAY

Come out and join us for a magical day of fun for everyone! Come dressed in your favorite FAE costume and celebrate the earth and how to preserve and make it beautiful while enjoying whimsical and fun activities with a FAE twist. This event will feature carnival games, clowns, stilt walkers, FAE folk, face painters, crafts, and other exciting family entertainment for all to enjoy. With each carnival game, you can earn tickets to redeem popcorn, cotton candy, and other great prizes! Admissions is free for fairies, sprites, gnomes, and elves of all ages. Costumes are certainly encouraged!

INDEPENDENCE COMMUNITY PARK

BOTANICAL GARDEN

May 11 / noon-3 p.m.

More info:  recreationevents@brec.org

To register:  brec.org/faeday

CAMPS

MARDI GRAS CAMPS

MARDI GRAS CAMP SUNSHINE

Let the good times roll at BREC Mardi Gras Camp! Celebrate the joys of life with super fun days planned for children with cognitive and developmental disabilities. Kids will have a blast playing solo and team sports and board games, creating crafts, and making friends.

Feb. 12-14


NAIRN PARK

Ages: 8-17 / 7:30 a.m.-3:30 p.m. / \$75

MILTON J. WOMACK PARK

Ages: 18+ / 8 a.m.-3:30 p.m. / \$75

More info:  recadaptive@brec.org

 225-272-9200 EXT 1562

To register:  webtrac.brec.org

MARDI GRAS HOLIDAY CAMP

Let the good times roll at BREC Mardi Gras Holiday Camp! Celebrate the joys of life with super fun days planned for children ages 6-12. Kids will have a blast playing solo and team sports and board games, creating crafts, and making friends.

ANNA T. JORDAN COMMUNITY PARK + CHURCH STREET PARK + FOREST COMMUNITY PARK + HIGHLAND ROAD COMMUNITY PARK + INDEPENDANCE COMMUNITY PARK + LOVETT ROAD PARK

Feb. 12-14 / 7:30 a.m.-5:30 p.m. / Ages: 6-12 / \$75

More info:  harold.enclarde@brec.org

To register:  webtrac.brec.org

SPRING BREAK CAMPS


BLUEBONNET SWAMP BUSY BEE SPRING CAMP



Bring your child to Bluebonnet Swamp for three days of fun during the holiday break. They'll be treated to nature-based activities such as arts and crafts, live animal encounters, hikes, games, and a themed afternoon snack. Each day will be comprised of different activities, and campers will need to bring a bag lunch and drink each day. Activities in Spring camp will focus on springtime topics such as baby animals, blooming plants, and bees. Registration opens March 1.

BLUEBONNET SWAMP NATURE CENTER

April 1-3 / 7:30 a.m.-5:30 p.m.

Ages: 6-12 / \$75

More info:  sguidry@brec.org  225-757-8905

To register:  webtrac.brec.org  On-Site

NATURE EXPLORERS SPRING CAMP


Nature Explorers Camp is all about getting your child outside for a hands-on exploration of nature. Bring your camper to Palomino Drive Park for two days of fun during the Spring Break. Campers will explore the park and enjoy the great outdoors while learning exciting facts about the nature around them. Our activities are designed to keep your camper engaged, learning, and having a blast throughout the entire camp. Each day will be comprised of different activities, outdoor games, crafts, and experiments. Campers will need to bring a bag lunch, drink, and snacks each day.

"April showers... bring may flowers," but does it hold true for Louisiana? This spring we will explore everything water and how it affects our ecosystems. How are rivers formed? Why do amphibians love this time of spring? Why do plants crave water so much? Come join us as we explore water, weather, flowers, and so much more!

PALOMINO DRIVE PARK

April 1-2 / 7:30 a.m.-5:30 p.m. / Ages: 7-12 / \$50

More info:  conservation@brec.org

 225-218-4979

To register:  webtrac.brec.org

SPRING BREAK CAMP SUNSHINE

BREC offers holiday camps, which are perfect for school vacations, filled with friends and fun activities. This holiday camp follows the local school schedules for City of Baker, City of Central, East Baton Rouge Parish Schools and City of Zachary. Our Camp Sunshine program offers a fun-filled, holiday themed recreational curriculum for children with cognitive and developmental disabilities to include arts and crafts, passive and active games, socialization with peers and a field trip. Must have 5 campers registered for the camp to take place.

April 1-5


NAIRN DRIVE PARK

Ages: 8-17 / 7:30 a.m.-3:30 p.m. / \$125

MILTON J. WOMACK PARK

Ages: 18+ / 8 a.m.-3:30 p.m. / \$125

More info:  recadaptive@brec.org

 225-272-9200 EXT 1564

To register:  webtrac.brec.org



SPRING HOLIDAY CAMP

BREC offers holiday camps, which are perfect for school vacations, filled with friends and fun activities. This vacation camp follows the local school schedules for City of Baker, City of Central, East Baton Rouge Parish Schools and City of Zachary. Our program offers a fun-filled, holiday themed recreational curriculum to include arts and crafts, passive and active games, socialization with peers and a field trip. Must have 6 campers registered for the camp to take place.

April 1-5 / 7:30 a.m.-5:30 p.m.

ANNA T. JORDAN COMMUNITY PARK + CHURCH STREET PARK + FOREST COMMUNITY PARK + HIGHLAND ROAD COMMUNITY PARK + INDEPENDANCE COMMUNITY PARK + LOVETT ROAD PARK

Ages: 6-12 / \$125

NORTH SHERWOOD FOREST COMMUNITY PARK
Ages: 11-14 / \$125

More info: harold.enclarde@brec.org

To register: webtrac.brec.org

SPRING ZOO CAMP

What could be more fun during spring break than hanging out with the animals? Zoo Camp includes guided walks through the Zoo and seasonally-themed games and crafts. Children will also have the opportunity to get up-close-and-personal with Zoo animals.

BREC'S BATON ROUGE ZOO

April 1-5 / 9 a.m.-4 p.m. / Ages: 6-12

Early drop-off 7:30 a.m. / Late pick-up until 5:30 p.m. (available at no additional fee)

\$130 per child for East Baton Rouge Parish residents

SPORTS ACADEMY

HOLIDAY BASKETBALL CAMP

Sports Academy Holiday Camps will teach new drills and techniques that will help you dominate on the court during this holiday season! Campers will go through various stations, competitions and five vs. five games that will help improve their overall game as well as individual abilities and basketball IQ.

SPORTS ACADEMY

Spring Camp: April 1-5 / 7:30 a.m.-5:30 p.m.

Ages: 6-14 / \$70 per child

Registration: March 1-31

KATHY DRIVE –HOLIDAY SPORTS CAMP

BREC Kathy Drive Sport Camps will teach new drills and techniques that will help you dominate on the court and field during this holiday season! Campers will go through various stations, competitions and focus on various sports like baseball, football, and soccer, that will help improve their overall game as well as individual abilities in various sports.

KATHY DRIVE PARK

Spring Camp: April 1-5 / 7:30 a.m.-5:30 p.m.

Ages: 6-14 / \$70 per child

Registration: March 1-31

SUMMER CAMP 2024!

Registration
begins online
March 2!



SPRING HOLIDAY RIDING CAMP

Holiday Riding Camp will teach your child basic riding skills, horsemanship, horse care, and stable management, in addition to fun crafts and friendship, while enjoying the beautiful spring weather outdoors. This one-day camp will focus on either English or Western riding in a smaller, more concentrated environment, taught by an instructor specializing in the chosen discipline. All campers will have their own horse, and ride for a total of 1-2 hours per day.

FARR PARK EQUESTRIAN CENTER


English Riding: April 2

Western Riding: April 3

8 a.m.-1 p.m.

Ages: 9-12 (ten riders maximum) / \$75/camper

More info:  camille.chapman@brec.org

 225-769-7805

SPACE EXPLORATION CAMP

Campers will learn about the highlights from the American Space Program with interactive demonstrations, hands-on activities and fun games. Each session of the camp will have a unique theme, as well as building a chemical rocket and working on science inquiries.

HIGHLAND ROAD PARK OBSERVATORY

April 2 + 3 / 8 a.m.-5 p.m. / Ages: 9-13 / \$55

To register:  webtrac.brec.org

Registration deadline: March 26

BREC-XPEDITIONS

Calling all Junior Adventurers! Looking for a fun adventure for your kids to enjoy during their Spring Break? Look no further than our BREC-Xpeditions. Our experienced staff will lead participants on outdoor adventures. Exact field trip locations will be weather dependent.

GREENWOOD COMMUNITY PARK

April 3 / 8 a.m.-5 p.m. / Ages: 10-14 / \$25

More info:  outdooradventure@brec.org

To register:  webtrac.brec.org

TENNIS CAMPS

SUPER TUESDAY TENNIS CAMP

This one-day camp includes tennis instruction. Campers must bring their own lunch.

CAPITAL ONE TENNIS CENTER AT CITY-BROOKS COMMUNITY PARK

Feb. 13 / 8:30 a.m.-4 p.m. / Ages: 5-16 / \$55

To register:  webtrac.brec.org  225-343-3767

Registration deadline: Feb. 9

SPRING HOLIDAY JUNIOR TENNIS CAMP

This three-day camp includes tennis instruction and a visit to the splash pad (campers should bring change of clothes). Campers must bring their own lunch.

CAPITAL ONE TENNIS CENTER AT CITY-BROOKS COMMUNITY PARK

April 2-4 / 8:30 a.m.-2:30 p.m. / Ages: 5-16 / \$130

To register:  webtrac.brec.org  225-343-3767

Registration deadline: March 28

MLK YOUTH PICKLEBALL CLINIC

Come out and learn to play pickleball.

GREENWOOD COMMUNITY PARK TENNIS CENTER

Jan. 15 / 8:30-11:30 a.m. / Ages: 6-17 / \$30

To register:  webtrac.brec.org  225-209-8310

Registration deadline: Jan. 11

MARDI GRAS YOUTH PICKLEBALL CLINIC

Come out and learn to play pickleball.

GREENWOOD COMMUNITY PARK TENNIS CENTER

Feb. 12 / 8:30-11:30 a.m. / Ages: 6-17 / \$30

To register:  webtrac.brec.org  225-209-8310

Registration deadline: Feb. 8

SPRING HOLIDAY PICKLEBALL YOUTH CLINIC

Come out and learn to play pickleball.

GREENWOOD COMMUNITY PARK TENNIS CENTER

April 1 + 3 + 5 / 8:30-11:30 a.m. / Ages: 6-17

One Day: \$30

Two Days: \$55

Three Days: \$80

To register:  webtrac.brec.org  225-209-8310

Registration deadline: March 28

MARDI GRAS JUNIOR TENNIS CAMP

This five-day camp includes tennis instruction. Full-day campers must bring their own lunch.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

Feb. 12-16 / Ages: 4-17

Full Day: 9 a.m.-2 p.m. / \$45/day or \$195/week

Half Day: 9-11:30 a.m. / \$35/day or \$155/week

To register:  webtrac.brec.org  225-766-0247

Registration deadline: Feb. 9 / \$10 late fee

SPRING HOLIDAY JUNIOR TENNIS CAMP

This five-day camp includes tennis instruction. Full-day campers must bring their own lunch.

HIGHLAND ROAD COMMUNITY PARK TENNIS CENTER

April 1-5 / Ages: 4-17

Full Day: 9 a.m.-2 p.m. / \$45/day or \$195/week

Half Day: 9-11:30 a.m. / \$35/day or \$155/week

To register:  webtrac.brec.org  225-766-0247

Registration deadline: March 28 / \$10 late fee

SPRING HOLIDAY JUNIOR TENNIS CAMP

This four-day camp includes tennis instruction. Campers must bring their own lunch.

INDEPENDENCE COMMUNITY PARK TENNIS CENTER

April 2-5 / Ages: 6-16 / \$120

Tuesday-Thursday / 8:30 a.m.-4:30 p.m.

Friday / 8:30-11:30 a.m.

To register:  webtrac.brec.org  225-923-2792

Registration deadline: March 28

LEISURE + ENRICHMENT

 BREC.ORG/KIDSANDCOMMUNITY

Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants. This does not apply to admission into facilities.

EVENTS

GLOW IN THE PARK

Ready... Set... Glow! Gather friends and family for glow-in-the-dark team-based games at locations throughout the parish.

JACKSON COMMUNITY PARK

Kickball: March 7 / 6-7:30 p.m. / Ages: 3+

HIGHLAND ROAD COMMUNITY PARK

Dodgeball: April 4 / 6-7 p.m. / Ages: 7+

ANNA T. JORDAN COMMUNITY PARK

Volleyball: April 18 / 6-7:30 p.m. / Ages: 16+

\$5 per participant

To register:  webtrac.brec.org


MARDI GRAS MASK PAINTING


Missed out on the Mardi Gras Festivities? No worries. Come and join BREC in an opportunity to not only experience a piece of Mardi Gras but also paint your own masquerade mask.

Snacks and beverages will be provided

KERNAN AVENUE PARK

Feb. 17 / noon-3 p.m. / Ages: 3+

More info:  jeremy.isaac@brec.org


 225-337-9385


ADULT PAINT NIGHT

Join us for an adult-only event that is designed to encourage and inspire creativity. Art supplies will be provided.

NORTH STREET PARK

March 22 / 6-8 p.m. / Ages: 18+ / \$10

More info:  jeremy.isaac@brec.org

 225-337-9385

SWEET TOOTH DESIGNS

Sometimes it's okay to play with your food, especially if you're making it into a masterpiece! Come out to Sweet Tooth Designs where we'll learn the basics of cookie decorating along with learning some healthy habits to incorporate in your daily routines. All participants will get to take their cookie home of course, if you can resist a bite!

BEN BURGE PARK

Feb. 6 / 6-7 p.m. / Ages: 3+ / \$5 per participant

NORTH STREET PARK

March 6 / 6-7 p.m. / Ages: 3+ / \$5 per participant

CHURCH STREET PARK

April 24 / 6-7 p.m. / Ages: 3+ / \$5 per participant

To register:  webtrac.brec.org


ADULT GAME NIGHT

Come and join us in a night full of fun that will include refreshments and a variety of games including dominoes, card games, bingo and many more. Sit back, relax and enjoy a game night strictly meant for adults.

JEFFERSON HIGHWAY PARK

April 7 / 6-8 p.m. / Ages: 21+ / \$5 per participant

More info:  jeremy.isaac@brec.org

 225-337-9385

To register:  webtrac.brec.org

FAMILY GAME NIGHT

Want to enjoy family bonding time? Join us for family game night, every third Friday of the month to choose from a variety of activities, board games and teambuilding games. Grab your family members and friends to join us for a night of family fun.

ANNA T. JORDAN COMMUNITY PARK

Jan. 26 + Feb. 23 + March 22 + April 19

PERKINS ROAD COMMUNITY PARK

Jan. 9 + March 12 + April 9

BAKER RECREATION CENTER

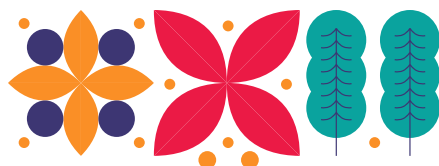
Jan. 9 + Feb. 17 + March 20

CEDAR RIDGE DRIVE PARK

Jan. 26 + Feb. 23 + March 22 + April 19

6-7 p.m. / Ages: 3+

To register:  brec.org/familygamenight  On-site



 Indicates Volunteer Opportunity



PROGRAMS

ENRICHMENT

CAMP-IN'

Get inspired through games, crafts, and activities highlighting our favorite summer camp moments. Each camp-in day will highlight different specialty weeks from the summer such as STEAM, Safari, and Power-Up along with guests/instructors and/or field trips. Campers should bring a lunch and 2 snacks and be dressed for indoor and outdoor activities.

CHURCH STREET PARK

Jan. 15 + March 1 + 29

LOVETT ROAD PARK

Jan. 15 + March 11 + 29

ANTIOCH BOULEVARD PARK

Jan. 15 + March 29

7:30 a.m.-5:30 p.m. / Ages: 6-12 / \$25 per session

To register: webtrac@brec.org

AFTERSCHOOL ADVENTURES

Afterschool just got more adventurous! We will focus on health & wellness, STEAM activities, as well as offer homework assistance. We work with local schools to provide transportation to the program site and start early on early dismissal days.

ANTIOCH BOULEVARD PARK + LOVETT ROAD PARK + CHURCH STREET PARK

Monday-Friday / 3:30-5:30 p.m.

Jan. 5-May 22 (EBR Parish School System)

Jan. 8-May 23 (Zachary Community School System)

Jan. 10-May 22 (Central Community School System)

Ages: 6-12 / \$80 per month

More info: harold.enclarde@brec.org

To register: webtrac@brec.org On-site

BREC BEGINNINGS

BREC offers this part-time program as an opportunity for children ages 3-4 to experience and observe their natural world through observation and play. The curriculum focuses on inspiring curiosity, creativity, and socialization through arts and crafts, songs, physical activity and more.

FOREST COMMUNITY PARK + JACKSON COMMUNITY PARK + CHURCH STREET PARK

Monday-Thursday / 9 a.m.-noon

Jan. 16-May 16

Ages: 3-4 / \$70 per month

More info: harold.enclarde@brec.org

To register: webtrac@brec.org On-site

KIDS AT PLAY

BREC offers a safe place with structured activities such as homework time, physical activities, and healthy snacks. For more information contact the facility. (Free)

ALSEN PARK + MILLS AVENUE PARK + CADILLAC STREET PARK + PLANK ROAD PARK + SAIA PARK

Monday-Friday / Jan. 8-May 31 / 4-6 p.m.

Ages: 6-12

More info: harold.enclarde@brec.org

To register: webtrac@brec.org

THE KIDS COVE

All kids ages 6 to 12 are welcome to enter The Kids Cove! Let's hang out on Tuesday and Thursdays for some fun like video games, board games or karaoke! Registration required before attending.

ANNA T. JORDAN COMMUNITY PARK + GUS YOUNG AVENUE PARK

Tuesday + Thursday / Jan. 9-May 23 / 4-5:30 p.m.

Ages: 6-12

More info: vselvage@brec.org 225-775-1707

To register: webtrac@brec.org

CHEFS R US

Thyme to turnip the beet! Using basic kitchen appliances and easy-to-follow recipes, Chefs R Us will offer a fresh take on classic food favorites, inspiring young people to experiment with new ingredients and create more nutritious culinary masterpieces the whole family can enjoy.



HIGHLAND ROAD COMMUNITY PARK

Thursday / Jan. 11 + 25 / Feb. 1 + 15 / March 7 + 21 / April 11 + 25 / 6-7 p.m.

FOREST COMMUNITY PARK

Jan. 8 + Feb. 5 + March 11 + April 8
6-7 p.m.

Ages: 6-12 / \$15 per month

To register:  webtrac.brec.org  On-site (Forest)

KIDS IN THE KITCHEN

Kids in the Kitchen are mixing it up! This culinary arts program will teach young people how to use common ingredients and follow kid-friendly recipes for delicious and nutritious snacks.

GUS YOUNG AVENUE PARK

Wednesday / Jan. 10-May 22 / 5:30-6:30 p.m.

Ages: 6-12

More info:  vselavage@brec.org  225-775-1707

To register:  webtrac.brec.org

SOCIAL SEWING + QUIRKY QUILTING

Come join the sewing and quilting community! Participants will work together to make individual quilt tops, perfect their sewing skills, and learn different patterns from each other. You will need a large cutting board, rotary cutter, long ruler, sharp scissors, straight pins, 100% cotton thread, a machine you are familiar with, or BREC can loan you a machine. Free

LOVETT ROAD PARK

Wednesday / Jan. 10-May 29 / 10 a.m.-1 p.m.

Ages: 20+

More info:  tyriek.york@brec.org  225-229-3966

To register:  webtrac.brec.org

LEISURE

SATURDAYS IN THE PARK



Working for the weekend? Prevent Sunday evening slumps with Saturdays at play. Roll out of bed and into your local park for pop-up activities to entertain, engage, and inspire all ages. Happens the second Saturday of each month

ANNA T. JORDAN COMMUNITY PARK + ANTIOCH BOULEVARD PARK + BAKER RECREATION CENTER + HIGHLAND ROAD COMMUNITY PARK + INDEPENDENCE COMMUNITY PARK + JACKSON COMMUNITY PARK


Jan. 13 + Feb. 10 + March 9 + April 13 + May 11
10 a.m.-noon / Ages: 3+

DESIGN BY ME 101

Come have some fun at our Cameo 101 Design by Me class where we will teach you how to create and personalize your own shirt, mug, cap and so much more. Participants must bring with them their own laptop and items to personalize. This class is great for kids and adults.

GUS YOUNG AVENUE PARK

Monday / Jan. 8-May 27 / 6-7:30 p.m. / Ages: 16+

More info:  vselavage@brec.org  225-775-1707

To register:  webtrac.brec.org

MOUSERCISE- INTRO TO COMPUTERS

Not sure how to use your new computer? Join us for our computer basics class to become familiar with computer terminology, get comfortable use a mouse, and other basic skills such as setting up a personal email.

ANNA T. JORDAN COMMUNITY PARK

Monday + Wednesday / Jan. 8-May 22

10 a.m.-noon / Ages: 21+

More info:  vselavage@brec.org  225-775-1707

To register:  webtrac.brec.org

YOUNG ENTREPRENEURS

In this program teens will develop entrepreneurial skills such as strategic planning, marketing, and production. Participants will use simple materials in innovative ways to explore their creativity and develop business acumen, grow in confidence and leadership skills.

INDEPENDENCE COMMUNITY PARK

Tuesday / April 2 + 9 + 16 + 23 / 5-7 p.m.

Ages: 13-17 / \$20

More info:  harold.enclarde@brec.org

To register:  webtrac.brec.org



 Indicates Volunteer Opportunity

SCIENCE + NATURE

 [BREC.ORG/SCIENCEANDNATURE](https://brec.org/scienceandnature)

Opportunities listed below are free for all ages unless otherwise noted. An additional 20% fee will be applied to all paid programming for out-of-parish participants excluding the Baton Rouge Zoo unless otherwise noted. Additional fees are not applied to admission costs.

EVENTS


GEAUX FISH! CATFISH RODEO

Grab your fishing pole and head out with the family to GEAUX Fish! Our Geaux Fish Rodeos are a great opportunity to introduce new anglers to the sport of fishing or for the old veteran to test their skills. We will be stocking the pond with adult channel catfish to ensure you have plenty to catch and prizes galore. Don't miss this chance to bring home channel catfish for dinner and spend the day outside with the family. This event is weather dependent. Early registration is encouraged to guarantee a spot.

TO BE ANNOUNCED

Feb. 24 / 7:30-11:30 a.m.

More info:  conservation@brec.org

 225-218-4979

THE EDGE OF NIGHT

Which stars are seen first? Are Mercury, Venus or the Moon out? Is that moving object a plane, a satellite or space debris?! There is no other time like twilight. Come join HRPO as they have you look up to see how the sky is brought to life at the edge of night.

HIGHLAND ROAD PARK OBSERVATORY

March 8 / 5:30-7:30 p.m.

July 5 / 8-10 p.m.

More info:  brec.org/observatory

ROCKIN' AT THE SWAMP

Join us to explore the exciting world of rocks, minerals, gemstones, and fossils. Add to your rock collection or find some unique gift items at our Rockhound Market. Try your skill scaling our rock climbing wall. Learn to identify different rocks and minerals and make your own take-home identification card on our Treasure Trail. Experience the excitement of the gold rush while hunting for iron pyrite in our Gold Mine. Try out some rockin' crafts or paint your own Rock Animal in our craft corner. Explore ancient life forms in the Fossil Quarry. This is one rockin' day of fun highlighting geology and earth science. Pass discounts are available.

BLUEBONNET SWAMP NATURE CENTER

March 9 / 9 a.m.-4 p.m.

Ages: 3-17 / \$4

Ages: 17+ / \$5

More info:  sguidry@brec.org  225-757-8905

BREC GREEN FORCE VOLUNTEER TRAINING

BREC is looking to train a dedicated force of volunteers in resource management, education and programming. Learn how to help keep our habitats clean and healthy and earn rewards doing it. Only 20 volunteer hours a year commitment! Whether you want to learn more about invasive species removal, trail clearing or how to be a program or event aid, this training is for you! The training counts towards your total hours for the year. Lunch provided.

FRENCHTOWN CONSERVATION AREA

March 23 / 8 a.m.-4 p.m. / Ages: 16+

Registration closes March 10

Background check required

More info:  conservation@brec.org

To register:  volunteer.brec.org

ZIPPITY ZOO FEST

BREC's Baton Rouge Zoo will hold its annual spring festival, Zippity Zoo Fest. Come celebrate the Zoo's 54th Birthday this year!!! We'll have a Children's Village, education stations, food court, and animal encounters.

BREC'S BATON ROUGE ZOO

April 6-7 / 9:30 a.m.-5 p.m. (Grounds close 6 p.m.)

Adult admission: \$8.75

Senior admission: \$7.75

Child admission: \$5.75

Free for members

PARTIAL SOLAR ECLIPSE

This is the second of two eclipses visible from Baton Rouge within the last 6 months! We enjoyed the first on October 14, 2023 and the second comes on April 8, 2024. Here in Baton Rouge, we'll witness an eclipse with greater coverage than what we saw in 2017 and 2023. HRPO will be updating with more comprehensive information, links and safety guidelines for this impressive celestial event. Mark your calendar to bring the whole family to this amazing astronomical event.

HIGHLAND ROAD PARK OBSERVATORY

April 8 / 11:15 a.m.-3:15 p.m.

More info:  brec.org/observatory

WILD WINE WALK

Guests, age 21 and older, are invited to the Baton Rouge Zoo from 5-7:30 p.m. to sample a variety of wines and food while touring the exhibits. Guests experience live music, animal encounters and more. VIP level guests enter an hour early at 4 p.m. and receive a commemorative wine glass along with other perks.

BREC'S BATON ROUGE ZOO


April 19

4 p.m. Entry for VIP / 5-7:30 p.m. General Admission

Ages: 21+ only

General Admission: \$50 / VIP: \$75

Designated Driver: \$25


Tickets:  wildwinewalk.org


BIOBLITZ 2024

Grab your field guides and boots and join BREC naturalists and local scientists as we explore and document the diversity of life, or "biodiversity", of Bluebonnet Swamp Nature Center. You can participate by attending a scheduled hike, helping to document species with local scientists around the park, meet local groups and organization that work to protect the natural spaces of Louisiana, practice hands on sampling, participate in live animal encounters, and more! For more information and to register for hikes and workshops, please go to brec.org/bioblitz.

BLUEBONNET SWAMP NATURE CENTER

April 26 + 27

More info:  conservation@brec.org

 225-218-4979

To register:  brec.org/bioblitz

Preregistration Required

FLOWER FEST VOLUNTEER PROJECT

Come help us maintain our beautiful pollinator garden at Howell Community Park. This workshop/project will include weeding, re-mulching and learning about native plants. Come out and give your green thumb some use while learning something new!

HOWELL COMMUNITY PARK

May 11 / 9 a.m.-noon

Ages: 14+ (under 16 must be accompanied by adult)

More info:  conservation@brec.org

To register:  volunteer.brec.org

INTERNATIONAL ASTRONOMY DAY

Come celebrate the world of Astronomy with the largest and best IAD Celebration in South Louisiana. The whole family can come learn and explore with activities, games, exhibits and demonstrations from individuals that help make the world of STEM, Astronomy and Science moving forward and every changing. Music, food and of course sky viewings will all be on site for this annual celebration.

HIGHLAND ROAD PARK OBSERVATORY

May 18 / 3-11 p.m.

SWAMP BIRTHDAY PARTY

Happy Birthday to us! Happy Birthday to us! We'll be celebrating 27 years of connecting people to nature on Saturday, May 18. Join us to enjoy all-day fun including live animal encounters, crafts, games, and birthday cake while it lasts. Best of all, enjoy FREE ADMISSION!

BLUEBONNET SWAMP NATURE CENTER

May 18 / 9 a.m.-5 p.m.

More info:  sguidry@brec.org  225-757-8905



 Indicates Volunteer Opportunity


BAYOU BASH THE TRASH EVENT


Help us clean-up one of the waterways in the parish in need. This project will involve picking up litter in the water and along the shoreline.

LOCATION TO BE ANNOUNCED

June 1 / 8:30 a.m.-noon

Ages: 12 + (under 16 must be accompanied by adult)

More info:  conservation@brec.org

To register:  volunteer.brec.org

GUEST APPRECIATION DAY

Join us for Guest Appreciation Weekend on June 1st and 2nd at BREC's Baton Rouge Zoo! As a thank you to the community for your continued support, Zoo visitors of all ages can enjoy "buy one admission, get one free" pricing. Our guests play a crucial role in making our Zoo the #1 year-round family attraction in Baton Rouge and we are excited to celebrate with you!

BREC'S BATON ROUGE ZOO

June 1-2 / 9:30 a.m.-5 p.m. (Grounds close at 6 p.m.)

Buy one get one free off regular zoo admission pricing. Not valid in combination with any other offer.

ARRL FIELD DAY

Amateur radio is invaluable during emergencies, allows people to socialize across great distances for free, and is very useful when letting others know about oncoming inclement weather. Owen Garriot took the first amateur radio into space in 1983. Shannon Lucid used amateur radio while on the MIR space station. That's right...if you are a "ham", it's possible to listen and receive a "general call" from an astronaut in space! Come learn to send your name in Morse code and find out everything you want to know about the Amateur Radio Service-including how to get your own license! Temporary stations will be set up on HRPO grounds as the Baton Rouge Amateur Radio Club takes part in this suspenseful national transmitting exercise!

HIGHLAND ROAD PARK OBSERVATORY

June 22 / 2-10 p.m.

PROGRAMS

ZOO & ME MORNINGS

Held the second Tuesday of the month, Zoo staff designed this program for children, ages 3-5, accompanied by a parent or guardian. Programs incorporate many exciting activities including a train ride, animal encounters, art projects and "zoooper" snacks that adults and children can enjoy together.

BREC'S BATON ROUGE ZOO

Jan. 9 + Feb. 13 + March 12 + April 9 + May 14

9:30-11:30 a.m. / Ages: 3-5

Pre-registration + advanced payment is required

To register:  225-775-3877

SCIENCE

SCIENCE ACADEMY

Cadets are brought into the wonderful world of astronomy and give an exciting chance to explore gravity, simple machines, stars, spacecraft, meteors, the Earth-Moon system, asteroids and comets, and the electromagnetic spectrum. Visit brec.org/observatory for a full list of dates.

HIGHLAND ROAD PARK OBSERVATORY

Most Saturdays

10 a.m.-noon / Ages: 8-12 / \$5 per session

To register:  webtrac.brec.org

Registration deadline: Friday before each session

STEM EXPANSION

This program offers advanced topics, topic extensions and all-new games and activities to an older teen crowd. Each week has a new theme that projects, experiments and activities are based on. Participants will get to explore experiments, some not seen in over fifteen years and some never performed on site! Certificates will be earned by all who attend and chances to win giveaways and door prizes.

HIGHLAND ROAD PARK OBSERVATORY

Jan. 27 + Feb. 24 + March 30 + April 27 + May 25 +

June 29 + July 27

3:30-7:30 p.m. / Ages: 12-16 / \$15 per session

To register:  webtrac.brec.org  On-site

Registration deadline: Friday before each session

FRIDAY NIGHT LECTURE SERIES

For twenty-five years this program has given patrons histories and possible futures. Skygazing tips, physics phenomena, space programs and famous events are covered with topics changing each week with new speakers. The lecture series is subject to change and occurs on most Friday evenings. Make sure to check the online calendar of events for the latest lecture schedule.

HIGHLAND ROAD PARK OBSERVATORY

Fridays / 7:30-8:30 p.m. / Ages: 14+

More info:  brec.org/observatory

PLUS NIGHT

Get something extra beyond HRPO's standard evening sky viewings. Plus Nights will take you on sky tours with seasoned skygazers, have you experiencing physical science demonstrations and activities, examining your "birth" stars and enjoying a bonfire with a marshmallow roast. Each Plus Night has a unique theme that sky tours, demos and activities are based on, that provide out-of-this-world fun for the whole family.

HIGHLAND ROAD PARK OBSERVATORY

Jan. 13 + Feb. 17 + March 16 + April 13 + July 13
7-10 p.m.

More info: [brec.org/observatory](https://www.brec.org/observatory)

SOLAR VIEWING

Explore the center of our solar system when HRPO staff showcase the Sun. Trained staff create solar demonstrations and viewings with a variety of scientific techniques including projection, filtered optical light and hydrogen-alpha. Patrons of all ages will discover sizable sunspots, flares and more.

HIGHLAND ROAD PARK OBSERVATORY

Jan. 27 + Feb. 24 + March 30 + April 27 + July 27
noon-2 p.m.

More info: [brec.org/observatory](https://www.brec.org/observatory)

ADULT ASTRONOMY COURSES

Recently purchased a telescope to take your skygazing to the next level? Or maybe its time to dust off the viewing instrument you already have! Start the new year off by getting the most out of your skygazing experience. HRPO will have seasoned skygazers ready to teach older students how to focus, magnify and gauge transparency to unlock wondrous views of the Heavens.

HIGHLAND ROAD PARK OBSERVATORY

Jan. 6: **Learn Your Binoculars**

Jan. 20: **Learn Your Telescope**

3:30-7:30 p.m. / Ages: 18+ / \$15

To register: [webtrac.brec.org](https://www.webtrac.brec.org)

Registration deadline: Wednesday before the class

More info: [brec.org/observatory](https://www.brec.org/observatory)

NATURE

SWAMP BIRD WALKS

Join us for extended morning hours on the first Saturday of every month to check out the feathered friends that call Bluebonnet Swamp home. Led by a member of the Baton Rouge Audubon Society, visitors enjoy a morning hike through the forest and swamp while identifying various bird species. Bird-watching techniques and identification tips are also discussed. Beginners are welcome. Field guides and binoculars optional but recommended. For more information on birding and the Bluebonnet Bird Monitoring Project, visit braudubon.org.

BLUEBONNET SWAMP NATURE CENTER

Jan. 6 + Feb. 3 + March 2 + April 6 + May 4 + June 1
+ July 6 / 7-9 a.m.

General admission fees apply / Pass holders are free

More info: sguidry@brec.org 225-757-8905

FIRST SATURDAYS AT FRENCHTOWN

Start your month off on the right foot by spending a little time in nature at Frenchtown Road Conservation Area. Activities will focus on connecting both nature lovers and nature novices alike with the inner workings of the largest conservation area in the BREC Conservation system. And just like the site, activities and topics will change monthly. Pre-registration is required, and all children must be accompanied by an adult.

FRENCHTOWN ROAD CONSERVATION AREA

Jan. 6 + Feb. 3 + March 2 + April 6 / 9:30-11:30 a.m.

Ages: 6+ / \$5

More info: conservation@brec.org

225-218-4979

To register: [webtrac.brec.org](https://www.webtrac.brec.org)

CONSERVATION WOODS WALK

Explore the natural places throughout the parish just beyond your backyard at BREC Conservation Areas with staff on a Conservation Woods Walk. Further off the beaten path, these walks are geared toward providing an interactive experience at Conservation areas and trails throughout the parish to make these special natural spaces more familiar. Open to both novices and experts alike, these walks are more primitive and more rigorous than your regular walk in the park. Preregistration is required and all children must be accompanied by an adult.

BLACKWATER CONSERVATION AREA

Jan. 20 / 9:30-11:30 a.m. / Ages: 8+ / \$5

More info: conservation@brec.org

225-218-4979

To register: [webtrac.brec.org](https://www.webtrac.brec.org)

SWAMP FLASHLIGHT NIGHT

We welcome you to enjoy the Swamp at night by visiting us during our Swamp Flashlight Night! Staff will be facilitating live animal encounters throughout the event. Enjoy a self-guided leisurely night hike with your family and friends or join a guided hike for an additional fee; space is limited so registration in advance is preferred. The swamp trails can be really dark at night, so don't forget to bring a flashlight. If you don't have one, check out our gift shop for some options. Closed-toe shoes and insect repellent are recommended. Please note that admission to the trails ends at 8:15 p.m.

BLUEBONNET SWAMP NATURE CENTER

Feb. 16 + May 10 / 5-9 p.m.

General admission fees apply / Pass holders are free
Guided Hike \$5 (Ages 3+)

Registration [On-site for Guided Hike](#)

More info: sguidry@brec.org 225-757-8905





SWAMP SCHOOL

Picking up where Trail Time for Toddlers leaves off, Swamp School continues nature-based education for kids ages 6-10. With more of a focus on science content, we will explore the outdoors, do arts and crafts, meet interesting animals and have healthy snacks. This is a perfect opportunity for homeschool parents to supplement their science education curricula in a natural setting. The program is held four times a month and themes change each class. Registration for each month begins on the 1st of the month prior.

BLUEBONNET SWAMP NATURE CENTER

March 5-26 + April 9-30 + May 7-14

Tuesday / 2-4 p.m.

Ages: 6-10 (with accompanying adult)

\$40/session (4 classes)

More info: sguidry@brec.org ☎ 225-757-8905

To register: webtrac.brec.org 📍 On-site

TRAIL TIME FOR TODDLERS

Trail Time for Toddlers is a unique opportunity for children, ages 2-5, and their parents/guardians to make new friends while learning about nature through trail walks and themed indoor and outdoor activities. Come enjoy the sights and sounds of the swamp, arts and crafts, storytelling, animal encounters, and healthy snacks. Themes change from week to week, and none are repeated within a calendar year. Participants sign up for a month at a time (4 weekly classes) and can choose to attend the Wednesday or Thursday session. NEW this year - each month will also feature a special Saturday class for participants who are unable to attend one of our weekday sessions. Registration for each month begins on the 1st of the month prior.

BLUEBONNET SWAMP NATURE CENTER

March 6-28 + April 10-May 2 + May 8-16

Wednesday or Thursday / \$40/session (4 classes)

March 23 + April 13 + May 11

Saturday / \$10/class

9:30-11:30 a.m.

Ages: 2-5 (with accompanying adult)

More info: sguidry@brec.org ☎ 225-757-8905

To register: webtrac.brec.org 📍 On-site

DOG DAY AT THE SWAMP

With our Dog Days, BSNC drops its "No Pets" policy and opens its doors and trails to pets 4 days out of the year! All pets are welcome, but they must be on a leash and have their vaccinations current. New for 2024, look for local rescue and "Pet Friendly" organizations to be onsite and join us in making a toy or craft for your furry family friend!

BLUEBONNET SWAMP NATURE CENTER

March 16 + June 15 / 9 a.m.-5 p.m.

General admission fees apply / Pass holders are free

More info: sguidry@brec.org ☎ 225-757-8905

REVIVE YOUR MIND NATURE HIKE

Forest bathing, Nature Rx, Ecotherapy...it's been called many things, but the message is the same. NATURE is good for you! If life has you spinning and you feel out of balance this is the hike for you. We will be using time in nature to slow down and take a breakthrough mindful, purposeful observation. We will be hiking off the beaten path at one of BREC's Conservation Areas using the outdoors as a window to relaxation and a free mind. Join us to get a well-deserved dose of nature at its finest. This program is geared towards adults, but teens 13 and older are welcome to attend with their parent.

COHN ARBORETUM

March 16 / 9:30-11:30 a.m.

FRENCHTOWN ROAD CONSERVATION AREA

May 4 / 9:30-11:30 a.m.

Ages: 13+ / \$10

More info: conservation@brec.org

☎ 225-218-4979

To register: webtrac.brec.org

NATURE NIGHT HIKE AND CAMPFIRE

Ever wonder what goes on in Conservation Areas after the sun goes down? Join Conservation staff and learn about local nighttime ecology and nocturnal animals while you creep through the woods on a blacked-out night hike. And no Night Hike would we complete without time around the campfire and a s'more! Come enjoy this great way to get the family out after the daytime heat. Preregistration is required and spaces are limited. Children must be registered and accompanied by a registered adult.

MANCHAC PARK

April 19 / 7-9 p.m.

ZACHARY COMMUNITY PARK

May 10 / 7-9 p.m.

Ages: 6+ / \$5

More info: conservation@brec.org

☎ 225-218-4979

To register: webtrac.brec.org

FACILITY + RENTAL INFO



FACILITY INFO

BREC maintains over 175 parks throughout East Baton Rouge Parish that feature a wide variety of quality facilities with family-oriented leisure activities for all ages and population groups.

TO LEARN MORE about all BREC facilities visit brec.org/facilities.



RENTAL INFO

BREC offers a wide range of rental opportunities across the parish for recreational activities, parties, events, meetings, family reunions and more!

TO LEARN MORE about all available rental spaces visit brec.org/rentals.





JOIN OUR
*gold medal
winning team!*



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BREC IS AN EQUAL OPPORTUNITY EMPLOYER

It is **BREC's mission** to contribute to a
HEALTHIER, *more vibrant community* by providing
exceptional parks + OPEN SPACES
+ **recreation experiences for**
all of East Baton Rouge Parish.



BREC.ORG