

# Simpson Park Community Center



1725 Martin Luther King Ave.  
(863) 834-2577

## Hours of Operation:

Monday – Friday  
9:00 am – 9:00 pm  
Saturday  
8:00 am – 6:00 pm  
Sunday  
11:00 am – 5:00 pm

This gorgeous recreation facility features two multi-purpose rooms, game room, kitchen, separate men's and women's weight rooms, study hall facility, computer center and a spacious gymnasium which houses two full-size basketball courts. It is equipped with great outdoor facilities as well, such as one tennis court, two basketball courts, playground and a newly renovated softball field. This indoor/outdoor facility allows the Parks and Recreation Department the opportunity to provide comprehensive recreation programming to suit the varied needs and interests of the North Lakeland Community. Instructional classes, sports leagues, recreational play, fitness and special event programming ensure constant activities.

**Registration:** Parks and Recreation scan cards are required for all activities and classes. Due to limited enrollment, pre-registration and pre-payment is recommended and sometimes required for classes.

**Volunteers** We are always looking for volunteers to assist us with special activities, events, tournaments, etc. Come by and fill out a form so we can include you in our database.

## Men & Women Conditioning/ Fitness Rooms

**Men:** Top quality Pro Maxima weight machines including leg extensions, leg sled, cable-cross over, biceps, chest press, free weight station and more.

**Women:** Top quality weight machines, various leg machines, squat rack, roman chair, outer thigh machine and more. Designated play area for toddlers and infants.

- Ages 18 and up
- \$3.00 per person
- \$40.00 (20 visit pass)

## Basketball

Times of open play vary each week. Please check the posted onsite facility schedule to plan your activity. An Activity Card and Fee is required to play.

- \$3.00 per person
- \$40.00 (20 visit pass)

All children 17 and under are free to play basketball Monday – Friday, 2:30 – 5:00 pm during the school calendar year only.

## Game Room

Come enjoy our large game room which includes: 2 pool tables, 1 bumper-pool table, 2 foosball tables, 2 table tennis tables, or watch television to pass time by with the other participants.

- All ages
- No Charge



# Fitness/Gym

## Silver Sneakers

This class incorporates low impact exercises for the active senior who wants to improve coordination, body awareness, osteoporosis prevention, strengthen the core, and enjoy the company of others through socialization and exercise!

- **Tuesday and Thursday**
- 9:00 am – 10:00 am
- \$2.50
- Amy "AJ" Jackson

# Hobbies

## Games- R- Us

Youth compete in board games, and have the opportunity to socialize.

- **Thursdays**
- 3:00 pm – 4:30 pm
- Free
- Janice Williams

## Basic Sewing

Program provides enjoyment and the opportunity to learn the fundamentals of sewing.

- **Wednesdays**
- 5:00 pm – 6:30 pm
- Multipurpose Room A
- Free
- Janice Williams



## Brain Teasers

Children are invited to use their brain power while working on crossword puzzles, word search, jumble, Sudoku and more.

- **Last Tuesday of each Month**
- 4:00 pm
- Multipurpose Room
- Free
- Bill Muscatello

## Cup Cooking/Baking

This program is designed to teach the basics of cooking, kitchen etiquette and cleanliness.

- **2nd Thursday of each Month**
- 5:30 pm – 6:30 pm
- Multipurpose Room B
- Free
- Barbara Smith/Valencia Sanders

## Kids Movie Day

Parents are encouraged to bring their kids out on movie day to view movies that will be rated PG-13 and under.

- **Every 3rd Sunday**
- 2:00 pm – 3:00 pm
- Free
- Barbara Smith

## Foosball Tournament

Participants will compete against one another in a double elimination format. The game will conclude with the first player scoring 5 points. Each participant will receive a certificate of participation and ribbons will be awarded for 1st - 3rd place.

- **2nd Friday of each month**
- 5:00 pm until finished
- 3 Age Categories: Elementary, Middle and High School
- Game Room
- Valencia Sanders

## Employability Skills Workshop

These workshops will give the youth valuable advice on the proper way to fill out an application for employment and helpful hints on what types of clothing to wear to an interview. The workshop will also include resume formatting.

- **3rd Tuesday of each month**
- 4:00 – 5:30 pm
- Free

## Arts & Crafts for Kids

Come join us with your creativity and enjoy new, exciting art ideas.

- **Mondays & Wednesdays**
- Classes will meet according to Polk County School Track
- 3:00 pm – 5:00 pm
- Multipurpose Room A
- Free
- Robert Birt

### Free Throw/Shooting Techniques

Work on the fundamentals of free throws and other shots.

- **2nd Thursday of each Month**
- 4:00 pm – 5:00 pm
- Free
- Aleisha Shaw

### Dodgeball

A fun filled activity for kids of all ages to enjoy.

- **3rd Wednesday of each Month**
- 4:00 pm – 5:00 pm
- Gymnasium
- Free
- Aleisha Shaw

### Youth Help Group

This group meeting is geared towards kids that have faced crisis at an early age. Youth will be able to come out and meet other youth that have faced similar problems. Meetings will consist of round table discussions, games, field trips, and other activities to help cope with problems they are having.

- **2nd Monday of each Month**
- 4:30 pm – 5:30 pm
- Ages 18 and under
- Free
- Marquis Roberts

### Read to Achieve

Area business leaders and parents are invited to read to the children while expressing the importance of reading.

- **Tuesdays**
- 3:45 pm – 4:45 pm
- Free
- Dadrian Grier

### Bring Back the Basics – FCAT Preparation Review Class

Review test taking strategies and work on reading and math skills.

- **Saturdays: January 17 & 31, February 7 & 21, March 7 & 21**
- 9:00 am – 12:00 pm
- \$15.00
- Registration Required
- Valencia Sanders- Recreation Leader S.P.C.C., Teacher, Lake Gibson High School, Certification: ESE (K-12), MI (5-9), Housse (K-6)
- Barbara Smith- Recreation Leader S.P.C.C., Paraprofessional, Lake Gibson High School

## Dance



**Crystal's World of Dance** is proud to collaborate with the City of Lakeland at Simpson Park Community Center. We are a professional dance school that specializes in Ballet, Tap, Jazz and African Dance. Students will learn the elements of dance and develop control of mind, body, and spirit. Students will become familiar with appropriate dance terminology.

**Super Tots** – Ages 2-5

**Beginning Tap/Jazz Combo** – Ages 4-6

**Level 1** – Ages 6-9

**Teen Jazz** – Ages 11 & Up

**Company** – Audition Only

### MONDAYS

- Super Tots/Jazz 1, 5:45 pm – 6:30 pm
- Jazz 1/Jazz 2, 6:30 pm – 7:15 pm
- Hip Hop 1/Hip Hop 2, 7:15 pm – 8:00 pm

### TUESDAYS

- African Dance 1 (\*Super Tots & Level 1) 6:00 pm – 6:40 pm
- African Dance 2, 6:40 pm – 7:30 pm
- African Dance (Teens), 7:30 pm – 8:30 pm

### SATURDAYS

- \*Tumbling/Jr. Company (By Audition Only) 9:30 am – 10:30 am
- Teen Jazz/ Jr. Company (By Audition Only) 10:00 am – 10:45 am
- Company (By Audition Only)/Jr. Company 11:00 am – 12:00 pm
- Company (By Audition Only) 12:00 pm – 1:00 pm
- Company (Crystal), 1:00 pm – 2:00 pm
- Hip Hop 3 (By Audition Only) 1:00 pm – 2:00 pm

- **All Classes \$26.50 per month**

- **\*Super Tots/Tumble \$32.50 per month**

**Annual Dance Recital** – Performers will be required to purchase their dance costumes, price list will be available 8 weeks prior to the annual dance recital.

Crystal Brown, Artistic Director, has performed in such productions as: "Dancing on Angels Wings", "Heart Songs", "Reflections 2000", and "Star Gazin."

**For More Information call Crystal at (863) 409-9952.**



# Clubs (Sports/Social)

## Seniors Day Out

This is an activity geared to help motivate our seniors in the community. Seniors have the opportunity to do Arts and Crafts, play Bingo, cards, checkers, etc., and to socialize with one another.

- **Monday and Wednesday**
- Continuous
- 9:30 am - 11:00 am
- Free
- Multipurpose Room
- Janice Williams

## Table Tennis Club

The Lakeland Table Tennis Association welcomes you to play competitive table tennis.

<http://www.eteamz.com/LakelandTableTennis>  
Round Robin Tournament every Sunday.

- **Wednesdays**
- 6:00 pm – 8:30 pm
- **Thursdays (Seniors)**
- 10:00 am – 1:00 pm
- **Sundays**
- 12:00 pm – 4:00 pm
- \$2.50 per person
- Contact Ray Spann - (863) 965-0760  
RaySpann@email.midflorida.com

## Lakeland Table Tennis Association Tournaments

- **February 16, 2009**
- 3:00 pm
- Please call for pricing

## Football Speed and Agility Workout

This program is a speed workout clinic for children that would like to improve their football skills. Children are asked to bring their football cleats.

- **1st & 3rd Mondays of the month**
- 4:00 pm – 5:30 pm
- Free
- Dadrian Grier



## Hot Shot

Work on free throws and three point shooting. Children will compete against each other in an organized competition.

- **Thursdays**
- 4:00 pm – 5:30 pm
- Free
- Steve Chancey



## 7 on 7 Flag Football League for Kids

- **2nd & 4th Thursdays of the month**
- 4:00 pm – 5:30 pm
- Free
- Bill Muscatello

## Learn to Lift

Learn the proper techniques for lifting weights.

- Ages 14-17
- **Wednesdays**
- 3:30 pm - 4:30 pm
- \$3.00 per person
- Steve Chancey

## Judo (Ages 5 & up)

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program a means of self defense or combat, and a way of life. We offer a structured teaching environment that allows students to develop their Judo skills in a friendly and safe Dojo(school). Whether you're looking for a way to keep physically active or compete in Judo, Lakeland Judo Academy will help you achieve your goals. Both beginners and advanced welcome.

- **Wednesdays and Fridays**
- 6:00 pm - 8:30 pm
- \$33.00 per month
- Philip Beytell

### Iron Man 3 on 3 Basketball Tournament

- **Saturday, April 18**
- \$25.00 per team
- Limit 5 roster players
- Call Marquis Roberts at 834-2577

### One on One Basketball Tournament

Ages 12-16. This will be an in and out structured tournament where the winner stays on until he/she loses and the first to 15 points is winner.

- Boys and Girls
- **Monday, February 16 (school holiday)**
- Free

### Modeling

An influential class on professionalism, creativity, dependability, and a culturally viable approach to the "Art of Walking" and fashion show presentation. Ages 8-18.

- **Tuesdays**
- 6:00 pm – 7:30 pm
- **2nd & 4th Thursday**
- 6:00 pm – 7:30 pm
- \$3.50 per day
- \$20.00 monthly
- Angela and LaWanda Bailey



# Police Athletic League (PAL)

PAL Office (863) 834-2556

- **Registration:**  
Simpson Park Community Center
- **Monday – Thursday**
- 9:00 am – 5:00 pm
- **Fridays**
- 9:00 am – 12:00 pm

### After School Program

This program is geared for youth in the 1st grade through high school. The program offers pick-up from selected schools, assistance with homework, arts and crafts and provision of daily snacks.

- **Monday – Thursday**
- **After school until 5:00 pm**

### PAL Baseball (AAU)

- **Date: TBA (Please Call)**
- Divisions: TBA (Please Call)

### PAL Track & Field

- **March – May**
- Boys & Girls
- Ages 7-14

### Football & Cheerleading

- **February – June (Registration)**
- Boys & Girls
- Ages 4-14

For more information, contact Officer Henderson or Officer Hardee @ 834-2556.

