



# PROGRAMS & ACTIVITIES



# Recreation Center Activities

## Comeaux Recreation Center

411 W. Bluebird Drive, Lafayette, LA  
70508 Monday-Friday | 2:00-9:00 PM  
(337) 291-8875

- Free Play Basketball: Mon - Fri (Time Varies)
- Free Play Pickleball: (May - Aug) 6pm - 9pm
- Aerobics: Mon, Wed, & Thurs at 5:45pm - 7pm
- Karate: 5pm - 8pm (Mon - Fri)
  - Ages 14+
  - \$29.95/month; Groups of 3+ \$19.95/month per person  
Karen Edwards (337) 278-0641 (Ask about Specials)
- Karate: Mon, Wed & Fri at 5:30-7:00 PM
- Game Room: Mon-Fri at 2:00-8:30 PM
- Weight Room: Mon-Fri at 2:00-8:30 PM
- Art Class: Tues at 4:00-5:00 PM

## Domingue Recreation Center

901 Mudd Avenue, Lafayette, LA  
70501 Monday-Friday | 4:00-9:00 PM  
(337) 291-5558

- Free Play: 4pm - Close
- Weight Room: 4pm - Close
- Game Room: 4pm - Close
- Pickleball (Effective April 2 - July 30) 4pm - 6pm
- Meals on Wheels: 8am - 3pm (Every 3rd Friday)

## Dupuis Recreation Center

1212 E. Pont Des Mouton Road, Lafayette, LA  
70501 Monday-Friday | 2:00-9:00 PM  
(337) 291-8377

- Free Play Basketball: Mon - Fri (Time Varies)
- Weight Room: 2pm - Close
- Dance Class: Mon & Wed 6pm - 9pm
- Pickleball: 2pm - 5pm (Mon & Wed)
- Basketball Practice: 8pm - 9pm (Fri)
- Liturgical Dance: 5pm - 8pm Tues & Thurs

## Girard Recreation Center

500 Girard Park Drive, Lafayette, LA  
70503 Monday-Friday | 2:00-9:00 PM

- Free Play Basketball: Mon - Fri (Time Varies)
- Game Room: 3pm - 8:50pm Mon - Fri
- Art Class: 4pm - 8:50pm Wed
- Kiwanis Club: 6pm - 9pm Wed
- Square Dance: 6pm - 9pm Fri
- Cajun Wheeler: 11am - 1:30pm (1st and 3rd Sat)
- Karate: 6pm - 9pm Tues & Thurs

## Heymann Recreation Center

1500 South Orange Street, Lafayette, LA  
70503 Monday-Friday | 2:00-9:00 PM  
(337) 291-5562

- Free Play Basketball: Mon - Fri (Time Varies)
- Free Play Ping Pong: 2pm - 9pm Mon - Fri
- Weight Room: 2pm - 9pm Mon - Fri
- Dance Class: 6pm - 9pm Tues & Thurs
- Grambling SU Laf Meeting: 6pm - 7pm (1st Wed)

## Martin Luther King Recreation Center

309 Cora Street, Lafayette, LA 70501  
Monday-Friday | 2:00-9:00 PM

(337) 291-5561

- Free Play Basketball: Mon - Fri (Time Varies)
- Weight Room: 2pm - Close
- Piano/Voice: 2pm - 6pm Mon - Thurs
- Library: 3pm - 7pm Mon - Thurs
- Aerobics: 6pm - 7pm Mon & Wed
- Boy Scouts: 6:30pm - 8:30pm (1st & 4th Thurs)
- Bible Class: 6:30pm - 8:30pm (1st & 4th Tues)
- Dance Class: 9am - 12pm Sat

## Robicheaux Recreation Center

1919 Eraste Landry Road, Lafayette, LA  
70506 Monday-Friday | 2:00-9:00 PM

(337) 291-8885

- Free Play Basketball: Mon-Fri (Time Varies)
- Weight Room: 2pm - Close Mon - Fri
- Game Room: 2pm - Close Mon - Fri
- Line Dancing: 5:30pm - 6:30pm Tues
- Judo: 6pm - 8pm Tues & Thurs (Adults Only)
- Frontier Girls: 6pm - 8pm Fri
- Table Tennis: 6pm - 8pm Tues & Thurs
- Pickleball: (Effective April 2 - July 30) 7pm - 9pm Tues & Thurs
- Zumba: 5:30pm - 6:30pm Mon & Wed
  - Adults Only
  - \$5/day
  - Sahra Arabaca (337) 296-3183 or sahra.arabaca@yahoo.com
- Aerobics: 5:45pm - 6:45pm Tues & Wed
  - Adults Only
  - \$3/day or \$20/month
  - Leona Milson (337) 288-2041 or leona\_milson@yahoo.com

## Thomas Recreation Center

301 Geraldine Street, Lafayette, LA 70506  
Monday-Friday | 2:00-9:00 PM  
(337) 291-5553

- Free Play Basketball: Mon-Fri (Time Varies)
- Pickleball: 3pm - 9pm Mon - Fri / Wed 9am - 1pm
- Ballet: 5pm - 6pm Mon
- Advance Tap & Jazz: 6pm - 7:30pm Mon
- Adult Tap: 7:30pm - 8:30pm Mon
- Fencing: 6pm - 7pm Tues & Fri / 12pm - 2pm Sat
- Yoga: 3:15pm - 4:15pm Tues
- Interline Dance: 3:15pm - 4:15pm Wed
- Ballet/Tumbling: 4:30pm - 6:30pm Wed
- Taekwondo: 6pm - 8pm Fri / 10:30am - 11:30am Sat
- Beginner Line Dance: 12pm - 1pm Sat
- Qi Gong: 9am - 10am Sat
- Beginner Ballet/Tap/Jazz: 4pm - 7:30pm
- Gymnastics: 3pm - 6pm Thurs
- SWA Cheer: 5:30pm - 7:30pm Wed

## Greenhouse Senior Center

110 NE Evangeline Thrwy, Lafayette, LA

Monday-Friday | 7:00-2:00 PM

(337) 291-5458

- Coffee , Conversation, and Music Hour: Mon and Fri 8 - 9 am
- Crossword Puzzle Hour: Mon and Wed 9 am - 10 am
- Destination Walk: Mondays 10:30am-11:30am
- Bingo: Monday and Thursday 12:00pm-2:00pm
- Golden Groove Line Dance: 1st and 3rd Wed 9 am-10:15am
- Zydefit: 2nd Friday 10:00am-11:15am
- Chair Aerobics: Tuesday and Thursday 8:30am-9:30am
- Arts and Crafts: Tuesdays 9:30am-12:00pm
- Board Games: Tuesday and Wednesday 10:30am-12:00pm
- Pokeno: Tues at 10am-2pm and every other Thurs at 10am-2pm
- Inspiration Hour: 2nd and 4th Tuesday 9:00am-9:30am
- Relaxation Music: Wednesdays 8:00am-9:00am
- Movie and Popcorn: Wednesdays 12:00pm-1:30pm
- Library Hour: Wednesdays 1:00pm-2:00pm
- Pitty Pat Card Game: Monday and Thursday 9:30am-11:30am
- Music Marathon: Fridays 1:00pm-2:00pm
- Open TV Viewing: Fridays 11:00am-1:00pm
- Cardio Drumming: 2nd Wednesday 10:00am-11:00am

## Rosehouse Senior Center

120 Statesman Drive, Lafayette, LA

Monday-Friday | 7:00-2:00 PM

(337) 291-5444

- Fitness Room: Mon - Fri 7am-2pm
- Little Library: 7am-2pm Mon – Fri
- Puzzle Place: 7am-2pm Mon – Fri
- Yoga: Mon, Wed, Fri 8:15am-9:15am
- Aerobics: Mon, Wed, Fri 9:30am-10:30am
- Bouree: Mon, Wed, Fri 10am-1pm
- Chair Aerobics: Mon, Wed, Fri 10:45am -11:45am
- Line Dance: Mon, Thurs 12:45pm 2:00pm
- Art: 10am-2 pm (2nd, 4th) Varies
- Walk Up & Walk: Tues 7:30-9am (1st, 2nd, 4th)
- Zydeco Line Dancing: Tues 10:00am-11:00am (1st)
- Mexican Train: Tues 10:00am-2:00pm
- Pokeno: Tues 10:00-1pm (2nd & 4th)
- AARP Defensive Driving: Tues 8am-12pm (3rd)
- Pitty Pat: Wed, Fri 9:30am-12:00pm
- Hand & Foot: Wed 10:00am-2:00pm
- Bingo: Wed, Fri 12pm-2pm
- Walk Up & Walk: Thurs 7:30-9am (1st, 3rd)
- Color Craze: Thurs 10:00am-12pm
- Games Galore: Thurs 12:00pm-2pm
- Chair Volleyball: Thurs 11:00-12:30pm (2nd, 4th)

All Lafayette Recreation Centers offer a gymnasium, weight room, and game room that is open to the public and used for a variety of sports and activities.

# Athletic Programs

## Fall Sports

- Youth Tackle Football
  - Ages 7-13
  - Registration July
  - 6-Week Season, Begins end of September
- Flag Football
  - Ages 5-15
  - Registration July
  - 6-Week Season, Begins end of September
- Coed Volleyball
  - Ages 7-17
  - Registration July
  - 6-Week Season, Begins end of September
- Basketball
  - Ages 5-14
  - Registration October
  - 10-Week Season, Begins 1st Week of January

## Spring Sports

- Baseball & Softball
  - Ages 5-14
  - Registration January
  - 10-Week Season, Begins 1st Week of March
- Track & Field
  - Ages 5-15
  - Registration at Every Meet
  - 6-Week Season, Begins 1st Week of March

## Adult Sports

- Employee League Basketball
  - Registration February
  - 12-Week Season, Begins 1st Week of March
- Coed Softball
  - 12-Week Season, Begins 1st Week of March
- Flag Football
  - Registration July/August
  - 12-Week Season, Begins 1st Week in September

## Special Sporting Events

- Youth Basketball Camp in June (Ages 7-14)
- Youth Volleyball Camp in July (Ages 7-14)
- Corey Davis Basketball Camp in July (Ages 7-14)

Visit [www.lafayettela.gov/ParksRecreation/athletics/youth-sports](http://www.lafayettela.gov/ParksRecreation/athletics/youth-sports) for a calendar of upcoming Youth Sports Events.



# Therapeutic Recreation

All classes are open to seniors 50 years and up and adults with disabilities. Class reminders and information can be found on the PARC Facebook Page. Please note that classes may be occasionally canceled or rescheduled. For more information, please call or text 337-344-9349.

## Park Pacers Walking Program

- Tues and Thurs at 9:30-10:30 AM
- Girard Park Walking Track (Meet at Duck Pond Pavilion)
- Walk laps around the big track; can track progress through the Pacers app. Beginners can meet at the end of class at 10:10 am for smaller laps around the pond.

## Fun & Fitness Classes

- Tues and Thurs at 10:30-11:30 AM
- Girard Park Recreation Center Cypress Room
- Exercises change weekly using DVDs for all ages, fun music, and equipment to help with flexibility, range of motion, and toning muscles. Sitting and standing movements are used.

## Arts & Crafts

- 1st Thurs of the month at 1:00-2:30 PM
- Girard Park Recreation Center Golden Room
- Theme changes each month and will be posted to Facebook.
- Must RSVP for these classes due to limited supplies. RSVP: rggresham@lafayettela.gov or (337) 344-9349

## Bingo

- 3rd Thurs of the month at 12:30-2:30 PM
- Girard Park Recreation Center Cypress Room
- Participants play for bingo prizes and enjoy socializing during snack breaks.
- RSVP required for parties of 10 or more.
- Age restrictions are lifted during school breaks.

The mission of The Parks & Recreation Department is to provide the citizens of Lafayette Parish the opportunity to participate in a wholesome environment in which they can experience a leisure time that is diversionary in character, and to assist in promoting entertainment, pleasure, relaxation and other physical and mental development.

### Parks & Recreation Department

500 Girard Park Drive  
Lafayette, LA 70501

(337) 291-8374

[www.lafayettela.gov/ParksRecreation](http://www.lafayettela.gov/ParksRecreation)

Facebook: [www.facebook.com/LafayettePARC](https://www.facebook.com/LafayettePARC)



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**PARC**  
PARKS, ARTS, RECREATION, & CULTURE