

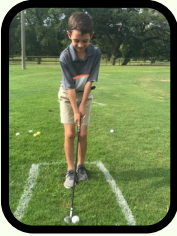


2025 SPRING GUIDE

CLASSES + PROGRAMS + EVENTS
APRIL-JUNE

ABOUT SPAR

SPAR is an organization that provides parks & recreation services to residents in the Sulphur/Carlyss communities.



It is the goal of Sulphur Parks and Recreation to provide the finest sports, recreation, and park facilities and the fairest and most inclusive sports and recreation programs possible: that all persons be treated equally without regard to race, sex, ability, social standing, economic status, etc.; and that the public good is upheld to the highest possible standards.

To stay up to date on everything SPAR,



Visit www.sulphurparks.com




Follow us on Facebook @SulphurParks



Call us at (337) 527-2500

PARK FACILITIES

	Recreation & Aquatic Center 933 W. Parish Rd	Fid eaux Field 900 Parish Rd	Pattison Park 1400 Picard Rd	Frasch Park 400 Picard Rd	North Frasch Softball Complex 400 Picard Rd	Kyle Street Park 200 Kyle St	McMurry Park 300 Hazel st	Center Circle Park 80 Center Circle	Maplewood Commons 4408 Maplewood Dr	Cartyss Park 6043 Cartyss Dr	The Grove at Heritage Square 1211 Ruth St
Baseball/Softball Fields			X	X	X	X	X			X	
Soccer Fields							X				
Tennis Courts				X			X	X		X	
Football Field										X	
Basketball Pavilion				X		X	X	X		X	
Pickleball Courts	X					X	X			X	
Picnic Pavilion			X	X		X	X	X	X	X	
Disc Golf										X	
Playground				X		X	X	X		X	
Golf Course				X							
Rental Room				X		X				X	
Gymnasium	X			X		X	X			X	
Outdoor Swimming Pool	X							X			
Walking Paths	X		X			X	X	X	X	X	X
Dog Park		X									
Passive Green Space		X	X			X			X		X
Raquetball Courts	X										
Indoor Walking Track	X										
Weight Room	X										
Fitness/Excercise Room	X										
Public Restroom	X		X	X	X		X	X		X	X

If you see something say something!
 Please report all property damage,
 broken equipment, graffiti and more.
 Call us at (337) 527-2500
 For more Urgent Matters, call 911!

RECREATION & AQUATIC CENTER



This affordable fitness facility for the community includes weight rooms, basketball/volleyball/pickleball courts, racquetball courts, group fitness classes, free indoor track, Olympic pool, heated teaching pool, and many inclusive programs.



933 West Parish Rd.



Hours of Operation: pools close 15 minutes before the building closes

Monday-Friday 5:00am-8:00pm

Saturday 8:00am-2:00pm

Sunday 1:00pm-5:00pm



(337) 527-2500



www.sulphurparks.com



RECREATION & AQUATIC CENTER

Try out our Day Fees or get a Membership.

Day Fee Prices	Regular Rate Ages (3-61)	Senior Rate Age (62+)	Military Rate
In-District	\$5.00	\$2.00	\$3.00
Out of District	\$7.00	\$4.00	\$5.00

2025 SPAR MEMBERSHIP PACKAGES

Package Options		Monthly Draft	90 Day Pass Full Pay	6 Month Full Pay	Annual Full Pay
Senior Single (62 years +)	In-district	\$15.00	\$45.00	\$90.00	\$180.00
	Out-of-district	\$31.00	N/A	\$204.00	\$372.00
Senior & Spouse (Primary must be 62+)	In-district	\$20.00	\$60.00	\$120.00	\$240.00
	Out-of-district	\$43.00	N/A	\$276.00	\$516.00
Single (min. age 16yrs. Old with parent authorization)	In-district	\$20.00	N/A	\$138.00	\$240.00
	Out-of-district	\$43.00	N/A	\$276.00	\$516.00
Student Summer Pass (18 - 22years old)	In-district	N/A	\$78.00	N/A	N/A
	Out-of-district	N/A	\$147.00	N/A	N/A

SPAR Family Guidelines

FAMILY = MARRIED COUPLE & DEPENDANT CHILDREN, IN SAME HOUSEHOLD
legally married as recognized by the State of Louisiana.

*Children must be 17 & under, 18-22yrs allowed as long as actively enrolled full time student

Family - Limit 5	In-district	\$31.00	N/A	\$204.00	\$372.00
	Out-of-district	\$58.00	N/A	\$366.00	\$696.00
Family - Limit 6	In-district	\$44.00	N/A	\$282.00	\$528.00
	Out-of-district	\$75.00	N/A	\$468.00	\$900.00
Family - Limit 7	In-district	\$58.00	N/A	\$366.00	\$696.00
	Out-of-district	\$93.00	N/A	\$606.00	\$1,116.00
Family - Limit 8	In-district	\$62.00	N/A	\$408.00	\$744.00
	Out-of-district	\$116.00	N/A	\$732.00	\$1,392.00

All Monthly Drafts are Pro-Rated for the first month.

There is a \$20 set up fee with all membership packages.
(waived for active military; military ID required)

SPAR In-District Residents

Must live within Ward 4, District 2 Recreation District and/or Sulphur High School Zone, or be a property owner of said area.

RAQC FITNESS

GROUP FITNESS CLASS DESCRIPTIONS

All Classes open to ages 12 years and older. Children 12-13 years must have adult in class with them.

Circuit Training—A form of conditioning which develops strength, endurance, flexibility, and coordination utilizing a variety of exercises and workout stations

Country, Western, & Zydeco Dance—Learn polka, two-step, waltz, and zydeco dances. Couples are not required.

Pilates—A system of exercises designed to improve physical strength and flexibility.

Seated Aerobics—Nonimpact aerobics. Work up a sweat while seated and working all body parts. All ages are welcome! Great for post rehab patients.

Sculpting—Using the weight-room exercises to challenge your major muscle groups.

SPIN—An energized indoor bicycling workout.

YOGA—

Yin—A slow-paced style of yoga as exercise with asanas (postures) that are held for longer periods of time.

Slow Flow—Slower practice to create your own synchronized flow, while learning poses and how to move, breathe and stretch between poses.

Hatha—Creates balance between body and mind through breathing, postures and meditation.

Restorative—A practice that is all about slowing down and opening your body through passive stretching.

Chair—Modified yoga poses done while seated or supported by a chair. Suitable for anyone, but especially for those mobility issues.

Zumba—The program fuses hypnotic Latin rhythms and easy-to-follow moves that feature fast, and slow rhythms.

AQUATIC FITNESS CLASS DESCRIPTIONS

A.B.C.—(**Aquatic Body Conditioning**) - Cardio, plus toning with the aqua barbells, and stretching. (Level 3 Intensity)

Aqua Therapy—Restore range of motion, build muscles to support shoulder, hip, ankle joints and core. (Level 1 Intensity)

Aqua Yoga—Focusing on improving strength, balance, and coordination on a floating Aqua Mat. (Level 2 Intensity)

Bootcamp & Noodles—High intensity cardiovascular workout. Using a variety of Aqua equipment. (Level 4 Intensity)

Deep Water Fitness—For people with different levels of fitness, the compression of the deep water plus exercises improves circulation with no pressure on your joints and less stress to the muscles. (Level 3 Intensity)

Hydro Power—Medium/high intensity. Some hopping, jumping during cardio workout. Abdominals and toning are included. (Level 4 Intensity)

Silver Aquacise—Medium intensity workouts in Teaching Pool. Open to all ages. (Level 2 Intensity)

March/April/May 2025

Group Fitness & Aquatic Schedule

TIME	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS	Group Fitness	AQUATICS
5:05 am	ChiroFIT Training Sarah (60min) A		ChiroFIT Training Sarah (45 min) A		ChiroFIT Training Sarah (45 min) A		Sculpting Susie (55min) A					
8:00 am	1 Aqua Therapy Debra (30min)											
8:15 am	SPIN Chriissy (45 min) A											
8:15 am			Sculpting Chriissy (45 min) A		Sculpting Chriissy (45 min) A				SPIN Chriissy (45 min) A			
8:30 am	3 Aqua Body Conditioning Debra (60min)	2 Silver AQUACISE Raygan (60min)	3 Aqua Body Conditioning Linds (60 min)	4 Hydro Power Raygan (60min)	4 Hydro Power Raygan (60min)				Pilates Hallie (45 min) S			
9:00 am	Sculpting Chriissy (45 min) A											
9:15 am	Seated Aerobic Mark (60 min) A		Seated Aerobic Raygan (60 min) A		Seated Aerobic Raygan (60 min) A				Seated Aerobic Raygan (60 min) A	3 Aqua Body Conditioning Hallie (60 min)		
9:30 am												
10:30 am								Chair YOGA Debra (60min) S				
12:00 noon	4 Hydro Power Raygan (60min)		2 Aqua Yoga Debra (60 min)		2 Silver AQUACISE Raygan (60min)							
5:00 pm	ChiroFIT Training Raygan (45min) A	Pilates Emery (60 min) A										
5:30 pm	4 Hydro Power Debra (60min)	4 Aqua BootCamp Debra (60min)	2 Aqua Yoga Debra (60 min)									
5:30 pm			2 Aqua Yoga Debra (60 min)									
6:00 pm												
6:00 pm	Hatha YOGA Marissa (60min) S		ZUMBA fitness Adriana (50min) S									
6:30 pm			3 Deep Water Debra (60min)									
7:00 pm												
9:00 pm												
MARCH ONLY												
12:00 noon	4 Hydro Power Raygan (60min)		2 Aqua Yoga Debra (60 min)		2 Silver AQUACISE Raygan (60min)							
5:00 pm	ChiroFIT Training Raygan (45min) A	Pilates Emery (60 min) A										
5:30 pm	4 Hydro Power Debra (60min)	4 Aqua BootCamp Debra (60min)	2 Aqua Yoga Debra (60 min)									
5:30 pm			2 Aqua Yoga Debra (60 min)									
6:00 pm												
6:00 pm	Hatha YOGA Marissa (60min) S		ZUMBA fitness Adriana (50min) S									
6:30 pm			3 Deep Water Debra (60min)									
7:00 pm												
9:00 pm												
MARCH ONLY												
12:00 noon	4 Hydro Power Raygan (60min)		2 Aqua Yoga Debra (60 min)		2 Silver AQUACISE Raygan (60min)							
5:00 pm	ChiroFIT Training Raygan (45min) A	Pilates Emery (60 min) A										
5:30 pm	4 Hydro Power Debra (60min)	4 Aqua BootCamp Debra (60min)	2 Aqua Yoga Debra (60 min)									
5:30 pm			2 Aqua Yoga Debra (60 min)									
6:00 pm												
6:00 pm	Hatha YOGA Marissa (60min) S		ZUMBA fitness Adriana (50min) S									
6:30 pm			3 Deep Water Debra (60min)									
7:00 pm												
9:00 pm												

HOURS OF OPERATION
 Monday - Friday 5 am - 8 pm
 Saturday 8 am - 2 pm
 Sunday 1 pm - 5 pm

AGE REQUIREMENTS:
 All classes are for ages 12 and older.
 2. Parent/guardian must attend class with 12-13 year olds.

Where are the classes?
 A- Aerobic Room #130
 S- Studio/Class Room #150
 *1st & 3rd Thurs - Slow Flow Yoga
 2nd Thurs - Restorative Yoga
 Last Thurs - Yin Yoga

SlowFlow YOGA
 Debra (60 min) S

1-4 Water Aqua Intensity Level
 Aqua Yoga
 Participants must register to attend class @ www.sulphurparks.com/sparc
 Space is Limited

MARDI GRAS
 Tuesday March 4th
 RAQC 8am-2pm
 NO classes/KidZone Closed

HOLIDAY HOURS
EASTER WEEKEND
 Friday April 18th- 8am-2pm
 NO classes/Kid Zone closed
 Saturday April 19th 8am-2pm
 NO classes/KidZone closed
 Sunday April 20th - CLOSED

MEMORIAL DAY
 Monday May 27th 5am-9pm
 NO classes/KidZone Closed

LAGNIAPPE DATES
 Daylight Savings- March 9th
 LHSAA Softball- May 2nd-3rd
 LHSAA Baseball- May 15th-17th

★ RAQC KIDZONE ★

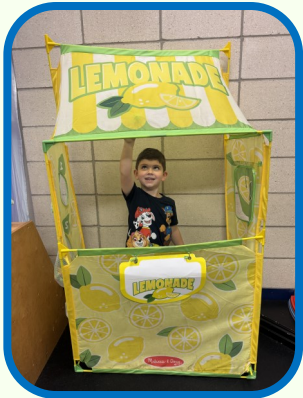
Enjoy your workout while the kids are enjoying their time in our supervised Kid Zone.

★ Children **ages 2 - 12** will have a great time in our child center, filled with toys, a television, and themed crafts. ★



Hours of Operation:

Monday-Thursday	8:00am-11:00am 4:00pm-8:00pm
Friday	8:00am-11:00am 4:00pm-7:00pm
Saturday	9:00am-12:00pm
Sunday	CLOSED



Check out our monthly calendars that are at our membership kiosk or on our website that are full of themed crafts, movies, closures!

RAQC KIDZONE

Safety Guidelines and Rules

- Children ages 2 years to 12 years are welcome.
- Child must have a SPAR membership or pay a day fee to enter KidZone.
- Maximum time in area is 2 hours.
- **SPAR Staff are not permitted to escort your child to the bathroom.**
- A legal guardian/parent must sign child in/out of KidZone.
- Legal guardian/parent must inform Attendant of their location in order to provide assistance to child as needed. (i.e. illness, diaper change, restroom)
- Legal guardian/parent may not leave SPAR Recreation & Aquatic Center property while children are signed into KidZone.
- A picture ID of legal guardian/parent must be left with Attendant while children are in the area.
- Please label all personal belongings. We are not responsible for lost or stolen items.
- Only closed containers are permitted in the area.
- **No food or open beverages allowed.**
- Bullying or fighting is not tolerated. We reserve the right to remove disruptive children/teenagers from area and/or facility.



RAQC AQUATICS



**American
Red Cross**



American Red Cross Lifeguard Training Certification

Objective: Teaches participants water rescues, CPR, AED, First Aid, patron surveillance, teamwork and communication.

Pre-registration required using SPARC.

Ages: 15 years old and up

Location: Sulphur Parks Recreation & Aquatic Center- 933 West Parish Rd.

Course Fee: \$225.00 per student (Includes all course materials)

Cancellations must be made by the registration deadline to receive a full refund, less a \$25.00 cancellation fee.

Note: An individual that fails the Pre-Course Water Test will receive a full refund.

Minimum: 3 participants / **Maximum:** 12 participants

Other Info: Please bring a swimsuit, towel, light lunch, and a change of clothes.

Pre-Course water test: Swim 150 yards continuously using front crawl and/or breaststroke. Tread water without using your hands for 2 minutes, then return 50 yards back to the start. (May use goggles for this section only)

Complete the following sequence within 1 minute, 40 seconds: 20-yard approach, surface dive to 10 feet, retrieve a 10-pound brick from the bottom, return 20 yards on the back holding the brick with both hands, and then exit the pool without the use of a ladder.

Session 4

Registration Deadline is Tuesday, April 8 at 12:00PM

Friday, April 11	4:00PM-8:00PM
Saturday, April 12	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, April 13	9:00AM-12:00PM & 12:30PM-6:00PM

Session 5

Registration Deadline is Thursday, April 17 at 12:00PM

Monday, April 21	8:00AM-12:00PM & 1:00PM-4:30PM
Tuesday, April 22	8:00AM-12:00PM & 1:00PM-4:30PM
Wednesday, April 23	8:00AM-12:00PM & 1:00PM-4:30PM

Session 6

Registration Deadline is Thursday, April 24 at 12:00PM

Saturday, April 26	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, April 27	9:00AM-12:00PM & 12:30PM-6:00PM
Monday, April 28	4:00PM-8:00PM

RAQC AQUATICS

Session 7

Registration Deadline is Tuesday, May 20 at 12:00PM

Friday, May 23	4:00PM-8:00PM
Saturday, May 24	8:00AM-12:00PM & 12:30PM-6:00PM
Sunday, May 25	9:00AM-12:00PM & 12:30PM-6:00PM

Session 8

Registration Deadline is Tuesday, May 27 at 12:00PM

Thursday, May 29	8:00AM-12:00PM & 1:00PM-4:30PM
Friday, May 30	8:00AM-12:00PM & 1:00PM-4:30PM
Saturday, May 31	8:00AM-12:00PM & 1:00PM-4:30PM

Session 9

Registration Deadline is Thursday, June 5 at 12:00PM

Monday, June 9	8:00AM-12:00PM & 1:00PM-4:30PM
Tuesday, June 10	8:00AM-12:00PM & 1:00PM-4:30PM
Wednesday, June 11	8:00AM-12:00PM & 1:00PM-4:30PM

Session 10

Registration Deadline is Thursday, June 19 at 12:00PM

Monday, June 23	8:00AM-12:00PM & 1:00PM-4:30PM
Tuesday, June 24	8:00AM-12:00PM & 1:00PM-4:30PM
Wednesday, June 25	8:00AM-12:00PM & 1:00PM-4:30PM

American Red Cross Review Course

Objective: Red Cross certified lifeguards need to recertify every two years. Must be currently certified to take this course.

Pre-registration required using [SPARC](#).

Ages: 15 years old and up

Location: Sulphur Parks Recreation & Aquatic Center-
933 West Parish Rd.

Course Fee: \$100.00 per student (Includes all course materials)
Cancellations must be made by the registration deadline to receive a full refund, less a \$25.00 cancellation fee.

Minimum: 3 participants / **Maximum:** 12 participants

April 5-6

Registration Deadline: Thursday, April 3 at 12:00PM

Saturday, April 5	8:00AM-2:00PM
Sunday, April 6	1:00PM-5:00PM

May 9-10

Registration Deadline: Thursday, May 8 at 12:00PM

Friday, May 9	8:00AM-2:00PM
Saturday, May 10	1:00PM-5:00PM

RAQC AQUATICS

Swim Lessons

Objective: Designed to teach individuals how to swim, providing essential water skills like floating, breathing techniques, and different strokes, which are crucial for preventing drowning and promoting overall aquatic confidence and fitness. SPAR Aquatics offers a wide range of classes from Preschool A through Adults, and Parent/Child.

Pre-registration required using [SPARC](#) .

Location: Sulphur Parks Recreation & Aquatic Center- 933 West Parish Rd.

Course Fee: \$80.00 for Monday and Wednesday Sessions (8 Classes)
\$40.00 for Saturday Sessions (4 Classes)

Other Info: Please bring swim diapers (if needed) and a towel.

(\$80) Session F= April 7 - April 30

Registration Deadline = Wed. April 2 12:00PM

(\$40) Session G= Mar. 8 - Mar. 29

Registration Deadline = Wed. Feb. 26 12:00PM

(\$40) Session H= April 12 - May 3

Registration Deadline = Wed. April 9 12:00PM

(\$80) Session I= May 19 - May 29

Registration Deadline = Wed. May 14 12:00PM

(\$80) Session J= June 16 - June 26

Registration Deadline = Wed. June 11 12:00PM

(\$40) Session K= May 24 - June 14

Registration Deadline = Wed. May 21 12:00PM

(\$40) Session L= June 21 - July 12

Registration Deadline = Wed. June 18 12:00PM



RAQC AQUATICS

Adaptive Aquatics Swim Lessons

Description: Special needs swim lessons are designed for individuals with developmental, neurological, or cognitive challenges, such as Autism, Cerebral Palsy, Down Syndrome, and more. This 45 minute program, for ages 4 and up, is led by SPAR's Certified Adaptive Aquatic Instructors. Students, with their aid or guardian, are introduced to swimming and water safety, learning functional and recreational swimming skills, as well as social skills. The goal is to help participants swim confidently, feel safe in the water, learn to swim, and have fun.

Pre-registration required using SPARC .

Location: Sulphur Parks Recreation & Aquatic Center- 933 West Parish Rd.

Course Fee: \$40.00 per student (aid/parent/guardian is included in the price)

Other Info: Please bring swim diapers (if needed) and a towel.

Participant's aid or guardian is required to get in the water with instructors.

Session 4- Registration Deadline: Monday, May 12 at 12:00PM

May 19 From: 1:00PM-1:45PM or 4:00PM-4:45PM

May 26 From: 1:00PM-1:45PM or 4:00PM-4:45PM

June 2 From: 1:00PM-1:45PM or 4:00PM-4:45PM

June 9 From: 1:00PM-1:45PM or 4:00PM-4:45PM

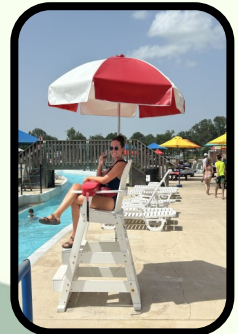
Session 5- Registration Deadline: Wednesday, June 18 at 12:00PM

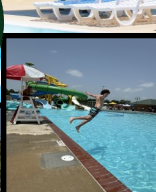
June 23 From: 1:00PM-1:45PM or 4:00PM-4:45PM

June 30 From: 1:00PM-1:45PM or 4:00PM-4:45PM

July 7 From: 1:00PM-1:45PM or 4:00PM-4:45PM

July 14 From: 1:00PM-1:45PM or 4:00PM-4:45PM





#SPARlife

YOUTH PROGRAMS

After School Mini Camp:

Objective: Burn off some after school steam and enjoy some fresh air at our local parks with organized activities and games supervised by SPAR STAFF.

Pre-registration required using SPARC .

Dates: Tuesday April 8 & Thursday April 10

Time: 3:30pm-5:00pm

Age/Grade: 7-12 years old

Location: Frasch Park April 8
 Carlyss Park April 10

Fee: **In-District** =Free

Out-of-District=Free

Minimum # of participants = 5 / Maximum # of participants = 30

BRING: water bottle

Spring Youth Art:

TBA

Objective: Encourage creativity with an Art class.

Pre-registration required using SPARC .

Date: Thursday April 17

Time: 5:30pm-7:30pm

Age/Grade: 7-12 years old

Location: Recreation and Aquatic Center - 933 W. Parish Rd

Fee: \$20.00

Minimum # of participants = 5 / Maximum # of participants = 15

Extra Info: All supplies will be provided, and participants should dress in paint safe clothing!

Spring Games:

Swim & Sports Camp

Objective: When CPSB is closed for Holiday or in-service, SPAR offers a day of organized activities and games supervised by SPAR STAFF.

Pre-registration required using SPARC .

Date: Thursday April 24

Time: 8:00am-12:00pm

Age/Grade: 1st-6th grade (6-12 years old)

Location: Recreation and Aquatic Center - 933 W. Parish Rd

Fee: **In-District** =\$5.00

Out-of-District=\$7.00

Minimum # of participants = 10 / Maximum # of participants = 30

BRING: swimsuit, towel, and water bottle

ATTIRE: athletic clothing (NO pants) and tennis shoes (NO crocs, flip-flops, etc)

YOUTH PROGRAMS

SPAR Day Summer Camps:

Objective: Schools out and SPAR is offering a fun filled week playing lots of games, watching movies, making crafts, and doing science experiments for ages 8-12, supervised by SPAR STAFF.

Pre-registration required using SPARC .

Date(s): Week 1: Monday June 9-Friday June 13
Week 2: Monday June 23- Friday June 27
Week 3: Monday July 7- Friday July 11

Time(s): Mon-Thu 8:00am-4:00pm
Fri 8:00am-12:00pm

Age/Grade: 8-12 years old

Location: Week 1: Monday – Thursday at Frasch Park /
Friday at Rec and Aquatic Center
Week 2: Monday – Thursday at Carlyss Park /
Friday at Rec and Aquatic Center
Week 3: Monday – Thursday at Kyle Park /
Friday at Rec and Aquatic Center

Fee: \$80.00 per week per child

Minimum # of participants = 10 / Maximum # of participants = 30

BRING: water bottle

ATTIRE: athletic clothing (NO pants) and tennis shoes (NO crocs, flip-flops, etc)
Fridays– bring a swim suit and a towel.



SPARC



SPAR has made registering easier than ever!

The goal of SPARC is to bring account and registration management to our community and members.

SPARC allows you to register for programs, sports, and rent community facilities.

How to Create an Account!

1. Once on the website, scroll down and click the button that says "Login/Create an Account".
2. Fill out the required information including name, address, phone number, email, etc.
3. After you create your account, be sure to add your additional household members.
(Keep your entire household on one account!)



To sign up for anything SPAR,
Visit www.sulphurparks.com
and click the **green SPARC button** or
Visit www.sulphurparks.com/sparc

SPORTS

A core purpose of Sulphur Parks & Recreation is to provide our local community with the best facilities and recreation sports possible. In pursuit of that goal, SPAR offers the opportunity for children and adults in our district to participate in a multitude of sports year-round which are the most affordable, all-inclusive leagues in SWLA!

Our Sports Department offers a wide range of year-round sports including...



Tennis



Basketball



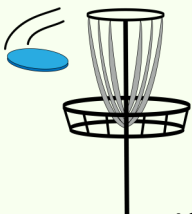
Soccer



Baseball



Golf



DiscGolf



Football



Softball



Volleyball



Pickleball



400 Picard Rd.



(337) 527-2500



SPORTS

Tennis Clinic

Objective: Learning the basics of tennis with an instructor.

Pre-registration required using SPARC .

Registration Dates: Opens Friday February 28.

Dates: Tuesdays from April 8 - May 13 (10-12yo)

Wednesdays April 9 - May 14 (13-15yo)

Tournament on May 17

Time: 6:00pm-7:30pm

Age/Grade: 10-12 years old / 13-15 years old

Location: Frasch Park Tennis Courts

Fee: In-District = \$10

Out-of-District=\$20

BRING: proper tennis shoes and a water bottle.



Adult Tennis Apprentice

Objective: This program is for first time players or those needing a reintroduction to the game .

Pre-registration required using SPARC .

Registration Dates: Monday March 17 - Friday April 11.

Dates: Thursdays from April 17 - May 29

Time: 6:00pm-7:30pm

Age/Grade: 18 years old and up

Location: Frasch Park Tennis Courts

Fee: In-District = \$75

Out-of-District=\$100

BRING: proper tennis shoes and a water bottle.

Being able to try out a range of sports at a young age offers many benefits beyond physical fitness.

Sportsmanship, self-esteem, discipline, and patience are a few things children can gain from sports!

Sulphur Parks and Recreation Youth and Adult Rec Sports Calendar

This calendar reflects estimated registration and game dates throughout any given year. All dates are subject to change based on Calcasieu Parish School calendar, federal holidays, and other local and SPAR events. You can find current, detailed information by browsing SPAR activities at <https://secure.rec1.com/LA/sulphur-parks--recreation-la/catalog>.

SPORT	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
YOUTH BASEBALL (9-18yrs)	registration		practices	games								
YOUTH FP SOFTBALL (9-18yrs)	registration		practices	games								
YOUTH BB/SB (8 & under)	registration		practices	games								
YOUTH SP SOFTBALL (9-18yrs)			registration	practices	games							
YOUTH SOCCER (5-15yrs)				registration	games							
YOUTH FOOTBALL (7-12yrs)				registration	practices	games						
YOUTH VOLLEYBALL (7-18yrs)				registration	practices	games						
YOUTH BASKETBALL (7-17yrs)	games			registration	practices	games						
										registration	practices	games
ADULT VOLLEYBALL (18&up)				team signup	games							
ADULT SOFTBALL (18&up)						team signup	games					
ADULT BASKETBALL (18&up)	games									team signup	games	

AGE CUTOFF DATES-child/adult must be required age prior to this date for all sports. Cutoff dates may be determined by outside entities for auxiliary league purposes (Little League, etc.)

	Sep 1 st (playing year)	Youth Football (7-12)	Oct 1 st (playing year)	see youth ages
Youth Baseball (5-18)	Jan 1 st (playing year)	Youth Volleyball (7-18)	Oct 1 st (playing year)	*must sign up as a team unless otherwise indicated
Youth Softball (5-18)	Oct 1 st (playing year)	Youth Basketball (7-18)		

Parents are required to provide the following equipment:				All other REQUIRED equipment is provided by SPAR
Soccer: Shoes & Shinguards	Football: Shoes	Volleyball: Shoes	Basketball: Shoes	Softball: Shoes & Glove
			Baseball: Shoes & Glove	

FRASCH GOLF COURSE



FRASCH GOLF
1953

Frasch Golf Course is an eighteen hole, par 71 course that features mature trees throughout and a challenging terrain. The facility offers a Golf Shop and Fairway Grill, as well as a driving range with chipping and putting greens.



345 Picard Rd.



Hours of Operation:

Monday

9:30am-5:30pm

Tee times begin at 10:00am

Tuesday-Sunday

6:30am-5:30pm

Tee times begin at 7:00am



(337) 527-2515



www.sulphurparks.com



FRASCH GOLF COURSE



Located on the second floor of the Golf Shop, Fairway Grill offers comfortable seating, excellent food, large screen TV's for the sports enthusiast, and the best view in town!



345 Picard Rd.



Hours of Operation:

Monday

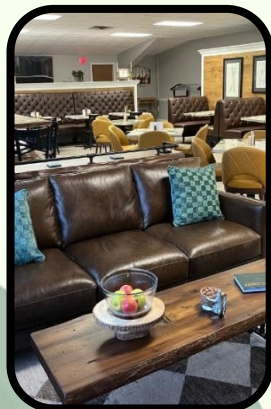
11:00am-5:00pm

Tuesday-Sunday

7:30am-5:00pm



(337) 527-2518



FRASCH GOLF COURSE

Try out our Day Fees or get a Membership.

2025 Membership Packages						
Membership Type	Membership Length	Regular	2 Person Family	3 Person Family	Senior	Senior + Spouse
Green Fee + Walking	Semi - Annual	\$405	\$446	\$556	\$322	\$347
	Annual	\$691	\$774	\$995	\$526	\$576
Premium Green Fee + Walking	Semi - Annual	\$514	\$556	\$666	\$433	\$457
	Annual	\$912	\$995	\$1,215	\$746	\$796
Green Fee + Private Cart	Semi - Annual	\$791	\$898	\$1,008	\$625	\$650
	Annual	\$1,352	\$1,568	\$1,788	\$1,022	\$1,072
Premium Green Fee + Private Cart	Semi - Annual	\$901	\$1,008	\$1,118	\$736	\$760
	Annual	\$1,573	\$1,788	\$2,009	\$1,242	\$1,292
Green Fee + 1/2 Fleet Cart	Semi - Annual	\$901	\$1,008	\$1,118	\$736	\$760
	Annual	\$1,573	\$1,788	\$2,009	\$1,242	\$1,292
Premium Green Fee + 1/2 Fleet Cart	Semi - Annual	\$1,011	\$1,118	\$1,228	\$846	\$870
	Annual	\$1,793	\$2,009	\$2,229	\$1,463	\$1,513

*All membership packages include applicable sales tax.

Regular = One individual, age 18 - 61

Family = Spouse and/or dependent children. Children must be dependents of primary member, 22 years old or younger, and a full time student.

Senior = Must be 62+ at time of purchase. Senior + Spouse = Primary must be 62.

Membership Benefits

- 10% discount on all ProShop merchandise, food/drink at Grill (excluded alcohol), and SPAR golf events.
- Schedule tee times up to 7 days in advance.
- Memberships are available for purchase year round. Membership term begins on date of purchase.
- Renewals are allowed up to 30 days in advance.
- Premium members receive one small range token per day and a free locker rental.
- Refunds are considered based on Major health condition, Job Transfer/Relocation from the area, or in the case of Death. Request for refund form must be submitted within the first half of the membership period with Proof of Need (i.e.: doctor's excuse, job transfer/relocation document, obituary). Refunded calculation considers rounds played and length of membership, less a \$25 transaction fee.

FRASCH GOLF COURSE

Daily Course Fees (Includes Green Fee & 1/2 Cart Fee)	Monday - Thursday		Friday - Sunday	
	<u>Weekday</u>	<u>Weekday Twilight</u>	<u>Weekend</u>	<u>Weekend Twilight</u>
	Regular (Ages 18 - 61)	<u>\$38</u>	<u>\$30</u>	<u>\$42</u>
Senior (Ages 62+)	<u>\$28</u>	<u>\$28</u>	<u>\$34</u>	<u>\$30</u>
*Junior In District Green Fee + Walking	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>	<u>\$0</u>
*Junior In District Green Fee + 1/2 Cart Rental	<u>\$18</u>	<u>\$18</u>	<u>\$18</u>	<u>\$18</u>
*Junior Out of District Green Fee + Walking	<u>\$18</u>	<u>\$18</u>	<u>\$24</u>	<u>\$24</u>
*Junior Out of District Green Fee + 1/2 Cart Rental	<u>\$28</u>	<u>\$28</u>	<u>\$34</u>	<u>\$30</u>
Spectator Cart: \$20	Private Cart Rider: \$15			
All rates are for 18 holes & include tax.		Tee times can be reserved 5 days in advance.		

LOCK IT, DON'T LOSE IT!

- Lockers are available to rent for an annual fee of \$60.
- Must provide your own lock to store your items in lockers.
- SPAR is not responsible for lost or stolen items.

USGA Handicap \$35

Valid 365 days from purchase.



Range Tokens

Size	Balls	Cost
Warmup	20	\$2
Small	50	\$6
Large	100	\$9
Jumbo	150	\$12

Golf Lessons Available

Age	Single (1 session)	Package (5 sessions)
Junior	<u>\$50</u>	<u>\$225</u>
Adult	<u>\$70</u>	<u>\$315</u>

FRASCH GOLF COURSE

Wednesday After Work

Objective: 9 hole game after work during Daylight Savings Time. (Format changes every week.)

Registration Dates: Weekly (no cut off)

To Register, Call Golf Shop 337-527-2515 or in person at Golf Shop.

Dates: Wednesdays, March 12 – October 29

Times: 5:00pm Check In (check in will start later with sunset)

Age: Beginner golfer and up

Location: Frasch Golf Course. 345 Picard Rd

Fee: **Non-Member** = \$15 entry fee + \$5 cash

Walking Member = \$10 entry fee + \$5 cash

Fleet/Private Member = \$0 entry fee + \$5 cash

Other Info: Must have personal clubs and the rules, format, and Hole Assignments are given in Fairway Grill

Ladies Beginner Golf Clinic Series

Objective: Golf clinic series for adult females consisting of 5 weeks.

Instruction includes fundamentals of golf, putting, chipping, full swing.

Registration Date: Now!

To Register, Call Golf Shop 337-527-2515 or in person at Golf Shop.

Date(s): Tuesdays in March and April. **Series 1** = 3/18, 3/25, 4/1, 4/8, 4/15

Series 2 = 4/29, 5/6, 5/13, 5/20, 5/27

Time(s): 5:00pm – 6:00pm / 6:00pm – 7:00pm if necessary

Age: Ladies 18 years and up

Location: Frasch Golf Course. 345 Picard Rd

Fee: \$25 for the full series of 5

Minimum # of participants = 3 / **Maximum # of participants** = 6

Other Info: Clubs can be provided

Ladies League

Objective: 9 Hole Scramble for Ladies only!

Registration Dates: Weekly.

To Register, Call Golf Shop 337-527-2515 or in person at Golf Shop.

Date(s): Thursday Evenings, March 20 – October 31

Time(s): 5:00pm check in

Age: 12 years and up (women only)

Location: Frasch Golf Course. 345 Picard Rd

Fee: Non-Member = \$15

Member = \$0

Minimum # of participants = 2 / **Maximum # of participants** = NA

FRASCH GOLF COURSE

Adult Child 9 Hole Scramble

Objective: 9 Hole Scramble. Teams consist of one adult and one child.

Registration Dates: Now – March 21.

To Register, Call Golf Shop 337-527-2515 or in person at Golf Shop.

Date: March 22

Time: 1:00pm Tee Times

Age: Child 7 – 17 / Adult 18+

Location: Frasch Golf Course. 345 Picard Rd.

Fee: \$20 per team + daily course fees

Minimum # of participants = 2 teams / Maximum # of participants = NA

Junior Golf Camp

Objective: 3 Day Camp for Junior Golfers. Campers will learn full swing fundamentals, all elements of the short game, golf course rules and etiquette and much more in a fun and challenging setting.

Registration Dates: May 1 – June 2.

To Register, Call Golf Shop 337-527-2515 or in person at Golf Shop.

Dates: June 3, 4, & 5

Time: 9:00am – 11:00am

Age: 8 - 15 years old

Location: Frasch Golf Course. 345 Picard Rd

Fee: \$75 per person

Other Info: Bring a reusable water bottle, hat, sunscreen, mini fan.

(Campers are outside the entire time) Snacks and drinks are provided. Lunch served and awards at Fairway Grill on last day.



ARTS & CULTURE



The Henning Cultural Center is a vital community space, offering free programming. The Brimstone Historical Society focuses on curating art shows, exhibitions, and engaging programming at the center.



The Henning House
Brimstone Museum

923 S. Ruth St

900 S. Huntington St.



Hours of Operation:

Monday-Friday

10:00am-12:00pm

1:00pm-5:00pm

Saturday

10:00am-2:00pm



(337) 527-0357



www.sulphurparks.com or www.brimstonemuseum.org



ARTS & CULTURE

Admission if **FREE** to the public.

Curioddities Art Exhibition:

Objective: A captivating art exhibit exploring themes of life and death, featuring 60+ artists from Louisiana and Southeast Texas

Date: Monday January 9 -Saturday March 3

Time: Mon-Fri 10:00am-12:00pm & 1:00pm-5:00pm
Saturday 10:00am-2:00pm

Age: All ages welcome!

Location: Henning Cultural Center - 923 S. Ruth St.

Fee: FREE

Calcasieu Parish School Board Student Art Show:

Objective: A showcase of artwork created by students from across Calcasieu Parish, celebrating young artistic talent in the community.

Date: Monday March 27-Saturday May 8

Time: Mon-Fri 10:00am-12:00pm & 1:00pm-5:00pm
Saturday 10:00am-2:00pm

Age: All ages welcome!

Location: Henning Cultural Center - 923 S. Ruth St.

Fee: FREE

Calcasieu Parish Short Film Festival

Objective: A showcase of short films created by regional filmmakers, celebrating storytelling and creative expression in cinema.

Date: Saturday May 31

Time: TBD

Age: All ages welcome!

Location: Henning Cultural Center - 923 S. Ruth St.

Fee: FREE

Extra Info: Details on film submissions and screening schedules will be announced soon.



ARTS & CULTURE

Solo Showcase (title announced soon):

Objective: A curated exhibition featuring individual artists displaying 5-10 pieces each. This showcase provides a platform for artists to present their work in a professional gallery setting.

Date: Thursday May 22-Thursday June 26

Time: Mon-Fri 10:00am-12:00pm & 1:00pm-5:00
Saturday 10:00am-2:00pm

Age: All ages welcome!

Location: Henning Cultural Center, 923 S. Ruth St.

Extra Info: Artists interested in participating must apply at www.brimstonemuseum.org

Nuts & Bolts Art Show:

Objective: Brimstone Museum and Care Help of Sulphur partner to present thrifted, mass-produced artwork for artists to “remix” into something new. This is a paid artist opportunity, with proceeds from the final auction benefiting Care Help of Sulphur.

Date: Thursday July 10-Wednesday July 31

Time: Mon-Fri 10:00am-12:00pm & 1:00pm-5:00pm
Saturday 10:00am-2:00pm

Age: 18+(or open to all artists)

Location: Henning Cultural Center, 923 S. Ruth St.

Minimum # of participants = 20 / Maximum # of participants = 30

Extra Info: Artists must register on www.brimstonemuseum.org before March 31st to participate.



FIDEAUX FIELD

The park features two separate fenced, off-leash areas!

The “Little League” side is for dogs **30lbs and under!**

The “Big League” side is for dogs **over 30lbs!**



Park Rules

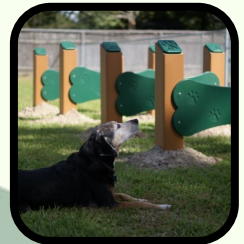
- Off-leash area is for dogs, their handlers and those accompanying them. No other animals allowed.
- Dogs must be up-to-date on all vaccinations.
- Dogs must be leashed while entering and exiting the park.
- Dogs must be supervised at all times while in the park by a handler 14 years of age or older.
- Please only open one gate at a time and close all gates in common area immediately after entering and exiting.
- Please dispose of pet waste in proper receptacles.
- Please be courteous to other owners and dogs. Aggressive or nuisance dogs will be asked to leave.
- Owners/Handlers assume all liability for their dog(s) behavior
- NO dogs over **30 lbs** allowed in “Little League” side.
- NO food of any kind allowed in dog park.
- Use park at your own risk.



900 Parish Rd.

PROHIBITED ITEMS

- | | |
|---------------------|--------------------------|
| -Sick dogs | -Puppies under 4 months |
| -Glass containers | -Bicycles or skateboards |
| -Dogs in heat | -Tobacco products |
| -Corrective collars | -Alcoholic beverages |



UPCOMING EVENTS

THE CITY OF SULPHUR AND SPAR
PRESENT THE ANNUAL

**FREE
EVENT!**

EASTER EGG HUNT

TAKE A
PICTURE WITH
THE EASTER
BUNNY!

SATURDAY, APRIL 12TH

AT HERITAGE SQUARE IN SULPHUR

**ACTIVITIES & ALMOSTA RANCH PETTING ZOO
8:30AM - 10:30AM**

EGG HUNTS WILL BEGIN AT 10:30AM

**EGG HUNTS WILL STAGGER BY AGE GROUP AND INCLUDE:
SPECIAL NEEDS, 0-2, 3-4, 5-6, 7-8, 9-10, & 11-12**

for more info visit www.sulphur.org



DID YOU KNOW?



**Sulphur Parks and Recreation
was formed in 1948.**

**Continuously serving the community
for over 77 years!**



Pickleball

SPAR is thrilled to join the fast growing pickleball phenomenon at our facilities!



We now have indoor pickleball at the Recreation and Aquatic Center, Carlyss Park Gym, and Kyle Street Park Gym. We also have outdoor pickleball at McMurry Park Tennis Complex

Check out the monthly calendar on our website for days, times, rules, and pricing.



**Did you know that the Calcasieu Parish Public
Library partnered with SPAR to provide the Little
Free Library at two local parks?**

**The LFL is the world's largest book-sharing
movement, inviting people to take a book
and leave another!**



**Maplewood Commons at
Center Circle**



**The Grove at
Heritage Square**

CENTER CIRCLE

Center Circle Park, includes an outdoor swimming pool operated during the summer months, three tennis courts, a covered basketball pavilion, multiple covered picnic areas, and a recently upgraded inclusive playground and splashpad.



80 Center Circle Dr.



Pool Hours of Operation:

Sulphur Residents ONLY!

Mon/Wed/Thurs/Fri

9:00am-12:00pm
2:00pm-6:00pm

Tuesday

9:00am-12:00pm
2:00pm-5:00pm

Saturday

10:00am-5:00pm

Sunday

1:00pm-6:00pm

Season Dates: May 24-25 (1pm-5pm) / May 26-Aug 3

Semi-Private Parties: Saturdays from 5:30pm-7:30pm

June 7 & 21 July 12 & 26 August 2

To see dates, prices, rules and more!



Visit www.sulphurparks.com



Follow us on Facebook



Call us at (337) 527-2906 (once in season)



SPAR WATERPARK



SPAR WaterPark offers the community a large child-friendly splash and play island, splash pad, lazy river, lagoon pool, inner-tube only Raging River, Parrot Island play area, two body slides, and three tube slides.



933 West Parish Rd.



Hours of Operation: Fridays are Sulphur Residents ONLY!

Mon/Tue/Thurs/Sat 10:00am-7:00pm

Wed/Fri 10:00am-5:00pm

Sun 1:00pm-7:00pm

Season Dates: May 26-31 (Sulphur Only) / June 1-Aug 3

Semi-Private Parties: Wednesdays from 6:00pm-8:00pm

May 28 June 11 & 25 July 2 & 16 & 30

To see dates, prices, rules and more!



Visit www.sulphurparkswaterpark.com



Follow us on Facebook



Call us at (337) 527-2505 (once in season)



JOB OPPORTUNITIES

All jobs are applied for through our website!

Recreation and Aquatic Center / WaterPark/ Center Circle Pool

Waterpark Customer Service Attendant—16 years +

Concessionaire—16 years +

Lifeguard – 15 years +

Fitness Customer Service Attendant—16 years +

Kiosk Customer Service Attendant—16 years +

Sports Department

Scorekeeper—16 years +

Umpire—16 years +

Concessionaire—16 years +

Frasch Golf Course / Fairway Grill

Fairway Grill Attendant—18 years +

Cart Attendants —16 years +

Marshalls —18 years +

Golf Shop Clerks —18 years +

Operations Department

Seasonal Maintenance—18 years +

All openings are subject to change or modification at any time.



Apply Today!

Visit www.sulphurparks.com and click the "Job Opportunities" button