

REMARKABLE RECREATION.

WHAT'S YOUR PLEASURE? RAFTING? FITNESS CLASSES? ICE SKATING? WITH MORE THAN 100 RECREATION PROGRAMS OFFERED FOR YOUTH AND ADULTS, SOUTH BEND PARKS & RECREATION DEPARTMENT HAS SOMETHING FOR EVERYONE.

AQUATICS.

- **Aqua Aerobics.** Enjoy the healthful benefits of aquacise. You don't even need to know how to swim. Taught by certified instructors, you'll have fun and gain a sense of overall well-being.
- **Kennedy Water Playground.** Located at Kennedy Park, this area has lots of colorful, interactive fixtures that splash, spray and pour ... all at low water levels to keep little ones safe. Complete with locker rooms and a concession stand.
- **Potawatomi Pool.** Located at Potawatomi Park near Kids Kingdom, Potawatomi Pool has a wading pool with spray feature, a regulation-size pool with a 35-foot slide and diving well. Amenities include locker rooms and a concession area.
- **Splash Pads.** Five splash pads are located at Coquillard, O'Brien and Southeast parks as well as at the Charles Black Sr. and Martin Luther King Jr. recreation centers.



Basketball. South Bend hosts the River City Basketball League. There's an instructional/recreational league for ages 10 and younger. Players learn the basic skills with trained coaches. For ages 9-14, play is more competitive and all IHSAA rules apply.

www.sbpark.org/activities/sports/basketball

Bicycling. A national Bicycle Friendly Community, South Bend has more than 52 miles of bike routes for all to enjoy. (For details, see our bicycle sheet.)

Bowling. There are several bowling alleys in South Bend.

Camps. A variety of Parks & Recreation-operated camps throughout the year give kids ages 5 through 12 the opportunity to participate in organized sports, games, field trips, crafts and more.

www.sbpark.org/activities/camps

Canoeing. Canoe the beautiful St. Joseph River. It's great for families and friends as well as for clubs, businesses and groups of all ages. Packages include shuttle service, canoes, paddles and required life jackets. There's even a practice pond for beginners. www.sjcparks.org/leisure.html

Cardio dance classes. A variety of classes introduce young dancers preschool age and up to the basic techniques of ballet, Middle Eastern and social.

www.sbpark.org/activities/dance

Disc golf. Whether you're a seasoned player or a beginner, you'll enjoy the 18-hole disc golf courses at Ferrettie/Baugo Creek County Park. Check out the Pro Shop for all your disc golfing needs.

www.sjcparks.org/leisure.html

Fencing. The Indiana Fencing Academy offers instruction and sponsors tournaments for beginning, intermediate and competitive fencers. www.nd.edu/~dtl/fencing/fencing.html

Fishing. Grab your tackle and bait, and head for one of the area's 26 lakes and, of course, the St. Joseph River. www.scout.me/fishing--near--south-bend-in

Fitness. Fitness classes and programs are available at the O'Brien Fitness Center and private centers. Equipment also is accessible at two other South Bend recreation centers.

www.sbpark.org/activities/fitness

Flag football. Especially for kids ages 6-12, this fun and popular Parks & Recreation program teaches the basics of flag football and allows them to run plays, be part of a team and have loads of fun.

www.sbpark.org/activities/sports/youth-flag-football

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RECREATION CENTERS.

These popular South Bend recreation centers offer such amenities as a full-size gymnasium, fitness quarters, computer lab, conference/theater room, senior citizens lounge, and a culinary/kitchen facility.

- **Charles Black Sr. Community Recreation Center**
3419 W. Washington St. 574-235-9446
- **Martin Luther King Jr. Community Recreation Center**
1522 W. Linden Ave. 574-235-9445
- **Howard Park Senior Citizens Center**
604 E. Jefferson Blvd. 574-235-9428
- **Newman Recreation Center**
727 S. Eddy St.
- **O'Brien Recreation Center**
Administrative Offices and Fitness Center
321 E. Walter St. 574-299-3482



Golf. With its four city-owned courses and a dozen private and public courses, it's no surprise that in 2005, Golf Digest magazine named South Bend the nation's 16th-best place to play. (For details, see our golf sheet.)

Ice skating/Hockey. The outdoor **Howard Park Ice Rink** is open from Thanksgiving weekend to March. The rink can be rented during off-hours. Special party packages, including discounts on skating and food, are also available.

www.sbpark.org/parks/howard-park/howard-park-ice-rink/

Since 1975, **The Ice Box** also has been a popular indoor facility in South Bend. It has two skating surfaces and provides year-round fun for skaters of all ages and skill levels. It is also the home rink to **The Ice Box Skating Club**.

www.iceboxskatingrink.org

The **Irish Youth Hockey League**, organized in 1969, provides ice-hockey opportunities for more than 400 boys and girls in the South Bend area. (www.IrishYouthHockey.com) Three area high schools—Adams, Clay and St. Joseph—participate in the Michiana High School Hockey League, while there also are area hockey leagues for men and women.

Kayaking/Whitewater rafting. Enjoy kayaking and whitewater rafting in downtown South Bend on the East Race. Equipment is provided for whitewater rafting. Prepare to get wet!

www.sbpark.org/parks/east-race-waterway/

Martial arts. Parks & Recreation offers martial arts classes for ages 6 to adult, focusing on proper technique and form, etiquette and general knowledge.

www.sbpark.org/activities/sports/martial-arts-july-dec/

Miniature golf. Want to work on your putting game? There are several indoor and outdoor miniature golf opportunities in the South Bend area.

Skateboarding. Obstacles abound for both skateboarders and in-line skaters at the O'Brien Skate Park.

www.sbpark.org/park/obrienpark/

Soccer. The Michiana Soccer Association offers outdoor soccer opportunities for boys and girls, ages 4 through 14. Games take place on Saturdays in spring and fall seasons, and all teams play at least 8 games per season.

www.michianasoccer.org

Softball. Batter up! The Indiana Amateur Softball Association has both adult and junior leagues for enjoying this all-American pastime. www.sbpark.org/activities/sports/softball

Table tennis. The South Bend Table Tennis Center at Stanley Clark School sponsors six U.S. Table Tennis Association-sanctioned tournaments annually as well as competition at all levels. www.sbtcc.org

Tennis. Tennis programs for children (ages 3 and up) and adults of all levels are offered throughout the summer at the Leeper Park Tennis Center near downtown.

www.sbpark.org/activities/sports/tennis/