LEISURE CONNECTIONS

Events & Programs Subject to Change
Visit cityofcarrollton.com
for up-to-date information.

SEPTEMBER-
DECEMBER 2020

Register for Classes and Events Now!

CARROLLTON
TEXAS

From the Parks & Recreation Director…

Fall into fun with the City of Carrollton's guide to leisure and activities. We've got an exciting lineup of classes, activities, events, and good times to be found within this great City. Stroll Downtown Carrollton with the whole family and enjoy an evening under the stars at Saturdays on the Square. The City continues to offer numerous conveniently located choices for delicious dining and seasonal shopping. Plus, it's easy to get to. Carrollton's ever-expanding trails system will lead you right to the Square. Additionally, take your next DART ride to the Downtown Carrollton Station on the Green Line. It's easy, fun, and economical. Find everything you need, all in Carrollton. Visit cityofcarrollton.com/parksandrec for more information.

Scott Whitaker, Carrollton Parks & Recreation Director

On the cover…

Bring your appetite to Carrollton's Saturday on the Square for a World of Foodies adventure in Historic Downtown Carrollton (1106 S. Broadway Street) on Saturday, September 12 from 3-9pm and enjoy authentic international refreshments. The event is free to attend, but bites and sips will be available for individual purchase in sample portions. For more information, call 972-466-9135 or visit cityofcarrollton.com/downtown.

Register for events and classes online at cityofcarrollton.com/signupnow.

Registration for Carrollton residents begins August 3.

Non-resident registration begins August 17.

Classes begin August 24.

City Information: 972-466-3000
cityofcarrollton.com • Facility hours, fees, and programming subject to change.

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HOURS OF OPERATION SUBJECT TO CHANGE

Facility Listings

CHECK WEBSITE FOR MODIFIED HOURS

A.W. PERRY HOMESTEAD MUSEUM (AWP) (PAGE 8)

1509 N. Perry Road
972-466-6380
cityofcarrollton.com/museum
facebook.com/PerryHomesteadMuseum

For more information or group tour reservations, call or visit online.
Free admission.

Hours:
Tu-Th, Sa 11am-2pm
Holiday Hours:
Closed 11/26 & 12/24

CARROLLTON SENIOR CENTER (SRC) (PAGE 9)

1720 Keller Springs Road
972-466-4850
cityofcarrollton.com/seniorcenter

Amenities: Three 9' Billiard Tables • Fitness Center • Wii Games • Big Screen TV
Variety of Table Games, Puzzles, & Books
Large Day Room Area with Tables & Chairs
Free Wi-Fi

Outdoor Amenities: Pond with Walking Track • Half Basketball Court • Cornhole

Hours:
M/W/F 7am-5pm
Tu 7am-7:30pm
Th 7am-9:30pm
Sa 9am-1pm
Su Closed
Holiday Hours:
Open 9/7 & 11/27, 10am-4pm
Closed 11/26 & 12/24-25
Open 12/31, 7am-6pm

CROSBY RECREATION CENTER (CRC)

1610 E. Crosby Road
972-466-9810
cityofcarrollton.com/crosby

Amenities: Gymnasium • Weight/Cardio Room • Functional Fitness Gym
Game Room/Snack Area
Public Computers • Video Games
Ping-Pong • Two Pool Tables • Board Games
Locker Rooms w/Showers • Pickleball
Outdoor Public Playground • Free Wi-Fi

Hours:
M-F 6am-9pm
Sa 9am-6pm
Su Closed
Holiday Hours:
Open 9/7 & 11/27, 10am-4pm
Closed 11/26 & 12/24-25
Open 12/31, 6am-6pm

PARKS & RECREATION ADMINISTRATION

1610 E. Crosby Road
972-466-3080
cityofcarrollton.com/parksandrec

Event Hotline: 972-466-9135

Hours:
M-Th 7:30am-5:30pm
F 7:30-11:30am
Holiday Hours:
Closed 9/7, 11/26-27, & 12/24-25

INDIAN CREEK GOLF CLUB (PAGE 32)

1650 W. Frankford Road
972-466-9850
indiancreekgolfclub.com
facebook.com/indiancreekgolfclub
instagram.com/indiancreekgolfclub_dfw
twitter.com/IndianCreek_gc

Hours:
M-Su Check the website
Holiday Hours:
Closed 12/25

LIBRARY AT HEBRON & JOSEY (H&J) (PAGE 14)

4220 N. Josey Lane
(at Hebron Parkway)
972-466-4800
cityofcarrollton.com/library
facebook.com/carrolltonpubliclibrary
instagram.com/carrolltontxlib
pinterest.com/carrolltonlibrary
twitter.com/CarrolltonTxLib

Hours:

Su	2-6pm
M	10am-9pm
Tu	Noon-9pm
W	10am-6pm
Th	Noon-9pm
F	Closed
Sa	10am-6pm

Holiday Hours:

Closed	9/7, 11/26-27, & 12/24-25

LIBRARY AT JOSEY RANCH LAKE (JRL) (PAGE 14)

1700 Keller Springs Road
(west of Josey Lane)
972-466-4800
cityofcarrollton.com/library
facebook.com/carrolltonpubliclibrary
instagram.com/carrolltontxlib
pinterest.com/carrolltonlibrary
twitter.com/CarrolltonTxLib

Hours:

Su	2-6pm
M	10am-9pm
Tu	10am-6pm
W	Noon-9pm
Th	Closed
F	10am-6pm
Sa	10am-6pm

Holiday Hours:

Closed	9/7, 11/26-27, & 12/24-25

OAK CREEK TENNIS CENTER (OCTC) (PAGE 40)

2531 Oak Creek Drive
972-466-6389
oakcreektenniscenter.com

Holiday Hours:

Closed	9/7, 11/26, & 12/24-25
Open	11/27, 8:30am-8pm
	12/31, 9am-6pm

Players should call 972-466-6389 (option 1) for the status of programs.

Fall Hours
Beginning August 24

M-Th	8:30am-10pm
F	8:30am-8pm
Sa	8:30am-6pm
Su	10am-7pm

Winter Hours
Beginning November 30

M-Th	9am-10pm
F	9am-8pm
Sa	8:30am-6pm
Su	10am-7pm

Courts may be closed due to inclement weather and/or lack of court demand.

ROSEMEADE RECREATION CENTER (RRC)

1330 E. Rosemeade Parkway
972-466-9800
cityofcarrollton.com/rosemeade

Amenities: Two Gymnasiums • Weight Room • Cardio Room • Spin Room Four Racquetball Courts • Game Room/Snack Area • Dance/Fitness Studio • Outdoor Playground • Locker Rooms w/Showers • Video Games Pool Table • Ping-Pong • Board Games Pickleball • Free Wi-Fi

Hours:

M-Th	5:30am-10pm
F	5:30am-9pm
Sa	9am-8pm
Su	Noon-8pm

Holiday Hours:

Open	9/7 & 11/27, 10am-4pm
Closed	11/26 & 12/24-25
Open	12/31, 5:30am-6pm

SPORTS & LEAGUE ADMINISTRATION

1330 E. Rosemeade Parkway
972-466-9833
cityofcarrollton.com/athletics
facebook.com/carrolltonparks
twitter.com/carrolltonsport

Rainout Line: 972-695-2355

Hours:

M-F	8am-5pm

Holiday Hours:

Closed	9/7, 11/26, & 12/24-25

Membership

MEMBERSHIP FEES

	Annual Resident/ Non-resident	3-month Resident/ Non-resident
Rosemeade and Crosby Recreation Centers: Also provides access to the Carrollton Senior Center for members age 50+.		
Senior 65+	$35/$60	$18/$28
Adult 16-64	$95/$143	$40/$56
Youth 9-15	$32/$56	$15/$24
Family/Group*	$163/$245	$62/$92
Additional Member	$20	$10

Replacement Card $5

*Includes four members. All members must reside at the same address.

Active military members on leave can use any center for $5 for the duration of their leave. Military leave orders must be shown.

Senior Center: This membership honored ONLY at the Carrollton Senior Center.

Senior 50-59	$25/$40	$9/$15
Senior 60-69	$15/$30	$6/$11
Senior 70+	$10/$25 (lifetime fee)	

Replacement Card $5

Library: Card is free. Replacement card $1

DAILY PASSES

	Resident	Non-resident
Rosemeade and Crosby Recreation Centers		
Senior 65+	$4	$7
Adult 16-64	$7	$10
Youth 9-15	$4	$7
Senior Center		
Senior 50+	$2	$5

REFUND POLICY

Refund policies may vary for different classes, sports, and events. Refer to the Parks & Recreation general information page on the website or see front desk staff at any facility for more information.

ACCESSIBILITY ACCOMMODATION REQUEST

The City of Carrollton is proud to comply with the Americans with Disabilities Act. We continuously strive to create an environment in which all participants, with or without disability, feel safe, secure, and without obstacle to participate in any City program or event. For assistance, call 972-466-4862 at least two weeks prior to the start of a program or event.

Adaptive programming and events can be found on page 24.

FINANCIAL ASSISTANCE FOR PROGRAMS AND MEMBERSHIPS

In an effort to stand by our mission, to "provide innovative, diverse, and quality recreation and leisure opportunities for everyone, while preserving City parks and natural resources," Carrollton Parks & Recreation provides financial assistance to qualifying residents for all Parks & Recreation classes, programs, and facility fees. Call 972-466-9813 for more information.

Facility Rentals

Looking for that perfect location for a party or a place to celebrate a special occasion?

Look no further than the City of Carrollton.

Ask about rental rates and book your next event close to home.

INDOOR FACILITIES

Facility room occupancy varies from a classroom of 15 to a ballroom of 700. Call or visit the website for detailed information.

Carrollton Senior Center*
972-466-9800 • 1720 Keller Springs Road
5 rooms ranging in capacity and a kitchen that may be added to any rental

Crosby Recreation Center*
972-466-9800 • 1610 E. Crosby Road
2 rooms ranging in capacity, 1 gymnasium, dance room, and a kitchen that may be added to any rental

Hebron & Josey Library
972-466-4800 • 4220 N. Josey Lane
2 rooms ranging in capacity

Indian Creek Golf Club Clubhouse*
972-466-9859 • 1650 W. Frankford Road
Provides a great view of the golf course

Josey Ranch Lake Library
972-466-4800 • 1700 Keller Springs Road
3 rooms ranging in capacity

Rosemeade Recreation Center
972-466-9800 • 1330 E. Rosemeade Parkway
3 classrooms ranging in capacity with one that includes a kitchen, 2 gymnasiums, and a dance room

OUTDOOR FACILITIES

Special Event Permit required for events with more than 50 people; call 972-466-9800.

	# of People
A.W. Perry Homestead Museum* 972-466-6380 • 1509 N. Perry Road	100
Historic Downtown Carrollton Gazebo* 972-466-3080 • 1106 S. Broadway Street	50
Indian Creek Golf Club Pavilion 972-466-9850 • 1650 W. Frankford Road Provides a great view of the golf course	100
Pavilion at Mary Heads Carter Park* 972-466-9800 • 2320 Heads Lane	120
Sports Fields 972-466-3083 • (various locations) (other fees such as field preparation and lighting may apply)	Varies

*Alcohol allowed with additional permitting

cityofcarrollton.com/rentals

Themed Birthday Parties

Carrollton has you covered. Check out our two-hour themed party package!

RECREATION CENTERS OR A.W. PERRY HOMESTEAD MUSEUM

Celebrate your child's birthday at the Rosemeade Recreation Center, Crosby Recreation Center, or the A.W. Perry Homestead Museum. Location depends on space availability. ***You bring the guests, Carrollton Parks & Recreation does the rest.*** Party amenities include party host, one hour of organized activity, one hour for party festivities, paper goods, decorations, cake, lemonade, and a special gift for the birthday child. Full payment as well as damage deposit is due at time of booking. Bookings made less than 30 days from the event date will be subject to approval by the Recreation Coordinator.

To schedule your next party with Carrollton Parks & Recreation, call 972-466-9804.

THEMES

ballerina • cars • Elmo • hoedown • luau
Teenage Mutant Ninja Turtles
PAW Patrol Pirates • princess • *Sesame Street*
sports • superhero • *Star Wars*
toys and games • western • zoo animals

If you don't see the theme you want, let us know.

COST

Damages deposit	$50
1-10 children	$175
11-20 children	$200
21-30 children	$225
31-40 children	$250
40+ children	$275

A.W. Perry Homestead Museum

1509 N. Perry Road • 972-466-6380 • cityofcarrollton.com/museum

Open Tuesday through Thursday and Saturday • Tours at 11am and 1pm or by appointment

Free Admission

Located within beautiful Pearl Perry Gravley Park, the A.W. Perry Homestead Museum offers a glimpse of life as it was in North Central Texas at the turn of the 20th century. A.W. and Sarah Perry were pioneer homesteaders of the Peters Colony who arrived here in 1844 from Carrollton, Illinois. They built a house on the site in 1857. In 1909, their son Dewitt Perry and his wife Francis tore down the first house and used some of the lumber to build the present-day home. This structure is now the Museum, restored in 1976 as the community's U.S. Bicentennial celebration project and designated as a State Historic Landmark in 1977 by the Texas Historical Commission.

SCHOOL AND GROUP TOURS

The guided tour begins at the state historical marker and continues through the 1909 farmhouse with antique furnishings, where you will discover daily life as it was in Carrollton at the turn of the 20th century. School tours are aligned with the Texas Essential Knowledge and Skills (TEKS) standards for each grade level. To schedule a school or group tour, contact the Museum two weeks before your requested tour date. Group tours are free, but donations are accepted. Call 972-466-9811 to make a reservation or register online at cityofcarrollton.com/museum.

TRAVELING TRUNKS

The A.W. Perry Homestead Museum provides trunks to local schools as a FREE service. Each trunk contains hands-on artifacts for students to examine and an activity guide for teachers. All activities are TEKS-aligned according to state-mandated curriculum guidelines.

HISTORY MYSTERY TRUNKS are for grades three, four, and five. Students will uncover the past using artifacts, learn the basic principles of material culture, and observe and analyze objects in the trunk in order to discover their uses.

SCHOOL DAYS TRUNKS are for grades one, two, and three. Students will compare and contrast how education has changed over the past 150 years, try on pioneer clothing, and even imagine what it will be like to go to school in the future.

Call the A.W. Perry Homestead Museum today at 972-466-9811 to reserve a trunk for your class.

FREE

An Old-Fashioned Christmas

Friday, December 4

6-8:30pm

See page 23 for details.

Senior Advisory Council

~~Meets first Tuesday • 11am~~

Jim Rogers - President
Jesse Alvarado - Vice President
Nancy Tiegreen - Secretary
Open - Treasurer
Open - Welfare Liaison
and
Celeste Doane, Dan Couch, Kevin Riley, and Charles Smith

VA HOSPITAL COLLECTION

During the month of October, items will be collected by the Senior Advisory Council for donation to the VA North Texas Health Care System Hospital in Dallas. Donations must be placed in a designated marked container. A list of items needed will be posted. **All donated items should be new or unopened.**

METROCREST HOLIDAY DONATION

During the month of November, the Senior Advisory Council will be accepting donations for Metrocrest Services. Bring toys for younger children (ages 2-12) and gift cards for teens (ages 12+) to the Senior Center and place them in the designated container for holiday donations. Look for notifications for additional functions available to support this effort.

BOX TOPS FOR EDUCATION

A continuing project, the Senior Advisory Council collects Box Tops for Education labels for donation to CFBISD. Look for these labels on many food items found in grocery stores, cut the label from the food package, and drop it in the container marked for Box Tops at the Senior Center.

MEDICARE CARD LAMINATION

A continuing project, the Senior Advisory Council offers free lamination of new Medicare cards. Check the entry credenza at the Senior Center for dates and times that members of the Senior Advisory Council will be available to protect this valuable health care identification card.

NEW MEMBER TOUR

SUSPENDED

New to the Senior Center? Find out what it's all about and receive a tour by a member of the Senior Advisory Council. We'll also answer questions and show you everything our busy Senior Center has to offer. Held monthly on the second Th (9/10, 10/8, 11/12, & 12/10), 11am.

Seniors on Tour

One of Carrollton's biggest priorities is keeping its residents safe. The City and staff regret that we are unable to offer out-of-town trips and off-site excursions at this time and look forward to more adventures in the future. These outings come with lots of laughs, a stop for lunch, and occasionally an overnight stay to discover the exciting places not only Carrollton, but the whole country has to offer. Trips are always escorted by a Parks & Recreation staff member. These offerings will return as soon as possible.

Craft Fair

CANCELLED

Saturday, October 24 • 9am-3pm • Free
Carrollton Senior Center
1720 Keller Springs Road

The Carrollton Senior Center is hosting its annual Craft Fair, open to the public. Browse and shop a variety of handmade crafts for sale.

Vendors: a six-foot table and two chairs are provided. Space is limited, so apply early!

Resident: $25; registration opens **8/3**

Non-resident: $27.50; registration opens **8/17**

For more information, call 972-466-9815 or email Kayla.Camargo@cityofcarrollton.com.

ALL SENIOR PROGRAMS, EVENTS, AND CLASSES OFFERED ARE HELD AT THE CARROLLTON SENIOR CENTER AND ARE ONLY FOR AGES 50+ UNLESS OTHERWISE NOTED.

Senior Activities & Classes • 50+

MONDAY	TUESDAY	WEDNESDAY
7am Walking	7am Walking	7am Walking
9am Aerobics $	8am Senior Walking Club	9am Aerobics $
9am Dominoes	8:30am FUNctional Fitness $	9am Dominoes
10am Knit & Crochet Virtual	9am Brain Game Packet pickup until 9:45am	10am Book Club (9/9, 10/14, 11/4, & 12/9)
10am Better Balance $	9am Ceramics $	10:30am Bingo Virtual
10am H&F Canasta	9am Dominoes	10:45am Hot Dog Wednesday $ (9/9, 10/14, 11/4, & 12/9)
11am Aging Gracefully Yoga $	9:30am B12 Shots $ (9/1, 10/6, 11/3, & 12/1)	12:15pm Zoom and Learn (2nd & 4th Wednesday)
12pm Let's Chalk About It	10am Stretch $	12:30pm Pinochle
12:30pm Cribbage	11am Blood Pressure & Sugar Screening (9/8, 10/13, 11/10, & 12/8)	12:30pm Quilting Group (9/9, 10/14, 11/11, & 12/9)
1pm Movie Monday (9/21, 10/19, 11/16, & 12/21)	12:30pm SKIP-BO	1pm Adult Coloring Via Zoom (3rd Wednesday)
1pm Ping-Pong	1pm Texas Hold `Em Tournament (9/29, 10/27, 11/24, & 12/15)	2:30pm ACT Drama Group
1pm Texas Hold `Em Class (9/28, 10/26, & 11/23)	1pm Fun Chair Volleyball	
1pm Bridge	1pm Ping-Pong	
	1pm Team Chair Volleyball	
	3pm Reunion Hispania (9/15, 10/20, 11/17, & 12/15)	
	4pm Guitar Sessions	
5pm Closed		
LEGEND: $ Fee required	7:30pm Closed	5pm Closed

Veterans Day Celebration

Wednesday, November 11
11am-1pm
Free

See page 22

Activities & Classes

ACT DRAMA GROUP VIRTUAL

This talented group continues to entertain us with their hilarious performances ~~at the monthly luncheons~~. You don't have to have a particular talent to join, just a good sense of humor and desire to laugh! ***Held virtually, Th, 1:30pm.***

ADULT COLORING TO GO & VIRTUAL

The Carrollton Senior Center is introducing a free, new adult coloring program to go. Drive by the Senior Center on the second Friday of the month and pick up a coloring packet including coloring pages, pencils, and other small goodies. Class will meet via Zoom on the following Wednesday to show off your work from the week before and chat with friends. Accommodations can be made to mail a coloring packet or schedule an alternative pickup time. ***To register, email shelby.carradine@cityofcarrollton.com. Held virtually, W (9/16, 10/21, 11/18, & 12/16), 1pm.*** Instructor: Vance

BINGO VIA ZOOM

Bingo is free to play and easy to sign up. Prizes include small gift certificates to Joe's Pizza, Whataburger, Chick-fil-A, Raising Cane's Chicken, and more. ***Held virtually, W, 10:30am.***

THURSDAY		FRIDAY		SATURDAY	
7am	Walking	7am	Walking	9am	Ping-Pong
8:30am	FUNctional Fitness $	9am	Aerobics $	10am	Technology Saturdays (9/5 & 11/7)
9am	Dominoes	9am	Coffee Chat Via Zoom (2nd & 4th Fridays)	1pm	Closed
9am	Scrabble	9am	Dominoes		
10am	Better Balance $	9am	Free Fitness Virtual (1st & 3rd Fridays)		
10am	Stretch $	9am	Painting		
11am	Quilting Group (9/3, 9/24, 10/1, 10/22, 11/5, & 12/3)	9am	Scrabble		
11am	Monthly Luncheons Curbside To Go until 11:45am (3rd Thursday of the month)	10am	Bolly X $		
		10am	H&F Canasta		
		11am	Aging Gracefully Yoga $		
11am	New Member Tour (9/10, 10/8, 11/12, & 12/10)	11am	Sing-Along Group (9/4, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, & 12/18)	**SUNDAY**	
12:30pm	SKIP-BO	12:15pm	Adult Coloring Packet Pickup (2nd Fridays)	Center is Closed	
1:30pm	ACT Drama Group Virtual	12:30pm	Pinochle		
1pm	Fun Chair Volleyball	1pm	Volleyball Team Practice		
1pm	Mahjong				
1pm	Bridge				
1pm	Jazz & Blues Sessions (9/10, 9/24, 10/8, 10/22, 11/12, & 12/10)				
6:05pm	Dance Lessons				
7pm	Dance $				
9:30pm	Closed	5pm	Closed		

BOOK CLUB

CANCELLED

Enrich your reading experience with some lively discussion. ***Book Club is led by volunteers.***

DATE	DAY	TIME	BOOK AND AUTHOR
9/9	W	10am	*Killers of the Flower Moon* by David Grann
10/14	W	10am	*Jefferson's Daughters* by Catherine Kerrison
11/4	W	10am	*Fast Women* by Jennifer Crusie
12/9	W	10am	*My Dear Hamilton* by Stephanie Dray & Laura Kamoie

BRAIN GAMES CURBSIDE PICKUP

Are you missing all the crossword puzzles, word searches, Sudoku games, and comic strips that the Senior Center provides? You can have them all, plus more, with the new Brain Games Curbside Pickup program. Drive by the Senior Center front doors every Tuesday morning, to pick up a games packet. Accommodations can be made to mail a packet. ***For more information, email shelby.carradine@cityofcarrollton.com. No registration is required. Pickup weekly, T, 9-9:45am.***

COFFEE CHAT VIA ZOOM

Hop on a Zoom call with the Carrollton Senior Center to catch up with friends and make new ones. The Senior Center will also on occasion be welcoming special guests from the community. ***For more information, email shelby.carradine@cityofcarrollton.com. Held virtually, F (9/11, 9/25, 10/9, 10/23, 11/13, 11/27, & 12/11), 9-9:30am.***

CERAMICS

CANCELLED

Students are supplied with clay to create their own pieces and are invited to bring pieces still needing to decorate and glaze. The instructor will teach participants how to clean, decorate, and glaze items. Glazes, underglazes and tools are provided in class for first-time students, and the instructor will provide a list of supplies needed for continuing students. All clay and firing are included in the fee. ***Purchase a 4-class Ceramics punch card for $30 (res)/$33 (non-res). Held weekly, Tu, 9-11:30am.*** Instructor: Cantlon

FREE NOTARY SERVICE

CANCELLED

Notary public will witness and authenticate signatures, administer oaths, verify signatures, and take affidavits for guests. Services are available to Senior Center members in the Lone Star Room. Services provided by Maxine Pride. ***Held monthly, M (9/14, 10/5, 11/2, & 12/7), 9-10am.***

GUITAR SESSIONS

CANCELLED

Bring your acoustic guitar. You must know your basic chords before strumming along, but all are welcome to sit in, learn together, and have fun. The music selections will be from all genres. Only plug-ins for bass and autoharp are allowed. ***Held weekly, Tu, 4pm.***

JAZZ & BLUES SESSIONS

CANCELLED

Join other musicians for an acoustic jam. Learn the differences and similarities between Jazz and Blues and learn playing music from a variety of genres. You must know basic chords before strumming along, but all are welcome to sit in. Only plug-ins for bass and autoharp are allowed. ***Held twice monthly, Th (9/10, 9/24, 10/8, 10/22, 11/12, & 12/10), 1pm.***

KNIT AND CROCHET VIRTUAL

If you like to knit and/or crochet, join us and make some new friends. Work on your own project ~~with your own yarn~~ or ~~use ours to~~ make items for charity. We will help you with the basics. Past projects include hats, blankets, scarves, and baby items for hospitals, Metrocrest Services (which distributes to schools and homeless centers), and other charitable organizations. ***Held virtually, M, 10am.***

LET'S CHALK ABOUT IT

CANCELLED

Enjoy creating wonderful pictures of art [illegible] using chalk. Chalk art is a technique of drawing and has existed since Paleolithic times. This [illegible] enjoyed primarily as a medium for making quick [illegible] sketches, occasionally for roughing in the background of a larger work, and increasingly since the late Renaissance as a medium for finished drawings. ***Supply list will be provided and guests must bring their own supplies. Registration is required. Held weekly, M, 12-1:30pm. No class 9/7.*** Volunteer Leader: Robertson

QUILTING GROUP

CANCELLED

Bring your own sewing machine and materials. If you can sew, you can quilt. Work on [illegible] projects or bring your own project and enjoy sewing with [illegible] group. ***Held weekly, W (9/9, 10/14, 11/11, & 12/9), 12:30-4pm & Th (9/3, 9/24, 10/1, 10/22, 11/5, & 12/3), 11am-1:30pm. No class 11/26 & 12/24.***

MONTHLY QUILTING THEME:

September:	Bags (for back to school)
October:	Halloween Project
November:	Holiday Project
December:	Charity Quilt

REUNION HISPANA

CANCELLED

Una cena para nuestros huespedes que hablan español. Traiga su comida favorita para compartir y participe en juegos. ***Para participar en este evento, se requiere que sea mayor de 50 años y tener una membresía [illegible] Tener [illegible] por el día. Celebrado mensualmente, M (9/15, 10/20, 11/17, & 12/15), 3pm.***

A dinner for our Spanish-speaking guests. Bring your favorite food to share and participate in games. ***A Senior Center membership card or day pass is required to participate in this event. Held monthly, Tu (9/15, 10/20, 11/17, & 12/15), 3pm.***

SING-ALONG GROUP

CANCELLED

Be a part of a group [illegible] to sing. ***Participation is free. No registration [illegible] Held twice monthly, F (9/4, 9/18, 10/2, 10/16, [illegible] 11/20, 12/4, & 12/18), 11am-12pm.***

TECHNOLOGY SATURDAY

CANCELLED

This is a great opportunity to resolve your technology challenges and learn from others doing the same. Receive one-on-one assistance on a first-come, first-served basis [illegible] any portable device (cell phone, smartphone, tablet, laptop) [illegible] any topic accessible via the device and [illegible] (email, social media, website maintenance, texting/tweeting, photography, application usage, install and removal, etc.). Reservations are recommended by calling Ed Sanders at 214-498-5353. ***Held every other month, Sa (9/5 & 11/7), 10am.***

TEXAS HOLD 'EM CLASS

CANCELLED

Learn to play Texas Hold 'em before participating in our monthly tournament. ***No registration required. Held monthly, M (9/28, 10/26, & 11/[illegible]), [illegible]pm.***

TEXAS HOLD 'EM TOURNAMENT

CANCELLED

Seating begins at 1:30 [illegible] and game [illegible] at 1pm. The first 64 participants will be seated. ***No registration is required. Held monthly, Tu (9/29, 10/27, 11/24, & 12/15), 1pm.***

YOU CAN OIL PAINT A MASTERPIECE VIDEO

Even if you have never held a paintbrush or cannot draw a straight line, you will be amazed at the beautiful oil painting you can create. Once registered, you will receive a welcome letter and one all new oil painting video from instructors Robert, Susan, and Christen Garden, to enjoy, view, download, and paint at your own pace at robertgardenart.com. Art supplies are NOT included but can be purchased from robertgardenart.com, once registered you will receive a detailed list of what supplies will be needed to create your very own masterpiece. ***Cost is $35 per month. To register email kayla.camargo@cityofcarrollton.com.*** Instructors: Garden

CLASS #	THEME	DATES	DAY	TIME	#CLSS	$(RES/NR)
152090-90	Thunderstorm Approaching the Cabin	9/17	Th	9am-12pm	1	$35/$36.50
152090-02	Australian Sundown	10/8	Th	8am-12pm	1	$35/$36.50
152090-10	Demure Lady	11/12	Th	9am-12pm	1	$35/$36.50
152090-17	Cardinal on a Branch	12/10	Th	9am-12pm	1	$35/$36.50

ZOOM AND LEARN VIRTUAL

Hear presentations from vendors on a variety of topics including downsizing, Medicare, and Social Security. Sponsors will provide details on various topics. ***Preregistration is required to get an accurate head count. For more information or to register, email shelby.carradine@cityofcarrollton.com. Held virtually, W (9/9, 9/23, 10/14, 10/28, 11/11, 11/25, 12/9, & 12/23), 12:15pm.***

Food, Fun, and Fellowship

HOT DOG WEDNESDAY

CANCELLED

Get a jumbo [illegible] with all the fixin's [illegible] and served by members of the Senior Center Advisory Council. Cost is $2 per person. ***Held monthly, W (9/9, 10/14, 11/4, & 12/9), 10:45am-12pm. Age: All.***

LUNCH AND LEARN

CANCELLED

Hear presentations from vendors on a variety of topics. Specific topics and presenters will be posted closer to the dates scheduled. Vendors may [illegible] ***Preregistration is appreciated to get an accurate head count.***

CLASS#	DATE	DAY	TIME	SUBJECT	PRESENTED By
102001-65	9/2	W	12:15pm	Medicare 101 in Spanish	Laurie Pendleton
102001-71	10/7	W	12:15pm	Medicare 101 in English	Laurie Pendleton
102001-80	11/18	W	12:15pm	Senior Wellness	Atria
102001-85	12/16	W	12:15pm	TBA	Trinity Integrated Medicine

MONTHLY LUNCHEONS CURBSIDE TO GO

Enjoy a delicious meal cooked and prepared by a professional chef. All lunches will be served curbside to go at the Carrollton Senior Center. ***For information or to register, email shelby.carradine@cityofcarrollton.com. Cost is $6.50 (res)/$7.25 (non-res). Held monthly, Th (9/17, 10/15, 11/19, & 12/17), 11-11:45am. Registration ends at 5pm on the Tuesday before the luncheon.***

CLASS#	THEME	DATE	DAY	TIME	$(RES/NR)
102000-66	Beach Party	9/17	Th	11am-1pm	$6.50/$7.75
102000-70	Low Brass Band	10/15	Th	11am-1pm	$6.50/$7.75
102000-81	Thanksgiving	11/19	Th	11am-1pm	$6.50/$7.75
102000-91	Holiday Luncheon	12/17	Th	11am-1pm	$6.50/$7.75

MOVIE MONDAY

CANCELLED

Enjoy a free movie with friends. Have the excitement of new release movies shown on the screen until one month prior and will be posted on the facility calendar. ***Held monthly, M (9/21, 10/19, 11/16, & 12/21), 1pm.***

Health & Fitness

FREE>> FITNESS FRIDAY VIA ZOOM

The Senior Center fitness instructors are back in action during these free, live classes via Zoom. These classes will help participants explore different ways of exercising at a pace that focuses on balance, cardio, stretching, and fun. ***Held virtually, F (9/4, 9/18, 10/2, 10/16, 11/6, 11/20, 12/4, & 12/18), 9-10am.***

DROP IN>> AEROBICS

CANCELLED

This class is open to all participants regardless of aerobic ability or coordination. The 60-minute workout is designed with a warmup and aerobic exercises followed by a stretching and cool-down period. Regular participation provides benefits for your heart, lungs, muscles, and bones. The instructor incorporates basic choreography, ab work, and strength training. This is accomplished without weights or mats. Come ready to have fun, enjoy a variety of music, and feel rejuvenated when you leave. ***Bring a water bottle. Purchase a 10-class Aerobics punch card for $30 (res)/$33 (non-res) or drop in for $3.50 (res)/$4(non-res). Held weekly, M/W/F, 9-10am. No class 9/7, 11/27, & 12/25.*** Instructor: Hess-Reneau

DROP IN>> AGING GRACEFULLY YOGA

CANCELLED

Increase your strength, flexibility, and balance with yoga. This class will relieve stress and tension and is designed to accommodate older adults. Come experience a class that will energized and revitalized. ***Purchase a 10-class Aging Gracefully Yoga punch card for $30 (res)/$33 (non-res) or drop in for $3.50 (res)/$4 (non-res). Held weekly, M/F, 11am-12pm. No class 9/7, 11/27, & 12/25.*** Instructor: Guinn

B12 SHOTS

CANCELLED

Vitamin B12 shots are injections containing high levels of cyanocobalamin. The shots can be self-administered or given by a nurse, and quickly boost B12 levels in someone who is deficient. ***$20 cash or check payable to Flu Shots of America. Held monthly, Tu (9/1, 10/6, 11/3, & 12/1), 9:30-10am.***

DROP IN>> BETTER BALANCE

CANCELLED

Learn and maintain the skills necessary for optimal balance and fall prevention. Classwork includes exercises to stimulate your sense of balance and coordination, developing strength in the legs, hip, and back. Hand weights are optional. Equipment for improving balance and coordination provided. ***Purchase a 10-class Better Balance punch card for $20 (res)/$22 (non-res) or drop in for $2.50 (res)/$2.75 (non-res). Held weekly, M/Th, 10-11am. No class 9/7, 11/27, & 12/24.*** Instructor: Sparenberg

BLOOD PRESSURE & SUGAR SCREENING

CANCELLED

Do you need to check your blood pressure or blood sugar? Visit the Senior Center for free blood pressure and blood sugar screenings provided by medics from Carrollton Fire Rescue. ***No appointment necessary. Held monthly, Tu (9/8, 10/13, 11/10, & 12/8), 11am.***

DROP IN>> BOLLY X

CANCELLED

Bolly X is a Bollywood-inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. It's 50 minutes of high-energy music that cycles between higher and lower intensity dance sequences to get you moving, sweating, and smiling. No dance experience needed. ***Purchase a 5-class Bolly X punch card for $15 (res)/$16.50 (non-res) or drop in for $3.50 (res)/$4 (non-res). Held weekly, F, 10-11am. No class 11/27 & 12/25.*** Instructor: Rao

DROP IN>> FUNCTIONAL FITNESS

CANCELLED

Work your muscles in this class designed to build strength, add definition, increase bone density, and decrease body fat by building lean muscle. FUNctional Fitness will improve your back health, posture, balance, flexibility, and muscular endurance. ***Purchase a 10-class FUNctional Fitness punch card for $30 (res)/$33 (non-res) or drop in for $3.50 (res)/$4 (non-res). Held weekly, Tu/Th, 8:30-9:30am. No class 11/26 & 12/24.*** Instructor: Sparenberg

DROP IN>> STRETCH

CANCELLED

This chair-based class has its roots in yoga and is designed specifically for participants who are unable to get up off the floor or stand/walk for extended periods of time. You will leave class feeling stretched, strengthened, balanced, and relaxed. This class will challenge all fitness levels. ***Purchase a 10-class Stretch punch card for $20 (res)/$22 (non-res) or drop in for $2.50 (res)/$2.75 (non-res). Held weekly, Tu/Th, 10-11am. No class 11/26 & 12/24.*** Instructor: Guinn

DROP IN>> TAI CHI - SEE PAGE 37

WEIGHT ROOM ORIENTATION - SEE PAGE 31

EVENTS AND PROGRAMS SUBJECT TO CHANGE

Carrollton Public Library

CHECK ONLINE FOR VIRTUAL OPTIONS

Free programs and events for all ages
Scheduling is subject to change or may move to a virtual format, following current recommendations.
PLEASE NOTE: Children eight years old and under must be accompanied by an adult.

HEBRON & JOSEY

4220 N. JOSEY LANE
(AT HEBRON PARKWAY)

Sunday	2-6pm
Monday	10am-9pm
Tuesday	Noon-9pm
Wednesday	10am-6pm
Thursday	Noon-9pm
Friday	Closed
Saturday	10am-6pm

Public computers • Self-check stations
Online databases and resources • Free Wi-Fi
Books, Magazines, CDs, DVDs, & Newspapers
eBooks • eAudiobooks • Digital magazines
Study rooms • Quiet reading lounges
Meeting spaces • Local history & genealogy
Language instruction resources

JOSEY RANCH LAKE

1700 KELLER SPRINGS ROAD
(WEST OF JOSEY LANE)

Sunday	2-6pm
Monday	10am-9pm
Tuesday	10am-6pm
Wednesday	Noon-9pm
Thursday	Closed
Friday	10am-6pm
Saturday	10am-6pm

Information: 972-466-4800 • cityofcarrollton.com/library
The Library Advisory Board meets quarterly at Josey Ranch Lake Library at 6:30pm.
Meetings are open to the public. See our website for scheduled meeting dates.

Preschool

For the most up-to-date information, visit cityofcarrollton.com/library.
~~Attendance will be limited, and registration may be required to adhere to current social distancing standards.~~

EARLY LITERACY CLASSES

September 8-November 28 • No classes 10/12-11/4

ALL IN-PERSON PROGRAMS CANCELLED THROUGH NOVEMBER

GRAB & GO KITS AVAILABLE — FIRST OF EACH MONTH for LISTENERS (Story Time to Go), KIDS, TWEENS/TEENS, and ADULTS WHILE SUPPLIES LAST

LIBROS Y AMIGOS/BOOKS AND FRIENDS

Participa en cuentos, canciones, j[illegible] acción, y movimiento en español e inglés. Todos son bienvenidos ya sea que sepa español o [illegible]

Participate in stories, songs, fingerplays, action rhymes, and movement in Sp[illegible] you know Spanish or would like to learn [illegible]

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	Birth-5+	Tu[illegible]	[illegible]	[illegible]

STORY TIME

[illegible] skills through stories, songs, fingerplays, rhymes, and movement.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	2-5	M	10:15am	Ongoing
Josey Ranch Lake	[illegible]	[illegible]	[illegible]	Ongoing
Hebron & Josey	2-5	W	2pm	Ongoing
Josey Ranch Lake	[illegible]	[illegible]	[illegible]	Ongoing

Space is limited. Tickets will be available for entry on a first-come, first-served basis at the times listed.
El espacio es limitado. Los boletos estarán disponibles para la entrada por orden de llegada en los horarios indicados.

Special Preschool Events

Join us online for these virtual story time events.
Grab & Go Kits will be available prior to each event.

GINGERBREAD STORY TIME VIRTUAL

Children and their families participate in songs, rhymes, and stories about that tasty treat – gingerbread kids. Attendees can also decorate a paper gingerbread friend to take home.

DATE	LIBRARY	AGE	DAY	TIME
12/2	Virtual	Birth-5+	W	11am

STORIES WITH MRS. CLAUS VIRTUAL

Get that festive feeling with Mrs. Claus. Sing fun songs and listen to some wonderful holiday stories as a family.

DATE	LIBRARY	AGE	DAY	TIME
12/16	Virtual	Birth-5+	W	11am

GLOW IN THE DARK STORY TIME VIRTUAL

Storytime glowing with fun. Enjoy songs, rhymes, and stories in the dark with special lights. Attendees also receive a glow stick to keep.

DATE	LIBRARY	AGE	DAY	TIME
12/30	Virtual	Birth-5+	W	11am

Twelve Days of Winter Break

Socially-Distanced Edition

Different Activities Every Day!

December 21~January 4

Visit cityofcarrollton.com/library for more details soon.

Family

Children and their families.
For the most up-to-date information,
visit cityofcarrollton.com/library.
~~Attendance will be limited, and registration may be required to adhere to current social distancing standards.~~

FAMILY NIGHT VIRTUAL

Looking for some Friday Night Family Fun? Enjoy an interactive, online event designed for the whole family. Stories will be read and a secret building challenge will be given for families to complete. Register at carrolltonpl.libcal.com or call 972-466-4800 for assistance.

DATE	DAY	TIME	REG. BEGINS
8/14	F	6:30-7:30pm	7/31
8/28	F	6:30-7:30pm	8/14
9/11	F	6:30-7:30pm	8/28
9/25	F	6:30-7:30pm	9/11
10/9	F	6:30-7:30pm	9/25
10/23	F	6:30-7:30pm	10/9
11/6	F	6:30-7:30pm	10/23
11/20	F	6:30-7:30pm	11/6
12/4	F	6:30-7:30pm	11/20
12/18	F	6:30-7:30pm	12/4

CRAFT CLUB GRAB & GO KITS

Make something amazing with monthly Grab & Go Kits. Each month will be a new activity. ***All kits are available the first of each month, starting in September, while supplies last.***

DATE	DAY	TIME	PROGRAM
9/27	Su	2pm	Friendship Bracelets
10/25	Su	2pm	Origami
11/22	Su	2pm	Knitting

BOOKS FOR TREATS CURBSIDE ONLY

CANCELLED

Wear your Halloween costume to the either library location and pick out a free book while supplies last.

DATE	LIBRARY	DAY	TIME
10/31	Hebron & Josey	Th	10am-6pm
10/31	Josey Ranch Lake	Th	10am-6pm

Tweens

Ages 9-12

TWEEN HANGOUT VIRTUAL

Ready to Kahoot! and holler? Join the Library for a monthly game of trivia on an assortment of topics. Only a phone is needed to play, and a computer to watch along. ***Registration required at carrolltonpl.libcal.com.***

DATE	DAY	TIME	REG. BEGINS
9/15	Tu	5-6pm	8/31
10/13	Tu	5-6pm	8/31
11/17	Tu	5-6pm	8/31

TWEEN TECH TIME VIRTUAL

Love playing video games? Ever wonder how video games are created? This program will teach you about basic coding techniques. ***Registration required at carrolltonpl.libcal.com.***

DATE	DAY	TIME	REG. BEGINS
11/23	M	4pm	11/9
11/24	Tu	4pm	11/9
11/25	W	4pm	11/9

HOLDS PICKUP

Service Hours - 10am-6pm
Monday-Saturday - 972-466-4800

1. PLACE A HOLD.

Place holds on items online 24/7 at cityofcarrollton.com/library or by phone at 972-466-4800 during service hours.

2. GET NOTIFIED.

You'll receive an email once your items are ready for pickup. You may also call during service hours to check your hold status.

3. PICKUP.

Present your Library Card or photo ID at the drive-up window.

CARROLLTON TEXAS

For the most up-to-date information, visit cityofcarrollton.com/library.

~~Attendance will be limited, and registration may be required to adhere to current social distancing standards.~~

INSTAGRAM.COM/CARROLLTONTXLIB

Sir Reads-A-Lot!

Visit the Carrollton Public Library at Josey Ranch Lake and meet Sir Reads-A-Lot.

Donate today to receive a commemorative plate on the spine of one of his books.

All donations go to the Friends of the Carrollton Public Library, which supports the Library's programs.

Visit friendscarrolltonlibrary.org for more information or to donate.

Gold Level: $100+
Silver Level: $50+
Bronze Level: $15+

Teens

Ages 13-17

TEEN ADVISORY COUNCIL VIRTUAL

COUNCIL SELECTED

We need your ideas! Join other teens to plan upcoming Library programs and make decisions about teen Library services. Attend at least two open meetings during the month of September, and submit your application on Volunteer Match to become an official member. This is a great way to earn volunteer credit while meeting other teens. ***Register at carrolltonpl.libcal.com.***

MONTH	LIBRARY	AGE	DAY	TIME	REG. BEGINS
September	Hebron & Josey	13-17	Th	6-6:30pm	8/17

TAC MEMBER MEETINGS VIRTUAL

MEMBERS ONLY

This is a time for Teen Advisory Council (TAC) members to plan upcoming Library programs and make decisions about teen Library services. ***If you didn't [illegible] the month of September but are interested in j[illegible] contact the Teen Librarian for information about the next application period.***

MONTH	LIBRARY	AGE	DAY	TIME
October-December	Hebron & Josey	13-17	Th	6-7pm

Virtual Programming

Visit Cityofcarrollton.Com/library For virtual programming.

Adult Programs

For the most up-to-date information, visit cityofcarrollton.com/library.
Attendance will be limited, and registration may be required to adhere to current social distancing standards.

CRAFTING AT THE LIBRARY

ARTISTIC CRAFTING 101

CANCELLED

Learn the basics of a new craft or hobby with the library's crafting series and [illegible] *Register at carrolltonpl.libcal.com or call [illegible]-466-4800 for assistance.*

DATE	LIBRARY	AGE	DAY	TIME	CRAFT	REG. BEGINS
9/26	H&J	Adults	Sa	10:30am-12pm	TBD	9/15
11/21	H&J	Adults	Sa	10:30am-12pm	TBD	10/31

ADULT CRAFTING GRAB & GO KITS

Make something amazing with monthly Grab & Go Kits. Each month will be a new activity. ***All kits are available the first of each month, starting in September, while supplies last.***

Ask-A-Librarian

Need some research assistance?

Get search tips and resource guidance from an expert. Complete an Ask-A-Librarian form at cityofcarrollton.com/library.

WEALTHY AND WISE

CONFIDENTIAL MENTORING – FREE!

SCORE has been providing free mentoring for new and existing businesses for over 40 years and has a network of over 13,000 volunteers who donate their time to help entrepreneurs. As highly successful and experienced business professionals and entrepreneurs, SCORE mentors deliver valuable, timely, and practical advice. Whether you are a start-up or an existing business, SCORE mentors will help you and your business, through free and confidential business advice online and in person. Appointments are one hour and may be held virtually or at Josey Ranch Lake Library, depending on availability. Visit dallas.score.org or call 214-987-9491 to schedule a time to meet with a SCORE volunteer about your business.

ASK-A-LAWYER

CANCELLED

Several licensed attorneys from the Dallas Association of Young Lawyers will offer free guidance and recommendations to basic questions about divorce, child custody, landlord-tenant disputes, wills, estate planning, [illegible], and more. There is no eligibility screening and no personal information will be collected. Attendees will be seen on a first-come, first-served basis. ***Space is limited and participation may be limited based on social distancing requirements.***

DATE	LIBRARY	AGE	DAY	TIME
10/17	Josey Ranch Lake	Adults	Sa	10:30am-12:30pm

RETIREMENT PROGRAM

[illegible] recommendations aimed toward those who are interested in retirement planning. Register online at carrolltonpl.libcal.com or call [illegible]

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
9/10	Hebron & Josey	Adults	[illegible]	[illegible]	[illegible]

The Carrollton Public Library will be hosting a series of FREE financial literacy webinars for adults this fall to help attendees make the most out of their money. Registration is required. For more details, visit cityofcarrollton.com/departments/departments-g-p/library/events-classes/financial-programs.

SAVING & INVESTING FOR RETIREMENT • THURSDAY, OCTOBER 8

DEBT MANAGEMENT • THURSDAY, OCTOBER 22

PROTECTION: LIFE INSURANCE & WILLS • THURSDAY, NOVEMBER 5

Saturdays on the Square

Second Saturday of the month

All events are free

Downtown Carrollton
1106 S. Broadway Street

September

Saturday, September 12 • 3-9pm

World of Foodies

Travel through Downtown Carrollton for a dining experience built for lovers of all things appetizing. Enjoy authentic international refreshments and live performances while celebrating multiple cultures.

October

Saturday, October 10 • 5-7pm

Live Country Music

Bring a lawn chair and enjoy good tunes.

November

Saturday, November 14 • 5-7pm

Cocoa for Coats

Join us for an evening of giving back. Bring your lightly worn coats and winter garments to the Square as we partner with Metrocrest Services to swap your coat for a warm cup of cocoa.

December

Saturday, December 12 • 5-7pm

Christmas Tunes & Gift Wrapping

Sing along to your favorite Christmas tunes and wrap Christmas presents.
Gift wrapping supplies will be available.

For more information or to see all Downtown events, visit cityofcarrollton.com/downtown.

DOWNTOWN CARROLLTON

Friends of the Carrollton Public Library Book Sale

Tuesday, September 15 • 6:30-8:30pm (members only)
Thursday, September 17 • Noon-8pm
Saturday, September 19 • 10am-6pm
Hebron & Josey Library, 4220 N. Josey Lane

CANCELLED

Stop by Hebron & Josey Library during the Friends of the Carrollton Public Library Book Sale. Donated adult and children's books, movies, and music will be available for purchase. Cash, checks, and credit cards are accepted. ***All proceeds benefit the Friends of the Carrollton Public Library to fund Library programming.*** Visit friendscarrolltonlibrary.org for more information.

Pooch Pool Party

CANCELLED

Saturday, September 19 • 12-4pm
Dog entry: $5 • Humans: Free
Rosemeade Rainforest Aquatic Complex 1334 E. Rosemeade Parkway

Say goodbye to summer at the popular Pooch Pool Party. Bring your dog out for friendly competitions and swimming. Your pooch won't want to miss the skills competitions, best-dressed contest, or a chance to splash around. Dog admission is $5 and free for humans. Carrollton West Pet Hospital will be on-site from 11am to 1pm offering free rabies vaccinations. For more information, visit cityofcarrollton.com/events.

Glow Run 5K

Saturday, September 26 • 9pm
McInnish Dog Park, 1845 Legends Trail

Grab your glow sticks and sneakers and sign up for Carrollton's second annual Glow Run through McInnish Sports Complex. New COVID-19 safety measures will be in place for this year's event. So, lace-up your sneakers and get ready to glow.

The race will start and finish at McInnish Dog Park and will route through the adjacent McInnish Sports Complex. Participants will need to park at the dog park or at the circular parking lot south of the park on Legends Trail. The main entrance to McInnish Sports Complex will be closed.

Notes: For those who want to take a more leisurely stroll, participants can take the half-mile marker shortcut for a one-mile fun run/walk to the finish line. Dogs are allowed to run with their owners at no additional charge.

To enable social distancing, participants must preregister for one of four time slots. A maximum of 50 people will be allowed to sign up during each time period.

Preregistration guarantees glow gear, race T-shirt, and timing chip. Changes to registration after 9/21 will incur a $5 change fee. Walkups will be accepted the evening of the event, and registrants may be moved to an earlier time slot.

Race Day Schedule

Check-In:	8-8:50 p.m.
5K Run:	9 p.m., 9:45 p.m., 10:30 p.m., and 11:15 p.m.
Preregistration before 9/22:	$25
Race Day Registration on 9/26:	$35
Packet Pick Up on 9/25:	8am-8pm

Rosemeade Recreation Center, 1330 E. Rosemeade Parkway

There will not be any additional on-site activities. Water, hand sanitizer, and individually wrapped snacks will be provided, and a participation medal will be handed out at the end of the race.

For more information or to register, visit cityofcarrollton.com/events or call 972-466-9816.

FREE

Perry Pumpkin Patch

Saturday, October 17 • 11am-1pm • Free
A.W. Perry Homestead Museum
1509 N. Perry Road

Fall in love with the fall festivities at our annual Perry Pumpkin Patch. There will be something for everyone, so mark your calendars and we will see you in the patch.

Register for a photo op at cityofcarrollton.com/signupnow

Check the Museum Facebook page for future details or call 972-466-6380.

FREE FREE FREE

Ghost Town (If You Dare!)

Saturday, October 24 • 5:30-7pm • Free
Historic Downtown Carrollton
1106 S. Broadway Street

Ghost hunt on the Square and celebrate Halloween in Historic Downtown Carrollton. Participate in a mobile scavenger hunt, craft, and festive giveaway before the main event of a free showing of *The Nightmare before Christmas* (1993), PG at sunset. This year's costume contest will take place virtually by submitting your best costume on the Ghost Town event Facebook page, hosted by @historicdowntowncarrollton. For more information and registration details, visit cityofcarrollton.com/downtown.

Mother/Son Monster Mash

CANCELLED

Saturday, October 24 • 6-9pm
Creekview High School
3201 Old Denton Road

Moms, come out for a HOWLING good time with your sons; a spooktacular time for all! Enjoy a kid-friendly haunted house and have fun with a bounce house, dancing, games, snacks, door prizes, raffles, and meet real SWAT Team members and firefighters.

Come as you aren't and wear your favorite kid-friendly costume. Take a photo with your little ghoul(s); photos available for purchase. Join us if you dare; cost is $10 per person in advance for each child three years of age and older and $15 at the door. *No dads or daughters please; this is a special time for moms and their sons.* Hey boys, don't forget your Mummys! G'hosted by the Carrollton Police Officers Association. For more information, call 972-466-3031 or visit cityofcarrollton.com/monstermash.

FREE

Books For Treats

CANCELLED

Saturday, October 31 • 10am-6pm • Free
Hebron & Josey Library
2422 N. Josey Lane
Josey Ranch Lake Library
1700 Keller Springs Road

Children up to age 12, wear a Halloween costume to either Carrollton Public Library location and pick out a free book while supplies last. For more information or for other Library activities, visit cityofcarrollton.com/library.

FREE

Veterans Day Celebration

Wednesday, November 11 • 11am-1pm • Free
Carrollton Senior Center
1720 Keller Springs Road

This is a day to give thanks to our veterans and to remember those who have paid the price to make this great country what it is today. *Due to limited seating, registration is limited to veterans and a guest or to widow(er)s of a veteran and a guest.* Dessert will be provided by the office of U.S. Representative Kenny Marchant, and New Horizons Band Dallas will perform a patriotic concert. ***Registration by 11/5 is required.*** To sign up, visit cityofcarrollton.com/signupnow.

FREE

Veterans Day Fireworks Display

Fireworks to be Shot Over
Josey Ranch Lake
November 11 • 7pm • Free
1700 Keller Springs Road

In celebration of Veterans Day and to showcase the City's new Veterans Memorial Plaza, the City of Carrollton will host a 15-minute community fireworks display shot over Josey Ranch Lake on 11/11. The fireworks are scheduled to start after sunset at approximately 7pm. Residents are encouraged to view the display from surrounding [illegible] parking areas available. There will be no on-site event. [illegible] experience. For more information, call 972-466-3593.

There will be no on-site event.
For more information, call 972-466-3953.

FREE

An Old-Fashioned Christmas

Friday, December 4 • 6-8:30pm • Free
A.W. Perry Homestead Museum
1509 N. Perry Road

Bring the whole family to this celebration and join the Carrollton tradition of merrymaking featuring hot chocolate, cookies, and of course Santa and Mrs. Claus. Victorian carolers will be spreading holiday cheer and informal tours of the historic 1909 Perry home in all its festive decorations will be available throughout the evening. Plenty of activities for the family will be offered. For more information, visit cityofcarrollton.com/museum.

FREE

Santa on the Square

Saturday, December 5 • Free
10:30am-4pm
Historic Downtown Carrollton
1106 S. Broadway Street

Grab your stockings and your Santa hats for a fun and festive event. Someone is once again trying to ruin Christmas; help catch him during the Kids' Santa Dash (Special Edition). Your little ones will try to catchthat special comeone before he ruins Christmas in Downtown Carrollton. Parents are welcome to participate with their registered children. Wagons and strollers are also allowed. Stick around for our FREE event which includes a picture with Santa and a walk inside a giant snow globe. For more information, visit cityofcarrollton.com/downtown.

Santa on the Square Schedule:

Preregistration by 11/28:	$12
Race Day Registration:	$15
Race Day Check-In:	9:30-10:15am
Kids' Santa Dash (Special Edition):	10:30am
Pictures with Santa:	10:30am-4pm (FREE!)

FREE

Twelve Days of Winter Break

SOCIALLY-DISTANCED EDITION

December 21-January 4 • Free
Hebron & Josey Library
4220 N. Josey Lane
Josey Ranch Lake Library
1700 Keller Springs Road

There will be different activities every day. For more information, visit cityofcarrollton.com/library.

Adaptive Recreation

ARCHERY

Join us for adaptive archery on Carrollton's adaptive baseball Field #6. ~~Bring your family and friends for a fun night out for people of all abilities.~~ Each participant needs to have a responsible adult from their household present with them and remain within arm's reach to help maintain safety. The City provides all of the equipment, or you can bring your own from home. ***Registration ends the Friday prior at 1pm.***

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
236001-65	JRSC	6+	9/17	Th	6-7pm	1	$10/$11
236001-66	JRSC	6+	9/24	Th	6-7pm	1	$10/$11
236001-70	JRSC	6+	10/1	Th	6-7pm	1	$10/$11
236001-71	JRSC	6+	10/8	Th	6-7pm	1	$10/$11

BEYOND KARATE

Beyond Karate is a Martial Arts School open to students of all abilities. Classes are designed for students with intellectual and developmental disabilities. Siblings are welcome to join the class. Students will learn hand strikes, kicks, blocks, katas (sequence of Karate moves), build physical strength, improve discipline, enhance self-confidence, and improve social skills. ***Karate uniforms will be available for purchase but are not required. Belt promotion fee of $30 is applicable upon student's advancement for a belt test. Belt fee activity code is #160001-52.***

CLASS #	LOC	DATES	DAY	TIME	#CLSS	$(RES/NR)
6-12 Years Old						
160001-65	RRC	9/7-9/28	M	5-6pm	4	$85/$93.50
160001-70	RRC	10/5-10/26	M	5-6pm	4	$85/$93.50
160001-80	RRC	11/2-11/30	M	5-6pm	5	$106.25/$117
160001-90	RRC	12/7-12/28	M	5-6pm	4	$85/$93.50
13+ Years Old						
160002-65	RRC	9/7-9/28	M	6:15-7:15pm	4	$85/$93.50
160002-70	RRC	10/5-10/26	M	6:15-7:15pm	4	$85/$93.50
160002-80	RRC	11/2-11/30	M	6:15-7:15pm	5	$106.25/$117
160002-90	RRC	12/7-12/28	M	6:15-7:15pm	4	$85/$93.50

NEW>> KIDZ LOVE SOCCER

Each session includes ability-appropriate activities, including skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts of all abilities experience the game in a safe, non-competitive environment. September-October classes are held at the Josey Ranch Sports Complex Field #6, November-December classes are held indoors in the gymnasium at Rosemeade Recreation Center. Kids should bring a full water bottle and wear shin guards, if possible. A parent, guardian, or caregiver needs to remain on-site during class. Participants will receive a Kidz Love Soccer jersey. For questions call 1-888-277-9542 or email info@kidzlovesoccer.com. No class 11/28. Instructor: Kidz Love Soccer

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Josey Ranch Sports Complex							
167030-68	JRSC-6	6-14	9/12-10/17	Sa	12-12:45pm	6	$82/$90.25
Rosemeade							
167030-69	RRC	6-14	11/7-12/12	Sa	12:35-1:20pm	5	$71/$78.25

REC OUT! VIRTUAL

REC Out! is a chance for adults of varying abilities to get together and have fun. Participants meet on Zoom for games and social activities. This is an opportunity to practice life, social, and communication skills as well as develop friendships. ***Space is limited.***

CLASS #	LOC	AGE	DATES	DAY	TIME	$(RES/NR)
120001-70	CRC	18+	10/13	Tu	10:30-11:30am	$20/$22
120001-90	CRC	18+	12/8	Tu	10:30-11:30am	$20/$22

SOCCER

CANCELLED

Join us for adaptive soccer on Saturday [illegible] at Carrollton's adaptive Field #6 at Josey Ranch Sports Complex. Bring your family and friends for a fun night out for people of all abilities. The City provides all the equipment or bring your own from home. ***Open to all ages. Registration ends three days prior to the event at 1pm.***

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
236003-65	JRSC-F6	6+	9/5-9/26	Sa	10am-11:30am	4	$40/$44

TURF TIME

Everyone in the community is invited to come to Field #6 at Josey Ranch Sports Complex for drills, games, and fun. ***Open to all ages. Registration ends three days prior to the event at 1pm.***

CLASS #	LOC	AGE	DATES	DAY	TIME	$(RES/NR)
236001-75	JRSC-F6	6+	10/3	Sa	10am-12:30pm	Free

ADAPTIVE BASEBALL FIELD #6

The City of Carrollton has a fully accessible baseball field designed for people of all abilities. Instead of dirt, the field is made with a synthetic field turf surface for safety, performance, and durability. Field #6 at Josey Ranch Sports Complex features a reduced distance to the outfield, shorter base paths, wider gate openings, and wheelchair and walker accessibility. Adaptive Field #6 is available for rent to groups interested in hosting various sports activities or field days. For more information, call 972-466-4862.

For your convenience, recreation centers accept Visa and MasterCard for all Parks & Recreation fees.

Register for events and classes online at cityofcarrollton.com/signupnow.

Registration for Carrollton residents begins August 2.
Non-resident registration begins August 17.
Classes begin August 24.

CPR/AED and Basic First Aid

Sudden cardiac arrest is often a survivable event, but often only with bystander intervention prior to EMS arrival. Carrollton Fire Rescue (CFR) wants to see everyone trained in CPR/AED. Under their tutelage, take a few hours to get trained and help save a life when every second counts.

The City of Carrollton encourages local businesses to schedule onsite training courses with CFR to establish what could be a safer environment should a cardiac episode occur in the workplace. For more information or to schedule a workplace training, call 972-466-4901. Instructor: Carrollton Fire Rescue

CPR/AED

This class is designed for those who do not need a specific nationally-accredited course completion card (such as American Heart Association or American Red Cross). The focus of the class is on adult CPR and AED, but it also covers choking and infant CPR. Participants will receive a course completion card from CFR. Information taught is to American Heart Association standards. Those needing the nationally accredited card should take the Heartsaver CPR/AED class.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
171050-65	CRC	10+	9/5	Sa	9:15-11am	1	$20/$22
171050-70	CRC	10+	10/3	Sa	9:15-11am	1	$20/$22
171050-80	CRC	10+	11/7	Sa	9:15-11am	1	$20/$22
171050-90	CRC	10+	12/5	Sa	9:15-11am	1	$20/$22

HEARTSAVER CPR/AED

This class is open to anyone but is recommended for those needing a nationally recognized course completion card required by an employer (such as a daycare worker). Curriculum includes CPR/AED and choking for adults, children, and infants. Participants receive an American Heart Association card upon completion. This class is not for healthcare providers who need a Basic Life Support (BLS) or a Healthcare Provider card. Those not needing the nationally recognized card can take this class or the CPR/AED course.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
171051-65	CRC	10+	9/19	Sa	9:15am-12pm	1	$50/$55
171051-70	CRC	10+	10/17	Sa	9:15am-12pm	1	$50/$55
171051-80	CRC	10+	11/21	Sa	9:15am-12pm	1	$50/$55
171051-90	CRC	10+	12/19	Sa	9:15am-12pm	1	$50/$55

BASIC FIRST AID

Learn to identify the signs and symptoms of a heart attack and what to do in cases of breathing difficulty, cuts, broken bones, diabetic problems, seizures, and other medical emergencies.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
171055-65	CRC	10+	9/19	Sa	12:30-3:15pm	1	$15/$16.50
171055-70	CRC	10+	10/17	Sa	12:30-3:15pm	1	$15/$16.50
171055-80	CRC	10+	11/21	Sa	12:30-3:15pm	1	$15/$16.50
171055-90	CRC	10+	12/19	Sa	12:30-3:15pm	1	$15/$16.50

Chefsville

Chefsville classes allow kids to explore different aspects of cooking and take their cooking to a new level. Participants eat the fresh, healthy, and fun dishes made while in class. Imagine your kids eating more fruits and vegetables, enjoying baking, and showing off their cooking skills. Cooking connects family and community by spending quality time together.

Parents must sign allergen waiver before class. No open-toe shoes or dangling jewelry allowed. Long hair must be put in ponytail or braids. ~~All supplies are included.~~ Instructor: Horwitz

NEW>> STATE FAIR FOODS

It is State Fair time, so what could be better than creating your own State Fair favorites (with a bit of a healthy twist). We will be recreating some of the most popular State Fair foods from across the country. ***Supply fee is $12.***

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170104-70	RRC	7+	10/17	Sa	10am-12pm	1	$29/$30.75

BAKING LIKE A PRO-HOLIDAY EDITION

Everyone loves baking! Celebrate the season with baking and learn new skills with classic recipes and ingredients with a holiday twist. We will test and eat everything we bake! ***Supply fee is $15.***

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170104-90	RRC	7+	12/21-12/23	M-W	1-4pm	3	$118/$130

Nature

BIRD WALKS

Learn to discover birds by sight and sound as a Texas Master Naturalist leads a bird walk around McInnish Park and the Elm Fork Nature Preserve. ***Bird walks are every third Wednesday and third Saturday of the month from 7:30-11:30am and start at the pond in McInnish Park. Wear closed-toe shoes and long pants.***

Creative Writing

These classes will encourage your child or teen to use their imagination and teach them the necessary elements for creating a great story. Young writers will learn the pieces to make up the beginning, middle, and end of a story. There are no wrong answers in this class, just the possibility of coming up with the next best-selling story. Instructor: Foland

BEGINNING AUTHORS

Participants will learn how to use their imagination to create a great story. ***No class 11/26.***

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170650-65	RRC	4-6	9/3-9/24	Th	4:30-5pm	4	$45/$49.50
170650-70	RRC	4-6	10/1-10/22	Th	4:30-5pm	4	$45/$49.50
170650-80	RRC	4-6	11/5-12/3	Th	4:30-5pm	4	$45/$49.50

YOUNG AUTHORS

Participants will learn about outlining, generating story ideas, and writing in different genres.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170655-65	RRC	7-12	9/3-10/8	Th	5-6pm	6	$65/$71.50
170655-70	RRC	7-12	10/15-11/19	Th	5-6pm	6	$65/$71.50

CONTINUING AUTHORS

This class is designed for kids who have previously attended the Young Authors course. Students will learn to write in more genres and will be encouraged to build stories together using creative writing games, as well as working on a longer (multi-week project) story in the genre of their choice.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170655-67	RRC	7-12	9/1-10/6	Tu	5-6pm	6	$65/$71.50
170655-72	RRC	7-12	10/13-11/17	Tu	5-6pm	6	$65/$71.50

TEENAGE AUTHORS

Teenage authors learn about outlining, coming up with story ideas, and writing in different genres.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170660-65	RRC	13-18	9/3-10/8	Th	6-7pm	6	$65/$71.50
170660-70	RRC	13-18	10/15-11/19	Th	6-7pm	6	$65/$71.50

FALL FAMILY CAMPOUT

Carrollton Parks & Recreation Department invites you and your family to enjoy the outdoors while spending quality time together. The Fall Family Campout will be held at the R.E. Good Soccer Complex on 10/3. The campground opens at 5pm. Stake your tent and join in the fun with some outdoor games, a bonfire, and a movie. Participants must provide their own camping equipment. ***Breakfast will be provided in the morning while you break camp. Campsites must be clear by 9:30am on Sunday. Registration is required for every individual camper at cityofcarrollton.com/signupnow and on-site registration will be allowed from 5pm until dark. The cost per person is $10. For more information, visit cityofcarrollton.com/events or call 972-466-9811.***

Pet Education

PET FIRST AID

A pet can't tell you what's wrong. Pets are masters at hiding symptoms because they have a very high pain tolerance. Learning how to catch illness and injury early is important to your pet's wellbeing. Sometimes immediate care can make all the difference for your pet. Learn how to help your pet with heat stroke, perform CPR, stop choking, control bleeding, and perform other cat and dog first aid skills. Class fee includes pet first aid book and pet first aid kits. Instructor: Foland

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170665-66	RRC	10+	9/8-9/29	Tu	7-8pm	4	$55/$60.50
170665-71	RRC	10+	10/6-10/27	Tu	7-8pm	4	$55/$60.50
170665-81	RRC	10+	11/3-11/24	Tu	7-8pm	4	$55/$60.50

PET SITTING BASICS

Learn about being a pet sitter. In this class, the instructor will go over what it takes to be a professional pet sitter and discuss animal behavior, body language signals, and care needs. You will learn what to ask clients before they leave as well as how to keep communication between you and your client open while they are gone. We will discuss the going rates for pet sitters and the variety of services you can offer. Instructor: Foland

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
170665-65	RRC	10+	9/8-9/29	Tu	6-7pm	4	$45/$49.50
170665-70	RRC	10+	10/6-10/27	Tu	6-7pm	4	$45/$49.50
170665-80	RRC	10+	11/3-11/24	Tu	6-7pm	4	$45/$49.50

Scouts

Earn patches, badges, or complete certain requirements at the A.W. Perry Homestead Museum (PHM) and Elm Fork Nature Preserve (EFNP). Reserve a program date for your troop by calling 972-466-9811. All program fees must be received to secure your date. One adult must be present for every five scouts and a minimum of three students is needed to offer any program. Badges will be provided for any of the paid options.

GIRL SCOUTS:

BADGES FOR DAISIES

Outdoor Art Maker - $7 per scout
Rosie: Make the World a Better Place - $7 per scout

BADGES FOR BROWNIES

It's Your Planet Badge: Pottery Craft - $12 per scout
Outdoor Art Creator - $12 per scout

BADGES FOR JUNIORS

Gardener - $12 per scout
It's Your Story Badge: Manners - Social Butterfly - $12 per scout
Outdoor Art Explorer - $12 per scout

BADGES FOR CADETTES

Outdoor Art Apprentice - $12 per scout

BOY SCOUTS:

CUB SCOUTS

Bear Adventures: Paws for Action - Free by appointment
Bear Elective Adventures: Marble Madness - $7 per scout
Tiger Adventures: Tigers in the Wild - Free by appointment
Webelos Elective Adventures: Webelos in the Wild - Free by appointment
Wolf Adventures: Paws on the Path - Free by appointment
Wolf Elective Adventures: Collections and Hobbies - $7 per scout

BOY SCOUT MERIT BADGES

Merit Badge: American Heritage - Free by appointment
Merit Badge: Archaeology - $12 per scout
Merit Badge: Collections - Free by appointment

EAGLE SCOUTS:

Eagle Scout Project: By appointment
EFNP welcomes all Eagle Scouts seeking service, impact, and leadership with their Eagle Projects. To propose an idea for your Eagle Project, call 972-466-6382.

Dance

INTRO TO BALLET

This class introduces basic ballet stretches, movements, barre exercises, and center work through creative movement. Students will learn rhythm, musicality, strength, and coordination through classroom activities that refine motor skills and encourage creative thinking. ***Leotard, tights, and ballet or jazz shoes are required.*** Instructor: Scott

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
150175-01	RRC	3-6	9/12-10/31	Sa	11-11:30am	8	$50/$55
150175-02	RRC	3-6	11/14-12/19	Sa	11-11:30am	6	$37.50$41.25

BEGINNING BALLET

Dance students will build on basic ballet stretches, movements, barre exercises, and center work. Children are introduced to the structure and discipline of a ballet class, basic ballet terminology, and creative expression through movement to music. ***Leotard, tights, and ballet or jazz shoes are required.*** Instructor: Scott

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
150105-03	RRC	6-10	9/12-10/31	Sa	11:30am-12pm	8	$74/$81.50
150105-04	RRC	6-10	11/14-12/19	Sa	11:30am-12pm	6	$55.50/$61.25

COMBINATION DANCE

Dance students will learn the basics of each dance style with an emphasis on musicality, style, strength, and coordination. Ballet will consist of basic positions of the feet and barre work; jazz will consist of stretching and moving across the floor; and hip-hop will consist of a short combination of movements. ***Leotard, tights, and ballet or jazz shoes are required.*** Instructor: Scott

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
150144-01	RRC	6-10	9/12-10/31	Sa	12-12:45pm	8	$74/$81.50
150144-02	RRC	6-10	11/14-12/19	Sa	12-12:45pm	6	$55.50/$61.25

DANCE ON-DEMAND (FOR PRIVATE GROUPS)

This is ideal for homeschool groups, friends, siblings, and daycare groups. There is a required minimum of four students, and you can schedule as few or as many dates as desired. Your group can choose any combination of ballet, hip-hop, jazz, modern, or tap. ***Price listed is per person for a 45-minute class. Email ddatexas.com@gmail.com to schedule your preferred class dates and location.*** Instructors: Dynasty Dance Academy

LOC	AGE	DATES	DAY	TIME	$(RES/NR)
CRC or RRC	3+	By Appt.	By Appt.	By Appt.	$9.25/$10.25

DYNASTY DANCE ACADEMY

Beginning and continuing students will learn and further enhance technique and terminology in several dance styles while working on performance pieces or choreography. Through fun and energetic exercises in a structured class setting, students will focus on fluidity of motion, musicality, and performance skills in fun blends of ballet, cheer, hip-hop, and jazz. ***Students who enroll in the 12-week performance class will participate in a final performance on 12/2 during the last class, and are required to pay a $70 costume fee due by 10/14. For more information, visit ddatexas.com or email ddatexas.com@gmail.com. No class 11/25.*** Instructor: Dynasty Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
150160-02	RRC	7-12	9/9-10/28	W	4:30-5:30pm	8	$110/$121
150160-03	RRC	7-12	9/9-12/2	W	4:30-5:30pm	12	$165/$181.50
150160-19	**COSTUME FEE due by 10/14 for PERFORMANCE CLASS**						**$70**

PRIVATE DANCE LESSONS

Private lessons cover a range of dance forms and choreography. ***Price listed is per half hour/hour lesson. To schedule a lesson, email ddatexas.com@gmail.com. Level: Beginner-Advanced.*** Instructor: Dynasty Dance Academy

LOC	AGE	DATES	DAY	TIME	$(1/2 hour/hour)
CRC or RRC	3+	By Appt.	By Appt.	By Appt.	$12.50/$25

Music

KEYBOARD/PIANO LESSONS

This beginner keyboard/piano program is conducted as a semi-private group lesson with up to four students in a class. Students are introduced to sight reading and fundamental music concepts. ***Instruments are provided and first-time students pay an $8 supply fee for the music book. Contact musikinschool.info@gmail.com for more information.*** Instructor: Musik In School

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
150340-01	RRC	5-15	9/5-9/26	Sa	12:30-1:15pm	4	$99/$109
150340-02	RRC	5-15	9/5-9/26	Sa	1:15-2pm	4	$99/$109
150340-03	RRC	5-15	10/3-10/24	Sa	12:30-1:15pm	4	$99/$109
150340-04	RRC	5-15	10/3-10/24	Sa	1:15-2pm	4	$99/$109
150340-05	RRC	5-15	11/7-11/28	Sa	12:30-1:15pm	4	$99/$109
150340-06	RRC	5-15	11/7-11/28	Sa	1:15-2pm	4	$99/$109
150340-07	RRC	5-15	12/5-12/19	Sa	12:30-1:15pm	3	$74.25/$81.75
150340-08	RRC	5-15	12/5-12/19	Sa	1:15-2pm	3	$74.25/$81.75
150340-25	**MUSIC BOOK FEE FOR NEW STUDENTS**						**$8**

DROP IN>> EL BARRIO BOXING FOR ADULTS

CANCELLED

This adult program incorporates the latest scientific research for athletic performance, the most up-to-date equipment, and workouts revolving around structured training, professional boxing, and Strongman for strength and cardio enhancement. ***Contact the instructor at wade3-4@hotmail.com for more information. Follow on social media @elbarriobc. No class 11/26, 12/24, & 12/31. $5 (res)/$5.50 (non-res) drop in fee.*** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
131415-65	CRC	16+	9/1-9/29	Tu/Th	7-7:45pm	9	$30/$33
131415-70	CRC	16+	10/1-10/29	Tu/Th	7-7:45pm	9	$30/$33
131415-80	CRC	16+	11/3-11/24	Tu/Th	7-7:45pm	7	$30/$33
131415-90	CRC	16+	12/1-12/29	Tu/Th	7-7:45pm	8	$30/$33

EL BARRIO BOXING FOR KIDS

CANCELLED

This program incorporates the latest scientific research for athletic performance, the most up-to-date equipment, and workouts revolving around structured training, professional boxing, and Strongman for strength and cardio enhancement. El Barrio also teaches young men and women about respect for themselves and peers, self-discipline, confidence, and leadership through physical fitness in sports and mentoring. ***Level: Beginner-Advanced. Contact the instructor at wade3-4@hotmail.com for more information. Follow on social media @ elbarriobc. No class 11/26, 12/24, & 12/31.*** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME#	CLSS	$(RES/NR)
131410-65	CRC	10-18	9/1-9/29	Tu/Th	5-5:45pm	9	$20/$22
131410-66	CRC	10-18	9/1-9/29	Tu/Th	6-6:45pm	9	$20/$22
131410-70	CRC	10-18	10/1-10/29	Tu/Th	5-5:45pm	9	$20/$22
131410-71	CRC	10-18	10/1-10/29	Tu/Th	6-6:45pm	9	$20/$22
131410-80	CRC	10-18	11/3-11/24	Tu/Th	5-5:45pm	7	$20/$22
131410-81	CRC	10-18	11/3-11/24	Tu/Th	6-6:45pm	7	$20/$22
131410-90	CRC	10-18	12/1-12/29	Tu/Th	5-5:45pm	8	$20/$22
131410-91	CRC	10-18	12/1-12/29	Tu/Th	6-6:45pm	8	$20/$22

FUGITIVE FITNESS PARKOUR

We teach all the basic movement patterns involved in parkour including running, jumping, rolling, swinging, and vaulting. There are endless movements to be learned within each of the categories, so the drills, skills, and techniques emphasized are fun and challenging. Students also learn core values of respect, discipline, responsibility, commitment, and leadership, and are expected to embody those values. Although this is not a high-intensity class, it likely will be physically demanding. ***Bring a water bottle and be ready to sweat. No class 11/11.*** Instructor: Fugitive Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
131200-71	CRC	6-12	9/2-12/16	W	5-6pm	15	$99/$110

DROP IN>> INDOOR CYCLING

The instructor brings an outdoor cycling experience indoors in this athletic and authentic cycling ride. Motivating instruction and driving music will keep you energized as you are led through a workout comprised of a variety of hill climbs, flat terrains, head winds, tail winds, sprints, and aerobic intervals. Each workout is different as the instructor picks the terrain and sets the goals for each class. This class is multi-level and no outdoor cycling experience is required. If you are serious about burning calories, losing weight, and elite cardiorespiratory fitness, this class is for you. ***Bring a water bottle, towel, and gel bike seat cover (optional). $8 (res)/$9 (non-res) drop in fee.*** Instructor: McGehee

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130130-65	RRC	16+	9/1-9/29	Tu	6-7pm	5	$35/$38.50
130130-70	RRC	16+	10/6-10/27	Tu	6-7pm	4	$28/$31
130130-80	RRC	16+	11/3-11/24	Tu	6-7pm	4	$28/$31
130130-90	RRC	16+	12/1-12/29	Tu	6-7pm	5	$35/$38.50

DROP IN>> KUNDALINI YOGA

Through improved flexibility, breathing, and circulation, Kundalini Yoga emphasizes a healthy body and mind as keys to a healthy and happy life. Exercise and meditation are augmented by the ancient technique of mantra to enhance the meditative aspect of the yoga experience. Once learned, yoga can be practiced at home. Experience increased energy and vitality, stress reduction, mood control, and overall peace of mind. ***Bring an exercise mat and water. $15 (res)/$16.50 (non-res) drop in fee. No class 11/27.*** Instructor: Khalsa

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130150-65	RRC	12+	9/4-10/16	F	6:30-8pm	7	$84/$92.50
130150-70	RRC	12+	10/23-12/11	F	6:30-8pm	7	$84/$92.50

DROP IN>> LIVEWIRE CORE ENERGY

Dedication + Determination = Results. Feel your best all day long with this high energy group training workout. Arrive early for a class that will focus on core exercises, cardiovascular conditioning, strength, endurance, and flexibility for a total body approach to fitness. Every class is different and is designed by certified personal trainers to keep the body guessing, so you'll continually see results. ***$10 (res)/$11 (non-res) drop in fee. Level: Beginner-Advanced. No class 9/7, 11/27, & 12/25.*** Instructor: LiveWire Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130110-65	RRC	18+	9/2-9/30	M/W/F	6-7am	12	$109/$120
130110-70	RRC	18+	10/2-10/30	M/W/F	6-7am	13	$109/$120
130110-80	RRC	18+	11/2-11/30	M/W/F	6-7am	12	$109/$120
130110-90	RRC	18+	12/2-12/30	M/W/F	6-7am	12	$109/$120

DROP IN>> PILATES FOR EVERYONE

Pilates is a total body conditioning exercise that combines flexibility and strength to restore natural balance while boosting the immune system and reducing stress, fatigue, and pain. ***No food or drink one hour prior to class. Wear comfortable clothing that is not too loose and bring a mat, towel, and water. $15 (res)/$16.50 (non-res) drop in fee.*** Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130220-70	RRC	13+	9/14-10/26	M	6-7pm	7	$70/$77
130220-90	RRC	13+	11/2-12/21	M	6-7pm	8	$80/$88

DROP IN>> POWER UP YOGA

This workout is for beginners to advanced practitioners who want to maximize their power, energy, and vitality. This exhilarating experience will leave you trim, energized, and heart healthy while strengthening all your muscles, burning fat, toning your entire body, and more. The music and atmosphere will enhance your learning experience. Friday morning yoga classes will also include weights, medicine balls, stretch bands, and body bars. ***Level: Beginner-Advanced. No class 11/27.*** Instructor: Bills

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Drop In Passes*						
RRC	13+	9/2-12/23	W/Th F/Sa	6-7pm 9:30-10:30am	1	$15/$16.50
RRC	13+	9/2-12/23	W/Th F/Sa	6-7pm 9:30-10:30am	2	$27/$29.75
RRC	13+	9/2-12/23	W/Th F/Sa	6-7pm 9:30-10:30am	4	$45/$49.50
RRC	13+	9/2-12/23	W/Th F/Sa	6-7pm 9:30-10:30am	6	$58/$64

**Drop in passes must be used within 60 days of purchase.*

Unlimited Passes*						
RRC	13+	30-day	W/Th F/Sa	6-7pm 9:30-10:30am	30	$55/$60.50
RRC	13+	90-day	W/Th F/Sa	6-7pm 9:30-10:30am	90	$125/$137.50

**Unlimited passes are good from the date of purchase.*

DROP IN>> STEP, STRENGTH, AND CORE

Try an interval class that combines basic step aerobics, upper body strength training, and core conditioning into one well-designed workout. This class allows you to work both your heart and your muscles extensively in a one-hour-long class. By doing circuits of cardio on the step, followed by strategic intervals of upper body strength training, and wrapping up with intense core conditioning, you will be using your time efficiently. ***$8 (res)/$9 (non-res) drop in fee. No class 11/26.*** Instructor: Campo

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130215-65	RRC	15+	9/3-9/24	Th	7:15-8:15pm	4	$24/$26.50
130215-70	RRC	15+	10/1-10/29	Th	7:15-8:15pm	5	$30/$33
130215-80	RRC	15+	11/5-11/19	Th	7:15-8:15pm	3	$18/$20

DROP IN>> STRENGTH - CORE - BALANCE

Develop strong core muscles, restore balance, and promote lean muscle building while minimizing injuries. Emphasis is on a full-body workout with balance postures included. Mats, hand weights, resistance bands, tubing, and stability balls will be used during class. Safe periods of interval training will be incorporated into the class for improved cardiovascular conditioning. All fitness levels will benefit - especially older adults. Modifications are offered for beginners and those needing corrective exercise for injuries. ***$10 (res)/$11 (non-res) drop in fee. No class 11/27 & 12/25.***
Instructor: Age-Intercept Inc.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130230-65	RRC	18+	9/14-9/28	M	11am-12pm	3	$24/$26.50
130230-70	RRC	18+	10/5-10/26	M	11am-12pm	4	$32/$35.25
130230-80	RRC	18+	11/2-11/30	M	11am-12pm	5	$40/$44
130230-90	RRC	18+	12/7-12/28	M	11am-12pm	4	$32/$35.25
130231-65	RRC	18+	9/2-9/30	W	12:15-1:15pm	5	$40/$44
130231-70	RRC	18+	10/7-10/28	W	12:15-1:15pm	4	$32/$35.25
130231-80	RRC	18+	11/4-11/25	W	12:15-1:15pm	4	$32/$35.25
130231-90	RRC	18+	12/2-12/30	W	12:15-1:15pm	5	$40/$44
130232-65	RRC	18+	9/4-9/25	F	11am-12pm	4	$32/$35.25
130232-70	RRC	18+	10/2-10/30	F	11am-12pm	5	$40/$44
130232-80	RRC	18+	11/6-11/20	F	11am-12pm	3	$24/$26.50
130232-90	RRC	18+	12/4-12/18	F	11am-12pm	3	$24/$26.50

DROP IN>> TUFF-TIME BOXING/CARDIO

This class offers a unique workout that combines cardio, light weights, basic boxing skills, and drills (sparring is optional) for both men and women. If you have tried other classes such as dance, yoga, or Zumba and not seen results, then give this class a try. It will promote weight loss, help you get into shape both physically and mentally, and relieve some stress. Class is taught by a state certified USBA instructor with 60 years of experience. The instructor has won New York and Dallas Golden Gloves Championships and National Tough Man competitions. Try it out, you won't regret it and you will leave tired, but refreshed. To schedule private lessons, email mtuffy1@yahoo.com. ***$8 (res)/$9 (non-res) drop in fee. No class 9/7.*** Instructor: Tufariello

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
131140-65	CRC	16+	9/2-9/30	M/W	7-8pm	8	$50/$55
131140-70	CRC	16+	10/5-10/28	M/W	7-8pm	8	$50/$55
131140-80	CRC	16+	11/2-11/30	M/W	7-8pm	9	$50/$55
131140-90	CRC	16+	12/2-12/30	M/W	7-8pm	9	$50/$55

DROP IN>> YOGA FOR EVERYONE

We help the body into the correct positions and focus on body alignment using props because all bodies are different. Come experience yoga to feel energized and revitalized. ***No food or drink one hour prior to class. Wear comfortable clothing that is not too loose and bring a mat, yoga blanket, and strap.***
Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130250-70	RRC	13+	9/2-10/28	W	6-7pm	9	$90/$99
130250-90	RRC	13+	11/4-12/16	W	6-7pm	7	$70/$77

DROP IN>> YOGA ON THE SQUARE

Whether you are new to yoga or a long-term practitioner, this is a great class for everybody. ***Wear comfortable clothing that is not too loose and bring your own mat. No preregistration required. Weather permitting. Level: Beginner-Advanced.***
Instructor: Hawthorne

LOC	AGE	DATES	DAY	TIME	$(RES/NR)
DWTN	5+	9/19	Sa	9-10am	Free
DWTN	5+	10/10	Sa	9-10am	Free
DWTN	5+	11/14	Sa	10:30-11:30am	Free
DWTN	5+	12/12	Sa	10:30-11:30am	Free

DROP IN>> ZUMBA

Explore a Latin flavor in this calorie-burning fitness class. The Merengue, Salsa, Reggaeton, Samba, Cha-Cha, Bachata, and other international Latin rhythms help tone your core, elevate your heart rate, and strengthen your body. Classes may include deep stretching and relaxing at the end of each session. ***No dance experience necessary. $8 (res)/$9 (non-res) drop in fee.*** Instructor: Piamonte

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130280-65	RRC	15+	9/14-9/28	M	7:30-8:30pm	3	$19.50/$21.50
130280-70	RRC	15+	10/5-10/26	M	7:30-8:30pm	4	$26/$28.75
130280-80	RRC	15+	11/2-11/30	M	7:30-8:30pm	5	$32.50/$35.75
130280-90	RRC	15+	12/7-12/28	M	7:30-8:30pm	4	$26/$28.75

SENIORS 50+ CLASSES PAGES 9-13

For your convenience, recreation centers accept Visa and MasterCard for all Parks & Recreation fees.

FITNESS EQUIPMENT ORIENTATION

Not sure how machines in our weight room work or how to set up a machine? This class provides a walk-through of the weight room to give a better understanding of the setup and how to properly position yourself. The orientation is a learning opportunity but will not provide a training plan. If you are interested in obtaining a personalized workout plan, contact one of our personal trainers. ***Due to scheduling, there are no refunds, credits, or transfers for this class. If you cancel or miss the class, you will be required to re-register and pay the class fee again to participate. Advanced registration required.*** Instructor: Staff

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Senior Center							
132170-65	SRC	50+	9/14	M	2:30-4pm	1	$7/$8
132170-80	SRC	50+	11/9	M	2:30-4pm	1	$7/$8
Rosemeade Rec Center							
130240-70	RRC	16+	10/12	M	6:30-7:30pm	1	$7/$8
130240-90	RRC	16+	12/14	M	6:30-7:30pm	1	$7/$8

WEIGHT ROOM ORIENTATION FOR MINORS

Our qualified staff will teach youth proper weight room and cardio room etiquette. Teens will receive a weight room authorization card, allowing them to work out in the weight room independently upon completion of the class. Both parent and child must sign the weight room user agreement form. If you are interested in obtaining a personalized workout plan, contact one of our personal trainers. ***Due to scheduling, there are no refunds, credits, or transfers for this class. If you cancel or miss the class, you will be required to re-register and pay the class fee again to participate.*** Instructor: Staff

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
130245-65	RRC	13-15	9/8	Tu	6:30-7pm	1	$7/$8
130245-70	RRC	13-15	10/13	Tu	6:30-7pm	1	$7/$8
130245-80	RRC	13-15	11/10	Tu	6:30-7pm	1	$7/$8
130245-90	RRC	13-15	12/15	Tu	6:30-7pm	1	$7/$8

Personal Trainers

City of Carrollton personal trainers are available to work with you at Crosby and Rosemeade Recreation Centers and the Carrollton Senior Center. Personal trainers have their own philosophies and unique styles to create an individual training program to meet your needs. Sessions are charged at an hourly rate and trainers' rates vary. Visit cityofcarrollton.com/parksandrec and click on Programs & Events for more information on our trainers. For additional information about the personal training program, call 972-466-9834.

JORDAN MASON

214-636-4847 • jordan.brooke.mason@gmail.com
$35/30min or $60/hr
Jordan is an advocate for the holistic approach to health and is dedicated to showing her clients how good fitness can feel in both physical and mental aspects. Her focus is on the mind-body connection and sharing ways to use physical activity to combat daily stress, anxiety, and minor aches and pains.

TOM NOUNE

214-957-3694 • tgnoune@aol.com
hearthealthandwellness.com • $65/$60 hr
Tom specializes in weight resistance training, primarily with baby boomers and seniors. He also provides nutritional coaching and emphasizes the importance and benefits of proper stretching techniques.

KERRY STALLO

214-244-7004 • ageintercept@aol.com • ageintercept.com
$30 initial assessment, $50/45 min, or $65/hr
Kerry specializes in corrective exercise and developing exercise strategies for older adults. Key programs include: weight loss, overall body conditioning, and increasing muscle strength.

BRADLEY TEAGUE

214-208-3497 • teaguebradley@gmail.com
$60 hr
Bradley's goal is to motivate, encourage, and help clients reach fitness goals through exercise and the use of proper form to minimize injury. He will modify exercises according to client fitness, monitor progress, and give nutritional tips and recommendations to assist in goal achievement.

Indian Creek Golf Club

1650 W. Frankford Road • 972-466-9850 • indiancreekgolfclub.com

indian creek golf club

ORION GOLF

Golf Shop: 972-466-9850
Arrowhead Grill: 972-466-9857
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twitter.com/IndianCreek_gc
instagram.com/indiancreekgolfclub_dfw
indiancreekgolfclub.blogspot.com
indiancreekgolfclub.com/onlinestore

DOWNLOAD THE APP FOR ALL THE LATEST RATES AND INFORMATION

Download the Indian Creek Golf Club app for access to deals, free GPS, tee time reservations, and daily course updates.

LEARN TO PLAY

Enjoy the great outdoors and find a lifetime sport when you learn to play the great game of golf!

Contact PGA Director of Instruction Bruce Smith for more information, lesson programs, availability, and pricing at 214-727-8857 or email blackbeltgolfacademy@gmail.com.

Our Junior Golf programs are offered year-round. At Indian Creek Golf Club, you will find the perfect program for your child ages 6-21 years.

SAVE MONEY ON GOLF – ANY TIME ANY DAY

Indian Creek's website offers the lowest prices on weekday and weekend play. Go to **indiancreekgolfclub.com/teetimes** and search 'Pay Online' deals to save any time any day. No need to search the internet for the lowest price … buy direct from our website and SAVE.

FACILITY PRICING

Range Balls:
Warm-up - $3
Small - $6 • Medium - $10 • Large - $14

RENTAL CLUB PRICING

$20 Full Set (does not include balls)
$50 Premium Callaway Set (includes 2 sleeves of balls)

Gymnastics

Texas Dynamix Gymnastics is a year-round program offering each child the opportunity to develop a strong, healthy body and learn discipline, determination, and self-motivation. Participants must secure their hair away from their face and may not wear jewelry of any kind. Students may wear leotards or T-shirts and shorts and be barefooted. Bare midriffs will not be allowed. Parents and visitors may observe from outside the gym. Makeup dates will be announced as needed.

For information and to register, visit texasdynamixgymnastics.com. No class the week of 11/23-27.

SESSION 1 – Starts the week of September 8 and ends the week of October 20.

SESSION 2 – Starts the week of October 27 and ends the week of December 16

BOYS GYMNASTICS

These classes are for beginner and intermediate boys. We will focus on all six gymnastics events for boys, improving coordination, and building strength. ***Level: Beginner-Intermediate.***
Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Session 1						
RRC	4-12	9/8-10/20	Tu	6:30-7:20pm	7	132.50/$145.50
RRC	4-12	9/9-10/21	W	3:30-4:20pm	7	132.50/$145.50
RRC	4-12	9/9-10/21	W	6:30-7:20pm	7	132.50/$145.50
Session 2						
RRC	4-12	10/27-12/15	Tu	6:30-7:20pm	7	132.50/$145.50
RRC	4-12	10/28-12/16	W	6:30-7:20pm	7	132.50/$145.50
RRC	4-12	10/28-12/16	W	3:30-4:20pm	7	132.50/$145.50

BOYS TUMBLING & STRENGTH

This is a great class for boys to release some energy. Emphasis will be placed on building strength and discipline. Stretching, tumbling, and trampoline are included for increased flexibility, motor skills, and self-confidence. ***Level: Beginner-Intermediate.*** Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
RRC	6-14	9/9-10/21	W	7:30-8:15pm	7	$43/$47
RRC	6-14	10/28-12/16	W	7:30-8:15pm	7	$43/$47

COMPETITIVE TEAM

Team is ***by invitation only***. We compete in USAG competitions. Commitment to the team includes purchase of team warmup gear, team leotard, and payment for competitions. Once on the team, skipped sessions is not allowed. ***Email cortmaestas@yahoo.com if you have any questions.*** Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Level 2						
RRC	5-18	9/8-10/22	Tu/Th	4:30-7:30pm	14	$265/$265
RRC	5-18	10/27-12/17	Tu/Th	9am-12:30pm	14	$310/$310
Level 3						
RRC	5-18	9/8-10/23	Tu/Th/F	4:30-7:30pm	21	$305/$305
RRC	5-18	10/27-12/18	Tu/Th/F	9am-1pm	21	$375/$375
Level 4						
RRC	5-18	9/8-10/23	Tu-F	4:30-7:30pm	28	$360/$360
RRC	5-18	10/27-12/18	Tu-F	4:30-7:30pm	28	$420/$420
Level 5						
RRC	5-18	9/8-10/23	Tu-F	3:30-8pm	28	$415/$415
RRC	5-18	10/27-12/18	Tu-F	9am-1pm	28	$420/$420

GIRLS GYMNASTICS

If your daughter aspires to be a competitive gymnast or wants a fun activity, she will enjoy learning challenging skills, discipline, dance, and increasing athletic abilities. A refined mix of skills training, stretching, conditioning, and fun games will provide her with the tools to become a well-rounded athlete. ***Level: Beginner-Intermediate.*** Instructor: Maestas

BEGINNER

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Session 1						
RRC	6-15	9/8-10/20	Tu	5-5:55pm	7	$60/$65
RRC	6-15	9/8-10/22	Tu/Th	6-6:55pm	14	$118/$126
RRC	6-15	9/9-10/21	W	5:30-6:25pm	7	$60/$65
RRC	6-15	9/9-10/21	W	6:30-7:25pm	7	$60/$65
RRC	6-15	9/10-10/22	Th	4-4:55pm	7	$60/$65
RRC	6-15	9/10-10/22	Th	5-5:55pm	7	$60/$65
RRC	6-15	9/11-10/23	F	4:30-5:25pm	7	$60/$65
RRC	6-15	9/11-10/23	F	5:30-6:25pm	7	$60/$65
Session 2						
RRC	6-15	10/27-12/15	Tu	5-5:55pm	7	$60/$65
RRC	6-15	10/27-12/17	Tu/Th	6-6:55pm	14	$118/$126
RRC	6-15	10/28-12/16	W	5:30-6:25pm	7	$60/$65
RRC	6-15	10/28-12/16	W	6:30-7:25pm	7	$60/$65
RRC	6-15	10/29-12/17	Th	4-4:55pm	7	$60/$65
RRC	6-15	10/29-12/17	Th	5-5:55pm	7	$60/$65
RRC	6-15	10/30-12/18	F	4:30-5:25pm	7	$60/$65
RRC	6-15	10/30-12/18	F	5:30-6:25pm	7	$60/$65

INTERMEDIATE

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Session 1						
RRC	6-15	9/8-10/20	Tu	5-5:55pm	7	$60/$65
RRC	6-15	9/8-10/22	Tu/Th	6-6:55pm	14	$118/$126
RRC	6-15	9/9-10/21	W	5:30-6:25pm	7	$60/$65
RRC	6-15	9/9-10/21	W	6:30-7:25pm	7	$60/$65
RRC	6-15	9/10-10/22	Th	4-4:55pm	7	$60/$65
RRC	6-15	9/10-10/22	Th	5-5:55pm	7	$60/$65
RRC	6-15	9/11-10/23	F	4:30-5:25pm	7	$60/$65
RRC	6-15	9/11-10/23	F	5:30-6:25pm	7	$60/$65
Session 2						
RRC	6-15	10/27-12/15	Tu	5-5:55pm	7	$60/$65
RRC	6-15	10/27-12/17	Tu/Th	6-6:55pm	14	$118/$126
RRC	6-15	10/28-12/16	W	5:30-6:25pm	7	$60/$65
RRC	6-15	10/28-12/16	W	6:30-7:25pm	7	$60/$65
RRC	6-15	10/29-12/17	Th	4-4:55pm	7	$60/$65
RRC	6-15	10/29-12/17	Th	5-5:55pm	7	$60/$65
RRC	6-15	10/30-12/18	F	4:30-5:25pm	7	$60/$65
RRC	6-15	10/30-12/18	F	5:30-6:25pm	7	$60/$65

GIRLS PRE-TEAM

This program is for advanced gymnasts who are working and learning USAG Level 1 and 2 skills. This program is not only for girls who wish to participate in gymnastics for fun, but also for those who are preparing for our competition team. ***Level: Advanced.***
Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
RRC	6-15	9/8-10/22	Tu/Th	6:45-8pm	14	$122/$129
RRC	6-15	10/27-12/17	Tu/Th	6:45-8pm	14	$122/$129

For information and to register, visit texasdynamixgymnastics.com.
No class the week of 11/23-27.

GIRLS SHOW TEAM

This is an advanced class and is by invitation only. This class is a combination of advanced gymnastics and ballet. The girls will learn routines for each event and put on one show per year, showcasing all of their learned skills and routines. ***Purchase of team leotard is required. Level: Advanced***. Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
RRC	6-15	9/9-10/23	W/F	6:45-8pm	14	$122/$129
RRC	6-15	10/28-12/18	W/F	6:45-8pm	14	$122/$129

GIRLS TUMBLING & TRAMPOLINE

Develop all the skills you need to do cartwheels, round-offs, and front and back handsprings. ***Level: Beginner-Intermediate.*** Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
RRC	6-15	9/9-10/21	W	7:30-8:15pm	7	$50/$55
RRC	6-15	10/28-12/16	W	7:30-8:15pm	7	$50/$55

LITTLE DYNAMIX

This class is ***by invitation only*** and is designed for our advanced preschoolers and elementary-age children to prepare them for our Level 2 Team. Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Session 1						
RRC	4-6	9/9-10/21	W	4:30-6:30pm	7	$165/$181
RRC	4-6	9/9-10/23	W/F	4:30-6:30pm	14	$200/$220
Session 2						
RRC	4-6	10/28-12/16	W	4:30-6:30pm	7	$165/$181
RRC	4-6	10/28-12/18	W/F	4:30-6:30pm	14	$200/$220

PARENTS' NIGHT OUT OPEN GYM

Enjoy a night out knowing your kids are in a fun, safe environment. In addition to access to the gymnastics equipment, pizza, crafts, and games will be provided. ***Sibling discount $15.*** Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
RRC	4-13	9/11	F	7:30-10:30pm	1	$30/$33
RRC	4-13	10/23	F	7:30-10:30pm	1	$30/$33
RRC	4-13	11/20	F	7:30-10:30pm	1	$30/$33
RRC	4-13	12/18	F	7:30-10:30pm	1	$30/$33

ROLLIE POLLIE GYMNASTICS LLC

These classes introduce beginner skills in all four gymnastics events. We work on body positions, technique, and skills. For ages walking through two years it will be a parent + tot class. Each class will incorporate shapes, colors, numbers, and letters. Different age groups will go into different depths of each subject. Children are never too young to be introduced to new learning! Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
SESSION 1						
Walking – 2 Years Old (Parent/Child Class)						
RRC	0-2	9/8-10/20	Tu	6:30-7:05pm	7	104.50/$114.50
RRC	0-2	9/9-10/21	W	5:30-6:05pm	7	104.50/$114.50
RRC	0-2	9/10-10/22	Th	9:15-9:50am	7	104.50/$114.50
RRC	0-2	9/11-10/23	F	9:15-9:50am	7	104.50/$114.50
RRC	0-2	9/11-10/23	F	4:30-5:05pm	7	104.50/$114.50
RRC	0-2	9/11-10/23	F	6:30-7:05pm	7	104.50/$114.50
3-4 Years Old						
RRC	3-4	9/8-10/20	Tu	4:30-5:20pm	7	132.50/$145.50
RRC	3-4	9/8-10/20	Tu	5:30-6:20pm	7	132.50/$145.50
RRC	3-4	9/9-10/21	W	11-11:50am	7	132.50/$145.50
RRC	3-4	9/10-10/22	Th	10-10:50am	7	132.50/$145.50
RRC	3-4	9/10-10/22	Th	5:30-6:20pm	7	132.50/$145.50
RRC	3-4	9/10-10/22	Th	6:30-7:20pm	7	132.50/$145.50
RRC	3-4	9/11-10/23	F	10-10:50am	7	132.50/$145.50
RRC	3-4	9/11-10/23	F	5:30-6:20pm	7	132.50/$145.50
4-6 Years Old						
RRC	4-6	9/9-10/21	W	4:30-5:20pm	7	132.50/$145.50
RRC	4-6	9/9-10/21	W	6:30-7:20pm	7	132.50/$145.50
RRC	4-6	9/10-10/22	Th	11-11:50am	7	132.50/$145.50
RRC	4-6	9/10-10/22	Th	3:30-4:20pm	7	132.50/$145.50
RRC	4-6	9/10-10/22	Th	4:30-5:20pm	7	132.50/$145.50
RRC	4-6	9/11-10/23	F	11-11:50am	7	132.50/$145.50
RRC	4-6	9/11-10/23	F	3:30-4:20pm	7	132.50/$145.50
SESSION 2						
Walking – 2 Years Old (Parent/Child Class)						
RRC	0-2	10/27-12/15	Tu	6:30-7:05pm	7	104.50/$114.50
RRC	0-2	10/28-12/16	W	5:30-6:05pm	7	104.50/$114.50
RRC	0-2	10/29-12/17	Th	9:15-9:50am	7	104.50/$114.50
RRC	0-2	10/30-12/18	F	9:15-9:50am	7	104.50/$114.50
RRC	0-2	10/30-12/18	F	6:30-7:05pm	7	104.50/$114.50
RRC	0-2	10/30-12/18	F	4:30-5:05pm	7	104.50/$114.50
3-4 Years Old						
RRC	3-4	10/27-12/15	Tu	4:30-5:20am	7	132.50/$145.50
RRC	3-4	10/27-12/15	Tu	5:30-6:20pm	7	132.50/$145.50
RRC	3-4	10/28-12/16	W	11-11:50am	7	132.50/$145.50
RRC	3-4	10/29-12/17	Th	10-10:50am	7	132.50/$145.50
RRC	3-4	10/29-12/17	Th	5:30-6:20pm	7	132.50/$145.50
RRC	3-4	10/29-12/17	Th	6:30-7:20pm	7	132.50/$145.50
RRC	3-4	10/30-12/18	F	10-10:50am	7	132.50/$145.50
RRC	3-4	10/30-12/18	F	5:30-6:20Pm	7	132.50/$145.50
4-6 Years Old						
RRC	4-6	10/28-12/16	W	4:30-5:20pm	7	132.50/$145.50
RRC	4-6	10/28-12/16	W	6:30-7:20pm	7	132.50/$145.50
RRC	4-6	10/29-12/17	Th	11-11:50am	7	132.50/$145.50
RRC	4-6	10/29-12/17	Th	3:30-4:20pm	7	132.50/$145.50
RRC	4-6	10/29-12/17	Th	4:30-5:20pm	7	132.50/$145.50
RRC	4-6	10/30-12/18	F	11-11:50am	7	132.50/$145.50
RRC	4-6	10/30-12/18	F	3:30-4:20pm	7	132.50/$145.50

ROLLIE POLLIE OPEN GYM

Bring your preschooler for a fun and active morning. The gymnastics gym will be open for open play for you and your child to run, climb, flip, and interact with other children. Instructor: Maestas

LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
RRC	0-6	9/16	W	9:30-11:30am	1	$7/$7.75
RRC	0-6	9/30	W	9:30-11:30am	1	$7/$7.75
RRC	0-6	10/14	W	9:30-11:30am	1	$7/$7.75
RRC	0-6	10/28	W	9:30-11:30am	1	$7/$7.75
RRC	0-6	11/18	W	9:30-11:30am	1	$7/$7.75
RRC	0-6	12/2	W	9:30-11:30am	1	$7/$7.75
RRC	0-6	12/16	W	9:30-11:30am	1	$7/$7.75

Adult Leagues

ADULT BASKETBALL LEAGUE

CANCELLED

Lace up your sneakers and round up your squad for the Fall & Winter Adult Basketball Leagues! This league consists of seven regular season games plus playoffs for teams finishes in each division. *No games 12/20 - 12/27.*

Fall Early-Bird Registration is 7/20-8/ 21	$395
Fall Standard Registration is 8/22-28	$420
Winter Early-Bird Registration is 10/5-11/13	$395
Winter Standard Registration is 11/14-20	$420

Class #	STARTS	DIVISION	AGE	DAY	TIME	#WKS
Rosemeade Rec Center						
207000-10	9/13	Rec/Comp	18+	Su	1-10pm	7
207000-20	12/6	Rec/Comp	18+	Su	1-10pm	7

ADULT CORNHOLE LEAGUE

Grab a partner and come out for the Fall Adult Cornhole League. This is a doubles league open to all genders and skill levels. Matches will take place on Tuesday nights at 3 Nations Brewing Company in Downtown Carrollton. Boards & bags will be provided. ***Matches will run 9/8-10/27 and playoffs will take place on 11/3. Players may register individually or as a team. Individual registrants will be assigned partners. For more information contact melvin.hill@cityofcarrollton.com or 972-466-9837.***

	$(RES/NR)
Fall Early-Bird Registration is 7/20-8/14	$40/$44
Fall Standard Registration is 8/15-21	$55/$59

CLASS#	STARTS	DIV	LOC	AGE	DAY	TIME	#WKS
207120-10	9/8	Doubles	3 Nations Brewing Co.	21+	Tu	6:30-10:30pm	8

ADULT FLAG FOOTBALL LEAGUE

CANCELLED

Football season is back! Come join the fall 8-on-8 Flag Football League. Competitive and recreational divisions play on Thursday evenings. ***Teams will be responsible for providing their own flags and game balls.***

Fall Early-Bird Registration is 7/6-8/14	$370
Fall Standard Registration is 8/15-21	$395

CLASS #	STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS
207050-10	9/3	Coed	McInnish	18+	Th	6:45-10:45pm	8
207051-10	9/3	Men's	McInnish	18+	Th	6:45-10:45pm	8

NEW>> ADULT FLAG FOOTBALL TOURNAMENT

CANCELLED

Round up your team for the Fall Flag Football All-Nighter Tournament. Games will kick off at 9pm on 9/18. ***Teams will be responsible for providing their own flags and game balls. Registration will be held 8/10-9/11.***

CLASS #	STARTS	DIVISION	LOC	AGE	DAY	TIME	$
207055-30	9/18	Men's	McInnish	18+	F-Sa	9pm	$205

ADULT RACQUETBALL LEAGUE

CANCELLED

This is a coed league where you set your own time to compete. ***Matches will run 9/7-11/15 and playoffs and 12/2. Registration for the fall league will be held 7/18-8/28. Email melly.wager@cityofcarrollton.com or 972-466-9836 for more information or help selecting a level.***

LEVELS:

A-1 = Elite Players
A-2 = Accomplished/Veteran Players
B-1 = Intermediate Players
C-1 = Beginner/Recreational Players

CLASS #	LEV	LOC	AGE	DATES	DAY	$(RES/NR)
200000-01	A-1	RRC	16+	9/7-11/15	M-Su	$15/$20
200000-02	A-2	RRC	16+	9/7-11/15	M-Su	$15/$20
200000-03	B-1	RRC	16+	9/7-11/15	M-Su	$15/$20
200000-04	C-1	RRC	16+	9/7-11/15	M-Su	$15/$20

ADULT SOFTBALL LEAGUE

All games are played at McInnish Softball Complex from Sunday through Friday. Softballs must be purchased from the City. League Divisions include Men's D, E, Coed, and Church. A free agent list for individuals looking for a team is available at cityofcarrollton.com/athletics or by calling 972-466-9836.

Fall 1 Double Headers Early-Bird Registration is 6/22-7/17	$350
Fall 1 Double Headers Standard Registration is 7/18-24	$375
Fall Single Games Early-Bird Registration is 7/6-31	$405
Fall Single Games Standard Registration is 8/1-7	$430
Fall 2 Double Headers Early-Bird Registration is 8/17-9/11	$350
Fall 2 Double Headers Standard Registration is 9/12-18	$375

FALL 1:

Class #	STARTS	DIVISION	AGE	DAY
207150-10	8/10	Men's DH	18+	M
207150-20	8/11	Men's DH	18+	Tu
207150-30	8/12	Men's DH	18+	W
207150-40	8/16	Men's SG	18+	Su
207150-50	8/20	Men's Church	18+	Th
207150-60	8/21	Coed	18+	F

FALL 2:

Class #	STARTS	DIVISION	AGE	DAY
207151-00	10/5	Men's DH	18+	M
207151-01	10/6	Men's DH	18+	Tu
207151-02	10/7	Men's DH	18+	W

ADULT SOFTBALL TOURNAMENTS

The City hosts a variety of United States Specialty Sports Association (USSSA) sanctioned tournaments at the award-winning McInnish Softball Complex on McInnish Park Drive. Visit cityofcarrollton.com/athletics for more softball tournament information.

USSSA TOURNAMENT DATES:

September 11-12:	All-Nighter (Men's D & E; Mixed D & E)
November 6-7:	Charity Classic All-Nighter (Men's D & E; Mixed D & E)

Register for events and classes online at cityofcarrollton.com/signupnow.

Registration for Carrollton residents begins August 3.

Non-resident registration begins August 17.

Classes begin August 24.

Youth Camp

NEW>> SPORTS CAMP

Calling all gamers. Carrollton Parks & Recreation Department is excited to announce our next esports league. This league will run through Team Sideline. Participants will have the option to play opponents online or at one of Carrollton's recreation centers. Each participant will be guaranteed eight games plus playoffs for top finishers. Join the league today for only $25 (resident)/$27.50 (non-resident). Registration will close Sunday, August 30. Participants must have either an Xbox One or a PlayStation 4, and a copy of the game specific to your league. For more information, visit cityofcarrollton.com/athletics. For questions regarding the league, email cody.wager@cityofcarrollton.com.

CLASS #	LOC	AGE	DATES	$(RES/NR)
500110-40	OFFST	16+	9/7-10/4	$10/$11
500110-41	OFFST	16+	9/7-10/4	$10/$11
500110-42	OFFST	16+	9/7-10/4	$10/$11
500110-43	OFFST	16+	9/7-10/4	$10/$11

PICKLEBALL OPEN PLAY

Courts and equipment are now available at Crosby Recreation Center for guests to enjoy. All guests must have a membership or daily pass to participate.

OPEN PLAY TIMES:

Crosby Recreation Center
Tuesday, Wednesday, Thursday • 6-11am
Tuesday through Thursday you must have a valid Rosemeade or Crosby Recreation Membership.

Senior Days at Crosby
Monday and Friday • 6am-1pm
Play pickleball for free with a valid Senior Center Membership.

Youth Leagues

MINI BASKETBALL – COED LEAGUE

Our youth basketball program focuses on skill development, healthy competition, sportsmanship, and FUN. For boys and girls ages 5-6 (as of September 1, 2020). Registration is open to both individuals and teams. Teams will begin practicing the week of 10/19. The season runs 11/7-1/23. The mini league participation fee includes a jersey, coached practices, eight league games, participation in All-Star Saturday, and everyone receives a participation award. ***Detailed league information is available at cityofcarrollton.com/athletics.***

	$(RES/NR)
Early-Bird Registration is 8/24-9/21	$80/$100
Registration is 9/22-28	$95/$115

CLASS #	STARTS	DIVISION	AGE
207200-13	11/7	Rec.	5-6

YOUTH BASKETBALL – RECREATION LEAGUE

Our youth basketball program focuses on skill development, healthy competition, sportsmanship and FUN. For boys and girls ages 7-14 (as of September 1, 2020). Registration is open to both individuals and teams. Teams will begin practicing the week of 10/19. The season runs from 11/7-2/6. The league participation fee includes a jersey, practices, league games, playoffs, and participation in All-Star Saturday. ***Detailed league information is available at cityofcarrollton.com/athletics.***

	$(RES/NR)
Early-Bird Registration is 8/24-9/21	$80/$100
Registration is 9/22-28	$95/$115

BOYS

CLASS #	STARTS	DIVISION	AGE
207200-07	11/7	Rec.	7u
207200-08	11/7	Rec.	8u
207200-09	11/7	Rec.	9u
207200-10	11/7	Rec.	10u
207200-11	11/7	Rec.	11u
207200-12	11/7	Rec.	12-14u

GIRLS

CLASS #	STARTS	DIVISION	AGE
207250-07	11/7	Rec.	7u
207250-08	11/7	Rec.	8u
207250-09	11/7	Rec.	9u
207250-10	11/7	Rec.	10u
207250-11	11/7	Rec.	11u
207250-12	11/7	Rec.	12-14u

KARATE

Karate teaches self-defense, self-discipline, self-control, poise, and politeness. This class offers a chance to advance as you learn more skills. Earn colored belts by testing and paying an additional fee. Instructor: Nakaya

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
161150-01	CRC	6+	10/1-11/5	Th	6:30-7:45pm	6	$46/$50.75
161150-02	CRC	6+	11/12-12/17	Th	6:30-7:45pm	6	$46/$50.75

DROP IN>> KUNG FU

Wah Lum Northern Praying Mantis Kung Fu is a traditional Chinese martial arts system. The program focuses on many aspects within the family's style of Kung Fu including forms, weaponry, self-defense, body strengthening, and flexibility. There is no better way to get in shape than learning a 400-year-old art. Come join the Wah Lum family. ***Adult/Kids Kung Fu 6:30-7:30pm on Fridays. $15(res)/$16.50(non-res) drop in fee. No class 9/22, 10/16, 11/3, & 11/6.*** Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Adults							
160130-01	RRC	13+	9/1-9/29	Tu/F	6:15-7:15pm	8	$75/$82.50
160130-02	RRC	13+	10/2-10/30	Tu/F	6:15-7:15pm	8	$75/$82.50
160130-03	RRC	13+	11/10-11/20	Tu/F	6:15-7:15pm	4	$37.50/$41.25
160130-04	RRC	13+	12/1-12/18	Tu/F	6:15-7:15pm	6	$56.25/$62
Kids							
160135-01	RRC	6-12	9/1-9/29	Tu/F	5:30-6:15pm	8	$70/$77
160135-02	RRC	6-12	10/2-10/30	Tu/F	5:30-6:15pm	8	$70/$77
160135-03	RRC	6-12	11/10-11/20	Tu/F	5:30-6:15pm	4	$35/$38.50
160135-04	RRC	6-12	12/1-12/18	Tu/F	5:30-6:15pm	6	$52.50/$57.75

RED TIGER KARATE

Learn American Karate in this white through black belt program that runs year-round. The junior program develops self-esteem, positive behavior, academic achievement, and respect for others. In addition to practicing karate techniques and abduction prevention training, self-defense skills are integrated into the lessons. Adult classes focus on street self-defense, fitness, and personal development. Benefits of the program will reach beyond the class by improving everyday focus and quality of life, while reducing daily stress. ***For more information, visit redtigerkarate.com or call 817-845-1557. No class 11/27.*** Instructor: Margach

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160170-01	RRC	5-7	9/4-10/30	F	6-7pm	9	$60/$66
160170-02	RRC	8-12	9/4-10/30	F	7-8pm	9	$60/$66
160170-03	RRC	13+	9/4-10/30	F	8-9pm	9	$60/$66
160170-04	RRC	5-7	11/6-12/11	F	6-7pm	5	$35/$38.50
160170-05	RRC	8-12	11/6-12/11	F	7-8pm	5	$35/$38.50
160170-06	RRC	13+	11/6-12/11	F	8-9pm	5	$35/$38.50

DROP IN>> TAI CHI

Tai Chi is an internal exercise program which consists of slow, relaxed, flowing, and balanced movements. There are many health benefits to practicing Tai Chi including increase in energy, improved balance, and strength. Some aspects of our program include meditation, stretching, and empty-hand and weapon forms in the Yang and Chen styles. ***$15(res)/$16.50(non-res) drop in fee. No class 10/16, 10/17, & 10/24.*** Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Rosemeade Recreation Center							
160110-01	RRC	13+	9/4-9/25	F	5:30-6:30pm	4	$45/$49.50
160110-02	RRC	13+	10/2-10/30	F	5:30-6:30pm	4	$45/$49.50
160110-03	RRC	13+	11/13-11/20	F	5:30-6:30pm	2	$22.50/$24.75
160110-04	RRC	13+	12/4-12/18	F	5:30-6:30pm	3	$33.75/$37.25
Senior Recreation Center							
132015-01	SRC	13+	9/5-9/26	Sa	9:15-10:15am	4	$45/$49.50
132015-02	SRC	13+	10/3-10/31	Sa	9:15-10:15am	3	$33.75/$37.25
132015-03	SRC	13+	11/14-11/21	Sa	9:15-10:15am	2	$22.50/$24.75
132015-25	SRC	13+	12/5-12/19	Sa	9:15-10:15am	3	$33.75/$37.25

NEW>> TRADITIONAL JAPANESE SWORD (IAIDO)

Eishin-Ryu Iaido is a martial art with an unbroken line of the teaching dating back over 460 years. Solo forms start from both seated and standing positions, focusing on the technique of drawing the sword and cutting in one motion. Beginners should come with loose, comfortable clothing. Wooden swords and belts will be provided for beginner use. ***Thin knee pads are recommended for all students. $10(res)/$11(non-res) drop in fee. Visit carrollton-iaido.org for more information.*** Instructor: Johnson

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
161160-01	CRC	15+	9/2-9/30	W	7-9pm	5	$50/$55
161160-02	CRC	15+	10/7-11/4	W	7-9pm	5	$50/$55
161160-03	CRC	15+	11/11-12/23	W	7-9pm	6	$60/$66

VISA MasterCard

For your convenience, recreation centers accept Visa and MasterCard for all Parks & Recreation fees.

Sports Classes

AMO VOLLEYBALL

Allison and Michelle Operations (AMO) Volleyball covers all aspects of the game for athletes at any level. AMO prides itself on providing experienced coaches who can deliver personalized instruction, high intensity, and FUN. The goals for each class are to teach the fundamental aspects of the game (physical, technical, mental, and emotional), emphasize efficiency, correct technique, and increase volleyball knowledge in order to enhance each individual player. After the second week of class, AMO will make class session recommendations based on player assessment to better fit the athlete's skill level. This will ensure each player is learning in an environment that can facilitate growth. ***No class 11/23 & 11/25.***
Instructor: AMO Volleyball

CLASS #	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Crosby Rec Center						
161120-01	7-18	9/7-10/12	M	6:30-7:30pm	6	$115/$126.50
161120-02	7-18	11/2-12/14	M	6:30-7:30pm	6	$115/$126.50
Rosemeade Rec Center						
160120-01	7-18	9/9-10/14	W	6:30-7:30pm	6	$115/$126.50
~~160120-02~~	~~7-18~~	~~9/9-10/14~~	~~W~~	~~7:30-8:30pm~~	~~6~~	~~$115/$126.50~~
160120-03	7-18	11/4-12/16	W	6:30-7:30pm	6	$115/$126.50
~~160120-04~~	~~7-18~~	~~11/4-12/16~~	~~W~~	~~7:30-8:30pm~~	~~6~~	~~$115/$126.50~~

BASKETBALL TECH

CANCELLED

Bowmen Sports Basketball is a fun clinic designed for players of all skills and abilities. Program time focuses on dribbling, passing, and shooting. This is a fun basketball program that uses fun drills and games to reinforce skills being taught. This program is perfect for player development. ***Bring basketball/gym shoes and a water bottle. No class 11/23.*** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160010-03	RRC	6-12	9/14-9/28	M	5:30-6:30pm	3	$45/$49.50
160010-04	RRC	6-12	10/5-10/26	M	5:30-6:30pm	4	$50/$55
160010-05	RRC	6-12	11/2-11/30	M	5:30-6:30pm	4	$50/$55
160010-06	RRC	6-12	12/7-12/21	M	5:30-6:30pm	3	$45/$49.50

BEGINNER BASKETBALL

CANCELLED

Bowmen Sports Basketball is a fun clinic designed for players of all skills and abilities. Program time focuses on dribbling, passing, and shooting. This is a fun basketball program that uses fun drills and games to reinforce skills being taught. This program is perfect for young budding stars. ***Bring basketball/gym shoes and a water bottle. No class 11/23.*** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160020-30	RRC	4-5	9/14-9/28	M	4:30-5:15pm	3	$45/$49.50
160020-31	RRC	4-5	10/5-10/26	M	4:30-5:15pm	4	$50/$55
160020-32	RRC	4-5	11/2-11/30	M	4:30-5:15pm	4	$50/$55
160020-34	RRC	4-5	12/7-12/21	M	4:30-5:15pm	3	$45/$49.50

BOWMEN THANKSGIVING BREAK BASKETBALL CAMP

CANCELLED

Bowmen Basketball Camp features drills, games and skill instruction covering basic footwork (one and two-hand), passing, creating space, [illegible] ball, proper shooting form, and offensive and defensive footwork. Shooting games, competitions, and tournaments will be incorporated into this fun camp. ***Bring basketball/gym shoes and a water bottle.***
Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160021-01	RRC	6-12	11/23-11/25	M-W	1-4pm	3	$85/$93.50

BOWMEN THANKSGIVING BREAK DODGEBALL CAMP

CANCELLED

Ultra-popular program that includes 20[illegible] different versions of Dodgeball. Situations and games are designed for maximum fun. All games are played with [illegible] dodgeballs so the fun doesn't have to hurt, [illegible] playground balls. The camp may also include capture the flag, kickball, and other classic games. ***Bring basketball/gym shoes and a water bottle.*** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160022-01	RRC	6-12	11/23-11/25	M-W	9am-12pm	3	$85/$93.50

KIDZ LOVE SOCCER

Each session includes age-appropriate activities, including skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience the game in a safe, non-competitive environment. September-October classes are held at the Josey Ranch Sports Complex Field #6, November-December classes are held indoors in the gymnasium at Rosemeade Recreation Center. ***Kids should bring a full water bottle and ages 3½ and up should wear shin guards. Parents are encouraged to bring an outdoor chair and watch the classes (2-3½ includes parent participation). Participants will receive a Kidz Love Soccer jersey. For questions call 888-277-9542 or email info@kidzlovesoccer.com. No class 11/28.*** Instructor: Kidz Love Soccer

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
Josey Ranch Sports Complex							
167030-60	JRSC	2-3.5	9/12-10/17	Sa	9-9:30am	6	$82/$90.20
167030-61	JRSC	3.5-5	9/12-10/17	Sa	9:40-10:15am	6	$82/$90.20
167030-62	JRSC	5-7	9/12-10/17	Sa	10:15-11am	6	$82/$90.20
167030-63	JRSC	7-11	9/12-10/17	Sa	11-11:45am	6	$82/$90.20
Rosemeade							
167030-64	RRC	2-3.5	11/7-12/12	Sa	9-9:30am	5	$71/$78.10
167030-65	RRC	3.5-5	11/7-12/12	Sa	9:45-10:20am	5	$71/$78.10
167030-66	RRC	5-7	11/7-12/12	Sa	10:35-11:20am	5	$71/$78.10
167030-67	RRC	7-11	11/7-12/12	Sa	11:35am-12:20pm	5	$71/$78.10

ADAPTIVE KIDZ LOVE SOCCER - SEE PAGE 24

MINI-HAWK BASEBALL

Mini-Hawk Baseball is a developmental program using a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals, and create a love of the game. Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
167050-03	JRSC	5-6	8/26-9/30	W	5:05-5:45pm	6	$80/$88
167050-04	JRSC	5-6	10/14-11/18	W	5:05-5:45pm	6	$80/$88

MINI HAWK MULTI-SPORT (SOCCER, FLAG FOOTBALL, TRACK & FIELD, AND T-BALL)

Our Multi-Sport class is designed to introduce young athletes to a variety of different sports in one setting, including soccer, flag football, T-ball, and track & field. For this program, we combine two to three sports into one fun-filled class. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the class, your child will walk away with knowledge of (two or three) new sports along with vital life lessons such as respect, teamwork, and self-discipline. ***No class 11/24.*** Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160070-07	RRC	3-4	8/25-9/29	Tu	4:20-4:55pm	6	$80/$88
160070-08	RRC	3-4	10/6-11/10	Tu	4:20-4:55pm	6	$80/$88
160070-09	RRC	3-4	11/17-12/15	Tu	4:20-4:55pm	4	$60/$66
160070-10	RRC	5-6	8/25-9/29	Tu	5:10-6pm	6	$80/$88
160070-11	RRC	5-6	10/6-11/10	Tu	5:10-6pm	6	$80/$88
160070-12	RRC	5-6	11/17-12/15	Tu	5:10-6pm	4	$60/$66

SKYHAWKS BASEBALL

Skyhawks Baseball is a developmental program using a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals and create a love of the game. Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
167050-05	JRSC	7-12	8/26-9/30	W	5:50-6:50pm	6	$80/$88
167050-06	JRSC	7-12	10/14-11/18	W	5:50-6:50pm	6	$80/$88

SKYHAWKS FLAG FOOTBALL

Flag Football is the perfect introduction to America's Game. Athletes learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Super Bowl, giving participants a chance to showcase their skills on the gridiron! ***This class will be held at Josey Ranch Sports Complex Field #6.*** Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160040-04	JRSC	7-12	8/27-10/1	Th	5-6pm	6	$80/$88
160040-05	JRSC	7-12	10/15-11/19	Th	5-6pm	6	$80/$88

SKYHAWKS HOLIDAY MULTI-SPORT CAMP (TRACK & FIELD AND CAPTURE THE FLAG)

Join Skyhawks for a student day-off, multi-sport camp designed to introduce young athletes to a variety of different sports and games in one setting. For this program two to three sports/games are combined into one fun-filled day. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the day, your child will walk away with knowledge of (two or three) new sports along with vital life lessons such as respect, teamwork, and self-discipline. Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
160070-17	JRSC	6-12	10/12	M	9am-12pm	1	$35/$38.50

SKYHAWKS THANKSGIVING FLAG FOOTBALL CAMP

Flag Football is the perfect introduction to America's game. Athletes learn skills on both sides of the football including the core components of passing, catching, and defense – all presented in a fun and positive environment. The week ends with the Skyhawks Turkey Bowl, giving participants a chance to showcase their skills on the gridiron! ***This class will be held at Josey Ranch Sports Complex Field #6.*** Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
167092-70	JRSC	6-12	11/23-11/24	M-Tu	9am-12pm	2	$70/$77

SKYHAWKS TRACK & FIELD

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. These programs combine technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track & field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Participants will put it all together for one fun-filled day at the end of the class at the Skyhawks track meet! Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
167095-03	JRSC	7-12	8/28-10/2	F	5-6pm	6	$80/$88
167095-04	JRSC	7-12	10/16-11/20	F	5-6pm	6	$80/$88

TINY-HAWK BASEBALL

Tiny-Hawk Baseball is a developmental program using a variety of fun games to engage kids while teaching the sport of baseball and developing fundamental skills. The goal is to build fitness, muscle coordination, baseball fundamentals, and create a love of the game. Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	$(RES/NR)
167050-01	JRSC	3-4	8/26-9/30	W	4:30-5pm	6	$80/$88
167050-02	JRSC	3-4	10/14-11/18	W	4:30-5pm	6	$80/$88

Oak Creek Tennis Center

2531 Oak Creek Drive • 972-466-6389 • oakcreektenniscenter.com

Oak Creek Tennis Center (OCTC), conveniently located northwest of the Dallas North Tollway and President George Bush Turnpike, features 12 lighted hard courts with shaded spectator and court benches. Our Pro Shop includes apparel, racquets, stringing, accessories, and snacks. The City of Carrollton prides itself on having one of the premier full-service municipal tennis facilities in North Texas.

OCTC has several U.S. Professional Tennis Association (USPTA) certified tennis professionals on staff. A full array of adult and junior programs, tournaments, and special events are held year-round. It is home to numerous men's, women's, mixed, and senior teams competing in United States Tennis Association (USTA), Tennis Competitors of Dallas (TCD), and metro league play and is also home to local middle school and high school teams.

HOURS OF OPERATION

Fall Hours (End November 29)

Monday-Thursday 8:30am-10pm
Friday 8:30am-8pm
Saturday 8:30am-6pm
Sunday 10am-7pm
Holiday Hours:
Closed 9/7 & 11/26; Open 11/27, 8:30am-8pm

Winter Hours (Begins November 30)

Monday-Thursday 9am-10pm
Friday 9am-8pm
Saturday 8:30am-6pm
Sunday 10am-7pm
Holiday Hours:
Closed 12/24-25; Open 12/31, 9am-6pm

The OCTC reserves the right to close due to inclement weather. Players should call 972-466-6389 (option 1) for the status of programs.

FACILITY USE PRICES

Court Fees

	Resident	Non-resident
Adult & Youth	$2.50	$4

Court fees are per person and are limited to 1½ hours. Reservations are accepted up to 48 hours in advance.

Ball Machine Rental

	Resident	Non-resident
1 Hour	$15	$17
30-Day Pass	$50	$55

Ball machine rental includes court fees for one person. Additional family members may join at no charge. Additional non-family members will incur regular court fee charges. Reservations are accepted up to 48 hours in advance.

Satellite Court Fees

	Resident	Non-resident
1 Hour/Court	$2	$3.50

The City of Carrollton offers 17 neighborhood outdoor tennis courts. Courts at unstaffed parks are available on a first-come, first-served basis. Tennis court usage is free at all neighborhood sites as a walk-on. However, if you would like to ensure a reservation, all courts may be reserved in one-hour increments at the OCTC. The courts are available during park hours, which are 5am to 10:30pm daily. Lights are available at all facilities. Parks & Recreation tennis classes may be scheduled at court locations; signage regarding class/league schedules will be posted at the courts when applicable. Reservations are accepted up to one week in advance, excluding same day reservations, which are not permitted.

PRO SHOP/RACQUET SERVICING

OCTC carries Prince™, Head™, Wilson™, and Babolat racquets, strings, grips, and accessories at competitive prices. United States Racquet Stringers Association (USRSA) certified master racquet technicians on staff provide complete racquet servicing for all your stringing needs. Stringing is generally completed within three days. Stringing labor is $12. A 24-hour express fee is available for an additional $5. Racquet rentals are available for $5.

PRIVATE LESSONS

OCTC has several USPTA certified professionals on staff available for private lessons. Unable to find an adult or junior class that fits your schedule? Inquire about our private group rates. To schedule a private lesson, call 972-466-6389.

ADULT TEAM TENNIS

OCTC is home to numerous men's, women's, mixed, and senior teams competing in USTA, TCD, and metro league play. Call 972-466-6389 if you are interested in joining an existing team or starting a new one.

Reservations are accepted up to one week in advance, and day-of reservations are permitted. Reservations are non-refundable. OCTC accounts, however, will be credited for all cancellations made within 24 hours of the reservation.

Adult Tennis Classes

The OCTC Adult Program is conducted by USPTA certified tennis professionals. If minimum enrollment is not met, classes may be combined or canceled two days prior to the start date.

- Classes missed due to inclement weather or on your own account may only be made-up based on availability. Contact OCTC first to check availability for any makeup classes.
- All class makeups must be completed during the current session.
- Inclement weather cancellations that cannot be made-up will be issued a credit at the conclusion of the session.
- Medical refunds will be granted at a prorated amount for the portion of the class missed if a doctor's note is provided. The amount is prorated based on the date that OCTC is notified, regardless of when the injury occurred.

Location: Oak Creek Tennis Center

Fees: $90 Resident/$100 Non-resident per session/one 90 min. class per week

Drop In rates: $22 Resident/$24 Non-resident

Drop ins allowed based on availability and pro approval.

FALL SESSION DATES:

Session 1:	September 8-October 10
Session 2:	October 12-November 14
Session 3:	November 16-December 19*
Holiday Hours:	Closed 11/26 for Thanksgiving

Classes meet once a week for five weeks.

BEGINNER:

Monday	6-7:30pm
Wednesday	7:30-9pm
Saturday	9-10:30am

INTRO TO INTERMEDIATE:

Monday	6-7:30pm
Wednesday	7:30-9pm
Saturday	9-10:30am

INTERMEDIATE+:

Tuesday	6:30-8:30pm
Thursday	6:30-8:30pm
Saturday	10:30-12pm
Saturday	12-1:30pm

ADVANCED DRILLS (PREREQUISITE: INTERMEDIATE CLASS OR PRO APPROVAL)

A variety of high-octane drills conducted by USPTA certified tennis professionals are specifically geared for players who have dependable strokes with directional control. Fast-paced drills are excellent for league and tournament players wanting to hit balls. ***Sign up online at least one hour before the drill or stop by OCTC to register. Preregistration is strongly encouraged. Class minimum is three players.***

DAY	TIME	LEVEL	$(RES/NR)
Monday	7:30-9pm	4.0 and above	$18/$20
Wednesday	6-7:30pm	4.0 and above	$18/$20
Saturday	12-1:30pm	4.0 and above	$18/$20

CARDIO TENNIS (NTRP 3.5-4.0)

This fast-paced drill is sure to get you moving! The Cardio Tennis drills will keep you on your toes for the entire 1½ hours. ***Sign up online at least one hour before the drill or stop by OCTC to register. Preregistration is strongly encouraged.***

DAY	TIME	LEVEL	$(RES/NR)
Monday	7-8:30pm	3.5-4.0 (Intermediate)	$18/$20

Adult Tennis Events

"1ST FRIDAY" DOUBLES MIXER

No partner is necessary since we provide the pairings for you. Players are grouped according to NTRP level (2.5-5.0). Format consists of timed rounds of progressive partner doubles. Snacks, soft drinks, dinner, and prizes are provided. ***Sign up online at least one hour before the drill or stop by OCTC to register. Preregistration is strongly encouraged. If minimums are not met, cancellation will be one day before the mixer starts. Join us on the first Friday of each month (9/4, 10/2, 11/6, & 12/4) for this popular event.***

DAY	TIME	LEVEL	$(RES/NR)
1st Friday	6:30-9pm	All	$22.50/$25

Adult Tennis Leagues

SINGLES LEAGUES

Play the best of three sets, no-ad scoring, with a match tiebreak (first to 10 points by a margin of two) in lieu of a third set. Awards are presented to division winners. League champions are eligible to move up to the next level and last place finishers may be required to move down one level. The number of weeks may vary based on the number of registrants.*

Session 1:	September 15-November 5
Session 2:	November 10-January 7

** Leagues meet once a week for eight weeks. No class 11/26.*

DATES	TIME	$(RES/NR)
Mens 4.0-Tuesday	7:30-9pm	$59/$65
Mens 4.0-Thursday	7:30-9pm	$59/$65

Junior Tennis Classes

The OCTC Junior Program is conducted by USPTA certified tennis professionals. If minimum enrollment is not met, classes may be combined or canceled two days prior to the start date.

- Classes missed due to inclement weather or on your own account may only be made-up based on availability. Contact OCTC to check availability for any makeup classes.
- All class makeups must be completed during the current session.
- Inclement weather cancelations that cannot be made-up will be allowed to carry forward the makeup into the following session.
- Medical refunds will be granted at a prorated amount for the portion of the class missed if a doctor's note is provided. The amount is prorated based on the date that OCTC is notified, regardless of when the injury occurred.

Location: Oak Creek Tennis Center

Fees:

$54 Resident/$60 Non-resident
per session/one 60 min. class per week

$90 Resident/$100 Non-resident
Per session/two 60 min. classes per week

$77 Resident/$85 Non-resident
per session/one 90 min. class per week

$140 Resident/$155 Non-resident
per session/two 90 min. classes per week

$189 Resident/$210 Non-resident
per session/three 90 min. classes per week

$198 Resident/$220 Non-resident
per session/two 120 min. classes per week

$261 Resident/$290 Non-resident
per session/three 120 min. classes per week

$315 Resident/$350 Non-resident
per session/four 120 min. classes per week

Prices are for four weeks. For multiple day sign-ups, be specific as to which days.

FALL SESSION DATES:

Session 1	August 17-September 12
Session 2	September 14-October 10
Session 3	October 12-November 7
Session 4	November 9-December 5
*Session 5	December 7-December 19

**(prorated two-week session)*

TINY SHOTS TENNIS

This class is designed to stimulate, challenge, and appeal to budding tennis players. Children will learn motor skills necessary to play tennis and other sports throughout their lives. Students will use the red USTA-approved low-compression ball. The 36' court will also be used. Sign up for one or two days per week.

AGE	DAY	TIME	SESSIONS
4-6	M	4:30-5:30pm	1, 2, 3, 4, 5
4-6	Tu	4:30-5:30pm	1, 2, 3, 4, 5
4-6	W	4:30-5:30pm	1, 2, 3, 4, 5
4-6	Th	4:30-5:30pm	1, 2, 3, 4, 5
4-6	Sa	8:30-9:30am	1, 2, 3, 4, 5

ORANGE BALL
(10 YRS & UNDER BEGINNER/INTERMEDIATE)

This is an introductory class for 7-10 year-old players. Basic tennis skills are learned while using the orange ball on the 60' court. Orange balls have a slightly softer bounce than regular balls, allowing students to learn at a quicker rate, with the correct technique. Players need a 25-inch racquet and non-marking shoes.

AGE	DAY	TIME	SESSIONS
7-10	M	4:30-6pm	1, 2, 3, 4, 5
7-10	Tu	4:30-6pm	1, 2, 3, 4, 5
7-10	W	4:30-6pm	1, 2, 3, 4, 5
7-10	Th	4:30-6pm	1, 2, 3, 4, 5
7-10	Sa	9-10:30am	1, 2, 3, 4, 5

MEAN GREEN BALL
(10 YRS & UNDER INTERMEDIATE/ADVANCED)

This class is designed for intermediate level players participating in USTA events and tournaments and emphasizes advanced spins and court movement/tactics. Players in this group are required to play tournaments throughout the year and set goals for their improvement. Two day/week minimum attendance required for skill development. Approval needed by Junior Director, Coach David. Tennis-specific shoes are required. Sign up for two or three days per week.

AGE	DAY	TIME	SESSIONS
7-10	M	4:30-6pm	1, 2, 3, 4, 5
7-10	Tu	4:30-6pm	1, 2, 3, 4, 5
7-10	W	4:30-6pm	1, 2, 3, 4, 5
7-10	Th	4:30-6pm	1, 2, 3, 4, 5
7-10	Sa	10:30-12pm	1, 2, 3, 4, 5

INSTRUCTIONAL PLAYER DEVELOPMENT

This is a great way to hit the ball, gain confidence, and begin learning skills to advance to higher-level play. After learning skills, players advance to junior development level. Sign up for one to three days per week. ***Beginner to Advanced-Beginner.***

AGE	DAY	TIME	SESSIONS
11-18	M	5:30-7pm	1, 2, 3, 4, 5
11-18	Tu	5:30-7pm	1, 2, 3, 4, 5
11-18	W	5:30-7pm	1, 2, 3, 4, 5
11-18	Th	5:30-7pm	1, 2, 3, 4, 5
11-18	Sa	10:30-12pm	1, 2, 3, 4, 5

COMPETITIVE-ADVANCED

Designed for players participating in Champ, SuperChamp, or high school varsity tennis, this camp emphasizes advanced tactics, movement, and tournament-level competition. Players in this group are required to play tournaments throughout the year. Travel teams are available for out-of-town tournaments. Approval needed by Junior Director, coach David.

AGE	DAY	TIME	SESSIONS
11-18	M	5:30-7:30pm	1, 2, 3, 4, 5
11-18	Tu	5:30-7:30pm	1, 2, 3, 4, 5
11-18	W	5:30-7:30pm	1, 2, 3, 4, 5
11-18	Th	5:30-7:30pm	1, 2, 3, 4, 5

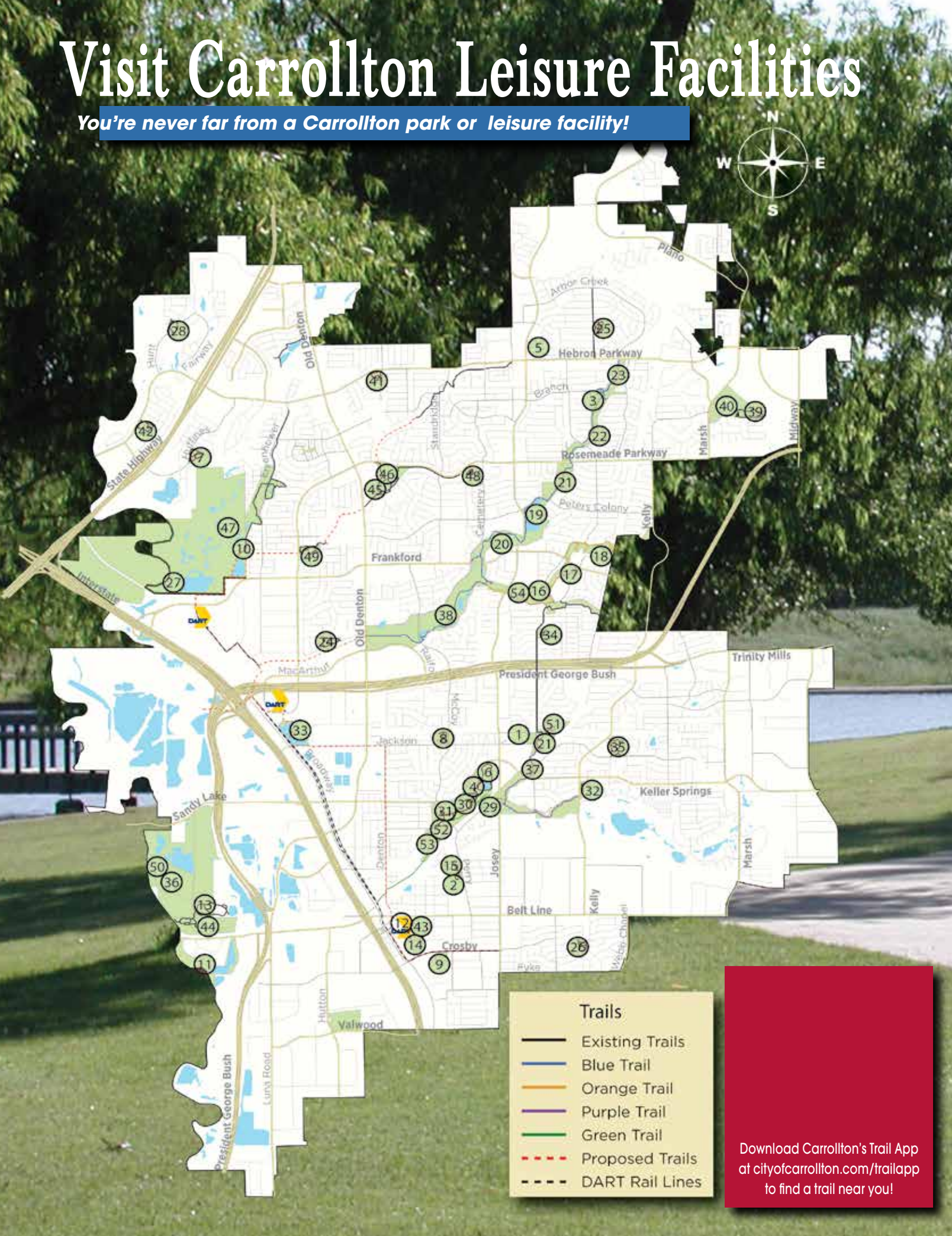
Download Carrollton's Trail App at cityofcarrollton.com/trailapp to find a trail near you!

CARROLLTON TEXAS

	FACILITY	LOCATION	Acreage (approx)	Athletic Fields	Aquatics	Basketball Court	Concession	Disc Golf	Dog Park	Grills	Gym	Hike/BikePaths	Historical Site	Lake/Fishing	Meeting Room	Nature Area	Parking	Pavilion	Picnic Area	Playground	Racquetball	Rental Facility	Restrooms	River Frontage	Tennis	Undeveloped	Volleyball	Water Fountain	Weight Room
1	Carrollton Municipal Complex																												
	Amphitheater	2035 E. Jackson Road 75006	4														●					●	●					●	
	City Hall	1945 E. Jackson Road 75006	2														●						●						
2	A.W. Perry Homestead Museum (AWP)	1509 N. Perry Road 75006	0.5							●		●	●				●					●						●	
3	Branch Hollow Park	2050 E. Branch Hollow Drive 75007	3.5							●		●					●	●	●	●					2			●	
4	Carrollton Public Library at Josey Ranch Lake (JRL)	1700 Keller Springs Road (west of Josey Lane) 75006	3				●					●		●	●	●	●					●	●					●	
5	Carrollton Public Library at Hebron & Josey (H&J)	4220 N. Josey Lane (at Hebron Parkway) 75010	.50												●		●		●			●	●					●	
6	Carrollton Senior Center (SRC)	1720 Keller Springs Road (west of Josey Lane) 75006	3			●						●		●	●	●	●	●				●	●						●
7	Cedar Elm Park	3845 Menard Drive 75010	5							●		●						●	●	●									
8	Clifford E. Hall Park	N. W. Corner Jackson Road & McCoy Road 75006	6.4							●		●				●	●	●	●	●								●	
9	Crosby Recreation Center (CRC)	1610 E. Crosby Road 75006	3			●	●				1				●		●			●		●	●				●		●
10	Del Santer Park	Eisenhower Drive @ Mapleview 75007	3.2							●		●		●						●									
11	Dimension Tract	1199 Elm Park Drive 75006	39											●		●	●							●		●			
12	Downtown Square and Gazebo	1106 S. Broadway 75006	.30									●	●		●		●	●				●	●						
13	Elm Fork Nature Preserve	2335 Sandy Lake Road 75006	40.3									●				●	●	●	●					●					
14	Francis Perry Park	1400 Francis @ Ross 75006	3			●				●							●		●	●					1			●	
15	Gravley Park	1508 N. Perry Road 75006	13									●	●				●											●	
16	Greenbelt Park Area 2	Josey Lane & Southern Oaks 75007	14.6					●		●		●				●	●	●	●							●	●	●	
17	Greenbelt Park Area 3	Treeline & Josey Lane 75007	12.4							●		●						●	●	●								●	
18	Greenbelt Park Area 4A	3000 Furneaux @ Frankford Road 75007	23.7					●		●		●				●	●		●	●					2			●	
19	Greenbelt Park Area 4B	Somerville/Marble Falls; Somerville/Grapevine @ Kelly 75007	3																							●			
20	Greenbelt Park Area 5	Josey Lane & Peters Colony 75007	39.8							●		●		●		●			●							●			
21	Greenbelt Park Area 6	Josey Lane (west from Area 5 lake) 75007	19.8									●				●										●			
22	Greenbelt Park Area 7	Peters Colony (east of Josey) 75007	26.6							●		●		●		●										●			
23	Greenbelt Park Area 8	Toulan & Furneaux Lane (Carillon Hills) 75007	25													●										●			
24	Harold K. Bessire Park	1117 Dentonshire Drive 75006	5.4			●				●		●					●	●	●	●								●	
25	Harvest Run Park	4334 Spurwood Drive 75006	6			●				●		●					●	●	●	●								●	
26	Holman D. Rhoton Park	2250 Ridgedale Drive (east of Nix & south of Belt Line) 75006	4.5			●				●		●					●	●	●	●					2			●	
27	Indian Creek Golf Club	1650 W. Frankford Road at I-35 75007	415				●					●					●	●				●	●						
28	Indian Creek Ranch Park	1645 Coyote Ridge 75007	6							●		●		●			●	●	●	●									
29	Jimmy Porter Park	1871 Sherwood Lane @ Josey Lane 75006	5	2		●				●		●					●	●	●	●			●					●	
30	Josey Ranch Lake Park	Keller Springs Road/Josey Lane 75006	100							●		●		●		●	●		●	●									
31	Josey Ranch Sports Complex (JRSC)	1440 Keller Springs Road 75006	50	6			●			●		●		●		●	●		●			●	●					●	
32	Keller Springs Park	2146 Kelly Boulevard & Keller Springs Road 75006	3			●				●							●		●	●								●	
33	Ken Good Park	Broadway & Jackson Road 75006	20							●				●					●										
34	Martha Pointer Park	2742 Scott Mill Road & Placid 75007	6			●				●							●		●	●			●		2			●	
35	Mary Heads Carter Park	2320 Heads Lane (off Kelly Blvd. north of Keller Springs) 75006	12.3							●		●					●	●	●	●		●	●					●	
36	McInnish Park & Sports Complex	2340 & 2335 Sandy Lake Road 75006	211	17			●		●	●		●		●		●	●	●	●	●		●	●	●				●	
37	Mill Valley Park	2100 Carmel Drive & Keller Springs Road 75006	12			●		●				●													1				
38	Nob Hill	Crooked Creek Drive @ McCoy Road 75006	102							●		●		●		●										●			
39	Oak Creek Park	2537 Oak Creek Drive 75007	52.22			●				●		●				●		●	●	●									
40	Oak Creek Tennis Center	2531 Oak Creek Drive 75007	2				●										●		●			●	●		12			●	
41	Oak Hills Park & Splash Park	1210 E. Hebron Parkway 75007	4.5		●	●				●		●					●	●	●	●							●	●	
42	Oakwood Springs Park	1817 Hamilton Drive 75010	6							●		●						●	●	●							●		
43	Pioneer Park	Carroll Avenue & Main Street 75006	0.5										●																
44	R. E. Good Soccer Complex	2355 Sandy Lake Road @ McInnish Park 75006	14	5			●			●		●					●	●	●	●			●						
45	Rosemeade Rainforest Aquatic Complex	1334 E. Rosemeade Parkway 75007	11		●		●			●		●					●	●	●			●	●					●	
46	Rosemeade Recreation Center, Park, & Dog Park (RRC)	1330 E. Rosemeade Parkway (east of Old Denton Road) 75007	28			●			●	●	2	●			●		●		●	●	4	●	●				●	●	●
47	San Chester Tract	West of Eisenhower & north of Peters Colony 75007	6									●		●			●									●			
48	Standridge Memorial Park	1715 Rosemeade Park Circle @ Dogwood 75007	2.5									●																	
49	Timbercreek Park	1717 W. Rosemeade Parkway 75007	7			●				●		●					●	●	●	●								●	
50	Veterans Park	2335 McInnish @ Veterans Way 75006	9	5			●										●	●					●					●	
51	Ward Steenson Park	2050 E. Jackson Road @ Scott Mill Road 75006	15			●				●		●					●	●	●	●								●	
52	W. J. Thomas Sports Fields	1950 N. Perry Road 75006	4	3			●					●					●					●	●						
53	W. J. Thomas Park and Splash Park	1955 N. Perry Road 75006	25		●					●							●		●	●			●		2			●	
54	Woodlake Tennis Courts/Greenbelt Park	Scott Mill Road (east of Thomas Elementary School) 75006	14.5									●													4			●	

Visit Carrollton Leisure Facilities

You're never far from a Carrollton park or leisure facility!



Download Carrollton's Trail App at cityofcarrollton.com/trailapp to find a trail near you!

LEISURE CALENDAR

September-December 2020

September

7 Labor Day Holiday, visit cityofcarrollton.com for closure details

12 Saturdays on the Square: World of Foodies, Downtown Carrollton, 972-466-9135

~~17 & 19 Friends of the Carrollton Public Library Book Sale, Hebron & Josey Library, 972-466-4800~~

~~19 Pooch Pool Party, Rosemeade Rainforest Aquatic Complex, 972-466-9816~~

26 Glow Run 5K ~~& 1-Mile Fun Run/Walk~~, McInnish Park, 972-466-9816

October

3 Fall Family Campout, R.E. Good Soccer Complex, 972-466-9811

10 Saturdays on the Square: Live Country Music, Downtown Carrollton, 972-466-9135

17 Perry Pumpkin Patch, A.W. Perry Homestead Museum, 972-466-6380

24 Craft Fair, Carrollton Senior Center, 972-466-9815

24 Ghost Town (If you Dare!), Downtown Carrollton, 972-466-9808

~~24 Mother/Son Monster Mash, Creekview High School, 972-466-3031~~

~~31 Books for Treats, Curbside Only, 972-466-4800~~

November

11 Veterans Day Celebration, Carrollton Senior Center, 972-466-4850

11 Veterans Day Fireworks Display over Josey Ranch Lake, 972-466-3593

14 Saturdays on the Square: Cocoa for Coats, Downtown Carrollton, 972-466-9135

25 Both Libraries will close at 6pm

26-27 Thanksgiving Holiday (visit cityofcarrollton.com for closure details)

30 Cease the Grease Free Cooking Oil Disposal, Central Service Center, 972-466-3000

December

1 Cease the Grease Free Cooking Oil Disposal, Central Service Center, 972-466-3000

4 An Old-Fashioned Christmas, A.W. Perry Homestead Museum, 972-466-6380

5 Santa on the Square, Downtown Carrollton, 972-466-9808

12 Saturdays on the Square: Christmas Tunes, Downtown Carrollton, 972-466-9135

21 Twelve Days of Winter Break Begins, Carrollton Public Library, 972-466-4800

24-25 Christmas Holiday (visit cityofcarrollton.com for closure details)

31 New Year's Eve (visit cityofcarrollton.com for closure details)

Jan 1 New Year's Day Holiday (visit cityofcarrollton.com for closure details)

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