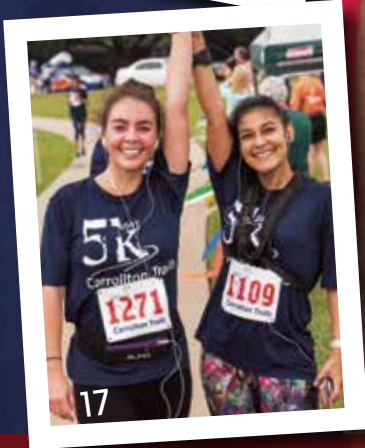


UNIVERSITY

CONNECTIONS

January - April 2018



Register for Classes and Events Now!





See the Community Section (pages 13-17) for more information.



Run for Rover
February 17 • 8:30am



Paws on the Square
April 7 • 11am-3pm



Carrollton Trails 5K
April 28 • 8am



From the Parks and Recreation Director...

Welcome to the City of Carrollton's guide to family fun! *Leisure Connections* lists all the classes, recreation, activities, events, and good times to be found within this great City of ours. Spring into fun this season at one of the many events, such as the 21st annual Martin Luther King Jr. Day Parade, Run for Rover 5K, TEXFest, and Spring Blooms. Carrollton provides several chances to stay fit this winter and spring, so let this be the year to keep your New Year's resolutions. Join us for the St. Patrick's Day Open House event at Crosby Rec Center to learn about all of the amenities that are offered through our recreation centers. After that, make sure to register for our Carrollton Trails 5k Run and 1-mile Fun Run/Walk. We love our trails and we know you will, too! Let's not forget about the animals this season either. Join fitness with furry fun in Carrollton's 2nd annual Race for Rover this February. All proceeds of the race go directly to the animals in Carrollton's Animal Services & Adoption Center. Be sure to pick up a Carrollton Pet Photo Calendar as well, located at any City facility, as another way to benefit the animals in our service center.

Scott Whitaker, Carrollton Parks and Recreation Director

On the cover...

Join us for the 3rd annual TEXFest on Saturday, March 3 from 3-9pm. This free event showcases all things Texas and will include concerts, vendors, games, and even a photo opportunity with a live longhorn. Yee-haw! For more information, see the Community Events section on page 15.



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

Registration for Carrollton residents begins November 27.

Non-resident registration begins December 11. Classes begin January 2.

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

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City Facilities



A.W. PERRY HOMESTEAD MUSEUM (page 8)

1509 N. Perry Road
972-466-6380
cityofcarrollton.com/museum
Twitter: @Perry_Homestead
Pinterest: AWPerryHomesteadMuseum
facebook.com/AWPerryHomesteadMuseum

Open Tuesday, Thursday, and Saturday. Tours at 11am and 1pm or by appointment. For more information or group tour reservations, call or visit us online. Free admission.



ATHLETICS OFFICE

1330 E. Rosemeade Parkway
972-466-9833
cityofcarrollton.com/athletics
facebook.com/carrolltonparks
Twitter: @carrolltonsport
Rainout Line: 972-695-2355

Hours:
M-F 8am-5pm



CROSBY RECREATION CENTER

Amenities: Gymnasium • Fitness Center • Game Room/Snack Area • Public Computers • Video Games • Table Games • Locker Rooms w/Showers • Cross Training Gym • Pickleball • Wi-Fi Available

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

Hours:
M-F 6am-9pm
Sa 9am-6pm
Su Closed

INDIAN CREEK GOLF CLUB (page 33)

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



LIBRARY (page 9)

972-466-4800
cityofcarrollton.com/library

Hebron & Josey Library
4220 N. Josey Lane
(at Hebron Parkway)

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

Josey Ranch Lake Library
1700 Keller Springs
(west of Josey Lane)

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

City Facilities



OAK CREEK TENNIS CENTER (page 37)

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

Winter Hours

Ends November 19, 2017

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

Spring Hours

November 20-February 4, 2018

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

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



PARKS ADMINISTRATION

1610 E. Crosby Road
972-466-3080
cityofcarrollton.com/parksandrec
facebook.com/carrolltonparks
Event Hotline: 972-466-9135

Hours:

M-Th 7:30am-5:30pm
F 7:30-11:30am



ROSEMEADE RECREATION CENTER

Amenities: 2 Gymnasiums • Fitness Center • 4 Racquetball Courts
Game Room/Snack Area • Dance Room • Playground • Locker
Rooms w/Showers • Video Games • Table Games • Pickleball •
Wi-Fi Available

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

Hours:

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



SENIOR CENTER (page 8)

Amenities: Three 9' Billiard Tables • New Fitness Center • Pond with
Walking Track • Wii Games • ½ Basketball Court • Big Screen TV.
Variety of Table Games, Puzzles, & Books • Large Day Room Area
with Tables & Chairs • Wi-Fi Available

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

Hours:

M/W/F 7am-5pm
Tu 7am-7:30pm
Th 7am-9:30pm
Sa 9am-1pm
Su Closed

Visit cityofcarrollton.com/parksandrec for other special hours of operation and holiday notices.

Membership



The City of Carrollton encourages and supports the participation of individuals with disabilities in all programs and services. For more information or to request special accommodations, call 972-466-3080.

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 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.

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

	Resident	Non-resident
Senior 50-59	\$25/\$40	\$9/\$15
Senior 60-69	\$15/\$30	\$6/\$11
Senior 70+	\$10/\$25 (lifetime fee)	
Replacement Card	\$5	

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

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



Refund Policy

Refund policies may vary for different classes, sports, and events. Refer to the website or see front desk staff at your facility 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 our rental rates and book your next event close to home.

cityofcarrollton.com/rentals

Facilities

Library

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Education

The Arts

Fitness

Aquatics

Athletics

Sports

OUTDOOR FACILITIES

	# of People
A.W. Perry Homestead Museum 972-466-6380 • 1509 N. Perry Road	100-150
Pavilion at Remodeled Mary Heads Carter Park 972-466-3080 • 2320 Heads Lane	150
Sports Fields 972-466-9833 • (various locations) (other fees such as field preparation and lighting may apply)	
Historic Downtown Carrollton Gazebo 972-466-3080 • 1106 S. Broadway Street (over 50 requires a Special Event permit, 972-466-9808)	50
Indian Creek Golf Club Pavilion 972-466-9850 • 1650 W. Frankford Road	100
Carrollton Amphitheater 972-466-3080 • 2035 E. Jackson Road	1,500

INDOOR FACILITIES

Indian Creek Golf Club Clubhouse 972-466-9859 • 1650 W. Frankford Road	120
Josey Ranch Lake Library 972-466-4800 • 1700 Keller Springs Road 3 rooms ranging in capacity	14-100
Hebron & Josey Library 972-466-4800 • 4220 N. Josey Lane 3 rooms ranging in capacity	14-90
Carrollton Senior Center 972-466-4850 • 1720 Keller Springs Road 5 rooms ranging in capacity, kitchen may be added to any room	50-550
Rosemeade Recreation Center 972-466-9800 • 1330 E. Rosemeade Parkway 3 rooms ranging in capacity, including gymnasiums and dance room	15-250
Crosby Recreation Center 972-466-9810 • 1610 E. Crosby Road 3 rooms ranging in capacity, including gymnasium, dance room, and kitchen	8-250



Birthday Party Packages

A.W. Perry Homestead

Celebrate your child's birthday in the Perry Homestead's unique setting. Each party lasts a total of two hours and consists of organized activities with a half hour for cake and opening presents. We request at least one adult for every five children attending the party. Party reservations are outdoors and available through October. *The \$125 fee includes up to 15 children. Call 972-466-6380 for additional details.*

HOEDOWN • TEA PARTY • TOYS & GAMES

Themes and activities are appropriate for children ages 6-10.

Recreation Centers

Party packages include a two hour party for birthday child and up to nine guests. Supervision, set up, clean up, and decorations are the responsibility of the renter. *Cost is \$120 for residents and \$132 for non-residents, plus a \$25 deposit. For questions, availability, or reservations, contact Susan Schafer at 972-466-9815.*

ART & MORE BIRTHDAY PARTY

DANCE & MORE BIRTHDAY PARTY



Senior Center

A.W. Perry Homestead Museum

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CLASSES JUST FOR 50+ ADULTS

Ceramics, You Can Paint	22
Tai Chi	27
Aging Gracefully Yoga, Better Balance	28
Functional Fitness, Low Impact Aerobics, Stretch	29
Weight Room Orientation.	29

MONTHLY THEMED LUNCHEONS

January 18.	Showcase Your Hobby
February 15	Low Brass Choir
March 15	Making Easter Cards for Shut Ins
April 19.	Victorian Luncheon presented by A.W. Perry Museum

MONTHLY ACTIVITIES

- 2nd Friday • 1:30pm**
Blood pressure and sugar screening by Carrollton Fire Rescue
- 3rd Monday • 1pm**
Movie Monday • Movie and refreshments
- Tuesdays: January 30, February 27, March 27, April 24**
Seating 12:30pm • Tournament 1pm
Texas Hold `Em Tournament
- Tuesdays: January 2 and 30, February 27,
March 27, April 24**
Vitamin B-12 Shots
- Wednesdays • 6am-1pm**
Pickleball at Crosby Recreation Center
Senior Center membership valid.

TRIPS

2nd Friday of every month Out to Lunch

1509 N. Perry Road • 972-466-6380
Open Tuesday through Thursday, and Saturday
Tours at 11am and 1pm or by appointment.
Free Admission

For more information or group
tour reservations, call 972-466-6380
or visit cityofcarrollton.com/museum.

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 this 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 US 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. On the grounds, you will see a barn, root cellar, water well, and smokehouse. School tours are aligned with the TEKS standards for each grade level.

NEW!>> A new tour geared towards 7th graders is now available and includes access to online resources and copies of primary source material for pre and post tour classroom discussions. 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 972-466-6380 to make a reservation or register online at cityofcarrollton.com/museum.

Traveling Trunks

HISTORY MYSTERY & SCHOOL DAYS

The History Mystery and School Days trunks contain hands-on artifacts for students to examine, as well as an activity guide for teachers. Turn your students into history detectives or pioneer school children. In the History Mystery trunk, students will uncover the past using artifacts, learn the basic principles of material culture, and observe and analyze artifacts in order to discover their uses. In the School Days trunk, students will compare and contrast how education has changed over the past 150 years, try on pioneer clothing, and even try to imagine what it will be like to go to school in the future. All activities are TEKS aligned. History Mystery is for grades 3, 4, and 5. School Days is for grades 1, 2, and 3. Trunks are a FREE service the A.W. Perry Homestead Museum provides to local schools. Call the Museum today at 972-466-6380 to reserve a trunk for your class.

SPRING BLOOMS

Bring the whole family for a leisurely afternoon in the bluebonnets at the A.W. Perry Homestead Museum. Enjoy old-fashioned games, snacks, and crafts, and have your family photo taken by a professional photographer. See page 17 for details about this event.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
113032-01	PHM	All	4/14	Sa	5-5:30pm	1	\$10/\$12
113032-02	PHM	All	4/14	Sa	5:30-6pm	1	\$10/\$12
113032-03	PHM	All	4/14	Sa	6-6:30pm	1	\$10/\$12
113032-04	PHM	All	4/14	Sa	6:30-7pm	1	\$10/\$12

Carrollton Public Library

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

90 public access computer workstations
Internet access • Online databases
WiFi/Wireless access • Express check stations
CDs, DVDs, books, magazines, & newspapers
Language materials in Spanish,
Hindi, Korean, Vietnamese, & more
Study rooms • Quiet reading lounges
Meeting rooms • Local history & genealogy
Language instruction materials
eBooks and iPads

JOSEY RANCH LAKE

1700 KELLER SPRINGS
(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 Board meets the first Monday of every other month
at Josey Ranch Lake Library at 6:30pm. Meetings are open to the public.
Find more information at cityofcarrollton.com/library.

Early Literacy Classes for Preschoolers

January - April

TODDLER TIME

Children and a parent or caregiver participate and enjoy stories and finger-plays.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	1-3	M	10:15am	Ongoing
Josey Ranch Lake	1-3	M	10:15am	Ongoing
Josey Ranch Lake	1-3	Tu	10:15am	Ongoing
Hebron & Josey	1-3	W	10:15am	Ongoing

STORY TIME

Children participate in stories, songs, finger plays, action rhymes, and puppetry.

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	3-6	M	11am	Ongoing
Josey Ranch Lake	3-6	Tu	11am	Ongoing
Hebron & Josey	3-6	W	11am	Ongoing

MOTHER GOOSE TIME FOR BABIES

These 20-minute sessions are designed for “pre-walkers” and a parent or caregiver. The focus is to develop a love of language through rhymes and music. Interact with your baby during the program and meet other moms and dads afterwards.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	Up to 15 mos.	M	11am	Ongoing
Josey Ranch Lake	Up to 15 mos.	W	1:30pm	Ongoing

PLAYTIME PICNIC

Pack a lunch and bring your preschooler to the library for fun and educational unstructured play.

Library	Age	Day	Time	#WKS
Hebron & Josey	0-6	Tu	12-2pm	Ongoing
Josey Ranch Lake	0-6	F	12-2pm	Ongoing



SATURDAY STORY TIME

Children participate in stories, songs, finger plays, action rhymes, and puppetry.

DATE	LIBRARY	AGE	DAY	TIME
1/6	Hebron & Josey	3-6	Sa	10:30am
1/13	Josey Ranch Lake	3-6	Sa	10:30am
2/3	Hebron & Josey	3-6	Sa	10:30am
2/10	Josey Ranch Lake	3-6	Sa	10:30am
3/3	Hebron & Josey	3-6	Sa	10:30am
3/10	Josey Ranch Lake	3-6	Sa	10:30am
3/31	Hebron & Josey	3-6	Sa	10:30am
4/7	Josey Ranch Lake	3-6	Sa	10:30am

FAMILY STORY TIME

Children participate in stories, songs, finger plays, action rhymes, and puppetry.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	3-6	Th	7pm	Ongoing

For School Age Children

HOMESCHOOL BOOK CLUB

All are welcome to this book club designed for homeschool children. Books will come alive on the first Wednesday of every month. We'll read aloud, be exposed to new authors and genres, explore the Library's many resources, and complete a hands-on activity.

DATE	LIBRARY	AGE	DAY	TIME
1/3	Hebron & Josey	7+	W	1:30-2:30pm
2/7	Hebron & Josey	7+	W	1:30-2:30pm
3/7	Hebron & Josey	7+	W	1:30-2:30pm
4/4	Hebron & Josey	7+	W	1:30-2:30pm

CRAFTERNOONS

Do you need a new after school activity? Do you love making crafts? Join us the third Tuesday of every month for after school fun.

DATE	LIBRARY	AGE	DAY	TIME
1/16	Hebron & Josey	5-12	Tu	3-4:30pm
2/20	Hebron & Josey	5-12	Tu	3-4:30pm
3/20	Hebron & Josey	5-12	Tu	3-4:30pm
4/17	Hebron & Josey	5-12	Tu	3-4:30pm

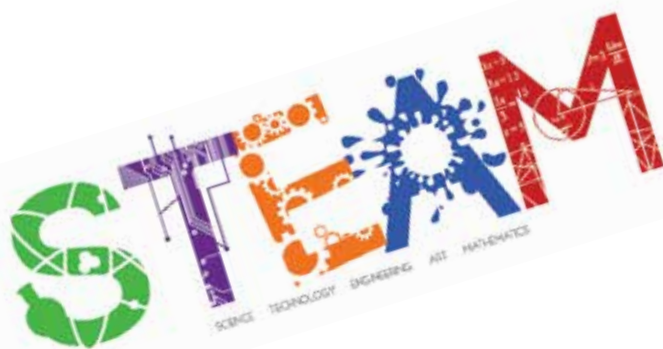
SPRING BREAK STEAM FAIR

Join us for our first annual Spring Break STEAM Fair. We will provide hands-on experiments from UTD, the Perot Museum, and our new volunteer partners from Schneider Electric.

DATE	LIBRARY	AGE	DAY	TIME
3/16	Josey Ranch Lake	6-12	F	3:30-5:30pm

NATIONAL LIBRARY WEEK BOOKMARK CONTEST APRIL 8-14

In celebration of National Library Week, we want YOU to create a bookmark that tells us why you love libraries, reading, and books. Winners will receive a prize, and their bookmark will be reproduced and distributed at the Library. Entry forms will be available online or at the Library starting 3/14. Submit entries to either Carrollton Library from 4/8-4/14.



Tweens



TWEEN ANTI-VALENTINE'S DAY PARTY

A non-romantic party just for tweens! If you aren't a fan of the immense amount of conversation hearts and teddy bears, this is the perfect party for you. Join us for our anti-Valentine's Day party for food and fun.

DATE	LIBRARY	AGE	DAY	TIME
2/14	Josey Ranch Lake	10-14	W	3:30-5pm

TWEEN SPRING BREAK VIDEO GAME MANIA

School's out and you feel the need for companionship, but you still want to play video games? Come to the Library and challenge others to Mario Kart, Guitar Hero, or a variety of other games.

DATE	LIBRARY	AGE	DAY	TIME
3/12	Josey Ranch Lake	10-14	M	3:30-5:30pm
3/14	Josey Ranch Lake	10-14	W	3:30-5:30pm

TWEEN ESCAPE ROOM!

Dreadful things lurk outside your door, and the prize you've waited so long for is now in your grasp...if you can solve the puzzle! Come to our escape room extravaganza and see if you have what it takes to escape. Registration required as there is limited space. Sign up for this event online in the Library events calendar.

DATE	LIBRARY	AGE	DAY	TIME
4/10	Josey Ranch Lake	10-14	Tu	3:30-4:15pm
4/10	Josey Ranch Lake	10-14	Tu	4:30-5:15pm

Teens

TEEN BOARD GAME NIGHT

Board games are so much more than Checkers or Monopoly. We're playing intense games of Superfight, Code Names, The Resistance: The Dystopian Universe, and more. Bring your friends and find out who among you will reign supreme!

DATE	LIBRARY	AGE	DAY	TIME
1/4	Hebron & Josey	13-18	Th	6:30-8:30pm
2/1	Hebron & Josey	13-18	Th	6:30-8:30pm
3/1	Hebron & Josey	13-18	Th	6:30-8:30pm
4/5	Hebron & Josey	13-18	Th	6:30-8:30pm

TEEN ANIME CLUB

Invite your friends and join us for Anime, snacks, and giveaways. Follow the Library on Facebook or Instagram for an update on what is showing each month.

DATE	LIBRARY	AGE	DAY	TIME
1/17	Josey Ranch Lake	13-18	W	6:30-8:30pm
2/21	Josey Ranch Lake	13-18	W	6:30-8:30pm
3/21	Josey Ranch Lake	13-18	W	6:30-8:30pm
4/18	Josey Ranch Lake	13-18	W	6:30-8:30pm

TEEN ANTI-VALENTINE'S DAY PARTY

Sometimes, Valentine's Day is just...the worst. And that's okay. Whatever reason you have for not loving Valentine's Day—from heartbreak to just not liking the color pink—we have a party to help you forget all those problems. Join us for our anti-Valentine's Day party for food and fun!

DATE	LIBRARY	AGE	DAY	TIME
2/13	Hebron & Josey	13-18	Tu	6:30-8pm



TEEN SPRING BREAK CRAFTS

Bring your friends and get crafting with us during spring break. Snacks will be provided.

DATE	LIBRARY	AGE	DAY	TIME
3/15	Hebron & Josey	13-18	Th	6:30-8pm

TEEN ESCAPE ROOM!

Dreadful things lurk outside your door, and the prize you've waited so long for is now in your grasp...if you can solve the puzzle! Come to our escape room extravaganza and see if you have what it takes to escape. Registration required as there is limited space. Sign up for this event online in the Library events calendar.

DATE	LIBRARY	AGE	DAY	TIME
4/11	Josey Ranch Lake	13-18	W	6:30-7:15pm
4/11	Josey Ranch Lake	13-18	W	7:30-8:15pm

All Ages

You're Invited

National Library Week Open House
Hebron & Josey Library
4220 N. Josey Lane
Thursday, April 12 • 12-4pm

Come celebrate National Library Week with a Carrollton Public Library open house. Discover the many services that are offered and the tools that are right at your fingertips.

LEGO® CHALLENGE

Join us the first Wednesday of every month for our monthly Lego® night. We will provide new building challenges each month for children of all ages and their parents.

DATE	LIBRARY	AGE	DAY	TIME
1/3	Josey Ranch Lake	All	W	6:30-8pm
2/7	Josey Ranch Lake	All	W	6:30-8pm
3/7	Josey Ranch Lake	All	W	6:30-8pm
4/4	Josey Ranch Lake	All	W	6:30-8pm

AFRICAN AMERICAN READ-IN

All are welcome to learn about African American authors, stories, poems, and songs. Special guests will read selections aloud for the audience. Free books will be given away to children and teens. This program is presented by Professional Achievers for Community Excellence (PACE). Light refreshments will be provided.

DATE	LIBRARY	AGE	DAY	TIME
2/11	Josey Ranch Lake	All	Su	4-5pm

CHINESE NEW YEAR CELEBRATION

The Carrollton Sun Ray Chinese School will be leading us in a variety of activities celebrating Chinese culture.

DATE	LIBRARY	AGE	DAY	TIME
2/18	Hebron & Josey	All	Su	3-5pm

Adult Programs

GAME ON!

Board games are so much more than the Chutes and Ladders or Monopoly of our childhood. Come to the Library and check out new and trendy games. Whether you're looking for a game to test your strategy or social deduction skills, or just looking for a social trivia game, we've got you covered. You are also free to bring your own games to share with others.

DATE	LIBRARY	AGE	DAY	TIME
1/20	Hebron & Josey	Adult	Sa	2-5:30pm
2/17	Hebron & Josey	Adult	Sa	2-5:30pm
3/17	Hebron & Josey	Adult	Sa	2-5:30pm
4/14	Hebron & Josey	Adult	Sa	2-5:30pm

TAX ASSISTANCE BY AARP

Volunteers with the American Association of Retired Persons (AARP) provide free tax return assistance. Bring identification, 2016 tax return, and all documents and information for 2017.

DATE	LIBRARY	AGE	DAY	TIME
1/29-4/17	Hebron & Josey	Adults	M	10am-5pm
2/2-4/13	Josey Ranch Lake	Adults	F	10am-2pm

THE ABCS OF GENEALOGY

Looking to find your lost relatives? Join other fledgling genealogists for sessions led by Carrollton resident and local expert, J.T. McKinney. Course does not require registration, but the second class of the month will be a practical application of tools introduced in the prior session.

This spring, classes will delve into census data from the years 1790-1940, covering four decades each month.

NEW!>> There are now Monday evening classes at Hebron & Josey.

DATE	LIBRARY	AGE	DAY	TIME	ROOM
1/9	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental Room
1/15	Hebron & Josey	Adults	M	7-9pm	Storytime Room
1/23	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic Classroom
1/29	Hebron & Josey	Adults	M	7-9pm	Electronic Classroom
2/6	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental Room
2/12	Hebron & Josey	Adults	M	7-9pm	Storytime Room
2/20	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic Classroom
2/26	Hebron & Josey	Adults	M	7-9pm	Electronic Classroom
3/6	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental Room
3/12	Hebron & Josey	Adults	M	7-9pm	Storytime Room
3/20	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic Classroom
3/26	Hebron & Josey	Adults	M	7-9pm	Electronic Classroom
4/10	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental Room
4/16	Hebron & Josey	Adults	M	7-9pm	Storytime Room
4/24	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic Classroom
4/30	Hebron & Josey	Adults	M	7-9pm	Electronic Classroom

QUARTERLY CRAFTIVITY

Spring is in the air! Join us for tips, tricks, and take-away gifts. It's all about gardening this month. Registration begins 3/1, and supplies are limited.

DATE	LIBRARY	AGE	DAY	TIME
3/31	Josey Ranch Lake	Adult	Sa	10am-12pm

Computer classes
coming in January.
Call 972-466-4800.



MEET METROCREST!

How well do you know Metrocrest Services? Come meet the wonderful staff and volunteers to find out more about services and programs the organization offers. The mission of Metrocrest Services is to provide programs for individuals, families, and seniors that lead to self-sufficiency and foster independence.

DATE	LIBRARY	AGE	DAY	TIME
3/19	Josey Ranch Lake	All	M	10am-12pm

HEALTHY LIVING FOR YOUR BRAIN

Join representatives from the Alzheimer's Association to learn about the latest research on brain health in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Question and answer sessions included.

DATE	LIBRARY	AGE	DAY	TIME
4/18	Hebron & Josey	Adult	W	10-11am
4/20	Josey Ranch Lake	Adult	F	10-11am

FINANCIAL LITERACY FOR MILLENIALS AND BEYOND

The current economic conditions have many Americans concerned about their finances—debt, retirement shortfalls, securing financing for home purchasing, and fees from late payments. All of that can be managed once you know how. This series aims to help 20- and 30-year olds better manage their money, eliminate student loan debt, buy that first house, and prepare for the future.

BUDGETING

Creating and living within a budget. Monitor your spending and learn new techniques to get the most out of your money.

DATE	LIBRARY	AGE	DAY	TIME
4/3	Hebron & Josey	Adult	Tu	7-8:30pm
4/7	Josey Ranch Lake	Adult	Sa	2-3:30pm

SAVING AND INVESTING

Learn about the rule of 72, how interest works, the 3 Ds of investing, and taxes.

DATE	LIBRARY	AGE	DAY	TIME
4/10	Hebron & Josey	Adult	Tu	7-8:30pm
4/14	Josey Ranch Lake	Adult	Sa	2-3:30pm

DEBT MANAGEMENT

Why a credit score is important, first time home buying, and managing student loan debt.

DATE	LIBRARY	AGE	DAY	TIME
4/17	Hebron & Josey	Adult	Tu	7-8:30pm
4/21	Josey Ranch Lake	Adult	Sa	2-3:30pm

PROTECTION

Do I really need life insurance and a will at 20 years old? And what legal documents are important when planning mine or my parents' future?

DATE	LIBRARY	AGE	DAY	TIME
4/24	Hebron & Josey	Adult	Tu	7-8:30pm
4/28	Josey Ranch Lake	Adult	Sa	2-3:30pm

Community Events



Spring on the Square

Downtown Carrollton
1106 S. Broadway Street

Concert on the Square

Saturday, March 24 • 6-8pm
Saturday, April 14 • 6-8pm

Enjoy a night filled with great tunes. Everyone is invited to attend these free events. Be sure to bring blankets and lawn chairs.

Paws on the Square

Saturday, April 7 • 11am-3pm

Pawrents! Get ready to bring your pet to an afternoon paw-ty in Downtown Carrollton. Paws on the Square is a FREE event that brings people, pets, animal welfare organizations, and pet-friendly companies together to make Carrollton a better place for our pets.

Movie on the Square

Saturday, April 21
Movie begins at sunset.

Visit Downtown Carrollton for a free movie under the stars.

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

21st Annual Martin Luther King, Jr. Day Parade

FREE

Saturday, January 13 • 10am • Free

Come celebrate Martin Luther King, Jr. Day by watching a memorial parade through the streets of Carrollton. The parade will begin on Rainwater Lane (behind Carrollton City Hall) and proceed west to Josey Lane; south on Josey Lane to Keller Springs Road; east on Keller Springs Road to Kelly Boulevard; south on Kelly Boulevard to end at Ted Polk Middle School (2001 Kelly Boulevard.)



The parade is sponsored by Christ Community Connection, Inc. in partnership with the City of Carrollton. Call 972-242-0933 for more information.

A Victorian Valentine

Saturday, February 10 • 5-7pm

\$20 per couple (resident)
\$22 per couple (non-resident)
A.W. Perry Homestead Museum
1509 N. Perry Road

By the mid-1850s, Valentine's Day has become a popular holiday in America through sending cards, lavish gifts, and even works of art to lovers and secret admirers. Continue the tradition with a special night at the A.W. Perry Homestead Museum as we offer a romantic evening of dancing in the sunset with your beloved. Enjoy a couple's dance lesson accompanied by a live band that is guaranteed to "woo" your significant other. Chocolate and a rose for your partner also included with ticket purchase.



For more information, call 972-466-6381.

Facilities

Library

Community

Education

The Arts

Fitness

Aquatics

Athletics

Sports



African American Read-In

Sunday, February 11 • 4-5pm • Free
Josey Ranch Lake Library
1700 Keller Springs Road

Bring the whole family! All are welcome to learn about African American authors, stories, poems, and songs. Special guests will read selections aloud for the audience. Free books will be given away to children and teens. This program is presented by Professional Achievers for Community Excellence (PACE). Light refreshments will be provided.



2nd Annual Run for Rover

Saturday, February 17 • 8:30am
McInnish Dog Park & Sports Complex
2241 Sandy Lake Road

Race Day Registration & warm-up: 7-8:15am
5K Run: 8:30am
Fun Run/Walk: 8:35am
Awards Ceremony: 9:30am

	Register by 2/12	Race Day Registration
5K	\$25	\$30
Fun Run/Walk	\$15	\$20
Dog	\$8	\$10

Packet Pick up:
February 15 noon-8pm
February 16 8am-8pm
Rosemeade Recreation Center, 1330 E. Rosemeade Parkway



These mutts know how to strut! Sign up your pup for a dog-specific race in Carrollton benefitting the Carrollton Animal Services & Adoption Center. The race will start at the McInnish Dog Park and will route through the sports complex for a full 5K. A shorter fun run/walk route will be offered to smaller or older dogs, or dogs who are still working off some holiday weight. Don't have a dog? Your new best friend is waiting for you at our Adoption Center!

Humans who register by 2/12 are guaranteed a race T-shirt, race bag, and timing chip. A special gift will be given to all dogs that also register early. There will be plenty of play time, treats, giveaways, and water after the run. For more information, visit cityofcarrollton.com/runforrover.



Chinese New Year Celebration

Sunday, February 18 • 3-5pm • Free
Hebron & Josey Library
4220 N. Josey Lane

Carrollton Sun Ray Chinese School will be leading us in a variety of activities celebrating the Chinese culture.



12th Annual CPOA Daddy Daughter Dance

Saturday, February 24 • 6-9pm
Bent Tree Bible Fellowship Church
4141 International Parkway in Carrollton

The Carrollton Police Officers Association presents the 12th Annual Daddy Daughter Dance. Fathers, come dance the night away with your little angel! Join us for a lively dance party with cookies, punch, crafts, games, prizes, and photo opportunities. Pre-registration cost will be \$25 total for daddy and daughter (plus \$10 for each additional daughter). Registration at the event will cost \$30 for daddy and daughter (plus \$15 for each additional daughter). Proceeds benefit the Carrollton Police Officers Association.

For more information and to register, call 972-466-3031 or visit cityofcarrollton.com/daddydaughterdance. Sorry, no moms or sons allowed, and dinner will not be served.



TEXFest

Saturday, March 3 • 3-9pm • Free
Downtown Carrollton
1106 S. Broadway Street

Carrollton is proud to announce the return of TEXFest, a free festival honoring Texas Independence Day. This third annual Lone Star celebration features local artists performing Texas music on the streets of Historic Downtown Carrollton. The entertainment lineup will include local bands and performers who love this great state! Guests will enjoy good food, local craft beers, wine from a local vineyard, memorable photo opportunities, vendors, yard games, and live music all evening long. Bring your boots and your buckles for a Texas-sized good time in Carrollton. For more information, visit cityofcarrollton.com/downtown.



St. Patrick's Open House at Crosby

Saturday, March 10 • 11am-2pm • Free
Crosby Recreation Center
1610 E. Crosby Road

Crosby Recreation Center would like to invite the community to find their pot of gold by hosting an open house. Join us in a scavenger hunt to see everything Crosby Recreation Center has to offer. Many fun activities will be on hand for kids and adults alike. There will be craft activities, complimentary lunch for the first 100 guests, drawings for free prizes, face painting, and more. For more information, call 972-466-9800.

Facilities

Library

Community

Education

The Arts

Fitness

Aquatics

Athletics

Sports



\$5 Rabies Vaccinations

Saturday, March 24 • 10am-noon
Animal Services & Adoption Center
2247 Sandy Lake Road

This event will include \$5 Rabies vaccinations, free City registration with proof of rabies vaccination for Carrollton residents, hot dogs, pretzels, drinks, face painting, a bounce house, and wildlife information. Carrollton animal owners must register their pets with the City each year. Since proof of rabies vaccination is required with registration, it is convenient to register with the City when animals receive their shots. Identification, convenience, and savings all come with a pet's City registration tag. A current City tag clearly shows the public that a pet has been vaccinated against rabies. Registered pets may also be quickly reunited with their owners. For more information, call Animal Services at 972-466-3420 or visit cityofcarrollton.com/animalservices.



Paws on the Square

Saturday, April 7 • 11am-3pm • Free
Downtown Carrollton
1106 S. Broadway Street

Pawrents! Get ready to bring your pet to an afternoon Paw-ty in Downtown Carrollton. Paws on the Square is a free event that brings people, pets, animal welfare organizations, and pet-friendly companies together to make Carrollton a better place for our pets. For more information, visit cityofcarrollton.com/downtown.

Spring Family Campout

Saturday, April 7 • 5pm
Campers: \$7
Saturday Only (dinner and movie): \$5
R.E. Good Soccer Complex
2355 Sandy Lake Road

Join us for a night beneath the stars at our Spring Family Campout at R.E. Good Soccer Complex. Campgrounds open at 5pm on Saturday, 4/7. Set up camp quickly so you can enjoy the fun and games. Dinner will be provided, as will a bonfire and a showing of *Hook*. Breakfast will be provided in the morning while you break camp. Campsites must be clear by 9:30am Sunday morning. Participants must provide their own camping equipment. Registration is required for everyone. If you want to join us for Saturday only (dinner & movie) the fee is \$5 per person. Onsite registration will be allowed from 5pm-until dark. For more information, call Carrollton Athletics at 972-466-9833 or visit cityofcarrollton.com/athletics.





National Library Week Open House

FREE

Thursday, April 12 • 12-4pm • Free
Hebron & Josey Library • 4220 N. Josey Lane

Come celebrate National Library Week with a Carrollton Public Library open house. Discover the many services that are offered and the tools that are right at your fingertips.



Spring Blooms

Saturday, April 14 • 5-7pm
\$10 (resident) • \$12 (non-resident)
A.W. Perry Homestead Museum • 1509 N. Perry Road

Spring is blooming in Carrollton! Enjoy bluebonnets and other wildflowers at the A. W. Perry Homestead Museum, in the beautiful 10 acre setting of Pearl Perry Gravelly Park. Bring the whole family for a leisurely afternoon of photo opportunities, old-fashioned games, cookies and lemonade, and a craft for the little ones. A professional photographer will be on-site to take photos with no sitting fee (one digital image per family). Sitting times are limited and registration by 4/13 is required. See page 8 for registration details.

7th Annual Carrollton Trails 5K Run/1-mile Fun Run/Walk

Saturday, April 28 • Registration Begins Monday, March 5
Parking at Creekview High School • 3201 Old Denton Road
(Participants will be bused to starting line along Blue Trail)

Race Day Registration & warm-up: 7-7:45am
5K Run: 8am • 1-mile Fun Run/Walk: 8:30am
Awards Ceremony: 9am

	Register by 4/23	Race Day Registration
Individual	\$15	\$25
Family*	\$40	\$50
Dog**	\$5	\$5

Packet Pick up: April 26-27 • 8am-8pm
Rosemeade Recreation Center • 1330 E. Rosemeade Parkway

Note: Registration by 4/23 guarantees a race bag, T-shirt, and timing chip. Any changes made to a registration after 4/23 will incur a \$5 change fee.

*Maximum of six people from the same household participating in the same race.

**Dogs do not have to be registered to participate, but must be registered along with a runner to be eligible to win.

Enjoy this race as you run through one of Carrollton's best assets, the hike and bike trails. Awards will be given for overall male and female runners, and medals will be awarded to the top three finishers in each age category of the 5K competitive run (10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over). Prizes will also be awarded to the top three registered dogs. Refreshments will be provided at the end of the race for all participants. For more information, call 972-466-3080 or visit cityofcarrollton.com/carrolltontrails5k.



Camps

Chefsville

NEW!>> KITCHEN LAB 101

To go beyond a recipe is everyone's dream. While recipes offer us the basic enjoyment, everyone wants to personalize them and not flop. This program will help teach participants how to create ideas and test their own recipes. **Parents must sign an allergen waiver before class. No open-toed shoes or dangling jewelry allowed. Long hair must be put in ponytail or braids. Supply fee of \$25 is included.** Instructor: Horwitz

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-30	RRC	7+	3/12-3/16	M-F	9am-12pm	5	\$150/\$162.50

Chess

NEW!>> CHESS ACADEMY CAMP

The positive effects of chess have been well documented; it has proven to help with critical thinking, decision making, test scores, and social skills. Chess teaches many far-reaching life lessons; however, a special emphasis will be put on our four core values: respect, enthusiasm, confidence, and determination. Topics will include an introduction to the game and rules, basic strategies, and solving puzzles. Instructor: North Texas Chess Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170132-41	RRC	5-15	3/12-3/16	M-F	9am-12pm	5	\$150/\$165

LEGO®

NEW!>> MINECRAFT MASTER ENGINEERING

Bring Minecraft to life using LEGO® parts! Build a motorized walking Creeper, a terrifying Ghast, and a motorized Minecart. This project-based camp combines the basic format of our core engineering-themed programs based on the world of Minecraft. Students will explore real-world concepts in physics, engineering, and architecture while building their favorite Minecraft objects. Students will have a blast, even without prior experience with Minecraft or the LEGO® building system. Instructor: Play-Well TEKologies

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170043-25	CRC	5-12	1/1-1/5	M-F	9am-12pm	5	\$130/\$143

NEW!>> STEM FUNDAMENTALS

Power on your engineering skills with Play-Well TEKologies and tens of thousands of LEGO® parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as Gear Cars, Gondolas, Merry-Go-Rounds, and Scissor Lifts. Design and build as never before, and explore your craziest ideas in a supportive environment. An experienced instructor will challenge new and returning students to engineer at the next level. There is no prerequisite for this course. Instructor: Play-Well TEKologies

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170024-25	CRC	5-12	3/12-3/16	M-F	9am-12pm	5	\$130/\$143

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

Registration for Carrollton residents begins November 27. Non-resident registration begins December 11. Classes begin January 2.

Certifications

Multiple Class Discount: Receive a discount for taking multiple certification courses. \$40 Resident/\$44 Non-resident for the first class and \$10 Resident/\$11 Non-resident for each additional class on the same date.

The American Heart Association (AHA) strongly promotes knowledge and proficiency in all courses and has developed instructional materials for this purpose. An AHA certificate, valid for two years, is given upon completion of the courses. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA. **These courses do not certify healthcare providers. The Heartsaver First Aid, CPR, AED Student Workbook is available for purchase and will be sold for \$15 (cash only) at the beginning of class. Supply fee included.** Instructor: Carrollton Fire Rescue

ADULT, CHILD, & INFANT CPR/AED

Learn techniques of cardiopulmonary resuscitation (CPR) for adults and children, pediatrics, and obstructed airway management, and how to use public access automated external defibrillators (AEDs).

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171050-36	CRC	10+	2/10	Sa	9:15am-12pm	1	\$55/\$59
171050-53	CRC	10+	4/14	Sa	9:15am-12pm	1	\$55/\$59

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)
171055-36	CRC	10+	2/10	Sa	1-4pm	1	\$55/\$59
171055-53	CRC	10+	4/14	Sa	1-4pm	1	\$55/\$59



Classes

Chefsville Cooking Classes

**Parents must sign allergen waiver before class. No open-toed shoes or dangling jewelry allowed. Long hair must be put in ponytail or braids. Supply fee is included in fee.* Instructor: Horwitz

NEW!>> CUPCAKE DECORATING

Everyone loves to decorate cupcakes. Several different cupcakes will be used for class to decorate. Use of fillings, icings, and chocolates will be covered. Plus, you will get to take these treats home!*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-27	RRC	7+	2/3	Sa	10:30am-12:45pm	1	\$17/\$19

NEW!>> FUN WITH FLATBREADS

Participants will learn about making and flavoring flatbreads. This hands-on class will allow students to make bread dough to cook at home. The in-class meal will be flatbread stuffed with grilled chicken or sliced beef served with grilled vegetables and jasmine rice. There will be several sauces to choose from.*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-28	RRC	7+	3/3	Sa	10:30am-12:45pm	1	\$17/\$19

NEW!>> SALSA, SALSA, AND MORE SALSA!

The Mexican kitchen is loaded with the tastiest salsas. Students will come in and chop, dice, and slice the most beautiful salsas for a variety of dishes.*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-29	CRC	7+	4/21	Sa	10:30am-12:45pm	1	\$17/\$19

NEW!>> SOUPS ARE ON

Participants will learn how to make great hot and cold soups that define their family and tastes. The entire family is invited. Kids will participate by helping make the stock and turning stock/broth into great tasting soups. Vegetarians welcomed as some of these soups are vegetarian. This 2-hour session includes a meal served with fresh breadsticks.*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-25	RRC	7+	1/13	Sa	10:30am-12:45pm	1	\$29/\$31

NEW!>> THE CHOPPING BLOCK

Teens and tweens will compete. Each group will have 30 minutes to create an imaginative dish that will wow everyone. Participants will also learn what they don't show on TV: preparation, safety, and kitchen manners.*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-26	RRC	7+	1/27	Sa	10:30am-12:45pm	1	\$17/\$19



Develop University

Develop University is an organization dedicated to helping young people become more confident, self-aware of their actions, and understanding their overall purpose for being. Develop University provides guidance in a safe and controlled environment. During monthly sessions, students take a deeper look into character traits valuable to building and polishing young people. These traits include leadership/responsibility, respect, caring, citizenship, trust, and kindness.

NEW!>> DEVELOP UNIVERSITY SESSIONS

Develop University combines monthly character lessons with workouts, guest speakers, free food, hands on activities, and more to educate students on proven character traits. Students will nurture, polish, and fine tune these traits in a collaborative peer environment. Traits covered this season will include: January - Leadership/Responsibility; February - Caring; March - Citizenship; and April - Trust. Instructor: Watts

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170016-01	RRC	11-15	1/20	Sa	9am-12:30pm	1	Free
170016-02	RRC	11-15	2/17	Sa	9am-12:30pm	1	Free
170016-03	RRC	11-15	3/17	Sa	9am-12:30pm	1	Free
170016-04	RRC	11-15	4/21	Sa	9am-12:30pm	1	Free
170116-01	CRC	11-15	1/6	Sa	9am-12:30pm	1	Free
170116-02	CRC	11-15	2/3	Sa	9am-12:30pm	1	Free
170116-03	CRC	11-15	3/3	Sa	9am-12:30pm	1	Free
170116-04	CRC	11-15	4/7	Sa	9am-12:30pm	1	Free

Nature

**Closed-toe shoes and long pants required. Children under the age of 16 must be accompanied by an adult. Registration for these events is required for all participants no later than 48 hours in advance.* Instructor: Staff

OUTDOOR DISCOVERY PROGRAM

Discover the outdoors at the Elm Fork Nature Preserve (EFNP)! Start inside the EFNP Ranger Station with a craft and lesson for kids, and coffee for adults. Then explore the EFNP with a guided tour. Themes and lessons will vary each season. This season's theme will be Art of Nature. Learn about conservation, use nature to create art, and more. *Cost is \$5 per family, up to four children.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
174034-02	EFNP	All	3/24	Sa	10-11am	1	\$5/\$5.50

NEW!>> STORY TIME SATURDAY

Discover the outdoors at the Elm Fork Nature Preserve (EFNP). Explore the world of nature inside the EFNP Ranger Station with a story time and coloring for kids, and coffee for adults. Themes and stories will vary each season. This season's theme is Spring.*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
174035-01	EFNP	All	4/7	Sa	10-11am	1	FREE

Preschool



NEW!>> ROSEMEADE PRESCHOOL PALS (FULL DAY)

A fun and inviting play-based preschool program for students who are potty trained. Students will be exposed to beginning preschool concepts such as circle time, sharing, centers, and small and big group activities that will help get them ready for school success. Students will learn early literacy skills, letter/sound awareness, introductory Spanish, and practical life skills through customized age-appropriate activities. Class size is limited; early registration is recommended. **Please provide a snack, lunch, and water. No class 1/1-1/2 or 3/15.** Instructor: Barrister

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170241-17	RRC	3-5	1/3-1/31	M/W	9:30am-2pm	9	\$235/\$257.50
170241-18	RRC	3-5	2/5-2/28	M/W	9:30am-2pm	8	\$210/\$230
170241-19	RRC	3-5	3/2-3/28	M/W	9:30am-2pm	8	\$210/\$230
170241-20	RRC	3-5	4/2-4/25	M/W	9:30am-2pm	9	\$235/\$257.50
170241-21	RRC	3-5	1/2-1/25	Tu/Th	9:30am-2pm	8	\$210/\$230
170241-22	RRC	3-5	2/1-2/27	Tu/Th	9:30am-2pm	8	\$210/\$230
170241-23	RRC	3-5	3/6-3/29	Tu/Th	9:30am-2pm	8	\$210/\$230
170241-24	RRC	3-5	4/3-4/26	Tu/Th	9:30am-2pm	8	\$210/\$230

ACADEMIC ALL-STARS (FULL DAY)

The Academic All-Stars class is the perfect introduction for your preschooler. Students learn letters, numbers, handwriting, colors, shapes, math, and science, through stories, music, play time, and gym time. **Bring a sack lunch and a drink to each class. No class 1/15, 3/12, or 3/14.** Instructor: Buckley

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171251-17	CRC	3-6	1/8-1/31	M/W	9:15am-2:15pm	7	\$171/\$187
171251-18	CRC	3-6	2/5-2/28	M/W	9:15am-2:15pm	8	\$194/\$212.50
171251-19	CRC	3-6	3/5-3/28	M/W	9:15am-2:15pm	6	\$148/\$162
171251-20	CRC	3-6	4/2-4/25	M/W	9:15am-2:15pm	8	\$194/\$212.50

ACADEMIC ALL-STARS (HALF DAY)

Not ready for the all-day class? Try our half day option which follows the same Academic All-Stars curriculum. **Bring a snack and a drink to each class. No class 1/15, 3/12-3/16.** Instructor: Buckley

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171300-17	CRC	3-6	1/8-1/31	M/W	9:15am-12:15pm	7	\$108/\$118
171300-18	CRC	3-6	2/5-2/28	M/W	9:15am-12:15pm	8	\$122/\$133.25
171300-19	CRC	3-6	3/5-3/28	M/W	9:15am-12:15pm	6	\$94/\$102.50
171300-20	CRC	3-6	4/2-4/25	M/W	9:15am-12:15pm	8	\$122/\$133.25
171300-17	CRC	3-6	1/9-2/1	Tu/Th	9:15am-12:15pm	8	\$122/\$133.25
171300-18	CRC	3-6	2/6-3/1	Tu/Th	9:15am-12:15pm	8	\$122/\$133.25
171300-19	CRC	3-6	3/6-3/29	Tu/Th	9:15am-12:15pm	6	\$94/\$102.50
171300-20	CRC	3-6	4/3-4/26	Tu/Th	9:15am-12:15pm	8	\$122/\$133.25

PRESCHOOL SCIENCE

Each class offers hands-on experiments, a related craft or activity, and a story intended to further understanding and promote curiosity for your budding scientist. Topics per month: September - caring for the Earth, the moon, water, underwater animals; October - energy and motion, human body, the five senses, bones; November - rocks, dinosaurs, volcanoes; December - birds, animal habitats, hibernating animals. **No class 3/13.** Instructor: Buckley

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170240-17	CRC	3-6	1/9-1/30	Tu	1-2:15pm	4	\$40/\$43.50
170240-18	CRC	3-6	2/6-2/27	Tu	1-2:15pm	4	\$40/\$43.50
170240-19	CRC	3-6	3/6-3/27	Tu	1-2:15pm	3	\$31.25/\$34
170240-20	CRC	3-6	4/3-4/24	Tu	1-2:15pm	4	\$40/\$43.50

NEW!>> ROSEMEADE PRESCHOOL PALS (HALF DAY)

Do you need an easy start to the weekend? Bring your kids for a half-day with the Preschool Pals program; a safe and nurturing environment where students will work on similar objectives as the full-day program. Class size is limited; early registration is recommended. **Please provide a snack and water. No class 3/16.** Instructor: Barrister

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170242-17	RRC	3-5	1/5-1/26	F	9:30 am-12:30pm	4	\$70/\$76
170242-18	RRC	3-5	2/2-2/23	F	9:30 am-12:30pm	4	\$70/\$76
170242-19	RRC	3-5	3/2-3/30	F	9:30 am-12:30pm	4	\$70/\$76
170242-20	RRC	3-5	4/6-4/27	F	9:30 am-12:30pm	4	\$70/\$76



The City of Carrollton will offer various camps this summer!

Mark your calendar!

Registration will begin April 2 for residents and April 16 for non-residents.

Be sure to check for detailed information in the Summer Leisure Connections magazine available in March 2018.

Show your card!

Memberships (or day/season pass) required for Rosemeade, Crosby, or Senior Center. Details on page 6.

GIRL SCOUTS:

Earn patches and badges 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 in order to secure your date. One adult must be present for every five scouts. Patches and badges are provided at the end of the program.

BADGES FOR DAISIES

NEW!>> Outdoor Art Maker - \$7 per scout

From a blue sky to a bird's song, nature can give you a lot of ideas for art. Get ready to explore the outdoors at the EFNP and use what you see and hear to make different kinds of art.

Rosie: Make the World a Better Place - \$7 per scout

Learn about the environment through the discussion of plants, healthy living, and a gardening activity at the PHM garden. Enjoy a snack party afterward.

BADGES FOR BROWNIES

It's Your Planet Badge: Craft - Potter - \$12 per scout

Create your own pottery pieces as you learn hand-building techniques, examine artifacts, and discover the significance of the Museum's archeological site.

NEW!>> Outdoor Art Creator - \$12 per scout

As an artist, you can walk outside and see colors, shapes, and ideas for things you want to create. Find out how you can make your own art outdoors at the EFNP, and have fun doing it.

BADGES FOR JUNIORS

It's Your Story Badge: Manners - Social Butterfly - \$12 per scout

Learn how to make friends, be a proper Victorian lady, and enjoy a tea party on the porch at the PHM.

NEW!>> Outdoor Art Explorer - \$12 per scout

From murals on buildings to oil paintings of landscapes, art and the outdoors go hand in hand. Let nature be your inspiration as you explore the EFNP, create, and design different kinds of art.

NEW!>> Gardener- \$12 per scout

For this badge, dig your hands into the earth at the PHM garden and spend time with soil, water, and sunlight to find out how to help life grow from a tiny seed. Learn to make your own garden—no matter where you live.

BADGES FOR CADETTES

NEW!>> Outdoor Art Apprentice - \$12 per scout

Observe and collect items outdoors at the EFNP that will drive your art and creativity—from colors and patterns to landscapes and wildlife.

BOY SCOUTS:

Schedule a tour of the A.W. Perry Homestead Museum (PHM) or Elm Fork Nature Preserve (EFNP) for your Boy Scout or Cub Scout group to fulfill requirements toward earning badges. Call 972-466-9811 for details.

CUB SCOUTS

NEW!>> Tiger Adventures: Tigers in the Wild – Free by appointment

Take a nature hike at the EFNP and identify native plants and animals, and practice the Outdoor Code!

NEW!>> Wolf Adventures: Paws on the Path – Free by appointment

Take a 1-mile nature hike at the EFNP and identify native plants and animals, and practice the Outdoor Code!

NEW!>> Wolf Elective Adventures: Collections & Hobbies - \$7 per scout

Visit the PHM to see our collections, create an autograph book, and enjoy a snack.

NEW!>> Bear Adventures: Paws for Action – Free by appointment

Visit the PHM and learn about the American flag!

NEW!>> Bear Elective Adventures: Marble Madness - \$7 per scout

Learn about old-fashioned marbles, play marble games, create your own pouch to house marbles, and more.

NEW!>> Webelos Elective Adventures: Webelos in the Wild – Free by appointment

Identify native plants and animals, visit the EFNP, learn about aquatic eco-systems and more!

BOY SCOUTS

Merit Badge: Archaeology - \$12 per scout

Learn about a registered archaeological site as well as how people lived over 100 years ago in Texas. Stage an archeological exhibit for the museum, and learn how to become a protector of the past. Additional pre and post work is required to complete the merit badge.

NEW!>> Merit Badge: Nature - \$12 per scout

Collect soil from the EFNP, identify plants, learn about the habitats of mammals, birds, and snakes, and create bird feeders. Additional pre and post work is required to complete the merit badge.

NEW!>> Merit Badge: American Heritage – Free by appointment

Visit the historic PHM to learn about the creation of Carrollton and how the town has evolved over 100 years. Listen to historic songs from the period and discuss careers within the field of American heritage.

NEW!>> Merit Badge: Collections – Free by appointment

Learn all about collection management, storage, and preservation at the PHM. Visit our collections and bring your own along with you! Learn about careers in collections and collection assessment.

EAGLE SCOUTS

Eagle Scout Project: By appointment

The PHM and EFNP welcome all Eagle Scouts seeking service, impact, and leadership with their Eagle Projects. To propose an idea for your Eagle Project, contact Cody Scallions at 972-466-6382.

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



Arts & Crafts

DRAWING/CARTOONING

Our elementary-age curriculum is designed to teach basic to advance drawing skills, art techniques, and vocabulary. We believe that drawing is the bedrock skill required for future artistic success. We give students skills to express their creativity and believe that all children can, and should, learn to draw. You will see increased art abilities, learning skills, self-confidence, and self-esteem. Each session will include seasonal drawings, art history, and cartooning. **New lessons every week and all materials are provided.**

Instructor: Young Rembrandts

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150020-41	RRC	6-12	2/7-3/7	W	6-7pm	5	\$65/\$71.50
150020-49	RRC	6-12	3/28-4/25	W	6-7pm	5	\$65/\$71.50

PRESCHOOL DRAWING

Young students are so eager to learn and a joy to teach. Young Rembrandts' instructors provide a nurturing and strong learning environment. Students will concentrate on the skills of drawing and coloring while developing fine motor skills, focus, listening, staying on task, patience, and spatial organization. **New lessons every week and all materials are provided.** Instructor: Young Rembrandts

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150050-41	RRC	4-6	2/7-3/7	W	5-5:45pm	5	\$65/\$71.50
150050-49	RRC	4-6	3/28-4/25	W	5-5:45pm	5	\$65/\$71.50

NEW!>> ROCK ART SPRING BREAK WORKSHOP

Create your own art pieces using a variety of rocks to make mosaic pieces, creature sculptures, and decorative rocks. **All supplies are included in the cost of the workshop.** For more information, email lsalas@lizziesartonthego.com.

Instructor: Lizzie's Art on the Go, LLC

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150065-41	RRC	6-12	3/12-3/14	M-W	9am-12pm	3	\$63/\$132.50



More fun for your little one:

Library story times on page 9; pre-school classes on page 20; dance on page 23; fitness on page 26, youth athletics on page 31; and the Sports section has plenty for children.



Senior Classes Ages 50+

CERAMICS

Students are supplied with clay to create their own pieces, but are also welcome to bring precast pieces to decorate and glaze. Instructions are given on how to clean, decorate, and glaze items. **Glazes, under glazes, tools, and firing are included in the monthly fee. This class offers a four-class punch card for \$30 resident/\$33 non-resident, so that you can have the flexibility to attend classes when you are available.** Instructor: Burdette

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
152010-25	SRC	50+	1/9-1/30	Tu	9-11:30am	4	\$30/\$33
152010-33	SRC	50+	2/6-2/27	Tu	9-11:30am	4	\$30/\$33
152010-41	SRC	50+	3/6-3/27	Tu	9-11:30am	4	\$30/\$33
152010-49	SRC	50+	4/3-4/24	Tu	9-11:30am	4	\$30/\$33

YOU CAN PAINT A MASTERPIECE

Even if you have never held a paint brush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn basics of color mixing, brushstrokes, and perspective while completing a landscape, seascape, or still life in this fun and easy class taught by Master Artist and award-winning instructor Robert Garden. Painting schedule: January - Cardinal on a Holly Branch; February - Cabin in the Snowy Woods; March - Bluebonnet Evening; April - Adobe Church in Watercolor. **All supplies including canvas, paint, brushes, medium, easel, detailed lesson plan, and individualized instruction are provided and included in the cost of the class. Wear old clothes.** For more information, visit robertgardenart.com. Instructor: Garden

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
152090-25	SRC	50+	1/18	Th	9am-12pm	1	\$35/\$36.50
152090-33	SRC	50+	2/15	Th	9am-12pm	1	\$35/\$36.50
152090-41	SRC	50+	3/22	Th	9am-12pm	1	\$35/\$36.50
152090-49	SRC	50+	4/19	Th	9am-12pm	1	\$35/\$36.50

Dance

BALLET DANCE

Children will learn the basics of classical and contemporary ballet. Dance helps coordination, confidence, and social skills. *Leotards with tights and ballet shoes are required. Level: Beginner/Intermediate. No class 3/17.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150110-41	RRC	6-9	1/13-3/3	Sa	12:15-1pm	8	\$74/\$81.50
150110-49	RRC	6-9	3/10-4/28	Sa	12:15-1pm	7	\$64.75/\$71.25

BALLET FOR FUN

This class focuses less on technique and more on fun with ballet and creative movement. *Leotards with tights and ballet shoes are required. Level: Beginner. No class 3/13 or 3/17.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150120-33	RRC	3-6	1/9-2/27	Tu	5-5:30pm	8	\$50/\$55
150120-41	RRC	3-5	1/13-3/3	Sa	11-11:30am	8	\$50/\$55
150120-49	RRC	3-6	3/6-4/24	Tu	5-5:30pm	7	\$43.75/\$48.25
150120-50	RRC	3-5	3/10-4/28	Sa	11-11:30am	7	\$43.75/\$48.25

BALLET & JAZZ DANCE

Children learn the basic steps of these two dance forms. Dance helps coordination, confidence, and social skills. *Leotards with tights and ballet or jazz shoes are required. Level: Beginner/Intermediate. No class 3/17.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150130-41	RRC	5-8	1/13-3/3	Sa	1-1:30pm	8	\$50/\$55
150130-49	RRC	5-8	3/10-4/28	Sa	1-1:30pm	7	\$43.75/\$48.25

BALLET & TAP DANCE

Children learn the basic steps of these two dance forms. Dance helps coordination, confidence, and social skills. *Leotards with tights and ballet and tap shoes are required. Level: Beginner/Intermediate. No class 3/17.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150140-41	RRC	5-7	1/13-3/3	Sa	1:30-2:15pm	8	\$74/\$81.50
150140-49	RRC	5-7	3/10-4/28	Sa	1:30-2:15pm	7	\$64.75/\$70.50



DANCE COMBINATIONS

Not sure what dance class your child wants to take? Try a combination of ballet, jazz, hip-hop, and modern dance. *Leotards with tights or jazz pants and ballet or jazz shoes are required. No class 3/13 or 3/17.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150150-33	RRC	5-8	1/9-2/27	Tu	5:30-6:15pm	8	\$74/\$80.75
150150-41	RRC	6-9	1/13-3/3	Sa	11:30am-12:15pm	8	\$74/\$80.75
150150-49	RRC	5-8	3/6-4/24	Tu	5:30-6:15pm	7	\$64.75/\$70.50
150150-50	RRC	6-9	3/10-4/28	Sa	11:30am-12:15pm	7	\$64.75/\$71.25

DANCE ON-DEMAND

This is ideal for home school groups, friends, siblings, and day care 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. Contact dancestoreandmore@gmail.com or 682-557-5458 to pre-schedule your preferred class dates and location.* Instructor: Jordan and Rogers

LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
CRC or RRC	3+	TBD	TBD	TBD	TBD	\$9.25/\$10.25

PRIVATE DANCE LESSONS

Private lessons are perfect for beginner to advanced students and cover a range of dance forms and choreography. *Price listed is per lesson. Contact dancestoreandmore@gmail.com or 682-557-5458 to pre-schedule your preferred class dates and location.*

Instructor: Jordan and Rogers

LOC	AGE	DATES	DAY	TIME	#CLSS	30 MIN/1 HR
CRC or RRC	3+	TBD	TBD	TBD	TBD	\$12.50/\$25



Dynasty Dance Academy Classes

For more information visit ddatexas.com or contact Shadae Rogers at ddatexas.com@gmail.com. Instructor: Dynasty Dance Academy

ADULT COMBO DANCE

Adults of all dance levels will learn and further enhance their techniques in a combination of fun hip-hop, ballet, jazz, modern, and more. **No class 3/15.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150105-41	RRC	16+	1/25-3/22	Th	5:45-6:45pm	8	\$110/\$121

BOYS HIP-HOP

Boys will have fun while learning current hip-hop dance moves! Focus on strength, choreography, rhythm, and coordination. **Loose fitting clothing and tennis shoes are required. No class 3/15.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150141-41	RRC	6-12	1/25-3/22	Th	5-5:45pm	8	\$82.50/\$90.50

CHEER & DANCE SPRING BREAK CAMP

Students will enjoy a fun dance camp that will focus on basic cheer and dance fundamentals including: strength, balance, flexibility, choreography, and of course pom poms. The last class will offer a special show for families and friends. **The \$3 supply fee is included in the price of the session for the pom pom rental.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150142-41	RRC	6-12	3/12-3/15	M-Th	3:30-4:30pm	4	\$58/\$60.50

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 4/18 during the last class, and are required to pay for \$70 costume fee due by 2/14. No class 3/14.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150160-41	RRC	6-12	1/24-3/21	W	4:30-5:30pm	8	\$110/\$121
150160-49	RRC	6-12	1/24-4/18	W	4:30-5:30pm	12	\$165/\$182
150160-50	Costume Fee		2/14		Performance Class		\$70

HIP HOP SPRING BREAK DANCE CAMP

Boys and girls will have fun while learning current hip-hop dance moves! Focus on strength, choreography, rhythm, and coordination. Special show for family and friends on the last day. **Loose fitting clothing and tennis shoes are required.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150165-41	RRC	6-12	3/12-3/15	M-Th	4:30-5:30pm	4	\$55/\$60.50

PRINCESS SPRING BREAK DANCE CAMP

Is your daughter always dressing up as a princess? This is the perfect camp for her! We will have princess-themed dances and activities. Come as a princess and leave as a queen. Each dance camp session will have a different performance on the last day for families to attend, so you can register for both sessions. **Leotards, tights, and ballet shoes are required. The \$5 supply fee is included in the price of the session for the princess attire and tiara rental for the week. No new registrations after the first class.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150185-41	RRC	4-6	3/12-3/15	M-Th	2:30-3:30pm	4	\$60/\$60.50



Music

KEYBOARD/PIANO LESSONS

This beginner keyboard/piano program is conducted as a 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 additional \$8 when enrolling for the cost of the music book. Contact musikinschool.info@gmail.com for more information.** Instructor: Musik in School

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150340-25	RRC	5-15	1/6-1/27	Sa	12:30-1:15pm	4	\$99/\$109
150340-26	RRC	5-15	1/6-1/27	Sa	1:15-2pm	4	\$99/\$109
150340-33	RRC	5-15	2/3-2/24	Sa	12:30-1:15pm	4	\$99/\$109
150340-34	RRC	5-15	2/3-2/24	Sa	1:15-2pm	4	\$99/\$109
150340-41	RRC	5-15	3/3-3/24	Sa	12:30-1:15pm	4	\$99/\$109
150340-42	RRC	5-15	3/3-3/24	Sa	1:15-2pm	4	\$99/\$109
150340-49	RRC	5-15	4/7-4/28	Sa	12:30-1:15pm	4	\$99/\$109
150340-50	RRC	5-15	4/7-4/28	Sa	1:15-2pm	4	\$99/\$109

PRIVATE GUITAR LESSONS

Learn to play any style of music. Students learn music reading, scales, improvisation, music theory, and how to learn songs from recordings. **Before enrolling, reserve your 30-minute weekly lessons by calling 214-500-6704.** Instructor: Gold

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150370-25	RRC	5+	1/2-1/30	Tu	3-10pm	5	\$150/\$165
150370-26	RRC	5+	1/6-1/27	Sa	12-8pm	4	\$120/\$132
150370-33	RRC	5+	2/3-2/17	Sa	12-8pm	3	\$90/\$99
150370-34	RRC	5+	2/6-2/27	Tu	3-10pm	4	\$120/\$132
150370-41	RRC	5+	3/3-3/31	Sa	12-8pm	5	\$150/\$165
150370-42	RRC	5+	3/6-3/27	Tu	3-10pm	4	\$120/\$132
150370-49	RRC	5+	4/3-4/24	Tu	3-10pm	4	\$120/\$132
150370-50	RRC	5+	4/7-4/28	Sa	12-8pm	4	\$120/\$132



Group Ex, Pilates, Yoga

Join us for a one-time FREE TRIAL of select group fitness classes during the month of January!

Locate the  next to participating group fitness programs.

Pre-register for your free trial at the front desk prior to the class. If you like the class, stop by again on your way out to register for the session.

NEW! DROP IN >> CHOICE TRAINING AB ATTACK

Nothing but core work! Forty five minutes devoted to flattening and sculpting the midsection. Work on love handles (obliques), posture muscles of the mid and lower back, and of course build that 6-pack. Expect to be a little sore because it's going to hurt so good. **\$18 drop in fee.** Instructor: Choice Training

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131310-00	CRC	16+	1/8-29	M	6-6:45pm	5	\$50/\$55
131310-10	CRC	16+	2/5-26	M	6-6:45pm	4	\$50/\$55
131310-20	CRC	16+	3/5-26	M	6-6:45pm	4	\$50/\$55
131310-30	CRC	16+	4/2-30	M	6-6:45pm	5	\$50/\$55

NEW! DROP IN >> CHOICE TRAINING BOOT CAMP

If you are an avid athlete, couch potato, or anyone in between, this boot-camp class is made for you. Most of our workouts are timed; so you can get the most out of them. We work from your current fitness level and build you up. Our drill instructors deal in muscle confusion and lactic acid. We push you past your normal limits every day that you come out. You will see results! **\$18 drop in fee.** Instructor: Choice Training

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130320-00	RRC	16+	1/6-27	Sa	9:15-10am	4	\$50/\$55
130320-10	RRC	16+	2/3-24	Sa	9:15-10am	4	\$50/\$55
130320-20	RRC	16+	3/3-31	Sa	9:15-10am	5	\$50/\$55
130320-30	RRC	16+	4/7-28	Sa	9:15-10am	4	\$50/\$55
131320-00	CRC	16+	1/4-25	Th	6:15-7am	4	\$50/\$55
131320-10	CRC	16+	2/1-22	Th	6:15-7am	4	\$50/\$55
131320-30	CRC	16+	3/1-29	Th	6:15-7am	5	\$50/\$55
131320-20	CRC	16+	4/5-26	Th	6:15-7am	4	\$50/\$55

NEW! DROP IN >> CHOICE TRAINING CARDIO KICKBOXING

Are you frustrated and need to hit something? Here is your opportunity without going to the "big house." This cardio kickboxing class will help you develop a strong mind and body connection. You will learn proper technique and increase cardiovascular endurance and strength. Along with scorching calories, you will also develop your flexibility making your body less susceptible to injury. **\$18 drop in fee.** Instructor: Choice Training

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131330-00	CRC	16+	1/2-30	Tu	6:15-7am	5	\$50/\$55
131330-10	CRC	16+	2/6-27	Tu	6:15-7am	4	\$50/\$55
131330-20	CRC	16+	3/6-27	Tu	6:15-7am	4	\$50/\$55
131330-30	CRC	16+	4/3-24	Tu	6:15-7am	5	\$50/\$55

NEW! DROP IN >> CHOICE TRAINING SPIN & SCULPT

This indoor cycling class is set to exciting music tracks and choreographed to provide an excellent workout and improve cardiovascular conditioning; it will leave you drenched. While spinning does burn tons of calories, this class has the added benefit of sculpting your lower body and core. The lass will begin on the bike and end with some resistance training for a complete body workout. **\$18 drop in fee.** Instructor: Choice Training

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130310-00	RRC	16+	1/8-29	M	6:30-7:30pm	5	\$50/\$55
130310-10	RRC	16+	2/5-26	M	6:30-7:30pm	4	\$50/\$55
130310-20	RRC	16+	3/5-26	M	6:30-7:30pm	4	\$50/\$55
130310-30	RRC	16+	4/2-30	M	6:30-7:30pm	5	\$50/\$55

NEW! DROP IN >> CROSSFIT TEMPLUM

At CrossFit Templum, our motto is "honora templum tuum," which means honor your temple in Latin. We believe in taking care of ourselves mentally, physically, and spiritually. Come see why CrossFit has taken the world by storm, and find out what it can do for you. Register for monthly access to classes, and visit crossfittemplum.com/ schedule to view the current class calendar. **Classes held at CrossFit Templum - 2425 W. Parker Rd #6d.** Instructor: CrossFit Templum

CLASS #	AGE	DATES	\$(RES/NR)
130350-00	16+	January	\$149/\$164
130350-10	16+	February	\$149/\$164
130350-20	16+	March	\$149/\$164
130350-30	16+	April	\$149/\$164

NEW! >> CROSSFIT TEMPLUM INTRODUCTION SEMINAR

Are you curious as to what CrossFit is truly all about? Interested in seeing if you are able to participate in CrossFit, but have a couple questions first? Attend a seminar led by CrossFit Templum Owner and Coach Eric Wrona. Eric dives into 60 minutes of information, education, exercise, and demonstration to get you up to speed with a program that really works. Instructor: CrossFit Templum

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130350-01	RRC	16+	1/8	M	7:30-8:30pm	1	\$25/\$27.50
130350-11	RRC	16+	2/5	M	7:30-8:30pm	1	\$25/\$27.50
130350-21	RRC	16+	3/5	M	7:30-8:30pm	1	\$25/\$27.50
130350-31	RRC	16+	4/2	M	7:30-8:30pm	1	\$25/\$27.50

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

Registration for Carrollton residents begins November 27. Non-resident registration begins December 11. Classes begin January 2.

DROP IN>> FUGITIVE FITNESS PARKOUR

We teach all the basic movement patterns involved in parkour, including running, jumping, rolling, swinging, and vaulting, rotating through these categories each week. 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 our core values - 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. Outdoor class will be held at Jimmy Porter Park (1871 Sherwood Lane). **\$15 drop in fee.** Instructor: Fugitive Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131200-00	CRC	8-14	1/15-2/12	M	4:30-5:15pm	5	\$69/\$76
131200-01	CRC	13+	1/15-2/12	M	5:30-6:30pm	5	\$69/\$76
131200-10	CRC	8-14	2/19-3/19	M	4:30-5:15pm	5	\$69/\$76
131200-11	CRC	13+	2/19-3/19	M	5:30-6:30pm	5	\$69/\$76
131200-30	CRC	8-14	4/2-4/30	M	4:30-5:15pm	5	\$69/\$76
131200-31	CRC	13+	4/2-4/30	M	5:30-6:30pm	5	\$69/\$76

NEW!>> Outdoor Class

131200-25	Porter	8+	3/31-4/28	Sa	11am-12pm	5	\$69/\$76
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NEW!>> FUGITIVE FITNESS PARKOUR YOUTH CAMP – SPRING BREAK

Fugitive Fitness Parkour Camp is four days to run, jump, climb, vault, roll, throw, and more with the most experienced and certified staff in Dallas. It's the perfect opportunity for kids to be exposed to tips, drills, and games that build strength, mobility, coordination, teamwork, and leadership while reinforcing good technique in athletic movement patterns. An in-depth introduction to three fun types of movement (Parkour, Freerunning, and Art du Deplacement) provides campers with the best movement training possible. Skills learned will be practiced in games like parkour, dodgeball, and kickball, all under the guidance of our fully insured and certified staff.

Instructor: Fugitive Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131200-15	CRC	8-14	3/12-3/15	M-Th	1:30-4pm	4	\$100/\$110

DROP IN>> INDOOR CYCLING

The instructor brings you an outdoor cycling experience indoors with 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 cardio-respiratory fitness, this class is for you. Bring a water bottle, towel, and gel bike seat cover (optional). **\$8 drop in fee.** Instructor: McGehee

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130130-00	RRC	16+	1/2-1/30	Tu	6-7pm	5	\$35/\$38.50
130130-10	RRC	16+	2/6-2/27	Tu	6-7pm	4	\$28/\$31
130130-20	RRC	16+	3/6-3/27	Tu	6-7pm	4	\$28/\$31
130130-30	RRC	16+	4/3-4/24	Tu	6-7pm	4	\$28/\$31
130130-01	RRC	16+	1/4-1/25	Th	6-7pm	4	\$28/\$31
130130-11	RRC	16+	2/1-2/22	Th	6-7pm	4	\$28/\$31
130130-21	RRC	16+	3/1-3/29	Th	6-7pm	5	\$35/\$38.50
130130-31	RRC	16+	4/5-4/26	Th	6-7pm	4	\$28/\$31

Show your card!
Memberships (or day/season pass)
required for Rosemeade, Crosby, or Senior Center.
Details on page 6.



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 drop in fee.** Instructor: Khalsa

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130150-10	RRC	12+	1/5-3/2	F	6:30-8pm	8	\$96/\$105.50
130150-30	RRC	12+	3/9-4/27	F	6:30-8pm	8	\$96/\$105.50

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, 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. First time participants will receive an orientation, a group grocery store tour, nutritional guidance, a tech shirt, and more! **\$10 drop in fee. Level: Beginner/Advanced.** Instructor: LiveWire Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130110-00	RRC	18+	1/3-1/31	M/W/F	6:10-7am	13	\$109/\$120
130110-10	RRC	18+	2/2-2/28	M/W/F	6:10-7am	12	\$109/\$120
130110-20	RRC	18+	3/2-3/30	M/W/F	6:10-7am	13	\$109/\$120
130110-30	RRC	18+	4/2-4/30	M/W/F	6:10-7am	13	\$109/\$120

DROP IN>> LIVEWIRE CYCLE & STRENGTH

This class will scorch calories and increase fat burning! Start your day with 30 minutes of cycling followed by 30 minutes of circuit style weights and core. This class is great for anyone, and is a perfect workout for cross training, race training, fat loss, overall fitness, and runners or walkers. All fitness levels welcome. **\$10 drop in fee. Level: Beginner/Advanced.** Instructor: LiveWire Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130210-00	RRC	18+	1/3-1/31	M/W/F	7:15-8:15am	13	\$109/\$120
130210-10	RRC	18+	2/2-2/28	M/W/F	7:15-8:15am	12	\$109/\$120
130210-20	RRC	18+	3/2-3/30	M/W/F	7:15-8:15am	12	\$109/\$120
130210-30	RRC	18+	4/2-4/30	M/W/F	7:15-8:15am	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. **\$12 drop in fee required before class.** Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130220-10	RRC	13+	1/8-2/26	M	6-7pm	8	\$80/\$88
130220-30	RRC	13+	3/5-4/30	M	6-7pm	9	\$90/\$99

DROP IN» POWER UP YOGA

Designed to maximize your power, energy, and vitality, this workout is for beginner to advanced. This exhilarating experience will leave you trim, energized, and heart healthy while strengthening all of your muscles, burning fat, toning your entire body, and more. The music and atmosphere will enhance your learning experience. Beginners are welcome in all classes. Friday morning yoga classes will also include weights, medicine balls, stretch bands, and body bars. **Drop in fee \$15; \$24 for two classes; \$40 for four classes; \$54 for six classes. These classes must be used within 60 days of purchase. 30 day unlimited pass is available for \$50; three month unlimited pass is \$120; unlimited passes are good from the date of purchase. All refund requests must be made directly to Power Up Yoga. Classes are held at Rosemeade Rec Center on W/Th evenings, 6-7pm, and on F/Sa mornings, 9:30-10:30am.** Instructor: Bills



DROP IN» SANDAL CAMP

Sandal Camp is a unique class that includes elements of aerobics, interval conditioning, resistance training, and yoga. Combined and customized for you, these disciplines accelerate participants towards their fitness goals faster than ever before. You'll learn how to avoid injury in everyday life and the best ways for targeting specific areas of your body. With an infinite combination of exercises, and a laid back atmosphere, Sandal Camp will be your body's favorite hour. **\$9 drop in fee.** Instructor: Williams

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130225-00	RRC	13+	1/8-1/29	M	6-7pm	4	\$30/\$33
130225-10	RRC	13+	2/5-2/26	M	6-7pm	4	\$30/\$33
130225-20	RRC	13+	3/5-3/26	M	6-7pm	4	\$30/\$33
130225-30	RRC	13+	4/2-4/30	M	6-7pm	5	37.50/\$41.25

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 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 drop in fee.** Instructor: Campo

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130215-00	RRC	15+	1/4-1/25	Th	7:30-8:30pm	4	\$24/\$26.50
130215-10	RRC	15+	2/1-2/22	Th	7:30-8:30pm	4	\$24/\$26.50
130215-20	RRC	15+	3/1-3/29	Th	7:30-8:30pm	5	\$30/\$33
130215-30	RRC	15+	4/5-4/26	Th	7:30-8:30pm	4	\$24/\$26.50



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. **\$9 drop in fee.** Instructor: Age-Intercept Inc. (certified wellness-strength conditioning coach)

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130230-00	RRC	18+	1/8-1/29	M	11am-12pm	4	\$28/\$31
130230-10	RRC	18+	2/5-2/26	M	11am-12pm	4	\$28/\$31
130230-20	RRC	18+	3/5-3/26	M	11am-12pm	4	\$28/\$31
130230-30	RRC	18+	4/2-4/30	M	11am-12pm	5	\$35/\$38.50
130231-00	RRC	18+	1/3-1/31	W	12:15-1:15pm	5	\$35/\$38.50
130231-10	RRC	18+	2/7-2/28	W	12:15-1:15pm	4	\$28/\$31
130231-20	RRC	18+	3/7-3/28	W	12:15-1:15pm	4	\$28/\$31
130231-30	RRC	18+	4/4-4/25	W	12:15-1:15pm	4	\$28/\$31
130232-00	RRC	18+	1/5-1/26	F	11am-12pm	4	\$28/\$31
130232-10	RRC	18+	2/2-2/23	F	11am-12pm	4	\$28/\$31
130232-20	RRC	18+	3/2-3/30	F	11am-12pm	5	\$35/\$38.50
130232-30	RRC	18+	4/6-4/27	F	11am-12pm	4	\$28/\$31

DROP IN» STRETCH & TONE

Challenge yourself with a progressive flexibility and strength workout based through the body's core. Unique routines are built on the foundations of ballet, yoga, and Pilates. Suitable for all levels and abilities, Stretch & Tone allows each individual to move at their own speed and provides one-on-one instruction as needed. **\$10 drop in fee. No class 3/13.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130340-10	RRC	15+	1/9-2/27	Tu	4-5pm	8	\$80/\$88
130340-20	RRC	15+	3/6-4/24	Tu	4-5pm	7	\$70/\$77

DROP IN» TAI CHI

Learn Yang-Wu Tai Chi short form for moving meditation and stress relief. Movements involve fluid motions of arms and legs, coordinated with breath and focused on balance. These low-impact movements improve health with no special equipment and use minimal effort. As the body relaxes, the mind becomes tranquil, aware, and alert. For ease of movement, wear loose fitting clothing. Free class offered on the second Monday of the month at the Senior Center and the second Tuesday at the Rosemeade Recreation Center. **Purchase a 5-Class Yang-Wu Tai Chi punch card for \$35(resident)/\$38.50(non-resident) or drop in for \$8. Classes are held at the Senior Center (M,W 10-11am) and Rosemeade Rec Center (Tu/Th 10-11am). Choose location(s) that fits your schedule.** Instructor: Smith

DROP IN>> TRADITIONAL HATHA YOGA

Take a break from your day! This is a great yoga practice for all skill levels with a calming, energetic effect that helps the mind and body experience a deeper stillness. The instructor emphasizes breathing and improving your flexibility with strengthening poses so you feel confident, vibrant, and fresh. You'll stand tall, straight, and more aligned at the end of the day. The class ends with a guided meditation to soothe your mind and soul so you can take that freshness with you for rest of the day. Register today to experience yoga with a teacher who has over 10 years of experience and trained in Rishikesh, India. **Drop in fee \$15.** Instructor: Kapoor

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130330-00	RRC	16+	1/8-1/31	M/Tu/Th/F	8-9am	14	\$84/\$92.50
130330-01	RRC	16+	1/8-1/29	M	8-9am	4	\$32/\$35
130330-02	RRC	16+	1/9-1/30	Tu	8-9am	4	\$32/\$35
130330-03	RRC	16+	1/11-1/25	Th	8-9am	3	\$24/\$26.50
130330-04	RRC	16+	1/12-1/26	F	8-9am	3	\$24/\$26.50
130330-10	RRC	16+	2/1-2/27	M/Tu/Th/F	8-9am	16	\$96/\$105.50
130330-11	RRC	16+	2/5-2/26	M	8-9am	4	\$32/\$35
130330-12	RRC	16+	2/6-2/27	Tu	8-9am	4	\$32/\$35
130330-13	RRC	16+	2/1-2/22	Th	8-9am	4	\$32/\$35
130330-14	RRC	16+	2/2-2/23	F	8-9am	4	\$32/\$35
130330-20	RRC	16+	3/1-3/30	M/Tu/Th/F	8-9am	18	\$108/\$119
130330-21	RRC	16+	3/5-3/26	M	8-9am	4	\$32/\$35
130330-22	RRC	16+	3/6-3/27	Tu	8-9am	4	\$32/\$35
130330-23	RRC	16+	3/1-3/29	Th	8-9am	5	\$40/\$44
130330-24	RRC	16+	3/2-3/30	F	8-9am	5	\$40/\$44
130330-30	RRC	16+	4/2-4/30	M/Tu/Th/F	8-9am	17	\$102/\$112
130330-31	RRC	16+	4/2-4/30	M	8-9am	5	\$40/\$44
130330-32	RRC	16+	4/3-4/24	Tu	8-9am	4	\$32/\$35
130330-33	RRC	16+	4/5-4/26	Th	8-9am	4	\$32/\$35
130330-34	RRC	16+	4/6-4/27	F	8-9am	4	\$32/\$35

DROP IN>> TUFF-TIME BOXING/CARDIO

A unique workout that combines cardio light weights, basic boxing skills, and drills (sparring is optional) for both men and women of all ages. Lose weight, get in shape physically and mentally, and enjoy a great stress-relieving class. 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. To schedule private lessons, contact Mike Tufariello at mtuffyl@yahoo.com. **\$10 drop in fee.**

Instructor: Tufariello

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131140-00	CRC	16+	1/8-1/31	M/W	7-8pm	9	\$72/\$79
131140-10	CRC	16+	2/5-2/28	M/W	7-8pm	8	\$64/\$70.50
131140-20	CRC	16+	3/5-3/28	M/W	7-8pm	8	\$64/\$70.50
131140-30	CRC	16+	4/2-4/30	M/W	7-8pm	9	\$72/\$79

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. **\$12 drop in fee. No class 3/21.** Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130250-10	RRC	13+	1/3-2/28	W	6-7pm	9	\$90/\$99
130250-30	RRC	13+	3/7-4/25	W	6-7pm	7	\$70/\$77

Is there a scout in your house?
We have many new programs for scouts,
boys and girls, on page 21.

DROP IN>> YOGA ON THE SQUARE

This FREE all-levels yoga class is held the second Saturday of the month. 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 pre-registration required. Weather permitting.** Instructor: Fabulous

LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
Downtown Carrollton	5+	1/13	Sa	9-10am	Free
Downtown Carrollton	5+	2/10	Sa	9-10am	Free
Downtown Carrollton	5+	3/10	Sa	9-10am	Free
Downtown Carrollton	5+	4/14	Sa	9-10am	Free

DROP IN>> ZUMBA

Come explore a new Latin flavor with this calorie-burning fitness class. The Merengue, Salsa, Reggaton, Samba, Cha-Cha, Bachata, and other international Latin rhythms help tone your core, elevate your heart rate, and strengthen your body. No dance experience necessary. Classes may include deep stretching and relaxing at the end of each session. **\$8 drop in fee.** Instructor: Piamonte

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130280-00	RRC	15+	1/2-30	Tu	7:30-8:30pm	5	\$32.50/\$35.75
130280-10	RRC	15+	2/6-27	Tu	7:30-8:30pm	4	\$26/\$28.50
130280-20	RRC	15+	3/6-27	Tu	7:30-8:30pm	4	\$26/\$28.50
130280-30	RRC	15+	4/3-24	Tu	7:30-8:30pm	4	\$26/\$28.50

Senior Classes Ages 50+

DROP IN>> AGING GRACEFULLY YOGA

Increase your strength, flexibility, and balance with yoga. This class will relieve stress and tension, and is designed to accommodate older adults. Come experience yoga to feel energized and revitalized. **Purchase a 10-class Aging Gracefully Yoga punch card for \$30 or drop in for \$3.50. Classes are held at the Senior Center, M/F, 11-11:45am. Ages 50+.** Instructor: Guinn

DROP IN>> BETTER BALANCE

Maintaining or improving your balance is critical to good health. By strengthening your muscles, working on quickness and coordination, and performing balance exercises, we are striving not only to make the circuits in your brain react faster, but also to develop muscles to aid in fall prevention. **Purchase a 10-class Better Balance punch card for \$20, or drop-in for \$2.50. Classes are held at the Senior Center, M 10-10:45am, and W 10:30-11:15am. Ages 50+.** Instructor: Jordan



DROP IN>> FUNCTIONAL FITNESS



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 \$20 or drop in for \$2.50. Classes are held at the Senior Center, Tu/Th, 8:30-9:30am. Ages 50+.** Instructor: Sparenberg

DROP IN>> LOW IMPACT AEROBICS



This class is open to all participants regardless of athletic ability. Beginners are able to exercise side by side with more experienced participants because the instructors give directions for each skill level. This class incorporates elements of basic aerobic choreography, strength training, core work, and stretching/cool down. All mats and weights are provided. Bring a water bottle. **Purchase a 10-class Aerobics punch card for \$20 or drop in for \$2.50. Classes are held at the Senior Center, M/W/F, 9-10am. Ages 50+.** Instructor: Live 2B Healthy

DROP IN>> STRETCH



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 long periods of time. You will leave class feeling stretched, strengthened, balanced and relaxed! This class will challenge all fitness levels. **Purchase a 10-class punch card for \$20 or drop in for \$2.50. Classes are held at the Senior Center, Tu/Th, 10-11am. Ages 50+.** Instructor: Guinn

Training

WEIGHT ROOM ORIENTATION FOR ADULTS & SENIORS

Not sure how machines in our weight room work or how to set up a machine? This class, led by a Certified Personal Trainer, can provide you with a walk-through of the weight room to give you a better understanding of the setup and how to properly position yourself on our machines. The orientation is a learning opportunity but will not provide a training plan for you. If you are interested in obtaining a personalized work out plan, contact one of our personal trainers. **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: Personal Trainer

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
132170-00	SRC	18+	1/15	M	2:30-4pm	1	\$6/\$6.50
132170-00	SRC	18+	3/19	M	2:30-4pm	1	\$6/\$6.50

WEIGHT ROOM ORIENTATION FOR MINORS

Our qualified staff will teach youth how to use each weight machine to maximize results and minimize chances of injury while working out. Learn 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 class. Both parent and child must sign the Weight Room User Agreement Form. **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)
130245-00	RRC	13-15	1/16	Tu	6:30-7:15pm	1	\$6/\$6.50
130245-10	RRC	13-15	2/20	Tu	6:30-7:15pm	1	\$6/\$6.50
130245-20	RRC	13-15	3/20	Tu	6:30-7:15pm	1	\$6/\$6.50
130245-30	RRC	13-15	4/17	Tu	6:30-7:15pm	1	\$6/\$6.50

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 972-466-9813.

JULIE CHADWICK

214-926-4776 • jchadwick16@yahoo.com

\$30/30min or \$60/hr

Julie enjoys working with clients age 50 and older and designs fitness routines unique to each individual, as well as nutrition plans. She keeps clients accountable, protects them from injuries, and provides a positive environment.

JULION CURRY

214-916-1917 • jcworkouts@gmail.com

\$30/30 min or \$60/hr

Julion specializes in teens and young adults, beginners, and serious athletes. His training background allows him to bring you a unique exercise routine that will positively improve your ability.

TOM NOUNE

214-957-3694 • tgounne@aol.com

hearthealthandwellness.com • \$65/\$60/\$55 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 • \$30/30 min or \$60/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.



Aqua Aerobics

DEEP WATER

Deep water aqua aerobics is designed for those who desire a greater aqua workout. The class is taught in deep water with emphasis on endurance; however, advanced swim skills are not necessary. Students must be comfortable in deep water and wear float belts, which can be purchased from the instructor for \$12. **Make-up classes may not be available for any weather-related conditions. No classes 3/14.** Instructor: Sullivan

CLASS #	STARTS	LOC	AGE	DAY	TIME	#CLSS	\$(RES/NR)
215100-21	1/10	CFB Nat.	15+	W	6:30-7:30pm	8	\$32/\$36
215100-31	3/7	CFB Nat.	15+	W	6:30-7:30pm	8	\$32/\$36

SHALLOW WATER

Your face won't get wet as the water gives you a fantastic workout. Low impact aerobics increase cardiovascular endurance and burns fat without stress on bones or joints. This class is a beneficial workout for the beginner or more advanced person. **Make-up classes may not be available for any weather-related conditions.** Instructor: Sullivan

CLASS #	STARTS	LOC	AGE	DAY	TIME	#CLSS	\$(RES/NR)
215101-20	1/22	CFB Nat.	15+	M	6:30-7:30pm	7	\$28/\$31
215101-30	3/19	CFB Nat.	15+	M	6:30-7:30pm	7	\$28/\$31



Leagues and Tournaments for Adults

ADULT BASKETBALL LEAGUE

Come join the Adult Basketball League. Registration for the spring league will be held 1/22-2/23. **Teams will be responsible for providing game balls.**

STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
3/6	Men's Rec.	CRC	18+	Tu	6-10pm	8	\$395
3/11	Men's Rec.	RRC	18+	Su	2-10pm	8	\$395

ADULT FLAG FOOTBALL LEAGUE

Come join the Fall 8-on-8 Flag Football League. Registration will be held 1/2-2/2. **Teams will be responsible for providing their own flags and game balls.**

START	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
2/15	Men's	JRSC	18+	Th	6:45-10:30pm	8	\$370
2/15	Co-ed	JRSC	18+	Th	6:45-10:30pm	8	\$370
2/20	Men's	JRSC	18+	Tu	6:45-10:30pm	8	\$370

ADULT KICKBALL LEAGUE

Season includes 8 games plus playoffs. Team registration is 1/2-2/2.

STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
2/16	Co-ed	McInnish	18+	F	6:45-10:45pm	8	\$200

ADULT SOFTBALL LEAGUE

Registration Dates:

Spring Single Games:	January 2-26
Spring Double Headers:	January 2-26

Registration Fee:

Spring:	\$405 per team
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Season Begins:

Spring Single Games:	February 18
Spring Double Headers:	February 19

All games are played at McInnish Softball Complex, Sunday through Friday. Softballs must be purchased from the City.

League Divisions Include:

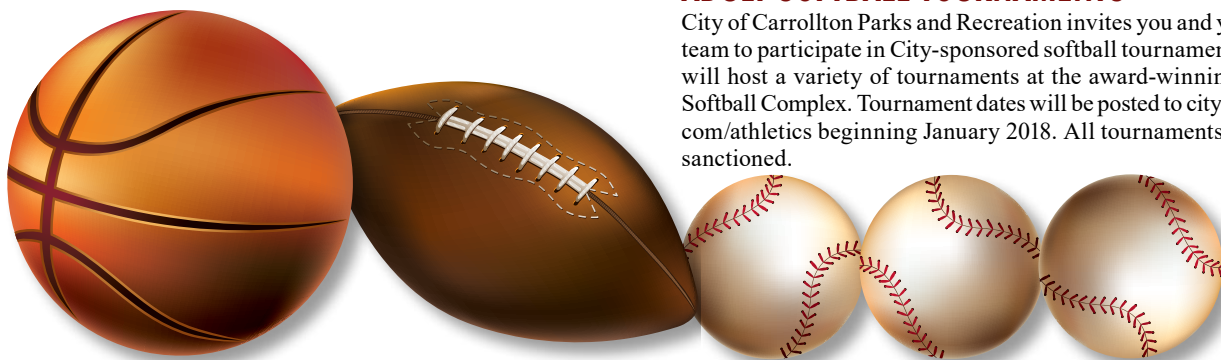
Men's D, E, Co-ed, and Church

Individual Players:

We have a Free Agent List to place individuals on teams. The Free Agent List can be accessed at cityofcarrollton.com/athletics or by calling the Athletics Office at 972-466-9833.

ADULT SOFTBALL TOURNAMENTS

City of Carrollton Parks and Recreation invites you and your softball team to participate in City-sponsored softball tournaments. The City will host a variety of tournaments at the award-winning McInnish Softball Complex. Tournament dates will be posted to cityofcarrollton.com/athletics beginning January 2018. All tournaments are USSSA sanctioned.



ADULT RACQUETBALL

Interested in a Racquetball League? This is a co-ed league where you can set your own time to compete. Contact the League Coordinator at jackie.byles@cityofcarrollton.com or 972-466-9812 for more information or help selecting a level. The first league playoffs will run 3/17-3/24 and the deadline to register is 1/8. The second league playoffs will run 5/25-6/2 and the deadline to register is 3/26.

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)
200000-41	A-1	RRC	16+	1/15-3/16	M-Su	\$15/\$20
200000-42	A-2	RRC	16+	1/15-3/16	M-Su	\$15/\$20
200000-43	B-1	RRC	16+	1/15-3/16	M-Su	\$15/\$20
200000-44	C-1	RRC	16+	1/15-3/16	M-Su	\$15/\$20
200000-57	A-1	RRC	16+	4/2-5/25	M-Su	\$15/\$20
200000-58	A-2	RRC	16+	4/2-5/25	M-Su	\$15/\$20
200000-59	B-1	RRC	16+	4/2-5/25	M-Su	\$15/\$20
200000-60	C-1	RRC	16+	4/2-5/25	M-Su	\$15/\$20

Youth Sports Leagues

YOUTH VOLLEYBALL LEAGUE

Let's get spiked up for the volleyball season! Learn the rules of the game and how to bump, set, spike, and serve. Registration is from 1/2-2/2. League registration includes eight league games, officials, one hour of practice each week, and an end of season tournament. If you are interested in coaching, please contact Carrollton Athletics at 972-466-9837 or visit cityofcarrollton.com/athletics. This program is for girls ages 8-14 (as of September 1, 2017).

STARTS	LOC	AGE	DAY	TIME	\$(RES/NR)
2/26	Community Gyms	8-14	Sa	TBD	\$80/\$100

YOUTH FLAG FOOTBALL LEAGUE

This is a co-ed recreational 7-on-7 flag football league for youth ages 7-14 (as of September 1, 2017). Registration is from 1/2-2/2. Teams will begin practicing in February. Please contact the Athletics Office if you are interested in coaching or would like more information.

STARTS	LOC	AGE	DAY	TIME	\$(RES/NR)
2/26	McInnish	7-14	Sa	TBD	\$80/\$100

ATHLETIC ASSOCIATIONS

ASSOCIATIONS

ONLINE

Baseball

Carrollton Little League leaguelineup.com/carrolltonllb
CFB Baseball Association cfbba.com

Football

Carrollton Youth Football cyfleague.org
Cheerleader/Drill Teams cyfleague.org

Soccer

CFB Soccer Association cfsoccer.net

Softball

CFB Girls Fast Pitch cfbgirlssoftball.com

Swimming

Carrollton Aqua Racers aquaracers.org



Sports Classes

AMO VOLLEYBALL

Allison and Michelle Operations (AMO) Volleyball covers all aspects of the game for athletes at any level. We pride ourselves in providing experienced coaches who are able to give personalized instruction, high intensity, and fun. Our goals for each camp are to teach the fundamental aspects of the game (physical, technical, mental, and emotional), emphasize efficiency, correct technique, and increase volleyball knowledge. After the second week of class, AMO will make 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. Registration will close 48 hours before the class start date.

Instructor: AMO Volleyball

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
Rosemeade Rec Center							
160120-41	RRC	7+	1/31-3/7	W	6-7pm	6	\$150/\$165
160120-42	RRC	7+	1/31-3/7	W	7-8pm	6	\$150/\$165
160120-57	RRC	7+	3/28-5/2	W	6-7pm	6	\$150/\$165
160120-58	RRC	7+	3/28-5/2	W	7-8pm	6	\$150/\$165

Crosby Rec Center

161120-42	CRC	7+	1/29-3/5	M	6:30-7:30pm	6	\$150/\$165
161120-41	CRC	7+	2/1-3/8	Th	6:30-7:30pm	6	\$150/\$165
161120-49	CRC	7+	3/26-4/30	M	6:30-7:30pm	6	\$150/\$165
161120-57	CRC	7+	3/29-5/3	Th	6:30-7:30pm	6	\$150/\$165

ARCHERY CLASS

This basic archery course focuses on archery safety, skills, and drills. Participants learn about archery form, range rules, and etiquette. Fun games are used to enhance the learning experience. Instructor: Atkins.

CLASS#	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171760-25	CRC	8-18	1/4-1/25	Th	5-6pm	4	\$50/\$55
171760-33	CRC	8-18	2/1-2/22	Th	5-6pm	4	\$50/\$55
171760-41	CRC	8-18	3/1-3/22	M	5-6pm	4	\$50/\$55

BASKETBALL TECH

This fun clinic is designed for players of all skills and abilities. Program time will focus on dribbling, passing, and shooting. This is a skill-based program, but 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.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160010-25	RRC	7-12	1/8-1/29	M	5:30-6:30pm	4	\$45/\$50
160010-34	RRC	7-12	2/5-2/26	M	5:30-6:30pm	4	\$45/\$50
160010-41	RRC	7-12	3/5-3/26	M	5:30-6:30pm	4	\$45/\$50
160010-49	RRC	7-12	4/2-4/30	M	5:30-6:30pm	5	\$55/\$60



BEGINNER BASKETBALL

This fun clinic is designed for players of all skills and abilities. Program time will focus on dribbling, passing, and shooting. This is a skill-based program, but 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.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-25	RRC	4-6	1/8-1/29	M	4:30-5:15pm	4	\$40/\$44
160020-33	RRC	4-6	2/5-2/26	M	4:30-5:15pm	4	\$40/\$44
160020-41	RRC	4-6	3/5-3/26	M	4:30-5:15pm	4	\$40/\$44
160020-49	RRC	4-6	4/2-4/30	M	4:30-5:15pm	5	\$50/\$55

DISC GOLF

Learn to play Disc Golf from PDGA Grand Master Randy Mecca. This program combines the fun and fitness benefits of Frisbee toss with the strategy of traditional golf. This growing recreational sport is great for people of all ages and abilities. The class will cover technique, strategy, rules, scoring, and equipment selection. Guest are welcome to bring their own disc golf supplies and the instructor will have some disc golf supplies available for program purposes. Instructor: Mecca

CLASS#	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160030-33	RRC	8+	1/11-2/15	Th	6-7:30pm	6	\$50/\$55
160030-49	RRC	8+	3/07-4/11	W	6-7:30pm	6	\$50/\$55

EL BARRIO BOXING

This boxing program is designed to teach young men and women about honor, respect for themselves and peers, self-discipline, self-confidence, self-esteem, and leadership through physical fitness in sports and mentoring. **All new students must first contact Hector Soto at wade3-4@hotmail.com to discuss program guidelines and availability before enrolling.** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161030-33	CRC	8-18	1/9-2/1	Tu/Th	5:30-7pm	8	\$10/\$10
161030-41	CRC	8-18	2/13-3/8	Tu/Th	5:30-7pm	8	\$10/\$10
161030-42	CRC	8-18	3/20-4/12	Tu/Th	5:30-7pm	8	\$10/\$10

FENCING CLASS

Learn the sport of fencing from an Olympic-level coach. Our students learn to think strategically, solve problems quickly, evaluate the cause and effect of their actions, overcome attitudes and fears, and win and lose graciously. Upon session completion, students will have the physical and mental competency to fence in simulated bouts. Athletes should wear comfortable clothing and tennis shoes. Fee covers all equipment including uniform, mask, weapon, and safety equipment. **Camp is held at International Fencers Alliance, 2640 Old Denton Road, Suite 212.** For more information, contact ifafencers.org or visit ifafencers.com. Instructor: Badawi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
167040-25	IFA	7-16	1/6-1/27	Sa	10-11am	4	\$65/\$72
167040-33	IFA	7-16	2/3-2/24	Sa	10-11am	4	\$65/\$72
167040-41	IFA	7-16	3/10-3/31	Sa	10-11am	4	\$65/\$72
167040-49	IFA	7-16	4/7-4/28	Sa	10-11am	4	\$65/\$72

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. Classes are held at the Crosby Recreation Center Indoor Gym and at our outdoor location at the Josey Ranch Sports Complex. Bring water bottle and shin guards (ages 3 1/2 and up). Parents are encouraged to bring an outdoor chair and watch the classes. For detailed class descriptions or to register, visit kidzlovesoccer.com. Participants will receive a Kidz Love Soccer jersey. For questions call 1-888-277-9542 or email info@kidzlovesoccer.com. **No class 3/10, 3/14, 3/17, and 3/31.**

LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
Indoor-Crosby Rec Center						
CRC	7-10	1/24-3/21	W	4:15-5pm	8	\$84/\$92
CRC	5-6	1/24-3/21	W	5-5:45pm	8	\$84/\$92
CRC	3.5-5	1/24-3/21	W	5:45-6:20pm	8	\$84/\$92
CRC	2.5-3	1/24-3/21	W	6:30-7pm	8	\$84/\$92

Outdoor-Josey Ranch Sports Complex

JRSC	2.5-3	2/10-4/21	Sa	9-9:30am	8	\$84/\$92
JRSC	3.5-5	2/10-4/21	Sa	9:40-10:15am	8	\$84/\$92
JRSC	5-6	2/10-4/21	Sa	10:15-11am	8	\$84/\$92
JRSC	7-10	2/10-4/21	Sa	11-11:45am	8	\$84/\$92

THUNDER WRESTLING

Modern wrestling is a highly instinctive sport that requires strength, alertness, resiliency and, above all, agility, and quickness. There are a wide range of styles with varying rules in both traditional historic and modern wrestling. These techniques have been incorporated into other martial arts as well as military hand-to-hand combat systems. Instructor: Joffron.

CLASS#	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160045-25	RRC	6-12	1/9-1/30	Tu	5-6:30pm	4	\$50/\$55
160045-33	RRC	6-12	2/6-2/27	Tu	5-6:30pm	4	\$50/\$55
160045-41	RRC	6-12	3/6-3/27	Tu	5-6:30pm	4	\$50/\$55
160045-49	RRC	6-12	4/3-4/24	Tu	5-6:30pm	4	\$50/\$55
160045-26	RRC	13-18	1/7-1/28	Su	4-6pm	4	\$50/\$55
160045-34	RRC	13-18	2/4-2/25	Su	4-6pm	4	\$50/\$55
160045-42	RRC	13-18	3/4-3/25	Su	4-6pm	4	\$50/\$55
160045-50	RRC	13-18	4/8-4/29	Su	4-6pm	4	\$50/\$55

PICKLEBALL OPEN PLAY!

Courts and equipment are now available at Crosby and Rosemeade Recreation Centers for guests to enjoy. All guests must have a membership or daily pass to participate. On Wednesdays at Crosby, Senior Center memberships are welcome.

Open play times and location information:

Rosemeade Recreation Center:

Mondays 6-11am • Tuesdays 6-11am

Crosby Recreation Center:

Monday-Friday 6-11am • Wednesdays 6am-1pm



Indian Creek Golf Club

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



indian creek
golf club

ORION
GOLF

Indian Creek is conveniently located between the President George Bush Turnpike and SH 121 and is only a ½ mile east of I-35E on Frankford Road.

Starting time reservations are taken 10 days in advance by phone or in person. You can also book starting times and view upcoming special events and other promotional offers by visiting our website.

Rated among the top public golf courses in the Dallas/Fort Worth Metroplex, Indian Creek Golf Club offers 36 holes of championship golf. The two distinctly different 18-hole courses are situated along the Trinity River.

Whether you just want to drop by for a quick nine and lunch at the clubhouse, or have time to try the full course experience, stop in and see why you will want Indian Creek to be your home course. It's a perfect blend of natural beauty and challenging play. Excellent golf course conditions, a friendly and courteous staff, and an enjoyable golfing experience await.

Sign up for our monthly e-newsletter at indiancreekgolfcourse.com for updates on programs and upcoming events.



Monday – Friday Rates

TIME	THE CREEK RATES (RES – WALK/RIDE)*	THE LAKE RATES (RES – WALK/RIDE)*
18 Holes	\$37/\$53	\$19/\$35
Twilight 1-4pm	\$25/\$41	\$14/\$30
Super Twilight After 4pm	\$20/\$28	\$10/\$18
Seniors 60+ (Weekdays Only)	\$19/\$35	\$11/\$27
Military Veterans (Weekdays Only)	\$24/\$40	\$16/\$32
9 Holes	\$23/\$31	\$11/\$19
Juniors (Ages 21 & Under)	\$10	\$5

Saturday – Sunday and Holiday Rates

TIME	THE CREEK RATES (RES – WALK/RIDE)*	THE LAKE RATES (RES – WALK/RIDE)*
18 Holes	\$47/\$63	\$24/\$40
Twilight 1-4pm	\$25/\$41	\$14/\$30
Super Twilight After 4pm	\$20/\$28	\$10/\$18
9 Holes	\$28/\$36	\$13/\$21
Juniors (Ages 21 & Under)	\$10**	\$5**

*Valid with Carrollton address on current driver's license

**Cart fee applies with valid driver's license or parent supervision

Book and pay online at
indiancreekgolfclub.com/TeeTimes,
as well as find course specials
and the lowest rates.

PRACTICE FACILITY

The practice area includes driving range with expansive grass tee line along with large putting green and dedicated chipping area.

RANGE BALL PRICING:

Small basket	\$6
Medium basket	\$10
Large Basket	\$14

Lessons are offered through our
professional staff by appointment only.
Call the Golf Shop for availability and
pricing at 972-466-9850.



Facilities

Library

Community

Education

The Arts

Fitness

Aquatics

Athletics

Sports

Gymnastics

Northrup Gymnastics is now Texas Dynamix Gymnastics. In association with the City of Carrollton Parks and Recreation Department at Rosemeade Recreation Center, Texas Dynamix Gymnastics is an all-year program. A recreation center membership is not required for enrollment. We offer your 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 midribs will not be allowed. Parents and visitors may observe from outside the gym. The recreation center's inclement weather policy generally follows the C-FBISD closures. Make up dates will be announced. For additional information about our programs and competitive team, contact Coach Cortnee at cortmaestas@yahoo.com. Look for us on Facebook @ Texas Dynamix Gymnastics and Rollie Pollie Gymnastics. **No class 3/11-3/17.**

BOYS GYMNASTICS

These classes are for beginner and intermediate boys and will focus on all six male gymnastics events, while improving coordination and building strength. **No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140130-33	RRC	5-9	1/2-2/13	Tu	6:30-7:20pm	7	\$132.50/\$145.50
140130-34	RRC	5-9	1/3-2/14	W	6:30-7:20pm	7	\$132.50/\$145.50
140130-49	RRC	5-9	2/20-4/10	Tu	6:30-7:20pm	7	\$132.50/\$145.50
140130-50	RRC	5-9	2/21-4/11	W	6:30-7:20pm	7	\$132.50/\$145.50

BOYS TUMBLING & STRENGTH

"Boys will be boys." This is a great class to release some of that 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.** **No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140080-21	RRC	6-10	1/3-2/14	W	7:30-8:15pm	7	\$50/\$55
140080-22	RRC	6-10	2/21-4/11	W	7:30-8:15pm	7	\$50/\$55

COMPETITIVE TEAM

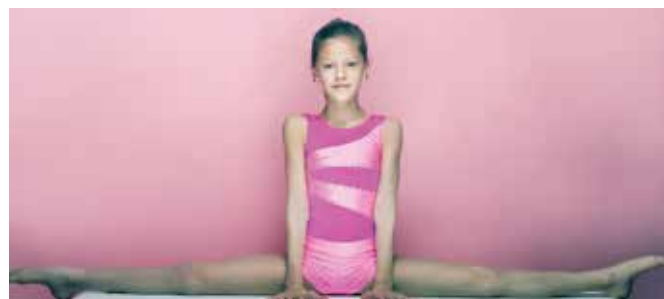
Team is by invitation only. We compete in USAG competitions. For more information, email cortmaestas@yahoo.com. **No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
Level 2							
140000-33	RRC	5-18	1/2-2/15	Tu/Th	4:30-7:30pm	14	\$260/\$260
140000-34	RRC	5-18	1/3-2/16	W/F	4:30-7:30pm	14	\$260/\$260
140000-49	RRC	5-18	2/20-4/12	Tu/Th	4:30-7:30pm	14	\$260/\$260
140000-50	RRC	5-18	2/21-4/13	W/F	4:30-7:30pm	14	\$260/\$260

Level 3							
140000-20	RRC	5-18	1/2-2/16	Tu/Th/F	5-8pm	21	\$300/\$300
140000-23	RRC	5-18	2/20-4/13	Tu/Th/F	5-8pm	21	\$300/\$300

Level 4							
140000-21	RRC	5-18	1/2-2/16	Tu-F	5-8pm	28	\$355/\$355
140000-24	RRC	5-18	2/20-4/13	Tu-F	5-8pm	28	\$355/\$355

Level 5							
140000-22	RRC	5-18	1/2-2/16	Tu-F	4:45-8:15pm	28	\$410/\$410
140000-25	RRC	5-18	2/20-4/13	Tu-F	4:45-8:15pm	28	\$410/\$410



GIRLS GYMNASTICS

If your daughter aspires to be a competitive gymnast or just 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.** **No Class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140010-21	RRC	6-9	1/2-2/13	Tu	5-5:55pm	7	\$52/\$57
140010-22	RRC	7-12	1/2-2/15	Tu/Th	6-6:55pm	14	\$104/\$114
140010-23	RRC	6-9	1/4-2/15	Th	5-5:55pm	7	\$52/\$57
140010-24	RRC	7-12	1/3-2/14	W	5:30-6:25pm	7	\$52/\$57
140010-25	RRC	7-12	1/3-2/14	W	6:30-7:25pm	7	\$52/\$57
140010-26	RRC	5-9	1/5-2/16	F	4:30-5:25pm	7	\$52/\$57
140010-27	RRC	5-9	1/5-2/16	F	5:30-6:25pm	7	\$52/\$57
140010-28	RRC	6-9	2/20-4/10	Tu	5-5:55pm	7	\$52/\$57
140010-29	RRC	7-12	2/20-4/12	Tu/Th	6-6:55pm	14	\$104/\$114
140010-30	RRC	6-9	2/22-4/12	Th	5-5:55pm	7	\$52/\$57
140010-31	RRC	7-12	2/21-4/11	W	5:30-6:25pm	7	\$52/\$57
140010-32	RRC	7-12	2/21-4/11	W	6:30-7:25pm	7	\$52/\$57
140010-33	RRC	5-9	2/23-4/13	F	4:30-5:25pm	7	\$52/\$57
140010-34	RRC	5-9	2/23-4/13	F	5:30-6:25pm	7	\$52/\$57

GIRLS PRE TEAM

This program is for advanced gymnasts who are working and learning USAG Level 1 and 2 skills. This program is for both girls who just wish to participate in gymnastics for fun and for those who are preparing for our competition team. **Level: Advanced.** **No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140020-21	RRC	6-14	1/2-2/15	Tu/Th	7-8pm	14	\$110/\$120
140020-22	RRC	6-14	2/20-4/12	Tu/Th	7-8pm	14	\$110/\$120

GIRLS TUMBLING & TRAMPOLINE

Develop all the skills you need to do cartwheels, round-offs, and front and back handsprings. *Level: Beginner/Intermediate. No class 3/11-3/17.* Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140030-21	RRC	6-12	1/3-2/14	W	7:30-8:15pm	7	\$50/\$55
140030-22	RRC	6-12	2/21-4/11	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 aged children to prepare them for our Level 2 Team. *No class 3/11-3/17.* Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140005-33	RRC	4-6	1/3-2/14	W	4:30-6:30pm	7	\$165/\$181
140005-34	RRC	4-6	1/3-2/16	W/F	4:30-6:30pm	14	\$200/\$220
140005-49	RRC	4-6	2/21-4/11	W	4:30-6:30pm	7	\$165/\$181
140005-50	RRC	4-6	2/21-4/13	W/F	4:30-6:30pm	14	\$200/\$220

ROLLIE POLLIE GYMNASTICS LLC

This class introduces beginner gymnastics to all four gymnastics events. We work on body position, technique, and skills. Each class will incorporate shapes, colors, numbers and letters. Different age groups will go into different depths of each subject as well. This is a unique way to introduce your child to new learning experiences. *No class 3/11-3/17.* Instructor: Maestas.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
Walking – 2 Years Old (Parent/Child Class)							
140100-20	RRC	0-2	1/4-2/15	Th	9:15-9:50am	7	\$104.50/\$114.50
140100-21	RRC	0-2	1/5-2/16	F	9:15-9:50am	7	\$104.50/\$114.50
140100-22	RRC	0-2	1/5-2/16	F	6:30-7:05pm	7	\$104.50/\$114.50
140100-49	RRC	0-2	2/22-4/12	Th	9:15-9:50am	7	\$104.50/\$114.50
140100-50	RRC	0-2	2/23-4/13	F	9:15-9:50am	7	\$104.50/\$114.50
140100-51	RRC	0-2	2/23-4/13	F	6:30-7:05pm	7	\$104.50/\$114.50

3-4 Years Old

140110-20	RRC	3-4	1/3-2/14	W	10-10:50am	7	\$132.50/\$145.50
140110-21	RRC	3-4	1/4-2/15	Th	10-10:50am	7	\$132.50/\$145.50
140110-22	RRC	3-4	1/5-2/16	F	10-10:50am	7	\$132.50/\$145.50
140110-33	RRC	3-4	1/2-2/13	Tu	5:30-6:20pm	7	\$132.50/\$145.50
140110-34	RRC	3-4	1/5-2/16	F	5:30-6:20pm	7	\$132.50/\$145.50
140110-49	RRC	3-4	2/21-4/11	W	10-10:50am	7	\$132.50/\$145.50
140110-50	RRC	3-4	2/22-4/12	Th	10-10:50am	7	\$132.50/\$145.50
140110-51	RRC	3-4	2/23-4/13	F	10-10:50am	7	\$132.50/\$145.50
140110-52	RRC	3-4	2/20-4/10	Tu	5:30-6:20pm	8	\$132.50/\$145.50
140110-53	RRC	3-4	2/23-4/13	F	5:30-6:20pm	8	\$132.50/\$145.50

4-6 Years Old

140120-20	RRC	4-6	1/3-2/14	W	11-11:50am	7	\$132.50/\$145.50
140120-21	RRC	4-6	1/4-2/15	Th	11-11:50am	7	\$132.50/\$145.50
140120-22	RRC	4-6	1/5-2/16	F	11-11:50am	7	\$132.50/\$145.50
140120-33	RRC	4-6	1/3-2/14	W	3:30-4:20pm	7	\$132.50/\$145.50
140120-34	RRC	4-6	1/4-2/15	Th	3:30-4:20pm	7	\$132.50/\$145.50
140120-35	RRC	4-6	1/5-2/16	F	3:30-4:20pm	7	\$132.50/\$145.50
140120-36	RRC	4-6	1/3-2/14	W	4:30-5:20pm	7	\$132.50/\$145.50
140120-37	RRC	4-6	1/4-2/15	Th	4:30-5:20pm	7	\$132.50/\$145.50
140120-38	RRC	4-6	1/3-2/14	W	5:30-6:20pm	7	\$132.50/\$145.50
140120-49	RRC	4-6	2/21-4/11	W	11-11:50am	7	\$132.50/\$145.50
140120-50	RRC	4-6	2/22-4/12	Th	11-11:50am	7	\$132.50/\$145.50
140120-51	RRC	4-6	2/23-4/13	F	11-11:50am	7	\$132.50/\$145.50
140120-52	RRC	4-6	2/21-4/11	W	3:30-4:20pm	7	\$132.50/\$145.50
140120-53	RRC	4-6	2/22-4/12	Th	3:30-4:20pm	7	\$132.50/\$145.50
140120-54	RRC	4-6	2/23-4/13	F	3:30-4:20pm	7	\$132.50/\$145.50
140120-55	RRC	4-6	2/21-4/11	W	4:30-5:20pm	7	\$132.50/\$145.50
140120-56	RRC	4-6	2/22-4/12	Th	4:30-5:20pm	7	\$132.50/\$145.50
140120-57	RRC	4-6	2/21-4/11	W	5:30-6:20pm	7	\$132.50/\$145.50

6-9 Years Old

140125-33	RRC	6-9	1/4-2/15	Th	5:30-6:20pm	7	\$132.50/\$145.50
140125-49	RRC	6-9	2/22-4/12	Th	5:30-6:20pm	8	\$132.50/\$145.50

**Carrollton
ALERT**

**IF WE CAN'T REACH YOU,
WE CAN'T ALERT YOU.**

Register to receive
customized
emergency
notifications.

carrolltonalert.com

**SAFETY
FIRST**

Severe weather (snow, ice, high winds, etc.) may necessitate the temporary closure of City facilities.

During adverse weather conditions, the public is advised to limit driving to minimize accidents and other weather-related incidents.

Closure schedules during severe weather, including delayed openings and early closings, are announced on area television and radio stations.

cityofcarrollton.com
 Facebook: **Carrollton, Texas City Hall**
 Twitter: **@CarrolltonTX**

Martial Arts

Facilities

Library

Community

Education

The Arts

Fitness

Aquatics

Athletics

Sports

DROP IN>> ADULT KARATE & SELF DEFENSE

With Okinawan martial arts as a foundation, both beginner and advanced students will learn real-life self-defense techniques while strengthening the mind and body. Proper striking and kicking techniques are emphasized. Various wrist locks, releases, and take-down techniques are taught. Personalized instruction is provided within the group training environment in an effort to help students meet their individual goals. Sensei Parks is a respected nutritionist and Ironman triathlete as well as an accomplished Martial Artist. For more information, contact instructor at tparks1@gmail.com. **\$5 drop in fee.** Instructor: Parks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160100-41	RRC	13+	1/8-2/28	M/W	7:30-9pm	16	\$50/\$55
160100-57	RRC	13+	3/5-4/25	M/W	7:30-9pm	16	\$50/\$55

KALI-BAYANI WARRIOR

Kali is a close-quarter, in-fighting combat system against multiple opponents. Kali is a system of complete strategies and tactics utilizing baton or empty hand in all ranges. It provides protection from strikes and attacks, destruction of opponents weapons, and domination of any combat or self-defense situation. **No class 3/13.** Instructor: Pana

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160140-25	RRC	10+	1/2-1/30	Tu	6:30-7:30pm	5	\$80/\$88
160140-33	RRC	10+	2/6-2/27	Tu	6:30-7:30pm	4	\$65/\$71.50
160140-41	RRC	10+	3/6-3/27	Tu	6:30-7:30pm	3	48.75/\$53.75

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. The proper uniform, a white Gi, may be purchased from the instructor, but is not mandatory. Instructor: Nakaya

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161150-33	CRC	6+	1/4-2/8	Th	6:30-7:45pm	6	\$46/\$50.75
161150-41	CRC	6+	2/15-3/22	Th	6:30-7:45pm	6	\$46/\$50.75
161150-57	CRC	6+	3/29-5/3	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. Our program focuses on many aspects within our 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 our Wah Lum family. **Uniform not included.** Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
Adults- \$20 Drop in Fee							
160130-25	RRC	13+	1/2-1/30	Tu/F	6:15-7:15pm	9	\$76.50/\$84
160130-33	RRC	13+	2/2-2/27	Tu/F	6:15-7:15pm	8	\$68/\$75
160130-41	RRC	13+	3/2-3/30	Tu/F	6:15-7:15pm	9	\$76.50/\$84
160130-49	RRC	13+	4/3-4/27	Tu/F	6:15-7:15pm	8	\$68/\$75

Kids- \$14 Drop in Fee

160135-26	RRC	6-12	1/2-1/30	Tu	5:15-6:15pm	5	62.50/\$68.50
160135-33	RRC	6-12	2/6-2/27	Tu	5:15-6:15pm	4	\$50/\$55
160135-41	RRC	6-12	3/6-3/27	Tu	5:15-6:15pm	4	\$50/\$55
160135-49	RRC	6-12	4/3-4/24	Tu	5:15-6:15pm	4	\$50/\$55



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, abduction prevention training and bully 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. **A white uniform (\$30 tax included) required and may be purchased in class.** For information, call 817-845-1557 or visit RedTigerKarate.com. **No class 3/13 and 3/16.** Instructor: Margach

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
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Rosemeade Rec Center

160170-41	RRC	5-7	1/26-3/30	F	6-7pm	9	\$60/\$66
160170-42	RRC	8-12	1/26-3/30	F	7-8pm	9	\$60/\$66
160170-43	RRC	13+	1/26-3/30	F	8-9pm	9	\$60/\$66
160170-57	RRC	5-7	4/6-6/1	F	6-7pm	9	\$60/\$66
160170-58	RRC	8-12	4/6-6/1	F	7-8pm	9	\$60/\$66
160170-59	RRC	13+	4/6-6/1	F	8-9pm	9	\$60/\$66

Crosby Rec Center

161170-41	CRC	5-7	1/23-3/27	Tu	6-7pm	9	\$60/\$66
161170-42	CRC	8-12	1/23-3/27	Tu	7-8pm	9	\$60/\$66
161170-43	CRC	13+	1/23-3/27	Tu	8-9pm	9	\$60/\$66
161170-57	CRC	5-7	4/3-5/29	Tu	6-7pm	9	\$60/\$66
161170-58	CRC	8-12	4/3-5/29	Tu	7-8pm	9	\$60/\$66
161170-59	CRC	13+	4/3-5/29	Tu	8-9pm	9	\$60/\$66

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 increased energy and improved balance and strength. Some aspects of our program include meditation, stretching, and empty-hand and weapon forms in the Yang and Chen styles of Tai Chi. Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
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Senior Center

132015-25	SRC	13+	1/6-1/27	Sa	9:15-10:15am	4	\$45/\$50
132015-33	SRC	13+	2/3-2/24	Sa	9:15-10:15am	4	\$45/\$50
132015-41	SRC	13+	3/3-3/31	Sa	9:15-10:15am	5	\$45/\$50
132015-49	SRC	13+	4/7-4/28	Sa	9:15-10:15am	4	\$45/\$50

Crosby Rec Center

161010-25	CRC	13+	1/3-1/31	W	6-7pm	5	\$45/\$50
161010-33	CRC	13+	2/7-2/28	W	6-7pm	4	\$45/\$50
161010-41	CRC	13+	3/7-3/28	W	6-7pm	4	\$45/\$50
161010-49	CRC	13+	4/4-4/25	W	6-7pm	4	\$45/\$50

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 racquets, stringing, accessories, and concessions. The City of Carrollton prides itself on having one of the premier full-service municipal tennis facilities in North Texas.

OCTC has several 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 USTA, TCD, and Metro league play and is also home to local middle school and high school teams.

Hours of Operation

Winter Hours (Ends February 4)

Monday-Thursday..... 9am-10pm
 Friday 9am-8pm
 Saturday 8:30am-6pm
 Sunday..... 10am-7pm

Spring Hours (Begins February 5)

Monday-Thursday..... 8:30am-10pm
 Friday 8:30am-8pm
 Saturday 8:30am-6pm
 Sunday..... 10am-7pm

The Tennis Center reserves the right to close due to inclement weather and/or lack of court demand. Players should call 972-466-6389 (option 1) for the status of programs.

Pro Shop/Racquet Servicing

OCTC carries Babolat, Dunlop, Head, Prince, and Wilson racquets, strings, grips, and accessories at competitive prices. Stringing is completed within three days. Stringing labor is \$12. Same day stringing service is 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 972-466-6388.

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.



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	\$14	\$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 1-hour increments at the Tennis Center. The courts are available during park hours, which are 5am to 10:30pm daily. Lights are available at all facilities. Parks and Recreation tennis classes may be scheduled at neighborhood court locations; signage regarding class schedules will be posted at the courts when applicable. Reservations are accepted up to 48 hours in advance.

Adult Tennis Classes

The Oak Creek Tennis Center Adult Program is conducted by USPTA certified tennis professionals. If minimum enrollment is not met, classes may be combined or cancelled 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. Please contact Oak Creek first to check availability for any make-up classes.
- All class make-ups 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.

1 hour class: \$63/\$70 Res/Non-res
 1½ hour class: \$90/\$100 Res/Non-res
 Drop ins allowed based on availability and pro approval.
 1 hr class: \$15/\$17 Res/Non-res
 1½ hr class: \$22/\$24 Res/Non-res

Session 1: December 18(2017)-January 20
 Session 2: January 22-February 24
 Session 3: February 26-March 31
 Session 4: April 2-May 5
 Session 5: May 7-June 9

(Classes meet once a week for five weeks)

BEGINNER: NTRP 2.0 - 2.5

Monday 6-7pm
 Thursday 6-7pm
 Saturday 9-10am

ADVANCED BEGINNER: NTRP 2.5 - 3.0

Monday 6-7pm
 Tuesday 6-7pm
 Saturday 9-10am

INTERMEDIATE: NTRP 3.0 - 4.0

Monday (Intro) 7-8:30pm
 Tuesday 7-8:30pm
 Saturday 10-11:30am
 Saturday 11:30am-1pm



Adult Tennis Drills

ADVANCED DRILLS (NTRP 4.0+)

(PREREQUISITE: INTERMEDIATE CLASS OR PRO APPROVAL)

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 many balls. Sign up online or stop by Oak Creek to register. Pre-registration is strongly encouraged to assure your spot. If the drill consists of only three players, the drill will be shortened to one hour. If there are not enough registrants, cancellation will be two hours before the start of the drill. Drills meet every Monday, Wednesday, and Saturday (except on holidays).

DAY	TIME	LEVEL	\$(RES/NR)
M	7-8:30pm	4.0 and above	\$16/\$18
W	7-8:30pm	4.0 and above	\$16/\$18
Sa	1-2:30pm	4.0 and above	\$16/\$18

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 hour and a half. Sign up online or stop by Oak Creek to register. Pre-registration is strongly encouraged to assure your spot. If the drill consists of only three players, the drill will be shortened to one hour. If there are not enough registrants, cancellation will be two hours before the start of the drill. Drills meet every Monday and Wednesday (except on holidays).

DAY	TIME	LEVEL	\$(RES/NR)
M	7-8:30pm	3.5-4.0	\$16/\$18
W	7-8:30pm	3.5-4.0	\$16/\$18

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, and prizes are provided. Sign up online or stop by Oak Creek to register. Pre-registration is strongly encouraged to assure your spot. If not enough registrants, cancellation will be one day before the Mixer starts. Join us on the first Friday of each month for these popular events (3/2, 4/6, 5/4).

DAY	TIME	LEVEL	\$(RES/NR)
1 st Friday	6:30-9pm	All	\$16/\$18

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 2) in lieu of a third set. A maximum time limit of 1½ hours is enforced. 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 entries.*

Session 1: January 8-March 1
 Session 2: March 12-May 3

** Leagues meet once a week for eight weeks*

DATES	DAY	TIME	\$(RES/NR)
Mens 4.5	Monday	7:30-9pm	\$59/\$65
Mens 4.0	Tuesday	7:30-9pm	\$59/\$65
Mens 4.0	Thursday	7:30-9pm	\$59/\$65

Junior Tennis Classes

The Oak Creek Tennis Center Junior Program is conducted by USPTA certified tennis professionals. We are dedicated to helping your child learn tennis to compete at the tournament and school levels. All class make-ups 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. Drop ins allowed based on availability and pro approval. (All drop ins are charged 20 percent above the one-day class rate.) If minimum enrollment is not met, classes may be combined or cancelled 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. Please contact OCTC first to check availability for any make-up classes.

10YRS & UNDER DEVELOPMENT PROGRAM (BEGINNER TO ADVANCED)

Location: Oak Creek Tennis Center, contact oakcreekjrs@gmail.com

4-Week Fees: \$50 Resident/\$55 Non-resident
Per Session/one 60 min. class per week

\$86 Resident/\$95 Non-resident
Per Session/two 60 min. classes per week

\$72 Resident/\$80 Non-resident
Per Session/one 90 min. class per week

\$135 Resident/\$150 Non-resident
Per Session/two 90 min. classes per week

\$180 Resident/\$200 Non-resident
Per Session/three 90 min. classes per week

Session 1 January 8-February 3
 Session 2 February 5-March 3
 Session 3 March 5-April 7*
 Session 4 April 9-May 5
 Session 5 May 7-June 2
 Spring Break Camp March 12-14

*excludes Spring Break Camp week

TINY SHOTS

This specialized program 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 1 or 2 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	9-10am	1, 2, 3, 4, 5

RED/ORANGE BALL

Ages 7-10 yrs. RED/ORANGE BALL is designed to introduce basic tennis skills for students. Students participating in this class will be using the RED and ORANGE BALL on the 60' court. These balls have a slightly softer bounce than regular balls. Players will need 25-in. racquets and non-marking tennis shoes. Sign up for 1 to 3 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	9-10:30am	1, 2, 3, 4, 5

10 & UNDER SELECT TEAM

This class is designed for advanced young players participating in USTA events and tournaments. Two days per week minimum practice required. This class 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. Approval needed by Junior Director, Coach Chris. 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	M	6-7:30pm	1, 2, 3, 4, 5
7-10	Tu	6-7:30pm	1, 2, 3, 4, 5
7-10	W	6-7:30pm	1, 2, 3, 4, 5
7-10	Th	6-7:30pm	1, 2, 3, 4, 5
7-10	Sa	10:30am-12pm	1, 2, 3, 4, 5

11YRS & UP PROGRAM

(BEGINNER, INTERMEDIATE, AND ADVANCED LEVELS)

Location: Oak Creek Tennis Center, contact oakcreekjrs@gmail.com

4-Week Fees: \$63 Resident/\$70 Non-resident
Per Session/two 60 min. classes per week (serve/return)

\$90 Resident/\$100 Non-resident
Per Session/three 60 min. classes per week (serve/return)

\$72 Resident/\$80 Non-resident
Per Session/one 90 min. class per week

\$135 Resident/\$150 Non-resident
Per Session/two 90 min. classes per week

\$180 Resident/\$200 Non-resident
Per Session/three 90 min. classes per week

\$162 Resident/\$180 Non-resident
Per Session/two 120 min. classes per week

\$216 Resident/\$240 Non-resident
Per Session/three 120 min. classes per week

\$252 Resident/\$280 Non-resident
Per Session/four 120 min. classes per week

Session 1 January 8-February 3
 Session 2 February 5-March 3
 Session 3 March 5-April 7*
 Session 4 April 9-May 5
 Session 5 May 7-June 2
 Spring Break Camp March 12-14

*excludes Spring Break Camp week

PRE-JUNIOR DEVELOPMENT (PRE-JD)

This is a great way to learn to hit the ball, gain confidence, meet others, and begin to play tennis matches while having fun! 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
11-17	M	6-7:30pm	1, 2, 3, 4, 5
11-17	Tu	6-7:30pm	1, 2, 3, 4, 5
11-17	W	6-7:30pm	1, 2, 3, 4, 5
11-17	Th	6-7:30pm	1, 2, 3, 4, 5
11-17	Sa	10:30am-12pm	1, 2, 3, 4, 5

JUNIOR DEVELOPMENT 1 & 2 (JD1, JD2)

This program is designed for players participating in Challenger/ZAT and DPTA tournaments or on JV or middle school teams. This class 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. Players are required to attend two days per week so their skills develop properly. Sign up for two to four days per week.

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
11-18	Sa	10:30am-12:30pm	1, 2, 3, 4, 5

JUNIOR DEVELOPMENT 3 HIGH PERFORMANCE (JD3):

This program is designed for players participating in Champ, Superchamp, or varsity high school teams. This class emphasizes advanced tactics, movement, and tournament-level competition. Players in this group are required to play tournaments throughout the year. Travel teams available for out-of-town tournaments. Approval needed by Junior Director Coach Chris. Sign up for two to four days per week.

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

SERVE & RETURN ADD-ON (SELECT TEAM AND JD 1&2):

This adds an additional hour to each day that your child is attending one of our monthly sessions for all our Junior Development classes (weekdays only). Players will work on the most important shots in tennis—the serve and return of serve. Players will focus on advanced technique for using serves effectively. Players will also learn to control returns with proper use of swing speed and energy transfer. Highly recommended for tournament players. To add this class to your child's training, please consult the front desk. Players may add this option up to two to three days per week.

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



Spring Break Camps

Players must wear athletic shoes (please bring non-marking soled shoes). Players are encouraged to wear sunscreen, bring a tennis racquet, comfortable clothes including a visor or cap, and a snack. Ice water provided.

Location: Oak Creek Tennis Center, contact oakcreekjrs@gmail.com

Fees: \$81 Resident/\$90 Non-resident
Per Session/three 120 min. classes per week
\$180 Resident/\$200 Non-resident
Per Session/five 240 min. classes per week

Spring Break Camp 10U	March 12-14
Spring Break Camp JD1/2	March 12-14
Spring Break Camp JD3	March 12-16

RED ORANGE BALL CAMPS

An exciting week of fun and tennis improvement! Each camp will involve students with tennis-related drills, game play, and stroke-specific activities. Participants will be grouped by age and then by ability.

AGE	DAY	TIME
7-10	M-W	9:30-11:30am

JUNIOR DEVELOPMENT CAMPS (JD1&2)

Players will work on technique, drills, and match play strategy in a game environment under supervision of tennis staff. Games such as singles and doubles attack drills along with full court rotation games will be played. Participants will be grouped by ability.

AGE	DAY	TIME
11-18	M-W	9:30-11:30am

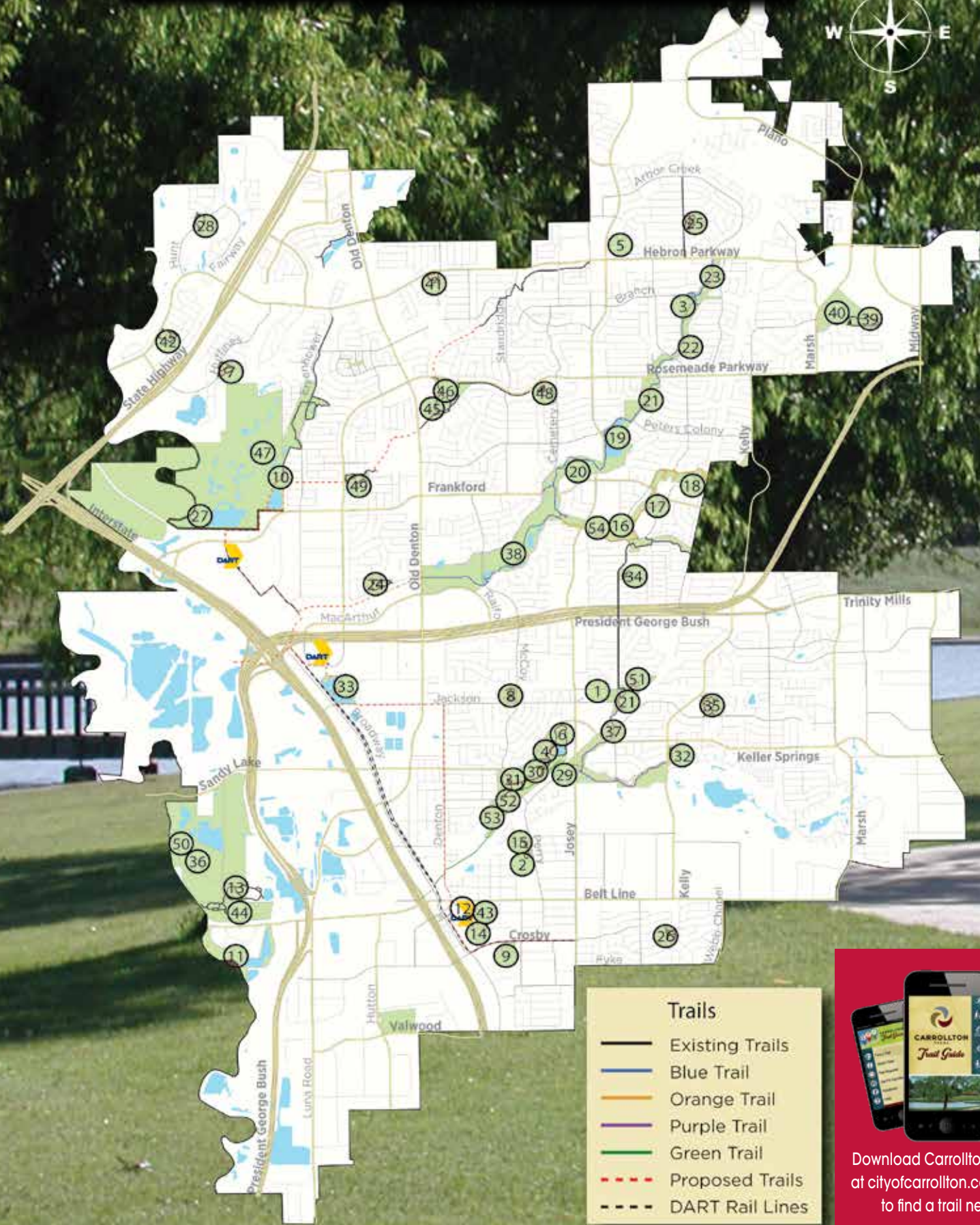
JUNIOR DEVELOPMENT CAMPS HIGH PERFORMANCE (JD3)

Players will work on technique, drills, and match play strategy in a game environment under supervision of tennis staff. Games such as singles and doubles attack drills along with full court rotation games will be played. Participants will be grouped by ability.

AGE	DAY	TIME
11-18	M-F	9:30am-2:30pm

Visit Carrollton Leisure Facilities

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



Trails

- Existing Trails
- Blue Trail
- Orange Trail
- Purple Trail
- Green Trail
- Proposed Trails
- DART Rail Lines

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



**AFRICAN
AMERICAN
READ-IN**
FEBRUARY 11
3-4PM



EXPLORING CULTURES



THE CARROLLTON PUBLIC LIBRARY

See the Community Section (pages 13-17) for more information.

LEISURE

CALENDAR



January - April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January

- 1 New Year's Day (no classes, City facilities closed)
- 13 21st Annual Martin Luther King, Jr. Day Parade, 972-242-0933



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

February

- 2 Tax Return Assistance Begins, Josey Ranch Lake Library, 972-466-4800
- 10 A Victorian Valentine, A.W. Perry Homestead Museum, 972-466-6380
- 11 African American Read-In, Josey Ranch Lake Library, 972-466-4800
- 17 Run for Rover, McInnish Dog Park, 972-466-3080
- 18 Chinese New Year Celebration, Hebron & Josey Library 972-466-4800
- 24 Daddy Daughter Dance, Bent Tree Bible Fellowship Church, 972-466-3031



Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

March

- 3 TEXFest, Downtown Carrollton, 972-466-9808
- 5 Carrollton Trails 5K Run registration begins, 972-466-3080
- 10 St. Patrick's Open House at Crosby, Crosby Recreation Center, 972-466-9800
- 17 \$5 Rabies Vaccinations & Free Pet Registration, Animal Adoption Center, 972-466-3420
- 24 Concert on the Square, Downtown Carrollton, 972-466-9808



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

April

- 7 Paws on the Square, Downtown Carrollton, 972-466-9808
- 7 Spring Family Campout, R.E. Good Soccer Complex, 972-466-3080
- 12 National Library Week Open House, Hebron & Josey Library, 972-466-4800
- 14 Concert on the Square, Downtown Carrollton, 972-466-9808
- 14 Spring Blooms, A.W. Perry Homestead Museum, 972-466-6380
- 21 Movie on the Square, Downtown Carrollton, 972-466-9808
- 28 Carrollton Trails 5K Run/1 Mile Fun Run/Walk, 972-466-3080

