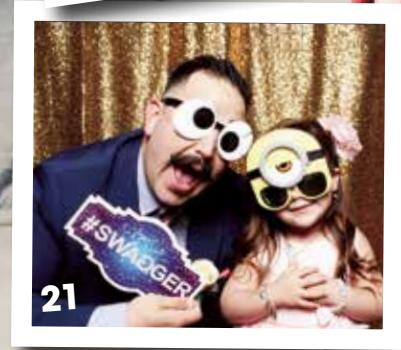


# LEISURE

## CONNECTIONS

January-April 2019



Register for Classes and Events Now!





*Downtown Carrollton*  
**SAT. MAR. 2 • 3-9 PM**  
music • food • craft beer • wine • longhorn

See page 22 for more information.





## From the Parks and Recreation Director...

Welcome to the City of Carrollton's guide to family fun! *Leisure Connections* lists all the activities, classes, events, recreation, and good times to be found within this great City of ours. Spring into fun this season at one of the City's many events, such as the Run for Rover 5K and Fun Run, TEXFest, and Spring Blooms. Carrollton provides many opportunities to stay fit this winter and spring, so let this be the year to keep your New Year's resolutions. Join us for the indoor Glamping (Glamour Camping) event at Crosby Rec Center to enjoy a catered dinner, experience a s'mores bar, watch a movie, and learn about all of the many different 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 in with the furry fun at Carrollton's 3<sup>rd</sup> annual Run for Rover race this February. All proceeds from 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 Adoption Center.

Scott Whitaker, Carrollton Parks and Recreation Director

### On the cover...

Join us for the 3<sup>rd</sup> annual Run for Rover event on Saturday, February 16 starting at 8:30am at McInnish Dog Park. Sign up yourself and your pup for a dog-specific race supporting the Carrollton Animal Services & Adoption Center. The City is excited to offer this race to walkers, runners, and their dogs, directing all proceeds to the animals at the Center. Come to "run wild" and watch as these doggies dash for the finish line. For more information, see page 21.



**Register for events and classes online at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).**

**Registration for Carrollton residents begins November 26.**

**Non-resident registration begins December 10.**

**Classes begin January 2.**

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# Facility Listings

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Fitness

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Sports



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

1509 N. Perry Road

972-466-6380

[cityofcarrollton.com/museum](http://cityofcarrollton.com/museum)

[facebook.com/PerryHomesteadMuseum](https://facebook.com/PerryHomesteadMuseum)

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

**Holiday Hours 1/1/19:**

Tu 11am and 1pm by appointment only



## CARROLLTON SENIOR CENTER (PAGE 9)

**Amenities:** Three 9' Billiard Tables • Fitness Center • Pond with Walking Track • Wii Games • Half 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](http://cityofcarrollton.com/seniorcenter)

**Hours:**

M/W/F 7am-5pm

Tu 7am-7:30pm

Th 7am-9:30pm

Sa 9am-1pm

Su Closed

**Holiday Hours 1/1/19:**

Tu 10am-4pm



## CROSBY RECREATION CENTER

**Amenities:** Gymnasium • Weight/Cardio Room • Cross Training Gym • Game Room/Snack Area • Public Computers • Video Games • Table Games • Locker Rooms w/Showers • Pickleball • Free Wi-Fi

1610 E. Crosby Road

972-466-9810

[cityofcarrollton.com/crosby](http://cityofcarrollton.com/crosby)

**Hours:**

M-F 6am-9pm

Sa 9am-6pm

Su Closed

**Holiday Hours 1/1/19:**

Tu 10am-4pm



## INDIAN CREEK GOLF CLUB (PAGE 37)

1650 W. Frankford Road

972-466-9850

[indiancreekgolfclub.com](http://indiancreekgolfclub.com)

[facebook.com/indiancreekgolfclub](https://facebook.com/indiancreekgolfclub)

[instagram.com/indiancreekgolfclub\\_dfw/](https://instagram.com/indiancreekgolfclub_dfw/)

[twitter.com/IndianCreek\\_gc](https://twitter.com/IndianCreek_gc)

Visit [cityofcarrollton.com/parksandrec](http://cityofcarrollton.com/parksandrec) for other special hours of operation and holiday notices.

# Facility Listings



## LIBRARY (PAGE 14)

972-466-4800

cityofcarrollton.com/library • facebook.com/carrolltonpubliclibrary  
instagram.com/cplteenleague • pinterest.com/carrolltonlibrary  
twitter.com/CarrolltonTxLib

### Hebron & Josey Library

4220 N. Josey Lane  
(at Hebron Parkway)

#### Hours:

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 Road  
(west of Josey Lane)

#### Hours:

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



## OAK CREEK TENNIS CENTER (PAGE 41)

2531 Oak Creek Drive

972-466-6389

oakcreektenniscenter.com

Holiday Hours 1/1/19:

Tu Closed

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 & RECREATION 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

Holiday Hours 1/1/19:

Tu Closed



## ROSEMEADE RECREATION CENTER

**Amenities:** Two Gymnasiums • Weight Room • Cardio Room  
Spin Room • Four Racquetball Courts • Game Room/Snack Area  
Dance/Fitness Studio • 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

Holiday Hours 1/1/19:

Tu 10am-4pm

## SPORTS & LEAGUES

1330 E. Rosemeade Parkway

972-466-9833

cityofcarrollton.com/athletics

facebook.com/carrolltonparks

twitter.com/carrolltonsport

Rainout Line: 972-695-2355

#### Hours:

M-F	8am-5pm
-----	---------

Holiday Hours 1/1/19:

Tu Closed

# Membership



## MEMBERSHIP FEES

	Annual Resident/ Non-resident	3-month Resident/ Non-resident
<b>Rosemeade and Crosby Recreation Centers:</b> 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 Carrollton Senior Center.

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

### Replacement Card \$5

**Library:** Card is free. Replacement card \$1

## DAILY PASSES

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

## REFUND POLICY

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

### ACCESSIBILITY ACCOMMODATION REQUEST

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

### FINANCIAL ASSISTANCE FOR PROGRAMS AND MEMBERSHIPS

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

# Facility Rentals

Looking for that perfect location for a party or a place to celebrate a special occasion? Look no further than the City of Carrollton. Ask about rental rates and book your next event close to home.

[cityofcarrollton.com/rentals](http://cityofcarrollton.com/rentals)



## INDOOR FACILITIES

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

### Carrollton Senior Center\*

972-466-4850 • 1720 Keller Springs Road  
5 rooms ranging in capacity; kitchen may be added to any room

### Crosby Recreation Center\*

972-466-9810 • 1610 E. Crosby Road  
3 rooms ranging in capacity, 1 gymnasium, dance room, and kitchen may be added to any room

### Hebron & Josey Library

972-466-4800 • 4220 N. Josey Lane  
3 rooms ranging in capacity

### Indian Creek Golf Club Clubhouse\*

972-466-9859 • 1650 W. Frankford Road

### Josey Ranch Lake Library

972-466-4800 • 1700 Keller Springs Road  
3 rooms ranging in capacity

### Rosemeade Recreation Center

972-466-9800 • 1330 E. Rosemeade Parkway  
3 rooms ranging in capacity, 2 gymnasiums, dance room, and kitchen

## OUTDOOR FACILITIES

Special Event Permit required for events more than 50 people, call 972-466-9808.

A.W. Perry Homestead Museum\*  
972-466-6380 • 1509 N. Perry Road

Carrollton Amphitheater  
972-466-3080 • 2035 E. Jackson Road

Historic Downtown Carrollton Gazebo\*  
972-466-3080 • 1106 S. Broadway Street  
(over 50 requires a Special Event permit, 972-466-9808)

Indian Creek Golf Club Pavilion  
972-466-9850 • 1650 W. Frankford Road

Pavilion at Mary Heads Carter Park  
972-466-3080 • 2320 Heads Lane

Sports Fields  
972-466-3083 • (various locations)  
(other fees such as field preparation and lighting may apply)

\*Alcohol allowed with additional permitting

# of People  
or Capacity

100

1,500

50\*

100

120

Varies

## Themed Birthday Parties

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

### A.W. Perry Homestead Museum or Recreation Centers

Celebrate your child's birthday at the Perry Museum or at one of the recreation centers. Location depends on space availability. You bring the party, we do the rest. Party amenities include party host, one hour of organized activity, one hour for party festivities, paper goods, decorations, cake, lemonade, and a special gift for the birthday child. Upon reservation, payment is due in full including deposit. Reservations must be made no less than 14 days prior to the party and no more than 90 days from event. **To schedule your next party with Carrollton Parks & Recreation, call 972-466-9816.**



### THEMES

ballerina • cars • dance party • Elmo • hoedown  
luau • Teenage Mutant Ninja Turtles  
PAW Patrol Pirates • princess • Sesame Street  
sports • superhero • Star Wars • tea party  
toys and games • western • zoo animals  
If you don't see the theme you want, let us know.

### COST

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

[cityofcarrollton.com/parksandrec](http://cityofcarrollton.com/parksandrec) • Facility hours, fees, and programming subject to change.

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

# A.W. Perry Homestead Museum

1509 N. Perry Road • 972-466-6380 • [cityofcarrollton.com/museum](http://cityofcarrollton.com/museum).

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

## Free Admission



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

## School and Group Tours

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

## Traveling Trunks

The A.W. Perry Homestead Museum provides trunks to local schools as a FREE service. Each trunk contains hands-on artifacts for students to examine and an activity guide for teachers.

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

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

All activities are Texas Essential Knowledge and Skills (TEKS) aligned according to state mandated curriculum guidelines.

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

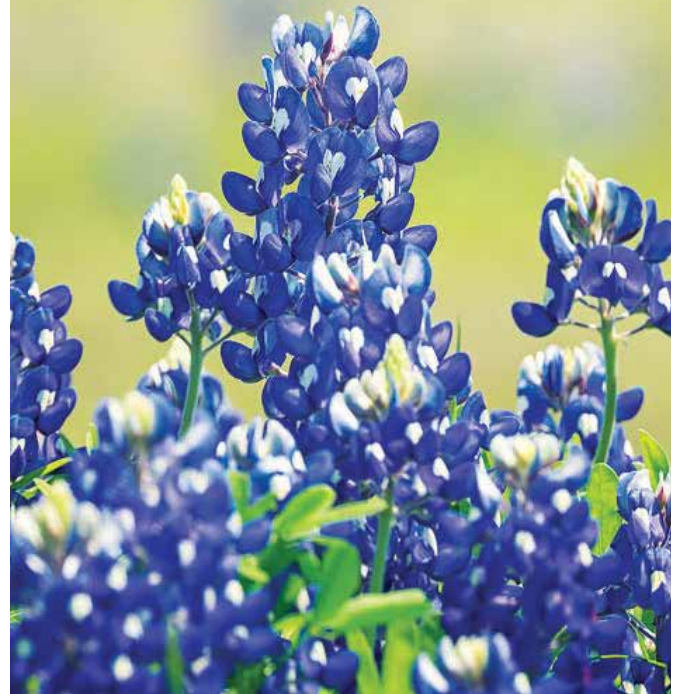


## Spring Blooms

Saturday, April 13 • 5–7pm

Sitting times are limited.  
Registration by 4/12 is required  
for each individual.

See page 23 for details.





# Senior Center

1720 Keller Springs Road • 972-466-4850 • [cityofcarrollton.com/seniorcenter](http://cityofcarrollton.com/seniorcenter)

## Carrollton Senior Center Advisory Council

Meets first Tuesday of each month

11am

Jim Rogers – President

Jesse Alvarado – Vice President

Nancy Tiegreen – Secretary

Jean Litzler – Treasurer

Wanda Bell – Welfare Liaison

and

Marsha Day, Charles Smith, Kevin Riley

### Notable Events from the Council January-April:

#### VETERANS' STORIES

Preserve the memories of family and loved ones for all time. Our Veterans' Stories project keeps the recollections alive and shared with new generations. If you have stories, news clippings, or pictures about our veterans and warriors that you would like to see preserved for our community, contact one of the Advisory Council members to set up an interview to review documentation and photos that tell these amazing stories of friends and families. Photos and other documents may be reproduced, but all will be returned to you.

#### BOX TOPS FOR EDUCATION

Clip and save those official coupons from your favorite cereal boxes, Ziploc® food storage items, Paper Mate products, Reynolds cooking aids, cleaning products like Lysol, and many others. Find a complete list at [boxtops4education.com/earn](http://boxtops4education.com/earn). Check the expiration dates for continued validity. When amassed, these coupons are used to provide much needed supplies for area schools. Teachers and students truly appreciate this support.

#### METROCREST FOOD DRIVE

Make a New Year's resolution to champion the efforts of the Metrocrest Pantry through volunteer contributions of time and/or monetary support. The food drive is a year-round project that meets a continuous need in our community. Place your contribution in a specially marked container at the Carrollton Senior Center. They'll then be delivered to Metrocrest Services Food Pantry. If you are uncertain what types of items are the most desired, give the Food Pantry a call 972-446-2100 to speak with caseworkers about their needs.



#### NEW MEMBER TOUR

Join us at the Senior Center and enjoy a tour of the facility. Tours are given by a member of the Senior Advisory Council, who can answer questions and show you everything our busy Senior Center has to offer. **Held monthly on the second Th (1/10, 2/14, 3/14, & 4/11), 11am. Ages 50+.**

### Seniors on Tour

Discover the exciting places Carrollton, the state of Texas, and the U.S.A. have to offer. Outings include laughter, meals, and some overnight stays. Trips are always escorted by a Senior Center staff member.

#### MOUNT RUSHMORE

**August 10-18** — Take a bus trip to the Black Hills of South Dakota and Mount Rushmore. Trip includes transportation, lodging, 14 meals, and the opportunity to tour the town of Deadwood, the Crazy Horse Memorial, the Wildlife Loop State Scenic Byway in Custer State Park, Wall Drug Store, a local casino, and more. Double occupancy cost is \$945/person, single is \$1275/person. Insurance is an additional expense based on the cost of the trip. A deposit of \$75/person and insurance check are due upon registration. Final payment is due by May 24, 2019.

#### PACIFIC COAST ADVENTURE

**(INCLUDES SEATTLE, PORTLAND, AND SAN FRANCISCO)**

**September 12-19** — Fly into The Emerald City of Seattle, Washington, tour the city, and take a trip to Mt. St. Helens Visitor Center. Next is a tour of Portland, and a trip to Oregon Dunes National Recreation Area, Coos Bay, Redwood National Park, and Eureka, California. Also on the itinerary is a visit to a Sonoma winery and a tour of San Francisco, including dinner at Fisherman's Wharf. Round-trip airfare, motorcoach transportation, 11 meals (7 breakfasts, 1 lunch, and 3 dinners), lodging, all transfers, baggage handling, and a professional tour director are included. Double occupancy cost is \$2899/person. Optional insurance is recommended at \$250/person. **A deposit of \$300 plus insurance is due upon registration.**

#### DAY TRIPS

We will explore entertaining and educational sites in North Texas. Trip details will be posted at the Senior Center front desk closer to the trip date. Pre-registration is required as space is limited. **The Senior Center is not responsible for refunds for trips that are cancelled due to inclement weather when rescheduling is not available.**

DATES	LOC	AGE	DAY	TIME	\$(RES/INR)
1/4	Kimbell Art Museum	50+	W	10am-3pm	\$16/\$19
2/1	Fort Worth Rodeo	50+	F	1-6pm	\$26/\$29
3/12	Bureau of Engineering and Printing	50+	Tu	10am-3pm	Free
4/10	WinStar World Casino	50+	W	9am-4pm	\$25/\$28

#### OUT TO LUNCH

Join us for good food and good times at a local restaurant. Lunch is on your own. If you need transportation, the van can accommodate up to five passengers for a fee of \$3 per res/\$3.50 per non-res. Pre-registration is required by everyone attending so that the restaurant will have an accurate head count. **Held F, 11am-1pm. Ages 50+.**

DATE	LOC	ADDRESS
1/11	Ida Claire	5001 Belt Line Road, Dallas 75254
2/8	Cane Rosso	1301 S. Broadway, Carrollton 75006
3/8	Kenny's Smoke House	5760 Legacy Dr #4, Plano 75024
4/12	Cinco Tacos	5000 Belt Line Road, Ste 850, Dallas 75254

# Senior Activities & Classes • 50+

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

MONDAY		TUESDAY		WEDNESDAY	
7am	Walking	7am	Walking	7am	Walking
9am	Low Impact Aerobics \$	8:30am	FUNctional Fitness \$	9am	Low Impact Aerobics \$
9am	Dominoes	9am	Ceramics \$	9am	Dominoes
9:30am	Knit & Crochet	9am	Dominoes	10am	Tai Chi & Qigong \$
10am	Better Balance \$	9:30am	B12 Shots \$	10am	Second Wednesday
10am	Tai Chi & Qigong \$		(1/8, 2/5, 3/5, 4/9)	10am	Book Club
10am	H&F Canasta	10am	FUNctional Fitness II \$		(1/9, 2/13, 3/13, 4/10)
11am	Aging Gracefully Yoga \$	10am	Stretch \$	10:15am	Bingo (\$ for card)
1pm	Movie Monday	12:30pm	SKIP-BO	10:45am-noon	Hot Dog Wednesday
	(1/21, 2/18, 3/18, 4/15)	12:30pm	Texas Hold 'Em		(1/9, 2/13, 3/13, 4/10)
1pm	Ping Pong		(1/29, 2/26, 3/26, 4/30)	12:15pm	Lunch and Learn
		1pm	Fun Chair Volleyball		(1/9, 1/16, 2/6, 2/20,
		1pm	Ping Pong		3/13, 3/27, 4/10, 4/24)
		1pm	Team Chair Volleyball	12:30pm	Pinochle
		3pm	Reunion Hispania	12:30pm	Quilting
			(1/15, 2/19, 3/19, 4/16)		(1/9, 2/13, 3/13, 4/10)
		5:30pm	Guitar Sessions	1pm	Adult Coloring
					(1/16, 2/20, 3/20, 4/17)
				2:30pm	Drama Group
5pm Closed		7:30pm Closed			

Legend: \$ Fee Required

## Activities & Classes

### ADULT COLORING

Coloring may sound like a simple activity to ward off boredom, but it can actually improve health. A research study found that adults 65 and older who engage in creative activities have better overall health, use less medication, and have fewer health problems. Each month, a drawing is selected for Artist of the Month. The winner's creation is framed and hung in Dr. Nanda Bysani's USMD office in Carrollton. *All supplies are provided and no registration is required. Held monthly at the Senior Center, W (1/16, 2/20, 3/20, & 4/17), 1pm. Ages 50+. Instructor: Vance*

### BINGO

Bingo is played weekly in the Roundup Room. Arrive by 10:15am. Payment is to be made to the event organizers. *Held at the Senior Center, W, 10:15am. Ages 50+. \$1/card.*

### CERAMICS

Students are supplied with clay to create their own pieces, but are also welcome to bring precast pieces to decorate and glaze. The instructor will teach participants how to clean, decorate, and glaze items. *Glazes, underglazes, tools, and firing are included in the monthly fee. This class offers a four-class punch card for \$30 per res/\$33 per non-res, 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+	1/8-1/29	Tu	9-11:30am	4	\$30/\$33
152010-33	SRC	50+	2/5-2/26	Tu	9-11:30am	4	\$30/\$33
152010-41	SRC	50+	3/5-3/26	Tu	9-11:30am	4	\$30/\$33
152010-49	SRC	50+	4/2-4/30	Tu	9-11:30am	5	\$37.50/\$41.25

### DRAMA GROUP

This talented group continues to entertain us with their hilarious performances at the monthly luncheons. You don't have to have a particular talent to join, just a good sense of humor and a desire to laugh! *Group meets at the Senior Center, W, 2:30-4pm. Ages 50+.*

### FREE NOTARY SERVICE

Services are available to Senior Center members on the first Monday of the month in the Lone Star Room. *Held monthly at the Senior Center, M (1/7, 2/4, 3/4, & 4/8), 9-10am. Ages 50+.*

### GUITAR SESSIONS

*Held weekly at the Senior Center, Tu, 5:30pm. Ages 50+.*



### KNIT AND CROCHET

If you like to knit and/or crochet, come join us. Work on your own project with your own yarn, or use ours to make items for charity. We will help you with the basics. We have made hats, blankets, scarves, and baby items for hospitals, Metrocrest Services (which distributes to schools and homeless centers), and charitable organizations. Enjoy the craft of knitting and/or crochet and make some new friends. *Group meets at the Senior Center, M, 9:30-11:30am. Ages 50+.*

THURSDAY		FRIDAY		SATURDAY	
7am	Walking	7am	Walking	9am	Ping Pong
8:30am	FUNctional Fitness \$	9am	Low Impact Aerobics \$	9:15am	Tai Chi \$
9am	Dominoes	9am	Dominoes	10am	Technology Saturdays (1/5, 3/2)
9am	Scrabble	9am	Painting		
10am	FUNctional Fitness II \$	9am	Scrabble		
10am	Stretch \$	10am	H&F Canasta		
11am	Quilting (1/3, 1/24, 2/7, 2/28, 3/7, 3/28, 4/4, 4/25)	11am	Aging Gracefully Yoga \$		
11am	Monthly Luncheons (1/17, 2/21, 3/21, 4/18)	11am	Sing-Along (1/4, 1/18, 2/1, 2/15, 3/1, 3/15, 4/5, 4/19)	1pm	Closed
11am	New Members Tour (1/10, 2/14, 3/14, 4/11)	12:30pm	Pinochle		
12:30pm	SKIP-BO	1pm	Volleyball Team Practice		
1pm	Fun Chair Volleyball	1:30pm	Blood Pressure & Sugar Screening (1/11, 2/8, 3/8, 4/12)		
1pm	Mahjong				
2pm	Bunka				
5pm	Thursday Night Potluck (1/10, 2/14, 3/14, 4/11)				
6:05pm	Dance Lessons				
7pm	Dance \$				
9:30pm	Closed	5pm	Closed		
					<b>NOTE: Senior Center Is Closed On Sundays</b>

## QUILTING GROUP

Bring your own sewing machine and supplies. You can bring material or purchase some from the group leader. We'll start with small projects and then progress to table runners, bowls, and quilts. No registration required. *Meets at the Senior Center, W (1/9, 2/13, 3/13, 4/10), 12:30-4pm, & Th (1/3, 1/24, 2/7, 2/28, 3/7, 3/28, 4/4, & 4/25), 11am-1:30pm. Ages 50+.*

## REUNION HISPANIA

Una cena para nuestros invitados hispano-parlantes se lleva a cabo el tercer martes de cada mes. Traiga su comida favorita para compartir y participe de los juegos. *Para participar de este evento necesita ser mayor de 50 años y tener una membresía del Senior Center, o un pase por el día. Ma (1/15, 2/19, 3/19, y 4/16), 3pm. Edades de 50+.*

A dinner for our Spanish-speaking guests is held on the third Tuesday of each month. Bring your favorite food to share and participate in games. *A Senior Center membership card or day pass is required to participate in this event. Held Tu (1/15, 2/19, 3/19, & 4/16), 3pm. Ages 50+.*

## SECOND WEDNESDAY BOOK CLUB

Enrich your reading experience with some lively discussion led by volunteers.

DATE	LOC	AGE	DAY	TIME	BOOK AND AUTHOR
1/9	SRC	50+	W	10am	<i>Lilac Girls: A Novel</i> by Martha Hall Kelly
2/13	SRC	50+	W	10am	<i>Before We Were Yours</i> by Lisa Wingate
3/13	SRC	50+	W	10am	<i>I Still Dream About</i> by Fannie Flagg
4/10	SRC	50+	W	10am	<i>Behind Rebel Lines</i> by Seymour Reit

## Show your card!

Memberships (or day pass) required for Rosemeade, Crosby, and Senior Center.



## SING-ALONG GROUP

Be a part of a group of seniors who love to sing. Free with no registration required. *Group meets at the Senior Center, F (1/4, 1/18, 2/1, 2/15, 3/1, 3/15, 4/5, & 4/19), 11am-12pm. Ages 50+.*

## TECHNOLOGY SATURDAYS

This is a great opportunity to resolve your technology challenges, and learn from others doing the same. Receive one-on-one assistance on a first-come, first-served basis on any portable device (cell phone, smartphone, tablet, laptop, reader, etc.) or any topic accessible via the device and the internet (email, social media, website maintenance, texting/tweeting, photography, application usage, install and removal, etc.). *Held at the Senior Center, Sa (1/5 & 3/2), 10am-12pm. Ages 50+.*

## TEXAS HOLD 'EM

Seating at 12:30pm. Games begin at 1pm. The first 64 participants will be seated. No registration required. *Held monthly at the Senior Center, Tu (1/29, 2/26, 3/26, & 4/30), 1pm. Ages 50+.*



## YOU CAN PAINT A MASTERPIECE

Even if you have never held a paintbrush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn the 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-Blue Dome of Santorini, February-Valentine Poppy, March-Destin's Emerald Coast, April-Old Barn with Bluebonnets and Wildflowers. **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](http://robertgardenart.com). Deadline to register is the Tuesday before each class.** Instructor: Garden

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
152090-25	SRC	50+	1/10	Th	9am-12pm	1	\$35/\$36.50
152090-33	SRC	50+	2/14	Th	9am-12pm	1	\$35/\$36.50
152090-41	SRC	50+	3/14	Th	9am-12pm	1	\$35/\$36.50
152090-49	SRC	50+	4/11	Th	9am-12pm	1	\$35/\$36.50

## YOU CAN WATERCOLOR

Discover the fun and beauty of the medium of watercolor under the guidance of master artist Robert Garden. You will create a different painting with each inspiring lesson using the finest paper (300 lb. cold-pressed watercolor paper) and vibrant transparent pigments. Learn special techniques, tricks, and shortcuts that will make watercolor fun and easy. Painting schedule: January-Autumn at Teton Winter, February-Cape Hatteras Lighthouse, March-Hummingbird at a Hibiscus, April-Into the Dreamy Woods. **All supplies are provided. Wear old clothes. For more information, visit [robertgardenart.com](http://robertgardenart.com). Deadline to register is the Monday before each class.**

Instructor: Garden

CLASS#	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
152095-25	SRC	50+	1/30	W	9:30am-12pm	1	\$35/\$36.50
152095-33	SRC	50+	2/27	W	9:30am-12pm	1	\$35/\$36.50
152095-41	SRC	50+	3/27	W	9:30am-12pm	1	\$35/\$36.50
152095-49	SRC	50+	4/24	W	9:30am-12pm	1	\$35/\$36.50



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

# Food, Fun, & Fellowship

## HOT DOG WEDNESDAY

Get a jumbo hot dog and all the fixin's prepared and served by your own Senior Advisory Council members. Cost is \$2 per person. **Held monthly at the Senior Center, W (1/9, 2/13, 3/13, & 4/10), 10:45am-12pm. Ages 50+.**

## LUNCH AND LEARN

This is an opportunity to hear presentations from vendors on a variety of topics. Vendors will provide a light lunch. Pre-registration is appreciated to get an accurate head count. Specific topics and presenters will be posted closer to the dates scheduled. **Held at the Senior Center in the Lone Star Room, W. Ages 50+.**

DATE	CLASS	DAY	TIME
1/9	Medicare FAQ	W	12:15-1:15pm
1/16	Reverse Mortgages	W	12:15-1:15pm
2/6	Limited Financial Services	W	12:15-1:15pm
2/20	Lunch and Learn	W	12:15-1:15pm
3/13	Medicare	W	12:15-1:15pm
3/27	Warm Springs	W	12:15-1:15pm
4/10	Lunch and Learn	W	12:15-1:15pm
4/24	Lunch and Learn	W	12:15-1:15pm



## MONTHLY LUNCHEON

Join us once a month for a delicious catered lunch and opportunity to socialize and enjoy a variety of activities and entertainment. Registration is \$5 and ends three days before the luncheon. **Held at the Senior Center. Ages 50+.**

DATE	THEME	DAY	TIME
1/17	New Year's	Th	11am-1pm
2/21	Valentine's Day	Th	11am-1pm
3/21	Tap Dazzlers	Th	11am-1pm
4/18	Theater Group	Th	11am-1pm

## MOVIE MONDAY

Enjoy a free movie each month with refreshments provided by Oxford Glen. Titles will be available one month prior and will be published on the facility calendar and advertised at the Senior Center front desk. **Held monthly at the Senior Center, M (1/21, 2/18, 3/18, & 4/15), 1pm. Ages 50+.**

## OUT TO LUNCH - SEE PAGE 9

## THURSDAY NIGHT POTLUCK

Potluck is an opportunity for you to prepare a dish to share with friends, try something new to eat, and have a fun evening playing games. **Held monthly at the Senior Center, Th (1/10, 2/14, 3/14, & 4/11), 5pm. Ages 50+.**

# Health & Fitness

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

## 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, 11am-12pm. Ages 50+. Instructor: Guinn**

## B12 SHOTS

Cash or check payable to Flu Shots of America. **Held monthly at the Senior Center, Tu (1/8, 2/5, 3/5, & 4/9), 9:30-10am. \$20, Ages 50+.**

## 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, this class strives to not only 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. Ages 50+. Instructor: Jordan**

## BLOOD PRESSURE AND SUGAR SCREENING

Do you need to check your blood pressure or blood sugar? Visit the Senior Center for free blood pressure and blood sugar screenings; no appointment necessary. **Held monthly at the Senior Center, F (1/11, 2/8, 3/8, & 4/12), 1:30pm. Ages 50+.**

## 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. Held at the Senior Center, Tu/Th, 8:30-9:30am. Ages 50+. Instructor: Sparenberg**



## NEW>>DROP IN>> FUNCTIONAL FITNESS II

Personal training in a group setting that focuses on activity, restoring muscles for everyday functioning, and improving quality of life. Optional floor stretches. Hand weights and floor mats provided. **Purchase a 10-class FUNctional Fitness II punch card for \$30 or drop in for \$3.50. Held at the Senior Center, Tu/Th, 10-11am. Ages 50+. Instructor: Sparenberg.**

## DROP IN>> LOW IMPACT AEROBICS

This class is open to all participants regardless of athletic ability, and incorporates elements of basic aerobic choreography, strength training, core work, and stretching/cool down. Beginners can exercise side-by-side with more experienced participants because the instructors give directions for each skill level. **All mats and weights are provided. Bring a water bottle. Purchase a 10-class Low Impact Aerobics punch card for \$20 or drop in for \$2.50. 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 Stretch punch card for \$20 or drop in for \$2.50. Held at the Senior Center, Tu/Th, 10-11am. Ages 50+. No class 1/1. Instructor: Guinn**

## DROP IN>> TAI CHI & QIGONG

Qigong (chi kung) involves slow repetitive movements. Qigong can be used as a stand-alone form of exercise or as a warmup to 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. Usually, exercises are done without shoes for better balance, and movements can be done sitting or standing. **Purchase a 5-class Tai Chi & Qigong punch card for \$35 (res)/\$38.50 (non-res) or drop in for \$8. Held at the Senior Center M/W, 10-11am. Ages 50+. Instructor: Smith**

## WEIGHT ROOM ORIENTATION - SEE PAGE 33



# Carrollton Public Library

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

## 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

Free programs and events for all ages  
Internet access • Online databases and resources • Free Wi-Fi • Express check stations  
Books, Magazines, CDs, DVDs & newspapers  
Language materials in Spanish, Hindi, Korean, Vietnamese, & more  
Study rooms • Quiet reading lounges  
Meeting spaces • Local history & genealogy  
Language instruction resources  
eBooks • Digital Magazines

## JOSEY RANCH LAKE

1700 KELLER SPRINGS ROAD  
(WEST OF JOSEY LANE)

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

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

## Early Literacy Classes

January 7 – April 27

No early literacy classes during Spring Break, March 11-15

### BABY TIME

These 20-minute sessions are designed for “pre-walkers” and a parent or caregiver. Interact with baby as you develop a love of language through rhymes and music. Stay afterward for a time for baby play and adult conversation. Siblings welcome.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	Pre-walkers	M	11am	Ongoing
Josey Ranch Lake	Pre-walkers	W	1:30pm	Ongoing

### TODDLER TIME

Children and a parent or caregiver participate in early language learning through stories, songs, rhymes, and movement.

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

### LIBROS Y AMIGOS/BOOKS AND FRIENDS

Participa en cuentas, canciones, juegos con los dedos, rimas de acción, y movimiento en español e inglés. Todos son bienvenidos, ya sea que sepa español o le gustaría aprender.

Participate in stories, songs, fingerplays, action rhymes, and movement in Spanish and English. Everyone is welcome – whether you know Spanish or would like to learn.

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	0-5	Tu	10:15am	Ongoing

### PRE-K STORY TIME

Children develop early literacy skills through stories, songs, fingerplays, action rhymes, and movement. Story times are designed to help children practice the skills needed to prepare for school.

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	3-5	M	11am	Ongoing
Josey Ranch Lake	3-5	Tu	11am	Ongoing
Hebron & Josey	3-5	W	11am	Ongoing

### EVENING STORY TIME

Children and their families participate in stories, songs, fingerplays, action rhymes, and movement.

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	0-5+	M	7pm	Ongoing

### SENSORY STORY TIME

Presented at a preschool level of development, this interactive and educational story time can be enjoyed by children ages 3 years and up, who have sensory integration challenges, difficulty sitting still, difficulty in large groups, or who have Autism Spectrum Disorder (ASD). Attendance is limited to 10 children and their caregivers. Siblings are welcome. Register online at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	3+	W	4:30pm	Ongoing

### SATURDAY STORY TIME

Children and their families participate in stories, songs, fingerplays, action rhymes, and movement.

DATE	LIBRARY	AGE	DAY	TIME
1/12	Josey Ranch Lake	0-5+	Sa	10:30am
2/2	Hebron & Josey	0-5+	Sa	10:30am
2/9	Josey Ranch Lake	0-5+	Sa	10:30am
3/2	Hebron & Josey	0-5+	Sa	10:30am
3/9	Josey Ranch Lake	0-5+	Sa	10:30am
3/30	Hebron & Josey	0-5+	Sa	10:30am
4/6	Josey Ranch Lake	0-5+	Sa	10:30am
4/27	Hebron & Josey	0-5+	Sa	10:30am

### PRESCHOOL PLAYDATE

Bring your preschooler to the Library for fun and educational, unstructured play while our early literacy classes are on a break.

DATE	LIBRARY	AGE	DAY	TIME
4/30	Josey Ranch Lake	0-6	Tu	10am



## School-Age Children

### NEW!>> STEM STORY TIME

This storytime will involve a book-sharing and a hands-on STEM activity every week led by an engineer with a local, 3D printing and engineering technology company. Attendance is limited and registration is required at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com). Call 972-466-4800 for assistance.

DATE	LIBRARY	AGE	DAY	TIME
1/17	Hebron & Josey	3-8	Th	4-4:45pm
1/31	Hebron & Josey	3-8	Th	4-4:45pm
2/14	Hebron & Josey	3-8	Th	4-4:45pm
2/28	Hebron & Josey	3-8	Th	4-4:45pm
3/21	Hebron & Josey	3-8	Th	4-4:45pm
4/4	Hebron & Josey	3-8	Th	4-4:45pm
4/11	Hebron & Josey	3-8	Th	4-4:45pm
4/18	Hebron & Josey	3-8	Th	4-4:45pm



### SPRING BREAK SHENANIGANS

Join us each day of Spring Break for a different fun and exciting boredom-busting activity.

DATE	LIBRARY	AGE	DAY	TIME	ACTIVITY
3/11	Josey Ranch Lake	6-12	M	12pm	Movie Marathon – <i>Hotel Transylvania 1, 2, &amp; 3</i>
3/12	Hebron & Josey	6-12	Tu	1-3pm	Book Art
3/13	Josey Ranch Lake	6-12	W	6-8pm	Video Game Mania
3/14	Hebron & Josey	6-12	Th	12-2pm	Library Scavenger Hunt

### NEW!>> STEAM LAB

Join us the third Tuesday each month for after school fun. Each program features different activities that give children a hands-on experience that helps develop creativity, problem-solving, and the scientific method.

DATE	LIBRARY	AGE	DAY	TIME
1/15	Hebron & Josey	6-12	Tu	4-5pm
2/19	Hebron & Josey	6-12	Tu	4-5pm
3/19	Hebron & Josey	6-12	Tu	4-5pm
4/16	Hebron & Josey	6-12	Tu	4-5pm



### HOMESCHOOL BOOK CLUB

All are welcome to this book club designed for homeschool children. Children will break into small groups based on age (6-10, 11+) for a mentor-led book theme discussion, followed by fun and educational STEAM activities.

DATE	LIBRARY	AGE	DAY	TIME	THEME
2/6	Hebron & Josey	6+	W	1:30-2:30pm	Kindness
3/6	Hebron & Josey	6+	W	1:30-2:30pm	Cooperation
4/3	Hebron & Josey	6+	W	1:30-2:30pm	Biography

### SPRING BREAK STEAM FAIR

Let's close out Spring Break with a BANG! Join us for our second annual Spring Break STEAM Fair. We will provide hands-on experiments from UTD, the Perot Museum, Schneider Electric, and GoEngineering.

DATE	LIBRARY	AGE	DAY	TIME
3/15	Josey Ranch Lake	6-12	F	3:30-5:30pm

### HOMESCHOOL ROUND TABLE

Join us for a parent-led, roundtable discussion about all things homeschool. Kids can enjoy some popcorn and a screening of *Dolphin Tale* (2011), PG.

DATE	LIBRARY	AGE	DAY	TIME
4/10	Hebron & Josey	6+	W	1:30pm

### NATIONAL SUPERHERO DAY

Come show us your super powers with crafts and a screening of Disney's *The Incredibles 2* (2018), PG.

DATE	LIBRARY	AGE	DAY	TIME
4/28	Josey Ranch Lake	3-12	Su	2pm

## You're Invited

### National Library Week Bookmark Contest March 1-25

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 both Library locations during National Library Week April 7-13. Entry forms will be available online and at both Library locations starting March 1. Submit entries to either Library from March 1 to March 25. Winners will be announced on April 8.

# Tweens & Teens

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

## TEEN COOKIES & CRAFTING

Take a break from life and try a new hobby at the Library. Have some treats, chill with friends, and tackle new crafts each month!

DATE	LIBRARY	AGE	DAY	TIME
1/17	Hebron & Josey	13-18	Th	6:30-8pm
2/14	Hebron & Josey	13-18	Th	6:30-8pm
3/14	Hebron & Josey	13-18	Th	6:30-8pm
4/11	Hebron & Josey	13-18	Th	6:30-8pm

## GAME NIGHT

Time to test those friendships and see if they can survive a game night! Bring your friends and try out the latest and greatest games. Betray your friends in *The Resistance* or show off your art skills in *Telestrations*.

DATE	LIBRARY	AGE	DAY	TIME
<b>Tween</b>				
1/30	Josey Ranch Lake	9-12	W	6:30-8pm
2/27	Josey Ranch Lake	9-12	W	6:30-8pm
3/27	Josey Ranch Lake	9-12	W	6:30-8pm
4/24	Josey Ranch Lake	9-12	W	6:30-8pm
<b>Teen</b>				
1/31	Hebron & Josey	13-18	Th	6:30-8:30pm
2/28	Hebron & Josey	13-18	Th	6:30-8:30pm
3/28	Hebron & Josey	13-18	Th	6:30-8:30pm
4/25	Hebron & Josey	13-18	Th	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
2/12	Hebron & Josey	13-18	Tu	6:30-8pm

## 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
2/13	Josey Ranch Lake	10-14	W	6:30-8pm

## TEENS AFTER HOURS

Hang out with friends, play video games, craft, and goof around at the Library in this after hours program. This won't be the Library you're used to seeing. Pick up a permission slip at either Library location or on the website. *Signed permission slip required to enter.*

DATE	LIBRARY	AGE	DAY	TIME
3/8	Josey Ranch Lake	13-18	F	6:30-9:30pm

## TWEEN SPRING BREAK VIDEO GAME MANIA

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

DATE	LIBRARY	AGE	DAY	TIME
3/13	Josey Ranch Lake	9-12	W	3-5pm

[INSTAGRAM.COM/CPLTEENLEAGUE](https://www.instagram.com/cplteenleague)  
[CPLTEEN.WORDPRESS.COM](http://cplteen.wordpress.com)



## All Ages

### HARRY POTTER YULE BALL

Attention Harry Potter fans of all ages! Join us for our very own Yule Ball inspired by *Harry Potter and the Goblet of Fire*. In addition to the festive Yule Ball, complete with dancing and music, there will be Harry Potter-themed crafts, games, and a photo booth. Dressing up is encouraged.

DATE	LIBRARY	AGE	DAY	TIME
1/4	Josey Ranch Lake	All	F	6:30-9:30pm

### 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
1/9	Josey Ranch Lake	All	W	6:30-8pm
2/6	Josey Ranch Lake	All	W	6:30-8pm
3/6	Josey Ranch Lake	All	W	6:30-8pm
4/3	Josey Ranch Lake	All	W	6:30-8pm

### AFRICAN-AMERICAN READ-IN

Bring the whole family! All are welcome to hear excerpts from stories, poems, and songs written by African-American authors. Special guests will read selections aloud for your enjoyment. Free books will be given 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
2/10	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
2/10	Hebron & Josey	All	Su	3-5pm



# Adult Programs

## SUSTAINABLE WEIGHT LOSS

Have you experienced post-holiday weight gain? Come to the Library and learn about sustainable weight loss. The eight pillars of a healthy and nutritious life will be presented by an experienced health and wellness practitioner.

DATE	LIBRARY	AGE	DAY	TIME
1/7	Hebron & Josey	Adults	M	6:30-7:30pm
1/12	Josey Ranch Lake	Adults	Sa	11am-12pm

## THE ABCS OF GENEALOGY

Looking to find your lost relatives? Join other genealogy enthusiasts for sessions led by Carrollton resident and local expert, J.T. McKinney. Courses do 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 wartime records and resources beginning with the Revolutionary War.

DATE	LIBRARY	AGE	DAY	TIME	ROOM	TOPIC
1/7	Hebron & Josey	Adults	M	7-9pm	Storytime	Revolutionary War 1
1/15	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental	Revolutionary War 1
1/21	Hebron & Josey	Adults	M	7-9pm	Electronic	Revolutionary War 2
1/29	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic	Revolutionary War 2
2/4	Hebron & Josey	Adults	M	7-9pm	Storytime	Civil War 1
2/12	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental	Civil War 1
2/18	Hebron & Josey	Adults	M	7-9pm	Electronic	Civil War 2
2/26	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic	Civil War 2
3/4	Hebron & Josey	Adults	M	7-9pm	Storytime	World War I 1
3/12	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental	World War I 1
3/18	Hebron & Josey	Adults	M	7-9pm	Electronic	World War I 2
3/26	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic	World War I 2
4/1	Hebron & Josey	Adults	M	7-9pm	Storytime	World War II 1
4/9	Josey Ranch Lake	Adults	Tu	10am-12pm	Environmental	World War II 1
4/15	Hebron & Josey	Adults	M	7-9pm	Electronic	World War II 2
4/23	Josey Ranch Lake	Adults	Tu	10am-12pm	Electronic	World War II 2



To book a study room, register for a class, or sign up for an event, visit [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call the Library at 972-466-4800 for assistance.



## COMPUTER CLASSES

Need help with computers? Learn about computer basics, Excel, Word, coding, and LinkedIn. Classes are free. **Register online at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	TOPIC
1/12	Hebron & Josey	Adults	Sa	10:30am-12pm	Word-Beginners
1/19	Hebron & Josey	Adults	Sa	10:30am-12pm	Word-Intermediate
2/9	Hebron & Josey	Adults	Sa	10:30am-12pm	Excel-Beginners
2/16	Josey Ranch Lake	Adults	Sa	10:30am-12pm	Excel-Intermediate
3/9	Hebron & Josey	Adults	Sa	10:30am-12pm	Computer Basics
3/16	Josey Ranch Lake	Adults	Sa	10:30am-12pm	Intro to LinkedIn
4/13	Hebron & Josey	Adults	Sa	10:30am-12pm	Computer Basics
4/20	Josey Ranch Lake	Adults	Sa	10:30am-12pm	Coding-Beginners

## GAME ON!

Board games are so much more than the Chutes and Ladders or Monopoly of 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
1/19	Hebron & Josey	Adults	Sa	2-5:30pm
2/16	Hebron & Josey	Adults	Sa	2-5:30pm
3/16	Hebron & Josey	Adults	Sa	2-5:30pm
4/13	Hebron & Josey	Adults	Sa	2-5:30pm

## POST-HOLIDAY YOGA

Holidays got you stressed? Join us for an hour of yoga lead by the Rescue Yoga team. Bring your mat and go from tense to Zen with deep breathing and stretches.

DATE	LIBRARY	AGE	DAY	TIME
1/26	Josey Ranch Lake	Adults	Sa	2-3pm

## TAX ASSISTANCE BY AARP

Volunteers with the American Association of Retired Persons (AARP) provide free tax return assistance. Bring identification, 2017 tax return, and all documents and information for 2018.

DATE	LIBRARY	AGE	DAY	TIME
1/28-4/15	Hebron & Josey	Adults	M	10am-5pm
2/1-4/12	Josey Ranch Lake	Adults	F	10am-2pm

## Welcome Sir Reads-A-Lot!

Visit Carrollton Public Library's newest installation, Sir Reads-A-Lot, at the Josey Ranch Lake Library. Donate today to receive a commemorative plate on the spine of one of his books. All donations go to the Friends of the Carrollton Public Library who support the Library's programs. Visit [friendscarrolltonlibrary.org](http://friendscarrolltonlibrary.org)

- Gold Level - \$100+
- Silver Level - \$50+
- Bronze Level - \$15+



## Downsizing and Rightsizing

Would you or a loved one like to downsize to a more affordable, more manageable space, but your stuff has you stymied? Don't know how or where to start? Come hear the top downsizing and rightsizing tips from a certified Senior Move Manager.

DATE	LIBRARY	AGE	DAY	TIME
2/9	Hebron & Josey	Adults	Sa	11am

## Starting Your Small Business ... Lawfully!

Discover what you need to start a business, including what form of business you should use, what different tax structures businesses use, and the importance of classifying employees or contractors. Concepts of licensing, real estate, and dealing with municipalities will also be introduced.

DATE	LIBRARY	AGE	DAY	TIME
2/23	Josey Ranch Lake	Adults	Sa	10:30am-12pm

## Spring Craftivity

Spring is in the air! Join us and craft something fresh and fun to celebrate the season.

DATE	LIBRARY	AGE	DAY	TIME
3/2	Josey Ranch Lake	Adults	Sa	11am

## Bob Ross Paint-Along

Paint #happylittletrees at our Bob Ross Paint-Along. Join us for snacks, fun, and create your own one-of-a-kind Bob Ross-inspired painting to take home. *All supplies are provided. Dress to get messy. Space is limited to 12 participants. Register online at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.*

DATE	LIBRARY	AGE	DAY	TIME
3/7	Hebron & Josey	14+ & Adults	Th	6:30-8:30pm

## Trademarks & Copyrights 101 for Individuals and Businesses

Discover the basics of trademark and copyright law, including what they are, what they protect, and the differences between the two forms of intellectual property (IP). Thresholds to registration of these forms of IP, registration strategies, and tips will be discussed. There will be a Q&A session after the presentation.

DATE	LIBRARY	AGE	DAY	TIME
3/23	Josey Ranch Lake	Adults	Sa	10:30am-12pm

## Life Balance Workshop

It's your life! Looking for ways to balance life between work and home? A certified Life Coach will share how to evaluate your quality of life, set goals that are important to you, and give you tools to achieve your goals. *Register online at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.*

DATE	LIBRARY	AGE	DAY	TIME
4/6	Hebron & Josey	Adults	Sa	11am-1pm

## Book a Librarian!

Need some research assistance? Schedule a 30-minute session with a professional librarian. Get search tips and resource guidance from an expert. Book an appointment at [cityofcarrollton.com/bookalibrarian](http://cityofcarrollton.com/bookalibrarian) or call 972-466-4800 for assistance.



## Financial Literacy Series

Many Americans are concerned about their financial debt, retirement shortfalls, financing, and fees from late payments, all of which can be managed once you know how. This series aims to help 20 and 30 somethings better manage their money and prepare for the future. Adults of all ages welcome.

### Budgeting

Learn how to live within a budget. Monitor your spending and get the most out of your money.

DATE	LIBRARY	AGE	DAY	TIME
4/4	Hebron & Josey	Adults	Th	6:30-8pm

### Saving & Investing for Retirement

Learn important financial concepts, including the rule of 72, the three Ds of investing, the different types of investment/retirement accounts, and how taxes play a role in these accounts and impact your retirement income.

DATE	LIBRARY	AGE	DAY	TIME
4/11	Hebron & Josey	Adults	Th	6:30-8pm

### Debt Management

Debt can be dangerous! Learn about the different types of debt, how to manage your debt, and a strategy to pay it off quicker to save on interest, which means more money in your pocket. Your credit score is an important part of managing your debt – learn how it works and what you can do to improve it.

DATE	LIBRARY	AGE	DAY	TIME
4/18	Hebron & Josey	Adults	Th	6:30-8pm

### Protection

As a young adult, do I really need life insurance and a will? No matter the age, learn what legal documents are important when planning for your or your parents' future.

DATE	LIBRARY	AGE	DAY	TIME
4/25	Hebron & Josey	Adults	Th	6:30-8pm

# Community Events

## Saturdays on the Square

Every second Saturday of the month  
Downtown Carrollton  
1106 S. Broadway Street

### January

Saturday, January 12 • 6-8pm

Enjoy a family-friendly comedy act at Carrollton's first Saturday on the Square! Enjoy food, laughter, and a whole lot of fun. Don't forget your blankets and lawn chairs for a laughin' good time.

### February

Saturday, February 9 • Sunset

Impress your true love! Celebrate the month of romance on the Square with a classic romantic film, and indulge in chocolate and treats. Be sure to bring a blanket and lawn chair to stay cozy.



### March

Saturday, March 9 • 6-8pm

Join us on the Square to rock the night away listening to a classic rock cover band. Bang your heads to the beat, and stay warm to the groove of the music.

### April

Saturday, April 13 • 6-8pm

Experience a major flashback as we karaoke to the '90s hit tunes we all know and love! Grab your flannels and fanny packs for a night of "cabbage patching" on the Square. This event will definitely bring out all the '90s kids looking to reminisce.

For more information on all Downtown events, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).



## Harry Potter Yule Ball

Friday, January 4 • 6:30-9:30pm  
Josey Ranch Lake Library  
1700 Keller Springs Road

Attention Harry Potter fans of all ages. Join us for our very own Yule Ball inspired by *Harry Potter and the Goblet of Fire*. In addition to the festive Yule Ball, complete with dancing and music, there will be Harry Potter-themed crafts, games, and a photo booth. Dressing up is encouraged. For more information, visit [cityofcarrollton.com/library](http://cityofcarrollton.com/library).

## "Almost, Maine" Production

Wednesday, January 9 • 7pm\*  
Friday, January 11 • 7pm  
Saturday, January 12 • 7pm  
Sunday, January 13 • 2pm

Adults: \$10 • Seniors: \$5  
Child(ren): Ages 5+: \$5  
\*Free to veterans, this night only

Carrollton Senior Center  
1720 Keller Springs Road



On one deeply cold and magical midwinter night, the citizens of Almost, Maine – a place not organized enough for a town, but too populated for the wilderness, experience the life-altering power of the human heart. Relationships end, begin, or change beyond recognition, as strangers become friends, friends become lovers, and lovers turn into strangers. This production is propelled by the mystical energy of the Northern Lights and populated with characters that are humorous, plain-spoken, thoughtful, and sincere. A show for the whole family, with a series of loosely connected tales about love, each with a compelling couple at its center, and an exhilarating story to be told. For more information, contact the Carrollton Senior Center at 972-466-4850.



## 22<sup>nd</sup> Annual Martin Luther King Jr. Day Parade

Saturday, January 19 • 10am

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; and 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.



## 1<sup>st</sup> Annual Adult Prom— Bringing Back the '80s

Saturday, January 19 • 7:30-11pm

Age 21+ • Couples: \$40, Singles: \$30

Crosby Recreation Center, 1610 E. Crosby Road

Grab your significant other or all your girlfriends and head to the prom as the Trinity Room at the Crosby Recreation Center is transformed into a 1980s prom. Dress in your best '80s attire, enjoy hors d'oeuvres, and dance to the best '80s hits. A cash bar with beer and wine will be available. Plus, no prom would be complete without crowning prom king and queen. Prom court will be selected by potential candidates submitting their own high school prom photo. Finalists will be voted on, and the prom court will be contacted. For more information, call 972-466-9816. *Registration is required at [cityofcarrollton.com/sign-up-now](http://cityofcarrollton.com/sign-up-now).*



## Chinese New Year Celebration

Sunday, February 10 • 3-5pm

Hebron & Josey Library

4220 N. Josey Lane

Carrollton Sun Ray Chinese School will lead attendees in a variety of activities celebrating Chinese culture. Join us in welcoming 2019, the Year of the Pig and the 12<sup>th</sup> sign of the Chinese zodiac.



## African-American Read-In

Sunday, February 10 • 4-5pm

Josey Ranch Lake Library

1700 Keller Springs Road

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



# Adaptive Recreation

## REC OUT!

Carrollton is offering Rec Out! for individuals 22+ years old who experience a disability. This is an opportunity to practice life, social, and communication skills, develop friendships, and participate in the community. Program days will include games, crafts, snacks, going out to lunch, and an outing such as bowling or the trampoline park. **Participants will need to bring money for lunch.**

CLASS #	LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
120001-10	CRC	22+	2/12	Tu	10:30am-3:15pm	\$20/\$22
120001-30	CRC	22+	4/9	Tu	10:30am-3:15pm	\$20/\$22

## SENSORY FRIENDLY MOVIE NIGHT **FREE**

The Carrollton Senior Center is offering individuals with special needs and their families an opportunity to enjoy a family movie in a welcoming and inclusive environment where the volume is lowered, the lights are raised, and moviegoers are welcome to move around, sing, and even dance. Free to Carrollton residents and non-residents. **For Sensory Story Time, see page 14.**

CLASS #	LOC	AGE	DATES	DAY	TIME	\$
122001-10	SRC	All	2/27	W	5:30-8pm	Free
122001-30	SRC	All	4/24	W	5:30-8pm	Free



# Run for Rover

Saturday, February 16 • 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 2/11	Race Day Registration
5K	\$25	\$30
Fun Run/Walk	\$15	\$20
Dog	\$8	\$10

### Packet Pick up:

February 14	Noon-8pm
February 15	8am-8pm
Rosemeade Recreation Center 1330 E. Rosemeade Parkway	

These mutts know how to strut! Sign up your pup for a dog-specific race 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 for 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 the Adoption Center.

**Humans who register by 2/11 are guaranteed a race T-shirt, race bag, and timing chip. A special gift will be given to all dogs who also registered early.** There will be plenty of play time, treats, giveaways, and water after the run. For more information, visit [cityofcarrollton.com/runforrover](http://cityofcarrollton.com/runforrover).



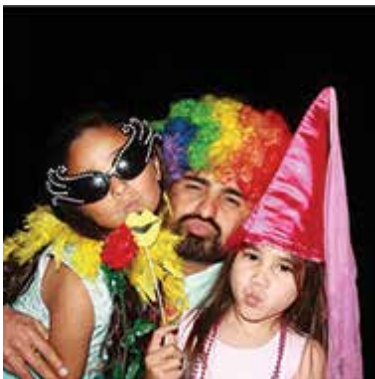
# 13<sup>th</sup> Annual CPOA Daddy Daughter Dance

Saturday, February 23 • 6-9pm

Bent Tree Bible Fellowship Church, 4141 International Parkway

The Carrollton Police Officers Association (CPOA) presents the 13<sup>th</sup> 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 CPOA.

For more information and to register, call 972-466-3031 or visit [cityofcarrollton.com/daddydaughterdance](http://cityofcarrollton.com/daddydaughterdance). **Sorry, no moms or sons allowed,**





## Citizens' Evening

Tuesday, February 26 • 6-8:30pm  
 Carrollton Senior Center (New Location)  
 Texas Ballroom, 1720 Keller Springs Road

Join us for the State of the City address presented by Mayor Kevin Falconer at Citizens' Evening. Meet and mingle with friends and neighbors, learn about Carrollton's services, volunteer opportunities, how to build stronger neighborhood associations, and find out what it takes to develop a successful neighborhood or community action partnership with the City. Hosted by the City of Carrollton with the Neighborhood Advisory Commission (NAC).



## TEXFest

Saturday, March 2 • 3-9pm  
 Downtown Carrollton  
 1106 S. Broadway Street

Carrollton is proud to announce the return of TEXFest, a beer festival honoring Texas Independence Day. This 4<sup>th</sup> annual Lone Star celebration features live Texas music in the heart of Historic Downtown Carrollton. Guests will enjoy craft beer more than 15 local vendors, wine from a local vineyard, and a mouthwatering food village.

Along with memorable photo opportunities, you will have the chance to two-step, ride a mechanical bull, or hop on a live longhorn! Bring your boots and buckles for a Texas-sized good time in Carrollton. For more information, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).



## \$5 Rabies Vaccinations

Saturday, March 23 • 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, 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 more quickly reunited with their owners if lost. For more information, call Animal Services at 972-466-3420 or visit [cityofcarrollton.com/animalservices](http://cityofcarrollton.com/animalservices).



## Gone Glamping

Saturday, March 23 • 5pm

Adult: \$25 resident/\$27.50 non-resident

Child(ren): Ages 5+: \$20 resident/\$22 non-resident

Crosby Recreation Center, 1610 E. Crosby Road

Come indoors for a night of Glamping (Glamour Camping) at Crosby Recreation Center. Glampgrounds open at 5pm on Saturday, 3/23. Air up your mattress and make your sleeping area cozy and comfortable so you can hurry over to paint a masterpiece. An instructor from Painting With Influence will be on-site to lead participants in creating a painting to take home as a souvenir from the glamping experience. A catered dinner will be provided as well as a s'mores bar and a showing of the movie *The Parent Trap* (1998), PG. There will be other games and activities throughout the evening, and you are welcome to bring your own games and activities. Breakfast will be served in the morning while you deflate your air mattress and pack up your glampsite. Glamping areas must be clear by 9am Sunday morning. Participants must provide their own glamping equipment. **Registration is required for every gl camper at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).** For more information, call 972-466-9816.



## Spring Family Campout

Saturday, April 6 • 5pm

Campers: \$10 per person

Saturday only (dinner & movie): \$8 per person

R.E. Good Soccer Complex, 2355 Sandy Lake Road

Join us for a night beneath the stars at the Spring Family Campout at R.E. Good Soccer Complex. Campgrounds open at 5pm on Saturday, 4/6. Set up camp quickly so you can enjoy the fun and games. Dinner will be provided as well as a bonfire and a showing of *Sing* (2016), PG. 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 every individual camper [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).** For those who want to join the fun on Saturday only (dinner & movie), the fee is \$8 per person. On-site registration will be allowed from 5pm until dark. For more information, call 972-466-9816.



## Spring Blooms

Saturday, April 13 • 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 Gravley 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 4/12 is required.** For more information, call 972-466-6381.

CLASS #	TIME	\$(RES/NR)
113201-20	5-5:30pm	\$10/\$12
113201-21	5:30-6pm	\$10/\$12
113201-22	6-6:30pm	\$10/\$12
113201-23	6:30-7pm	\$10/\$12



## Brunch and Brushes

Saturday, April 20 • 10am-noon  
 \$40 resident/\$45 non-resident  
 A.W. Perry Homestead Museum  
 1509 N. Perry Road

Enjoy some wonderful late morning fun at the A.W. Perry Homestead Museum. This is an ideal event for those with a "not so early" wake up time, who love to take part in that mild concoction of breakfast and lunch. After eating some delicious food, a painting session will be led by a professional artist. The cost of the class includes all supplies and one free mimosa drink with valid ID. *Tickets are limited and registration is required at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).* For additional information, contact 972-466-6381.



## 8<sup>th</sup> Annual Carrollton Trails 5K Run/1-mile Fun Run/Walk

Saturday, April 27 • 8am  
 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 4/22	Race Day Registration
Individual	\$15	\$25
Family*	\$40	\$50
Dog**	\$5	\$5

**Packet Pick up: April 25-26 • 8am-8pm**

Rosemeade Recreation Center, 1330 E. Rosemeade Parkway

*Note: Registration by 4/22 guarantees a race bag, T-shirt, and timing chip.* Any changes made to a registration after 4/22 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 972-466-9816.







## CPR/AED & Basic First Aid

Sudden cardiac arrest is often a survivable event, but usually only with bystander intervention prior to EMS arrival. Carrollton Fire Rescue (CFR) teaches these skills and would like to see everyone trained in CPR/AED. Take a few hours to get trained and help save a life when every second counts.

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

### CPR/AED

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171050-00	CRC	10+	1/5	Sa	9:15am-12:15pm	1	\$20
171050-10	CRC	10+	2/2	Sa	9:15am-12:15pm	1	\$20
171050-20	CRC	10+	3/2	Sa	9:15am-12:15pm	1	\$20
171050-30	CRC	10+	4/6	Sa	9:15am-12:15pm	1	\$20

### HEARTSAVER CPR/AED

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171051-00	CRC	10+	1/19	Sa	9:15am-12:15pm	1	\$50
171051-10	CRC	10+	2/16	Sa	9:15am-12:15pm	1	\$50
171051-20	CRC	10+	3/16	Sa	9:15am-12:15pm	1	\$50
171051-30	CRC	10+	4/20	Sa	9:15am-12:15pm	1	\$50

### 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. Instructor: Carrollton Fire Rescue

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170005-00	CRC	10+	1/19	Sa	12:15- 3:15pm	1	\$15
170005-10	CRC	10+	2/16	Sa	12:15- 3:15pm	1	\$15
170005-20	CRC	10+	3/16	Sa	12:15- 3:15pm	1	\$15
170005-30	CRC	10+	4/20	Sa	12:15- 3:15pm	1	\$15

## Chefsville Cooking Classes

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

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

### NEW!>> BREAKFAST BREADS

Kids will make sweet rolls, donuts, and Georgian Bread – a cheese bread from the country, Georgia, located north of Turkey and Iran. Come rise and shine with us, and make some breakfast breads.\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-30	RRC	7-12	4/20	Sa	2-4:30pm	1	\$28/\$30

### CUPCAKE DECORATING

Everyone loves to decorate cupcakes. Participants will unleash their creative potential and decorate to their heart's desire.\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171104-10	CRC	7-12	2/16	Sa	2-4:30pm	1	\$28/\$30

### NEW!>> FLAVOR

Kids will make dishes using herbs, spices, and international condiments with flavor and flare. Now you can learn how to add more spice to your life.\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-20	RRC	7-12	3/9	Sa	10am-12:30pm	1	\$28/\$30

### NEW!>> NOODLES, NOODLES, NOODLES!

Kids will make and explore Japanese Ramen and Udon noodles. Participants will make soups, stock, and garnishes for the noodles.\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-00	RRC	7-12	1/12	Sa	10am-12:30pm	1	\$28/\$30

## Chess

### NORTH TEXAS CHESS ACADEMY CAMP

Join the North Texas Chess Academy for a fun and educational week of learning chess. Ages 6 and up are welcome to attend. No experience is necessary. Begin your lifelong chess journey that has far-reaching benefits on and off the board. Topics will include the basics, objectives, strategy, tactics, and chess-themed activities. This Spring Break camp is for beginner/intermediate level students with an emphasis on fundamentals and building a good foundation for success.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170132-20	RRC	6-15	3/11-3/15	M-F	9am-12pm	5	\$99/\$109



## LEGO®

**NEW!>> HARRY POTTER MAGICAL ENGINEERING**

Ratchet up your imagination with tens of thousands of LEGO parts! Build engineer-designed projects such as motorcycles, castles, airplanes, and monorails. Then use special pieces to create your own unique design! Students can explore the endless creative possibilities of the LEGO building system. Instructor: Play-Well

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170036-20	RRC	5-7	3/11-3/15	M-F	9am-12pm	5	\$169/\$186

**NEW!>> HARRY POTTER MASTER ENGINEERING**

Level up your engineering skills with Play-Well TEKnologies and tens of thousands of LEGO parts! Apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as belt-drive cars, truss bridges, rail racers, and pneumatic forklifts! Design and build as never before, and explore your craziest ideas in a supportive environment. Instructor: Play-Well

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170036-25	RRC	8-12	3/11-3/15	M-F	1-4pm	5	\$169/\$186



## Preschool

**ADVENTURE KIDS**

This academic and creative-based program is for children entering kindergarten in the fall of 2019. Your preschooler will be in a loving environment that allows them to interact with other children, and one that will give them opportunities to work on problems through a variety of fun, educational tools and experiences. Children will have fun exploring art, learning fine motor skills, social skills, beginning writing, and sign language. Includes gym, music, stories, and lunch. Each child will be evaluated in colors, shapes, letters, and numbers when they enter the class, then periodically throughout the school year to gauge your child's progress. **Please pack a lunch for your child. No class on 1/7, 1/21, or 2/18. Make-up classes on Fridays 1/11, 1/25 & 2/22. No class the week of Spring Break, 3/11 & 3/13.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171400-00	CRC	4-6	1/9-1/30	M/W	9:30am-2pm	8	\$193/\$211
171400-10	CRC	4-6	2/4-2/27	M/W	9:30am-2pm	8	\$193/\$211
171400-20	CRC	4-6	3/4-3/27	M/W	9:30am-2pm	6	\$167/\$183
171400-30	CRC	4-6	4/1-4/24	M/W	9:30am-2pm	8	\$193/\$211

**BUSY BEES**

This class is designed to introduce a classroom setting for your child and to help them build solid socialization skills. They will also learn and practice their basic numbers, letters, and colors. We will work on fine motor skills through art, play, and sign language. Includes gym time, music, stories, and lunch. Each child will be evaluated in colors, shapes, letters, and numbers when they enter the class and then periodically throughout the school year to determine the child's progress. **Please pack a lunch for your child. No class 3/12 & 3/14.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171402-00	CRC	3-4	1/8-1/31	Tu/Th	9:30am-1pm	8	\$142/\$156
171402-10	CRC	3-4	2/5-2/28	Tu/Th	9:30am-1pm	8	\$142/\$156
171402-20	CRC	3-4	3/5-3/28	Tu/Th	9:30am-1pm	6	\$118/\$130
171402-30	CRC	3-4	4/2-5/2	Tu/Th	9:30am-1pm	10	\$166/\$182

## Nature

*\*Closed-toe shoes 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 Nature Center with a craft and a 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 Creepy Crawlies, where we will learn all about bugs. **Cost is \$5 per family, up to four children.\***

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
174034-20	EFNP	All	3/23	Sa	10-11am	1	\$5/\$5.50

**ELM FORK TRAIL CLEANUP HIKE**

Help us in our continuing efforts to keep Elm Fork Nature Preserve (EFNP) clean on Saturday, 2/9 from 10-11am, so that generations may continue to enjoy nature's beauty. We will start our hike from the Nature Center and go along the main trail loop, eight-tenths of a mile long, collecting all the trash along the trail. All ages welcome. **Trash bags, grabbers, gloves, and water will be provided. Someone will be on hand to sign any service hour sheets following trail cleanup.** For more information, call 972-466-9811 or visit [cityofcarrollton.com](http://cityofcarrollton.com).\*

**ROSEMADE PRESCHOOL PALS (FULL DAY)**

Hands-on, play-based preschool program for students who are potty-trained. Students will learn literacy skills, letter/sound awareness, math, and science concepts, introductory Spanish, and practical life skills through customized age-appropriate activities. **Bring snack and lunch. No class the week of Spring Break, 3/11-3/15.**

Instructor: Barrister-Dhamani

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170241-00	RRC	3-6	1/7-1/30	M/W	9:30am-2pm	8	\$215.25/\$236.25
170241-05	RRC	3-6	1/8-1/31	Tu/Th	9:30am-2pm	8	\$215.25/\$236.25
170241-10	RRC	3-6	2/4-2/27	M/W	9:30am-2pm	8	\$215.25/\$236.25
170241-15	RRC	3-6	2/5-2/28	Tu/Th	9:30am-2pm	8	\$215.25/\$236.25
170241-20	RRC	3-6	3/4-3/27	M/W	9:30am-2pm	6	\$165.25/\$181.25
170241-25	RRC	3-6	3/5-3/28	Tu/Th	9:30am-2pm	6	\$165.25/\$186.25
170241-30	RRC	3-6	4/1-4/29	M/W	9:30am-2pm	9	\$235.25/\$258.25
170241-31	RRC	3-6	4/2-4/30	Tu/Th	9:30am-2pm	9	\$235.25/\$256.25

**ROSEMADE PRESCHOOL PALS (HALF DAY)**

Is your child not yet ready for a full day? Potty-trained students can come in for half day with the Preschool Pals program. In this safe and nurturing environment, students will work on similar objectives as the full-day program. **No class the week of Spring Break, 3/11-3/15. Bring snack and lunch.** Instructor: Barrister-Dhamani.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170242-00	RRC	3-6	1/7-1/30	M/W	9:30am-12:30pm	8	\$135.25/\$148.25
170242-05	RRC	3-6	1/8-1/31	Tu/Th	9:30am-12:30pm	8	\$135.25/\$148.25
170242-09	RRC	3-6	1/11-1/25	F	9:30am-12:30pm	3	\$60.25/\$66.25
170242-10	RRC	3-6	2/4-2/27	M/W	9:30am-12:30pm	8	\$135.25/\$148.25
170242-15	RRC	3-6	2/5-2/28	Tu/Th	9:30am-12:30pm	8	\$135.25/\$148.25
170242-19	RRC	3-6	2/1-2/22	F	9:30am-12:30pm	4	\$75.25/\$82.25
170242-20	RRC	3-6	3/4-3/27	M/W	9:30am-12:30pm	6	\$105.25/\$115.25
170242-25	RRC	3-6	3/5-3/28	Tu/Th	9:30am-12:30pm	6	\$105.25/\$115.25
170242-29	RRC	3-6	3/1-3/29	F	9:30am-12:30pm	4	\$75.25/\$82.25
170242-30	RRC	3-6	4/1-4/29	M/W	9:30am-12:30pm	9	\$150.25/\$165.25
170242-31	RRC	3-6	4/2-4/30	Tu/Th	9:30am-12:30pm	9	\$150.25/\$165.25
170242-34	RRC	3-6	4/5-4/26	F	9:30am-12:30pm	4	\$75.25/\$82.25

## 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 to secure your date. One adult must be present for every five scouts and a minimum of three students is needed to offer any program. *Patches and badges are provided at the end of the program.*

### BADGES FOR DAISIES

#### 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.

#### 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.

#### 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.

#### 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

#### 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. One adult must be present for every five scouts and a minimum of three students is needed to offer any program. *Patches and badges are provided at the end of the program.* Call 972-466-9811 for details.

### CUB SCOUTS

#### Tiger Adventures: Tigers in the Wild – Free by appointment

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

#### Wolf Adventures: Paws on the Path – Free by appointment

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

#### Wolf Elective Adventures: Collections & Hobbies – \$7 per scout

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

#### Bear Adventures: Paws for Action – Free by appointment

Visit the PHM and learn about the American flag.

#### 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.

#### Webelos Elective Adventures: Webelos in the Wild – Free by appointment

Identify native plants and animals, visit the EFNP, learn about aquatic ecosystems, and more!

### BOY SCOUTS

#### Merit Badge: Archaeology – \$12 per scout

Learn about a registered archaeological site and 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 this merit badge.

#### 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.

#### 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.

#### 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 through their Eagle Projects. To propose an idea for your Eagle Project, contact Cody Scallions at 972-466-6382.



# Arts & Crafts

## NEW!>> ABRAKADOODLE® CUTE & CUDDLY

Calling little art lovers of all things cute and cuddly! Who doesn't love to snuggle up with a favorite blanket, cuddle a cute teddy bear, or hug loved ones? Young artists will explore these ideas and more in their artwork through the lens of beloved children's book characters and illustrations. Students will have cute and cuddly sensory experiences, talk about emotions, and delve into favorite stories. It's time to cuddle up with good books and make some amazing artwork. **All supplies are included.** Instructor: Abrakadoodle

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150007-33	RRC	20 mos-5	1/12-2/16	Sa	10-11am	6	\$60/\$64.25

## NEW!>> ABRAKADOODLE® POWERFUL WOMEN ARTISTS

Be inspired, create fabulous artwork, and learn how powerful women artists influence the visual arts. See how famous women artists tell stories, use striking imagery, advocate for equality, and highlight different cultures. Explore Faith Ringgold's textile imagery, Berthe Morisot's impressionist paintings, and Joan Mitchell's amazing abstractions. Powerful women artists offer innovative, fun viewpoints to the arts. **All supplies are included.** Instructor: Abrakadoodle

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150005-33	RRC	6-12	1/7-2/18	M	4:30-5:30pm	7	\$84/\$89.75
151005-33	CRC	6-12	1/9-2/20	W	5-6pm	7	\$84/\$89.75

## NEW!>> ABRAKADOODLE® WORLD MONUMENTS

Celebrate amazing structures and buildings that humans have built across the planet. World monuments were created to honor people or events. These monuments are an important part of cultural heritage. Get some perspective on The Great Wall of China, create a reflection of the largest art museum in the world, step back in time to learn about Big Ben, and invent your own hieroglyphs. Travel around the world and explore the grand creations of humanity through time. **All supplies are included.** Instructor: Abrakadoodle

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150005-34	RRC	6-12	1/7-2/18	M	5:30-6:30pm	7	\$84/\$89.75
151006-33	CRC	3-5	1/9-2/20	W	4-5pm	7	\$84/\$89.75

## CERAMICS & PAINTING CLASSES 50+ PAGES 10 & 12

### DRAWING/CARTOONING

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150020-41	RRC	6-12	2/6-3/6	W	6-7pm	5	\$65/\$71.50
150020-49	RRC	6-12	3/27-4/24	W	6-7pm	5	\$65/\$71.50

Register for events and classes online at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow). Registration for Carrollton residents begins November 26. Non-resident registration begins December 10. Classes begin January 2.



## Dance

### BALLET DANCE

Children will learn various styles of classical ballet technique in a progressive format. In each class, the students will learn steps that can be added on to and improved. **Leotard, tights, and ballet shoes are required. No class 3/16.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150110-33	RRC	6-10	1/12-2/23	Sa	11:30am-12:15pm	7	\$64.75/\$71.25
150110-49	RRC	6-10	3/2-4/27	Sa	11:30am-12:15pm	8	\$74/\$81.50

### BALLET FOR FUN

Children will enjoy various styles of ballet from imaginary improvisation to basic classical steps. This class allows the child to explore movement in a structured environment without the stress of technique being the focus. **Leotard, tights, and ballet shoes are required. No class 3/12 & 3/16.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150120-33	RRC	3-6	1/8-2/19	Tu	5-5:30pm	7	\$43.75/\$48.25
150120-34	RRC	3-5	1/12-2/23	Sa	11-11:30am	7	\$43.75/\$48.25
150120-49	RRC	3-6	2/26-4/23	Tu	5-5:30pm	8	\$50/\$55
150120-50	RRC	3-5	3/2-4/27	Sa	11-11:30am	8	\$50/\$55

### DANCE COMBINATIONS

Children will focus on ballet, jazz, and hip-hop in each class. Perfect for students who enjoy a variety of dance styles. **Leotard, tights, and ballet or jazz shoes are required. No sneakers. No class 3/12.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150150-33	RRC	6-10	1/8-2/19	Tu	5:30-6:15pm	7	\$64.75/\$71.25
150150-49	RRC	6-10	2/26-4/23	Tu	5:30-6:15pm	8	\$74/\$81.50

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



## DANCE FITNESS FUN!

Get ready to dance and have fun! This class will infuse dance with fitness as we move to the beat of popular hits for kids. Loose fitting clothing and tennis shoes are required. To take advantage of the free demo class in January, pre-registration is required and space is limited. **For more information, email the instructor at [carrolltondance@gmail.com](mailto:carrolltondance@gmail.com). No class 3/14.** Instructor: Espinosa

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150158-25	RRC	5-7	1/24	Th	4:30-5:15pm	1	Free
150158-26	RRC	8-11	1/24	Th	5:30-6:15pm	1	Free
150158-49	RRC	5-7	2/7-4/4	Th	4:30-5:15pm	8	\$74/\$81.50
150158-50	RRC	8-11	2/7-4/4	Th	5:30-6:15pm	8	\$74/\$81.50

## DANCE ON-DEMAND

This is ideal for homeschool 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. Email [dancestoreandmore@gmail.com](mailto:dancestoreandmore@gmail.com) or [ddatexas.com@gmail.com](mailto:ddatexas.com@gmail.com) to pre-schedule your preferred class dates and location.** Instructors: Jordan and Rogers

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



## DYNASTY DANCE ACADEMY

Beginning and continuing students will learn and further enhance technique and terminology in several dance styles while working on performance pieces or choreography. Through fun and energetic exercises, in a structured class setting, students will focus on fluidity of motion, musicality, and performance skills in fun blends of ballet, cheer, hip-hop, and jazz. **Students who enroll in the 12-week performance class will participate in a final performance on 4/7 during the last class and are required to pay a \$70 costume fee due by 2/20. For more information, visit [ddatexas.com](http://ddatexas.com) or email [ddatexas.com@gmail.com](mailto:ddatexas.com@gmail.com). No class 11/21.**

Instructor: Dynasty Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150160-41	RRC	7-12	1/24-3/20	W	4:30-5:30pm	8	\$110/\$121
150160-49	RRC	7-12	1/23-4/17	W	4:30-5:30pm	12	\$165/\$182
150160-50	COSTUME FEE 10/16 for PERFORMANCE CLASS						\$70

## PRIVATE DANCE LESSONS

Private dance lessons are available at either Crosby or Rosemeade Recreation Centers. Times and days vary. Private lessons are perfect for beginner to advanced students and cover a range of dance forms and choreography. **Price listed is per lesson. To schedule a lesson email [dancestoreandmore@gmail.com](mailto:dancestoreandmore@gmail.com) or [ddatexas.com@gmail.com](mailto:ddatexas.com@gmail.com).** Instructors: Jordan and Rogers

LOC	AGE	DATES	DAY	TIME	#CLSS	\$(30 min/1 hr)
CRC or RRC	3+	TBD	TBD	TBD	TBD	\$12.50/\$25

# Drama & Music

## NEW!>> DISCOVER DRAMA

Theater classes are a fun way for kids to express themselves using their imagination, while building confidence and being creative through activities, games, and improvisation. Participants will learn the basics of theater and how it operates, and the many aspects of performance. **There will be a performance for family and friends at the end of the last class of the session.** Instructor: Lee

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
151230-41	CRC	6-10	1/15-3/5	Tu	5:30-6:30pm	8	\$64/\$70.50
151230-42	CRC	10-14	1/15-3/5	Tu	6:30-7:30pm	8	\$64/\$70.50
151230-49	CRC	6-10	3/19-4/30	Tu	5:30-6:30pm	7	\$56/\$61.75
151230-50	CRC	10-14	3/19-4/30	Tu	6:30-7:30pm	7	\$56/\$61.75



## KEYBOARD/PIANO LESSONS

This beginner keyboard/piano program is conducted as a semi-private group lesson with up to four students in a class. Students are introduced to sight-reading and fundamental music concepts. **Instruments are provided and first-time students pay an \$8 supply fee for the music book when enrolling by using class #150340-51. Contact [musikinschool.info@gmail.com](mailto: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	1/5-1/26	Sa	12:30-1:15pm	4	\$99/\$109
150340-26	RRC	5-15	1/5-1/26	Sa	1:15-2pm	4	\$99/\$109
150340-33	RRC	5-15	2/2-2/23	Sa	12:30-1:15pm	4	\$99/\$109
150340-34	RRC	5-15	2/2-2/23	Sa	1:15-2pm	4	\$99/\$109
150340-41	RRC	5-15	3/2-3/23	Sa	12:30-1:15pm	3	\$99/\$109
150340-42	RRC	5-15	3/2-3/23	Sa	1:15-2pm	3	\$99/\$109
150340-49	RRC	5-15	4/6-4/27	Sa	12:30-1:15pm	4	\$99/\$109
150340-50	RRC	5-15	4/6-4/27	Sa	1:15-2pm	4	\$99/\$109
150340-51	MUSIC BOOK FEE NEW STUDENTS						\$8

## 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+	1/5-1/26	Sa	TBD	4	\$120/\$132
150370-26	RRC	5+	1/8-1/29	Tu	TBD	4	\$120/\$132
150370-33	RRC	5+	2/2-2/16	Sa	TBD	3	\$90/\$99
150370-34	RRC	5+	2/5-2/26	Tu	TBD	4	\$120/\$132
150370-41	RRC	5+	3/2-3/30	Sa	TBD	5	\$150/\$165
150370-42	RRC	5+	3/5-3/26	Tu	TBD	4	\$120/\$132
150370-49	RRC	5+	4/2-4/30	Tu	TBD	5	\$150/\$165
150370-50	RRC	5+	4/6-4/27	Sa	TBD	4	\$120/\$132

## More fun for your little one:

Library story times on page 14; pre-school classes on page 26;

Sports classes are on page 34 and gymnastics are on page 38.

# Group Exercise, Pilates, Yoga

## DROP IN>> BOOT CAMP ON THE SQUARE

This **FREE** all-levels boot camp is held the second Saturday of the month. Start your weekend off right with a morning workout before the days get hot. **Bring a water bottle and your own mat. No pre-registration required.** Instructor: Camp Gladiator

LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
DWTN	5+	TBD	Sa	7:30-8:30am	Free
DWTN	5+	TBD	Sa	7:30-8:30am	Free
DWTN	5+	TBD	Sa	7:30-8:30am	Free
DWTN	5+	TBD	Sa	7:30-8:30am	Free

## 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+	1/7	M	7:30-8:30pm	1	\$10/\$11
130350-11	RRC	16+	2/4	M	7:30-8:30pm	1	\$10/\$11
130350-21	RRC	16+	3/4	M	7:30-8:30pm	1	\$10/\$11
130350-31	RRC	16+	4/1	M	7:30-8:30pm	1	\$10/\$11

## DROP IN>> FUGITIVE FITNESS PARKOUR

We teach all the basic movement patterns involved in parkour including running, jumping, rolling, swinging, and vaulting. There are endless movements to be learned within each of the categories, so the drills, skills, and techniques emphasized are fun and challenging. Students also learn core values of respect, discipline, responsibility, commitment, and leadership, and are expected to embody those values. Although this is not a high-intensity class, it likely will be physically demanding. **Bring a water bottle and be ready to sweat. \$15 drop in fee. No class 1/21, 2/18, 3/11, & 4/22.** Instructor: Fugitive Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131200-00	CRC	7+	1/14-2/25	M	5-6pm	5	\$69/\$76
131200-01	CRC	14+	1/7-2/4	M	5:30-6:30pm	5	\$69/\$76
131200-10	CRC	7+	3/4-4/8	M	5-6pm	5	\$69/\$76
131200-11	CRC	14+	2/18-3/18	M	5:30-6:30pm	5	\$69/\$76
131200-20	CRC	7+	4/15-5/20	M	5-6pm	5	\$69/\$76
131200-21	CRC	14+	4/1-4/29	M	5:30-6:30pm	5	\$69/\$76



## HEALTH & FITNESS CLASSES 50+ PAGE 13



## DROP IN>> INDOOR CYCLING

The instructor brings 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+	1/8-1/29	Tu	6-7pm	4	\$28/\$31
130130-10	RRC	16+	2/5-2/26	Tu	6-7pm	4	\$28/\$31
130130-20	RRC	16+	3/5-3/26	Tu	6-7pm	4	\$28/\$31
130130-30	RRC	16+	4/2-4/30	Tu	6-7pm	5	\$35/\$38.50

## DROP IN>> KUNDALINI YOGA

Through improved flexibility, breathing, and circulation, Kundalini Yoga emphasizes a healthy body and mind as keys to a healthy and happy life. Exercise and meditation are augmented by the ancient technique of mantra to enhance the meditative aspect of the yoga experience. Once learned, yoga can be practiced at home. Experience increased energy and vitality, stress reduction, mood control, and overall peace of mind. **Bring an exercise mat and water. \$15 drop in fee.** Instructor: Khalsa

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130150-00	RRC	12+	1/4-2/25	F	6:30-8pm	7	\$84/\$92
130150-20	RRC	12+	3/1-4/25	F	6:30-8pm	9	\$108/\$118

## DROP IN>> LIVEWIRE CORE ENERGY

Dedication + Determination = Results. Feel your best all day long with this high energy group training workout. Arrive early for a class that will focus on core exercises, cardiovascular conditioning, strength, endurance, and flexibility for a total body approach to fitness. Every class is different and is designed by certified personal trainers to keep the body guessing so you'll continually see results. **\$10 drop in fee. Level: Beginner-Advanced.** Instructor: LiveWire Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130110-00	RRC	18+	1/2-1/30	M/W/F	6-7am	13	\$109/\$120
130110-10	RRC	18+	2/1-2/27	M/W/F	6-7am	12	\$109/\$120
130110-20	RRC	18+	3/4-3/29	M/W/F	6-7am	13	\$109/\$120
130110-30	RRC	18+	4/1-4/29	M/W/F	6-7am	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. **\$12 drop in fee. Level: Beginner-Advanced. No class 1/1.** Instructor: LiveWire Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130210-00	RRC	18+	1/3-1/31	Tu/Th	6-7am	9	\$99/\$109
130210-10	RRC	18+	2/5-2/28	Tu/Th	6-7am	8	\$99/\$109
130210-20	RRC	18+	3/5-3/28	Tu/Th	6-7am	8	\$99/\$109
130210-30	RRC	18+	4/2-4/30	Tu/Th	6-7am	9	\$99/\$109

## DROP IN>> PILATES FOR EVERYONE

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

Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130220-00	RRC	13+	1/7-2/25	M	6-7pm	8	\$80/\$88
130220-20	RRC	13+	3/4-4/29	M	6-7pm	9	\$90/\$99

## DROP IN>> POWER UP YOGA

This workout is for beginners to advanced practitioners who want to maximize their power, energy, and vitality. This exhilarating experience will leave you trim, energized, and heart healthy while strengthening all 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. **\$15 drop in fee; \$24 for two classes; \$40 for four classes; \$54 for six classes. These classes must be used within 60 days of purchase. A 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. Level: Beginner-Advanced. Classes are held at Rosemeade Rec Center, W/Th, 6-7pm, and F/Sa, 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+	1/7-1/28	M	6-7pm	4	\$30/\$33
130225-10	RRC	13+	2/4-2/25	M	6-7pm	4	\$30/\$33
130225-20	RRC	13+	3/4-3/25	M	6-7pm	4	\$30/\$33
130225-30	RRC	13+	4/1-4/29	M	6-7pm	5	\$37.50/\$41.25



## DROP IN>> STEP - STRENGTH - CORE

Try an interval class that combines basic step aerobics, upper body strength training, and core conditioning into one well-designed workout. This class allows you to work both your heart and your muscles extensively in a one-hour-long class. By doing circuits of cardio on the step, followed by strategic intervals of upper body strength training, and wrapping up with intense core conditioning, you will be using your time efficiently. **\$8 drop in fee.**

Instructor: Campo

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130215-00	RRC	15+	1/3-1/31	Th	7:15-8:15pm	5	\$30/\$33
130215-10	RRC	15+	2/7-2/28	Th	7:15-8:15pm	4	\$24/\$26.50
130215-20	RRC	15+	3/7-3/28	Th	7:15-8:15pm	4	\$24/\$26.50
130215-30	RRC	15+	4/4-4/25	Th	7:15-8:15pm	4	\$24/\$26.50

Register for events and classes online at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).  
**Registration for Carrollton residents begins November 26.**  
**Non-resident registration begins December 10.**  
**Classes begin January 2.**

## 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.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130230-00	RRC	18+	1/7-1/28	M	11am-12pm	4	\$28/\$31
130230-10	RRC	18+	2/4-2/25	M	11am-12pm	4	\$28/\$31
130230-20	RRC	18+	3/4-3/25	M	11am-12pm	4	\$28/\$31
130230-30	RRC	18+	4/1-4/29	M	11am-12pm	5	\$35/\$38.50
130231-00	RRC	18+	1/2-1/30	W	12:15-1:15pm	5	\$35/\$38.50
130231-10	RRC	18+	2/6-2/27	W	12:15-1:15pm	4	\$28/\$31
130231-20	RRC	18+	3/6-3/27	W	12:15-1:15pm	4	\$28/\$31
130231-30	RRC	18+	4/3-4/24	W	12:15-1:15pm	4	\$28/\$31
130232-00	RRC	18+	1/4-1/25	F	11am-12pm	4	\$28/\$31
130232-10	RRC	18+	2/1-2/22	F	11am-12pm	4	\$28/\$31
130232-20	RRC	18+	3/1-3/29	F	11am-12pm	5	\$35/\$38.50
130232-30	RRC	18+	4/5-4/26	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 3/12.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130340-00	RRC	15+	1/8-1/29	Tu	4-5pm	4	\$40/\$44
130340-10	RRC	15+	2/5-2/26	Tu	4-5pm	4	\$40/\$44
130340-20	RRC	15+	3/5-3/26	Tu	4-5pm	3	\$30/\$33
130340-30	RRC	15+	4/2-4/30	Tu	4-5pm	5	\$50/\$55

## 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, email [mtuffyl@yahoo.com](mailto:mtuffyl@yahoo.com). **\$10 drop in fee.** Instructor: Tufariello

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131140-00	CRC	16+	1/2-1/30	M/W	7-8pm	9	\$72/\$79
131140-10	CRC	16+	2/4-2/27	M/W	7-8pm	8	\$64/\$70.25
131140-20	CRC	16+	3/4-3/27	M/W	7-8pm	8	\$64/\$70.25
131140-30	CRC	16+	4/1-4/29	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 3/20.** Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130250-00	RRC	13+	1/2-2/27	W	6-7pm	9	\$90/\$99
130250-20	RRC	13+	3/6-4/24	W	6-7pm	7	\$70/\$77

## DROP IN>> YOGA ON THE SQUARE

This FREE all-levels yoga class is held at the Downtown Square. Whether you are new to yoga or a long term practitioner, this is a great class for everybody. **Wear comfortable clothing that is not too loose and bring your own mat. No pre-registration required. Weather permitting.** Instructor: Fabulous

LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
DWTN	5+	TBD	Sa	9-10am	Free
DWTN	5+	TBD	Sa	9-10am	Free
DWTN	5+	TBD	Sa	9-10am	Free
DWTN	5+	TBD	Sa	9-10am	Free

## DROP IN>> ZUMBA

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130280-00	RRC	15+	1/8-1/29	Tu	7:30-8:30pm	4	\$26/\$28.50
130280-10	RRC	15+	2/5-2/26	Tu	7:30-8:30pm	4	\$26/\$28.50
130280-20	RRC	15+	3/5-3/26	Tu	7:30-8:30pm	4	\$26/\$28.50
130280-30	RRC	15+	4/2-4/30	Tu	7:30-8:30pm	5	\$32.50/\$35.75

## SENIORS 50+ CLASSES PAGES 9-13

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





# 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, provides a walk-through of the weight room to give a better understanding of the setup and how to properly position yourself. The orientation is a learning opportunity but will not provide a training plan. If you are interested in obtaining a personalized 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: Staff

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
132170-00	SRC	18+	1/14	M	2:30-4pm	1	\$6/\$7
130240-00	RRC	18+	2/11	M	6:30-8pm	1	\$6/\$7
132170-20	SRC	18+	3/11	M	2:30-4pm	1	\$6/\$7
130240-20	RRC	18+	4/8	M	6:30-8pm	1	\$6/\$7

## WEIGHT ROOM ORIENTATION FOR MINORS

Our qualified staff will teach youth proper weight room and cardio room etiquette. Teens will receive a weight room authorization card, allowing them to work out in the weight room independently upon completion of class. Both parent and child must sign the weight room user agreement form. 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: Staff

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130245-00	RRC	13-15	1/15	Tu	6:30-7:15pm	1	\$6/\$7
130245-10	RRC	13-15	2/19	Tu	6:30-7:15pm	1	\$6/\$7
130245-20	RRC	13-15	3/12	Tu	3:30-4:15pm	1	\$6/\$7
130245-30	RRC	13-15	4/16	Tu	6:30-7:15pm	1	\$6/\$7

# 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](http://cityofcarrollton.com/parksandrec) and click on Programs & Events for more information on our trainers. For additional information about the personal training program, call 972-466-9834.

## JULIE CHADWICK

214-926-4776 • [jchadwick16@yahoo.com](mailto:jchadwick16@yahoo.com)  
\$30/30min or \$60/hr

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

## TOM NOUNE

214-957-3694 • [tgnoune@aol.com](mailto:tgnoune@aol.com)  
[hearthealthandwellness.com](http://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](mailto:ageintercept@aol.com)  
[ageintercept.com](http://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 aquatic workout. The class is taught in deep water with emphasis on endurance, but 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 3/13.** Instructor: Sullivan

CLASS #	STARTS	LOC	AGE	DAY	TIME	#CLSS	\$(RES/NR)
215100-21	1/9	CFB Nat.	15+	W	6:30-7:30pm	9	\$36/\$40
215100-31	3/20	CFB Nat.	15+	W	6:30-7:30pm	10	\$40/\$44

## SHALLOW WATER

You won't get your face wet as the water gives you a fantastic workout. Low impact aerobics increase cardiovascular endurance and burn fat without stress on bones or joints. This class is a beneficial workout for both a beginner or a more advanced person. **Make-up classes may not be available for any weather-related conditions. No classes 1/21 & 3/11.** Instructor: Sullivan

CLASS #	STARTS	LOC	AGE	DAY	TIME	#CLSS	\$(RES/NR)
215101-20	1/14	CFB Nat.	15+	M	6:30-7:30pm	6	\$24/\$28
215101-30	3/18	CFB Nat.	15+	M	6:30-7:30pm	10	\$40/\$44



# Sports Classes

Facilities

Senior

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Sports



## AMO VOLLEYBALL

Allison and Michelle Operations (AMO) Volleyball covers all aspects of the game for athletes at all levels. We pride ourselves in providing experienced coaches who are able to give personalized instruction, enthusiasm, and fun. Our objectives are to teach the fundamental aspects of the game (physical, technical, mental, and emotional), emphasize efficiency, correct technique, and increase volleyball knowledge to enhance each individual player. After the second week of class, AMO will make session recommendations based on player assessments to fit the athlete's skill level. This will ensure each player is learning in an environment that can facilitate growth. Instructor: AMO Volleyball

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Rosemeade Rec Center</b>							
160120-41	RRC	7+	1/30-3/6	W	6-7pm	6	\$150/\$165
160120-42	RRC	7+	1/30-3/6	W	7-8pm	6	\$150/\$165
160120-57	RRC	7+	3/27-5/1	W	6-7pm	6	\$150/\$165
160120-58	RRC	7+	3/27-5/1	W	7-8pm	6	\$150/\$165
<b>Crosby Rec Center</b>							
161120-30	CRC	7+	3/25-4/29	M	6:30-7:30pm	6	\$150/\$165
161120-40	CRC	7+	1/28-3/4	M	6:30-7:30pm	6	\$150/\$165

## BASKETBALL TECH

Designed for players of all skills and abilities, Basketball Tech will focus on dribbling, passing, and shooting. This is a skills-based program, but uses fun drills and games to reinforce techniques being taught. This 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	1/9-1/28	M	5:30-6:30pm	4	\$50/\$55
160010-34	RRC	7-12	2/4-2/25	M	5:30-6:30pm	4	\$50/\$55
160010-41	RRC	7-12	3/4-4/1	M	5:30-6:30pm	4	\$50/\$55
160010-49	RRC	7-12	4/8-4/29	M	5:30-6:30pm	4	\$50/\$55

## BEGINNER BASKETBALL

A fun clinic designed for players of all skills and abilities. Program time will focus on dribbling, passing, and shooting. This is a skills-based program which uses fun drills and games to reinforce techniques being taught. This program is perfect for budding young 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	1/9-1/28	M	4:30-5:15pm	4	\$45/\$49
160020-33	RRC	4-6	2/4-2/25	M	4:30-5:15pm	4	\$45/\$49
160020-41	RRC	4-6	3/4-4/1	M	4:30-5:15pm	4	\$45/\$49
160020-49	RRC	4-6	4/8-4/29	M	4:30-5:15pm	4	\$45/\$49

## BEGINNER BASKETBALL

Bowmen Basketball Academy is all about fundamentals. Ball handling, passing, and shooting basics are taught in this fun-based training class. All classes are taught by professionals who have coached for a decade and led youth athletes to the next level. **Bring basketball/gym shoes and a water bottle.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-31	RRC	6-12	3/11-4/14	M-Th	9-12pm	1	\$85/\$90

## EL BARRIO BOXING FOR KIDS

This boxing program is designed to teach young men and women about honor, respect for themselves and peers, self-discipline, self-confidence, and leadership through physical fitness in sports and mentoring. **All new students must first contact instructor at wade3-4@hotmail.com to discuss program guidelines and availability before enrolling. No class 1/1.** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME#	CLSS	\$(RES/NR)
161030-30	CRC	8-18	1/3-1/31	Tu/Th Sa	5:30-7pm 4-5pm	13	\$12/\$12
161030-35	CRC	8-18	2/2-2/28	Tu/Th Sa	5:30-7pm 4-5pm	12	\$12/\$12
161030-40	CRC	8-18	3/2-3/30	Tu/Th Sa	5:30-7pm 4-5pm	13	\$12/\$12
161030-50	CRC	8-18	4/2-4/30	Tu/Th Sa	5:30-7pm 4-5pm	13	\$12/\$12

## NEW>> EL BARRIO BOXING FOR ADULTS

This boxing program is designed as an adult fitness class. The class will focus on using boxing and boxing-centric workouts to achieve your fitness goals. **For questions about the class email the instructor at wade3-4@hotmail.com. No class 1/1.** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME#	CLSS	\$(RES/NR)
161030-31	CRC	16+	1/3-1/29	Tu Sa	7-8pm 5-6pm	8	\$30/\$30
161030-36	CRC	16+	2/2-2/26	Tu Sa	7-8pm 5-6pm	8	\$30/\$30
161030-41	CRC	16+	3/2-3/30	Tu Sa	7-8pm 5-6pm	9	\$30/\$30
161030-51	CRC	16+	4/2-4/30	Tu Sa	7-8pm 5-6pm	9	\$30/\$30

## FENCING FOR BEGINNERS

Students learn to think strategically, solve problems quickly, evaluate the cause and effect of their actions, overcome attitudes and fears, and win or 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. Class is held onsite at International Fencers Alliance, 2640 Old Denton Road, Suite 212. For more information, visit ifafencers.com.** Instructor: Badawi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
167040-25	IFA	7-16	1/5-1/26	Sa	10-11am	4	\$65/\$72
167040-33	IFA	7-16	2/2-2/23	Sa	10-11am	4	\$65/\$72
167040-41	IFA	7-16	3/9-3/30	Sa	10-11am	4	\$65/\$72
167040-49	IFA	7-16	4/6-4/27	Sa	10-11am	4	\$65/\$72



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

## NEW>> FLEX FOOTBALL AND AMERICAN FOOTBALL

America's most popular sport is waiting for you. Football has held that title since the '80s because of the fun and exciting game. Successful participation in the sport and full enjoyment of the game, however, requires a certain level of understanding and a working knowledge of the proper techniques involved. **For more information or questions, call Michael at 214-529-5536.**

Instructor: Preparatory Elite Performance (P.E.P).

CLASS #	LOC	AGE	DATES	TIME	#CLSS	\$(Res/NR)
<b>Indoor – Crosby Rec Center</b>						
161080-10	CRC	6-8	1/9-2/27	4:30-5:15p	8	\$78/\$86
161080-11	CRC	9-12	1/9-2/27	5:15-6p	8	\$78/\$86
161080-12	CRC	13-18	1/9-2/27	6p-7:45p	8	\$78/\$86
161080-13	CRC	6-8	3/13-5/8	4:30-5:15p	8	\$78/\$86
161080-14	CRC	9-12	3/13-5/8	5:15-6p	8	\$78/\$86
161080-15	CRC	13-18	3/13-5/8	6-7:45p	8	\$78/\$86

### Outdoor – Josey Ranch Sports Complex

161081-10	JRSC	6-8	1/5-3/23	9-9:45a	8	\$78/\$86
161081-11	JRSC	9-12	1/5-3/23	9:45-10:15a	8	\$78/\$86
161081-12	JRSC	13-18	1/5-3/23	10:15-11a	8	\$78/\$86
161081-10	JRSC	6-8	3/30-4/20	9-9:45a	8	\$78/\$86
161081-14	JRSC	9-12	3/30-4/20	9:45-10:15a	8	\$78/\$86
161081-15	JRSC	13-18	3/30-4/20	10:15-11a	8	\$78/\$86

## NEW>> HOMESCHOOL PE

Homeschool PE explores many sports and recreation activities. Each class begins with a dynamic warm-up and stretch. We rotate through agility stations and drills. Each unit of study includes sport specific drills and games including rules of the game, strategy, and the fundamentals required to play. We also enjoy fun classic games like kickball, dodgeball, whiffle ball, and capture the flag in addition to running a 1 mile test and learning body weight strength training. **Bring basketball/gym shoes and a water bottle. No class 3/11.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-26	RRC	6-13	1/9-1-28	M	4:30-5:15pm	4	\$49/\$55
160020-27	RRC	6-13	2/4-2/25	M	4:30-5:15pm	4	\$49/\$55
160020-28	RRC	6-13	3/4-4/1	M	4:30-5:15pm	3	\$37/\$42
160020-29	RRC	6-13	4/8-4/29	M	4:30-5:15pm	4	\$49/\$55

## Pickleball Open Play

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

Open Play Times:

**Crosby Recreation Center**

Tuesday-Thursday: 6-11am

Monday & Friday: 6am-1pm\*

\*Mondays and Fridays are senior days at Crosby! Play pickleball for free with a valid Senior Center membership



## NEW>> SKYHAWKS BASKETBALL

Using our progression-based curriculum and focusing on the whole player, we teach your child the skills they need to be a better athlete on and off the court. Our sport specific staff will focus on respect, teamwork, and responsibility. Participants will start each day with a 'skill of the day' and progress into drills and games creating an unforgettable class experience. After a month of passing, shooting, dribbling, and rebounding you will see why this is one of our most popular programs. **Bring basketball/gym shoes and a water bottle.** Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161065-10	CRC	3-5	1/7-2/11	M	6-6:45pm	6	\$69/\$79
161065-11	CRC	6-12	1/7-2/11	M	7-7:45pm	6	\$69/\$79
161065-12	CRC	3-5	4/1-5/6	M	6-6:45pm	6	\$69/\$79
161065-13	CRC	6-12	4/1-5/6	M	7-7:45pm	6	\$69/\$79

## NEW>> SKYHAWKS INDOOR SOCCER

Skyhawks was founded as a soccer club in 1979. Thirty years later we are still the number one choice for parents looking to refine their child's fundamentals of the world's most popular sport. Using our progressive curriculum, our sport-specific staff will ensure your young athlete gains the technical skills and sport knowledge required for their next step into soccer. This class focuses on dribbling, passing, shooting, and ball control. By the end of the class, your child will have learned new life skills such as teamwork and sportsmanship, made new friends, and improved their sport skills preparing them to play on the playground or in league play. Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161066-10	CRC	5-12	1/12-2/16	Sa	10-11am	6	\$69/\$79
161066-11	CRC	5-12	4/6-5/11	Sa	10-11am	6	\$69/\$79

## NEW>> SOCCERTOTS INDOOR SOCCER

SoccerTots is our flagship program. Playable on almost any surface, these soccer-themed motor skill classes are very easy for youngsters to experience. Younger age groups focus on developing motor skills and self-confidence; older classes focus more on developing core soccer skills and personal focus, and introduce an element of light competition. Instructor-to-student ratio is kept low to maximize individual development. Above all else we promote fun, fun, fun! Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161066-12	CRC	3-4	1/12-2/16	Sa	9-10am	6	\$69/\$79
161066-13	CRC	3-4	4/6-5/11	Sa	9-10am	6	\$69/\$79

## NEW>> SPRING BREAK BASKETBALL CAMP

This camp features drills and skill instruction covering ball handling, passing, creating space, moving without the ball, proper shooting form, and offensive and defensive footwork. We will have games and fun competitions to make the learning enjoyable. It's a great way to spend your break. **Bring basketball/gym shoes, a snack, and a water bottle.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-31	RRC	6-12	3/11-4/14	M-Th	9am-12pm	1	\$85/\$90

## NEW>> SPRING BREAK SPORTS SAMPLER

Our Sports Sampler camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine multiple sports into one fun-filled week. Athletes will learn the rules and essentials of each sport through skills-based games and scrimmages. By the end of the week, your child will walk away with knowledge of several new sports along with vital life lessons such as respect, teamwork, and self-discipline. This is our most popular camp for a reason. Instructor: Skyhawks

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161066-14	CRC	6-12	3/11-3/15	M-F	9am-12pm	5	\$125/\$135

# Adult Leagues

## ADULT BASKETBALL LEAGUE

This league consists of seven regular season games plus playoffs for the top four teams in each division. Registration for the spring league will be open 1/21-2/17.

CLASS #	STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
207001-30	3/5	Men's Tu	CRC	18+	Tu	6-10pm	7	\$395
207000-30	3/10	Men's Su	RRC	18+	Su	1-10pm	7	\$395

## ADULT FLAG FOOTBALL LEAGUE

Football season is back! Come join the spring 8-on-8 Flag Football League. Competitive and recreational divisions play on Thursday evenings. Teams will be responsible for providing their own flags and game balls. Registration will be open 1/2-2/3.

CLASS #	STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
207051-30	2/21	Men's	McInnish	18+	Th	6:45-10:30pm	8	\$370
207050-30	2/21	Co-ed	McInnish	18+	Th	6:45-10:30pm	8	\$370

## ADULT RACQUETBALL LEAGUE

This is a co-ed league where you set your own time to compete. The first league will run 1/14-3/17 and playoffs end 3/24. The deadline to register for the first league is 1/7. The second league will run 4/1-6/2 and playoffs end 6/9. The deadline to register for the second league is 3/25. For more information or for help selecting a level, email cody.wager@cityofcarrollton.com or call 972-466-9836.

### Levels:

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

CLASS #	LEVEL	LOC	AGE	DATES	DAY	\$(RES/NR)
200000-05	A-1	RRC	16+	1/14-3/24	M-Su	\$15/\$20
200000-06	A-2	RRC	16+	1/14-3/24	M-Su	\$15/\$20
200000-07	B-1	RRC	16+	1/14-3/24	M-Su	\$15/\$20
200000-08	C-1	RRC	16+	1/14-3/24	M-Su	\$15/\$20
200000-31	A-1	RRC	16+	4/1-6/9	M-Su	\$15/\$20
200000-32	A-2	RRC	16+	4/1-6/9	M-Su	\$15/\$20
200000-33	B-1	RRC	16+	4/1-6/9	M-Su	\$15/\$20
200000-34	C-1	RRC	16+	4/1-6/9	M-Su	\$15/\$20

## ADULT SOFTBALL LEAGUE

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

CLASS #	STARTS	DIVISION	DAY
207153-00	2/17	Men's D SG	Su
207153-01	2/17	Men's E SG	Su
207153-05	2/18	Men's DH	M
207153-08	2/19	Men's DH	Tu
207153-11	2/20	Men's DH	W
207153-13	2/21	Men's D SG	Th
207153-16	2/22	Men's D SG	Sa

REGISTRATION DATES:	REGISTRATION FEE:	SEASON BEGINS:
Spring Double Headers: 1/2-1/25	\$350 per team	February 18
Spring Single Games: 1/2-1/25	\$405 per team	February 17

## ADULT SOFTBALL TOURNAMENTS

The City of Carrollton Parks and Recreation Department 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. All tournaments are USSSA sanctioned. Tournament dates will be posted to cityofcarrollton.com/athletics beginning January 2019.



## Athletic Associations

### ASSOCIATIONS ONLINE

#### Baseball

Carrollton Little League [leaguelineup.com/carrolltonllb](http://leaguelineup.com/carrolltonllb)  
CFB Baseball Association [cfbba.com](http://cfbba.com)

#### Football

Carrollton Youth Football [cyfleague.org](http://cyfleague.org)  
Cheer/Drill Teams [cyfleague.org](http://cyfleague.org)

#### Soccer

CFB Soccer Association [cfbsa.org](http://cfbsa.org)

#### Softball

CFB Girls Fast Pitch [cfbgirlssoftball.com](http://cfbgirlssoftball.com)

#### Special Olympics

Julie Scott [jollyjulia@verizon.net](mailto:jollyjulia@verizon.net)

#### Swimming

Carrollton Aqua Racers [aquaracers.org](http://aquaracers.org)

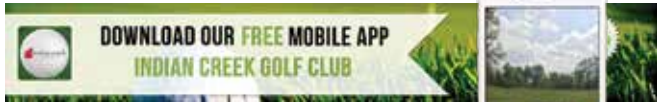


# Indian Creek Golf Club

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



indian creek  
golf club



## LOYALTY PROGRAM

Download the Indian Creek Golf Club APP and SAVE! Play 10 rounds, Get one FREE. Check out the Offer Locker for new deals every month.



## LEARN TO PLAY

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

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

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

Call: 972-466-9850

Email: [info@indiancreekgolfclub.com](mailto:info@indiancreekgolfclub.com)

[facebook.com/indiancreekgolfclub](https://www.facebook.com/indiancreekgolfclub)

[twitter.com/IndianCreek\\_gc](https://twitter.com/IndianCreek_gc)

[instagram.com/indiancreekgolfclub\\_dfw](https://www.instagram.com/indiancreekgolfclub_dfw)

[indiancreekgolfclub.blogspot.com](http://indiancreekgolfclub.blogspot.com)

[indiancreekgolfclub.com/onlinestore](http://indiancreekgolfclub.com/onlinestore)

The Clubhouse is open every day from sunrise to sunset (weather permitting, call during off season for open/close times). Our online store is open 24 hours! Print gift certificates from our online store for last minute gift giving, plus find great golf deals for you.

## Facility Pricing

### Range Balls:

Warm up \$3

Small - \$6 • Medium - \$10 • Large - \$14

## Rental Club Pricing

\$20 Full Set (does not include balls)

\$50 Premium Callaway Set (includes 2 sleeves of balls)

## SAVE MONEY ON GOLF – ANY TIME ANY DAY

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

## LAKES COURSE UPDATE

The Lakes Course is closed for renovation beginning December 2018 (reopening summer 2019). Visit the course blog for the latest renovation news and our Facebook page for photos.

## November 4 - March 15

		WITH GOLF CART		WALKING	
		Mon-Fri	Sat-Sun	Mon-Fri	Sat-Sun
Creek	Open-1pm	\$46	\$58	\$30	\$42
	After 1pm	\$33	\$33	\$25	\$25
	PIP Member	\$30	\$30	n/a	n/a
Lakes (Until Dec 1)	Open-1pm	\$35	\$40	\$19	\$24
	After 1pm	\$23	\$23	\$15	\$15
	PIP Member	\$20	\$20	n/a	n/a

## CARROLLTON RESIDENTS RECEIVE \$5 DISCOUNT ON ANY RATE ANY TIME

*\*Must present current Carrollton Drivers License at time of check-in for discount.*



Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

# Gymnastics

In association with the City of Carrollton Parks & Recreation Department at Rosemeade Recreation Center, Texas Dynamix Gymnastics is an all-year program for all your gymnastics needs. 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 the face and may not wear jewelry of any kind. Students may wear leotards or T-shirts and shorts and be barefooted. No bare midriffs! Parents and visitors observe from outside the gym. The Recreation Center's inclement weather policy generally follows the CFBISD closures. Make up dates will be announced. **For additional information about our programs and competitive team, contact Coach Cortnee at [txdynamix@gmail.com](mailto:txdynamix@gmail.com), and for more information, visit [Facebook.com/RolliePollie-Gymnastics](https://www.facebook.com/RolliePollie-Gymnastics). No class 3/11-3/17.**

## BOYS GYMNASTICS

Focus is on all six gymnastics events for boys, improve coordination and build strength. **Level: Beginner/Intermediate. No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140130-33	RRC	5-11	1/8-2/19	Tu	6:30-7:20pm	7	\$132.50/\$145.50
140130-34	RRC	5-11	1/9-2/20	W	6:30-7:20pm	7	\$132.50/\$145.50
140130-49	RRC	5-11	2/26-4/16	Tu	6:30-7:20pm	7	\$132.50/\$145.50
140130-50	RRC	5-11	2/27-4/17	W	6:30-7:20pm	7	\$132.50/\$145.50

## COMPETITIVE TEAM

Team is by invitation only. We compete in U.S.A. Gymnastics (USAG) competitions. Email the instructor at [cortmaestas@yahoo.com](mailto:cortmaestas@yahoo.com) for any questions. **No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Level 2</b>							
140000-33	RRC	5-18	1/8-2/21	Tu/Th	4:30-7:30pm	14	\$260/\$260
140000-49	RRC	5-18	2/26-4/18	Tu/Th	4:30-7:30pm	14	\$260/\$260
<b>Level 3</b>							
140000-20	RRC	5-18	1/8-2/22	Tu/Th/F	5-8pm	21	\$300/\$300
140000-23	RRC	5-18	2/26-4/19	Tu/Th/F	5-8pm	21	\$300/\$300
<b>Level 4</b>							
140000-21	RRC	5-18	1/8-2/22	Tu-F	5-8pm	28	\$355/\$355
140000-24	RRC	5-18	2/26-4/19	Tu-F	5-8pm	28	\$355/\$355
<b>Level 5</b>							
140000-22	RRC	5-18	1/8-2/22	Tu-F	4:45-8:15pm	28	\$410/\$410
140000-25	RRC	5-18	2/26-4/19	Tu-F	4:45-8:15pm	28	\$410/\$410



## GIRLS GYMNASTICS

If your daughter aspires to be a competitive gymnast or wants a fun activity, she will enjoy learning challenging skills, dance, and increasing athletic abilities in this program. A refined mix of skills training, stretching, conditioning, and fun games will provide her with the tools needed to become a well-rounded athlete. **Level: Beginner (first-time enrollees)/Intermediate (returning or previous Girls Gymnastics enrollees).** No class 3/11-3/17. Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Beginner</b>							
140010-21	RRC	6-15	1/8-2/19	Tu	5-5:55pm	7	\$55/\$57
140010-22	RRC	6-15	1/8-2/21	Tu/Th	6-6:55pm	14	\$110/\$114
140010-23	RRC	6-15	1/10-2/21	Th	5-5:55pm	7	\$55/\$57
140010-24	RRC	6-15	1/9-2/20	W	5:30-6:25pm	7	\$55/\$57
140010-25	RRC	6-15	1/9-2/20	W	6:30-7:25pm	7	\$55/\$57
140010-26	RRC	6-15	1/11-2/22	F	4:30-5:25pm	7	\$55/\$57
140010-27	RRC	6-15	1/11-2/22	F	5:30-6:25pm	7	\$55/\$57
140010-28	RRC	6-15	2/26-4/16	Tu	5-5:55pm	7	\$55/\$57
140010-29	RRC	6-15	2/26-4/18	Tu/Th	6-6:55pm	14	\$110/\$114
140010-30	RRC	6-15	2/28-4/18	Th	5-5:55pm	7	\$55/\$57
140010-31	RRC	6-15	2/27-4/17	W	5:30-6:25pm	7	\$55/\$57
140010-32	RRC	6-15	2/27-4/17	W	6:30-7:25pm	7	\$55/\$57
140010-33	RRC	6-15	3/1-4/19	F	4:30-5:25pm	7	\$55/\$57
140010-34	RRC	6-15	3/1-4/19	F	5:30-6:25pm	7	\$55/\$57
<b>Intermediate</b>							
140010-21	RRC	6-15	1/8-2/19	Tu	5-5:55pm	7	\$55/\$57
140010-22	RRC	6-15	1/8-2/21	Tu/Th	6-6:55pm	14	\$110/\$114
140010-23	RRC	6-15	1/10-2/21	Th	5-5:55pm	7	\$55/\$57
140010-24	RRC	6-15	1/9-2/20	W	5:30-6:25pm	7	\$55/\$57
140010-25	RRC	6-15	1/9-2/20	W	6:30-7:25pm	7	\$55/\$57
140010-26	RRC	6-15	1/11-2/22	F	4:30-5:25pm	7	\$55/\$57
140010-27	RRC	6-15	1/11-2/22	F	5:30-6:25pm	7	\$55/\$57
140010-28	RRC	6-15	2/26-4/16	Tu	5-5:55pm	7	\$55/\$57
140010-29	RRC	6-15	2/26-4/18	Tu/Th	6-6:55pm	14	\$110/\$114
140010-30	RRC	6-15	2/28-4/18	Th	5-5:55pm	7	\$55/\$57
140010-31	RRC	6-15	2/27-4/17	W	5:30-6:25pm	7	\$55/\$57
140010-32	RRC	6-15	2/27-4/17	W	6:30-7:25pm	7	\$55/\$57
140010-33	RRC	6-15	3/1-4/19	F	4:30-5:25pm	7	\$55/\$57
140010-34	RRC	6-15	3/1-4/19	F	5:30-6:25pm	7	\$55/\$57

## GIRLS PRE TEAM

This program is for advanced gymnasts who are working and learning USAG Level 1 and 2 skills. It is for girls who wish to participate in gymnastics for fun as well as for those who are preparing for the competitive team. **Level: Advanced. No class 3/11-3/17.**

Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140020-21	RRC	6-15	1/8-2/21	Tu/Th	6:45-8pm	14	\$115/\$120
140020-22	RRC	6-15	2/26-4/18	Tu/Th	6:45-8pm	14	\$115/\$120

**Register for events and classes online at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).**

**Registration for Carrollton residents begins November 26.**

**Non-resident registration begins December 10.**

**Classes begin January 2.**

## GIRLS TUMBLING & TRAMP

Develop all the skills necessary 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	6-15	1/9-2/20	W	7:30-8:15pm	7	\$50/\$55
140030-22	RRC	6-15	2/27-4/17	W	7:30-8:15pm	7	\$50/\$55

## LITTLE DYNAMIX

This class is by invitation only and 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	1/9-2/20	W	4:30-6:30pm	7	\$165/\$181
140005-34	RRC	4-6	1/9-2/22	W/F	4:30-6:30pm	14	\$200/\$220
140005-49	RRC	4-6	2/27-4/17	W	4:30-6:30pm	7	\$165/\$181
140005-50	RRC	4-6	2/27-4/19	W/F	4:30-6:30pm	14	\$200/\$220

## TUMBLING & STRENGTH BOYS

This is a great class for boys to release some energy. Emphasis will be placed on building strength and discipline. Stretching, tumbling, and trampoline are included for increased flexibility, motor skills, and self-confidence. **Level: Beginner/Intermediate. No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140080-21	RRC	6-10	1/9-2/20	W	7:30-8:15pm	7	\$50/\$55
140080-22	RRC	6-10	2/27-4/10	W	7:30-8:15pm	7	\$50/\$55

## PARENTS NIGHT OUT - OPEN GYM

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

CLASS #	LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
140090-01	RRC	4-13	1/18	F	7:30-10:30pm	\$30/\$30
140090-02	RRC	4-13	2/15	F	7:30-10:30pm	\$30/\$30
140090-03	RRC	4-13	3/22	F	7:30-10:30pm	\$30/\$30



## ROLLIE POLLIE GYMNASTICS LLC

These classes introduce beginner skills in all four gymnastics events. We work on body positions, technique, and skills. Each class will incorporate shapes, colors, numbers, and letters. Different age groups will go into different depths of each subject. **No class 3/11-3/17.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
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### Walking – 2 Years Old (Parent/Child Class)

140100-20	RRC	0-2	1/10-2/21	Th	9:15-9:50am	7	\$104.50/\$114.50
140100-21	RRC	0-2	1/11-2/22	F	9:15-9:50am	7	\$104.50/\$114.50
140100-21	RRC	0-2	1/9-2/20	W	5:30-6:05pm	7	\$104.50/\$114.50
140100-22	RRC	0-2	1/11-2/22	F	6:30-7:05pm	7	\$104.50/\$114.50
140100-49	RRC	0-2	2/28-4/18	Th	9:15-9:50am	7	\$104.50/\$114.50
140100-50	RRC	0-2	3/1-4/19	F	9:15-9:50am	7	\$104.50/\$114.50
140100-52	RRC	0-2	2/27-4/17	W	5:30-6:05pm	7	\$104.50/\$114.50
140100-51	RRC	0-2	3/1-4/19	F	6:30-7:05pm	7	\$104.50/\$114.50

### 3-4 Years Old

140110-21	RRC	3-4	1/10-2/21	Th	10-10:50am	7	\$132.50/\$145.50
140110-22	RRC	3-4	1/11-2/22	F	10-10:50am	7	\$132.50/\$145.50
140110-33	RRC	3-4	1/8-2/19	Tu	5:30-6:20pm	7	\$132.50/\$145.50
140110-34	RRC	3-4	1/11-2/22	F	5:30-6:20pm	7	\$132.50/\$145.50
140110-50	RRC	3-4	2/28-4/18	Th	10-10:50am	7	\$132.50/\$145.50
140110-51	RRC	3-4	3/1-4/19	F	10-10:50am	7	\$132.50/\$145.50
140110-52	RRC	3-4	2/26-4/16	Tu	5:30-6:20pm	8	\$132.50/\$145.50
140110-53	RRC	3-4	3/1-4/19	F	5:30-6:20pm	8	\$132.50/\$145.50

### 4-6 Years Old

140120-21	RRC	4-6	1/10-2/21	Th	11-11:50am	7	\$132.50/\$145.50
140120-22	RRC	4-6	1/11-2/22	F	11-11:50am	7	\$132.50/\$145.50
140120-33	RRC	4-6	1/9-2/20	W	3:30-4:20pm	7	\$132.50/\$145.50
140120-34	RRC	4-6	1/10-2/21	Th	3:30-4:20pm	7	\$132.50/\$145.50
140120-35	RRC	4-6	1/11-2/22	F	3:30-4:20pm	7	\$132.50/\$145.50
140120-36	RRC	4-6	1/9-2/20	W	4:30-5:20pm	7	\$132.50/\$145.50
140120-37	RRC	4-6	1/10-2/21	Th	4:30-5:20pm	7	\$132.50/\$145.50
140120-50	RRC	4-6	2/28-4/18	Th	11-11:50am	7	\$132.50/\$145.50
140120-51	RRC	4-6	3/1-4/19	F	11-11:50am	7	\$132.50/\$145.50
140120-52	RRC	4-6	2/27-4/17	W	3:30-4:20pm	7	\$132.50/\$145.50
140120-53	RRC	4-6	2/28-4/18	Th	3:30-4:20pm	7	\$132.50/\$145.50
140120-54	RRC	4-6	3/1-4/19	F	3:30-4:20pm	7	\$132.50/\$145.50
140120-55	RRC	4-6	2/27-4/17	W	4:30-5:20pm	7	\$132.50/\$145.50
140120-56	RRC	4-6	2/28-4/18	Th	4:30-5:20pm	7	\$132.50/\$145.50

### 6-9 Years Old

140125-33	RRC	6-9	1/10-2/21	Th	5:30-6:20pm	7	\$132.50/\$145.50
140125-49	RRC	6-9	2/28-4/18	Th	5:30-6:20pm	8	\$132.50/\$145.50

## DROP IN>> ROLLIE POLLIE MORNING

Bring your preschooler for a fun and active morning. From 9:30-11:30am, the gym will be open for free play for you and your child to run, climb, flip, and interact with other children. **We will do drop ins on the following dates: 1/9, 1/30, 2/13, 3/20, & 4/17. \$7 drop in fee.** Instructor: Maestas

Facilities

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The Arts

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Aquatics

Sports

# Martial Arts



## 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. No class 3/14.* Instructor: Nakaya

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161150-30	CRC	6+	1/10-2/14	Th	6:30-7:45pm	6	\$46/\$51
161150-31	CRC	6+	2/21-4/4	Th	6:30-7:45pm	6	\$46/\$51
161150-32	CRC	6+	4/11-5/16	Th	6:30-7:45pm	6	\$46/\$51

## 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 that style of Kung Fu including form, 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. Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Adults - \$20 Drop in fee</b>							
160130-30	RRC	13+	1/15-1/29	Tu/F	6:15-7:15pm	5	\$47
160130-31	RRC	13+	2/1-2/26	Tu/F	6:15-7:15pm	8	\$75
160130-32	RRC	13+	3/1-3/29	Tu/F	6:15-7:15pm	9	\$75
160130-33	RRC	13+	4/2-4/30	Tu/F	6:15-7:15pm	9	\$75
<b>Kids - \$14 Drop in fee</b>							
160135-30	RRC	6-12	1/15-1/29	Tu/F	5:15-6:15pm	3	\$37.50
160135-31	RRC	6-12	2/5-2/26	Tu/F	5:15-6:15pm	4	\$50
160135-32	RRC	6-12	3/5-3/26	Tu/F	5:15-6:15pm	4	\$50
160135-33	RRC	6-12	4/2-4/30	Tu/F	5:15-6:15pm	5	\$50



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

## RED TIGER KARATE

Learn American karate in this white through black belt program that runs year-round. The junior program develops self-esteem, positive behavior, academic achievement, and respect for others. In addition to practicing karate techniques, 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. *White uniform (\$30) required and may be purchased in class. For more information, visit [redtigerkarate.com](http://redtigerkarate.com) or call 817-845-1557. No class 3/12 & 3/15.* Instructor: Margach

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Crosby Rec Center</b>							
161170-30	CRC	5-12	1/22-3/26	Tu	6:30-7:30pm	9	\$60/\$66
161170-31	CRC	12+	1/22-3/26	Tu	7:30-8:30pm	9	\$60/\$66
161170-32	CRC	5-12	4/2-5/28	Tu	6:30-7:30pm	9	\$60/\$66
161170-33	CRC	12+	4/2-5/28	Tu	7:30-8:30pm	9	\$60/\$66
<b>Rosemeade Rec Center</b>							
160170-30	RRC	5-7	1/25-3/29	F	6-7pm	9	\$60/\$66
160170-31	RRC	8-12	1/25-3/29	F	7-8pm	9	\$60/\$66
160170-32	RRC	12+	1/25-3/29	F	8-9pm	9	\$60/\$66
160170-33	RRC	5-7	4/5-5/31	F	6-7pm	9	\$60/\$66
160170-34	RRC	8-12	4/5-5/31	F	7-8pm	9	\$60/\$66
160170-35	RRC	12+	4/5-5/31	F	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 an increased energy, improved balance, and strength. Some aspects of our program include meditation, stretching, and empty-hand and weapon forms in the Yang and Chen styles. *\$15 drop in fee.* Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Senior Center</b>							
132015-30	SRC	13+	1/12-1/26	Sa	9:15-10:15am	3	\$33.75
132015-31	SRC	13+	2/2-2/23	Sa	9:15-10:15am	4	\$45
132015-32	SRC	13+	3/2-3/30	Sa	9:15-10:15am	5	\$45
132015-33	SRC	13+	4/6-4/27	Sa	9:15-10:15am	4	\$45
<b>Rosemeade Rec Center</b>							
161010-30	RRC	13+	1/18-1/25	F	5:30-6:30pm	2	\$22.50
161010-31	RRC	13+	2/1-2/22	F	5:30-6:30pm	4	\$45
161010-32	RRC	13+	3/1-3/29	F	5:30-6:30pm	5	\$45
161010-33	RRC	13+	4/5-4/26	F	5:30-6:30pm	4	\$45





# 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 10)

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

### Spring Hours (Begins February 11)

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 972-466-6389.

## Adult Team Tennis

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

## 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 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  
 1 ½ hour class: \$90/\$100 Res/Non-res  
 Drop ins allowed based on availability and pro approval.  
 1 hr class: \$15/\$17 Res/Non-res  
 1 ½ hr class: \$22/\$24 Res/Non-res

Session 1: January 7-February 9  
 Session 2: February 11-March 16  
 Session 3: March 18-April 20  
 Session 4: April 22-May 25

*(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, the drill will be cancelled two hours beforehand. 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, the drill will be cancelled two hours beforehand. 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

### "1<sup>ST</sup> 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, the mixer will be cancelled one day beforehand. Join us on the first Friday of each month for these popular events (3/1, 4/5, & 5/3).

DAY	TIME	LEVEL	\$(RES/NR)
1 <sup>st</sup> 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 1 ½ 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 7-February 28  
 Session 2: March 18-May 9

*\* 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 by 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 7-February 2
Session 2	February 4-March 2
Session 3	March 4-April 6*
Session 4	April 8-May 4
Session 5	May 6-June 1
Spring Break Camp	March 11-14

\*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 one or two days per week.

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

## ORANGE BALL – BEGINNER/INTERMEDIATE

Ages 7-10 yrs. ORANGE BALL is designed to introduce basic tennis skills for students. Students participating in this class will be using the 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 one to three days per week.

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

## ORANGE BALL/GREEN DOT – INTERMEDIATE/ADVANCED

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 David. Tennis specific shoes are required. Sign up for two or three days per week.

AGE	DAY	TIME	SESSIONS
7-10	M	4:30-6pm	1, 2, 3, 4, 5
7-10	Tu	4:30-6pm	1, 2, 3, 4, 5
7-10	W	4:30-6pm	1, 2, 3, 4, 5
7-10	Th	4:30-6pm	1, 2, 3, 4, 5
7-10	Tu	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 oakcreektennis@cityofcarrollton.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

\$198 Resident/\$220 Non-resident  
Per session/two 120 min. classes per week  
(High Performance)

\$261 Resident/\$290 Non-resident  
Per session/three 120 min. classes per week  
(High Performance)

\$315 Resident/\$350 Non-resident  
Per session/four 120 min. classes per week  
(High Performance)

## 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

## CHALLENGER

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

## HIGH PERFORMANCE

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 David. 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



## 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:** \$108 Resident/\$120 Non-resident  
Per session/four 120 min. classes per week  
\$198 Resident/\$220 Non-resident  
Per session/four 240 min. classes per week

Spring Break Camp 10&Under  
Spring Break Camp 11&Up

March 11-14  
March 11-14

## ORANGE BALL/GREEN DOT CAMP

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-Th	9:30-11:30am

## JUNIOR DEVELOPMENT CAMP PRE-JD CHALLENGER

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-Th	9:30-11:30am

## JUNIOR DEVELOPMENT CAMP JD3 HIGH PERFORMANCE

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, and full court rotation games will be played. Participants will be grouped by ability.

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

\*one hour break for lunch.



# Visit Carrollton Leisure Facilities

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



Download Carrollton's Trail App at [cityofcarrollton.com/trailapp](http://cityofcarrollton.com/trailapp) to find a trail near you!



MAKE THE

# LIBRARY YOUR DESTINATION

THIS SPRING



**HARRY POTTER YULE BALL**



**SPRING BREAK STEAM FAIR**



**AFRICAN-AMERICAN READ-IN**



**CHINESE NEW YEAR CELEBRATION**



**LEGO® CHALLENGE**

See the Library Section (pages 14-18) for more information.

# LEISURE

## CALENDAR



January-April 2019

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
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### January

- 1 New Year's Day (no classes, City facilities closed; for recreation facilities, see holiday hours pages 4-5)
- 4 Harry Potter Yule Ball, Josey Ranch Lake Library, 972-466-4800
- 9, 11-13 "Almost, Maine" Production, Carrollton Senior Center, 972-466-4850
- 12 Saturdays on the Square, family-friendly comedy act, Downtown Carrollton, 972-466-9808
- 19 Martin Luther King Jr. Day Parade, 972-242-0933
- 19 First Annual Adult Prom, Crosby Recreation Center, 972-466-9816



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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### February

- 9 Saturdays on the Square, classic romantic movie, Downtown Carrollton, 972-466-9808
- 10 Chinese New Year Celebration, Hebron & Josey Library, 972-466-4800
- 10 African-American Read-In, Josey Ranch Lake Library, 972-466-4800
- 12 Rec Out!, Crosby Recreation Center, 972-466-4862
- 16 Run for Rover, McInnish Dog Park, 972-466-9816
- 23 Daddy Daughter Dance, Bent Tree Bible Fellowship Church, cityofcarrollton.com/daddydaughterdance
- 26 Citizens' Evening, Carrollton Senior Center Texas Ballroom, 972-466-4299
- 27 Sensory Friendly Movie Night, Carrollton Senior Center, 972-466-4299



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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### March

- 2 TEXFest, Downtown Carrollton, 972-466-9808
- 9 Saturdays on the Square, classic rock cover band, Downtown Carrollton, 972-466-9808
- 15 Spring Break STEAM Fair, Josey Ranch Lake Library, 972-466-4800
- 23 \$5 Rabies Vaccinations & Free Pet Registration, Animal Services & Adoption Center, 972-466-3420
- 23 Gone Glamping, Crosby Recreation Center, 972-466-9816



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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### April

- 6 Spring Family Campout, R.E. Good Soccer Complex, 972-466-9816
- 9 Rec Out!, Crosby Recreation Center, 972-466-4862
- 13 Spring Blooms, A.W. Perry Homestead Museum, 972-466-6380
- 13 Saturdays on the Square, karaoke to the '90s, Downtown Carrollton, 972-466-9808
- 20 Brunch and Brushes, A.W. Perry Homestead Museum, 972-466-6381
- 24 Sensory Friendly Movie Night, Carrollton Senior Center, 972-466-4862
- 27 Carrollton Trails 5K Run/1 Mile Fun Run/Walk, parking at Creekview High School, 972-466-9816



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