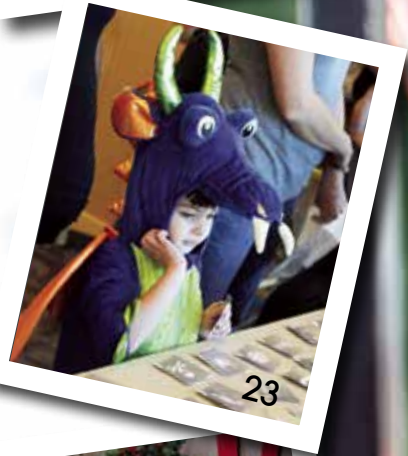


# UNIQUE CONNECTIONS

SEPTEMBER-DECEMBER 2019



Register for Classes and Events Now!

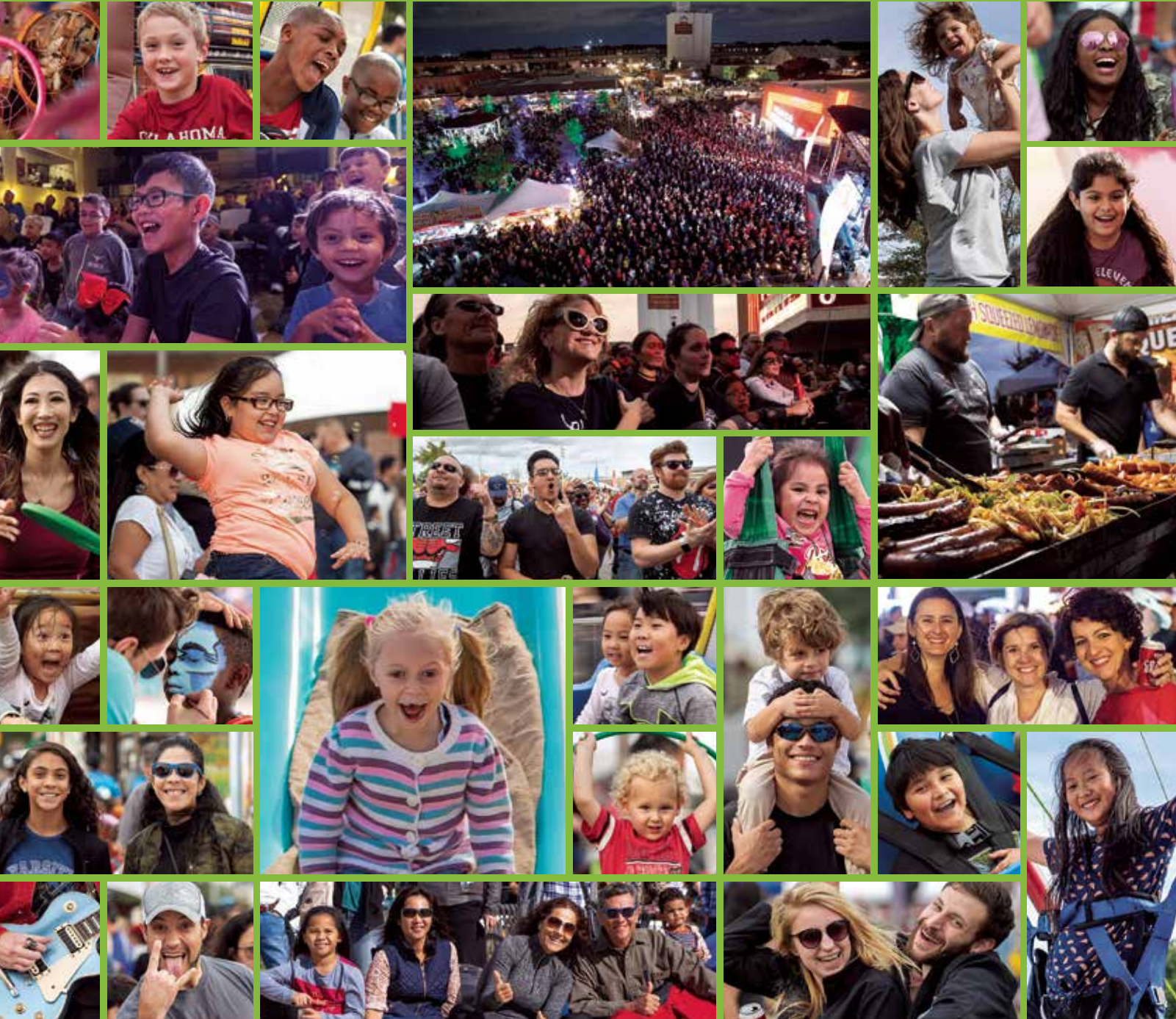






# FESTIVAL AT THE SWITCHYARD

SAT. NOV. 2 • 11AM-10PM • DOWNTOWN CARROLLTON



[carrolltonfestival.com](http://carrolltonfestival.com)  
972-466-3084



FREE Concerts • Great Food • Shopping  
Children's Entertainment • Arts & Crafts  
FREE Rides & Games • Beer Garden





## From the Parks and Recreation Director...

Fall into fun with the City of Carrollton's guide to leisure and activities. We've got an exciting lineup of events this season from Carrollton's signature Festival at the Switchyard to photos and fun with Santa, programs at the recreation centers, and our extensive list of activities in all categories. Stroll Downtown Carrollton with the whole family and enjoy an evening under the stars with Saturdays on the Square. The City continues to offer numerous conveniently located choices for delicious dining and seasonal shopping. Plus, it's easy to get to. Carrollton's ever-expanding trails system will lead you right to the Square. Additionally, take your next DART ride to the Downtown Carrollton Station on the Green Line. It's easy, fun, and economical. Find everything you need, all in Carrollton. Visit [cityofcarrollton.com/parksandrec](http://cityofcarrollton.com/parksandrec) for more information.

*Scott Whitaker, Carrollton Parks and Recreation Director*

## On the cover...

Carrollton's 10th annual Festival at the Switchyard provides FREE family-friendly, community-centered fun in Downtown Carrollton on Saturday, November 2. Try a bite from a variety of food vendors and local restaurants, shop Festival booths and Downtown stores, take a break in the beer garden, and rock along with the main stage entertainment including nationally known headliners Tripping Daisy and the Old 97's, while the kids enjoy free entertainment, bungee trampolines, face painters, and more. With FREE admission, FREE rides, FREE games, and FREE concerts, the Festival at the Switchyard is a family favorite.

We look forward to seeing you there for a memorable day full of good tunes, good treats, and good times. Entertainment and Festival information is available at [carrolltonfestival.com](http://carrolltonfestival.com), [facebook.com/carrolltonfestival](https://facebook.com/carrolltonfestival), and [twitter.com/carrolltonfest](https://twitter.com/carrolltonfest).



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

**Registration for Carrollton residents begins August 5.**

**Non-resident registration begins August 19.**

**Classes begin August 26.**

## On the Inside...

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Facilities

Senior

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Fitness

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Sports

# Facility Listings



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

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

**Holiday Hours:**  
Closed 11/28 & 12/24-25

facebook.com/PerryHomesteadMuseum

Open Tuesday through Thursday and Saturday.

Tours at 11am, 1pm, or by appointment.

For more information or to make a group tour reservation, call or visit online. Free admission.



## CARROLLTON SENIOR CENTER (PAGE 9)

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

**Outdoor Amenities:** Pond with Walking  
Track • Half Basketball Court • Corn Hole

1720 Keller Springs Road  
972-466-4850

cityofcarrollton.com/seniorcenter

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

**Holiday Hours:**  
Open 9/2 & 11/29, 10am-4pm  
Closed 11/28 & 12/24-25  
Open 12/31, 7am-6pm



## CROSBY RECREATION CENTER

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

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

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

**Holiday Hours:**  
Open 9/2 & 11/29, 10am-4pm  
Closed 11/28 & 12/24-25  
Open 12/31, 6am-6pm



## PARKS & RECREATION ADMINISTRATION

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

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

**Event Hotline:** 972-466-9135

**Holiday Hours:**  
Closed 9/2, 11/28-29, & 12/24-25

## INDIAN CREEK GOLF CLUB (PAGE 37)

1650 W. Frankford Road  
972-466-9850  
indiancreekgolfclub.com  
facebook.com/indiancreekgolfclub  
instagram.com/indiancreekgolfclub\_dfw  
twitter.com/IndianCreek\_gc

**Hours:**  
M-Su Sunrise to Sunset  
**Holiday Hours:**  
Closed 12/25

# Facility Listings

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports



## LIBRARY AT HEBRON & JOSEY (PAGE 14)

4220 N. Josey Lane  
 (at Hebron Parkway)  
 972-466-4800  
[cityofcarrollton.com/library](http://cityofcarrollton.com/library)  
[facebook.com/carrolltonpubliclibrary](https://facebook.com/carrolltonpubliclibrary)  
[instagram.com/cplteenleague](https://instagram.com/cplteenleague)  
[pinterest.com/carrolltonlibrary](https://pinterest.com/carrolltonlibrary)  
[twitter.com/CarrolltonTxLib](https://twitter.com/CarrolltonTxLib)

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



## LIBRARY AT JOSEY RANCH LAKE (PAGE 14)

1700 Keller Springs Road  
 (west of Josey Lane)  
 972-466-4800  
[cityofcarrollton.com/library](http://cityofcarrollton.com/library)  
[facebook.com/carrolltonpubliclibrary](https://facebook.com/carrolltonpubliclibrary)  
[instagram.com/cplteenleague](https://instagram.com/cplteenleague)  
[pinterest.com/carrolltonlibrary](https://pinterest.com/carrolltonlibrary)  
[twitter.com/CarrolltonTxLib](https://twitter.com/CarrolltonTxLib)

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

### Holiday Hours for Both Library Locations:

Closed 9/2, 11/28-29, & 12/24-25 • Some holidays may affect hours open.



## OAK CREEK TENNIS CENTER (PAGE 45)

2531 Oak Creek Drive  
 972-466-6389  
[oakcreektenniscenter.com](http://oakcreektenniscenter.com)

**Holiday Hours:**  
 Closed 9/2, 11/28, & 12/24-25  
 Open 12/31, 9am-6pm

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

### Fall Hours

Begin August 19  
 M-Th 8:30am-10pm  
 F 8:30am-8pm  
 Sa 8:30am-6pm  
 Su 10am-7pm

### Winter Hours

Begin November 18  
 M-Th 9am-10pm  
 F 9am-8pm  
 Sa 8:30am-6pm  
 Su 10am-7pm

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



## ROSEMEADE RECREATION CENTER

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

1330 E. Rosemeade Parkway  
 972-466-9800  
[cityofcarrollton.com/rosemeade](http://cityofcarrollton.com/rosemeade)

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

## SPORTS & LEAGUES

1330 E. Rosemeade Parkway  
 972-466-9833  
[cityofcarrollton.com/athletics](http://cityofcarrollton.com/athletics)  
[facebook.com/carrolltonparks](https://facebook.com/carrolltonparks)  
[twitter.com/carrolltonsport](https://twitter.com/carrolltonsport)

**Holiday Hours:**  
 Open 9/2 & 11/29, 10am-4pm  
 Closed 11/28 & 12/24-25  
 Open 12/31, 5:30am-6pm

**Rainout Line:** 972-695-2355

**Hours:**  
 M-F 8am-5pm  
**Holiday Hours:**  
 Closed 9/2, 11/28-29, & 12/24-25

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



# Membership



## MEMBERSHIP FEES

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

### Replacement Card \$5

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

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

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

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

### Replacement Card \$5

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

## DAILY PASSES

	Resident	Non-resident
<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 & Recreation general information page on the website or see front desk staff at any facility for more information.

## ACCESSIBILITY ACCOMMODATION REQUEST

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

Adaptive programming and events can be found on page 26.

## FINANCIAL ASSISTANCE FOR PROGRAMS AND MEMBERSHIPS

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

# Facility Rentals

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

**Crosby Recreation Center\***  
972-466-9810 • 1610 E. Crosby Road  
2 rooms ranging in capacity, 1 gymnasium, dance room, and a kitchen that may be added to any rental

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

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

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

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

## OUTDOOR FACILITIES

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

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

**Carrollton Amphitheater** 1,500  
972-466-3080 • 2035 E. Jackson Road

**Historic Downtown Carrollton Gazebo\*** Varies  
972-466-3080 • 1106 S. Broadway Street

**Indian Creek Golf Club Pavilion** 100  
972-466-9850 • 1650 W. Frankford Road  
Provides a great view of the golf course

**Pavilion at Mary Heads Carter Park** 120  
972-466-3080 • 2320 Heads Lane

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

\*Alcohol allowed with additional permitting

# of People

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

## 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 A.W. Perry Homestead Museum or at one of the recreation centers. 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 the event.

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

### 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

### COST

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



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

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



# 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.

Also, visit the **NEW Milburn Gravley Gazebo** dedicated in December 2018.



## 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 Texas Essential Knowledge and Skills (TEKS) standards for each grade level. To schedule a school or group tour, contact the Museum two weeks before your requested tour date. Group tours are free, but donations are accepted. Call 972-466-9811 to make a reservation or register online at [cityofcarrollton.com/museum](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. All activities are TEKS-aligned according to state-mandated curriculum guidelines.

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

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

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

## Spooky Tours **FREE**

Thursday-Saturday, October 24-26 • 5-7pm

Tour the Victorian A.W. Perry Homestead Museum, decorated for Halloween, and listen to staff share stories of times past. Mysteries will be unraveled, secrets revealed, and tales of the supernatural explored. Costumes are encouraged, but not required.



## Photos with Santa

Saturday, November 16 • 10am-1pm  
Registration Required: \$20 per family

Meet Santa at the A.W. Perry Homestead Museum and tell him your wishes for Christmas. The home will be decorated in the spirit of the season and photos will be taken by a professional photographer. The fee includes one digital photo per family, for up to four people, and additional photos are available for order. Refreshments for the whole family will be provided and there will be a craft for the kids. Preregistration is required by 11/15 at [cityofcarrollton.com/events](http://cityofcarrollton.com/events).



## Christmas Tours **FREE**

Saturday, December 14 • 10am-2pm

What was it like to wake early on Christmas morning in 1909? Discover how the season was celebrated during the Victorian era. Staff will share old stories and the history of Christmas while guests visit the decorated historic home. Tours will be begin on the hour. Visit [facebook.com/perryhomesteadmuseum](https://facebook.com/perryhomesteadmuseum) closer to the event for additional information.

**AN OLD FASHIONED CHRISTMAS - PAGE 24**



# Senior Center

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

## Senior Advisory Council

Meets first Tuesday • 11am

Jim Rogers - President

Jesse Alvarado - Vice President

Nancy Tiegreen - Secretary

Jean Litzler - Treasurer

Wanda Bell - Welfare Liaison

and

Celeste Doane, Dan Couch, Kevin Riley, and Charles Smith

### September-December Events:

#### VA HOSPITAL COLLECTION

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

#### METROCREST HOLIDAY DONATION

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

#### BOX TOPS FOR EDUCATION

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

#### MEDICARE CARD LAMINATION

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

**ALL SENIOR PROGRAMS, EVENTS, AND CLASSES OFFERED ARE AT THE CARROLLTON SENIOR CENTER AND ARE ONLY FOR AGES 50+ UNLESS OTHERWISE NOTED. FREE ACTIVITIES REQUIRE A DAY PASS OR MEMBERSHIP TO THE SENIOR CENTER.**



## Craft Fair

Saturday, October 26 • 9am-3pm • Free  
Carrollton Senior Center  
1720 Keller Springs Road

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

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

Resident: \$25; registration opens **8/5**

Non-resident: \$27.50; registration opens **8/19**

For more information, call 972-466-9815 or email [susan.schafer@cityofcarrollton.com](mailto:susan.schafer@cityofcarrollton.com).

## Veterans Day Celebration



Monday, November 11 • 11am-1pm • Free  
See page 24

### NEW MEMBER TOUR

Join us at the Senior Center and enjoy a tour of the facility with the purchase of a new membership. 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. *Th, (9/12, 10/10, 11/14, 12/12), 11am.*

# Senior Activities & Classes • 50+

MONDAY	TUESDAY	WEDNESDAY
7am Walking	7am Walking	7am Walking
9am Dominoes	8:30am FUNctional Fitness \$	9am Dominoes
9am Notary Service (9/9, 10/7, 11/4, & 12/2)	9am Ceramics \$	9am Aerobics \$
9am Aerobics \$	9am Dominoes	10am Book Club (9/11, 10/9, 11/13, & 12/11)
9:30am Knit & Crochet	9:30am B-12 Shots (9/3, 10/1, 11/5, & 12/10)	10am You Can Watercolor (10/30 & 12/18)
10am Better Balance \$	10am Stretch \$	10:15am Bingo (\$ for card)
10am H&F Canasta	11am Blood Pressure & Sugar Screening (9/10, 10/8, 11/12, & 12/10)	10:45am Hot Dog Wednesday (9/11, 10/9, 11/13, & 12/11)
11am Aging Gracefully Yoga \$	12:30pm SKIP-BO	12:15 Lunch and Learn (dates p. 12)
1pm Movie Monday (9/16, 10/21, 11/18, & 12/16)	12:30pm Texas Hold' Em Tournament (9/24, 10/29, 11/26, & 12/17)	12:30pm Pinochle
1pm Ping-Pong	1pm Fun Chair Volleyball	12:30pm Quilting Group (9/11, 10/9, 11/13, & 12/11)
1pm Texas Hold' Em Class (9/23, 10/28, 11/25, & 12/16)	1pm Ping-Pong	1pm Adult Coloring (9/18, 10/16, 11/20, & 12/18)
	1pm Team Chair Volleyball	2:30pm Drama Group
	3pm Reunion Hispania (9/17, 10/15, 11/19, & 12/17)	
5pm Closed	4pm Guitar Sessions	
	7:30pm Closed	
LEGEND: \$ Fee required		

## Seniors on Tour

Discover the exciting places Carrollton and Texas have to offer. Outings come with a lot of laughs, a stop for lunch, and occasionally an overnight stay. Trips are always escorted by a Parks & Recreation staff member.

### DAY TRIPS

We will explore entertaining and educational sites in North Texas. Additional trip details will be posted at the Senior Center two weeks prior 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.**

CLASS #	TRIP	DATE	DAY	TIME	\$(RES/NR)
102020-65	Texas Rangers Game Lower Level Reserved	9/26	Th	11:30am-5pm	\$35/\$38.50
102020-71	Heard-Craig Museum Lunch and Tea	10/10	Th	10:15am-2pm	\$23/\$25.50
102020-80	JFK 6 <sup>th</sup> Floor Museum	11/19	Tu	10am-4pm	\$18/\$20
102020-90	Winstar World Casino	12/5	Th	8:30am-4:30pm	\$25/\$27.50
102020-91	Christmas Pops-Meyerson	12/15	Su	1:30-5:30pm	\$33/\$36

### OUT TO LUNCH FRIDAYS

Join us for a good time at a local restaurant. Lunch is on your own. There is a small fee of \$3 per resident/\$3.50 per non-resident for city transportation from the Senior Center to the restaurant. Pre-registration is required by everyone attending so the restaurant will have an accurate head count.

CLASS #	LOC	DATE	DAY	TIME
102010-65	ROC Crab and Wings 3720 N. Josey Lane #118	9/13	F	11am-1pm
102010-70	Kuby's Sausage House 6601 Snider Plz, Dallas	10/11	F	11am-1pm
102010-80	Hillside Fine Grill 3140 FM 407, Highland Village	11/8	F	11am-1pm
102010-91	Snooze AM Eatery 5100 Belt Line Rd, #824, Addison	12/13	F	11am-1pm

## Activities and Classes

### ADULT COLORING

Coloring may sound like a simple activity to ward off boredom, but it can actually improve your health. A research study found that adults 65 or 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, W (9/18, 10/16, 11/20, & 12/18), 1pm.** Instructor: Sandra Vance

### BINGO

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



### BOOK CLUB

Join us the second Wednesday of each month and enrich your reading experience with some lively discussion. **Book Club is led by volunteers.**

DATE	DAY	TIME	BOOK AND AUTHOR
9/11	W	10am	<i>The Girl With Seven Names: A North Korean Defector's Story</i> by Hyeonseo Lee with David John
10/9	W	10am	<i>Where the Crawdads Sing</i> by Delia Owens
11/13	W	10am	<i>Celine</i> by Peter Heller
12/11	W	10am	<i>Thursday at Eight</i> by Debbie Macomber



THURSDAY	FRIDAY	SATURDAY
7am Walking	7am Walking	9am Ping-Pong
8:30am FUNctional Fitness \$	9am Aerobics \$	
9am Dominoes	9am Dominoes	
9am Scrabble	9am Painting	
10am Better Balance \$	9am Scrabble	
10am Stretch \$	10am Bolly X \$	
11am Quilting Group (9/5, 9/26, 10/3, 10/24, 11/7, 12/5, & 12/19)	10am H&F Canasta	
11am Monthly Luncheons (9/19, 10/17, 11/21, & 12/19)	11am Aging Gracefully Yoga \$	
	11am Sing-Along Group (9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, & 12/20)	1pm Closed
12:30pm SKIP-BO	12:30pm Pinochle	
1pm Fun Chair Volleyball	1pm Volleyball Team Practice	
1pm Mahjong		
2pm Bunka		
5pm Potluck Thursday (9/12, 10/10, 11/14, & 12/12)		
6:05pm Dance Lessons		
7pm Dance \$		
9:30pm Closed	5pm Closed	Center Closed

## 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, under glazes, tools, and firing are included in the monthly fee. **Purchase a four-class Ceramics punch card for \$30 (res)/\$33 (non-res).** Instructor: Burdette

CLASS #	DATES	DAY	TIME	#CLSS	(RES/NR)
152010-89	9/3-9/24	Tu	9-11:30am	4	\$30/\$33
152010-01	10/1-10/29	Tu	9-11:30am	5	\$37.50/\$41.25
152010-09	11/5-11/19	Tu	9-11:30am	3	\$22.50/\$24.75
152010-17	12/3-12/17	Tu	9-11:30am	3	\$22.50/\$24.75

## DRAMA GROUP

This amazing group continues to entertain us with their hilarious performances at the monthly luncheons. You don't have to have a particular talent to join, just a good sense of humor and desire to laugh! **Held weekly, W, 2:30-4pm.**

## 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 other charitable organizations. Enjoy the craft of knitting and/or crochet and make some new friends. **Held weekly, M, 9:30-11:30am.**

## NEW>> MAKING MEMOIRS

Do you have lots of memories from your childhood? If so, you will enjoy this class. You will learn the art of writing stories from brainstorming to outlining to story structure. We will help you turn your memories from your past into stories that your grandchildren will love to read. There are no wrong answers in this class, just the possibility of coming up with the next best-selling story.

CLASS #	DATES	DAY	TIME	#CLSS	\$(RES/NR)
172650-65	9/3-10/8	Tu	11am-12pm	6	\$65/\$71.50
172650-70	10/15-11/19	Tu	11am-12pm	6	\$65/\$71.50

## MOVIE MONDAY

Enjoy a free movie with refreshments. Due to the excitement of new releases, titles will not be available until one month prior and will be published on the facility calendar. **Held monthly, M (9/16, 10/21, 11/18, & 12/16), 1pm.**

## QUILTING GROUP

Bring your own sewing machine and supplies. You can bring material or use donated material received at the Carrollton Senior Center. We'll start with small projects then progress to table runners, bowls, and quilts. No registration required. **Held W (9/11, 10/9, 11/13, & 12/11), 12:30-4pm & Th (9/5, 9/26, 10/3, 10/24, 11/7, 12/5, & 12/19), 11am-1:30pm.**

## REUNION HISPANIA

Una cena para nuestros juespedes que hablan español se celebra el tercer martes de cada mes. Traiga su comida favorite para compartir y participe en juegos. Se requiere una membresia del Senior Center para participar en este evento. **Celebrado mensualmente, Ma (9/17, 10/15, 11/19, & 12/17), 3pm.**

## SING-ALONG GROUP

Be a part of a group of seniors who love to sing. Free and no registration required. **Held twice monthly, F (9/6, 9/20, 10/4, 10/18, 11/1, 11/15, 12/6, & 12/20), 11am-12pm.**

## NEW>> TEXAS HOLD 'EM CLASS

Learn to play Texas Hold 'Em before participating in our monthly tournament! **Held monthly, M (9/23, 10/28, 11/25, & 12/16), 1pm.**

## TEXAS HOLD 'EM TOURNAMENT

Seating begins at 12:30pm and games begin at 1pm. The first 64 participants will be seated. Tournament on 12/17 is Tournament of Champions from previous final tables from January-November. Participation on 12/17 is by invitation only. **Held monthly, Tu (9/24, 10/29, 11/26, & 12/17), 1pm.**

## YOU CAN OIL PAINT A MASTERPIECE

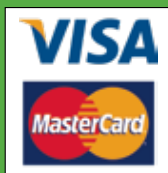
Even if you have never held a paintbrush or cannot draw a straight line, you will be amazed at the beautiful painting you can create in one inspiring lesson. Beginners learn the basics of color mixing, brushstrokes, and perspective while completing a landscape, seascape, or still life in this fun and easy class taught by master artist and award-winning instructor Robert Garden. *All supplies including canvas, paint, brushes, medium, easel, detailed lesson plan, and 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 two days before each class.* Instructor: Garden

CLASS #	THEME	DATES	DAY	TIME	#CLSS	\$(RES/NR)
152090-90	Fall Trees on the Lake	9/19	Th	9am-12pm	1	\$35/\$36.50
152090-02	Harvest Moon	10/10	Th	9am-12pm	1	\$35/\$36.50
152090-10	Honolulu Sunset	11/14	Th	9am-12pm	1	\$35/\$36.50
152090-17	Icy Trees with Palette Knife	12/12	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 short cuts that will make watercolor fun and easy. *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 #	THEME	DATES	DAY	TIME	#CLSS	\$(RES/NR)
152095-01	Winter Hay Barn	10/30	W	10am-12:30pm	1	\$35/\$36.50
152095-17	White Flowers	12/18	W	10am-12:30pm	1	\$35/\$36.50



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

## Food, Fun, and Fellowship

### HOT DOG WEDNESDAY

Get a jumbo hot dog and all the fixin's prepared and served by your own Senior Advisory Council. Cost is \$2 per person. *Held monthly, W (9/11, 10/9, 11/13, & 12/11), 10:45am-12pm, Age: All.*

### LUNCH AND LEARN

Hear presentations from vendors on a variety of topics including downsizing, Medicare, and Social Security. Sponsors will provide a light lunch. Pre-registration is appreciated to get an accurate head count. *Most Lunch and Learns are held in the Lone Star Room.*

CLASS #	SUBJECT	PRESENTED BY	DATE	DAY	TIME
102001-65	Reverse Mortgages	Paula Bonney	9/4	W	12:15pm
102001-67	Preventing Cold and Flu	PAM Rehab	9/18	W	12:15pm
102001-68	Dementia 101	Oxford Glen	9/25	W	12:15pm
102001-71	Social Security	Thom Vance	10/2	W	12:15pm
102001-72	Medicare	Chris Hatch	10/9	W	12:15pm
102001-73	Fraud Prevention	AARP	10/16	W	12:15pm
102001-75	Preventing Cold and Flu	PAM Rehab	10/23	W	12:15pm
102001-77	Medicare Patrol Program	Senior Source	10/30	W	12:15pm
102001-80	OLLI Program	UNT	11/6	W	12:15pm
102001-81	Medicare 101	Chris Hatch	11/13	W	12:15pm
102001-82	Medicare	Senior Source	11/20	W	12:15pm

### MONTHLY LUNCHEONS

Join us once a month for a delicious meal and an opportunity to socialize and enjoy a variety of activities and entertainment. Registration ends at 5pm on the Monday before the luncheon.

CLASS #	Sponsor/Theme	DATE	DAY	TIME	\$(RES/NR)
102000-65	Atlas Point	9/19	Th	11am	\$6.50
102000-71	Oktoberfest	10/17	Th	11am	\$6.50
102000-80	Thanksgiving	11/21	Th	11am	\$6.50
102000-90	Holiday Luncheon	12/19	Th	11am	\$6.50

### OUT TO LUNCH – PAGE 10

### POTLUCK THURSDAY

Potluck is an opportunity for you to prepare a dish to share with friends, try something new to eat, and have a fun evening out playing games. *Held monthly, Th (9/12, 10/10, 11/14, & 12/12), 5pm.*





## NEW>> DROP IN>> 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. All mats and weights are provided. **Purchase a 10-class Aerobics punch card for \$30 (res)/\$33 (non-res) or drop in for \$3.50. Held weekly, M/W/F, 9-10am. No class 9/2, 11/29, & 12/25.** Instructor: Hess-Reneau

## 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 (res)/\$33 (non-res) or drop in for \$3.50. Held weekly, M/F, 11am-12pm. No class 9/2 & 11/29.** Instructor: Guinn

## B12 SHOTS

Cash or check payable to Flu Shots of America. **Held monthly, Tu (9/3, 10/1, 11/5, & 12/10), 9:30-10am, \$20.**

## DROP IN>> BETTER BALANCE

Learn and maintain the skills necessary for optimal balance and fall prevention. Classwork includes exercises to stimulate your sense of balance and coordination by developing strength in the legs, hip, back, and abdominal/core muscles. We use chairs and floor work/mats, hand weights optional. **Purchase a 10-class Better Balance punch card for \$20 (res)/\$22 (non-res) or drop in for \$2.50. Held weekly, M/Th, 10-11am. No class 9/2, 11/28, 12/23, & 12/26.** Instructor: Sparenberg

## BLOOD PRESSURE & SUGAR SCREENING

Free blood pressure and blood sugar screenings; no appointments necessary. **Held monthly, Tu (9/10, 10/8, 11/12, & 12/10), 11am.**



## NEW>> DROP IN>> BOLLY X

Bolly X is a Bollywood inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. It's a 50-minute cardio workout that cycles between higher and lower intensity dance sequences to get you moving, sweating, and smiling! No dance experience needed. **Purchase a 5-class Bolly X punch card for \$15 (res)/\$16.50 (non-res) or drop in for \$3.50. Held weekly, F, 10-11am. No class 11/29 & 12/27.** Instructor: Rao.

## 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 \$30 (res)/\$33 (non-res) or drop in for \$3.50. Held weekly, Tu/Th, 8:30-9:30am. No class 11/28, 12/5, 12/24, & 12/31.** Instructor: Sparenberg

## 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 (res)/\$22 (non-res) or drop in for \$2.50. Held weekly, Tu/Th, 10-11am. No class 11/28, 12/5, 12/24, & 12/31.** Instructor: Guinn

## DROP IN>> TAI CHI - SEE PAGE 43

## WEIGHT ROOM ORIENTATION - SEE PAGE 36



# Carrollton Public Library

Free programs and events for all ages

PLEASE NOTE: Children eight years old and under must be accompanied by an adult.

## HEBRON & JOSEY

4220 N. JOSEY LANE  
(AT HEBRON PARKWAY)

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

Public computers • Online databases  
and resources • Free Wi-Fi  
Books, Magazines, CDs, DVDs, & newspapers  
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.

## Preschool

Preschool Classes September 3-November 30 • Ages Birth to 5+

Pick up the monthly Youth Services Calendar at either Library for the most up-to-date information.

### SPECIAL EVENTS

#### MINI MAKERS — PRESCHOOL STEAM

Bring your preschooler to the Library for hands-on STEAM activities. Children will have fun experiencing a variety of activities to stimulate learning, invoke a natural curiosity, and support problem-solving skills.

DATE	LIBRARY	AGE	DAY	TIMES
9/15	Hebron & Josey	3-6	Su	2pm

#### FAMILY LITERACY NIGHT

Celebrate National Family Literacy Month with a fun evening jam-packed with books, games, art, and refreshments.

DATE	LIBRARY	AGE	DAY	TIMES
11/14	Hebron & Josey	3-6	Th	6:30pm

#### MESSY ART

Children and their caregivers explore a variety of hands-on art experiences. Dress to have fun and get messy.

DATE	LIBRARY	AGE	DAY	TIMES
12/4	Hebron & Josey	3-6	W	10am

#### WINTER WONDERLAND

Come by the Library to meet Santa and read stories with Mrs. Claus.

DATE	LIBRARY	AGE	DAY	TIMES
12/11	Hebron & Josey	Birth-5+	W	10am





## EARLY LITERACY CLASSES

### BABY TIME

These 20-minute sessions are designed for pre-walkers and a parent or caregiver. Interact with baby as they develop a love of language through rhymes and music. Stay afterward for baby play time 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
Hebron & Josey	1-3	W	10:45am	Ongoing

### LIBROS Y AMIGOS/BOOKS AND FRIENDS

Participa en cuentos, 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	Birth-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	11:15am	Ongoing

### FAMILY STORY TIME

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

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

### SENSORY PLAYDATE

Children and their families learn and explore through play by participating in sensory rich activities that promote healthy development and learning.

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
9/14	Hebron & Josey	Birth-5+	Sa	10:30am
9/21	Josey Ranch Lake	Birth-5+	Sa	10:30am
10/12	Hebron & Josey	Birth-5+	Sa	10:30am
10/19	Josey Ranch Lake	Birth-5+	Sa	10:30am
11/9	Hebron & Josey	Birth-5+	Sa	10:30am
11/16	Josey Ranch Lake	Birth-5+	Sa	10:30am

## Family

### FAMILY NIGHT

Children of all ages and their families bond through various challenges and activities done together.

DATE	LIBRARY	DATE	TIME	ACTIVITY
9/3	Hebron & Josey	Tu	6pm	Game Night
9/10	Hebron & Josey	Tu	6pm	STEAM Night
9/17	Hebron & Josey	Tu	6pm	Build It Night
9/24	Hebron & Josey	Tu	6pm	Story Night
10/1	Hebron & Josey	Tu	6pm	Game Night
10/8	Hebron & Josey	Tu	6pm	STEAM Night
10/15	Hebron & Josey	Tu	6pm	Build It Night
10/22	Hebron & Josey	Tu	6pm	Story Night
10/29	Hebron & Josey	Tu	6pm	Glow Party
11/5	Hebron & Josey	Tu	6pm	Game Night
				International Games Week
11/12	Hebron & Josey	Tu	6pm	STEAM Night
11/19	Hebron & Josey	Tu	6pm	Build It Night
11/26	Hebron & Josey	Tu	6pm	Movie Night: <i>Fern Gully</i>
12/3	Hebron & Josey	Tu	6pm	Game Night
12/10	Hebron & Josey	Tu	6pm	STEAM Night
12/17	Hebron & Josey	Tu	6pm	Build It Night

### HOMESCHOOL BOOK CLUB

Join us for a book talk and group activities. Choose a book based on our monthly topics listed below. Whether a book made you feel this emotion or the opposite, join us for a lively discussion. Didn't read the book? No problem. Come learn about peer-recommended books and participate in STEM-related activities. This group is for school-age children and their families.

DATE	LIBRARY	DAY	TIME	TOPIC
9/4	Hebron & Josey	W	1:30pm	Favorite Book
10/2	Hebron & Josey	W	1:30pm	Courage
11/6	Hebron & Josey	W	1:30pm	Gratefulness
12/4	Hebron & Josey	W	1:30pm	Generosity

### FALL FESTIVAL

Drop in for some free, family-friendly fall fun. Enjoy games, art activities, stories, a cupcake walk, face painting, prizes, and more. Costumes encouraged and remember to bring your own treat bag.

DATE	LIBRARY	DAY	TIME
10/25	Josey Ranch Lake	F	6-8pm

### BOOKS FOR TREATS

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

DATE	LIBRARY	DAY	TIME
10/31	Hebron & Josey	Th	12-9pm

### FALL BREAK

Need something to do while you are out of school? Come hang out at the Library and enjoy fun activities each day for you and your family.

DATE	LIBRARY	DAY	TIME	ACTIVITY
11/25	Hebron & Josey	M	2-4pm	Mini Maker Space
11/26	Hebron & Josey	Tu	6-8pm	Movie: <i>Fern Gully</i>
11/27	Josey Ranch Lake	W	12-4pm	Puzzle Mania



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.



*Twelve Days of  
Winter Break*

**Different Activities Every Day!**

**Stop by either Library location  
and pick up  
a schedule of events.  
December 23 ~ January 6**

## Tweens

Ages 9-12

### TWEEN HANGOUT

What is more fun than building friendships and strengthening them with video games and board games? Join us each week for some gratifying fun. Maker supplies are also available. Relax, create, and have fun.

LIBRARY	AGE	DAY	TIME	#WKS
Josey Ranch Lake	9-12	M	4:30pm	Ongoing

### SPECIAL TWEEN HANGOUT

Looking for something exciting to do? Join us for special Tween Hangouts while school is out. Check out the Library's monthly calendar online for details at [cityofcarrollton.com/library](http://cityofcarrollton.com/library).

DATE	LIBRARY	Age	DAY	TIME
11/25	Josey Ranch Lake	9-12	M	4:30pm
12/23	Josey Ranch Lake	9-12	M	4:30pm
12/26	Hebron & Josey	9-12	Th	4:30pm
12/30	Josey Ranch Lake	9-12	M	4:30pm

### TWEEN COUNCIL

Are you a hardworking and creative tween? Want to learn the ins and outs of how the Library works while gaining valuable leadership and planning skills? Earn volunteer hours by planning upcoming Library programs and making decisions about Library services for tweens like you. Open to new members – no registration or application required.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	9-12	Th	4:30pm	Ongoing

## Teens

Ages 13-18

### TEEN ACTION COMMITTEE

We need your ideas. Join other teens to plan upcoming Library programs and make decisions about Library services for teens like you. Open to new members – no registration or application required. This is a fun way to earn volunteer credit.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	13-18	Th	6-7pm	Ongoing

### TEEN NIGHT

Make some art, play a game, or just hang out with other teens at this weekly program.

LIBRARY	AGE	DAY	TIME	#WKS
Hebron & Josey	13-18	Th	7-8pm	Ongoing



## COLLEGE AND CONTINUING EDUCATION FAIR

THURSDAY, SEPTEMBER 5

4:30-7PM

HEBRON & JOSEY LIBRARY

This event is free and open to anyone interested in continuing their education, including teenagers, their parents, and adults. Learn about admission requirements, tuition, financial aid opportunities, other aspects of applying for college, and alternative routes. Talk with representatives from:

- Abilene Christian University
- Amberton University
- DeVry University
- Grand Canyon University
- Texas A&M University-Commerce

And more!

For more information, visit [cityofcarrollton.com/library](http://cityofcarrollton.com/library) or call 972-466-4800.

[INSTAGRAM.COM/CPLTEENLEAGUE](https://www.instagram.com/cplteenleague)



# Adult Programs

Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

## COMPUTER SKILLS

### COMPUTER CLASSES

Need help with computers? Learn about computer basics, Excel, Word, coding, and LinkedIn. Classes are free. **Register at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com), or call 972-466-4800 for assistance. No classes in December.**

DATE	LIBRARY	AGE	DAY	TIME	TOPIC	REG. BEGINS
9/3	H&J	Adults	Tu	7-8:30pm	Excel-Beginners	8/20
9/14	H&J	Adults	Sa	10:30am-12pm	Word-Beginners	8/31
9/21	H&J	Adults	Sa	10:30am-12pm	Word-Intermediate	9/7
9/25	JRL	Adults	W	7-8:30pm	Computer Basics	9/11
10/1	H&J	Adults	Tu	7-8:30pm	Excel-Beginners	9/17
10/12	JRL	Adults	Sa	10:30am-12pm	Excel-Beginners	9/28
10/19	JRL	Adults	Sa	10:30am-12pm	Excel-Intermediate	10/5
10/23	JRL	Adults	W	7-8:30pm	Google Docs-Beginners	10/9
11/5	H&J	Adults	Tu	7-8:30pm	Excel-Beginners	10/22
11/9	H&J	Adults	Sa	10:30am-12pm	Coding-Beginners	10/26
11/16	H&J	Adults	Sa	10:30am-12pm	LinkedIn-Beginners	11/2
11/20	JRL	Adults	W	7-8:30pm	Computer Basics	11/6



## SMALL BUSINESS

### CONNECT WITH SCORE

Learn how to connect with a small business mentor. Discover how the Service Corp of Retired Executives (SCORE) can assist with any phase of starting or growing a business. SCORE is a partner of the U.S. Small Business Administration and all mentoring is free. Learn about workshops and webinars they are constantly publishing and connect with the local office where a personal mentor can be assigned to help. SCORE has more than 11,000 volunteers with knowledge on any business or subject within a business. **Register at [dallas.score.org](http://dallas.score.org) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
9/7	Josey Ranch Lake	Adults	Sa	10:30am	8/7

### ESSENTIAL STEPS FOR SUCCESS

This free introductory workshop is presented by the Service Corp of Retired Executives (SCORE) and is designed to teach potential entrepreneurs the need for personal skills, products or services, legality, financing, planning, and how committed they need to be to make the business successful. The program is sponsored by the Carrollton Public Library and Capital One Bank. **Registration is required at [dallas.score.org](http://dallas.score.org) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
10/15	Josey Ranch Lake	Adults	Tu	10am-12pm	9/15

**METROCREST COMMUNITY NETWORKING - PAGE 22**

## HEALTH AND WELLNESS

# Family Health and Wellness Fair

Saturday, September 28  
10am-1pm • Free  
Josey Ranch Lake Library  
1700 Keller Springs Road

In honor of National Family Health and Fitness Day, Carrollton will host a health and wellness fair for the whole family. Attendees can visit with local health and wellness vendors, participate in a variety of workshops and health demonstrations for all ages, enjoy refreshments, and enter a drawing for a chance to win prizes.



### OVERCOMING MIGRAINES

Are migraines taking over your life? Learn about causes and possible solutions from Dr. Cristina Wohlgelegen. Dr. Cris is a neurologist who is fellowship trained in headache medicine and founder of the International Headache Center. **Registration is optional at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com); call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
10/7	Hebron & Josey	Adults	M	7-8pm	9/7

### DNA BASICS: THE IMPACT OF GENETIC TESTING

Have you ever considered taking a genetic test? The impact of genetic testing goes beyond knowing where your ancestors are from. Your DNA holds a vast ocean of information about you and your health. Join UNT Health Science Center librarians and learn about the benefits and limitations of genetic testing and how DNA testing is changing society. **Register at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
10/26	Josey Ranch Lake	Adults	Sa	10:30-11:30am	9/26

### YOGA TO THE RESCUE!

Keep your cool during the high stress of the holidays with rescue yoga. Bring a mat and relax with guided breathing exercises and stretches during this one-hour class for all levels. **Register beginning one month before the class at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
11/25	Josey Ranch Lake	Adults	M	10:30-11:30am	10/25

## GENEALOGY CLASSES

### BACKYARD GENEALOGY

Everyone is searching for the lost ancestor who faded into history, the black sheep with the crazy story, or the immigrant to the New World with the inspiring life. Learn about the free resources available right in your own backyard at the Carrollton Public Library before you plan the next lengthy road trip to locate that missing relative. **Register beginning two weeks before the class at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
9/17	Josey Ranch Lake	Adults	Tu	10:30am-12pm	9/3



### GENEALOGY LOCK-IN

Join fellow genealogists and family historians from around Texas in this LIVE streaming event. We'll hook up and 'attend' genealogy workshops on a variety of topics as they are presented in other Texas libraries. Bring a brown bag lunch and spend the day, or attend only a few sessions of a primary interest. This event is free, but registration is required. **Register at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance. More information about specific sessions will be available at a later date.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
10/18	Josey Ranch Lake	Adults	F	10am-5pm	9/17



### 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.

## FUN AND GAMES AT THE LIBRARY

### 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, the Library has you covered. Feel free to bring games to share with others. **No registration is required.**

DATE	LIBRARY	AGE	DAY	TIME
9/28	Hebron & Josey	Adults	Sa	2-5:30pm
10/26	Hebron & Josey	Adults	Sa	2-5:30pm
11/23	Hebron & Josey	Adults	Sa	2-5:30pm
12/21	Hebron & Josey	Adults	Sa	2-5:30pm

### ARTISTIC CRAFTING 101

If you are interested in learning a new crafting skill that could come in handy in the future, check out these introductory classes to help jump-start that new expertise! Register at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.

DATE	LIBRARY	AGE	DAY	TIME	CRAFT	REG. BEGINS
10/19	H&J	Adults	Sa	11am-12:30pm	Geek Crafts	9/28
12/7	H&J	Adults	Sa	11am-12:30pm	Stars & Snowflakes	11/16

### FALL CRAFTIVITY

Join us for Fall Craftivity and learn to make homemade bath bombs and lotion that can be kept or given as a gift. **All supplies will be provided. Bring a snack or lunch to enjoy while you create. Register at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com) or call 972-466-4800 for assistance.**

DATE	LIBRARY	AGE	DAY	TIME	REG. BEGINS
11/16	Josey Ranch Lake	Adults	Sa	11am-1pm	10/26

Visit the Carrollton Public Library at Josey Ranch Lake and meet one of Carrollton's newest residents, Sir Reads-A-Lot.

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

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

Visit [friendscarrolltonlibrary.org](http://friendscarrolltonlibrary.org) for more information.

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

## Sir Reads-A-Lot!





## METROCREST COMMUNITY NETWORKING

Tuesday, October 8 • 1-3pm  
Josey Ranch Lake Library



Join us for a job-seeking event tailored to our community. Metrocrest Services and the Carrollton Public Library have partnered to bring together employer and employee for meaningful conversations about organizational culture, opportunities, and tips for interview success.

All job-seekers are welcome, but pre-registration is requested.

Registration begins 9/1 at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com).  
Call 972-466-4800 for assistance.

## International Games Day Celebration

Wednesday, November 6 • 6:30pm • Free  
Josey Ranch Lake Library

Come play games in honor of International Games Week (IGW) and meet new people. IGW is an annual celebration designed to reconnect communities around the educational, recreational, and social value of all types of games and learning at the Library! For ages nine and up.

## Winter Reading Challenge

January 1-March 1 • Free

Registration will begin in December for a new reading challenge to engage readers of all ages during those slower winter months. Readers will be divided into age groups; a small prize will be given for completing goals; and entries given for one drawing per age-group at the end of the challenge.



## Friends of the Carrollton Public Library Book Sale

Tuesday, October 8 • 6:30-8:30pm (members only)

Thursday, October 10 • Noon-8pm  
Saturday, October 12 • 10am-6pm

Hebron & Josey Library

Stop by the Hebron & Josey Library during the Friends of the Carrollton Public Library Book Sale. Donated books, movies, and music for children and adults will be available for purchase. Cash, checks, and credit cards are accepted. All proceeds benefit the Friends of the Carrollton Public Library to fund Library programming.



## Brookhaven Bell Choir Concert

Sunday, December 8 • 3pm • Free  
Carrollton Senior Center • Texas Room

Everyone's favorite ringers return. Enjoy a concert of holiday favorites, old and new, presented by the Brookhaven College Handbell Choir, under the direction of Bonnie Riddle and Estelle Wiese. Doors open at 2:30pm.

# Community Events

## Saturdays on the Square

Every second Saturday of the month

*All events are free*

Downtown Carrollton  
1106 S. Broadway Street

### September

Saturday, September 14 • Sunset

**Spider-Man:**

**Into the Spider-Verse (2018), PG**

Phil Lord and Christopher Miller, creators of *The Lego Movie* and *21 Jump Street*, bring a fresh vision with groundbreaking visual style and limitless possibilities where more than one can wear the mask.

Bring a lawn chair and watch a family-friendly movie on us.

### October

Saturday, October 12 • 6-8pm

**Live Country Music**

Kelly Clements and Jeff Ogle first met on "The Country Top 40," featuring the legendary Bob Kingsley. Now as a duo, Two Far Gone will bring you an evening of beautiful harmonies and classic hits!

Bring a lawn chair and enjoy the tunes.

### November

Saturday, November 9 • 6-8pm

**Cocoa for Coats**

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

### December

Saturday, December 14 • 6-8pm

**Christmas Tunes & Gift Wrapping**

Sing along to your favorite Christmas tunes and wrap Christmas presents.

Gift wrapping supplies will be available.

**For more information, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).**



## College and Continuing Education Fair

Thursday, September 5 • 4:30-7pm • Free  
Hebron & Josey Library, 4220 N. Josey Lane

This event is free and open to anyone interested in continuing their education, including teenagers, their parents, and adults. Learn about admission requirements, tuition, financial aid opportunities, other aspects of applying for college, and alternative routes. Talk with representatives from Abilene Christian University, Amberton University, DeVry University, Grand Canyon University, and Texas A&M University-Commerce. For more information, visit [cityofcarrollton.com/library](http://cityofcarrollton.com/library) or call 972-466-4800.



## Pooch Pool Party\*

Saturday, September 7 • 1-4pm

Dog entry: \$5 • Humans: Free

**Rosemeade Rainforest Aquatic Complex**  
1334 E. Rosemeade Parkway

Say goodbye to summer at the popular Pooch Pool Party. Bring your dog out for friendly competitions and swimming. Your pooch won't want to miss the skills competitions, best-dressed contest, and a chance for our four-legged friends to splash around. Dog admission is \$5 and free for humans. Carrollton West Pet Hospital will be on site from 11am to 1pm offering free rabies vaccinations. Carrollton's 2020 pet photo calendar will be on sale for \$10 (includes sales tax). For more information, visit [cityofcarrollton.com/events](http://cityofcarrollton.com/events).

\*Event is contingent on the completion of the Rosemeade Aquatic Complex renovations.



## PAWS on the Square

Saturday, September 21 • 11am-3pm • Free  
Historic Downtown Carrollton, 1106 S. Broadway Street

Pawrents, bring your pets to an afternoon paw-ty in Downtown Carrollton. PAWS on the Square is a FREE event that brings people, pets, animal welfare organizations, and pet-friendly companies together to make Carrollton a better place for our pets. Look out for vaccinations, dog biscuits, and adoptions. For more information, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).

## Family Health and Wellness Fair

Saturday, September 28 • 10am-1pm • Free  
Josey Ranch Lake Library, 1700 Keller Springs Road

In honor of National Family Health and Fitness Day, Carrollton will host a health and wellness fair for the whole family. Attendees can visit with local health and wellness vendors, participate in a variety of workshops and health demonstrations for all ages, enjoy refreshments, and enter a drawing for a chance to win prizes.

## New! Glow Run 5K/1 Mile\*

Saturday, September 28 • 8pm  
McInnish Park, 2335 Sandy Lake Road

Lace up your sneakers and get ready to glow during Carrollton's first ever night run. Far from the average glow in the dark event, runners may participate in a silent disco party during the run using a special pair of noise-canceling headphones. Gather with others who have done the same, tune into one or multiple channels of music, and simultaneously combine tunes with other runners to dance like no one is watching. After you cross the finish line, keep your headphones on for the Glow Run After Party. Continue dancing, grab a bite, and soak-in your accomplishment. For more information, call 972-466-3080 or visit [cityofcarrollton.com/events](http://cityofcarrollton.com/events).

**Notes:**\* The 1 Mile run is not a timed event. **Registration by 9/23 guarantees "Glow Gear," T-shirt, and timing chip.** The After Party can be attended without participating in the race. Headphones (for those not participating in the 1 Mile or 5K run,) will be available for a rental fee of \$5. Dogs are allowed to run at no additional charge, but will not be awarded.

**Preregistration by 9/23: \$25**  
Race Day Registration: \$30

**Packet Pick Up: 9/27 • 8am-9pm**  
Rosemeade Recreation Center, 1330 E. Rosemeade Parkway

**Race Day Check-In: 9/28 • 7-7:45pm**

1 Mile: 8pm  
5K: 8:15pm

**After Party and Awards: 9/28 • 8:30-10:30pm**



**FREE**



**FREE**





## Metrocrest Community Networking

Tuesday, October 8 • 1-3pm • Free  
Josey Ranch Lake Library  
1700 Keller Springs Road

Join us for a job-seeking event tailored to our community. Metrocrest Services and the Carrollton Public Library have partnered to bring together employer and employee for meaningful conversations about organizational culture, opportunities, and tips for interview success.

All job-seekers are welcome, but pre-registration is requested. Registration begins **9/1** at [carrolltonpl.libcal.com](http://carrolltonpl.libcal.com). Call 972-466-4800 for assistance.



## Friends of the Carrollton Public Library Book Sale

Tuesday, October 8 • 6:30-8:30pm (members only)  
Thursday, October 10 • Noon-8pm  
Saturday, October 12 • 10am-6pm  
Hebron & Josey Library  
4220 N. Josey Lane

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



## Perry Pumpkin Patch

Saturday, October 19 • 10am-2pm • Free  
A.W. Perry Homestead Museum  
1509 N. Perry Road

Leaves are turning and the Perry Museum is ready to usher in the fall season with games, competition, and of course pumpkins. Everyone is invited to the annual Perry Pumpkin Patch where folks can enjoy some old-fashioned games, photo opportunities, and even pick out their very own pumpkin. Limit one per person. Do you think your pie is the best? Compete in our pie-baking contest for a chance to take home the blue ribbon. Not a baker, but love pie? Compete in our pie-eating contest. There will be something for everyone so mark your calendars, and we will see you in the patch. Check the Museum Facebook page for future details, or call 972-466-6381.





## Mother/Son Monster Mash

Saturday, October 19 • 6-9pm  
Creekview High School  
3201 Old Denton Road

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

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



## Library Fall Festival

Friday, October 25 • 6-8pm • Free  
Josey Ranch Lake Library  
1700 Keller Springs Road

Drop in for some free, family-friendly fall fun. Enjoy games, art activities, stories, a cupcake walk, face painting, prizes, and more. Costumes are encouraged, and remember to bring a bag for collecting treats.



## Ghost Town (If You Dare!)

Saturday, October 26 • 5pm • Free  
Historic Downtown Carrollton  
1106 S. Broadway Street

Ghost hunt on the Square and celebrate Halloween in Historic Downtown Carrollton. Grab some candy, make a craft, and even participate in a mini-pumpkin giveaway. Most importantly, wear your best costume for a chance to win our costume contest. Contest will take place at 6:30pm. Stick around for a showing of the classic *Halloweentown* (1998) at sunset. For more information, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).



## Books For Treats

Thursday, October 31 • 12-9pm • Free  
Hebron & Josey Library  
4220 N. Josey Lane

Children up to age 12, wear a Halloween costume to Hebron & Josey Library and pick out a free book while supplies last. For more information or for other Library activities, visit [cityofcarrollton.com/library](http://cityofcarrollton.com/library).



## Festival at the Switchyard

Saturday, November 2 • 11am-10pm • Free  
Historic Downtown Carrollton  
1106 S. Broadway Street

The 10<sup>th</sup> annual Festival at the Switchyard is a free family-fun event that honors the critical role the railroad played in putting Carrollton on the map and the continuing importance of rail in Carrollton's present and future. Bring the whole family to enjoy free concerts featuring nationally known headliners Tripping Daisy and the Old 97's, as well as free rides and games and free children's entertainment. Grab a bite to eat from one of the many food vendors or Downtown restaurants, take a break in the beer garden, shop unique craft booths, visit with our sponsors, and browse through the variety of eclectic Downtown shops. For more information about the Festival, including parking information, visit [carrolltonfestival.com](http://carrolltonfestival.com), like us at [facebook.com/carrolltonfestival](https://www.facebook.com/carrolltonfestival), and follow us on Twitter @CarrolltonFest.



## Veterans Day Celebration

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

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



## An Old-Fashioned Christmas

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

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





## Santa on the Square

Saturday, December 7 • Free

10:30am-4pm

Historic Downtown Carrollton

1106 S. Broadway Street

Grab your stockings and your Santa hats for a fun and festive event. The Grinch is once again trying to ruin Christmas; help catch him during the Kids' Santa Dash (Grinch Edition). Your little ones will try to catch the Grinch before he ruins Christmas in Downtown Carrollton. Parents are welcome to participate with their registered children. Wagons and strollers are also allowed. Stick around for our FREE event which includes a picture with Santa and a walk inside our life-size snow globe. Also, take care of that Christmas shopping list in the Downtown shops and boutiques before grabbing a bite to eat at one of the many eclectic restaurants. For more information, visit [cityofcarrollton.com/downtown](http://cityofcarrollton.com/downtown).

### Santa on the Square Schedule:

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

## Twelve Days of Winter Break

December 23-January 6 • Free

Hebron & Josey Library

4220 N. Josey Lane

Josey Ranch Lake Library

1700 Keller Springs Road

Stop by either Library and pick up a schedule of events that highlights winter holidays and traditions. There will be different activities every day. For more information, visit [cityofcarrollton.com/library](http://cityofcarrollton.com/library).

## Watch for the Harry Potter Yule Ball 2020

Friday, January 3 • Free

Josey Ranch Lake Library

1700 Keller Spring Road



# Adaptive Recreation

## NEW>> ADAPTIVE SPORTS NIGHTS

Join us on Carrollton's new adaptive baseball Field #6 at Josey Ranch Sports Complex. Bring family and friends for a fun night out for people of all abilities. The City provides the equipment or bring your own from home and explore different sports and outdoor activities. **Registration ends the Friday prior by 1pm.**

CLASS #	SPORT	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
236001-70	Frisbee Golf	JRSC	6+	9/2-9/23	M	6-7pm	4	Free
236001-77	Baseball	JRSC	6+	9/30-10/21	M	6-7:30pm	4	Free
236001-80	Archery	JRSC	6+	10/28-11/11	M	6-7pm	3	Free



## NEW>> ADAPTIVE BASEBALL FIELD

The City of Carrollton is proud to introduce its fully accessible baseball field for use by individuals who experience physical or developmental disabilities. Field #6 at Josey Ranch Sports Complex has a reduced distance to the fence, shorter base paths, wider gate openings, and is composed of wheelchair and walker-friendly AstroTurf. The field is available for rent to groups interested in baseball, softball, kickball, or just a great field day. For reservations, visit [teamsidelive.com/carrollton](http://teamsidelive.com/carrollton).

## BEYOND KARATE: ADAPTIVE KARATE CLASS

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160000-65	RRC	6+	9/9-9/30	M	6-7pm	4	\$85/\$93.50
160000-70	RRC	6+	10/7-10/28	M	6-7pm	4	\$85/\$93.50
160000-80	RRC	6+	11/4-11/25	M	6-7pm	4	\$85/\$93.50
160000-90	RRC	6+	12/2-12/16	M	6-7pm	3	\$63.75/\$70.25

## REC OUT!

REC Out! is a chance for adults of varying abilities to get together and have fun. Participants meet at Crosby Recreation Center for games and activities, then set off in our Carrollton City vehicle for lunch and an adventure in the community. The bus is equipped with a wheelchair platform lift. This is an opportunity to practice life, social, and communication skills, and develop friendships. **Space is limited to eight participants maximum. Participants will need to bring money for lunch.**

CLASS #	LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
120001-70	CRC	18+	10/8	Tu	10:30am-3:15pm	\$20/\$22
120001-90	CRC	18+	12/10	Tu	10:30am-3:15pm	\$20/\$22

## SENSORY FRIENDLY MOVIE NIGHT

The Senior Center is hosting movie night for individuals with special needs and their families. Enjoy family movies in a welcoming and inclusive environment where the volume is lowered, the lights are raised, and moviegoers are welcome to move around, sing, and dance.

CLASS #	LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
122001-70	SRC	All	10/30	W	5:30-8pm	Free
122001-80	SRC	All	12/18	W	5:30-8pm	Free

## SENSORY PLAYDATE - SEE PAGE 15

## NEW>> SPECIAL NEEDS HALLOWEEN DANCE

Dress up as your favorite character, ghost, or ghou while you dance the night away. There will be a DJ, games, door prizes, and costume contests. Friends, family, and caregivers are all invited to the party. **Snacks will be available. Participants must pre-register by 10/8.**

CLASS #	LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
121001-70	CRC	18+	10/11	F	6:30-9:30pm	\$13/\$14.50



## NEW>> TURF TIME

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

CLASS#	SPORT	LOC	DATE	DAY	TIME	\$(RES/NR)
236001-75	Friends and Football	JRSC	9/21	Sa	2-4pm	Free
236001-83	Take Me Out to the Ballgame	JRSC	10/12	Sa	2-4pm	Free





## 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 encourages local businesses to schedule on-site 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 CFR. Information taught is to American Heart Association standards. Those needing the nationally-accredited card should take the Heartsaver CPR/AED class.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171050-65	CRC	10+	9/7	Sa	9:15-11am	1	\$20/\$22
171050-70	CRC	10+	10/5	Sa	9:15-11am	1	\$20/\$22
171050-80	CRC	10+	11/2	Sa	9:15-11am	1	\$20/\$22
171050-90	CRC	10+	12/7	Sa	9:15-11am	1	\$20/\$22

### HEARTSAVER CPR/AED

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171051-65	CRC	10+	9/21	Sa	9:15am-12pm	1	\$50/\$55
171051-70	CRC	10+	10/19	Sa	9:15am-12pm	1	\$50/\$55
171051-80	CRC	10+	11/16	Sa	9:15am-12pm	1	\$50/\$55
171051-90	CRC	10+	12/21	Sa	9:15am-12pm	1	\$50/\$55

### BASIC FIRST AID

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171055-65	CRC	10+	9/21	Sa	12:30-3:15pm	1	\$15/\$16.50
171055-70	CRC	10+	10/19	Sa	12:30-3:15pm	1	\$15/\$16.50
171055-80	CRC	10+	11/16	Sa	12:30-3:15pm	1	\$15/\$16.50
171055-90	CRC	10+	12/21	Sa	12:30-3:15pm	1	\$15/\$16.50

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

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

### CREPES

Kids will make, stuff, and sauce their own crepes. The class will make sloppy joe crepes with cheese and Fritos. Dessert will be chocolate crepes stuffed with fruit preserves and topped with whipped cream.\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-70	RRC	7+	10/5	Sa	10am-12:30pm	1	\$29/\$30.75

### NEW>> PIZZA FOR BREAKFAST

There is a great pizza maker in every child. In this class, kids will learn to make traditional and nontraditional pizzas (healthier choices). Kids will learn dough stretching and tossing and create alternative pizza types such as stuffed bread sticks, calzones, and perhaps deep dish pizzas. Get your little Pisano involved!\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
171104-80	CRC	7+	11/16	Sa	10am-12:30pm	1	\$29/\$30.75

### NEW>> BAKING LIKE A PRO-HOLIDAY EDITION

Everyone loves baking. Celebrate baking and learn new skills with classic recipes and ingredients with a holiday twist. We eat everything we make.\*

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170104-90	RRC	7+	12/14	Sa	2-4pm	1	\$29/\$30.75



**Register for events and classes online at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow).**  
**Registration for Carrollton residents begins August 5.**  
**Non-resident registration begins August 19.**  
**Classes begin August 26.**

## Creative Writing

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

### NEW>> YOUNG AUTHORS: MOMMY AND ME

With the parent's help, students will be encouraged to fill in the blanks to create a story, as well as create a story behind a photograph. **No class 11/28. Registration includes parent and one child.**

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170650-65	RRC	4-6	9/5-9/26	Th	4:30-5pm	4	\$45/\$49.50
170650-70	RRC	4-6	10/3-10/24	Th	4:30-5pm	4	\$45/\$49.50
170650-80	RRC	4-6	11/7-12/5	Th	4:30-5pm	4	\$45/\$49.50

### NEW>> YOUNG AUTHORS

Young authors learn about outlining, generating story ideas, and writing in different genres.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170655-65	RRC	7-12	9/5-10/10	Th	5-6pm	6	\$65/\$71.50
170655-70	RRC	7-12	10/17-11/21	Th	5-6pm	6	\$65/\$71.50

### NEW>> TEENAGE AUTHORS

Teenage authors learn about outlining, generating story ideas, and writing in different genres.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170660-65	RRC	13-18	9/5-10/10	Th	6-7pm	6	\$65/\$71.50
170660-70	RRC	13-18	10/17-11/21	Th	6-7pm	6	\$65/\$71.50



## 8Bit Education

### NEW>> GAME DESIGN

Make a fun 2D side scroller PC game. Students design, code, and learn coding principles and game mechanics in this in-depth coding class. Instructor: 8Bit Education

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170550-65	RRC	8-13	9/9-9/30	M	4-6pm	4	\$110/\$121

### MINECRAFT SOCIETIES

Become a city planner and discover what it takes to create a thriving city through leadership, teamwork, and group problem-solving while learning about the pillars that make a great society. Students will discover teamwork, challenge their ingenuity, and enhance their social and problem-solving skills. Instructor: 8Bit Education

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170550-70	RRC	8-13	10/7-10/28	M	4-6pm	4	\$110/\$121



## LEGO®

### NEW>> CELEBRATE MINIATURE GOLF DAY

Did you know that 9/21 is officially known as Miniature Golf Day? Join Play-Well TEKnologies in celebrating this day by creating your own LEGO golfer and designing epic miniature golf courses, while learning about the engineering concepts that make it all work. Instructed by: Play-Well TEKnologies

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170036-65	RRC	5-10	9/21	Sa	10am-12pm	1	\$32.50/\$35.75

### NEW>> SPOOKTACULAR HALLOWEEN WORKSHOP

With Halloween just around the corner, it's time to get out your decorations and prepare for trick-or-treaters. Build spooky ghosts and other moving decorations while learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO bricks, your Halloween display will be simply "gourd-geous"! Instructor: Play-Well TEKnologies

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170036-70	RRC	6-12	10/19	Sa	10am-12pm	1	\$32.50/\$35.75

### NEW>> CELEBRATE THE FIRST THANKSGIVING

With Thanksgiving just around the corner, it's time to decorate. Build fat turkeys, large gourds, and other moving decorations while learning about gear drives and other engineering concepts along the way. With tens of thousands of LEGO bricks, we know your home decor display will be simply "gourd-geous."

Instructor: Play-Well TEKnologies

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170036-80	RRC	5-10	11/23	Sa	9am-12pm	1	\$38.50/\$42.50

### NEW>> SNOWY SPECTACULAR ENGINEERING

Bundle up, we are creating a spectacular Snowy Wonderland! Build bobsleds, design snowmobiles, and take a ride on the Polar Express. Explore your snowiest ideas and learn STEM concepts with tens of thousands of LEGO pieces at your mitten-tips and the guidance of an experienced instructor. Instructor: Play-Well TEKnologies

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
170036-90	RRC	5-10	12/21	Sa	9am-12pm	1	\$38.50/\$42.50



# Nature

## NEW>> BIRD WALKS

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



## FALL FAMILY CAMPOUT

Carrollton Parks and Recreation Department invites you and your family to enjoy the outdoors while spending quality family time. The Fall Family Campout will be held at the R.E. Good Soccer Complex on Saturday, 10/5. The campground opens at 5pm. Stake your tent and join in the fun with some outdoor games, a bonfire, and a showing of *Jumanji* (1995), PG. Participants must provide their own camping equipment. *Registration is required for every individual camper and on-site registration will be allowed from 5pm until dark. Breakfast will be provided in the morning while you break camp. Campsites must be clear by 9:30am on Sunday. The cost per person is \$10. Register at [cityofcarrollton.com/signupnow](http://cityofcarrollton.com/signupnow), or call 972-466-9811 for more information.*



# Preschool



For Carrollton's 3 to 5-year-old education offerings, contact the Crosby Recreation Center at 972-466-9810 or the Rosemeade Recreation Center at 972-466-9801.



Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

## 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. **Badges will be given out for any of the paid options.**

### 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: Pottery Craft – \$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

#### 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.

#### 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.

### 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. **Badges will be given out for any of the paid options.** Call 972-466-9811 for details.

### CUB SCOUTS

#### 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.

#### 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.

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

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

#### 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.

### BOY SCOUTS

#### 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: 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: 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.





## 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 and all materials provided.** *No class 11/27.* Instructor: Young Rembrandts

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150020-01	RRC	6-12	9/4-10/2	W	6-7pm	5	\$65/\$71.50
150020-09	RRC	6-12	10/9-11/6	W	6-7pm	5	\$65/\$71.50
150020-17	RRC	6-12	11/13-12/18	W	6-7pm	5	\$65/\$71.50



## 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 11/30.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150110-02	RRC	6-10	9/7-10/26	Sa	11:30am-12:15pm	8	\$74/\$81.50
150110-18	RRC	6-10	11/2-12/21	Sa	11:30am-12:15pm	7	\$64.75/\$71.25

### 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 11/26 & 11/30.* Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150120-03	RRC	3-6	9/3-10/22	Tu	5-5:30pm	8	\$50/\$55
150120-04	RRC	3-5	9/7-10/26	Sa	11-11:30am	8	\$50/\$55
150120-19	RRC	3-6	10/29-12/17	Tu	5-5:30pm	7	\$43.75/\$48.25
150120-20	RRC	3-5	11/2-12/21	Sa	11-11:30am	7	\$43.75/\$48.25

### NEW>> BLACKWELL'S DANCING STARS BALLET & HIP-HOP

Students will learn the basics of both ballet and hip-hop in this fun class with great routines. **Wear loose-fitting clothing over leotard and tights. Wear ballet or jazz shoes for ballet and non-black-soled tennis shoes for hip-hop.** For more information contact [blackwelldanceacademy76@gmail.com](mailto:blackwelldanceacademy76@gmail.com). Final group performance for all Blackwell's Dancing Stars classes will be 12/7 at 10am. *No class 11/26.* Instructor: Blackwell Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
151120-17	CRC	6-8	9/17-12/3	Tu	5:45-6:45pm	11	\$132/\$145.25

### NEW>> BLACKWELL'S DANCING STARS BALLET & TAP

Students will learn the basics of both ballet and tap dance in this fun beginner class. **Leotard, tights, ballet shoes, and tap shoes are required.** For more information, contact [blackwelldanceacademy76@gmail.com](mailto:blackwelldanceacademy76@gmail.com). Final group performance for all Blackwell's Dancing Stars classes will be 12/7 at 10am. *No class 11/28.* Instructor: Blackwell Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
151130-17	CRC	4-6	9/19-12/5	Th	5:45-6:45pm	11	\$132/\$145.25

### BLACKWELL'S DANCING STARS BALLET FOLKLORICO

Students will learn the basics and routines for ballet folklorico. **Girls wear long, flowing skirts and boys wear comfortable clothing and both wear tap shoes.** For more information, contact [blackwelldanceacademy76@gmail.com](mailto:blackwelldanceacademy76@gmail.com). Final group performance for all Blackwell's Dancing Stars classes will be 12/7 at 10am. Instructor: Blackwell Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
151140-09	CRC	6-8	9/14-11/23	Sa	10:30-11:30am	11	\$132/\$145.25

### BLACKWELL'S DANCING STARS TAP & HIP-HOP

Beginner and intermediate students will learn fun routines in both tap and hip hop. **Wear loose-fitting clothing over leotard and tap shoes and non-black-soled tennis shoes for hip-hop.** For more information, contact [blackwelldanceacademy76@gmail.com](mailto:blackwelldanceacademy76@gmail.com). Final group performance for all Blackwell's Dancing Stars classes will be 12/7 at 10am. *No class 11/27.* Instructor: Blackwell Dance Academy

Instructor: Blackwell Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
151170-17	CRC	9-13	9/18-12/4	W	5:45-6:45pm	11	\$132/\$145.25



## DANCE COMBINATIONS

Children will focus on ballet, jazz, and hip-hop in each class. This class is perfect for students who enjoy a variety of dance styles. **Leotard, tights, and ballet or jazz shoes are required. No sneakers. No class 11/26.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150150-02	RRC	6-10	9/3-10/22	Tu	5:30-6:15pm	8	\$74/\$81.50
150150-18	RRC	6-10	10/29-12/17	Tu	5:30-6:15pm	7	64.75/\$71.25

## 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. No class 11/28.**

Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150158-01	RRC	5-8	9/5-10/24	Th	4:30-5:15pm	8	\$74/\$81.50
150158-02	RRC	8-11	9/5-10/24	Th	5:15-6pm	8	\$74/\$81.50
150158-17	RRC	5-8	11/7-12/19	Th	4:30-5:15pm	6	\$55.50/\$61
150158-18	RRC	8-11	11/7-12/19	Th	5:15-6pm	6	\$55.50/\$61

## DANCE ON-DEMAND (FOR PRIVATE GROUPS)

This is ideal for homeschool groups, friends, siblings, and daycare groups. There is a required minimum of four students and you can schedule as few or as many dates as desired. Your group can choose any combination of ballet, hip-hop, jazz, modern, or tap. **Price listed is per person for a 45-minute class. Email [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	\$(RES/NR)
CRC or RRC	3+	By Appt	By Appt	By Appt	\$9.25/\$10.25

## DYNASTY DANCE ACADEMY

Beginning and continuing students will learn and further enhance technique and terminology in several dance styles while working on performance pieces or choreography. Through fun and energetic exercises in a structured class setting, students will focus on fluidity of motion, musicality, and performance skills in fun blends of ballet, cheer, hip-hop, and jazz. **Students who enroll in the 12-week performance class will participate in a final performance on 12/10 during the last class, and are required to pay a \$70 costume fee due by 10/16. For more information, visit [ddatexas.com](http://ddatexas.com) or email [ddatexas.com@gmail.com](mailto:ddatexas.com@gmail.com). No class 11/27.**

Instructor: Dynasty Dance Academy

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150160-01	RRC	7-12	9/11-10/30	W	4:30-5:30pm	8	\$110/\$121
150160-18	RRC	7-12	9/11-12/4	W	4:30-5:30pm	12	\$165/\$181.50
150160-19	<b>COSTUME FEE 10/16 for PERFORMANCE CLASS</b>						<b>\$70</b>

## PRIVATE DANCE LESSONS

Private lessons cover a range of dance forms and choreography. **Price listed is per half hour/hour lesson. To schedule a lesson, email [dancestoreandmore@gmail.com](mailto:dancestoreandmore@gmail.com) or [ddatexas.com@gmail.com](mailto:ddatexas.com@gmail.com). Level: Beginner-Advanced.** Instructors: Jordan and Rogers

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

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

Registration for Carrollton residents begins August 5.

Non-resident registration begins August 19.

Classes begin August 26.



## Drama

### DISCOVER DRAMA

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
151230-01	CRC	6-12	9/17-10/15	Tu	5:30-6:30pm	5	\$40/\$44
151230-09	CRC	6-12	10/22-11/19	Tu	5:30-6:30pm	5	\$40/\$44

## Music

### KEYBOARD/PIANO LESSONS

This beginner keyboard/piano program is conducted as a semi-private group lesson with up to four students in a class. Students are introduced to sight reading and fundamental music concepts. **Instruments are provided and first-time students pay an \$8 supply fee for the music book upon enrolling using class #150340-21. 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)
150340-90	RRC	5-15	9/7-9/28	Sa	12:30-1:15pm	4	\$99/\$109
150340-91	RRC	5-15	9/7-9/28	Sa	1:15-2pm	4	\$99/\$109
150340-01	RRC	5-15	10/5-10/26	Sa	12:30-1:15pm	4	\$99/\$109
150340-03	RRC	5-15	10/5-10/26	Sa	1:15-2pm	4	\$99/\$109
150340-09	RRC	5-15	11/2-11/23	Sa	12:30-1:15pm	4	\$99/\$109
150340-11	RRC	5-15	11/2-11/23	Sa	1:15-2pm	4	\$99/\$109
150340-18	RRC	5-15	12/7-12/28	Sa	12:30-1:15pm	4	\$99/\$109
150340-19	RRC	5-15	12/7-12/28	Sa	1:15-2pm	4	\$99/\$109
150340-21	<b>MUSIC BOOK FEE NEW STUDENTS</b>						<b>\$8</b>

### 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. Friday lessons can be scheduled upon request. **Call the instructor at 214-500-6704 to set your 30-minute appointment prior to registering.** Instructor: Gold

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
150370-91	RRC	5+	9/3-9/24	Tu	By Appt	4	\$120/\$132
150370-93	RRC	5+	9/7-9/28	Sa	By Appt	4	\$120/\$132
150370-03	RRC	5+	10/1-10/29	Tu	By Appt	5	\$150/\$165
150370-04	RRC	5+	10/5-10/26	Sa	By Appt	4	\$120/\$132
150370-11	RRC	5+	11/2-11/30	Sa	By Appt	5	\$150/\$165
150370-12	RRC	5+	11/5-11/26	Tu	By Appt	4	\$120/\$132
150370-19	RRC	5+	12/3-12/10	Tu	By Appt	2	\$60/\$66
150370-20	RRC	5+	12/7-12/14	Sa	By Appt	2	\$60/\$66



# Group Exercise, Pilates, Yoga

## NEW>> DROP IN>> BOLLY X

Bolly X is a Bollywood inspired dance fitness program that combines dynamic choreography with the hottest music from around the world. It's a 50-minute cardio workout, that cycles between higher and lower intensity dance sequences to get you moving, sweating, and smiling. **All ages welcome. No dance experience needed. \$8 drop in fee.** Instructor: Rao

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130390-65	RRC	16+	9/4-9/25	W	9-10am	4	\$26/\$28.50
130390-70	RRC	16+	10/2-10/30	W	9-10am	5	\$32.50/\$35.75
130390-80	RRC	16+	11/6-11/27	W	9-10am	4	\$26/\$28.50
130390-90	RRC	16+	12/4-12/18	W	9-10am	3	\$19.50/\$21.50

## DROP IN>> BOOT CAMP ON THE SQUARE

Start your weekend off right with a morning workout. **Bring a water bottle and your own mat. No pre-registration required. Weather permitting. Level: Beginner-Advanced.** Instructor: Camp Gladiator

LOC	AGE	DATES	DAY	TIME	\$(RES/NR)
DWTN	5+	9/14	Sa	7:30-8:30am	Free
DWTN	5+	10/12	Sa	7:30-8:30am	Free
DWTN	5+	11/9	Sa	7:30-8:30am	Free
DWTN	5+	12/14	Sa	7:30-8:30am	Free

## DROP IN>> EL BARRIO BOXING FOR ADULTS

This adult program incorporates the latest scientific research for athletic performance, the most up-to-date equipment, and workouts revolving around Olympic training, professional boxing, and Strongman for strength and cardio enhancement. **Contact the instructor at wade3-4@hotmail.com for more information. Follow on social media @elbarriobc. No class 11/14, 11/28, 12/24, & 12/26. \$5 drop in fee.** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME#	CLSS	\$(RES/NR)
161030-01	CRC	16+	9/3-9/28	Tu/Th Sa	7-8pm 5-6pm	12	\$40/\$44
161030-11	CRC	16+	10/1-10/31	Tu/Th Sa	7-8pm 5-6pm	14	\$40/\$44
161030-21	CRC	16+	11/2-11/30	Tu/Th Sa	7-8pm 5-6pm	11	\$40/\$44
161030-26	CRC	16+	12/3-12/28	Tu/Th Sa	7-8pm 5-6pm	10	\$40/\$44

## EL BARRIO BOXING FOR KIDS

This program incorporates the latest scientific research for athletic performance, the most up-to-date equipment, and workouts revolving around structured training, professional boxing, and Strongman for strength and cardio enhancement. El Barrio also teaches young men and women about honor, respect for themselves and peers, self-discipline, self-confidence, and leadership through physical fitness in sports and mentoring. **Level: Beginner-Advanced. Contact the instructor at wade3-4@hotmail.com for more information. Follow on social media at elbarriobc. No class 11/14, 11/28, 12/24, & 12/26.** Instructor: Soto

CLASS #	LOC	AGE	DATES	DAY	TIME#	CLSS	\$(RES/NR)
161030-00	CRC	8-18	9/3-9/28	Tu/Th Sa	5:30-7pm 3:30-5pm	12	\$12/\$13.25
161030-10	CRC	8-18	10/1-10/31	Tu/Th Sa	5:30-7pm 3:30-5pm	14	\$12/\$13.25
161030-20	CRC	8-18	11/2-11/30	Tu/Th Sa	5:30-7pm 3:30-5pm	11	\$12/\$13.25
161030-25	CRC	8-18	12/3-12/28	Tu/Th Sa	5:30-7pm 3:30-5pm	10	\$12/\$13.25



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





## FUGITIVE FITNESS PARKOUR

We teach all the basic movement patterns involved in parkour including running, jumping, rolling, swinging, and vaulting. There are endless movements to be learned within each of the categories, so the drills, skills, and techniques emphasized are fun and challenging. Students also learn core values of respect, discipline, responsibility, commitment, and leadership, and are expected to embody those values. Although this is not a high-intensity class, it likely will be physically demanding. **Bring a water bottle and be ready to sweat.** *No class 10/14.* Instructor: Fugitive Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131200-71	CRC	7+	9/23-10/28	M	5-6pm	5	\$69/\$76
131200-81	CRC	7+	11/18-12/16	M	5-6pm	5	\$69/\$76

## DROP IN>> INDOOR CYCLING

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130130-66	RRC	16+	9/3-9/24	Tu	6-7pm	4	\$28/\$31
130130-70	RRC	16+	10/1-10/29	Tu	6-7pm	5	\$35/\$38.50
130130-80	RRC	16+	11/5-11/26	Tu	6-7pm	4	\$28/\$31
130130-90	RRC	16+	12/3-12/17	Tu	6-7pm	3	\$21/\$23.50

## 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. No class 11/29.* Instructor: Khalsa

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130150-65	RRC	12+	9/6-9/27	F	6:30-8pm	4	\$48/\$53
130150-70	RRC	12+	10/4-10/25	F	6:30-8pm	4	\$48/\$53
130150-80	RRC	12+	11/1-11/22	F	6:30-8pm	4	\$48/\$53
130150-90	RRC	12+	12/6-12/27	F	6:30-8pm	4	\$48/\$53

## 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. No class 9/2, 11/29, & 12/25.** Instructor: LiveWire Fitness

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130110-66	RRC	18+	9/4-9/30	M/W/F	6-7am	12	\$109/\$120
130110-70	RRC	18+	10/2-10/30	M/W/F	6-7am	13	\$109/\$120
130110-80	RRC	18+	11/1-11/27	M/W/F	6-7am	12	\$109/\$120
130110-90	RRC	18+	12/2-12/30	M/W/F	6-7am	12	\$109/\$120

## DROP IN>> PILATES FOR EVERYONE

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

Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130220-71	RRC	13+	9/9-10/28	M	6-7pm	8	\$80/\$88
130220-90	RRC	13+	11/4-12/16	M	6-7pm	7	\$70/\$77

## 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 (res)/\$26.50 (non-res) for two classes; \$40 (res)/\$44 (non-res) for four classes; \$54 (res)/\$60 (non-res) for six classes. These classes must be used within 60 days of purchase. A 30-day unlimited pass is available for \$50 (res)/\$55 (non-res); three month unlimited pass is \$120 (res)/\$152 (non-res); unlimited passes are good from the date of purchase. Classes are held at Rosemeade Rec Center, W/Th, 6-7pm and F/Sa, 9:30-10:30am. No class 11/28-29 & 12/25.** Instructor: Bills

## DROP IN>> STEP, STRENGTH, AND CORE

Try an interval class that combines basic step aerobics, upper body strength training, and core conditioning into one well-designed workout. This class allows you to work both your heart and your muscles extensively in a one-hour-long class. By doing circuits of cardio on the step, followed by strategic intervals of upper body strength training, and wrapping up with intense core conditioning, you will be using your time efficiently. **\$8 drop in fee. No class 11/28.** Instructor: Campo

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130215-66	RRC	15+	9/5-9/26	Th	7:30-8:30pm	4	\$24/\$26.50
130215-70	RRC	15+	10/3-10/31	Th	7:30-8:30pm	5	\$30/\$33

## More fun for your little one:

Preschool classes on page 29;

Art classes on page 31;

Dance classes on pages 31-33.

Gymnastics on page 38 and

Sports classes on page 43.



## 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. No class 11/29 & 12/23-27.** Instructor: Age-Intercept Inc.

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130230-66	RRC	18+	9/9-9/30	M	11am-12pm	4	\$28/\$31
130230-71	RRC	18+	10/7-10/28	M	11am-12pm	4	\$28/\$31
130230-81	RRC	18+	11/4-11/25	M	11am-12pm	4	\$28/\$31
130230-91	RRC	18+	12/2-12/30	M	11am-12pm	4	\$28/\$31
130231-66	RRC	18+	9/4-9/25	W	12:15-1:15pm	4	\$28/\$31
130231-71	RRC	18+	10/2-10/30	W	12:15-1:15pm	5	\$35/\$38.50
130231-81	RRC	18+	11/6-11/27	W	12:15-1:15pm	4	\$28/\$31
130231-91	RRC	18+	12/4-12/18	W	12:15-1:15pm	3	\$21/\$23.25
130232-66	RRC	18+	9/6-9/27	F	11am-12pm	4	\$28/\$31
130232-71	RRC	18+	10/4-10/25	F	11am-12pm	4	\$28/\$31
130232-81	RRC	18+	11/1-11/22	F	11am-12pm	4	\$28/\$31
130232-91	RRC	18+	12/6-12/20	F	11am-12pm	3	\$21/\$23.25

## 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. **\$12 drop in fee.** Instructor: Jordan

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130340-65	RRC	15+	9/3-9/24	Tu	4-5pm	4	\$40/\$44
130340-70	RRC	15+	10/1-10/29	Tu	4-5pm	5	\$50/\$55
130340-80	RRC	15+	11/5-11/19	Tu	4-5pm	3	\$30/\$33
130340-90	RRC	15+	12/3-12/17	Tu	4-5pm	3	\$30/\$33



## DROP IN>> TUFF-TIME BOXING/CARDIO

This is 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. **For more information, email mtuffyl@yahoo.com. \$10 drop in fee. No class 9/2 & 12/25.** Instructor: Tufariello

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
131140-66	CRC	16+	9/4-9/30	M/W	7-8pm	8	\$64/\$70.50
131140-71	CRC	16+	10/2-10/30	M/W	7-8pm	9	\$72/\$79.25
131140-81	CRC	16+	11/4-11/27	M/W	7-8pm	8	\$64/\$70.50
131140-91	CRC	16+	12/2-12/30	M/W	7-8pm	8	\$64/\$70.50

## DROP IN>> YOGA FOR EVERYONE

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

Instructor: Mashreghi

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130250-71	RRC	13+	9/4-10/30	W	6-7pm	9	\$90/\$99
130250-91	RRC	13+	11/6-12/18	W	6-7pm	7	\$70/\$77

## DROP IN>> YOGA ON THE SQUARE

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

Instructor: Hawthorne

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

## DROP IN>> ZUMBA

Explore a Latin flavor in this calorie-burning fitness class. The Merengue, Salsa, Reggaeton, Samba, Cha-Cha, Bachata, and other international Latin rhythms help tone your core, elevate your heart rate, and strengthen your body. Classes may include deep stretching and relaxing at the end of each session. **No dance experience necessary. \$8 drop in fee. No class 12/24 & 12/31.**

Instructor: Piamonte

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130280-66	RRC	15+	9/3-9/24	Tu	7:30-8:30pm	4	\$26/\$28.75
130280-71	RRC	15+	10/1-10/29	Tu	7:30-8:30pm	5	\$32.50/\$35.75
130280-81	RRC	15+	11/5-11/26	Tu	7:30-8:30pm	4	\$26/\$28.75
130280-91	RRC	15+	12/3-12/17	Tu	7:30-8:30pm	3	\$19.50/\$21.50

## SENIORS 50+ CLASSES PAGES 9-13

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

Instructor: Personal Trainer

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Senior Center</b>							
132170-65	SRC	18+	9/9	M	2:30-4pm	1	\$6/\$7
132170-80	SRC	18+	11/4	M	2:30-4pm	1	\$6/\$7
<b>Rosemeade Rec Center</b>							
130240-70	RRC	18+	10/7	M	6:30-7:30pm	1	\$6/\$7
130240-90	RRC	18+	12/9	M	6:30-7:30pm	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 the class. Both parent and child must sign the weight room user agreement form. If you are interested in obtaining a personalized workout plan, contact one of our personal trainers. **Due to scheduling, there are no refunds, credits, or transfers for this class. If you cancel or miss the class, you will be required to re-register and pay the class fee again to participate.** Instructor: Staff

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
130245-65	RRC	13-15	9/17	Tu	6:30-7pm	1	\$6/\$7
130245-70	RRC	13-15	10/15	Tu	6:30-7pm	1	\$6/\$7
130245-80	RRC	13-15	11/12	Tu	6:30-7pm	1	\$6/\$7
130245-90	RRC	13-15	12/10	Tu	6:30-7pm	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 unique to each individual, as well as nutrition plans. 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 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) • \$45/45 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.

## Water Aerobics

Winter classes are held at the Carrollton-Farmers Branch Natatorium (1334 Valwood Parkway).



### DEEP-WATER

Deep-water aqua aerobics is designed for those who desire a greater aqua workout. The class is taught in deep water with emphasis on endurance; however, advanced swim skills are not necessary. **Students must be comfortable in deep water and wear float belts, which can be purchased from the instructor for \$12. No class 11/27. Make-up classes will not be available for any weather-related conditions.** Instructor: Sullivan

CLASS#	STARTS	LOC	AGE	DAY	TIME	#CLSS	\$(RES/NR)
215100-11	8/21	CFB Nat.	15+	W	6-6:50pm	8	\$32/\$36
215100-16	10/16	CFB Nat.	15+	W	6-6:50pm	9	\$36/\$40

### SHALLOW WATER

You won't get your face wet as the water gives you a fantastic workout. Low impact aerobics increases cardiovascular endurance and burns fat without stress on bones or joints. This class is a beneficial workout for the beginner or more advanced person. **No class 9/1, 10/14, & 11/25. Make-up classes will not be available for any weather-related conditions.** Instructor: Sullivan

CLASS#	STARTS	LOC	AGE	DAY	TIME	#CLSS	\$(RES/NR)
215101-10	8/19	CFB Nat.	15+	M	6-6:50pm	7	\$28/\$31
215101-15	10/21	CFB Nat.	15+	M	6-6:50pm	7	\$28/\$31

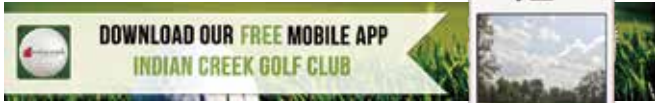


# Indian Creek Golf Club

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.

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

## SAVE MONEY ON GOLF – ANY TIME ANY DAY

Indian Creek's website offers the lowest prices on weekday and weekend play. Go to [indiancreekgolfclub.com/teetimes](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.

Call us 972-466-9850

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

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

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

## 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)

## ALL CARROLLTON RESIDENTS RECEIVE \$5 DISCOUNT

(Show current driver's license  
with Carrollton address)

## MONDAY-FRIDAY

	WALKING The Creek Green Fee	WALKING The Lakes Green Fee	RIDING Golf Car (Per Player)
18 Holes, Open-1pm	\$42	\$24	\$16
Twilight 1-4pm	\$30	\$19	\$16
Super Twilight After 4pm	\$25	\$15	\$8
Seniors 60+ (Weekdays Only)	\$24	\$16	\$16
9 Holes	\$28	\$16	\$8
Juniors (Ages 21 & Under)	\$15	\$10	\$8/16

## SATURDAY-SUNDAY/HOLIDAYS

	WALKING The Creek: Green Fee	WALKING The Lakes Green Fee	RIDING Golf Car (Per Player)
18 Holes, Open-1pm	\$52	\$29	\$16
Twilight 1-4pm	\$30	\$19	\$16
Super Twilight After 4pm	\$25	\$15	\$8
9 Holes	\$33	\$18	\$8
Juniors (Ages 21 & Under)	\$15	\$10	\$8/16



Facilities

Senior

Library

Community

Education

The Arts

Fitness

Aquatics

Sports

# Gymnastics

Texas Dynamix Gymnastics is a year-round program that offers each child the opportunity to develop a strong, healthy body, and learn discipline, determination, and self-motivation. Participants must secure their hair away from their face and may not wear jewelry of any kind. Students may wear leotards or T-shirts and shorts and be barefooted. Bare midriffs will not be allowed. Parents and visitors may observe from outside the gym. Makeup dates will be announced as needed. **For additional information about our programs and competitive team, contact Coach Cortnee at [txdynamix@gmail.com](mailto:txdynamix@gmail.com). For more information, visit [facebook.com/texasdynamixgym](https://www.facebook.com/texasdynamixgym) or [facebook.com/RolliePollieGymnastics](https://www.facebook.com/RolliePollieGymnastics). No class the week of 11/25-29.**

## NEW>> BOYS ADVANCED GYMNASTICS

These classes focus on all six gymnastics events for boys and emphasize improving coordination and building strength. **Level: Advanced.** Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140225-10	RRC	4-12	9/12-10/24	Th	6:30-7:20pm	7	\$132.50/\$145.75
<b>Session 2</b>							
140225-11	RRC	4-12	10/31-12/19	Th	6:30-7:20pm	7	\$132.50/\$145.75

## BOYS GYMNASTICS

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140165-16	RRC	4-12	9/10-10/22	Tu	6:30-7:20pm	7	\$132.50/\$145.75
140165-17	RRC	4-12	9/11-10/23	W	3:30-4:20pm	7	\$132.50/\$145.75
140165-18	RRC	4-12	9/11-10/23	W	6:30-7:20pm	7	\$132.50/\$145.75
<b>Session 2</b>							
140165-19	RRC	4-12	10/29-12/17	Tu	6:30-7:20pm	7	\$132.50/\$145.75
140165-20	RRC	4-12	10/30-12/18	W	3:30-4:20pm	7	\$132.50/\$145.75
140165-21	RRC	4-12	10/30-12/18	W	6:30-7:20pm	7	\$132.50/\$145.75



## BOYS TUMBLING & STRENGTH

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140170-13	RRC	6-14	9/11-10/23	W	7:30-8:15pm	7	\$50/\$55
<b>Session 2</b>							
140170-14	RRC	6-14	10/30-12/18	W	7:30-8:15pm	7	\$50/\$55

## COMPETITIVE TEAM

Team is **by invitation only**. We compete in USAG competitions. Email the instructor at [txdynamix@gmail.com](mailto:txdynamix@gmail.com) if you have any questions. Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
<b>Level 2</b>							
140135-22	RRC	5-18	9/10-10/24	Tu/Th	4:30-7:30pm	14	\$265/\$291.50
<b>Level 3</b>							
140135-23	RRC	5-18	9/10-10/25	Tu/Th/F	5-8pm	21	\$305/\$335.50
<b>Level 4</b>							
140135-24	RRC	5-18	9/10-10/25	Tu-F	5-8pm	28	\$360/\$396
<b>Level 5</b>							
140135-25	RRC	5-18	9/10-10/25	Tu-F	3:30-8pm	28	\$415/\$456.50
<b>Session 2</b>							
<b>Level 2</b>							
140135-26	RRC	5-18	10/29-12/19	Tu/Th	4:30-7:30pm	14	\$265/\$291.50
<b>Level 3</b>							
140135-27	RRC	5-18	10/29-12/20	Tu/Th/F	5-8pm	21	\$305/\$335.50
<b>Level 4</b>							
140135-28	RRC	5-18	10/29-12/20	Tu-F	5-8pm	28	\$360/\$396
<b>Level 5</b>							
140135-29	RRC	5-18	10/29-12/20	Tu-F	3:30-8pm	28	\$415/\$456.50



## GIRLS GYMNASTICS

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

### BEGINNER

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140145-31	RRC	6-15	9/10-10/22	Tu	5-5:55pm	7	\$60/\$66
140145-32	RRC	6-15	9/10-10/24	Tu/Th	6-6:55pm	14	\$118/\$130
140145-33	RRC	6-15	9/11-10/23	W	5:30-6:25pm	7	\$60/\$66
140145-34	RRC	6-15	9/11-10/23	W	6:30-7:25pm	7	\$60/\$66
140145-35	RRC	6-15	9/12-10/24	Th	5-5:55pm	7	\$60/\$66
140145-36	RRC	6-15	9/13-10/25	F	4:30-5:25pm	7	\$60/\$66
140145-37	RRC	6-15	9/13-10/25	F	5:30-6:25pm	7	\$60/\$66

### Session 2

140145-38	RRC	6-15	10/29-12/17	Tu	5-5:55pm	7	\$60/\$66
140145-39	RRC	6-15	10/29-12/19	Tu/Th	6-6:55pm	14	\$118/\$130
140145-40	RRC	6-15	10/30-12/18	W	5:30-6:25pm	7	\$60/\$66
140145-41	RRC	6-15	10/30-12/18	W	6:30-7:25pm	7	\$60/\$66
140145-42	RRC	6-15	10/31-12/19	Th	5-5:55pm	7	\$60/\$66
140145-43	RRC	6-15	11/1-12/20	F	4:30-5:25pm	7	\$60/\$66
140145-44	RRC	6-15	11/1-12/20	F	5:30-6:25pm	7	\$60/\$66

### INTERMEDIATE

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140150-31	RRC	6-15	9/10-10/22	Tu	5-5:55pm	7	\$60/\$66
140150-32	RRC	6-15	9/10-10/24	Tu/Th	6-6:55pm	14	\$118/\$130
140150-33	RRC	6-15	9/11-10/23	W	5:30-6:25pm	7	\$60/\$66
140150-34	RRC	6-15	9/11-10/23	W	6:30-7:25pm	7	\$60/\$66
140150-35	RRC	6-15	9/12-10/24	Th	5-5:55pm	7	\$60/\$66
140150-36	RRC	6-15	9/13-10/25	F	4:30-5:25pm	7	\$60/\$66
140150-37	RRC	6-15	9/13-10/25	F	5:30-6:25pm	7	\$60/\$66

### Session 2

140150-38	RRC	6-15	10/29-12/17	Tu	5-5:55pm	7	\$60/\$66
140150-39	RRC	6-15	10/29-12/19	Tu/Th	6-6:55pm	14	\$118/\$130
140150-40	RRC	6-15	10/30-12/18	W	5:30-6:25pm	7	\$60/\$66
140150-41	RRC	6-15	10/30-12/18	W	6:30-7:25pm	7	\$60/\$66
140150-42	RRC	6-15	10/31-12/19	Th	5-5:55pm	7	\$60/\$66
140150-43	RRC	6-15	11/1-12/20	F	4:30-5:25pm	7	\$60/\$66
140150-44	RRC	6-15	11/1-12/20	F	5:30-6:25pm	7	\$60/\$66

## GIRLS PRE-TEAM

This program is designed for advanced gymnasts who are working and learning USAG Level 1 and 2 skills. Pre-Team is for girls who wish to participate in gymnastics for fun as well as for those who are preparing for our competitive team. **Level: Advanced.**

Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140155-13	RRC	6-15	9/10-10/24	Tu/Th	6:45-8pm	14	\$122/\$134.25
<b>Session 2</b>							
140155-14	RRC	6-15	10/29-12/19	Tu/Th	6:45-8pm	14	\$122/\$134.25

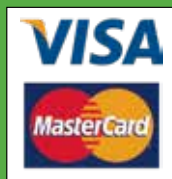


## NEW>> GIRLS SHOW TEAM

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140220-13	RRC	6-15	9/11-10/25	W/F	6:45-8pm	14	\$122/\$134.25
<b>Session 2</b>							
140220-14	RRC	6-15	10/30-12/20	W/F	6:45-8pm	14	\$122/\$134.25

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



## GIRLS TUMBLING & TRAMPOLINE

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

Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140160-13	RRC	6-15	9/11-10/23	W	7:30-8:15pm	7	\$50/\$55
<b>Session 2</b>							
140160-14	RRC	6-15	10/30-12/18	W	7:30-8:15pm	7	\$50/\$55

## LITTLE DYNAMIX

This class is *by invitation only* and is designed for advanced preschoolers and elementary aged children to prepare them for the Level 2 team. Instructor: Maestas

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Session 1</b>							
140140-16	RRC	4-6	9/11-10/23	W	4:30-6:30pm	7	\$165/\$181.50
140140-17	RRC	4-6	9/11-10/25	W/F	4:30-6:30pm	14	\$200/\$220
<b>Session 2</b>							
140140-18	RRC	4-6	10/30-12/18	W	4:30-6:30pm	7	\$165/\$181.50
140140-19	RRC	4-6	10/30-12/20	W/F	4:30-6:30pm	14	\$200/\$220

## PARENTS' NIGHT OUT OPEN GYM

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
140200-13	RRC	4-13	9/6	F	7:30-10:30pm	1	\$30/\$33
140200-14	RRC	4-13	10/4	F	7:30-10:30pm	1	\$30/\$33
140200-15	RRC	4-13	12/13	F	7:30-10:30pm	1	\$30/\$33



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

Registration for Carrollton residents begins August 5.

Non-resident registration begins August 19.

Classes begin August 26.



## ROLLIE POLLIE GYMNASTICS

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
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### SESSION 1

Walking-2 Years Old

140175-22	RRC	0-2	9/11-10/23	W	5:30-6:05pm	7	\$104.50/\$115
140175-23	RRC	0-2	9/12-10/24	Th	9:15-9:50am	7	\$104.50/\$115
140175-24	RRC	0-2	9/13-10/25	F	9:15-9:50am	7	\$104.50/\$115
140175-25	RRC	0-2	9/13-10/25	F	6:30-7:05pm	7	\$104.50/\$115

3-4 Years Old

140180-28	RRC	3-4	9/10-10/22	Tu	4:30-5:20pm	7	\$132.50/\$145.75
140180-29	RRC	3-4	9/10-10/22	Tu	5:30-6:20pm	7	\$132.50/\$145.75
140180-31	RRC	3-4	9/12-10/24	Th	10-10:50am	7	\$132.50/\$145.75
140180-32	RRC	3-4	9/12-10/24	Th	5:30-6:20pm	7	\$132.50/\$145.75
140180-33	RRC	3-4	9/12-10/24	Th	6:30-7:20pm	7	\$132.50/\$145.75
140180-34	RRC	3-4	9/13-10/25	F	10-10:50am	7	\$132.50/\$145.75
140180-35	RRC	3-4	9/13-10/25	F	5:30-6:20pm	7	\$132.50/\$145.75

4-6 Years Old

140185-37	RRC	4-6	9/11-10/23	W	4:30-5:20pm	7	\$132.50/\$145.75
140185-38	RRC	4-6	9/12-10/24	Th	11-11:50am	7	\$132.50/\$145.75
140185-39	RRC	4-6	9/12-10/24	Th	3:30-4:20pm	7	\$132.50/\$145.75
140185-40	RRC	4-6	9/12-10/24	Th	4:30-5:20pm	7	\$132.50/\$145.75
140185-41	RRC	4-6	9/13-10/25	F	11-11:50am	7	\$132.50/\$145.75
140185-42	RRC	4-6	9/13-10/25	F	3:30-4:20pm	7	\$132.50/\$145.75

### SESSION 2

Walking-2 Years Old

140175-26	RRC	0-2	10/30-12/18	W	5:30-6:05pm	7	\$104.50/\$115
140175-27	RRC	0-2	10/31-12/19	Th	9:15-9:50am	7	\$104.50/\$115
140175-28	RRC	0-2	11/1-12/20	F	9:15-9:50am	7	\$104.50/\$115
140175-29	RRC	0-2	11/1-12/20	F	6:30-7:05pm	7	\$104.50/\$115

3-4 Years Old

140180-36	RRC	3-4	10/29-12/17	Tu	4:30-5:20pm	7	\$132.50/\$145.75
140180-37	RRC	3-4	10/29-12/17	Tu	5:30-6:20pm	7	\$132.50/\$145.75
140180-38	RRC	3-4	10/31-12/19	Th	10-10:50am	7	\$132.50/\$145.75
140180-39	RRC	3-4	10/31-12/19	Th	5:30-6:20pm	7	\$132.50/\$145.75
140180-40	RRC	3-4	10/31-12/19	Th	6:30-7:20pm	7	\$132.50/\$145.75
140180-41	RRC	3-4	11/1-12/20	F	10-10:50am	7	\$132.50/\$145.75
140180-42	RRC	3-4	11/1-12/20	F	5:30-6:20pm	7	\$132.50/\$145.75

4-6 Years Old

140185-43	RRC	4-6	10/30-12/18	W	4:30-5:20pm	7	\$132.50/\$145.75
140185-44	RRC	4-6	10/31-12/19	Th	11-11:50am	7	\$132.50/\$145.75
140185-45	RRC	4-6	10/31-12/19	Th	3:30-4:20pm	7	\$132.50/\$145.75
140185-46	RRC	4-6	10/31-12/19	Th	4:30-5:20pm	7	\$132.50/\$145.75
140185-47	RRC	4-6	11/1-12/20	F	11-11:50am	7	\$132.50/\$145.75
140185-48	RRC	4-6	11/1-12/20	F	3:30-4:20pm	7	\$132.50/\$145.75

## DROP IN>> ROLLIE POLLIE OPEN GYM

Bring your preschooler for a fun and active morning. The gym will be open from 9:30-11:30am for free play for you and your child to run, climb, flip, and interact with other children. **We will only do drop ins on the following dates: 9/18, 10/16, 10/30, 11/6, 12/4, & 12/18. \$7 drop in fee.** Instructor: Maestas



# 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 fall league will be held 7/22-8/23; registration for the winter league will be held 10/7-11/15. No games 12/22-31.**

CLASS #	STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
<b>Rosemeade Rec Center</b>								
207000-10	9/8	Rec/Comp	RRC	18+	Su	1-10pm	7	\$395
207000-20	12/1	Rec/Comp	RRC	18+	Su	1-10pm	7	\$395
<b>Crosby Rec Center</b>								
2207001-10	9/10	Rec/Comp	CRC	18+	Tu	6:30-10:30pm	7	\$395
2207001-20	12/3	Rec/Comp	CRC	18+	Tu	6:30-10:30pm	7	\$395

## ADULT FLAG FOOTBALL LEAGUE

Football season is back. Join the fall 8-on-8 Flag Football League. Competitive and recreational divisions play on Thursday evenings. **Teams will be responsible for providing their own flags and game balls. Team registration will be held 7/8-8/16.**

CLASS #	STARTS	DIVISION	LOC	AGE	DAY	TIME	#WKS	\$
207050-10	9/5	Co-ed	McInnish	18+	Th	6:45-10:45pm	8	\$370
207051-10	9/5	Men's	McInnish	18+	Th	6:45-10:45pm	8	\$370

## NEW>> ADULT PICKLEBALL LEAGUE

This is a coed ladder-style doubles league. Players set their own time to compete. Ladder description can be found on the USA Pickleball Association website at usapa.org. Matches take place Monday-Friday at Crosby Recreation Center. Call ahead to reserve a court. Matches will run 9/9-11/15 and playoffs end 11/22. Registration deadline is 9/1. For more information or help with selecting a level, email cody.wager@cityofcarrollton.com or call 972-466-9836. Divisions are subject to change at league director's discretion.

### LEVELS

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

CLASS #	LEV	LOC	AGE	DATES	DAY	\$(RES/NR)
207015-01	A	CRC	16+	9/9-11/15	M-F	\$15/\$16.50
207015-02	B	CRC	16+	9/9-11/15	M-F	\$15/\$16.50
207015-03	C	CRC	16+	9/9-11/15	M-F	\$15/\$16.50

## ADULT RACQUETBALL LEAGUE

This is a coed league and players set their own time to compete. Call ahead to reserve a court. Matches will run 9/9-11/17 and playoffs end 11/24. Registration deadline is 9/1. For more information or help with selecting a level, call 972-466-9836. Or email cody.wager@cityofcarrollton.com. Divisions are subject to change at league director's discretion.

### LEVELS

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

CLASS #	LEV	LOC	AGE	DATES	DAY	\$(RES/NR)
200000-01	A-1	RRC	16+	9/9-11/17	M-Su	\$15/\$20
200000-02	A-2	RRC	16+	9/9-11/17	M-Su	\$15/\$20
200000-03	B-1	RRC	16+	9/9-11/17	M-Su	\$15/\$20
200000-04	C-1	RRC	16+	9/9-11/17	M-Su	\$15/\$20



## ADULT RACQUETBALL TOURNAMENT

Join us for the second annual Holiday Racquetball Tournament. This tournament is open to all levels. **Prizes are given to first and second place. There are no refunds. Registration closes 12/5. Contact league coordinator at cody.wager@cityofcarrollton.com or 972-466-9836 for more information.**

### LEVELS:

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

CLASS #	LOC	AGE	DATES	DAY	LEVELS	\$(RES/NR)
<b>Rosemeade Rec Center</b>						
200001-90	RRC	16+	12/7	Sa	All	\$10/\$11

## ADULT SOFTBALL LEAGUE

### REGISTRATION DATES:

- Fall 1 Double Headers: June 24-July 26
- Fall Single Games: July 8-August 9
- Fall 2 Double Headers: August 19-September 13

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

### Fall 1

CLASS #	STARTS	DIVISION	AGE	DAY	\$
207150-10	8/12	Men's DH	18+	M	\$350
207150-20	8/13	Men's DH	18+	Tu	\$350
207150-30	8/14	Men's DH	18+	W	\$350
207150-40	8/18	Men's SG	18+	Su	\$405
207150-50	8/22	Men's Church	18+	Th	\$405
207150-60	8/23	Coed	18+	F	\$405

### Fall 2

CLASS #	STARTS	DIVISION	AGE	DAY	\$
207151-00	9/30	Men's DH	18+	M	\$350
207151-01	10/1	Men's DH	18+	Tu	\$350
207151-02	10/2	Men's DH	18+	W	\$350

## ADULT SOFTBALL TOURNAMENTS

Carrollton Parks & Recreation invites your softball team to participate in City-sponsored softball tournaments. The City hosts a variety of United States Specialty Sports Association (USSSA) sanctioned tournaments at the award-winning McInnish Softball Complex on Sandy Lake Road. **Visit cityofcarrollton.com/athletics for more softball tournament information.**

### USSSA TOURNAMENT DATE:

- November 9: Food & Toy Drive tournament benefiting Metrocrest Services (Men's D, E & Co-ed)

# Youth Leagues

## YOUTH BASKETBALL – COED MINI LEAGUE

If you are looking to get your child involved in basketball, this coed mini league is for you. Boys and girls ages 5-6+ years (as of September 1, 2019) are just who we are looking for. The registration fee includes a jersey, practices, league games, participation trophies for all, and eligibility to participate in All-Star Saturday. **Registration is open to both individuals and teams. Teams will begin practicing the week of 10/21 and the season runs from 11/2-1/25. Visit [cityofcarrollton.com/athletics](http://cityofcarrollton.com/athletics) for detailed information on the league.**

CLASS #	STARTS	DIVISION	AGE	\$(RES/NR)
				\$80/\$100
				\$95/\$115
<b>Coed</b>				
207200-13	10/21	Rec.	5-6+	

## Athletic Associations

### ASSOCIATIONS

#### Baseball

Carrollton Little League  
CFB Baseball Association

### ONLINE

[leaguelineup.com/carrolltonllb](http://leaguelineup.com/carrolltonllb)  
[cfbba.com](http://cfbba.com)

#### Football

Carrollton Youth Football  
Cheer/Drill Teams

[cyfleague.org](http://cyfleague.org)  
[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.swimtopia.com](http://aquaracers.swimtopia.com)



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

## YOUTH BASKETBALL – RECREATION LEAGUE

For boys and girls ages 7-14 years (as of September 1, 2019). The league participation fee includes a jersey, practices, league games, playoffs, and eligibility to participate in All-Star Saturday. Registration is open to both individuals and teams. Teams will begin practicing the week of 10/21. The season runs from 11/2-2/8. Visit [cityofcarrollton.com/athletics](http://cityofcarrollton.com/athletics) for detailed information on the league.

Class #	STARTS	DIVISION	AGE	\$(RES/NR)
				\$80/\$100
				\$95/\$115

#### Boys Registration

207200-07	10/21	Rec.	7u
207200-08	10/21	Rec.	8u
207200-09	10/21	Rec.	9u
207200-10	10/21	Rec.	10u
207200-11	10/21	Rec.	9u
207200-12	10/21	Rec.	12-14u

#### Girls Registration

207250-07	10/21	Rec.	7u
207250-08	10/21	Rec.	8u
207250-09	10/21	Rec.	9u
207250-10	10/21	Rec.	10u
207250-11	10/21	Rec.	11u
207250-12	10/21	Rec.	12-14u





# Martial Arts Classes

## KARATE

Karate teaches self-defense, self-discipline, self-control, poise, and politeness. This class offers a chance to advance as you learn more skills. Colored belts are an additional fee and can be earned by testing. *The proper uniform, a white Gi, may be purchased from the instructor, but is not mandatory.* Instructor: Nakaya

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
161150-01	CRC	6+	9/5-10/10	Th	6:30-7:45pm	6	\$46/\$50.75
161150-02	CRC	6+	10/17-11/21	Th	6:30-7:45pm	6	\$46/\$50.75

## DROP IN>> KUNG FU

Wah Lum Northern Praying Mantis Kung Fu is a traditional Chinese martial arts system. The program focuses on many aspects within this style of Kung Fu including forms, weaponry, self-defense, body strengthening, and flexibility. There is no better way to get in shape than learning a 400-year-old art. Come join the Wah Lum Family. *\$15 drop in fee.* Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Adults</b>							
160130-01	RRC	13+	9/3-9/27	Tu	6:15-7:15pm	8	\$74/\$81.50
				F	6:30-7:30pm		
160130-02	RRC	13+	10/1-10/29	Tu	6:15-7:15pm	9	\$83.25/\$91.75
				F	6:30-7:30pm		
160130-03	RRC	13+	11/1-11/22	Tu	6:15-7:15pm	7	\$64.75/\$71.25
				F	6:30-7:30pm		
160130-04	RRC	13+	12/3-12/20	Tu	6:15-7:15pm	6	\$55.50/\$61.25
				F	6:30-7:30pm		

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Kids</b>							
160135-01	RRC	6-12	9/3-9/24	Tu	5:15-6:15pm	4	\$50/\$55
160135-02	RRC	6-12	10/1-10/29	Tu	5:15-6:15pm	5	\$62.50/\$68.75
160135-03	RRC	6-12	11/5-11/19	Tu	5:15-6:15pm	3	\$37.50/\$41.25
160135-04	RRC	6-12	12/3-12/17	Tu	5:15-6:15pm	3	\$37.50/\$41.25

## 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, bully prevention, and 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 11/26 & 11/29.* Instructor: Margach

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Crosby Rec Center</b>							
161170-01	CRC	5-12	9/3-10/29	Tu	6:30-7:30pm	9	\$60/\$66
161170-02	CRC	13+	9/3-10/29	Tu	7:30-8:30pm	9	\$60/\$66
161170-03	CRC	5-12	11/5-12/10	Tu	6:30-7:30pm	5	\$35/\$38.50
161170-04	CRC	13+	11/5-12/10	Tu	7:30-8:30pm	5	\$35/\$38.50
<b>Rosemeade Rec Center</b>							
160170-01	RRC	5-7	9/6-11/1	F	6-7pm	9	\$60/\$66
160170-02	RRC	8-12	9/6-11/1	F	7-8pm	9	\$60/\$66
160170-03	RRC	13+	9/6-11/1	F	8-9pm	9	\$60/\$66
160170-04	RRC	5-7	11/8-12/13	F	6-7pm	5	\$35/\$38.50
160170-05	RRC	8-12	11/8-12/13	F	7-8pm	5	\$35/\$38.50
160170-06	RRC	13+	11/8-12/13	F	8-9pm	5	\$35/\$38.50

## DROP IN>> TAI CHI

Tai Chi is an internal exercise program which consists of slow, relaxed, flowing, and balanced movements. There are many health benefits to practicing Tai Chi including increase in energy, improved balance, and strength. Some aspects of our program include meditation, stretching, and empty-hand and weapon forms in the Yang and Chen styles. *\$15 Drop in fee.* Instructor: Mui

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Rosemeade Rec Center</b>							
160110-01	RRC	13+	9/6-9/27	F	5:30-6:30pm	4	\$45/\$49.50
160110-02	RRC	13+	10/4-10/25	F	5:30-6:30pm	4	\$45/\$49.50
160110-03	RRC	13+	11/1-11/22	F	5:30-6:30pm	4	\$45/\$49.50
160110-04	RRC	13+	12/6-12/20	F	5:30-6:30pm	3	\$33.75/\$37.25
<b>Senior Rec Center</b>							
132015-01	SRC	13+	9/7-9/28	Sa	9:15-10:15am	4	\$45/\$49.50
132015-02	SRC	13+	10/5-10/26	Sa	9:15-10:15am	4	\$45/\$49.50
132015-03	SRC	13+	11/2-11/23	Sa	9:15-10:15am	4	\$45/\$49.50
132015-25	SRC	13+	12/7-12/21	Sa	9:15-10:15am	3	\$33.75/\$37.25



## Sports Classes

### AMO VOLLEYBALL

Allison and Michelle Operations (AMO) Volleyball covers all aspects of the game for athletes at all levels. We pride ourselves on providing experienced coaches who are able to deliver personalized instruction, high intensity, and fun. The goals for each class and camp are to teach the fundamental aspects of the game (physical, technical, mental, and emotional), emphasize efficiency, correct technique, and increase volleyball knowledge. After the second week of class, AMO will make session recommendations based on player assessment to better fit the athlete's skill level. This will ensure each player is learning in an environment that can facilitate growth. *No class 11/11, 11/25, & 11/27.* Instructor: AMO Volleyball

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
<b>Crosby Rec Center</b>							
161120-01	CRC	7-18	9/9-10/14	M	6:30-7:30pm	6	\$150/\$165
161120-02	CRC	7-18	10/28-12/16	M	6:30-7:30pm	6	\$150/\$165
<b>Rosemeade Rec Center</b>							
160120-01	RRC	7-18	9/11-10/16	W	6:30-7:30pm	6	\$150/\$165
160120-02	RRC	7-18	9/11-10/16	W	7:30-8:30pm	6	\$150/\$165
160120-03	RRC	7-18	11/6-12/18	W	6:30-7:30pm	6	\$150/\$165
160120-04	RRC	7-18	11/6-12/18	W	7:30-8:30pm	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 skill-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)
160010-03	RRC	7-12	9/9-9/30	M	5:30-6:30pm	4	\$45/\$49.50
160010-04	RRC	7-12	10/7-10/28	M	5:30-6:30pm	4	\$45/\$49.50
160010-05	RRC	7-12	11/4-11/25	M	5:30-6:30pm	4	\$45/\$49.50
160010-06	RRC	7-12	12/2-12/16	M	5:30-6:30pm	3	\$40/\$44

## BEGINNER BASKETBALL

This fun clinic is designed for players of all skills and abilities. Program time will focus on dribbling, passing, and shooting. This is a skill-based program, but uses fun drills and games to reinforce techniques being taught. **Bring basketball/gym shoes and a water bottle.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-30	RRC	4-6	9/9-9/30	M	4:30-5:15pm	4	\$40/\$44
160020-31	RRC	4-6	10/7-10/28	M	4:30-5:15pm	4	\$40/\$44
160020-32	RRC	4-6	11/4-11/25	M	4:30-5:15pm	4	\$40/\$44
160020-34	RRC	4-6	12/2-12/16	M	4:30-5:15pm	3	\$37/\$40.75

## NEW>> BOWMEN THANKSGIVING BREAK BASKETBALL CAMP

Bowmen Basketball Camp features drills, games, and skill instruction covering ball handling (one and two balls), passing, creating space, moving without the ball, proper shooting form, and offensive and defensive footwork. Shooting games, competitions, and tournaments will be incorporated into this fun camp. **Bring basketball/gym shoes, a snack, and a water bottle.**

Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-25	RRC	6-12	11/25-11/27	M-W	1-4pm	3	\$85/\$93.50

## NEW>> BOWMEN THANKSGIVING BREAK DODGEBALL CAMP

This is an ultra-popular program including 20+ different versions of dodgeball. Situations and drills are designed for maximum fun. All games are played with special safer dodgeballs so the fun does not have to hurt. The camp may also include capture the flag, kickball, and other classic games. **Bring gym shoes, a snack, and a water bottle.** Instructor: Bowmen Sports

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160020-26	RRC	6-12	11/25-11/27	M-W	9am-12pm	3	\$85/\$93.50

## FENCING CLASS

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

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
167040-00	IFA	7-12	9/7-10/5	Sa	9-10am	5	\$75/\$82.50
167040-10	IFA	7-12	10/12-11/9	Sa	9-10am	5	\$75/\$82.50
167040-20	IFA	7-12	11/16-12/14	Sa	9-10am	5	\$75/\$82.50
167040-25	IFA	7-12	12/21-1/18	Sa	9-10am	5	\$75/\$82.50

## NEW>> HIPSKATE INLINE

Have fun learning how to skate. Students will gain confidence on inline skates and feel like a pro at the roller rink. Each session starts with a safety exercise. Moves are broken down and students are encouraged to "learn by doing" with fun games. **Skates, helmet, and pads are provided by HipSkate and must be worn at all times. No loose jewelry. Wear long socks. No class 10/17 & 11/28.** Instructor: Diomampo

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160085-00	RRC	6-10	9/5-9/26	Th	6:30-7:30pm	4	\$65/\$71.50
160085-10	RRC	6-10	10/3-10/31	Th	6:30-7:30pm	4	\$65/\$71.50
160085-20	RRC	6-10	11/7-12/5	Th	6:30-7:30pm	4	\$65/\$71.50

## KIDZ LOVE SOCCER

Each session includes age-appropriate activities including skill demonstrations, fun games, and instructional scrimmages. Young soccer enthusiasts experience the game in a safe, non-competitive environment. **Parents are encouraged to bring an outdoor chair and watch the classes (2-3½-years-old sessions include parent participation). Wear shin guards (ages 3½-year-olds and up) and bring a water bottle. For detailed class descriptions or to register, visit kidzlovesoccer.com. Participants will receive a Kidz Love Soccer jersey. For questions, call 888-277-9542 or email info@kidzlovesoccer.com.** Instructor: Kidz Love Soccer

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
Josey Ranch Sports Complex							
167030-60	JRSC	2-3.5	9/21-10/26	Sa	9-9:30am	6	\$73/\$80.50
167030-61	JRSC	3.5-5	9/21-10/26	Sa	9:40-10:15am	6	\$73/\$80.50
167030-62	JRSC	5-7	9/21-10/26	Sa	10:15-11am	6	\$73/\$80.50
167030-63	JRSC	7-10	9/21-10/26	Sa	11-11:45am	6	\$73/\$80.50
167030-64	JRSC	2-3.5	11/16-12/14	Sa	9-9:30am	4	\$53/\$58.50
167030-65	JRSC	3.5-5	11/16-12/14	Sa	9:40-10:15am	4	\$53/\$58.50
167030-66	JRSC	5-7	11/16-12/14	Sa	10:15-11am	4	\$53/\$58.50
167030-67	JRSC	7-10	11/16-12/14	Sa	11-11:45am	4	\$53/\$58.50

## RTG SPEED AND AGILITY CLINIC

Through proper performance training, young athletes can improve their performance while staying healthy on and off the field. Jumping higher, running faster, and maintaining balance and body control are just a few ways participants can expect to improve in this training. Kids work hard, have fun, and get better! **For more details, call 314-258-6988 or email rlight@rtgperformanceacademy.net.** Instructor: Light

CLASS #	LOC	AGE	DATES	DAY	TIME	#CLSS	\$(RES/NR)
160091-01	RRC	9-13	9/7-9/29	Sa/Su	1-2pm	8	\$80/\$88
160091-02	RRC	9-13	10/5-10/27	Sa/Su	1-2pm	8	\$80/\$88
160091-03	RRC	9-13	11/2-11/24	Sa/Su	1-2pm	8	\$80/\$88
160091-04	RRC	9-13	12/7-12/29	Sa/Su	1-2pm	8	\$80/\$88



# Oak Creek Tennis Center

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

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

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

## HOURS OF OPERATION

### Fall Hours (Begin August 19)

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

### Winter Hours (Begin November 18)

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

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

## FACILITY USE PRICES

### Court Fees

	Resident	Non-resident
Adult & Youth	\$2.50	\$4

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

### Ball Machine Rental

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

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

### Satellite Court Fees

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

The City of Carrollton offers 17 neighborhood outdoor tennis courts. Courts at unstaffed parks are available on a first-come, first-served basis. Tennis court usage is free at all neighborhood sites as a walk-on. However, if you would like to ensure a reservation, all courts may be reserved in one-hour increments at the OCTC. The courts are available during park hours, which are 5am to 10:30pm daily. Lights are available at all facilities. Parks & Recreation tennis classes may be scheduled at court locations; signage regarding class schedules will be posted at the courts when applicable. Reservations are accepted up to 48 hours in advance.



## PRO SHOP/RACQUET SERVICING

OCTC carries Babolat, Dunlop, Head™, Prince™, and Wilson™ racquets, strings, grips, and accessories at competitive prices. Stringing is generally 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 972-466-6388 if you are interested in joining an existing team or starting a new one.

# Adult Tennis Classes

The OCTC Adult Program is conducted by USPTA certified tennis professionals. If minimum enrollment is not met, classes may be combined or 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. Contact OCTC first to check availability for any makeup classes.
- All class makeups must be completed during the current session.
- Inclement weather cancellations that cannot be made up will be issued a credit at the conclusion of the session.
- Medical refunds will be granted at a prorated amount for the portion of the class missed if a doctor's note is provided. The amount is prorated based on the date that OCTC is notified, regardless of when the injury occurred.

1 hour class: Resident: \$63; Non-resident: \$70

1½ hour class: Resident: \$90; Non-resident: \$100

Drop ins allowed based on availability and pro approval.

1 hour class: \$15 Res/\$17 NR • 1½ hour class: \$22 Res/\$24 NR

Session 1: September 9-October 12

Session 2: October 14-November 16

Session 3: November 18-December 21

\*No class on 11/28 (Thanksgiving)

Classes meet once a week for five weeks.

## BEGINNER: NTRP 2.0-2.5

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

## ADVANCED BEGINNER: NTRP 2.5-3.0

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

## INTERMEDIATE: NTRP 3.0-4.0

Monday (Intro)	7-8:30pm
Tuesday	7-8:30pm
Thursday (Intro)	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)**

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

DAY	TIME	LEVEL	\$(RES/NR)
Monday	7-8:30pm	4.0 and above	\$16/\$18
Wednesday	7-8:30pm	4.0 and above	\$16/\$18
Saturday	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. Cardio Tennis drills will keep you on your toes for the entire 1½ hours. **Sign up online at least one hour before the drill or stop by OCTC to register. Pre-registration is strongly encouraged. If the drill consists of only three players, the drill will be shortened to one hour.**

DAY	TIME	LEVEL	\$(RES/NR)
Monday	7-8:30pm	3.5-4.0	\$16/\$18
Wednesday	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 at least one hour before the drill or stop by OCTC to register. Pre-registration is strongly encouraged. If minimums are not met, cancellation will be one day before the mixer starts. Join us on the first Friday of each month (9/6, 10/4, 11/1, & 12/6) for this popular event.**

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 two) in lieu of a third set. A maximum time limit of 1½ hours is enforced. Awards are presented to division winners. League champions are eligible to move up to the next level and last place finishers may be required to move down one level. The number of weeks may vary based on the number of entries.\*

Session 1: September 3-October 22

Session 2: October 29-December 17

\*Leagues meet once a week for eight weeks.

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



# Junior Tennis Classes

The Oak Creek Tennis Center Junior Program is conducted by USPTA-certified tennis professionals who are dedicated to helping your child learn tennis to compete at the tournament and school levels. All class makeups must be completed during the current session. Inclement weather cancellations that cannot be made up will be issued a credit at the conclusion of the session. Medical refunds will be granted at a prorated amount for the portion of the class missed, if a doctor's note is provided. The amount is prorated based on the date that OCTC is notified, regardless of when the injury occurred. Drop ins allowed based on availability and pro approval. (All drop ins are charged 20 percent above the one-day class rate.) If minimum enrollment is not met, classes may be combined or cancelled two days prior to the start date. Classes missed due to inclement weather or on your own account may only be made up based on availability. Please contact OCTC first to check availability for any make-up classes.

## 10YRS & UNDER DEVELOPMENT PROGRAM (BEGINNER TO ADVANCED)

**Location:** Oak Creek Tennis Center  
Contact oakcreektennis@cityofcarrollton.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/two 90 min. classes per week

- Session 1: August 26-September 21  
Session 2: September 23-October 19  
Session 3: October 21-November 16  
Session 4: November 18-December 21\*

\*Excludes Thanksgiving week (see Holiday Break Camps)

## TINY SHOTS CAMP

This camp 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
4-6	Tu	4:30-5:30pm	1, 2, 3, 4
4-6	W	4:30-5:30pm	1, 2, 3, 4
4-6	Th	4:30-5:30pm	1, 2, 3, 4
4-6	Sa	9-10am	1, 2, 3, 4

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



## ORANGE BALL CAMP (BEGINNER/INTERMEDIATE)

Basic tennis skills are learned while using the orange ball on the 60' court. Orange balls have a slightly softer bounce than regular balls, allowing students to learn at a quicker rate with the correct technique. Players need 25-inch 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
7-10	Tu	4:30-6pm	1, 2, 3, 4
7-10	W	4:30-6pm	1, 2, 3, 4
7-10	Th	4:30-6pm	1, 2, 3, 4
7-10	Sa	9-10:30am	1, 2, 3, 4

## GREEN DOT (INTERMEDIATE/ADVANCED)

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

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

## 11YRS & UP PROGRAM (BEGINNER TO ADVANCED)

**Location:** Oak Creek Tennis Center  
**Contact:** oakcreektennis@cityofcarrollton.com

- 4-Week Fees:** \$63 Resident/\$70 Non-resident  
Per session/one 60 min. class 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 (Challenger)
- \$216 Resident/\$240 Non-resident  
Per session/three 120 min. classes per week (Challenger)
- \$252 Resident/\$280 Non-resident  
Per session/four 120 min. classes per week (Challenger)
- \$198 Resident/\$80 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)

- Session 1: August 26-September 21  
Session 2: September 23-October 19  
Session 3: October 21-November 16  
Session 4: November 18-December 21\*

\*Excludes Thanksgiving week (see Holiday Break Camps)

## PRE-JUNIOR DEVELOPMENT (PRE-JD)

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

AGE	DAY	TIME	SESSIONS
11-18	M	6-7:30pm	1, 2, 3, 4
11-18	Tu	6-7:30pm	1, 2, 3, 4
11-18	W	6-7:30pm	1, 2, 3, 4
11-18	Th	6-7:30pm	1, 2, 3, 4
11-18	Sa	10:30am-12pm	1, 2, 3, 4

## CHALLENGER

This class is designed for players participating in Challenger and DPTA tournaments or on JV or middle school teams and emphasizes advanced spins and court movement/tactics. Players in this group are required to play tournaments throughout the year and set goals for their improvement. Two days/week minimum attendance required for skill development. Sign up for two to four days per week.

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

## 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
11-18	Tu	5:30-7:30pm	1, 2, 3, 4
11-18	W	5:30-7:30pm	1, 2, 3, 4
11-18	Th	5:30-7:30pm	1, 2, 3, 4



## Holiday Break Camps

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

**Location:** Oak Creek Tennis Center,  
oakcreektennis@cityofcarrollton.com

**Fees:** \$108 Resident/\$120 Non-resident  
four 120 min. classes  
\$81 Resident/\$90 Non-resident  
three 120 min. classes  
\$171 Resident/\$190 Non-resident  
four 180 min. classes  
\$126 Resident/\$140 Non-resident  
three 180 min. classes

## CAMP DATES:

Thanksgiving Camp	November 25-27 & 29
Winter Break Camp 1	December 23 & 26-27
Winter Break Camp 2	December 30-31 & January 2-3, 2020

## ORANGE BALL CAMPS

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

<b>AGE</b>	<b>TIME</b>
7-10	9:30-11:30am

## JUNIOR DEVELOPMENT CAMPS - CHALLENGER/ PRE-JD

Players will work on 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.

<b>AGE</b>	<b>TIME</b>
11-18	9:30-11:30am

## JUNIOR DEVELOPMENT CAMPS-HIGH PERFORMANCE

Players will work on 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.

<b>AGE</b>	<b>TIME</b>
11-18	9:30am-12:30pm

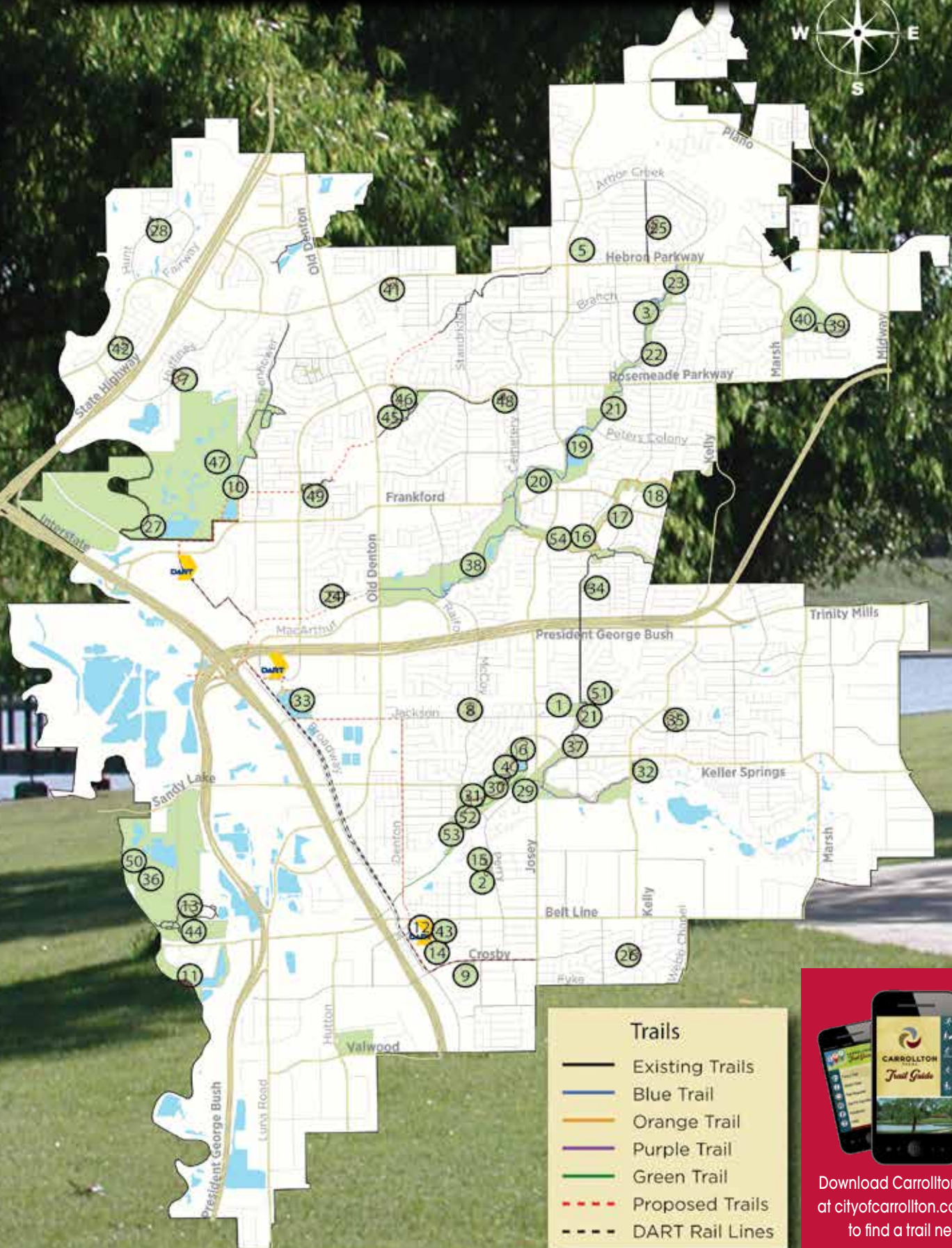






# Visit Carrollton Leisure Facilities

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# Halloween & Christmas

## IN CARROLLTON



**SPECIAL NEEDS  
HALLOWEEN DANCE • 10/11**

**PERRY PUMPKIN PATCH • 10/19**

**MOTHER/SON  
MONSTER MASH • 10/19**

**SPOOKY TOURS • 10/24-26**

**LIBRARY FALL FESTIVAL • 10/25**

**GHOST TOWN • 10/26**

**BOOKS FOR TREATS • 10/31**



**PHOTOS WITH SANTA • 11/16**

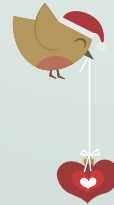
**AN OLD-FASHIONED  
CHRISTMAS • 12/6**



**SANTA ON THE SQUARE • 12/7**

**BROOKHAVEN BELL CHOIR • 12/8**

**CHRISTMAS TOURS • 12/14**



**CHRISTMAS TUNES &  
GIFT WRAPPING • 12/14**

**TWELVE DAYS OF  
WINTER BREAK • 12/23-1/6/2020**

**HARRY POTTER YULE BALL • 1/3/2020**



# LEISURE

## CALENDAR



September-December 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	20	21
22	23	24	25	26	27	28
29	30					

### September

- 2 Labor Day Holiday ([cityofcarrollton.com](http://cityofcarrollton.com) for closure details)
- 5 College and Continuing Education Fair, Hebron & Josey Library, 972-466-4800
- 7 Pooch Pool Party, Rosemeade Rainforest Aquatic Complex, 972-466-9816
- 14 Saturdays on the Square: *Spider-Man: Into the Spider-Verse*, Downtown Carrollton, 972-466-9135
- 21 PAWS on the Square, Downtown Carrollton, 972-466-9135
- 28 Family Health and Wellness Fair, Josey Ranch Lake Library, 972-466-4800
- 28 Glow Run 5K & 1 Mile Fun Run/Walk, McInnish Park, 972-466-3080



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

### October

- 5 Fall Family Campout, R.E. Good Soccer Complex, 972-466-9816
- 8 Metrocrest Community Networking, Josey Ranch Lake Library, 972-466-4800
- 10 & 12 Friends of the Carrollton Library Book Sale, Hebron & Josey Library, 972-466-4800
- 12 Saturdays on the Square: Live Country Music, Downtown Carrollton, 972-466-9135
- 18 Genealogy Lock-In, Josey Ranch Lake Library, 972-466-4800
- 19 Perry Pumpkin Patch, A.W. Perry Homestead Museum, 972-466-6380
- 19 Mother/Son Monster Mash, Creekview High School, 972-466-3031
- 24-26 Spooky Tours, A.W. Perry Homestead Museum, 972-466-6380
- 25 Library Fall Festival, Josey Ranch Lake Library, 972-466-4800
- 26 Craft Fair, Carrollton Senior Center, 972-466-9815
- 26 Ghost Town (If you Dare!), Downtown Carrollton, 972-466-9808
- 31 Books for Treats, Hebron & Josey Library, 972-466-4800



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

### November

- 2 Festival of the Switchyard, Downtown Carrollton, 972-466-3084
- 6 International Games Day Celebration, Josey Ranch Lake Library, 972-466-4800
- 9 Saturdays on the Square: Cocoa for Coats, Downtown Carrollton, 972-466-9135
- 11 Veterans Day Celebration, Carrollton Senior Center, 972-466-4850
- 16 Photos with Santa, A.W. Perry Homestead Museum, 972-466-6380
- 27 Both Libraries will close at 6pm
- 28-29 Thanksgiving Holiday (visit [cityofcarrollton.com](http://cityofcarrollton.com) for closure details)



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

### December

- 2 & 3 Cease the Grease Free Cooking Oil Disposal, Central Service Center, 972-466-3000
- 6 An Old-Fashioned Christmas, A.W. Perry Homestead Museum, 972-466-6380
- 7 Santa on the Square, Downtown Carrollton, 972-466-9808
- 8 Brookhaven Bell Choir Concert, Carrollton Senior Center, Texas Room, 972-466-4800
- 14 Saturdays on the Square: Christmas Tunes, Downtown Carrollton, 972-466-9135
- 14 Christmas Tours, A.W. Perry Homestead Museum, 972-466-6380
- 23 Twelve Days of Winter Break Begins, Carrollton Public Library, 972-466-4800
- 24-25 Christmas Holiday (visit [cityofcarrollton.com](http://cityofcarrollton.com) for closure details)
- 31 New Year's Eve (visit [cityofcarrollton.com](http://cityofcarrollton.com) for closure details)
- Jan 1 New Year's Day Holiday (visit [cityofcarrollton.com](http://cityofcarrollton.com) for closure details)
- Jan 3 Harry Potter Yule Ball, Josey Ranch Library, 972-466-4800



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