



GO GRAPEVINE

MAGAZINE
FALL 2017

FOSSIL FEST AND JURASSIC GARDENS

LEARN. DIG. EXPLORE.
the prehistoric creatures that
once roamed Grapevine.

.....

GRAPEYARD

**THE CREEPIEST CARNIVAL
HAS COME TO TOWN!**

**GRAPEVINE
PARKS & REC**

GoGrapevine.com

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Darlene Freed, Mayor Pro Tem
Paul Slechta
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Chris Coy
Duff O'Dell

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OUR MISSION:

To enhance the quality of life of the citizens of Grapevine, through the stewardship of our natural resources and the responsive provision of quality leisure opportunities.



DIRECTOR'S MESSAGE

KEVIN MITCHELL

Director, Grapevine Parks and Recreation
kmitchell@grapevinetexas.gov

Fall is almost here and just like the leaves change, the Parks and Recreation Department has some exciting changes on the way. As you may have seen, our magazine has taken on a new name and new look to make it easier for you to read and use. We've launched a new brand campaign that encourages our community to "Go Grapevine" when they are looking to meet their recreational needs. This effort pushes our mission to make our community a happier and healthier place to live and play.

New projects are always in the works to keep Grapevine at the forefront of the Recreation industry. After extensive work by staff, Meadowmere Park will be reopening to the public in September. Visitors will be amazed at the new entrance to the park, along with the new restrooms and host sites. To prevent games from being cancelled due to rain and to increase tournament revenue, new artificial turf is being installed at Oak Grove Ballfield complex.

The Vineyards Campground continues to be a draw for visitors from all over the country. This past summer the Campground revenue surpassed what was budgeted by over 20%.

The City has many fun and fabulous events planned for citizens this Fall. Watch for more information on the City's annual Grapeyard, Fossil Fest and of course, the Carol of Lights, with a new location on Main Street and a new theme. This year Fossil Fest has increased from a one-day event to 16 days that include the all new Jurassic Gardens with 11 animatronic dinosaurs. We look forward to you joining us for the fun!

Keep up with Grapevine Parks and Recreation's latest news and events by following us on social media!

#GoGrapevine

Warm Regards,
Kevin Mitchell



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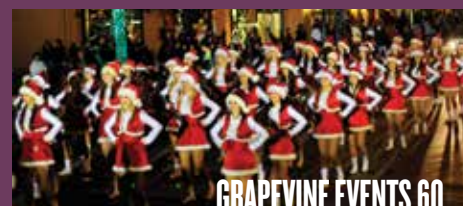
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SPECIAL EVENTS

PRESENTED BY
**GRAPEVINE
PARKS & REC**



SUNSET CONCERT SERIES

Bring your blankets & chairs and enjoy a relaxing fall evening of various music styles surrounded by the beautiful Botanical Gardens. This FREE outdoor concert series will be held the first three Saturday evenings during the month of October from 7:00 -9:00 PM. Food trucks will be onsite to purchase from or you may bring your own (no glass allowed). Dogs are allowed as long as they are on a leash. Grapevine Botanical Garden docents will be available to answer gardening questions and facilitate children's gardening activities at the Ed & Edith Hewitt Educational Pavilion each evening during the concert series. This year's bands will include The Hot Pickin' 57's on October 7th, Escape: The Dallas Journey Tribute Band on October 14th and Folk Soul Revival on October 21st.

Date: Saturdays, Oct. 7, 14 and 21

Time: 7:00 - 9:00 PM

Location: Grapevine Botanical Gardens (411 Ball St.)

Cost: FREE

Ages: All Ages welcome

THE GRAPEYARD AT OAK GROVE PARK

Step right up, the creepiest carnival has come to town! Join the freak show as you try your hand at old school carnival games and test your daredevil spirit as you step on to the haunted trail. Always family-friendly, the thrills and chills won't stop until the curtain falls. Immerse yourself in scream-worthy attractions you'll have to see to believe. Don't forget those three loveable faces of the famous

singing pumpkins! Indulge in sweet treats and eats available for purchase all night! All ages are encouraged to come dressed in their best costumes, but please no face masks or hand props. This one-of-a-kind experience will run Friday October 27th and Saturday October 28th from 6:00 PM - 11:00 PM, join us if you dare for a Halloween scare! Admission is limited and all event goers must each have a ticket. Resident tickets will go on sale August 21st for \$2 per person USING COUPON CODE GPVRES (limit 6 per household). Non-Resident tickets will go on sale September 4th for \$5 per person (limit 6 per household). You will get emailed your tickets and you must show your tickets at the door either printed or on your phone. Go to GoGrapevine.com/grapeyard for more information on admission, photos, maps and FAQ's.

Date: Oct. 27 & 28

Time: 6:00 - 11:00 PM

Location: Oak Grove Park (1299 Oak Grove Loop North)

Cost: \$2 per person/resident; \$5 per person/non-resident

Ages: All ages welcome

Register at: thegrapeyard.com/grapeyard

CAROL OF LIGHTS

Join all the Who's in Whoville as they help Grapevine launch their Whobilation at its NEW location at City Hall and sing in the holiday season in the Christmas Capital of Texas! Your favorite characters the Chilly Dawgs and Mrs. Claus will be joining in on this wonderful entertaining presentation of singing, dancing

and lighting the entire town! Show up at 5:00 PM to enjoy taking photos with reindeer, creating seasonal crafts and savoring tasty food vendors. Then at 7:00 PM we'll enjoy the spirit of Christmas as the Mayor "flips the switch" illuminating all historic downtown, all while hoping The Grinch doesn't try to steal our spirit! Free to the community and no tickets necessary. All ages are welcome. Activities will begin at 5:00 PM and the program will begin at 7:00 PM.

Date: Nov. 20

Time: Family Friendly Activities 5:00 PM and the show will start at 7:00 PM

NEW Location: City Hall (200 S. Main Street)

Cost: FREE

Ages: All ages welcome

CHRISTMAS LIGHT SHOW SPECTACULAR

Everyone's favorite singing tree is back at town square! Enjoy nightly performances of our synchronized light show in downtown Grapevine throughout the holiday season. The show runs continuously from 6:00 - 11:00 PM with short breaks just long enough to capture that perfect family photo or holiday selfie... and where there is always a chance of snow flurries!

Date: Nov. 21 - Jan. 7

Time: 6:00 - 11:00 PM

Location: Grapevine Town Square Gazebo (325 Main St)

Cost: Free

Ages: All Ages Welcome

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Explore your next outdoor adventure, register for a new program, or learn about upcoming volunteer opportunities on the new and improved Grapevine Parks and Recreation website.

GoGrapevine.com

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FAMILY RATE
AS LOW AS
\$4.17
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SQUARE
FEET OF
FITNESS
SPACE.**







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CURRENT OPERATING HOURS

Detailed aquatic schedule on pg. 14.

DRY SIDE

MONDAY-THURSDAY

5:00 AM-10:00 PM

FRIDAY

5:00 AM-7:00 PM

SATURDAY

7:00 AM-7:00 PM

SUNDAY

7:00 AM-7:00 PM

WET SIDE

MONDAY-THURSDAY

5:00 AM-8:00 PM

FRIDAY

5:00 AM-6:00 PM

SATURDAY

7:00 AM-6:00 PM

SUNDAY

7:00 AM-6:00 PM

CHILD WATCH HOURS

There is a 2-hour limit per day, per child.

MONDAY-THURSDAY

8:00 AM-12:00 PM

4:00 PM-8:00 PM

FRIDAY

8:00 AM-12:00 PM

2:30 PM-6:30 PM

SATURDAY

8:00 AM-12:00 PM

ANNUAL MEMBERSHIP PASSES

RESIDENT PASSES

PRICE

Play Pass Vine**

\$385

Play Pass Grape*

\$350

Family Combo

\$300

Family "Wet"

\$200

Family "Dry"

\$170

Individual Combo

\$120

Individual "Wet"

\$80

Individual "Dry"

\$70

Guest Pass (Must Be With A Member)

\$10/day

ACTIVE ADULT PASSES-55 & BETTER

Active Adult***

FREE

Silver&Fit***

FREE

SilverSneakers***

FREE

CHILD WATCH PASSES

Child Watch Drop-In

\$5

Child Watch Annual Pass

\$100

NON-RESIDENT PASSES

Non-Resident Family

\$780

Non-Resident Individual

\$440

*GRAPE — The REC, Dove Pool, PG Pool | \$400 value

**VINE — The REC, Dove Pool, PG Pool and Lake Parks Pass | \$435 value

***Active Adult Pass — Modified Facility Use: Mon-Fri, 8:00-11:00 AM

***Silver&Fit + SilverSneakers — Inquire at Active Adult Desk at The REC



VOLUNTEERING IN GRAPEVINE

Grapevine volunteers make a tremendous difference. We have opportunities to serve within our Community Events, Lake Parks, Active Adult and Athletics Divisions. Additionally, Keep Grapevine Beautiful offers fun projects for everyone.

JOIN THE MOVEMENT!

Contact Cindy Harris, Volunteer Services Liaison, at 817.410.3490 or charris@grapevinetexas.gov to volunteer.

KEEP GRAPEVINE BEAUTIFUL



Keep Grapevine Beautiful (KGVB) is a non-profit organization that exists to preserve and enhance the local natural environment by strengthening citizen's levels of commitment through educational programs and engaging volunteer-based projects. Many of these projects are in partnership with the City of Grapevine, the Grapevine Garden Club and other community organizations and businesses.

GRAPEFEST

Location: Main Street in Historic Downtown Grapevine

Dates: Sept. 14-17

Are you interested in volunteering to increase recyclables collected at GrapeFest? Volunteer with Grapevine Festivals and Events in our Recycling & Sustainability division. Thursday, Friday and Saturday - Assist with collection and properly containerizing recyclables on Festival grounds. Sunday - Assist with Festival & Recyclables Cleanup activities. Contact Dewey Stoffels at dstoffels@grapevinetexas.gov or 817.410.3389.

TRASH & TREASURES

Location: Grapevine Area

Date: Oct. 7 • **Time:** 9:00 AM – 12:00 PM

Ages: 5+ (accompanied by adult)

Volunteer to help keep our lake parks and tributaries clean and litter-free. We will be participating in shoreline and waterway cleanup throughout the community. Prize drawings begin at 11:30 AM at Meadowmere Park. Pre-registration begins September 1. Contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490.

GRAPEVINE RECYCLES DAY

Location: 501 Shady Brook Drive

Date: Nov. 4 • **Time:** 8:30 – 11:00 AM

The City of Grapevine, in association with Keep Grapevine Beautiful and America Recycles Day, will host this event for residents of Grapevine. Please go to: <http://grapevinetexas.gov/792/Grapevine-Recycles-Day>, for a list of acceptable items. Educational information and demonstrations will be hosted in the City's parking lot across the street. Additionally, volunteers are needed to help receive and sort donations, please contact Dewey Stoffels, 817.410.3389 to volunteer.



Please email Cindy Harris, Volunteer Services Liaison, at charris@grapevinetexas.gov for volunteer opportunities. Upcoming events and general information about KGVB can be found at KGVB.ORG.

ARBOR DAY

Location: Grapevine Area Parks

Date: Nov. 11 • **Time:** 8:00 - 11:00 AM

As a Tree City USA community, Grapevine understands and appreciates the importance of trees. Help us celebrate Arbor Day by planting trees in local parks from 9:00-11:00 AM. Local Citizen Foresters will be available to answer your tree questions. At 11:00 AM the Texas A&M Forest Service Forester will present the Tree City USA flag to City Officials. Last but not least, tree saplings will be given away while they last. Come be a part of this fun and important event. To participate contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490.

KEEP GRAPEVINE BEAUTIFUL BOARD

If you are interested in improving our community through waste reduction, litter prevention and beautification efforts, we'd love for you to join us at a KGVB board meeting. We meet the first Monday of every month at The REC of Grapevine, Admin Conference Room, 6:30 PM. Contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490 with questions.

ADOPT-AN-AREA PROGRAM

This fun program allows individuals, families, community groups and businesses to take an active role in keeping our community litter-free. "Adopters" agree to conduct at least six cleanups in their area in the calendar year. Contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490 for more information.

SPECIAL OCCASIONS & MEETINGS

We have the space for
your meeting, workshop,
birthday party, baby
shower and more.



EVENT HALL

The spacious 3,000 square foot banquet hall, the Event Hall overlooking the courtyard is perfect meetings, workshops, birthday parties and special events such as a holiday party or rehearsal dinner.

Amenities included in rental:

- 6-foot round banquet tables with seating for 8 at each
- Seating for up to 180 guests
- Room can be divided into two venues for smaller events (90 guests or less)
- Rectangular banquet tables available upon request
- State-of-the-art rear-projection visual system
- Podium with microphone
- High quality kitchen for licensed caterers
- After-hours rentals available

Events booked on a first request basis and require a minimum of a two hour rental. Fifty percent of rental rate paid at the time of the reservation and the balance due 14 days prior to event. All set-up and clean-up time included in the rental. Rental cancellation must be made at least 14 days prior to event to receive full refund. \$200 refundable security deposit required with all after-hours rentals.

Hourly Fees:

Event Hall A or B: \$75 Member/\$100 Non-member

Entire Event Hall: \$200 Member/\$250 Non-member

After-Hours: \$250 Member/\$300 Non-member

COURTYARD

A beautiful outdoor setting for your event, the Courtyard is located between the REC and the library. Complete with seating for – guests, the courtyard is landscaped with many varieties of native trees and plants. Available as part of an Event Hall rental or as a separate venue. All set-up and clean-up time included in the rental. Fifty percent of rental rate paid at the time of the reservation and the balance due 14 days prior to event. Rental cancellation must be made at least 14 days prior to event to receive full refund. \$200 refundable security deposit required with all after-hours rental.

Hourly Fees: \$100 Member / \$125 Non-member
\$75 Add-on to Event Hall rental

CLASSROOM RENTALS

A perfect space for meetings, workshops and small group, each of our three classrooms can accommodate up to 40 attendees. Actual capacity will vary based on arrangement of tables and chairs. The classrooms come equipped with an Audio/Visual system, flat panel television and dry-erase board. Minimum two-hour rental. All set up and clean-up time needs to be included in rental.

Hourly Fees: \$45 Member/\$55 Non-member

TURF FIELD

Great for team practices or space for exercise and play, the Turf Field at the REC is a full-sized soccer field with a silicone base and turf. The energy-efficient system provides bright lighting with minimal glare included with rental. Half field per rental for a maximum of 2 hours.

Hourly Fees: \$55 members/\$65 Non-members

CELEBRATE!

Regardless of the Occasion, the REC is the perfect location for your next party.

ADDITIONAL INFORMATION

- All 3rd party vendors must be approved in advance.
 - Additional party guests must be paid for 15 minutes prior to end of party.
 - Please do not arrive more than 15 minutes before the scheduled party time and area must be vacated on time.
- For additional information on any rental please contact Michele Friedman at mfriedman@grapevinetexas.gov or at 817.410.3455.

OPEN SWIM PARTY (\$175)

Package Includes:

- 2 hour party room rental
- Party Attendant
- Swim passes for 16 children
- Each additional child is \$10, with a maximum of 24 children
- Outside food allowed in party room
- Parent must accompany children 9 and under in the water
- Height requirement for Tower Slides is 42 inches
- Flotation devices must be US Coast Guard approved
- Payment in full at time of reservation
- Party times: Friday: 4:00 – 6:00 PM; Saturday: 11:00 AM – 1:00 PM, 1:30 – 3:30 PM, 4:00 – 6:00 PM; Sunday: 1:30 – 3:30 PM, 4:00 – 6:00 PM

INDOOR PLAY PARTY (\$150)

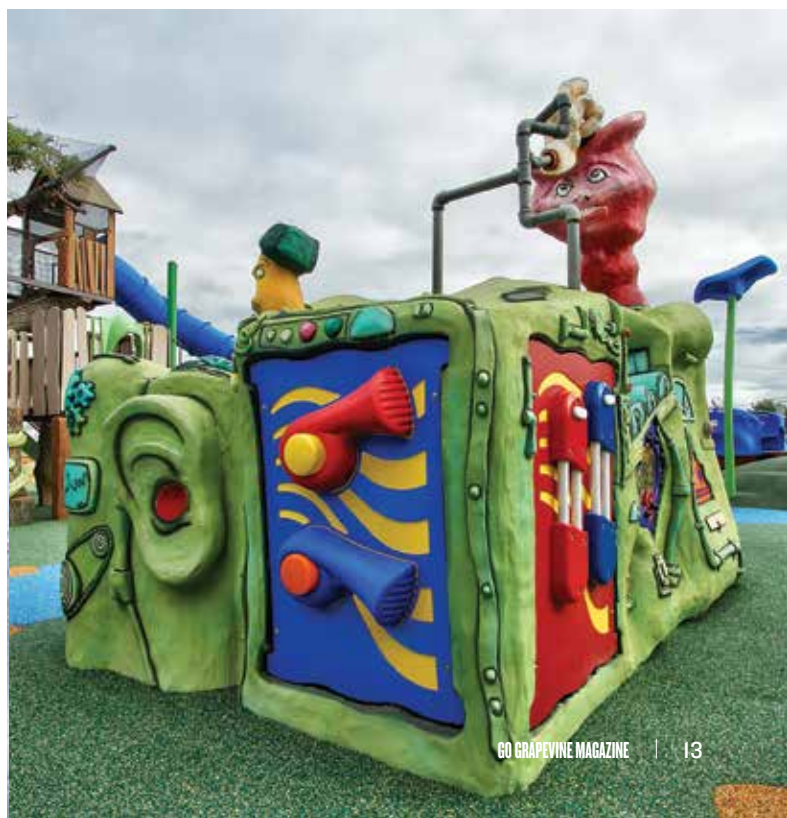
Package Includes:

- 2 hour party room rental
- Party Attendant
- One (1) hour private play in the Indoor Play area
- Outside food allowed in party room
- 16 children
- Each additional child is \$10, with a maximum of 24 children
- Payment in full at time of reservation
- Party times: Friday 4:00–6:00 PM; Saturday 1:30–3:30 PM or 4:00 –6:00 PM or Sunday 4:00 – 6:00 PM

SPORTS PARTY (\$150)

Package Includes:

- Two (2) hour party room rental
- Party Attendant to assist with activities
- One (1) hour private play in a gym or on turf field
- Outside food allowed in party room
- 16 children
- Each additional child is \$10, with a maximum of 24 children
- Payment in full at time of reservation
- Party times: Sat 11:00 AM–1:00 PM, 1:30–3:30 PM, 4:00–6:00 PM; Sun 1:30–3:30 PM or 4:00–6:00 PM



POOL HOURS

STARTS AUGUST 21

MONDAY – THURSDAY

5:00 AM – 8:00 AM	Self Directed Fitness
8:00 AM – 11:00 AM	Fitness and Programs
11:00 AM – 4:00 PM	Self Directed Fitness
4:00 PM – 8:00 PM	Open Swim and Programs

FRIDAY

5:00 AM – 8:00 AM	Self Directed Fitness
8:00 AM – 11:00 AM	Fitness and Programs
11:00 AM – 4:00 PM	Self Directed Fitness
4:00 PM – 6:00 PM	Open Swim

SATURDAY

7:00 AM – 11:00 AM	Fitness and Programs
11:00 AM – 6:00 PM	Open Swim

SUNDAY

7:00 AM – 12:00 PM	Self Directed Fitness
12:00 PM – 6:00 PM	Open Swim

Please Note: Self Directed Fitness is for ages 16 and up only. Lap swimming is available all times the pool is open. Swimmers should circle swim and share lanes. Due to programs, the number of lap lanes may be reduced. Ask staff for more information.

AQUATIC SPECIAL EVENTS

TODDLER SPLASH

Mondays, Wednesdays, Fridays

9:00 AM - 12:00 PM (starts August 21)

Member: Free | Non Members: \$5 per person

A special morning time for toddlers to use the kiddie pool area. Only the kiddie pool is open at this time for children. No Toddler Splash Nov. 20-24 or Dec. 18-29.

SPECIAL NEEDS SWIM NIGHT

PRE-REGISTRATION required. Max 100 people.

Friday, Sept. 22 560000-09

Friday, Nov. 3 560000-11

6:30 PM - 8:30 PM

Member: Free | Non Members: \$5 per person

Children with special needs, their caregivers and families are invited to 2 fun filled nights at the Aquatic Center. Enjoy the lazy river, race down the slides or just enjoy a swim in the pool.

SHIP'REC'KED

Friday, October 6

6:30 PM - 8:30 PM

Member: Free | Non Members: \$5 per person

Yo Ho, Yo Ho, a pirate's life for me! Come discover your own shipREC.

HOLIDAY POOL HOURS

September 4,
October 6, 9
November 20-22, 24
December 22, 26-29,
January 2-5, 8, 15
February 19

MONDAY – THURSDAY

5:00 AM – 8:00 AM	Self Directed
Fitness	
8:00 AM – 11:00 AM	Fitness and
Programs	
11:00 AM – 8:00 PM	Open Swim and Programs

FRIDAY

5:00 AM – 8:00 AM	Self Directed
Fitness	
8:00 AM – 11:00 AM	Fitness and
Programs	
11:00 AM - 6:00 PM	Open Swim





Looking to host a large group for a birthday, team party or corporate event?
The REC offers after-hours rentals for lots of fun for guests of all ages!

AFTER-HOURS RENTAL PACKAGES

PRIVATE SWIM PARTY

Enjoy two (2) hours private use of the indoor water park along with use of both party rooms. Outside food allowed in the party rooms. No alcohol or glass containers please. Parent must accompany children 9 and under in the water. Height requirement for Tower Slides is 42 inches. Flotation devices must be US Coast Guard approved. Payment in full at time of reservation.

Times: Friday 6:30 - 8:30 PM • Saturday 6:30 - 8:30 PM

Fee: \$400 for up to 75 guests • \$600 for up to 150 guests

REC – DRY

Enjoy two (2) hours exclusive use of the basketball courts, volleyball court, two racquetball courts, game room and both party rooms for up to 200 guests. No alcohol or glass containers please. Payment in full at time of reservation.

Times: Friday 7:00–9:00 PM • Saturday 7:00–9:00 PM

Fee (hourly): \$250 Member/\$300 Non-member

REC – WET/DRY

Enjoy two (2) hours exclusive use of the basketball courts, volleyball court, two racquetball courts, game room, both party rooms and the indoor water park for up to 300 guests. Height requirement for Tower Slides is 42 inches. Flotation devices must be US Coast Guard approved. No alcohol or glass containers please. Payment in full at time of reservation.

Times: Friday 7:00–9:00 PM • Saturday 7:00–9:00 PM

Fee (hourly): \$500 Member/\$550 Non-member

POOL & PARTY ROOM RENTALS

OPEN SWIM PARTY

Fee: \$175 for 16 guests, \$10 per additional guest
 Max of 24 party participants. Includes 2 hours in the Party Room.
Friday: 4:00 - 6:00 PM
Saturday: 11:00 AM - 1:00 PM, 1:30 - 3:30 PM, 4:00 - 6:00 PM
Sunday: 1:30 - 3:30 PM, 4:00 - 6:00 PM

PRIVATE POOL PARTY

Fee: \$400 (75 max) or \$600 (150 max)
 Includes Party Room A or B.
Friday: 6:30 - 8:30 PM
Saturday: 6:30 - 8:30 PM
Sunday: 6:30 - 8:30 PM

Parties must be reserved at least 2 weeks in advance. All Parties must be paid at time of reservation. Children under age 9 MUST be with an adult in the water at all times. Height requirement for Tower Slides is 42 inches. Additional party participants must be paid for 15 minutes prior to end of party time.

AQUA FITNESS

WATER WORKS

Intensity intervals with a combination of exercise. Lots of different styles of water aerobics in one class.

Fee (monthly): Mem \$35/Non Mem \$45

Instructor: Off The Deep End Instructors

Monday & Wednesday

530630

6:30 - 7:20 PM

FIT FLOAT HITT

Try something new! A 3x7 floating platform that challenges your core, while stabilizing muscles. This class will target the entire body with circuit style training.

Note: Recommended that participants wear shorts/leggings over swimsuit.

Fee (monthly): \$40 Mem/\$50 Non Mem

Instructor: James Oliver

Saturday

550900

9:00 - 9:55 AM





JOIN THE AQUATICS TEAM

LIFEGUARDS • SWIM LESSON INSTRUCTORS • SWIM LESSON AIDES

APPLY NOW AT GRAPEVINETEXAS.GOV

CERTIFICATION CLASS INFORMATION: 817-410-3489

LIFEGUARD CERTIFICATION

Interested in a great job as a lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Class is in blended learning format with a combination of online and classroom skills. Successful completion results in a 2-year certification in Lifeguarding, CPR, AED and First Aid. Digital certificate available upon successful completion of course. Females must wear a 1 piece swimsuit.

Prerequisites: Minimum age of 15 years old on first day of class. Must complete all prerequisite skills on the first class day. Must attend all class days.

1. 300 yard swim without stopping, in the following order, 100 freestyle, 100 breaststroke, and 100 of your choice.
2. Tread water for 2 minutes without stopping while your head remains above the surface. When treading, only the legs can be used.
3. Starting in the water, swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim to the starting point.

Site: REC Pool (1 off site training day for deep water)

Fees: \$35 employee, \$200 non-employee

Sept. 15 - 18	522000-09
Oct. 13 - 16	522000-10
Dec. 27 - 30*	522000-12
Feb. 9 - 12	522000-02

Class Times:

Friday, 5:00 - 8:00 PM	Saturday, 7:00 - 6:00 PM
Sunday, 12:00 - 8:00 PM	Monday, 5:00 - 8:00 PM

*December Class Times: will vary

WATER SAFETY INSTRUCTOR (WSI)

Learn to teach all ages to swim and give water safety presentations. It's a fun and meaningful job that is in high demand. Learn teaching progressions and how to break down each stroke. Class is blended learning format with a combination of practice teaching, feedback sessions along with online sessions. Females must wear a 1 piece swimsuit.

Prerequisites: Minimum age of 16 years old. Must complete all prerequisite skills on the first class day. Must attend all class days.

1. Demonstrate proficiency in six strokes: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly, 25 yards per stroke.
2. Tread water for 1 minute

Site: REC Pool

Fees: \$35 employee, \$200 non-employee

Oct. 23 - 27	533000-10
Jan. 2 - 6*	533000-01
Feb. 26 - Mar 2	533000-02
Apr. 23 - 27	533000-04

Class Times:

Mon. - Fri.	5:00 PM - 9:00 PM
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*January Class Times:

Tue., Wed., Thu., Fri.	5:00 PM - 9:00 PM
Saturday	7:00 AM - 12:00 PM

COMING SPRING 2018

SWIM LESSON AIDE (SLA) CERTIFICATION

SWIM LESSON INFORMATION

PRIVATE LESSONS

REC Member: \$100

Non Member: \$120

Receive one-on-one attention to enhance instruction of swimming skills for your child. 4 classes total. 1 student and 1 instructor. Not eligible for HERO. Call 817.410.3461 for availability.

SEMI-PRIVATE LESSONS

REC Member: \$70

Non Member: \$85

Smaller class size will allow your child to progress at a faster pace and get more individual attention. Not eligible for HERO.

Min: 2 **Max:** 3 1:3 max ratio

GROUP LESSONS

REC Member: \$4

Non Member: \$55

Participant must master listed skills by the end of a session to receive certification for that level. Eligible for HERO.

Min: 4 **Max:** 6 1:6 max ratio

SEMI-PRIVATE WATER TOTS

Ages: 18-35 months

This class is designed for children already comfortable in the water, ready to transition to a class, and accustomed to being away from parents for at least 30 minutes.

- Water adjustment
- Submerge face
- Floats and kicks

SEMI-PRIVATE WATER BUGS

Ages: 3-4 years

Most skills are performed with support.

- Water adjustment
- Fully submerge face
- Floats and kicks
- Push off side of pool

TADPOLE (LEVEL 1)

Ages: 4 years and up

Intro to Swim Skills

- Swim front crawl 5 feet
- Front glide 5 feet
- Back glide 5 feet
- Front float 5 seconds

GUPPY (LEVEL 2)

Ages: 5 years and up

Basic Swim Skills

- Front glide 10 feet
- Back glide 10 feet
- Back float 10 seconds
- Swim front crawl 10 feet

MINNOW (LEVEL 3)

Ages: 6 years and up

Intermediate Swim Skills

- Front crawl 15 yards with side breathing
- Backstroke 15 yards
- Elem. Backstroke kick 15 yards
- Breaststroke kick 15 yards

DOLPHIN (LEVEL 4)

Ages: 7 years and up

Advanced Swim Skills

- Freestyle 25 yards
- Backstroke 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards

STROKE SKILLS

Ages: 6 years and up (45 minute class)

This is swim team prep class that will be begin teaching lap swimming with turns. Children should already be able to:

- Freestyle 25 yards and Front Glide 10 yards
- Backstroke 25 yards and Back Glide 10 yards
- Or have passed Level 4

LEARN TO SWIM OFFICE: 817.410.3461

OBSERVATION POLICY

To ensure your child success and limit distractions, parents and visitors are required to stay in the designated seating area during swim lessons.

CANCELLATION AND TRANSFER POLICY

Due to the high demand for roster spots and scheduling issues, any cancellations or transfers not initiated by Grapevine Aquatics or an instructor will be assessed an \$8 fee. No transfers or cancellations one week before class begin for ALL classes.

WEATHER POLICY

Pool will be cleared for inclement weather. If 20 minutes of class has been completed, then class counts as completed; if less than 20 minutes then a prorated refund will be issued for class.

SWIM LESSON WAIT LIST

If the class is full; please ask to be added to the wait list. There is no fee for waitlist registrations. We will contact you if a spot in the class becomes available.



TUESDAY/THURSDAY SWIM LESSONS @ THE REC

* NO CLASS NOV. 21 OR 23

TUE/THU CLASSES	SESSION 09 • SEP 12 - OCT 5		SESSION 10 • OCT 10 - NOV 2		SESSION 11* • NOV 1 - DEC 7	
Semi Private Water Tots	5:35 PM	538535	6:10 PM	538610	5:35 PM	538535
Semi Private Water Bugs	6:10 PM	539610	6:45 PM	539645	6:10 PM	539610
	6:45 PM	539645				
Semi Private Level 1	5:35 PM	531535	6:10 PM	531610	5:35 PM	531535
	7:20 PM	531720			7:20 PM	531720
Semi Private Level 2	6:10 PM	532610	5:35 PM	532535	6:10 PM	532610
Semi Private Level 3	6:45 PM	533645	7:20 PM	533720	6:45 PM	533645
Semi Private Level 4	7:20 PM	534720	7:20 PM	533720	7:20 PM	534720
Group Level 1	--	--	5:35 PM	531053	--	--
Group Level 2	--	--	6:45 PM	532064	--	--
STROKE SKILLS	4:45 PM	530445	4:45 PM	530445	4:45 PM	530445

SATURDAY SWIM LESSONS @ THE REC

SATURDAY CLASSES	SESSION 19 • SEP 16 - OCT 4	
Semi Private Water Tots	9:00 AM	548900
Semi Private Water Bugs	9:35 AM	549935
Semi Private Level 1	10:10 AM	541101
Semi Private Level 2	9:35 AM	542935
Semi Private Level 3	9:00 AM	543900
Semi Private Level 4	10:10 AM	544101



GRAPEVINE PARKS & REC

We believe in a
healthy community.



Keep up with Grapevine Parks & Rec news, events and special offers!

   #GoGrapevine



Our parks and lakes, first class facilities, and unique programs empower Grapevine citizens to learn, discover and live life fuller.

GO EXPLORE our trails. **GO LEARN** new things.
GO PLAY a tough sport. **GO VOLUNTEER** in Grapevine.



GO SWIMMING



GO VOLUNTEER



GO PLAY

PARK FACILITY RENTALS

Grapevine residents and non-residents may reserve outdoor pavilions at Parr Park, Dove Park, Heritage Park, Bear Creek Park and Pickering Park. Trawick, and Meadowmere Park Pavilions are on Lake Grapevine and accommodate large parties.

WEDDINGS AT BOTANICAL GARDENS

\$400/3 hrs (Grapevine residents only)

Grapevine residents (only) may reserve their wedding at the Botanical Gardens in Heritage Park. For more information, please call 817.410.3470.

SMALL PARK PAVILIONS

DOVE PARK PAVILION – NORTH

(residents) \$30/3 hrs (\$10 each additional hr)

(non-residents) \$40/3 hrs (\$15 each additional hr)

HERITAGE PARK PAVILION

(residents) \$30/3 hrs (\$10 each additional hr)

(non-residents) \$40/3 hrs (\$15 each additional hr)

BEAR CREEK PAVILION

(residents) \$30/3 hrs (\$10 each additional hr)

(non-residents) \$40/3 hrs (\$15 each additional hr)

PARR PARK PLAYGROUND PAVILION

(residents) \$45/per timeslot*

(non-residents) \$60/per timeslot*

PARR PARK SPRAYGROUND PAVILION

(residents) \$45/per timeslot*

(non-residents) \$60/per timeslot*

*Timeslots: 8:00-11:00 AM, 12:00-3:00 PM or 4:00-7:00 PM

LARGE PARK PAVILIONS

PARR PARK PAVILION

(residents) \$100/3 hrs (\$20 each additional hr)

(non-residents) \$150/3 hrs (\$25 each additional hr)

PICKERING PARK PAVILION

(residents) \$100/3 hrs (\$20 each additional hr)

(non-residents) \$150/3 hrs (\$25 each additional hr)

CASEY'S CLUBHOUSE PAVILION

North or South Cabana

(residents) \$45 or \$90 for both/exclusive use

(non-residents) \$60 or \$120 for both/exclusive use

Time Slots: 8:00-11:00 AM, 12:00-3:00 PM, 4:00-7:00 PM

LAKE PARKS PAVILIONS

TRAWICK PAVILION

(Grapevine residents) \$350/day

(non-residents Mon-Thur) \$350/day

(non-residents Fri, Sat, Sun) \$390/day

JACKSON PAVILION

Contact Rockledge Park at 817.454.1058.

MEADOWMERE PARK PAVILION

Mar 1-Sept 30 Rates

(Grapevine residents) \$275/day

(non-residents) \$325/day

Please call 817.410.3470 for AM and PM Rates.

For the Trawick and Meadowmere Pavilions, all paid reservations canceled prior to 14 days from date of event will have a \$25 cancellation fee. Any cancellations within 14 days of the rental will have a \$100 cancellation fee. This is a cancellation for any reason, including weather. Rain checks accepted. Meadowmere Park pavilion is not reservable on holiday weekends. All Lake Park pavilions are not reservable on July 4. For the Vineyards Campgrounds & Cabins reservations, please call 817.329.8993.

For information regarding rental facilities and availability, visit

GoGrapevine.com or call

817.410.3470 or email

srich@grapevinetexas.gov.

INDOOR RENTAL FACILITIES

Indoor facilities, the Bessie Mitchell Meeting Facility and Merlot Community Rooms are available for Grapevine residents and businesses only.

BESSIE MITCHELL FACILITY

\$100/2 hr (Grapevine residents only)

\$50 each additional hr

MERLOT COMMUNITY ROOM

\$100/2 hr (Grapevine residents only)

\$50 each additional hr

FITNESS



PERSONAL TRAINING

Whether you're new to exercising or have been at it for years, hiring a certified personal trainer may put you on the proper path to attaining your individual fitness goals.

The REC of Grapevine Trainers are committed to:

- Providing accountability and motivation
- Providing expertise and client education
- Teaching proper form and execution of each movement
- Listening to and understanding your needs
- Helping you HAVE FUN and feeling great!

If you're ready to schedule an appointment, or just have questions, feel free to contact Kelsey Manning, Fitness Coordinator. She can help find the trainer that best matches your needs, wants, and schedule.

To schedule your appointment with a personal trainer, contact Kelsey Manning at kbmanning@grapevinetexas.gov or 817.410.3456

PERSONAL TRAINING PACKAGES

Half-hour private session — \$40

Five for \$195.00 (Save \$5)

Ten for \$380.00 (Save \$20)

Fifteen for \$540.00 (Save \$60)

Twenty for \$700.00 (Save \$100)

Half-hour semi-private session — \$55

Five for \$270.00 (Save \$5)

Ten for \$530.00 (Save \$20)

Fifteen for \$750.00 (Save \$75)

Twenty for \$960.00 (Save \$140)

1 hour private session — \$70

Five for \$340.00 (Save \$10)

Ten for \$680.00 (Save \$20)

Fifteen for \$990.00 (Save \$60)

Twenty for \$1300.00 (Save \$100)

1 hour semi-private session — \$95 (\$47.50/person)

Five for \$465.00 (Save \$10)

Ten for \$930.00 (Save \$20)

Fifteen for \$1365.00 (Save \$60)

Twenty for \$1800.00 (Save \$100)

MEET OUR TRAINERS



KYLE ANDERSON, MS, NASM CPT

After playing Division I football, Kyle focused on his passion for sports medicine through training rehab patients and has been in the health and wellness industry for 17 years. Kyle has a diverse background which includes training clients for weight management, nutritional counseling, special population programming such as diabetes, arthritis and strength and conditioning for both

professional and student athletes. Kyle's personal motto is "Reaching any goal in life takes preparation, persistence, perseverance and most of all perspiration."



MICHELE BROOKS, NASM CPT

Certified by the National Academy of Sports Medicine in Personal Training and Optimum Performance Training for Weight Management, through the Cooper Institute for Biomechanics of Resistance Training and Indoor Cycling, as well as a certified TRX group suspension instructor, Michelle is constantly striving to learn more about health and fitness. This

mother of two has competed in several races which has helped her to gain more knowledge on how the body responds to prolonged activity. Michelle's discipline, focus and determination will be evident the first time you meet her.



LARRY COLEMAN, CI-CPT

Larry, a former collegiate basketball player from Howard Payne University, received his personal training certification from the Cooper Institute of Dallas in 2007 and then started his fitness company COLEMAN COMPLETE FITNESS. He earned his Master Personal Training certification in 2010 and received certifications in Dietary Guidance and Weight Management Leadership.

Larry tailors his programs to fit the needs and abilities of each individual client, from the young to the young at heart.



KIM DAVIS, BS BIOLOGY & CHEMISTRY, M.SC. SPORTS MANAGEMENT, CI-CPT, 7TH DAN TAEKWONDO, 5TH DAN HAPKIDO, BLACK SASH SENKOTIROS ARNIS

Kim enjoys working with people of all ages to help them achieve their goals and gain benefits of a healthier lifestyle. Her fitness plans/prescriptions are scalable to meet the needs of the individual client through private or semi-private lessons. Kim's experience from over 30 years of martial arts training as a competitor and instructor is integrated with her personal fitness knowledge from The Cooper Institute™ as well other fitness resources, such as the American College of Sports Medicine and American Council on Exercise, to design fitness programs for clients of all ages.



JAMES OLIVER, NASM CPT & NASM SENIOR FITNESS SPECIALIST

A native to DFW, James has had a passion for health and fitness since he can remember. He specializes in Senior Fitness and considers it a pleasure to help someone in his community reach his or her goals. James received his personal training certificate from the National Academy of Sports Medicine in 2015 and went on to further

his knowledge with a certification in Senior Fitness through the National Academy of Sports Medicine. James firmly believes that a healthy life is a happy one and he would be thrilled to show you the way.



CASSI REDMON, NASM CPT

Starting with playing basketball at a young age, all the way to playing basketball at Sterling College for four years, Cassi received her degree in exercise science. She also holds certifications from NASM in fitness nutrition and is a weight loss specialist. Cassi believes in complete health and fitness which involves healthy ways of fueling your body, safe exercises, stress relieving

activities, and finding balance in your life. She is passionate about creating a positive, challenging, uplifting program for each person she encounters!



NEAL SMITH, ACSM CPT

Neal is a graduate from Oklahoma State University and holds a degree in Health Promotion and is a certified Personal Trainer through the American College of Sports Medicine. While pursuing his degree at Oklahoma State, he ran cross country and track specializing in long distance. Neal believes that utilizing a personal trainer to reach your fitness-

related goals will give you the positive momentum to make changes in all aspects of your life.



MASSAGE

Therapeutic & Relaxing Massage at the REC of Grapevine

Location: The REC • Table sessions - 2nd floor Massage Room

Chair massage - Main lobby, Tues & Wed 5:00 - 7:30 PM • \$1 per minute, cash

Songwood@sbcglobal.net • Most methods of payment are accepted.



AUSTIN E. MCCABE, LMT

682.777.8181

60 minute session

\$75

90 minute session

\$115



ELIZABETH ST. MARIE, LMT

817.721.8691

60 minute session

\$85

90 minute session

\$125

FITNESS CLASSES

DROP INS

Can't decide which Fitness class is just right for you? Do you frequently travel and can't commit to an entire month at a time? Then our \$10 Drop-In Pass is just for YOU! You can purchase Drop-In passes at the Front or Fitness Desk before your class begins. And if after you drop in on a class and decide you can't go another day without having that class on your regular schedule, we will credit that \$10 towards your registration fees! * Make sure to check the individual class descriptions in our latest Go Grapevine Magazine or online at GoGrapevine.com to see if the class you're interested in accepts Drop-Ins. *In order to receive the \$10 credit, you must register for the class on the same day the Drop-In pass is used.

GROUP EXERCISE CLASSES

GROUPX

Welcome to the class with sass! GroupX mixes hard work and fun with a sense of community as we start where you are: Getting Fit and Staying Fit. Ankle weights recommended as needed. Drop-ins welcome.

Location: The REC • Ages: 15+

Fee (monthly): \$20 mem/\$30 non-mem (4x mo) OR
\$40 mem/\$50 non-mem (8x mo)

Instructor: Patrece Coblenz, ACSM

Mon., Thur. 706255 6:00 - 6:50 PM

PIZAZZ MOVES

Pizazz Moves is a FUN, safe and effective class suitable for all fitness levels. You will receive the benefit of all types of movement including, Cardio, Strength, Balance and Stretching; using various equipment and your own body. Pizazz Moves will put a Smile on your Face... and a Zip in your Pace. Wouldn't YOU like to have more Pizazz? Renee brings over 25 years of experience and welcomes your questions. Complimentary downloads of Pizazz Moves Videos and first class is always FREE!!! Drop-ins welcome.

Location: The REC • Ages: 13+

Fees (monthly): \$40 Mem / \$50 Non-mem

Instructor: Renee DiDonato Errett

Email: Renee@PizazzMoves.com

Website: PizazzMoves.com

Tue., Thu. 706220 9:15 - 10:15 AM

WRECK HIIT-NEW

Wreck HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. Using a combination of TRX bands, kettlebells, bands, medicine balls and dumbbells, this fun interval-based class will combine full-body strength training with short cardio bursts. This is designed to tone your body, burn fat, improve your endurance and clear your mind of the stress from your day. Every workout will be different and challenging, there will be progressions and regressions for all ability levels. Expect to meet new friends, push your teammates, get sweaty, SEE RESULTS and have tons of fun! Drop-ins welcome!

Location: The REC • Ages: 15+

Fee (monthly): \$50 Mem / \$60 Non-mem

Instructor: Cassi Redmon, CPT

Mon., Wed. 706201 9:30 - 10:30 AM

JAMES OLIVER BOOTCAMP

Get into shape fast with our bootcamp style training!! Start your day feeling better about yourself while meeting new people and having fun! Become faster and more flexible while losing weight!! Drop-ins welcome. Please bring the following: Yoga mat or towel, exercise gloves, sunscreen and plenty of water!

Location: The REC • Ages: 13+

Fee (monthly): \$50 Mem / \$60 Non-mem

Instructor: James Oliver, NASM-CPT

Activity Code: 706207

Mon., Wed., Fri. 6:30 - 7:15 AM

Mon., Wed. 7:00 - 7:45 PM

FIT FLOAT HIIT...THE BEST OF BOTH WORLDS!

Are you just getting into fitness? Do you want to try something new? Check out our new fit float classes here at The REC! A Fit Float is a 3x7 foot floating platform that is great for challenging your core muscles, while activating stabilizing muscles as well. We will be targeting the entire body and core with circuit style training. Come check it out! Note: It is recommended that participants wear shorts/ leggings over swimsuit.

Location: The REC Aquatic Center • Ages: 16+

Fee (monthly): \$40 Mem / \$50 Non-mem

Instructor: James Oliver, NASM, CPT-CI

Sat. 550900 9:00 - 9:55 AM

CSF

Core, Strength & Flexibility will be improved using balance balls, resistance bands, dumbbells, and other equipment. Each exercise can be modified to match individual ability so as to gradually challenge beginner through advanced levels. Group Exercise class provides a fun experience where classmates provide encouragement! Kim was a high school and college athlete, and, post college, competed in Taekwondo for 12 years. She applies learning from continuous education from The Cooper Institute™, ACE, and ACSM to classes. Drop-ins are welcome.

Location: The REC • Ages: 13 +
Fee (monthly): \$40 Mem / \$50 Non-mem
Instructor: Kim Davis, M. Sc. Sport Management, CI-CPT
Tue., Thur. 706243 8:15 - 9:00 AM

GET FIT LIVE!

Come join us for a GREAT overall workout! We will incorporate aerobic cardio and bodywork combos that are both fun AND challenging. We can start right where you are, but we will take you to where you want to be! We use a variety of equipment to provide variety. Kim applies learning from continuous education from The Cooper Institute™, ACE, and ACSM to classes. Drop-ins are welcome.

Location: The REC • Ages: 16+
Fee (monthly): \$35 Mem / \$45 Non-mem (2x per wk) OR
\$50 Mem / \$60 Non-mem (3x per wk)
Instructor: Grand Master Kim Davis,
M. Sc. Sport Management, CI-CPT
Mon., Wed., Fri. 706205 8:30 - 9:15 AM

COLEMAN COMPLETE FITNESS

CAMP COLEMAN/COLEMAN CROSS TRAINING

Coleman Boot Camps are designed to challenge and work your body in every way possible! You will be challenged with a variety of workout styles including High Intensity Interval Training (HIIT), Aerobic step strength training, tabatas, cardio strength training workouts and weight loss competitions. Coleman workouts are always exciting and new and will challenge your body in different ways. Every class will work your core, cardio and strength. The workouts will include resistance bands, stability balls, Trx suspension trainers, Bosu balls, dumbbells and kettlebells. We'll mix them all up to give you great workouts that will get you into best shape of your life... all while making you fall in LOVE with FITNESS! Drop-ins welcome.

Location: The REC • Ages: 13 +
Fee (monthly): \$90 Mem / \$100 Non-mem
Instructor: Larry Coleman, CI-MPTR
Mon., Wed., Fri. 706203 5:45-6:15 AM
Mon., Wed., Fri. 706222 9:00-9:45 AM

FIT4MOM GRAPEVINE

FIT4MOM is the country's largest fitness program for moms. We offer prenatal and postnatal fitness classes for every stage of motherhood. Programs include Fit4Baby (prenatal program), Stroller Strides, Stroller Barre, and Body Back. Pregnant moms and mothers of young children enjoy our prenatal, stroller, and mom-only workouts. Find the right fit for you, Mama! For more information on classes and times, please visit grapevine.fit4mom.com or contact Farrah Agado. Phone: 682.651.7895 • Email: farrahagado@fit4mom.com

GLADIATOR FITNESS CAMPS

Camp Gladiator is an adult fitness camp that promises an intense, motivating and challenging environment where men and women of all ages and fitness levels can push themselves. Participants may attend ANY and ALL times for one low price. For more information and to register, visit www.CampGladiator.com

Fee: Commit to 6 months and pay \$79 a month
Commit to 12 months and pay \$69 a month

YOGA

POWER FLOW YOGA-NEW

A vigorous and challenging style of yoga that synchronizes the breath with movement. This class is designed to develop strength, stamina, flexibility, and help with weight loss. Prepare to work hard, sweat, and have fun. Appropriate for all levels. Drop-ins welcome.

Location: The REC • Ages: 13 +
Fees (monthly): \$30 Mem/ \$40 Non-mem
Instructor: Paula Lebov, 200 Hour RYT, ACE PFT,
Retired U.S. Army Master Fitness Trainer
Mon., Wed. 706105 6:30 - 7:30 AM

MIND-BODY HEALTH + WELLNESS CLASSES WITH LYNNE

YOGA FLOW

Each month will start by teaching basic alignment & form of selected poses, breath work & meditation, as we progress through the month we will add poses and create a flow using these poses & synchronizing them with the breath. We will use warm up poses that allow you to stretch deeper & cool down poses that release the muscles and allow a deep relaxation in Savasana at the end of class. We start a new flow of poses each month. Yoga will not only build strength, flexibility & relaxation but is healing to the body & mind as well. No experience necessary, class is designed to give options for all levels. Drop-ins welcome.

Location: The REC • Ages: 13 +
Fee (Monthly): \$50 Mem / \$60 Non-mem (Tues/Thurs AM) or
\$25 Mem / \$35 Non-mem (Thurs PM only)
Note: \$5 discount if combined with Gentle Stretch class
Instructor: Lynne Clem
Email: Lynne@YogaInDFW.com
Tue., Thur. 706809 8:30-9:30 AM
Thur. 706810 6:15-7:15 PM

GENTLE STRETCH YOGA [WITH A TOUCH OF YIN]

This gentle class practiced to soothing music combines Level I poses, breath work and meditation, giving you an overall body stretch. You will also enjoy the addition of passively held Yin poses that work on the deep dense connective tissues of the body-the tendons, ligaments and cartilage-which are difficult to energize and open. Yin helps release and surrender the body consequently releasing and surrendering the mind, letting go, becoming calmer and less reactive to stressors. Geared toward students who wish to move at a slower pace and an excellent complement to your active practice, sports or other exercise, as well as your yang-

dominant (fast pace) lifestyle. Drop-ins welcome.

Location: The REC • Ages: 13 +

Fee (monthly): \$25 Mem / \$35 Non-mem

Note: \$5 discount if combined with Yoga Flow class

Instructor: Lynne Clem

Email: Lynne@YogaInDFW.com

Wed. 706100 7:15 - 8:15 PM

MIND-BODY HEALTH & WELLNESS HOUR

CHATS WITH GAURI & LYNNE

Where West meets East. Come explore the world of Ayurveda and what it has to offer you. A unique system of wellness which focuses on the mind body relation and the importance of balance to ensure health. Learn what you can do every day to maximize your body's potential, positively impact your health, and promote healthier sustainable living as you age. Class will introduce basic concepts, practices, and cover a variety of health care concerns relevant to participants. Simple, doable, easy to fit into any lifestyle. Ayurveda is one of the oldest holistic health sciences in the world. Its beauty lies in its perpetual principles which were applicable 5000 years ago and still today.

Location: The REC • Ages: 16 +

Fee: \$89 (4-week series)

Activity Code: 706101

Instructors: Gauri Junnarkar: Ayurveda Yoga Practitioner, M.S. Nutrition, Dietitian, Diabetes Educator • Lynne Clem, Ayurvedic Yoga Specialist & Yoga Teacher

Contact info: www.ayurnutrition.com; Lynne@YogaInDFW.com
Every Saturday from 1:00 - 2:00 PM • Sept. 16- Oct. 7

FALL AYURVEDA CLEANSE- "FALLING GENTLY INTO WINTER"

Why Cleanse? Ayurveda recommends we cleanse 2 times a year at the changing of the seasons. Due to the intensity of summer we have the tendency to push ourselves with over activity, over-heating and overstimulation. Our reserves may feel depleted which can cause us to feel burned out physically and emotionally. It's time to release what we've accumulated and take time to re-set.

Usher in vibrant energy & optimal health as we guide you on this wellness journey to Restore, Repair & gently bring Body & Mind back into Balance based on ancient wisdom & science. Move from summer foods to better choices for fall and winter digestion. More than just a gentle cleanse; you'll learn simple daily lifetime habits, cooking skills with healthy whole foods, spices & ghee (the healthy butter) & much more! 3 phase eBook included.

Phase 1 [days 1-7]: Pre-cleanse-taking account & our mental prep

Phase 2 [days 7-14]: The cleanse begins & cooking class

Phase 3 [days 14-21]: Post cleanse/supporting and re-building phase. We keep supporting all the right effort in lifestyle & slowly add foods back into our diet so we can be clear how they make us feel.

Location: The REC • Ages: 16 +

Investment: \$125 (\$99 early-bird pricing by 10/7)

Activity Code: 706102

Instructors: Gauri Junnarkar: Ayurveda Yoga Practitioner, M.S. Nutrition, Dietitian, Diabetes Educator • Lynne Clem, Ayurvedic Yoga Specialist & Yoga Teacher

Contact info: www.ayurnutrition.com; Lynne@YogaInDFW.com

Sat. Oct. 14 1:00 - 2:30 PM

Sat. Oct. 21 1:00 - 3:30 PM



FUNCTIONAL YOGA

Join us for a challenging Hatha Yoga Class taught in a Vinyasa Flow style focusing on improving strength, stability, mobility, concentration, breathing and finishing with a wonderful progressive guided muscle relaxation. Functional Yoga trains mind and body "Movements"; not simply muscles in an effort to ensure that improvements transfer over to everyday life, providing the best medical insurance to enable participants to improve and preserve physical and mental function as well as quality of LIFE! Drop-ins welcome. Note: The Saturday morning class is a full 60 minutes of Hatha Yoga with a 15 minute progressive guided muscle relaxation.

Location: The REC • Ages: 13 +

Instructor: Mary Cunningham, B.S., ACSM
Mon., Wed. 706807 5:30 - 6:30 PM

Fee (monthly): \$35 Mem / \$45 Non-mem

Wed. 706806 7:00 - 8:00 PM

Fee (monthly): \$25 Mem / \$35 Non-mem

Sat. 706804 9:00 - 10:15 AM

Fee (monthly): \$30 Mem / \$40 Non-mem

THERAPEUTIC YOGA

Performing yoga with special attention to form and breath can be a powerful tool to health. Explore poses in a way that protects and promotes joint health but also challenges you to build strength and flexibility the right way. Get an intro to meditation and leave with practical tools you can use every day. Perfect for beginners and for those who are looking for more than the traditional yoga class.

For more info, Visit HappyMovements.com

Session dates: Sept. 12, 19 & 26
Oct. 3, 10, 17, 23
Nov. 14, 21 &
Dec. 5, 12

Location: The REC • Ages: 18 +

Fees (monthly): \$40 Mem / \$50 Non-mem

Instructor: Natasha Carter, LAT, ATC, PYT-C
Tue. 706303 6:15 - 7:15 PM



Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Our classes will leave you breathless, toned and coming back for more. Stop working out. Start working it...with Jazzercise.

MON	TUE	WED	THU	FRI	SAT	SUN
8:10		8:10		8:10	8:10	
9:15	9:15	9:15	9:15	9:15	9:15	
						1:00
4:30		4:30		4:30		
		5:30				
6:00	6:00	6:00	6:00			
	7:00		7:00			

Location: The REC **Ages:** 16+

Fee: Flat monthly fee options. Sign up during class.

- 12-mo. commitment = \$46/mo. + \$20 joining fee
- 6-mo. commitment = \$56/mo. + \$30 joining fee
- Drop-in price = \$15/class

Instructor: Owner—Missy Hill & team of certified Jazzercise instructors

Mon, Tue, Wed, Thu, Fri, Sat, Sun

Questions? Call 817-269-6477 or Facebook @GrapevineJazzercise

7 CLASS TYPES AVAILABLE Class types vary by week. Class times are constant. Check out jazzercise.com or download the MyJazzercise app to see which class type we are rocking today. Drop-ins welcome!

DANCE MIXX

This high-intensity dance workout mixes modern moves with strength training. Set to Top 40 music, it targets the 3 major muscle groups for a full body workout.

FUSION & FLIP FUSION

This total body workout is a circuit-based High Intensity Interval Training (HiiT) class that fuses high-octane dance loves with muscle work to rev up your results.

STRENGTH

This muscle-sculpting, hurts-so-good-it's-worth-it class combines weights and resistance training to create a tight, lean body. Hello muscles!

STRIKE

Jabs and kicks to pumping music knock out stress and release endorphins—calories don't stand a chance!

INTERVAL

Equal parts circuit-based bursts of cardio and strength training, this workout carves your body into the shape you strive for. Interval is the power of High Intensity Interval Training (HiiT), unleashed.

CORE

A cardio-plus-strength class designed to engage and chisel the entire core and target v-line abs for a body to boast about.

UNLIMITED WORKOUTS | 20+ CLASSES PER WEEK
Starting @ \$46 / Month





PILATES

WORKOUT WITH WENDY

Floor, Core & More! Wendyjdl@yahoo.com

PILATES I

Anyone can do Pilates and achieve amazing results. Pilates is an easeful way to start building core strength and flexibility. This class incorporates Pilates mat and floor barre exercises (modifications included) that will strengthen your core muscles, help you tone your body, flatten your abs, as well as increase your flexibility, balance and stamina. Pilates offers an effective method of cross-training that can enhance your daily activities, including sports activities and other workouts. If you're looking for transformation, Pilates I will transform the way your body looks, feels and performs! Drop-ins welcome.

Location: The REC • Ages: 13 +
Fee (monthly): \$40 Mem / \$50 Non-mem (8 classes/mo)
 \$22 Mem / \$32 Non-mem (4 classes/mo)
Instructor: Wendy Dolan
 Mon. and/or Thurs. 706204 5:10 - 5:40 PM

ARMS, ABS & PILATES

Tone and strengthen your arms and abs! Fusing Pilates, floor barre exercises and strength training, this 30-minute workout will help you develop muscular strength and tone your entire body. Drop-ins welcome.

Location: The REC • Ages: 13 +
Fee (monthly): \$22 Mem / \$32 Non-mem (4 classes/mo)
Instructor: Wendy Dolan
 Wed. 706403 5:30 - 6:00 PM

PILATES II – GOT CORE?

Pilates II tones, tightens and strengthens, combining mat, floor barre, glute exercises and equipment to tone up, increase flexibility, build and maximize core and glute strength; not to mention abs of steel! (This class takes place during the first half of my Cyclelates class.) Drop-ins welcome.

Location: The REC • Ages: 13 +
Fee (monthly): \$25 Mem / \$35 Non-mem (for 4 classes/mo)
Instructor: Wendy Dolan
 Mon. 706214 6:30 - 7:00 PM

PILATES SCULPT EXPRESS

Pressed for time? This quick 15-minute sculpting class focuses on strengthening and toning your upper body while engaging your core. Experts say weight-bearing exercise staves off the risk of osteoporosis, boosts your immune system and helps fast-track weight loss. It's not how long or hard you train, it's about

exercising smart. 15 Minute Sculpt Express: Efficient and Effective! Drop-ins welcome.

Location: The REC • Ages: 13 +
Fees: \$20 Mem / \$30 Non-mem (for 8 classes/mo)
 \$10 Mem / \$20 Non-mem (for 4 classes/mo)
Instructor: Wendy Dolan
 Mon., and/or Thurs. 706223 5:45 - 6:00 PM

CYCLELATES

The perfect blend: Cycling and Pilates. Flatten your abs, build core strength and increase flexibility with Pilates mat exercises. Blast lots of calories, get lean and build cardiovascular strength with indoor cycling. Cyclelates incorporates 25 minutes of Pilates followed by 25 minutes of cycling, to challenge all fitness levels. Core and Cardio: Get it all accomplished in just one workout! Drop-ins welcome (permitting class is not full).

Location: The REC • Ages: 14 +
Fees: \$32 Mem / \$42 Non-mem (for 4 classes/mo)
Instructor: Wendy Dolan
 Mon. 706251 6:30 - 7:30 PM

CYCLE FUSION

Take the incredibly effective, calorie-busting workout of cycling and fuse it with total body conditioning to create an amazing cross-training experience! Drop-ins welcome (permitting class is not full).

Location: The REC • Ages: 16 +
Fees: \$32 Mem / \$42 Non-mem (for 4 classes/mo)
Instructor: Wendy Dolan
 Wed. 706308 6:15 - 7:15 PM

SATURDAY MORNING CYCLING

Rise and shine with this high energy cycling workout to start your weekend! Nothing beats a cycling class for a low-impact, invigorating, calorie-crushing workout! With the lights off, fans blowing and music rockin', this class is the perfect way to get strong and lean and build cardiovascular endurance. Get in, get sweaty and get on with your day! Drop-ins welcome (permitting class is not full).

Location: The REC • Ages: 16 +
Fees: \$30 Mem / \$40 Non-mem (for 4 classes/mo)
Instructor: Wendy Dolan
 Sat. 706616 8:00-8:50 AM

MARTIAL ARTS

TAE KWON DO/HAPKIDO/ STICK FIGHTING

Grand Master Kim Davis is the founder of Freedom Martial Arts Academy with over 30 years of martial arts experience. She is a 7th Dan Taekwondo, 5th Dan hapkido, and Black Sash in Senkotiros Arnis. In addition, GM Davis is a 1st Class WTF International Referee and was a 1993 USTU National gold medalist in both sparring and forms. She continues to referee at local, national, and international tournaments. She also provides instruction as a presenter at seminars for other organizations/schools. Supply Fees: Belt test and equipment available upon request from instructor for the martial art classes.

YOUTH TAE KWON DO

Tae Kwon Do, a Korean martial art, is for all ages and fun for the entire family. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. Youth students learn & practice basic skills side by side with adult/advanced class students to see what is possible as they gain confidence through training.

Drop-ins are welcome.

Location: The REC • Ages: 6-11 yrs.
Fee (monthly): \$50 Mem / \$60 Non-mem
(individual) OR \$120 Mem / \$130 Non-mem
(family)
Instructor: Grand Master Kim Davis
Mon. Thur. 706800(ind) • 7:00-8:00 PM
Mon, Thur. 706801(fam) • 7:00-8:00 PM

ADULT TAE KWON DO/ HAPKIDO

Tae Kwon Do/Hapkido, Korean martial arts, are for all ages and fun for the entire family [hapkido lower age limit = 12yrs]. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. Students in the advanced class will learn to apply skills in forms, sparring, and self-defense applications. Hapkido adds grappling and some weapons techniques to Tae Kwon Do skills. Drop-ins are welcome.

Location: The REC

Ages: 12 +
Fee (monthly): \$50 Mem / \$60 Non-mem
(individual) OR \$120 Mem / \$130 Non-mem
(family)
Instructor: Grand Master Kim Davis
Mon., Thur. 706802(ind) • 7:00-8:30 PM
Mon., Thur. 706803(fam) • 7:00-8:30 PM

STICK FIGHTING

Senkotiros arnis (stick fighting) is a Philippine art using 5 basic strikes combined with defense shielding and disarming skills. Training is progressive to match skills to the student's ability. Students are encouraged to continue developing their skills to advance in Senkotiros arnis and/or add to their martial art knowledge. The students will use sticks and dull surfaced practice knives during training classes. Students do not need prior martial art training. Drop-ins are welcome.

Location: The REC
Ages: 12 +
Fee (monthly): \$40 Mem / \$50 Non-mem
Instructor: Grand Master Kim Davis
Tue., Wed. 706900 • 7:30-8:30 PM
Note: Enroll in Adult Tae Kwon Do (706801) and add Stick fighting for only \$30 more per month.

LEGENDS KARATE

Martial arts classes designed specifically for Kids, Teens, and Adults. Our curriculum is designed by 10th degree black belt Grandmaster J Pat Burleson and 7th degree black belt Master Chance Burleson. The curriculum focuses on perfecting martial arts techniques along with a focus on discipline and control. Uniforms are handled through the instructor. No uniform needed for the first few weeks.

Location: The REC
Fee (monthly): \$55 Mem / \$65 Non-mem
Instructor: Legends Martial Arts
legendsmartialarts.com • 817.285.8484
Note: \$5 discount for each additional family member

Beginner Kids (White to Orange Belts)

Ages: 6-11 yrs Tue 706700 5:00-5:45 PM

Intermediate Kids (Green to Purple Belts)

Ages: 6-11 yrs Tue 706701 5:30-7:00 PM

Advanced Kids (Brown to Black Belts)

Ages: 6-11 yrs Tue 706702 6:30-8:00 PM

Teens and Adults (White to Black Belts)

Ages: 12 + Tue 706703 7:45-9:15 PM

LIL' LEGENDS PRE-K KARATE

Martial arts classes designed for 3, 4 and 5 year olds. Our curriculum was designed by a black belt with a Master's Degree in

Occupational Therapy for Pre-K aged children. Participants must test out of the first class to make it to the "advanced" class, which focuses on perfecting martial arts techniques.

Location: The REC
Fee (monthly): \$55 Mem / \$65 Non-mem
Instructor: Legends Martial Arts
www.legendsmartialarts.com • 817.285.8484
Uniforms are handled through the instructor. No uniform needed for the first few weeks.
Note: \$5 discount for each additional family member

Beginner (White to Orange Belts)

Ages: 3-5 yrs Tue 706704 5:15-6:00 PM

Advanced (Green to Black Belts)

Ages: 3-5 yrs Tue 706705 5:45-6:45 PM

DRAGON WING CHUN KUNG FU SCHOOL

Dragon James Fell has practiced martial arts for over 45 years. Familiar with various martial arts styles and street self-defense techniques, James devotes his time to helping people of all ages by sharing his self-defense knowledge and the art of Wing Chun Kung Fu. He is a Wing Chun black belt with instructor credentials.

Location: The REC
Ages: 13 +
Fee (monthly): \$40 Mem / \$50 Non-mem
for 1 class/week OR
\$80 Mem / \$100 Non-mem
for 2 classes/week
Instructor: James Fell
Email: JamesFell@DragonWingChun.com
Tue. 706103 • 6:30-8:30 PM
Sat. 706104 • 7:30-9:30 AM

FENCING BEGINNING

En garde! Kids can now learn the exciting sport of Olympic Fencing. It is a safe and fun individual sport that improves concentration, agility, strength and self-esteem. Students will be provided with equipment and the basic skills to become modern day musketeers!

Location: The REC

Ages: 8-14 (beginner)
Fee: \$49 Mem / \$59 Non-mem
Instructor: Janos Gasparin
Website: gasparinfencing.com
Email: gasparinfencing@outlook.com
Class: Monthly
Beginning: Mon., Wed. 706200 • 6:00-7:00 PM

FINE ARTS

ART CLASS

Learn to mix colors and color theory, paint in different styles and media with acrylics and oils.

Location: The REC • Ages: 10+
Fee (4 wks): \$48 Mem / \$58 Non-mem
Instructor: Rexana Ostuni
Supplies: Canvas, paper or board, paint brushes (flat; small, medium and large table easel). Paint will be furnished by instructor.
Additional Info: Before taking Art Class, students must complete Drawing & Pastels.
Tue. 705202 • 6:00-7:30 PM

DRAWING & PASTELS

Drawing from basic shapes, landscapes, perspective, still life and animals. Drawings will be finished in pencil or pastels.

Location: The REC • Ages: 6-12
Fee (4 wks): \$45 Mem / \$55 Non-mem
Instructor: Rexana Ostuni
Supplies: Bring 11"x14" drawing tablet and #2 pencils. Pastels will be supplied by the instructor.
Tue. 705218 • 4:30-5:45 PM

CLOGGING

Want to learn to Clog? Well getting started is easy and fun. You don't need a partner or any previous dance experience. You will learn the 8 basic steps and some fun dances! Shoes and Taps are required and may be ordered. We will have shoe and tap info at the first class. Beginners are welcome and the first thirty minutes of class is for beginners.

Location: The REC • Ages: 14+
Fee: \$15 Mem / \$25 Non-mem
Instructor: John Pryor
Mon. 709221 • 8:00-9:30 PM

BELLY DANCE: IMPROV TRIBAL STYLE

In this class you will learn Improv Tribal Style belly dancing (ITS) with an introduction to

the fundamentals of tribal movement, partner work, isolations, strength building, and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the ITS format. This is a low impact dance suitable for all ages and body types.

Location: The REC • Ages: 14+
Fee (4 wks): \$28 Mem / \$38 Non-mem
Instructor: Tiffany Skalberg
Website: Tribalevolution.com
Wed. 709110 • 8:00-9:00 PM

TEXAS GUITARVILLE MUSIC SCHOOL

LEARNING TO PLAY THE GUITAR

Don't have a guitar? No problem, we have an instrument for you to try it out with, but we strongly recommend you have your own instrument to take home and practice with come learn alongside beginners like yourself. We have patient, professional and knowledgeable teachers waiting to help you. Enrollment is a monthly process. You must register before the first of each month to reserve you will have a spot. Note: Instruments are available to use during class.

Location: The REC • Ages: 7 - 15
Fee (4 wks): \$59 Mem / \$69 Non-mem
Instructor: Texas Guitarville Instructor
Phone: 817.548.5818
Email: texasguitarville@gmail.com
Sat. 705205 • 12:30 - 1:30 PM
Sun. 705203 • 2:00 - 3:00 PM

ROCK BAND CLASS (NEW)

Want to be in a band? Want to play drums, guitar, ukulele, piano or sing? Come join us for a fun time in our rock band class. We will learn songs together and perform at recitals and other fun events. This is

a great chance to try different instruments that you may not have had the chance to try yet. We can't wait to see you in class! You must register before the first of each month to reserve your spot.

Location: The REC • Ages: 7 - 15
Fee (4 wks): \$79 Mem / \$89 Non-mem
Instructor: Texas Guitarville Instructor
Note: Instruments are available to use during class.
Phone: 817.548.5818
Email: texasguitarville@gmail.com
Sat. 705206 • 1:30 -2:30 PM

GUITARVILLE PRIVATE LESSONS (NEW)

Fun, interactive and engaging music lessons for all ages, all styles and levels. We offer private half hour or full hour long lessons once per week. Registration is a monthly process and you must pay for lessons by the first of each month to RSVP your spot or to maintain your current spot. You must pay for and attend 4 lessons per month. Makeup lessons are only available with a 48 hour notice and depending on your instructor's availability. Our teachers are professional, knowledgeable and patient. Our schools offer lessons in guitar, bass guitar, piano/ keyboard, singing, saxophone, drums and much more. You even get a FREE instrument if you commit to 6 months of lessons. Free instrument credit of (\$100 value) will be given once the sixth month has been paid for. We can't wait to help you along your musical journey!

Ages: 4 - Up
Fees: \$105 mem/\$115 non-mem (4 lessons)
Class code: 705210 (monthly)
Instructor: Texas Guitarville Instructor
Additional Info: Students will be contacted by an instructor to set the day and time for your lessons. For more information please contact Kevin Nassiff @ 817.584.5818 or you can email him at texasguitarville@gmail.com

SPECIAL INTERESTS

COMMUNITY FIRST AID & SAFETY

This course prepares you to rescue victims who are experiencing cardiopulmonary distress. Course includes information on adult, child and infant CPR, along with first aid for a variety of conditions including bleeding, injuries to bones, muscles and joints, sudden illness and heat and cold injuries. Successful participants earn two certificates: American Red Cross Community CPR (valid for 2 years), and ARC Community First Aid (valid for 2 years).

Location: The REC • Ages: 10+
Fee: \$77 Mem / \$87 Non-mem
Instructor: ARC Certified Instructor
Code: 709702
Oct. 14, Nov. 11 9:00 AM–4:00 PM

BABYSITTER'S AMERICAN RED CROSS TRAINING

This eight-hour babysitting course covers a variety of topics including: preventing accidents and illnesses, basic first aid, reviewing choking procedures, rescue breathing and making professional decisions in babysitting. The class is 90% participation. All successful participants will receive a babysitting training book the day of class.

Location: The REC • Ages: 11+
Fee: \$75 Mem / \$85 Non-mem

Instructor: ARC Certified Instructor
Notes: There will be a 30-minute lunch break. Please provide your own lunch, snacks and drinks.
Code: 709703
Oct. 28, Nov. 18 9:00 AM–4:00 PM

DEFENSIVE DRIVING

Bright Driver is a National Safety Council defensive driving course for all individuals that need an auto insurance discount and/or need to dismiss a traffic citation. This is a six hour course that can also be used as a corporate safety course to dismiss a traffic citation anywhere in the United States.

Location: The REC • Ages: 16+
Fee: \$35 Mem / \$45 Non-mem
Instructor: J. T. Brinson
Website: brightdriversafety.com
Session: Sept. 16, Oct. 14, Nov. 4, Dec. 9, Jan. 6, Feb. 3
Code: 709736
Sat. 9:00 AM–3:30 PM

GRAPEVINE PING PONG CLUB – NEW

We offer individual lessons and group lesson for ages 5 up. All lessons have beginner level, intermediate level and advanced level. Group lessons require 3 players as the minimum.

Location: The REC
Group Lesson Fees: \$60 Mem / \$70 Non-mem
Classes are held monthly.

Instructor: Ying Luo
Thur. 709013 6:00 – 7:00 PM
Beginner (Ages 5 – 17)
Thur. 709014 7:00 – 8:00 PM
Intermediate (Ages 5 – 17)

Instructor: Austin Clemens
Sat. 709020 2:00 – 3:00 PM
Beginner (Ages 5 – Up)
Sat. 709021 3:00 – 4:00 PM
Intermediate (Ages 5 – Up)
Sat. 709022 4:00 – 5:00 PM
Advanced (Ages 5 – UP)

Instructor: Jamie Schmidt
Sun 709024 9:30 – 10:30 AM
Beginner (Ages 3 – 6)
Sun 709025 10:30 – 11:30 AM
(Ages 5 – UP)

Individual (Private) Lesson Fees:

Coach: Yahao Zhang
Coach Zhang is a U. S. National Team member and rated as one of the top 10 players in the U.S.
709015 \$50/hour or
(\$200 monthly 4 lessons)

Coach: Ines Zhang

709016 \$40/hour or
(\$160 monthly 4 lessons)

Coach: Ying Lou

709017 \$35/hour or
(\$140 monthly 4 lessons)

Coach: Austin Clemens

709018 \$35/hour or
(\$140 monthly 4 lessons)

Coach: Jamie Schmidt

709019 \$25/hour or
(\$100 monthly 4 lessons)

Once you have signed up an instructor will contact you to your private lessons.

Policies: Up to two make-up lessons are allowed per session. The make-up lessons must be completed in the subsequent coaching session and they must be approved by the coach 24 hours in advanced of the desired lesson.

Contact info: gppctx@gmail.com or call 817.372.0819

FALL GRAPEVINE AMATEUR (NEW) PING PONG TOURNAMENT

Fall Tournament will be Sunday, Oct. 15. Must register by Oct. 8 to avoid \$10 late fee. For more in for more information and to register go to www.gppctx.com or e-mail gppctx@gmail.com or call 817.372.0819

PING PONG SOCIAL CLUB (NEW)

Ping Pong is a fast growing sport that can be enjoyed competitively or recreationally. This club will offer the chance for other Ping Pong enthusiasts the chance to meet on a regular basis to play others.

Location: The REC

Sun. 2:00 – 5:00 PM

Code: 709026

Membership (Fees): \$25 for a 3 month membership (quarterly) January, February & March, October, November & December

Info: For more information email gppctx@gmail.com or call 817.372.0819

RACQUETBALL LESSONS

Cheryl Bird is a long time Grapevine resident who's been teaching beginning and intermediate racquetball almost since the opening of the original Community Activities Center. Cheryl has been married for 36 years, has 4 grown children and 5 grandchildren. She has been playing racquetball for almost 32 years. If you're interested in scheduling private lessons with Cheryl, please contact her at 817.689.3644 or cherylbirdtx@gmail.com.

TEXAS LICENSE TO CARRY CLASS

This one day (6 hr) course satisfies the handgun license. This course will cover use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and much more. Course includes both written and proficiency (shooting) exams. The shooting proficiency will be conducted at Shoot Smart Indoor Range in Grand Prairie. Due to crowding at all public ranges on Saturdays, delays should be expected. Appointments will be available the Friday before the class.

Location: The REC • Ages: 21+

Fee: \$79 Mem / \$89 Non-mem

Instructor: Mike Duff

Phone: 817.719.9512

Email: mike@group6training.com

Notes: There will be a one hour lunch break. Additional gun range fee of \$15 paid to the instructor. It is important that a valid email is provided at registration in order to receive important info before the class. The following link also has important class information: www.group6training.com/LTC_CHL.php

Sept. 23 709795 8:00 AM–3:00 PM

Nov. 11 709795 8:00 AM–3:00 PM

Jan. 20 709795 8:00 AM–3:00 PM



TECHNOLOGY 101 (NEW)

USING YOUR IPHONE

This class will walk you through some of the basic settings on your iPhone; adjusting the volume, texting, using notes, instructing Siri, ideas for saving battery life and much more. We will also discuss backing up your iPhone and the importance of having an iCloud account. Bring your iPhone 5, 6 or 7 to class.

Thur., Sept. 14 708907-09
6:30 – 9:30 PM \$30
Thur., Jan. 4 708907-01
6:30 – 9:30 PM \$30

ALL THINGS GOOGLE

It started as an internet search engine, but today Google has a powerful collection of free tools for internet users. In this speed tour of “all things Google”, we delve into Google Drive, Google Apps, Google Chrome, Google Calendar and of course Google search.

Mon., Oct. 16 708908-09
6:00 – 8:00 PM \$20

GOOGLE DRIVE

Google Docs is the heir apparent to Microsoft Word for personal use. The trinity of the word processor (Docs), the spreadsheet (Sheets) and the presentation too (Slides) are part of the free programs and also show you how to use Google Drive where you can store and access your own files from anywhere in the world.

Participants must attend part 1 to attend part 2. This is a 2 part class.

Thur., Oct. 12 708909-10
6:30 – 8:30 PM \$20 Part 1
Thur., Oct. 19 708909-01
6:30 – 8:30 PM \$20 Part 2

YOU TUBE

YouTube was the first large-scale video sharing site on the web and today it provides videos from home repairs to professional movie trailers to amateur videos of pranks. Anyone can upload videos to share with the world. The world watches, provides feedback and shares with everyone they know causing videos to go viral within hours. In this class, you will set up your own channel to store your favorite videos, upload your own videos and park your videos for easy access.

Thur., Nov. 2 708910-11
6:00 – 9:00 PM \$20

DO YOU TWEET

If it's happening, it's happening first on Twitter. Short bursts of ideas, news and trending topics come across the screen at a scan-friendly pace. You choose to

follow people and entities that are interesting, helpful and controversial. It's all your decision as to who you follow and who follows you. We will discuss personal as well as professional uses.

Tue., Oct. 3 708911-10
6:30 – 8:30 PM \$20

YOUR CHILD AND THE INTERNET

The opportunities kids have to socialize online come with benefits and risks. Adults can help reduce the risks by talking to kids about making safe and responsible decisions. But adults first need to recognize the many ways that kids access information and how strangers gain access to the kids. A discussion will follow what to look for, what apps should not be used and why.

Tue., Jan. 30 708912-11
6:30 – 8:30 PM \$20

INTERNET FUNDAMENTALS

Basics of surfing the Internet, using search engines, exploring popular websites, managing favorites/bookmarks plus new ways to use the Internet around the home.

Mon., Sept. 11 708913-09
6:30 – 9:30 PM \$30
Mon., Oct. 23 708913-10
6:30 – 9:30 PM \$30
Mon., Jan. 8 708913-01
6:30 – 9:30 PM \$30

MAKE YOUR OWN MOVIES

Create a movie with your own digital photos, video and music. Learn how to apply interesting transitions, creating smooth movement between photos. Add narrative and titles and generate a movie which can be played on a computer, tablet, smart phone or uploaded to the internet.

Wed., Oct. 25 708914-10
6:30 – 9:30 PM \$30
Wed., Jan. 24 708914-01
6:30 – 9:30 PM \$30

YOU'VE BEEN PINNED

Get the creativity juices flowing by seeing clever ideas come to life: from food to crafts to décor to home repairs. Then pin (save) and categorize them for future reference. Follow fellow pinners to expand the thousands of ideas that will be presented to you automatically. Bring your smart phone or tablet to learn how easy it is to upload your own photos using the Pinterest app.

Mon., Sept 25 708915-09
6:30 – 9:30 PM \$30
Sat., Oct. 14 708915-01
9:00 AM – 12:00 PM \$30

Sat., Jan. 13 708915-09
9:00 AM – 12:00 PM \$30

BOOKS BY YOU

This class explores some of the on-line services and smart phone apps that quickly turn your photos into a beautifully bound book. But if you want to write a story with images, that is not so simple and it is what this class will teach you. Bring your photos and stories to this class.

Sun., Sept. 17 708916-09
2:00 – 5:00 PM \$30
Wed., Oct. 11 708916-10
6:30 – 9:30 PM \$30

IOT AND THE CLOUD

Internet of Things (IoT) may be a new term to you, but you might be surprised how much you already know about it and how you are already using it. This class will explain IoT and the Cloud, what they are, how they work and provide every day examples of how your daily life is impacted.

Sat., Sept. 23 708917-09
3:00 – 5:00 PM \$20
Sun., Oct. 29 708917-10
3:00 – 5:00 PM \$20
Mon., Jan. 29 708917-01
6:30 – 8:30 PM \$20

RISKS OF DISKS

How painful would it be if your collection of music CDs or video DVDs got lost or damaged? Making a digital copy of your disks is your insurance against such a loss, but more practically, it provides the ability to play your own music or videos on mobile devices, computers and TVs. Bring a few of your favorite CDs or DVDs to digitize and a thumb to take the files home.

Sat., Oct. 7 708918-10
2:00 – 5:00 PM \$30
Wed., Jan. 10 708918-01
6:30 – 9:30 PM \$30

KODAK IS DEAD

Moving from paper photos to electronic files has many disadvantages, including ease of sharing and eliminating all physical storage of photos and albums. In addition to freeing up space on your iPhone, another benefit is the ability to quickly find a specific photo. That benefit, however, doesn't happen automatically even with the fabulous apps that are available. Hence, this class: learn a couple of ways to easily transfer images from your mobile device to your computer, then organize, tag, and learn how to easily search. Bring your iPhone or iPad,

its charging cable and about 50 old (paper) photography.

Sun., Oct. 22 708919-10
2:00 – 5:00 PM \$30
Mon., Jan. 22 708919-01
6:30 – 9:30 PM \$30

APPY HOUR

This class will dig into some of the most popular apps that are standard on the iPhone: notes, calendar, reminders, weather, keychain, iBooks and voice memo. Other popular apps will be discussed and you'll learn how to find and download them from the App Store. Bring your iPhone 5, 6 or 7 to class.

Wed., Sept. 20 708920-09
6:30 – 8:30 PM \$20
Mon., Oct. 30 708920-10
6:30 – 8:30 PM \$20
Mon., Jan. 15 708920-01
6:30 – 8:30 PM \$20

Location: The REC

Ages: 18+

Instructor: Technology 101 Instructor

For more information contact Lori at
lori@loriquinn.com



TECH EDVENTURES CLASSES (NEW)

HIGH TECH ZONE

TINY TECH

A full-year of hands on, high tech learning for young kids including robotics, electronics, Film making and Minecraft.

ROBOT GARAGE (AGES 5-7)

Real-world robotics for young inventors using 'bots that follow a maze, navigate around obstacles and even draw pictures.

Tue. 708904 – 09 4:00 – 5:00 PM
(Sept. 12, 19, 26, Oct 3)
Tue. 709904 – 10 4:00 – 5:00 PM
(Oct. 10, 17, 24, 31)

ELECTRONICS LAB (AGES 5-7)

Kids use working components like switches, motors, buzzers and LED lights as they explore how circuits and electricity work.

Tue. 708904 – 11 4:00 – 5:00 PM
(Nov. 7, 14, 28, Dec. 5)

MINECRAFT MAKERS (AGES 5-7)

Kids plan and build their own city out of Minecraft bricks on our private server. Emphasizes teamwork and good citizenship alongside awesome Minecraft building skills.

Tue. 708904 – 01 4:00 – 5:00 PM
(Jan. 9, 16, 23, 30)
Tue. 709904 – 02 4:00 – 5:00 PM
(Feb. 6, 13, 20, 27)

Location: The REC

Single session fee: \$58 mem/\$68 non-mem

Instructor: Tech EdVentures

Note: For Minecraft classes, families will need a paid account (appx \$26) from <https://account.mojang.com>. **More Info:** www.TechEdVentures.com or email at office@TechEdVentures.com

MINECRAFT ZONE

Discover new Minecraft skills writing mods that give you character special powers or jump into adventure mapping and search for secret passages, hidden clues and even buried treasure.

MINECRAFT MODS (AGES 5-7)

An awesome intro to Mods for new and experienced players using LearnToMod and Javascript.

Tue. 708905 – 09 5:00 – 6:00 PM
(Sept. 12, 19, 26, Oct 3)
Tue. 709905 – 10 5:00 – 6:00 PM
(Oct. 10, 17, 24, 31)

ADVENTURE MAPPING

The newest thing in Minecraft! Learn to download, play and even create your own custom adventure maps.

Tue 708904 – 11 5:00 – 6:00 PM
(Nov. 7, 14, 28, Dec 5)
Tue 709904 – 01 5:00 – 6:00 PM
(Jan. 9, 16, 23, 30)

Location: The REC Ages: 8 - 11

Single session fee: \$58 mem/\$68 non-mem

Instructor: Tech EdVentures

Note: For Minecraft classes, families will need a paid account (appx \$26) from <https://account.mojang.com>. **More Info:** www.TechEdVentures.com or email at office@TechEdVentures.com

DRONE RACERS (NEW)

Earn your wings as you learn every aspect of drone skills with activities that include piloting basics, aviation safety, acrobatic/aerial tricks and best of all... drone racing. Each session includes free-flight, challenging obstacle courses and a chance to shoot your own aerial video.

Location: The REC Ages: Jr. Pilots: 8 – 11, Sr. Pilots: 11 – 14

Fee (monthly): \$58 MEM / \$68 Non-mem

Instructor: Tech EdVentures

Note: Equipment rentals available for \$5 / month or purchase a quad copter from instructor. **More**

Info: www.TechEdVentures.com or email at office@TechEdVentures.com

JR. PILOTS: (AGES 8-11)

Sat. 708902-09 10:00–11:30 AM
Sat. 708902-10 10:00–11:30 AM
Sat. 708902-01 10:00–11:30 AM

SR. PILOTS: (AGES 11-14)

Sat. 708902-09 10:45 AM–12:15 PM
Sat. 708902-10 10:45 AM – 12:15 PM
Sat. 708902-01 10:45 AM – 12:15 PM

INTRO TO DRONES AND FPV QUADCOPTERS (NEW)

A half-day that includes everything a first time pilot or hobbyist needs to get started flying quad copters including an overview of safety and licensing rules, equipment options, how to build-your-own and hands-on flight practice with entry level drones.

Location: The REC/Ages: 16 – Up

Single session fee: \$40 mem/\$50 non-mem

Instructor: Tech EdVentures

More Info: www.TechEdVentures.com or email at office@TechEdVentures.com

Participants take home a packet of resources and will have all day use of a rental drone from Tech EdVentures.

Sunday, Oct. 22 708901-10
12:30 – 4:30 PM

Sunday, Nov. 11 708901-11
12:30 – 4:30 PM

KIDS' PROGRAMS

PRE-SCHOOL GYMNASTICS

This class is designed to promote physical activity and motor skill development. Basic gymnastics skills such as rolls, bridges, handstands and cartwheels will be introduced. Students will also be exposed to other gymnastic equipment as the balance beam.

Location: The REC • **Ages:** 3-5

Fee (monthly): \$32 Mem / \$42 Non-mem

Instructor: Gypsy Mishoe

Tue. 708205 3:30-5:00 PM

BEGINNING GYMNASTICS I

This class is designed as an introduction to gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam and vault.

Location: The REC • **Ages:** K-7 yrs

Fee (monthly): \$32 Mem / \$42 Non-mem

Instructor: Gypsy Mishoe

Tue. 709327 4:15-5:00 PM

BEGINNING GYMNASTICS 2

This class is designed for older children who have little experience with gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam and vault.

Location: The REC • **Ages:** 8-12

Fee (monthly): \$32 Mem / \$42 Non-mem

Instructor: Gypsy Mishoe

Tue. 709202 5:00-5:45 PM

ADVANCED INTERMEDIATE GYMNASTICS

This class is designed for the young gymnast who has already mastered the basic skills of the sport. Students entering this class should be able to do a cartwheel, a handstand and a backbend with little or no assistance. We will be working on more advanced skills such as front and back walk-overs and handsprings. Students will also spend a portion of each class developing flexibility and strength.

Location: The REC • **Ages:** 7-14

Fee (monthly): \$32 Mem / \$42 Non-mem

Instructor: Gypsy Mishoe

Tue. 709328 5:00-5:45 PM

EARLY ACHIEVER'S PRESCHOOL ACADEMY

Academic Pre-School Program for 3-5 year olds

This fun-filled preschool class utilizes a hands-on theme based yearly curriculum that focuses on the academic, social, emotional, physical and creative development of each student. Areas of reading, writing, science, safety, health, social studies, math, art, music and movement are included. Fun learning activities include language, music and art appreciation, visual and spatial perception, logical and mathematical calculation, social interaction, fine and gross motor skills, phonetic awareness and building alphabet skills including letter identification, providing a strong foundation for further developing reading skills.

Location: The REC • **Ages:** 3-5

Fee (monthly): \$99 Mem / \$109 Non-mem (3 week sessions*)

Instructor: Rare Learning • **Note:** Ratio of 1:10. Please bring a snack.

Phone: 972.567.1771 • **Email:** info@rarelearning.com

Additional Info: \$10 supply fee paid to instructor first day of each session. Children must be potty trained.

Sessions: *09-Aug. 29-Sept. 21, 10-Sept. 26-Oct. 19, 11-Oct. 24-Nov. 16, *12-Nov. 28-Dec. 14, 01-Jan. 2-25, 02-Jan. 30-Feb. 22

Tue., Thur. 708315 9:30 AM-12:00 PM

SOCCER SPARKS SKILLS CLASS

The Soccer Sparks Skills classes are designed with the main Goals of sparking the passion for the game in young players and Teaching them sound principles and techniques of the game in a Fun and positive environment. The Soccer Sparks approach and Carefully designed age appropriate curriculum fosters skill Improvement and builds player confidence. Learn how to perfect Your skills such as dribbling, passing, shooting and team work.

Location: The REC (turf field) • **Ages:** 2-3, 4-5, 6-9

Fee: \$44 Mem / \$54 Non-Mem (Per Session)

Instructor: Soccer Sparks, USSF National Level Coach

Phone: 469.878.8550

Email: stars@soccersparks.com

Session 09: Sept. 11 - Oct. 2

Session 10: Oct. 9 - Oct. 30

Mon.	2-3 yrs	708417	4:30 - 5:00 PM *
Mon.	4-5 yrs	708418	5:00 - 5:45 PM
Mon.	6-9 yrs	708419	5:45 - 6:30 PM

Session 11: Nov. 20 - Dec. 11

Mon.	2-3 yrs	708417	3:30 - 4:00 PM*
Mon.	4-5 yrs	708718	4:00 - 4:45 PM
Mon.	6-9 yrs	708419	4:45 - 5:30 PM

*30 min class - Parent & Child class

DANCE CLASSES



TUMBLING & SPORTIES FOR SHORTIES

This class teaches the fundamentals of gymnastics on a floor mat, while developing flexibility and strength. Children will learn beginning sport skills such as throwing, catching, kicking and even parachute exercises. Class will build self-confidence and create group interaction skills while supporting the child's self-esteem and positive image.

Location: The REC • **Ages:** 3-6

Fee (monthly): Mem \$42 / Non-mem \$52

Instructor: Jo-Ann Ingram

Additional Info: Wear comfortable play clothes; girls may wear dance attire.

Tue. 708403 10:45-11:25 AM

CREATIVE MOVEMENT FOR PARENT & ME

Participants will develop gross motor skills and music appreciation through various song and dance activities. Emphasizing fun, students will be introduced to ballet, tumbling and beginning sport skills. Adults are encouraged to participate with the child to ensure successful learning experiences.

Location: The REC • **Ages:** 18 months-3 yrs

Fee (monthly): Mem \$30 / Non-mem \$40

Instructor: Jo-Ann Ingram

Additional Info: Wear comfortable play clothes; girls may wear dance attire.

Mon. 708404 9:30-10:00 AM

TITLE	AGE	DAYS/TIMES	INSTRUCTOR	NON-MEM MONTHLY FEE	CODE
Ballet/Tap for Pre-School	3-5 yrs	Mon. 10:00-10:40 AM	Jo-Ann Ingram	\$52	708201
Ballet/Tap for Pre-School	3-5 yrs	Mon. 10:45-11:25 AM	Jo-Ann Ingram	\$52	708202
Ballet/Tap for Pre-School	3-5 yrs	Tue. 10:00-10:40 AM	Jo-Ann Ingram	\$52	708301
Ballet/Tap	3 - 5 yrs	Thur. 3:45 - 4:25 PM	Jo-Ann Ingram	\$52	708509
Ballet/Tap	5 - 7 yrs	Thur. 4:30 - 5:10 PM	Jo-Ann Ingram	\$52	708510
Ballet/Tap for Pre-School	3 - 5 yrs	Thur. 5:15 - 5:55 PM	Jo-Ann Ingram	\$52	708511
Ballet/Tap	6 - 12 yrs	Thur. 6:00 - 6:40 PM	Jo-Ann Ingram	\$52	705503
Ballet/Tap for Pre-School	3-5 yrs	Sat., 10:00-10:40 AM	Little Dancer's Instructor	\$52	708701
Ballet/Tap	6-12 yrs	Sat., 10:45-11:25 AM	Little Dancer's Instructor	\$52	705700
*Jazz / Hip Hop	6-12 yrs	Sat., 11:30-12:15 PM	Little Dancer's Instructor	\$52	708700

Ms. Jo-Ann's classes are progressive, with a formal holiday recital in December (TBA)

Additional Information: Siblings receive \$5 discount

*Classes will work on stretches, leaps and turns that will be put together in combinations and dance routines.

Expect to have fun while learning and exercising!

**Note: Some sessions will be less than 4 weeks. Instructor will send out a notice and classes will be pro-rated.

Ballet shoes, leotards and tights required for all ages. Tap shoes required for tap classes.

YOUTH SPORTS

GRAPEVINE ATHLETICS STAFF

ANDREA TREDAWAY

Athletics Coordinator, Adult Sports • 817.410.3457
atredaway@grapevinetexas.gov

CHRIS WISE

Recreation Specialist • 817.410.3917
cwise@grapevinetexas.gov

SCOTT HARDEMAN

Athletics Manager • 817.410.3476
scottha@grapevinetexas.gov

REGISTER ONLINE AT GOGRAPEVINEREG.COM
RAINOUT HOTLINE: 817.410.3475 AFTER 3:30 PM

REGISTRATION INFORMATION

Space is limited – first come, first served. Register online at GoGrapevineReg.com. Late Registration Fee: All youth and adult leagues are subject to a 10% late fee.

SCHEDULES AND STANDINGS: GoGrapevine.com

ATHLETIC REFUNDS

If approved, all refunds may carry up to a 20% administration fee. For inquiries or a refund request form, please call 817.410.3917 or 817.410.3457.

Volunteer Youth Sports Coaches Needed!
For more information, please call 817.410.3457.

BACKGROUND CHECKS: The City of Grapevine has a policy of conducting background checks on all volunteer sports coaches.

T.A.A.F.: The Texas amateur Athletic Federation (T.A.A.F.) is a state federation providing competition beyond the local level. Currently, over 150 cities combine to establish and maintain the highest level of amateur sports in the state of Texas to promote the development of physical education and to encourage the standardization of rules in all amateur athletics, games and competitions. The objectives of T.A.A.F. are both charitable and educational. For more information, visit www.taaf.com

VENUE ALERT: The Parks & Recreation Department utilizes many facilities that are not owned and/or managed by the City of Grapevine for practices and games. In some cases after our schedules are set, we may receive notice

that a particular facility is no longer available for use. In the event that this occurs and there is a last minute cancellation or change, we will make every attempt to notify each team of the change and reschedule your practice or game.

SPRING GRAPEVINE YOUTH BASEBALL AND SOFTBALL (GBS)

More Info: Baseball Coach Look: Feb 10

Ages: 3-18 years

Select Baseball Ages: 8-18 years
(must attend tryouts and be selected for a team)

Select Softball Ages: 10-18 years
(must attend tryouts and be selected for a tea.)

Spring Opening Day: March 24

Coaches Meeting: Feb 17, 9:00 AM at The REC of Grapevine

Registration: Jan 1 • **Early Registration:** Dec 1
Register early and receive \$10 off league fee!
Late Registration: Feb 1, a late fee of \$25 will be added to league fee

BASEBALL DIVISION

	FEE
Blastball 4U	\$80
T-Ball 5-6U	\$110
Coach Pitch 7-8U	\$125
Mustang 9-10U	\$125
Bronco 11-12U	\$125
Pony 13-14U	\$125
Colt/Varsity 18U	\$150

SOFTBALL DIVISION

	FEE
Softball 4-6U	\$100
Softball 7-8U	\$110
Softball 9-10U	\$125
Softball 11-12U	\$125
Softball 13-15U	\$125

Register online at gbsa.org.

Must pay with credit card or send registration form with check to:

City of Grapevine
Attn: GBS-Registration
1175 Municipal Way
Grapevine, TX 76051

For more information, please visit gbsa.org or contact us at 817.410.3457.

Fall Grapevine Baseball and Softball registration will open Jun 1.

Check gbsa.org for details.

HIGHER GOALS BASKETBALL CAMPS

Camp schedule will include: daily detailed work in ball handling, shooting, rebounding, defense and passing. Camp will include daily life skills and basketball 101 sessions. Camp awards distributed!

CAMP	DATES	TIME	AGE	CODE	SITE	FEE
Basketball Camp	Nov. 20-22 Dec. 26-29 Jan. 2-5	9:00 AM- 12:00 PM	7-16 yrs	603921-14 603921-15 603921-16	TBA	\$90 \$120 \$120



Youth Sports' Leagues

The City of Grapevine partners with FieldhouseUSA for youth basketball and volleyball programs. FieldhouseUSA Grapevine will host all practices and games and many more programs at their new facility at the Grapevine Mills Mall. For more details on youth leagues and other programs including Futsal, visit grapevine.fieldhouseusa.com

WINTER FIELDHOUSEUSA YOUTH BASKETBALL

Practice/Game Site: ALL games and practices will be at FieldhouseUSA in Grapevine

Ages: Boys and girls K-11th Grade

Registration: Sept. 22-Oct. 30

Fees: Team: \$800 • Individual: \$120

Season Dates: Dec. through Feb. with eight games and playoffs for top four teams of each division

Practice: Half court weekly practice

Register at grapevine.fieldhouseusa.com

WINTER FIELDHOUSEUSA YOUTH VOLLEYBALL

Practice/Game Site: ALL games and practices will be at FieldhouseUSA in Grapevine

Ages: 1st-8th Grade

Registration: Sept. 22-Oct.30

Fees: Team: \$800 • Individual: \$120

Season Dates: Dec. through Feb. with eight games and no playoffs

Practice: Full court one hour weekly practice

Register at grapevine.fieldhouseusa.com



Located in **GRAPEVINE MILLS MALL**
3000 Grapevine Mills Pkwy
Grapevine, TX 76051
(817)-809-4466
fieldhouseusa.com



fieldhouseTM

INDOOR SPORTS CENTER **USA**

- 100,000+ sq. ft. multi-sports and recreational complex
- Year-round leagues
- 9 volleyball and basketball courts
- Sports skills training, camps, and clinics
- Corporate outings and events
- Basketball, volleyball, futsal, pickleball, wrestling, gymnastics, martial arts, and other sports tournaments & events

**LET
THE
GAMES
BEGIN!**



YOUTH SPORTS ASSOCIATIONS



FOOTBALL

Information and Registration at GCYFA.org

SPRING 2018 7-ON-7 TOUCH

Season dates: Mid April through early June

Registration: Online in late Jan.

- Non-contact and no tackle football
- Players play in divisions based on school grade (2017-2018 school calendar) 1st -8th grade
- Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
- Other Associations participating in the league include Southlake, Northwest, Trophy Club/ Roanoke, and Coppell

FALL 2018

Tackle Divisions: 2nd grade through 6th grade in Fall 2018

Flag Division: Kindergarten through 1st grade in Fall 2018

Season dates: Sept. through early Nov.

Registration: Online in April

- Players play in divisions based on school grade (2017-2018 school calendar)
- Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
- Other Associations participating in the league include Southlake, Northwest, Trophy Club/ Roanoke, and Coppell

TRACK

GRAPEVINE GAZELLES TRACK TEAM

Our mission is to teach boys and girls ages 5 to 18 about track and field. We promote a fun atmosphere in which to train. Access to track meets will allow experience and the thrill of competition and teamwork.

Ages: 5-18 yrs

Registration: coachsuperg@gmail.com

Additional Information: This team competes under USATF, AAU, and TAAF rules.

WRESTLING

GRAPEVINE YOUTH WRESTLING (GYW)

GYW is the newest association in town. Come out and join them during workouts. They practice on Tuesdays and Thursdays in the fall and winter.

Site: GCISD Facilities

Mon, Tue and Thur / 6:30-8:00 PM

Coach: Ryan Martin

Additional Information: contact Ryan at 469.438.8327 or ryan.martin@gcisd.net

SOCCER

GRAPEVINE SOUTHLAKE SOCCER ASSOCIATION (GSSA)

Recreational Soccer for ages 4-18

Fall Season: Late Aug. through mid-Nov.

Spring Season: Late Feb through early May

Registration: May-July for Fall, Nov.-Jan. for Spring

Additional Info: gssasoccer.org, 817.410.9950

Soccer is a sport that focuses on teamwork rather than emphasizing individual performance. Grapevine-Southlake Soccer Association promotes recreational soccer, where children of all abilities and experience levels are encouraged to participate. Teams are coached by volunteer parents and may practice one or two evenings per week (depending on age). A minimum of eight games are played each season, mostly on Saturdays.

ADULT SPORTS

GRAPEVINE ATHLETICS STAFF

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Registration Information: Space is limited – first come, first served.
Register online at GoGrapevineReg.com. **Late Registration Fee:** All youth and adult leagues are subject to a 10% late fee.

Schedules and Standings: GoGrapevine.com

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FALL INDOOR COED VOLLEYBALL

Days	Divisions	Code	Fee
Wed.	COED For Fun	6I1404-II	\$190/team
Thur.	COED Recreational	6I1504-II	\$190/team

Site: GCISD Facilities

Ages: 16 & up

Registration: Sept. 4-17

Late Registration: Sept. 18-25*

Season Dates: Oct. 4–Dec 7 (8 game season)

Schedules: Available Sept. 27

Additional Information: Contact Andrea Tredaway at 817.410.3457.

FALL FLAG FOOTBALL MEN'S 8-ON-8 LEAGUE

Day	Code	Fee
Sun.	6I1103-II	\$350/team

Site: GCISD Facilities

Ages: 16 & Up

Registration: Aug. 21–Sept. 3

Late Registration: Sept. 4–11*

Season Dates: Sept. 17–Nov. 12

Schedules: Available online Sept. 13

WINTER FLAG FOOTBALL MEN'S 4-ON-4 LEAGUE

Day	Code	Fee
Tue.	6I1302-II	\$270/team

Site: GCISD Facilities

Ages: 16 & Up

Registration: Oct. 16-29

Late Registration: Oct. 30–Nov. 6*

Season Dates: Nov. 14–Jan. 16

Schedules: Available online Nov. 8

*Late Registration Fee: All adult leagues are subject to a 10% late registration fee.

WINTER FLAG FOOTBALL MEN'S 8-ON-8 LEAGUE

Day	Code	Fee
Sun.	611103-12	\$350/team

Game Site: GCISD facilities

Ages: 16 & up

Registration: Dec. 4-17

Late Registration: Dec. 18-Jan. 2*

Season Dates: Jan. 7-Mar. 4

Schedules: Available Jan. 3

WINTER (FREEZE OUT) ADULT SOFTBALL LEAGUES

Days	Divisions	Code	Fee
Sun.	COED For Fun	611101-14	\$170
	Men's D	611102-14	\$280
	Men's E	611104-14	\$280
Wed.	Men's D	611401-14	\$280
	Men's E	611402-14	\$280
	Men's Super E	611406-14	\$280
Thur.	Men's Super D	611501-14	\$280
	Men's D	611502-14	\$280

Registration: Sept. 25-Oct. 16

Season Dates: Oct. 29-Dec. 20

Schedules: Available Oct. 25

Additional Information: Contact Andrea Tredaway at 817.410.3457.

FIELDHOUSEUSA MEN'S BASKETBALL

The City of Grapevine partners with FieldhouseUSA for youth basketball and volleyball programs. FieldhouseUSA Grapevine will host all practices and games and many more programs at their new facility at the Grapevine Mills Mall. For more details on leagues and other programs, visit grapevine.fieldhouseusa.com

Game Site: ALL games will be at FieldhouseUSA in Grapevine

Ages: 16 & older

Registration: Oct. 1-Nov. 1

Fees: \$500 per team

Leagues: Monday Night (Competitive League)
Wednesday Night (Recreational League)

Register at grapevine.fieldhouseusa.com

LAKE GRAPEVINE RUNNERS AND WALKERS CLUB (LGRAW)

LGRAW is a local non-profit organization dedicated to promoting running, walking and fitness in the Lake Grapevine area. Saturday and Sunday mornings are informal group runs in the Oak Grove Park area. For more information, please visit www.lgraw.com. Double Trouble Race - Oct. 14

LATE REGISTRATION FEE

All adult leagues are subject to a 10% late registration fee.





GRAPEVINE

Go Play. Go Learn. Go Discover. Go Explore.
Go Live. Go Grow. Go Wonder. Go Volunteer. Go Sweat.

#GoGrapevine



TENNIS



All tennis classes and activities take place at the Dove Park Tennis Courts, 1509 Hood Lane. Students need to bring a racquet and a new can of balls to the first class meeting. For more tennis information contact Austin Wynne at 214.668.1619.

PEE WEE TENNIS

Designed to create eye/hand coordination while learning basic techniques. **Ages:** 3-6 yrs

Sessions / Fee: 09, 10, 11, 12 / \$39

Day / Time / Code:

Sat / 8:30-9:00 AM / 707740

JUNIOR BEGINNER

This class is designed for the student interested in learning the technique of each tennis stroke. Each class will be divided by skill level.

Ages: 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$80

Day / Time / Code:

Wed / 5:30-6:55 PM / 710251

Sat / 9:00-10:25 AM / 710750

JUNIOR ADVANCED BEGINNER

This class is designed for advanced beginner/intermediate players wanting to improve their skills. **Ages:** 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$80

Day / Time / Code:

Sat / 10:30 AM-12:00 PM / 707704

JUNIOR INTERMEDIATE

This class is designed to offer strategy to those players competing at school or in tournaments. Techniques will continue to be developed. Players must know the scoring system.

Ages: 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$80

Day / Time / Code:

Tue / 5:30-6:55 PM / 710350

JUNIOR ADVANCED

Designed for the serious student with prior instruction. Strategy, technique and point situations will be stressed. **Ages:** 6-15 yrs

Sessions / Fee: 09, 10, 11, 12 / \$80

Day / Time / Code:

Thur / 5:30-6:55 PM / 710550

TOURNAMENT TOUGH

This class is designed for high school level players (JV & Varsity). This class will emphasize strategies used in tournament competition (Zats/Champs).

Sessions / Fee: 09, 10, 11, 12 / \$80

Day / Time / Code:

Tue / 7:00-8:25 PM / 710351

Wed / 7:00-8:25 PM / 710352

Thur / 7:00-8:25 PM / 710353

Package Rate - Tues., Wed., & Thur., 7-8:25 PM
710354 \$160

ADULT CLASSES

ADULT BEGINNER

Designed to teach the basic strokes and techniques. Strategy will be discussed if applicable. **Ages:** 15 yrs & up (or High School Level)

Sessions / Fee: 09, 10, 11, 12 / \$80

Day / Time / Code: (lower courts)

Wed / 7:00-8:25 PM / 710252

ADULT ADVANCED BEGINNER

Ages: 15 yrs. & up

Sessions/Fee: 09, 10, 11, 12 \$80

Day / Time / Code:

Thur / 7:00-8:25 PM / 710551

ADULT WOMEN CLASSES

BEGINNER

Ages: 18 yrs & up

Sessions / Fee: 09, 10, 11, 12 / \$80

Days / Times / Codes:

Wed / 11:00 AM-12:30 PM / 710451

Fri / 11:00 AM-12:30 PM / 710652

ADVANCED BEGINNER/INTERMEDIATE

Ages: 18 yrs & up

Sessions / Fee: 09, 10, 11, 12 / \$80

Days / Times / Codes:

Wed / 9:30-10:55 AM / 710450

Fri / 9:30-11:00 AM / 710650

NETT JUNIOR TEAM TENNIS

Designed for players wanting to get involved in NETT junior team tennis. Fees include practices once a week for eight weeks, league fee and team shirt. Fee does not include USTA membership. Team tennis matches are on Sundays. Call Austin Wynne at 214.668.1619 for more information or to sign up.

Ages: 7-18 yrs

Time: 5:30 - 6:55 PM

Days: Thursdays, Matches on Sundays

Fee: \$200 (8 weeks)

Session/Dates: 09 (Dates TBA)

Code: 707200

GRAPEVINE GOLF

Let our staff help you improve your game through our wide range of lessons and clinics for all levels of skill and experience. Whether you just bought your first set of clubs or you've been playing for years, the staff at Grapevine Golf Course can help you raise your confidence, lower your score and improve your game in ways you didn't think possible.

ADULT GOLF

Beginner/Casual

GET GOLF READY: LEVEL 1

Weekly group (min. of 4; max. of 8) instruction classes on Wednesday evenings (5:30-7:00 PM) designed to introduce golf to beginners in a fun and friendly atmosphere.

SESSION V: Sept. 6, 13, 20, 27

FEE: \$125 per person

Instruction to cover the following:

- Introduction to Golf – history, rules, & etiquette
- Basic swing fundamentals – grip, stance, take away, impact, and follow through
- Short game basics: putting, chipping, pitching, bunker play
- Full Swing – irons, fairway metals, & driver
- How to: make a tee time, drive a cart, check in, etc.

INTERMEDIATE

Some experience or completed Level I

GET GOLF READY: LEVEL 2

Weekly group (min. of 4; max. of 8) instruction classes on Wednesday evenings (5:30-7:00 PM) designed to advance Level I students to next level in a fun and friendly atmosphere. All sessions will be conducted on the golf course in real conditions.

SESSION I: Oct. 4, 11, 18, 25

FEE: \$150 per person

Instruction to cover the following:

- Putting and Strategy – distance & direction control; green reading 101
- Chipping & Pitching – difference between; club choice strategy; conditions
- Importance of Impact for a variety of shots – full swing
- Putting it all together on the course

JUNIOR GOLF

Some experience or completed Level I

GRAPEVINE GC JUNIOR ACADEMY

For beginner to intermediate golfer's age 8-17 years old.

- Fun, structured year round learning environment.
- Team events with other participating courses
- 1 each weekday (Wed. 4:30-5:30 PM) practice and 1 each weekend (Sun. 2:00-3:00 PM) practice administered by Grapevine GC professional staff
- 2 each playing activities (3-9 holes) per month
- Range access (\$25 per month) outside of practice sessions
- 10% off Junior Green Fee rates (Mon.-Thur.) and weekend twilight rates
- Cost: \$199 per month, 3 month minimum commitment, 30 day notice to withdraw
- Limited to 24 participants/juniors

Contact the Golf Shop 817.410.3377 to register or visit our website grapevinegc.com for more information on all instruction programming.

GRAPEVINE FALL OPEN

All tournaments will have a male and female divisions.

Date: Nov. 18, 2017

Registration Deadline: Nov. 14

Entry Fee: \$18 singles

\$32 double team

Sites: Grapevine High School,
(3223 Mustang Drive and Dove Tennis Courts)
(1509 Hood Lane)

Registration Information: Players can get start times and register on Nov. 16 by visiting tntennis.net or by calling Kelly Langdon at 817.233.5793.



GRAPEFEST TENNIS CLASSIC

SEPTEMBER 16- 17

For more information visit us on the web at grapevinetexasusa.com or contact Kelly Langdon at 817.233.5793.

TEXAS-SIZE SAVINGS

I could save you **up to 40%** on your auto insurance. Contact me today for a **FREE 360 Review®** of your current coverage.

Marcia Allen, Agent

1001 W. Northwest Hwy, Ste. F
Grapevine, TX 76051

O 817.329.2120

M 817.366.9979

E mallen1@txfb-ins.com



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Explore your next outdoor adventure, register for a new program, or learn about upcoming volunteer opportunities on the new and improved Grapevine Parks and Recreation website.

GoGrapevine.com

   #GoGrapevine

ACTIVE ADULTS 55 & BETTER



TRANSPORTATION

The REC provides transportation for Grapevine residents 55+ years of age to and from The REC, Monday through Friday. Also provided and scheduled by The REC are opportunities for transportation to the bank, post office, grocery shopping, mall shopping and various activities and special events. Daily transportation reservations are required by 2:00 PM the preceding day.

HEALTH & NUTRITION EDUCATION

Educational programs provided by health care professionals.

SENIORMOVERS

This volunteer-based program assists with the routine medical and dental transportation needs of the local senior population. Riders must be pre-registered, give 48-hour notice of need and require very minimal assistance. Volunteers needed for this vital service. For information about this program, please call 817.410.3465.

FRIENDS OF THE GRAPEVINE SENIOR ACTIVITIES CENTER (FOGSAC)

Tax deductible donations for this 501(c)3 organization are used to improve technology, to supplement recurring programs and to further educational opportunities for active adults 55+ at The REC. For more information, please call 817.410.3465.

NETS

The Northeast Transportation Service is operated by Catholic Charities for adults age 60 and over, the disabled and/or the transportation disadvantaged. Call NETS at 817.336.8714.

VOLUNTEERS

There are many opportunities available to teach classes, provide transportation for medical appointments and much more. For more information, please call 817.410.3465.

FIELD TRIPS

Monthly excursions to a variety of venues. For more information, please call 817.410.3465.

GRAPEVINE SENIOR CITIZENS ADVISORY BOARD

This City Council-appointed Board meets the first Tuesday of each even-numbered month at 3:30 PM to address senior issues in our community. This is an open meeting. Changes or cancellations will be posted on grapevinetexas.gov.

NEWSLETTER: THE GRAPE AFFAIR

Grapevine residents age 55 or better who would like to receive the monthly newsletter by mail, please call 817.410.3465. To receive via email, contact us at pardinfo@grapevinetexas.gov.

BRIDGE

This friendly group invites everyone to join the fun. Brush up on your skills while learning technique and strategy.

Tue. 805301 10:00-11:45 AM

CHORUS

If you love to sing no matter if you're in key or not, this group is for you! Learn new songs, make new friends and engage in community outreach by performing programs off-site.

Thur. 805501 10:00-11:30 AM

COMPUTER CLASSES

Many topics are covered in class for the beginner to the advanced.

Registration: Sept. 25, Jan. 8, 2018

Walk-Ins: 9:00 AM-12:00 PM

Call-Ins: anytime after walk-in registration

FRATERNAL ORDER OF PLAID SHIRTS (FOPS)

Join a group of gentlemen who fraternize once a month and enjoy a variety of tours and lunch.

Note: Day and time varies.

Please call 817.410.3465 for schedule.

GO GO GIRLS FROM GRAPEVINE

A variety of field trips planned exclusively for women on the go! Join the fun!

Note: Day and time varies.

Please call 817.410.3465 for schedule.

JEWELRY MAKING

Join a merry band of beaders and make earrings, necklaces, bracelets and more! Unleash your creativity and learn skills to make jewelry with beads, wire, ribbon, leather, etc. Beginners and those more experienced are welcome. Learn new techniques and explore a variety of methods and materials to make beautiful jewelry you'll be proud to wear and give as gifts.

Thur. 805500 10:00-11:45 AM

LINE DANCING

A great physical low-impact activity and you never need a partner! Learn basic line dancing steps while meeting new friends and relieving stress.

Fri. 809602 1:00-1:50 PM

MAH JONGG

A game of both skill and luck that originated in China many centuries ago and was brought to the West in the 1920s. Join this friendly group!

Mon. 809201 1:00-4:00 PM

OIL PAINTING

Designed for the novice as well as the advanced artist. Work on independent projects and receive guidance from a qualified teacher.

Tue. 805302 10:00 AM

PICKLEBALL

All skill levels are welcome to play. New players will be taught the game on our beginner court.

Location: South Gym

Mon. - Thur. 1:00-3:30 PM

TOURING LUNCH

Grab a friend or your adult child and join us on a fun fact-finding trip. A progressive lunch takes us to different businesses to learn about the services each business offers to the senior population.

Location: Meet at The REC

Fee: \$5/person

Date: Sept. 30

Time: 9:30 AM-2:30 PM

VINE QUILTERS

Learn a variety of techniques in this casual class.

Wed. 805400 10:00-11:45 AM

WEEKLY SCHEDULE

MONDAY

8:00 AM: Water Aerobics

8:00-11:00 AM: Walking Track

8:00-11:00 AM: Fitness Room

9:30 AM: Music JAM

10:20 AM: 55 Fit A

11:05 AM: 55 Fit B

1:00 PM: Power Time

1:00 PM: Mah Jongg

TUESDAY

8:00 AM: Water Aerobics

8:00-11:00 AM: Walking Track

8:00-11:00 AM: Fitness Room

9:45 AM: Chair Exercise

10:00 AM: Oil Painting

10:00 AM: Bridge

11:00 AM: Seniors with Pizazz

1:00 PM: Yoga Lite

1:00 PM: Bingo

WEDNESDAY

8:00 AM: Water Aerobics

8:00-11:00 AM: Walking Track

8:00-11:00 AM: Fitness Room

9:45 AM: Chair Exercise

9:45 AM: Grapevine Shopping

10:00 AM: Quilting

10:20 AM: 55 Fit A

11:00 AM: Beginner T'ai Chi

11:05 AM: 55 Fit B

12:45 PM: Grocery Shopping

THURSDAY

8:00 AM: Water Aerobics

8:00-11:00 AM: Walking Track

8:00-11:00 AM: Fitness Room

9:45 AM: Chair Exercise

10:00 AM: Chorus

10:00 AM: Jewelry Making

10:30 AM: Cycling with Megan

11:00 AM: Seniors with Pizazz

1:00 PM: Power Time

FRIDAY

8:00-11:00 AM: Walking Track

8:00-11:00 AM: Fitness Room

9:45 AM: Chair Exercise

10:20 AM: 55 Fit A

11:00 AM: Beginner T'ai Chi

11:05 AM: 55 Fit B

1:00 PM: Basic Line Dancing



ACTIVE ADULT EXERCISE CLASSES

55 FIT

A fun, social class with a little bit of everything including warm up, cardio, strength, and stretch. Improve endurance, coordination, balance and flexibility. Bring a water bottle to class. Cap of 35 per class.

Location: Exercise A

Fee: Free

55 Fit A 10:20-11:00 AM

55 Fit B 11:05-11:45 AM

Mon. A: 806004 **Mon B:** 806044

Wed. A: 806005 **Wed B:** 806055

Fri. A: 806006 **Fri B:** 806066

CHAIR EXERCISE

Need a gentle place to start or to work on rehab? Chair exercise is our recommended Beginner's Class focusing on proper forms and modifications, good posture, stability, and body awareness. Great music and laughter make 30 minutes fly by.

Location: Events Hall A

Fee: Free

Tue.-Fri. 806801 **9:45-10:15 AM**

CYCLING WITH MEGAN

Come ride with us in our cycling class and tour the world. Indoor cycling is a great cardiovascular workout for ages 55 and better. Climb some hills or just pedal; just keep moving. Bring water, a small towel and wear closed toed shoes.

Location: Exercise B

Fee: Free

Thur. 806501 **10:30 AM**

POWER TIME

Stronger every day! Get in shape quick with Power Time! 45 minutes of non-stop strength building, balance improvement, step and weight training with real world benefits! Feel more confident about doing daily activities. Have fun meeting new people! May register for one or both days.

Location: Exercise A

Fee: \$10/mo for 1 day or \$20/mo for 2 days

Mon. 806800 **1:00-1:45 PM**

Thur. 806803 **1:00-1:45 PM**

SENIORS WITH PIZAZZ

Designed for active adults of all fitness levels who want to have FUN, hear and sing FUN music and add some Pizazz to their life! Your whole body will feel GOOOD through using various movements while standing and/or sitting. Weights, balls and bands are used to improve balance, coordination, flexibility, as well as strengthening your muscles and your mind. Complimentary download of Pizazz Moves Videos and your first class is always FREE.

Location: Exercise A

Fee: \$10/mo for 1 day or \$20/mo for 2 days

Tue. 806008 **11:00-11:45 AM**

Thur. 806088 **11:00-11:45 AM**

BEGINNER T'AI CHI

No-impact exercise combining gentle, fluid movements and thoughtful concentration to create the total mind, body and spirit workout. Progressive classes begin every three months. Inquire at the Active Adult Desk.

Location: Dance Room

Fee: Free

Wed. 806202 **11:00 AM**

Fri. 806203 **11:00 AM**

WATER AEROBICS

Location: Pool

Fee: Free

Mon., Wed. 806003 **8:00-8:50 AM**

Tue., Thur. 806007 **8:00-8:50 AM**

YOGA LITE

Lite incorporates standing and sitting poses to improve flexibility, range of motion and balance. Relaxation techniques and focused breathing helps to calm us and to seek inner joyfulness. Bring a water bottle to class.

Location: Exercise A

Fee: Free

Tue 806502 **1:00-1:50 PM**

PATRECE'S PARK WORKOUT AND PICNIC

Let's tour Grapevine parks with an eye for fitness. Join us for a workout picnic! Walk the trails with your friends, try the workout stations and playscapes, learn some skills, and finish with a box lunch picnic at the park. Ride over on the bus at 10:00 AM or meet at the designated park at 10:30 AM. Cost is \$10/person/park. Park destinations and days will be announced. Check at the Active Adult front desk.

HAPPY TRAILS EXCURSIONS

Tired of walking the track endlessly? Is Nature calling your name? Would you like to see Grapevine's awesome trails? If you are able to

walk two miles (or more), then we have options for you! Proper shoes and clothing required for safety reasons. Participants must leave from The REC on the bus. Destinations and dates to be announced. Times are 9:30-11:00 AM.

- Goin' Strollin' is for the Active Adult who is able to walk two miles on a smooth surface, assisted or unassisted. Meander and chat with friends as you explore Grapevine!

- Take a Hike is for the Active Adult who is able to walk unassisted on mixed surfaces for at least two miles. Challenge your sense of balance and adventure!

- Around Town (NEW) will offer you the chance to explore the spaces you see, but have never stopped to actually see! What will we think of next? Come see! Time is 10:30 AM-12:30 PM with day and lunch destination TBD. Must leave from The REC.



presents...

Spotlight on Tuscany



March 20 - 28, 2018 • 9 Days, 10 Meals

Highlights: Montecatini Terme, Florence, Lucca, Gothic Line, Siena, Winery Tour, Pisa, San Gimignano

The rolling hills of Tuscany are home to sprawling vineyards, charming medieval hill towns and enchanting cities steeped in history, culture and legend. Discover them for yourself on this relaxing sojourn into the Italian countryside. Visit Florence, Siena, Pisa and San Gimignano. Savor a 7-night stay in Montecatini Terme, the famous resort and spa town. Enjoy free time to explore the cultural treasures of Florence, including Michelangelo's "David." Discover the charming town of Lucca, Italy's best-kept secret. Learn about the heroic deeds of WWII at remains of the Gothic Line and visit the Museum of Liberation. Enjoy fabulous local wines and the region's famous cuisine. This is Tuscany as you always imagined it.

- Visit the Academy Gallery and Michelangelo's famous statue of David.
- See the Gothic Line, one of the Germans' last lines of defense during WWII.
- Visit the Museum of Liberation and see WWII fortifications and bunkers.

Double \$3,099* Book by September 21, 2017 and **save \$100** per person!**

**For more information contact Eileen Hinson,
The REC of Grapevine: 817.410.3465 or ehinson@grapevinetexas.gov**

*Rates are per person and include roundtrip air from Dallas Ft Worth Intl Airport, air taxes and fees/surcharges, and hotel transfers. Airfare: For your convenience, we offer airfare for purchase with all tour packages. If you purchase an air-inclusive program, your airfare will be quoted inclusive of all fuel, taxes and fees. Your rates are subject to change until paid in full. Seats are limited and may not be available on every flight or departure date. Checked Baggage Charges: Some airlines may impose additional charges if you choose to check any baggage. Please contact your airline or refer to its website for detailed information regarding your airline's checked baggage policies. **Book by savings valid on air-inclusive bookings only. Call for rate after book by date. CST# 2006766-20 UBN# 601220855 Nevada Seller of Travel Registration No. 2003-0279

GRAPEVINE BOTANICAL GARDENS

The majestic beauty of the Grapevine Botanical Gardens at Heritage Park, located at 411 Ball Street, was inspired by the vision of the late mayor Pro Tem C. Shane Wilbanks. Boasting a great-lawn, water features, walking bridges, seasonal foliage, an herb garden, a butterfly garden, education events, and friendly docents, the Garden has something for everyone. The grounds are a popular location for weddings, meetings, showers, photo shoots, marriage proposals, and other memory-making, fun events. Always free of charge, the beautiful grounds are one of the hidden gems of Grapevine. For weddings and/or rentals, call Sheila Rich at 817.410.3470.

CHILDREN'S CLASSES FALL 2017

Our own Horticulturist, Kristi Hayward has collaborated with the Grapevine Garden Club to develop deeply engaging and fun classes for your youngest scientist.

WHERE DO JACK-O-LANTERNS COME FROM?

Oct. 17, 4:00 – 5:00 PM

Location: Bessie Mitchell House at the Botanical Garden. Ever wonder how your Jack-O-Lantern came to be? Through hands on craft activities, exploration, and an engaging story time, learn the journey of how a seed turns into a full grown pumpkin.

Fee: \$5.00/Ages: 4-6

Note: Pre-registration required by Oct 3.

Class Min: 6/Class Max: 12

WATCH THE LEAVES TURN TO FALL

Nov. 21, 4:00 – 5:00 PM

Location: Bessie Mitchell House at the Botanical Garden. It's Fall in the garden and you know that means a little cooler weather finally and the leaves begin to change color! Take an adventurous stroll around the garden and hunt for Fall leaves. Learning activities will include a story time and a fun marble leaf painting activity to take home.

Fee: \$5.00/Ages: 4-6

Note: Pre-registration required by Nov 7.

Class Min: 6/Class Max: 12



CALLING ALL VOLUNTEERS!

Looking for a volunteer opportunity to bring your students, employees, or members closer together? Bond over a garden project at Botanical Gardens at Heritage Park. We have projects to fit all skill levels and abilities. Have fun with your group while helping to grow the Garden. For specific opportunities, contact charris@grapevinetexas.gov

ADULT CLASSES – FALL 2017

WHAT IS PLANT PROPAGATION?

Sept. 19, 7:00 – 8:30 PM

Location: Botanical Gardens at Heritage Park - Greenhouse.

Interested in free plants? Who wouldn't be! Plant propagation is a rewarding and economical hobby. In this class, you will learn how to propagate plants you may already have at home in your own garden and landscape. Kristi Hayward, Horticulturist will discuss and demonstrate several different propagation methods. You will leave the class confident and ready to start multiplying plants for use in your own garden or to share with friends and family! **Fee:** Free/Ages: 18+ • **Note:** Pre-registration required by Sept. 1 Class Min: 6/Class Max: 12

FALL COMPOSTING 101

Oct. 19, 7:00 – 8:30 PM

Location: Botanical Gardens at Heritage Park - Greenhouse

Confused by the idea of composting or just how to compost in general? Come learn why it's worth it to take the time to compost. In this class, local composting expert will introduce the basic principles of composting, different composting methods, and find out what the ideal things are to include in your compost pile to get the most nutrient rich compost you can. Your plants will thank you for it! **Fee:** Free/Ages: 18+ • **Note:** Pre-registration required by Sept. 28 • Class Minimum: 6, Class Maximum: 12

ROSE ROSETTE DISEASE DISCUSSION

Nov. 9, 7:00 – 8:30 PM

Location: Bessie Mitchell House at the Botanical Garden

Have you heard of rose rosette disease yet? If you're a rose-lover, you most likely have. Laura Miller, Tarrant County Agrilife Extension agent will be here to discuss this lethal disease. She will answer questions such as: what is it, what causes it, how does it spread, are my plants affected, and the dreaded question of: If my plants are affected what can I do now? **Fee:** Free/Ages: 18+ • **Note:** Pre-registration required by Oct. 19 • Class Min: 6/Class Max: 12

GRAPEVINE BOTANICAL GARDENS

SPECIAL EVENTS FALL 2017 FOSSIL FEST AND JURASSIC GARDENS

Location: Botanical Gardens at Heritage Park

Fossil Fest Event: Dinosaur enthusiasts of all ages come LEARN, DIG, and EXPLORE the prehistoric creatures that once roamed Grapevine.

Event: Sept. 9, 9:00 AM – 3:00 PM. **Jurassic Gardens Exhibit:** We're bringing the museum to you with this interactive dinosaur experience featuring 10 world class animatronic creatures that look and move so real, you'll think you've traveled back in time. Bone up on your dino-facts, get ready to dig into the past and prepare for your excursion through this prehistoric world.

Exhibit Dates: Sept. 10 – 24

For more information, contact Morgan Davidson at mdavidson@grapevinetexas.gov or visit GoGrapevine.com/fossilfest

SUNSET CONCERT SERIES

Location: Botanical Gardens at Heritage Park • **Fee:** Free/Ages: All

Dates: Oct. 7, 14, 21 – 7:00 – 9:00 PM

Bring your blankets & chairs and enjoy a relaxing fall evening of various music styles surrounded by the beautiful Botanical Gardens. This FREE outdoor concert series will be held the first three Saturday evenings during the month of October from 7:00 PM -9:00 PM. Feel free to bring your own food and drink (no glass allowed) and make it a great evening with the family. Dogs are allowed on leash.

For more information, contact Meredith Shirley at mshirley@grapevinetexas.gov or visit GoGrapevine.com

FALL PLANT SALE

Location: Botanical Gardens at Heritage Park • **Fee:** Free/Ages: All

Date: Oct. 14 – 8:00 AM – 1:00 PM

Fall is the perfect time to plant! The Grapevine Garden Club is partnering with Grapevine Parks and Recreation in conducting its fall sale in conjunction with the annual Butterfly Flutterby event. This sale will feature native and adapted trees, shrubs, perennials, butterfly host and nectar plants appropriate for our area. Citizen Foresters and Master Gardeners will be available for consultation. For more information, visit grapevinegardenclub.org.

TREE SHARING KICK OFF 2017

Location: Botanical Gardens at Heritage Park • **Fee:** Free/Ages: All

Dates: Oct 14 – 9:00 AM – 1:00 PM

The City of Grapevine is proud to host its annual Tree-Sharing program! This program is a joint effort between the City of Grapevine and Grapevine Homeowners in "sharing" the cost, 50/50, of up to two trees per household planted in the homeowner's yard. The kick-off will run in conjunction with the Grapevine Garden Club Fall Plant Sale and Butterfly Flutterby. There are a limited number of trees for sale and they will be sold on a first come-first served basis. Sales will continue each Monday – Friday, at the Grapevine Municipal Service Center, (501 Shady Brook Dr.) from 9:00 AM-4:00 PM until supplies are gone. For more information, contact Kristi Hayward at khayward@grapevinetexas.gov.

TOUR THE GARDEN

Docent led tours are available at no charge; however, donations are appreciated. Activity based tours can be created to reinforce specific areas of study or achievement programs. For more information, contact Kristi Hayward at khayward@grapevinetexas.gov.



LAKE PARKS



MEADOWMERE PARK

3000 MEADOWMERE LANE

Meadowmere Park boasts over 200 acres of recreational opportunities with everything from primitive camping sites, kayak and standup paddleboard rentals, designated swim beach, state-of-the-art play structure, picnic shelters, bbq grills, a group pavilion and ample open space. Our camping sites allow for two tents per site, 6 campers, and plenty of space between sites allowing for a remote camping experience.

Park Office: 817.488.5272

Group Pavilion Rentals: 817.410.3470

Day Use Entry Fee: *\$5 per car

Overnight Camping Fee: *\$35 per site

***Holiday rates:** Day Use \$10 per car, Overnight Camping \$45 apply on weekends of Easter, Memorial Day, 4th of July and Labor Day

ROCKLEDGE PARK

3600 PILOT POINT

Rockledge Park offers stunning views of Grapevine Lake amidst a unique rocky outcropping. The park provides a large group pavilion, park store, picnic tables, incredible views of the Friday night and July 4 fireworks shows and access for hikers and mountain bikers to Northshore Trail. This premier photo shoot location offers breathtaking scenes of bluffs, beaches, and sunsets over the lake. To schedule a photo shoot, \$50 per hour (one hour minimum), contact Rockledge Park at rockledgepark.com

Park Office: 817.454.1058

Group Pavilion Rentals: 817.454.1058

Day Use Entry Fee: *\$5 per car

***Holiday rate:** Day Use \$10 per car.

THE VINEYARDS CAMPGROUND & CABINS ON GRAPEVINE LAKE

1501 NORTH DOOLEY STREET

The nationally award winning Vineyards Campground & Cabins is Texas' premier camping destination. The Vineyards has ample space for your RVs with spots for all size rigs. In addition to our 93 full hookup RV sites, the Vineyards offers 15 climate controlled lakeside cabins. Wake up on the shores of Grapevine Lake while still having all the comforts of home. You can join in exclusive campground activities, go hiking, fishing, swimming, kayaking, trail exploring or simply lounge on your cabin's porch and enjoy the lakefront views of this one of a kind park. All cabins are fully-furnished with linens, stove*, microwave, refrigerator, dishes, cable TV, Wi-Fi and more, and can accommodate two to six people, so the whole family can participate in the fun! *Excluding duplex unit Reserve online at vineyardscampground.com or call the park office for best available dates at 817.329.8993.

LAKE PARK ANNUAL PASS

Annual Passes get you a full year of boat ramp access and entry into any of Grapevine's fee based parks. Purchase yours at The REC of Grapevine, Meadowmere Park or Rockledge Park. Res \$35 . Non-Res \$75



WELCOME BACK MEADOWMERE PARK

After two years of diligent work we are finally reopening our last park closed due to the multiple floods of 2015!

We are pleased to announce that Meadowmere Park, one of Grapevine's most dynamic and loved Lake Parks, will be reopening this September. As with the other Lake Parks you have visited since the flood waters retreated, we didn't merely replace damaged park features, we seized the opportunity to update and enhance Meadowmere to the always progressive Grapevine standard.

New features include:

- Redesigned entry way for better traffic flow
- Paddle sport center for kayak and SUP rentals
- Easy launch ADA accessible paddling dock
- All-new rope intensive playground
- More than 20 larger family shade structures
- Expanded swim beach
- Enhanced family and group tent camping sites

Throughout the renovation process we haven't only been focused on development, but sustainable development. Designed with Urban Biologists at Texas Parks & Wildlife, we have reclaimed nearly seven acres of mowed space to help restore native plant life and create the habitat needed to keep Grapevine's natural spaces flush with wildlife.

Come out this fall and visit Meadowmere Park for all your camping, fishing, paddling, birding, and family fun!



GRAPEVINE OUTDOORS

INTRODUCTION TO FLY FISHING

This Introductory course will take the most novice fishing enthusiast and turn you into a seasoned fly fisherman. Following a systematic curriculum, Introduction to Fly Fishing will take you through the basics of equipment, forward casting and back casting with ample hands-on experience and instruction from a veteran fly fishing instructor. Register at The REC or at GoGrapevine.com.

ALL EQUIPMENT IS PROVIDED.

Location: Pickering Park Pavilion, (1901 N. Kimball Ave.) • **Fee:** \$55 • **Date:** Oct. 2, 9, 16, 23 • **Code:** 999009-01 • **Ages:** 15+ • **Time:** 6:00-7:00 PM

Instructor: Rocky Gribble

EXPLORE ARCHERY

Whether you are a young beginner or seasoned archer, take aim and explore the dynamic sport

of archery through various challenges, games, interactive activities and team building for all ages. Cover the steps of shooting, range safety, form and equipment of archery while engaging in activities and fun. Register at The REC or at GoGrapevine.com.

ALL EQUIPMENT IS PROVIDED.

Location: Lakeview Park • **Fee:** \$65

Kids Edition • Ages: 6-12

Oct. 3, 10, 17, 24 5:00-6:00 PM

999007-01

Teen Edition • Ages: 13-18

Oct. 3, 10, 17, 24 6:15-7:15PM

999008-01

FLY TYING - NEW

Try your hand at a new hobby or further your experience in the fly fishing community. By the end of the fly tying course you will be to master multiple fly patterns and make your very own flies. Learn the tools and instruments needed to

catch that big one! Register today at the REC or at GoGrapevine.com.

ALL EQUIPMENT IS PROVIDED.

Location: TheREC Classroom, (1175 Municipal Way)

Date: Nov. 6, 13, 20, 27 • **Code:** 999010-01

Ages: 15+ • **Time:** 6:00-7:00 PM

Instructor: Rocky Gribble

SUNRISE YOGA – COMING SOON!

The morning sunrises over the water provide beautiful, relaxing views. Enhance your wellness and state of mind this fall with Sunrise Yoga on the shores of Grapevine Lake.

Stay tuned on social media and GoGrapevine.com for more information regarding this class.



FOSSIL FEST & JURASSIC GARDENS

FOSSIL FEST AND JURASSIC GARDENS

All items below located at The Botanical Gardens, (411 Ball Street)

FOSSIL FEST

Join the paleontologists of Grapevine Parks and Recreation for the 3rd annual Fossil Fest! **LEARN** about the species that once roamed your backyard in Grapevine. **DIG** up fossils and take home your very own dinosaur from the egg hatchery. **EXPLORE** the all new animatronic dinosaur encounter, Jurassic Gardens, where you will be face to face with the most fascinating creatures of Grapevine's past.

Date: Sept. 9

Time: 9:00 AM-3:00 PM

Fee: FREE*

*Ticket with fee required for Jurassic Gardens attraction

JURASSIC GARDENS

Something **BIG** is coming to Grapevine this fall... Jurassic Gardens! We're bringing the museum to you with this interactive dinosaur experience featuring 10 world class animatronic creatures that look and move so real, you'll think you've traveled back in time. No bones about it, these dinosaurs still have their skin! See them in their natural habitat as you set your own pace through this outdoor exhibit. Group and educational field trip rates available.

Dates: Sept. 9 - 24

Exhibit Times: Mon. - Thur. 9:00 AM-7:00 PM,
Fri. - Sun. 9:00 AM-5:00 PM

Pre-sale through Sept. 8: \$6 • **At the Gate:** \$8
Children 2 and under FREE

WINOS & DINOS

PRESENTED BY WINE FUSION WINERY

Main Street's newest storefront winery is busting out of its doors and heading to the jungle. Immerse yourself in a wine experience from the prehistoric age, join Wine Fusion

Winery for a night with the dinosaurs while enjoying your favorite red or white in our self-guided interactive experience, Jurassic Gardens! Participants will receive a commemorative wine glass, appetizers and two 5oz. wine pours with your admission ticket.

Dates: Sept. 22, 23 • **Time:** 5:00 -7:00 PM

Fee: \$20 • **Ages:** 21 and older only (Valid ID Required)

DNA TOUR - DINOSAUR NIGHT ADVENTURES

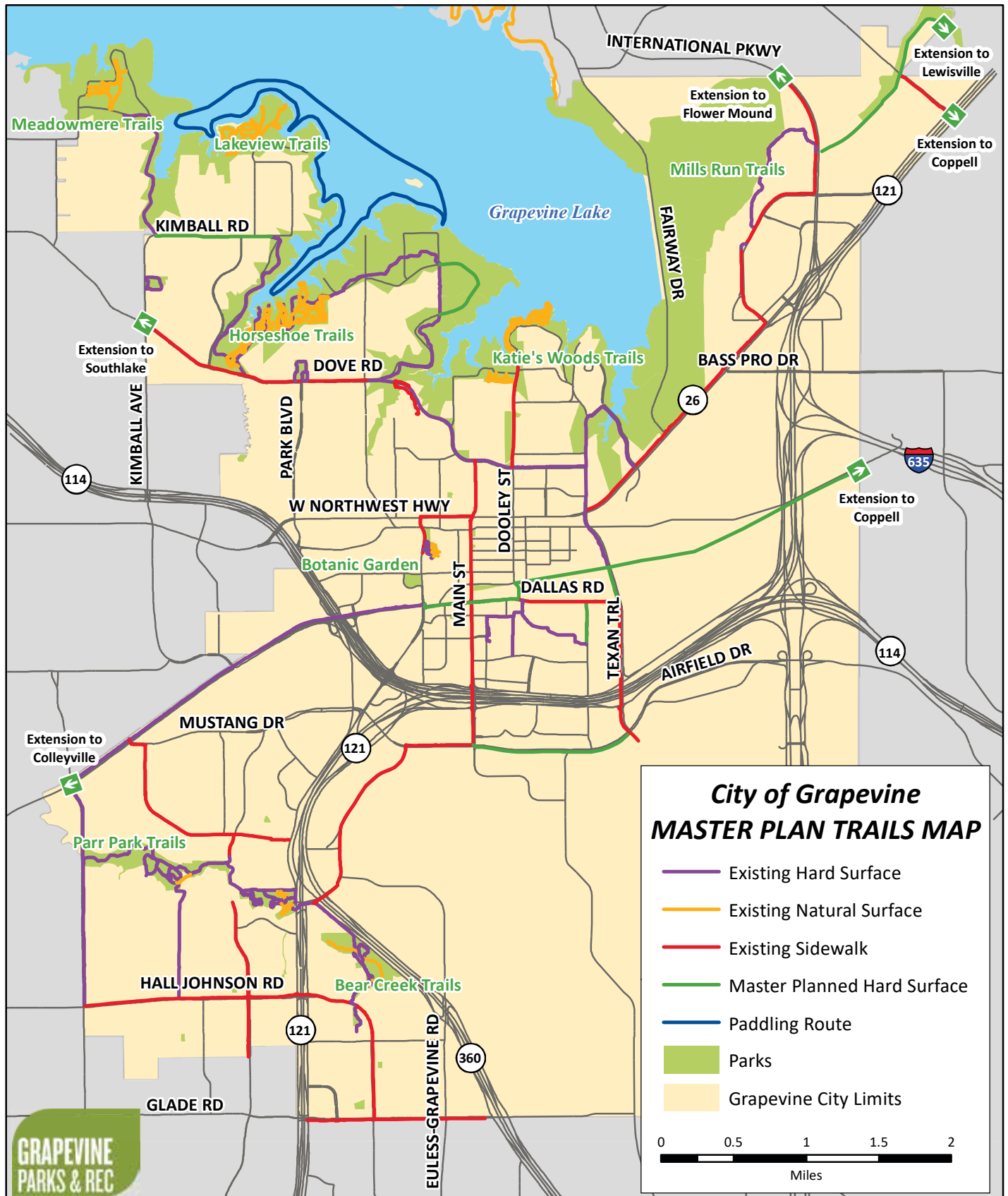
WARNING—Security is down and the Garden is overrun! Your cunning and sheer will to survive are the only things that will keep you safe from the toothy beasts stalking through the trees.

Find out how brave you are when the sun is down and the dinosaurs are loose. Do you have what it takes to escape Jurassic Gardens?

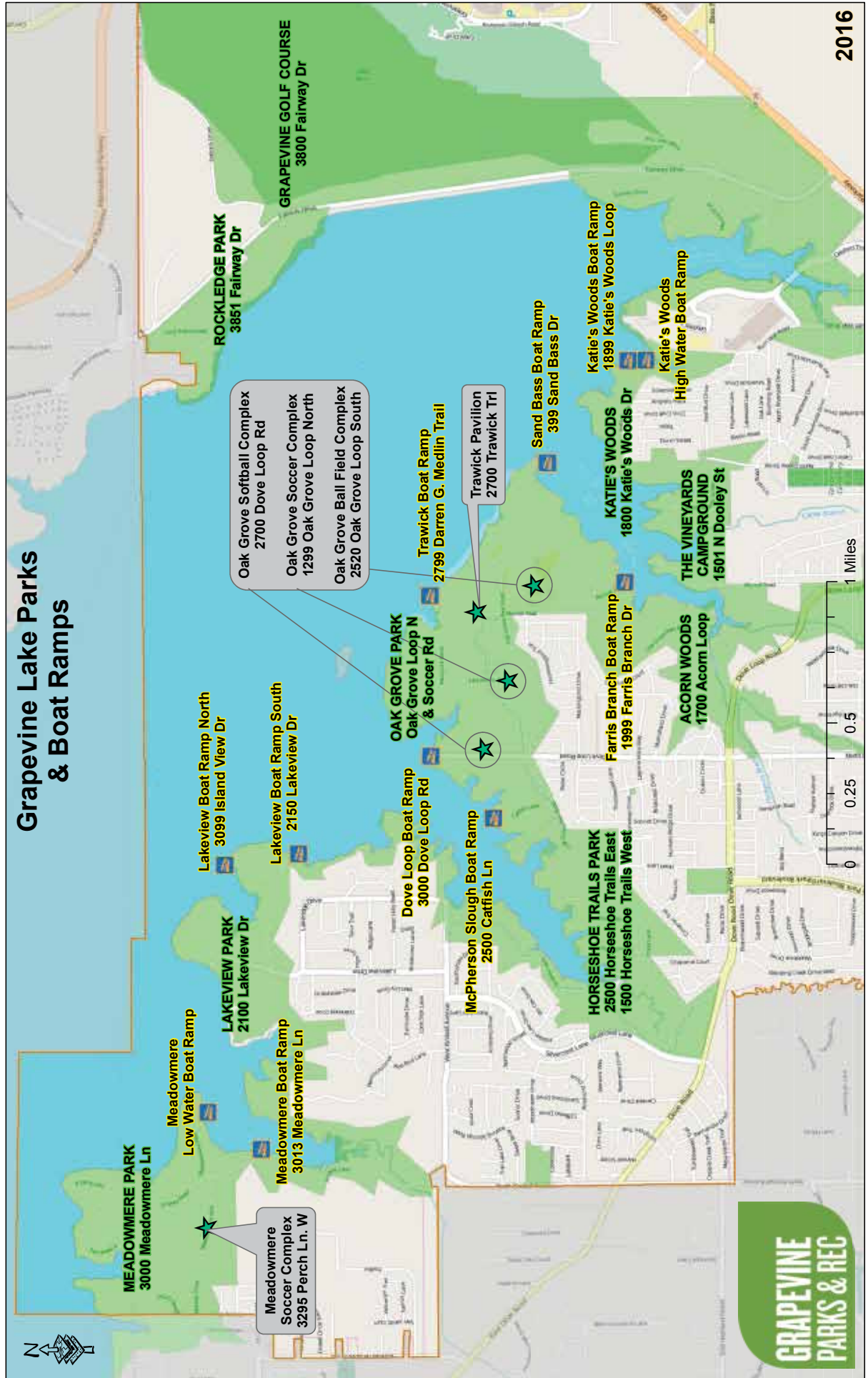
Dates: Sept. 15, 16, 22, 23 • **Fee:** \$10

Time: 8:00 PM-10:00 PM • **Ages:** Suggested age 10 & Up.

GRAPEVINE TRAILS MAP



GRAPEVINE LAKE PARKS AND BOAT RAMPS





GRAPEVINE EVENTS

PASTEL SOCIETY OF THE SOUTHWEST

Annual membership exhibition juried by a prominent, national artist. This has become the highlight of the Society's year, with 50 or more of the best works chosen for display.

Date: Oct. 1-Oct. 31 • **Fee:** Free admission

TOWER GALLERY & GRAND GALLERY

Enjoy a variety of local and touring gallery exhibits. **Gallery Hours:** Mon.-Fri., 8:00 AM-5:00 PM; Sat., 10:00 AM-6:30 PM; Sun., Noon-5:00 PM • **Location:** Visitor Information Center (636 S. Main St.) • **More Info:** GrapevineMuseums.com EXHIBITIONS INCLUDE: Vaquero - Genesis of the Texas Cowboy features photographs with bilingual narrative text that reveal the muscle, sweat, and drama that went into roping a calf in thick brush or breaking a wild horse in the saddle. Wittliff captured a way of life that now exists only in memory and in the photographs included in this exhibition.

Date: Aug. 4-Sept. 30 • **Fee:** Free admission

GRAPEVINE ART DEALERS ASSOCIATION PRESENTS "A TASTE OF ART"

An art, wine and hors d'oeuvres pairing evening

Date: Oct. 7 • **Time:** 5:00 PM-8:00 PM

Fee: Ticketed event •

Website: grapevineartdealers.com

SETTLEMENT TO CITY MUSEUMS AT TED R. WARE PLAZA

Learn the history of Grapevine through hands-on activities, photographs and artifacts.

Location: 206 W. Hudgins St. • **Fee:** Free admission • **Time:** 10:00 AM-4:00 PM; Sun., 11:00 AM-4:00 PM

FIRST FRIDAY & CLASSIC FILM SERIES

Enjoy a movie in the Historic Palace Theatre.

Location: Palace Theatre (300 S. Main St.) •

Fee: \$6/person • **Phone:** 817.410.3100 •

Website: Palace-Theatre.com

NASH FARM ACTIVITIES & EVENTS

Grapevine's Historic Nash Farm offers year-round fun for the entire family. Visit the website for a full listing of special events. First Fridays programs and Heritage workshops.

Location: 626 Ball St. • **Fee:** Varies per event

Website: NashFarm.org • **Note:** Some events require pre-registration and have limited space.

GRAPEVINE VINTAGE RAILROAD

Step aboard the Grapevine Vintage Railroad and journey back in time to the 19th century.

Location: Cotton Belt Depot (705 S. Main St.)

Website: GVRRL.com • **Note:** Visit website for full schedule, pricing and seating details.

14TH ANNUAL ITALIANCAREST PRESENTED BY BOARDWALK FERRARI MASERATI AND LAMBORGHINI DALLAS

Premiere show of Italian automobiles in the Southwest with approximately 80 vehicles, including Fiats, Alfa Romeos, Lamborghinis & Ferraris. You may also tour the Nash Farm house from 11:00 AM-11:00 PM. Admission is free. Visitors of all ages are encouraged to attend. **Location:** Nash Farm • **Date:** Sept. 9 • **Fee:** Free admission • **Website:** NashFarm.org

31ST ANNUAL GRAPEFEST® - A TEXAS WINE EXPERIENCE PRESENTED BY BANK OF THE WEST

The 31st Annual GrapeFest - A Texas Wine Experience, is the largest wine festival in the Southwest United States. Celebrating the best of Texas wines, as well as guest wineries from the Finger Lakes Region of New York and Niagara on-the-Lake, Canada, this four-day family-friendly festival is one of Grapevine's most anticipated



events. **Location:** Historic Downtown Grapevine

• **Dates:** Sept. 14, 15, 16 and 17 • **Time:** Thur., 10:00 AM - 10:30 PM; Fri., 10:00 AM - 11:30 PM; Sat., 10:00 AM - 11:30 PM and Sun., 10:00 AM - 6:00 PM • **Website:** GrapeFest.com • **Fee:** Varies

NASH FARM BARN DANCE

Swing your partner round and round at this year's Barn Dance at Nash Farm. This fun-filled event will feature a live band with a caller, a special fried chicken dinner and a pie auction to boot. **Date:** Oct. 13 • **Time:** 6:30 PM • **Fee:** \$20

17TH ANNUAL FALL ROUND-UP

Experience life on the farm at the 17th Annual Fall Round-Up at Grapevine's historic Nash Farm. Activities include kitchen gardening, live music, farm animals, blacksmith, and wood carving demonstrations, cotton picking, heritage toys and games, wood-burning stove cooking demonstrations, petting zoo and more.

Location: Nash Farm • **Date:** Oct. 14 • **Time:** 10:00 AM - 2:00 PM • **Fee:** Free admission, some activities require a participation fee. • **Website:** NashFarm.org

20TH ANNUAL BUTTERFLY FLUTTERBY

Witness hundreds of butterflies being released in to the wild as they migrate to Mexico. Butterfly releases are held three times throughout the day 10:45 AM, 11:45 AM and 12:30 PM A butterfly-themed parade kicks off the event at East Wall and Jenkins Street at 10 a.m. Participants are encouraged to wear festive apparel with a chance to win prizes for the best costumes. Dozens of activities include games, scavenger hunts, face painting and butterfly arts and crafts. **Location:** Grapevine Botanical Gardens (411 Ball St.) • **Date:** Oct. 14 • **Time:** 10:00 AM - 2:00 PM • Free Admission • **Website:** GrapevineTexasUSA.com

BEWITCHED BY THE BARN

Join in Nash Farm's historic barn for popcorn,

cider and thrilling tales of the historic past. Stories get spookier as the night falls over the farm. **Location:** Nash Farm • **Date:** Oct. 21 • **Time:** 7 PM • **Fee:** Free • **Website:** NashFarm.org

WITCHES BREW TRAIN

Scare up some fun on the Grapevine Vintage Railroad's Witches Brew Train. Tickets include 2 craft brews with additional glasses available for purchase, heavy hors d'oeuvres, souvenir mug and special entertainment. Costumes not required, but strongly encouraged. Must be 21 and up • **Date:** Oct. 27 • **Time:** 7:00 PM • **Fee:** \$39 • **Website:** GVRr.com

HALLO-WINE TRAIL

Wear your costume and have a scary good time at this annual wine tasting event along the Urban Wine Trail. Must be 21 and up • **Location:** Historic Downtown Grapevine • **Date:** Oct. 29 & 30 • **Time:** 11:00 AM-5:00 PM • **Website:** GVRr.com

11TH ANNUAL CANDLELIGHT TOUR OF HOMES

Historic homes in Grapevine will be open to the public for touring. **Location:** Ted R. Ware Plaza/Historic Downtown Grapevine • **Fee:** \$15 • **Date:** Nov 4 • **Time:** 4:00 PM-7:00 PM • **Website:** GrapevineTexasUSA.com/CandlelightTourOfHomes

MERRY CHRISTMAS, CHARLIE BROWN

For millions of Americans, it really isn't Christmas until they have watched "A Charlie Brown Christmas" at least once! This seasonal exhibition examines the making of this animated classic and celebrates the anticipation, joy, and pitfalls of the holiday season in '50 framed and matted high-quality digital reproductions of Charles M. Schulz's original Peanuts comic strips related to the making of the holiday classic. The exhibition also features three activity areas: a letter to Santa writing station, a video nook to view the DVD program, and a photo opportunity. • **Location:** Visitor Information Center (636 S. Main St.) • **Date:** Nov. 1 – Jan. 31 • **Time:** Mon-Fri, 8:00 AM-5:00 PM; Sat, 10:00 AM-6:30 PM; Sun, Noon-5:00 PM • **Fee:** Free admission • **Website:** GrapevineMuseums.com

CHRISTMAS CAPITAL OF TEXAS®

There is no better place to spend Christmas than in the Christmas Capital of Texas! Grapevine is the essence of Christmas décor, as the city is blanketed with millions of lights, enormous decorations and 1,400 events in

40-plus days. **Location:** Throughout Grapevine **Date:** Mid-Nov. 2017 through early Jan. 2018 • **Website:** GrapevineTexasUSA.com/Christmas

CAROL OF LIGHTS

See Grapevine Mayor William D. Tate flip the switch that transforms Historic Downtown Grapevine into the Christmas Capital of Texas. The city will be illuminated with more than one million lights along Main Street in Historic Downtown Grapevine. Guests will enjoy musical performances and hot chocolate will be available. **Location:** TBD • **Dates:** Nov. 20 • **Fee:** Free admission • **Time:** 5:00 PM - Family-Friendly activities; 7:00 PM - Tree Lighting • **Website:** GrapevineTexasUSA.com/event/carol-of-lights

PARADE OF LIGHTS

Bring the entire family to the largest lighted Christmas parade in North Texas. This Grapevine tradition features more than 100 lighted floats and marching bands. Look for Santa Claus on the last float! Come early to claim your spot along Historic Downtown Main Street to watch this exciting holiday event. **Location:** Historic Downtown Main Street **Date:** Dec. 7 • **Time:** 7:00 PM • **Fee:** Free admission • **Website:** GrapevineTexasUSA.com/event/parade-of-lights

CHRISTMAS MOVIES AT THE PALACE THEATRE

Enjoy your favorite family Christmas films on the big screen at the Palace Theatre. Note: Visit website for movie listing and times. **Location:** Palace Theatre, 300 S. Main St. • **Fee:** \$6/person • **Phone:** 817.410.3100 • **Website:** Palace-Theatre.com

CLASSIC CHRISTMAS CONCERTS AT THE PALACE THEATRE

With five diverse Christmas programs you can experience a little of everything. Returning favorites include Ricki Derek and his Ho, Ho, Ho Orchestra, Kraig Parker as the King himself, Elvis and The Grapevine Opry's Reunion Christmas Show.

NEW PERFORMANCES INCLUDE:

GENTRI: The Gentlemen Trio will be performing their holiday show "Finding Christmas." GENTRI's sound is enchanting with every show incorporating the perfect blend of the Gents' three-part harmonies along with piano and enhanced orchestra tracks. Make GENTRI a part of your new family tradition this Christmas.

Location: Palace Theatre (300 S. Main St.) **Dates & Times:** Dec. 14 at 7:30 PM, Dec. 15 at 2 PM & 7:30 PM, Dec. 16 at 7:30 PM • **Fee:** Reserved Seating, tickets \$44, Groups (20+) \$38 • **Website:** grapevinetexasusa.com/palace-theatre/christmas

A FOREVER YOUNG CHRISTMAS:

A heartwarming show telling the true story of how five best friends discovered and fell in love with music. Join the ensemble cast on a musical journey. Packed full of Pop, Country, Rock & Roll, and Christmas Classics. **Location:** Palace Theatre (300 S. Main St.) **Dates & Times:** December 17 at 7:30 PM, Dec. 18 at 2:00 PM & 7:30 PM • **Fee:** Reserved Seating, tickets \$42 Groups (20+) \$36 **Website:** grapevinetexasusa.com/palace-theatre/christmas/

NORTH POLE EXPRESS®

All aboard! Enjoy a fun-filled, 30-minute ride on the Grapevine Vintage Railroad's holiday themed train. So, throw on your PJs and ride the Grapevine Vintage Railroad on a journey to the North Pole. **Location:** Grapevine Vintage Railroad (705 S. Main St.) • **Date:** Nov. 24 – Dec. 23 • **Website:** GVRr.com • **Note:** Visit website for times and ticket prices.

CHRISTMAS WINE TRAINS

Get into the holiday spirit aboard a Christmas Wine Train, featuring festive treats and wine. The Christmas Wine Trains are open to adults 21 and up. **Location:** Grapevine Vintage Railroad (705 S. Main St.) • **Date:** Nov. 30, Dec. 7 & 14 • **Time:** 7:00 PM • **Website:** GVRr.com **Note:** Visit website for details and ticket prices.

AFTER CHRISTMAS TRAIN RIDES

Bring the family to the Grapevine Vintage Railroad for a historic train experience. This week only, trains depart every day from the Grapevine Depot at 1:00 PM and travel to the historic Fort Worth Stockyards. **Location:** Grapevine Vintage Railroad (705 S. Main St.) • **Fee:** \$18/\$26 per person • **Date:** Dec. 26 – Dec. 30 • **Time:** 1:00 PM • **Website:** GVRr.com

All events subject to change. For more information about Grapevine special events and festivals, please call 817.410.3185 or visit GrapevineTexasUSA.com.

REGISTRATION INFO



Registrations will be processed on a first-come, first-serve basis. No early registrations will be accepted.

ONLINE REGISTRATION

Register online at GoGrapevine.com. You must have a user ID and password, which may be obtained at The REC of Grapevine. Visa or MasterCard required for payment. Due to fee structure, some classes may not be available on-line. Due to fees not being discounted online, HERO recipients cannot register via the Internet.

PHONE-IN REGISTRATION

Households that have previously registered for Parks and Recreation programs, and are therefore already in our computer system, may register by phone. Payment must be made with Visa or MasterCard. Memberships may not be processed over the phone. Please have your Go Grapevine Magazine and credit card available to expedite registration. Please call 817.410.3450 for phone-in registrations.

WALK-IN REGISTRATION

Will be accepted at The REC of Grapevine.

REFUNDS

Your satisfaction is important to us! If you are not completely satisfied with your class, please notify us. The following are general guidelines for refunds:

- 1) A refund may be prorated dependent upon the date of the request. Refunds must be requested prior to the midpoint of that session.
- 2) All requests for refunds will be reviewed by staff.
- 3) A Refund Request Form must be completed in person or with a staff member via telephone. Forms may be obtained at The REC of Grapevine.
- 4) Refunds will be refunded back to the credit card charged and applied to

the household account for future use, or processed and a check returned. No cash refunds.

CANCELLATIONS

All programs must have a minimum number of participants in order to be conducted. If a program does not meet this minimum no later than 48 hours prior to the program start date, the class may cancel/combine or make any revisions necessary. A full refund will be processed and mailed. Please allow 3 weeks for refund.

PLAYER'S NOTICE

Participants must recognize that all classes/activities of a physical nature involve some risk, and by registering for a class/activity of this nature, there is an assumption of risk by the participant. The City of Grapevine Parks & Recreation Department is dedicated to providing safe facilities and equipment for all participants, as well as qualified staff and instructors. Every effort is made to ensure the safety of the participants and to provide them with first-class leisure activities, facilities and parks. In the event of a serious accident or illness, it is the policy of the City of Grapevine to:

- 1) Contact Grapevine Fire Department Emergency Services to perform first aid, and when necessary, recommend transportation to a hospital.
- 2) Reach the parent and/or legal guardian as soon as the situation allows.

LAKE PARKS ANNUAL PASSES

Purchase yours today at The REC, Meadowmere Park (3000 Meadowmere Ln), and Rockledge Park (3600 Pilot Point). The annual passes are good for a year from the date of purchase and provide holders use of all nine public boat ramps in Grapevine and access to Meadowmere and Rockledge Parks.

PARKS ADDRESSES

9/11 PLAZA

2 Texan Trail

ACORN WOODS

1000 Oak Grove Loop S.

AUSTIN OAKS PARK

528 Austin Creek Dr

BANYAN PARK

350 Banyan Drive

BEAR CREEK PARK

3230 South State Hwy. 360

BELLAIRE PARK

1004 Pine Street

BIG BEAR CREEK NATURE PRESERVE

3010 Parr Lane

BOTANICAL GARDENS AT HERITAGE PARK

411 Ball Street

CANNON ELEMENTARY

1300 W. College

CASEY'S CLUBHOUSE

1509 Hood Lane

C.J. HUTCHINGS PARK

1201 Cable Creek Drive

CLUCK PARK

312 Central Drive

COMMUNITY OUTREACH

3010 Mustang Drive

CONVENTION CENTER & LIBRARY

1201 Municipal Way

CROSS TIMBERS MIDDLE SCHOOL

2301 Pool Road

DOVE WATERPARK

1509 Hood Lane

DOVE CROSSING PARK

1701 Stoneway Drive

DOVE ELEMENTARY SCHOOL

1932 Dove Road

FAITH CHRISTIAN SCHOOL

730 E. Worth

FAITH CHRISTIAN SCHOOL PARK

500 Austin Street

GLADE CROSSING PARK

512 Westbury Drive

GLADE LANDING PARK

5201 Brettenmeadow Drive

GRACE PARK

610 Shady Brook Drive

GRAPEVINE ELEMENTARY SCHOOL

1801 Hall Johnson

HAZY MEADOWS PARK

4300 Hazy Meadows Drive

HERITAGE CENTER

701 S. Main Street

HERITAGE ELEMENTARY SCHOOL

4500 Heritage Road

HERITAGE PARK

200 Ball Street

HIGHPOINT PARK

4121 Freeport Parkway

HORSESHOE TRAILS PARK

2099 Hood Lane

JACKSON PAVILION

3501 Pavilion Place

KATIE'S WOODS PARK

1700 Katie's Woods Drive

LAKE POINTE PARK

1150 West Dove Loop Road

LAKEVIEW PARK

3850 Lakeview Drive

LIBERTY PARK

215 S. Main Street

MEADOWMERE PARK

3000 Meadowmere Lane

MEADOWMERE SOCCER

3295 W. Perch Lane

MCPHERSON SLOUGH

1400 Horseshoe Trail E.

OAK GROVE BALLFIELD COMPLEX

2520 Oak Grove Loop South

OAK GROVE SOCCER COMPLEX

1299 Oak Grove Loop North

OAK GROVE SOFTBALL COMPLEX

2700 Dove Loop Road

OAK RIDGE PARK

2590 Juniper Lane

PARKWOOD PARK

1901 Woodcreek Drive

PARR PARK AND SPRAYGROUND

3010 Parr Lane

PECAN PARK

4200 Halmont Drive

PICKERING PARK

1901 Kimball Road

PLEASANT GLADE POOL

1805 Hall-Johnson Road

THE REC

1175 Municipal Way

ROCKLEDGE PARK

3600 Pilot Point

SAND BASS POINT

399 Sand Bass Drive

SHADOW GLEN PARK

1815 Altacrest Drive

SILVERLAKE ELEMENTARY SCHOOL

1301 N. Dooley

SUNSHINE HARBOR PARK

905 Easy Street

TIMBERLINE ELEMENTARY SCHOOL

3220 Timberline Road

TOWN SQUARE

325 S. Main Street

TRAWICK PAVILION

2700 Darren Medlin Trail

THE VINEYARDS CAMPGROUND & CABINS

1501 N. Dooley Street

WALL-FARRAR PARK

W.D. Tate & State Hwy 360

YORKSHIRE MEADOWS PARK

2706 Whitby Lane

BOAT RAMPS

DOVE LOOP RAMP

3000 Dove Loop Road

KATIE'S WOODS RAMP

1899 Katie's Woods Loop

KATIE'S WOODS RAMP

(HIGH WATER)

1899 Katie's Woods Loop

LAKEVIEW RAMP NORTH

3099 Island View Drive

LAKEVIEW RAMP SOUTH

2150 Lakeview Drive

MCPHERSON SLOUGH RAMP

2500 Catfish Lane

MEADOWMERE LANE RAMP

3013 Meadowmere Lane

MEADOWMERE PARK RAMP (LOW WATER)

3000 Meadowmere Lane

SAND BASS POINT RAMP

399 Sand Bass Drive

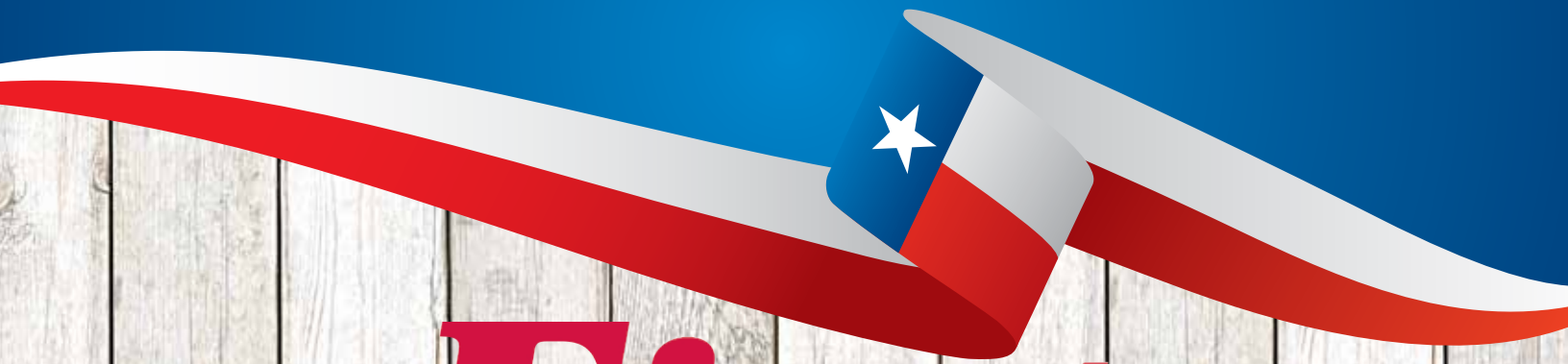
FARRIS BRANCH RAMP

1999 Farris Branch Drive

TRAWICK RAMP

2799 Darren Medlin Trail

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