

GO GRAPEVINE

MAGAZINE

SPRING 2018



TWILIGHT COMMUNITY EGG HUNT

Our New & FREE Easter Egg Hunt

REGISTER FOR OUR SUMMER CAMPS

Dove Creek Day Camp & The REC Summer Camps

GRAPEVINE
PARKS & REC

GoGrapevine.com

CONTACTS



GRAPEVINE PARKS AND RECREATION ADMINISTRATION

1175 Municipal Way
Grapevine, TX 76051
817.410.3122

KEVIN MITCHELL

Director
kmitchell@grapevinetexas.gov

CHRIS SMITH

Deputy Director
chriss@grapevinetexas.gov

AMANDA RODRIGUEZ

Marketing Manager
arodriguez@grapevinetexas.gov

THE REC OF GRAPEVINE

1175 Municipal Way
Grapevine, TX 76051
Main: 817.410.3450
55 & Better: 817.410.3465

TRENT KELLEY

Recreation Manager
tkelley@grapevinetexas.gov

ATHLETICS

1175 Municipal Way
Grapevine, TX 76051
817.410.3472

SCOTT HARDEMAN

Athletics Manager
scottha@grapevinetexas.gov

CAPITAL PROJECTS

1175 Municipal Way
Grapevine, TX 76051
817.410.3394

KATHY NELSON

Capital Improvement Projects Manager
knelson@grapevinetexas.gov

PARK OPERATIONS

501 Shady Brook Dr.
Grapevine, TX 76051
817.410.3349

TONY STEELE

Parks Manager
tsteele@grapevinetexas.gov

LAKE PARKS & EVENTS

501 Shady Brook Dr.
Grapevine, TX 76051
817.410.3470

RANDY SELL

Lake Parks/Events Manager
rsell@grapevinetexas.gov

PAVILION RENTALS

srich@grapevinetexas.gov

THE VINEYARDS CAMPGROUND & CABINS

817.329.8993
VineyardsCampground.com

MEADOWMERE PARK

817.488.5272

ROCKLEDGE PARK

817.454.1058

GRAPEVINE CITY COUNCIL

William D. Tate, Mayor
Darlene Freed, Mayor Pro Tem
Paul Slechta
Sharron Spencer
Mike Lease
Chris Coy
Duff O'Dell

PARKS & RECREATION ADVISORY BOARD

Ray Harris, Chairman
Roy Robertson
Joe Luccioni
John Dalri
Terry Musar
Mark Assaad
Debra Tridico
Christian Ross
David Buhr
Paul Slechta, City Council Liaison
Jorge Rodriguez, GCISD School Board Liaison
Annemarie Martin, GHS Student Liaison

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

Our Texas-sized spectacle of lights and sounds are on display downtown and Whoville is here! If you haven't already gone down Main Street, there is lots of Christmas cheer to enjoy. Our Christmas Light Show Spectacular is back at the Town Square Gazebo and features an impressive synchronized light show each night until January 7. You will also find the return of the popular singing snowmen, the Chilly Dawgs, at Liberty Plaza. And don't forget... each evening there's a 100% chance of snow flurries! We hope Grapevine's spirit of the season brings your family together and spreads Christmas joy.

As we transition into the new year, the Parks and Recreation Department is excited to bring residents many additions to your parks and facilities such as The Outdoor Fitness Court at The REC which includes a series of obstacles and equipment designed to take your fitness to the next level and serves individuals of all ages and abilities in an outdoor setting. The equipment will be combined with an interactive mobile app that has preloaded workouts and the ability to challenge your friends and families around the country. Also, for your furry best friends, Bear Creek Dog Park is officially in the works with the hopes of a grand opening this summer. The park will feature state-of-the-art design with various sized paddocks, a splashpad area and an agility course for your pups to play. Additionally, we are in the planning stages of a new 1.5 mile multi-use trail extension to the Cotton Belt Trail. This extension will feature new landscaping, pedestrian lighting and benches for you to enjoy a break on your bike ride.

Grapevine Youth Baseball & Softball registration is now open for spring leagues and opening Day will be on March 24 at Oak Grove Ballfield Complex. We have partnered with the Positive Coaching Alliance to offer game and practice education for coaches, parents and young athletes. More information can be found at www.PositiveCoach.org

I hope that as you flip through the pages of our Go Grapevine Magazine, you find something that interests your entire family. Be sure to read about our upcoming special events, such as the annual Daddy Daughter Dance, Mother Son Date Night, Easter Egg Hunt and Spring Break and Summer camps. Keep up with Grapevine Parks & Recreation's latest news and events by following us on social media.

#GoGrapevine

Warm Regards,
Kevin Mitchell



@GoGrapevine

IN THIS ISSUE

Special Events	4	Special Interest Classes	38	Grapevine Botanical Gardens	63
The REC Operating Hours & Fees	9	Technology Classes	41	Lake Parks	65
Volunteer with Us	10	Kids Programs	42	Grapevine Outdoors	66
Keep Grapevine Beautiful	11	REC Summer Camps	44	Dove Creek Day Camp	67
Rental Info	13	Youth Sports	51	Go Wild!	68
Aquatics	16	Adult Sports	55	Trails Map	70
Park Facility Rentals	28	Tennis	57	Lake Parks & Boat Ramps	71
Fitness Classes	31	Golf	58	Grapevine Events	72
Martial Arts	36	Active Adults	59	Registration Info	74



SPECIAL EVENTS

PRESENTED BY
**GRAPEVINE
PARKS & REC**

DADDY DAUGHTER DANCE, A NIGHT ON BROADWAY

Let the bright lights and catchy show tunes whisk you and your girl away to New York City for the night. At the corner of 53rd Street and Broadway you'll find what is sure to be a special evening full of dancing and memorable moments! Catering to a wide variety of ages, you'll be invited to eat some famous New York Pizza, snap a photo in the middle of time square and treat yourself to some tasty desserts! Be sure to be on the watch for your favorite characters from all the best musicals throughout the night! The box office will open on December 18 and tickets are available for purchase at The REC, by calling 817.410.3450 or at GoGrapevine.com. Space is limited and the event will sell out quickly. Tickets will not be sold at the door.

Dates: January 26 and 27

Times: Friday 7:00 – 9:00 PM

Saturday 4:00 – 6:00 PM

Saturday 7:00 – 9:00 PM

Location: Compass Center, 4201 Pool Road

Fee: \$18/person on or before January 21; \$23/person beginning January 22

Code: 709752-01, 02, 03

Registration Deadline: Wednesday, January 24

Age: 2 – 18 year old girls

Additional Information: Dinner and dessert will be provided, full menu will be emailed closer to event with gluten free options.

MOTHER SON DATE NIGHT, ROCK OF AGES

Are you ready to rock?! Boys, get your all-access passes and take your mom on a date night that won't end until the last encore is complete. Get ready to shred your best AC/DC on guitar hero, karaoke with the stars and a quick photo shoot with the band. This evening is full of fun activities, a full dinner and tons of rock & roll memories to last you a lifetime! Tickets to the Rock Show go on sale January 31 and are available for purchase at The REC, by calling 817.410.3450 or at GoGrapevine.com. Tickets will not be sold at the door.

Date: March 2 and 3

Time: 7:00 – 9:30 PM each night

Location: Compass Center, 4201 Pool Road

Fee: \$15/person on or before February 25; \$20/person beginning February 26

Code: 709753-03, 04

Ages: 2 – 18 year old boys

Registration Deadline: Wednesday, February 28
Additional Information: Dinner and dessert will be provided, full menu will be emailed closer to event with gluten free options.

NEW: TWILIGHT COMMUNITY EGG HUNT

The sun has set the moon shines bright, join us for an egg hunt at night! The Easter bunny wants you to hop on over to Oak Grove Soccer Fields Friday, for a twilight egg hunt. With something for everyone, let our face painters turn you into a bunny and enjoy other activities such as bounce houses, food vendors, and

more! There will be 5 different traditional hunts by age group. Make sure you bring your baskets for the twilight festivities!

Date: Friday, March 23

Time: 6:00 – 8:00 PM

Location: Oak Grove Soccer Complex, 1299 Oak Grove Loop North FREE Egg Hunt

Divisions/Times: 0-2 yrs & 3-4 yrs / 6:30 PM,
5-6 yrs & 7-9 yrs / 7:00 PM, All Ages / 7:30 PM,
Ages: ALL Ages

Additional Information: In the event of inclement weather, festivities will be rescheduled for Friday, March 30. The "All Age Hunt" at 7:30 PM is for all children 12 & under that did not have a chance to participate in an earlier egg hunt. Out of respect for others, no "repeat" hunters, please.

NEW: GLOW IN THE PARK – FLASHLIGHT EGG HUNT

(Ticket required) But the hunt doesn't end there, let the flashlights shine at 8:00pm for three ALL NEW nighttime Egg-cellent hunting adventures! Test your searching skills in the dark with fun new twists to the hunting tradition. Bring your flashlight and spirit of adventure in search of the perfect glowing egg! Get your tickets at GoGrapevine.com and light up the night with our FIRST EVER flashlight egg hunt!

Date: Friday March 23

Time: 8:00 – 9:30 PM

Location: Oak Grove Soccer Complex, 1299 Oak Grove Loop North

Ages: 10 and up

MOTHER DAUGHTER TEA, AN ADVENTURE IN CANDYLAND

Enjoy treats, crafts and special time together as mother and daughter create memories venturing through the Peppermint Forest, Chocolate Swamp and the Gumdrop Mountains to get to the Candy Castle! Take a spin on the life-size board game, fill up at the candy bar, and create your own Princess Lolly crown. Tickets go on sale March 12 and are available for purchase at The REC, by calling 817.410.3450 or at GoGrapevine.com. Tickets will not be sold at the door.

Date: Saturday, May 12

Time: 9:30 - 11:00 AM, 12:30 - 2:00 PM, 3:30 - 5:00 PM

Location: The REC of Grapevine, 1175 Municipal Way

Fee: \$15 Per Person on or before May 6; \$20 per person beginning May 7

Code: 709754-10, 11, 12

Registration Deadline: Wednesday, May 9

Age: All ages welcome

Additional Information: Finger Foods and tea will be served.

THE AMAZING RACE: FATHER SON EDITION

Are you in it to win it? Complete challenges, road blocks and detours as a pair to find your way to the finish line! Teamwork and endurance are key in the mystery that is the Amazing Race. Climbing, paddling, and running will all be necessary to win first place! Warm up begins at 7:30 AM, the race will begin at 8:00 AM and the awards ceremony will be at 11 AM with food and water provided for the participants! Tickets go on sale April 9 and are available for purchase at The REC, by calling 817.410.3450 or at GoGrapevine.com. Tickets will not be sold at the door.

Date: Saturday, June 9

Time: 7:30 - 11:30 AM

Location: Parr Park, 3010 Parr Lane

Fee: \$15 Per Person on or before June 3; \$20 per person beginning June 4

Code: 888800-01

Registration Deadline: Wednesday, June 6



Get the best in entertainment with **FiOS® by Frontier®**

▶ FiOS® Quantum TV

Record up to 12 shows at once and store up to 200 hours of HD entertainment.

▶ Integrated Netflix

Access Netflix directly from your FiOS® TV remote with Quantum TV.*

▶ Video On-Demand

Library of 150,000 choices and growing, with thousands of HD titles from the hottest TV shows to the latest Hollywood hits.

▶ Blazing-Fast Speeds

Game, stream and share the way you want, when you want.

*Netflix streaming membership required.

Additional monthly fees for Quantum TV service and set-top boxes apply.
The FiOS® marks are owned by Verizon Trademark Services LLC and used under license.
©2017 Frontier Communications Corporation.



TV | Internet | Voice

1.888.412.0319
Frontier.com

Frontier
COMMUNICATIONS





7,000+ SQUARE FEET OF
FITNESS SPACE

MONTHLY FAMILY RATE AS LOW AS
\$4.38 PER PERSON*

*ANNUAL FAMILY PASS - FAMILY OF 6.



GoGrapevine.com
TO REGISTER FOR MEMBERSHIP & CLASSES



Find us on 

PROUD SPONSOR OF GRAPEVINE PARKS & RECREATION

INTERSECTION OF SH-114, WILLIAM D. TATE & SH-26
GRAPEVINETOWNECENTER.COM

Ava SALON SUITES & SPA
 HAIR • SKIN • NAILS • MASSAGE

BEALLS



 ROJAS

ROSS
 DRESS FOR LESS

Bealls • Office Depot • Rojas School of Music • ReCept Pharmacy • Barbeques Galore • Ross • Ava Salon Suites & Spa • Sprint
 Big Lots • Must Love Fabric • Sleep Experts • Bottlecap Alley • America's Best Contacts & Eyeglasses • Coleman • Busy Body
 Haltom's Jewelers • Jason's Deli • Merle Norman • Visionworks • Weight Watchers • American Renal • Kelly-Moore Paints
 Help Your Diabetes • S&H Flooring

weitzman[®]
WEITZMANGROUP.COM



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**

\$405

Play Pass Grape*

\$370

Family Combo

\$315

Family "Wet"

\$210

Family "Dry"

\$180

Individual Combo

\$125

Individual "Wet"

\$85

Individual "Dry"

\$75

Guest Pass (Must Be With A Member)

\$12/day

ACTIVE ADULT PASSES-55 & BETTER

Active Adult***

FREE

Silver&Fit***

FREE

SilverSneakers***

FREE

CHILD WATCH PASSES

Child Watch Drop-In

\$7

Child Watch Annual Pass

\$105

NON-RESIDENT PASSES

Non-Resident Family

\$820

Non-Resident Individual

\$460

*GRAPE — The REC, Dove Pool, PG Pool | \$415 value

**VINE — The REC, Dove Pool, PG Pool and Lake Parks Pass | \$450 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



**GRAPEVINE
PARKS & 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.

ENJOY NATURE? CURIOUS ABOUT WILDLIFE?
See page 69 to learn how to become a GO Wild volunteer!

JOIN THE MOVEMENT!

Contact Cindy Harris, Volunteer Services Liaison, at 817.410.3490 or email 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. KGVB volunteers always have a good time and enjoy making new friends. Let's work together to keep Grapevine beautiful!

DON'T MESS WITH TEXAS TRASH-OFF

April 7 • 9:00 – 11:00 AM

Location: Area Parks

The Don't mess with Texas Trash-Off serves as Texas' signature event, in partnership with the Great American Cleanup, the nation's largest community improvement program. Volunteers work together in community parks, along roadways and shoreline to collect trash.

HOUSEHOLD HAZARDOUS WASTE

March 31 • 8:30 – 11:00 AM

Location: 501 Shady Brook Drive

The City of Grapevine, in association with Keep Grapevine Beautiful and America

Recycles Day, will host this event for residents of Grapevine. Volunteers are needed to help receive and sort donations, please contact Dewey Stoffels, 817.410.3389 to volunteer.

EARTH DAY CELEBRATION

April 21 • 8:00 – 11:00 AM

Held at the Town Square Gazebo in downtown Grapevine, this fun family event features educational presentations, crafts and information on how we can all live more environmentally friendly. Keep Grapevine Beautiful, in partnership with Farmer's Market of Grapevine and other local vendors hosts.

CORPORATE OPPORTUNITIES

If your organization is looking for ways to give back to the community, contact KGVB to participate in beautification and other impactful projects throughout the community.

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 per calendar year in their area.



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.



Follow Keep Grapevine Beautiful for updates and ways to volunteer!



GO EXPLORE your next outdoor adventure, **GO REGISTER** for a new program, or **GO LEARN** about upcoming volunteer opportunities on our Grapevine Parks and Recreation website.

GoGrapevine.com



We would like to thank Mike Davis State Farm for the generous donation for our new REC Express service, allowing you easy access to The REC's front doors. The REC Express will be operating Monday through Friday 8:00 AM - 12:00 PM and 4:30 - 7:30 PM.

**GRAPEVINE
PARKS & REC**

If you would like to volunteer to be a REC Express driver, sign up at
GoGrapevine.com/TheREC

SPECIAL OCCASIONS & MEETINGS

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

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 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: \$105 Member/\$130 Non-member

Entire Event Hall: \$210 Member/\$260 Non-member

After-Hours: \$265 Member/\$315 Non-member

COURTYARD

A beautiful outdoor setting for your event, the Courtyard is located between the REC and the library. The courtyard is landscaped with many varieties of native trees and plants with covered seating for guests. Available as party 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:

\$105 Member / \$130 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:

\$50 Member/\$60 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:

\$65 members/\$75 Non-members

CELEBRATE!



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.

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

INDOOR PLAY PARTY

Fee: \$160 Member/ \$185 Non-Member

Package Includes:

- Two (2) hour party room rental
- Party Attendant to assist with activities
- 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

OPEN SWIM PARTY

Fee: \$185 Member/ \$210 Non-Member

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

SPORTS PARTY

Fee: \$160 Member/ \$185 Non-Member

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: Saturday 11:00 AM – 1:00 PM, 1:30 – 3:30 PM, 4:00 – 6:00 PM; Sunday 1:30 – 3:30 PM or 4:00 – 6:00 PM





**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

Fees: Members: \$450 - up to 75 guests \$650 - up to 150 guests. Non Members: \$500 up to 75 guests - \$700 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): \$265 Members/\$290 Non Members

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): \$525 Member/ \$575 Non-member

AQUATICS



POOL HOURS

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

WEATHER POLICY: The Aquatic Center closes with inclement weather that includes lightning at the recommendation of the National Lightning Safety Institute, American Red Cross, National Weather Service, and Center for Disease Control.

HOLIDAY POOL HOURS

December 22, 26-29 • January 2-5, 8, 15 • February 19 • March 12-16, 30

WEEKEND HOURS REMAIN THE SAME.

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

TODDLER SPLASH

Mondays, Wednesdays, Fridays • 9:00 AM - 12:00 PM

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

Only the kiddie pool is open at this time for children.

FAMILY SWIM TIME

Mondays, Wednesdays, Fridays • 2:00 - 4:00 PM

This is a time designed for parents and children to practice swim skills.

Baby Pool will not be available.

PLEASE NOTE: Children under age 9 **MUST** be with an adult in the pool at all times. 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.



AQUATIC SPECIAL EVENTS

SPECIAL NEEDS SWIM NIGHT

Friday, February 2 6:30 PM - 8:30 PM
560000-02

Friday, April 6 6:30 PM - 8:30 PM
560000-04

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. (Preregistration required. Max 100 people.)

WETTEST EGG HUNT

March 10, 4:00 - 7:00 PM

Member: Free

Non-Members: \$5 per person

Egg Hunt Times: 4:00 PM Ages 0-2, 4:30 PM Ages 3-4, 5:00 PM Ages 5-6, 5:30 PM Ages 7-8, 6:00 PM Ages 9 and up.

ADAPTIVE WETTEST EGG HUNT

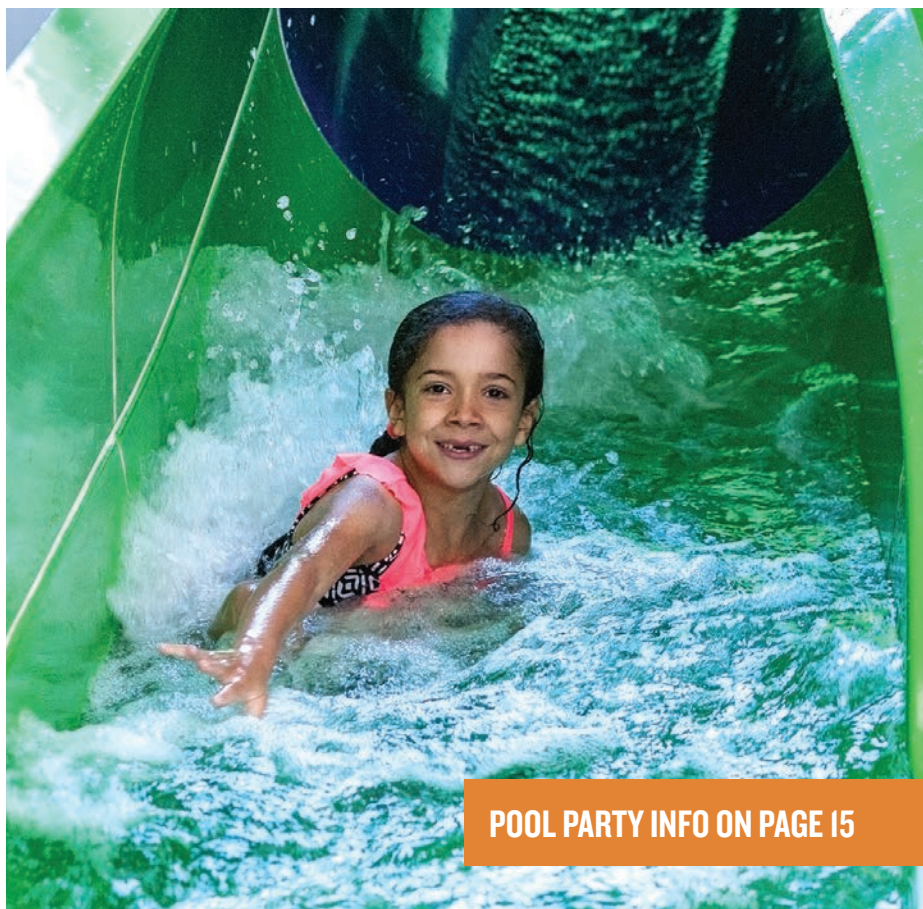
March 10, 10:00 - 11:00 AM

Member: Free

Non-Members: \$5 per person

Children with special needs will hunt for eggs in the Baby or Activity pool depending on their swimming ability. Open to all ages.

Egg Hunt Times: 10:00 AM Baby Pool, 10:30 AM Activity Pool



POOL PARTY INFO ON PAGE 15

AQUA FITNESS



WATER WORKS

Intervals with a combination of exercises. Includes a variety of styles of water aerobics. You work at your own pace. There is something for everyone!

Date: Mondays/Wednesdays, 6:30 - 7:20 PM

Fee: Mem \$35 / Non Mem \$45

Code: 530630

RIVER ROBOTICS

So much more than just walking! Build strength and stamina as you go with and against the current. The perfect way to energize your workouts!

Date: Saturdays, 7:30 - 8:20 AM

Fee: Mem \$20 / Non Mem \$25

Code: 540730



AQUA FIT FLOAT FIT FLOAT HIIT WITH JAMES

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 to wear shorts/leggings over swimsuit.

Instructor: James Oliver

Date: Saturdays, 9:00 - 9:55 AM

Fee: \$40 Mem / \$50 Non Mem

Code: 550900

James Oliver 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.

“This program 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.”



NOW HIRING FOR SUMMER 2018!

LIFEGUARDS • SWIM LESSON INSTRUCTORS • SWIM LESSON AIDES • CASHIERS

APPLY NOW AT GRAPEVINETEXAS.GOV

YOU CAN APPLY BEFORE YOU ARE CERTIFIED!

AMERICAN RED CROSS LIFEGUARD CERTIFICATION

Interested in a great job as a professional lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED techniques. Class is in blended learning format with a combination of online and classroom skills. Females must wear a one-piece swimsuit.

Prerequisites:

- Minimum age of 15 years old.
- 300 yard swim without stopping, in the following order, 100 freestyle, 100 breaststroke, and 100 of your choice.
- Tread water for 2 minutes without stopping while your head remains above the surface. When treading, only the legs can be used.
- 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.
- Must complete all prerequisite skills on the first class day.
- Must attend all class days.

Site: REC Pool

Fee: \$200 (\$35 employee)

Dec. 27 - 30*	522000-12
Feb. 18, 19, 20, 25, 26	522000-02
Mar. 11, 12, 13, 18, 19	522000-03

Class Times: Sat. & Mon. 10:00 AM - 6:00 PM, Sun. 12:00 - 6:00 PM

***Dec Class Times:** 10:00 AM - 4:00 PM each day

AMERICAN RED CROSS WATER SAFETY INSTRUCTOR (WSI) CERTIFICATION

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.
- Demonstrate proficiency in six strokes: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly, 25 yards per stroke.
- Tread water for 1 minute
- Must complete all prerequisite skills on the first class day.
- Must attend all class days.

Site: REC Pool

Fee: \$200 (\$35 employee)

Jan. 2 - 5	532000-01
Feb. 5 - 8.	532000-02
Mar. 26 - 29.	532000-03

Class Times: Mon. - Thu., 5:00 - 9:00 PM

SWIM LESSON AIDE (SLA) CERTIFICATION

Want to assist with swim lessons? Be the Instructor's extra set of hands. Learn how to break down strokes, holding techniques for children and proper swimming techniques. Volunteer opportunities available for those age 13 and up. Those age 15 and up are eligible for employment. Volunteers are accepted as needed.

Ages: 12 and up

Site: REC Pool

Fee: \$15 (free for employee)

Apr. 13-14	532200-04
------------	-----------

Class Times: 5:00 - 7:00 PM

LEARN TO SWIM PROGRAM



LEARN TO SWIM OFFICE: 817.410.3461

GROUP LESSONS

Eligible for HERO scholarship

Mem or Res: \$48

Non Mem or Non Res: \$58

Our most affordable class option. In order for class to "make" a minimum of four participants are required.

Min: 4 Max: 6 1:6 max ratio

SEMI-PRIVATE LESSONS

Not eligible for HERO scholarship

Mem or Res: \$73

Non Mem or Non Res: \$88

Smaller class size will allow your child to have more individual attention. In order for class to "make" a minimum of two participants are required.

Min: 2 Max: 3 1:3 max ratio

PRIVATE LESSONS

Not eligible for HERO scholarship

Mem or Res: \$100

Non Mem or Non Res: \$120

Receive one-on-one attention to enhance instruction of swimming skills for your child.

1 student and 1 instructor.

***Classes at REC are Mem / Non Mem.**

Classes at Outdoor Pools are Res / Non Res.

WATER BABIES

Ages: 0-35 months

Introduces child and their parents to basic water adjustment and safety through play. Playful learning has been proven to produce positive experiences & builds confidence. Class is 4 days M-Th. Only at outdoor pools. Parent accompanies child in to the water.

- Bubbles and breathe control
- Entering/exiting the pool safely
- Floats, kicks and arm strokes

Fee: Mem or Res \$28, Non Mem or Non Res \$38

WATER TOTS

Ages: 18-35 months

(offered only as semi private class)

This class is designed for children already comfortable in the water, ready to transition to a group setting, and accustomed to being away from parents for at least 30 minutes. Parents are not permitted to accompany child to class or in the water.

- Water adjustment
- Submerge face and bubbles
- Floats, kicks and arm strokes

WATER BUGS I

Ages: 3-5 years

All skills are done with support.

- Fully submerge face
- Blow bubbles
- Floats, kicks and arm strokes

WATER BUGS 2

Ages: 3-5 years

Skills are encouraged to be tried independently.

- Breath control
- Push off side and glide
- Push off side and swim

TADPOLE (LEVEL 1)

Ages: 4 years and up

- 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

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

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.

MINNOW (LEVEL 3)

Ages: 6 years and up

- Front crawl 15 yards
- Backstroke 15 yards
- Elem. Backstroke kick 15 yards
- Breaststroke kick 15 yards

DOLPHIN (LEVEL 4)

Ages: 7 years and up

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

WHALE (LEVEL 5)

Ages: 8 years and up

- Freestyle 50 yards (2 laps)
- Backstroke 50 yards
- Breaststroke 25 yards
- Butterfly 25 yards

SHARK (LEVEL 6)

Ages: 9 years and up

- Freestyle 100 yards with flip turn
- Backstroke 50 yards with flip turn
- Breaststroke 50 yards
- Butterfly 50 yards



SWIM TEAM PREP

Ages: 6 and up

This is swim team prep class that will be begin teaching lap swimming and turns. Focus will be on strokes and stamina. The primary goal is to prepare participants ready for Summer Swim Team, Grapevine Gators.

Prerequisite: 25 freestyle, 25 breaststroke

Fee: Mem \$48 / Non Mem \$58

MERMAID SWIM SCHOOL

Ages: 6 and up

Become part of a magical world of mermaids and mermen! Learn basic mermaid skills such as dolphin kicking, rolls and tails splashes. Mermaid tails may only be used in class. Class is 4 days, Mon - Thu for 1 week.

Tail Size: Child 6 - Womens M

Fin Size: Child 8 - Womens 10

Prerequisite: 25 freestyle, 25 breaststroke, tread for 1 minute

Fee: Res \$30 / Non Res \$40

DIVING (SEMI PRIVATE ONLY)

Ages: 6 and up

An introduction to formal diving. Starts with beginning fundamentals of a knee dive and work up to a spring board dive from the diving board. Then add on skills such as pike and tuck dives. This class is only offered at Dove Waterpark due to depth requirements and use of springboard diving board.

Fee: Res \$73 / Non Res \$88

JR. GUARD

Ages: 10 and up

Designed to introduce lifeguarding skills and knowledge to advanced swimmers. Participants will be using lifeguard equipment, practicing CPR skills and mock scenarios to prepare for a future in lifeguarding and will receive a student workbook. Please bring a pen, towel and goggles. Females must wear a one piece swimsuit. This is NOT a lifeguard certification class.

Prerequisite: 25 freestyle, 25 breaststroke

Fee: Res \$48 / Non Res \$58

SUMMER SWIM TEAM GRAPEVINE GATORS

The City's summer TAAF team is the perfect opportunity for kids and adults try out competitive swimming and perfect their strokes. Swimmers have the opportunity to compete in local meets, a regional qualifier meet and possibly qualify for the State meet which will be held in College Station, July 26-29. For more information, visit grapevinegators.com.

Ages: 6 and up (adults too!)

Parent Meeting: May 21 at 6:00PM at The REC Event Hall

Practice Site: Pleasant Glade Pool

Fee: Res \$150, Non Res \$160 \$11 TAAF fee is non-refundable

Practice Times:

May 22-June 1

5:30 AM - 6:30 PM, 10 and under

6:30 AM - 8:00 PM, 11-14 years

6:30 AM - 8:30 PM, 15+

June 4 - July 25:

7:00 - 8:50 AM, 13+

7:00 - 8:30 AM, 11-12 yrs

8:50 - 9:40 AM, 10 yrs and under

8:50 - 9:40 AM (8 & under)

Class Code: 540000-10



FREE LEVEL PLACEMENT TESTING

Feb. 10, Mar. 3, Apr. 7, Apr. 28, May 26

Location: The REC • 11:00 AM - 1:00 PM

Our staff will evaluate your child and assist you with registration.

SWIM LESSON SCHEDULES



TUESDAY/THURSDAY CLASSES

CLASS	SESSION 01 • JAN. 16 - FEB. 8		SESSION 02 • FEB. 13 - MAR. 8		SESSION 03 • MAR. 20 - APR. 12		SESSION 04 • APR. 17 - MAY 10	
Semi Private Water Tots	5:35 PM	538535	5:35 PM	538535	5:35 PM	538535	5:35 PM	538535
Semi Private Preschool	5:35 PM	539610	5:35 PM	539610	5:35 PM	539610	5:35 PM	539610
	6:45 PM	539645			6:45 PM	539645	6:45 PM	539645
Semi Private Level 1	6:10 PM	531610	6:10 PM	531610	6:10 PM	531610	6:45 PM	531645
Semi Private Level 2	6:10 PM	532610	6:10 PM	532610	6:10 PM	532610	6:10 PM	532610
Semi Private Level 3	7:20 PM	533720	7:20 PM	533720	7:20 PM	533720	7:20 PM	533720
Semi Private Level 4	7:20 PM	534720	7:20 PM	534720	7:20 PM	534720	7:20 PM	534720
Group Level 1	6:45 PM	531064	6:45 PM	531064	----	----	6:10 PM	531061
Group Level 2	----	----	6:45 PM	531064	6:45 PM	532064	----	----
Swim Team Prep	4:45 PM	530445	4:45 PM	530445	4:45 PM	530445	4:45 PM	530445

SATURDAY CLASSES

CLASS	SESSION 01 • JAN. 13 - MAR. 3		SESSION 03 • MAR. 17 - MAY 5		SESSION 06 • JUN. 9 - AUG. 4	
Semi Private Water Tots	10:10 AM	548101	10:10 AM	548101	10:10 AM	548101
Semi Private Preschool	9:35 AM	549935	9:35 AM	549935	9:35 AM	549935
	10:10 AM	549101	10:10 AM	549101	10:10 AM	549101
Semi Private Level 1	9:00 AM	541900	9:00 AM	541900	9:00 AM	541900
	9:35 AM	541935	9:35 AM	541935	9:35 AM	541935
Semi Private Level 2	9:00 AM	542900	9:00 AM	542900	9:00 AM	542900
	10:10 AM	542101	10:10 AM	542101	10:10 AM	542101
Semi Private Level 3	9:35 AM	543935	9:35 AM	543935	9:35 AM	543935
Semi Private Level 4	9:00 AM	544900	9:00 AM	544900	9:00 AM	544900

SPRING

TUESDAYS

5:00 PM	503500
5:35 PM	503535
6:10 PM	503610
6:45 PM	503645
7:20 PM	503720

Jan. 16, 23, 30 & Feb. 7	1A
Feb. 13, 20, 27 & Mar. 7	2A
Mar. 20, 27 & Apr. 3, 10	3A
Apr. 17, 24 & May 1, 8	4A

THURSDAYS

Jan. 18, 25 & Feb. 1, 8	1B
Feb. 15, 22 & Mar. 1, 8	2B
Mar. 22, 29 & Apr. 5, 12	3B
Apr. 19, 26 & May 3, 10	4B

SUMMER

Registration for Summer begins February 1 for Residents, April 1 for Non Residents

CLASS	SESSION 14 • JUNE 18-28		SESSION 15 • JULY 9-19		SESSION 16 • JULY 23 - AUG. 2	
Semi Private Water Tots	1:00 PM	538100	2:45 PM	538245	1:00 PM	538100
Semi Private Preschool	1:35 PM	539135	3:20 PM	539320	1:35 PM	539135
Semi Private Level 1	2:10 PM	531210	1:00 PM	531100	2:10 PM	531210
Semi Private Level 2	2:45 PM	532245	1:35 PM	532135	2:45 PM	532245
Semi Private Level 3	3:20 PM	533320	2:10 PM	533210	3:20 PM	533320
Semi Private Level 4	1:00 PM	534100	2:45 PM	534245	1:00 PM	534100
Group Water Bug 1	1:35 PM	538013	3:20 PM	538032	1:35 PM	538013
Group Water Bug 2	2:10 PM	539021	1:00 PM	539010	2:10 PM	539021
Group Level 1	2:45 PM	531024	1:35 PM	531013	2:45 PM	531024
Group Level 2	3:20 PM	532032	2:10 PM	532021	3:20 PM	532032

REC PRIVATE LESSON SCHEDULE

Monday-Thursday for 1 week. 30 minutes of one-on-one attention each day. We offer private lessons for all levels and ages. To register, please call the Learn to Swim office at 817-410-3461.

1:00 PM	503100
1:35 PM	503135
2:10 PM	503210
2:45 PM	503245
3:20 PM	503320

Jun. 18-21	4A
Jun. 25-28	4B
Jul. 9 - 12	5A
Jul. 16-19	5B
Jul. 23-26	6A
Jul. 30-Aug. 2	6B



DOVE WATERPARK SCHEDULES

Registration for Summer begins February 1 for Residents, April 1 for Non Residents

CLASS	JUN 4-7	JUN 11-14	JUN 18-21	JUN 25-28	JUL 9-12	JUL 16-19	JUL 23-26	JUL 30-AUG 2	AUG 6-9	AUG 13-16
Water Babies	5:35 PM 5I0535-3A	5:35 PM 5I0535-3B	5:35 PM 5I0535-4A	5:35 PM 5I0535-4B	5:35 PM 5I0535-5A	5:35 PM 5I0535-5B	5:35 PM 5I0535-6A	5:35 PM 5I0535-6B	----	----
	----	----	6:45 PM 5I0645-2A	6:45 PM 5I0645-2B	6:45 PM 5I0645-3A	6:45 PM 5I0645-3B	6:45 PM 5I0645-4A	6:45 PM 5I0645-4B	6:10 PM 5I0610-5A	6:10 PM 5I0645-5B
Mermaid Swim School	----	----	6:45 PM 5I7645-4A	6:45 PM 5I7645-4B	----	9:00 AM 5I7900-5A	----	5:00 PM 5I7500-6B	----	----

LEVEL	SESSION 13 • JUN 4 - 14		SESSION 14 • JUN 18-28		SESSION 15 • JULY 9 - 19		SESSION 16 • JULY 23- AUG 2		SESSION 17 • AUG 6 - 16	
Semi Private Water Tots	9:00 AM	5I8900	9:00 AM	5I8900	9:35 AM	5I8935	9:00 AM	5I8900	5:35 PM	5I8535
	10:10 AM	5I810I	9:35 AM	5I8935	5:35 PM	5I8535	5:00 PM	5I8500	6:10 PM	5I8610
	5:00 PM	5I8500	5:00 PM	5I8500	6:10 PM	5I8610	5:35 PM	5I8535	----	----
	5:35 PM	5I8535	5:35 PM	5I8535	----	----	6:10 PM	5I8610	----	----
	6:10 PM	5I8610	6:10 PM	5I8610	----	----	----	----	----	----
Semi Private Preschool Water Bugs	9:00 AM	5I9900	9:00 AM	5I9900	9:00 AM	5I9900	9:35 AM	5I9935	5:35 PM	5I9535
	10:10 AM	5I910I	10:10 AM	5I910I	10:10 AM	5I910I	5:00 PM	5I9500	6:10 PM	5I9610
	5:00 PM	5I9500	5:00 PM	5I9500	5:00 PM	5I9500	5:35 PM	5I9535	6:45 PM	5I9645
	5:35 PM	5I9535	5:35 PM	5I9535	6:10 PM	5I9610	6:10 PM	5I9610	----	----
	6:45 PM	5I9645	6:45 PM	5I9645	----	----	----	----	----	----
Semi Private Level 1 Tadpole	9:00 AM	5I1900	9:00 AM	5I1900	10:10 AM	5I110I	9:35 AM	5I1935	5:00 PM	5I1500
	9:35 AM	5I1935	9:35 AM	5I1935	5:00 PM	5I1500	5:00 PM	5I1500	6:10 PM	5I1610
	5:00 PM	5I1500	5:00 PM	5I1500	5:35 PM	5I1535	6:10 PM	5I1610	6:45 PM	5I1645
	6:10 PM	5I1610	5:35 PM	5I1535	6:45 PM	5I1645	----	----	----	----
	6:45 PM	5I1645	6:45 PM	5I1645	----	----	----	----	----	----
Semi Private Level 2 Guppy	9:00 AM	5I2900	9:00 AM	5I2900	10:10 AM	5I210I	9:00 AM	5I2900	5:00 PM	5I2500
	10:10 AM	5I210I	9:35 AM	5I2935	5:35 PM	5I2535	6:45 PM	5I2645	5:35 PM	5I2535
	5:35 PM	5I2535	5:35 PM	5I2535	6:45 PM	5I2645	----	----	6:45 PM	5I2645
	6:45 PM	5I2645	6:45 PM	5I2645	----	----	----	----	----	----
Semi Private Level 3 Minnow	9:00 AM	5I3900	9:00 AM	5I3900	9:00 AM	5I3900	10:10 AM	5I3110	5:00 PM	5I3500
	5:00 PM	5I3500	5:00 PM	5I3500	5:35 PM	5I3535	5:00 PM	5I3500	5:35 PM	5I3535
	6:10 PM	5I3610	6:10 PM	5I3610	6:10 PM	5I3610	6:45 PM	5I3645	6:10 PM	5I3610
Semi Private Level 4 Dolphin	9:35 AM	5I4935	9:35 AM	5I4935	9:35 AM	5I4935	5:35PM	5I4535	5:00 PM	5I4500
	5:35 PM	5I4535	5:35 PM	5I4535	5:00 PM	5I4500	----	----	6:45 PM	5I4645
	6:10 PM	5I4610	----	----	6:10 PM	5I4610	----	----	----	----
Semi Private Level 5 Whale	9:00 AM	5I5900	6:45 PM	5I5645	10:10 AM	5I510I	6:10 PM	5I5610	6:45 PM	5I5645
	6:10 PM	5I5610	----	----	6:45 PM	5I5645	----	----	----	----
Semi Private Level 6 Shark	10:10 AM	5I610I	6:10 PM	5I6610	9:35 AM	5I6935	5:00 PM	5I6500	5:35 PM	5I6535
	6:45 PM	5I6645	----	----	6:10 PM	5I6645	6:45 PM	5I6645	----	----

LEVEL	SESSION 13 • JUN 4-14		SESSION 14 • JUN 18-28		SESSION 15 • JULY 9 - 19		SESSION 16 • JULY 23-AUG 2		SESSION 17 • AUG 6 - 16	
Preschool Water Bugs 1	9:35 AM	5I9093	9:35 AM	5I9093	6:45 PM	5I9064	6:45 PM	5I9064	----	----
	6:10 PM	5I906I	6:10 PM	5I906I	----	----	----	----	----	----
Preschool Water Bugs 2	9:35 AM	508093	5:00 PM	508050	9:35 AM	508093	5:35 PM	508053	5:35 PM	508535
	5:35 PM	508053	----	----	6:10 PM	50806I	----	----	----	----
Level 1 Tadpole	10:10 AM	5I1010	10:10 AM	5I1010	9:00 AM	5I1090	6:45 PM	5I1064	6:45 PM	5I1064
	6:10 PM	5I106I	6:45 PM	5I1064	6:10PM	5I106I	----	----	----	----
Level 2 Guppy	9:35 AM	5I2093	10:10 AM	5I2010	9:00 AM	5I2090	9:35 AM	5I2093	5:00 PM	5I2050
	5:00 PM	5I2050	6:10 PM	5I206I	5:00 PM	5I2050	6:10 PM	5I206I	----	----
Level 3 Minnow	10:10 AM	5I3093	10:10 AM	5I3010	10:10 AM	5I3010	6:45 PM	5I3064	----	----
	5:00 PM	5I3050	5:00PM	5I3050	5:00PM	5I3050	----	----	----	----
Level 4 Dolphin	10:10 AM	5I4010	10:10 AM	5I4010	5:35 PM	5I4053	9:00 AM	5I4090	----	----
	----	----	----	----	----	----	6:10 PM	5I406I	----	----
Level 5 Whale	----	----	----	----	9:00 AM	5I5090	----	----	----	----
	----	----	----	----	5:35 PM	5I5053	----	----	----	----
Level 6 Shark	----	----	----	----	5:00 PM	5I6050	10:10 AM	5I6010	----	----
	----	----	----	----	----	----	6:10 PM	5I606I	----	----
Diving	----	----	6:10 PM	53806I	----	----	5:35 PM	538053	----	----
Jr Guard	----	----	----	----	9:35 AM	5I7093	----	----	6:10 PM	5I706I

DOVE WATERPARK PRIVATE LESSON SCHEDULE

Monday-Thursday for 1 week. 30 minutes of one-on-one attention each day. We offer private lessons for all levels and ages. To register, please call the Learn to Swim office at 817-410-3461.

9:00 AM	50I900
9:35 AM	50I935
10:10 AM	50I10I
5:00 PM	50I500
5:35 PM	50I535
6:10 PM	50I610
6:45 PM	50I645

Jun. 4-7	3A
Jun. 11-14	3B
Jun. 18-21	4A
Jun. 25-28	4B
Jul. 9-12	5A

Jul. 16-19	5B
Jul. 23-26	6A
Jul. 30-Aug. 2	6B
Aug. 6-9	7A
Aug. 13-16	7B

PLEASANT GLADE SCHEDULES

Registration for Summer begins February 1 for Residents, April 1 for Non Residents

CLASS	Jun. 4-7	Jun. 11-14	Jun. 18-21	Jun. 25-28	Jul. 9-12	Jul. 16-19	Jul. 23-26	Jul. 30-Aug 2	Aug. 6-9	Aug. 13-16
Water Babies	5:35 PM 520535-3A	5:35 PM 520535-3B	6:10 PM 520610-4A	6:10 PM 520610-4B	5:35 PM 520535-5A	5:35 PM 520535-5B	6:10 PM 520610-6A	6:10 PM 520610-6B	----	----
Mermaid Swim School	----	6:45 PM 527645-3B	----	----	6:10 PM 527610-5A	----	10:35 AM 527103-6A	----	5:35 PM 527535-7A	----

LEVEL	SESSION 13 • JUN. 4 - 14		SESSION 14 • JUN. 18-28		SESSION 15 • JULY 9 - 19		SESSION 16 • JULY 23-AUG 2		SESSION 17 • AUG. 6 - 16	
Semi Private Water Tots	10:00 AM	528100	10:00 AM	528100	10:00AM	528100	11:10 AM	528111	5:35 PM	528535
	5:00 PM	528500	5:00 PM	528500	5:00 PM	528500	5:00 PM	528500	6:45 PM	528645
	5:35 PM	528535	6:45 PM	528645	5:35 PM	528535	6:10 PM	528610	----	----
	6:45 PM	528645	----	----	6:45 PM	528645	----	----	----	----
Semi Private Preschool Water Bugs	10:00 AM	529100	10:00 AM	529100	10:35 AM	529103	10:00 AM	529100	5:00 PM	529500
	5:35 PM	529535	5:35 PM	529535	6:10 PM	529610	5:35 PM	529535	6:45 PM	529645
	6:10 PM	529610	6:45 PM	529645	6:45 PM	529645	----	----	----	----
Semi Private Level 1 Tadpole	10:00 AM	521100	10:35 AM	521103	10:00 AM	521100	10:00 AM	521100	5:00 PM	521500
	11:10 AM	521110	11:10 AM	521110	11:10 AM	521110	5:00 PM	521500	5:35 PM	521535
	5:00 PM	521500	5:00 PM	521500	5:00 PM	521500	6:10 PM	521610	6:10 PM	521610
	6:10 PM	521610	5:35 PM	521535	6:10 PM	521610	----	----	----	----
	----	----	6:10 PM	521610	----	----	----	----	----	----
Semi Private Level 2 Guppy	10:35 AM	522103	10:35 AM	522103	10:00 AM	522100	6:10 PM	522610	5:00 PM	522500
	5:00 PM	522500	5:00 PM	522500	5:00 PM	522500	6:45 PM	522645	5:35 PM	522535
	6:10 PM	522610	6:10 PM	522610	6:10 PM	522610	----	----	6:10 PM	522610
	6:45 PM	522645	6:45 PM	522645	6:45 PM	522645	----	----	----	----
Semi Private Level 3 Minnow	10:35 AM	523103	10:00 AM	523100	10:35 AM	523103	10:35 AM	523103	5:00 PM	523500
	11:10 AM	523110	11:10 AM	523110	11:10 AM	523110	6:45 PM	523645	5:35 PM	523535
	5:00 PM	523500	5:00 PM	523500	5:00 PM	523500	----	----	----	----
	6:10 PM	523610	6:10 PM	523610	6:10 PM	523610	----	----	----	----
Semi Private Level 4 Dolphin	11:10 AM	524110	11:10 AM	524110	11:10 AM	524110	10:35 AM	524103	6:10 PM	524610
	5:35 PM	524535	5:35 PM	524535	5:00 PM	524500	5:35 PM	524535	----	----
	6:45 PM	524645	6:45 PM	524645	6:45 PM	524645	6:10 PM	524610	----	----
Semi Private Level 5 Whale	10:00 AM	525100	10:00 AM	525100	10:00 AM	525100	10:00 AM	525100	6:45 PM	525645
	5:00 PM	525500	5:00 PM	525500	6:45 PM	525645	5:35 PM	525535	----	----
Semi Private Level 6 Shark	10:00 AM	526100	10:00 AM	526100	10:00 AM	526100	11:10 AM	526110	6:10 PM	526610
	6:45 PM	536645	----	----	5:35 PM	526535	6:45 PM	526645	----	----

LEVEL	SESSION 13 • JUN. 4-14		SESSION 14 • JUN. 18-28		SESSION 15 • JULY 9 - 19		SESSION 16 • JULY 23 - AUG. 2		SESSION 17 • AUG. 6 - 16	
Preschool Water Bugs 1	10:35 AM	529010	10:35 AM	529010	10:35 AM	529010	----	----	----	----
	5:35 PM	529053	5:35 PM	529053	5:35 PM	529053	----	----	----	----
Preschool Water Bugs 2	11:10 AM	528011	11:10 AM	528011	11:10 AM	528011	10:35 AM	528010	6:10 PM	528061
	6:45 PM	528064	6:45 PM	528064	6:45 PM	528064	5:35 PM	528053	----	----
Level 1 Tadpole	10:35 AM	521010	10:35 AM	521010	11:10 AM	521011	10:35 AM	521010	6:45 PM	521064
	6:10 PM	521061	5:35 PM	521053	6:10 PM	521061	5:35 PM	521053	----	----
Level 2 Guppy	11:10 AM	522011	11:10 AM	522011	10:35 AM	522013	11:10 AM	522011	5:35 PM	522053
	5:35 PM	522053	6:10 PM	522061	5:35 PM	522053	6:45 PM	522064	----	----
Level 3 Minnow	10:35 AM	523010	10:35 AM	523010	10:35 AM	523010	11:10 AM	523011	6:45 PM	523064
	5:35 PM	523053	5:35 PM	523053	5:35 PM	523053	6:45 PM	523064	----	----
Level 4 Dolphin	----	----	6:45 PM	524064	6:10 PM	524061	6:10 PM	524061	----	----
	----	----	----	----	----	----	----	----	----	----
Level 5 Whale	----	----	----	----	5:35 PM	525053	5:00 PM	525050	----	----
	----	----	----	----	----	----	----	----	----	----
Level 6 Shark	----	----	----	----	5:00 PM	526050	5:35 PM	526053	----	----
	----	----	----	----	----	----	----	----	----	----
Jr Guard	6:10 PM	534610	6:10 PM	534610	6:10 PM	534610	----	----	----	----

PRIVATE LESSON SCHEDULE

Monday-Thursday for 1 week. 30 minutes of one-on-one attention each day. We offer private lessons for all levels and ages. To register, please call the Learn to Swim office at 817-410-3461.

10:00 AM	502110
10:35 AM	502113
11:10 AM	502011
5:00 PM	502500
5:35 PM	502535
6:10 PM	502610
6:45 PM	502645

Jun. 4-7	3A
Jun. 11-14	3B
Jun. 18-21	4A
Jun. 25-28	4B
Jul. 9-12	5A

Jul. 16-19	5B
Jul. 23-26	6A
Jul. 30-Aug. 2	6B
Aug. 6-9	7A
Aug. 13-16	7B

**GRAPEVINE GATORS
INFO ON PAGE 21**

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) \$35/3 hrs (\$10 each additional hr)

(non-residents) \$45/3 hrs (\$15 each additional hr)

HERITAGE PARK PAVILION

(residents) \$35/3 hrs (\$10 each additional hr)

(non-residents) \$45/3 hrs (\$15 each additional hr)

BEAR CREEK PAVILION

(residents) \$35/3 hrs (\$10 each additional hr)

(non-residents) \$45/3 hrs (\$15 each additional hr)

PARR PARK PLAYGROUND PAVILION

(residents) \$50/per timeslot*

(non-residents) \$70/per timeslot*

PARR PARK SPRAYGROUND PAVILION

(residents) \$45/per timeslot*

(non-residents) \$50/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) \$175/3 hrs (\$25 each additional hr)

PICKERING PARK PAVILION

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

(non-residents) \$175/3 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) \$450/day

(non-residents Fri, Sat, Sun) \$450/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.

INDOOR RENTAL FACILITIES

The Bessie Mitchell Meeting Facility is available for Grapevine residents and businesses only.

BESSIE MITCHELL FACILITY

\$100/2 hr (Grapevine residents only)

\$50 each additional hr

For information regarding rental facilities and availability, visit

GoGrapevine.com or call

817.410.3470 or email

srich@grapevinetexas.gov.

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)

Half-hour small group sessions for 3 or more! – NEW!

Five for \$150 (\$30 per person) • Ten for \$240 (\$24 per person)
Fifteen for \$300 (\$20 per person)

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, a certified TRX group suspension instructor, as well as an active Fire Fighter and Paramedic. 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.



OF GRAPEVINE

RECREATION | EDUCATION | COMMUNITY

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. 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): Done

Instructor: Renee DiDonato Errett

Email: Renee@PizazzMoves.com

Website: PizazzMoves.com

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

WRECK HIIT

Wreck HIIT class is a total body, heart pumping, aerobic and strength conditioning workout. Using a combination of 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): \$60 Mem / \$70 Non-mem

Instructor: Cassi Redmon, CPT

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

OLIVER FITNESS 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): \$52 Mem / \$62 Non-Mem

Instructor: James Oliver, NASM-CPT

Activity Code: 706207

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

Activity Code: 706208

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

*Class meetings on Fridays will be weather-permitting

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): \$42 Mem / \$52 Non-mem

Instructor: James Oliver, NASM, CPT-CI

Sat. 550900 9:00 - 9:55 AM

See all Aquatic Fitness Classes on page 16

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 • I3 +

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

Instructor: Kim Davis, M. Sc. Sport Management, CI-CPT

Tue., Thur. 706243 8:15 - 9:00 AM

ROLL WITH IT! AN INTRO TO FOAM ROLLING

What is foam rolling? Why do we foam roll? What are the benefits? This is a no impact, muscle balancing class to help you stretch muscles, release tension and stress, and to leave you feeling relaxed! Who can come? All ranges of physical ability, fitness levels, rehabbing an injury, or just love the feeling of an awesome stretch/massage session! Discover the injury prevention benefits and have greater flexibility in this fun, new class! Participants will receive a FREE foam roller with purchase of class!

Location: The REC

Ages: 10+

Fees (monthly): \$45 Mem / \$55 Non-Mem

Instructor: James Oliver, NASM-CPT

Mon. & Wed. 706206 6:00 - 6:30 PM

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): \$42 Mem / \$52 Non-Mem

Instructor: Grand Master Kim Davis, M. Sc. Sport Management, CI-CPT

Mon., Wed., Fri. 706205 8:30 - 9:15 AM

ZUMBA WITH SAMANTHA!

New to Zumba? No problem! This is a fitness class, not a dance lesson. Get ready to use fun salsa, cumbia, and merengue steps, to name a few, set to Latin, international, rock & roll and pop music to get your heart pumping! This class is a TOTAL workout that combines all elements of fitness – cardio, muscle conditioning, toning, balance, and flexibility for boosted energy, strength, memory and endurance. We use low-intensity and high-intensity moves that are interchanged with isometric moves for an interval style, calorie burning fitness experience. Come sweat with us! Please bring the following: water, sweat towel, 1lb.-2.5lb. Zumba toning sticks or 1lb.-3lb. hand weights.

Location: The REC • **Ages:** 16+

Fee (monthly): \$36 Mem / \$46 Non-mem

Instructor: Samantha Olson

Mon., Wed. 706601 7:15 - 8:15 PM

Tues., Thurs. 706606 10:00 - 11:00 AM

Sat. 706706 10:00 - 11:00 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 grapevinefit4mom.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 CampGladiator.com

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

MASSAGE

THERAPEUTIC & RELAXING MASSAGE AT THE REC OF GRAPEVINE

Location: The REC

Table sessions: 2nd floor Massage Room, most methods of payment are accepted.

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

Contact: Songwood@sbcglobal.net



Elizabeth St. Marie, LMT • 817.721.8691

60 minute session: \$85 or 90 minute session: \$125



Austin E. McCabe, LMT • 682.777.8181

60 minute session: \$80 or 90 minute session: \$115



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 +

Instructor: Lynne Clem

Email: Lynne@YogaInDFW.com

Tues., Thurs. 706809 8:30 - 9:30AM

Fee (Monthly): \$51 Mem / \$61 Non-Mem

Thurs. 706810 6:15 - 7:15PM

Fee (Monthly): \$26 Mem / \$36 Non-Mem

Note: \$5 discount if combined with Gentle Stretch (706100)

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): \$26 Mem / \$36 Non-mem

Note: \$5 Discount if combined with Yoga Flow (706809 or 706810)

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. Each monthly class will introduce and delve deep into a relevant health care topic based on Ayurveda philosophy & practices. 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: \$20 per class (pre-registration required)

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

1st Sunday of month from 2:00 - 3:00 PM • Jan 7, Mar 4, May 6

SPRING AYURVEDA CLEANSER: SPRING INTO SUMMER

Why Cleanser? Ayurveda recommends we cleanse 2 times a year at the changing of the seasons to Re-set, Re-boot & Re-balance 1 of the most important systems of the body—The Digestive Tract! Maybe you've tried diets or cleanses in the past, felt good for a while, until that good feeling went away as quick as it came. Most diets & cleanses are aggressive, robbing the body of much needed nutrients & fuel, even slowing the metabolism down & leaving the gut irritated. This irritated gut can be linked to premature aging, illness, disease, lack of energy, vitality... Which brings us to the ancient wisdom of Ayurveda...they had it all figured out, way back then, thousands of years ago. Ayurveda cleanse is gentle & does not involve fasting. Instead uses nourishing, easy to digest whole foods & yummy digestive spices to cleanse & heal our intestinal tract so it supports

good microbiology. Ridding the body of accumulated toxins, leaving it self-sufficient, restoring balance to function optimally. More than just a cleanse, you'll also learn: how to move from winter foods to better choices for spring and summer digestion, simple daily lifetime habits, cooking skills with healthy whole foods, spices & ghee (the healthy butter) & much more! 3 phase eBook included.

Location: The REC • **Ages:** 16 +

Investment: \$120 (\$99 early-bird pricing by 4/15)

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

Sun. April 22

1:00 - 2:30 PM

Sunday April 29

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): \$36 Mem / \$46 Non-mem

Wed. 706806 7:00 - 8:00 PM

Fee (monthly): \$26 Mem / \$36 Non-mem

Sat. 706804 9:00 - 10:15 AM

Fee (monthly): \$31 Mem / \$41 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): \$42 Mem / \$52 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, hipswiveling, 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.





PILATES

WORKOUT WITH WENDY FLOOR, CORE & MORE!

Wendy Dolan Wendyjdl@yahoo.com

PILATES I - STRETCH, STRENGTHEN & TONE - NEW TIME!

Life wreaks havoc on our bodies. Pilates is an effective antidote to this, by providing a workout that will stretch and strengthen your body. This class includes a series of unique strengthening mat and floor barre exercises, which promote elongated and toned muscles, will help you form strong core muscles, flatten your abs, improve your posture and balance and increase your flexibility, circulation and stamina. Pilates I offers an impactful method of stretching, strengthening, challenging and toning your body, which will enhance your daily activities and promote a feeling of physical and mental well-being. Modifications are included for all levels.

Location: The REC • **Ages:** 13 +

Fee (monthly): \$23 Mem / \$34 Non-Mem (4 classes/mo)

Instructor: Wendy Dolan

Mon. 706204 5:30 - 6:00 PM

INTRO TO BARRE - NEW!

Intro to Barre uses a combination of postures inspired by ballet and other disciplines like Pilates and yoga. The ballet barre is used as a prop to balance while doing exercises that focus on isometric strength training, combined with high reps of small range-of-motion movements. The major benefits of barre are improved posture, muscle definition, increased flexibility and reduced stress. This class will incorporate light weights, as well as mats for targeted core work.

Location: The REC • **Ages:** 15 +

Fee (monthly): \$25 Mem / \$35 Non-Mem (4 classes/mo)

Instructor: Wendy Dolan

Thurs. 706215 5:30 - 6:00 PM

ARMS, ABS & PILATES IN 30!

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.

Location: The REC • **Ages:** 13 +

Fee (monthly): \$23 Mem / \$33 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 and 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.)

Location: The REC • **Ages:** 13 +

Fee (monthly): \$26 Mem / \$36 Non-Mem (4 classes/mo)

Instructor: Wendy Dolan

Mon. 706214 6:30 - 7:00 PM

SCULPT EXPRESS - NEW TIME!

Pressed for time? This quick 15-minute Pilates 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!

Location: The REC • **Ages:** 13 +

Fee (monthly): \$11 Mem / \$21 Non-Mem (4 classes/mo) \$21 Mem / \$31 Non-Mem (8 classes/mo)

Instructor: Wendy Dolan

Mon. and/or Thurs. 706223 6:00 - 6:15 PM

CYCLELATES - NEW TIME!

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!

Location: The REC • **Ages:** 14 +

Fee (monthly): \$33 Mem / \$43 Non-Mem (4 classes/mo)

Instructor: Wendy Dolan

Mon. 706251 6:35 - 7:35 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!

Location: The REC • **Ages:** 14 +

Fee (monthly): \$33 Mem / \$43 Non-Mem (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! Cycling strengthens the heart, improves lung function and increases metabolism. Get in, get sweaty and get on with your day!

Location: The REC • **Ages:** 16 +

Fee (monthly): \$31 Mem / \$41 Non-Mem (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): \$52 Mem / \$62 Non-mem (individual) OR \$123 Mem / \$133 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): \$52 Mem / \$62 Non-mem (individual) OR \$123 Mem / \$133 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): \$42 Mem / \$52 Non-mem

Instructor: Grand Master Kim Davis

Tue., Wed. 706900 7:30 - 8:30 PM

Note: Enroll in Adult Tae Kwon Do (706802) 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): \$57 Mem / \$67 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): \$57 Mem / \$67 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): \$42 Mem / \$52 Non-mem

for 1 class/week OR \$82 Mem / \$102 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

FINE ARTS



CLOGGING

Want to learn to Clog? Well getting started is easy and fun. You don't need a partner or any previous dance experience. Clogging is a great multi-generational family activity. 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, 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: \$28 Mem / \$38 Non-mem

Instructor: Tiffany Skalberg

Website: tribalevolution.com

Wed. 709110* 8:00 - 9:00 PM

ART CLASS

Instructor teaches individually in different subjects and mediums. These include pastels, watercolor, acrylics and oils. While also learning mixing colors, color theory and technique.

Location: The REC*

Ages: 10+

Fee (4wks): \$50 Mem / \$60 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.
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 (4wks): \$48 Mem / \$58 Non-Mem

Instructor: Rexana Ostuni

Supplies: Bring 11"x14" drawing tablet and #2 pencils. Pastels will be provided.

Tue. 705218* 4:30 - 5:45 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 insure you will have a spot.

Location: The REC*

Ages: 7 - 15

Fee (4 wks): \$49 Mem / \$59 Non-mem

Instructor: Texas Guitarville Instructor

Note: Instruments are available to use during class.

Phone: 817.584.5818

Email: texasguitarville@gmail.com

Sat. 705205 12:30 - 1:30 PM

ROCK BAND CLASS

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: 817.584.5818

Email: texasguitarville@gmail.com

Sat. 705206 1:30 - 2:30 PM

GUITARVILLE PRIVATE LESSONS

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 available with a 48 hour notice and depending on your instructor's availability. 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.

Ages: 4+

Fees (4 lessons): \$95 Mem / \$105 Non-Mem

Class code: 705210 (monthly)

Instructor: Texas Guitarville Instructor

Additional Info: Students must contact us at Texas Guitarville 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

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. 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: Please bring a lunch to eat in class. Additional gun range fee of \$15 paid to the instructor. Those who have a current LTC and would like to attend the class as a refresher in light of the numerous law changes affecting concealed and open carry may attend class for only \$50. The following link also has important class information: www.group6training.com/LTC_CHL.php

Jan. 20 709795

8:00 AM – 3:00 PM

Mar. 31 709795

8:00 AM – 3:00 PM

May 19 709795

8:00 AM – 3:00 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 a corporate safety course to use as a driver safety course.

Locations: The REC *

Ages: 16+

Fee: \$35 Mem / \$45 Non-mem

Instructor: TEA/NSC Certified Instructor

Code: 709736

Website: www.brightdriversafety.com

Dates: Feb. 10, March 10, Apr. 14, May 12, June 9

Time: 9:00 AM – 3:30 PM

SPEAKSMART FOR YOUNG MINDS (NEW)

This class introduces participants to public speaking and leadership to assist them in becoming confident communicators and leaders. Students learn key aspects of public speaking such as speech construction, body language, eye contact, gestures and expressions and vocal variations. Students will be introduced to providing speech feedback to other speakers. Participants will receive ample stage time to present their speech and participate in impromptu questions every class with a speech

showcase in the final class.

Locations: The REC *

Ages: 9-15

Fee: \$100 Mem / \$110 Non-mem

Instructor: SpeakSmart Instructor

Email: speaksmart4teens@gmail.com

Code: 709546

Session/Dates:

02 – Feb. 8, 15, 22 & March 1, 8, 22

04 – April 5, 12, 19, 26 & May 3, 10

Time: 5:00 – 6:30 PM

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)

01 – January, February & March

04 – April, May, June

Info: For more information call 817 372-0819



GRAPEVINE PING PONG CLUB (NEW)

We offer individual lessons and group lesson for ages 5 and 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: Grapevine Ping Pong Club Instructor

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 schedule 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 gppctx@gmail.com or call 817-372-0819.

SPRING GRAPEVINE AMATEUR (NEW) PING PONG TOURNAMENT

Spring Tournament will be Sunday, April 1, 2018. Must register by March 25 to avoid \$10 late fee. For more information and to register go to www.gppctx.com or e-mail gppctx@gmail.com or call 817 372-0819

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

Instructor: ARC Certified Instructor

Notes: There will be a 30-minute lunch break. Please provide your own lunch, snacks and drinks.

Code: 709702

Feb. 17, Mar. 10 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: \$77 Mem / \$87 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

Feb. 3 9:00 AM – 4:00 PM



THE VINEYARDS CAMPGROUND

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.

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!

www.VineyardsCampground.com

To check availability and reserve online, or you may call the park office at 817.329.8993.

TODAY'S TECHNOLOGY

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 tool (Slides) are part of the free programs that are Google Apps. Learn how to use Google Drive to store files and access them from anywhere. Participants must have a gmail account. This is a 2 part class.

Instructor: Gay Grissom

Code: 708909-03

Fee: \$40

Part 1: Tue., Feb. 20 6:30 – 8:30 PM

Part 2: Tue., Feb. 27 6:30 – 8:30 PM

YOUTUBE

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. 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. Participants must have a gmail account.

Instructor: Gay Grissom

Fee: \$20

Tue., March 6 708910-04 6:30 – 8:30 PM

Tue., March 27 708910-05 6:30 – 8:30 PM

EXPERIENCE THE INTERNET

Expand your Internet skills using search engines, exploring popular websites, managing favorites/bookmarks plus new ways to use the internet around the home.

Instructor: Judy Sherman

Fee: \$20

Mon., April 16 708913-04 6:30 – 8:30 PM

Mon., May 7 708913-05 6:30 – 8:30 PM

MAKE YOUR OWN MOVIES

Create a movie which can be played on a computer, tablet, smart phone, or uploaded to the Internet. Use your own photos and videos, add music or your own audio narrative, then apply

interesting transitions and on-screen titles.

Instructor: Lori Quinn

Fee: \$30

Mon., Feb. 19 708914-02 6:30 – 9:30 PM

PINTEREST

Get the creativity juices flowing by following fellow pinners from all over the world, seeing their clever ideas: from food to crafts to decor to home repairs. Bring your smart devices if you have one.

Instructor: Lori Quinn

Fee: \$30

Mon., April 9 708915-04 6:30 – 9:30 PM

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.

Instructor: Lori Quinn

Fee: \$20

Mon., March 26 708917-03 6:30 – 8:30 PM

HEAR WHERE YOU ARE GOING

Map apps give you everything you need to get where you're going and find interesting places along the way. They can tell you where you are, which restaurants/banks/gas stations are nearby, how to avoid traffic, and provide audible turn-by-turn directions. Bring your iPhone 5, 6, or 7 to class.

Fee: \$20

Instructor: Lori Quinn

Sat., March 17 708921-03 12:30 – 2:30 PM

KODAK IS DEAD

Moving from paper photos to electronic files has many advantages, including ease of sharing and eliminating all physical storage of photos. Learn a few ways to easily transfer images to your computer. Then organize, tag them, and easily

search. Bring your Apple device, its charging cable, and about 50 old (paper) photographs.

Fee: \$30

Instructor: Lori Quinn

Mon., April 23 708919-04 6:30 – 9:30 PM

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 and interesting apps will be discussed. Bring your iPhone 5, 6, or 7 to class.

Fee: \$20

Instructor: Lori Quinn

Mon., March 5 708920-03 6:30 – 8:30 PM

WHAT IS YOUR CHILD DOING ON THE INTERNET?

The opportunities kids have to socialize online come with benefits and risks. Adults can help reduce those risks by talking to kids about making safe and responsible decisions but they first need to recognize the many ways that kids access information and how strangers gain access to the kids. This class addresses current-day apps on smart devices that your child may use. A discussion will follow on what to look for, what apps should not be used and why, and suggestions on safety techniques.

Fee: \$20

Instructor: Gay Grissom

Tue., April 3 708912-04 6:30 – 8:30 PM

USING YOUR IPHONE

Learn basic settings on your iPhone: adjusting the sound volume, texting, using Notes, instructing Siri, ideas for saving battery life, tips about using the phone feature, and discuss backing up your iPhone to your computer and the cloud. Bring your iPhone 5, 6, or 7 to class.

Fee: \$20

Instructor: Beverly Savage

Thur., March 8 708907-03 6:30 – 9:30 PM

Thur., April 12 708907-04 6:30 – 9:30 PM

Location: The REC

Ages: 18+

For updated class information, visit GoGrapevine.com or contact Lori Quinn at Lori@LoriQuinn.com

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 such as the balance beam.

Location: The REC * **Ages:** 3-5

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

Instructor: Gypsy Mishoe

Note: Class 708205 will not be held in July. Class 708205-6A is only held in June.

Tue. 708205-6A 3:30 - 4:15 PM

Tue. 708205 4:15 - 5:00 PM

BEGINNING GYMNASTICS I

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

Location: The REC * **Ages:** K - 7

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

Instructor: Gypsy Mishoe

Note: Class will not be held in July.

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, hand stands and backbends. Students will also be introduced to the balance beam and vault.

Location: The REC * **Ages:** 8 - 12

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

Instructor: Gypsy Mishoe

Note: Class will not be held in July.

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 Back bend 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): \$35 Mem / \$45 Non-mem

Instructor: Gypsy Mishoe

Note: Class will not be held in July.

Tue. 709328 5:00 - 5:45 PM

CHEER FUN-DAMENTALS

ABCs and 123s are the foundation for all learning. Motions, Jumps, flexibility and strength are the foundations of cheerleading. Each of these principles is important for your youngster. Cheerfundamentals is designed to instill a love of physical fitness, poise and self-confidence using cheer and dance as a tool.

Location: The REC * **Ages:** 5-10

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

Instructor: Gypsy Mishoe

Note: Class will be held in June only.

Tue. 709142-06 3:30 - 4:15 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: \$45 Mem / \$55 Non Mem (Per Session)

Instructor: Soccer Sparks, USSF National Level Coach

Phone: 469.878.8550

Email: stars@soccersparks.com

Dates: Session 02: Feb. 5 - 26

Session 03: March 19 - April 9

Session 05: April 30 - May 21

Age group:

2-3 yrs Mon. 708417 4:00 - 4:30 PM

(30 min class - Parent & Child class)

4-5 yrs Mon. 708418 4:30 - 5:15 PM (45 min class)

6-9 yrs Mon. 708419 5:15 - 6:00 PM (45 min 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 yrs

Fee (monthly): \$45 Mem / \$55 Non-Mem

Instructor: Jo-Ann Ingram

Email: joann_dancers@sbcglobal.net

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

Tue. 708403 10:45 – 11:30 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): \$30 Mem / \$40 Non-Mem

Instructor: Jo-Ann Ingram

Email: joann_dancers@sbcglobal.net

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

Mon 708404 9:30 – 10:00 AM

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. Please bring a snack.

Location: The REC • **Ages:** 3 – 5 yrs

Fee: \$99 Mem / \$109 Non-mem

Instructor: Rare Learning

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 or parents must stay on premises.

Sessions: *03-Feb. 27-Mar. 29 (no class wk of Spring Break). 04-Apr. 3-26, 05-May 1-24, 06-June 5-28.

Tue., Thur. 708315 9:30 AM – 12:00 PM

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	\$55	708201
Ballet/Tap for Pre-School	3-5 yrs	Mon. 10:45 - 11:25 AM	Jo-Ann Ingram	\$55	708202
Ballet/Tap for Pre-School	3-5 yrs	Tue. 10:00 - 10:40 AM	Jo-Ann Ingram	\$55	708301
Ballet/Tap	3-5 yrs	Thur. 3:45 - 4:25 PM	Jo-Ann Ingram	\$55	708509
Ballet/Tap	5-7 yrs	Thur. 4:30 - 5:10 PM	Jo-Ann Ingram	\$55	708510
Ballet/Tap for Pre-School	3-5 yrs	Thur. 5:15 - 5:55 PM	Jo-Ann Ingram	\$55	708511
Ballet/Tap	6-12 yrs	Thur. 6:00 - 6:40 PM	Jo-Ann Ingram	\$55	705503
Ballet/Tap for Pre-School	3-5 yrs	Sat. 10:00 - 10:40 AM	Little Dancer's Instructor	\$55	708701
Ballet/Tap	6-12 yrs	Sat. 10:45 - 11:25 AM	Little Dancer's Instructor	\$55	705700
*Jazz/HipHop	6-12 yrs	Sat. 11:30 AM - 12:15 PM	Little Dancer's Instructor	\$55	708700

Ms. Jo-Ann's classes are progressive, with a formal spring recital in May (TBA). Additional Information: Siblings receive \$5 discount.

****Note:** Please pay close attention to session lengths and dates when signing up. Prices will be adjusted accordingly. Ballet shoes, leotards and tights required for all dance classes. Tap shoes required for tap classes.



SUMMER CAMPS

GARDENER CAMP: JUNIOR HORTICULTURIST

What are plants and why are they important? During this four-day camp, students will learn the basics of horticulture through interactive instructions and hands on plant based activities. Each day will include different areas of the plant science world including insects and what their jobs are in nature, vegetable gardening, the importance of composting and more.

Location: Grapevine Botanical Gardens, Pewitt Pavilion

Fee: \$85 Mem / \$95 Non-Mem

Ages: 7 - 10

June 18 - 21, 9:00 - 11:00 AM 709012-05

LITTLE GARDENER CAMP: BUGS

Each day centers around a bug that campers will learn more about: butterflies, crickets, ladybugs and ants. Each day will begin with story time, then campers will do a hands on craft activity, stroll the garden and feed the Koi Fish.

Location: Grapevine Botanical Gardens, Pewitt Pavilion

Fee: Mem \$85 / Non Mem \$95

Ages: 4 - 6

July 16 - 19, 9:00 - 11:00 AM 709011-05

PING PONG CAMP

This camp offers the perfect opportunity for your camper to learn and play table tennis. The camp activities will include basic skill training, match practice and game tactics. All training will be tailored for kid's level of play and advanced players.

Location: The REC

Ages: 6 - 17

Fee: Mem \$155 * Non Mem \$165

Jun 4 - 8, 1:00 - 3:00 PM 709027 - 06

Jul 16 - 20, 1:00 - 3:00 PM 709027-07

Jul 30 - Aug 3, 1:00 - 3:00 PM 709027-08

Fee: Mem \$155 / Non Mem \$165

Instructor: Grapevine Ping Pong Club Instructor

Additional Info: gppctx@gmail.com or call 817-372-0819

JO-ANN'S LITTLE DANCERS BALLET/TAP DANCE CAMP "HAWAIIAN HULLABALOO"

Your little dancer will experience a tropical themed week full of dance, Hawaiian arts and crafts along with assembling and eating a fruit kabob!

Ages: 3 - 5 years

June 11 - 15, 10:30 AM - 12:00 PM 703978-06

Ages: 6 - 12 years

June 11 - 15, 12:30 - 2:00 PM 703977-06

Fee: Mem \$130 / Non Mem \$140

Instructor: Jo-Ann Ingram

Additional Info: Students should wear a leotard and tights, along with their tap and ballet shoes to class in a backpack or dance bag.

BALLET/TAP DANCE CAMP "BIBBITY-BOBBITY-BOO"

Cinderella themed week full of dance, arts and crafts and a bit of tumbling to. Dancers will receive a tutu and hair accessories for the Friday show to take home.

Ages: 3 - 5 years

July 9 - 13, 10:30 AM - 12:00 PM 703978-07

"OOOH LA LA" PARIS

Experience a European culture through music, food, fashion and historical landmarks. Your little dancer will learn two dance routines, do arts and crafts, and other activities to enrich their dreams of travel. Dancers will receive a tutu for the Friday show to take home.

Ages: 6 - 12 years

July 9 - 13, 12:30 - 2:00 PM 703977-07

Fee: Mem \$130 / Non Mem \$140

Instructor: Jo-Ann Ingram

Additional Info: Students should wear a leotard and tights, along with their tap and ballet shoes.

CAMP ROCK!

Campers will learn how to play music together using instruments such as piano, drums, percussion, vocals, ukulele, mandolin and banjo. Campers will have fun with music-themed games and learn how to make their own recordings and music videos. All levels of experience are welcome from beginner to advanced.

Location: The REC • **Ages:** 7 - 17

Fee: Mem \$135 / Non Mem \$145

Instructor: Kevin Nassiff

Additional Info: texasguitarville@gmail.com

Jun 11-15 705204 - 06 9:00 AM - 12:00 PM

Jun 18-22 705204 - 6A 1:00 - 4:00 PM

Jul 9-13 705204 - 07 9:00 AM - 12:00 PM

Jul 16-20 705204 - 7A 1:00 - 4:00 PM

Jul 30-Aug 3 705204 - 08 9:00 AM - 12:00 PM

Aug 6-10 705204 - 8A 1:00 - 4:00 PM

SOCCER SPARKS CAMP

Soccer Sparks offers participants the opportunity to learn and develop fundamentals and more advanced soccer skills through a variety of drills, fun games and training sessions. Emphasis is placed on attaining maximum potential through respect and enjoyment of the sport. Participants will receive a free Soccer Sparks t-shirt.

Location: The REC • **Ages:** 6 - 12

Participants will be separated into two age groups (6-8 & 9-12 yrs)

Fee: Mem \$80 / Non Mem \$90

Instructor: Sparks Instructor

Additional Info: stars@soccersparks.com

Jun 18 - 21, 703903 - 06 9:00 - 11:00 AM
Jul 16 - 19, 703903 - 07 9:00 - 11:00 AM

EN GARDE! FENCING CAMP

En Garde! Campers will learn the exciting sport of Olympic fencing in a fun week long program. Fencing is a safe, individual sport that improves concentration, agility, strength and self-esteem. Students will be provided with equipment and the basic skills to become a modern day musketeer!

Location: The REC Ages: 8 - 14

Fee: Mem \$99 / Non Mem \$109

Instructor: Janos Gasparin

Additional Info: please contact gasparinfencing@outlook.com or go to gasparinfencing.com

July 23 - 27, 706199-07, 10:00 AM-12:00 PM

July 30-Aug 3, 706199-08, 10:00 AM-12:00 PM

GIGI'S COOKING & CRAFT CAMP

Imagine the fun your little chef and artist will have expressing themselves through cooking and crafts! Campers will have a blast making messy masterpieces! Each camp day will have a different theme: Summer Fun, Camping, Pirate Day and Crazy Carnival. We will make beach cupcakes, campfire and gold coin cookies, silly skuids, funnel cakes and much more. We will also make a craft to go with each theme: Camping lanterns, tent picture frames, Gigi's camp journal, pirate hats, swords, beach placemats and we will play games with prizes.

Location: The REC Ages: 4 - 8

Fee: Mem \$185 / Non Mem \$195

Instructor: Delaine Votruba

Additional Info: Classes formerly Lil' Chefs & Kreative kids.

June 26 - 29, 708409 - 05 1:00 - 4:00 PM

EVERYTHING CHOCOLATE

Love chocolate? Why not spend a week making so

much chocolate you'll bring home enough to share! In this class, you will become skilled in making and decorating chocolates. You will create (and decorate) filled chocolates, dipped chocolates, and dropped chocolates. You will create edible pieces, including peanut butter cups, coconut haystacks, peanut drops, chocolate sculptures and much more.

Location: The REC Ages: 6 -12

Fee: Mem \$160 / Non Mem \$170

Instructor: Little Studios Instructor

Jul 16-20, 703990-07, 10:00 AM - 12:00 PM

GLAMOUR GIRLS

Butterfly wing toenails and shimmery lip balm - do these sound like your glamour style? Yes, then spend a week creating handmade beauty products that you will get to take home. Crafts will include making your own shimmery, scented lip balm, fizzy bath bombs, hand soap, glitter nail polish and a beauty box to store everything in. Not only will you make personalized beauty products, but you will also begin each morning painting your toenails learning beautiful nail techniques.

Location: The REC Ages: 6 -12

Fee: Mem \$160 / Non Mem \$170

Instructor: Little Studios Instructor

Jul 30-Aug 3, 703995-08, 10:00 AM - 12:00 PM

VOLLEYKIDS VOLLEYBALL CAMP

VolleyKids is not strictly designed for the game of volleyball, but is designed to encourage players to participate in sports while working big muscles and training their eye-hand coordination encouraging team work and having fun. Basic concepts that are covered will include passing, setting, foot work, agility, serving and hitting. This is a great program to prepare athletes of all sizes and athletic skills for the next level. Get your young one involved in the fun, growing game of volleyball. Each camper will receive a camp t-shirt.

Location: The REC Ages: 4 -12

Fee: Mem \$110 / Non Mem \$120

Instructor: Danielle Fortune

Ages: 4 - 7

Jun 11 -15 703500-06, 10:30 AM - 12:00 PM

Jul 23 -27 703500-07, 10:30 AM - 12:00 PM

Ages: 8 - 12

Jun 11-15, 703501-06, 12:30 - 2:00 PM

Jul 23-27, 703501- 07, 12:30 - 2:00 PM

DIGITAL PHOTOGRAPHY CAMP

Digital photography camp by Rare Learning is a specialized program that will introduce the student to the art of photography. Students will have the opportunity to learn about the introductory aspects of digital photography including composition, lighting a subject, use of lenses and digital editing.

Location: The REC Ages: 9-15

Fee: Mem \$149 / Non Mem \$159

Instructor: Rare Learning

Phone: 972.567.1771

Email: info@rarelearning.com

June 18-22 703926-06 1:00 - 4:00 PM

July 23-27 703926-07 1:00 - 4:00 PM

FILM MAKING CAMP

This is a four day video production camp that teaches digital video filming, editing and production techniques. It is designed to generate an interest in critical observation and communications by engaging 9-15 year olds in film-making projects. Students will complete a film for the parents on the last day.

Location: The REC Ages: 9-15

Fee: Mem \$149 / Non Mem \$159

Instructor: Rare Learning

Phone: 972.567.1771

Email: info@rarelearning.com

June 11-15 703931-06 1:00 - 4:00 PM

July 9-13 703931-07 1:00 - 4:00 PM





ART CAMP

In this camp students will learn to mix colors and make a color wheel, worth with water colors and acrylic paints as a group directed by the instructor. Subjects such as flowers, landscapes, and animals will be drawn/painted.

Location: The REC • **Ages:** 6-12

Fee: Mem \$140 / Non Mem \$150

Instructor: Rexana Ostuni

Note: All supplies will be furnished.

June 18-22 703975-06 10:00 AM - 12:00 PM

July 23-27 703975-07 10:00 AM - 12:00 PM

TAE KWON DO CAMP (NEW)

Tae Kwon Do, a Korean martial art, is fun and improves flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. The camp will introduce basic skills and use agility exercises. Students will be provided the equipment needed for the class.

Location: The REC

Fee: Mem \$99 / Non Mem \$109

Instructor: Grand Master Kim Davis, 7th Dan

Ages: 6-11

June 18-22 703900-06 12:30 - 2:30 PM

July 16-20 703900-07 12:30 - 2:30 PM

Ages: 12-17

June 18-22 703901-06 3:00 - 5:00 PM

July 16-20 703901-07 3:00 - 5:00 PM

STICK FIGHTING (NEW)

Senkotiros arnis (stick fighting) is a Philippine art using 5 basic strikes combined with defense shielding and disarming skills. Training matches skills to the student's ability. Prior martial art training is not needed. Students will use sticks and dull surfaced practice weapons during

training classes. Students will be provided equipment needed for the camp.

Location: The REC **Ages:** 12-17

Fee: Mem \$99 / Non Mem \$109

Instructor: Lakan Isa Kim Davis

June 11-15 703902-06 12:30 - 2:30 PM

July 9-13 703902-07 12:30 - 2:30 PM

KARATE CAMP (NEW)

PRESCHOOL

Wiggly preschooler? We can focus those wiggles and teach them how to control that energy! They will be taught punches, kicks and how to block strikes from two experienced instructors from Legends Martial Arts. There will be lots of fun activities such as hitting targets, games to help teach them control, and at the end of the week they will be able to break a board!

Location: The REC **Ages:** 3 - 5

Fee: \$65 Mem / \$75 Non-mem

Instructor: Legends Martial Arts Instructor

June 25 - 29 703904-06 10:00 - 11:00 AM

July 23 - 27 703904-07 10:00 - 11:00 AM

Aug. 6 - 10 703904-08 10:00 - 11:00 AM

ELEMENTARY AGE

Have you ever wanted to fight like a real ninja? Has your child ever wanted to learn how to defend themselves? This camp will teach them in advanced self-defense techniques, help them get stronger, and help boost their confidence! They will be taught by two expert karate instructors from Legends Martial Arts.

Location: The REC **Ages:** 6 - 11

Fee: \$105 Mem / \$115 Non-mem

Instructor: Legends Martial Arts Instructor

June 25 - 29

703905-06 1:00 - 3:00 PM

July 23 - 27

703905-07 1:00 - 3:00 PM

Aug. 6 - 10

703905-08 1:00 - 3:00 PM

ABRACADABRA (MAGICIAN CAMP)

Master simple sleight-of-hand and illusion effects to amaze your family and friends. This beginner magic course is taught by professional magicians from The Illusion Warehouse magic shop in Ft. Worth. A combination of magic tricks that use everyday objects from around the home as well as effects from the magic shop will be taught. The course helps children learn presentation and theatrical skills, and the ability to speak and perform in front of a live audience. On the last day, students will perform a magic show using the tricks and skills they learned during camp.

Location: The REC **Ages:** 8-12

Fee: Mem \$150 / Non Mem \$160

Instructor: Bruce Chadwick

Note: Each camper will get to take a beginner's Magician's kit home with them.

July 9-13 703972-06 9:00 - 11:00 AM

SPARTAN KID CAMP (NEW)

Get your kid in Spartan shape this summer! Lots of running, crawling and jumping as well as team building and conditioning exercises! All while having fun! Kid athletes will benefit! Please have your Spartan bring water and a towel to camp.

Location: The REC **Ages:** 11-17

Fee: \$65 Mem / \$75 Non-mem

Instructor: James Oliver

NASM Certified Personal Trainer

June 11-15 703902-06 8:00 - 9:00 AM

July 9-13 703903-07 8:00 - 9:00 AM

TEEN C.A.M.P.

CHARACTER AWARENESS WHILE MOTIVATING YOUNG PEOPLE

Join our friendly staff as campers enjoy a fun filled summer by going on fun trips throughout the DFW area. This camp is designed to help mold young adults into leaders all while having fun at the same time. As a team, working together, campers will do one community service project a week. This will help build team work, character, community spirit and awareness, caring hearts, responsibility and much more.

The Teen Camp van will leave for field trips by 9:00 AM and return around 4:00 PM. Campers can be dropped off between 7:30 – 9:00 AM and picked up between 4:00 – 6:00 PM. During this time campers can hang out in our game room until heading out for the day or waiting to be picked up at the end of the day. Please provide your teen with lunch money or a packed lunch.

The admission for each field trip is included in the registration fee. Field trips will include: Six Flags, Main Event, Texas Rangers Game, Ft. Worth Zoo, Skate Town, Perot Museum, Dallas Aquarium, Mountasia, Summit Rock Climbing, Planetarium, Hawaiian Falls, Grapevine Mills Mall, Bass Pro, Cabelas, Nickel Mania, Glade Pool, Dove Water Park, Ft. Worth Museum of Science & History, the Movies and much more!!! Parents will receive a weekly schedule of trips for that week on the Friday before. *All trips are subject to change.

Ages: 12-15 yrs

Fee: Mem \$ 185 / Non Mem \$195

Additional Info: Each camper must purchase at least one camp t-shirt (\$10) for field trips. There will be no Camp on Wednesday, July 4th. The REC will be closed in observance of Independence Day.

June 4 - 8, 9:00 AM – 4:00 PM, 709002-01

June 11 - 15, 9:00 AM – 4:00 PM, 709002-02

June 19 - 22, 9:00 AM – 4:00 PM, 709002-03

June 25 - 29, 9:00 AM – 4:00 PM, 709002-04

*July 2 - 6, 9:00 AM – 4:00 PM, 709002-05

July 9 - 13, 9:00 AM – 4:00 PM, 709002-06

July 16 - 20, 9:00 AM – 4:00 PM, 709002-07

July 23 - 27, 9:00 AM – 4:00 PM, 709002-08

July 30 - Aug 3 9:00 AM – 4:00 PM, 708002-09

Aug. 6 - 10 9:00 AM – 4:00 PM, 709002-10

THE REC SUMMER CAMP 2018

This is the best way to spend your summer. Campers are led in activities planned for them each week. Campers will be taken on an offsite field trip twice a month. On weeks when there is not a field trip scheduled campers will get to enjoy different events that we will bring in (Crittman, Video Game Truck, Kona Ice, Magic show, Camp Cook-out). Campers will also be able to swim M-W-F in our indoor water park. Two classes per session, meet five times per week (M-F). Campers must sign up for both sessions in order to attend all day. Get ready for the best summer ever!

Note: Camp t-shirts are \$10 per shirt and will be sold during camp. Camp t-shirts are required to go on field trips. Campers must bring a sack lunch if staying the entire day. Please provide your camper with a daily snack. Campers should not be dropped off before 7:30 AM. There will be no camp on July 4. *Meet the staff night is Thursday, May 31 from 7:00 – 9:00 PM at The REC.

Location: The REC

Ages: 7 – 12 yrs

Fee: \$205 Mem / \$215 Non-Mem

August (pro-rated fees)

Fee: \$185 Mem / \$195 Non-Mem

Jun 4 – 29, 703924-06 7:30 AM – 12:30 PM

Jun 4 – 29, 703925-06 1:30 AM – 6:00 PM

Jul 2 – 27, 703924-07 7:30 AM – 12:30 PM

Jul 2 – 27, 703925-07 1:30 AM – 6:00 PM

July 30 – Aug. 17, 703924-08 7:30 AM – 12:30 PM

July 30 – Aug. 17 703925-08 1:30 AM – 6:00 PM

THE REC SPRING BREAK CAMP

Not going out of town for Spring Break? Need something for your child to do? Why not sign up for The REC Spring Break Camp! Campers will participate in fun activities throughout the week and will go on two planned field trips. Campers will also be able to swim in our indoor Water Park.

Ages: 7 – 12

Dates: March 12 - 16

Times: 7:30 AM – 6:00 PM

Fee/Code: \$110 Mem / \$120 Non-Mem

Code: 703924-03

Additional Info: All campers must bring a lunch, bathing suit and towel.





MAD SCIENCE CAMPS 2018

MISSION: INVESTIGATION

Does your camper have a creative mind? This camp will inspire the hidden inventor inside all of us! Each day campers will overcome a set of challenges using their mind and creativity. Investigate the awesome inventions created before modern science began.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

Jun 4 - 8 703928-06 9:00 AM - 12:00 PM

SECRET AGENT LAB

Learn to spy - oh, my! James Bond? MacGyver? Do you have what it takes to discover "who done it"? If so, this camp is for you! Explore secret communications, detective crime science, inner workings of our cells and cool chemistry.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

Jun 4 - 8 703914-06 1:00 - 4:00 PM

BUBBLES, SMOKE, EXPLOSIONS

Have fun with chemistry at an exciting camp! Make a crystal garden and synthesize your own slime. Learn about our solar system, making a comet with everyday items. Have a shocking time with a Van de Graaff generator and experience lighting up close!

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

June 11 - 15 703913-06 9:00 AM - 12:00 PM

EARTH: THE AMAZING PLANET (NEW)

Where kids can... track scents through trails, relay on a "lunar" site, play "perfect" baseball... all

while their imaginative learning is sparked. Over the next five days we will empower our young scientists as young Geologists, Naturalists, Sport Coaches, Astronauts and more!

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

June 11 - 15 703929-06 1:00 - 4:00 PM

MAD PLANETEERS!

Science is all around us: deep in the earth to high in the sky! Protect our awesome planet, make recycled paper and experiment with pollution solutions. Investigate animals and make a cast of an animal footprint to keep.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

June 18 - 22 703994-06 9:00 AM - 12:00 PM

RED HOT ROBOTS

Join us in red-hot robot exploration! Discover inner workings of robots, experiment with circuits, sensors and power supplies. Explore sound sensing, line tracking and solar power robots. Build your own robot to keep!!

Location: The REC Ages: 7 - 11

Fee: Mem \$180 / Non Mem \$190

Instructor: Mad Science

June 18 - 22 703985-06 1:00 - 4:00 PM

July 23 - 27 703985-07 1:00 - 4:00 PM

SPYING SCIENCE

Join in CSI style forensics in a hands-on look at crime scenes. Identify and collect evidence from fingerprints to trash! Recreate the scene of a crime using clues. Detect suspects using science in this investigation into the science of sleuthing.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

June 25 - 29 703986-06 9:00 AM - 12:00 PM

EUREKA! MASTERMINDS GALORE!

While Thomas Edison said invention is 10% inspiration and 90% perspiration, this camp is 100% fun! With a little ingenuity, campers overcome challenges using basic materials, simple machines, tips from famous inventors and most important-their MINDS.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

June 25 - 29 703993-06 1:00 - 4:00 PM

NASA - ACADEMY OF SPACE EXPLORERS!

Blast-off your knowledge of flight! This camp is an exciting study on rockets. Campers build their own rockets and planes, experiment with propulsion systems, launch and recover rockets! Each day campers create amazing things to take home.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

Note: No class Wednesday, July 4

July 2 - 6 703991-06 9:00 AM - 12:30 PM

CAMP NASA - YOUNG ASTRONAUTS!

It's a bird! It's a plane! No, it's everything from the earliest flying machine to the first rocket flight. Mad Science invites you to launch your knowledge of rockets. This is your chance to be a rocket scientist as you build your very own rocket.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

Note: No class Wednesday, July 4

July 2 - 6 703987-06 1:00 - 4:30 PM

LEGO BRIOLOGY ENGINEERS!

Build a different LEGO project, inspired by an engineering theme, in each class. Explore engineering fields including mechanical, structural, aerospace, nautical and bioengineering.

Use critical thinking, cooperation and creative problem solving to test and improve creations. Experience extended learning with a take home toy to reinforce each concept.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

July 9 - 13 703998-06 9:00 AM - 12:00 PM

MY FIRST STEM LAB!

Take a new look at the world around you during this exciting summer camp! Learn how to create codes so you can pass secret messages, protect the planet, understand how to eat like different animals and learn about space during class.

Location: The REC Ages: 3 - 5

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

July 9 - 13 703982-06 1:00 - 4:00 PM

MAD MACHINES & CRAZY CONTRAPTIONS!

Creative contraptions warning! Inspire the scientist in you in a camp designed by you - the inventor! Each day, overcome a series of challenges using your mind. Investigate the awesome inventions created before modern science began.

Location: The REC Ages: 6 -10

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

July 16 - 20 703916-06 9:00 AM - 12:00 PM

(NEW) ADVANCED ROBOTICS WITH LEGOS MINDSTORMS

Campers age 10 -12 learn the history of robotics, from literature to engineering advancements. They form robotics teams to brainstorm and design specialized robots. These junior roboticists explore mechanical aspects as well: gear ratios, torque and pneumatics.

Location: The REC Ages: 10 -12

Fee: Mem \$155 / Non Mem \$165

Instructor: Mad Science

July 16 - 20 703997-06 1:00 - 4:00 PM

ROBOT MANIA

Learn all about robotics in our world today and how technology will continue to affect our future! Discover robots of all kinds: sound-sensing, line-tracking, amphibious, even soccer-playing. During camp, build your very own working robot to keep!

Location: The REC Ages: 7 - 11

Fee: Mem \$180 / Non Mem \$190

Instructor: Mad Science

July 23 - 27 703918-06 9:00 AM - 12:00 PM



YOUTH TECH

ANIMATION

In this camp students will learn the basics of animation and digital design. Students who enjoy going to various sites to see fun interactive animations will love this course. If you have a creative imagination and want to make things move this camp is for you. Students will create fun interactive animations that they can share with the world.

Location: The REC * Ages: 10-17 yrs.

Fee: \$165 Mem / \$175 Non-mem

Instructor: Youth Tech Inc.

www.youthtechinc.com

June 18 - 21 9:00 AM-12:00 PM 703987-06

VIDEO GAME DESIGN

This camp provides students with a fun interactive look at the world of video game design and development. Students enrolled in this camp will learn the basics of video game design and produce several different interactive video games to share with their friends and family.

Location: The REC Ages: 10-17 yrs.

Fee: \$175 Mem / \$185 Non-Mem

Instructor: Youth Tech Inc.

www.youthtechinc.com

Jun 18 - 21 703921-06 1:00 - 4:00 PM

Jul 9 - 12 703921-07 1:00 - 4:00 PM

IGAME CREATOR (NEW)

Want to create video games? This is an introductory course for younger students who want to learn to build simple video games. This camp combines the art of video game design and animation to create interactive characters that fly around the screen. Amaze your friends and family with your fun interactive games.

Location: The REC Ages: 6 -12

Fee: Mem \$130 / Non Mem \$140

Instructor: Youth Tech Inc.

Website: www.youthtechinc.com

Jun 25 - 28 703917-06 10:00 AM - 12:00 PM

WEB DESIGN & DEVELOPMENT

This camp provides an in-depth look at the world of web design and development. Students enrolled in this camp will learn how to build their own website from start to finish using an award winning suite of products. Students will have access to their website with free hosting for one year.

Location: The REC * Ages: 10-17 yrs.

Fee: \$160 Mem / \$170 Non-mem

Instructor: Youth Tech Inc.,

www.youthtechinc.com

June 25 - 28 1:00 - 4:00 PM 703920-06

THE GAMING ACADEMY

The gaming academy is an all day camp for students who love games. During this camp students will immerse into the world of 2D and 3D game design. The gaming academy is a combination of our Video Game Design, Advanced Gamed Design and 3D Game Design Camps. This camp offers students a variety of hands on experience designing and building their very own games. Students are encouraged to bring a sack lunch.

Location: The REC * Ages: 10-17 yrs.

Fee: \$310 Mem / \$320 Non-mem

Instructor: Youth Tech Inc.,

www.youthtechinc.com

Note: No class Wednesday, July 4

July 2 - 6 9:00 AM - 4:00 PM 703938-06

ICODE (NEW)

This camp offers younger students a fun, interactive look at coding. Students will



create virtual apps and write their own programs that they can share with friends and family. This camp makes learning to code fun and explores solving and programming.

Location: The REC Ages: 6 -12

Fee: Mem \$130 / Non Mem \$140

Instructor: Youth Tech Inc.

Website: www.youthtechinc.com

Jul 9 - 12 703930-06 10:00 AM - 12:00 PM

ARCADE STYLE GAMES

This class is a great follow up course to iGame Creators. This class gives students a look at online game development and puts them in the driver's seat of simple game creation. Students in this course will develop online games including arcade style, platform and other interactive games that they can publish and share online.

Location: The REC * Ages: 10-17 yrs.

Fee: \$165 Mem / \$175 Non-mem

Instructor: Youth Tech Inc.,

www.youthtechinc.com

Aug 6 - 9 9:00 AM - 12:00 PM 703923-06

ROBOTICS - BATTLE BOTS

This camp offers hands-on opportunities to build and program robots. Working in small teams, students will design robotic systems to compete in fun real-world activities. Each day will a new challenge, and your team's robot will have to morph to better adapt and compete. Students will compete in the battle of the bots competition at the end of the camp to prove their robot is the best. This class is perfect for the student who has a big imagination and likes to build things.

Location: The REC * Ages: 10-17 yrs.

Fee: \$165 Mem / \$175

Instructor: Youth Tech Inc.,

www.youthtechinc.com

Aug 6 - 9 1:00 - 4:00 PM 703922-06

EXCURSION CAMP

This camp is designed for the adventurer inside everyone us. This camp will take each participant on a different excursion each day. Please have your camper at the location of the excursion 15-20 minutes before the start so that they can be checked in. Campers need to wear the appropriate attire for each day. Space will be limited so register early. Get ready for a week of adventure and fun!

TOP GOLF

Monday, 9:00 AM - 12:00 PM

3760 Blair Oaks Dr. The Colony, TX 75056

Ever wanted to learn how to play golf, but didn't want to have to play 18 holes? On this adventure you can learn without having to lug that heavy bag of clubs around and walk all of those holes. We will be providing transportation for this excursion. Campers will meet and be picked up at The REC located at 1175 Municipal Way.

KAYAKING

Tuesday, 9:00 AM - 12:00 PM

Meadowmere Park, 3000 Meadowmere Grapevine, TX

Kayaking is a fast growing and diverse sport that all ages can learn. In this one day adventure campers will learn basic kayaking. Camper's will learn six strokes to move your kayak in any direction. They will also learn safety on the water, how to transport, carry and enter/exit the boat and most importantly, how to get back in if you fall out! Classes taught by American Canoe Associated certified instructors. All boats and gear are provided. Please wear appropriate attire for getting wet.

PADDLE BOARDING

Wednesday, 9:00 AM - 12:00 PM

Meadowmere Park, 3000 Meadowmere Grapevine, TX

This intro to stand up paddle boarding will provide you

with basic techniques needed to safely paddle, stand up and balance. We will cover wind, weather and water conditions. You will learn turning, sculling, drawing and multiple paddle techniques. In addition we'll discuss board selection and paddle sizing. You will leave the lesson with all the skills necessary to paddle with confidence. Please wear appropriate attire.

SUMMIT CLIMBING

Thursday, 9:00 AM - 12:00 PM (1040 Mustang Dr. Grapevine, TX)

This camp excursion will teach campers all about rock climbing. Campers will learn climbing skills such as technique, gear usage and safety, climbing routes, bouldering and strength/endurance. Many other life skills will be influenced as well, such as team work, problem solving, trust, concentration and communication.

MAIN EVENT

Friday, 9:00 AM - 1:00 PM (407 West State Hwy 114 Grapevine, TX)

Campers will learn bowling FUNDamentals and have 1.5 hours of bowling fun. Bowling shoes will be provided. Campers will also get to play laser tag, video games and other activities will be available for the campers. Each camper will receive a cool camp t-shirt and lanyard. Lunch will be provided to all campers: entrée, drink & cookie (build your own pizza).

REGISTRATION INFO:

Location: Different locations as scheduled *

Ages: 9 - 16 yrs

Fee: \$180 Mem / \$190 Non-mem

Additional Info: Please wear appropriate attire for each excursion. Friday's excursion is 9AM - 1PM and lunch will be provided. Life jackets will be required and provided for paddle boarding and kayaking. Days for the excursions are subject to change during the week. If this happens all campers will be notified.

June 18 - 22, 703973-0, 9:00 AM - 12:00 PM

July 16 - 20, 703973-07, 9:00 AM - 12:00 PM

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 GOGRAPEVINE.COM

RAINOUT HOTLINE: 817.410.3475 AFTER 3:30 PM

REGISTRATION INFORMATION

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)

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 team)

Spring Opening Day: March 24 at Oak Grove Ballfield Complex

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

Early Registration: Dec 1, register early and receive \$10 off league fee

Registration: Jan 1

Late Registration: Feb 1, a late fee of \$25 will be added to league fee

BASEBALL DIVISION

	FEE
Blastball 4U	\$84
T-Ball 5-6U	\$115
Coach Pitch 7-8U	\$131
Mustang 9-10U	\$131
Bronco 11-12U	\$131
Pony 13-14U	\$131
Colt/Varsity 18U	\$157

SOFTBALL DIVISION

	FEE
Softball 4-6U	\$105
Softball 7-8U	\$115
Softball 9-10U	\$131
Softball 11-12U	\$131
Softball 13-15U	\$131



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 2018 Grapevine Baseball and Softball registration will open June 1.

Check gbsa.org for details.



The Fusion organization provides superior instruction, competition, and college exposure to athletes who desire to play softball at the highest level. The goal is to develop College-level caliber players capable of competing nationally, both on the field and in the classroom. For more information, visit TXFusionFastPitch.com.



We are very proud of our affiliation with The Dallas Raiders and all the great work they are doing with youth sports. The organization focuses on teaching young athletes the game of baseball, counseling them on how to successfully combine athletics and faith and advancing to the 'next level' of play, all while working with them to compete with the highest levels of integrity and character. For more information visit DallasRaiders.com or contact Admin@DallasRaiders.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 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

SPRING FIELDHOUSEUSA YOUTH BASKETBALL

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

Ages: Boys and girls K-11th Grade

Registration: Jan. 14-Feb. 14

Fees: Team: \$850 • Individual: \$120

Season Dates: March 10-May 13

Register at grapevine.fieldhouseusa.com or call 817.809.4466

SPRING FIELDHOUSEUSA YOUTH VOLLEYBALL

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

Ages: 1st-8th Grade

Registration: Jan. 14-Feb. 14

Fees: Team: \$450 • Individual: \$75

Season Dates: March 10 – May 13

Register at grapevine.fieldhouseusa.com or call 817.809.4466



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	Mar. 12-16 June 18-22 Jul. 9-13 Aug. 6-10	9:00 AM-12:00 PM	7-16 yrs	603921-I0 603921-II 603921-I2 603921-I3	TBA	\$150

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 (2018-2019 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

CHEERLEADING

Our mission is to provide our cheerleaders with the opportunity to make friends and have fun while learning about and participating in the noncompetitive sport of cheerleading. Cheer program is open to grades K-6th.

Season dates: Sept. through Nov.

Registration: GCYFA.org

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@gcisid.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

ADULT SPORTS



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

Register online at GoGrapevine.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.

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.

WINTER INDOOR COED VOLLEYBALL

DAYS	DIVISION	CODE	FEE
Wed.	COED "FOR FUN"	6I1404-I2	\$200/team
Wed.	Recreational	6I1504-I2	\$200/team

Game Site: TBA-GCISD facilities

Ages: 16 & up

Registration: Jan. 8-14

Late Registration: Jan. 15-22*

Season Dates: Jan. 31-Mar. 29. Schedules available online Jan. 24.

For more information, contact Andrea Tredaway at 817.410.3457.

SPRING SAND COED VOLLEYBALL

DAYS	DIVISION	CODE	FEE
Wed.	COED "FOR FUN"	6I1403-II	\$200/team
Wed.	Recreational	6I1503-II	\$200/team

Game Site: Dove Park Sand Court, 1509 Hood Lane

Ages: 16 & up

Registration: Mar. 5-18

Late Registration: Mar. 19-26*

Season Dates: Apr. 4- Jun. 14. Schedules available online Mar. 28.

For more information, contact Andrea Tredaway at 817.410.3457.

SPRING KICKBALL

DAYS	DIVISION	CODE	FEE
Mon.	COED Recreational	6I1701-II	\$375

Registration: Jan. 8-28

Late Registration: Jan. 29-Feb. 5*

Season Dates: Feb. 19-Apr. 30. Schedules available online Feb. 14.

NEW Game Site: Oak Grove Ballfield Complex, 2520 Oak Grove Loop South

For more information, contact Andrea Tredaway at 817.410.3457.

SPRING SOFTBALL UPDATE

Grapevine will not offer softball leagues during the Spring and Summer due to the renovations at Oak Grove Softball Complex. The Softball Complex is expected to re-open September of 2018 and will host a Fall 2018 season! Check out GoGrapevine.com for more details and updates throughout renovations.

WINTER FLAG FOOTBALL MEN'S 8 ON 8 LEAGUE

DAYS	CODE	FEE
Sun.	611103-12	\$365

Registration: Dec. 4-17

Late Registration: Dec. 18-Jan. 2*

Season Dates: Jan. 7- Mar. 4. Schedules available online Jan. 3.

For more information, contact Chris Wise at 817.410.3917.

SPRING FLAG FOOTBALL MEN'S 8 ON 8 LEAGUE

DAYS	CODE	FEE
Sun.	611103-13	\$365

Registration: Feb. 19-Mar 4

Late Registration: Mar. 5-12*

Season Dates: Mar. 18-May 20. Schedules available online Mar. 14.

For more information, contact Chris Wise at 817.410.3917.

SPRING FLAG FOOTBALL MEN'S 4 ON 4 LEAGUE

DAYS	CODE	FEE
Tues.	611303-12	\$285

Registration: Feb. 12-18

Late Registration: Feb. 19-26*

Season Dates: Mar. 6-Apr. 24. Schedules available online Feb. 28

For more information, contact Chris Wise at 817.410.3917.

MEN'S BASKETBALL

SPRING 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 Fieldhouse USA in Grapevine

Ages: 16 & older

Registration: Jan. 14-Feb. 14

Fees: \$500 per team (Half of team fees must be paid when registration closes, remaining balance due before the first game.)

Season Dates: Feb. 26-Apr. 23 with eight games and playoffs

Monday: Competitive League

Wednesday: Recreational League

Register at grapevine.fieldhouseusa.com or call 817.809.4466

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.



TENNIS



All tennis classes and activities take place at the Dove Park Tennis Courts, 1509 Hood Lane. Students need to bring a racket 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: 01, 02, 03, 04 / \$41

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: 01, 02, 03, 04 / \$84

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: 01, 02, 03, 04 / \$84

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: 01, 02, 03, 04 / \$84

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: 01, 02, 03, 04 / \$84

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: 01, 02, 03, 04 / \$84

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.,

7:00 - 8:25 PM 710354 \$168

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: 01, 02, 03, 04 / \$84

Day / Time / Code: (lower courts)

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

ADULT ADVANCED BEGINNER

Ages: 15 yrs. & up

Sessions/Fee: 01, 02, 03, 04 / \$84

Day / Time / Code:

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

ADULT WOMEN CLASSES BEGINNER

Ages: 18 yrs & up

Sessions / Fee: 01, 02, 03, 04 / \$84

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: 01, 02, 03, 04 / \$84

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: \$210 (8 weeks)

Session/Dates: 03 (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 I

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

Session I: March 7, 14, 21, 28;

Session II: April 4, 11, 18, 25;

Session III: June 6, 13, 20, 27;

Session IV: September 5, 12, 19, 26;

Session V: November 3, 10, 17, 24

FEE: \$125 per person

Instruction to cover the following:

- Introduction to Golf – history, rules, & etiquette
- Basic swing fundamentals – grip, stance, take away, impact, & 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 (5:30-7pm) 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: May 9, 16, 23, 30;

Session II: July 3, 11, 18, 25;

Session III: October 3, 10, 17, 24

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

FEE: \$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.

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.

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.

AARP TAX-AIDE

Assistance from certified volunteers available by appointment to help with tax returns for those in the low to middle income range with special emphasis given to those aged 60 and over. Call for an appointment.

Location: Stage Classroom

Dates: Wednesdays, Feb. 7 - Apr. 11

Time: 8:30 AM - 4:30 PM

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: Jan. 8, Mar. 5

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

LET'S DO THIS!

Do you want to try something new, adventurous or just fun? Look no further. Let's Do This! is a new program designed for those who are not scared to get out there and try different things. Check the Active Adults desk for more information and activity dates.

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

MATTER OF BALANCE

Taught by Baylor Scott & White staff, this award-winning program consists of 8 two-hour classes designed to help adults 60+ reduce their fear of falling through group discussion, problem-solving strategies and learning new exercises. Sign up at the Active Adults front desk.

Location: REC Classroom

Dates: Mondays and Wednesdays, April 16-May 9

Time: 9:30 – 11:30 AM

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

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: Sat., Mar 24

Code: 813700-25

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
8:00 – 11:00 AM: Pool
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
8:00 – 11:00 AM: Pool
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
8:00 – 11:00 AM: Pool
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
8:00 – 11:00 AM: Pool
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
8:00 – 11:00 AM: Pool
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

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

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

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 Adults 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

Join us for a workout picnic at one of Grapevine's fabulous parks! We'll walk the trails, work the stations, play on the playscapes, ponder the awesomeness of the outdoors and finish with a picnic. Catch the bus at The REC at 10:00 AM or meet us at the destination by 10:30 AM. Destinations and days to be announced. Check at the Active Adults desk.

Cost: \$10/person/park.

806002 10:00 AM - 12:30 PM

HAPPY TRAILS EXCURSIONS

Nature is calling your name! If you can walk two miles or more, we have options! Proper shoes/clothes and water are required for safety reasons. Participants must leave from The REC on the bus. Destinations and dates to be announced.

- Goin' Strollin' (can walk 2 miles on a smooth surface), 806600
- Take a Hike (can walk unassisted on mixed surfaces for at least 2 miles), 806601

AROUND TOWN

Around Town will offer the chance to explore the spaces you see, but have never actually stopped to look at! Where are we going? Come and find out! Days to be announced and lunch on your own typically at a restaurant. You must leave from The REC.

806602 10:30 AM - 12:30 PM

TESTIMONIAL

The REC has provided me with many opportunities to improve my health, both physically and mentally. I've been encouraged to broaden my views on exercise by participating in 55 Fit, Happy Trails, Cycling with Megan and Yoga Lite. On my last cardio visit, my doctor said, *"I don't know what you are doing, but keep on doing it!"* And so I am!



—BOB ALVES

TO OUR 500,000+ MEMBER FAMILIES, THANK YOU.

Thank you for rating us "Highest Customer Satisfaction Among Auto Insurers in Texas." This is the sixth consecutive year the Texas Farm Bureau Insurance Companies have received an award from J.D. Power for auto insurance customer satisfaction. Call today for a **FREE 360 Review®** of your current auto, home and life coverage.

Marcia Allen, LUTCF, FSS, CLU®

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

O 817.329.2120

M 817.366.9979

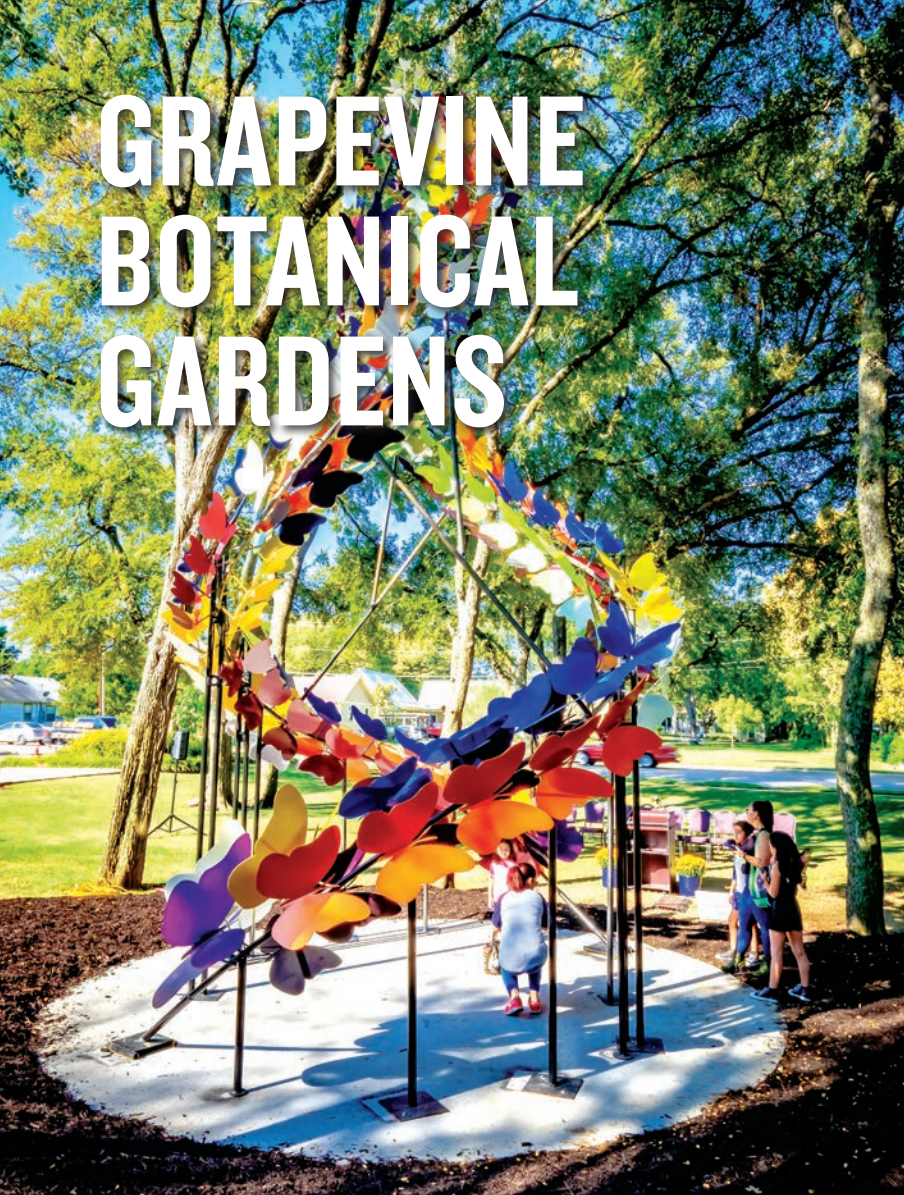
E mallen1@txfb-ins.com



**TEXAS
FARM
BUREAU
INSURANCE®**
AUTO / HOME / LIFE

Texas Farm Bureau Insurance received the highest numerical score in the Texas region in the J.D. Power 2012-2017 U.S. Auto Insurance Study. 2017 study based on 45,624 total responses from 10 insurance providers in the Texas region measuring experiences and perceptions of customers, surveyed February - April 2017. Your experiences may vary. Visit jdpower.com. Coverage and discounts are subject to qualifications and policy terms, and may vary by situation. ©2017 Texas Farm Bureau Insurance Companies. TAR0717

GRAPEVINE BOTANICAL GARDENS



The majestic beauty of the Grapevine Botanical Gardens at Heritage Park, located at 411 Ball Street, boasts a great-lawn, water features, walking bridges, seasonal color, educational events, and friendly docents. The garden has something for everyone. The garden is a popular location for weddings, meetings, showers and photo shoots. For these and other memory-making events, please contact Sheila Rich at 817.410.3470.

CHILDREN'S CLASSES

Our own horticulturist, Kristi Hayward, has collaborated with the Grapevine Garden Club to develop deeply engaging and fun classes for your youngest nature enthusiast. Please note: Children must be accompanied by an adult.

FEATHERED FRIENDS IN THE GARDEN

Jan. 16, 4:00 – 4:45 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: \$6.00 /Ages: 3-6

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 12

Class Code: 304984

Winter in the garden is the perfect time to make sure we take care of our feathered friends! Classes will learn why it is important to take care of and protect birds in the garden. Learning activities will include an educational story time, interactive

instruction, and creating a birdfeeder for your very own backyard.

HOW TO MAKE COMPOST STEW

Feb. 20, 4:00 – 4:45 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: \$6.00 /Ages: 3-6

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 12

Class Code: 304986

Making the perfect compost is a lot like cooking. Classes will learn what is and is not compostable, why compost is important and what ingredients it takes to make the perfect "compost stew."

SOWING THE SPRING GARDEN

Mar. 20, 4:00 – 4:45 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: \$6.00 /Ages: 3-6

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 12

Class Code: 304988

Springtime is here, time to plant some seeds and watch them grow! Just like you, plants need certain things to grow up big and strong. In this class we will talk about what those things are through an engaging and educational story reading, demonstration and each child will plant seeds of their very own to take home and watch grow.

GARDEN BUGS – THE GOOD GUYS

Apr. 17, 4:00 – 4:45 PM

Location: Pewitt Pavilion at the Botanical Garden

Fee: \$6.00 /Ages: 3-6

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 12

Class Code: 304990

Bugs are an important part of the garden world. Some are good and some are not so good for the plants you are trying to grow. Classes will learn which bugs are our garden friends and which ones are not through educational story time, interactive instruction and exploration in the garden.

ADULT CLASSES SPRING 2018

Our horticulturist, Kristi Hayward, with help from Texas A&M Agrilife, has partnered with the Tarrant County Master Gardener's Association to bring a selection of informative, adult classes to the Grapevine Botanical Gardens. Come join us and learn how to get more enjoyment out of your home landscape.

SPRING IS COMING: VEGETABLE GARDENING 101

Jan. 18, 7:00 – 8:00 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: Free /Ages: 18+

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 30

Class Code: 804202

Even though it may be cold out right now, January is the perfect time to start thinking about your Spring vegetable garden! Learn the basic principles of vegetable gardening in this class and start planning out all the delicious home grown vegetables you will be enjoying throughout the Spring season.

LANDSCAPING FOR BIRDS

Feb. 15, 7:00 – 8:00 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: Free /Ages: 18+

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 30

Class Code: 804201

Are you interested in creating a haven for birds in your home landscape? In this class, you will learn how to do just that! Birds are a wonderful addition to anyone's yard who loves wildlife and nature. Learn tips and tricks that will attract more birds to your landscape.



SPLASH OF COLOR: PERENNIALS FOR THE DFW AREA

Mar. 15, 7:00 – 8:00 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: Free /Ages: 18+

Note: Pre-registration required

Class Minimum: 6, Class Maximum: 30

Class Code: 804203

Perennial plants are a wonderful addition to any homeowner's landscape. They greet us time and time again to announce the start of the new season. In this class, you will learn which specific perennials are your best choices for the DFW area so you can choose wisely when creating your home garden spaces. If you have a specific area of your perennial garden you would like help with, bring those questions with you to this class.

FRUIT TREES, GRAPEVINES, AND BLACKBERRIES IN THE BACKYARD ORCHARD

Apr. 19, 7:00 – 8:00 PM

Location: Bessie Mitchell House at the Botanical Garden

Fee: Free /Ages: 18+

Note: Pre-registration required – Class Minimum: 6, Class Maximum: 30

Class Code: 804204

Yes, you can grow fruit trees, blackberries, and grapes in your own back yard! Growing these trees and plants does take a little extra know-how and work but the payoff is so worth it! Learn the basics in this class and go out and give it a try. With a little success you will enjoy years of delicious fruit from your own back yard.

SPECIAL EVENTS: SPRING 2018

SPRING PLANT SALE

Apr. 14, 9:00 AM – 1:00 PM

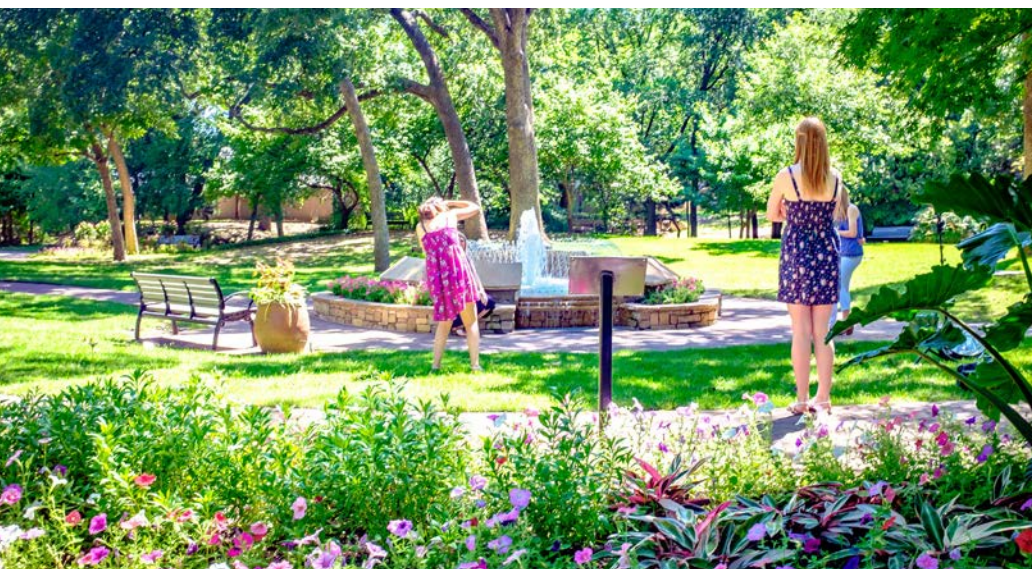
Location: Botanical Gardens at Heritage Park

Fee: Free/Ages: All

The Grapevine Garden Club's Spring plant sale features drought tolerant plants, heirloom perennials, and butterfly host and nectar plants that are appropriate for our area. For more information, visit grapevinegardenclub.org.

TOUR THE GARDEN

Docent led tours are available at no charge, however donations are appreciated. We offer both adult botanical tours and children's activity based tours. Contact Kristi Hayward at 817.410.3350 or gardentours@grapevinetexas.gov to request a tour or for more information.



CALLING ALL VOLUNTEERS!

Are you interested in getting your hands dirty and working in the garden? Do you enjoy and appreciate all the beauty a botanical garden can offer and want to help be part of making it that way? We have volunteer opportunities to fit all skill levels and abilities. Have fun and help grow the garden. For specific opportunities, contact Cindy Harris at charris@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 lake-front 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

GRAPEVINE OUTDOORS

EXPLORE ARCHERY

Whether you are a young beginner or seasoned archer, take aim and explore the dynamic sport of archery through various challenges, games and activities. Cover the steps of shooting, range safety, form and equipment of archery. All equipment is provided.

Location: Lakeview Park

Fee: \$65

KIDS EDITION Ages: 6-12 • April 3, 10, 17, 24 • 5:00 - 6:00PM

Code: 999001-01

TEEN EDITION Ages: 13-18 • April 3, 10, 17, 24 • 6:15 - 7:15PM

Code: 999002-01

SAILING CAMP

Grapevinejuniorsailing.org • 972.672.4018

Campers will learn the joy of sailing. We will teach them the basics of how to sail as well as the parts and proper care of a boat. The sessions have been developed to accommodate all levels of students. From beginners with no experience to kids that have taken the camp previously. Campers should bring a U.S. Coast Guard approved life jacket. Campers may register for multiple camp sessions.

CAMP	DATES	TIMES	AGES	CODE	SITE	FEE
LEARN TO SAIL	June 4-15 (two wks.) (M-F)	9:00 AM - 4:00 PM	7 - 16	999015-01	Scott's Landing Marina, Grapevine Lake	\$525
LEARN TO SAIL	June 18-29 (two wks.) (M-F)	9:00 AM - 4:00 PM	7 - 16	999015-02	Scott's Landing Marina, Grapevine Lake	\$525
LEARN TO SAIL	July 2-13 (two wks.) (M-F)	9:00 AM - 4:00 PM	7 - 16	999015-03	Scott's Landing Marina, Grapevine Lake	\$525

RACE CAMP FOR OPTIMIST SAILORS

Campers will learn the joy of racing sailboats. This camp is for both the beginning and advanced racer using the Optimist Sailboat. Campers should have completed at least one session of the recreational camp prior to attending. The camp is geared towards juniors that want to move into the racing program or who have been on the racing team. Campers will learn the racing rules of sailing, boat speed and basic racing tactics.

CAMP	DATES	TIMES	AGES	CODE	SITE	FEE
RACE CAMP (OPTIMIST)	June 4-15 (two wks.) (M-F)	9:00 AM - 4:00 PM	7 - 16	999016-01	Scott's Landing Marina, Grapevine Lake	\$525

RACE CAMP FOR LASER/420 SAILORS

Campers will learn the joy of racing sailboats. This camp is for both the beginning and advanced racer using the Lasers and 420's. Campers should have completed at least one session of the recreational camp prior to attending. The camp is geared towards juniors that want to move into the racing program or who have been on the racing team. Campers will learn the racing rules of sailing, boat speed and basic racing tactics.

CAMP	DATES	TIMES	AGES	CODE	SITE	FEE
RACE CAMP (LASER)	June 18-29 (two wks.) (M-F)	9:00 AM - 4:00 PM	7 - 16	999017-01	Scott's Landing Marina, Grapevine Lake	\$525

APPROVED PARTNERS

WHAT IS AN APPROVED PARTNER? Approved Partners have completed a formal application and operate as a concessionaire through the City of Grapevine Parks and Recreation Department offering opportunities of recreation and leisure.

DFW SURF

Bringing stand up paddle boarding to Grapevine Lake, DFW Surf has a wide array of classes, camps and tours year round. For more information visit dfwsurf.com or call 972.427.4082. **Location:** Farris Branch Boat Ramp on Grapevine Lake

LONESTAR ADVENTURE SPORTS

Love the water? Interested in kayaking? Come join Lonestar Adventure Sports on the water for a fun memorable time! For more information visit lonestaradventuresports.com. **Location:** Rockledge Park on Grapevine Lake

WANT TO BE AN APPROVED PARTNER?

Interested in partnering with Grapevine Parks and Recreation in offering programs and opportunities for recreation? Contact Morgan Davidson, mdavidson@grapevinetexas.gov.



DOVE CREEK

DAY CAMP

GRAPEVINE PARKS & REC

SUMMER CAMP JUST GOT MORE **AWESOME!**

Grapevine Parks and Recreation brings you our all new Dove Creek Day Camp, launching this summer! The shores of Grapevine Lake will now be your child's adventure of a lifetime full of watersports, wilderness skills, camp games and so much more!

Weekly Camp Schedule

WEEK 1	June 4 - 8
WEEK 2	June 11 - 15
WEEK 3	June 18 - 22
WEEK 4	June 25 - 29
WEEK 5	July 9 - 13
WEEK 6	July 16 - 20
WEEK 7	July 23 - 27
WEEK 8	July 30 - August 3
WEEK 9	August 6 - 10

*Note: Ages for camps are 6-12 years old.

ACTIVITIES INCLUDE:

ARCHERY • WILDERNESS SKILLS • TEAM BUILDING • GAGA PIT
FISHING • VOLLEYBALL • SWIMMING • WATER SPORTS
KAYAKING • CAMPFIRE & S'MORES & MUCH MORE

HOURS: 8:30AM - 4:30PM

*Early Drop Off - 7:30AM | *Late Pick Up - 5:30PM

COSTS: \$250 Per Week | \$25 Early Drop Off | \$25 Late Pick Up

*cost includes a camp shirt

Pricing & Discounts

	1 WEEK	2 WEEKS	3 WEEKS
1 child	\$250	\$225	\$200
2 children	\$225	\$200	\$175
3 children	\$200	\$175	\$150



If you're interested in being a Camp Counselor, contact Morgan Davidson at MDavidson@GrapevineTexas.gov

Sign your child up today for a summer to remember at Dove Creek Day Camp:
GoGrapevine.com

GO WILD

GRAPEVINE PARKS & REC

Did you know that Grapevine parks are home to a fabulous diversity of wild animals and plants? Naturalists in the area have documented over 800 species of butterflies and moths and over 300 species of birds! More than 2,220 species of native plants grow in North Central Texas! To enjoy, learn about, and care for this wonderful diversity, this spring we are launching GO WILD.



iNATURALIST EXPLORERS

"Hmmm, I wonder what that is..." Have you ever walked by an interesting flower or insect and thought this to yourself? Do you like to identify plants or animals or help others do so? We are looking for explorers of all ages to help us learn about wildlife diversity in Grapevine parks. This spring, join us in exploring the woods, creeks, and shorelines at local parks, using the iNaturalist app to identify species, and sharing our discoveries online with other naturalists. We are also planning monthly BioBlitzes (short biological surveys) at Parr Park starting in April, so check our website for upcoming dates.

TEXAS STREAM TEAM

Water is AWESOME and people, plants, and animals all need clean water to live. Yet when it rains, our local streams can become polluted by run-off from yards, parking lots, and streets. To help protect our waterways, the City of Grapevine has become an official partner of the Texas Stream Team, a state-wide environmental education and monitoring program. We invite individuals, groups, and organizations to partner with us and conduct monthly water quality testing at local creeks and lake sites. The testing is simple, fun, and interesting and helps protect one of our most precious resources!

HABITAT BUILDERS

Enjoy being outdoors? Care about wildlife? Don't mind breaking a sweat? Come help us enhance and restore wildlife habitat in Grapevine parks! At Parr Park, we are converting turf to a 4.5 acre native grassland with funding from U.S. Fish and Wildlife Service. At Meadowmere Park, we are enhancing nearly 7 acres of habitat with native trees and shrubs. Come be a part of these rewarding projects by helping monitor plant growth, documenting wildlife, planting native species, and keeping invasive weeds out.

GO WILD EDUCATORS

Science can be super exciting when it is hands-on and outside! Grapevine Parks provide amazing opportunities to explore nature and learn about soils, landforms, food chains, local plants and animals, and much more. We offer our local schools a range of programs including field trips, school yard explorations, native plant garden design, and citizen science support. To provide these important programs at low cost, we welcome help from volunteers who enjoy working with children and being outdoors, especially former educators and Master Gardeners. Help us connect kids to nature!

Programs are available for all ages and training is provided. To learn more or sign up to become a GO WILD volunteer, visit GoGrapevine.com or contact Betsy Marsh at bmarsh@grapevinetexas.gov.



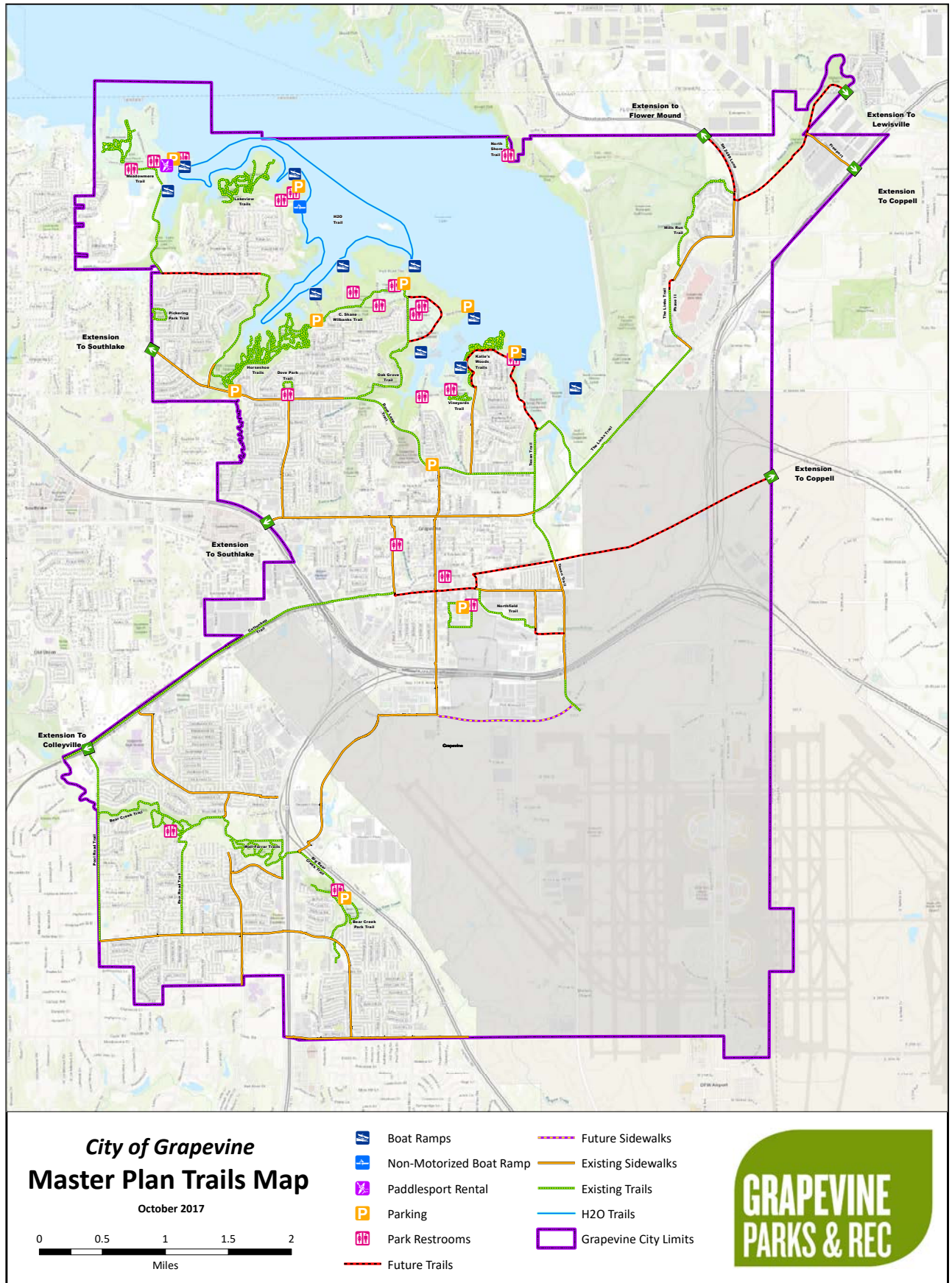
GRAPEVINE

Our parks, lakes, first class facilities, and unique programs empower you to Go Learn, Go Discover and Go Explore and live life fuller.

We believe in a healthy community.



GRAPEVINE TRAILS MAP



GRAPEVINE LAKE PARKS AND BOAT RAMPS



GRAPEVINE EVENTS



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., 12:00 - 5:00 PM

Location: Visitor Information Center, 636 S.
Main St.

More Info: GrapevineMuseums.com

“MERRY CHRISTMAS CHARLIE BROWN EXHIBITION”

The latest traveling exhibition from the Charles M. Schulz Museum examines the making of the animated classic and celebrates the anticipation, joy and pitfalls of the holiday season. Guests can enjoy an exhibition of 50 Peanuts daily and Sunday comic strips, more than 50 vintage Peanuts-themed seasonal novelties, activity stations and more.

Dates: Daily through January 16

Fee: Free

HI-RAILER RAILROAD CLUB CHRISTMAS TRAIN DISPLAY

In partnership with the Lone Star Hi-Railers Club, this exhibit will feature a 1,000 square-foot O-gauge model railroad Christmas display offering timeless fun for all ages.

Dates: Daily through January 16

Fee: Free

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: Tue. - Sat., 10:00 AM - 4:00 PM; Sun.,
10:00 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: GVRR.com

Note: Visit website for full schedule, pricing and seating details.

SWEETHEART WINE TRAIL

Savor hors d'oeuvres and sip wine from participating wineries along the Urban Wine Trail. For adults 21 yrs. old and over.

Location: Throughout Grapevine

Fee: TBD

Date: February 10 and 11

Time: 11:00 AM - 5:00 PM

Website: GrapevineWineryTrail.com

SPRING FLING TRAIN

Enjoy interactions and games and activities aboard the Grapevine Vintage Railroads Spring Fling Trains. Monday through Friday during Spring Break.

Location: Cotton Belt Depot, 705 S. Main St.

Fee: TBD

Date: March 12

Time: TBD

Website: GVRR.com

KISS ME I'M IRISH EXPRESS TRAIN

Find luck on the rails during the Grapevine Vintage Railroad's "Kiss Me I'm Irish Express." On Saturday, March 17, this unique St. Patrick's Day event will feature festive fun, including



green beer to commemorate this most Irish of celebrations. Riders must be 21 and older.
Location: Cotton Belt Depot, 705 S. Main St.
Fee: TBD
Date: March 17
Time: 7:00 PM
Website: GVRR.com

JAZZ WINE TRAINS

There's nothing like jazz music, delicious food, fine wine and a trip back in time. The captivating excursion features new release wines from Grapevine wineries. Train returns approximately 9:30 PM. Riders must be 21 and older.
Location: Cotton Belt Depot, 705 S. Main St.
Fee: TBD
Date: March 23 and 24
Time: TBD
Website: GVRR.com

DAY OUT WITH THOMAS™

The event features an approximately 25-minute train ride with Thomas the Tank Engine™, Thomas & Friends™ themed entertainment, storytelling, live music and more.

Location: Grapevine Vintage Railroad
Fee: TBD
Date: April 13, 14, 15 and 20, 21, 22
Time: Varies by day
Website: GVRR.com

26TH ANNUAL NEW VINTAGE WINE & GALLERY TRAIL AND BLESSING OF THE VINES

Toast the good life at Grapevine's New Vintage Wine & Gallery Trail and Blessing of the Vines. With tradition and flair, Grapevine celebrates new release wines, beautiful works of art and good times with friends.
Location: Throughout Historic Downtown Grapevine
Fee: TBD
Date: April 14
Time: 11:00 AM - 5:00 PM
Website: GrapevineTexasUSA.com

GRAPEVINE MARKET

Come experience open-air, European-style shopping in Historic Downtown Grapevine. Visit GrapevineTexasUSA.com for more details.

Location: Liberty Park, 215 S. Main St.
Fee: Free Admission
Date: April - October

GRAPEVINE FARMERS MARKET

Enjoy locally grown produce from local, regional and Texas farmers. Visit FarmersMarketOfGrapevine.com for more details.
Location: Town Square Gazebo, 325 S. Main St.
Fee: Free Admission
Date: April - October

17TH ANNUAL SPRING INTO NASH

Children and adults alike will enjoy learning what life was like when Grapevine's earliest settlers made their home in Grapevine. Families will enjoy a variety of activities including gardening, sheep shearing, tractor-drawn wagon rides, music, food and more.
Location: Nash Farm, 626 Ball St.
Fee: Free Admission (coupons required for some activities)
Date: April 21
Time: 10:00 AM - 2:00 PM
Website: GrapevineTexasUSA.com

* All events subject to change.

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

GO REGISTER

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

More discounts.



Mike Davis, Agent

1020 S Main
Grapevine, TX 76051
Bus: 817-481-5548
mike.davis.b4cy@statefarm.com

State Farm® offers more discounts to more drivers.

Get to a better State®. Get State Farm.

CALL ME TODAY.

