



City of Denton Parks and Recreation
www.dentonparks.com



PLAY

2013-14 Fall and Winter
Recreation Guide

OUR MISSION

City of Denton Parks and Recreation

Our mission is to enrich lives and build community through the stewardship of public parks and open space, and diverse recreational opportunities that foster lifelong wellness, creativity, and learning.

Three easy ways to register

Register Online

Visit www.dentonparks.com and click "online registration." We accept Visa, MasterCard, and Discover. To register online, a family or individual account must be created and takes 48 hours to verify. A few of our programs require phone or in-person registration.

Register in Person

Denton Civic Center, Monday-Friday, 8am-5pm
Denia Rec Center, Monday-Friday, 7am-8pm
MLK Jr. Rec Center, Monday-Friday, 9am-9pm
North Lakes Rec Center, Monday-Friday, 6am-9:30pm
(Weekend rec center hours are listed on the next page.)

Please note, some programs require site-specific registration. Please call ahead using the numbers listed on the next page.

Register by Phone

Please have your information and credit card ready. Some programs such as child care do not offer telephone registration. Call (940) 349-PARK (7275).



Join us and
see how we
play!

General Registration Information

Rec Passes

All drop-in customers, ages 8 and older, must show their rec pass and have a current liability waiver on file. The rec pass is scanned for facility use and is valid for one year from the date of purchase. Fee-based activities do not require a rec pass. Resident passes cost \$5 per year with a max of \$20 per family, and nonresident passes cost \$10 per year with a max of \$40 per family. Replacement cards cost \$2.

Resident/Nonresident

You are considered a resident if you pay City of Denton property taxes, not just Denton County taxes. To confirm your taxing jurisdiction, visit www.dentoncad.com to perform a property search.

Cancellations

We reserve the right to cancel a class or activity that does not meet minimum registration requirements.

ADA (Americans with Disabilities Act)

The Denton Parks and Recreation Department welcomes and encourages all individuals and families from our community to participate in programs and facilities regardless of race, color, religion, sex, national origin, or disability.

If you or someone you know has a disability and would like more information or support for accessibility of programs and facilities, please call us at (940) 349-7462. TDD access is available for the hearing impaired through Relay Texas, 1 (800) 735-2989.

Credits

In the event that a participant becomes ill before a class begins or a class is canceled, a credit equal to the class fee will be given to the participant for future registrations for themselves or another member on the account, unless otherwise noted.

Need assistance, call (940) 349-PARK (7275)



facebook.com/dentonparksnrec

twitter.com/dentonparks

www.dentonwaterworks.com

dentonparksandrecreation.shutterfly.com

www.dentonparks.com *official site*



PROGRAM AND LOCATION CONTACT INFORMATION

Program Contacts at a Glance

Adult Sports	(940) 349-8525
After School Care	(940) 349-8731
Art Classes	(940) 349-8287
Ballet-Tap @ DRC	(940) 349-8285
Ballet-Tap @ NLR	(940) 349-8287
Facility Rentals	(940) 349-7275
Group Ex @ DRC	(940) 349-8285
Group Ex @ MLK	(940) 349-8575
Group Ex @ NLR	(940) 349-7764
Outdoor Recreation	(940) 349-7784
Preschool @ DRC	(940) 349-8285
Preschool @ MLK	(940) 349-8575
Preschool @ NLR	(940) 349-8287
Rock Climbing	(940) 349-8285
Senior Classes	(940) 349-8720
SilverSneakers	(940) 349-8287
Skateboard Programs	(940) 349-8523
Swim Lessons	(940) 349-8800
Tennis @ Goldfield	(940) 349-8525
Therapeutic Recreation	(940) 349-8380
Youth Sports	(940) 349-8523

Administration, (940) 349-PARK

City Hall East, 601 E. Hickory St., Denton, TX
(940) 349-7275; fax, (940) 349-8166

Emerson Vorel	Director of Parks & Recreation
James Mays	Superintendent of Planning
John Schubert	Superintendent of Parks
Amanda Green	Business Manager
Cathy Avery	Aquatics Manager
D'Lee Covey	Program/Center Manager
Kathy Schaeffer	YTS/Athletics Manager

City Council Members

Mark A. Burroughs	Mayor
Pete Kamp	Mayor Pro Tem
James King	At-Large
Kevin Roden	District 1
Dalton Gregory	District 2
Jim Engelbrecht	District 3
Joey Hawkins	District 4

Denton Parks, Recreation and Beautification Board

Vicki Byrd, Paul Leslie, Alex Lieban, Maria Renner, Dave Rowley, Janet Shelton, Russ Stukel

Aquatic Facilities

Civic Center Pool (seasonal)	515 N. Bell St., (940) 349-8279
Denton Natatorium (year-round, indoor)	2400 Long Rd., (940) 349-8800
Water Works Park (seasonal)	2400 Long Rd., (940) 349-8810

Fitness-Recreation Facilities

American Legion Hall, 629 Lakey St.	(940) 349-8298; M-F, 10am-3pm; Th, 6-9pm
Denton Civic Center, 321 E. McKinney St.	Rentals and events, (940) 349-8733 Indoor walking track, M-F, 6:45am-7pm
Denia Recreation Center, 1001 Parvin St.	(940) 349-8285; M-W, 7am-9pm Th-F, 7am-8pm; Sa, 9:30am-3:30pm
Denton Senior Center, 509 N. Bell St.	(940) 349-8720; M-F, 8am-9pm; Sa, 9am-1pm
Goldfield Tennis Center	2005 W. Windsor Dr., (940) 349-8526 M-Th, 3-9pm; F, 3-8pm; Sa, 9am-5pm
Martin Luther King, Jr. Recreation Center	1300 Wilson St., (940) 349-8575 M-F, 9am-9pm; Sa, 9:30am-6:30pm
North Lakes Rec Center, 2001 W. Windsor Dr.	(940) 349-8287; M-Th, 5:30am-10pm F, 5:30am-9:30pm; Sa, 7:30am-3:15pm

Guide Abbreviations

DCC	Denton Civic Center
DGC	North Lakes Disc Golf Course
DRC	Denia Rec Center
DSC	Denia Softball Complex
GTC	Goldfield Tennis Center
MLK	MLK Jr. Rec Center
MMS	McMath Middle School
MRC	Mack/Roberts Complex
NAT	Denton Natatorium
NLP	North Lakes Park
NLR	North Lakes Rec Center
RRGC	Robson Ranch Golf Course
SKP	Skate Park

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events

Back to School Rockin' Lock-In (ages 6-11)

Sept. 13-14 at Denton Civic Center
Friday, 7pm to Saturday, 8am
\$15/kid; 39748

Rock in the new school with a night of fun and adventure! Kids will bounce the night away with a giant obstacle course, bounce climb, and slide. Then they'll get creative with crafts such as bead necklaces and sports pennant frames. For fun and friendly competition there will be Wii and Guitar Hero on the giant screen, and kids can play glow tag. To slow things down, kids will roast marshmallows, make root beer floats, eat popcorn, and watch a movie on a giant screen. Drop off is Friday at 7pm and pick up is Saturday at 8am. Kids need to bring a sleeping bag, a pillow, and toiletries. Dinner will not be provided, and a free breakfast snack will be offered. Register by Sept. 10.

FREE NFL Pepsi Punt, Pass, & Kick

(boys and girls, ages 6-15)

Thursday, Sept. 19
4:30pm at North Lakes Park



Boys and girls will compete separately in local competitions. The top finisher in each of the five age groups (6-7, 8-9, 10-11, 12-13, and 14-15; age verification as of Dec. 31, 2013) will advance to the sectional competition. The top five finishers in each sectional competition group will advance to the team championship at a Dallas Cowboys half-time event. The top four scorers in each team championship group will advance to the national finals at an NFL playoff game. Parents must provide a birth certificate copy. No football shoes, cleats, or turf shoes will be permitted; only soft-soled sneakers allowed. Each participant will perform one punt, one pass, and one kick. Scores are determined on distance and accuracy for the three events; winners are based on the highest cumulative score.

FREE MLK Jr. Rec Center Open House

Saturday, Nov. 2
10am-1pm at MLK Jr. Rec Center

Come tour the facility and sample the classes or FREE! We'll demo Zumba, Boot Camp, Hip Hop, Ceramics, and many other classes. Parents can tour the licensed, full-time preschool, meet the instructors, and learn about our curriculum.





Halloween

Jack-O-Lantern Jog

FREE Halloween Movie

(family event)

Friday, Oct. 11

Movie in Quakertown Park

7pm crafts and marshmallow roast

8pm movie on a giant screen

Bring the family and pack up the lawn chairs and blankets for this delightful animated movie. Rated PG it tells the story of Dracula as he runs a hotel and deals with his teenage daughter. Low-priced concessions and glow sticks will be sold.

Halloween Harvest

(family event)

Friday, Oct. 18

6-8pm at Denia Rec Center

Put on your best costume and enjoy carnival games, black light games, a bounce house, \$1 rock climbing, and so much more! Register at the door by 7pm for the costume contest. Winners will be announced at 7:15pm, and prizes will be awarded for best baby, best toddler, best youth, best family, and overall most creative costumes. Low-priced concessions will be sold.

Kid's Pumpkin Patch Day

(ages 5-11)

Saturday, Oct. 19

10am-4pm at Denton Civic Center

\$20/kid; 39755

Kids will have a blast visiting a local pumpkin patch with a hayride, bounce house, petting zoo, Halloween maze. They'll also enjoy good ol' fashioned activities and crafts. To top off the visit, kids will pick out their very own pumpkin to take home.

Halloween Carnival

(family event)

Saturday, Oct. 26

10-noon at MLK Jr. Rec Center

Enjoy free carnival games, goodie bag, face painting, bounce houses, concessions, a costume contest, and more. Costume judging will begin at 10:30am, and awards will be given at 11:30 for the best baby, best youth, and best adult costume. Families will be able to take pictures in the Haunted Courtyard, so bring a camera!

Jack-O'-Lantern Jog 5K Run and 1-Mile Walk

Chip-timed event

Saturday, Oct. 26

North Lakes Park

7am check-in; 8am race begins

Register online at www.dentonparks.com

or at any rec center; 39433

Preregister by Oct. 23: \$15/person

Race day registration: \$20/person

The entry fee includes a T-shirt (sizes S-XL), fruit, snacks, and drinks. Medals will be awarded to the top three 5K finishers in each male and female age division, and all walkers will receive a participation medal. Packets may be picked up on Oct. 25 between noon and 8pm at North Lakes Rec Center.

Haunted House

Saturday, Oct. 26

6-9pm at MLK Jr. Rec Center

\$3/person; \$2 each time after

Come if you dare, the center will be transformed into a haunted "asylum" house. Don't go crazy and get stuck in the treatment room!

event



Reindeer Romp 4.2-Mile Run & 2.5-Mile Walk

Friday, Dec. 6 at South Lakes Park
6:30pm check-in; 7:30pm, race begins

Early registration ends Dec. 4: \$15; 39757

Race-day registration: \$20

See Christmas lights and holiday decorations up close during the Reindeer Romp as you run or walk through South Lake neighborhoods. The entry fee includes a T-shirt, fruit, snacks, and beverages at the end of the run.

Free Holiday Fun Zone

Participate in Reindeer Romp while we entertain your kids. Activities will be from 7-8:30pm and include a giant bounce house, face painting, and crafts. If temperatures fall below 38 degrees, we will not host the fun zone.

Santa's Snap Shots

Saturday, Dec. 7

10-noon at MLK Jr. Rec Center

\$5/kid (\$2 for extra print); 39719

Kids can meet Santa, tell him what's on their wish list, and have their picture taken with him. There will be games and activities in addition to Santa.

Breakfast with Santa

Saturday, Dec. 21; register by Dec. 19

9-11am at Denton Civic Center

Ages 1-12; \$10/kid; 39759

This will be the highlight of your holiday season! Enjoy the morning eating breakfast, getting your kid's face painted, jumping in the bounce house, and making holiday crafts. The kids can write a letter to Santa and visit with him, while getting a commemorative picture. Adults may eat for \$3.

Holiday Drop 'n Shop

Saturday, Dec. 21; register by Dec. 19

11am-3pm at Denton Civic Center

Ages 3½-12; \$15/kid; 40276

Let us entertain your kids in a fun and safe environment while you do last-minute shopping for the holidays. Activities will include a candy cane hunt, a holiday craft, a bounce house, and a movie. Hot chocolate and a snack will be provided, but kids will need to bring their own lunch.

Holiday Blast Camp

Dec 23, 26, 27, 30, 31 & Jan. 2, 3, 6

7am-6pm at Denton Civic Center

Grade K-6; \$28/kid per day

Kids will have a blast during winter break with exciting field trips and activities such as crafts, sports, and games. Registration is accepted at Denton Civic Center. Field trips will be listed at www.dentonparks.com

LEGO® Winter Wonderland Mini-Camp

Thursday, Jan. 2 and Friday, Jan. 3 at North Lakes Rec Center

\$70/kid; Register by Dec 28

9am-noon (ages 5-7); 39880

1-4pm (ages 8-12); 39881

Race your snowmobile through snow-covered LEGO® hills and jumps, build an ice fortress and use snowballs to defeat the Ice Monster! In this fun-filled, creative mini-camp, kids learn building techniques that help make their ideas a reality. Explore the endless creative possibilities of the LEGO® building system with the guidance of an experienced instructor.

Letters from Santa

Register by Monday, Dec. 2

We're working closely with Santa Claus to send personalized letters from the North Pole.

To have a letter from Santa sent to your child, friend, or a loved one, call (940) 349-8136 by Dec. 2. Costs \$2 per letter.





Martin Luther King, Jr. Celebration

FREE Monday, Jan. 20

Living the Dream through Words and Deeds

- 11am Flag football begins at MLK Jr. Rec Center.
- 3pm Rally begins at the UNT Union Building, coordinated by Alpha Kappa Alpha Sorority, Inc.
- 4:30pm March begins at UNT
- 5pm Meet Denton community at Fred Moore Park to continue to MLK Rec Center. Program will begin immediately following the march.

My Little Valentine Family Dance

Friday, Feb. 7
7-9pm at Denton Civic Center

Boys and girls, up to age 12, and guardians
\$5/person advance tickets until Feb. 7
at 5pm \$7/person at the door; 39792

Get all dressed up and dance the night away with the ones you love the most. A live DJ will be there to make this a truly memorable evening. Photos will be \$3, roses \$2, and glow products \$1. Light refreshments will be provided.

Black History Month Celebration

FREE Saturday, Feb. 22
noon-2pm at MLK Jr. Rec Center

Local artists, ages 5-18, are invited to participate in an art competition focusing on the theme, "Freedom Fighters," as we celebrate Black History Month. We will accept art through Feb. 7, and judging will take place the week of Feb. 10. Winners will be notified in advance so they can attend the award ceremony.

Therapeutic Recreation Sweetheart Ball

Friday, Feb. 7
7-9pm at Denia Rec Center
\$5/person; 39231

Bring your sweetheart or find one at the semi-formal Valentine dance. Light refreshments will be served. Tickets must be purchased by Feb. 5.

3P CHALLENGE PADDLE, POUND, PEDAL

Saturday, March 29
Denton Greenbelt

This family-oriented race encompasses running, biking and canoeing elements on Denton's Greenbelt. Start with a 3.8 mile canoe trip down the Trinity River spillway that flows through the Greenbelt, then complete a 2.5-mile run and finally a 12-mile bike ride.

2, 4, or 6 team options!
Early registration deadline ends March 14
Late registration ends March 21; add \$25
\$90/two-person team
\$135/four-person team
\$180/six-person team

*Good times for
the entire family!*



Half and Full-day Preschools Jr. Master Naturalists and More

FULL-TIME PRESCHOOLS (AGES 3-5) MONDAY-FRIDAY, 7:30AM-6PM

Denia Preschool
1001 Parvin St., (940) 349-8285

MLK Preschool
1300 Wilson St., (940) 349-8575

Students will learn, laugh, and grow in a safe, fun, and caring environment. Using Mother Goose Time curriculum, the instructors teach numbers, letters, colors, and shapes through music, arts and crafts, physical education, stories, and field trips.

These are full-time preschools, licensed by the Texas Department of Family and Protective Services and a Child Care Management Services (CCMS) vendor. Preschoolers must be potty trained and bring their own lunch, snacks, and drinks each day.

Tuition is \$355 per month, and admission requires an \$85 deposit and a \$25 annual supply fee. Enrollment is limited to 12 students per preschool.

Kindergarten Prep, ages 3½-5

Students will learn skills that prepare them for a school environment, such as directions, counting, recognizing numbers, the alphabet, sharing, and arts and crafts.

The program is licensed by the Texas Department of Family and Protective Services. Register by the Friday before each session. For more information, call (940) 349-8287.

Sept 4-25	M/W	9am-1pm	NLR	\$110	39793
Sept 30-Oct 23	M/W	9am-1pm	NLR	\$125	39794
Oct 28-Nov 22	M/W	9am-1pm	NLR	\$125	39796
Nov 25-Dec 18	M/W	9am-1pm	NLR	\$125	39797
Jan 6-29	M/W	9am-1pm	NLR	\$110	39798
Feb 3-26	M/W	9am-1pm	NLR	\$125	39799
Sept 3-26	Tu/Th	9am-1pm	NLR	\$125	39800
Oct 1-24	Tu/Th	9am-1pm	NLR	\$125	39801
Oct 29-Nov 21	Tu/Th	9am-1pm	NLR	\$125	39802
Nov 26-Dec 19	Tu/Th	9am-1pm	NLR	\$110	39803
Jan 7-30	Tu/Th	9am-1pm	NLR	\$125	39804
Feb 4-27	Tu/Th	9am-1pm	NLR	\$125	39805

Preschool Jr. Master Naturalists, ages 3-6

Elm Fork Texas Master Naturalists and Denia Rec Center staff invite preschoolers and their adult companions to join us in the exciting world of nature. Each class uses hands-on activities, arts and crafts, and a nature hike to encourage children to explore by using their senses. Register by the Wednesday before each class.

Clear Creek Natural Heritage Area, 3310 Collins Rd.

Terrific Turkeys	Nov 8	F	10am-noon	\$8	39073
Birds	Dec 6	F	10am-noon	\$8	39085
Wiggly Worms	Jan 10	F	10am-noon	\$8	39075
Bats	Feb 14	F	10am-noon	\$8	39086
Hummingbirds	Mar 14	F	10am-noon	\$8	39087

Cross Timbers Park, 7112 Montecito Dr.

Insects	Sept 13	F	10am-noon	\$8	39090
Spiders	Oct 4	F	10am-noon	\$8	39089
Seed Need	Apr 11	F	10am-noon	\$8	39071
Butterflies	May 9	F	10am-noon	\$8	39070

Hop 'til You Drop, ages 2-4

This is a great opportunity for parents to grow with their toddler during structured playtime. Toddlers will learn through music, storytime, and more. Register by the Friday before each session.

Sept 9-30	M	10:30-11:15am	NLR	\$15	39391
Oct 14-Nov 4	M	10:30-11:15am	NLR	\$15	39393
Nov 18-Dec 9	M	10:30-11:15am	NLR	\$15	39395
Dec 16-Jan 13	M	10:30-11:15am	NLR	\$15	39397
Jan 27-Feb 17	M	10:30-11:15am	NLR	\$15	39399
Mar 3-Mar 24	M	10:30-11:15am	NLR	\$15	39401



Check out the table of contents to review the following pages that also offer preschool-age activities: dance, martial arts, half-day summer camps, tennis, youth sports, sports instruction, and swim lessons.





Hang With Us After School

After School Child Care, grades K-5

2:45-6:30pm, every school day

\$140/student/month. Aug./Sept. combined \$180.

\$40 non-refundable registration fee.

Play hard after school! We offer a variety of recreational activities, including intramural leagues, arts and crafts, field trips, rock climbing, "Brainy Bowl," bounce houses, and skating. Students will also have plenty of time for homework.

Fall registration is on-going, and spring registration begins now.

Register in person at Denton Civic Center, Monday-Friday from 8am-5pm.

Students are picked up from school and transported to the recreation centers below. All van drivers are City employees and have received defensive driving. Students must be picked up no later than 6:30pm from the corresponding center.

Three Convenient Locations

Transportation is provided to the following rec centers from these schools listed:

Denia Rec Center: Borman, Hawk, Houston, LA Nelson, McNair, Ryan

North Lakes Rec Center: Evers, Ginnings, Rayzor, Wilson

MLK Jr. Rec Center: Cross Oaks, Hodge, Lee, Pecan Creek, Providence, Rivera, Stephens

Kids' Day Off, grades K-6

Oct. 7, Nov. 25, 26, 27 (DISD holidays/work days)

\$28/kid/day; 7am drop-off & 6pm pick-up at the Civic Center

We provide fun, supervised activities and field trips on school holidays and in-service days. Kids must bring snacks and a lunch. Register at least two days prior to each holiday or in-service day. Call (940) 349-PARK to determine space availability and field trips.

Free Gamer Madness, ages 8+

MLK Jr. Rec Center offers Xbox Kinect to keep your kids safe after school, every Monday and Wednesday from 3-5pm, with monthly tournaments. Rec pass required.

KIDS ROCK ON FRIDAY NIGHTS!

Kids Rock, grades 1-5

Oct. 4, Nov. 1, Dec. 13, Jan. 17, Feb. 14; 7-10:30pm

Denton Civic Center; \$10/kid

Kids Rock features a DJ, basketball and soccer tournaments, a bounce house, a special inflatable, Xbox, Kinect on the giant screen, dance contests, ping pong, foosball, and more. Glow products and concessions will be for sale.

Jr. High Jamz, grades 6-8

Dec. 20; Jan. 17

8-11pm at MLK Jr. Rec Center; \$4/kid

School Jamz features a live DJ, pool, air hockey, foosball, ping pong, arcade games, and basketball. This is a fun and exciting opportunity for students to come together in a safe environment with staff, and chaperons.

Student IDs are required for entry from Calhoun, Crownover, Harpool, McMath, Navo and Strickland Middle Schools. Non-DISD middle school IDs are accepted, as well as home school and private school parent verifications. Late pick up fees will apply. For more information, call (940) 349-8575.

Holiday Blast Camp and winter break mini-camp on page 6



The arts



Register online at www.dentonparks.com

Young Rembrandts Art

New lessons are taught each week, and all materials are provided. Register by the Friday before each session. No class Nov. 25

Preschool Drawing, ages 4-6

Students will develop image vocabulary by drawing familiar images and concentrate on the skills of drawing and coloring while developing fine motor and listening skills, patience, focus, and spatial organization.

Sept 9-30 M 4-4:45pm NLR \$52 40278
 Oct 7-Nov 4 M 4-4:45pm NLR \$65 40279
 Nov 11-Dec 16 M 4-4:45pm NLR \$65 40280
 Jan 27-Feb 24 M 4-4:45pm NLR \$65 40281

Elementary Cartooning, ages 6½-13

Students will learn basic to advanced drawing techniques and image vocabulary while we provide the necessary skills that allow them to express their imaginations, resulting in increased learning abilities and self-confidence. Each session includes seasonal drawings, art history, and cartooning.

Sept 9-30 M 5-6pm NLR \$52 40284
 Oct 7-Nov 4 M 5-6pm NLR \$65 40285
 Nov 11-Dec 16 M 5-6pm NLR \$65 40286
 Jan 27-Feb 24 M 5-6pm NLR \$65 40287

Take a look, there's more on the following pages:

- youth dance classes, pg 12-13
- adult dance classes, pg 13, 34
- martial arts, pg 13
- adult art classes, pg 34
- adult spanish, pg 34
- adult cooking, pg 34



PolyglotTime Foreign Language

Books and materials are extra. Register by the Friday before each session. North Lakes Rec Center

Beg. Family Time Spanish, ages 3-adult

Learn Spanish in a family setting aimed for all ages. Don't be surprised if the little ones help you more than you help them! \$85/2 people; \$115/3 people; \$150/4 people; \$35/person after 4.

Sept 26-Oct 24 Th 6:30-7:15pm NLR 40275
 Nov 7-Dec 12 Th 6:30-7:15pm NLR 40283

Beg. Lower Level Spanish, ages 6-8

Kids will learn basic conversational phrases through song and play and be introduced to common verbs, feelings, likes and dislikes, greetings, question and answer phrases, days, months, numbers, and shapes.

Sept 26-Oct 24 Th 4:30-5:15pm NLR \$65 40267
 Nov 7-Dec 12 Th 4:30-5:15pm NLR \$65 40268

Beg. Upper Level Spanish, ages 9-13

Kids will actively learn to communicate using questions and answers, basic salutations, feelings, and likes and dislikes. They will also begin the process of conjugating verbs, understanding grammatical theories, and writing.

Sept 26-Oct 24 Th 5:30-6:15pm NLR \$65 40269
 Nov 7-Dec 12 Th 5:30-6:15pm NLR \$65 40270

Adult Beg. Conversation, age 18-adult

Learn conversational French or Spanish using common vocabulary and basic verbs. The difficulty of conjugating verbs will be taught in a way to help you understand, remember, and apply the basic patterns.

French
 Sept 25-Dec 4 W 7:30-8:50pm NLR \$155 39768
 Spanish
 Sept 26-Dec 5 Th 7:30-8:50pm NLR \$155 38376

Play-Well TEKnologies

LEGO® Workshops, grades 1-4

In these fun-filled, creative workshops, kids will use LEGO® building systems and techniques that help make their ideas a reality with the guidance of an experienced Play-Well instructor.

LEGO® Racing Championship

Kids will use engineering skills and over 100,000 pieces of LEGO® to design and build a lightning-fast racer to compete in the LEGO® Racing Championship! Who be crowned the Champion?

Sept 14 Sa 9-10:30am NLR \$25 39872

LEGO® Amusement Park

Take a ride on the Gravitron C-100 and the Dragon Fire Roller Coaster as we use over 100,000 pieces of LEGO® to build your favorite ride!

Oct 12 Sa 9-10:30am NLR \$25 39873

LEGO® Angry Birds

Take your eggs back from those Piggies as you build different machines to launch your birds and take down the stronghold of the Piggies Queen! With over 100,000 pieces of LEGO® to choose from, those Piggies don't stand a chance.

Nov 16 Sa 9-10:30am NLR \$25 39874

Crafty Workshops, ages 8+

This time is great for creative and artistic thinkers. Kids will make fun colorful bracelets, decorate a paper airplanes, or just have fun creating their own work of art.

Sept 9 M 3:30-5pm MLK \$3 39889
 Oct 7 M 3:30-5pm MLK \$3 39890
 Nov 11 M 3:30-5pm MLK \$3 39891
 Dec 9 M 3:30-5pm MLK \$3 39892
 Jan 6 M 3:30-5pm MLK \$3 39893
 Feb 10 M 3:30-5pm MLK \$3 39894



experience new ventures

King Kids in the Kitchen, ages 6-13

Each class, kids will learn kitchen safety and how to cook creative, kid-friendly recipes. Classes include math games, kitchen science, and gym or playground time after class. Aprons are recommended. Register by the Friday before each class.

Spooky Treats, ages 6-10

Kids will create two Halloween treats, one craft, and decorate cookies.

Come in costume to cook up some fun!

Oct 24 Th 6-7pm MLK \$10 40290

Thanksgiving Community Project, ages 8-13

Kids and parents will work together help collect and create 12 care packages for senior citizens. In addition, Kids will work together to make and serve a special Thanksgiving soup and salad meal, then present the packages to their guests. Apron, hair net, and closed-toe shoes are required.

Nov 14 Th 5:30-8:30pm MLK \$12 40291

"Brown Bag It," ages 6-10

Make over those boring school lunches with fun, and healthy options! Kids will make, and pack their lunch for the next school day. Paper bags and ziplocks will be provided, or kids can bring their own lunch box.

Tuna Rolls	Jan 9	Th	6-7pm	MLK	\$10	40292
Turkey Kabob	Jan 16	Th	6-7pm	MLK	\$10	40293
PB&J Clubs	Jan 23	Th	6-7pm	MLK	\$10	40294
BLT Wraps	Jan 30	Th	6-7pm	MLK	\$10	40295

The Engineering Club, ages 4-14

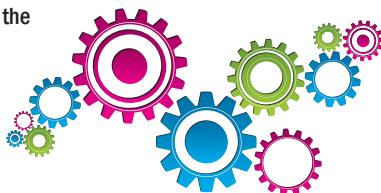
Taught by professional engineers, kids will learn hands-on design processes of civil and mechanical engineering. They will construct their own roller coasters, egg drop vehicles, and bridges to understand concepts of structural engineering and the basics of fluid mechanics and simple machines.

This class will require a lot of creativity!

Register one week before the class begins.

Oct 5-Nov 2	Sa	11-noon	MLK	\$85	40239
Feb 1-22	Sa	11-noon	MLK	\$85	40240

*a great hands-on
learning experience!*



Register online at www.dentonparks.com

Become a certified baby sitter
Learn to cook creatively
Join the engineering club
Understand bullying

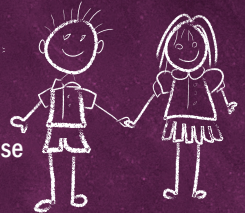
STOP BULLYING

B.U.L.L.Y.I.N.G, ages 6-13

This class is designed for both kids who have been bullied and kids who have bullied. The goal is to empower them to speak up and speak out.

Topics include:

Believing in yourself
Understanding bullying
Listening to each other
Learning from one another
You are in control
Intervening for someone else
Needing to make a change
Gaining self respect



Ages 6-9

Sept 4-Oct 26	Sa	1-2pm	DRC	\$40	39117
Jan 4-Feb 22	Sa	1-2pm	DRC	\$40	39118

Ages 10-13

Sept 4-Oct 26	Sa	2:30-3:30pm	DRC	\$40	39119
Jan 4-Feb 22	Sa	2:30-3:30pm	DRC	\$40	39120

BABYSITTING

Cross Lifeline Child Care and Babysitting, ages 10-17

This four-hour course builds confidence and skills necessary to care for infants and children on a daily basis and in emergency situations. Participants will learn CPR, First Aid, and choking for an infant or a child, diaper changing, burping, feeding, etc. The fee includes a workbook and completion card. Register by the Saturday before each course.

Sept 7	Sa	9am-1pm	NLR	\$58	39742
Oct 5	Sa	9am-1pm	NLR	\$58	39743
Feb 1	Sa	9am-1pm	NLR	\$58	39744
Mar 1	Sa	9am-1pm	NLR	\$58	39745

dance classes

jazz, tap, hip-hop and ballet
register online at www.dentonparks.com



Tiny Tutus, ages 2-3

Dancers will learn the fundamentals of ballet in a nurturing environment through imaginative play and steps that can be practiced at home.

North Lakes Rec Center, (940) 349-8287

Sept 17-Oct 8	Tu	4-4:30pm	\$30	39266
Sept 21-Oct 12	Sa	9:30-10am	\$30	39267
Oct 22-Nov 12	Tu	4-4:30pm	\$30	39268
Oct 26-Nov 16	Sa	9:30-10am	\$30	39269
Nov 19-Dec 10	Tu	4-4:30pm	\$23	39270
Nov 23-Dec 14	Sa	9:30-10am	\$23	39271
Jan 7-Jan 28	Tu	4-4:30pm	\$30	39272
Jan 11-Feb 1	Sa	9:30-10am	\$30	39273
Feb 11-Mar 4	Tu	4-4:30pm	\$30	39274
Feb 15-Mar 8	Sa	9:30-10am	\$30	39275

Denia Rec Center, (940) 349-8285

Sept 20-Oct 11	F	5:30-6pm	\$30	39059
Oct 25-Nov 15	F	5:30-6pm	\$30	39060
Dec 6-27	F	5:30-6pm	\$30	39061
Jan 10-31	F	5:30-6pm	\$30	39062
Feb 14-Mar 7	F	5:30-6pm	\$30	39063

Bigger Ballerinas, ages 4-6

Dancers will learn basic techniques through imaginative play and progress to beginner barre.

North Lakes Rec Center, (940) 349-8287

Sept 17-Oct 8	Tu	5-5:30pm	\$30	39286
Sept 21-Oct 12	Sa	10-10:30am	\$30	39287
Oct 22-Nov 12	Tu	5-5:30pm	\$30	39288
Oct 26-Nov 16	Sa	10-10:30am	\$30	39289
Nov 19-Dec 10	Tu	5-5:30pm	\$23	39290
Nov 23-Dec 14	Sa	10-10:30am	\$23	39291
Jan 7-Jan 28	Tu	5-5:30pm	\$30	39292
Jan 11-Feb 1	Sa	10-10:30am	\$30	39293
Feb 11-Mar 4	Tu	5-5:30pm	\$30	39294
Feb 15-Mar 8	Sa	10-10:30am	\$30	39295

Denia Rec Center, (940) 349-8285

Sept 20-Oct 11	F	6-6:30pm	\$30	39033
Oct 25-Nov 15	F	6-6:30pm	\$30	39034
Nov 22-Dec 13	F	6-6:30pm	\$30	39035
Jan 10-31	F	6-6:30pm	\$30	39036
Feb 14-Mar 7	F	6-6:30pm	\$30	39037

Ballet 1, ages 7+

Dancers will learn fundamentals at the barre and in the center. Combinations will develop motor skills, memory, and coordination.

North Lakes Rec Center, (940) 349-8287

Sept 21-Oct 12	Sa	11-12am	\$40	39376
Oct 26-Nov 16	Sa	11-12am	\$40	39377
Nov 23-Dec 14	Sa	11-12am	\$30	39378
Jan 11-Feb 1	Sa	11-12am	\$40	39379
Feb 15-Mar 8	Sa	11-12am	\$40	39380

Children's Tap, ages 3-6

Dancers will learn tap basics, including shuffle ball change, maxi ford, and front and back flaps.

North Lakes Rec Center, (940) 349-8287

Sept 17-Oct 8	Tu	4-5:30pm	\$30	39381
Sept 21-Oct 12	Sa	10:30-11am	\$30	39382
Oct 22-Nov 12	Tu	4-5:30pm	\$30	39383
Oct 26-Nov 16	Sa	10:30-11am	\$30	39384
Nov 19-Dec 10	Tu	4-5:30pm	\$23	39385
Nov 23-Dec 14	Sa	10:30-11am	\$23	39386
Jan 7-Jan 28	Tu	4-5:30pm	\$30	39387
Jan 11-Feb 1	Sa	10:30-11am	\$30	39388
Feb 11-Mar 4	Tu	4-5:30pm	\$30	39389
Feb 15-Mar 8	Sa	10:30-11am	\$30	39390

Jazz, ages 6-12

This upbeat American theatrical dance fuses ballet techniques and the rhythm of tap to express athleticism, personality and style.

Each class offers a thorough warm-up including technique exercises, isolations, and stretching.

Dancers will learn kicks, turns, and leaps, as well as combinations and vocabulary.

Denia Rec Center, (940) 349-8285

Sept 13-Oct 4	F	4:30-5:30pm	\$30	39049
Oct 25-Nov 15	F	4:30-5:30pm	\$30	39050
Dec 6-27	F	4:30-5:30pm	\$30	39051
Jan 10-31	F	4:30-5:30pm	\$30	39052
Feb 14-Mar 7	F	4:30-5:30pm	\$30	39053

Lil' Hip Hop, ages 5+

In this high-energy class, students will learn a variety of fun hip-hop combinations using the fundamentals of dance and routines which are choreographed new for each session.

Denia Rec Center, (940) 349-8285

Sept 20-Oct 11	F	7-7:30pm	\$30	39054
Oct 25-Nov 15	F	7-7:30pm	\$30	39055
Nov 22-Dec 13	F	7-7:30pm	\$30	39056
Jan 10-31	F	7-7:30pm	\$30	39057
Feb 14-Mar 7	F	7-7:30pm	\$30	39058

Hip Hop, ages 9+

Beginners and dance enthusiasts will learn fun hip-hop combinations using the latest dance moves and the hottest music! In addition to having a blast, dancers will receive a cardio workout. Bring knee pads and gloves.

MLK Jr. Rec Center, (940) 349-8575

Sept 4-25	W	7:30-8:30pm	\$40	39193
Oct 2-23	W	7:30-8:30pm	\$40	39194
Nov 6-27	W	7:30-8:30pm	\$40	39195
Dec 4-25	W	7:30-8:30pm	\$30	39196
Jan 8-29	W	7:30-8:30pm	\$40	39197
Feb 5-26	W	7:30-8:30pm	\$40	39198

salsa, waltz, two-step, progressive country

Basic Progressive Country

This is your chance to learn the country dance with the most spins, neck wraps, and waist wraps. The fee is per person and a partner is needed.

Classes @ Denia Rec Center

Sept 17-Oct 22	Tu	6-7pm	\$25	38865
Nov 5-Dec 10	Tu	6-7pm	\$25	38866
Jan 7-Feb 11	Tu	6-7pm	\$25	38867
Feb 25-Apr 1	Tu	6-7pm	\$25	38868

Intermediate/Advanced

Progressive County

This advanced class builds on the basic dance moves of progressive country dancing and will introduce more patterns, routines, and spins. Students must have completed the Basic classic, or obtained instructor approval. The fee is per person and a partner is needed.

Classes @ Denia Rec Center

Sept 17-Oct 22	Tu	7-8pm	\$25	38869
Nov 5-Dec 10	Tu	7-8pm	\$25	38870
Jan 7-Feb 11	Tu	7-8pm	\$25	38871
Feb 25-Apr 1	Tu	7-8pm	\$25	38872

Salsa I, Beginner

Explore this energetic, fun Latin dance! Learn technique, posture, and basic steps with small spins. A partner is NOT required.

Classes @ Denia Rec Center

Dec 6-27	F	6:30-7:30pm	\$20	38912
Jan 3-24	F	6:30-7:30pm	\$20	38913
Feb 7-Mar 7	F	6:30-7:30pm	\$20	38914

Salsa II, Intermediate

This intermediate Salsa class will help you build upon the basics learned in Salsa I and introduce new forms, variations and patterns to expand your dancing abilities. Students must have completed Salsa I, or obtained instructor approval. A partner is NOT required.

Classes @ Denia Rec Center

Dec 6-27	F	7:30-8:30pm	\$20	38918
Jan 3-24	F	7:30-8:30pm	\$20	38919
Feb 7-Mar 7	F	7:30-8:30pm	\$20	38920

martial arts

Texas Isshinryu Karate Kai, age 5-adult

Isshinryu karate is an authentic martial art stemming from Okinawa, the birthplace of karate. This fun class, taught by world champion and hall-of-fame black belt instructors, focuses on discipline, confidence, coordination, physical fitness, and practical self-defense. A white uniform is required and may be purchased in class.

The first class of each month is free.

Ages 5-7

Sept 3-26	Tu/Th	4:30-5:15pm	DRC	\$40	38927
Oct 1-31	Tu/Th	4:30-5:15pm	DRC	\$40	38928
Nov 5-28	Tu/Th	4:30-5:15pm	DRC	\$40	38929
Dec 3-31	Tu/Th	4:30-5:15pm	DRC	\$40	38930
Jan 2-30	Tu/Th	4:30-5:15pm	DRC	\$40	38931
Feb 4-27	Tu/Th	4:30-5:15pm	DRC	\$40	38932

Age 8-adult

Sept 3-26	Tu/Th	5:30-6:30pm	DRC	\$40	38933
Oct 1-31	Tu/Th	5:30-6:30pm	DRC	\$40	38934
Nov 5-28	Tu/Th	5:30-6:30pm	DRC	\$40	38935
Dec 3-31	Tu/Th	5:30-6:30pm	DRC	\$40	38936
Jan 2-30	Tu/Th	5:30-6:30pm	DRC	\$40	38937
Feb 4-27	Tu/Th	5:30-6:30pm	DRC	\$40	38938

Wolf Tae Kwon Do, age 10-adult

Students will be led through a fully interactive approach to the ancient art of Tae Kwon Do, a version of unarmed combat designed for self-defense meant to discourage violence. Information on testing fees and uniforms can be answered by the instructor. Register in advance.

Oct 1-31	Tu/Th	6-7pm	MLK	\$55	39808
Nov 5-26	Tu/Th	6-7pm	MLK	\$55	39809
Dec 3-19	Tu/Th	6-7pm	MLK	\$45	39811
Jan 7-30	Tu/Th	6-7pm	MLK	\$55	39812
Feb 4-27	Tu/Th	6-7pm	MLK	\$55	39813

Red Tiger Karate, age 5-adult

Join one of the most popular martial arts programs in North Texas! We offer a complete white-through-black-belt program taught in an upbeat atmosphere. A white uniform is required and may be purchased in class. Register at North Lakes Rec Center on the first night of class. For more information, call (817) 845-1557.

Juniors, ages 5-12

Learn American Karate in a year-round program that develops self-esteem, positive behavior, bully-defense, abduction awareness, and academic achievement.

New students	Sept 13-Nov 15	F	6-7pm	NLR	\$60
	Jan 17-Mar 7	F	6-7pm	NLR	\$60
	Mar 21-May 23	F	6-7pm	NLR	\$60
Returning students	Sept 13-Nov 15	F	7-8pm	NLR	\$60
	Jan 17-Mar 7	F	7-8pm	NLR	\$60
	Mar 21-May 23	F	7-8pm	NLR	\$60

Teen and Adult, age 13-adult

Join us to learn street self-defense, meet new people, and get in shape. The benefits of this program will reach beyond the class by improving everyday focus, reducing daily stress, and improving quality of life.

Sept 13-Nov 15	F	8-9pm	NLR	\$60
Jan 17-Mar 7	F	8-9pm	NLR	\$60
Mar 21-May 23	F	8-9pm	NLR	\$60





OUTDOOR ADVENTURES

For more information, call (940) 349-8136.

Clear Creek Introductory Hike, all ages

Join Denia Rec staff and Elm Fork Master Naturalists on a 4-mile hike to discover the diverse habitats of wetlands, grasslands, and forests. Children able to keep up are welcome; ages 12-17 may attend without a guardian but must provide a signed waiver. Meet at Clear Creek Natural Heritage Area, 3310 Collins Rd. Register by Sept. 4.

Sept 7 Sa 10am-noon \$3 39187

Intro to Kayaking, ages 12-adult

Introduce yourself to safe, sit-on-top kayaks on the calm, open water of North Lakes Park with knowledgeable staff and lifeguards. Please bring sunscreen and a water bottle. Meet at North Lakes Park Pond, south of the intersection at Bonnie Brae and W. Windsor. Register by Sept. 11.

Sept 14 Sa 10am-noon \$15 39156

Kayak Clear Creek, ages 5-adult

Paddle up Elm Fork to the confluence at Clear Creek by using sit-on-top kayaks. Ages 5-9 must be accompanied by an adult to share a tandem kayak, and ages 12-17 may attend without a guardian but must provide a signed waiver. In addition to the usual items, participants need to bring a sack lunch. Meet at Denia Rec Center. Register by March 1.

Sept 21 Sa 10am-3pm \$20 ages 5-9 39030; ages 10+ 33029

Oct 26 Sa 10am-3pm \$20 ages 5-9 39032; ages 10+ 39031

Horseback Riding, ages 10-adult

Join Black Mustang Ranch on a 1.5-hour, guided horseback adventure on the trails at Lantana Lodge. The terrain varies from rugged, stony hills to sandy loam with spectacular views of Lake Ray Roberts. Participants will be paired with their ideal horse. Ages 13-17 may attend without a guardian but must provide a signed waiver. Meet at Denia Rec Center. Register by Sept. 23.

Sept 28 Sa 9am-1pm \$45 39168

Kayak Bridgeport Falls Creek, ages 5-adult

Kayak a variety of waterways, including quiet pools and small riffles, along this 5.8-mile, scenic loop on the Trinity River's west fork while using sit-on-top kayaks. Ages 5-9 must be accompanied by an adult to share a tandem kayak, and ages 13-17 may attend without a guardian but must provide a signed waiver. In addition to the usual items, participants need to bring a sack lunch. Meet at Denia Rec Center. Register by April 12.

Oct 5 Sa 10am-3pm \$20 ages 5-9 38890; ages 10+ 38889

WHAT YOU NEED TO KNOW

Indoor/Outdoor Adventures are led by knowledgeable, ACA-assessed and American Red Cross lifeguard-certified staff; therefore, experience is not required. Fees include instruction, equipment, and transportation when applicable. Outdoor requirements: sunscreen, insect repellent, water, hiking boots, long pants, a hat, and weather-appropriate clothing, including closed toe shoes that can get wet. No pets allowed.

Clear Creek Night Hike, ages 8-adult

Join Elm Fork Master Naturalists for a program on night sounds, followed by a hike. Ages 12-17 may attend without a guardian but must provide a signed waiver. Meet at Clear Creek Natural Heritage Area, 3310 Collins Rd. Register by Oct. 2.

Oct 5 Sa 6:30-8:30pm \$5 39077

Native Prairie Plant Nature Hike, all ages

Join Denia staff and Elm Fork Master Naturalists on a hike to observe and identify fall native plants. Kids old enough to keep up are welcome. Ages 12 and older need a signed waiver to come without a guardian. No pets allowed. Meet at Clear Creek Natural Heritage Area, 3310 Collins Rd. Register by Oct 9.

Oct 12 Sa 10am-noon \$3 39185

Intro to Mountain Biking, ages 16-adult

Bike four miles of flat, single-track trail in wetlands, grasslands, and forests to discover the natural beauty of Clear Creek. Bikes and helmets are provided. Meet at Clear Creek Natural Heritage Area, 3310 Collins Rd.

Oct 19 Sa 10am-1pm \$15 39169

Junior Angler, ages 6-adult

Learn how to fish with TPWD-certified angler educators. The class will cover safety, species, tackle, casting, and fishing. Each student will receive a certificate and Junior Angler pin. Ages 12-17 must have a signed waiver to come alone. Kids 6-11 must be accompanied by an adult. Meet at the south pond in South Lakes Park by the dock.

Nov 2 Sa 9am-noon \$8 39212

Mar 15 Sa 9am-noon \$8 39257

More outdoor adventures for ages 50+ on page 35: kayaking, fly fishing, horseback riding, geocaching, birding, archery, and biking



Intermediate Angler, ages 10-adult

Take the next step in angler knowledge. Learn to rig tackle for different species and habitats, and explore line weight and types, hook sizing, lures, and much more. Student must have completed Junior Angler course.

Nov 16 Sa 10am-noon \$8 DRC 39856

Kayak Pecan Creek, ages 5-adult

Paddle up a crystal clear waterway at Pecan Creek. Ages 5-9 must be accompanied by an adult to share a tandem kayak, and ages 12-17 may attend without a guardian but must provide a signed waiver. In addition to the usual items, participants need to bring a sack lunch. Meet at Denia Rec Center. Register by May 10.

Nov 9 Sa 10am-3pm \$20
ages 5-9 38893
ages 10+ 38893

Mountain Biking, ages 16-adult

Bike at Johnson Branch State Park to experience a cyclists' mecca! This branch of Ray Roberts Lake has been transformed for riders of all levels and now features a combination of jeep roads and single-track looping through the hills. Bikes and helmets are provided; in addition to the usual items, participants need to bring a sack lunch and water. Meet at Denia Rec Center.

Nov 16 Sa 10am-2pm \$25 39182

Angler Outing, ages 6-adult

If you've completed a Junior Angler class, come out and fish with us! Tackle and bait will be provided, or feel free to bring your own fishing equipment. TPWD-certified angler educators and Denia staff will be there for any assistance. Meet at the south pond in South Lakes Park by the dock.

Dec 14 Sa 10am-noon \$3 39857

Basic Dog Obedience, ages 12+

The instructor will take you through the process of teaching your dog to respond to common requests. Puppies, nine weeks and older, are welcome. The first class is an orientation so do not bring your canine friend; bring shot records to first class. Register one week prior to each session. For more information, call (940) 206-7156.

Classes @ Denia Rec Center

Oct 1-Nov 5 Tu 7:15-8:15pm \$80 39066
Nov 12-Dec 17 Tu 7:15-8:15pm \$80 39067
Jan 21-Feb 25 Tu 7:15-8:15pm \$80 39068

Classes @ North Lakes Rec Center

Sept 5-Oct 10 Th 7:30-8:30pm \$80 39721
Oct 17-Nov 21 Th 7:30-8:30pm \$80 39722
Jan 9-Feb 13 Th 7:30-8:30pm \$80 39723
Feb 27-Apr 3 Th 7:30-8:30pm \$80 39724

Adv. Dog Obedience, ages 12+

Each dog and handler must have a working knowledge and an understanding of the basics to enroll in this preparatory class for American Kennel Club's Canine Good Citizen Test. Register one week prior to each session. For questions and prerequisites, call (940) 206-7156.

Classes @ North Lakes Rec Center

Feb 5-Mar 19 W 7:30-8:30pm \$80 39725
Canine Good Citizen Test
Mar 26 W 7:30-8:30pm \$15 39726

Wiggly Field Dog Park

Located in Lake Forest Park at 1760 E. Ryan Rd., the park offers separate fenced areas for large dogs and small/shy dogs, human and pet drinking fountains, and paved parking; no restrooms. The park is closed every Wednesday from 7 a.m. to 3:30 p.m. for mowing and maintenance.

Dogs must be licensed and display current rabies vaccination tags. If Denton resident, must have a current city registration tag issued by Animal Control.



Learn to fly fish with Texas Parks and Wildlife certified angler educators, from Dallas Fly Fishers, page 35



THE NAT

Denton Natatorium is located at 2400 Long Rd., off Sherman Dr., near Loop 288; (940) 349-8800

The NAT is a joint-use facility between Denton Independent School District and City of Denton Parks and Recreation. DISD uses the facility for swim meets, swim team practices, and water polo matches.



NAT Daily Admission

Daily Admission	Resident	Nonresident
Age 12 and older	\$3.50	\$5
Ages 6-11	\$2.50	\$3
Ages 2-5	\$1	\$1.50
Under age 2	free	free
After Oct. 1	Resident	Nonresident
Age 16+	\$4	\$5
Ages 3-15	\$3	\$4
Ages 2 and under	free	free

NAT Monthly/Annual Passes

Monthly Passes	Resident	Nonresident
Individual	\$15 (\$20 after Oct. 1)	\$20 (\$25 after Oct. 1)
Family*	\$40	\$50 (\$45 after Oct. 1)
Four Month Pass	Resident	Nonresident
Individual	\$45 (\$60 after Oct. 1)	\$60 (\$70 after Oct. 1)
Family*	\$120	\$150 (\$130 after Oct. 1)
Annual Pass	Resident	Nonresident
Individual	\$90 (\$120 after Oct. 1)	\$120 (\$135 after Oct. 1)
Family	\$250	\$325 (\$265 after Oct. 1)

NAT Punch Cards (valid six months from purchase date)

10/20 Punch Cards	Resident	Nonresident
Age 12 and older	10/\$28, 20/\$56	10/\$40, 20/\$80
Ages 6-11	10/\$20, 20/\$40	10/\$24, 20/\$48
Age 5 & younger	10/\$8, 20/\$16	10/\$12, 20/\$24
After Oct. 1	Resident	Nonresident
Age 16+	10/\$30, 20/\$60	10/\$35, 20/\$65
Ages 3-15	10/\$25, 20/\$55	10/\$35, 20/\$60

Hours of Operation, September-February

For schedule updates, including pool closings and extended open swim hours during spring break, visit www.dentonparks.com

Monday-Friday

5:30-7am	Lap swim, water walking
7-9am	Water walking, leisure pool swim
9am-3pm	Lap swim, water walking, classes
3-5pm	Water walking, leisure pool swim

Monday-Thursday

5-8pm	Lap swim
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Tuesday & Thursday

4:30-8pm	Leisure pool with slide open
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Friday

4:30-7pm	Leisure pool with slide open
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Friday

5-7pm	Lap Swim
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Saturday

10am-noon	Lap swim, water walking, classes
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Noon-6pm	Open swim (slide, diving board open)
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Sunday

1-5pm	Open swim (slide, diving board open)
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New! All Access Annual Aquatic Pass

NAT, Water Works Park, and Civic Center Pool

Individual, \$140
Family \$390
(nonresidents add \$15)

* Families are considered to be up to two adults and up to four dependent children living in the same household; add \$25 for each additional child. "Dependent" implies tax dependent or dependent through marriage.

Water Exercise Classes for All Levels

Purchase a water exercise punch card at the NAT and use it interchangeably for any water exercise class. Punch cards and water exercise passes include admission to the NAT for lap swim or open swim at no additional cost. All levels are welcome.

Drop-in	\$7 per person
One Month Pass	\$36; nonres add \$5
Four Month Pass	\$132; nonres add \$15
Annual Pass	\$396; nonres add \$30
10-Class Punch Card	\$40; nonres add \$10 (valid for six months)
20-Class Punch Card	\$70; nonres add \$10 (valid for six months)

Deep Challenge, Monday-Thursday, 6-6:55pm

This is a non-impact but vigorous deep-water aerobics class held in the competition pool. The class includes interval and circuit training, strength resistance training, and stretching. Deep-water flotation devices and resistance equipment provided.

Shallow Water Workout, Monday-Thursday, 7-7:55pm

This low-impact, cross training class combines kick boxing, water walking, yoga, pilates, and tai chi to improve cardiovascular fitness, strength, and flexibility. Water shoes are highly recommended. Class is held in the leisure pool.

Senior Water Exercise, all ages

Strength Training: Monday, Wednesday, Friday, 9-9:55am
Water Exercise: Monday, Wednesday, Friday, 10:15-11:15am

Not limited to seniors, these classes are designed for those who need to work out at a slightly slower pace compared to our other classes. The class is held in the leisure pool (88 degrees) during the colder months and in the water park lazy river during the summer months. Strength training is free to all pass holders.

SilverSneakers®

If you are eligible for the SilverSneakers® fitness program through your insurance plan, you receive access to the NAT, fitness rooms at the centers, and SilverSneakers® and water exercise classes. To view currently accepted insurance plans, visit www.silversneakers.com. Enroll in person at North Lakes Rec Center, (940) 349-8287.

NEW Aquatic Therapy Seminar, Sept. 17

9:30-10:30am, Free

Learn the benefits of aquatic therapy for medical conditions such as arthritis, fibromyalgia, sprains, and more. Taught by Dan Proctor, a physical therapist from Denton Sports and Physical Therapy, and Claralynn Barnes, an AEA certified water instructor. Receive a \$5 coupon for a water exercise pass. To register, call (940) 349-8800. For aquatic therapy information, call (940) 566-5714.



Denton Dolphins Swim Team, ages 6+

Swim competitively with the Denton Dolphins, a part of the Texas Amateur Athletics Federation! This is a wonderful way to learn the fundamentals of competing. Participants must be able to swim 25 yards continuously. Team tryouts and placement for new participants will occur at the first practice of the season. For the fall season discount, register by Sept. 1.



RED (BEGINNER)

Sept 10-Dec 19	T/Th	5-6pm	\$168	40174
Jan 7-May 1	T/Th	5-6pm	\$192	40181

WHITE (INTERMEDIATE)

Sept 10-Dec 19	T/Th	6-7pm	\$168	40175
Jan 7-May 1	T/Th	6-7pm	\$192	40180

BLUE (ADVANCED I)

Sept 10-Dec 19	T/Th	6:30-8pm	\$210	40176
Jan 7-May 1	T/Th	6:30-8pm	\$240	40178

GOLD (ADVANCED II)

Sept 10-Dec 19	T/Th	6:30-8pm	\$210	40213
Jan 7-May 1	T/Th	6:30-8pm	\$240	40214

Certification Courses

Lifeguard Instructor Course

Become an American Red Cross Lifeguard Training Instructor. Must be able to complete a full lifeguard challenge on the first day, including all physical and written skill tests.

Dec 20-22	F-Sa	9am-6pm	\$135	40165
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Water Safety Instructor, ages 16+

Learn to teach Water Safety, including the Basic Water Rescue course, the six levels of the "Learn to Swim" program, and Parent and Child Aquatics from the American Red Cross. Must successfully complete the pre-course session on the first night of class, which includes strokes (front crawl, back crawl, sidestroke, breaststroke, elementary backstroke, butterfly) for 25 yards each (15/butterfly) at Level 4 or better; must float in deep water and tread water for one minute.

Jan 3-5	F-Sa	9am-6pm	\$250	40164
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Masters Swim Club

The DASC Masters Swim Club is rapidly growing and in Denton and surrounding areas.

We have swimmers of all abilities including, novice swimmers looking to feel more comfortable in the water, triathletes wanting to have a faster swim time, and collegiate/competitive swimmers preparing for the next swim meet. The goal of our team is to provide every member an opportunity to improve their skills and achieve success while having a great time! For membership information, call (940) 239-7770 or email coach.michael@daswimclub.com

Island Divers Scuba Classes

We offer scuba classes in conjunction with Island Divers. Classes are taught through the PADI (Professional Association of Diving Instructors) system. Students will learn to dive safely, become comfortable in the water, and have fun. Call (940) 383-3483.

Family Fun Discount Nights

Every Friday from 4-7pm, pay one daily admission fee, you receive a second of equal or lesser value.

year round
POOL PARTY
rentals

NAT After Hour Rentals

To book a private rental for after hours, please call (940) 349-8802.

NAT Birthday Party Package

The \$160 package includes one hour in a decorated party room, admission to the indoor pool, invitations, cake, ice cream sandwiches, drinks, a souvenir picture, paper goods, a party host, and 15 passes for your guests to revisit the Natatorium. Pizza is available for an additional \$30.

The price is for 15 swimmers; there is \$4 fee for each additional swimmer, but there is no charge for non-swimming guests. Call (940) 349-8806.

NAT Group Party Package

The \$275 package includes one hour in a decorated party room, admission to the indoor pool, eight large single-topping pizzas, cake, ice cream sandwiches, drinks, invitations, paper goods, a souvenir group picture, a party host, and 25 passes for your guests to revisit the Natatorium. The price is for 25 swimmers; there is \$4 fee for each additional swimmer, but there is no charge for non-swimming guests. Call (940) 349-8806.



Water Tots Swim Lessons

For ages 6 months to 3 years, this parent and child class builds readiness through games and songs. Parents will learn how to teach their kid various skills to increase their confidence, coordination, and safety in the water.

Weekday classes at the NAT

Sept 9-Oct 2	M/W	5:30-6:05pm	\$60	39903
Sept 9-Oct 2	M/W	6:15-6:50pm	\$60	39904
Oct 7-30	M/W	5:30-6:05pm	\$60	39905
Oct 7-30	M/W	6:15-6:50pm	\$60	39906
Jan 6-29	M/W	5:30-6:05pm	\$60	40187
Jan 6-29	M/W	6:15-6:50pm	\$60	40189
Feb 3-26	M/W	5:30-6:05am	\$60	40190
Feb 3-26	M/W	6:15-6:50am	\$60	40188

Weekend classes at the NAT

Sept 14-Oct 5	Sa	10:15-10:50am	\$36	39929
Sept 14-Oct 5	Sa	11-11:35am	\$36	39928
Oct 12-Nov 2	Sa	10:15-10:50am	\$36	39931
Oct 12-Nov 2	Sa	11-11:35am	\$36	39930
Jan 11-Feb 1	Sa	10:15-10:50am	\$36	39933
Jan 11-Feb 1	Sa	11-11:35am	\$36	39932
Feb 8-Mar 1	Sa	10:15-10:50am	\$36	40186
Feb 8-Mar 1	Sa	11-11:35am	\$36	39934

Preschool Swim Lessons, ages 3-4

This class introduces water skills that will help your kid feel comfortable and enjoy water safely. We will teach floating, kicking, alternating arm action, bubble blowing, and safety rules. Kids are divided according to their skill level. The class ratio of participant to instructor is 5:1.

Weekday classes at the NAT

Sept 9-Oct 2	M/W	5:30-6:05pm	\$60	39937
Sept 9-Oct 2	M/W	6:15-6:50pm	\$60	39938
Oct 7-30	M/W	5:30-6:05pm	\$60	39939
Oct 7-30	M/W	6:15-6:50pm	\$60	39940
Jan 6-29	M/W	5:30-6:05pm	\$60	40191
Jan 6-29	M/W	6:15-6:50pm	\$60	40192
Feb 3-26	M/W	5:30-6:05pm	\$60	40193
Feb 3-26	M/W	6:15-6:50pm	\$60	40194

Weekend classes at the NAT

Sept 14-Oct 5	Sa	10:15-10:50am	\$36	39973
Sept 14-Oct 5	Sa	11-11:35am	\$36	39972
Oct 12-Nov 2	Sa	10:15-10:50am	\$36	39975
Oct 12-Nov 2	Sa	11-11:35am	\$36	39976
Jan 11-Feb 1	Sa	10:15-10:50am	\$36	39978
Jan 11-Feb 1	Sa	11-11:35am	\$36	39979
Feb 8-Mar 1	Sa	10:15-10:50am	\$36	40195
Feb 8-Mar 1	Sa	11-11:35am	\$36	40196

Year-round Indoor Swim Lessons

Register online at www.dentonparks.com or call (940) 349-8800.

Lessons for all skill levels are provided at each class during each session.

All fees are for residents; nonresidents add \$5. Levels 1-4 have a participant to teacher class ratio of 6:1. There will be no class Jan. 20; a make-up class will be Jan. 24. Registration deadline for ALL swim lessons is at closing on the Friday before the first day of class.

Level 1: Introduction to Water

We'll teach skills ranging from beginning to introduction and work on freestyle, backstroke, and breaststroke.

Weekday classes at the NAT

Sept 9-Oct 2	M/W	5:30-6:05pm	\$60	39984
Sept 9-Oct 2	M/W	6:15-6:50pm	\$60	39985
Sept 9-Oct 2	M/W	7-7:35pm	\$60	39986
Oct 7-30	M/W	5:30-6:05pm	\$60	39987
Oct 7-30	M/W	6:15-6:50pm	\$60	39988
Oct 7-30	M/W	7-7:35pm	\$60	39989
Jan 6-29	M/W	5:30-6:05pm	\$60	40197
Jan 6-29	M/W	6:15-6:50pm	\$60	40198
Jan 6-29	M/W	7-7:35pm	\$60	40201
Feb 3-26	M/W	5:30-6:05pm	\$60	40199
Feb 3-26	M/W	6:15-6:50pm	\$60	40200
Feb 3-26	M/W	7-7:35pm	\$60	40202

Weekend classes at the NAT

Sept 14-Oct 5	Sa	10:15-10:50am	\$36	40020
Sept 14-Oct 5	Sa	11-11:35am	\$36	40021
Oct 12-Nov 2	Sa	10:15-10:50am	\$36	40022
Oct 12-Nov 2	Sa	11-11:35am	\$36	40023
Jan 11-Feb 1	Sa	10:15-10:50am	\$36	40024
Jan 11-Feb 1	Sa	11-11:35am	\$36	40025
Feb 8-Mar 1	Sa	10:15-10:50am	\$36	40027
Feb 8-Mar 1	Sa	11-11:35am	\$36	40028

Level 2: Fundamental Skills

We will teach alternating arm action, rhythmic bobbing, front/back glides, and safety. You must be able to walk five yards in chest-deep water, retrieve an object underwater, and float supported or unsupported.

Weekday classes at the NAT

Sept 9-Oct 2	M/W	5:30-6:05pm	\$60	40033
Sept 9-Oct 2	M/W	6:15-6:50pm	\$60	40034
Sept 9-Oct 2	M/W	7-7:35pm	\$60	40035
Oct 7-30	M/W	5:30-6:05pm	\$60	40037
Oct 7-30	M/W	6:15-6:50pm	\$60	40038
Oct 7-30	M/W	7-7:35pm	\$60	40039
Jan 6-29	M/W	5:30-6:05pm	\$60	40203
Jan 6-29	M/W	6:15-6:50pm	\$60	40204
Jan 6-29	M/W	7-7:35pm	\$60	40205
Feb 3-26	M/W	5:30-6:05pm	\$60	40206
Feb 3-26	M/W	6:15-6:50pm	\$60	40207
Feb 3-26	M/W	7-7:35pm	\$60	40208

Weekend classes at the NAT

Sept 14-Oct 5	Sa	10:15-10:50am	\$36	40062
Sept 14-Oct 5	Sa	11-11:35am	\$36	40045
Oct 12-Nov 2	Sa	10:15-10:50am	\$36	40065
Oct 12-Nov 2	Sa	11-11:35am	\$36	40066
Jan 11-Feb 1	Sa	10:15-10:50am	\$36	40209
Jan 11-Feb 1	Sa	11-11:35am	\$36	40210
Feb 8-Mar 1	Sa	10:15-10:50am	\$36	40211
Feb 8-Mar 1	Sa	11-11:35am	\$36	40212

Home School Swim Lessons, ages 4+

A great addition to your home school curriculum, students will be divided by skill levels on the first day to meet individual needs. Class ratio is 6:1.

Sept 10-Oct 3	Tu/Th	2:30-3:05pm	\$60	40166
Oct 8-Oct 31	Tu/Th	2:30-3:05pm	\$60	40167
Jan 7-30	Tu/Th	2:30-3:05pm	\$60	40184

Swim Lessons, ages 3-adult

These private lessons are designed to meet specific needs and are created to enhance ability. To register, call (940) 349-8814.

Private Sessions (1-on-1)	Semi-Private (1-on-2)
(1) 30 minute \$25	(1) 30 minute \$20/person
(4) 30 minute \$80	(4) 30 minute \$65/person
(8) 30 minute \$80	(8) 30 minute \$115/person



2014 Season
Sneak Peek Weekend
 May 17-18
Memorial Day Weekend
 May 24-26
Preseason Weekend
 May 31-June 1
Open Daily
 June 7 - Aug. 24
Labor Day Weekend
 Aug. 30-Sept. 1

Level 3: Stroke Development

We will teach freestyle, elementary backstroke, learn rotary breathing, dolphin kick and safety. You must be able to float (front and back) unsupported, perform front and back glides unsupported, and show alternating arm action.

Weekday classes at the NAT

Sept 9-Oct 2	M/W	5:30-6:05pm	\$60	40082
Sept 9-Oct 2	M/W	6:15-6:50pm	\$60	40083
Sept 9-Oct 2	M/W	7-7:35pm	\$60	40084
Oct 7-30	M/W	5:30-6:05pm	\$60	40085
Oct 7-30	M/W	6:15-6:50pm	\$60	40086
Oct 7-30	M/W	7-7:35pm	\$60	40087
Jan 6-29	M/W	5:30-6:05pm	\$60	40215
Jan 6-29	M/W	6:15-6:50pm	\$60	40216
Jan 6-29	M/W	7-7:35pm	\$60	40217
Feb 3-26	M/W	5:30-6:05pm	\$60	40218
Feb 3-26	M/W	6:15-6:50pm	\$60	40219
Feb 3-26	M/W	7-7:35pm	\$60	40220

Weekend classes at the NAT

Sept 14-Oct 5	Sa	10:15-10:50am	\$36	40118
Sept 14-Oct 5	Sa	11-11:35am	\$36	40119
Oct 12-Nov 2	Sa	10:15-10:50am	\$36	40120
Oct 12-Nov 2	Sa	11-11:35am	\$36	40121
Jan 11-Feb 1	Sa	10:15-10:50am	\$36	40122
Jan 11-Feb 1	Sa	11-11:35am	\$36	40123
Feb 8-Mar 1	Sa	10:15-10:50am	\$36	40124
Feb 8-Mar 1	Sa	11-11:35am	\$36	40125

Level 4: Stroke Development

For this class, your kid will increase their endurance by swimming familiar strokes (front and back crawl) for greater distances. They will add arms to the scissors kick for sidestroke and start to learn back crawl, breaststroke and butterfly.

Weekday classes at the NAT

Sept 9-Oct 2	M/W	5:30-6:05pm	\$60	40129
Sept 9-Oct 2	M/W	7-7:35pm	\$60	40130
Oct 7-30	M/W	5:30-6:05pm	\$60	40131
Oct 7-30	M/W	7-7:35pm	\$60	40132
Jan 6-29	M/W	5:30-6:05pm	\$60	40221
Jan 6-29	M/W	7-7:35pm	\$60	40222
Feb 3-26	M/W	5:30-6:05pm	\$60	40223
Feb 3-26	M/W	7-7:35pm	\$60	40224

Weekend classes at the NAT

Sept 14-Oct 5	Sa	10:15-10:50am	\$36	40158
Sept 14-Oct 5	Sa	11-11:35am	\$36	40225
Oct 12-Nov 2	Sa	10:15-10:50am	\$36	40159
Oct 12-Nov 2	Sa	11-11:35am	\$36	40226
Jan 11-Feb 1	Sa	10:15-10:50am	\$36	40160
Jan 11-Feb 1	Sa	11-11:35am	\$36	40227
Feb 8-Mar 1	Sa	10:15-10:50am	\$36	40161
Feb 8-Mar 1	Sa	11-11:35am	\$36	40228



City of Denton Water Works Park
 2400 Long Rd., (940) 349-8810
www.dentonwaterworks.com

Save \$25 on family season passes, NOW until May 18!

Discount season passes are available through May 18
 Individual, \$65 (nonresidents add \$10)
 Family, \$200* (nonresidents add \$15)

Season Passes after May 18

Individual, \$75; nonresidents add \$10
 Family, \$225*; nonresidents add \$15

Monthly Passes

Individual, \$30 (nonresidents add \$5)
 Family \$85 (nonresidents add \$5)

All Access Annual Aquatic Pass

NAT, Water Works Park, and Civic Center Pool
 Individual, \$140; nonresidents add \$15
 Family \$390; nonresidents add \$15

Water Works Park Birthday Party Package

The \$230 package includes one hour in the party room or pavilion, admission to the water park, invitations, paper goods, cake, drinks, ice cream, a souvenir picture, and a water toy for the birthday child. Pizza is available for an additional \$30. The price is limited to 15 guests; there is a \$12 fee for each additional swimmer and \$5 fee for each additional non-swimming guest, or a group-rate discount is available for additional guests of ten or more. Beginning Oct. 1, 2013 make reservations for after hour rentals at Water Works Park and the Civic Center Pool. Please call (940) 349-8806.

*Families are considered to be up to two adults and up to four dependent kids living in the same household; each additional kid, \$25. "Dependent" implies tax dependent or dependent through marriage.

Toddler Sports

leagues and instruction

Tennis, page 27
Swim Team, page 18



Register online at
www.dentonparks.com



Start Smart Sports Instruction, ages 3-4

Four-week classes, each specifically designed for preschoolers, demonstrate the basics of sports in a fun and safe environment. There will be scrimmages and games for parents to watch. Register one day prior to each session.

Soccer

Toddlers will learn the basics of soccer such as dribbling, passing, throw-ins, agility, and trapping. The fee includes a T-shirt and a soccer kit with a Koosh and Kwik soccer ball, shin guards, and four soccer cones.

Sept 7-28 Sa 8:30-9:15am MMS \$55 39782

Sept 10-Oct 1 Tu 4-4:45pm DCC \$55 39783

Feb 4-25 Tu 4-4:45pm DCC \$55 39784

Flag Football

Kids will learn non-contact skills such as passing, throwing, and running. The fee includes a T-shirt and a football kit with a football, flags, and a manual.

Sept 7-28 Sa 10:15-11am MMS \$55 39790

Basketball

Kids will learn basketball skills such as dribbling, passing, shooting, and defense. The fee includes a T-shirt and basketball kit with a mini basketball, soft-bounce basketball, cones, and a manual.

Sept 7-28 Sa 11:15-noon MMS \$55 39791

Pee Wee Sports Instruction, ages 3½-4

Parents are encouraged to stay and participate.

Register one day prior to each session.

Sports Sampler

This sampler class concentrates on developmental skills in soccer, T-Ball, and basketball. We will have two lessons on each sport.

Sept 28-Nov 2 Sa 10:30-11:30am NLR \$35 39207

Nov 9-Dec 21 Sa 10:30-11:30am NLR \$35 39208

Jan 4-Feb 8 Sa 10:30-11:30am NLR \$35 39209

Basketball

Toddlers will learn skills such as dribbling, shooting, and passing.

Sept 28-Nov 2 Sa 11:40am-12:40pm NLR \$35 39222

T-Ball

Toddlers will learn skills such as throwing, catching, fielding, batting, and running bases.

Nov 9-Dec 21 Sa 11:40am-12:40pm NLR \$35 39237

Jan 4-Feb 8 Sa 11:40am-12:40pm NLR \$35 39238

Soccer

Toddlers will learn skills such as dribbling, passing, kicking, and goal tending.

Feb 22-Mar 29 Sa 11:40am-12:40pm NLR \$35 39255

Toddler Sports Mania, ages 21-35 months

Toddlers will develop motor skills while learning basic fundamentals in tumbling, basketball, baseball, and soccer through exciting games and activities. Parents are required to participate. Register by Sept. 5.

Sept 7-28 Sa 9:30-10am MMS \$30 39781

Bitty Basketball, ages 3-4

This introductory basketball class for boys and girls teaches the basics of basketball such as dribbling, shooting, and passing.

The class concludes with a scrimmage for the parents to enjoy.

The registration fee includes a jersey and individual awards.

Register by Nov. 10. Class is not scheduled for Nov. 27.

Nov 18-Dec 11 M/W 6-6:45pm DCC \$50 38960

Blastball League, coed, ages 3-4

This introductory T-Ball league teaches basic concepts such as throwing, fielding, batting, and running. In the game, batters run to first base to honk a horn before the fielders hold the ball in the air and yell, "Blast!" A foam bat and ball are used, and gloves are not required. Practices are on weekdays at Denia Park, and games are played Saturday mornings. The fee includes six games, practices, a T-shirt and cap, and awards for all players.

Fall 2013 games begin September 14

Registration ended in August. Call (940) 349-8523 for availability.

Spring 2014 games begin March 22

Register Jan 2-Feb 25; late Feb 26-28, add \$10

Ages 3-4 DSC \$50 38987

REGISTRATION

Register at Denton Civic Center, 321 E. McKinney St., Monday-Friday from 8am-5pm, or register online by visiting www.dentonparks.com

SIBLING DISCOUNT

For BlastBall, softball, soccer, volleyball, basketball, and flag football leagues, apply \$10 discount for each additional sibling living at the same address (not applicable during late registration).

COMBINING AGE GROUPS/DIVISIONS

If we do not receive enough players to make a division, we will consider combining age groups. Once registration for a league ends, credits or refunds are not provided.

VOLUNTEER COACHES

If you enjoy sports and being a mentor to kids, we need you!

Please call (940) 349-8523 or (940) 349-7275 for more information.

Youth Sports

instruction and clinics



Soccer Sparks Academy, ages 4-9

Taught by coaches with USSF National Soccer Coaching licenses, the class uses advanced, "all-ball" training techniques to help kids meet their maximum potential while emphasizing fair play and enjoyment of the game. Register by the Wednesday before each class.

Ages 4-5	Sept 13-Nov 8	F	5-5:45pm	DRC	\$80	38921
	Nov 29-Jan 17	F	5-5:45pm	DRC	\$80	38922
	Jan 31-Mar 21	F	5-5:45pm	DRC	\$80	38923
Ages 6-9	Sept 13-Nov 8	F	5:45-6:30pm	DRC	\$80	38924
	Nov 29-Jan 17	F	5:45-6:30pm	DRC	\$80	38925
	Jan 31-Mar 21	F	5:45-6:30pm	DRC	\$80	38926

Youth Soccer, coed-ages 5-12

This introduction to soccer teaches the basics of team work, passing, offense, and defense. Teams will be decided on the first day. A 30 minute scrimmage follows the hour practice. Games are each Friday. Register a week before the clinic begins.

Sept 3- Oct 4	ages 5-8	MLK	\$25	39430
Jan 7-Feb 7	ages 9-12	MLK	\$25	39431

Rock The Wall, ages 7-15

In this introductory course to rock climbing, kids will receive one-on-one time with an instructor and learn rock wall safety. Equipment is provided. Register by the Friday before each session.

Sept 3-24	Tu	6-7pm	DRC	\$30	38895
Oct 1-22	Tu	6-7pm	DRC	\$30	38896
Nov 5-26	Tu	6-7pm	DRC	\$30	38897
Jan 7-28	Tu	6-7pm	DRC	\$30	38899
Feb 4-25	Tu	6-7pm	DRC	\$30	38900

Kids' Golf Instruction, ages 7+

Each kid will receive instruction on basic golf techniques, safety tips, rules, and course etiquette. Kids will practice on the driving range, the putting green, and the chipping green. Clubs are provided if needed. Register by the Friday before each session. Class meets at Robson Ranch Golf Course.

Sept 3-24	Tu	6-7pm	RRGC	\$70	39717
Oct 1-22	Tu	6-7pm	RRGC	\$70	39718

Beginning Archery, ages 7-15

Learn the fundamentals of international style archery on a legal range with a National Archery in Schools certified instructor, and have target practice in each class. Participate in a competition on Oct. 23. Register by the Wednesday before each session.

Sept 5-26	Th	4:30-5:30pm	DRC	\$30	38946
Oct 3-24	Tu	4:30-5:30pm	DRC	\$30	38947
Nov 6-27	Th	4:30-5:30pm	DRC	\$30	38950
Jan 2-23	Tu	4:30-5:30pm	DRC	\$30	38952
Feb 6-27	Th	4:30-5:30pm	DRC	\$30	38953

One-Day Clinics, ages 4-12

Basketball, Volleyball, & Lacrosse

These clinics are great for both the beginner looking to gain a basic understanding of the sport and the veteran needing to improve skills. The fee includes a T-shirt or jersey. Register by the Wednesday before each clinic.

Basketball

Ages 5-8	Nov 9	Sa	9am-noon	MMS	\$30	38961
Ages 9-12	Nov 9	Sa	1-4pm	MMS	\$30	38962

Volleyball

Ages 7-9	Nov 16	Sa	9am-noon	MMS	\$30	38963
Ages 10-12	Nov 16	Sa	1-4pm	MMS	\$30	38964

Lacrosse (Free)

Ages 9-16	Oct 12	Sa	9am-noon	Hinkle Field	39478
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Skateboard Clinics, ages 4+

Participants need to bring a skateboard, a helmet, water, and a snack for each clinic. Register by the Thursday before each clinic.

Mini Skateboard, ages 4-7

This class is designed for young beginners.

Sept 7	Sa	8:30-10:30am	SKP	\$20	38939
Oct 5	Sa	8:30-10:30am	SKP	\$20	38940
Feb 15	Sa	8:30-10:30am	SKP	\$20	38941

Intro to Skateboarding, ages 6+

This class is for the true beginner and includes basics on riding a skateboard and introduction to the equipment.

Sept 14	Sa	8:30-10:30am	SKP	\$20	38943
Oct 12	Sa	8:30-10:30am	SKP	\$20	38944
Feb 22	Sa	8:30-10:30am	SKP	\$20	38945

Beginner Skateboarding, ages 6+

Students will learn beginning street skateboard techniques and ramp maneuvers.

Sept 21	Sa	8:30-10:30am	SKP	\$20	38948
Oct 19	Sa	8:30-10:30am	SKP	\$20	38949

Intermediate Skateboarding, ages 6+

Students will learn street and ramp skills such as grinds, dropping in, and kick turns from roll over.

Sept 28	Sa	8:30-10:30am	SKP	\$20	38954
Oct 26	Sa	8:30-10:30am	SKP	\$20	38955

FREE Athletic Preparedness, ages 8+

Learn how to properly stretch before every workout you perform. This thirty minute session will provide you with the proper stretching techniques to exercise without injury. 3:30-4pm on Tuesday, Sept 10, Oct 8, Nov 12, Dec 10, Jan 7, and Feb 11

YOUTH SPORTS INDOOR AND OUTDOOR

ages 4-14

Girls' Volleyball League, ages 7-14

Practices are on weekdays, and games are played on Saturdays with an occasional Friday night game, if needed. The league includes eight games. Awards are given to all players.

Individuals must provide a copy of their birth certificate one week prior to games starting. Shirts and practice space are included for individual players. Teams must provide their own coach, shirts with front and back numbers, and turn in rosters and copies of birth certificates one week prior to games starting. The age determination for the Fall 2013, and Spring and Summer 2014 leagues is Sept. 1, 2013.

Fall 2013 games begin September 6 & 7

Register July 29-Aug 13; late Aug 14-16, add \$10/player or \$50/team
Teams (for a practice space, add \$100)

Ages 7-8	MMS/UNT	\$325	38141
Ages 9-10	MMS/UNT	\$325	38142
Ages 11-12	MMS/UNT	\$325	38143
Ages 13-14	MMS/UNT	\$325	38144

Individuals

Ages 7-8	MMS/UNT	\$70	38128
Ages 9-10	MMS/UNT	\$70	38129
Ages 11-12	MMS/UNT	\$70	38130
Ages 13-14	MMS/UNT	\$70	38131

Spring 2014 games begin March 7 & 8

Register Jan 2-Feb 11; late Feb 12-14, add \$10/player or \$50/team
Teams (for a practice space, add \$100)

Ages 7-8	MMS/UNT	\$325	38969
Ages 9-10	MMS/UNT	\$325	38970
Ages 11-12	MMS/UNT	\$325	38971
Ages 13-14	MMS/UNT	\$325	38972

Individuals

Ages 7-8	MMS/UNT	\$70	38975
Ages 9-10	MMS/UNT	\$70	38976
Ages 11-12	MMS/UNT	\$70	38977
Ages 13-14	MMS/UNT	\$70	38978

Youth Boot Camp, ages 11-14

This boot camp teaches the basics of nutrition and exercise. Improve activity levels, eat healthier, and make friends!

Oct 1-24	Tu/Th	MLK	\$40	39821
Nov 5-21	Tu/Th	MLK	\$30	39822
Dec 3-19	Tu/Th	MLK	\$30	39823
Jan 7-30	Tu/Th	MLK	\$40	39824
Feb 4-27	Tu/Th	MLK	\$40	39825

REGISTRATION

Register at Denton Civic Center, 321 E. McKinney St., Monday-Friday from 8am-5pm, or register online by visiting www.dentonparks.com

SIBLING DISCOUNT

For BlastBall, softball, soccer, volleyball, basketball, and flag football leagues, apply \$10 discount for each additional sibling living at the same address (not applicable during late registration).

COMBINING AGE GROUPS/DIVISIONS

If we do not receive enough players to make a division, we will consider combining age groups. Once registration for a league ends, credits or refunds are not provided.

VOLUNTEER COACHES

If you enjoy sports and being a mentor to kids, we need you! Please call (940) 349-8523 or (940) 349-7275 for more information.

Girls' Softball League, ages 5-14

The league includes eight games, umpires, one practice per week, and ASA and TAAF registration for applicable divisions. Fees include a shirt and shorts and awards for all players. Practices are on weekdays, and games are played on weekdays with an occasional Saturday game, as needed. Home games are played at Denia Park, and out-of-town games are played at locations such as Krum, Ponder, and Sanger. Ages are determined as of Dec. 31, 2013 for the spring league, and practices begin the week of March 17.

Fall 2013 games begin September 10

Registration ended in August. Call (940) 349-8523 for availability.

Spring 2014 games begin week of April 7

Register Jan 2-Feb 18; late Feb 19-21, add \$15/player

Girls T-Ball	ages 5-6	\$55	38979
Girls Coach Pitch	ages 7-8	\$65	38980
Girls Fast Pitch	ages 9-10	\$75	38981
Girls Fast Pitch	ages 11-12	\$75	38982
Girls Fast Pitch	ages 13-14	\$75	38983

Girls' High School Softball League

Players currently enrolled in a high school softball program can participate in this league to gain extra practice games. Players will be placed on teams according to their skill level and school. The league includes 12 games, umpires, field preparation, online schedule hosting, and ASA team registration. The fee does not include individual insurance cards or uniforms. Each game night teams will play two 55 minute games; score is not kept.

Fall 2013 games begin September 18

Register now-Aug 31; late Sept 1-3, add \$10

Grades 9-12	W	\$60	38148
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Home School Sports, grades 6-12

Bowmen Sports is eight years STRONG and our curriculum is a unique blend of fun and skill. This is a great way to earn physical ed. credits.

Coed Basketball

Sept 3-Oct 3 Tu/Th MLK \$15 39418

Middle School/High School: noon-1:30; Elem. School: 1:30-2:30

Coed Volleyball

Nov 5-Dec 5 Tu/Th MLK \$15 39419

Middle School/High School: noon-1:30; Elem. School: 1:30-2:30



Register online at www.dentonparks.com

Outdoor Soccer League, coed-ages 5-10

Practices are on weekdays, and games are played at the Mack Park soccer field on Saturdays. The league includes eight games. Players are required to provide and wear shin guards. Fee includes a jersey and awards for all players.

Fall 2013 games begin September 21

Register Aug 19-Sept 3; late Sept 4-6, add \$10

Ages 5-6 MRC \$60 38956

Ages 7-8 MRC \$60 38957

Ages 9-10 MRC \$60 38958

Indoor Soccer League, coed-ages 4-11

Practices will begin the week of Jan. 27, and games are played on Saturdays. All kids are required to wear shin guards and rubber-soled shoes, and the fee includes a jersey and awards for all players. Age divisions will not be combined.

Winter 2013 games begin February 1

Register now-Jan 15; late Jan 16-17, add \$15

Ages 4-5 MMS \$70 39778

Ages 6-8 MMS \$70 39779

Ages 9-11 MMS \$70 39780

NFL Flag Football League, ages 5-12

Players will learn the value of teamwork and fundamental football skills while engaging in a non-contact league.

Practices are on weekdays. The league includes eight games. Players must provide and wear a mouthpiece.

Fee includes an NFL Flag jersey and awards for all players.



Fall 2013 games begin September 21

Register now-Aug 27; late Aug 28-30, add \$15

Ages 5-6 DRC \$70 38641

Ages 7-8 DRC \$70 37897

Ages 9-10 DRC \$70 37898

Ages 11-12 DRC \$70 37899

Spring 2014 games begin February 15

Register Jan 2-21; late Jan 22-24, add \$15

Ages 5-6 DRC \$75 38965

Ages 7-8 DRC \$75 38966

Ages 9-10 DRC \$75 38967

Ages 11-12 DRC \$75 38968

Youth Soccer, coed-ages 5-12

This introduction to soccer teaches the basics of team work, passing, offense, and defense. Teams will be decided on the first day. A 30 minute scrimmage follows the hour practice. Games are each Friday. Register a week before the clinic begins.

Sept 3- Oct 4 ages 5-8 MLK \$25 39430

Jan 7-Feb 7 ages 9-12 MLK \$25 39431

Basketball League, coed-ages 5-10

Practices will be on weekdays beginning the week of Dec. 2, and games are played on Saturdays. The league includes eight games, and the fee includes a jersey and awards for all players. Division winners will receive entry into TAAF Regional Tournament for ages 8 and up.

Age determination is as of Sept. 1, 2013.

Winter 2013 games begin December 14

Register now-Nov 12; late Nov 13-15, add \$15/player

Ages 5-6 MMS \$70 39479

Ages 7-8 MMS \$70 39480

Ages 9-10 MMS \$70 39481

Coed Mini Basketball leagues

These recreational, coed mini leagues give players an opportunity to learn teamwork and sportsmanship in a fun atmosphere. The first day of each league is reserved for a coaches' meet and greet, where parents are able to meet with the coach and receive league information. For more information and to ask about team prices, call (940) 349-8579.

Little Dribblers, coed-ages 5-9

Kids will learn and play basketball in a fun atmosphere. Register by Oct. 11.

Oct. 21-Nov 22 M/W/F 6-8pm MLK \$35 38997

Little Hoopers, coed-ages 10-14

This pre-teen league provides a fun atmosphere while teaching teamwork and sportsmanship. Register by Jan. 24.

Feb. 3-Mar 7 M/W/F 6-8pm MLK \$35/player 38998

Youth Sports Associations

The sports associations listed below are cosponsored by City of Denton, but are self-managed.

Denton Boys Baseball, Inc. (ages 4-18)
(940) 383-7669; www.dbbi.org

Denton Soccer Association (ages 3-18)
(940) 566-2085; www.eteamz.com/denton

Denton All-Star Youth Football and Cheerleading (ages 5-12)
www.dayfl.org



adult sports leagues

volleyball, basketball, kickball, flag football, softball

Adult Volleyball League, coed 6v6

The league includes eight games, including playoffs, with games played as early as 6:30pm. A maximum of 12 players per roster.

Fall 2013 games begin September 9

Late registration ends Aug. 23.

Call (940) 349-8525 for availability.

Winter 2014 games begin February 3

Register Jan 2-21; late Jan 22-24, add \$25

Recreation Division M DRC \$200/team 39445

Competitive Division M MMS \$200/team 39446

Adult Basketball League

The league includes eight games, including playoffs, with games played as early as 6:30pm. A maximum of 12 players per roster.

Fall 2013 games begin September 11

Late registration ends Aug. 23.

Call (940) 349-8525 for availability.

Winter 2014 games begin February 5

Register Jan 2-21; late Jan 22-24, add \$30

Open Division W MMS \$325/team 39447

Adult Kickball League, coed

The league includes eight games, including playoffs. A maximum of 12 players is allowed per roster.

Fall 2013 games begin September 17

Register now-Sept 3; late Sept 4-6, add \$35

Recreation Division Tu NLP \$200/team 38169

Spring 2014 games begin March 25

Register Jan 2-Feb 28; late Mar 3-7, add \$35

Recreation Division Tu NLP \$200/team 39444

Adult Flag Football League, 8v8

The league includes eight games, including playoffs, with games played as early as 1pm. A maximum of 20 players per roster. Every player must provide and wear a mouth guard.

Fall 2013 games begin September 21

Register now-Sept 3; late Sept 4-6, add \$35

Open Division Sa DRC \$350/team 38147

Winter 2014 games begin February 15

Register Jan 2-28; late Jan 29-31, add \$35

Open Division Sa DRC \$350/team 39441

To register by phone, call
(940) 349-7275 or visit us
online at www.dentonparks.com



Adult Softball League

Games are played at North Lakes Park as early as 7pm on weekdays and 2pm on Sundays. The league includes eight games, plus single elimination playoffs; Coed for Fun includes only eight total games.

Coed for Fun is for teams that enjoy softball as a form of recreation and are not concerned with win/loss record. This division is offered at a reduced rate with one umpire, and it does not include playoffs or awards.

Men's Competitive is the highest level of play for the men's teams; Men's C is intermediate, and Men's D is the lowest level of play. Most divisions are limited to 8 teams; Mens C and D limited to 10 teams. Leagues fall under ASA guidelines unless otherwise noted.

Division game days:

M Men's Comp, Men's C, Men's D, Coed Rec, Coed Comp
Tu Men's Church, Coed Church
W Men's C, Men's D, Coed Rec, Coed for Fun
Th Men's C, Men's D, Coed Comp, Coed Rec
Su Men's D, Coed Rec, Coed for Fun, Women's

Fall 2013 games begin August 26

Registration ended in August. Call (940) 349-8525 for availability.

Spring 2014 games begin March 17

Register Jan 2-Feb 21; late Feb 24-28

Coed for Fun \$250/team late, add \$50

All other divisions \$380/team late, add \$45



Denton City Golf Championship

Individual Stroke Play/Flighted

Saturday, Sept. 14 and Sunday, Sept. 15

Register by noon, Sept. 11.

Tee times start at 10am; \$90/player; 37787

Robson Ranch Golf Course

The tournament is individual stroke play with flights. Awards and prizes will be given to the top three players in each division. The fee includes green fees for 18 holes, souvenirs, use of the driving range, and a box lunch. Cart fees are to be paid upon check-in. Players must check in 45 minutes before their tee times. To confirm your tee time, call (940) 246-1001 between noon and 6pm on Sept. 13.

Men's Championship Flight (gross winner)

Men's A Flight (gross and net winner)

Senior Championship (gross and net winner)

Women's Championship (gross and net winner)

Disc Golf Tournaments

North Lakes Disc Golf Course

In these amateur team tournaments, teams will be paired off to play all 18 holes and keep each other's scores. Prizes will be awarded to first place. Check-in begins at 9:15am, start time at 10am. Register by the Wednesday day before each tournament; no tournament day registration.

Fall Open, Saturday, Sept. 14 at 10am

Register now-Sept 6; late Sept 9-11, add \$5

\$5/player; 39467

Winter Open, Saturday, Dec. 7 at 10am

Register now-Dec 2; late Dec 3-4, add \$5

\$5/player; 39468

Beginning Adult Archery (plus kids)

Learn the fundamentals of international style archery on a legal range with a National Archery in Schools certified instructor, with plenty of target practice. Participate in a competition on Oct. 23 with other local archers. Wear closed-toe shoes.

Youth Archery, page 21

Sept 5-26 Th 5:45-6:45pm DRC \$30 39023

Oct 3-24 Tu 5:45-6:45pm DRC \$30 39024

Nov 6-27 Th 5:45-6:45pm DRC \$30 39025

Jan 2-23 Tu 5:45-6:45pm DRC \$30 39027

Feb 6-27 Th 5:45-6:45pm DRC \$30 39028

Athletic Field Rentals



Field rentals are available at North Lakes, Denia, Mack, Roberts, Evers, and Fred Moore. All competition fields must be reserved for play. Fields can be rented for practices or tournaments, pending availability. All reservations must be made and fees paid at the Civic Center. Tournament field reservations may be made up to six months in advance and must be paid in full at least two business days prior to the event. For reservations, call (940) 349-7275.

\$15/hour (practice without lights)

\$25/hour (practice with lights)

\$200 deposit (required)

Athletic Facilities

Indoor Rock Climbing Wall

Located within Denia Rec Center at 1001 Parvin St., the 20-foot wall uses top-rope climbing and offers five courses, each varying in degree of difficulty. With the completion of the annual safety course, guests can access the wall during open hours (see page 24); the wall may close during Rock the Wall, a climbing course for ages 7 to 15 (see page 27). For climbing fees and age requirements, call (940) 349-8285.

Skate Park

Located at 2400 Long Rd., next to Water Works Park, the free skate park features a series of ramps and rails at varying heights, including a corner bowl, 3' and 5' half pipes, a fun box with a ½ pyramid, a separate beginner area, and a covered picnic area. The park is open daily to the public from 6am-10pm but will close when clinics and camps are in session (see pages 21).

Outdoor Sports Equipment

Check out outdoor equipment at North Lakes Rec Center for only \$3/two hours or \$10/day with a \$50 refundable deposit. Equipment for rent includes croquet, horseshoes, disc golf, sand volleyball (net and ball only), and shuffleboard.

North Lakes Disc Golf Course

Located at the corner of Bonnie Brae Street and Windsor Drive, behind North Lakes Rec Center, the course is free and open to the public daily from 6am-10pm but may close when tournaments are in play. The course must be rented for tournaments or organized play.

North Lakes Driving Range

Work is in progress on our new and improved golf driving range! Improvements will include new tee boxes, a chipping green, a putting green, and a remodeled club house with a deck. The North Lakes Batting Range will reopen concurrently with the driving range. For updates, email Jason.barrow@cityofdenton.com

NEW! Check out the NEW Mack Park Bike Polo Court.

Tennis

Register online at
www.dentonparks.com

Goldfield Tennis Center
 2005 W. Windsor Dr.
 (940) 349-8526

Monday-Thursday, 3-9pm
 Friday, 3-8pm
 Saturday, 9am-5pm

Register online at
www.dentonparks.com
 or call (940) 349-PARK.

Private & Semi-Private Lessons

Goldfield pros are USPTA certified and available for private and semi-private lessons. For pricing and a listing of pros who offer private lesson packages, call (940) 349-8526. A 24-hour advance notice is required to cancel a lesson, or you are responsible for payment.

Court Reservations

Reservations are available for \$3/person for 90 minutes or \$5/person with lights. Reservations may be made up to 48 hours in advance but will void if not claimed after ten minutes of start time.

Ball Machine Rental

A computerized ball machine may be reserved for \$6 per half hour or \$10 per hour. Balls are provided.

Annual Tennis Passes

\$70/person or \$150/family
 (Standard reservation policies apply.)

Inclement Weather

The tennis center may close during unusually cold or rainy weather. If inclement weather occurs, call (940) 349-8526 for class and league cancellations and closing information.

Pro Shop & Services

We provide stringing services and carry tennis balls, grip tape, and racquets.

Adult Tennis Instruction and Leagues

Tennis 101: Beginner Drill

Students will be introduced to proper grips and how to hit a forehand, backhand, serve, and volley. Racquets are available for borrow, or new racquets may be purchased for \$20.

Sept 9-23	M	4:30-5:30pm	\$30	39699
Sept 7-28	Sa	10-11am	\$39	39704
Sept 30-Oct 21	M	4:30-5:30pm	\$39	39700
Oct 5-26	Sa	10-11am	\$39	39705
Oct 28-Nov 18	M	4:30-5:30pm	\$39	39701
Nov 2-23	Sa	10-11am	\$39	39706
Dec 7-21	Sa	10-11am	\$30	39707
Jan 6-27	M	6-7pm	\$30	39702
Jan 11-Feb 1	Sa	10-11am	\$39	39708
Feb 3-24	M	6-7pm	\$30	39703
Feb 8-Mar 1	Sa	10-11am	\$39	39709

Tennis 201: Intermediate Drill

In this class designed for 2.5 to 3.5 USTA level players or those who have completed beginner courses, students will continue to work on strokes and will be introduced to singles and doubles strategies.

Sept 4-25	W	6-7:15pm	\$39	39711
Oct 2-23	W	6-7:15pm	\$39	39712
Oct 30-Nov 20	W	6-7:15pm	\$39	39713
Dec 4-18	W	6-7:15pm	\$30	39714
Jan 8-29	W	6-7:15pm	\$39	39715
Feb 5-26	W	6-7:15pm	\$39	39716

Tennis 301: Advanced Drill

This class is designed to improve the skills of 3.5 and higher USTA level players.

Sept 7-28	Sa	11-12:15pm	\$39	39730
Oct 5-26	Sa	11-12:15pm	\$39	39731
Nov 2-23	Sa	11-12:15pm	\$39	39732
Dec 7-21	Sa	11-12:15pm	\$30	39733
Jan 11-Feb 1	Sa	11-12:15pm	\$39	39734
Feb 8-Mar 1	Sa	11-12:15pm	\$39	39735

Fall Doubles Mixer

Saturday, Sept. 28; 6-8:30pm
 \$12/player; 39756

Start the season off with tennis, fun, and food. There will be double play (rotating format), games, and prizes. Fee is \$20 if two people sign up together.



Adult Tennis Leagues

Leagues follow a round-robin schedule, pending weather conditions. Each night, players will rotate and play two rounds. Prizes will be awarded to the top male and female finishers. If a player is also registered for Tennis 101-301, the fee is reduced to \$15. Register one week prior to each league to allow for scheduling.

Coed Singles

Sept 3-Oct 22	Tu	6:30-8pm	\$29	39753
Oct 29-Dec 17	Tu	6:30-8pm	\$29	39754

Coed Doubles

Sept 5-Oct 24	Th	6:30-8pm	\$29	39751
Oct 31-Dec 19	Th	6:30-8pm	\$29	39752

Cardio Tennis

This is a total body workout with fun, group-based drills, allowing all levels to burn up to 600 calories in one hour. (\$11/drop-in)

Sept 9-23	M	6-7pm	\$30	39685
Sept 7-28	Sa	9-10am	\$39	39690
Sept 30-Oct 21	M	6-7pm	\$39	39686
Oct 5-26	Sa	9-10am	\$39	39691
Oct 28-Nov 18	M	6-7pm	\$39	39687
Nov 2-23	Sa	9-10am	\$39	39692
Dec 2-16	M	6-7pm	\$39	39688
Dec 7-21	Sa	9-10am	\$30	39693
Jan 6-27	M	6-7pm	\$30	39689
Jan 11-Feb 1	Sa	9-10am	\$39	39694
Feb 3-24	M	6-7pm	\$30	39697
Feb 8-Mar 1	Sa	9-10am	\$39	39698

youth instruction usa jr team tennis and home school

With progressive instruction in all aspects of tennis, we provide developmental steps for beginners up to state-ranked Junior. Children begin in their appropriate age group but may be bumped to a different level by the tennis instructional staff. Pre-register for all classes. We may combine age groups if a minimum of four students are not registered. There are no classes Sept. 2, Nov. 25-30, and Jan. 20.

Pee Wee Instruction, ages 4-6

Students will use smaller nets and graduated racquets to develop motor skills through fun and games.

Class times offered:

Mon & Wed 4:30-5:15pm (Fall Only)

Mon & Wed 6-6:45pm

Saturdays 10-10:45am

Sept 4-28	1 day/week	\$49	39512
	2 days/week	\$75	39513
	3 days/week	\$95	39514
Sept 30-Oct 26	1 day/week	\$49	39515
	2 days/week	\$75	39516
	3 days/week	\$95	39517
Oct 28-Nov 23	1 day/week	\$49	39519
	2 days/week	\$75	39520
	3 days/week	\$95	39521
Dec 2-21	1 day/week	\$37	39522
	2 days/week	\$60	39523
	3 days/week	\$75	39524
Jan 6-Feb 1	1 day/week	\$49	39525
	2 days/week	\$75	39526
	3 days/week	\$95	39527
Feb 3-Mar 1	1 day/week	\$49	39528
	2 days/week	\$75	39529
	3 days/week	\$95	39530

Championship, ages 10+

Beginning students will learn the basic strokes. Intermediate players will begin playing points and keeping score.

Class times offered:

Mon & Wed 4:30-5:30pm (Fall Only)

Mon & Wed 6-7pm

Saturdays 10-11am

Sept 4-28	1 day/week	\$49	39576
	2 days/week	\$75	39577
	3 days/week	\$95	39578
Sept 30-Oct 26	1 day/week	\$49	39579
	2 days/week	\$75	39580
	3 days/week	\$95	39592
Oct 28-Nov 23	1 day/week	\$49	39593
	2 days/week	\$75	39594
	3 days/week	\$95	39595
Dec 2-21	1 day/week	\$37	39614
	2 days/week	\$60	39615
	3 days/week	\$75	39616
Jan 6-Feb 9	1 day/week	\$49	39617
	2 days/week	\$75	39618
	3 days/week	\$95	39645
Feb 3-Mar 1	1 day/week	\$49	39631
	2 days/week	\$75	39632
	3 days/week	\$95	39633

High School (JV/Varsity; Champ, Super qualified)

Players must receive permission from the coach to enroll. (\$25/drop-in)

Class times offered:

Mon & Wed 5:45-7:15pm

Saturdays 11-12:30am

Sept 4-28	1 day/week	\$69	39664
	2 days/week	\$99	39665
	3 days/week	\$129	39666
Sept 30-Oct 26	1 day/week	\$69	39667
	2 days/week	\$99	39668
	3 days/week	\$129	39669
Oct 28-Nov 23	1 day/week	\$69	39670
	2 days/week	\$99	39671
	3 days/week	\$129	39672
Dec 2-21	1 day/week	\$52	39673
	2 days/week	\$75	39674
	3 days/week	\$97	39675
Jan 6-Feb 1	1 day/week	\$69	39676
	2 days/week	\$99	39677
	3 days/week	\$129	39678
Feb 3-March 1	1 day/week	\$69	39679
	2 days/week	\$99	39680
	3 days/week	\$129	39681

Superstars, ages 7-9

Students will have a blast learning the basic strokes. Intermediate players will begin playing points and keeping score.

Class times offered:

Mon & Wed 4:30-5:30pm (Fall Only)

Mon & Wed 6-7pm

Saturdays 10-11am

Sept 4-28	1 day/week	\$49	39531
	2 days/week	\$75	39532
	3 days/week	\$95	39533
Sept 30-Oct 26	1 day/week	\$49	39534
	2 days/week	\$75	39535
	3 days/week	\$95	39536
Oct 28-Nov 23	1 day/week	\$49	39547
	2 days/week	\$75	39548
	3 days/week	\$95	39549
Dec 2-21	1 day/week	\$37	39567
	2 days/week	\$60	39568
	3 days/week	\$75	39569
Jan 6-Feb 1	1 day/week	\$49	39570
	2 days/week	\$75	39571
	3 days/week	\$95	39572
Feb 3-Mar 1	1 day/week	\$49	39573
	2 days/week	\$75	39574
	3 days/week	\$95	39575

Entry-Level Tournament

Players must receive permission from the coach to enroll. (\$25/drop-in)

Class times offered:

Mon & Wed 5:45-7:15pm

Saturdays 10-11:30am

Sept 4-28	1 day/week	\$69	39646
	2 days/week	\$99	39647
	3 days/week	\$129	39648
Sept 30-Oct 26	1 day/week	\$69	39649
	2 days/week	\$99	39650
	3 days/week	\$129	39651
Oct 28-Nov 23	1 day/week	\$69	39652
	2 days/week	\$99	39653
	3 days/week	\$129	39654
Dec 2-21	1 day/week	\$52	39655
	2 days/week	\$75	39656
	3 days/week	\$97	39657
Jan 6-Feb 1	1 day/week	\$69	39658
	2 days/week	\$99	39659
	3 days/week	\$129	39660
Feb 3-Mar 1	1 day/week	\$69	39661
	2 days/week	\$99	39662
	3 days/week	\$129	39663

USTA Jr Team Tennis, ages 8-18

This is a national youth tennis league for all levels of play with a unique format that consists of singles, doubles, and mixed doubles against other teams. The league promotes cooperation and teamwork, while improving tennis skills and experience in match play. The fall league will begin in September, and the spring league will begin in February. Both seasons will run for six to eight weeks with matches played on Sunday afternoons.

The fee includes a Nike team T-shirt and team party.

Players must join USTA to participate.

Fall league Sept-Nov \$59 39683

Spring league Feb-Mar \$59 39684

Home School Jr Tennis, ages 5-16

Students will learn the sport of a lifetime, including basic strokes, scoring, and the history of tennis.

Classes @ Goldfield Tennis Center

Sept 4-Oct 9 W 1:30-2:45pm \$75 39845

Oct 16-Nov 20 W 1:30-2:45pm \$75 39846

Both Sessions W 1:30-2:45pm \$139 39847

gym membership

weight room
and cardio

all access

Enjoy access to
all four gyms for
one low price!

12 months, \$150

3 months, \$50

1 month, \$25

savings



MLK Jr. Rec Center

1300 Wilson St. (940) 349-8575

Mon-Fri, 9am-9pm

Sat, 9:30am-6:30pm

Closed Sunday

Join for access to free weights, treadmills, weight machines, ellipticals, bikes, and more.

12 months \$100

3 months \$35

1 month \$15

Day pass \$3

Equipment Orientation

Equipment orientation is FREE on Thursdays at 6:30pm or \$10 by appt.

Child Care While You Workout

Child care is provided from 5:30-7pm on Mondays-Thursdays. Ages 3-7

Drop-in \$2/child

Monthly \$20/child

Denia Rec Center

1001 Parvin St. (940) 349-8285

Mon-Wed, 7am-9pm

Thurs-Fri, 7am-8pm

Sat, 9:30am-3:30pm; closed Sunday

Join for access to free weights, treadmills, weight machines, ellipticals, bikes, and more.

12 months \$100

3 months \$35

1 month \$15

Day pass \$3

Equipment Orientation

Orientations focus on mechanics, form, and overall use of the equipment. Please call for an appointment.

Senior Center

509 N. Bell St. (940) 349-8720

Mon-Fri, 8am-9pm

Sat, 9am-1pm

Closed Sunday

Join our state-of-the-art fitness room with treadmills, bikes, a leg-extension machine, a bicep-curl machine, chest press, shoulder press, triceps press, ab crunch, stair-step machines, and free weights.

12 months \$100

3 months \$35

1 month \$15

Day pass \$3



North Lakes Rec Center

2001 W. Windsor Dr. (940) 349-8287

Mon-Thurs, 5:30am-10pm

Fri, 5:30am-9:30pm

Sat, 7:30am-3:15pm; closed Sunday

Join for access to a certified staff, Olympic free weights and benches, weight machines and cable crossover, Airdyne bikes, recumbent bikes, ellipticals, stair stepper, and treadmills. After completing an orientation, ages 12-15 require parental supervision.

12 months \$120 (add family member, \$100)

3 months \$40

1 month \$20

Day pass \$3

Equipment Orientation

Equipment orientation is FREE on Tuesdays at 6:30pm or \$10 by appointment.

Child Care While You Workout

Mondays and Wednesdays, 8-10:30am and 5:30-7:30pm; Tuesdays and Thursdays 8-10am and 5:30-7:30pm; Fridays, 8-10am

Drop-in \$2/child, \$1/each additional

Monthly \$12/family, unlimited

Metabolic Testing, \$25

plus \$10 reusable mouth piece

The one basic truth to weight loss is that you must burn more than you consume. This test determines how many calories your body burns and calculates how many calories you should eat to lose or maintain weight.

VO2 Testing, \$25 plus

\$25 reusable mouth piece

By measuring your heart rate and oxygen consumption (VO2), we determine how many calories you burn during exercise and your true target workout zone.

North Lakes Personal Training

Our trainers provide guidance, motivation, accountability, and a program tailored for your fitness goals. North Lakes Rec Center is now offering TRX® for no additional cost!

(1) hour session \$40 or \$60/pair

(6) hour sessions \$195 or \$270/pair

(12) hour sessions \$325 or \$400/pair

Sport-Specific Training

Reach your full potential by improving endurance, speed, agility, flexibility, strength, and cardio endurance. By following a customized plan, you will increase your competitive edge whether you play recreation sports, are an off-season athlete, or are just interested in cross-fit-style training.

(1) half-hour session \$25 (\$50/hour)

(6) half-hour sessions \$125 (\$250/hour)

(12) half-hour sessions \$190 (\$375/hour)

Functional Training

Train your body to better perform daily activities. Offered by a trainer certified in cancer exercise and inclusive fitness, this program is ideal for adaptive populations and post-rehab patients.

Fitness Assessments, \$45

An assessment is recommended before beginning any strengthening or weight-loss program to better gauge your fitness needs. Testing includes body fat percentage, muscle mass, blood pressure, metabolic age/rate, flexibility, endurance, and maximum strength.

Rec Center Events/Activities

For just \$5 per year, you can have unlimited daily access to all three rec centers with the following privileges:

- access to gymnasiums for open sports
- access to game rooms that include pool tables, ping pong tables, and video games, and public computers
- access to the Civic Center indoor track Monday-Friday from 6:45am-7pm

Rec center passes are separate from gym memberships and must be renewed annually for \$5; nonresidents pay \$10.

Open Rec Volleyball, ages 8+

Every Tuesday and Thursday from 8-9:45pm at North Lakes Rec Center and 6:30-7:30pm at MLK Jr. Rec Center. Rec pass required.

Ping Pong Tournaments

Compete in a double elimination tournament and play for the title of champion! Register one week out. Call (940) 349-8575 for rules/regs.

Sept 13 F 6-8pm MLK \$4 39146

Nov 8 F 6-8pm MLK \$4 39147

Jan 10 F 6-8pm MLK \$4 39148

Free Friday King Row Movies

“Lights, Camera, Action”

Bring the entire family to MLK Jr. Rec Center for popcorn and a movie beginning at 3:30pm.

Sept 6 Family movie

Oct 4 Children’s movie

Nov 1 Science fiction movie

Dec 6 Action movie

Jan 3 Western movie

Feb 7 Sports movie

Therapeutic Recreation

North Lakes Rec Center (all ages) \$5/person
Rec pass NOT required, call (940) 349-8287.

Lights Out Sensory: An interactive program with black lights, disco lights, neon carpet, and lasers to dazzle your group. Hands on items provide different textures to stimulate the sense of touch.

Art: A creative arena without boundaries for individuals with physical and or mental disabilities .

Monthly Dance/Karaoke Nights: Warm up your voice and get your song list ready. Every third Friday join us for themed dances and karaoke.

Valentine’s Sweetheart Ball: (all ages); \$5/person Friday, Feb. 7; 7-9pm at Denia Rec Center

Basic Computer Training, ages 12+

Learn to use Microsoft Office 2007! Register one week prior to the start date. No experience is required. Classes @ MLK JR. Rec Center

Sept 9-11 M-W 6:30-7:30pm \$25 39190

Nov 11-13 M-W 6:30-7:30pm \$25 39192

Jan 13-15 M-W 6:30-7:30pm \$25 39810

NORTH LAKES REC CENTER

Group Exercise + Gym Membership

Unlimited access to the following classes, cardio and weight rooms. All fitness levels are welcome. To view our schedule with more than 30 classes each week, visit www.dentonparks.com

12 months	\$320 (add family member \$290)
3 months	\$90
1 month	\$36
Drop-in	\$5

Les Mills BODYPUMP™

This 60-minute resistance training workout is the fastest way to tone up and lose body fat! The proven BODYPUMP® formula: THE REP EFFECT™ a breakthrough in resistance workout training, focuses on low weight loads and high repetition movements. Using the best weight-room exercises such as squats, presses, lifts, and curls, you'll burn fat, gain strength and quickly produce lean body muscle conditioning.

Les Mills BODYCOMBAT™

This 60-minute, fiercely energetic cardio workout draws from a wide array of disciplines such as Karate, boxing, Taekwondo, and Muay Thai. Supported by driving music and powerful instructors, you will punch, kick, and kata your way through calories to superior cardiovascular fitness.

Les Mills BODYFLOW™

This 60-minute workout combines yoga, Tai Chi, and Pilates to build flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches and poses create a holistic workout that will bring you into a state of harmony and balance.

Les Mills BODYVIVE™

BODYVIVE™ is the low-impact, whole body group fitness workout that uses balls, tubes and body weight to boost fitness and core strength. With inspirational instructors and motivating music, leave you fizzing with energy so you can really take life on! All fitness levels welcome. 60-minute class.

Core Training

This 15-minute, yet effective, workout will strengthen your abdominal, oblique, back, and pelvic muscles.

Indoor Cycling

Come burn massive amounts of calories while enjoying the ride of your life. Cycling strengthens core and lower body muscles while improving cardiovascular health.

Zumba®

This 60-minute, low-impact cardio workout uses hypnotic Latin rhythms and easy-to-follow, calorie-burning moves that will tone your core and sculpt your body.

Boot Camp

No guts, no glory! This 60-minute, high-powered workout features cardiovascular, athletic-conditioning, and strength-training drills that will enhance your agility, speed, and power.

LES MILLS GRIT™ SERIES

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

If you have a base level of fitness and want to take it to the next level, with extra motivation to challenge your physical limits, and have a weight-loss or fitness goal to reach LES MILLS GRIT™ SERIES is for you! Power through a series of 30-minute high-intensity plyometric, cardio, and strength training interval workouts that will push you to your max. Get the personal attention of small group training with a highly-charged certified coach motivating you and the team; you won't believe how hard you can workout!

Saturday Classes- 7:30-8am; \$5/each

Sept 3-26	Tu/Th	5-5:30pm	NLR	\$50	39245
Sept 3-26	Tu/Th	12:15-12:45pm	NLR	\$50	39246
Sept 4-30	M/W	7:30-8pm	NLR	\$50	39247
Oct 1-24	Tu/Th	5-5:30pm	NLR	\$50	39248
Oct 1-24	Tu/Th	12:15-12:45pm	NLR	\$50	39249
Oct 2-28	M/W	7:30-8pm	NLR	\$50	39250
Oct 29-Nov 21	Tu/Th	5-5:30pm	NLR	\$50	39256
Oct 29-Nov 21	Tu/Th	12:15-12:45pm	NLR	\$50	39258
Oct 30-Nov 25	M/W	7:30-8pm	NLR	\$50	39259
Dec 2-18	M/W	7:30-8pm	NLR	\$40	39262
Dec 3-19	Tu/Th	5-5:30pm	NLR	\$50	39260
Dec 3-19	Tu/Th	12:15-12:45pm	NLR	\$40	39261
Jan 6-29	M/W	7:30-8pm	NLR	\$8 drop-in	
Jan 7-Jan 30	Tu/Th	5-5:30pm	NLR	\$8 drop-in	
Jan 7-30	Tu/Th	12:15-12:45pm	NLR	\$8 drop-in	
Feb 3-26	M/W	7:30-8pm	NLR	\$50	39265
Feb 4-27	Tu/Th	5-5:30pm	NLR	\$50	39263
Feb 4-27	Tu/Th	12:15-12:45pm	NLR	\$50	39264

*Start training today
for your next 5K run
or half marathon!*

Couch to 5K Running @ North Lakes

Run your first 5K race in just six weeks! This instructional course is designed for beginner fitness levels with little to no running experience. Go from ground zero through the finish line with a knowledgeable coach guiding you through a safe, effective training program. T-shirt included.

Sept 17-Oct 24	Tu/Th	5:30-6:30pm	\$25	39213
Feb 18-Mar 27	Tu/Th	5:30-6:30pm	\$25	39214

Half Marathon Training @ North Lakes

Get in shape for half marathon race season! A training coach will guide you on how to avoid injury, and the recovery and hydration needed to safely and effectively train. Great for intermediate runners new to racing. The class meets Mondays and Wednesdays from 5:30-6:30pm and Saturdays starting at 8am. Register by Sept. 11.

Sept 16-Dec 7	M/W/Sa	\$100	39211
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Experience the hottest trends in group exercise!



Hatha Flow Yoga @ Denia

This stress-relieving hatha flow class is created for all levels to bring enlightenment to the body and soul, promote a feeling of well-being, and to improve strength, flexibility, nervous system function, weight loss, and peace of mind. \$5 drop-in fee

Sept 2-30	M/W	7-8pm	\$30	38882
Oct 2-30	M/W	7-8pm	\$30	38883
Nov 4-27	M/W	7-8pm	\$30	38884
Dec 2-30	M/W	7-8pm	\$30	38885
Jan 1-29	M/W	7-8pm	\$30	38886
Feb 3-26	M/W	7-8pm	\$30	38887

Cycle Yoga @ North Lakes

Burn calories and relieve stress all in one workout. We combine a 40-minute high energy cardio workout with a 20-minute practice of yoga. Improve cardio endurance, strength, and flexibility, while burning 550 to 750 calories per class! All fitness levels welcome. Space is limited, register early.

Oct 7-Nov 11	M	6:30- 7:30pm	\$20	39223
Oct 9-Nov 13	W	6:30- 7:30pm	\$20	39224
Dec 2-Jan 13	M	6:30- 7:30pm	\$20	39225
Dec 4-Jan 15	W	6:30- 7:30pm	\$20	39226
Jan 27-Mar 3	M	6:30- 7:30pm	\$20	39227
Jan 29-Mar 5	W	6:30- 7:30pm	\$20	39228

Early Morning Yoga @ North Lakes

Awaken your mind and body with early morning yoga to help you manage stress, boost your metabolism, and promote a better night's sleep. You will feel energized and ready to meet the demands of the day.

Sept 3-26	Tu/Th	5:30-6:30am	\$20	39232
Oct 1- 24	Tu/Th	5:30-6:30am	\$20	39233
Oct 29-Nov 21	Tu/Th	5:30-6:30am	\$20	39234
Jan 7- 30	Tu/Th	5:30-6:30am	\$20	39235
Feb 4-27	Tu/Th	5:30-6:30am	\$20	39236

Pilates & Yoga @ MLK

Relax while pushing your body to new limits. Yoga and pilates can be great low impact workouts that stretch, tone, and improve muscle strength. \$75/five classes, \$100/ten classes, or \$15/class

Sept 2-25	M/W	10-11am	40255
Oct 4-30	M/W	10-11am	40256
Nov 4-27	M/W	10-11am	40257
Dec 2-30	M/W	10-11am	40258
Jan 1-29	M/W	10-11am	40259
Feb 3-26	M/W	10-11am	40260

Boot Camp @ MLK

This class works the entire body and mind at optimal performance, and includes cardio and strength assessments, body composition assessments, and mandatory food logs. Register one week prior to each three week session or \$8/day.

Sept 2-20	M/W/F	9:30-10:30am	\$75	39133
Oct 4-25	M/W/F	9:30-10:30am	\$75	39134
Nov 4-22	M/W/F	9:30-10:30am	\$75	39135
Dec 2-20	M/W/F	9:30-10:30am	\$75	39136
Jan 6-24	M/W/F	9:30-10:30am	\$75	39137
Feb 3-21	M/W/F	9:30-10:30am	\$75	39138

Sports Performance @ MLK

Participants will learn the dynamics of proper exercise, how to maintain a workout regimen, and how to increase athletic performance. Nutritional guidance is included. Bring a mat, towel, and food journal. Register one week prior to each session. Call (972) 841-2518.

Sept 3-26	Tu/Th	9:30-11:30am	\$45	39415
Nov 5-28	Tu/Th	9:30-11:30am	\$45	39416
Jan 7-30	Tu/Th	9:30-11:30am	\$45	39417

Camp Gladiator

This boot camp class promises a motivating and challenging workout for men and women of all fitness levels. For rates and to register, call (469) 855-3434 and mention Denton Parks and Recreation.

South Lakes Park	M/W	6:30-7:30pm
Quakertown Park	Tu/Th	5:15-6:15pm
Quakertown Park	Sat	9-10am

Women's Self Defense @ NL

This class empowers women, ages 13+ against passive and aggressive threats by teaching proper striking techniques, various kicking tactics, locks, chokes, and restraints. As women improve, advanced topics will be introduced, including defenses against weapon attacks. Participants need to wear light and comfortable clothing. Register by the Friday before each session.

Sept 23-Oct 15	M	6:15-7:15pm	\$45	39785
Jan 27-Feb 24	M	6:15-7:15pm	\$45	39786

Zumba @ MLK and Denia

Zumba® uses international music to create a fun yet effective cardio class. The routines feature aerobic interval training, while combining fast and slow rhythms to tone the body. First class is free.

Classes @ Denia Rec Center

\$5/drop-in W 6-7pm

Classes @ MLK Jr. Rec Center

\$30/ten classes or \$5/drop-in

Weekly M/W 6-7pm

Weekly Sa 10-11am



Boxing @ MLK

This boxing program is designed to teach proper stance, boxing techniques, punching combinations, and more without physical contact. Participants will use punching bags, speed bags, and will need to bring boxing gloves, a speed rope, and hand wraps. For more information, call (940) 390-0733.

Sept 3-26	Tu/Th	7-8pm	\$35	39107
Oct 1-24	Tu/Th	7-8pm	\$35	39108
Nov 5-26	Tu/Th	7-8pm	\$35	39109
Dec 3-26	Tu/Th	7-8pm	\$35	39110
Jan 7-30	Tu/Th	7-8pm	\$35	39111
Feb 4-27	Tu/Th	7-8pm	\$35	39112

Shadow Boxing @ MLK

Start punching for power from all angles, for a challenging core and total body workout. This class will increase endurance, strength, speed, balance, agility, flexibility, and coordination. Bring boxing gloves and towel; mitts and pads provided. Register one week prior to each session or \$8/day.

Sept 7-28	Sat	noon-1pm	\$32	39858
Oct 5-26	Sat	noon-1pm	\$32	39859
Nov 2-23	Sat	noon-1pm	\$32	39860
Dec 7-28	Sat	noon-1pm	\$32	39861
Jan 4-25	Sat	noon-1pm	\$32	39862
Feb 1-22	Sat	noon-1pm	\$32	39863

Denton Senior Center

509 N. Bell St., (940) 349-8720

Monday-Friday, 8am-9pm

Saturday, 9am-1pm

Drop-In Activities

To enhance your safety in our facilities, an ID card system is used for drop-in activities. The card costs \$5 per year for residents and \$10 a year for nonresidents.

Pool, games, library, shuffleboard	Monday-Saturday, open hours
Garden Courtyard	Monday-Saturday, open hours
Senior Center Chorus	Mondays, 1:30pm
New Horizons (beginner)	Mondays, 4pm
New Horizons (advanced)	Mondays, 5pm
Reminiscence Writing	2nd and 4th Monday, 9:45am
Needlework Group	Tuesdays, 9am
Card Workshop	1st Tuesday, 9am
Duplicate Bridge	Wednesdays, 12:30pm
Movie Night	Wednesdays, 6pm
Red Hats Club	1st Wednesday, 11am
Literary Critique Group	Thursdays, 9:30am
Young at Heart Rehearsal	Thursdays, 10am
Party Bridge	Thursdays, 12:30pm
Friday with Friends	Fridays, 9am
Hand & Foot Canasta	Fridays, 10am
Grandfriends	1st Fridays, 9am
Triangle Squares	1st and 3rd Friday, 7pm
Bingo	1st and 3rd Friday, 12:45pm

FREE Blood Pressure and Sugar Readings

Every 1st & 3rd Friday, 10am; provided by Denton Fire Dept.
Every 1st & 3rd Wednesday, 10am; provided by Integra Home Health
Every 2nd & 4th Wednesday, 10am; provided by Select Rehab of Denton and First Choice Home Health

SPAN Noon Meals, weekdays

Balanced daily meals are coordinated by SPAN (Services for Aging Needs). Lunches may be reserved up to two days in advance but no later than noon the day before. The suggested donation is \$2 for those 60 and older; individuals younger than 60 may eat for \$5.

Ed Bonk Woodshop, Tuesday-Thursday, 9am-noon

The shop is fully equipped with a table saw, surface planer, drill press, scroll saw, lathe, combination sander, band saw, and radial arm saw. Costs \$6 per year and \$1 per visit.

Aletha's Craft Store, open Monday-Saturday, 9am-1pm

Buy and sell hand-made items or just show off your crafts.

Benefits Counseling, every third Thursday of month, 1-4pm

The North Central Texas Area Agency on Aging offers personal counseling for disabilities, specifically information about health insurance and public benefits, such as Medicare. By appointment only. Call (940) 349-8720.



Anyone, age 50 and older, is invited to explore our classes, trips, and other activities. Class dates are available online at www.dentonparks.com and in the monthly Senior Center newsletter. You may pick up a copy for \$1 per issue; or for an annual subscription of only \$8, the newsletter is mailed to your home.

Special Events

Details for special events will be available at the Senior Center.

Community Dances, open to all ages every 2nd & 4th Friday, 7-9:30pm

Enjoy live music, dancing, and complimentary refreshments. Admission is \$6 per guest.

Treasures, and Trinkets Too Good to Toss, Garage Sale

Saturday, Oct. 5

8am-4pm at Civic Center Pool parking lot

We will have clothes, small appliances, toys, furniture and more! Proceeds benefit the Denton Advisory Council and the Denton Senior Center.

Veterans Celebration

Friday, Nov. 8

Celebrate Veteran's Day with live music by Young At Heart. We'll have sing-along songs and a memorable tribute to all our veterans.

Blue Ribbon Bazaar

Saturday, Nov. 16

9am-3pm

Come by and begin your holiday shopping with handmade crafts and goodies. To participate as a vendor, call (940) 349-8720.

New Year's Eve Party

Tuesday, Dec. 31

7:30pm-12:30am

Join us for all you can eat appetizers and live music with oldies and classics by Pete & Patti. Black eyed peas, cornbread and non-alcoholic bubbly will be served at midnight. Tickets are \$15 per person and will go on sale Dec. 1.



Gym Membership

Join our state-of-the-art fitness room with treadmills, bikes, a leg-extension machine, a bicep-curl machine, chest press, shoulder press, triceps press, ab crunch, and free weights.

Day pass	\$3
1 month	\$15
3 months	\$35
12 months	\$100

SilverSneakers®

If you are eligible for the SilverSneakers® fitness program through your insurance plan, you receive access to the fitness rooms at North Lakes Rec Center, Denia Rec Center, Denton Senior Center, Denton Natatorium, and the fitness classes listed below. View currently accepted insurance plans at www.silversneakers.com. For rates and questions, call (940)-349-8287.

SilverSneakers® Classic (North Lakes Rec Center) Tuesdays & Thursdays, 10-11am & noon-1pm

This class features fun music and a variety of exercises that increase muscular strength and range of movement to improve daily living. Hand-held weights, elastic tubing with handles, and a ball are used for resistance; a chair is used for seated or standing support.

SilverSneakers® Yoga (North Lakes Rec Center) Mondays & Fridays, 11:15am-noon

This class takes you through a series of seated and standing yoga poses to increase flexibility, balance, and range of movement; a chair may be used for support. To reduce stress and promote mental clarity, the class features breathing and relaxation exercises.

Indoor Leagues

We offer a variety of leagues such as chair volleyball, bean bag baseball, bowling, and pickleball. These are played with special accommodations so they are perfect for everyone. Call (940) 349-8720 for league dates and details.



*Relax with Yoga
and Tai Chi
or get rev'd up
with Zumba®*



Monthly Fitness Classes

Tai Chi

This class is designed to improve breathing, blood pressure, and other medical conditions through ancient relaxation techniques.

Sept 3-Oct 8	Tu	4-5pm	\$30	38847
Oct 15-Nov 19	Tu	4-5pm	\$30	38848
Dec 3-Jan 21	Tu	4-5pm	\$30	38849
Jan 28-Mar 4	Tu	4-5pm	\$30	38850

Senior Yoga

This class is designed to regulate the body's energy level, center the mind, and relax the muscles.

Sept 3-Oct 8	Tu	10:30-11:30am	\$30	38839
Sept 7-Oct 12	Sa	9:30-10:30am	\$30	38841
Oct 15-Nov 19	Tu	10:30-11:30am	\$30	38840
Oct 19-Nov 23	Sa	9:30-10:30am	\$30	38842
Dec 3-Jan 21	Tu	10:30-11:30am	\$30	38843
Dec 7-Jan 25	Sa	9:30-10:30am	\$30	38845
Jan 28-Mar 4	Tu	10:30-11:30am	\$30	38844
Feb 1-Mar 8	Sa	9:30-10:30am	\$30	38846

Zumba Gold®

Designed for seniors, this low-impact cardio class features elements of Zumba®, such as the fun Latin music and invigorating atmosphere, but modifies the moves and pacing. The first class will focus on teaching the basics.

Sept 9-Oct 14	M	6:15-7:15pm	\$30	38992
Sept 12-Oct 17	Th	5:30-6:30pm	\$30	38991
Oct 21- Nov 25	M	6:15-7:15pm	\$30	38993
Oct 24- Dec 5	Th	5:30-6:30pm	\$30	38994
Dec 2- Jan 20	M	6:15-7:15pm	\$30	38995
Dec 12-Jan 30	Th	5:30-6:30pm	\$30	39096
Jan 27-Mar 3	M	6:15-7:15pm	\$30	38996
Feb 6-Mar 13	Th	5:30-6:30pm	\$30	39097

Seniorize @ North Lakes Rec Center

This class is designed to help seniors improve range of motion, muscle strength, bone density, cardiovascular fitness, and overall fitness level.

Sept 9-Oct 18	M/W/F	10-11am	\$40	39217
Oct 21-Nov 29	M/W/F	10-11am	\$38	39218
Dec 2-Jan 10	M/W/F	10-11am	\$34	39219
Jan 13-Feb 21	M/W/F	10-11am	\$38	39220
Feb 24-April 4	M/W/F	10-11am	\$40	39221

Stretch 'n' Tone

Mondays, Wednesdays, and Fridays, 11am

This free class is specifically designed for seniors to increase strength and mobility. Rec pass required.

Dance Classes

Dance engages both the mind and body and is a wonderful low-impact workout.

Tap Dance

Learn the secrets to the perfect shuffle and more as you tip tap your way through this fun class.

Evening

Sept 4-Oct 9	W	5:45-6:45pm	\$30	39008
Oct 16-Nov 20	W	5:45-6:45pm	\$30	39009
Jan 8-Feb 14	W	5:45-6:45pm	\$30	39010

Beginner

Sept 6-Oct 11	F	8:30-9:30pm	\$30	39005
Oct 18-Nov 22	F	8:30-9:30pm	\$30	39006
Jan 10-Feb 14	F	8:30-9:30pm	\$30	39007

Intermediate

Sept 6-Oct 11	F	8:30-9:30pm	\$30	39002
Oct 18-Nov 22	F	8:30-9:30pm	\$30	39003
Jan 10-Feb 14	F	8:30-9:30pm	\$30	39004

Country Western Line Dance

Do Si Do around the dance floor as you improve your balance, memory, and boost your spirits!

Beginner

Sept 3-Oct 8	Tu	5:30-6:30pm	\$30	39142
Oct 15-Nov 19	Tu	5:30-6:30pm	\$30	39143
Dec 3-Dec 17	Tu	5:30-6:30pm	\$15	39144

Intermediate

Sept 3-Oct 8	Tu	6:35-7:35pm	\$30	39139
Oct 15-Nov 19	Tu	6:35-7:35pm	\$30	39140
Dec 3-Dec 17	Tu	6:35-7:35pm	\$15	39141

Middle Eastern Dance

Tone your body while mastering the art of belly dancing. Perfect for increasing your cardiovascular health and body control.

Sept 9-Oct 14	M	7:15-8:15pm	\$30	39128
Oct 28-Dec 2	M	7:15-8:15pm	\$30	39129
Jan 27-Mar 3	M	7:15-8:15pm	\$30	39130

Social Dance

Learn classic dances and impress your friends with the appropriate dance for every song. The second class is the intermediate level. Take both classes and pay half price for the second.

Jitterbug

Sept 4-25	W	6:50-7:50pm	\$36	39021
Sept 4-25	W	7:55-8:55pm	\$36	39022

Progressive Double

Oct 2-30	W	6:50-7:50pm	\$36	39014
Oct 2-30	W	7:55-8:55pm	\$36	39013

Slow Dance

Nov 6-Nov 27	W	6:50-7:50pm	\$36	39011
Nov 6-Nov 27	W	7:55-8:55pm	\$36	39012

Waltz

Jan 8-29	W	6:50-7:50pm	\$36	39015
Jan 8-29	W	7:55-8:55pm	\$36	39016

Three Step

Feb 5-26	W	6:50-7:50pm	\$36	39017
Feb 5-26	W	7:55-8:55pm	\$36	39018

Painting, crafting, foiling, etching, cooking, kayaking, fly fishing, and much more! Classes and workshops are open to all ages.

Classes/Workshops

Stroke Painting

Learn different paint strokes to draw flowers, lines, or to blend colors. This class is perfect for any painter looking for something different.

Sept 16 M 1-3pm \$15 38855

Kumihimo Braiding

Kumihimo is the ancient art of Japanese braiding. In this introductory class you will learn to load cord onto the braiding disk and braid a key chain. We'll discuss various techniques and provide instructions to continue the fun at home. In the intermediate class, you will make a beautiful bracelet.

Introduction

Nov 13 W 9-11pm \$6 39164

Jan 15 W 9-11pm \$6 39165

Intermediate

Oct 9 & 23 W 9-11pm \$20 39167

Wine Charms and Cheese Tray

Make amazing holiday gifts, or just keep them for yourself. Wine charms are great for parties and cheese trays are practical and beautiful.

Oct 14 M 1-3pm \$15 38856

Gourd Crafting

Join us as we explore gourd birdhouses and craft centerpieces, purses, decorations, and more, using dyes, woodburning tools, acrylics, feathers, beads, stencils, and designs. Gourds/supplies included.

Oct 22-Nov 5 Tu 1-3pm \$20 39145

Jan 14-Jan 28 Tu 1-3pm \$20 39149

Net Christmas Tree

Learn to use netting to make a striking Christmas tree. Add jewels and decorations to personalize it.

Nov 18 M 1-3pm \$15 38857

Hot Glue Foiling

Bring your own hot glue gun and glue and try something new! You will only be limited by imagination!

Jan 13 M 1-3pm \$15 38858

Etching

Learn to personalize products, such as wine glasses. Perfect for gifts! Two wine glasses will be provided. Bring no more than 3 other items.

Feb 17 M 1-3pm \$15 38859

Classes/Workshops

Ceramics/Pottery

On Thursdays from 10am-2pm, learn new techniques in ceramics and pottery to create unique art such as jewelry, glass bowls, wreaths, mosaics, and green-ware alterations. The fee includes basic supplies and firing.

You may choose a \$10 four-punch pass or a \$20 eight-punch pass for any two-month session. First-timer orientation is the first Thursday of the month at 9:30am

Four-pass class options

Sept 5-26 Th 10am-2pm \$10 39828

Oct 3-31 Th 10am-2pm \$10 39829

Nov 7-21 Th 10am-2pm \$10 39830

Dec 5-26 Th 10am-2pm \$10 39831

Jan 2-30 Th 10am-2pm \$10 39832

Feb 6-27 Th 10am-2pm \$10 39833

Eight-pass class options

Sept 5-Oct 31 Th 10am-2pm \$20 39834

Nov 7-Dec 26 Th 10am-2pm \$20 39835

Jan 3-Feb 27 Th 10am-2pm \$20 39836



Watercolor/Acrylic Painting

Paint beautiful pictures with watercolor or acrylic in these workshops. Be the next Monet! Bring your own paint supplies and lunch; lunchtime will include a critique.

Still Life

Sept 24 Tu 9:30am-3:30pm \$30 40243

Landscape

Oct 15 Tu 9:30am-3:30pm \$30 39102

Feb 11 Tu 9:30am-3:30pm \$30 39103

Floral

Nov 19 Tu 9:30am-3:30pm \$30 39101

Student's Choice

Jan 14 Tu 9:30am-3:30pm \$30 39105

For Art on the Go!

see page 36

Register online at
www.dentonparks.com
or at the senior center.

Culinary Classes

Cook with us! Each session is led by an entertaining chef sure to inspire you in the kitchen- just in time for the holidays!

Fall Food: Crock-It!

This modern take on the slow cooker will revolutionize how to use this classic machine. Learn a new meal each week and go over additional pairings for sides and appetizers.
Sept 12-26 Th 3-4pm \$40 39181

Holiday Hits

Start planning for the holiday's now! Go over the recipes your family insists you make and add some new, soon to be favorites, in the mix.
Oct 10-24 Th 3-4pm \$40 39183

Best of January

January is full of National Food holidays- one almost every day! In this class explore the best of these "holidays" and learn other classic recipes for the new year.
Jan 16-30 Th 3-4pm \$40 39184

Spanish Classes

It's never too late to learn a foreign language. Sharpen your mind and broaden your horizons when you learn from a native speaker from Peru. Classes are one hour.

Beginner Spanish

¡Hola! Learn phrases that will help you communicate and adapt to many places. This class will focus on the basics of conversation and speaking the language.
Sept 9-Oct 16 M/W 9:45am \$60 39121
Oct 30-Dec 11 M/W 9:45am \$60 39122
Feb 3-Mar 12 M/W 9:45am \$60 39123

Intermediate Spanish

¿Hablas español? Enhance your Spanish speaking skills while learning more about proper grammar through literature. Check skill set with instructor.
Sept 9-Oct 16 M/W 12:45pm \$60 39126
Oct 30-Dec 11 M/W 12:45pm \$60 39125
Feb 3-Mar 12 M/W 12:45pm \$60 39127



Outdoor Adventures, ages 50+

Kayak Clear Creek

Join ACA assessed instructor and lifeguard certified staff paddling to the confluence of Clear Creek and Elm Fork. Water and weather appropriate clothing, including closed-toe shoes, are recommended. Experience not required. Bring a sack lunch, sunscreen and water. Equipment provided.
Sept 7 Sa 10am-2pm \$20 38984

Brazos River 2-Day Kayak Adventure

Kayak the Brazos River and camp at a primitive site overnight. Mandatory pre-trip meeting Sept. 4 at 7pm. Fee includes transportation, kayaks, life jackets, paddles, primitive camping site, all trail meals, and most camping equipment.
Sept 28-29 Sa/Su 9am-7pm \$95 39099

Fly Fishing Clinic

Learn to fly fish with Texas Parks and Wildlife certified angler educators, from Dallas Fly Fishers. Receive a certification and pin after learning about knot tying, fly tying, fish behavior and biology, safety, and ethics of fly fishing. Bring a sack lunch and water. Comfy shoes, long pants, a hat, sunscreen, and insect repellent are suggested.
Oct 19 Sa 9am-1pm \$8 38985

Fly Fishing Trip

Fly fish with professionals! The location will be selected closer to the date based on where fish are biting. Must have a TPWD certificate from above class, and valid TX fishing license. Bring a sack lunch and water. Boots, long pants, a hat, sunscreen, and insect repellent are suggested.
Oct 26 Sa 9am-3pm \$20 39082

Horseback Riding

Ride the trails at Lantana Lodge for 1.5 hours. Guided by Black Mustang Ranch works, you will be matched with your ideal horse based on riding skill so you can set out exploring the rugged stony hills and the sandy shores of the lake. Bring sunscreen and water. After we ride, we'll enjoy a Dutch-treat dinner.
Nov 2 Sa noon-5pm \$45 39098

Geocaching

Learn the basic skills of operating a handheld GPS to locate hidden treasure containers, known as geocaches. Weather appropriate clothes and comfortable shoes are suggested.
Nov 13 W 2-4pm \$5 39083

Birding 101

Learn the ins and out of bird watching with an Elm Fork Naturalist and other staff. We will meet at Clear Creek Natural Heritage Area. Please wear weather appropriate clothes and bring binoculars if you have them.
Dec 7 W 10am-noon \$5 39106

Beginning Archery

Archery is experiencing a revival thanks to its appearance in popular culture in the past years. Learn the fundamentals of archery with USA Archery and National Field Archery Association certified instructors, on a legal indoor range. Closed-toe shoes are required.
Feb 8 Sa 1-3pm \$8 39088

Rails to Trails Bike Ride

Bike Denton on paved pathways from Hickory St. to Medipark Station. Eat lunch Dutch treat in Downtown Denton. Meet at Denton A-Train Station, 640 E. Hickory St.
Feb 22 Sa noon-3pm \$10 39091

Great Escapes

Road trips leave from Denton Senior Center unless otherwise noted. Fees include transportation, parking, and admission. To stay connected, download our free Senior Traveler at www.dentonparks.com

Chickasaw Cultural Center in Oklahoma

Date: Thursday, Sept. 19

Time: 7:30am-4:30pm

Cost: \$29/res, \$34/nonres; 38988

Leaves from Senior Center; Lunch included

The Chickasaw Cultural Center is a state-of-the-art campus featuring architectural elements such as native stone, wood, and copper. The Chickasaw people wish to share their unique culture and traditions with the world. Lunch is included and will consist of traditional food.

Dallas Arboretum & Botanical Garden

Date: Tuesday, Oct. 1

Time: 9:30am-3:30pm

Cost: \$23/res, \$28/nonres; 39159

Leaves from Senior Center; Dutch lunch

Come discover what is referred to as the "crowning jewel" of Dallas. This 66-acre arboretum boasts beautiful vistas, 15 colorful display gardens, and groves of pecan trees, magnolias, crape myrtles, cherry trees and azaleas. Don't forget your camera!

State Fair of Texas Day or Evening Trips

Date: Thursday, Oct. 10

#1 Time: 10am-6pm

Cost: Morning trip: \$19/person; 38645

#2 Time: 12:30-10pm

Cost: Evening trip: \$19/person; 38646

Both leave from the Civic Center;

choose one of the two trips. Dutch meals

Come join us as we travel to Fair Park in Dallas for the State Fair to see Big Tex in his new duds! The 52-ft Big Tex icon was damaged in a fire and the newly repaired icon is expected to be unveiled opening day.

Amon Carter Museum; Art on the Go! "Texas Regionalism"

Leaves from Senior Center; Dutch lunch

Date: Friday, Oct. 11

Time: 9am-4pm

Cost: \$25/res, \$30/nonres; 39100

Increase that Texas pride by visiting the Amon Carter Museum in Fort Worth. Fee includes transportation and museum tickets.

Texas Country Reporter Festival

Date: Saturday, Oct. 26

Time: 9am-5pm

Cost: \$14/person; 38861

Leaves from Senior Center; Dutch lunch

Join Bob Phillips and his crew at his annual bash on the courthouse square in Waxahachie featuring artists, craftsmen, music, and food from all over the Lone Star State. Bring a lunch or purchase food at the festival. Transportation will be in a City van.

Six Floor Museum via the A-Train

Date: Wednesday, Nov. 6

Time: 9:30am-5pm

Cost: \$22/res, \$27/nonres; 39158

Leaves from DDTC; Dutch lunch

Travel to the Sixth Floor Museum by A-Train to see the exhibit commemorating the 50th anniversary of the assassination of President John F. Kennedy. Lunch will be in the West End at the restaurant of your choice. The fee will include your ticket for the museum and the A-train. This trip will leave from the Downtown Denton Transit Center (DDTC), 604 E. Hickory, to board the A-Train.

Allen Premium Outlet Mall Shopping

Date: Saturday, Nov. 23

Time: 9:30am-3:30pm

Cost: \$14/person; 39199

Leaves from Senior Center; Dutch lunch

Go shopping at more than 100 outlet stores in Allen, Texas. For brands, store names, coupons, sales events, and in-store promotions, visit at www.premiumoutlets.com and click to locate the Allen, TX center. Transportation will be in a City van.

Dallas Heritage Village Candlelight Tour

Date: Saturday, Dec. 14

Time: 2-8pm

Cost: \$22/res, \$27/nonres; 39202

Leaves from Senior Center; Dutch lunch

Dallas Heritage Village located at Old City Park will be aglow with candlelight. There will be carolers, crafts, carriage rides, storytelling, and a bake sale. You may purchase snacks or inner at the food trucks. Join us as we explore the Village adorned with traditional holiday decorations and enjoy the sounds of the season.

Perot Museum of Nature and Science

Date: Thursday, Dec. 5

Time: 9:30am-3:30pm

Cost: \$29/res, \$34/nonres; 40308

Leaves from Senior Center; Dutch lunch

During this education-filled day trip, we will visit the exhibit halls of the new Perot Museum of Nature & Science. The museum is inspiring curiosity in all ages and boasting as a living-science lesson. While at the museum, we will view the film "Bugs! 3D."

Frontiers of Flight Museum

Date: Saturday, Jan. 18

Time: noon-4:30

Cost: \$14/person; 40307

Leaves from Senior Center; Dutch lunch

Experience the story of those who went higher, and faster, first in aviation and space flight. Boasting over 30 aircraft and space vehicles, they include aircrafts from WWI and WWII, the Cold War and a 1903 Wright Flyer. Perfect for any aviation lover. Transportation will be in a City van.

Medieval Times Lunch Matinee

Date: Thursday, Feb. 6

Time: 9:30am-2:30pm

Cost: \$48/res, \$53/nonres; 40309

Leaves from Senior Center; Lunch included

Enjoy a thrilling show full of chivalry, jousting, horsemanship, falconry, and food fit for royalty. Cheer for your knight as he battles for honor and love.

Bureau of Engraving and Printing

Date: Tuesday, Feb. 25

Time: 10-2pm

Cost: \$12/person; 40310

Leaves from Senior Center; No lunch

Money doesn't grow on trees, but it is printed in Fort Worth. See billions of dollars printed, and the production floor. Many exhibits explore the history of currency and the art of making and designing the American dollar. Guests cannot bring backpacks or food into the museum.

American Legion Hall

Monday-Friday, 10am-3pm
Thursday, 6-9pm
Saturday-Sunday, closed



Drop-in Activities

To enhance your safety in our recreation facilities, a facility ID card system is used for drop-in activities. The card costs \$5 per year for City of Denton residents and \$10 a year for nonresidents.

Sewing machine	Monday-Friday, 10am-noon
Exercise machines	Monday-Friday, 10am-3pm
Internet access	Monday-Friday, 10am-3pm
Jigsaw puzzles	Monday-Friday, 10am-3pm
Spades	Monday-Friday, 10am-3pm
Biz Wiz, pool	Monday-Friday, 10am-3pm
Table games	Monday-Friday, noon-2pm
Artwork, sewing	Monday, 10am-noon
Bingo	Tuesday & Thursday, 10:30-11:30am
Jewelry making	Wednesday, 11:15am-noon

SPAN noon meals, weekdays at noon

Balanced daily meals are coordinated by SPAN (Services for Aging Needs). Lunches may be reserved up to two days in advance but no later than noon the day before. The suggested donation is \$1.50 for those 60 and older; individuals younger than 60 may eat for \$3.50.

ALH Senior Advisory Committee

Every fourth Tuesday, 1pm

For Your Health Seminars

Every third Thursday, 1-2pm
Professionals will discuss a variety of health-related topics.

FREE Health Screenings

Every second Tuesday, 10am-noon
A certified RN checks blood pressure and blood sugar.

Stretch 'n' Tone

Monday, Wednesday, Friday, 10:30-11:15am
This free class is designed to increase strength and mobility. Participants must have a current rec pass.

Birthday Socials

Last Friday of every month, noon-1:30pm
Enjoy free cake and socializing, followed by table games.

ALH Senior Road Trips

Senior trips are \$10/person, unless otherwise noted. We will enjoy a Dutch-treat lunch on day trips. To register, call (940) 349-8298.

WinStar Casino in Oklahoma
Wednesday, Sept. 18, 9am-4pm

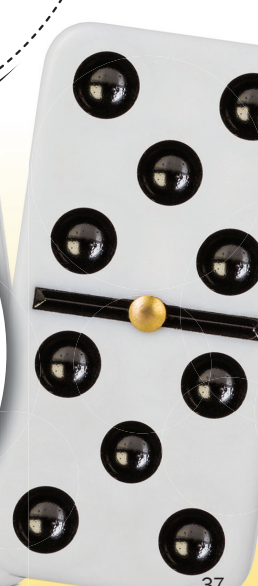
State Fair via the DCTA A-Train
Thursday, Oct. 17; call (940) 349-8298 for details.

Stone Briar Mall in Frisco
Wednesday, Jan. 15, 10am-3pm

Domino Tournaments

Thursdays, 6-9pm
\$3 per player; prizes awarded.

Semi-Formal
**Valentine's
Dance & Dinner**
Thursday, Feb. 13, 7-9pm
MLK Rec Center
Join us for a seated dinner and dancing
at our 2nd Annual Valentine's Dance!
Reservations are required.
\$5 per person at ALH or
MLK Jr. Rec Center.



parties

birthday parties
and event rentals

Natorium party rentals, page 17
Water park party rentals, page 19



North Lakes Rec Center, (940) 349-8287

Each two-hour party includes a party host, a decorated party room, balloons, cake, fruit punch, invitations, paper goods, goodie bags or novelties, and the activities listed below. For additional fees, theme decorations, pizza, and other extras are available. Prices include 10 children; there is a \$4 fee for each additional child. A \$40 non-refundable deposit is due at booking, and the balance is due one week before the party is scheduled. Available themes:

- \$100 Make A Wish (basic party for all ages, does not include an activity)
- \$130 Busy Babies (One-hour of mat playtime; ages 9 months - 2 years)
- \$130 "I'm a PRINCESS that's Why" (One-hour of activities; ages 4-8)
- \$130 "Hau`oli Lā Hānau" (One-hour of activities; ages 2-6)
- \$130 Sports Fanatic (One-hour of dodgeball, kickball, soccer, or basketball; ages 3-12)
- \$130 Black Light Dance Party (1-hour of dancing; ages 8-14)
- \$150 Leap, Bounce, and Pounce (One-hour with the bounce house; ages 3-8)
- \$150 Star Wars Black Light Experience (One-hour of activities; ages 4-10)

MLK Jr. Rec Center, (940) 349-8575

Each party includes one hour of gym time, a half hour in a party room, invitations, paper goods, and balloons. For an additional \$50, a bounce house is available. Prices are for 15 children; there is a \$4 fee for each additional child. A \$40 non-refundable deposit is due at booking, and the balance is due one week before the party is scheduled. Available themes:

- \$85 Basic Party (all ages)
- \$90 Game Room (arcade games, air hockey, ping pong, foosball, and pool tables; ages 7+)
- \$100 Kings and Queens Bounce House (ages 4+)
- \$110 Movie Party (ages 4-10)
- \$110 Princess (ages 4-10)
- \$110 Super Hero (ages 4-10)
- \$110 Sports (basketball, dodgeball, hockey, or volleyball; ages 5+)

Denia Rec Center, (940) 349-8285

Each party includes one hour of activity and half-hour use of a party room, invitations, paper goods, and balloons. For additional fees, a la carte options are available, including cupcake decorating, pudding finger painting, a pie-eating contest, and theme decorations. Prices are for 15 children; there is a fee for each additional child. A \$40 non-refundable deposit is due at booking, and the balance is due one week before the party is scheduled. Each child must have a waiver on file for rock climbing. Available themes:

- \$90 Rock Star Karaoke (all ages)
- \$90 Denia Playhouse (bounce house included; ages 2-6)
- \$175 Black Light Indoor Rock Climbing (ages 7+)
- \$200 Black Light Sports Zone I (basketball, dodgeball, or volleyball; ages 7+)
- \$250 Black Light Sports Zone II (basketball and rock climbing; ages 7+)

Recreation Center Rentals

Between our centers, we offer a variety of rental spaces, including gymnasiums, game rooms, full kitchens, and multi-purpose rooms that can accommodate up to 250 guests. Additional information is available at www.dentonparks.com

Denia Rec Center, (940) 349-8285
MLK Jr. Rec Center, (940) 349-8575
North Lakes Rec Center, (940) 349-8287
American Legion Hall, (940) 349-8298
Denton Senior Center, (940) 349-8720
Park Pavilions, (940) 349-7275





Denton Civic Center

For information or to schedule an appointment, call (940) 349-8733.

Located near historic downtown Denton with access to beautiful Quakertown Park, the Civic Center is the perfect venue for both public and private events, ranging from banquets and wedding receptions to business meetings and exhibits. Reservations may be made up to 12 months in advance.

Rental Information at a Glance

- 9,000-square-foot, indoor rotunda (includes tables and chairs for the first 200 guests)
- 4,000-square-foot, outdoor, covered plaza
- Full catering kitchen
- Three meeting rooms
- Updated lighting and acoustics
- Alcohol permitted

Indoor Walking Track

The Civic Center indoor track is open for adult walkers Monday-Friday from 6:45am-7pm. Walkers must purchase a \$5 annual rec pass; the pass costs \$10 for nonresidents.

small meetings

large meetings

weddings

receptions

quinceañeras

family reunions

training events

expo shows

and much more

www.dentonparks.com

City of Denton Parks and Recreation
City Hall East Attention: Marketing
601 E. Hickory Street, Suite B
Denton, TX 76205

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