

Denton Parks and Rec



Play!

2015
Spring + Summer
Recreation Guide

DENTON Parks and Rec

Enriching lives and building community!

General Registration INFORMATION

Rec Passes

All drop-in customers, ages 8+, 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 \$10 per year with a max of \$20 per family, and nonresident passes cost \$15 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.

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 provided for future registrations for themselves or another member on the account, unless otherwise noted.

Register + Connect



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
Denton Senior Center, Monday-Friday, 8am-9pm
(Weekend rec center hours are listed on the next page.)



Register at www.dentonparks.com

We accept Visa, MasterCard, and Discover. To register online, a family or individual account must be created and can take 48 hours to verify. Child care related programs may require in-person registration.



Register by phone (940) 349-PARK

Please have your information and credit card ready. Child care related programs may require in-person registration. Call (940) 349-PARK (7275).



parksnrec@cityofdenton.com

For program specific questions, shoot us an email and we'll forward it to respective staff.



facebook.com/dentonparksnrec

Find us on Facebook or follow us on Twitter at twitter.com/dentonparks and we'll keep you in the loop.



Program and Facility 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
Golf @ NLDR	(940) 349-8545
Group Ex @ DRC	(940) 349-8285
Group Ex @ MLK	(940) 349-8575
Group Ex @ NLR	(940) 349-7764
Outdoor Recreation	(940) 349-8136
Pavilion Rentals	(940) 349-7275
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
Scholarships	(940) 349-7275
SilverSneakers	(940) 349-8287
Skateboard Programs	(940) 349-8523
Swim Lessons	(940) 349-8800
Tennis @ Goldfield	(940) 349-8525
Therapeutic Recreation	(940) 349-7757
Youth Sports	(940) 349-8523

Administration

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

Emerson Vorel	Director of PARD
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

Chris Watts	Mayor
Kevin Roden	District 1
John Ryan	District 2
Jim Engelbrecht	District 3
Joey Hawkins	District 4
Dalton Gregory	At-Large Place 5
Greg Johnson	At-Large Place 6

Parks, Recreation and Beautification Board

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

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
2009 W. Windsor Dr., (940) 349-8526
M-Th, 3-9pm; F, 3-8pm; Sa, 9am-1pm

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

North Lakes Driving Range,
2009 W. Windsor Dr., (940) 349-8545
M-Th, 9am-9pm; F-Su, 9am-8pm

Guide Abbreviations

DCC	Denton Civic Center
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
NLDR	North Lakes Driving Range
NLP	North Lakes Park
NLR	North Lakes Rec Center
RRGC	Robson Ranch Golf Course
SKP	Skate Park

CONTENTS

Special Events

- 4 Easter Events, 3P Challenge
Mud VB, Cinco de Mayo
- 5 Juneteenth, Liberty Run,
July Jubilee, Movies in the Park

Programs + Activities

- 6 Preschools, Preschool-age Fun
- 7 After School Care, Kids Rock
- 8 Arts, Sign Language, and More
- 9 Dance and Martial Arts
- 10 Outdoor Adventures
- 11 Spring Break Camps

Summer Camps

- 12 All-day Camps
- 13 Teen Camps, Free Lunches
- 14 Half-Day, Specialty camps
- 15 Computer Camps and More
- 16 Tennis Camps
- 17 Sports Camps

Aquatics + WWP

- 18 Civic Center Pool
- 19 CPR, Lifeguard Trainings
- 20 Water Works Park
- 22 Natatorium
- 24 Swim Lessons

Youth + Adult Sports

- 26 Youth Sports
- 30 Adult Sports
- 31 Tournaments, Rentals
- 32 Goldfield Tennis Center
- 34 North Lakes Driving Range

Rec Center Fitness Programs, Gym Memberships + Group Exercise

- 35 Training and Programs
- 36 Rec Center Gym Memberships
- 37 Personal Training, Rec Fun
- 38 North Lakes Group Exercise
- 39 Rec Center Fitness Programs

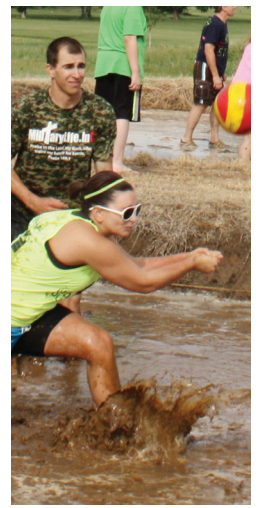
Parties + Rentals

- 40 Party Rentals
- 41 Civic Center, Movies in the Park

Senior Centers

- 42 Denton Senior Center
Programs, Activities, Trips
- 47 American Legion Hall

Cover photo courtesy of David Williams.



SPECIAL EVENTS

Breakfast with the Easter Bunny, ages 3-10
Saturday, March 28
10-noon at MLK Jr. Rec Center
\$6/person; [44318](#)

Hop in and enjoy breakfast with the Easter bunny. The fee includes a photo, donuts, and juice. Each additional photo costs \$1.

3P Challenge
Paddle, Pound, & Pedal
Saturday, March 28
Denton Greenbelt

This adventure race includes running, biking and canoeing on Denton's Greenbelt. Teams will canoe 3.8 miles down the Trinity River spillway that flows through the Greenbelt, then complete a 2.5-mile run and end with a 12-mile bike ride.

Early registration ends March 13.
Late registration is March 14-18, add \$25
Register online at www.dentonparks.com

\$90/two-person team; [43290](#)
\$135/four-person team; [43291](#)
\$180/six-person team; [43292](#)

3P CHALLENGE
early registration
ENDS MARCH 13!

FREE Teen Twilight Egg Hunt, ages 11-16
Wednesday, April 1
8pm at Denia Rec Center

After the sun goes down, egg hunt to win door prizes and enjoy a fun night with friends. Teens need to bring a flashlight to participate!

FREE Easter Eggstravaganza toddlers-grade 5
Saturday, April 4 at Quakertown Park and Denton Civic Center

9:30am Bounce house and arts and crafts
10:45am Magic show
11:30am Easter Egg Hunt

The park will be divided by age groups for the egg hunt, and signs will guide kids to the designated areas. Concessions will be sold.

Family Campout at Eureka!
April 11-12 at South Lakes Park
Saturday, 7pm to Sunday, 8am
\$15/person; [44417](#)

Roll up your gear and hit the trail for a campout at Eureka! Playground in South Lakes Park. We will have fun activities such as a scavenger hunt, storytelling, and a marshmallow roast. The fee includes dinner on Saturday night and a breakfast snack on Sunday morning. For an additional \$10, you may reserve a tent and two sleeping bags; however, there are a limited number available. Call (940) 349-7275 to reserve them. All campers, kids and adults, must register by April 9.

Cinco de Mayo, family event
Saturday, May 2
10am-6pm at Quakertown Park and Denton Civic Center

Enjoy the celebration with a mariachi band, parade, performers, kids's activities, and more than 50 food and art vendors.

Mud Volleyball
North Lakes Tournament
Saturday, May 16
Check-in at 8am, games begin at 9am
\$150/team by May 9; [43756](#)
\$200/team by May 10-May 15 at noon

Participate in a six-on-six, double-elimination battle to determine the best coed team in the area! Medals will be awarded to first, second, and third place teams.

Teams may have a maximum of 10 players per roster, but a minimum of two female players must be on the court at all times. Participants must be at least 16 years old. Space is limited and only 24 teams are accepted. A mandatory captains' meeting is at 7pm on Friday, May 15 at North Lakes Rec Center.

MUD VOLLEYBALL
early registration
ENDS MAY 9!



SPECIAL EVENTS

Rockin' Lock-In, ages 5-12

May 22-23 at Denton Civic Center
Friday, 7pm to Saturday, 8am
\$15/kid; 44399

Rock in the summer with an overnight adventure! Kids venture outside for a treasure scavenger hunt, bounce around a giant obstacle course and slide, make fun crafts, play Wii Rock Band and Xbox Kinect on the giant screen, play flash light tag, and roast marshmallows. To slow the night down, kids enjoy root beer floats and popcorn while watching a movie on the giant screen.

Kids need to bring a sleeping bag, a pillow, and toiletries. Dinner will not be provided, and a free breakfast snack will be offered. Drop off is Friday at 7pm and pick up is Saturday at 8am. The event is supervised, and boys and girls sleep in separate areas. Register by May 21.

Little Miss Pretty Pageant ages 1-10

Saturday, May 30
MLK Jr. Rec Center
\$25/kid; 44299

10-11am Pageant check-in
11-2pm Pageant and awards ceremony

This pageant has four age divisions and includes prizes and awards for the first, second, and third place winners in each division. All pageant contestants will receive a certificate. Register by May 22.

Juneteenth

Friday, June 19 & Saturday, June 20
Fred Moore Park
Free family event

Join us as we celebrate this historic and oldest known celebration commemorating the end of slavery in America.

Friday, June 19 at Fred Moore Park
5pm Vendor booths open.
7pm Gospel Night begins.

Saturday, June 20 at Fred Moore Park
9am Parade begins at the Civic Center and ends at Fred Moore Park.
9am Adult coed softball tournament begins at Fred Moore Park softball field.
10am Free kid's games begin.
11am Vendor booths open, live DJ, and entertainment begins.

Call (940) 349-8575 for vendor space and to register for the softball tournament (\$100/team).

Liberty Run 5k Run/1 Mile Walk

July 4 at North Lakes Rec Center
6:30am check-in; 7:30am, race begins
\$15 per person by July 2; 44401

The entry fee includes a T-shirt (sizes S-XL; \$2 extra for XXL). Fruit, snacks, and beverages will be given to participants at the end of the event. Race day registration is \$20 per person.

4th of July Yankee Doodle Parade

July 4, Downtown Denton
8:30am judging, 9am, parade begins

Staging will begin at 8am on South Locust Street between Walnut Street and Sycamore Street. Visit www.dentonparks.com for entry forms.

4th of July Family Fun Jubilee

Quakertown Park and Denton Civic Center

9am Registration begins for the 9:30am Adult Lucky Horseshoe Tournament
9:30am Flag ceremony begins at City Hall.
9:30am Live entertainment
9:30am Entry drop-off begins for the kid's arts & crafts show. Entries will be displayed from 11am-noon in the Civic Center.
10am FREE kid's carnival begins and lasts until noon in the Civic Center.
11am Good ol' fashion family fun begins
11am Senior Center luncheon, \$3/person
Music by the Young at Heart band
Noon-6pm Civic Center Pool, \$1/person

**Movies in the Park,
see page 41**



PRESCHOOLS

and preschool-age fun



“Your staff at Denia are truly enriching the lives of children based on their interactions. My son has been enrolled in the preschool there for a little over a year and from day one, I have been impressed with the care and professionalism of the staff.”



– Hannah M. Garcia, Denton resident

North Lakes Part-time Preschool

Licensed by the Texas Department
Family and Protective Services, ages 3-5

Students will learn from the same Mother Goose Time curriculum as the full-time preschools. Instructors focus on numbers, colors, and shapes through music, arts, physical education, stories, and field trips. Students must be potty trained and bring their own lunch, snacks, and drinks every day.

This preschool is licensed by the Texas Department of Family and Protective Services. Register one week before each session. Annual supply fee \$25. Enrollment is limited to 12 students per day. For more information and to register, call (940) 349-8287.

Monthly, M-F	8:30am-1pm	NLR	\$250
Monthly, 3 days/week	8:30am-1pm	NLR	\$175
Monthly, 2 days/week	8:30am-1pm	NLR	\$125

Preschool 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 kids to explore by using their senses. Register by the Wednesday before each class.

Clear Creek Preschool Naturalists

Meet at Clear Creek Natural Heritage Area, 3310 Collins Rd.

Mammals	Mar 13	F	10am-noon	\$8	42376
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Cross Timbers Preschool Naturalists

Meet by the pond at Cross Timbers Park, 7112 Montecito Dr.

Benthic	Apr 10	F	10am-noon	\$8	42370
Insects	May 8	F	10am-noon	\$8	42371

explore more... For more preschool-age programs check out dance, martial arts, tennis, youth sports, sport instruction, and swim lessons!

Full-Time Preschools

Monday-Friday, 7:30am-6pm

Licensed by the Texas Department

Family and Protective Services, ages 3-5

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.

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

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

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 \$400 per month, and admission requires an \$85 deposit and a \$25 annual supply fee. Enrollment is limited to 12 students per licensed preschool.





AFTER SCHOOL

SCHOOL

after school child care, kids' day off, and new themed Kids Rock!

Kids Rock on Friday Nights!

Kids Rock, grades 1-5
March 6, April 3, May 1; 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, and more. Glow products and concessions will be for sale.

Kids' Day Off, Grades K-6
June 5
\$28/kid/day at Denton Civic Center
7am drop-off & 6pm pick-up

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.

“We provide new, developmentally-appropriate enrichment activities to spark curiosity and love of learning. We also encourage participation in group sport activities to help the youth develop self-esteem, team work, and conflict resolution that promote interpersonal social skills and respect for cultural diversity.”

– Shirley Lewis, Youth Teen Services Supervisor

After School Child Care, Grades K-5
2:45-6:30pm, every school day
\$40 non-refundable registration fee
\$150/student/month
May/June combined, \$190
Aug/Sept combined, \$190

Spring registration is on-going, and fall registration begins July 27. Register in person at Denton Civic Center, Monday-Friday from 8am-5pm.

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. Our focus is not just recreation but for students to also have homework/tutorial time.

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.

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



the arts



Etiquette with a Twist

MLK Jr. Rec Center, ages 10+

Taught by a certified professional

This is not your traditional manners course!

Led by a certified National Association of Urban Etiquette Professional etiquette instructor, kids will learn that manners can be fun and applicable in everyday life.

Apr 20-23 M-Th 5:30-6:30pm \$15 44280

Art Blast for Kids

MLK Jr. Rec Center, ages 10-13

Explore the arts with basic techniques through fun, small projects. Learn about contemporary trends and art movements of the past.

Apr 3-24 F 6-7pm \$20 44320

Ooey, Goopy Arts & Crafts

North Lakes Rec Center, ages 3-9

Kids will have a blast creating art and messes without the clean-up! Parents are asked to stay and assist younger participants.

June 12 W 10:30-11:30am \$5 44404

June 26 W 10:30-11:30am \$5 44405

July 10 W 10:30-11:30am \$5 44406

July 24 W 10:30-11:30am \$5 44407

Aug 7 W 10:30-11:30am \$5 44408

explore more...

Babysitting Training, page 35

Computer Training, page 35

Therapeutic Recreation, page 37

Young Rembrandts Art

North Lakes Rec Center, ages vary

Register by the Friday before each session.

Preschool Drawing, ages 3-6

Students will develop image vocabulary by drawing familiar images with nurturing instructors who focus on developing fine motor and listening skills, patience, focus, and spatial organization.

Mar 23-Apr 20 M 4-4:45pm \$65 43758

Apr 27-May 18 M 4-4:45pm \$52 43760

June 15-July 6 M 2-2:45pm \$52 43762

July 13-Aug 3 M 2-2:45pm \$52 43765

Elementary Drawing, ages 6½-13

Students will learn basic to advanced drawing techniques and image vocabulary while learning the necessary skills that allow them to express their imaginations. Each session includes seasonal drawings, art history, and cartooning.

Mar 23-Apr 20 M 5-6pm \$65 43759

Apr 27-May 18 M 5-6pm \$52 43892

June 15-July 6 M 3-4pm \$52 43761

July 13-Aug 3 M 3-4pm \$52 43763

Cartoon Drawing, ages 7-13

Learning to draw can be fun, especially with silly characters, funny expressions, and drawing sequences that tell a joke! This class engages kids with humor to activate their imagination and art skills.

June 15-July 6 M 4:10-5:10pm \$52 43764

June 13-Aug 3 M 4:10-5:10pm \$52 43767

Sign Language

MLK Jr. Rec Center, ages vary

Register by the Friday before each session.

Baby Signing Time, 12-36 months

Babies can communicate before they can talk and will learn signs for basic needs through this award winning program using music, books, and games.

Mar 4-25 W 9:30-10:30am \$60 44329

Mar 7-28 S 9:30-10:30am \$60 44334

Apr 8-29 W 9:30-10:30am \$60 44335

Apr 11-May 2 S 9:30-10:30am \$60 44337

May 6-27 W 9:30-10:30am \$60 44336

May 9-30 S 9:30-10:30am \$60 44338

June 3-24 W 9:30-10:30am \$60 44344

June 6-27 S 9:30-10:30am \$60 44345

Signing Time Class, ages 3-6

Children learn to sign with music, books, games, and more. It is a great way for a child to express themselves through movement while learning a second language.

Mar 3-24 Tu 9:30-10:30am \$60 44330

Mar 7-28 Sa 10:45-11:45am \$60 44341

Apr 7-28 Tu 9:30-10:30am \$60 44339

Apr 11-May 2 Sa 10:45-11:45am \$60 44342

May 5-26 Tu 9:30-10:30am \$60 44340

May 9-30 Sa 10:45-11:45am \$60 44343

June 2-23 Tu 9:30-10:30am \$60 44346

June 6-27 Sa 10:45-11:45am \$60 44347

Homeschool Signing, ages 3-10

American Sign Language is a great second language that enhances education. Signing is great for all learners as signing is visual, auditory, and kinesthetic- and it's fun!

Mar 5-26 Th 10-11am \$60 44331

Apr 9-30 Th 10-11am \$60 44332

May 7-28 Th 10-11am \$60 44333

June 4-25 Th 10-11am \$60 44348



drawing, sign language, martial arts, hip hop ballet, jazz, etiquette, arts, crafts + more!

Register online at www.dentonparks.com

Ballet Classes

Denia Rec Center
No classes Sept. 5.

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.

Mar 21-Apr 11	S	9:30-10am	\$30	43893
Apr 25-May 16	S	9:30-10am	\$30	43894
May 30-June 20	S	9:30-10am	\$30	43895
July 11-Aug 1	S	9:30-10am	\$30	43896
Aug 15-Sept 12	S	9:30-10am	\$30	43897

Bigger Ballerinas, ages 4-6

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

Mar 21-Apr 11	S	9-9:30am	\$30	43887
Apr 25-May 16	S	9-9:30am	\$30	43888
May 30-June 20	S	9-9:30am	\$30	43889
July 11-Aug 1	S	9-9:30am	\$30	43890
Aug 15-Sept 12	S	9-9:30am	\$30	43891

Jazz, ages 6-12

This upbeat style of 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.

Mar 21-Apr 11	S	10:30-11:30am	\$30	43898
Apr 25-May 16	S	10:30-11:30am	\$30	43899
May 30-June 20	S	10:30-11:30am	\$30	43900
July 11-Aug 1	S	10:30-11:30am	\$30	43901
Aug 15-Sept 12	S	10:30-11:30am	\$30	43902

explore more...

Adult Country Dance, page 35

Hip Hop Classes

Hip Hop

MLK Jr. Rec Center, 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.

Mar 4-25	W	7:30-8:30pm	\$40	44264
Apr 8-29	W	7:30-8:30pm	\$40	44265
May 6-27	W	7:30-8:30pm	\$40	44266
June 3-24	W	7:30-8:30pm	\$40	44267
July 8-29	W	7:30-8:30pm	\$40	44268

Lil' Hip Hop

Denia Rec Center, ages 5+

In this high-energy class, dancers will learn a variety of fun hip-hop combinations using the fundamentals of dance and will develop rhythm and performance in a nurturing environment.

Mar 21-Apr 11	S	10-10:30am	\$30	43881
Apr 25-May 16	S	10-10:30am	\$30	43882
May 30-June 20	S	10-10:30am	\$30	43883
July 11-Aug 1	S	10-10:30am	\$30	43884
Aug 15-Sept 12	S	10-10:30am	\$30	43885

Coming soon!

to North Lakes Rec Center. Call (940) 349-8287 for start dates.

Kindertots® (age 2)
Kinderdance® (ages 3-5)
Kindergym® (ages 3-5)
Kindercombo® (ages 6-8)



- **Red Tiger Karate, ages 5-adult**
- This karate class offers a complete white-through-black-belt program taught in an upbeat atmosphere. The class develops self-esteem, positive behavior, bully-defense, abduction awareness, and academic achievement. A white uniform is required and may be purchased in class. For more information, call (817) 845-1557.
- **MLK Jr. Rec Center, (940) 349-8575**
- **Ages 5-7** Mar 24-May 19 Tu 6-7pm \$60 43598
June 9-Aug 11 Tu 6-7pm \$60 43601
- **Ages 8-12** Mar 24-May 19 Tu 7-8pm \$60 43599
June 9-Aug 11 Tu 7-8pm \$60 43602
- **Ages 13+** Mar 24-May 19 Tu 8-9pm \$60 43600
June 9-Aug 11 Tu 8-9pm \$60 43603

• **North Lakes Rec Center, (940) 349-8287**
• Register on the first night of class.

- **Ages 5-7** Mar 20-May 22 F 6-7pm \$60
June 12-Aug 14 F 6-7pm \$60
- **Ages 8-12** Mar 20-May 22 F 7-8pm \$60
June 12-Aug 14 F 7-8pm \$60
- **Ages 13+** Mar 20-May 22 F 8-9pm \$60
June 12-Aug 14 F 8-9pm \$60

Texas Isshinryu Karate

Denia Rec Center, 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**
- Mar 3-31 Tu/Th 4:30-5:15pm \$45 43849
- Apr 2-30 Tu/Th 4:30-5:15pm \$45 43850
- May 5-28 Tu/Th 4:30-5:15pm \$45 43851
- June 2-30 Tu/Th 4:30-5:15pm \$45 43852
- July 2-30 Tu/Th 4:30-5:15pm \$45 43853
- Aug 4-27 Tu/Th 4:30-5:15pm \$45 43854
- **Age 8-adult**
- Mar 3-31 Tu/Th 5:30-6:30pm \$45 43855
- Apr 2-30 Tu/Th 5:30-6:30pm \$45 43856
- May 5-28 Tu/Th 5:30-6:30pm \$45 43857
- June 2-30 Tu/Th 5:30-6:30pm \$45 43858
- July 2-30 Tu/Th 5:30-6:30pm \$45 43859
- Aug 4-27 Tu/Th 5:30-6:30pm \$45 43860

OUTDOOR adventures



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

Kayak the Brazos River

Two Day Trip, ages 13-adult

Join American Canoe Association and American Red Cross lifeguard certified instructors on a two day, overnight journey down the Brazos River. Fee includes transportation, kayaks, primitive camping site, meals, and most equipment. Mandatory pretrip meeting at Denia Rec Center.

May 2-3 Sa-Su 8am-7pm \$105 43417

Sept 19-20 Sa-Su 8am-7pm \$105 43418

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 stony hills to sand with spectacular views of Lake Ray Roberts. Riders 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 the Wednesday before each trip.

Apr 18 Sa 10am-2pm \$45 43423

May 16 Sa 10am-2pm \$45 43424

June 20 Sa 9am-1pm \$45 43426

July 28 Tu 9am-1pm \$45 43429

Sept 26 Sa 10am-2pm \$45 43431

Archery, ages 10-adult

Learn fundamentals of international archery with the National Archery In Schools and an USA Archery certified instructor on a legal range. Become proficient with continuing target practice. Closed-toe shoes are required.

June 13 Sa 2-5pm \$8 43390

June 17 W 2-5pm \$8 43397

July 2 Th 2-5pm \$8 43398

July 17 F 2-5pm \$8 43399

July 25 Sa 2-5pm \$8 43400

July 27 M 2-5pm \$8 43401

Aug 11 Tu 2-5pm \$8 43402

Aug 15 Sa 2-5pm \$8 43403

Sept 12 Sa 2-5pm \$8 43404

Intro to Kayaking, ages 13-adult

Introduce yourself to safe, sit-on-top kayaks on the calm, open water of North Lakes Park with knowledgeable staff and lifeguards. Meet at North Lakes Park Pond. Register the Wednesday before the trip.

Apr 12 Su 10am-noon \$15 43262

May 17 Su 10am-noon \$15 43372

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. Bring a sack lunch. Meet at Denia Rec Center. Register the Wednesday before each trip. Cost is \$20 per person, per session.

Mar 28 Sa 10am-3pm ages 5-10 43364

ages 11+ 43363

Apr 25 Sa 10am-3pm ages 5-10 43366

ages 11+ 43365

May 9 Sa 10am-3pm ages 5-10 43368

ages 11+ 43367

June 6 Sa 10am-3pm ages 5-10 43373

ages 11+ 43369

June 15 M 10am-3pm ages 5-10 43370

ages 11+ 43371

June 30 Th 10am-3pm ages 5-10 43375

ages 11+ 43374

July 15 W 10am-3pm ages 5-10 43377

ages 11+ 43376

July 18 Sa 10am-3pm ages 5-10 43379

ages 11+ 43378

July 30 Th 10am-3pm ages 5-10 43381

ages 11+ 43380

Aug 14 F 10am-3pm ages 5-10 43383

ages 11+ 43382

Aug 22 Sa 10am-3pm ages 5-10 43468

ages 11+ 43467

Sept 5 Sa 10am-3pm ages 5-10 43385

ages 11+ 43384

All adventures are led by knowledgeable, ACA-assessed and American Red Cross lifeguard-certified staff. Fees include instruction, equipment, and transportation when applicable.

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. For specific questions, call (940) 349-8136.

Angler Education, 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 6-10 must be accompanied by an adult. Meet at the south pond in South Lakes Park by the dock. Register by March 11.

Mar 14 Sa 1-3pm \$8 42379

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. Bring a sack lunch; bikes and helmets provided. Meet at Denia Rec Center. Register by April 1.

Apr 4 Sa 10am-1pm \$15 43419

Hiking, all ages

Explore the trails with Master Naturalists from the Elm Fork Chapter of the Texas Master Naturalist program! They will guide any group on a hike through Cross Timbers Park or Clear Creek Natural Heritage Area. Ideal for Scout groups, homeschool groups, or others who have a desire to learn more about the natural resources in the Denton area. Hikes are arranged by schedules and interest. For group registrations, leave a message at (940) 349-2883 or email the Elm Fork Chapter of Texas Master Naturalists at master.naturalist@dentoncounty.com. Cost is \$3. There is a five person minimum per group, per hike.

SPRING BREAK

All-day Camps

Unless otherwise noted, campers need to bring a lunch, snacks, and drinks each day. Field trips fees are included.

M16: Monday, March 16

M17: Tuesday, March 17

M18: Wednesday, March 18

M19: Thursday, March 19

M20: Friday, March 20

Denia Rec Center, ages 5-12

\$28/kid per day

7am drop-off, 6pm pick-up

For details call (940) 349-8285.

M16: Cosmic Jump

Cosmic Jump, an indoor trampoline park.

M17: Going Bonkers

Going Bonkers, a giant indoor play center.

M18: Bowling and a Movie

Bowling fun, then catch a movie.

M19: Mountasia

Video games, laser tag, & more.

M20: Main Event

Rec Center games, bowling, & arcade fun.

Denton Civic Center, ages 5-12

\$28/kid per day

7am drop-off, 6pm pick-up

For details call (940) 349-7275.

M16: Game-a-thon!

Dave & Buster's, arcade games & food.

M17: Inflatable Inferno

Jump Mania and pizza.

M18: Safari & Skate

Skatetown & lunch at Rainforest Cafe.

M19: Amusement Mania

Sandy Lake Amusement Park & Nicklemania

M20: Jumpalooza

Elevate Trampoline Park, pizza, then Braum's.

MLK Jr. Rec Center, ages 9-12

\$28/kid per day

7am drop-off, 6pm pick-up

For details call (940) 349-8575.

M16: Minute to Win It

Amazing Jakes, climbing wall, go carts, & more.

M17: Survivor

Laser tag fun at LaserQuest.

M18: Wipe Out

Indoor swimming at Denton NAT

M19: Amazing Race

Adventure Landing, bumper boats, & more.

M20: Fear Factor

Celebration Station, family amusement center.

CAMPS



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

Play-Well Teknologies

LEGO® Camps

Pre-Engineering, ages 5-7

Imaginations will run wild with over 100,000 pieces of LEGO®! In this fun-filled, creative class kids learn building techniques by creating boats, bridges, mazes, and motorized cars. This camp encourages creativity while teaching basic physics concepts.

Mar 16-20 M-F 9am-noon \$179 43795

Engineering Fundamentals, ages 7-12

Power-up your kids' engineering skills and apply real-world concepts in physics, engineering, and architecture. Kids will be provided tools for motorized, architectural, and creative fun projects!

Mar 16-20 M-F 1-4pm \$179 43796

Sports Camps

Skateboard Camp, ages 6+

Skate Park; register by March 12

Kids will learn in fast and fun environment with lessons adapted to individual abilities. A guardian must be present the first day to complete a waiver. Each day, kids need to bring a helmet, a skateboard, sunscreen, water, and a snack. The rain-out location is the Natatorium, so kids also need to bring a swim suit and a towel each day. The fee includes a T-shirt.

Mar 16-20 M-F 9am-noon \$75 43575

Junior Golf Academy, ages 7-15

North Lakes Driving Range

Taught by experienced PGA Golf Pros, this camp teaches fundamentals and techniques necessary for any golfer. Brush up on skills or learn some new ones.

Mar 16-19 M-Th 9am-noon \$240 44231

Teen Adventures, ages 12-16

All teen adventure camps will start and finish at Denia Rec Center. Bring a sack lunch, water, sunscreen, and wear appropriate outdoor clothing and closed-toe shoes. All supplies are provided; experience is not required.

Kayaking, register by March 5

Join ACA-assessed and American Red Cross lifeguard-certified staff on a paddle up Elm Fork to the confluence at Clear Creek. Life jackets, paddles, and kayaks are provided.

Mar 16 M 10am-3pm \$25 43405

Horseback Riding, register by March 6

Join Black Mustang Ranch on a guided, 1.5-hour horseback adventure on the trails at Lantana Lodge. Terrain varies from stony hills to sand with spectacular views of the lake.

Mar 17 Tu 10am-2pm \$45 43406

Rock Climbing, register by March 7

Climb on natural rock formations at Lake Mineral Wells, then enjoy an optional dip in the lake during lunch. All equipment is provided.

Mar 18 W 9-4pm \$40 43407

Mountain Biking, register by March 10

Bike four miles of flat, single-track trails in wetlands, grasslands, and forests and discover the beauty of Clear Creek. Bikes and helmets provided.

Mar 19 Th 10-3pm \$25 43408





camp sessions

Mon-Fri, 7am-6pm	S6	July 13-17	
S1	June 8-12	S7	July 20-24
S2	June 15-19	S8	July 27-31
S3	June 22-26	S9	Aug 3-7
S4	June 29-July 2	S10	Aug 10-14
S5	July 6-10	S11	Aug 17-21

SUMMER CAMPS

Summer Camp Registration

Themed activities include field trips, swimming, arts, crafts, and more. Fees include activities, field trips, & supplies.

Fees: \$105/session (nonresidents add \$5)
\$85/S5; no camp on July 3

T-Shirt: \$8 (one-time, required fee)

Deposit: \$10 (details below)

The first session must be paid in full upon registration. The \$10 deposit (applied to fee) is required for all reserved sessions. Deposits are non-refundable and non-transferrable; credits or refunds are not provided for days missed. For sessions paid in full, a one-week notice must be given to receive credit toward another session. Regardless of being registered for the free lunch program, kids must bring two snacks and a drink each day. The free lunch program is available on non-field trip days, June 8 - Aug. 14.

Free Full-Day Summer Camp

City of Denton Kids Camp, ages 5-11
Denia Rec Center, 9am-5pm
June 8 - Aug. 21

Kids will experience field trips, swimming, entertainment, arts and crafts, and more. Lunch is provided except on field trip days and the last week of camp.

Registration and Eligibility

Beginning April 13, register in person at Denton Civic Center, Monday-Friday from 8am-5pm. A mandatory, non-refundable fee of \$10 is due at registration to reserve a camper's spot. Camp qualification is based on family income. Guardians, single or joint, must either be working full time, or enrolled full time in the summer school semester. Guardians must provide the following at registration: completed 2014 income tax forms for income verification, current pay stubs from one month, proof of residency within Denton city limits, and participants' birth certificates for age verification. Additional information on required documentation is available online. For more information, call (940) 349-7275.

Little Campers, ages 3½-6 McMath Middle School

In person only registration begins April 13 at Denton Civic Center.

Licensed by the Texas Dept. of Family and Protective Services, kids will enjoy a safe, day care-like setting with the fun atmosphere of a summer camp. Themed activities include field trips, swimming, games, arts and crafts, bounce houses, face painting, songs and dance, story time, and karaoke. Must be potty trained.

- S1 Summertime Madness
- S2 Wild Wild West
- S3 A Bug's Life
- S4 SeaSational
- S5 Art Antics
- S6 Water Wonderland
- S7 Safari Seekers
- S8 Blast from the Past
- S9 Jumping to the Stars
- S10 Little Einstein's (may be at Civic Center)
- S11 Aquanauts (may be at Civic Center)

Camp Voyage, ages 5-8 & 9-12 Denia Rec Center

Registration is currently open. Full payment for each registered week is required two weeks in advance.

- S1 Jump Start
- S2 Animal Planet
- S3 Goin' Green
- S4 Stars & Stripes
- S5 Wide World of Water
- S6 Anglers & Archers
- S7 Under the Sea
- S8 Legopalozza
- S9 Summer Chillin'
- S10 Mad Science
- S11 The Last Blast

Camp Exploration, ages 5-11 Denton Civic Center

In person only registration begins April 13 at Denton Civic Center.

- S1 Super Soaker Summer
- S2 Sport Super Stars
- S3 Beach Blast
- S4 Party in the USA
- S5 Hawaiian Holiday
- S6 Movie Star Mania
- S7 Bouncing Bonanza
- S8 Arcadarama
- S9 Wet 'n Wild
- S10 Renaissance Fun
- S11 Adventureland

King's Kids Camp, ages 6-12 MLK Jr. Rec Center

Registration is currently open.

- S1 I Love the Decades
- S2 H2Whoa!
- S3 Wonderful World of...
- S4 Iron Kids
- S5 Polar Plunge
- S6 Beach Bonanza
- S7 Imaginarium
- S8 Under the Big Top
- S9 Medieval Mayhem
- S10 Passport to Fun
- S11 Summertime Send Off

Super Kids, ages 6-12 McMath Middle School

In person only registration begins April 13 at Denton Civic Center.

- S1 Blast off to Summer
- S2 Food Frenzy & Fun
- S3 Rock 'n Roll Summer
- S4 Speedtacular
- S5 Waterworld
- S6 Space Cadets
- S7 Splashtastic
- S8 Sports Extravaganza
- S9 A Pirate's Life for Me
- S10 Kids Got Talent (may be at Civic Center)
- S11 Beach Blowout (may be at Civic Center)

Summer Fun!



TEEN CAMPS *exciting camp themes*

All-Day Teen Camp, ages 11-15

Each day begins at 7am and ends at 6pm at Denton Civic Center. Teens will enjoy exciting field trips with activities such as laser tag, go-karts, and so much more.

Teens will never be bored with at least one field trip scheduled each day! Field trips will be available at www.dentonparks.com.

S1	June 8-12	Pedal to the Metal
S2	June 15-19	Wild Wild Fun
S3	June 22-26	Striking All-Starz
S4	June 29-July 2	Fun to the Xtreme
S5	July 6-10	Water Adventureland
S6	July 13-17	Game Impossible
S7	July 20-24	Amusement Madness
S8	July 27-31	Paintballin' Around
S9	Aug 3-7	Mega Park Mania
S10	Aug 10-14	Splash 'n Dash
S11	Aug 17-21	End of Summer Spectacular

Beginning April 13, register in person at Denton Civic Center, Monday-Friday from 8am-5pm. There must be a minimum of 20 campers to hold a session. \$115 per session and \$95 for session 4; no camp on July 3.

The first session must be paid in full upon registration. The \$10 deposit (applied to fee) is required for all reserved sessions. Deposits are non-refundable and non-transferrable; credits or refunds are not provided for days missed. For sessions paid in full, a one-week notice must be given to receive credit toward another session. Fees include all activities and field trips. Teens need to bring a sack lunch, a snack, and drinks each day.

Adventure Camps, ages 12-16

Each camp begins with an introduction to the activity and progresses in difficulty during the week. Taught by ACA assessed and Red Cross Lifeguard certified staff.

Each week includes field trips to practice at multiple locations. No experience is needed, just a desire to be outside and have fun. All camps will start and finish at Denia Rec Center. Bring a sack lunch, water bottle, sunscreen, and wear appropriate outdoor clothing including closed-toe shoes. Register the Wednesday prior to each week. For specific questions, call (940) 349-8136.

Kayak & Archery

June 8-12 M-F 9am-3pm \$105 43410

Rock Climb & Bike

June 22-26 M-F 9am-3pm \$105 43413

Kayak & Bike

July 6-10 M-F 9am-3pm \$105 43412

Archery & Rock Climb

July 20-24 M-F 9am-3pm \$105 43414

Kayak & Rock Climb

Aug 3-7 M-F 9am-3pm \$105 43411

Archery & Bike

Aug 17-21 M-F 9am-3pm \$105 43416

EXPLORE MORE!

Youth Tech Inc. Computer Camps, page 15

Sports Camps, pages 16-17

Lifeguard Courses, page 18



Free Lunches, ages 1-18

June 8 - Aug. 14

Monday-Friday locations/serving times vary: Ashli Oaks Mobile Home Park, Denia Rec Center, Denton Falls Mobile Home Park, Mack Park, MLK Jr. Rec Center, Fred Moore Park, Owsley Neighborhood, Quakertown Park, Village East Apts, Woodhaven Mobile Home Park, 1920 Apts

The free lunch program is made possible by a grant. Lunches are provided upon request and are subject to availability. For more information, call (940) 349-7275. Youth eligible to participate in the program must not be discriminated against because of race, color, sex, age, disability, religion, or political belief. Anyone who believes that they have been discriminated against should write to USDA Director, Office of Civil Rights, 1400 Independence Ave. SW, Washington, DC 20250-9410 or call (800) 795-3272. USDA is an equal-opportunity provider and employer. Note: Discrimination complaints based on religion or political beliefs must be referred only to the director, Civil Rights Division, Texas Dept. of Agriculture.

SPECIAL NEEDS SUMMER CAMP

Kuikawa Fit-N-Fun, ages 7-14

North Lakes Rec Center

Specifically designed for kids with special needs, this camp provides a safe community to make friends and have fun. Parents are encouraged to stay and play.

Summer Fun Days

June 4-25 Th 3:30-4:30pm \$25 44169

Super Sports

July 2-23 Th 3:30-4:30pm \$25 44170

Back to School Bash

July 30-Aug 20 Th 3:30-4:30pm \$25 44171

never bored!

Specialty & INTERACTIVE

half-day and mini summer camps

Half-Day Camps, ages 3-5
Denton Civic Center
 \$75 per kid, per week
 Monday-Friday, 9am-noon
 Campers must be potty trained.

Little Rookies Sports & Fitness
 Kids will learn the world of sports and fitness in this fun camp with track and field events, karate, baseball, tennis, lacrosse, basketball, golf, T-ball, soccer, fitness activities, and tons of crafts and games.
 June 15-19; 44431

Little Scientists
 Kids will fizzle, swizzle, and twizzle the day away while learning about magnets, air, water, and more. Features demos and hands-on activities.
 June 22-26; 42801

Super Hero Adventures
 Superman, Spiderman, and Batman, oh my! Kids will explore the world of super heroes through stories, activities, games, and crafts. Kids may wear their favorite super hero costume!
 July 6-10; 44429

Knight and Princess Camp
 Kids will live out dreams of being a knight or a princess with stories, activities, games, and crafts that will make the fairy tale come alive. Kids may wear their favorite knight or princess costume!
 July 13-17; 44430

Under the Big Top
 Kids will love watching the circus come to life with carnival games, face painting, juggling, spin art, magic, clowning, and much more.
 July 20-24; 44432

Themed Mini Camps
Denton Civic Center
Camp Barbie, ages 4-8
 A certified teacher will teach self-esteem development with the help of Barbie. Kids will learn how to make friends, manage money, dream up careers, cook, understand the importance of school work, and more.
 Aug 3-7 11:30am-1:30pm \$100 44434

Fashion Designer! ages 8-12
 Kids will learn basic sketching techniques, color theory, mixing texture and patterns, fashion history, and more. Designs will come to life with ribbons, sequins, and oodles of accessories. No sewing.
 Aug 3-7 11:30am-1:30pm \$100 44433

Fun Academy, ages 5-7
 LEAP ahead with creative learning fun! Designed to inspire creations of things past, present, and future, kids will learn about dinosaurs, volcanos, the solar system, and much more.
 Aug 3-7 9-11am \$100 44435

Look at me, I'm an Author! ages 6-12
 Creative writing adventures await! Inspire higher order thinking by creating a picture scrapbook, super hero comic book, artwork, and fashion creations.
 Aug 3-7 2-4pm \$100 44436

unique themes

Play-Well Teknologies LEGO®
North Lakes Rec Center
Construction Vehicles, ages 5-7
 Kids will explore the engineering terms, concepts, vocabulary behind large scale building machines. They will build and learn about steamrollers, bulldozers, wrecking, and much more.
 June 15-19 M-F 9am-noon \$179 43799

Engineering Challenge, ages 8-12
 A massive machine in the style of Rube-Goldberg invention will be the focus of this fun camp. Kids will build a variety of motorized devices and accomplish giant missions, and have loads of fun.
 June 15-19 M-F 1-4pm \$179 44438

Pre-Engineering, ages 5-7
 Let imaginations run wild with over 100,000 pieces of LEGO®! Build engineer-designed projects such as boats, bridges, mazes, and motorized cars.
 July 20-24 M-F 9am-noon \$179 44437

Bashem Bots, ages 8-12
 Kids will re-engineer standard LEGO® vehicles into mechanized machines that can traverse challenging obstacles, battle bots, and more.
 July 20-24 M-F 1-4pm \$179 44439

Young Rembrandts
North Lakes Rec Center

Jr. Art Camp, ages 5-8
 On the first two days, kids will draw as much as they can in the first hour, then select and complete their favorite pieces. On the last day, they will compile what they have learned in one large, final scene.

June 24-26 W-F 1-2:30pm \$63 43768
 Aug 5-7 W-F 1-2:30pm \$63 43771

Art Camp, ages 8-13
 Each week will focus on different methods, including pencil, marker, and pastels.
 June 24-26 W-F 2:45-4:15pm \$63 43769
 Aug 5-7 W-F 2:45-4:15pm \$63 43772

Questions? Call (940) 349-PARK



Engineering for Kids Camps MLK Jr. Rec Center

Medieval Defense Camp, ages 6-12
Defend a castle and the family honor! Kids will build a castle and then engineer catapults and cannons to defend it. \$30 supply fee.
June 15-18 M-Th 9am-noon \$130 44310

Amazing Race Camp, ages 6-12
Kids will engineer designs that traverse treacherous terrain, brave stormy seas, and soar above clouds with projects that they create. \$30 supply fee.
July 6-9 M-Th 9am-noon \$130 44309

Robotics Rescue Robots, ages 10-14
Kids will learn how to build and program LEGO® robots and explore how they're used in different disaster situations. \$15 supply fee.
July 6-9 M-Th 1-4pm \$130 44307

Robotics Olympics Camp, ages 6-12
Kids will learn the concepts of building and programming LEGO® robots to perform sports specific functions. \$15 supply fee.
June 15-18 M-Th 1-4pm \$130 44306

Momentum Madness, ages 6-12
Kids will work with their Pit Crew to design and build vehicles like dragsters and hovering levitrons. Kids will learn about industrial, electrical, mechanical, and aerospace engineering. \$30 supply fee required.
Aug 3-6 M-Th 1-4pm \$130 44308

EXPLORE MORE!

- Tennis Camps, page 16
- Sports Camps, page 17
- Lifeguard Training, page 19
- Swim Lessons, page 24-25

Youth Tech Inc. Computer Camps MLK Jr. Rec Center, ages 10-17

Younger or older persons interested, please call (940) 349-8575. All courses are taught using top software, including Adobe products. 10 class participant minimum.

Web Studio, ages 10-17
A combination of the animation and web design classes, this class teaches the basics of both. Students will create interactive animations and learn to publish the animations online.
June 8-11 M-Th 9am-noon \$165 44321

Video Game Design, ages 10-17
While students study video game design they will produce several video games to share with friends!
June 8-11 M-Th 1-4pm \$175 44322
July 27-30 M-Th 9am-noon \$175 44324

The Gaming Academy, ages 10-17
Students focus on 2D and 3D game design then create video games using top software.
June 29-July 2 M-Th 9am-4pm \$325 44323

Music Studio, ages 10-17
Learn about digital music production and develop music tracks and learn how music is integrated into the world.
July 27-30 M-Th 1-4pm \$160 44325

Movie Makers, ages 10-17
Learn digital video design and production with extras like green screens and special effects. Film, direct, and edit a video.
Aug 3-6 M-Th 9am-noon \$160 44326

3D Game Design, ages 10-17
The Video Game Design class is a prerequisite for this course on 3D design. Students will create a professional type video game.
Aug 3-6 M-Th 1-4pm \$165 44327

Aquatic Explorer, ages 7-14 Denton Natatorium

Explore the world of water through kayaking, water polo, snorkeling, and basic water safety. Camp is from Monday-Thursday, 1-4pm, and \$85 per camper.
June 15-19 Underwater Adventure 42808
June 22-26 Water Polo 42809
June 29-July 3 Sail Away 42810
July 6-10 Search for Atlantis 42811
July 13-17 Beach Party 42812
July 20-24 Adventures of the Seven Seas 44232

Jr Master Naturalist, ages 6-11 Clear Creek
Kids will enjoy unique outdoor fun at Clear Creek Natural Heritage Area with Elm Fork Master Naturalists and Master Gardener-certified staff. Each day will include a nature study, arts and crafts, and an exploration hike. Ages 6-11, Register by May 31.
June 8-12 M-F 9am-noon \$65 42383
Ages 8-11, Register by June 14.
June 22-26 M-F 9am-noon \$65 44362

ULTIMATE CAMPOUT

Turner Falls Park, July 13-17
\$150/camper; 44418
Grades 1-5

The first day of camp will be spent at McMath Middle School in preparation of four, fun-filled days of camping, fishing, hiking, paddle boats, outdoor games, campfires, and swimming!

During the three nights of camping, we will stay in cabins at Turner Falls Park. Campers must register in person at the Civic Center by June 30. The fee must be paid in full upon registration. After June 30, credits or refunds will not be provided.

Register online at www.dentonparks.com

TENNIS CAMPS

Multiple-sized junior racquets are available for use. Kids need to bring a snack and drink each day and wear sunscreen. Kids will receive a tennis prize.

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

Quickstart I, ages 4-5

Campers will use smaller nets and graduated racquets to develop basic strokes. Special equipment and targets are used to create a carnival-like atmosphere and fun learning environment.

June 8-12	M/W/F	9-10am	\$59	44033
June 15-19	M/W/F	9-10am	\$59	44034
June 22-26	M/W/F	9-10am	\$59	44035
July 6-10	M/W/F	9-10am	\$59	44036
July 13-17	M/W/F	9-10am	\$59	44037
July 20-24	M/W/F	9-10am	\$59	44038
July 27-31	M/W/F	9-10am	\$59	44039
Aug 3-7	M/W/F	9-10am	\$59	44041

Quickstart II, ages 6-9

Campers will have a blast learning the basics of tennis, including strokes, grips, and footwork. The camp combines fundamentals and fun by using a "skill of the day" format.

Morning Camp

June 8-12	M/W/F	9-10:30am	\$79	44051
June 15-19	M/W/F	9-10:30am	\$79	44052
June 22-26	M/W/F	9-10:30am	\$79	44053
July 6-10	M/W/F	9-10:30am	\$79	44054
July 13-17	M/W/F	9-10:30am	\$79	44055
July 20-24	M/W/F	9-10:30am	\$79	44056
July 27-31	M/W/F	9-10:30am	\$79	44057
Aug 3-7	M/W/F	9-10:30am	\$79	44058

Half-day Camp

Extended version of our regular camps, kids will also learn about singles and doubles play, ball machine practice, and enjoy a Friday pizza party.

June 8-12	M/W/F	9am-noon	\$129	44061
June 22-26	M/W/F	9am-noon	\$129	44062
July 13-17	M/W/F	9am-noon	\$129	44063



Championship Camp, ages 10+

Beginners will learn the basics of tennis, and intermediate players will begin playing and keeping score. Racquets are available for use.

Morning Camp

June 8-12	M/W/F	9-10:30am	\$79	44084
June 15-19	M/W/F	9-10:30am	\$79	44085
June 22-26	M/W/F	9-10:30am	\$79	44086
July 6-10	M/W/F	9-10:30am	\$79	44087
July 13-17	M/W/F	9-10:30am	\$79	44088
July 20-24	M/W/F	9-10:30am	\$79	44089
July 27-31	M/W/F	9-10:30am	\$79	44090
Aug 3-7	M/W/F	9-10:30am	\$79	44091

Half-day Camp

Extended version of our regular camps, kids will focus on singles and doubles play, then ball machine practice in the second half. Friday will be a pizza party.

June 8-12	M/W/F	9am-noon	\$129	44094
June 22-26	M/W/F	9am-noon	\$129	44095
July 13-17	M/W/F	9am-noon	\$129	44096

Moonlight Madness, ages 7-15

Campers will practice and have fun at night. There will be a pizza party and game night on the Friday of each camp.

June 15-18	M/W/F	8-10pm	\$119	44100
July 13-16	M/W/F	8-10pm	\$119	44101

Advanced Camps Jr. High and High School

Jr. High level is for middle school players, or younger players with extensive tournament experience. High School level is for grades 9-12. Attend weekly, all summer, or go one or two days a week. No makeup dates for daily or all-summer options.

Camp Times:

Monday: 10:30am-noon, Tuesday: 7-8:30pm,
Wednesday: 10:30am-noon, Thursday: 7-8:30pm
Friday: 10:30am-noon

Weekly Camp Options:

June 8-12	M-F	\$99	44143
June 15-19	M-F	\$99	44131
June 22-26	M-F	\$99	44132
June 29-July 2	M-F	\$80	44139
July 6-10	M-F	\$99	44133
July 13-17	M-F	\$99	44134
July 20-24	M-F	\$99	44135
July 27-31	M-F	\$99	44136
Aug 3-7	M-F	\$99	44137

Daily Camp Options:

12 classes	\$149	44140
24 classes	\$279	44141

All-Summer Option:

June 8-Aug 7	M-Th	\$399	44142
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Kids need to bring a snack and drink each day and wear sunscreen. Register at www.dentonparks.com or call (940) 349-PARK. All skill levels are welcome.

SPORTS CAMPS



SKATEBOARDING CAMPS

flag football, volleyball

lacrosse

soccer

junior golf academy

Sports Specific Camps, ages 5-14

These camps are great for both the beginner looking to gain a basic understanding of the sport and the veteran wanting to improve. The fee includes a T-shirt.

Lacrosse, ages 5-14 @ Denia Soccer Field

Grades K-4	June 8-11	M-Th	8:30-11:30am	\$75	43674
Grades 5-8	June 15-18	M-Th	8:30-11:30am	\$75	43675

Grades K-4	July 13-16	M-Th	8:30-11:30am	\$75	43676
Grades 5-8	July 20-23	M-Th	8:30-11:30am	\$75	43677

Flag Football, ages 5-12 @ Mack Park

Ages 5-8	June 15-18	M-Th	8:30-11:30am	\$75	43664
Ages 9-12	July 20-23	M-Th	8:30-11:30am	\$75	43665

Volleyball, ages 7-12 @ North Lakes Rec Center

Ages 7-9	June 22-25	M-Th	1-4pm	\$75	43666
Ages 10-12	July 6-9	M-Th	1-4pm	\$75	43667

Soccer, ages 5-8 @ Denia Soccer Field

Ages 5-8	June 22-25	M-Th	8:30-11:30am	\$75	43668
Ages 5-8	July 6-9	M-Th	8:30-11:30am	\$75	43669

Skateboard Camp, ages 6+

Learn the basics of skateboarding, or take skills to the next level. Instruction is adapted to each skaters ability. A skateboard and helmet are required.

Camps will meet at the skate park regardless of weather; the rain-out location is the Natatorium so kids need to bring a swim suit and a towel each day. The fee includes a T-shirt. Register by the Thursday before each camp.

June 8-12	M-F	8:30-11:30am	\$75	43567
June 15-19	M-F	8:30-11:30am	\$75	43568
June 22-26	M-F	8:30-11:30am	\$75	43569
July 6-10	M-F	8:30-11:30am	\$75	43570
July 13-17	M-F	8:30-11:30am	\$75	43571
July 20-24	M-F	8:30-11:30am	\$75	43573

Junior Golf Academy Camp, ages 7-15

North Lakes Driving Range

Taught by experienced PGA Golf Pros, the golf camp teaches fundamentals and techniques necessary for any golfer. Brush up on skills and learn some new ones.

June 8-11	M-Th	9am-noon	\$240	44215
June 22-25	M-Th	9am-noon	\$240	44216
July 13-16	M-Th	9am-noon	\$240	44217
July 27-30	M-Th	9am-noon	\$240	44218
Aug 10-13	M-Th	9am-noon	\$240	44219

Register online at www.dentonparks.com

AQUATIC TRAINING

Water Park Lifeguard, ages 15+

This American Red Cross course certifies participants in Lifeguard Training, Waterpark Lifeguard Training, First Aid, Bloodborne Pathogen Training, Oxygen Administration, and CPR for the Professional Rescuer.

The purpose of this course is to teach participants the knowledge and skills needed to prevent and respond to emergencies in pools and water parks. Prerequisites will be conducted the first day of class:

- Minimum age of 15
- Swim 300 yards continuously
- Start in the water and swim 20 yards of front crawl or breaststroke, surface dive 10 feet, retrieve a 10 pound object, return to the starting point with the object, and exit without using a ladder or steps- all within one minute and 40 seconds
- Tread water for 2 min. using only your legs

Some course material will need to be downloaded from the Red Cross website. The instructor will send information to participants before the first day of class. A valid email is required.

Four-day option @ Denton Natatorium

Course meets Thursday and Friday from 5-10pm and Saturday and Sunday from 8am-6pm. Bring a lunch each day.

Mar 5-8	Th-Su	\$225	43211
Mar 12-15	Th-Su	\$225	43212
Mar 19-22	Th-Su	\$225	43213
Mar 26-29	Th-Su	\$225	43214
Apr 9-12	Th-Su	\$225	43215
Apr 16-19	Th-Su	\$225	43216
Apr 23-26	Th-Su	\$225	43217
Apr 30-May 3	Th-Su	\$225	43218
May 7-10	Th-Su	\$225	43219
May 14-17	Th-Su	\$225	43220
May 21-24	Th-Su	\$225	43221
May 28-31	Th-Su	\$225	43222
June 4-7	Th-Su	\$225	44260
June 11-14	Th-Su	\$225	44261

Lifeguard Prep, ages 11-14

This course is designed to help participants prepare to complete the prerequisites for the Waterpark Lifeguard Class and is taught by an American Red Cross Certified Lifeguard Instructor.

Offered @ Denton Natatorium

Mar 1	Su	4-5pm	\$15	43199
Mar 8	Su	4-5pm	\$15	43200
Mar 15	Su	4-5pm	\$15	43201
Mar 22	Su	4-5pm	\$15	43202
Mar 29	Su	4-5pm	\$15	43203
Apr 12	Su	4-5pm	\$15	43204
Apr 19	Su	4-5pm	\$15	43205
Apr 26	Su	4-5pm	\$15	43206
May 3	Su	4-5pm	\$15	43207
May 10	Su	4-5pm	\$15	43208
May 17	Su	4-5pm	\$15	43209
May 24	Su	4-5pm	\$15	43210
May 31	Su	4-5pm	\$15	44262
June 7	Su	4-5pm	\$15	44263

Junior Lifeguarding, ages 11-14

This class is the ideal transition between the learn-to-swim program and the lifeguard training course. Participants must be able to continuously swim 25 yards of freestyle, tread water for one minute, and swim ten yards under water.

Offered at Civic Center Pool

June 15-25	M-Th	5:30-7:15pm	\$80	42820
July 6-16	M-Th	5:30-7:15pm	\$80	42821

Water Safety Instructor, ages 16+

This course trains candidates 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.

Mar 16-18	M-W	9am-6pm	\$250	43151
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Prerequisites:

- 16 years old (by last day of class)
- Successful completion of the precourse session on the first night of class which includes the ability to perform the following strokes for 25 yards each at a Level 4 or better skill level: front crawl, back crawl, sidestroke, breaststroke, elementary backstroke, butterfly (15 yards)
- Float in deep water & tread water for one minute



For training and lifeguard employment questions, call Denton Natatorium at (940) 349-8800.

www.dentonparks.com

CIVIC CENTER POOL

515 N. Bell St., (940) 349-8279



Summer Season Passes*

Individual, \$50 (nonresidents add \$10)
Family, \$110 (nonresidents add \$15)

Daily Admission

Ages 18 and older, \$3
Ages 2-17, \$2.25
2 & under is free

All Access Annual Aquatic Pass

Denton Natatorium, Water Works Park,
and Civic Center Pool
Individual, \$140 (nonresidents add \$10)
Family, \$390 (nonresidents add \$15)

Pool Hours and Dates

Monday-Saturday, noon-6pm
Sunday, 1-6pm

Memorial Day Weekend, May 23-25
Preseason Weekend, May 30-31
Open daily, June 6-Aug. 23
End of Season Weekend, Aug. 29-30
Labor Day Weekend, Sept. 5-7

Father's Day Fun

Sunday, June 21, dads are
FREE with a paid admission.

Independence Day Fun

Saturday, July 4, families enjoy
\$1 admission and fun and games.

We're ready to get your party started!

Available beginning May 23, this \$110 package includes one hour under the shaded party area, invitations, paper goods, cake, and drinks. Hot dogs and chips are available for an additional \$3 per person. The price is limited to 15 guests; each additional guest pays daily admission. To book your summer party, call (940) 349-8806.

After hours, private rentals

The pool is available for private rentals on week days beginning at 7:30pm and on weekends beginning at 6:30pm. Lifeguards are provided. All rental fees must be paid in full at the time of booking. Rental fees vary starting at \$180. To book, call (940) 349-8802.

Denton Dolphins Swim Team, ages 6+

Participants are required to swim 25 yards continuously. To determine their levels, new participants will tryout May 20, 21, or 22, from 5-8pm at the Natatorium. Call (940) 349-8800 to reserve a tryout time. The parent-interest meeting is May 15, 6pm at the Natatorium. Morning practices begin June 9.

May 26-July 17 M-F 7-11:30am \$175 42815
May 26-July 17 M-F 6-7pm \$175 42816

Denton Dolphins Summer Camp, ages 6+

This camp focuses on similar activities found on a traditional swim team. Campers will have wacky relay races, stroke clinics, play water polo and more. Campers must be able to swim one full length of the pool unassisted.

July 21-Aug 6 Tu/Th 8:30-10am \$45 42817

Summer Swim Lessons, ages vary

Structured lessons are divided by age and skill level and taught by certified instructors. Schedule on pages 24-25.



* Season passes are available for purchase at Denton Civic Center and Denton Natatorium and may be used for admission to Denton Natatorium on CCP rain-out days. Families are considered to be up to two adults and up to four dependent children living in the same household; each additional child, \$25. "Dependent" implies tax dependent or dependent through marriage.



Water Works Parks, 2400 Long Rd., Denton, TX.

www.dentonwaterworks.com

SAVE \$25

on a 2015 family season pass, NOW until May 17!
Call (940) 349-8800.

Season Passes before May 25

Individual, \$65; nonresidents add \$5
Family, \$200*; nonresidents add \$15

Season Passes after May 25

Individual, \$75; nonresidents add \$5
Family, \$225*; nonresidents add \$15

Monthly Passes

Individual, \$30; nonresidents add \$5
Family, \$85; nonresidents add \$15

All Access Annual Aquatic Pass

Denton Natatorium, Water Works Park,
and Civic Center Pool

Individual, \$140; nonresidents add \$5
Family, \$390; nonresidents add \$15

* Season passes are available for purchase at Denton Civic Center and Denton Natatorium and may be used for admission to Denton Natatorium on CCP rain-out days. Families are considered to be up to two adults and up to four dependent children living in the same household; each additional child, \$25. "Dependent" implies tax dependent or dependent through marriage.

2015 HOURS OF OPERATION

11 a.m. - 8 p.m.

11 a.m. - 7 p.m.

Noon - 7 p.m.

Closed

Daily Admission

48 inches and taller, \$11; nonresidents add \$2
Under 48 inches, \$7; nonresidents add \$2
2 and under, FREE
Non-swimmers, \$5

Discount Twilight Nights, \$3 Off

Receive \$3 off regular admission M-Th after 4pm.

Buy One, Get One Free on Friday Nights

Buy one admission, get one of equal or lesser value for free Fridays after 4pm.

Get unlimited access with a season pass:

- Four giant outdoor slides
- One giant indoor slide
- Children's water playground
- Beautiful lazy river
- Sand volleyball court
- NEW concession stand
- NEW 12 x 12 cabana rentals

BEST IN DENTON COUNTY

May

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

June

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

July

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

WINNER

BEST OF
DENTON
COUNTY
2014

MURRAY MEDIA GROUP

Committed to Community Excellence.

Kayak the lazy river!

Kayaking-Intro to Paddling, ages 8+

In this course, participants will learn basic boat orientation, safety skills, and stroke technique. Fun for the whole family, participants will use kayaks to practice basic river maneuvers in a controlled environment. Kayaks, personal floatation devices, and paddles are provided.

June 8-11	M-Th	8:30-10:30am	\$60	42822
June 15-18	M-Th	8:30-10:30am	\$60	42823
June 22-25	M-Th	8:30-10:30am	\$60	42824
July 6-9	M-Th	8:30-10:30am	\$60	42825
July 13-16	M-Th	8:30-10:30am	\$60	42826
July 20-23	M-Th	8:30-10:30am	\$60	44233

Kayaking-Roll, ages 12+

In this course, participants will expand their knowledge of paddling through the addition of rolling a kayak. Skills presented will include wet exits, hip snaps, bracing, and paddle rolling.

June 29-July 2	M-Th	8:30-10:30am	\$60	42827
July 27-30	M-Th	8:30-10:30am	\$60	42828

Workout using the lazy river!

River Robics, ages 16+

Enjoy a unique, shallow-water class in our lazy river. A water-walking cardio segment, step aerobics, and upper-body noodle resistance use the water to maximize your muscle strength and endurance.

June 8-July 2	M/Tu/Th	7:30-8:25pm	\$65	43142
July 6-30	M/Tu/Th	7:30-8:25pm	\$65	43143
Aug 3-20	M/Tu/Th	7:30-8:25pm	\$50	43144

To book a party, call (940) 349-8806!

Birthday parties, team parties, family reunions, company parties, and more. First party kicks off Saturday, May 23!

WWP Birthday Party Package, \$230

- One hour in the party room or outdoor pavilion
- Admission to WWP for 15 guests
- Experienced party host
- Electronic invitations for email
- Paper goods and balloons
- Candy Haven cake and drinks
- Ice cream sandwich
- Souvenir picture and water toy for the birthday child
- Pizza and chips for an additional \$4/person

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. Group-rate discounts are available for additional guests of ten or more.

Season pass holders receive a \$30 discount.

After hours, private rentals

The water park is available for private rentals on Wednesdays, Saturdays, and Sundays beginning at 7:30pm. All rental fees must be paid in full at the time of reservation booking. To book, call (940) 349-8802.

Award Winning Splish Splash Storytime

FREE Friday Fun! 10am, June 12-July 31

Join Water Works Park and Children's Librarians from the Denton Public Library for story time by the pool, then enjoy splash time. Admission is free, but participants must leave by 10:45am or pay park admission.

unique +
Fun!

FUN + AFFORDABLE

- WWP passes for 15 guests
- Access to party pavilion
- Party paper goods
- Cake + drinks
- Ice cream
- Party souvenir picture
- Party souvenir toy

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 Denton Parks and Rec. DISD uses the facility for swim meets, practices, and water polo matches.



Hours of Operation Spring, Feb. 1 - June 5

For schedule updates, including pool closings and extended open swim hours during spring break, visit www.dentonparks.com. Open swim includes the slide and diving board.

Monday-Friday

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

Monday-Thursday

5-8pm Lap swim

Tuesday & Thursday

4:30-8pm Leisure pool with slide open

Friday

4:30-7pm Leisure pool with slide open
5-7pm Lap swim

Saturday

10am-12:30pm Lap swim, classes
12:30-6pm Open swim

Sunday

1-5pm Open swim
Beg. May 24, Sunday hours are noon-6pm

Summer, June 6 - Aug. 23

Monday-Friday, 5:30am-noon

Lap swim, classes

Monday-Friday, noon-5pm

Open swim

Monday-Thursday, 5-8pm

Lap swim, classes

Friday, 5-8pm

Open swim

Saturday, 10am-12:30pm

Lap swim, classes

Saturday, 12:30-6pm

Open swim

Sunday, noon-6pm

Open swim

Discount Nights

Buy one admission, get one of equal or lesser value for free every Friday from 4-7pm.

Admission, Passes, Punch Cards

NAT Daily Admission

Daily Admission	Resident	Nonresident
Ages 16+	\$4	\$5
Ages 3-15	\$3	\$4
Ages 2 and under	free	free

NAT Monthly/Annual Passes

Monthly Passes	Resident	Nonresident
Individual	\$20	\$25
Family*	\$40	\$45
Four Month Pass	Resident	Nonresident
Individual	\$60	\$70
Family*	\$120	\$130
Annual Pass	Resident	Nonresident
Individual	\$120	\$135
Family	\$250	\$265

All Access Annual Aquatic Pass

Denton Natatorium, Water Works Park, and Civic Center Pool

	Resident	Nonresident
Individual	\$140	\$145
Family	\$390	\$405

NAT Punch Cards (valid six months from purchase date)

10/20 Punch Cards	Resident	Nonresident
Age 16+	10/\$30, 20/\$60	10/\$35, 20/\$65
Ages 3-15	10/\$25, 20/\$50	10/\$30, 20/\$55

Aquatic Therapy, Scuba, and USMS

Aquatic Therapy

We offer water therapy through Denton Sports and Physical Therapy, (940) 566-5714.

Island Divers Scuba Classes

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

Masters Swim Club

The DASC Masters Swim Club is rapidly growing 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 competitive swimmers preparing for the next swim meet. Our goal is to provide members 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.



POOL TEMPS

Generally, the competition pool is 81 degrees, and the leisure pool is 88 degrees.

Texas Public Pool Council AGENCY OF THE YEAR

2014



Water Exercise 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)

Aquatic Boot Camp, Wednesday, 6-6:55pm

This is a fun class designed to be high-energy offering both aerobic exercise and strength training. Water shoes are highly recommended.

Deep Challenge, Monday-Thursday, 6-6:55pm (June 19-Aug. 21, Monday-Friday, 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 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 comp pool 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 accepted insurance plans, visit www.silversneakers.com. Enroll in person at North Lakes Rec Center, (940) 349-8287.

YEAR ROUND POOL PARTY RENTALS



NAT Birthday Party Package, \$160

- One hour in a decorated party room
 - An experienced party host
 - Admission to the NAT for 15 guests
 - Invitations and paper goods
 - Candy Haven cake and drinks
 - Ice cream sandwiches
 - Souvenir picture and water toy for the birthday child
 - Pizza and chips available for additional \$4/person
- The price is limited to 15 guests; there is a \$4 fee for each additional swimmer, but no charge for non-swimming guests. Group-rate discounts are available for additional guests of ten or more.

NAT Group Party Package \$275

- One hour in a decorated party room
 - An experienced party host
 - Admission to the NAT for 25 guests
 - Nine large single-topping pizzas
 - Ice cream sandwiches and drinks
 - Souvenir group picture
 - Pizza and chips available for additional \$4/person
- The price is limited to 25 guests; there is a \$4 fee for each additional swimmer, but no charge for non-swimming guests. Group-rate discounts are available for additional guests of ten or more.

NAT After Hour Rentals

To book an after hours rental, call (940) 349-8802.

SWIM LESSONS

For NAT and Civic Center Pool
swim lessons, see pages 24-25.

Private and Semi-Private, ages 3-adult

Designed to meet specific needs and provide individualized attention to enhance learning ability. To register, call the Learn to Swim Coordinator at (940) 349-8814.

Private (1-on-1)

- (1) 30-minute \$25
- (4) 30-minute \$80
- (8) 30-minute \$140

Semi-Private (2-on-1)

- (1) 30-minute \$20/person
- (4) 30-minute \$65/person
- (8) 30-minute \$115/person

SWIM LESSONS

Lessons for all skill levels are provided at each class during each session. Levels 1-4 have a participant to teacher class ratio of 6:1. The registration deadline for ALL swim lessons is at closing on the Friday before the first day of class. All fees are for residents; nonresidents add \$. *No class on May 25. The make-up day is Friday, May 29.

Water Tots Swim Lessons

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

Lessons offered at Denton Natatorium

Mar 2-Apr 1	M/W	5:30-6:05pm	\$60	43153
Mar 2-Apr 1	M/W	6:15-6:50pm	\$60	43154
Apr 6-29	M/W	5:30-6:05pm	\$60	43155
Apr 6-29	M/W	6:15-6:50pm	\$60	43156
May 18-28	M/W	5:30-6:05pm	\$60	44388
May 18-28	M/W	6:15-6:50pm	\$60	44389
June 8-18	M-Th	9:30-10:05am	\$60	43157
June 8-18	M-Th	10:15-10:50am	\$60	44287
June 8-18	M-Th	11-11:35am	\$60	43158
June 8-18	M-Th	5:30-6:05pm	\$60	43159
June 8-18	M-Th	6:15-6:50pm	\$60	43160
June 22-July 2	M-Th	9:30-10:05am	\$60	43161
June 22-July 2	M-Th	10:15-10:50am	\$60	44288
June 22-July 2	M-Th	11-11:35am	\$60	43162
June 22-July 2	M-Th	5:30-6:05pm	\$60	43163
June 22-July 2	M-Th	6:15-6:50pm	\$60	43164
July 6-16	M-Th	9:30-10:05am	\$60	43165
July 6-16	M-Th	10:15-10:50am	\$60	44289
July 6-16	M-Th	11-11:35am	\$60	43166
July 6-16	M-Th	5:30-6:05pm	\$60	43167
July 6-16	M-Th	6:15-6:50pm	\$60	43168
July 20-30	M-Th	9:30-10:05am	\$60	43169
July 20-30	M-Th	10:15-10:50am	\$60	44290
July 20-30	M-Th	11-11:35am	\$60	43170
July 20-30	M-Th	5:30-6:05pm	\$60	43171
July 20-30	M-Th	6:15-6:50pm	\$60	43172
Aug 3-13	M-Th	9:30-10:05am	\$60	43173
Aug 3-13	M-Th	10:15-10:50	\$60	44291
Aug 3-13	M-Th	11-11:35am	\$60	43174
Aug 3-13	M-Th	5:30-6:05pm	\$60	43175
Aug 3-13	M-Th	6:15-6:50pm	\$60	43176

Lessons offered at Civic Center Pool

June 8-18	M-Th	10:15-10:50am	\$60	43177
June 8-18	M-Th	6:15-6:50pm	\$60	43178
June 22-July 2	M-Th	10:15-10:50am	\$60	43179
June 22-July 2	M-Th	6:15-6:50pm	\$60	43180
July 6-16	M-Th	10:15-10:50am	\$60	43181
July 6-16	M-Th	6:15-6:50pm	\$60	43182

Saturday lessons at Denton Natatorium

Mar 7-Apr 4	Sa	10:15-10:50am	\$36	43183
Mar 7-Apr 4	Sa	11-11:35am	\$36	43184
Apr 11-May 2	Sa	10:15-10:50am	\$36	43185
Apr 11-May 2	Sa	11-11:35am	\$36	43186
June 6-27	Sa	10:15-10:50am	\$36	43189
June 6-27	Sa	11-11:35am	\$36	43190
July 11-Aug 1	Sa	10:15-10:50am	\$36	43191
July 11-Aug 1	Sa	11-11:35am	\$36	43192

Preschool Swim Lessons

For ages 3-4, this class introduces water skills that will help your kid feel comfortable and enjoy water safely. They learn floating, kicking, alternating arm action, bubble blowing, and safety rules. Kids are divided according to skill level. The class ratio of participant to instructor is 5:1.

Lessons offered at Denton Natatorium

Mar 2-Apr 1	M/W	5:30-6:05pm	\$60	43073
Mar 2-Apr 1	M/W	6:15-6:50pm	\$60	43074
Apr 6-29	M/W	5:30-6:05pm	\$60	43075
Apr 6-29	M/W	6:15-6:50pm	\$60	43076
May 18-28	M/W	5:30-6:05pm	\$60	44385
May 18-28	M/W	6:15-6:50pm	\$60	44386
May 18-28	M/W	7-7:35pm	\$60	44387
June 8-18	M-Th	9:30-10:05am	\$60	43077
June 8-18	M-Th	10:15-10:50am	\$60	43078
June 8-18	M-Th	11-11:35am	\$60	43079
June 8-18	M-Th	5:30-6:05pm	\$60	43080
June 8-18	M-Th	6:15-6:50pm	\$60	43081
June 8-18	M-Th	7-7:35pm	\$60	43082
June 22-July 2	M-Th	9:30-10:05am	\$60	43083
June 22-July 2	M-Th	10:15-10:50am	\$60	43084
June 22-July 2	M-Th	11-11:35am	\$60	43085
June 22-July 2	M-Th	5:30-6:05pm	\$60	43086
June 22-July 2	M-Th	6:15-6:50pm	\$60	43087
June 22-July 2	M-Th	7-7:35pm	\$60	43088
July 6-16	M-Th	9:30-10:05am	\$60	43089
July 6-16	M-Th	10:15-11:05am	\$60	43090
July 6-16	M-Th	11-11:35am	\$60	43091
July 6-16	M-Th	5:30-6:05pm	\$60	43092
July 6-16	M-Th	6:15-6:50pm	\$60	43093
July 6-16	M-Th	7-7:35pm	\$60	43094
July 20-30	M-Th	9:30-10:05am	\$60	43095
July 20-30	M-Th	10:15-10:50am	\$60	43096
July 20-30	M-Th	11-11:35am	\$60	43097
July 20-30	M-Th	5:30-6:05pm	\$60	43098
July 20-30	M-Th	6:15-6:50pm	\$60	43099
July 20-30	M-Th	7-7:35pm	\$60	43100
Aug 3-13	M-Th	9:30-10:05am	\$60	43101
Aug 3-13	M-Th	10:15-10:50	\$60	43102
Aug 3-13	M-Th	11-11:35am	\$60	43103
Aug 3-13	M-Th	5:30-6:05pm	\$60	43104
Aug 3-13	M-Th	6:15-6:50pm	\$60	43105
Aug 3-13	M-Th	7-7:35pm	\$60	43106

Lessons offered at Civic Center Pool

June 8-18	M-Th	9:30-10:05am	\$60	43107
June 8-18	M-Th	10:15-10:50am	\$60	43108
June 8-18	M-Th	11-11:35am	\$60	43109
June 8-18	M-Th	5:30-6:05pm	\$60	43110
June 8-18	M-Th	6:15-6:50pm	\$60	43111
June 22-July 2	M-Th	9:30-10:05am	\$60	43112
June 22-July 2	M-Th	10:15-10:50am	\$60	43113
June 22-July 2	M-Th	11-11:35am	\$60	43114
June 22-July 2	M-Th	5:30-6:05pm	\$60	43115
June 22-July 2	M-Th	6:15-6:50pm	\$60	43116
July 6-16	M-Th	9:30-10:05am	\$60	43117
July 6-16	M-Th	10:15-10:50am	\$60	43118
July 6-16	M-Th	11-11:35am	\$60	43119
July 6-16	M-Th	5:30-6:05pm	\$60	43120
July 6-16	M-Th	6:15-6:50pm	\$60	43121

Saturday lessons at Denton Natatorium

Mar 7-Apr 4	Sa	10:15-10:50am	\$36	43122
Mar 7-Apr 4	Sa	11-11:35am	\$36	43123
Apr 11-May 2	Sa	10:15-10:50am	\$36	43124
Apr 11-May 2	Sa	11-11:35am	\$36	43125
June 6-27	Sa	10:15-10:50am	\$36	43126
June 6-27	Sa	11-11:35am	\$36	43127
June 6-27	Sa	11:45-12:20pm	\$36	43128
July 11-Aug 1	Sa	10:15-10:50am	\$36	43129
July 11-Aug 1	Sa	11-11:35am	\$36	43130
July 11-Aug 1	Sa	11:45-12:20pm	\$36	43131

Level 1: Introduction to Water

For this class, kids learn skills ranging from beginning to introduction to freestyle, backstroke, and breaststroke. The class ratio of participant to instructor is 6:1.

Lessons offered at Denton Natatorium

Mar 2-Apr 1	M/W	5:30-6:05pm	\$60	42829
Mar 2-Apr 1	M/W	6:15-6:50pm	\$60	42830
Mar 2-Apr 1	M/W	7-7:35pm	\$60	42831
Apr 6-29	M/W	5:30-6:05pm	\$60	42832
Apr 6-29	M/W	6:15-6:50pm	\$60	42833
Apr 6-29	M/W	7-7:35pm	\$60	42834
May 18-28	M/W	5:30-6:05pm	\$60	44374
May 18-28	M/W	6:15-6:50pm	\$60	44375
May 18-28	M/W	7-7:35pm	\$60	44376
June 8-18	M-Th	9:30-10:05am	\$60	42835
June 8-18	M-Th	10:15-10:50am	\$60	42836
June 8-18	M-Th	11-11:35am	\$60	42837
June 8-18	M-Th	5:30-6:05pm	\$60	42838
June 8-18	M-Th	6:15-6:50pm	\$60	42839
June 8-18	M-Th	7-7:35pm	\$60	42840
June 22-July 2	M-Th	9:30-10:05am	\$60	42841
June 22-July 2	M-Th	10:15-10:50am	\$60	42842
June 22-July 2	M-Th	11-11:35am	\$60	42843
June 22-July 2	M-Th	5:30-6:05pm	\$60	42844
June 22-July 2	M-Th	6:15-6:50pm	\$60	42845
June 22-July 2	M-Th	7-7:35pm	\$60	42846
July 6-16	M-Th	9:30-10:05am	\$60	42847
July 6-16	M-Th	10:15-10:50am	\$60	42848
July 6-16	M-Th	11-11:35am	\$60	42849
July 6-16	M-Th	5:30-6:05pm	\$60	42850
July 6-16	M-Th	6:15-6:50pm	\$60	42851
July 6-16	M-Th	7-7:35pm	\$60	42852
July 20-30	M-Th	9:30-10:05am	\$60	42853
July 20-30	M-Th	10:15-10:50am	\$60	42854
July 20-30	M-Th	11-11:35am	\$60	42855
July 20-30	M-Th	5:30-6:05pm	\$60	42856
July 20-30	M-Th	6:15-6:50pm	\$60	42857
July 20-30	M-Th	7-7:35pm	\$60	42858
Aug 3-13	M-Th	9:30-10:05am	\$60	42859
Aug 3-13	M-Th	10:15-10:50	\$60	42860
Aug 3-13	M-Th	11-11:35am	\$60	42861
Aug 3-13	M-Th	5:30-6:05pm	\$60	42862
Aug 3-13	M-Th	6:15-6:50pm	\$60	42863
Aug 3-13	M-Th	7-7:35pm	\$60	42864

Lessons offered at Civic Center Pool

June 8-18	M-Th	9:30-10:05am	\$60	42865
June 8-18	M-Th	10:15-10:50am	\$60	42866
June 8-18	M-Th	11-11:35am	\$60	42867
June 8-18	M-Th	5:30-6:05pm	\$60	42868
June 8-18	M-Th	6:15-6:50pm	\$60	42869
June 22-July 2	M-Th	9:30-10:05am	\$60	42870
June 22-July 2	M-Th	10:15-10:50am	\$60	42871
June 22-July 2	M-Th	11-11:35am	\$60	42872
June 22-July 2	M-Th	5:30-6:05pm	\$60	42873
June 22-July 2	M-Th	6:15-6:50pm	\$60	42874
July 6-16	M-Th	9:30-10:05am	\$60	42875
July 6-16	M-Th	10:15-10:50am	\$60	42876
July 6-16	M-Th	11-11:35am	\$60	42877
July 6-16	M-Th	5:30-6:05pm	\$60	42878
July 6-16	M-Th	6:15-6:50pm	\$60	42879

Saturday lessons at Denton Natatorium

Mar 7-Apr 4	Sa	10:15-10:50am	\$36	42880
Mar 7-Apr 4	Sa	11-11:35am	\$36	42881
Apr 11-May 2	Sa	10:15-10:50am	\$36	42882
Apr 11-May 2	Sa	11-11:35am	\$36	42883
June 6-27	Sa	10:15-10:50am	\$36	42884
June 6-27	Sa	11-11:35am	\$36	42885
June 6-27	Sa	11:45-12:20pm	\$36	42886
July 11-Aug 1	Sa	10:15-10:50am	\$36	42887
July 11-Aug 1	Sa	11-11:35am	\$36	42888
July 11-Aug 1	Sa	11:45-12:20pm	\$36	42889

Level 2: Fundamental Skills

For this class, kids must be able to walk five yards in chest-deep water, retrieve an object underwater, and float supported or unsupported. They will learn alternating arm action, rhythmic bobbing, front/back glides, and safety. The class ratio of participant to instructor is 6:1.

Lessons offered at Denton Natatorium

Mar 2-Apr 1	M/W	5:30-6:05pm	\$60	42893
Mar 2-Apr 1	M/W	6:15-6:50pm	\$60	42894
Mar 2-Apr 1	M/W	7-7:30pm	\$60	42895
Apr 6-29	M/W	5:30-6:05pm	\$60	42898
Apr 6-29	M/W	6:15-6:50pm	\$60	42899
Apr 6-29	M/W	7-7:30pm	\$60	42900
May 18-28	M/W	5:30-6:05pm	\$60	44377
May 18-28	M/W	6:15-6:50pm	\$60	44378
May 18-28	M/W	7-7:35pm	\$60	44379
June 8-18	M-Th	9:30-10:05am	\$60	42906
June 8-18	M-Th	10:15-10:50am	\$60	42907
June 8-18	M-Th	11-11:35am	\$60	42908
June 8-18	M-Th	5:30-6:05pm	\$60	42909
June 8-18	M-Th	6:15-6:50pm	\$60	42910
June 8-18	M-Th	7-7:30pm	\$60	42911
June 22- July 2	M-Th	9:30-10:05am	\$60	42912
June 22- July 2	M-Th	10:15-10:50am	\$60	42913
June 22- July 2	M-Th	11-11:35am	\$60	42914
June 22- July 2	M-Th	5:30-6:05pm	\$60	42915
June 22- July 2	M-Th	6:15-6:50pm	\$60	42916
June 22- July 2	M-Th	7-7:30pm	\$60	42917
July 6-16	M-Th	9:30-10:05am	\$60	42918
July 6-16	M-Th	10:15-10:50am	\$60	42919
July 6-16	M-Th	11-11:35am	\$60	42920
July 6-16	M-Th	5:30-6:05pm	\$60	42921
July 6-16	M-Th	6:15-6:50pm	\$60	42922
July 6-16	M-Th	7-7:30pm	\$60	42923
July 20-30	M-Th	9:30-10:05am	\$60	42924
July 20-30	M-Th	10:15-10:50am	\$60	42925
July 20-30	M-Th	11-11:35am	\$60	42926
July 20-30	M-Th	5:30-6:05pm	\$60	42927
July 20-30	M-Th	6:15-6:50pm	\$60	42928
July 20-30	M-Th	7-7:30pm	\$60	42929
Aug 3-13	M-Th	9:30-10:05am	\$60	42930
Aug 3-13	M-Th	10:15-10:50	\$60	42931
Aug 3-13	M-Th	11-11:35am	\$60	42932
Aug 3-13	M-Th	5:30-6:05pm	\$60	42933
Aug 3-13	M-Th	6:15-6:50pm	\$60	42934
Aug 3-13	M-Th	7-7:30pm	\$60	42935

Lessons offered at Civic Center Pool

June 8-18	M-Th	9:30-10:05am	\$60	42942
June 8-18	M-Th	10:15-10:50am	\$60	42943
June 8-18	M-Th	11-11:35am	\$60	42944
June 8-18	M-Th	5:30-6:05pm	\$60	42945
June 8-18	M-Th	6:15-6:50pm	\$60	42946
June 22-July 2	M-Th	9:30-10:05am	\$60	42947
June 22-July 2	M-Th	10:15-10:50am	\$60	42948
June 22-July 2	M-Th	11-11:35am	\$60	42949
June 22-July 2	M-Th	5:30-6:05pm	\$60	42950
June 22-July 2	M-Th	6:15-6:50pm	\$60	42951
July 6-16	M-Th	9:30-10:05am	\$60	42952
July 6-16	M-Th	10:15-10:50am	\$60	42953
July 6-16	M-Th	11-11:35am	\$60	42954
July 6-16	M-Th	5:30-6:05pm	\$60	42955
July 6-16	M-Th	6:15-6:50pm	\$60	42956

Saturday lessons at Denton Natatorium

Mar 7-Apr 4	Sat	10:15-10:50am	\$36	42896
Mar 7-Apr 4	Sat	11-11:35am	\$36	42897
Apr 11-May 2	Sat	10:15-10:50am	\$36	42901
Apr 11-May 2	Sat	11-11:35am	\$36	42902
June 6-27	Sat	10:15-10:50am	\$36	42936
June 6-27	Sat	11-11:35am	\$36	42937
June 6-27	Sat	11:45-12:20pm	\$36	42938
July 11-Aug 1	Sat	10:15-10:50am	\$36	42939
July 11-Aug 1	Sat	11-11:35am	\$36	42940
July 11-Aug 1	Sat	11:45-12:20pm	\$36	42941

Level 3: Stroke Development

For this class, kids must be able to float (front and back) unsupported, perform front and back glides unsupported, and demonstrate alternating arm action. They will learn freestyle, elementary backstroke, learn rotary breathing, dolphin kick and safety. The class ratio of participant to instructor is 6:1.

Lessons offered at Denton Natatorium

Mar 2-Apr 1	M/W	5:30-6:05pm	\$60	42957
Mar 2-Apr 1	M/W	6:15-6:50pm	\$60	42958
Mar 2-Apr 1	M/W	7-7:30pm	\$60	42959
Apr 6-29	M/W	5:30-6:05pm	\$60	42960
Apr 6-29	M/W	6:15-6:50pm	\$60	42961
Apr 6-29	M/W	7-7:30pm	\$60	42962
May 18-28	M/W	5:30-6:05pm	\$60	44380
May 18-28	M/W	6:15-6:50pm	\$60	44381
May 18-28	M/W	7-7:35pm	\$60	44382
June 8-18	M-Th	9:30-10:05am	\$60	44269
June 8-18	M-Th	10:15-10:50am	\$60	42964
June 8-18	M-Th	11-11:35am	\$60	42965
June 8-18	M-Th	5:30-6:05pm	\$60	42966
June 8-18	M-Th	6:15-6:50pm	\$60	42967
June 8-18	M-Th	7-7:30pm	\$60	42968
June 22- July 2	M-Th	9:30-10:05am	\$60	42969
June 22- July 2	M-Th	10:15-10:50am	\$60	42970
June 22- July 2	M-Th	11-11:35am	\$60	42971
June 22- July 2	M-Th	5:30-6:05pm	\$60	42972
June 22- July 2	M-Th	6:15-6:50pm	\$60	42973
June 22- July 2	M-Th	7-7:30pm	\$60	42974
July 6-16	M-Th	9:30-10:05am	\$60	42975
July 6-16	M-Th	10:15-10:50am	\$60	42976
July 6-16	M-Th	11-11:35am	\$60	42977
July 6-16	M-Th	5:30-6:05pm	\$60	42978
July 6-16	M-Th	6:15-6:50pm	\$60	42979
July 6-16	M-Th	7-7:30pm	\$60	42980
July 20-30	M-Th	9:30-10:05am	\$60	42981
July 20-30	M-Th	10:15-10:50am	\$60	42982
July 20-30	M-Th	11-11:35am	\$60	42983
July 20-30	M-Th	5:30-6:05pm	\$60	42984
July 20-30	M-Th	6:15-6:50pm	\$60	42985
July 20-30	M-Th	7-7:30pm	\$60	42986
Aug 3-13	M-Th	9:30-10:05am	\$60	42987
Aug 3-13	M-Th	10:15-10:50	\$60	42988
Aug 3-13	M-Th	11-11:35am	\$60	42989
Aug 3-13	M-Th	5:30-6:05pm	\$60	42990
Aug 3-13	M-Th	6:15-6:50pm	\$60	42991
Aug 3-13	M-Th	7-7:30pm	\$60	42992

Lessons offered at Civic Center Pool

June 8-18	M-Th	9:30-10:05am	\$60	42993
June 8-18	M-Th	10:15-10:50am	\$60	42994
June 8-18	M-Th	11-11:35am	\$60	42995
June 8-18	M-Th	5:30-6:05pm	\$60	42996
June 8-18	M-Th	6:15-6:50pm	\$60	42997
June 22-July 2	M-Th	9:30-10:05am	\$60	42998
June 22-July 2	M-Th	10:15-10:50am	\$60	42999
June 22-July 2	M-Th	11-11:35am	\$60	43000
June 22-July 2	M-Th	5:30-6:05pm	\$60	43001
June 22-July 2	M-Th	6:15-6:50pm	\$60	43002
July 6-16	M-Th	9:30-10:05am	\$60	43003
July 6-16	M-Th	10:15-10:50am	\$60	43004
July 6-16	M-Th	11-11:35am	\$60	43005
July 6-16	M-Th	5:30-6:05pm	\$60	43006
July 6-16	M-Th	6:15-6:50pm	\$60	43007

Saturday lessons at Denton Natatorium

Mar 7-Apr 4	Sat	10:15-10:50am	\$36	43008
Mar 7-Apr 4	Sat	11-11:35am	\$36	43009
Apr 11-May 2	Sat	10:15-10:50am	\$36	43010
Apr 11-May 2	Sat	11-11:35am	\$36	43011
June 6-27	Sat	10:15-10:50am	\$36	43012
June 6-27	Sat	11-11:35am	\$36	43013
July 11-Aug 1	Sat	10:15-10:50am	\$36	43014
July 11-Aug 1	Sat	11-11:35am	\$36	43015

The registration deadline for ALL swim lessons is at closing on the Friday before the first day of class. Levels 1-4 have a participant to instructor ratio of 6:1. *No class spring break, March 16-20. All fees are for residents; nonresidents add \$5.

Level 4: Stroke Development

For this class, kids 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.

The class ratio of participant to instructor is 6:1.

Lessons offered at Denton Natatorium

Mar 2-Apr 1	M/W	5:30-6:05pm	\$60	43019
Mar 2-Apr 1	M/W	7-7:30pm	\$60	43020
Apr 6-29	M/W	5:30-6:05pm	\$60	43021
Apr 6-29	M/W	7-7:30pm	\$60	43022
May 18-28	M/W	5:30-6:05pm	\$60	44383
May 18-28	M/W	7-7:35pm	\$60	44384
June 8-18	M-Th	9:30-10:05am	\$60	43023
June 8-18	M-Th	10:15-10:50am	\$60	43024
June 8-18	M-Th	11-11:35am	\$60	43025
June 8-18	M-Th	5:30-6:05pm	\$60	43026
June 8-18	M-Th	7-7:30pm	\$60	43027
June 22- July 2	M-Th	9:30-10:05am	\$60	43028
June 22- July 2	M-Th	10:15-10:50am	\$60	43029
June 22- July 2	M-Th	11-11:35am	\$60	43030
June 22- July 2	M-Th	5:30-6:05pm	\$60	43031
June 22- July 2	M-Th	7-7:30pm	\$60	43032
July 6-16	M-Th	9:30-10:05am	\$60	43033
July 6-16	M-Th	10:15-11:05am	\$60	43034
July 6-16	M-Th	11-11:35am	\$60	43035
July 6-16	M-Th	5:30-6:05pm	\$60	43036
July 6-16	M-Th	7-7:30pm	\$60	43037
July 20-30	M-Th	9:30-10:05am	\$60	43038
July 20-30	M-Th	10:15-10:50am	\$60	43039
July 20-30	M-Th	11-11:35am	\$60	43040
July 20-30	M-Th	5:30-6:05pm	\$60	43041
July 20-30	M-Th	7-7:30pm	\$60	43042
Aug 3-13	M-Th	9:30-10:05am	\$60	43043
Aug 3-13	M-Th	10:15-10:50	\$60	43044
Aug 3-13	M-Th	11-11:35am	\$60	43045
Aug 3-13	M-Th	5:30-6:05pm	\$60	43046
Aug 3-13	M-Th	7-7:30pm	\$60	43047

Lessons offered at Civic Center Pool

June 8-18	M-Th	9:30-10:05am	\$60	43052
June 8-18	M-Th	10:15-10:50am	\$60	43053
June 8-18	M-Th	11-11:35am	\$60	43554
June 8-18	M-Th	5:30-6:05pm	\$60	43055
June 8-18	M-Th	6:15-6:50pm	\$60	43056
June 22-July 2	M-Th	9:30-10:05am	\$60	43057
June 22-July 2	M-Th	10:15-10:50am	\$60	43058
June 22-July 2	M-Th	11-11:35am	\$60	43059
June 22-July 2	M-Th	5:30-6:05pm	\$60	43060
June 22-July 2	M-Th	6:15-6:50pm	\$60	43061
July 6-16	M-Th	9:30-10:05am	\$60	43062
July 6-16	M-Th	10:15-10:50am	\$60	43063
July 6-16	M-Th	11-11:35am	\$60	43064
July 6-16	M-Th	5:30-6:05pm	\$60	43065
July 6-16	M-Th	6:15-6:50pm	\$60	43066

Saturday lessons at Denton Natatorium

Mar 7-Apr 4	Sat	10:15-10:50am	\$36	43048
Apr 11-May 2	Sat	10:15-10:50am	\$36	43049
June 6-27	Sat	10:15-10:50am	\$36	43050
July 11-Aug 1	Sat	10:15-10:50am	\$36	43051

YOUTH SPORTS



Leagues + Instruction

Toddler Sports Mania
McMath Middle School
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 April 3.
 Apr 11-May 2 Sa 9-9:30am \$30 44421

Start Smart Sports Instruction
McMath Middle School, ages 3-4
 Four-week classes, each specifically designed for preschoolers, demonstrate the basics of sports in a fun and safe environment. Register by April 9.

Soccer
 Kids 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.
 Apr 11-May 2 Sa 8-8:45am \$55 44440

Baseball
 Kids will learn the basics of baseball such as batting, catching, and throwing. The fee includes a T-shirt and a baseball kit with a bat-and-ball set, a glove, and a Koosh baseball.
 Apr 11-May 2 Sa 9:45-10:30am \$55 44422

Golf
 Kids will learn the basics of golf such as putting, chipping, pitching, and the full swing. We will provide all equipment, and the fee includes a T-shirt. The class will conclude with a golf challenge course.
 Apr 11-May 2 Sa 10:45-11:30am \$55 44420

Pee Wee Sports Instruction
North Lakes Rec Center
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.

Apr 11-May 16 Sa 10:30-11:30am \$35 43804
 May 30-July 11 Sa 10:30-11:30am \$35 43805
 July 25-Aug 29 Sa 10:30-11:30am \$35 43806

Basketball
 Kids will learn skills such as dribbling, shooting, and passing.
 Apr 11-May 16 Sa 11:40am-12:40pm \$35 43807

T-Ball
 Kids will learn skills such as throwing, catching, fielding, batting, and running bases.
 May 30-July 11 Sa 11:40am-12:40pm \$35 43809

Soccer
 Kids will learn skills such as dribbling, passing, kicking, and goal tending.
 July 25-Aug 29 Sa 11:40am-12:40pm \$35 43810

Sports League Sampler
McMath Middle School, ages 5-8
 Kids learn the fundamentals of soccer, basketball, lacrosse, and flag football. Each week is a different sport. Fee includes a T-shirt and awards.
 Apr 28-May 21 Tu/Th 7:15-8:15pm \$60 43694
 Aug 3-26 M/W 7:15-8:15pm \$60 43695

Bitty Basketball
McMath Middle School, 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 parents to enjoy. The registration fee includes a jersey and individual awards. Register by the Friday before each session.
 Apr 28-May 21 Tu/Th 6-6:45pm \$55 43660
 Aug 3-26 M/W 6-6:45pm \$55 43661

Blastball League
Denia Sports Complex
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.

Spring games begin March 21
 Registration ended in February.
 Call (940) 349-7275 for availability.

Fall games begin Sept. 12
 Register June 29-Aug 18; late Aug 19-21, add \$10
 \$50 43663

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



Three Ways to Register



(940) 349-PARK



In person at the Civic Center, located at 321 E. McKinney St., Monday-Friday from 8am-5pm.



www.dentonparks.com

Sibling Discount

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

Combining Age Groups or 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! Call (940) 349-8523.

Youth Sports Associations

The following sports associations are cosponsored by City of Denton but self-managed. For more information, call the corresponding numbers:
 Denton Boys Baseball, Inc., (940) 383-7669, www.dbbi.org
 Denton Soccer Association, (940) 566-2085, www.eteamz.com/denton
 Denton Youth Football and Cheerleading, www.dayfl.org

MiniKickers Challengers Soccer MLK Jr. Rec Center, ages 2-6

This innovative program introduces toddlers to the basic skills of soccer and is coached by fully trained and qualified British and Brazilian coaches.

Ages 2-3

Mar 27-May 1 F 5:30-6:15pm \$80 44316

Ages 4-6

Mar 27-May 1 F 6:30-7:30pm \$80 44317

Soccer Sparks Academy Denia Rec Center, 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 session.

Ages 4-5

Mar 6-27 F 5-5:45pm \$39 44153

Apr 3-24 F 5-5:45pm \$39 44154

May 1-22 F 5-5:45pm \$39 44155

June 5-26 F 5-5:45pm \$39 44159

July 10-31 F 5-5:45pm \$39 44160

Aug 7-28 F 5-5:45pm \$39 44161

Ages 6-9

Mar 6-27 F 5:45-6:30pm \$39 44156

Apr 3-24 F 5:45-6:30pm \$39 44157

May 1-22 F 5:45-6:30pm \$39 44158

June 5-26 F 5:45-6:30pm \$39 44162

July 10-31 F 5:45-6:30pm \$39 44163

Aug 7-28 F 5:45-6:30pm \$39 44164

explore more...

Summer sports camps, pages 16-17

Youth Tennis, page 33

Youth Golf Academy, page 34

Rock The Wall, Denia Rec Center 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.

Mar 3-31 Tu 6-7pm \$30 43438

Apr 7-28 Tu 6-7pm \$30 43439

May 5-26 Tu 6-7pm \$30 43440

June 2-23 Tu 6-7pm \$30 43441

July 7-28 Tu 6-7pm \$30 43442

Aug 4-25 Tu 6-7pm \$30 43443

Sept 1-22 Tu 6-7pm \$30 43444

Archery, Denia Rec Center ages 8-15

Archery is experiencing a revival! 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.

Apr 16-May 21 Th 4-5pm \$40 43386

Sept 3-Oct 8 Th 4-5pm \$40 43387

HOMESCHOOL ATHLETICS

Junior Tennis, Goldfield Tennis Center, ages 5-16

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

Mar 25-May 6 W 1:30-2:45pm \$99 44190

Swim Lessons,

• Denton Natatorium, ages 4+

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

Mar 3-Apr 2 Tu/Th 2:30-3:05pm \$60 42818

Apr 7-30 Tu/Th 2:30-3:05pm \$60 42819

YOUTH SPORTS

Indoor + Outdoor Leagues



Girls' Volleyball League, ages 7-14

Games are played on Saturday with an occasional Friday night game, if needed. The league includes eight games. Awards are given to all players. Shirts and practice space are included for individual players. Teams must provide their own coach and shirts with numbers on front and back, and turn in their roster, waivers, and copies of players' birth certificates one week prior to games starting. The age determination for the spring and summer 2015 league is Sept. 1, 2014, and for the fall 2015 league is Sept. 1, 2015.

Spring games begin March 13 & 14; registration has ended, call (940) 349-8523 for availability.

Summer games begin May 29 & 30; practice begins week of May 25.

Register March 30-May 5;

late May 6-8, add \$10/player or \$50/team

Teams (for a practice space, add \$100)

Ages 7-8	UNT/MMS	\$325	42401
Ages 9-10	UNT/MMS	\$325	42402
Ages 11-12	UNT/MMS	\$325	42403
Ages 13-14	UNT/MMS	\$325	42404

Individuals

Ages 7-8	UNT/MMS	\$70	42409
Ages 9-10	UNT/MMS	\$70	42410
Ages 11-12	UNT/MMS	\$70	42411
Ages 13-14	UNT/MMS	\$70	42412

Fall games begin Sept. 11 & 12; practice begins week of Aug. 31

Register June 29-Aug 11;

late August 12-14, add \$10/player or \$50/team

Teams (for a practice space, add \$100)

Ages 7-8	UNT/MMS	\$325	43616
Ages 9-10	UNT/MMS	\$325	43617
Ages 11-12	UNT/MMS	\$325	43618
Ages 13-14	UNT/MMS	\$325	43619

Individuals

Ages 7-8	UNT/MMS	\$70	43630
Ages 9-10	UNT/MMS	\$70	43631
Ages 11-12	UNT/MMS	\$70	43632
Ages 13-14	UNT/MMS	\$70	43633

28 All fees are for residents; nonresidents add \$5.

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 awards for all players. Practices are on weekdays, and games are played on weekdays with an occasional Saturday game, if 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, 2014 for the spring league and fall league.

Spring games begin the week of April 6; registration has ended, call (940) 349-8523 for availability.

Fall games begin the week of Sept. 7; practice begins the week of Aug. 17 at Denia Softball Complex

Register June 29-July 28; late July 29-31, add \$15

Girls T-Ball	ages 5-6	\$50	43651
Girls Coach Pitch	ages 7-8	\$60	43652
Girls Fast Pitch	ages 9-10	\$70	43653
Girls Fast Pitch	ages 11-12	\$70	43654
Girls Fast Pitch	ages 13-14	\$70	43655

Track, ages 6-18

TAAF Games of Texas, an Olympic-style competition, brings an exciting conclusion to the season for qualifiers. For more information visit www.taafregion4.org.

Circuit meets will be on Saturdays in June; dates and locations are TBA. There is a regional meet for qualifiers. The state meet for qualifiers is July 30-Aug. 2 in College Station. The fee includes a team shirt, TAAF reg., practices, and coaching. Meet entry fees are to be paid by the participant. Practice will be held at North Lakes Park for the first three weeks, then at the Denton High School track. Age is determined as of Dec. 31, 2015.

Register Mar 2-April 24; late April 25-27, add \$10

Apr 28-July 21 Tu/Th 6:30-8pm \$60 DHS 43637

Girls' High School Softball League

Players currently enrolled in a high school softball program can participate in this league to gain extra practice games. 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 games with 55-minute stop times. Score is not kept.

Fall games begin Sept. 16

Register April 30-Sept 2

High School Division W \$525/team 43711



Registration options, page 27

Youth Kickball League, coed-ages 5-14

The league includes eight games and practices. The fee includes a jersey and award for all players. The age determination for the league is Sept. 1, 2014. Games are played on Tuesday nights.

Summer games begin June 9

Register Mar 2-May 12; late May 13-15, add \$15

Ages 5-7	Evers	\$60	43638
Ages 8-10	Evers	\$60	43639
Ages 11-14	Evers	\$60	43640

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. The league includes eight games and practices. Players must provide and wear a mouthpiece, but the fee includes an NFL jersey and awards for all players.

Winter games begin Feb. 14

Registration ended in January. Call (940) 349-7275 for availability.

Fall games begin Sept. 19

Register June 29-Aug 21; late Aug 22-25, add \$15

Ages 5-6	DRC	\$75	43587
Ages 7-8	DRC	\$75	43588
Ages 9-10	DRC	\$75	43589
Ages 11-12	DRC	\$75	43590

explore more...

- Summer sports camps, pages 16-17
- Youth Tennis, page 33
- Youth Golf Academy, page 34

Outdoor Soccer League, coed-ages 5-10

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

Spring games begin March 28

Register Feb 2-Mar 3; late Mar 4-6, add \$10

Ages 5-6	MRC	\$60	43604
Ages 7-8	MRC	\$60	43605
Ages 9-10	MRC	\$60	43606

Fall games begin Sept. 19

Register Aug 3-25; late Aug 26-28, add \$10

Ages 5-6	MRC	\$60	43595
Ages 7-8	MRC	\$60	43596
Ages 9-10	MRC	\$60	43597

Soccer Clinics, coed-ages 6-10

These clinics teach the basics of team work, passing, offense, and defense.

June 4-25	5-7pm	MLK	\$40	44412
July 9-30	5-7pm	MLK	\$40	44413

Indoor Soccer League, coed-ages 4-11

Practices will begin the week of May 26, 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.

Summer games begin May 30

Register now-May 6; late May 7-8, add \$15

Ages 4-5	MMS	\$70	44414
Ages 6-8	MMS	\$70	44415
Ages 9-11	MMS	\$70	44416

- **Basketball League, coed-ages 5-10**
- The league includes eight games and practices.
- The fee includes a jersey and award for all players. The age determination for the league is Sept. 1, 2014. Games are played on Saturdays.

Summer games begin June 13

Register Mar 2-May 19; late May 20-22, add \$15

Ages 5-6	MMS	\$70	43634
Ages 7-8	MMS	\$70	43635
Ages 9-10	MMS	\$70	43636

Select Basketball League, coed-ages 12-16

This six-week Denton County league is designed to sharpen team players and help maintain condition and skills during off-seasons. Games are played at MLK Jr. Rec Center on Saturdays. League games will be played on Saturday afternoon from 1-4pm. For more info, call (940) 349-8575.

Summer league runs July 10-31

Register by June 30; no late registrations accepted.

Drafted individual players MLK \$50 44304

Little Dribblers, coed-ages 5-8

Kids will learn and play basketball in a mini-league. Practice is on Monday and occasionally Wednesday. Games are Fridays. For more information, call (940) 349-8579.

Register by Feb. 13.

Feb 23-Mar 27 M/W/F 6-8pm MLK \$40 42070

Little Hoopers, coed-ages 9-12

This pre-teen league provides a fun atmosphere while teaching teamwork and sportsmanship. Practice is on Monday and occasionally Wednesday. Games are Fridays. For more information, call (940) 349-8579.

Register by March 27.

Apr 13-June 5, M/W/F, 6-8pm

MLK	\$40/player	43690
MLK	\$175/team	43690

Basketball Skills Clinic, coed-ages 5-12

Kids receive hands-on instruction on a variety of skills and techniques during the clinics. This is a great beginner clinic.

Ages 5-8; Register by May 22.

June 1-10 M/W 5-6pm MLK \$15 44296

Ages 9-12; Register by June 5.

June 15-24 M/W 5-6pm MLK \$15 44297

ADULT SPORTS

Leagues + Tournaments + Rentals

Adult Flag Football League, 8v8

The league includes eight games, including playoffs, with games played as early as 1pm on Saturdays and 6:30pm on Thursdays. A maximum of 20 players is allowed per roster. Every player must provide and wear a mouth guard.

Winter games begin Feb. 14

Registration ended in January.

Call (940) 349-7275 for availability.

Spring games begin April 2

Register Feb 1-Mar 17; late Mar 18-20 add \$35

Open Division Th MRC \$350/team 44352

Fall games begin Sept. 19

Register July 30-Sept 1; late Sept 2-4 add \$35

Open Division Sa DRC \$350/team 44002

Adult Coed Kickball League

The league includes eight games, including playoffs. A maximum of 20 players is allowed per roster. If there are enough teams, there will be a recreational and a competitive division.

Spring games begin March 24

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

Tu NLP \$200/team 42505

Fall games begin Sept. 15

Register July 30-Sept 1; late Sept 2-4, add \$35

Tu NLP \$200/team 44003

Adult Basketball League

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

Winter games begin Feb. 18

Registration ended in January.

Call (940) 349-7275 for availability.

Summer games begin May 13

Register now-Apr 21; late Apr 22-24, add \$30

Open Division W MMS \$325/team 44000

Fall games begin Sept. 9

Register July 31-Aug 18; late Aug 19-21, add \$30

Open Division W MMS \$325/team 44001

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 is allowed per roster.

Winter games begin Feb. 16

Registration ended in January.

Call (940) 349-7275 for availability.

Summer games begin May 11

Register now-Apr 21; late Apr 22-24, add \$25

Recreation Division M DRC \$200/team 43997

Competitive Division M MMS \$200/team 43996

Fall games begin Sept. 7

Register July 31-Aug 18; late Aug 19-21, add \$25

Recreation Division M DRC \$200/team 43998

Competitive Division M MMS \$200/team 43999

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 designed 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 lowest level of play. All leagues fall under ASA guidelines unless otherwise noted.

Division game days:

M Men's Comp, Men's C, Men's D, Coed Rec

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

Summer games begin the week of June 8

Register Apr 27-May 15; late May 18-22

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

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

Fall games begin the week of Aug. 24

Register June 30-July 31; late Aug 3-7

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

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

Men's Softball City Championship

These tournaments are open to teams that have competed in either an ASA C or D league during 2014. There is a three game guarantee. Pool Play into a single elimination tournament. Champion wins a trophy and new softball bat.

Men's C, Saturday, June 6

Register March 31-May 29; \$180/team; 43965

Men's D, Saturday, Aug. 15

Register June 30-Aug. 7; \$180/team; 43958



To see schedules and additional details, visit www.quickscores.com/denton or call (940) 349-8525.

To register, visit www.dentonparks.com or call (940) 349-PARK.

Adult Coed Golf League

Play nine holes every other Tuesday night at 6pm at Robson Ranch Golf Course. There is an open division for men and women, and a couples division. League fee does not include cart fee. Registration deadline is noon on league Tuesdays.

Apr 7	Tu	RRGC	\$25	44248
Apr 21	Tu	RRGC	\$25	44249
May 5	Tu	RRGC	\$25	44250
May 19	Tu	RRGC	\$25	44251
June 2	Tu	RRGC	\$25	44252
June 23	Tu	RRGC	\$25	44253
July 7	Tu	RRGC	\$25	44254
July 21	Tu	RRGC	\$25	44255
Aug 4	Tu	RRGC	\$25	44256
Aug 18	Tu	RRGC	\$25	44257
Sept 1	Tu	RRGC	\$25	44258
Sept 15	Tu	RRGC	\$25	44259

Adult Racquetball League

The league includes eight games, including playoffs. Games are played on Saturday mornings and begin at early as 9am.

Every player must provide own racquet. Games are played at the UNT Physical Education Building at the racquetball courts on the first floor. The spring league has started, call (940) 349-7275 for availability.

Summer games begin May 30

Register Mar 30-May 12; late May 13-15, add \$10

Men's Singles Sa UNT \$45/player 44367

Women's Singles Sa UNT \$45/player 44368

Fall games begin Sept. 12

Register June 29-Aug 25; late Aug 26-28, add \$10

Men's Singles Sa UNT \$45/player 44369

Women's Singles Sa UNT \$45/player 44371

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 Denton 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.

For reservations, call (940) 349-7275.

A \$200 deposit is required.

\$15/hour (practice without lights)

\$25/hour (practice with lights)

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 call (940) 349-8285. Ages 7 to adult welcome.

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, sand volleyball (net and ball only), disc golf, 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, page 34



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

Monday-Thursday, 3-9pm
 Friday, 3-8pm
 Saturday, 9am-1pm (June-Aug)
 Saturday, 9am-5pm (Sept-May)

Private and 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 and Services

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

Spring Doubles Mixer

Saturday, May 9 from 6-8pm
 \$12/player; \$20/doubles; 44207

Join us for doubles play, food, games, and prizes as we kick off the spring season! We will follow a rotating format so players do not need to sign up with a partner.

GOLDFIELD

Register at www.dentonparks.com!

Adult Tennis Leagues + Instruction

Tennis 101: Beginner Drill

Players 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. Spring class times offered:

Monday 7-8pm; Saturday 10-11am

Mar 23-Apr 18	1/Week	\$55	44177
	2/Week	\$85	44178
Apr 20-May 16	1/Week	\$55	44179
	2/Week	\$85	44180
May 18-30	1/Week	\$27	44181
	2/Week	\$43	44182

Summer Classes

June 11-July 2	Th 8-9pm	\$59	44244
July 9-30	Th 8-9pm	\$59	44245

Tennis 201: Intermediate Drill

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

(\$13/drop-in)

Mar 25-Apr 15	W 6-7pm	\$55	44172
Apr 22-May 13	W 6-7pm	\$55	44173
May 20-27	W 6-7pm	\$27	44174
June 11-July 2	Th 6-7pm	\$59	44246
July 9-30	Th 6-7pm	\$59	44247

Adult Tennis Leagues

Leagues follow a round-robin rotation schedule that last six weeks, 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.

No league March 17 & 19.

Men's Singles

Mar 10-Apr 21 Tu 6:30-8pm \$29 44203

Coed Doubles

Mar 12-Apr 23 Th 6:30-8pm \$29 44205

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.

(\$15/drop-in) Spring class times offered:

Monday 6-7pm; Saturday 9-10am

Mar 23-Apr 18	1/Week	\$55	44193
	2/Week	\$85	44194
Apr 20-May 16	1/Week	\$55	44195
	2/Week	\$85	44196
May 18-30	1/Week	\$27	44197
	2/Week	\$43	44198

Summer Classes

June 6-27	Sa 8:30-9:30am	\$49	44240
June 9-30	Tu 8-9pm	\$49	44242
July 11-Aug 1	Sa 8:30-9:30am	\$49	44241
July 7-28	Tu 8-9pm	\$49	44243

TENNIS CENTER

Youth Tennis Instruction + Junior Team Tennis

With progressive instruction in all aspects of tennis, we provide developmental steps for beginners up to state-ranked Juniors. Kids begin in their appropriate age group but may be bumped to a different level. Preregister for all classes. We may combine age groups if a minimum of four students are not registered. There are no classes May 25, July 4.

Quickstart I, ages 4-6

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

Class times offered:

M/W 5-6pm

Saturdays 10-11am

Mar 23-Apr 18	1 day/week	\$59	44453
	2 days/week	\$89	44454
	3 days/week	\$109	44455
Apr 20-May 16	1 day/week	\$59	44456
	2 days/week	\$89	44457
	3 days/week	\$109	44458
May 18-30	1 day/week	\$29	44459
	2 days/week	\$44	44460
	3 days/week	\$54	44461

Quickstart II, ages 7-9

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

Class times offered:

M/W 6-7pm

Saturdays 10-11am

Mar 23-Apr 18	1 day/week	\$59	44043
	2 days/week	\$89	44044
	3 days/week	\$109	44042
Apr 20-May 16	1 day/week	\$59	44045
	2 days/week	\$89	44046
	3 days/week	\$109	44047
May 18-30	1 day/week	\$29	44048
	2 days/week	\$44	44049
	3 days/week	\$54	44050

Championship, ages 10+

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

Class times offered:

M/W 6-7pm

Saturdays 10-11am

Mar 23-Apr 18	1 day/week	\$59	44071
	2 days/week	\$89	44072
	3 days/week	\$109	44073
Apr 20-May 16	1 day/week	\$59	44075
	2 days/week	\$89	44076
	3 days/week	\$109	44077
May 18-30	1 day/week	\$29	44079
	2 days/week	\$44	44080
	3 days/week	\$54	44081

Saturday Class, ages 5-14

Additional court time with instructors. This is meant to supplement other classes or camps.

June 13-July 11 Sa 9:30-10:30am \$69 44102

July 18-Aug 8 Sa 9:30-10:30am \$69 44103

explore more...

Summer Tennis Camps,
page 16

Tournament/Academy

(Entry & Adv. Tourn. Players, Jr. High & High School, Champ, Super Qualified)

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

Class times offered:

M/W 5:45-7:15pm

Saturdays 11-12:30am

Mar 23-Apr 18	1 day/week	\$69	44112
	2 days/week	\$99	44121
	3 days/week	\$119	44122
Apr 20-May 16	1 day/week	\$69	44123
	2 days/week	\$99	44124
	3 days/week	\$119	44125
May 18-30	1 day/week	\$35	44127
	2 days/week	\$49	44126
	3 days/week	\$59	44128

USTA Junior Team Tennis

\$65/player; 44188

ages 8-18

Team tennis is for youth ages 8-18 and for all levels of play from beginner to advanced. The league runs 6-8 weeks on Sunday afternoons.

USTA Jr. Team Tennis is a national youth tennis league with a unique team format that consists of singles, doubles, and mixed doubles against other teams. It promotes values, cooperation, and teamwork; while improving tennis skills and match play experience. Registration fee includes a team tennis party at the end of the season. Students must join the USTA to participate in Team Tennis. To inquire about the spring season, call (940) 349-8526.

NEW NORTH LAKES

North Lakes Driving Range
2009 W. Windsor Dr.
(940) 349-8545

Monday-Thursday, 9am-9pm
Friday-Sunday, 9am-8pm
Closed if wind chill or normal temperature is below 38 degrees.

Driving Range and Club House

The driving range has 36 hitting areas, a chipping green, and a putting green with 18 holes. The field is lit for night time hitting. The driving range also offers both group and private lessons with golf pros, and a youth program.

The Club House sells drinks and snacks with an inside TV lounge and free wi-fi. The Club House also features a large deck with patio seating, and ADA accessible entry.

Golf Pros and Private Lessons

The golf pros are certified and offer private and semi-private lessons. Call (940) 349-8545.

Inclement Weather

The driving range may close during unusually cold or rainy weather. Call (940) 349-8545 for updates.

Pro Shop and Services

We provide small and large buckets of balls for driving, chipping, and putting. A small bucket costs \$6 and a large bucket costs \$12. Golf clubs are not provided. A few items are available for sale in the pro shop.



DRIVING RANGE



Driving Range, Chipping Green, Club House, 18-Hole Putting Green, and Jr. Golf Academy!

Premier Jr. Golf Academy, ages 6-16

This is a year round program for golfers of any ability. Classes are organized into seven skill levels and taught by an experienced PGA golf professional. All students start at Level 1 and advance to the next level via a challenge test. Students must wear appropriate golf clothing and bring needed golf clubs. Tennis or golf shoes are required. The academy does have a limited number of clubs to borrow. Please check with the front desk.

Each month includes eight 45 minute lessons in Level 1-4. Other levels will be added as needed. Students must register by the 25th of each month for the next session. Call Shannon at (214) 886-2316, Bryan at (214) 799-3029, or the club house at (940) 349-8545 for more information on classes.

Level 1: Introduction to the Full Swing

Tuesday, 5:15-6pm; Saturday, 4-4:45pm
Kids will learn grip, stance, posture, aim, half swing, safety, and caring.

February	Tu/Sa	\$165	43843
March	Tu/Sa	\$165	43908
April	Tu/Sa	\$165	43909
May	Tu/Sa	\$165	43910
June	Tu/Sa	\$165	43923
July	Tu/Sa	\$165	43995
August	Tu/Sa	\$165	44211

Level 2: Intro to Short Game

Tuesday, 6-6:45pm; Saturday, 4:45-5:30pm
Kids will learn putting, fundamentals, chipping, and etiquette.

February	Tu/Sa	\$165	43847
March	Tu/Sa	\$165	43912
April	Tu/Sa	\$165	43913
May	Tu/Sa	\$165	43914
June	Tu/Sa	\$165	44212
July	Tu/Sa	\$165	44213
August	Tu/Sa	\$165	44214

Level 3: Beginner

Kids will work on check list, back swing, full swing follow through, and fairness.

Level 4: Advanced Beginner

Kids will work on short putt technique, long putt control, chipping low, and clubs.

Level 5: Intermediate

Kids will work on Preshot routine, swing plane, back swing checkpoints, and swing balance.

Level 6: Advanced

Kids will learn about irons, punch shots, rules, scoring, driving, shots, draws and hooks.

explore more...

Summer golf camp, page 17
NEW golf league, page 31

REC CENTER

CLASSES + TRAININGS

Muppets Most Wanted
Thursday, June 18

Movies in the Park,
see page 41



Babysitting Certification, Family Manners Dog Training, Adult Dance, Computer Training, and CPR and First Aid Training

Adult Country Dance Classes Denia Rec Center

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.

Apr 7-28	Tu	6-7pm	\$30	43873
May 5-26	Tu	6-7pm	\$30	43874
June 2-23	Tu	6-7pm	\$30	43875

Intermediate Progressive Country

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.

Apr 7-28	Tu	8-9pm	\$30	43877
May 5-26	Tu	8-9pm	\$30	43878
June 2-23	Tu	8-9pm	\$30	43879

Honky Tonk Dancin'

Partner NOT needed!

Learn the two-step, three-step, waltz, 10 step polka, texas freeze line dance, and electric slide dance. The fee is per person and a partner is NOT needed.

Apr 7-28	Tu	7-8pm	\$30	43869
May 5-26	Tu	7-8pm	\$30	43870
June 2-23	Tu	7-8pm	\$30	43871

Basic Computer Training

MLK Jr. Rec Center, ages 12-adult

Learn basic computer skills and how to use Microsoft Word, Excel, and Powerpoint. Classes are in three day sessions. Register one week in advance of each session.

Mar 9-11	M-W	5:30-6:30pm	\$25	44313
May 11-13	M-W	5:30-6:30pm	\$25	44314
June 13-15	M-W	5:30-6:30pm	\$25	44315

Child Care and Babysitting

North Lakes Rec Center, ages 10-17

This Cross Lifeline four-hour course builds confidence and skills necessary to care for infants and kids 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 Tuesday before each course.

Mar 14	Sa	9am-1pm	\$70	44393
May 9	Sa	9am-1pm	\$70	44394
Aug 8	Sa	9am-1pm	\$70	44395

Heartsaver® Pediatric First Aid, CPR, MLK Jr. Rec Center

This course meets the regulatory requirements for child care workers and teaches first aid, CPR, and AED skills for kids. \$12 workbook must be purchased; register one week prior to course. Perfect for the following groups or individuals:

- Camp counselors
- Child care workers
- Coaches
- Parents, grandparents
- Babysitters
- Teachers
- Youth group leaders

Mar 3	Tu	5-7:30pm	\$40	44224
Apr 7	Tu	5-7:30pm	\$40	44225
May 5	Tu	5-7:30pm	\$40	44226
June 2	Tu	5-7:30pm	\$40	44227
July 7	Tu	5-7:30pm	\$40	44228
Aug 8	Tu	5-7:30pm	\$40	44229



Two convenient locations.

Family Manners Level I, ages 12+

Puppies, nine weeks and older, are welcome!

The instructor will take you through the process of teaching your dog to respond to common requests. The first class is an orientation so do not bring your canine friend; bring shot records to first class.

Register two days before each session. No class March 17. For more information, call (940) 206-7156.

Denia Rec Center

Mar 10-Apr 21	Tu	7-8pm	\$80	44144
May 12-June 16	Tu	7-8pm	\$80	44145
July 7-Aug 11	Tu	7-8pm	\$80	44146
Aug 25-Sept 29	Tu	7-8pm	\$80	44147

North Lakes Rec Center

Apr 8-May 13	W	8-9pm	\$80	44220
June 3-July 8	W	8-9pm	\$80	44221
July 29-Sept 2	W	8-9pm	\$80	44222

To register, visit www.dentonparks.com or call (940) 349-PARK.

FITNESS MEMBERSHIPS



**NO enrollment fee,
NO bank draft,
NO contracts!**

DENIA REC CENTER

1001 Parvin St. (940) 349-8285
Mon-Wed, 7am-9pm
Thurs-Fri, 7am-8pm
Sat, 9:30am-3:30pm; closed Sunday

Every day low rates on memberships!
\$15/month, \$35/3 months or \$100/year
Join for access to free weights, treadmills, weight machines, ellipticals, bikes, and more. Equipment orientations are available by appointment only; \$10 fee will apply.

MLK JR. REC CENTER

1300 Wilson St. (940) 349-8575
Mon-Fri, 9am-9pm
Sat, 9:30am-6:30pm
Closed Sunday

Every day low rates on memberships!
\$15/month, \$35/3 months or \$100/year
Join for access to free weights, treadmills, weight machines, ellipticals, bikes, and more. Equipment orientation is FREE on Thursdays at 6:30 pm or \$10 by appt.

SENIOR CENTER AGES 50+

509 N. Bell St. (940) 349-8720
Mon-Fri, 8 am-9pm
Sat, 9am-1pm; Closed Sunday

Every day low rates on memberships!
\$15/month, \$35/3 months or \$100/year
Join our state-of-the-art fitness room with treadmills, bikes, ellipticals, leg-extension and bicep-curl machine, chest press, shoulder press, triceps press, ab crunch, hip abductor/adductor and free weights.

NORTH LAKES REC CENTER

2001 W. Windsor Dr. (940) 349-8287
Mon-Thurs, 5:30am-10pm
Fri, 5:30 am-9:30pm
Sat, 7:30am-3:15pm; closed Sunday

Every day low rates on memberships!
\$20/month, \$40/3 months, or \$120/year
Join for access to a certified staff, Olympic free weights and benches, weight machines and cable crossover, recumbent bikes, ellipticals, stair stepper, and treadmills.

Equipment orientations are FREE on Tuesdays at 6:30pm or \$10 by appointment. After completing an orientation ages 12-15 can use the weight room with parental supervision.

**Child Care While You Workout
at North Lakes Rec Center**
Mondays/Wednesdays
8-10:30am and 5:30-7:30pm

Tuesdays/Thursdays
8-10am and 5:30-7:30pm

Fridays, 8-10am.

The drop-in fee is \$2 per child; \$1 for each additional and the monthly fee is \$12 per family for unlimited use.

NORTH LAKES REC CENTER

Voted in 2014
as one of Denton's
"Best Health and
Fitness Clubs"

ALL ACCESS SAVINGS

Enjoy access to all four
gyms for one low price!
Access to the Nat for
a small additional fee!

12 months, \$150
+ NAT \$225

3 months, \$50
+ NAT \$75

1 month, \$25
+ NAT \$35

START TRAINING

with a certified personal trainer!

PERSONAL TRAINING

North Lakes Rec Center and MLK Jr. Rec Center

Get guidance, motivation, accountability, and a program tailored for your fitness goals.

- (1) hour session \$40 or \$60/pair
- (6) hour sessions \$195 or \$270/pair
- (12) hour sessions \$325 or \$400/pair

Hire a personal trainer and get TRX® for no additional cost! The TRX Suspension Trainer is the original, best-in-class workout system that leverages gravity and body weight to perform hundreds of exercises.

Sport-Specific Training

Reach your full potential by improving endurance, speed, agility, flexibility, strength, and 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)

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.

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, \$50

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

REC CENTER FUN!

REC PASS ACCESS

Get unlimited 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, see page 2 for pass fees.

REC CENTER FUN

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.](#)

Open Rec Pickleball

A fun sport for all ages and skill levels. Every Tuesday and Thursday from 1:30-3pm. at North Lakes Rec Center. [Rec pass required.](#)

Xbox Gamer Madness, ages 8+

MLK Jr. Rec Center offers this FREE activity to keep your kids safe after school, every Tuesday and Thursday from 6-7pm. [Rec pass required.](#)

Ping Pong Tournament, ages 8+

Show off skills in the annual tournament! Register one week before the tournament, and call (940) 349-8575 to register.

Aug 14 6-8pm MLK \$4 44390

THERAPEUTIC RECREATION

North Lakes Rec Center
Volunteers and volunteer programers are needed and welcome. Please call (940) 349-8287 for more information.

Lights Out Sensory Room

Tuesdays, 10:15-11:15am; \$5/person
This interactive room stimulates the senses. Black lights, neon carpet, disco lights and lasers will dazzle. Hands on items will provide different textures. Great for small groups.

Therapeutic Art

Monday & Thursday, 10:15-11:15am
\$5/person
This program provides support through the arts, giving creative arenas without boundaries.

Therapeutic Gym Day

Wednesday 3:15-4:15pm
This program promotes physical fitness through a variety of activities. Free with Rec Pass.

Therapeutic Game Days

Friday 3:15-4:15pm
A great way to meet new people over a variety of games and crafts. Free with Rec Pass.

Therapeutic Dances

Second Friday of every month
\$5/person
Join us for a themed dance with light refreshments.

Therapeutic Field Trips every four months!

Bring a sack lunch. \$15/person

Frank Buck Zoo, Tuesday, April 28
9:30am-1:30pm; 44210

Botanic Gardens, Tuesday, July 29
9am-2pm; 44209

Kuikawa Fit-N-Fun Summer Camp, ages 7-14 see page 13



Unlimited access to the cardio and weight room, and 30+ classes per week.

ALL levels are welcome.

To view our schedule, visit www.dentonparks.com!



North Lakes Rec Center

GROUP EXERCISE + GYM MEMBERSHIP

One month, \$30

Three months, \$80

12 months, \$299
(add family member \$259)

Drop-in, \$5



Online Schedule at www.dentonparks.com

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Class/Instructor
5:45am	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		Tracy Reed
6:30am	Boot Camp	Boot Camp	Boot Camp	Boot Camp	Boot Camp		Tracy Reed
7:30am						Swimming	Swimming
8:00am	Children's	Children's	Children's	Children's	Children's	Swimming	Swimming
8:30am	Yoga	Yoga	Yoga	Yoga	Yoga	Swimming	Swimming
9:30am	Country	Country	Country	Country	Country	Swimming	Swimming
10:00am	Yoga	Yoga	Yoga	Yoga	Yoga	Swimming	Swimming
11:30am	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
12:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
1:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
2:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
3:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
4:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
5:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
6:00pm	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming

Les Mills BODYPUMP™

This 60-minute resistance training workout is the fastest way to tone up and lose body fat! 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. Mondays 8:30am, noon, & 6:30pm; Tuesdays 5:30pm; Wednesdays 8:30am, noon, & 6:30pm; Thursdays 5:30pm, Fridays 8:30am, & noon; Saturdays 9:15am.

Les Mills BODYCOMBAT™

The 60-minute fiercely energetic cardio workout where you will punch, kick, and kata your way through calories to superior cardiovascular fitness. Mondays 5:30pm; Tuesdays 6:30pm; Thursdays 8:30am.

Les Mills BODYFLOW™

This 60-minute workout mixes Yoga, Tai Chi, and Pilates to build flexibility and strength then leaves you feeling centered and calm. Controlled breathing, concentration, and a carefully structured series of stretches and poses create a holistic workout. Tuesdays 6:30pm, Wednesdays 9:30am, Thursdays 6:30pm, Friday 9:30am.

Indoor Cycling

Burn massive amounts with this 45-minute workout! Cycling strengthens core and lower body muscles while improving cardiovascular health. Saturdays 8:15am.

Boot Camp

No guts, no glory! This high-powered 60-minute workout features athletic conditioning, cardiovascular, and strength training drills. Intermediate and advanced fitness levels welcome. Mondays, Wednesdays, & Fridays 5:45am; Tuesdays & Thursdays 6:30am

Zumba®

This is an exciting hour of calorie-burning, body-energizing low impact cardio fitness. Tuesdays, 8:30am, Wednesdays, 5:30pm, Saturdays, 8am

30+ classes per week

À la carte fitness classes...

LES MILLS GRIT™ SERIES

30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

@ North Lakes Rec Center

GRIT™ is a series of highly challenging HIIT workouts suitable for those who are serious about taking their fitness up a notch. Power through 30-minute high-intensity plyometric, cardio, tabata, and strength training workouts designed to burn fat, transform muscle fiber, and produce a lean, athletic shape. With the personal attention of small group training lead by a highly-charged certified coach you will finally achieve the results you are training for!



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

Mar 2-Apr 1	M/W	7:30-8pm	\$50	43822
Mar 3-Apr 2	Tu/Th	5:30-6am	\$50	43823
Mar 3-Apr 2	Tu/Th	5-5:30pm	\$50	43824
Apr 6-29	M/W	7:30-8pm	\$50	43825
Apr 7-30	Tu/Th	5:30-6am	\$50	43826
Apr 7-30	Tu/Th	5-5:30pm	\$50	43827
May 4-27	M/W	7:30-8pm	\$50	43828
May 5-28	Tu/Th	5:30-6am	\$50	43829
May 5-28	Tu/Th	5-5:30pm	\$50	43830
June 1-24	M/W	7:30-8pm	\$50	43832
June 2-25	Tu/Th	5:30-6am	\$50	43839
June 2-25	Tu/Th	5-5:30pm	\$50	43838
July 6-29	M/W	7:30-8pm	\$50	43834
July 7-30	Tu/Th	12:15-12:45pm	\$50	43833
July 7-30	Tu/Th	5-5:30pm	\$50	43835
Aug 3-26	M/W	7:30-8pm	\$50	43837
Aug 4-27	Tu/Th	12:15-12:45pm	\$50	43836
Aug 4-27	Tu/Th	5-5:30pm	\$50	43848

Cycle Yoga @ North Lakes

Burn calories and relieve stress all in one workout. 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.

Mar 2-Apr 6	M	6:30-7:30pm	\$20	43861
Mar 4-Apr 8	W	6:30-7:30pm	\$20	43862
Apr 13-May 18	M	6:30-7:30pm	\$20	43863
Apr 15-May 20	W	6:30-7:30pm	\$20	43864
June 1-July 6	M	6:30-7:30pm	\$20	43865
June 3-July 8	W	6:30-7:30pm	\$20	43866
July 20-Aug 24	M	6:30-7:30pm	\$20	43867
July 22-Aug 26	W	6:30-7:30pm	\$20	43868

Early Morning Yoga @ North Lakes

Awaken your mind and body! Move through yoga postures and deep breathing that will stimulate your body, and meditation for a workout that will energize the day.

Mar 3-26	Tu/Th	5:30-6:30am	\$25	43777
Apr 7-30	Tu/Th	5:30-6:30am	\$25	43778
May 5-28	Tu/Th	5:30-6:30am	\$25	43779
June 2-25	Tu/Th	5:30-6:30am	\$25	43780
July 7-30	Tu/Th	5:30-6:30am	\$25	43781
Aug 4-27	Tu/Th	5:30-6:30am	\$25	43782

Gentle Yoga @ North Lakes

Reduce aches and pains, improve circulation, and steady your balance with Gentle Yoga.

Designed for seniors, but open to everyone, enjoy a combination of chair supported and floor mat yoga poses while self-paced.

Mar 4-25	W	11am-noon	\$15	43783
Apr 8-29	W	11am-noon	\$15	43784
May 6-27	W	11am-noon	\$15	43785
June 3-24	W	11am-noon	\$15	43786
July 8-29	W	11am-noon	\$15	43787
Aug 5-26	W	11am-noon	\$15	43788

Beginning Archery @ Denia

Learn the fundamentals of international style archery on a legal range with a National Archery in Schools certified instructor, with plenty of target practice. Ages 8-adult.

Apr 16-May 21	Th	5-6pm	\$40	43391
Sept 3-Oct 8	Th	5-6pm	\$40	43392

Family Boot Camp @ MLK Jr.

This boot camp course is designed to teach basic nutrition and exercise, improve activity and fitness levels, teach families how to eat healthy, and have fun together. Register one week prior to class start date. Price is per person. Ages 11-adult.

Apr 4-25	S	10:30-11:30am	\$25	44300
May 2-23	S	10:30-11:30am	\$25	44301
June 6-27	S	10:30-11:30am	\$25	44302
Aug 1-22	S	10:30-11:30am	\$25	44303

Boxing @ MLK Jr.

This boxing class is designed to teach proper stance, boxing techniques, punching combinations, and more. This class does not have physical combat, but uses speed bags and punching bags. Bring boxing gloves, hand wraps, and a speed rope.

Mar 3-26	Tu/Th	7-8pm	\$35	44281
Apr 7-30	Tu/Th	7-8pm	\$35	44282
May 5-28	Tu/Th	7-8pm	\$35	44283
June 2-25	Tu/Th	7-8pm	\$35	44284
July 7-30	Tu/Th	7-8pm	\$35	44285
Aug 4-27	Tu/Th	7-8pm	\$35	44286

Zumba® MLK Jr.

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. Ages 15+.

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

Couch to 5K @ 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.

The May 26 session includes registration for the Liberty Run; both sessions include a T-shirt.

Apr 7-May 14	Tu/Th	5:30-6:30pm	\$25	43773
May 26-July 2	Tu/Th	5:30-6:30pm	\$40	43774

Birthday Parties and Rentals



explore more...

Water park party rentals, page 21

Natatorium party rentals, page 23



Rec 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.

For more information, call the rec center directly.

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

Quinceañeras,
Family reunions,
Training events,
Baby Showers,
Graduation parties,
AND MUCH MORE!

North Lakes Rec Center, (940) 349-8287

Two hour party for 15 kids includes:

- Decorated party room
- Paper goods and balloons
- An instructor-lead activity
- Cake and drinks
- Goodie bags or novelties
- Invitations

For additional fees, themed decorations, pizza, bounce house, and other extras are available. There is a \$4 fee for each additional child (24 max). A \$40 non-refundable deposit is due at booking, and the balance is due one week prior to party.

\$100 Make A Wish (basic party for all ages, does not include an activity)

\$130 Hawaiian Luau Summer Dance Party (1.5 hours of dancing; ages 6-14)

\$150 Black Light Dance Party (1.5 hours of dancing; ages 6-14)

\$150 Sports Fanatic (45 minutes of dodgeball, kickball, soccer, or basketball; ages 3-10)

\$170 Leap, Bounce, and Pounce (1 hour with the bounce house; ages 3-8)

\$180 Star Wars Black Light Experience (45 minutes of activities; ages 4-10)

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

One and a half hour party for 15 kids includes:

- 30 minutes in a decorated party room
- One hour of gym time
- Paper goods and balloons
- Invitations

The bounce house can be added for an additional \$50. 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 prior to party.

\$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 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

One and a half hour party for 15 kids includes:

- 30 minutes in a decorated party room
- One hour of gym time
- Paper goods and balloons
- Invitations

For additional fees, a la carte options are available, including cupcake decorating, pudding finger painting, a pie-eating contest, and theme decorations. 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 prior to party.

\$90 Rock Star Karaoke (all ages)

\$90 Denia Playhouse (bounce house included; ages 2-6)

\$110 Denia Sports Party (rock climbing, dodgeball, basketball, or volleyball; ages 7+)

\$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+)

Denton Civic Center

For information or to book an event, 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 an annual rec pass, see page 2 for rec pass fees.

Denton Civic Center is a unique and affordable option for your next event!

It's the perfect location for small meetings, large meetings, weddings, receptions, quinceañeras, family reunions, training events, expo shows, AND MUCH MORE!



FREE Movies in the Park

After Dark

Movies in the Park are at Quakertown Park. Bring a blanket and chairs and be ready to have a fun night. Concessions are sold.

8 p.m.- Marshmallow roast and arts and crafts
9 p.m.- Movie begins on the giant screen

Friday, May 8	Frozen
Friday, May 15	Big Hero 6
Thursday, June 18	Muppets Most Wanted
Thursday, June 25	The Box Trolls



Disney FROZEN

FREE Movies in the Park After Dark

Denton Parks and Rec, (940) 349-PARK
www.dentonparks.com for more fun!

Movie will be shown at Quakertown Park located at McKinney St., between City Hall and Denton Civic Center.

Friday, May 8 Quakertown Park
 Join us at 7 p.m. for a marshmallow roast, kid's crafts, and storytelling. Movie begins at 8 p.m.

Come dressed in costume ready to sing along and have Olaf marshmallow making fun!

Bring blankets and chairs; low-priced concessions and glow sticks will be sold.

Free Family Fun!

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 \$10 per year for residents and \$15 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
Young at Heart Rehearsal	Tuesdays, 8:30am
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
Party Bridge	Thursdays, 12:30pm
Friday with Friends	Fridays, 9am
Hand & Foot Canasta	Fridays, 10am
Grandfriends	1st Fridays, 9:30am
Triangle Squares	1st and 3rd Friday, 7:30pm
Bingo	1st and 3rd Friday, 12:45pm

FREE Blood Pressure and Sugar Readings
Every 1st & 3rd Friday, 10am; provided by Denton Fire Dept.

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 display crafts.

Benefits Counseling, every third Thursday of month, 1:30-4pm
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.

Special Events and More!

**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.

- March 13- Pete & Patti- Oldies/Classic Mix
- March 27- Knee Deep- Country & Western
- April 10- High Caliber- Country & Western
- May 8- Doug Martin & The Rustlers- Country & Western
- May 22- Texas Strut- Country & Western
- June 12- Young At Heart- Ballroom
- June 26- Pete & Patti- Oldies/Classic Mix
- July 10- Knee Deep- Country & Western
- July 24- High Caliber- Country & Western
- Aug. 14- Doug Martin & The Rustlers- Country & Western
- Aug. 28- Pete & Patti- Oldies/Classic Mix

Talent Show, March 17, 1pm

Sing, read, dance, or twirl a baton! Show everyone a hidden skill and have fun. Register by March 9; 43792.

Mother's Day Celebration, May 5, 1-2pm

The event is free, but registration is required to celebrate all the fabulous women; 43813.

Men's Day, June 16, noon

Say "Thanks" to all the men in this free celebration complete with hotdogs and chips.

**Fourth of July Potluck and Sing-A-Long
July 4, 10:30am**

The annual Stars and Stripes Celebration includes fried chicken and lots of potluck dishes! Sing-a-long with the Young At Heart band. \$3 per person; 43811.

Monthly Senior Newsletter

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.

Quarterly Great Escapes

Senior trips are available online at www.dentonparks.com and in the quarterly Great Escapes newsletter. Stop by the front desk and request to be added to the mailing list. Don't get left behind!

Gym Membership

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

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

Weight Room Orientation

Join the personal trainer for a FREE fitness room orientation every third Thursday of the month from 1:30-2:30pm. Register at the front desk.

Personal Training

Focus on what you want with customized plans.

(1) hour session	\$40 or \$60/pair
(6) hour sessions	\$195 or \$270/pair

Matter of Balance

If you have a fear of falling, challenge your concerns with this constructive course. There will be regular exercises starting on the third session.

Apr 2-May 21 Th 1-3pm FREE 43517

Stretch 'n' Tone; Mon, Wed, and Fri, 11am

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

SilverSneakers®

Eligibility is through insurance plans. There are available fitness rooms at North Lakes Rec Center, the Senior Center, Denia Rec Center, and the Natatorium. View currently accepted insurance plans at www.silversneakers.com, or call (940) 349-8287. Chairs and modifications are available in all classes.

SilverSneakers® Classic (ALL LEVELS)

Have fun and move to the music with a variety of exercises designed to increase strength, range of movement, and daily living skills. A chair is provided for support if needed.

Tu/Th	10:35-11:35am	Senior Center
Tu/Th	noon-1pm	North Lakes Rec Center
Sa	9:30-10:30am	Senior Center

SilverSneakers® Yoga

This class takes you through a series of seated and standing yoga poses to increase flexibility, balance, and range of movement. Breathing techniques promote stress reduction and mental clarity.

M/F	11:15am-noon	North Lakes Rec Center
M/W	1:30-2:30pm	Senior Center

SilverSneakers® Circuit

Combine fun with fitness to increase cardiovascular and muscular endurance power with a standing circuit workout. Work with weights, elastic tubing, and more. A chair is used if needed.

Tu/Th 10-11am North Lakes Rec Center

Monthly Fitness Classes

Senior Yoga

This class is designed to regulate the body's energy level, center the mind, and relax the muscles. Take the Tuesday and Thursday class of each month receive a 25% discount on each class.

Mar 24-Apr 28	Tu	10:30-11:30am	\$30	43506
Mar 26-Apr 30	Th	10:30-11:30am	\$30	43509
May 5-June 9	Tu	10:30-11:30am	\$30	43507
May 7-June 11	Th	10:30-11:30am	\$30	43510
June 16-July 21	Tu	10:30-11:30am	\$30	43508
June 18-July 23	Th	10:30-11:30am	\$30	43511

Tai Chi

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

Mar 10-Apr 21	Tu	4-5pm	\$30	43338
Apr 28-Jun 2	Tu	4-5pm	\$30	43339
June 9-July 14	Tu	4-5pm	\$30	43340

Zumba Gold®

Led by a certified Zumba Gold instructor and designed for seniors, this low-impact cardio class features elements of Zumba®, such as fun Latin music and invigorating atmosphere, but modifies the moves and pacing. No class on March 16, 19, and May 25.

Mar 9-Apr 20	M	5:45-6:45pm	\$30	43453
Mar 12-Apr 23	Th	5:30-6:30pm	\$30	43455
Apr 27-June 8	M	5:45-6:45pm	\$30	43454
Apr 30-June 4	Th	5:30-6:30pm	\$30	43458
June 15-July 20	M	5:45-6:45pm	\$30	43456
June 11-July 16	Th	5:30-6:30pm	\$30	43459
July 27-Aug 31	M	5:45-6:45pm	\$30	43457
July 23-Aug 27	Th	5:30-6:30pm	\$30	43460

Indoor Leagues

We offer a variety of leagues that are played with special accommodations so they are perfect for everyone.

Call (940) 349-8720 for league dates and details.

Putt Putt Golf Tournament

June 6 Th 9:30am \$10 43791

Test your putting skills on the new putting green.

Bean Bag Baseball

July 10-31 Th 1:30-3:30pm \$10 43790

With every toss there's a chance for a double, out, or a home run! RBIs are important too, so there's lots of fun going around.

Chair Volleyball

Mar 26-Apr 30 Th 1:30-4:30pm \$19 43789

Game times are 1:30pm, 2:30pm, or 3:30pm.

Practice is on Monday mornings.



Adult Dance Classes

No classes March 18, 19, 20

Tap Dance

Evening Tap

Apr 8-May 13	W	5:45-6:45pm	\$30	43470
May 20-June 24	W	5:45-6:45pm	\$30	43471

Beginner Tap

Apr 10-May 15	F	8:30-9:30am	\$30	43476
May 22-June 26	F	8:30-9:30am	\$30	43477

Intermediate Tap

Apr 10-May 15	F	9:30-10:30am	\$30	43480
May 22-June 26	F	9:30-10:30am	\$30	43481

Tap Choreography

Apr 9-May 14	Th	8:30-9:30am	\$30	43474
May 21-June 25	Th	8:30-9:30am	\$30	43475

Country Western Line Dance

No class March 17.

Beginner Country Western Line Dance

Mar 3-Apr 14	Tu	5:30-6:30pm	\$30	43607
Apr 21-May 26	Tu	5:30-6:30pm	\$30	43608
June 2-July 7	Tu	5:30-6:30pm	\$30	43609
July 14-Aug 18	Tu	5:30-6:30pm	\$30	43610

Intermediate Country Western Line Dance

Mar 3-Apr 14	Tu	6:35-7:35pm	\$30	43656
Apr 21-May 26	Tu	6:35-7:35pm	\$30	43657
June 2-July 7	Tu	6:35-7:35pm	\$30	43658
July 14-Aug 18	Tu	6:35-7:35pm	\$30	43659

Middle Eastern Dance

No class May 25.

Mar 16-Apr 20	M	7:15-8:15pm	\$30	43514
May 4-June 15	M	7:15-8:15pm	\$30	43515
June 29-Aug 3	M	7:15-8:15pm	\$30	43516

Social Dance

Take both classes and pay half price for the second. No partner needed.

BASIC SLOW DANCE

Mar 4-25	W	6:50-7:50pm	\$36	43484
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BASIC CHA CHA

Mar 4-25	W	7:55-8:55pm	\$36	43485
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INTERMEDIATE SLOW DANCE

Apr 1-22	W	6:50-7:50pm	\$36	43487
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BASIC TANGO

Apr 1-22	W	7:55-8:55pm	\$36	43495
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ADVANCED SLOW DANCE

May 6-27	W	6:50-7:50pm	\$36	43488
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INTERMEDIATE TANGO

May 6-27	W	7:55-8:55pm	\$36	43496
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BASIC RUMBA

June 3-24	W	6:50-7:50pm	\$36	43491
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INTERMEDIATE CHA CHA

June 3-24	W	7:55-8:55pm	\$36	43486
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INTERMEDIATE RUMBA

July 1-22	W	6:30-7:30pm	\$36	43492
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BASIC WEST COAST SWING

July 1-22	W	7:35-8:35pm	\$36	43494
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ADVANCED RUMBA

Aug 5-26	W	6:30-7:30pm	\$36	43493
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BASIC TWO-STEP

Aug 5-26	W	7:35-8:35pm	\$36	43489
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Creative Art Classes



Never-Ever Painted Before Watercolor

- For the true beginner looking to learn watercolor. The class focuses on equipment and tools, and how to use them to your advantage. A simple painting will be created.
- Mar 10 Tu 9:30-4pm \$30 43461

Serendipity On the Square

Chalk Painting

- Create a fun chalk board from a repurposed frame. All supplies are included.
- Mar 23 M 1-3pm \$25 44363
- May 18 M 1-3pm \$25 44364
- June 15 M 1-3pm \$25 44365
- Aug 17 M 1-3pm \$25 44366

Watercolor Painting

- Paint beautiful pictures with watercolor in these workshops. Be the next Monet!
- Bring your own paint supplies and lunch; lunchtime will include a critique.
- Focal Point- Floral Arrangement
- Apr 14 Tu 9:30am-4pm \$30 43463
- Use of Color- Still Life
- May 5 Tu 9:30am-4pm \$30 43464
- Glazes & Layers- Landscape
- June 9 Tu 9:30am-4pm \$30 43465
- Composition- Student's Choice
- July 14 Tu 9:30am-4pm \$30 43466

Introduction to Acrylic Painting

- This paint style can be used as water color, or applied in thick layers like oils. After a demonstration, students will experiment with exercises and learn the fundamentals while painting a landscape.
- Aug 11 Tu 9:30am-4pm \$30 43469

Beginning Drawing

- Learn to draw, or build upon basic skills. The class focuses on materials, lines, shapes, shading, patterns, and composition.
- Mar 24 Tu 9:30-4pm \$30 43462

Ceramics/Pottery

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 \$12 four-class pass or a \$20 eight-class pass for any two-month session. First-timer orientation is the first Thursday of the 8 wk session at 9:30am.

Four-pass class options

Mar 5-Apr 30	Th	10am-2pm	\$12	43497
Apr 2-30	Th	10am-2pm	\$12	43498
May 7-June 25	Th	10am-2pm	\$12	43499
June 4-25	Th	10am-2pm	\$12	43500
July 2-Aug 27	Th	10am-2pm	\$12	43501
Aug 6-27	Th	10am-2pm	\$12	43502

Eight-pass class options

Mar 5-Apr 30	Th	10am-2pm	\$20	43503
May 7-June 25	Th	10am-2pm	\$20	43504
July 2-Aug 27	Th	10am-2pm	\$20	43505

Kumihimo Braiding

Kumihimo is the ancient art of Japanese braiding. You will learn to load cord onto the braiding disk and braid a key chain. Learn various techniques and receive instructions to continue the fun at home. In the intermediate class, you will learn to braid with beads.

Introduction Keychain

Apr 8	W	10am-noon	\$8	43535
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Intermediate Necklace

Apr 22 & May 6	W	10am-noon	\$20	43538
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Intermediate Bracelet

May 20	W	10am-noon	\$20	43537
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Gourd Crafting

Decorate with gourds, create birdhouses, centerpieces, purses, decorations, and more, using many multi-media supplies. Gourds and supplies included.

Apr 13-27	M	1-3pm	\$20	43548
June 8-22	M	1-3pm	\$20	43549

Dance, art, and crafting classes are open to all ages and all levels.

Outdoor Adventures

Outdoor adventures are for 50+ unless otherwise noted. For more information, call (940) 349-8720.



Sleeping Lizards Jewelry Making

Learn basic metalsmithing skills and take home your own jewelry. All materials provided.

Sterling Silver Copper Cuff Bracelet

Mar 31 Tu 10am-noon \$20 43528

June 16 Tu 10am-noon \$20 43529

Copper Cork Necklace or Keychain

Apr 21 Tu 10am-noon \$15 43530

July 21 Tu 10am-noon \$15 43531

Sewing

Taught by a professional seamstress, learn to sew and make a pin cushion, skirt, and more. Bring your own sewing machine, or claim one of the four available. First to register has first claim. No class March 25.

Beginner

June 17-Aug 5 W 9-11am \$65 43543

Intermediate

Mar 11-May 6 W 9-11am \$65 43546

explore more...

Outdoor Adventures, page 10



- **Greenbelt Bike Ride**
- Enjoy a leisurely 6.5 or 13 mile bicycle tour along FM 428 and the Greenbelt Corridor.
- Bikes, helmets, and transportation are provided. Bring a sack lunch.
- Mar 14 Sa 1-4pm \$12 43574

Possum Kingdom Lake Cabin Camping

- Spend two nights at Camp Grady Spruce for Spring Break. Lodging is at Ray Bean Retreat Center. Many outdoor activities are available such as archery, boating, horseback riding, hiking, and much more.
- Fee includes lodging, most meals, all activities, transportation, and guides.
- Mar 20-22 F-Su 9am-4pm \$115 44361

Fly Tying

- A Texas Parks and Wildlife certified angler educator from the Dallas Fly Fishers will teach the art of fly tying. Learn to tie two beginner flies. All supplies provided.
- Mar 24 Tu 2-4pm \$5 43697
- July 14 Tu 2-4pm \$5 43699

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, water, and folding chair. Equipment provided.
- Apr 4 Sa 10am-3pm \$20 43585

Brazos River Two Day Kayak Adventure

- Kayak the Brazos River and primitive camp overnight. Mandatory pre-trip meeting April 1, at 7pm. Fee includes transportation, kayaks, life jackets, paddles, primitive camping site, all trail meals, and most camping equipment.
- Apr 18-19 Sa/Su 9am-7pm \$95 43700

Fly Fishing Clinic

- Learn to fly fish with Texas Parks and Wildlife certified angler educators, from Dallas Fly Fishers. Receive a certification after learning about knot tying, fly tying, fish behavior and biology, safety, and ethics of fly fishing. Practice casting will be at South Lakes pond. Bring a sack lunch and water. Comfy shoes, long pants, a hat, sunscreen, and insect repellent are suggested.
- Apr 28 Tu 10am-2pm \$8 43701

Rails to Trails Bike Ride

- Ride rails to trails on a paved pathway from Hickory Street to Medipark. Eat lunch dutch treat in downtown Denton. Guide bikes and helmets are provided. Meet at the A-Train Station, 604 East Hickory St.
- May 9 Sa 9am-noon \$10 43692

Horseback Riding

- Ride Lantana Lodge trails and explore sandy shores guided by Black Mustang Ranch staff. Horses and riders are matched based on skill and temperament. Bring sunscreen and water. After riding, lunch will be Dutch treat.
- May 16 Sa 8am-noon \$45 43689

Beginning Archery

- 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.
- June 20 Sa 1-3pm \$8 43693

Intergenerational Kayak Clear Creek

- Bring someone like your grandchild with you as we paddle Elm Fork to Clear Creek with ACA assessed instructors and lifeguard certified staff. Water and weather appropriate clothing, including closed-toe shoes, are recommended. Experience not required. Bring a sack lunch, sunscreen, water, and a folding chair. Equipment provided.
- May 30 Sa 10am-3pm \$20
- Ages 5-11 43586; Ages 50+ 43584



Great Escapes

Open to all seniors!

To book a trip, call (940) 349-8720.

Texas A&M Commerce vs TWU Women's Softball

Date: Saturday, March 28
Time: 10am-7pm
Cost: \$15/person; 43525
[Leaves from senior center; Dutch meal](#)
Go to Commerce to watch two NCAA softball games. This is a Division II Lone Star Conference matchup between two rivals and is sure to be a great afternoon.

Dallas Arboretum and Botanical Garden

Date: Thursday, April 2
Time: 9am-3pm (day trip)
Cost: \$24/person; 42435
[Leaves from senior center; Dutch meal](#)
Discover Dallas' greatest natural resource, the Dallas Arboretum and Botanical Gardens! Enjoy the colors of the season and eat at the cafe or pack a picnic.

Frisco RoughRiders Baseball

Date: Saturday April 11
Time: 5:15-11:15pm
Cost: \$23/person; 43532
[Leaves from senior center](#)
Travel to Frisco to watch this exciting minor league team. Hot dogs, brats, chips, and Dr. Pepper drink products will be included in admission. Meal included.

Chickasaw Cultural Center

Date: Thursday, May 7
Time: 8am-6pm
Cost: \$35/person; 43527
[Leaves from Denton Civic Center](#)
Travel to Sulphur, OK and learn about native elements of design and living as they relate to the Chickasaw people. Lunch will consist of traditional food. Meal included.

Frisco RoughRiders Baseball

Date: Saturday May 16
Time: 5:15-11:15pm
Cost: \$23/person; 43533
[Leaves from senior center](#)
Batter up! See more exciting baseball in Frisco. Hot dogs, brats, chips, and Dr. Pepper drink products will be included in admission.

Breakfast and Dallas Farmer's Market

Date: Saturday, June 13
Time: 7am-1pm
Cost: \$15/person; 43547
[Leaves from senior center; Dutch meal](#)
Enjoy a stop for breakfast and then visit the Farmer's Market and stock up on fresh veggies and other goodies.

Nasher Sculpture Center and Dallas Museum of Art

Date: Thursday, June 18
Time: 8:30am-4:30pm
Cost: \$18/person; 43555
[Leaves from DDTA Station; Dutch meal](#)
Leave on the A-Train and visit two wonderful museums in downtown Dallas. Enjoy lunch at the museum.

Texas Civil War Museum

Date: Saturday, July 11
Time: 10am-4pm
Cost: \$14/person; 43551
[Leaves from senior center; Dutch meal](#)
This museum in Fort Worth is the largest Civil War museum west of the Mississippi River. Lunch will be before the museum.

National Cowgirl Museum

Date: Tuesday, July 21
Time: 9am-3pm
Cost: \$20/person; 43550
[Leaves from senior center; Dutch meal](#)
"The women who shaped the west...changed the world." Tour this exciting museum then enjoy lunch at the Blue Bonnet Bakery.

Multi-Generational Trips

Bring your grandchild or other loved ones on these trips! Birth dates required for registration. Prices are per person.

Fort Worth Zoo

Date: Tuesday, March 17 (Spring Break)
Time: 9am-3pm
Cost: \$18/person; 43814
[Leaves from senior center; Dutch meal](#)
Enjoy one of the premier zoos in the country, the Fort Worth Zoo! Bring the grandchildren without the hassle of driving.

A-Train to Carrollton for Shopping and Lunch

Date: Thursday, March 19 (Spring Break)
Time: 10am-4:30pm
Cost: \$8/person; 43815
[Leaves from senior center; Dutch meal](#)
Board the train for a day of shopping in Carrollton. Grab lunch at a nearby restaurant, or pack a picnic for under the gazebo. Please note, this trip will leave from the senior center and travel as group to the train depot.

Call for more information about the upcoming Eastern Caribbean cruise in October! Reserve a spot today.

ART on the GO!



American Legion Hall

Kimbell Art Museum

Tuesday, March 31; 9am-4pm
\$25/person; 43542

Leaves from Civic Center; Dutch meal

View the art collection of Nancy Lee & Perry R. Bass. This exhibit shows 37 pieces amassed by the Bass family. The selection covers impressionism to post WWII.

Meadows Museum

Friday, May 29; 9am-4pm
\$25/person; 43545

Leaves from Civic Center; Dutch meal

View the treasures from the House of Alba, one of the most aristocratic lineages in Europe who collected art for over 500 years. The private collection will be presented for the first time in the United States.

Kimbell Art Museum

Tuesday, Aug. 25; 9am-4pm
\$25/person; 43553

Leaves from Civic Center; Dutch meal

Masterpieces from the National Galleries of Scotland: "Botticelli to Braque" will be on view. The paintings span over 400 years, and many pieces have never left Scotland before.

Oklahoma City Museum of Art

Friday, Sept. 18; 7am-7pm
\$40/person; 43554

Leaves from Civic Center Pool; Dutch meal

See the rare exhibition of the craftsmanship of Carl Fabergé, jeweler to the Tsars. There will be over 230 handcrafted pieces of jewelry and adornments that once belonged to the Russian Imperial Family. The permanent exhibit of hand blown glass by Dale Chihuly, and the 55 foot tall Eleanor Blake Kirkpatrick Memorial Tower in the atrium are both available to see as well.

Drop-in Activities

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	Tues & Thurs, 10:30-11:30am
Jewelry making	Wednesday, 11:15am-noon

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; 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. Rec pass required.

Birthday Socials

Last Friday of every month from 7-9 p.m. Enjoy free cake and socializing, followed by table games.

Domino Tournaments

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

American Legion Hall

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

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.

Grapevine Mills Mall

Wednesday, March 11

Turner Falls Picnic

Davis, OK
Wednesday, May 20

Choctaw Casino and

Resort, Durant, OK

\$25/person
Thursday-Friday, Aug. 27-28
Lodging costs are not included.

SPAN Noon

Weekday Meals

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.

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

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