FALL 2016

Play GRAPEVINE

PARKS AND RECREATION ACTIVITIES GUIDE

CHRISTMAS CAPITAL OF TEXAS

Grapevine's holiday activities and attractions offer winter fun for all ages! PAGE 46

SUNRISE WATER AEROBICS AT THE REC

Start your day off with a high intensity, low impact workout! PAGE 16

FOSSIL FEST

Travel back in time and learn about the prehistoric creatures that once roamed Grapevine Lake. PAGE 50

GRAPEVINE TEXAS PARKS AND RECREATION

PlayGrapevine.com

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Vineyardscampground.com

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ROCKLEDGE PARK
817.454.1058

GRAPEVINE CITY COUNCIL
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Our Mission:

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

Director's Welcome

Kevin Mitchell
Director
Grapevine Parks and Recreation
kmitchell@grapevinetexas.gov

Greetings and welcome to the Fall 2016 issue of PlayGrapevine!

The fall season, in particular, is a very busy but FUN time in the world of Parks & Recreation in Grapevine. You will see the return of the Sunset Concert Series in October at the Botanical Gardens, the Spooktacular Swim event at The REC, the 2-day GrapeYard event, and the second annual/award winning Fossil Fest! Additionally, the parks maintenance staff begins preparations for the fall's annual programs, such as Tree Sharing, Living Legacy, and much more. We hope you are able to join us for the lively events and projects taking place this time of year!

There are many interesting and new projects going on throughout the park lands of Grapevine. Based on citizen feedback, dog park design and construction has become a top priority of the department. The concept plans for the dog park at Bear Creek have begun and the park is projected to open in 2017! Additionally, the City's parks maintenance staff rebuilt a brand new playground at Sunshine Harbor Park and completed it just in time for the summer. A few other projects include the 1.5 mile Nature Trail at Wall-Farrar Park, the construction of a greenhouse at the Botanical Gardens, a new restroom at Lakeview Park and the landscape beautification enhancements along State Highway 114 between William D. Tate and Main Street.

Even with the increase in water level at Grapevine Lake, staff was able to partially re-open The Vineyards Campground & Cabins this summer. 2015 was not kind to the Grapevine Lake, but with persistence and many man hours, the Vineyards Campground was able to open in time for the 4th of July holiday weekend. The camp hosts were happy to welcome back lake visitors for the summer season.

As always, please consider keeping up with Parks & Recreation news, special events, and opportunities to enter our social media contests throughout the year. Be sure to LIKE us on Facebook and FOLLOW us on Twitter and Instagram @ PlayGrapevine.

PLAY OFTEN – PLAY GRAPEVINE!

Warm Regards,

Kevin

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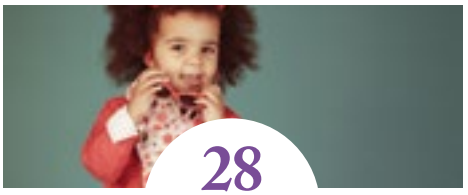

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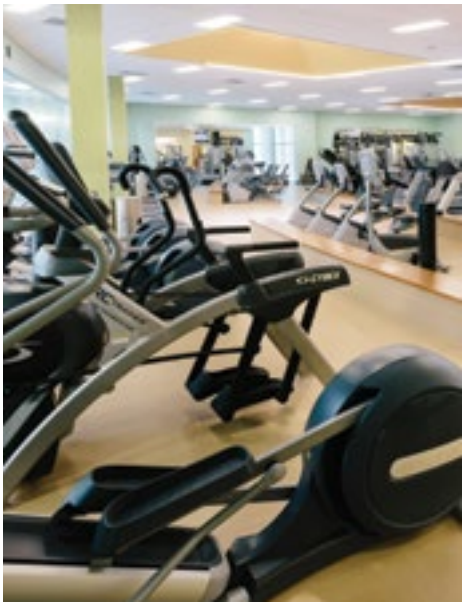
AWESOME
HAS A NEW
ADDRESS.
THE REC
OF GRAPEVINE
RECREATION | EDUCATION | COMMUNITY

7,000+ SQUARE FEET OF FITNESS SPACE.



MONTHLY FAMILY RATE AS LOW AS $4.17 A PERSON*

*Annual family pass - family of 6.

GRAPEVINE TOWNE CENTER

Intersection of SH-114, William D. Tate and SH-26

grapevinetownecenter.com

Find us on Facebook

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THE REC OF GRAPEVINE

RECREATION | EDUCATION | COMMUNITY

CURRENT OPERATING HOURS

DRY SIDE

MONDAY-THURSDAY
5:00 AM-10:00 PM

FRIDAY
5:00 AM-7:00 PM

SATURDAY
7:00 AM-7:00 PM

SUNDAY
12:00 PM-7:00 PM

WET SIDE

MONDAY-THURSDAY
5:00 AM-8:00 PM

FRIDAY
5:00 AM-6:00 PM

SATURDAY
7:00 AM-6:00 PM

SUNDAY
12:00 PM-6:00 PM

Detailed aquatic schedule on pg. 12.

CHILD WATCH HOURS

MON-THUR	FRIDAY	SATURDAY
8:00 AM-12:00 PM	8:00 AM-12:00 PM	8:00 AM-12:00 PM
4:00 PM-8:00 PM	2:30 PM-6:30 PM	

TYPE OF MEMBERSHIP/PASS	PRICE
Annual Passes - Family	**$300.00**
Annual Passes - Individual	**$120.00**
Annual Passes - Non Res. Family	**$780.00**
Annual Passes - Non Res. Individual	**$440.00**
Aquatic “Wet” Family	**$200.00**
Aquatic “Wet” Individual	**$80.00**
Fitness “Dry” Family	**$170.00**
Fitness “Dry” Individual	**$70.00**
Guest Pass - Must Be With A Member	**$10.00**
Child Watch Pass - Drop-In	**$5.00**
Child Watch Pass - Annual (Resident Only)	**$100.00**
Senior Services Pass*	**Free**
Play Pass “Grape”** (Resident Only)	**$350.00**
Play Pass “Vine”*** (Resident Only)	**$385.00**

*Seniors 55+ services during senior hours and designated senior programs
** “GRAPE”, The REC, Dove Pool, PG Pool $400 value
*** “VINE”, The REC, Dove Pool, PG Pool & Lake Parks $435 value

Volunteerism in Grapevine

Grapevine volunteers are the greatest and they make a tremendous difference in what the city offers its residents! The Grapevine city staff, from the top down, recognizes and sincerely appreciates the impact volunteers make here and will continue to support their efforts wholeheartedly. We could never keep our environment green and pristine without our loyal and hardworking volunteers. Volunteers handle all the detail work that makes our city sparkle.

We can accommodate groups of any size and almost any day. So, call us with all your volunteer needs. We've been told, it's a worthwhile experience when partnering with Grapevine. Call 817.410.3490 or email charris@grapevinetexas.gov.

Join the movement!

Celebrate!

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

INDOOR PLAY PARTY ($150)

Package Includes:
- Two (2) hour party room rental
- Party attendant
- One (1) hour private play in the Indoor Play area or gym
- Outside food allowed in party room
- 16 children included with a maximum of 24 children
- $10 fee per each additional child
- Payment in full at time of reservation

OPEN SWIM PARTY ($175)

Package Includes:
- Two (2) hour party room rental
- Party attendant
- 16 children included with a maximum of 24 children
- $10 fee per each additional child
- Outside food allowed in party room
- Parent must accompany children 9 and under in the water
- Payment in full at time of reservation

EVENT HALL

Package Includes:
- Banquet seating for 180
- 6-foot round banquet tables with seating for 8 at each
- Rectangular banquet tables available upon request
- Can divide hall into two smaller halls with banquet seating for 90 each
- High quality kitchen for licensed caterers
- State-of-the-art audio/visual system included in rental
- 50% deposit due at time of reservation; balance due 14 days prior to event
- Minimum of a two hour rental
- Events booked on a first request basis
- 14 day cancellation policy
- After-hours rentals available
- Rates vary based on time of rental and number of guests

Additional information:
- All parties must be paid at time of reservation.
- Children under age 9 must be accompanied by an adult (age 16 or older) in the water
- Additional party guests must be paid for 15 minutes prior to end of party.
- We ask that parties arrive no more than 15 minutes before the scheduled party time and area must be vacated on time.
- Kids Party times:

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

For additional information on any rental please contact Michele Friedman at mfriedman@grapevinetexas.gov or at 817.410.3455. For private pool rental info, see pg. 13.

Rental INFORMATION

THE REC OF GRAPEVINE
RECREATION | EDUCATION | COMMUNITY

For additional information on any rental, please contact Michele Friedman at mfriedman@grapevinetexas.gov or at 817.410.3455.	Facility Capacity	Member Hourly Fee	After Hours Member Hourly Fee	Non-Member Hourly Fee	After Hours Non-Member Hourly Fee	2-hour Rental Minimum
THE REC OF GRAPEVINE						
Classrooms	40	$45.00	-	$55.00	-	Y
Conference Room	20	$45.00	-	$55.00	-	Y
Dance Room	30	$45.00	-	$55.00	-	Y
Exercise Studio A	50	$55.00	-	$65.00	-	Y
Exercise Studio B	30	$45.00	-	$55.00	-	Y
Exercise Studio C	30	$45.00	-	$55.00	-	Y
Turf Field	1/2 Field	$55.00	-	$65.00	-	-
The REC - Dry (includes racquetball courts, basketball gyms and gameroom)	200	-	$250.00	-	$300.00	Y
The REC - Dry/Wet (includes the above plus pool area)	300	-	$500.00	-	$550.00	Y
Event Hall A	90	$75.00	-	$100.00	-	Y
Event Hall A with Kitchen*	90	$100.00	-	$125.00	-	Y
Event Hall B	90	$75.00	-	$100.00	-	Y
Entire Event Hall (A & B)	200	$200.00	$250.00	$250.00	$300.00	Y
***Use of kitchen by licensed caterers only**						

Indoor Party Rentals	Persons	Party Fee	Additional Information
Private Pool Party Rental Times: Fri & Sat: 6:30-8:30 PM			
Private Pool Party	75	$400.00	Party Rooms A & B, Outside food allowed in party rooms only; Any parties larger than 150 guests must call coordinator for pricing.
Private Pool Party	150	$600.00	
Open Swim Party*	16	$175.00	Party room, 1 hr in pool, 1 party attendant to help set/up and clean up; Outside food allowed in party room only; Parent must accompany children 9 and under in the water. Maximum of 24 party participants.
Party Rental Times: Fri: 4:00-6:00 PM; Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM; Sun: 1:30-3:30 PM, 4:00-6:00 PM			
Indoor Play Party*	16	$150.00	Party room, 1 hr in indoor play structure OR gym, 1 party attendant to help set/up and clean up; Outside food allowed in party room only. Maximum of 24 party participants.
***For each additional guest, a $10 fee per person will be charged; max 24 guests.**			

ROOM RENTALS:

Enjoy The REC experience by hosting your next event with us! Minimum two (2) hours per rental. Rental cancellation must be made within 14 days to receive full refund.

PARK FACILITY RENTALS

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

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

For information on these facilities, please call 817.410.3470 or email srich@grapevinetexas.gov.

Weddings at Botanical Gardens
$400/3 hrs (Grapevine residents only)
Grapevine residents (only) may reserve their wedding at the Botanical Gardens in Heritage Park. For more information, please call 817.410.3470.

SMALL PARK PAVILIONS

Dove Park Pavilion – North
(residents) $30/3 hrs ($10 each additional hr)
(non-residents) $40/3 hrs ($15 each additional hr)

Heritage Park Pavilion
(residents) $30/3 hrs ($10 each additional hr)
(non-residents) $40/3 hrs ($15 each additional hr)

Bear Creek Pavilion
(residents) $30/3 hrs ($10 each additional hr)
(non-residents) $40/3 hrs ($15 each additional hr)

Parr Park Playground Pavilion
(residents) $45/per timeslot*
(non-residents) $60/per timeslot*

Parr Park Sprayground Pavilion
(residents) $45/per timeslot*
(non-residents) $60/per timeslot*

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

LARGE PARK PAVILIONS

Parr Park Pavilion
(residents) $100/3 hrs ($20 each additional hr)
(non-residents) $150/3 hrs ($25 each additional hr)

Pickering Park Pavilion
(residents) $100/3 hrs ($20 each additional hr)
(non-residents) $150/3 hrs ($25 each additional hr)

Casey's Clubhouse Pavilion
North or South Cabana
(residents) $45 or $90 for both/exclusive use
(non-residents) $60 or $120 for both/exclusive use
Time Slots: 8:00-11:00 AM, 12:00-3:00 PM, 4:00-7:00 PM

LAKE PARKS PAVILIONS

Trawick Pavilion
(Grapevine residents) $350/day
(non-residents Mon-Thur) $350/day
(non-residents Fri, Sat, Sun) $390/day

Jackson Pavilion
(Grapevine residents) $350/day
(non-residents Mon-Thur) $350/day
(non-residents Fri, Sat, Sun) $390/day

Meadowmere Park Pavilion
Mar 1-Sept 30 Rates
(Grapevine residents) $275/day
(non-residents) $325/day
Please call 817.410.3470 for AM and PM Rates.

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

For the Vineyards Campgrounds & Cabins reservations, please call 817.329.8993.

INDOOR RENTAL FACILITIES

Bessie Mitchell Facility
$100/2 hr (Grapevine residents only)
$50 each additional hr

Merlot Community Room
$100/2 hr (Grapevine residents only)
$50 each additional hr

For more information regarding rental facilities, please visit playgrapevinereg.com or call 817.410.3470.

Pool HOURS

Starts August 22

MONDAY-THURSDAY
5:00-8:00 AM..... Self Directed Fitness*
8:00-11:00 AM ..... Fitness & Programs*
11:00 AM-4:00 PM ..... Self Directed Fitness*
4:00-8:00 PM..... Open Swim and Programs

FRIDAY
5:00-8:00 AM..... Self Directed Fitness*
8:00-11:00 AM ..... Fitness & Programs*
11:00 AM-4:00 PM ..... Self Directed Fitness*
4:00-6:00 PM..... Open Swim and Slides

SATURDAY
7:00-11:00 AM ..... Fitness and Programs
11:00 AM-6:00 PM ..... Open Swim and Slides

SUNDAY
12:00-6:00 PM..... Open Swim and Slides

PLEASE NOTE:
*Self directed fitness is for ages 16 and up. Lap swimming is available at all times the pool is open. Swimmers should circle swim and share lanes. Due to programs, the number of lap lanes may be reduced. Ask staff for more information.

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

HOLIDAY POOL HOURS

September 5 — Pool closes at 5:00 PM
October 10
November 21-23, 25
December 19-22, 23, 26-29, 30, 31
January 2, 16

MONDAY-THURSDAY
5:00-8:00 AM..... Self Directed Fitness*
8:00-11:00 AM ..... Fitness & Programs*
11:00 AM-8:00 PM ..... Open Swim and Programs

FRIDAY
5:00-8:00 AM..... Self Directed Fitness*
8:00-11:00 AM ..... Fitness & Programs*
11:00 AM-6:00 PM ..... Open Swim

POOL&PARTY ROOM RENTALS

· **Parties must be reserved at least two weeks in advance.**

· **Children under age 9 MUST be accompanied by an adult (over age 16) in the water.**

Open Swim Party

Fee: $175

Includes: Party Room A or B, Pool Passes for up to 16 guests ($10 for additional party participant). Max of 24 party participants.

Fri: 4:00-6:00 PM
Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM
Sun: 1:30-3:30 PM, 4:00-6:00 PM

Private Pool Party

Fee: $400 (75 max) or $600 (150 Max)

Includes: Party Room A and B.
Fri: 4:00-6:00 PM
Sat: 11:00 AM-1:00 PM, 1:30-3:30 PM, 4:00-6:00 PM
Sun: 1:30-3:30 PM, 4:00-6:00 PM

PLEASE NOTE:

· All parties must be paid at time of reservation.
· Height requirement for Tower Slides is 42 inches.
· Additional party participants must be paid for 15 minutes prior to end of party.
· Flotation devices must be US Coast Guard approved.

Special EVENTS

Toddler Splash

A special morning time for toddlers to use the kiddie pool area. Only the kiddie pool is open for children at this time. All other areas are adults only for self directed fitness.

Mondays, Wednesdays, Fridays
9:00 AM-12:00 PM (starts August 22)
Fee: Mem Free • Non-Mem $5 per person
Note: No Toddler Splash on Nov 21-25 or Dec 19-30.

Spooktacular Swim

An evening spooky swim with floating pumpkins and a haunted slide.

Saturday, October 8 • 6:30-8:30 PM
Fee: Mem Free • Non-Mem $5 per person

Winter Wonderland Pool Party

A frozen wonderland of fun, interactive games and special guests.

Saturday, December 3 • 6:30-8:30 PM
Fee: Mem Free • Non-Mem $5 per person

LEARN-TO-SWIM PROGRAM

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

Cancellation and Transfer Policy
Due to the high demand for roster spots and scheduling issues, any cancellations or transfers not initiated by Grapevine Aquatics or an instructor will be assessed an $8 fee. No transfers or cancellations one week before class begins for ALL classes. Classes are Tuesday and Thursday only unless noted.

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

Swim Lesson Wait List
If the class is full; please ask to be added to the wait list. There is no fee for waitlist registrations. We will contact you if a spot opens up in the class.

LEARN TO SWIM OFFICE: 817.410.3461

Group Lessons
Tue/Thu for 4 wks | 8 classes total
Member: $45
Non-Member: $55
Class info: Course descriptions below are skills a participant must master prior to the end of a session to receive certification for that level. Classes are Tue/Thu for 30 min. each day. In order for class to "make" a minimum of four participants are required.
Min: 4 Max: 6 1:6 max ratio

Semi-Private Lessons
Tue/Thu for 4 wks | 8 classes total
Member: $70
Non-Member: $85
Semi- Private Lessons: Smaller class size will allow your child to progress at a faster pace and get more individual attention. Minimum class size: 2 children. Classes are Tue/Thu for 30 min. each day. In order for class to "make" a minimum of two participants are required.
Min: 2 Max: 3 1:3 max ratio

Private Lessons
Tue/Thu for 2 weeks | 4 classes total
Member: $100
Non-Member: $120
Private Lessons: Receive one-on-one attention to enhance instruction of swimming skills for your child. Four classes are held Tue/Thu for 30 min. each day. Private lessons are held at the pools during regular lesson times. See the class schedule on page 21.
1 student and 1 instructor

Semi-Private Water Tots
Ages: 18-35 months
This class is designed for children already comfortable in the water, ready to transition to a group setting, and comfortable being away from parents for 30 minutes. Small class size will use games and songs to build skills while focusing on safety. Parents are not allowed to accompany child to class or in the water.
Offered as a Semi Private Lesson only.

Mermaid Swim School
Ages: 8+
An underwater swimming adventure! Learn magical mermaid swimming skills. Be part of that world!
Fin size: 11 Youth to 8 Womens
Skirt sizes: 6, 8, 10, 12, Womens 2-12

Prerequisite: 25 yards of freestyle and breaststroke without stopping.

You may bring your own fin or use one of ours. Mermaid tails are not allowed in the pool outside of class time.

Water Bugs I (3-5 yrs)
All skills are done with support.
- Water adjustment
- Fully submerge face
- Floats and kicks
- Bubbles

Tadpole (Level 1) Intro to Swim Skills (Starting at 4 yrs)
- Flutter kick 5 feet
- Front and back glide 5 feet
- Front float 5 seconds

Guppy (Level 2) Basic Swim Skills (5 and up)
- Front glide 10 feet
- Back glide 10 feet
- Swim front crawl 10 feet

Minnow (Level 3) Intermediate Swim Skills (6-7 years)
- Front crawl 15 yards with side breathing
- Backstroke 15 yards
- Breaststroke kick 15 yards

Dolphin (Level 4) Advanced Swim Skills (7-8 years)
- Freestyle 25 yards
- Backstroke 15 yards
- Breaststroke 15 yards
- Butterfly 15 yards

SATURDAY SWIM LESSONS
@ THE REC

Private Lessons	
Time	Code
9:00 AM	540900
9:35 AM	540935
10:10 AM	540101

Private Lessons	
Date	Session
Sept 17-Oct 1	41
Oct 8-29	42
Nov 5-26	43

NOTE: September classes are 3 weeks.
Prices have been prorated.

Saturday Classes	Session 09 Sep 17 - Nov 5	
Semi Private Water Tots	10:10 AM	548101
Semi Private Water Bugs	9:35 AM	549935
	10:10 AM	549101
Semi Private Level 1	9:00 AM	541900
	9:35 AM	541935
Semi Private Level 2	9:00 AM	542900
	10:10 AM	542101
Semi Private Level 3	9:35 AM	543935
Semi Private Level 4	9:00 AM	544900

TUE/THUR SWIM LESSONS
@ THE REC

Private Lessons	
Time	Code
5:00 PM	530500
5:35 PM	530535
6:10 PM	530610
6:45 PM	530645

Private Lessons	
Date	Session
Sep 20-29	29
Oct 4-13	20
Oct 18-27	30
Nov 1-10	21
Nov 15-Dec 1	31

NOTE: September classes are 3 weeks. Prices have been prorated.
No class on November 22 and 24. Classes finish on December 1.

Tue/Thu Classes	Session 09 *Sep 13 - 29*		Session 10 Oct 4 - 27		Session 11 Nov 1 - Dec 1	
Semi Private Water Tots	05:00 PM	538500	05:35 PM	538535	05:00 PM	538500
Semi Private Water Bugs	05:35 PM	539535	05:00 PM	539500	05:35 PM	539535
	06:45 PM	539535	06:10 PM	539610	06:45 PM	539535
Semi Private Level 1	05:00 PM	531500	05:35 PM	531535	05:00 PM	531500
	06:10 PM	531610	06:45 PM	531645	06:10 PM	531610
Semi Private Level 2	05:35 PM	532535	05:00 PM	532500	05:35 PM	532535
	06:45 PM	532645	06:10 PM	532610	06:45 PM	532645
Semi Private Level 3	06:10 PM	533610	06:45 PM	533645	06:10 PM	533610
Semi Private Level 4	06:45 PM	534645	05:00 PM	534500	06:45 PM	534645
Group Water Bugs	06:10 PM	538061	06:45 PM	538064	06:10 PM	538061
Group Level 1	05:35 PM	531053	06:10 PM	531061	05:35 PM	531053
Group Level 2	05:00 PM	532050	05:35 PM	532053	05:00 PM	532050
Mermaid Swim School	07:20 PM	537720	07:20 PM	537720	07:20 PM	537720

AQUATIC FITNESS

Sunrise Water Aerobics
Start your day off with a high intensity, low impact workout. Great cardio, strength and interval training.
Fee: Mem $70 • Non-mem $80 **4 days per week**
Fee: Mem $35 • Non-mem $40 **2 days per week**

Tone & Tighten
Cardio, strength, abs, arms and legs. This is a complete workout without stress on your joints.
Fee: Mem $55 • Non-mem $65

Water Works
Intensity intervals with a combination of exercises. Minimal choreography and different styles.
Fee: Mem $35 • Non-mem $45

River Aerobics - Saturdays Only
Take advantage of our indoor river. Build strength and stamina as you go with & against the current.
Fee: Mem $20 • Non-mem $30

NOTE: All classes are held at The REC Aquatic Center. September classes are prorated.

CLASS	*September Session 09	October Session 10	November Session 11	December Session 12
Sunrise Aerobics 2 days a week option	5:30am 539530	5:30am 539530	5:30am 539530	5:30am 539530
Sunrise Aerobics Mon - Thu	5:30am 530530	5:30am 530530	5:30am 530530	5:30am 530530
Tone & Tighten Mon/Wed/Fri	9:30am 530930	9:30am 530930	9:30am 530930	9:30am 530930
Water Works Mon/Wed	6:30pm 530630	6:30pm 530630	6:30pm 530630	6:30pm 530630
River Aerobics Sats Only	9:30am 540930	9:30am 540930	9:30am 540930	9:30am 540930

*September classes have been prorated. No classes on Nov. 24, Dec. 24 and 25.

Join the AQUATICS TEAM!

Lifeguards • Swim Lesson Instructors • Swim Lesson Aides

Apply NOW at grapevinetexas.gov • Certification Class Information 817.410.3461

American Red Cross Lifeguard Certification

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

Females must wear a 1 piece swimsuit.

Prerequisites:
Minimum age of 15 years old.
1. 300 yard swim without stopping, in the following order, 100 freestyle, 100 breaststroke, and 100 of your choice.

2. Tread water for 2 minutes without support and without stopping while your head remains above the surface. When treading, only the legs can be used.

3. Starting in the water, swim 20 yards, surface dive to a depth of 7 to 10 feet to retrieve a 10-pound object. Return to the surface and swim to the starting point.

Must complete all prerequisite skills on the first class day. Must attend all 4 class days.

Location: REC Pool **Fee:** $200

Dates:	**Codes:**
Oct 8, 9, 10, 15, 16	523000-10
Feb 18, 19, 20, 25, 26	523000-02
Mar 11, 12, 13, 18, 19	523000-03

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

American Red Cross Water Safety Instructor (WSI) Certification

Learn to teach all ages to swim and give water safety presentations. It's a fun and meaningful job that is in high demand. Plus, once certified, you can apply to work with the City of Grapevine in our Learn to Swim Program as a Swim Lesson Instructor.

Females must wear a 1 piece swimsuit.

Prerequisites:
Minimum age of 16 years old.
1. Demonstrate proficiency in six strokes: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly - 25 yards per stroke.

2. Tread water for 1 minute

Must complete all prerequisite skills on the first class day. Must attend all 4 class days.

Location: REC Pool **Fee:** $200

Dates:	**Codes:**
Sept 26-30	532000-09
Nov 14-18	532000-11
Feb 13-17	532000-02
Apr 3-7	532000-04

Class Times:
Mon-Fri 5:00-9:00 PM

Fitness

Personal Training

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

The REC of Grapevine Trainers are committed to:
• Providing accountability & motivation
• Providing expertise and client education
• Teaching proper form and execution of each movement
• Listening to and understanding your needs
• Helping you HAVE FUN and feeling great!

If you're ready to schedule an appointment, or just have questions, feel free to contact Carlos Flores, Fitness Coordinator. He can help find the trainer that best matches your needs, wants & schedule.

To schedule your appointment with a personal trainer, contact Carlos Flores at cflores@grapevinetexas.gov or 817.410.3456.

½ Hour Sessions- $35
½ Hour Semi-Private Sessions- $50 (price based on two people)

Personal Training Packages
Five, 30-minute sessions for $170 (save $5)
Ten, 30-minute sessions for $330 (save $20)
Fifteen, 30-minute sessions for $465 (save $60)
Twenty, 30-minute sessions for $600 (save $100)

Five, 30-minute semi-private sessions for $245 (save $5)
Ten, 30-minute semi-private sessions for $480 (save $20)
Fifteen, 30-minute semi-private sessions for $675 (save $75)
Twenty, 30-minute semi-private sessions for $860 (save $140)

Kyle L Anderson, MS, CPT - Kyle has been in the health and wellness industry for the last 17 years. After playing Division I football, Kyle focused on his passion for sports medicine through training rehab patients in orthotics, prosthetics, physical therapy and sports rehab. Kyle has a diverse background in the fitness industry which includes training clients for weight management, nutritional counseling, special population programming such as diabetes, arthritis and strength and conditioning for professional and student athletes. Kyle holds a Bachelor of Science in Fitness/Wellness Management, Clinical Physiology from Louisiana Tech University and a Master of Science in Exercise Physiology from the University of North Texas. Kyle's personal motto is "Reaching any goal in life takes preparation, persistence, perseverance and most of all perspiration." He loves to see others reach and exceed goals they never thought possible. When he is not focused on fitness Kyle spends most of his time with his three children sharing new adventures.

Michelle Brooks, CPT – Michelle's intense focus on the goal at hand is one of the many reasons she has been successful in training. She is certified by the National Academy of Sports Medicine in Personal Training and Optimum Performance Training for Weight Management. Michelle is also certified through the Cooper Institute in Biomechanics of Resistance Training and Indoor Cycling, as well as a certified TRX group suspension instructor. She was certified to train in Muay Thai Boxing in 1991. Michelle is constantly striving to learn more about health and fitness and its positive effects on the body. This mother of two has competed in several races including a 50K Ultra Run and a grueling 24 hour Adventure Race. Racing has helped her to gain more knowledge on how the body responds to prolonged activity. Michelle's discipline, focus and determination will be evident the first time you meet her.

Larry Coleman, CI-MPTR – Sports and fitness have always been a passion for Larry, a former collegiate basketball player from Howard Payne University. Larry received his personal training certification from the Cooper Institute of Dallas in 2007 and started his fitness company COLEMAN COMPLETE FITNESS. He furthered his education by receiving his Master Personal Training certification in 2010 and receiving certifications in Dietary Guidance and Weight Management Leadership. Larry describes his personal training style as providing intense, effective workouts while keeping things fresh, new and fun. He tailors his programs to fit the needs and abilities of each individual client, from the young to the young at heart. For Larry, God and family come first and he considers his clients as part of his family.

Kim Davis, BS Biology & Chemistry, M.Sc. Sports Management; CI-CPT; 7th Dan Taekwondo, 5th Dan Hapkido, Black Sash Senkotaris Arnis
Kim enjoys working with people of all ages to help them achieve their goals and gain benefits of a healthier lifestyle. Her fitness plans/prescriptions are scalable to meet the needs of the individual client through private or semi-private lessons. Kim's experience from over 30 years of martial arts training as a competitor and instructor is integrated with her personal fitness knowledge from the Cooper Institute as well as the American College of Sports Medicine to design fitness programs for clients of all ages.

Cassie Mitchell, CPT, CES, SFS, TRX GTC – Cassie has been wired for fitness. Since elementary school basketball, high school track and field, collegiate rugby, and other activities, she now finds herself championing others to dive into their own passion for a healthy lifestyle. After becoming a NASM certified personal trainer in 2014, she continued to pursue further knowledge of the field with corrective exercise, senior fitness, and TRX specializations to better serve clients of all ages and fitness levels. Cassie believes there is something to benefit from every style of training, and so she aims to develop programs that allow clients to

experience all different facets of the fitness world that are safe, geared toward their individual goals, and that keep things interesting!

James Oliver, NASM CPT & NASM Senior Fitness Specialist - A native to DFW, James has had a passion for health and fitness since he can remember. From an early age he was intrigued by the aspect of physical fitness and the direct and positive impact it can have on the mind and body. He specializes in Senior Fitness and considers it a pleasure to help someone in his community reach his or her goals. James received his personal training certificate from the National Academy of Sports Medicine in 2015 and went on to further his knowledge with a certification in Senior Fitness through the National Academy of Sports Medicine. James firmly believes that a healthy life is a happy one, and would be thrilled to show you the way.

Neal Smith, CPT – Neal is a graduate from Oklahoma State University and holds a degree in Health Promotion and is a certified Personal Trainer through the American College of Sports Medicine. While pursuing his degree at Oklahoma State, he ran cross country and track specializing in long distance. Neal believes that utilizing a personal trainer to reach your fitness-related goals will give you the positive momentum to make changes in all aspects of your life.

KYLE ANDERSON

MICHELLE BROOKS

LARRY COLEMAN

KIM DAVIS

CASSIE MITCHELL

JAMES OLIVER

NEAL SMITH

Staff Spotlight

The REC Personal Trainers

What are your three top tips for maintaining a fit and healthy lifestyle? I think the three best ways to maintain a fit and healthy lifestyle are to schedule activity into your daily routine, educate yourself on what you put in your body and feed your mind with positive self-talk. Maintaining a positive outlook is key but if all else fails, just find a way to sweat. — ***Kyle***

What are some questions to ask, or things to keep an eye out for, when first meeting with a prospective personal trainer? As someone who wants to begin personal training, when looking for a trainer there's a few questions to always ask. You want to know if he/she is certified by a nationally accredited organization, if they have knowledge to consider your personal needs and are aware of your limitations, what is their knowledge of the benefits of resistance training? — ***James***

What are your best tips and advice on how to keep the motivation to get and stay fit for the long haul (beyond just a month or so after the New Year's)? I always recommend to keep a fitness journal of some kind! The body takes time to make visibly noticeable changes, and this can be discouraging. But when you keep record of your workouts, it allows you to see the progress you are making either by an increase in weight or a longer jog on the treadmill! — ***Cassie***

Why is it important to join a gym (rather than just going with an at-home routine or running/other sports-related activities)? It's a major mental benefit to join a gym. The atmosphere alone encourages your brain to be in a "work out" mode, but aside from that, the variety of equipment and amount of space help keep workouts fresh, exciting, and beneficial for your body. — ***Cassie***

What are some of the benefits or offerings that make The REC unique from other health and fitness clubs? The REC is here for the people. It was established to better serve the citizens of Grapevine, not to make loads of money. It's a great asset to the community! — ***James***

If you could give one piece of advice to someone looking to get back into a regular workout routine, or start exercising for the first time, what would that be? If I could only give one piece of advice to someone making fitness a priority, I would say be smart by creating a plan and don't set unrealistic expectations. Technique is more important than resistance, so do the right thing first and the weight will come. — ***Kyle***

What makes you excited to come to work every day? I love the energy when I come to work. I enjoy the bustling environment and everyone is always so eager and willing to help. I love being a personal trainer because it brings me joy to see people reach their goals. — ***James***

Any success stories that stand out during your time as a personal trainer? My greatest success story has been working with a former professional athlete who was injured in a car wreck and diagnosed as a quadriplegic. He refused to accept he would never walk again or feed himself. So through his positive mindset, perseverance and adapted training methods he was able to return tone to his muscles rebuilding nerve connections as he regained feeling in his extremities. Today he is able to walk, he has regained strength enough to live alone and continues to work out every day. — ***Kyle***

FITNESS CLASSES

Drop-Ins

Did you know you can purchase a Drop-In Pass for most of the Fitness Classes we offer? This is a great option for trying out different classes. Or if you travel and aren't able to commit to an entire month, you can now buy 1 class at a time! You can purchase Drop-In passes at the Front or Fitness Desk. Check the individual class descriptions to make sure the class you're interested in accepts Drop-Ins.
1 Drop-In Pass—$10 • 5 Drop-In Passes—$50
10 Drop-In Passes—$90

CSF

Core, Strength& Flexibility will be improved using balance balls, resistance bands, dumbbells, and other equipment. Each exercise can be modified to match individual ability so as to gradually challenge beginner through advanced levels. Group Exercise class provides a fun experience where classmates provide encouragement! Kim was a high school and college athlete, and, post college, competed in Taekwondo for 12 years. She applies learning from continuous education from The Cooper Institute™ and ACSM to classes. Drop-ins welcome.
Location: The REC • **Ages:** 13+
Fee (monthly): $40 Mem / $50 Non-mem
Instructor: Grand Master Kim Davis

Tue, Thu	706243	8:15-9:00 AM

Mash-Up Boot Camp

Dynamic exercises will be used to work the entire body that will involve stretching, strength, and cardio training in each session. Each exercise can be modified to match individual ability. The mixture of exercise will vary to keep your body guessing and make the sessions fun. Kim was a high school and college athlete, and, post college, competed in Taekwondo for 12 years. She applies learning from continuous education from The Cooper Institute™ and ACSM to classes. Clients are encouraged to bring a towel & water bottle. Drop-ins welcome.
Location: The REC • **Ages:** 12+
Fee (monthly): $65 Mem / $75 Non-mem
Instructor: Grand Master Kim Davis

Mon, Wed, Fri	706133	7:00-7:45 AM

Oliver Fitness Bootcamp — NEW

Get into shape fast with this Bootcamp style training!! Start your day feeling better about yourself while meeting new people and enjoying the beautiful weather! Become faster and more flexible while losing weight and having FUN! Drop-ins welcome. Please bring the following: Yoga mat or towel, workout gloves, sunscreen, bug spray and small dumbbells (3-15 lbs).
Location: The REC • **Ages:** 13+
Fee (monthly): $50 Mem / $60 Non-mem
Instructor: James Oliver, NASM-CPT

M-F (outdoor)	706207	6:30-7:15 AM
Sat (indoor)		10:30-11:30 AM
Sun (indoor)		12:30-1:30 PM

Pizazz Moves — NEW

Pizazz Moves will teach you how to Move, Groove and Improve, so you can Breathe, Live and Flow. We will do any and everything from Cardio, Strength, Interval, Balance and Stretching. No class will ever be the same. The only thing that remains the same is that it will be FUN, EFFECTIVE and SAFE. Proper form and doing movements correctly are extremely important and will be emphasized greatly.
You will: HAVE FUN, FEEL FIERCE, & BE FASCINATING. Pizazz Moves promises to put a smile on your face and a zip in your pace. Renee brings 24 years of experience to becoming the newest addition to our REC team of amazing Fitness Instructors! Have questions for Renee? She welcomes you to call or email her anytime! Drop-ins welcome.
Location: The REC • **Ages:** 13+
Fee (monthly): $40 Mem / $50 Non-mem
Instructor: Renee DiDonato Errett
Phone: 724-875-7641
Email: Renee@PizazzMoves.com
Website: PizazzMoves.com

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

Kettlebell 101

Kettlebell 101 is a strength and movement course designed to teach students the benefits kettlebell training has to offer. From rehab and corrective care, to strength and performance training, kettlebells have been widely used in both clinical and fitness settings helping people move well, move more, and move pain free! Who is This Class For? This class is great for any fitness level. It is one of the many benefits of training with a kettlebell. The skills are always consistent, but the load, volume of work, and intensity can all change based on the goals, needs, and experience of the student all while working out in the same class side by side. Drop-ins welcome.
Location: The REC • **Ages:** 13+
Fee (monthly): $50 Mem / $60 Non-mem
Instructor: Moulton Kettlebell Club
Email: Info@MoultonKettlebellClub.com

Wed, Fri	706320	6:00-7:00 AM

Stretching 2 Move — NEW

Learn how your body was meant to move and UNLOCK its potential! Most of us lose our ability to stretch and move properly due to aging, so let's get back to the basics. You will learn how to regain the flexibility that once came so easily as a child. You'll leave this class feeling ENERGIZED and walking tall! Drop-ins welcome.
Location: The REC • **Ages:** 16+
Fee: $40 Mem / $50 Non-mem
Instructor: Nathan Worden, MEd, FMS, NKT, CPT

Mon	706201	7:30-8:00 AM

Zumba® with Samantha

Take the "work" out of your workout! Zumba® fitness started the dance fitness party revolution that changed the way "workouts" look and feel forever! It's fun, effective and best of all it's designed for everybody and every...body. What will you get in Zumba® with Samantha? A total calorie burning workout, combining cardio, muscle conditioning and toning, balance and coordination, flexibility and boosted energy! Once the Latin and World rhythms move you, you'll see why Zumba® fitness classes are often called "exercise in disguise". So what are you waiting for? Ditch the workout and join the party! Drop-ins welcome.

Location: The REC • **Ages:** 16+
Fee (monthly): $37 Mem / $47 Non-mem
Instructor: Samantha Olson
Website: samanthaolson.zumba.com

Mon	706601	7:15-8:15 PM
Wed		7:00-8:00 PM
Sat	706706	10:15-11:15 AM
Tue, Thu	706604	9:00-10:00 AM

Get Fit LIVE!

Come join us for a GREAT overall workout! We will incorporate aerobic cardio and bodywork combos that are both fun AND challenging. We can start right where you are, but we will take you to where you want to be! Drop-ins welcome.

Location: The REC • **Ages:** 16+
Fee (monthly): $35 Mem / $45 Non-mem (2x wk) or $50 Mem / $60 Non-mem (3x wk)
Instructor: Patrece Coblentz, ACSM

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

GroupX

From free-style with free weights to Tabata and HIIT, GroupX mixes hard work and fun with a sense of community as you start where you are, getting fit and staying fit. Drop-ins welcome.

Location: The REC • **Ages:** 15+
Fee (monthly): $20 Mem / $30 Non-mem (4x mo), $40 Mem / $50 Non-mem (8x mo) or
Instructor: Patrece Coblentz, ACSM

Mon, Thu	706255	6:00-6:50 PM

Gladiator Fitness Camps

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

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

Days / Times / Locations:

Mon, Wed	8:30 AM	Parr Park
Mon, Wed, Fri	9:15 AM	Pickering Park
Tue, Thu	8:45AM	Dove Park

Jazzercise® Dance Fitness

You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling, Shakira'd-be-proud dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 800cph (that's calories per hour) in one 60 minute class. Expect to feel results after 3 classes and expect to stick with it. Why? Because it works. So stop working out. Start working it...with Jazzercise®. For more info, please contact Missy at 817.269.6477.

Days / Time:

Mon, Wed	8:10 AM	9:15 AM	4:30 PM	6:00 PM
Tue, Thu		9:15 AM	6:00 PM	7:00 PM
Fri	8:10 AM	9:15 AM	4:30 PM	
Sat	8:10 AM	9:15 AM		

Fees:
12 month contract: $46/month • $40 Joining Fee
6 month contract: $56/month • $50 Joining Fee

Functional Yoga

A Hatha Yoga class taught in a Vinyasa flow style that focuses on strength, flexibility, balance, concentration, breathing and finishes with a progressive guided relaxation. Participants will enjoy improved sports performance as well as improved ability to perform activities of daily living; therefore improving one's quality of life! Drop-ins welcome.

Location: The REC • **Ages:** 13+
Fee (monthly): $35 Mem / $45 Non-mem (2x wk) or $25 Mem / $35 Non-mem (Sat only) or all 3 days for $45 Mem / $55 Non-mem
Instructor: Mary Cunningham, B.S., ASCM
Note: The Saturday morning class is a full hour of Yoga with a 15 minute progressive guided relaxation.

Mon, Wed	706807	5:30-6:30 PM
Sat	706804	9:00-10:15 AM

Happy Movements Therapeutic Yoga

Discover the power of going back to the basics as you move, breathe, and meditate to music. Join us for this slow-paced class that combines yoga with therapeutic exercises and progresses from week to week. Perfect for those new to yoga or someone looking for a less intense class. Visit HappyMovements.com for more information.

Location: The REC • **Ages:** 18+
Fee (monthly): $40 Mem / $50 Non-mem
Instructor: Natasha Carter, LAT, ATC, PYT-C

Tue	706303	6:15-7:15 PM

Yoga Flow Basics

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

Location: The REC • **Ages:** 13+
Fee (monthly): $50 Mem / $60 Non-mem

Tue, Thu	706809	8:30-9:30 AM

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

Thu	706810	6:45-7:45 PM

Instructor: Lynne Clem
Email: Lynne@YogaInDFW.com

Gentle Stretch Yoga [with a touch of YIN] — NEW

This gentle class practiced to soothing music combines Level 1 poses, breath work and meditation, giving you an overall body stretch. You will also enjoy the addition of passively held Yin poses that work on the deep dense connective tissues of the body-the tendons, ligaments and cartilage-which are difficult to energize and open. Yin helps release and surrender the body consequently releasing and surrendering the mind, letting go, becoming calmer and less reactive to stressors. Geared toward students who wish to move at a slower pace and an excellent complement to your active practice, sports or other exercise, as well as your yang-dominant (fast pace) lifestyle. Drop ins Welcome.

Location: The REC • **Ages:** 13+
Fee (monthly): $40 Mem / $50 Non-mem or add this class to Tues/Thurs Basic Yoga Flow for only $30 more
Instructor: Lynne Clem
Email: Lynne@YogaInDFW.com
Note: This is a 6 week series: Oct 12- Nov 16

Wed	706100	7:00-8:00 PM

FIT4MOM Grapevine — NEW

FIT4MOM is the country's largest fitness program for moms. We offer prenatal and postnatal fitness classes for every stage of motherhood. Pregnant moms and mothers of young children enjoy our prenatal, stroller, and mom-only workouts. Fit4Mom helps moms make strides in fitness, motherhood and life.

For more information on classes and times, please visit grapevine.fit4mom.com or contact Farrah Agado.
Phone: 682.651.7895
Email: farrahagado@fit4mom.com

COLEMAN COMPLETE FITNESS

Coleman Small Group Training

Prices are per person and must be paid, in full. Small group training pricing and scheduling is 3-4 people who will train together.

10 Sessions: $240
15 Sessions: $355
20 Sessions: $470

Coleman Cross Training

This class targets your entire body and is an excellent program for those who want to begin a workout routine or for those who want to be challenged. Larry will use his experience as a Master Fitness Specialist to take you through the latest exercises in the world of fitness, keeping your workouts fresh and your body feeling exhilarated. Drop-ins welcome.

Location: The REC • **Ages:** 13+
Fee (monthly): $90 Mem / $100 Non-mem
Instructor: Larry Coleman, CI, MPTR

Mon, Wed, Fri	706222	9:00-9:45 AM

Camp Coleman

Join us for a fitness boot camp unlike any you've experienced. Camp Coleman combines circuit training with cardio, weights, and ab work in one intense workout to help you reach and maintain your fitness goals. Whether your goal is to lose weight, tone, or just become more confident, this program is for you! Classes are fun, energizing, and diverse, and include a free initial and post boot camp assessment. Drop-ins welcome.

Location: The REC • **Ages:** 13+
Fee (monthly): $90 Mem / $100 Non-mem
Instructor: Larry Coleman, CI, MPTR

Mon, Wed, Fri	706203	5:45-6:15 AM

WORKOUT WITH WENDY

Instructor: Wendy Dolan
Email: WendyJD1@yahoo.com

Pilates I

Anyone can do Pilates and achieve amazing results. Pilates offers an effective method of cross-training that can enhance your performance in sports activities and all other workouts. This class incorporates Pilates mat and floor barre exercises that will strengthen your core muscles and help you tone your body, flatten your abs and increase your flexibility, balance and stamina. Pilates I will revitalize you and transform the way your body looks, feels and performs! Drop-ins welcome.
Location: The REC • **Ages:** 13+
Fee (monthly): $22 Mem / $32 Non-mem (4x mo) or $40 Mem / $50 Non-mem (8x mo)
Instructor: Wendy Dolan

Mon and/or Thu	706204	5:10-5:40 PM

Pilates II – Strength & Sculpt — NEW

Sculpt your upper body and challenge your core: Fusing Pilates, floor barre exercises and strength training, this is a 30-minute weighted workout that will help you develop muscular strength and tone your entire body. Drop-ins welcome.
Location: The REC • **Ages:** 13+
Fee (monthly): $22 Mem / $32 Non-mem
Instructor: Wendy Dolan

Wed	706403	5:10-5:40 PM

Pilates III – Glutes Plus

Pilates works the entire body. Along with your core, these exercises focus on the lower half of your body. Tone up with Pilates Glutes Plus for your glutes, legs, core and more! Drop-ins welcome.
Location: The REC • **Ages:** 16+
Fee (monthly): $25 Mem / $35 Non-mem
Instructor: Wendy Dolan

Mon	706214	6:45-7:15 PM

Pilates Sculpt Express

Pressed for time? This quick 15-minute sculpting class focuses on strengthening and toning your upper body while engaging your core. Experts say weight-bearing exercise staves off the risk of osteoporosis, boosts your immune system and helps fast-track weight loss. 15 Minute Sculpt Express: Efficient and Effective! Drop-ins welcome.
Location: The REC • **Ages:** 13+
Fee (monthly): $20 Mem / $30 Non-mem (8x mo), $10 Mem / $20 Non-mem (4x mo)
Instructor: Wendy Dolan

Mon	706223	5:45-6:00 PM
Thu	706608	5:45-6:00 PM
Mon and Thu	706610	5:45-6:00 PM

CYCLELATES

The perfect blend: Cycling and Pilates. Flatten your abs, increase flexibility and build core strength with Pilates mat exercises + weights. Burn lots of calories, get lean and build cardiovascular strength with indoor cycling. Cyclelates incorporates 25 minutes of Pilates followed by 25 minutes of cycling to challenge all fitness levels. Core and Cardio: Get it all accomplished in just one workout! Drop-ins welcome (permitting class is not full).
Location: The REC • **Ages:** 16+
Fee (monthly): $32 Mem / $42 Non-mem
Instructor: Wendy Dolan

Mon	706251	6:45-7:45 PM

Beginner Cycling

If you've always wanted to try an indoor cycling class, this 20-minute beginner class is for you! Beginner Cycling is particularly for those who want a basic introduction to indoor cycling. You'll select your own personal intensity level through body position and bike tension and ride at your own pace. Cycling is an effective, low impact way to build cardiovascular strength, burn calories, de-stress and have fun! Drop-ins welcome (permitting class is not full).
Location: The REC • **Ages:** 13+
Fee (monthly): $16 Mem / $26 Non-mem (4x mo) or $30 Mem / $40 Non-mem (8x mo)
Instructor: Wendy Dolan

Mon and/or Thu	706225	6:10-6:30 PM

Cycle Fusion

Take the incredibly effective, calorie-busting workout of cycling and fuse it with total body conditioning to create an amazing cross-training experience! Drop-ins welcome (permitting class is not full).
Location: The REC • **Ages:** 16+
Fee (monthly): $30 Mem / $40 Non-mem
Instructor: Wendy Dolan

Wed	706308	6:00-6:50 PM

Saturday Morning Cycling

Rise and shine with this high energy cycling workout to start your weekend! Nothing beats a cycling class for a low-impact, invigorating, calorie-crushing workout. With the lights off, fans blowing and music rockin', this class is the perfect way to get strong and lean and build cardiovascular endurance. Get in, get sweaty and get on with your day! Drop-ins welcome (permitting class is not full).
Location: The REC • **Ages:** 16+
Fee (monthly): $30 Mem / $40 Non-mem
Instructor: Wendy Dolan

Sat	706616	8:00-8:50 AM

Martial ARTS

Tae Kwon Do / Hapkido
Grand Master Kim Davis is the founder of Freedom Martial Arts Academy with over 30 years of martial arts experience. She is a 7th Dan Taekwondo, 5th Dan Hapkido, and Black Sash in Senkotiros Arnis. In addition, GM Davis is a 1st Class WTF International Referee and was a 1993 USTU National gold medalist in both sparring and forms.
Supply Fee: Belt test and equipment available upon request from instructor.

Youth Tae Kwon Do
Tae Kwon Do, a Korean martial art, is for all ages and fun for the entire family. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being. Youth students learn & practice side by side with adult class students to see what is possible as they gain confidence.
Location: The REC • **Ages:** 6-11
Fee (monthly): $50 Mem / $60 Non-mem (individual) or $120 Mem / $130 Non-mem (family of 3+)
Instructor: GM Kim Davis, 7th DAN

Mon, Thu	706800 (ind)	7:00-8:00 PM
Mon, Thu	706802 (family)	7:00-8:00 PM

Adult Tae Kwon Do / Hapkido
Tae Kwon Do/Hapkido, Korean martial arts, are for all ages and fun for the entire family [Hapkido lower age limit = 12yrs]. Improve flexibility, concentration, general conditioning, hand/eye coordination, balance, selfdiscipline, and physical/mental well-being. Students in the advanced class will learn to apply skills in forms, sparring, and self-defense applications. Hapkido adds grappling and some weapons techniques to Tae Kwon Do skills.
Location: The REC • **Ages:** 12+
Fee (monthly): $50 Mem / $60 Non-mem (individual) or $120 Mem / $130 Non-mem (family of 3+)
Instructor: GM Kim Davis, 7th DAN

Mon, Thu	706801 (ind)	7:00-8:30 PM
Mon, Thu	706803 (family)	7:00-8:30 PM

Stick Fighting
Senkotiros arnis (stick fighting) is a Philippine art using 5 basic strikes combined with defense shielding and disarming skills. Training is progressive to match skills to the student's ability. Students are encouraged to continue developing their skills to advance in Senkotiros arnis and/or add to their martial art knowledge. The students will use sticks and dull surfaced practice knives during training classes. Students do not need prior martial art training.
Location: The REC • **Ages:** 12+
Fee (monthly): $40 Mem / $50 Non-mem (individual)
Instructor: GM Kim Davis, 7th DAN
Note: Enroll in Adult Tae Kwon Do (706801) and add Stick fighting for only $30 more per month.

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

Legends Karate
Martial arts classes designed specifically for Kids, Teens, and Adults. Our curriculum is designed by 10th degree black belt Grandmaster J Pat Burleson and 7th degree black belt Master Chance Burleson. The curriculum focuses on perfecting martial arts techniques along with a focus on discipline and control.
Location: The REC
Fee (monthly): $55 Mem / $65 Non-mem
Instructor: Legends Martial Arts
Website: legendsmartialarts.com
Phone: 817.285.8484
Notes: $5 discount for each additional family member

Beginner Kids (White to Orange Belts) • **Ages:** 6-11

Tue	706701	5:00-5:45 PM

Add Kali-4Kids to Beginner Student for an additional $30/mo.

Advanced Kids (Green to Black Belts) • **Ages:** 6-11

Tue	706702	5:45-7:30 PM

Add Kali-4Kids to Advanced Student for an additional $30/mo.

Teens and Adults (White to Black Belts) • **Ages:** 12+

Tue	706703	7:30-9:00 PM

Add Kali Combat to Teen/Adult Karate Student for an additional $30/mo.

Lil' Legends Pre-K Karate
Martial arts classes designed for 3, 4 and 5 year olds. Our curriculum is designed by a black belt with a Master's Degree in Occupational Therapy for Pre-K aged children. Participants must test out of the first class to make it to the "advanced" class, which focuses on perfecting martial arts techniques.
Location: The REC
Fee (monthly): $55 Mem / $65 Non-mem
Instructor: Legends Martial Arts
Website: legendsmartialarts.com
Phone: 817.285.8484
Note: $5 discount for each additional family member.

Beginner (White to Orange Belts) • **Ages:** 3-5

Tue	706704	5:15-6:00 PM

Advanced (Green to Black Belts) • **Ages:** 3-5

Tue	706705	5:45-6:45 PM

Kali
Kali is a system rooted deep in the history of the indigenous cultural art of the Philippines, and designed to disguise the practical application of the combative art Pekiti Tirsia.
Location: The REC
Fee (mo): $55 Mem / $65 Non-mem
Instructor: Legends Martial Arts
Website: legendsmartialarts.com
Phone: 817.285.8484
Note: $5 discount for each additional family member.

Kali-4-Kids
Kali-4-Kids is Kali that teaches effective empty hand self-defense, combative stick fighting, leadership, motor skills and muscle memory, immensely improved hand eye coordination, goal setting and overcoming challenges.
Ages: 6-12

Mon 706713 7:00-7:45 PM

Kali Combat
Kali Combat teaches Kali that focuses on the knife, single stick, double stick, and empty hand. You will learn effective self-defense, hand eye coordination, motor skills, muscle memory, fitness, and self-discipline.
Ages: 13+

Mon 706714 7:30-8:30 PM

Dragon Wing Chun Kung Fu
Dragon James Fell has practiced martial arts for over 45 years starting with Japanese Martial Arts in 1967 focused on Shotokan Karate and later with Chinese Martial Arts focused on Wing Chun Kung Fu. Familiar with various martial arts styles and street self-defense techniques, James devotes his time to helping people of all ages by sharing his self-defense knowledge and the art of Wing Chun Kung Fu. He currently has a rank of black belt with instructor credentials.
Location: The REC • **Ages:** 10+
Fee (mo): $30 Mem / $40 Non-mem
Instructor: Dragon James Fell
Website: DragonWingChun.com
Email: JamesFell@DragonWingChun.com

Sat 706104 7:30-9:30 AM

Fine ARTS

Art Class
Learn to mix colors and color theory, paint in different styles and media with acrylics and oils.
Location: The REC • **Ages:** 10+
Fee (4 wks): $48 Mem / $58 Non-mem
Instructor: Rexana Ostuni
Supplies: Canvas, paper or board, paint brushes (flat; small, medium and large table easel). Paint will be furnished by instructor.
Additional Info: Before taking Art Class, students must complete Drawing & Pastels.

Tue 705202 6:00-7:30 PM

Drawing & Pastels
Drawing from basic shapes, landscapes, perspective, still life and animals. Drawings will be finished in a pencil or pastels.
Location: The REC • **Ages:** 6-12
Fee (4 wks): $45 Mem / $55 Non-mem
Instructor: Rexana Ostuni
Supplies: Bring 11"x14" drawing tablet and #2 pencils. Pastels will be supplied by the instructor.

Tue 705218 4:30-5:45 PM

Private Music Lessons — NEW
Music lessons for all ages, styles and skill levels. Learn how to play an instrument, how to read music and play by ear. The lessons offered are guitar, piano, drums, ukulele, mandolin banjo and voice. Registration is a continuous process. Students register monthly.
Location: The REC • **Ages:** 7+
Fee: $105 Mem / $115 Non-mem (4 lessons) or $210 Mem / $220 Non-mem (8 lessons)
Instructor: Kevin Nassiff
Note: Students will be contacted by an instructor to set the day and time for your lessons.
Phone: 817.584.5818
Email: texasguitarville@gmail.com
Code: 705210 (4 lessons) or 705209 (8 lessons)
Code: First-time participants that register for the 8 lesson package will receive a free guitar or keyboard to take home and keep. Supplies limited.

Clogging
Want to learn to Clog? Well getting started is easy and fun. You don't need a partner or any previous dance experience. You will learn the 8 basic steps and some fun dances! Shoes and Taps are required and may be ordered. We will have shoe and tap info at the first class.
Location: The REC • **Ages:** 14+
Fee: $20 Mem / $30 Non-mem
Instructor: John Pryor

Beginners
Mon 709221 7:00-7:35 PM

Easy
Mon 709220 7:40-8:15 PM

Intermediate
Mon 709222 8:20–8:55 PM

Advanced
Mon 709223 9:00–9:30 PM

Belly Dance: Improv Tribal Style
In this class you will learn Improv Tribal Style belly dancing (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength building, and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the ITS format. This is a low impact dance suitable for all ages and body types.
Location: The REC • **Ages:** 14+
Fee (4 wks): $28 Mem / $38 Non-mem
Instructor: Tiffany Skalberg
Website: Tribalevolution.com

Wed 709110 8:00–9:00 PM

Fencing Class — NEW
En garde! Kids can now learn the exciting sport of Olympic Fencing. It is a safe and fun individual sport that improves concentration, agility, strength and self-esteem. Students will be provided with equipment and the basic skills to become modern day musketeers!
Location: The REC • **Ages:** 8-14
Fee: $49 Mem / $59 Non-mem
Instructor: Janos Gasparin
Website: gasparinfencing.com
Class: Monthly

M, W 706200 6:00-7:00 PM

Special INTEREST

Babysitter's American Red Cross Training

This eight-hour babysitting course covers a variety of topics including: preventing accidents and illnesses, basic first aid, reviewing choking procedures, rescue breathing and making professional decisions in babysitting. The class is 90% participation. All successful participants will receive a babysitting training book the day of class.
Location: The REC • **Ages:** 11+
Fee: $75 Mem / $85 Non-mem
Instructor: ARC Certified Instructor
Notes: There will be a 30-minute lunch break for lunch. Please provide your own lunch, snacks and drinks.
Code: 709703

Oct 15, Nov 19 9:00 AM–4:00 PM

Community First Aid & Safety

This course prepares you to rescue victims who are experiencing cardiopulmonary distress. Course includes information on adult, child and infant CPR, along with first aid for a variety of conditions including bleeding, injuries to bones, muscles and joints, sudden illness and heat and cold injuries. Successful participants earn two certificates: American Red Cross Community CPR (valid for 2 years), and ARC Community First Aid (valid for 2 years).
Location: The REC • **Ages:** 10+
Fee: $77 Mem / $87 Non-mem
Instructor: ARC Certified Instructor
Code: 709702

Sept 17, Dec 17 9:00 AM–4:00 PM

Defensive Driving

Bright Driver is a National Safety Council defensive driving course for all individuals that need an auto insurance discount and/or need to dismiss a traffic citation. This is a six hour course that can also be used a corporate safety course to a dismiss a traffic citation anywhere in the United States.
Location: The REC • **Ages:** 16+
Fee: $35 Mem / $45 Non-mem
Instructor: J. T. Brinson
Website: brightdriversafety.com
Session: 09-Sept 3, 10-Oct 8, 11-Nov 12, 12-Dec 10, 01-Jan 7, 2017, 02-Feb 11, 2017

Sat 709736 9:00 AM–3:30 PM

Essential Oils Class — NEW

Learn what essential oils are, where they are from, why they are effective and how to experience their benefits in daily health support. Different plants will be highlighted each week and participants will take home an essential oil or essential oil blend to enjoy for the week.
Location: Grapevine Botanical Gardens (Pewitt Pavilion)
Ages: Adult & 13-17 with registered Parent or Guardian
Fee: $65 Mem / $75 Non-mem
Instructor: doTerra Wellness Advocate
Phone: 469.222.3503
Email: gabriellaobrecht@gmail.com
Class: Sat • 1:00-3:00 PM

Essential Oils 101:
Sept 10, 17, 24 • 709600-09
Wk 1: Getting Started
Wk 2: Women's Health
Wk 3: For the Classroom –Cleaning, Focusing & Studying

Essential Oils for Life I:
Oct 8, 15, 22 • 709601-10
Wk 1: Oils for Wintertime & Travel
Wk 2: Food Prep & Cooking
Wk 3: Families & Essential Oils

Essential Oils 102:
Nov 5, 12, 19 • 709602-11
Wk 1: Essentials Oils – Keep Going!
Wk 2: Food Prep & Cooking, Lunch and Dinner
Wk 3: What is the Aroma Touch Technique?

Essential Oils (Mommy & Me) — NEW

Mommy & Me classes will include information about the plant of the week, life application how we use the plant, what part of the plant the essential oil is from, common uses of the essential oil, sensory experiences related to the plant such as tasting an optional snack or juice, olfactory awareness and ASL signs for related fruit/food and colors. Adults will enjoy making aromatherapy jewelry in the final class session.
Location: Grapevine Botanical Gardens (Pewitt Pavilion)
Ages: Nurslings & Newborns to 4 yrs & Parent / Legal Guardian
Fee: $65 Mem / $75 Non-mem
Instructor: doTerra Wellness Advocate
Phone: 469.222.3503
Email: gabriellaobrecht@gmail.com
Class: Fri • 11:00 AM-12:00 PM

Plants with Protective Properties:
Sept 9, 16, 23 • 709604-09

The Citrus Experience:
Oct 7, 14, 21 • 709605-10

Introduction to Photography

This four-session introductory photography series guides students to progress beyond taking snapshots to creating photographs by focusing on composition, perspective and camera operation. We begin by exploring your camera's capabilities and learn how to manually adjust for shutter speed, aperture and ISO. This series will also help you improve your understanding of composition, light, depth-of-field, and perspective. Each two-hour session includes time for practicing the concepts and techniques discussed. Students need to bring a camera and the camera manual. A digital SLR or compact camera with manual controls is essential for this class.
Location: The REC • **Ages:** 16+
Fee: $135 Mem / $145 Non-mem
Instructor: Bruce Rosenstiel
Email: bruce@smallworldphotos.net
Phone: 817.528.5993

Session 11: Nov 6, 13, 20 & Dec 4
Sun 304701 1:30-3:30 PM

Intermediate Photography (Processing Your Images)

The introductory class focuses on composition, perspective and camera operation to create images. This four-session intermediate photography series builds on the experience and skills learned in Introduction to Photography by using your photos and other students' photos to discuss composition, perspective, content and settings while processing images to improve their presentation. In this class students are introduced to an effective digital workflow using Adobe light room and other software. We cover the most important aspects of creating and maintaining your photo library while devoting most of the sessions to learning and applying the processing tools inherent in light room. Students who bring a laptop with processing software loaded will find that beneficial, but not essential. At the end of class students will be able to effectively manage their photo library and improve the look and presentation of their images.

Location: The REC • **Ages:** 16+
Fee: $135 Mem / $145 Non-mem
Instructor: Bruce Rosenstiel
Email: bruce@smallworldphotos.net
Phone: 817.528.5993

Session 11: Nov 6, 13, 20 & Dec 4

Sun	304700	4:00-6:00 PM

Racquetball Lessons

Cheryl Bird is a long time Grapevine resident who's been teaching beginning and intermediate racquetball almost since the opening of the original Community Activities Center.

Cheryl has been married for 36 years, has 4 grown children and 5 grandchildren. She has been playing racquetball for almost 32 years. If you're interested in scheduling private lessons with Cheryl, please contact her at 817.689.3644 or cherylbird57@verizon.net.

Grapevine Ping Pong Club — NEW

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

Location: The REC
Group Lesson Fees: $56 Mem / $66 Non-mem. Classes are held monthly.
Instructor: Coach Yahao Zhang

Beginner (Ages 5-17)

Thu	709013	6:00-7:00 PM
Sat	709020	2:00-3:00 PM

Beginner (Ages 18+)

Sat	709023	2:00-3:00 PM

Intermediate (Ages 5-17)

Thu	709014	7:00-8:00 PM
Sat	709021	3:00-4:00 PM

Intermediate (Ages18+)

Sat	709024	3:00-4:00 PM

Advanced (Ages 5-17)

Sat	709022	4:00-5:00 PM

Advanced (Ages 18+)

Sat	709025	4:00-5:00 PM

Individual Lesson Fees:
Coach: Yahao Zhang
Coach Zhang is a U. S. National Team member and rated as one of the top 10 players in the U.S.

Sat • 4:00-5:00 PM (to be scheduled)
Code: 709015
Fee: $200/mo (4 lessons)

Coach: Ines Zhang
Sat • 4:00-5:00 PM (to be scheduled)
Code: 709016
Fee: $150/mo (4 lessons)

Policies: Up to two make-up lessons are allowed per session. The make-up lessons must be completed in the subsequent coaching session and they must be approved by the coach 24 hours in advance of the desired lesson.
Phone: 817.372.0819
Email: gppctx@gmail.com

Fall Grapevine Amateur Ping Pong Tournament — NEW

Register before September 15 to avoid a $10 late registration fee. For more information and to register go to www.gppctx.com or e-mail gppctx@gmail.com or call 817.372.0819.

Texas License To Carry Class

This one day (6 hr) course satisfies the handgun license. This course will cover use of force, handgun safety, prohibited carry laws, scenarios, concealment methods and much more. Course includes both written and proficiency (shooting) exams. The shooting proficiency will be conducted at Shoot Smart Indoor Range in Grand Prairie and an opportunity to shoot will be offered prior to class on a Thursday or Friday. Clients will be contacted prior to class by email with additional information.
Location: The REC • **Ages:** 21+
Fee: $79 Mem / $89 Non-mem
Instructor: Mike Duff
Phone: 817.719.9512
Email: mike@group6training.com
Notes: There will be a one hour lunch break. Additional gun range fee of $15 paid to instructor.

Sept 17	709795	8:00 AM–3:00 PM
Nov 19	709795	8:00 AM–3:00 PM
Jan 21	709795	8:00 AM–3:00 PM

Kids PROGRAMS

Pre-School Gymnastics
This class is designed to promote physical activity and motor skill development. Basic gymnastics skills such as rolls, bridges, handstands and cartwheels will be introduced. Students will also be exposed to other gymnastic equipment as the balance beam.
Location: The REC • **Ages:** 3-5
Fee (monthly): $32 Mem / $42 Non-mem
Instructor: Gypsy Mishoe

Tue	708205	4:15–5:00 PM

Beginning Gymnastics 1
This class is designed as an introduction to gymnastics. Students will learn floor skills such as rolls, cartwheels, handstands and backbends. Students will also be introduced to the balance beam and vault.
Location: The REC • **Ages:** K-7 yrs
Fee (monthly): $32 Mem / $42 Non-mem
Instructor: Gypsy Mishoe

Tue	709327	4:15-5:00 PM

Beginning Gymnastics 2
This class is designed for older children who have little experience with gymnastics. Students will learn floor skills such as rolls, cartwheels, hand stands and backbends. Students will also be introduced to the balance beam and vault.
Location: The REC • **Ages:** 8-12
Fee (monthly): $32 Mem / $42 Non-mem
Instructor: Gypsy Mishoe

Tue	709202	5:00-5:45 PM

Advanced Intermediate Gymnastics
This class is designed for the young gymnast who has already mastered the basic skills of the sport. Students entering this class should be able to do a cartwheel, a handstand and a backbend with little or no assistance. We will be working on more advanced skills such as front and back walk-overs and handsprings. Students will also spend a portion of each class developing flexibility and strength.
Location: The REC • **Ages:** 7-14
Fee (monthly): $32 Mem / $42 Non-mem
Instructor: Gypsy Mishoe

Tue	709328	5:00-5:45 PM

Early Achiever's Preschool Academy
Academic Pre-School Program for 3-5 year olds
This fun-filled preschool class utilizes a hands-on theme based yearly curriculum that focuses on the academic, social, emotional, physical and creative development of each student. Areas of reading, writing, science, safety, health, social studies, math, art, music and movement are included. Fun learning activities include language, music and art appreciation, visual and spatial perception, logical and mathematical calculation, social interaction, fine and gross motor skills, phonetic awareness and building alphabet skills including letter identification, providing a strong foundation for further developing reading skills.
Location: The REC • **Ages:** 3-5
Fee (monthly): $119 Mem / $129 Non-mem or $85 Mem / $95 for prorated 3-week August session.
Instructor: Rare Learning
Note: Ratio of 1:10. Please bring a snack.
Phone: 972.567.1771
Email: info@rarelearning.com
Additional Info: $10 supply fee paid to instructor first day of class. Children must be potty trained.
Sessions: 09—Aug 30-Sept 23, 10—Sept 27-Oct 21, 11—Oct 25-Nov 18, 12—Nov 29-Jan 6, 01—Jan 10-Feb 3, 02—Feb 7-Mar 3

Tue, Fri	708315	9:30 AM-12:00 PM

Soccer Sparks Skills Class — NEW
The Soccer Sparks Skills classes are designed with the main goals of sparking the passion for the game in young players and teaching them sound principles and techniques of the game in a fun and positive environment. The Soccer Sparks approach and carefully designed age appropriate curriculum fosters skill improvement and builds player confidence. Learn how to perfect your skills such as dribbling, passing, shooting and teamwork.
Location: The REC (turf field) • **Ages:** 2–3, 4–5 & 6–9
Fee: $44 Mem / $54 Non-mem
Instructor: Soccer Sparks, USSF National level coach
Phone: 469.878.8550
Email: stars@soccersparks.com
Session 1: Sept 12-Oct 3 • **Session 2:** Oct 17-Nov 7
Session 3: Nov 21-Dec 12

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

*30 minute parent/child class.

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

Location: The REC • **Ages:** 3-6
Fee (monthly): Mem $42 / Non-mem $52
Instructor: Jo-Ann Ingram
Additional Info: Wear comfortable play clothes; girls may wear dance attire.

Tue 708403 10:45-11:25 AM

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

Location: The REC • **Ages:** 18 months-3 yrs
Fee (monthly): Mem $30 / Non-mem $40
Instructor: Jo-Ann Ingram
Additional Info: Wear comfortable play clothes; girls may wear dance attire.

Mon 708404 9:30-10:00 AM

TITLE	AGE	DAYS / TIMES	INSTRUCTOR	NON-MEM FEE (Monthly)	CODE
Ballet/Tap for Pre-School	3-5 yrs	Mon / 10:00-10:40 AM	Jo-Ann Ingram	$52	708201
Ballet/Tap for Pre-School	3-5 yrs	Mon / 10:45-11:25 AM	Jo-Ann Ingram	$52	708202
Ballet/Tap for Pre-School	3-5 yrs	Tues / 10:00-10:40 AM	Jo-Ann Ingram	$52	708301
Ballet/Tap for Pre-School	3-5 yrs	Thur / 3:15-4:00 PM	Jo-Ann Ingram	$52	708509
Ballet/Tap	5-7 yrs	Thur / 4:00–4:40 PM	Jo-Ann Ingram	$52	708510
Ballet/Tap	6-12 yrs	Thur / 4:45-5:25 PM	Jo-Ann Ingram	$52	708511
Ballet/Tap for Pre-School	3-5 yrs	Thur / 5:30-6:10 PM	Jo-Ann Ingram	$52	708503
Ballet/Tap	6-12 yrs	Thur / 6:15–6:55 PM	Jo-Ann Ingram	$52	708504
Ballet/Tap for Pre-School	3-5 yrs	Sat / 10:00-10:40 AM	Little Dancer's Instructor	$52	708701
Ballet/Tap	6-12 yrs	Sat / 10:45-11:25 AM	Little Dancer's Instructor	$52	705700
Jazz / Hip Hop	6-12 yrs	Sat / 11:30-12:15 PM	Little Dancer's Instructor	$52	708700
*Leaps, Turns & Combos	13-17 yrs	Sat / 12:30-1:30 PM	Little Dancer's Instructor	$58	708314

Ms. Jo-Ann's classes are progressive, with a formal recital in December (TBA)
Additional Information: Siblings receive $5 discount. Members will get a $10 discount.

*Classes will work on stretches, leaps and turns that will be put together in combinations and dance routines. Expect to have fun while learning and exercising.

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

Youth SPORTS

Grapevine Athletics Staff:
Andrea Tredaway
Athletics Coordinator, Adult Sports • 817.410.3457
atredaway@grapevinetexas.gov

Chris Wise
Recreation Specialist • 817.410.3917
cwise@grapevinetexas.gov

Scott Hardeman
Athletics Manager • 817.410.3476
scottha@grapevinetexas.gov

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

Registration Information: Space is limited – first come, first served. Register online at playgrapevinereg.com.

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

Schedules and Standings: playgrapevine.com

Athletic Refunds
If approved, all refunds may carry up to a 20% administration fee. For inquiries or a refund request form, please call 817.410.3472 or 817.410.3457.

Volunteer Youth Sports Coaches Needed:
For more information, please call 817.410.3472.

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

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

League Schedules:
We attempt to make every effort to accommodate schedule requests. However, we cannot guarantee all requests.

All Youth Sports Leagues:
A copy of child's birth certificate and team roster is mandatory and due at the coaches meeting.

Venue Alert:
The Parks & Recreation Department utilizes many facilities that are not owned and/or managed by the City of Grapevine for practices and games. In some cases after our schedules are set, we may receive notice that a particular facility is no longer available for use. In the event that this occurs and there is a last minute cancelation or change, we will make every attempt to notify each team of the change and re-schedule your practice or game.

Girl's Fall Youth Volleyball

Registration: Aug 8–29
Late Registration: Aug 30–Sept 5*
Ages: As of Sept 1, 2016

Divisions:

Girl's Individual		Girl's Team	
8 & Under	612406-13	8 & Under	612407-13
10 & Under	612400-13	10 & Under	612403-13
12 & Under	612401-13	12 & Under	612404-13
14 & Under	612402-13	14 & Under	612405-13

Fees: $90/Individual Resident $440/Team Resident
$100/Individual Non-Res $460/Team Non-Res
***Beginning Aug 30, a 10% late fee will be added**

Coaches' Meeting: Sat, Sept 10, 9:30 AM, GMS, 301 Pony Pkwy
Rosters are due at time of the coaches' meeting!
Practices Begin: Week of Sept 18
Season Dates: Sept 24-Nov 19

Additional Info: Practices will be held at local GCISD facilities Sun–Thur. Coaches will sign-up for their teams practice site and time at the coaches meeting. Jerseys are provided for the individual division only. This is a eight-game league. For more information, call 817.410.3450.

Fall Youth Basketball Leagues

Team Registration Only
Registration: Aug 8–29
Late Registration: Aug 30–Sept 5*
Site: GCISD facilities

Divisions:

Boy's Teams		Girl's Teams	
8 & Under	612712-13	8 & Under	612718-13
10 & Under	612713-13	10 & Under	612719-13
12 & Under	612714-13	12 & Under	612720-13
14 & Under	612715-13	14 & Under	612721-13

Fees: Residents $395/team
Non-residents $415/team
***Beginning Aug 30, a 10% late fee will be added**

Coaches Meeting: Sat, Sept 10, 11:00 AM, GMS, 301 Pony Pkwy
Practices Begin: The week of Sept 18. Practices will be held at local GCISD facilities Sunday-Friday. Coaches will sign up for their team's practice site and time at the coaches meeting.
Season Dates: Sept 24-Nov 5
TAAF rules age/division (Team Registration's only): Age as of Sept 1, 2016.

Additional Info: This league is designed for teams that are already formed. Competitive select divisions and recreational divisions are available. For more information, call 817.410.3450. Practice times are available through Grapevine Parks & Recreation for the fall youth basketball season. This is a 6-game league.

Winter Youth Basketball Leagues

Registration: Oct 2–23
Late Registration: Oct 24–31*
Site: GCISD facilities

Divisions:

Boy's Individuals		Girl's Individuals	
8 & Under	612700-11	8 & Under	612706-11
10 & Under	612701-11	10 & Under	612707-11
12 & Under	612702-11	12 & Under	612708-11
14 & Under	612703-11	14 & Under	612709-11

Boy's Teams		Girl's Teams	
8 & Under	612712-11	8 & Under	612718-11
10 & Under	612713-11	10 & Under	612719-11
12 & Under	612714-11	12 & Under	612720-11
14 & Under	612715-11	14 & Under	612721-11
16 & Under	612716-11		

Fees: $100/Individual Resident $500/Team Resident
$110/Individual Non-Res $525/Team Non-Res
***Beginning Oct 24, a 10% late fee will be added**

Coaches Meeting: Sat, Nov 12 at 9:00 AM, GMS, 301 Pony Pkwy
Rosters are due at time of the coaches' meeting!
Practices Begin: Begin week of Nov 28. Practices will be held at local GCISD facilities Sunday-Friday. Coaches will sign up for their team's practice site and time at the coaches meeting.
Season Dates: Dec 3-Feb 27, 2017
Additional Information: The Parks & Recreation department will make every effort to place your child on a team with a special friend or coach; however, we cannot accommodate schedule requests, or coaches that coach more than one team. For more information, call 817.410.3450.

Higher Goals Basketball Camp

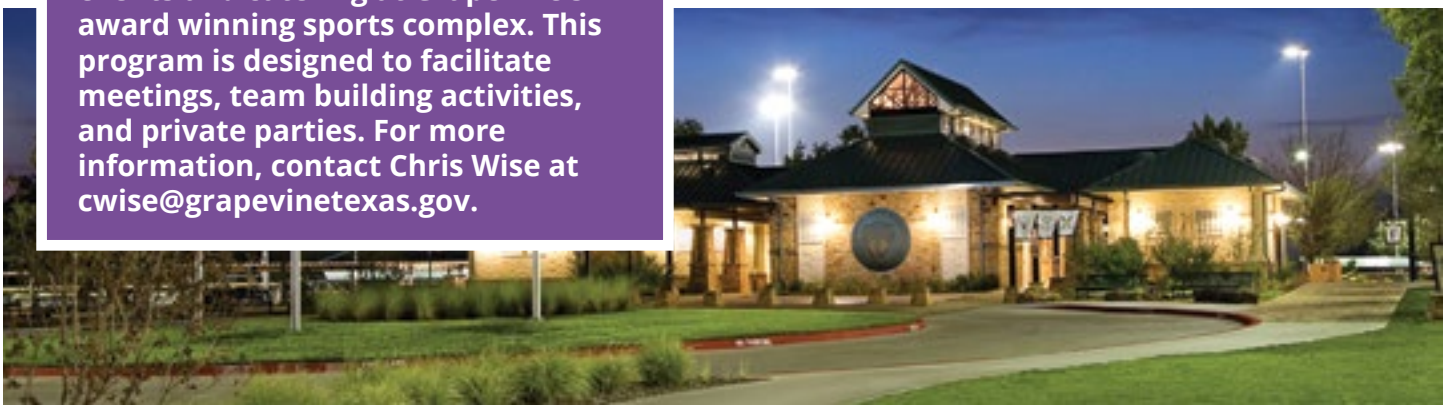
Camp Schedule will include daily detailed work in ball handling, shooting, rebounding, defense and passing. Camp will include daily life skills and basketball 101 sessions. Camp awards distributed!

Dates	Times	Ages	Code	Site	Fee
Nov 21-23	9:00 AM-12:00 PM	7–16	603921-14	TBA	$90
Dec 19-23	9:00 AM-12:00 PM	7–16	603921-15	TBA	$120
Dec 26-30	9:00 AM-12:00 PM	7–16	603921-16	TBA	$120

NOW AVAILABLE!

Oak Grove Ball Field Complex Events & Catering

Oak Grove Ball Field Complex will serve local businesses, groups and clubs with opportunities for events and catering at Grapevine's award winning sports complex. This program is designed to facilitate meetings, team building activities, and private parties. For more information, contact Chris Wise at cwise@grapevinetexas.gov.



YOUTH SPORTS ASSOCIATIONS

Grapevine Baseball & Softball (GBS)

Recreational Baseball & Softball: Ages: 3–18
Select Baseball: Ages 8–18 (must attend tryouts and subsequently be selected for a team)
Select Softball: Ages 10–18 (must attend tryouts and subsequently be selected for a team)

Spring Registration: Online registration will begin in December at gbsa.org. If registering online, must pay with credit card. If mailing registration form with a check, mail to: GBS – 1175 Municipal Way, Grapevine, TX 76051.

Fall Registration: Online registration will begin in June at gbsa.org. If registering online, must pay with credit card. If mailing registration form with a check, mail to: GBS – Registration, 1175 Municipal Way, Grapevine, TX 76051.

More Info: Please visit gbsa.org or contact us at 817.410.3457. Visit the website to sign up for our mailing list to be informed of registration dates, select tryouts, rainouts and other important information.

Grapevine & Colleyville Youth Football Association (GCYFA)

Fall 2016 • Football Season

Tackle Divisions: 2nd-6th grades in Fall 2016
Flag Division: Kindergarten through 1st grade in Fall 2016
Season dates: September through early November
Registration: Online in April
• Players play in divisions based on school grade (2016-17 school calendar)
• Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
• Other Associations participating in the league include Southlake, Northwest, Trophy Club/Roanoke and Coppell

Spring 2017 • 7-on-7 Touch Football Season

Season Dates: Mid-April through early June
Registration: Online in late January
• Non-contact and no tackle football
• Players play in divisions based on school grade (2016-17 school calendar) 1st through 8th grade
• Player eligibility: Must be a Grapevine or Colleyville resident and/or attend GCISD school
• Other Associations participating in the league include Southlake, Northwest, Trophy Club/Roanoke, and Coppell

More information and registration at: gcyfa.org

Grapevine Southlake Soccer Association (GSSA)

Recreational Soccer: Ages 3–Adult

Fall Season: Early Sept through mid-Nov
Spring Season: Early Mar through mid-May
Registration: May-Jul for Fall • Nov-Jan for Spring
Website: gssasoccer.org
Office Phone: 817.410.9950

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

Adult SPORTS

Grapevine Athletics Staff:
Andrea Tredaway
Athletics Coordinator, Adult Sports • 817.410.3457
atredaway@grapevinetexas.gov

Chris Wise
Recreation Specialist • 817.410.3917
cwise@grapevinetexas.gov

Scott Hardeman
Athletics Manager • 817.410.3476
scottha@grapevinetexas.gov

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

Registration Information: Space is limited – first come, first served. Register online at playgrapevinereg.com.

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

Schedules and Standings: playgrapevine.com

Athletic Refunds
If approved, all refunds may carry up to a 20% administration fee. For inquiries or a refund request form, please call 817.410.3472 or 817.410.3457.

Venue Alert: The Parks & Recreation Department utilizes many facilities that are not owned and/or managed by the City of Grapevine for practices and games. In some cases after our schedules are set, we may receive notice that a particular facility is no longer available for use. In the event that this occurs and there is a last minute cancellation or change, we will make every attempt to notify each team of the change and reschedule your practice or game.

Fall Indoor COED Volleyball

Days	Divisions	Code	Fee
Wed	COED For Fun	611404-11	$190/team
Thur	COED Recreational	611504-11	$190/team

Site: GCISD Facilities
Ages: 16 & up
Registration: Sept. 5-18
Late Registration: Sept. 19-25*
Season Dates: Oct 5–Dec 8 (8 game season)
Schedules: Available online Sept 28
Additional Information: Contact Andrea Tredaway at 817.410.3457.

Fall Flag Football Men's 8-on-8 Leagues

Days	Code	Fee
Sun	611103-11	$350/team

Site: GCISD Facilities
Ages: 16 & Up
Registration: Aug 29–Sept 5
Late Registration: Sept 6–12*
Season Dates: Sept 18–Nov 13
Schedules: Available online Sept 14

Fall Flag Football Men's 4-on-4 Leagues

Days	Code	Fee
Tue	611302-11	$270/team

Site: GCISD Facilities
Ages: 16 & Up
Registration: Oct 17-30
Late Registration: Oct 31–Nov 7*
Season Dates: Nov 15-Feb 7, 2017
Schedules: Available online Nov 9

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

Fall Men's Basketball

Days	Divisions	Code	Fee
Mon	Recreational	611200-14	$375/team
Wed	Recreational	611400-14	$375/team

Game Site: TBA – GCISD facilities
Ages: 16 & up
Registration: Aug 8-21
Late Registration: Aug 22-Aug 29*
Season Dates: Sept 12-Nov 16
Team Information: Schedules available online Sept 7. For more information, contact Andrea Tredaway at 817.410.3457.

Winter Men's Basketball

Days	Divisions	Code	Fee
Mon	Recreational	611200-11	$375/team
Wed	Recreational	611400-11	$375/team

Game Site: TBA – GCISD facilities
Ages: 16 & up
Registration: Oct 17–30
Late Registration: Oct 31–Nov 7*
Season Dates: Nov 28–Feb 1, 2017 (8 game season)
Information: Schedules available online on Nov 16. For more information, contact Andrea Tredaway at 817.410.3457.

Winter (Freeze Out) Adult Softball Leagues

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

Ages: 16 & Up
Registration: Sept 26–Oct 30
Season Dates: Dec 4–Jan 29, 2017
Schedules: Available online Nov 17
Additional Information: Contact Andrea Tredaway at 817.410.3457.

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

Lake Grapevine Runners and Walkers Club (LGRAW)

LGRAW is a local non-profit organization dedicated to promoting running, walking and fitness in the Lake Grapevine area. Saturday and Sunday mornings are informal group runs in the Oak Grove Park area. For more information, please visit www.lgraw.com
Double Trouble Race - Oct 22

collette
guided by travel

presents...

Spotlight on London

March 2 - 8, 2017 • 7 Days - 7 Meals

Highlights: Buckingham Palace, Big Ben, Stonehenge, Salisbury, London Eye, Shakespeare's Globe Theatre, Traditional Pub Dinner

Delve into the life in London, one of the world's most iconic metropolises. Explore its rich history, culture, and diversity. Join a local expert on a privately guided panoramic tour of the city. See Trafalgar Square, St. Paul's Cathedral, Buckingham Palace, and the Tower of London. Visit mysterious and ancient Stonehenge, a UNESCO World Heritage site. Soar high above the city on the London Eye. Take a step back in time at Shakespeare's Globe Theater. Finally, toast the end to a wonderful journey at a traditional British pub.

- A local expert leads you on a panoramic tour of London.
- Visit Stonehenge, the mysterious formation that dates back to the Stone Age.
- Get a bird's-eye view of the city from the London Eye.
- Discover what it would have been like to see a Shakespeare play in the 16th century at the Globe Theatre.

Double **$2849*** Book by October 3, 2016 and **SAVE $100** per person!**

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

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

TENNIS

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

Pee Wee Tennis
Designed to create eye/hand coordination while learning basic techniques.
Ages: 3-6 yrs
Sessions / Fee: 09, 10, 11, 12 / $39
Day / Time / Code:
Sat / 8:30-9:00 AM / 707740

Junior Beginner
This class is designed for the student interested in learning the technique of each tennis stroke. Each class will be divided by skill level.
Ages: 6-15 yrs
Sessions / Fee: 09, 10, 11, 12 / $80
Day / Time / Code:
Wed / 5:30-6:55 PM / 710251
Sat / 9:00-10:25 AM / 710750

Junior Advanced Beginner
This class is designed for advanced beginner/ intermediate players wanting to improve their skills.
Ages: 6-15 yrs
Sessions / Fee: 09, 10, 11, 12 / $80
Day / Time / Code:
Sat / 10:30 AM-12:00 PM / 707704

Junior Intermediate
This class is designed to offer strategy to those players competing at school or in tournaments. Techniques will continue to be developed. Players must know the scoring system.
Ages: 6-15 yrs
Sessions / Fee: 09, 10, 11, 12 / $80
Day / Time / Code:
Tue / 5:30-6:55 PM / 710350

Junior Advanced
Designed for the serious student with prior instruction. Strategy, technique and point situations will be stressed.
Ages: 6-15 yrs
Sessions / Fee: 09, 10, 11, 12 / $80
Day / Time / Code:
Thur / 5:30-6:55 PM / 710550

Tournament Tough
This class is designed for high school level players (JV & Varsity). This class will emphasize strategies used in tournament competition (Zats/Champs).
Sessions / Fee: 09, 10, 11, 12 / $80
Day / Time / Code:
Tue / 7:00-8:25 PM / 710351
Wed / 7:00-8:25 PM / 710352
Thur / 7:00-8:25 PM / 710353
Package Rate - Tues., Wed., & Thur., 7-8:25 PM 710354
$160

Adult Classes:
Adult Beginner
Designed to teach the basic strokes and techniques. Strategy will be discussed if applicable.
Ages: 15 yrs & up
(or High School Level)
Sessions / Fee: 09, 10, 11, 12 / $80
Day / Time / Code: (lower courts)
Wed / 7:00-8:25 PM / 710252

Adult Advanced Beginner
Ages: 15 yrs. & up
Sessions/Fee: 09, 10, 11, 12 $80
Day / Time / Code:
Thur / 7:00-8:25 PM / 710551

Adult Women Classes:
Beginner
Ages: 18 yrs & up
Sessions / Fee: 09, 10, 11, 12 / $80
Days / Times / Codes:
Wed / 11:00 AM-12:30 PM / 710451
Fri / 11:00 AM-12:30 PM / 710652

Advanced Beginner/Intermediate
Ages: 18 yrs & up
Sessions / Fee: 09, 10, 11, 12 / $80
Days / Times / Codes:
Wed / 9:30-10:55 AM / 710450
Fri / 9:30-11:00 AM / 710650

NETT Junior Team Tennis
Designed for players wanting to get involved in NETT junior team tennis. Fees include practices once a week for eight weeks, league fee and team shirt. Fee does not include USTA membership. Team tennis matches are on Sundays. Call Austin Wynne at 214.668.1619 for more information or to sign up.
Ages/Time: 7 -18 yrs, 5:30 – 6:55 PM
Days: Thursdays, Matches on Sundays
Fee: $200 (8 weeks)
Session/Dates: 09 (Dates TBA)
Code: 707200

Grapevine Fall Open
All tournaments will have a male and female divisions.

Adult Divisions		Youth Divisions	
3.5 Singles	711850-10	12 & Under Singles	711860-10
3.5 Doubles	711851-10	12 & Under Doubles	711861-10
4.0 Singles	711852-10	14 & Under Singles	711862-10
4.0 Doubles	711853-10	14 & Under Doubles	711863-10
4.5 Above Singles	711854-10	16 & Under Singles	711864-10
4.5 Above Doubles	711855-10	16 & Under Doubles	711865-10
Mixed 4.0 & Above	711856-10	18 & Under Singles	711866-10
Mixed 4.0 & Below	711857-10	18 & Under Doubles	711867-10
3.0 & Below Singles	711868-10	14 & Under Mxd. Doubles	711870-10
3.0 & Below Doubles	711869-10	14 & Under Jr. Mxd. Doubles	711871-10

Date: November 19, 2016
Registration Deadline: November 15
Entry Fee: $18 singles; $32 double team
Sites: Grapevine High School, 3223 Mustang Drive and Dove Tennis Courts, 1509 Hood Lane.

Additional Information: Players can get start times on Nov. 17 by visiting tntennis.net or by calling Kelly Langdon at 817.233.5793.

GRAPEFEST TENNIS CLASSIC

September 17 – 19, 2016

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

GOLF

GRAPEVINE GOLF COURSE

Contact the Golf Shop (817.410.3377) or visit us at GrapevineGC.com for more detailed information on our upcoming camps and programs. Private instruction is available. Call the Golf Shop for pricing and availability.

Player Development • $89.95/month (3 month minimum required)
Includes unlimited Range Ball program, clinics on Tuesdays (6:00-7:00 PM) and Saturdays (11:00 AM-12:00 PM)

Equipment Fitting • $100.00/session (1-1.25 hrs)
Uses Titleist and Ping fitting equipment (custom fit for head design, loft and lie angle, shaft type and flex, grip type and size and set makeup). Fee is waived if golf clubs are purchased.

Get Golf Ready • $150.00/month
Weekly group instruction classes on Wednesday evenings (5:30-7:00 PM) designed to introduce golf to beginners in a fun and friendly atmosphere.
Sept (7, 14, 21, 28) Session V
Oct (5, 12, 19, 26) Session VI

GRAPEVINE BOTANICAL GARDENS

Heritage Park • 411 Ball Street, Grapevine, TX

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

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

CHILDREN'S CLASSES • FALL 2016

Location: Grapevine Botanical Gardens, Pewitt Pavilion
Ages: 3-6 • **Fee:** $5
Note: Pre-registration required. Class Minimum: 4, Max: 15

The Odd Garden
Do you wonder the odd places where plants can grow? This session includes a story time and making a craft.

Sept 8	304609-09	10:00-10:45 AM
Sept 20	304618-09	4:00-4:45 PM

The Jalapeño Seed
Follow the story of Farmer Paco and learn how he grows jalapeño peppers. This session includes making a craft and a story time.

Sept 13	304610-09	10:00-10:45 AM
Sept 29	304620-09	4:00-4:45 PM

Who Calls Grass Their Home?
Discover how many critters call tall grass home. This session includes making a craft and a story time.

Oct 6	304611-10	10:00-10:45 AM
Oct 18	304622-10	4:00-4:45 PM

The Life of Spiders
Find out more about spiders and learn how they live. This session includes making a craft and a story time.

Oct 11	304602-10	10:00-10:45 AM
Oct 27	304604-10	4:00-4:45 PM

Who Lives in Trees?
Discover why trees are as busy as a city. This session includes making a craft and a story time.

Nov 10	304599-11	10:00-10:45 AM
Nov 15	304600-11	4:00-4:45 PM

Earthworms Squirm
Look at live earthworms and learn how and why they squirm. This session includes making a craft and a story time.

Nov 3	304980-11	10:00-10:45 AM
Nov 29	304981-11	4:00-4:45 PM

Make Holiday Ornaments
Make and decorate a Holiday Ornament. This session includes making a craft and a story time.

Dec 6	304982-12	10:00-10:45 AM
Dec 8	304983-12	4:00-4:45 PM

BOTANICAL GARDENS
SPECIAL EVENTS • FALL 2016

Fossil Fest
Join us as we celebrate the dinosaur. For more information, turn to page 50.
Fee: Free • **Ages:** All

Oct 1 • 11:00 AM-3:00 PM

Sunset Concert Series
Join us as we celebrate the great music. For more information, turn to page 47.
Location: Botanical Gardens at Heritage Park
Fee: Free • **Ages:** All

Oct 1, 8, 15 • 7:00 PM

Grapevine Garden Club Fall Plant Sale
Fall is the perfect time to plant! The Grapevine Garden Club is partnering with Grapevine Parks and Recreation in conducting its fall sale in conjunction with the annual **Butterfly Flutterby** and Nash Farm Fall Round-up events. This sale will feature native and adapted trees, shrubs, perennials, butterfly host and nectar plants appropriate for our area. Citizen Foresters will be available for consultation. For more information, go to grapevinegardenclub.org.
Location: Botanical Gardens at Heritage Park
Fee: Free • **Ages:** All

Oct 15 • 8:00 AM-1:00 PM

Tree Sharing Kick Off 2016
The City of Grapevine is proud to host its annual Tree Sharing program! The program is a joint effort between the City of Grapevine and Grapevine homeowners in "sharing" the cost 50/50, of up to 2 trees per household, planted in the homeowner's yard. The kick off will run in conjunction with the Grapevine Garden Club Fall Plant Sale, Butterfly Flutterby, and Nash Farm's Fall Round-up. There are a limited number of trees for sale, and they will be sold on a "first come-first served" basis. Sales will continue each Monday-Friday at the Grapevine Municipal Service Center, 501 Shady Brook Dr., from 9am-4pm until supplies are gone. For more information, call 817.410.3350 or email lgrove@grapevinetexas.gov.
Location: Botanical Gardens at Heritage Park
Fee: Free • **Ages:** All

Oct 15 • 9:00 AM-1:00 PM

Tour the Garden
Docent led tours are available at no charge; however, donations are appreciated. Adventure tours can be created to reinforce specific areas of study or achievement programs. For information, call 817.410.3350 or email gardener@grapevinetexas.gov

New for 2017!
For boys and girls based on BSA and GSA merit badge curriculum. Email lgrove@grapevinetexas.gov or call 817.410.3350 for more info.

We will be offering the following Boy Scout Merit Badge programs:
• Forestry • Gardening • Plant Science
• Insect Study • Leave No Trace

For Girl Scouts, we will offer:
• Trees • Gardener • Flowers • Bugs

KEEP GRAPEVINE BEAUTIFUL (KGVB)

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

Additionally, the Adopt-An-Area program allows individuals, families, community groups and businesses to take an active role in keeping our community litter-free. We also offer tailored community service projects for groups.

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

GrapeFest

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

Location: Main Street in Historic Downtown Grapevine
Dates: September 15-18

Trash and Treasures

Volunteer to help keep our lake parks and tributaries clean and litter-free. We will be participating in shoreline and waterway cleanup throughout the community. Prizes, food and music begin at 11 am at Trawick Pavilion, Oak Grove Park. Pre-registration begins September 15. Contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490.

Location: Grapevine area
Date: October 8 • Time: 9–12 PM
Ages: 5+ (accompanied by adult)

Arbor Day

As a Tree City USA community, Grapevine celebrates the importance of trees annually. This year, we will have a planting work day to help replace trees lost in recent flooding. Come be a part of the important event. To participate contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490.

Location: Grapevine Area Parks
Date: November 5 • Time: 9-3 PM

Grapevine Recycles Day

The City of Grapevine, in association with Keep Grapevine Beautiful and America Recycles Day, will host this event for residents of Grapevine. Please go to: http://grapevinetexas.gov/index.aspx?nid=524, for a list of acceptable items. Educational information and demonstrations will be hosted in the City's parking lot across the street. Additionally, volunteers are needed to help receive and sort donations, please contact Dewey Stoffels, 817.410.3389 to volunteer.

Location: 501 Shady Brook Drive
Date: November 12 • Time: 8:00–11:30 AM

Environmental Education Lessons — NEW

In an effort to help K-6 educators in the environmental sciences, we've customized the TEKS-compliant curriculum Waste in Place to focus on the importance of litter prevention, waste reduction and beautification in the Grapevine Area. This is an exciting opportunity to bring awareness of our rich natural resources to students through hands-on learning at no charge. We will provide instruction and materials. Please contact Cindy Harris at charris@grapevinetexas.gov or 817.410.3490 to see samples.

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Active Adults 55 & BETTER

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

Lunch
Senior Citizen Services of Greater Tarrant County, Inc. (SCS) provides hot lunches that supply one-third of the RDA at 12:00 PM, Monday through Friday. For those under 60, the fee for the meal is $6. For those 60+ and their spouse, the meal is available for a suggested contribution of $2. Reservations are required 24 hours in advance.

Health & Nutrition Education
Educational programs provided by health care professionals.

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

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

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

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

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

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

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

55 Fit
A fun, social class with a little bit of everything including a warm up, aerobic exercise and a cool down that helps improve flexibility, balance, endurance, and coordination. Bring a water bottle to class. Sign up for 1, 2 or 3 classes depending on your schedule.

Mon	806004	11:00-11:45 AM
Wed	806005	11:00-11:45 AM
Fri	806006	11:00-11:45 AM

Active Adult Water Aerobics

Mon, Wed	806003	8:00-8:50 AM
Tue, Thu	806007	8:00-8:50 AM

Beginner T'ai Chi
No-impact exercise combining gentle, fluid movements and thoughtful concentration to create the total mind, body and spirit workout.

Wed, Fri 806201 10:30 AM

Note: New students may join Sept 2 or Jan 4.

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

Tue 805301 10:00-11:45 AM

Card Making Classes
Make a unique handmade card each week using a variety of techniques.

Mon 805303 10:00 AM

Chair Exercise
Need a place to start? Or a place to work on rehab? Chair exercise is our recommended Beginners' Class focusing on proper form and modifications, good posture, stability, and body awareness. Great music and laughter make 30 minutes fly by.

Tue-Fri 9:45-10:15 AM

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

Thu 805501 10:00-11:30 AM

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

Registration: Sept 26, Jan 9
Walk-Ins: 9:00 AM–12:00 PM
Call-Ins: anytime after walk-in registration

Culture Club
Teaming with Artreach-Dallas Inc., we offer a variety of trips to symphonies, plays, musicals and concerts. Become a member any time. Sign up at Active Adult Desk.

Annual membership:
Jun 1, 2016–May 31, 2017
Fee: $10 per year

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

Thu 806501 10:30 AM

Go Go Girls from Grapevine
A variety of field trips planned exclusively for women on the go! Join the fun!

Note: Day and time varies. Please call 817.410.3465 for schedule.

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

Thu 805500 10:00-11:45 AM

Mah Jongg
A game of both skill and luck that originated in China many centuries ago and was brought to the West in the 1920s. Join this friendly group; we will teach you the game!

Mon 809201 1:00-4:00 PM

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

Tue 805302 10:00 AM

Order of Plaid Shirts (FOPS)
Join a group of gentlemen who fraternize once a month and enjoy a variety of tours and lunch.
Note: Day and time varies. Please call 817.410.3465 for schedule.

Sizzlin' Seniors Basic
This is a free class designed for seniors, all fitness levels. Exercise in a chair or standing up, targeting strength, flexibility, balance and core. Fitness equipment such as balls, exertubes and handweights are used, along with oldies music to create a fun and energetic fitness class.

Tue, Thu	806008	11:00-11:45 AM
Fri	806008	12:00-12:45 PM

Sizzlin' Seniors Circuit
This is a free class consisting of a timed circuit with multiple stations. The focus of this class is strength, lite cardio and balance. Energetic music makes for a great class for the more active senior.

Wed 806009 12:00-12:45 PM

Strength Training
A great class designed for active adults 55+ to help promote bone density, strength and flexibility. A fun, motivating class with various exercises that will make a difference and are age and multi-level appropriate. Sitting and standing exercises are used for a fun, healthy, overall workout. Beginners to advanced will enjoy this class.

Mon, Thu 806800 1:00 PM

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

Sept 24 813700-25 9:30 AM-3:00 PM
Location: Meet at The REC
Fee: $5/person

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

Tue 806502 1:00-1:50 PM

Vine Quilters
Learn a variety of techniques in this casual ongoing class taught by published quilter Sandra Millett.

Wed 805400 10:00-11:45 AM

Young@Heart Gardening Series
(Active Adults 55 & Better)

Sunsational
Make your own hand painted visor to wear while you garden. Protect yourself from the sun's rays in a fashionable way. We will stroll through the Garden, feed the Japanese Koi, and discover hidden Garden treasures.
Location: Botanical Gardens, Bessie Mitchell House • **Ages:** $55+
Fee: $5/person • **Note:** Pre-registration required. Minimum: 4, Max: 15

Sept 26 804200-09 10:00 AM-12:00 PM

Leaf Art
Make art from leaf and plant printing. Suitable for framing 5x7 or 8x10 works you create. We will stroll through the Garden, feed the Japanese Koi, and discover hidden Garden treasures.
Location: Botanical Gardens, Bessie Mitchell House • **Ages:** $55+
Fee: $5/person • **Note:** Pre-registration required. Minimum: 4, Max: 15

Oct 24 804200-10 10:00 AM-12:00 PM

Floral Design
Always a favorite, create your own fresh floral arrangement. Feel free to bring your favorite vase. We will stroll through the Garden, feed the Japanese Koi, and discover hidden Garden treasures.
Location: Botanical Gardens, Bessie Mitchell House • **Ages:** $55+
Fee: $5/person • **Note:** Pre-registration required. Minimum: 4, Max: 15

Nov 28 804200-11 10:00 AM-12:00 PM

Holiday Ornaments
Create custom Holiday ornaments and greeting cards. We will stroll through the Garden, feed the Japanese Koi, and discover hidden Garden treasures.
Location: Botanical Gardens, Bessie Mitchell House • **Ages:** $55+
Fee: $5/person • **Note:** Pre-registration required. Minimum: 4, Max: 15

Dec 5 804200-12 10:00 AM-12:00 PM

WEEKLY SCHEDULE

MONDAY
8:00 AM: Water Aerobics
8:00-11:00 AM: Walking Track
8:00-11:00 AM: Fitness Room
9:30 AM: Music Jam
10:00 AM: Card Making
11:00 AM: 55 Fit
1:00 PM: Strength Training
1:00 PM: Mah Jongg

TUESDAY
8:00 AM: Water Aerobics
8:00-11:00 AM: Walking Track
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Oil Painting
10:00 AM: Bridge
11:00 AM: Sizzlin' Seniors Basic
1:00 PM: Yoga Lite
1:00 PM: Bingo

WEDNESDAY
8:00 AM: Water Aerobics
8:00-11:00 AM: Walking Track
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
9:45 AM: Grapevine Shopping
10:00 AM: Quilting
10:30 AM: Beginner T'ai Chi
11:00 AM: 55 Fit
12:00 PM Sizzlin' Seniors Circuit
12:45 PM: Grocery Shopping

THURSDAY
8:00 AM: Water Aerobics
8:00-11:00 AM: Walking Track
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:00 AM: Chorus
10:00 AM: Jewelry Making
10:30 AM: Cycling with Megan
11:00 AM: Sizzlin' Seniors Basic
1:00 PM: Strength Training

FRIDAY
8:00-11:00 AM: Walking Track
8:00-11:00 AM: Fitness Room
9:45 AM: Chair Exercise
10:30 AM: Beginner T'ai Chi
11:00 AM: 55 Fit
12:00 PM: Sizzlin' Seniors Basic
1:00 PM: Basic Line Dancing

SPECIAL EVENTS

PRESENTED BY THE GRAPEVINE CONVENTION & VISITORS BUREAU

Tower Gallery & Grand Gallery
Enjoy a variety of local and touring gallery exhibits.
Location: Grapevine CVB, 636 S. Main St.
More Info: GrapevineMuseums.com
Phone: 817.410.3185

"Be The Dinosaur™" Exhibit
Travel 65 million years into the past with this ground-breaking cross between video games and traditional dinosaur exhibits. Enjoy the full-sized dinosaur bones, a paleontology field station, as well as the largest and most complex restoration of an extinct ecosystem ever created. The interactive stations feature easy to use controls and activities designed specifically for younger visitors and a world-class advisory panel featuring some of the smartest paleontologists and experts in the field of dinosaurs.
Dates: Now through Sept 18
Special exhibit times: Mon-Fri, 11:00 AM-5:00 PM; Sat, 10:00 AM–6:00 PM; Sun, Noon–5:00 PM
Fee: $4 per person (24 months and older)

"Picturing Wonderland" Exhibit
Visitors will be able to view several of Sir John Tenniel's illustrations that brilliantly complemented Lewis Carroll's text for "Alice's Adventures in Wonderland" (1865) and "Through the Looking Glass" and "What Alice Found There" (1871).
Dates: Now through Sept 28
Gallery Hours: Mon–Fri, 8:00 AM–5:00 PM; Sat, 10:00 AM–6:30 PM; Sun, Noon–5:00 PM
Fee: Free

Settlement to City Museums at Ted R. Ware Plaza
Learn the history of Grapevine through hands-on activities, photographs and artifacts.
Location: 206 W. Hudgins St. • **Fee:** Free
Times: Tue–Sat, 10:00 AM–4:00 PM; Sun, 11:00 AM–4:00 PM

First Friday & Classic Film Series
Enjoy a movie in the Historic Palace Theatre.
Location: Palace Theatre, 300 S. Main St.
Fee: $6/person • **Phone:** 817.410.3100
Website: Palace-Theatre.com

Nash Farm Activities & Events
Grapevine's Historic Nash Farm offers year-round fun for the entire family. Visit the website for a full listing of special events, First Friday and Frugal Farm Wife programs.
Location: 626 Ball St. • **Fee:** varies per event
Website: NashFarm.org.
Note: Some events require pre-registration and have limited space.

Grapevine Vintage Railroad
Hop aboard the Grapevine Vintage Railroad and step back in time to the 19th century.
Location: Cotton Belt Depot, 705 S. Main St.
Website: GVRR.com
Note: Visit website for full schedule, pricing and seating details.

8th Annual SummerBlast
Enjoy great shopping, outdoor markets, wine trails and poolside relaxation at many Grapevine hotels. This year's SummerBlast season will close with a Labor Day Weekend Fireworks Show at Lake Grapevine (if conditions allow) and additional information will be available 10 days prior to the event at GrapevineTexasUSA.com/SummerBlast.
Location: Throughout Grapevine
Website: GrapevineTexasUSA.com/SummerBlast
Dates: Now through Sept 5 (Memorial Day weekend through Labor Day weekend)

30th Annual GrapeFest® – A Texas Wine Experience
Presented by Bank of the West, Member FDIC.
Join wine novices and connoisseurs at the largest wine festival in the Southwest. In addition to sampling wines from across the state of Texas, festival guests will have the opportunity to sample premium wines from California's Central Coast and Australia's Barossa Valley. Take the kids to the KidsWorld, enjoy live music, GrapeStomp and more. Fun for the whole family.
Location: Main Street in Historic Downtown Grapevine
Dates: Sept 15-18
Website: GrapevineTexasUSA.com/GrapeFest

19th Annual Butterfly Flutterby
Celebrate the migration of the Monarch Butterfly from Canada to Mexico. The fun starts with a parade of children and pets in butterfly costumes. Enjoy butterfly exhibits, arts and crafts, gardening seminars and interactive butterfly exhibits.
Location: Grapevine Botanical Gardens at Heritage Park, 411 Ball St. • **Fee:** Free Admission
Date: Oct 15 • Time: 10:00 AM-2:00 PM
Website: GrapevineTexasUSA.com

16th Annual Nash Farm Fall Round-Up
Celebrate a living history museum commemorating Grapevine's earliest days.
Location: 626 Ball St.• Fee: Free Admission
Date: Oct 15 • Time: 10:00 AM-2:00 PM
Website: NashFarm.org.
Note: Coupons can be purchased for activities that require a fee.

Hallo-Wine Trail
Wear your costume and have a scary good time at this annual wine tasting event. Must be 21 years of age and older.
Location: Historic Downtown Grapevine
Date: Oct 29 & 30 • **Time:** 11:00 AM-5:00 PM
Website: GrapevineWineryTrail.com

10th Annual Candlelight Tour of Homes
Historic homes in Grapevine will be open to the public for touring.
Location: Historic Downtown Grapevine • **Fee:** TBD
Date: Nov 5 • **Time:** 4:00 PM-7:00 PM
Website: GrapevineTexasUSA.com/CandlelightTourofHomes

Christmas Capital of Texas®
There is no better place to spend Christmas than in the Christmas Capital of Texas! Grapevine is the essence of Christmas décor, as the city is blanketed with millions of lights, enormous decorations and over 1,400 events.
Location: Throughout Grapevine
Date: Mid-Nov thru early Jan 2017
Website: GrapevineTexasUSA.com/Christmas

Lone Star Christmas, ICE! & Snow!
Lone Star Christmas at the Gaylord Texan will feature more than 1.5 million lights on display, a 52-foot rotating tree and lavish decorations. "ICE!" features holiday activities for the entire family.
Location: Gaylord Texan Resort, 1501 Gaylord Trail
Date: Mid-Nov thru early Jan 2017
Website: GaylordTexan.com

The Texas Tenors "Deep in the Heart of Christmas"
The Texas Tenors mix country and classical music with their own Texas Tenor flavor, bringing Christmas audiences to their feet.
Location: Palace Theatre, 300 S. Main St.
Fee: $42/person
Date: Dec 13, 15 & 16 • **Time:** 7:30 PM
Date: Dec 14 & 17 • **Time:** 2:00 PM & 7:30 PM
Phone: 817.410.3100
Website: Palace-Theatre.com

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

Christmas on Main
Enjoy the beautiful backdrop of the Victorian-style buildings dressed up with ribbons, bows and wreaths set aglow with twinkling lights. Tractor-drawn wagon rides will depart behind the Gazebo during select hours. Rides are $1 per person, per ride, proceeds benefit the historic preservation of Nash Farm.
Location: Historic Downtown Grapevine
Date: Nov 25-27; Dec 2-4, 9-11, & 16-18
Website: GrapevineTexasUSA.com/Christmas

North Pole Express®
All aboard! Enjoy a fun-filled, 30-minute ride on the Grapevine Vintage Railroad's holiday themed train. So, throw on your PJs and ride the Grapevine Vintage Railroad on a journey to the North Pole.
Location: Grapevine Vintage Railroad, 705 S. Main St.
Date: Nov 25-27; Dec 2-4, 9-11, & 16-23
Website: GVRR.com
Note: Visit website for times and ticket prices.

Parade of Lights
Thousands of merrymakers will witness an enchanting display of more than 100 colorfully lighted floats, marching bands and more in Historic Downtown Grapevine. The parade begins at Main Street and Vine Street and heads north on Main Street to Northwest Hwy.
Location: Historic Downtown Grapevine
Fee: Free to view
Date: Dec 1 • **Time:** 7:00 PM
Website: GrapevineTexasUSA.com/Christmas

Christmas Wine Trains
Get into the holiday spirit aboard a Christmas Wine Train, featuring festive treats and wine. The Christmas Wine Trains are open to adults 21 years and over.
Location: Grapevine Vintage Railroad, 705 S. Main St.
Date: Dec. 8 & 15 • **Time:** 7:00 PM • **Fee:** $45 per person
Website: GVRR.com
Note: Visit website for details and ticket prices.

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

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

Special Events

PRESENTED BY GRAPEVINE PARKS AND RECREATION

Sunset Concert Series

Bring your blankets and chairs to enjoy a relaxing fall evening of various music styles surrounded by the beautiful Botanical Gardens. This FREE outdoor concert series will be held the first three Saturday evenings during the month of October. The Peel food truck will be on site selling wood-fired pizza or you may bring your own food (no glass allowed). Dogs are allowed on leash. Grapevine Botanical Garden docents will be available to answer gardening questions and children's gardening activities will also be available at the Ed & Edith Pewitt Educational Pavilion each evening during the concert series. This year's bands will include The Cerney Brothers on October 1, Soul Track Mind on October 8, and Zack King Band on October 15.

Date: Saturdays, October 1, 8, 15
Time: 7:00-9:00 PM
Location: Grapevine Botanical Gardens (411 Ball St.)
Cost: FREE
Ages: All ages welcome

The GrapeYard at Oak Grove Park

Step into the NEW ghoulish location of GrapeYard 2016 off the soccer shores of Oak Grove Park for a bigger, scarier and more exciting Halloween experience! Enter at your own risk as Halloween lovers of all ages will be immersed in a wonderland of horrors, with over-the-top settings, scream-worthy attractions and eerie haunted trails. Don't forget those three loveable faces of the famous singing pumpkins! Fabulous food & beverage vendors available all evening. All ages are encouraged to come dressed in their best costumes, but ages 13 and up, please no face masks or hand props. This is a one-of-a-kind experience; join us if you dare for a Halloween scare!

Admission is limited and all event goers must register for tickets in advance at TheGrapeyard.com. We will be charging $5 per car for parking. Go to TheGrapeyard.com for more information on admission, photos, maps & FAQ. Follow Grapevine Parks & Recreation on social media for more details on the weekend's hair-raising attractions.

Date: October 21 & 22
Time: 6:00-11:00 PM
NEW Location: Oak Grove Park, 2520 Oak Grove South Loop
Cost: FREE with tickets, Parking is $5/car, VIP Parking $10/car
Ages: All ages welcome
Register for tickets: TheGrapeyard.com

Carol of Lights

Come experience the magic of the season in historic downtown Grapevine as we officially launch the Holiday Season in the Christmas Capital of Texas! The whole family will enjoy this wonderfully entertaining presentation blending traditional favorites and contemporary sights and sounds that will both warm the heart and excite the soul for the most wonderful time of the year. Help sing in the season with the return of the Chilly Dogs and enjoy the spirit of Christmas as the Mayor "flips the switch" illuminating the community tree and all historic downtown. No tickets necessary.

Date: November 21
Time: Activities begin at 5:00 PM, Program starts at 7:00 PM
Location: Town Square Gazebo on Main Street
Cost: FREE
Ages: All ages welcome

The Magic of Christmas

Be sure to stop by our Christmas Light Show Spectacular, a synchronized light display. The show runs continuously starting at 6pm at Main Street and Dallas Road.

Date: November 22–January 2
Time: 6:00-11:00 PM
Location: Main Street & Dallas Road
Cost: FREE
Ages: All ages welcome

Lake PARKS

Meadowmere Park
3000 Meadowmere Lane

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

Park Office: 817.488.5272
Group Pavilion Rentals: 817.410.3470
Day Use Entry Fee: *$5 per car
Overnight Camping Fee: *$25 per site
*Holiday rates: Day Use $10 per car, Overnight Camping $35 applies on weekends of Easter, Memorial Day, 4th of July and Labor Day

Rockledge Park
3600 Pilot Point

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

Park Office: 817.454.1058
Group Pavilion Rentals: 817.410.3470
Day Use Entry Fee: *$5 per car
*Holiday rate: Day Use $10 per car applies on weekends of Easter, Memorial Day, 4th of July and Labor Day

The Vineyards Campground & Cabins on Grapevine Lake
1501 North Dooley Street

The nationally award winning Vineyards Campground & Cabins is Texas' premier camping destination. The Vineyards has ample space for your RVs with spots for all size rigs. In addition to our 93 full hookup RV sites, the Vineyards offers 15 climate controlled lakeside cabins.

Wake up on the shores of Grapevine Lake while still having all the comforts of home. You can join in exclusive campground activities, go hiking, fishing, swimming, kayaking, trail exploring or simply lounge on your cabin's porch and enjoy the lakefront views of this one of a kind park. All cabins are fully-furnished with linens, stove*, microwave, refrigerator, dishes, cable TV, Wi-Fi and more, and can accommodate two to six people, so the whole family can participate in the fun!

*Excluding duplex unit

Campground Office: 817.329.8993
Online Reservations: vineyardscampground.com

GuestRated 2015

arvc National Association of RV Parks & Campgrounds
2012 PARK OF THE YEAR

If you love spending time at the lake, purchase an annual Lake Park Pass for year round park and boat ramp access. Available at The REC of Grapevine, Meadowmere Park or Rockledge Park. Resident pass $35, Non-resident pass $75

NEW FOR 2016
Lake Park Passes will be changing from the calendar year format and will now be valid for one (1) year from date of purchase.

After a Flood:

The Bright Future of Grapevine's Lake Parks

It's not uncommon for me to meet people around town who have never heard of The Vineyards Campground & Cabins. However, as often as it happens I'm nevertheless surprised that there are Grapevine residents who are unaware that one of the country's most award winning RV and leisure destinations sits on our shores.

The Vineyards brings in people from across the US and beyond to experience a peaceful family filled getaway, seemingly unimaginable in our bustling metroplex. It's here that I've met retired Canadians with a wealth of corporate experience enjoying Grapevine's sunsets during their post-work years, parents teaching their children to fish while traveling the country on vacation, families who have spent every Labor Day weekend in the same site for ten years and Grapevine residents who can trace their lineage to the founding of our city. This place has made me believe that a quiet night under the stars, surrounded by whispering trees and the subtle murmurs of the lake is truly a universal experience everyone can enjoy with the same serene smile.

This is just one of our parks that I've had the pleasure of supervising over the last few years in Grapevine's Lake Park system, and is a place I'm ready to have reopened so that those lasting memories can continue to be created by all the people who look to the shores of Grapevine Lake for family, recreation and peace of mind. Sometimes it takes losing something to truly reflect on how meaningful it is to our daily lives.

While many may not know all the intricate ins-and-outs and opportunities of our 10 miles of shoreline in Grapevine, you would be hard pressed to find a household in Grapevine that was unaware of the flooding that occurred at Grapevine Lake following the record breaking rains of 2015. Over the last year I've had the opportunity to teach many GCISD students about Grapevine Lake, how it was created and what our dam does to prevent flooding downstream in the Trinity River Basin. Most kids thought that the lake was dug by enormous excavating machines and all the dirt taken far away, then water was piped in to fill the huge hole all the people dug (admittedly, I thought this myself as a kid when I heard about "manmade" lakes). The flood was an event that reached everyone in Grapevine, indiscriminate of the age of the ear.

What we witnessed in Texas last spring and the fall and winter storms that followed was an unprecedented natural phenomenon that put Grapevine in the headlines and, yes, put a stop to many of your recreation plans that we work to provide. As unfortunate as it has been, the flood did much more than spoil summer fun at the lake—it galvanized relationships in the community that resulted in one of the largest community cleanup projects Grapevine has ever had, it offered occasion for adults and children alike to learn more about the natural environment, engineering and how they interconnect with daily life and it has provided your Parks Department with an opportunity to re-imagine park amenities to create a better recreation experience for you.

Every public servant that supports Grapevine's Lake Parks takes immense pride in our City and the work we do daily, knowing that your enjoyment of Grapevine Lake is our benchmark for success. You will see changes to some facilities and amenities that were damaged or destroyed as a result of the disaster, updates to outdated remnants of when the parks were managed by the Army Corp of Engineers and new features for your family to experience. Over the coming months we will be updating playgrounds and restrooms, repaving roads, adding a new paddle sport dock and rental facility at Meadowmere Park and upgrading facilities to storm rated buildings for the safety of our park goers.

The lake will recede and all the parks you enjoyed will reopen. They will once again be your place to sit in solitude and cast a line, meet friends for raucous volleyball game, bike through the woods, walk your best four-legged friend, eat PB&J's on a blanket with the kids or spend the night under the stars. However you do free-time best, there will be a Lake Park opening for you soon.

Peter Doyle
Lake Parks Supervisor

OUTDOOR RECREATION

Texas Council Fly Fishing Expo

Texas Council of the International Federation of Fly Fishers is bringing their third annual Texas Council Fly Fishing Expo to North Texas for the first time. Take full advantage of casting programs, certifications, kayak clinics and demonstrations from local dealers and certified instructors.
Location: Grapevine Convention Center / Trawick Pavilion
Fee: FREE • **Date:** Sept 8-10
Note: For more information visit txflyfishexpo.com.

Introduction to Fly Fishing

This Introductory course will take the most novice fishing enthusiast and turn you into a seasoned fly fisherman. Following a systematic curriculum, Introduction to Fly Fishing will take you through the basics of equipment, forward casting and back casting with ample hands-on experience and instruction from a veteran fly fishing instructor. Register at The REC or at playgrapevinereg.com. ALL EQUIPMENT IS PROVIDED.
Location: Pickering Park Pavilion, 1901 N Kimball Ave.
Fee: $55 • **Date:** Sept 12, 19, 26, Oct 3 • **Code:** 703805-01
Ages: 15+
Instructor: Rocky Gribble

Fossil Fest

Ready to take a trip back in time? Come LEARN about the prehistoric creatures that once roamed in your backyard, DIG for fossils and uncover a new discovery with your imagination and EXPLORE the findings and dinosaur tracks from Grapevine Lake at the second annual Fossil Fest. Bring the whole family and enjoy speaking with dinosaur enthusiasts, touching authentic tracks and maybe even meeting a dinosaur!
Location: Botanical Gardens at Heritage Park
Fee: FREE • **Date:** Oct 1 • **Time:** 11:00 AM-3:00 PM

Explore Archery — NEW

Whether you are a young beginner or seasoned archer, take aim and explore the dynamic sport of archery through various challenges, games, interactive activities and team building for all ages. Cover the steps of shooting, range safety, form and equipment of archery while engaging in activities and fun.
Location: Lakeview Park • **Fee:** $65

Kid's Edition • Ages: 6-12

Sep 6, 13, 20, 27	5:00-6:00 PM	999001-01
Oct 4, 11, 18, 25	5:00-6:00 PM	999001-02

Teen Edition • Ages: 13-18

Sep 6, 13, 20, 27	6:15-7:15 PM	999002-01
Oct 4, 11, 18, 25	6:15-7:15 PM	999002-02

Adults • Ages: 19+

Sep 7, 14, 21, 28	5:00-6:00 PM	999003-01
Oct 5, 12, 19, 26	5:00-6:00 PM	999003-02

Explore Bowhunting — NEW

Gain confidence interacting with the natural environment and strengthen your appreciation for wildlife and the woods while expanding your skills of archery into bowhunting. Develop skills and training of accuracy, equipment and anatomy of wildlife creatures through interactive activities, games, challenges and target practice.
Location: Lakeview Park • **Fee:** $65

Kid's Edition • Ages: 6-12

Sep 8, 15, 22, 29	5:00-6:00 PM	999004-01
Oct 6, 13, 20, 27	5:00-6:00 PM	999004-02

Teen Edition • Ages: 13-18

Sep 8, 15, 22, 29	5:00-6:00 PM	999005-01
Oct 6, 13, 20, 27	5:00-6:00 PM	999005-02

Adults • Ages: 19+

Sep 8, 15, 22, 29	6:15-7:15 PM	999006-01
Oct 6, 13, 20, 27	6:15-7:15 PM	999006-02

APPROVED PARTNERS

What is an Approved Partner?
Approved Partners have completed a formal application and operate as a concessionaire through the City of Grapevine Parks and Recreation Department offering opportunities of recreation and leisure.

DFW SURF

Bringing stand up paddleboarding to Grapevine Lake, DFW Surf has a wide array of classes and tours year round. For more information visit dfwsurf.com or call 972.427.4082.

Location: Farris Branch Boat Ramp at Grapevine Lake

LONESTAR ADVENTURE SPORTS

Love the water? Interested in Kayaking? Come join Lonestar Adventure Sports on the water for a fun and memorable time! For more information visit lonestaradventuresports.com.

Location: Rockledge Park at Grapevine Lake

Want to be an Approved Partner? Interested in partnering with Grapevine Parks and Recreation in offering programs and opportunities for recreation? Contact Morgan Davidson, mdavidson@grapevinetexas.gov.

TEXAS-SIZE SAVINGS

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Marcia Allen, Agent

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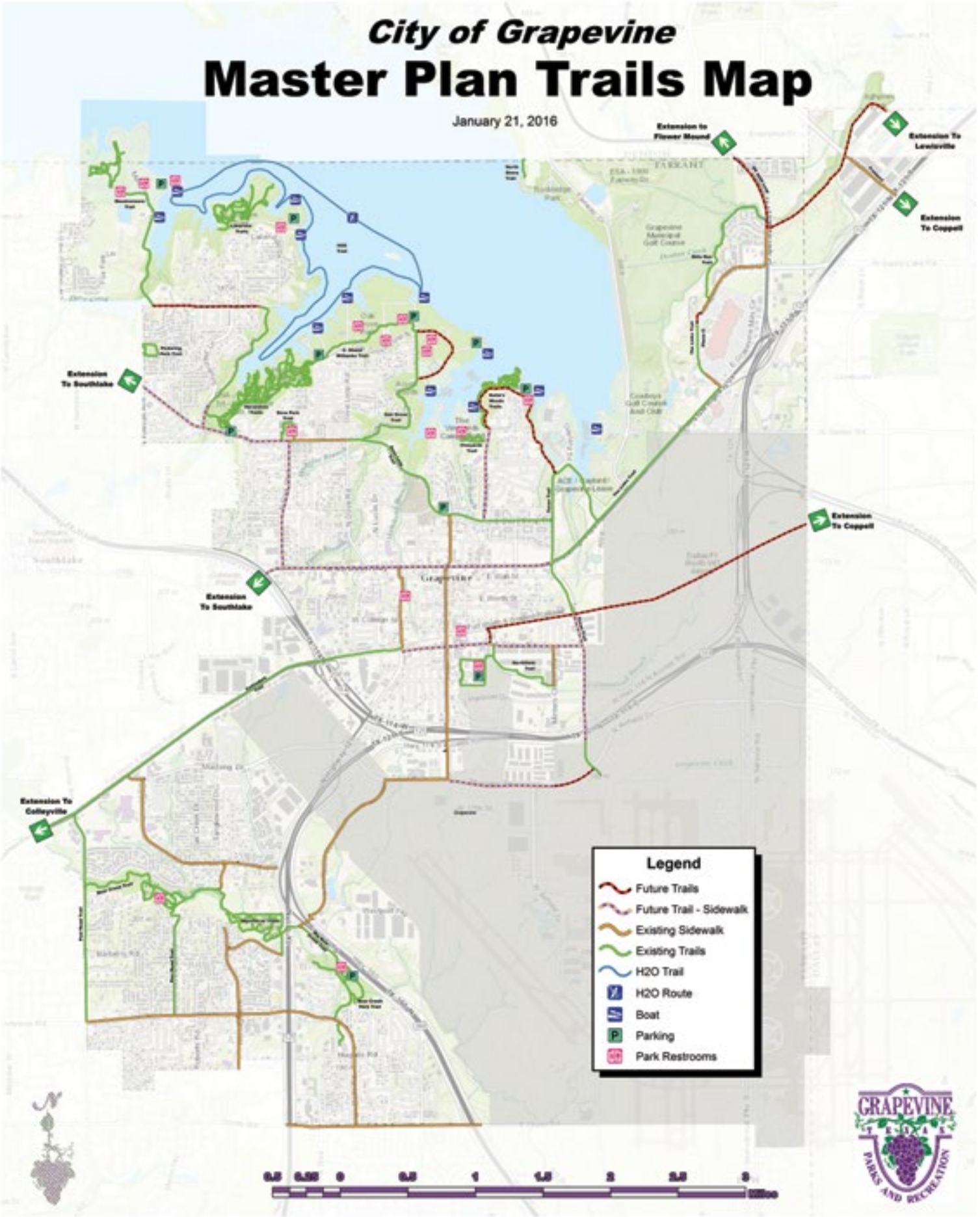
City of Grapevine
Master Plan Trails Map
January 21, 2016
Extension to Flower Mound
Extension To Lewisville
Extension To Coppell
Extension To Southlake
Extension To Coppell
Extension To Southlake
Extension To Colleyville
Legend
Future Trails
Future Trail - Sidewalk
Existing Sidewalk
Existing Trails
H2O Trail
H2O Route
Boat
Parking
Park Restrooms
GRAPEVINE
TEXAS
PARKS AND RECREATION

GRAPEVINE LAKE PARKS AND BOAT RAMPS

REGISTRATION INFO

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

ONLINE REGISTRATION

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

PHONE-IN REGISTRATION

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

WALK-IN REGISTRATION

Will be accepted at The REC of Grapevine

REFUNDS

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

1) A refund may be prorated dependent upon the date of the request. Refunds must be requested prior to the midpoint of that session.

2) All requests for refunds will be reviewed by staff.

3) A Refund Request Form must be completed in person or with a staff member via telephone. Forms may be obtained at The REC of Grapevine.

4) Refunds will be refunded back to the credit card charged and applied to the household account for future use, or processed and a check returned. No cash refunds.

CANCELLATIONS

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

PLAYER'S NOTICE

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

1) Contact Grapevine Fire Department Emergency Services to perform first aid, and when necessary, recommend transportation to a hospital.

2) Reach the parent and/or legal guardian as soon as the situation allows.

LAKE PARKS ANNUAL PASSES

Purchase yours today at The REC, The Vineyards Campground and Cabins (1501 North Dooley St), Meadowmere Park (3000 Meadowmere Ln), and Rockledge Park (3600 Pilot Point). The annual passes are good for a year from the date of purchase and provide holders use of all nine public boat ramps in Grapevine and access to Meadowmere and Rockledge Parks.

PARKS ADDRESSES

9/11 PLAZA
2 Texan Trail

ACORN WOODS
1000 Oak Grove Loop S.

AUSTIN OAKS PARK
528 Austin Creek Dr

BANYAN PARK
350 Banyan Drive

BEAR CREEK PARK
3230 South State Hwy. 360

BELLAIRE PARK
1004 Pine Street

BIG BEAR CREEK NATURE PRESERVE
3010 Parr Lane

BOTANICAL GARDENS AT HERITAGE PARK
411 Ball Street

CANNON ELEMENTARY
1300 W. College

CASEY'S CLUBHOUSE
1509 Hood Lane

C.J. HUTCHINGS PARK
1201 Cable Creek Drive

CLUCK PARK
312 Central Drive

COMMUNITY OUTREACH
3010 Mustang Drive

CONVENTION CENTER & LIBRARY
1201 Municipal Way

CROSS TIMBERS MIDDLE SCHOOL
2301 Pool Road

DOVE WATERPARK
1509 Hood Lane

DOVE CROSSING PARK
1701 Stoneway Drive

DOVE ELEMENTARY SCHOOL
1932 Dove Road

FAITH CHRISTIAN SCHOOL
730 E. Worth

FAITH CHRISTIAN SCHOOL PARK
500 Austin Street

GLADE CROSSING PARK
512 Westbury Drive

GLADE LANDING PARK
5201 Brettenmeadow Drive

GRACE PARK
610 Shady Brook Drive

HAZY MEADOWS PARK
4300 Hazy Meadows Drive

HERITAGE CENTER
701 S. Main Street

HERITAGE ELEMENTARY SCHOOL
4500 Heritage Road

HERITAGE PARK
200 Ball Street

HIGHPOINT PARK
4121 Freeport Parkway

HORSESHOE TRAILS PARK
2099 Hood Lane

JACKSON PAVILION
3501 Pavilion Place

KATIE'S WOODS PARK
1700 Katie's Woods Drive

LAKE POINTE PARK
1150 West Dove Loop Road

LAKEVIEW PARK
3850 Lakeview Drive

LIBERTY PARK
215 S. Main Street

MEADOWMERE PARK
3000 Meadowmere Lane

MEADOWMERE SOCCER
3295 W. Perch Lane

McPHERSON SLOUGH
1400 Horseshoe Trail E.

OAK GROVE BALLFIELD COMPLEX
2520 Oak Grove Loop South

OAK GROVE SOCCER COMPLEX
1299 Oak Grove Loop North

OAK GROVE SOFTBALL COMPLEX
2700 Dove Loop Road

OAK RIDGE PARK
2590 Juniper Lane

PARKWOOD PARK
1901 Woodcreek Drive

PARR PARK AND SPRAYGROUND
3010 Parr Lane

PECAN PARK
4200 Halmont Drive

PICKERING PARK
1901 Kimball Road

PLEASANT GLADE POOL
1805 Hall-Johnson Road

THE REC
1175 Municipal Way

ROCKLEDGE PARK
3600 Pilot Point

SAND BASS POINT
399 Sand Bass Drive

SHADOW GLEN PARK
1815 Altacrest Drive

SILVERLAKE ELEMENTARY SCHOOL
1351 N. Dooley

SUNSHINE HARBOR PARK
905 Easy Street

TIMBERLINE ELEMENTARY SCHOOL
3220 Timberline Road

TOWN SQUARE
325 S. Main Street

TRAWICK PAVILION
2700 Darren Medlin Trail

THE VINEYARDS CAMPGROUND & CABINS
1501 N. Dooley Street

WALL-FARRAR PARK
W.D. Tate & State Hwy 360

YORKSHIRE MEADOWS PARK
2706 Whitby Lane

BOAT RAMPS

DOVE LOOP RAMP
3000 Dove Loop Road

KATIE'S WOODS RAMP
1899 Katie's Woods Loop

KATIE'S WOODS RAMP (HIGH WATER)
1899 Katie's Woods Loop

LAKEVIEW RAMP NORTH
3099 Island View Drive

LAKEVIEW RAMP SOUTH
2150 Lakeview Drive

McPHERSON SLOUGH RAMP
2500 Catfish Lane

MEADOWMERE LANE RAMP
3013 Meadowmere Lane

MEADOWMERE PARK RAMP (LOW WATER)
3000 Meadowmere Lane

SAND BASS POINT RAMP
399 Sand Bass Drive

FARRIS BRANCH RAMP
1999 Farris Branch Drive

TRAWICK RAMP
2799 Darren Medlin Trail

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