



Meadows Place Parks and Recreation has many ways for you to get out, get active, and get involved. Stay current with the latest program and event information by checking the city website, Facebook and monthly newsletter.

HOW DO I REGISTER? **REGISTER**

Our programs require pre-registration. There are two ways to register. Forms can be found on-line at cityofmeadowsplace.org under the department tab / parks and recreation / programs. Make checks payable to City of Meadows Place then mail to, 1 Troyan Dr. You may also register in person at City Hall, Monday thru Friday between 9am-4pm. If after hours place form & payment in the night drop box in the City Hall parking lot.

**If a class has not met the minimum number of enrollment five (5) days prior to the start date, the class may be cancelled. Most classes have a maximum enrollment and are open on a first come, first serve basis. There will be no refund unless the class does not fill. Classes are NOT pro-rated unless stated. **

RENTALS

If you're looking for a location to host a celebration or family gathering, the Community Center is a great local option. It can accommodate up to 160 occupants. Tables, chairs and cleaning is provided. We also offer rentals of the community pool, BBQ Pit, Community Center Lock- In, Pavilions & Kayaks.

SUPERHERO COLOR RUN

& Outdoor Movie



RUN / WALK

Be a Super Hero and help the Youth Action Council Raise Funds for a Special Needs Playground in Meadows Place.

July 29

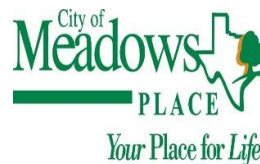
6-8pm Color Fun Run 1K, 5K (McGrath Park)

8:30-10pm Movie in the Park

Race entry fee \$15 adults / \$10 youth(16 under)
Includes Colors / Movie/ Shirt while supplies last

Concessions Available

Sponsored by:



**Day of registration will be accepted from
5-6pm at McGrath Park**



TAI CHI CHIH- NEW!

It is a moving meditation originated by Justin Stone in 1974. The 19 movements and one pose are easy to learn and have profound effects. With regular practice benefits may include:

- Balanced physical energy and stamina;
- Building a healthy posture;
- Improving our joint flexibility;
- Promoting spiritual serenity;
- Focusing our mind and awareness

REGISTER

8/8-8/31, 1:30 -2:30pm, T/TH, Community Center, \$50 fee

DESTINATION PAINT PARTY

With guidance you will create your very own masterpiece. One design will be the focus for the evening and each student will paint their interpretation of the design. All supplies will be provided. Bring snacks and BYOB if you like.

REGISTER August Theme- Butterfly

8/4, 6-8pm, Community Center, \$25



PONY BASEBALL REGISTRATION

Register online at www.mppony.org or in person @ the Meadows Place Community Center Pool (Boys and Girls ages 4-12yr)

8/12, 8/19 and 8/26 from 8am - 11am



TENNIS COURT / PICKLEBALL ACCESS

Resident Access Cards are available for purchase at City Hall Monday – Friday 9am-4pm. Cards are \$50 . Cards are valid through May of each year.

**ACTIVE ADULT
50 +
PROGRAM**

Active Adults meet Monday's at the Community Center for fellowship and fun. Come and join our Active Adult Community from **10:00am – 1:00pm.**

MONDAY, August 7- Destination Painting will provide an art project to paint. (\$7) You can also visit and meet new friends while playing cards, dominos or sipping coffee.

MONDAY, August 14 – Visit the New Tea Cake Factory and enjoy lunch and dessert.

MONDAY, August 21 – Norma will teach us how to make faux stained glass frames (\$7)

MONDAY, August 28 - Come and play BINGO. We will provide Popcorn...you bring the quarters!

BAREFOOT N' FRIDAY LAST ONE OF 2017



Enjoy night swimming, music and fun with your friends. Meadows Place Police Officers will be on duty throughout the event. Concessions available.

8/18 @ Pool, 8:30-11pm (Ages 9-14yrs) \$5



Thank You!!!

LIFEGUARDS

We would like to recognize the July Life Guard of the month: Caden Mueller, thank you all for your dedication, attitude and skills in keeping us safe



POOL PARTY RENTAL

The Meadows Place pool is a perfect venue for parties. You can prepare now by booking your party early. You may schedule a private party for after hours (8-11pm) or during public hours. Visit the Parks and Recreation website for additional information. New amenities to enjoy include a 2-story double water slide, life size chess board and connect 4. Picnic tables with umbrellas will be reserved for your party. You may bring in your own food and beverages for the party.



Hours 9am – 10pm / Sensor Activated

- Do not climb on statues
- Swim diapers required
- No skating, biking, or boarding
- No food/glass/rocks/soil allowed on pa



**Pool Closes for the season August 20th
August & September: Weekends only
through Labor Day, September 4th**

SUMMER POOL HOURS

Tuesday -Saturday	11:00am - 8:00pm
Sunday	1:00pm – 8:00pm
Mondays	Closed
Holidays	12:00pm – 7:00pm

WEEKLY POOL ACTIVITIES

Monday Movies, 2 pm / \$1 for popcorn & lemonade
Wednesday Bingo, 11 am / \$3 per card

POOL WRISTBAND

Entry into the pool requires a wristband. It is a one time purchase of \$10 for the entire pool season. Wristbands can be purchased between 9am – 4pm at City Hall, Monday through Friday or at the pool. Wristbands are for residents only. Non-residents can purchase a day pass for \$5.

POOL CONCESSIONS

Punch cards are available for concession items and can be purchased in advance for \$10. Concession items will be sold at the pool for \$1 each.

11:30am -7:30pm, Tues.-Sat.

1:30pm- 7:30pm, Sun.



Private Swim Lessons Available!

Appointments are available for 30-minute private and semi-private lessons. Lessons are based on your schedule and pool/staff availability. Fees must be paid when the appointment is made and are non-refundable for no-shows. Cancellations must be made at least 24 hours in advance of scheduled lesson time. **To request private lessons or for more information, call 281-983-2935 or email lylanan@cityofmeadowsplace.org**

REGISTER

Private (1:1): \$35
Semi-private (1: 2+): \$25 per student

GROUP SWIM LESSONS

Classes are taught by trained instructors and classes are grouped by skill levels. Maximum of 5 students per class. Please read the swim level description below to determine the right swim level for your child. First day for each session is evaluation day. If your child needs to be moved, staff will notify the parent and move your child to the appropriate level (space pending). Because of space limit, please carefully read class description below and register your child into the right level at time of registration. **Please note: A student may need to repeat a level several times before advancing.**

REGISTER

Check website for times & level descriptions.

Sessions: T/W/TH

Session 5: 8/8 – 8/17,

Fees:

Residents - \$60 / Non-Residents - \$70



CPR CERTIFICATION

This course is taught by certified American Heart Association. The course will cover A.E.D., infants, child, and adult CPR. This class is suitable for all ages. Once the course is successfully completed, each participant will receive their certification.

REGISTER

9/16, 9am - 2pm @ Community Center, \$45

LICENSE TO CARRY (LTC)

This class is designed to teach the laws that relate to weapons, the use of deadly force, handgun use

& safety, and non-violent dispute resolution. This class is for those who are already familiar with handguns and shooting. It's a 4-hour class followed by a short exam, then time at the gun range, finished between 4 & 5 pm. MPPD Capt. Jack Ashton will be instructing this class. OK to bring a snack!

REGISTER

9/30, 8am SHARP @ Community Center, 21 & Up w/ ID, \$75 + (\$20 Fee paid @ Range)

LEARN TO SHOOT & LTC COMBO CLASS

This class is designed to teach the fundamentals of shooting, how guns work and how to shoot during the 1st half on Saturday. Once you have learned how to shoot a gun, the second half of Saturday and Sunday will cover the LTC course. MPPD Capt. Jack Ashton will be instructing this class. You will need the following for this class:

- Pistol (revolver or semiautomatic) – must be approved prior to taking the class.
- Ammo – Minimum of 100 rounds. No steel or aluminum, no hollow point, no reloads
- Holster is recommended if you own the weapon
- Bring drinks, snacks and/or lunch. We will take short breaks but not a formal lunch

REGISTER

9/23 - 9/24, Sat. 8am SHARP – 5pm
Sun. 1pm – 4:30pm (Range Time) \$145
Range fees paid directly to the range
Approximately \$20 plus tax)

ESSENTIALS OF KAYAKING

This eco-friendly sport is recognized as the fastest growing sport in the world! Our lessons provide an introduction for the beginner paddler, the course is led by an ACA certified instructor who will share her love and passion for the water through this interactive experience. You will be taught the basics of safety, balance, paddling and turns.

REGISTER

8/12, 8AM @ McGrath Park Lake (7yr+) \$15
8/12, 9AM @ McGrath Park Lake – No Fee
for previous class participants

**HEALTH,
WELL-BEING
& FITNESS**



ZUMBA

Come shake, shimmy, and dance those calories away!!!! A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

REGISTER

9/6 – 11/1, Mon & Tues. @ Community Center
7:30 – 8:30pm, \$65 includes
2 days per week/Walk ins \$6

RESTORATIVE FLOOR YOGA

Center your mind and body in this calming, breath-focused class. Build your endurance with standing postures that transition into floor work and an extended time of silent meditation. No previous yoga experience necessary.

REGISTER

8/8 – 8/29 Tues. 7 pm @ Community Center, (All Ages) \$25

CHAIR YOGA

Soothe achy joints and Increase your range of motion with this gentle seated yoga class, adaptable to your comfort level. Specifically designed for the 55+ crowd, but all ages are welcome! Chairs will be provided.

REGISTER

8/8 – 8/29 Tues, 6pm @ Community Center, \$25

AQUA FIT

This is a sixty-minute cardiovascular workout in the pool, which utilizes water resistance to improve cardiovascular fitness, muscular endurance, and flexibility. You determine your own intensity level by deciding how hard to manipulate the water

REGISTER

8/1 – 8/17 @ 6:30-7:30pm, T/TH \$30/ 6 classes

OVER 50 & FIT

Strengthen your core muscles as well as improve stability and range of motion. Most exercises are done while sitting in a chair. All genders and ages are welcome.

REGISTER

8/8– 8/31 Every Tues and Thurs, 10:30 AM @ Community Center, \$18. Join anytime and your price will be pro-rated.

TENNIS LESSONS

This is an introductory class teaching form and the basics of the game for youths 14 years old and under. The classes taught in groups of 4 students. Racquet required.

REGISTER

8/4 – 8/25, Fridays, 8:15am – 9:00am \$55
Private lessons for youth / adults upon request.

TAEKWONDO

Register now for Fall! Sharpen your mind, strengthen your body with Master Jenny Pless. She has been teaching in Meadows Place Community Center since 2005 and teaches all skill levels from basic to advanced. Ongoing classes.

REGISTER

9/6 – 10/30, M/W
5:00 – 6:00 pm (4 – 11 yr)
6:00 – 7:00 pm (12 yr – Adult)
8 classes \$44 (1 x week)
16 classes \$85 (2 x week) Free Uniform 1st 10 reg
Uniform fee paid to instructor, Jenny Pless: \$30

KARATE (No Class Nov. 23rd)

American Society of Karate teaches American Karate to ages 5 – 70yr in a positive ever-changing system. Its goal is to not be the largest, but to be the best. Instructors: 4th Degree Black Belt, Steve Puma and 3rd Degree Black Belt, Michael Puma. New full session to begin in April. \$30 uniform Fee

REGISTER

8/14 - 12/7, Community Center
Thursday 6:30- 7:30pm (5-12yr) \$45
Thursday 7:30- 8:30pm (13-70yr) \$45