

# IT STARTS IN PARKS

Coaching. Connecting. Community.

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.

## REGISTER

**Our programs require pre-registration.** There are two ways to register. Forms can be found on-line at [cityofmeadowsplace.org](http://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.

## NEW RENTAL OPTIONS

Lock In, BBQ Pit, Covered Pavilions, Kayaks



## POOL WRISTBAND PRICE INCREASE

Starting June 3rd, price for pool wristbands will increase to \$10. Purchase your wristband now! Wristbands can be purchased between 9am – 4pm at City Hall, Monday through Friday. You can also purchase a concession punch card for \$10. Concession items will be sold at the pool for a nominal fee.



## DESTINATION PAINT PARTY

With guidance from instructor Stephanie you will create your very own masterpiece. One preselected 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

6/9, 6-8pm @ Community Center, (8yr & up), \$25 per person. (June: Sunset Theme)

## CPR CERTIFICATION

This course is taught by certified American Heart Association instructor Marilyn Mac Farlane, R.N. 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

6/4, 2:00pm - 6:30pm @ Community Center, \$45.



CPR

# 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

6/7 – 8/10, Mon & Wed. @ 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

6/6 – 6/29 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

6/6 – 6/29 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

6/6 – 6/29 @ 6:30-7:30 pm, T/TH. \$40/ 8 classes  
7/6 – 7/27 @ 6:30-7:30pm, T/TH. \$40 / 8 classes  
8/1 – 8/17 @ 6:30-7:30pm, T/TH \$30/ 6 classes

## TENNIS LESSONS

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

### REGISTER

6/3 -6/24, Saturdays, 11:15am –12:00pm (10–14yr) \$55  
Private lessons for youth / adults upon request.

## 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.

## TAEKWONDO

Summer is here! 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

6/12 – 8/16, M/W  
5:00 – 6:00 pm (4 – 11 yr)  
6:00 – 7:00 pm (12 yr – Adult)  
10 classes \$55 (1 time/week)  
20 classes \$99 (2 time/week) with a Free Uniform  
Uniform fee paid to instructor, Jenny Pless: \$30

## KARATE

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: 4<sup>th</sup> Degree Black Belt, Steve Puma and 3<sup>rd</sup> Degree Black Belt, Michael Puma. New full session to begin in April.

### REGISTER

6/8 - 8/10 (No Class 4<sup>th</sup> Of July) @ Community Center

Thursday 6:30- 7:30pm (5-12yr) \$45  
Thursday 7:30- 8:30pm (13-70yr) \$45  
Uniform Fee: \$30

# SUMMER CAMP



## PLAY-WELL LEGO CAMP

Kids are natural engineers. Play-Well helps them realize it. Kids dive into our classes and exercise their innate gift for building. They come away understanding fundamental principles of engineering and physics. The experience boosts their confidence, creativity and ability to collaborate. Kids can't get enough. Limited spots, sign up early.

### REGISTER

Batman Gotham's Gadgets!

7/24 – 7/28, 9am – 12pm, (5-6yr) 5 day camp \$125

Batman Master Mechanics using LEGO

7/24 – 7/28, 1-4pm, (7-12yr) 5 day camp \$125



Sugar Grove Church of Christ is offering fun classes for kids this summer. Choose from a variety of classes/clinics including: American Sign Language, Basketball, Card Making, Drama, Fishing, Kids in the Kitchen, Lacrosse, Line Dancing, Music Theory, Sewing, Tumbling & More.

6/19-6/22, 6:30-8:30pm, \$5 per child

(3yr-completion of grade 5)

Includes snacks, supplies and activities.

### REGISTER

at Sugar Grove Church

<http://www.sugargrove.org/events/skillskool>



## IKIDS CAMP

Join iKids Camp this summer for an exciting adventure! Every fun-filled camp theme has a learning focus plus creative activities, educational enrichment, recreation time and more! Small camp size with excellent camper to staff ratios! Please bring a snack and drink each camp day.

Art, music, drama, and dance are the focus of this fairytale-themed camp! Students will enjoy singing, dancing, hands-on art, and the basic of acting. Expression, self-confidence, communication, and fun! Every day will be a new learning experience in the realm of fine arts.

### REGISTER

Fairytale Fine Arts

6/26 – 6/29, 9am – 12pm, Mon - Thur (3-yr) \$210



## COOK, LEARN, GROW ... Cooking Camp

Cooking camp offers campers the opportunity to experience hands on cooking, creativity, and physical activity to understand how this plays a fun role in healthy living, while setting them up for success in life.

### REGISTER

at [www.cooklearngrow.com/camp-registration-form-lac](http://www.cooklearngrow.com/camp-registration-form-lac)

Whole Healthy Kids:

7/11 – 7/14, 9am-12pm, Tues - Fri, Community Center, (7-14yr) \$225



Tinkergarten's mission is to elevate childhood by bringing families together in local parks for classes where kids learn through play. Our classes help kids ages 18 months – 8 years develop core life skills while enjoying healthy fun, engaging experiences in the physical freedom of a park.

### Free trial Classes

**6/8, 6/17, 6/18 @ McGrath Park, 9-10:15am**

**REGISTER**

**6/29 – 8/17, Thurs., 9:00 – 10:15am, \$160**

**McGrath Park (18 months – 8yrs) 8 classes**



## 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 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**

**6/17, 8AM @ McGrath Park Lake (7yr & Up) \$15**

**6/17, 9AM @ McGrath Park Lake (Safe Boating Card or**

**Essentials of Kayaking Training Pre-Requisite) No Fee**

## JR LIFEGUARD PROGRAM

Would you like to become a Lifeguard someday? All Jr Lifeguards will be trained on proper scanning, hand signals, whistle blows and even rescues. Week two Jr. Lifeguards will sit on stand and be a part of the rotation. Includes t-shirt, visor, whistle, certificate of completion. Must be a good swimmer.

**REGISTER**

**7/11 – 7/22 (Tues – Fri & Sat July 22) 9-14yrs / \$35**

- 7/11 – 7/14 Training / 11 am – 12 pm
- 7/18 – 7/21 Stand Rotation / 11 am or 3 pm
- 7/22 - Open In-Service & Awards / 9:30 am



## SUMMER POOL HOURS

Tuesday -Saturday	11:00am - 8:00pm
Sunday	1:00pm – 8:00pm
Monday	Closed except for holidays
Holidays	12:00pm – 7:00pm

## WEEKLY POOL ACTIVITIES

### Monday Movies:

2 pm / \$1 for popcorn & lemonade

### Wednesday Bingo:

11 am / \$3 per card

Wristbands will be sold at the pool during normal operating hours to RESIDENTS ONLY.

### Requirements to purchase pool wristband:

- Meadows Place water bill and TDL showing MP residency.
- Adult resident must be present to complete registration card and purchase seasonal wristband.
- \$5 per band per family member until June 2. **\$10 beginning June 3.** Resident must be wearing band to enter pool area.

## POOL PARTIES

Summer is on its way. 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 or during public hours. Visit the Parks and Recreation website for additional information.



## WORLD'S LARGEST SWIMMING LESSON

Join thousands of kids and families at aquatic facilities around the globe for The World's Largest Swimming Lesson™. We're breaking the Guinness World Record™ to spread the word that Swimming Lessons Save Lives.™

6/22 Registration begins @ 6 pm. (All Ages)



## SPLASH NIGHT

# NIGHT

Join Meadows Place Parks & Recreation as we kick off the summer with games, swimming, water slide, DJ and food. This is a free community event for residents of Meadows Place. Food will be available as first come first served until gone beginning at 6:00pm

\*\*Please bring canned food items for the Sugar Grove Church of Christ Food Pantry.

6/2 @ Community Center Pool, 6-9pm (All ages welcome)



## BAREFOOT N' FRIDAYS

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

Every third Friday throughout the summer. (Ages 9-14yrs)  
6/16, 7/21, 8/18 @ Pool, 8:30 – 11pm / \$5 per child

## SWIM LESSONS

PRIVATE/SEMI-PRIVATE



### Private Swim Lessons Available!

Appointments are available for 30-minute private and semi-private swim 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 swim lesson time. To request private swim lessons or for more information, please email

[lylanan@cityofmeadowsplace.org](mailto:lylanan@cityofmeadowsplace.org) or call 281-983-2935

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: More often than not, a student may need to repeat a level several times before advancing**

### REGISTER

#### Sessions: T/W/TH

Session 1: 6/13 – 6/22

Session 2: 6/27 – 7/6

Session 3: 7/11 – 7/20

Session 4: 7/25 – 8/3

Session 5: 8/8 – 8/17

\*\*Visit the Parks and Recreation page on the city website for swim lesson times. \*\*

#### Fees:

Residents - \$60/student/session I, III, IV, V;

Session II \$50/student (**no class July 4<sup>th</sup>**)

Non-Residents - \$70/student/session I, III, IV, V;

Session II \$60/student (**no class July 4<sup>th</sup>**)

#### Swim Level Description:

**Guppy** (Parent and tot class)- Guppy class is for the parent and tot to learn general water safety and swimming techniques. It will introduce the tot to the water and prepare the tot for the non-parent class, Goldfish. One English speaking adult per child.

# ACTIVE ADULT 50+ PROGRAM

Swim diaper required for non-potty trained students.

**Goldfish** (Water comfort)- Goldfish class will teach basic breathing and buoyancy. They will learn how to enter and exit the water properly and have the child comfortable in the water by themselves. Swim diaper required for non-potty trained students.

**Sea Lion** (Basic technique)- Sea Lion class will work on rhythmic breathing and retrieve submerged objects. They will learn basic arm motions and kicking.

**Otter** (Skill development)- Otter class will introduce the student to the deep water along with diving, strokes, and treading water.

**Shark** (Advanced skill)- Sharks will work on rotary breathing techniques and learn flip turns and continue stroke techniques.

## LIFEGUARD OF THE MONTH

Congrats to Ellie Doina for being May's Lifeguard of the Month! Ellie demonstrated exemplary leadership and rescue skills during our very first EAP (emergency action plan) training. Not only did she do an outstanding job during training, Ellie has shown she deserved the promotion to supervisor by her eagerness to help her fellow aquatic staff and for being vocal in how to help the operations of the pool run smoother. Thanks, and congrats Ellie!



The Meadows Pool Aquatic Staff and Stafford Fire Department after the first Emergency Action Plan (EAP) training.

Active Adults meet Monday's at the Community Center for food fellowship and fun. Come and be a part of our Active Adult Community from 10:00am – 1:00pm.

**MONDAY, June 5-** 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. Mayor Charles Jessup will be our guest speaker and will be happy to share with you what's new in Meadows Place.

**MONDAY, June 12** – AARP Defensive Driving Course. The course will run from 10:30am to 2:30pm.

**MONDAY, June 19** – Reverend Lester from Methodist Hospital will come around 10:30am and speak to us concerning common health issues that older adults confront. The presentation will last about an hour.

**MONDAY, June 26** - Come and play BINGO. We will provide Popcorn...you bring your quarters!



## COMMUNITY GARDEN

Our community garden has been prepping for spring and summer, and you're welcome to join us! It's almost time for blackberries and strawberries, so feel free to take a handful once they ripen. Please stay tuned to our Facebook group for future events, especially every 2nd and 4th Saturdays at 9AM when we gather to tend the garden and catch up with our community

2<sup>nd</sup> & 4<sup>th</sup> Saturday ea. month, 9am @ Community Garden



JUNE

16

8 – 11pm

12001 Brighton @ McGrath Park

\$5 entry per person

**BEER & CONCESSIONS AVAILABLE**

Dust off your boots and get ready for a fun night of dancing in the streets to some great country music. Bring a folding chair and picnic if you like. No glass containers allowed.

\*\*\*This event is a fundraiser for the Meadows Place Youth Action Council (YAC). All proceeds go to benefit the Special Needs Playground to be built in Meadows Place. For more information, 281-983-2934.



July 29

6-8pm Color Run

8:30-10pm Movie in the Park

Entry fee to be determined

Includes Super Hero Cape / Colors /  
Admission to Movie

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



## MEADOWS PLACE 4<sup>th</sup> OF JULY PARADE

Join the fun during Meadows Place Annual 4<sup>th</sup> of July Parade @ 10am. There are several ways to participate in the fun. We are taking entries from those that would like to march, create a float, and decorate a golf cart, boat, or bike. We are also looking for anything unique such as unicycles, stilt walkers, musical instruments, etc.

**Parade entry form can be found on the City website: [cityofmeadowsplace.org](http://cityofmeadowsplace.org). Return your entry form to City Hall before Monday, June 26.**



Non-motorized entries do not need to complete a form. Judging will take place at 9am SHARP. Line up begins at Sugar Groves Church of Christ's east parking lot, 11600 W Airport. Enter from W Airport ONLY and check in with a parade official. Cars not participating in the parade may park in the west lot.

**Parade route travels from City Hall to Dorrance to Mullholland, left on Mullholland then left on Brighton concluding at McGrath Park.**

## MORE FUN

Join us McGrath Park after the parade ends for more July 4<sup>th</sup> fun and listen to the sounds of a brass band, a patriotic band, hot dogs, snow cones and splash pad fun. Hotdogs and snow cones are available for a nominal fee.

## NEIGHBORHOOD BLOCK ENTRY (Win Private Pool Party and Pizza for 40)

Would you like to win a private pool party and pizza for your block? Enter into the parade as a block entry and you and up to 40 neighbors can enjoy a private event at the pool. To qualify you must have at least 4 neighbors from the same block enter as a group. The creativity is up to you. Block entries are judged separately from the other categories. Please complete an application so the judges will score you appropriately. The block that wins will choose the date for the private party and pizza at Meadows Place pool.

## ACTIVE MILITARY

If you or an active duty family member would like to participate in our parade, please contact the Parks & Recreation Department by Monday, June 26.

## BIKE PARADE

Bike riders are a big part of the 4<sup>th</sup> of July Parade. No entry form required just show your patriotic spirit by decorating your bike and join the parade in the parking lot of Sugar Grove Church at 9am.

## PRIZES WILL BE AWARDED

**Youth    Spirit    Commercial Entry    Block**

Judging for non-motorized entries begins at 9am SHARP at Sugar Grove Church. Motorized judging will take place while in route in front of the Community Center. Prizes will be awarded at the conclusion of the parade at McGrath Park.

## YARD DECORATING

Show your patriotic spirit by decorating your yard in a red, white and blue theme. If you do not live along the parade route you must enter your address by calling 281.983.2935 or email

[lylanan@cityofmeadowsplace.org](mailto:lylanan@cityofmeadowsplace.org).

**Judging will take place on July 3**

Home Depot Gift Card to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place yards.

