

# ACTIVE ADDISON



Summer/Fall 2023

# Introduction

A great reason to live in Addison is the Addison Athletic Club. The Athletic Club offers a wide variety of recreational, health, fitness, and athletic programs for Addison residents only. We have about 3,600 members with about 400 participating on our busiest days, and we offer special programs and events for all ages.

This Addison Active Guide runs from June 1, 2023 – November 30, 2023. Please register in advance for all activities in person at the Addison Athletic Club front desk.

3900 Beltway Drive  
Addison, TX 75001

## FACILITY HOURS

Monday – Thursday	5:30am – 10:00pm
Friday	5:30am – 8:00pm
Saturday	8:00am – 8:00pm
Sunday	1:00pm – 6:00pm

## HOLIDAY CLOSURES

4th of July

Tuesday, July 4th

\*The Outdoor pool will be open

Labor Day

Monday, September 4th

Thanksgiving Holiday

Thursday, November 23rd

Friday, November 24th

## STAFF LIST

Janna Tidwell	Director of Parks and Recreation
Pat White	Assistant Director of Recreation
Deena Israel	Recreation Manager
Anna Weir	Fitness Supervisor
Mari Garcia	Recreation Member Services Supervisor
Rachel Wagner	Recreation Supervisor
Luis Ibarra	Recreation Coordinator
Dustin Kemp	Recreation Assistant
Elijah Davis	Recreation Assistant
Brayan Cervantes	Recreation Assistant
Pasquale Bleggi	Recreation Assistant
Tyesha Davis	Recreation Assistant
Evan Ranger	Recreation Assistant
Victoria Uphoff	Childcare Assistant
Lexxy Shelton	Childcare Assistant
Darrell Carmon	Custodian

## FACILITY AMENITIES

LifeFitness Weight Circuit	Elliptical Trainers	Tennis/Pickleball Courts
Free Zone Training Room	4 Private Suites/Family	Outdoor Trails
Hammer Strength Weight Circuit	Restrooms	Two Racquetball Courts
Group X TRX Room	Sauna	Aerobics Studio
Dumbbells	Steam Room	Multipurpose Room
Indoor Track	Hot Tub	Children's Activity Center
Treadmills	Indoor Swimming Pool	Seasonal Outdoor Swimming Pool
Electronic Bikes	Gymnasium	

Active Addison is published twice a year by the Town of Addison Parks and Recreation Department. Any questions, letters to the editors, or other comments regarding this publication should be emailed to Pat White, Assistant Director of Recreation, at [pwhite@addisontx.gov](mailto:pwhite@addisontx.gov).

## COURT RESERVATIONS: PICKLEBALL, RACQUETBALL AND TENNIS COURTS

Court reservations can be made up to 3 days in advance by calling 972-450-7048 or online. Please call before noon for same-day reservations. Reservations are for one and a half hours. No back-to-back reservations will be taken. The court is available on a first come, first serve basis when there is no reservation. Reservations can be made online [here](#). If you do not have an online account, stop by the front desk to sign up.

The tennis and pickleball gates have a new access lock. To get your individual access code, contact our front desk at 972-450-7048.

## REFUND POLICY

A full refund will only be made if the reservation is cancelled at least 5 business days prior to the class, program, or trip. Please call the front desk or come in to cancel. An exact number of registrants is needed to pre-purchase supplies, schedule staff, arrange transportation, and make reservations. Please register in advance to avoid higher fees. Same day registration for programs fee will go up in price.

In cases where the program fee includes the prices of a non-refundable ticket, refunds can only be made if reservations are cancelled at least 5 business days prior to the program and the AAC is able to enroll another participant to take their place.

Refunds for medical reasons must be accompanied by a physician's note and shall be considered on a case-to-case basis.

## MEMBERSHIP INFORMATION

To get a membership you will need:

1. Your valid Texas Driver's License or Texas Identification Card with current Addison address
2. A secondary proof of residency (examples below):
  - a. Vehicle insurance
  - b. Voter registration
  - c. Utility bill
  - d. Bank document
3. Apartment residents must provide a leasing office verification form. They are located at your apartment's leasing office.
  - a. One name per form is allowed, and all names must be on the lease.
4. \$10 for a one-time processing fee

Memberships can be valid for as long as you reside in Addison, but they expire annually and there is no fee for renewal.

## POOL INFO

The AAC Outdoor pool is a seasonal amenity open to all members and their guests. The pool opens for the summer on Saturday, May 27th and closes Monday, September 4th.

**Hours:** Monday – Saturday Noon – 8pm • Sunday 1pm – 6pm

**Guest Policy:** Members are allowed up to 4 guests per visit, with a maximum of 8 guests per family \$3 per person, kids under 3 are free

Outdoor pool guests may only use the outdoor pool and are not permitted to use the indoor facilities including the lap pool and hot tub.

**Pavilion Reservation:** Having a party? Reserve the outdoor pool pavilion! For more information, please call the Front Desk at (972) 450 – 7048 or email Fitness Supervisor Anna Weir at [aweir@addisontx.gov](mailto:aweir@addisontx.gov)

## CHILDREN'S ACTIVITY CENTER

Ages: 3 months – 7 years old

Monday – Saturday: 9:00am – 1:00pm  
Monday – Thursday: 4:00pm – 8:00pm  
Sunday: CLOSED

The Children's Activity Center is available to members of the Addison Athletic Club and their children/dependents. You must remain on the premises of the Addison Athletic Club, or the tennis/pickleball courts.

Reservations are recommended and can be made up to 3 days in advance. Infants, 3 – 12 months, must make a reservation at least the day before.

### Please remember:

- Each child must have a registration form on file prior to, or on, their first visit. Forms can be found at the front desk or CAC desk.
- Each child must also have a current AAC membership card.
- \$1 per child, per visit. Proof of receipt is required when you sign in.
- A \$10, 15-visit, punch pass can be purchased.
- Visits are limited to a 2-hour maximum.

# Addison Outdoors

## **AO POP-UP PLAY: VITRUVIAN PARK**

Free  
Monday, June 5, 2023  
4:00pm – 6:45pm  
Vitruvian Park Lawn

Join us for a Father's Day themed AO Pop-Up Play! Enjoy games and the beautiful outdoors. For more information, contact Luis at [libarra@addisontx.gov](mailto:libarra@addisontx.gov).

## **AO POP-UP PLAY: TOWN PARK**

Free  
Monday, July 10, 2023  
4:00pm – 6:45pm

It's Christmas in July at this Pop-Up Play! Bring the family out for games, the beautiful outdoors, and a white elephant gift exchange! We will be providing the gifts. For more information, email Luis at [libarra@addisontx.gov](mailto:libarra@addisontx.gov).

## **AO POP-UP PLAY: LES LACS PARK**

Free  
Tuesday, September 19, 2023  
4:00pm – 6:45pm

Arrgh mates! Join us for a pirate-themed Pop-Up Play! For more information, email Luis at [libarra@addisontx.gov](mailto:libarra@addisontx.gov).

## **AO POP-UP VOLLEYBALL**

Free  
Wednesday, August 16, 2023  
7:00pm – 8:00pm  
Les Lacs Park Sand Volleyball Court

Bring out your friends, and family, to enjoy sand volleyball. You'll enjoy games from our Addison Outdoors trailer, volleyball matches, and the beautiful outdoors.

## **AO POP-UP YOGA**

Free  
Saturdays  
June 24, 2023; July 29, 2023; August 26, 2023  
9:00am – 11:00am

October 7, 2023  
10:00am – 12:00pm  
Addison Circle Park

The perfect way to spend your mornings with friends!

## **SMORES N' MORE**

Free  
Thursday, November 2, 2023  
6:00pm – 7:00pm  
Les Lacs Park Pavilion

Smores N' More is a fun and interactive night where participants enjoy s'more making by the Les Lacs Park grill and get to interact with the Addison Outdoors Pop-Up Trailer. This night will include the Imagination Playground blocks, cornhole, JENGA, giant pong, and much more.

## **URBAN WILDLIFE – CRITTERS N' LEARN**

Free  
Thursday, June 15, 2023  
6:00pm – 7:00pm  
Addison Athletic Club

Dallas is an urban ecosystem! We share the Metroplex with so many different animals. Learn a little bit about our natural neighbors with show-and-tell of animal skulls and pelts. Sam will also guide you in some ways to help animals survive while minimizing any conflicts. Stop by the front desk to register!

## **AO POP-UP PET PHOTOS**

Free  
Saturday, October 7, 2023  
12:00pm – 1:00pm  
Spruill Dog Park

Come enjoy a Paw-some Addison Outdoors program! Enjoy Spruill Dog park and get a photo of you and your best four-legged friend. We will have games and offer free photographs. Dress your pup up in its best costume for a costume contest! Prizes will be awarded.

# BLISSFUL SOUND EXPERIENCE

June 16, 6-7:15pm

Fee: \$20 pay instructor (cash only)

Sound is a vitamin of the airways. Join us for this stress-relieving session where instruments are played to create a vibrational healing experience that leaves you feeling refreshed and rejuvenated. The vibration helps to clear physical and emotional blockages in the body allowing you to move from a place of imbalance to balance and harmony.

Spots are limited, please register at the front desk to reserve your spot. The registration fee should be paid in cash directly to the teacher at the time of the session.



VISIT OUR WEBSITE  
FOR MORE  
INFORMATION  
[WWW.ADDISONTEXAS.NET/  
PARKSREC](http://WWW.ADDISONTEXAS.NET/PARKSREC)

## LESSONS

Contact Ray Love [nyrace51@netscape.net](mailto:nyrace51@netscape.net)

## OUTDOOR OPEN PLAY

Saturdays 9AM - NOON

## INDOOR OPEN PLAY

Monday - Friday 10AM - NOON

Tuesday 5 - 7PM

## LEAGUES

Women's: October 2 - November 27 (7 - 8PM)

Men's: October 4 - November 29 (7 - 8PM)

Registration opens May 1

# ADDISON OUTDOORS POP-UP EVENTS



## PLAY

Join us for games and activities in our amazing parks! Have fun and enjoy community.

JUNE 5  
JULY 10  
AUGUST 16  
SEPTEMBER 19



## YOGA

Namaste and play with food, games, and FREE yoga at Addison Circle Park.

JUNE 24  
JULY 29  
AUGUST 26  
OCTOBER 7



TIMES AND LOCATIONS MAY VARY, CHECK OUT OUR WEBSITE: [ADDISONTEXAS.NET/PARKSREC/ADDISON-OUTDOORS](http://ADDISONTEXAS.NET/PARKSREC/ADDISON-OUTDOORS)

# Adult Fitness Classes

## BALANCE

Mondays  
8:00am – 9:15am  
Minok Merrick

Have you been thinking about working on your balance, but aren't sure how? Has your doctor suggested strength training for balance? This class is designed to work on balance issues or to be more proactive. The exercises will focus on lower body, core, and ankles. Class is designed for ages 50 and older.

## BOXING CARDIO

Sundays from 1:15pm – 2:15pm  
Wednesdays from 12:00pm – 1:00pm  
Wayne Kaya

Boxing circuits are set up to offer participants a variety of exercises and easy-to-follow boxing drills. This 60-minute class will give you a great cardio and strength workout. Begin with a 15-minute calisthenics warm up. Once your heart is pumping, you will be training to 3-minute rounds that include basic boxing combinations following a 1-minute active rest. The last 15 minutes is a wrap up of exercises focusing on your core and floor work to help you cool down.

## CORE VINYASA YOGA

Tuesdays and Thursdays  
6:00pm – 7:00pm  
Susan Pirtle

This dynamic class will improve your strength, flexibility, muscle tone, and balance. Harmonize the energy within to restore vitality, rejuvenate the nervous system, reverse the effects of aging, and quiet the mind.

## CRANK IT UP

Tuesdays and Thursdays  
8:00am – 9:00am  
Malin Taylor

Looking for a fun way to exercise? All fitness levels are invited to join Crank It Up fitness. This class includes everything: cardio, weights, core training, and a relaxing stretch. Come and join the fun! The class includes intervals combined with active recovery designed to train the body for improved performance and calorie burning. This format offers the perfect blend of speed, quickness, and agility drills.

## EXTRA, EXTRA

Saturdays  
8:30am – 10:00am  
Diane Chavez

If you are looking for a class to even out your workout schedule, Extra, Extra is perfect for you. Join us for a Saturday morning full of muscle toning and heart racing interval training.

## SENIOR MODIFIED FITNESS

Tuesdays and Thursdays  
8:30am – 9:30am  
9:30am – 10:30am  
Minok Merrick

Have you been thinking of getting fit, but aren't sure how? Has your doctor suggested weighting training or strength training? Meet some new friends and get fit together safely with great instruction. The class meets at two separate times and is geared towards participants 50 years and older.

## PURE PILATES

Mondays  
5:45pm – 6:45pm  
Susan Pirtle

Pure Pilates is a strictly mat class focused on core strength. Rhythmic Pilates movements will get your muscles burning, while incorporated yoga moves will help you stay in the zone. This class is designed for intermediate to experienced levels, but all levels of skill and fitness are welcome!

## SENIOR DANCE FITNESS

Mondays and Wednesdays  
11:15am – 12:15pm  
Kay-Lynn Lyon

Bored with the treadmill? Need a new way to stay in shape? Try out senior dance fitness. There is absolutely no experience required to take class. There will be an optional demonstration at the annual Senior Thanksgiving Dinner. This class is designed for those 50 and older. This class runs May 1 – November 15th, so get your boogie on while it's here!

## SPIN

Tuesday and Thursdays  
12:00pm – 1:00pm  
Minok Merrick

This cycling class is great for a low-impact, high intensity cardio workout. All levels of fitness are welcome. If you're new to indoor cycling, we invite you to come early so your instructor can give you some pointers.

## TABATA

Fridays  
12:00pm – 1:00pm  
Deborah Kittleston

Tabata is a fun and innovative HIIT workout with a two-to-one work-to-rest ratio. It is designed to elevate your heart rate to an anaerobic zone and give the body a short window to recover. By pushing your body into the anaerobic zone, you burn more calories both during and after your workout.

## YOGA HEALTH AND VITALITY

Mondays, Wednesdays, and Fridays  
9:45am – 11:00am  
Valerie Rogers

Yoga Health and Vitality is a fun, eclectic yoga practice designed to rejuvenate the body, quiet the mind, and cool the emotions. Increase strength, flexibility, and vitality, while reducing stress, tension, and anxiety. Emphasis is on alignment and safety. No yoga experience necessary. All ages are welcome.

## TOTAL BODY

Mondays from 6:15am – 7:30am  
Wednesdays from 8:00am – 9:15am  
Minok Merrick

You won't get bored during the Total Body Workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. The first half of the class is a cardio circuit, with the second half focused on strength training. Monday's class will focus on strength and cardio while Wednesday's class will focus on stretching and flexibility.

## GROUP FITNESS CLASS SCHEDULE

To take a class, check-in at the front desk and pay the drop-in fee or scan your punch pass to receive a class pass. Take the class pass to the instructor.  
Class passes are given on a first-come first-serve basis.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>TOTAL BODY</b> Aerobics Studio 6:15 - 7:45 AM	<b>CRANK IT UP FITNESS</b> Basketball Gym 8 - 9 AM	<b>TOTAL BODY</b> Aerobics Studio 8 - 9:15 AM	<b>CRANK IT UP FITNESS</b> Basketball Gym 8 - 9 AM	<b>YOGA HEALTH &amp; VITALITY</b> Aerobics Studio 9:45 - 11 AM	<b>EXTRA, EXTRA</b> Aerobics Studio 8:30 - 10 AM
<b>BALANCE</b> Aerobics Studio 8 - 8:45 AM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 8:30 - 9:30 AM	<b>YOGA HEALTH &amp; VITALITY</b> Aerobics Studio 9:45 - 11 AM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 8:30 - 9:30 AM	<b>TABATA</b> Free Zones 12 - 1 PM	<b>SUNDAY</b>
<b>YOGA HEALTH &amp; VITALITY</b> Aerobics Studio 9:45 - 11 AM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 9:30 - 10:30 AM	<b>SENIOR DANCE FITNESS</b> <small>NEW</small> Aerobics Studio 11:15 - 12:15 PM	<b>SENIOR MODIFIED FITNESS</b> Aerobics Studio 9:30 - 10:30 AM		<b>BOXING CARDIO</b> Basketball Gym 1:15 - 2:15 PM
<b>SENIOR DANCE FITNESS</b> <small>NEW</small> Aerobics Studio 11:15 - 12:15 PM	<b>SPIN</b> Aerobics Studio 12- 1 PM	<b>BOXING CARDIO</b> Basketball Gym 12 - 1 PM	<b>SPIN</b> Aerobics Studio 12- 1 PM		
<b>PURE PILATES</b> Aerobics Studio 5:45 - 6:45 PM	<b>CORE VINYASA YOGA</b> Aerobics Studio 6 - 7 PM		<b>CORE VINYASA YOGA</b> Aerobics Studio 6 - 7 PM		

Group Fitness Class pricing  
\$4 drop-in fee per class  
\$40 for 15-class punch pass  
\$75 for 3 month unlimited punch pass  
50% discount will be applied to anyone over the age of 50

# Adult Programs

## 40+ HALF-COURT BASKETBALL

Free  
Thursdays  
6:00pm – 8:00pm

## ADULT PICKUP BASKETBALL

Free  
Monday and Wednesdays  
6:00pm – 8:00pm  
Saturdays  
10:00am – 12:00pm  
Full-Court pickup basketball for 15+ year olds.

## COMMUNICATIONS WORKSHOP

\$140  
Tuesdays  
June 6 – June 20; August 1 – August 15;  
September 5 – September 19  
6:30pm – 8:00pm

How well do you communicate? Frustrated with dead-end conversations, or struggling with those “tough conversations”? Join this 3-part series as we will focus on the key components to successful communication through self-empowerment and advocacy, leading with empathy, and building conflict resolution skills. Light snacks will be provided!

## FINANCE 101: HOME BUYING

Free  
Tuesday, October 10, 2023  
6:00pm – 7:30pm

Are you ready to purchase a home? Do you need a little direction to get started? Join our panel of home-buying professionals as they share some tips to get you on the right track. The discussion will include understanding the real estate market, home buying fees, down payments, and so much more. Free food and goodies for those that attend.

## ADULT FALL PICKLEBALL LEAGUES

\$20/team  
Mondays and Wednesdays  
October 2, 2023 – November 29, 2023  
7:00pm – 9:00pm  
Outdoor Pickleball Courts

**Women’s Double league will play on Mondays; and our Men’s Double league will play on Wednesdays.**

You’re invited to participate in our Fall 2023 Pickleball league! Grab a partner and compete in a 9-week long league. Addison Pickleball League strives to promote sportsmanship, competition, community involvement, and health and fitness in a recreational setting.

## SELF-DEFENSE 101

\$10  
Age: 15+ years and up  
Wednesday’s from 1:00pm – 2:00pm  
June 7, 2023; August 2, 2023; October 4, 2023  
Saturday from 11:00am – 12:00pm  
September 9, 2023

Learn the world’s most effective form of self defense while you get in a calorie-burning workout with Krav Maga Self-Defense. Krav Maga is easy to learn and increases stamina, strength, and flexibility. Presented by Premier Marital Arts Studio Addison.

## TAI CHI AND QIGONG

\$60  
Mondays  
September 11, 2023 – October 11, 2023  
Susan Thompson

Engage in gentle, flowing movements to increase vitality, promote energy, reduce pain, restore balance, and improve healing. In this workshop, you will learn basic but powerful Tai Chi and Qigong forms. Learn key principles of posture, alignment, power, and structure. This class is suitable for all levels, there is no getting up and down off the floor. Participants will register for all 6 sessions. Refunds for a missed session will be prorated after the missed class.



## TEXAS HOLD 'EM POKER

Free  
Every 4th Monday  
2:00pm – 5:00pm

You're invited to our Texas Hold 'em program. Come play some hands, and learn more about this great card game.



# TOWN OF ADDISON POLICE DEPARTMENT

## Keep a lookout for upcoming programs

Our police talks are lead by Addison police officers. Each session offers valuable information that maintains a safe quality of life here in Addison.

Addison Athletic Club Multipurpose Room  
3900 Beltway Dr.



## CPR & AED TRAINING



SUMMER AND  
FALL DATES TBD

STAY TUNED  
FOR UPDATES!

ADDISON PARKS & RECREATION

# Teen Open Play

AGES: 12 - 17 YEARS OLD

Thursdays  
from 4-6pm

Half-court  
Free for all  
our teens

Stop by the front desk to register for  
important information and updates

ADDISON PARKS & RECREATION

# TEEN TIME

**FRIDAYS  
FROM 6-8PM**  
JUN 2 - AUG 4

Hang out with friends  
battling each other on the  
Switch

\*Guests welcomed with guest fee

**\*FREE\***

AAC Multipurpose  
Room

ADDISON



# Summer Camp 2023

Spend the summer with Addison Parks & Recreation!  
Featuring special guests, swimming, gym time, Les Lacs Park, crafts and so much more!

June 5 -  
August 4  
**\$125/  
week**

## Weeks at a Glance

- ✓ June 5 - 9: Skyhawks Sports
- ✓ June 12 - 16: Field Trip - Bolder Adventure Park
- ✓ June 19 - 23: Play-Well TEKnologies
- ✓ June 26 - 30: Adventures in Art
- ✓ July 3 - 7: Field Trip - Ninja Nation
- ✓ July 10 - 14: Challenge Island
- ✓ July 17 - 21: Chefsville\*
- ✓ July 24 - 28: Field Trip - NRH20
- ✓ July 31 - Aug 4: Field Trip - KidZania

## The 411

7:30am - 6:00pm  
Ages: 6 - 12 years

## Camp Location

📍 Addison Athletic Club  
3900 Beltway Drive

\*Additional \$25 supply fee required

Questions? 972-450-7297 [rwagner@addisontx.gov](mailto:rwagner@addisontx.gov)

## **FAMILY WATER DAY**

Free  
Thursday  
June 15, 2023; July 6, 2023; August 10, 2023  
Les Lacs Park  
11am

Join us for a fun morning enjoying water activities to beat the heat. Don't forget your hat and sunscreen!

## **PARENTS NIGHT OUT**

\$10  
Ages: 5 – 12  
Fridays from 6:00pm – 9:00pm  
June 23, 2023; July 28, 2023

Calling all parents! Drop the kids off for a fun evening while you enjoy some time to yourself! We'll provide the food and the fun! Pre-registration is highly recommended! Day-of registration fee is \$16.

## **PARENT/TOT HAIR TUTORIAL**

\$10  
Monday, August 7, 2023

Struggling to know how to put your little one's hair in a ponytail, or even just out of their face? Join us for an educational evening on learning easy hairstyles for everyone. Registration fee is per family, and each family will receive a small goody bag for creating the best hairstyles. Stop by the front desk to register! For questions, email Rachel at [rwagner@addisontx.gov](mailto:rwagner@addisontx.gov).

## **TEDDY BEAR PICNIC**

Free  
Monday, September 11, 2023  
10:00am – 11:00am

Join us at the Les Lacs Pavilion for a mid-morning picnic in the park! We'll have treats and refreshments while enjoying the weather and meeting new friends. RSVP encouraged! Email Rachel at [rwagner@addisontx.gov](mailto:rwagner@addisontx.gov).

## **TINY TOTS**

Free  
Wednesdays in September  
10:00am – 10:45am  
Les Lacs Park Pavilion

Join us on Wednesdays in September for Tiny Tots! Meet new friends while enjoying fun, new, activities each week.

## **STROLLER STRIDES**

Free  
Wednesdays in October  
10:00am  
Les Lacs Pavilion

Grab the stroller, scooter, walker, or whatever you have for this fun, new program! We'll meet each week at Les Lacs Pavilion and explore the trail while spending time with friends and getting outdoors.

## **THANKSGIVING BREAK CAMP**

\$25/day  
Ages: 6 - 12  
Monday, November 20, 2023 – Wednesday, November 22, 2023  
8:00am – 5:00pm

Join us for Thanksgiving Break Camp! There will be crafts, sports, special guests, and more! Sign up for one day, or all three! Chefsville Cooking camp will be joining us each morning for a different themed cooking camp. An additional supply fee is required each day.

## **YOUTH MARTIAL ARTS CLINIC**

Free  
Ages: 6 - 12  
Saturday, November 4, 2023  
11:00am – 12:00pm

Join us for this FREE youth clinic with Premier Marital Arts Addison. Martial arts keep kids physically active and mentally fit. If your child has expressed interest in, or would benefit from martial arts, sign up at the front desk to reserve your spot.

# Outdoor Pool

## POOL INFO

The AAC Outdoor pool is a seasonal amenity open to all members and their guests. The pool opens for the summer on Saturday, May 27th and closes Monday, September 4th.

Hours:

Monday – Saturday Noon – 8pm

Sunday 1pm – 6pm

Guest Policy:

Members are allowed up to 4 guests per visit, with a maximum of 8 guests per family

\$3 per person, kids under 3 are free

Outdoor pool guests may only use the outdoor pool and are not permitted to use the indoor facilities including the lap pool and hot tub.

Pavilion Reservation:

Having a party? Reserve the outdoor pool pavilion! For more information, please call the Front Desk at (972) 450 – 7048 or email Fitness Supervisor Anna Weir at [aweir@addisontx.gov](mailto:aweir@addisontx.gov)

## HOT DOG POOL SOCIAL

\$2

Mondays

June 26, 2023; July 31, 2023; August 28, 2023

5:30pm – 7:30pm

Enjoy pool season with a hot dog social! Each ticket will get you a hot dog, a bag of chips, and a drink while lounging and enjoying our outdoor pool.



**JULY 15, 2023 | 12PM TO 1PM**  
**AAC OUTDOOR POOL**

**FREE**  
WHILE  
SUPPLIES LAST

**EMAIL [LIBARRA@ADDISONTX.GOV](mailto:LIBARRA@ADDISONTX.GOV) FOR MORE INFORMATION.**

# DOGGIE SPLASH DAY

ITS THE DOG DAY OF SUMMER!

SATURDAY, SEPTEMBER 9

REGISTER AT THE FRONT DESK

\$5 FEE PER DOG



SMALL DOGS

9:30 AM - 10:30 AM



BIG DOGS

10:45 AM - 12:00 PM

ALL DOGS MUST HAVE UP-TO-DATE RABIES TAG OR PROOF OF VACCINATION TO REGISTER AND ATTEND

ADDISON ATHLETIC CLUB

# Seniors, 50+

## ADDISON BOOK CLUB

Free

First Monday of the Month

7:00pm – 8:15pm

We would love to have you join the Addison book club. For more information and for the book list, check out the flyer at the front desk or contact Deena Israel at 972-450-7048. The group meets the first Monday of each month.

## AGELESS GRACE BRAIN AND BODY CLASS

Mondays

10:30am – 11:00am

Ageless Grace is a brain health program based on consciously choosing to change the brain through physical movements similar to playful childhood activities that fire up neurons and develop neural pathways. The class is designed to be practiced seated to stimulate the five primary functions of the brain (static, planning, memory and recall, analytical thinking, creativity, imagination, and kinesthetic learning) by doing unfamiliar movements or creating new ways to do an activity that is already familiar.

## CANASTA

Wednesdays

2:00pm – 4:00pm

Come play, and socialize, at Canasta! It's a rummy-like card game played with partners. This activity is free and open for everyone.

## BINGO

\$5

Thursdays

June 22, 2023; July 27, 2023; August 24, 2023; September 28, 2023; October 26, 2023; November 9, 2023

Come have fun playing bingo with a chance to win gift cards and prizes! We will provide a small snack, so you just need to bring your luck!

## SENIOR SOCIALS

Free

Sign up to reserve your spot for our monthly senior social. Come meet some new friends and enjoy light refreshments.

Friday, June 2, 2023: National Donut Day (10:00am – 11:00am)

Tuesday, July 25, 2023: National Hot Fudge Day (1:00pm – 2:00pm)

Thursday, August 3, 2023: Watermelon Day (11:00am – 12:00pm)

Wednesday, September 20, 2023: National Pepperoni Pizza Day (11:00am – 12:00pm)

Wednesday, October 4, 2023: National Taco Day (12:00pm – 1:00pm)

Friday, November 10, 2023: National Vanilla Cupcake Day (1:00pm – 2:00pm)

## ADDISON SUPPER CLUB

Tuesday, June 13, 2023 – Kenny's Italian Kitchen

Tuesday, September 12, 2023 – Table 13

5:00pm – 7:00pm

Every quarter we will meet at an Addison restaurant and have dinner together. Enjoy great food and fellowship together. Make sure to stop by the front desk to reserve your spot since we will be making reservations. You are responsible for your own meal.

## 4R RANCH VINEYARDS & WINERY TOUR

\$50

Thursday, June 8, 2023

9:00am

Sign up to go visit Tara Vineyards and Winery. The vineyard is in Athens, Texas. We will have a tour, tastings, and lunch.



## **LUNCH AND LEARN – OUTSMART THE SCAMMERS**

Free  
Wednesday, June 28, 2023  
12:00pm – 1:00pm

Come learn how to spot certain red flags that may indicate a fraudulent encounter, learn about resources individuals can turn to in an event they, or a loved one, is targeted, and learn steps you can take now to help protect against scammers. Lunch will be provided. Please register at the front desk to reserve a spot.

## **COLLETTE TRAVEL MEETING – IRELAND**

Free  
Tuesday, July 18, 2023  
10:30am – 11:30am

Collette Special Travel presentation for 2024 trips. Come to the meeting and learn all about the Collette selected trips. The meeting will have a representative to answer all your questions. The trip selection will be Ireland, March 14-21, 2024.

## **TEXAS RANGERS BASEBALL GAME**

\$55  
Wednesday, July 19, 2023  
11:30am

Come with us and watch a day-game at the new Texas Rangers baseball field, Globe Life Field. The Rangers will take on the Tampa Bay Rays. The fee includes the tickets for the game (reserved rocking chairs), a \$25 food voucher, and a round trip charter bus.

## **WINSTAR CASINO TRIP**

\$5  
Friday, August 11, 2023  
8:30am

Are you feeling lucky? Come along and ride with us to Winstar Casino in Oklahoma, and let's put your luck to the test! Enjoy a day of fun, games, fellowship, entertainment, food, and more! Register at the front desk. Spots will fill up quickly!

## **TEXAS STATE FAIR**

Price TBD  
Thursday, October 5, 2023  
9:00am

Howdy Folks! Sign up for a great day at the Texas State Fair! Come see Big Tex and enjoy a world-famous Fletcher's Corny dog! We will meet at the Downtown Carrollton DART Train Station and ride together (\$3/ticket). Please register at the front desk so we have a list of who is meeting us at the train station.

## **GRAPEVINE MAINSTREET SHOPPING AND LUNCH**

\$5  
Friday, November 3, 2023  
11:00am – 4:00pm

Come visit Grapevine Main Street for some shopping and lunch at the Harvest Hall. The bus will drop us off for lunch and off you go shopping. You will be on your own for shopping and we will all eat together for lunch at the Harvest Hall Food Court.

## **ADDISON SENIOR THANKSGIVING LUNCH OR DINNER**

Free  
Ages: 50+  
Wednesday, November 15, 2023  
12:00pm – 2:00pm -OR- 5:00pm – 6:00pm

Celebrate the Thanksgiving holiday with your friends from the Addison Athletic Club! We will provide a hot Thanksgiving meal, dessert, and live entertainment. Pre-register at the front desk to reserve your meal. This year, we will hold a lunch and dinner option, and you may only sign up for one.

# Special Events



**\$10/  
person**

Fun for all  
ages!

## LUAU BINGO NIGHT

FRIDAY  
AUGUST 18

6:30PM - 8:00PM  
ADDISON ATHLETIC CLUB

## MIDNIGHT AT THE MASQUERADE

A MURDER MYSTERY DINNER SHOW

FRIDAY | OCTOBER 20, 2023 | 6:30PM

Addison Athletic Club  
3900 Beltway Drive

**\$50/PERSON**

Dinner catered by  
Olive Garden



*Presented by the Murder Mystery Co.*



JULY IS NATIONAL

# Parks and Recreation

MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 KABOOM TOWN 5-11PM	4 AAC CLOSED OUTDOOR POOL OPEN	5	6 FAMILY WATER DAY @ LES LAC PARK 11AM	7	8
9	10 AO POP UP PLAY TOWN PARK 11AM	11	12	13	14	15 DUCK DERBY 12PM FREE
16	17	18 TEXAS RANGERS DAY GAME 11AM \$55	19	20	21	22
23	24 TEXAS HOLD'EM 2PM FREE	25 SENIOR SOCIAL-HOT FUDGE SUNDAES	26	27 BINGO	28 PARENTS NIGHT OUT 6-9PM \$10	29 AO POP UP YOGA-FREE ADDISON CIRCLE 9AM
30	31 POOL HOTDOG SOCIAL 6-8PM	<p><b>GROW IN COMMUNITY TRY A PROGRAM!</b></p>				

ADDISON PARKS & RECREATION

OCT 28TH  
4-6PM



# HALLOWEEN BASH

TRUNK OR TREAT - MUSIC - CHILDREN'S  
AREA, & MORE!

ADDISON ATHLETIC CLUB  
3900 BELTWAY DRIVE

COME BACK FOR FAMILY  
MOVIE NIGHT!

The Commons at Addison Grove  
@ 7:30pm

More information for Trunk or Treat coming soon!

Questions? Email Rachel at [rwagner@addisontx.gov](mailto:rwagner@addisontx.gov)



ADDISON PARKS & RECREATION  
INVITES YOU TO



**HALLOWEEN  
OUTDOOR**  
*Movie Night*

**28 OCTOBER | SATURDAY | 7:30PM**

**NOW SHOWING**

**"GHOSTBUSTERS" (1984)**

**BRING YOUR FRIENDS AND FAMILY  
DON'T FORGET THE LAWN CHAIRS  
AND SNACKS**

**FREE!**

**FUN  
FOR  
ALL!**

**LOCATION:**

**THE COMMONS AT ADDISON  
GROVE**

# WE NEED YOU

## Volunteer



ADDISON

Make a positive impact in your community by volunteering with the Town of Addison!

### Volunteer positions:

- Special Events (Taste Addison, Kaboom Town!, Oktoberfest)
- Office and administrative work
- Park Cleanups



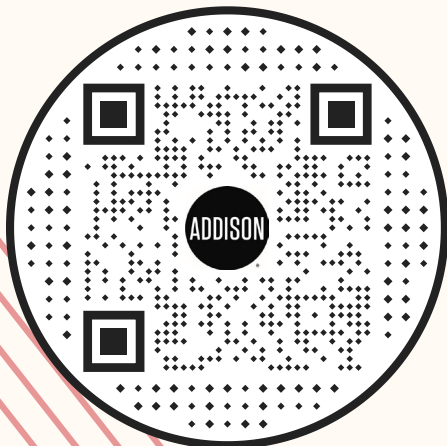
+972-450-2874



volunteers@addisontx.gov



Addison, TX



Scan QR code or visit  
[www.addisontexas.net/volunteers](http://www.addisontexas.net/volunteers) to learn  
more