

# ACTIVE ADDISON



Summer/Fall 2024



# Addison Parks and Recreation

Our mission is to preserve and enhance Addison's exceptional quality of life and work-environment by maximizing the recreational, social, and environmental and placemaking benefits of the community's parks, green spaces, and recreation facilities.

The Active Guide is published twice a year by the Addison Parks and Recreation Department. The Active Guide runs from June 1, 2024 – November 30, 2024.

## STAFF LIST

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Keep up with us on social media!

Instagram @townofaddison

Facebook @AddisonParksandRecreation

Website [addisontexas.net/parksrec](http://addisontexas.net/parksrec)





# Parks and Trails



## PARKS

Addison Circle Park  
Vitruvian Park  
Arapaho Park  
Beckert Park  
Bosque Park

Les Lacs Park  
Parkview Park  
Spruill Park  
Quorum Park  
Addison Town Park

Celestial Park  
Dome Park  
North Addison Park  
Winnwood Park  
Dog Parks

Spruill Dog Park  
Redding Trail Linear Park

## TRAILS

Les Lacs Linear Park Trails

Redding Trail

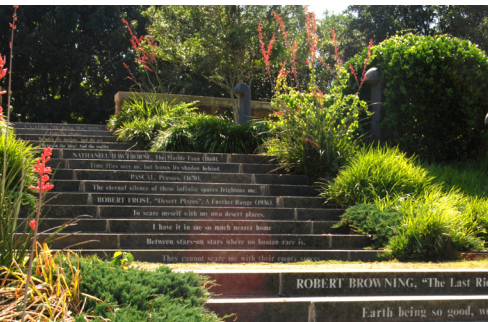
White Rock Creek Trail

## PUBLIC ART

You can't visit Addison without noticing the abundance of public art throughout our community. Discover all of Addison's public art on an art walk with the Otocast app, available on iOS and Google Play. Please tag #AddisonTx if you want to share on social media!

## FITNESS COURT

The world's best outdoor gym has found a home in Addison! The Fitness Court is designed by fitness experts to deliver a powerful, seven-movement workout program. Download the Fitness Court app, available on iOS and Android. Use it to check-in, view health metrics, or digitally connect to a library of workout challenges.





This year's theme - "Where You Belong" - celebrates our community. Let's unite and uplift the many reasons why local parks and recreation truly embodies the essence of belonging.

# National Park & Recreation Month

## Addison Parks & Recreation

### July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			



July 1st: AO Pop-up Play  
Les Lacs Park  
9:00am - 11:00am

July 3rd: Addison Kaboom Town  
Addison Circle Park  
5:00pm - 11:00am

July 4th: AAC Outdoor Pool Open  
12:00pm - 8:00pm  
AAC Closed Inside

July 9th: Ducky Derby  
Decorating  
Addison Circle Park  
9:00am - 11:00am

July 13th: Ducky Derby  
AAC Outdoor Pool  
12:00pm - 1:00pm

July 17th: Hotdog Social  
AAC Outdoor Pool  
6:00pm - 7:00pm

July 20th: AO Pop-up Yoga  
Addison Circle Park  
9:00am - 10:00am

July 25th: DIY Lemonade Bar  
Addison Athletic Club  
10:00am - 12:00pm -AND-  
3:00pm - 5:00pm

Park of the Week  
Get out and enjoy Addison  
Parks!

July 7th - 13th:  
Town Park

July 14th - 20th:  
Celestial Park

July 21st - 27th:  
Vitruvian Park

July 28th - August 3rd:  
Dome Park



# Addison Outdoors

The mission of Addison Outdoors is to provide diverse year-round fitness and leisure opportunities through our local parks and programs for those who live, work, and play in Addison. The benefits of fitness and leisure program services are specially designed to meet the physical, mental, cultural, and social needs of our residents while enhancing the overall quality of life in Addison.

## POP-UP TRAILER

Join Addison Outdoors for a fun family friendly Pop-Up. Our AO trailer is fun for all ages and offers Giant Jenga, Imagination Playground blocks, Cornhole, and more! Whenever you spot the pop-up trailer at one of our parks, stop by for some fun!

## POP-UP YOGA

Join us at Addison Circle Park for some FREE yoga. Bring your friends and family and enjoy a beautiful morning at the park. We will have a limited number of yoga mats available to check out. Pop-Up Yoga is led by Addison Circle Yoga.

Date	Time	Location	Cost
Saturday, June 8	9:00am – 10:00am	Addison Circle Park	Free
Saturday, July 20	9:00am – 10:00am	Addison Circle Park	Free
Saturday, August 24	9:00am – 10:00am	Addison Circle Park	Free
Saturday, October 19	10:00am – 11:00am	Addison Circle Park	Free





# Addison Outdoors

## OUTDOOR CLASSES

Addison Outdoors classes are the perfect way to get outside and enjoy our parks! Classes take place during various times throughout the day in Addison Circle Park and Vitruvian Park. See the maps at the bottom of the page for help finding classes locations.

**Please visit [addisontexas.net/parksrec/outdoor-classes](https://addisontexas.net/parksrec/outdoor-classes) for more information.**

### **Goat Yoga – Addison Circle Park (Garden Central)**

You are cordially invited to Goat Yoga in Addison, Texas! Come and get your yoga on in Addison's backyard while pet goats graze and jump around (or on) you!

### **Camp Gladiator – Addison Circle Park (Ellipse)**

Camp Gladiator is a four-week fitness program led by certified personal trainers, where every workout is different. Each "camp" is a 60-minute, full-body workout incorporating both cardio and strength exercises.

### **Train With Trey Bootcamps – Vitruvian Park (Amphitheater)**

Come and join your Vitruvian Park fitness trainer for a boot camp, as featured on Good Morning Texas! This 1-hour full body workout is great for those with all levels of fitness, and your first session is free!

### **Six Packs and Dog Packs Group Training – Addison Circle Park (Plaza)**

You and your pup are invited to join Six Packs and Dog Packs for a group training event! This class works in a group setting, teaching your dog proper socializing exercises and skills.





# Addison Outdoors

## AO SUPER SMASH BROS OUTDOOR TOURNAMENT

A new challenge approaches! Join us for a friendly, recreational competition of Super Smash Bros Ultimate. Come face off against other players and their chosen fighter in a single-elimination tournament. This will be located near Java and Hopps, and open to everyone. To register, please email Luis at [libarra@addisontx.gov](mailto:libarra@addisontx.gov).

Date/Location	Time/Cost
Saturday, October 19 Addison Circle Park	7:00pm – 8:00pm Free

## BARKS & BEATS POP UP

Get ready to groove with your furry best friends at our Barks and Beats program! Enjoy music and canine camaraderie at Addison Circle Park. Join us for an unforgettable night of tail-wagging tunes and pawsome memories! Our Addison Outdoors AO Trailer will be out with fun games for everyone to enjoy.

Date/Location	Time/Cost
Thursday, June 6 Addison Circle Park	6:00pm – 8:00pm Free
Thursday, July 25 Addison Circle Park	6:00pm – 8:00pm Free
Thursday, September 26 Addison Circle Park	6:00pm – 8:00pm Free
Thursday, October 24 Addison Circle Park	6:00pm – 8:00pm Free

## AO SAND VOLLEYBALL TOURNAMENT

Bump, set, serve your way into winning our inaugural volleyball tournament! This 6v6 tournament is open to all teams, regardless of residency. The tournament will take place at Les Lacs Park Volleyball Courts. Register online to reserve your spot!

Date/Location	Time/Cost
Saturday, June 22 Les Las Park	8:30am - 12:30pm \$60

## CORPORATE FIELD DAY – TEAM REGISTRATION

Need an office activity, enjoy team building games, or just need to get out of the office for a day? Sign up a team of five and they will compete in our Addison Corporate Field Day, or you can rotate co-workers for each event. This is a great chance to get out in our Addison parks and work together outside, team building, building camaraderie, and having fun. Who will be crowned King of the Field 2024? Please contact Deena Israel, 972-450-7048, for more information or questions. Register online at [addisontexas.net/parksrec/ao-corporate-field-day](http://addisontexas.net/parksrec/ao-corporate-field-day).

Date/Location	Time/Cost
Thursday, October 17 Addison Circle Park	9:00am – 2:00pm \$200/team of 5



ADDISON PARKS & RECREATION

# HALLOWEEN BASH 2024

OCT 30<sup>TH</sup> 6PM to 8PM

SAVE THE DATE

\*NEW Location\*

## ADDISON CIRCLE PARK

The poster features a green background with a black border and a yellow spiderweb pattern. It includes illustrations of three jack-o'-lanterns and the text 'OCT 30<sup>TH</sup>' and '6PM to 8PM' in a stylized font.



# Addison Athletic Club

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. We have about 3,600 members with about 400 participating on our busiest days, and we offer special programs and events for all ages. Please register in advance for all Athletic Club programs unless otherwise noted.

## HOW TO GET A MEMBERSHIP

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 with your name and current address (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. 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.

## ONLINE REGISTRATION



Did you know you can register for programs and reserve outdoor courts from home?



1. Scan the QR Code
2. Enter the email associated with your membership.
3. Select "Forgot Password" to set up your account online.



If you are locked out of your account, or have questions, please contact the front desk at 972-450-7048.





# Addison Athletic Club

## 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

### Independence Day

Thursday, July 4

\*AAC Outdoor Pool Open

### Labor Day

Monday, September 2

\*AAC Outdoor Pool Open

### Thanksgiving Holiday

Thursday, November 28

Friday, November 29

## OUTDOOR POOL HOURS

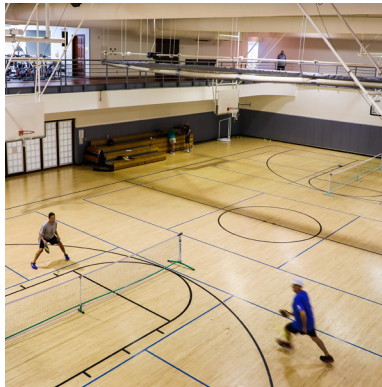
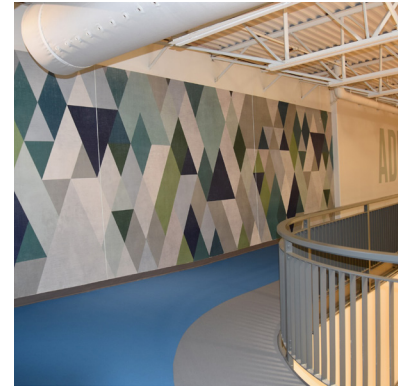
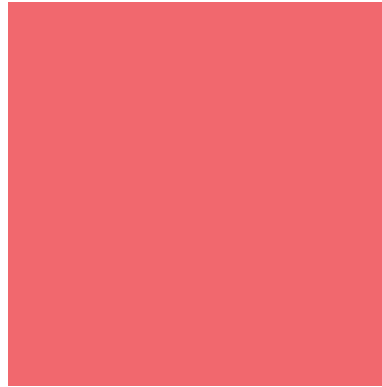
Open Memorial Day to Labor Day

### Monday – Saturday

12:00pm – 8:00pm

### Sunday

1:00pm – 6:00pm



## FACILITY AMENITIES

LifeFitness Weight Circuit

Free Zone Training Room

Hammer Strength Weight Circuit

Group X TRX Room

Dumbbells

Indoor Track

Treadmills

Electronic Bikes

Elliptical Trainers

4 Private Suites/Family Restrooms

Sauna

Steam Room

Hot Tub

Indoor Swimming Pool

Gymnasium

Tennis/Pickleball Courts

Outdoor Trails

Two Racquetball Courts

Aerobics Studio

Multipurpose Room

Children's Activity Center

Seasonal Outdoor

Swimming Pool

Sand Volleyball Courts



# Addison Athletic Club

## ONLINE REGISTRATION AND RESERVATIONS

Did you know you can register for programs and reserve outdoor courts from home?

1. Visit <https://apm.activecommunities.com/addisonclub/Home>
2. Enter the email associated with your membership.
3. Select "Forgot Password" and set up your online account.

If you are locked out of your account, please contact the front desk at 972-450-7048.

## OUTDOOR COURTS AND RESERVATIONS

Outdoor tennis and pickleball courts are available for reservation by Athletic Club members 7 days a week from 5:30am -11pm. Outdoor tennis and pickleball courts have gates accessible by an individual access code. To get your individual code, contact our front desk.

Court reservations can be made up to 3 days in advance by calling 972-450-7048 or reserving online. Please call before noon for same-day reservations. Reservations are for one-and-a-half hours and no back-to-back reservations can be made. The court is available on a first-come, first-serve basis when there is no reservation.

## 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 double 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.





## 40+ HALF-COURT BASKETBALL

Whether you ball like Kareem or haven't laced up since grade school, join us in the basketball gym for 40+ half-court pickup basketball.

Day	Date	Time	Location
Thursdays	Ongoing	6:00pm – 8:00pm	Basketball Gym

## PICKUP BASKETBALL

Join us in the basketball gym for full-court pickup basketball on Monday and Wednesday evenings from 6:00pm – 8:00pm, and Saturdays mornings from 10:00am – 12:00pm.

## WEIGHT ROOM ORIENTATION

Want to use the fitness wing but unsure where to start? Need a refresher or lesson on how to use our cardio and weight machines? Schedule a one-on-one walk-through of the fitness areas. Orientations can be individualized based on a member's needs and focus. Email Anna Weir at [aweir@addisontx.gov](mailto:aweir@addisontx.gov) to schedule your orientation.

## INDOOR PICKLEBALL REC CO-ED DOUBLES LEAGUE – FALL 2024

ONLY 1 PERSON FROM EACH TEAM WILL NEED TO REGISTER. This league is designed for fun, recreational play for all skill levels. Games will be played inside on Tuesday nights; matches will be best 2 out of 3. The league will be 10 weeks with the last week being the playoffs and championship game. This is a self-officiated league with no line judges. Email Luis at [libarra@addisontx.gov](mailto:libarra@addisontx.gov) once registered with your team's name and teammate.

Day	Date	Time	Location	Cost
Tuesday	9/3–11/5	7:00pm – 9:00pm	Indoor Gymnasium	\$20





# ***WEIGHT ROOM ORIENTATIONS***

Get the most out of your membership and use what the AAC has to offer!

## ***AGES 13-14 \****

Teens 13 and up will learn basic muscle anatomy, exercise concepts and guidelines, gym etiquette, and safety practices. Teens 13-14 who complete this orientation successfully will be allowed to use fitness amenities usually limited to those 15 and older. Please register at the front desk

**19**

**AUG**

**9-11:30AM**

## ***AGES 15+***

Want to use the fitness wing but unsure where to start? Need a refresher or lesson on how to use our cardio and weight machines? Schedule a one-on-one walkthrough of the fitness areas. Orientations can be individualized based on a member's needs and focus.

**BY**

**APPT**

## ***AGES 50 AND UP \****

The Senior Fitness Orientation is designed with senior's fitness needs in mind. Participants will learn proper exercise guidelines and learn how to use weight and cardio machines. Registration is required as space is limited. Please only register for one orientation.

**SEP 6**

**SEP 13**

**SEP 20**

**SEP 27**

**10-11:30AM**

\* All weight room orientations are available by appointment Monday-Friday 8am-5pm. Please email Anna Weir at [aweir@addisontx.gov](mailto:aweir@addisontx.gov) to schedule.



# ADDISON PICKLEBALL



## INDOOR

**Beginner Hour**  
Mondays 9-10am


**Skills & Drills**  
Tuesdays 7-8pm

**Open Play**  
Monday-Friday 10am-Noon  
Tuesday 8-9:45pm


**Co-ed Indoor Rec League (10 teams)**  
Tuesdays | 7-9 PM | 9/3 - 11/5  
\$20 per team

## COURT RESERVATIONS

To reserve outdoor pickleball courts, stop by or call the front desk.

 972-450-7048

Already have a passcode?  
Make reservations online

 [addisontx.net/parksrec/facilities](https://addisontx.net/parksrec/facilities)


## OUTDOOR

**Open Play**  
Saturday 9am-12pm



## LESSONS

Ray Love is PPR certified and has been playing since 2013.

 [nyrace51@netspace.net](mailto:nyrace51@netspace.net)



# Group Fitness

For our Group Fitness class schedule, please scan the QR code or visit our website. Classes are subject to change at any time.

Group Fitness 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.

## BOXING CARDIO

This 60-minute class will give you a great cardio and strength workout. Begin with 15-minute calisthenics, then 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. Location: Basketball Gym.

## YOGA HEALTH AND VITALITY

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, and all ages are welcome. Location: 2nd Floor Aerobics Studio.

## CRANK IT UP FITNESS

Looking for a fun way to exercise? All fitness levels are invited to join! This class includes everything: cardio, weights, core training, and a relaxing stretch. Class includes intervals combined with active recovery designed to train the body for improved performance and calorie burning. Location: Basketball Gym.

## TABATA

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. (45 minutes HIIT and 10 minutes optional cool-down and stretch). Location: Free Zone Areas.

## POWER HOUR

If you are looking for a class to even out your workout schedule, join us for Power Hour! This bootcamp-style, high intensity, class is full of muscle toning and heart racing interval training. Location: 2nd Floor Aerobics Studio.

## SENIOR DANCE FITNESS

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 this class! Location: 2nd Floor Aerobics Studio.

## SENIOR MODIFIED FITNESS

Have you been thinking about getting fit, but aren't sure how? Has your doctor suggested weight training or strength training? Meet some new friends and get fit together safely with great instruction. The class is designed for ages 50 and older. Location: 2nd Floor Aerobics Studio.

## BALANCE CLASS

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. Location: 2nd Floor Aerobics Studio.

*Scan Here*

*Group Fitness Class Schedule\**

*\*Subject to change. Please check our website for the current class schedule.*





# Group Fitness

## SPIN

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. Location: 2nd Floor Aerobics Studio.

## TOTAL BODY

You won't get bored during this Total Body workout! Individual and exercise stations are mixed with good old-fashioned cardiovascular training. Classes are split into two parts; join us for one half, or both!

Motivated Mondays:

6:15am – 7:00am (stretch)

7:00am – 7:45am (cardio).

Wednesdays:

8:00am – 9:00am (stretch)

9:00am – 9:15am (flex).

Location: 2nd Floor Aerobics Studio.

## CORE VINYASA YOGA

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. Location: 2nd Floor Aerobics Studio.

## PURE PILATES

Pure Pilates is a strictly mat class focused on core strength. This class is designed for intermediate to experienced levels, but all levels of skills and fitness are welcome! Location: 2nd Floor Aerobics Studio.

## BODY SCULPT (NEW PROGRAM)

Looking for strength training without machines? This high-repetition, low-weight dumbbell workout will take you through a variety of full-body and abdominal exercises to the beat of the music! With consistent attendance you'll improve muscle tone, posture, balance, and strength. It's a full-body workout that provides full-body results!



# Adult Programs

## PICKLEBALL SOCIAL

Join us for an end of the year pickleball social at BJ's Restaurant & Brewhouse. All pickleball players are welcome to join us. Please register at the front desk or email Luis at [libarra@addisontx.gov](mailto:libarra@addisontx.gov). Everyone will pay for their own food and drinks.

Date/Location	Time
Wednesday, June 5 BJ's Restaurant & Brewhouse	8:30pm – 9:30pm

## BLISSFUL SOUND EXPERIENCE

Recline, relax, and let the sound waves gently wash away worries, stress, and anxiety. Crystal Singing Bowls and Chimes are played to create a vibrational healing experience that will leave you feeling refreshed and rejuvenated. Space is limited. Please pre-register through the front desk, and you will pay the instructor on the day-of in cash.

Date/Location	Time/Cost
Friday, June 14 Aerobics Studio	6:00pm – 7:15pm \$20
Friday, September 6 Aerobics Studio	6:00pm – 7:15pm \$20

## THANKSGIVING TURKEY SAFETY PROGRAM

Sign up today to learn safety tips regarding your Thanksgiving Turkey this year. Join the Addison Fire Department as they lead this information session to safely cooking your delicious turkey!

Date/Location	Time/Cost
Thursday, November 7 Multipurpose Room	6:00pm – 7:00pm Free



## TEXAS HOLD 'EM POKER

Don't know how and when to hold 'em? Don't know when to fold 'em? Come learn how to play Texas Hold 'em at the AAC!

Date/Location	Time/Cost
Every 4th Monday AAC	2:00pm – 5:00pm Free

## ARGENTINE TANGO (NEW PROGRAM)

Whether you're a seasoned dancer or a first-timer, this class offers a journey to the elegance and passion of tango! Learn fundamental steps, techniques, and expressions of the dance. Register solo or with a partner, there will be exercises for both, focusing on connection, posture, footwork, and musicality.

Date/Location	Time/Cost
Thursdays Sept. 16 – Oct. 24	7:15pm – 8:45pm \$10 per class

## ADDISON BOOK CLUB

We would love to have you join the Addison Book Club. For more information, check the flyer at the front desk or call Deena Israel at 972-450-7048. The group will meet the first Monday of each month at 7:00pm upstairs in the Conference/Library Room. You can get the list of books for each month in the lobby where we keep our flyers.





# Teens

Beginning at the age of 12, teens are allowed to enter the Athletic Club and Outdoor Pool without adult supervision. Within the Athletic Club, 12-year-olds are permitted to use the gym and multipurpose room and check out games without adult supervision, as well as use the aerobic studio and walking track. This does not include the indoor pool.

## TEEN FITNESS ORIENTATION

Ages: 13 – 18

This orientation teaches teens how to work out safely and effectively at the Athletic Club. Participants will learn basic muscle anatomy, exercise concepts and guidelines, gym etiquette, and safety practices. This program is open to teens of all ages. Teens, ages 13 – 14, who complete this orientation successfully will be allowed to use fitness amenities usually limited to those 15 years and older. One-on-one orientations can be scheduled during business hours Monday-Friday. Please email Anna Weir at [aweir@addisontx.gov](mailto:aweir@addisontx.gov) to schedule a time.

Date	Time	Location	Cost
Monday, August 19	5:30pm – 7:00pm	Multipurpose Room	Free

## TEEN NIGHT MADNESS

Ages: 10 – 15 years old

Blow off steam at the end of the week. Hang out on a Friday night playing basketball, a Smash Bros tournament, trying out our VR headsets, and enjoy pizza and dessert! Teens are welcome to bring up to 2 guests.

Date	Time	Location	Cost
Friday, June 28	6:30pm – 9:00pm	Multipurpose Room	\$5
Friday, November 8	6:30pm – 9:00pm	Multipurpose Room	\$5

CHECK  
IT OUT  
↴

## TECH AMENITIES

\*NEW\* Amenities for Members to enjoy at the Athletic Club!

Nintendo Switch  
Meta Quest 2 VR

- Ages: 8+ Years Old
- 1-Hour Reservations
- Open to current members & their guests.



Email Rachel at [rwagner@addisontx.gov](mailto:rwagner@addisontx.gov) to reserve a time!

## CREATURE TEACHER ANIMAL SHOW

Are you ready to venture on an extraordinary educational journey filled with laughter, learning, and awe-inspiring creatures? Look no further than the Creature Teacher! Meet cool animals and learn what makes them special! The show begins at 9:30am, but you can come as early as 9:00am to get the best seat!

Date/Location	Time/Cost
Saturday, June 22 Multipurpose Room	9:00am – 10:30am Free

## KIDDIE COVE SPLASH HOUR

Ages: Under 6

Join us on Thursday afternoons at the outdoor pool for an hour of fun in the sun. Our zero-depth pool is perfect to introduce your tot to the water and shaded to keep your kiddo comfortable. Water toys will be available for an hour of water exploration. Registration encouraged but not required. This program is not led by an instructor, tots should be accompanied by an adult. Parents are welcome to bring their own life jacket or Puddle Jumper. Floats, rafts, and inflatables are not permitted at the outdoor pool.

Date/Location	Time/Cost
Thursday, June 13 – June 27 Outdoor Pool	4:00pm – 5:00pm Free

## TINY TOTS – AUGUST 2024

August just got a lot more fun! Spend Saturday mornings with special guests, crafts, and more! Registration is highly recommended. This program will be a supervised program. This program is best suited for kids aged 6 months – 5 years old.

Date/Time/Location	Cost
Saturday, August 3 – August 24 9:00am – 10:00am Multipurpose Room	Free

## TODDLER TIME

Spend Saturday mornings playing with friends and meeting new ones! There's so much to enjoy in our toy chest. This program is an unsupervised, weekly, program and best suited for kids aged 6 months – 5 years old.

Date/Location	Time/Cost
Saturdays - Ongoing Multipurpose Room	9:00am – 10:00am Free

## CHEFSVILLE COOKING CAMP— PIZZA PERFECTO!

Ages: 8+

Pizza is great at any time of the day! In this 2-hour program, Chefsville will teach you to make traditional and non-traditional pizzas with healthy options. You'll learn dough stretching and tossing to create alternative pizzas such as stuffed breadsticks, calzones, and perhaps deep-dish pizza. This is a drop-off program, open to everyone ages 8 and older.

Date/Location	Time/Cost
Saturday, September 28 Multipurpose Room	10:00am – 12:00pm \$35





## ADDISON SUMMER CAMP 2024

Ages: 6 – 12 years old

Join us, weekly, for an exciting summer of fun at the Addison Athletic Club! Each week brings a new set of fun and adventure. Sign up for 1, 4, or all 10 weeks! We'll have special guests, field trips, swimming, and so much more. Early drop off as early as 7:30am, and late pick-up by 6:00pm. Our main schedule of activities will be between 9:00am and 4:00pm.

**Mon – Fri**                      **June 3 – August 9**  
**7:30am – 6:00pm**            **Multipurpose Room**  
**\$125/week**

June 3 – June 7:  
 Field trip to The Great Big Game Show at Grandscape (June 6)

June 10 – June 14:  
 Skyhawks Sports (Volleyball, Pickleball, and Capture the Flag)

June 17 – June 21:  
 Play-Well TEKnologies (Pokemon Masters)

June 24 – June 28:  
 Field trip to Medieval Times (June 27)

July 1 – July 5:  
 Field trip to Strike + Reel (July 3)

**No camp on Thursday, July 4**

July 8 – July 12:  
 Adventures in Art Camp

July 15 – July 19:  
 Chefsville Cooking Camp  
 (Cooking Around the World)

July 22 – July 26:  
 Field trip to Urban Air (July 25)

July 29 – August 2:  
 Challenge Island  
 (Steam Across the Universe – Space!)

August 5 – August 9:  
 Field trip to Nickelmania (August 8)

## THANKSGIVING BREAK CAMP

Ages: 6 – 12 years old

Spend Thanksgiving Break at the Addison Athletic Club this year! We'll enjoy gym time, crafts, outdoor time, and more. More information as we get closer to the camp! Check out the Addison Parks and Recreation Facebook page, and website, for more information. Spots are limited.

Date/Location	Time/Cost
Monday, November 25 Multipurpose Room	8:00am – 5:00pm \$25
Tuesday, November 26 Multipurpose Room	8:00am – 5:00pm \$25
Wednesday, November 27 Multipurpose Room	8:00am – 5:00pm \$25



Addison Parks & Recreation

2024

# Addison Summer Camp

**Registration  
Now  
Open!**

Register online or at the  
Athletic Club front desk.

**June 3 - Aug 9**  
**\$125/week\***

## Weeks at a Glance

Week 1 (June 3-7): Field Trip (The Great Big Game Show/Grandscape)

Week 2 (June 10-14): Skyhawks Sports

Week 3 (June 17-21): Play-Well TEKnologies (Pokemon Master LEGO)

Week 4 (June 24-28): Field Trip (Medieval Times)

Week 5 (July 1-5): Field Trip (Strike + Reel)

Week 6 (July 8-12): Adventures in Art

Week 7 (July 15-19): Chefsville Cooking\*\*

Week 8 (July 22-26): Field Trip (Urban Air)

Week 9 (July 29-Aug 2): Challenge Island (Space)

Week 10 (Aug 5-9): Field Trip (Nickelmania)

## The 411

9:00am - 4:00pm\*\*\*  
Ages: 6 - 12 years

## Camp Location



**Addison Athletic Club**  
**3900 Beltway Drive**

\*Additional fee required for guests

\*\*Additional \$25 supply fee required

\*\*\*Drop off as early as 7:30am; pick-up as late as 6:00pm



## ADDISON BOOK CLUB

We would love to have you join the Addison Book Club. For more information, check the flyer at the front desk or call Deena Israel at 972-450-7048. The group will meet the first Monday of each month at 7:00pm upstairs in the Conference/Library Room. You can get the list of books for each month in the lobby where we keep our flyers.

## AGELESS GRACE BRAIN AND BODY CLASS

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.

Day/ Location	Time
Mondays - Ongoing Upstairs Conference Room	10:30am – 11:00am

## CANASTA

Come and play Canasta. This rummy-like card game is played with partners. This is an ongoing program.

Day/ Location	Time
Wednesdays - Ongoing Downstairs Lobby	2:00pm – 4:00pm

## JEWELRY BEADING GET TOGETHER

Meet up once a week and bead together. Come share the hobby of jewelry making. Bring your own supplies or there will be some beads to share, if needed. Come have fun and make necklaces, bracelets, and earrings. This is not a class or lessons, this is a meet up to enjoy the craft of beading.

Date/Time/Location	Cost
Wednesday, June 5 – August 28 10:00am – 11:00am Upstairs Conference Room	Free

## FORT WORTH STOCKYARDS – CATTLE DRIVE, LUNCH, AND TOUR

We will visit the Stockyards, watch the famous daily cattle drive, lunch at the famous Joe T. Garcia's, and a group tour of the historic Fort Worth Stockyards by bus. Joe T. Garcia's is a cash-only restaurant.

Date	Time	Cost
Tuesday, June 11	9:00am	\$5

## WINSTAR CASINO TRIP

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.

Date	Time	Cost
Friday, August 23	8:30am	\$5

## COLLETTE TRAVEL INFORMATION MEETING – 2025 TRIPS

Come learn about two trips from Collette Travel. A representative from Collette will be here to answer any questions about the upcoming two trips for 2025: Discover Scotland (March 2025) and Islands of New England (July 2025).

Day/ Location	Time/Cost
Monday, August 19 Multipurpose Room	10:00am – 11:00am Free

## ACTIVE AGING WEEK

Monday, September 30 – Friday, October 4

Active Aging Week is an annual week-long campaign aimed at celebrating and highlighting the positive aspects of aging. The goal is to show that individuals over 50 can thrive in all aspects of life! To celebrate, we will be offering our senior group fitness classes FREE of charge this week. Whether you're a regular, or want to try something new, attend Balance, Senior Modified Fitness, and Dance Fitness at no cost.

## FOSSIL RIM – GLEN ROSE, TEXAS

Join us as we head out to Glen Rose, Texas to visit Fossil Rim Wildlife Center. Fossil Rim is home to over 1,000 animals. We will have a guided tour on an open-air safari vehicle and tour over 1,800 acres of Texas Hill Country. Along the way you will get to learn about the species you're seeing. You will be responsible for paying for your own lunch.

Date	Time	Cost
Friday, November 1	9:00am	\$45

## ADDISON SENIOR THANKSGIVING

Ages: 50+

Celebrate the Thanksgiving holiday with your friends from the Addison Athletic Club. We will provide a hot Thanksgiving meal, dessert, and live entertainment. Pre-registration is required, and you can only sign up for 1 meal, either lunch or dinner.

Day/ Location	Time/Cost
<b>Lunch</b>	
Wednesday, November 13 Addison Athletic Club	12:00pm – 2:00pm Free
<b>Dinner</b>	
Wednesday, November 13 Addison Athletic Club	5:00pm – 7:00pm Free

## SENIOR TECHNOLOGY SUPPORT HOUR

One of our very own Town Employees from our IT Department will be volunteering one hour a month to help our senior community with questions they may have with their phones, tablets, or smart watches. If you are having problems, or questions, with any of these devices, come ask Scott Bronson and see if he can help solve your tech problems. We'll meet the first Tuesday of the month from 10:30am – 11:30am in the multipurpose room.





# Seniors

## LUNCH BUNCH

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather, catch up, and have a good meal! We will meet at the restaurant at 11:00am, but you must pre-register at the front desk to save your spot. You are responsible for paying for your own meal.

Location/ Time	Date
<b>Mendocino Farms</b> 11:00am – 1:00pm	Monday, July 22
<b>Toasted Yolk</b> 11:00am – 1:00pm	Monday, August 26
<b>The Brunch District</b> 11:00am – 1:00pm	Monday, September 23
<b>Jakes Burgers</b> 11:00am – 1:00pm	Monday, October 28

## SUPPER CLUB

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather, catch up, and have a good meal! We will meet at the restaurant at 4:30pm, but you must sign up at the front desk. We will meet each month at a different location. \*Please register at the front desk to make a reserve a spot.

Location/ Time	Date
<b>Brentwood Restaurant</b> 4:30pm – 6:30pm	Monday, June 24
<b>Lupe Tortilla</b> 4:30pm – 6:30pm	Monday, November 18



## BINGO

Come have fun playing bingo! Win gift cards and prizes. A light refreshment, and snacks, will be provided, so make sure to bring your luck!

Day/ Location	Time/Cost
Thursday, June 20 Downstairs Lobby	12:00pm – 1:00pm \$5
Thursday, July 18 Downstairs Lobby	12:00pm – 1:00pm \$5
Thursday, August 15 Downstairs Lobby	12:00pm – 1:00pm \$5
Thursday, September 19 Downstairs Lobby	12:00pm – 1:00pm \$5
Thursday, October 24 Downstairs Lobby	12:00pm – 1:00pm \$5
Thursday, November 21 Downstairs Lobby	12:00pm – 1:00pm \$5

## SENIOR FITNESS ORIENTATION

Regular exercise helps prevent disease, lowers risk of falls, and improves mental health among other benefits. If you want to exercise on weight and cardio machines but don't know where to start, join us for a Senior Weight Room Orientation. We will learn about exercise guidelines for active seniors and explore machines in the fitness wing. Registration is required as space is limited. You only need to register for one orientation. One-on-one weight room orientations are also available by appointment, just email Anna Weir at aweir@addisontx.gov.

Day/ Location	Time/Cost
Friday, September 6 – 27 Multipurpose Room	10:00am – 11:30am Free

# Seniors

## SENIOR SOCIALS

Sign up at the front desk to reserve a spot for our monthly senior socials. Come meet some new friends and hang out with old ones. We will be serving refreshments.

Date/Location	Time/Cost
<b>National Donut Day</b> Friday, June 7 Downstairs Lobby	10:00am – 11:00am Free
<b>National Hot Fudge Day</b> Thursday, July 25 Downstairs Lobby	1:00pm – 2:00pm Free
<b>National Ice Cream Sandwich Day</b> Friday, August 2 Downstairs Lobby	1:00pm – 2:00pm Free
<b>Cheese Pizza Day</b> Thursday, September 5 Multipurpose Room	12:00pm – 1:00pm Free
<b>National Taco Day</b> Friday, October 4 Multipurpose Room	12:00pm – 1:00pm Free
<b>Veteran's Day</b> Monday, November 11 Multipurpose Room	12:00pm – 1:00pm Free



# VETERANS DAY

 HONORING ALL WHO SERVED 



# Special Events

## CARDBOARD BOAT REGATTA

Challengers get to build and navigate boats made entirely out of cardboard. The crafty cardboard creations then sail (or sink) across the indoor pool to reach the finish line. Sign up today! We will not provide cardboard. Must be 12 years old to compete, and 1 person is limited to ride in each boat.

Date/Location	Time/Cost
Saturday, June 29 Indoor Pool	1:00pm – 2:00pm Free

## DUCKY DERBY DECORATING

Come decorate your ducky for the 4th Annual Ducky Derby with us here at the AAC. We'll have paints and other materials to decorate your ducky. Please register at the front desk.

Date/Location	Time/Cost
Tuesday, July 9 Upstairs Conference Room	9:00am – 11:00am Free

## DUCKY DERBY

Come join us at the outdoor pool for the 4th Annual Ducky Derby! Register at the front desk to receive your rubber duck. Personalize your duck at home, or with us, and bring it back to the pool to race for the gold!

Date/Location	Time/Cost
Saturday, July 13 Outdoor Pool	1:00pm – 2:00pm Free

## LEMONADE BAR AND COOKIES

Cool off during Parks and Recreation Month with a lemonade bar and cookies! Build your own lemonade with your favorite flavor and fruit add-ins. Pre-registration is recommended to make sure we have enough for everyone!

Date/Location	Time/Cost
Wednesday, July 24 Downstairs Lobby	11:00am – 3:00pm Free

## DOGGIE SPLASH DAY

It's the end of the summer, so give your furry friend a turn at some summertime fun in the pool. Bring your dog to the Addison Athletic Club outdoor pool and have some fun in the sun. All dogs must have an up-to-date rabies tag, or proof of vaccination to register and attend. Only dogs will be allowed in the water due to health department standards.

Date/Time	Location/Cost
Saturday, September 7	Outdoor Pool
Small Dog 9:30am – 10:30am	\$5
Large Dog 10:45am – 12:00pm	\$5

## CHRISTMAS IN JULY: FIRE-DOG SOCIAL

Our hotdog social is like Christmas in July! Join us for another pool social with some delicious hotdogs. Our Addison Fire Department will be grilling up some hot dogs for all to enjoy. The fee includes 1 fire-dog, chips, and a drink. Pre-registration is highly recommended, but you may also pay at the outdoor pool desk the day-of.

Date/Location	Time/Cost
Wednesday, July 17 Outdoor Pool	6:00pm – 7:30pm \$2

