

November—December
2011

Mesquite Parks & Recreation



Fun Express

A summary of activities and events for November and December 2011

25th Annual Christmas in the Park

December 1-3
Thursday 6-9 p.m.
Friday & Saturday 6-10 p.m.
Westlake Park

The 25th Annual Christmas in the Park celebration presented by Dallas Regional Medical Center is open for all ages with a live nativity scene, hay-rides, free hot drinks and Mrs. Claus's cookies, live music, food vendors, crafts, games and much more. There will be costumed holiday characters greeting the crowd and of course, no holiday celebration is complete without pictures with Santa, who will make his appearance each night. More event information can be found at www.cityofmesquite.com or call 972.216.6260.



*Christmas
in the Park*
Mesquite, Texas

New equipment to help you get fit

Evans and Rutherford recreation centers recently received new strength and cardio equipment funded through the Mesquite 4B/Quality of Life Corporation. The new Life Fitness equipment is designed to meet the needs of all levels of users. Mesquite residents must have a recreation I.D. to use the equipment. For more information please visit www.cityofmesquite.com or call 972.216.6260.



Mesquite Parks and Recreation

1515 North Galloway

972.216.6260

www.cityofmesquite.com/pard

Real. Texas. Fun.



Mesquite Parks & Recreation

Athletics

Youth Basketball ages 3-14



Recreation Centers

Dunford Recreation Center
972.279.9285
1015 Green Canyon

Evans Recreation Center
972.285.4145
1116 Hillcrest

Florence Recreation Center
972.279.7477
2501 Whitson Way

Goodbar Recreation Center
972.279.6881
3000 Concord

Rutherford Recreation Center
972.216.7790
900 Rutherford Drive

Shaw Gymnasium
972.288.6293
707 Purple Sage

Thompson Gymnasium
972.882.7200
2525 Helen Lane

Registration: Nov. 1—Dec. 4
Register at Evans or Dunford
Recreation Centers or at
www.cityofmesquite.com/pard/basketball.php
Practices & games begin January 2012.

Tennis

Westlake Tennis Center 601 Gross Road 972.289.5326

*6 lighted courts, 3 covered courts, pro shop,
ball machine rental and dressing rooms*

Monday—Thursday	9 a.m.—9 p.m.
Friday	9 a.m.—7:30 p.m.
Saturday	9 a.m.—6 p.m.

***For more information about court
reservations, fees, lessons and leagues please
call 972.289.5326***

Polar Plunge

Slide into the cold water to benefit Special Olympics at the Mesquite Polar Plunge on January 14. Registration begins at 8:30 a.m. and the first plunge begins at 10 a.m. For more information please visit: specialolympicstexas.org/polarplunge



Therapeutic Activities

First Friday Friends Game Night

This monthly special event is for kids and teens with special needs and their siblings. The program will include board games, Wii and refreshments. Pre-registration is encouraged.

Evans Recreation Center, Fridays, 6-8 p.m., Ages 5-18, \$5 per person
November 4, December 2

Special Olympics Basketball

Join the Mesquite Mavericks for another exciting basketball season! Athletes learn teamwork while improving their athletic ability. Athletes may participate in half-court competition or individual and team skills.

Evans Recreation Center, Tuesdays, 7-9 p.m. and Thursdays, 8-9 p.m., \$10/season
November 15-February 25

Mesquite Parks & Recreation

Pre-school

Mommy and Me

The emphasis of this class is muscle strengthening and postural awareness, while promoting bonding with your baby. Good for babies ages 6 weeks-9 months .

Evans Recreation Center, Tuesday and Thursdays, Ages 18+ 10:30-11:15 a.m., \$55 per month

On-going

Inspiring Little Minds

Participants experience hands-on and fun activities that will open their minds to a new world full of color and wonder. This program will allow your child to interact with children of the same age group and develop social skills.

Evans Recreation Center, Monday, Wednesday, Friday, 9 a.m.- 12 p.m., \$125 per month

On-going

Youth

American Karate (Beginning)

This program is designed to condition the body, discipline the mind and develop self-confidence through training, basic kicks, hand techniques, stances and self-defense tactics.

Rutherford Recreation Center, Mondays & Wednesdays, 7-8 p.m., Ages 5+, \$26 per session

November 7 - 30, December 5 - 14

Youth Fitness (6-9)

This class is based on developing fundamental motor skills and fitness abilities in the youth through structured games and fun activities. It will focus on flexibility, balance, endurance, muscular coordination, nutrition and positive mental goal setting.

Evans Recreation Center, Mondays and Wednesdays, 5-5:45 p.m., Ages 6-9, \$50 per month

On-going

Mom and Me Gingerbread Houses

Bring your child and let their imagination soar as they create a gingerbread masterpiece! All supplies are provided and you will take home your finished gingerbread house when you are done. Parent's come along to be helpers! Please register at least 3 days prior to class to ensure that the instructor has adequate supplies.

Evans Recreation Center, Saturday, 10 a.m.-12 p.m., Age: 7+, one child-\$35, two children-\$50

December 17

RASP

(Recreation After School Program)

RASP is designed to include supervised activities, arts and crafts, snacks and homework time. This program operates in conjunction with the MISD calendar and is held at several elementary schools and recreation centers during the after-school hours, \$80 per month with multiple child discounts available.

Achziger, Beasley (Dunford), Florence, McKenzie (Goodbar), Rutherford, Shaw and Thompson



Mesquite Parks & Recreation

Adult Fitness

Body Shaping

Improve your cardiovascular and muscular endurance through the use of weight training and other exercises in our fitness room.

Rutherford Recreation Center, Mondays & Thursdays, 6-7:30 p.m. Ages 18+, \$25 per month

November 3 - 28, December 1 - 29

Everybody Step

Come join our certified instructor for a total body workout. This class allows everyone to start at their own pace. You may either start on the floor with no step or increase your cardiovascular workout by adding a step. The first half hour of class is a fun step aerobic workout and the last half of class focuses on body sculpting. Bring your step, mat, and free weights to join the challenging class and stay fit for life.

Dunford Recreation Center, Mondays, Wednesdays & Fridays, 7-8 p.m., Ages 16+, \$35

November 14 - December 5

Personal Training Information

Whether you want to lose weight, build lean muscle, or just look and feel better, our qualified Personal Trainer will develop a Personal Fitness Training program that's custom-built with your goals in mind.

Evans Recreation Center, Intro Package: Four 25 minute Sessions (may only purchase one time): \$120, 50 min Session: \$65; 25 min Session: \$40, Buddy rate (2 people); 50 min. Session: \$40/person, Group rate (4 people max.); 50 min. Session: \$30/person

On-going

50+ Lifestyles

Friday Night Dance

Let's go boot scootin'! Adults 50+ join us for live music, dancing, fellowship, and light refreshments.

Evans Recreation Center, 7-9:30 p.m., \$5 per person.

November 11 and December 9.

Autumn Matinee

Cirque du Evans will be the entertainment at Autumn Matinee on Saturday, November 19. Illusionist David Slick will entertain and amaze.

Evans Recreation Center, 4-6 p.m., \$7 per person, reservations are required.

Yoga

This gentle yoga class is designed to accommodate individual needs. It will help to strengthen, stretch and tone your body with emphasis on breathing, balance and relaxation.

Evans Recreation Center, 1 p.m., \$36 (seniors 50+) and \$42 (49 & under)

November 1 - November 30

Lunch at your local senior center is accessible and affordable. Adults 60+ can enjoy a hot lunch for a suggested donation of \$1 at two neighborhood locations. Evans Senior Center and Goodbar Senior Center. Lunch is served Monday-Friday at 11:45 a.m. Advance reservations are preferred.

Book your next event with Us!

The Westlake House, Lakeside Activity Center, Goodbar Recreation Center and other recreation centers are available for indoor reservations. Shelters and pavilions offer shaded areas for your outside event. More rental information can be found at www.cityofmesquite.com or call 972.216.6260.

