



NRPA'S PARK AND RECREATION MONTH - JULY 2019

www.cityofmesquite.com/July

Monday, July 1: Noon – 9 p.m. Come and play tennis at Westlake Tennis Center. \$3 per resident for 1.5 hours of playtime on the newly renovated outdoor courts. www.cityofmesquite.com/WestlakeTennisCenter

Tuesday, July 2: 7 – 8:30 p.m. Stretch and tone your body doing Yin Yoga at Evans Recreation Center. This is a great class for beginners to advanced.
\$20 monthly

Wednesday, July 3: All Day Grab your bait and pole and head over to City Lake Park to do some fishing.

Thursday, July 4: All Day Celebrate the 4th of July with a picnic at a Mesquite Park. For a list of all Mesquite parks visit: www.cityofmesquite.com/parks

Friday, July 5: All Day Play a game of disc golf at one of three locations; Porter, Debusk and Paschall Park. Get a score card at www.CityofMesquite.com/DiscGolf
FREE

Saturday, July 6: 11 a.m. – 12 p.m. Come learn the basics of archery with certified instructors. All equipment is provided.
FREE

Sunday, July 7: Grab your bike and cruise the Heritage Trail. For a map visit: www.CityofMesquite.com/HTMap
FREE

Monday, July 8: 6 – 6:45 p.m. Try Family Karate at Dunford Recreation Center.
First time FREE

Tuesday, July 9: 9:30 a.m. Learn the paddle sport that is a combination of tennis, ping pong and badminton at Rutherford Recreation Center.

FREE – Adults 50+

Wednesday, July 10: 6:30-8 p.m. Try the Urban Soul Line Dancing class at Florence Recreation Center and learn the basic steps to today's popular music for a fun and unique way to exercise.

\$5 drop in fee

Thursday, July 11: 7:30 - 9:30 p.m. Try Family Swim at City Lake Aquatic Center. Minors must be accompanied by an adult 18+. *Fee is \$10 for a family of 4. Additional member will pay \$2 for residents and \$4 for non-residents.*

Friday, July 12: 6:30-8:30 p.m. Celebrate Parks and Recreation Month with a Luau Pool Party at City Lake Aquatic Center.

*Free *Space is limited to first 500 guests*

Saturday, July 13: 10 a.m. - 12 p.m. Get a tutorial in basic tennis from a certified instructor at the Tennis Free Play Days class at Westlake Sports Center.

Free – Ages 10 and Under

Sunday, July 14: All Day Try geocaching and discover hidden objects using a cellphone GPS. Visit www.CityofMesquite.com/Geo for more information.

FREE

Monday, July 15: 6:30 – 8 p.m. Try Line Dancing Florence Recreation Center. It's a fun way to get some cardiovascular exercise.

\$10 per month

Tuesday, July 16: 7:30 – 8:30 p.m. Jump in Vanston pool for a low-impact, high-energy aquatic exercise class with Aqua Zumba.

\$7 drop in or \$25 monthly

Wednesday, July 17: 10 – 11:30 a.m. Take a dip in the pool during adult only open swim time at City Lake Aquatic Center.

\$1 per adult 50+

Thursday, July 18: All Day Walk the trail around the scenic lake at City Lake Park.

FREE

Friday, July 19: All Day Play a game of sand volleyball with your friends at Town East Park.

FREE

Saturday, July 20: 5 – 8 p.m. Grab your friends for a fun night of pick-up basketball at Florence Recreation Center. Must present a valid MISD student ID card.
Free for teens ages 13 - 18

Sunday, July 21: All Day Hit a bucket of balls at the Mesquite Golf Club. Driving range is open from 6:30 a.m. to sunset.
Range balls \$6 – \$12

Monday, July 22: 7:15 -8:15 p.m. Try the Shotokan Style Karate class at Evans Recreation Center.
First time is FREE

Tuesday, July 23: 7 - 9 p.m. Try the Swing Out Dancing class at Rutherford Recreation Center and learn basic and advanced steps to smooth R&B and Jazz.

Wednesday, July 24: 10 – 11:30 a.m. Take a dip in the pool during adult only open swim time at City Lake Aquatic Center.
\$1 per adult 50+

Thursday, July 25: 10 – 11:30 a.m. Head to City Lake pool for a low-impact, high-energy aquatic exercise class.
\$35 monthly

Friday, July 26: All Day Bring your dog to the Leash Free Zone located within Town East Park.
FREE

Saturday, July 27: 9 a.m. – 2 p.m. Go to downtown historic Mesquite for the Mesquite Marketplace. Shop locally grown and produced food and goods in Heritage Square.

Sunday, July 28: All Day Take the kids to for some playground fun at Valley Creek Park.
FREE

Monday, July 29: 6:30 -8:30 p.m. Get fit doing swim laps at Town East Pool.
\$1 per adult 18+

Tuesday, July 30: 12:30 – 2 p.m. Get some exercise while dancing to county music at Evans Recreation Center.
FREE for adults 50+

Wednesday, July 31: All Day Play tennis at Cannaday Park
FREE