

Mesquite Parks and Recreation



FUN Express

A summary of activities and events for July & August 2013

July is Parks & Recreation Month

This July, we ask the community to share what you love about Mesquite Parks and Recreation! Throughout the month, our department will highlight all the many valuable benefits we bring to the community—from health and wellness to social equity. Be sure to join in on the fun and share the positive role Parks and Recreation has on our lives! Follow us on Facebook for upcoming events in July; www.facebook.com/mesquitetexas.



Doggie Splash Day

Saturday, August 17
Vanston Pool
10 a.m.—1 p.m.

*\$5 for one owner and one pet,
\$2.50 for each additional pet. All
other spectators are \$1.*

The annual Doggie Splash Day will be held at Vanston Pool on August 17. Bring your pooch to the pool to compete in several events. Awards will be given for swim suit, diving and retrieving competitions.



Mesquite Parks and Recreation
1515 North Galloway
972.216.6260

www.cityofmesquite.com/pard
www.facebook.com/mesquitetexas

Real. Texas. Fun.



Aquatics



City Lake Aquatic Center - Closes September 2

Monday - Sunday 12 - 7 p.m.

Family Swim: Thursday 7:30 - 9:30 p.m.

Vanston Pool - Closes August 16

Monday - Thursday 12 - 6 p.m.

Friday - Sunday 12 - 7 p.m.

Family Swim: Friday 7:30 - 9:30 p.m.

Town East Pool - Closes August 23

Monday - Friday 12 - 6 p.m.

Saturday and Sunday 12 - 7 p.m.

Lap Swim: Monday - Sunday 12 - 1 p.m.

Saturday & Sunday 7 - 9 a.m.

NEW rates - Be sure to bring your I.D. to the pool for resident discount.

Movies in the Park - City Lake Park

Mesquite Parks and Recreation invites the public to City Lake Park on the evening of Friday July 12 to Movies in the Park. This is the third event in a series lasting throughout the summer and will feature the movie *Madagascar 3*. Also, to celebrate July as Parks & Recreation month we will have movie trivia, snow cones, games, face painting and much more. So bring your picnic baskets, lawn chairs, blankets and bug spray and join us for movie in the park. Festivities begin at 7 p.m., the movie will start around 8:30 p.m.

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

Therapeutic Activities

Softball

Slow pitch softball is an exciting team sport where athletes of lower ability can compete in tee-ball or individual skills contests with events that emphasize the basics of the game, such as base running. As in all Special Olympics sports, athletes are grouped in competition divisions according to their ability level, age and gender.

Evans Ball field #2, Thursdays,

6 - 9 p.m., FREE

July 18 - September 19

Bocce Ball

Bocce is played with one small ball, pallino, and eight larger balls, Bocce, four for each team. The pallino is thrown first and becomes the target. Then each bocce is thrown with the goal of placing it as close to the pallino as possible. Athletes are placed in divisions according to ability, age & gender.

Evans Recreation Center,

Thursdays, 6 - 9 p.m., FREE

July 18 - September 19

Youth

American Karate (Beginning)

American Karate 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 and Thursdays , 7 - 8 p.m., ages 5+, \$26 per 4-week session

July 22-August 15

Beasley's Family Karate

This program is designed to provide physical fitness, self-defense and effective martial arts training. It is also structured so that the whole family can participate at the same time. When one family member joins, the next member can join half price.

Dunford Recreation Center, Mondays, 7 - 9 p.m., \$30 per session

August 5- 26

2013 Summer Camps



Camp Rorie Galloway

Camp Rorie Galloway is an action-packed and exciting way to enjoy the summer in the great outdoors. Our goal is for campers to have a safe and fun experience, make new friends and build self-confidence by conquering challenges they set for themselves. Field trips and swim days are also offered weekly.

Camp Rorie Galloway, \$100 per participant/per week, June 17 - August 23

6 - 14 years old

15 - 16 years old eligible for C.I.T (Counselor in Training)

Please call 972.216.7790 for more information

BLAST Day Camp

B.L.A.S.T Day Camp (Bringing Leadership, Art and Sports Together) allows children to participate in a traditional summer day camp program. Activities include swimming, games, crafts, field trips and other exciting adventures. Campers build self-esteem, social skills and improve health and fitness while exploring a different theme each week.

Florence, Evans and Rutherford Recreation Center, \$85 per camper per week, 7:30 a.m. - 6 p.m.. Ages 6-12, June 10 - August 23

Mesquite's All-Star Sports Camp

Whether you strive to improve your skills or learn a new sport, Mesquite's All-Star Sports Camp offers activities for everyone. Each week offers a different sport to keep your young athlete engaged and excited. Field trips and swim days are also offered weekly.

Dunford Recreation Center, \$85 per camper per week, weekdays, 7:30 a.m. - 6 p.m., entering 3rd - 6th grade, June 10 - August 23

Adult Classes

ZUMBA

Zumba is a fun, easy-to-follow, calorie-burning dance fitness party. It combines Latin and International music that is sure to keep you moving. You don't even have to know how to dance, so ditch the workout and join the party.

**Rutherford Recreation Center,
Mondays and Wednesdays,
7 - 8 p.m., \$30 per month
\$5 drop-in fee
On-going**

Aqua Zumba

Known as the Zumba® "pool party," this program gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines. This class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and exhilarating.

**Vanston Pool, Tuesday and Thursday, 8 - 8:45 a.m., \$30 a month/\$5 drop-in fee
July 2- July 22**

Vinsaya Yoga

A style of yoga that is a blend of vinyasa flow and hatha poses that is designed to incorporate breath with movement. The class is for all levels of ability and focuses on strength, flexibility, endurance, posture and balance.

**Dunford Recreation Center, Mondays and Wednesdays,
6 - 7 p.m., \$45 per session
July 1-31; August 5-28**



FREE Concert

Texas Winds Musical Outreach will present a free concert, Thursday, July 18th at 10 a.m. The featured professional ensemble includes a string quartet and solo clarinet in a variety of musical selections from classics to old time favorites.

**Evans Senior Center - 1116 Hillcrest, Thursday
10 a.m., Free
July 18th**

Low Vision Seminar

One in four of those over the age of 65 are dealing with some measure of vision loss due to aging. Pam Rittenberry has a background in both counseling and low vision services and presents critical information to seniors, their caregivers and families, on this vital issue as well as resources for assistive aids that are available.

**Rutherford Senior Center - 900 Rutherford Drive,
Wednesday, 10:30 a.m., Free
July 24th**

Teen Camp Car Wash

Get your car clean and support a good cause during the Teen Camp Car Wash. Bring your car to the senior center parking lot from 10 a.m.-12:30 p.m. The teens will accept donations of canned goods and/or cash for their summer food drive.

**July 15—Evans Senior Center - 1116 Hillcrest
July 22—Rutherford Senior Center - 900 Rutherford Dr.**



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.

Good nutrition is part of maintaining a healthy lifestyle. Lunch is offered for a suggested donation of \$1 to qualified 60+ participants.

Those 59 and under may purchase a meal for \$5.65. Lunch is served Monday-Friday at Evans Senior Center, 11:45 a.m.

Advanced reservations are preferred.