FRISCO CAMP OUT
A FAMILY NIGHT UNDER THE STARS AT FRISCO COMMONS
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EARN YOUR JUNIOR RANGER BADGE!
Page 34
INCLEMENT WEATHER HOTLINES:
972-292-6666
Press 1: Adult Sports Leagues
Press 3: Frisco Tennis School
Press 4: Youth Camps and Classes
Press 6: Learn to Swim
Special Events: 972-292-6520

**Some facilities/rentals may be temporarily unavailable and some services modified due to the COVID-19 public health emergency. Please contact Play Frisco for more information.

**Play Frisco!**

**Special Events:**
- Ethan reeled in this big catch at the pond just south of Main Street on Teel Parkway!

**On the Cover:**
- Ethan reeled in this big catch at the pond just south of Main Street on Teel Parkway!

**Registration**

**Registration Begins:**
- AUGUST 3 - Residents & FAC Members
- AUGUST 5 - Nonresidents

**Course Withdrawal & Transfer Policy**
- Withdrawal Request:
  - Withdrawal requests will only be considered if received at least 10 days before course start date, except for Medical Requests, which are subject to the Medical Policy.
  - Approved withdrawals will be refunded according to the Refund Policy.
- Transfer Request:
  - Transfer requests will only be considered if received at least 10 days before course start date, except for Medical Requests, which are subject to the Medical Policy.
  - Requested transfer class must have open availability and be in the current Play Frisco Guide.
  - If transfer course is not available, the participant chooses to withdraw from the class, request is subject to Withdrawal Policy above.
  - If transfer is to a higher-priced class, the price difference must be paid before transfer can be completed.
  - If transfer is to a lower-priced class, the price difference is subject to the Refund Policy below.

**Medical Withdrawal and Transfer Requests:**
- Written documentation from a physician’s office must accompany the withdrawal or transfer request.
- Request form must be received within 72 hours of the first missed class.
- All account credits and refunds are subject to approval by the Parks & Recreation Department and subject to the applicable proration and processing fees.

**Refund Policy:**
- Under no circumstances will a cash refund be provided.
- Refunds on payments made by check will be held 30 days past the initial purchase date before being submitted for processing.
- Refunds on payments made by check will be mailed in approximately four weeks.
- Refunds on payments made by check will be held 30 days past the initial purchase date before being submitted for processing.
- Under no circumstances will a cash refund be provided.
- FAC account credits are good for one year from the date of issue.
- All account credits and refunds are subject to approval by the Parks & Recreation Department and subject to the applicable proration and processing fees.

**PlayFrisco.org**

**Facebook**
- Facebook.com/PlayFrisco

**Instagram**
- @PlayFrisco

**Twitter**
- @PlayFrisco

**Contact Information:**
- 972-292-6600

**Play Frisco Administration, 6726 Walnut Street**
- Main Line: 972-292-6540
- Monday - Friday: 8:00am - 5:00pm

**Frisco Athletic Center, 5828 Nancy Jane Lane**
- Main Line: 972-292-6600
- Fun Club (child care): 972-292-6643
- Fitness Classes and Personal Training: 972-292-6540
- Pool Rentals: 972-292-6690

Get fit. Have fun. Discover something new. Hit our expansive fitness floor or join an exercise class. Race your friends down the Preston Plunge slide at our outdoor water park during summer or enjoy our indoor Aquatic Center year-round. Shoot some hoops or hit the racquetball challenge court. Take a recreation class in creative arts, dance, STEM, sports, or swimming—just to name a few. Visit PlayFrisco.org for membership information and to register for recreation classes.

**The Grove at Frisco Commons, 5300 McKinney Road**
- Main Line: 972-292-6550

The Grove at Frisco Commons welcomes you to our community of continuous growth, personal enrichment, and physical activity. Connect with friends and explore nature while discovering new ways to play within one of Frisco’s premier community parks. Go to PlayFrisco.org/TheGrove and look at the newsletter for more details.

**Frisco Discovery Center, 8004 Dallas Parkway**
- Main Line: 972-292-6540

Take in a live performance at the Black Box Theatre or browse creative work in the Frisco Art Gallery. Rental space is available for any arts-related classes, rehearsals, or events. Under the same roof, visit Sci-Tech Discovery Center for hands-on math and science programs geared towards kids, tour the National Videogame Museum, or visit the Museum of the American Railroad TrainTopia exhibit. Visit FriscoDiscoveryCenter.com for upcoming events.

**Frisco Heritage Center, 6455 Page Street**
- Main Line: 972-292-5665

Take a journey through local history. Visit the museum and discover rich stories of the development of Frisco. Take a trip back in time at one of our restored historic buildings or the replica of the Frisco Railway Depot. Have some free family fun at our monthly Third Sunday Open Houses. Event rental space is available at The Depot. The Chapel, Crotzer House, Smith-Muse House or the Heritage Museum. Visit PlayFrisco.org/PlayFriscoRentals to plan your next big event.

**Frisco Public Art Program**
- The Frisco Public Art Program places artworks throughout the City to promote cultural, aesthetic, and economic vitality. Discover The Pitch at Dr Pepper Ballpark. Fetching Water at City Hall or Ghost Train Land Mule in the Sky at the Frisco Heritage Center. We invite you to find your favorite piece of art among more than 80 installations. Visit PlayFrisco.org/PublicArt for locations and map.

**Facility Rentals**
- Need a space to hold an event? Check PlayFrisco.org/PlayFriscoRentals for details and what’s available at the Frisco Discovery Center, The Grove at Frisco Commons, Frisco Heritage Center, Frisco Athletic Center, as well as Frisco parks and athletic fields.
- Park Facilities Rental Information: 972-292-6529; Monday - Friday: 8:00am - 5:00pm or visit PlayFrisco.org to complete a Parks Facilities Rental Request form.

**City of Frisco Program Locations:**
- B.F. Phillips Community Park
- 3335 Timber Ridge Drive
- Frisco Athletic Center
- 5828 Nancy Jane Lane
- Frisco Commons Park
- 8000 McKinney Road
- Harold Bacchus Community Park
- 1319 Main Street
- Northeast Community Park
- Frisco Skate Park
- 2895 Honey Grove Drive
- Shawnee Trail Sports Complex
- 650 Hicrest Road
- Warren Sports Complex
- 7099 Eborado Parkway

**Partner Program Locations:**
- Canyon’s Rock Climbing Gym
- 7164 Technology Drive
- Sheena’s Dance Academy
- 7915 Stonebrook Parkway
- Plantation Golf Course
- 4701 Plantation Lane

**City of Frisco:**
- Special Events: 972-292-6520
- Press 6—Learn to Swim
- Press 4—Youth Camps and Classes
- Press 3—Frisco Tennis School
- Press 1—Adult Sports Leagues
- 972-292-6666

Go to PlayFrisco.org to complete a Parks Facilities Rental Request form. Also as Frisco parks and athletic fields.

**Program Locations:**
- 972-292-6666
- Press 6—Learn to Swim
- Press 4—Youth Camps and Classes
- Press 3—Frisco Tennis School
- Press 1—Adult Sports Leagues
- 972-292-6666

2020 Play Frisco
13TH ANNUAL BREAKFAST WITH SANTA
PRESENTED BY TEXAS HEALTH HOSPITAL FRISCO

Location: The Grove at Frisco Commons
Fee: $17 per person, $22 nonresidents. Tickets are limited.

This event will sell out so please purchase your tickets early. All children and adults need a ticket to be admitted. Children must attend with one parent or responsible adult. Tickets go on sale Friday, October 23, 2020 at 8:00 a.m.

15TH ANNUAL FROSTY 5K & MERRY MILE
PRESENTED BY TEXAS HEALTH HOSPITAL FRISCO

Location: Simpson Plaza at City Hall, 6101 Frisco Square Blvd.
Virtual and in-person participation options.
Frosty 5K $35  Merry Mile $25
Watch for “Early Flurries” discounts starting September 1.
The first 1000 registrations will receive a Frosty 5K Mug!

FROSTY FRIENDS GROUP DISCOUNT
Register 4 or more participants in a single transaction in Group Registration and receive $5 off each registration for both Merry Mile and Frosty 5K registrations.
Preschool:

Kindermusik: Village - Zoom Buggy & Dream Pillow
For the first six-weeks in Zoom Buggy, explore the many ways baby and parent can zoom. Experience the "vroom" of a rocket ship and the "zoosh" of canoe oats. Next, in Dream Pillow, parents sing to their baby in their own style. Class activities weave easily into routines at home. Caregiver participation required. $30 home materials fee due to the instructor on the first day of class. No class November 24.

Early Achiever's Preschool: Academy Morning
This hands-on, licensed preschool class focuses on the academic, social, emotional, physical, and creative development of each student. Reading, writing, science, safety, health, social studies, math, art, music, and movement are covered. Activities are designed to develop fine and gross motor skills. Children must be potty-trained or parents must stay in the building. Morning classes include option to add Friday class for $50. Please select Friday Add On during enrollment. Please bring a snack. Supply fee due to the instructor on the first day of each session. No class November 23-27.

Younger group: 2-3 yrs.:
- Code: 40632
dates: Tu/Th 9/15 - 10/08
- Ages: 2-3 yrs.
days: Tu/Th
- times: 9:00am - 10:30am
- fee: $135
- location: FAC - Wet Classroom #2

Older group: 3-5 yrs.:
- Code: 40633
dates: Tu/Th 9/15 - 10/08
- Ages: 3-5 yrs.
days: Tu/Th
- times: 9:00am - 10:30am
- fee: $150
- location: FAC - Wet Classroom #2

Kindermusik: Our Time - Milk & Cookies
Class Description: Lead your child through home activities like cooking, dusting, and washing clothes. Bake cookies, eat cupcakes, blow on hot cross buns, and make tea along to familiar songs. Caregiver participation required. $70 home materials fee due to the instructor on the first day of class. No class November 24.

Early Achiever's Preschool: Academy Afternoon
This hands-on, licensed preschool class focuses on the academic, social, emotional, physical, and creative development of each student. Reading, writing, science, safety, health, social studies, math, art, music, and movement are covered. Activities are designed to develop fine and gross motor skills. Children must be potty-trained or parents must stay in the building. Morning classes include option to add Friday class for $50. Please select Friday Add On during enrollment. Please bring a snack. Supply fee due to the instructor on the first day of each session. No class November 23-27.

Younger group: 2-3 yrs.:
- Code: 40643
dates: Tu/Th 10/13 - 11/05
- Ages: 2-3 yrs.
days: Tu/Th
- times: 4:00pm - 5:30pm
- fee: $90
- location: FAC - Wet Classroom #1

Older group: 3-5 yrs.:
- Code: 40644
dates: Tu/Th 10/13 - 11/05
- Ages: 3-5 yrs.
days: Tu/Th
- times: 4:00pm - 5:30pm
- fee: $90
- location: FAC - Wet Classroom #1

ART:

Abrakadoodle® Playful Pets
Barb Dritsch Nagli Playful Pets are growing your way! They will split, squeeze, wiggle, and take shape in lively artistic creations. Explore your senses while experimenting with painting, stamping, gluing, 3D art, and more to create pet-inspired works. Parent or caregiver participation required in younger class.

Younger group: 2-3 yrs.:
- Code: 40765
dates: Tu 9/14 - 10/08
- Ages: 2-3 yrs.
days: Tu
- times: 9:00am - 10:15am
- fee: $70
- location: Park in the Village, 6035 Cypress Creek Road

Older group: 3-5 yrs.:
- Code: 40766
dates: Tu 9/14 - 10/08
- Ages: 3-5 yrs.
days: Tu
- times: 9:00am - 10:15am
- fee: $80
- location: Online

Youth Programs:

HOLIDAY BREAK CAMPS:

Holiday Art Camp
Create beautiful holiday-themed paintings under the guidance of a professional artist. Learn fine art techniques and traditional crafting using acrylics, watercolors, charcoal, and oil pastels. Artists will create two amazing projects per day and each camp features an all-new curriculum. Bring a snack and a roll of paper towels. $50 supply fee for three-day camp and $65 supply fee for four-day camp is due to the instructor on the first day.

- Code: 40625, M-Th 11/23 - 11/27
- Ages: 7-10 yrs.
days: M-Th
- times: 9:00am - 11:45am
- fee: $175
- location: Canyons Rock Climbing Gym

- Code: 40627, M-Th 12/14 - 12/18
- Ages: 7-10 yrs.
days: M-Th
- times: 9:00am - 11:45am
- fee: $175
- location: Canyons Rock Climbing Gym

- Code: 40629, M-Th 12/21 - 12/25
- Ages: 7-10 yrs.
days: M-Th
- times: 9:00am - 11:45am
- fee: $175
- location: Canyons Rock Climbing Gym

- Code: 40630, M-Th 12/28 - 1/1
- Ages: 7-10 yrs.
days: M-Th
- times: 9:00am - 11:45am
- fee: $175
- location: Canyons Rock Climbing Gym

- Code: 40632, M-Th 1/4 - 1/8
- Ages: 7-10 yrs.
days: M-Th
- times: 9:00am - 11:45am
- fee: $175
- location: Canyons Rock Climbing Gym

Play Frisco is proud to offer Scholarship Opportunities for Activities and Recreation Programs (SOAR). Qualified Frisco residents who are granted scholarships may choose from a variety of enriching classes, programs, and special events. Scholarships are available for both adults and children.

For more information
Visit PlayFrisco.org or contact Kelli Henderson, at KHenderson@FriscoTexas.gov.
Sheena’s Balletina Tumblers
Ballet instruction is the perfect complement to tumbling! Dancers learn the fundamentals of classical ballet and basic tumbling skills in this combo class. Parents remain outside the classroom during lessons. Requested attire includes any color leotard, tights, and pink leather ballet shoes.

Code Days Dates Times
41228 Tu 9/14 - 10/19 4:00pm - 4:45pm
41229 W 9/15 - 10/20 4:00pm - 4:45pm
41230 W 9/16 - 10/21 10:15am - 11:00am
41231 Tu 9/17 - 10/22 4:00pm - 4:45pm
41232 W 9/18 - 10/23 11:00am - 11:45am

Ages: 3-4 yrs.

Fee: $99

Location: Sheena’s Dance Academy

SHEENA’S DANCE

Funky Hip Hop
Learn the fast-paced form of street dance, often featured in music videos and hip mixes. Dancers learn up-to-date moves and the latest dance techniques. They benefit from the coordination, strength, quickness, and endurance acquired in hip hop dance. Boys and girls welcome! Parents remain outside the classroom during lessons. Requested attire includes comfortable athletic wear and clean athletic shoes.

Code Days Dates Times
41245 M 9/14 - 10/19 4:00pm - 4:45pm
41246 Th 9/17 - 10/22 4:00pm - 4:45pm
41247 M 10/19 - 11/17 5:00pm - 6:00pm

Ages: 5-7 yrs.

Fee: $70

Location: Sheena’s Dance Academy

Snazzy & Jazzy
Get energized and budge with us in this fun upbeat jazz class, which focuses on basic technique including the Jazz coordination, control, turns, leaps, and jumps. Progressions, isolations, and much more! Embrace the culture and classic moves that this genre has to offer. Parents remain outside the classroom during lessons. Requested attire includes black jazz shoes and any color leotard with tights/jazz pants for girls; grips and solid color shirt for boys.

Code Days Dates Times
41258 M 9/14 - 10/19 5:30pm - 6:15pm
41259 Th 9/17 - 10/22 4:00pm - 4:45pm
41260 Th 10/19 - 11/17 5:30pm - 6:15pm

Ages: 9-11 yrs.

Location: Sheena’s Dance Academy

Boyz Hip Hop
In this engaging class for energetic boys, we’ll focus on hip hop dance techniques including isolations, rhythms, and upper body strength, as well as fun and funky footwork. Parents remain outside the classroom during lessons. Requested attire includes comfortable athletic wear and clean athletic shoes. No class November 23-28.

Code Days Dates Times
41240 M 11/30 - 12/17 4:00pm - 4:45pm
41241 Tu 12/18 - 1/12 4:00pm - 4:45pm

Ages: 8-10 yrs.

Fee: $70

Location: Sheena’s Dance Academy

TOERRIFIC TAPPING
A timeless classic—tap dancing! Dancers learn basic steps and rhythms in this beginner class. Requested attire includes black tap shoes and any color of leotard/ tights for girls; shirt and sweats/pants for boys.

Code Days Dates Times
41230 M 9/14 - 10/19 4:45pm - 5:30pm
41231 Tu 9/15 - 10/20 4:45pm - 5:30pm
41232 W 9/16 - 10/21 4:45pm - 5:30pm
41233 M 9/17 - 10/18 4:45pm - 5:30pm

Ages: 3-4 yrs.

Fee: $70

Location: Sheena’s Dance Academy

Dance for Kids

Delicate Dancers
Little dancers enjoy this tap and ballet class. Dance encourages children to develop imagination, coordination, rhythm, and the ability to relate to music. Parents remain outside the classroom during lessons. Requested attire includes any color leotard, tights, black tap shoes and hair ribbon.

Code Days Dates Times
41227 Tu 9/15 - 10/20 4:00pm - 4:45pm
41228 Tu 10/21 - 11/25 4:00pm - 4:45pm
41229 W 9/16 - 10/21 10:15am - 11:00am
41230 W 9/17 - 10/22 4:00pm - 4:45pm
41231 W 10/23 - 11/27 4:00pm - 4:45pm
41232 W 10/28 - 12/19 4:00pm - 4:45pm
41233 Tu 11/30 - 12/12 4:00pm - 4:45pm
41234 Tu 12/13 - 1/10 4:00pm - 4:45pm

Ages: 3-4 yrs.

Fee: $70

Location: Sheena’s Dance Academy

*GC Studio #1

Rhythm Rompers
Learn ballet, tap and tumbling in this fantastic program! Class also includes time set aside for arts and crafts. Dancers are encouraged to participate in the tumbling during lessons. Requested attire includes any color leotard, tights, black tap shoes and hair ribbon.

Fee: $50

Location: Sheena’s Dance Academy

*GC Studio #1

Check in at the FAC Zone. Bring a swimsuit and towel.
Soccer Sparks 2-3 yrs. (Parent/Child)
Join in the fun as your child improves their blossoming balance, coordination, and general motor skills! Along with learning how to dribble and strike a soccer ball, your child will learn to pass and receive in a fun, unforgettable, goal-scoring adventures starting.*

**Fee:** $90

**Location:** FAC - Red Gym

**Description:**

- **Code:** 41194
- **Days:** M
- **Dates:** 9/14 - 10/19
- **Times:** 5:00pm - 5:30pm
- **Ages:** 2-3 yrs.

-Soccer Sparks 3-4 yrs.
In this soccer class, young athletes develop their large motor skills and are encouraged to run, dribble, and kick while having lots of fun. Players learn the very basics of soccer through skill demonstrations and games as they transition from parent/child to individual participation.

**Fee:** $90

**Location:** FAC - Red Gym

**Description:**

- **Code:** 41195
- **Days:** W
- **Dates:** 9/16 - 10/21
- **Times:** 4:45pm - 5:30pm
- **Ages:** 3-4 yrs.

-Soccer Sparks 4-5 yrs.
Dribble, kick, and pass is this class designed to spark an early passion for the game in young athletes. This class encourages greater retention of the fundamental soccer skills such as dribbling, passing, and shooting by presenting them in a positive environment. Class curriculum includes fun and energetic games that teach young athletes how to play within a group.

**Fee:** $90

**Location:** FAC - Red Gym

**Description:**

- **Code:** 41211
- **Days:** M
- **Dates:** 9/14 - 10/19
- **Times:** 6:25pm - 7:10pm
- **Ages:** 4-5 yrs.

-Volleyball Academy by Synergy
This class is designed to train girls and boys who are new to volleyball, have limited experience, or want to further their skills. Young athletes learn the fundamentals of volleyball through age-appropriate drills, which improves skills in serving, setting, hitting, defense, and team concepts. Please bring a water bottle and towel.

**Location:** FAC - Red Gym

**Description:**

- **Code:** 41212
- **Days:** M
- **Dates:** 10/26 - 12/07
- **Times:** 6:25pm - 7:30pm
- **Ages:** 6-13 yrs.

-Outdoor Cricket Classes by Lords Indoor Sports
This class is designed to introduce kids to the sport of cricket. With instruction from experienced coaches, class time focuses on learning the basic skills like batting, bowling, and fielding, along with playing modified games appropriate for all skill levels. All cricket equipment will be provided for each class. Please bring a water bottle and towel.

**Location:** Lords Indoor Sports

**Description:**

- **Code:** 41213
- **Days:** W
- **Dates:** 9/16 - 10/21
- **Times:** 6:45pm - 7:30pm
- **Ages:** 6-13 yrs.

-Judo
Come and learn the martial art of Judo from the experts at 21st Street. Students will focus on movement and flexibility while learning about respect, discipline, and self-defense. Class fees include a uniform.

**Location:** 21st Street

**Description:**

- **Code:** 41214
- **Days:** M
- **Dates:** 10/18 - 12/06
- **Times:** 4:00pm - 4:30pm
- **Ages:** 5-15 yrs.

- **Fee:** $95

-Japanese Karate
This class is open to kids and adults. In the class, students focus on improving their mental and physical abilities through the practice of meditation and martial arts. Class curriculum includes a variety of techniques from different karate disciplines.

**Location:** Judo World

**Description:**

- **Code:** 41215
- **Days:** W
- **Dates:** 10/20 - 12/08
- **Times:** 5:00pm - 5:30pm
- **Ages:** 5+ yrs.

- **Fee:** $95

-Juniors’ Tennis
This class is designed to introduce kids to the sport of tennis. Participants will learn the basics of tennis, includingforehand and backhand techniques, constructive footwork, and game play strategies. Coaching is taught by experienced coaches and practice partners.

**Location:** Tennis de Ville

**Description:**

- **Code:** 41216
- **Days:** F
- **Dates:** 9/18 - 11/06
- **Times:** 3:30pm - 4:15pm
- **Ages:** 6-7 yrs.

- **Fee:** $90

-Juniors’ Soccer
This class is designed to introduce kids to the sport of soccer. Participants will learn the basics of soccer, including dribbling, passing, and shooting. Coaching is taught by experienced coaches and practice partners.

**Location:** Soccer de Ville

**Description:**

- **Code:** 41217
- **Days:** M
- **Dates:** 9/14 - 10/19
- **Times:** 5:00pm - 5:30pm
- **Ages:** 6-7 yrs.

- **Fee:** $90

-Juniors’ Wrestling
This class is designed to introduce kids to the sport of wrestling. Participants will learn the basics of wrestling, including takedowns, escapes, and reversals. Coaching is taught by experienced coaches and practice partners.

**Location:** Wrestling

**Description:**

- **Code:** 41218
- **Days:** W
- **Dates:** 9/16 - 10/21
- **Times:** 5:00pm - 5:30pm
- **Ages:** 6-7 yrs.

- **Fee:** $90

- **Register Online:** PlayFRISCO.org

- **For more information:** 972-292-6600

Register Online

Youth Sports

Feasible, shown are resident fees. Nonresidents add $10.

Classes subject to change.
INCLEMENT WEATHER HOTLINE 972-292-6666 #3

Make-up Policy: If you are unable to attend your scheduled class or class is cancelled due to inclement weather, you may attend any other class at any location during the session.

Weather updates will also be posted to social media. See page 4.

No classes September 7, October 12, October 31, and November 23-28.

Fees shown are resident fees. Nonresidents add $10.

No prorates.

Tennis

Elementary Tennis (5-11 yrs.)
Young athletes developing basic tennis skills with emphasis on stroke development and repetitions to build a strong foundation. This class is offered at three locations, on four different days, including the FAC with air conditioning and bleachers for parents. Please bring a water bottle and towel.

<table>
<thead>
<tr>
<th>Code Days Dates</th>
<th>Times</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>41620 M 9/28 - 10/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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<tr>
<td>41621 M 9/28 - 10/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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<td>41622 M 9/28 - 10/26</td>
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<td>41623 M 9/28 - 10/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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<tr>
<td>41624 M 9/28 - 10/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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</table>

Advanced Elementary Tennis (8-11 yrs.)
Designed for players who have developed some proper techniques, stroke mechanics, and know how to serve and rally. Young athletes in this class have begun playing in USTA Junior Team Tennis. This class is offered at three locations, on four different days, including the FAC with air conditioning and bleachers for parents. Please bring a water bottle and towel.

<table>
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<tr>
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<th>Location</th>
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<tbody>
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<td>41625 M 9/28 - 10/26</td>
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<td>41627 M 9/28 - 10/26</td>
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Junior High Tennis (11-14 yrs.)
Designed for entry-level middle school players. Emphasis is on stroke development and preparing players to participate on school teams. Please bring a water bottle and towel.

<table>
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<tr>
<th>Code Days Dates</th>
<th>Times</th>
<th>Location</th>
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<tbody>
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<td>6:00pm - 6:45pm</td>
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<tr>
<td>41630 M 9/28 - 10/26</td>
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<td>41631 M 9/28 - 10/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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<tr>
<td>41632 M 9/28 - 10/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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</tbody>
</table>

Adult Tennis Classes
Tennis 201 is an introduction to tennis for beginners and serves as a refresher for players returning to the game. Students are introduced to the basic tennis strokes and proper techniques. Tennis 201 is developed for intermediate through advanced players. Students continue stroke development, and are introduced to singles and doubles play and strategies.

<table>
<thead>
<tr>
<th>Code Days Dates</th>
<th>Times</th>
<th>Location</th>
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<tbody>
<tr>
<td>41623 M 8/24 - 9/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
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<tr>
<td>41624 M 8/24 - 9/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
</tr>
</tbody>
</table>

High School Tennis (14-18 yrs.)
Designed for Junior Varsity or Varsity players. Please bring a water bottle and towel.

<table>
<thead>
<tr>
<th>Code Days Dates</th>
<th>Times</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>41633 M 10/28 - 11/26</td>
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</tr>
<tr>
<td>41634 M 10/28 - 11/26</td>
<td>6:00pm - 6:45pm</td>
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</tr>
<tr>
<td>41635 M 10/28 - 11/26</td>
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</tr>
<tr>
<td>41636 M 10/28 - 11/26</td>
<td>6:00pm - 6:45pm</td>
<td>Warren Sports Complex</td>
</tr>
</tbody>
</table>

Fees shown are resident fees. Nonresidents add $10. Classes subject to change.

972-292-6600
GROUP EXERCISE AT THE FRISCO ATHLETIC CENTER

The Frisco Athletic Center offers a wide variety of classes at convenient times throughout the day to fit your schedule. Take a class before or after work, or during your lunch break. Group exercise class admission is included in your FAC membership. Non-members may purchase a day/guest pass at the front desk. Group exercise schedules are available at PlayFrisco.org or the FAC fitness and front desks.

WATER AEROBICS AT THE FRISCO ATHLETIC CENTER

Water Aerobics classes held at the Frisco Athletic Center are included in our Group Exercise Water Aerobics schedule available at no additional cost to members of the facility. These classes are available on a first-come, first-served basis. Non-members may purchase a day/guest pass at the front desk.

Individuals interested in participating in a Water Aerobics class who are not FAC members may purchase a punch card containing 12 punches for $45.

Women Strong

Women Strong will help you build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Let instructor Jody Feil guide you through the fundamentals of strength training in this all women small group class out on our fitness floor.

Code | Days | Dates | Times
--- | --- | --- | ---
41092 | W | 9/02 - 9/23 | 9:30am - 10:30am
41093 | W | 9/30 - 10/21 | 9:30am - 10:30am
41094 | W | 10/28 - 11/18 | 9:30am - 10:30am
41095 | W | 12/02 - 12/23 | 9:30am - 10:30am

Ages: 16+ yrs.
Fee: $50
Location: FAC - Fitness Floor

GROUP EXERCISE INCLUDED

PLAY FRISCO PHYSICALLY

AFFORDABLE MEMBERSHIPS

CHILD CARE INCLUDED

GROUP EXERCISE INCLUDED
ADULT RECREATION

Tae Kwon Do with Mark Henry

Over 23 years of success with the City of Frisco. In every martial arts class, students will gain strength, endurance, mobility, flexibility, and balance, while improving reaction time. By incorporating positive influences from different martial arts disciplines, students learn to act swiftly with courage and commitment while defending themselves. Our individual attention to your needs allows us to assist you as you gain confidence in your abilities to deal with real-life situations. Classes are year-round with students advancing at their own pace. No class November 26.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>41546</td>
<td>W</td>
<td>11/04 - 12/16</td>
<td>7:15pm - 8:15pm</td>
</tr>
<tr>
<td>41545</td>
<td>W</td>
<td>09/16 - 10/21</td>
<td>7:15pm - 8:15pm</td>
</tr>
</tbody>
</table>

Fee: $80
Location: FAC - Gold Medallion Room

Sheena’s Adult Hip Hop

Learn current Hip hop moves! Fun while enjoying great music and a whole body workout. Requested attire includes comfortable athletic wear and sneakers.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>40736</td>
<td>Tu/Th</td>
<td>11/03 - 12/10</td>
<td>7:00pm - 7:50pm</td>
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<tr>
<td>40735</td>
<td>Tu/Th</td>
<td>09/22 - 10/29</td>
<td>7:00pm - 7:50pm</td>
</tr>
</tbody>
</table>

Fee: $80
Location: Shawnee Trail Sports Complex

Sheena’s Adult Tap Dance

You’re not rhythmically put on tap shoes and make some noise? This class will focus on articulation of your feet and ankles while also exploring musically, rhythm, and syncopation. Requested attire includes comfortable athletic wear and black tap shoes.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>40548</td>
<td>Tu</td>
<td>10/03 - 10/15</td>
<td>7:00pm - 8:00pm</td>
</tr>
</tbody>
</table>

Fee: $70
Location: Sheena’s Dance Academy

Sheena’s Adult Ballet

Ballet is the foundation of all dance forms. It is also an incredible way to exercise and tone the entire body. Requested attire includes pink leather ballet shoes, tights, and leotards. Ballet skirt or fitted athletic attire permitted.

<table>
<thead>
<tr>
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<th>Times</th>
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</thead>
<tbody>
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<td>Tu</td>
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<td>8:00pm - 8:45pm</td>
</tr>
</tbody>
</table>

Fee: $70
Location: Sheena’s Dance Academy

Softball League

Batter up! Each team plays eight games and the top four teams per division qualify to play in a single-elimination playoff tournament. Teams are registered with Texas Amateur Athletic Federation (TAAF) Amateur Softball Association (AAA) and play under AAA rules.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
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</tr>
<tr>
<td>40536</td>
<td>Th</td>
<td>09/24 - 10/19</td>
<td>6:30pm - 10:30pm</td>
</tr>
</tbody>
</table>

Fee: $300
Location: FAC - Studio #1

Kickball League

Fully your team get together for a great social outing with friends and co-workers. Teams play an eight-game season with the top four teams per division qualifying to play in the single-elimination playoff tournament. Teams compete under the Texas Amateur Athletic Federation rules.

<table>
<thead>
<tr>
<th>Code</th>
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<th>Dates</th>
<th>Times</th>
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</thead>
<tbody>
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<tr>
<td>40539</td>
<td>Sa</td>
<td>10/03 - 10/24</td>
<td>6:30pm - 10:30pm</td>
</tr>
</tbody>
</table>

Fee: $250
Location: Civano Trail Sports Complex

Flag Football League

Grab your cleats and sign up your team at the FAC. The summer season will offer five and eight-man divisions. Teams play an eight -game season with the top four teams per division qualifying to play in the single-elimination playoff tournament. Teams will register under the Texas Amateur Athletic Federation (TAAF).

<table>
<thead>
<tr>
<th>Code</th>
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<th>Dates</th>
<th>Times</th>
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<td>40540</td>
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<tr>
<td>40541</td>
<td>Sa</td>
<td>10/31 - 11/21</td>
<td>10:00am - 11:00am</td>
</tr>
</tbody>
</table>

Fee: $250

Location: Shawnee Trail Sports Complex

Ping Pong

This class is designed to teach participants of all ages and skill levels the sport of Ping Pong in a fun, positive, and encouraging environment. Players improve their skill level with practice in various strokes, forehand and backhand techniques, constructive feedback, and game play strategies. Classes are taught by experienced coaches and players. Please bring a paddle, water bottle, and towel.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>40542</td>
<td>Sa</td>
<td>09/26 - 10/24</td>
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<tr>
<td>40543</td>
<td>Sa</td>
<td>10/10 - 10/23</td>
<td>6:30pm - 7:30pm</td>
</tr>
</tbody>
</table>

Fee: $25
Location: FAC - Studio #1

Frisco Public Art Program

The City of Frisco Public Art program was founded in 2002 and aims to add to the cultural identity of the City by commissioning artworks by accomplished artists. More than 80 artworks; from works on paper to monumental, outdoor sculptures, can be seen throughout Frisco.

View the full collection at PlayFrisco.org/PublicArt
WHICH SWIM LEVEL IS RIGHT FOR MY CHILD?

Free Swim Assessments, completed by one of our certified swim instructors, evaluates a child’s current water skills to determine which Learn to Swim level is best. Assessments are not required for Learn to Swim enrollment.

Two siblings may register together for the same assessment time. The assessment will take approximately 10 to 15 minutes. A swimsuit is required and goggles are strongly recommended.

TO SCHEDULE SWIM ASSESSMENTS CONTACT MICHAEL TAYLOR AT MTAYLOR@FRISCOTEXAS.GOV.

PLAY! SAFELY

- Age restrictions for each class are strictly enforced
- Fees shown are resident fees. Nonresidents add $10
- All classes are held in the Indoor Aquatic Center at the Frisco Athletic Center and are subject to change
- Call the Learn to Swim hotline at 972.292.6666 (press “6” for swim lessons) for weather cancellations
- Follow Play Frisco on Facebook and @PlayFrisco on Twitter for updates
- No classes September 7 and November 23-28.

REGISTER ONLINE

All swim lessons are taught by American Red Cross certified Water Safety Instructors.

MONTHLY REGISTRATION PROCESS

All swim lesson classes are available for registration on a month-to-month basis. Registration opens at 5 a.m.

REGISTRATION DATES:

<table>
<thead>
<tr>
<th>September classes</th>
<th>October classes</th>
<th>November classes</th>
<th>December classes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Resident/FAC Members: August 17</td>
<td>Resident/FAC Members: September 21</td>
<td>Resident/FAC Members: October 19</td>
<td>Resident/FAC Members: November 16</td>
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<tr>
<td>Nonresident: August 19</td>
<td>Nonresident: September 23</td>
<td>Nonresident: October 21</td>
<td>Nonresident: November 18</td>
</tr>
</tbody>
</table>

Learn to Swim - Parent & Child (Ages 6mo.-3 yrs)

The purpose of the Parent and Child Aquatic program is to help young children become comfortable in and around the water so they are ready to learn to swim. While the class is designed to raise the comfort level of the child, it is also intended to educate the parent or caregiver in basic water skills so they are better equipped to aid in their child’s aquatic education and ensure that their child stays safe in all water activities. Children two to three years will be introduced to equipment used in preschool lessons and will work with instructors on taking individual direction to help transition from parent and child to preschool swim classes.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Fees</th>
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<tr>
<td>39370</td>
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<td>$120</td>
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<tr>
<td>39371</td>
<td>Sa</td>
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<td>9:00am - 9:35am</td>
<td>$60</td>
</tr>
<tr>
<td>39372</td>
<td>Sa</td>
<td>9/05 - 9/26</td>
<td>10:20am - 10:55am</td>
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<tr>
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<tr>
<td>39373</td>
<td>Sa</td>
<td>10/03 - 10/31</td>
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<td>$75</td>
</tr>
<tr>
<td>39374</td>
<td>Sa</td>
<td>10/03 - 10/31</td>
<td>10:20am - 10:55am</td>
<td>$75</td>
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<tr>
<td>39376</td>
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<td>$105</td>
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<tr>
<td>39377</td>
<td>Sa</td>
<td>11/07 - 11/21</td>
<td>9:00am - 9:35am</td>
<td>$45</td>
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<tr>
<td>39378</td>
<td>Sa</td>
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<td>$45</td>
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<tr>
<td>39382</td>
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<td>12/05 - 12/19</td>
<td>10:20am - 10:55am</td>
<td>$45</td>
</tr>
</tbody>
</table>
## Aquatics

### Learn to Swim - Preschool (Ages 3-5)

The objective of Level 2 is for students to propel themselves unsupported on their front and back using coordinated arm and leg action (front crawl and back crawl). They will also learn front and back float and recover to a vertical position without support. Treading water and rotary breathing are also introduced in this level.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Fees</th>
</tr>
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<tbody>
<tr>
<td>39110</td>
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<td>39111</td>
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<td>39112</td>
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<tr>
<td>39113</td>
<td>Sa</td>
<td>10/03 - 10/31</td>
<td>9:00am - 9:35am</td>
<td>$75</td>
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</table>

### Learn to Swim - Level 2 (Ages 6-12)

To enroll in this level, students must be able to demonstrate the skills listed in Level 1 without assistance. The objective of Level 2 is to continue improvement on front crawl with rotary breathing, back crawl, and treading water. Students will also be introduced to and are expected to master: elementary backstroke, dolphin kick, and breaststroke kick.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Fees</th>
</tr>
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<tbody>
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<tr>
<td>39018</td>
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<td>10/05 - 10/28</td>
<td>6:20pm - 6:55pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

### Learn to Swim - Level 3 (Ages 6-12)

To enroll in this level, students must be able to demonstrate the skills listed in Level 2 without assistance. The objective of Level 3 is to continue improvement on the breast and back crawl, elementary backstroke, and treading water. In addition, students will be introduced to and are expected to master: timing/coordination for the breaststroke and butterfly. Students will also learn compact jumps and demonstrate swimming 25 yards.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Fees</th>
</tr>
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<tbody>
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<td>39025</td>
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<td>39026</td>
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<td>11/02 - 11/30</td>
<td>7:40pm - 8:15pm</td>
<td>$105</td>
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</tbody>
</table>

### Learn to Swim - Level 4 (Ages 6-12)

To enroll in this level, students must be able to demonstrate the skills listed in Level 3 without assistance. The objective of Level 4 is to continue improvement on the breast and back crawl, elementary backstroke, and treading water. In addition, students will be introduced to and are expected to master: elementary backstroke, dolphin kick, and breaststroke kick.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>39032</td>
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<td>11/02 - 11/30</td>
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<td>$105</td>
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</table>

## Registration Information

- **SEPTEMBER REGISTRATION OPENS AUG. 17**
- **OCTOBER REGISTRATION OPENS SEPT. 21**
- **DECEMBER REGISTRATION OPENS NOV. 16**

**PLAYFRISCO.ORG**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>39031</td>
<td>M/W</td>
<td>11/02 - 11/30</td>
<td>7:00pm - 7:35pm</td>
<td>$75</td>
</tr>
</tbody>
</table>

**972.292.6609**

---

**Learn to Swim - Preschool (Ages 3-5)**

- 5:00pm - 5:35pm
- 6:20pm - 6:55pm
- 7:00pm - 7:35pm
- 7:40pm - 8:15pm
- 9:00am - 9:35am
- 9:40am - 10:15am
- 10:20am - 10:55am
- 11:00am - 11:35am

**Learn to Swim - Level 2 (Ages 6-12)**

- 5:00pm - 5:35pm
- 6:20pm - 6:55pm
- 7:00pm - 7:35pm
- 7:40pm - 8:15pm
- 9:00am - 9:35am
- 9:40am - 10:15am
- 10:20am - 10:55am
- 11:00am - 11:35am

**Learn to Swim - Level 3 (Ages 6-12)**

- 5:00pm - 5:35pm
- 6:20pm - 6:55pm
- 7:00pm - 7:35pm
- 7:40pm - 8:15pm
- 9:00am - 9:35am
- 9:40am - 10:15am
- 10:20am - 10:55am
- 11:00am - 11:35am

**Learn to Swim - Level 4 (Ages 6-12)**

- 5:00pm - 5:35pm
- 6:20pm - 6:55pm
- 7:00pm - 7:35pm
- 7:40pm - 8:15pm
Learn to Swim - Level 5 (Ages 6-12)

To enroll in this level, students must be able to show competency in breathing and execution of all four major strokes (freestyle, backstroke, breaststroke, and butterfly) as well as the elementary backstroke. The objective of this level is to continue improvement on the front crawl, back crawl, elementary backstroke, breaststroke, and butterfly. Students will be swimming distances up to and exceeding 50 yards to refine each stroke over a water depth of 6 feet. This level will introduce flip turns, open turns, sidestroke, and expand on personal water safety tips.

**Private Lesson Pricing**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Times</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>39352</td>
<td>Sa</td>
<td>9/05 - 9/26</td>
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</tr>
<tr>
<td>39353</td>
<td>Sa</td>
<td>10/03 - 10/23</td>
<td>8:00am - 8:15am</td>
</tr>
<tr>
<td>39354</td>
<td>MW</td>
<td>10/03 - 10/28</td>
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<tr>
<td>39355</td>
<td>MW</td>
<td>10/03 - 10/28</td>
<td>7:40pm - 8:15pm</td>
</tr>
</tbody>
</table>

**Learn to Swim - Level 6 (Ages 6-12)**

To enroll in this level, students must be able to show competency in breathing and execution of all four major strokes (freestyle, backstroke, breaststroke, and butterfly) as well as the elementary backstroke. The objective of this level is to continue improvement on the front crawl, back crawl, elementary backstroke, breaststroke, and butterfly. Students will be swimming distances up to and exceeding 50 yards to refine each stroke over a water depth of 6 feet. This level will introduce flip turns, open turns, sidestroke, and expand on personal water safety tips.

**Private Lesson Pricing**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Times</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
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<td>MW</td>
<td>11/02 - 11/30</td>
<td>7:40pm - 8:15pm</td>
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<tr>
<td>39358</td>
<td>Sa</td>
<td>11/07 - 11/21</td>
<td>8:00am - 8:15am</td>
</tr>
</tbody>
</table>

**Boy/Girl Scout Water Safety Testing**

Test your mandatory water skills with a certified American Red Cross Lifeguard! Participants must make a reservation and pay the fee before entering the pool area. Parents or scout leaders will be allowed on the pool deck. When booking for whole troops please be aware that space is limited. No outside testing will be allowed. Scout leaders will be expected to get in the water with younger or non-swimmer participants.

**Times/Days:**

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Times</th>
<th>Fees</th>
</tr>
</thead>
<tbody>
<tr>
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<tr>
<td>39088</td>
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<td>9/02 - 9/30</td>
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**Register Online**

[PLAYFRISCO.ORG](http://PLAYFRISCO.ORG)
The Grove at Frisco Commons welcomes you to our community of continuous growth, personal enrichment, and physical activity. Connect with friends and explore nature while discovering new ways to play within one of Frisco’s premier community parks.

**REGULAR FACILITY HOURS**
Monday - Thursday
7:30 a.m. - 7:30 p.m.
Friday
7:30 a.m. - 4:30 p.m.
Saturday
8:00 a.m. - 2:00 p.m.

**Due to COVID-19 restrictions, facility openings and hours may be modified. Please call for current operating hours.**

**DAY PASS**
$3 (resident & nonresident)

**MEMBERSHIP RATES**

<table>
<thead>
<tr>
<th>MONTHLY</th>
<th>ANNUALLY</th>
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<tbody>
<tr>
<td>Residents</td>
<td>$5</td>
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<tr>
<td>Nonresidents</td>
<td>$10</td>
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</tbody>
</table>

Residents must provide valid ID with Frisco address as proof of residency. Nonresidents include members or guests who live outside the City of Frisco, those who reside temporarily in Frisco, or those who cannot provide proof of Frisco Residency.

**REGISTRATION DATES**
September: August 21
October: September 22
November: October 22
December: November 23

Learn more about your membership and the Grove at Frisco Commons!

Attend a free Get in the Groove at the Grove class registration required. See page 25 for more information.

**INDOOR AMENITIES**
- Fitness Room
- Art Studio
- Aerobics Studio
- Billiards
- Table Tennis
- Multipurpose Ballroom/Event Space
- Consultation Room

**OUTDOOR AMENITIES**
- Pickleball Courts
- Bocce Ball Courts
- Walking Trail (1/8 of a mile)
- Covered Patio & Outdoor Games
- Community Garden
- Connection to Frisco Commons Park

**ADDITIONAL SERVICES**
- Recreation Classes
- Book Clubs & Support Groups
- Organized Card/Board Games
- Fitness Classes
- Day Trips & Outings
- Social Events
- Meals Served Monday - Friday (must sign up)
- UNT Osher Lifelong Learning Institute Classes
- Transportation to and from the Grove for Frisco Residents (Monday - Friday)

**CLUBS AND CONNECTIONS**

**Stitchin’ Chicks**
If you enjoy knitting, crocheting or any other type of needle work, this group is for you. Bring your own supplies and join this member-led group to create fun projects, make new friends, and lasting memories.

**Mystery Book Club**
Our Mystery Book Club is a great group of avid readers led by Carol and James Puckett. Each month this club engages in lively conversation about two exciting mystery novels. All books can be found at the Frisco Public Library. Please see the calendar for monthly book selection.

**Classic Readers Book Club**
Our Classic Readers Book Club is led by John Alford. Each month this club engages in lively conversation about two exciting mystery novels. All books can be found at the Frisco Public Library. Please see the calendar for monthly book selection.

**Golden Notes Singers**
Our Golden Notes Singers will be resting their lovely voices this fall in order to bring you a fabulous 2021 year of performances. Look for rehearsal times in our Spring issue.

**Chair Volleyball Open Play**
Sit tight, we hope to begin practice later this year, but at this time no chair volleyball is scheduled. Please check our monthly calendar for updates.

**Get in the Grove at The Grove**
Welcome to The Grove at Frisco Commons! This informative meeting will introduce you to all The Grove has to offer from trips, to volunteering, exercise and more. We will review the membership handbook and different ways you can get involved.

**More Ways to Connect!**
Grab a copy of our monthly calendar at the front desk for weekly card & board games.
ARTS

Add Color to Your Life
Coloring and drawing classes can reduce stress levels, elevate focus, and promote a renewed frame of mind and sense of well-being. Most importantly, this will be a time to socialize, laugh, and have fun! All supplies are included.

Codes Days Dates Times
42563 M 11/09 10:00am - 1:00pm
42562 M 10/12 10:00am - 1:00pm

Fee: $15
Location: Grove - Art Studio

Make and Take Craft Class
Join us for a fun and easy craft project that you will take home the same day. Create a different project each month. All supplies are included.

Codes Days Dates Times
42567 M 10/04 1:00pm - 3:00pm
42568 M 10/11 1:00pm - 3:00pm
42569 M 10/18 1:00pm - 3:00pm
42570 M 10/25 1:00pm - 3:00pm

Fee: $50
Location: Grove - Art Studio

Wellness Center’s Preventative Care
The Wellness Center provides free blood pressure and fasting blood sugar checks. Also provided, for a $15 fee, is foot and hand care (foot trimmings). These services are by appointment only and fees are paid to the nurse by cash or check. No Medicare, Medicaid, or insurance accepted. Please contact the Frisco Senior Center to schedule your appointment. Once full, clients may go on a waitlist and will be contacted if there is a cancellation.

Codes Days Dates Times
Grove - Consultation Rm
42548 M/W/F 9/02 - 9/30 Noon - 1:00pm
42547 M/W/F 10/02 - 10/30 Noon - 1:00pm
42546 M/W/F 11/02 - 11/30 Noon - 1:00pm
42545 M/W/F 12/02 - 12/30 Noon - 1:00pm

Fee: FREE - Registration required
Location: Grove - Consulation Rm

Together We Can Create
Create memories and art with friends in this unforgettable class. Staff member and artist, Edith Lopez, will teach you step by step how to create your own art work. All supplies included.

Codes Days Dates Times
Grove - Art Studio
42569 M 11/09 10:00am - 1:00pm
42568 M 10/12 10:00am - 1:00pm
42567 M 9/14 10:00am - 1:00pm

Fee: $20
Location: Grove - Art Studio

Exercise Classes
The Grove offers a variety of exercise classes to meet your fitness needs and reap the benefits. Exercise helps to chase away aches and pains and give you range of motion. No girls allowed.

Codes Days Dates Times
42545 W 9/02 - 9/30 8:00am - 9:00am
42546 W 10/07 - 10/29 8:00am - 9:00am
42547 W 11/04 - 11/26 8:00am - 9:00am
42548 W 12/02 - 12/24 8:00am - 9:00am

Fee: $12
Location: Grove - Aerobics Studio

Blood Pressure Checks
Baylor Scott and White will be here to assist with free blood pressure checks the first Monday of each month. Registration is required.

February 3, March 2, April 6
10:00am - 11:00am
Grove - Consulation Rm

Additional Services
$10 fee for blood draw PLUS the following:

- Comprehensive Metabolic Panel $10
- Lipid Profile $14
- CBC & DIFF $7
- Thyroid (TSH) $12
- Hemoglobin AIC (for Diabetics) $32
- Prostate Specific Ag (PSA) $23

Liver Panel $8

Exercise helps to chase away aches and pains and give you range of motion. No girls allowed.

Codes Days Dates Times
Grove - Aerobics Studio
42545 W 9/02 - 9/30 8:00am - 9:00am
42546 W 10/07 - 10/29 8:00am - 9:00am
42547 W 11/04 - 11/26 8:00am - 9:00am
42548 W 12/02 - 12/24 8:00am - 9:00am

Fee: $12
Location: Grove - Aerobics Studio

Please sign up at the front desk to schedule your appointment.

Fitness Room Orientation
Certified Personal Trainer Kerry Stallo will introduce you to our new fitness room and equipment. Learn the correct way to use the equipment to avoid injury and to help you become comfortable using the fitness room independently.

Codes Days Dates Times
Grove - Aerobics Studio
42468 Sa 9/17 11:00am - Noon
42469 Sa 9/24 11:00am - Noon
42470 Sa 10/1 11:00am - Noon
42471 Sa 10/8 11:00am - Noon
42472 Sa 10/15 11:00am - Noon
42473 Sa 10/22 11:00am - Noon
42474 Sa 10/29 11:00am - Noon
42475 Sa 11/5 11:00am - Noon
42476 Sa 11/12 11:00am - Noon
42477 Sa 11/19 11:00am - Noon

Fee: FREE - Registration is required
Location: Grove - Fitness Room

Food and Fitness Classes
Food and Fitness Classes are available for purchase at the front desk for $38 and include the following classes: Strength, Core and Balance, Yoga Pilates, Power Hour, Barre, 50/50, and Cardio Dance.

September 42544
October 42548
November 42590
December 42592

Not sure if you want a fitness pass? Drop in on any of our fitness classes for $6 each class and see what you think!

Personal Training at The Grove
Kerry Stallo is The Grove’s certified personal trainer. She has extensive experience and certifications for Adults over 50. Whether you are interested in gaining strength, developing lean muscle, increasing your balance and flexibility, or losing weight and body fat, she will develop a plan to help you get maximum results in the minimum amount of time. Call The Grove at 972-292-6550 or Kerry at 214-244-7004 for details, fees, and enrollment.

Additional Services
$10 fee for blood draw PLUS the following:

- Comprehensive Metabolic Panel $10
- Lipid Profile $14
- CBC & DIFF $7
- Thyroid (TSH) $12
- Hemoglobin AIC (for Diabetics) $32
- Prostate Specific Ag (PSA) $23

Liver Panel $8

Please sign up at the front desk to schedule your appointment.
Glassblowing Tour Enjoy the beautiful art and watch crafted glass artists perform the ancient practice of glassblowing. Please bring money for lunch after the tour. Registration required by September 9.

Code Dates Times Fee: 
42547 Tu 9/01 10:30am - 2:00pm $20

Amazon Warehouse Tour Have you ever wondered how Amazon gets your order to your door? Experience the whole process at their fulfillment center in Grapevine! Please wear closed-toed shoes, comfortable shoes and prepare for walking. Please bring money for lunch. Registration required by September 14.

Code Dates Times Fee: 
42541 Tu 9/07 9:00am - 1:30pm $18

Wild Bills Saddle up as we head to Wild Bills, a MUST SEE location in Dallas. This western story is family owned and creates western works of art such as boots and belt buckles. Come explore and shop for a personalized gift right before this season. Tickets are non-refundable. Registration required by December 9.

Fee: 
42865 Tu 12/08 10:30am - 4:30pm $20

Dallas Holocaust Museum Join us as we visit the Dallas Holocaust Museum for an unforgettable experience and interactive journey like no other. Wear comfortable shoes and bring money for lunch. Registration is required by November 16.

Code Dates Times Fee: 
42865 Tu 12/04 10:30am - 3:00pm $23

Lunch Bunch Enjoy lunch with your friends from The Grove at The Grove Eatery! Please bring money for your ticket and food! Registration required by October 5.

Code Dates Times Fee: 
42865 Tu 10/23 11:00am - 1:00pm $13

Remember - Tickets purchased for trips are non-refundable.

The Gift Of Magi Play - The Bath House The Gifts of the Magi rediscovers the real meaning of Christmas giving. Set in New York City in 1905, this lovely holiday musical tells all the happenings of a traditional Christmas and is a delight for all. Please bring money for lunch. Tickets are non-refundable. Registration required by December 1.

Code Dates Times Fee: 
42865 Tu 12/04 10:30am - 4:30pm $23

Holiday Shopping Shuttle All aboard the Shopping Shuttle! Grab those last minute gifts or just enjoy the holiday sights and shopStonebriar Mall. Wear comfortable shoes and bring spending money! The shuttle will drop you off and pick you back up at the same location.

Code Dates Times Fee: 
42867 Th 12/07 10:00am - 2:00pm $5

Holiday Lights Trolley Ride Experience the holiday lights on a heated trolley ride through historic Highland Park. Share the magic of this season. Tickets are non-refundable. Registration required by December 9.

Code Dates Times Fee: 
42865 Tu 12/04 3:00pm - 9:00pm $23

Celebrate the Holidays Make this the December to remember! Start this joyous season by celebrating the holidays with food, music, and friends. Space is limited. Sign up required by 3 days before the event.

Code Dates Times Fee: 
42509 Th 12/10 11:00am - 12:30pm $15

Location: Grove - Commons Hall

Ghouls at the Grove Ghouls, witches, and characters are welcome to haunt this spook-tacular lunch and costume party! Costumes encouraged and required to enter the costume contest. Enjoy games, prizes, and socializing with other goblins floating about. Space is limited. Sign up required by Monday, October 26.

Code Dates Times Fee: 
42510 Tu 10/20 5:00pm - 7:00pm $10

$23

Birthday Bash Celebrate your birthday or wedding anniversary among friends at this popular monthly luncheon! It’s open to everyone, not just those with birthdays! Birthday cake and birthday bugs provided. Please note that our November Birthday Bash will celebrate Thanksgiving with all the trimmings and we will honor our veterans. The December Bash will be a holiday feast. Registration required as seating is limited.

Code Dates Times Fee: 
42496 Tu 9/10 11:00am - 1:00pm $8

Location: Grove - Commons Hall

BINGO Bananza BINGO Enjoy two hours of BINGO fun and light snacks. Space is limited. Please sign up early.

Code Dates Times Fee: 
42752 Tu 11/01 10:00am - 12:30pm $8

42753 Tu 11/08 10:00am - 12:30pm $8

42754 Tu 11/15 10:00am - 12:30pm $8

Location: Grove - Commons Hall

Summer 2020 Reboot Join us for a week of fan summer activities as we “reboot” summer together at The Grove!

MONDAY, SEPT. 7 - BEST VACATION EVER PHOTO Share your favorite vacation photo with us on our Facebook Group

TUESDAY, SEPT. 8 - BACKYARD PICNIC 10:00AM - 12:00PM, FEE $8 To officially kick-off our Summer Reboot, we will host an indoor/outdoor picnic. Enjoy the outdoor amenities and outdoor patios with outdoor games and a picnic feast.

WEDNESDAY, SEPT. 9 - SUMMER MOVIE DOUBLE FEATURE 2:00PM - 4:00PM, FEE FREE Enjoy outdoor movies! We’ll screen a kids movie and a movie for the adults! Bring blankets or chairs to enjoy.

THURSDAY, SEPT. 10 - BIRTHDAY BASH REBOOT 10:00AM - 12:30PM, FEE $8 Cool off from the summer heat with a tasty popsicle treat!
OLLI at UNT will be offering over 50 classes for the price of $50 per person. That’s less than $1 per class! Here are just a few of the topics that will be covered this fall:

- The Texas Revolution
- Improving Your Memory
- Intro to Digital Photography
- The History of White Supremacy in Denton County
- Cyberwarfare, Disinformation, and the Threat to the U.S.
- Survival Story of a WWII Prisoner of War
- The Stockholm Art Museum Heist
- Cyberwarfare, Disinformation, and the Threat to the U.S.

The fall semester will also include these exclusive virtual lecture series:

- Faculty from UNT’s History Department will present a series called “Decriminalizing Blackness,” aimed at educating members who want to engage more meaningfully with the Black Lives Matter movement.
- A group of Political Science professors will highlight important aspects of the American Presidency, including Presidential Power and Presidential Speeches, as well as the Electoral College system we use to elect our presidents.
- Doctors from UT Southwestern will provide members with useful health information as well as an update on some of the latest medical advances in their fields.

OLLI at UNT will also be hosting Virtual Special Interest Groups, which will allow members to meet with each other on Zoom to discuss their common interests. More information about our Fall 2020 Virtual Semester will be available soon at https://olli.unt.edu/virtual. Staff members are available to answer questions via email at olli@unt.edu.

The Osher Lifelong Learning Institute (OLLI) at the University of North Texas is preparing a fall semester of live virtual classes for adults age 50 and better! Beginning in September, our renowned faculty will be giving lectures on Zoom, allowing members to learn from the comfort and safety of their own homes.

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NEVER STOP LEARNING!
HERITAGE HOW TO CLASSES

Our new workshop series is all about traditional techniques and craftsmanship for a variety of hands-on activities and translating those techniques into solutions for modern day life and hobbies that never go out of style. Join us to regain that old-fashioned do it yourself know-how!

BLACKSMITHING FOR ADULTS - LEVEL 1

You will leave the class with basic knowledge of blacksmithing with a forge and you’ll take away what you’ve made that day. All classes taught by the North Texas Blacksmiths Association members. Limit of five attendees per class.

<table>
<thead>
<tr>
<th>Code</th>
<th>Days</th>
<th>Dates</th>
<th>Times</th>
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<tr>
<td>42600</td>
<td>Su</td>
<td>10/17</td>
<td>9:00am - Noon</td>
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<tr>
<td>42601</td>
<td>Su</td>
<td>11/21</td>
<td>9:00am - Noon</td>
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Ages: 19+ yrs.
Fee: $100

Located in a 4.5-acre park, Frisco Heritage Museum was first opened in 2008 to showcase the rich history of Frisco and North Texas. Featured exhibits include an overview of life in Frisco when it was a small farming community, examples of transportation technology like our 1913 Ford Model T Touring car, how cotton goes from field to cloth and its once important role in the area’s economy, a hands-on children’s play area, and many other interesting exhibits. Significant buildings from Frisco’s past fill the park, including the 1865 Crozier House, 1904 Lebanon Church, 1955 Smith Movie home, and reproduction structures like Gaby’s Blacksmith Shop.

REGULAR HOURS

Wednesday through Saturday
10 a.m. to 5 p.m.
Sunday
1 p.m. to 5 p.m.
Due to COVID-19 restrictions facility hours may be modified. Please call for current operating hours.

GROUP TOUR INFORMATION

Learn about Frisco and North Texas history! Guided tours are available for groups of all ages. Visit Friscomuseum.org for more information and to request a tour date.

RENTAL INFORMATION

The historic and reproduction buildings in our park are available for event rentals. Visit Friscomuseum.org or contact our Rental Coordinator at 972-292-5101 for more information, rental pricing, and availability for Frisco Heritage Park. The Grove, and park pavilions.

SPECIAL EVENTS AT THE HERITAGE MUSEUM

VAQUERO: GENESIS OF THE TEXAS COWBOY TRAVELING EXHIBIT

September 1 – October 10; Free Admission; All Ages

Come learn the history of the Vaquero through a photographic journey. This exhibit is timed to coincide with Shawnee Trail Cowboy Days, hosted by the Heritage Association of Frisco

HERITAGE HAUNTED HALLOWEEN

October 31
Kids and teens ages 10-16 will enjoy activities from 1pm to 4pm - Free
Adults 21+ will be from 5pm to 10pm – Ticket Price TBD

Families with older children and teens are welcome to come experience playful interaction with the space and historic buildings while exploring historical fall traditions that Frisco’s early residents may have also enjoyed. Visitors of all ages will make stops at each of the Heritage Village structures for activities, stories, performances, and a unique spin on history.

Later, the adults will enjoy a Murder-Mystery performance inside the Frisco Heritage Museum, a Haunted House tour of the Crozier-Sickles House and watch an old black and white film in the Theater.

ADDITIONAL BLACKSMITHING CLASSES FOR KIDS AND SCOUTS CAN BE FOUND ON PAGE 12.

FRISCO HERITAGE VILLAGE WALKING TOURS

We’re excited to announce a brand new weekly tour coming to the Frisco Heritage Museum. On this one-hour guided walking tour through the Frisco Heritage Village, you’ll learn how the City of Frisco got it’s name, the importance of a blacksmith shop train depot, and what architecture was like at the turn of the 20th century here in North Texas. As you stroll along, you will discover a historic church, a one-room schoolhouse, and even a log cabin! After your tour, be sure to explore inside the Frisco Heritage Museum at your leisure at no additional cost.

Whether you’re a first-time visitor to Frisco or have lived here your whole life, we’re sure you will learn something new! Visit PlayFrisco.org for more information.

SPECIAL EVENTS AT THE HERITAGE MUSEUM

VAQUERO: GENESIS OF THE TEXAS COWBOY TRAVELING EXHIBIT

September 1 – October 10; Free Admission; All Ages

Come learn the history of the Vaquero through a photographic journey. This exhibit is timed to coincide with Shawnee Trail Cowboy Days, hosted by the Heritage Association of Frisco

Heritage Haunted Halloween

October 31
Kids and teens ages 10-16 will enjoy activities from 1pm to 4pm - Free
Adults 21+ will be from 5pm to 10pm – Ticket Price TBD

Families with older children and teens are welcome to come experience playful interaction with the space and historic buildings while exploring historical fall traditions that Frisco’s early residents may have also enjoyed. Visitors of all ages will make stops at each of the Heritage Village structures for activities, stories, performances, and a unique spin on history.

Later, the adults will enjoy a Murder-Mystery performance inside the Frisco Heritage Museum, a Haunted House tour of the Crozier-Sickles House and watch an old black and white film in the Theater.

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**Natural Resources**

**Junior Ranger Program**

*Do you love to play and explore outside?*

Become a Frisco Junior Ranger! Children 5-10+ years old can join Ranger Rufus on self-guided outdoor adventures in Frisco! Frisco Junior Rangers can learn about plants, wildlife, recycling, and water conservation in their very own handbook. Once they complete their handbook, they can earn a Junior Ranger Badge! Download the FREE Junior Ranger Handbook online or pick up a printed booklet at our Parks and Recreation Office at 6726 Walnut Street.

**Go Fish!**

Frisco has nine great fishing ponds to cast a line! Reel some fish in at one of our stocked ponds like Frisco Commons or Northeast Community Park, or try your luck at one of our natural ponds such as Cottonwood Creek Greenbelt or 1135 Nature Preserve.

**Nature Stewardship**

Are you interested in volunteering with the Natural Resources Division? We offer opportunities for the public and for organized groups. Help us protect Frisco’s natural areas with education campaigns, litter abatement, water conservation, and more!

**Citizen Science!**

Using the iNaturalist app, Frisco residents can record scientific observations of nature on trails and in Frisco’s natural areas. Once verified by experts, these observations become part of a worldwide database!

Visit [iNaturalist.org](http://iNaturalist.org) to learn more!

**Find a Frisco trail or green space near you!**

PlayFrisco.org/Parks

Spend some time in nature! Here are some of the best spots to explore nature and natural spaces in Frisco:

- Beaver’s Bend Park
  5011 Legacy Drive
- Frisco Commons Park
  8000 McKinney Road
- Cottonwood Creek Greenbelt
  3925 Bear Creek Lane
- Limestone Quarry Park / Taychas Trail
  6300 Maltby Drive
- J.C. Grant Park / Caddo Trail
  8220 Wade Boulevard
- Northwest Community Park
  1525 Gloryview Road
- Freedom Meadow at Warren Sports Complex
  7599 Eldorado Parkway

**Spending time in nature is good for you!**

Hiking in a green space promotes:

- Less anxiety and stress
- Relaxation and mindfulness
- Boosted feelings of well-being
- Improved mood and attention
- Connections with nature
Calling it another hospital is like calling Frisco another city.

Discover the altogether different Texas Health Hospital Frisco.
There's no place in America that's quite like Frisco. That's why it deserves a hospital that's one of a kind. Texas Health Hospital Frisco has everything you would anticipate from an advanced medical center, including a collaboration with world-renowned UT Southwestern. But it also has touches you wouldn't expect, like boot camps and yoga classes, walking trails and natural building materials like wood and limestone, and a rainwater irrigation system. And, as always, we have protocols in place designed for your safety.

TexasHealth.org/FriscoHealth