



July 2009

Parks & Recreation

July is National Parks &

Sun	Mon	Tue	Wed	Thu	Fri
<p>Legend ASRC = Allen Senior Center 214.509.4820 JFRC = Joe Farmer Recreation Center 214.509.4750</p>	<p>Nat = Don Rodenbaugh Natatorium 214.509.4770 The Edge = The Edge @ Allen Station Park 214.509.4760</p>		<p>1 Celebrate National Park Month: More than 120,000 people will visit parks in the United States during the month of July!</p>	<p>2 Yoga-Living Well: Take an introductory yoga class at the ARSC. 6:30pm. \$6.00</p>	<p>3 Fly a Kite: Head out to the w open spaces of Celebration Park. the perfect place kite! FREE</p>
<p>5 Play, Play, Play: 700 acres of parks, 21 miles of hiking and nature trails and 5 recreation facilities, Allen is your ultimate destination!</p>	<p>6 Try A New Sport: Visit the 9-hole disc golf course at Bethany lakes Park and get hooked! FREE</p>	<p>7 Get Healthy: Stop by the JFRC for a Body Fat Analysis and Weight Room Orientation. FREE</p>	<p>8 National Ice Cream Day: The first 200 visitors to the DRN receive a FREE ice cream treat!</p>	<p>9 FREE Wii Sports Tournament: Free concession voucher for the first 10 to sign up. The Edge 6-8pm</p>	<p>10 Dance the Night Away: Dance for with Disabilities fr 7-10pm at the Re Call 214-509-470 information. \$10</p>
<p>12 Get Hooked: Bring your pole, get your line wet and reel in fish at Bethany Lakes Park. Free poles available at JFRC</p>	<p>13 Take Your Daughter to the Course Week: Tee up with your daughter and play a round this week at Chase Oaks Golf Club.</p>	<p>14 Reach New Heights: FREE climbs on the 24' high, 18' wide sandstone textured climbing wall at the DRN</p>	<p>15 Play Ball: Dodgeball at the Edge FREE</p>	<p>16 Spend Time With Family: Play lunch with your grandchild during fun days at ASRC, 12-2pm. \$3/lunch Order lunch by 9:30am</p>	<p>17 Teen Dive-In Night JAWS: Ca movie while enjoy the cool waters a Nat. 12 & up. \$6</p>
<p>19 Blaze A New Trail: Work those muscles and walk the winding road of Sun Creek Trail. FREE</p>	<p>20 Hoop It Up: JFRC offers FREE open run basketball games from 6-10pm.</p>	<p>21 Dance And Get Fit: Enjoy Line Dancing at the ASRC today from 3-4pm. FREE</p>	<p>22 Take a Tour: Gather up the gang and take a trip through our City! Visit our website for a printable brochure. FREE</p>	<p>23 Family Night at The Edge: Enjoy FREE hotdogs and skateboard clinic from 5-8pm at The Edge!</p>	<p>24 Take A Swing Buy any size bu balls at the Chase Golf Club driving and get the second bucket for FREE!</p>
<p>26 Live on the Edge: a concrete skate park, two roller hockey rinks and BMX track you won't want to miss the fun at The Edge.</p>	<p>27 Don't Forget: Register for the fall adult softball, football , soccer, basketball, volleyball and ultimate Frisbee leagues.</p>	<p>28 Flex Those Vocal Chords! Karaoke at the ASRC from 11:00—12:15. FREE</p>	<p>29 Bring A Friend FREE: Members can bring 1 FREE guest today at the JFRC!</p>	<p>30 National Parents Day: Kids, pack a lunch and share a special picnic with Mom and Dad in Allen Station Park. FREE</p>	<p>31 Family Night Ford Pool: Close National Parks M Ford Pool. \$1 co you the pool, hot drink and chips!</p>