



# Recreation Guide | Fall 2016

www.mansfieldparks.com  
817-728-3680

Save 5% Online  
All the Time

[www.mansfieldparks.com](http://www.mansfieldparks.com)

Ask the front desk for your login info



Saturday, September 10



Boo Bash  
Friday, October 28

See inside for Fall programs,  
events and more!

# Welcome!

Hours of Operation  
 Monday – Friday 9:00 am to 9:00 pm  
 Saturday 9:00 am to 4:00 pm  
 Sunday Closed



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## Our Mission

To provide a wide range of social, educational, wellness and athletic activities for all ages that will enhance the quality of life for participants and meet the needs of the community while providing a consistently high level of customer service.

## Sponsors



To become a Parks & Recreation sponsor, contact Angie Henley at 817-804-5795 or email [angie.henley@mansfieldtexas.gov](mailto:angie.henley@mansfieldtexas.gov).

**MAC Closings**    Sept. 5 – Labor Day    Nov. 23 – Close at 6 p.m.    Nov. 24-27 – Thanksgiving Holiday

**The Mansfield Activities Center (MAC)** provides a variety of activities for all ages. The MAC offers a full-size gymnasium with divider, a kitchen and four multi-purpose rooms that are perfect for birthday parties, family reunions, showers, wedding receptions and more. For rental information, see page 21. From 9:00 am to 2:00 pm Monday through Friday, the MAC is home to the Mansfield Senior Lifestyles program serving adults age 55 and up. Daily activities such as card playing, a nutrition program, day trips, speakers, health fairs and more are offered. For more senior information, see pages 18 – 22.

# City Officials

## Mansfield City Council 2016

*From left to right, back row:*  
Stephen Lindsey, Place 3; Brent Newsom, Place 2;  
Cory Hoffman, Place 5; Darryl Haynes, Place 4  
*Front row:* Larry Broseh, Place 7;  
David L. Cook, Mayor; Wendy Burgess, Place 6



## Mansfield Park Facilities Development Corporation 2016

*From left to right, back row:*  
Dee Davey, Wayne Lee, Treasurer;  
Dan Sides, Bob Kowalski  
*Front row:* Harold Bell, President;  
Wendy Collini, Vice President;  
Sandra Hightower

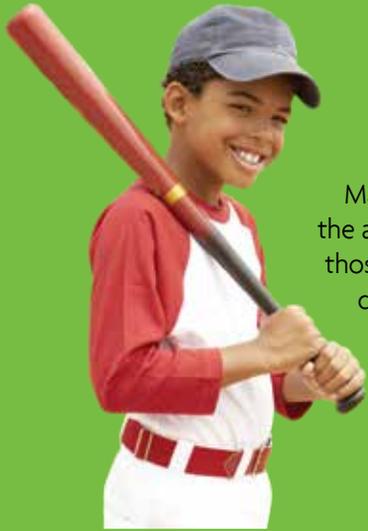
## City of Mansfield Management Team 2016

Joe Smolinski, Deputy City Manager;  
Chris Burkett, Assistant City Manager (retired);  
Clayton Chandler, City Manager;  
Bill Lane, Deputy City Manager;  
Shelly Lanners, Deputy City Manager;  
Peter Phillis, Deputy City Manager



# Information

## Youth Sports Associations



All youth sports in the City of Mansfield are operated by separate volunteer associations. The City of Mansfield owns and operates the athletic fields and contracts those fields to the associations during each season. Athletic fields are available for rental when fields are not under contract with local sports associations. For more information, see page 24.

### Mansfield Youth Baseball Association

817-405-3554  
www.myba.com

### Mansfield Girls Softball Association

www.mgsa.com

### Mansfield Soccer Association

817-473-1177  
www.mansfieldsoccer.org  
Signups: January and July

### Mansfield Pee Wee Football Association

www.mansfieldpwfa.com  
mpwfpres@gmail.com  
mpwfasecretary@gmail.com

### Mansfield Area Tennis Association

www.matatx.com  
tgibbs@matatx.com

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on Twitter



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## City Facilities & Departments

Mansfield Activities Center	817-728-3680
Mansfield Public Library	817-728-3690
Mansfield City Hall	817-276-4200
Mansfield Public Safety	817-276-4700
Field Status Line (updated daily @ 3:00 PM)	817-453-1467
Parks & Public Grounds	817-473-1943
Big League Dreams (adult softball)	817-539-0700
Hawaiian Falls	817-853-0050
Mansfield National Golf Club	817-477-3366

## Parks & Recreation Staff

Matt Young	Parks and Recreation Director
James Fish	Senior Park Planner
J. Christopher Ray	Park Planner
Toby Fojtik	Park Superintendent
Bernie McCranie	Administrative Assistant
Andrew Binz	Recreation Superintendent
Angie Henley	Cultural Arts/Special Events Supervisor
Tiffany Gorrell	Nature Education Supervisor
Coco Garcia	Activities Center Supervisor
Greg Guse	Recreation Services Supervisor
Suzanne Newman	Senior Coordinator
Mary Jones	Recreation Coordinator

For inquiries, please call 817-728-3680.

## Youth Recreation Scholarships

The City of Mansfield Youth Recreation Scholarship Program is designed to help children in families with limited financial resources participate in the City of Mansfield recreation programs and activities. Recipients of a Youth Recreation Scholarship will receive 80% off the program of their choice for that brochure.

### To be eligible for a scholarship, the child must:

- Be a resident of the City of Mansfield
- Be age 17 or younger
- Meet income eligibility guidelines

Download an application at [www.mansfieldparks.com](http://www.mansfieldparks.com) or pick one up at the Mansfield Activities Center.



# Membership

A facility identification card (MAC Card) is required for use of the facility, registration in most programs and for rental use of the MAC. Everyone age 2 and older must purchase a MAC Card to participate at the Mansfield Activities Center. You must check in and scan your MAC Card at the front desk on each visit to the center. You may use your MAC Card to check out gym equipment. An annual waiver must be signed each time a membership is purchased or renewed.



## How to Register in Person

All memberships and facility and park rentals must be done in person at the Mansfield Activities Center. You may also register for courses and programs at the MAC front desk on a first-come, first-served basis. Be aware that certain classes do fill quickly, so please plan ahead. Additionally, we ask that you register at least 3 business days before the start of a program. You can take advantage of a \$5 early bird discount when you register by 9 pm at least 3 business days before a program begins. Payment is accepted by cash, check, MasterCard, Visa, American Express or Discover (with appropriate ID). You will need a current MAC Card before registering and all fees must be paid in full at the time of registration. You may join a class that is already in session, but full payment is still due. Individuals are responsible for making informed decisions regarding the products, programs and services presented in this brochure.

## How to Register Online

[www.mansfieldparks.com](http://www.mansfieldparks.com)

To register for courses or programs online, you need to have an active account with the MAC and a Visa, MasterCard, Discover or American Express. Not all programs require a MAC Card, but to receive your login information, you must have an established account at the MAC. Browsing for activities does not require an account. Online membership renewal is now available.

Please call the MAC front desk during operating hours at (817) 728-3680 to obtain your information. To establish an account, you will need to visit the MAC located at 106 S. Wisteria St.

 Denotes a class that is a smart choice for your health and wellness needs.

## Annual MAC Card Fees

	Age	Resident*	Non-resident
Youth	2 – 17	\$10	\$17
Adult	18 – 54	\$15	\$22
Senior	55+	\$10	\$17
Family**		\$35	\$50
Daily Guest Pass		\$3/day	\$6/day



\*Resident is defined as living in zip code 76063. Proof of residency (current driver's license or utility bill) is required.

\*\*Family is defined as those living at one address. The family fee is good for up to 6 members. Additional family members are \$2 each.

## Be Informed

Provide your email address at the MAC front desk, sign up at [www.mansfieldparks.com](http://www.mansfieldparks.com), or send us an email at [mac@mansfieldtexas.gov](mailto:mac@mansfieldtexas.gov) to sign up for our Parks & Recreation E-Newsletter. If you did not get a brochure in the mail, leave your address at the front desk or email [mac@mansfieldtexas.gov](mailto:mac@mansfieldtexas.gov) with your mailing address. We will be glad to add you to the brochure mailing list.

# Preschool

## Athletics/Fitness

### Soccer Sparks Skills Academy (2.5-5Y) ♥

Dazzle with your footwork! The Soccer Sparks program fosters skill improvement and builds player confidence. Learn how to perfect your skills such as dribbling, passing, shooting, and teamwork in a fun and encouraging environment. Soccer can improve muscle strength, cardiovascular health, agility, coordination, and balance. Saturday classes held at Philip Thompson Soccer Complex (1701 N. Holland Rd.)

#### 2.5-3Y

5648	09/03-10/08	9:30–10:00 AM	Sa	\$59/\$64
5647	10/22-12/03	9:30–10:00 AM	Sa	\$59/\$64

#### 3-4Y

5651	09/03-10/08	10:05–10:35 AM	Sa	\$59/\$64
5650	10/22-12/03	10:05–10:35 AM	Sa	\$59/\$64

5663	09/07-10/19	5:15–5:45 PM	W	\$59/\$64
5662	11/02-12/14	5:15–5:45 PM	W	\$59/\$64

#### 4-5Y

5654	09/03-10/08	10:40–11:25 AM	Sa	\$59/\$64
5653	10/22-12/03	10:40–11:25 AM	Sa	\$59/\$64

5666	09/07-10/19	5:45–6:30 PM	W	\$59/\$64
5665	11/02-12/14	5:45–6:30 PM	W	\$59/\$64



### Tiny Tumbling Tots (3-5Y) ♥

Let Mrs. Shannon introduce your child to the exciting world of tumbling. Children will learn basic tumbling and beam skills while improving hand-eye coordination, balance, and body awareness.

5698	09/02-09/23	9:05–9:35 AM	F	\$35/\$40
5697	10/07-10/28	9:05–9:35 AM	F	\$35/\$40

## Boo Bash

Here is a great alternative to going door-to-door. Bring the family and meet your friends at the MAC for a night of games, crafts, snacks, and of course Halloween candy! Parents must attend with children. This carnival-style party will be geared toward children ages 2-6 years old, but all ages are welcome. We will be sure to give your little goblins a frightening good time! No MAC Card required. Online registration is available. Fee is \$7/child (2-11Y) and \$3/adult (12Y+). Day-of fee is \$10/person.

*See page 27 for more details.*



## Dance/Music

### Ballet/Tap Combo (4-6Y) ♥

This fun and energetic class is a great introduction to the beginning steps of ballet and tap. Kids will learn ballet barre work with proper French terms in a creative way. Kids will also learn fun ballet routines to Frozen and more childhood favorites. Tap will consist of shuffle steps, falaps, balchanges, and much more! Kids will dance fun tap routines to popular songs like "Happy" from Despicable Me.

5544	09/12-09/26	5:50-6:50 PM	M	\$46/\$51
5543	10/03-10/24	5:50-6:50 PM	M	\$62/\$67
5542	11/07-11/28	5:50-6:50 PM	M	\$62/\$67

### Creative Dance (2-3Y) ♥

Children will be introduced to the fundamentals of ballet and jazz in a creative and fun way. Dancers will learn how to chasse, bouree walk, soutea, and many other dance terms. Never a repeat lesson. Dancers at all levels are challenged.

5558	09/12-09/26	5:15-5:45 PM	M	\$37/\$42
5557	10/03-10/24	5:15-5:45 PM	M	\$49/\$54
5556	11/07-11/28	5:15-5:45 PM	M	\$49/\$54



## Special Interest

### Toddler Time (1M-4Y)

Toddlers, accompanied by parents, can interact and learn with other children their age in this safe, climate-controlled playtime. On a rotational basis, gym mats, tumbling blocks, low balance beams, foam building blocks, gym balls, and our bounce house will be set out for play. Parents must attend with children. This program is free, but everyone age 2 and older (including parents) must purchase a MAC Card to attend (day passes are no longer issued for this program).

5699	09/06-11/29	9:00-11:00 AM	T/Th	Free
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### Early bird gets the worm!



Register by 3 business days before a class begins and **save \$5** off the registration fee.

Prices are listed as early bird/regular fee.

Follow us on Twitter



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# Youth & Teen

## Athletics/Fitness

### Cheer Prep 101 (4-13Y) ♥

Calling all cheerleaders! Come out and learn basic cheer fundamentals including jumps, motions, and stunts with Monique, a three time NCA Collegiate National Cheer Champion. Perfect class to prepare for school try-outs! Personalized instruction will emphasize proper technique, presentation, and improved self-confidence. As the grand finale, students will work as a team to perform a short routine to showcase the new skills to friends and family.

#### 4-9Y

5554	09/07-10/12	6:00–6:45 PM	W	\$70/\$75
5553	10/19-11/30	6:00–6:45 PM	W	\$70/\$75

#### 10-13Y

5552	09/07-10/12	7:00–8:00 PM	W	\$70/\$75
5551	10/19-11/30	7:00–8:00 PM	W	\$70/\$75

### Family Pickleball Night (8Y+) ♥

Come learn and play Pickleball! This is a great sport for the whole family! All ages and skill levels will love this popular sport. An instructor will be onsite to teach skills and matches will be also be played. Limited equipment provided. Bring your friends and family!

5217	09/06	6:30 PM–8:00 PM	T	\$2
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### Family Tennis Play Days (5Y+) ♥

Bring the family and join us for some tennis fun! Meets the first and third weekends Sep–Nov. A great time to learn tennis and spend time as a family. Class is held at the Legacy High School tennis courts (1263 N Main St.). Price as listed is per family.

5772	09/03-11/19	10:30 AM–12:00 PM	Sa	\$20/\$25
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### Early bird gets the worm!



Register by 3 business days before a class begins and **save \$5** off the registration fee.

Prices are listed as early bird/regular fee.

# KIDS NIGHT OUT

Drop off the kids  
at the MAC!

Friday, October 7  
6–10:30 PM

CRAFTS MORE FUN  
OPEN GYM FOOD  
games MOVIE

\$15

PER

CHILD

OPEN TO KIDS AGES 6–12Y. SAVE \$5 OFF SIBLINGS AND \$7 OFF WITH A CURRENT MAC CARD. A MEAL IS INCLUDED. ADDITIONAL CONCESSIONS ARE AVAILABLE FOR PURCHASE. REGISTRATION ENDS OCTOBER 5TH AT 9PM.

KNO  
Kids Night Out

THEN HEAD TO  
THE LOT DOWNTOWN  
TO SEE...

**ECB**  
EMERALD CITY BAND



TICKET INFORMATION TO COME.  
FOR MORE INFORMATION, GO TO  
[WWW.THELOTDOWNTOWN.COM](http://WWW.THELOTDOWNTOWN.COM).

## Shaolin-Do Kung Fu (6-12Y) ♥

Shaolin-Do helps students develop their physical and mental attributes using the 2,000 year old art of Shaolin-Do Kung Fu. Shaolin provides a fun environment for students to increase their perseverance, self-esteem, discipline, and respect. Our goal is to help each student achieve their martial art, health, and fitness potential. Additional belt test fees may apply.

### Youth Beginner

5598	09/01-09/29	6:30–7:15 PM	T/Th	\$50/\$55
5597	10/04-10/27	6:30–7:15 PM	T/Th	\$50/\$55
5596	11/01-11/29	6:30–7:15 PM	T/Th	\$50/\$55

### Youth Intermediate/Advanced

5601	09/01-09/29	7:15–8:00 PM	T/Th	\$50/\$55
5600	10/04-10/27	7:15–8:00 PM	T/Th	\$50/\$55
5599	11/01-11/29	7:15–8:00 PM	T/Th	\$50/\$55

## Tae Kwon Do (5-17Y) ♥

Tae Kwon Do teaches students to overcome peer pressure and succeed in a competitive world. It trains your mind and body to be strong, while emphasizing respect, concentration, and self-control. Master Yang has a 7th degree black belt in Tae Kwon Do and has coached the U.S. Tae Kwon Do demonstration team. Additional fees may apply for belt tests.

### Youth Beginner

5685	09/12-09/26	5:45–6:30 PM	M	\$40/\$45
5684	10/03-10/31	5:45–6:30 PM	M	\$40/\$45
5683	11/07-11/28	5:45–6:30 PM	M	\$40/\$45

5688	09/01-09/29	5:30–6:20 PM	T/Th	\$65/\$70
5687	10/04-10/27	5:30–6:20 PM	T/Th	\$65/\$70
5686	11/01-11/29	5:30–6:20 PM	T/Th	\$65/\$70

5691	09/07-09/28	5:30–6:20 PM	W	\$40/\$45
5690	10/05-10/26	5:30–6:20 PM	W	\$40/\$45
5689	11/02-11/30	5:30–6:20 PM	W	\$40/\$45

### Youth Advanced

5679	09/01-09/29	6:25–7:15 PM	T/Th	\$65/\$70
5678	10/04-10/27	6:25–7:15 PM	T/Th	\$65/\$70
5677	11/01-11/29	6:25–7:15 PM	T/Th	\$65/\$70



## Yoga Connections (8-12Y) ♥

Students will explore a variety of yoga techniques that will help them develop life skills to use on and off the mat. Through yoga poses, games, activities, music, and stories, we will promote strength, flexibility, coordination, and body awareness. Breathing and meditation techniques will teach students to focus, relax, and practice self-control. Yoga helps promote inner-strength, confidence, and self-esteem. When class is over, students will walk away with a feeling of well-being and respect for self and others.

5738	09/06-09/27	5:30–6:15 PM	T	\$40/\$45
5737	10/04-10/25	5:30–6:15 PM	T	\$40/\$45
5736	11/01-11/29	5:30–6:15 PM	T	\$40/\$45

## Youth Yoga (8-18Y) ♥

A new and exciting class that will guide children through age appropriate yoga movements and activities that decrease stress and anxiety and increase focus and concentration. This is a great way for youth to discover, learn, and listen to their body.

**NEW!**

5760	09/01-09/22	1:15–2:00 PM	Th	\$16/\$21
5761	09/29-10/20	1:15–2:00 PM	Th	\$16/\$21
5762	10/27-11/17	1:15–2:00 PM	Th	\$16/\$21

# Youth & Teen

## Soccer Sparks Skills Academy (6-9Y) ♥

Dazzle with your footwork! The Soccer Sparks program fosters skill improvement and builds player confidence. Learn how to perfect your skills such as dribbling, passing, shooting, and teamwork in a fun and encouraging environment. Soccer can improve muscle strength, cardiovascular health, agility, coordination, and balance. Saturday classes held at Philip Thompson Soccer Complex (1701 N. Holland Rd.)

5669	09/07-10/19	6:30–7:15 PM	W	\$59/\$64
5668	11/02-12/14	6:30–7:15 PM	W	\$59/\$64

5657	09/03-10/08	11:25 AM–12:10 PM	Sa	\$59/\$64
5656	10/22-12/03	11:25 AM–12:10 PM	Sa	\$59/\$64

## Volleyball Skills (8-18Y) ♥

Focus and train on passing, hitting, serving, setting, and defense. Every player will have fun and gain the technical knowledge of footwork, ball control, and volleyball IQ. This is a great class for all levels to learn the game and improve their skills.

5827	09/12-09/26	7:15–8:15 PM	M	\$40/\$45
5828	10/03-10/24	7:15–8:15 PM	M	\$40/\$45
5829	11/07-11/28	7:15–8:15 PM	M	\$40/\$45

## Take Tennis (5Y+) ♥

Learn the great game of tennis from a professional. All of our classes help develop and enhance your ground strokes, hand eye coordination, serving, and overall tennis skills. Take a class to build your confidence and get comfortable on the court.

### 5-10Y

5844	09/10-09/24	9:00–9:50 AM	Sa	\$30/\$35
5845	10/01-10/22	9:00–9:50 AM	Sa	\$40/\$45
5846	10/29-11/19	9:00–9:50 AM	Sa	\$40/\$45

### 11Y+

5847	09/10-09/24	10:00–10:50 AM	Sa	\$30/\$35
5848	10/01-10/22	10:00–10:50 AM	Sa	\$40/\$45
5849	10/29-11/19	10:00–10:50 AM	Sa	\$40/\$45

817-728-3680



NEW!

NEW!

## Home School P.E. (5Y+) ♥

In this PE program your children will learn from former Olympic and professional soccer player, Steve Long. Your kids will get some exercise, learn the basics of most major team sports and have fun in an indoor atmosphere. For more course content information, feel free to contact Steve Long at 817-225-6272 or [sdlong@sbcglobal.net](mailto:sdlong@sbcglobal.net) or check his website at [www.stevesambasoccer.com](http://www.stevesambasoccer.com).

### 5-9Y

5582	09/07-09/28	12:30–1:45 PM	W	\$27/\$32
5581	10/05-10/26	12:30–1:45 PM	W	\$35/\$40
5780	11/02-11/23	12:30–1:45 PM	W	\$35/\$40

### 10Y+

5580	09/07-09/28	1:45–3:00 PM	W	\$27/\$32
5579	10/05-10/26	1:45–3:00 PM	W	\$35/\$40
5779	11/02-11/23	1:45–3:00 PM	W	\$35/\$40

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### Intellect Hoops Basketball (7-17Y) ♥

Come develop and enhance your basketball skills as we focus on individual skills and mental toughness. Our focus will include: ball handling, shooting, defense, footwork, life skills, basketball IQ, off-ball movement, and more!

5753	09/09-09/30	5:00-7:00 PM	F	\$70/\$75
5754	10/21-11/18	5:00-7:00 PM	F	\$70/\$75

### Special Interest

#### Kids Master Chef School (6-12Y)

Cooking is an ideal class for kids and youth to take. They will learn new recipes, get exposed to new foods and tastes, and they can duplicate everything at home. As a bonus, cooking engages all five senses, including their sixth sense - getting a little messy! \$10 supply fee due to instructor.

5586	09/06-09/27	6:30-8:00 PM	T	\$50/\$55
5585	10/04-10/25	6:30-8:00 PM	T	\$50/\$55
5584	11/01-11/29	6:30-8:00 PM	T	\$50/\$55



# KIDS ZONE

FOR AGES 6 TO 11 YEARS

### Fall Break

No school? No problem! Join us at the MAC for a day of fun. We'll have crafts, games, sports, day trips, and activities that will help kick off fall the fun way. You will need to send a sack lunch. Registration must be done in person at the Mansfield Activities Center. Early drop off at 7:30 is available for an additional \$3 per day. Multi-child discounts apply.

11/21	8:00 AM-6:00 PM	M	\$30
11/22	8:00 AM-6:00 PM	Tu	\$30
11/23	8:00 AM-6:00 PM	W	\$30

## FAMILY PICKLEBALL NIGHT



Let's play pickleball! All ages will love this racket sport. Learn the rules and techniques or sharpen your skills. All equipment provided. Bring the whole family!

**TUESDAY, SEPTEMBER 6**  
6:30-8pm | \$2/person | ages 8Y+

Family Pickleball Night will be held in the MAC Gym. Online registration available. Have your own equipment? Feel free to bring it with you!

#### AHA HeartSaver CPR Course (13Y+)

Learn the confidence and skills needed to be able to help and assist during the first critical moments of an accident or medical emergency. Teens, adults, or other individuals who want or need training can benefit from the up-to-date skills that are required to obtain a Heart Saver course completion card which is good for 2 years. This course teaches AHA standards for CPR, First Aid, and use of an AED.

5538	09/17	9:15 AM-2:15 PM	Sa	\$55/\$60
5539	10/08	9:15 AM-2:15 PM	Sa	\$55/\$60
5540	11/12	9:15 AM-2:15 PM	Sa	\$55/\$60



**Early bird gets the worm!**  
Register by 3 business days before a class begins and **save \$5** off the registration fee. Prices are listed as early bird/regular fee.

# Nature Education

## Home School Nature Class (5Y+)

These programs are specifically geared towards a home school audience, but all are welcome! Join a naturalist for a nature related lesson, nature walk, and guided exploration of Oliver Nature Park. The naturalist will describe the plants and animals found along the trails. Learn about local ecosystems; watch how animals and plants interact; and sneak up on a few of the natural inhabitants of the park. Themes will vary each session. Pre-registration required.

### Lizards

5804	09/01	10:00–11:00 AM	Th	\$5/\$7
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### Decomposers

5805	09/14	10:00–11:00 AM	W	\$5/\$7
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### Owls

5806	10/04	10:00–11:00 AM	T	\$5/\$7
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### Bats

5807	10/26	10:00–11:00 AM	W	\$5/\$7
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### Autumn Leaves

5808	11/10	10:00–11:00 AM	Th	\$5/\$7
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### Animal Evidence

5809	11/29	10:00–11:00 AM	T	\$5/\$7
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817-728-3680

## Early bird gets the worm!



Register by 3 business days before a class begins and **save up to \$5** off the registration fee. Prices are listed as early bird/regular fee for non-members. Save even more with a current MAC Card.

## Little Naturalists (3-5Y)

Children ages 3-5 come learn about nature through exploration. We will read, sing, take a nature walk, and do crafts all about nature. Themes will vary each session. Pre-registration required.

### Interesting Insects

5797	09/07	10:30–11:15 AM	W	\$5/\$7
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### Amazing Amphibian

5798	09/21	10:30–11:15 AM	W	\$5/\$7
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### Perfect Plants

5799	10/05	10:30–11:15 AM	W	\$5/\$7
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### Batty Bats

5800	10/19	10:30–11:15 AM	W	\$5/\$7
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### Amazing Apples

5801	11/02	10:30–11:15 AM	W	\$5/\$7
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### Lovely Leaves

5802	11/30	10:30–11:15 AM	W	\$5/\$7
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## Nature at Night (All Ages)

Join us for an exciting evening exploring nature at night. There will be many activities taking place that include: glow-in-the-dark bowling, dissecting owl pellets, glow-in the dark geology, making s'mores by the campfire, and night hikes with a naturalist. We will try to identify some of the sounds and sights of natural night life along the hike! Pre-registration required.

5815	11/12	5:30–8:00 PM	Sa	\$7/\$9
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## Painting at the Park (5Y+)

Join us for a painting class at Oliver Nature Park with an artist. You will be lead in creating a master piece at this easy-to-follow painting class for all painting abilities. You will be guided step by step by the instructor throughout the class. All materials will be supplied. Pre-registration required.



### Barred Owl (12Y+)

5811 09/17 10:00 AM–12:00 PM Sa \$30/\$35

### Fawn (5Y+)

5812 10/10 10:00 AM–11:30 PM M \$25/\$30

### Mallard Duck (5Y+)

5813 11/22 10:00 AM–11:30 PM T \$25/\$30



## Kayaking (7Y+)

In this brand new program, we will go out in dual-seated kayaks on Joe Pool Lake. An instructor will guide the participants on kayaking safety and proper techniques.



Pre-registration required for all participants. Appropriate for ages 7 and up. An adult must accompany children ages 7-17 years on the kayak tour.

5790	09/09	9:30–11:00 AM	F	\$22/\$24
5791	09/24	9:30–11:00 AM	Sa	\$22/\$24
5792	10/13	10:00–11:30 AM	Th	\$22/\$24
5793	10/22	10:00–11:30 AM	Sa	\$22/\$24

## Wild about Nature (2Y+)

Join us as we learn about local wildlife that inhabits Oliver Nature Park. You will get an up close look at animal specimens and meet our Wildlife Ambassadors. Guests ages two years and older must pre-register for this program.

5835	10/28	1:00–2:00 PM	F	\$5/\$7
5836	11/21	10:00–11:00 AM	M	\$5/\$7

## Bird Watching Hike (All Ages)

Come join us on a 1 mile walk around the park while we look for birds of all species! Birds are most active during the early morning hours. Guests will get an up close look at feathers and skulls during the walk. Please remember to bring your cameras and binoculars so you can get a closer look at the birds high up in the trees. There will be binoculars that children may borrow during the walk. Pre-registration required for guests ages 3 years and older.

5838	10/03	7:30–8:30 AM	M	\$5/\$7
5839	11/01	7:30–8:30 AM	T	\$5/\$7

All programs held at Oliver Nature Park unless otherwise listed.

**DON'T FORGET TO PRE-REGISTER FOR ALL NATURE EDUCATION PROGRAMS.**

# Adult

## Leagues

### Pickleball Open Court (14Y+) ♥

A mix between badminton and tennis, this game is one of the fastest growing sports in the country. All levels welcome and the cost is FREE with a current MAC Card, but registration is required. You may bring your own equipment.

5751	09/02-11/18	10:00 AM–12:00 PM	F	Free
5749	09/12-11/28	2:00–4:00 PM	M	Free
5750	09/07-11/30	5:00–7:00 PM	W	Free

### Tennis League (18Y+) ♥

Experienced players welcome. Play close to home! Ladies League plays on Mondays and Mixed League plays on Sundays. Players will be contacted by MATA in regards to their team placement and match location. Check out game schedules at [www.mata.tenniscodes.com](http://www.mata.tenniscodes.com) or for more info contact [tgibbs@matatx.com](mailto:tgibbs@matatx.com)

#### Ladies League

5822	09/12-11/14	9:00–11:00 AM	M	\$20/\$25
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#### Mixed League

5821	09/11-11/13	2:00–4:00 PM	Su	\$20/\$25
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### Basketball League (16Y+) ♥

Lace up your sneakers and join the fun. This is a full court league with games played on Tuesday nights. Teams consist of 5 players on the court and a maximum of 10 on the team. Team fee is for all players on the team and is for 6 games plus playoffs. League champions receive t-shirts. Each player will receive a MAC Card good for the duration of the season. [www.quickscores.com/mansfield](http://www.quickscores.com/mansfield)

5231	09/27-11/15	7:00–10:00 PM	T	\$300
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NEW!

### Foot Golf League (16Y+) ♥

A wildly popular new sport that combines soccer and golf, is easy to learn, and is a great activity for you and your friends. Teams consist of 5 players and the league includes 6 games plus playoffs (9 holes per game). All games played at Mansfield National Golf Club (3750 National Pkwy). Register by 8/29. [www.quickscores.com/mansfield](http://www.quickscores.com/mansfield)

5852	09/07-10/26	6:00–9:00 PM	W	\$125
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NEW!

### Golf Tournament - City Championship (16Y+) ♥

Are you ready to be crowned the champion of Mansfield? Compete in 2 rounds of golf and prove you're the best in town. USGA rules will apply with mens and womens age divisions. Fee includes 2 rounds of golf, golf cart, range balls, and lunch for both days. All rounds played at Mansfield National Golf Club (3750 National Pkwy). Register by 9/1.

5851	09/04-09/05	7:00 AM	Su/M	\$150
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NEW!



Winter 2016 Volleyball Champion  
"Dumbledore's Army"

## Athletics/Fitness

### Barre Class (14Y+) ♥

Barre is a total body workout that combines yoga, Pilates, and ballet that targets upper body, lower body, and core. This is a fun and upbeat class to help you create beautiful, sculpted, and lean muscles.

NEW!

5744	09/07-09/28	12:30–1:30 PM	W	\$40/\$45
5745	10/05-10/26	12:30–1:30 PM	W	\$40/\$45
5746	11/02-11/30	12:30–1:30 PM	W	\$50/\$55

### Lunchtime Yoga (14Y+) ♥

A great way to rejuvenate your day! Take a break from the busyness and recharge your body, mind, and soul. This class will help release tension and stress while offering words of encouragement and inspiration for the rest of your day. Join our 30 minute class and make a difference in your week.

5769	09/06-09/29	12:15–12:45 PM	M/T/Th	\$28/\$33
5770	10/03-10/27	12:15–12:45 PM	M/T/Th	\$30/\$35
5771	10/31-11/22	12:15–12:45 PM	M/T/Th	\$28/\$33

### Hatha Yoga (18+) ♥

Join Janet, a certified yoga instructor, for a Hatha style yoga class with emphasis placed on deepening the awareness of body, breath, and alignment. A peaceful and supportive environment with safe appropriate modifications for all levels is provided. This class will cultivate strength, flexibility, and replenish your mind and spirit, helping each student come back into balance. Students will learn the specific therapeutic benefits and techniques for overall health and wellness through yoga. Held at the Mansfield Service Center (620 S. Wisteria St.)

5566	09/12-09/26	6:00–7:15 PM	M	\$30/\$35
5565	10/03-10/24	6:00–7:15 PM	M	\$40/\$45
5564	11/07-11/28	6:00–7:15 PM	M	\$40/\$45

### Flow Yoga (18Y+) ♥

Open to all levels, our class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you gain flexibility and immerse yourself in a relaxing state.

5562	09/01-09/29	8:30–9:30 AM	T/Th	\$50/\$55
5561	10/04-10/27	8:30–9:30 AM	T/Th	\$50/\$55
5560	11/01-11/29	8:30–9:30 AM	T/Th	\$50/\$55

### Yin Yoga (18Y+) ♥

Traditional Yin yoga class working our deeper tissues of our ligaments, joints, deep fascial tissues, and even our bones to obtain and maintain optimal health and vitality. Sequenced poses held for several minutes in an active nurturing manner with breath techniques balancing the mind, body, and spirit. Held at the Mansfield Service Center (620 S. Wisteria St.)

NEW!

5786	09/07-09/28	6:00–7:15 PM	W	\$40/\$45
5787	10/05-10/26	6:00–7:15 PM	W	\$40/\$45
5788	11/02-11/30	6:00–7:15 PM	W	\$40/\$45



#### Early bird gets the worm!

Register by 3 business days before a class begins and **save \$5** off the registration fee.

Prices are listed as early bird/regular fee.

# Adult

## Boot Camp (14Y+) ♥

Don't let the name scare you, this class is for all fitness levels. Come join the fun as we incorporate Step Aerobic choreography for cardiovascular endurance with weights, resistance training, and other Boot Camp style exercises. There will be running, and high intensity training, and the instructor will provide modifications to match everyone's individual needs.

5774	09/03-09/24	9:15-10:15 AM	Sa	\$20/\$25
5775	10/01-10/22	9:15-10:15 AM	Sa	\$20/\$25
5776	10/29-11/19	9:15-10:15 AM	Sa	\$20/\$25

## Mat Pilates (13Y+) ♥

Mat Pilates will incorporate concepts of alignment, breath, and control, along with beginning/intermediate mat exercises. This class is appropriate for all levels, those new to the method or wishing to review the basic introductory principles of Pilates body conditioning. No prior knowledge of Pilates is required.

5634	09/01-09/22	11:00 AM-12:00 PM	Th	\$40/\$45
5633	10/06-10/27	11:00 AM-12:00 PM	Th	\$40/\$45
5632	11/03-11/17	11:00 AM-12:00 PM	Th	\$30/\$35



817-728-3680

# PICKLEBALL

## OPEN COURT



16Y+

MONDAYS 2-4PM  
WEDNESDAYS 5-7PM  
FRIDAYS 10AM-12PM



INSIDE THE MAC.  
FREE PLAY WITH  
CURRENT MAC CARD.



FOR MORE INFORMATION,  
PLEASE CONTACT THE  
MANSFIELD ACTIVITIES CENTER AT  
817-728-3680.




## Tae Kwon Do (17Y+) ♥

Tae Kwon Do incorporates concentration, discipline, and confidence and will help get you into shape while you learn and de-stress. Master Yang is a 7th degree black belt and North Lake College Instructor. Additional fees may apply for belt tests.

5673	09/01-09/29	7:20-8:10 PM	T/Th	\$65/\$70
5672	10/04-10/27	7:20-8:10 PM	T/Th	\$65/\$70
5671	11/01-11/29	7:20-8:10 PM	T/Th	\$65/\$70

## Shaolin-Do Kung Fu (18Y+) ♥

Students practice open-hand forms, self-defense, weapons, sparring, meditation, strength-training, and aerobic conditioning. This dynamic approach allows for rapid advancement in fighting skill, balance, dexterity, and endurance. Additional belt test fees may apply. [www.ntshaolin.com](http://www.ntshaolin.com)

5592	09/07-09/28	7:45-9:00 PM	M/W	\$50/\$55
5591	10/03-10/31	7:45-9:00 PM	M/W	\$50/\$55
5590	11/02-11/30	7:45-9:00 PM	M/W	\$50/\$55



### Shaolin Total Fitness (12Y+) ♥

Shaolin Total Fitness is a program that is broad and inclusive. This is a program that combines exercises from Kung Fu, Tai Chi, and Yoga that build functional and core fitness. The exercises are scalable, making them perfect for any committed individual regardless of age, experience, or goals. Whether you are a “couch potato” or an athlete, if you are interested in improving your fitness level, want something that won't get boring, and want something that will improve your strength, endurance, balance, and flexibility, then Shaolin Total Fitness is right for you.

5638	09/03-09/28	6:45–7:45 PM 10:30–11:30 AM	M/W Sa	\$35/\$40
5637	10/01-10/31	6:45–7:45 PM 10:30–11:30 AM	M/W Sa	\$35/\$40
5636	11/02-11/30	6:45–7:45 PM 10:30–11:30 AM	M/W Sa	\$35/\$40

### Tai Chi (18Y+) ♥

Tai Chi is considered the ultimate fighting art. Learn relaxation, increased body awareness, balance, and flexibility while also learning to defend yourself with minimal use of effort by applying the concept of accommodation. [www.ntshaolin.com](http://www.ntshaolin.com)

5695	09/01-09/29	8:00–9:00 PM 9:00–10:30 AM	Th Sa	\$50/\$55
5694	10/01-10/29	8:00–9:00 PM 9:00–10:30 AM	Th Sa	\$50/\$55
5693	11/03-11/19	8:00–9:00 PM 9:00–10:30 AM	Th Sa	\$50/\$55

### Water Fitness (18Y+) ♥

Improve health and restore vitality with water exercise. All levels of fitness will benefit from exercising with buoyancy equipment in the heated indoor pool at Physical Therapy of Mansfield, 1580 Hwy 287 North. The ability to swim is not necessary. No MAC card required. Cost is \$4.50 per class and priced monthly. Monthly fees per day of the week range from \$13.50 to \$22.50.

Mondays	10:00–10:50 AM 11:00–11:50 AM
Tuesdays	5:30–6:20 PM
Wednesdays	10:00–10:50 AM
Thursdays	5:30–6:20 PM
Fridays	10:00–10:50 AM 11:00–11:50 AM
Saturdays	10:00–10:50 AM

#### Early bird gets the worm!



Register by  
3 business days before a  
class begins and **save \$5**  
off the registration fee.

Prices are listed as  
early bird/regular fee.

# Adult

## Zumba (14Y+) ♥

Come join the exhilarating, infectious, easy-to-follow, Latin-inspired, calorie-burning fitness party! Zumba® Fitness blends red-hot international dance music with contagious steps to form a get-healthy addiction. This program is offered for people of all shapes, sizes, and ages. Let the music move you!

5742	09/01-09/29	6:00–7:00 PM	M/T/Th	\$40/\$45
5741	10/03-10/31	6:00–7:00 PM	M/T/Th	\$40/\$45
5740	11/01-11/29	6:00–7:00 PM	M/T/Th	\$40/\$45



## Dance/Music

### Beginner Ballroom Dancing (18Y+) ♥

Does 'Dancing with the Stars' get your feet moving, but you just don't know where to start? If so, this class is for you. Learn ballroom dances like the Rumba and the Cha-Cha. Partner required.

5547	09/15-10/13	7:30–8:30 PM	Th	\$30/\$35
5546	10/27-12/01	7:30–8:30 PM	Th	\$30/\$35

## Special Interest

### Mansfield Competitive Duplicate Bridge (All Ages)

Are you a bridge player? Come join us for a fun afternoon of duplicate bridge. Meet other bridge players and learn the excitement of competitive bridge. ACBL newly sanctioned game. MAC card or day pass required.

5630	09/06-09/27	1:00–5:00 PM	T	\$20/\$25
5625	10/04-10/25	1:00–5:00 PM	T	\$20/\$25
5620	11/01-11/29	1:00–5:00 PM	T	\$20/\$25

**FOOT GOLF LEAGUE**

6 GAMES + PLAYOFFS  
\$125 PER TEAM

WEDNESDAYS  
SEP 7-OCT 26  
6-9PM

**FOOTGOLF**  
MANSFIELD NATIONAL

A wildly popular new sport that combines soccer and golf and is easy to learn!  
All games played at Mansfield National Golf Course (3750 National Pkwy).  
Register by Aug. 29 at the Mansfield Activities Center.  
www.mansfieldparks.com  
www.quickcores.com/mansfield  
817-728-3680

Follow us on Twitter



@citymansfieldtx

Like us on facebook



citymansfieldtx

### Early bird gets the worm!



Register by 3 business days before a class begins and **save \$5** off the registration fee.

Prices are listed as early bird/regular fee.

## Wellness

### Healthy Lifestyle Made Easy (16Y+)

This wellness course will give you a blueprint to help you feel energized, vital, confident, and experience a state of well-being that you might not be experiencing or to help you to boost your existing healthy lifestyle. You will learn the importance of understanding the relationship between personal behaviors and lifelong health and wellness to maintain good health. You will receive information and recipes to increase wellness, vitality, and energy as well.

5572	09/06-09/27	7:00–8:00 PM	T	\$60/\$65
5571	10/04-10/25	7:00–8:00 PM	T	\$60/\$65
5570	11/01-11/29	7:00–8:00 PM	T	\$60/\$65

5575	09/01-09/22	2:30–3:30 PM	Th	\$60/\$65
5574	10/06-10/27	2:30–3:30 PM	Th	\$60/\$65
5573	11/03-11/17	2:30–3:30 PM	Th	\$45/\$50



### ABCs of Diabetes (18Y+)

Diabetes is a complex condition. This course is designed to provide essential education and resources to people with or those caring for people with diabetes or prediabetes. Classes will cover the fundamental aspects of managing blood glucose levels, including nutrition, physical activity, medications, and reducing your risk for complications. Complimentary screenings and related topic samples are available at each class. If you're newly diagnosed or just ready to reset your path to better outcomes, this is the course for you.

5536	09/07-10/12	6:00–7:00 PM	W	\$100/\$105
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### Dialed Into Diabetes (18Y+)

Don't be fooled by the title, this class is for anyone wanting to learn more about self-management of health conditions. Led by Lisa River, RPh, CDE and designed as a follow-up to ABCs of Diabetes, but covers topics that appeal to all.



#### Vitamins

5818	09/07	7:00–8:00 PM	W	\$20/\$25
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#### e-Health

5819	10/05	7:00–8:00 PM	W	\$20/\$25
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#### Grocery Tour

5818	11/02	7:00–8:00 PM	W	\$20/\$25
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**PLAY IN THE MAC BASKETBALL FALL LEAGUE**

REGISTER FOR OUR TUESDAY NIGHT LEAGUE  
6 SEASON GAMES + PLAYOFFS

**STARTS TUESDAY @ SEP 27 THE MAC**

AGES 16 & UP. GAMES WILL BE AFTER 7PM.  
SEASON RUNS 9/27 - 11/1  
5 PLAYERS ON THE COURT. 10 PLAYERS ON A TEAM.

**REGISTRATION ENDS SEP 13**

**TEAM FEE \$300**

FOR MORE INFORMATION CONTACT THE MANSFIELD ACTIVITIES CENTER  
VISIT US AT [WWW.QUICKSCORES.COM/MANSFIELD](http://WWW.QUICKSCORES.COM/MANSFIELD)  
817.728.3680




# Seniors

## Arts & Crafts

### Fine Arts Continuing Education (55Y+)

Continue to discover the artist inside. Classes are for those with intermediate to advanced artistic skills. Provide your own supplies except for easels.

5369	09/07-09/28	9:00–11:30 AM	W	\$25/\$30
5368	10/05-10/26	9:00–11:30 AM	W	\$20/\$25
5367	11/02-11/30	9:00–11:30 AM	W	\$25/\$30

### Painting and Drawing 101 (55Y+)

Discover your creative side in this self-paced painting and drawing class. All are welcome, from beginner to expert. An artist never stops learning so let's come together to share ideas and grow our skills. All mediums welcome.

5459	09/02-09/30	9:30 AM–12:00 PM	F	\$25/\$30
5458	10/07-10/28	9:30 AM–12:00 PM	F	\$20/\$25
5457	11/04-11/18	9:30 AM–12:00 PM	F	\$20/\$25

### C'mon Get Crafty (55Y+)

C'mon Get Crafty offers amazing DIY crafts. You don't have to be a crafty person to create these beautiful keepsakes or gifts. These classes are led by senior staff and volunteers who will help walk you through each step as you create fabulous DIY crafts. So keep your eyes open for new crafts being offered. Space is limited so signup today. Cost includes all supplies.



### Yarn & Twine Baskets

5830	09/15	9:30–11:00 AM	Th	\$5/\$10
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### Winter Cookies in a Jar

5831	11/28	9:30–11:00 AM	M	\$5/\$10
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### Crafter's Workshop (55Y+)

Work independently or share skills with other crafters the art of stepping stones, ceramics, stained glass and porcelain dolls.

5359	09/01-09/29	9:00 AM–12:00 PM	M/T/Th	\$10/\$15
5358	10/03-10/31	9:00 AM–12:00 PM	M/T/Th	\$10/\$15
5357	11/01-11/29	9:00 AM–12:00 PM	M/T/Th	\$10/\$15

## MANSFIELD SENIOR art show 2016

Local artists may display paintings. Paintings will be judged. Categories include Portrait, Sketching and Drawing, Still Life, Landscape and Structure. First, second and third place ribbons are awarded in each category. There will also be an overall BEST OF SHOW awarded. Best of Show and First place winners will be displayed at City Hall for one week.

09/16	9:00 AM–12:00 PM	W	Free
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## Dance/Music

### Line Dancing (55Y+) ♥

Come learn basic step-by-step instructions that will have you dancing in no time. Line dancing is fun and can be a great workout. A daily drop in fee is available.

#### Basic Beginner

5375	09/12-09/26	1:00–2:00 PM	M	\$10/\$15
5374	10/03-10/31	1:00–2:00 PM	M	\$10/\$15
5373	11/07-11/28	1:00–2:00 PM	M	\$10/\$15

#### Beginner

5413	09/07-09/28	12:30–1:30 PM	W	\$10/\$15
5412	10/05-10/26	12:30–1:30 PM	W	\$10/\$15
5411	11/02-11/30	12:30–1:30 PM	W	\$10/\$15

#### Beginner/Intermediate

5394	09/12-09/26	2:00–3:30 PM	M	\$12/\$17
5393	10/03-10/31	2:00–3:30 PM	M	\$12/\$17
5392	11/07-11/28	2:00–3:30 PM	M	\$12/\$17

#### Intermediate

5434	09/07-09/28	1:30–3:30 PM	W	\$16/\$21
5433	10/05-10/26	1:30–3:30 PM	W	\$16/\$21
5432	11/02-11/30	1:30–3:30 PM	W	\$16/\$21

### A Choired Talent (55Y+)

Do you love to sing? If so, come join 'A Choired Talent.' You don't need a background in music or prior experience singing in the choir. This group will practice every Monday from 10:00–11:00 am and perform frequently out in the community.

## Special Interest

### Drop-in Fellowship

Come in and join us Monday through Friday for a cup of coffee and lots of friendly folks to visit with. Enjoy a pick-up game of Skip-Bo, dominoes or any number of other card games.

#### Early bird gets the worm!



Register by  
3 business days before a  
class begins and **save \$5**  
off the registration fee.

Prices are listed as  
early bird/regular fee.

# Seniors

## Smart Driver (55Y+)

Do you want to lower your insurance? This is a defensive driving class designed for persons over 50. Learn techniques to be a safer driver and get that discount on your insurance. Course will not erase a ticket! MAC card or guest day pass required. You must pre-register in person at the MAC. Show your AARP Card for a \$5 discount.

4400 11/08 9:30 AM–1:30 PM T \$20/\$25

## Daily Lunch Program

You can enjoy not having to cook by coming to lunch for a hot, nutritious meal. Lunch is served daily at noon. A one-day advance reservation is required but many times drop-ins get to eat as well. There is a requested donation of \$2 per meal for persons 60 and over and \$6 for persons 59 and under. To register please call 817-728-3680 ext. 3687 or sign up in person by 10:00 am one day prior.

## Mahjong

Join us every Thursday from 1:00–3:30 pm. All skill levels welcome. Players will take time to teach the beginner who wants to gain a better understanding. No advance reservation required.

## Bingo

Do you like to win? Come play Bingo on Mondays and Wednesdays at 11:30 am for a half hour. Every Friday at 11:00 am, we play Bingo for a full hour. Senior volunteers are the callers and local merchants donate prizes. You won't want to miss this every week!

**Early bird gets the worm!**



Register by  
3 business days before a  
class begins and **save \$5**  
off the registration fee.

Prices are listed as  
early bird/regular fee.



## Bridge

Are you a Bridge-playing enthusiast? Six or seven tables are always up for an afternoon of challenging strategy at 12:30 pm on Wednesdays. A couple of tables usually play after lunch on Fridays just for fun. Advance notice required. Call 817-728-3680 ext. 3687.

## Canasta

Every Thursday from 12:30–3:30 pm, you can learn the fine art of the game of Canasta. The veteran players take time out from their serious playing time to teach the beginner who wants to gain a better understanding of Canasta. No advance reservation required.

## Devotional Singing

Do you love to sing? Do you play an instrument? Our volunteers lead the singing and play the instruments. Every Tuesday at 11:30 am, they can be heard playing anything from old time gospel to those popular songs you grew up with. So make plans to join in with your talent or merely sit back and enjoy.



### Open Card Playing

Enjoy your favorite games or learn a new one from one of our many game enthusiasts. Favorites are Pinochle, Skip-Bo, Rummy, Hand & Foot, Bridge, Canasta, Kings Corner, Uno, etc. Every Monday through Thursday 9:00 am–3:30 pm.

## Wellness

### Blood Pressure Checks (55Y+)

You can save a trip to the doctor's office by letting our volunteer medical professional check your blood pressure on most Tuesdays from 10:30–11:30 am.

Follow us  
on Twitter



@citymansfieldtx

Like us on  
facebook



citymansfieldtx

### Light and Easy Exercise (55Y+) ♥

You are never too old to exercise with this group. This routine takes place in a seated position incorporating some standing exercises as well. It is truly light and easy but also beneficial. You can join us Monday through Thursday at 11:00 am for a 20-minute session to get your blood flowing.

### Walk and Talk (55Y+) ♥

Grab a buddy and come walk around the indoor gymnasium and be protected from all the elements. Walk at your own pace, visit with a friend, and stay fit on Mondays, Wednesdays and Fridays from 9:00–10:00 am.

## Health & Wellness Expo

FRIDAY, OCTOBER 14, 2016

9:00 - 11:00 AM

Health Screenings & Exhibitor Booths

FLU SHOTS WILL BE AVAILABLE



Mansfield Activities Center  
106 S. Wisteria St.  
Mansfield, TX 76063  
817.728.3680



The Health & Wellness Expo is part of a national initiative to improve the mental, physical and emotional health of older persons and their families. Let local experts help you with career and volunteer placement programs, legal assistance, home care and lifestyle changes. In addition, we will offer many tests to help you stay healthy.

MANSFIELD  
**SENIOR  
LIFESTYLES**

# Seniors

## Trips & Tours



### Canton First Monday Trade Days

Join us for a full day of shop till you drop at this fantastic flea market. There are lots of covered shopping areas, so rain or shine, this trip will make. Fee is for transportation, admission is free.

5862	09/02	9:30 AM–5:00 PM	F	\$12/\$17
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### State Fair

We are going to the State Fair of Texas! Program fee includes transportation only. Lunch is on your own. State Fair admission tickets are purchased on the grounds. Seniors 60 and over are free and 59 and younger are \$17.

5858	10/06	9:30 AM–6:30 PM	Th	\$12/\$17
5859	10/13	12:30–9:30 PM	Th	\$12/\$17
5860	10/20	9:30 AM–6:30 PM	Th	\$12/\$17

### 12 Days of Christmas at the Arboretum (55Y+)

Celebrate the most wonderful time of the year with the 12 Days of Christmas at the Dallas Arboretum. We will provide the transportation on this day trip to the Dallas Arboretum and Botanical Gardens for a picnic lunch (on your own) and a self-guided tour. Fee includes transportation only. Tickets are available at the gate for \$12 (65 and up) & \$15 (18-64).

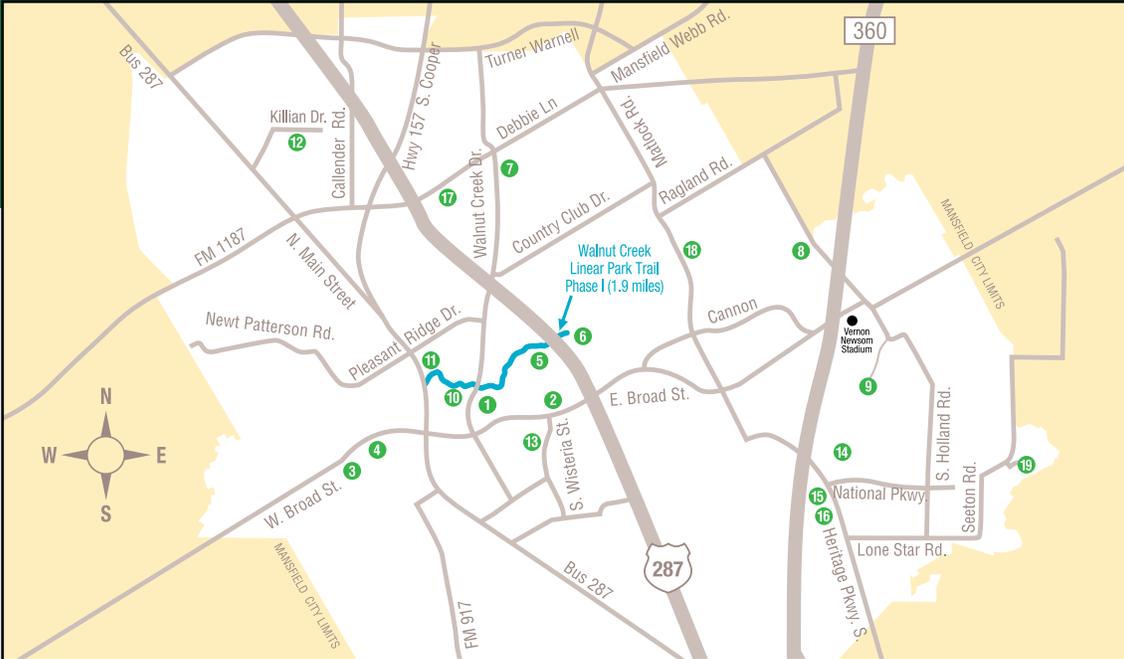
4198	11/30	10:00 AM–4:00 PM	W	\$12/\$17
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Many trips have registration deadlines, so be sure to register early and reserve your spot. Refunds are only granted during the 7 days prior to a trip for a medical reason or family emergency.

Follow us on Twitter  @citymansfieldtx

Like us on facebook  citymansfieldtx

# Facilities Map



Facilities	Amphitheater	Baseball Field	Basketball Court	Fishing Pond	Football Field	Grills	Horseshoe Pits	Nature Walking Trail	Pavilion	Picnic Area	Playground	Restroom Facility	Sand Volleyball	Soccer Field	Softball Field	Tennis Court	Trundles® Playground
<b>1 Hardy Allmon Soccer Complex</b> (10.5 acres) 310 N. Walnut Creek Dr.									★							★	
<b>2 Julian Feild Park</b> (6.9 acres) 1531 E. Broad Street									★		★	★					
<b>3 McClendon Park West</b> (4.8 acres) 799 W. Broad Street				★			★			★	★	★	★			★	
<b>4 McClendon Park East</b> (16.5 acres) 740 W. Kimball		★							★	★	★	★	★				
<b>5 James McKnight Park West</b> (24.5 acres) North Wisteria Street							★		★	★	★						
<b>6 James McKnight Park East</b> (27.5 acres) 757 U.S. Hwy 287							★		★	★	★	★	★			★	
<b>7 Clayton W. Chandler Park</b> (13 acres) 1530 N. Walnut Creek Drive			★		★	★		★	★	★	★		★				★
<b>8 Philip Thompson Soccer Complex</b> (20.5 acres) 1701 N. Holland																★	
<b>9 Mansfield Sports Complex</b> (80 acres) 920 N. Holland Road			★							★	★	★	★			★	
<b>10 Katherine Rose Memorial Park</b> (24 acres) 303 N. Walnut Creek Drive				★	★		★	★	★	★	★	★	★	★			★
<b>11 Town Park</b> (19.8 acres) 500 N. Main		★		★			★	★	★	★	★	★	★	★			
<b>12 The Parks at Woodland Estates</b> (16.62 acres) 901 Killian Drive									★		★	★					
<b>13 Mansfield Activities Center</b> 106 S. Wisteria				★										★			
<b>14 Mansfield National Golf Club</b> 3750 National Parkway														★			
<b>15 Hawaiian Falls Waterpark</b> 490 Heritage Parkway														★			
<b>16 Big League Dreams Sports Park</b> 500 Heritage Parkway			★									★	★		★	★	
<b>17 Donald R. Barg Park</b> (4.5 acres) 1435 Whispering Water Lane					★				★			★					
<b>18 Elmer W. Oliver Nature Park</b> (80 acres) 1650 Matlock Rd.		★			★				★		★		★				
<b>19 Lucretia and Gary Mills Park</b> (1.7 acres) 5112 Crestwater Dr.									★	★	★	★					

★ Walnut Creek Linear Park Trail Head

# Facility Rentals



## To rent a room at the MAC:

- Renter must be 21+ years of age.
- Renter must have a current MAC Card (or purchase one).
- \$100 refundable damage deposit is required (in addition to rental fees).
- Requests must be made in person at least 2 weeks in advance.
- Rentals may be required to have an off-duty officer.

### MAC Facility Rental Fees

Room	Hourly Fee		Capacity
	Resident	Non-Resident	
Pecan/Cypress Room	\$50	\$55	160
Cypress Room	\$40	\$45	111
Pecan Room	\$30	\$35	49
Oak Room	\$30	\$35	49
Magnolia Room	\$30	\$35	49
Kitchen <i>(available with Cypress or Pecan/Cypress)</i>	\$15	\$20	
Full-court Gym <i>(after hours only)</i>	\$60	\$70	
Half-court Gym	\$30	\$35	

- Proof of residency is required for all rentals.
- All rental fees are due at booking. Deposit and MAC Card fees (if necessary) are due when the rental request is made.
- 3-hour minimum for after-hours rentals.
- Tables and chairs are available for use, but renter is responsible for set up and tear down and must include such time in his or her rental. Facility is available for rental 9:00 am to 9:00 pm daily.
- Renter agrees to be on site for the duration of the rental. Full policies are available online or at the MAC front desk. All rentals subject to supervisor approval.



817-728-3680

## Park Rental Fees

### To rent a pavilion at a park:

- Renter must be 21+ years of age.
- Requests must be made in person at least 7 days in advance.
- 2 hour minimum is required.
- Renter agrees to be on site for the duration of the rental (Mansfield residency not required).

### Small Pavilions

Located at Katherine Rose Park, McClendon Park West, McClendon Park East and McKnight Park West.  
 Resident: \$10/hr or \$50 for 5+ hrs.  
 Non-Resident: \$15/hr or \$75 for 5+ hrs.

### Large Pavilions

Located at Katherine Rose Park and Town Park.  
 Resident: \$25/hr or \$125 for 5+ hrs.  
 Non-Resident: \$35/hr or \$175 for 5+ hrs.

### Amphitheater

Located at Town Park.  
 Resident: \$40/hr or \$200 for 5+ hrs.  
 Non-Resident: \$50/hr or \$250 for 5+ hrs.

All rental fees are due at the time of booking. All rentals subject to supervisor approval. Full policies available online or at the MAC front desk.

### Athletic Fields

Athletic fields are available for rent when fields are not under contract with local sports associations. Field rental requests are taken for dates in the next two weeks.  
 Resident: \$15/hr per field; \$25/hr extra for lights per field.  
 Non-Resident: \$25/hr per field; \$35/hr extra for lights per field.

Contact the Mansfield Activities Center at (817) 728-3680 to check availability.

# Rules & Regulations

## Withdrawal, Cancellation and Refund Guidelines

The withdrawal, cancellation and refund policy pertains to all Parks and Recreation Department programs unless otherwise noted in the program description. If you are not satisfied with a program, please speak with a supervisor so that we may correct the problem, if applicable.

Refund request received	Submit a Program Refund Request Form* to...	Withdrawal fees charged
Program cancelled by MAC	No need to complete form	No fees charged
Four (4) days or more before the start date of the program	<ul style="list-style-type: none"> <li>• MAC front desk staff</li> <li>• Email to <a href="mailto:mac@mansfieldtexas.gov">mac@mansfieldtexas.gov</a></li> <li>• Fax to the MAC at 817-728-3679</li> </ul>	No fees charged
Three (3) days or less before the start date of the program	<ul style="list-style-type: none"> <li>• MAC front desk staff</li> <li>• Email to <a href="mailto:mac@mansfieldtexas.gov">mac@mansfieldtexas.gov</a></li> <li>• Fax to the MAC at 817-728-3679</li> </ul>	\$5 withdrawal fee
On or after the start date of the program	<ul style="list-style-type: none"> <li>• MAC front desk staff</li> <li>• Email to <a href="mailto:mac@mansfieldtexas.gov">mac@mansfieldtexas.gov</a></li> <li>• Fax to the MAC at 817-728-3679</li> </ul>	\$10 withdrawal fee + pro-rated fee per class and any incurred charges
After the last scheduled date of the program	No requests accepted (Instructors have been paid)	No money returned

\* A Program Refund Request Form must be filled out for any withdrawal after the original registration date. **The form may be found at the MAC front desk or you may download or complete it online at [www.mansfieldparks.com](http://www.mansfieldparks.com) (see left column).**

Medical refunds will be approved on a case-by-case basis when the Program Refund Request Form is submitted in a timely manner.

Refunds are processed weekly and returned according to payment type. Credit card refunds are sent back to the card that made payment; cash and check refunds are sent back by check to the address on file. Processing refunds can take up to 3 to 4 weeks via check and 7 to 10 days via credit card. You can also choose to leave a credit on your account for future use.

## MAC Rules:

- Everyone must present their MAC Card or purchase a day pass upon entering the facility. If you forget your MAC Card you can buy a replacement card for \$2.50 or purchase a day pass.
- A guest pass is available for \$3 (Resident) or \$6 (Non-resident).
- Anyone 17 years of age or younger must have a parent or guardian 21 years or older purchase their MAC Card or day pass.
- Smoking is not allowed inside the facility or within 30 feet of any entrance.
- Food and drink are allowed in designated areas only.
- Profanity and/or fighting are prohibited.
- Children ages 12 and under must be accompanied by a parent or guardian 21 years or older after 6:00 pm unless they are in an organized activity.
- Children ages 7 and younger must be accompanied by a parent or guardian 21 years or older at all times.
- Organized sports practices and personal training are not allowed during open gym hours.
- Rollerblades, skateboards and heeies are not allowed in the building.
- Children who have been suspended or expelled from school may not be in the MAC during school hours unless accompanied by a parent or guardian.
- No pets allowed.
- No bags allowed in gym during open gym play.

[www.mansfieldparks.com](http://www.mansfieldparks.com)

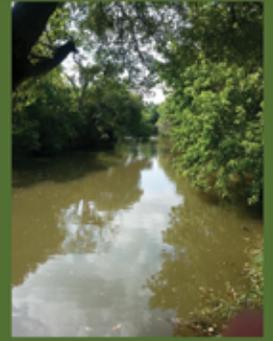


# Events



**Saturday, September 10  
2 - 10 pm**

- \* Weenie Dog Races
- \* Live Polka Music
- \* Contests
- \* Vendors
- \* Kids Activities
- \* Frankfurter Races



Kayaking at Britton Park

In this brand new program, we will go out in dual-seated kayaks on Joe Pool Lake. An instructor will guide the participants on kayaking safety and proper techniques. Registration required for all participants. Appropriate for ages 7 and up. All kayaking materials will be provided .

- Friday, September 9<sup>th</sup>, 9:30 – 11 am
- Saturday, September 24<sup>th</sup>, 9:30 – 11 am
- Thursday, October 6<sup>th</sup>, 10 – 11:30 am
- Saturday, October 22<sup>nd</sup>, 10 – 11:30 am

\$22 per person. Save \$2 with MAC membership. Register at the MAC or online at <https://www.mansfieldparks.com>. Registration required. Contact Tiffany Gorrell ([tiffany.gorrell@mansfieldtexas.gov](mailto:tiffany.gorrell@mansfieldtexas.gov)) with any questions or concerns.



## HELPING KIDS SUCCEED IN LIFE THROUGH SPORTS

### FUN, SAFE AND CONVENIENT YOUTH BASKETBALL LEAGUES

7 week seasons held @ the MAC - Visit the website to find out the next season start date.

- Organized co-ed programs for boys & girls grades PreK(4)-5th.
- Focused on fun, good sportsmanship and safe play.
- All skill levels welcome. No tryouts!
- All coaches and staff are background checked and certified.
- No fundraisers or mandatory volunteering.
- Games and practices held on the same day once a week.
- *Check out [i9sports.com](http://i9sports.com) for other sports we offer in the area!!*



**Easy Registration Online at [i9sports.com](http://i9sports.com) or call 817-400-GAME (4263)**

# BOO BASH

# October 28

FRIDAY

6-9pm

at the Mansfield Activities Center



BAKE WALK HAY RIDE CRAFTS SNACKS  
 carnival games S'MORES

\$7/CHILD (2-11Y)  
 \$3/ADULT (12Y+), UNDER 2 FREE

\$10/PERSON DAY-OF. ALL AGES WELCOME. CATERED TO 2-6 YEAR OLDS.  
 NO MAC CARD REQUIRED. SAVE \$1 WITH A MAC CARD. REGISTER ONLINE!

EVERYONE ATTENDING MUST BE REGISTERED, INCLUDING ADULTS.



Oliver Nature Park Trivia Guide

Want to learn more about Oliver Nature Park while having fun exploring? Pick up a Trivia Guide at the MAC and head over to the park for some investigation. Don't forget your device to read our QR codes to find some of the answers.

There is no time limit on the guide so you can use it on several visits. Don't forget to pick up your prize at the MAC when you are finished! \$5 per guide

Contact Tiffany Gorrell [tiffany.gorrell@mansfieldtexas.gov](mailto:tiffany.gorrell@mansfieldtexas.gov) with any questions or concerns.



## PLAY IN THE MAC BASKETBALL FALL LEAGUE

REGISTER FOR OUR TUESDAY NIGHT LEAGUE  
 6 SEASON GAMES + PLAYOFFS

STARTS TUESDAY @ SEP 27 THE MAC

AGES 16 & UP. GAMES WILL BE AFTER 7PM.

SEASON RUNS 9/27 - 11/1

5 PLAYERS ON THE COURT. 10 PLAYERS ON A TEAM.

REGISTRATION ENDS SEP 13

TEAM FEE \$300

FOR MORE INFORMATION CONTACT THE MANSFIELD ACTIVITIES CENTER

VISIT US AT [WWW.QUICKSCORES.COM/MANSFIELD](http://WWW.QUICKSCORES.COM/MANSFIELD)

817.728.3680



# Events



## Hometown Holidays

Friday, December 2  
5 - 10 pm

- \* Visit Santa & Mrs Claus
- \* Live Penguins
- \* Food Vendors
- \* Craft Vendors
- \* Children's Activities
- \* Kids Crafts
- \* Live Entertainment
- \* Fireworks

Saturday, December 3  
2:30 pm



Hometown Holidays  
**PARADE**

# KIDS NIGHT OUT

Drop off the kids  
at the MAC!

Friday, October 7  
6-10:30PM

CRAFTS MORE FUN  
OPEN GYM FOOD  
games MOVIE

\$15  
PER  
CHILD

OPEN TO KIDS AGES 6-124. SAVE \$5 OFF SIBLINGS AND \$7 OFF WITH A CURRENT MAC CARD. A MEAL IS INCLUDED. ADDITIONAL CONCESSIONS ARE AVAILABLE FOR PURCHASE. REGISTRATION ENDS OCTOBER 5TH AT 9PM.

**KNO**  
Kids Night Out

THEN HEAD TO  
THE LOT DOWNTOWN  
TO SEE...



TICKET INFORMATION TO COME.  
FOR MORE INFORMATION, GO TO  
[WWW.THELOTDOWNTOWN.COM](http://WWW.THELOTDOWNTOWN.COM)

# BUMP SET SPIKE

PLAY IN THE **MAC**  
**COED VOLLEYBALL**  
WINTER LEAGUE

STARTS **TUESDAY**  
JAN 10  
@THE MAC

REGISTER FOR OUR COED INDOOR TUESDAY NIGHT LEAGUE  
6 SEASON GAMES + PLAYOFFS

AGES 16 & UP. GAMES WILL BE AFTER 7PM.

SEASON RUNS 1/10 - 2/28

6 PLAYERS ON THE COURT. 10 PLAYERS ON A TEAM.

**REGISTRATION ENDS DECEMBER 27**

**TEAM FEE \$200**

FOR MORE INFORMATION CONTACT THE MANSFIELD ACTIVITIES CENTER

VISIT US AT [WWW.QUICKSCORES.COM/MANSFIELD](http://WWW.QUICKSCORES.COM/MANSFIELD)  
817.728.3680



# A Night on the Town

**OCTOBER 15  
ROSE PARK  
6-10 PM**

**HAUNTED TRAIN RIDES  
GHOULY GAMES  
GHOST & GOBLINS FUN RUN  
MOVIE IN THE PARK**



**Fall Discount Day**

Register online and avoid the lines!

**Save**

<b>10%</b> In-person	<b>15%</b> Online
-------------------------	----------------------

on fall program registrations on **Thursday, August 11** from 9 am to 9 pm.

[www.mansfieldparks.com](http://www.mansfieldparks.com)

\*Excludes Kids Zone

**Volunteer at Oliver Nature Park**

Are you looking for a way to make a difference in our community? Oliver Nature Park is an excellent place to start! We offer several volunteer opportunities to choose from including Nature Education Field Trips, summer classes, night hikes, and specialty programs throughout the year.

If you are interested in participating as a volunteer at Oliver Nature Park, please visit [www.olivenaturepark.com](http://www.olivenaturepark.com) or stop by the Mansfield Activities Center to pick up a volunteer application and background authorization.

www.mansfieldparks.com  
817-728-3680

Mansfield Activities Center  
106 S. Wisteria St.  
Mansfield, Texas 76063

## Parks and Recreation Project Update

### Pond Branch Linear Trail:

- Construction scheduled to begin in Fall 2016.

### Chandler Park Phase II:

- Community park amenities including playground, water spray ground, basketball court, sand volleyball court, skate park, pavilions, pond, walking trail with outdoor exercise stations and parking.
- Construction scheduled to begin in Fall 2016.

### Walnut Creek Linear Park Phase II:

- 2.5 miles of concrete trail going from Oliver Nature Park to Joe Pool Lake.
- Construction scheduled to begin in Spring 2017.



### Hours of Operation

Monday – Friday 9:00 am to 9:00 pm  
Saturday 9:00 am to 4:00 pm  
Sunday Closed

