Cedar Hill Fun & Fitness

A Publication of the City of Cedar Hill

May, June, July, August 2012

Cedar Hill
RECREATION CENTER

General Information

Special Feature

Hello Friends,

Cedar Hill has many beautiful and unique parks. This summer we recommend visiting the Lester Lorch Nature Preserve (1823 Texas Plume Road). This special use park is home to the Beaver and Coyote disc golf courses. The courses are known on a national level.

The Adopt-A-Park/Adopt-A-Trail Program is one of our newest citizen participation programs. Volunteers can donate time and resources giving special care to a city park or trail by helping maintain, beautify, and keep the area safe for all to enjoy. This is a great way to give back to your community while enjoying time at the park or on a trail.

Enjoy the summer!
The Cedar Hill Park and Recreation Staff

Beaver/Coyote Disc Golf Courses

Lester Lorch Nature Preserve, 1823 Texas Plume Road

This special-use nature preserve (Dallas County Open Space Program/City of Cedar Hill) offers a challenging 36-hole disc golf course suitable for recreational and tournament play. The Beaver Course and the Coyote Course each offer 18 holes of disc golf. The par 3 courses are very unique, located on a large nature preserve with wooded areas, wildlife and moderate hills plus a pond comes into play on three holes. Additionally, the park has two picnic tables, one pond, open play area, portable restroom and parking. For more information, please visit http://tinyurl.com/chdiscgolf.

Adopt-A-Park/Trail Program

The Cedar Hill Parks and Recreation Department encourages families, neighborhoods, civic groups, businesses and individuals to get involved in the preservation and enhancement of the parks system. Volunteers can donate time and resources by becoming an Adopt-A-Park/Trail Program Partner. Visit cedarhilltx.com to download an application.
For information, call 972.291.5130.

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Contact List

Parks and Recreation Department: 972.291.5130

Rhoda Savage	Director
Clifton Felts	Parks Superintendent
Carolyn Skeels	Recreation Superintendent
Toni Thomas	Adult Athletics
Shonda Johnson	Project Specialist
Betty Minshew	Special Events and Marketing

The Parks and Recreation Department is located on the 2nd floor of the Government Center at 285 Uptown Blvd.

Recreation Center: 972.293.5288

Katy Bower	Center Manager
BJ Stevenson	Membership Services
André Brown	Fitness
Juan Bragg	Programs
Emilio Viera	Rentals and Youth Athletics

The Recreation Center is located at 310 E. Parkerville Rd.

Senior Center: 972.291.5353

Barbara Scott Supervisor

The Senior Center is located at 1740 Mansfield Rd.

General Information

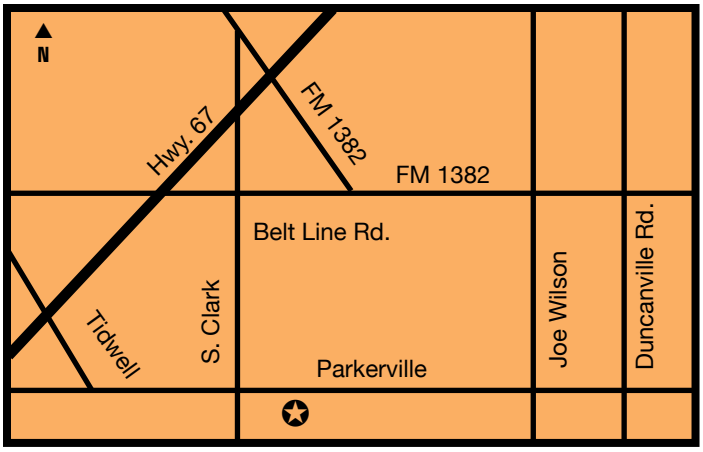
Hours

The Cedar Hill Recreation Center operating hours are:

Monday-Friday	6:00 am-10:00 pm
Saturday	8:00 am-6:00 pm
Sunday	1:00 pm-7:00 pm

For more information about becoming a Recreation Center member, meeting room rentals, or to join a class, program, or league, visit cedarhilltx.com or call 972.293.5288.

Location



The center is located at **310 E. Parkerville Rd.**, near Hwy. 67 and Tidwell. Exit Tidwell off Hwy. 67 and go east approx. 1 mile (Tidwell almost immediately turns into Parkerville). The center will be just past Clark Rd. on the right.

Membership Levels & Fees

Membership

	1-Month	3-Month	Annual
Adult (18-54)	$20	$50	$150
Youth (7-17)	$20	$40	$100
Senior (55 or older)	$20	$40	$100
Family of four*	N/A	$100	$300

* Must reside at same address. Additional family members may be added at 10% off the individual member rate.
All memberships and daily passes are non-refundable and non-transferable.

Purchase memberships online at cedarhilltx.com. To purchase online, you must have a PIN number, client barcode, and a valid Visa, Mastercard or American Express credit card. For more information call 972.293.5288.

Daily Pass

All Ages (Youth/Adult/Senior) $5

Corporate Membership $500

A corporate membership includes six (6) memberships. Additional memberships may be purchased for $85.

Replacement Cards

Replacement cards: $5

Child Care

Free drop-in child care with annual membership
$4 per child per visit
Pass card - $20 per 10 visits

Child Care Hours:
Monday-Friday: 8:00 am-12:00 pm and 5:00-9:00 pm
Saturday: 9:00 am-12:00 pm

Two hour maximum per child per visit. Parents must remain on site during child care use.

FREE Drop-in Child Care with Annual Membership

General Information

Class Registration

Registration Procedure

Class registration is conducted at the Cedar Hill Recreation Center, 310 E. Parkerville Road or online at cedarhilltx.com. Classes are first-come, first-served, with limited enrollment. It is important to register early to ensure a place in the class. All classes must have a minimum number of students in order to be held.

Registration Fees

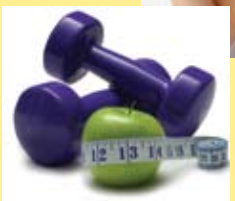
All class fees are payable at registration. Cash, check or credit card may be used to pay fees. Please make checks payable to the Cedar Hill Recreation Center. Some programs require additional fees for supplies.

Registration Deadline: 3 Days Prior to Class Starting Date

Please register at least three days before class starts. All classes must have a minimum number of students in order to be held. If you have registered for a class where the enrollment falls below the minimum participants required, we will notify you of its cancellation. Most classes are offered monthly unless otherwise indicated.

HAVE A PROGRAM IDEA?

Persons who are interested in offering programs and activities for the Recreation Center should stop by and fill out an application or download it from cedarhilltx.com. For more information, call 972.293.5288.



FOLLOW US ON FACEBOOK AND TWITTER:

http://twitter.com/CHParksAndRec

http://tinyurl.com/CHParksAndRec

Class Registration

Drop-Ins Welcome on Most Classes

Miss the deadline to sign up or just want to see what classes are like? Many of our instructors offer a drop-in fee for you to join in a class. Call 972.293.5288 to check if drop-ins are available.

Please Note: This class schedule is published for information purposes only. The Cedar Hill Recreation Center reserves the right to make any changes to the content, fees, and provisions of the class schedule without notice. We strive to produce the most accurate guide possible; however, some program information may have changed after this guide went to print. Visit cedarhilltx.com for the latest information on new classes and updates.

Cancellation and Rescheduling

All classes must have a minimum number of students in order to be held. The Cedar Hill Parks and Recreation Department reserves the right to cancel, combine, make revisions, or change the date and time of the class. Courses are subject to cancellation three days before class begins if there is low enrollment. Classes will not be prorated.

Refund or Transfer Policy

When a course is cancelled by the Cedar Hill Recreation Center due to low enrollment or other circumstances, participants will be offered a transfer to another class or receive a full refund. Participant initiated refunds and transfers will be considered when a participant 1) submits a written request at least 3 days prior to the starting date of the course; or 2) moves from the area; or 3) becomes ill. All daily passes and memberships are non-refundable and non-transferable.

Website Information

Access cedarhilltx.com for more information about the Cedar Hill Recreation Center's classes and programs, special events or the Park and Recreation youth team sports and adult leagues.

Purchase Memberships or Register for Classes at cedarhilltx.com

To purchase memberships or register online you must have a PIN number, client barcode, and a valid Visa, Mastercard or American Express credit card.

For more information, contact the Cedar Hill Recreation Center at 972.293.5288.

General Information

Fitness Center

The Cedar Hill Recreation Center features a 3,500 square foot state-of-the-art fitness area containing a three lane walking/jogging track (13 laps = 1 mile).

The fitness area includes 48 cardio machines and 27 of them are equipped with LCD TV's, 21 strength machines, free weights and six 52" plasma televisions. There are 9 ellipticals, 10 treadmills, 5 recumbent bikes, 2 stationary bikes, 2 Precor Adaptive Motion Trainers and 1 stairmaster. The strength equipment includes stationary machines for the upper and lower body. There is a free weight area with a variety of weight sizes.

CHECK OUT OUR NEW EQUIPMENT!

Check out the Fitness Center's four new Precor ellipticals and new Precor treadmill featuring the new P80 Console that takes the best fitness equipment and combines it with the latest technology.

Fitness User Requirements

- All users must wear appropriate athletic shoes.
- Open toe sandals, flip flops, etc. are not permitted for safety reasons. No hard-soled shoes or spiked heels allowed.
- Strollers are not permitted in the fitness area.
- Spitting is prohibited.
- No one younger than 12 permitted in fitness area.
- Youth 12-15 are permitted to use the fitness area after attending an orientation session and have a waiver signed by parent/guardian.
- Youth 12-13 must have a parent/guardian present while the youth is working out.
- Teens 14-17 need a signed liability waiver with parent/guardian signature.
- Facility users 18 and older are required to sign their own liability waiver.

Fitness Orientation

Members are encouraged to attend a FREE fitness orientation to learn the basic skills and mechanics of working out with our fitness equipment to ensure safety and proper use. Call 972.293.5288 or stop by the fitness desk to set-up an appointment with the fitness staff.

Personal Trainers

Do you want to tailor your workout to shape up and tone particular muscles or improve your play in a sport? Ask at the front desk of the Cedar Hill Recreation Center about our list of available personal trainers or call 972.293.5288.

Special Services

POPCORN FRIDAY

Enjoy a free bag of popcorn the first Friday of each month at the Cedar Hill Recreation Center from 8:00 am-12:00 pm.

COFFEE BAR

Check out the coffee bar in the Recreation Center lobby area. Coffee is available Monday-Friday from 6:00 am-12:00 pm. Enjoy a free cup of coffee on us!

FREE BLOOD PRESSURE CHECKS

Members can get their blood pressure checked daily at the fitness desk.

SUMMER FOOD PROGRAM FOR YOUTH

Monday-Friday
June 4 through August 17
Ages 1-17 Cost: Free

Children are encouraged to eat healthy this summer at the Cedar Hill Recreation Center. A hot breakfast will be served from 8:30-9:30 am and a hot lunch from 12:30-1:30 pm. Reservations are not required. The program is hosted by Help is Here, Inc.

Classes

Martial Arts

Chang Lee's Tae Kwon Do
Ages 4-6
Tae Kwon Do, the Korean art of self-defense, literally translates "the art of hand and foot." Values are also taught such as respect, integrity, perseverance, self-control and overcoming attitude.

Monthly: May, June, July, August
Mon./Thur. 5:30-6:15 pm (Ages 4-6 all belt levels)
Monthly Fee: $50 (2nd family member $35)
Instructors: Milton and Lisa Noey

AIKIA Karate
Ages 5 and over
Channel your energy through a combined style of American Tae-Kwon-Do and American Kenpo. Learn self-discipline, respect for others, and self-defense. Improve memory skills and physical conditioning. AOK/TKO tournament circuit training at no extra charge. For information, phone 972.217.6363, email karateki@earthlink.net or visit home.earthlink.net/~karateki.

Monthly: May, June, July, August
Mon./Wed. 6:00-7:00 pm or 7:00-8:00 pm
Sat. 12:00-2:00 pm – Tournament practice
Monthly Fee: $30
Instructor: Master Lloyd Ploeger

Cedar Hill Martial Arts
Ages 6 and over
This class offers an array of Filipino martial arts, including Kuntaw (hand to hand combat), Arnis de Leon (stick, knife and sword fighting), and Filipino Ju Jitsu. Learn all of the styles, plus self-discipline, dedication and respect.

Monthly: May, June, July, August
Tue./Thur. 6:30-8:00 pm
Sat. 2:00-4:00 pm
Monthly Fee: $65
($10 discount per person for 2 or more family members)
Instructor: T.C. Jones

Fitness & Sports

Itty Bitty Basketball
Ages 3-5
Your tiny tots will be introduced to the game of basketball. Each session will focus on the fundamental skills needed to be successful in youth basketball.

Monthly: May, June, July, August
Fri. 6:00-7:00 pm
Monthly Fee: $55
Instructor: Johnathon Burris

NEW! *Basketball Skills Training*

Ages 8-17
Classes will allow your child to fundamentally develop their basketball skills. A "hands on" approached is used in developing basketball skills including passing, dribbling, and shooting while learning comprehensive understanding of the sport. The training will include practice drills as well as some game play. See the Membership Services Desk for information on the Skills Assessment available!

Monthly: May, June, July, August
Sat. 10:00 am-12:00 pm
Monthly Fee: $75 or $30 per class
Instructor: Johnathon Burris

Every Body's Yoga
Ages 16 and over
Hatha Yoga improves physical health, while developing a state of mental calm and emotional stability. Develop self-acceptance as you move slowly and sink more deeply into postures over time.

Monthly: May, June, July, August
Tue./Thur. 9:00-10:15 am
Monthly Fee: $40, Drop-in Fee: $8
Instructor: Charla Truesdale, Certified Yoga Instructor

NEW! *Zumba*
Ages 14 and over
The Zumba fitness program will help you achieve long term benefits (burning up to 900 calories in one hour) while having a blast to rhythms like... salsa, reggaeton, merengue, cumbia, and hip-hop.

Monthly: May, June, July, August
Tue./Thur. 5:00-6:00 pm
Monthly Fee: $24, Drop-in Fee $5
Instructor: Paris Chambers, Certified Zumba Instructor

Indoor Cycling (Spin)

Ages 16 and over
Spin class is a fun, no impact workout using a stationary bicycle. Pedal to a variety of drills including hill climbing and speed to build your cardiovascular fitness, muscle strength and endurance. Classes are for all levels. Control your resistance level while burning 400-600 calories.

Monthly: May, June, July, August
Tue. 7:00-8:00 pm
Monthly Fee: $15, Drop-in Fee: $5
Instructor: Vivian Adams, Certified Spin Instructor

NEW! *UHoop Basketball Training*
Ages 5 and over
Improve your basketball game with advanced skills training by learning from the personal skills trainer to dozens of NBA players and collegiate stars from the D/FW area, Fred Campbell. Learn fundamentals, moves, footwork, conditioning, and improve your dribbling, shooting, and passing abilities. Each training session is one hour.

Monthly: May, June, July, August
Sessions are scheduled once they are paid for.
Small Group sessions (3-6 Players)
Fee: 4 sessions-$120, 8 sessions-$200, Private lessons-$45, Drop-in Fee-$35 per lesson
Instructor: Fred Campbell

NEW! *Hoops Workshop*

Ages 8-17
The focus is on total basketball training and development while preparing players both mentally and physically for the game of basketball, and equipping them with a comprehensive understanding of the sport. Includes practice drills, emphasizing fundamentals and some game play!

Monthly: May, June, July, August
Fri. 7:00-8:00 pm
Weekly Fee: $20
Instructor: Johnathon Burris

NEW! *Cardio Mixx*
Ages 16 and over
A fat-blasting, ab-defining cardio workout that burns up to 750 calories an hour! A combination of kickboxing moves, as well as, dance moves all perfectly choreographed to high energy motivating music. It's the ultimate cardiovascular challenge that's a unique blend of intervals, strength/endurance training, and a relaxing cool-down.

Monthly: May, June, July, August
Thur. 7:00-8:00 pm
Monthly Fee: $25, Drop-in Fee $8
Instructor: Shea Landor

Fitness Combine
Ages 16 and over
Get in the best shape of your life while you have fun! It will get you moving and motivated. Training will include cardio, resistance, nutrition, accountability and programs customized for each student. This is better than a boot camp and you will see the results.

Monthly: May, June, July, August
Mon.-Thur. 7:30-9:00 pm
Sat. 9:00-10:30 am
Monthly Fee: $150
Instructors: Shedrick Cole and Troy Grant

Zumba
Ages 14 and over
Achieve long term benefits (burning up to 900 calories in one hour) while having a blast working out to rhythms like salsa, reggaeton, merengue, cumbia, and hip-hop.

Monthly: May, June, July, August
Zumba AM
Mon.-Thur. 9:00-10:00 am
Zumba PM
Tue./Thur. 6:15-7:15 pm
Zumba Toning
Mon./Wed. 6:00-7:00 pm
Zumba Sat. Drop-In
Sat. 8:30-9:30 am

Monthly Fee: Zumba AM/3 classes per week-$28, Zumba AM/4 classes per week-$35, Zumba PM-$24, Zumba Toning-$24, Combo Classes-Any 2 Zumba Classes for $35, Unlimited Classes-$60, Drop-in Fee: $5
Instructor: Maria Lopez, Certified Zumba Instructor

Dance & Cheerleading

West African Dance
Ages 8 and over
Learn traditional dances from West Africa. The class focuses on flexibility, stamina, groundless, and rhythmic sensibility. Learn technique, dance steps, and movements intertwined with the beat of the drum.

Monthly: May, June, July, August
Wed. 6:30-7:30 pm
Monthly Fee: $40
Instructor: Kim McClellan

Line Dance
Ages 16 and over
Line Dancing is a form of repetitive pattern dancing that is performed in all four directions to popular upbeat music. Learn old and new dances plus innovative ones which keep the class fresh, and enjoyable.

Monthly: May, June, July, August
Sun. 5:30-6:30 pm
Monthly Fee: $6 per class
Instructor: Lisa Alexander

LP's Dance for Kids
Ages 3-15
This course brings the elegance of ballet to students. Learn basic ballet technique and basic French terminology. Gain poise, grace, rhythm and balance. This course will culminate in a choreographed performance.

Monthly: May, June, July, August
Mon./Wed. 7:00-8:00 pm (Ages 3-7)
Thur./Fri. 5:00-6:00 pm (Ages 8-15)
Monthly Fee: $60
Instructor: LaShonda Price

Classes

Swim Daily

Location: Crawford Park Pool at 401 Straus Rd.

Open: Daily 1:00-5:45 pm
May 26-28
June 2-Aug. 12

Fee: $2 per person, $50 individual season pass
$100 family (up to 4 members) season pass

Pool Rentals available for up to 49 people on Fri., Sat., and Sun., times vary. Rental: $100

For all swim lesson and pool rental info, call 972.291.5130.

Learn to Swim

Swim Lessons:
$40 per student-2 wk., 8 class session

Morning/Evening Sessions: Mon.-Thurs.
Registration Starts: May 1
Lessons Start: Mon., June 4

Private Swim Lessons: Check the website for details

Lessons are based on the student's ability - not age.
Now, you can register online!
For more information, call 972.291.5130.

Aqua Zumba

Four Week Sessions: 6/5-6/28, 7/3-26,
Tues./Thurs. 8:00-9:00 pm
Fee: $24, $5 Drop-in Fee

Two Week Session: July 31-Aug. 9
Tues./Thurs. 8:00-9:00 pm, Fee: $15, $5 Drop-in Fee

Pool Special Events

Red, White & Pool

Monday, July 4
1:00-5:45 pm
Crawford Park Pool
401 Straus Rd.
Cost: $2 per person
Family friendly competitions and games will be played, as well as a water slide for all to enjoy.

Family Swim Night

Select Saturdays in June, July & Aug.
6:00-7:45 pm
Crawford Park Pool
401 Straus Rd.
Cost: $2 per person

Star Force One

Ages 18 months and over
Sing, dance, and be a star with Star Force One.

Monthly: May
All classes held Sat.
Combo Tap & Ballet* 8:30-9:15 am (Ages 2-12)
*Special Needs 9:15-10:00 am (Ages 8-25)
Monthly Fee: $58

One time Star Force One Club $30 fee unless pre-enrolled
Students purchase all class wear and dance shoes.
Instructor: Christi Bleigh Haynes

Ballroom Dancing

Ages 17 and over
This class will focus on various styles of social dance including: Waltz, Foxtrot, Swing, and Latin Dancing. Comfortable clothes and slick soled shoes are recommended.

Monthly: May, June, July, August
All classes held Wed.
Beginner 7:30-8:30 pm
Intermediate 8:30-9:30 pm

Monthly Fee: $75 per couple, $40 per individual
Instructor: Kendra Wilson

Yadah Cheer & Dance

Ages 4-18
The National 2012 Cheer Champions, Yadah Cheer and Dance Academy, offers year round classes in recreational and competitive cheerleading, dance and music theater.

Monthly: May, June, July, August

Yadah Allstar Elite Team-Competitive
Ages 8-18 (requires tryout)
Mon. 6:30 pm-8:30 pm
Thur. 6:30 pm-8:30 pm
Sat. 8:30 am-10:30 am (Tumbling Clinic)

Yadah Sr. Recreational-Competitive
Ages 8-18 (includes 4 week boot camp)
Tues. 6:00 pm-7:15 pm
Thur. 6:30 pm-8:30 pm
Sat. 8:30 am-10:30 am (Tumbling Clinic)

Yadah Mini-Competitive
Ages 4-7
Sat. 10:30 am-12:00 pm

Monthly Fee: $50 (Does not include camp fees, competition fees or uniform costs.)
Instructors: Angelette Lindsey and Tangerina James

Nutrition

Cooking with Kim

Ages 10 and over
Learn the art of cooking from the heart. You will learn techniques that will help you prepare savory dishes, some old and some new.

Monthly: May, June, July, August
Mon. 6:30-8:30 pm

Kid's Class
Mon. 4:45-6:00 pm

Monthly Fee: $15 per class or $25 for two classes
Instructor: Kim Drennan

CPR

Heartsaver℠ AED CPR Course

Ages 13 and over
This American Heart Association℠ course is designed to prepare a wide variety of people who, as first responders, may need to perform CPR, use an automated external defibrillator (AED) or help someone who is choking. This is a Healthcare Provider CPR approved course. A completion card is awarded to those who complete/demonstrate the skills test. Call 972.293.5288 for times.

Monthly: May, June, July, August
Fee: $60 per class
Instructor: LaVonda Black

Summer Camp

Lucky Longhorns

Grades K-7
Keep your child engaged, making new friends all summer! Camp will consist of indoor and outdoor games, activities, education instruction and field trips. Breakfast, lunch, and afternoon snacks are included.

Monthly: Beginning in June
Mon.-Fri. 7:00 am-6:30 pm
Fee: $90 per week, $70 per week (CHISD Reduced/free lunch students)
One time registration fee due at enrollment: $30
Instructor: Carl Moore

After School Program

Lucky Longhorns

Grades K-7
Homework instruction, games, guest speakers, tutorials and snack included. Transportation provided from Cedar Hill schools.

Monthly: May
Mon.-Fri. 3:00-7:00 pm
Fee: $60 per week or $240 per month
One time registration fee due at enrollment: $30
Instructor: Carl Moore

COMPETITIVE TABLE TENNIS!

Play FREE competitve table tennis, Friday nights at 7:00 pm in the Aerobics room. For more information contact the Cedar Hill Recreation Center at 972.293.5288.

CEDAR HILL SENIOR CENTER

Join today! You don't have to be a Cedar Hill resident to become a member – we welcome anyone over age 50 and membership is free. Here is a list of some of the fun activities (most are free) we offer:

Ceramics	Yoga for Seniors
Bridge	Range of Motion Exercise
Line Dancing	Zumba Gold
Bingo	Parties and Luncheons
Loom Knitting	Overnight Trips
Day Trips	Special Events

Free transportation is available to and from the Senior Center for Cedar Hill residents.

Special trips and programs vary from month to month. Some of the trips and activities offered each month require a fee. A monthly calendar of events is available at the Senior Center, 1740 Mansfield Road, during business hours or visit cedarhilltx.com.

Events:

Senior Center Garage Sale - May 5, 9:00 am-12:00 pm
Senior Center Health Fair - Oct. 5, 10:00 am-2:00 pm

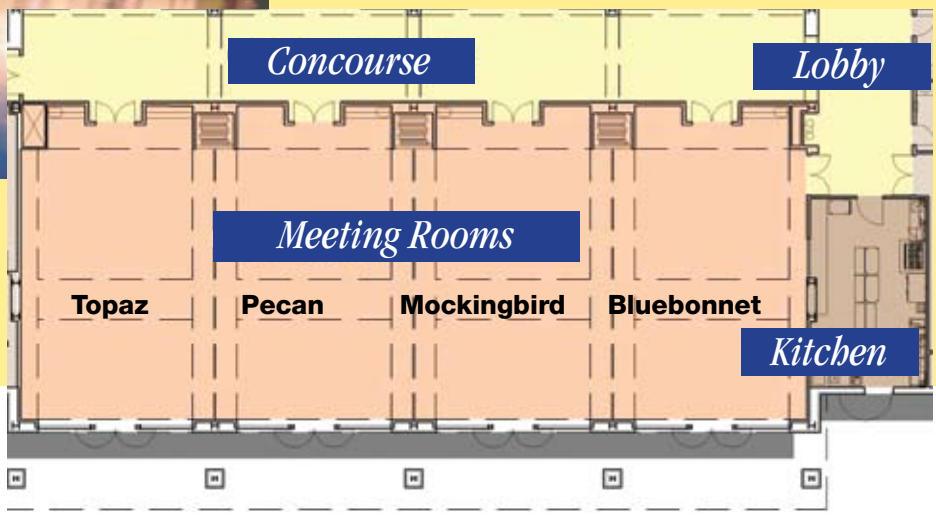
Trips:
Las Vegas/Grand Canyon - June 23-July 1
Hawaiian Cruise - April 11-20, 2013

For more information, call 972.291.5353.

Meeting/Facility Rental

Have your next meeting, class, or reception in this beautiful, award winning facility!

The Cedar Hill Recreation Center has four sizes of meeting rooms from which to choose for your next event.



Rental Requirements

Reservations

All rentals must be made in person during operating hours, Monday through Sunday, at the Cedar Hill Recreation Center.

Rentals during operating hours require a 1 hour minimum. After hour rentals require a 2 hour minimum. After hour reservations must be made no less than 7 days prior to the rental date and is based on staff scheduling.

Deposits and Cancellations

All rental reservations, including the damage deposit, MUST BE PAID IN FULL at the time of reservation. Payment will be accepted with cash, check or credit card. Rental reservations made within 3 weeks of a rental are required to pay by cash or credit card. Visa, Mastercard, and American Express accepted.

Any damage deposit due will be mailed back to the renter within 30 days following the rental date.

Cancellations must be made in writing at least 60 days before the rental in order to get a full refund.

Rental and Use Restrictions

Rental reservations may be made up to one year in advance. Renters are restricted to only one rental on the books at a time. Reservations must include time for room set up, including decorations, and clean up of the room. Rooms may not be occupied past midnight.

The renter is required to leave the room(s) in the same clean condition they received it. All trash should be taken to the dumpster after the event is over. Any cleaning performed by the Cedar Hill Recreation Center will be billed to the rental. The room must be cleaned and cleared by the ending time of the rental or the deposit will not be returned.

Any amplified sound requires renting the 5400 sq.ft. room.

Youth/Teen Event Policy

All events with 50 or more youth/teen (ages 12-21) in attendance will be required to have an on-site Cedar Hill Police Department officer (1 per 50 youth). Officers will be booked through the Cedar Hill Recreation Center. The fee is $45 per hour per officer and must be paid at least 30 days prior to the event to ensure privileges. It is recommended that all youth/teen events have a chaperone ratio of 1 per 10 youth.

Alcohol Policy

Rentals serving alcohol are required to get an alcohol permit and on-site Cedar Hill Police Department officer (1 per 50 participants, reserved through the Cedar Hill Recreation Center). Food must be served if alcohol is available.

Alcohol Permit: $50 Police: $45 per hour per officer

All police and alcohol fees must be paid at least 30 days prior to the event to ensure privileges.

Meeting/Facility Rental

Patio seating located outside the meeting rooms overlook a beautiful pond and fountain.

A commercially equipped kitchen is available for event use.

Equipped with a high tech AV system for spectacular presentations

Meeting Room Rates

One Room - 1350 Sq. Ft.

	Operating Hours	*After Hours*
Rental Deposit	$150	$150
Set Up Fee	$25	$35
Room Rental	$30 (per hour)	$40 (per hour)
Kitchen Rental	$30 (per hour)	$40 (per hour)

Includes 8 tables, 1 Head table, 64 chairs

Two Rooms - 2700 Sq. Ft.

	Operating Hours	*After Hours*
Rental Deposit	$200	$200
Set Up Fee	$40	$50
Room Rental	$45 (per hour)	$55 (per hour)
Kitchen Rental	$30 (per hour)	$40 (per hour)

Includes 16 tables, 1 Head table, 128 chairs

Three Rooms - 4050 Sq. Ft.

	Operating Hours	*After Hours*
Rental Deposit	$250	$250
Set Up Fee	$60	$70
Room Rental	$65 (per hour)	$75 (per hour)
Kitchen Rental	$30 (per hour)	$40 (per hour)

Includes 24 tables, 1 Head table, 192 chairs

Four Rooms - 5400 Sq. Ft.

	Operating Hours	*After Hours*
Rental Deposit	$300	$300
Set Up Fee	$85	$95
Room Rental	$90 (per hour)	$100 (per hour)
Kitchen Rental	$30 (per hour)	$40 (per hour)

Includes 32 tables, 1 Head table, 256 chairs

Set-Up, Seating, and Equipment

Set up fee includes set up and take down of tables and chairs. Banquet seating includes 72" round tables with seating for 8. Head tables are 6' rectangular. Tablecloths are not provided with any rentals.

Room fees do not include room set up. Room set up fees include one set up per rental. All set up fees and diagrams should be turned in one week prior to the event.

A podium, microphone, DVD/CD/MP3 player, projection screen, plasma TV and easels are available for your use during the rental at no additional charge.

Aerobics Room

The aerobics room is available for rentals during operating hours. The room rentals can have only one firm rental on the books at a time per person or organization. A $70 deposit is required. Call for availability of rental times.

Aerobics Room $30 per hour

Gym Rental

Court A is available for rentals during specified times. Gym rentals may have one firm rental on the books at a time per person or organization. Call 972.293.5288 for rental times.

Basketball	$30 per hour (half court)	
	$60 per hour (full court)	
	Mon.-Fri.	8:00 am-7:00 pm
	Sat.	8:00 am-1:00 pm

Parks & Recreation Facilities

Cedar Hill offers beautiful parks to meet your family's recreational needs. Park pavilions and other facilities may be rented for your use.

For information, call 972.291.5130 or visit www.cedarhilltx.com

Bradford Park
401 W. Wintergreen Road, approximately 5.6 acres. This neighborhood park offers a 27" X 27" gazebo, fishing pond with a fountain, 1 drinking fountain, wishing well, 4 grills, picnic tables, and a .6 mile paved walking trail.

Calabria Nature Preserve
750 W. FM 1382, approximately 52 acres. This property is an undeveloped special use nature preserve.

Calf Pasture Park
335 N. Joe Wilson Road, approximately 10 acres. This neighborhood park offers 1 unlit pavilion with 2 picnic tables, a play structure for children 5 to 12 years old, a .5 mile paved trail, a practice baseball/softball field, 5 picnic tables, and a basketball court.

Cedar Hill State Park
1570 F.M. 1382, approximately 1,826 acres and 7,500 acre Joe Pool Lake. Park includes over 300 campsites, 100's of picnic tables and barbeque grills, Joe Pool Marina, biking and hiking trails, and tours of historical Penn Farm Agricultural Center. Park is open 8:00 am-10:00 pm. Entrance Fee: $5 per day (ages 12 and under free). For information, call 972.291.3900.

Cedar Mountain Nature Preserve
1300 W. FM 1382, approximately 110 acres. This special use park offers a .3 mile paved trail and a .7 mile unpaved nature trail. The preserve is a beautiful place to hike with friends and family.

Cedar Trails Park
940 Black Walnut Trail (Parkway Place Subdivision I, II, III & Cedar Trails), approximately 13 acres. This green belt and open space property offers 1 unlit pavilion with no electrical outlets containing 2 picnic tables, 1 play structure for children 5 to 12 years old, and 1 basketball court with 2 baskets.

Community Center Park
1740 Mansfield Road, approximately 5 acres. This neighborhood park offers 2 lighted baseball/softball fields with concessions/restrooms, a .3 mile paved trail, 2 picnic tables, and a play structure for children 5 to 12 years old. Programs for senior citizens are conducted from the Senior Center building in this park.

Crawford Park
401 Straus Road, approximately 11 acres. This community park offers a pavilion containing 7 picnic tables (available for rental @ $25 per hour), a play structure for children 5 to 12 years old, a .2 mile paved trail, public restrooms, 1 baseball/softball field, 2 lighted tennis courts, 3 lighted basketball courts, 2 soccer fields, 3 grills, 3 picnic tables and 110 paved parking spaces. Within the confines of the outdoor swimming pool area (available for rental) is a grass deck and snack area containing restroom facilities. The outdoor swimming pool is located within the park at 530 Krantz.

Highlands Recreation Area
225 S. Cannady, approximately 8.3 acres. This park offers a baseball/softball field and a soccer field.

Kingswood Park
1528 Sharon Drive, approximately 12.5 acres. This neighborhood park offers a pavilion containing 3 picnic tables, 2 grills, a play structure for children 5 to 12 years old, a drinking fountain, a .3 mile paved trail and a .1 mile unpaved trail.

Lester Lorch Nature Preserve/ Disc Golf Course

1823 Texas Plume Road, approximately 86 acres. This special-use nature preserve offers a challenging 36-hole disc golf course suitable for tournament and casual play, two picnic tables, one pond, open play area, and undesignated paved parking. For information on disc golf, visit pdga.com.

Liberty Park
301 Capricorn Drive, approximately 7 acres. This neighborhood park offers a pavilion (with no electricity) containing 3 picnic tables, a play structure for children 5 to 12 years old, and a .2 mile paved trail.

Longhorn Park
425 E. Parkerville Road, approximately 8.6 acres. This-neighborhood park offers a pavilion containing 3 picnic tables, a grill, a drinking fountain, a play structure for children 5 to 12 years old, a .5 mile paved trail, and an exercise course.

Parkerville Park
501 W. Parkerville Road (baseball/softball area) and 701 W. Parkerville Road (soccer area) totaling approximately 24 acres. This community park has 5 picnic tables, 1 grill, 5 lighted baseball/softball fields, a concession building, restroom facility, and a play structure for children 5 to 12 years old.

Pioneer Pocket Park
600 Cedar Street, approximately .25 acre. This special use park offers a Cedar Hill Town Square Historical Marker. It is paved with commemorative brick, contains an elevated stage, and is beautifully landscaped.

Ramsey Park
1313 High Pointe Lane, approximately 6 acres. This neighborhood park offers an exercise course, a .3 mile paved trail, a pavilion containing 1 picnic table, 6 picnic tables, 5 grills, a play structure for children 5 to 12 years old, a drinking fountain, 1 football/soccer field, 2 unlit tennis courts, and a baseball/softball field.

Dot Thomas Park
1401 S. Clark Road, approximately 6.5 acres. This community park offers 4 picnic tables, 2 lighted baseball/softball fields, a .3 mile paved trail, concession building, restrooms, 1 basketball court, and a play structure for children 5 to 12 years old.

Waterford Oaks Park
320 N. Waterford Oaks Drive, approximately 6.4 acres. This neighborhood park offers 3 picnic tables, 2 grills, a fishing pond, gazebo, walking bridge, and a .4 mile paved trail.

J.W. Williams Park
1605 High Pointe Lane, approximately 6 acres. This neighborhood park offers a pavilion containing 3 picnic tables, an exercise course, a play structure for children 5 to 12 years old, 2 tennis courts, a baseball/softball field, a football/soccer field, 8 grills, 5 picnic tables, a drinking fountain, and a .4 mile paved trail.

Valley Ridge Park
2850 Park Ridge Drive, approximately 164 acres. This community park offers a 3,000 sq. ft. amphitheater (available for rental) with natural bowl seating for 2,000 with 882 paved parking spaces. In addition, the park offers 4 children's play structures 5 to 12 years old, a stocked fishing pond with a floating pier and 2 fountains, approximately 1.5 mile paved trail, 11 picnic tables, 2 grills, 3 football fields (2 lighted), 18 soccer fields (5 lighted), 4 lighted softball fields, 6 lighted baseball fields, and 4 concession buildings.

Virginia Weaver Park
601 Somerset Drive, approximately 27.6 acres. This community park offers a 7 table pavilion (available for rent @ $25 per hour), 5 uncovered picnic tables, restrooms, a creative playground for children 5 to 12 years old, 4 lighted softball/baseball fields with a concession building, approximately .3 mile paved trail, a half basketball court and 229 paved parking spaces.

Windsor Park
200 Lakeside Drive, approximately 4 acres. This neighborhood park offers a play structure for children 5 to 12 years old, a pavilion containing 3 picnic tables, 2 picnic tables, a grill, a pond with a fountain, and a .3 mile paved trail.

Wooded Creek Estates Park
Joe Wilson Rd. between Pleasant Run and Hwy. 67 (Wooded Creek Estates Phase 2), approximately 7 acres. This green belt and open space property offers 1 unlit pavilion with no electrical outlets containing 2 picnic tables, 1 play structure for children 5 to 12 years old and a 3,000 ft. paved trail (approximately .6 mile).

PARK RULES & REGULATIONS

For your safety and protection, the City of Cedar Hill has established the following general rules and regulations for park use:

- Park hours are from 5:30 am to 11:30 pm, seven days a week.
- No alcoholic beverages.
- No glass containers.
- No unreasonably loud or raucous noise.
- Pets must be on a leash.
- No golfing.
- A reservation is required for organized activities.
- Motorized vehicles are allowed in designated areas only.

HELP US PROTECT YOUR PARKS

People who destroy your parks hurt you. Thousands of your tax dollars are spent each year to repair park vandalism. The City of Cedar Hill offers a reward of not less than $250 to any person or persons providing information resulting in the arrest and conviction of parties found guilty of vandalism in a municipal park. Report vandalism to the Cedar Hill Police Department at 972.223.6111. Report repair information to the Cedar Hill Parks & Recreation Department at 972.291.5130 or, after business hours, 972.780.6643.

PAVILION & AMPHITHEATER RENTALS

Each rental can be made 90 days or less prior to your event. We accept cash, check or credit cards.

To check for available dates, call 972.291.5130.
To book your event, visit the Parks & Recreation Department at 285 Uptown Blvd. on the 2nd floor.

Pavilion Rental
Each of the parks listed below have one lighted pavilion containing 7 picnic tables. $25 an hour.

Crawford Park
401 Straus Road

Virginia Weaver Park
631 Somerset Drive

Amphitheater Rental
3,000 square foot amphitheater with natural bowl seating for 2,000.
$200 refundable deposit
$20 per hour for residents
$30 per hour for non-residents

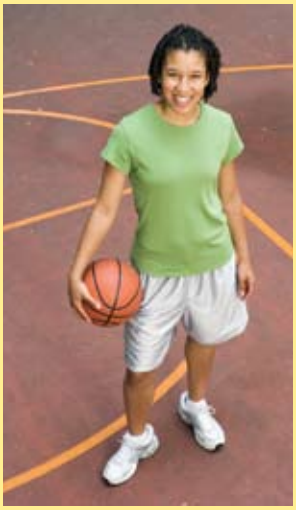
Valley Ridge Park
2850 Park Ridge Drive

Sports Associations

Cedar Hill Baseball Association (CHBA)
John at 972.480.5252 or email: cedarhillbaseball@yahoo.com or visit cedarhillbaseball.com
Ages 3-14
Fall registration: August Practice/Season: September - Mid November Spring registration: Mid January
Spring Practice/Season: End of February - Mid July
Fees: Call for details or visit cedarhillbaseball.com

Cedar Hill Youth Basketball Association (CHYBA)
Email cedarhillbasketball@yahoo.com or visit cedarhillbasketball.com
Ages 5-18
Winter Registration: October Practice/Season: Late November - End of February
Spring Registration: March Practice/Season: Mid April - End of May
Fee: $75 (birth certificate needed for all players)

Cedar Hill Youth Football and Cheerleading Association (CHYFCA)
James at 972.291.8305 or visit eteamz.com/chyfca
Ages 4-12 for football Ages 4-13 for cheerleaders
Registration: Mid March - July Practice/Season: August - December
Fee: varies – call for details



Cedar Hill Saints Football and Cheerleading Association (CHSFCA)
Johnny at 469.360.8674 or visit cedarhillsaints.com
Ages 5-12
Registration: Early May - Mid August Practice/Season: July - November
Fee: varies – call for details

Cedar Hill Girls Softball Association (CHGSA)
Greg at 214.725.9690 or visit cedarhillgirlssoftball.clubspaces.com
Ages 4-15
Fall registration: August - September Practice/Season: Mid September - October
Spring registration: Mid February Practice/Season: April - May
Fee: $65

Cedar Hill Soccer Association (CHSA)
Larry at 972.291.5633 or visit cedarhillsoccer.org
Office Hours: Monday - Friday, 4-7 pm
Ages 3-17
Fall registration: July - August Practice/Season: September - Mid November
Spring registration: January - February Practice/Season: Early March - Mid May
Fee: $65 (birth certificate needed for new players)

Cedar Hill Tennis Association (CHTA)
David at 972.291.5550 or email: chtennisa@hotmail.com
All ages
Registration: Year Round Season: Year Round
Annual membership fees: $8 - ages 12 and under, $15 - ages 13 and up
$25 for a family of 4 or less

Youth Rainout Line: 972.480.5868

LEARN TO COACH YOUTH
with the National Youth Sports Coaches Assoc.

All National Youth Sports Association coaches must be certified through NYSCA. NYSCA coaching certificates are **offered online** for all sports.

Visit nays.org/nyscaonlineclinics for information.

For kickball and softball, register at the Cedar Hill Parks and Recreation office Monday-Friday from 8:00 am to 5:00 pm at 285 Uptown Blvd. on the 2nd floor. Register for volleyball at the Cedar Hill Recreation Center at 310 E. Parkerville Rd.

We sign up teams only, however; a player call-in list is maintained for individuals looking for a team. For information on adult leagues or if you are interested in coaching a team, but don't have enough players to form a complete team, please contact us at 972.291.5130 or visit cedarhilltx.com.

Men and Coed 5on5 Flag Football

Ages: 18 and over
Cedar Hill Parks & Rec. is partnering with FlagFootballX to offer 5on5 adult flag football leagues. 10 games guaranteed (8 reg. season games-2 playoff games).

For registration information and rules visit www.flagfootballx.com or call FlagFootballX at 214-234-9888.

Sessions: Leagues are ongoing throughout the year, 5 weeks per session. All games are played Sunday at 5:00 pm at Valley Ridge Park, 2850 Park Ridge Dr.
Registration Fee: $295 per team (subject to change)

Men's, Women's and Coed Softball

Ages: 16 and over
Summer league registration is from May 16 through June 1. Play starts in June. Fall league registration is August 1 through August 17. Play starts in August. All games are played at the Virginia Weaver Softball Complex, 631 Somerset Drive.
Registration Fee: $300 per team (subject to change)

Adult Coed Kickball

Ages: 16 and over
Summer league registration is from May 23 through June 6. Play starts in June. Fall league registration is August 1 through 17. Play starts in August. All games are played at the Virginia Weaver Softball Complex, 631 Somerset Drive.
Registration Fee: $225 per team (subject to change)

Adult Coed Volleyball

Ages: 16 and over
Summer league registration is from May 8-25. Play starts in June 4-6. Fall league registration starts August 15-31 and play starts September 10-12. All games are played at the Cedar Hill Recreation Center, 310 E. Parkerville Rd.
Registration Fee: $116 per team (subject to change)

Adult Rainout Line: 214.855.9758

SUMMER YOUTH TENNIS LESSONS

Ages 4-17
Lessons weekly, Mon. through Thurs. (4 lessons per session) at Crawford Park, 401 Straus Rd. Racquets/balls provided. Wear tennis shoes. Bring water to drink. Sessions start June 11. Register online at cedarhilltx.com/tennislessons or at the Parks and Recreation office at 285 Uptown Blvd. (In case of inclement weather, lessons will be rescheduled for Saturday mornings).

Ages 4-6	8:30-9:15 am
Beginners (8/under)	9:30-10:30 am
Beginner/Inter.(12/under)	10:30-11:30 am
Advanced (competitive exp.) (12+)	11:30 am-12:30 pm

Session Fee: $35
Instructor: Martha Franklin, USPTA Development Coach, 469.360.4045

MEMBERSHIP SPECIAL

(Corporate Memberships Excluded)

Mother's Day Special
$10 off 3-Month Membership
Valid May 7-13

Father's Day Special
$10 off 3-Month Membership
Valid June 11-17

City of Cedar Hill
310 E. Parkerville Rd.
Cedar Hill, TX 75104

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Permit No. 25

POSTAL CUSTOMER

2012 Summer Special Events Calendar

Cedar Hill Star Party

Third Saturday of each month
Sunset until 11:00 pm
J. W. Williams Park
1605 High Pointe Lane
(Beside West Intermediate School)

Come watch the stars! It's free and fun for the whole family. Bring your telescope or enjoy the sights through our telescopes. Call 972.291.1505 for more information.

Senior Center Garage Sale

Saturday, May 5, 9:00 am-2:00 pm
Community Park
1740 Mansfield Road

Lots of great bargains and treasures! Venders would like to have a booth can download an application at cedarhilltx.com or call 972.291.5353.

Youth Fishing Tournament

Saturday, June 2, 8:00 am-1:00 pm
Valley Ridge Park Pond
2850 Park Ridge Drive

Every child should experience the joy of catching fish! Youth, ages 4-16, bring your fishing poles. Register on site the day of the tournament. Bait and tackle will be provided plus a limited number of poles. A hot dog lunch will be served. Prizes will be awarded. This free community event is sponsored by the Cedar Hill Parks and Recreation Dept. and the Dallas Bass Hookers Club. Call 972-291-5130 or visit cedarhilltx.com for information.

Best Southwest Juneteenth Celebration

Saturday, June 16, 5:00-10:00 pm
DeSoto Town Center
211 E. Pleasant Run Road
DeSoto, Texas 75115

The Best Southwest cities of Cedar Hill, DeSoto, Duncanville and Lancaster will honor the oldest known celebration of the ending of slavery and the celebration of freedom. This free event includes great entertainment, children's activities, health & wellness education and more. For information, visit cedarhilltx.com.

Music in the Park

Friday, June 8, 15, 22, 29
8:00 pm
Valley Ridge Park Amphitheater
2850 Park Ridge Drive

Bring your lawn chair or blanket and enjoy free concerts by various artists while relaxing under the stars. For you convenience there will be food venders at each event. What a great way to start your week-end!

June 8	Fingerprints	Jazz
June 15	Me & My Monkey	Beatles
June 22	Domino Effect	R & B
June 29	70's Jukebox Live	Variety*

*Audience is encouraged to wear 70's attire.

National Parks and Recreation Month

July 1-July 31

Celebrate National Parks and Recreation Month with us. This year's theme is "GET WILD". Join a class, play in the park or take a walk and remember to recreate – the benefits are endless! Visit cedarhilltx.com for event details or call 972.291.5130.

Red, White & Pool

Monday, July 4
1:00-5:45 pm
Crawford Park Pool
401 Straus Road
Fee: $2 per person

Family friendly competitions and games will be played, as well as a water slide for all to enjoy.

FOLLOW US ON FACEBOOK AND TWITTER:

http://twitter.com/CHParksAndRec

http://tinyurl.com/CHParksAndRec