



YOGA
 Farmers Market
 Trails Volleyball
 BALLET Gymnastics

Your Paths To Pfun

Parks & Recreation Program Guide
Fall/Winter 2013-2014

Holidays at Heritage Park
 Swimming Tennis
 Line Dancing KARATE
 Senior Luncheons Trails ZUMBA

400 Immanuel Road
 Pflugerville, TX 78660
 512-990-6350
www.pflugervilletx.gov/parks



Parks & Recreation Department Message

The Pflugerville Parks and Recreation Department invites you to a season of family gatherings that are becoming part of the Pflugerville fall tradition. Sample a variety of chili recipes at the Chili Pfest in October; shop for holiday gifts, decorations and eat at the Pfall Pfest Craft Show in November; and visit the Green Red Barn in December for Holidays at Heritage House to be a part of a celebration that includes hayrides, music and free photos taken with Santa.

Please look at and register for any of the variety of classes offered at your Pflugerville Recreation Center. Be sure to stop by the Recreation Center and see the updates that have been made to the aerobic/weight room. New aerobic exercise equipment and updated paint and graphics make this room a great place to work out.

Please contact the staff at the Recreation Center if we can provide any additional information. We look forward to seeing you.

The Pflugerville Parks & Recreation Department Staff

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Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350.

Parks & Recreation Department / Main Office: 512-990-6355

Pflugerville Recreation Center

400 Immanuel Road * 512-990-6350

www.pflugervilletx.gov/recreationcenter

Full-size Gymnasium * Remodeled "Pfitness Room"
Game Room * Indoor Walking Track * Senior Room
Nursery * Kitchen / Community Room

DAY PASS: \$5

WALKING PASS: \$1

10-WALK PASS: \$10

Children ages 11 and younger must be accompanied by an adult while in the facility.



Membership Fees

Type of Membership	1 Year	3 Months
Family / City Resident	\$125	\$45
Family / Non-Resident	\$160	\$65
Individual / City Resident	\$75	\$30
Individual / Non-Resident	\$110	\$50
Youth / City Resident	\$50	\$20
Youth / Non-City Resident	\$70	\$40
Senior / City Resident	\$50	\$20
Senior / Non-Resident	\$70	\$40

Residency is based on living in the city limits of Pflugerville and paying all applicable city of Pflugerville taxes. A **family** is defined as a maximum of two adults, ages 19 and older, and minor children residing at the same address. Full-time **college students** (ages 19-23) residing at the same address also qualify as family members. Proof of residency by Texas driver's license or city utility bill may be requested by the Recreation Center staff, along with proof of college enrollment.

Hours of Operation

Monday through Friday	5:30 a.m. to 9 p.m.
Saturday	8 a.m. to 8 p.m.
Sunday	1 p.m. to 6 p.m.

Nursery Hours

Child care is offered as an "extra fee" amenity for members. Parents can exercise while trained staff cares for young children, ages infant and older, in the nursery on the first floor.

Costs:	\$2 per hour	\$15 for 10-hour pass
Hours:	Monday - Friday	8:30 a.m. to 12 p.m.
	Monday - Thursday	5:30 p.m. to 8:30 p.m.

Note: Parents must remain on site. Nursery attendant does not change diapers.

Class Registration Information

TWO WAYS TO REGISTER:

- * **IN PERSON** at the Pflugerville Recreation Center, 400 Immanuel Road
- * **ONLINE** at www.pflugervilletx.gov/classes

Fall Classes: Register in August
Winter Classes: Register in December

Class registration generally begins four weeks before sessions start.

Class Policies

- One does not have to be a member of the Recreation Center to participate in classes, sports leagues or workshops.
- Members do not receive discounts on costs of Recreation Center classes.
- All classes are age-appropriate and age requirements are enforced for the safety of all participants. Please, no children in adult classes as participants or observers.
- Classes, fees and times are subject to changes without prior notice and at the discretion of the instructor(s).
- Classes not reaching the minimum of required enrolled participants will be canceled, with refunds or credits provided.
- Class schedules are available from the Recreation Center front desk staff or online at www.pflugervilletx.gov/classes.



Contact Information

Mailing Address: P.O. Box 589, Pflugerville, TX 78691
Location: 400 Immanuel Road, Pflugerville, TX 78660
Administration: 512-990-6355 Fax: 512-990-0932
email: parks@pflugervilletx.gov

Want to volunteer at the city? Call 512-990-6360 for information.

Payment Policy

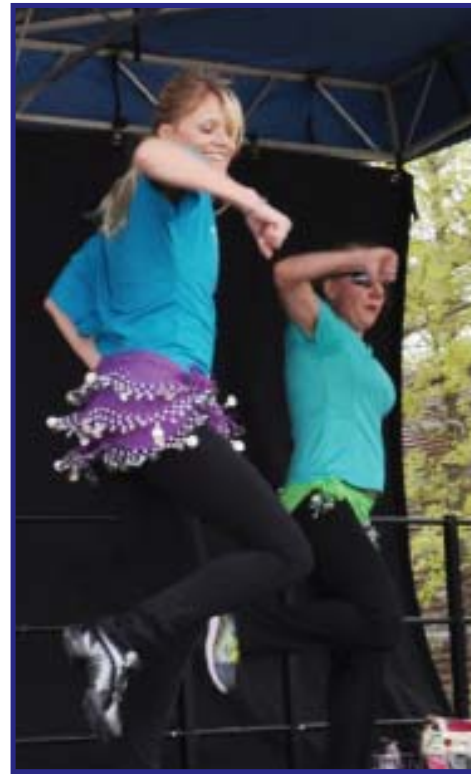
Payments for classes and programs offered at the Recreation Center can be made by:

- Cash
- MasterCard, Visa, American Express
- Check

Some classes offer payment plans. See class descriptions for specifics.

Refunds of paid fees will be given if a class does not meet minimum enrollment requirements and an alternate class cannot be found. In most cases, minimum enrollment is five students.

Cancellations will be accepted up to one week before the start of a session. A \$7 administrative fee will be withheld from fees paid. If cancellation occurs within 7 days of the start or after start of a class, NO refunds will be given.



Bad Weather Policy

Should hazardous weather appear in our area, the Pflugerville Recreation Center will observe the guidelines of the Pflugerville Independent School District for closures and/or the advice of city officials.

If the Pflugerville Independent School District schools close, the Recreation Center will be closed. If the schools delay opening, the Recreation Center will delay opening.

Parks & Recreation Commission

The 7-member volunteer group meets on the third Thursday of each month at 7 p.m. in City Council Chambers, 100 E. Main St., Suite 500, Pflugerville, TX 78660. This group makes suggestions and sets priorities for parks and recreation expenditures and development. Agendas are posted online at:

www.pflugervilletx.gov/agendas.



Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350.

Dance Classes - Descriptions

Music & Movement: Ages 2 and older

Parent participation is welcome in this 45-minute class. In an environment rich with instruments, props and costumed characters, students explore movement and music through song, dance, rhythm clapping, and playing simple instruments. Students wear comfortable clothes (dancewear optional), tap shoes, sock feet or ballet shoes.

Combo: Ages 3-4 and 4-5

This one-hour class combines ballet, tap, and a bit of tumbling in an environment rich with props, music and costumed characters. Activities in this fun-filled class teach developmental and age-appropriate skills, encourage creativity, and help the students develop rhythm and coordination. Girls wear any color leotard and tights, black tap shoes, pink ballet shoes. Boys wear sweatpants or other stretch pants, any color T-shirt, black tap shoes, black ballet shoes.

Super Combo Block: Ages 4-5

Ballet, tap, tumbling, theater and music fill a stimulating two-hour program with excitement and learning for the students, while the parents get enough time to buy groceries or run errands! Snack time, a read-aloud book and occasional costumed characters complete the fun. Students wear dancewear or comfortable clothing, pink (girls) or black (boys) ballet shoes, and black tap shoes.

Ballet & Tap 1: Ages 5-7

One-hour class focuses on ballet and tap, with plenty of fun to keep things exciting. Activities in this class teach real skills, encourage creativity, and help develop rhythm and coordination. Girls wear any color leotard and tights, black tap shoes, pink ballet shoes. Boys wear sweatpants or other stretch pants, any color T-shirt, black tap shoes, black ballet shoes.

Ballet II, Tap II, Ballet III & Tap III

Forty-five minute classes in specific disciplines allow students with previous training to expand their knowledge with real skills in exciting and engaging classes. Girls wear black leotard and any color tights, black tap shoes, pink ballet shoes. Boys wear black sweatpants or other stretch pants, solid color T-shirt, black tap shoes, black ballet shoes. Ages are approximate. The student's knowledge base and previous dance experience are of primary concern.



Sign up for two classes and pay only 50% more than the cost of just one class!

Those who miss a class are encouraged to make up the absence by attending another class that is age-level and skill-level appropriate.

All ages listed for classes are minimums based on the child's age as of Sept. 1, 2013.

Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350..

Dance Classes - Weekly Schedules

Day of Week	Time	Ages	Class
Monday	10 a.m. to 11 a.m.	3 - 4 years	Combo
	11 a.m. to 12 p.m.	4 - 5 years	Combo
Tuesday	3:30 p.m. to 4:30 p.m.	5+ years	Ballet / Tap I
	4:30 p.m. to 5:15 p.m.	7+ years	Ballet III -- returning or experienced students
	5:15 p.m. to 6 p.m.	7+ years	Tap III -- returning or experienced students
Wednesday	6 p.m. to 7 p.m.	3 - 4 years	Combo
	9:30 a.m. to 10:15 a.m.	4 - 5 years	Combo
	10:30 a.m. to 11:30 a.m.	2 - 3 years	Music & Movement
Thursday	11:30 a.m. to 12:30 p.m.	3 - 4 years	Combo
	3:30 p.m. to 4:30 p.m.	4 - 5 years	Combo
	4:30 p.m. to 5:30 p.m.	6+ years	Ballet / Tap II -- returning or experienced students
	5:30 p.m. to 6:15 p.m.	5+ years	Ballet / Tap I

Dance Class Tuition Costs

33 weeks of instruction plus a recital

1 hour or less per week	\$247
1.5 hours per week	\$369
2 hours per week	\$475

10% discount if paid in full by Sept. 1

Payment Plan:

1/2 due at registration, 1/2 due by Nov. 17
Less than \$30 per month for a one-hour class!



Classes run Tuesday, Sept. 3 through Thursday, May 22

Holidays: Monday, Nov. 25 to Friday, Nov. 29
 Dec. 23 to Jan. 3
 Jan. 20, Feb. 17
 March 10 through March 14

Bad Weather Make-Up Dates, if needed: May 19 through May 23

Call dance instructor Ms. Ann at 512-669-5678 with questions about classes.

Gymnastics Classes

The gymnastics program emphasizes fun, social skills and physical fitness for children ages 24 months to 5th grade. Gymnasts learn to tumble, use the mini-trampolines and balance beam, to jump, stretch and have fun! Classes are 45 minutes long.

Fall Session: Sept. 11 to Nov. 13

(10 weeks)

\$100

Winter Session: Jan. 8 to Feb. 26

(8 weeks)

\$80

Ages

Mom & Tot
3 - 4 years
4 - 5 years
K - 2nd grades
3rd - 5th grades

Day/Time

Wednesday, 9:30 a.m.
Wednesday, 10:15 a.m.
Wednesday, 11 a.m.
Wednesday, 3:45 p.m.
Wednesday, 4:30 p.m.

Location

All Toddler and Youth gymnastics classes are held on the main floor of the Recreation Center in the Gymnasium.



Tennis Classes

Tennis basics are taught in these hour-long, beginner-level classes. Students should wear loose-fitting clothing, sunscreen and bring drinking water. They must also provide a tennis racket and new can of tennis balls.

Fall Session: Sept. 21 to Oct. 28

\$50

Winter Session: Jan. 11 to Feb. 15

\$50

Ages

6 - 10 years
8 - 16 years

Day/Time

Saturday, 8 a.m.
Saturday, 9 a.m.

Location

Fall: Windermere Park, 16800 Gower St.

6 - 10 years
8 - 16 years

Saturday, 8 a.m.
Saturday, 9 a.m.

Winter: Recreation Center, Gymnasium

Instructor: Alexander W. Porter, USPTA. Private lessons available.

Enshin Karate Classes

Enshin Karate is a practical system of empty-handed self defense. Based on a strategy of circular movement, this form of karate uses an opponent's power and momentum against him or her. This is called "sabaki" and enables its practitioner to convert defense into offense. Enshin Karate stresses the development of flexibility, power and speed with emphasis on stretching, conditioning and technique. Training builds spiritual awareness, mental alertness, a sense of confidence and provides resources for meeting life's challenges.

Cost: \$75. Additional family member pays \$50. Uniform and equipment costs: \$80. Students meet 3 days per week.

Fall Sessions: Aug. 26 to Oct. 5
Oct. 7 to Nov. 16
Nov. 18 to Jan. 4

Winter Session: Jan. 6 to Feb. 22
(No classes on Sept. 2, Nov. 29-30,
Jan. 20, Feb. 17)

Ages

Day/Time

Location

7 - 11 years

Monday, Friday, 4:30 p.m.
Saturday, 10 a.m. *

Classes are held in the Recreation Center
in the second floor Multi-Purpose Room.

* Saturday class includes students age 12 through adult. See "Adult" (page 17) section for details.

Instructor: Sensei Andrew Budd



Advanced Basketball Skills

In this Invitational Class, skills, drills and secrets of the game are taught by a group of select team coaches. A different set is taught each week.

Fall / Winter Session: Sept. 7 to Oct. 12

Cost: \$55

Ages

Day/Time

Location

10-14 years

Saturday, 9 a.m. to 10:30 a.m.

Recreation Center, Gymnasium

Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350.

Adopt-A-Trail

The Pflugerville Parks and Recreation Department encourages families, neighborhoods, community or civic groups, businesses, youth groups, schools and individuals to get involved in the beautification of the 30-plus miles of trails in the city. Trail assignments are made on a first-come basis.

For details contact the department at 512-990-6355 or download the application from the city's website:
www.pflugervilletx.gov/adoptatrail.

Pflugerville Dog Park

19417 Murchison Ridge Trail

Hours: Dawn to 10 p.m.

Limit 2 dogs per person

Dogs ages 4 months and older

The Dog Park is located on a 2.5-acre tract that includes a pear orchard, demonstration gardens and Purple Martin village. It is fenced and includes separate areas for large dogs and small dogs (less than 30 pounds in weight). All dogs must be leashed when entering and leaving the park, have current vaccinations, be healthy and free of contagious diseases and parasites. Aggressive dogs must be leashed and immediately removed. All dogs must be under an adult's control, in view of and within voice control of owner/handler at all times. No choke chains, prong, spiked or shock collars permitted. No dogs in heat are permitted. Owners/handlers must pick up their dogs' waste.

No food, drink, smoking, glass or metal containers, bicycles, skateboards, inline skates or motorized vehicles in the park.

Please note: Owner waives liability to the city for any injury or damage caused by dogs or humans while using the park.

Children ages 12 and younger must be under adult supervision. Running within the park's boundaries and chasing dogs are prohibited.

Animal Control: 512-990-PETS (7387)

www.pflugervilletx.gov/barkpark



Park Reservations

Many parks facilities are available for private rental for parties, picnics and social events. Payment in full is required at time of reservation.

Make reservations in person Tuesday through Friday, between 6 a.m. and 6 p.m. at the Recreation Center with the front desk staff.

Picnic Areas Available for Rental:

Gilleland Creek Pavilion, 700 Railroad Ave.
Gilleland Creek Park Gazebo, 700 Railroad Ave.
Lake Pflugerville Pavilion, 18216 Weiss Lane
Pfluger Grove, 515 City Park Road

Facilities Available for Rental:

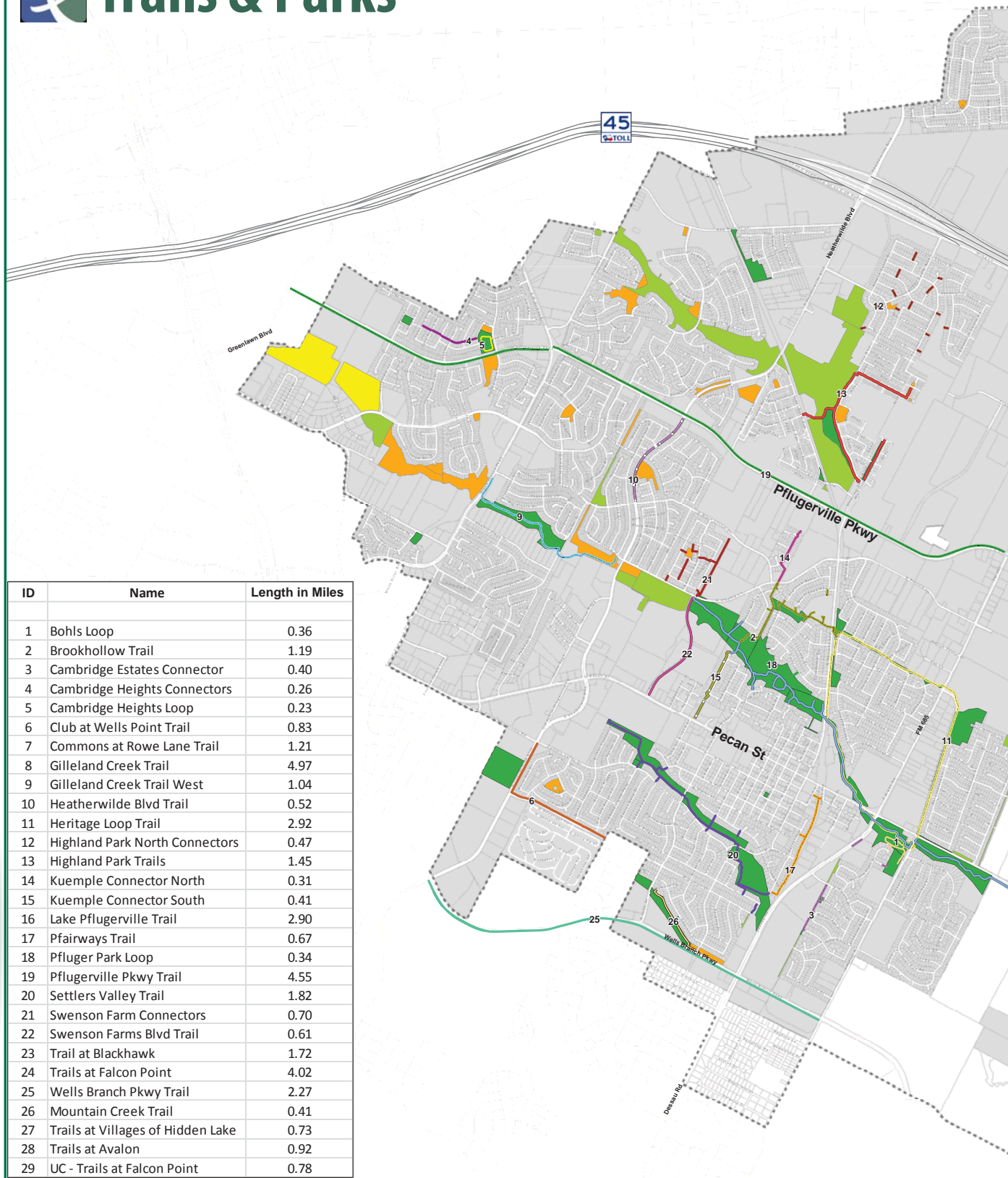
Green Red Barn, 901 Old Austin Hutto Road
Windermere Pool Clubhouse, 16804 Gower St.

Sports-related events, such as fun runs, may be scheduled at Lake Pflugerville. Limit one per month.



Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350.

Trails & Parks



ID	Name	Length in Miles
1	Bohls Loop	0.36
2	Brookhollow Trail	1.19
3	Cambridge Estates Connector	0.40
4	Cambridge Heights Connectors	0.26
5	Cambridge Heights Loop	0.23
6	Club at Wells Point Trail	0.83
7	Commons at Rowe Lane Trail	1.21
8	Gilleland Creek Trail	4.97
9	Gilleland Creek Trail West	1.04
10	Heatherwilde Blvd Trail	0.52
11	Heritage Loop Trail	2.92
12	Highland Park North Connectors	0.47
13	Highland Park Trails	1.45
14	Kuemple Connector North	0.31
15	Kuemple Connector South	0.41
16	Lake Pflugerville Trail	2.90
17	Pfairways Trail	0.67
18	Pfluger Park Loop	0.34
19	Pflugerville Pkwy Trail	4.55
20	Settlers Valley Trail	1.82
21	Swenson Farm Connectors	0.70
22	Swenson Farms Blvd Trail	0.61
23	Trail at Blackhawk	1.72
24	Trails at Falcon Point	4.02
25	Wells Branch Pkwy Trail	2.27
26	Mountain Creek Trail	0.41
27	Trails at Villages of Hidden Lake	0.73
28	Trails at Avalon	0.92
29	UC - Trails at Falcon Point	0.78



Trails

- 1. Bohls Loop
- 2. Brookhollow Trail
- 3. Cambridge Estates Connector
- 4. Cambridge Heights Connectors
- 5. Cambridge Heights Loop
- 6. Club at Wells Point Trail
- 7. Commons at Rowe Lane Trail
- 8. Gilleland Creek Trail
- 9. Gilleland Creek Trail West
- 10. Heatherwide Blvd Trail
- 11. Heritage Loop Trail
- 12. Highland Park North Connectors
- 13. Highland Park Trails
- 14. Kuemple Connector North
- 15. Kuemple Connector South
- 16. Lake Pflugerville Trail
- 17. Pfairways Trail
- 18. Pfluger Park Loop
- 19. Pflugerville Pkwy Trail
- 20. Settlers Valley Trail
- 21. Swenson Farm Connectors
- 22. Swenson Farms Blvd Trail
- 23. Trail at Blackhawk
- 24. Trails at Falcon Point
- 25. Wells Branch Pkwy Trail
- 26. Mountain Creek Trail
- 27. Trails at Villages of Hidden Lake
- 28. Trails at Avalon
- 29. Under Construction

Public Park Land

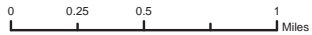
- Developed
- Undeveloped

Private Parks

- Other Parks

- City Limits

- ETJ



This product is for informational purposes and may not have been prepared for or be suitable for legal, engineering, or surveying purposes. It does not represent an on-the-ground survey and represents only the approximate relative location of property boundaries. No responsibility is assumed for damages or other liabilities due to the accuracy, availability, completeness, use or misuse of the information provided. For additional information please call the City's Geographic Information Services Division at (512) 990-6300 or visit the City's website at www.pflugervilletx.gov.



Created 17 July, 2013

City Parks

Pflugerville has 36 parks on 500 acres, 30.5 miles of trails, more than 16 playgrounds and more than 530 acres of open space for all to enjoy! The city continues to add to its parks system.

Name	Amenities
Bohls Park 200 Immanuel Road	.25 mile loop, outdoor exercise equipment, volleyball, playground, soccer, open space
Cambridge Heights Park 17500 Marfa Lights Trail	.25 mile loop, playground, open space
Creekside Park 418 Settlers Valley Drive	Playground, playhouse, open space
Falcon Pointe Splash Park 1813 Tranquility Lane	Splash pad, playground, trails
Gilleland Creek Park 700 Railroad Ave.	Playground, pool, outdoor exercise equipment, trails, open space, creek, gazebo, pavilion
Heritage Park 901 Old Austin Hutto Road	Basketball, volleyball, playground, pool, Bocce ball court, trail, orchard, museum, Green Red Barn
Lake Pflugerville Park 18216 Weiss Lane	3-mile trail, playground, fishing, beach area, kayak rentals, wind surfing, pavilion
Mallard Pond Park 19500 Mallard Pond Trail	Playground, open space
Mirror Lake Park Kingston Lacy & Walnut Canyon	Playground, trail access, open space
Moose Park 1218 W. Settlers Valley Drive	Playground, trails, basketball, open space
Mountain Creek Park 10th Street & Ambrose	Playground, trails, open space
North Park 1407 Suzi Land	Playground, open space
Old Town Park 200 W. Hoopes Ave.	Playground, open space
Pecan Park East Pecan Street	Trails, open space
Pflugger Park 515 City Park Road	Playground, trails, volleyball, basketball, open space, pavilion, grove, gazebo
Wells Point Park 800 S. Heatherwilde	Soccer complex, pavilion
Windermere Park 16800 Gower St.	Tennis, trails, pool, playground, open space, clubhouse
Wuthrich Park 99 Mountain View Drive	Playground, trails, open space
Zola Park 17401 Zola Lane	Playground, trails, open space

Pfarmers Market

The mission of the Pflugerville Pfarmers Market is to bring fresh, home-grown and prepared food to the Pflugerville community. Vendors sell a variety of produce, baked goods, honey, meats and salsas. The Pfarmers Market continues to grow and expand each year, and new products are introduced. Free live music is scheduled at least once each month.

**Every Tuesday, May through October
3 p.m. to 7 p.m.**

**Green Red Barn, Heritage Park
901 Old Austin Hutto Road**

For more information, contact the market manager at 512-990-6360 or pfarmersmarket@pflugervilletx.gov

www.pflugervilletx.gov/pfarmersmarket



Drop-By Drop Landscape Rebate Program

**Save as much as \$500 on landscaping while improving
the appeal of your home!**

October 1, 2013 through June 15, 2014

Why participate? Reduces yard maintenance time * Reduces the need for costly fertilizers and pesticides which can pollute water resources * Reduces water use through planting of drought-tolerant plants

Program requirements: Only plants listed on the Drop-By-Drop list qualify for the rebate. * Only plants purchased after the submittal and approval of an application are eligible for a rebate. * Plants must be planted on the property owned by the qualifying applicant. * Plants located in public street rights-of-way are not eligible for a rebate.

This program is open to homeowners who are residents or customers of the city of Pflugerville water utilities. Applicants must have not participated in the Drop-By-Drop program within the current program year. Applications are available online, may be picked up at Pflugerville City Hall, 100 E. Main St., or at the Recreation Center, 400 Immanuel Road.

www.pflugervilletx.gov/dropbydrop

Evening Yoga

Join millions of Americans who enjoy the the health benefits of yoga: improved flexibility, strength and concentration. For all fitness levels. Classes are one hour long.

Fall Sessions: Aug. 19 to Oct. 2

Oct. 7 to Nov. 13

\$60

Winter Sessions: Nov. 18 to Jan. 15

Jan. 22 to March 5

\$60

On-time payment discount available.

No classes will be held on Sept. 2, Nov. 27, Dec. 23 to Jan. 1, Jan. 20, Feb. 17.

Ages	Day/Time	Location
16+ years	Monday, Wednesday, 6:45 p.m.	Recreation Center, Multi-Purpose Room

Instructor: Nishi Whitely



Tennis Lessons

Learn new techniques, exercise and improve coordination while having "pfun!" Students should wear loose-fitting clothing, sunscreen and bring drinking water. They must also provide a tennis racket and new can of tennis balls. Classes are one hour long.

Fall Session: Sept. 19 to Oct. 24

Cost: \$50

Ages	Day/Time	Location
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16+ years	Thursday, 6 p.m.	Windermere Park, 16800 Gower St.
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Instructor: Alexander W. Porter, USPTA. Private lessons available.

Tennis Strokes and Strategies available in private or group lessons.

Enshin Karate Classes

Enshin Karate is a practical system of empty-handed self defense. Based on a strategy of circular movement, this form of karate uses an opponent's power and momentum against him or her. This is called "sabaki" and enables its practitioner to convert defense into offense. Enshin Karate stresses the development of flexibility, power and speed with emphasis on stretching, conditioning and technique. Training builds spiritual awareness, mental alertness, a sense of confidence and provides resources for meeting life's challenges.

Cost: \$75. Additional family member pays \$50. Uniform and equipment costs: \$80. Students meet 3 days per week.

Fall Sessions: Aug. 26 to Oct. 5
Oct. 7 to Nov. 16
Nov. 18 to Jan. 4

Winter Session: Jan. 6 to Feb. 22
(No classes on Sept. 2, Nov. 29-30,
Jan. 20, Feb. 17)

Ages	Day/Time	Location
12+ years	Monday, Friday, 5:45 p.m. Saturday, 10 a.m.*	All classes meet in the Recreation Center in the second floor Multi-Purpose Room.

* Saturday class includes students age 12 through adult. See "Youth" (page 9) for details.

Instructor: Sensei Andrew Budd



Zumba

A fusion of hypnotic Latin rhythms and easy-to-follow moves create a one-of-a-kind fitness program that will get your body in shape in no time!

Cost: \$7 per class or \$45 for 10-class card

Ages	Day/Time	Location
18+ years	Monday, Wednesday, 8:15 a.m.	Classes are held at the Recreation Center in the second floor Multi-Purpose Room.
18+ years	Wednesday, 5:30 p.m.	

Instructor: Regina Bohmfalk

Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350.

Weight Management Nutrition Counseling

Is this you? Frustrated that you have gained back the weight you lost. Confused about the conflicting nutrition information you have received. Ready to lose weight and keep it off for a lifetime, and lose weight without fad dieting and hunger. Want to make gradual lifestyle changes. Increase energy level, immunity and decrease risk for diseases and illnesses. Just need a little help to get started.

Weight Management Package includes:

One 60-minute nutrition session -- Two 15- to 30-minute follow-up sessions
In person, by phone or email

Fall 2013 Introductory Rate: \$90 (regular \$120)

Counseling includes: Questionnaire, 2-day diet recall and health history before initial meeting, nutritional assessment, motivation to keep you going, suggestions on the most important changes you can make to lose weight and improve health, discussion of exercise habits and personal goal setting.

Follow-ups include: Answers to questions, accountability, review of food journal, motivation and re-evaluation of goals.

Instructor: Carol Lee, M.A., Registered Dietician, ACE-certified personal trainer
email: fitnesscarol@gmail.com
Phone: 512-680-7133

Adult Co-Ed Volleyball

Format is 6 v 6, for an 8-game season with a single-elimination, post-season tournament. Whole teams welcome. Individuals are placed on a "free agent list" to join a team. Four one-hour games scheduled each Sunday night of play: 6 p.m., 7 p.m., 8 p.m., 9 p.m.

Fall Session: Starts Sept. 8 Winter Session: Starts Dec. 8 Cost: \$175 per team

Ages	Day/Time	Location
18+ years	Sunday, 6 p.m. to 10 p.m.	Recreation Center, 400 Immanuel Road

Recreation Center Walkers Club

The Walkers Club is a free program for Recreation Center members who want to track how many miles they walk. Members who walk 500 or more miles in one year will be acknowledged with their names listed on a plaque in the facility. A luncheon is held at the end of the year to recognize all who are in the Walkers Club.

For more information, contact the Recreation Center staff at 512-990-6350.

Register in person at the Recreation Center or online at www.pflugervilletx.gov/classes. Questions: 512-990-6350.

Membership for Seniors (55+)

Annual fees for seniors are kept low and affordable. Extra costs for day trips planned are individually priced and collected at time of reservation. Day trips include theatre, sport events, wine tastings and twice per year, overnight trips to casino towns.

Pflugerville Resident: \$3

Resident Couple: \$5

Non-Residents: \$5

Non-Resident Couple: \$7

Monthly Senior Luncheon

More than 250 adults gather for this social event from September through June. Seniors are asked to share their favorite covered dish or dessert. Reservations are taken for future day trips.

Day / Time

Location

3rd Tuesdays, 12 p.m.

Recreation Center, Gymnasium



Schedule of Senior Activities

Monday:	Bridge and Cards	1 p.m.
Tuesday, Thursday:	Line Dancing	9:30 a.m. to 12 p.m.
Tuesday, Thursday:	Dominoes and Cards	12 p.m. to 4 p.m.
Wednesday:	Canasta and Cards	1 p.m. to 4 p.m.

Watch for information about Senior Dances!

Location: Pflugerville Recreation Center, 400 Immanuel Road
www.pflugervilletx.gov/seniors

Aquatic Programs

Swimming works the entire body and is ideal as a daily workout. It improves cardiovascular conditioning, muscle strength, endurance, posture and flexibility. The cardiovascular system benefits because the activity improves the body's use of oxygen without overworking the heart. The chance of injury is low when swimming, as there is no stress to bones, joints or connective tissues.

Adult Lap Swim

Cost: \$20 for a monthly pass
Purchase at the Recreation Center

Day/Time

Monday through Friday, 4 p.m. to 7:30 p.m.
Sept. 3 through April 25

Location

Gilleland Creek Pool, 700 Railroad Ave.
Heated outdoor pool
Shared use of pool with local youth swim teams

Private Swim Lessons

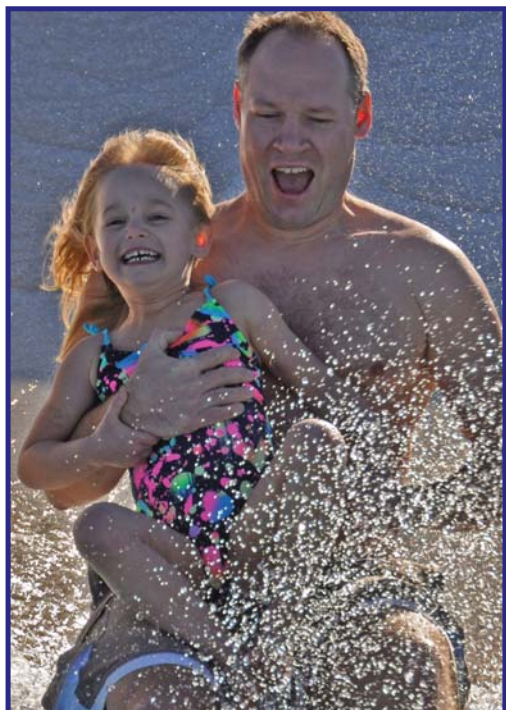
Cost: \$75 for four 30-minute, one-on-one lessons with a certified swim instructor.

The city offers private lessons for those wanting more individual instruction. They are available year-round and held at Gilleland Creek Pool. For more information, send an email to: pools@pflugervilletx.gov

Lifeguard Classes

The American Red Cross Lifeguard courses begin in early March and run through May. Watch for information in the Spring/Summer 2014 Parks & Recreation Department Program Book.

For information about the Aquatics Program, call 512-990-6358.



3rd Annual Pfreeze Pflop

Join hundreds of people having "pfun" and start the New Year with a trip down the water slide into icy waters!

Wednesday, Jan. 1, 2014
10 a.m.

Scott Mentzer Pool
901 Old Austin Hutto Road

Participation is free with a donation of a canned food item given to benefit local food banks.

www.pflugervilletx.gov/pfreezepplop

Pflugerville Sports Associations

Pflugerville offers abundant opportunities for children to be involved in organized youth sports. The organizations here are some recognized by the city as youth sports providers. By learning the value of exercise and staying healthy, children carry that into adult life. Their physical health and well-being are related to mental health and outlook on life. Children can direct their energies in a constructive environment and grow from the experience of being part of a team.

Soccer

Pflugerville Area Youth Soccer League (PAYSL)

A nonprofit, volunteer organization that has served the Pflugerville community for more than 30 years. It provides recreational, competitive and select levels of play. For more information: www.pflugervillesoccer.org

Austin Texans Soccer Club

This club strives to develop the skills, knowledge, character and love of the game so all players can reach their utmost potential. Ages 5 to 18 are welcome.

www.austintexanssc.com



Baseball

Pflugerville Little League

A 100% volunteer organization that offers youth baseball and softball programs to the local community. Supporting youth by active parental participation.

www.eteamz.com/pflugerville



Swimming

Pflugerville Piranhas

For ages 5 to 17. A competitive, summer league swim team that offers high-quality professional coaching and technique instruction. The team practices and competes at Gilleland Creek Pool from March to early May.

www.piranhaswimstrong.org



Texas Longhorn Aquatics

The University of Texas Longhorn Aquatics, a USA Swimming Silver Medal Club of Excellence, offers programs in Pflugerville. Practices are held at Gilleland Creek Pool. The organization provides comprehensive swim training from developmental age-group competitive levels, to senior, national and international competition levels.

www.utexasedu/longhornaquatics/programs/pflugerville

longhorn
aquatics

Community Gardens

The perfect place to blend old and young: older ways and the latest in organic gardening practices. Residential gardeners are encouraged to use creativity with planting selections to create an attractive, aesthetic garden that produces a bountiful harvest. Each is responsible for weeding his or her plot and adjacent paths. Specific attention must be paid to Bermuda grass and encroaching field grasses. Gardeners are encouraged to attend the Community Gardens Work Day each growing season. Dates to be announced.

Plot Sizes:	20'x20'	Cost: Full Year \$50	Half Year \$25
	10'x10'	Cost: Full Year \$25	Half Year \$12.50
	2'x20" (ADA)	Cost: Full Year \$25	Half Year \$12.50

Students ages 18 and younger and those ages 55 and older receive a 50% discount.

The garden plots are available for rent to Pflugerville and extra-territorial jurisdiction residents.

Apply at the Recreation Center, 400 Immanuel Road, or online. Plot number will be assigned and garden rules provided upon payment of fees after application is accepted, based on plot availability.

www.pflugervilletx.gov/communitygardens **Contact: 512-990-6360**



Heritage House Museum

Mission Statement: To promote, preserve and protect the history of Pflugerville as we enlighten, enrich and educate those who visit.

Church History Tour

Saturday, Dec. 8

1 p.m. to 5 p.m.

Sponsored by the Pflugerville Heritage House Museum Partners

The tour will focus on the architecture of the sanctuaries, history of the congregations and present opportunities offered across Pflugerville.

\$10 per person Includes map and history brochure

Proceeds will be shared between Heritage House Museum and Pflugerville Pastors Fund.

901 Old Austin Hutto Road, Pflugerville, TX 78660
Contact: 512-431-1942 or heritagehouse@pflugervilletx.gov

Connect With Your City

Stay informed about what's going on in Pflugerville.

Pick your way to PF Connect! www.pflugervilletx.gov/pfconnect



PfTV:

Available on SuddelInk Channel 10 and UVerse Channel 99. Watch live-streaming meetings or replay online.

www.pflugervilletx.gov/pftv



Key to the City:

Subscribe to the city's weekly e-newsletter to receive updates on events, city news and City Council. Visit:

www.pflugervilletx.gov/keytothecity



Facebook:

Do you "like" your city? Regular posts keep you informed on happenings and events. Rely on social media for breaking news. Use it to ask questions of city staff!

www.facebook.com/Pflugervilletx



Twitter:

Do you "tweet?" We do! Follow Pflugerville on Twitter at:

www.twitter.com/pflugervilletx



Flickr:

For pictures of events and happenings around Pflugerville, find our city photo gallery. Using sets, city staff bundles pictures by event or project.

<http://www.flickr.com/photos/cityofpflugerville/sets>



RSS Feeds:

Subscribe to the city's RSS Feeds to fit into your free reader so you will be up-to-date on city news and information.



Nixle:

Sends geographically targeted alerts and advisories directly to residents by text message or email. In an emergency, the city will send announcements using this tool. Notifications may be narrowed down by location, so users may opt to receive messages that affect their homes, schools and/or work areas, or can choose to receive every Nixle message.

www.nixle.com or text PFPD to 888777.



Reverse 9-1-1 to your cell phone:

Receive messages sent out by Capital Area Council of Governments (CAPCOG). Link your phone to a choice of locations within 10 counties. Emergency notifications are initiated by local public safety agencies. Register online at:

<http://wireless.capcog.org/NES/HowItWorks.aspx>

Download the Pflugerville Pfone app: www.pflugervilletx.gov/pfoneapp

For iPhone and Android

Upcoming Special Events

Pfall Chili Pfest

Saturday, Oct. 19, 2013

Noon to 9 p.m. -- Downtown Pflugerville

Cook-off contest, live music, vendors, children's areas

512-990-6113 or events@pflugervilletx.gov

www.pflugervilletx.gov/chili



Pfall Pfest Craft Show

Saturday, Nov. 16, 2013

**9 a.m. to 5 p.m. -- Pflugerville Recreation Center
400 Immanuel Road**

The best place in town to start holiday shopping or find one-of-a-kind items for pfamily and pfriends!

512-990-6350 or parks@pflugervilletx.gov

www.pflugervilletx.gov/pfallpfest



Holidays at Heritage Park

Friday, Dec. 13, 2013

6 p.m. to 9 p.m. -- 901 Old Austin Hutto Road

Revisit Christmas Days from the past. Choirs, hot chocolate, cookies, arts and crafts, hay ride and pfree pictures with Santa!

512-990-6113 or events@pflugervilletx.gov

www.pflugervilletx.gov/holidaysatheritage



**Download the Pflugerville Pfone app: www.pflugervilletx.gov/pfoneapp
For iPhone and Android**

**Watch for the Spring/Summer 2014 Parks & Recreation Program Book
to be released in March 2014.**

