Lake Highlands North Recreation Center

PRESCHOOL PROGRAMS

Wildcat Funzone

Mon & Wed

9:30 AM–1:30 PM

$3

Preschool PlayALL

Tue & Thu

Funzone:
9:30–11:30 AM

Gym:
10 AM–Noon

$5

Rythm Rascals

Wednesdays

10–10:45 AM

Free

FUN-Damentals

Thursdays

11–11:30 AM

$20/month
$5/class

9940 White Rock Trail
Dallas, TX 75238
(214)670-7794

Dallas Park & Recreation
Bringing Communities Together

Lake Highlands North Recreation Center

FUN-DAMENTALS

TODDLER SPORTS

Thursdays
11-11:45 AM
$20/Month
Ages 3-5

Fun-damentals introduces your toddler to all sorts of sports! From soccer, basketball, t-ball, flag football and much more!

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For More Information Contact:
(214)670-7794

Lake Highlands North Recreation Center

RHYTHM RASCALS

Preschool Music Class

Wednesdays

10-10:45 AM

AGES 3-5

FREE

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9940 White Rock Trail, Dallas, TX 75238
(214)670-7794

NEW YOUTH PROGRAMS!

2026 - 2027

ASP

After School Program

Dallas Park & Recreation
Bringing Communities Together

Register your child to participate in the BEST afterschool program in Dallas at an affordable low cost!

3:00pm - 6:00pm Daily

Children Ages 5-12 *(As of Sept. 1st)*

Residents	**Non-Residents**
$15 per week	$20 per week

$5 additional weekly fee for transportation

*Reduced fees for families receiving financial assistance

For more information,
please contact your local recreation center.

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FREE
YOUTH FLAG
FOOTBALL
CLINIC

Ages 7-12

CITYWIDE SPORTS

SATURDAY SEPTEMBER 5TH
CLINIC STARTS AT 10 AM

AT LAKE HIGHLANDS NORTH REC CENTER

9940 WHITE ROCK TRAIL

FOR QUESTIONS PLEASE CALL US AT
214-670-7794

REGISTRATION DATES
FECHAS DE INSCRIPCIÓN

AUGUST 1st - SEPTEMBER 10th

1 DE AGOSTO - 10 DE SEPTIEMBRE

$15 late registration fee 9/11 - 9/25

Tarifa de inscripción tardía de $15 del 9/11 al 9/25

DallasParks.org

@dallasparkrec

COED MIXTO

Ages 6 - 12 (as of 9/1/26) $50 per player

De 6 a 12 años (al 1/9/26) $50 por jugador

(Jersey and flag belt included with registration)

(Camiseta y cinturón con la bandera incluidos con la inscripción)

For more information contact:

Dallas Park and Recreation
Youth Sports Division
214-671-1665
PKRathletics@dallas.gov

YOUTH SOCCER LEAGUES

LIGAS DE FÚTBOL JUVENIL

REGISTRATION DATES
FECHAS DE INSCRIPCIÓN

AUGUST 1st - SEPTEMBER 10th

1 DE AGOSTO - 10 DE SEPTIEMBRE

$15 late registration fee 9/11 - 9/25

Tarifa de inscripción tardía de $15 del 9/11 al 9/25

COED MIXTO

Ages 4 - 14 (as of September 1, 2026)

$50 per player

De 4 a 14 años (al 1 de septiembre de 2026)

$50 por jugador

(Jersey included with registration)

(Camiseta incluida con la inscripción)

Dallas Park & Recreation

For more information contact:

Dallas Park and Recreation
Youth Sports Division
214-671-1665
PKRathletics@dallas.gov

DallasParks.org

@dallasparkrec

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Bringing Communities Together

DALLAS ATHLETICS

LAKE HIGHLANDS NORTH RECREATION CENTER

COACHES NEEDED

Coaches wanted for Soccer & Flag Football!

Coach's kids play free pending volunteer application approval!

INTERESTED? CONTACT GARRETT.GOUGH@DALLAS.GOV

Dallas Park & Recreation

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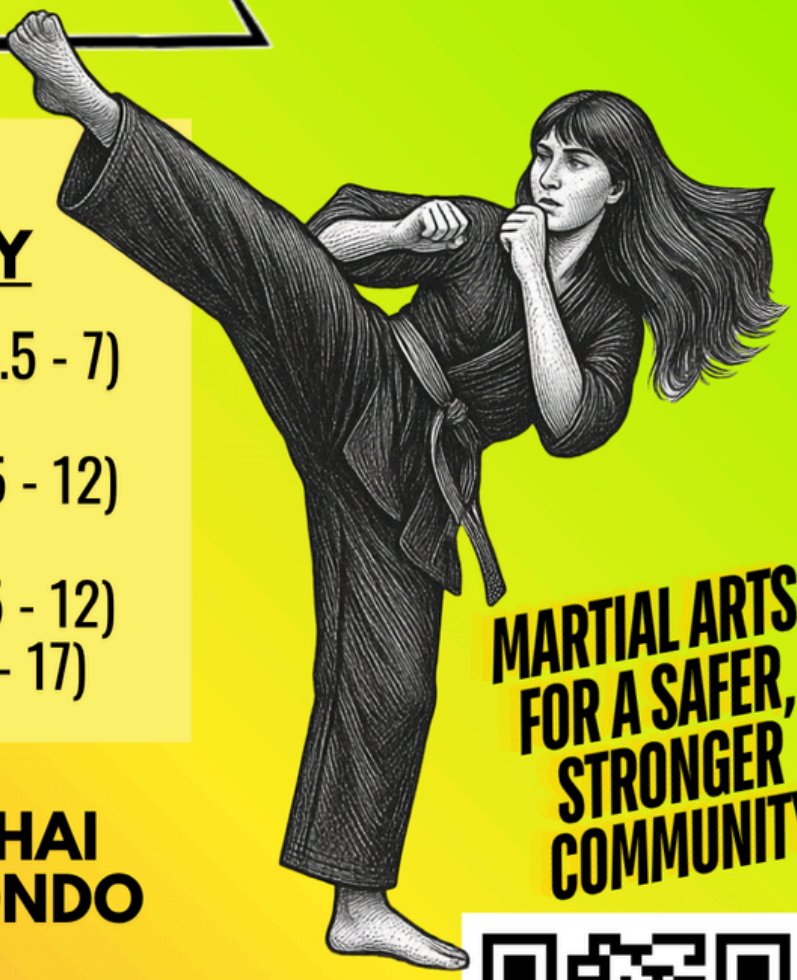
BORN STRONG
MARTIAL ARTS



CLASS SCHEDULE
MONDAY & WEDNESDAY

4:00PM - LITTLE STRONGS (AGE 4.5 - 7)

4:30PM - STRONG KIDS 1 (AGE 7.5 - 12)

5:15PM - STRONG KIDS 2 (AGE 7.5 - 12)
5:15PM - STRONG TEENS (AGE 13 - 17)

MARTIAL ARTS FOR A SAFER, STRONGER COMMUNITY

KRAV MAGA | MUAY THAI
GRAPPLING | TAEKWONDO

$140/MO: CLASS 2X/WK
$90/MO: CLASS 1X/WK

- MONTH TO MONTH
- UNIFORM AND BELTS INCLUDED
- NO CONTRACTS

FINANCIAL AID AVAILABLE
TO THOSE WHO QUALIFY

BORN STRONG FOUNDATION

Dallas Park & Recreation
Bringing Communities Together

a 501(c)(3) nonprofit.
Learn More at our Website:
bornstrongmartialarts.org

太　極　拳

Tai Chi Chuan & Chi Kung

Beginning Wu Chian Chuan Style

Come and try a class in traditional Chinese moving meditative and martial exercises. Learn to relax and breathe while creating the structure and form of the solo moving exercise. These exercises will also strengthen while at the same time improve the practitioner's balance and coordination, reduce stress, and improve circulatory and respiratory function.

Beginner & Continuing Class

Tuesdays, 6:30 p.m. - 7:45 p.m.

Large Room across from Gymnasium

(No prior experience necessary.)

Instructor: David Garvey

Lake Highlands North Recreation Center

9940 White Rock Trail, Dallas

(214) 670-7794

Dallas Park & Recreation

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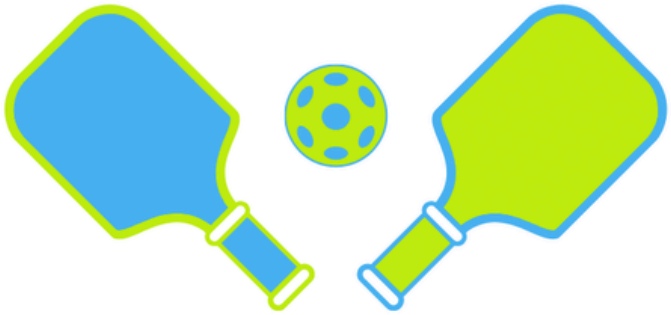
PICKLEBALL



Fretz
6994 Belt Line Rd.
75240
214-670-6203

ASAP Pickleball - Ages 60+
Mon, Wed & Thurs 10:30 AM - 12:30 PM | Tues 9:30 AM - 12:30 PM
Free for Residents 60+ / $5 for non-residents 60+
PICKLEBALL CLUB OPEN PLAY - Cost: $20/month
Tuesday 6 - 8 PM | Saturday 9:30 - 11:30 AM
BEGINNERS PICKLEBALL - Cost: $20/month
Wednesday Noon - 2:30 PM Lessons - Thursday 5 - 6 PM

Lake Highlands North
9940 White Rock Trl
75238
214-670-7794

ASAP Pickleball - 3 Courts - Ages 60+
Monday & Wednesday 10 AM-1 PM
Free for Residents / $5 for non-residents
Open Pickleball - 3 Courts - All Ages
Monday & Wednesday 1-3:30 PM | FRI 2-4 PM
$5/Day, $12/Month or $36/4-Month Season Pass

INFORMATION IS SUBJECT TO CHANGE. PLEASE CONTACT EACH LOCATION FOR MORE DETAILS.

Ridgewood-Belcher
6818 Fisher Rd
75214
214-670-7115

ASAP Pickleball
Ages 60+
Tuesday & Thursday
9:30 AM - 12:30 PM

Churchill
6906 Churchill Dr.
75230
214-670-6477

Open Play
Tuesday & Thursday
9:30 AM - 12:30 PM
3 Courts

Harry Stone
2403 Millmar Dr
75228
214-670-0949

Open Play
Monday & Wednesday
9 AM - Noon
3 Courts

Willie B Johnson
12225 Willowdell Dr
75243
214-670-6182

Open Play
Monday & Wednesday
9 AM - Noon
3 Courts

Walnut Hill
10011 Midway Rd
75229
214-670-7112

Open Play
Monday & Wednesday
9 AM - Noon
Tuesday & Thursday
11 AM - 2 PM
Lessons - Tues & Thurs 9-11 AM

Samuell-Grand
6200 E. Grand
75223
214-670-1383

Open Play
Monday-Thursday
9 AM - Noon
Friday
2 - 4 PM
3 courts

ACTIVE DALLAS PARK & RECREATION CARD REQUIRED FOR ALL PICKLEBALL TIMES

LAKE HIGHLANDS NORTH RECREATION CENTER

LEARN TO PLAY *Pickleball*

BEGINNER

$35 FOR TWO CLASSES

THURS @ 12:45 PM

INTERMEDIATE

$40/CLASS

THURS @ 1:45 PM

AGES 12 & UP

MUST BOOK LESSONS BY CONTACTING:

RUDAPICKLE@GMAIL.COM

Dallas Park & Recreation

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Dallas Park & Recreation
Bringing Communities Together

JOIN US AT LAKE HIGHLANDS NORTH REC CENTER FOR D&D CLUB!

- THURSDAYS 6PM-7:30PM
- AGES 10-13
- ONLY $5 PER MONTH
- LIMITED SPOTS AVAILABLE
- ALL MATERIALS PROVIDED
- NEW PLAYERS WELCOMED!

9940 WHITE ROCK TRAIL DALLAS, TX 75228

FOR ANY QUESTIONS PLEASE CALL 214-670-7794

Dallas Park & Recreation

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REC BY THE POND

FREE FOR ALL USERS

MUST BE 18+ TO CHECK OUT EQUIPMENT

* FRISBEES
* FOOTBALLS
* SOCCER BALLS
* BEACH VOLLEYBALLS
* JUMBO JENGA
* CROQUET
* CORNHOLE
* BOX OF CHALK
* JUMBO SCRABBLE
* LADDER BALL

TO CHECK OUT EQUIPMENT- SEE FRONT DESK
AVAILABE DURING OPERATING HOURS

REC BY THE POND RULES

- Must be 18+ to rent equipment
- Must turn over State ID to rent
- Rental max of 2 hours, per item
- No rentals an hour before closing
- Equipment must be returned an hour before closing
- The person renting is responsible for the safe return of equipment, missing or broken equipment will disqualify you from renting again

Dallas Park & Recreation
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OPEN PLAY VOLLEYBALL

EVERY MONDAY

6pm-8pm

Lake Highlands North Rec. 9940 White Rock Trl. Dallas, TX

Contact: 214-670-7794

Dallas Park & Recreation

Bringing Communities Together

September 2026

Dallas Park & Recreation
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Monday	Tuesday	Wednesday	Thursday
	1 Chair Exercise: 10:30 - 11:15 AM Mahjong: 11:30 AM - 2:30 PM Airplane Flyers: 1 - 2:30 PM	2 Pickleball 10 AM - 1 PM	3 Bridge 10 AM - 2 PM **NO CHAIR YOGA**
7 **Closed in observance of Labor Day**	8 Chair Exercise: 10:30 - 11:15 AM Mahjong: 11:30 AM - 2:30 PM Airplane Flyers: 1 - 2:30 PM	9 Pickleball 10 AM - 1 PM	10 Bridge 10 AM - 2 PM Chair Yoga 10:30 - 11:30 AM **DocTalk** **11:30 AM - 12:30 PM**
14 Pickleball 10 AM - 1 PM	15 Chair Exercise: 10:30 - 11:15 AM Mahjong: 11:30 AM - 2:30 PM Airplane Flyers: 1 - 2:30 PM	16 Pickleball 10 AM - 1 PM **Birthday Lunch - 11 AM** **Chili's - Casa Linda Plaza**	17 Bridge 10 AM - 2 PM Chair Yoga 10:30 - 11:30 AM
21 Pickleball 10 AM - 1 PM **Trip to Cedar Mkt Ranch** **10-1pm**	22 Chair Exercise: 10:30 - 11:15 AM Mahjong: 11:30 AM - 2:30 PM Airplane Flyers: 1 - 2:30 PM	23 Pickleball 10 AM - 1 PM	24 Bridge 10 AM - 2 PM Chair Yoga 10:30 - 11:30 AM
28 **Closed**	29 Chair Exercise: 10:30 - 11:15 AM Mahjong: 11:30 AM - 2:30 PM Airplane Flyers: 1 - 2:30 PM	30 Pickleball 10 AM - 1 PM	

Lake Highlands North Recreation Center
9940 Whiterock Trail
Dallas, Tx. 75238
214-670-7794

Darius Tse
Recreation Center Supervisor
darius.tse@dallas.gov

A.S.A.P Active Senior and Adult Program

A.S.A.P. is offered in all City of Dallas Recreation Centers.
Monday - Thursday
9 a.m. - 2 p.m.

There is no cost to City of Dallas residents 60 and older.

Non-resident cost is $25 annually + $5 monthly.

Calendar subject to change

Fitness Room

Hours:
Monday-Thursday 9am-8pm
Friday 2pm-7pm
Saturday 9am-2pm

Treadmills, ellipticals, laterals, exercise specific machines, free weights, bikes, are available for conditioning as well as cardiovascular fitness. Staff is available to assist new patrons in using the equipment.

A valid Park and Recreation Card along with a current fitness center pass is required.

A.S.A.P. Program Focus Areas

Health and Wellness:
Activities designed to promote physical health, mental well-being, and overall wellness.

Socialization:
Opportunities for seniors to engage with peers, fostering community and reducing isolation.

Arts and Culture:
Activities that encourage creative expression and culture enrichment

Special Events:

1. **9/10 DocTalk Presentation**
   11:30 AM - 12:30 PM
2. **9/16 Birthday Lunch**
   Chili's - 246 Casa Linda Plaza
3. **9/21 Field Trip to Cedar Market Ranch - Departure at 10am**

The Senior Program Division
214-671-1602
PKRSeniorPrograms@dallas.gov
Office Hours: 8 a.m. - 4 p.m.

AGES 0-5 YEARS OLD

$100

Dallas Park & Recreation
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Weekday WILDCAT FUNZONE Reservations

MONDAY-THURSDAY

5PM - 7:30PM

RESERVE FOR A BIRTHDAY PARTY OR PRIVATE PLAYTIME

LAKE HIGHLANDS NORTH REC
9940 WHITE ROCK TRL.
MORE INFO:214-670-7794