



FALL-WINTER 2019

# CITY OF SUGAR LAND PARKS & RECREATION



**THERE IS  
SOMETHING  
FOR EVERYONE!**

**GET CONNECTED**

[SugarLandTX.gov/Parks](http://SugarLandTX.gov/Parks)

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*Cover Photo:  
Rope climbers at Sugar Land Memorial Park*

# ACTIVITY CENTERS

## IMPERIAL PARK RECREATION CENTER

### HOURS OF OPERATION

234 Matlage Way  
Sugar Land, TX 77478

Monday-Friday: 8 a.m.-10 p.m.  
Saturday: 8 a.m.-8 p.m.  
Sunday: 1-5 p.m.

### REGISTRATION

A facility usage card is required to participate in recreation center activities and leisure classes.

**RESIDENTS:** \$10.25 annually  
(address must be within the corporate city limits)

**NON-RESIDENTS:** \$155 annually

Children ages 10 and younger are free.

281-275-2885  
[www.SugarLandTX.gov/IPRC](http://www.SugarLandTX.gov/IPRC)

## T.E. HARMAN CENTER Senior Adult Center

### HOURS OF OPERATION

226 Matlage Way      Monday-Thursday: 7 a.m.-6 p.m.  
Sugar Land, TX 77478      Friday: 8 a.m.-5 p.m.

### REGISTRATION

**ALL MEMBERS MUST BE 50 YEARS OF AGE OR OLDER.**  
Residents: \$10.25 annually Non-residents: \$155 annually

**RESIDENTS** register for the upcoming month's classes and activities beginning on the first Monday of each month. A resident is defined as anyone that pays their water bill to the city of Sugar Land.

**NON-RESIDENTS** register for the upcoming month's classes and activities on the second Monday of each month.



For T.E. Harman Center classes and events,  
visit [www.SugarLandTX.gov/TEHarman](http://www.SugarLandTX.gov/TEHarman)  
or call 281-275-2893.

# ONLINE REGISTRATION

Registration has gotten easier! You can now register for your next fitness, leisure or learning class at the Imperial Park Recreation Center and T.E. Harman Center online! You can also check rental facility availability ONLINE! We have facilities that are perfect for your next shower, party or even wedding. Search facility availability & request your reservation online. Staff will then reach out to you to finalize your plan.

ParkReservations.SugarLandTX.gov



## Frequently Asked Questions

### How do I set up an account?

To set up an account, you must first visit the Imperial Park Recreation Center or the T.E. Harman Center (only for 50+) and register for a membership. The email address you provide during your membership registration will be your online email sign-in.

Once you have completed registration, complete the following steps:

- Go to our registration website: <http://ParkReservations.SugarLandTX.gov>
- Click on the “Sign In” button located at the top right-hand corner of the screen.
- Click the light blue square button labeled “Reset Password” and follow the prompts.
- An email will be sent to your inbox, requesting you click a link to reset the password for your account.
- If you are currently attending classes and have an email address on file, you can click on the “Sign In” button and follow the steps above.
- This will now be the password you use to login to your account to begin the online registration process.

### Why can I not sign up for certain classes?

There could be a few reasons you cannot sign up for certain classes:

- To sign up for programs at the T.E. Harman Center, you must be a minimum of 50 years old. You might not meet the age requirements.
- Some classes at the Imperial Park Recreation Center also have age restrictions.
- Your membership may have expired.
- You may not be allowed to sign up at a certain time due to residency restrictions.

### Why do some classes say “Registration Closed”?

Classes at the Imperial Park Recreation Center have to be paid in full by the 7th of the month. Registrations are not allowed after the first week of the class.

The class might be at capacity. Some classes will allow you to be placed on a waitlist.

### I have moved to a new address and need to update information.

To change your personal information, you must visit either the Imperial Park Recreation Center or T.E. Harman Center (50+ only) in person and show proof of new residency. Once changes are made by staff, it will be reflected on your account the next time you log in.

### Can I sign up for a membership online?

No. All memberships must be purchased in-person at either the Imperial Park Recreation Center or the T.E. Harman Center (50+ only). Please bring proof of residency (valid ID or water bill).

### Can I add multiple classes to my cart at once?

Yes. After adding a class to your cart, repeat the registration for the next class of your choice.

# DROP-IN SPORTS

COURT AVAILABILITY DURING DROP-IN PLAY IS ON A FIRST-COME, FIRST-SERVED BASIS FOR ALL AGES.

Interested in dropping in on a game?

Check out the open play schedule at [www.SugarLandTX.gov/IPRC](http://www.SugarLandTX.gov/IPRC).

For more information, call the IPRC at 281-275-2885.



**BASKETBALL**



**TABLE TENNIS**



**VOLLEYBALL**



**PICKLEBALL**



**BADMINTON**

# EVENTS

## Haunted House at the IPRC OCT. 25-27, 6-9 P.M.

**FREE FOR RESIDENTS AND IPRC MEMBERS**

Must reserve spot before the first event on Oct. 25.  
Once first event begins, all participants must pay \$3.

**\$3 FOR NON-RESIDENTS**



Scan for more information

RSVP on Facebook



# Halloween TOWN SUGAR LAND 2019

**SATURDAY, OCT. 26  
4-8 P.M.  
CONSTELLATION FIELD**

[www.SugarLandTX.gov/HalloweenTown](http://www.SugarLandTX.gov/HalloweenTown)

# EVENTS



CITY OF SUGAR LAND

**CHRISTMAS TREE LIGHTING**

**FRIDAY, DEC. 6, 5-8 P.M.**  
**SUGAR LAND TOWN**  
**SQUARE PLAZA**



# CLASSES

## 'CURIOUS WOOFER'



**SEPT. 21**

**7-Week Class**  
**Saturdays, 9:30 a.m.**

**Imperial Park Recreation Center • 234 Matlage Way**  
Call 281-275-2885 for more information.

Teach basic manners and strengthen your relationship! Meet up once-a-week for games-based dog training. This is not your average group training class! Open to dogs 4 months of age and older.

**\$150 per dog/Resident • \$165/Non-resident**

# ADULT CLASSES

# campGladiator

Sugar Land  
Memorial Park  
Lost Creek Park  
Imperial Park

Our five Week Training Cycle is designed to challenge and optimize your fitness. Each week progresses and builds on previous workouts to train your body in the most efficient way possible. With no two workouts the same and a different focus each week, you'll crush your fitness goals in no time!



# ADULT CLASSES

## FUNCTIONAL BALANCE TRAINING

Lean Screen Analysis

Objective Overhead Squat Movement Assessment

# AVBody Fitness

it's time for

# CHANGE



\$130 for 36 sessions

**BALANCE LIFESTYLE EXERCISE CARDIO**

Call Frank at 713-269-6617

## LOST CREEK PARK

8

**TUESDAY AND THURSDAY**

**9 A.M. OR 6:40 P.M.**

# ADULT CLASSES

# **K** FITNESS **BOOT CAMP**

**HEART RATE**  
**STRESS RELIEF**  
**NUTRITION**  
**BALANCE**  
**STRENGTH TRAINING**  
**AEROBIC FITNESS**  
**LUNGS**  
**MENTAL**  
**CHALLENGE**  
**WALKING**  
**VIGOROUS**  
**YOGA**  
**WATER AEROBICS**  
**PUSH UPS**  
**BALANCE**  
**RESISTANCE BANDS**  
**PHYSICAL FITNESS**  
**JOGGING**  
**CORE**  
**WARM UP**  
**RUNNING**  
**EXERCISE**  
**KICK BOXING**  
**ROUTINE**  
**HOLISTIC**  
**BIKING**  
**WEIGHT LOSS**  
**ABDOMINAL CRUNCHES**  
**HYDRATION**  
**WELL ROUNDED**  
**GYM**  
**STRETCHING**  
**ENDURANCE**  
**CARDIO**  
**OXYGEN**  
**MUSCULAR**  
**JOINTS**

**CORE EXERCISES**  
**FLEXIBILITY**

**Mondays, Tuesdays, Thursdays**

**7:15-8:15 p.m.**

**Saturdays**

**8-9 a.m.**

**\$5 per class**

**Eldridge Park**  
**2511 Eldridge Road**  
Call 832-286-2801 for information.

# ADULT CLASSES

# campGladiator

Sugar Land  
Memorial Park  
Lost Creek Park  
Imperial Park

Our five Week Training Cycle is designed to challenge and optimize your fitness. Each week progresses and builds on previous workouts to train your body in the most efficient way possible. With no two workouts the same and a different focus each week, you'll crush your fitness goals in no time!

Visit <https://campgladiator.com> for information, schedule, and pricing.

## InspiredFITNESS

Lost Creek Park 3703 Lost Creek Blvd. Lost Creek Park

### CARDIO & CONDITIONING

Emphasis on new moms. Bring your child and come and get fit!

**Monday, Wednesday, Friday at 9:30 a.m.**

For pricing and information contact Jennifer at 832-964-3056 or [jennifer.faas@yahoo.com](mailto:jennifer.faas@yahoo.com)



# ADULT CLASSES

A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

# YOGA

with instructor Varsha Pangarkar

## Families

Wednesday and Thursday  
5:30-6:45p.m.

\$20/MONTH\* Resident  
\$25/MONTH\* Non-resident  
\*per person

## Adults

Thursday 9-10:30 a.m.

\$15/MONTH - Resident  
\$20/MONTH - Non-resident

Clyde and Nancy Jacks Conference Center  
3232 Austin Parkway

Call  
281-275-2885  
for Additional  
Information.



## YAFFA STRONG & FIT

Imperial Park Recreation Center • 234 Matlage Way

**A total body workout that will increase muscle strength and endurance by using light weights and more repetitions.**

Monday 5:45 -6:45 p.m.

Tuesday 8:30-9:30 a.m.

Wednesday 5:45-6:45 p.m.

Thursday 8:30-9:30 a.m.

\$15/month for 2 classes/month

\$25/month for 4 classes/month

\$33/month for 6 classes/month

\$40/month for 8 classes/month

\$50/month for unlimited classes

# ADULT CLASSES



## CUSTOM CORE PILATES

A strong core is essential to a fully functional body. It makes everyday life easier, with fewer aches and pains. Pilates trains from the inside out using various techniques to build upon your strengths and banish your weaknesses. One size does not fit all, so many different modifications and progressions are offered to ensure that you get the best workout every time.

*All fitness levels are welcome. Register now! Space is limited.*

### Imperial Park Recreation Center

Instructor	Jessica Forray
When	Thursdays, 7-8 p.m. Saturdays, 10-11 a.m.
Cost	\$60/month for both classes or \$40/month for one class per week
	*Plus a one-time equipment fee of \$60 paid to instructor.

## TAI CHI

Work on good balance, flexibility and better circulation with the practice of Tai Chi. In the process, Tai Chi dissolves stress and helps students to develop a deeper sense of well-being.

### Eldridge Park Community Center

2511 Eldridge Rd.

Instructor	Hung Hoang
When	Tuesdays, 7:30-8:30 p.m. Saturdays, 10-11 a.m.
Cost	\$20/residents \$25/non-residents

### Imperial Park Recreation Center

Instructor	Various teachers from USA Tai Chi Academy
When	Wednesdays, 3-5:30 p.m. Fridays, 3-5 p.m.
Cost	\$50/year

# ADULT CLASSES

## YOGA

Explore the mind, body and breath connection.

Asanas (yoga postures) are done with a level of awareness to help take you to a place of alignment specific to what your body requires. With a strong foundation and proper alignment as a result of yoga practice, students will discover renewed calmness, strength, balance, focus and flexibility.



### Imperial Park Recreation Center

Instructor	Ken Hainline
When	Mondays, 11 a.m.-Noon, 7-8 p.m. Tuesdays, 5:45-6:45 p.m. Wednesdays, 8:15-9:15 a.m., 7-8 p.m. Thursdays, 5:45-6:45 p.m. Saturdays, 8:45-9:45 a.m.

Monthly fees are available as follows:

<b>\$45</b> - Unlimited Classes	<b>\$35</b> - 8 classes
<b>\$30</b> - 6 classes	<b>\$25</b> - 4 classes
<b>\$15</b> - 2 Classes	

For more information and to sign up, call 832-496-2479.

## ZUMBA

The Zumba fitness program is an exhilarating and effective calorie-burning dance fitness party. Zumba fitness has the perfect balance of core body workout, full body cardio and strength training all combined in a stress-relieving, energy-producing fitness experience.

### Imperial Park Recreation Center

Instructor	Kati Moreno
When	Tuesdays, 7-8 p.m. Fridays, 6-7 p.m. Saturdays, Noon-1 p.m.
Cost	\$15 per month for 1 class per week \$30 per month for 2 classes per week \$45 per month for 3 classes per week



# YOUTH CLASSES



832-935-8512

<https://www.youngrembrandts.com/swhouston>

**Young Rembrandts**

Supplies Included!

Ages 6-12

\$64 Resident

\$80 Non-resident

Eldridge Park Community Center  
2511 Eldridge Rd, 77478

Drawing is a fundamental skill required for future artistic success! Young Rembrandts teaches children how to draw using an engaging methodology that all children can succeed with.

**Wednesdays 5:30 - 7 p.m.**

# YOUTH CLASSES



## TAEKWONDO

Enhance self-esteem, build confidence, develop discipline, learn self-defense and strengthen your mind and body with taekwondo.

### Eldridge Park Community Center

2511 Eldridge Rd.

Instructor	Jenny Pless	Cost	Two classes per week: \$40/month residents \$50/month non-residents
When	Mondays, Thursdays and Fridays		Three classes per week: \$50/month residents \$60/month non-residents
Time	5-6 p.m. and 6-7 p.m.		
Ages	5 years and up		
	Class fees plus \$30 uniform fee paid to instructor.		



Empathy. Creativity. Persistence. Problem-solving. Tinkergarten helps children develop these core life skills while enjoying healthy, fun and engaging experiences through well designed, outdoor play-based activities. Learn more at [tinkergarten.com](http://tinkergarten.com)

### Oyster Creek Park

4033 Hwy 6

Instructor	Leigh Melson
When	Monday or Wednesday from Sept. 16 - Nov. 6
Time	10-11:15 a.m.
Ages	18 months to 8 years
Cost	\$160 per student for 8 sessions

# YOUTH CLASSES



## HOUSTON ROCKETS BASKETBALL

### TNBA HOUSTON MINI DRIBBLERS FALL LEAGUE

The National Basketball Academy Mini-Dribbler League is designed for boys and girls, ages 4 to 9, who are looking to be introduced to the game of basketball. Age divisions will be 4 to 5 years of age, 6 to 7 years of age, and 8 to 9 years of age. The league will include one session per week with a 20 minute practice followed by a 20 minute game with baskets being lowered to the appropriate height for each age group. All participants receive a reversible jersey.

**Imperial Park Recreation Center**

When	Sunday Oct. 6-Nov. 24
Time	1:30 p.m. to 3:30 p.m.
Class	\$200 per participant

### HOUSTON ROCKETS HOLIDAY CLINIC

The Houston Rockets and the National Basketball Academy Holiday Camp is designed for boys and girls, ages 5 to 15, who are looking to improve their basketball skills. Throughout the clinic the participants will receive personal instruction in all areas of the game including dribbling, shooting, passing, blocking, and defense while learning lessons such as good sportsmanship and the team concept.

**Imperial Park Recreation Center**

When	Jan. 2 & 3, 2020
Time	9 a.m.-1 p.m.

**Call 832-392-0749 for more information or to register online, go to [www.TNBAbasketball.com](http://www.TNBAbasketball.com).**

Ages 2-7  
Highlands Park  
2018 Colonist Park



Call  
281-995-7208 for  
more information.  
<http://www.soccershots.org/>

**\$153/9 sessions**  
**\$234/13 sessions**

**Prices are  
subject to  
change**



# YOUTH SPORTS ASSOCIATIONS



**Covington Woods Swim Team**  
CWST.Swimtopia.com

**First Colony Broncos**  
FCBroncosFootball.org

**First Colony Little League**  
FCLL.net

**First Colony Youth Basketball**  
FCYBA.website.SIPlay.com

**Fort Bend Adult Soccer**  
FBASA.com

**Fort Bend Gridiron Football**  
FortBendGridironFootball.Website.SIplay.com

**Fort Bend Tennis**  
FortBendTennis.com

**Fun, Fair, Positive Soccer**  
FFPS.org

**First Colony Swim Team**  
TeamUnify.com/team/gsfscst/page/home

**GSL Pony/Colt League**  
GSLPB.sportssignup.com/site

**Rise Soccer Club**  
RiseSC.org

**Sugar Creek Gators Swim Team**  
SCGators.com

**Sugar Land Cowboys Football**  
SugarLandCowboys.com

**Sugar Land Girls Softball Association**  
SLGSA.org

**Sugar Land Little League**  
SLLL.org

**Sugar Land Sharks Swim Team**  
SugarLandSharks.org

**Sugar Land Soccer Club**  
SugarLandSoccer.org

**Sugar Land Youth Cricket**  
SLYCC.org

**West Sugar Land Little League**  
WSLLL.com



## FIELD RESERVATIONS

Athletic fields may be reserved by contacting the Athletics/Aquatics Coordinator at 281-275-2832.

## ATHLETIC FIELD FEES

Deposit \$61.50  
(The deposit will be returned after the event if no damage to the field has occurred.)

**ATHLETIC FIELD WITH LIGHTS**  
Resident - \$32.75/hour  
Non-resident - \$43/hour

**ATHLETIC FIELD W/O LIGHTS**  
Resident - \$21.50/hour  
Non-resident - \$26.75/hour

*The city of Sugar Land appreciates the opportunity to partner with area organizations to provide recreational opportunities for youth.*

## FORT BEND TENNIS

Fort Bend Tennis Services offers a wide variety of lesson times for all ages and skill levels. Go to [FortBendTennis.com](http://FortBendTennis.com) or call 281-980-4219 for more information.



**City Park (Tennis Courts)**  
225 Seventh Street

**Interested in becoming an instructor?**  
Call 281-275-2339 for more information.

# PARKS & FACILITIES

For a listing and maps of all our parks, trails and facilities, please visit [www.SugarLandTX.gov/ParksandTrails](http://www.SugarLandTX.gov/ParksandTrails).



225 7th Street

## CITY PARK

This 21-acre community park is at the corner of Wood and 7th Street, adjacent to Sugar Land Middle School. Park facilities include a pool, five lighted baseball fields (one Tee-Ball, three Little League and one Pony League), football practice areas, a lighted/covered skate park, four illuminated tennis courts, a playground, batting cages, grills, benches, picnic tables, restrooms, a sand volleyball area, horseshoe pits, covered picnic shelter, concession stands and meeting room.

The 25-yard pool ranges from 3 to 12 feet in depth. The hike-and-bike trail continues through the park, linking the Sugar Mill and Hill subdivisions to Sugar Land Middle School, Lakeview Elementary School and Lonnie Green Park.



230 Matlage Way

## IMPERIAL PARK

Located behind the T.E. Harman Center and the Imperial Park Recreation Center, this 44-acre park is the home of the Sugar Land Girls Softball Association. The park facilities include parking, nine softball fields, a walking/jogging trail, batting cages, disc golf, a playground, a picnic area and restrooms. The park is accessible from U.S. Highway 90 across the street from the Imperial Sugar char house.



15300 University Blvd.

## SUGAR LAND MEMORIAL PARK

This 150-acre regional park is located at University Boulevard and Commonwealth Boulevard. The park offers 2 1/2 miles of walking, jogging, biking trails as well as the Justin P. Brindley mountain bike trail. The Veterans Memorial is a unique and iconic feature of the park. The park also includes picnic pavilions, restroom facilities, parking, a playground, open space for sporting activities and a lake for fishing and kayaking. The 6-acre Pawm Springs dog park includes a separate enclosed area for small dogs, a shade pavilion, a pond with a water spray feature and rinse stations.



2511 Eldridge Road

## ELDRIDGE PARK

This 43-acre community park is located on Eldridge Road near the West Airport intersection. The park facilities include a community meeting room, picnic pavilion, restrooms, grills, benches, picnic tables, trails, fishing pier, concession stand, playground, ten soccer fields, a pond stocked with an assortment of fish and a parking lot. The park is the home of the Sugar Land Soccer Club and is also the home of the Fun, Fair, Positive Soccer organization. Most of the soccer fields are reserved for league play, however, two fields are available for open play.



17034 Old Richmond Road

## DUHACSEK PARK

This 50-acre park site was donated to the city by the late Walter and Virginia Duhacsek. This homestead, located at the intersection of Voss and Old Richmond Road, is filled with huge hand-grafted pecan trees. This facility can be reserved for large groups and is able to accommodate activities such as Scout functions and day camps. It is an ideal setting for corporate outings, weddings, family reunions or church picnics. It has large open spaces as well as wooded areas for nature walks.

## BRAZOS RIVER PARK

This regional park is located along the I-69 frontage road and the Brazos River. The park facilities include an overlook and stage area, public art, open meadows, 3.3 miles of trails, restroom facilities, picnic tables with grills and acres of natural, wildlife habitat and a 9-hole golf disc golf course.

## FIRST COLONY PARK

This 22-acre park is the site of a 3,000-square-foot conference center. There are seven lighted and two unlighted baseball fields, several batting cages, two concession stands, a universally-accessible playground, drinking fountains, grills, benches, parking, restrooms, picnic tables and a picnic pavilion. The park is the home of the First Colony Little League and the Greater Sugar Land Pony Colt League. The conference center can be reserved for private functions, accommodating up to 125 guests.

## LOST CREEK PARK

This 58-acre park includes seven soccer fields for youth and adults, a large play structure, a meeting room that can accommodate 40 people, a covered picnic pavilion with a concession stand, restrooms and parking for more than 300 vehicles. The 3-mile Oyster Creek Trail is accessible from Lost Creek Park. A 0.9-mile lighted loop trail circles the park site. A BMX and pump track offer youngsters and teens another way to stay active outdoors.

## CULLINAN PARK

This 754-acre park was annexed by the city of Sugar Land in January 2016 and is located next to Sugar Land Regional Airport on State Highway 6. The park has many water features including two lakes, a gully and creek, many miles of trails, an observation deck, boardwalks, fishing piers and ample parking. The park also includes a restroom facility, additional benches, educational and wayfinding signage as of Fall 2019. Cullinan Park is listed in the Texas Parks and Wildlife Department's state-wide birding trail as part of the Katy Prairie Loop.

## OYSTER CREEK PARK

The park has a 3-mile hike-and-bike trail accessible from Lexington Boulevard, Dulles Avenue and State Highway 6. In addition to the greenbelt trail, a water feature with rock-lined falls and a pond are near the State Highway 6 entrance, adjacent to Oyster Creek. This park includes picnic tables, grills, benches, public art, parking and a restroom. A stage/amphitheater covering accentuates the park and can be reserved for private functions and special events.

## PARK AMBASSADORS

The city of Sugar Land park ambassador program assists in monitoring park and public lands; including several neighborhood parks, expansive trail networks, six community facilities and a public pool. In addition to monitoring the parks, the park ambassador provides quality customer service to park patrons by answering questions, promoting programs, reporting problems and serving as a liaison to those that utilize the park and park facilities.

For more information on the park ambassador program, call 281-275-2885.



18427 Southwest Freeway



3232 Austin Parkway



3703 Lost Creek Blvd.



12414 State Highway 6 South



4033 State Highway 6 South





Alligator sculpture located at  
Sugar Land Memorial Park

234 Matlage Way  
Sugar Land, TX 77478  
281-275-2885

[SugarLandTX.gov/Parks](http://SugarLandTX.gov/Parks)

 [Facebook.com/SugarLandParks](https://Facebook.com/SugarLandParks)

 [@SugarLandParks](https://Twitter.com/@SugarLandParks)

 [@SugarLandParks](https://Instagram.com/@SugarLandParks)