

250 W. First St.
Prosper, TX 75078



NEWS RELEASE

FOR IMMEDIATE RELEASE

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The 407 Rec Center announces new spring classes

PROSPER (January 14, 2020) The first three classes of what officials anticipate will become a bounty of new offerings at Prosper's 407 Rec Center are scheduled to debut during the year's first quarter, providing mental stimulation and physical exercise for adults and youngsters.

The 407 Rec Center, 407 E. First St., offers Oodles of Doodles beginning on Jan. 30; Chess for All starting on Feb. 11; and Flex Yoga for Adults commencing on Feb. 12. Registration is now open at www.prosperparksandrec.org for all classes. The website contains full program descriptions, starting and ending dates, and times for these and all recreational opportunities.

"Prosper opened The 407 Rec Center last August as the Town's first space dedicated to Parks and Recreation programs," says Director of Parks and Recreation Dudley Raymond. "Since then, new activities have been added regularly and we'll continue this trend throughout 2020, including after school options for youth and expanded innovative activities for adults."

Oodles of Doodles is a new type of art class designed to spark creativity and relaxation while increasing hand-eye coordination and concentration. Participants will create beautiful art to display at home or share with others. Led by certified instructor Sue Haberer, the one-hour class will start at 9:30 a.m. each Thursday between Jan. 30 and Feb. 20.

Chess for All is designed for youngsters between 6 and 14 years of age. Instructor and coach Glenn Baumann, who hails from the North Texas Chess Academy, will teach strategy and serve as supervisor for competitive play. Chess has been found to increase problem solving skills, improve memory and concentration, and teach planning and foresight. The one-hour sessions start at 5:30 p.m. on Tuesdays from Feb. 11 through April 14.

Flex Yoga for Adults is a gentle version of the ancient art, providing all the health benefits of traditional yoga. Designed for adults wishing to improve balance, flexibility, concentration, strength and reduce stress, it will be led by Patty Scheibmeir, a Certified Chair Yoga instructor with 200 hours of teacher training from North Texas Yoga. Classes run one hour on Wednesdays starting at 9:30 a.m. from Feb. 12 to March 11.

Ongoing Parks and Recreation winter programming for youth and adults includes Archery for ages 9-18 at the Parks Operations building; Soccer Sparks for ages 2 to 9 at Frontier Park; tennis for all ages at Reynolds Middle School; and Strength, Core, and Balance and Chair Exercise for Active Adults (55+) at The 407 Rec Center.

More information is available by contacting Trevor Helton, Recreation Supervisor, at trevor_helton@prosper.tx.gov or by calling 972-569-1064.

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ABOUT THE TOWN OF PROSPER – The Town of Prosper is a fast-growing suburb with small town charm, located 30 miles north of Dallas at the crossroads of U.S. 380, Preston Road and the Dallas North Tollway in Collin and Denton Counties. Prosper sits on 27 square miles and is home to more than 25,000 people. A home-rule municipality, governed by a council-manager form of government, the town has full-time fire and police departments, including its own dispatch service. As the Town grows to its projected build-out population of 70,000 residents, Prosper's vision is to remain a "Place Where Everyone Matters."