

Providing Health & Wellness Opportunities

110,419

Member visits to our award winning recreational facilities



The nationally accredited Plano Parks and Recreation Department enriches Plano by providing inviting spaces, caring service, outstanding value, and memorable experiences. We make life better for all by offering exceptional parks, trails and recreation facilities, and a variety of enriching programs, special events and activities that contribute to the health, well-being and quality of life in Plano.



34,524

Guest visits

Our Members:

Logged **67,479 MILES** ON OUR FITNESS EQUIPMENT



LIKE RUNNING **5,151 HALF-MARATHONS**

Spent **21,494 HOURS** ON OUR FITNESS EQUIPMENT



LIKE WORKING OUT FOR **895 DAYS NON-STOP**



Burned **12,896,400 CALORIES** EXERCISING ON OUR FITNESS EQUIPMENT


Providing Education & Life Skills Training

We offer a variety of programs to contribute to the health and well-being of the entire community. Register for classes by checking out planoparks.org.

Swimming is a lifesaving skill to prevent drowning. Swimming lessons and CPR training is offered year-round.



1,059 Programs offered

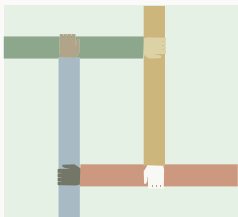


1,997 Individuals received training in swimming & CPR

Providing Social Networking

Adult Sports Leagues

16,201 Participated in at least one game this month

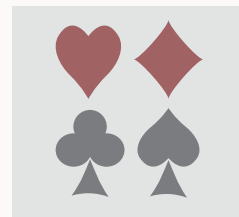


The Adult Sports Department offers a variety of sports leagues during the spring, summer and fall that contribute to the health, well-being and quality of life in Plano. Adult leagues include slow-pitch softball, flag football, kickball, pickleball, and ultimate frisbee.

Join one of our sports leagues by registering at <http://www.teamsideline.com/plano>.

Sam Johnson Recreation Center

1,516 Attended weekly groups



A variety of daytime and evening registration opportunities are available for Adults 50+. Please see Plano Recreation Online at planoparks.org for a listing of classes, special events and day trips.