

Providing Health & Wellness Opportunities

87,733

Member visits to our award winning recreational facilities



14,505

Guest visits

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.

Our Members:

Logged **65,640 MILES**
ON OUR FITNESS EQUIPMENT



LIKE RUNNING 5,010 HALF-MARATHONS

Spent **19,331 HOURS**
ON OUR FITNESS EQUIPMENT



LIKE WORKING OUT FOR 805 DAYS NON-STOP

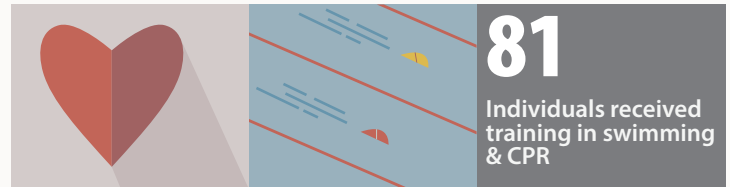


Burned **11,598,600**
CALORIES EXERCISING
ON OUR FITNESS EQUIPMENT

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.

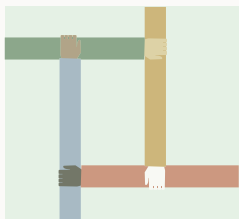
Swimming is a lifesaving skill to prevent drowning. Swimming lessons and CPR training is offered year-round.



Providing Social Networking

Adult Sports Leagues

10,347 Participated in at least one game this month

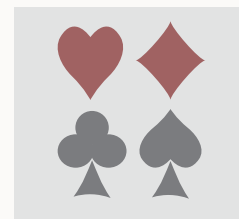


The Adult Sports Department offers a variety of sports leagues during the spring, summer and fall that contribute to the health, well-being and quality of life in Plano. Adult leagues include slow-pitch softball, flag football, kickball, pickleball, and ultimate frisbee.

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

Sam Johnson Recreation Center

1,520 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.