

The LMRA 2010 Activities Guide

Feb. 2, 2010

SPORTS & FITNESS ACTIVITIES

AIKIDO - Classes are primarily for adults (age 16 and over), although teenage participants age 13-15 may participate provided a parent or guardian also participates in the class. Younger participants 8-12 are possible on an individual basis with instructor approval and parental participation. Classes will be held 3-4:30 PM on Saturdays in the upstairs room #2 (the Tae Kwon do room) of the Sports and Fitness building at the LMRA facility on Bryant Irvin Road. **Quarterly dues: \$30 member, \$40 guest. For more information contact theinstructor:Bob.McCann@lmco.com.**

BASKETBALL - ADULT - For open play basketball at the Sports & Fitness Center, **annual activity card fees are \$30 individual, \$70 family, \$70 guests; daily fees are \$3 individual, \$5 guests.** The Basketball Activity also has co-ed leagues for adults twice a year. The Spring season begins in March and the Fall season begins in August. Each season includes 10 games plus playoffs; League fees are \$400-\$500 per team depending upon the number of guests per team. Leagues are divided into various skill levels. All games are played in the Sports & Fitness Center. **For more information, contact Adult Basketball Commissioner Dan Cartie at daniel.t.cartie@lmco.com.**

BASKETBALL - YOUTH - Co-ed youth leagues offered in the summer and winter for ages 5 to 13 (14-15 Summer League only). 5 to 8 play on 8ft goals, 9 to 10play on 9ft goals, 11 to 13 on 10ft goals. Players are randomly assigned to teams by blind draft. **League fees: Winter \$75 members, \$85 guests; Summer \$60 members, \$65 guests. Commissioner is Patrick Vondra, email patrick.vondra@lmco.com.**

BICYCLE CLUB - We welcome all experience levels (Groups for: cruiser 11 mph, pacer 15+ mph, and swift 18+ mph). We're novice to former/current racers, families, and young to more experienced riders; no one rides alone. (you need not be a member to come check us out) Opportunities include organized rides (Saturday Breakfast Rides, weekday rides, off-Friday, etc.), local discounts, and a web-site with an active message board. Annual events include two individual time trials with BBQ provided and a membership Christmas Party. We actively promote bicycle advocacy in North Texas and provide information/opportunity for membership involvement. **Member Fee: \$15 , \$25 family membership; \$20 Guest Fee+ Membership Fee. For more information visit www.lmrabicycleclub.com or contact us at lmrabicycleclub@yahoo.com.**

FISHING - This activity provides its members and guests private fishing at SCGC (Squaw Creek Golf Course) Lake, the opportunity to compete in team bass fishing tournaments on area lakes, and a yearly free kids' fishing tournament at the SCGC lake. **Fee: \$25/yr for LM employee/dependent or permanent badged contractors ; \$10/yr for additional dependent over 16 yrs of age; \$17.50/yr for students & retirees, \$40/yr for guests. Contact Dewayne Cox at 817.935.4579 or by email at dewayne.d.cox@lmco.com.**

AERONAUTICS FITNESS CENTER - Exclusive to Lockheed Martin employees/contractors. Employees/contractors of Lockheed Martin are eligible to use both fitness centers. Open Monday through Fridays. The on-site fitness center is next to the Aero Café and lunch time exercise classes are located in the main plant factory area. Members pay reduced massage therapy prices.

Lockheed Martin provides \$250 per year to each eligible employee for fitness center dues, which is the cost for an individual membership. The perks of the on-site fitness center include personal TVs on cardio equipment with Direct TV, a towel service, exercise program development, and a wellness assessment. [For more information please call 817-763-2009 or e-mail Mark@lmra.org](mailto:Mark@lmra.org)

BRYANT IRVIN FITNESS CENTER – Open to Lockheed Martin employees/contractors, their family members and guests, and retirees of Lockheed Martin (General Dynamics) and their family members and guests. Open 7 days a week, membership includes aerobics classes, yoga and pilates classes, reduced massage therapy prices and open play basketball. 10,000 square feet of exercise space with TVs, treadmills, stairclimbers, ellipticals, bikes, rowers, weight machines and olympic weights. Locker rooms with saunas, showers and lockers. Exercise program development and wellness assessment are included. Personal Training and Massage Therapy are also provided at very competitive rates. [For more information, call 817.763.0163, 817.732.8560 or 817.777.0399.](tel:817.763.0163) [Email Mark@lmra.org.](mailto:Mark@lmra.org)

GOLF - The golf activity is located at the Squaw Creek Golf Club. Squaw Creek is a beautiful 6800-yd. facility surrounding a 30-acre lake including a banquet room and range facilities, fully stocked clubhouse with the latest merchandise and lessons are available to all skill levels. Yearly events are held, which include such tournaments as Plantwide, Club Championship, numerous Lockheed Martin department tournaments and outside special tournaments. [Squaw Creek Golf Club phone 817.441.8185. Email scgc@flashnet.com.](tel:817.441.8185)

MASSAGE THERAPY - Swedish Style massage to help relieve tension, reduce muscle spasms, foster muscle recovery from workouts and improve overall circulation. Orthopedic, Hot Stone, Muscle Release Technique, Deep Tissue, Prenatal, MLD, and Oncology Massage also offered. [Fees for members: \\$30/half hour, \\$52/hour. Fees for non LMRA Sports and Fitness Center members: \\$35/half hour, \\$62/hour. For more information contact: Joy Havner, 817.763.2025 or joy@lmra.org.](tel:817.763.2025)

PERSONAL TRAINING - Work with a certified personal trainer to obtain your personal fitness goals. [Fee: Private 1/2 hour, \\$27, \\$220/10 sessions, Private Hour: \\$37, \\$320/10 sessions., Semi-Private hour: \\$50, \\$420/10 sessions. For more information contact Sue McCauley, 817.763.0162 ext. 123 or sue@lmra.org.](tel:817.763.0162)

RACQUETBALL/ HANDBALL - Seven air-conditioned courts are available 7 days a week including 2 challenge courts. The courts are in the Sports & Fitness Center. [Annual Fees: \\$70 Individual; \\$95 Family \(2 or more\); \\$100 Guest, and Guest Family \\$150. Daily Guest Fee is \\$5. Six month memberships: \\$40 Individual; \\$55 Family; Guest \\$55, Guest family \\$80; For more information contact Bruce Pohl, 817-777-4665 or bruce.a.pohl@lmco.com .](mailto:bruce.a.pohl@lmco.com)

SOFTBALL - Slow pitch leagues are organized for mens and coed teams, in 3 seasons (8 to 10 games per season) that run from March through October. Team rosters are limited to twenty players per team. [Team league registration fees range from \\$305 \(summer league\) to \\$375 \(spring and fall leagues\). Guest player passes are \\$10 per year per guest. The softball activity website is located at http://www.lmra.org/softball.](http://www.lmra.org/softball) You can also contact Terry Savage, (817)935-3496, Terry.L.Savage@lmco.com, Will McKnight (817)655-6724, William.T.Mcknight@lmco.com, Travis Rapisand – rappy34@yahoo.com, for information about the LMRA Softball Activity.

TAE KWON DO - Self-defense is taught year-round for ages 6 and up, male and female, through the Korean Martial Art of Tae Kwon Do. Lessons are at the Sports & Fitness Center in Room 3. Classes are Tuesday and Thursday with beginners from 6:00 - 6:55 and advanced classes 7-8:15. Fee: \$99 individual for three months. Guest: \$40 annual fee + \$99 for three months. For more information contact Terry Avery at 682-429-5154 or email to T.Avery@sbcglobal.net or www.averytkd.com.

TENNIS - LMRA has four lighted tennis courts, a state of the art tennis ball machine, a teaching professional, and a variety of membership fee options for employees, affiliates, students and retirees including a league package option for reduced fees. Court reservations are recommended for all play but walk-ons may also be available. There are spring and fall leagues available for beginners through advanced players and for singles and doubles. For additional information, please email doug.g.hallman@lmco.com

Ultimate Frisbee-Come out and meet new people and enjoy a fun coed sport that is great exercise. League play is on Monday evenings at LMRA, and practice games are played at Kimbell Art Museum Saturdays at 10:00 am. Three 10 game leagues with an end of season tournament are scheduled for this year. Fee:\$15 Member, \$20 Guest Fee + \$10 Annual Guest Card. For more information contact Patrick at 817.777.9837 or email patrick.r.hull@lmco.com

VOLLEYBALL - Indoor leagues play on Tuesday and Thursday evenings, fall and winter. Leagues are coed 6's and quads (any gender) offered in both recreational and competitive levels. Outdoor sand leagues play on Monday through Friday evenings, spring and summer. Typically leagues are triples (any gender and women's) and coed quads, offered in both recreational and competitive levels & coed sixes, recreational only. Grass/Sand tournaments are held one Saturday a month from May-Sept.

Activity Fees:

LMRA member activity card \$50 per year; \$25 for 6 months.

LMRA member family activity card \$90 per year; \$45 for 6 months.

LMRA guest activity card \$90 per year; \$45 for 6 months.

Indoor quads team league fees \$40.

Indoor co-ed 6's team league fees \$45.

Sand triples and co-ed quads team league fees \$40.

Sand co-ed 6's team league fees \$45.

\$2 daily fee for non-members (practice & tournaments only). League and tournament fees vary. Six month memberships are available. Contact Mike James at m.d.james@lmco.com or Allison Adams at allison.adams@lmco.com

RECREATIONAL HOBBY ACTIVITIES

ART - Meets last Thursday of month in Fitness Center Studio. **Dues: \$25 member, \$65 guest.** Studio (shared with the Bridge Activity) is available for use by any member whenever the Fitness Center is open. ART RESERVED times: Tuesday 9:30am to 3:00pm Oil Painting; Thursday, 9:30am to 3:00pm Water-media painting. Evening classes, when available, scheduled 6:30pm to 9:00pm. Saturday classes, when available, scheduled 9:00am to 4:00pm. Fees vary with subject matter and duration.

Contact: Eldred Burkhard 817.732.0755 or elburk@swbell.net .

BELLY DANCING - 8 week Belly Dancing sessions, meets each week, Beginner on Mondays 7:15pm – 8:15pm, Intermediate on Mondays 8:30pm – 9:30pm, and Advanced on Wednesdays 7:30pm-8:30pm in upstairs room 2 & 3 at the Fitness Center. **8 week fees: \$60 member; \$76 guest.** For more information and session start dates contact Jacqueline Gonsalves, jacqueline.a.gonsalves@lmco.com or 817.777.4857.

BRIDGE (Duplicate) - Duplicate bridge is played at the Sports and Fitness Center on Wednesdays, at 10am . For information call Henry Weltman at 817-923-9497 or email henryweltman@charter.net. Fee: \$5 member; Guests \$40/yr or \$2/ visit plus member fee.

CAMERA - Regular meetings are held on the 2nd and 4th Thursdays of the month at 7:30pm in the LMRA Clubhouse (check with front desk for exact meeting room). Programs for improving photography skills are held on the second Thursday of each month. Contests are held on the 4th Thursday of each month through October and on the second Thursday in November. Photography Field trips and various workshops are scheduled throughout the year. Studio equipment is available for club member use. **Membership Fee: \$25 individual; \$60 guest . Workshops: Price for workshops vary depending on course matter and instructor fee.** For more information contact: Jack Young at 817-777-9770 or jack.b.young@lmco.com , Ron Shue at 817-777-6308 or Ronald.w.shue@lmco.com or Reagan Ferguson 817.763-1150 or Reagan.ferguson@lmco.com.

DANCE -BALLROOM / COUNTRY / SWING / LATIN – On Monday, Basics at 7pm, Advanced/Styling/Showcase at 8:00 pm; On Tuesdays, Wednesdays and Thursdays, Basic at 7 pm, Intermediate at 8:00 pm, Advanced at 8:45. **Fee per person for each 4 week session: \$12/LMRA member; \$20/Guest plus \$40 Annual Membership.** Sponsored dance, 3rd Friday each month, fees: \$8/LMRA member, \$10 guest. Contact Leroy Woolsey at leroy.woolsey@sbcglobal.net or 817-465-2250, Instructor Maghen Garrett at 817-551-3954 or Keith Beckner at keith.e.beckner@lmco.com or 817-308-1842.

JAZZ BAND - The Dynamic Swing Machine (big band jazz orchestra) provides opportunity for organized practice and public performances. Rehearsals are Tuesday evenings at 7pm. **Fee: \$15 Individual; \$55 Guest.** For more information contact: mike.f.siock@lmco.com.

POTTERY - A fully-equipped pottery studio is open seven days a week during LMRA hours. Regular activity meetings are held on the first Thursday of each month. Hand building classes, throwing classes and workshops are held on an ongoing basis on various evenings and weekends at the Pottery Studio. **ActivityFee: \$60 Individual; \$120 Guest.** Contact the Activity President via email at president@lmrapotterystudio.com or the Activity Commissioner via email at commissioner@lmrapotterystudio.com.

RADIO - The Radio Shack houses the latest HF, VHF, and UHF equipment. The club sponsors 3 repeaters and supports many community events. Radio operator license testing sessions held twice during each month. Once a year the club hosts the Cowtown Ham-Fest. Meetings are every Thursday at 7pm. Fee: \$30 individual; \$40 guest. For club membership contact Bill Penny at c.penny@sbcglobal.net. Testing information contact Bryan Head at 817-431-9158 or email n5ump@arrl.net. or contact Tommy Davis at 817-346-0381 or email w5tcd@arrl.net.

RAILROAD - The Club has a permanent HO scale railroad layout. Business meetings, clinics workshops are held on the third Monday night of each month. Work sessions are held every 2nd Tuesday morning, Thursday nights and 2nd Saturday morning of each month in the club room. Operating sessions are held on the 4th Tuesday morning, 2nd Thursday night and 4th Saturday of each month. The Club is a member of the North Texas Council of Railroads Clubs. The Club's annual RR Show is held the 2nd weekend of October each year. Dues per year are \$60 for individual LM Aero Employee, Retiree, \$100 for Guest Membership. Guest memberships are limited in number. Check out the Club's website at <http://www.lmra.org/railroad/railroad.html>. For more info call Cecil Lasiter at 817.737.2489 or lasiterc@sbcglobal.net

ROCKHOUNDS - This activity has its own stone-polishing (lapidary) and jewelry-making facility - one of the best in the DFW area. Classes are offered several times yearly. Shop open for daily use. There are also several field trips offered, usually in the spring and fall. Meetings are on the 2nd Tuesday of each month at 7:00 pm. **All Memberships run July 1 thru June 30 – until June 30, 2010 Dues: \$20 member, \$30 member family (member + others in same household), \$60 guest, \$70 guest family (guest + others in same household). Beginning July 1, 2010 Dues: \$25 member, \$40 member family (member + others in same household), \$70 guest, \$100 guest family (guest + others in same household).** For more information contact Robert Reed at robert.t.reed@lmco.com or 817.777.6215.

SQUARE DANCE - Dances are held every Thursday in the Ballroom. A series of three classes designed to go from Beginner to Plus level are held before the Thursday evening dance. Fee \$130 per couple per yr.; guest \$180 per couple per yr. Lessons: 12 weeks \$60 per couple per class, guests \$70 per couple per class. 817-244-7928.

GLASS CRAFTERS - Activity involving various techniques of working with all forms of art glass. Meets 2nd Monday of each month at 7pm in Clubhouse. Fee: \$25 individual; \$35 family; \$65 guest. Workroom with kilns, equipment, tools, pattern books, how-to videos and books. Classes in foil stained glass, leaded stained glass, lampshades, mosaics, stepping stones, wire wrap jewelry, and kiln work (slumping, draping, and fusing). For more information call Martha Jeffery at 972.670.2964 or Martha.m.jeffery@lmco.com or chicdefrosch@gmail.com

Membership good for one year from date of purchase unless otherwise stated. Individual Lockheed Martin/DPRO employees, retiree (Lockheed/GD retirees only). or family member. Guest - non-employee, non-family member.

Lockheed Martin Recreation Area
Accounting-817.732.7731 Ext. 105
Company Store at LMRA -817.732.7731 Ext. 115
Buy & Fly at LM Aero – 817.655.7705
50' Aisle at LM Aero – 817.655.7703
Squaw Creek Golf Course - 817.441.8185
Reservations-817.732.7731 Ext. 102
The LMRA Newsletter -817.732.7731 Ext. 107
Bryant Irving Fitness Center -817.763.0163
LM Aero Fitness Center – 817.763.2009
Swimming Pool-817.737.3559 Ext. 112

LMRA RENTAL FACILITIES: Host your next event at LMRA, one of the Best-Kept secrets in Fort Worth. LMRA has a great picnic area equipped with covered pavilions, picnic tables, barbeque grills, a children's playground, and kiddy rides. LMRA also offers 3 softball fields and 2 sand volleyball courts and 1 soccer field for rental. In addition to the picnic area, LMRA offers 2 Ballrooms, the River Park Pavilion and Ranch House for group gatherings. Each area is unique and provides a nice setting for such events as: Family Reunions, Birthday Parties, Wedding Receptions, Anniversaries, and Retirement Parties. These are just a few events among many that work well at LMRA. Please contact Debbie Burton at 817.732.7731 ext. 102 or email: debbie@lmra.org for pricing and additional information.

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LMRA SWIMMING POOL: Olympic size pool with diving board and wading pool. Swim Lessons and private parties available. Open Memorial Day through Labor Day, Monday through Sunday. For more information call 817.737.3559. Memorial Day thru Labor Day.

STORE: Located at the entrance to the Fitness Center, the store offers a wide variety of Lockheed Martin logo items such as caps, coffee mugs, key chains, shirts, jackets, airplane models, etc. Gifts for any occasion such as jewelry, watches, stuffed animals, candles, and golf shirts are also available. Discount tickets to area

events, movies, theme parks, etc. are sold throughout the year. Some items are available for viewing and ordering through our website: www.lmra.org Store Hours Monday - Friday 10AM – 5:30PM, 817.377.9754 Ext. 115.

Buy & Fly at Lockheed Martin Aeronautics Company. Located adjacent to the cafeteria. 817.655.7703 Hours: 7am til 3pm Monday thru Friday. Closed for lunch from 1pm to 1:30pm.

50” Aisle Store – Hours: 8am to 4pm Monday, Wednesday and Friday, 10am to 4pm Tuesday and Thursday. Closed for Lunch 1pm to 2pm each day. Open for night shift Tuesday and Thursday 7:45 til 8:15. Discount tickets to area events and movies. Lockheed Martin logo items such as caps, coffee mugs, key chains, shirts, jackets, airplane models, etc. Gift items such as candles and golf shirts also available.. Check out our website www.lockheedmartingear.com

SQUAW CREEK GOLF COURSE offers a challenging 6,749 yard Ralph Plummer designed layout and is located in Willow Park. The course features bentgrass greens surrounded by a total of 40 sand bunkers. A creek and 29 acre lake come into play on 12 of the 18 holes. A driving range, chipping and putting greens and practice bunker are also available. Squaw Creek Pro Shop offers a full line of golf related merchandise and professionals are available for lessons. Tournament packages are available. 817.441.8185.