

PEEK AT

# PLAY

JANUARY - MAY 2015

## Adults

### Zumba Fitness

Forget the workout, remember the fun! Combine fast and slow rhythms to learn aerobic routines to the sounds of Latin and International music. Utilizing the principles of fitness interval and resistance training, maximize caloric output, fat burning, and total body toning.

**Ages: 14Y and up**

M, W 7:30 PM-8:30 PM & Sa 12:00 PM-1:00PM

### Judo & Jujitsu - Adults

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you how to safely control your balance, leverage, and movement while implementing skill, technique, and timing through self-defense. Improve concentration, body control, and quick reflexive action. Build self-esteem and gain a lifetime of health and fitness knowledge.

**Age: 16Y and up**

W-F, & Monday 7:00 PM-08:45 PM, and Sa 10:00 AM-12:30PM

## Kids

### Awesome Art

Learn art through imitation! Discover amazing artists while also creating your own masterpieces. Learn about a different artist each week including Pollock, Kandinsky, and Monet, and then use their style as an example for your own work of art. Ignite creativity and self-expression while developing fine motor skills.

**Age: 3Y - 5Y**

W 10:00 AM-10:45 AM	<b>1/7 - 1/28</b>	\$20
W 10:00 AM-10:45 AM	<b>2/4 - 2/25</b>	\$20
W 10:00 AM-10:45 AM	<b>3/4 - 3/25</b>	\$20
W 10:00 AM-10:45 AM	<b>4/1 - 4/22</b>	\$20
W 10:00 AM-10:45 AM	<b>5/6 - 5/27</b>	\$20

### Garland Police Youth Program

School's out and the fun is starting! Join Garland Police Officers after school for help with homework assignments and school projects. Gain the skills and knowledge needed to resist peer pressure and avoid involvement in drugs, gangs, and violence.

**Age: 7Y - 14Y**

W 03:30 PM-04:45 PM	<b>1/7 - 5/27</b>	\$0
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# Kids (continued)

## Parent's Time Out

You deserve a break! Take some time for yourselves while the kids have a great time participating in a variety of fun activities designed to keep them engaged. Activities include games, basic gymnastics, dance, music, arts and crafts, and free play time.

Age: 3Y - 6Y

Th 9:00 AM-11:30 AM \$7

## Dance Combo

Put your dancing shoes on! Learn body movements associated with various styles of dance including modern, lyrical, freestyle, jazz, tap, ballet, and hip hop. Develop poise and grace while increasing self-confidence through the use of bouncy balls, ribbons, and hula hoops.

### Advanced

Age: 6Y - 12Y

Tu 06:00 PM-06:45 PM	1/6 - 1/27	\$32
Tu 06:00 PM-06:45 PM	2/3 - 2/24	\$32
Tu 06:00 PM-06:45 PM	3/3 - 3/24	\$32
Tu 06:00 PM-06:45 PM	4/7 - 4/28	\$32
Tu 06:00 PM-06:45 PM	5/5 - 5/26	\$32

### Beginner

Age: 6Y - 12Y

Tu 05:15 PM-06:00 PM	1/6 - 1/27	\$32
Tu 05:15 PM-06:00 PM	2/3 - 2/24	\$32
Tu 05:15 PM-06:00 PM	3/3 - 3/24	\$32
Tu 05:15 PM-06:00 PM	4/7 - 4/28	\$32
Tu 06:00 PM-06:45 PM	5/5 - 5/26	\$32

### Preschool

Age: 2Y - 5Y

Tu 04:45 PM-05:15 PM	1/6 - 1/27	\$32
Tu 04:45 PM-05:15 PM	2/3 - 2/24	\$32
Tu 04:45 PM-05:15 PM	3/3 - 3/24	\$32
Tu 04:45 PM-05:15 PM	4/7 - 4/28	\$32
Tu 04:45 PM-05:15 PM	5/5 - 5/26	\$32

## T-Ball

Age: 3Y - 6Y

Th 04:00 PM-04:40 PM	1/8 - 1/29	\$27
Th 04:00 PM-04:40 PM	2/5 - 2/26	\$27
Th 04:00 PM-04:40 PM	3/5 - 3/26	\$21
Th 04:00 PM-04:40 PM	4/2 - 4/23	\$21
Th 04:00 PM-04:40 PM	5/7 - 5/28	\$21

## Fitness 101

Build muscles the right way! Learn correct techniques for working out while gaining knowledge on how the body functions. This one hour fitness orientation targets teenagers looking to get in shape.

Age: 12Y - 15Y

M-Th 02:00 PM-04:45 PM 1/5 - 5/28 \$25

## Judo & Jujitsu - Kids

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you how to safely control your balance, leverage, and movement while implementing skill, technique, and timing through self-defense. Improve concentration, body control, and quick reflexive action. Build self-esteem and gain a lifetime of health and fitness knowledge.

Age: 4Y - 15Y

W-F & Monday 7:00 PM-08:45 PM, and Sa 9:00 AM-10:30AM

## Basketball

Start off with a slam dunk! Learn the basic skills of the game including dribbling, shooting, and ball movement. Improve motor skills, hand and eye coordination, and listening skills through a variety of activities.

## Lil' Dribblers

Age: 3Y - 6Y

Tu 04:00 PM-04:40 PM	1/6 - 1/27	\$22
Tu 04:00 PM-04:40 PM	2/3 - 2/24	\$27
Tu 04:00 PM-04:40 PM	3/3 - 3/24	\$27
Tu 04:00 PM-04:40 PM	4/7 - 4/28	\$27
Tu 04:00 PM-04:40 PM	5/5 - 5/26	\$27

## Lil' Tots Soccer

Age: 3Y - 6Y

W 04:00 PM-04:40 PM	1/7 - 1/28	\$27
W 04:00 PM-04:40 PM	2/4 - 2/25	\$27
W 04:00 PM-04:40 PM	3/4 - 3/25	\$22
W 04:00 PM-04:40 PM	4/1 - 4/22	\$22
W 04:00 PM-04:40 PM	5/6 - 5/27	\$22

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