



# HOLFORD

RECREATION CENTER

2314 Homestead Place, Garland, TX 75044 | 972-205-2772 | HRC@GarlandTX.gov



Is your puppy on the nice list?



- PICTURES WITH SANTA
- VENDORS
- GAMES
- PAWLIDAY CRAFT



Sunday, Dec. 6  
2 to 4 p.m.

\$8 per dog (Save \$3 when you preregister by Dec. 2)  
Register one adult per dog.

Holford Recreation Center, 2314 Homestead Place

GarlandParks.com  
HRC@GarlandTX.gov



# PUPPY PAWS

## AND SANTA CLAWS

20 | PLAY GUIDE • FALL 2020

# ARTS & CRAFTS

## Virtual Art Adventures

Emphasize fine-art creative thinking! Complete eight masterpieces under the guidance of a certified Robert Garden School of Art instructor. Learn perspective drawing with charcoals and oil pastels, create land and seascapes, animals and still life with vibrant watercolors and acrylics. Explore color theory, time-saving techniques, brush loading and more.

**Instructor: C. Garden**

All program supplies and instructions will be shipped to your home. All lessons will be videos that can be followed at your own pace. Access to a computer and the internet required. No refunds will be available once registration is complete.

Age: 6 - 13

Registration open until Dec. 1      \$125      15170



## Hip-Notic Belly Dance

Refresh your routine and shake your beauty. In this total-body workout, use precise and repetitive movements to build muscle, tone your core, improve posture and enhance flexibility. Release tension and stress through fun and exciting choreography, music and style.

**Instructor: L. Donahue**

Age: 16 and up

Tu	6 - 7 p.m.	Sept. 1 - 29	\$52	14621
Tu	6 - 7 p.m.	Oct. 6 - 27	\$42	14622
Tu	6 - 7 p.m.	Nov. 3 - 24	\$42	14623
Tu	6 - 7 p.m.	Dec. 1 - 29	\$52	14624

# Dance

## Ballet

Discover the dancer within. Move through progressive barre and center exercises that stress skeletal alignment, turn-out of the legs, coordination of the hands and arms, weight changes and proper use of the feet. Establish a strong foundation in dance, build strength and apply techniques to other forms of dance.

**Instructor: Anderson Performing Arts**

Age: 3 - 5

Th	4 - 4:30 p.m.	Sept. 3 - 24	\$38	14595
Th	4 - 4:30 p.m.	Oct. 1 - 29	\$48	14596
Th	4 - 4:30 p.m.	Nov. 5 - 19	\$28	14597
Th	4 - 4:30 p.m.	Dec. 3 - 17	\$28	14598

Age: 6 - 11

Th	4:30 - 5:15 p.m.	Sept. 3 - 24	\$48	14591
Th	4:30 - 5:15 p.m.	Oct. 1 - 29	\$60	14592
Th	4:30 - 5:15 p.m.	Nov. 5 - 19	\$36	14593
Th	4:30 - 5:15 p.m.	Dec. 3 - 17	\$36	14594

## Choreographed Ballroom

Dance and sway with ease! Relieve the stress of learning popular ballroom styles by having a cuer call out the moves. Learn routines and figures to standard dance rhythms such as rumba, jive, cha cha, waltz, tango and foxtrot. Increase your confidence and look better on the dance floor. Experience through intermediate level Round Dance or Choreographed Ballroom Dance recommended.

**Instructor: J. Kenny**

Age: 18 and up

Th      6:45 - 8:45 p.m.      Sept. 17 - Dec. 17      \$30      13678

# Health & Fitness

## Jazzercise®

Leave it on the dance floor! This high-intensity mix of dance cardio and strength training provides an 800-calorie-crushing total-body workout. With pulse-pounding music and body-blasting moves, target upper body, abs and legs to rock it out, slim it down and tone it up. For more information and pricing, call Julie Grindele at 972-978-1915.

Age: 16 and up

Dance Mixx	M, Tu, W, F, Sa	9:30 - 10:30 a.m.
	M, Tu, Th	6 - 7 p.m.
Strength 60	Th	9:30 - 10:30 a.m.
	W	6 - 7 p.m.

## Yang Style Tai Chi

Balance from within. Learn the round fluid arm movements and wide steps of this ancient non-combative martial art that develops the internal energy known as "chi." Improve joint movement, balance, coordination, leg strength and endurance while practicing this gentle exercise that generates energy.

**Instructor: L. Donahue**

Age: 16 and up

Tu	7:30 - 8:30 p.m.	Sept. 1 - 29	\$52	14676
Tu	7:30 - 8:30 p.m.	Oct. 6 - 27	\$42	14677
Tu	7:30 - 8:30 p.m.	Nov. 3 - 24	\$42	14678
Tu	7:30 - 8:30 p.m.	Dec. 1 - 29	\$52	14679

# Martial Arts

## Karate

Grow in mind and body! This Okinawan art of self-defense employs hand strikes and kicks with swift and calculated movements used to disable or subdue an opponent. Focus on the flow of kata, defense, sparring and weapons. Attain discipline, control and physical fitness.

**Instructor: T. Nakaya**

### Beginner

Age: 6 - 12

W	6:30 - 7:45 p.m.	Sept. 30 - Nov. 18	\$44	14710
W	6:30 - 7:45 p.m.	Dec. 2 - 23	\$22	14714

Age: 13 and up

W	6:30 - 8:30 p.m.	Sept. 30 - Nov. 18	\$48	14711
W	6:30 - 8:30 p.m.	Dec. 2 - 23	\$24	14715

### Advanced

Age: 6 - 12

Sa	9:30 a.m. - 12:15 p.m.	Oct. 3 - Nov. 21	\$44	14712
Sa	9:30 a.m. - 12:15 p.m.	Nov. 28 - Dec. 19	\$22	14716

Age: 13 and up

Sa	9:30 a.m. - 12:15 p.m.	Oct. 3 - Nov. 21	\$48	14713
Sa	9:30 a.m. - 12:15 p.m.	Nov. 28 - Dec. 19	\$24	14717

# Performing Arts

## Guitar

Strike a chord! Learn basic fundamentals including how to tune the instrument, basic open and barre chords, understanding notation, basic reading and playing in time. Students with little or no knowledge of playing guitar thrive in this enriching musical environment. Bring an acoustic guitar.

**Instructor: J. Reger**

### Beginner

Age: 8 and up

Sa	12:50 - 1:30 p.m.	Sept. 19 - Oct. 31	\$70	14600
Sa	12:50 - 1:30 p.m.	Nov. 7 - Dec. 12	\$70	14601

Age: 18 and up

W	12:20 - 1 p.m.	Sept. 30 - Nov. 4	\$85	14602
W	12:20 - 1 p.m.	Nov. 18 - Dec. 16	\$70	14603

### Continuing

Age: 8 and up

Sa	1:30 - 2:10 p.m.	Sept. 19 - Oct. 31	\$70	14606
Sa	1:30 - 2:10 p.m.	Nov. 7 - Dec. 12	\$70	14607

Age: 18 and up

W	1 - 1:40 p.m.	Sept. 30 - Nov. 4	\$85	14608
W	1 - 1:40 p.m.	Nov. 18 - Dec. 16	\$70	14609

## Music Discovery Piano

Tickle the ivories! Learn the basics of playing the piano including proper playing technique, note recognition and the fundamentals of music theory. Instruction is based on age-appropriate learning materials and activities including games, worksheets and hands-on performance.

**Instructor: R. Verde**

\$5 supply fee payable to instructor.

Age: 7 - 11

### Level 1

W	4:10 - 4:40 p.m.	Sept. 2 - 23	\$59	14641
W	4:10 - 4:40 p.m.	Oct. 7 - 28	\$59	14642
W	4:10 - 4:40 p.m.	Nov. 4 - 18	\$44	14643
W	4:10 - 4:40 p.m.	Dec. 2 - 16	\$44	14644

### Level 2

W	4:50 - 5:20 p.m.	Sept. 2 - 23	\$59	14645
W	4:50 - 5:20 p.m.	Oct. 7 - 28	\$59	14646
W	4:50 - 5:20 p.m.	Nov. 4 - 18	\$44	14647
W	4:50 - 5:20 p.m.	Dec. 2 - 16	\$44	14648

### Level 3

W	5:30 - 6 p.m.	Sept. 2 - 23	\$59	14649
W	5:30 - 6 p.m.	Oct. 7 - 28	\$59	14650
W	5:30 - 6 p.m.	Nov. 4 - 18	\$44	14651
W	5:30 - 6 p.m.	Dec. 2 - 16	\$44	14652

### Level 4

W	6:10 - 6:40 p.m.	Sept. 2 - 23	\$59	14653
W	6:10 - 6:40 p.m.	Oct. 7 - 28	\$59	14654
W	6:10 - 6:40 p.m.	Nov. 4 - 18	\$44	14655
W	6:10 - 6:40 p.m.	Dec. 2 - 16	\$44	14656

# Sports

## GAFF Fencing & Sword Fighting

Touché! Learn basic skills necessary to fence for fun, exercise and competition. Group and individual instruction includes practice bouts, techniques and the rules of contest while focusing on safety and the fundamentals of foil fencing. Improve hand and eye plus hand and foot coordination, balance and aerobic capacity.

**Instructor: C. Murdock-Jasperson**

Age: 12 and up

Th	7:05 - 8:50 p.m.	Oct. 22 - Jan. 14	\$42	14674
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## Gymnastic Tumbling

Jump into fun! Learn the basics of gymnastics with a variety of equipment including mats, balance beam, trampoline and more. Develop a strong foundation in the sport through energizing activities that will enhance physical fitness and endurance and build character.

### Instructor: S. Thornton

Age: 6 - 12

Sa	10 - 10:45 a.m.	Sept. 5 - 26	\$45	14612
Sa	10 - 10:45 a.m.	Oct. 3 - 31	\$56	14613
Sa	10 - 10:45 a.m.	Nov. 7 - 21	\$34	14614
Sa	10 - 10:45 a.m.	Dec. 5 - 19	\$34	14615

## Mini Tumbler

Stop, drop and roll! Parents stay and play with your little one and help them develop physically and mentally through gymnastics activities. Using the balance beam and mats, play games that develop strength, coordination and listening skills while increasing social interaction.

### Instructor: S. Thornton

Age: 2 - 5

Sa	9:15 - 9:45 a.m.	Sept. 5 - 26	\$38	14637
Sa	9:15 - 9:45 a.m.	Oct. 3 - 31	\$48	14638
Sa	9:15 - 9:45 a.m.	Nov. 7 - 21	\$28	14639
Sa	9:15 - 9:45 a.m.	Dec. 5 - 19	\$28	14640

## Skyhawks Basketball

Focus on the whole player! Using progressive curriculum, learn skills that work on and off the court to become a better athlete. Master the skills of passing, shooting, dribbling and rebounding through drills and games as sport-specific coaches promote respect, teamwork and responsibility.

### Instructor: Skyhawks

Age: 4 - 6

W	4 - 4:45 p.m.	Sept. 9 - 30	\$50	14663
W	4 - 4:45 p.m.	Oct. 7 - 28	\$50	14664
W	4 - 4:45 p.m.	Nov. 4 - 18	\$38	14665
W	4 - 4:45 p.m.	Dec. 2 - 16	\$38	14667

Age: 6 - 12

W	5 - 6 p.m.	Sept. 9 - 30	\$50	14660
W	5 - 6 p.m.	Oct. 7 - 28	\$50	14661
W	5 - 6 p.m.	Nov. 4 - 18	\$38	14662
W	5 - 6 p.m.	Dec. 2 - 16	\$38	14666

## Soccer Sparks Kickin' with the Parents

Parents stay and play fun games with your little athlete as they gain greater body control while enhancing balance, coordination and general motor skills. Begin learning how to dribble and strike a soccer ball and share those first unforgettable, goal-scoring adventures together.

### Instructor: Soccer Sparks

Age: 2 - 3

Sa	9 - 9:30 a.m.	Sept. 12 - Oct. 3	\$44	14670
Sa	9 - 9:30 a.m.	Oct. 24 - Nov. 14	\$44	14671

## Soccer Sparks Dribble, Kick, & Pass

Young athletes learn the proper techniques such as dribbling, passing and shooting in a positive and fun environment while developing a lifelong love of soccer. Curriculum includes fun and energetic games that teach kids about playing and working as part of a team.

### Instructor: Soccer Sparks

Age: 4 - 5

Sa	9:30 - 10:15 a.m.	Sept. 12 - Oct. 3	\$44	14668
Sa	9:30 - 10:15 a.m.	Oct. 24 - Nov. 14	\$44	14669

## Soccer Sparks Youth

Dazzle with our footwork. This "all ball" approach fosters skills improvement and builds player confidence. Curriculum emphasizes skill development and team play, and introduces fundamental skills such as dribbling, passing, juggling moves, and accurate shooting.

### Instructor: Soccer Sparks

Age: 6 - 12

Sa	10:15 - 11 a.m.	Sept. 12 - Oct. 3	\$44	14672
Sa	10:15 - 11 a.m.	Oct. 24 - Nov. 14	\$44	14673

