



BRADFIELD RECREATION CENTER

1146 Castle Drive, Garland, TX 75040 | 972-205-2770 | BRC@GarlandTX.gov



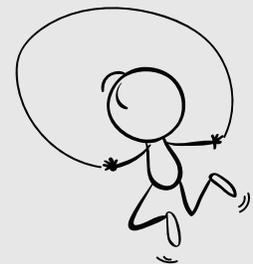
Homeschool PE

Get up → Get out → Get moving



Instructor: E. Anderson

Age: 5 – 17



F	9:30 – 10:15 a.m.	Sept. 4 – 25	\$25	14825
F	9:30 – 10:15 a.m.	Oct. 2 – 23	\$25	14826
F	9:30 – 10:15 a.m.	Nov. 6 – 20	\$19	14827

Camps

Bradfield Holiday Camps

It is time to get out and play! Enjoy an exciting week of games for team-building games, sports, arts and crafts, and more. Make memories with old friends, meet some new friends and try something new.

Thanksgiving Break

Age: 7 - 11
 M-W 8 a.m. - 5 p.m. Nov. 23 - 25 \$55 14822

Christmas Break

Age: 7 - 11
 M-W 8 a.m. - 5 p.m. Dec. 21 - 23 \$55 14823
 M-Th 8 a.m. - 5 p.m. Dec. 28 - 31 \$75 14824

Arts & Crafts

Books & Crafts

Let your imagination bring books to life! Read a new story each week and create a variety of arts and crafts based on what happens in the book. Use different materials to make your own one-of-a-kind projects to share the story with friends and family.

Instructor: J. Stewart
 Age: 4 - 7
 Tu 10 - 10:45 a.m. Sept. 8 - 29 \$30 14805
 Tu 10 - 10:45 a.m. Oct. 6 - 27 \$30 14806
 Tu 10 - 10:45 a.m. Nov. 3 - 17 \$25 14807
 Tu 10 - 10:45 a.m. Dec. 1 - 15 \$25 14808

Holiday Crafts

Creative fun for all seasons. Learn how to make a variety of crafts and art projects using a variety of mixed media and materials. Take home a new craft every class that shows off your imagination while making new friends.

Instructor: J. Stewart
 Age: 5 - 8
 Th 10 - 10:45 a.m. Sept. 17 \$10 14818
 Th 10 - 10:45 a.m. Oct. 22 \$10 14819
 Th 10 - 10:45 a.m. Nov. 19 \$10 14820
 Th 10 - 10:45 a.m. Dec. 10 \$10 14821

Dance

Ballet, Tap & Jazz

Discover a love for dance through a variety of styles. Young dancers are introduced to ballet, tap and jazz with the fundamentals including terminology, steps and performance skills. Incorporate new skills into routines that help build strength, flexibility, balance and musicality.

Instructor: Anderson Performing Arts
 Age: 5 - 10
 W 5:15 - 6 p.m. Sept. 9 - 30 \$38 14901
 W 5:15 - 6 p.m. Oct. 7 - 28 \$38 14902
 W 5:15 - 6 p.m. Nov. 4 - 18 \$30 14903
 W 5:15 - 6 p.m. Dec. 2 - 23 \$38 14904

Soul Line Dancing

Step in time! Learn new and old R&B, soul and hip-hop line dances while burning calories. Receive step-by-step instructions that will give you the confidence to take on any dance floor. Enjoy all the benefits of an aerobic workout without it feeling like exercise.

Instructor: I. Spencer
 Register monthly for \$20 or daily for \$6.
 Age: 14 and up
 Tu 7 - 8:30 p.m. Sept. 1 - 29 \$20 14889
 Tu 7 - 8:30 p.m. Oct. 6 - 27 \$20 14890
 Tu 7 - 8:30 p.m. Nov. 10 - 24 \$20 14891
 Tu 7 - 8:30 p.m. Dec. 1 - 29 \$20 14892



Twinkle Toes 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: 2 - 5
 W 4:45 - 5:15 p.m. Sept. 9 - 30 \$38 14897
 W 4:45 - 5:15 p.m. Oct. 7 - 28 \$38 14898
 W 4:45 - 5:15 p.m. Nov. 4 - 18 \$30 14899
 W 4:45 - 5:15 p.m. Dec. 2 - 23 \$38 14900

Health & Fitness

Step Aerobics

Start steppin'! Learn aerobic step exercises from stretching and warm up to an invigorating full-body workout and cool down. This extension of traditional floor aerobics provides comprehensive cardiovascular and aerobic training that works major muscle groups and strengthens your body. Burn fat, tone your shape and build muscle.

Instructor: D. Darby

Register monthly, once per week for \$16 or twice per week for \$30.

Age: 40 and up

Tu, Th	10 - 11 a.m.	Sept. 1 - 29	\$30	14832
Tu, Th	10 - 11 a.m.	Oct. 1 - 29	\$30	14833
Tu, Th	10 - 11 a.m.	Nov. 3 - 19	\$30	14834

Zumba®

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.

Instructor: V. Newton

Register monthly for \$25 or daily for \$5.

Age: 14 and up

W	7:30 - 8:30 p.m.	Sept. 2 - 30	\$25	14828
Sa	9:30 - 10:30 a.m.			
W	7:30 - 8:30 p.m.	Oct. 3 - 31	\$25	14829
Sa	9:30 - 10:30 a.m.			
W	7:30 - 8:30 p.m.	Nov. 4 - 28	\$25	14830
Sa	9:30 - 10:30 a.m.			
W	7:30 - 8:30 p.m.	Dec. 2 - 30	\$25	14831
Sa	9:30 - 10:30 a.m.			



Outdoor Adventures

Archery

Bullseye! Learn to shoot the competition-style compound bow from a National Archery in the Schools Program Instructor. Focus on basic skills, technique, safety and the use and maintenance of equipment. Become a proficient archer and develop strength, flexibility and increased attention span.

Instructor: E. Anderson

Level 1

Age: 8 - 14

W	5 - 5:45 p.m.	Sept. 9 - 30	\$25	14809
F	10:30 - 11:15 a.m.	Sept. 4 - 25	\$25	14812
W	5 - 5:45 p.m.	Oct. 7 - 28	\$25	14810
F	10:30 - 11:15 a.m.	Oct. 2 - 23	\$25	14813
W	5 - 5:45 p.m.	Nov. 4 - 18	\$18	14811
F	10:30 - 11:15 a.m.	Nov. 6 - 20	\$18	14814

Level 2

Age: 8 and up

W	6 - 6:45 p.m.	Sept. 9 - 30	\$25	14815
W	6 - 6:45 p.m.	Oct. 7 - 28	\$25	14816
W	6 - 6:45 p.m.	Nov. 4 - 18	\$25	14817

Martial Arts

Jujitsu

Train your body and mind. Combine two styles of martial arts through feeling, action, reaction and technique. Patient guidance and practical training emphasize key punch and kick techniques that enhance development by improving mental discipline, posture, coordination, ground techniques and defense skills.

Instructor: J. Ybarra

Register monthly for \$40 or daily for \$6.

Age: 4 and up

M, W, Th	7:30 - 8:45 p.m.	Sept. 2 - 30	\$40	14893
M, W, Th	7:30 - 8:45 p.m.	Oct. 1 - 29	\$40	14894
M, W, Th	7:30 - 8:45 p.m.	Nov. 2 - 30	\$40	14895
M, W, Th	7:30 - 8:45 p.m.	Dec. 2 - 30	\$40	14896

SPORTS

Basketball Skills Tune Up

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. Encourage teamwork and make new friends in a non-competitive environment.

Instructor: M. Ellis

Register monthly for \$40 or daily for \$12.

Age: 10 - 15

M	6:15 - 7:15 p.m.	Sept. 14 - 28	\$40	14839
M	6:15 - 7:15 p.m.	Oct. 5 - 26	\$40	14840
M	6:15 - 7:15 p.m.	Nov. 2 - 30	\$40	14841
M	6:15 - 7:15 p.m.	Dec. 7 - 28	\$40	14842

Beginner Basketball

Shoot and score! This small group program is taught at a slower pace for kids learning the game. Instruction includes the rules of the game, ball handling, shooting skills and three-on-three games. Gain confidence on the court in this fun and encouraging environment.

Instructor: M. Ellis

Register monthly for \$36 or daily for \$10.

Age: 5 - 10

M	5:15 - 6 p.m.	Sept. 14 - 28	\$36	14835
M	5:15 - 6 p.m.	Oct. 5 - 26	\$36	14836
M	5:15 - 6 p.m.	Nov. 2 - 30	\$36	14837
M	5:15 - 6 p.m.	Dec. 7 - 28	\$36	14838

MVP Basketball Training

Take your game to the next level. Advanced instruction is designed for athletes to build on basketball techniques and knowledge. Skill-specific drills and training develop well-rounded players and prepare them for competitive play. Increase on-court confidence and teamwork.

Instructor: M. Ellis

Register monthly \$40 or daily for \$12.

Age: 11 - 17

M	7:30 - 8:45 p.m.	Sept. 14 - 28	\$40	14843
M	7:30 - 8:45 p.m.	Oct. 5 - 26	\$40	14844
M	7:30 - 8:45 p.m.	Nov. 2 - 30	\$40	14845
M	7:30 - 8:45 p.m.	Dec. 7 - 28	\$40	14846

Volleyball

Pass, set, spike! Learn the basic skills through effective and organized instruction. Develop fundamental ball-handling abilities including passing, serving, setting, blocking, spiking and defense. Improve your game and have fun while gaining valuable sportsmanship and team play experience.

Instructor: E. Horace

Age: 7 and up

Tu	6:30 - 7:30 p.m.	Sept. 1 - 22	\$35	14885
Tu	6:30 - 7:30 p.m.	Oct. 6 - 27	\$35	14886
Tu	6:30 - 7:30 p.m.	Nov. 3 - 24	\$35	14887
Tu	6:30 - 7:30 p.m.	Dec. 1 - 22	\$35	14888

Garland Landmark Museum

at Heritage Crossing

THURS. FRI. SAT.
10 a.m. - 2 p.m.

Your history. Here!

FREE AND OPEN TO THE PUBLIC

393 N. Sixth St.

Downtown Garland

GarlandHistorical.org

GarlandHeritage.com



GARLAND
HERITAGE CROSSING