



FIELDS

RECREATION CENTER

1701 Dairy Road, Garland, TX 75040 | 972-205-3090 | FRC@GarlandTX.gov



BOOT CAMP

A group exercise class that mixes traditional calisthenics and body weight exercises with interval and strength training for a well-rounded workout.

Instructor: B. Gaddis
 Age: 17 and up

M, W	7 - 8 p.m.	Sept. 2 - 28	\$45	15143
M, W	7 - 8 p.m.	Oct. 5 - 28	\$45	15144
M, W	7 - 8 p.m.	Nov. 2 - 30	\$45	15145
M, W	7 - 8 p.m.	Dec. 2 - 30	\$45	15146

Community Education

After School Adventures

Too cool to be called after school! Develop the skills needed to become a better student including study practices, organization, concentration and self-discipline. Daily schedules will include time for snacks, homework help and free play for sports and games.

Instructor: A. Brady

Program begins Sept. 8.

Age: 6 - 11

M-F 3:10 - 5 p.m. \$25 per week

Preschool Adventures

Where preschool means fun! Join our adventure as we have tons of fun and learn at the same time. Learn basic skills you need to be ready for kindergarten. Be the best you can be with structured lesson plans and interactive activities.

Instructor: G. Ochie

Age: 2 - 5

Tu, Th	9:30 - 11:30 a.m.	Sept. 1 - 29	\$60	15156
Tu, Th	9:30 - 11:30 a.m.	Oct. 1 - 29	\$60	15158
Tu, Th	9:30 - 11:30 a.m.	Nov. 3 - 24	\$60	15159
Tu, Th	9:30 - 11:30 a.m.	Dec. 1 - 31	\$60	15160

Writing Tutoring

Write what's right! Sharpen your writing skills with instruction geared to help you succeed. Learn different ways to write creatively and how to edit your work. Be ready to ace your writing when school is back in session, prepare for college courses, or improve your professional writing. Each appointment is one hour.

Instructor: A. Williams

Age: 6 and up

Th By appointment \$30 per day

Dance

Hip-Hop Dance

Get to groovin'! Learn the latest dance moves that emphasize full-body movement. Focus on developing rhythm, style and proper techniques set to fun and fast-paced music. Develop coordination and confidence as you work on strength and flexibility.

Instructor: Jones Studio of Dance

\$18 one-time administration fee payable to instructor.

Age: 5 - 15

Tu	7:45 - 8:45 p.m.	Sept. 1 - 29	\$30	15044
Tu	7:45 - 8:45 p.m.	Oct. 6 - 27	\$30	15045
Tu	7:45 - 8:45 p.m.	Nov. 3 - 24	\$30	15046
Tu	7:45 - 8:45 p.m.	Dec. 1 - 29	\$30	15047

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 confidence through the use of bouncy balls, educational mats, ribbons and hula hoops.

Instructor: Jones Studio of Dance

\$18 one-time administration fee payable to instructor.

Age: 2 - 5

Tu	6 - 6:30 p.m.	Sept. 1 - 29	\$42	15040
Tu	6 - 6:30 p.m.	Oct. 6 - 27	\$42	15041
Tu	6 - 6:30 p.m.	Nov. 3 - 24	\$42	15042
Tu	6 - 6:30 p.m.	Dec. 1 - 29	\$42	15043

Age: 6 - 12

Tu	6:45 - 7:45 p.m.	Sept. 1 - 29	\$49	15036
Tu	6:45 - 7:45 p.m.	Oct. 6 - 27	\$49	15037
Tu	6:45 - 7:45 p.m.	Nov. 3 - 24	\$49	15038
Tu	6:45 - 7:45 p.m.	Dec. 1 - 29	\$49	15039

Health & Fitness

Boxing for Adults

Box your way to a leaner body! Learn proper stance, movements, and offensive techniques while conditioning your mind and body. Full-body movements help tone muscles and build strength while optimizing your cardiovascular system. Enhance your athletic skills like footwork, agility, quickness, coordination, endurance, stamina and timing.

Instructor: J. Charles

Age: 6 - 14

Tu	6 - 7 p.m.	Sept. 1 - 29	\$45	15065
Sa	Noon - 1 p.m.			
Tu	6 - 7 p.m.	Oct. 3 - 31	\$45	15066
Sa	Noon - 1 p.m.			
Tu	6 - 7 p.m.	Nov. 3 - 28	\$45	15067
Sa	Noon - 1 p.m.			
Tu	6 - 7 p.m.	Dec. 1 - 29	\$45	15068
Sa	Noon - 1 p.m.			

Age: 15 and up

Tu	6 - 7 p.m.	Sept. 1 - 29	\$40	15061
Sa	Noon - 1 p.m.			
Tu	6 - 7 p.m.	Oct. 3 - 31	\$40	15062
Sa	Noon - 1 p.m.			
Tu	6 - 7 p.m.	Nov. 3 - 28	\$40	15063
Sa	Noon - 1 p.m.			
Tu	6 - 7 p.m.	Dec. 1 - 29	\$40	15064
Sa	Noon - 1 p.m.			



Outdoor adventures

Kayak Quickstart

Make great memories on the lake. Learn the basics for kayaking including information on essential equipment, methods for launching your kayak, paddling techniques and self-rescue skills. Gain the confidence needed to take on the open water through this exhilarating sport.

Instructor: Kayak Power

Age: 13 and up

Sa	9 - 10:30 a.m.	Sept. 26	\$75	15147
Sa	9 - 10:30 a.m.	Oct. 31	\$75	15148
Sa	9 - 10:30 a.m.	Nov. 28	\$75	15149
Sa	9 - 10:30 a.m.	Dec. 26	\$75	15151

Fitness 101

Build muscles the right way! Learn correct techniques for working out in this one-hour fitness orientation that targets teenagers looking to get in shape. Upon completion of training, participants are eligible to purchase a Fitness Pass. An adult must purchase a Fitness Pass and accompany the youth during each visit.

Instructor: A. Brady

Age: 12 - 15

M-Th By appointment \$25

Xtreme Hip-Hop Step

Get grooving and get moving! Step up your fitness game with this Xtreme take on traditional step aerobics. With exciting routines set to old and new school hip-hop music, this high-intensity, low-impact exercise challenges you while meeting your fitness goals.

Instructor: V. Newton

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

Age: 12 and up

M, W	6:30 - 7:30 p.m.	Sept. 2 - 30	\$25	15057
M, W	6:30 - 7:30 p.m.	Oct. 5 - 28	\$25	15058
M, W	6:30 - 7:30 p.m.	Nov. 2 - 30	\$25	15059
M, W	6:30 - 7:30 p.m.	Dec. 7 - 30	\$25	15060

Sports

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

Sa	10:15 a.m. - Noon	Sept. 5 - 26	\$45	15053
Sa	10:15 a.m. - Noon	Oct. 3 - 24	\$45	15054
Sa	10:15 a.m. - Noon	Nov. 7 - Dec. 5	\$57	15055

Martial Arts

Empty Hands Karate

Goju-ryu is where it's at! This traditional Okinawan style of karate is a combination of hard and soft styles with open and closed hand techniques. Focus on circular and linear hand movements used for attacking and blocking while building strength and discipline.

Instructor: G. Ochie

Family discount available.

Age: 7 and up

Sa	10 - 11 a.m.	Sept. 5 - 26	\$55	15049
Sa	10 - 11 a.m.	Oct. 3 - 31	\$55	15050
Sa	10 - 11 a.m.	Nov. 7 - 28	\$55	15051
Sa	10 - 11 a.m.	Dec. 5 - 26	\$55	15052

VISIT

The Body Shop

AT FIELDS





MADE FRESH & LOCAL

A GARLAND EXPERIENCE

Virtual concert series every other Friday night, featuring some of the area's best musicians and artists.



Desabelle

FRIDAYS, AUG. 14
& SEPT. 25

Streaming starts at 7 p.m.



Tin Man Band

FRIDAYS, AUG. 28
& OCT. 9

Streaming starts at 7 p.m.



La Pompe Dallas

FRIDAYS, SEPT. 11
& OCT. 23

Streaming starts at 7 p.m.



GarlandParks.com

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GARLAND