



# GRANGER

## RECREATION CENTER

1310 W. Avenue F, Garland, TX 75040 | 972-205-2771 | GRC@GarlandTX.gov

# ZUMBA®

MUSIC

FITNESS

FUN



Instructor: S. Paris

Register monthly for \$25 or daily for \$7.

Age: 18 and up

M	6 - 7 p.m.	Sept. 14 - 28	\$25	14910
M	6 - 7 p.m.	Oct. 5 - 26	\$25	14911
M	6 - 7 p.m.	Nov. 2 - 30	\$25	14912
M	6 - 7 p.m.	Dec. 7 - 28	\$25	14913

# Dance

## Butterfly Ballet & Tap

Creativity through movement. Learn the basic steps and concepts of ballet and tap in a safe, fun and enriching environment. Boys and girls will learn techniques and terminology of both styles of dance while developing rhythm, coordination, balance and grace.

### Instructor: A. Grow

Age: 3 - 5

Th	5:30 - 6:15 p.m.	Sept. 3 - 24	\$42	14974
Th	5:30 - 6:15 p.m.	Oct. 1 - 29	\$42	14975
Th	5:30 - 6:15 p.m.	Nov. 5 - 19	\$31	14976
Th	5:30 - 6:15 p.m.	Dec. 3 - 17	\$31	14977

Age: 6 - 10

Th	6:15 - 7 p.m.	Sept. 3 - 24	\$42	15070
Th	6:15 - 7 p.m.	Oct. 1 - 29	\$42	15071
Th	6:15 - 7 p.m.	Nov. 5 - 19	\$31	15072
Th	6:15 - 7 p.m.	Dec. 3 - 17	\$31	15073

## Fan & Flare Dance

Dance the night away! Instruction includes techniques and moves used in line dancing, square dancing, and round dancing from the classics to spaghetti rags. This inexpensive social activity helps you improve coordination and gain valuable exercise through exciting degrees of challenge.

### Instructor: C. Hixson

Age: 18 and up

M	7 - 9 p.m.	Nov. 2 - Jan. 25	\$50	14914
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## Hip-Hop Combo

Exercise has never been more fun. Experience a great cardio workout while learning the dance techniques to a variety of styles including ballet, jazz and hip-hop. Improve strength, flexibility, stamina and balance with each new step designed for all ability levels.

### Instructor: A. Grow

Age: 11 - 15

Th	7 - 7:45 p.m.	Sept. 3 - 24	\$42	15074
Th	7 - 7:45 p.m.	Oct. 1 - 29	\$42	15075
Th	7 - 7:45 p.m.	Nov. 5 - 19	\$31	15076
Th	7 - 7:45 p.m.	Dec. 3 - 17	\$31	15077



## Keep On Moving

Step in time! Learn new and old R&B, soul, country and hip-hop line dances while burning calories. Receive step-by-step instructions that will give you confidence to take on any dance floor. Enjoy getting your groove on in this non-competitive line dancing class.

### Instructor: A. Cooper

Age: 14 and up

Tu, W	7 - 8:30 p.m.	Sept. 1 - 30	\$25	14939
Th	7:15 - 8:45 p.m.			
Tu, W	7 - 8:30 p.m.	Oct. 1 - 29	\$25	14940
Th	7:15 - 8:45 p.m.			
Tu, W	7 - 8:30 p.m.	Nov. 4 - 24	\$25	14941
Th	7:15 - 8:45 p.m.			
Tu, W	7 - 8:30 p.m.	Dec. 1 - 23	\$25	14942
Th	7:15 - 8:45 p.m.			

## Ramblin' Rounds

Don't like to lead when you are dancing? This partner dance, similar to both ballroom and square dancing, has a cuer calling out the dance moves. Challenge yourself to this fun choreography, learn something new, or further develop what you know.

### Instructor: C. Hixson

Age: 16 and up

Tu	7 - 9 p.m.	Oct. 6 - Dec. 29	\$45	14915
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# Health & Fitness

## Cardio Fitness

Maximum results! Minimum time! This multiple stage circuit teaches you interval training techniques that minimize rest between sets to maximize your results. Learn appropriate workout techniques and benefit from both aerobic and anaerobic exercise.

### Instructor: S. Paris

Register monthly for \$30 or daily for \$8.

Age: 18 and up

Th	6 - 7 p.m.	Sept. 3 - 24	\$30	14944
Th	6 - 7 p.m.	Oct. 1 - 29	\$30	14907
Th	6 - 7 p.m.	Nov. 5 - 19	\$22	14908
Th	6 - 7 p.m.	Dec. 3 - 17	\$22	14909

# Martial Arts

## Blakey Tae Kwon Do

Leadership, integrity, fighting, and exercise. Learn the fluid movement of kicks, punches, and jumps while adding other martial arts for well-rounded physical fitness and self-defense training. Hold yourself to a higher standard as you achieve new ranks.

### Instructor: R. Blakey

Register monthly, one day per week for \$30, two days per week for \$45 or three days per week for \$60.

Age: 5 and up

M	7 - 8:30 p.m.	Sept. 5 - 28	\$60	14916
W	6 - 7:15 p.m.			
Sa	9 - 11 a.m.			
M	7 - 8:30 p.m.	Oct. 3 - 31	\$60	14917
W	6 - 7:15 p.m.			
Sa	9 - 11 a.m.			
M	7 - 8:30 p.m.	Nov. 2 - 30	\$60	14918
W	6 - 7:15 p.m.			
Sa	9 - 11 a.m.			
M	7 - 8:30 p.m.	Dec. 5 - 28	\$60	14919
W	6 - 7:15 p.m.			
Sa	9 - 11 a.m.			



# SPORTS

## Lil' Dribblers

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: K. Branch

Age: 3 - 5

Tu	4 - 4:40 p.m.	Sept. 1 - 29	\$27	14921
Tu	4 - 4:40 p.m.	Oct. 6 - 27	\$27	14922
Tu	4 - 4:40 p.m.	Nov. 3 - 24	\$27	14923
Tu	4 - 4:40 p.m.	Dec. 1 - 29	\$27	14924

## Lil' Tots Soccer

Have a ball! Learn the beginner skills of the sport including stopping the ball with the foot, dribbling, passing, and kicking in a non-competitive environment. Soccer teaches team play and develops improved foot and eye coordination, while turning young students into great players.

### Instructor: K. Branch

Age: 3 - 5

W	4 - 4:40 p.m.	Sept. 2 - 30	\$27	14926
W	4 - 4:40 p.m.	Oct. 7 - 28	\$27	14927
W	4 - 4:40 p.m.	Nov. 4 - 25	\$27	14928
W	4 - 4:40 p.m.	Dec. 2 - 30	\$27	14929

## N.E.S.T. Basketball

Work hard, play harder! Unleash your skills in this elevated skill training program designed by a former Mississippi State Bulldogs athlete. Learn the techniques and fundamentals of the sport needed to improve all aspects of your game through drills and scrimmages.

### Instructor: D. Warren

Age: 6 - 16

M	7 - 8 p.m.	Sept. 14 - 28	\$45	14935
M	7 - 8 p.m.	Oct. 5 - 26	\$45	14936
M	7 - 8 p.m.	Nov. 2 - 30	\$45	14937
M	7 - 8 p.m.	Dec. 7 - 28	\$45	14938

## T-Ball

A great start lasts a lifetime. Various techniques and drills teach the fundamentals of hitting, catching and throwing. Students benefit from enhanced hand and eye coordination, improved physical fitness, and learning to follow directions and progressive steps. Gain a healthy social experience and make new friends.

### Instructor: K. Branch

Age: 3 - 5

F	3:30 - 4:10 p.m.	Sept. 4 - 25	\$27	14931
F	3:30 - 4:10 p.m.	Oct. 2 - 30	\$27	14932
F	3:30 - 4:10 p.m.	Nov. 6 - 20	\$27	14933
F	3:30 - 4:10 p.m.	Dec. 4 - 18	\$27	14934

# ID CARDS



All drop-in participants are required to purchase and scan a Recreation Center ID Card when entering a City of Garland recreation center. An ID Card Form must be filled out for each person along with a valid picture ID and proof of residency. Legal guardians must fill out and sign forms for participants under the age of 18. Guardians may be required to prove guardianship. Valid for one year.

Non-Garland Residents	
Ages 7 - 12 .....	\$9
Ages 13 & up .....	\$20

Garland Residents	
Ages 7 - 12 .....	\$5
Ages 13 & up .....	\$15

# FITNESS PASS

Enjoy the use of The Body Shops fitness areas and equipment. Benefits include body fat analysis, help setting fitness goals, and the use of cardio equipment, free weights and weight machines. Includes access to the recreation center gymnasiums. Valid for one year.

## The Body Shops



Garland Residents	
Ages 16 & up .....	\$40
Non-Garland Residents	
Ages 16 & up .....	\$80

Weight Machines \* Free Weights \* Treadmills \* Stationary Bikes \* Ellipticals \* Cross Trainers

### THE BODY SHOPS LOCATIONS:

Fields Recreation Center  
1701 Dairy Road \* 972-205-3090

Granger Recreation Center  
1310 W. Avenue F \* 972-205-2771

Hollabaugh Recreation Center  
3925 W. Walnut St. \* 972-205-2721