



Arts & Crafts

Uniquely Made Cards

Discover the art of creating cards and paper crafts in this one-day course! There are many ways to add your personal touch to gifts and cards. This hands-on class teaches you how to create personalized greeting cards and paper crafts. No experience necessary. You will make and take home all items. All materials are provided. Each class covers a different topic and technique.

Instructor: S. Taylor

Ages: 16 and up.....			\$20
T 6:30 - 9:00 PM	Jan 10		6823
T 6:30 - 9:00 PM	Feb 14		6824
T 6:30 - 9:00 PM	Mar 14		6825
T 6:30 - 9:00 PM	Apr 11		6826

Camps

Spring Break Adventure Camp

The great outdoors! Discover and participate in local group adventures. Outdoor activities include repelling, archery, rock climbing, disc golf, and outdoor cooking. This is an amazing opportunity to develop new skills, find friends with common interests, and get active. New field trips each week.

Instructor: R. Bibby

Ages: 8 - 12.....			\$89
M-F 9:00 AM - 5:00 PM	Mar 13 - 17		6839

Dance

All Star Hip Hop

Be elite; be dynamic; be you! Take your skills to the next level with instruction that focuses on developing rhythm, style, and proper techniques. Build a strong foundation in dance while developing coordination and increasing strength, flexibility, and self confidence.

Instructor: R. Johnson

Ages: 6 - 17.....			\$42
T 7:00 - 8:00 PM	Jan 3 - 24		6778
T 7:00 - 8:00 PM	Feb 7 - 28		6780
T 7:00 - 8:00 PM	Mar 7 - 28		6781
T 7:00 - 8:00 PM	Apr 4 - 25		6782

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: E. Schwericke

Ages: 3 - 5.....			\$47
Sa 9:30 - 10:15 AM	Jan 7-Mar 18		6715
Sa 11:30 AM - 12:15 PM	Jan 7-Mar 18		6717

Ages: 6 - 12.....			\$47
Sa 10:25 - 11:10 AM	Jan 7-Mar 18		6716

AUDUBON

RECREATION CENTER

972-205-3991 - 342 W. Oates, Garland, TX 75043 - ARC@GarlandTX.gov

Health & Fitness

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.

Instructor: R. Bibby

Ages: 3 - 5			\$9
W 9:30 AM - 12:00 PM	Jan 18	6942	
W 9:30 AM - 12:00 PM	Feb 15	6943	
W 9:30 AM - 12:00 PM	Mar 15	6944	
W 9:30 AM - 12:00 PM	Apr 19	6945	

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.

Instructor: M. Raygoza

Ages: 9 and up

Register for \$37 monthly, \$12 weekly, or \$5 daily.

T-Th 7:30 - 8:30 PM	Jan 3 - 31	
T-Th 7:30 - 8:30 PM	Feb 2 - 28	
T-Th 7:30 - 8:30 PM	Mar 2 - 30	
T-Th 7:30 - 8:30 PM	Apr 4 - 27	

Yogalates

The best of both worlds! This Pilates and Yoga mix works your core and challenges your strength, endurance, and flexibility without stress on the joints. Form a connection of body and mind while toning, increasing balance, and improving focus.

Instructor: L. Fiske

Ages: 3 - 5			\$45
M 6:30 - 7:45 PM	Jan 2 - 30	6722	
W 6:00 - 7:15 PM			
M 6:30 - 7:45 PM	Feb 1 - 27	6723	
W 6:00 - 7:15 PM			
M 6:30 - 7:45 PM	Mar 1 - 29	6724	
W 6:00 - 7:15 PM			
M 6:30 - 7:45 PM	Apr 3 - 26	6725	
W 6:00 - 7:15 PM			

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, self defense, sparring, and weapons. Attain discipline, self control, and physical fitness.

Instructor: J. Young

Ages: 8 - 14			\$31
T,Th 7:00 - 8:00 PM	Jan 3 - Feb 2	6840	
T,Th 7:00 - 8:00 PM	Feb 14 - Mar 16	6841	
T,Th 7:00 - 8:00 PM	Mar 28 - Apr 27	6842	

Ages: 15 and up			\$31
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T,Th 8:00 - 9:00 PM	Jan 3 - Feb 2	6843
T,Th 8:00 - 9:00 PM	Feb 14 - Mar 16	6844
T,Th 8:00 - 9:00 PM	Mar 28 - Apr 27	6845

Outdoor Adventures

Duck Creek Adventures

The great outdoors! Discover and participate in local group adventures. Activities include archery, fishing, outdoor exploration, safety, teambuilding games, crafts, outdoor cooking, camping skills, and much more! This is an amazing opportunity to develop new skills, find friends with common interests, and get active.

Instructor: R. Bibby

Ages: 8 - 11			\$29
T 4:00 - 4:45 PM	Jan 3 - 31	6793	
T 4:00 - 4:45 PM	Feb 7 - 28	6794	
T 4:00 - 4:45 PM	Mar 7 - 28	6795	
T 4:00 - 4:45 PM	Apr 4 - 25	6796	

Ages: 12 - 16			\$29
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Th 4:00 - 4:45 PM	Jan 5 - 26	6800
Th 4:00 - 4:45 PM	Feb 2 - 23	6803
Th 4:00 - 4:45 PM	Mar 2 - 30	6804
Th 4:00 - 4:45 PM	Apr 6 - 27	6806



Performing Arts

The Childbloom Guitar Program

Strike a chord! Learn basic fundamentals including how to tune the instrument, basic open chords, understanding notation, basic reading, and playing in time. Students with little or no knowledge of playing guitar thrive in this enriching musical environment. Increase musicality and performance skills. Prior to your first class, please contact instructor Rich Verde at (214) 883-6608 to set up your class time. For more information about the program you may call the instructor or visit www.dallascountieseast.childbloom.com. Student will be required to have an appropriate age sized nylon string guitar. prior to class for information. There will be a \$35 enrollment fee which includes initial learning material. Fee is payable to the instructor on the first day of class.

Instructor: R. Verde

Ages: 5 - 12			\$75
T	3:15 - 8:00 PM	Jan 3 - 31	6831
T	3:15 - 8:00 PM	Feb 7 - 28	6832
T	3:15 - 8:00 PM	Mar 7 - 28	6833
T	3:15 - 8:00 PM	Apr 4 - 25	6834
Th	2:00 - 8:00 PM	Jan 5 - 26	6835
Th	2:00 - 8:00 PM	Feb 2 - 23	6836
Th	2:00 - 8:00 PM	Mar 2 - 30	6837
Th	2:00 - 8:00 PM	Apr 6 - 27	6838



Sports

Basketball Skills

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 noncompetitive environment.

Instructor: M. Thompson

Beginner

Ages: 8 - 12			\$30
Sa	9:30 - 10:30 PM	Jan 7 - 28	6996
Sa	9:30 - 10:30 PM	Feb 4 - 25	6997
Sa	9:30 - 10:30 PM	Mar 4 - 25	6998
Sa	9:30 - 10:30 PM	Apr 1 - 22	6999

Advanced

Ages: 8 - 12			\$30
Sa	10:30 - 11:30 PM	Jan 7 - 28	6992
Sa	10:30 - 11:30 PM	Feb 4 - 25	6993
Sa	10:30 - 11:30 PM	Mar 4 - 25	6994
Sa	10:30 - 11:30 PM	Apr 1 - 22	6995

All Star Tumbling Level 1

Tumble like crazy! Build a solid foundation in tumbling through floor exercises and drills that focus on proper technique and execution. Learn cartwheels, round offs, handsprings, and layouts. Improve sports skills and physical fitness while increasing strength, coordination, and balance.

Instructor: R. Johnson

Ages: 6 - 17			\$42
M	7:00 - 8:00 PM	Jan 2 - 23	6783
M	7:00 - 8:00 PM	Feb 6 - 27	6784
M	7:00 - 8:00 PM	Mar 6 - 27	6785
M	7:00 - 8:00 PM	Apr 3 - 24	6787

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: D. Peterson

Ages: 3 - 5			\$27
T	11:00 - 11:40 AM	Jan 3 - 31	6818
T	11:00 - 11:40 AM	Feb 7 - 28	6820
T	11:00 - 11:40 AM	Mar 7 - 28	6821
T	11:00 - 11:40 AM	Apr 4 - 25	6822



Visit PlayGarland.com to register online for classes and programs.

