



## Arts & Crafts

### Decoupage

Come and experience the fun of decoupage ceramic tiles! No experience needed. Learn a new craft and make new friends, while creating your very own design. You will learn about application and material selection for your artwork. All materials are provided.

Instructor: J. Asafu-Adjaye

<b>Ages: 13 and up.....</b>			<b>\$30</b>
Sa	9:00 AM - 12:00 PM	Jan 28	7039
Sa	9:00 AM - 12:00 PM	Feb 18	7040
Sa	9:00 AM - 12:00 PM	Mar 25	7067
Sa	9:00 AM - 12:00 PM	Apr 29	7068

## Dance

### 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

<b>Ages: 14 and up.....</b>			<b>\$28</b>
T	7:00 - 8:30 PM	Jan 2 - 30	6884
T	7:00 - 8:30 PM	Feb 7 - 28	6885
T	7:00 - 8:30 PM	Mar 7 - 28	6886
T	7:00 - 8:30 PM	Apr 4 - 25	6887

## Health & Fitness

### Boot Camp

Your life; your body; your adventure! Get up and get going for an invigorating workout including fitness instruction, motivational training, and energizing activities designed to help you reach your fitness goals. Increase strength, endurance, and improve your confidence.

Instructor: B. Gaddis

<b>Ages: 17 and up.....</b>					
M,W	7:30 - 8:30 PM	Jan 4 - 30	7058		\$35
M,W	7:30 - 8:30 PM	Feb 1 - 27	7059		\$45
M,W	7:30 - 8:30 PM	Mar 6 - 29	7060		\$40
M,W	7:30 - 8:30 PM	Apr 3 - 26	7061		\$45

### 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

<b>Ages: 16 and up.....</b>					
T,Th	6:00 - 7:00 PM	Jan 3 - 31			6857
T,Th	6:00 - 7:00 PM	Feb 2 - 28			6858
T,Th	6:00 - 7:00 PM	Mar 2 - 30			6859
T,Th	6:00 - 7:00 PM	Apr 4 - 27			6860

# BRADFIELD

## RECREATION CENTER

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

## 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: R. Truelock

**Ages: 14 and up**

**Register for \$32 monthly or \$5 daily.**

T,Th	5:45 - 6:45 PM	Jan 10 - 31*	6973
Sa	12:30 - 1:30 PM		
T,Th	5:45 - 6:45 PM	Feb 2 - 28	6974
Sa	12:30 - 1:30 PM		
T,Th	5:45 - 6:45 PM	Mar 2 - 30	6975
Sa	12:30 - 1:30 PM		
T,Th	5:45 - 6:45 PM	Apr 4 - 27	6976
Sa	12:30 - 1:30 PM		

\*Jan 3, 5 and 7 will be free of charge.

## Martial Arts

### Tae Kwon Do & 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 self defense skills.

Instructor: D. Ybarra

<b>Ages: 4 - 15</b> .....			<b>\$40</b>
M,W	7:15 - 8:45 PM	Jan 2 - 30	6544
M,W	7:15 - 8:45 PM	Feb 1 - 27	6854
M,W	7:15 - 8:45 PM	Mar 1 - 29	6855
M,W	7:15 - 8:45 PM	Apr 3 - 26	6856

<b>Ages: 15 and up</b> .....			<b>\$40</b>
Th	7:15 - 8:45 PM	Jan 5 - 28	6937
Sa	10:00 - 11:45 AM		
Th	7:15 - 8:45 PM	Feb 2 - 25	6938
Sa	10:00 - 11:45 AM		
Th	7:15 - 8:45 PM	Mar 2 - 30	6939
Sa	10:00 - 11:45 AM		
Th	7:15 - 8:45 PM	Apr 1 - 29	6940
Sa	10:00 - 11:45 AM		

## Performing Arts

### Violin

Make some music! Learn the basics of violin including proper stance, how to hold the bow, finger placement on strings, and bowing patterns. Basic keys, correct tune, and sight reading will be covered. Appreciate the beauty and grace of this classical instrument while expanding your musical knowledge.

Instructor: B. Gaddis

<b>Ages: 7 and up</b> .....			<b>\$54</b>
T	4:00 - 5:00 PM	Jan 10 - 31	7062
T	4:00 - 5:00 PM	Feb 7 - 28	7063
T	4:00 - 5:00 PM	Mar 7 - 28	7064
T	4:00 - 5:00 PM	Apr 4 - 25	7065

## Sports

### Youth Basketball

You could go all the way! All aspects of the game will be covered from the rules to the skills. Learn passing, catching, tackling, and route running techniques that can be used at all levels. Prepare for the upcoming season by getting in shape.

Instructor: F. Thompson

<b>Ages: 5 - 10</b> .....			<b>\$38</b>
M	6:00 - 6:45 PM	Jan 9 - 30	6879
M	6:00 - 6:45 PM	Feb 6 - 27	6930
<b>Ages: 7 - 12</b> .....			<b>\$38</b>
M	6:00 - 6:45 PM	Mar 6 - 27	6931
M	6:00 - 6:45 PM	Apr 4 - 25	6932

### 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 noncompetitive environment. Soccer teaches team play and develops improved foot and eye coordination, while turning young students into great players.

Instructor: B. Gaddis

<b>Ages: 3 - 5</b> .....			<b>\$30</b>
T	1:00 - 1:40 PM	Jan 3 - 31	6772
T	1:00 - 1:40 PM	Feb 7 - 28	6873
T	1:00 - 1:40 PM	Mar 7 - 28	6874
T	1:00 - 1:40 PM	Apr 4 - 25	6875

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

