



## Arts & Crafts

### Art of Pencil Drawing

Draw what you see! Master the fundamentals of pencil and ink drawing including basic forms, composition, light and shadows, and values. Create your own works of art with an accomplished artist as she takes you step by step with instructions that are easy to follow.

Instructor:	R. Sharman		
<b>Ages: 18 and up</b>			<b>\$52</b>
W	11:00 AM - 12:30 PM	Jan 4 - 25	6339
W	11:00 AM - 12:30 PM	Feb 1 - 22	6340
W	11:00 AM - 12:30 PM	Mar 1 - 29	6341
W	11:00 AM - 12:30 PM	Apr 5 - 26	6342

### Brilliant Watercolor Painting

Beauty in every stroke! Immerse yourself in the world of watercolors while learning about color, perspective, pigments, and their characteristics. All levels of artists will grow in this fun, encouraging environment that leads you to mastering this beautiful medium. Purchase start up supplies through the instructor. Cost will be approximately \$50.

Instructor:	R. Sharman		
<b>Ages: 18 and up</b>			<b>\$82</b>
Th	10:00 AM - 1:00 PM	Jan 5 - 26	6343
Th	10:00 AM - 1:00 PM	Feb 2 - 23	6344
Th	10:00 AM - 1:00 PM	Mar 2 - 30	6345
Th	10:00 AM - 1:00 PM	Apr 6 - 27	6346

### Cooks & Books

Blend the world of cooking and reading together. Enjoy stories about different types of food and then make snacks that include them. Learn about safety tips, healthy practices, and common kitchen tools.

Instructor:	J. Stewart		
<b>Ages 3 - 5</b>			<b>\$10</b>
Th	11:00 AM - 12:00 PM	Jan 12	6357
Th	11:00 AM - 12:00 PM	Jan 26	6378
Th	11:00 AM - 12:00 PM	Feb 9	6379
Th	11:00 AM - 12:00 PM	Feb 23	6380
Th	11:00 AM - 12:00 PM	Mar 9	6381
Th	11:00 AM - 12:00 PM	Mar 23	6382
Th	11:00 AM - 12:00 PM	Apr 13	6383
Th	11:00 AM - 12:00 PM	Apr 27	6384

### Messy Masterpieces

Dress for a mess! Explore hands on art and create unique masterpieces that you can take home using a variety of messy materials including finger paints, shaving cream, play dough, and goop. Increase self expression, enhance fine motor skills, create lasting memories, and socialize.

Instructor:	M. Hall		
<b>Ages: 3 - 6</b>			<b>\$36</b>
T	11:00 - 11:45 AM	Jan 10 - 31	6351
T	11:00 - 11:45 AM	Feb 7 - 28	6352
T	11:00 - 11:45 AM	Mar 7 - 28	6353
T	11:00 - 11:45 AM	Apr 4 - 25	6354

# HOLFOLRD

## RECREATION CENTER

972-205-2772 - 2314 Homestead Pl., Garland, TX 75044 - HRC@GarlandTX.gov

# Dance

## Baby & Me Dance

Swing and sway with your little one! Music, movement, balance, and basic dance steps are used to provide sensory stimulation and brain development for infants. Create a lasting bond through a variety of activities in this fun and safe environment.

Instructor: K. Anderson

<b>Ages: Less than 2.....</b>			<b>\$35</b>
W	10:00 - 10:30 AM	Jan 4 - 25	6645
W	10:00 - 10:30 AM	Feb 1 - 22	6647
W	10:00 - 10:30 AM	Mar 1 - 29	6651
W	10:00 - 10:30 AM	Apr 5 - 26	6652

## 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: L. Brown

<b>Ages: 3 - 5.....</b>			<b>\$48</b>
Th	4:00 - 4:30 PM	Jan 5 - Feb 9	6762
Th	4:00 - 4:30 PM	Feb 16 - Mar 30	6763
Th	4:00 - 4:30 PM	Apr 6 - May 11	6764

<b>Ages: 6 - 9.....</b>			<b>\$53</b>
Th	4:35 - 5:20 PM	Jan 5 - Feb 9	6765
Th	4:35 - 5:20 PM	Feb 16 - Mar 30	6766
Th	4:35 - 5:20 PM	Apr 6 - May 11	6767

## Belly Dance

Shimmy, shake! This ancient dance uses gentle and repetitive movement to exercise all of your muscles. Strengthen and tone your shape, add flexibility, and improve circulation. Mobilize joints and possibly slow the onset of arthritis and back problems. Increase endurance while gaining poise and grace.

Instructor: L. Donahue

<b>Ages: 16 and up.....</b>			<b>\$42</b>
T	6:00 - 7:00 PM	Jan 3 - 31*	6304
T	6:00 - 7:00 PM	Feb 7 - 28	6305
T	6:00 - 7:00 PM	Mar 7 - 28	6306
T	6:00 - 7:00 PM	Apr 4 - 25	6307

\*Jan 3 - 31 class is \$52.

## Choreographed Ballroom

Dance and sway with ease! Relieve the stress of learning popular ballroom styles by having a cuer call out the moves. Learn routines and figures to standard dance rhythms such as rumba, jive, cha cha, waltz, tango, and foxtrot. Increase your confidence and look better on the dance floor.

Instructor: R. Webb

<b>Ages: 18 and up.....</b>			<b>\$30</b>
Th	6:45 - 8:45 PM	Jan 5 - Mar 23	6322
Th	6:45 - 8:45 PM	Mar 30 - Jun 15	6323

## Creative Movement

Tap, twist, and twirl! Young dancers will be introduced to the basic techniques needed to build a foundation in ballet, tap, and rhythm through a variety of games and activities. Curriculum designed to develop balance and coordination and improve confidence.

Instructor: K. Anderson

<b>Ages: 2 - 4.....</b>			<b>\$45</b>
Sa	11:00 - 11:45 AM	Jan 7 - 28	6616
Sa	11:00 - 11:45 AM	Feb 4 - 25	6617
Sa	11:00 - 11:45 AM	Mar 4 - 25*	6618
Sa	11:00 - 11:45 AM	Apr 1 - 29	6619

\*Mar 4 - 25 class is \$35. No class Mar 18.

## Dance Fusion

It is never too early to get addicted to dance! Young dancers are introduced to the styles of ballet, tap, and jazz in a fun and positive environment. Activities and fun choreography help develop poise, grace, rhythm, technique, and body movements and positions.

Instructor: K. Anderson

<b>Ages: 5 - 9.....</b>			<b>\$45</b>
Sa	11:45 AM - 12:30 PM	Jan 7 - 28	6624
Sa	11:45 AM - 12:30 PM	Feb 4 - 25	6635
Sa	11:45 AM - 12:30 PM	Mar 4 - 25*	6636
Sa	11:45 AM - 12:30 PM	Apr 1 - 29	6637

\*Mar 4 - 25 class \$35. No class Mar 18.

# Health & Fitness

## Jazzercise

Leave it on the dance floor! This high intensity mix of dance based cardio and strength training provides an 800 calorie crushing total body workout. With pulse pounding music and body blasting moves, target upper body, abs, and legs to rock it out, slim it down, and tone it up.

Ongoing classes. No contracts or long term obligations. For more info and pricing, please contact Julie McGinnis-Grindele, 972-978-1915 or juliegrindele@gmail.com.

Instructor: J. McGinnis-Grindele

<b>Ages: 16 and up</b>		
M,T	9:30 - 10:30 AM	
	6:00 - 7:00 PM	
W	9:30 - 10:30 AM	
	5:30 - 6:00 PM	Express
	6:15 - 7:00 PM	Strength
Th	9:30 - 10:00 AM	Express
	10:15 - 11:00 AM	Strength
	6:00 - 7:00 PM	
F,Sa	9:30 - 10:30 PM	

## Yang Style Tai Chi

Balance from within. Learn the round fluid arm movements and wide steps of this ancient noncombative martial art that develops the internal energy known as "chi". Improve joint movement, balance, coordination, leg strength, and endurance while practicing this gentle exercise that generates energy.

Instructor: L. Donahue

<b>Ages: 16 and up.....</b>			<b>\$42</b>
T	7:30 - 8:30 PM	Jan 3 - 31*	6308
T	7:30 - 8:30 PM	Feb 7 - 28	6309
T	7:30 - 8:30 PM	Mar 7 - 28	6310
T	7:30 - 8:30 PM	Apr 4 - 25	6311

\* Jan 3 - 31 class is \$52.

## 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: T. Nakaya

#### Beginner

<b>Ages: 6 - 12.....</b>			<b>\$44</b>
W	6:30 - 7:45 PM	Jan 11 - Mar 1	6494
W	6:30 - 7:45 PM	Mar 22 - May 10	6495

#### Ages: 13 and up.....

W	6:30 - 8:30 PM	Jan 11 - Mar 1	6417
W	6:30 - 8:30 PM	Mar 22 - May 10	6418

#### Advanced

<b>Ages: 6 - 12.....</b>			<b>\$44</b>
Sa	9:30 AM - 12:15 PM	Jan 14 - Mar 4	6421
Sa	9:30 AM - 12:15 PM	Mar 25 - May 13	6422

#### Ages: 13 and up.....

Sa	9:30 AM - 12:15 PM	Jan 14 - Mar 4	6419
Sa	9:30 AM - 12:15 PM	Mar 25 - May 13	6420

## Performing Arts

### Baby & Me Music

Love and grow through music with your little one! Enjoy a variety of activities using music, singing, listening, watching, moving, and exploring with instruments that engage infants and toddlers at their own level. This shared learning experience creates a unique bond as learning becomes associated with fun, musical play.

Instructor: K. Anderson

<b>Ages: Less than 2.....</b>			<b>\$35</b>
W	10:30 - 11:00 AM	Jan 4 - 25	6654
W	10:30 - 11:00 AM	Feb 1 - 22	6655
W	10:30 - 11:00 AM	Mar 1 - 29	6656
W	10:30 - 11:00 AM	Apr 5 - 26	6657

## Guitar

Strike a chord! Learn basic fundamentals including how to tune the instrument, basic open and barre chords, understanding notation, basic reading, and playing in time. Students with little or no knowledge of playing guitar thrive in this enriching musical environment. Bring an acoustic guitar.

Instructor: J. Reger

#### Beginner

<b>Ages: 18 and up.....</b>			<b>\$95</b>
W	1:00 - 1:40 PM	Jan 11 - Feb 15	6743
W	1:00 - 1:40 PM	Mar 1 - Apr 12	6744
W	1:00 - 1:40 PM	Apr 26 - May 31	6745

#### Beginner

<b>Ages: 8 and up.....</b>			<b>\$85</b>
Sa	12:50 - 1:30 PM	Jan 7 - Feb 18	6746
<b>Ages: 8 and up.....</b>			<b>\$75</b>
Sa	12:50 - 1:30 PM	Feb 25 - Apr 8	6747
Sa	12:50 - 1:30 PM	Apr 22 - May 20	6748

#### Continuing

<b>Ages: 8 and up.....</b>			<b>\$85</b>
Sa	1:30 - 2:10 PM	Jan 7 - Feb 18	6750
<b>Ages: 8 and up.....</b>			<b>\$75</b>
Sa	1:30 - 2:10 PM	Feb 25 - Apr 8	6751
Sa	1:30 - 2:10 PM	Apr 22 - May 20	6752

## Music Discovery Piano

Tickle the ivories! Learn the basics of playing the piano including proper playing technique, note recognition, and the fundamentals of music theory. Instruction is based on age appropriate learning materials and activities including games, worksheets, and hands on performance. \$5 supply fee payable to instructor.

Instructor: R. Verde

#### Piano I Beginner

<b>Ages: 7 - 11.....</b>			<b>\$54</b>
W	4:00 - 4:30 PM	Jan 4 - 25	6325
W	4:00 - 4:30 PM	Feb 1 - 22	6326
W	4:00 - 4:30 PM	Mar 1 - 29	6327
W	4:00 - 4:30 PM	Apr 5 - 26	6328

#### Piano I Advance

<b>Ages: 7 - 11.....</b>			<b>\$54</b>
W	4:30 - 5:00 PM	Jan 4 - 25	6371
W	4:30 - 5:00 PM	Feb 1 - 22	6372
W	4:30 - 5:00 PM	Mar 1 - 29	6373
W	4:30 - 5:00 PM	Apr 5 - 26	6374

#### Piano II Beginner

<b>Ages 7 - 11.....</b>			<b>\$54</b>
W	3:30 - 4:00 PM	Jan 4 - 25	6329
W	3:30 - 4:00 PM	Feb 1 - 22	6330
W	3:30 - 4:00 PM	Mar 1 - 29	6331
W	3:30 - 4:00 PM	Apr 5 - 26	6333

#### Piano II Advance

<b>Ages: 7 - 11.....</b>			<b>\$54</b>
W	5:00 - 5:30 PM	Jan 4 - 25	6335
W	5:00 - 5:30 PM	Feb 1 - 22	6336
W	5:00 - 5:30 PM	Mar 1 - 29	6337
W	5:00 - 5:30 PM	Apr 5 - 26	6338

# Sports

## Gymnastic Tumbling

Jump into fun! Learn the basics of gymnastics with a variety of equipment including mats, balance beam, trampoline, and more. Develop a strong foundation in the sport through energizing activities that will enhance physical fitness and endurance, and build character.

Instructor: K. Anderson

<b>Ages: 5 - 7.....</b>			<b>\$45</b>
Sa 10:00 - 10:45 AM	Jan 7 - 28		6680
Sa 10:00 - 10:45 AM	Feb 4 - 25		6681
Sa 10:00 - 10:45 AM	Mar 4 - 25*		6685
Sa 10:00 - 10:45 AM	Apr 1 - 29		6690

\*Mar 4 - 25 class is \$35. No Class Mar 18.



## Homeschool Sports

Fitness, Fun, and Fundamentals! Explore multiple sports in an exciting team environment, while learning the rules, strategies, and techniques of each sport. Enjoy old favorites mixed with new ones through drills and activities for games including kickball, dodgeball, whiffle ball, wall ball, capture the flag, and more.

Instructor: Bowmen Sports

<b>Ages: 6 - 14.....</b>			<b>\$45</b>
Th 1:00 - 2:30 PM	Jan 5 - 26		6862
Th 1:00 - 2:30 PM	Feb 2 - 23		6863
Th 1:00 - 2:30 PM	Mar 2 - 30		6864
Th 1:00 - 2:30 PM	Apr 6 - 27		6865

## Mini Tumbler

Stop, drop, and roll! Parents stay and play with your little one and help them develop physically and mentally through gymnastics based activities. Using the balance beam and mats, play games that develop strength, coordination, and listening skills while increasing social interaction.

Instructor: K. Anderson

<b>Ages: 2 - 4.....</b>			<b>\$45</b>
Sa 9:15 - 10:00 AM	Jan 7 - 28		6695
Sa 9:15 - 10:00 AM	Feb 4 - 25		6699
Sa 9:15 - 10:00 AM	Mar 4 - 25*		6701
Sa 9:15 - 10:00 AM	Apr 1 - 29		6709

\*Mar 4 - 25 class is \$35. No Class Mar 18.

## Sword Play

Touché! Learn basic skills necessary to fence for fun, exercise, and competition. Group and individual instruction includes practice bouts, techniques, and the rules of contest while focusing on safety and the fundamentals of Foil Fencing. Improve hand and eye plus hand and foot coordination, balance, and aerobic capacity.

Instructor: K. Henson

<b>Ages: 12 and up.....</b>			<b>\$42</b>
Th 7:05 - 8:50 PM	Jan 5 - Mar 9		6355
Th 7:05 - 8:50 PM	Mar 16 - May 18		6356



**Visit [PlayGarland.com](http://PlayGarland.com) to register online for classes and programs.**



# THERAPEUTIC RECREATION



## Garland Senior Activity Center

### Make It a Movie

Lights, camera, action! Travel to a local movie theater and enjoy Hollywood blockbusters. See all of your favorite stars on the big screen. Comedy, action, and drama, we have got it all! Fee includes transportation and ticket. Bring money for snacks.

Instructor: H. Lambert

#### Beauty and the Beast

Ages: 21 and up.....\$14  
Sa TBA Apr 8 6375

### Out 'N About

Ready, set, go! Travel with your friends to special events, concerts, sports competitions, or entertainment hot spots all around the metroplex. Find exciting new experiences around every corner. Enjoy a performance by the Dallas Children's Theater.

Instructor: H. Lambert

Ages: 21 and up.....\$20  
Sa 12:30 - 3:30 PM Feb 18 6376

### TR Food Crew

Fun, food, and friends! Enjoy all the best restaurants in the area from American food to Mexican food. With endless choices, order your favorites or try something new. Improve social skill development and increase independence in a community setting. Bring money for your meal.

Instructor: H. Lambert

#### Hubbard's Cubbard

Ages: 21 and up.....\$5  
F 5:00 - 7:30 PM Mar 3 6385

## Holford Recreation Center

### Dramapalooza

A round of applause! Curriculum designed for students with disabilities. Learn the steps of theatrical play production including acting, singing, costumes, and props. Sharpen your skills or develop new ones in this exciting group setting. Impress family and friends and show off your talents in a live performance. \$12 t-shirt fee payable to instructor.

Instructor: L. Stewart

Ages: 21 and up.....\$39  
Sa 11:00 AM - 12:30 PM Jan 14 - 21 6370

### Fit Games

Play new games, old games, and traditional games with a twist! Contests, fitness, and fun help you build teamwork, creative thinking, problem solving, and social skills. Meet new challenges as you work to become more active and physically fit.

Instructor: F. Thompson

Ages: 21 and up.....\$36  
T 6:15 - 7:15 PM Feb 7 - 28 6373

### Super Simple Science

Make science fun as you learn how and why science affects the world around you. Make observations and predictions before performing hands on experiments. Each week covers a different topic. \$10 supply fee payable to instructor.

Instructor: K. Dillon

Ages: 21 and up.....\$36  
T 6:30 - 7:30 PM Mar 7 - 28 6377

### Win it in a Minute

Competition in a whole new way! Show up your friends in a variety of games that you only have one minute to complete. Challenge yourself and build problem solving skills as you explore a new set of games each week.

Instructor: K. Dillon

Ages: 21 and up.....\$26  
T 6:30 - 7:30 PM Apr 4 - 25 6768



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