

# Peek at PLAY



**January - April 2017**

## Community Education

### Simple LEGO Machines I

Learn to build machines with LEGO! Explore how levers manipulate and control objects, how pulleys make heavy things light, and what fascinating things we can do with gears. The models include step-by-step instruction and the models are designed to help the student explore numerous engineering principles.

Instructor: D. Hawkins

<b>Ages: 8 - 12</b> .....	<b>\$60</b>
W 4:00 - 5:30 PM Jan 11 - Feb 1	7035
W 4:00 - 5:30 PM Feb 8 - Mar 1	7036
W 4:00 - 5:30 PM Mar 8 - 29	7037
W 4:00 - 5:30 PM Apr 5 - 26	7038

### Youth Mock Trials

Court is in order! Come out and learn how to carefully construct arguments, thought provoking debates, and most importantly, memories you can enjoy forever. This 6 week fall program is designed to help expose youth and teach them about the judicial system in an educational environment!

Instructor: D. Clark

<b>Ages: 8 - 12</b> .....	<b>\$37</b>
W 4:00 - 5:30 PM Jan 11 - Feb 15	6742

**Hollabaugh Recreation Center has one of three Body Shops in Garland. The Body Shops include weights, stationary bikes, ellipticals, treadmills, and other training equipment.**

## Dance

### Ballet & Tap Combo

Join us as we learn the fundamentals of dance! Students will gain knowledge of ballet and tap and obtain rhythm and counting skills through creative movement in an interactive class environment.

Instructor: J. Roach

<b>Ages: 2 - 5</b> .....	<b>\$45</b>
Sa 9:15 - 10:00 AM Jan 7 - 28	6414
Sa 9:15 - 10:00 AM Feb 4 - 25	6600
Sa 9:15 - 10:00 AM Mar 4 - 25	6602
Sa 9:15 - 10:00 AM Apr 8 - 29	6604

### Ages: 6 - 10.....\$45

Sa 10:00 - 10:45 AM Jan 7 - 28	6599
Sa 10:00 - 10:45 AM Feb 4 - 25	6601
Sa 10:00 - 10:45 AM Mar 4 - 25	6603
Sa 10:00 - 10:45 AM Apr 8 - 29	6605

### To the Beat

This Hip - Hop class for kids is just for fun! No experience required. Come learn a new dance each Saturday to songs with a good beat and meaning.

Instructor: T. Aquino

<b>Ages: 8 - 12</b> .....	<b>\$25</b>
Sa 10:00 - 10:45 AM Jan 14 - Feb 18	6947
Sa 10:00 - 10:45 AM Mar 4 - Apr 8	6948

# HOLLABAUGH

## RECREATION CENTER

972-205-2721 - 3925 W. Walnut St., Garland, TX 75042 - HHRC@GarlandTX.gov

# Health & Fitness

## Fitness 101

Build muscles the right way! Learn correct techniques for working out while gaining knowledge on how the body functions. This one hour fitness orientation targets teenagers looking to get in shape. Upon completion of training, participants are eligible to purchase The Body Shops Fitness Pass.

Instructor: R. Jackson  
**Ages: 12 - 15.....\$25**  
 M-Th 2:00 - 4:00 PM Jan 4 - Apr 5 6454

## Pilates

Experience one of today's most popular workouts. Condition the whole body with well balanced routines that teach proper breathing and spinal alignment, while strengthening the deep torso muscles. Certified instructors adapt all exercises to meet each individual's needs using weighted balls, foam rollers, exercise balls, and resistance bands.

Instructor: K. Robbins  
**Ages: 18 and up.....\$27**  
 T,Th 6:30 - 7:30 PM Jan 3 - 31 6466  
 T,Th 6:30 - 7:30 PM Feb 2 - 28 6467  
 T,Th 6:30 - 7:30 PM Mar 2 - 30\* 6468  
 T,Th 6:30 - 7:30 PM Apr 4 - 27 6592

\*Mar 2 - 30 class is \$24. No Class Mar 14 & 16.

## 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: C. Raygoza  
**Ages: 9 and up**  
**Register for \$37 monthly, \$12 weekly, or \$5 daily.**  
 M-W 6:00 - 7:00 PM Jan 2 - 31  
 M-W 6:00 - 7:00 PM Feb 1 - 28  
 M-W 6:00 - 7:00 PM Mar 1 - 29  
 M-W 6:00 - 7:00 PM Apr 3 - 27



# Martial Arts

## Kung Fu - Adults

Focus on building a stronger you! Learn the five basic animal styles of Kung Fu while practicing correct execution of kicking, punching, and stance techniques. Develop discipline and enhance physical skills, dexterity, and alertness through this ancient form of martial arts.

Instructor: J. Clark  
**Ages: 6 - 14.....\$42**  
 M,T 7:00 - 8:00 PM Jan 3 - 31 6460  
 Sa 11:00 AM - 12:00 PM  
 M,T 7:00 - 8:00 PM Feb 4 - 28 6461  
 Sa 11:00 AM - 12:00 PM  
 M,T 7:00 - 8:00 PM Mar 4 - 28 6462  
 Sa 11:00 AM - 12:00 PM  
 M,T 7:00 - 8:00 PM Apr 1 - 29 6585  
 Sa 11:00 AM - 12:00 PM

**Ages: 15 and up.....\$42**  
 M,W 8:00 - 8:50 PM Jan 4 - 30 6456  
 Sa 12:15 - 1:30 PM  
 M,W 8:00 - 8:50 PM Feb 1 - 27 6457  
 Sa 12:15 - 1:30 PM  
 M,W 8:00 - 8:50 PM Mar 1 - 29 6458  
 Sa 12:15 - 1:30 PM  
 M,W 8:00 - 8:50 PM Apr 1 - 29 6459  
 Sa 12:15 - 1:30 PM



## Self Defense Techniques

Have you ever been mugged? Have you ever been afraid of being mugged? Have you heard horror stories on the news about being attacked? Well, have no fear! Learn basic self-defense techniques geared specifically for adults. Feel safer, more confident, and improve your physical fitness.

Instructor: H. Phan  
**Ages: 18 and up.....\$32**  
 W 6:30 - 8:00 PM Jan 4 - 25 6469  
 W 6:30 - 8:00 PM Feb 1 - 22 6470  
 W 6:30 - 8:00 PM Mar 1 - 29 6471  
 W 6:30 - 8:00 PM Apr 5 - 26 6591

# Performing Arts

## Modeling, Etiquette, & Acting

Find beauty inside and out. Become a lady while learning posture, how to sit, manners, and table settings. Cover the fundamentals of being a model including makeup application, using cleansers, wardrobe choices, and modeling stances. Your confidence will soar while performing acting and improv activities at the jam session each class. \$16 one time fee payable to instructor.

Instructor: Jones Studio of Dance

<b>Ages: 6 - 18</b> .....			<b>\$37</b>
M	7:15 - 8:15 PM	Jan 9 - 30	6463
M	7:15 - 8:15 PM	Feb 6 - 27	6464
M	7:15 - 8:15 PM	Mar 6 - 27	6465
M	7:15 - 8:15 PM	Apr 10 - 24	6589

## 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.

Instructor: R. Verde

<b>Ages: 6 - 12</b> .....			<b>\$75</b>
M	3:30 - 4:00 PM	Jan 9 - 30	6484
M	3:30 - 4:00 PM	Feb 6 - 27	6485
M	3:30 - 4:00 PM	Mar 6 - 29	6486
M	3:30 - 4:00 PM	Apr 3 - 24	6487
M	4:10 - 4:40 PM	Jan 9 - 30	6488
M	4:10 - 4:40 PM	Feb 6 - 27	6489
M	4:10 - 4:40 PM	Mar 6 - 27	6490
M	4:10 - 4:40 PM	Apr 3 - 24	6491
M	4:45 - 5:15 PM	Jan 9 - 30	6492
M	4:45 - 5:15 PM	Feb 6 - 27	6493
M	4:45 - 5:15 PM	Mar 6 - 27	6593
M	4:45 - 5:15 PM	Apr 3 - 24	6594
M	5:20 - 5:50 PM	Jan 9 - 30	6595
M	5:20 - 5:50 PM	Feb 6 - 27	6596
M	5:20 - 5:50 PM	Mar 6 - 27	6597
M	5:20 - 5:50 PM	Apr 3 - 24	6598

# Sports

## Bubble Play

Let's have a bubbly good time! Bubble Play is new and upcoming way to enjoy various activities and games with knocker balls. The kids will engage in activities that are fun and challenging, but not beyond his or her abilities while gaining balance and coordination skills.

Instructor: R. Jackson

<b>Ages 6 - 14</b> .....			<b>\$29</b>
Th	6:00 - 7:00 PM	Mar 9 - 30	6769
Th	6:00 - 7:00 PM	Apr 6 - 27	6770

## Cheer Combo

Ready, okay! Perform floor exercises, games, backbends, front and back tumbling skills, splits, and more while learning the basics of cheerleading, gymnastics, and tumbling. Build your endurance, self esteem, confidence, and flexibility through drill exercises, form, fundamentals, and cheers. \$16 one time fee payable to instructor.

Instructor: Jones Studio of Dance

<b>Ages: 6 - 12</b> .....			<b>\$32</b>
M	6:30 - 7:15 PM	Jan 9 - 30	6441
M	6:30 - 7:15 PM	Feb 6 - 27	6442
M	6:30 - 7:15 PM	Mar 6 - 27	6443
M	6:30 - 7:15 PM	Apr 10 - 24	6588
<b>Ages: 2 - 5</b> .....			<b>\$30</b>
M	6:00 - 6:30 PM	Jan 9 - 30	6444
M	6:00 - 6:30 PM	Feb 6 - 27	6445
M	6:00 - 6:30 PM	Mar 6 - 27	6446
M	6:00 - 6:30 PM	Apr 10 - 24	6587

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

