



Dance

Dance Combo

Put your dancing shoes on! Learn body movements associated with various styles of dance including modern, lyrical, freestyle, jazz, tap, ballet, and hip hop. Develop poise and grace while increasing self confidence through the use of bouncy balls, educational mats, ribbons, and hula hoops. \$16 one time fee payable to instructor.

Instructor: Jones Studio of Dance

Ages: 6 - 12			\$44
T	5:15 - 6:15 PM	Jan 3 - 24	6508
T	5:15 - 6:15 PM	Feb 7 - 28	6517
T	5:15 - 6:15 PM	Mar 7 - 28	6518
T	5:15 - 6:15 PM	Apr 4 - 25	6519

Ages: 2 - 5			\$37
T	4:45 - 5:15 PM	Jan 3 - 24	6509
T	4:45 - 5:15 PM	Feb 7 - 28	6520
T	4:45 - 5:15 PM	Mar 7 - 28	6521
T	4:45 - 5:15 PM	Apr 4 - 25	6522

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

Health & Fitness

Circuit Training

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. Define your shape, gain strength, and improve your health.

Instructor: K. Branch

Ages: 12 and up			\$20
M	6:00 - 6:45 PM	Jan 9 - 30	6507
M	6:00 - 6:45 PM	Feb 6 - 27	6514
M	6:00 - 6:45 PM	Mar 6 - 27	6515
M	6:00 - 6:45 PM	Apr 3 - 24	6516

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. An adult must purchase a Fitness Pass and accompany the youth during each visit.

Instructor: K. Branch

Ages: 12 - 15			\$25
M-Th	2:00 - 4:45 PM	Jan 2 - Apr 27	6510

GALE FIELDS

RECREATION CENTER
 972-205-3090 - 1701 Dairy Rd., Garland, TX 75040 - FRC@GarlandTX.gov

Sports

Little Tykes Gym

Have your next playdate with us! Let the kids loose as they get the chance to play with balls, tunnels, hula hoops, and more. This unstructured play time in the gym provides plenty of space for running, laughing, and having fun!

Instructor: J. Thompson

Ages: 2 - 5.....			\$20
W	10:30 - 11:15 AM	Jan 4 - 25	6888
W	10:30 - 11:15 AM	Feb 1 - 22	6889
W	10:30 - 11:15 AM	Mar 1 - 29	6890
W	10:30 - 11:15 AM	Apr 5 - 26	6891

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: V. Newton

Ages: 14 and up			
Register for \$32 monthly or \$5 daily.			
M	7:45 - 8:45 PM	Jan 2 - 30	6758
W	6:00 - 7:00 PM		
Sa	9:00 - 10:00 AM		
M	7:45 - 8:45 PM	Feb 1 - 27	6759
W	6:00 - 7:00 PM		
Sa	9:00 - 10:00 AM		
M	7:45 - 8:45 PM	Mar 1 - 29	6760
W	6:00 - 7:00 PM		
Sa	9:00 - 10:00 AM		
M	7:45 - 8:45 PM	Apr 1 - 29	6761
W	6:00 - 7:00 PM		
Sa	9:00 - 10:00 AM		

Martial Arts

Judo & Jujitsu

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you how to safely control your balance, leverage, and movement while implementing skill, technique, and timing through self defense. Improve concentration, body control, and quick reflexive action. Build self esteem and gain a lifetime of health and fitness knowledge.

Instructor: H. Becerra

Ages: 4 - 15.....			\$50
M,W-Sa	5:00 - 7:00 PM	Jan 2- 30	6502
M,W-Sa	5:00 - 7:00 PM	Feb 1- 27	6503
M,W-Sa	5:00 - 7:00 PM	Mar 1- 31	6504
M,W-Sa	5:00 - 7:00 PM	Apr 1- 29	6505
Ages: 16 and up.....			\$50
M,W-Sa	7:00 - 8:45 PM	Jan 2- 30	6506
M,W-Sa	7:00 - 8:45 PM	Feb 1- 27	6523
M,W-Sa	7:00 - 8:45 PM	Mar 1- 31	6524
M,W-Sa	7:00 - 8:45 PM	Apr 1- 29	6525

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

Ages: 5 - 7.....			\$30
Th	5:30 - 6:15 PM	Jan 5 - 26	7014
Th	5:30 - 6:15 PM	Feb 2 - 23	7015
Th	5:30 - 6:15 PM	Mar 2 - 30	7016
Th	5:30 - 6:15 PM	Apr 6 - 27	7017

Ages: 8 - 12.....			\$30
Th	6:30 - 7:30 PM	Jan 5 - 26	6537
Th	6:30 - 7:30 PM	Feb 2 - 23	6538
Th	6:30 - 7:30 PM	Mar 2 - 30	7012
Th	6:30 - 7:30 PM	Apr 6 - 27	7013

Football Skills Clinic

EFFORT Athletics is offering a flag football skills clinic to increase one's confidence, physical fitness and ability to work together in a team environment. Our clinic will both educate and focus on the basic components of flag football which includes but is not limited to throwing, catching, blocking, conditioning, speed enhancement, pulling of the flag and etc.

Instructor: EFFORT Athletics

Ages: 5 - 12.....			\$50
Sa	10:00 - 11:00 AM	Jan 7 - Feb 11	7026
Sa	10:00 - 11:00 AM	Feb 25 - Apr 1	7027

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 noncompetitive environment.

Instructor: M. Thompson

Ages: 3 - 4.....			\$27
T	4:00 - 4:40 PM	Jan 3 - 31	6512
T	4:00 - 4:40 PM	Feb 7 - 28	6526
T	4:00 - 4:40 PM	Mar 7 - 28	6527
T	4:00 - 4:40 PM	Apr 4 - 25	6528

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: M. Thompson

Ages: 3 - 4.....			\$27
W	4:00 - 4:40 PM	Jan 4 - 25	6513
W	4:00 - 4:40 PM	Feb 1 - 22	6529
W	4:00 - 4:40 PM	Mar 1 - 29	6530
W	4:00 - 4:40 PM	Apr 5 - 26	6531

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: M. Thompson

Ages: 3 - 4.....			\$27
Th	4:00 - 4:40 PM	Jan 5 - 26	7000
Th	4:00 - 4:40 PM	Feb 2 - 23	7001
Th	4:00 - 4:40 PM	Mar 2 - 30	7002
Th	4:00 - 4:40 PM	Apr 6 - 27	7003

Youth Baseball

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: M. Thompson

Ages: 5 - 7.....			\$27
T	5:00 - 5:45 PM	Jan 3 - 31	7004
T	5:00 - 5:45 PM	Feb 7 - 28	7005
T	5:00 - 5:45 PM	Mar 7 - 28	7006
T	5:00 - 5:45 PM	Apr 4 - 25	7007

Youth 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: M. Thompson

Ages: 5 - 7.....			\$27
T	6:00 - 6:45 PM	Jan 3 - 31	7008
T	6:00 - 6:45 PM	Feb 7 - 28	7009
T	6:00 - 6:45 PM	Mar 7 - 28	7010
T	6:00 - 6:45 PM	Apr 4 - 25	7011



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

