



Dance

Fan & Flare Dance

Dance the night away! Instruction includes techniques and moves used in line dancing, square dancing, and round dancing from the classics to spaghetti rags. This inexpensive social activity helps you improve coordination and gain valuable exercise through exciting degrees of challenge.

Instructor: C. Hixson

Ages: 18 and up.....\$55
 M 7:00 - 9:00 PM Jan 23 - Apr 24 6682

Ramblin' Rounds

Don't like to lead when you are dancing? This partner dance, similar to both ballroom and square dancing, has a cuer calling out the dance moves. Challenge yourself to this fun choreography, learn something new, or further develop what you know.

Instructor: C.Hixson

Ages: 16 and up.....\$42
 T 7:00 - 9:00 PM Jan 3 - Mar 28 6683
 T 7:00 - 9:00 PM Apr 4 - Jun 20 6684

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

Health & Fitness

Boxing Fitness

Box your way to a leaner body! Learn proper stance, movements, and offensive techniques while conditioning your mind and body. Full body movements help tone muscles and build strength while optimizing your cardiovascular system. Enhance your athletic skills like footwork, agility, quickness, coordination, endurance, stamina, and timing.

Instructor: B. Moore

Ages: 18 and up.....\$37
 T,Th 5:45 - 6:30 PM Jan 3 - 26 6626
 T,Th 5:45 - 6:30 PM Feb 2 - 28 6627
 T,Th 5:45 - 6:30 PM Mar 7 - 30 6638
 T,Th 5:45 - 6:30 PM Apr 4 - 27 6639

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. By appointment only. For more information or to make an appointment, please contact Granger Recreation Center, 972-205-2771.

Instructor: A. Wakefield

Ages: 12 - 15.....\$25
 M-F 1:00 - 5:00 PM Jan 3 - Apr 28 6631

GRANGER

RECREATION CENTER

972-205-2771 - 1310 W. Avenue F, Garland, TX 75040 - GRC@GarlandTX.gov

Martial Arts

Blakey Tae Kwon Do

Leadership, Integrity, Fighting, and Exercise. Learn the fluid movement of kicks, punches, and jumps while adding other martial arts for well rounded physical fitness and self defense training. Hold yourself to a higher standard as you achieve new ranks and goals to gain benefits that will last a lifetime.

Instructor: R. Blakey

Ages: 5 and up

Register for \$20 monthly or \$10 daily.

Sa	9:00 - 11:00 AM	Jan 7 - 25
M	7:00 - 9:00 PM	Jan 9 - 30
Sa	9:00 - 11:00 AM	Feb 4 - 25
M	7:00 - 9:00 PM	Feb 7 - 27
Sa	9:00 - 11:00 AM	Mar 4 - 25
M	7:00 - 9:00 PM	Mar 6 - 27
Sa	9:00 - 11:00 AM	Apr 1 - 29
M	7:00 - 9:00 PM	Apr 3 - 24

Pencak Silat Self Defense

Think, act, and defend! This Indonesian art of self defense teaches principles based on the mindset of survival, not competition. Learn effective survival techniques such as mental awareness, controlling panic, and proper breathing as well as different ways to avoid being hit when encountering an attack.

Instructor: T. Lee

Ages: 18 and up.....\$42

Th	7:00 - 9:00 PM	Jan 5 - 26	6633
Th	7:00 - 9:00 PM	Feb 2 - 23	6667
Th	7:00 - 9:00 PM	Mar 2 - 30	6668
Th	7:00 - 9:00 PM	Apr 6 - 27	6669



GarlandParks.com

Sports

Boxing for Kids

Float like a butterfly; sting like a bee! Learn the basics or build on the fundamentals you know including proper stance, movement, and explosive techniques from a certified coach. Develop a solid boxing foundation in a quick tempo atmosphere that builds strength and discipline.

Instructor: B. Moore

Ages: 5 - 17.....\$37

T,Th	5:00 - 5:45 PM	Jan 3 - 26	6628
T,Th	5:00 - 5:45 PM	Feb 2 - 28	6629
T,Th	5:00 - 5:45 PM	Mar 7 - 30	6642
T,Th	5:00 - 5:45 PM	Apr 4 - 27	6643

Competitive Cheer Combo

Show some spirit! Learn new skills and improve techniques through a variety of drills, jumps, tumbling, and stunts while preparing for school tryouts and competitions. Develop discipline, flexibility, posture, and teamwork. A competition level performance will be held the last day of the season for family and friends.

Instructor: Jones Studio of Dance

Ages: 6 - 12.....\$32

W	5:30 - 6:15 PM	Jan 4 - 25	6630
W	5:30 - 6:15 PM	Feb 1 - 22	6659
W	5:30 - 6:15 PM	Mar 1 - 22	6660
W	5:30 - 6:15 PM	Apr 12 - 26	6661

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: A. Wakefield

Ages: 4 - 5.....\$27

T	6:00 - 6:40 PM	Jan 3 - 24	6707
T	6:00 - 6:40 PM	Feb 7 - 28	6708
T	6:00 - 6:40 PM	Mar 7 - 28	6710
T	6:00 - 6:40 PM	Apr 4 - 25	6711

Little Cheer and Tumblers

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.

Instructor: Jones Studio of Dance

Ages: 2 - 4.....\$30

W	5:00 - 5:30 PM	Jan 4 - 25	6632
W	5:00 - 5:30 PM	Feb 1 - 22	6663
W	5:00 - 5:30 PM	Mar 1 - 22	6664
W	5:00 - 5:30 PM	Apr 12 - 26	6665

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



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