RECREATION GUIDE

To enrich our community through innovative recreation and leisure experiences.

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INCLUSION POLICY

The City of Richardson's Parks and Recreation Department encourages people of all abilities to participate in the recreational activities that are of interest to them. We strive to enrich our community through innovative recreation and leisure experiences, and opportunities to increase life and leisure satisfaction. It is our goal that people achieve a more positive, independent leisure lifestyle while participating in all of the activities. If you require special assistance to participate in any classes or activities, call 972-744-7881 or 972-744-7850 or call the Therapeutic Recreation Coordinator at 972-744-7854. Any participants requiring assistance with matters not directly related to the activities and needing assistance with medications, toileting and feeding must bring a chaperone/aid. Volunteers are needed to work with individuals who require special assistance. Special skills are needed but not required. For information, please contact 972-744-7854.

To ensure the safety and enjoyment of others in recreation programs, participants are expected to display appropriate behaviors. The success of all recreation activities depends not only on good planning and instruction, but the conduct of participants. Appropriate behavior includes the ability to follow instructions and interact with other individuals in a positive manner. Parks and Recreation staff will discuss behaviors of concern with the participant and his/her family when necessary.

Interested in taking a class at a City of Richardson facility?

It's easy to register!

- 1. Find the class you are looking for in this guide or online at www.cor.net/parksonline.
- 2. Once you find the perfect class, you can register and pay online with a credit card.
- 3. If you don't feel like registering online, stop by either the Heights or Huffhines recreation centers. See addresses below in facility Information.
- 4. You can also use this guide to find the class number and call either of the two recreation centers (numbers below) to sign up!

The City of Richardson is proud to offer classes for all ages and abilities. So get active this fall by taking one of our exciting classes!

FACILITY INFORMATION

Administrative Office

411 W. Arapaho Rd., Suite 208 972-744-4300 Mon.-Fri., 8 a.m.-5 p.m.

Heights Recreation Center

711 W. Arapaho Rd. 972-744-7850 Mon.-Thur., 6 a.m.-10 p.m. Fri., 6 a.m.-9 p.m. Sat., 8 a.m.-5 p.m. Sun., 11 a.m.-5 p.m.

Huffhines Recreation Center

200 N. Plano Rd. 972-744-7881 Mon.-Fri., 6 a.m.-10 p.m. Sat., 8 a.m.-5 p.m. Sun., 11 a.m.-5 p.m.

Bush Central Barkway Dog Park

US 75 at Bush Turnpike Thu.-Tue., 6:30 a.m.-10:30 p.m. Wed., 10 a.m.-10:30 p.m.

Gymnastics Center

300 E. Arapaho Rd. 972-744-7860 Mon.-Thurs., 9 a.m.-8:30 p.m. Fri., 9 a.m.-10:15 p.m. Sat., 9 a.m.-2 p.m. Sun. Closed

Senior Center

820 W. Arapaho Rd. 972-744-7800 Mon.-Thurs., 8 a.m.-8 p.m. Fri., 8 a.m.-4 p.m. Sat., 8 a.m.-1 p.m. Sun. Closed

Tennis Center

1601 Syracuse Dr., 972-744-7870 Mon.-Thurs., 8 a.m.-9 p.m. Fri.-Sat., 8 a.m.-8 p.m. Sun., 8 a.m.-6 p.m.

Community Events

2100 E. Campbell Rd., Suite 100 972-744-4580

Mon.-Fri., 8 a.m.-5 p.m. **Athletics and Aquatics**

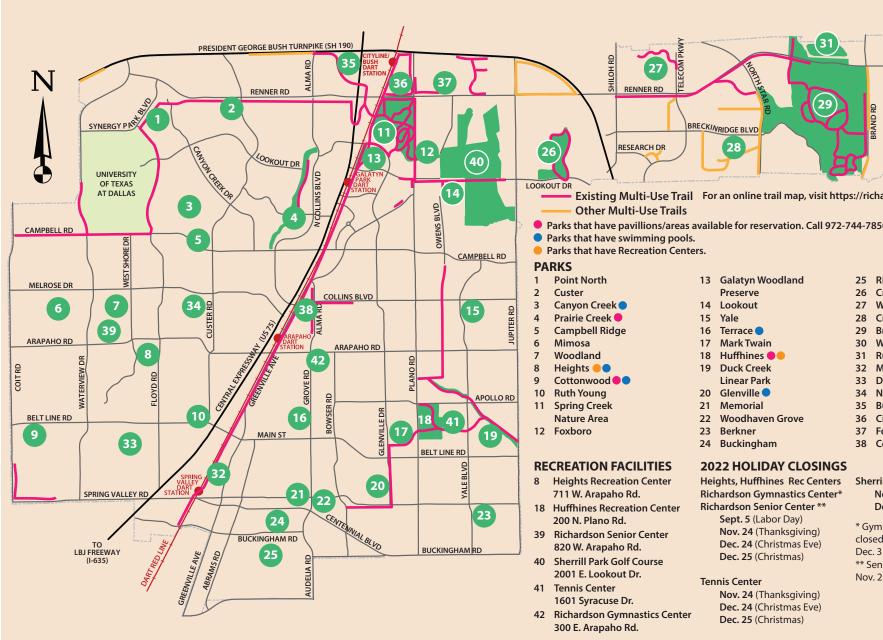
200 N. Plano Rd. 972-744-7892 Mon.-Fri., 8 a.m.-5 p.m.

Convention and Visitors Bureau

411 W. Arapaho Rd., Suite 105 972-744-4034 Mon.-Fri., 8 a.m.-5 p.m.

Sherrill Park Golf Course

2001 E. Lookout Dr. 972-234-1416 Open every day but Thanksgiving and Christmas



30 Existing Multi-Use Trail For an online trail map, visit https://richardson.maps.arcgis.com. Parks that have pavillions/areas available for reservation. Call 972-744-7850 for information. 25 Richland Crowley Woods Creek Hollow Breckinridge Wyndsor (**Ruth Back Toler McKamy Spring** Durham Northrich Bush Central Barkway 36 CityLine Fox Creek 38 Collins **Sherrill Park Golf Course** Nov. 24 (Thanksgiving) Dec. 25 (Christmas) * Gymnastics Center is closed Nov. 23 and 25, and Dec. 31 ** Senior Center will be closed

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Adaptive and Special Events

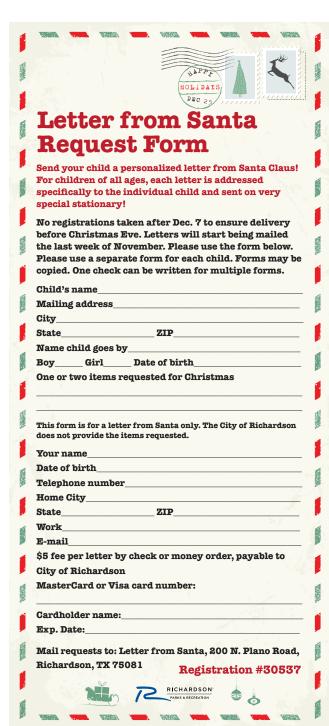












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costs up to \$20 and you will also get a clothing

item of your choice to take home. We will get

something to eat before our 6:30 p.m.

appointment around the mall area. Meet at

Heights at 4:30 p.m. and wheels up at 4:45 p.m.



Preschool Classes



Arts and Crafts

Little Artists

Ages 2-3. Parent and child enjoy a themed craft using paint, glue, markers and crayons while enjoying stories and activities with new friends. Dress appropriately, things can get messy.

29969 T	Sep 6-Sep 27	11:00a-noon	HUF	\$45	
Creepy Crawli	es				
29968 T	Oct 4-Oct 25	11:00a-noon	HUF	\$45	
Feathered Friends					
29967 T	Nov 1-Nov 29	11:00a-noon	HUF	\$45	

Educational

Little Learners

Ages 3-4. Parents, have you ever noticed you need some time to yourself to read, workout, watch some T.V., or just relax your mind without having to worry about your little ones? Well if so, this class is for you. Your children will enjoy free play, crafts, curriculum and group play while socializing with other children all while you get to enjoy some "me time" at Huffhines Recreation Center. We are not a licensed day care facility. Parents must stay on premises while your child is in class and the children must be potty trained. Space is limited, please register early to avoid disappointment.

29970 F	Sep 9-Oct 14	9:00a-11:00a	HUF	\$60
29971 F	Oct 21-Nov 18	9·00a-11·00a	HUE	\$50

Munchkin & Me Play Time

Ages 1-2. Come join us for an hour of parent and toddler interaction through songs, games, exercise and supervised gym play with a variety of play equipment. Participants will learn social skills like sharing through play, and will work on gross and fine motor skills and more. Enjoy this class time to bond with your toddler and also build new friendships with other children and parents. Class time is made up of free play along with parent-child music time.

29972 M	Sep 12-Sep 26	9:45a-10:45a	HUF	\$15
29974 M	Oct 3-Oct 31	9:45a-10:45a	HUF	\$25
29973 M	Nov 7-Nov 28	9:45a-10:45a	HUF	\$15

My Morning Preschool

Ages 3-4. Get a jump on kindergarten! Participants will learn about ABCs, 123s, arts, crafts, music, games, life skills and much more. These courses are designed to ease your child into a regular kindergarten routine.

29975 T,Th	Sep 6-Oct 13	9:00a-11:00a	HUF	\$120
29976 T,Th	Oct 18-Nov 29	9:00a-11:00a	HUF	\$120

Petits Copains

Ages 3-5. Petits Copains is for children who want to learn French in a playful and interactive environment. Class time will be spent learning foundational French concepts through music, movement and art. We will learn the French alphabet, counting to 10, common vocabulary for eating/playing/speaking about oneself and more. Supply fee: \$30 30058 Th Sep 15-Nov 3 11:00a-noon HUF \$80

Music

Kindermusik—Our Time Milk & Cookies

Ages 1-3. This class empowers the parent to lead the child through familiar, everyday home activities such as cooking, dusting and washing clothes. We'll have songs about baking, cooking, eating cupcakes, blowing on hot cross buns, going grocery shopping and making tea! Home materials fee of \$70 due to the instructor on the first day of class.

29849 W Sep 21-Dec 14 10:00a-10:45a HTS \$170

Kindermusik Village "Zoom Buggy/Dream Pillow

Ages up to 18 months. Home materials fee of \$70 due to the instructor on the first day of class.

29848 W	Sep 21-Dec 14	11:00a-11:45a	HTS	\$170



Adaptive/Inclusive

Adaptive Archery

Ages 9 and up. This class will teach the basic steps of archery (target style) to students regardless of physical or mental disability. They will see and use different styles of equipment. Parent or guardian must be on the premises if child is under 18 years of age.

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29887 F	Sep 16-Sep 16	5:30p-6:45p	HTS	\$20
29888 F	Oct 14-Oct 14	5:30p-6:45p	HTS	\$20
29889 F	Nov 18-Nov 18	5:30p-6:45p	HTS	\$20

Adaptive Dance Class

Ages 16 and up. This introductory course is designed to teach different styles of social and performance dances. It promotes aerobic exercise and basic choreography. New dances are learned each week. No experience necessary.

Sep 7-Oct 26 6:15p-7:00p

Beyond Karate

Ages 6 and up. Beyond Karate classes are designed for students with special needs. Siblings are welcome. Karate uniform will be provided. Belt promotion fee applicable upon student's readiness for a belt test. Enrollment in either a Tuesday class at Heights or a Friday class at Huffhines gains you admission into not only that class, but also the corresponding class the other day at the other recreation center. You get two classes for the price of one. For more information, visit www.beyondkarate.com.

Beginner (A	ges 6 and up)			
29907 F	Sep 2-Sep 30	5:00p-6:00p	HUF	\$86
29895 T	Sep 6-Sep 27	5:00p-6:00p	HTS	\$86
29896 T	Oct 4-Oct 25	5:00p-6:00p	HTS	\$86
29908 F	Oct 7-Oct 28	5:00p-6:00p	HUF	\$86
29897 T	Nov 1-Nov 29	5:00p-6:00p	HTS	\$86
29909 F	Nov 4-Nov 18	5:00p-6:00p	HUF	\$86
Intermediate	e (Ages 6 and up)			
29910 F	Sep 2-Sep 30	6:00p-7:00p	HUF	\$86
29898 T	Sep 6-Sep 27	6:00p-7:00p	HTS	\$86
29899 T	Oct 4-Oct 25	6:00p-7:00p	HTS	\$86
29911 F	Oct 7-Oct 28	6:00p-7:00p	HUF	\$86
29900 T	Nov 1-Nov 29	6:00p-7:00p	HTS	\$86
29912 F	Nov 4-Nov 18	6:00p-7:00p	HUF	\$86
Advanced (A	lges 6 and up)			
29913 F	Sep 2-Sep 30	7:00p-8:00p	HUF	\$86
29892 T	Sep 6-Sep 27	7:00p-8:00p	HTS	\$86
29893 T	Oct 4-Oct 25	7:00p-8:00p	HTS	\$86
29914 F	Oct 7-Oct 28	7:00p-8:00p	HUF	\$86
29894 T	Nov 1-Nov 29	7:00p-8:00p	HTS	\$86
29915 F	Nov 4-Nov 18	7:00p-8:00p	HUF	\$86



Children/Youth Classes

Arts and Crafts

Art of Light & Shadows

Ages 5-8. How do you change a flat pancake into a bowl of chili? Learn the skill of shadowing to make art have a 3D effect! 30476 Th Sep 8-Sep 29 3:30p-5:30p HUF \$85

Drawing Nature

Ages 5-8. Love drawing plants and animals? Learn to use basic shapes to create more realistic art projects!

30477 Th Oct 6-Oct 27 3:30p-5:30p HUF Hub Cap Painting Workshop

Ages 10 and up. Create an eco-friendly work of art with Sharon Zigrossi, creator of Blooming Hub Caps. All materials provided from primed and ready found hub caps, paints and materials to embellish. With a final sealant, your hub cap creation can be displayed inside or outside. Just come and have fun!

30557 Sa Nov 12 1:00p-3:30p HTS

Painting for Kids

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art and gain enthusiasm by the confidence derived from immediate success from the very first lesson! Students will learn about color theory, brush strokes, perspective and more, while developing a greater understanding of the visual world!

School Bus (Acrylic)

	(,				
29901 Sa	Sep 10	1:00p-2:30p	HUF	\$40	
Sunset Ranch with Horse (Acrylic)					
29902 Sa	Nov 12	1:00p-2:30p	HUF	\$40	

Painting Party

Ages 5-8. Young artists learn color blending, brushstroke techniques and much more!

30478 Th Nov 3-Nov 17 3:30p-5:30p HUF \$65

Cooking

Chefsville Breakfast Breads

Ages 7-13. Kids will make sweet rolls, donuts and Georgian bread. So come and rise and shine with us and make some breakfast breads. Supply fee: \$12

30549 Sa Nov 19 10:00a-noon HUF \$

Chefsville Crepes

Ages 7-13. Sloppy Joe crepes with cheese and Fritos; dessert will be chocolate crepes stuffed with fruit preserves served with whipped cream. Kids will make, stuff and sauce their own crepes! Supply fee: \$12
29920 Sa Oct 15 10:00a-noon HUF \$20

Chefsville Halloween Treats

Ages 7-13. Kids will get together and create the best treats for the season. There will be chocolate work, candy work and small pastries. Supply fee: \$12 29919 Sa Oct 29 10:00a-noon HUF \$20



Children/Youth Classes



Chefsville State Fair Foods

Ages 7-13. It's State Fair time, so what could be better than creating your own State Fair favorites? We will be creating some of the most popular State Fair foods across they country. Supply fee: \$12

29918 Sa Sep 24 10:00a-noon HUF \$20

Drama

Drama Kids Composite Program

Ages 6-11. Drama Kids is a place where all children, from the shy to the outgoing, can develop at their own pace with plenty of positive encouragement. Our specialty is using a wide range of unique drama activities to focus the bold, outspoken child and to draw out the quiet child or the inarticulate child and help them reach into themselves to discover their full potential. To learn more about our program, visit www.dramakids.com/tx3. 29805 Th Sep 8-Nov 10 6:00p-7:00p HTS \$185

Educational

American Sign Language - Introduction/

Intermediate

Ages 12 and up. Conversational American Sign Language and				
an introduction to the amazing uniqueness of the deaf culture.				
30535 Th	Sep 1-Sep 29	2:30p-3:30p	HUF	\$40
30533 T	Sep 6-Oct 4	10:30a-11:30a	HUF	\$40
30536 Th	Oct 6-Nov 3	2:30p-3:30p	HUF	\$40
30534 T	Oct 11-Nov 8	10:30a-11:30a	HUF	\$40

Create and Learn Virtual Classes

These classes teach students to develop programs using a variety of platforms and techniques. For full class descriptions, prerequisites and technology requirements, search by class number on www.cor.net/parksonline.

Accelerated Scratch Units 1 & 3 (Ages 10-15)						
29927 T	Oct 4-Dec 20	6:00p-6:55p	HUF	\$189		
Junior Robotic	s Units 1 & 2 (A	ges 7-9)				
29930 Th	Sep 15-Nov 3	6:00p-6:55p	HUF	\$131		
Minecraft Mod	lding Quest Uni	ts 1-3 (Ages 8-10))			
29933 Th	Sep 8-Dec 1	6:00p-6:55p	HUF	\$189		
Mobile Coding	for Apps & Gar	nes Units 1-3 (Ag	es 9-12)			
29929 T	Sep 13-Nov 29	8:00p-8:55p	HUF	\$189		
Python for A.I.	Units 1-3 (Ages	10-14)				
29934 W	Sep 28-Dec 14	4:00p-4:55p	HUF	\$189		
Scratch Junior	(Ages 5-6)					
29935 M	Sep 26-Oct 31	3:00p-3:45p	HUF	\$98		
Scratch Ninja Units 1 & 2 (Ages 7-10)						
29936 Th	Sep 15-Nov 3	6:00p-6:55p	HUF	\$131		
Scratch Ninja l	Scratch Ninja Units 3 & 4 (Ages 7-10)					
29939 Th	Oct 27-Dec 22	4:30p-5:25p	HUF	\$131		

Junior Entrepreneur

Ages 10-17. This class consists of six modules. Each module teaches a child the required skills and qualities that they may need to prepare them for their entrepreneurial journey. In this class, children will learn to develop self-awareness and self-discipline to thrive for success.

30139 Th	Sep 8-Sep 29	4:00p-5:00p	HTS	\$50
30140 Th	Oct 6-Oct 27	4:00p-5:00p	HTS	\$50
30141 Th	Nov 3-Dec 1	4:00p-5:00p	HTS	\$50

Math Enhancement

Ages 11-17. This learning module will teach the student major concepts of mathematics from 6th-8th grade curriculum. Our learning concepts will include interactive course lessons with short quizzes and tests for comprehensive evaluation.

30143 W,F	Sep 7-Sep 30	4:00p-5:00p	HTS	\$50
30555 W,F	Oct 5-Oct 28	4:00p-5:00p	HTS	\$50
30556 W,F	Nov 2-Nov 25	4:00p-5:00p	HTS	\$50

Pre-Writing Enrichment

Ages 11-17. This class begins by reintroducing some of the basic mechanics of English composition and understanding of appropriate tense, verbs, and adverb usage. Students will also learn descriptive writing, pre-writing techniques and receive an extensive series of lessons on how to write the most common essay types with step-by-step exercises and activities.

30136 W,F	Sep 7-Sep 30	4:00p-5:00p	HTS	\$50
30137 W,F	Oct 5-Oct 28	4:00p-5:00p	HTS	\$50
30138 W,F	Nov 2-Nov 30	4:00p-5:00p	HTS	\$50

Science Professors

Ages 5-8. Explore, experiment and enjoy science! Hands-on activities, crafts and videos open the world of chemistry, electricity, plants, space, geology, fossils and more to young scientists.

30479 F Sep 9-Oct 28 3:30p-5:30p HUF \$125

www.cor.net/parks Fall 2022 Guide



Children/Youth Classes

Children/Youth Classes

Children/Youth Classes

Super Hero vs Super Villain Science— Elementary

Ages 5-9. Learn the basics of using science to be a super hero. We will combine elementary science experiments with creative application. For more information, visit http://qfiresolutions.

COIII.				
30007 M	Sep 12-Sep 26	3:30p-4:30p	HUF	\$75
30008 M	Oct 3-Oct 24	3:30p-4:30p	HUF	\$100
30009 M	Nov 7-Nov 28	3:30p-4:30p	HUF	\$100

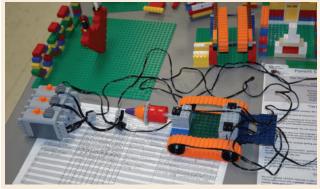
Wize Animation Interactive Stories/Game Design w/MIT Scratch

Ages 5-13. Kids will learn visual Block Programming using MIT Scratch. Your child will harness the opportunity to think, imagine, explore and create games and animation while having FUN! 30133 S Sep 11-Nov 13 3:30p-4:30p HTS \$250

Wize Coding & Designing with Minecraft

Ages 9-14. This mini camp uses the platform of Minecraft to teach designing and coding skills to all who attend. What better way to learn about computer science than in the context of a favorite video game.

30134 S Sep 11-Nov 13 2:30p-3:30p HTS \$250



Wize Engineering & Robotics with LEGO

Ages 5-13. This class is an introduction to building and programming, motors, gears, gearing up and down, and pulleys. Learn about sensors and speed control to design programs that can help a race car driver determine and control the speed of a race car.

30135 S Sep 11-Nov 13 1:30p-2:30p HTS \$250

First Aid & Safety

ASHI Childcare & Babysitting

Ages 12-17. The No. 1 priority of this course is to provide individuals with a clear and comprehensive understanding for confident and effective care while babysitting. This program covers age appropriate CPR and first aid, choking for an infant and child, diaper changing, burping, feeding, as well as how to run an effective babysitting business. This class is approximately four hours. Students will receive a workbook and certification card upon completion. The card is valid for two years. 29769 Sa Oct 15 10:00a-2:00p HTS \$98

Fitness/Sports

Beginner Basketball Skill Development

Ages 4-10. Athletes will train with other athletes of similar skill sets to improve basketball skills and overall concepts of the game.

30559 T,Th	Sep 6-Sep 29	5:00p-6:00p	HTS	\$143
30560 T,Th	Oct 4-Oct 27	5:00p-6:00p	HTS	\$143
30561 T,Th	Nov 1-Dec 1	5:00p-6:00p	HTS	\$143

Boxing for Kids

Ages 8-15. Learn the basics of boxing through mitt work and boxing activities. Please bring your own boxing gloves.

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30046 T,Th	Sep 1-Sep 29	5:00p-6:00p	HUF	\$125	
30047 T,Th	Oct 4-Oct 27	5:00p-6:00p	HUF	\$125	
30048 T,Th	Nov 1-Nov 29	5:00p-6:00p	HUF	\$125	

Halloween Basketball Clinic

This class will focus on offensive and defensive skill development and building positive habits that lead to better efficiency on the basketball court. Players will wear their best costume (fitting for basketball) during the clinic. There will be prizes and awards for competitions and best costume.

30600 Sa Oct 29 9:00a-noon HTS \$40

Intermediate/Advanced Basketball Skill Development

Ages 11-18. Athletes will train with other athletes of similar skill set to improve basketball skills and overall concepts of the

guille.				
30562 T,Th	Sep 6-Sep 29	6:00p-7:00p	HTS	\$193
30563 T,Th	Oct 4-Oct 27	6:00p-7:00p	HTS	\$193
30564 T,Th	Nov 1-Dec 1	6:00p-7:00p	HTS	\$193

Intro to Archery

Ages 9 and up. This class will introduce students to the basic steps of archery (target style). See and use different styles of equipment. Parent or guardian must be on the premises if child

is under	ro years or age.			
29844 F	Sep 16	6:45p-7:45p	HTS	\$20
29846 F	Oct 14	6:45p-7:45p	HTS	\$20
29847 F	Nov 18	6:45p-7:45p	HTS	\$20

Skyhawks Basketball

Ages 7-11. This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, our staff focus on the whole player, teaching respect, teamwork and responsibility

tearnwork and responsibility.						
14892 T	Sep 13-Oct 4	5:00p-6:00p	HUF	\$70		
14889 T	Oct 4-Oct 25	5:00p-6:00p	HUF	\$70		
24935 T	Nov 8-Dec 6	5:00p-6:00p	HUF	\$70		

Skyhawks Volleyball

Ages 7-11. All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player.

23424 W	Sep 14-Oct 5	5:00p-6:00p	HUF	\$70
30497 W	Oct 5-Oct 26	5:00p-6:00p	HUF	\$70
30498 W	Nov 9-Dec 7	5:00p-6:00p	HUF	\$70

Soccer Sparks

Soccer Sparks fosters skill improvement and builds player confidence. Learn how to perfect skills such as dribbling, passing, shooting and teamwork in a fun and encouraging environment. **Kickin' with the Parents (Ages 2-3)**

Kickin with the Parents (Ages 2-3)						
29862 Sa	Sep 10-Oct 1	9:30a-10:00a	HTS	\$52		
29863 Sa	Oct 8-Oct 29	9:30a-10:00a	HTS	\$52		
29864 Sa	Nov 5-Dec 3	9:30a-10:00a	HTS	\$52		
Kick the Ball (A	lges 3-4)					
30000 F	Sep 9-Sep 30	5:00p-5:30p	HUF	\$48		
29859 Sa	Sep 10-Oct 1	9:00a-9:30a	HTS	\$52		
30002 F	Oct 7-Oct 28	5:00p-5:30p	HUF	\$48		
29860 Sa	Oct 8-Oct 29	9:00a-9:30a	HTS	\$52		
30001 F	Nov 4-Dec 2	5:00p-5:30p	HUF	\$48		
29861 Sa	Nov 5-Dec 3	9:00a-9:30a	HTS	\$52		
Dribble, Kick a	nd Pass (Ages 4	-5)				
29999 F	Sep 9-Sep 30	5:35p-6:20p	HUF	\$48		
29856 Sa	Sep 10-Oct 1	10:00a-10:45a	HTS	\$52		
29998 F	Oct 7-Oct 28	5:35p-6:20p	HUF	\$48		
29857 Sa	Oct 8-Oct 29	10:00a-10:45a	HTS	\$52		
29997 F	Nov 4-Dec 2	5:35p-6:20p	HUF	\$48		
29858 Sa	Nov 5-Dec 3	10:00a-10:45a	HTS	\$48		
Youth Soccer (Ages 6-9)					
30538 F	Sep 9-Sep 30	6:25p-7:10p	HUF	\$48		
29865 Sa	Sep 10-Oct 1	10:45a-11:30a	HTS	\$52		
30539 F	Oct 7-Oct 28	6:25p-7:10p	HUF	\$48		
29866 Sa	Oct 8-Oct 29	10:45a-11:30a	HTS	\$52		
30540 F	Nov 4-Dec 2	6:25p-7:10p	HUF	\$48		
29867 Sa	Nov 5-Dec 3	10:45a-11:30a	HTS	\$52		



Thanksgiving Basketball Clinic

Keep your kids busy while you cook your Thanksgiving feast and get a jump on holiday shopping. This camp will focus on offensive and defensive skill development and building positive habits that lead to better efficiency on the basketball court. Players will perform drills that improve their basketball IQ and that improve the impact they make from an individual and

team aspect. 30605 T-W Nov 22-Nov 23 9:00a-noon HTS \$70

3 on 3 Basketball Tournament

Players will have the opportunity to compete in a fun, positive environment against their peers. The divisions will be divided based on age. The winners of each division will be awarded trophies. Each game will be to 21 points or 15 minutes long.

30607 Sa Sep 3 noon-5:00p HTS \$50

Games

Chess Class Beginner

Ages 6 and up. We teach chess to beginner level students while providing a fun and exciting atmosphere.

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29923 Th	Sep 1-Dec 1	5:00p-6:00p	HUF	\$120		
29924 Th	Sep 1-Sep 29	5:00p-6:00p	HUF	\$50		
30507 Th	Oct 6-Oct 27	5:00p-6:00p	HUF	\$40		
30508 Th	Nov 3-Dec 1	5:00p-6:00p	HUF	\$40		

Chess Class Intermediate

Ages 6 and up. Intermediate-level students will learn the intricacies of chess in a fun and exciting environment. Classes will be scaled to the intermediate level and structured with a combination of lessons and practice time.

30510 Th	Sep 1-Sep 29	6:00p-7:00p	HUF	\$50
30511 Th	Oct 6-Oct 27	6:00p-7:00p	HUF	\$40
30509 Th	Nov 3-Dec 1	6:00p-7:00p	HUF	\$40

Languages

French Office Hours

Ages 14-17. This class is for students prospectively and currently enrolled in French classes at any level through their senior year of high school. Students can expect one-on-one and partner tutoring. Students will need to provide their own writing supplies and materials (i.e. pen, paper, etc.) Drop-ins are welcome for \$10 per class

101 \$ 10 per class.						
30056 Th	Sep 15-Nov 3	4:30p-5:30p	HUF	\$80		

Les Curieux

Ages 7-9. Les Curieux is for elementary-aged children learning French as beginners. Class time will be spent learning foundational French concepts and francophone culture through music, movement and art. Children can expect to finish the summer session with a beginner's understanding of the French language and exposure to various francophone cultures. Supply fee: \$30

30057 Th	Sep 15-Nov 3	3:30p-4:30p	HUF	\$80

Spanish Fiesta

Ages 5-8. Songs, games, stories and craft activities make learning Spanish fun! Take home coloring books introduce grammar with vocabulary sheets included in each lesson. Parents are invited to a program and piñata party on the last day of class.

30480 W	Sep 7-Oct 19	3:30p-5:30p	HUF	\$125
30481 W	Oct 26-Nov 30	3:30p-5:30p	HUF	\$110

Music

DJ School

Ages 8-14. Learn the basics of being a DJ. You will learn to beat match, mix and blend on professional DJ equipment. For more information, visit http://gfiresolutions.com.

29943 M	Sep 12-Sep 26	4:45p-5:45p	HUF	\$75
29944 M	Oct 3-Oct 24	4:45p-5:45p	HUF	\$100
29945 M	Nov 7-Nov 28	4:45p-5:45p	HUF	\$100

Violin—Beginner/Intermediate

Ages 7-11. Violin students will learn sight reading, beat counting and techniques of violin/viola to apply to school orchestra.

Supplies: Violin, Suzuki Book I and shoulder pad are required 30015 T Sep 6-Nov 29 4:15p-4:45p HUF \$156



Adult Classes

Arts and Crafts

Photography Class

Ages 18 and up. In this class you will receive instruction on photographic elements of exposure, composition, artistic design and understanding light and ways to manipulate the light in your photography. The primary goal is to learn to create, process and edit digital images to articulate previsualized messages. Required Course Materials: A digital 35 mm camera, APS-C or Full Frame sensor. The camera should be capable of producing RAW data files. To deliver your files for critique you will need at least two 128GB USB drives. Friday classes meet from 5-7 p.m., Saturday classes meet from 3-5 p.m.

30059 F-Sa	Sep 2-Sep 17	Varies	HUF	\$150
30060 F-Sa	Oct 7-Oct 22	Varies	HUF	\$150
30523 F-Sa	Nov 4-Nov 19	Varies	HUF	\$150

Cooking

Chefsville Adults—Morning with Julia Child

Ages 18 and up. Enjoy an afternoon around foods using the French cooking style. Mussels with green garlic butter, herbed bison tenderloin with a natural sauce, vegetable gratin and a French fruit torte for dessert topped with fresh whipped cream. Class includes sauce variations to meet everyone's taste palette. Supply fee: \$15

30050 Sa Oct 22 10:00a-noon HUF \$25

Chefsville Adults —

Pasta the Hot and Cold of It

Ages 18 and up. This program will teach you how to step out of your comfort zone and make your own pasta from scratch! Whether it's the main course or a side dish, pasta is something anyone can enjoy. We will be making fettuccine alfredo, Philly cheesesteak skillet and a cold pasta salad made from Mediterranean ingredients that are vibrant and light. Supply fee: \$15 30051 Sa Nov 26 10:00a-noon HUF \$25

Dance

Adult Ballet

Ages 18 and up. Adult ballet will be taught to the level of those in the class. Participants will do exercises at the barre, in the center and across the floor.

30076 M Aug 29-Dec 5 7:15p-8:00p HUF \$130

Adult Jazz

Ages 18 and up. A fun and artistic form of exercise for any age. During class we will learn jazz skills, jazz history and work on rhythm and musicality. This class will be taught to the level of students registered.

30499 W Aug 31-Dec 7 7:30p-8:15p HUF \$130

Adult Tan

Adult Tap

Ages 18 and up. A fun and artistic form of exercise for any age. During class we will learn the fundamentals of tap, discuss tap history and work on rhythm and musicality. Please talk to the instructor before registering for the intermediate or advanced classes. No class Nov. 22.

Beginner					
30078 Th	Sep 1-Dec 8	7:15p-8:00p	HUF	\$130	
Intermediate/Advanced					
30079 T	Aug 30-Dec 6	7:15p-8:15p	HUF	\$140	

Beginning Rumba (Round Dancing)

Ages 15 and up. Dance is an activity that develops physical and mental capacities and brings a lifetime of joy to those who learn the steps.

29786 S Sep 11-Nov 20 2:45p-4:45p HTS \$60

Line Dancing

New steps are taught and built upon based on previous experi-

Improver (A	ges 15 and up)				
29830 W	Sep 7-Sep 28	10:30a-noon	HTS	\$16	
29831 W	Oct 5-Oct 26	10:30a-noon	HTS	\$16	
29832 W	Nov 2-Nov 30	10:30a-noon	HTS	\$20	
Improver (Ages 18 and up)					
29961 T	Sep 6-Sep 27	11:00a-12:15p	HUF	\$20	
29966 Th	Sen 8-Sen 29	11·15a-12·45n	HUF	\$20	

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Adult Classes

29962 T	Oct 4-Oct 25	11:00a-12:15p	HUF	\$20		
29964 Th	Oct 6-Oct 27	11:15a-12:45p	HUF	\$20		
29965 Th	Nov 3-Nov 17	11:15a-12:45p	HUF	\$15		
29963 T	Nov 8-Nov 22	11:00a-12:15p	HUF	\$15		
Improver/Inte	rmediate (Ages	15 and up)				
29829 S	Sep 4-Nov 27	1:30p-4:30p	HTS	\$105		
Intermediate (Ages 18 and up)				
29833 W	Sep 7-Nov 30	7:30p-9:50p	HTS	\$65		
Intermediate/	Advanced (Ages	s 18 and up)				
29843 F	Sep 2-Nov 18	5:30p-8:30p	HTS	\$105		
29837 M	Sep 5-Sep 26	11:30a-1:00p	HTS	\$16		
29840 W	Sep 14-Sep 28	1:30p-3:00p	HTS	\$12		
29838 M	Oct 3-Oct 31	1:30p-3:00p	HTS	\$20		
29841 W	Oct 5-Oct 26	1:30p-3:00p	HTS	\$16		
29842 W	Nov 2-Nov 30	1:30p-3:00p	HTS	\$16		
29839 M	Nov 7-Nov 28	1:30p-3:00p	HTS	\$16		
Intermediate Open Line Dancing						
29834 F	Sep 2-Sep 23	11:00a-1:00p	HTS	\$10		
29835 F	Oct 14-Oct 28	11:00a-1:00p	HTS	\$10		
29836 F	Nov 11-Nov 11	11:00a-1:00p	HTS	\$5		

Square Dance Class for Beginners

Ages 18 and up. Do you have two left feet? If you can walk, you can square dance! First night is free. Join the Texas Reelers and learn America's folk dance!

29868 M Sep 12-Dec 12 6:15p-8:30p HTS \$73

Square Dance "Plus" Promenade

Ages 18 and up. This is a workshop for those dancers who have taken the plus class, but need more practice and floor time. Emphasis will be on getting up to "dance speed" as well as increasing confidence.

30128 W	Sep 7-Oct 26	6:15p-8:30p	HTS	\$48
30129 W	Nov 2-Nov 30	6:15p-8:30p	HTS	\$33

Fitness

Aerobic Dancing

Ages 15 and up. Aerobic dancing is a fitness sport that combines the health and benefits of jogging with the fun of dancing to choreographed music, while maintaining a controlled heart rate. Floor work with optional weights for stretching, sit-ups and pushups. This class is fun and feels great.

29767 M,W	Sep 12-Dec 14	9:15a-10:30a	HTS	\$104

Awesome Exercise

Ages 13 and up. Cardio ... Pilates ... Yoga! This class uses all three to strengthen, stretch and create balance and harmony in your life

29770 M,W,F	Sep 2-Sep 30	8:00a-9:00a	HTS	\$48	
29771 M,W,F	Oct 3-Oct 31	8:00a-9:00a	HTS	\$52	
29772 M,W,F	Nov 2-Nov 30	8:00a-9:00a	HTS	\$44	
Two Days Per Week					
29773 M,W,F	Sep 7-Oct 5	8:00a-9:00a	HTS	\$40	
29774 M,W,F	Oct 3-Oct 31	8:00a-9:00a	HTS	\$36	
29775 M,W,F	Nov 2-Nov 30	8:00a-9:00a	HTS	\$36	

Bollywood Dance Fitness

Ages 15 and up. Bollywood is a fun, high-energy fitness class! Dynamic folkdance and contemporary Bollywood movements are taught while listening to the hottest music from all over India. This 60-minute cardio class will get your heart rate jumping, make your body sweat and keep your faces smiling.

30611 T	Aug 2-Aug 30	10:00a-11:00a	HTS	\$25
30610 T	Sep 6-Sep 27	10:00a-11:00a	HTS	\$25
30613 T	Oct 4-Oct 25	10:00a-11:00a	HTS	\$25
30614 T	Nov 8-Nov 29	10:00a-11:00a	HTS	\$25

Boot Camp

Ages 16 and up. Boost your health, blast calories and maximize your weight loss. Sleep better and experience an improved mental outlook. Beginners and advanced students will be challenged.

29788 M,W,F	Sep 2-Sep 30	6:00a-7:00a	HTS	\$50	
29791 M,W,F	Oct 3-Oct 31	6:00a-7:00a	HTS	\$50	
29794 M,W,F	Nov 2-Nov 30	6:00a-7:00a	HTS	\$50	
One Day Per Week					
29790 M,W,F	Sep 2-Sep 30	6:00a-7:00a	HTS	\$25	
29793 M,W,F	Oct 3-Oct 31	6:00a-7:00a	HTS	\$25	
29796 M,W,F	Nov 2-Nov 30	6:00a-7:00a	HTS	\$25	

Created Strong—Boot Camp

Ages 18 and up. A 60-minute workout for all women. This class is a total body workout that incorporates strength training, cardio and core. You can expect a variety of formats such as circuit training, HIIT, games and more to keep you growing, having fun and surrounded by women right where you are in life. Kids are always welcome to join moms for this class. Littles under 4 must be in a stroller. For more information, e-mail melanie. fox@createdstrongfitness.com. Class registration takes place at http://createdstrongfitness.pike13.com. Unlimited classes are offered for \$70/month. You can also sign up for eight classes (in a 60-day period) for \$96.

29800 M-Sa Sep 7-Dec 6 Varies HTS Varie Created Strong—Group Fitness for Moms

Ages 18 and up. A 60-minute workout for moms at all stages of motherhood. This class is a total body workout that incorporates strength training, cardio and core. You can expect a variety of formats such as circuit training, HIIT, games and more to keep you growing, having fun and surrounded by women right where you are in life. Kids are always welcome to join moms for this class. Littles under 4 must be in a stroller. For more information, e-mail melanie.fox@createdstrongfitness.com. Class registration takes place at www.createdstrongfitness.com. Unlimited classes are offered for \$70/month. You can also sign up for eight classes (in a 60-day period) for \$96.

for eight classes (in a 60-day period) for \$96. 29801 M-Th,Sa Sep 7-Dec 6 Varies HTS Varies



Adult Classes

Flexibility—Use It Or Lose It!

Ages 18 and up. Class will provide guided, gentle stretching in a friendly atmosphere. Standing, seated and floor exercises. Classes are tailored to the needs of the participants. Register before class for drop in fee of \$8 per class.

29947 T,Th	Sep 1-Sep 29	1:00p-2:30p	HUF	\$56
30531 S	Sep 11-Sep 25	3:00p-4:30p	HUF	\$21
29948 T,Th	Oct 4-Oct 27	1:00p-2:30p	HUF	\$56
30052 S	Oct 9-Oct 30	3:00p-4:30p	HUF	\$28
29949 T,Th	Nov 1-Nov 24	1:00p-2:30p	HUF	\$56
30054 S	Nov 6-Nov 27	3:00p-4:30p	HUF	\$28

Hatha Yoga—All Levels

Ages 6 and up. Hatha yoga stretching and breathing exercises help relieve stress and relax the mind and body. Yoga may give relief to neck/back/shoulder and knee pain, asthma, arthritis, insomnia, depression, diabetes and heart disease. Visit www.startyoga.com for more information. Please bring a towel or a mat.

tyoga.com for	r more informa	ition. Please bi	ring a towe	l or a mat.
29806 T	Sep 6-Sep 27	6:00p-7:00p	HTS	\$20
29807 T	Oct 4-Oct 25	6:00p-7:00p	HTS	\$20
29808 T	Nov 1-Nov 29	6:00p-7:00p	HTS	\$25
29809 Th	Sep 1-Sep 29	6:00p-7:00p	HTS	\$25
29810 Th	Oct 6-Oct 27	6:00p-7:00p	HTS	\$20
29811 Th	Nov 3-Nov 17	6:00p-7:00p	HTS	\$15
29812 Sa	Sep 3-Sep 24	11:00a-noon	HTS	\$20
29813 Sa	Oct 1-Oct 29	11:00a-noon	HTS	\$25
29814 Sa	Nov 5-Nov 19	11:00a-noon	HTS	\$15

Personal Training with Damon

Ages 16 and up. COVID-19 safe, private 30-minute personal fitness training in a separate space away from the crowd and with private equipment. Lose unwanted fat, regain your strength and fight back depressive moods. Affordably priced at \$45 for half-hour sessions and available at both Huffhines and Heights. Don't wait! Availability is limited so call now! 469-952-0005.

Total Body Boot Camp

Ages 17 and up. Come burn fat and tone your muscle. You'll learn effective ways to plan your fitness and nutrition routines. Tuesdays will be at Heights and Thursdays will be at Huffhines. For more information, e-mail damon@icangetufit.com.

Two Days Per Week (Heights and Huffhines)						
29869 T,Th	Sep 6-Sep 29	6:30p-7:30p	HTS/HUF	\$103		
29870 T,Th	Oct 4-Oct 27	6:30p-7:15p	HTS/HUF	\$103		
29871 T,Th	Nov 1-Nov 29	6:30p-7:15p	HTS/HUF	\$80		
Two Days Per \	Neek (Huffhines	5)				
30063 M,W	Sep 7-Sep 28	6:30p-7:30p	HUF	\$103		
30064 M,W	Oct 3-Oct 26	6:30p-7:30p	HUF	\$103		
30065 M,W	Nov 2-Nov 30	6:30p-7:30p	HUF	\$103		
One Day Per W	One Day Per Week (Huffhines)					
30010 M,W	Sep 5-Sep 28	6:30p-7:30p	HUF	\$52		
30515 T	Sep 6-Sep 27	6:30p-7:30p	HTS	\$53		
30011 M,W	Oct 3-Oct 26	6:30p-7:30p	HUF	\$52		
30516 T	Oct 4-Oct 25	6:30p-7:30p	HTS	\$53		
30012 M,W	Nov 2-Nov 30	6:30p-7:30p	HUF	\$52		

Yoga & Pilates

Ages 10 and up. A balanced approach to tone, strengthen and align the skeletal system, while also gaining flexibility. Pilates' core strengthening and yoga's balance and grace are connected in this mind and body workout. For more information, e-mail erikabugno@yahoo.com.

Three Classes Per Week

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30041 M,W,F	Sep 2-Sep 30	10:00a-11:00a	HUF	\$65	
30042 M,W,F	Sep 2-Sep 30	6:00p-7:00p	HUF	\$65	
30040 M,W,F	Oct 3-Oct 31	10:00a-11:00a	HUF	\$65	
30039 M,W,F	Oct 3-Oct 31	6:00p-7:00p	HUF	\$65	
30037 M,W,F	Nov 2-Nov 30	10:00a-11:00a	HUF	\$65	
30038 M,W,F	Nov 2-Nov 30	6:00p-7:00p	HUF	\$65	
Two Classes Pe	er Week				
30036 M,W,F	Sep 2-Sep 30	10:00p-11:00p	HUF	\$45	
30035 M,W,F	Sep 2-Sep 30	6:00p-7:00p	HUF	\$45	
30034 M,F	Oct 3-Oct 31	10:00a-11:00a	HUF	\$45	
30033 M,W,F	Oct 3-Oct 31	6:00p-7:00p	HUF	\$45	
30032 M,W,F	Nov 2-Nov 30	10:00a-11:00a	HUF	\$45	
30031 M,W,F	Nov 2-Nov 30	6:00p-7:00p	HUF	\$45	
One Class Per Week					
30030 M,W,F	Sep 2-Sep 30	10:00a-11:00a	HUF	\$25	
30029 M,W,F	Sep 2-Sep 30	6:00p-7:00p	HUF	\$25	
30027 M,W,F	Oct 3-Oct 31	10:00a-11:00a	HUF	\$25	
30028 M,W,F	Oct 3-Oct 31	6:00p-7:00p	HUF	\$25	
30026 M,W,F	Nov 2-Nov 30	10:00a-11:00a	HUF	\$25	
30025 M,W,F	Nov 2-Nov 30	6:00p-7:00p	HUF	\$25	

Yoga with Chrissy

Ages 18 and up. This class is a great way to begin, restart or enrich your yoga practice. Learn how to gain strength, flexibility and balance in a safe and easy to understand way. Start your day feeling successful, strong and calm. Yoga is for every BODY. Bring a mat and a towel/blanket to class. Check out www.yogawithchrissy.com for more info.

29872 T,Th	Sep 1-Sep 29	8:00a-9:00a	HTS	\$45	
29875 T,Th	Oct 4-Oct 27	8:00a-9:00a	HTS	\$60	
29878 T,Th	Nov 1-Nov 29	8:00a-9:00a	HTS	\$60	
One Class Per Week					
29874 T,Th	Sep 1-Sep 29	8:00a-9:00a	HTS	\$68	
29877 T,Th	Oct 4-Oct 27	8:00a-9:00a	HTS	\$30	
29880 T,Th	Nov 1-Nov 29	8:00a-9:00a	HTS	\$30	

Zumba Fitness

Ages 15 and up. Zumba fuses Latin rhythms with easy-to-follow dance moves to create a calorie burning, muscle toning and dynamic fitness program. We have fun while working out.

	29881 M,W	Sep 5-Sep 28	6:45p-7:45p	HTS	\$35
	29882 M,W	Sep 7-Sep 28	6:20p-7:20p	HTS	\$35
	29884 M,W	Oct 3-Oct 31	6:20p-7:20p	HTS	\$35
	30130 M,W	Nov 7-Nov 30	6:20p-7:20p	HTS	\$35
One Class Per Week					
	29883 M,W	Sep 5-Sep 28	6:20p-7:20p	HTS	\$25
	29886 M,W	Oct 3-Oct 31	6:20p-7:20p	HTS	\$25
	30132 M,W	Nov 7-Nov 30	6:20p-7:20p	HTS	\$25



Adult Classes

Zumba

Ages 17 and up. A fitness party with a contagious blend of Latin and international rhythms that provides a fun and effective workout. Perfect for anybody and everybody. A total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility. \$10 for one session. \$25/month for one session/week.

30525 M,W	Sep 7-Sep 28	5:00p-6:00p	HUF	\$35		
30526 M,W	Oct 3-Oct 26	5:00p-6:00p	HUF	\$35		
30527 M,W	Nov 2-Nov 30	5:00p-6:00p	HUF	\$35		
One Day Per Week						
30530 M,W	Sep 7-Oct 26	5:00p-6:00p	HUF	\$25		
30529 M,W	Oct 3-Oct 26	5:00p-6:00p	HUF	\$25		
30528 M,W	Nov 2-Nov 30	5:00p-6:00p	HUF	\$25		

Mind & Body

Naturally Mindful

Ages 15 and up. Observing nature has been found to improve attention, lower stress, boost your mood and promote a sense of happiness and calm. Using science-based mindfulness techniques, we will tap in to our creative side and learn to observe and journal about our experiences in nature. This class is an opportunity for all people; no artistic aptitude or mindfulness experience required. Bring an openness to try something new and you may discover a fun activity to help your mind and body find a sense of well-being, Check out www.ChrissyCortezMathis.

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30554 Sa	Sep 24	10:30a-noon	HTS	\$40

Sports

Badminton

Ages 16 and	l up.			
29904 Sa	Sep 3-Sep 24	3:00p-5:00p	HUF	\$20
29905 Sa	Oct 1-Oct 29	3:00p-5:00p	HUF	\$25
29906 Sa	Nov 5-Nov 26	3:00p-5:00p	HUF	\$20

Boxing for Adults

com for more information

Ages 18 and up. Learn the basics of boxing through mitt work and boxing activities. Please bring your own boxing gloves.

30043 T,Th	Sep 1-Sep 29	6:00p-7:00p	HUF	\$125
30044 T,Th	Oct 4-Oct 27	6:00p-7:00p	HUF	\$125
30045 T,Th	Nov 1-Nov 29	6:00p-7:00p	HUF	\$125

DFW Table Tennis Club

DFW Table Tennis is one of the leading table tennis membership organizations in the nation, affiliated with the USA Table Tennis the governing body of table tennis in the United States. The club plays at Heights Recreation Center Sundays from 2-5 p.m. Cost is \$5 for rec center members and \$8 for non-members. For more information, visit www.dfwtt.com.

Heights Adult Basketball

Ages 21 and up. Half court and full court play available for both men and women. Basketballs and jerseys are provided. Space is limited, so sign up now.

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	29815 M,W	Sep 7-Oct 19	8:15p-9:45p	HTS	\$30	
	29816 M,W	Oct 24-Nov 30	8:15p-9:40p	HTS	\$30	
	Huffhines Basketball					
Ages 18 and up. Huffhines men's basketball class.						
	29955 W	Sep 14-Sep 28	7:00p-9:30p	HUF	\$15	
	29956 W	Oct 5-Oct 26	7:00p-9:30p	HUF	\$20	
	29957 W	Nov 2-Nov 23	7:00p-9:30p	HUF	\$20	



Pickleball

Ages 12 and up. A variety of classes are offered that will help promote an active healthy lifestyle for different fitness and capability levels. Players can also pay a \$3 daily drop-in fee at

29979 F	Sep 2-Sep 30	11:00a-2:00p	HUF	\$10
30113 M	Sep 12-Sep 26	11:00a-3:00p	HTS	\$6
30114 M	Oct 3-Oct 31	11:00a-3:00p	HTS	\$10
29980 F	Oct 7-Oct 28	11:00a-2:00p	HUF	\$8
29981 F	Nov 4-Nov 25	11:00a-2:00p	HUF	\$8
30115 M	Nov 7-Nov 28	11:00a-3:00p	HTS	\$8

Pickleball Progress

Ages 18 and up. Player will learn the need for safe movement. The correct court positions when serving or receiving. Calling the three part score, how to hit a ground stroke or a volley. Players will need to wear safe footwear.

29982 F	Sep 2	10:00a-11:00a	HUF	\$12
29983 F	Sep 9	10:00a-11:00a	HUF	\$12
29984 F	Sep 16	10:00a-11:00a	HUF	\$12
29993 F	Sep 23	10:00a-11:00a	HUF	\$12
29994 F	Sep 30	10:00a-11:00a	HUF	\$12
29985 F	Oct 7	10:00a-11:00a	HUF	\$12
29986 F	Oct 14	10:00a-11:00a	HUF	\$12
29987 F	Oct 21	10:00a-11:00a	HUF	\$12
29988 F	Oct 28	10:00a-11:00a	HUF	\$12
29989 F	Nov 4	10:00a-11:00a	HUF	\$12
29990 F	Nov 11	10:00a-11:00a	HUF	\$12
29991 F	Nov 18	10:00a-11:00a	HUF	\$12
29992 F	Nov 25	10:00a-11:00a	HUF	\$12

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Martial Arts Classes

Brazilian Jiu-Jitsu

Ages 10 and up. Join us for a family-oriented class. Learn ground fighting, self-defense and anti-bullying techniques. Brazilian Jiu-Jitsu is a martial art and combat sport that focuses on grappling and ground fighting. It teaches that a smaller, weaker person can successfully defend against a bigger, stronger assailant by using leverage and proper techniques. In class you will learn the basics of Brazilian Jiu-Jitsu and will get to apply them in live grappling situations. No uniform required to start.

29797 M,W,F	Sep 2-Sep 30	6:00p-7:30p	HTS	\$75
29798 M,W,F	Oct 3-Oct 31	6:00p-7:30p	HTS	\$75
29799 M,W,F	Nov 2-Nov 30	6:00p-7:30p	HTS	\$75

Dragon School of Tae Kwon Do

Ages 10 and up. Millions of men and women all over the world have studied the Korean art of Tae Kwon Do for self-defense, fitness and self-confidence. For over 40 years, the Dragon School has provided quality martial arts training in a safe and positive learning environment. Our school teaches a traditional style that emphasizes respect, discipline and self-control while promoting greater physical and mental well-being. Classes are led by 7th and 8th degree black belt instructors. For more information, visit www.dragonschool.com.

29802 T,Th	Sep 1-Sep 29	6:30p-8:00p	HTS	\$40
29803 T,Th	Oct 4-Oct 27	6:30p-8:00p	HTS	\$40
29804 T,Th	Nov 1-Nov 29	6:30p-8:00p	HTS	\$40

Grappling

Ages 14 and up. This class will teach you how to overcome a bigger, stronger opponent using ground fighting techniques made famous in the UFC. You will also learn techniques from Filipino martial arts, to give you a well-rounded ability to defend yourself and your loved ones. We offer a friendly, welcoming atmosphere for students 14 years of age and up. Come get in shape while learning an effective fighting art. Tuesday and Thursday classes meet from 6-7:30 p.m., Saturday classes meet from 11 a.m.-12:30 p.m. Supply Fee: BJJ gi (prices vary)

29951 T,Th,Sa	Sep 1-Sep 29	Varies	HUF	\$85
29952 T,Th,Sa	Oct 4-Oct 29	Varies	HUF	\$85
29953 T,Th,Sa	Nov 1-Nov 26	Varies	HUF	\$85

Kung Fu Qi-Gong Fitness

Ages 6 and up. Kung Fu is a high-impact form of exercise that includes a full-body workout, stretching, self-defense and martial art forms. We combine Kung Fu with Qi-Gong, an energy cultivation art form. The result is a high-energy, immune system boosting program that promotes total physical athleticism, self-discipline, plus mental and physical fitness. Uniform required. For more information, visit www.sunqifitness.com.

29958 Sa	Sep 3-Sep 24	10:00a-11:00a	HUF	\$55
29959 Sa	Oct 1-Oct 29	10:00a-11:00a	HUF	\$65
29960 Sa	Nov 5-Nov 26	10:00a-11:00a	HUF	\$55



Martial Arts Classes



Qi-Gong Kung Fu Private Lessons

Ages 5 and up. One-on-one fitness program that has great benefits for children or adults by creating a strong body, powerful, spirit and peaceful mind \$75 per one hour session. By appointment only. Contact instructor MinMin Valenti at 214-418-4236.

Qi-Gong Tai Chi Private Lessons

Ages 18 and up. One-on-one light intensity fitness program with great benefits for adults and seniors. Improve balance, flexibility, energy, circulation, reduce stress and pain relief. Uniform required. \$75 per hour session by appointment only. Contact instructor MinMin Valenti at 214-418-4236.

Qi-Gong Tai Chi for Older Adults

Ages 25 and up. Sun Qi Fitness is a low-impact fitness program. Benefits include increased balance and flexibility, enhanced energy and circulation, and reduced stress and pain. Qi-Gong is an energy cultivation art while Tai Chi is a fluid art form with total body movements to produce a stimulating workout. Sun Qi Fitness is certified by Master Hsieh Chin-Hua, head coach of Taiwan Contest Wu Shu Association.

29853 F	Sep 2-Sep 23	9:45a-10:45a	HTS	\$60
30061 Sa	Sep 3-Sep 24	11:15a-12:15p	HUF	\$60
29854 F	Sep 30-Oct 21	9:45a-10:45a	HTS	\$60
30107 Sa	Oct 1-Oct 29	11:15a-12:15p	HUF	\$75
29855 F	Oct 28-Nov 18	9:45a-10:45a	HTS	\$60
30062 Sa	Nov 5-Nov 26	11:15a-12:15p	HUF	\$60

SMSB Tae Kwon Do

Ages 6 and up. Tae Kwon Do instills mental control, discipline, respect, humility and confidence. By learning control of the body, students have greater mental discipline in their everyday lives.

29996 Th,Sa	Sep 1-Nov 24	6:00p-7:45p	HUF	\$130



Martial Arts Classes

Virtual Kung-Fu Fitness

Ages 5-11. Virtual learning via Facebook Live. Kung Fu is a high-impact form of exercise that includes a full-body workout, stretching, self-defense and martial art forms. We combine Kung-Fu with Qi-Gong, which is an energy cultivation art form. The result is a high-energy, immune system boosting program that promotes total physical athleticism and self-discipline, plus mental and physical fitness. Uniform required. For more information, visit www.sungifitness.com.

30016 T	Sep 6-Oct 4	6:00p-7:00p	HUF	\$35
30017 T	Oct 4-Oct 25	6:00p-7:00p	HUF	\$35
30018 T	Nov 1-Nov 29	6:00p-7:00p	HUF	\$35

Virtual Tai-Chi Fitness

Ages 10 and up. Virtual learning via Facebook Live. Learn how to practice healing Qi-Gong for physical and mental fitness. Practitioners will experience increased energy levels and a boost to the immune system in as little as four weeks. Your practice program includes an array of Chinese art forms from Qi-Gong, Ba-Qua, Shaolin Animal Style Kung-Fu and more. Qi-Gong is an energy cultivation style. Sun Qi Fitness practice program promotes total physical athleticism and self-awareness. Wednesday and Thursday classes meet from 6-7 p.m., Saturday classes meet from 10-11 a.m. For more information, visit www. sunqifitness.com.

30019 W-Th,Sa	Sep 7-Oct 6	Varies	HUF	\$50
30020 W-Th,Sa	Oct 5-Oct 27	Varies	HUF	\$50
30021 W-Th,Sa	Nov 2-Nov 26	Varies	HUF	\$50





Dance Classes

Heights Recreation Center

We strongly encourage all students enrolled in more than one form of dance to study ballet, as the technique is found in every dance class. E-mail heightsdanceinfo@gmail.com for more information. For Heights ballet (excluding Baby Ballet I, II and III) and tap, a \$50 costume fee is due to the instructor by the second class and a recital fee is due by Nov. 1.

Baby Ballet I	(Ages 2-3)			
29776 Th	Sep 15-Oct 13	10:45a-11:15a	HTS	\$55
29778 Sa	Sep 17-Oct 15	9:00a-9:30a	HTS	\$55
29777 Th	Oct 20-Nov 17	10:45a-11:15a	HTS	\$55
29779 Sa	Oct 22-Nov 19	9:00a-9:30a	HTS	\$55
Baby Ballet II	(Ages 2-3)			
29782 Sa	Sep 17-Oct 15	9:30a-10:00a	HTS	\$55
29780 W	Sep 21-Oct 12	11:15a-11:45a	HTS	\$55
29781 Th	Oct 20-Nov 17	11:15a-11:45a	HTS	\$55
29783 Sa	Oct 22-Nov 19	9:30a-10:00a	HTS	\$55
Baby Ballet II	I (Ages 3-4)			
29785 Sa	Sep 10-Dec 3	10:00a-10:30a	HTS	\$130
29784 T	Sep 13-Dec 6	10:00a-10:45a	HTS	\$130
Ballet I (Ages	4-6)			
29817 Th	Sep 8-Dec 1	10:00a-10:45a	HTS	\$130
Ballet II & III (Ages 5-9)			
29818 M	Sep 12-Dec 5	4:15p-5:00p	HTS	\$130
	e Pointe & Point			
Wednesday clo	ass starts at 4:15 p.	m., Saturday class	starts at 11	a.m.
29819 W,Sa	Sep 7-Oct 1	Varies	HTS	\$88
29820 W,Sa	Oct 5-Oct 29	Varies	HTS	\$88
29821 W,Sa	Nov 2-Dec 3	Varies	HTS	\$88
Tap and Balle	et I (Ages 4-6)			
29823 Sa	Sep 10-Dec 3	10:45a-11:30a	HTS	\$130
29822 T	Sep 13-Dec 6	10:45a-11:30a	HTS	\$130
•	et II & III (Ages 6-	*		
29825 Sa	Sep 10-Dec 3	11:30a-12:15p	HTS	\$130
	_			

Huffhines Recreation Center

Huffhines Dance classes have great options for girls and boys of all ages and interests. With exception of Pre-Pointe and Performance Group, there is a \$25 fee due by the third class. This is a one-time fee so dancers in multiple classes will only pay this fee once. E-mail HuffhinesDanceDepartment@gmail.com if you have placement questions.

Pre Ballet (Ages 3-4)						
30099 M	Aug 29-Dec 5	9:00a-9:40a	HUF	\$130		
30100 T	Aug 30-Dec 6	3:30p-4:10p	HUF	\$130		



Ballet I (Ages 4-6)

Dance Classes

30080 M	Aug 29-Dec 5	4:15p-4:55p	HUF	\$130
Ballet I/II (Ages	6-8)			
30081 F	Sep 2-Dec 9	5:00p-5:40p	HUF	\$130
Ballet II (Ages 7	7-9)			
30082 Th	Sep 1-Dec 8	5:00p-5:40p	HUF	\$130
	•	3.00p 3.10p	1101	Ų 150
Ballet III (Ages 30084 M		F.45n 6.25n	HUF	¢120
	Aug 29-Dec 5	5:45p-6:25p	пог	\$130
Ballet IV (Ages				
30085 W	Aug 31-Dec 7	6:00p-6:40p	HUF	\$130
Contemporary				
30091 M	Aug 29-Dec 5	6:30p-7:10p	HUF	\$130
Contemporary				
30500 W	Aug 31-Dec 7	6:45p-7:25p	HUF	\$130
Hip Hop I (Age				
30547 W	Aug 31-Dec 7	4:30p-5:10p	HUF	\$130
Hip Hop II (Age				4455
30548 F	Sep 2-Dec 9	7:15p-8:00p	HUF	\$130
Homeschool Ba				
30090 T	Aug 30-Dec 6	10:30a-11:10a	HUF	\$130
Homeschool Ta				
30502 T	Aug 30-Dec 6	11:15a-11:55a	HUF	\$130
Jazz I (Ages 5-6				
30095 W	Aug 31-Dec 7	3:45p-4:25p	HUF	\$130
Jazz II (Ages 7-				
30096 M	Aug 29-Dec 5	5:00p-5:40p	HUF	\$130
Jazz III (Ages 1	0-14)			
30097 F	Sep 2-Dec 9	6:30p-7:10p	HUF	\$130
Jazz IV (Ages 1	4-18)			
30522 T	Aug 30-Dec 6	6:30p-7:10p	HUF	\$130
Tap I (Ages 5-7)			
30103 T	Aug 30-Dec 6	4:15p-4:55p	HUF	\$130
Tap II (Ages 7-1	10)			
30104 T	Aug 30-Dec 6	5:00p-5:40p	HUF	\$130
Tap III (Ages 10	D-13)			
30105 T	Aug 30-Dec 6	5:45p-6:25p	HUF	\$130
Tap IV (Ages 14	4-18)			
30106 Th	Sep 1-Dec 8	6:30p-7:10p	HUF	\$130
	nbo I (Ages 3-5)			
	Aug 29-Dec 5	3:30p-4:10p	HUF	\$130
30087 T	Aug 30-Dec 6	9:00a-9:40a	HUF	\$130
•	nbo II (Ages 4-6)			
30089 Th	Sep 1-Dec 8	4:15p-4:55p	HUF	\$130
	Combo (Ages 4-6			
30098 F	Sep 2-Dec 9	4:15p-4:55p	HUF	\$130
	lomeschool (Ag			
30501 T	Aug 30-Dec 6	9:45a-10:25a	HUF	\$130



Dance Classes

Leaps, Turns & Conditioning for Dancers

Ages 8-14. Dancers will work on turn and leap technique along with flexibility and strength training that is needed for successful dancers. This class is most beneficial for dancers also taking ballet, jazz and or contemporary techniques as well. Aug 31-Dec 7 5:15p-5:55p

Performance Group



Ages 8-17. Performance Group will be a year-long commitment for the 2022-23 school year. Dancers will have opportunities to perform at city and community events along with the possibility of one competition. This is a great opportunity for dancers who wish to perform more! Dancers who are interested are encouraged to take our Ballet Intensive in August and will also need to sign up for our placement/audition class on Friday, Aug. 5 and Saturday, Aug. 6. Dancers will commit to one 45-minute choreography class (this class) along with one ballet class and one style of their choosing. Students will have to re-register for all three classes in December/January. Please register your dancer for the placement class so that we know you are coming. There will be a \$75 supply fee that will be due by the third class session (\$25 for a T-shirt, \$50 for a jacket). For more information, please e-mail huffhinesdancedepartment@gmail.com. Sep 1-Dec 8 5:45p-6:25p

Performance Group Placement Class

Ages 8-17. Please register your dancer for this placement class if they are interested in joining the Performance Group Class. For more information, including class times, e-mail huffhinesdancedepartment@gmail.com. 30505 F-Sa Aug 5-Aug 6

Pre-Pointe

Ages 9 and up. Pre-Pointe is a preparation class for pointe shoes. This is an invite only class! Please contact Ms. Samantha if interested. This class does not guarantee you pointe shoes. Dancers may have to repeat the class multiple time before dancers meet all criteria needed (technical and strength) to be awarded pointe shoes in order to prevent unnecessary injury. Dancers must be registered in a separate ballet class level II and higher in order to be in this class. 30102 F Sep 2-Dec 9 5:45p-6:25p HUF \$130

Fall 2022 Guide www.cor.net/parks

Registration begins Aug. 1. See full class descriptions and register online for the weekend events at www.cor.net/parksonline.



Gymnastics



RESIDENT/NONRESIDENT FEES

Unless otherwise noted, Richardson residents pay the fee as it is listed. Nonresidents pay an additional \$5 per class, per month. There is a one-time \$30 registration fee for each new student in the program.

All classes are held at the Richardson Gymnastics Center 300 E. Arapaho Rd.—972-744-7860

The City of Richardson gymnastics program is a continuous year-round program and offers something for everyone. Classes are geared toward the student who just wants to have fun while trying to improve coordination and motor skills, and for the student who wants to be a serious competitor. We offer an 8:1 student/teacher ratio. Classes are open to anyone who wishes to participate. If your child is coming from another gymnastics program, he or she will need to be tested to determine the appropriate class level. Please call 972-744-7860 to set up an appointment.

Registration Procedures: All classes are on a monthly basis. If a class has a five-digit number before the day of the week, you may register for the class online. For classes without a five-digit number, call the Richardson Gymnastics Center at 972-744-7860.

Preschool/Kindergarten

The preschool program is divided by age. The program is designed for boys and girls ages 2-5. If you are unsure of your child's class placement, please call Richardson Gymnastics Center at 972-744-7860.

Moms and Tots

This class is for socially mature 2 year olds. An adult must attend class with the student as support for child and instructor. Coordination, introduction to gymnastics equipment and safety rules, and preparation for learning are some of the areas covered.

M	9-9:45 a.m.	\$38
Tu	9-9:45 a.m.	\$38
W	9-9:45 a.m.	\$38
Th	9-9:45 a.m.	\$38
S	9-9:45 a.m.	\$38

3-year-olds

This class is for students who are ready to take class without a parent. The student must be potty trained. Coordination, introduction to gymnastics equipment, safety rules and preparation for learning are some of the areas covered.

M	10-10:45 a.m.	\$43
M	11:50 a.m12:35 p.m.	\$43
Tu	10-10:45 a.m.	\$43
Tu	11:50 a.m12:35 p.m.	\$43
W	10-10:45 a.m.	\$43
W	11:50 a.m12:35 p.m.	\$43
Th	10-10:45 a.m.	\$43
Th	11:50 a.m12:35 p.m.	\$43
F	10-10:45 a.m.	\$43
S	11-11:45 a.m.	\$43

4-year-olds

Emphasis in the class is on coordination, beginning strength, flexibility positions, safety rules, introduction to basic skills on equipment and lots of fun. Students are grouped according to age, physical ability and skill level

age, physical a	bility and skill level.	
M	10:50-11:40 a.m.	\$48
M	12:45-1:35 p.m.	\$48
Tu	10:50-11:40 a.m.	\$48
Tu	12:45-1:35 p.m.	\$48
W	10:50-11:40 a.m.	\$48
W	12:45-1:35 p.m.	\$48
Th	10:50-11:40 a.m.	\$48
Th	12:45-1:35 p.m.	\$48
F	10:50-11:40 a.m.	\$48
S	10-10:50 a.m.	\$48
C	11-11:50 a m	¢10

Kindergarten Girls

Emphasis in the class is on coordination, beginning strength, flexibility, safety rules, introduction of basic skills on equipment and lots of fun. This class is for all-day kindergarten girls.

M 3:30-4:20 p.m.	\$48 \$48
	\$48
M 4:30-5:20 p.m.	γTO
M 5:30-6:20 p.m.	\$48
M 6:30-7:20 p.m.	\$48
Tu 4:30-5:20 p.m.	\$48
Tu 5:30-6:20 p.m.	\$48

Tu	6:30-7:20 p.m.	\$48
W	4:30-5:20 p.m.	\$48
W	5:30-6:20 p.m.	\$48
W	6:30-7:20 p.m.	\$48
Th	4:30-5:20 p.m.	\$48

Elementary

The elementary program is set up on a level system to ensure the proper progression for all students. The program is designed for boys and girls grades 1-6. The children will be placed in groups according to age and ability. If you are unsure of your child's class placement, please call Richardson Gymnastics Center at 972-744-7860.

Elementary Boys 5-7 years

Emphasis in the class is on coordination, strength, flexibility, safety rules and introduction to basic skills on boys equipment. This class is for all-day kindergarten and first grade boys.

Tills Class is for all-da	iy kilidergarteri arid ilist grade boys.	
M	4:30-5:20 p.m.	\$48
M	5:30-6:20 p.m.	\$48
Tu	5:30-6:20 p.m.	\$48
Th	3:30-4:20 p.m.	\$48
Th	4:30-5:20 p.m.	\$48



Elementary Boys 8-10 years

A beginner program for older boys interested in gymnastics. Beginner through advanced beginner skills are emphasized. Emphasis in the class is on coordination, strength, flexibility, safety rules and introduction of basic skills on boys equipment. Th 5:30-6:20 p.m. \$48

Elementary Beginner Girls 6-12 years

Girls ages 6-12 years. This program teaches the basic gymnastic skills on yoult bars balance beam tumbling and trampoline

skills on vault, bars, balance beam, turnbling and trampoline.				
M	3:30-4:50	\$63		
M,W	3:30-4:20 p.m.	\$85		
M,W	4:30-5:20 p.m.	\$85		
M,W	5:30-6:20 p.m.	\$85		
M,W	6:30-7:20 p.m.	\$85		
Tu	3:30-4:50 p.m.	\$63		
Tu	6:30-7:50 p.m.	\$63		
Tu,Th	4:30-5:20 p.m.	\$85		
Tu,Th	5:30-6:20 p.m.	\$85		
W	4:30-5:50 p.m.	\$63		
W	6-7:20 p.m.	\$63		
Th	6:30-7:50 p.m.	\$63		
F	4-5:20 p.m.	\$63		
S	9:30-10:50 a.m.	\$63		
S	11 a.m12:20 p.m.	\$63		

Elementary Intermediate Girls

Ages 7-14 years. Instructor recommendation only. This program continues to build on the basic skills learned in the beginner program. Conditioning is added to help prepare for more difficult skills.

M	3:30-5:20 p.m.	\$80
M,W	5:30-6:50 p.m.	\$100
Tu,Th	4-5:20 p.m.	\$100
Tu,Th	5:30-6:50 p.m.	\$100
F	4-5:50 p.m.	\$80
F	5:30-7:20 p.m.	\$80
S	9-10:50 a.m.	\$80
S	11 a.m12:50 p.m.	\$80

Elementary Advanced Girls

Tu,Th

Pre-competitive girls gymnastics grades 1-6. Instructor recommendation only. The advanced girls program is for those girls who have progressed through the beginner and intermediate programs and are ready to work on a pre-competitive level.

M,W 6:30-8:30 p.m. \$120

6:30-8:30 p.m.

\$120

Girls Competitive Team

The girls competitive teams compete in the USAG Junior Development program.

Team Group—Coach recommendation only. Call 972-744-7860 for more information.

Tumbling

Coed Tumbling ages 8-17

Students will work on skills and/or drills that are appropriate to their skill ability level. The Monday night and Saturday afternoon classes are for beginner tumblers.

noon classes are for beginner tumbiers.					
M	7:30-8:20 p.m.	\$48			
S	1-1:50 p.m.	\$48			



Private/Semi-Private Lessons

These lessons are to learn new skills or to perfect skills with that little bit of extra special attention. Call the Richardson Gymnastics Center at 972-744-7860 to set up day and time.

Evening Preschool

Mondays through Thursdays 5:30-6:15 p.m. and 6:30-7:15 p.m. Fridays

4:30-5:15 p.m. and 5:30-6:15 p.m. Ages 3 and 4 year old girls and boys \$43 per child, \$48 nonresident

This class is for children who are ready to participate without a parent. The student must be potty trained. They will start class by jumping on the trampoline. Students will then go to the multi-purpose room, where they will be working on all their other gymnastics skills. Children will be in an enclosed room during most of the class for their safety and to provide a quiet learning environment. You can register in person at the Richardson Gymnastics Center or call us at 972-744-7860.

Friday Night Fun!

Friday nights from 7:15-10:15 p.m.

Ages 4-14 years \$10 per person, resident \$15 per person, nonresident

Parents can register online, over the phone or in person. Parents are encouraged to register early for a spot as spaces fill quickly! The online registration deadline is Thursday at midnight. After midnight on Thursday, there will be a \$5 late fee assessed for all registrations and is subject to availability. Richardson Gymnastics requires a 24-hour notice to change a date. There is a one-time limit on changing dates. NO REFUNDS.

30571 F	9	Sept 2	\$10
30572 F	9	Sept 9	\$10
30573 F	9	Sept 16	\$10
30574 F	9	Sept 23	\$10
30575 F	9	Sept. 30	\$10
30577 F	(Oct 7	\$10
30576 F	(Oct 14	\$10
30578 F	(Oct 21	\$10
30579 F	(Oct 28	\$10
30580 F	1	Nov 4	\$10
30581 F	1	Nov 11	\$10
30582 F	1	Nov 18	\$10

Birthday Parties

Saturdays 2:15-3:45 p.m. 4-5:30 p.m. 5:45-7:15 p.m.

Cost: 1-10 children (2 instructors including party host) \$125 resident, \$129 nonresident

Cost: 11-20 children (3 instructors including party host) \$160 resident, \$164 nonresident

Cost: 21-30** children (4 instructors including party host) \$185 resident, \$189 nonresident

**There is a fee of \$10 per child for more than 30 children.
Full price for expected attendance
is due at the time of the reservation.

Come celebrate your child's birthday at Richardson Gymnastics Center. Our friendly staff is here to provide a unique and very enjoyable birthday experience. We provide a party room, tables, chairs, tablecloths and games in the gym. The party is for 90 minutes, one hour in the gym area and 30 minutes in the party room. The final number of attendees is required 10 days in advance of the party to guarantee adequate staffing.

There is a \$50 non-refundable fee and a required 14-day notice for cancellations and date changes. For more information or to make a reservation, please call Richardson Gymnastics at 972-744-7860 or contact Carol Ozlowski at gymparty@cor.gov.

www.cor.net/parks Fall 2022 Guide



Tennis

Huffhines Tennis Center 1601 Syracuse Dr., 972-744-7870

Junior Development

Six levels of Junior Development (JD) classes are offered at Huffhines Tennis Center. Lessons run in three-week sessions. Classes meet twice a week for three weeks, either Monday and Wednesday or Tuesday and Thursday. Only classes canceled due to weather will be made up.

Dates:

Oct. 3-20 Sept. 6-22 Oct. 31-Nov. 17

The levels are:

Future Stars (Ages 5-7) Mon and Wed, 4:30-5 p.m. or Tu and Th, 5-5:30 p.m. COST: \$40. Emphasis is on basic tennis fundamentals, working on hand-eye coordination and ball contact. Basics on grips and strokes are also covered. Main emphasis is playing tennis-related games and having fun.

JD-1 Beginner (Ages 8-14) Mon and Wed, 5-6 p.m. or Tu and Th, 4-5 p.m. COST: \$60. This level is for children with little or no previous experience. Focus is on hand-eye coordination and ball contact. Basics on grips and strokes are also covered. Main emphasis is stroke production, playing tennis-related games and making tennis fun.

JD-2 Advanced Beginner (Ages 9-16) Mon and Wed, 5-6:30 p.m. or Tu and Th, 4:30-6 p.m. COST: \$72. This level is for those who have had some previous instruction, can hit forehands and backhands consistently, but have had little success with the serve and volley. Should be paired with one private lesson a week to help build the student's skills.

JD-3 Intermediate (Ages 10-16) Mon and Wed 6-7:30 p.m. COST: \$72 Students must have instructor approval. These students must be able to rally consistently enough to start playing points. Instruction is given on more advanced strokes, i.e., volleys, lobs, overheads, and spins. Emphasis is on stroke production, drills and match play.

JD-4 Advanced (Ages 10-18) Tu and Th 6-7:30 p.m. COST: **\$90** Students must have instructor approval. This class will be comprised of players advanced enough to start Level 7 USTA tournament competition and will be encouraged to do so as part of training. This class is geared for the player who is playing tournaments or preparing for junior high tennis team.

JD-Excellence (Ages 10-18) Tu and Th, 6-7:30 p.m. COST: \$90 Students must have instructor approval. This class will be comprised of players advanced enough for competition such as inter-club matches and Level 7 & 6 USTA tournaments and will be encouraged to do so as part of training. This class is geared for the player who is playing tournaments or playing on a school tennis team.

NOW OFFERING WEEKEND CLASSES

Classes will be held Saturdays for three weeks

Sept. 10-24 Oct. 8-22 Adult-AD-1 Beginner—Sat 8:30-9:30 a.m. COST: \$40 JR-Future Stars (Ages 5-7)—Sat 9:30-10:30 a.m. COST: \$40 JR-JD-1 Beginner (Ages 8-14)—Sat 10:30-11:30 a.m. COST: \$40

Group Lessons-Adult

Dates:

Sept. 6-22 Oct. 31-Nov. 17 Oct. 3-20 Classes meet twice a week for three weeks, either Monday and Wednesday or Tuesday and Thursday for one hour. Six levels are available for adults. Registration begins one month prior to the start of class. Only classes canceled due to weather will be made up.

AD-1 Beginner -- Mon and Wed, 6:30-7:30 p.m. or Tu and **Th, 6-7 p.m. COST: \$60.** This level is for adults with little or no previous experience. Basics on grips and strokes are covered. Main emphasis is stroke production, serve and some match play.

AD-1.5 Beginner+—Tu and Th 6-7 p.m. Cost: \$60. This level is for adults with some experience. Basics on grips and strokes are covered. Main emphasis is stroke production and serves. Points related games will be played.

AD-2 High Beginner to Intermediate—Mon and Wed,

7:30-9 p.m. Cost: \$90 Class designed for adults with some tennis experience. Main emphasis on forehand, backhand, serve, vollev, scoring and match play.

AD-2.5 Intermediate/Advanced—Mon 7:30-9 p.m. Cost: **\$45** Class designed for adults with moderate tennis experience. Main emphasis on forehand, backhand, serve, volley, and spins. Drills and match play are also covered

AD-3 Advanced—Mon and Wed, 7:30-9 p.m. Cost: \$90 Instruction is given on more advanced strokes, i.e., volley, lobs, overheads and spins. Emphasis is on stroke production, drills and some match play.

AD-3.5 Advanced-Plus—Mon and Wed, 6-7:30 p.m. Cost: \$90 Instruction is given on more advanced strokes, i.e., volley, lobs, overheads and spins. Emphasis is on technique, drills and doubles strategies.

Adult Drill Classes

CALL TO SIGN UP

Tuesday, Mens, 7-9 p.m., (Int./Adv. 4.0-4.5) Cost: \$25 Thursday, Coed, 7-9 p.m., (High Beg./Int. 3.0-3.5) Cost: \$25 Saturday, Coed, 9-11 a.m., (All Levels 2.5-4.0) Cost: \$25

Ball machine rental and stringing available.



Tennis

Adult Leagues—Oct. 3-Nov. 17 Sign-up begins Aug. 1 Cost: \$30

Men B Singles Mondays 7 p.m. Men B Singles Tuesdays 7 p.m. Men A Singles Wednesdays 7 p.m. **Women Progressive Doubles** Thursdays 7 p.m.

Private Lessons

Tennis Pro Walt Williams

1/2-hour lesson \$30 1-hour lesson \$55

Tennis Pro Carlos Corriea

1/2-hour lesson \$35 1-hour lesson \$60 \$36 each Semi-private lesson

Tennis Pro Christy Vutam

1/2-hour lesson \$28 1-hour lesson \$50 Semi-private lesson \$30 each

Tennis Pro Briana Diehl

1/2-hour lesson \$28 1-hour lesson \$50 \$30 each Semi-private lesson

Tennis Pro Diego Zamora

1/2-hour lesson \$28 1-hour lesson \$50 \$30 each Semi-private lesson





Golf



Sherrill Park Golf Course 2001 E. Lookout Dr., 972-234-1416

With two great regulation courses to choose from and a number of tee boxes, Sherrill Park is sure to challenge golfers of all skill levels. Sherrill Park consistently ranks among the top 10 municipal golf courses and continues to solidify its reputation as a high-quality golf course.

To schedule tee times or private lessons at Sherrill Park, contact the Pro Shop at 972-234-1416 or visit www.sherrillparkgolf.

Performance Golf Academy

The goal of the Performance Golf Academy is simple: Have fun, create long lasting relationships, enjoy the game of golf, and learn a little about yourself while doing so. Whether it's a beginner or an advanced player, we strive to make every learning experience memorable. We take pride in providing a foundation for our youth to enjoy a game for a lifetime as well as becoming admirable friends.

Golf It Up

Four-week program—8 hours of instruction—\$170

The Golf It Up program provides instruction for the new golfer with little to no on-course experience.

Golf It Up for the beginning player includes: · 6-8 hours of instruction (driving range, chipping, pitching, putting, on-course practice and rules/etiquette)



Golf

Private Lessons

One-on-one experience for golfers of all skill levels. Hour lessons are \$105 for adults and \$85 for juniors.

For questions, call 817-846-7157 or e-mail jhorton@pga.com.





Athletics

Adult Softball Leagues

Registration begins Aug. 1, and league play begins Sept. 6. Games played at Huffhines Softball Complex in an eight-game regular season + playoffs (top 4

All skill levels—Men's & Mixed Leagues

Team Registration \$350 Register by phone at 972-744-7892, in-person at the Huffhines

Rec Center or online at https://apm.activecommunities.com/ richardsontx.

Soccer Leagues

<u>Women</u> North Texas Womens Soccer Association www.ntwsa.org

North Texas Premier Soccer Association www.ntpsa.org





Aquatics

Water Exercise

Several levels and classes year-round at J.J. Pearce HS Natatorium. For class times and locations, refer to the Richardson Today monthly newsletter or call the information line at 972-744-7813 or the Richardson Senior Center at 972-744-7800.

Pool Closing Schedule

Heights Family Aquatic Center will close Aug. 14

Cottonwood and Glenville pools

Canyon Creek and Terrace pools are open Saturdays and Sundays only starting Aug. 15 and close for the season Aug. 28

For more information, visit www.cor.net/aquatics.



Athletics Information

For Adult and Youth Athletics, please visit www.quickscores.com/richardson or contact the Richardson Athletics Office at 972-744-7892.

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