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.

Holiday Facility Closure Schedule

Gymnastics Center

Nov. 23 (closed)
Nov. 24 (closed)
Nov. 25 (closed)
Dec. 23 (closed)
Dec. 24 (closed)
Dec. 25 (closed)
Dec. 26 (closed)
Dec. 31 (closed)
Jan. 1 (closed)
Jan. 2 (closed)

Heights & Huffhines Recreation Centers

Jan. 1 (closed)

Jan. 2 (open 8 a.m.-5 p.m.)

Nov. 23 (closes at 5 p.m.) Nov. 24 (closed) Nov. 25 (open 8 a.m.-5 p.m.) Dec. 23 (open 8 a.m.-5 p.m.) Dec. 24 (closed) Dec. 25 (closed) Dec. 26 (open 8 a.m.-5 p.m.) **Dec. 31** (open 8 a.m.-5 p.m.)

Huffhines Tennis Center

Nov. 24 (closed) Dec. 23 (open 8 a.m.-5 p.m.) Dec. 24 (closed) Dec. 25 (closed) Dec. 26 (open 8 a.m.-5 p.m.)

Dec. 31 (open 8 a.m.-5 p.m.) Jan. 1 (closed) Jan. 2 (open 8 a.m.-5 p.m.)

Senior Center

Nov. 23 (closes at 5 p.m.) Nov. 24 (closed)

Nov. 25 (closed)

Dec. 23 (open 8 a.m.-5 p.m.)

Dec. 24 (closed) Dec. 25 (closed)

Dec. 26 (open 8 a.m.-5 p.m.) Dec. 31 (open 8 a.m.-5 p.m.)

Jan. 1 (closed)

Jan. 2 (open 8 a.m.-5 p.m.)

Sherrill Park Golf Course

Nov. 24 (closed) Dec. 25 (closed)

www.cor.net/holidayschedule

Heights Recreation Center



711 W. Arapaho Rd. • 972-744-7851

Hours of Operation:

Monday-Thursday: 6 a.m.-10 p.m. Friday: 6 a.m.-9 p.m. Saturday: 8 a.m.-5 p.m. Sunday: 11 a.m.-5 p.m.

Huffhines Recreation Center



200 N. Plano Rd. • 972-744-7881

Hours of Operation:

Monday-Friday: 6 a.m.-10 p.m. Saturday: 8 a.m.-5 p.m. Sunday: 11 a.m.-5 p.m.

Rec centers offer affordable way to reach fitness goals

Being a resident of the City of Richardson comes with many perks, and one of them is being able to use the fitness facilities at the City's two recreation centers, Heights and Huffhines, at a very reasonable cost. Yearly memberships ranging from \$35-\$60 (\$70-\$120 for nonresidents) allow access to both centers, which include a cardio fitness area/weight room, a full-sized gym including a regulationsized basketball court, a game room, free WiFi, a sauna and locker rooms. Since both centers were built within the last decade, members enjoy modern workout equipment and facilities.

Both Heights and Huffhines offer activities unique to their location that can be added on to a workout for a separate charge (or enjoyed without a membership). Across Duck Creek from Huffhines lies Huffhines Tennis Center, which features 10 lighted courts and is open year-round. Huffhines Tennis Center has a fully stocked pro shop and offers private and semi-private lessons for juniors and adults. Group lessons are also available in three-week blocks.

Summertime workouts at Heights can include a swim, thanks to the nearby Heights Family Aquatic Center and its lap pool. The summer swim season opens in late May and extends through Labor Day weekend.

Both recreation centers host activity classes for all ages year-round through the Parks and Recreation Department. Classes include martial arts, a variety of dance forms for children and adults, yoga, Zumba, Pilates and fitness boot camps. Non-physical classes offered at the two rec centers include arts and crafts for all ages, music, acting and educational classes designed to get preschoolers ready to enter kindergarten.

Rec center membership costs vary by age. Please note that children under 6 are not required to have a membership, but must be accompanied by an adult member. Resident rates are available only to persons who live in the City of Richardson and provide a driver's license and current water bill. People who work in Richardson may purchase a corporate membership by providing a recent paycheck stub or a corporate photo ID.

Memberships may be purchased in person at either center or through www.cor.net/parksonline. For more informa-



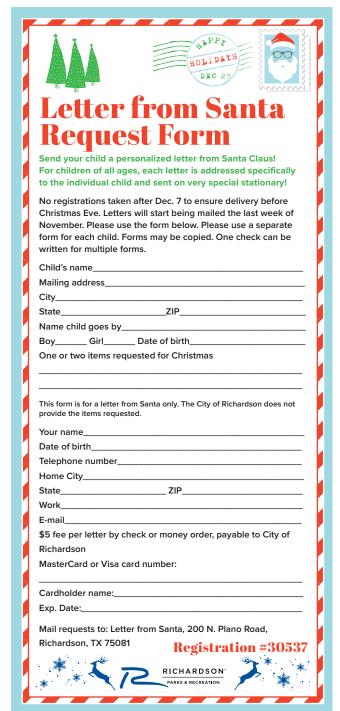
	Residents			Nonresidents		
Age Group	Annual	Daily	Monthly	Annual	Daily	Monthly
Youth (6-17)	\$35	\$5	\$10	\$70	\$10	\$20
Adult (18-54)	\$60	\$7	\$15	\$120	\$14	\$30
Senior (55 and up)	\$35	\$5	\$10	\$70	\$10	\$20
Family (up to 4)	\$135	N/A	N/A	\$270	N/A	N/A
Corporate	N/A	N/A	N/A	\$90	\$8	N/A

tion about the recreation centers and memberships, go to www.cor.net/parks. Information about rec center classes may be found at www.cor.net/parksonline. For aquatics

and tennis information, visit www.cor.net/aquatics and www.cor.net/tennis.



Adaptive and Special Events





Day camps for ages 5-11 are offered during RISD Student Holidays/Staff Development days. Campers will have fun in the sun in Heights Park, then retreat inside for more activities. Please bring lunch, a water bottle, closed-toe shoes and a snack. Winter Break Camp will also have an interactive on-site demonstration/ program once a week.

HEIGHTS RECREATION CENTER

Drop-off: 7:30-9:30 a.m. Pick-up: 4-6 p.m.

Recess! Program Winter Session

Winter Break Camp

Week 1: Mon-Fri, Dec 19-23 \$120/child, #31469 Mad Science on-site program

Week 2: Tue-Fri, Dec 27-30 \$96/child, #31501 Challenge Island on-site program

REGISTER ONLINE: WWW.COR.NET/CAMPS OR CALL HEIGHTS REC CENTER

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AT 972-744-7850



Friday, Dec. 9 | 5:15 p.m. | \$45

Come join us for a wonderful winter North Pole Adventure by rail. We will meet at Heights Rec Center and travel by van to the Grapevine Vintage Railroad Depot, where we will enjoy a Christmas train ride hosted by Mrs. Claus, eat one of her delicious chocolate chip cookies, and drink a frosty chocolate snow milk served in a keepsake mug. We will stop off at Santa's workshop for a Broadway-style show and stroll through the snowy Christmas Village Forest for photo ops with friends. Rumor has it you will even come away with a picture of the big guy himself, Santa Claus. Last day for registration is Nov. 21. Modest pajamas are acceptable attire for this adventure. Bring extra money for food and drink and extra activities that are available for a small fee (\$3 each or an \$8 passport option for all the extra activities). Registrants will call parents regarding pickup times at Heights when we begin our trip home. Approximate 10:30 p.m. return time.



Come join us as we go to Epic Waters in Grapevine for a day of fun at an indoor water park. We will have an opportunity to eat while at the park so bring extra money (approximately \$20) for food and drink (see online menu for specific available items off the Cabana Menu). We will meet at Heights Recreation Center then take a bus to Epic Waters in Grapevine. Come ready to get wet and have fun at one of the most epic indoor water parks in the state. There is a gift shop and an arcade on the premises for souvenirs and games if interested (approximately \$20).



2022 Best of Show and Best of Division Winners and 2022 Judges Exhibit

Jan. 7-26 | Library 3rd Floor

Entries Accepted

Jan. 7-22 | Huffhines Recreation Center

Results Available Jan. 27 at www.cor.net/photocontest

2023 Contest Results Exhibit

Jan. 28-Feb. 14 | Library 3rd Floor

2023 Awards Ceremony and Judge's Workshop

Thursday, Feb. 16, 6-8 p.m. Eisemann Center Bank of America Hall

Entry forms available to pick up at Huffhines Recreation Center or to download at www.cor.net/photocontest

ENTRY FEES

Student: \$5 | Adult Amateur & Proficient: \$10









Adaptive Classes

Adaptive Archery

Ages 9 and up. This class will introduce the basic steps on how to shoot archery (target style) regardless of physical or mental disability. See and use different styles of equipment while learning from a USA Archery Certified Instructor and benefit from years of knowledge in the sport. Parent or guardian must be on the premises if child is under 18 years of age.

31800 T	Dec 6-Dec 27	4:30p-5:30p	HTS	\$20
31801 T	Jan 3-Jan 31	4:30p-5:30p	HTS	\$25
31802 T	Feb 7-Feb 28	4:30p-5:30p	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.

31803 W Jan 25-Mar 8 6:15p-7:00p	HTS	\$42

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				
31597 F	Dec 2-Dec 16	5:00p-6:00p	HUF	\$56
31832 T	Dec 6-Dec 13	5:00p-6:00p	HTS	\$56
31598 F	Jan 6-Jan 27	5:00p-6:00p	HUF	\$86
31833 T	Jan 10-Jan 31	5:00p-6:00p	HTS	\$86
31599 F	Feb 3-Feb 24	5:00p-6:00p	HUF	\$86
31834 T	Feb 7-Feb 28	5:00p-6:00p	HTS	\$86
Intermediate				
31600 F	Dec 2-Dec 16	6:00p-7:00p	HUF	\$56
31835 T	Dec 6-Dec 13	6:00p-7:00p	HTS	\$56
31601 F	Jan 6-Jan 27	6:00p-7:00p	HUF	\$86
31836 T	Jan 10-Jan 31	6:00p-7:00p	HTS	\$86
31602 F	Feb 3-Feb 24	6:00p-7:00p	HUF	\$86
31837 T	Feb 7-Feb 28	6:00p-7:00p	HTS	\$86
Advanced				
31603 F	Dec 2-Dec 16	7:00p-8:00p	HUF	\$56
31829 T	Dec 6-Dec 13	7:00p-8:00p	HTS	\$56
31604 F	Jan 6-Jan 27	7:00p-8:00p	HUF	\$86
31830 T	Jan 10-Jan 31	7:00p-8:00p	HTS	\$86
31605 F	Feb 3-Feb 24	7:00p-8:00p	HUF	\$86
31831 T	Feb 7-Feb 28	7:00p-8:00p	HTS	\$86



Preschool Classes

Arts and Crafts

Little Artists

Ages 2-3. Come join us for a fun parent and me arts and crafts class. Each class includes a themed craft using paints, glue, markers, crayons and more. Dress appropriately, things can get messy. **Holiday Fun!**

Hollday Full:				
31683 T,Th	Dec 6-Dec 15	10:00a-11:00a	HUF	\$25
Winter Wond	erland!			
31684 T	Jan 10-Jan 31	10:00a-11:00a	HUF	\$45
Hearts and Fl	owers			
31685 T	Feb 7-Feb 28	10:00a-11:00a	HUF	\$45

Educational

Little Learners

Ages 3-4. Children will enjoy free play, crafts, science curriculum and group play while you get to enjoy some "me time." We are not a licensed daycare facility so parents must stay on premises and the children must be potty-trained.

31686 F Jan 27-Mar 3 9:00a-11:00a HUF \$60

Munchkin & Me Play Time

Ages 18-30 months. 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. Class time is made up of free play along with parent-child music time.

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31690 M	Dec 5-Dec 19	9:45a-10:45a	HUF	\$15
31689 M	Jan 9-Jan 30	9:45a-10:45a	HUF	\$25
31688 M	Feb 6-Feb 27	9:45a-10:45a	HUF	\$25

My Morning Preschool

Ages 3 1/2-5. 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.

31691 T,Th Dec 6-Jan 19 9:00a-11:00a HUF \$120
31692 T,Th Jan 24-Mar 2 9:00a-11:00a HUF \$120

Music

Kindermusik—"The Rhythm of My Day"

Ages 1-3. These classes will help you bring more rhythm and routine to your baby's day. You can bring home those same stress-free play and relaxation techniques from class, and incorporate them into your daily routines. Home materials fee of \$75 due to the instructor on the first day of class.

31911 W Feb 1-Apr 26 1:00p-1:45p HTS \$195

Kindermusik Fiddle Dee Dee

Ages 1-3. We'll help toddlers develop rhythm while further developing their ever-increasing language skills, with a special emphasis on stringed instruments. NEW: free Kindermusik App for your smartphone or iPad. We will have a complimentary download of the session music on it for you!

31996 W Feb 1-Apr 26 10:00a-10:45a HTS \$19



Children/Youth Classes

Arts and Crafts

Art-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. Step-by-step instruction, so students will learn about color theory, brush strokes, perspective, and values, while developing a greater understanding of the visual world.

"Valentine's Day Gnome" Acrylic

31585 Sa	Feb 11	1:00p-2:30p	HUF	\$40	
"Winter Friends Deer & Cardinal"					
31584 Sa	Jan 14	1:00p-2:30p	HUF	\$40	

Draw, Paint and Create

Ages 5-8. Learn to draw with shape building and shadows. Paint with color mixing, and texture with brush strokes and create with mixed media!

31695 Th	Feb 2-Feb 23	3:30p-5:30p	HUF	\$85
31023111	1 CD Z 1 CD Z3	3.50p 3.50p	1101	703

Drama



Drama Kids Composite Program

Ages 6-11. Drama Kids develops all kids. We are 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.

31858 Th Dec 1-Feb 23 6:00p-7:00p HTS \$185

Educational

Ace the Basics—Math Tutoring

Ages 8 and up. Are you looking for a better understanding of math? Join us to help you ace the basics of algebra, geometry, trigonometry or calculus with our new math tutoring program!

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32030 M	Dec 5-Dec 19	8:30a-10:30a	HUF	\$24
32029 M	Dec 5-Dec 19	4:00p-6:00p	HUF	\$24
32032 W	Dec 7-Dec 28	8:30a-10:30a	HUF	\$32
32031 W	Dec 7-Dec 28	4:00p-6:00p	HUF	\$32
32033 F	Dec 9-Dec 30	8:30a-10:30a	HUF	\$32
32034 F	Dec 9-Dec 30	4:00p-6:00p	HUF	\$32
32037 W	Jan 4-Jan 25	8:30a-10:30a	HUF	\$32
32038 W	Jan 4-Jan 25	4:00p-6:00p	HUF	\$32
32039 F	Jan 6-Jan 27	8:30a-10:30a	HUF	\$32
32040 F	Jan 6-Jan 27	4:00p-6:00p	HUF	\$32
32036 M	Jan 9-Jan 30	8:30a-10:30a	HUF	\$32
32035 M	Jan 9-Jan 30	4:00p-6:00p	HUF	\$32
32043 W	Feb 1-Feb 22	8:30a-10:30a	HUF	\$32
32044 W	Feb 1-Feb 22	4:00p-6:00p	HUF	\$32
32041 M	Feb 6-Feb 27	8:30a-10:30a	HUF	\$32
32042 M	Feb 6-Feb 27	4:00p-6:00p	HUF	\$32
32045 F	Feb 3-Feb 24	8:30a-10:30a	HUF	\$32
32046 F	Feb 3-Feb 24	4:00p-6:00p	HUF	\$32

Create and Learn Virtual Classes

number on www.cor.net/parksonline.

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

Accelerated Sc	ratch Units 1 &	3 (Ages 10-14)			
31639 Th	Jan 19-Apr 6	5:20p-6:15p	HUF	\$189	
Lights & Beats	with Micro:Bit (Ages 7-9)			
32007 M	Feb 6-Mar 27	6:00p-6:55p	HUF	\$131	
Python for A.I.	Units 1-3 (Ages	10-14)			
31643 Th	Feb 2-Apr 20	4:30p-5:25p	HUF	\$189	
Scratch Junior	(Ages 5-6)				
32005 M-Th	Dec 26-Dec 29	11:00a-11:55a	HUF	\$74	
31644 Sa	Jan 7-Feb 11	12:30p-1:15p	HUF	\$98	
Scratch Ninja (Ages 7-10)				
32006 M-Th	Dec 26-Dec 29	11:00a-11:55a	HUF	\$74	
Scratch Ninja l	Scratch Ninja Units 1 & 2 (Ages 7-10)				
31645 S	Jan 22-Mar 12	6:00p-6:55p	HUF	\$131	

Hurricanes, Tornadoes, Earthquakes, and Volcanos!

Ages 5-8. Explore the Earth sciences with projects, hands-on experiences and a volcano to erupt on the final day of class! 31741 T Jan 10-Jan 31 3:30p-5:30p HUF \$85

Wize Programming Classes

These classes teach students programming. For full class descriptions, prerequisites and technology requirements, search by class number on www.cor.net/parksonline.

Wize Animation Interactive Stories/Game Design w/MIT Scratch (Ages 5-13)

	(9,					
	31953 S	Dec 4-Feb 26	3:00p-4:00p	HTS	\$250	
	Wize Python (Coding using Py	thon Turtle (Ag	jes 11-14)		
	31954 S	Dec 4-Feb 26	4:00p-5:00p	HTS	\$250	
Wize Robotics & Engineering LEGO Spike (Ages 5-13)						
	31955 S	Dec 4-Feb 26	2:00p-3:00p	HTS	\$250	



Children/Youth Classes

First Aid & Safety

ASHI Childcare & Babysitting

Ages 11-17. 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 and how to run an effective babysitting business. This class is approximately four hours and students will receive a workbook and certification card upon completion. The card is valid for two years.

31806 Sa Dec 10 10:00a-2:00p HTS \$98

Core AED/CPR & First Aid

Ages 12 and up. The goal of the Core CPR course is to familiarize individuals with the manual application of CPR in a clear and effective manner. AED instruction will ensure comprehensive discernment of how to manipulate the machine successfully, while understanding how and when it should be applied. Additionally, the curriculum is consistent with widely accepted 2020 guidelines for cardiopulmonary resuscitation. Upon satisfactory completion of this course, students will receive a two-year certification. Ideal for childcare workers, foster/new parents and the general public.

31995 Th Feb 9 6:00p-9:00p HTS \$58

Fitness/Sports

Basketball Lessons w/ Navelle

Ages 5 and up. We aim to prepare athletes of all levels physically and mentally for the game of basketball. This private lesson is for 1 hour. Please contact the instructor to set up the day of the week you will come then sign up at the front desk to pay for your private lesson. For more information, e-mail Navelle at navelle.stevenson@gmail.com.

31823 Dec 1-Feb 28 8:00a-9:00a HTS \$65



Beginner Basketball Skill Development

Ages 4-10. Athletes will train with other athletes of similar skill set to improve basketball skills and overall concepts of the game. Each one-hour session will consist of drills designed to improve shooting, ball handling, passing, defense, footwork, as well as confidence and understanding of the game.

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	31824 T,Th	Dec 6-Dec 29	5:00p-6:00p	HTS	\$145
	31825 T,Th	Jan 3-Jan 26	5:00p-6:00p	HTS	\$145
	31826 T,Th	Feb 2-Feb 28	5:00p-6:00p	HTS	\$145

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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31611 T,Th	Feb 7-Feb 28	5:00p-6:00p	HUF	\$125	
31610 T,Th	Jan 3-Jan 26	5:00p-6:00p	HUF	\$125	
31609 T,Th	Dec 1-Dec 29	5:00p-6:00p	HUF	\$125	

HipSkate: Inline Skating

Ages 6-10. Come skate with us! Learn how to skate or improve your skills with HipSkate. Our certified instructors promote safety, fitness and fun while you "learn by doing" with various moves and games. Skates, helmets and pads are provided for use during each lesson and must be worn at all times. Please bring a water bottle, towel, and wear long socks.

31879 W Jan 4-Jan 25 6:30p-7:30p HTS \$90

 31879 W
 Jan 4-Jan 25
 6:30p-7:30p
 HTS
 \$90

 31880 W
 Feb 1-Feb 22
 6:30p-7:30p
 HTS
 \$90

Intermediate/Advanced Basketball Skill Development Ages 11-18. Athletes will train with other athletes of a similar

skill set to improve basketball skills and overall concepts of the game. Each one-hour session will consist of drills designed to improve shooting, ball handling, passing, defense, footwork, as well as confidence and understanding of the game.

 31890 T,Th
 Dec 6-Dec 29
 6:00p-7:00p
 HTS
 \$198

 31891 T,Th
 Jan 3-Jan 26
 6:00p-7:00p
 HTS
 \$198

 31892 T,Th
 Feb 2-Feb 28
 6:00p-7:00p
 HTS
 \$198

Intro to Archery

Ages 10 and up. This class will introduce students to the basic steps of archery (target style). See and use different styles of equipment while learning from a USA Archery Certified Level 3 Instructor and benefit from their years of knowledge in the sport. Parent or guardian must be on the premises if child is under 18 years of age.

31900 T	_	Dec 6-Dec 27	4:30p-5:30p	HTS	\$20
31901 T		Jan 3-Jan 31	4:30p-5:30p	HTS	\$20
31902 T		Feb 7-Feb 28	4:30p-5:30p	HTS	\$20

Skyhawks Basketball

Ages 7-12. This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, staff focus on the whole player, teaching respect, teamwork and responsibility. An active week of passing, shooting, dribbling, and rebounding makes this one of our most popular programs.

31725 T	Jan 10-Jan 31	5:00p-6:00p	HUF	\$70
31724 T	Feb 7-Feb 28	5:00p-6:00p	HUF	\$70

www.cor.net/parks Winter 2023 Guide



Children/Youth Classes

Skyhawks Volleyball

Ages 7-12. 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. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player.

31728 W Jan 11-Feb 1 5:00p-6:00p HUF \$70 31727 W Feb 8-Mar 1 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)**

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31939 Sa	Jan 7-Jan 28	9:30a-10:00a	HTS	\$52			
31940 Sa	Feb 4-Feb 25	9:30a-10:00a	HTS	\$52			
Kick the Ball (A	Ages 3-4)						
31736 F	Jan 6-Jan 27	5:00p-5:30p	HUF	\$52			
31936 Sa	Jan 7-Jan 28	9:00a-9:30a	HTS	\$52			
31735 F	Feb 3-Feb 24	5:00p-5:30p	HUF	\$52			
31937 Sa	Feb 4-Feb 25	9:00a-9:30a	HTS	\$52			
Dribble, Kick a	Dribble, Kick and Pass (Ages 4-5)						
31732 F	Jan 6-Jan 27	5:35p-6:20p	HUF	\$52			
31933 Sa	Jan 7-Jan 28	10:00a-10:45a	HTS	\$52			
31731 F	Feb 3-Feb 24	5:35p-6:20p	HUF	\$52			
31934 Sa	Feb 4-Mar 25	10:00a-10:45a	HTS	\$52			
Youth Soccer (Ages 6-8)							
31738 F	Jan 6-Jan 27	6:25p-7:10p	HUF	\$52			
31942 Sa	Jan 7-Jan 28	10:45a-11:30a	HTS	\$52			
31739 F	Feb 3-Feb 24	6:25p-7:10p	HUF	\$52			
31943 Sa	Feb 4-Mar 25	10:45a-11:30a	HTS	\$52			

Games



Chess Class—Beginner

Ages 6 and up. We teach chess to beginner-level students while providing a fun and exciting atmosphere. Our one-month curriculum includes lessons for brand new beginners and is taught on their level and classes are structured with a combination of lessons and practice time.

10330113 4114	icssoris and practice time.					
31624 Th	Dec 1-Dec 29	5:00p-6:00p	HUF	\$50		
31625 Th	Jan 5-Jan 26	5:00p-6:00p	HUF	\$40		
31626 Th	Feb 2-Feb 23	5:00p-6:00p	HUF	\$40		
31630 Th	Dec 1-Jan 26	5:00p-6:00p	HUF	\$80		

Chess Class—Intermediate

Ages 6 and up. Intermediate-level students will learn the intricacies of chess in a fun and exciting environment. Our one-month curriculum includes lessons for seasoned players who want the time and space to challenge themselves. Classes will be scaled to the intermediate level and structured with a combination of lessons and practice time.

31632 Th	Dec 1-Dec 29	6:00p-7:00p	HUF	\$50
31633 Th	Jan 5-Jan 26	6:00p-7:00p	HUF	\$40
31631 Th	Feb 2-Feb 23	6:00p-7:00p	HUF	\$40

Touchless Arcade Experience

Get exercise and have a blast with our touchless arcades. This interactive VR gaming experience lets you be the star! With no controllers or gear to mess with, you will enjoy active arcade games and compete for prizes while participating in this exciting group play experience.

Ages 5-11				
31997 F	Dec 9	4:30p-5:30p	HTS	\$15
31998 F	Jan 13	4:30p-5:30p	HTS	\$15
31999 F	Feb 10	4:30p-5:30p	HTS	\$15
Ages 12 and	l up			
32008 F	Dec 9	5:30p-6:30p	HTS	\$15
32009 F	Jan 13	5:30p-6:30p	HTS	\$15
32010 F	Feb 10	5:30p-6:30p	HTS	\$15



Children/Youth Classes

Holiday Mini Camps

Animal Professors

Ages 5-8. Learn about fish, amphibians, reptiles, mammals and birds! Discover more about their behaviors and habitats, and even compare skeletons of various creatures.

31740 M-F Dec 26-Dec 30 9:00a-noon HUF \$125

Artful Explorations Winter Fine Art Camp

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art, by painting two watercolors, two acrylics, two oils, one charcoal and one oil pastel—eight works of art with winter and holiday themes. I teach step-by-step instruction, so students will learn about color theory, brush strokes, perspective and more! Please wear an apron and bring some paper towels and a snack each day. Wearing a mask is appreciated. Supply fee \$60

31976 M-Th Dec 26-Dec 29 9:00a-noon HUF \$69

Critter Creations

Ages 5-8. Have fun drawing, painting and creating animals. Learn to draw your favorite animals with shadowing, perspective, and texturing.

31583 M-F Dec 26-Dec 30 12:30p-2:30p HUF \$100



Holiday Arts & Crafts

Ages 5-8. Have fun making train ornaments, angels, snowflakes, teddy bears, beaded candy canes, stockings, gift boxes, gift bags and much more!

31647 M-F Dec 19-Dec 23 12:30p-2:30p HUF \$100

Science Professors

Ages 5-8. Chemistry, Magnets & Electricity! Have fun doing experiments, exploring technology and learning about science! 31723 M-F Dec 19-Dec 23 9:00a-noon HUF \$125

Languages

American Sign Language - Introduction/ Intermediate

Ages 10 and up. Conversational American Sign Language and an introduction to the amazing uniqueness of the deaf culture. Homeschoolers welcome.

31582 Th	Jan 5-Feb 2	3:45p-4:45p	HUF	\$40
21500 T	Ian 10 Fab 7	10,20, 11,20,	LILIE	¢ 40

French Office Hours

Ages 14-17. French Office Hours 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.). Dropins are welcome \$10 class fee.

31655 Th Jan 12-Feb 23 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. We will learn the French alphabet and sight words, counting to 60, common vocabulary for eating/playing/speaking about oneself, and more. Children can expect to finish the session with a beginner's understanding of the French language and exposure to various francophone cultures. Supply fee \$30

31676 Th Jan 12-Feb 23 3:30p-4:20p HUF \$80

Music

Violin—Beginners

Ages 4-6. You can never start too young when introducing your child to the beat rhythm and a musical instrument. After the session you will be able to play "Twinkle, Twinkle Little Star." We are certain your child will learn the love of music in this beginning violin program. Violin, Suzuki Book I and shoulder pad are required.

31753 T	Dec 6-Feb 28	3:45p-4:15p	HUF	\$156
31754 W	Dec 7-Mar 1	3:45p-4:15p	HUF	\$156

Violin—Beg/Intermediate

Ages 7-12. Students will learn the sight reading, beat counting and techniques of violin/viola to apply to school orchestra. Violin, Suzuki Book I and shoulder pad are required

mi, cazam book and broander pad are regarded							
31752 T	Dec 6-Feb 28	4:15p-4:45p	HUF	\$156			



Adult Classes

Arts and Crafts

Intro to Italic Calligraphy

Ages 16 and up. Creating beautiful letters by hand is the purpose of this relaxing class. We will have fun learning the basics of this lovely style of calligraphy. Introduction to calligraphy pens, inks, guidelines, set up and feedback on work are included. Students pay \$22 cash at first class for supply fee.

 31903 T
 Jan 3-Feb 14
 2:00p-4:00p
 HTS
 \$140

 31904 T
 Feb 28-Apr 4
 2:00p-4:00p
 HTS
 \$140

Photography Class

Ages 18 and up. All levels are included. Principles of digital image capturing and processing. Emphasis on composition, seeing-photographically, the creative aspects digital photography for landscape, portrait, abstract, and fine art applications. Student Learning Outcomes: 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. Additionally, you will learn to use photographic imagery to communicate visually, develop and improve your storytelling ability through photography. 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.

31698 F	Dec 2-Dec 23	5:00p-7:00p	HUF	\$175
31699 F	Jan 6-Jan 27	5:00p-7:00p	HUF	\$175
31700 F	Feb 3-Feb 24	5:00p-7:00p	HUF	\$175

Professional Portrait Class by Appointment

Ages 18 and up. Learn how to take professional style portraits. By appointment only. \$250 for 3, 2-hour sessions. Call Huffhines to schedule (972-744-7881) 31974 M-F Dec 5-Mar 3 6:00a-10:00p HUF \$250

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.

31575 M Jan 23-May 22 7:15p-8:00p HUF \$150

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.

31576 W Jan 18-May 24 7:30p-8:15p HUF \$150

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/advanced classes.

Beginner

31577 Th Jan 19-May 25 7:15p-8:00p HUF \$150
Intermediate/Advanced
31578 T Jan 17-May 23 7:15p-8:15p HUF \$150

Beginning Cha Cha (Round Dancing)

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

31828 S Jan 8-Feb 26 2:45p-4:45p HTS \$50

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.

ing, make your body sweat and keep your races siming.					
31838 T	Dec 6-Dec 27	10:00a-11:00a	HTS	\$20	
31839 T	Jan 3-Jan 31	10:00a-11:00a	HTS	\$25	
31840 T	Feb 7-Feb 28	10:00a-11:00a	HTS	\$20	

Clear the Square Dance Cobwebs

Ages 18 and up. This class is a brush-up for those who completed the fall square dance lessons. Now's the time to review and practice what you learned! Get back in the groove and clear the cobwebs! First night is free. Join the Texas Reelers and learn America's Folk Dance!

31946 M Jan 9-Feb 27 6:15p-8:30p HTS \$48





Adult Classes

Line Dancing

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

	ence.				
	Improver (Age	s 15 and up)			
	31883 W	Dec 7-Dec 28	10:30a-noon	HTS	\$16
	31884 W	Jan 4-Jan 25	10:30a-noon	HTS	\$16
	31885 W	Feb 1-Feb 22	10:30a-noon	HTS	\$16
	Improver (Age	s 18 and up)			
	31677 T	Dec 6-Dec 13	11:00a-12:15p	HUF	\$10
	31678 T	Jan 17-Jan 31	11:00a-12:15p	HUF	\$15
	31679 T	Feb 7-Feb 28	11:00a-12:15p	HUF	\$20
	Improver/Inte	rmediate (Ages	15 and up)		
	31882 S	Dec 4-Feb 26	1:30p-4:30p	HTS	\$94
	Improver/Inte	rmediate (Ages	18 and up)		
	31682 Th	Dec 1-Dec 15	11:15a-12:45p	HUF	\$15
	31680 Th	Jan 12-Jan 26	11:15a-12:45p	HUF	\$15
	31681 Th	Feb 2-Feb 23	11:15a-12:45p	HUF	\$20
Intermediate (Ages 18 and up)					
	31886 W	Jan 4-Feb 22	7:30p-9:50p	HTS	\$68
	Intermediate/	Advanced (Ages	18 and up)		
	31899 F	Dec 2-Feb 24	5:30p-8:30p	HTS	\$105
	31893 M	Dec 5-Dec 12	1:30p-3:00p	HTS	\$8
	31896 W	Dec 7-Dec 14	1:30p-3:00p	HTS	\$8
	31894 M	Jan 2-Jan 30	1:30p-3:00p	HTS	\$20
	31897 W	Jan 4-Jan 25	1:30p-3:00p	HTS	\$16
	31898 W	Feb 1-Feb 22	1:30p-3:00p	HTS	\$12
	31895 M	Feb 6-Feb 27	1:30p-3:00p	HTS	\$8
	Intermediate (Open Line Danci	ng		
	31887 F	Dec 9-Dec 9	11:00a-1:00p	HTS	\$5

Fitness

Jan 6-Jan 27 11:00a-1:00p

Feb 10-Feb 24 11:00a-1:00p

Aerobic Dancing

31888 F

31889 F

Ages 16 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.

Jan 4-Feb 27 9:15a-10:30a HTS 31804 M,W



Awesome Exercise

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

IIIC.						
31807 M,W,F	Dec 2-Dec 30	8:00a-9:00a	HTS	\$48		
31808 M,W,F	Jan 2-Jan 30	8:00a-9:00a	HTS	\$48		
31809 M,W,F	Feb 1-Feb 27	8:00a-9:00a	HTS	\$48		
Two Days Per Week						
31810 M,W,F	Dec 2-Dec 30	8:00a-9:00a	HTS	\$36		
31811 M,W,F	Jan 2-Jan 30	8:00a-9:00a	HTS	\$36		
31812 M,W,F	Feb 1-Feb 27	8:00a-9:00a	HTS	\$36		

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 chal-

icrigea.					
31841 M,W,F	Dec 2-Dec 30	6:00a-7:00a	HTS	\$50	
31842 M,W,F	Dec 2-Dec 30	6:00a-7:00a	HTS	\$50	
31844 M,W,F	Jan 2-Jan 30	6:00a-7:00a	HTS	\$50	
31845 M,W,F	Jan 2-Jan 30	6:00a-7:00a	HTS	\$50	
31847 M,W,F	Feb 1-Feb 27	6:00a-7:00a	HTS	\$50	
31848 M,W,F	Feb 1-Feb 27	6:00a-7:00a	HTS	\$50	
One Day Per Week					
31843 M,W,F	Dec 2-Dec 30	6:00a-7:00a	HTS	\$25	
31846 M,W,F	Jan 2-Jan 30	6:00a-7:00a	HTS	\$25	
31849 M,W,F	Feb 1-Feb 27	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



Adult Classes

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.

31853 M-Sa Dec 7-Mar 7 9:30a-10:15a

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.

10:00a-10:00a HTS 31854 M-Th,Sa Dec 7-Mar 7

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. Tuesday classes are held noon-1:30 p.m. and Thursday classes are held 11 a.m.-12:30 p.m.

31649 T Th	Dec 1-Dec 22	Varies	HUE	\$56
/				
31650 I,IN	Jan 3-Jan 31	varies	HUF	\$56
31652 S	Jan 8-Jan 29	11:00a-12:30p	HUF	\$28
31651 T,Th	Feb 2-Feb 28	Varies	HUF	\$56
31653 S	Feb 5-Feb 26	11:00a-12:30p	HUF	\$28
	31651 T,Th	31650 T,Th Jan 3-Jan 31 31652 S Jan 8-Jan 29 31651 T,Th Feb 2-Feb 28	31650 T,Th Jan 3-Jan 31 Varies 31652 S Jan 8-Jan 29 11:00a-12:30p 31651 T,Th Feb 2-Feb 28 Varies	31650 T,Th Jan 3-Jan 31 Varies HUF 31652 S Jan 8-Jan 29 11:00a-12:30p HUF 31651 T,Th Feb 2-Feb 28 Varies HUF

Hatha Yoga—All Levels

\$10

\$10

HTS

HTS

Ages 6 and up. Hatha yoga stretching and breathing exercises help relieve stress and relax the mind and body. They may also increase strength, flexibility and resistance to disease. 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.

0				
31862 Th	Dec 1-Dec 29	6:00p-7:00p	HTS	\$25
31865 Sa	Dec 3-Dec 17	11:00a-noon	HTS	\$15
31859 T	Dec 6-Dec 27	6:00p-7:00p	HTS	\$20
31863 Th	Jan 5-Jan 26	6:00p-7:00p	HTS	\$20
31866 Sa	Jan 7-Jan 28	11:00a-noon	HTS	\$20
31860 T	Jan 10-Jan 31	6:00p-7:00p	HTS	\$20
31864 Th	Feb 2-Feb 23	6:00p-7:00p	HTS	\$20
31867 Sa	Feb 4-Feb 25	11:00a-noon	HTS	\$20
31861 T	Feb 7-Feb 28	6:00p-7:00p	HTS	\$20

Personal Training with Damon

Ages 10 and up. Reach your customized goals with a skilled, knowledgeable trainer who will work at the perfect pace for your individual ability level. Put the "personal" back into "personal training" with sessions available at both Huffhines and Heights. Call 469-952-0005 or e-mail damon@tbffam.com for availability and pricing. Contact Damon first to schedule session then pay before the session starts at the recreation center.



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.

For more information, e-mail: damon@icangetufit.com						
31749 M,W	Dec 7-Dec 28	6:30p-7:30p	HUF	\$103		
31750 M,W	Jan 9-Jan 30	6:30p-7:30p	HUF	\$103		
31751 M,W	Feb 1-Feb 27	6:30p-7:30p	HUF	\$103		
One Day Per Week						
31746 M,W	Dec 5-Dec 28	6:30p-7:30p	HUF	\$52		
31747 M,W	Jan 9-Jan 30	6:30p-7:30p	HUF	\$52		
31748 M,W	Feb 1-Feb 27	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			
31773 M,W,F	Dec 2-Dec 30	10:00a-11:00a	HUF	\$65
31774 M,W,F	Dec 2-Dec 30	6:00p-7:00p	HUF	\$65
31778 M,W,F	Jan 2-Jan 30	10:00a-11:00a	HUF	\$65
31777 M,W,F	Jan 2-Jan 30	6:00p-7:00p	HUF	\$65
31775 M,W,F	Feb 1-Feb 27	10:00a-11:00a	HUF	\$65
31776 M,W,F	Feb 1-Feb 27	6:00p-7:00p	HUF	\$65
Two Classes P	er Week			
31768 M,W,F	Dec 2-Dec 30	10:00a-11:00a	HUF	\$45
31767 M,W,F	Dec 2-Dec 30	6:00p-7:00p	HUF	\$45
31772 M,W,F	Jan 2-Jan 30	10:00a-11:00a	HUF	\$45
31771 M,W,F	Jan 2-Jan 30	6:00p-7:00p	HUF	\$45
31770 M,W,F	Feb 1-Feb 27	10:00a-11:00a	HUF	\$45
31769 M,W,F	Feb 1-Feb 27	6:00p-7:00p	HUF	\$45



Adult Classes

One Class Per Week					
31762 M,W,F	Dec 2-Dec 30	10:00a-11:00a	HUF	\$25	
31761 M,W,F	Dec 2-Dec 30	6:00p-7:00p	HUF	\$25	
31765 M,W,F	Jan 2-Jan 30	10:00a-11:00a	HUF	\$25	
31766 M,W,F	Jan 2-Jan 30	6:00p-7:00p	HUF	\$25	
31764 M,W,F	Feb 1-Feb 27	10:00a-11:00a	HUF	\$25	
31763 M,W,F	Feb 1-Feb 27	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.vogawithchrissv.com.for.more.info

vv vv vv.y ogavvi	www.yogawiaiciiiissy.comi for more iino.						
31957 T,Th	Dec 1-Dec 22	8:00a-9:00a	HTS	\$53			
31960 T,Th	Jan 3-Jan 26	8:00a-9:00a	HTS	\$68			
31963 T,Th	Feb 2-Feb 28	8:00a-9:00a	HTS	\$60			
One Class Per	One Class Per Week						
31958 T,Th	Dec 1-Dec 22	8:00a-9:00a	HTS	\$30			
31961 T,Th	Jan 3-Jan 26	8:00a-9:00a	HTS	\$30			
31964 T,Th	Feb 2-Feb 28	8:00a-9:00a	HTS	\$30			

Zumba Fitness (Heights)

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.

31966 M,W	Dec 5-Dec 28	6:20p-7:20p	HTS	\$35	
31969 M,W	Jan 4-Jan 30	6:20p-7:20p	HTS	\$35	
31972 M,W	Feb 1-Feb 27	6:20p-7:20p	HTS	\$35	
One Class Per Week					
31967 M,W	Dec 5-Dec 28	6:20p-7:20p	HTS	\$25	
31970 M,W	Jan 4-Jan 30	6:20p-7:20p	HTS	\$25	
31973 M,W	Feb 1-Feb 27	6:20p-7:20p	HTS	\$25	

Zumba Fitness (Huffhines)

Ages 17 and up. A fitness party with a contagious blend of Latin and international rhythms that provide a fun and effective workout. Perfect for anybody and everybody. A total workout combining all elements of fitness: cardio, muscle conditioning, balance and flexibility.

31779 M,W	Dec 5-Dec 28	6:30p-7:30p	HUF	\$35	
31780 M,W	Jan 2-Jan 30	6:30p-7:30p	HUF	\$35	
31781 M,W	Feb 1-Feb 27	6:30p-7:30p	HUF	\$35	
One Class Per	One Class Per Week				
31784 M,W	Dec 5-Dec 28	6:30p-7:30p	HUF	\$25	
31783 M,W	Jan 2-Jan 30	6:30p-7:30p	HUF	\$25	
31782 M,W	Feb 1-Feb 27	6:30p-7:30p	HUF	\$25	

Languages

American Sign Language - Introduction/ Intermediate

Ages 10 and up. Conversational American Sign Language and an introduction to the amazing uniqueness of the deaf culture. 31582 Th Jan 5-Feb 2 3:45p-4:45p 31580 T Jan 10-Feb 7 10:30a-11:30a \$40

Mind and Body

Mindfulness Practices for Everyday Living

Ages 15 and up. Let 2023 be your year of living mindfully. Join Chrissy Cortez-Mathis, Certified Mindfulness Facilitator, for a morning of insight on how we can live fully by practicing science-based mindful techniques to enhance our daily lives. Studies show that mindfulness practices can improve your memory, build resilience and reduce stress. This class will give you tools you can easily utilize everyday for better brain health and a richer quality of life. Visit www.chrissycortezmathis.com for more information. 31916 Sa 10:30a-noon \$30 Jan 14

Nature and Forest Bathing at Breckinridge

Ages 6-70. Nature and Forest Bathing encourages the practice of walking slowly and experiencing nature with your senses. It has been shown to reduce stress, improve concentration span and even boost the immune system. This walk (designed especially for families), will offer several invitations in the form of creative, fun and recreational activities. Participants will contemplate, play, create and share with each other. The walk culminates with herbal tea and snacks. Meet at Breckinridge Park parking lot South Pavilion.

31693 S	Dec 11	2:00p-4:00p	BRE	\$15
32059 S	Jan 29	2:00p-4:00p	BRE	\$15
31694 S	Feb 26	2:00p-4:00p	BRE	\$15

Sports

Badminton

Ages 16 and	d up.			
31586 Sa	Dec 3-Dec 24	3:00p-5:00p	HUF	\$20
31587 Sa	Jan 7-Jan 28	3:00p-5:00p	HUF	\$20
31588 Sa	Feb 4-Feb 25	3:00p-5:00p	HUF	\$20

Boxing for Adults

Ages 18 and up. Learn the basics of boxing through mitt work					
and boxing activities. Please bring your own boxing gloves.					
31606 T,Th	Dec 1-Dec 22	6:00p-7:00p	HUF	\$125	
31607 T,Th	Jan 3-Jan 26	6:00p-7:00p	HUF	\$125	
31608 T.Th	Feb 7-Feb 28	6:00p-7:00p	HUF	\$125	

Heights Adult Basketball

Ages 21 and up. Are you dying to try out your new reverse spin move? Can you take the rock to the hole with authority? Well, we can't either. But come join us for some fun anyway! Half court and full court play available for both men and women. Basketballs and jerseys are provided. Space is limited, so sign up now.

31868 M,W	Dec 5-Jan 18	8:15p-9:45p	HTS	\$25
31869 M,W	Jan 23-Feb 27	8:15p-9:40p	HTS	\$25



Adult Classes

Huffhines Basketball

Ages 18 and up.					
Dec 7-Dec 28	7:00p-9:30p	HUF	\$20		
Jan 4-Jan 25	7:00p-9:30p	HUF	\$20		
Feb 1-Feb 22	7:00p-9:30p	HUF	\$20		
	Dec 7-Dec 28 Jan 4-Jan 25	Dec 7-Dec 28 7:00p-9:30p Jan 4-Jan 25 7:00p-9:30p	Dec 7-Dec 28 7:00p-9:30p HUF Jan 4-Jan 25 7:00p-9:30p HUF		

Pickleball - Heights

Ages 12 and up. A variety of classes are offered that will help promote an active healthy lifestyle for different fitness and capability levels.

31919 M	Dec 5-Dec 26	11:00a-3:00p	HTS	\$8
31922 W	Dec 7-Dec 28	11:00a-3:00p	HTS	\$8
31920 M	Jan 2-Jan 30	11:00a-3:00p	HTS	\$10
31923 W	Jan 4-Jan 25	11:00a-3:00p	HTS	\$8
31979 W	Feb 1-Feb 22	11:00a-3:00p	HTS	\$8
31921 M	Feb 6-Feb 27	11:00a-3:00p	HTS	\$8

Pickleball - Huffhines

Ages 50 and up. A variety of classes are offered that will help promote an active healthy lifestyle for different fitness and capability levels.

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31282 F	Dec 2-Dec 30	11:00a-3:00p	HUF	\$10
31283 F	Jan 6-Jan 27	11:00a-3:00p	HUF	\$8
31284 F	Feb 3-Feb 24	11:00a-3:00p	HUF	\$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.

ers will freed to wear safe footwear.					
31704 F	Dec 2	9:45a-10:45a	HUF	\$12	
31705 F	Dec 9	9:45a-10:45a	HUF	\$12	
31706 F	Dec 16	9:45a-10:45a	HUF	\$12	
31715 F	Dec 23	9:45a-10:45a	HUF	\$12	
31716 F	Dec 30	9:45a-10:45a	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. Sunday classes are 11:30 a.m.-1 p.m., while Monday and Wednesday classes are 6:15-7:30 p.m.

31850 S-M,W	Dec 4-Dec 28	Varies	HTS	\$100		
31851 S-M,W	Jan 2-Jan 30	Varies	HTS	\$100		
31852 S-M,W	Feb 1-Feb 27	Varies	HTS	\$100		
Junior Brazilian Jiu-Jitsu 101 (Ages 6-15)						
31905 M,W	Dec 5-Dec 28	5:30p-6:15p	HTS	\$75		
31906 M,W	Jan 2-Jan 30	5:30p-6:15p	HTS	\$75		
31907 M,W	Feb 1-Feb 27	5:30p-6:15p	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.

31855 T,Th	Dec 1-Dec 22	6:30p-8:00p	HTS	\$40
31856 T,Th	Jan 3-Jan 31	6:30p-8:00p	HTS	\$40
31857 T,Th	Feb 2-Feb 28	6:30p-8:00p	HTS	\$40

Grappling

Ages 14 and up. Improve your confidence, skills, discipline and focus with Brazilian Jiu-Jitsu. 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. Come get in shape while



Martial Arts Classes

learning an effective fighting art. Brazilian Jiu-Jitsu gi required (prices vary). Classes take place Tuesdays and Thursdays from 6-7:30 p.m. and Saturdays from 11 a.m.-12:30 p.m.

31656 I,Ih,Sa	Dec 1-Dec 29	Varies	HUF	\$85
31657 T,Th,Sa	Jan 3-Jan 28	Varies	HUF	\$85
31658 T,Th,Sa	Jan 31-Feb 25	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. 31672 Sa Dec 3-Dec 31 9:30a-10:30a HUF \$55

31672 Sa	Dec 3-Dec 31	9:30a-10:30a	HÜF	\$55
31673 Sa	Jan 7-Jan 28	9:30a-10:30a	HUF	\$55
31674 Sa	Feb 4-Feb 25	9:30a-10:30a	HUF	\$55

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. 31927 Th Dec 1-Feb 24 9:00a-7:00p HTS \$75

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.

31928 T Dec 6-Feb 28 9:00a-7:00p HTS \$75

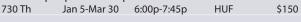
Qi-Gong Tai Chi for Older Adults

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.

31929 F	Dec 2-Dec 30	9:45a-10:45a	HTS	\$75
31720 Sa	Dec 3-Dec 31	10:45a-11:45a	HUF	\$60
31930 F	Jan 6-Jan 27	9:45a-10:45a	HTS	\$60
31722 Sa	Jan 7-Jan 28	10:45a-11:45a	HUF	\$60
31931 F	Feb 3-Feb 24	9:45a-10:45a	HTS	\$60
31721 Sa	Feb 4-Feb 25	10:45a-11:45a	HUF	\$60

SMSB Tae Kwon Do

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. This class is for people of all experience levels.





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 instructor at heightsdanceinfo@gmail.com for more information. For Heights ballet (excluding Baby Ballet I and II), tap and jazz classes, a \$50 costume fee is due to the instructor by the second class and a recital fee is due prior to the recital.

Baby Ballet I (2 year olds)					
31813 Th	Jan 12-Feb 9	10:45a-11:15a	HTS	\$55	
31815 Sa	Jan 28-Mar 4	9:00a-9:30a	HTS	\$66	
31814 Th	Feb 16-Mar 23	10:45a-11:15a	HTS	\$55	
Baby Ballet II	(Ages 2-3)				
31817 Th	Jan 12-Feb 9	11:15a-11:45a	HTS	\$55	
31819 Sa	Jan 28-Mar 4	9:30a-10:00a	HTS	\$66	
31818 Th	Feb 16-Mar 23	11:15a-11:45a	HTS	\$55	
Baby Ballet III	(Ages 3-4)				
31821 W	Jan 18-May 3	3:30p-4:15p	HTS	\$150	
31822 Sa	Jan 21-May 6	10:45a-11:30a	HTS	\$140	
Ballet I (Ages	4-6)				
31870 Th	Jan 12-Apr 27	10:00a-10:45a	HTS	\$150	
Ballet II & III (A	Ages 5-9)				
31871 M	Jan 23-May 8	4:15p-5:00p	HTS	\$150	
Ballet IV—Pre	Pointe & Point	(Ages 9-13)			
31872 W,Sa	Jan 11-Feb 11	4:15p-12:30p	HTS	\$100	
31873 W,Sa	Feb 15-Mar 25	4:15p-12:30p	HTS	\$100	
Jazz and Hip H	lop I & II				
31878 Sa	Jan 21-May 6	11:30a-12:15p	HTS	\$140	
Tap and Ballet	t I (Ages 4-6)				
31876 Sa	Jan 21-May 6	10:00a-10:45a	HTS	\$140	
31875 M	Jan 23-May 8	3:30p-4:15p	HTS	\$150	
Tap and Ballet	t II & III (Ages 6-8	8)			
31877 M	Jan 23-May 8	5:00p-6:00p	HTS	\$165	

Huffhines Recreation Center

Huffiness Dance Classes have great options for girls and boys of all ages and interests. With the exception of Pre-Pointe and Leaps, Turns & Conditioning for Dancers classes, students will take part in a spring recital that has an \$85 supply fee (non-refundable) for costume, performance venue, materials and music due by the third class. The recital is scheduled for May 31, with a dress rehearsal May 30 at the Eisemann Center. For dancers who take more than one class, supply fee will be \$50 for additional classes. Please contact our instructor Samantha Cinalli at HuffhinesDanceDepartment@gmail.com if you have placement questions.



Dance Classes



		7			2	
	Pre Ballet (Ages 3-4)					
	31718 T	Jan 17-May 23	3:30p-4:10p	HUF	\$150	
	31717 M	Jan 23-May 22	9:00a-9:40a	HUF	\$150	
Ballet I (Ages 4-6)						
	31589 M	Jan 23-May 22	4:15p-4:55p	HUF	\$150	
	Ballet I/II (Age:	s 6-8)				
	31590 F	Jan 20-May 26	5:00p-5:40p	HUF	\$150	
	Ballet II (Ages	7-9)				
	31591 Th	Jan 19-May 25	5:00p-5:40p	HUF	\$150	
	Ballet III (Ages	9-13)				
	31592 M	Jan 23-May 22	5:45p-6:25p	HUF	\$150	
	Ballet IV (Ages	14-18)				
	31593 W	Jan 18-May 24	6:00p-6:40p	HUF	\$150	
	Contemporary					
	31637 M	Jan 23-May 22	6:30p-7:10p	HUF	\$150	
		/ II (Ages 13-17)				
	31638 W	Jan 18-May 24	6:45p-7:25p	HUF	\$150	
	Hip Hop I (Age 31659 W	Jan 18-May 24	4:30p-5:10p	HUF	\$150	
	Hip Hop II (Age		4.50p-5.10p	1101	\$150	
	31660 F	Jan 20-May 26	7:15p-8:00p	HUF	\$150	
	Homeschool B	allet (Ages 6-9)				
	31661 T	Jan 17-May 23	10:30a-11:10a	HUF	\$150	
	Homeschool T					
	31662 T	Jan 17-May 23	11:15a-11:55a	HUF	\$150	
	Jazz I (Ages 5-7		2.45 4.25		6450	
	31666 W Jazz II (Ages 7-	Jan 18-May 24	3:45p-4:25p	HUF	\$150	
	31667 M	Jan 23-May 22	5:00p-5:40p	HUF	\$150	
	Jazz III (Ages 1		э.оор эюр	1101	\$150	
	31668 F	Jan 20-May 26	6:30p-7:10p	HUF	\$150	
	Jazz IV (Ages 1	,				
	31669 T	Jan 17-May 23	6:30p-7:10p	HUF	\$150	
	Tap I (Ages 5-7	*				
	31742 T	Jan 17-May 23	4:15p-4:55p	HUF	\$150	



Dance Classes

Tap II (Ages 7-10)					
31743 T	Jan 17-May 23	5:00p-5:40p	HUF	\$150	
Tap III (Ages 10	0-13)				
31744 T	Jan 17-May 23	5:45p-6:25p	HUF	\$150	
Tap IV (Ages 1	4-18)				
31745 Th	Jan 19-May 25	6:30p-7:10p	HUF	\$150	
Ballet/Tap Con	nbo I (Ages 3-5)				
31595 T	Jan 17-May 23	9:00a-9:40a	HUF	\$150	
31594 M	Jan 23-May 22	3:30p-4:10p	HUF	\$150	
Ballet/Tap Con	nbo II (Ages 4-6)				
31596 Th	Jan 19-May 25	4:15p-4:55p	HUF	\$150	
Jazz/Hip Hop Combo (Ages 4-6)					
31670 F	Jan 20-May 26	4:15p-4:55p	HUF	\$150	
Jazz/Hip Hop Combo Homeschool (Ages 4-6)					
31671 T	Jan 17-May 23	9:45a-10:25a	HUF	\$150	

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. 15 classes guaranteed.

31675 W Jan 18-May 24 5:15p-5:55p HUF \$150

Pre-Pointe

Ages 8-17. 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.

31719 F Jan 20-May 26 5:45p-6:25p HUF \$150



Registration begins Nov. 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
F	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.

for learning are	e 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
ς	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, priysical ac	milly ariu 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
S	11-11:50 a.m.	\$48

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

and lots of fun. This cia	ss is for all-day killdergarten giris.	
M	3:30-4:20 p.m.	\$48
M	4:30-5:20 p.m.	\$48
M	6:30-7:20 p.m.	\$48
Tu	4:30-5:20 p.m.	\$48

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

THIS Class is for a	ii-day kiridergarten and iiist grade bi	uys.
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 hars balance beam tumbling and trampoline

skills on vault, b	oars, balance beam, tumbling and	trampoline.
M	3:30-4:50 p.m.	\$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,Th	4:30-5:20 p.m.	\$85
W	4:30-5:50 p.m.	\$63
W	6-7:20 p.m.	\$63
Th	5-6:20 p.m.	\$63
Th	6:30-7:50 p.m.	\$63
F	4-5:20 p.m.	\$63
F	5:30-6:50 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
V,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

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.

programs and are ready to more on a pre-compensate reven			
	M,W	6:30-8:30 p.m.	\$120
	Tu,Th	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 tumblers.				
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.

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.

Evening Preschool

Mondays, Wednedays, 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.

32027 F	Dec 2	\$10
32024 F	Dec 9	\$10
32021 F	Jan 6	\$10
32023 F	Jan 13	\$10
32022 F	Jan 20	\$10
32028 F	Jan 27	\$10
32020 F	Feb 10	\$10
32025 F	Feb 17	\$10
32026 F	Feb 24	\$10

Shoppers Delight and Holiday Blast

Dec. 21 and 28—8:30 a.m.-4 p.m. #32016 (Dec. 21), #32017 (Dec. 28)

#32047 (Both Days) Ages 4-13 girls and boys

These are full days of gymnastics, games, movies, crafts and lots of fun. Child must bring two snacks and a sack lunch. Registration and payment deadline is Dec. 13. Cost is \$50 for one day or \$90 for both days. You can register in person at the Richardson Gymnastics Center or call 972-744-7860. You can also register online at www.cor.net/parksonline.



Tennis

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

New rates effective starting Jan 1, 2023

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:

Nov. 28-Dec. 15	Jan. 9-26	Feb. 6-23
The levels are:		

Future Stars (Ages 5-7) M, W 5-5:30 p.m. or Tu, Th 4:30-5 p.m. Cost: \$45. 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) M, W 4-5 p.m. or Tu, Th 5-6 p.m. Cost: \$72. 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

JD-2 Advanced Beginner (Ages 9-16) M, W 5:30-7 p.m. or Tu, Th, 4:30-6 p.m. Cost: \$90. 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) M, W 6-7:30 p.m. Cost: \$90. 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, Th 6-7:30 p.m. Cost: \$108. 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: **\$108.** 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.

Winter Break Tennis Camp

Dec. 19-23 and Dec. 26-30 Monday-Friday, 9 a.m.-1 p.m. Cost: \$150/week

Group Lessons-Adult

Dates:

Six levels of Adult Development (AD) 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.

Nov. 28-Dec. 15 Jan. 9-26 AD-1 Beginner—M, W 6:30-7:30 p.m. or Tu, Th 6-7 p.m.

This level is for adults with little or no previous experience. Baproduction, serve and some match play.

AD-1.5 Beginner-Plus-M, W 7-8 p.m. Cost: \$72

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—M, W, 7:30-9 p.m. Cost: \$108

Class designed for adults with some tennis experience. Main emphasis on forehand, backhand, serve, volley, scoring and match play.

AD-2.5 Intermediate/Advanced—M 7:30-9 p.m. Cost: \$55

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—M, W, 7:30-9 p.m. Cost: \$108

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—M, W, 6-7:30 p.m. Cost: \$108 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 Friday, Coed, 7-8:30 p.m., (Beginner 2.5+) Cost: \$20 Saturday, Coed, 9-11 a.m., (All Levels 2.5-4.0) Cost: \$25



Tennis

Adult Leagues—Jan. 30-March 16 Sign-up begins Nov. 1 Cost: \$40

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



Ball machine rental and stringing available. **Private Lessons**

Tennis Pro Walt Williams

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1/2-hour lesson	\$35
1-hour lesson	\$65

Tennis Pro Carlos Corriea

1/2-hour lesson	\$40
1-hour lesson	\$70
Semi-private lesson	\$42 each

Tennis Pro Christy Vutam

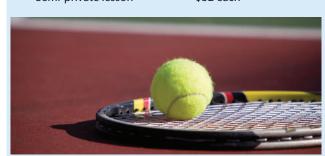
ins i io Cinisty vatain	
1/2-hour lesson	\$30
1-hour lesson	\$55
Semi-private lesson	\$32 eacl

Tennis Pro Briana Diehl

1/2-hour lesson	\$30
1-hour lesson	\$55
Semi-private lesson	\$32 eac

Tennis Pro Yakubu Suleiman

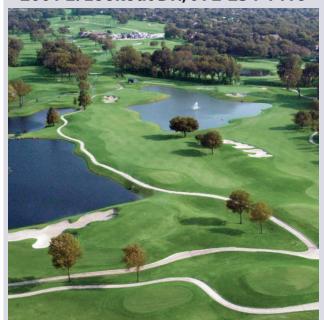
1/2-hour lesson	\$30
1-hour lesson	\$55
Semi-private lesson	\$32 each





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.



Aquatics

Water Aerobics

Ages 50 and up. Water aerobics is a low-impact workout that allows you to benefit from exercise without placing too much pressure on your joints. Classes happen at J.J. Pearce High

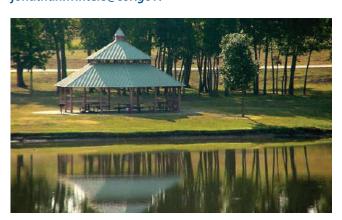
31314T,Th-F	Dec 6-Dec 30	10:00a-11:00a	JJP	\$30
31315 T,Th-F	Jan 3-Jan 27	10:00a-11:00a	JJP	\$30
31498 T,Th-F	Jan 31-Feb 24	10:00a-11:00a	JJP	\$30



Is your company interested in joining the 2023 Richardson Corporate Challenge? What is the Corporate Challenge you

The Corporate Challenge is a 10-week Olympic-style competition involving as many as 25 athletic and non-athletic events held from August through October. Companies compete in events ranging from softball, volleyball and billiards to cornhole, horsehoes, poker and many more! In addition to competing against one another, companies join together to raise funds for Special Olympics Texas. To date, the program has raised and donated more than \$3 million to Special Olympics since 1998.

If you believe your company would be interested in joining in on the fun for 2023, reach out to the City of Richardson Corporate Recreation Manager Jonathan Winters at jonathan.winters@cor.gov.



PARK PAVILION RESERVATION FEES

A reservation fee is required to reserve the Huffhines, Crowley, Cottonwood or Breckinridge park pavilions, as well as Breckinridge gazebo or Breckinridge fire pit. The fee is \$25 for the first two hours and each additional hour is \$10. The minimum charge is \$25.

To reserve any of these facilities, follow these guide-

- You must be a Richardson resident.
- The party for which you

- are reserving must be 25 members or greater.
- All charcoal used for burning must be brought by you, as well as sand and water to extinguish it. • Reservations may be
- made up to 90 days in advance and at least two days in advance.
- · No alcohol or amplification of sound is allowed in the park.

For more information or reservations, call 972-744-7881 or 972-744-7850.



Athletics Information

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