SPRING GUIDE 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.

NOW HIRING!

Parks and Recreation is looking for enthusiastic people to join its team in the following part-time and seasonal jobs:

- · Pool Manager
- Assistant Pool Manager
- Lifeguard
- Swim Instructor/Coach
- Pool Cashier/Slide Attendant
- Day Camp Director
- Day Camp Counselor
- Gymnastics Coach
- Gymnastics Coordinator
- Passive Activity Class Instructor
- Tennis Teaching Instructor

Applications may be filled out online at www.cor.net/jobs. Call 972-744-7855 for information on camp jobs, 972-744-7892 for aquatic jobs, 972-744-7860 for gymnastics jobs and 972-744-7870 for tennis jobs.

HELP WANTED

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.

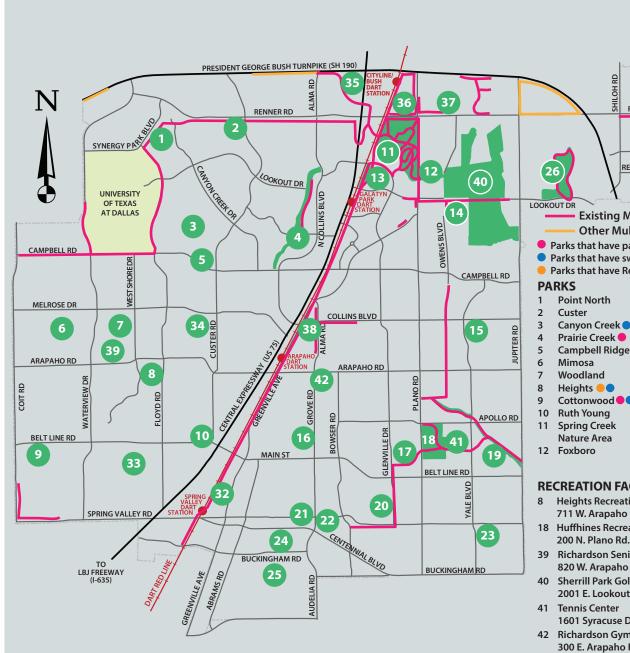
Huffhines Recreation Center



200 N. Plano Rd. • 972-744-7881

Hours of Operation:

Monday-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.



BRECKINRIDGE BLVD RESEARCH DR 28 Existing Multi-Use Trail For an online trail map, visit https://richardson.maps.arcgis.com. Other Multi-Use Trails Parks that have pavillions/areas available for reservation. Call 972-744-7850 for information. Parks that have swimming pools. Parks that have Recreat **Point North** 13 Galatyn Woodland 25 Richland Crowley Canyon Creek Lookout Woods Prairie Creek 15 Yale Creek Hollow 28 **Campbell Ridge** Breckinridge Terrace 16 29 Mark Twain Wyndsor 17 30 **Ruth Back Toler** Woodland Huffhines 18 31 Heights | 19 **Duck Creek** 32 **McKamy Spring** Cottonwood Linear Park Durham **Ruth Young** Glenville • Northrich Spring Creek 21 Memorial Bush Central Barkway **Woodhaven Grove** 36 CityLine **Nature Area** 22 Fox Creek 23 Berkner 37 Buckingham Collins

RECREATION FACILITIES

RENNER RD

- **Heights Recreation Center** 711 W. Arapaho Rd.
- **Huffhines Recreation Center**
- Richardson Senior Center 820 W. Arapaho Rd.
- **Sherrill Park Golf Course**
- 2001 E. Lookout Dr. **Tennis Center**
- 1601 Syracuse Dr.
- Richardson Gymnastics Center 300 E. Arapaho Rd.

2023 HOLIDAY CLOSINGS

Heights/Huffhines Rec Centers Richardson Gymnastics Center* Richardson Senior Center ** April 9 (Easter)

May 29 (Memorial Day) July 4 (Independence Day) Sept. 4 (Labor Day) Nov. 23 (Thanksgiving) Dec. 24 (Christmas Eve) Dec. 25 (Christmas)

Tennis Center April 9 (Easter) Nov. 24 (Thanksgiving)

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Dec. 24 (Christmas Eve) Dec. 25 (Christmas) **Sherrill Park Golf Course**

Nov. 24 (Thanksgiving) Dec. 25 (Christmas) * Gymnastics Center is

closed Nov. 22 and 25, and Dec. 31 ** Senior Center will be closed Nov. 24.

Spring 2023 Guide www.cor.net/parks



Adaptive and Special Events















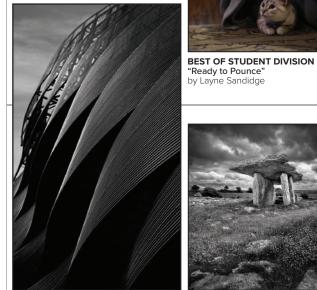


2023 AWARDS CEREMONY AND JUDGE'S WORKSHOP

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

2023 CONTEST RESULTS EXHIBIT

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





'Ready to Pounce

BEST OF AMATEUR ADULT DIVISION "Monolithic Tomb:

Visit www.cor.net/photocontest for full results.



Adaptive Classes

Adaptive/Inclusive

Adaptive Archery

Ages 9 and up. Introduce the basic steps on how to shoot archery (target style) to students 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.

32888 T	Mar 7-Mar 28	4:30p-5:30p	HTS	\$20
32889 T	Apr 4-Apr 25	4:30p-5:30p	HTS	\$20
32890 T	May 2-May 30	4:30p-5:30p	HTS	\$25



Beyond Karate

Ages 6 and up. Beyond Karate is a martial arts school open to students of all abilities. Classes are designed for students with special needs. Siblings are welcome. Students will learn hand strikes, kicks, blocks and katas, a sequence of karate moves, build physical strength, improve discipline, enhance self-confidence and improve social skills. Both individual and group instruction is offered. 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.

,	orianarate.coi			
Beginner				
Heights				
32521 T	Mar 7-Mar 28	5:00p-6:00p	HTS	\$86
32522 T	Apr 4-Apr 25	5:00p-6:00p	HTS	\$86
32523 T	May 2-May 30	5:00p-6:00p	HTS	\$86
Huffhines				
32341 F	Mar 3-Mar 31	5:00p-6:00p	HUF	\$86
32342 F	Apr 14-Apr 28	5:00p-6:00p	HUF	\$86
32343 F	May 5-May 26	5:00p-6:00p	HUF	\$86
Intermediate				
Heights				
32524 T	Mar 7-Mar 28	6:00p-7:00p	HTS	\$86
32525 T	Apr 4-Apr 25	6:00p-7:00p	HTS	\$86
32526 T	May 2-May 30	6:00p-7:00p	HTS	\$86
Huffhines				
32344 F	Mar 3-Mar 31	6:00p-7:00p	HUF	\$86
32345 F	Apr 14-Apr 28	6:00p-7:00p	HUF	\$86
32346 F	May 5-May 26	6:00p-7:00p	HUF	\$86
Advanced				
Heights				
32518 T	Mar 7-Mar 28	7:00p-8:00p	HTS	\$86
32519 T	Apr 4-Apr 25	7:00p-8:00p	HTS	\$86
32520 T	May 2-May 30	7:00p-8:00p	HTS	\$86
Huffhines				
32347 F	Mar 3-Mar 17	7:00p-8:00p	HUF	\$86
32348 F	Apr 7-Apr 28	7:00p-8:00p	HUF	\$86
32349 F	May 5-May 26	7:00p-8:00p	HUF	\$86



Preschool Classes

Arts



Little Artists—Green Eggs & Fun

Ages 2-3. Enjoy the holiday with a Dr. Seuss inspired theme! 32881 T,Th Apr 18-Apr 27 10:00a-11:00a HUF \$45

Little Artists—Ladybug Ladybug

Ages 2-3. Create beautiful lady bugs, butterflies and other beautiful tiny creatures.

32882 T,Th May 16-May 25 10:00a-11:00a HUF \$45

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Preschool Classes

Little Artists—Mama Pajama

Ages 3-5. Time to show your appreciation and create Mother's Day cards and crafts while cozying up in your favorite pajamas! 32877 T,Th May 2-May 11 9:00a-10:00a HUF \$45 32878 T,Th May 16-May 25 9:00a-10:00a HUF \$45

Little Artists—Rainbow Color Crafts

Ages 2-3. Learn to work with primary colors to create brilliant secondary colors!

32880 T,Th Apr 4-Apr 13 10:00a-11:00a HUF \$45

Little Artists—Soft Critters

Apr 6-May 4

Ages 2-3. Come out and create chicks, bunnies, puppies, kittens and more!

Mar 21-Mar 30 10:00a-11:00a

Dance

Baby Ballet I

32879 T.Th

32538 Th

Ages 2-3. Basic instruction to ballet through musical play and activities. This class will be fun and nurturing environment for any baby dancer.

10:45a-11:15a HTS

Baby Ballet II

3 Year Olds. Basic instruction to ballet through musical play and activities. This class will be fun and nurturing environment for any baby dancer.

Educational



Little Learners

Ages 3-4. Parents, have you ever noticed you need some time to yourself to read, workout, watch some TV, 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, science curriculum and group play while socializing with other children all while you get to enjoy some "me time" at Huffhines. 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.

32395 F	Mar 10-Apr 14	9:00a-11:00a	HUF	\$60
32892 F	Apr 21-May 26		HUF	\$60

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.

32398 M	Mar 6-Mar 27	9:45a-10:45a	HUF	\$15
32397 M	Apr 3-Apr 24	9:45a-10:45a	HUF	\$25
32396 M	May 1-May 22	9:45a-10:45a	HUF	\$25

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.

32399 1,111	Mai 7-Api 20	9.00a-11.00a	ПОГ	Ş120
32400 T,Th	Apr 25-Jun 1	9:00a-11:00a	HUF	\$120



Parent and Toddler Spanish Fun

Ages 3-5. The basics of Spanish are introduced to parent and child using crafts, games, songs, and activities providing a fun, loving, shared experience to practice with the entire family! 32875 T,Th
Apr 4-Apr 27
11:00a-noon
HUF
\$90
32876 T,Th
May 2-May 25
11:00a-noon
HUF
\$90



\$45

\$55

Children/Youth Classes

Arts

Mudworks To Go—Clay Creations for Kids

Ages 5-12. Clay is a great medium for the creative mind and offers young artist the chance to play in the mud. Come experience the possibilities of expression through working with clay and explore an array of hand-building skills, which include coils, slabs, sculpture and pinch pots. All projects will be fired and glazed. At the end of the course, students will have at least four completed fired and glazed pieces of pottery to take home.

32185 T Mar 28-Apr 25 4:30p-5:30p HTS \$98

Ages 5-8. Plunge into the world of art as mysterious stories reveal the facts and secrets used to create world famous paintings as you learn to visually recreate one of these art pieces!

32885 T Apr 4-Apr 25 3:30p-5:30p HUF \$100

Drama



Drama Kids Composite Program

Ages 6-12. 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.

32573 Th Mar 2-Apr 27 6:00p-7:00p HTS \$148

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!

32316 M Mar 6-Mar 27 4:00p-6:00p HUF \$32

32316 M	Mar 6-Mar 27	4:00p-6:00p	HUF	\$32
32318 W	Mar 8-Mar 29	4:00p-6:00p	HUF	\$32
32321 F	Mar 10-Mar 31	4:00p-6:00p	HUF	\$32
32325 W	Apr 5-Apr 26	4:00p-6:00p	HUF	\$32
32327 F	Apr 7-Apr 28	4:00p-6:00p	HUF	\$32
32322 M	Apr 10-May 1	4:00p-6:00p	HUF	\$32
32331 W	May 3-May 24	4:00p-6:00p	HUF	\$32
32333 F	May 5-May 26	4:00p-6:00p	HUF	\$32
32329 M	May 8-May 29	4:00p-6:00p	HUF	\$32

Create & Learn Virtual: Coding with Roblox Studio Units 1-3

Ages 9-13. Take a big step forward with your Roblox experience by not just playing the game, but actually creating your own games! Learn how to use Roblox Studio to create customized worlds and code mini-games. We start from the very basics of Roblox Studio, no prior experiences needed. You will also learn Lua, a programming language for Roblox and core coding skills that can be applied elsewhere as well. For Grades 4-8. Prerequisites: Advanced Level - Scratch 1-3 or equivalent, familiarity with basic coding concepts such as conditional, loop, variable, and events. Students should be ready to move up to text based programming. Technical Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. Windows or Mac Computer (Chromebook not supported), and a mechanical mouse. Classes taught online.

32969 T Feb 28-May 16 4:30p-5:40p HUF \$189

Create & Learn Virtual: Smart Devices - Intro to Arduino

Ages 9-14. Units 1-3. We start with the basics of electronics. Students will learn how to create circuits, use resistors and get introduced to Ohm's law, while building a series of cool projects and experiments. We will also code Arduino to start building smart devices that can sense its environment and respond accordingly. Build more sophisticated circuits for smart devices, code breakers, and games using Arduino. Learn more advanced electronic concepts such as digital vs. analog and control servos and sensors. Each class is full of excitement and brand new topics that most students rarely have access to. Students will also sharpen their coding skills and even tap into a bit of text based coding to get ready for more advanced coding classes. Prerequisites: You must have taken Scratch 1-3 with us or equivalent; familiarity with basic coding concepts such as conditional, loop, variable, and events. Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. Optional Device: Arduino UNO. Classes taught online.

32967 F Feb 17-May 5 4:00p-4:55p HUF \$189 32968 T Feb 28-May 16 7:30p-8:25p HUF \$189

www.cor.net/parks Spring 2023 Guide



Children/Youth Classes

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-onone 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.

32371 Th Mar 23-Apr 13 4:30p-5:30p

Hawaiian Music and Art Party

Ages 5-8. Have fun becoming familiar with the music and art of Hawaii by creating arts and crafts while experiencing the music of the ukulele!

May 2-May 23 3:30p-5:30p

Les Curieux

32531 Sa

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 summer session with a beginner's understanding of the French language and exposure to various francophone cultures. Supply Fee \$15.

Mar 23-Apr 13 3:30p-4:20p \$50

First Aid and Safety

ASHI Childcare and 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.

10:00a-2:00p \$98

Games/Hobbies



Chess Class—Beginner

Ages 6 and up. Beginner Chess is an 8-9 week course for students with limited or no experience with chess.

Mar 2-Apr 27 5:00p-6:00p May 4-Jun 29 5:00p-6:00p 32353 Th HUF \$90 32976 Th HUF \$90

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.

32358 Th Mar 2-Mar 30 6:00p-7:00p 32359 Th Apr 6-Apr 27 6:00p-7:00p HUF \$40 32357 Th May 4-May 25 6:00p-7:00p HUF \$40

Crochet Classes

Ages 9 and up. Begin your journey from basic to more complex stitches while moving at your own, comfortable, pace. Yarn and hooks are provided. Please bring something to take notes.

1:30p-3:00p 32864 Sa Mar 4 HUF 32906 Sa HUF Apr 1 1:30p-3:00p \$30 32907 Sa May 6 1:30p-3:00p HUF \$30

Introduction to Fishing

Ages 6 and up. Learn the basics of how to begin your fishing adventures with a certified fishing instructor. The workshop includes knot tying, casting, rod and reel set up and ethical

handling of fish. 32970 Sa Mar 1 10:00a-noon HUF 32971 Sa 10:00a-noon \$10 Apr 1 HUF 32972 Sa May 27 10:00a-noon \$10

Mini Camps

Artful Explorations Spring Break Art Camp

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art, by painting two watercolor paintings, two acrylic paintings, two oil paintings, one charcoal and one oil pastel—eight works of art with a spring theme! I teach stepby-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.

32336 M-Th Mar 13-Mar 16 1:00p-4:00p HUF \$149



Children/Youth Classes



Chefsville Cuisines of the World Spring Break Camp

Ages 7-17. Come cook from all over the world with us. We have a themed country for each day of the camp: Mexican Day, Mediterranean Day, Chinese Day and German Day. 32966 M-T,Th-F Mar 13-Mar 17 9:00a-noon

Imagination Creation Camp

Ages 5-8. Explore the basics of lettering, sketching, still life and abstraction using gel pens, ink, pencils, markers, acrylics and more! Please bring a clean, old, article of clothing for a "Beef

32884 M-F Mar 13-Mar 17 noon-2:00p

Science Professors - Spring Break Camp

Ages 5-8. Chemistry, magnets and electricity! Have fun doing experiments, exploring technology and learning about science! Mar 13-Mar 17 9:00a-noon

Music

Violin—Beginners

Ages 4-5. You can never start too young when introducing your child to the beat rhythm and a musical instrument. After the session you can play "Twinkle, Twinkle Little Star." We are certain your child will learn the love of music in this beginning violin program. Supplies: Violin, Suzuki Book I and shoulder pad are required.

Mar 7-May 30 3:45p-4:15p

Violin—Beginner/Intermediate

Ages 6-11. Students will learn the sight reading, beat counting and techniques of violin/viola to apply to school orchestra. Supplies: Violin, Suzuki Book I and shoulder pad are required Mar 7-May 30 4:15p-4:45p

Special Event

Saturday Night Fun www.

Ages 12-15. Come join us for a evening of fun activities: Basketball 3-on-3 tournament, dancing, boardgames, dodgeball, refreshments and much more! Registration deadline April 26. 32930 Sa

Sports

Basketball Shooting Like a Machine

Ages 10 and up. Want to shoot like Steph Curry? You need to sign up for a 30-minute session with our basketball shooting machine that can potentially yield approximately 500 shots every 30 minutes. You will see improvement with great personal instruction along with the repetition of a shooting machine to create great shooting habits you can take to any court you play on. Monthly classes are available on Mondays, Saturdays and Sundays. Drop-in sessions are available Tuesdays and Thursdays from 5-7 p.m. For drop-in sessions, sign up at the front desk. For more information, e-mail navelle.stevenson@ gmail.com

gillallicoill				
33003 Sa	Mar 4-Mar 25	noon-12:30p	HTS	\$80
33004 Sa	Mar 4-Mar 25	12:30p-1:00p	HTS	\$80
32991 S	Mar 5-Mar 26	noon-12:30p	HTS	\$80
32994 S	Mar 5-Mar 26	12:30p-1:00p	HTS	\$80
32997 M	Mar 6-Mar 27	5:00p-5:30p	HTS	\$80
32998 M	Mar 6-Mar 27	5:30p-6:00p	HTS	\$80
33005 Sa	Apr 1-Apr 29	noon-12:30p	HTS	\$100
33008 Sa	Apr 1-Apr 29	12:30p-1:00p	HTS	\$100
32992 S	Apr 2-Apr 30	noon-12:30p	HTS	\$100
32995 S	Apr 2-Apr 30	12:30p-1:00p	HTS	\$100
32999 M	Apr 3-Apr 24	5:00p-5:30p	HTS	\$80
33000 M	Apr 3-Apr 24	5:30p-6:00p	HTS	\$80
33001 M	May 1-May 29	5:00p-5:30p	HTS	\$100
33002 M	May 1-May 29	5:30p-6:00p	HTS	\$100
33006 Sa	May 6-May 27	noon-12:30p	HTS	\$80
33007 Sa	May 6-May 27	12:30p-1:00p	HTS	\$80
32993 S	May 7-May 28	noon-12:30p	HTS	\$80
32996 S	May 7-May 28	12:30p-1:00p	HTS	\$80

Beginner Basketball Skill Development

Ages 4-20. 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 and footwork, as well as confidence and understanding of the game.

Mar 7-Mar 30 5:00p-6:00p 5:00p-6:00p 32549 T,Th Apr 4-Apr 27 \$145 May 2-May 25 5:00p-6:00p 32550 T.Th HTS \$145

Boxing for Kids/Adults

Ages 8 and up. Learn the basics of boxing through mitt work and boxing activities. Please bring your own boxing glove

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32350 T,Th	Mar 2-Mar 30	6:00p-7:00p	HUF	\$125
32351 T,Th	Apr 4-May 2	6:00p-7:00p	HUF	\$125
32352 T,Th	May 4-May 30	6:00p-7:00p	HUF	\$125



Children/Youth Classes

Intro to Archery

Ages 10 and up. Introduce the basic steps on how to shoot archery (target style) to students. 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

32608 T	Mar 7-Mar 28	4:30p-5:30p	HTS	\$20
32609 T	Apr 4-Apr 25	4:30p-5:30p	HTS	\$20
32610 T	May 2-May 30	4:30p-5:30p	HTS	\$25
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Point Guard University

Ages 11-18. At Point Guard University, athletes will learn all the different aspects of playing the point guard position. We will help your leadership skills, game situations, pick and roll, ball handling, passing, defense, footwork and finishing moves, as well as confidence and understanding of the game.

32598 T,Th	Mar 7-Mar 30	6:00p-7:00p	HTS	\$198
32599 T,Th	Apr 4-Apr 27	6:00p-7:00p	HTS	\$198
32600 T,Th	May 2-May 25	6:00p-7:00p	HTS	\$198

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.

popular programmer				
32176 T	Mar 7-Mar 28	5:30p-6:30p	HUF	\$70
32177 T	Apr 4-Apr 25	5:30p-6:30p	HUF	\$70

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.

32179 W	Mar 8-Mar 29	5:30p-6:30p	HUF	\$70
32180 W	Apr 5-Apr 26	5:30p-6:30p	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)						
32635 Sa	Mar 4-Apr 1	9:30a-10:00a	HTS	\$52		
32636 Sa	Apr 8-Apr 29	9:30a-10:00a	HTS	\$52		
32637 Sa	May 6-May 27	9:30a-10:00a	HTS	\$52		
Kick the Ball (A	Ages 3-4)					
32867 F	Mar 3-Mar 31	5:00p-5:30p	HUF	\$52		
32632 Sa	Mar 4-Apr 1	9:00a-9:30a	HTS	\$52		
32422 F	Apr 7-Apr 28	5:00p-5:30p	HUF	\$52		
32633 Sa	Apr 8-Apr 29	9:00a-9:30a	HTS	\$52		
32421 F	May 5-May 26	5:00p-5:30p	HUF	\$52		
32634 Sa	May 6-May 27	9:00a-9:30a	HTS	\$52		
Dribble, Kick a	and Pass (Ages 4	l-5)				
32866 F	Mar 3-Mar 31	5:35p-6:20p	HUF	\$52		
32629 Sa	Mar 4-Apr 1	10:00a-10:45a	HTS	\$52		
32420 F	Apr 7-Apr 28	5:35p-6:20p	HUF	\$52		
32630 Sa	Apr 8-Apr 29	10:00a-10:45a	HTS	\$52		
32419 F	May 5-May 26	5:35p-6:20p	HUF	\$52		
32631 Sa	May 6-May 27	10:00a-10:45a	HTS	\$52		
Youth Soccer	(Ages 6-9)					
32868 F	Mar 3-Mar 31	6:25p-7:10p	HUF	\$52		
32638 Sa	Mar 4-Apr 1	10:45a-11:30a	HTS	\$52		
32423 F	Apr 7-Apr 28	6:25p-7:10p	HUF	\$52		
32639 Sa	Apr 8-Apr 29	10:45a-11:30a	HTS	\$52		
32424 F	May 5-May 26	6:25p-7:10p	HUF	\$52		
32640 Sa	May 6-May 27	10:45a-11:30a	HTS	\$52		



Adult Classes

Arts

Art Party—Art and Tea 🛚 📂

Ages 18 and up. Come to our art party and learn to paint with acrylics while enjoying music and warm tea in a relaxing, chill atmosphere. Live your dream of painting on your own, but with expert guidance, focusing on the theme of your choosing and the details of your picture. Supplies needed: 12x16 canvas. Apr 4-Apr 25 6:00p-8:00p

Dance

Beginning Cha Cha (Round Dancing)

Ages 16 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.

Mar 5-Apr 23 2:45p-4:45p \$50 32552 S



Adult Classes

Line Dancing

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

Improver (Age	s 15 and up)			
32591 W	Mar 1-Mar 29	10:30a-noon	HTS	\$20
32592 W	Apr 5-Apr 26	10:30a-noon	HTS	\$16
32593 W	May 3-May 31	10:30a-noon	HTS	\$20
Improver (Age	s 18 and up)			
32386 T	Mar 7-Mar 28	11:00a-12:15p	HUF	\$20
32387 T	Apr 4-Apr 25	11:00a-12:15p	HUF	\$20
32388 T	May 2-May 30	11:00a-12:15p	HUF	\$25
Improver/Inter	mediate (Ages	15 and up)		
32590 S	Mar 5-May 28	1:30p-4:30p	HTS	\$112
Improver/Inter	mediate (Ages	18 and up)		
32391 Th	Mar 2-Mar 30	11:15a-12:45p	HUF	\$25
32389 Th	Apr 6-Apr 27	11:15a-12:45p	HUF	\$20
32390 Th	May 4-May 25	11:15a-12:45p	HUF	\$20
Intermediate (Ages 18 and up)		
32594 W	Mar 1-May 31	7:30p-9:50p	HTS	\$102
Intermediate/	Advanced (Ages	18 and up)		
32604 W	Mar 1-Mar 29	1:30p-3:00p	HTS	\$20
32607 F	Mar 3-May 26	5:30p-8:30p	HTS	\$112
32601 M	Mar 6-Mar 27	1:30p-3:00p	HTS	\$16
32602 M	Apr 3-Apr 24	1:30p-3:00p	HTS	\$16
32605 W	Apr 5-Apr 26	1:30p-3:00p	HTS	\$16
32603 M	May 1-May 22	1:30p-3:00p	HTS	\$16
32606 W	May 3-May 31	1:30p-3:00p	HTS	\$20
Intermediate C)pen Line Danci	ng (Ages 18 and	up)	
32595 F	Mar 10-Mar 31	11:00a-1:00p	HTS	\$10
32596 F	Apr 14-Apr 14	11:00a-1:00p	HTS	\$5
32597 F	May 12-May 26	11:00a-1:00p	HTS	\$10
Causes De	neo for Do	ainmara C	acial C	

Square Dance for Beginners—Social Square

Ages 18 and up. Modern Western Square Dancing with contemporary music; excellent mental and physical low-impact exercise! Do you have two left feet? If you can walk, you can square dance! First night is free ... so come give it a try. Square dancing is the official folk dance of Texas! Join the Texas Reelers and learn America's Folk Dance!

32568 M Mar 6-May 22 6:15p-8:30p HTS \$72

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 push ups. This class is fun and feels great. Mar 1-May 24 9:15a-10:30a 32529 M,W \$98

Awesome Exercise A.M.

Ages 15 and up. Cardio ... Pilates ... Yoga! This class uses all three to strengthen, stretch and create balance and harmony in your life.

Tillee Days Pe	er week				
32532 M,W,F	Mar 1-Mar 31	8:00a-9:00a	HTS	\$50	
32533 M,W,F	Apr 3-Apr 28	8:00a-9:00a	HTS	\$50	
32534 M,W,F	May 1-May 31	8:00a-9:00a	HTS	\$50	
Two Days Per Week					
32535 M,W,F	Mar 1-Mar 31	8:00a-9:00a	HTS	\$40	
32536 M,W,F	Apr 3-Apr 28	8:00a-9:00a	HTS	\$40	
32537 M M/E	May 1-May 31	8.002-0.002	HTC	\$40	



Boot Camp

Ages 16 and up. Not only does exercise help you fit into your favorite jeans and maintain your physical fitness, it also improves your mood, decreases stress and makes you smarter and more creative. Exercising before work gives you a boost of energy to help start the day, and that deserved sense of accomplishment. Exercise will condition your heart, lungs and improve your body's ability to use oxygen more efficiently and it also helps beat other health problems as well. It will help you sleep better,

release stress, and boost energy guaranteed. Come and join us.						
32556 M,W,F	Mar 1-Mar 31	6:00a-7:00a	HTS	\$50		
32559 M,W,F	Apr 3-Apr 28	6:00a-7:00a	HTS	\$50		
32562 M,W,F	May 1-May 31	6:00a-7:00a	HTS	\$50		
One Day Per V	Veek					
32558 M,W,F	Mar 1-Mar 31	6:00a-7:00a	HTS	\$25		
32561 M,W,F	Apr 3-Apr 28	6:00a-7:00a	HTS	\$25		
32564 M W F	May 1-May 31	6:00a-7:00a	HTS	\$25		

Boxing for Kids/Adults

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

32350 T,Th	Mar 2-Mar 30	6:00p-7:00p	HUF	\$125
32351 T,Th	Apr 4-May 2	6:00p-7:00p	HUF	\$125
32352 T,Th	May 4-May 30	6:00p-7:00p	HUF	\$125



Adult Classes



Flexibility—Use It Or Lose It!

Ages 18 and up. "Use it or lose it!" Class will provide guided, gentle stretching in a friendly atmosphere. Standing, seated and floor exercises. Classes are tailored to the needs of the par-

ticipants.				
32366 T,Th	Mar 2-Mar 23	11:00a-12:30p	HUF	\$56
32367 T,Th	Apr 4-May 2	noon-1:30p	HUF	\$56
32368 T,Th	May 4-May 30	11:00a-1:30p	HUF	\$56

Hatha Yoga—All Levels

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.				
32577 Th	Mar 2-Mar 30	6:00p-7:00p	HTS	\$25
32580 Sa	Mar 4-Mar 25	11:00a-noon	HTS	\$20
32574 T	Mar 7-Mar 28	6:00p-7:00p	HTS	\$20
32581 Sa	Apr 1-Apr 29	11:00a-noon	HTS	\$25
32575 T	Apr 4-Apr 25	6:00p-7:00p	HTS	\$20
32578 Th	Apr 6-Apr 27	6:00p-7:00p	HTS	\$20
32576 T	May 2-May 30	6:00p-7:00p	HTS	\$25
32579 Th	May 4-May 25	6:00p-7:00p	HTS	\$20
32582 Sa	May 6-May 27	11:00a-noon	HTS	\$20

Personal Training with Damon

Ages 10 and up. Recover what COVID stole from you! Private 30-minute personal fitness training in a separate space away from the crowds and with private equipment. Lose unwanted fat, regain your strength and fight back depressive moods. Affordably priced at \$50 for half-hour sessions and available at both Huffhines and Heights. Don't wait! Availability is limited so call 469-952-0005 or e-mail damon@tbffam.com now.

Total Body Fitness Group Training

Ages 15 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 con

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Two Days Per Week					
32431 M,W	Mar 1-Mar 29	6:30p-7:30p	HUF	\$103	
32432 M,W	Apr 3-Apr 26	6:30p-7:30p	HUF	\$103	
32433 M,W	May 3-May 29	6:30p-7:30p	HUF	\$103	
One Day Per Week					
32428 M,W	Mar 1-Mar 29	6:30p-7:30p	HUF	\$52	
32429 M,W	Apr 3-Apr 26	6:30p-7:30p	HUF	\$52	
32430 M,W	May 3-May 29	6:30p-7:30p	HUF	\$52	

Warrior Goddess Self Defense for Women

Ages 14 and up. Warrior Goddess is a three-tier class designed with a non-martial artist in mind. Women are taught simple, effective moves that are easy to remember and use in stressful situations. Tier 1 - Striking, Tier 2 - Defense vs. Grabs, Tier 3- Your Weapons vs. Anatomy.

32437 Sa	Mar 4	1:30p-4:30p	HUF	\$120
32894 Sa	Mar 18	1:30p-4:30p	HUF	\$120
32438 Sa	Apr 1	1:30p-4:30p	HUF	\$120
32895 Sa	Apr 15	1:30p-4:30p	HUF	\$120
32439 Sa	May 6	1:30p-4:30p	HUF	\$120
32896 Sa	May 20	1:30p-4:30p	HUF	\$120

Yoga and 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	Three Classes Per Week					
32458 M,W,F	Mar 3-Mar 31	10:00a-11:00a	HUF	\$65		
32459 M,W,F	Mar 3-Mar 31	6:00p-7:00p	HUF	\$65		
32463 M,W,F	Apr 3-May 1	10:00a-11:00a	HUF	\$65		
32462 M,W,F	Apr 3-May 1	6:00p-7:00p	HUF	\$65		
32460 M,W,F	May 3-May 29	10:00a-11:00a	HUF	\$65		
32461 M,W,F	May 3-May 29	6:00p-7:00p	HUF	\$65		
Two Classes P	er Week					
32453 M,W,F	Mar 3-Mar 31	10:00a-11:00a	HUF	\$45		
32452 M,W,F	Mar 3-Mar 31	6:00p-7:00p	HUF	\$45		
32457 M,W,F	Apr 3-May 1	10:00a-11:00a	HUF	\$45		
32456 M,W,F	Apr 3-May 1	6:00p-7:00p	HUF	\$45		
32455 M,W,F	May 3-May 29	10:00a-11:00a	HUF	\$45		
32454 M,W,F	May 3-May 29	6:00p-7:00p	HUF	\$45		
One Class Per	Week					
32447 M,W,F	Mar 3-Mar 31	10:00a-11:00a	HUF	\$25		
32446 M,W,F	Mar 3-Mar 31	6:00p-7:00p	HUF	\$25		
32450 M,W,F	Apr 3-May 1	10:00a-11:00a	HUF	\$25		
32451 M,W,F	Apr 3-May 1	6:00p-7:00p	HUF	\$25		
32449 M,W,F	May 3-May 29	10:00a-11:00a	HUF	\$25		
32448 M,W,F	May 3-May 29	6:00p-7:00p	HUF	\$25		

Yoga w/ 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.



Adult Classes

Bring a mat and a towel/blanket to class. Check out www.yogawithchrissy.com for more info.

32658 T,Th	Mar 2-Mar 30	8:00a-9:00a	HTS	\$53	
32661 T,Th	Apr 4-Apr 27	8:00a-9:00a	HTS	\$60	
32664 T,Th	May 2-May 30	8:00a-9:00a	HTS	\$68	
One Class Per Week					
32660 T,Th	Mar 2-Mar 30	8:00a-9:00a	HTS	\$30	
32663 T,Th	Apr 4-Apr 27	8:00a-9:00a	HTS	\$90	
32666 T,Th	May 2-May 30	8:00a-9:00a	HTS	\$98	

Ages 17 and up. Zumba fuses Latin rhythms with easy to follow dance moves to create a calorie burning, muscle toning and dynamic fitness program that will blow you away. Our goal is to have fun while working out. \$10 for one session. \$25/month for one session/week. \$35/month for two sessions/week.

32667 M,W	Mar 1-Mar 29	6:20p-7:20p	HTS	\$35		
32464 M,W	Mar 6-Mar 29	6:30p-7:30p	HUF	\$35		
32670 M,W	Apr 3-Apr 26	6:20p-7:20p	HTS	\$35		
32465 M,W	Apr 3-May 1	6:30p-7:30p	HUF	\$35		
32673 M,W	May 1-May 31	6:20p-7:20p	HTS	\$35		
32466 M,W	May 3-May 29	6:30p-7:30p	HUF	\$35		
One Class Per Week						
32669 M,W	Mar 1-Mar 29	6:20p-7:20p	HTS	\$25		
32469 M,W	Mar 6-Mar 29	6:30p-7:30p	HUF	\$25		
32672 M,W	Apr 3-Apr 26	6:20p-7:20p	HTS	\$25		
32468 M,W	Apr 3-May 1	6:30p-7:30p	HUF	\$25		
32675 M,W	May 1-May 31	6:20p-7:20p	HTS	\$25		
32467 M,W	May 3-May 29	6:30p-7:30p	HUF	\$25		

Hobbies

Crochet Classes

Begin your journey from basic to more complex stitches while moving at your own, comfortable, pace. Yarn and hooks are provided. Please bring something to take notes.

Ages 9 and up				
32864 Sa	Mar 4	1:30p-3:00p	HUF	\$30
32906 Sa	Apr 1	1:30p-3:00p	HUF	\$30
32907 Sa	May 6	1:30p-3:00p	HUF	\$30
Ages 18 and up	•			
32862 M	Mar 6	9:00a-10:30a	HUF	\$30
32863 M	Mar 6	7:15p-8:45p	HUF	\$30
32910 M	Mar 13	9:00a-10:30a	HUF	\$30
32919 M	Mar 13	7:15p-8:45p	HUF	\$30
32908 M	Mar 20	9:00a-10:30a	HUF	\$30
32920 M	Mar 20	7:15p-8:45p	HUF	\$30
32909 M	Mar 27	9:00a-10:30a	HUF	\$30
32921 M	Mar 27	7:15p-8:45p	HUF	\$30
32911 M	Apr 3	9:00a-10:30a	HUF	\$30
32922 M	Apr 3	7:15p-8:45p	HUF	\$30
32912 M	Apr 10	9:00a-10:30a	HUF	\$30
32923 M	Apr 10	7:15p-8:45p	HUF	\$30
32913 M	Apr 17	9:00a-10:30a	HUF	\$30
32924 M	Apr 17	7:15p-8:45p	HUF	\$30
32914 M	Apr 24	9:00a-10:30a	HUF	\$30
32925 M	Apr 24	7:15p-8:45p	HUF	\$30
32915 M	May 1	9:00a-10:30a	HUF	\$30
32926 M	May 1	7:15p-8:45p	HUF	\$30
32916 M	May 8	9:00a-10:30a	HUF	\$30
32927 M	May 8	7:15p-8:45p	HUF	\$30
32917 M	May 15	9:00a-10:30a	HUF	\$30
32928 M	May 15	7:15p-8:45p	HUF	\$30
32918 M	May 22	9:00a-10:30a	HUF	\$30
32929 M	May 22	7:15p-8:45p	HUF	\$30



Introduction to Fishing

Ages 6 and up. Learn the basics of how to begin your fishing adventures with a certified fishing instructor. The workshop includes knot tying, casting, rod and reel set up and ethical handling of fish.

32970 Sa	Mar 11	10:00a-noon	HUF	\$10
32971 Sa	Apr 1	10:00a-noon	HUF	\$10
32972 Sa	May 27	10:00a-noon	HUF	\$10

Photography Class

Ages 18 and up. All levels are included. Principles of digital image capture and processing. Emphasis on composition, seeing photographically, the creative aspects digital photography for landscape, portrait, abstract and fine art applications. 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 128GR USB drives

12000 030 u	117 C3.			
32405 F	Mar 3-Mar 24	5:00p-7:00p	HUF	\$175
32406 F	Apr 7-Apr 28	5:00p-7:00p	HUF	\$175
32407 F	May 5-May 26	5:00p-7:00p	HUF	\$175

Spring 2023 Guide www.cor.net/parks



Adult Classes

Professional Portrait Class by Appointment

Ages 18 and up. Learn how to take professional-style portraits. By appointment only. Cost is \$250 for three, two-hour sessions. Call Huffhines Rec Center at 972-744-7881 to schedule.

Mind and Body

Nature and Forest 'Bathing' at Breckinridge

Ages 6 and up. Join a certified nature and forest therapy guide for a two-hour forest bathing walk. This is a research-based practice for supporting healing and wellness through immersion in forests and other natural environments. You will walk for about 10 minutes on a paved trail then settle in the woods where the group will be seated. After a short introduction about nature and forest therapy, you will be guided through a series of activities that will allow you to reconnect with nature and yourself. After each activity, we will take a moment to share and reflect. You will end the walk with a tea ceremony. This class is suitable for those with light mobility restraints. Meet at Breckinridge Park parking lot South Pavilion on Brand Boulevard.

32401 S	Mar 12	2:00p-4:00p	BRE	\$15
32403 S	Apr 30	2:00p-4:00p	BRE	\$15
32402 S	May 28	2:00p-4:00p	BRE	\$15

Sports

2023 Spring Basketball League

Ages 18 and up. Basketball will be offered at Huffhines on Tuesday nights. League format is an eight-game regular season with playoffs for the top four teams in week nine. Mar 7-Apr 25 6:30p-10:00p HUF

Badminton					
Ages 16 and	l up.				
32338 Sa	Mar 4-Mar 25	3:00p-5:00p	HUF	\$20	
32339 Sa	Apr 1-Apr 29	3:00p-5:00p	HUF	\$25	
32340 Sa	May 6-May 27	3:00p-5:00p	HUF	\$20	

Basketball Private Lessons w/ Navelle

Ages 5 and up. As an athlete do you need help developing and improving your basketball skills such as ball handling, shooting, footwork and defense? If so this class is for you. We aim to prepare athletes of all levels physically and mentally for the game of basketball. This private lesson is \$75 for one 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.stevenson@gmail.com.

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.

32583 M,W	Mar 6-Apr 12	8:15p-9:45p	HTS	\$25
32584 M,W	Apr 17-May 31	8:15p-9:40p	HTS	\$25



Adult Classes



Huffhines Basketball

Ages 18 and up.					
32375 W	Mar 1-Mar 29	7:00p-9:30p	HUF	\$25	
32376 W	Apr 5-Apr 26	7:00p-9:30p	HUF	\$20	
32377 W	May 3-May 31	7:00p-9:30p	HUF	\$25	

Intro to Archery

Ages 10 and up. Introduce the basic steps on how to shoot archery (target style) to students. 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 n the premises if child is under 18 years of ac

off the prefilises if child is drider to years of age.				
	32608 T Mar 7-Mar 28	4:30p-5:30p	HTS	\$20
	32609 T Apr 4-Apr 25	4:30p-5:30p	HTS	\$20
	32610 T May 2-May 30	4:30p-5:30p	HTS	\$25

Pickleball Progress

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

VVCaricsaa	y before class.			
32954 F	Mar 17	9:00a-10:30a	HUF	\$15
32955 F	Apr 14	9:00a-10:30a	HUF	\$15
32956 F	May 12	9:00a-10:30a	HUF	\$15





Parks and Rec Job Fairs

The City of Richardson Parks and Recreation Department is participating in several job fairs over the next few months in order to attract workers. This summer is shaping up to be a busy one and there is a need for a variety of positions including lifeguards, swim instructors, day camp counselors and directors. Applications may be filled out online at www.cor.net/jobs.

Upcoming Job Fairs

Feb. 15: Heights Recreation Center, 3-7 p.m.

March 7: UT Dallas Career Center 2023 Job and Internship Fair, 11 a.m.-3 p.m.

April 10: Huffhines Recreation Center, 10 a.m.-2 p.m.

April 21: UT Dallas Career Center Spring Just in Time Fair, 1-3 p.m.

Check the April Richardson Today for the Guide to Swimming and Camps

Registration for enrollment in summer camps and swim classes begins at 8 a.m. April 3. Pool reservations will open online at 6 a.m. May 2. In-person pool reservations will open at 8 a.m. May 2 at Huffhines Recreation Center. For information, visit www.cor.net/parksonline.





Martial Arts Classes

Martial Arts

Brazilian Jiu-Jitsu 101

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.

32565 S-M,W	Mar 1-Mar 29	6:15p-7:30p	HTS	\$100		
32566 S-M,W	Apr 2-Apr 30	11:30a-1:00p	HTS	\$100		
32567 S-M,W	May 1-May 31	6:15p-7:30p	HTS	\$100		
Junior Brazilian Jiu-Jitsu 101 (Ages 6-15)						
32613 M,W	Mar 1-Mar 29	5:30p-6:15p	HTS	\$75		
32614 M,W	Apr 3-Apr 26	5:30p-6:15p	HTS	\$75		
32615 M.W	May 1-May 31	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 to the Richardson community 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. For more information visit www.dragonschool.com

Mar 2-Mar 30	6:30p-8:00p	HTS	\$40
Apr 4-Apr 27	6:30p-8:00p	HTS	\$40
May 2-May 30	6:30p-8:00p	HTS	\$40
	Apr 4-Apr 27	Apr 4-Apr 27 6:30p-8:00p	Apr 4-Apr 27 6:30p-8:00p HTS

Grappling

Ages 14 and up. Feel better, look better and fight better! 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 learning an effective fighting art. Brazilian Jiu-Jitsu gi required (prices vary).

arti braziliari bra briba gi regani ea (prices rary).				
32372 T,Th,Sa	Mar 2-Mar 30	6:00p-7:30p	HUF	\$85
32373 T,Th,Sa	Apr 4-May 2	6:00p-7:30p	HUF	\$85
32374 T,Th,Sa	May 4-May 30	6:00p-7:30p	HUF	\$85



Martial Arts Classes

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 which is 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. Instructors: Min Min Sun-Valenti. For more information please visit us at www SunOiFitness com

tion, please visit us at www.sungh liness.com				
32379 Sa	Mar 4-Mar 25	9:30a-10:30a	HUF	\$55
32380 Sa	Apr 1-Apr 29	9:30a-10:30a	HUF	\$65
32381 Sa	May 6-May 27	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 at Heights. Contact instructor Min Min Sun-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 at Heights. Contact instructor Min Min Sun-Valenti at 214-418-4236.

Oi-Gong Tai Chi

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.				
Heights				
32626 F	Mar 3-Mar 31	9:45a-10:45a	HTS	\$75
32627 F	Apr 7-Apr 28	9:45a-10:45a	HTS	\$60
32628 F	May 5-May 26	9:45a-10:45a	HTS	\$60
Huffhines				
32425 Sa	Mar 4-Mar 25	10:45a-11:45a	HUF	\$60
32427 Sa	Apr 1-Apr 29	10:45a-11:45a	HUF	\$75
32426 Sa	May 6-May 27	10:45a-11:45a	HUF	\$60



Martial Arts Classes



SMSB Tae Kwon Do

Class is for beginners through advanced students. Tae Kwon Do instills mental control, discipline, respect, humility and confidence in students. By learning control of the body, students have greater mental discipline in their everyday lives. The instructor motivates each student individually to the extent their bodies allow them to perform. We strongly believe in the motto "strong body, strong mind."

May 4-Aug 3 6:00p-7:45p HUF

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. Membership and schedules are listed on our website, www.sunqifitness.com. Instructor: Min Min Sun-Valenti and John Valenti.

J 0. C . C				
32852 T	Mar 7-Mar 28	6:00p-7:00p	HUF	\$35
32853 T	Apr 4-Apr 25	6:00p-7:00p	HUF	\$35
32854 T	May 2-May 30	6:00p-7:00p	HUF	\$35

Spring 2023 Guide 6 www.cor.net/parks Registration begins Feb. 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.

M	10-10:50 a.m.	\$48
M	noon-12:50 p.m.	\$48
Tu	10-10:50 a.m.	\$48
Tu	noon-12:50 p.m.	\$48
W	10-10:55 a.m.	\$48
W	noon-12:50 p.m.	\$48
Th	10-10:50 a.m.	\$48
F	10-10:50 a.m.	\$48
S	11-11:50 a.m.	\$48
S	11-11:50 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 ab	ility and skill level.	
M	11-11:50 a.m.	\$48
Tu	11-11:50 a.m.	\$48
W	11-11:50 a.m.	\$48
Th	11-11:50 a.m.	\$48
Th	1-1:50 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	s class is for all-day kindergart	en girls.
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	5:30-6:20 p.m.	\$48
Tu	6:30-7:20 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
Th	5:30-6:20 p.m.	\$48
S	9-9:50 a.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 all-	day kindergarten and first grac	ie 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 vault, bars, balance beam, tumbling and trampoline.

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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	4-5:20 p.m.	\$68
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
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

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 work on a pre comp	Cultive level.
M,W	6:30-8:25 p.m.	\$120
Tu,Th	6:30-8:25 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	e 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.

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, Tuesdays, Wednesdays, 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.

33020 F	Mar 3	\$10
33021 F	Mar 10	\$10
33022 F	Mar 24	\$10
33023 F	Mar 31	\$10
33015 F	Apr 7	\$10
33024 F	Apr 14	\$10
33016 F	Apr 21	\$10
33017 F	Apr 28	\$10
33025 F	May 5	\$10
33014 F	May 12	\$10
33018 F	May 19	\$10
33019 F	May 26	\$10

www.cor.net/parks Spring 2023 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:

May 1-18 Mar. 6-23 Apr. 3-20

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 tennis fun.

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 or Tu, Th 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

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.

Apr. 3-20 May 1-18 AD-1 Beginner—M,W 6:30-7:30 p.m. or Tu, Th 6-7 p.m. Cost: **\$72** 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 Plus—Tu, Th 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: \$108 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, Mens, 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 Ball machine rental and stringing available.

Adult Leagues—April 3-May 18 Sign-up begins Feb. 1 Cost: \$40

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.



Tennis

WEEKEND CLASSES

Classes will be held Saturdays for three weeks

Mar. 11-25 Apr. 8-22 May 5-20 Adult-AD-1 Beginner—Sat 8:30-9:30 a.m. COST: \$45 JR-Future Stars (Ages 5-7)—Sat 9:30-10:30 a.m. COST: \$45 JR-JD-1 Beginner (Ages 8-14)—Sat 10:30-11:30 a.m. COST: \$45

Spring Break Tennis Camp

Dates: March 6-10 (PISD); March 13-17 (RISD)

Ages: 5-16 years Time: 9 a.m.-1 p.m. Cost: \$200/week

** If there is bad weather the camp will be held inside the Huffhines Recreation Center gymnasium.



Private Lessons

Tennis Pro Walt Williams

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

Tennis Pro Carlos Corriea

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

Tennis Pro Christy Vutam

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

Tennis Pro Briana Diehl

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

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. com.



Golf



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—6-8 hours of instruction—\$115-\$150 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)

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



Athletics

Adult Softball Leagues

Registration begins Feb. 1. League play begins March 7.

Games played at Huffhines Softball Complex in an eight-game regular season + playoffs (top 4 teams)

All skill levels—Men's & Mixed Leagues Team Registration \$350



Soccer Leagues

Women North Texas Womens Soccer Association www.ntwsa.org

Men North Texas Premier Soccer Association www.ntpsa.org



Athletics Information

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

