

# 2023 SPRING RECREATION GUIDE

To enrich our community through innovative recreation and leisure experiences.

## WHAT'S INSIDE

Adaptive Events.....2	Adult ..... 4-6
Special Events .....2	Martial Arts ..... 6
Photo Winners .....2	Gymnastics ..... 7
Adaptive .....3	Athletics ..... 8
Preschool.....3	Tennis ..... 8
Children/Youth .... 3-4	Golf ..... 8

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

Applications may be filled out online at [www.cor.net/jobs](http://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.



## Heights Recreation Center



711 W. Arapaho Rd. • 972-744-7851

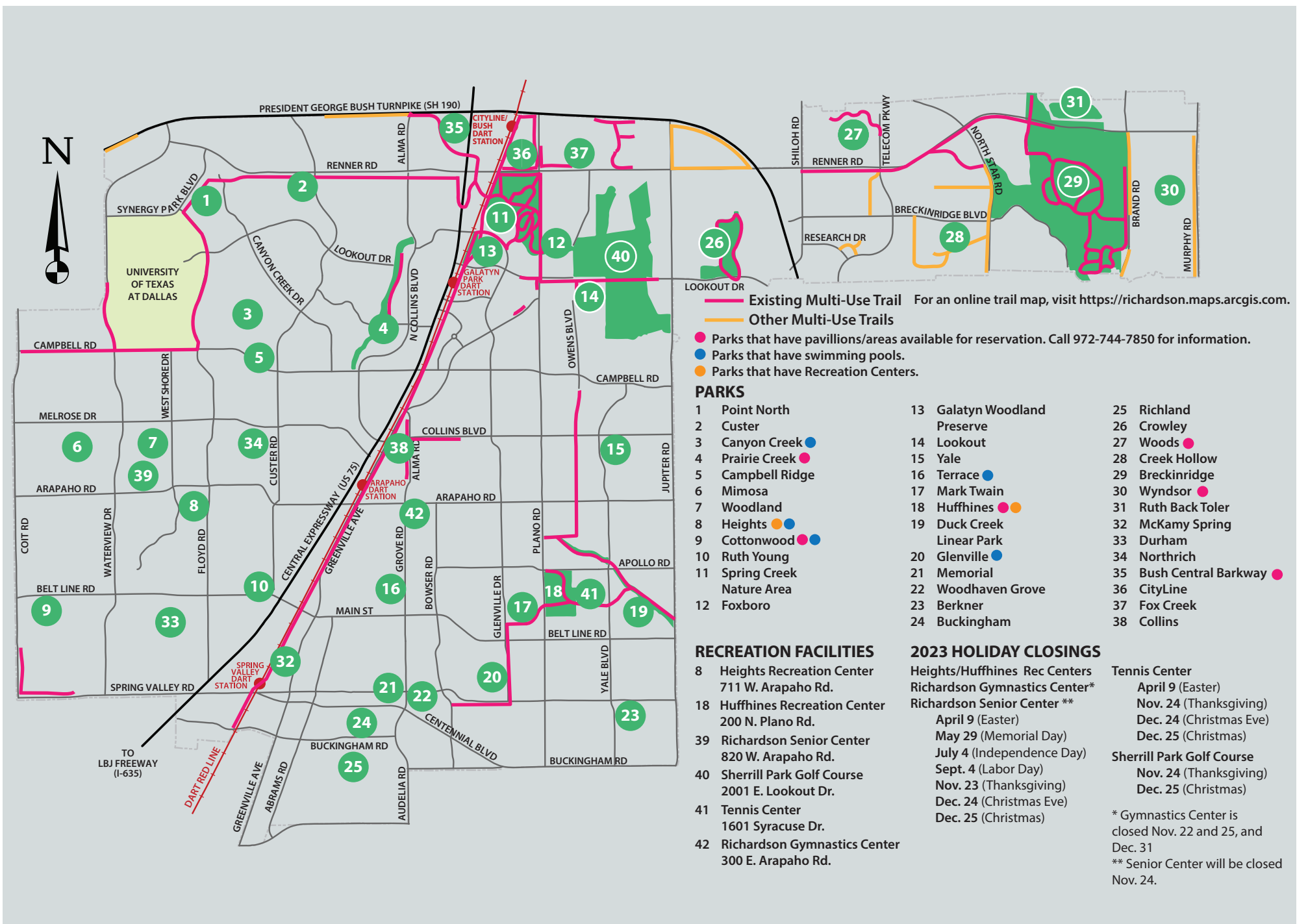
**Hours of Operation:**  
 Monday-Thursday: 6 a.m.-10 p.m.  
 Friday: 6 a.m.-9 p.m.  
 Saturday: 8 a.m.-5 p.m.  
 Sunday: 11 a.m.-5 p.m.

## 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.





## Adaptive and Special Events

**ADAPTIVE**

# Valentine Jubilee

#31797

**SATURDAY, FEB. 11**

7 p.m. | \$30

Come join us as we celebrate this exciting and romantic holiday with a dinner/dance! It will surely be all your heart desires! No date is necessary, so come enjoy a fabulous evening with your friends. You will have dinner and a full night of dancing to music from our disc jockey. We will have plenty of fun with food, dancing, contests and more! Space is limited so sign up today! Due to catering, registration ends Feb. 6, or when full.

*Sorry, no drop-in registrations will be available.*

## SUMMER CAMP 2023

All aboard the COR Summer Camp Cruise\*! Weekly camp sessions begin June 5. Activities include playground time, gym games, arts and crafts, swimming, weekly field trips and more. Fields trips and details TBD. Please check our website for updates, pricing, locations, dates, and more at [www.cor.net/camps](http://www.cor.net/camps)

**REGISTRATION OPENS MONDAY, APRIL 3 @ 8 A.M.**

- Kinder Camp (ages 5-6)
- Playground Camp (ages 7-11)
- Elementary Camp (ages 7-11)
- Teen Camp (ages 12-15)

**REGISTER ONLINE: [WWW.COR.NET/CAMPS](http://WWW.COR.NET/CAMPS) OR CALL HEIGHTS REC CENTER AT 972-744-7850**

\*The theme for this year's summer camp is cruise ship adventure. We will not be embarking on a cruise ship.

**ADAPTIVE**

# RENAISSANCE ADVENTURE

to Scarborough

**SATURDAY \* APRIL 15**

9:30 a.m. - 6:30 p.m.

Registration #32517 | \$45  
Heights Recreation Center

Have you ever seen knights jousting in the arena or fairies frolicking in the meadows? Come join us as we spend the day at Scarborough Renaissance Festival. We will meet at Heights Recreation Center and travel together to Waxahachie. We will get a chance to witness a day in the life of the Renaissance time period filled with crafty artisans and tradesman that wield steel, mold and cure pottery, along with blowing glass to make things that are needed and still used today. Please bring money for food and drinks as we will be at the festival most of the day. If you plan on buying souvenirs, no weapons will be allowed to be purchased during this event. Please send an approved list of items that may be bought if permission is granted to purchase items. Also each participant will be responsible for keeping up with their own purchased items for the entire trip. Please go to website for menu items and activities to experience so you can determine how much money to send.

**St. Patrick's Day**

# Adaptive BACKYARD COOKOUT

March 17 | 5:30-7:30 p.m.

Registration #32528 | \$10  
Heights Recreation Center

Join us as we celebrate St. Patrick's Day with a backyard cookout. We will have baked potatoes with all the fixings and fun backyard games to play to win some wee prizes from our own neighborhood leprechauns.

# SATURDAY NIGHT FUN!

**SATURDAY \* APRIL 29**

6 P.M. - 9 P.M.

Registration #32930 | \$10  
Huffhines Recreation Center

**AGES 12-15**

Come join us for an evening of **Fun Activities!**

- Basketball 3-on-3 tournament
- Dancing
- Board Games
- Dodgeball
- Refreshments
- and much more!

*\*Please register by April 26*

# 2023 PHOTO CONTEST

Featured Artist Exhibit:  
**Aaron Mahlon Thomas**  
Jan. 5-Feb. 17 | Huffhines Recreation Center

**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

**BEST OF STUDENT DIVISION**  
"Ready to Pounce"  
by Layne Sandidge

**BEST OF AMATEUR ADULT DIVISION**  
"Monolithic Tomb: Portal to the Afterlife"  
by Lola Laird

**BEST OF PROFICIENT DIVISION/ BEST OF SHOW**  
"Disguising a Parking Garage"  
by Kaye Hargis

Visit [www.cor.net/photocontest](http://www.cor.net/photocontest) for full results.

# Easter EGGSTRAVAGANZA

April 1 | 10 a.m. - 1 p.m. | \$10 | #33654

- Egg Hunt | A Craft
- Pictures with the Easter Bunny
- Each kid gets a goodie bag at the end
- Refreshments provided

**PUP-A-PALOOZA**

April 1 | 2:30 p.m. | \$8 | #33655

- Dog Egg Hunt  
Eggs filled with treats and special prizes
- Pictures with the Easter Bunny
- Vendors
- \*This is an on-leash event

**ALL AT BRECKINRIDGE PARK**

Registration begins Feb. 1. See full class descriptions and register online at [www.cor.net/parksonline](http://www.cor.net/parksonline).



## 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](http://www.beyondkarate.com).

##### Beginner

<b>Heights</b>				
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
<b>Huffhines</b>				
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

<b>Heights</b>				
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
<b>Huffhines</b>				
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

<b>Heights</b>				
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
<b>Huffhines</b>				
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
------------	---------------	---------------	-----	------



## 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

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

32879 T,Th	Mar 21-Mar 30	10:00a-11:00a	HUF	\$45
------------	---------------	---------------	-----	------

### Dance

#### Baby Ballet I

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

32538 Th	Apr 6-May 4	10:45a-11:15a	HTS	\$55
----------	-------------	---------------	-----	------

#### 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.

32542 Th	Apr 6-May 4	11:15a-11:45a	HTS	\$55
----------	-------------	---------------	-----	------

### 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	9:00a-11:00a	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 T,Th	Mar 7-Apr 20	9:00a-11:00a	HUF	\$120
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



## 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
---------	---------------	-------------	-----	------

#### Mystery of Art History

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](http://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
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





# 2023 SPRING GUIDE

Registration begins Feb. 1. See full class descriptions and register online at [www.cor.net/parksonline](http://www.cor.net/parksonline).



## 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. NEW!

### 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.

32893 T	Mar 7-Apr 25	6:30p-10:00p	HUF	\$450
---------	--------------	--------------	-----	-------

#### Badminton

Ages 16 and 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](mailto: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 on the premises if child is under 18 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.

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](http://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](http://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.dragon-school.com](http://www.dragon-school.com)

32570 T,Th	Mar 2-Mar 30	6:30p-8:00p	HTS	\$40
32571 T,Th	Apr 4-Apr 27	6:30p-8:00p	HTS	\$40
32572 T,Th	May 2-May 30	6:30p-8:00p	HTS	\$40

#### 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).

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.SunQiFitness.com](http://www.SunQiFitness.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.

#### Qi-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.

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."

32418 Th	May 4-Aug 3	6:00p-7:45p	HUF	\$150
----------	-------------	-------------	-----	-------

#### 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](http://www.sunqifitness.com). Instructor: Min Min Sun-Valenti and John Valenti.

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

Registration begins Feb. 1. See full class descriptions and register online for the weekend events at [www.cor.net/parksonline](http://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.

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 class is for all-day kindergarten 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.

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.

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.m.-12:20 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.m.-12:50 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.

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.

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](mailto: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

# 2023 SPRING GUIDE

Registration begins Feb. 1. See full class descriptions and register online at [www.cor.net/parksonline](http://www.cor.net/parksonline).



## 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:

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

#### 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.

Mar. 6-23                      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

1/2-hour lesson	\$40
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](http://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](http://www.myperformancegolf.com) or e-mail [jhorton@pga.com](mailto:jhorton@pga.com).**



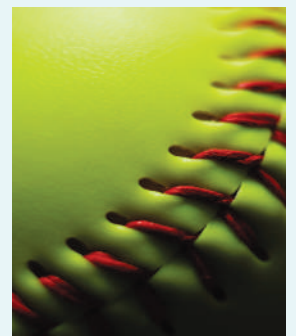
## Athletics

### 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](http://www.ntwsa.org)

#### Men

North Texas Premier Soccer Association  
[www.ntpsa.org](http://www.ntpsa.org)



## Athletics Information

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

