SUMMER RECREATION

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.

The Summer Recreation Guide features classes for all ages that will be held in June, July and August. For summer camps and swim lesson registration, visit www. cor.net/parksonline and www.cor.net/ corcamps for information about summer camps.



The City of Richardson is celebrating its 150th anniversary with a June 24 party in Downtown Richardson. The event will feature live music on two stages, games, a children's area and the revealing of the City of Richardson 1973 time capsule that was buried outside the Library for the City's 100th anniversary.

FACILITY INFORMATION

Parks and Recreation Administrative Office

200 N. Greenville Rd. 972-744-4300 Mon.-Fri., 8 a.m.-5 p.m.

Heights Recreation Center

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

Huffhines Recreation Center

200 N. Plano Rd. 972-744-7881 Mon.-Thu., 6 a.m.-10 p.m. Fri., 6 a.m.-9 p.m. Sat., 8 a.m.-5 p.m. Sun., 11 a.m.-5 p.m.

Richardson Gymnastics Center

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

Richardson Senior Center

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

Community Events

2100 E. Campbell Rd., Suite 100 972-744-4580 Mon.-Fri., 8 a.m.-5 p.m.

Athletics and Aquatics

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

Convention and Visitors Bureau

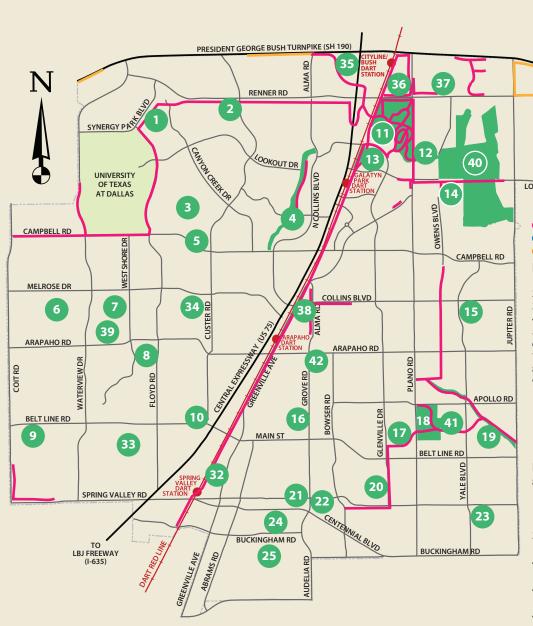
1302 E. Collins Blvd. 972-744-4034 Mon.-Fri., 8 a.m.-5 p.m.

Sherrill Park Golf Course

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

Tennis Center

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



27 RENNER RD RECKINRIDGE BLVD RESEARCH DR Other Multi-Use Trails Parks that have Recreation Centers. **Point North** 13 Galatyn Woodland Custer Preserve Canyon Creek Lookout 14 Prairie Creek 15 Yale **Campbell Ridge** 16 Terrace 🔵 Mimosa 17 Mark Twain Huffhines Woodland 18 Heights | **Duck Creek** 19 Linear Park Cottonwood • • 20 Glenville 10 Ruth Young Spring Creek 21 Memorial **Nature Area** 22 **Woodhaven Grove** 12 Foxboro 23 Berkner 24 Buckingham **RECREATION FACILITIES Heights Recreation Center** 711 W. Arapaho Rd. **Richardson Senior Center ** Huffhines Recreation Center** 200 N. Plano Rd.

30 Existing Multi-Use Trail For an online trail map, visit https://richardson.maps.arcgis.com. Parks that have pavillions/areas available for reservation. Call 972-744-7850 for information. 25 Richland Crowlev 26 27 Woods 🛑 Creek Hollow 29 Breckinridge Wyndsor Ruth Back Toler **McKamy Spring** 32 Durham 33 Northrich 34 35 Bush Central Barkway 🔴 36 CityLine Fox Creek Collins **2023 HOLIDAY CLOSINGS** Heights/Huffhines Rec Centers **Tennis Center** Richardson Gymnastics Center* Nov. 24 (Thanksgiving) Dec. 24 (Christmas Eve) May 29 (Memorial Day) Dec. 25 (Christmas) July 4 (Independence Day) **Richardson Senior Center** Sept. 4 (Labor Day) Sherrill Park Golf Course Nov. 23 (Thanksgiving) Nov. 24 (Thanksgiving) Sherrill Park Golf Course Dec. 24 (Christmas Eve) Dec. 25 (Christmas) Dec. 25 (Christmas) * Gymnastics Center is closed Nov. 22 and 25, and **Richardson Gymnastics Center** Dec. 31

** Senior Center will be closed

Nov. 24.

www.cor.net/parks Summer 2023 Guide

820 W. Arapaho Rd.

2001 E. Lookout Dr.

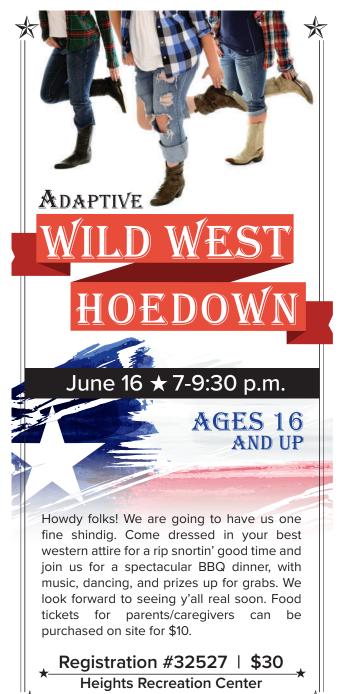
1601 Syracuse Dr.

300 E. Arapaho Rd.

Tennis Center



Adaptive Events





ALWAYS DREAMED OF GOING TO HAWAII SO YOU COULD PARTICIPATE IN A LUAU? Well kids young and old, now the luau is coming to you at Richardson's Heights Family Aquatics Center! This is going to be one BIG POOL PARTY! Join us for a genuine luau feast, swimming, sliding. lounging and an authentic Hula Dance show to top off the evening's entertainment. There is something for everyone so you won't want to miss out on this special Hawaiian opportunity! Registration ends Aug. 13. Please register by phone or in person if assistance is needed. Meal tickets for parents/caregivers can be purchased on site for \$10. REGISTRATION #34032 | \$40 HEIGHTS FAMILY AQUATIC CENTER



Adaptive/Inclusive

Adaptive Dance Class

Ages 16 and up. This introductory course is designed to learn different styles of social and performance dances. New dances are learned each week. No experience necessary. Jun 7-Aug 2 6:15p-7:00p

All About Adaptive Tennis

Ages 12 and up. Each week you will learn the different aspects of tennis and how to modify the game to fit your specific needs. 35362 W Jun 7-Jul 12 4:00p-5:00p

Archery for All

Ages 10 and up. This class will focus on range safety, proper shooting techniques and a basic knowledge of the steps to shooting archery (target style). Parent or guardian must be on the premises if child is under 18 years of age or if needed to assist the participant while in class. All equipment is included. 35239 T Jun 6-Jun 27 4:30p-5:30p 35240 T Jul 11-Aug 1 4:30p-5:30p HTS \$20 35241 T Aug 8-Aug 29 4:30p-5:30p \$20

Beyond Karate

2

Ages 6 and up. Beyond Karate classes are designed for students with special needs and their siblings. Both regular and adapted curriculum 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.

	Beginner Heig	jhts			
	35245 T	Jun 6-Jun 27	5:00p-6:00p	HTS	\$86
	35246 T	Jul 11-Jul 25	5:00p-6:00p	HTS	\$86
	35247 T	Aug 1-Aug 29	5:00p-6:00p	HTS	\$86
	Beginner Huff	hines			
	34817 F	Jun 2-Jun 30	5:00p-6:00p	HUF	\$86
	34818 F	Jul 7-Jul 28	5:00p-6:00p	HUF	\$86
	34819 F	Aug 4-Aug 25	5:00p-6:00p	HUF	\$86
	Intermediate	Heights			
	35248 T	Jun 6-Jun 27	6:00p-7:00p	HTS	\$86
	35249 T	Jul 11-Jul 25	6:00p-7:00p	HTS	\$86
	35250 T	Aug 1-Aug 29	6:00p-7:00p	HTS	\$86
Intermediate Huffhines					
	34820 F	Jun 2-Jun 30	6:00p-7:00p	HUF	\$86
	34821 F	Jul 7-Jul 28	6:00p-7:00p	HUF	\$86
	34822 F	Aug 4-Aug 25	6:00p-7:00p	HUF	\$86
	Advanced Hei	ghts			
	35242 T	Jun 6-Jun 27	7:00p-8:00p	HTS	\$86
	35243 T	Jul 11-Jul 25	7:00p-8:00p	HTS	\$86
	35244 T	Aug 1-Aug 29	7:00p-8:00p	HTS	\$86



Adaptive/Inclusive

Advanced Huffhines					
34823 F	Jun 2-Jun 30	7:00p-8:00p	HUF	\$86	
34824 F	Jul 7-Jul 28	7:00p-8:00p	HUF	\$86	
34825 F	Aug 4-Aug 25	7:00p-8:00p	HUF	\$86	

Registration #34031 | \$50

Heights Recreation Center



Preschool Classes



Dance

Let's Begin to Dance

Ages 3-4. A fun class with props, dancing and songs. Jun 6-Jun 27 10:45a-11:30a HTS 35147 T Jul 11-Aug 1 10:45a-11:30a

Educational

Little Learners

Ages 3-4. 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.

Jun 2-Jul 7 9:00a-noon 34856 F Jul 21-Aug 25 9:00a-noon HUF \$90



Preschool Classes

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.

34857 T.Th Jun 6-Jul 6 9:00a-noon HUF \$135 Jul 18-Aug 24 9:00a-noon 34858 T,Th HUF \$180

Music

Kindermusik—Busy Days

Ages up to 18 months. With a little more Tchaikovsky in your "Twinkle, Twinkle" repertoire, discover new ways your baby will benefit from the classics as you develop an appreciation for the world's most-respected music. Supply fee of \$35 covers streaming music, instrument and literature book. \$90

Jul 12-Aug 9 11:00a-11:45a HTS 35173 W

Kindermusik—Zoo Train

Ages 1-3. Tag along this summer with a traveling zoo train. Bring your own stuffed animals for the petting zoo. We'll learn about real animals in the zoo as we sing songs for clapping time and use music to help toddlers regulate emotions. Supply fee of \$35 covers streaming music, instrument and literature book. Jul 12-Aug 9 10:00a-10:45a HTS



Children/Youth Classes

Arts

Fun Wednesdays with Art and Slime

Ages 4-7. Are your kids ready for the best summer ever with us, by making slime, Play-Doh, clay and beads? Join the fun with us and make new friends this summer. 35014 W Jun 7-Jul 5 9:00a-noon

35055 W Jul 19-Aug 23 9:00a-noon

Mudworks To Go—Clay Creations for Kids

Ages 5-12. Come experience the possibilities of expression through working with clay and explore an array of handbuilding skills, including 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 pieces of pottery to take home.

\$98 35253 T Aug 15-Sep 12 4:30p-5:30p HTS

Summer 2023 Guide www.cor.net/parks



Children/Youth Classes



Children/Youth Classes

Children/Youth Classes

Computers

Create & Learn Virtual Classes

For descriptions, visit www.cor.net/parksonline and search by course number. Technical Requirements: Students must have a laptop or desktop device with Zoom, a Chrome browser, and high internet connectivity. Windows or Mac Computer (Chromebook is not supported). An iPad or Android Tablet to attend Scratch Junior Units 1 & 2.

Minecraft Modding Quest Units 1-3 (Ages 8-10)						
35080 M-Th	Jul 17-Aug 3	3:00p-3:55p	HUF	\$197		
Scratch Junio	r Units 1&2 (Ag	es 5-7)				
35081 M-W	Jul 10-Jul 19	11:00a-11:45a	HUF	\$105		
Scratch Ninja Units 1&2 (Ages 7-10)						
35082 M-Th	Jul 17-Jul 27	6:00p-6:55p	HUF	\$138		
Beginning Roblox Game Coding Class Units 1-3 (Ages 9-13)						
35083 M-Th	Jul 17-Aug 3	6:00p-7:10p	HUF	\$246		

French Office Hours

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

34834 Th Jul 13-Aug 3 4:30p-5:30p \$40

Les Curieux

Ages 7-9. Les Curieux is for elementary-aged children learning French as beginners. Class time will be spent learning foundational French concepts and francophone culture through music, movement and art. We will learn the French alphabet and sight words, counting to 60, common vocabulary for eating/playing/speaking about oneself and more. Children can expect to finish the summer session with a beginner's understanding of the French language and exposure to various francophone cultures. Supply fee \$15.

Jul 13-Aug 3 3:30p-4:20p

First Aid and Safety **ASHI Childcare & Babysitting Course**

Ages 12 and up. 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. Jun 10 10:00a-2:00p

Core CPR/AED & First Aid Training

Ages 11 and up. This CPR and first aid course is designed to familiarize individuals with the manual application of CPR/AED and administer basic first aid practices in a clear and effective manner. AED instruction will ensure comprehensive discernment of how to manipulate the machine successfully, while understanding how and when it should be applied. Additionally, the curriculum has been found acceptable for meeting requirements established by the state child care licensing. The curriculum is consistent with widely accepted 2020 guidelines for CPR. Upon satisfactory completion of this course, students will receive a two-year certification. Ideal for childcare workers, foster/new parents and the general public.

6:00p-8:00p 35119 Th \$65

Games/Hobbies



Chess Class—Beginner

Ages 6 and up. Beginner Chess is for students with limited or no experience with chess.

Part 1				
34826 Th	Jul 6-Jul 27	5:00p-6:00p	HUF	\$40
Part 2				
35261 Th	Jun 1-Jun 29	5:00p-6:00p	HUF	\$40
34827 Th	Aug 3-Aug 31	5:00p-6:00p	HUF	\$50

Chess Class—Intermediate

Ages 6 and up. 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

structured with a combination of lessons and practice time				tillie.
34829 Th	Jun 1-Jun 29	6:00p-7:00p	HUF	\$50
34830 Th	Jul 6-Jul 27	6:00p-7:00p	HUF	\$40
34828 Th	Aug 3-Aug 31	6:00n-7:00n	HUF	\$50

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

moons are pro	viaca. i icase b	aning sometiming	to take notes.	
35276 Sa	Jun 3	1:30p-3:00p	HUF	\$30
35277 Sa	Jul 8	1:30p-3:00p	HUF	\$30
35278 Sa	Aug 5	1:30p-3:00p	HUF	\$30

Mini Camps

Ancient Lives Fossil Hunter's Summer Camp

Ages 5-8. Learn about the creatures that came before and after the dinosaurs. Learn to recognize and clean samples and take some home. Bring a snack.

Jun 19-Jun 23 9:00a-noon

Art of Light & Shadows Summer Camp

Ages 5-7. Young artists learn how to turn a disc into a sphere and give their art more of a 3D effect with the use of shadows. We start in black and white and move on to color, draw planets, plants, animals, buildings and more! Jul 10-Jul 14 9:00a-noon 35046 M-F

Artful Explorations Summer Art Camp

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art by painting one watercolor painting, one acrylic painting, one oil painting, one charcoal and one oil pastel - six works of art with a summer theme! Please wear an apron and bring some paper towels and a snack each day. \$45 supply fee due to the instructors on the first day of class.

Jul 5-Jul 7 1:00p-4:00p Jul 17-Jul 20 1:00p-4:00p 34810 M-Th HUF \$69 Aug 7-Aug 10 1:00p-4:00p HUF 34937 M-Th \$69

Basketball Skills, Drills & Play Summer Camp

Ages 4-18. This program primarily focuses on skill development through the use of drills and scrimmages. We will teach players ball handling, shooting, footwork, defense

and how to compete with athletes of similar skill sets. 35225 T,Th Jun 6-Jun 29 \$200 10:00a-11:30a 35226 T,Th Jul 6-Jul 27 10:00a-11:30a HTS Aug 8-Aug 31 10:00a-11:30a 35283 T.Th HTS \$200

Camp Illusion I

Ages 6-12. Your child will now have the exciting opportunity to spend a week at Camp Illusion with a professional magician learning real magic. Friday will be our magic show for family and friends.

Jun 19-Jun 23 1:30p-4:30p 35097 M-F

Camp Illusion II

Ages 8-16. This advanced class will allow each student to begin understanding acting instruction, presentation instruction, how to present a magic effect, add entertainment value, develop a script and connect with an audience. Performance will be on Friday. Must have taken the intro class or have basic knowledge of magic.

HTS 35098 M-F Jul 17-Jul 21 1:30p-4:30p \$185



Chefsville Camps

For descriptions, visit www.cor.net/parksonline and search by course number. A supply fee of \$30 is due to instructor first day

or carrip.							
Baking Like a	Baking Like a Pro Cooking Summer Camp (Ages 7-12)						
34984 M-Th	Jun 12-Jun 15	9:00a-noon	HUF	\$150			
Cooking Basic	s Summer Cam	p (Ages 7-15)					
34985 M-Th	Jun 5-Jun 8	1:00p-4:00p	HUF	\$150			
Jr. Chef TV Sho	ow Summer Can	np (Ages 7-15)					
34986 M-Th	Jul 17-Jul 20	1:00p-4:00p	HUF	\$150			
Recipe Testing	Recipe Testing Lab Cooking Summer Camp (Ages 7-12)						
34987 M-Th	Jul 10-Jul 13	9:00a-noon	HUF	\$150			
Teens & Tweens Cooking Summer Camp (Ages 10-15)							
34988 M-Th	Jun 19-Jun 22	9:00a-noon	HUF	\$150			

Circus Arts Summer Camp

Ages 4-8. An experience designed to introduce children to circus performing and visual arts in a safe and noncompetitive environment. Any level of physical development and skill is welcome. Your camper will receive circus arts instruction and have the time of their life learning to perform with silks, special hoops and loops, the art of magic, balloon art and get all fancy with clown face painting. 35010 M-F \$88

Jun 19-Jun 23 9:00a-11:00a **Constructioneering Summer Camp**

Ages 5-7. Experience the basics of support and stress while

building bridges, castles, cabins, space ships and more using a variety of items and materials. Bring a snack. 35011 M-F Jul 31-Aug 4 9:00a-noon

Creepy Critter Professor's Summer Camp

Ages 5-7. Learn about the arthropods from insects to arachnids! Bring a snack. 35054 M-F Jun 5-Jun 9 9:00a-noon \$125

Crochet Camp www

Ages 7-16. Students will learn the foundation stitches of crochet and make fun projects. Yarn, hooks and snacks will be provided.

Please bring something to take notes.					
	35327 M-F	Jun 19-Jun 23	1:00p-3:00p	HUF	\$130
	35328 M-F	Jun 26-Jun 30	1:00p-3:00p	HUF	\$130
	35329 M, W-F	Jul 3-Jul 7	1:00p-3:00p	HUF	\$104
	35330 M-F	Jul 10-Jul 14	1:00p-3:00p	HUF	\$130

Drama Kids Summer Camp "Explorers of the Galaxy"

Ages 6-12. Campers will explore the power of self-expression through themed theater games and crafts. To learn more about the program, visit www.dramakids.com/tx3. Jun 26-Jun 30 9:00a-noon

Drawing Nature Summer Camp

Ages 5-7. Use basic shapes, shadowing skills and perspective to draw plants, animals and landscapes. Sketch with pencils, and colored pencils to enhance your creations. Bring a snack. 35012 M-F Jul 24-Jul 28 9:00a-noon

Fashion Designer—Talented Expressions

Ages 8-11. Designs come to life with beautifully patterned papers, yards and yards of ribbons, colorful sequins, glitzy jewels, glamorous feathers and oodles of other embellishments. Jul 24-Jul 28 9:00a-11:00a 35013 M-F

Galaxy Summer Camp

Ages 5-7. Cadets discover the properties of gravity, light speed and black holes while exploring the sun, moon, planets, exoplanets, asteroids, comets and stars. Bring a snack.

. 35015 M-F Jul 17-Jul 21 9:00a-noon \$125 Good For All Yoga 4-Day Summer Camp 📂

Ages 6-12. The timeless wisdom of yoga helps campers become aware of their strength, resolve and potential.

Jul 17-Jul 20 1:00p-4:00p \$165 HUF 34940 M-Th 34941 M-Th Jul 31-Aug 3 1:00p-4:00p HUF \$165

Huffhines Mini Summer Camp

Ages 6-9. Get out of the Texas heat with this fun indoor mini camp! Bring your own snack.

35016 M-F	Jun 12-Jun 16	1:00p-5:00p	HUF	\$98
35017 M-F	Jun 19-Jun 23	1:00p-5:00p	HUF	\$98
35018 M-F	Jun 26-Jun 30	1:00p-5:00p	HUF	\$98
35019 M-F	Jul 10-Jul 14	1:00p-5:00p	HUF	\$98
35020 M-F	Jul 17-Jul 21	1:00p-5:00p	HUF	\$98
35021 M-F	Jul 24-Jul 28	1:00p-5:00p	HUF	\$98
35022 M-F	Jul 31-Aug 4	1:00p-5:00p	HUF	\$98

Kindergarten Readiness

Ages 4-6. This camp will begin to prepare you and your child for their upcoming kindergarten year. Jun 26-Jun 30 9:00a-11:00a

Learning STEM with Hot Wheels

Ages 4-8. Endless tracks and obstacle courses await every Hot Wheel's car lover as they discover the world of math and physical science. 35023 M-F Jun 19-Jun 23 11:30a-1:30p \$88

Lego Camps

For descriptions, visit www.cor.net/parksonline and search by course number.

Lego Designer (Ages 5-7) 35024 M-F Jul 24-Jul 28 11:30a-1:30p HUF \$88 Lego Expert (Ages 9-12) Jul 24-Jul 28 2:00p-4:00p HUF \$88 Lego Full Day STEM Math & Science Technology Camp (Ages 7-11) 35026 M-F Jul 24-Jul 28 9:00a-4:00p HUF Lego Logo (Ages 8-11) 35028 M-F Jul 24-Jul 28 HUF \$88 2:00p-4:00p Lego Mania (Ages 4-6) HUF 35027 M-F Jul 24-Jul 28 11:30a-1:30p \$88

Look at Me, I'm an Author!

Ages 7-12. This camp is designed for all levels of writers, whether they are just learning how to make a sentence, or they are already writing short stories. By practicing creative writing schematics and innovative art challenges, your child will learn to reach their inner ability to express what they are feeling. 35030 M-F Jun 19-Jun 23 2:00p-4:00p HUF

RARE Learning Camps

Ages 9-14. For descriptions, visit www.cor.net/parksonline and search by course number. A supply fee of \$10 (\$25 for the Claymation Workshop) is due to instructor first day of camp. For more information, call 972-567-1771, e-mail info@rarelearning. com or visit www.filmmakingforfun.com.

RARE Learning Claymation Workshop 35032 M-F Jul 31-Aug 4 1:15p-4:00p \$165 RARE Learning Film Making Summer Camp Jun 12-Jun 16 1:15p-4:00p \$165 RARE Learning The Art of Photography Summer Camp 1:15p-4:00p 35035 W-F Jul 5-Jul 7 \$135

Rocks, Volcanoes & Earthquakes Summer

Ages 5-7. Grow crystals, identify and classify geodes igneous, sedimentary, metamorphic rocks, minerals and metal ore. Create rock art, experiment with a model volcano and explore plate tectonics. Bring a snack. Jun 26-Jun 30 9:00a-noon \$125

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www.cor.net/parks **Summer 2023 Guide**



Children/Youth Classes



Children/Youth Classes

Science Professor's Summer Camp Ages 5-7. Hands-on activities, crafts and videos open the world of crystals, chemistry, space, plants, animals, rocks and minerals

to young scientists. Bring a snack. 35038 M-F Jun 12-Jun 16 9:00a-noon HUF \$125

Skyhawks Sports Camps

For descriptions, visit www.cor.net/parksonline and search by course number. Participants should bring appropriate clothing, two snacks, water bottle and sunscreen

two snacks, water bottle and sunscreen.				
Skyhawks Ba	seball Summer (Camp (Ages 7-	12)	
34928 M-Th	Jul 10-Jul 13	9:00a-noon	HUF	\$159
Skyhawks Ba	sketball Summe	r Camp (Ages	7-12)	
34925 M-Th	Jun 26-Jun 29	9:00a-noon	HUF	\$159
Skyhawks Fla	g Football Sumi	ner Camp (Ag	es 7-12)	
34927 M-Th	Jul 24-Jul 27	9:00a-noon	HUF	\$159
Skyhawks Mi	ni-Hawk Multi-S	port Summer	Camp (Ages 4	-6)
34930 M-Th	Jun 12-Jun 15	9:00a-noon	HUF	\$159
Skyhawks Mu	ılti-Sport Camp	(Ages 7-12)		
34923 M-Th	Jul 31-Aug 3	9:00a-noon	HUF	\$159
Skyhawks So	ccer Summer Ca	mp (Ages 7-12	2)	
34929 M-Th	Jun 5-Jun 8	9:00a-noon	HUF	\$159
Skyhawks Tra	ack and Field Su	mmer Camp (Ages 7-12)	
34926 T-F	Jun 20-Jun 23	9:00a-noon	HUF	\$159
Skyhawks Volleyball Summer Camp (Ages 7-12)				
34924 M-Th	Jul 17-Jul 20	9:00a-noon	HUF	\$159

Spanish Vacation

Ages 5-8. Sample the language and culture of Latin America through songs, games, food and crafts. Piñata party on the last

Jul 5-Jul 14 noon-2:00p **Summer Camp Barbie Life Preparation**

Ages 4-8. You and Barbie will have a great time learning to dress for the occasion, practicing good manners, making new friends, importance of school work, how to use money, dreaming of careers, attending social functions, hearing great stories, practicing talents, cooking tips, art and much more! 35069 M-F Jul 24-Jul 28 11:30a-1:30p \$88

Super Heroes—Cartooning and Writing

Ages 8-11. Learn to develop characters, story lines and the basics of cartooning. This class is about turning new and imaginative ideas into reality. 35068 M-F Jun 19-Jun 23 2:00p-4:00p

Survival Tactics

Ages 7-11. By introducing basic techniques, your child will learn how to purify water, signal for help, leave no trace camping, first aid, search for edible food, set up shelter, learn army chants and more! 35040 M-F Jul 24-Jul 28 2:00p-4:00p \$88

Thunderstorms, Tornadoes & Hurricanes Summer Camp

Ages 5-7. Explore the tremendous power of Texas weather! Be prepared and stay safe while you learn about severe weather and its causes. Bring a snack. 35042 W-F 9:00a-noon Jul 5-Jul 7

Wize Computer Camps

For descriptions, visit www.cor.net/parksonline and search by course number.

Wize Animati	Wize Animation Interactive Stories/Game Design w/MIT Scratch					
(Ages 5-11)						
35204 M-F	May 29-Jun 2	9:00a-noon	HTS	\$299		
35266 M-F	Jul 24-Jul 28	9:00a-noon	HTS	\$299		
Wize AR & VR	Coding (Ages 8-	-15)				
35270 M-F	Jul 17-Jul 21	9:00a-noon	HTS	\$299		
Wize Coding 8	& Designing wit	h Minecraft (Ag	jes 8-14)			
35205 M-F	Jun 12-Jun 16	9:00a-noon	HTS	\$299		
35268 M-F	Jul 10-Jul 14	9:00a-noon	HTS	\$299		
Wize Enginee	ring & Robotics	with LEGO Wel	Do (Ages 5-1	13)		
35206 M-F	Jun 5-Jun 9	9:00a-noon	HTS	\$299		
35267 M-F	Jun 26-Jun 30	9:00a-noon	HTS	\$299		
Wize Roblox (Wize Roblox Game Design (Ages 8-15)					
35269 M-F	Jun 19-Jun 23	9:00a-noon	HTS	\$299		

Music

Violin—Beginners

34888 T

Ages 4-5. You can never start too young when introducing your child to 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. Jun 6-Aug 29 3:45p-4:15p

Violin—Beginner/Intermediate

Ages 6-11. Students will learn sight reading, beat counting and techniques of violin/viola to apply to school orchestra. Supplies: Violin, Suzuki Book I and shoulder pad are required Jun 7-Aug 30 3:45p-4:15p

Sports

Jun 6-Aug 29 4:15p-4:45p

Back to School Basketball Clinic

Ages 4 and up. This class will focus on offensive and defensive skill development and building positive habits that lead to better efficiency on the basketball court.

9:00a-noon

35099 Sa Aug 12 **Beginner Basketball Skill Development**

Ages 4-20. Each one-hour session will consist of drills designed to improve shooting, ball handling, passing, defense and footwork, and develop confidence and understanding of the game. 35227 T,Th Aug 8-Aug 31 5:00p-6:00p



Group Basketball Skill Development

Ages 4 and up. Each session will consist of drills designed to improve shooting, ball handling, passing, defense, footwork, and increase confidence and game knowledge. 35234 T,Th Jun 6-Jun 29 3:00p-4:00p \$200

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 promises if child is under 18 years of age

on the premises if child is under 10 years of age.					
Jun 6-Jun 27	4:30p-5:30p	HTS	\$20		
Jul 11-Aug 1	4:30p-5:30p	HTS	\$20		
Aug 8-Aug 29	4:30p-5:30p	HTS	\$20		
	Jun 6-Jun 27 Jul 11-Aug 1	Jun 6-Jun 27 4:30p-5:30p	Jun 6-Jun 27 4:30p-5:30p HTS Jul 11-Aug 1 4:30p-5:30p HTS		

Skyhawks Basketball

Ages 7-12. This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, coaches 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 prog	rams.			
34934 T	Jun 6-Jun 27	5:00p-6:00p	HUF	\$70
34935 T	Jul 11-Aug 1	5:00p-6:00p	HUF	\$70
34936 T	Aug 8-Aug 29	5:00p-6:00p	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.

	J			
34931 W	Jun 7-Jun 28	5:00p-6:00p	HUF	\$70
34932 W	Jul 5-Jul 26	5:00p-6:00p	HUF	\$70
34933 W	Aug 9-Aug 30	5:00p-6:00p	HUF	\$70



Soccer Sparks

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

KICKIII WITH THE	raielits (Ages	Z-3)		
35257 F	Jun 2-Jun 23	4:30p-5:00p	HUF	\$52
35191 Sa	Jun 3-Jun 24	9:30a-10:00a	HTS	\$52
35258 F	Jul 7-Jul 28	4:30p-5:00p	HUF	\$52
35192 Sa	Jul 8-Jul 29	9:30a-10:00a	HTS	\$52
35259 F	Aug 4-Aug 25	4:30p-5:00p	HUF	\$52
35193 Sa	Aug 5-Aug 26	9:30a-10:00a	HTS	\$52
Kick the Ball (A	ges 3-4)			
34873 F	Jun 2-Jun 23	5:00p-5:30p	HUF	\$52
35188 Sa	Jun 3-Jun 24	9:00a-9:30a	HTS	\$52
34874 F	Jul 7-Jul 28	5:00p-5:30p	HUF	\$52
35189 Sa	Jul 8-Jul 29	9:00a-9:30a	HTS	\$52
34875 F	Aug 4-Aug 25	5:00p-5:30p	HUF	\$52
35190 Sa	Aug 5-Aug 26	9:00a-9:30a	HTS	\$52
Dribble, Kick a	nd Pass (Ages 4	-5)		
34870 F	Jun 2-Jun 23	5:35p-6:20p	HUF	\$52
35185 Sa	Jun 3-Jun 24	10:00a-10:45a	HTS	\$52
34871 F	Jul 7-Jul 28	5:35p-6:20p	HUF	\$52
35186 Sa	Jul 8-Jul 29	10:00a-10:45a	HTS	\$52
34872 F	Aug 4-Aug 25	5:35p-6:20p	HUF	\$52
35187 Sa	Aug 5-Aug 26	10:00a-10:45a	HTS	\$52
Youth Soccer (A	Ages 6-9)			
34876 F	Jun 2-Jun 23	6:25p-7:10p	HUF	\$52
35194 Sa	Jun 3-Jun 24	10:45a-11:30a	HTS	\$52
34877 F	Jul 7-Jul 28	6:25p-7:10p	HUF	\$52
35195 Sa	Jul 8-Jul 29	10:45a-11:30a	HTS	\$52
34878 F	Aug 4-Aug 25	6:25p-7:10p	HUF	\$52
35196 Sa	Aug 5-Aug 26	10:45a-11:30a	HTS	\$52



\$156

Adult Classes

Dance

Adult Ballet

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

34980 M	Jul 10-Jul 31	7:30p-8:15p	HUF	\$40

Adult Tap

Ages 18 and up. A fun and artistic form of exercise for any age. During class we will learn tap skills, discuss tap history and work on rhythm and musicality. Please talk to instructor before registering for the Intermediate/Advanced class.

Beginner/In	termediate				
34966 Th	Jul 13-Aug 3	7:30p-8:30p	HUF	\$45	
Intermediate/Advanced					
34965 T	Jul 11-Aug 1	7:15p-8:15p	HUF	\$45	



Adult Classes

Line Dancing

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

Beginner (A	ges 18 and up)			
34846 Th	Jun 1-Jun 29	10:00a-11:00a	HUF	\$20
34847 Th	Jul 6-Jul 27	10:00a-11:00a	HUF	\$20
34848 Th	Aug 3-Aug 31	10:00a-11:00a	HUF	\$20
Improver (A	ges 15 and up)			
35157 W	Jun 7-Jun 28	10:30a-noon	HTS	\$16
35158 W	Jul 5-Jul 26	10:30a-noon	HTS	\$16
35159 W	Aug 2-Aug 30	10:30a-noon	HTS	\$20
	ges 18 and up)			
34849 T	Jun 6-Jun 27	11:00a-12:15p	HUF	\$20
34850 T	Jul 11-Jul 25	11:00a-12:15p	HUF	\$15
34851 T	Aug 1-Aug 29	11:00a-12:15p	HUF	\$20
•	termediate (Ages	• •		
35156 S	Jun 4-Aug 27	1:30p-4:30p	HTS	\$112
	e—Heights (Ages	• •		
35160 W	Jun 7-Aug 30	7:30p-9:50p	HTS	\$95
	e—Huffhines (Ag			
34852 Th	Jun 1-Jun 29	11:15a-12:45p	HUF	\$20
34853 Th	Jul 6-Jul 27	11:15a-12:45p	HUF	\$20
34853 Th 34854 Th	Jul 6-Jul 27 Aug 3-Aug 31	11:15a-12:45p 11:15a-12:45p		
34853 Th 34854 Th Intermediat	Jul 6-Jul 27 Aug 3-Aug 31 e/ Advanced (Age	11:15a-12:45p 11:15a-12:45p s 18 and up)	HUF HUF	\$20 \$20
34853 Th 34854 Th Intermediat 35171 F	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p	HUF HUF HTS	\$20 \$20 \$105
34853 Th 34854 Th Intermediat 35171 F 35165 M	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p	HUF HUF HTS HTS	\$20 \$20 \$105 \$12
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS	\$20 \$20 \$105 \$12 \$16
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W 35166 M	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26 Jul 17-Jul 31	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16 \$12
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W 35166 M 35170 W	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26 Jul 17-Jul 31 Aug 2-Aug 23	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16 \$12 \$16
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W 35166 M 35170 W 35167 M	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26 Jul 17-Jul 31 Aug 2-Aug 23 Aug 7-Aug 28	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16 \$16
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W 35166 M 35170 W 35167 M Intermediat	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26 Jul 17-Jul 31 Aug 2-Aug 23 Aug 7-Aug 28 e Open Line Danc	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16 \$12 \$16
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W 35166 M 35170 W 35167 M Intermediat 35161 F	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26 Jul 17-Jul 31 Aug 2-Aug 23 Aug 7-Aug 28 e Open Line Danc Jun 2-Jun 16	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS HTS HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16 \$12 \$16 \$16 \$16
34853 Th 34854 Th Intermediat 35171 F 35165 M 35168 W 35169 W 35166 M 35170 W 35167 M Intermediat	Jul 6-Jul 27 Aug 3-Aug 31 e/Advanced (Age Jun 2-Aug 25 Jun 5-Jun 19 Jun 7-Jun 28 Jul 5-Jul 26 Jul 17-Jul 31 Aug 2-Aug 23 Aug 7-Aug 28 e Open Line Danc	11:15a-12:45p 11:15a-12:45p s 18 and up) 5:30p-8:30p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p 1:30p-3:00p	HUF HUF HTS HTS HTS HTS HTS HTS HTS	\$20 \$20 \$105 \$12 \$16 \$16 \$12 \$16

Square Dance Summer Fest

Ages 18 and up. This is a confidence and skills-building workshop for dancers who have completed a social square dance or mainstream class recently. Lots of practice and review as well as recovery techniques. \$48

Jun 21-Jul 26 6:15p-8:30p

First Aid and Safety Core CPR/AED & First Aid Training

Ages 11 and up. This CPR and first aid course is designed to familiarize individuals with the manual application of CPR/AED and administer basic first aid practices in a clear and effective manner. AED instruction will ensure comprehensive discernment of how to manipulate the machine successfully, while understanding how and when it should be applied. Additionally, the curriculum has been found acceptable for meeting requirements established by the state child care licensing. The curriculum is consistent with widely accepted 2020 guidelines for CPR. Upon satisfactory completion of this course, students will receive a two-year certification. Ideal for childcare workers, foster/new parents and the general public. 35119 Th

6:00p-8:00p Jul 6 \$65

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, situps and push ups. This class is fun and feels great.



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. **Three Days Per Week**

35087 M,W,F	Jun 2-Jun 30	8:00a-9:00a	HTS	\$50	
35088 M,W,F	Jul 3-Jul 31	8:00a-9:00a	HTS	\$50	
35089 M,W,F	Aug 2-Aug 30	8:00a-9:00a	HTS	\$50	
Two Days Per Week					
35090 M,W,F	Jun 2-Jun 30	8:00a-9:00a	HTS	\$40	
35091 M,W,F	Jul 3-Jul 31	8:00a-9:00a	HTS	\$40	
35092 M,W,F	Aug 2-Aug 30	8:00a-9:00a	HTS	\$40	

Boot Camp

Ages 16 and up. 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.

35 104 MI,W,F	Jun 2-Jun 30	6:00a-7:00a	HIZ	\$50
35107 M,W,F	Jul 3-Jul 31	6:00a-7:00a	HTS	\$50
35110 M,W,F	Aug 2-Aug 30	6:00a-7:00a	HTS	\$50
One Day Per V	Veek			
35106 M,W,F	Jun 2-Jun 30	6:00a-7:00a	HTS	\$25
35109 M,W,F	Jul 3-Jul 31	6:00a-7:00a	HTS	\$25
35112 M,W,F	Aug 2-Aug 30	6:00a-7:00a	HTS	\$25



Adult Classes

Explosive Athletics

Ages 10-23. Learn speed, strength and agility skills to become a more explosive athlete! You will focus on proper lifting techniques, explosive acceleration, footwork and demonstrating a winning mental mindset. For more information, e-mail damon@

35201 T,Th	Jun 6-Jun 27	9:00a-10:00a	HTS	\$149
35202 T,Th	Jul 6-Jul 27	9:00a-9:45a	HTS	\$149

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-

34831 T,Th	Jun 1-Jun 29	12:00p-1:30p	HUF	\$56
34832 T,Th	Jul 6-Jul 27	12:00p-1:30p	HUF	\$56
34833 T, Th	Aug 3-Aug 31	12:00p-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. It 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.

35131 Th	Jun 1-Jun 22	6:00p-7:00p	HTS	\$20
35134 Sa	Jun 3-Jun 24	11:00a-noon	HTS	\$20
35128 T	Jun 6-Jun 27	6:00p-7:00p	HTS	\$20
35132 Th	Jul 6-Jul 27	6:00p-7:00p	HTS	\$20
35135 Sa	Jul 8-Jul 29	11:00a-noon	HTS	\$20
35129 T	Jul 11-Jul 25	6:00p-7:00p	HTS	\$15
35130 T	Aug 1-Aug 29	6:00p-7:00p	HTS	\$25
35133 Th	Aug 3-Aug 31	6:00p-7:00p	HTS	\$25
35136 Sa	Aug 5-Aug 26	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.



Total Body Boot Camp

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.com.

To more information, e man damone reangetanticom.						
Two Days Per Week						
34885 M,W	Jun 5-Jun 28	6:30p-7:30p	HUF	\$103		
34886 M,W	Jul 3-Jul 26	6:30p-7:30p	HUF	\$103		
34887 M,W	Aug 2-Aug 30	6:30p-7:30p	HUF	\$103		
One Day Per Week						
34882 M,W	Jun 5-Jun 28	6:30p-7:30p	HUF	\$52		
34883 M,W	Jul 3-Jul 26	6:30p-7:30p	HUF	\$52		
34884 M,W	Aug 2-Aug 30	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 v	S. Anatomy.			
35084 Sa	Jun 3	1:30p-4:30p	HUF	\$120
34896 Sa	Jun 17	1:30p-4:30p	HUF	\$120
34894 Sa	Jul 1	1:30p-4:30p	HUF	\$120
34897 Sa	Jul 15	1:30p-4:30p	HUF	\$120
34895 Sa	Aug 5	1:30p-4:30p	HUF	\$120
34898 Sa	Aug 19	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	Per Week			
34911 M,W,F	Jun 2-Jun 30	10:00a-11:00a	HUF	\$65
34912 M,W,F	Jun 2-Jun 30	6:00p-7:00p	HUF	\$65
34916 M,W,F	Jul 3-Jul 31	10:00a-11:00a	HUF	\$65
34915 M,W,F	Jul 3-Jul 31	6:00p-7:00p	HUF	\$65
34913 M,W,F	Aug 2-Aug 30	10:00a-11:00a	HUF	\$65
34914 M,W,F	Aug 2-Aug 30	6:00p-7:00p	HUF	\$65
Two Classes P	er Week			
34906 M,W,F	Jun 2-Jun 30	10:00a-11:00a	HUF	\$45
34905 M,W,F	Jun 2-Jun 30	6:00p-7:00p	HUF	\$45
34910 M,W,F	Jul 3-Jul 31	10:00a-11:00a	HUF	\$45
34909 M,W,F	Jul 3-Jul 31	6:00p-7:00p	HUF	\$45
34908 M,W,F	Aug 2-Aug 25	10:00a-11:00a	HUF	\$45
34907 M,W,F	Aug 2-Aug 30	6:00p-7:00p	HUF	\$45



Adult Classes

One Class Per Week					
34900 M,W,F	Jun 2-Jun 30	10:00a-11:00a	HUF	\$25	
34899 M,W,F	Jun 2-Jun 30	6:00p-7:00p	HUF	\$25	
34903 M,W,F	Jul 3-Jul 31	10:00a-11:00a	HUF	\$25	
34904 M,W,F	Jul 3-Jul 31	6:00p-7:00p	HUF	\$25	
34902 M,W,F	Aug 2-Aug 30	10:00a-11:00a	HUF	\$25	
34901 M,W,F	Aug 2-Aug 30	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. Gain strength, flexibility and balance in a safe and easy to understand way. Start your day feeling successful, strong and calm. Bring a mat and a towel/blanket to class. Check out www.yogawithchrissy.com.for.more.info.

35208 T,Th	Jun 1-Jun 29	8:00a-9:00a	HTS	\$68			
35211 T,Th	Jul 6-Jul 27	8:00a-9:00a	HTS	\$60			
35214 T,Th	Aug 1-Aug 31	8:00a-9:00a	HTS	\$75			
One Class Per	One Class Per Week						
35209 T,Th	Jun 1-Jun 29	8:00a-9:00a	HTS	\$98			
35212 T,Th	Jul 6-Jul 27	8:00a-9:00a	HTS	\$30			
35215 T,Th	Aug 1-Aug 29	8:00a-9:00a	HTS	\$113			

Zumba Fitness—Heights

Ages 15 and up. Zumba fuses Latin rhythms with easy to follow dance moves to create a calorie burning, muscle toning and dynamic fitness program that will blow you away.

Two Classes Per Week						
35217 M,W	Jun 5-Jun 28	6:20p-7:20p	HTS	\$35		
35220 M,W	Jul 3-Jul 26	6:20p-7:20p	HTS	\$35		
35223 M,W	Jul 31-Aug 30	6:20p-7:20p	HTS	\$35		
One Class Per	One Class Per Week					
35218 M,W	Jun 7-Jul 5	6:20p-7:20p	HTS	\$25		
35221 M,W	Jul 3-Jul 26	6:20p-7:20p	HTS	\$25		
35224 M,W	Jul 31-Aug 30	6:20p-7:20p	HTS	\$25		

Zumba Fitness—Huffhines

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

Two Classes F	Per Week						
34917 M,W	Jun 5-Jun 28	6:30p-7:30p	HUF	\$35			
34918 M,W	Jul 3-Jul 31	6:30p-7:30p	HUF	\$35			
34919 M,W	Aug 2-Aug 30	6:30p-7:30p	HUF	\$35			
One Class Per	One Class Per Week						
34920 M,W	Jun 5-Jun 28	6:30p-7:30p	HUF	\$25			
34921 M,W	Jul 3-Jul 31	6:30p-7:30p	HUF	\$25			
34922 M.W	Aug 2-Aug 30	6:30p-7:30p	HUF	\$25			

Hobbies

Crochet Classes

Ages 18 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. 35275 M 7:15p-8:45p HUF 35279 M Jul 10 7:15p-8:45p HUF 35280 M 7:15p-8:45p Aug 7



Photography Class

Ages 18 and up. 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 and 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 crit	ique, you will ne	ed at least two	128GB US	B drives.
34863 F	Jun 2-Jun 23	5:00p-7:00p	HUF	\$175
34864 F	Jul 7-Jul 28	5:00p-7:00p	HUF	\$175
34865 F	Aug 4-Aug 25	5:00p-7:00p	HUF	\$175

Professional Portrait Class by Appointment

Ages 18 and up. Learn how to take professional-style portraits. By appointment only. 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. 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

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	34859 S	Jun 11	2:00p-4:00p	BRE	\$15
	34861 S	Jul 30	2:00p-4:00p	BRE	\$15
	34860 S	Aug 27	2:00p-4:00p	BRE	\$15



Adult Classes

Sports

Badminton

ages to and up.						
34814 Sa	Jun 3-Jun 24	3:00p-5:00p	HUF	\$20		
34815 Sa	Jul 1-Jul 29	3:00p-5:00p	HUF	\$25		
34816 Sa	Aug 5-Aug 26	3:00p-5:00p	HUF	\$20		

Basketball 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 at Heights Recreation Center 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. Half court and full court play available for both men and women. Basketballs and jerseys are provided. Space is limited so sign up now

	minica, 30 si	gir ap now.			
	35137 M,W	Jun 5-Jul 12	8:00p-9:45p	HTS	\$25
	35138 M,W	Jul 17-Aug 30	8:00p-9:45p	HTS	\$25
	Huffhine	s Basketba	II		
Ages 18 and up.					
	34839 W	Jun 7-Jun 28	7:00p-9:30p	HUF	\$20
	34840 W	Jul 5-Jul 26	7:00p-9:30p	HUF	\$20
	34841 W	Aug 2-Aug 30	7:00p-9:30p	HUF	\$25

Intro to Archery

Ages 10 and up. Introduction of the basic steps of how to shoot archery (target style). 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

of the premises it crima is anact to years of age.				
35228 T	Jun 6-Jun 27	4:30p-5:30p	HTS	\$20
35229 T	Jul 11-Aug 1	4:30p-5:30p	HTS	\$20
35230 T	Aug 8-Aug 29	4:30p-5:30p	HTS	\$20

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.

34866 F	Jun 9	9:00a-10:30a	HUF	\$15
34867 F	Jul 14	9:00a-10:30a	HUF	\$15
34868 F	Aug 11	9:00a-10:30a	HUF	\$15



Children's Dance Classes

Heights Recreation Center

Heights dance classes cover ballet and tap. The base of all forms of dance, ballet consists of stylized and controlled movements and positions, which develops ultimate strength and flexibility. We encourage all students enrolled in any form of dance to study ballet as the technique is found in every dance class. Baby Ballet I (Ages 2-3)

	35093 T	Jun 6-Jun 27	11:30a-noon	HTS	\$44
	35094T	Jul 11-Aug 1	11:30a-noon	HTS	\$44
Ballet I (Ages 4-7)					
	35144 T	Jun 6-Jun 27	10:15a-11:00a	HTS	\$44
	35145 T	Jul 11-Aug 1	10:15a-11:00a	HTS	\$44

Private & Semi-Private Tap or Ballet

Ages 6-15. Classes are scheduled with the instructor: E-mail starsandlegends46@yahoo.com for available times. One hour for \$30, 45 minutes for \$25 or 30 minutes for \$20.

Dance Camps

All camps with the exception of the Baby Ballet, Tap & Ballet and Princess Dance Camp will have a supply fee due to the instructor on the first day of camp. The fee will be \$10 for Heights Dance and Mini Princess Camps, and \$15 for Broadway and Dancing Under the Sea camps. Campers will need to bring their own drink and snack that can be put away in a bag. For questions or more information, e-mail Holly.Baxter@risd.org.

Baby Ballet Dance Camps

Jun 5-Jun 9

35141 M-F

Dancers will explore ballet & creative movement. Baby Ballet 1 Dance Camp (2 year olds) 35139 M-F Jun 12-Jun 16 9:30a-10:00a Baby Ballet 2 Summer Camp (2 year olds) 35140 M-F Jun 12-Jun 16 9:00a-9:30a HTS \$50 Baby Ballet 3 Summer Camp (3 year olds)

9:00a-9:45a

\$50

\$55 5

HTS



Children's Dance Classes

Broadway Dance Camp

Dance, Sing, Act, Play! This camp will focus on musical theater dance and singing. Participants will do a small craft each day. The camp will conclude with a Broadway-style showcase. Ages 4-7

35116 M-F Jun 5-Jun 9 12:30p-3:00p HTS \$110 Ages 7-11 Jul 10-Jul 14 12:30p-3:30p HTS 35117 M-F \$130

Dancing Under the Sea Camp

Ages 4-7. Go on a voyage under the sea with Ariel and adventure above the sea with Moana. Each day students will dance and do a small craft. There will be a surprise visit on the last day along with a showcase.

Jun 26-Jun 30 12:30p-3:00p HTS 35122 M-F \$110

Heights Dance Camp

Ages 8-11. We will learn ballet, tap, jazz, hip hop, lyrical and musical theater dance. Each day we will complete a small craft and have a parent showcase at the end of the week. Jul 17-Jul 21 12:30p-3:30p

Mini Princess Dance Camp

3 year olds. Each day we will dance, play games, complete a themed craft, and most of all have fun! There will be a princess tea party and a coronation celebration where parents can come and watch what we have learned. 9:00a-10:15a HTS \$68 35143 M-F Jul 24-Jul 28

Princess Dance Camp

Ages 4-6. Learn to dance like your favorite princess! Learn the basics of ballet, tap, jazz and creative movement. Dress up and dance like princesses and create your own crafts. There will be a special visit from a real life princess on the last day of camp. 35177 M-F Jun 12-Jun 16 12:30p-3:30p \$130 35178 M-Th Jul 24-Jul 27 12:30p-3:30p \$104

Tap & Ballet I Dance Camp

Ages 4-6. Dancers will explore tap, ballet and creative movement. 35152 M-Th Jul 10-Jul 13 9:00a-10:00a

Tap & Ballet II & III Dance Camp

Ages 7-10. Dancers will explore tap, ballet and creative movement. Jul 17-Jul 21 9:00a-10:00a 35153 M-F

Huffhines Recreation Center

Huffhines dance classes cover a variety of dance forms includ-

ing ballet, hip hop, jazz and tap. Pre Ballet (Ages 3-4) 34946 W Jul 12-Aug 2 3:00p-3:40p

Ballet I (Ages 5-7)					
34964 M	Jul 10-Jul 31	3:45p-4:25p	HUF	\$40	
Ballet I/II (Ag	jes 6-9)				
34963 W	Jul 12-Aug 2	5:15p-5:55p	HUF	\$40	
Ballet II (Age	es 8-11)				
34962 M	Jul 10-Jul 31	6:00p-6:40p	HUF	\$40	
Ballet III (Ages 9-14)					
34961 T	Jul 11-Aug 1	4:30p-5:10p	HUF	\$40	



HUF

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.

Dragon School of Tae Kwon Do

Ages 10 and up. 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 selfcontrol while promoting greater physical and mental well-being. Classes are led by 7th and 8th degree black belt instructors.

For more information visit www.dragonschool.com					
35123 T,Th	Jun 6-Jun 29	6:30p-8:00p	HTS	\$40	
35124 T,Th	Jul 6-Jul 27	6:30p-8:00p	HTS	\$40	
35125 T Th	Aug 1-Aug 31	6·30n-8·00n	HTS	\$40	

Girl's Self-Defense & Tae Kwon Do

Ages 6-14. Girls will learn tae kwon do with a focus on self defense. The class purposefully has an all-female environment (including instructors) to provide the opportunity for girls to gain confidence, strength and unity among one another. The head instructor, Samira Elmazouni is a locally certified 4th Dan (4th degree black belt) in tae kwon do with over 15 years of instructing experience. Supplies needed: All White World Tae Kwon Do Uniform and tae kwon do gear (e-mail instructor at samira.elmazouni@gmail.com for more information). 35272 T,Th Apr 27-Aug 3 6:00p-6:45p

Grappling

Ages 14 and up. This class will teach you how to overcome a bigger, stronger opponent using ground fighting techniques



Children's Dance Classes

Ballet IV (Age	s 13-18)			
34960 T	Jul 11-Aug 1	6:00p-6:40p	HUF	\$40
Contemporar	y I (Ages 9-12)			
34957 T	Jul 11-Aug 1	5:15p-5:55p	HUF	\$40
Contemporar	y II (Ages 12-15)			
34956 Th		4:30p-5:10p	HUF	\$40
Hip Hop I (Ag				
34955 T		3:45p-4:25p	HUF	\$40
Hip Hop II (Ag				
34954 W		7:30p-8:10p	HUF	\$40
Jazz I (Ages 5				
34952 M	Jul 10-Jul 31	4:30p-5:10p	HUF	\$40
Jazz II (Ages 8				
34953 M		5:15p-5:55p	HUF	\$40
Jazz III (Ages				
34950 W	9	6:45p-7:25p	HUF	\$40
Jazz IV (Ages				
	Jul 13-Aug 3	6:00p-6:40p	HUF	\$40
Tap I (Ages 5-				
	Jul 12-Aug 2	3:45p-4:25p	HUF	\$40
Tap II (Ages 7				
34942 W		4:30p-5:10p	HUF	\$40
Tap III (Ages 1				
34943 W	Jul 12-Aug 2	6:00p-6:40p	HUF	\$40
Tap IV (Ages				
34989 Th		5:15p-5:55p	HUF	\$40
	mbo I (Ages 3-6)			
34959 M	Jul 10-Jul 31	3:00p-3:40p	HUF	\$40
	mbo II (Ages 5-7	•		
34958 Th	Jul 13-Aug 3		HUF	\$40
	Combo (Ages 4-			
34948 T		3:00p-3:40p	HUF	\$40
Rallet Int	ensive Wed	ak .		

Ballet Intensive Week

Ages 8-14. Dancers will work through barre, center, across the floor and more. Great for all levels! (Ballet II+) 34981 M-Th Jul 31-Aug 3 9:00a-noon

Leaps, Turns & Conditioning for Dancers

Ages 7-13. Dancers will work on turn and leap technique along with flexibility and strength training that is needed for successful dancers.

Jul 13-Aug 3 6:45p-7:25p 34949 Th

Performance Group Auditions 2023-2024

Ages 8-16. Performance Group is a year-long commitment for the 2023-24 school year. Dancers will have opportunities to perform at city and community events along with the possibility of one competition. Dancers who are interested are encouraged to take our Ballet Intensive in August and will need to sign up for one of our audition classes (July 8 or July 29). Dancers will commit to two 30-minute choreography classes (this class) along with one ballet class (for their age/level) and one style of their choosing. Results will be given no later than July 31. *Dancers are not guaranteed a place on performance group when auditioning.* Information/Parent meeting will be in person at Huffhines in the Dance Room on June 30 at 6:30 p.m. \$15 34972 Sa 9:00a-noon Jul 8 HUF 34973 Sa Jul 29 9:00a-noon



Martial Arts Classes

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. Brazilian Jiu-Jitsu gi required (prices vary). Tuesday/Thursday classes are 6:30-7:30 p.m. Saturday classes are 11 a.m.-12:30 p.m.

34836 T,Th,Sa	Jun 1-Jun 29	6:00p-7:30p	HUF	\$65
34837 T,Th,Sa	Jul 6-Jul 29	6:00p-12:30p	HUF	\$65
34838 T,Th,Sa	Aug 1-Aug 31	6:00p-7:30p	HUF	\$65



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

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34842 Sa	Jun 3-Jun 24	9:30a-10:30a	HUF	\$55
34843 Sa	Jul 1-Jul 29	9:30a-10:30a	HUF	\$65
34844 Sa	Aug 5-Aug 26	9:30a-10:30a	HUF	\$55



Children's Dance Classes

Pointe

Ages 7-17. This is an invite only class! Contact Ms. Samantha if interested. Dancers must be registered in a separate ballet class in addition to this class.

34947 T Jul 11-Aug 1 6:45p-7:15p \$30

Pre-Pointe

Ages 7-17. This is a preparation class for pointe shoes. It is an invite only class. Contact Ms. Samantha if interested. This class does not guarantee you pointe shoes. You may have to repeat the class multiple times before dancers meet all criteria needed (technical and strength) to be awarded pointe shoes in order to prevent unnecessary injury. Dancers must be registered in a separate ballet class level II and higher in order to be in this class. 34990 M Jul 10-Jul 31 6:45p-7:25p HUF

Dance Camps

All camps require a supply fee of \$20, which is due to the instructor on the first day of class. Dancers should bring water each day. Additionally, some camps provide snacks. If your student has any allergies, please let us know so we can plan accordingly. Students may bring their own snack if they would like. Please avoid any items that contain nuts.

Beach Party Dance Camp

Ages 5-10. Dancers will do fun beach and water-themed dances, crafts, games and listen to music from "Moana," "Finding Nemo," "The Little Mermaid" and other beach songs! 34970 M-Th Jul 24-Jul 27 9:00a-noon HUF

Bitty Ballerina Dance Camp

Ages 3-5. Dancers will take part in learning about ballet, making their own tutu to wear, and other ballerina crafts, playing games and learning how to be a bitty ballerina! 34968 M-Th Jun 26-Jun 29 1:30p-3:30p

Hip Hop & Move Dance Camp

Ages 5-10. Students will learn hip hop dances, do crafts and play games.

Jun 19-Jun 22 9:00a-noon 34969 M-Th

Musical Theatre Dance Camp

Ages 7-13. Work on dancing and acting and learn all aspects of children-friendly musical numbers. A performance will be held on Friday from noon-12:30 p.m. to show families what the campers have learned! \$150

34971 M-F Jul 17-Jul 21 9:00a-noon HUF

Pretty Princess Dance Camp

Ages 4-8. Dancers will dance to princess classics, do princess crafts and have a princess tea party on Thursday! 34993 M-Th Jul 10-Jul 13 9:00a-noon \$110

Prima Ballerina Dance Summer Camp

Ages 5-8. Dancers will learn about ballet, making their own tutu and other ballerina crafts, playing games and learning how to be a prima ballerina!

34967 M-Th Jun 26-Jun 29 9:00a-noon \$110



Martial Arts Classes

Qi-Gong Kung Fu Private Lessons

Ages 25 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				
35182 F	Jun 2-Jun 30	9:45a-10:45a	HTS	\$75
35183 F	Jul 7-Jul 28	9:45a-10:45a	HTS	\$60
35184 F	Aug 4-Aug 25	9:45a-10:45a	HTS	\$60
Huffhines				
34879 Sa	Jun 3-Jun 24	10:45a-11:45a	HUF	\$60
34880 Sa	Jul 1-Jul 29	10:45a-11:45a	HUF	\$75
34881 Sa	Aug 5-Aug 26	10:45a-11:45a	HUF	\$60

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.

34891 T	Jun 6-Jun 27	6:00p-7:00p	HUF	\$50
34892 T	Jul 11-Jul 25	6:00p-7:00p	HUF	\$35
34893 T	Aug 1-Aug 29	6:00p-7:00p	HUF	\$50

Summer 2023 Guide www.cor.net/parks



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.

Tor rearrining 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 al	bility 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 lote of fun. This class is for all day kindorgarton girls.

and lots of fun	. This class is for all-day kindergarten g	jirls.
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 kindernarten and first grade boys.

THIS Class is for	all-day killuergarteri arid ilist grade boys.	
M	4:30-5:20 p.m.	\$48
M	5:30-6:20 p.m.	\$48
Tu	5:30-6:20 p.m.	\$48
Th	3:30-4:20 p.m.	\$48
Th	4:30-5:20 p.m.	\$48

Elementary Boys 8-10 years

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

Elementary Beginner Girls 6-12 years

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

skills on vault, bars, balance beam, tumbling and tram			ie.
	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

iicuit skiiis.		
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.

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 for beginner tumblers.			
M	7:30-8:20 p.m.	\$48	
S	1-1:50 p.m.	\$48	





Private/Semi-Private Lessons

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

Birthday Parties

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

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

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

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

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

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

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

Evening Preschool

Mondays, 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.

35347 F	June 2	\$10
35346 F	June 9	\$10
35336 F	June 16	\$10
35344 F	June 23	\$10
35337 F	June 30	\$10
35338 F	July 7	\$10
35339 F	July 14	\$10
35340 F	July 21	\$10
35341 F	July 28	\$10
35342 F	Aug. 4	\$10
35343 F	Aug. 11	\$10
35352 F	Aug. 18	\$10
35345 F	Aug. 25	\$10

www.cor.net/parks Summer 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:

June 5-22 July 3-20 July 31-Aug. 17

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.

****WEEKEND CLASSES****

Classes will be held Saturdays at **Yale Park Tennis Courts for three weeks**

July 31-Aug. 17 July 3-20 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

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.

July 3-20 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 Leagues—June 26-Aug. 10 Sign-up begins June 1

Cost: \$40 Men B Singles Mondays 7:30 p.m. Men B Singles **Tuesdays** 7:30 p.m.

Men A Singles Wednesdays 7:30 p.m. **Women Progressive Doubles** Thursdays 7:30 p.m.

Adult Drill Classes **CALL TO SIGN UP**

Mon., Coed, (Ryan) 6-7:30 p.m., (Beg. 2.5-3.0) Cost: \$20 Mon., Coed, (Ryan) 7:30-9 p.m., (High Beg. /Int 3.0-3.5) Cost: \$20 Tues., Men's, (Carlos) 7-9 p.m., (Int./Adv. 4.0-4.5) Cost: \$25 Wed., Coed, (Ryan) 7-9 p.m., (Int./Adv. 4.0-4.5) Cost: \$25 Thur., Men's, (Carlos) 7-9 p.m., (High Beg. /Int. 3.0-3.5) Cost: \$25 Fri., Coed, (Christy) 7-8:30 p.m., (Beginner 2.5+) Cost: \$20 Fri., Coed, (Ryan) 6-7:30 p.m., (Beg. 2.5-3.0) Cost: \$20

Fri., Coed, (Ryan) 7:30-9 p.m., (High Beg. /Int 3.0-3.5) Cost: \$20 Sat., Coed, (Carlos) 9-11 a.m., (All Levels 2.5-4.0) Cost: \$25 Sun., Coed, (Ryan) 8:30-10 a.m., (High Beg. /Int 2.5-3.5) Cost: \$20 Sun., Coed, (Ryan) 10 a.m-12 p.m., (Adv 4.0 +) Cost: \$25

Ball machine rental and stringing available.

Summer Slam Tennis Camps

Come have summer fun at Huffhines Tennis Center! Huffhines is offering six summer tennis camps for ages 5-16 years of age. The camps are for all levels:

What to Bring:

Bring a tennis racquet, a hat/visor and a small snack. Don't stress if you don't have a racquet. Huffhines has demo racquets to get players started and proper size of racquet will be selected.

Huffhines Tennis Center, 1601 Syracuse Dr., Richardson In the event of inclement weather, camp will be held in the Huffhines Recreation Center.

What Campers Get:

Camp T-shirt, awesome tennis skills, meet new tennis friends, tennis tournament and pizza party.

How to Sign Up:

Stop by the Tennis Center, call 972-744-7870 or online at www.cor.net/tenniscenter.

Camp Dates:

May 30-June 2 June 12-16 June 26-30 July 10-14 July 24-28 July 31-Aug. 4

\$35

\$42 each

Camp Hours: 8:30 a.m.-12:30 p.m. **Camp Days:** Monday-Friday **Camp Cost:** \$200 for the week

Private Lessons

Tennis Pro Walt Williams 1/2-hour lesson

1-hour lesson \$65 **Tennis Pro Carlos Corriea** \$40 1/2-hour lesson \$70 1-hour lesson

Semi-private lesson **Tennis Pro Christy Vutam**

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

Tennis Pro Briana Lamica

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 \$32 each Semi-private lesson

Tennis Pro Ryan Mullins

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

Golf It Up

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

Ages 17 and up. 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:

• 8 hours of instruction (driving range, chipping, pitching, putting, on-course practice and rules/etiquette)

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

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.

Junior Golf Camps

Junior Golf Camps will be held weekly beginning the week of May 29 and ending the week of July 24, with no camp the week of July 3.

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

Series One Camp—8 a.m.-noon—Mon-Fri—\$275

Ages 5-13 Series One camps are for the junior whose interest in golf is either high or growing immensely. Fundamentals of golf for this format center around the word FUN. Great spot for beginners as well as golfers who have attended a camp previously. Clubs Provided upon request. Campers will learn:

- Putting—discovering YOUR putting stroke
- Chipping & Pitching—developing touch
- Full Swing—understanding swing dynamics
- * Snacks and drinks are provided with each camp

Series Two Camp—1-5 p.m.—Mon-Fri—\$335

Ages 9-17 Series 2 camps are designed for the junior golfer who is ready to take the next step. Camps will focus on course play so we ask that juniors meet the requirement of being able to walk and carry their own clubs while playing (push carts are allowed). Class format includes 1-3 hours of skill work each day followed by 2-3 hours of course time. Clubs provided upon request.

* Snacks and drinks are provided with each camp





Aquatics

Dallas Aquatics Masters Swim Club

J.J. Pearce HS Natatorium—1600 N. Coit Rd. Swim workouts run by Dallas Aquatics Masters Coaches Monday-Friday—5:30-6:30 a.m.

Saturday—7-8 a.m.

All levels of swimmers ages 18 and older are welcome! To register, call 214-219-2300 or visit www.damswim.com.

COR Swim Team

Ages 6 through collegiate Pre-competitive through National Level Swimming Coach: Maggie Shook

Head Age Group Coach: Brandon Jones

Workouts are six days/week at both RISD Natatoriums For more information, including tryouts and workout times, visit www.corswim.org.



Athletics

Summer Softball

Registration Begins: April 10 League Starts: May 15 Registration Fee: \$350/team

Register online through www.quickscores.com/richardson.

For more information on adult and youth athletics, visit www.quickscores.com/richardson or contact the Richardson Athletics Office at 972-744-7892.



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