

2023 FALL RECREATION GUIDE

To enrich our community through innovative recreation and leisure experiences.

WHAT'S INSIDE

Adaptive/Special Events .2	Martial Arts6
Adaptive/Inclusive3	Children's Dance.....6
Preschool.....3	Gymnastics7
Children/Youth3-4	Tennis/Golf8
Adult4-5	Aquatics/Athletics8

INCLUSION POLICY

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

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

Interested in taking a class at a City of Richardson facility? It's easy to register!

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

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

FACILITY INFORMATION

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

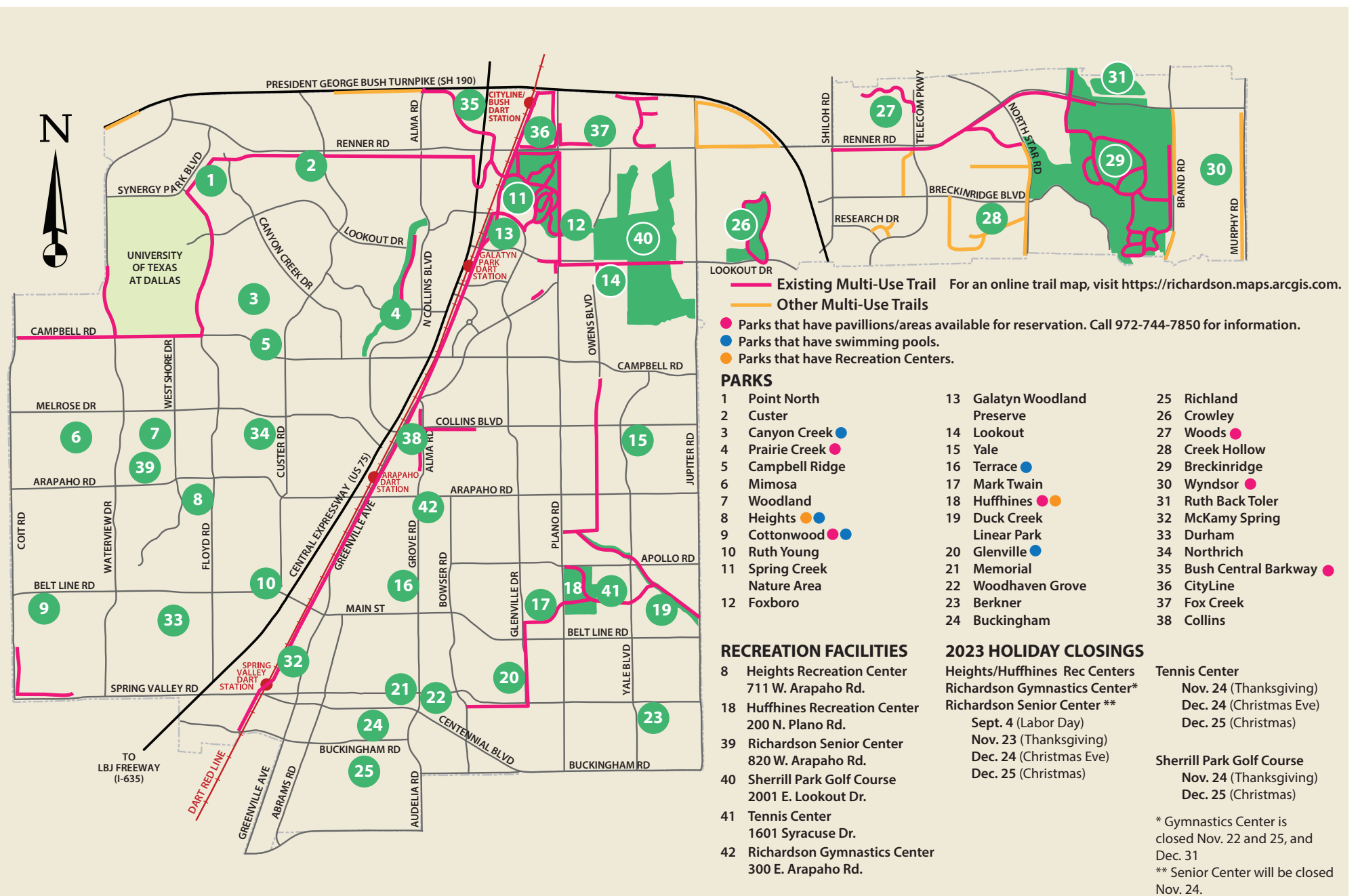
1302 E. Collins Blvd.
972-744-4034
Mon.-Fri., 8 a.m.-5 p.m.

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.





Adaptive and Special Events

OPEN HOUSE

Saturday, Aug. 19, | 1-4 p.m.

Come in, meet our instructors and discover what the City has to offer.

HUFFHINES RECREATION CENTER
200 N. Plano Rd., Richardson, TX 75081

Door Prizes, Games, Activities & Refreshments

Ages 17 and up.

ADAPTIVE Progressive Dinner 2023

FRIDAY, SEPT. 22 | 5-10 p.m.
Heights Rec Center, 711 W. Arapaho Rd.

Come join us as we take a bus to different locations around the Richardson area for a progressive dinner. We will stop at different locations for an appetizer, main course and dessert. For the appetizer, we will stop at Cafe Gecko in Richardson; for the main course, we will go to Six Springs Tavern close to Huffhines Park and for dessert we will stop by Tongue and Cheek to taste some ice cream delight before heading back to Heights. We will begin and end our evening at Heights. Bring money for food and drinks. For menu pricing, go to the respective websites for each location.

Class #36599

Ages 16 and up.

ADAPTIVE Halloween BASH

FRIDAY, OCT. 27 | 7-9:30 p.m.
Heights Rec Center, 711 W. Arapaho Rd.

Greetings to all of you and welcome to our annual Adaptive Halloween Bash. You will enjoy a night of dinner, music, dancing, meeting new friends and socializing with old friends, and prizes to give away! We will have a costume contest so plan to come dressed in your favorite Halloween costume.

Class #36598

www.cor.net/parksonline

All Ages.

Mummies and Monsters Bash

HALLOWEEN FAMILY MASQUERADE BALL

SATURDAY, OCT. 28
6:30-8:30 P.M.
HUFFHINES REC CENTER

Halloween Family Masquerade Ball All Ages. Come join the fun with a DJ, dance contests, games, craft and refreshments. \$20 per family up to four, \$5 for each additional child. Please register by Oct. 24.

Class #36572

Ages 17 and up.

ADAPTIVE Shopping ADVENTURE

TUESDAY, NOV. 21 | 5-10 p.m.
Heights Rec Center, 711 W. Arapaho Rd.

With Thanksgiving here, we will show love to those we are truly thankful for when we venture out to the mall to get a head start on our Christmas shopping fun. We will travel to Stonebriar Mall and eat at the food court before traveling through the mall visiting all the stores and shops along the way. This is your chance to buy the gifts for family members and friends without them being with you so you can surprise them with your gifts on Christmas Day. Make sure you put together a list of people you want to buy presents for so you can beat the crowds as Christmas rapidly approaches.

Class #36852

HAPPY HOLIDAYS DEC 25

Letter from Santa Request Form

Send your child a personalized letter from Santa Claus! For children of all ages, each letter is addressed specifically to the individual child and sent on very special stationery!

No registrations taken after Dec. 6 to ensure delivery before Christmas Eve. Letters will start being mailed the last week of November. Please use the form below. Please use a separate form for each child. Forms may be copied. One check can be written for multiple forms.

Child's name _____
Mailing address _____
City _____
State _____ ZIP _____
Name child goes by _____
Boy _____ Girl _____ Date of birth _____
One or two items requested for Christmas _____

This form is for a letter from Santa only. The City of Richardson does not provide the items requested.

Your name _____
Date of birth _____
Telephone number _____
Address _____
State _____ ZIP _____

E-mail _____
\$8 fee per letter by check or money order, payable to City of Richardson
MasterCard or Visa card number: _____

Gardholder name: _____
Exp. Date: _____

Mail requests to: Letter from Santa, 200 N. Plano Road, Richardson, TX 75081
Registration #36573

RICHARDSON PARKS & RECREATION

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



Preschool



Arts and Crafts

Little Artists

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

Forests of Fun

36574 T Sep 5-Sep 26 10:00a-11:00a HUF \$45

Puppet Pets

36582 Th Sep 7-Sep 28 10:00a-11:00a HUF \$45

Creepy Crawlies

36580 T Oct 3-Oct 24 10:00a-11:00a HUF \$45

Pumpkin Pals Tasty Treats & Creative Crafts

36583 Th Oct 5-Oct 26 10:00a-11:00a HUF \$45

Feathered Friends

36581 T,Th Nov 7-Nov 16 10:00a-11:00a HUF \$45

Educational

Little Science Explorer

Ages 3-5. Formerly known as Little Learners. Parents, have you ever noticed you need some time to yourself to read, workout or just relax your mind without having to worry about your little ones? Well if so this class is for you. Your child will enjoy a 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 child must be potty trained.

36470 F Sep 8-Oct 13 9:00a-11:00a HUF \$60
36471 F Oct 20-Nov 24 9:00a-11:00a HUF \$60



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. No class Nov. 21-23.

36472 T,Th Sep 5-Oct 12 9:00a-11:00a HUF \$120
36473 T,Th Oct 17-Nov 30 9:00a-11:00a HUF \$120

Music

Kindermusik Feathers & Do-Si-Do

Ages 1-3. The musical poems of Woody Guthrie, bird songs and the naturally occurring sounds in nature help babies develop an early appreciation and accelerated aptitude for language, music and movement in this class. Home materials fee of \$70 due to the instructor on the first day of class.

36748 W Sep 20-Dec 13 11:00a-11:45a HTS \$195

Kindermusik Wiggles & Giggles

Ages 1-3. The more than 30 songs, 15 dances and eight different instruments create these unique music activities, designed to reflect the importance of movement in the life of a toddler. Home materials feature 50 songs, two story books, a home activity book and specially made pair or zig-zag blocks. Home materials fee of \$70 due to the instructor on the first day of class.

36749 W Sep 20-Dec 13 10:00a-10:45a HTS \$195



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.

36584 W Sep 20-Nov 15 6:15p-7:00p HTS \$50

All About Adaptive Tennis NEW!

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.

36585 W Sep 6-Nov 22 4:00p-5:00p HTS \$20

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.

36586 T Sep 5-Sep 26 4:30p-5:30p HTS \$20

36587 T Oct 3-Oct 24 4:30p-5:30p HTS \$20

36588 T Nov 7-Nov 28 4:30p-5:30p HTS \$20



Beyond Karate

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 Heights

36592 T Sep 5-Sep 26 5:00p-6:00p HTS \$86

36593 T Oct 3-Oct 31 5:00p-6:00p HTS \$86

36594 T Nov 7-Nov 28 5:00p-6:00p HTS \$86

Beginner Huffhines

36414 F Sep 1-Sep 29 5:00p-6:00p HUF \$86

36415 F Oct 6-Oct 27 5:00p-6:00p HUF \$86

36416 F Nov 3-Nov 17 5:00p-6:00p HUF \$86

Intermediate Heights

36595 T Sep 5-Sep 26 6:00p-7:00p HTS \$86

36596 T Oct 3-Oct 31 6:00p-7:00p HTS \$86

36597 T Nov 7-Nov 28 6:00p-7:00p HTS \$86

Intermediate Huffhines

36417 F Sep 1-Sep 29 6:00p-7:00p HUF \$86

36418 F Oct 6-Oct 27 6:00p-7:00p HUF \$86

36419 F Nov 3-Nov 17 6:00p-7:00p HUF \$86

Advanced Heights

36589 T Sep 5-Sep 26 7:00p-8:00p HTS \$86

36590 T Oct 3-Oct 31 7:00p-8:00p HTS \$86

36591 T Nov 7-Nov 28 7:00p-8:00p HTS \$86

Advanced Huffhines

36420 F Sep 1-Sep 29 7:00p-8:00p HUF \$86

36421 F Oct 6-Oct 27 7:00p-8:00p HUF \$86

36422 F Nov 3-Nov 17 7:00p-8:00p HUF \$86

TXASR Inclusive Martial Arts Tournament

Ages 3 and up. This is a great opportunity for your child to be a part of a karate tournament, enhance/create friendships, practice social skills in a supportive environment, and learn how to cope with performance anxiety. The tournament is offered by Texas Adaptive Sports and Recreation (TXASR), which exists to create, educate and support financially any and all types of inclusive and adaptive sports and recreation opportunities.

34939 Sa Nov 11 10:00a-5:00p HTS \$35



Children/Youth Classes

Arts and Crafts

Artful Explorations Fall Workshop

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art by painting four oil or acrylic paintings! Come join us and paint the beautiful colors of fall! I teach step-by-step instruction, so students will learn about color theory, brush strokes, perspective, and more! Please wear an apron and bring some paper towels and a snack each day. Supply fee: \$30

36858 M-T Nov 6-Nov 7 1:00p-4:00p HUF \$49

Candle-Making

Ages 12 and up. Create your very own customized luxury candle with sustainable and high quality ingredients. Come experience an opportunity to create something special that will bring peace into your mind and environment. Light refreshments will be served. There is an additional \$20 supply fee due to the instructor. They will reach out to you directly for payment.

36423 Sa Sep 9 noon-2:00p HUF \$25

36426 Sa Sep 23 noon-2:00p HUF \$25

36424 Sa Oct 7 noon-2:00p HUF \$25

36427 Sa Oct 28 noon-2:00p HUF \$25

36425 Sa Nov 11 noon-2:00p HUF \$25

36428 Sa Nov 18 noon-2:00p HUF \$25



Children/Youth Classes

Mudworks To Go—Clay Creations for Kids

Ages 5-12. Clay is a great medium for the creative mind and offers young artists 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.

36758 Th Oct 19-Nov 16 4:30p-5:30p HTS \$98

Cooking

Chefville—Breakfast Breads

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

36876 Sa Nov 18 10:00a-noon HUF \$24

Chefville—Crepes

Ages 7-13. Kids will make Sloppy Joe crepes with cheese and Fritos and a dessert of chocolate crepes stuffed with fruit preserves served with whipped cream. They will make their own crepes then stuff and sauce them. Supply fee: \$12

36877 Sa Sep 30 10:00a-noon HUF \$24

Chefville—Halloween Treats

Ages 7-13. Kids will get together and create the best treats for the season. There will be chocolate work, candy work and small pastries. Supply fee: \$15

36878 Sa Oct 21 10:00a-noon HUF \$25

Chefville—Something Fishy

Ages 7 and up. Welcome to the cooking program where we dive into the world of fish and shellfish dishes. Whether you're a seafood lover or a novice cook looking to expand your culinary skills, Chefville has got you covered. We'll explore both classic and modern fish recipes, from traditional fish fry to grilled salmon tacos with mango salsa. Learn about the nutritional benefits of fish and how to choose the freshest catch at the market. And of course, we'll taste our creations along the way. So come join us and let's get hooked on cooking fish! Supply fee: \$12

36879 Sa Oct 14 10:00a-noon HUF \$24

Drama

Drama Kids Composite Program

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

36651 Th Oct 5-Dec 14 6:00p-7:00p HTS \$195

Educational

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.

Modern Web Design w/ WIX: Units 1&2 (Ages 10-17)

36854 T Sep 12-Nov 14 4:30p-5:25p HUF \$216

Scratch Junior (Ages 10-17)

36853 Th Sep 14-Dec 7 4:30p-5:25p HUF \$197

Scratch Ninja Units 1-3 (Ages 7-11)

36847 M Sep 11-Nov 27 3:00p-3:55p HUF \$197

36848 Sa Sep 16-Dec 2 4:30p-5:25p HUF \$197

Spanish Fiesta

Ages 5-7. Songs, games, stories, and craft activities make learning Spanish fun! Take home coloring books introduce grammar with vocabulary sheets included in each lesson. Families are invited to a short program and piñata party on the last day of class.

36571 W Sep 6-Nov 8 4:00p-5:30p HUF \$125

First Aid & Safety

ASHI Childcare & Babysitting

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. Ideal for young entrepreneurs and siblings between the ages of 11-17.

36614 Sa Sep 23 10:00a-2:00p HTS \$98

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.

36751 Th Oct 12 6:00p-8:30p HTS \$65

2023 FALL GUIDE

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



Children/Youth Classes



Games and Hobbies

Chess Class Beginner

Ages 6 and up. This course is for students with limited or no experience with chess.

36429 Th	Sep 7-Oct 26	5:00p-6:00p	HUF	\$80
36430 Th	Sep 7-Sep 28	5:00p-6:00p	HUF	\$40
36431 Th	Oct 5-Oct 26	5:00p-6:00p	HUF	\$40
36432 Th	Nov 2-Nov 30	5:00p-6:00p	HUF	\$40

Chess Class Intermediate

Ages 6 and up. Intermediate level students will learn the intricacies of chess in a fun and exciting environment. 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.

36433 Th	Sep 7-Sep 28	6:00p-7:00p	HUF	\$40
36434 Th	Oct 5-Oct 26	6:00p-7:00p	HUF	\$40
36435 Th	Nov 2-Nov 30	6:00p-7:00p	HUF	\$40

Crochet Classes NEW!

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.

36441 Sa	Sep 2	1:30p-3:00p	HUF	\$30
36442 Sa	Oct 7	1:30p-3:00p	HUF	\$30
36443 Sa	Nov 4	1:30p-3:00p	HUF	\$30

Mini Camps

Chefsville—Baking like a Pro Thanksgiving Camp

Ages 7-13. Work with a chef as you make delectable baked goods for the season. Hundreds of different types of bread, cakes cookies and pies exist. There are also many savory dishes that require baking. Supply fee of \$25 due to Instructor first day of class.

36880 M-W	Nov 20-Nov 22	1:00p-4:00p	HUF	\$112
-----------	---------------	-------------	-----	-------

Science Professor's Camp

Ages 5-7. Explore, experiment and enjoy science! Hands on activities, crafts and videos open the worlds of crystals, chemistry, space, plants, animals, rocks and minerals to young scientists. Bring a snack.

36579 M-W	Nov 20-Nov 22	9:00a-noon	HUF	\$100
-----------	---------------	------------	-----	-------

Music

Instant Guitar for Hopelessly Busy People NEW!

Ages 13 and up. Learn to play the guitar the way professionals do—using chords. This is an online course using Zoom. You will be able to sit at home with your guitar learning basic chords and get you playing along with your favorite songs right away. This class includes an online book and video sessions so you can practice on your own. For more information, contact Craig Coffman at chordsarekey@gmail.com.

36750 T	Sep 26	6:30p-9:00p	HTS	\$70
---------	--------	-------------	-----	------

Instant Piano for Hopelessly Busy People NEW!

Ages 13 and up. Learn to play the piano the way professionals do—using chords. This is an online course using Zoom. You will be able to sit at home with your piano or keyboard learning basic chords and get you playing along with your favorite songs right away. This class includes an online book and video sessions so you can practice on your own. For more information, contact Craig Coffman at chordsarekey@gmail.com.

36759 M	Sep 25	6:30p-9:30p	HTS	\$70
---------	--------	-------------	-----	------

Ivory Clusters NEW!

Ages 7-10. Ivory Clusters is a performance-based group music group. In this program, students will focus on vocal health, solo and choral repertoire, and the fundamentals of music literacy. No class Nov. 23.

36560 Th	Sep 7-Sep 28	5:00p-6:00p	HTS	\$80
36561 Th	Oct 5-Oct 26	5:00p-6:00p	HTS	\$80
36562 Th	Nov 2-Nov 30	5:00p-6:00p	HTS	\$80

Violin—Beg/Intermediate

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

36512 T	Sep 5-Nov 28	4:15p-4:45p	HUF	\$156
---------	--------------	-------------	-----	-------

Violin—Beginners

Ages 4-6. You can never start too young when introducing your child to the beat rhythm and a musical instrument. After the session you can play "Twinkle, Twinkle Little Star." Supplies: Violin, Suzuki Book I and shoulder pad are required.

36513 T	Sep 5-Nov 28	3:45p-4:15p	HUF	\$156
---------	--------------	-------------	-----	-------



Children/Youth Classes

Sports

Basketball Lessons w/ Navelle

Ages 5 and up. We aim to prepare athletes of all levels physically and mentally for the game of basketball. This private lesson at Heights Recreation Center is \$65 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.

Basketball Shooting Class

Ages 10 and up. Elevate your shooting skills to the next level with our comprehensive program, now featuring the cutting-edge Shoot-A-Way shooting machine! This state-of-art technology will revolutionize your training, allowing you to focus on form, repetition and muscle memory. Under the guidance of our experienced shooting coaches, this class is your path to becoming a sharpshooter.

36763 S,Sa	Sep 2-Sep 24	noon-1:00p	HTS	\$200
36849 S,Sa	Oct 7-Oct 29	noon-1:00p	HTS	\$200
36850 S,Sa	Nov 4-Nov 26	noon-1:00p	HTS	\$175



Basketball Shooting Machine Rental

Ages 10 and up. Rent the Shoot-A-Way basketball shooting machine to improve your shooting skills. We offer two rental options: 1-on-1 with the shooting machine (\$60) and Team rental (\$100). The shooting machine rental is based on the gym schedule and availability. Please call Coach Stevenson for more information at 214-463-1979.

36855 S-T,Th,Sa	Sep 1-Sep 30	noon-1:00p	HTS	Varies
36856 S-T,Th,Sa	Oct 1-Oct 31	noon-1:00p	HTS	Varies
36857 S-T,Th,Sa	Nov 1-Nov 30	noon-1:00p	HTS	Varies

Beginner Basketball Skills, Drills, & Play

Ages 4-10. Join our dynamic basketball program designed to take your game to the next level. Our experienced coaches will guide you through our training curriculum, focusing on fundamental techniques, agility, shooting, teamwork and strategic gameplay. Get ready to sharpen your abilities and unleash your full potential in a fun competitive environment! \$150/month or \$20 drop in registration.

36633 T,Th	Sep 5-Sep 28	5:00p-6:00p	HTS	\$150
36634 T,Th	Oct 3-Oct 26	5:00p-6:00p	HTS	\$150
36635 T,Th	Oct 31-Nov 30	5:00p-6:00p	HTS	\$150

Halloween Basketball Clinic

Ages 5-16. Join us as we have a blast of fun while enhancing your skills on the court. Our camp is packed with spooky drills, challenging exercises and competitive gameplay that will keep you engaged and energized throughout the holiday season. Our coaches will provide guidance, helping you develop agility, teamwork, shooting prowess and strategic thinking. So put on your favorite costume, grab your basketball, and join us for an unforgettable Halloween basketball adventure!

36652 Sa	Oct 28	noon-3:00p	HTS	\$75
----------	--------	------------	-----	------

Intermediate/Advanced Basketball Skill Development

Ages 11-18. Join a community of dedicated athletes, train with elite coaches and engage in intense drills, tactical strategies and competitive gameplay. Whether you're aiming to secure a spot on a team or elevate your skills, this program is your key to success.

36681 T,Th	Sep 5-Sep 28	6:00p-7:00p	HTS	\$200
36682 T,Th	Oct 3-Oct 26	6:00p-7:00p	HTS	\$200
36683 T,Th	Oct 31-Nov 30	6:00p-7:00p	HTS	\$200

Intermediate Archery NEW!

Ages 10 and up. Expand your archery skills with USA Archery Certified Instructor Lindsay Norwick. Refine your aim with smaller targets at a longer distance and perfect your form for greater accuracy. Learn more about different types of competition rounds including World Archery and National Field Archery formats. Prerequisite: Intro to Archery Parent or guardian must be on the premises if child is under 18 years of age.

36745 W	Sep 6-Sep 27	5:30p-6:30p	HTS	\$30
36746 W	Oct 4-Oct 25	5:30p-6:30p	HTS	\$30
36747 W	Nov 1-Nov 29	5:30p-6:30p	HTS	\$30

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.

36691 T	Sep 5-Sep 26	4:30p-5:30p	HTS	\$20
36692 T	Oct 3-Oct 24	4:30p-5:30p	HTS	\$20
36693 T	Nov 7-Nov 28	4:30p-5:30p	HTS	\$20



Children/Youth Classes

Skyhawks Basketball

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

Ages 4-6 NEW!

36485 T	Sep 12-Oct 17	5:00p-6:00p	HUF	\$109
36780 T	Oct 24-Nov 14	5:00p-6:00p	HUF	\$75
36781 T	Nov 21-Dec 12	5:00p-6:00p	HUF	\$75

Ages 7-12

36782 T	Sep 12-Oct 17	5:00p-6:00p	HUF	\$109
36783 T	Oct 24-Nov 14	5:00p-6:00p	HUF	\$75
36784 T	Nov 21-Dec 12	5:00p-6:00p	HUF	\$75

Skyhawks Flag Football NEW!

Ages 7-12. Give your child the perfect introduction to America's favorite game with Skyhawks Flag Football Fueled by USA Football. Students learn fundamentals like passing, receiving, kicking and flag pulling in a fun, positive environment.

36859 W	Sep 6-Oct 11	6:00p-7:00p	HUF	\$109
36860 W	Oct 18-Nov 8	6:00p-7:00p	HUF	\$75
36861 W	Nov 15-Dec 13	6:00p-7:00p	HUF	\$75

Skyhawks Volleyball

Ages 6-12. 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.

36488 M	Sep 4-Oct 9	5:00p-6:00p	HUF	\$109
36778 M	Oct 16-Nov 6	5:00p-6:00p	HUF	\$75
36779 M	Nov 13-Dec 4	5:00p-6:00p	HUF	\$75

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)

36497 F	Sep 8-Sep 29	4:30p-5:00p	HUF	\$52
36712 Sa	Sep 9-Sep 30	9:30a-10:00a	HTS	\$52
36498 F	Oct 6-Oct 27	4:30p-5:00p	HUF	\$52
36713 Sa	Oct 7-Oct 28	9:30a-10:00a	HTS	\$52
36499 F	Nov 3-Dec 1	4:30p-5:00p	HUF	\$52
36714 Sa	Nov 4-Dec 9	9:30a-10:00a	HTS	\$52

Kick the Ball (Ages 3-4)

36494 F	Sep 8-Sep 29	5:00p-5:30p	HUF	\$52
36709 Sa	Sep 9-Sep 30	9:00a-9:30a	HTS	\$52
36495 F	Oct 6-Oct 27	5:00p-5:30p	HUF	\$52
36710 Sa	Oct 7-Oct 28	9:00a-9:30a	HTS	\$52
36496 F	Nov 3-Dec 1	5:00p-5:30p	HUF	\$52
36711 Sa	Nov 4-Dec 9	9:00a-9:30a	HTS	\$52

Dribble, Kick and Pass (Ages 4-5)

36491 F	Sep 8-Sep 29	5:35p-6:20p	HUF	\$52
36706 Sa	Sep 9-Sep 30	10:00a-10:45a	HTS	\$52
36492 F	Oct 6-Oct 27	5:35p-6:20p	HUF	\$52
36707 Sa	Oct 7-Oct 28	10:00a-10:45a	HTS	\$52
36493 F	Nov 3-Dec 1	5:35p-6:20p	HUF	\$52
36708 Sa	Nov 4-Dec 9	10:00a-10:45a	HTS	\$48

Youth Soccer (Ages 6-9)

36500 F	Sep 8-Sep 29	6:25p-7:10p	HUF	\$52
36715 Sa	Sep 9-Sep 30	10:45a-11:30a	HTS	\$52
36501 F	Oct 6-Oct 27	6:25p-7:10p	HUF	\$52
36716 Sa	Oct 7-Oct 28	10:45a-11:30a	HTS	\$52
36502 F	Nov 3-Dec 1	6:25p-7:10p	HUF	\$52
36717 Sa	Nov 4-Dec 9	10:45a-11:30a	HTS	\$52

Thanksgiving Basketball Clinic

Ages 5-16. Immerse yourself in a dynamic and supportive environment where you will enhance your skills, build camaraderie and give thanks for the joy of basketball. Our experienced coaches will lead engaging drills, provide valuable insights, and foster an atmosphere of growth and teamwork. Whether you're a beginner or an advanced player, this camp is your opportunity to sharpen your abilities while celebrating the season of gratitude.

36760 Sa	Nov 25	9:00a-noon	HTS	\$75
----------	--------	------------	-----	------



Adult Classes

Arts and Crafts

Candle-Making NEW!

Ages 12 and up. Create your very own customized luxury candle with sustainable and high quality ingredients. Come experience an opportunity to create something special that will bring peace into your mind and environment. Light refreshments will be served. There is an additional \$20 supply fee due to the instructor. They will reach out to you directly for payment.

36423 Sa	Sep 9	noon-2:00p	HUF	\$25
36426 Sa	Sep 23	noon-2:00p	HUF	\$25
36424 Sa	Oct 7	noon-2:00p	HUF	\$25
36427 Sa	Oct 28	noon-2:00p	HUF	\$25
36425 Sa	Nov 11	noon-2:00p	HUF	\$25
36428 Sa	Nov 18	noon-2:00p	HUF	\$25

Photography Class

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

36477 F	Sep 1-Sep 22	5:00p-7:00p	HUF	\$175
36478 F	Oct 6-Oct 27	5:00p-7:00p	HUF	\$175
36479 F	Nov 3-Nov 24	5:00p-7:00p	HUF	\$175

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



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.

Adult Tap

Ages 18 and up. A fun and artistic form of exercise for any age. During class we will learn the fundamentals of tap, discuss tap history and work on rhythm and musicality. Please talk to the instructor before registering for the intermediate or advanced classes. No class Nov. 21.

Beginner

36786 M Aug 21-Dec 11 7:30p-8:15p HUF \$130

Intermediate

36785 Th Aug 24-Dec 7 7:30p-8:15p HUF \$130

Advanced

36787 T Aug 22-Dec 5 7:15p-8:15p HUF \$130

Line Dancing

New steps are taught and built upon based on previous experience.

Beginner (Ages 18 and up)

36461 Th Sep 7-Sep 28 10:00a-11:00a HUF \$20

36462 Th Oct 5-Oct 26 10:00a-11:00a HUF \$20

36463 Th Nov 2-Nov 30 10:00a-11:00a HUF \$20

Improver (Ages 15 and up)

36674 W Sep 6-Sep 27 10:30a-noon HTS \$16

36675 W Oct 4-Oct 25 10:30a-noon HTS \$16

36676 W Nov 1-Nov 29 10:30a-noon HTS \$160

Improver (Ages 18 and up)

36464 T Sep 5-Sep 26 11:00a-12:15p HUF \$20

36465 T Oct 3-Oct 31 11:00a-12:15p HUF \$20

36466 T Nov 7-Nov 28 11:00a-12:15p HUF \$15

Improver/Intermediate (Ages 15 and up)

36673 S Sep 3-Nov 26 1:30p-4:30p HTS \$112

Intermediate (Ages 18 and up)

36677 W Sep 6-Nov 29 7:30p-9:50p HTS \$95

36467 Th Sep 7-Sep 28 11:15a-12:45p HUF \$20

36468 Th Oct 5-Oct 26 11:15a-12:45p HUF \$20

36469 Th Nov 2-Nov 30 11:15a-12:45p HUF \$20

Intermediate/Advanced (Ages 18 and up)

36690 F Sep 1-Nov 17 5:30p-8:30p HTS \$105

36687 W Sep 6-Sep 27 1:30p-3:00p HTS \$16

36684 M Sep 11-Sep 25 1:30p-3:00p HTS \$12

36685 M Oct 2-Oct 30 1:30p-3:00p HTS \$20

36688 W Oct 4-Oct 25 1:30p-3:00p HTS \$16

36689 W Nov 1-Nov 29 1:30p-3:00p HTS \$16

36686 M Nov 6-Nov 27 1:30p-3:00p HTS \$16

Intermediate Open Line Dancing (Ages 18 and up)

36678 F Sep 8-Sep 29 11:00a-1:00p HTS \$10

36679 F Oct 13-Oct 20 11:00a-1:00p HTS \$10

36680 F Nov 3-Nov 17 11:00a-1:00p HTS \$10

Square Dance Class for Beginners

Ages 18 and up. Modern Western Square Dancing with contemporary music, excellent mental and physical low-impact exercise—including the kind of social interaction proven to add joy to our lives. Do you have two left feet? If you can walk, you can square dance! First night is free. Join the Texas Reelers and learn America's Folk Dance!

36720 M Sep 11-Dec 11 6:15p-8:30p HTS \$73

Fitness



Aerobic Dancing

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

36612 M,W Sep 11-Dec 13 9:15a-10:30a HTS \$105

Awesome Exercise

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

36615 M,W,F Sep 1-Sep 29 8:00a-9:00a HTS \$50

36616 M,W,F Oct 2-Oct 30 8:00a-9:00a HTS \$50

36617 M,W,F Nov 1-Nov 29 8:00a-9:00a HTS \$50

Two Days Per Week

36618 M,W,F Sep 1-Sep 29 8:00a-9:00a HTS \$40

36619 M,W,F Oct 2-Oct 30 8:00a-9:00a HTS \$40

36620 M,W,F Nov 1-Nov 29 8:00a-9:00a HTS \$40

Boot Camp

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

36637 M,W,F Sep 1-Sep 29 6:00a-7:00a HTS \$50

36640 M,W,F Oct 2-Oct 30 6:00a-7:00a HTS \$50

36643 M,W,F Nov 1-Nov 29 6:00a-7:00a HTS \$50

One Day Per Week

36638 M,W,F Sep 1-Sep 29 6:00a-7:00a HTS \$25

36641 M,W,F Oct 2-Oct 30 6:00a-7:00a HTS \$25

36644 M,W,F Nov 1-Nov 29 6:00a-7:00a HTS \$25



Adult Classes

Flexibility—Use It Or Lose It!

Ages 18 and up. Class will provide guided, gentle stretching in a friendly atmosphere. Standing, seated and floor exercises. Classes are tailored to the needs of the participants.

36446 T,Th Sep 5-Sep 28 noon-1:30p HUF \$56

36447 T,Th Oct 3-Oct 31 noon-1:30p HUF \$56

36448 T,Th Nov 2-Nov 30 noon-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. 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.

36659 Sa Sep 2-Sep 30 11:00a-noon HTS \$25

36653 T Sep 5-Sep 26 6:00p-7:00p HTS \$20

36656 Th Sep 7-Sep 28 6:00p-7:00p HTS \$20

36654 T Oct 3-Oct 31 6:00p-7:00p HTS \$25

36657 Th Oct 5-Oct 26 6:00p-7:00p HTS \$20

36660 Sa Oct 7-Oct 28 11:00a-noon HTS \$20

36658 Th Nov 2-Nov 30 6:00p-7:00p HTS \$20

36661 Sa Nov 4-Nov 18 11:00a-noon HTS \$15

36655 T Nov 7-Nov 28 6:00p-7:00p HTS \$20

Personal Training with Damon

All ages. Private 30-minute personal fitness training in a separate space away from the crowds and with private equipment. Lose unwanted fat, regain your strength, fight back depressive moods. Priced at \$50 for half-hour sessions and available at both Huffhines and Heights. Call 469-952-0005 for information.

Total Body Boot Camp

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

Two Days Per Week

36509 M,W Sep 4-Sep 27 6:30p-7:30p HUF \$103

36510 M,W Oct 2-Oct 25 6:30p-7:30p HUF \$103

36511 M,W Nov 1-Nov 29 6:30p-7:30p HUF \$103

One Day Per Week

36506 M,W Sep 4-Sep 27 6:30p-7:30p HUF \$52

36507 M,W Oct 2-Oct 25 6:30p-7:30p HUF \$52

36508 M,W Nov 1-Nov 29 6:30p-7:30p HUF \$52

Warrior Goddess Self Defense for Women

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

36518 Sa Sep 9 1:30p-4:30p HUF \$120

36519 Sa Sep 23 1:30p-4:30p HUF \$120

36520 Sa Oct 14 1:30p-4:30p HUF \$120

36521 Sa Oct 28 1:30p-4:30p HUF \$120

36522 Sa Nov 11 1:30p-4:30p HUF \$120

36523 Sa Nov 25 1:30p-4:30p HUF \$120

Yoga & Pilates

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

Three Classes Per Week

36536 M,W,F Sep 1-Sep 29 10:00a-11:00a HUF \$65

36537 M,W,F Sep 1-Sep 29 6:00p-7:00p HUF \$65

36538 M,W,F Oct 2-Oct 30 10:00a-11:00a HUF \$65

36539 M,W,F Oct 2-Oct 30 6:00p-7:00p HUF \$65

36541 M,W,F Nov 1-Nov 29 10:00a-11:00a HUF \$65

36540 M,W,F Nov 1-Nov 29 6:00p-7:00p HUF \$65

Two Classes Per Week

36531 M,W,F Sep 1-Sep 29 10:00a-11:00a HUF \$45

36530 M,W,F Sep 1-Sep 29 6:00p-7:00p HUF \$45

36533 M,W,F Oct 2-Oct 30 10:00a-11:00a HUF \$45

36532 M,W,F Oct 2-Oct 30 6:00p-7:00p HUF \$45

36535 M,W,F Nov 1-Nov 29 10:00a-11:00a HUF \$45

36534 M,W,F Nov 1-Nov 29 6:00p-7:00p HUF \$45

One Class Per Week

36525 M,W,F Sep 1-Sep 29 10:00a-11:00a HUF \$25

36524 M,W,F Sep 1-Sep 29 6:00p-7:00p HUF \$25

36527 M,W,F Oct 2-Oct 30 10:00a-11:00a HUF \$25

36526 M,W,F Oct 2-Oct 30 6:00p-7:00p HUF \$25

36528 M,W,F Nov 1-Nov 29 10:00a-11:00a HUF \$25

36529 M,W,F Nov 1-Nov 29 6:00p-7:00p HUF \$25

Yoga with Chrissy

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

36726 T,Th Sep 5-Sep 28 8:00a-9:00a HTS \$60

36729 T,Th Oct 3-Oct 31 8:00a-9:00a HTS \$68

36732 T,Th Nov 2-Nov 30 8:00a-9:00a HTS \$60

One Class Per Week

36727 T,Th Sep 5-Sep 28 8:00a-9:00a HTS \$30

36730 T,Th Oct 3-Oct 31 8:00a-9:00a HTS \$34

36733 T,Th Nov 2-Nov 30 8:00a-9:00a HTS \$30

Zumba Fitness

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

36735 M,W Sep 6-Sep 27 6:20p-7:20p HTS \$35

36738 M,W Oct 2-Oct 30 6:20p-7:20p HTS \$35

36741 M,W Nov 1-Nov 29 6:20p-7:20p HTS \$35

One Class Per Week

36736 M,W Sep 6-Sep 27 6:20p-7:20p HTS \$25

36739 M,W Oct 2-Oct 30 6:20p-7:20p HTS \$25

36742 M,W Nov 1-Nov 29 6:20p-7:20p HTS \$25



Adult Classes

Zumba

Ages 17 and up. A fitness party with a contagious blend of Latin and international rhythms that provides a fun and effective workout. Perfect for anybody and everybody. A total workout combining all elements of fitness—cardio, muscle conditioning, balance and flexibility. \$10 for one session. \$25/month for one session/week. \$35/month for two sessions/week.

36542 M,W Sep 6-Sep 27 6:15p-7:15p HUF \$35

36543 M,W Oct 2-Oct 30 6:15p-7:15p HUF \$35

36544 M,W Nov 1-Nov 29 6:15p-7:15p HUF \$35

One Day Per Week

36545 M,W Sep 6-Sep 27 6:15p-7:15p HUF \$25

36546 M,W Oct 2-Oct 30 6:15p-7:15p HUF \$25

36547 M,W Nov 1-Nov 29 6:15p-7:15p HUF \$25

Hobbies

Crochet Classes

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.

36570 M Sep 11 7:15p-8:45p HUF \$30

36567 M Sep 25 7:15p-8:45p HUF \$30

36444 M Oct 9 7:15p-8:45p HUF \$30

36568 M Oct 23 7:15p-8:45p HUF \$30

36445 M Nov 6 7:15p-8:45p HUF \$30

36569 M Nov 27 7:15p-8:45p HUF \$30

Chefsville—Something Fishy

Ages 7 and up. Welcome to the cooking program where we dive into the world of fish and shellfish dishes. Whether you're a seafood lover or a novice cook looking to expand your culinary skills, Chefsville has got you covered. We'll explore both classic and modern fish recipes, from traditional fish fry to grilled salmon tacos with mango salsa. Learn about the nutritional benefits of fish and how to choose the freshest catch at the market. And of course, we'll taste our creations along the way. So come join us and let's get hooked on cooking fish! Supply fee: \$12

36879 Sa Oct 14 10:00a-noon HUF \$24

Sports

Badminton

Ages 16 and up.

36411 Sa Sep 2-Sep 30 3:00p-5:00p HUF \$25

36412 Sa Oct 7-Oct 28 3:00p-5:00p HUF \$20

36413 Sa Nov 4-Nov 25 3:00p-5:00p HUF \$20

Basketball Lessons w/ Navelle

Ages 5 and up. We aim to prepare athletes of all levels physically and mentally for the game of basketball. This private lesson at Heights Recreation Center is \$65 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.

36662 M,W Sep 6-Oct 11 8:00p-9:55p HTS \$25

36663 M,W Oct 16-Nov 29 8:00p-9:55p HTS \$25

Huffhines Basketball

Ages 18 and up.

36454 W Sep 13-Sep 27 7:00p-9:30p HUF \$15

36455 W Oct 4-Oct 25 7:00p-9:30p HUF \$20

36456 W Nov 1-Nov 29 7:00p-9:30p HUF \$25

Intermediate Archery

2023 FALL GUIDE

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



Martial Arts Classes



Martial Arts

Blakey's Tae Kwon Do NEW!

Leadership, integrity, fighting and exercise. Learn the fluid movement of kicks, punches and jumps while adding other martial arts for well-rounded physical fitness and self-defense training. Hold yourself to a higher standard as you achieve new ranks. No class Nov. 23.

Ages 6 and up

36604 Th	Sep 7-Sep 28	7:00p-7:45p	HUF	\$45
36605 Th	Oct 5-Oct 26	7:00p-7:45p	HUF	\$45
36606 Th	Nov 2-Nov 30	7:00p-7:45p	HUF	\$45

Senior Tae Kwon Do (Ages 55 and up)

36896 Th	Sep 7-Sep 28	11:30a-12:15p	HUF	\$25
36867 Th	Oct 5-Oct 26	11:30a-12:15p	HUF	\$25
36898 Th	Nov 2-Nov 30	11:30a-12:15p	HUF	\$25

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.

36645 S-M,W	Sep 3-Sep 27	11:30a-7:30p	HTS	\$100
36646 S-M,W	Oct 2-Oct 30	6:15p-7:30p	HTS	\$100
36647 S-M,W	Nov 1-Nov 29	6:15p-7:30p	HTS	\$100

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 self-control while promoting greater physical and mental well-being. Classes are led by 7th and 8th degree black belt instructors. For more information visit www.dragonschool.com. No class Nov. 23.

36648 T,Th	Sep 5-Sep 28	6:30p-8:00p	HTS	\$40
36649 T,Th	Oct 3-Oct 31	6:30p-8:00p	HTS	\$40
36650 T,Th	Nov 2-Nov 30	6:30p-8:00p	HTS	\$40



Martial Arts Classes

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). No class Nov. 21-23.

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.

36457 Sa	Sep 2-Sep 30	9:30a-10:30a	HUF	\$65
36458 Sa	Oct 7-Oct 28	9:30a-10:30a	HUF	\$55
36459 Sa	Nov 4-Nov 25	9:30a-10:30a	HUF	\$55

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.

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.

Heights				
36703 F	Sep 1-Sep 29	9:45a-10:45a	HTS	\$75
36704 F	Oct 6-Oct 27	9:45a-10:45a	HTS	\$60
36705 F	Nov 3-Nov 24	9:45a-10:45a	HTS	\$60

Huffhines

36503 Sa	Sep 2-Sep 30	10:45a-11:45a	HUF	\$75
36504 Sa	Oct 7-Oct 28	10:45a-11:45a	HUF	\$60
36505 Sa	Nov 4-Nov 25	10:45a-11:45a	HUF	\$60



Martial Arts Classes



Traditional Japanese Karate and Self Defense NEW!

Ages 14 and up. The class aims to promote physical fitness, make use of martial arts training to discipline the mind and elevate the spirit, and introduce common sense self-defense concepts that are part of karate training.

36564 M,Th	Sep 7-Sep 28	6:30p-7:30p	HTS	\$65
36565 M,Th	Oct 2-Oct 26	6:30p-7:30p	HTS	\$80
36566 M,Th	Nov 2-Nov 30	6:30p-7:30p	HTS	\$80

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.

36515 T	Sep 5-Sep 26	6:00p-7:00p	HUF	\$50
36516 T	Oct 3-Oct 31	6:00p-7:00p	HUF	\$50
36517 T	Oct 31-Nov 28	6:00p-7:00p	HUF	\$50



Dance Classes

Heights Recreation Center

We strongly encourage all students enrolled in more than one form of dance to study ballet, as the technique is found in every dance class. E-mail heightsdanceinfo@gmail.com for more information. For Heights ballet (excluding Baby Ballet I, II and III and Ballet I), a \$65 costume fee is due to the instructor by the second class and a recital fee is due by Nov. 1.

Baby Ballet I (Ages 2-3)

36621 Th	Sep 7-Oct 5	11:15a-11:45a	HTS	\$55
36623 Sa	Sep 16-Oct 21	9:00a-9:30a	HTS	\$65
36622 Th	Oct 12-Nov 9	11:15a-11:45a	HTS	\$55
36624 Sa	Oct 28-Dec 2	9:00a-9:30a	HTS	\$55

Baby Ballet II (Ages 2-3)

36627 Sa	Sep 16-Oct 21	9:30a-10:00a	HTS	\$65
36625 M	Oct 2-Nov 6	3:45p-4:15p	HTS	\$55
36628 Sa	Oct 28-Dec 2	9:30a-10:00a	HTS	\$55

Baby Ballet III (Ages 3-4)

36630 Th	Sep 14-Nov 30	9:45a-10:30a	HTS	\$122
36631 Sa	Sep 16-Dec 2	10:45a-11:30a	HTS	\$130

Ballet I (Ages 4-6)

36664 Th	Sep 14-Nov 30	10:30a-11:15a	HTS	\$122
----------	---------------	---------------	-----	-------

Ballet II (Ages 5-7)

36665 M	Sep 11-Dec 4	4:15p-5:00p	HTS	\$122
---------	--------------	-------------	-----	-------

Ballet II & III (Ages 5-9)

36672 Sa	Sep 9-Dec 2	12:15p-1:00p	HTS	\$122
----------	-------------	--------------	-----	-------

Ballet IV—Pre Pointe & Pointe (Ages 9-13)

Wednesday class starts at 4:30 p.m., Saturday class starts at 10:45 a.m.

36666 W,Sa	Sep 6-Sep 30	Varies	HTS	\$92
36667 W,Sa	Oct 4-Oct 28	Varies	HTS	\$92
36668 W,Sa	Nov 1-Dec 2	Varies	HTS	\$92

Jazz and Hip Hop I (Ages 5-7)

36743 Sa	Sep 16-Dec 2	11:30a-12:15p	HTS	\$122
----------	--------------	---------------	-----	-------

Tap and Ballet I (Ages 4-6)

36669 W	Sep 13-Nov 29	3:45p-4:30p	HTS	\$122
36670 Sa	Sep 16-Dec 2	10:00a-10:45a	HTS	\$122

Tap and Ballet III (Ages 7-9)

36671 M	Sep 11-Dec 4	5:00p-6:00p	HTS	\$132
---------	--------------	-------------	-----	-------

Broadway Dance

Ages 4-7. Love to sing and dance? This class is for you. Students will need tap and ballet shoes for this class. There is a \$65 costume fee due on the first day of class and a recital fee due Nov. 1. For questions or more information, e-mail Holly.Baxter@risd.org.

36744 W	Sep 20-Nov 29	5:30p-6:15p	HTS	\$111
---------	---------------	-------------	-----	-------



Dance Classes

Huffhines Recreation Center

Huffhines Dance classes have great options for girls and boys of all ages and interests. There is a \$25 fee due by the third class. This is a one-time fee so dancers in multiple classes will only pay this fee once. The Winter Showcase is Dec. 9. E-mail HuffhinesDanceDepartment@gmail.com if you have placement questions.

Pre Ballet (Ages 3-5)

36816 M	Aug 21-Dec 4	9:00a-9:40a	HUF	\$130
36817 W	Aug 23-Dec 6	3:15p-3:55p	HUF	\$130

Ballet I (Ages 5-7)

36788 M	Aug 21-Dec 4	4:00p-4:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Ballet I/II (Ages 6-9)

36789 W	Aug 23-Dec 6	4:45p-5:25p	HUF	\$130
---------	--------------	-------------	-----	-------

Ballet II (Ages 8-11)

36790 M	Aug 21-Dec 4	6:15p-6:55p	HUF	\$130
---------	--------------	-------------	-----	-------

Ballet III (Ages 9-14)

36795 F	Aug 25-Dec 8	5:45p-6:25p	HUF	\$130
---------	--------------	-------------	-----	-------

Ballet IV (Ages 13-18)

36791 T	Aug 22-Dec 5	6:00p-6:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Contemporary I (Ages 9-12)

36797 F	Aug 25-Dec 8	7:00p-7:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Contemporary II (Ages 13-18)

36796 Th	Aug 24-Dec 7	6:15p-6:55p	HUF	\$130
----------	--------------	-------------	-----	-------

Hip Hop I (Ages 6-10)

36798 T	Aug 22-Dec 5	4:00p-4:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Homeschool Ballet I (Ages 6-9)

36799 T	Aug 22-Dec 5	9:45a-10:25a	HUF	\$130
---------	--------------	--------------	-----	-------

Homeschool Ballet II (Ages 8-11)

36803 M	Aug 21-Dec 4	9:45a-10:25a	HUF	\$130
---------	--------------	--------------	-----	-------

Homeschool Jazz (Ages 6-11)

36802 T	Aug 22-Dec 5	11:15a-noon	HUF	\$130
---------	--------------	-------------	-----	-------

Homeschool Tap I (Ages 6-9)

36804 T	Aug 22-Dec 5	10:30a-11:10a	HUF	\$130
---------	--------------	---------------	-----	-------

Homeschool Tap II (Ages 8-11)

36806 M	Aug 21-Dec 4	10:30a-11:10a	HUF	\$130
---------	--------------	---------------	-----	-------

Jazz I (Ages 5-8)

36805 W	Aug 23-Dec 6	4:00p-4:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Jazz II (Ages 8-10)

36820 M	Aug 21-Dec 4	5:30p-6:10p	HUF	\$130
---------	--------------	-------------	-----	-------

Jazz III (Ages 10-15)

36809 F	Aug 25-Dec 8	5:00p-5:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Jazz IV (Ages 13-18)

36831 Th	Aug 24-Dec 7	4:45p-5:25p	HUF	\$130
----------	--------------	-------------	-----	-------

Tap I (Ages 5-8)

36827 M	Aug 21-Dec 4	4:45p-5:30p	HUF	\$130
---------	--------------	-------------	-----	-------



Dance Classes

Tap II (Ages 7-12)

36828 W	Aug 23-Dec 6	6:00p-6:40p	HUF	\$130
---------	--------------	-------------	-----	-------

Tap III (Ages 11-14)

36829 T	Aug 22-Dec 5	4:45p-5:25p	HUF	\$130
---------	--------------	-------------	-----	-------

Tap IV (Ages 14-18)

36830 Th	Aug 24-Dec 7	5:30p-6:10p	HUF	\$130
----------	--------------	-------------	-----	-------

Ballet/Tap Combo I (Ages 3-5)

36792 T	Aug 22-Dec 5	9:00a-9:40a	HUF	\$130
---------	--------------	-------------	-----	-------

Ballet/Tap Combo II (Ages 4-7)

36793 T	Aug 22-Dec 5	3:15p-3:55p	HUF	\$130
---------	--------------	-------------	-----	-------

Jazz/Hip Hop Combo (Ages 4-7)

36807 M	Aug 21-Dec 4	3:15p-3:55p	HUF	\$130
---------	--------------	-------------	-----	-------

36808 W	Aug 23-Dec 6	9:00a-9:45a	HUF	\$130
---------	--------------	-------------	-----	-------

Creative Movement

Ages 2-3. A fun class where students will explore movement with stories and props. This is a student only class.

36832 W	Sep 6-Sep 27	9:45a-10:15a	HUF	\$40
36833 W	Oct 4-Oct 25	9:45a-10:15a	HUF	\$40
36834 W	Nov 1-Nov 29	9:45a-10:15a	HUF	\$40

Leaps, Turns & Conditioning for Dancers

Ages 8-14. Dancers will work on turn and leap technique along with flexibility and strength training that is needed for successful dancers.

36810 W	Aug 23-Dec 6	6:45p-7:25p	HUF	\$130
---------	--------------	-------------	-----	-------

Pre-Pointe

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



Gymnastics



RESIDENT/NONRESIDENT FEES

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

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

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

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

Preschool/Kindergarten

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

Moms and Tots

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

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

3-year-olds

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

M	10-10:50 a.m.	\$48
M	noon-12:50 p.m.	\$48
Tu	10-10:50 a.m.	\$48
Tu	noon-12:50 p.m.	\$48
W	10-10:55 a.m.	\$48
W	noon-12:50 p.m.	\$48
Th	10-10:50 a.m.	\$48
F	10-10:50 a.m.	\$48
S	10-10:50 a.m.	\$48
S	11-11:50 a.m.	\$48

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	3:30-4:20 p.m.	\$48
Tu	4:30-5:20 p.m.	\$48
Tu	5:30-6:20 p.m.	\$48
Tu	6:30-7:20 p.m.	\$48
W	4:30-5:20 p.m.	\$48
W	5:30-6:20 p.m.	\$48
W	6:30-7:20 p.m.	\$48
Th	4:30-5:20 p.m.	\$48
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	5-6:20 p.m.	\$63
M	6-7:20 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.



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.

36883 F	Sept. 1	\$10
36884 F	Sept. 8	\$10
36885 F	Sept. 15	\$10
36886 F	Sept. 22	\$10
36887 F	Sept. 29	\$10
36889 F	Oct. 6	\$10
36888 F	Oct. 13	\$10
36890 F	Oct. 20	\$10
36891 F	Oct. 27	\$10
36892 F	Nov. 3	\$10
36893 F	Nov. 10	\$10
36894 F	Nov. 17	\$10

2023 FALL GUIDE

Registration begins Aug. 1. See full class descriptions and register online at 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:

Sept. 5-21 Oct. 2-19 Oct. 30-Nov. 16

The levels are:

Future Stars (Ages 5-7) Mon and Wed, 5-5:30 p.m. or Tu and 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) Mon and Wed, 4-5 p.m. or Tu and 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) Mon and Wed, 5:30-7 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) Mon and Wed 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 and 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

****NOW OFFERING WEEKEND CLASSES****

Classes will be held Saturdays for three weeks

Sept. 9-23 Oct. 7-21 Nov. 4-18

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

Dates:

Sept. 5-21 Oct. 2-19 Oct. 30-Nov. 16

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.

AD-1 Beginner— Mon and Wed, 6-7 p.m. or Tu and 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—Mon and Wed 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—Mon and Wed, 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—Tue 7:30-9 p.m. Cost: \$54 Class designed for adults with moderate tennis experience. Main emphasis on forehand, backhand, serve, volley, and spins. Drills and match play are also covered

AD-3 Advanced—Mon and Wed, 7:30-9 p.m. Cost: \$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—Mon and Wed, 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****

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



Tennis

Adult Leagues—Oct. 2-Nov. 16

Sign-up begins Aug. 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.

Ball machine rental and stringing available.

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 Ryan Mullins		
1/2-hour lesson		\$35
1-hour lesson		\$60
Semi-private lesson		\$32 each
Tennis Pro Alfredo Gonzalez		
1/2-hour lesson		\$30
1-hour lesson		\$55
Semi-private lesson		\$32 each

Thanksgiving Break Tennis Camp

Dates: Nov 20, 21, 22, 24 (No camp Thanksgiving Day)

Time: 9 a.m.-1 p.m.

Ages: 5-16 years

Cost: \$160/4-days

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



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.

Performance Golf Academy

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

Golf It Up

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

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

Golf It Up for the beginning player includes:

- 6-8 hours of instruction (driving range, chipping, pitching, putting, on-course practice and rules/etiquette)



Golf

Private Lessons

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

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



Athletics

Adult Softball Leagues

Registration begins Aug. 7, and league play begins Sept. 5.

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

Register by phone at 972-744-7892, in-person at the Huffhines Rec Center or online at <https://apm.activecommunities.com/richardsontx>.

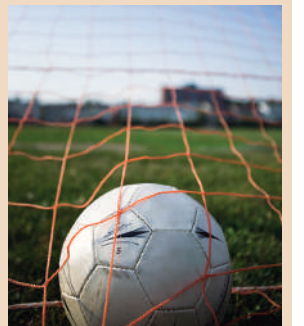
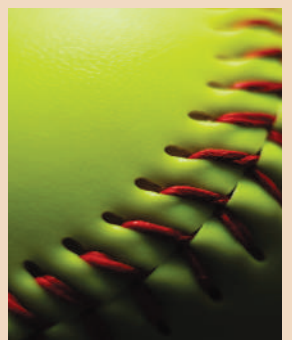
Soccer Leagues

Women

North Texas Womens Soccer Association
www.ntwsa.org

Men

North Texas Premier Soccer Association
www.ntpsa.org



Aquatics



Pool Closing Schedule

Cottonwood and Glenville pools closed July 30

Canyon Creek and Terrace pools will close Aug. 13

Heights Family Aquatic Center will be open weekends only after Aug. 13 and will close for the season on Labor Day, Sept. 4.

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

QUICK

SCORES

Athletics Information

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