# SPRING UIDE RECREATION GUIDE

To enrich our community through innovative recreation and leisure experiences.

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#### **INCLUSION POLICY**

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

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

#### **NOW HIRING!**

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

- Pool Manager
- Assistant Pool Manager
- Lifeguard
- Swim Instructor/Coach
- Swim School Coordinator

744-7860 for gymnastics jobs.

- Pool Cashier/Slide Attendant
- Athletics & Aquatics Assistant
- Day Camp Director
- Day Camp Counselor
- Gymnastics Coach
- Gymnastics Instructor • Passive Activity Class Instructor

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



#### **Heights Recreation Center**



711 W. Arapaho Rd. • 972-744-7850

#### **Hours of Operation:**

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

#### **Huffhines Recreation Center**



200 N. Plano Rd. • 972-744-7881

#### **Hours of Operation:**

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

# HOW THE CITY IS WORKING TO

# KEEP LOCAL PARKS AND WATERWAYS

In an effort to leave Richardson Parks cleaner overall for everyone to enjoy, the Richardson Parks and Recreation Department launched the Clean Parks Program last month. The purpose of the program is to create advocates for clean parks, reduce trash left behind at pavilions, reduce microlitter like confetti, and raise community awareness about the proper use of park trash receptacles.

The Clean Parks Program was made possible through a \$5,000 grant from the Richardson Rotary Club. The funding will provide:

#### **Clean Park Patrol Passports**

An educational activity booklet for kids in 1st grade and older. The booklet includes a park map, litter facts, in-book activities, a litter quiz and a pledge and signature sheet. You can find it at Heights and Huffhines Recreation Centers, and the Gymnastics











**Swag Materials** 

Items such as drawstring bags, water bottles and stickers are given out as prizes for completing challenges inside the Clean Park Patrol Passport.



IN **PARTNERSHIP**  Richardson

www.cor.net/parks Spring 2024 Guide Registration begins Feb. 1. See full class descriptions and register online at www.cor.net/parksonline.



# **Adaptive and Special Events**















Spring 2024 Guide www.cor.net/parks

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



#### **Adaptive Classes**

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#### **Preschool Classes**

#### **Children/Youth Classes**

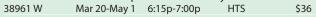
#### **Adaptive Archery**

Ages 10 and up. Introduce the basic steps on how to shoot archery (target style) to students regardless of physical or mental disability. See and use different styles of equipment while learning from a USA Archery Certified Instructor and benefit from years of knowledge in the sport. Parent or guardian must be on the premises if child is under 18 years of age.

38958 T	Mar 5-Mar 26	6:30p-7:30p	HTS	\$20
38959 T	Apr 2-Apr 30	6:30p-7:30p	HTS	\$25
38960 T	May 7-May 28	6:30p-7:30p	HTS	\$20

#### **Adaptive Dance Class**

Ages 16 and up. This introductory course is designed to teach different styles of social and performance dances. It promotes aerobic exercise and basic choreography. New dances are learned each week. No experience necessary.





#### **Beyond Karate**

Beyond Karate classes are designed for students with special needs and their siblings. Both regular and adapted curriculum are 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 (Ages 6-12)

38968 T	Mar 5-Mar 26	5:00p-6:00p	HTS	\$86
38969 T	Apr 2-Apr 30	5:00p-6:00p	HTS	\$86
38970 T	May 7-May 28	5:00p-6:00p	HTS	\$86
<b>Beginner Huffl</b>	hines (Ages 6-11	1)		
8749 F	Mar 1-Mar 22	5:00p-6:00p	HUF	\$86
38750 F	Apr 5-Apr 26	5:00p-6:00p	HUF	\$86
38751 F	May 3-May 31	5:00p-6:00p	HUF	\$86
Intermediate H	leights (Ages 12	2 and up)		
38971 T	Mar 5-Mar 26	6:00p-7:00p	HTS	\$86
38972 T	Apr 2-Apr 30	6:00p-7:00p	HTS	\$86
38973 T	May 7-May 28	6:00p-7:00p	HTS	\$86
Intermediate H	luffhines (Ages	12 and up)		
38752 F	Mar 1-Mar 22	6:00p-7:00p	HUF	\$86
38753 F	Apr 5-Apr 26	6:00p-7:00p	HUF	\$86
38754 F	May 3-May 31	6:00p-7:00p	HUF	\$86
<b>Advanced Heig</b>	ghts (Ages 14 ar	nd up)		
38965 T	Mar 5-Mar 26	7:00p-8:00p	HTS	\$86
38966 T	Apr 2-Apr 30	7:00p-8:00p	HTS	\$86
38967 T	May 7-May 28	7:00p-8:00p	HTS	\$86
<b>Advanced Huff</b>	fhines (Ages 14	and up)		
38755 F	Mar 1-Mar 22	7:00p-8:00p	HUF	\$86
38756 F	Apr 5-Apr 26	7:00p-8:00p	HUF	\$86
38757 F	May 3-May 31	7:00p-8:00p	HUF	\$86
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#### Shining Soccer Stars **Stars**

Our Shining Stars program teaches soccer skills in a fun, non-competitive educational environment. We use soccer to promote socialization, strengthen peer interactions and advance gross and fine motor skills. A one-time \$30 materials fee includes an Adidas jersey and soccer ball. This class will meet outside behind the back patio of Heights unless inclement weather makes us bring the fun inside.

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<b>Parent</b>	& ۸	le (	Ag	es	1-3	3)

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38330 Sa	Mar 2-Mar 23	9:30a-10:00a	HTS	\$99	
38978 Sa	Apr 6-Apr 27	9:30a-10:00a	HTS	\$99	
38979 Sa	May 4-May 25	9:30a-10:00a	HTS	\$99	
Ages 4-10					
38333 Sa	Mar 2-Mar 23	10:05a-10:50a	HTS	\$99	
38974 Sa	Apr 6-Apr 27	10:05a-10:50a	HTS	\$99	
38975 Sa	May 4-May 25	10:05a-10:50a	HTS	\$99	
Ages 10 and up					
38336 Sa	Mar 2-Mar 23	10:55a-11:40a	HTS	\$99	
38976 Sa	Apr 6-Apr 27	10:55a-11:40a	HTS	\$99	
38977 Sa	May 4-May 25	10:55a-11:40a	HTS	\$99	



#### **Preschool Classes**

#### **Arts and Crafts**

#### Little Artists

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

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38821 T,Th	Mar 19-Mar 28	10:00a-11:00a	HUF	\$50	
Soft Critters					
38822 T	Apr 2-Apr 23	10:00a-11:00a	HUF	\$50	
Sticky Fingers, Messy Hands					
38823 T	Apr 30-May 21	10:00a-11:00a	HUF	\$50	

#### **Dance**

#### **Creative Movement**

Ages 2-3. Creative Movement is a fun class full of artistic exercise. Students will enhance motor skills, rhythm, coordination and musicality while exploring movements with stories and props. This is a student only class.

38793 W	Mar 6-Mar 27	9:45a-10:15a	HUF	\$40
38794 W	Apr 3-Apr 24	9:45a-10:15a	HUF	\$40
38953 W	May 1-May 22	9:45a-10:15a	HUF	\$40

#### **Educational**

#### Little Science Explorer

Ages 3 1/2-5. 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.

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38824 F	Mar 1-Apr 12	9:00a-11:00a	HUF	\$60
38825 F	Apr 19-May 24	9:00a-11:00a	HUF	\$60

#### **My Morning Preschool**

Ages 4-5. Get a jump on kindergarten! Participants will learn about ABC's, 123's, arts, crafts, music, games, life skills and much more. These courses are designed to ease your child into a regular kindergarten routine.

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38838 T,Th	Mar 5-Apr 18	9:00a-11:00a	HUF	\$120
38839 T.Th	Apr 23-May 30	9:00a-11:00a	HUF	\$120



#### **Children/Youth Classes**

# Arts and Crafts

#### **Artful Explorations Fun with Acrylics**

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art by painting an acrylic paintings in one day! 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. \$15 supply fee due to the instructor

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38955 Sa	May 11	10:00a-11:30a	HUF	\$40
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#### **Candle-Making**

Ages 12 and up. Create your very own customized luxury candle with sustainable and high quality ingredients. Light refreshments will be served. There is an additional \$20 supply fee that will be paid to the instructor. They will reach out to you directly for payment.

Mar 12	noon 2:00n	LITTE	\$25
IVIAI 13	110011-2.00p	ПОГ	323
Mar 15	noon-2:00p	HUF	\$25
Mar 16	noon-2:00p	HUF	\$25
Apr 20	noon-2:00p	HUF	\$25
May 18	noon-2:00p	HUF	\$25
	Mar 16 Apr 20	Mar 15 noon-2:00p Mar 16 noon-2:00p Apr 20 noon-2:00p	Mar 15 noon-2:00p HUF Mar 16 noon-2:00p HUF Apr 20 noon-2:00p HUF

#### **Mosaic Swallows Workshop**

Ages 13 and up. All materials are included. Sessions are Monday/Tuesday or Wednesday/Thursday. You can personalize your swallow with mementos such as shells, costume jewelry, buttons, pins and more. \$20 supply fee is due to the instructor on first day of class.

39869 M-Th Mar 11-Mar 14 1:00p-3:00p HTS \$80

#### **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 pieces of pottery to take home.

#### 39066 Th Mar 21-Apr 25 4:30p-5:30p HTS \$98

#### Plein Air Sketching

Ages 16 and up. All levels are welcome! Learn tips for successful outdoor sketching with watercolor. Instructor will demonstrate techniques and provide individual feedback on-site in the park setting of the Heights Recreation Center. A recommended supply list will be e-mailed upon registration.

39870 F	Apr 12-May 3	1:00p-3:00p	HTS	\$100
39871 F	May 10-May 31	1:00p-3:00p	HTS	\$100

#### Camps

#### **Art of Light and Shadows Camp**

Ages 5-8. Young artists will learn how to make their drawings "pop" and give their art more of a 3D effect with the use of shadowing and texturing. Turn pancakes into planets! We start in black and white and move on to color, drawing planets, plants, animals, buildings and more.

#### 39112 M-F Mar 11-Mar 15 12:30p-2:30p HUF \$115

#### **Artful Explorations Spring Break Art Camp**

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art, by painting two watercolor paintings, two acrylic paintings, two oil paintings, one charcoal and one oil pastel—eight works of art with a spring theme! I teach step-bystep instruction, so students will learn about color theory, brush strokes, perspective and more! Please wear an apron and bring some paper towels and a snack each day. Wearing a mask is appreciated. \$60 supply fee due on the first day to the instructor. 38950 M-Th Mar 11-Mar 14 2:00p-5:00p HUF \$69

#### **Chefsville - Recipe Testing Lab Camp**

Ages 7-14. Enjoy going beyond a recipe. Use imagination and innovation to come up with amazing recipes. This class will be hands on where we experiment with a variety of dishes. Participants will test their own ideas to put spins on recipes. Parents must sign an allergen waiver before class. No open-toed shoes or dangling jewelry allowed. Long hair must be pulled back via hair accessory. Supply fee of \$35 due to the instructor on the first day of class.

37820 M-Th Mar 11-Mar 14 9:00a-noon HUF \$165

#### **Science Professors - Spring Break Camp**

Ages 5-8. Travel through time and space learning about the ancient lives of plants and animals. Explore volcanoes and tornadoes! Have fun doing experiments discovering chemistry, magnets, electricity and space travel.

39113 M-F Mar 11-Mar 15 9:00a-noon HUF \$130

Skyhawks Baseball Spring Break Camp 🕬

Ages 6-12. Skyhawks baseball staff teach the fundamentals of fielding, catching, throwing, hitting and base running, all in a fun, positive environment. Specifically designed for beginning and intermediate players, this program teaches athletes new baseball skills along with vital life lessons such as respect, teamwork, and responsibility. Participants should bring appropriate

clothing, two snacks, water bottle and sunscreen.
39157 M-F Mar 11-Mar 15 9:00a-noon HUF

#### **Spring Break Camp 2024**

Ages 5-11. Campers will enjoy various games, activities, and spring-themed crafts both indoors and outdoors (weather-permitting). We will also be bringing an interactive demonstration/program on-site. Please bring a sack lunch, insulated water bottle, closed-toe shoes and a snack. The fee is \$125 per child if registered before Feb. 26, and \$140 after that date. A minimum of 15 participants must be enrolled for the program to be held. If a program is canceled due to low enrollment, all customers will be refunded and we will call the phone number on file to inform you of the cancellation. Have questions? E-mail the Day Camp Coordinator at joshua.bloomfield@cor.gov or call at 972-744-7855.

38005 M-F Mar 11-Mar 15 7:30a-6:00p HTS \$125

#### **Cooking**



#### **Chefsville - Burger Bar**

Ages 7-14. Kids will learn many different flavor and textural components to the basic burger. Children will make their own burgers and discuss what it is they like about their favorite burger. Children will be encouraged to try something new to encourage extending the reach of their palettes when coming to the burger bar. There will be traditional condiments and toppings. This meal will include baked sweet potato fries and cookies and cream ice cream for dessert. Supply fee of \$12 due to the instructor on the first day of class.

37822 Sa Apr 27 10:00a-noon HUF \$22

#### Drama

#### **Drama Kids Composite Program**

Ages 6-12. Drama Kids develops all kids. We are a place where all children, from the shy to the outgoing, can develop at their own pace with plenty of positive encouragement. Our program helps to give them the confidence to be participants in all aspects of their lives, able to ask questions, seek answers, and share information with others. Children who mix well with others find it easier to make friends and adjust to new situations. They find life an enjoyable adventure! Students participate in a wide range of creative activities including speech, creative movement, improvisation and theater games. To learn more about our program visit, www.dramakids.com/tx3.

\$118

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39011 Th Mar 21-Apr 25 6:00p-7:00p HTS

www.cor.net/parks Spring 2024 Guide

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



## **Children/Youth Classes**



#### **Educational**

#### Introduction to Drones

Ages 15 and up. Are you thinking about getting your first drone or did you just get one? Come learn everything you need to know to operate a drone safely. The law requires that all recreational drone flyers pass an aeronautical knowledge and safety test and provide proof of passage if asked by law enforcement or FAA personnel. The recreational UAS Safety Test (TRUST) was developed to meet this requirement. You must be able to bring a laptop and your drone (if you have one) to class. This is a fourweek class for you to learn everything you ever wanted to know about flying drones.

39817 Sa	Mar 2-Mar 30	11:45a-1:45p	HTS	\$100
39818 Sa	Apr 6-Apr 27	11:45a-1:45p	HTS	\$100
39819 Sa	May 4-May 25	11:45a-1:45p	HTS	\$100

#### The Home School Life

Ages 5-11. Each session/week will have a character trait theme such as gratitude, peace, empathy, resilience, growth mindset, compassion or leadership. Students will learn social skills, yoga, art, crafts and teambuilding. For a full description, visit www.cor. net/parksonline. Supply Fee: \$10. No classes the week of March 11-15.

#### Three Classes Per Week

39111 M,W,F	Mar 4-Mar 29	11:00a-noon	HUF	\$65			
38873 M,W,F	Apr 8-May 1	11:00a-noon	HUF	\$65			
38874 M,W,F	May 3-May 29	11:00a-noon	HUF	\$65			
Two Classes P	Two Classes Per Week						
39110 M,W,F	Mar 4-Mar 29	11:00a-noon	HUF	\$45			
38871 M,W,F	Apr 8-May 1	11:00a-noon	HUF	\$45			
38872 M,W,F	May 3-May 29	11:00a-noon	HUF	\$45			
One Class Per Week							
39109 M,W,F	Mar 4-Mar 25	11:00a-noon	HUF	\$25			
38869 M,W,F	Apr 8-May 1	11:00a-noon	HUF	\$25			
38870 M,W,F	May 3-May 29	11:00a-noon	HUF	\$25			

# First Aid & Safety

#### **Core AED/CPR & First Aid Training**

Ages 11 and up. The goal of the Core CPR course is to familiarize individuals with the manual application of CPR in a clear and effective manner. AED instruction will ensure comprehensive discernment of how to manipulate the machine successfully, while understanding how and when it should be applied. The curriculum is consistent with widely accepted 2020 guidelines for cardiopulmonary resuscitation. Upon completion of this course, students will receive a two-year certification. Ideal for childcare workers, foster/new parents and the general public.

39007 Th Apr 18 6:00p-8:30p HTS \$55

#### **Hobbies & Interests**

#### Sewing: Basic Apparel Making

Ages 14 and up. If you like to sew or have ever had an interest in sewing this class is for you. This class will help you understand patterns, measuring, fabrics, pattern layout and fabric cutting, construction and finishing techniques. Please bring your own laptop and measuring tape to class.

39132 Sa	Mar 2	12:30p-2:30p	HTS	\$50
39133 M	Mar 4	12:30p-2:30p	HTS	\$50
39134 Sa	Apr 20	12:30p-2:30p	HTS	\$50
39135 M	Apr 22	12:30p-2:30p	HTS	\$50

#### Sew a Pair of Woven Pants or Shorts

Ages 14 and up. Learn beginning sewing skills while you make a simple pair of lounge pants or shorts. Prerequisite Basic Apparel Making class. Find your patterns at www.5outof4.com. Choose either Haymitch pajama pants, Effie pajama pants or kids pajama pants.

39136 Sa	 Mar 9	1:00p-4:00p	HTS	\$75
22120 29	IVIAI 9	1.00p-4:00p	ПІЗ	\$/5
39137 M	Mar 11	1:00p-4:00p	HTS	\$75
39138 T	Apr 23	12:30p-3:30p	HTS	\$75
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#### Sew a Woven Top

Ages 14 and up. Learn basic sewing skills as you construct a simple woven top. Prerequisite Basic Apparel Making class. You can find a pattern at www.peppermintmag.com/sewing-school/issue-25-boxy-top.

391391	Mar 12	12:30p-3:30p	HIS	\$/5
39140 Sa	Mar 16	12:30p-3:30p	HTS	\$75
39141 Th	Apr 25	12:30p-3:30p	HTS	\$75

#### **Sports**

#### Home School Basketball

Ages 4-14. Our program focuses on developing fundamental basketball skills, teamwork and sportsmanship in a supportive environment. We provide a well-rounded and inclusive basketball experience for homeschoolers of all skill levels. Join us to enhance your basketball prowess while enjoying the benefits of homeschooling! A \$25 drop in fee is available

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39187 W	Mar 6-Apr 3	10:00a-11:00a	HTS	\$75
39188 W	Apr 10-May 1	10:00a-11:00a	HTS	\$75
39189 W	May 8-May 29	10:00a-11:00a	HTS	\$75

#### **Children/Youth Classes**

#### **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 benefiting from years of knowledge in the sport. Parent or guardian must be on the premises if child is under 18 years of age.

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39055 T	Mar 5-Mar 26	4:30p-5:30p	HTS	\$20	
39056 T	Apr 2-Apr 30	4:30p-5:30p	HTS	\$25	
39057 T	May 7-May 28	4:30p-5:30p	HTS	\$20	

#### **Intermediate Archery**

Ages 10 and up. Expand your archery skills with USA Archery Certified Instructor Lindsay Norwick. 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.

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39039 T	Mar 5-Mar 26	5:30p-6:30p	HTS	\$30	
39040 T	Apr 2-Apr 30	5:30p-6:30p	HTS	\$35	
39041 T	May 7-May 28	5:30p-6:30p	HTS	\$30	

#### **Skyhawks Basketball**

This fun, skill-intensive program is designed for the beginning to intermediate player. Using our progressional curriculum, we focus on the whole player, teaching sportsmanship and teamwork. Students will learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Ages 3-5				
39160 W	Mar 6-Mar 27	4:30p-5:30p	HUF	\$75
39161 W	Apr 3-Apr 24	4:30p-5:30p	HUF	\$75
39162 W	May 1-May 22	4:30p-5:30p	HUF	\$75
Ages 6-12				
39163 W	Mar 6-Mar 27	5:30p-6:30p	HUF	\$75
39164 W	Apr 3-Apr 24	5:30p-6:30p	HUF	\$75
39165 W	May 1-May 22	5:30p-6:30p	HUF	\$75
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#### Skyhawks T-Ball

Ages 3-5. Our progression curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment by local Skyhawks staff. All athletes, regardless of skill level, will learn new baseball skills along with vital life lessons such as respect, teamwork and responsibility.

39158 T Apr 9-Apr 30 4:00p-4:55p HUF \$75
39159 T May 7-May 28 4:00p-4:55p HUF \$75

#### **Skyhawks Volleyball**

Ages 6-12. Skyhawks Volleyball takes the energy and excitement of this great team sport and puts it all together into one fun-filled program. All aspects of the game are taught through drills and exercises that focus on bumping, setting, spiking, hitting and serving. This program is designed for the beginning to intermediate player.

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39154 M	Mar 4-Mar 25	6:00p-7:00p	HUF	\$75
39155 M	Apr 8-Apr 29	6:00p-7:00p	HUF	\$75
39156 M	May 6-May 20	6:00p-7:00p	HUF	\$56

#### **Soccer Sparks**

38862 F

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)** 

Mar 1-Mar 29 4:30p-5:00p

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39081 Sa	Mar 2-Mar 30	9:30a-10:00a	HTS	\$52
38863 F	Apr 5-Apr 26	4:30p-5:00p	HUF	\$52
39082 Sa	Apr 6-Apr 27	9:30a-10:00a	HTS	\$52
39107 F	May 3-May 24	4:30p-5:00p	HUF	\$52
39083 Sa	May 4-May 25	9:30a-10:00a	HTS	\$52
Kick the Ball (	Ages 3-4)			
38860 F	Mar 1-Mar 29	5:00p-5:30p	HUF	\$52
39078 Sa	Mar 2-Mar 30	9:00a-9:30a	HTS	\$52
38861 F	Apr 5-Apr 26	5:00p-5:30p	HUF	\$52
39079 Sa	Apr 6-Apr 27	9:00a-9:30a	HTS	\$52
39106 F	May 3-May 24	5:00p-5:30p	HUF	\$52
39080 Sa	May 4-May 25	9:00a-9:30a	HTS	\$52
Dribble, Kick	and Pass (Ages 4	1-5)		
38858 F	Mar 1-Mar 29	5:35p-6:20p	HUF	\$52
39075 Sa	Mar 2-Mar 30	10:00a-10:45a	HTS	\$52
38859 F	Apr 5-Apr 26	5:35p-6:20p	HUF	\$52
39076 Sa	Apr 6-Apr 27	10:00a-10:45a	HTS	\$52
39105 F	May 3-May 24	5:35p-6:20p	HUF	\$52
39077 Sa	May 4-May 25	10:00a-10:45a	HTS	\$52
Youth Soccer	(Ages 6-9)			
38864 F	Mar 1-Mar 29	6:25p-7:10p	HUF	\$52
39084 Sa	Mar 2-Mar 30	10:45a-11:30a	HTS	\$52
38865 F	Apr 5-Apr 26	6:25p-7:10p	HUF	\$52
39085 Sa	Apr 6-Apr 27	10:45a-11:30a	HTS	\$52
39108 F	May 3-May 24	6:25p-7:10p	HUF	\$52
39086 Sa	May 4-May 25	10:45a-11:30a	HTS	\$52
Youth Soccer	(Ages 9-12) 越	MI.		
39087 Sa	Mar 2-Mar 30	11:35a-12:20p	HTS	\$52
39088 Sa	Apr 6-Apr 27	11:35a-12:20p	HTS	\$52
39089 Sa	May 4-May 25	11:35a-12:20p	HTS	\$52

#### Music

#### **Instant Guitar for Hopelessly Busy People** Ages 13 and up. This crash course will teach you some

basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question-and-answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration. For more information, contact Craig Coffman at chordsarekey@gmail.com.

39037 T Apr 2 6:30p-9:00p HTS \$70

#### Instant Piano for Hopelessly Busy People

Ages 13 and up. Learn to play piano the way professionals do: using chords. Fee includes the online book, online follow up lessons, a recording of the class and



39038 M

#### **Children/Youth Classes**

also an optional periodic question-and-answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture demonstration. For more information, contact Craig Coffman at chordsarekey@gmail.com.

6:30p-9:30p

\$70

#### Music Discovery Piano—Beginner

Ages 7-11. Learn the basics of playing piano including proper playing technique, note recognition and the fundamentals of music theory. Instruction is based on age-appropriate learning materials. Activities include worksheets, solo and group performance. \$5 supply fee for lesson books.

38826 Th	Mar 7-Mar 28	4:45p-5:15p	HUF	\$69
38827 Th	Apr 4-Apr 25	4:45p-5:15p	HUF	\$69
38828 Th	May 2-May 23	4:45p-5:15p	HUF	\$69

#### **Music Discovery Piano—Intermediate**

Ages 7-11. Learn the basics of playing piano including proper playing technique, note recognition and the fundamentals of music theory. Instruction is based on age-appropriate learning materials. Activities include worksheets, solo and group performance. \$5 supply fee for lesson books.

38835 Th	Mar 7-Mar 28	5:20p-5:50p	HUF	\$69
38836 Th	Apr 4-Apr 25	5:20p-5:50p	HUF	\$69
38837 Th	May 2-May 23	5:20p-5:50p	HUF	\$69

#### **Violin—Beginners**

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

38897 T Mar 5-May 28 3:45p-4:15p HUF \$144

#### Violin—Beginner/Intermediate

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

38896 T Mar 5-May 28 4:30p-5:00p HUF \$144



#### **Adult Classes**

#### **Arts and Crafts**

#### **Candle-Making**

Ages 12 and up. Create your very own customized luxury candle with sustainable and high quality ingredients. Light refreshments will be served. There is an additional \$20 supply fee that will be paid to the instructor. They will reach out to you directly for payment.

38956 W	Mar 13	noon-2:00p	HUF	\$25
38957 F	Mar 15	noon-2:00p	HUF	\$25
38766 Sa	Mar 16	noon-2:00p	HUF	\$25
38768 Sa	Apr 20	noon-2:00p	HUF	\$25
38770 Sa	May 18	noon-2:00p	HUF	\$25

#### Mosaic Swallows Workshop

Ages 13 and up. All materials are included. Sessions are Monday/Tuesday or Wednesday/Thursday. You can personalize your swallow with mementos such as shells, costume jewelry, buttons, pins and more. \$20 supply fee is due to the instructor on first day of class.

39869 M-Th Mar 11-Mar 14 1:00p-3:00p HTS \$80

#### Plein Air Sketching

Ages 16 and up. All levels are welcome! Learn tips for successful outdoor sketching with watercolor. Instructor will demonstrate techniques and provide individual feedback on-site in the park setting of the Heights Recreation Center. A recommended supply list will be e-mailed upon registration.

 39870 F
 Apr 12-May 3
 1:00p-3:00p
 HTS
 \$100

 39871 F
 May 10-May 31
 1:00p-3:00p
 HTS
 \$100

#### **Photography Class**

Ages 18 and up. All levels are included. 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.

38841 Sa	Mar 2-Mar 23	2:00p-4:00p	HUF	\$1/5
38842 Sa	Apr 6-Apr 27	2:00p-4:00p	HUF	\$175
38843 Sa	May 4-May 25	2:00p-4:00p	HUF	\$175

#### **Dance**

#### **DANCE LESSONS USA:**

#### Private Social Dance Lessons

Ages 18 and up. Private dance lessons offered include country, ballroom, swing and Latin dances. Lessons are \$99 for 70 minutes and one or two students. Add \$20 for each additional student with the same group of friends. A partner is not required. Lessons are offered daily at 1 p.m., or later by appointment only. To schedule a lesson, e-mail instructor Larry Petrosian at info@DanceLessonsUSA.com. For more information, visit www. DanceLessonsUSA.com or www.rdancelessons.com, or e-mail the instructor. To find the classes on Parks Online, search USA.

#### DANCE LESSONS USA:

#### Country-Western Dance; 2-Step

Ages 16 and up. Two step is the most popular dance at country dances and is danced to medium to fast tempo music. A partner is not required. You may enroll no later than the second class meeting. For more information, visit www.DanceLessonsUSA.

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



#### **Adult Classes**

com or send an e-mail to info@DanceLessonsUSA.com. To find the classes on Parks Online, search USA. 39180 S Mar 10-Mar 24 2:30p-3:40p \$69

#### **DANCE LESSONS USA:**

#### Country-Western Dance; 3-Step

Ages 16 and up. During the BASIC Three Step classes you learn the basic step and several patterns. Three Step is a very popular dance at country dances. It is danced to slow to medium tempo music. It is easy to learn. A partner is not required. For more information, visit www.DanceLessonsUSA.com or send an e-mail to info@DanceLessonsUSA.com. To find the classes on Parks Online, search USA.

Apr 7-Apr 21 2:30p-3:40p 39184 S \$69

#### **DANCE LESSONS USA:**

#### Swing Dance; East Coast Swing was

Ages 16 and up. East Coast Swing is popular at dances. It is usually danced to medium and fast temp ballroom, country and rock and roll music. A partner is not required. You may enroll no later than the second class meeting. For more information, visit www.DanceLessonsUSA.com or send an e-mail to info@ DanceLessonsUSA.com. To find the classes on Parks Online, search USA. HTS \$69

Apr 7-Apr 21 1:00p-2:10p 39176 S

#### **DANCE LESSONS USA:**

#### Swing Dance; Jitterbug

Ages 16 and up. Jitterbug is very popular at dances. It is usually danced to fast tempo music, and very easy to learn. A partner is not required. You may enroll no later than the second class meeting. For more information, visit www.DanceLessonsUSA. com or send an e-mail to info@DanceLessonsUSA.com. To find the classes on Parks Online, search USA. Mar 10-Mar 24 1:00p-2:10p \$69

#### **DANCE LESSONS USA:**

#### Swing Dance; West Coast Swing

Ages 16 and up. West Coast Swing is popular at dances. It is usually danced to slow to medium tempo blues, country and rock and roll music. It is danced in a "slot" without travel. A partner is not required. You may enroll no later than the second class meeting. For more information, visit www.DanceLessonsUSA. com or send an e-mail to info@DanceLessonsUSA.com. To find the classes on Parks Online, search USA. May 5-May 19 1:00p-2:10p 39177 S

#### **DANCE LESSONS:**

#### USA Ballroom Dance; Rumba

Ages 16 and up. Rumba is very popular at ballroom dances. It is easy to learn. A partner is not required. You may enroll no later than the second class meeting. To find the classes on Parks Online, search USA.

May 5-May 19 2:30p-3:40p 37141 S \$69

#### Dancing USA: CW Social Dance

Ages 16 and up. Come to dance or just hang out and listen to the music. It will be a social dance to include two-step, threestep, nightclub slow, waltz, swing, progressive and more. Country dance music will be provided by a DJ. For more info, visit www.DanceLessonsUSA.com or send an e-mail to info@ DanceLessonsUSA.com. To find the classes on Parks Online, search USA.

HTS 39179 W Mar 27-Mar 27 7:00p-8:10p \$10 39185 W Apr 17-Apr 17 7:00p-8:10p HTS \$10 39186 W May 22-May 22 7:00p-8:10p

#### **Line Dancing**

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

High Beginner (Ages 18 and up)

mgn beginner	(riges louna a	Ρ,				
38935 Th	Mar 7-Mar 28	10:00a-11:00a	HUF	\$20		
38936 Th	Apr 4-Apr 25	10:00a-11:00a	HUF	\$20		
38937 Th	May 9-May 30	10:00a-11:00a	HUF	\$20		
Improver (Age	s 15 and up)					
39034 W	Mar 6-Mar 27	10:30a-noon	HTS	\$16		
39035 W	Apr 3-Apr 24	10:30a-noon	HTS	\$16		
39036 W	May 1-May 29	10:30a-noon	HTS	\$20		
Improver (Age	s 18 and up)					
38932 T	Mar 5-Mar 26	11:00a-12:15p	HUF	\$20		
38933 T	Apr 9-Apr 30	11:00a-12:15p	HUF	\$20		
38934 T	May 7-May 28	11:00a-12:15p	HUF	\$20		
Improver/Inte	rmediate (Ages	18 and up)				
39033 S	Mar 3-May 26	1:30p-4:30p	HTS	\$112		
Intermediate (Ages 18 and up)						
38938 Th	Mar 7-Mar 28	11:15a-12:45p	HUF	\$20		
38939 Th	Apr 4-Apr 25	11:15a-12:45p	HUF	\$20		
38940 Th	May 9-May 30	11:15a-12:45p	HUF	\$20		
	Advanced (Ages	s 18 and up)				
39054 F	Mar 1-May 31	5:30p-8:30p	HTS	\$69		
39048 M	Mar 4-Mar 25	1:30p-3:00p	HTS	\$16		
39051 W	Mar 6-Mar 27	1:30p-3:00p	HTS	\$16		
39049 M	Apr 1-Apr 29	1:30p-3:00p	HTS	\$20		
39052 W	Apr 3-Apr 24	1:30p-3:00p	HTS	\$12		
39053 W	May 1-May 22	1:30p-3:00p	HTS	\$16		
39050 M	May 6-May 27	1:30p-3:00p	HTS	\$16		
Intermediate (	Open Line Danci	ing (Ages 18 and	up)			
39043 F	Mar 8-Mar 22	11:00a-1:00p	HTS	\$10		
39044 F	Apr 12-Apr 26	11:00a-1:00p	HTS	\$10		
39045 F	May 3-May 17	11:00a-1:00p	HTS	\$10		

#### **Square Dance for Beginners - Social Square Dancing**

Ages 18 and up. Do you have two left feet? If you can walk, you can square dance! First night is free ...give it a try. Join the Texas Reelers and learn to Square Dance the official folk dance

of Texas! 39006 M Mar 4-May 20 6:15p-8:30p



#### **Adult Classes**



#### **Educational**

#### Introduction to Drones

Ages 15 and up. Are you thinking about getting your first drone or did you just get one? Come learn everything you need to know to operate a drone safely. The law requires that all recreational drone flyers pass an aeronautical knowledge and safety test and provide proof of passage if asked by law enforcement or FAA personnel. The recreational UAS Safety Test (TRUST) was developed to meet this requirement. You must be able to bring a laptop and your drone (if you have one) to class. This is a fourweek class for you to learn everything you ever wanted to know about flying drones.

39817 Sa	Mar 2-Mar 30	11:45a-1:45p	HTS	\$100
39818 Sa	Apr 6-Apr 27	11:45a-1:45p	HTS	\$100
39819 Sa	May 4-May 25	11:45a-1:45p	HTS	\$100

#### **Fitness**



#### **Awesome Exercise**

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

ille.						
38982 M,W,F	Mar 1-Mar 29	8:30a-9:30a	HTS	\$50		
38983 M,W,F	Apr 1-Apr 29	8:30a-9:30a	HTS	\$50		
38984 M,W,F	May 1-May 31	8:30a-9:30a	HTS	\$50		
Two Days Per Week						
38985 M,W,F	Mar 1-Mar 29	8:30a-9:30a	HTS	\$40		
38986 M,W,F	Apr 1-Apr 29	8:30a-9:30a	HTS	\$40		
38987 M,W,F	May 1-May 31	8:30a-9:30a	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.

38995 M,W,F	Mar 1-Mar 29	6:00a-7:00a	HTS	\$50
38998 M,W,F	Apr 1-Apr 29	6:00a-7:00a	HTS	\$50
39001 M,W,F	May 1-May 31	6:00a-7:00a	HTS	\$50

#### 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

classes are tailored to the needs of the participants.					
38795 T,Th	Mar 5-Mar 28	noon-1:30p	HUF	\$56	
38796 T,Th	Apr 4-Apr 30	noon-1:30p	HUF	\$56	
38797 T,Th	May 2-May 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. They may also increase strength, flexibility and resistance to disease. Yoga may give relief to neck/back/shoulder and knee pain, asthma, arthritis, insomnia, depression, diabetes and heart disease. Visit www.startyoga.com for more information. Please bring a towel

or a mat.				
39018 Sa	Mar 2-Mar 30	11:00a-noon	HTS	\$25
39012 T	Mar 5-Mar 26	6:00p-7:00p	HTS	\$20
39015 Th	Mar 7-Mar 28	6:00p-7:00p	HTS	\$20
39013 T	Apr 2-Apr 30	6:00p-7:00p	HTS	\$25
39016 Th	Apr 4-Apr 25	6:00p-7:00p	HTS	\$20
39019 Sa	Apr 6-Apr 27	11:00a-noon	HTS	\$20
39017 Th	May 2-May 30	6:00p-7:00p	HTS	\$25
39020 Sa	May 4-May 25	11:00a-noon	HTS	\$20
39014 T	May 7-May 28	6:00p-7:00p	HTS	\$20

#### **Personal Training with Damon**

All ages. Reach your customized goals with a skilled, knowledgeable trainer who will work at the perfect pace for your individual ability level. Put the "personal" back into "personal training" with 30-minute sessions available at both Huffhines and Heights. Call 469-952-0005 or e-mail damon@tbffam.com for availability and pricing. Contact Damon first to schedule session then pay before the session starts at the recreation center.



#### **Adult Classes**

#### **ReFit Revolution**

Ages 14 and up. Dance fitness that focuses on community: Every.Body.Belongs. ReFit moves the body into a lifechanging experience. We believe the heart is both a muscle and a soul, and the impact of this targeted approach creates a deeper sense of connection, self-worth and lasting change. People attending one class per week can attend on either Tuesday or Wednesday.

38941 T-W	Mar 5-Mar 27	4:15p-5:15p	HUF	\$40	
38942 T-W	Apr 2-Apr 24	4:15p-5:15p	HUF	\$40	
38944 T-W	May 1-May 29	4:15p-5:15p	HUF	\$45	
One Class Per Week					
38943 T-W	Mar 5-Mar 27	4:15p-5:15p	HUF	\$20	
38945 T-W	Apr 2-Apr 24	4:15p-5:15p	HUF	\$20	
38946 T-W	May 1-May 29	4:15p-5:15p	HUF	\$25	

#### The Vibrant Life: Functional Wellness for Women www

Ages 16 and up. Functional Wellness is a holistic approach to womens' wellness including balance, strength, cardio, multi-directional movements, stretching and yoga, using body weight, resistance bands and light weights. Also included is one free monthly personalized health/life coaching session to set your health and wellness goals, simple nutrition plans and to explore what obstacles may be getting in your way to having the vibrant life you so deserve! For information, visit www.thehealthcoach.life or e-mail t.fulbright@outlook.com. Equipment needed: athletic shoes, fitness mat, water. Monday, Tuesday and Friday classes are 8-8:45 a.m.; Wednesday and Thursday classes are 6-6:45 a.m. No classes March 11-15.

<b>Five Classes P</b>	er Week					
38881 M-F	Mar 1-Mar 29	8:00a-8:45a	HUF	\$105		
38882 M-F	Apr 1-Apr 30	8:00a-8:45a	HUF	\$105		
38883 M-F	May 1-May 31	6:00a-8:45a	HUF	\$105		
<b>Four Classes F</b>	er Week					
38878 M-F	Mar 1-Mar 29	8:00a-8:45a	HUF	\$85		
38879 M-F	Apr 1-Apr 30	8:00a-8:45a	HUF	\$85		
38880 M-F	May 1-May 31	6:00a-8:45a	HUF	\$85		
<b>Three Classes</b>	Per Week					
38875 M-F	Mar 1-Mar 29	8:00a-8:45a	HUF	\$65		
38876 M-F	Apr 1-Apr 30	8:00a-8:45a	HUF	\$65		
38877 M-F	May 1-May 31	6:00a-8:45a	HUF	\$65		
Two Classes P	er Week					
38887 M-F	Mar 1-Mar 29	8:00a-8:45a	HUF	\$45		
38888 M-F	Apr 1-Apr 30	8:00a-8:45a	HUF	\$45		
38889 M-F	May 1-May 31	6:00a-8:45a	HUF	\$45		
One Class Per Week						
38884 M-F	Mar 1-Mar 29	8:00a-8:45a	HUF	\$25		
38885 M-F	Apr 1-Apr 30	8:00a-8:45a	HUF	\$25		
38886 M-F	May 1-May 31	6:00a-8:45a	HUF	\$25		



#### **Total Body Boot Camp**

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

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	38893 M,W	Mar 4-Mar 27	6:30p-7:30p	HUF	\$103
	38894 M,W	Apr 3-Apr 24	6:30p-7:30p	HUF	\$103
	38895 M,W	May 6-May 29	6:30p-7:30p	HUF	\$103
One Day Per Week					
	38890 M,W	Mar 4-Mar 27	6:30p-7:30p	HUF	\$52
	38891 M,W	Apr 3-Apr 24	6:30p-7:30p	HUF	\$52
	38892 M,W	May 6-May 29	6:30p-7:30p	HUF	\$52

#### **Warrior Goddess Self Defense for Women**

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

weapons v	s. Anatomy.			
38901 Sa	Mar 9	1:30p-4:30p	HUF	\$120
38902 Sa	Mar 23	1:30p-4:30p	HUF	\$120
38903 Sa	Apr 13	1:30p-4:30p	HUF	\$120
38904 Sa	Apr 27	1:30p-4:30p	HUF	\$120
38905 Sa	May 11	1:30p-4:30p	HUF	\$120
38906 Sa	May 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 erikahuano@vahoo con

e-man enkabagnowyanoo.com.						
Three Classes Per Week						
Mar 1-Mar 29	10:00a-11:00a	HUF	\$50			
Mar 1-Mar 29	6:00p-7:00p	HUF	\$50			
Apr 3-Apr 29	10:00a-11:00a	HUF	\$50			
Apr 3-Apr 29	6:00p-7:00p	HUF	\$50			
	Per Week Mar 1-Mar 29 Mar 1-Mar 29 Apr 3-Apr 29	Per Week         Mar 1-Mar 29       10:00a-11:00a         Mar 1-Mar 29       6:00p-7:00p         Apr 3-Apr 29       10:00a-11:00a	Mar 1-Mar 29         10:00a-11:00a         HUF           Mar 1-Mar 29         6:00p-7:00p         HUF           Apr 3-Apr 29         10:00a-11:00a         HUF			

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#### **Adult Classes**



	38923 M,W,F	May 3-May 29	10:00a-11:00a	HUF	\$50
	38924 M,W,F	May 3-May 29	6:00p-7:00p	HUF	\$50
	Two Classes Po	er Week			
	38913 M,W,F	Mar 1-Mar 29	10:00a-11:00a	HUF	\$45
	38914 M,W,F	Mar 1-Mar 29	6:00p-7:00p	HUF	\$45
	38915 M,W,F	Apr 3-Apr 29	10:00a-11:00a	HUF	\$45
	38916 M,W,F	Apr 3-Apr 29	6:00p-7:00p	HUF	\$45
	38917 M,W,F	May 3-May 29	10:00a-11:00a	HUF	\$45
	38918 M,W,F	May 3-May 29	6:00p-7:00p	HUF	\$45
One Class Per Week					
	38907 M,W,F	Mar 1-Mar 29	10:00a-11:00a	HUF	\$25
	38908 M,W,F	Mar 1-Mar 29	6:00p-7:00p	HUF	\$25
	38909 M,W,F	Apr 3-Apr 29	10:00a-11:00a	HUF	\$25
	38910 M,W,F	Apr 3-Apr 29	6:00p-7:00p	HUF	\$25
	38911 M,W,F	May 3-May 29	10:00a-11:00a	HUF	\$25
	38912 M,W,F	May 3-May 29	6:00p-7:00p	HUF	\$25
	17 141	<b>~</b> I •			

#### **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. Yoga is for every BODY. Bring a mat and a towel/blanket to class. Check out www.yogawithchrissy.com for more info.

39096 T,Th	Mar 5-Mar 28	8:00a-9:00a	HTS	\$64		
39099 T,Th	Apr 2-Apr 30	8:00a-9:00a	HTS	\$72		
39102 T,Th	May 2-May 30	8:00a-9:00a	HTS	\$80		
One Class Per Week						
39097 T,Th	Mar 5-Mar 28	8:00a-9:00a	HTS	\$32		
39100 T,Th	Apr 2-Apr 30	8:00a-9:00a	HTS	\$32		
39103 T,Th	May 2-May 30	8:00a-9:00a	HTS	\$40		

#### **Zumba Fitness**

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

#### Two Classes Per Week

38925 M,W	Mar 6-Mar 27	6:15p-7:15p	HUF	\$35		
38926 M,W	Apr 3-Apr 29	6:15p-7:15p	HUF	\$35		
38927 M,W	May 6-May 29	6:15p-7:15p	HUF	\$35		
One Class Per Week						
38928 M,W	Mar 6-Mar 27	6:15p-7:15p	HUF	\$25		
38929 M,W	Apr 3-Apr 29	6:15p-7:15p	HUF	\$25		
38930 M,W	May 6-May 29	6:15p-7:15p	HUF	\$25		

#### **Hobbies & Interests**

#### Sew a Pair of Woven Pants or Shorts

Ages 14 and up. Learn beginning sewing skills while you make a simple pair of lounge pants or shorts. Prerequisite Basic Apparel Making. Find your patterns at www.5outof4.com. Choose either Haymitch Pajama Pants, Effie Pajama Pants or kids pajama pants

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39136 Sa	Mar 9	1:00p-4:00p	HTS	\$75
39137 M	Mar 11	1:00p-4:00p	HTS	\$75
39138 T	Apr 23	12:30p-3:30p	HTS	\$75

#### Sew a Woven Top

Ages 14 and up. Learn basic sewing skills as you construct a simple woven top. Prerequisite Basic Apparel Making class. You can find a pattern at www.peppermintmag.com/sewing-school/issue-25-boxy-top.

3011001/1330	ic 23 boxy top.			
39139 T	Mar 12	12:30p-3:30p	HTS	\$75
39140 Sa	Mar 16	12:30p-3:30p	HTS	\$75
39141 Th	Apr 25	12:30p-3:30p	HTS	\$75

#### Sewing: Basic Apparel Making

Ages 14 and up. If you like to sew or have ever had an interest in sewing this class is for you. This class will help you understand patterns, measuring, fabrics, pattern layout and fabric cutting, construction and finishing techniques. Please bring your own laptop and measuring tape to class.

39132 Sa	Mar 2	12:30p-2:30p	HTS	\$50
39133 M	Mar 4	12:30p-2:30p	HTS	\$50
39134 Sa	Apr 20	12:30p-2:30p	HTS	\$50
39135 M	Apr 22	12:30p-2:30p	HTS	\$50

#### Music

#### **Instant Guitar for Hopelessly Busy People**

Ages 13 and up. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question-and-answer session. Class is held online using Zoom and is partly hands-on instruction and partly lecture/demonstration. For more information, contact Craig Coffman at chordsarekey@gmail.com.

39037 T Apr 2 6:30p-9:00p HTS \$70

#### **Instant Piano for Hopelessly Busy People**

Ages 13 and up. Learn to play piano the way professionals do: using chords. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question-and-answer session. Class is



#### **Adult Classes**

held online using Zoom and is partly hands-on instruction and partly lecture demonstration. For more information, contact Craig Coffman at chordsarekey@gmail.com.

38 M Apr 1 6:30p-9:30p HTS \$70

#### **Sports**

#### 2024 Spring Basketball League

Ages 18 and up. Spring League Basketball will be offered at Huffhines on Tuesday nights between 6-10 p.m. League format is an eight-game regular season with playoffs for the top four teams in week 9 and 10.

Badminton					
Ages 16 and up.					
38746 Sa	Mar 2-Mar 30	3:00p-5:00p	HUF	\$25	
38747 Sa	Apr 6-Apr 27	1:00p-5:00p	HUF	\$20	
38748 Sa	May 4-May 25	1:00p-5:00p	HUF	\$20	

Mar 19-May 21 6:00p-10:00p

#### **Heights Adult Basketball**

Ages 21 and up. Half court and full court play available for both men and women. Basketballs and jerseys are provided.

39021 M,W Mar 4-Apr 10 8:00p-9:55p HTS \$25

39022 M,W Apr 15-May 29 8:00p-9:55p HTS \$25



#### **Huffhines Basketball**

Ages 18 and up. Huffhines men's basketball group. Please bring identification with you; staff will check you in.

identification with you, stair will check you in.					
	38798 W	Mar 6-Mar 27	7:00p-9:30p	HUF	\$20
	38799 W	Apr 3-May 1	7:00p-9:30p	HUF	\$25
	38800 W	May 8-May 29	7:00p-9:30p	HUF	\$20

#### **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 benefiting from years of knowledge in the sport. Parent or guardian must be on the premises if child is under 18 years of age

on the premises if child is ander to years of age.					
39055 T	Mar 5-Mar 26	4:30p-5:30p	HTS	\$20	
39056 T	Apr 2-Apr 30	4:30p-5:30p	HTS	\$25	
39057 T	May 7-May 28	4:30p-5:30p	HTS	\$20	

#### **Intermediate Archery**

Ages 10 and up. Expand your archery skills with USA Archery Certified Instructor Lindsay Norwick. 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.

,	,			
39039 T	Mar 5-Mar 26	5:30p-6:30p	HTS	\$30
39040 T	Apr 2-Apr 30	5:30p-6:30p	HTS	\$35
39041 T	May 7-May 28	5:30p-6:30p	HTS	\$30

#### Intermediate Pickleball Class

Ages 15 and up. Do you want to hone your pickleball skills? Then this class is designed especially for you! The instructed course will go beyond the basics to cover game strategy and specific shots like serve placement, lobs, dinks, and put-away volleys. Enjoy a game, and get to know other people!

39124 F	Mar 8	9:00a-10:45a	HUF	\$25
39125 F	Mar 22	9:00a-10:45a	HUF	\$25
39126 F	Apr 5	9:00a-10:45a	HUF	\$25
39127 F	Apr 19	9:00a-10:45a	HUF	\$25
39128 F	May 3	9:00a-10:45a	HUF	\$25
39130 F	May 17	9:00a-10:45a	HUF	\$25
39131 F	May 31	9:00a-10:45a	HUF	\$25

#### Intro to Pickleball

Ages 15 and up. This instructed course will cover the basics of Pickleball rules, terminology, primary skills, coordination, beginner court time and more.

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38805 F	Mar 1	9:00a-10:45a	HUF	\$25
38806 F	Mar 15	9:00a-10:45a	HUF	\$25
38801 F	Mar 29	9:00a-10:45a	HUF	\$25
38802 F	Apr 12	9:00a-10:45a	HUF	\$25
38803 F	Apr 26	9:00a-10:45a	HUF	\$25
38804 F	May 10	9:00a-10:45a	HUF	\$25
39129 F	May 24	9:00a-10:45a	HUF	\$25





\$450

#### **Martial Arts Classes**

#### Blakey's Tae Kwon Do

Learn the fluid movement of kicks, punches and jumps while adding other martial arts for well-rounded physical fitness and self-defense training.

Ages 6 and up	)			
38761 Th	Mar 7-Mar 28	7:00p-7:45p	HUF	\$45
38762 Th	Apr 4-Apr 25	7:00p-7:45p	HUF	\$45
38763 Th	May 2-May 30	7:00p-7:45p	HUF	\$45
Ages 55 and u	ір			
38758 Th	Mar 7-Mar 28	11:30a-12:15p	HUF	\$25
38759 Th	Apr 4-Apr 25	11:30a-12:15p	HUF	\$25
38760 Th	May 2-May 23	11:30a-12:15p	HUF	\$25

#### **Brazilian Jiu-Jitsu 101**

Ages 12 and up. 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. You will learn the basics and apply them in live grappling situations.

39003 M,W,Sa	Mar 2-Mar 30	8:30a-10:30a	HTS	\$100
39004 M,W,Sa	Apr 1-Apr 29	6:15p-7:30p	HTS	\$100
39005 M,W,Sa	May 1-May 29	6:15p-7:30p	HTS	\$100

#### **Dragon School of Tae Kwon Do**

Ages 10 and up. 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.

39008 T,Th	Mar 5-Mar 28	6:30p-8:00p	HTS	\$40
39009 T,Th	Apr 2-Apr 30	6:30p-8:00p	HTS	\$40
39010 T,Th	May 2-May 30	6:30p-8:00p	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). No class July 4. 38931 T,Th Apr 16-Jul 18 6:00p-6:45p HUF \$150

#### **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, resulting in 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.

38807 Sa	Mar 2-Mar 30	9:30a-10:30a	HUF	\$65
38808 Sa	Apr 6-Apr 27	9:30a-10:30a	HUF	\$55
38809 Sa	May 4-May 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 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				
39071 F	Mar 1-Mar 29	9:45a-10:45a	HTS	\$75
39072 F	Apr 5-Apr 26	9:45a-10:45a	HTS	\$60
39073 F	May 3-May 31	9:45a-10:45a	HTS	\$75
Huffhines				
38866 Sa	Mar 2-Mar 30	10:45a-11:45a	HUF	\$75
38867 Sa	Apr 6-Apr 27	10:45a-11:45a	HUF	\$60
38868 Sa	May 4-May 25	10:45a-11:45a	HUF	\$60

#### **Traditional Japanese Karate and Self Defense**

Ages 14 and up. The class promotes physical fitness, makes use of martial arts training to discipline the mind and elevates the spirit, while introducing common sense self-defense concepts that are part of karate training. 39092 M,Th Mar 4-Mar 28 6:30p-7:30p HTS \$75 39093 M,Th Apr 1-Apr 29 6:30p-7:30p HTS \$75 39094 M,Th May 2-May 30 6:30p-7:30p HTS \$75

#### **Virtual Kung Fu Fitness**

Ages 5-11. Virtual learning via Facebook Live. We combine Kung Fu with Qi-Gong, resulting in 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.

38898 T	Mar 5-Mar 26	6:00p-7:00p	HUF	\$50
38899 T	Apr 2-Apr 30	6:00p-7:00p	HUF	\$50
38900 T	May 7-May 28	6:00p-7:00p	HUF	\$50

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



#### **Gymnastics**



#### **RESIDENT/NONRESIDENT FEES**

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

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

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

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

### **Preschool/Kindergarten**

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

#### **Moms and Tots**

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

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

#### 3-year-olds

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

Tor 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	10-10:50 a.m.	\$48
W	Noon-12:50 p.m.	\$48
Th	10-10:50 a.m.	\$48
F	10-10:50 a.m.	\$48
2	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

age, physical at	oility 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	ss 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**

This program teaches the basic gymnastic skills on vault, bars, balance beam, tumbling and trampoline.

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.m12:20 p.m.	\$63
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#### **Elementary Intermediate Girls 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.

ditioning is added to help prepare for more difficult skills.			
3:30-5:20 p.m.	\$80		
5:30-6:50 p.m.	\$100		
4-5:20 p.m.	\$100		
5:30-6:50 p.m.	\$100		
4-5:50 p.m.	\$80		
5:30-7:20 p.m.	\$80		
9-10:50 a.m.	\$80		
11 a.m12:50 p.m.	\$80		
	3:30-5:20 p.m. 5:30-6:50 p.m. 4-5:20 p.m. 5:30-6:50 p.m. 4-5:50 p.m. 5:30-7:20 p.m. 9-10:50 a.m.		



#### **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 6:30-8:30 p.m. \$120
Tu,Th 6:30-8:30 p.m. \$120

#### **Girls Competitive Team**

The girls competitive teams compete in the USAG Junior Development program.

Team Group—Coach recommendation only. Call 972-744-7860 for more information.

#### **Tumbling**

#### **Coed Tumbling ages 8-17**

Students will work on skills and/or drills that are appropriate to their skill ability level. The Monday night and Saturday afternoon classes are for beginner tumblers.

noon class	ses are for beginner tumblers.	
M	7:30-8:20 p.m.	\$48
S	noon-12:50 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 1:30-3 p.m. 3:15-4:45 p.m. 5-6:30 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

\*\*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 Allison Vining at gymparty@cor.gov.

#### **Evening Preschool**

Mondays, 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 7-10 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.

39847 F	Mar 1	\$10
39848 F	Mar 8	\$10
39849 F	Mar 22	\$10
39850 F	Mar 29	\$10
39842 F	Apr 5	\$10
39851 F	Apr 12	\$10
39843 F	Apr 19	\$10
39844 F	Apr 26	\$10
39852 F	May 3	\$10
39841 F	May 10	\$10
39845 F	May 17	\$10
39846 F	May 24	\$10



Registration begins Feb. 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:

March 4-21 April 1-18

#### The levels are:

Future Stars (Ages 5-7) M, W 5-5:30 p.m. or Tu, Th 4:30-5 p.m. Cost: \$45. Emphasis is on basic tennis fundamentals, working on hand-eye coordination and ball contact. Basics on grips and strokes are also covered. Main emphasis is playing tennis-related games and having fun.

JD-1 Beginner (Ages 8-14) M, W 4-5 p.m. or Tu, Th 5-6 p.m. Cost: \$72. This level is for children with little or no previous experience. Focus is on hand-eye coordination and ball contact. Basics on grips and strokes are also covered. Main emphasis is stroke production, playing tennis-related games and making tennis fun.

JD-2 Advanced Beginner (Ages 9-16) M, W 5:30-7 p.m. Cost: **\$90.** This level is for those who have had some previous instruction, can hit forehands and backhands consistently, but have had little success with the serve and volley. Should be paired with one private lesson a week to help build the student's skills.

JD-3 Intermediate (Ages 10-16) M, W 6-7:30 p.m. Cost: \$90. Students must have instructor approval. These students must be able to rally consistently enough to start playing points. Instruction is given on more advanced strokes, i.e., volleys, lobs, overheads and spins. Emphasis is on stroke production, drills and match play.

JD-4 Advanced (Ages 10-18) Tu, Th 6-7:30 p.m. Cost: \$108. Students must have instructor approval. This class will be comprised of players advanced enough to start Level 7 USTA tournament competition and will be encouraged to do so as part of training. This class is geared for the player who is playing tournaments or preparing for junior high tennis team.

JD-Excellence (Ages 10-18) Tu and Th, 6-7:30 p.m. Cost: **\$108.** Students must have instructor approval. This class will be comprised of players advanced enough for competition such as inter-club matches and Level 7 & 6 USTA tournaments and will be encouraged to do so as part of training. This class is geared for the player who is playing tournaments or playing on a school tennis team.

#### **Spring Break Tennis Camp**

March 11-15 Monday-Friday, 9 a.m.-1 p.m. Cost: \$200/week

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

#### **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 (unless otherwise noted). Only classes canceled due to weather will be made up.

April 29-May 16 April 1-18 AD-1 Beginner—M, W 6-7 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—M, W 7-8 p.m. Cost: \$72

This level is for adults with some experience. Basics on grips and strokes are covered. Main emphasis is stroke production and serves. Points related games will be played.

#### AD-2 High Beginner to Intermediate—M, W, 7:30-9 p.m. Cost: \$108

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

#### AD-2.5 Intermediate/Advanced—T 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—M, W, 7:30-9 p.m. Cost: \$108

Instruction is given on more advanced strokes, i.e., volley, lobs, overheads and spins. Emphasis is on stroke production, drills and some match play.

AD-3.5 Advanced-Plus—M, W, 6-7:30 p.m. Cost: \$108

Instruction is given on more advanced strokes, i.e., volley, lobs, overheads and spins. Emphasis is on technique, drills and doubles strategies.

#### **Adult Drill Classes** \*\*CALL TO SIGN UP\*\*

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—April 1-May 16** Sign-up begins Feb. 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**

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

#### **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 \$36 each

#### **Tennis Pro James Thompson**

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





#### Golf

#### **Sherrill Park Golf Course** 2001 E. Lookout Dr., 972-234-1416



Sherrill Park Course 2 is closed for renovations, but Course 1 is in great shape and 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

To schedule tee times or private lessons at Sherrill Park, contact the Pro Shop at 972-234-1416 or visit www.sherrillparkgolf.

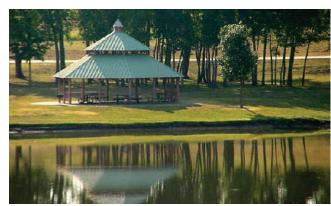




Is your company interested in joining the 2024 Richardson Corporate Challenge? What is the Corporate Challenge you

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

If you believe your company would be interested in joining in on the fun for 2024, reach out to the City of Richardson Corporate Recreation Manager Jonathan Winters at jonathan.winters@cor.gov.



# **PARK PAVILION RESERVATION FEES**

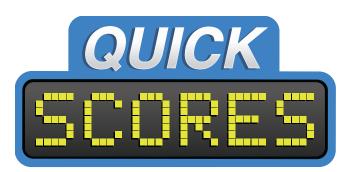
A reservation fee is required to reserve the Huffhines, Crowley, Cottonwood or Breckinridge park pavilions, as well as Breckinridge gazebo or Breckinridge fire pit. The fee is \$25 (\$50 for nonresidents) for the first two hours and each additional hour is \$10 (\$20 for nonresidents). The minimum charge is \$25 (\$50 for nonresidents).

To reserve any of these facilities, follow these guidelines: • The party for which you are

reserving must be 25 members or greater.

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

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



# **Athletics Information**

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

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