RECREATION GUIDE

To enrich our community through innovative recreation and leisure experiences.

WHAT'S INSIDE

Adaptive/Special Events .2	Martial Arts6
Preschool3	Children's Dance6
Adaptive/Inclusive3	Gymnastics7
Children/Youth3-4	Tennis/Golf8
Adult 4-6	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 reguiring 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

2360 Campbell Creek Blvd., Suite 525 972-744-4300 Mon.-Fri., 8 a.m.-5 p.m.

Heights Recreation Center

711 W. Arapaho Rd. 972-744-7850 Mon.-Thurs., 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.-Thurs., 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

Cottonwood

2001 E. Lookout Dr.

1601 Syracuse Dr.

300 E. Arapaho Rd.

46 Richardson Gymnastics Center

Tennis Center

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

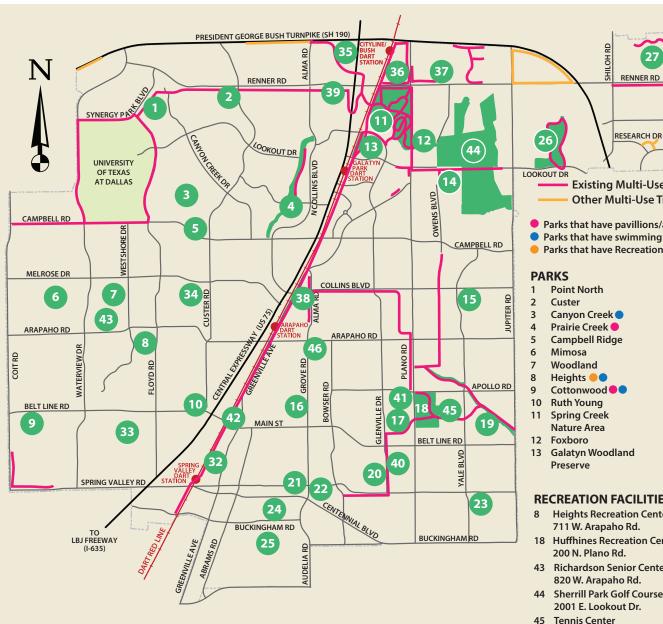
2360 Campbell Creek Blvd., Suite 525 972-744-4034 Mon.-Fri., 8 a.m.-5 p.m.

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.



- RENNER RD 30 RECKINRIDGE BLVD RESEARCH DR LOOKOUT DR Existing Multi-Use Trail For an online trail map, visit https://richardson.maps.arcgis.com. Other Multi-Use Trails Parks that have pavillions/areas available for reservation. Call 972-744-7850 for information. Parks that have swimming pools. Parks that have Recreation **PARKS Point North** 14 Lookout 28 Creek Hollow Custer 15 Yale Breckinridge Canyon Creek 16 Terrace 30 Wyndsor Prairie Creek 17 Mark Twain **Ruth Back Toler** 31 Campbell Ridge Huffhines | **McKamy Spring** Duck Creek Mimosa 33 Durham Woodland Northrich **Linear Park** 34 Bush Central Barkway Glenville Heights •• 35
 - Fox Creek **Ruth Young** 22 Woodhaven Grove 37 Spring Creek 23 Berkner 38 Collins Buckingham **Nature Area** 24 **Renner Linear Park** 39 Foxboro Richland Twin Rivers * **Galatyn Woodland** Crowley • Apollo * 26 42 Interurban Common * Preserve Woods * Under development 2024 HOLIDAY CLOSINGS **RECREATION FACILITIES Heights Recreation Center** Heights/Huffhines Rec Centers **Tennis Center** 711 W. Arapaho Rd. Richardson Gymnastics Center* Nov. 28 (Thanksgiving) Richardson Senior Center ** Dec. 24 (Christmas Eve) **Huffhines Recreation Center** Sept. 2 (Labor Day) 200 N. Plano Rd. Nov. 28 (Thanksgiving) 43 Richardson Senior Center Dec. 24 (Christmas Eve) 820 W. Arapaho Rd.

Memorial

21

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

36

CityLine

Dec. 25 (Christmas) * Gymnastics Center is closed Nov. 27 and 29, and Dec. 31

** Senior Center will be closed



Adaptive and Special Events















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. **Autumn Color Forests of Fun**

Sep 3-Sep 24 10:00a-11:00a \$45 42121 T **Creepy Crawlers** Oct 1-Oct 22 10:00a-11:00a \$45 42122 T Not Another Turkey Ms. Linda! Oct 29-Nov 19 10:00a-11:00a \$45

Educational

Little Science Explorers

Ages 3-5. Your children will enjoy free play, crafts, science curriculum and group play while socializing with other children all while you get to enjoy some "me time" at Huffhines. We are not a licensed day care facility. Parents must stay on premises while your child is in class and the children must be potty trained. Sep 6-Oct 11 9:00a-11:00a 42081 F Oct 18-Nov 29 9:00a-11:00a HUF \$80



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.

41772 T,Th	Sep 3-Oct 10	9:00a-11:00a	HUF	\$140
42082 T,Th	Oct 15-Nov 26	9:00a-11:00a	HUF	\$140

Music

Kindermusik - Our Time Milk & Cookies

Ages 1 1/2-3. This class empowers the parent to lead the child through familiar, everyday home activities such as cooking, dusting and washing clothes. We'll have songs about baking, cooking, eating cupcakes, blowing on hot cross buns, going grocery shopping and making tea! Home materials subscription fee of \$70 (cash/check) due to the instructor on the first day of class.

42039 W Sep 18-Dec 18 10:00a-10:45a HTS

Kindermusik Village "Zoom Buggy/Dream **Pillow**

Ages up to 1 1/2. Zoom Buggy is the first six and Dream Pillow is the last six weeks of the program. Home materials subscription fee of \$70 (cash/check) due to the instructor on the first day of class. The subscription fee includes the full semester streamed music for each theme, instrument per theme and a quality hardback book. Engage in playful activities such as infant massage, lap bounces, exercise and quiet time. Sep 18-Dec 18 11:00a-11:45a



Adaptive/Inclusive

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 quardian must be on the premises if child is under 18 years of age.

\$20 Sep 3-Sep 24 6:30p-7:30p Oct 1-Oct 29 6:30p-7:30p 41871 T HTS \$25 Nov 5-Nov 26 6:30p-7:30p HTS \$20 41872 T

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.

41873 W Sep 4-Oct 9 6:15p-7:00p \$35 42057 W Oct 23-Dec 4 6:15p-7:00p HTS \$35

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 me	igiits			
41878 T	Sep 3-Sep 24	5:00p-6:00p	HTS	\$86



Adaptive/Inclusive

41879 T	Oct 1-Oct 29	5:00p-6:00p	HTS	\$86
41880 T	Nov 5-Nov 26	5:00p-6:00p	HTS	\$86
Beginner Huf	fhines			
41711 F	Sep 6-Sep 27	5:00p-6:00p	HUF	\$86
41712 F	Oct 4-Oct 25	5:00p-6:00p	HUF	\$86
41713 F	Nov 1-Nov 22	5:00p-6:00p	HUF	\$86
Intermediate	Heights			
41881 T	Sep 3-Sep 24	6:00p-7:00p	HTS	\$86
41882 T	Oct 1-Oct 29	6:00p-7:00p	HTS	\$86
41883 T	Nov 5-Nov 26	6:00p-7:00p	HTS	\$86
Intermediate	Huffhines			
41714 F	Sep 6-Sep 27	6:00p-7:00p	HUF	\$86
41715 F	Oct 4-Oct 25	6:00p-7:00p	HUF	\$86
41716 F	Nov 1-Nov 22	6:00p-7:00p	HUF	\$86
Advanced He	ights			
41875 T	Sep 3-Sep 24	7:00p-8:00p	HTS	\$86
41876 T	Oct 1-Oct 29	7:00p-8:00p	HTS	\$86
41877 T	Nov 5-Nov 26	7:00p-8:00p	HTS	\$86
Advanced Hu	ffhines			
41717 F	Sep 6-Sep 27	7:00p-8:00p	HUF	\$86
41718 F	Oct 4-Oct 25	7:00p-8:00p	HUF	\$86
41719 F	Nov 1-Nov 22	7:00p-8:00p	HUF	\$86
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Shining Soccer Stars - Adaptive Soccer

Ages 4-10. 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 ar	nd soccer ball.		
41884 Sa	Sep 7-Sep 28	10:05a-10:50a	HTS	\$99
41885 Sa	Oct 5-Oct 26	10:05a-10:50a	HTS	\$99
41888 Sa	Nov 2-Nov 23	10:05a-10:50a	HTS	\$99

Shining Soccer Stars - Adaptive Soccer Parent & Me

Ages 1-2. This class will focus on simplifying soccer into specific components, while teammates work together to build new skills in a fun, non-competitive class. Our puppet friends, Mimi and Pepe, take you and your little one through exciting activities. A one-time \$30 materials fee includes an Adidas jersey and soccer ball

41887 Sa	Sep 7-Sep 28	9:30a-10:00a	HTS	\$99
41891 Sa	Oct 5-Oct 26	9:30a-10:00a	HTS	\$99
41892 Sa	Nov 2-Nov 23	9:30a-10:00a	HTS	\$99

Socials Skills on Stage

Ages 16 and up. This course was designed and developed for neurodiverse students to help integrate theater games and exercises for the purpose of learning effective approaches to social interaction. It is great for students who are trying to live more independent lives, about to enter college or workforce, or those who are simply wanting to improve their social and communication skills. Students will rehearse the circumstance of the world they encounter outside of classroom and the theater. Oct 9-Nov 27 6:30p-8:00p



Children/Youth Classes

Arts and Crafts

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.

41726 Sa	Sep 21	noon-2:00p	HUF	\$25
41727 Sa	Oct 19	noon-2:00p	HUF	\$25
41728 Sa	Nov 9	noon-2:00p	HUF	\$25

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. Sep 26-Oct 24 4:30p-5:30p

Cooking

Chefsville - Breakfast Breads

Ages 7-13. Kids will make sweet rolls, donuts and Georgian bread. So come and rise and shine with us and make some breakfast breads. Supply fee: \$15

42220 Sa Nov 16 10:00a-noon

Chefsville - Crepes

Ages 7-13. Sloppy Joe crepes with cheese and Fritos; dessert will be chocolate crepes stuffed with fruit preserves served with whipped cream. Kids will make their own crepes then stuff and sauce their own crepes. Supply fee: \$15 42221 Sa Sep 28 10:00a-noon

Chefsville - 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 10:00a-noon HUF

Drama

Drama Kids Composite Program

Ages 6-12. 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 give them the confidence



Children/Youth Classes

to be participants in all aspects of their lives, able to ask questions, seek answers and share information with others. Students participate in a wide range of activities including speech, creative movement, improvisation and theater games. To learn more about our program, visit www.dramakids.com/tx3. Sep 12-Nov 21 6:00p-7:00p \$195 41932 Th

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.

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Accelerated Sc	ratch Units 1-3	(Ages 10-14)		
42110 T	Sep 10-Nov 26	6:00p-6:55p	HUF	\$189
Beginner Robl	ox Game Coding	g Units 1-3 (Ages	8-13)	
42111 Sa	Sep 14-Nov 30	3:00p-4:15p	HUF	\$269
42112 Th	Sep 19-Dec 12	4:30p-5:45p	HUF	\$269
Minecraft Mod	ding Quest Uni	ts 1-3 (Ages 8-11))	
42113 T	Sep 10-Nov 26	4:30p-5:25p	HUF	\$215
Modern Web D	esign w/ WIX U	nits 1-2 (Ages 10	-17)	
40533 T	Sep 10-Nov 26	4:30p-5:45p	HUF	\$236
Scratch Ninja l	Jnits 1-2 (Ages 7	7-10)		
42116 W	Sep 4-Oct 23	6:00p-6:55p	HUF	\$151
42117 M	Sep 9-Oct 28	3:00p-3:55p	HUF	\$151
42118 Sa	Sep 14-Nov 2	1:00p-1:55p	HUF	\$151
Scratch Ninja l	Jnits 3-5 (Ages 7	7-10)		
42119 Th	Sep 12-Dec 5	6:00p-7:10p	HUF	\$269
Scratch Ninja l	Jnits 4-5 (Ages	7-10)		
42120 Th	Oct 10-Dec 5	6:00p-7:10p	HUF	\$189

The Home School Life

Ages 5-12. Each class will focus on a character trait/theme, social skills, Socratic discussion, yoga movement and practices, arts and crafts, team and individual challenges, and a whole lot of fun! For more information, e-mail instructor Tiffany Fulbright at t.fulbright@outlook.com.

Sep 2-Dec 2 11:00a-noon \$150

First Aid & Safety

ASHI Childcare & Babysitting

Ages 11-17 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.

41893 Sa Sep 14 10:00a-2:00p \$103 41894 Sa Nov 2 10:00a-2:00p \$103

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. Upon satisfactory completion of this course, students will receive a two-year certification. Ideal for childcare workers, foster/new parents and the general public.

6:00p-8:30p HTS 41918 Th \$58 Oct 17

Music

Instant Guitar for Hopelessly Busy People

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.

Instant Piano for Hopelessly Busy People

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.

6:30p-9:30p Sep 30 **Music Discovery Piano**

41960 M

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

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Beginner				
41763 Th	Sep 5-Sep 26	4:45p-5:15p	HUF	\$69
41766 Th	Sep 5-Sep 26	6:00p-6:30p	HUF	\$69
41764 Th	Oct 3-Oct 24	4:45p-5:15p	HUF	\$69
41767 Th	Oct 3-Oct 24	6:00p-6:30p	HUF	\$69
41765 Th	Nov 7-Nov 21	4:45p-5:15p	HUF	\$69
41768 Th	Nov 7-Nov 21	6:00p-6:30p	HUF	\$69
Intermediate				
41769 Th	Sep 5-Sep 26	5:20p-5:50p	HUF	\$69
41770 Th	Oct 3-Oct 24	5:20p-5:50p	HUF	\$69
41771 Th	Nov 7-Nov 21	5:20p-5:50p	HUF	\$69

Fall 2024 Guide



Children/Youth Classes

Children/Youth Classes

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.

41828 T	Sep 3-Nov 19	4:30p-5:00p	HUF	\$156
41830 W	Sep 4-Nov 20	3:45p-4:15p	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. Sep 3-Nov 19 3:45p-4:15p \$156

Sports

Beginner Archery

Ages 10 and up. Introduce the basic steps on 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.

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41974 T	Sep 3-Sep 24	4:30p-5:30p	HTS	\$20
41975 T	Oct 1-Oct 29	4:30p-5:30p	HTS	\$25
41976 T	Nov 5-Nov 26	4:30p-5:30p	HTS	\$20

Intermediate Archery

Ages 10 and up. 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.

41961 T	Sep 3-Sep 24	5:30p-6:30p	HTS	\$30
41962 T	Oct 1-Oct 29	5:30p-6:30p	HTS	\$35
41963 T	Nov 5-Nov 26	5:30p-6:30p	HTS	\$30



N.O.W. Sports - Basketball

All skill levels are welcome. We are not only focused on athletic skills, but will also emphasize life skills such as leadership, sportsmanship, and teamwork. Additionally, we will teach the basics of basketball such as dribbling, shooting, passing, and footwork through drills and fun activities.

42194 M,W	Nov 4-Nov 25	6:30p-7:30p	HTS	\$150		
42193 M,W	Oct 2-Oct 30	6:30p-7:30p	HTS	\$150		
42191 M,W	Sep 4-Sep 30	6:30p-7:30p	HTS	\$150		
Ages 10-18						
42050 M,W	Nov 4-Nov 25	5:30p-6:30p	HTS	\$150		
41986 M,W	Oct 2-Oct 30	5:30p-6:30p	HTS	\$100		
41985 M,W	Sep 4-Sep 30	5:30p-6:30p	HTS	\$100		
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P.E. University

Join us for an exciting and engaging physical education experience tailored specifically for homeschool students. Our program is designed to promote health, fitness and fun in a supportive and inclusive environment. Our classes incorporate a variety of activities and games to develop motor skills, enhance physical fitness and foster a lifelong love for being active. Register for the month or drop in daily for \$15 per person or for the sibling pair drop in rate of \$25.

Ages 3-7				
42037 M,W	Aug 19-Sep 30	10:00a-10:45a	HUF	\$138
42038 M,W	Oct 2-Oct 30	10:00a-10:45a	HUF	\$100
42041 M,W	Nov 4-Nov 20	10:00a-10:45a	HUF	\$75
Ages 8-11				
42042 M,W	Aug 19-Sep 30	11:00a-11:45a	HUF	\$138
42043 M,W	Oct 2-Oct 30	11:00a-11:45a	HUF	\$100
42044 M,W	Nov 4-Nov 27	11:00a-11:45a	HUF	\$75
Ages 12-15				
42045 M,W	Aug 19-Sep 30	noon-12:45p	HUF	\$138
42046 M,W	Oct 2-Oct 30	noon-12:45p	HUF	\$100
42047 M,W	Nov 4-Nov 27	noon-12:45p	HUF	\$75

Skyhawks Baseball/T-Ball

Ages 7-11. Our progressional curriculum teaches the fundamentals of fielding, catching, throwing, hitting and base running in a fun, positive environment.

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42100 Th	Sep 12-Sep 26	4:00p-5:00p	HUF	\$56
42101 Th	Oct 10-Oct 24	4:00p-5:00p	HUF	\$56
42102 Th	Nov 7-Dec 5	4:00p-5:00p	HUF	\$75

Skyhawks Basketball

This fun, skill-intensive program for the beginning to intermediate player. Staff focus on the whole player, teaching respect, teamwork and responsibility.

Ages 4-0				
41788 T	Sep 10-Sep 24	4:00p-4:55p	HUF	\$56
41789 T	Oct 1-Oct 29	4:00p-4:55p	HUF	\$94
41790 T	Nov 5-Nov 26	4:00p-4:55p	HUF	\$75
Ages 7-11				
41785 T	Sep 10-Sep 24	5:00p-6:00p	HUF	\$56
41786 T	Oct 1-Oct 29	5:00p-6:00p	HUF	\$94
41787 T	Nov 5-Nov 26	5:00p-6:00p	HUF	\$75

Skyhawks Flag Football

Ages 7-11. 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.

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42097 M	Sep 9-Sep 30	5:00p-6:00p	HUF	\$75
42098 M	Oct 7-Oct 28	5:00p-6:00p	HUF	\$75
42099 M	Nov 4-Nov 25	5:00p-6:00p	HUF	\$75

Skyhawks Multi-Sport

This program is designed to introduce young athletes to a variety of different sports in one setting. We combine 2-3 sports into one fun-filledclass. Athletes will learn the rules and essentials of each sport through skill-based games and scrimmages. By the end of the program, your child will walk away with knowledge of new sports along with vital life lessons such as respect, teamwork, and self-discipline

respect, teamwork, and sen discipline.							
Ages 4-6							
42091 W	Sep 11-Sep 25	4:00p-4:55p	HUF	\$56			
42092 W	Oct 2-Oct 30	4:00p-4:55p	HUF	\$94			
42093 W	Nov 6-Nov 27	4:00p-4:55p	HUF	\$75			
Ages 7-11							
42096 W	Sep 11-Sep 25	5:00p-6:00p	HUF	\$56			
42095 W	Oct 2-Oct 30	5:00p-6:00p	HUF	\$94			
42094 W	Nov 6-Nov 27	5:00p-6:00p	HUF	\$75			

Skyhawks Volleyball

Ages 7-11. All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Our staff will assist campers in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player

42103 M	Sep 9-Sep 30	5:00p-6:00p	HUF	\$75
42104 M	Oct 7-Oct 28	5:00p-6:00p	HUF	\$75
42105 M	Nov 4-Nov 25	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. No classes Nov. 29.

Kickin' with the Parents (Ages 2-3)

Teen Vog	a & Deen S	tretching (C	Firls Only	1
42023 Sa	Nov 9-Dec 7	11:35a-12:20p	HTS	\$52
42020 Sa	Nov 9-Dec 7	10:45a-11:30a	HTS	\$52
41805 F	Nov 8-Dec 6	6:25p-7:10p	HUF	\$52
42022 Sa	Oct 12-Nov 2	11:35a-12:20p	HTS	\$52
42019 Sa	Oct 12-Nov 2	10:45a-11:30a	HTS	\$52
41804 F	Oct 11-Nov 1	6:25p-7:10p	HUF	\$52
42021 Sa	Sep 7-Sep 28	11:35a-12:20p	HTS	\$52
42018 Sa	Sep 7-Sep 28	10:45a-11:30a	HTS	\$52
41803 F	Sep 6-Sep 27	6:25p-7:10p	HUF	\$52
Youth Soccer (Ages 6-9)			
42011 Sa	Nov 9-Dec 7	10:00a-10:45a	HTS	\$52
41796 F	Nov 8-Dec 6	5:35p-6:20p	HUF	\$52
42010 Sa	Oct 12-Nov 2	10:00a-10:45a	HTS	\$52
41795 F	Oct 11-Nov 1	5:35p-6:20p	HUF	\$52
42009 Sa	Sep 7-Sep 28	10:00a-10:45a	HTS	\$52
41794 F	Sep 6-Sep 27	5:35p-6:20p	HUF	\$52
	nd Pass (Ages 4			752
42014 Sa	Nov 9-Dec 7	9:00a-9:30a	HTS	\$52
41799 F	Nov 8-Dec 6	5:00p-5:30p	HUF	\$52
42013 Sa	Oct 12-Nov 2	9:00a-9:30a	HTS	\$52
41798 F	Oct 11-Nov 1	5:00p-5:30p	HUF	\$52
42012 Sa	Sep 7-Sep 28	9:00a-9:30a	HTS	\$52
41797 F	Sep 6-Sep 27	5:00p-5:30p	HUF	\$52
Kick the Ball (A		7.50a 10.00a	1113	752
42017 Sa	Nov 9-Dec 7	9:30a-10:00a	HTS	\$52
41802 F	Nov 8-Dec 6	4:30p-5:00p	HUF	\$52
42016 Sa	Oct 12-Nov 2	9:30a-10:00a	HTS	\$52
41801 F	Oct 11-Nov 1	4:30p-5:00p	HUF	\$52
42015 Sa	Sep 7-Sep 28	9:30a-10:00a	HTS	\$52
41800 F	Sep 6-Sep 27	4:30p-5:00p	HUF	\$52

Teen Yoga & Deep Stretching (Girls Only)

Ages 9-16. Develop a practice of mindfulness, meditation, movement and breathwork. Includes balance work, strength, deep stretch and so much more! For more information, e-mail instructor Tiffany Fulbright at t.fulbright@outlook.com. Sep 2-Dec 2 6:15p-7:00p

Youth Pickleball Class

Ages 9-14. This class features fun drills to develop basic skills, engaging activities to teach game rules and strategies, and practice games to build confidence and teamwork.

1				
42150 T	Sep 10	5:30p-6:30p	HUF	\$16
42196 T	Sep 17	5:30p-6:30p	HUF	\$16
42197 T	Sep 24	5:30p-6:30p	HUF	\$16
42198 T	Oct 1	5:30p-6:30p	HUF	\$16
42199 T	Oct 8	5:30p-6:30p	HUF	\$16
42200 T	Oct 15	5:30p-6:30p	HUF	\$16
42201 T	Oct 22	5:30p-6:30p	HUF	\$16
42202 T	Oct 29	5:30p-6:30p	HUF	\$16
42203 T	Nov 5	5:30p-6:30p	HUF	\$16
42204 T	Nov 12	5:30p-6:30p	HUF	\$16
42205 T	Nov 19	5:30p-6:30p	HUF	\$16
42206 T	Nov 26	5:30p-6:30p	HUF	\$16

Thanksgiving Mini Camps Artful Explorations Thanksgiving Art Camp

Ages 6-12. Give your young artist an opportunity to peak their interest in fine art by painting six paintings using watercolors, acrylics and oil on canvas! 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 tow-

eis aria a sriack each day.						
42138 M-W	Nov 25-Nov 27	9:00a-noon	HUF	\$60		

Children/Youth Classes

Chefsville - Baking like a Pro Thanksgiving

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. Supply fee of \$27 due to instructor \$127

Nov 25-Nov 27 1:00p-4:00p 42219 M-W

Galaxy Explorers Camp

Ages 5-8. Cadets embark on an interstellar adventure to visit the planets within our solar system, explore asteroids and journey to exoplanets! Discover the fascinating world of telescopes and the advanced technology that enables us to unravel the mysteries of the universe. Bring a snack.

42124 M-W Nov 25-Nov 27 9:00a-noon



Adult Classes

Arts and Crafts

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.

41726 Sa	Sep 21	noon-2:00p	HUF	\$25
41727 Sa	Oct 19	noon-2:00p	HUF	\$25
41728 Sa	Nov 9	noon-2:00p	HUF	\$25

Crochet Classes

Ages 18 and up. Begin your journey from basic to more complex stitches while moving at your own, comfortable pace. Yarn and hooks are provided. Please bring something to take notes. 42281 Th 7:15p-8:45p Sep 5 Sep 19 HUF 42282 Th 7:15p-8:45p \$35 42283 Th Oct 3 7:15p-8:45p HUF \$35 42284 Th Oct 17 7:15p-8:45p \$35 42285 Th HUF Nov 7 7:15p-8:45p \$35 42286 Th Nov 21 7:15p-8:45p HUF \$35

Crochet Classes Private Lessons

Ages 18 and up. These are one-day private lessons on Mondays from 7:15-8:45 p.m. Call Huffhines at 972-744-7881 after registering to coordinate which Monday date. 42287 M 7:15p-8:45p

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.

41//45a	sep /-sep 28	2:00p-4:00p	HUF	\$1/5
41775 Sa	Oct 5-Oct 26	2:00p-4:00p	HUF	\$175
41776 Sa	Nov 2-Nov 23	2:00p-4:00p	HUF	\$175

Professional Development Portrait Poses &

Ages 18 and up. Three two-hour private sessions, by appointment only with Aaron Thomas, professional photographer. Sep 7-Nov 30 8:00a-10:00a

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.

42139 T Aug 27-Dec 10 7:45p-8:25p

Adult Hip Hop

Ages 18 and up. Adult hip hop is a fun, energetic class. Students will learn dances to hip hop hits from past and present. Dancers should wear athletic clothes that are comfortable to move in

WILLI SITCARCIS	•			
42140 W	Aug 28-Dec 11	7:45p-8:25p	HUF	\$135

Adult Tap

Ages 18 and up. A fun and artistic form of exercise for any age. 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.

Beginner				
42143 M	Aug 26-Dec 9	7:45p-8:25p	HUF	\$135
Intermediate				
42144 Th	Aug 29-Dec 12	7:45p-8:25p	HUF	\$135
Advanced				
42142 T	Aug 27-Dec 10	7:45p-8:25p	HUF	\$135

Dance Lessons USA

Ages 16 and up. For descriptions, visit www.cor.net/ParksOnline and search by course number. For more information, visit www. DanceLessonsUSA.com or e-mail info@DanceLessonsUSA.com. Country-Western Dance; 2-Step

	41920 S	Oct 6-Oct 20	2:30p-3:40p	HTS	\$69
	Country-Wes	tern Dance; 3-St	ер		
	41921 S	Sep 8-Sep 22	2:30p-3:40p	HTS	\$69
Private Social Dance Lessons (Ages 18 and up)					
	41919 Daily	Sep 1-Nov 30	1:00p-2:10p	HTS	\$99
Swing Dance; East Coast Swing					
	41922 S	Oct 6-Oct 20	1:00p-2:10p	HTS	\$69



Adult Classes

wing Dance; Jitterbug							
11923 S	Sep 1-Sep 15	1:00p-2:10p	HTS	\$69			
Swing Danc	wing Dance; West Coast Swing						
11924 S	Nov 3-Nov 17	1:00p-2:10p	HTS	\$69			
JSA Ballroom Dance; Rumba							
11925 S	Nov 3-Nov 17	2:30p-3:40p	HTS	\$69			

Karaoke Dances USA: CW Karaoke Social

Dance

Ages 18 and up. Come dance, sing karaoke to country songs or just hang out and listen to the music. The Karaoke Dance Party will include 2-step, 3-step, waltz and progressive CW dance music. For more information, visit www.KaraokeDancesUSA.com or e-mail info@DanceLessonsUSA.com.

42134 W	Sep 25	7:00p-8:10p	HTS	\$10
42136 W	Nov 20	7:00p-8:10p	HTS	\$10

Line Dancing

New steps are taught and built upon based on previous experience. No class Oct. 10.

ence. No class Oct. 10.						
High Beginner (Ages 18 and up)						
41750 Th	Sep 5-Sep 26	10:00a-11:00a	HUF	\$20		
41751 Th	Oct 3-Oct 31	10:00a-11:00a	HUF	\$20		
41752 Th	Nov 7-Nov 21	10:00a-11:00a	HUF	\$15		
Improver (Ag	jes 15 and up)					
41956 W	Sep 4-Sep 25	10:30a-noon	HTS	\$16		
41957 W	Oct 2-Oct 30	10:30a-noon	HTS	\$20		
41958 W	Nov 6-Nov 20	10:30a-noon	HTS	\$12		
Improver (Ag	jes 18 and up)					
41753 T	Sep 3-Sep 24	11:00a-12:15p	HUF	\$20		
41754 T	Oct 1-Oct 29	11:00a-12:15p	HUF	\$20		
41755 T	Nov 5-Nov 19	11:00a-12:15p	HUF	\$15		
Improver/Int	ermediate (Ages	18 and up)				
41955 S	Sep 1-Nov 24	1:30p-4:30p	HTS	\$112		
Intermediate	(Ages 18 and up	o)				
41756 Th	Sep 5-Sep 26	11:15a-12:45p	HUF	\$20		
41757 Th	Oct 3-Oct 24	11:15a-12:45p	HUF	\$15		
41758 Th	Nov 7-Nov 21	11:15a-12:45p	HUF	\$15		
Intermediate	Advanced (Age	s 18 and up)				
41970 W	Sep 4-Sep 25	1:30p-3:00p	HTS	\$16		
41973 F	Sep 6-Nov 29	5:30p-8:30p	HTS	\$104		
41967 M	Sep 9-Sep 30	1:30p-3:00p	HTS	\$16		
41968 M	Oct 7-Oct 28	1:30p-3:00p	HTS	\$16		
41969 M	Nov 4-Nov 25	1:30p-3:00p	HTS	\$16		
41972 W	Nov 6-Nov 20	1:30p-3:00p	HTS	\$12		
Intermediate	Intermediate Open Line Dancing (Ages 18 and up)					

Square Dance for Beginners - Social Square Dancing

Sep 13-Sep 27 11:00a-1:00p

Ages 18 and up. Modern Western Square Dancing with contemporary music; excellent mental and physical low-impact exercise! First night is free ... give it a try. Join the Texas Reelers and learn to Square Dance the official folk dance of Texas!

42024 M Sep 9-Dec 9 6:15p-8:30p HTS \$73

Educational

Public Speaking: Overcoming Fears & Learning Fundamentals

Ages 16 and up. This course provides tangible approaches to conquering your public speaking fears in addition to helping you learn how to present your best self at job interviews, meetings, or even at social and networking events.

mgs, or even at social and networking events.					
41777 W	Sep 4-Oct 9	5:30p-6:30p	HUF	\$75	
41778 W	Oct 16-Nov 20	5:30p-6:30p	HUF	\$75	

Fitness

Awesome Exercise

Ages 13 and u	p. Cardio Pila	tes Yoga! Thi	is class uses a	II three to		
strengthen, st	retch and creat	e balance and	harmony in	your life.		
41895 M,W,F	Sep 4-Sep 30	8:30a-9:30a	HTS	\$50		
41896 M,W,F	Oct 2-Oct 30	8:30a-9:30a	HTS	\$50		
41897 M,W,F	Nov 1-Nov 29	8:30a-9:30a	HTS	\$50		
Two Days Per Week						
41898 M,W,F	Sep 4-Sep 30	8:30a-9:30a	HTS	\$40		
41899 M,W,F	Oct 2-Oct 30	8:30a-9:30a	HTS	\$40		
41900 M,W,F	Nov 1-Nov 29	8:30a-9:30a	HTS	\$40		

Boot Camp

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

41907 M,W,F Sep 4-Sep 30 6:00a-7:00a HTS \$50
41910 M,W,F Oct 2-Oct 30 6:00a-7:00a HTS \$50
41913 M,W,F Nov 1-Nov 29 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.

41729 T,Th	Sep 3-Sep 26	12:30p-2:00p	HUF	\$56
41730 T,Th	Oct 1-Oct 31	12:30p-2:00p	HUF	\$68
41731 T,Th	Nov 5-Nov 26	12:30p-2:00p	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.

41935 T	Sep 3-Sep 24	6:00p-7:00p	HTS	\$20
41938 Th	Sep 5-Sep 26	6:00p-7:00p	HTS	\$20
41941 Sa	Sep 7-Sep 28	11:00a-noon	HTS	\$25
41936 T	Oct 1-Oct 29	6:00p-7:00p	HTS	\$25
41939 Th	Oct 3-Oct 31	6:00p-7:00p	HTS	\$25
41942 Sa	Oct 5-Oct 26	11:00a-noon	HTS	\$20
41943 Sa	Nov 2-Nov 23	11:00a-noon	HTS	\$20
41937 T	Nov 5-Nov 26	6:00p-7:00p	HTS	\$20
41940 Th	Nov 7-Nov 21	6:00p-7:00p	HTS	\$15



Adult Classes

Heights World Zumba

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.

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41950 T,Th	Sep 3-Sep 26	5:15p-6:15p	HTS	\$35		
41951 T,Th	Oct 1-Oct 31	5:15p-6:15p	HTS	\$35		
42048 T,Th	Nov 5-Nov 26	5:15p-6:15p	HTS	\$35		
One Class Per	One Class Per Week					
41948 T,Th	Sep 3-Sep 26	5:15p-6:15p	HTS	\$25		
41949 T,Th	Oct 1-Oct 31	5:15p-6:15p	HTS	\$25		
42049 T,Th	Nov 5-Nov 26	5:15p-6:15p	HTS	\$25		

Personal Training with Damon

Ages 10 and up. 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.

ReFit Revolution

Ages 14 and up. 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. Wednesday classes are 5:15-6:15 p.m. and Saturday classes are 9-10 a.m.

are 5:15-6:15 p.m. and Saturday classes are 9-10 a.m.				
41779 W,Sa	Sep 4-Sep 28	Varies	HUF	\$40
41780 W,Sa	Oct 2-Oct 30	Varies	HUF	\$40
41781 W,Sa	Nov 2-Nov 30	Varies	HUF	\$40
One Class Per	Week			
41782 W,Sa	Sep 4-Sep 28	Varies	HUF	\$20
41783 W,Sa	Oct 2-Oct 30	Varies	HUF	\$20
41784 W,Sa	Nov 2-Nov 30	Varies	HUF	\$20

Rev+Flow WWW

Ages 14 and up. With functional movements woven into the REV+FLOW format, you'll use (and not lose) the important, lifelong functions that help you stay strong and active. And because REV+FLOW is a low-impact, high-intensity workout, you'll also increase your strength, balance, flexibility and mobility. For information, visit https://refitrev.com/revandflow/.

intermediation, visit neeps, / renere vice in / revariance v/.				
42106 Sa	Sep 7-Sep 28	10:00a-11:00a	HUF	\$20
42107 Sa	Oct 5-Oct 26	10:00a-11:00a	HUF	\$20
42108 Sa	Nov 2-Nov 30	10:00a-11:00a	HUF	\$25

The Vibrant Life: Functional Wellness for Women

Ages 14 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. For information, visit www. thehealthcoach.life or e-mail t.fulbright@outlook.com. Equipment needed: athletic shoes, fitness mat, water. Tuesday and Thursday classes are 6-6:45 a.m. or 7-7:45 a.m., and Friday classes are 7-7:45 a.m.

classes are 7	, . 15 a.i.i.					
Three Classes Per Week						
42125 T,Th-F	Sep 3-Sep 27	Varies	HUF	\$75		
42126 T,Th-F	Oct 1-Oct 31	Varies	HUF	\$75		
42127 T,Th-F	Nov 1-Nov 29	Varies	HUF	\$75		
Two Classes P	er Week					
42129 T,Th-F	Sep 3-Sep 27	Varies	HUF	\$55		
42130 T,Th-F	Oct 1-Oct 31	Varies	HUF	\$55		
42132 T,Th-F	Nov 1-Nov 29	Varies	HUF	\$55		
One Class Per Week						
42128 T,Th-F	Sep 3-Sep 27	Varies	HUF	\$35		
42131 T,Th-F	Oct 1-Oct 31	Varies	HUF	\$35		
42133 T,Th-F	Nov 1-Nov 29	Varies	HUF	\$35		

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	r Week					
41825 M,W	Sep 4-Sep 30	6:30p-7:30p	HUF	\$103		
41826 M,W	Oct 2-Oct 30	6:30p-7:30p	HUF	\$103		
41827 M,W	Nov 4-Nov 27	6:30p-7:30p	HUF	\$103		
One Day Per Week						
41822 M,W	Sep 4-Sep 30	6:30p-7:30p	HUF	\$52		
41823 M,W	Oct 2-Oct 30	6:30p-7:30p	HUF	\$52		
41824 M W	Nov 4-Nov 27	6.30n-7.30n	HUE	\$52		

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			
41852 M,W,F	Sep 4-Sep 30	10:00a-11:00a	HUF	\$50
41853 M,W,F	Sep 4-Sep 30	6:00p-7:00p	HUF	\$50
41854 M,W,F	Oct 2-Oct 30	10:00a-11:00a	HUF	\$50
41855 M,W,F	Oct 2-Oct 30	6:00p-7:00p	HUF	\$50
41857 M,W,F	Nov 1-Nov 29	10:00a-11:00a	HUF	\$50
41856 M,W,F	Nov 1-Nov 29	6:00p-7:00p	HUF	\$50
Two Classes P	er Week			
41847 M,W,F	Sep 4-Sep 30	10:00a-11:00a	HUF	\$45
41846 M,W,F	Sep 4-Sep 30	6:00p-7:00p	HUF	\$45
41849 M,W,F	Oct 2-Oct 30	10:00a-11:00a	HUF	\$45
41848 M,W,F	Oct 2-Oct 30	6:00p-7:00p	HUF	\$45
41851 M,W,F	Nov 1-Nov 29	10:00a-11:00a	HUF	\$45
41850 M,W,F	Nov 1-Nov 29	6:00p-7:00p	HUF	\$45
One Class Per	Week			
41841 M,W,F	Sep 4-Sep 30	10:00a-11:00a	HUF	\$25
41840 M,W,F	Sep 4-Sep 30	6:00p-7:00p	HUF	\$25
41843 M,W,F	Oct 2-Oct 30	10:00a-11:00a	HUF	\$25
41842 M,W,F	Oct 2-Oct 30	6:00p-7:00p	HUF	\$25
41844 M,W,F	Nov 1-Nov 29	10:00a-11:00a	HUF	\$25
41845 M,W,F	Nov 1-Nov 29	6:00p-7:00p	HUF	\$25



Adult Classes

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

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42029 T,Th	Sep 3-Sep 26	8:00a-9:00a	HTS	\$64		
42032 T,Th	Oct 1-Oct 31	8:00a-9:00a	HTS	\$80		
42035 T,Th	Nov 5-Nov 26	8:00a-9:00a	HTS	\$56		
One Class Per	One Class Per Week					
42030 T,Th	Sep 3-Sep 26	8:00a-9:00a	HTS	\$32		
42033 T,Th	Oct 1-Oct 31	8:00a-9:00a	HTS	\$40		
42036 T,Th	Nov 5-Nov 26	8:00a-9:00a	HTS	\$28		

Zumba Fitness

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.

41861 M,W	Sep 4-Sep 30	6:15p-7:15p	HUF	\$35			
41862 M,W	Oct 2-Oct 30	6:15p-7:15p	HUF	\$35			
41863 M,W	Nov 4-Nov 27	6:15p-7:15p	HUF	\$35			
One Day Per W	One Day Per Week						
41864 M,W	Sep 4-Sep 30	6:15p-7:15p	HUF	\$25			
41865 M,W	Oct 2-Oct 30	6:15p-7:15p	HUF	\$25			
41866 M,W	Nov 4-Nov 27	6:15p-7:15p	HUF	\$25			

Hobbies

Sewing Adventurous Beginning Bag Making

Ages 14 and up. Together we will make a boxy zipper bag. Bring your sewing machine, a 1/2 yard of cotton fabric for bag exterior and a 1/2 yard of cotton fabric for bag interior, new #90 or #100 needles, matching thread and a \$30 supply fee due to the instructor at class.

instructor a	at class.			
42051 M	Oct 7	12:30p-3:30p	HTS	\$75
42003 Sa	Oct 26	12·30n-3·30n	HTS	¢75

Sewing Beginning Bag Making

Ages 15 and up. Together we will make the forte bag from Rivey Bag Company (https://rivetpatterns.com/products/forte-tote-bag). Bring your copy of the forte pattern, sewing machine, fabric and matching thread to class

lablic and matering timead to class.					
42001 M	Sep 23	12:30p-2:30p	HTS	\$50	
42053 Sa	Oct 26	10:15a-12:15p	HTS	\$50	

Sewing Lab

Ages 15 and up. Bring your sewing projects and sew with an instructor. From measurements to layouts to construction, all items covered for instruction. Bring your sewing machine, tools, patterns, and project materials and we will get those projects completed.

42004 Sa Nov 2 12:30p-3:30p HTS **Sewing: Understanding your Sewing Machine**

Ages 15 and up. Do you have a sewing machine your don't know how to use? Bring it to class and learn how to thread it, wind and install the bobbin, change the needle, adjust the tension and so much more.

42007 I	Sep 17	12:30p-2:30p	HIZ	\$50
42052 Sa	Sep 28	12:30p-2:30p	HTS	\$50

Sports

Badminton

Ages 16 and up.					
41708 Sa	Sep 7-Sep 28	1:00p-5:00p	HUF	\$25	
41709 Sa	Oct 12-Oct 26	1:00p-5:00p	HUF	\$25	
41710 Sa	Nov 2-Nov 30	1:00p-5:00p	HUF	\$25	

Beginner Archery

Ages 10 and up. Introduce the basic steps on 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.

419/41	Sep 3-Sep 24	4:30p-5:30p	HIS	\$20
41975 T	Oct 1-Oct 29	4:30p-5:30p	HTS	\$25
41976 T	Nov 5-Nov 26	4:30p-5:30p	HTS	\$20

Heights Adult Basketball

Ages 21 and up. Half court play available for both men and women. Space is limited, so sign up now.

41945 M,W	Oct 21-Nov 25	8:00p-9:55p	HTS	\$25
41944 M,W		8:00p-9:55p	HTS	\$25

Huffhines Basketball

Ages 18 and up. Huffhines Adult Basketball Pickup Games: Please bring your ID for check-in.

41734 W	Sep 11-Sep 25	7:00p-9:30p	HUF	\$15
41735 W	Oct 2-Oct 30	7:00p-9:30p	HUF	\$25
41736 W	Nov 6-Nov 27	7:00p-9:30p	HUF	\$20

Intermediate Archery

Ages 10 and up. 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.

41961 T	Sep 3-Sep 24	5:30p-6:30p	HTS	\$30
41962 T	Oct 1-Oct 29	5:30p-6:30p	HTS	\$35
41963 T	Nov 5-Nov 26	5:30p-6:30p	HTS	\$30

www.cor.net/Parks



Adult Classes

Intro to Pickleball Class

Ages 18 and up. The introductory adult pickleball class features basic drills to develop fundamental skills, instructional sessions on game rules and strategies and practice games to build confidence and proficiency. It is designed to help beginners understand and enjoy the game.

41/431	Sep 10	6:30p-7:30p	HUF	\$16
42207 T	Sep 17	6:30p-7:30p	HUF	\$16
42208 T	Sep 24	6:30p-7:30p	HUF	\$16
42209 T	Oct 1	6:30p-7:30p	HUF	\$16
42210 T	Oct 8	6:30p-7:30p	HUF	\$16
42211 T	Oct 15	6:30p-7:30p	HUF	\$16
42212 T	Oct 22	6:30p-7:30p	HUF	\$16
42213 T	Oct 29	6:30p-7:30p	HUF	\$16
42214 T	Nov 5	6:30p-7:30p	HUF	\$16
42215 T	Nov 12	6:30p-7:30p	HUF	\$16
42216 T	Nov 19	6:30p-7:30p	HUF	\$16
42217 T	Nov 26	6:30p-7:30p	HUF	\$16

Pickleball Classes

Ages 18 and up. Our small group pickleball lessons are a convenient, affordable way to learn pickleball through a semi-private experience. Our skilled instructors and coaches work hard to put together cohesive groups of similar age, skill, and location in order to ensure the best experience possible.

42195 F	Sep 6	9:00a-10:45a	HUF	\$25
41744 F	Sep 20	9:00a-10:45a	HUF	\$25
41745 F	Oct 4	9:00a-10:45a	HUF	\$25
41746 F	Oct 18	9:00a-10:45a	HUF	\$25
41747 F	Nov 1	9:00a-10:45a	HUF	\$25
41748 F	Nov 15	9:00a-10:45a	HUF	\$25
Intermediate				
41737 F	Sep 13	9:00a-10:45a	HUF	\$25
41738 F	Sep 27	9:00a-10:45a	HUF	\$25
41739 F	Oct 11	9:00a-10:45a	HUF	\$25
41740 F	Oct 25	9:00a-10:45a	HUF	\$25
41741 F	Nov 8	9:00a-10:45a	HUF	\$25
41742 F	Nov 22	9:00a-10:45a	HUF	\$25



Martial Arts Classes

Martial Arts

Blakey's Tae Kwon Do

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

Ages 6 and up	•			
41723 Th	Sep 5-Sep 26	7:00p-7:45p	HUF	\$45
41724 Th	Oct 3-Oct 24	7:00p-7:45p	HUF	\$45
41725 Th	Nov 7-Nov 21	7:00p-7:45p	HUF	\$45
Senior Tae Kwon Do (Ages 55 and up)				
41720 Th	Sep 5-Sep 26	11:30a-12:15p	HUF	\$25
41721 Th	Oct 3-Oct 24	11:30a-12:15p	HUF	\$25
41722 Th	Nov 7-Nov 21	11:30a-12:15p	HUF	\$25
Rrazilian	lin-liten 1	01		

Brazilian Jiu-Jitsu 101

Ages 12 and up. This is a family-oriented class that teaches ground fighting and self-defense techniques. Brazilian Jiu-Jitsu is a martial art and combat sport, focusing on grappling and ground fighting. Learn Brazilian Jiu-Jitsu in a live grappling situation. For more information, go to www.corbjj.com.

41915 M,W,Sa	Sep 4-Sep 30	6:15p-7:30p	HTS	\$100
41916 M,W,Sa	Oct 2-Oct 30	6:15p-7:30p	HTS	\$100
41917 M,W,Sa	Nov 2-Nov 30	8:30a-10:00a	HTS	\$100

Dragon School of Tae Kwon Do

Ages 10 and up. For over 45 years, the Dragon School has provided quality martial arts training to the Richardson community in a safe and positive learning environment. Our school teaches the traditional style of Mu Duk Kwan, which emphasizes respect, discipline and self-control while promoting greater physical and mental well-being. For more information, visit www.

41929 T,Th	Sep 3-Sep 26	6:30p-8:00p	HTS	\$40
41930 T,Th	Oct 1-Oct 29	6:30p-8:00p	HTS	\$40
41931 T,Th	Nov 5-Nov 26	6:30p-8:00p	HTS	\$40

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 equired For more information visit www.SunOiFitness 60

42083 Sa Sep 7-Sep 28 9:30a-10:30a 42084 Sa Oct 5-Oct 26 9:30a-10:30a		
42084 Sa Oct 5-Oct 26 9:30a-10:30a	HUF	\$60
42004 Ju Oct 3 Oct 20 3.300 10.300	HUF	\$60
42085 Sa Nov 2-Nov 30 9:30a-10:30a	HUF	\$7.

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.



Martial Arts Classes

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				
41994 F	Sep 6-Sep 27	9:45a-10:45a	HTS	\$60
41995 F	Oct 4-Oct 25	9:45a-10:45a	HTS	\$60
41996 F	Nov 1-Nov 29	9:45a-10:45a	HTS	\$75
Huffhines				
41807 Sa	Sep 7-Sep 28	10:45a-11:45a	HUF	\$60
41808 Sa	Oct 5-Oct 26	10:45a-11:45a	HUF	\$60
41809 Sa	Nov 2-Nov 30	10:45a-11:45a	HUF	\$75

Traditional Japanese Karate and Self Defense

Ages 8 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.

		J.		
42025 M,W	Sep 4-Sep 30	6:30p-7:30p	HTS	\$75
42026 M,W	Oct 2-Oct 30	6:30p-7:30p	HTS	\$75
42027 M,W	Nov 4-Nov 25	6:30p-7:30p	HTS	\$75

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 at www.sungifitness.com.

41831 T	Sep 3-Sep 24	6:00p-7:00p	HUF	\$50
41832 T	Oct 1-Oct 29	6:00p-7:00p	HUF	\$50
41833 T	Nov 5-Nov 26	6:00p-7:00p	HUF	\$50



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. 14. E-mail HuffhinesDanceDepartment@gmail.com if you have placement questions. Follows RISD closures for weather.

Pre Ballet I & II (Ages 4-6)

Pre Ballet I & II	(Ages 4-6)			
42062 Th	Sep 12-Dec 5	10:15a-11:00a	HTS	\$122
Ballet I (Ages 5	i-6)			
42146 M	Aug 26-Dec 9	4:00p-4:40p	HUF	\$135
Ballet I/II (Age:	s 6-9)			
42147 W	Aug 28-Dec 11	4:45p-5:25p	HUF	\$135
Ballet II (Ages				
	Aug 27-Dec 10	5:30p-6:10p	HUF	\$135
Ballet III (Ages				
` •	Aug 27-Dec 10	5:30p-6:10p	HUF	\$135
Ballet IV (Ages		5.56p 51.6p		4.55
42149 Th	Aug 29-Dec 12	7:00n-7:40n	HUF	\$135
Contemporary		7.00p 7.10p	1101	7133
42154T	Aug 27-Dec 10	4:45p-5:25p	HUF	\$135
Contemporary	II (Ages 13-18)			
42155 T	Aug 27-Dec 10	7:00p-7:40p	HUF	\$135
Hip Hop I (Age	s 6-9)			
42156 W	Aug 28-Dec 11	5:30p-6:10p	HUF	\$135
Hip Hop II (Age				
42157 T	Aug 27-Dec 10	7:00p-7:40p	HUF	\$135
Hip Hop III (Ag				
42158 Th	Aug 29-Dec 12		HUF	\$135
42159 T	allet I (Ages 5-7) Aug 27-Dec 10		HUF	\$135
	allet II (Ages 8-1		пог	\$133
42160 M	Aug 26-Dec 9		HUF	\$135
Homeschool Ta				, .55
42161 T	Aug 27-Dec 10	10:30a-11:10a	HUF	\$135
Homeschool Ta	ap II (Ages 8-11)			
42162 M	Aug 26-Dec 9	10:30a-11:10a	HUF	\$135
Jazz I (Ages 5-7	7)			
	Aug 28-Dec 11	4:00p-4:40p	HUF	\$135
Jazz II (Ages 8-				
42164 T	Aug 27-Dec 10	4:45p-5:25p	HUF	\$135
Jazz III (Ages 9				
	Aug 29-Dec 12	6:15p-6:55p	HUF	\$135
Jazz IV (Ages 1	3-18)			
42166 W	Aug 28-Dec 11	7:00p-7:40p	HUF	\$135



Dance Classes

Tap I (Ages 5-7)					
42171 M	Aug 26-Dec 9	4:45p-5:25p	HUF	\$135	
Tap II (Ages 7-1	10)				
42172 M	Aug 26-Dec 9	5:30p-6:10p	HUF	\$135	
Tap III (Ages 9-	12)				
42173 Th	Aug 29-Dec 12	4:45p-5:25p	HUF	\$135	
Tap IV (Ages 13	3-18)				
42174 Th	Aug 29-Dec 12	6:15p-6:55p	HUF	\$135	
Ballet/Tap Con	nbo I (Ages 4-6)				
42151 W	Aug 28-Dec 11	4:45p-5:25p	HUF	\$135	
Ballet/Tap Com	bo II (Ages 4-6)				
42152 T	Aug 27-Dec 10	4:00p-4:40p	HUF	\$135	
42153 Th	Aug 29-Dec 12	4:00p-4:40p	HUF	\$135	
Jazz/Hip Hop (Ages 4-7)					
42272 W	Aug 28-Dec 11	9:00a-9:40a	HUF	\$135	
42167 W	Aug 28-Dec 11	4:00p-4:40p	HUF	\$135	
Crostive Mayoment					

Creative Movement

Ages 2-3. A fun-filled music- and movement-based class that allows students to be creative and explore different movements. This class will help students work toward independence in the class room. Students will use props such as scarfs and hula hoops as well as their imagination. We will work on gross motor skills coordination cross body movements and more!

skins, essianiation, eross souly more ments and more				
42177 W	Sep 4-Sep 25	9:45a-10:15a	HUF	\$40
42178 W	Oct 2-Oct 30	9:45a-10:15a	HUF	\$40
42179 W	Nov 6-Nov 20	9·45a-10·15a	HUF	\$40

Leaps, Turns and Conditioning

Ages 9-13. Dancers will work on turn and leap technique, flexibility and strength training needed for successful dancers.

Leaps, Turns and Conditioning I				
42176 Th	Aug 29-Dec 12 7:00p-7:40p	HUF	\$135	
Leaps, Turns and Conditioning II				
42175 W	Aug 28-Dec 11 6:15p-6:55p	HUF	\$135	

Pointe

Ages 9-18. Please contact Ms. Samantha if interested. Dancers must be registered in a separate ballet class in addition to this class. 42180 M Aug 26-Dec 9 6:15p-6:55p

Pre-Pointe

Ages 9-18. Pre-Pointe is a preparation class for pointe shoes. Please contact Ms. Samantha if interested. This class does not guarantee you pointe shoes. Dancers may have to repeat the class multiple time before dancers meet all criteria needed (technical and strength) to be awarded pointe shoes in order to prevent unnecessary injury. Dancers must be registered in



Dance Classes

a separate ballet class level II and higher in order to be in this Aug 26-Dec 9 7:00p-7:40p 42181 M \$135

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, II & III and III), a \$65 costume fee is due to the instructor by the first

class and a recital fee is due by Nov. 1.				
Baby Ballet I (2	year olds)			
42060 Sa	Sep 7-Oct 12	9:00a-9:30a	HTS	\$65
42061 Sa	Oct 26-Dec 7	9:00a-9:30a	HTS	\$65
Baby Ballet II (Ages 2-3)			
42065 Sa	Sep 7-Oct 12	9:30a-10:00a	HTS	\$65
42080 Sa	Oct 26-Dec 7	9:30a-10:00a	HTS	\$65
Baby Ballet II 8				
42063 W	Sep 11-Dec 4	3:30p-4:00p	HTS	\$122
Baby Ballet III	(Ages 3-4)			
42066 Th	Sep 12-Dec 5	9:30a-10:15a	HTS	\$122
42067 Sa	Sep 7-Dec 7	10:45a-11:30a	HTS	\$122
Pre Ballet (Age	s 3-4)			
42168 M	Aug 26-Dec 9	9:00a-9:40a	HUF	\$135
42169 M	Aug 26-Dec 9	3:15p-3:55p	HUF	\$135
42170 T	Aug 27-Dec 10	4:00p-4:40p	HUF	\$135
Ballet II (Ages	5-7)			
42069 W	Sep 11-Dec 4	4:00p-4:45p	HTS	\$122
Ballet II & III (A	ges 5-9)			
42070 Sa	Sep 7-Dec 7	11:30a-12:15p	HTS	\$142
	Pointe & Point (•		
•		m., Saturday class s		
42071 W,Sa	Sep 7-Oct 19	Varies	HTS	\$168
42072 W,Sa	Oct 26-Dec 7	Varies	HTS	\$144
Jazz and Hip H				
42075 Sa	Sep 7-Dec 7	11:30a-12:15p	HTS	\$122
•	I & II (Ages 4-7)			
42077 Sa	Sep 7-Dec 7	10:00a-10:45a	HTS	\$122
42076 M	Sep 9-Dec 2	4:00p-4:45p	HTS	\$122
Tap and Ballet				
42078 M	Sep 9-Dec 2	4:45p-5:45p	HTS	\$144

Broadway Dance

Ages 5-8. 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. Sep 11-Dec 4 5:30p-6:15p HTS



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.

and preparation for lear	filling 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	e 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.	\$43

4-year-olds

Emphasis in the class is on coordination, beginning strength, flexibility positions, safety rules, introduction to basic skills on equipment and lots of fun. Students are grouped according to age, physical ability and skill level.

	,	
M	11-11:50 a.m.	\$48
Tu	11-11:50 a.m.	\$48
W	11-11:50 a.m.	\$48
Th	11-11:50 a.m.	\$48
Th	1-1:50 p.m.	\$48
F	11-11:50 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.

and lots of fun. This c	lass is for all-day kindergarte	en girls.
M	3:30-4:20 p.m.	\$48
M	4:30-5:20 p.m.	\$48
M	6:30-7:20 p.m.	\$48
Tu	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.

Tilla Class is for all-C	aay kiilacigarten ana ilist gra	ue 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.

3	1	705
S	11 a.m12:20 p.m.	\$63
S	9:30-10:50 a.m.	\$63
F	5:30-6:50 p.m.	\$63
F	4-5:20 p.m.	\$63
Th	6:30-7:50 p.m.	\$63
Th	5-6:20 p.m.	\$63
W	6-7:20 p.m.	\$63
W	4:30-5:50 p.m.	\$63
W	4-5:20 p.m.	\$68
Tu,Th	4:30-5:20 p.m.	\$85
Tu	3:30-4:50 p.m.	\$63
M,W	6:30-7:20 p.m.	\$85
M,W	5:30-6:20 p.m.	\$85
M,W	4:30-5:20 p.m.	\$85
M,W	3:30-4:20 p.m.	\$85
M	6-7:20 p.m.	\$63
M	5-6:20 p.m.	\$63
M	3:30-4:50 p.m.	\$63
skiiis off vault, bars, ba	idilice bearif, turribiling and trainip	omic.

Elementary Intermediate Girls

Ages 7-14 years. Instructor recommendation only. This program continues to build on the basic skills learned in the beginner program. Conditioning is added to help prepare for more difficult skills.

M	3:30-5:20 p.m.	\$80
M,W	5:30-6:50 p.m.	\$100
Tu,Th	4-5:20 p.m.	\$100
Tu,Th	5:30-6:50 p.m.	\$100
F	4-5:50 p.m.	\$80
F	5:30-7:20 p.m.	\$80
S	9-10:50 a.m.	\$80
S	11 a.m12:50 p.m.	\$80

Elementary Advanced Girls

Pre-competitive girls gymnastics grades 1-6. Instructor recommendation only. The advanced girls program is for those girls who have progressed through the beginner and intermediate programs and are ready to work on a pre-competitive level.

programs and are ready to work on a pre-competitive level.			
	M,W	6:30-8:25 p.m.	\$120
	Tu,Th	6:30-8:25 p.m.	\$120

Girls Competitive Team

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

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

Tumbling

Coed Tumbling ages 8-17

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

noon classes are for beginner tumblers.				
M	7:30-8:20 p.m.	\$48		
S	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 1-3:30 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.
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 7-10 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.

42232 F	Sept. 6	\$10
42234 F	Sept. 13	\$10
42235 F	Sept. 20	\$10
42236 F	Sept. 27	\$10
42238 F	Oct. 4	\$10
42237 F	Oct. 11	\$10
42239 F	Oct. 18	\$10
42240 F	Oct. 25	\$10
42241 F	Nov. 1	\$10
42242 F	Nov. 8	\$10
42243 F	Nov. 15	\$10
42233 F	Nov. 22	\$10



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. 30-Oct. 17 Sept. 3-19 Oct. 28-Nov. 14 The levels are:

Future Stars (Ages 5-7) Mon and Wed, 5-5:30 p.m. or Tu and Th, 4:15-5 p.m. COST: \$45 for Mon/Wed and \$65 for Tu/Th. Emphasis is on basic tennis fundamentals, working on handeye 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

Dates:

Sept. 30-Oct. 17 Sept. 3-19 Oct. 28-Nov. 14 Five 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

AD-1-+Beginner-High Beginner Mon, 9-10:30 a.m.

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—Tu 7:30-9 p.m. or Th 7:30-9 p.m. Cost: \$54 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, 7-8:30 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.

Adult Drill Classes

CALL TO SIGN UP

Mon., Coed, (Ryan) 7-8:30 p.m., (High Beg. /Int 3.0-3.5) Cost: \$20 Mon., Coed, (Christy) 7:30-9 p.m., (Beginner 2.5+) 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 Wed., Coed, (Christy) 7:30-9 p.m., (Beginner 2.5+) Cost: \$20 Thur., Coed, (Ryan) 7:30-9 p.m., (High Beg. /Int 3.0-3.5) Cost: \$20 Fri., Coed, (Christy) 6:30-8 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) 9-11 a.m., (All Levels 2.5-4.0) Cost: \$20



Tennis

Adult Leagues—Oct. 7-Nov. 21 Sign-up begins Aug. 1 Cost: \$40

Men B Singles Mondays 7:30 p.m. Men B Singles 7:30 p.m. Tuesdays 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 \$70 1-hour lesson Semi-private lesson \$42 each

Tennis Pro Christy Vutam

\$30 1/2-hour lesson 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

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

Thanksgiving Break Tennis Camp

Dates: Nov 25, 26, 27, 28 (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

Sherrill Park consistently ranks among the top 10 municipal golf courses and continues to solidify its reputation as a high-quality golf course. It is sure to challenge golfers of all skill levels.

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

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

Ages 17 and up. The Golf It Up 1.0 program is designed for the beginner golfer that has very little to no "on-course" experience. We combine indoor/outdoor group instructional activities with on-course learning experiences that golfers find memorable.

Golf It Up for the beginning player includes:

· 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. visit www.myperformancegolf.com





Athletics

Adult Softball Leagues

Registration begins Aug. 1, and league play begins Sept. 3. Games played at Huffhines Softball Complex in an eight-game regular season + playoffs (top 4 teams) All skill levels-Men's & Mixed

Leagues; weekly games Monday-Friday

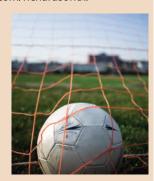
Team Registration \$350 Register by phone at 972-744-

7892, in-person at the Huffhines Rec Center or online at https://apm.activecommunities.com/richardsontx.

Soccer Leagues

<u>Women</u> 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 28

Canyon Creek and Terrace pools will close Aug. 11

Heights Family Aquatic Center will be open weekends only after Aug. 11 and will close for the season on Labor Day, Sept. 2.

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



Athletics Information

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