



AUDUBON

RECREATION CENTER

342 W. Oates Road, Garland, TX 75043 | 972-205-3991 | ARC@GarlandTX.gov



TOTS TO TUMBLE AND DANCE

Laughing, playing and bonding together! Parents and tots are introduced to music, movement, balance, basic dance and tumbling steps in a fun, friendly and positive atmosphere. Support growth and social development while encouraging language and communication skills through play.

Instructor: L. Whittington

Age: 3 - 5

Tu	5:45 - 6:25 p.m.	Jan. 11 - Feb. 15	\$49	18248
Tu	5:45 - 6:25 p.m.	Feb. 22 - April 5	\$49	18249
Tu	5:45 - 6:25 p.m.	April 12 - May 17	\$49	18250

ARTS & CRAFTS

Uniquely Made Cards

Discover the art of creating cards and paper crafts in this one-day course! There are many ways to add your personal touch to gifts and cards. This hands-on class teaches you how to create personalized greeting cards and paper crafts. Each class covers a different topic and technique and no experience is necessary. You will make and take home all items. All materials are provided.

Instructor: S. Taylor

Age: 16 and up

Tu	6:30 - 8:30 p.m.	Jan. 11	\$20	18232
Tu	6:30 - 8:30 p.m.	Feb. 8	\$20	18233
Tu	6:30 - 8:30 p.m.	March 8	\$20	18234
Tu	6:30 - 8:30 p.m.	April 12	\$20	18235

COMMUNITY

EDUCATION

FYI Esports Club

Go beyond the play of normal gaming. Become immersed in every component of this up-and-coming discipline. Develop a great start in the world of esports including creating a charter, understanding the roadmap to video gameplay, tournament planning and much more.

Instructor: S. Burns

Register monthly for \$150 or daily for \$25.

Age: 8 - 17

M, W	4 - 7 p.m.	Jan. 3 - 26	\$150	18215
M, W	4 - 7 p.m.	Feb. 2 - 28	\$150	18216
M, W	4 - 7 p.m.	March 2 - 30	\$150	18217
M, W	4 - 7 p.m.	April 4 - 27	\$150	18218

DANCE

Ballet

Discover the dancer within. Move through progressive barre and center exercises that stress skeletal alignment, turn-out of the legs, coordination of the hands and arms, weight changes and proper use of the feet. Establish a strong foundation in dance, build strength and apply techniques to other forms of dance.

Instructor: E. Schwericke

Age: 3 - 6

Sa	9:30 - 10:15 a.m.	Jan. 8 - March 26	\$67	18259
Sa	11:30 a.m. - 12:15 p.m.	Jan. 8 - March 26	\$67	18261

Age: 6 - 12

Sa	10:25 - 11:10 a.m.	Jan. 8 - March 26	\$67	18260
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Xtreme Hip-Hop Dance

Get grooving and get moving! Step up your fitness game with this Xtreme take on traditional step aerobics. With exciting routines set to old and new school hip-hop music, this high-intensity, low-impact exercise challenges you while meeting your fitness goals.

Instructor: A. McGhee

Register monthly for \$50 or daily for \$10.

Age: 10 and up

M, W	6:30 - 7:30 p.m.	Jan. 3 - 31	\$50	18219
M, W	6:30 - 7:30 p.m.	Feb. 2 - 28	\$50	18220
M, W	6:30 - 7:30 p.m.	March 2 - 30	\$50	18221
M, W	6:30 - 7:30 p.m.	April 4 - 27	\$50	18222

HEALTH & FITNESS



Boxing Fitness

Box your way to a leaner body! Learn proper stance, movements and offensive techniques while conditioning your mind and body. Full-body movements help tone muscles and build strength while optimizing your cardiovascular system. Enhance your athletic skills like footwork, agility, quickness, coordination, endurance, stamina and timing.

Instructor: A. McGhee

Age: 6 and up

Tu, Th	6 - 7 p.m.	Jan. 4 - 27	\$45	18211
Tu, Th	6 - 7 p.m.	Feb. 1 - 24	\$45	18212
Tu, Th	6 - 7 p.m.	March 1 - 31	\$45	18213
Tu, Th	6 - 7 p.m.	April 5 - 28	\$45	18214

Excellence Rising Athletic Fitness

Train like a pro! Focus on building stamina, speed and agility, flexibility, core and balance by incorporating creative exercises to expand fitness abilities. Build overall fitness and conditioning that will prepare you for success as an athlete in any environment.

Instructor: A. Williams

Age: 11 and up

Sa	1:30 - 2:30 p.m.	Jan. 8 - 29	\$55	18241
Sa	1:30 - 2:30 p.m.	Feb. 5 - 26	\$55	18242
Sa	1:30 - 2:30 p.m.	March 5 - 26	\$55	18243
Sa	1:30 - 2:30 p.m.	April 2 - 23	\$55	18244

MARTIAL ARTS

Garland Black Belt Academy

Develop dedication and discipline! Learn how to safely control your balance, leverage and movement while implementing skill, technique and timing through self-defense. Improve concentration, body control and quick reflexive action. Build self-esteem and gain a lifetime of health and fitness knowledge.

Instructor: R. Walker

Tigers

Age: 3 - 6

M, W, F	4:30 - 5 p.m.	Jan. 3 - 31	\$99	18278
M, W	6:45 - 7:15 p.m.	Jan. 3 - 31	\$99	18290
M, W, F	4:30 - 5 p.m.	Feb. 2 - 28	\$99	18279
M, W	6:45 - 7:15 p.m.	Feb. 2 - 28	\$99	18291
M, W, F	4:30 - 5 p.m.	March 2 - 30	\$99	18280
M, W	6:45 - 7:15 p.m.	March 2 - 30	\$99	18292
M, W, F	4:30 - 5 p.m.	April 1 - 29	\$99	18281
M, W	6:45 - 7:15 p.m.	April 4 - 27	\$99	18293

Juniors

Age: 7 - 11

M, W, F	5 - 5:45 p.m.	Jan. 3 - 31	\$99	18282
M, W, F	5 - 5:45 p.m.	Feb. 2 - 28	\$99	18283
M, W, F	5 - 5:45 p.m.	March 2 - 30	\$99	18284
M, W, F	5 - 5:45 p.m.	April 4 - 27	\$99	18285

Family

Age: 7 and up

M, W	5:45 - 6:45 p.m.	Jan. 3 - 31	\$99	18286
M, W	5:45 - 6:45 p.m.	Feb. 2 - 28	\$99	18287
M, W	5:45 - 6:45 p.m.	March 2 - 30	\$99	18288
M, W	5:45 - 6:45 p.m.	April 4 - 27	\$99	18289

Karate

Grow in mind and body! This Okinawan art of self-defense employs hand strikes and kicks with swift and calculated movements used to disable or subdue an opponent. Focus on the flow of kata, defense, sparring and weapons. Attain discipline, control and physical fitness.

Instructor: J. Young

Age: 8 - 15

Tu, Th	7 - 8 p.m.	Jan. 11 - Feb. 17	\$31	18236
Tu, Th	7 - 8 p.m.	March 1 - April 7	\$31	18254
Tu, Th	7 - 8 p.m.	April 19 - June 2	\$31	18255

Age: 15 and up

Tu, Th	8 - 9 p.m.	Jan. 11 - Feb. 17	\$31	18256
Tu, Th	8 - 9 p.m.	March 1 - April 7	\$31	18257
Tu, Th	8 - 9 p.m.	April 19 - June 2	\$31	18258

PERFORMING ARTS

Musical Theater

Find your own Broadway style! Learn about the different aspects of musical theater with a focus on singing and movement. Participate in group and solo performances while learning new songs and choreography. Using musicality and rhythm, learn how to give a dynamic and authentic performance.

Instructor: L. Whittington

Age: 4 - 10

Tu	7:05 - 7:35 p.m.	Jan. 11 - Feb. 15	\$49	18300
Tu	7:05 - 7:35 p.m.	Feb. 22 - April 5	\$49	18301
Tu	7:05 - 7:35 p.m.	April 12 - May 17	\$49	18302

Piano

Music at your fingertips! Learn basic piano skills, the music alphabet, proper hand usage and posture, how to read notes, how to count rhythm and the grand staff. Instruction is based on age-appropriate learning materials and activities including games, worksheets and hands-on performance.

Instructor: H. Graham

Age: 6 - 12

Level 1

Tu	4 - 4:30 p.m.	Jan. 4 - 25	\$49	18223
Tu	4 - 4:30 p.m.	Feb. 1 - 22	\$49	18224
Tu	4 - 4:30 p.m.	March 1 - 29	\$49	18225
Tu	4 - 4:30 p.m.	April 5 - 26	\$49	18226

Level 2

Tu	4:30 - 5 p.m.	Jan. 4 - 25	\$49	18227
Tu	4:30 - 5 p.m.	Feb. 1 - 22	\$49	18228
Tu	4:30 - 5 p.m.	March 1 - 29	\$49	18229
Tu	4:30 - 5 p.m.	April 5 - 26	\$49	18230

SPORTS

FYI Football Skills Training

Down, set, hut! Learn the basic fundamentals of the game including throwing, catching, the rules and football positions. Develop footwork, speed and agility, and work on ball security. Improve your game and have fun while gaining valuable sportsmanship and team play experience.

Instructor: S. Burns

Register monthly for \$150 or daily for \$25.

Age: 8 - 16

Session 1

M, W	5 - 6:15 p.m.	Jan. 3 - 31	\$150	18270
M, W	5 - 6:15 p.m.	Feb. 2 - 28	\$150	18271
M, W	5 - 6:15 p.m.	March 2 - 30	\$150	18272
M, W	5 - 6:15 p.m.	April 4 - 27	\$150	18273

Session 2

M, W	6:30 - 7:45 p.m.	Jan. 3 - 31	\$150	18274
M, W	6:30 - 7:45 p.m.	Feb. 2 - 28	\$150	18275
M, W	6:30 - 7:45 p.m.	March 2 - 30	\$150	18276
M, W	6:30 - 7:45 p.m.	April 4 - 27	\$150	18277

Soccer Sparks Kickin' with the Parents

Parents stay and play fun games with your little athlete as they gain greater body control while enhancing balance, coordination and general motor skills. Begin learning how to dribble and strike a soccer ball and share those first unforgettable, goal-scoring adventures together.

Instructor: Soccer Sparks

Age: 2 - 3

Tu	5 - 5:30 p.m.	Feb. 8 - March 1	\$48	18266
Tu	5 - 5:30 p.m.	March 22 - April 12	\$48	18267

Soccer Sparks Dribble, Kick & Pass

Young athletes learn the proper techniques such as dribbling, passing and shooting in a positive and fun environment while developing a lifelong love of soccer. Curriculum includes fun and energetic games that teach kids about playing and working as part of a team.

Instructor: Soccer Sparks

Age: 4 - 5

Tu	5:30 - 6:15 p.m.	Feb. 8 - March 1	\$48	18268
Tu	5:30 - 6:15 p.m.	March 22 - April 12	\$48	18269

Soccer Sparks Youth

Dazzle with our footwork. This "all ball" approach fosters skills improvement and builds player confidence. Curriculum emphasizes skill development and team play, and introduces fundamental skills such as dribbling, passing, juggling moves and accurate shooting.

Instructor: Soccer Sparks

Age: 6 - 9

Tu	6:15 - 7 p.m.	Feb. 8 - March 1	\$48	18298
Tu	6:15 - 7 p.m.	March 22 - April 12	\$48	18299

Preschool Tumbling

Time to get rolling! Learn the basic fundamentals of tumbling including front rolls, straddle rolls, cartwheels, back rolls, backbends and front limbers. Develop proper floor techniques used in gymnastics and cheerleading. Get a great athletic start while building strength, flexibility and balance.

Instructor: L. Whittington

Age: 3 - 5

Tu	5:45 - 6:25 p.m.	Jan. 11 - Feb. 15	\$49	18248
Tu	5:45 - 6:25 p.m.	Feb. 22 - April 5	\$49	18249
Tu	5:45 - 6:25 p.m.	April 12 - May 17	\$49	18250

Tumbling

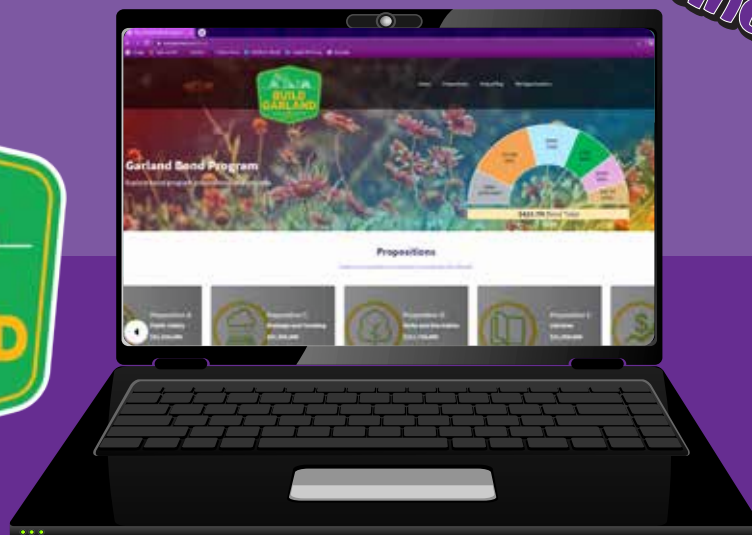
Level up your tumbling game! Learn basic tumbling skills and advance to backbend kickovers, front walkovers and back walkovers. Individualized instruction meets each athlete at their level to ensure solid foundation in the fundamentals. Meet new challenges while building strength, flexibility and balance.

Instructor: L. Whittington

Age: 6 - 10

Tu	6:25 - 7:05 p.m.	Jan. 11 - Feb. 15	\$49	18251
Tu	6:25 - 7:05 p.m.	Feb. 22 - April 5	\$49	18252
Tu	6:25 - 7:05 p.m.	April 12 - May 17	\$49	18253

Great things are happening in Garland!



Find 2019 Bond Program updates at BuildGarland.com.