

September 2017

Fields Recreation Center

1701 Dairy Road, Garland, TX 75040 • 972-205-3090 • FRC@GarlandTX.gov • GarlandParks.com

PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.						Zumba 9 a.m. Blakey Tae Kwon Do 9 a.m. Volleyball 9:30 a.m.
10 a.m.						Yoga 10 a.m.
2 p.m.	Fitness 101 2 p.m. (By Appointment)	Fitness 101 2 p.m. (By Appointment)	Fitness 101 2 p.m. (By Appointment)	Fitness 101 2 p.m. (By Appointment)	Fitness 101 2 p.m. (By Appointment)	Fitness 101 2 p.m. (By Appointment)
3 p.m.		Teen Talk 3:30 p.m.				
4 p.m.		Lil' Dribblers 4:15 p.m. Dance Combo Preschool 4:45 p.m.	Lil' Tots Soccer 4:15 p.m.			
5 p.m.	Yoga 5:15 p.m.	Boxing For Kids 5 p.m. Dance Combo Elementary 5:15 p.m.		Basketball Skills Ages 5 - 7 5:30 p.m.		
6 p.m.	Circuit Training 6 p.m.	Mixed Martial Arts Kids 6 p.m.	Blakey Tae Kwon Do 6 p.m.	Basketball Skills Ages 8-12 6:30 p.m.		
7 p.m.	Blakey Tae Kwon Do 7 p.m. Fan & Flare Dance 7 p.m. Zumba 7:45 p.m.	Mixed Martial Arts Adults 7 p.m. Group Fitness 7:30 p.m. Adult Clogging 7:30 p.m.	Zumba 7:45 p.m.			

All program information subject to change and availability. Registrations accepted on first-come, first-serve basis. Waitlists available for most full programs. Pre-registration required for most programs. A program may cancel if minimum number of registrations is unmet. A City of Garland waiver and release of claim is required prior to participating in any program. All programs occur weekly unless noted with a date.

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OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9 a.m. - 4:45 p.m.	2 11:30 a.m. - 4:45 p.m.
4 CLOSED	5 9 a.m. - 4:30 p.m.	6 9 a.m. - 3:45 p.m. 5:15 - 8:45 p.m.	7 9 a.m. - 5 p.m.	8 9 a.m. - 4:45 p.m.	9 11:30 a.m. - 4:45 p.m.
11 9 a.m. - 5:30 p.m.	12 9 a.m. - 4:30 p.m.	13 9 a.m. - 3:45 p.m. 5:15 - 8:45 p.m.	14 9 a.m. - 5 p.m.	15 9 a.m. - 4:45 p.m.	16 11:30 a.m. - 4:45 p.m.
18 9 a.m. - 5:30 p.m.	19 9 a.m. - 4:30 p.m.	20 9 a.m. - 3:45 p.m. 5:15 - 8:45 p.m.	21 9 a.m. - 5 p.m.	22 9 a.m. - 4:45 p.m.	23 11:30 a.m. - 4:45 p.m.
25 9 a.m. - 5:30 p.m.	26 9 a.m. - 4:30 p.m.	27 9 a.m. - 3:45 p.m. 5:15 - 8:45 p.m.	28 9 a.m. - 5 p.m.	23 9 a.m. - 4:45 p.m.	30 11:30 a.m. - 4:45 p.m.

***Schedule subject to change. ***You are required to purchase and scan your Garland ID card to be inside the facility.
 City of Garland recreation centers are closed on Sundays.



GARLAND
 PARKS, RECREATION &
 CULTURAL ARTS