

April 2018

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.			Body Shop Fitness Class 9:30 a.m.		Senior Bridge 9:30 a.m. - 2:30 p.m.	Zumba 9 a.m. Blakey Tae Kwon Do 9 a.m. Volleyball 9:30 a.m.
10 a.m.						
11 a.m.						
Noon				Volleyball 12:00 - 1:00 p.m.		
1 p.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)		
3 p.m.						
4 p.m.	Lil Tots Soccer 4:15 p.m.	Lil Dribblers 4 p.m. Dance Combo 4:40 p.m.		T-Ball 4:15 p.m.		
5 p.m.	Yoga 5:15 p.m.		Boot Camp 5:15 p.m.	Basketball 5:30 p.m.		
6 p.m.	Boot Camp 6 p.m.					
7 p.m.	Blaekey Tae Kwon Do 7 p.m. Zumba 7:45 p.m. Fan & Flare 7 p.m.	Clogging 7 p.m.	Zumba 7:45 p.m.	Pencak Silat Self Defense 7 p.m.		
8 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
2 9 a.m. - 5:30 p.m.	3 9 a.m. - 3:30 p.m. 5:15 - 8:45 p.m. Volleyball 12 - 1 p.m.	4 9 a.m. - 4:45 p.m.	5 9 a.m. - 3:30 p.m. 7:30 - 8:45 p.m.	6 9 a.m. - 4:45 p.m.	7 11:30 a.m. - 3:45 p.m.
9 9 a.m. - 5:30 p.m.	10 9 a.m. - 3:30 p.m. 5:15 - 8:45 p.m. Volleyball 12 - 1 p.m.	11 9 a.m. - 4:45 p.m.	12 9 a.m. - 3:30 p.m. 7:30 - 8:45 p.m.	13 9 a.m. - 4:45 p.m.	14 11:30 a.m. - 3:45 p.m.
16 9 a.m. - 5:30 p.m.	17 9 a.m. - 3:30 p.m. 5:15 - 8:45 p.m. Volleyball 12 - 1 p.m.	18 9 a.m. - 4:45 p.m. 6:30 - 8:45p.m.	19 9 a.m. - 3:30 p.m. 7:30 - 8:45 p.m.	20 9 a.m. - 4:45 p.m.	21 11:30 a.m. - 3:45 p.m.
23 9 a.m. - 5:30 p.m.	24 9 a.m. - 3:30 p.m. 5:15 - 8:45 p.m. Volleyball 12 - 1 p.m.	25 9 a.m. - 4:45 p.m. 6:30 - 8:45p.m.	26 9 a.m. - 3:30 p.m. 7:30 - 8:45 p.m.	27 9 a.m. - 4:45 p.m.	28 11:30 a.m. - 3:45 p.m.
30 9 a.m. - 5:30 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.

