

## **KIDS**

## **Athletic Elite Basketball Camp**

Become a dimensional player! In depth instruction designed to improve all aspects of your game. Learn the fundamentals of dribbling, passing, and shooting. Enhance basic ability, build valuable ball handling skills, gain vital teamwork skills, encourage confidence, and improve game discipline.

### Beginner Class Age: 5-10Yrs

Tuesday 11:00 AM – 12:00 PM \$32 per session June 10-14 and June 24-28

#### Advanced Class Age: 11-14Yrs

Tuesday 12:PM – 1:30 PM \$40 per month June 10-14 and June 24-28

## Judo & Jujitsu

Develop dedication and discipline! Olympic competitor, Bert Becerra, teaches you 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.

Class meets M, W, Th, F 5:00 - 7:00 pm and Sa 10:00 AM - 12:30 PM

Age: 4 – 15 Yrs \$42 per month

### **T-Ball**

A great start lasts a lifetime. Various techniques and drills teach the fundamentals of hitting, catching, and throwing. Students benefit from enhanced hand and eye coordination, improved physical fitness, and learning to follow directions and progressive steps. Gain a healthy social experience and make new friends. Wednesdays 10-10:40 am

Age: 3-6 yrs \$20-\$25 per month

# **Boys Summer Basketball League**

\$350 per team

Age groups: 10U, 12U, 14U, and 16U

For more information please contact Fredy Rivas at Fields Recreation Center

Phone number: 972-205-3090

# **ADULTS**

## **Zumba Fitness with VaRita**

Forget the workout, remember the fun! Combine fast and slow rhythms to learn aerobic routines to the sounds of Latin and International music. Utilizing the principles of fitness interval and resistance training, maximize caloric output, fat burning and total toning.

Class meets M, W 7 - 8 PM and Saturday 11:30 - 12:30 PM

2x per week \$22 per month 3x per week \$32 per month

## **Kickboxing**

Kick it up. Discover this exciti8ng and valuable fitness challenge. Motivating demonstrations and energizing exercise focus on essential aerobic kickboxing movement, techniques, and conditioning. Each class includes a vigorous workout and sparring that will get you moving and burning calories.

Thursdays 5:30PM-7:00PM \$27 per month

## Judo & Jujitsu

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Class meets M, W, Th, F 7:00 PM - 9:00PM and Sa 1:00 PM - 2:30 PM

Age: 16 and up \$42 per month

# **The Body Shops**

Annual Fitness Pass Age 16 and up Garland Resident \$35 Non- Resident \$70

