Kids

Blakey 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 training. Hold yourself to a higher standard as you achieve new ranks and goals to gain benefits that will last a lifetime.

Age: 5 - 15Yrs
Instructor: Blakey

M	7:00 - 9:00 p.m.	$20/Month
Sa	9:00 - 11:00 a.m.	$20/Month

Boxing for Kids

Learn the basics or build on the fundamentals you know from a certified coach. Develop a solid boxing foundation in a quick tempo atmosphere. Learn proper stance, movement, and explosive offensive techniques. Build strength and develop discipline.

Please bring your own boxing gloves.

Age: 6Yrs and up
Instructor: Moore

Tu, Th	5:00 - 5:45 p.m.	$37/Month

Volleyball

Pass, set, spike! Learn the basic skills through effective and organized instruction. Develop fundamental ball handling abilities including passing, serving, setting, blocking, spiking, and defense. Improve your game and have fun while gaining valuable sportsmanship and team play experience.

Age: 8 - 12Yrs
Instructor: Arradaza

Sa	9:30 - 11:00 a.m.	$25/Month

Age: 13 - 16Yrs
Instructor: Arradaza

Sa	11:00 - 12:30 p.m.	$29/Month

Competitive Cheer Combo

Ready, okay! Perform floor exercises, games, backbends, front and back tumbling skills, splits, and more while learning the basics of cheerleading, gymnastics, and tumbling. Build your endurance, self-esteem, confidence, and flexibility through drill exercises, form, fundamentals, and cheers.

$16 one time administration fee payable to instructor. Optional recital requires costume and recital fees. Receive a free cheer t-shirt and pom poms with your first month's registration.

Age: 2 - 5Yrs

W	5:00 - 5:30 p.m.	$34/Month

Age: 6 - 12Yrs

W	5:30 - 6:15 p.m.	$36/Month

Fitness 101

Build muscles the right way! Learn correct technique for working out while gaining knowledge on how the body functions. This one hour fitness orientation targets teenagers looking to get in shape. Upon completion of training, participants are eligible to purchase The Body Shops Fitness Pass. An adult must purchase a Fitness Pass and accompany the youth during each visit.

Age: 12 - 15Yrs
Instructor: Huerta

M, Tu, Th, Sa	By appointment	$25

Adults

Fan & Flare Dance

Dance the night away! Instruction includes techniques and moves used in line dancing, square dancing, and round dancing from the classics to spaghetti rags. This inexpensive social activity helps you improve coordination and gain valuable exercise through exciting degrees of challenge.

Age: 18Yrs and up
Instructor: Hixson

M	7:00 - 9:00 p.m.	8/1 - 10/31	$42
M	7:00 - 9:00 p.m.	11/7 - 1/30	$42

Granger's Garage Sale

Sell your treasures at our community garage sale and let Granger take care of all the hassle. All advertising, promotion, and permits will be taken care of by us!
To register, please call Granger Recreation Center at 972-205-2771.

Granger Recreation Center
Saturday, October 29th
9:00 a.m. – 1:00 p.m.
$30 for 1 Table
$50 for 2 Tables

Pencak Silat Self Defense

Think, act, and defend! This Indonesian art of self-defense teaches principles based on the mind set of survival, not competition. Learn effective survival techniques such as mental awareness, controlling panic, and proper breathing as well as different ways to avoid being hit when encountering an attack.

Age: 18Yrs and up
Instructor: Lee

Th	7:00 - 9:00 p.m.	$42/Month

Ramblin' Rounds

Don't like to lead when you are dancing? This partner dance, similar to both ballroom and square dancing, has a cuer calling out the dance moves. Challenge yourself to this fun choreography, learn something new, or further develop what you know.

Age: 16Yrs and up
Instructor: Hixson

Tu	7:00 - 9:00 p.m.	7/5 - 9/27	$42
Tu	7:00 - 9:00 p.m.	10/4 - 12/27	$42

PASS INFORMATION

Fitness Pass: - 16 Years and up

Garland Resident:	$40 per person per year
Non-Resident:	$80 per person per year

Recreation Pass:

Youth (7 - 12 Years):	Resident: $5	Non-Resident: $7
General (13 Years and up)	Resident: $10	Non-Resident: $15

Daily Pass: $3

(*Fitness passes are accepted at all City of Garland recreation centers with The Body Shops fitness room and at all City of Garland recreation centers for open play.)

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