



# HOLFORD

RECREATION CENTER

2314 Homestead Place, Garland, TX 75044 | 972-205-2772 | [HRC@GarlandTX.gov](mailto:HRC@GarlandTX.gov)

## GYMNASIc TUMBLING



Tumble into fun! Learn basic tumbling skills and combinations in a safe and nurturing environment from a Division 1 NCAA gymnastics champion in floor exercise. Proper progression helps develop body control and form with strength, conditioning and stretching. Enhance self-confidence, discipline, good sportsmanship and healthy living.

Instructor: C. Wyatt

Age: 6 - 12

Sa	10 - 11 a.m.	Jan. 8 - 29	\$45	17773
Sa	10 - 11 a.m.	Feb. 5 - 26	\$45	17774
Sa	10 - 11 a.m.	March 5 - 26	\$45	17775
Sa	10 - 11 a.m.	April 9 - 30	\$45	17776

# CAMPS

## Sewing Camp

Let your creativity shine. Learn to use a sewing machine including how to make different stitches and correct seams. This STEM activity stretches your mathematical and engineering skills and builds critical thinking while assembling projects.

**Instructor: A. Smith**

\$25 supply fee payable to instructor.

Age: 9 - 16

M-Th	1 - 4 p.m.	March 14 - 17	\$129	18074
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## Spring Break Art Camp

Emphasize fine-art creative thinking! Complete multiple masterpieces under the guidance of a certified Robert Garden School of Art instructor. Learn perspective drawing with charcoals and oil pastels and create holiday-themed paintings with vibrant watercolors and acrylics. Explore color theory, time-saving techniques, brush loading and more.

**Instructor: R. Garden**

\$62 supply fee payable to instructor.

Age: 5 - 13

M-Th	9 - 11:45 a.m.	March 14 - 17	\$60	17691
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## Chefsville Kids: Spring Break

Excited to cook beyond a recipe? Get hands-on experience while combining different ingredients in a new way and adding a new flavor twist to common everyday foods we eat. Test your own ideas on old recipes using imagination and innovation to develop new and unique dishes.

**Instructor: S. Horwitz**

\$25 supply fee payable to instructor.

Age: 10 and up

M-Th	9 a.m. - Noon	March 14 - 17	\$159	18081
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# ARTS & CRAFTS

## Create it with Myra

Channel your inner interior decorator as you add special touches to your home and office. Learn how to create your own napkin holders, centerpieces, tablemats, door wreaths and more. Impress your family and friends with your one-of-a-kind handmade décor.

**Instructor: M. Collins**

Age: 40 and up

Th	6 - 7:30 p.m.	Jan. 6 - 27	\$48	17938
Th	6 - 7:30 p.m.	Feb. 3 - 24	\$48	17939
Th	6 - 7:30 p.m.	March 3 - 24	\$48	17940
Th	6 - 7:30 p.m.	April 7 - 28	\$48	17941

## Sewing Workshop

Let your creativity shine. Learn to use a sewing machine including how to make different stitches and correct seams. This STEM activity stretches your mathematical and engineering skills and builds critical thinking while assembling projects.

**Instructor: A. Smith**

\$10 supply fee payable to instructor.

Age: 8 - 16

Sa	1:30 - 4 p.m.	Jan. 22	\$25	18075
Sa	1:30 - 4 p.m.	Feb. 19	\$25	18076

## Creative Cards

Exercise your desire to be creative! Learn the art of custom greeting card making along with other beautiful creations made of paper. Discover techniques, card designs, and more about color, paper, ink and other art mediums. Complete eight cards each class.

**Instructor: D. Welborn**

Age: 18 and up

M	6 - 8 p.m.	Jan. 10	\$20	17663
M	6 - 8 p.m.	Jan. 24	\$20	17664
M	6 - 8 p.m.	Feb. 7	\$20	17665
M	6 - 8 p.m.	Feb. 21	\$20	17666
M	6 - 8 p.m.	March 7	\$20	17667
M	6 - 8 p.m.	March 21	\$20	17668
M	6 - 8 p.m.	April 4	\$20	17669
M	6 - 8 p.m.	April 18	\$20	17670

## U Can Paint

Never painted before? Not a problem! Learn color mixing, brush strokes and time-saving techniques with the guidance of a credited Robert Garden Art instructor. Paint with confidence, improve your artful eye and complete an oil painting on canvas. All art supplies provided.

**Instructor: R. Garden**

\$22 supply fee payable to instructor.

Age: 14 and up

**Birch Trees in the Snow**

Sa	11 a.m. - 2 p.m.	Jan. 15	\$20	17736
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**Top of the Mountain**

Sa	11 a.m. - 2 p.m.	Feb. 19	\$20	17737
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**Hill Country Road**

Sa	11 a.m. - 2 p.m.	March 26	\$20	17738
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**Moonlight on Padre**

Sa	11 a.m. - 2 p.m.	April 23	\$20	17739
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## U Can Paint Kids!

Discover the fun of being an artist with guidance by a professional artist who teaches painting and creative thinking step-by-step. Explore the mediums of oil and acrylic as you start and finish a work of art to be proud to frame and display. All art supplies provided.

**Instructor: R. Garden**

\$17 supply fee payable to instructor.

Age: 5 - 13

**Birch Trees in the Snow**

Sa	2:30 - 3:45 p.m.	Jan. 15	\$15	17740
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**Top of the Mountain**

Sa	2:30 - 3:45 p.m.	Feb. 19	\$15	17741
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**Hill Country Road**

Sa	2:30 - 3:45 p.m.	March 26	\$15	17742
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**Moonlight on Padre**

Sa	2:30 - 3:45 p.m.	April 23	\$15	17743
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# COMMUNITY EDUCATION

## Chefsville Kids

Excited to cook beyond a recipe? Get hands-on experience while combining different ingredients in a new way and adding a new flavor twist to common everyday foods we eat. Test your own ideas on old recipes using imagination and innovation to develop new and unique dishes.

**Instructor: S. Horwitz**

\$15 supply fee payable to the instructor.

Age: 7 and up

### Breakfast Breads

Sa	2 - 4 p.m.	Jan. 8	\$20	18080
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### Noodles Galore

Sa	2 - 4 p.m.	Feb. 5	\$20	18082
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### Burger Bar

Sa	2 - 4 p.m.	April 2	\$20	18083
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## 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: L. Howard**

#### Preschool

Age: 3 - 5

W	4:15 - 4:45 p.m.	Jan. 5 - 26	\$40	17656
W	4:15 - 4:45 p.m.	Feb. 2 - 23	\$40	17657
W	4:15 - 4:45 p.m.	March 2 - 30	\$50	17658
W	4:15 - 4:45 p.m.	April 6 - 27	\$40	17750

#### Beginner

Age: 6 - 9

W	4:45 - 5:30 p.m.	Jan. 5 - 26	\$50	17653
W	4:45 - 5:30 p.m.	Feb. 2 - 23	\$50	17654
W	4:45 - 5:30 p.m.	March 2 - 30	\$62	17655
W	4:45 - 5:30 p.m.	April 6 - 27	\$50	17748

### Hip-Notic Belly Dance

Refresh your routine and shake your beauty. In this total-body workout, use precise and repetitive movements to build muscle, tone your core, improve posture and enhance flexibility. Release tension and stress through fun and exciting choreography, music and style.

**Instructor: L. Donahue**

Age: 16 and up

Tu	6 - 7 p.m.	Jan. 4 - 25	\$42	17687
Tu	6 - 7 p.m.	Feb. 1 - 22	\$42	17688
Tu	6 - 7 p.m.	March 1 - 29	\$52	17689
Tu	6 - 7 p.m.	April 5 - 26	\$42	17690

# HEALTH & FITNESS

## Jazzercise®

Leave it on the dance floor! This high-intensity mix of dance cardio and strength training provides an 800-calorie-crushing total-body workout. With pulse-pounding music and full-body moves, target upper body, abs and legs to rock it out, slim it down and tone it up. For more information and pricing, call Julie Grindele at 972-978-1915.

Age: 16 and up

Dance Mixx	M, Tu, W, F, Sa	9:30 - 10:30 a.m.
	M, Tu, Th	6 - 7 p.m.
Strength 60	Th	9:30 - 10:30 a.m.
	W	6 - 7 p.m.

## Yang-Style Tai Chi

Balance from within. Learn the round fluid arm movements and wide steps of this ancient non-combative martial art that develops the internal energy known as "chi." Improve joint movement, balance, coordination, leg strength and endurance while practicing this gentle exercise that generates energy.

**Instructor: L. Donahue**

Age: 16 and up

Tu	7:30 - 8:30 p.m.	Jan. 4 - 25	\$42	17744
Tu	7:30 - 8:30 p.m.	Feb. 1 - 22	\$42	17745
Tu	7:30 - 8:30 p.m.	March 1 - 29	\$52	17746
Tu	7:30 - 8:30 p.m.	April 5 - 26	\$42	17747

## MARTIAL ARTS

### 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: T. Nakaya**

#### Beginner

Age: 6 - 12

W	6:30 - 7:45 p.m.	Jan. 12 - March 2	\$44	17701
W	6:30 - 7:45 p.m.	March 16 - May 4	\$44	17824

Age: 13 and up

W	6:30 - 8:30 p.m.	Jan. 12 - March 2	\$48	17702
W	6:30 - 8:30 p.m.	March 16 - May 4	\$48	17825

#### Advanced

Age: 6 - 12

Sa	9:30 a.m. - 12:15 p.m.	Jan. 15 - March 5	\$44	17699
Sa	9:30 a.m. - 12:15 p.m.	March 19 - May 7	\$44	17826

Age: 13 and up

Sa	9:30 a.m. - 12:15 p.m.	Jan. 15 - March 5	\$48	17700
Sa	9:30 a.m. - 12:15 p.m.	March 19 - May 7	\$48	17827

# PERFORMING ARTS

## Guitar

Strike a chord! Learn basic fundamentals including how to tune the instrument, basic open and barre chords, understanding notation, basic reading and playing in time. Students with little or no knowledge of playing guitar thrive in this enriching musical environment. Bring an acoustic guitar.

**Instructor: J. Reger**

### Beginner

Age: 8 and up

Sa	12:50 - 1:30 p.m.	Jan. 22 - Feb. 12	\$70	17673
Sa	12:50 - 1:30 p.m.	Feb. 26 - April 23	\$85	17674

Age: 13 and up

W	12:20 - 1 p.m.	Jan. 12 - Feb. 9	\$85	17675
W	12:20 - 1 p.m.	Feb. 23 - March 23	\$70	17676
W	12:20 - 1 p.m.	April 6 - 27	\$70	17677

### Continuing

Age: 8 and up

Sa	1:30 - 2:10 p.m.	Jan. 22 - Feb. 12	\$70	17678
Sa	1:30 - 2:10 p.m.	Feb. 26 - April 23	\$85	17679

## Music Discovery Piano

Tickle the ivories! Learn the basics of playing the piano including proper playing technique, note recognition and the fundamentals of music theory. Instruction is based on age-appropriate learning materials and activities including games, worksheets and hands-on performance.

**Instructor: R. Verde**

\$5 supply fee payable to instructor.

Age: 7 - 11

### Level 1

W	4 - 4:30 p.m.	Jan. 5 - 26	\$65	17704
W	4 - 4:30 p.m.	Feb. 2 - 23	\$65	17705
W	4 - 4:30 p.m.	March 2 - 30	\$65	17706
W	4 - 4:30 p.m.	April 6 - 27	\$65	17707

### Level 2

W	4:35 - 5:05 p.m.	Jan. 5 - 26	\$65	17708
W	4:35 - 5:05 p.m.	Feb. 2 - 23	\$65	17709
W	4:35 - 5:05 p.m.	March 2 - 30	\$65	17710
W	4:35 - 5:05 p.m.	April 6 - 27	\$65	17711

# SPORTS

## GAFF Fencing & Sword Fighting

Touché! Learn basic skills necessary to fence for fun, exercise and competition. Group and individual instruction includes practice bouts, techniques and the rules of contest while focusing on safety and the fundamentals of foil fencing. Improve hand and eye plus hand and foot coordination, balance and aerobic capacity.

**Instructor: C. Murdock-Jasperson**

Age: 12 and up

Th	7:05 - 8:50 p.m.	Feb. 3 - 24	\$25	17672
Th	7:05 - 8:50 p.m.	March 3 - 31	\$32	17944
Th	7:05 - 8:50 p.m.	April 7 - 28	\$25	17946

## Pickleball

Join the new game in town! Pickleball combines the elements of tennis, badminton and pingpong using a paddle and a plastic ball. Practice your skills during this designated gym time. Purchase of a Garland ID Card required.

Th 9 - 11 a.m.

## Skyhawks Basketball

Focus on the whole player! Using progressive curriculum, learn skills that work on and off the court to become a better athlete. Master the skills of passing, shooting, dribbling and rebounding through drills and games as sport-specific coaches promote respect, teamwork and responsibility.

**Instructor: Skyhawks**

Age: 4 - 5

W	4 - 4:45 p.m.	Jan. 5 - 26	\$50	17724
W	4 - 4:45 p.m.	Feb. 2 - 23	\$50	17725
W	4 - 4:45 p.m.	March 2 - 23	\$50	17726
W	4 - 4:45 p.m.	April 6 - 27	\$50	17727

Age: 6 - 12

W	5 - 6 p.m.	Jan. 5 - 26	\$50	17720
W	5 - 6 p.m.	Feb. 2 - 23	\$50	17721
W	5 - 6 p.m.	March 2 - 23	\$50	17722
W	5 - 6 p.m.	April 6 - 27	\$50	17723

## 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

Sa	10 - 10:30 a.m.	Feb. 12 - March 5	\$48	17730
Sa	10 - 10:30 a.m.	March 26 - April 16	\$48	17731

## 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

Sa	10:30 - 11:15 a.m.	Feb. 12 - March 5	\$48	17728
Sa	10:30 - 11:15 a.m.	March 26 - April 16	\$48	17729

## 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

Sa	11:15 a.m. - Noon	Feb. 12 - March 5	\$48	17732
Sa	11:15 a.m. - Noon	March 26 - April 16	\$48	17733