



Northwest Park Recreation Center

2009 FALL SESSION

Northwest Park Recreation Center

2800 Cheyenne St.
Irving, TX 75062
(972) 721-2529

Hours of Operation

Monday - Friday
9 a.m. to 10 p.m.

Saturday
9 a.m. to 5 p.m.

Sunday
1 to 5 p.m.

SPECIAL POINTS OF INTEREST

Registration	Session Begins	Session Ends
September 1, 2009 6 p.m.	September 8, 2009	October 31, 2009

UPCOMING EVENTS

Family Picnic & Concert

September 19, 2009, 5 – 7:30 p.m.

Join the Northwest Recreation Center staff as we celebrate our community with a free jazz concert, games and activities for the kids. Refreshments and more.

Fall Carnival – October 29, 2009, 6:30- 8:30 p.m.

Come dressed as your favorite character and play carnival games at our annual fall carnival, Tickets are \$.25 each or 5 for \$1.

Fall Yard Sale – Nov 7, 2009, 8 a.m. – 1 p.m.

Reserve your space now. (\$10 per Space-Bring your own table and chair; \$20 per space - we provide table and chair) space is limited. Get rid of all your unwanted items at our annual Garage Sale.



IRVING



NORTHWEST PARK RECREATION CENTER
2800 CHEYENNE STREET
972-721-2529

CENTER SUPERVISOR

Joseph Moses

RECREATION SPECIALISTS

Mary Peregrin
Ikie Corbin
Brian Norton

Trodick Richmond
Della Jones

CUSTODIAN

DAN AJAYI

This schedule is subject to change. Any changes necessary will be posted at the recreation center and the parks and recreation business office no later than one week prior to registration.

GUIDELINES FOR REGISTRATION PROCEDURES

1. No early registration allowed. No registration by telephone.
2. Registration is on first come, first serve process. All classes have limited enrollment.
3. Photo I.D. Cards must be presented when registering for recreation center programs or classes.
4. The first two (2) days of registration are for Irving residents only.
5. You may only register your immediate family members the first evening of registration sign up. Non-family members may be registered after the first day of registration.
6. Please have registration form filled out completely for participation sign up. Only (1) form per person. No passing of forms from line to line.
7. Only (2) classes in a row allowed on any day and a limit of (10) classes a week per patron.
8. Payment is due at time of registration. Make checks payable to City of Irving.
9. Pick up any information provided for designated classes (i.e. Ceramic rules, league rules, etc.)

We request everyone's cooperation in following the registration procedures to ensure an orderly and fair opportunity for everyone to register for classes.

The City of Irving Parks and Recreation Department thanks you for your cooperation.

The City of Irving Parks and Recreation centers offer a smoke free environment.

Programs, facilities, and services are available for individuals with disabilities

*DENOTES NEW CLASSES

PRE-SCHOOL CLASSES

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>AGE</u>	<u>FEE</u>
Mon	9:15 – 10 a.m.	Music Time	3-6	-0-
	10 – 11 a.m.	Variety Hour	3-6	-0-
	11 a.m. - noon	*Obstacle Course & More	4-6	-0-
	noon – 12: 45 p.m.	Scooters & Tricycles	4-6	-0-
	7 – 8 p.m.	Okinawan Karate Club (M & W)	5-up	\$40 mo.
Tue	9:15 – 10:30 a.m.	*Treasure Hunt	3-6	-0-
	10 a.m. - noon	Mini Camp (T, TH)	3-6	\$25
	noon – 12:45 p.m.	Gym Games & Sports	3-6	-0-
Wed	9:15 – 10 a.m.	Water Color Painting	3-6	\$8
	10 – 11 a.m.	ABC's & 123's	3-6	-0-
	11 a.m. - noon	Story & Movie Time	3-6	-0-
	noon – 12: 45 p.m.	* Learning About Senses	3-6	-0-
Thu	9:15 – 10:30 a.m.	Legos & Blocks	3-6	\$5
	noon – 12: 45 p.m.	Cookie Baking	3-6	\$10
	6:00 – 6:45 p.m.	Ballet & Tap	3-5	\$35 mo.
Fri	9:15 - 10 a.m.	Movie & Snack Time	3-6	\$8
	10 - 11 a.m.	Playground Games	3-6	-0-
	11 a.m. - noon	*Turtle Tennis	3-6	-0-
	noon - 12:45 p.m.	*Clay Pot Creations	3-6	\$8
Sat	9:15 – 10 a.m.	Nature Hike	3-6	-0-
	11 a.m. – noon	Parent Child Fishing 101 (Parent must attend)	5-up	\$8

YOUTH AND TEEN CLASSES

M - F	2:45 - 6 p.m.	After School Program	6-12	\$180/6 wks
Mon	3:30 – 5 p.m.	*Exploring Aviation Program	7–12	-0-
	4 - 5 p.m.	Gym Games & Sports	7-13	-0-
	5 – 6 p.m.	Fuse beads	7-15	\$8
	6 - 7 p.m.	Aerobics & More (M, W, & F)	16-up	\$30 mo.
	7 - 8 p.m.	Table Tennis Games	16–up	-0-
	7 – 8 p.m.	Okinawan Karate Club (M & W)	5-up	\$40 mo.
	4 - 5 p.m.	Indoor Soccer	7-12	-0-
Tue	4 – 5 p.m.	Kickball	7-12	-0-
	4 - 5 p.m.	Beginner Jr. Tennis	6-14	\$30/4 wks
	5 – 6 p.m.	Advance Beginner Jr. Tennis	6-14	\$30/4 wks
	5 – 6 p.m.	*Mini Boot Camp (Tue & Thu)	16-up	\$30/8 wks
	6 - 7 p.m.	Intermediate Beginner Tennis	14-17	\$30/4 wks
	6 – 7 p.m.	Walk for fitness group	12-up	-0-
	7 – 8 p.m.	Rhumba Fitness (formerly Zumba)	16-up	\$5 cl/\$30 mo
	3 - 4 p.m.	Outside Fun	7-12	-0-
	4 - 5 p.m.	*Pottery Paining	7-12	\$10
	5 - 6 p.m.	Basic keyboarding	9-12	\$15
Wed	6 – 7 p.m.	Circuit Training	13-17	\$8
	7- 8 p.m.	*Reading Club – w/ NW Library	10-up	-0-
	7 – 8 p.m.	Okinawan Karate Club	5-up	\$40 mo.
	9 – 9: 45 p.m.	Family Wii Games	8-up	-0-
	3 - 4 p.m.	*Lip Sync Contest	8-12	-0-
	4 – 5 p.m.	Pizza Making	8-14	\$15
	4 – p.m.	Beginner Jr. Tennis	6-14	\$30/ 4 wks
	5 – 6 p.m.	Advance Beginner Jr. Tennis	6-14	\$30/ 4wks
	5 - 6 p.m.	*Mini Boot Camp (Tue & Thu)	16-up	\$30 / 8 wks
	6: 45 – 7: 30 p.m.	Ballet & Tap	7–12	\$35 mo.
Thu	6 – 7 p.m.	Plyometrics 101	13-up	\$8
	6 – 7p.m.	Intermediate Beginner Tennis	14-17	\$30/4wks
	7:30 – 9:3 p.m.	Tae Kwon Do (Th, Sat 1- 3pm)	6-up	\$30/2 days wk
				\$50/3 days wk

YOUTH AND TEEN CLASSES - CONTINUED

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>AGE</u>	<u>FEE</u>
Fri	3 - 4 p.m.	Hockey	7-12	-0-
	4 - 5 p.m.	Friday Fiesta	7-12	\$8
	5 - 6 p.m.	Dominoes	8-14	\$5
	6 - 7 p.m.	Board Game Challenge	7-12	-0-
	7 - 9:30 p.m.	Scrapbook Open Crop	10-up	Bring your own scrapbook supplies
	7:30 - 9:30 p.m.	Tae Kwon Do (Th, Sat 1-3 p.m.)	6-up	\$30/2 days wk \$50/3 days wk
Sat	10 a.m.	Men's Tennis League	16 - up	\$10
	11 a.m. - noon	Fishing 101 (Parent must attend)	5-up	\$8
	11 a.m. - noon	Rhumba Fitness (formerly Zumba)	16-up	\$5 cl/\$30 mo
	1 - 2:30 p.m.	*Boot Camp Fitness	16-up	\$15
	3 - 4 p.m.	Flag Football	12-16	-0-

ADULT CLASSES

Mon	9: 15 - 10: 15 am	*Jazzercise (M, W, F)	16 - up	TBA
Mon	6 - 7 p.m.	Aerobics & More (M, W & F)	16-up	\$20 mo.
	6 - 7 p.m.	Fitness Ctr Orientation	18 - up	Membership Required
Tue	8 - 9 p.m.	Weight Training (M,W,F)	18-up	\$25/8wks
	1 - 2:30 p.m.	Expanded Food & Nutrition Education Program (English)	18 - Up	-0-
	5 - 6 p.m.	*Mini Boot Camp (Tue & Thu)	16 - up	\$30/8 wks
	6 - 7 p.m.	Walk 4 Fitness	16-up	-0-
	7 - 8 p.m.	Adult Arts and Crafts	18 - up	\$10
	7 - 8:30 p.m.	Adult Beginner/Advance Tennis	18 - up	\$40/4wks
	8 - 9 p.m.	*Kid 2 Kid Clothes Swap (parents only)	18 - up	Must register
	9 - 9:45 p.m.	Cardio Fitness	18 - up	Fitness Membership
Wed	7 - 8 p.m.	*Yoga	16 - up	\$35/6wks
Thu	1 - 2:30 p.m.	Expanded Food & Nutrition Education Program (Spanish)	18 - up	-0-
Thu	6 - 7 p.m.	*Plyometrics 101	16 - up	13 - up
	7 - 8 p.m.	Personal Training Session	18 - up	\$25 + Membership
	8 - 9 p.m.	*Card Collecting 101	16 - up	-0-
	9 - 9:45 p.m.	Cardio Fitness	18- up	\$8 + Membership
Fri	7 - 9: 30 p.m.	Scrapbook Open Crop	10 - up	Bring your own scrapbook supplies
Sat	10 a.m.	Men Tennis League	16 - up	\$10
	11 - noon	Fishing 101 (parent must attend)	5 - up	\$8
	11 a.m. - noon	*Rhumba Fitness (formerly Zumba)	16 - up	\$5 cl/\$30 mo
	1 - 2:30 p.m.	*Boot Camp Fitness	16 - up	\$15

SPECIAL EVENTS

(All special events are subject to change)				
Sat	5- 7:30pm (Sept 19, 2009)	Family Picnic & Concert	0 - up	Families
Thu	6:30 - 8:30p.m. (Oct 29, 2009)	Fall Carnival - Open to entire family	0 - up	-0- tickets needed to play games
Sat	8- 1pm (Nov. 7, 2009)	Fall sale	18 - up	\$20 booth

OPEN GYM BASKETBALL

Mon	11 a.m. - noon 1- 3 p.m. 8:45 - 9:45 p.m.	Wed	11 - 3 p.m.	Fri	noon - 4 p.m. 5 - 7:30 p.m. 7:30 - 9:30 p.m. (free play volleyball)
Tue	9 - 10 a.m. 1 - 3 p.m. 8 - 9:45 p.m.	Thu	2 - 4 p.m.	Sat	9 - 1 p.m. 2:30 - 5p.m.
				Sun	1 - 5 p.m.