



# Northwest Park Recreation Center

## 2009 MINI 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.



IRVING

### SPECIAL POINTS OF INTEREST

Registration	Session Begins	Session Ends
November 10, 2009 6 p.m.	November 16, 2009	December 19, 2009

### UPCOMING EVENTS

#### Little Pilgrim Party

**November 19, 10:30 - 11:30 a.m.**

Join the Northwest Recreation Center staff as we celebrate by giving for the past year with a craft, coloring and cookies. \$5 per child. Ages: 3-5 yrs. Children must be with a parent or guardian.

#### Thanksgiving Break Camp- Registration Begins Nov. 13th

November 23- 25 = Fee: \$ 60 per Child

Ages: 6-12 yrs, Hours: 7:30 a.m. – 6 p.m. **Activities:** include arts/crafts, gym games, sports, field trips – We provide a fun, safe and active learning environment for your child. Camper must bring a lunch everyday. Morning and afternoon snack provided. Holiday Break Camp to follow.

#### Scrapbook Workshop @ Northwest Branch Library

**Saturday November 14, 10 a.m. – 5 p.m.**

Grab your photos and scrapbook & head to the library for a day full of ideas and to create beautiful and creative scrapbook pages to cherish forever. Ages: 10 – up FREE Workshop (Registration Required – Space limited)

#### Holiday Party

**December 10, 10:30 – 11:30 a.m.**

Reserve your space now – space is limited. \$5 per child

Come and join us for a day of fun and games as we celebrate the holiday spirit. Take photos with a special guest and exchange gifts with your friends.



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

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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.

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**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.	*Wee Sing & Dance	3-6	-0-
	10 – 11 a.m.	Texas Big Wheels	3-6	-0-
	11 a.m. - noon	*Learning Letters	4-6	-0-
Tue	7 – 8 p.m.	Okinawan Karate Club (M & W)	5-up	\$40 mo.
	9:15 – 10:30 a.m.	T - Ball	3-6	-0-
	10 a.m. - noon	Mini Camp (T, TH)	3-6	\$25
	noon – 12:45 p.m.	Pee Wee Football	3-6	-0-
Wed	7 – 8 p.m.	Preschool Story Times	3-6	-0-
	9:15 – 10 a.m.	*Building with Blocks	3-6	-0-
	10 – 11 a.m.	Water Painting	3-6	-0-
	11 a.m. - noon	Holiday Crafts	3-6	-0-
Thu	noon – 12: 45 p.m.	Beginning Keyboarding	4-6	\$10
	7 – 8 p.m.	Bingo Games	3-6	-0-
	9:15 – 10:30 a.m.	Variety Hour	3-6	\$5
Fri	noon – 12: 45 p.m.	Lunch Bunch	3-6	\$10
	9:15 - 10 a.m.	Wood Crafts	3-6	\$8
	10 - 11 a.m.	Learning Numbers	3-6	-0-
Sat	11 a.m. - noon	Holiday Coloring Book	3-6	-0-
	noon - 12:45 p.m.	Playground Activities	3-6	-0-
	7 – 8 p.m.	*Crafts for Little People	3-6	\$8
	9:15 – 10 a.m.	*Cars and Trucks	3-6	-0-
	10 – 10: 45 a.m.	Ballet & Tap	3-5	\$35 mo
	10 – 11 a.m.	*Hot Wheels	3-6	-0-
	11 a.m. – noon	Parent Child Fishing 101 (Parent must attend)	5-up	\$10

**YOUTH AND TEEN CLASSES**

M - F	2:45 - 6 p.m.	After School Program	6-12	\$180/6 wks
	6 - 7 p.m.	Aerobics & More ( M, W, & F)	16-up	\$30 mo.
	7 - 8 p.m.	Wii Games	6– 10	-0-
	7 – 8 p.m.	Okinawan Karate Club (M & W)	5-up	\$40 mo.
Tue	2 – 2: 30 pm	30 Minutes Fitness Crunch	18 - up	Membership
	3 - 4 p.m.	Dogdeball Games	7-12	-0-
	4 – 5 p.m.	Wiffle ball Games	7-12	-0-
	4 – 5 p.m.	Beg. Jr. Tennis	6 - 14	\$30/ 4wks
	5 – 6 p.m.	Holiday Keyboarding	7 - 12	\$10
	5 – 6 p.m.	Advanced Tennis Lessons	6-14	\$30/4 wks
	6 – 7 p.m.	Intermediate Beginner Tennis	14-17	\$30/4 wks
	6 – 7 p.m.	Core Strength	16 - up	\$10
	8 – 9 p.m.	*Xtreme Cardio Fitness (Tue & Thu)	16 - up	\$15
	9 – 9:45 p.m.	Teen Wii Games	12 - 17	ID Card
Wed	3 - 4 p.m.	Holiday Fusebead Creations	7-12	\$5
	4 - 5 p.m.	Gym Games & Sports	7-12	\$10
	6 – 7 p.m.	Circuit Training (W & F)	13-17	\$15
	8- 9 p.m.	Weight Training (Mon, Wed, & Fri)	13 - 17	\$ 20
Thu	7 – 8 p.m.	Okinawan Karate Club	5-up	\$40 mo.
	9 – 9: 45 p.m.	Youth Wii Games	8 - 11	
	3 - 4 p.m.	Home School P.E.	8-12	-0-
	4 – 5 p.m.	Indoor Soccer Games	8-12	\$15
	4 – p.m.	Beginner Jr. Tennis	6-14	\$30/ 4 wks
	5 – 6 p.m.	Advance Beginner Jr. Tennis	6-14	\$30/ 4wks
	6 – 7 p.m.	Plyometrics 102	13 - 17	\$8
	6 – 7 p.m.	Personal Training Sessions	18-up	\$25 + Membership
	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
	8 – 9 p.m.	Coin Collecting 101	16 - up	-0-

9 – 9:45 p.m.

Xtreme Cardio Fitness

16 - up

\$15

### YOUTH AND TEEN CLASSES - CONTINUED

DAY	TIME	CLASS	AGE	FEE
Fri	3 - 4 p.m.	Relay Races & Games	7-12	-0-
	4 - 5 p.m.	Kickball Games	7-12	\$8
	6 - 7 p.m.	Circuit Training (W & F)	13-17	\$15
	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	9 - 9:45 p.m.	Board Games Challenge	9 - 14	-0-
	10:45 a.m. - 11 a.m.	Ballet & Tap	6 - 12	\$35 month
	11 a.m. - noon	Parent & Child Fishing 101 (Parent must attend	5-up	\$10
	1 - 2 p.m.	Boot Camp Fitness	16-up	\$15
	2 - 3 p.m.	Flag Football	12-16	-0-
	3 - 4 p.m.	Cross Court Basketball	7 - 12	-0-

### ADULT CLASSES

Mon	6 - 7 p.m.	Aerobics & More (M, W & F)	16-up	\$30 mo.
	6 - 7 p.m.	Fitness Ctr Orientation	18 - up	Membership Required
	8 - 9 p.m.	Weight Training (M,W,F)	18-up	\$25/8wks
	9 - 9:45 p.m.	Cardio Club	18 - up	Membership Required
Tue	6 - 7 p.m.	Core Strength	16-up	\$10
	7 - 8:30 p.m.	Adult Beginner/Advance Tennis	18 - up	\$40/4wks
	8 - 9 p.m.	*Xtreme Cardio Fitness	18 - up	\$8 + Membership
Thu	7 - 8 p.m.	Okinawan Karate Club (M & W)	5-up	\$40 mo.
	6 - 7 p.m.	*Plyometrics 101	16 - up	13 - up
	7 - 8 p.m.	Person Training Session	18 - up	\$25 + Membership
	8 - 9 p.m.	*Coin Collecting 101	16 - up	-0-
	9 - 9:45 p.m.	*Xtreme Cardio Fitness	18 - up	\$8 + Membership
Fri	7:30 - 9:30 p.m.	Open Free Play Volleyball	16 - up	ID Card
Sat	11 a.m. - noon	Parent & Child Fishing 101 (Parent must attend)	5 - up	\$10
	1 - 2:30 p.m.	Boot Camp Fitness	16 - up	\$15

### SPECIAL EVENTS

(All special events are subject to change)				
Thu	Nov 19	Little Pilgrim Party 10:30 - 11:30 a.m.	3-6	\$5 child
M - W	Nov. 23-25	Thanksgiving Break Camp 7:30 a.m. - 6 p.m.	6 - 12	\$60 Per child
Sat	Nov. 14	Scrapbooking Workshop at Northwest Branch Library 10 a.m. to 5 p.m.	10 - up	Free - B. Y.O.S. S.
Thu	Dec. 17	Holiday Party 10:30 a.m. - noon	3-6	\$5 child (plus a gift to exchange)

### OPEN GYM BASKETBALL

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