

# Parks and Recreation

## City of Irving Parks and Recreation Classes

Registration is at 6 p.m. May 28 at all full-time and school recreation centers. Classes begin June 3 and end July 27.

**CIMARRON PARK RECREATION CENTER / 201 Red River Trail / (972) 910-0702**  
Hours: Mon, Wed, Fri : 6 a.m.–10 p.m. / Tue, Thu : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m. / Sun : 1–5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>TODDLER &amp; PRESCHOOL CLASSES</b>				
Mon	9:15-10 a.m.	Playdoh Fun	3-6	\$5
	10-11 a.m.	ABC Crafts	3-6	\$5
	11 a.m.-noon	Preschool Soccer	3-6	-0-
	noon-1 p.m.	Preschool Painting	3-6	\$5
Tue	9:15-10 a.m.	Preschool T-ball	3-6	-0-
	10-11 a.m.	Messy Playtime	3-6	\$5
	11 a.m.-noon	Preschool Basketball	3-6	-0-
Wed	9:15-10 a.m.	Little Builders	3-6	-0-
	10-11 a.m.	Brunch Buddies	3-6	\$5
	10:30-11:30 a.m.	Aqua Mom and Tots	0-2	\$5
	11 a.m.-noon	Preschool Soccer	3-6	-0-
Thu	9:15-10 a.m.	Science Experiments	3-6	\$5
	10-11 a.m.	Animal Coloring	3-6	-0-
	11 a.m.-noon	Construction Paper Crafts	3-6	\$5
	noon-1 p.m.	Paper Mache	3-6	\$5
Fri	9:15-10 a.m.	Paper Bag Puppets	3-6	\$5
	10-11 a.m.	Little Architects	3-6	\$5
	11 a.m.-noon	Gym Social	3-6	-0-
	noon-1 p.m.	Little Chefs	3-6	\$5
Sat	9:15-10 a.m.	Legos and Blocks	3-6	-0-
	10-11 a.m.	Cartoons and Coloring	3-6	-0-
	11 a.m.-noon	Playground Fun	3-6	-0-

DAY	TIME	CLASS	AGE	FEE
<b>YOUTH &amp; TEEN CLASSES</b>				
Mon	3:15-4 p.m.	Fuse Beads	6-12	\$5
	4-5 p.m.	Canvas Art	6-12	\$5
	5-6 p.m.	Bracelet Making	6-12	\$5
	6-7 p.m.	It's So Slimy	6-12	\$5
Tue	1-3 p.m.	One Act Play (T,Th)	6-18	-0-
	3:15-4 p.m.	Craft Time	6-12	\$5
	4-5 p.m.	Youth Interactions	6-12	-0-
	5-6 p.m.	Mario Cart Challenge	6-12	-0-
Wed	3:15-4 p.m.	Youth Painting	6-12	\$5
	4-5 p.m.	Wood Crafts	6-12	\$5
	5-6 p.m.	Arts and Crafts	13-17	\$5
	7-8 p.m.	Youth and Teen Social Hour	11-17	-0-
Thu	3:15-4 p.m.	Intro to Drawing	6-12	-0-
	4-5 p.m.	Youth Experiments	6-12	\$5
	5-6 p.m.	Abstract Art	6-12	-0-
Fri	3:15-4 p.m.	Scrapbooking	6-12	\$5
	4-5 p.m.	Popsicle Stick Crafts	6-12	\$5
	5-6 p.m.	Art/Fashion Design	6-12	\$5
	6-9 p.m.	Parent's Night Out	6-12	\$5 wk.
Sat	noon-1 p.m.	Youth Basketball	11-17	-0-
	1-2 p.m.	Table Tennis Challenge	13-17	-0-
	2-3 p.m.	Snack and a Movie	13-17	\$5
	3-4 p.m.	2K19	13-17	-0-

DAY	TIME	CLASS	AGE	FEE
<b>SUMMER GAMES PRACTICE SCHEDULE</b>				
Mon	9:15-11 a.m.	Tennis	11-17	-0-
	2-3 p.m.	Dodgeball	11-17	-0-
	4-5 p.m.	Dominoes	11-17	-0-
Tue	2-3 p.m.	Chess	11-17	-0-
	2-4 p.m.	Volleyball	11-17	-0-
Wed	2-3 p.m.	Indoor Soccer	11-17	-0-
	4-5 p.m.	Flag Football	11-17	-0-
	6-7 p.m.	Table Tennis	11-17	-0-
Thu	11 a.m.-noon	Kickball	11-17	-0-
	4-5 p.m.	Water Volleyball	11-17	-0-
Fri	2-3 p.m.	Flag Football	11-17	-0-
	2-4 p.m.	Basketball	11-17	-0-

DAY	TIME	CLASS	AGE	FEE
<b>ADULT CLASSES</b>				
Mon	2-3 p.m.	Senior Fitness Hour (M,W,F)	50-up	IPAR ID
	6-7 p.m.	XBOX Live	18-up	-0-
	8-9 p.m.	Beginner Fitness (M,W)	18-up	IPAR ID

DAY	TIME	CLASS	AGE	FEE
<b>LEAGUES</b>				
Tue	6:30-8:30 p.m.	Girls Volleyball Clinics	8-12	-0-
Thu	6:45-9:45 p.m.	Mens Basketball	18-up	\$360 per team

**YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS**  
Members should contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	9 a.m.-noon	RARE Learning-Early Learners (M-F)	3-5	\$169 to \$405
	9:15-10:15 a.m.	Jacki Sorensen's Dance Aerobics (T,Th)	18-64/65+	\$12/\$10 or \$3 class
	10-10:45 a.m.	Gymnastics (M,W)	2-5	\$65 mo.
	3:30 p.m.	Piano Lessons (M-F)	5-16	\$90 mo.
	4-4:45 p.m.	Basketball Skills: Level 1 (M,W,F)	5-17	\$30 wk.
	4:15 p.m.	Piano Lessons (M-F)	5-16	\$90 mo.
	4:45-5:30 p.m.	Basketball Skills: Level 2 (M,W,F)	5-17	\$30 wk.
	5 p.m.	Piano Lessons (M-F)	5-16	\$90 mo.
	5-6 p.m.	Chess (M,W,F)	6-up	\$10 class
	5:30-6:15 p.m.	Basketball Skills: Level 3 (M,W,F)	5-17	\$30 wk.
	5:45 p.m.	Piano Lessons (M-F)	5-16	\$90 mo.
	6-7 p.m.	Belly Fit	18-up	\$40 mo.
	6-7 p.m.	Chess (M,W,F)	6-up	\$10 class
	6:15-7 p.m.	Basketball Skills: Level 4 (M,W,F)	5-17	\$30 wk.
	6:30 p.m.	Piano Lessons (M-F)	5-16	\$90 mo.
	7-8 p.m.	Belly Dancing	18-up	\$40 mo./\$10 class
	7-8 p.m.	Fitness to You (M,W)	18-up	\$5 per class
	7-9:30 p.m.	DFW Table Tennis	7-up	\$40 mo./\$10 class
	Tue	10 a.m.-noon	Mom and Tots Play and Learn Rare Learning	24-36 mo.
5:30-6:30 p.m.		Okinawan Karate (T,Th)	7-up	\$60 mo.
6:30-7:30 p.m.		Okinawan Karate Int./Adv.	7-up	\$60 mo.
Wed	5-7 p.m.	Junior Youth Empowerment Program	10-14	-0-
	5:30-6:30 p.m.	Ballet and Tap	2-5	\$45 mo.
Thu	6:30-7:30 p.m.	Ballet and Tap	6-12	\$45 mo.
	6:30-7:30 p.m.	Okinawan Kobudo	7-up	\$50 mo.
Sat	7:30-8:30 p.m.	Okinawan Karate Blackbelt	7-up	\$60 mo.
	8-9 a.m.	Tennis Lessons Juniors	7-10	\$40 mo.
	9-10 a.m.	Tennis Lessons Juniors	9-12	\$40 mo.
	9 a.m.-noon	DFW Table Tennis	7-up	\$40 mo./\$3 class
	10-11 a.m.	Tennis Lessons Juniors	12-up	\$40 mo.
	11 a.m.-noon	Tennis Lessons Juniors	12-up	\$40 mo.
	2-2:45 p.m.	Bollywood Kids Dance	5-12	\$40 mo.
3-4 p.m.	Bollyx Class	18-up	\$40 mo.	

DAY	TIME	CLASS
<b>OPEN GYM BASKETBALL</b>		
Mon	6-9 a.m. (basketball) / noon-2 p.m. (pickleball)	
Tue	noon-2 p.m. (badminton)	
Wed	6-9 a.m. (basketball) / noon-3 p.m. (pickleball) / 8:15-9:30 p.m. (basketball)	
Thu	11 a.m.-1 p.m. (basketball) / 1-2 p.m. (badminton)	
Fri	6-9 a.m. (basketball) / noon-2 p.m. (pickleball) / 7-9:30 p.m. (volleyball)	
Sat	1-3 p.m. (basketball) / 3-4:30 p.m. (badminton)	
Sun	1-3 p.m. (badminton) / 3-4:30 p.m. (basketball)	

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

**GEORGIA FARROW RECREATION CENTER AT WEST PARK / 530 Davis Drive / (972) 721-2519**  
Hours: Mon-Fri : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>PRESCHOOL CLASSES</b>				
Mon	9 a.m.-noon	Starkidz Preschool Academy (M-F)	3-6	TBA
	9:15-10 a.m.	Preschool Math	3-6	-0-
	10-11 a.m.	T-Ball Skills	3-6	-0-
	11 a.m.-noon	Preschool Match Making	3-6	-0-
Tue	noon-1 p.m.	Cut and Paste	3-6	-0-
	9:15-10 a.m.	Preschool Soccer	3-6	-0-
	10-11 a.m.	Tissue Paper Craft	3-6	\$5
	11 a.m.-noon	Preschool Writing	3-6	-0-
Wed	noon-1 p.m.	Big Wheel Racing	3-6	-0-
	9:15-10 a.m.	Preschool Social Studies	3-6	-0-
	10-11 a.m.	Piece The Puzzle	3-6	-0-
	11 a.m.-noon	Preschool Basketball	3-6	-0-
Thu	noon-1 p.m.	Paper Craft	3-6	\$5
	9:15-10 a.m.	Preschool Racing	3-6	-0-
	10-11 a.m.	Learning My ABCs	3-6	-0-
	11 a.m.-noon	Preschool Golf	3-6	-0-
Fri	noon-1 p.m.	Painting Pictures	3-6	\$5
	9:15-10 a.m.	Brilliant Builders	3-6	-0-
	10-11 a.m.	Learning My Numbers	3-6	-0-
	noon-1 p.m.	Color By Numbers	3-6	-0-
Sat	10-11 a.m.	Young Chef	3-6	\$5

DAY	TIME	CLASS	AGE	FEE
<b>YOUTH &amp; TEEN CLASSES</b>				
Mon	2-3 p.m.	Tie Dye Fun	6-12	\$5
	4-5 p.m.	Whiffle Ball	11-14	-0-
	7-8 p.m.	Intro. to Ceramics	12-up	\$5
	9-9:45 p.m.	Origami Sculpting	12-up	\$5
Tue	3:30-5:30 p.m.	One Act Play Rehearsal (T,Th)	6-17	-0-
Wed	3-4 p.m.	Ping Pong Challenge	6-12	-0-
Thu	9-9:45 p.m.	3-on-3 Basketball Challenge	16-up	IPAR card
Fri	2-3 p.m.	Summer Crafts	6-11	\$5
	4-5 p.m.	Water Color Painting	12-17	\$5
	5-6 p.m.	Xbox 1 Gaming	7-17	-0-
Sat	9:15-10 a.m.	Cross Country Running	12-up	-0-
	noon-1 p.m.	Game Room Fun	12-up	-0-

DAY	TIME	CLASS	AGE	FEE
<b>SUMMER GAMES PRACTICE SCHEDULE</b>				
Mon	2-4 p.m.	Basketball	11-17	-0-
	5-6 p.m.	Chess and Dominoes	11-17	-0-
Tue	3-4 p.m.	Water Volleyball	11-17	-0-
	5-6 p.m.	Table Tennis	11-17	-0-
Wed	2-4 p.m.	Flag Football	11-17	-0-
	5-6 p.m.	Tennis	11-17	-0-
Thu	3-4 p.m.	Volleyball	11-17	-0-
	5-6 p.m.	Kickball	11-17	-0-
Fri	3-4 p.m.	Dodgeball	11-17	-0-

DAY	TIME	CLASS	AGE	FEE
<b>ADULT CLASSES</b>				
Mon	6:15-7 p.m.	Reading Relaxing	18-up	-0-
	7-8 p.m.	Intro. Ceramics	12-up	\$5
	8-9 p.m.	Time for Toning	18-up	\$10
	9-9:45 p.m.	Origami Sculpting	12-up	\$5
Tue	6:15-7 p.m.	Yoga Stretch	18-up	\$5
	7-8 p.m.	Women Workout	18-up	\$5
	8-9 p.m.	Volleyball Play	18-up	IPAR
	9-9:45 p.m.	Adult Table Game	18-up	-0-
Wed	6:15-7 p.m.	Mind-Based Stress Relief	18-up	-0-
	7-8 p.m.	Leather Tooling	18-up	\$10
	8-9 p.m.	Cardio and Corazon	18-up	\$5
	9-9:45 p.m.	Basic Weight Training	18-up	\$5
Thu	6:15-7 p.m.	Couple Workout	18-up	IPAR
	7-8 p.m.	Appetizer Cooking	18-up	\$10
	8-9 p.m.	Women Walking	18-up	-0-
	9-9:45 p.m.	3 on 3 Basketball Challenge	16-up	IPAR
Fri	6:15-7 p.m.	Walk for Fitness	18-up	-0-
	7-8 p.m.	Spanish Basics	18-up	\$5
	8-9 p.m.	Dominoes and Cards	18-up	-0-
	9-9:45 p.m.	Exercise Effectively	18-up	-0-
Sat	9:15-10 a.m.	Cross Country Running	12-up	-0-
	11 a.m.-noon	Boot Camp Workout	18-up	\$5
	noon-1 p.m.	Game Room Fun	12-up	-0-

**YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS**  
Members should contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	7-8 p.m.	Zumba (M-F)	12-up	TBA
Thu	6:30-9 p.m.	Play Volleyball/Basketball	15-up	IPAR
Fri	5:30-9:45 p.m.	R.I.S.E. Quad Rugby	18-up	TBA
Sat	11 a.m.-1 p.m.	R.I.S.E. Quad Rugby	18-up	TBA

DAY	TIME	CLASS
<b>OPEN GYM BASKETBALL</b>		
Mon	noon-4 p.m. / 8-9:45 p.m.	
Tue	noon-4 p.m.	
Wed	noon-4 p.m.	
Thu	noon-4 p.m. / 8-9:45 p.m.	
Fri	noon-4 p.m.	
Sat	1-4:45 p.m.	

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

**HERITAGE SENIOR CENTER / 200 S. Jefferson St. / (972) 721-2496**  
Hours: Mon, Thu, Fri : 8 a.m.–9 p.m. / Tue : 8 a.m.–10 p.m. / Wed : 8 a.m.–5 p.m. / Sat : 9 a.m.–1 p.m. Membership required to participate in activities.

DAY	TIME	CLASS	AGE	FEE
<b>ADULT CLASSES</b>				
Mon	8:45-9:45 a.m.	AM Aerobics	50-up	\$15 mo.
	8:45-9:45 a.m.	Walking Club	50-up	-0-
	9:30-10:30 a.m.	Texercise	50-up	-0-
	10-10:40 a.m.	Tai Chi for Arthritis/Fall Prevention	50-up	\$5 (includes Qi Gong)
	10-11 a.m.	Fit 4 Life	50-up	\$35 mo.
	10-11:30 a.m.	ESL (English as a Second Language)	50-up	-0-
	10:45-11:20 a.m.	Qi Gong and the Art of Relaxation	50-up	\$5 (includes Tai Chi for Arthritis)
	10:45-11:45 a.m.	Assisted Chair Yoga	50-up	\$35 mo.
	12:30-3:30 p.m.	42 (Dominoes)	50-up	-0-
	12:30-4:30 p.m.	Beg. Bridge	50-up	-0-
	2-4 p.m.	The Lively Steppers	50-up	-0-
	5:30-6:30 p.m.	Zumba	18-up	\$25 mo.
	6-7 p.m.	Hula Lessons	18-up	\$25 mo.
	6-7 p.m.	Yoga	18-up	\$35 mo./\$8 class
	6-7:30 p.m.	Bingo	50-up	Covered Dish + 2 prizes
	7-8 p.m.	Hula Part B (for students who have studied Hula)	18-up	\$25 mo. Hula students, \$35 non-Hula students
	Tue	7-8 p.m.	Heritage Singers (2nd, 3rd, 4th, 5th Mon)	50-up
8:20-9:30 a.m.		Stretch and Tone	50-up	\$5 mo.
9-11 a.m.		Wood Carving	50-up	-0-
10-11 a.m.		Gospel Singing	50-up	-0-
10-11:30 a.m.	Senior Computer Club	50-up	-0-	



## Summer Session

Call (972) 721-2501 for details or more information. Registration for Heritage Senior Center classes begins at 10 a.m. the first business day of the month.

**HERITAGE SENIOR CENTER** / 200 S. Jefferson St. / (972) 721-2496  
Hours: Mon, Thu, Fri : 8 a.m.–9 p.m. / Tue : 8 a.m.–10 p.m. / Wed : 8 a.m.–5 p.m. / Sat : 9 a.m.–1 p.m. Membership required to participate in activities.

DAY	TIME	CLASS	AGE	FEE	
Tue	12:30-3:30 p.m.	42 (Dominoes)	50-up	-0-	
	12:30-4:30 p.m.	Hand and Foot	50-up	-0-	
	12:30-4:30 p.m.	Adv. Bridge	50-up	-0-	
	6-7 p.m.	Evening Aerobics	18-up	\$15 mo.	
	6:30-9:30 p.m.	Ceramics	18-up	\$15 mo.	
Wed	7-9:15 p.m.	Dance	18-up	\$6 wk.	
	8:45-9:45 a.m.	AM Aerobics	50-up	\$15 mo.	
	8:45-9:45 a.m.	Walking Club	50-up	-0-	
	9:30-10:30 a.m.	Texercise	50-up	-0-	
	9:30-11 a.m.	History by the Slice	50-up	-0-	
	10-10:40 a.m.	Tai Chi for Arthritis/Fall Prevention	50-up	\$5 (includes Qi Gong)	
	10-11 a.m.	Blood Pressure Screening (3rd Wed)	50-up	-0-	
	10-11:30 a.m.	ESL (English as a Second Language)	50-up	-0-	
	10:45-11:20 a.m.	Qi Gong and the Art of Relaxation	50-up	\$5 (includes Tai Chi for Arthritis)	
	10:45-11:45 a.m.	Assisted Chair Yoga	50-up	\$35 mo./\$8 class	
	11:15 a.m.	Nutrition 101 (Call for schedule)	50-up	-0-	
	noon-1 p.m.	Yoga	18-up	\$35 mo./\$8 class	
	1:30-3:30 p.m.	Bluegrass Jam Session	50-up	-0-	
	1:30-3:45 p.m.	Line Dance	50-up	20 mo./\$6 class	
	Thu	8:20-9:30 a.m.	Stretch and Tone	50-up	\$5
9:45-11:45 a.m.		Photography Workshops	18-up	\$15 per workshop	
10:15-11:15 a.m.		Bingo	50-up	\$1	
12:30-3:30 p.m.		42 (Dominoes)	50-up	-0-	
12:30-4:30 p.m.		Hand and Foot	50-up	-0-	
12:30-4:30 p.m.		Int. Bridge	50-up	-0-	
1-2 p.m.		Beg. Tap	50-up	-0-	
2:45-3:45 p.m.		Int. Tap Dance	50-up	\$30 mo.	
6-7 p.m.		Evening Aerobics	18-up	\$15 mo.	
6:15-8:30 p.m.		Bunko	50-up	\$8 mo.	
7-8 p.m.		Heritage Book Club (3rd Thu)	50-up	-0-	
7-8 p.m.		Writing and You (1st, 2nd, 4th, 5th Thu)	50-up	-0-	
Fri		8:45-9:45 a.m.	AM Aerobics	50-up	\$15 mo.
		8:45-9:45 a.m.	Walking Club	50-up	-0-
		9 a.m.-noon	Mah Jongg	50-up	-0-; inst. book \$1
	9 a.m.-noon	Ceramics	50-up	\$15 mo.	
	10-11 a.m.	Fit 4 Life	18-up	\$35 mo.	
	10-11:30 a.m.	Investor's Information Exchange	50-up	-0-	
	10-11:45 a.m.	Friday at the Movies (2nd or 4th Fri)			
	noon-5 p.m.	Canasta	50-up	-0-	
	1-2:30 p.m.	Spanish Club	50-up	-0-	
	5:30-6:15 p.m.	Register for Texas Hold Em'	50-up	\$3 per class	
Sat	5:30-6:30 p.m.	Zumba	18-up	\$25	
	6:20-8:30 p.m.	Texas Hold Em' (2nd and 4th Fri)	50-up	Heritage Membership required w/signup fee	
	9:15 a.m.-12:30 p.m.	Round Dance Lesson	18-up	\$40 per session	

### SPECIAL EVENTS

DATE	TIME	EVENT	AGE	FEE
May 17	9 a.m.-noon	Let's Live Healthy Expo	50-up and guests	-0-
June 13	10 a.m.-noon	Papapalooza Father's Day Party	50-up	\$4
June 27	6-8:30 p.m.	Mystery Bingo	50-up and guests	\$6
July 3	10-11:15 a.m.	Patriotic Party	50-up	\$4
July 12	10-11:15 a.m.	Parks and Rec Month Celebration	50-up	-0-
Aug. 1	6-8:30 p.m.	Senior Arts Festival Reception	50-up and guests	-0-
Aug. 30	6-8:30 p.m.	Casino Night	50-up and guests	\$12

**LEE PARK RECREATION CENTER** / 3000 Pamela Drive / (972) 721-2508  
Hours: Mon-Fri : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>PRESCHOOL CLASSES</b>				
Mon	10 a.m.-noon	Preschool Mini Camp (M,W,F)	3-5	\$30
Tue	10-11 a.m.	Color and Paste	3-5	\$5
	11 a.m.-noon	Building with Blocks and Legos	3-5	\$5
Thu	10-11 a.m.	Color By Numbers	3-5	\$5
	11 a.m.-noon	Soccer Skills	3-5	-0-
Sat	9:15-10 a.m.	Intro to Sports	3-5	-0-
	10-11 a.m.	Scissors Skills	3-5	\$5

### YOUTH & TEEN CLASSES

Mon	1-2 p.m.	Paper Plate Crafts	7-12	\$5
	5-6 p.m.	Dodgeball Mania	9-13	-0-
	7-8 p.m.	Healthy Habits	13-17	-0-
	8-9 p.m.	Basketball Shooting Drills	13-17	-0-
Tue	1-2:30 p.m.	One Act Play (T,Th)	6-17	-0-
	4-5 p.m.	Kickball Kraze	6-11	\$5
	5-6 p.m.	Intro to Bumper Pool	9-13	-0-
	7-8 p.m.	Stretching and Meditation	13-17	-0-
	8-9 p.m.	Sewing 101	10-up	\$10+supplies
Wed	5-6 p.m.	Whiffle Ball Games	10-15	-0-
	7-8 p.m.	Anime Sketching	13-17	\$5
Thu	3-4 p.m.	Gym Adventures	6-11	-0-
	6-7 p.m.	Learn to Play Table Tennis	10-15	-0-
	7-8 p.m.	Dominoes Challenge	13-17	-0-
Fri	1-2 p.m.	Fuse Bead Creations	6-11	\$5
	3-4 p.m.	Summer Crafts	9-13	\$5
	5-6 p.m.	Game Room Challenge	10-15	-0-
	6-9 p.m.	Parents Night Out	K-5	\$10 wk.
Sat	11 a.m.-noon	Indoor Soccer	6-11	-0-
	1-2 p.m.	Make Slime	7-12	-0-
	2-3 p.m.	Wall Ball Tournament	9-13	-0-

### SUMMER GAMES PRACTICE SCHEDULE

Mon	2-3 p.m.	Kickball	14-17	-0-
	3-4 p.m.	Basketball	11-13	-0-
	4-5 p.m.	7 on 7	11-17	-0-
	6-7 p.m.	Table Tennis	11-13	-0-
Tue	3-4 p.m.	Indoor Soccer	11-13	-0-
	6-7 p.m.	Table Tennis	11-17	-0-
Wed	3-4 p.m.	Kickball	11-13	-0-
	4-5 p.m.	Volleyball	11-17	-0-
	6-7 p.m.	Chess and Dominoes	11-17	-0-
	8-9 p.m.	Basketball	14-17	-0-
Thu	2-3 p.m.	Dodgeball	11-17	-0-
	5-6 p.m.	Tennis	11-17	-0-
Fri	10:30-11:30 a.m.	Archery	11-17	-0-
	2-3 p.m.	Indoor Soccer	14-17	-0-

### ADULT CLASSES

Mon	9-9:45 p.m.	Cardio Endurance	18-up	\$5
Tue	9-9:45 p.m.	Treadmill Walking	18-up	\$5
	9:15-10 a.m.	Senior Strength and Flexibility (T,Th)	50-up	\$10
Wed	9-9:45 p.m.	5K Training	18-up	\$5
Thu	8-9 p.m.	Advances Fitness	18-up	\$5

**LEE PARK RECREATION CENTER** / 3000 Pamela Drive / (972) 721-2508  
Hours: Mon-Fri : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>ADULT CLASSES</b>				
Thu	9-9:45 p.m.	Total Body Toning	18-up	\$5
Sat	4-4:45 p.m.	Exercise Circuit	18-up	\$5

### YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members should contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	9:15-10 a.m.	Yoga for Seniors (M,W,F)	50-up	\$25 mo.
	9:30-10:30 a.m.	Jazzercise (M-F and Sat)	18-up	\$49 mo.
	5:15-6:15 p.m.	Jazzercise (M-Th)	18-up	\$49 mo.
	6-7 p.m.	Yoga II (M,W)	18-up	\$35 mo.
	6:15-7:15 p.m.	Jazzercise (M-Th)	18-up	\$49 mo.
	6:30-7:30 p.m.	Zumba Fitness (M,W)	18-up	\$20 mo.
Tue	6-9 p.m.	USA Go Ju Karate (T,F)	6-up	\$35 mo.
Thu	5-5:30 p.m.	Soccer Sparks (4-week session)	2-3	\$44 mo.
	5:30-6:15 p.m.	Soccer Sparks (4-week session)	4-5	\$44 mo.
	6-7 p.m.	Yoga I	18-up	\$35 mo.
	6:15-7:00 p.m.	Soccer Sparks (4-week session)	6-9	\$44 mo.
Fri	5:45-6:45 p.m.	Jazzercise	18-up	\$49 mo.
Sat	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
Sun	2-3 p.m.	Jazzercise	18-up	\$49 mo.

### OPEN GYM BASKETBALL

Mon	10:30 a.m.-3 p.m. / 7:30-9:45 p.m.
Tue	10:30 a.m.-3 p.m. / 7:30-9:45 p.m.
Wed	10:30 a.m.-3 p.m. / 7:30-9:45 p.m.
Thu	10:30 a.m.-3 p.m. / 6:45-9:45 p.m.
Fri	10:30 a.m.-3 p.m. / 7:30-9:45 p.m.
Sat	11 a.m.-2 p.m.
Sun	1-4:45 p.m.

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

**LIVELY POINTE YOUTH CENTER** / 909 N. O'Connor Road / (972) 721-8090  
Hours: Mon-Fri : 1-9 p.m. / Sat : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>YOUTH &amp; TEEN CLASSES</b>				
Mon	1-2 p.m.	Technology Tutoring	12-18	-0-
	2-3 p.m.	Summer Games Chess	12-18	-0-
	3-4 p.m.	MLB Pick'Em	12-18	-0-
	4-5 p.m.	Summer Games Dodgeball	12-18	-0-
	5-6 p.m.	Summer Games Volleyball	12-18	-0-
Tue	6-7 p.m.	Lively Running Club (M,W,F)	12-18	-0-
	1-2 p.m.	Weight Room Orientation	12-18	-0-
	4-5 p.m.	3 Point Shootout	12-18	-0-
	6-7 p.m.	Ultimate Frisbee (1st/3rd)	12-18	-0-
	6-7 p.m.	Name Your Game (2nd/4th)	12-18	-0-
	7-8 p.m.	Summer Games Kickball	12-18	-0-
	8-9 p.m.	Foosball League	12-18	-0-
	Wed	2-3 p.m.	Summer Games Dominoes	12-18
4-5 p.m.		Baking for Beginners	12-18	-0-
5-6 p.m.		Summer Games Table Tennis	12-18	-0-
6-7 p.m.		Irving Youth Action Council Mtg. (1st/3rd)	12-18	-0-
6-8 p.m.		Summer Games Basketball	12-18	-0-
Thu	8-9 p.m.	Girl Talk	12-18	-0-
	1-2 p.m.	Weight Room Orientation	12-18	-0-
	2-3 p.m.	Burnout Workout	12-18	-0-
	4-5 p.m.	Snap It! - Social Media Fun	12-18	-0-
	5-7 p.m.	Summer Games Indoor Soccer	12-18	-0-
	7-8 p.m.	Summer Games Tennis	12-18	-0-
	7-8:45 p.m.	Indoor Soccer Free Play	12-18	-0-
Fri	1-2 p.m.	Summer Games Water Volleyball	12-18	-0-
	2-3 p.m.	Ice Cream Creations	12-18	-0-
	4-6 p.m.	Summer Games 7-on-7 Flag Football	12-18	-0-
	7-8 p.m.	Chillin and Grillin with Steve	12-18	-0-
Sat	1-2 p.m.	Floor Hockey	12-18	-0-
	2-3 p.m.	Gym Games	12-18	-0-
Sat	3-4 p.m.	Teen Fitness	12-18	-0-

**MUSTANG PARK RECREATION CENTER** / 2223 Kinwest Parkway / (972) 556-1334  
Hours: Mon, Wed : 6 a.m.–10 p.m. / Tue, Thu, Fri : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>PRESCHOOL CLASSES</b>				
Mon	9:15-10 a.m.	Obstacle Course	3-6	\$5
	10-11 a.m.	Dance Time	3-6	\$5
Tue	11 a.m.-noon	Canvas Painting	3-6	\$5
	9:15-10 a.m.	Clay Art	3-6	\$5
	10-11 a.m.	Bikes and Tikes	3-6	\$5
Wed	11 a.m.-noon	Splash and Dash	3-6	\$5
	9:15-10 a.m.	Musical Games	3-6	\$5
	10-11 a.m.	Puppet Making	3-6	\$5
	11 a.m.-noon	Wood Crafts	3-6	\$5
Thu	noon-1 p.m.	Treasure Hunt	3-6	\$5
	9:15-10 a.m.	Little Painters	3-6	\$5
	10-11 a.m.	Bake and Take	3-6	\$10
Sat	11 a.m.-noon	Sunshine Crafts	3-6	\$5
	9:15-10 a.m.	Stories and Crafts	3-6	\$5
Sat	10-11 a.m.	Baseball Basics	3-6	\$5
Sat	11 a.m.-noon	Bead Crafts	3-6	\$5

### YOUTH & TEEN CLASSES

Mon	3-4 p.m.	Gym Games (M-F)	6-12	\$10
	6:15-7 p.m.	Table Tennis	13-17	\$5
	8-9 p.m.	Video Game Basics	13-17	\$5
Tue	4-5 p.m.	Building Games	6-12	\$5
	6:15-7 p.m.	Card Games	10-15	\$5
	7-8 p.m.	Paint by Number	10-15	\$5
Wed	5-6 p.m.	Classic Video Games	6-12	\$5
	6:30-8:30 p.m.	DIY with Natalee	8-14	\$20
Thu	1-3 p.m.	One Act Play (T,Th)	6-17	-0-
	4-5 p.m.	Improv Games	6-12	\$5
Fri	9-11 a.m.	Summer Archery	11-17	-0-
	6-9 p.m.	Dinner and A Movie	6-12	\$5 per night
Sat	1-2 p.m.	Board Games	6-12	\$5
	2-3 p.m.	Fun with Food	6-12	\$10
	3-4 p.m.	Teen Fitness	13-17	\$5

### SUMMER GAMES PRACTICE SCHEDULE

Mon	noon-1 p.m.	Table Tennis	11-17	-0-
	2-3 p.m.	Basketball	11-17	-0-
	4-5 p.m.	Dodgeball	11-17	-0-
	5-6 p.m.	Dominoes and Chess	11-17	-0-
Tue	5-6 p.m.	Flag Football	11-17	-0-
Wed	9:15-10 a.m.	Tennis	11-17	-0-
	4-5 p.m.	Kickball	11-17	-0-
Fri	2-3 p.m.	Volleyball	11-17	-0-
	4-5 p.m.	Soccer	11-17	-0-



# Parks and Recreation

## City of Irving Parks and Recreation Classes

Registration is at 6 p.m. May 28 at all full-time and school recreation centers. Classes begin June 3 and end July 27.

**MUSTANG PARK RECREATION CENTER / 2223 Kinwest Parkway / (972) 556-1334**  
Hours: Mon, Wed : 6 a.m.-10 p.m. / Tue, Thu, Fri : 9 a.m.-10 p.m. / Sat : 9 a.m.-5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>ADULT CLASSES</b>				
Mon	7-8 p.m.	Cardio Hour	18-up	\$5
Tue	8-9 p.m.	Walking Club	18-up	\$5
Thu	6-10 p.m.	Sand Volleyball League	18-up	\$150 per team

### YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members should contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE	
Mon	9 a.m.-noon	RARE Learning-Early Learners (M-F)	3-5	TBA	
	9 a.m.-noon	Skyhawks Sports Camp (M-F)	7-12	\$125 camp	
	10 a.m.-noon	Mom and Tots - Play and Learn Camp (M,W,F)	24-36 mo.	\$99 mo.	
	noon-1 p.m.	Camp Gladiator (M,T,Th)	18-up	\$69 mo.	
	5-5:30 p.m.	Keyboarding/Piano	5-15	\$85 mo.	
	5-6 p.m.	Indoor Tennis	7-up	\$40 mo.	
	5:30-6 p.m.	Keyboarding/Piano	5-15	\$85 mo.	
	5:30-6:15 p.m.	Gymnastics	4-up	\$49 mo.	
	6-6:30 p.m.	Keyboarding/Piano	5-15	\$85 mo.	
	6-7 p.m.	Indoor Tennis	7-up	\$40 mo.	
	6:30-7 p.m.	Keyboarding/Piano	5-15	\$85 mo.	
	Tue	4-4:45 p.m.	Basketball Skills: Level 1 (T,Th)	6-18	\$25 wk.
		4:45-5:30 p.m.	Basketball Skills: Level 2 (T,Th)	6-18	\$25 wk.
		5:30-6:15 p.m.	Basketball Skills: Level 3 (T,Th)	6-18	\$25 wk.
		6-7 p.m.	Zumba (T,Th)	18-up	\$5 class
		6:15-7 p.m.	Basketball Skills: Level 4 (T,Th)	6-18	\$25 wk.
6:30-7 p.m.		Beg. Soo Bahk Do Karate (T,Th)	4-6	\$30 mo.	
7-8 p.m.		Beg./Int. Soo Bahk Do Karate (T,Th)	7-up	\$50 mo.	
7:30-8:30 p.m.		Boot Camp	18-up	\$15 mo./\$3 class	
8-9 p.m.		Adv. Soo Bahk Do Karate (T,Th)	7-up	\$50 mo.	
Wed	5-6 p.m.	Indoor Tennis	7-up	\$40 mo.	
	6-7 p.m.	Indoor Tennis	7-up	\$40 mo.	
Thu	10:45-11:30 a.m.	Kindermusik	18 mo.-3.5	TBA	
	11:45 a.m.-12:30 p.m.	Kindermusik	0-18 mo.	TBA	
Fri	6-7 p.m.	Chess	4-up	\$48 mo.	
Sat	9:30-10:30 a.m.	Boot Camp	18-up	\$15 mo./\$3 class	
	10-10:45 a.m.	Ballet and Tap	3-5	\$44 mo.	
	10-11 a.m.	SuperTots Soccer	3-6	\$40 mo.	
	10:45-11:30 a.m.	Ballet and Tap	3-5	\$44 mo.	
	11-11:45 a.m.	Bollywood Dance	4-7	\$44 mo.	
	11:30 a.m.-12:15 p.m.	Ballet and Tap	6-12	\$44 mo.	
	noon-12:45 p.m.	Bollywood Dance	8-13	\$50 mo.	
	2-3 p.m.	Riaz' Art Studio	5-17	\$80 mo.	

### OPEN GYM BASKETBALL

Mon	6-9 a.m. / 11 a.m.-2 p.m.* / 7:15-9:45 p.m. (badminton)
Tue	11 a.m.-2 p.m.
Wed	6-9 a.m. / 11 a.m.-2 p.m.* / 7:15-9:45 p.m. (pickleball)
Thu	11 a.m.-2 p.m.
Fri	noon-3 p.m.* / 6-9:45 p.m. (basketball)
Sat	noon-2 p.m. / 2-4:45 p.m. (badminton)
Sun	1-3 p.m. / 3-5 p.m. (badminton)

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.  
\*Badminton half gym from noon-2 p.m.

**NORTHWEST PARK RECREATION CENTER / 2800 Cheyenne St. / (972) 721-2529**  
Hours: Mon-Fri : 9 a.m.-10 p.m. / Sat : 9 a.m.-5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>PRESCHOOL CLASSES</b>				
Mon	10 a.m.- noon	Preschool Mini Camp (M,W,F)	3-5	\$30 or \$25
Tue	10-11 a.m.	Block Builder	3-5	\$5
	11 a.m.-noon	Preschool P.E.	3-5	-0-
Thu	11 a.m.- noon	Colors and Shapes	3-5	\$5
Sat	9:15-10 a.m.	Gym Games	3-5	\$5
	10-11 a.m.	Numbers and Letters	3-5	\$5

### YOUTH & TEEN CLASSES

Mon	1-2 p.m.	Finger Painting	7-12	\$5
	6-7 p.m.	You Call Aerobic Time	13-17	-0-
	7-8 p.m.	Color by Numbers	13-17	\$5
Tue	2-3:30 p.m.	One Act Play (T,Th)	6-17	-0-
	4-5 p.m.	Intro to Drawing	7-12	\$5
	7-8 p.m.	Cartooning for Fun	13-17	\$5
Wed	2-3 p.m.	Tissue Paper Design	6-11	-0-
	3-4 p.m.	Catch a Fish	7-12	\$5
	4-5 p.m.	Extreme Futsal	10-15	-0-
	7-8 p.m.	Construct with Popsicle Sticks	13-17	\$5
Thu	7-8 p.m.	Origami	13-17	\$5
Fri	1-2 p.m.	Summer Crafts	6-11	\$5
	2-3 p.m.	Diamond Rally	7-12	-0-
	4-5 p.m.	Color Pencils w Paper	9-13	\$5
	5-6 p.m.	Sand Volleyball Competition	10-15	-0-
	6-9 p.m.	Parents Night Out	K-5	\$10 night
	Sat	11 a.m.-noon	Hoop Skills	6-11
Sat	1-2 p.m.	Tennis Skills	9-13	-0-
	2-3 p.m.	Foosball Contest	13-17	-0-

### SUMMER GAMES PRACTICE SCHEDULE

Mon	2-3 p.m.	Kickball	11-13	-0-
	3-4 p.m.	Dodgeball	14-17	-0-
	4-5 p.m.	Indoor 7 on 7	11-13	-0-
	5-6 p.m.	Indoor Soccer	14-17	-0-
Tue	4-5 p.m.	Basketball	14-17	-0-
	6-7 p.m.	Dodgeball	11-13	-0-
Wed	1-2 p.m.	Volleyball	11-17	-0-
	2-3 p.m.	7 on 7	14-17	-0-
	5-6 p.m.	Indoor Soccer	11-13	-0-
	6-7 p.m.	Kickball	14-17	-0-
Thu	10-11 a.m.	Tennis	11-13	-0-
	1-2 p.m.	Chess/Dominoes	11-17	-0-
	6-7 p.m.	Tennis	14-17	-0-
Fri	10:30-11:30 a.m.	Archery	11-17	-0-
	3-4 p.m.	Basketball	11-13	-0-

### ADULT CLASSES

Mon	8-9 p.m.	Cardio for Beg.	18-up	\$5
	9-9:45 p.m.	Run Club	18-up	\$5
Tue	8-9 p.m.	Mile Walk	18-up	\$5
	9-9:45 p.m.	Leap into Shape	18-up	\$5
Wed	8-9 p.m.	Adult Fuse Beads	18-up	\$5
	9-9:45 p.m.	Modge Podge Projects	18-up	\$5
Thu	8-9 p.m.	5 Move Workout	18-up	\$5
	9-9:45 p.m.	Abs Energizer	18-up	\$5
Sat	3-4 p.m.	Step to 10k	18-up	\$5
	4-4:45 p.m.	Tummy Training	18-up	\$5

**NORTHWEST PARK RECREATION CENTER / 2800 Cheyenne St. / (972) 721-2529**  
Hours: Mon-Fri : 9 a.m.-10 p.m. / Sat : 9 a.m.-5 p.m. / Sun : 1-5 p.m.

### YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members should contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	7-9 p.m.	Hoop Club sign up at Hoopclub.org	6-18	\$10
Sat	11-11:30 a.m.	Soccer Sparks (4-week session)	2-3.5	\$44
	11:30 a.m.-noon	Soccer Sparks (4-week session)	3-4	\$44
	12:05-12:50 p.m.	Soccer Sparks (4-week session)	4-5	\$44
	12:50-1:35 p.m.	Soccer Sparks (4-week session)	6-9	\$44

### OPEN GYM BASKETBALL

Mon	9-10:30 a.m. / 11:30 a.m.-3 p.m. / 6-9:45 p.m.
Tue	9-11 a.m. / 11:30 a.m.-3 p.m. / 6-9:45 p.m.
Wed	9-10:30 a.m. / 11:30 a.m.-3 p.m. / 6-9:45 p.m.
Thu	9-11 a.m. / noon-4 p.m. / 6-9:45 p.m.
Fri	9-10:30 a.m. / 11:30 a.m.-3 p.m.
Sat	9-10 a.m. / 11 a.m.-2 p.m. / 3-4:45 p.m.
Sun	1-5 p.m.

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

**SENER PARK RECREATION CENTER / 901 S. Senter Road / (972) 721-2641**  
Hours: Mon-Fri : 9 a.m.-10 p.m. / Sat : 9 a.m.-5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
<b>PRESCHOOL CLASSES *** All classes begin July 1 due to renovations. ***</b>				
Mon	9:15-10 a.m.	Outdoor Games	3-5	-0-
	10-11 a.m.	Learning Activities	3-5	-0-
	11 a.m.-noon	Scavenger Hunt	3-5	-0-
Tue	noon-1 p.m.	Paint Craft	3-5	\$5
	9:15-10 a.m.	Paper Plate Craft	3-5	\$5
	10-11 a.m.	T-Ball	3-5	-0-
Thu	11 a.m.-noon	Movie and Snack	3-5	\$5
	noon-1 p.m.	Preschool Tennis Skills	3-5	-0-
	9:15-10 a.m.	Playground Adventure	3-5	-0-
	10-11 a.m.	Color, Cut and Paste	3-5	-0-
Fri	11 a.m.-noon	T-Ball	3-5	-0-
	noon-1 p.m.	Watercolor Paint	3-5	\$5
	9:15-10 a.m.	Preschool Kickball Skills	3-5	-0-
Sat	10-11 a.m.	Preschool Cooking	3-5	\$5
	11 a.m.-noon	Hockey Play	3-5	-0-
	9:15-10 a.m.	T-Ball Skills	3-5	-0-
Sat	10-11 a.m.	Motor Skill Activities - Throw It! Chase It!	3-5	-0-
	11 a.m.-noon	Educational Games	3-5	-0-

### YOUTH & TEEN CLASSES

Mon	1-2 p.m.	Youth 3-on-3 Basketball	10-12	-0-	
	6-7 p.m.	Fitness Fanatics	16-up	-0-	
	7-8 p.m.	Creative Tye Dye Art	12-14	\$5	
Tue	7:30-8:30 p.m.	Karate (M,W)	5-up	\$50 mo.	
	8-9 p.m.	Dominoes	19-up	-0-	
	1-3 p.m.	One Act Play (T,Th)	11-17	-0-	
	3-4 p.m.	Bead Creation	7-11	\$5	
	5-6 p.m.	Floor Hockey	8-11	-0-	
	6-7 p.m.	DIY Crazy Denim Craft	9-13	\$5	
	7-8 p.m.	Intro to Weight Lifting	15-up	\$5	
	8-9 p.m.	Interactive Mystery Solving	9-13	-0-	
	9-9:45 p.m.	Table Tennis Battle	13-up	-0-	
	Wed	6-7 p.m.	Trail Walkers	18-up	-0-
7-8 p.m.		Teen Talk	13-18	-0-	
8-9 p.m.		Card Games	18-up	-0-	
9-9:45 p.m.		Body Sculptors	13-up	-0-	
Thu	3-4 p.m.	Creative Craft	7-11	-0-	
	5-6 p.m.	Fitbit Challenge	10-12	-0-	
	6-7 p.m.	Sand Volleyball	13-16	-0-	
	7-8 p.m.	Presentation Skills	13-up	-0-	
	8-9 p.m.	Young Adult Healthy Cooking	17-21	\$5	
	9-9:45 p.m.	Basketball Skills	13-15	-0-	
	Fri	11:30 a.m.-12:30 p.m.	Archery	11-17	-0-
		2-3 p.m.	Youth Badminton	7-12	-0-
6-7 p.m.		Trail Adventure (Guided Walk)	13-17	-0-	
Sat	7-8 p.m.	Teen Leadership	13-18	-0-	
	8-9 p.m.	Adv. Volleyball	16-up	-0-	
	9-9:45 p.m.	Stretch and Tone	16-up	\$5	
	noon-1 p.m.	Reading Strategies	13-up	-0-	
Sat	2-3 p.m.	Gin Rummy	50-up	-0-	
	3-4 p.m.	X-Box/P4 Challenge	8-13	-0-	
	4-5 p.m.	Current Events	13-up	-0-	

### SUMMER GAMES PRACTICE SCHEDULE

Mon	1-2 p.m.	Dominoes	11-17	-0-
	3-4 p.m.	Basketball	11-17	-0-
Tue	2-3 p.m.	Dodgeball	11-17	-0-
	4-5 p.m.	Volleyball	11-17	-0-
Thu	2-3 p.m.	Soccer	11-17	-0-
	4-5 p.m.	Table Tennis	11-17	-0-
Fri	2-3 p.m.	Chess	11-17	-0-
	4-5 p.m.	Tennis	11-17	-0-

### ADULT CLASSES

Mon	6-7 p.m.	Fitness Fanatics	16-up	-0-
	8-9 p.m.	Dominoes	19-up	-0-
	9-9:45 p.m.	Wall Ball	13-up	-0-
Tue	6-7 p.m.	Intro to Weight Lifting	15-up	\$5
	8-9 p.m.	Table Tennis Battle	13-up	-0-
Wed	6-7 p.m.	Trail Walkers	18-up	-0-
	9-9:45 p.m.	Body Sculptors	18-up	-0-
Thu	7-8 p.m.	Presentation Skills	13-up	-0-
Fri	8-9 p.m.	Adv. Volleyball	16-up	-0-
	9-9:45 p.m.	Stretch and Tone	16-up	\$5
Sat	noon-1 p.m.	Reading Strategies	13-up	-0-
	2-3 p.m.	Gin Rummy	50-up	-0-
	4-5 p.m.	Current Events	13-up	-0-

### YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members should contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	9-10 a.m.	Zumba Fitness (M-F)	18-up	\$35 mo./\$3 class
	10 a.m.-1 p.m.	Pickleball (M,F)	50-up	IPAR Card
	6-7 p.m.	Zumba Fitness (M-F)	18-up	\$35 mo./\$3 class
	7:30-8:30 p.m.	Karate (M,W)	5-up	\$50 mo.
Wed	7:30-9:45 p.m.	Badminton (Mon, Wed, Sun)	18-up	IPAR Card
	11:30 a.m.-1 p.m.	Senior Lunch	50-up	\$4
Sat	11 a.m.-1 p.m.	Jujitsu	6-up	\$25 mo.

### OPEN GYM BASKETBALL

Mon	9 a.m.-6 p.m. / 7-9:45 p.m.
Tue	9 a.m.-6 p.m.
Wed	6 a.m.-5 p.m. / 7-9:45 p.m.
Thu	9 a.m.-6 p.m.
Fri	9 a.m.-6 p.m. / 7-9:45 p.m.
Sat	9 a.m.-4:45 p.m.
Sun	1-4:45 p.m.

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.