

November 2019

Fields Recreation Center

1701 Dairy Road, Garland, TX 75040 • 972-205-3090 • FRC@GarlandTX.gov • GarlandParks.com

PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.	Personal Training By Appointment	Fitness 101 By Appointment Preschool Adventures 9:30 a.m.	FREE Body Shop Fitness 9:30 a.m.	Open Play Pickleball 9 a.m. Preschool Adventures 9:30 a.m.	Bridge 9:30 a.m.	
10 a.m.						Volleyball 10:15 a.m.
11 a.m.						
12 p.m.		Volleyball (Open Play) Noon				You can DIY! Noon Boxing Noon
1 p.m.						CPR 1:30 p.m. 11/30
2 p.m.						
3 p.m.						
4 p.m.						
5 p.m.						
6 p.m.	Kreative Kids Workshop 11/11 6 p.m. Empty Hands Karate 6:30 p.m.	Boxing 6 p.m. Dance Combo Preschool 6 p.m. Dance Combo Elementary 6:45 p.m.	Empty Hands Karate 6:30 p.m.	Writing Tutoring 6:30 p.m.		
7 p.m.	Zumba 7:45 p.m.	Square Dance 7 p.m. Total Body Project 7:45 p.m.		Total Body Project 7:30 p.m.		
8 p.m.		Hip Hop Dance 8 p.m.				

All program information subject to change and availability. Registrations accepted on first-come, first-serve basis. Waitlists available for most full programs. Pre-registration required for most programs. A program may cancel if minimum number of registrations is unmet. A City of Garland waiver and release of claim is required prior to participating in any program. **All programs occur weekly unless noted with a date.**

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OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9 a.m. - 4:45 p.m.	2 9 - 9:45 a.m. 1:30 - 3:45 p.m.
4 9 a.m. - 8:45 p.m.	5 11:30 a.m. - 5:30 p.m. Volleyball Noon - 1 p.m. 7:30 p.m. - 8:45 p.m.	6 11 a.m. - 8:45 p.m.	7 Pickleball 9 - 11 a.m. 11:30 a.m. - 8:30 p.m.	8 9 a.m. - 4:45 p.m.	9 9 - 9:45 a.m. 1:30 - 3:45 p.m.
11 9 a.m. - 8:45 p.m.	12 11:30 a.m. - 5:30 p.m. Volleyball Noon - 1 p.m. 7:30 p.m. - 8:45 p.m.	13 11 a.m. - 8:45 p.m.	14 Pickleball 9 - 11 a.m. 11:30 a.m. - 8:30 p.m.	15 9 a.m. - 4:45 p.m.	16 9 - 9:45 a.m. 1:30 - 3:45 p.m.
18 9 a.m. - 8:45 p.m.	19 11:30 a.m. - 5:30 p.m. Volleyball Noon - 1 p.m. 7:30 p.m. - 8:45 p.m.	20 11 a.m. - 8:45 p.m.	21 Pickleball 9 - 11 a.m. 11:30 a.m. - 8:30 p.m.	22 9 a.m. - 4:45 p.m.	23 9 - 9:45 a.m. 1:30 - 3:45 p.m.
25 9 a.m. - 8:45 p.m.	26 11:30 a.m. - 5:30 p.m. Volleyball Noon - 1 p.m. 7:30 p.m. - 8:45 p.m.	27 11 a.m. - 4:45 p.m. Close at 5 p.m.	28 CLOSED	29 CLOSED	30 9 - 9:45 a.m. 1:30 - 3:45 p.m.
<p>***Schedule subject to change. ***You are required to purchase and scan your Garland ID card to be inside the facility. City of Garland recreation centers are closed on Sundays.</p>					



PUPPY PAWS
AND SANTA CLAWS

Holford Recreation Center
December 8
2 - 4 p.m.
\$8 per dog
(Save \$3 when you register by 12/5)



Fields Recreation Center
December 10
5:30 - 8:30 p.m.
Free



SNACKS WITH
SANTA