



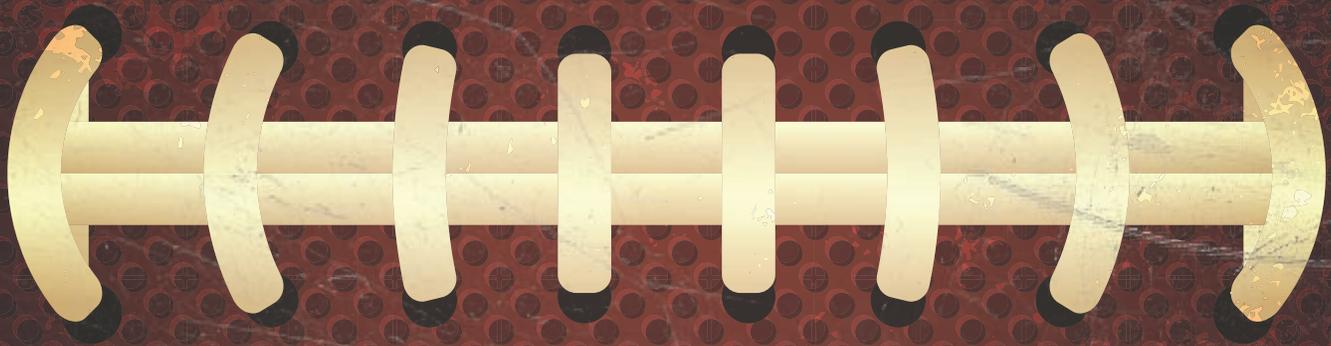
# HOLLABAUGH RECREATION CENTER

3925 W. Walnut St., Garland, TX 75042 | 972-205-2721 | HHRC@GarlandTX.gov

## Hunt Squad Football Training

Instructor: G. Turner

Age: 6 - 17



Su	3 - 5 p.m.	Sept. 6 - 27	\$30	15082
Su	3 - 5 p.m.	Oct. 4 - 25	\$30	15083
Su	3 - 5 p.m.	Nov. 1 - 29	\$30	15084
Su	3 - 5 p.m.	Dec. 6 - 27	\$30	15085

# Camps

## Hollabaugh Holiday Camp

It is time to get out and play! Enjoy an exciting week of games for team-building games, sports, arts and crafts, and more. Make memories with old friends, meet some new friends and try something new.

**Instructor: P. Johnson**

Age: 6 - 11

M-W 8 a.m. - 5 p.m. Nov. 23 - 25 \$75 14789

# Community Education

## Mommy, Me and Spanish

Hola! ¿Cómo estás? Parents and little ones will learn Spanish through adventures, activities and movement-based games that will increase their level of engagement. Gain confidence in this fun-filled environment while learning a foreign language. Dads are welcome too!

**Instructor: S. Froehner**

Age: 3 - 6

Tu, Th	11 a.m. - Noon	Sept. 1 - 24	\$20	14587
Tu, Th	11 a.m. - Noon	Oct. 6 - 29	\$20	14588
Tu, Th	11 a.m. - Noon	Nov. 3 - 19	\$20	14589
Tu, Th	11 a.m. - Noon	Dec. 1 - 17	\$20	14590

# Dance

## Ballet & Tap

Creativity through movement. Learn the basic steps and concepts of ballet and tap in a safe, fun and enriching environment. Boys and girls learn techniques and terminology of both styles of dance while developing rhythm, coordination, balance and grace.

**Instructor: D. Murray**

Age: 3 - 5

Th	4:45 - 5:30 p.m.	Sept. 3 - 24	\$45	15095
Th	4:45 - 5:30 p.m.	Oct. 1 - 29	\$45	15096
Th	4:45 - 5:30 p.m.	Nov. 5 - 19	\$34	15097
Th	4:45 - 5:30 p.m.	Dec. 3 - 17	\$34	15098

## Modern Dance

Discover body movement through dance! Using fluid movements, learn how to incorporate different body parts in your dancing. Class curriculum includes how to choreograph and write new dance pieces. Enjoy all the benefits of dance interpretation and composition while engaging in this exciting form of dance.

**Instructor: D. Murray**

Age: 6 - 9

Th	5:30 - 6:30 p.m.	Sept. 3 - 24	\$45	15139
Th	5:30 - 6:30 p.m.	Oct. 1 - 29	\$45	15140
Th	5:30 - 6:30 p.m.	Nov. 5 - 19	\$34	15141
Th	5:30 - 6:30 p.m.	Dec. 3 - 17	\$34	15142

Age: 10 - 18

Th	6:30 - 7:30 p.m.	Sept. 3 - 24	\$45	15166
Th	6:30 - 7:30 p.m.	Oct. 1 - 29	\$45	15167
Th	6:30 - 7:30 p.m.	Nov. 5 - 19	\$34	15168
Th	6:30 - 7:30 p.m.	Dec. 3 - 17	\$34	15169

# Health & Fitness

## Fitness Walking

Walk your way to fitness! Learn the different types of walking for exercise. Improve your cardiovascular endurance, flexibility and body composition. Wear comfortable shoes and bring a fitness tracker to track your steps, heart rate, and distance.

**Instructor: S. Froehner**

Age: 18 and up

W	6:30 - 7:20 p.m.	Sept. 2 - 30	\$20	15086
W	6:30 - 7:20 p.m.	Oct. 7 - 28	\$20	15087
W	6:30 - 7:20 p.m.	Nov. 4 - 18	\$20	15088
W	6:30 - 7:20 p.m.	Dec. 2 - 23	\$20	15089

## Zumba®

Forget the workout, remember the fun! Combine fast and slow rhythms to learn aerobic routines to the sounds of Latin and international music. Utilizing the principles of fitness, interval, and resistance training, maximize caloric output, fat burning and total body toning.

**Instructor: C. Raygoza**

Register monthly for \$35 or daily for \$5.

Age: 9 and up

M-F	9:30 - 10:30 a.m.	Sept. 1 - 30	\$35	15111
M-F	9:30 - 10:30 a.m.	Oct. 1 - 30	\$35	15112
M-F	9:30 - 10:30 a.m.	Nov. 2 - 30	\$35	15113
M-F	9:30 - 10:30 a.m.	Dec. 1 - 31	\$35	15114

Register monthly for \$30 or daily for \$5.

Age: 9 and up

M-W	6 - 6:50 p.m.	Sept. 1 - 30	\$30	15116
M-W	6 - 6:50 p.m.	Oct. 5 - 28	\$30	15117
M-W	6 - 6:50 p.m.	Nov. 2 - 30	\$30	15118
M-W	6 - 6:50 p.m.	Dec. 1 - 30	\$30	15119

## Fitness 101

Build muscles the right way! Learn correct techniques for working out in this one-hour fitness orientation that targets teenagers looking to get in shape. Upon completion of training, participants are eligible to purchase a Fitness Pass. An adult must purchase a Fitness Pass and accompany the youth during each visit.

**Instructor: S. Froehner**

Age: 12 - 15

M-Th By appointment \$25

## Martial Arts

### Kung Fu

Focus on building a stronger you! Learn the five basic animal styles of Kung Fu while practicing correct execution of kicking, punching and stance techniques. Develop discipline and enhance physical skills, dexterity and alertness through this ancient form of martial arts.

**Instructor: J. Clark**

Age: 6 - 15

M, Tu 7 - 8 p.m. Sept. 1 - 29 \$42 14905

Sa 11 a.m. - Noon

M, Tu 7 - 8 p.m. Oct. 3 - 31 \$42 14795

Sa 11 a.m. - Noon

M, Tu 7 - 8 p.m. Nov. 2 - 30 \$42 14796

Sa 11 a.m. - Noon

M, Tu 7 - 8 p.m. Dec. 1 - 29 \$42 14797

Sa 11 a.m. - Noon

Age: 16 and up

M, W 8 - 9 p.m. Sept. 2 - 30 \$42 14802

Sa 12:15 - 1:30 p.m.

M, W 8 - 9 p.m. Oct. 3 - 31 \$42 14799

Sa 12:15 - 1:30 p.m.

M, W 8 - 9 p.m. Nov. 2 - 30 \$42 14800

Sa 12:15 - 1:30 p.m.

M, W 8 - 9 p.m. Dec. 2 - 30 \$42 14801

Sa 12:15 - 1:30 p.m.

### Tai Chi

Balance from within! Learn the round fluid arm movement 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: J. Clark**

Age: 50 and up

Tu, W 10 - 10:50 a.m. Sept. 8 - 30 \$34 15090

Tu, W 10 - 10:50 a.m. Oct. 13 - 28 \$34 15091

Tu, W 10 - 10:50 a.m. Nov. 10 - 25 \$34 15092

Tu, W 10 - 10:50 a.m. Dec. 8 - 30 \$34 15093

## SPORTS

### Cheer Combo

Ready, okay! Perform floor exercises, games, backbends, front and back tumbling skills, splits and more while learning the basics of cheerleading, gymnastics and tumbling. Build your endurance, confidence and flexibility through drill exercises, form, fundamentals and cheers.

**Instructor: Jones Studio of Dance**

\$18 one-time administration fee payable to instructor.

Age: 2 - 5

M 6:30 - 7 p.m. Sept. 14 - 28 \$26 15099

M 6:30 - 7 p.m. Oct. 5 - 26 \$35 15100

M 6:30 - 7 p.m. Nov. 2 - 30 \$35 15101

M 6:30 - 7 p.m. Dec. 7 - 28 \$35 15102

Age: 6 - 12

M 7 - 7:45 p.m. Sept. 14 - 28 \$28 14790

M 7 - 7:45 p.m. Oct. 5 - 26 \$37 14791

M 7 - 7:45 p.m. Nov. 2 - 30 \$37 14792

M 7 - 7:45 p.m. Dec. 7 - 28 \$37 14793

### Field Goal Disc Game

Get your throwing arm ready! Try out this hot new game that mixes disc throwing and football into one fast-paced, non-contact sport. Learn the rules of the game, proper throwing and passing techniques and scoring through team play and scrimmages.

**Instructor: P. Johnson**

Age: 9 - 15

Th 6 - 7 p.m. Sept. 3 - 24 \$20 15125

Th 6 - 7 p.m. Oct. 1 - 29 \$20 15126

Th 6 - 7 p.m. Nov. 5 - 19 \$15 15127

Th 6 - 7 p.m. Dec. 3 - 17 \$15 15128

### TWG: D1 Soccer Training

Take your play to the next level. Improve your soccer IQ with drills in first touch and control, dribbling, ball striking and skills. Gain the knowledge of the sport that allows athletes to develop the attributes that the great players display.

**Instructor: K. Jackson**

Age: 6 - 11

Th 5 - 6 p.m. Sept. 3 - 24 \$30 15103

Th 5 - 6 p.m. Oct. 1 - 29 \$30 15104

Th 5 - 6 p.m. Nov. 5 - 19 \$22 15105

Th 5 - 6 p.m. Dec. 3 - 17 \$22 15106

Age: 12 - 18

Th 6 - 7 p.m. Sept. 3 - 24 \$30 15107

Th 6 - 7 p.m. Oct. 1 - 29 \$30 15108

Th 6 - 7 p.m. Nov. 5 - 19 \$22 15109

Th 6 - 7 p.m. Dec. 3 - 17 \$22 15110



# STAY CONNECTED

Stay safe, stay healthy and stay informed.



/PlayGarland  
/GarlandTXGov  
/VisitGarlandTX  
/GarlandLibraryTX



/PlayGarland  
/GarlandTXGov  
/VisitGarlandTX



@GarlandTXGov  
@VisitGarlandTX  
@GarlandLibrary

## HELPFUL WEBSITES

- [GarlandTX.gov](http://GarlandTX.gov)
- [GarlandParks.com](http://GarlandParks.com)
- [GarlandArts.com](http://GarlandArts.com)
- [VisitGarlandTX.com](http://VisitGarlandTX.com)
- [GarlandISD.net](http://GarlandISD.net)
- [Gov.Texas.gov](http://Gov.Texas.gov)
- [DallasCounty.org/covid-19](http://DallasCounty.org/covid-19)
- [DSHS.Texas.gov/coronavirus](http://DSHS.Texas.gov/coronavirus)
- [CDC.gov/coronavirus/2019-ncov](http://CDC.gov/coronavirus/2019-ncov)



**COVID 19**  
CORONAVIRUS  
DISEASE

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

### AVOID CONTACT

Avoid close contact with people who are sick. Everyone is at risk of contracting COVID-19.

### COVER YOUR MOUTH

Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

### DON'T TOUCH

Avoid touching your eyes, nose and mouth. Wear a cloth face covering when in public.

### CLEAN FREQUENTLY

Clean and disinfect frequently touched objects and surfaces.

### STAY HOME

Stay home as much as possible and avoid close contact with others, especially when feeling sick.

### WASH YOUR HANDS

Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer.

For more information: [CDC.Gov/COVID19](http://CDC.Gov/COVID19)