

CHILDREN AND YOUTH CLASSES

All class participants must purchase a City of Dallas ID card before participation is granted.

MARTIAL ARTS FOR CHILDREN

This class will improve your coordination and balance, tone muscle, increase flexibility, self-control, self-defense and discipline. It includes Karate, Boxing, Juititsu, Kungfu and much more. Contact instructor for additional information.

Instructor: Jama Johnson (214) 647-1161
Zmac@dalparis.com or www.zmackids.com

Age 5-7 4:00-5:00 p.m. Mon. & Wed. Age 8 to Adults 5:15-6:15 p.m. Mon. & Wed.
Cost: \$60.00 / month plus a City ID card.
Session: Ongoing / monthly

FRETZ AFTER SCHOOL TIME –F.A.S.T.

The Fretz After-School Time is for children grades 1st – 5th. The program includes snacks, homework time, gym activities, Martial Arts and some field trips. We follow the DISD school calendar (August – May). Children are picked up from Anne Frank Elementary and Northwood Hills Elementary school between 2:45-3:00 p.m. and brought to Fretz Park. The parents need to pick up their children no later than 6:00 p.m. Monday – Friday.

Coordinator: Fretz Staff
Age: 1st – 5th Grade
Time: 2:45 - 6:00 p.m. August '05-May '06
Cost: \$55 / week or \$195/month (ID card included)
Day: Monday – Friday

DRAWING AND PAINTING

Learn to look with artistic eyes. You will learn the basics of drawing and how to enhance your drawing with various painting medias.

Instructor: Cynthia Parry – 214-450-9245
Parrycindy@yahoo.com

Age: 6 - 14 years
Day / Time: Saturday – 10:00 – 11:00 a.m.
Cost: \$48.00 / 4 wks. Plus \$12 supply fee.
Session 1: Sept. 3 – Sept. 24

CLAY PLAY

Learn basic ceramic techniques such as slab & coil construction while you have fun creating your own clay containers and wearable art.

Instructor: Cynthia Parry 214-450-9245
parrycindy@yahoo.com

Age: 6 – 14 years
Day / Time: Saturday – 10:00-11:00 a.m.
Cost: \$48.00 / 4 wks. Plus \$12 supply fee

Session – October 1 – October 22

CARTOONING

Learn how to express yourself through the art of cartooning. You'll learn how to draw funny cartoon people and silly animals.

Instructor: Cynthia Parry 214-450-3245

parrycindy@yahoo.com

Age: 6 – 14 years

Day / Time: Saturday 10:00-11:00 a.m.

Cost: \$40.00 / 3 weeks plus \$5 supply fee

Session – November 5 – November 19

BIDDY BASKETBALL

This class will teach your child basic fundamental skills and techniques of basketball. Fee includes a class t-shirt. Come join us! Each child needs an ID card.

Instructor: Cecil Smith

Age: 5 – 7 years

Day: Monday

Time: 4:00-5:00 pm

Cost: \$35.00 / 4 wks.

Session 1 – Sept. 12 – Oct. 17 and Nov. 7–Dec. 19

Age: 8 – 12 years

Day: Monday

Time: 5:00-6:00p.m.

Cost: \$35.00 / 4 wks.

BIDDY BASKETBALL LEAGUE – Friday 6-8 p.m. CALL 214-670-6203 Starts Oct. 7th.

INTRODUCTION TO CHESS CLASS

This class is designed to introduce you to the game of chess – basic skills of the game and much more...

Instructor: Cecil Smith 214-670-6203

Age: 8 years and older

Day / Time: Thursday – 5:30-6:30 p.m.

Cost: \$28 / 6 classes or \$5.00 drop-in

Session – October 6 & 20

Session – November 3 & 17

Session – December 1 & 15

BOBBY MOFFAT'S ANNUAL WINTER BREAK SOCCER CAMP

This is a great camp to keep up your soccer skills during the holidays. You will work on shooting, dribbling, passing, heading and much more....

Instructor: Bobby Moffat (972) 699-3653

www.soccerrmoffat.com

Age: 5-14 years - Field players Fee: \$75.00

6-14 years - Goalkeepers Fee: \$85.00

Time: 8:30 a.m. – 12:30 p.m.

Session: December 19, 20, 21

GENIUS SOCCER: SKILLS ACADEMY & FUTSAL LEAGUE

Former Captain of US National Team played vs. Pele – teaches the best skills, Thinking Ahead,

Vision and Tactics in a fun, competitive environment. The class includes the Genius Soccer-Byern Munich Academy Video Program that features the Byern Munich Youth Players on line.

Instructor:

David D'Errico (972) 907-2250 or (214) 394-0136\
Davidiam360soccer@sbcglobal.net

Age: 6 years – 18 years

Time: 4:00 -5:00 p.m. Tuesday & Thursday

Time: 5:00 – 6:00 p.m. Tuesday & Thursday

Cost: \$120 / 8 weeks

Session I: September 6th – October 27th

Session II: November 1st – December 22nd

FITNESS CLASSES - ADULTS

AIKIDO

This is a Japanese art of self-defense that uses principles for boy movement, posture and distributing balance to achieve control of an opponent. Come join us!

Instructor: Mark Morgan – 972-396-1438

MDMorgan@verizonmail.com

Age: 14 and up

Day/Time: Saturdays 11:00-1:00 p.m.

Cost: \$20.00 / 4 wks. Plus City ID card

Session: Ongoing

MARTIAL ARTS WITH JAMA

This class will improve your coordination and balance, tone muscles, increase flexibility, self-control, self-defense and discipline. It includes Karate, Boxing, Juititsu, Kungfu and much more. Contact the instructor for more information.

Instructor: Jama Johnson – 214-647-1161

Zmac@dalparis.com or www.zmackids.com

Age: 8 yrs. to Adults

Day/Time: Monday & Wednesday – 5:15-6:15 p.m.

Cost: \$60.00/ month plus a City ID card

Session: Ongoing

YOGA – IYENGAR

One style of Hatha Yoga developed by BKS Iyengar. In this form of yoga, alignment, symmetry and precision are emphasized. Strength, flexibility and balance are enhanced. Both dynamic and restorative poses are included with the pace ranging from slow to moderate. Props are used to facilitate poses in order to ease into the asana (postures) and over time, refine them. Each participant must purchase a City ID card.

Instructor: Linda Porter – 214-240-9993

Day / Time: Tuesday – 9:30-10:45 a.m.

Thursday – 3:00-4:15 p.m.
Cost: \$7.00 / class or \$45.00 / 8 classes

JACKI'S AEROBIC DANCE

Fitness leader Jacki Sorensen has developed two complete cardiovascular fitness and strength programs to work all major muscles of the body in every class. This international program is designed with you in mind. Each class is a head-to-toe workout with subtle choreography. These classes are progressive, with a new dance introduced weekly for fun, variety, motivation and success. Each participant must purchase a City ID card.

Instructor: Marsha Guckenheimer

Mq75248-JACKIS@yahoo.com

Age: 18 years and older

Day/Time: Mon. – Wed. – Fri. – 10:00-11:00 a.m.

Cost: \$26.00 / 8 classes or \$4.00 drop-in

\$24.00 / 8 classes for Seniors over 65 years

Session begins – September 7th.

ALL OUT HI/LOW IMPACT AEROBICS

An invigorating cardio routine, body & muscle toning, core abdominal training and stretching aimed at people of all fitness levels who want a workout that varies from low to high impact levels. Certified aerobic instructor provides fitness, fat burning and fun! Mats and weights provided.

Instructors:

Tuesday - Eva Carter – 972-233-4783

evacarter@sbcglobal.net

Age: 17 years and older

Time: 5:30-6:30 p.m.

Cost: 1st class is FREE Drop in fee: \$5.00

\$18.75 / 5 classes \$35.00 / 10 classes

\$65.00 / 20 classes

Session: Ongoing - Purchase a City ID card

MORNING EXERCISE

Come get fit with us! A great strengthening, stretching and resistance exercise class performed to music. Each participant must purchase a City ID card.

Instructors: Gupta & S.Chizec Monday & Friday

S. Aguilar Wednesday

Age: Adults

Day/Time: Mon.-Wed.-Fri. – 9:00-10:00 a.m.

Cost: \$10.00/Month or \$100.00 /12 months

\$1 per class (punch card \$1)

Session: Ongoing

SENIOR FITNESS EXERCISE CLASS

Come enjoy an exercise and interaction with people your own age. The session will work all body parts, maintain and increase all muscle groups.

Instructor:

Jodi Commers & Paula Lagergren - 214-670-6203

jcommerz@mail.ci.dallas.tx.us

Age: 55 years and older

Day/Time: Tues. and Thurs. – 9:00-10:00 a.m.

Cost: \$1.00 / class plus ID card

Session: Ongoing

TOTAL BODY TONE-UP

Come join this one hour class designed for men and women to tone the muscles throughout the body. This class provides cardiovascular, strength training, various abdominal exercises and also beginners Tae Bo.

Instructor: Regina Smith – 214-458-3085

Regina.smith@ncmc.com

Age: Teens to Adults

Day/Time: Monday & Wednesday – 6:00-7:00 p.m.

Cost: \$5.00/ class or \$35.00/ month plus ID card

Session: Ongoing

CARDIO CORE & SCULPTING FITNESS

This is a core development class that increases flexibility, strength and stability. This is accompanied by cardiovascular work that promotes body fat loss and active rest. Each participant must purchase a City ID card.

Instructor: Mr. Tabora Laster 214-697-4006

Choice_fitness@hotmail.com

Age: Adults

Day / Time: Saturdays – 9:00-10:00 a.m.

Cost: \$30 / month

Session – Ongoing –

PILATES FOR BEGINNERS

This class is designed to introduce you to the joys and benefits of Pilates. We will focus on core strength development with an emphasis on body mechanics, flexibility and form.

Instructor: Connie Dougherty – 214-577-1277

Age: 16 years – Adults

Day / Time:

Tuesday and Thursday – 10:30 – 11:30 a.m.

Thursday - 6:00 – 7:00 p.m.

Cost: \$40.00 / 8 classes plus City ID card

Session – Begins September 13

BELLY DANCING

This class focuses on dancing and on muscular movement versus skeletal movement. Explore the mystery of Belly Dancing while you exercise. Participants must purchase a City ID card.

Instructor: Victoria Rodriguez – 214-674-9238

Vphillip66@yahoo.com

Age: 16 – Adult

Day/Time: Wednesday – 6:30-7:30 p.m.

Cost: \$ 25.00 / 6 classes or Drop-in \$5.00

Session: Monthly – starting September 8th

SPORTS

BASKETBALL OPEN PLAY

Open play basketball requires a current ID card that is good at any of the Dallas Recreation Centers. Call before you come!

Morning Hours: Mon. – Fri - 11:00 a.m. – 1:00 p.m.

Evening Hours:

Tues. – 8:00-9:30 p.m.

Saturday - 9:00-1:00 p.m. Sept. – Nov.

BASKETBALL LEAGUE –

Age: Adult Men

Day / Time: Wednesday – 7:00 - 8:00 – 9:00 p.m.

Cost: \$300.00 / team

League Begins: September 7th

League Coordinator: Cecil Smith– 214-670-6203

VOLLEYBALL LEAGUE -

This volleyball league is for men and woman. Please contact league coordinator for play levels, gender, co-ed, mixed, men's or woman's leagues.

League Coordinator: Rob West – 469-358-1684.

robwest@ChampagneVolleyball.com or champagnevolleyball.com

ADULT CLASSES

BEGINNERS SURVIVAL SPANISH

The aim of Beginning SURVIVAL SPANISH is to have some fun learning about a language that is all around us in Texas. This is Spanish for people who speak English and want to begin to speak and understand basic expressions and phrases used in everyday Spanish. Also, you will learn some common things in Latino culture to help you better understand spoken Spanish in normal everyday situations. Certified instructor. Class fee includes training, books and CD's.

Buena Suerte! Good Luck!

Instructor: Thomas M. Rizzo 972-248-9831

Age: Adults

Day / Time: Tuesday 7:00 – 9:00 p.m.

Saturday 9:00-11:00 a.m.

Cost: \$125.00 / 8 meetings plus City ID card

Visit us at www.fretzpark.com

SPECIAL EVENTS

1st ANNUAL G.A.DAVIS SCHOLARSHIP FUND CAR SHOW - Hosted
by
THE LONE STAR PERFORMANCE
BUICK CLUB

Saturday, September 24th. Rain Date: October 22

Registration: 5:00-7:00 p.m.

Entry Fee: \$15.00/car Door Prizes – a 50/50 pot

Awards: 1st and 2nd place in 16 classes

All proceeds will benefit the G.A. Davis Scholarship Fund and children programs at Fretz Park.

For information contact:

David Newton 214-629-7429 or www.lspbc.org

Robert Harder 214-670-6203 or www.fretzpark.com

FALL GARAGE SALE

Come sell your treasures after your fall home cleaning. A gym full of vendors increases your sales. Advertised in local media.

Saturday, October 15, 2005 8:00-1:00 p.m.

Limited booth space for sale: \$30 / 6ft table or two for \$50 (space 5x10).

Contact: Cecil Smith – 214-670-6203.

G.A.DAVIS SCHOLARSHIP FUND

The G.A.Davis Scholarship Fund was established in December 2004 in honor of Georgie Ann Davis. She was an avid supporter of children's programs and camps for children who could not afford program fees. Money donated to this fund will provide underprivileged children and youth in the Fretz Park community the opportunity to participate in Fretz Park programs. Please stop by the office to pick up a Scholarship Fund Donation Form.

Contact: Robert Harder 214-670-6203.

All class participants must purchase a City of Dallas ID card before participation is granted.

DEFENSIVE DRIVING – 2005

Become a better driver through education while getting an insurance discount.

Age: 50 +

Day/ Time: Wed. & Fri. – 9:00 – 1:00 p.m.

Cost: \$10 / per person

Register by calling Fretz Park – 214-670-6203

Session 1 - October 12 & 14

ARGENTINE DANCE GROUP

Age: Adults

Day/Time: Tuesday – 7:00-9:00 p.m.

Cost: Free with City ID Card
Instructor: Carmen Peffley – 972-231-0986

TEXAS SKI RANGERS

Age: Adult

Day / Time: 1st Sat. of Month 11:00 – 1:00 p.m.

Instructor: Kim Barksdale – 972-489-4822

President@texasskirangers.org

Session: Aug. 6, Sept. 10, Oct. 1, Nov. 5, Dec. 3,
Jan. 7, Feb. 4, Mar. 4, Apr. 1, May 6th.

DALLAS HOME ECONOMIST

Age: Adults

Day / Time: 2nd Monday of Month – 9:00-1:00 p.m.

Instructor: Dorothy Cheairs – 972-980-1053

Dance Lessons

Fretz Park is hosting a variety of dance lessons this fall. Have fun learning to dance while improving your physical and mental health. All students must have a current City of Dallas Participant Card available at the front desk. Mr. Larry Petrosian is the main instructor. To register or obtain a full dance course description visit www.DancinUSA.com or LP@DancinUSA.com or call – 972-312-9600

DANCE – Three Step (Basic)

Age: Adults 16 - 89

Day / Time: Thursday - 7:15 – 8:10 p.m.

Cost: \$49.00 / 5 weeks

Session begins September 8th – October 6th _

C & W DANCE – PROGRESSIVE (BASIC)

Age: Adults 16 - 89

Day / Time: Thursday – 8:15 – 9:10 p.m.

Cost: \$49.00 / 5 weeks

Session 1 - September 8th – October 6th

Session 2 – November 17th – December 22nd

DANCE LESSON (continued)

SWING DANCE: EAST COAST SWING (BASIC)

Age: Adults age 16 - 89

Day / Time: Thursday – 7:15 – 8:10 p.m.

Cost: \$49.00 / 5 weeks

Session begins October 13th – November 10th

SWING DANCE: PUSH (BASIC)

Age: Adults 16 - 89

Day / Time: Thursday – 8:15-9:10 p.m.

Cost: \$49 / person / 5 weeks

Session begins October 13th – November 10th

C & W DANCE – TWO STEP (BASIC)

Age: Adult 16- 89

Day / Time: Thursday – 7:15-8:10 p.m.
Cost: \$49.00 / 5 weeks (No class Nov. 24)
Session begins November 17th – December 22nd

**Support your neighborhood recreation center – Fretz Park
Recreation Center by purchasing your
2006 Entertainment Passbook TODAY!**

Save up to **50%** on things you do **Every Day!**
\$25.00

Save on Restaurants, Grocery Stores, Attractions, Entertainment, Footlocker, and much ore...
FREE Blockbuster rental and popcorn!

This is one of our annual fundraisers and a portion of your purchase supports youth programs
at Fretz Park.

Purchase options: cash, checks, MC and Visa.

**Call to reserve your own book
214-670-6203.**

RECREATION CENTER STAFF

Center Manager:

Robert Harder - rharder@mail.ci.dallas.tx.us

Program Supervisor:

Jodi Commers – jcommers@mail.ci.dallas.tx.us

Program Specialist:

Cecil Smith - Ctsmith@mail.ci.dallas.tx.us

Part –Time Specialist:

Hillery McEntee - hmcentee@mail.ci.dallas.tx.us

Part-Time Specialist:

James Price

HOURS OF OPERATION

Monday 9:00-1:00 p.m. & 2:00 – 6:00 p.m.

Tuesday 9:00-1:00 p.m. & 2:00- 9:30 p.m.

Wednesday 9:00 -1:00 p.m. & 2:00 - 10:00 p.m.

Thursday 9:00 -1:00 p.m. & 2:00 –10:00 p.m.
 Friday 9:00 -1:00 p.m. & 2:00 – 6:00 p.m.
 Saturday 9:00 a.m. – 1:00 p.m.
 Sunday CLOSED

IMPORTANT PHONE NUMBERS

Fretz Park Library	214-670-6420
Fretz Park Tennis Center	214-670-6620
Fretz Park Swimming Pool	214-670-6464
Building Reservations	214-670-8740
ARTREACH	214-827-1025
Volunteer Center of Dallas	214-821-8711
North Dallas Chamber Soccer	214-361-5345
Dallas North Soccer Association	972-480-8860
Send A Kid To Camp Hotline	214-671-0217
Richardson Senior Center	972-231-4798
S.V.A.A. Sp. Valley Athletic Assn.	972-238-9728

RECREATION CENTERS in District VI

Campbell Green Center	214-670-6314
Walnut Hill Center	214-670-7112
Churchill Center	214-670-6477
Marcus Center	214-670-6599
Lake Highlands Center	214-670-7794
Willie B. Johnson Center	214-670-6182
Timberglen Center	972-306-1090

CITY OF DALLAS

PARK & RECREATION I.D. CARD FEES

ID – Youth age 6-11	\$1.00
ID – Youth age 12-17	\$5.00
ID – Adult age 18-62	\$15.00
ID – Senior age 63 +	\$10.00
ID – Non-resident	\$25.00
ID – Day Pass	\$5.00

Mission Statement

To enhance the quality of life for our customers by providing leisure, cultural, and educational services while preserving, conserving and promoting our natural and physical resources.

Building Reservations

Do you need a room or gym for a meeting, birthday party, special occasion, reception and more... give us call!

During Regular Hours of Operation 214-670-6203

Kitchen	\$12.00 / hr.
Small Room	\$22.00 / hr.
Small Room w / Kitchen	\$34.00 / hr,
Large Room	\$48.00 / hr,
Large Room w / Kitchen	\$58.00 / hr.
½ Gymnasium	\$38.00 / hr.
Full Gymnasium	\$68.00 / hr.

After Hour / Weekend Hours 214-670-8748

Room with Kitchen	\$75.00 / hr.
Gymnasium	\$80.00 / hr.
New Additions	\$80.00 / hr,
Any combination of Rooms	\$121.00 / hr,

There is a \$200 deposit required. No alcoholic beverages are allowed. Thank you.

Visit us at www.fretzpark.com