

ADULTS

Aerobics- All Out Hi/Low Impact

Tuesdays 5:30-6:30 p.m.
Cost: \$3.50 per class

Fun and Fitness for all ages and all levels. 30 minutes of cardiac workout, 20 minutes weight training and toning for abs/legs and 10 minutes for stretching and relaxation.

Instructor: Eva Carter 972-233-4783

Advanced Line Dancing: Level 3

Thursdays 10:00-11:30 a.m.
Cost: \$10.00 per month

This class is for the experienced line dancer. We will start with all new dances at the beginning of the year and add new ones each month.

Instructor: Frances Halvorson (972) 231-9344

Tai-Chi & Qi-Gong

Thursdays 6:30 p.m. – 7:30 p.m.
Cost: \$50.00/month

Tai Chi & Qi Gong are ancient Chinese exercises that consist of deep stretching and relaxed movements for total self-development.

Instructor: Min Min Valenti 214-418-4236
www.chanqifa.com

NYC Power Pilates Mat Class

Thursdays 5:30 – 6:30 p.m.
Cost: \$8.00 per class

Come in and strengthen your core for an invigorating, challenging, and fun Pilates workout. After 10 sessions you will feel the difference. After 20 sessions you will see the difference. All levels welcome.

Instructor: Nesha Gajria (972)814-7465

Senior Exercise:

MWF 10:00-11:00 a.m. \$1.00 per class
T/TH 10:00-11:00 a.m. \$1.00 per class
Come for a low impact workout that will focus on flexibility and movement.

Zumba:

Tuesdays (Starting September 15th) 7:00-8:00 p.m.
Cost: \$5.00 per class

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program. The routines feature interval training sessions where fast and slow rhythms, and resistance training are combined to tone and sculpt your body while burning fat.

Instructor: Lorien Schoelkopf (469)684-1957

Taiji Quan

Monday & Wednesday 6:00 p.m. – 7:00 p.m.
Cost: \$50.00 per month

Taiji Quan is one of the most popular martial and health practices in the world. Accessible to all ages and body types, consistent Taiji Quan practice offers its practitioners the benefits of heightened awareness, increased balance, coordination, improved overall health,

Instructor: Bobby Garcia (214) 779-0614

Kung Fu: Wing Chun

Monday & Wednesday 7:00 p.m. – 8:30 p.m.
Cost: \$60.00 per month

Win Chun Kung Fu is a traditional fighting art of China. This style of Kung fu is a center line self defense system with effective touch sensitivity reactions. Increase your physical fitness while gaining self-defense skills.

Instructor: Jorum Greber (817)903-3608

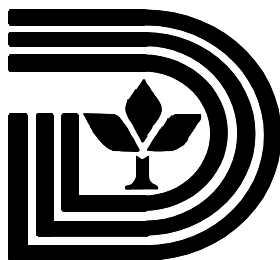
Fretz Semi-Annual Garage Sale

October 17th, 2009
8 a.m. - 1:00 p.m.

Over 50 vendors. Come out and see the treasures that can be found. If you are interested in being a vendor please see the front desk or call us at 214-670-6203.



Each participant must have a valid Dallas Park and Recreation Membership card in order to participate.



CITY OF DALLAS

YOUTH

Kung Fu: Northern Praying Mantis

Monday and Wednesday 5:00-6:00 p.m.
Cost: \$50 per month or \$8.00 per class
Ages: 6 and up

The Praying Mantis Style of Kung-Fu is a popular Chinese martial art practiced around the world. It is an excellent form of self-defense and fitness that can be learned by anyone regardless of size or strength.

Instructor: Bobbie Garcia (214) 779-0614
www.authentickungfudallas.com

F.A.S.T: Fretz After School Time

Monday – Friday 3:00-6:00 p.m.
Cost: \$55.00 per week or \$195.00 per month
One time \$25.00 registration fee
Ages: 6-12

Come join the fun! Each day is filled with homework assistance, gym games, arts and crafts, and outdoor play. Discounts are available for multiple children.

Instructor: Angela Williams (214)670-6203

Preschool Playtime

Tuesdays 10:00 a.m. – 10:45 a.m.
Wednesdays 2:30 p.m.- 3:15 p.m.
Cost: \$1.00 per session

Join us for a special time of fun and friends in the Fretz gymnasium. We will meet weekly during the school year. After playtime on Tuesdays, head on over to the Fretz Library for story time.

Mommy & Me: Krafty Kids

Mondays starting October 5th 10:00 a.m. – 10:34 a.m.
Cost: \$1.00 per class
Ages: 3-5 year olds

It's time to get creative and crafty at Fretz! Join us for a fun time full of crafts, stories, games, silly songs, and more! Each class is limited to 15 kids. Please register in advance to reserve your spot.



Gymnastics

This class will include gymnastics, tumbling, games, and lots of fun. For both girls & boys. Coach Debi has taught gymnastics for 15 years and was the Fitness Champion in 1993.

Classes start the week of October 6th

Tuesdays 3:15 – 4:00 p.m.
Ages: 4-5 year olds
Cost: \$5 per class

Tuesdays 4:15 – 5:00 p.m.
Ages: 6-7 year olds
Cost: \$5 per class

Wednesdays 3:30 – 4:30 p.m.
Ages: 8-10 year olds
Cost: \$5 per class

Instructor: Debi Lee (972)702-8173

Future Stars Basketball

Starting on Friday, October 9th and runs through October 30th
(Oct. 9th, 15th, 23rd, 30th)
(Note: The 15th is a Thursday)
Cost: \$ 25.00
Age 3: 3:00- 3:30 pm
Ages 4 to 5: 4:00-4:30 pm

Through fun drills and hands-on learning, boys and girls will learn the basics of basketball. Basketballs and a jersey will be provided.

Wii Sports Tournament

October 14, 2009 Starts at 6:30 pm
FREE!!!!
18 & Under
Must have a current City of a Dallas recreation card to participate!

Refund Policy:

The City of Dallas reserves the right to cancel, combine or divide courses; to change the time, date or place of courses; to change the instructor; and to make other changes which become necessary to ensure a quality experience for the participants. Participants will be notified if the course is filled or cancelled. Our staff will assist you in selecting another activity, registering for another course or receive a refund. Full refunds or credit on account will be granted* when requested more than 5 working days prior to the start date of the course, less a \$5 administration fee. Refunds requested less than one week prior to the start date of the course/program will not be granted.

Medical refund requested prior to the start date will be granted in full. A doctor's note must be provided for a medical refund to be processed.

*Refunds cannot be granted for non-recoverable cost on some programs and trips, such as hotel cost and pre-paid admission fees. Also on trips where services are contracted to outside agencies, the agency refund and cancellation policies will apply.

