KIDS

Clayworks

Hand crafted by you! Create and sculpt a range of different poly clay charms using a variety of sculpting and baking techniques.

Age: 12 - 17Yrs

M, W	6:00 - 8:00 PM	11/10 - 11/12	$20
M, W	6:00 - 8:00 PM	12/1 - 12/3	$20

Creative Seasons

Design, decorate, and display! Learn how to make a variety of crafts and art projects using mixed media and materials including Prismacolor, acrylic paints, and watercolors.

Age: 6 - 8Yrs

Fall Leaves

Th	5:00 - 5:45 PM	9/4	$8
Th	5:00 - 5:45 PM	9/18	$8

Halloween Crafts

Th	5:00 - 5:45 PM	10/16	$8
Th	5:00 - 5:45 PM	10/23	$8

Thanksgiving Turkeys

Th	5:00 - 5:45 PM	11/6	$8
Th	5:00 - 5:45 PM	11/13	$8

Snowflakes

Th	5:00 - 5:45 PM	12/4	$8
Th	5:00 - 5:45 PM	12/18	$8

Messy Hands Art

Use different materials including finger paints, shaving cream, play dough, and goop to enhance hand and eye coordination, sensory perception, and self expression.

Age: 3 - 5Yrs

W	11:00 - 11:45 AM	9/3 - 9/17	$20
W	11:00 - 11:45 AM	10/8 - 10/22	$20
W	11:00 - 11:45 AM	11/5 - 11/19	$20
W	11:00 - 11:45 AM	12/3 - 12/17	$20

Creative Writing 101

Would you like to write the next great American novel? Learn how to unleash your stories and poems with like minded peers and learn the tricks of the trade.

Age: 12 - 18Yrs

Tu	4:00 - 5:00 PM	9/9 - 10/28	$32

GARLAND

Kids Cook Too!

Learn about proper measuring techniques, food preparation, and kitchen safety. Prepare simple recipes that can be eaten as a snack or a light meal.

Age: 4 - 6Yrs

Banana Muffins

W	4:00 - 5:00 PM	9/10	$10

Pizza Pinwheels

W	4:00 - 5:00 PM	9/24	$10

Baked Donuts

W	4:00 - 5:00 PM	10/8	$10

Halloween Popcorn Balls

W	4:00 - 5:00 PM	10/22	$10

Clown Cupcakes

W	4:00 - 5:00 PM	11/5	$10

Chocolate Dipped Fruit

W	4:00 - 5:00 PM	11/19	$10

Ballet

Move through progressive barre and center exercises that stress skeletal alignment, turn-out of the legs, coordination of the hands and arms, weight changes, and proper use of the feet.

Age: 3 - 5Yrs

Th	4:00 - 4:30 PM	9/4 - 9/25	$38
Th	4:00 - 4:30 PM	10/2 - 10/23	$38
Th	4:00 - 4:30 PM	11/6 - 12/18	$56

Age: 6 - 9Yrs

Th	4:35 - 5:20 PM	9/4 - 9/25	$42
Th	4:35 - 5:20 PM	10/2 - 10/23	$42
Th	4:35 - 5:20 PM	11/6 - 12/18	$62

Age: 10 - 16Yrs

Th	5:25 - 6:25 PM	9/4 - 9/25	$48
Th	5:25 - 6:25 PM	10/2 - 10/23	$48
Th	5:25 - 6:25 PM	11/6 - 12/18	$68

Dance Combo

Learn various styles of dance including modern, lyrical, body movements, freestyle, jazz, tap, ballet, and hip hop. $16 one time administration fee payable to instructor.

Age: 2 - 5Yrs

M	11:45 AM - 12:15 PM	9/8 - 9/29	$32
M	11:45 AM - 12:15 PM	10/6 - 10/27	$32
M	11:45 AM - 12:15 PM	11/3 - 11/24	$32
M	11:45 AM - 12:15 PM	12/1 - 12/15	$24

Hip Hop

Learn the latest dance moves that emphasize full body movement. Focus on developing rhythm, style, and proper techniques.

Age: 6 - 8Yrs

M	5:30 - 6:15 PM	9/8 - 9/29	$37
M	5:30 - 6:15 PM	10/6 - 10/27	$37
M	5:30 - 6:15 PM	11/3 - 11/24	$37
M	5:30 - 6:15 PM	12/1 - 12/22	$37

Age: 9 - 12Yrs

M	6:15 - 7:00 PM	9/8 - 9/29	$37
M	6:15 - 7:00 PM	10/6 - 10/27	$37
M	6:15 - 7:00 PM	11/3 - 11/24	$37
M	6:15 - 7:00 PM	12/1 - 12/22	$37

Karate

Grow in mind and body! Learn to employ hand strikes and kicks with swift and calculated movements.

Age: 6 - 12Yrs

Beginner

W	6:30 - 7:45 PM	10/8 - 12/3	$44

Advanced

Instructor approval required.

Sa	9:30 AM - 12:15 PM	10/11 - 12/6	$44

Guitar

Learn basic fundamentals including how to tune the instrument, basic open and barre chords, understanding notation, basic reading, and playing in time. Bring your own acoustic guitar.

Age: 8Yrs and up

Beginning

Sa	12:50 - 1:30 PM	9/6 - 10/11	$75
Sa	12:50 - 1:30 PM	11/1 - 12/6	$75

Continuing

Instructor approval required.

Sa	1:30 - 2:10 PM	9/6 - 10/11	$75
Sa	1:30 - 2:10 PM	11/1 - 12/6	$75

Basketball

Learn the fundamentals of dribbling, passing, and shooting. Enhance basic ability and build valuable ball handling skills. Bring a basketball and a bottle of water.

Age: 7 - 10Yrs

Tu	4:15 - 5:15 PM	9/2 - 9/23	$38
Tu	4:15 - 5:15 PM	10/7 - 10/28	$38
Tu	4:15 - 5:15 PM	11/4 - 11/18	$29
Tu	4:15 - 5:15 PM	12/2 - 12/16	$29

Age: 11 - 15Yrs

Th	4:15 - 5:15 PM	9/4 - 9/25	$38
Th	4:15 - 5:15 PM	10/2 - 10/23	$38
Th	4:15 - 5:15 PM	11/6 - 11/20	$29
Th	4:15 - 5:15 PM	12/4 - 12/18	$29

Mini Gymnast

Stop, drop, and roll! Parents stay and play with your little one and help them develop physically and mentally through gymnastics based activities.

Age: 2 - 4Yrs

Sa	9:30 - 10:15 AM	9/6 - 9/27	$39
Sa	9:30 - 10:15 AM	10/4 - 10/25	$39
Sa	9:30 - 10:15 AM	11/1 - 11/22	$39
Sa	9:30 - 10:15 AM	12/6 - 12/20	$30

Gymnastics

Jump into fun! Learn the basics of gymnastics with a variety of equipment including mats, balance beam, trampoline, and more.

Age: 5 - 7Yrs

Sa	10:15 - 11:00 AM	9/6 - 9/27	$39
Sa	10:15 - 11:00 AM	10/4 - 10/25	$39
Sa	10:15 - 11:00 AM	11/1 - 11/22	$39
Sa	10:15 - 11:00 AM	12/6 - 12/20	$30

Soccer

Have a ball! Learn the beginner skills of the sport including stopping the ball with the foot, dribbling, passing, and kicking in a noncompetitive environment.

Age: 3 - 5Yrs

Th	11:00 - 11:30 AM	9/4 - 9/25	$22
Th	11:00 - 11:30 AM	10/2 - 10/30	$27
Th	11:00 - 11:30 AM	11/6 - 12/4	$22

T-Ball

A great start lasts a lifetime. Various techniques and drills teach the fundamentals of hitting, catching, and throwing. Bring a glove.

Age: 3 - 6Yrs

Tu	11:00 - 11:40 AM	9/9 - 9/30	$27
Tu	11:00 - 11:40 AM	10/7 - 10/28	$27
Tu	11:00 - 11:40 AM	11/4 - 11/18	$21

Artbeat Instruction

Bring creativity to life! Learn about the terminology, tools, and techniques in a variety of visual art mediums. Create a new work of art each week.

Age: 16Yrs and up

Drawing

W	7:00 - 8:00 PM	9/3 - 9/24	$42

Painting

W	7:00 - 8:00 PM	10/1 - 10/22	$52

Sculpting

W	7:00 - 8:00 PM	11/5 - 11/19	$52

ADULTS

Clayworks

Hand crafted by you! Create and sculpt a range of different poly clay charms using a variety of sculpting and baking techniques.

Age: 18Yrs and up

M, W	6:00 - 8:00 PM	11/10 - 11/12	$20
M, W	6:00 - 8:00 PM	12/1 - 12/3	$20

Poetic Medicine

Release your creativity! Learn to write poetry and how to use it as an outlet for your thoughts, feelings, and imagination.

Age: 16Yrs and up

M	6:30 - 8:30 PM	9/15 - 11/3	$47

Ballet

Move through progressive barre and center exercises that stress skeletal alignment, turn-out of the legs, coordination of the hands and arms, weight changes, and proper use of the feet.

Age: 18Yrs and up

Th	3:15 - 4:00 PM	9/4 - 9/25	$42
Th	3:15 - 4:00 PM	10/2 - 10/23	$42
Th	3:15 - 4:00 PM	11/6 - 12/18	$62

Belly Dance

Shimmy, shake! Use gentle and repetitive movement to exercise all of your muscles. Strengthen and tone your shape, add flexibility, and improve circulation.

Age: 16Yrs and up

Tu	6:00 - 7:00 PM	9/2 - 9/30	$52
Tu	6:00 - 7:00 PM	10/7 - 10/28	$42
Tu	6:00 - 7:00 PM	11/4 - 11/18	$32
Tu	6:00 - 7:00 PM	12/2 - 12/16	$32

Choreographed Ballroom

Dance and sway with ease! Relieve the stress of learning popular ballroom styles by having a cuer call out the moves. Instructor approval required.

Age: 18Yrs and up

Th	6:45 - 8:45 PM	10/2 - 12/18	$30

Jazzercise

Fresh, exciting, and fun! Does this describe your workout? Love your workout and see results.

M - F	9:30 - 10:30 AM
M, Tu, Th	6:00 - 7:00 PM
W	5:30 - 6:30 PM
Sa	9:30 - 10:30 AM

Tai Chi - Yang Style

Balance from within. Learn the round fluid arm movements and wide steps of this ancient non combative martial art.

Age: 16Yrs and up

Tu	7:30 - 8:30 PM	9/2 - 9/30	$52
Tu	7:30 - 8:30 PM	10/7 - 10/28	$42
Tu	7:30 - 8:30 PM	11/4 - 11/18	$32
Tu	7:30 - 8:30 PM	12/2 - 12/16	$32

Karate

Grow in mind and body! Learn to employ hand strikes and kicks with swift and calculated movements.

Age: 13Yrs and up

Beginner

W	6:30 - 8:30 PM	10/8 - 12/3	$44

Advanced

Instructor approval required.

Sa	9:30 AM - 12:30 PM	10/11 - 12/6	$44

Sword Play

Touché! Learn basic skills necessary to fence for fun, exercise, and competition.

Age: 12Yrs and up

Th	7:05 - 8:50 PM	9/4 - 12/18	$42

THERAPEUTIC RECREATION

Holiday at Holford

It's the most wonderful time of the year! Start the season off right and celebrate the holidays with carol singing, ornament decorating, cookie baking, games, and more. Bring a $5 gift for a gift exchange.

Age: 21Yrs and up

F	6:00 - 9:00 PM	12/19	$15

Holiday Hoopla

Make every season sensational! Create a variety of home decorations to celebrate the seasons.

Age: 21Yrs and up

Halloween

Tu	6:15 - 7:15 PM	10/7 - 10/21	$30

Thanksgiving

Tu	6:15 - 7:15 PM	11/4 - 11/18	$30

Christmas

Tu	6:15 - 7:15 PM	12/2 - 12/16	$30

A Bite of Cake

Decorate your cake and eat it too! Learn a variety of edible decorating techniques that can be used on cakes, cookies, cupcakes, cake balls, and more. All supplies provided.

Age: 21Yrs and up

Tu	6:15 - 7:15 PM	9/9 - 9/30	$52

Make it a Movie

Travel to a local movie theater and enjoy Hollywood blockbusters. See all of your favorite stars on the big screen.

Age: 21Yrs and up

Sa	1:00 - 4:00 PM	10/4	$12

Out 'N About

Ready, set, go! Travel with your friends to special events, concerts, sports competitions, or entertainment hot spots all around the metroplex. Fee includes transportation and admission. Bring money for souvenirs.

Age: 21Yrs and up

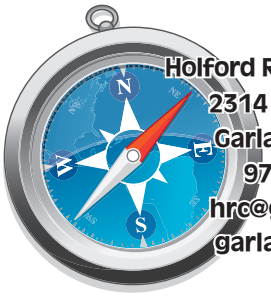
Sa	12:00 - 5:15 PM	9/6	$33

TR Food Crew

Fun, food, and friends! Enjoy all the best restaurants in the area from American food to Mexican food. Bring money for your meal.

Age: 21Yrs and up

F	5:00 - 7:30 PM	11/7	$5



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