

City of Irving Parks and Recreation Classes

Registration is at 6 p.m. Oct. 24 at all full-time and school recreation centers. Classes begin Nov. 6 and end Dec. 9.

CIMARRON PARK RECREATION CENTER / 201 Red River Trail / (972) 910-0702
Hours: Mon, Wed, Fri : 6 a.m.-10 p.m. / Tue, Thu : 9 a.m.-10 p.m. / Sat : 9 a.m.-5 p.m. / Sun : 1-5 p.m.

DAY	TIME	CLASS	AGE	FEE
TODDLER & PRESCHOOL CLASSES				
Mon	9:15-10:15 a.m.	Lil Kickers	3-6	-0-
	10:15-11 a.m.	Construction Paper Crafts	3-6	\$5
	11 a.m.-noon	Lil Racers	3-6	-0-
	noon-1 p.m.	Cookie Making	3-6	\$5
Tue	2-3 p.m.	Fuse Bead Art	3-6	\$5
	9:15-10 a.m.	Tikes and Trikes	3-6	-0-
	10-11 a.m.	Winter Craft	3-6	\$5
	11 a.m.-noon	Preschool Basketball	3-6	-0-
Wed	noon-1 p.m.	Little Chefs	3-6	\$5
	2-3 p.m.	Preschool Reading and Crafts	3-6	\$5
	9:15-10 a.m.	Storytime and Snacks	3-6	-0-
	10-11 a.m.	Lil Dribblers	3-6	-0-
Thu	11 a.m.-noon	Science	3-6	\$5
	noon-1 p.m.	Disney Coloring	3-6	-0-
	2-3 p.m.	Playground Fun	3-6	-0-
	9:15-10:15 a.m.	Legos and Blocks	3-6	-0-
Fri	10:15-11 a.m.	Preschool Painting	3-6	\$5
	11 a.m.-noon	T-ball	3-6	-0-
	9:15-10 a.m.	Building Buddies	3-6	-0-
	9:15-11 a.m.	Mom and Tots	0-2	\$10
Sat	10-11 a.m.	Messy Playtime	3-6	\$5
	11 a.m.-noon	Gym Social	3-6	-0-
	noon-1 p.m.	Finger Painting	3-6	\$5
	9:15-10 a.m.	Outside Adventures	3-6	-0-
Sat	10-11 a.m.	Preschool Painting	3-6	\$5
	11 a.m.-noon	Puzzle Time	3-6	-0-

DAY	TIME	CLASS	AGE	FEE
YOUTH & TEEN CLASSES				
Mon	3-4 p.m.	Gym Games-Kickball	6-12	-0-
	4-5 p.m.	Arts and Crafts	6-12	\$5
	5-6 p.m.	Video Game Challenge	6-12	-0-
	6-7 p.m.	Youth Work Out	12-18	-0-
Tue	3-4 p.m.	Gym Games-Badminton	6-12	-0-
	4-5 p.m.	Youth Science Experiments	6-12	\$5
Wed	3-4 p.m.	Gym Games-Dodgeball	6-12	-0-
	4-5 p.m.	Wood Crafts	6-12	\$5
	5-6 p.m.	2K Tournament	6-12	-0-
	6-7 p.m.	Flag Football	13-17	-0-
Thu	8-9 p.m.	Table Tennis	13-17	-0-
	3-4 p.m.	Gym Games-Whiffle Ball	6-12	-0-
	4-5 p.m.	Youth Kickball	6-12	-0-
	5-6 p.m.	PS4 Madden	6-12	-0-
Fri	3-4 p.m.	Gym Games-Soccer	6-12	-0-
	4-5 p.m.	Pottery Barn	6-12	\$5
	5-6 p.m.	Kickball	6-12	-0-
	6-9 p.m.	Parent's Night Out	6-12	\$5 weekly
Sat	1-2 p.m.	Youth Fitness	6-12	-0-
	2-3 p.m.	Tennis	6-12	-0-
	3-4 p.m.	Board Game Challenge	13-17	-0-

DAY	TIME	CLASS	AGE	FEE
ADULT CLASSES				
Mon	2-3 p.m.	Senior Fitness (M,W,F)	50-up	-0-
	7-8 p.m.	HALO 5 Game Play	18-up	-0-
	8-9 p.m.	Billiards	18-up	-0-
Wed	7-8 p.m.	HALO 5 Game Play	18-up	-0-

DAY	TIME	CLASS	AGE	FEE
LEAGUES				
Tue	6:30-8:30 p.m.	Girls Volleyball	7-12	\$25 per player
Thu	6:45-9:45 p.m.	Mens Basketball	18-up	\$360 per team

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS
Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE	
Mon	9 a.m.-noon	RARE Learning-Early Learners (M-F)	3-5	TBA	
	9:15-10:15 a.m.	Jacki Sorensen's Dance Aerobics (T,Th)	18-64/65-up	\$12/\$10 or \$3 class	
	3:30 p.m.	Piano Lessons (M,T,W,F, Sa)	5-16	\$90 mo.	
	3:45-4:15 p.m.	Kidz Love Soccer Tot Soccer	3-4	\$75 8 weeks	
	4-4:45 p.m.	Basketball Skills: Level 1 (M,W,F)	5-17	\$120 mo.	
	4:15-5 p.m.	Kidz Love Soccer 2	7-10	\$75 8 weeks	
	4:15 p.m.	Piano Lessons (M,T,W,F, Sa)	5-16	\$90 mo.	
	4:45-5:30 p.m.	Basketball Skills: Level 2 (M,W,F)	5-17	\$120 mo.	
	5 p.m.	Piano Lessons (M,T,W,F, Sa)	5-16	\$90 mo.	
	5:15-5:45 p.m.	Kidz Love Soccer Parent and Me	2-3	\$75 8 weeks	
	5:30-6:15 p.m.	Basketball Skills: Level 3 (M,W,F)	5-17	\$120 mo.	
	5:30-6:25 p.m.	Chess (M,F)	6-up	\$10 per class	
	5:45 p.m.	Piano Lessons (M,T,W,F, Sa)	5-16	\$90 mo.	
	6-7 p.m.	Belly Fit	18-up	\$40 mo.	
	6:15-7 p.m.	Basketball Skills: Level 4 (M,W,F)	5-17	\$120 mo.	
	6:30-7:25 p.m.	Chess (M,F)	6-up	\$10 per class	
	6:30 p.m.	Piano Lessons (M,T,W,F, Sa)	5-16	\$90 mo.	
	7-8 p.m.	Belly Dancing	18-up	\$40 mo./\$10 class	
	7-8 p.m.	Fitness to You (M,W)	18-up	\$5 per class	
	7-8 p.m.	Tennis Lessons Adult Int.	18-up	\$80 mo.	
	7-9:30 p.m.	DFW Table Tennis	7-up	\$40 mo./\$3 class	
	Tue	9-10 a.m.	Tennis Lessons Adult Beg./Adv. Beg.	18-up	\$80 mo.
		5:30-6:30 p.m.	Okinawan Karate (T,Th)	7-up	\$60 mo.
		5:30-6:30 p.m.	Guitar Lessons	7-up	\$55 mo.
6:30-7:30 p.m.		Guitar Lessons	7-up	\$55 mo.	
Wed	5:15-6 p.m.	Ballet and Tap	3-5	\$44 mo.	
	6:15-7 p.m.	Ballet and Tap	6-12	\$44 mo.	
	7-7:45 p.m.	Hip-Hop and Jazz	6-12	\$44 mo.	
Thu	7-8 p.m.	Tennis Lessons Adult Beg./Adv. Beg.	18-up	\$80 mo.	
	9-10 a.m.	Tennis Lessons Adult Int.	18-up	\$80 mo.	
Sat	6:30-7:30 p.m.	Okinawan Kobudo	7-up	\$50 mo.	
	8-9 a.m.	Tennis Lessons Juniors	7-10	\$40 mo.	
	9-10 a.m.	SuperTots Soccer	3-6	\$25 mo.	
	9-10 a.m.	Tennis Lessons Juniors	9-12	\$40 mo.	
	9 a.m.-noon	DFW Table Tennis	7-up	\$40 mo./\$3 class	
	10-11 a.m.	SuperTots Soccer	3-6	\$25 mo.	
	10-11 a.m.	Tennis Lessons Juniors	12-up	\$40 mo.	
11 a.m.-noon	Tennis Lessons Juniors	12-up	\$40 mo.		

DAY	TIME	CLASS
OPEN GYM BASKETBALL		
Mon	6-9 a.m. / noon-3 p.m.	(basketball)
Tue	1-3 p.m.	(badminton) / 4-5:25 p.m. (basketball)
Wed	6-9 a.m.	(basketball) / noon-3 p.m. (pickle ball) / 8:15-9:30 p.m. (basketball)
Thu	noon-1 p.m.	(basketball) / 1-3 p.m. (badminton) / 4-5:25 p.m. (basketball)
Fri	6-9 a.m.	(basketball) / noon-3 p.m. (basketball) / 7-9:30 p.m. (volleyball)
Sat	noon-3 p.m.	(basketball) / 3-4:30 p.m. (badminton)
Sun	1-3 p.m.	(badminton) / 3-4:30 p.m. (basketball)

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

GEORGIA FARROW RECREATION CENTER AT WEST PARK / 530 Davis Drive / (972) 721-2519
Hours: Mon-Fri : 9 a.m.-10 p.m. / Sat : 9 a.m.-5 p.m.

DAY	TIME	CLASS	AGE	FEE
PRESCHOOL CLASSES				
Mon	9 a.m.-noon	Starkidz Preschool Academy (M-F)	3-6	TBA
	9:15-10 a.m.	Preschool Math	3-5	-0-
	10-10:45 a.m.	Piece Your Puzzle	3-5	-0-
	11-11:45 a.m.	Preschool Soccer	3-5	-0-
Tue	9:15-10 a.m.	What Animal am I	3-5	-0-
	10-10:45 a.m.	Preschool Writing	3-5	-0-
	11-11:45 a.m.	T-ball	3-5	-0-
Wed	9:15-10 a.m.	Color By Numbers	3-5	-0-
	10-10:45 a.m.	Preschool Crafts	3-5	-0-
	11-11:45 a.m.	Preschool Basketball Skills	3-5	-0-
Thu	9:15-10 a.m.	Basic Learning Skills	3-5	-0-
	10-10:45 a.m.	Big Wheels Course	3-5	-0-
	11-11:45 a.m.	Preschool Kickball	3-5	-0-
Fri	9:15-10 a.m.	Lego Mania	3-5	-0-
	10-11 a.m.	ABCs and 123s	3-5	-0-
	11-11:45 a.m.	Outside Adventures	3-5	-0-
Sat	10-10:45 a.m.	Color and Writing	3-up	-0-

DAY	TIME	CLASS	AGE	FEE
YOUTH & TEEN CLASSES				
Mon	3-4 p.m.	Youth Soccer	6-12	-0-
	4-5 p.m.	Fuse Beads Creations	6-12	\$5
	4-5 p.m.	Spanish A-Z	12-up	\$5
	5-6 p.m.	Table Tennis Challenge	7-15	-0-
	6:15-7 p.m.	Collage Making	12-up	\$5
	8-9 p.m.	Foosball Challenge	12-up	-0-
Tue	3-4 p.m.	Youth Basketball	6-12	-0-
	4-5 p.m.	Whiffleball	6-12	-0-
	5-6 p.m.	Xbox Competition	7-15	-0-
	6:15-7 p.m.	Total Body Workout	13-17	\$5
	7-8 p.m.	Table Tennis Skills	8-up	-0-
	Wed	3-4 p.m.	Youth Football	6-12
4-5 p.m.		Gym Games	7-14	-0-
6:15-7 p.m.		One Mile Prep	13-17	-0-
7-8 p.m.		Shuffle the Cards	12-up	-0-
8-9 p.m.		Wii Challenge	14-17	-0-
Thu		3-4 p.m.	Youth Dodgeball	6-12
	4-5 p.m.	Paint By Numbers	6-12	\$5
	5-6 p.m.	Bear Creek History	11-17	-0-
	6:15-7 p.m.	Art Appreciation	12-up	\$5
	8-9 p.m.	Intro. to Design	8-up	-0-
	Fri	3-4 p.m.	Youth Kickball	7-13
4-5 p.m.		Youth Volleyball	7-13	-0-
5-6 p.m.		Play Station 4 Challenge	7-15	-0-
7-8 p.m.		Book Worm Hour	7-12	-0-
9-9:45 p.m.		Plyo and Abs Workout	12-up	\$5
Sat		9:15-10 a.m.	Exploring Acting	6-18
	10-11 a.m.	Color and Writing	3-up	-0-
	11 a.m.-noon	Family Cross Country Running	8-up	\$5
	noon-1 p.m.	Teen Workout	13-17	\$5
	1-2 p.m.	Making Abstract Art	8-up	\$5

DAY	TIME	CLASS	AGE	FEE
ADULT CLASSES				
Mon	6:15-7 p.m.	Collage Making	12-up	\$5
	7-8 p.m.	Quick Fitness	18-up	\$5
	8-9 p.m.	Foosball Challenge	12-up	-0-
Tue	7-8 p.m.	Table Tennis Skills	8-up	-0-
	8-9 p.m.	Cardio Fitness	18-up	\$5
	9-9:45 p.m.	Current Event	50-up	-0-
	Wed	7-8 p.m.	Shuffle the Cards	12-up
9-9:45 p.m.		Couple Challenge	18-up	\$10
Thu	6:15-7 p.m.	Art Appreciation	12-up	\$5
	7-8 p.m.	Adult Strength	18-up	\$5
	8-9 p.m.	Intro. to Design	8-up	-0-
	9-9:45 p.m.	Abs Exercise	18-up	\$5
Fri	8-9 p.m.	Rummy and Spade Challenge	50-up	-0-
	9-9:45 p.m.	Plyo and Abs Workout	12-up	\$5
Sat	10-11 a.m.	Coloring and Writing	3-up	-0-
	11 a.m.-noon	Family Cross Country Running	8-up	-0-
	1-2 p.m.	Making Abstract Art	8-up	\$5

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS
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DAY	TIME	CLASS	AGE	FEE
Mon	7-8 p.m.	Zumba (M-F)	12-up	TBA
Thu	6:30-9 p.m.	Free Play Volleyball	15-up	IPAR
Fri	5:30-9:45 p.m.	R.I.S.E. Quad Rugby	18-up	TBA
Sat	9 a.m.-1 p.m.	R.I.S.E. Quad Rugby	18-up	TBA

DAY	TIME	CLASS
OPEN GYM BASKETBALL		
Mon	noon-4 p.m.	
Tue	noon-4 p.m. / 6-7 p.m. / 8-9:45 p.m.	
Wed	noon-4 p.m.	
Thu	noon-4 p.m. / 6-7 p.m. / 8-9:45 p.m.	
Fri	noon-4 p.m.	
Sat	1-4:45 p.m.	

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

HERITAGE SENIOR CENTER / 200 S. Jefferson St. / (972) 721-2496
Hours: Mon, Thu, Fri : 8 a.m.-9 p.m. / Tue : 8 a.m.-10 p.m. / Wed : 8 a.m.-5 p.m. / Sat : 9 a.m.-1 p.m. Membership required to participate in activities.

DAY	TIME	CLASS	AGE	FEE
ADULT CLASSES				
Mon	8:45-9:45 a.m.	AM Aerobics	50-up	\$15 mo.
	10-10:40 a.m.	Tai Chi for Arthritis/Fall Prevention	50-up	\$5 (includes Qi Gong)
	10-11 a.m.	Fit 4 Life	50-up	\$35 mo.
	10:45-11:20 a.m.	Qi Gong and the Art of Relaxation	50-up	\$5 (includes Tai Chi for Arthritis)
	10:45-11:45 a.m.	Assisted Chair Yoga	50-up	\$35 mo.
	12:30-3:30 p.m.	42 (Dominoes)	50-up	-0-
	12:30-4:30 p.m.	Beg. Bridge	50-up	-0-
	2-4 p.m.	The Lively Steppers	50-up	-0-
	5-6 p.m.	Int. Tahitian Dance	18-up	\$50 mo.
	5:30-6:30 p.m.	Zumba	18-up	\$20 mo. or \$5 per class
	6-7 p.m.	Pinterest Pin of the Week (1st M)	50-up	See newsletter for fee
	6-7 p.m.	Hula Lessons	18-up	\$20 mo.
	6-7:30 p.m.	Bingo	50-up	Covered Dish + 2 prizes
	6:30-7:30 p.m.	Yoga	18-up	\$35 mo. or \$8 per class
	7-8 p.m.	Hula Part B (for students who have studied Hula)	18-up	\$25 mo. Hula students, \$35 non-Hula students
	7-8 p.m.	Heritage Singers (2nd, 3rd, 4th, 5th M)	50-up	\$10 Yearly + Heritage Membership
	Tue	8:20-9:30 a.m.	Stretch and Tone	50-up
9-11 a.m.		Wood Carving	50-up	-0-
10-11 a.m.		Gospel Singing	50-up	-0-
10-11:30 a.m.		Senior Computer Club	50-up	-0-

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HERITAGE SENIOR CENTER / 200 S. Jefferson St. / (972) 721-2496
Hours: Mon, Thu, Fri : 8 a.m.–9 p.m. / Tue : 8 a.m.–10 p.m. / Wed : 8 a.m.–5 p.m. / Sat : 9 a.m.–1 p.m. Membership required to participate in activities.

DAY	TIME	CLASS	AGE	FEE	
Tue	12:30-2 p.m.	Crochet & Knitting (1st, 2nd, 3rd T)	50-up	\$20 mo.	
	12:30-3:30 p.m.	42 (Dominoes)	50-up	-0-	
	12:30-4:30 p.m.	Hand and Foot	50-up	-0-	
	12:30-4:30 p.m.	Adv. Bridge	50-up	-0-	
	1-3 p.m.	Busy Fingers Quilting Club	50-up	-0-	
	2:15-3:34 p.m.	Amigurumi Crochet	18-up	\$20 mo.	
	6-7 p.m.	Evening Aerobics	18-up	\$15 mo.	
	6:30-9:30 p.m.	Ceramics	18-up	\$15 mo.	
	7-9:15 p.m.	Dance	18-up	\$6 weekly	
	Wed	8:45-9:45 a.m.	AM Aerobics	50-up	\$15 mo.
9:30-11 a.m.		Neglected History/Critical Thinking	50-up	-0-	
10-10:40 a.m.		Tai Chi for Arthritis/Fall Prevention	50-up	\$5 (includes Qi Gong)	
10-11 a.m.		Blood Pressure Screening (3rd W)	50-up	-0-	
10 a.m.		Nutrition 101 (2nd W)	50-up	-0-	
10:45-11:20 a.m.		Qi Gong and the Art of Relaxation	50-up	\$5 (includes Tai Chi for Arthritis)	
10:45-11:45 a.m.		Assisted Chair Yoga	50-up	\$35 mo./\$8 class	
noon-1 p.m.		Yoga	18-up	\$35 mo./\$8 class	
12:30-4 p.m.		Wednesday Poker Club	50-up	-0-	
1:30-3:30 p.m.		Bluegrass Jam Session	50-up	-0-	
1:30-3:45 p.m.		Line Dance	50-up	20 mo./\$6 class	
Thu		8:20-9:30 a.m.	Stretch and Tone	50-up	\$5
		9-10 a.m.	Beg. Mixed Media	18-up	\$30 mo.
	10:15-11:15 a.m.	Bingo	50-up	\$1	
	10:30-11:30 a.m.	Int. Watercolor/Acrylic	18-up	\$25 mo.	
	12:30-3:30 p.m.	42 (Dominoes)	50-up	-0-	
	12:30-4:30 p.m.	Hand and Foot	50-up	-0-	
	12:30-4:30 p.m.	Adv./Int. Bridge	50-up	-0-	
	1-2 p.m.	Beg. Tap	50-up	-0-	
	1-2 p.m.	Fitness Room Orientation (2nd and 4th Th, appt. req.)	50-up	-0-	
	2:45-3:45 p.m.	Int. Tap Dance	50-up	\$30 mo.	
	6-7 p.m.	Evening Aerobics	18-up	\$15 mo.	
	6:15-8:30 p.m.	Bunko	50-up	\$8 mo.	
	7-8 p.m.	Great Book Club (3rd Th)	50-up	-0-	
7-8 p.m.	Writing and You (none 3rd Th)	50-up	-0-		
Fri	8:45-9:45 a.m.	AM Aerobics	50-up	\$15 mo.	
	9 a.m.-noon	Mah Jongg	50-up	-0-; inst. book \$1	
	9 a.m.-noon	Ceramics	50-up	\$15 mo.	
	10-11 a.m.	Fit 4 Life	18-up	\$35 mo.	
	10-11:30 a.m.	Investor's Information Exchange	50-up	-0-	
	10-11:45 a.m.	Friday at the Movies (2nd and 4th F)	50-up	-0-	
	noon-5 p.m.	Canasta	50-up	-0-	
	1-2:30 p.m.	Spanish Club	50-up	-0-	
	5:30-6:15 p.m.	Sign up for Texas Hold Em'	50-up	\$3 per class	
	5:30-6:30 p.m.	Zumba	18-up	\$20 mo./\$5 class	
6:20-8:30 p.m.	Texas Hold Em' (2nd and 4th F)	50-up	Heritage Membership required w/signup fee		
Sat	9:15-10:45 a.m.	Round Dance Lesson 1	18-up	\$25 per lesson	
	9:30-10:30 a.m.	Yoga	18-up	\$35 mo. or \$8 per class	
	11 a.m.-12:30 p.m.	Round Dance Lesson 2	18-up	\$25 quarterly, couples required	

LEE PARK RECREATION CENTER / 3000 Pamela Drive / (972) 721-2508
Hours: Mon–Fri : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m. / Sun : 1–5 p.m.

DAY	TIME	CLASS	AGE	FEE
PRESCHOOL CLASSES				
Mon	10 a.m.-noon	Preschool Mini Camp (M,W,F)	3-5	\$30
Tue	10-11 a.m.	ABCs	3-5	-0-
	11 a.m.-noon	Holiday Creations	3-5	\$5
	noon-1 p.m.	Big Wheel Rally	3-5	\$5
Thu	10-11 a.m.	Indoor Soccer	3-5	-0-
	11 a.m.-noon	Make Your Own Ornaments	3-5	\$5
	noon-1 p.m.	Music and Movement	3-5	\$5
Sat	9:15-10 a.m.	Legos and Blocks	3-5	\$5
	10-11 a.m.	Coloring and Drawing	3-5	\$5

DAY	TIME	CLASS	AGE	FEE
YOUTH & TEEN CLASSES				
Mon	2-3 p.m.	Homeschool Sports Activities	6-14	-0-
	3:15-6 p.m.	Afterschool Program	K-5	\$180 6 weeks
	4-5 p.m.	Dodgeball Mania	7-12	-0-
	6-7 p.m.	Chess Masters	10-15	-0-
	7-8 p.m.	D.I.Y. Snow Globe	13-17	\$5
Tue	2-3 p.m.	Homeschool Gym Games	6-14	-0-
	5-6 p.m.	Kickball Craze	9-13	-0-
	6-7 p.m.	Sewing Holiday Gifts	10-up	\$10
	7-8 p.m.	Foos Ball Challenge	13-17	-0-
Wed	5-6 p.m.	Holiday Crafts	13-17	\$5
	6-7 p.m.	Seasonal Fuse Beads	13-17	\$5
	7-8 p.m.	Intro to Chess	10-17	-0-
Thu	2-3 p.m.	Homeschool Races and Relays	6-14	-0-
	6-7 p.m.	Racquetball Basics	10-15	\$5
	7-8 p.m.	Calligraphy for Beginners	13-17	\$5
	8-9 p.m.	Game Room Challenge	13-17	-0-
	Fri	2-3 p.m.	Homeschool P.E. Tennis	6-14
4-5 p.m.		Wreath Making	6-11	\$5
6-7 p.m.		Teen Fitness	13-17	\$5
Sat	11 a.m.-noon	Dodgeball Craze	6-11	-0-
	1-2 p.m.	Beg. Weaving	7-12	\$5
	2-3 p.m.	Racquetball Challenge	10-15	-0-
	3-4 p.m.	Weight Training	13-17	\$5

DAY	TIME	CLASS	AGE	FEE
ADULT CLASSES				
Mon	8-9 p.m.	Exercise Basics	18-up	\$5
	9-9:45 p.m.	Treadmill Interval Training	18-up	\$5
Tue	9:15-10 a.m.	Senior Strength and Flexibility	50-up	\$10
	8-9 p.m.	Ladies Workout	18-up	\$5
	9-9:45 p.m.	Intro to Billiards	18-up	\$5
Wed	8-9 p.m.	Walking the Treadmill	18-up	\$5
	9-9:45 p.m.	Strength Training	18-up	\$5
Thu	9-9:45 p.m.	Resistance Band Fitness	18-up	\$5
Fri	8-9 p.m.	Elliptical Endurance	18-up	\$5
	9-9:45 p.m.	Cardio Training	18-up	\$5
Sat	4-4:45 p.m.	Leg Workout	18-up	\$5

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS
Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	9:15-10 a.m.	Yoga for Seniors (M,W,F)	50-up	\$25 mo.
	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
	5:15-6:15 p.m.	Jazzercise	18-up	\$49 mo.
	6-7 p.m.	Yoga II (M,W)	18-up	\$25 mo.
	6:15-7:15 p.m.	Jazzercise	18-up	\$49 mo.
	6:30-7:30 p.m.	Zumba Fitness	18-up	\$25 mo.

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS
Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Tue	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
	5:15-6:15 p.m.	Jazzercise	18-up	\$49 mo.
	6-9 p.m.	USA Go Ju Karate (T,F)	6-up	\$35 mo.
	6:15-7:15 p.m.	Jazzercise	18-up	\$49 mo.
Wed	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
	5:15-6:15 p.m.	Jazzercise	18-up	\$49 mo.
	6:15-7:15 p.m.	Jazzercise	18-up	\$49 mo.
	6:30-7:30 p.m.	Zumba Fitness	18-up	\$25 mo.
	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
Thu	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
	5:15-6:15 p.m.	Jazzercise	18-up	\$49 mo.
	6-7 p.m.	Yoga I	18-up	\$35 mo.
	6:15-7:15 p.m.	Jazzercise	18-up	\$49 mo.
Fri	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
	5:45-6:45 p.m.	Jazzercise	18-up	\$49 mo.
Sat	9:30-10:30 a.m.	Jazzercise	18-up	\$49 mo.
Sun	2-3 p.m.	Jazzercise	18-up	\$49 mo.

DAY	TIME	CLASS	AGE	FEE
OPEN GYM BASKETBALL				
Mon	noon-4:30 p.m. / 7:30-9:45 p.m.			
Tue	10 a.m.-noon / 1-4 p.m. / 7:30-9:45 p.m.			
Wed	noon-4 p.m. / 7:30-9:45 p.m.			
Thu	11 a.m.-noon / 6-9:45 p.m.			
Fri	noon-2 p.m. / 7:30-9:45 p.m.			
Sat	noon-4:45 p.m.			
Sun	1-5 p.m.			

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

LIVELY POINTE YOUTH CENTER / 909 N. O'Connor Road / (972) 721-8090
Hours: Mon–Fri : 1–9 p.m. / Sat : 1–5 p.m.

DAY	TIME	CLASS	AGE	FEE
YOUTH & TEEN CLASSES				
Mon	4-5 p.m.	Weight Room Orientation	12-18	-0-
	5-6 p.m.	Reality TV Mondays	12-18	-0-
	6-7 p.m.	College Football Pick'Em	12-18	-0-
	6:30-7:30 p.m.	Lively Running Club (M,W,F)	12-18	-0-
	7:30-8:30 p.m.	Technology Tutoring	12-18	-0-
Tue	4-5 p.m.	Fantasy Football Round Table	12-18	-0-
	4-5 p.m.	Girls Athletic Training	12-18	-0-
	5-6 p.m.	Burnout Workout	12-18	-0-
	5:30-6:30 p.m.	Uno Wars	12-18	-0-
	6:30-7:30 p.m.	Chillin and Grillin with Steve	12-18	-0-
	7:30-8:30 p.m.	Billiard League	12-18	-0-
	4-5 p.m.	Weight Room Orientation	12-18	-0-
Wed	5-6 p.m.	Smoothie and Shake Take	12-18	-0-
	5:30-6:30 p.m.	Night Hike (1st and 3rd)	12-18	-0-
	5:30-6:30 p.m.	Name Your Game (2nd and 4th)	12-18	-0-
	6:30-7:30 p.m.	Lively Running Club (M,W,F)	12-18	-0-
	7:30-8:30 p.m.	Girl Talk	12-18	-0-
	4-5 p.m.	Ping Pong League	12-18	-0-
	5-6 p.m.	Let's Make Up	12-18	-0-
	5-6 p.m.	Volleyball Skills and Drills	12-18	-0-
	6-7 p.m.	Irving Youth Action Council Mtg. (2nd and 4th Th)	12-18	-0-
	7-8 p.m.	Dominoes	12-18	-0-
8-8:45 p.m.	Indoor Soccer Free Play	12-18	-0-	
Fri	4-5 p.m.	Indoor Soccer Shootout	12-18	-0-
	4-5 p.m.	Weight Room Orientation	12-18	-0-
Sat	5-6 p.m.	Social Media Chat	12-18	-0-
	5-6 p.m.	Foosball Challenge	12-18	-0-
	6:30-7:30 p.m.	Lively Running Club (M,W,F)	12-18	-0-
	7:30-8:45 p.m.	Lively Film Club	12-18	-0-
	2-3 p.m.	Board Games	12-18	-0-
Thu	3-4 p.m.	Girls Workout	12-18	-0-
	4-5 p.m.	Floor Hockey	12-18	-0-

MUSTANG PARK RECREATION CENTER / 2223 Kinwest Parkway / (972) 556-1334
Hours: Mon, Wed : 6 a.m.–10 p.m. / Tue, Thu, Fri : 9 a.m.–10 p.m. / Sat : 9 a.m.–5 p.m. / Sun : 1–5 p.m.

DAY	TIME	CLASS	AGE	FEE
PRESCHOOL CLASSES				
Mon	9:30-11 a.m.	Preschool Camp I (M, W)	3-6	\$25
	11 a.m.-12:30 p.m.	Preschool Camp II (M, W)	3-6	\$25
Tue	9:30-11 a.m.	Preschool Camp III (T, Th)	3-6	\$25
	11 a.m.-12:30 p.m.	Preschool Camp IV (T, Th)	3-6	\$25
Sat	9:15-10 a.m.	Arts and Crafts	3-6	\$10
	10-10:45 a.m.	Blocks and Legos	3-6	\$5
	10:45-11:30 a.m.	Treats for Tots	3-6	\$10

DAY	TIME	CLASS	AGE	FEE
YOUTH & TEEN CLASSES				
Mon	4-5 p.m.	Dodgeball	6-12	\$5
	7:15-8:15 p.m.	Arts and Crafts	7-12	\$10
Tue	3:30-4 p.m.	Gym Games (T, Th)	6-12	\$10
	6:15-7 p.m.	Simple Meals	6-12	\$10
	4-5 p.m.	Canvas Art	6-12	\$10
Wed	7:15-8 p.m.	Table Tennis 101	13-17	\$5
	4-5 p.m.	Washi Tape Crafts	6-12	\$10
Thu	5-6 p.m.	Classic Video Games	6-12	\$5
	3:15-4 p.m.	Beads and Bracelets	6-12	\$10
	4-5 p.m.	Badminton for Kids	6-12	\$5
Fri	6-9 p.m.	Dinner and A Movie	6-12	\$5 per night
	noon-1 p.m.	Board Game Challenge	6-12	\$5
	1-2 p.m.	Jump Rope Jumpers	7-12	\$10
Sat	3-4 p.m.	Fun with Food	7-12	\$10

DAY	TIME	CLASS	AGE	FEE
ADULT CLASSES				
TBA	By appointment	Personal Training	18-up	\$20 per hour
Mon	6:15-7:15 p.m.	1 Million Step Challenge Meet-Up (M, W)	18-up	-0-
Tue	7-7:45 p.m.	Strength Training Basics	18-up	-0-
Wed	1-2 p.m.	Power Hour Lunch Walk	18-up	-0-
Sat	2-3 p.m.	1 Million Step Challenge Meet-Up	18-up	-0-

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS
Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	9 a.m.-noon	RARE Learning-Early Learners (M-F)	3-5	TBA
	noon-1 p.m.	Camp Gladiator	18-up	\$69 mo.
	5-5:30 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	5-6 p.m.	Indoor Tennis	7-up	\$40 mo.
	5:30-6 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	5:30-6:15 p.m.	Gymnastics	4-up	\$49 mo.
	6-6:30 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	6-7 p.m.	Indoor Tennis	7-up	\$40 mo.
	6:30-7 p.m.	Keyboarding/Piano	5-15	\$85 mo.

Fall Session

Call (972) 721-2501 for details or more information. Registration for Heritage Senior Center classes begins at 10 a.m. the first business day of the month.

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Tue	10:30 a.m.-noon	Mom and Tots - Play and Learn Camp (T,Th)	24-36 mo.	\$65 mo.
	4-4:45 p.m.	Basketball Skills: Level 1 (T,Th)	6-18	\$98 mo.
	4-5 p.m.	Fine Art Lessons	6-9	\$99 mo.
	4:45-5:30 p.m.	Basketball Skills: Level 2 (T,Th)	6-18	\$98 mo.
	5-6 p.m.	Fine Art Lessons	10-16	\$99 mo.
	5:30-6:15 p.m.	Basketball Skills: Level 3 (T,Th)	6-18	\$98 mo.
	6-7 p.m.	Zumba (T,Th)	18-up	\$5 per class
	6:15-7 p.m.	Basketball Skills: Level 4 (T,Th)	6-18	\$98 mo.
	7-7:30 p.m.	Beg. Soo Bahk Do Karate (T,Th)	4-6	\$30 mo.
	7-8 p.m.	Beg./Int. Soo Bahk Do Karate (T,Th)	7-up	\$50 mo.
Wed	7:30-8:30 p.m.	Boot Camp	18-up	\$15 mo./\$3 class
	8-9 p.m.	Adv. Soo Bahk Do Karate (T,Th)	7-up	\$50 mo.
	11:45 a.m.-12:30 p.m.	Kindermusik	18 mo.-3.5	TBA
	12:30-1:15 p.m.	Kindermusik	0-18 mo.	TBA
	4-5:15 p.m.	Kross Stitch Kids	7-up	\$30 mo. + supplies
	5-6 p.m.	Guitar Lessons	7-up	\$55 mo.
	5-6 p.m.	Indoor Tennis	7-up	\$40 mo.
	5:30-6:15 p.m.	SuperTots Soccer	3-4	\$40 mo.
	5:30-6:15 p.m.	Ballet and Tap	3-5	\$44 mo.
	6-7 p.m.	Indoor Tennis	7-up	\$40 mo.
Fri	6-7 p.m.	Guitar Lessons	7-up	\$55 mo.
	6:15-7 p.m.	SuperTots Soccer	5-9	\$40 mo.
	6:15-7 p.m.	Ballet and Tap	6-12	\$44 mo.
	9:30-10 a.m.	Parent and Me Dance Class	2-3	\$30 mo.
	10-10:45 a.m.	Tumbling for Tots	3-5	\$44 mo.
	10:45-11:30 a.m.	Ballet and Tap	3-5	\$44 mo.
	5-5:30 p.m.	Keyboard/Piano	5-15	\$85 mo.
	5:30-6 p.m.	Keyboard/Piano	5-15	\$85 mo.
	6-6:30 p.m.	Keyboard/Piano	5-15	\$85 mo.
	6-7 p.m.	Chess Tempo	4-up	\$48 mo.
Sat	6:30-7 p.m.	Keyboard/Piano	5-15	\$85 mo.
	9:30-10:30 a.m.	Boot Camp	18-up	\$15 mo./\$3 class
	10-10:45 a.m.	Ballet and Tap	3-5	\$44 mo.
	10-11 a.m.	Abacus Math	6-14	\$80 mo.
	10:45-11:30 a.m.	Ballet and Tap	3-5	\$44 mo.
	11-11:45 a.m.	Bollywood Dance	4-7	\$44 mo.
	11:15 a.m.-12:15 p.m.	Abacus Math	6-14	\$80 mo.
	11:30-12:15 p.m.	Ballet and Tap	6-12	\$44 mo.
	noon-12:45 p.m.	Bollywood Dance	8-13	\$50 mo.
	1:15-1:45 p.m.	Keyboarding/Piano	5-15	\$85 mo.
Sun	1:45-2:15 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	1:45-2:25 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	2-3 p.m.	Riaz's Art Studio	5-up	\$80 mo.
	2-3 p.m.	ThingY: STEM Learning	6-12	\$80 mo.
	2:15-2:45 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	2:45-3:15 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	3:15-3:45 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	3:45-4:15 p.m.	Keyboarding/Piano	5-15	\$85 mo.
	4:15-4:45 p.m.	Keyboarding/Piano	5-15	\$85 mo.

OPEN GYM BASKETBALL

Mon	6-10 a.m. / 11 a.m.-3 p.m.* / 7:15-9:45 p.m.	(badminton)
Tue	11 a.m.-3 p.m.	
Wed	6-9 a.m. / 11 a.m.-3 p.m.* / 7:15-9:45 p.m.	(pickleball)
Thu	11 a.m.-3 p.m.	
Fri	noon-3 p.m.* / 6-9:45 p.m.	
Sat	noon-2:30 p.m. / 2-4:45 p.m.	(badminton)
Sun	1-3 p.m. / 3-5 p.m.	(badminton)

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours. *Badminton half gym from noon-2 p.m.

NORTHWEST PARK RECREATION CENTER / 2800 Cheyenne St. / (972) 721-2529

DAY	TIME	CLASS	AGE	FEE
PRESCHOOL CLASSES				
Mon	9:30-11:30 a.m.	Preschool Mini Camp (M,W,F)	3-5	\$30
Tue	9:15-10 a.m.	Spelling My Name	3-5	\$5
	10-11 a.m.	Little Rookies Sports	3-5	-0-
	11 a.m.-noon	Coloring Landscapes	3-5	\$5
Thu	noon-1 p.m.	Big Wheel Rally	3-5	-0-
	9:15-10 a.m.	123s and ABCs	3-5	\$5
	10-11 a.m.	Park/Playground Fun	3-5	-0-
Sat	11 a.m.-noon	Animal Hand Art	3-5	\$5
	noon-1 p.m.	T-ball and Kickball	3-5	\$5
	9:15-10 a.m.	Learn to Cut and Paste	3-5	\$5
10-11 a.m.	Outdoor Adventures	3-5	\$5	
YOUTH & TEEN CLASSES				
Mon	2-3 p.m.	Homeschool Relays	6-14	-0-
	3:15-6 p.m.	After School Program (M-F)	7-11	\$180 6 weeks
	6-7 p.m.	Scrapbooking	10-15	\$5
	7-8 p.m.	Basic Sport Drills	13-17	-0-
Tue	2-3 p.m.	Homeschool PE Tennis	6-14	-0-
	6-7 p.m.	Teen Bootcamp	13-17	\$5
	7-8 p.m.	Canvas Decor	10-15	\$5
Wed	2-3 p.m.	Homeschool 6-4-3 Baseball	6-14	-0-
	4-5 p.m.	3D Tic Tac Toe	7-12	\$5
	6-7 p.m.	Floor Hockey Skills	10-15	-0-
	7-8 p.m.	DIY Seasonal Projects	13-17	\$5
Thu	6-7 p.m.	Whistle Creations	10-15	\$5
	7-8 p.m.	Team Up Basketball	13-17	\$5
Fri	2-3 p.m.	Homeschool How to Draw	6-14	\$5
	5-6 p.m.	Team Gym Games	7-12	-0-
	6-7 p.m.	Fun with Fuse Beads	10-15	\$5
	7-8 p.m.	Indoor Soccer	13-17	-0-
Sat	11 a.m.-noon	Intro to Volleyball	6-11	-0-
	1-2 p.m.	Create a Collage	7-12	\$5
	2-3 p.m.	Kickball Craze	9-13	\$5
ADULT CLASSES				
Mon	8-9 p.m.	Core Strengthening	18-up	\$5
	9-9:45 p.m.	Upper Body Concentration	18-up	\$5
Tue	8-9 p.m.	Free Weight Training	18-up	\$5
	9-9:45 p.m.	Body Shape Up	18-up	\$5
Wed	8-9 p.m.	Fitness to Go	18-up	\$5
	9-9:45 p.m.	Health 101	18-up	\$5
Thu	8-9 p.m.	Cardio Crusher	18-up	\$5
	9-9:45 p.m.	Body Right Workout	18-up	-0-
Fri	8-9 p.m.	Elliptical Challenge	18-up	\$5
	9-9:45 p.m.	Heart Rate Target	18-up	\$5
Sat	3-4 p.m.	Stretching Basics	18-up	\$5
	4-5 p.m.	World of Weights	18-up	\$5

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Tues	7-8 p.m.	Zumba (T, F)	18-up	TBD
OPEN GYM BASKETBALL				
Mon	9-10:30 a.m. / noon-2 p.m. / 6-9:45 p.m.			
Tue	10 a.m.-1 p.m. / 3-5 p.m. / 6-9:45 p.m.			
Wed	9-11 a.m. / 11:30 a.m.-4 p.m. / 6-9:45 p.m.			
Thu	11 a.m.-4 p.m. / 6-9:45 p.m.			
Fri	9-11 a.m. / noon-4 p.m. / 6-9:45 p.m.			
Sat	9-10 a.m. / 11 a.m.-2 p.m. / 3-4:45 p.m.			

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

SENER PARK RECREATION CENTER / 901 S. Senter Road / (972) 721-2641

DAY	TIME	CLASS	AGE	FEE
PRESCHOOL CLASSES				
Mon	9:30-10:30 a.m.	Memory Madness	3-5	\$3
	10:30-11:30 a.m.	Jump Jump Hooray!!	3-5	\$3
Tue	9:30-10:30 a.m.	Learning Healthy Snacks	3-5	\$3
	10:30-11:30 a.m.	Yarn Crazy Craft	3-5	\$5
Thu	9:30-10:30 a.m.	Color Splash Craft	3-5	\$5
	10:30-11:30 a.m.	Gym/Outdoor Activities	3-5	\$3
Fri	9:30-10:30 a.m.	Little Science	3-5	\$5
	10:30-11:30 a.m.	Preschool Numbers	3-5	\$5

YOUTH & TEEN CLASSES

Mon	4-5 p.m.	Fearless Fashion	7-10	\$3
	5-6 p.m.	Youth Model Car Building	8-12	\$5
	6-7 p.m.	Table Tennis	12-up	-0-
	7-8 p.m.	Beg. Spanish	12-up	\$5
	7:30-8:30 p.m.	Karate (M,W)	5-up	\$40 mo.
Tue	8-9 p.m.	Sink-It 8 Ball	12-up	-0-
	1:30-2:30 p.m.	Homeschool PE	8-12	-0-
	4-5 p.m.	DIS Winter Decor	7-12	\$5
	5-6 p.m.	HIIT Training Camp	18-up	\$5
	5:45-8:45 p.m.	ActivStars Karate	4-15	\$7 week
Wed	6-7 p.m.	Read and Report	12-up	-0-
	7-8 p.m.	Bead Creation	8-12	\$3
	8-9 p.m.	Checker Challenge	12-up	-0-
	9-9:45 p.m.	Game Time	8-13	-0-
	6-7 p.m.	Reminisce Photo Book Creation	50-up	\$5
Thu	7-8 p.m.	Flexibility Conditioning	12-up	\$5
	8-9 p.m.	Flower Pot Painting	50-up	\$5
	9-9:45 p.m.	Card Games	12-up	-0-
	1-2 p.m.	Finger Snacks	7-12	\$2
	4-5 p.m.	Youth Cooking	9-12	\$8
Fri	5:45-8:45 p.m.	Active Stars Cheer	4-15	\$7 week
	6-7 p.m.	Kid Fit	8-12	\$5
	7-8 p.m.	Volleyball Skills	12-up	-0-
	8-9 p.m.	Power Hour	18-up	\$5
	1-2 p.m.	Homeschool Dodgeball	10-14	-0-
Sat	5-6 p.m.	Tri Fit	18-up	\$5
	6-7 p.m.	Reminisce Photo Book Creation Cont...	50-up	\$5
	7-8 p.m.	Water Color Painting	7-15	-0-
	8-9 p.m.	Flower Pot Painting Cont...	50-up	\$5
	9-9:45 p.m.	X-Box Challenge	7-15	\$5
Sun	10-11 a.m.	T-ball	3-5	\$3
	11 a.m.-noon	Stretch Conditioning	12-up	\$5

ADULT CLASSES

Mon	6-7 p.m.	Table Tennis	12-up	-0-
	7-8 p.m.	Beg. Spanish	12-up	\$5
	7:30-8:30 p.m.	Karate (M,W)	5-up	\$40 mo.
	8-9 p.m.	Sink-It 8 Ball	12-up	-0-
Tue	5-6 p.m.	HIIT Training Camp	18-up	\$5
	6-7 p.m.	Read and Report	12-up	-0-
	8-9 p.m.	Checker Challenge	12-up	-0-
Wed	6-7 p.m.	Reminisce Photo Book Creation	50-up	\$5
	7-8 p.m.	Flexibility Conditioning	12-up	\$5
	8-9 p.m.	Flower Pot Painting	50-up	\$5
	9-9:45 p.m.	Card Games	12-up	-0-
Thu	7-8 p.m.	Volleyball Skills	12-up	-0-
	8-9 p.m.	Power Hour	18-up	\$5
Fri	5-6 p.m.	Tri Fit*	18-up	\$5
	6-7 p.m.	Reminisce Photo Book Creation Cont.	50-up	\$5
	8-9 p.m.	Flower Pot Painting Cont.	50-up	\$5
Sat	11 a.m.-noon	Stretch Conditioning	12-up	\$5

YEAR-ROUND PROGRAMS OFFERED BY OUTSIDE INSTRUCTORS

Members interested in year-round programs may contact the instructor for space availability and to register for classes.

DAY	TIME	CLASS	AGE	FEE
Mon	9-10 a.m.	Zumba Fitness (M-F)	18-up	\$35 mo./\$3 per class
	10 a.m.-1 p.m.	Pickleball (M,F)	50-up	IPAR Card
	11 a.m.-2 p.m.	Power Workout (M-F)	18-up	ID/\$1 daily
	4-6 p.m.	Power Workout (M-F)	18-up	ID/\$1 daily
	6-7 p.m.	Zumba Fitness (M-F)	18-up	\$35 mo./\$3 per class
Tue	7:30-8:30 p.m.	Karate (M,W)	5-up	\$50 mo.
	7:30-9:45 p.m.	Badminton (M,T,Th,Su)	18-up	ID/\$20 Annual
	5-9 p.m.	ActivStars Karate	4-15	\$7 week
Wed	11:30 a.m.-12:30 p.m.	Senior Lunch	50-up	\$4
	5-8:30 p.m.	Needle Work Gathering	18-up	-0-
Thu	5-9 p.m.	ActivStars Cheerleading	4-15	\$7 week
Fri	6-8 p.m.	Senior Jams	50-up	-0-
	11 a.m.-2:30 p.m.	Irving Singles Canasta	50-up	-0-
Sat	11 a.m.-1 p.m.	Jujitsu	6-up	\$25 mo.

OPEN GYM BASKETBALL

Mon	9 a.m.-9:45 p.m.
Tue	9 a.m.-6 p.m.
Wed	6 a.m.-5 p.m. / 8-9:45 p.m.
Thu	9 a.m.-6 p.m.
Fri	9 a.m.-6 p.m. / 7-9:45 p.m.
Sat	9 a.m.-4:45 p.m.
Sun	1-4:45 p.m.

Open gym schedule is subject to change without notice. Call for daily updates on open gym hours.

AquaStars Dates Through the Fall

Providing special needs children with an opportunity to sidestep crowds and experience the excitement of water play. Participants must be accompanied by an adult or guardian. Participants pay the standard admission rate at each facility. Pool features include an accessible ramp, accessible chair lift and water chair. AquaStars is held from 11:30 a.m. to 1 p.m. Oct. 8, Nov. 12 and Dec. 10 at the Heritage Aquatic Center, 200 S. Jefferson St. For more information, call (972) 721-2501. ■