DeSoto Recreation Center July 2014 Youth Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:00-2:00pm	·	·	Ţ.	•	·	Archery
						(ages 6-18)
5:30-6:15pm			Ballet	Ballet		
			(ages 7-11)	(ages 3-6)		
6:15-7:00pm			Hip Hop			
			Dance			
			(ages 7-11)			
6:45-7:45pm			Cheernastics			
			(ages 5-12)			
7:00-7:45pm			Lyrical			
			(ages 7-17)			
7:00-9:00pm		Aikia Karate		Aikia Karate		
		(ages 5-17)		(ages 5-17)		
7:45-8:30pm			Ballet			
			(ages 12-17)			

Aikia Karate

This class will teach children ways to channel their energy in a positive way, self-discipline, respect for others, self-defense, improved memory skills and physical conditioning. Combines styles of American Kenpo and American Tae Kwon Do are emphasized in this class. Master Lloyd Ploeger is the class instructor. For more information, call (972) 217-6363.

\$30/month

Archery





Using state of the art equipment, the archery class is designed to cover basic terminology, major techniques, and scoring of Olympic style archery. Sign up today! For more information, call (972) 230-9655.

\$30 per month \$10 per class

Ballet

Ballet is designed as a program to address a child's developmental needs and create a fun dance experience. This course establishes basic ballet technique, alignment, physical development as well as stretching and strengthening. Individual expression and creativity is encouraged as each child learns to use their body. Ursula Gibbs offers a wide range of dance services; from choreography to private lessons. For more information, call (214) 808-2988.

\$40/month

Hip Hop & Lyrical Dance

Get up and Dance! Come learn the hottest new street style moves to the best new R&B and Hip Hop songs. Characterized by movement reflecting the words or feeling a song, lyrical makes music come to life. In these classes, dancers focus on performance skills, flexibility, core strength, stamina and learn about spacing and dance technique such as turns, leaps and jumps. Ursula Gibbs offers a wide range of dance services; from choreography to private lessons. For more information, call (214) 808-2988.

\$40/month

Ultimate 1 Cheer & Fitness "Cheernastics & Tumbling"

Come and get the best of both worlds with this cheerleading and tumbling class! Learn basic cheerleading skills as well as Level 1 tumbling all at once. Age range is 5-12 and space is limited to 10 girls per class, so make sure that you sign up TODAY! For more information, call (903) 399-8445.

\$45 monthly per child \$40 monthly per child sibling discount - 2+

Register for Classes at the DeSoto Recreation Center

All Classes are subject to change. Minimum enrollment numbers required for class to make.

