

DeSoto Recreation Center

February 2016 Youth Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30- 11:00am						Tri- City Twirl (grade 2-4)
11:30- 1:00pm						Tri- City Twirl (grade 5-8)
5:30- 6:15pm	Praise Dance and Mime (ages 12-18)		Ballet (ages 7-11)	Ballet (ages 3-6)		
6:00- 7:00pm						
6:15- 7:00pm			Hip Hop Dance (ages 7-11)			
7:00- 8:30pm			Lyrical/Ballet (ages 7-17)			
7:00- 9:00pm		Aikia Karate (Age 5- 17)		Aikia Karate (ages 5- 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



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

Praise Dance and Mime

This dance ministry offers a fun, innovative after school/work program. It permits teenagers to be active and healthy while having fun learning beginner/intermediate choreography to energetic uplifting music. Students will be able to learn the movements of Kingdom Hip-Hop, Contemporary Praise dance, and Gospel Mime. This extraordinary program will allow dedicated students to break free from stage fright and perform on stage.

For more information, call 972-979-3930.

\$50 per month

Tri-City Twirl

We offer BATON TWIRLING TECHNIQUE TRAINING Beginner & Intermediate Levels (Advanced Training by Private Lesson Only) BAND MAJORETTE 101 (for those who wish to try out for their school team) PERFORMANCE & COMPETITIVE TEAM Competitions, Community Events, Parades. Classes are from **September to December** ONLY \$40 PER MONTH (COMPETITIVE TEAM FEES ARE SEPARATE) FOR MORE INFO, CALL 469.939.8831 OR EMAIL TCTWIRLELITE@GMAIL

****Register for Classes at the DeSoto Recreation Center****

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



DeSoto Parks & Recreation
Discover, Experience, Play!