

August 2019

# Fields Recreation Center

1701 Dairy Rd., Garland, TX 75040 • 972-205-3090 • FRC@GarlandTX.gov • GarlandParks.com

## PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.	<b>Personal Training By Appointment</b>	<b>Fitness 101 By Appointment</b>			<b>Bridge</b> 9:30 a.m.	<b>Zumba</b> 9 a.m.
10 a.m.			<b>FREE Body Shop Fitness</b> 9:30 a.m.			<b>Volleyball</b> 10:15 a.m.
11 a.m.						
12 p.m.						<b>You can DIY!</b> Noon <b>Boxing</b> Noon
1 p.m.						
2 p.m.						
3 p.m.	<b>After School Adventures</b> Starting 8/12 3:10 - 5 p.m.	<b>After School Adventures</b> Starting 8/12 3:10 - 5 p.m.		<b>After School Adventures</b> Starting 8/12 3:10 - 5 p.m.	<b>After School Adventures</b> Starting 8/12 3:10 - 5 p.m.	
4 p.m.	<b>Lil' Tots Soccer</b> 4:15 p.m.	<b>Lil' Dribblers</b> 4 p.m.		<b>T-Ball</b> 4:15 p.m.		
5 p.m.						
6 p.m.	<b>Total Body Project</b> 6 p.m. <b>Kreative Kids Workshop</b> 8/12 6 p.m.	<b>Boxing</b> 6 p.m. <b>Dance Combo Preschool</b> 6 p.m. <b>Dance Combo Elementary</b> 6:45 p.m.		<b>Summer Writing Tutoring</b> 6:30 p.m. <b>Basketball Skills (5 - 7 years)</b> 6 p.m. <b>Basketball Skills (8 - 13 years)</b> 6:30 p.m.		
7 p.m.	<b>Fan &amp; Flare</b> 7 p.m. <b>Zumba</b> 7:45 p.m.	<b>Ramblin' Rounds</b> 7 p.m. <b>Lone Star Solo Dance Club</b> 7 p.m. <b>Total Body Project</b> 7:45 p.m.	<b>Zumba</b> 7:45 p.m.	<b>Pencak Silat Self Defense</b> 7 p.m. <b>Total Body Project</b> 7:45 p.m.		
8 p.m.		<b>Hip Hop Dance</b> 8 p.m.				

All program information subject to change and availability. Registrations accepted on first-come, first-serve basis. Waitlists available for most full programs. Pre-registration required for most programs. A program may cancel if minimum number of registrations is unmet. A City of Garland waiver and release of claim is required prior to participating in any program. All programs occur weekly unless noted with a date.

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## OPEN GYM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:30 a.m. - 3:45 p.m. 8 - 8:45 p.m. (Half Court)	2 9 a.m. - 4:45 p.m. (Half Court)	3 9 - 9:45 a.m. 12:30 - 3:45 p.m. (Half Court)
5 9 a.m. - 3:45 p.m. 7:15 p.m. - 8:45 p.m. (Half Court)	6 1:30 - 3:30 p.m. 5:15 - 8:45 p.m. (Half Court)	7 11 a.m. - 8:45 p.m. (Half Court)	8 9 a.m. - 3:45 p.m. 8 - 8:45 p.m. (Half Court)	9 9 a.m. - 4:45 p.m. (Half Court)	10 9 - 9:45 a.m. 12:30 - 3:45 p.m. (Half Court)
12 9 a.m. - 3:45 p.m. 7:15 p.m. - 8:45 p.m. (Half Court)	13 9 a.m. - 3:30 p.m. 5:15 - 6:30 p.m. (Half Court)	14 11 a.m. - 8:45 p.m. (Half Court)	15 9 a.m. - 3:45 p.m. 8 - 8:45 p.m. (Half Court)	16 9 a.m. - 4:45 p.m. (Half Court)	17 9 - 9:45 a.m. 12:30 - 3:45 p.m. (Half Court)
19 9 a.m. - 3:45 p.m. 7:15 p.m. - 8:45 p.m. (Half Court)	20 9 a.m. - 3:30 p.m. 5:15 - 6:30 p.m. (Half Court)	21 11 a.m. - 8:45 p.m. (Half Court)	22 9 a.m. - 3:45 p.m. 8 - 8:45 p.m. (Half Court)	23 9 a.m. - 4:45 p.m. (Half Court)	24 9 - 9:45 a.m. 12:30 - 3:45 p.m. (Half Court)
26 9 a.m. - 3:45 p.m. 7:15 p.m. - 8:45 p.m. (Half Court)	27 9 a.m. - 3:30 p.m. 5:15 - 6:30 p.m. (Half Court)	28 11 a.m. - 8:45 p.m. (Half Court)	29 9 a.m. - 3:45 p.m. 5:15 - 8:45 p.m. (Half Court)	30 9 a.m. - 4:45 p.m. (Half Court)	31 9 - 9:45 a.m. 12:30 - 3:45 p.m. (Half Court)
<p>***Schedule subject to change. ***You are required to purchase and scan your Garland ID card to be inside the facility.</p> <p>City of Garland recreation centers are closed on Sundays.</p>					

