

## Garland Police Youth Program

**7-14 yrs**  
Wednesdays 3:30 - 4:45 PM  
no charge

## 30 and Up Co-Ed Volleyball League

Call 972-205-3090 for details

## Little Dribblers

**3-5 yrs**  
1 pm every Tuesday  
\$20 per month

## Volleyball

**9-16 yrs**  
Mondays at 4 pm  
\$20 per month

## Kids Yoga

**6-12yrs**  
Wednesdays at 5:15 pm  
\$25 per month/\$7 per class

## Judo and Jujitsu

**4 yrs and up**  
M, W, Th, F 5:00 - 8:45 PM  
Sa 10 AM - 2 PM  
\$35 per month

## Speed & Conditioning

**13 yrs and up**  
Tuesdays and Thursdays at 5pm  
\$15 Per Month/\$5 Per Class

## Zumba Paramount Fitness

**16 yrs and up**  
Tuesdays at 7 pm  
\$20 per month  
Or \$8 Per Class

## Homeschool PE

**4-15 yrs**  
Tuesdays at 10 am  
\$15 per month

## Dance Combo

**Mondays**  
2&3 yrs 9am  
4&5yrs 10am  
5-7yrs 4pm  
**Thursdays**  
8-10 yrs 4pm  
11-15 yrs 5pm  
16yrs and up 6pm  
\$25 every 4 weeks with \$16 lifetime registration fee to be paid to instructor

## Cheer Combo

**Mondays**  
2&3 yrs 11am  
4&5 yrs 12:30pm  
5-7 yrs 3:00pm  
\$18 every 4 weeks with \$16 lifetime registration fee to be paid to instructor

## Zumba Zhape

**14 yrs and up**  
Tuesdays and Thursdays at 9:15 am  
\$20 once a week/ \$30 twice a week per month  
Or \$80 per class

Gale Fields Recreation Center

# Peek at PLAY at GALE FIELDS

1701 Dairy Road  
972-205-3090  
frc@ci.garland.tx.us

Ask about financial assistance

## Lil' Tots Soccer

**2-6 yrs**  
Tuesdays and Thursdays at 11:30 am  
\$20 once a week/\$40 twice a week per month

## After School Soccer

**6yrs and up**  
Tuesdays at 4 pm  
\$40 per month/\$10 per class

## Violin

**9yrs and up**  
Tuesdays at 4 pm  
\$50 per month

## Abrakadoodle Art Classes

**20 mos-6yrs**  
\$74 for every 4 week session  
Classes are for one hour each week. 20 month-2 yrs is at 10 am and 3-6 yrs is at 11 am on Mondays.

## Personal Training

**16 yrs and up**  
Call 214-850-5680 to schedule appointment prior to registration.  
For more information, please contact Gale Fields Recreation Center, 972-205-3090.

- 1 Person Per Session \$50
- 2 People Per Session \$65
- 3 People Per Session \$80
  
- 1 Person Per 8 Sessions \$360
- 2 People Per 8 Sessions \$480
- 3 People Per 8 sessions \$590

## Gentle Yoga

**12yrs and up**  
Wednesdays at 6:30 pm  
\$35 per month/\$10 per class

## Fitness 101

**12-15 yrs**  
Gains the participant eligibility for a fitness pass if with adult in fitness room  
By appointment  
\$25 session fee

## T-Ball

**3-6 yrs**  
Wednesdays at 10 am  
\$20 per month

## Interested in teaching your own class?

See front desk or go to [WWW.GARLANDPARKS.COM](http://WWW.GARLANDPARKS.COM) and see how you can become a contract instructor.

