



Haltom Recreation Center 2009 Summer Class Schedule



Day & Time	Class Description
Monday 6:30—7:45pm	Dance/Gymnastics —Learn fundamentals of tap, ballet, jazz, and gymnastics. Classes are for pre-school age through 5th grade. Instructor: Rhonda Guinn. For more information, please call 817-656-2888. Cost: \$30/month (dance or gym) or \$40/month for both + \$10 registration fee.
Tuesday 11am—12pm	FunQi Relaxation —This class will help reduce stress and chronic pain, improve circulation, posture, flexibility, and balance, through a combination of movement and meditation. Instructor: Jim Fesler. Cost: \$20/month (or \$30/month for both FunQi Relaxation & Tai Chi!)
Tuesday & Thursday 6:45—7:45pm	American Karate —Strong emphasis on self-confidence and respect combined with combat offense/defense and techniques of the sport. All ages welcome. Instructor: Michael Kline Price. Cost: \$50/month (\$10 discount for additional family members)
Tuesday 7:45-8:45pm	Bellydance Basics —Don't be intimidated! Learn the basic moves of Middle Eastern Dance and get a great workout at the same time! Ages: 15 years and up. Instructor: Amy Hunter. Cost: \$25/month
Wednesday 9:00am—12:00pm	China & Oil Painting Learn to paint on canvas, porcelain, glass, and more. Ages: Adults. Instructor: Joan Neal. Cost: \$7/class.
Wednesday 6:00—8:45pm	Oil Painting—ON BREAK FOR THE SUMMER! Looking to create a masterpiece or capture the sunset on canvas? This is for you! Ages: Adults. Instructor: Sue Gill. Cost: \$35/month.
Thursday 9:30am—2:00pm	Ceramics Mold, fire, and paint ceramic goods with experienced artists. Good conversation and food a must! There is not an instructor for this class, however, the experienced participants will offer guidance. Ages: Adults. Cost: \$10/month for residents or \$20/month for non-residents.
Thursday 11am—12pm	Tai Chi for Arthritis —This class combines agile steps, joint safe exercise and mental strength to improve mobility, breathing, and relaxation in ways the help you feel in greater control over your daily life. Instructor: Jim Fesler. Cost: \$20/month (or \$30/month for both Tai Chi and FunQi Relaxation!)
Thursday 7:00—8:30pm	Strictly Ballroom —This dance class presents an easy method of learning the basics of ballroom, beautiful waltz, and exciting swing. Instructor: Bill Journey. Cost: \$50/couple/month
Thursday 7:45—8:45pm	Bellydance 101 —Students who have already attended Bellydance Basics and want to take their skills to the next level with performance opportunities. Instructor approval is required prior to registration. Instructor: Amy Hunter. Cost: \$25/month



Classes run monthly! Please call the Recreation Center for more information at 817-831-6464. Have a special talent? Share it with others and teach a class at the Recreation Center. Please call Christi to discuss this opportunity! Fitness Orientations are being offered FREE the first & third Thursday of every month. You must sign-up to reserve your spot.

