

September 2019

Fields Recreation Center

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

PROGRAM SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m.	Personal Training By Appointment	Fitness 101 By Appointment Preschool Adventures 9:30 a.m.	FREE Body Shop Fitness 9:30 a.m.	Open Play Pickleball 9 a.m. Preschool Adventures 9:30 a.m.	Bridge 9:30 a.m.	Zumba 9 a.m.
10 a.m.						Volleyball 10:15 a.m.
11 a.m.		Vinyasa Flow 11 a.m.		Vinyasa Flow 11 a.m.		
12 p.m.		Volleyball (Open Play) Noon				You can DIY! Noon Boxing Noon
1 p.m.						CPR 1:30 p.m. 9/28
2 p.m.						
3 p.m.	After School Adventures 3:10 - 5 p.m.	After School Adventures 3:10 - 5 p.m.		After School Adventures 3:10 - 5 p.m.	After School Adventures 3:10 - 5 p.m.	
4 p.m.	Lil' Tots Soccer 4:15 p.m.	Lil' Dribblers 4 p.m.		T-Ball 4:15 p.m.		
5 p.m.	Restorative Yoga 5:30 p.m.		Restorative Yoga 5:30 p.m.			
6 p.m.	Total Body Project 6 p.m.	Boxing 6 p.m.	Just Beat It! 6:15 p.m.	Writing Tutoring 6:30 p.m.		
	Kreative Kids Workshop 9/9 6 p.m.	Dance Combo Preschool 6 p.m. Dance Combo Elementary 6:45 p.m.		Basketball Skills (5 - 7 years) 6 p.m. Basketball Skills (8 - 13 years) 6:30 p.m.		
7 p.m.	Fan & Flare 7 p.m. Zumba 7:45 p.m.	Ramblin' Rounds 7 p.m. Square Dance 7 p.m. Total Body Project 7:45 p.m.	Drumming 101 7 p.m. Zumba 7:45 p.m.	Pencak Silat Self Defense 7 p.m. Total Body Project 7:45 p.m.		
		Hip Hop Dance 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
2 CLOSED	3 9 a.m. - 3:30 p.m. Volleyball Noon - 1 p.m. 5:15 - 6:30 p.m.	4 11 a.m. - 8:45 p.m.	5 Pickleball 9 - 11 a.m. 11 a.m. - 3:45 p.m. 7:45 - 8:45 p.m.	6 9 a.m. - 4:45 p.m.	7 9 - 9:45 a.m. 12:30 - 3:45 p.m.
9 9 a.m. - 3:45 p.m. 5:30 - 8:45 p.m.	10 9 a.m. - 3:30 p.m. Volleyball Noon - 1 p.m. 5:15 - 6:30 p.m.	11 11 a.m. - 8:45 p.m.	12 Pickleball 9 - 11 a.m. 11 a.m. - 3:45 p.m. 7:45 - 8:45 p.m.	13 2:30 p.m. - 4:45 p.m.	14 9 - 9:45 a.m. 12:30 - 3:45 p.m.
16 9 a.m. - 3:45 p.m. 5:30 - 8:45 p.m.	17 9 a.m. - 3:30 p.m. Volleyball Noon - 1 p.m. 5:15 - 6:30 p.m.	18 11 a.m. - 8:45 p.m.	19 Pickleball 9 - 11 a.m. 11 a.m. - 3:45 p.m. 7:45 - 8:45 p.m.	20 9 a.m. - 4:45 p.m.	21 9 - 9:45 a.m. 12:30 - 3:45 p.m.
23 9 a.m. - 3:45 p.m. 5:30 - 8:45 p.m.	24 9 a.m. - 3:30 p.m. Volleyball Noon - 1 p.m. 5:15 - 6:30 p.m.	25 11 a.m. - 8:45 p.m.	26 Pickleball 9 - 11 a.m. 11 a.m. - 3:45 p.m. 7:45 - 8:45 p.m.	27 9 a.m. - 4:45 p.m.	28 9 - 9:45 a.m. 12:30 - 3:45 p.m.
30 9 a.m. - 3:45 p.m. 5:30 - 8:45 p.m.					

***Schedule subject to change. ***You are required to purchase and scan your Garland ID card to be inside the facility.
City of Garland recreation centers are closed on Sundays.

**RACE | VENDORS
GOOD EATS &
DRINKS**

**LIVE MUSIC
CONTESTS &
MORE!**

**SAT. SEPT 28
DOWNTOWN SQUARE**

GARLAND GUZZLER

**REGISTER ONLINE
GARLANDPARKS.COM**

0.5K RACE

& OKTOBERFEST