

RECREATION CLASSES

AZALEA FITNESS TRAIL- Grab those walking or running shoes and come out to Grace Dunne Richardson Park and take a stroll on our fitness trail!! Enjoy nature up close and personal as you will find that is goes all the way to Kiwanis Park. Stroll back and you will have walked **3.8 miles!!!** There's plenty of **Lighting** and **Security** for those who like to walk or run in the evenings.
IT'S FUN, IT'S GREAT EXERCISE, AND IT'S FREE!!

LINE DANCING- Come to the Recreation Center Department to let **Larry King** teach you to have fun at line dancing. He will be exercising to old classics and popular country and western ballads. This class will concentrate on the cardiovascular system by using floor exercises, dance steps and weights. Wear comfortable exercise clothes.

M-W-F 9:00-10:30 (beginner) DT #3 \$10 a month 15-UP
 10:00-11:30 (advanced)
 TUES. 5:30-8:00 DT #3 \$10 a month 15-UP

BEGINNING SIGN LANGUAGE- Let Amy Wych teach you to use facial expressions, gestures, signs, and finger spelling for songs and children's stories. All ages welcome.

Tues. 1:00-2:00 DT#4 \$40 a month 6-10



KUNG FU AND TAI CHI- Come to Brandon Center to learn Chinese Martial Arts. The techniques taught will help to improve coordination, focus, flexibility, muscle tone, and give a wider range of motion to joints and ligaments. Let Grandmaster, **Edward Scott**, 39 years of experience teach self defense which helps to build confidence as well.

Kung-Fu	M-W	3:00-5:30	BC	Free	5-Up
Tai-Chi	M-W	5:30-7:00	BC	Free	5-Up

PINEYWOODS DULCIMER / FOLK MUSIC GROUP
 The Mountain Dulcimer is an unusual instrument with a fascinating history from the earliest settlers of our country. Folk Life music is unique and it touches all ages with a simple learning process and has a magic of bringing home folks together in small or large groups. If you are interested in joining, please contact **Ken Ryan at 875-2680 or John McCoy at 632-8910.**

DATE: EVERY THURSDAY
PLACE: CHAMBERS CENTER
TIME: 5:00 – 9:00 P.M.
COST: FREE

POPCORN AND A MOVIE- Come enjoy popcorn, lemonade and a Halloween movie! This allows for family fun and a great opportunity to spend quality time with the ones you love .

REGISTRATION: August 17th-September 4th
 PLACE: Downtown Center
 DATE: Friday, October 15, 2010
 TIME: 2:00-4:00
 AGES: 12-under
 COST: Free



DOWNTOWN HALLOWEEN TRICK OR TREAT

Downtown merchants will be handing out candy. Bring your family Friday, October 29th from 3:00p.m.-5:00p.m. and enjoy a safe Halloween environment.



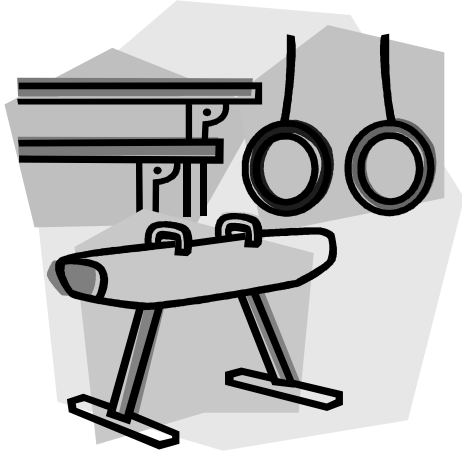
COOKIE DECORATING EVENT

Lufkin Parks and Recreation will also be hosting a Cookie Decorating Event in December. Cookies will be provided for the children to decorate, and they will be given goody bags at the end of the event. Please help us make this a successful event. Please register early because there will be **no** registration for this event after **October 29th.**

REGISTRATION: August 16th-October 29th
 PLACE: Downtown Center
 DATE: Saturday, December 4, 2010
 TIME: 2:00-4:00
 AGES: 12-under
 COST: \$4.00 PER CHILD

BABYNASTICS – (Parent and Tot) – Parents help your child develop proper skills of gymnastics at an early age. **Savannah Maddox** will be the instructor.

M-W	8	3:00-3:30	DT#1	\$30	2
T-T	8	3:00-3:30	DT#1	\$30	2
FRI.	8	3:15-3:45	DT#1	\$26	2



TAE KWON DO- Students will learn fun exciting self-defense techniques all while building confidence, leadership training, and fitness will be emphasized. Our program gives kids better focus for better school grades, discipline and to live a healthy, stronger life. This class is taught by 3rd degree black belt **Tony Huerta Jr.** *Note: **Uniform is mandatory and can be purchased during the first class.**

M-W	6:00-7:00	DT#3	\$45/mo.	5-up
T-T	5:30-6:30	DT#3	\$45/mo.	10-up

JAZZ, HIP-HOP DRILL TEAM – Come join **Johnna** and **Katelynn Walker** down at the Recreation Center to learn various dance styles and techniques. Types of dances include hip hop, lyrical, and much more! You don't want to miss out on an opportunity like this.

M-W (BEG)	8	4:30-5:30	DT#3	\$45	4-7
M-W (INT)	8	7:00-8:00	DT#3	\$45	8-UP

EXPERIENCE DISC GOLF-

If you've never tried it, you should Disc golf is played much like the game of golf, but uses a disc (slightly smaller than a Frisbee) instead of a club and a ball. The ultimate goal is to get the disc in a basket, not a hole. The entire family can play at Kiwanis Park and experience the fun at no charge.

LOCATION LEGEND

- CC-CHAMBERS CENTER
- CP-CHAMBERS PARK
- DT-DOWNTOWN CENTER
- BC-BRANDON CENTER

GYMNASTICS- Parents bring your children to a class designed to help their coordination and motor skills. Learn basic tumbling at a beginning level to backhand springs at an intermediate level. **Savannah Maddox** will introduce you to all the concepts of gymnastics by teaching forward rolls, backward rolls, headstands, handstands, backbends, cartwheels, round-offs, and flip-flops. Balance beams and parallel bar skills will also be introduced. Comfortable gym clothes should be worn. **NO HOSE, BELTS, OR JEWELRY PLEASE!!!**

3 yr old	M-W	8	4:15-4:45	DT#1	\$30	3
3 yr old	T-T	8	3:30-4:00	DT#1	\$30	3
3 yr old	T-T	8	5:45-6:15	DT#1	\$30	3
Pre- school	M-W	8	3:30-4:15	DT#1	\$32	4-5
Pre -school	M-W	8	5:45-6:30	DT#1	\$32	4-5
Pre- school	T-T	8	4:00-4:45	DT#1	\$32	4-5
Pre- school	T-T	8	6:15-7:00	DT#1	\$32	4-5
Pre- school	FRI	8	3:45-4:30	DT#1	\$28	3-5
Beginning	M-W	8	4:45-5:45	DT#1	\$35	6-up
Beginning	M-W	8	6:30-7:30	DT#1	\$35	6-up
Beginning	T-T	8	4:45-5:45	DT#1	\$35	6-up
Beginning	T-T	8	7:00-8:00	DT#1	\$35	6-up

TUMBLING-CHEERLEADING- Christie Griffin Maddux will be teaching the basic fundamentals on what it takes to be a cheerleader. Learn tumbling techniques, jumps, cheers, and chants.

W	8	7:30-8:15	DT#2	\$25	10-UP
M	8	7:00-8:00	DT#2	\$25	10-UP

INTRODUCTION TO YOGA AND MEDITATION-

Becky Simcoe, a certified meditation instructor, will offer guided meditations at the beginning of each session. Attendees will learn breathing techniques to reduce stress, anxiety and pain. **Jennifer Ferguson** will lead the class in learning basic yoga postures and breathing techniques for all levels to strengthen and tone muscles, increase flexibility and aid in pain prevention. This is an introductory class open to everyone. Wear comfortable, close fitting clothing and bring a yoga mat, if desired.

Thur.	8	6:50-7:30	DT#2	\$20	13-UP
-------	---	-----------	------	------	-------

YOGA & PILATES- Jennifer Ferguson will instruct this class in a sequence of powerful Vinyasa yoga poses combined with fat burning Pilates exercises that will strengthen muscles, increase flexibility, promote weight loss and invigorate your body and soul. This is a beginner to intermediate style course. Grab your mat and join us!

Thur.	8	6:00-6:45	DT#2	\$20	13-UP
-------	---	-----------	------	------	-------

