



Recreation Center Classes Fall 2016 For Youth, Teens, Adults

Register online today at www.ccparkandrec.com

Lindale Recreation Center

3133 Swantner Dr.
361-855-0392

Oak Park Recreation Center

842 Erwin Dr.
361-883-3912

Oso Recreation Center

1111 Bernice Dr.
361-991-3700

Solomon Coles Recreation Center

924 Winnebago
St.
361-884-9552

Ethel Eyerly Senior Center

654 Graham Rd.
361-826-2330

Greenwood Senior Center

4040 Greenwood
Dr.
361-826-1368

CC Gym

3202 Cabaniss
Pkwy.
361-826-1728

**Live.
Learn.
Play!**

Stranger Rangers (Martial Arts)

Ethel Eyerly Senior Center, Thursdays, 6:15–7pm

Corpus Christi Gym, Wednesdays, 6:10–7pm

This program is set-up as a martial arts belt advancing system and is designed to help children at times when danger is near, as well as teach them good values, build self-confidence, respect, honor and discipline. The curriculum teaches children how to avoid abduction, how to get away, and how to get help while also including games, role playing, tests and fun competitions. Professional instruction provided by the Primetime-Kidsafe Company. \$45/month + registration fee. For ages 5-15. Registration is ongoing.

Shorin-Ryu Karate

Oak Park Recreation Center, Mondays & Fridays, 4–5pm

Learn street style martial arts that are different and exciting. This program is designed to teach self-defense techniques in a safe environment while simulating real life situations. Professional instruction provided by Harriol Griffin. Fee is \$20/month. For ages 6+, adults welcome. Registration is ongoing.

NEW ► Intro to Jazz

Solomon Coles Recreation Center, Fridays, 5:15–7pm

Jazz classes are fun and high energy, learn kicks, leaps and turns. Classes will include stretching and strengthening exercises, floor work, across the floor progressions and center floor combinations. Dance instruction provided by Sergio Hernandez. Fee is \$15/month. For ages 6-16. Registration is ongoing.

NEW ► Zumba Boot Camp Mix

Lindale Recreation Center, Tuesdays & Thursdays, 10:30–11:15am

This class is a high impact workout that involves a combination of intense fitness routines. We will target different areas of your body during each session. Together we can transform your body and help you live a healthier lifestyle. Professional instruction provided by Onyx Fitness & Personal Training. Fee is \$25/month or \$5 drop-in. For ages 18+. Registration is ongoing.

Street Dance

Oso Recreation Center, Tuesdays & Thursdays, 5:30–7pm

Street dancing describes a range of funk and hip-hop dance styles. Popular forms of street dance include break-dance, popping, locking and house dance. Dance and enjoy a workout at the same time. Street dance incorporates lots of cardio, squats, turns, jumps and stretching. Dance instruction provided by Jacob Murphy. Fee is \$30/month. For ages 3+, adults welcome. Registration is ongoing.

Competitive Dance

Solomon Coles Recreation Center, Mondays & Wednesdays, 5:15–7pm

Dance Styles include hip-hop, jazz, drill team, and pom-pom routines. Participants will learn teamwork, leadership, and positive self-esteem. Competitions will include: Cheer Fun, MADance, and various local parades. Dance instruction provided by Sergio Hernandez. Fee is \$10/month. For ages 6-16. Registration is ongoing.

(more over)



Fall 2016 Classes (continued)

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**Live.
Learn.
Play!**

Ballet, Tap & Tumbling

Lindale Recreation Center

Ages 18mo-2yrs, Wednesdays, 5:15–6pm

Ages 3-4, Wednesdays, 6:15–7pm

Ages 5-6, Thursdays, 6–6:45pm

With over 30 years of teaching experience, Ms. Rheta's School of Dance will help your children develop their individual talent and physical skills while enabling them to express themselves through dance. \$45/month + registration fee. Registration is ongoing.

Cheer

Oso Recreation Center, Mondays, 6:10–7pm

Lindale Recreation Center, Tuesdays, 6:10–7pm

Corpus Christi Gym, Wednesdays, 5:10–6pm

Ethel Eyerly Senior Center, Thursdays, 6:10–7pm

Greenwood Senior Center, Wednesdays, 6:10–7pm

Learn chants, cheers, dance, routines and other fundamentals of cheerleading. These classes combine fitness with fun and are a great way for youth to stay physically active, gain experience in cheerleading and meet new friends. Professional instruction provided by Texas Cheer Company. \$45/month + registration fee. For ages 4-12. Registration is ongoing.

Aerobics

Lindale Recreation Center, Tuesdays & Thursdays, 5:30–6:30pm

This class includes strength training with weights and resistance to increase muscle and metabolism. Kickboxing, step-bench, body sculpting, ab work, flexibility and relaxation are also included.

Professional instruction provided by Cheryl Vandever. Fee is \$25/month or \$10 drop-in. For ages 18+. Registration is ongoing.

Cardio-Kickboxing

Lindale Recreation Center, Mondays & Wednesdays, 6–6:45pm

This class is a great way to build strength, endurance, and flexibility. This cardio workout will have you learning a variety of kickboxing techniques that will increase your heart rate and help burn those unwanted calories. Professional instruction provided by Martha Pena. Fee is \$7 drop-in. For ages 18+. Registration is ongoing.

(more over)

The City of Corpus Christi promotes participation regardless of race, color, national origin, sex, age, religion, disability or political belief. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call 361-826-3460 at least 48 hours in advance. **Upon request, this information can be available in large print or digital file.**