

DeSoto Recreation Center

January 2015 Youth Program Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30- 6:15pm			Ballet (ages 7-11)	Ballet (ages 3-6)		
6:15- 7:00pm			Hip Hop Dance (ages 7-11)			
7:00- 7:45pm			Lyrical (ages 7-17)			
7:00- 8:00pm			Cheernastics (ages 5-12)			
7:00- 9:00pm		Aikia Karate (ages 5-17)		Aikia Karate (ages 5-17)		
7:45- 8:30pm			Ballet (ages 12-17)			

Aikia Karate

This class will teach children ways to channel their energy in a positive way, self-discipline, respect for others, self-defense, improved memory skills and physical conditioning. Combines styles of American Kenpo and American Tae Kwon Do are emphasized in this class. Master Lloyd Ploeger is the class instructor. For more information, call (972) 217-6363.



\$30/month

Ballet

Ballet is designed as a program to address a child's developmental needs and create a fun dance experience. This course establishes basic ballet technique, alignment, physical development as well as stretching and strengthening. Individual expression and creativity is encouraged as each child learns to use their body. Ursula Gibbs offers a wide range of dance services; from choreography to private lessons. For more information, call (214) 808-2988.



\$40/month

Hip Hop & Lyrical Dance

Get up and Dance! Come learn the hottest new street style moves to the best new R&B and Hip Hop songs. Characterized by movement reflecting the words or feeling a song, lyrical makes music come to life. In these classes, dancers focus on performance skills, flexibility, core strength, stamina and learn about spacing and dance technique such as turns, leaps and jumps. Ursula Gibbs offers a wide range of dance services; from choreography to private lessons. For more information, call (214) 808-2988.

\$40/month

Ultimate 1 Cheer & Fitness "Cheernastics & Tumbling"

Come and get the best of both worlds with this cheerleading and tumbling class! Learn basic cheerleading skills as well as Level 1 tumbling all at once. Age range is 5-12 and space is limited to 10 girls per class, so make sure that you sign up TODAY! For more information, call (903) 399-8445.

\$30/month per child

****Register for Classes at the DeSoto Recreation Center****

All Classes are subject to change. Minimum enrollment numbers required for class to make.



DeSoto Parks & Recreation
Discover, Experience, Play!