

YOUTH Program Schedule

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

****Register for classes online or at the DeSoto Recreation**** www.desototexas.gov/register

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am-2:00pm							
10:00am – 12:00pm			Home School PE				
1:00pm-5:00pm	Fostering Dreams Volleyball						
4:30pm-5:30pm							
6:00pm -7:00pm			AIKIA Karate		AIKIA Karate		
6:00pm – 8:00pm			Intro to Acting				
6:30pm – 8:30pm			Fight Like A Girl: Self-Defense		Fight Like A Girl: Self-Defense		
7:00pm - 8:00pm		Karate of Dallas	AIKIA Karate	Karate of Dallas	AIKIA Karate		

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

Fight Like A Girl: Self – Defense

Provide a set of skills, strategies, and techniques to women so they could successfully escape, resist, and survive violent attacks. Instructor Demetra Bradley 844-368-3300.

\$50/week

Home School PE

Come play with us in a fun and encouraging environment. Activities vary each class and focus on all fitness, motor and agility development. Contact Tiffany Bizer-Mack 972-230-9655.

\$40/month

Intro to Acting

This class is an intro to film and theatre acting. Students will learn how to read monologues, breakdown a scene, develop characters within a scene and also learn how to do scene work with partners to develop as a professional actor. Classes are limited to 15 participants each class. For more information call Instructor Tuesday Lewis-Harris 404-862-9134

\$120/month \$30/Drop-In

Karate of Dallas

This class will teach youth Anti – Bullying, Self Defense, and Health and Fitness; In addition to Discipline, Honor, Loyalty, Integrity and Respect. For more information, call Instructor Arthur Turner 940-395-0722.

\$30/month