



DeSoto Recreation Center Youth Program Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am-10:45am							Master Dance Class (1st Saturday only)
6:00pm-7:00pm		Hip Hop Dance	AIKIA Karate Paint & Sip		AIKIA Karate		
7:00pm-8:00pm	Yoga	Karate of Dallas	AIKIA Karate	Karate of Dallas Yoga	AIKIA Karate		

Hip Hop Dance

Ages 12 – 16 This is a 60-minute group fitness class combining cardio, strength, and stretch moves for a total body workout. We've taken moves from hip-hop, yoga, Pilates, jazz dance, kickboxing, and resistance training and bundled them into one hour. Every class combines cardio moves to enhance endurance and burn mega calories, strength training to define muscles and strengthen your core, and stretching to increase flexibility. For more information, call 214-774-7503.

\$35/month or \$7/class

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

Paint & Sip (ages 9-16)

You are painting masterpieces or stick figures, everyone can enjoy our painting sessions and having refreshments with friends. Paint supplies, kid- friendly refreshments and instructions will be provided.

\$25/month

Master Dance Class

This class is a specialized course taught by an expert; that will allow youth an opportunity to spend a period of time focusing on improving their knowledge and technique of a certain style of dance. Class is every 1st Saturday of the month. For more information, call 817-264-7594.

\$30/month

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 940-395-0722.

\$30/month

Yoga

Yoga is the practice of the body awareness and flow. Yoga allows for a release of tension and an increase in mobility.

\$80/month or \$12/class

****Register for classes online or at the DeSoto Recreation****

www.desototexas.gov/register

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