

# Churchill Recreation Center

## Spring 2012



### Building Hours

Sunday:	Closed
Monday:	9:00am - 8:00pm
Tuesday:	9:00am - 8:00pm
Wednesday:	9:00am - 9:00pm
Thursday:	9:00am - 9:00pm
Friday:	2:30pm - 6:30pm
Saturday:	9:00am - 2:00pm

### Contact Information

6906 Churchill Way  
Dallas, Texas 75230

Ph: (214) 670-6477 Fax: (214) 670-6480

Email: [churchillre@dallascityhall.com](mailto:churchillre@dallascityhall.com)

[www.dallasparks.org](http://www.dallasparks.org)



City of Dallas

Find us on Facebook - [www.facebook.com/DallasPARD](http://www.facebook.com/DallasPARD)

## Payment

Dallas Park and Recreation Department recreation centers currently accept the following payment forms: cash, check\*, money order, Visa, and MasterCard.

\*A \$25 fee will be applied to all returned checks.

## Recreation Cards

A City of Dallas recreation card or day pass is required to participate in all center activities. Recreation cards are valid for one year from the date of purchase and are available at any City of Dallas recreation center.

Pre-School (1–5 yrs)	Free
Junior Youth (6–11 yrs)	\$2
Youth (12–17 yrs)	\$5
Resident Adult (18–59 yrs)	\$15
Resident Senior (60+ yrs)	\$10
Non-Resident Adult/Senior	\$25
Replacement Card	\$2

\*A government issued ID and proof of residency within the City of Dallas must be presented at time of registration.

\*\*Minors must be accompanied by a parent or legal guardian at time of registration.

## Room Rentals

Small Room	\$22/hr
Large Room	\$48/hr
Kitchen	\$12/hr
Large Rm. w/ Kitchen	\$58/hr
Full Gymnasium	\$50/hr
1/2 Gymnasium	\$38/hr
Civic Groups*	\$10/hr (2hr max.)

\*All Civic Group Participants are required to have a Recreation Card.

All outdoor parks and building weekend after hour reservations are booked through our Building Reservations office. Call **(214) 670 - 8740**, (Monday - Friday, 8:15am - 5pm) or go to [dallasparcs.org](http://dallasparcs.org) for more information.

## **Open Play Basketball Schedule**

Monday:	12:30pm - 2:30pm
Wednesday:	12:30pm - 2:30pm
Wednesday:	7:00pm - 9:00pm
Friday:	4:30pm - 6:30pm
Saturday:	9:00am - 12:00pm

## **Fitness Center**

The fitness center at Churchill has been expanded and is totally new. With 1,500 sq. ft. the center will have multiple treadmills, ellipticals, bikes, various weight machines, dumbbells, and much more. With an open floor plan and plenty of windows to let natural light in you are sure to feel welcomed in this new center.

Open during center hours      Adults \$18/mo.; Seniors \$12/mo.

### **Personal Training by Lauren Miller**

The outcome of my training is to provide the most powerful experience and change that will continue to enhance your learning and resourcefulness the rest of your life. You will be given the tools, skills and opportunity to make the deep changes that you desire.

\$100 Session; \$950 10-Sessions; \$1750 20-Sessions (All sessions are 45 minutes long)

*Lauren Miller* - Certified Personal Trainer & Professional Life/Wellness Coach

(214) 659-1341

[lauren@yourpartnerforchange.com](mailto:lauren@yourpartnerforchange.com)

### **Personal Training by Jesse Vargas**

Individual Expertise - Panther Fitness Personal Trainers are skilled at designing programs to suit your unique needs. We'll work with you to ensure that your exercise and nutrition program is individualized for your distinct fitness level, challenges, and goals.

\$35 Hour; \$165 for 4 Weeks 2x a Week

*Jesse Vargas* - Certified Personal Trainer with Expert Rating, N.A.S.M. (National Academy of Sports Medicine)

(214) 356-5939

## Adults/Seniors

### Model A's Square Dance Club

Advanced level dancing for any couple who has completed Mainstream, Plus, and Advanced Level 1 and 2 lessons. Model A's goal is to promote friendship and fellowship through the healthy recreational activity of Square Dancing. You must have a partner.

Thursdays 7-9p

\$5 Month

*Mary Baldwin*

(972) 562-2174

### Ramblin' Rounds Round Dance Lessons

Come enjoy this beautiful form of dancing in the round with cues given by a professional. Intermediate lessons are available for individuals and couples.

Wednesdays 7-9p

\$35 Quarter

*Christine Hixson*

(972) 270-7292

### Oil Painting

Join a group of oil painters as you paint and help each other with projects that you choose to work on.

Tuesdays 12p-3p

\$5 Month

*Staff*

### Party Bridge

Relax, socialize and play Bridge in a non competitive atmosphere.

Tuesdays 10a-2p

\$5 Month

*Staff*



## Adults/Seniors

### Holistic Yoga

This class focuses on the mind/body connection while increasing flexibility, strength and balance.

Tuesday & Thursday 6p-7p

\$15 Class; \$85 Month (First Class Free)

*Gregg Moffett* - Certified Yoga Instructor  
(214) 769-3889

### Tai Chi Qi-Gong Wellness Program

An ancient Chinese exercise consisting of moderate stretching from head to toes with slow and relaxed movements. Recognized benefits are enhancing fitness in mind and body, developing vitality, and boosting the immune system. It will also reduce stress as well as aid with degenerative and chronic diseases. Wear comfortable long pants and shirt.

Monday & Wednesday 11a-12p

\$50 a Month 1x Week; \$80 a Month 2x Week

*Johnny Valenti* - State of Texas Licensed for Tran Qi-Gong Tai-Chi  
(214) 274-7337 [john.valenti@chanqifa.com](mailto:john.valenti@chanqifa.com)

### Zumba

Come and join Zumba! Every class feels like a party! Come and you'll see what I mean. You don't even have to know how to dance. Just move your body and follow my lead. It's easy!

Monday & Wednesday 7p-8p

\$8 Class; \$60 Month (First Class Free)

*Alex Palencia & Felicitas Palencia* - Certified Zumba Instructors & Zin Members of Zumba  
(214) 364-2629 or (214) 384-2537



## Adults/Seniors

### Boot Camp

Boot camp provides a structure that allows you the motivation, energy, and team support to make your fitness and body transformation happen. This is not a military style boot camp, rather it is designed for people of all fitness levels with their own specific goals in making changes toward a healthier life. This class gives you the how to, the chance to, and the inspiration to make lifestyle changes possible.

Tuesday & Thursday

6p-7p

\$10 Class; \$35 a Month 1x a Week; \$75 a Month 2x a Week

*Lauren Miller* - Certified Personal Trainer & Professional Life/Wellness Coach

(214) 659-1341

[lauren@yourpartnerforchange.com](mailto:lauren@yourpartnerforchange.com)

### SCORE for Seniors

Score group exercise classes have two primary goals: General Fitness and Fall and Injury Prevention. The program is designed to improve participant's strength, coordination, and reflexes, as well as their balance, agility, flexibility and mental acuity. Score classes challenge both the mind and body.

Tuesday & Thursday

11a-12p

\$8 Class; \$30 a Month 1x Week; \$55 a Month 2x Week

Couples Discount - \$45 a Month 1x Week; \$85 a Month 2x Week

One time fee for equipment - \$20 (Ball & resistance band. Class is calibrated on these.) paid to the instructor.

*Lauren Miller* - Certified Personal Trainer & Professional Life/Wellness Coach

(214) 659-1341

[lauren@yourpartnerforchange.com](mailto:lauren@yourpartnerforchange.com)



## Adults/Seniors

### Total Body Workout

Do you want to melt away your extra pounds? Total Body Workout is the perfect combination of cardio and weights. It's the type of fitness class that is exciting with different workouts and challenges each time to get you into shape.

Monday & Wednesday 6p-7p

\$15 Class; \$115 Month (First Class Free)

*Tiffany Braden* - Certified Personal Trainer (Cooper Institute)

(214) 282-9792 [txtae@hotmail.com](mailto:txtae@hotmail.com)

### Pilates

You will improve your mental and physical well being, increases flexibility, and strengthen muscles through controlled movements. This will be accomplished through mat exercises to tone and strengthen the body.

Tuesday & Thursday 9:30a-10:30a

\$15 Class; \$115 Month (First Class Free)

*Tiffany Braden* - Certified Personal Trainer (Cooper Institute)

(214) 282-9792 [txtae@hotmail.com](mailto:txtae@hotmail.com)

## Youth

### Hip/Hop & Jazz Dance

A high energy fun class with unique moves, fancy footwork, and floor moves. Class is designed to help develop rhythm, coordination, and self confidence.

Monday & Wednesday Ages 5-12 4:30p-5:15p

\$100 a Month 2x Week

*Tiffany Braden*

(214) 282-9792 [txtae@hotmail.com](mailto:txtae@hotmail.com)

### Lil' Tot Ballet & Jazz

This class combines the introduction of ballet and jazz dance techniques through creative movements.

Tuesday & Thursday Ages 3-5 10:45a-11:30a

\$100 a Month 2x Week

*Tiffany Braden*

(214) 282-9792 [txtae@hotmail.com](mailto:txtae@hotmail.com)

## Youth

### Introduction to Irish Dance

Enjoy learning a dance rich in Irish culture and tradition, recently popularized by the Riverdance and Lord of the Dance shows! This class is for children who wish to begin learning the basics of Irish dancing. Students will work on proper foot positioning, posture, rhythm, and memorizing steps. We will focus on the light jig and reel steps once the basics are mastered. Come improve your dance skill and concentration as we build self-esteem, physical coordination, and fun friendships!

Mondays

Ages 6-14

6:15p-7:15p

\$120 for 8 Week Session (Starting 5/2/12) Annual \$25 registration fee per student (\$40 family max) paid to instructor.

\*All new beginners eligible for one free trial class (please email in advance to reserve spot)

*Katie Crowley* - TCRG, one of 9 certified teachers in Texas.

(847) 208-5593

[crucapailacademy@gmail.com](mailto:crucapailacademy@gmail.com)

### Mom & Me

Bring your little one for fun in the gym with other moms and kids. Balls, hoola hoops, scooters and other equipment will be available.

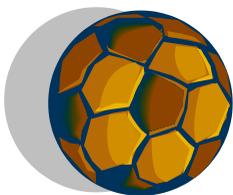
Monday & Wednesday

Ages 2-5

10:30a to 11:30a

\$1 Class

*Staff*



## Youth

### Wing Chun Kung Fu

Wing Chun Kung Fu offers an excellent solution to anybody wanting to improve their fitness and protect their personal safety. Its unique teaching program in Wing Chun Kung Fu is both physically and mentally stimulating. It is highly effective at equipping students of all ages and physiques with realistic self defense skills from the first lesson through its delivery of 'Fitness with Attitude and Purpose'.

Mon, Wed, Fri      Ages 5-8      4:30p-5:15p  
Mon, Wed, Fri      Ages 9-12      5:30p-6:30p  
Mon, Wed, Sat      Ages 13+      6:30p-7:30p (Mon,Wed);12p-1p (Sat)  
\$50 a Month 1x a Week; \$80 a Month 2x a Week; \$115 a Month 3x a Week

*Jesse Vargas* - Certified Wing Chun Instructor with the International Wing Chun Martial Art Association & Certified 3rd degree blackbelt with the Marine Corp Martial Art Program  
(214) 356-5939

### Saturday Hoops

Join our Saturday basketball skills sessions. They are a lot of fun and we will work on the fundamentals of basketball in a competitive atmosphere. Each session will consist of working on dribbling, passing and shooting techniques with defensive principles. Sessions run for 4 weeks.

Saturdays      Ages 5-8      12p-1p  
Saturdays      Ages 9-17      1p-2p  
\$20 Class; \$65 Month

*John Burris* - Played Collegiate & Professional Basketball  
(734) 358-4226      [info@hoopworkshop.com](mailto:info@hoopworkshop.com)



## Holidays/Center Closed

Churchill Recreation Center will be closed for the following holidays:

November 24, 25, 2011	Thanksgiving
December 23, 26, 2011	Christmas
January 2, 2012	New Years
May 25, 28, 2012	Memorial Day
July 4, 2012	Independence Day
September 3, 2012	Labor Day

\*\*These are the dates the center will be closed for the City of Dallas' Fiscal Year which runs October 2011 to September 2012.

## News and Tips

- Don't forget that summer is around the corner and we will have camps for kids.
- If you would like to become an instructor and teach your own class please contact Collin Kogut at 214-670-6477
- **Pre-game for parties.** If you've got a party coming up, don't fret over getting off track. Instead, fill up on a healthy meal before you go. You'll have less of an appetite for greasy appetizers and still be able to enjoy the festivities.

## Center Staff

John Lux	Center Manager
Wynstonia Garrett	Recreation Specialist
Collin Kogut	Interim Coordinator
Zachary Crocker	Recreation Assistant
Alonzo Roberson	Building Caretaker



## Refunds/Cancellations

The City of Dallas reserves the right to 1) cancel, combine or divide courses; 2) change the course time, date or location; 3) change the instructor; and 4) make other changes which become necessary to ensure a quality experience for the participants.

Participants will be notified if a course is filled or cancelled. Staff will assist you in selecting another activity, registering for another course or receiving a refund. Full refunds or credit on account will be granted\* when requested more than 5 working days prior to the start date of the course, less a \$5 administration fee. Refunds requested less than one week prior to the start date of the course/program will not be granted.

Medical refunds requested prior to the start date will be granted in full. A doctor's note must be provided for a medical refund to be processed. A prorated refund will be granted for a medical request received during or after the course/program. Medical refunds must be requested, with proper documentation, within a month of the program's ending date.

Courses cancelled by the Park and Recreation Department because of low enrollment or other circumstances will result in one of the following:

- 1) Participant will register for another available course, or
- 2) Participant may have his/her money kept on account to use at a later date, or
- 3) Participant may request a full refund.

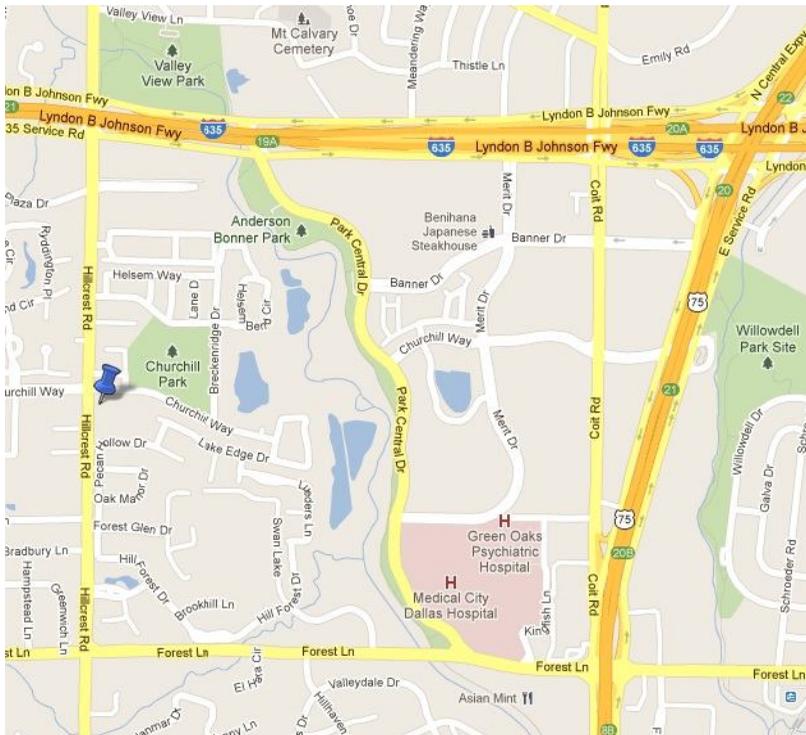
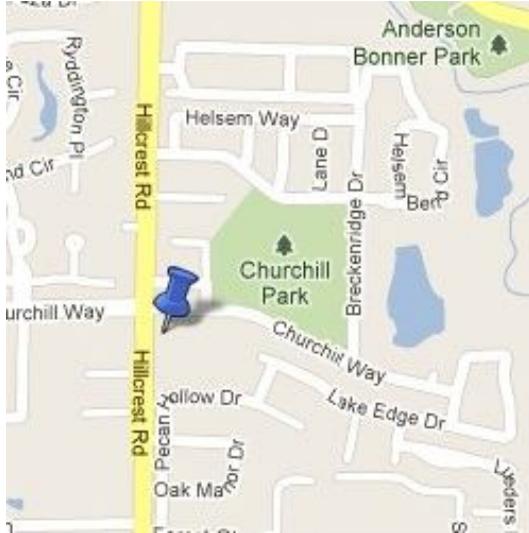
To request a refund, call the recreation facility where the course is offered.

Participants paying by credit card will have the refund amount credited to that credit card account. Because of unforeseen circumstances, printed prices are subject to change without notice.

\*Refunds cannot be granted for non-recoverable costs on some programs and trips such as hotel cost and pre-paid admissions. On trips where services are contracted to outside agencies, the agencies' refund and cancellation policies apply.

**All activities, dates and prices are subject to change.**

Churchill Recreation Center is located on the Southeast corner of Hillcrest and Churchill Way. Below is a map of our location with a thumbtack marking the spot and a larger map of the area we are in.



Last Update: 3/1/2012 6:44 PM