

CHURCHILL

RECREATION CENTER

FALL AND
WINTER 2013
DALLAS PARK AND RECREATION
DEPARTMENT



CENTER HOURS

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



City of Dallas

CHURCHILL RECREATION CENTER
6906 CURCHILL WAY • DALLAS, TX 75228
(214) 670-6477

STAFF

Center Manager

Collin Kogut

Program Coordinator

Christi Giles

Recreation Specialist

Barbara Rafalik

Part Time Recreation Assistants

Lori Peniche

Building Caretaker

Alonzo Roberson

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**ANNUAL
PARK & RECREATION CARD FEES:**

| | | |
|------------------|--------------|---------|
| YOUTH JR & YOUTH | (6-17 YRS.) | \$5.00 |
| RESIDENT ADULT | (18-59 YRS.) | \$15.00 |
| RESIDENT SENIOR | (60+ YRS.) | \$10.00 |
| NON-RESIDENTS | | \$25.00 |

ChurchillRC@dallascityhall.com

[Facebook.com/DallasPARD](https://www.facebook.com/DallasPARD)

www.dallasparcs.org

Cancellation and Refund Policy

The City of Dallas reserves the right to cancel, combine or divide courses change the course time, date or location, change the instructor, or 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:

Participant may register for another available course.

Participant may have their money kept on account to use at later date.

Participant may request a full refund which will be mailed.

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 prepaid admissions. On trips where services are contracted to outside agencies, the agencies' refund and cancellation policies apply.



The Dallas Park and Recreation Department will not discriminate on the basis of race, color, national origin, sex, religion, age and handicapped status in employment or the provision of services to the general public. Address all correspondence to: 504 Compliance Officer, City Hall 6FN, 1500 Marilla, Dallas, Texas 75201 (214) 670-6271.

RESERVATIONS

| | |
|----------------|--------------------------|
| Small Room | \$ 22/hr. |
| Large Room | \$ 48/hr. |
| Kitchen | \$ 12/hr. |
| 1/2 Gym | \$ 38/hr. |
| Full Gym | \$ 50/hr. |
| Afterhours Fee | \$ 25/hr. |
| Pavilion | Call Reservations Office |
| Fields | Call Reservations Office |



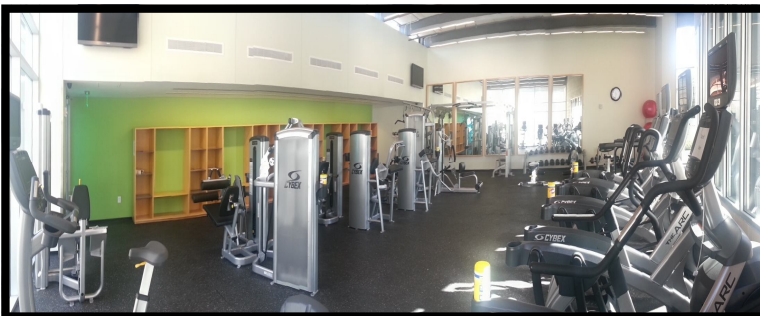
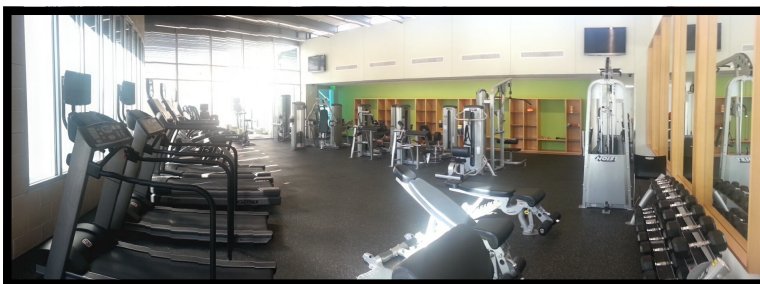
For fees and reservation during non
-operating hours please contact our
reservations office at 214-670-8740

FITNESS CENTER

Our 1,500 sq. ft. fitness center has treadmills, elliptical machines, 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 the fitness center.

****ALL PARTICIPANTS MUST HAVE A DALLAS PARKS AND RECREATION CARD ALONG WITH A CURRENT FITNESS CENTER PASS****

MINIMUM AGE TO USE FITNESS CENTER IS 13 YEARS WITH PARENT/GUARDIAN PRESENT



| | 1Mos | 6Mos | 1Yr |
|---------------------------|----------------|-----------------|-----------------|
| Adult | \$18.00 | \$102.60 | \$194.40 |
| Adult Universal** | \$25.00 | \$142.50 | \$270.00 |
| Senior | \$14.00 | \$79.80 | \$151.20 |
| Senior Universal** | \$20.00 | \$114.00 | \$216.00 |

****Universal passes can be used at any City of Dallas Recreation Center that has a fitness center****

Exercise

Fit 3 Cross Fitness

The objective of the **fit 3 Cross Fitness** workshop is to provide a variation of training techniques for sustainable health, weight loss, to improve endurance, strength, core stability and flexibility. The most important derivative of **fit 3** is to encourage all participants to invest in their health and to emphasize the benefit of regular exercise in **mind, body and spirit**.

Start Date: Monthly, on going

Day: Tuesday & Thursday

Time: 5:30 - 6:30 pm

Ages: Adults

Cost: \$65.00 per month or \$15 per class



Instructor: **Wil Turner** - ISSA National Master Trainer, NFTA, CPR, Pre/Post Natal, FMS Screening, MAX 30, Group Fitness, Health and Nutrition
(321) 331-8791



Start Date: Monthly, on going

Day: TBD

Time: TBD

Cost: TBD

Instructor: Elsa Altamirano

Zumba



The Zumba Experience, The original Dance-Fitness Party. Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in shape. Zumba classes feature exotic rhythms set to high energy Latin and International beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

Holistic Yoga

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

Start Date: Monthly, on going

Day: Tuesday and Thursday

Time: 6:00 - 7:00 pm

Cost: \$85 per month or \$15 a class

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



Meditation

Learn to relax body and mind, develop inner peace and mental clarity, and maintain a kind and patient attitude towards others.



Start Date: Monthly, ongoing

Day: Tuesday

Time: 7:00 - 8:00pm

Cost: \$10 per class

Age: 12 and up

Instructor: Kelsang Jindak
817-303-2700
info@meditationintexas.org

Tai Chi Wellness

An ancient Chinese exercise consisting of moderate stretching slow and relaxed movements. Wear comfortable long pants and shirt.

****New students only**** please contact instructor prior to enrolling in class.

Start Date: Monthly, on going

Day: Monday and Wednesday

Time: 11:00 am - 12:00pm

Cost: \$82 per month

Instructor: Johnny Valenti - 214-274-7337
john.valenti@changifa.com



SPECIAL INTERESTS FOR SENIORS



We will help promote wellness, increasing your flexibility, range of motion, muscular strength, endurance, and motor memory while improving your ability to perform your daily activities.

Start Date: Monthly, on going

Day: Monday

Time: 10:00 - 10:45 am

Ages: All ages

Cost: FREE

Instructor: Staff



Senior Luncheons

Join us for lunch and short presentation for seniors, the 3rd Tuesday of every month at 12:00pm. Pre-registration required. Deadline to register is 1 week prior to each event.

Sponsors:

October 15, 2013

The New Belmont Village Senior Living at Turtle Creek

November 19, 2013

The Legacy at Home, Home Health Care

December 17, 2013

Acadia Assisted Living Community

January 21, 2014

El Dorado Holiday Retirement

Ensure luncheons are not cancelled due to a lack of enrollment. Register before the deadline.



SPECIAL INTERESTS FOR SENIORS

All in town day trips have a \$5 transportation / administrative fee. Except where noted, admission fees and lunch tabs are paid by the participants at the site. A minimum of five (5) must be registered by the deadline for the trip to take place. All participants must have a current DPARD card or Day Pass. Register early to ensure the trips meet the minimum requirements. Bring a friend!

Come join us and get a behind the scenes look at the Dallas Zoo. Enjoy your chance to see the operations of zoo keepers and what it takes to make the zoo a fun place to visit.

Date: Thursday, October 24, 2013

Time: 8:30 am. To 2:00 p.m.

Cost: \$5.00 van fee

Lunch: TBD

October 2013



Come give a big *Shout Out* to the Big Tex! Since 1886, the State Fair of Texas has been a great source of entertainment for millions. The highlight of the event will be the return of the fair's iconic host BIG TEX! We are teaming up with Fretz Recreation Center for this trip.

Date: October 10, 2013

Time: 9:30 am - 2:00 pm

Cost: \$5.00 van fee

**Van will depart and return at Fretz Recreation Center. Early registration is recommended. Exact change, check, or credit card accepted for payment. All registration will be done at Fretz Recreation Center.

October 2013



Ensure trips are not cancelled due to a lack of enrollment. Register before the deadline.

SPECIAL INTERESTS FOR ADULT/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.

****Must have a partner****

Start Date: Monthly, on going

Day: Thursday

Time: 7:00 - 9:00p

Cost: \$5.00 per month

Instructor: Mary Baldwin (972) 562-2174



Ramblin' Round Dance



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

Start Date: Monthly, on going

Day: Wednesday

Time: 7:00 - 9:00p

Cost: \$5.00 per month

Instructor: Christine Hixson (972) 270-7292

SPECIAL INTERESTS FOR ADULTS

Oil Painting

Practice your painting skills while interacting with other self taught artists. Share ideas and techniques that you have learned over the years with others. Regardless of your skill level, come out and enjoy the creative process.

Start Date: Monthly, on going

Day: Tuesday

Time: 12:00 - 3:00 pm

Cost: \$5.00 per month

Instructor: Staff



Guitar Lessons

Learn about the different types of guitars, their parts, and the applications of each type in an individual or group setting.

Start Date: Monthly, on going

Day: Individual (TBD)

Time: TBD

Age: 13 and up

Cost: Individual Lessons \$35 a class or \$120 a month

Instructor: Ty Crane (214) 228-3874 mrcraneallen@hotmail.com



****Recommended Text:** *K-I-S-S Guide to Play Guitar* by Terry Burrows can be found on eBay and Amazon.com

Teen Programs

Communicating Confidence: College & Careers

Is your child ready for his college interviews? Is she prepared for her first job interview? *Communicating Confidence* will help students discover their personal strengths and incorporate them into meaningful stories to for interviewers? Student will learn the basics of public speaking all while learning to minimize their personal verbal and non-verbal crutches that interfere with effectively communicating confidence.

2 Day Sessions - \$50 a session

- October 1 - 2
- October 22 - 23
- November 13 - 14
- December 3 - 4



Instructor: Coretta Turner 214-302-9538 coretta.turner@gmail.com

Teen Collage

Join us and create a collage about yourself and the things that make you unique. Famous artists including Pablo Picasso, Salvador Dali and Max Ernst created collages that can be seen in the world's best museums. We will explore and be inspired by these artists as we create our own works of art.

2 Day Sessions - \$5 a session

- October 15 & 17
- November 19 & 21
- December 17 & 19
- January 21 & 23



Instructor: Staff

Teen Programs

Health and Fitness for Teens

Come join other teens as we learn about fitness and nutrition. During this class we will explore healthy eating habits, exercising properly and the importance of stretching. We will also learn about diseases related to obesity and how just a little exercise can combat these problems.

Class breakdown: 15 minutes topic discussion, stretch, and warm up
 30 minutes exercise
 15 minutes cool down and closing discussion



Start Date: October 7, 2013, ongoing

Day: Monday

Time: 5:00 - 6:00 pm

Ages: 13 - 17

Cost: \$10 per month

Instructor: Staff

Dallas-Together,
we do it better

Camps and After School Program



After School Program

Churchill Recreation offers an After School Program based on the Dallas ISD calendar. We are a fun, safe, kid-friendly environment that you can trust. The program curriculum includes homework help, Cultural enhancement, Character and social skill development, Arts & Crafts, Structured Center Playtime, and Recreational games/sports. A healthy snack is provided. Register by the week or by the month.

Start Date: August 26, 2013

Day: Monday - Friday

Time: 3:00pm - 6:00pm

Age: 6 and up

Cost: \$40 weekly

Instructor: Staff

**Pick up locations at the following schools:
Arthur Kramer Elementary, Preston Hollow Elementary, George Bannerman Dealey Montessori School, and Benjamin Franklin Middle School

LEGO® Engineering Camp

If Lego® building is your idea of FUN this week long camp is for you. Younger campers use their imagination and over 100,000 pieces to build boats, bridges, mazes, and motorized cars in the Pre-Engineering sessions. Older campers use those plus specialized pieces to apply real-world concepts in engineering and architecture through engineer designed projects using motors and gears. These projects provide hours of building pleasure that can be used again and again.

Every Tuesday 6:00pm—7:15pm

October 1—October 22

November 5—November 26

December 3—December 24

FEE \$85 a session

Instructor: Anuj Sangal 214-620-4640 dallasmetro@engineeringforkids.net



CAMP



Camps and After School Program

Non School Day Camp

On any day that Dallas ISD does not hold classes, Churchill Recreation Center will offer a one day camp at the center. Each day may include arts and crafts, physical activities, and snacks.

Day: Oct 11, Oct 28, Nov 27, Jan 6, Jan 20

Time: 8:00 am - 6:00pm

Age: 6 - 12 years

Cost: \$20 per day

Instructor: Staff



Churchill Recreation's Winter Camp is filled with a week of fun and adventure. Sports, games, art projects make this a must do for winter break. Register early to take advantage of this fun camp. Lunch and snack are provided daily for the campers.

Start Date: December 23, 2013 - January 3, 2014 (CLOSED ON 12/25/13 and 1/1/14)

Day: Monday - Friday

Time: 8:00 am - 6:00pm

Age: 6 - 12 years

Cost: \$30 a week

Instructor: Staff

Sports

Badminton

Open Play Badminton

Saturday 11:45am - 1:45pm

\$3 a session

Junior Badminton Training program offered by American Badminton Center. Learn to play badminton the right way and get away from computer games. Training is offered to Juniors (7-16 years)

Junior Badminton

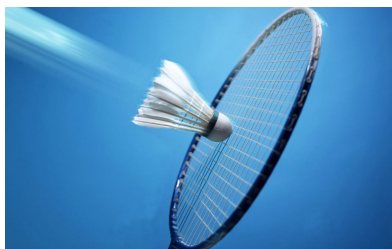
Saturday 11:45am - 1:45pm

\$30 a month

Instructor: Allysa & Carl Khor

Allysa (214) 755-1555 akhor88@gmail.com

Carl (972) 567-8797 carlkhor@gmail.com



Providing Adult Volleyball Leagues and Tournaments in North Dallas

Offering 4x4, and 6x6 leagues Tuesday through Thursday starting at 6:30pm. For more information visit : www.champagnevolleyball.com or contact Rob West at robwest@champagnevolleyball.com



OPEN GYM



The following scheduled hours are designated for basketball open gym play times.

| | |
|------------------|-----------------------|
| Sunday | Closed |
| Monday | N/A |
| Tuesday | 12:30p - 2:30p |
| Wednesday | N/A |
| Thursday | 12:30p - 2:30p |
| Friday | N/A |
| Saturday | 9:00a - 11:30a |

Must have a valid Dallas Park and Recreation Card or purchase a Day Pass to participate.

**Gymnasium is available for use during business hours unless in use for a class, event, or rental.
Please call to check availability outside of posted open gym times.**

Special Events 2013

BOOVIE NIGHT

Bring the whole family to the **Samuell Grand Amphitheater** for a night of carnival games, prizes, food and a movie the whole family can watch. Bring a blanket or a chair to sit on during the movie.

Date: Friday, October 25, 2013

Time: 5:30pm - 9:00pm

Location: 1500 Tenison Pkwy Dallas, TX 75223



It's My Park Day!

October 5, 2013 from 9am to 12pm help make a City of Dallas Park cleaner and greener!

Individuals, families, business/community groups and corporate employee teams are invited to organize and participate in beautification projects at a park in your neighborhood. Sign up at www.itsmyparkdaydallas.eventbrite.com or call Dallas Park and Recreation at 214-670-8483



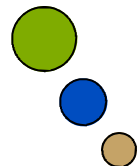
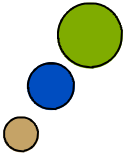
TOY DRIVE

The Family Place is Dallas area's leading organization for emotional and physical abuse.

The center provides free services to prevent violence and support families on their path from fear to safety. At the safe campus they feed more than 50 kids a day. Join us in a toy drive benefitting the children of Family Place. Just bring an unwrapped toy to the Churchill Recreation Center starting November 4th for donation! Please see staff for more information or questions.



Upcoming Special Events 2014





Looking for a worry-free place to
host your next
PARTY or SPECIAL EVENT?
Let us take care of it for you!
Call (214) 670-6477



INSTRUCTORS WANTED!

Have a talent or interest? Want to teach people a new skill or help them discover a hidden talent? Like the idea of a flexible schedule and earned income?

Churchill is looking for individuals to instruct classes at the center. If you can teach anything from aerobics to zesty cooking, we want you!

We are looking for activities for any age from preschool to older adults that will:

- Build Self-Esteem
- Unlock a creative side
- Develop Personal Growth
- Improve Fitness and Health

CHURCHILL RECREATION CENTER

6906 Churchill Way - Dallas, Texas 75230 - (214) 670-6477