



OSO RECREATION CENTER'S Class Schedule for Fall 2010 & Spring 2011

www.ccparkandrec.com

Cheer Class

For ages 4-11. Mondays, 7pm–8pm

The cheer coaches will instruct and lead students through the latest cheers, chants, and cheer dances as well as review some of the favorites from the past. This is a great opportunity for young girls to gain experience in cheerleading and meet new friends! Come join the party! It's fun, different, easy, and effective, and especially designed for kids! It's time to kickoff the school year and have some fun! Professional instruction is provided by the Texas Cheer Company. Cost is \$28 per month and a \$10 seasonal registration fee. **Class starts August 30, 2010. Registration will be ongoing.**

Arnis Class

For children & adults. Tuesdays & Thursdays, 6:30pm–8pm

Arnis is a Filipino weapon-based martial art that focuses on agility, quick reflexes, and eye-hand coordination. Arnis is used as a self-defense foundation for law enforcement, military, Special Forces, and other security personnel. This exotic martial art is also a great way to stay fit and can improve skills in other sports. It is a contact form of martial arts that can be fun, rewarding and exciting! The professional instruction provided by Rene Cantu. Adult class (ages 18-older) is \$50 per month or a \$10 drop-in fee. Youth class (ages 7-17) is \$35 per month or a \$5 drop-in fee. **Classes start on September 7, 2010. Registration will be ongoing.**

Bushido Judo Classes

Two classes Monday–Thursday:

Beginner Level, 4:30pm–5:45pm; & Advanced Level, 3pm–4:20pm.

Judo is practiced on mats and consists primarily of throws, along with grappling, which includes pins, and arm bars. Additional techniques, including striking and various joint locks are included in this art which is generally compared to wrestling but it retains its unique combat forms. This form of martial arts can be fun, rewarding and exciting! The professional instruction provided by Patrick Durbin. Cost for this class is \$50 per month or a \$5 drop-in fee. **Classes start September 7, 2010. Registration will be ongoing.**

Zumba Gold Class

For adults & older active adults. Mondays & Wednesdays, 6pm–7pm.

Zumba isn't your average fitness class. Zumba is a Latin inspired, dance fitness class that incorporates Latin and international music and dance movements. Come join the party! It's fun, different, easy, and effective. If you're moving and breathing then you are doing it right! Professional instruction is provided by Olga Corona. Cost is \$20 per month and a \$5 drop-in fee. **Class starts September 8, 2010. Registration will be ongoing.**

Guitar Classes

For ages 6-17. Two classes: Thursdays, 5pm–6pm at **Oso Recreation Center**; & Wednesdays, 5pm–6pm at **Oak Park Recreation Center**, 842 Erwin. Want to learn to play the guitar, but don't know where to start? Now, here's your chance! Guitar lessons are now being offered. Learn to tune the guitar, the anatomy of the guitar, vocabulary, basic technique, chords and melodies. Students can bring their own acoustic or electric guitars, but we do have a limited supply of guitars available to borrow. Each class is limited to 10 students and fills quickly, so register early. Professional instruction is provided by Rey Contreras. Cost is \$5 per class. **First class starts September 8, 2010. Registration will be on-going.**

Oso
Recreation
Center

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Call today!
316.991.3700

LIVE.
LEARN.
PLAY!