

# Lake Highlands North Recreation Center

## *Winter Catalog*



9940 White Rock Trail  
Dallas, Texas 75238



(214) 670-7793  
Fax (214)670-7795

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On behalf of the Lake Highlands North staff and the City of Dallas Park and Recreation Department, thanks to all of the patrons who utilize our services. This brochure describes activities and programs for the Winter 2007. It is our mission to enhance the quality of life for our customers by providing leisure, cultural, and educational services while preserving, conserving and promoting our natural and physical resources. If you have any questions or comments on these activities or would like to make suggestions for future programs and/or classes, you are encouraged to visit Lake Highlands North Recreation Center 9940 White Rock Trail, or call us at (214) 670-7793.

The Lake Highland North Staff

Reservation Policy

Host your next engagement at Lake Highlands Recreation Center. Our facilities are great for:

- Birthday Parties
- Banquets
- Wedding Receptions
- Dinner Parties
- Baby Showers
- Special Events



Gym and Activity Room space is available for rental during regular building operating hours by calling (214) 670-7793.

Fees During Normal Building Hours

Small Room	\$ 22.00/hr.
Large Room	\$ 48.00/hr.
Large Room w/kitchen	\$ 58.00/hr
Kitchen	\$ 12.00/hr.
1/2 Gym	\$ 38.00/hr.
Full Gym	\$ 50.00/hr.

Lake Highlands North Recreation Center is also available for rental during our non-operating hours. For fees and reservations for these times, please call (214) 670-8740.

City of Dallas Park and Recreation Department  
Mission Statement

"To enrich the lives of the people of Dallas through the stewardship of our natural resources and the responsive provision of quality recreational, cultural, and educational activities."

Lake Highlands North  
Recreation Center Staff:

- Center Supervisor**  
Kevin Chaney
- Recreation Program Coordinator**  
Lindsey Davis
- Recreation Program Specialist**  
Kevin Dedmon
- Recreation Program Assistant**  
Ka'Stacieon Clark
- Building Caretaker**  
Donny Hill

Fall Hours

Monday	9:00 am - 9:00 pm
Tuesday	9:00 am - 9:00 pm
Wednesday	9:00 am - 9:00 pm
Thursday	9:00 am - 9:00 pm
Friday	9:00 am - 7:00 pm
Saturday	9:00 am - 6:00 pm
Sunday	1:00 pm - 4:00pm

Annual Recreation Card Fees:

Pre-School (1-5 yrs.)	Free
Junior Youth (6-11 yrs.)	\$2.00
Youth (12-17 yrs.)	\$5.00
Resident Adult (18-64 yrs.)	\$15.00
Resident Senior (65+ yrs.)	\$10.00
Non-Resident Adult/Senior	\$25.00
Replacement Card	\$2.00

Adult Advisory Council  
(S.A.I.L.)

The Lake Highlands North Advisory Council consists of community individuals who work with center staff in the provision and support of all activities at the center. The council meets the first Monday of each month at 3:00 p.m. This is an excellent opportunity to get involved!

Call Staff at (214) 670-7793 for information.

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 nor the provision of services to the general public. Address all correspondence to: 504 Compliance Officer, City Hall 6FN, 1500 Marilla, Dallas, TX. 75201 (214) 670-4100, TDD (214) 670-6271.

# Adults

## Fitness: Adults



### **Slim Fit-4-Life Assessment**

2 week trial filled with interviews, assessment test, meal planning and exercise planning. For more information contact Steven Butler at (214) 533-6690 or email him at SlimFit4Life@hotmail.com.

Instructor: Steven R. Butler

19545	12/05	W	9am-6pm	\$200
19546	1/02	W	9am-6pm	\$200
19547	2/06	W	9am-6pm	\$200

### **Tai Chi**

Tai Chi is an internal style Chinese martial art. It combines physical movements, controlled breathing, and focused awareness. Tai Chi training exercises do not stress joints and muscles but rather build strength and enhance flexibility that can assist in performance of other sports. For more information contact Susan Leonard at (214) 827-1759.

Instructor: Susan Leonard

19542	12/01	Sa,Tu	9:30-11:30am	\$40
19543	1/01	Tu,Sa	7:30-8:30pm	\$40
19544	2/02	Sa,Tu	9:30-11:30am	\$40

## Fitness: Adults (Flex)

### **Excercise - LHN Group Fitness Class**

This is a daily ongoing fitness class for teens thru moderately to highly fit adults that offers everything; cardio, strength, core stability, balance, flexibility, and nutrition training. This class is fully equipped with weights, resistance straps, balls, rollers, and pilates.

Instructor: Jeanne Larson

18946	2/01	M-F	9:10-10:10am	18+ yrs	\$2
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### **LHN Group Fitness Class**

This is a daily ongoing fitness class for teens thru moderately to highly fit adults that offers everything; cardio, strength, core stability, balance, flexibility, and nutrition training. This class is fully equipped with weights, resistance straps, balls, rollers, and pilates.

Instructor: Jeanne Larson

18941	12/03	M-F	9:10-10:10am	18+ yrs	\$2
18942	1/01	M-F	9:10-10:10am	18+ yrs	\$2

### **Slim-Fit-4-Life**

This course offers a personal trainer that is on-site at Lake Highlands Recreation Center.

The trainer offers a wide range of fitness training: general fitness, body building, sports training, and power lifting. Please contact Steven Butler for any information concerning his personal training class (214) 533-690 or e-mail slimfit4life@hotmail.com.

Instructor: Steven R. Butler

18948	12/01	Daily	9am-6pm	18+ yrs	\$50
18949	1/01	Daily	9am-9pm	18+ yrs	\$50
18950	2/01	Daily	9am-6pm	18+ yrs	\$50
18954	12/01	Daily	9am-6pm	18+ yrs	\$40
18955	1/01	Daily	9am-9pm		\$40
18956	2/01	Daily	9am-6pm	18+ yrs	\$40
18936	12/01	Daily	9am-6pm	18+ yrs	\$35
18937	1/01	Daily	9am-9pm	18+ yrs	\$35
18938	2/01	Daily	9am-6pm		\$35

### **Yoga - Fit for Yoga**

This is a traditional Hatha Yoga class and more. Yoga welcomes all ages, sizes, and with no expectations. We leave our egos at the door. We learn to relax, lengthen and improve your breathing while developing strength and endurance while becoming a stronger more well-rounded individual. Yoga works for everybody. You will learn to relax, release and refresh. Come for a month...Stay for a Lifetime. Contact Instructor for any other questions.

Yogi-Audry (214) 794-2033

Instructor: Audrey Toliver-Williams

21492	12/03	M	10:30-11:30am	\$40/\$7
21493	1/07	M	10:30-11:30am	\$40/\$7
21494	2/04	M	10:30-11:30am	\$40/\$7

### **Yoga - Kundalini Yoga**

Exercise and meditations to help improve your flexibility, breathing, and circulation. You will experience increased energy and vitality, stress reduction, mood control, and overall peace of mind. For more information contact Swami Dev at (214) 500 6704.

Instructor: Swami Dev Khalsa

18940	12/05	W	6:30-7:45pm	18+ yrs	\$40/12
18943	1/30	W	6:30-7:45pm	18+ yrs	\$40/12
18945	2/06	W	6:30-7:45pm	18+ yrs	\$40/12

## Meditations based in Kundalini Yoga

This class will focus on meditations, hand positions, pranayam or breath patterns and mantras which clam, focus, and relax the mind and hence the body-are taken from the ancient form of yoga that has only been practiced in the West relatively recently. Kundalini Yoga is one of the more spiritual types of yoga.

Instructor: Anne Leggett-Walker

21474	12/04	Tu	7:45-8:45pm	\$40/\$10
21475	1/08	Tu	7:45-8:45pm	\$40/\$10
21485	2/05	Tu	7:45-8:45pm	\$40/\$10

## Yoga - Relaxation and Beyond

Benefits of Yoga while seated with the option to stand. Traditional Yoga poses while seated in a chair or using chair for assistance. Yoga for those less mobile, but with the desire to learn basic Yoga postures. Practice will include Breath work, Strength, Focus, and Relaxation.

Instructor: Audrey Toliver-Williams

21503	12/05	W	10-11am	\$20/\$5
21505	1/02	W	10-11am	\$20/\$5
21506	2/06	W	10-11am	\$20/\$5

# All Ages

## Performing Arts: All Ages

### Hawaiian Hula

In this Hawaiian Hula course you will learn about the hula, the rich Hawaiian/Polynesian culture, it's history, AND what a great exercise it is. For more information contact Harrilyn Aiwahi at (972) 270-7992.

Instructor: Harrilyn Aiwahi

23256	12/01	Sa	9am-5pm	\$20
23259	1/05	Sa	9am-5pm	\$20
23261	2/02	Sa	9am-5pm	\$20



# Seniors

## Arts and Crafts: Seniors (Flex)

### Oil Painting and Crafts

A time for people with an interest in painting and other crafts to show their talents. Please bring any craft project that you may be working on with you.

Instructor: Center Staff

23300	12/03	M	9am-12pm	\$0
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## Fitness: Seniors (Flex)

### LHN Group Fitness Class (Seniors)

This ongoing fitness class is designed for Seniors and/or individuals wishing to get back into shape. LHN Fitness will cover all aspects of fitness address; cardio, wights training, core stability, balance, and flexibility, and even nutrition.

Instructor: Jeanne Larson

19514	12/03	M,W,F	10:15-11:15am	\$2
19515	1/02	W,F,M	10:15-11:15am	\$2
19516	2/01	F,M,W	10:15-11:15am	\$2

## Performing Arts: Seniors

### Dance - Line Dancing

This class offers synchronized dancing that allows you to enjoy dancing without a partner. This is a fun workout and is also a great group workout.

Instructor: Center Staff

23377	12/03	M,W	2-3pm	\$0
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## Special Events: Seniors

### Luncheon

Come join the fun and enjoy the good food and entertainment provided by the Recreation Center Staff.

Instructor: Center Staff

21534	12/10	M	10am-2pm	\$6
21536	1/14	M	10am-2pm	\$6
21537	2/11	M	10am-2pm	\$6

## Special Interest : Seniors

### Game Day

Senior Game Day is filled with lots of fun excitement. During this time a variety of games are played such as Chicken Foot, Mexican Train, and many more.

Instructor: Center Staff  
23429 12/27 Th 1-3pm

\$0



## Youth

### Fitness: Youth

#### Boxing Beats the Streets

Boxing Beats the Street teaches individuals of all ages the basic boxing skills. Boxing is a combination of mental and physical strengths. This class teaches individuals discipline, respect, honor, integrity, setting goals and completing goals. The program is lead by world class and national champion coaches. For more information contact Coach Sebron Jackson at (214) 392 7803.

Instructor: Sebron F. Jackson

18930	12/04	Tu	4:30-6:30pm	6+ yrs	\$30
18931	1/02	W	4:30-6:30pm	6+ yrs	\$30
18932	2/06	W	4:30-6:30pm	6+ yrs	\$30

### Seasonal Camps: Youth (Flex)

#### Holiday Camp

Parents are you needing more time to shop or don't have a place for your child to stay while out of school. Look no further, Lake Highlands Recreation Center has the solution. Sign your child up for the Lake Highlands Holiday Camp. He/She will have tons of fun, will make crafts, go on field trips, and enjoy the time together. So you better not pout, you better not cry Lake Highlands is here to get you by. Extended Care is available.

Instructor: Center Staff

20909	12/26	W-F	9am-5pm	1-30 yrs	\$30/75
20912	1/02	W-F	9am-5pm	1-30 yrs	\$30/75

#### Holiday Camp Extended Care

This course is created for extended care for LHN Holiday Camp.

Instructor: Center Staff

20911	12/26	W-F	9am-5pm	1-30 yrs	\$20
20913	1/02	W-F	9am-5pm	1-30 yrs	\$20

## Special Interest: Youth (Flex)

### E=MC<sup>2</sup>

The mission of this program is to empower individual that are identified as at-risk with life skills that will enable them to become Extraordinary students that will later become model citizens and possible future leaders

Instructor: Center Staff

23492	12/06	Th	5-7pm	\$0
23493	1/03	Th	5-7pm	\$0
23494	2/07	Th	5-7pm	\$0

### Mommy & Me Basic Spanish for Toddlers

This class will introduce basic Spanish to toddlers through vocabulary building songs, finger-plays, stories, crafts and games. Parents are encouraged to participate along with their children. Come and join us! For more information contact Cecilia at (214) 370-9113

Instructor: Cecilia Villasenor

19539	12/05	W	10-11am	10-3 yrs	\$55/15
19540	1/02	W	10-11am	10-3 yrs	\$55/15
19541	2/06	W	10-11am	10-3 yrs	\$55/15

### Sports: Youth (Flex)

#### AIA Professional Baseball Instruction

Professional baseball instruction for all ages. Includes hitting, catching, pitching, and fielding. One on One private instruction with trainer. Please bring bat, glove, and wera athletic attire. Please do not wear cleats.

Instructor: Aaron Anzua

23479	12/03	M-Th	3-9pm	\$80
23480	1/01	M-Th	3-9pm	\$80
23482	12/03	M-Th	3-9pm	\$40
23483	1/01	M-Th	3-9pm	\$40
23484	2/04	M-Th	3-9pm	\$40
23485	2/04	M-Th	3-9pm	\$80

### Gym Games

Our gymnasium offers an excellent place for children up to 6 years of age to practice on and develop their gross motor skills. Running, jumping, tumbling, parachute games, and basketball are a few of several fun things children can do with their parents. Come and join the fun and make new friends.

Instructor: Center Staff

19564	12/04	Tu	10:30am-12pm	1-5 yrs	\$0
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# WANTED

Creative, talented, skilled individuals who want to make Lake Highlands North Recreation Center the best leisure facility in the community.

Join the Lake Highlands North Recreation Center

## STUDENT ADVISORY COUNCIL

For an hour a month, your good ideas can help create EXCITING & FUN TEEN PROGRAMS for Junior High and High School students.

What's in it for you?

Meet new friends from other schools

Improve the facility for you and your friends

Enhance the activities for you and your friends

# INSTRUCTORS WANTED!

Have a talent or interest? Want to teach people a new skill or help them discover a hidden talent?

Lake Highlands North is looking for individuals to instruct classes at the center.

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

If you can teach anything from Aerobics to Zesty Cooking, we want you! Did we mention the flexible schedule and earned income? Stop by Lake Highlands North Recreation Center for more information.

*Please Note: Some camps and classes require a minimum enrollment. If enrollment is not met then full refunds will be given. Help avoid cancellations by pre-registering and pre-paying today.*

Lake Highlands North Recreation Center

9940 White Rock Trail Dallas, Texas 75248