

SUMMER RECREATION PROGRAMS

ADULT PROGRAMS

DANCE

Swing/Jitterbug Dance Lessons

This class is an overview of the popular swing dances. East Coast Swing/Jitterbug with the most popular turns.

Day: Friday
Location: Lost Creek Center
Session: June 18 – July 30
Time: 7:00 pm – 8:00 pm
Ages: 12 and up
Instructor: Larry Sepulvado
Fee: \$100.00 per couple / \$60.00 per single

Country & Western Dance Lessons

This class includes basic footwork for the classic country dances: Two Step, Polka, Waltz, and Swing. Also included are patterns and turns for each dance. Country Line dance is taught during the last class.

Day: Friday
Location: Lost Creek Center
Session I: April 30 – June 4
Session II: August 13 – September 17
Time: 7:00 pm– 8:00 pm
Ages: 12 and up
Instructor: Larry Sepulvado
Fee: \$100.00 per couple / \$60.00 per single

Bollywood Dance

Our classes focus on fun, a positive attitude, enhancing confidence, and we encourage and motivate shy people to lose their inhibitions. The dance moves are energetic, using every part of the body, giving it a great workout. During the classes, students will experience modern Indian dance with a combination of Bhangra, semi-classical Indian, jazz, funk, and hip hop - performed to the latest, old and popular Bollywood tracks. Visit www.rhythm-india.com for more information.

Day: Monday
Location: Aquatic Center
Session: On-going monthly class
Time: 7:00 pm – 8:00 pm
Ages: All adults
Instructor: Arzan Gonda

3:15 PM
3/31/10

Fee: \$48.00/month

INDIVIDUAL SPORTS

Adult Tennis Lessons

Classes offered weekday afternoons, evenings, and Saturday mornings. The tennis schedule can be accessed at www.firstcolony.org.

EXERCISE & FITNESS

Yoga / Meditation: *Designed for Stress Relief*

Reduce stress, soothe aches and pains and increase well being. Learn techniques of stretching, postures, breathing and meditation, to strengthen mind/body/spirit connection.

Days: Monday & Wednesday
Location: Heritage Colony Clubhouse
Session I: June 7 – July 14
Session II: July 26 – September 1
Time: 7:45 pm – 8:45 pm
Instructor: Maya Mehta
Fee: \$75.00/session
Discount of \$10.00 for each additional member of the same family.

Days: Wednesday & Friday
Location: Heritage Colony Clubhouse
Session I: June 9 – July 16
Session II: July 28 – September 3
Time: 8:50 am – 9:50 am
Instructor: Maya Mehta
Fee: \$75.00/session
Discount of \$10.00 for each additional member of the same family.

Zumba

Zumba combines high energy and motivating Latin music with unique moves and combinations that allow participants to have a great time while working out. Class taught by Cida Moore. Visit www.loumoore-fitness.com for more information.

Days: Wednesday
Location: Aquatic Center
Session I: June 9 – July 14
Session II: July 21 – August 25
Time: 6:30 pm – 7:30 pm
Instructor: Cida Moore
Fee: \$40.00/session

Days: Wednesday/Saturday
Location: Aquatic Center
Session I: June 9 – July 17
Session II: July 21 – August 28
Time: 6:30 pm – 7:30 pm Wednesday
9:00 am – 10:00 am Saturday
Instructor: Cida Moore
Fee: \$70.00/session

Days: Saturday
Location: Aquatic Center
Session I: June 12 – July 17
Session II: July 24 – August 28
Time: 9:00 am – 10:00 am
Instructor: Cida Moore
Fee: \$40.00/session

LANGUAGE CLASSES

Adult Spanish Classes

Brush up on what you already know and learn more in the intermediate class.

Day: Thursday
Location: Heritage Colony Clubhouse
Session I: June 3 – July 22 (8 weeks)
7:15 pm – 8:30 pm
Session II: August 5 – 26 (4 weeks)
7:15 pm – 8:45 pm
Instructor: Virginia Davis
Cost: \$60.00/8 weeks, \$36.00/4 weeks

EDUCATIONAL CLASSES

Watercolor

This class will teach the design elements and principals, color theories, textures and various watercolor techniques. Previous watercolor experience is required.

Day: Thursday
Location: Sugar Land Community Center
Session: September 16 – October 14
Time: 9:00 am – 12:00 pm
Instructor: Margaret Su
Cost: \$100.00
Supply list may cost \$200