

# SUMMER RECREATION PROGRAMS

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## ADULT PROGRAMS

### RECREATION & FITNESS

#### American Style Karate (Adult)

An excellent class for developing self confidence along with learning self defense. New students will be accepted the 1<sup>st</sup> three weeks. You may try the 1<sup>st</sup> class to make sure you wish to sign up.

Day: Tuesday  
Location: Lost Creek Center  
Session I: June 7 – August 9  
Times/Ages: 7:30 pm – 8:30 pm Ages 13-70  
Instructor: Bill Gray  
Fee: \$45.00  
Uniform required: \$30.00 (payable the first day of class, sorry no checks.)

Day: Wednesday  
Location: Sugar Land Community Center  
Session I: June 8 – August 10  
Time/Ages: 7:30 pm – 8:30 pm Ages 13 - 70  
Instructor: Bill Gray  
Fee: \$45.00  
Uniform required: \$30.00 (payable the first day of class, sorry no checks)

### DANCE

#### 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: June 3 – July 15 (no class July 1)  
Time: 7:00 pm– 8:00 pm  
Ages: 12 and up  
Instructor: Larry Sepulvado  
Fee: \$100.00 per couple / \$60.00 per single

### INDIVIDUAL SPORTS

### **Adult Tennis Lessons**

Classes offered weekday afternoons, evenings, and Saturday mornings. The tennis schedule can be accessed at [www.firstcolony.org](http://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: April 25 – June 1  
Session II: June 13 – July 20  
Session III: August 1 – September 7  
Time: 7:30 pm – 8:30 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: April 27 – June 3  
Session II: June 15 – July 22  
Session III: August 3 – September 9  
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 Yohanna Colina.

Days: Wednesday  
Location: Aquatic Center  
Session: On-going monthly class  
Time: 6:30 pm – 7:30 pm  
Instructor: Yohanna Colina  
Fee: \$40.00/session

Days: Wednesday/Saturday  
Location: Aquatic Center  
Session: On-going monthly class  
Time: 6:30 pm – 7:30 pm Wednesday  
9:00 am – 10:00 am Saturday  
Instructor: Yohanna Colina

Fee: \$70.00/session  
Days: Saturday  
Location: Aquatic Center  
Session: On-going monthly class  
Time: 9:00 am – 10:00 am  
Instructor: Yohanna Colina  
Fee: \$40.00/session

## LANGUAGE CLASSES

### Adult Spanish Classes

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

Day: Thursday - Intermediate  
Location: Heritage Colony Clubhouse  
Session I: June 9 – July 28 (8 weeks)  
7:15 pm – 8:30 pm  
Session II: August 4 – 25 (4 weeks)  
7:15 pm – 8:45 pm

Day: Tuesday - Beginner  
Location: Heritage Colony Clubhouse  
Session I: June 7 – July 26 (8 weeks)  
7:15 pm – 8:30 pm  
Session II: August 2 – 23 (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 22 – October 20  
Time: 9:00 am – 12:00 pm  
Instructor: Margaret Su  
Cost: \$100.00  
Supply list may cost \$200

