

Austin Recreation Center

1301 Shoal Creek Blvd. Austin, Texas 78701

(P) 512-476-5662, (F) 512-494-1729

<http://www.ci.austin.tx.us/parks/austin.htm>



Hours of Operation

M-Th, 7:30a-10:30p

F, 7:30a-9p

Sa, 8:30a-3:30p

Su, 12-4:30p

Adult Programs	Description	Time	Cost
American Karate	American Karate will give students a knowledge of martial arts and create positive attitude and confidence, improve mental focus, self control, as well as abduction awareness techniques.	F, 6:30-9p	\$50/session
Austin Philosophy Discussion Group (APDG)	APDG offers many opportunities for discussion of philosophy and philosophical issues. No advance preparation or knowledge is required, just an open mind. More information can be found at: http://philosophy.meetup.com/31/	Sa, 11a-1:30p	Free
Austin Shotokan Karate	This traditional Japanese martial art helps you develop your aerobic conditioning, improve flexibility, increase concentration, strengthen determination, mental calm, and confidence.	M/W, 7:30-8:30p Su, 12:30-1:30p	\$30/month
Badminton	Want to learn a fun new sport? Then badminton is for you! Come meet new friends!	W, 7:30-10p	\$25/league \$3/walk in
Chen-style Tai Chi (Taijiquan)	Chen-style Tai Chi (Taijiquan) is a comprehensive exercise system for developing strength, coordination and flexibility, and for reducing stress. The class is open to all ages and skill levels. For more information, email arc-class@austinchentaichi.com or call 512-462-4689.	T, 7:30-9:30p	Free
Jazzercise	Katie Gordan has instructed Jazzercise classes at ARC for 29 years. Her excellent health, good nature, and energetic personality make your workout fun and rewarding! For more information call 512-789-3222, visit www.jazzercise.com , or E-mail gogirl@texas.net	M/W/F, 12:15-1:15p M-TH, 5:30-6:30p Sa, 9-10a Su, 12:30-1:30p	\$38/month
Kickball	Coed leagues offered throughout the year. Games are played weekday evenings at Krieg Fields. Contact rick.kocian@austintexas.gov or call ARC and ask to be put on the Kickball Distribution List. More information can be found at www.leaguelineup.com/cityofaustinkickball .	M/T/F, 6:30-10p	\$200/team
Sahaja Meditation	Discover peace and joy through self-realization (Kundalini Awakening).	Sa, 10a-12p Sa, 12-1p for Spanish	Free
Scrabble Club	Join Austin Scrabble for three rounds of Scrabble games. NASPA tournament rules apply, except that a list of two and three letter words is provided. www.austinscrabble.org	M, 6:30p	\$1/meeting
Volleyball	Leagues are offered for Men, Women, and Coed teams through the year. Games are played weekday evenings at ARC. Contact rick.kocian@austintexas.gov or call and ask to be put on the Volleyball Distribution List. More information at www.leaguelineup.com/arcvolleyball .	M/T/TH, 7:30-10:30p	\$220/team

Weavers and Spinners Society of Austin	Enjoy our programs presented by members and guest speakers, as well as socialization, show and tell, and gather with members to weave, spin, knit, or work on other fiber-related projects.	TH (2 nd and 4 th), 6:30-9p	Free
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Weight Room	Weight room apparatus include a 16 station Pro-gym, Olympic free weights, dumbbells, incline bench, bench press, calf-raise, preacher curl, squat rack, 3 monarch exercise bicycle, and 2 recumbent bicycles. Individuals who are 18 years old and older must have a signed waiver on file and a current paid membership. Individuals who are 16-17 years old may only use the gym if membership is current, parent/guardian signs a waiver and is in the weight room with student.	M-TH, 7:30a-10p F, 7:30a-8:30p Sa, 9a-3p Su, 12:30-3:30p	\$8/week \$25/\$40/\$60 for 1/3/6 months \$100/year
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Writers Group	Study group that nurtures area writers. The group critiques 25 pages of a member's manuscript at each meeting. Learn more about at http://nip.lizardfire.com or E-mail deanna@austin.rr.com	Su (2 nd and 4 th), 1-3:30p	Free
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Yoga	Bekir Algan's classes focus on Yoga Therapy using: Asana as active meditation (presence) Pranayama (breath), Core knowledge inspired by Yoga Sutras, Vedanta (essence) drawing from the full spectrum of life. He will inspire your daily life and practice.	T/TH, 12-1:30p T/TH, 5:30-7:30p Sa, 11a-1p	\$85-\$110/session
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Youth Programs	Description	Time	Cost
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Austin Society of Karate	Improve mental focus and self control; creative positive attitude and confidence and learn abduction awareness techniques. For more information: contact Stacey Bell at 971-6845 or stac3y@hotmail.com	F, 6:30-7:30p	\$50/session
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Dance Associates	Dance and Gymnastics combination is a class for 3-8 years old that offers a sampling of elements from ballet, tap, jazz, tumbling, balance beam, mini-trampoline, and creative movement. Call 512-323-6013 or email questions@danceassociatesaustin.com for more information.	Sa, 9-10a (Ages 3-PK5) Sa, 10-11a (K-PK5)	\$50/month
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