

Austin Recreation Center

1301 Shoal Creek Blvd. Austin, Texas 78701

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

<http://www.austintexas.gov/department/austin-recreation-center>



Hours of Operation

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

F, 7:30a-9p

Sa, 8:30a-3:30p

Su, 12-4:00p

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	\$5/Walk in \$45/3 months
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	Burn up to 600 calories in one fun & powerfully effective 60-minute total body workout. Every Jazzercise group fitness class combines dance-based cardio with strength training & stretching to sculpt, tone and lengthen muscles for maximum fat burn. Choreographed to today's hottest music, Jazzercise is a fusion of jazz dance, resistance training, Pilates, yoga, & kickboxing. Kate Henrichson, certified instructor, has been teaching Jazzercise for 7 years. Visit jazzercise.com for more information or contact Kate: austinjazz@austin.rr.com , 512-656-8752.	T-Th 7:45 a.m. M-W-F 12:15 p.m. M-T-W-Th 5:30 p.m. Sat 9:00 a.m. Sun 12:30 p.m.	\$38/month
Sahaja Meditation	Discover peace and joy through self-realization (Kundalini Awakening).	Sa, 10a-12p Sa, 12-1p for Spanish	Free
Volleyball	Leagues are offered for Men, Women, and Coed teams through the year. Games are played weekday evenings at ARC.	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
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	M-TH, 7:30a-10:30a, noon-1:30p, 3p-10p F, 7:30a-8:30p Sa, 9a-3p	\$15 / 1 month \$90 / 6 month \$180 / 12 month
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://nlp.lizardfire.com or E-mail deanna@austin.rr.com	Su (2 nd and 4 th), 1-3:30p	Free
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

Youth Programs	Description	Time	Cost
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
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
Spilled Milk Social Club	Spilled Milk Social Club is a kids' creative collective based in Austin, TX. Running in conjunction with AISD's 2012-13 school year, SMSC will operate as an after-school program whose mission is to promote confidence, independence, and higher level thinking skills through the integration of creativity into all facets of daily life. By actively purporting our collective belief that "everyone has the capacity to be creative," our students will be encouraged toward self-expression with various media. SMSC will offer pick-up from Lee, Brykerwoods, and Pease Elementary Schools, though families from ANY school are welcome to make alternate transportation arrangements. www.spilledmilksocialclub.com Please call 512.317.6408 or email info@spilledmilksocialclub.com for more details.	M-F, 2:45p - 6p (Ages 5-12)	\$225/month



The City of Austin is proud to comply with the Americans with Disabilities Act.
If you require assistance for participation in our programs or use of our facilities, please call (512) 476-5662.
*See reverse for ADULT programs!

