

Where We Live

A publication from the City of Hurst

Fall/Holiday 2012 Recreation Class Schedule

See page 36



Celebrating 60 years as a city



Flashback

**City of Hurst
Christmas Tree
(1995)**



Santa's Workshop & Tree Lighting

Tuesday, Dec. 4

HURST CONFERENCE CENTER

Countdown to a City

Settlement of Northeast Tarrant County begins

1850

Large excavations of the Trinity River bottoms begin

1920

Bell Helicopter expands to North Texas HWY 10; Facility opens

1951

Hurst reaches 5,700 residents

1957

William L. Hurst moves to the area, becoming the first settler in the City of Hurst

1870

First brick school built in Hurst

1940

Hurst incorporated as a general law city September 1952

1952

Welcome to the nineteenth issue of...

Where We Live

Welcome to the nineteenth issue of Where We Live and happy sixtieth birthday to our city! Yes, that's right; our hometown turns the big 6-0 in September. We're celebrating by showcasing some fun, vintage Hurst photos throughout this issue. It's been a great six decades here in Hurst and we're looking ahead to many, many more. Speaking of the future, we're building for it, now. You may have heard us talking about this last spring in preparation for the groundbreaking of the new Hurst Justice Center. We celebrated that milestone in June. In case you missed it, you can read all about on pages 22-23.

In spite of the warm temperatures, we're already gearing up for our favorite time of the year. The holidays of course. This year marks the second time that our annual Christmas Tree Lighting will happen at the Hurst Conference Center. We've got a lot of fun things planned and we hope you'll

make plans to join us on Tuesday, Dec. 4 at HCC. For all of the details, check out page 50. Other articles include information on how your student can join other outstanding area students involved in Youth In Government, construction updates, how you can follow your city through social media, and what's going on at the newly remodeled Hurst Public Library. Just to name a few. In the recreation section you'll get all of the details on Campfire Stories, the John Butler Memorial Senior Citizens Banquet and as mentioned earlier, everything you want to know about our larger-than-ever-Christmas Tree Lighting.

I hope you'll enjoy this special anniversary issue and our little walk down memory lane and I especially hope to see you and your family at some of these exciting events coming soon. We're proud of our city's heritage and we're even more excited about our bright future. Now sit back and enjoy your special issue of Where We Live. Happy Holidays Hurst!

— *Mayor Richard Ward*

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DFW International Airport built, catapulting population growth in Hurst
1974

1972
Northeast Mall opens its doors, laying a solid foundation for the future

Groundbreaking for Heritage Village
2008

2009
Hurst reaches 31,000 residents

Heritage Village Dedication Senior Center Grand Opening
2010

2011
Hurst Library Grand Reopening

Hurst Conference Center Dedication
2012

Groundbreaking for Hurst Justice Center



www.txsmartscape.com



Hurst City Council

Left to Right: Anna Holzer–**Council Member**,
Larry Kitchens– **Council Member**,
Henry Wilson–**Mayor Pro Tem**, Richard Ward–**Mayor**,
Bill McLendon–**Council Member**,
Charles Swearingen–**Council Member**,
Nancy Welton– **Council Member**

City Staff

Allan Weegar–**City Manager**
Allan Heindel–**Deputy City Manager**
Jeff Jones–**Assistant City Manager**
Clay Caruthers–**Director of Finance**
Ron Haynes–**Director of Public Works**
Rita Frick–**City Secretary**
Steve Moore–**Police Chief**
John Brown–**Fire Chief**
Dale Harwell–**Information Services Manager**
Mike Morgan–**Director of Planning and Community Development**
Ashleigh Whiteman–**Communications Manager**
Steve Bowden–**Director of Economic Development**

Easy Guacamole

INGREDIENTS

1 1/2 tablespoons coarsely chopped red onion
1 tablespoon fresh lime juice
1/8 teaspoon salt
1 garlic clove
1/2 small jalapeño pepper
1 ripe peeled avocado
1 small tomato, chopped
1 tablespoon cilantro leaves, chopped

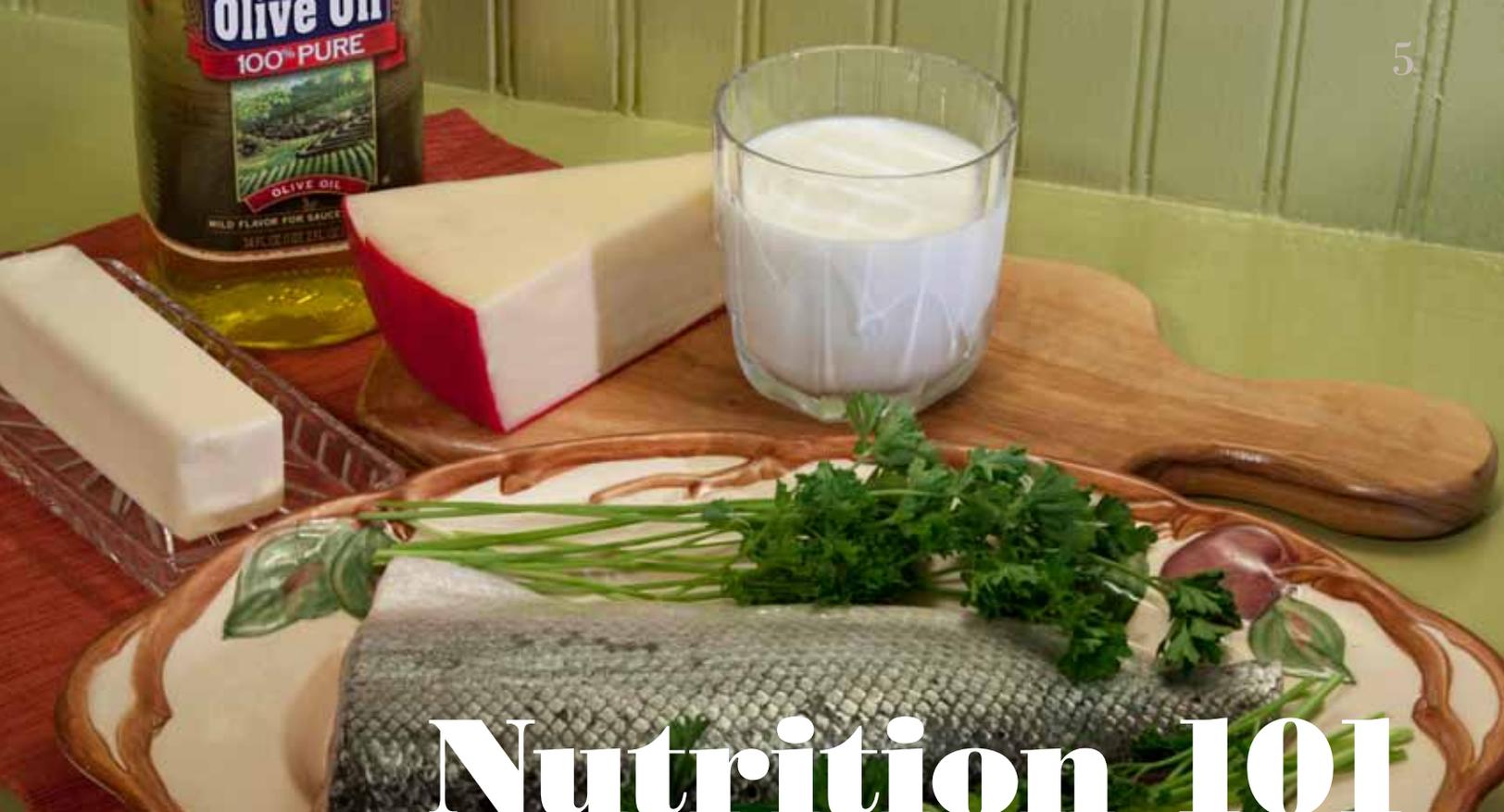
Directions: Place first 5 ingredients in a food processor; pulse 5 times or until finely chopped. Add avocado; process until smooth; add tomatoes. Sprinkle with cilantro.

Makes 4 servings

Nutrition

One serving: 2 tbsp, Calories 85, Total Fat 7.7 g, Carbohydrate 4.8 g, Dietary Fiber 2.7 g, Protein 1.1 g





Nutrition 101

The next several editions of the wellness article will be going over some fundamental nutrition concepts to help you increase your health.



Part 3 - Fat

Fat is a component in food but is also one of the most hated parts of our food culture. But fat can be healthy and your friend, read on to learn more. Some foods, including most fruits and vegetables, have almost no fat. Other foods have plenty of fat. They include nuts, oils, butter, and meats like beef.

The name — fat — may make it sound like something you shouldn't eat. But fat is an important part of a healthy diet. You might see ads for foods that say they're "low-fat" or "fat-free." Lower-fat diets have been recommended for health and to help people lose weight. But nutrition experts are finding that fats are more complicated and that some kinds of fat are actually good for your health. As a bonus, fat in food helps people feel satisfied, so they don't eat as much.

But that doesn't mean a high-fat diet will be good for you. And some fats are better than others. Here are the three major types:

Unsaturated fats: These are found in plant foods and fish. These may be good for heart health. The best of the unsaturated fats are found in olive oil,

peanut oil, canola oil, albacore tuna, and salmon.

Saturated fats: These fats are found in meat and other animal products, such as butter, cheese, and all milk except skim. Saturated fats are also in palm and coconut oils, which are often used in commercial baked goods (the kind you buy at the store). Eating too much saturated fat can raise blood cholesterol levels and increase the risk of heart disease.

Trans fats: These fats are found in margarine, especially the sticks. Trans fats are also found in certain foods that you buy at the store or in a restaurant, such as snack foods, baked goods, and fried foods. When you see "hydrogenated" or "partially hydrogenated" oils on an ingredient list, the food contains trans fats. Trans fats are also listed on the food label. Like saturated fats, trans fats can raise cholesterol and increase the risk of heart disease.

Fats fuel the body and help absorb some vitamins. They also are the building blocks of hormones and they insulate nervous system tissue in the body.

So fat is not the enemy, but you'll want to choose the right amount — and the right kind of fat. If you're getting most of your fat from lean meats, fish, and heart-healthy oils, you've already made fat your friend!



Hurst Fire Department Policy Statement

Recreational Fires and Open Flame Cooking Devices

Definitions

Recreational Fire is the burning of materials other than rubbish for pleasure, religious, ceremonial, warmth, or similar purposes in which the fuel being burned is not contained in a barbecue grill, or a barbecue pit, and the total fuel area does not exceed 3 feet in diameter and 2 feet in height.

Outdoor Fire Pit is a structure or appliance that is designed and approved for the burning of combustible material that does not have a flue, chimney or duct and the combustion gases are emitted directly into the atmosphere. A fire pit shall consist of a fire ring constructed of a metal ring, non-combustible bowl, rocks or bricks.

Outdoor Fireplace is a device or structure designed and constructed in accordance with recognized standards for the burning of natural combustible materials and releases the combustion gases through a flue, chimney, or duct. Example includes patio fireplaces equipped with a metal screen enclosure, chimeneas, etc.

Recreational Fires Policy

- Recreational fires contained in an outdoor fire place should not be conducted within 15 feet of a combustible structure.
- Recreational fires contained in an outdoor fire pit shall not be conducted within 25 feet of a combustible structure.
- Fire pits shall be clear of combustible vegetation for no less than ten feet in all directions. Grass less than 4 inches is permitted as long as it is green or wet.
- The burning of rubbish, leaves, lumber, manufactured type logs or material other than natural wood logs cut for such purposes is prohibited.
- A fire will NOT be allowed if the winds would create a dangerous situation.
- Fire-extinguishing equipment shall be readily available at all recreational fires and can consist of water hose, shovel, or fire extinguisher.
- Recreational fires shall be constantly attended by a competent person.

Open Flame Cooking Devices Policy

- Charcoal burners and other open flame cooking devices should not be operated on combustible balconies or within 10 feet of combustible structures.

The Fire Chief or Fire Marshal is authorized to require that any use of open flame be immediately discontinued if such fires are determined to constitute a hazardous condition, are emitting obnoxious odors, or are producing visible smoke that may constitute a nuisance or health hazard.



Flashback

**Police Department
Current Police Chief, Steve Moore
(left) poses with retired Hurst
Police Chief Tim Wallace
(1974)**



Law Enforcement Accreditation

The Law Enforcement Accreditation Program was the first credentialing program established by Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) after its founding. It was originally developed to address what was seen as a need to enhance law enforcement as a profession and to improve law enforcement. That mission continues today. It provides a process to systematically conduct an internal review and assessment of the agencies' policies and procedures, and make adjustments wherever necessary to meet a body of internationally accepted standards.

Since the first CALEA Accreditation Award was granted in 1984, the program has become the primary method for an agency to voluntarily demonstrate their commitment to excellence in law enforcement. The standards, upon which the Law Enforcement

Accreditation Program are based on, reflect the current thinking and experience of law enforcement practitioners and researchers. Major law enforcement associations, leading educational and training institutions, governmental agencies, as well as law enforcement executives internationally, acknowledge CALEA's Standards for Law Enforcement Agencies® and its Accreditation Program as benchmarks for today's law enforcement agencies.

The Hurst Police Department gained its first accreditation in 1990 and re-accreditation in 1995, 2000, 2003, 2006 and 2009. The Department conducted a mock assessment in the Fall of 2011 and an on-site assessment in April 2012. The Hurst Police Department will receive its 6th re-accreditation in July 2012.





Flashback

**Hurst Fire Station 2
completed 2009**

National Night Out

Tuesday, October 2

5:30-8:00 PM

Heritage Village
and

Vivagene Copeland Park
FREE to the community



Join Us for National Night Out

You're invited to come out and join us Oct. 2 for this year's America's Night Out Against Crime! For the first time ever we are hosting two simultaneous parties for National Night Out. One will be moved back to Heritage Village and another satellite party will be held at Vivagene Copeland Park. Both events will be from 5:30-8:00 p.m. and are free to the community!

We encourage our residents to come out and get to know our police officers. National Night Out generates community support for anti-crime and anti-drug use prevention activities, as well provides an opportunity to interact with Hurst Police in an informal setting. This special night allows you the chance to meet local police of-

ficers while learning important information about crime prevention, violence and substance abuse at the community level. Join us at either location and bring the whole family to enjoy a night out of free family fun with the Hurst Police Department.

Heritage Village

837 W. Pipeline Road
Hurst, TX

Vivagene Copeland Park

500 E. Pecan St.
Hurst, TX



Firefighter's Dinner aids safety projects

Last year the HURST CITIZENS' FIRE ACADEMY ALUMNI ASSOCIATION raised enough funds to purchase the lighted helmets for Hurst Fire Department.

This year they are going to purchase a Fire Safety House, which is a 2-room interactive trailer designed as a hands-on educational experience. Through use of multimedia and real environmental effects, both children and adults experience a variety of fire, injury prevention awareness, as well as disaster training, including severe weather scenarios, which entertain while educating. This item is not in the City of Hurst budget.

Come out and enjoy a night of good food and fun and support the fine fire fighters of Hurst; they may save your life one day!

4th Annual Firefighter's Steak Dinner

Saturday, October 13

4:30-8:00 PM

Fire Station One

2100 Precinct Line Road

\$15/per person

Save the Date

TICKET SALES BEGIN SEPTEMBER 16 AT FIRE STATION ONE



Taking Care of City Parks

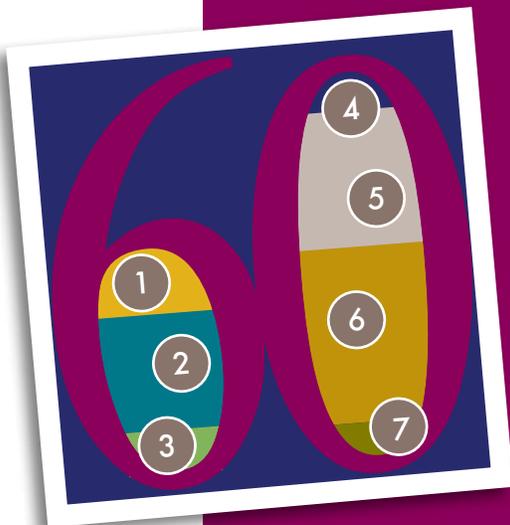
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817.788.7220

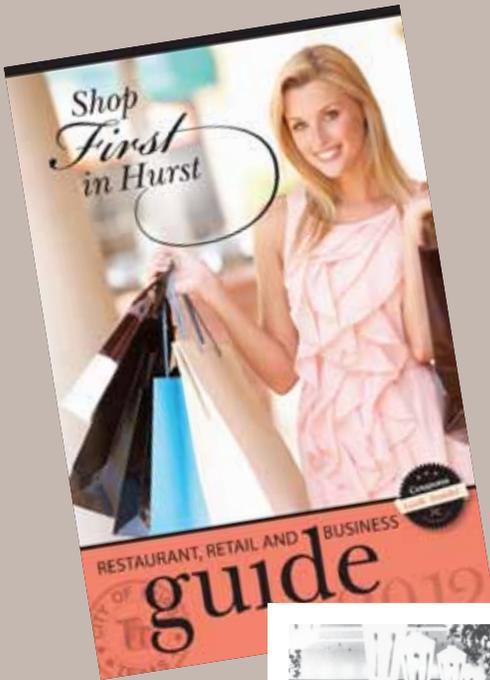
On the cover...

As the City of Hurst celebrates 60 years as a city, we would like to take a nostalgic look back at some of the highlights of the last six decades.

This month's cover depicts several photos from the City's past. The images featured are:

1. The first post office (1949)
2. Ground breaking at Heritage Village (2008)
3. The first brick school (1940)
4. Shoppers at North East Mall (1972)
5. DFW International Airport (1974)
6. City Hall (1967)
7. Hurst Fire Station No. 2 (2009)





Special Delivery

The holidays are fast upon us and there's no better place to do all of your holiday shopping than in Hurst. With an ample assortment of business you'll be able to fulfill all of your shopping needs for the whole family! Every year the City of Hurst publishes the Restaurant, Retail and Business Guide to further assist you with all of your shopping and dining needs. The guide includes addresses and phone numbers for all of the businesses in Hurst and is done so with no cost to the businesses. The guide also includes coupons for Hurst businesses so don't miss out on your opportunity to save during the holidays! We've done all the hard work for you! You can find the guide online with the most up-to-date information at <http://hurst.mesh.net> or call 817.788.7025 for additional copies. Discover great new places to shop and dine and support your city by "Shopping First in Hurst."



Flashback
**Northeast Mall opens
 to shoppers in 1972**



Find Us on Instagram

We're on Instagram and we want you to be too! Show us how you see our city through your photos. All you have to do is upload a picture to the Instagram app and then use the hashtag #hurstpride. Or tag us @cityofhursttx. We're proud of our city and we know you are too, so show us your #hurstpride!

The Social Media Connection

Are you a social butterfly? We are too.

Facebook:

City of Hurst: <http://www.facebook.com/cityofhursttx>

Police Department: <http://www.facebook.com/pages/Hurst-Police-Department/137995106215139>

Library: <http://www.facebook.com/HurstPublicLibrary>

Conference Center: <http://www.facebook.com/hurstcc>

Recreation Center: <http://www.facebook.com/HurstRecreation>

Twitter:

@TheCityofHurst

@HurstFireDept

@HurstLibrary

@HurstPoliceDept

Linkedin:

<http://www.linkedin.com/company/city-of-hurst>

Instagram:

cityofhursttx

Other Websites:

www.ci.hurst.tx.us

www.hurst.lib.tx.us

www.transforminghurst.com

www.hursted.com

www.hurstcc.com



Explore the Cottonbelt Trail

The Hurst portion of the Cottonbelt Trail, a regional hike and bike trail is now complete! The 12 foot wide trail begins near the Hurst/Colleyville border, runs parallel to the Cottonbelt Railroad, and ends near the intersection of Glade Road and Precinct Line. The trail now connects Grapevine, Colleyville, North Richland Hills, and Hurst and will eventually terminate in downtown Fort Worth. This \$1.4 million project was supported by the Federal Congestion Mitigation and Air Quality (CMAQ) Fund with the Federal portion set at 74% and the City matching at 26 percent.

The City celebrated the completion of the Cottonbelt Trail with a Dedication Ceremony on Saturday, April 28, 2012. Through a ribbon cutting that morning, the City Council and Parks and Recreation Board officially opened the trail to the public. The guests at the ceremony enjoyed comments by Jared White, Trails Coordinator for the City of Dallas, refreshments, and a Walk with the Mayor on the new trail.





Vivagene Copeland Park receives new playground

Recently, the Hurst Parks Department replaced the aging playground at Vivagene Copeland Park with a new, state-of-the-art Adrenaline Rush Play Unit for children ages 5 to 12. This new playground features numerous slides, climbing platforms and Xscape overhead activities to keep children entertained and active for hours. Along with the playground, specialized poured-in-place safety surfacing was installed underneath the playground. The swing sets were also replaced and expanded to accommodate more users.

The total cost for the purchase and installation of the playground was \$178,000. GameTime provided a grant of over \$28,000 through their Everybody Plays More Grant Program for the new playground. The additional \$150,000 came from the Park Donation Fund which was created by the City Council and the Parks and Recreation Board in 1982. Through their monthly water bill, citizens can donate 75 cents to the Park Donation Fund. The City of Hurst would like to thank those that helped fund this project. Thanks to your support Vivagene Copeland Park has a new, exciting playground for all to enjoy!



North Tarrant Update

As work continues to ramp up on the North Tarrant Express project almost 100 percent of the corridor is under construction. In the past few months a new westbound frontage road was constructed between Norwood Dr. and Precinct Line Rd. along with a new pedestrian bridge. Bluebonnet Contractors anticipate shifting westbound SH 121/183 traffic to new pavement between Norwood Dr. and Precinct Line Rd. in mid August. Reconstruction of the new Hurstview bridge is underway and is anticipated to be completed by April 2013. There will be

an open house on September 19 to celebrate and look back at almost two years of construction.

As you are traveling the corridor please be aware that the speed limit in the construction zone is 50 mph. We encourage everyone to pay attention to signage as the work zones continue to change and to make sure you know before you go with the latest lane closure information that can be found at www.northtarrant-express.com. Please be safe and alert in the zone!



 **north tarrant**
express

Holidays are a great time to **CEASE** the grease

Please avoid pouring fats, oil, grease or food scraps into your sink or toilet. These materials are generated during food preparation and do not mix well with water. These materials can also build up and block your sewer pipe coming from your home causing sewer overflows inside your home, and can even clog the city sewer mains causing spills into our streets and streams. Here is a tip on how to dispose of (F.O.G):

The most important thing is to **NOT** pour the grease, fat, or oil down the drain! Sure, you think your garbage disposal can handle it. And yes, it is a liquid. But these oils can build up along your pipes and eventually cause clogs that can be hard to get rid of. Fats are the most notorious for this because they are sticky and solidify into a goeey mess when cool.

Take a cardboard milk carton, or even a plastic one, and cut off the top portion of it so that the opening is wide enough for you to easily pour grease and oil into it without spilling. You can also use a disposable fast food cup. Just take the lid off and you're good to go. If the grease or oil is in liquid form, pour it into your carton or cup. Carefully dispose of the carton with the grease or oil with the rest of your trash/garbage. If the fat has solidified, scrape it off of your pan/pot straight into your garbage can.

For more information on disposing of Fats, Oils and Greases please call Environmental Services at 817.788.7217 or 817.788.7237.



Water Conservation

Use Water Wisely



With all of the rain this past Spring and no Stage 1 Drought restrictions the natural reaction is to relax and go back to using water freely and in many cases wasting this precious resource. The truth is that the seemingly limitless resource is limited and with the population in Texas expected to double over the next few decades the current water supplies will not be enough to sustain the expected growth. State water supply studies reveal that more water sources are needed but are very costly. These studies also reveal that water

conservation is the most cost effective way to help meet the future demands. Water conservation is not just irrigating your lawn correctly, it includes many other ways a community can steward this limited resource.

There are several conservation tips that can be found on the City of Hurst Website. These tips include ideas to conserve water inside the house as well as outside.

YELLOW FLASH

Hurst signals to flash for low traffic times

The City of Hurst has started flashing various signals at low traffic volume times. The following locations have been programmed with yellow flash on the main thoroughfares and red flash on the side streets: Bedford Eules Road at Irwin Drive, Precinct Line Road at Bedford Court West, Precinct Line Road at Oakwood Avenue and Mid Cities Boulevard at Hurstview Drive. The times of yellow flash mode are going to be 11:00 p.m to 5:00 a.m.

For any questions please call 817.788.7212, 817.788.7208 or 817.788.7202



Flashback
Traffic Signal
(1961)





Recreation Center Renovation

The Recreation Center will soon be under renovation! The classroom portion of the Recreation Center was the original City Hall and has had minimal updates since its construction in the 1950s. The renovation project will update the facility improving the overall experience for Recreation Center patrons. The renovation is anticipated to begin in September with a December completion date.

Highlights of the Recreation Center Renovation include:

- Improvements to the corridor between the original facility and the new addition; it will receive new flooring, lighting, ceilings, and wall finishes.
- The restrooms located off the main corridor will be renovated to meet the requirements of the Americans with Disability Act (ADA) and updated with modern fixtures, flooring, and paint colors.
- The classrooms will receive new specialty flooring, ceilings, wall finishes, updated doors and hardware, and acoustical absorption devices.
- A new lounge area will be created to provide patrons with comfortable seating as they wait for classroom programs to start or finish.
- The kitchen will receive new interior finishes, commercial grade sinks, and improved countertop workspace.
- Technology and Audio Visual Upgrades include adding WIFI to the entire building, new speakers to both gyms, and computer compatible flat screen TVs with Blu-ray players in each classroom.

Community Powered REVITALIZATION

In fall of 2010 a new program kicked off in Hurst, Euless and Bedford that allowed the three cities to come together and work to create a better community for residents. Hopefully you've heard about or seen this program in action. In case you haven't, it's called CPR, short for community powered revitalization, and we definitely think it's worth looking into.

The CPR program has experienced tremendous success over the last two years, thanks in part to the outpouring of community support. The program involves renovating homes of in-need residents in Hurst, Euless and Bedford.

Volunteers from churches, schools and even private citizens help out these neighbors in need over a jam-packed weekend. There are several ways to help out, including painting, tree-trimming, debris removal, light construction, plumbing and even electrical repairs. Don't consider yourself handy? No problem. Volunteers of all skill levels are welcome.

This year's event will take place October 19-20. If you are interested in volunteering or donating please contact Michelle Lazo at 817.788.7055.





Heritage Village Presents

Heritage Village Presents is a series of FREE events held at Heritage Village Park in the spring and fall. Heritage Village is located in Southwest Hurst at 837 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events starting Fall 2012.

Salsa & Salsa – Thursday, August 30 at 7:00 p.m.

Bring a lawn chair or blanket and come enjoy an outdoor concert by the Latin band, Canta! While you're grooving to the music of Canta, enjoy a glass of agua fresca provided free of charge by the Hurst Public Library. A variety of Latin food vendors will be onsite with items for purchase. For more information, contact the Hurst Public Library at 817-788-7300.

Northeast Senior Jamboree – Friday, September 28 from 9:00 a.m. to Noon

This year the Hurst Senior Center is hosting the Northeast Senior Jamboree which rotates throughout the various Senior Centers in the county. We invite you come join over 300 area seniors for a morning of outdoor games, music, exercise, prizes, a free hot dog lunch and special guests, the Dallas Cowboy Cheerleaders. For more information, contact the Hurst Senior Activities Center at 817-788-7710.

National Night Out – Tuesday, October 2 from 5:30-8:00 p.m.

The Hurst Police Department invites you to attend National Night Out! National Night Out seeks to develop partnerships between the police and the community that aim to reduce crime, violence and substance abuse at the community level. This is a great opportunity to meet your neighbors and local police officers. The event includes entertainment and free hot dogs and drinks. For more information, contact the Hurst Police Department at 817-788-7342.



Flashback
**Heritage Village
 Groundbreaking
 (2008)**



Hurst Conference Center Yearly Recap (July 1, 2011-June 30, 2012)

| Type | Number of Events | Attendance |
|-----------------------|------------------|---------------|
| Banquets | 74 | 15,545 |
| Community Civic | 8 | 6,390 |
| Community Educational | 2 | 15 |
| Consumer Shows | 3 | 1,750 |
| Conventions | 2 | 4,525 |
| Other | 67 | 811 |
| Meeting/Conferences | 160 | 13,002 |
| Trade Shows | 5 | 5,800 |
| Wedding Receptions | 17 | 3,280 |
| | 338 | 51,118 |

**Inspire
Holiday Cheer!
Reserve a
date/space
for your holiday
event TODAY
817.581.0044**

Save the Date!
THE MID-CITIES LONE STAR BALL
DECEMBER 31, 2012
* LIVE MUSIC
* HORSE RACING
* TICKETS ON SALE NOVEMBER 19TH



Justice Center



Construction underway for new facility

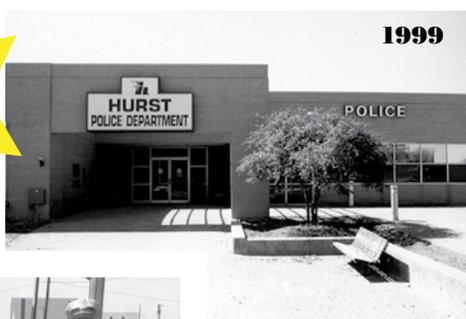


2012 will go down as a big year for the City of Hurst. Not only are we celebrating our 60th anniversary as a city, but we also recently broke ground on a new justice center that continues our Transforming Hurst redevelopment initiative. And we're not just building to meet today's needs. We're building for the future, now.

What does that mean? It means we're strategically addressing our current needs while also planning for our future growth. We're transforming sections of the city that serve our citizens today and will continue to serve our citizens for decades to come. The new Hurst Justice Center will do just that. The new center will increase current justice capabilities and enable the public services to be more efficient. Ground was officially broken at a ceremony on June 20 and construction will begin late summer. Police and court operations will continue to run as normal and service will not be affected. Parking at City Hall might be a little bit tighter than normal, but that will be temporary. Dispatch will temporarily move to the Emergency Operations Center at Fire Station No. 2 once renovation of their area begins. The construction process is expected to last 18 months with an anticipated grand opening in late 2013.

Our Police Department has changed quite a bit over the last 60 years. One thing that hasn't changed, however, is their commitment to keeping Hurst safe. We appreciate all of our police officers, both current and past for that commitment and we're excited for the future of our police department in their new center.

Flashback
Police Department



Transforming
HURST
THE OPPORTUNITIES ARE BUILDING

Hurst Public Library

901 Precinct Line Road
Phone: 817.788.7300

library



Read All About It!

Library Receives State Excellence Award for Eighth Consecutive Year

Hurst Public Library is most certainly a destination for inspiration, culture, education, and fun for the whole family. Again Hurst Public Library has received the TMLDA Excellence in Libraries award, one of only 26 of the 526 public libraries in Texas to do so for the previous fiscal year. For the eighth year in a row, this affiliate organization of the Texas Municipal League recognized our library

for achievement in ten categories of performance that represent a picture of excellence in library service to the community a library serves. Stay in touch and stay in the know with a visit to the Library website at www.hurst.lib.tx.us and stay in touch with the Hurst Public Library Facebook at www.facebook.com/HurstPublicLibrary.



Downloads for when you're on the GO

If you have an e-reader, a tablet, a smart phone or an ipod or mp3 player, you can download books to read or listen to from Hurst Public Library. All you need is a Hurst Public Library card to get started. Check the Library website at www.hurst.lib.tx.us for more information or call the Library to see what we have for your portable device. Choose from thousands of titles!

Traveling Art Exhibits on Display

August

The Aliens are Landing by Rose Abraham

September

Quilts from the collection of Kathy Osborne

October

Halloween Folk Art from the collection of Betty Laher, Trinity Arts Guild Member Show

November

Mid-Cities Fine Artists Member Show

Library Hours

Monday, Wednesday, Friday, Saturday

10:00 a.m.-6:00 p.m.

Tuesday & Thursday

10:00 a.m.-9:00 p.m.

Or

VISIT THE LIBRARY ONLINE ANY TIME



Find us on Facebook

www.facebook.com/HurstPublicLibrary

Hurst Public Library

The place to go when you need to know!

Youth Programs

Ongoing Activities

Toddler Time

Ages 1-3 years

Mondays and Thursdays

10:00-10:30 AM

Story Time

Ages 3-6 years

Tuesdays and Wednesdays

10:45-11:15 AM

Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM

Kids' Reading Club Programs

Chapter Chats

For 3rd - 6th graders

7:00 PM

Tuesday, September 11 - *A Wrinkle in Time* by Madeleine L'Engle

Tuesday, October 9 - *Tales of a Fourth Grade Nothing* by Judy Blume

Tuesday, November 13 - *Phantom Tollbooth* by Norton Juster

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have. This fall, we're celebrating books that have special anniversaries.

Babygarten

Pre-registration required

For children birth-18 months and an accompanying caregiver

10:30-11:30 AM

Saturdays, October 13-November 17
Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817.788.7302.

Boo Books

All ages

7:00-8:00 PM

Tuesday, October 30

Treat yourself to a special story time with slightly scary and funny stories; add to that some mildly spooky activities and you get an afternoon of Halloween fun! Costumes are optional but encouraged.

Teen Reading Club Programs

Anime Club

7th - 12th graders

6:00-8:00 PM

Thursday, September 6

Thursday, October 4

Thursday, November 1

Thursday, December 6

If you enjoy anime—watching it and talking about it—this is the place for you!

Teen Night

7th - 12th graders

7:00 PM

Thursday, September 13 - **Game night - Wii**

Thursday, October 11 - **Book Blast - talking TAYSHAS & Lone Star**

Thursday, November 8 - **Day of the Dead- traditional Mexican holiday crafts**

Thursday, December 13 - **Game night - Guitar Hero**

Come see what we have for teens to do at the library! Every month we will do something different.

Adult & Family Programs

Brown Bag Book Club

First Thursday of the month

Noon

Meet by the fireplace in the Library Reading Alcove for informal book discussion. Please check the library calendar or call the library info desk for upcoming titles.

Cropping at the Library

10:00 AM-4:00 PM

2nd and 4th Saturday of each month

Do you enjoy cropping, but need more space to spread out and work? Bring your pages, pictures, and come to the Library Learning Center. Meet other scrap bookers, get new ideas and learn new techniques.

Early Release Friday Movie Matinee

All ages

2:00 PM

Friday, November 16

Join us November 16th at 2:00 pm for a new release movie on the big screen. Free popcorn and drinks for \$0.25. Please contact the library for the movie title!

Make and Take Craft Nights

All ages

7:00-8:00 PM

Last Thursdays in September & October
Come to the library the last Thursdays of September and October between 7:00 and 8:00 p.m. for a fun, free make and take craft!

Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog • Place items on hold
View your own record • Renew materials online
Home access to over 60 databases for research
Download eAudiobooks

**Masterworks at the Library
Evening Performances**

7:00 PM

Open to the public, the MasterWorks Music Series is funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

Thursday, August 16

Lannaya West African Drum and Dance

Outdoor Performance in the library park, please bring lawn chairs and blankets for seating.

Thursday, September 20

3 Fools on 3 Stools

Outdoor Performance in the library park, please bring lawn chairs and blankets for seating.

Thursday, October 18

2 Tone Harp Duo

Thursday, November 15

Les Elgart Orchestra

Noon Masterworks

12:15 PM

Friday, August 10

E Flat Porch Band - Children's

Entertainment

Friday, November 9

Storybook Theater - Children's

Entertainment

Performing Arts at Heritage Village

7:00 PM

Part of the MasterWorks Music Series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

Thursday, August 30

Canta

Outdoor performance at Heritage Village Park. Bring lawn chairs or blankets for seating. Enjoy the rhythms of Canta's Salsa music and taste the flavors of latin cuisine from local restaurants.



Flashback
Hurst Public Library
(1960-1979)



Left to right: Neal Trostle, Janice Trostle, Loydell Paul, Faye Benezue and Don Paul



Volunteers In Action

Banquet honors volunteers

On April 18, the City of Hurst celebrated its volunteers at the annual VIA Banquet. The VIA program began in 1979 thanks to the innovative thinking of the Hurst City Council. Since that time, the VIA program has become the prototype for all other municipal volunteer programs and was the first municipal volunteer organization to be officially recognized by the State of Texas.

This year's banquet featured a catered lunch by the Hurst Conference Center chef and catering team and the music of Johnny Cash by Bennie Wheels. In addition to the celebration, members that had reached specific "volunteer hour milestones" were honored by Hurst City Council. Volunteers who had contributed at least 500 hours of service received an award.

Awards were also presented to volunteers for every 500-hour increase of service thereafter. Awards given to volunteers acknowledging their service included: key chains, pen sets, tote bags, and gift certificates.

Forty-two individual and group volunteers were recognized at this year's banquet, proving that the City of Hurst has the most dedicated volunteers around.

Although awards were intended for those with a minimum of 500 service hours, all others didn't leave empty handed. VIA flash drives were given to each member as a token of Hurst's appreciation for their hard work and commitment to the City.



Want to Get involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the city's web site at www.ci.hurst.tx.us.



Flashback
Volunteers In Action
(1980)



Good Neighbor Cleanup

Fall is almost here, which means the 15th annual Good Neighbor Cleanup event is just around the corner. Like previous years, the event will be held at the Bellaire Shopping Center on Saturday, October 20 and Saturday, October 27.

The event begins at 7 a.m. and runs until noon both days. You can bring your used oil, gas, antifreeze, pesticides, herbicides, old batteries, old computers, electronic devices, tree limbs, scrap metal, and just about every kind of trash or junk around the house in need of disposing (NO pharmaceuticals). No tires, explosives, compressed or construction debris will be accepted.

Latex paint and stains can be safely put in the garbage for disposal at a landfill, as long as the paint is dry or solidified first. Small amounts of latex paint should be dried out by removing the lid and exposing the paint to the air. Larger quantities should be solidified by mixing cat litter, sawdust, dirt or shredded paper into the paint. Once the latex paint is hardened or solidified, place the can with the lid off in your garbage container. The garbage hauler needs to see that the paint has been solidified.

Once again, we are happy to offer document shredding this year. Help protect yourself from identity theft and gather up all of those personal papers you have been meaning to destroy and bring them to the Good Neighbor Event to be shredded! For more information call the Environmental Services Department at 817.788.7217.



Youth in Government

Students Get Executive Look at Local Government

Designed to give the city's youth a unique opportunity to get a behind-the-scenes look at local government, the City of Hurst's Youth In Government Program was created by council more than ten years ago. Participants learn about the inner workings of local government by touring city departments, attending city council meetings and hearing from city department heads.

Students also have the chance to build valuable friendships

among similarly interested juniors and seniors from area schools while gaining a deeper understanding of how the branches of local government work together.

Also, members are eligible to earn college scholarships and a paid summer internship.

For more information on how to get involved call 817.788.7029

Scholarship Winners

Two of our city's Youth in Government members were recently awarded scholarships for their hard work and dedication to the program. Scholarship recipients were Amanda Ammeter and Chad Strange. Amanda will be attending the University of Texas in the fall and Chad will be attending the University of Houston.

Senior Center Hours

Open 5 days a week
Monday-Wednesday, 7:00 AM-7:00 PM
Thursday, 7:00 AM-9:00 PM
Friday, 7:00 AM-7:00 PM

Senior Pipeline

Pick up a copy of *The Senior Pipeline*, the monthly newsletter, for more information on Senior Center programs and activities.

Sherrie Rainsberger

Hurst Senior Center

Membership information

The new Hurst Senior Citizens Activities Center is open to Seniors only, ages 55 and over.

- Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and pay, and ends one year from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the following year.
- Fees for the new Senior Center are as follows:
 - Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month)
 - Non-Residents - \$80 per membership year. (Equivalent of about \$6.67 per month)
- These fees include many free classes, programs, and activities at the Senior Center, and also include membership in our state-of-the-art Fitness Room.
- Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.



Left to right: Clarence Wilson, David Branche, Steve Horn, Herman Muscatell, Charlie Dodson and Frank Sobey

Hurst Senior Center Need to Know

The Senior Pipeline is the center's monthly newsletter and calendar. It is full of information on Senior Center programs and activities. *The Senior Pipeline* is not distributed by postal service. The next month's edition of *The Senior Pipeline* is available after 1:00 p.m. on the 3rd Thursday of the current month. You are welcome to come by anytime during operating hours to get a copy. Most programs and activities do require registration/sign up.

Sign ups begin on the first business day of each month at 8:30 a.m. and continue throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to register for your preferred activities.

Below you will find a list of some of our regular programs, classes, groups, and activities:

Fitness Programs

- Zumba Gold
- Tai Chi & Yoga
- Fit Start Exercise
- Line Dance, Belly Dance, Hawaiian Dance

- Pilates (starting in September)
- Personal Training

Arts & Crafts

- Glass Fusion
- Quilting
- Beading & Glass Jewelry
- Painting and Drawing
- Ceramics

Computer Classes

- General Overview for Beginning and Intermediate Users
- Email
- File Management
- Internet Usage
- Microsoft Word

Groups

- Genealogy
- Grief Support
- "The Happy Hatters of Hurst", Red Hat Society Chapter
- Aircraft & Helicopter Science
- Travel

The Senior Center hosts several Open Activities. There are no fees or sign up required for Open Activities. See *The Senior Pipeline* for day and time details so you can join in on the fun!

- Duplicate & Party Bridge
- Dominoes, "42" and Chicken Foot
- Mahjongg
- Pinochle
- Ping Pong
- Billiards
- Wii Games

The Senior Center has many monthly held activities. Dances are held on the 2nd and 4th Thursday of every month at 7:00 p.m. Cost is \$5 at the door and it's open to the public age 55+.

There are two opportunities for playing FREE Bingo each month. Potluck Bingo is always on the 1st Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the 3rd Wednesday of the month and features great prizes and light refreshments.

We offer Breakfast Club and Movies & Munchies once a month for only \$3 per person. Space is limited and the menu varies so check *The Senior Pipeline* for details.

“A Quick Bite” Lunch Program

The Senior Center offers a weekly meal program called “A Quick Bite”. On Tuesdays, for only \$5 you get a cup of the soup of the day, your choice of sandwich, a bag of chips, a pickle and your choice of dessert. Grab a friend and stop by the Senior Center for “A Quick Bite”!

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete an “A Quick Bite” menu selection slip. Payment is expected at the time

of registration. Registration can be made from 7:00 a.m.-7:00 p.m. on Mondays and from 7:00-10:00 a.m. on Tuesdays. No reservations will be taken after 10:00 a.m. No exceptions.

- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date the lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may

sell out before 10:00 am.

- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To go boxes are not available.
- Due to Health Code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick up on Tuesdays between noon and 1:00 p.m. Lunches not picked up by 1:00 p.m. must be discarded.



Faye Branche

Join the Donor Board

Did you know that you can give to the Senior Center Donation Fund? Donations are used to purchase non-budgeted items for the Senior Center. Donations are recognized through the Donor Board located on the east side wall of the building next to the staff offices. A plaque inscribed with your choice of inscription (space limited) will be placed on the board based on the following levels of donation:

- Bronze - \$250
- Silver - \$500
- Gold - \$1,000
- Platinum - \$2,000+

The Senior Center would like to thank our most recent donors for their generous donations: Virg Thomas and John T. Smith. We appreciate your support! For more information or to make a donation, contact the Senior Center Director, Linda Rea at 817.788.7710.

Left to right: Instructor Fannette Welton and Jack McFarland



Events & Classes

Here are just a FEW of our Upcoming Events and Classes – *(You must be a member to participate and sign-up may be required).*

August 17, 1:00 PM

3rd Annual Hawaiian Luau and Member Mixer

It is time again for this much anticipated annual event! Break out your tropical attire and plan to spend the afternoon at the Senior Center enjoying Hawaiian atmosphere, entertainment, food, and more. We are especially excited about our very own Hawaiian Dance group that will be performing. Mark your calendars and plan to attend.

September 28, 9:00 AM-Noon – Northeast Senior Jamboree

This event rotates throughout the various Senior Centers in the Northeast Tarrant County area. This year the Hurst Senior Center is host. Join us as we partner with companies, volunteers, cities and other organizations from all over the Northeast Tarrant County area to provide a safe and fun event for seniors throughout our local communities. Over 300 area seniors will gather for a morning of outdoor games, music, exercise, prizes, a FREE hot dog lunch and special guests, the Dallas Cowboy Cheerleaders.



***Annual
Hawaiian Luau
& Member Mixer***

Friday, August 17, 1:00 PM

Lots of great food
and live entertainment.

September 10, 5:30 PM – Pilates

Join this brand new fitness class on Monday evenings for only \$15 per month. Pilates is a body conditioning routine that helps build flexibility and long, lean muscles, strength and endurance in the legs, abdominals, arms, hips, and back. Pilates' flexible system allows for different exercises to be modified based on your abilities in a range of difficulty from beginning to advanced.

October 18, 10:00 AM-7:00 PM – Craft Fair & Holiday Market

OPEN TO THE PUBLIC OF ALL AGES. Everyone is welcome to tour the Senior Center and pick up some great handmade items, holiday gifts, and more. If you are interested in purchasing a table for this event, please come to the Senior Center to pick up a registration form. Participant registration begins August 13 for Senior Center Members and September 4 for non-members.

October 26, 10:00 AM-Noon – Document Shredding

Bring those piles of old documents to the Senior Center to be shredded and securely recycled by First Shred. By participating you will help save trees, water, landfill space, oil and electricity. FREE!

November 7 – Open House Anniversary

Members - invite your non-member friends and family to come check out the Senior Center. If you're not a member, come see why you should be! Tours and events offered throughout the day. Join us at 1:00 p.m. for a special "State of the Senior Center" address with a Cake & Punch Reception.

November 12, 2:00 PM – Veterans Day Concert

The Gold Tones Show Choir will be here to share a special performance honoring the men and women who have so graciously served our country.

December 7-9 – Holiday on the Riverwalk Tour

Patti Tours has put together a holiday tour to remember! Trip includes a Rio San Antonio Cruise, a live show at the Aztec Theatre, a Fredericksburg visit, the Living Story of Christmas and a lights tour in Johnson City, and a gospel brunch in Gruene. Cost is \$459 pp/dbl. Registration begins October 1. \$100 deposit due at registration. Non-members are welcome, but must purchase a Senior Center day pass (\$5/Hurst residents; \$10/non-residents). Flyers with more details are available at the Hurst Senior Center Travel Information Table.



Now that the summer has come and gone, and the family vacations are complete, you can get back into your regular workout routine at the Hurst Recreation Center. Whether you want to continue your fitness program, get back on track with one, or start a new one altogether, the Hurst Recreation Center can help you meet all of your fitness goals!

Our state-of-the-art Fitness Center has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, seated crosstrainers, and a wide variety of strength equipment (plate loaded, dumbbells, pin-selectorized). All of our treadmills, elliptical crosstrainers, and lateral trainers have 15" LCD screens so that you can watch TV while working out. The treadmills and elliptical crosstrainers are also iPod compatible so you can listen to your favorite tunes or watch your favorite videos stored on your iPod while you work out. If walking or jogging is your preferred fitness activity, you can use our Jogging/Walking Track and never miss a workout because of inclement weather

outside. We also offer numerous fitness classes (aerobics, spinning, Zumba, etc.) that will get you into shape.

Do you have a group of friends that enjoys playing basketball? Get a team together and play in the Hurst Recreation Division's Adult Basketball League. While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, walleyball or table tennis. Equipment used to participate in these activities is available for check out, with your "Quality of Life" rec card, at the front desk of the Recreation Center.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers, who are available to custom-design a fitness plan that will meet your needs. For more information, contact the front desk at the Recreation Center 817.788.7325.

Our Commitment to Quality:

Your satisfaction is our goal. . . we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and life-long learning opportunities. If you

are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

Mission Statement

The Hurst Recreation Division is dedicated to improving the quality of life for citizens of all ages by providing a variety of recreational activities, special events, facilities, and services that encourage life-long learning, fitness and fun.

Pre-School Programs

3 Years & Younger

Mozart's Twos

(18 months-2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.**

(Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 18000-A | M | 5:00-5:30PM | 8WKS | 8/27 | \$24 |
|---------|---|-------------|------|------|------|

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|---------|---|---------------|------|------|------|
| 18000-B | W | 10:00-10:30AM | 8WKS | 8/29 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 19000-A | M | 5:00-5:30PM | 5WKS | 11/5 | \$15 |
|---------|---|-------------|------|------|------|

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|---------|---|---------------|------|------|------|
| 19000-B | W | 10:00-10:30AM | 5WKS | 11/7 | \$15 |
|---------|---|---------------|------|------|------|

Fun Fall Crafts

(18 months-2 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 18777-A | M | 4:30-5:00PM | 8WKS | 8/27 | \$30 |
|---------|---|-------------|------|------|------|

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|---------|---|--------------|------|------|------|
| 18777-B | W | 9:30-10:00AM | 8WKS | 8/29 | \$30 |
|---------|---|--------------|------|------|------|

Rocking Around the Christmas Tree

(18 months-2 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 19777-A | M | 4:30-5:00PM | 5WKS | 11/5 | \$15 |
|---------|---|-------------|------|------|------|

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|---------|---|--------------|------|------|------|
| 19777-B | W | 9:00-10:00AM | 5WKS | 11/7 | \$15 |
|---------|---|--------------|------|------|------|

Happy Feet (2 years)

Let's get those feet tapping and those bodies moving! We will have fun with music and movement while working on the development of our gross motor skills.

Instructor: Dottie Nicholson

Fall

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|---------|---|-------------|------|------|------|
| 18095-A | F | 9:00-9:30AM | 8WKS | 8/31 | \$24 |
|---------|---|-------------|------|------|------|

Holiday

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|---------|---|-------------|------|------|------|
| 19095-A | F | 9:00-9:30AM | 5WKS | 11/9 | \$15 |
|---------|---|-------------|------|------|------|

Mom & Me Soccer (2-3 years)

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOOAAAAALLLLL! (Tennis shoes required.)

Instructor: Stacie Castillo

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 18700-A | F | 9:00-9:30AM | 8WKS | 8/31 | \$22 |
|---------|---|-------------|------|------|------|

Holiday

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|---------|---|-------------|------|------|------|
| 19700-A | F | 9:00-9:30AM | 5WKS | 11/9 | \$12 |
|---------|---|-------------|------|------|------|

Colors & Shapes (2-3 years)

Let's learn about all the colors of the rainbow and the shapes that surround us! (Supply Fee \$10)

Instructor: Dottie Nicholson

Fall

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|---------|---|-------------|------|------|------|
| 18400-A | M | 9:00-9:30AM | 8WKS | 8/27 | \$22 |
|---------|---|-------------|------|------|------|

1, 2, Buckle My Shoe (2 years)

We will work on counting and number recognitions through songs, stories, and more! (Supply Fee \$10)

Instructor: Dottie Nicholson

Holiday

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|---------|---|-------------|------|------|------|
| 19444-A | M | 9:00-9:30AM | 5WKS | 11/5 | \$12 |
|---------|---|-------------|------|------|------|

Little Painters (3-5 years)

We'll create masterpieces using finger paints, stencils, sponges, and even rocks! (Supply Fee \$5.)

Instructor: Dottie Nicholson

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 18333-A | W | 9:00-9:30AM | 8WKS | 8/29 | \$24 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 19333-A | W | 9:00-9:30AM | 5WKS | 11/7 | \$15 |
|---------|---|-------------|------|------|------|

3 Years & Older

Movin' Groovin' (3-5 years)

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions, and our manners. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.**

Instructor: Mary Cassidy (Certified School Teacher)

Fall

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|---------|---|------------|------|------|------|
| 18100-A | T | 11:30-Noon | 8WKS | 8/28 | \$22 |
|---------|---|------------|------|------|------|

Holiday

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|---------|---|------------|------|------|------|
| 19100-A | T | 11:30-Noon | 5WKS | 11/6 | \$14 |
|---------|---|------------|------|------|------|

Phonics Fun - Step I (3-5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

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|---------|---|-------------|------|------|------|
| 18030-A | M | 9:00-9:45AM | 8WKS | 8/27 | \$24 |
|---------|---|-------------|------|------|------|

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|---------|----|-------------|------|------|------|
| 18030-B | TH | 9:00-9:45AM | 8WKS | 8/30 | \$24 |
|---------|----|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 19030-A | M | 9:00-9:45AM | 5WKS | 11/5 | \$15 |
|---------|---|-------------|------|------|------|

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|---------|----|-------------|------|------|------|
| 19030-B | TH | 9:00-9:45AM | 5WKS | 11/8 | \$15 |
|---------|----|-------------|------|------|------|

Preschool & Youth Programs:

Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

Phonics Fun - Step II (3-5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|----|---------------|------|------|------|
| 18035-A | M | 10:30-11:15AM | 8WKS | 8/27 | \$24 |
| 18035-B | TH | 10:30-11:15AM | 8WKS | 8/30 | \$24 |

Holiday

| | | | | | |
|---------|----|---------------|------|------|------|
| 19035-A | M | 10:30-11:15AM | 5WKS | 11/5 | \$15 |
| 19035-B | TH | 10:30-11:15AM | 5WKS | 11/8 | \$15 |

Math Fun (3-5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)
(Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|----|--------------|------|------|------|
| 18205-A | M | 9:45-10:30AM | 8WKS | 8/27 | \$24 |
| 18205-B | TH | 9:45-10:30AM | 8WKS | 8/30 | \$24 |

Holiday

| | | | | | |
|---------|----|--------------|------|------|------|
| 19205-A | M | 9:45-10:30AM | 5WKS | 11/5 | \$15 |
| 19205-B | TH | 9:45-10:30AM | 5WKS | 11/8 | \$15 |

Kooky Science Fun (3-5 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|----|------------|------|------|------|
| 18025-A | TH | 11:15-Noon | 8WKS | 8/30 | \$24 |
|---------|----|------------|------|------|------|

Holiday

| | | | | | |
|---------|----|------------|------|------|------|
| 19025-A | TH | 11:15-Noon | 5WKS | 11/8 | \$15 |
|---------|----|------------|------|------|------|

Crazy Daisy Autumn (3-5 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|--------------|------|------|------|
| 18015-A | T | 9:30-10:20AM | 8WKS | 8/28 | \$24 |
|---------|---|--------------|------|------|------|

Rocking Around the Christmas Tree (3-5 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Holiday

| | | | | | |
|---------|---|--------------|------|------|------|
| 19777-C | T | 9:30-10:20AM | 5WKS | 11/6 | \$15 |
|---------|---|--------------|------|------|------|

NEW! Alphabet Fun (3-5 years)

Let's play and learn about the alphabet through stories, games, and lots of practice! (Supply Fee \$10)

Instructor: Dottie Nicholson

Fall

| | | | | | |
|---------|---|--------------|------|------|------|
| 18130-A | W | 9:45-10:30AM | 8WKS | 8/29 | \$24 |
|---------|---|--------------|------|------|------|

Holiday

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|---------|---|--------------|------|------|------|
| 19130-A | W | 9:45-10:30AM | 5WKS | 11/7 | \$15 |
|---------|---|--------------|------|------|------|

Creative Crafts (3-6 years)

Let's get those creative juices flowing and create some fun crafts! We'll make a craft each week. (Supply Fee \$10)

Instructor: Dottie Nicholson

Fall

| | | | | | |
|---------|---|--------------|------|------|------|
| 18002-A | M | 9:45-10:30AM | 8WKS | 8/27 | \$24 |
|---------|---|--------------|------|------|------|

Nature Thought of it First (3-6 years)

Come explore the nature around us. We will learn about and how to take care of the world around us. (Supply Fee \$10.)

Instructor: Dottie Nicholson

Holiday

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|---------|---|--------------|------|------|------|
| 19195-A | F | 9:45-10:30AM | 5WKS | 11/9 | \$24 |
|---------|---|--------------|------|------|------|

Science Magic (3-6 years)

Let's explore the magical side of science! We'll float water under a plate, pull the plastic out of glue, and more fall fun! (Supply Fee \$10)

Instructor: Dottie Nicholson

Fall

| | | | | | |
|---------|---|--------------|------|------|------|
| 18026-A | F | 9:45-10:30AM | 8WKS | 8/31 | \$24 |
|---------|---|--------------|------|------|------|

NEW! No Bake Cooking (3-6 years)

What can you make that doesn't require an oven? Lots of things! We will make sandwiches, snacks, and more using the no baking method! (Supply Fee \$10.)

Instructor: Dottie Nicholson

Fall

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|---------|---|---------------|------|------|------|
| 18468-A | F | 10:45-11:30AM | 8WKS | 8/31 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

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|---------|---|---------------|------|------|------|
| 19468-A | F | 10:45-11:30AM | 5WKS | 11/9 | \$15 |
|---------|---|---------------|------|------|------|

Holiday Crafts Fun (3-6 years)

Let's get ready for the holidays! We'll create decorations and gifts for the holidays! (Supply Fee \$10)

Instructor: Dottie Nicholson

Holiday

| | | | | | |
|---------|---|--------------|------|------|------|
| 19002-A | M | 9:45-10:30AM | 5WKS | 11/5 | \$15 |
|---------|---|--------------|------|------|------|

Bugs, Bugs, Bugs (3-6 years)

Do you like watching those creepy critters in your backyard? We will learn all about insects and even conduct some live inspections of specimens. (Supply Fee \$10.)

Instructor: Dottie Nicholson

Holiday

| | | | | | |
|---------|---|---------------|------|------|------|
| 19222-A | M | 10:45-11:30AM | 5WKS | 11/5 | \$15 |
|---------|---|---------------|------|------|------|

When Dinosaurs Roamed (3-6 years)

Do you LOVE dinosaurs? Come learn about all of the different dinosaurs that roamed the earth. We will have a great time learning through games, crafts, and stories. (Supply Fee \$10.)

Instructor: Dottie Nicholson

Fall

| | | | | | |
|---------|---|---------------|------|------|------|
| 18666-A | M | 10:45-11:30AM | 8WKS | 8/27 | \$22 |
|---------|---|---------------|------|------|------|

Yes, I Can Draw (3-5 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 18010-A | T | 9:00-9:30AM | 8WKS | 8/28 | \$22 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 19010-A | T | 9:00-9:30AM | 5WKS | 11/6 | \$14 |
|---------|---|-------------|------|------|------|

Healthy Yummie in My Tummie (3-5 years)

Calling all pre-schoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch, and dinner. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|---------------|------|------|------|
| 18170-A | T | 10:30-11:15AM | 8WKS | 8/28 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

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|---------|---|---------------|------|------|------|
| 19170-A | T | 10:30-11:15AM | 5WKS | 11/6 | \$15 |
|---------|---|---------------|------|------|------|

Ballet for Tots (3-5 years)

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: LaTisha Clay

Fall

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|---------|---|---------------|------|------|------|
| 18180-A | T | 10:30-11:00AM | 8WKS | 8/28 | \$22 |
|---------|---|---------------|------|------|------|

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|---------|---|---------------|------|------|------|
| 18180-B | W | 10:30-11:00AM | 8WKS | 8/29 | \$22 |
|---------|---|---------------|------|------|------|

Holiday

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|---------|---|---------------|------|------|------|
| 19180-A | T | 10:30-11:00AM | 5WKS | 11/6 | \$14 |
|---------|---|---------------|------|------|------|

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|---------|---|---------------|------|------|------|
| 19180-B | W | 10:30-11:00AM | 5WKS | 11/7 | \$14 |
|---------|---|---------------|------|------|------|

Tiny Dancer I (3-4 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Fall

Instructor: LaTisha Clay

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|---------|---|---------------|------|------|------|
| 18060-A | T | 11:00-11:45AM | 8WKS | 8/28 | \$24 |
|---------|---|---------------|------|------|------|

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|---------|---|---------------|------|------|------|
| 18060-B | W | 11:00-11:45AM | 8WKS | 8/29 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

Instructor: LaTisha Clay

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|---------|---|---------------|------|------|------|
| 19060-A | T | 11:00-11:45AM | 5WKS | 11/6 | \$15 |
|---------|---|---------------|------|------|------|

| | | | | | |
|---------|---|---------------|------|------|------|
| 19060-B | W | 11:00-11:45AM | 5WKS | 11/7 | \$15 |
|---------|---|---------------|------|------|------|

Tiny Dancer II

(4-5 years with at least one session of experience in Tiny Dancer I)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Fall

Instructor: LaTisha Clay

| | | | | | |
|---------|---|---------------|------|------|------|
| 18070-A | T | 11:45-12:30PM | 8WKS | 8/28 | \$24 |
|---------|---|---------------|------|------|------|

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|---------|---|---------------|------|------|------|
| 18070-B | W | 11:45-12:30PM | 8WKS | 8/29 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

Instructor: LaTisha Clay

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|---------|---|---------------|------|------|------|
| 19070-A | T | 11:45-12:30PM | 5WKS | 11/6 | \$15 |
|---------|---|---------------|------|------|------|

| | | | | | |
|---------|---|---------------|------|------|------|
| 19070-B | W | 11:45-12:30PM | 5WKS | 11/7 | \$15 |
|---------|---|---------------|------|------|------|

Pre-School Athletics (4-5 years)

Let's get moving this fall with Athletics! We will follow a typical PE format including individual skills as well as team interaction. (Athletic shoes required.)

Instructor: Tammy Slovensky

Fall

| | | | | | |
|---------|---|------------|------|------|------|
| 18300-A | W | 11:30-Noon | 8WKS | 8/29 | \$28 |
|---------|---|------------|------|------|------|

Holiday

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|---------|---|------------|------|-------|------|
| 19300-A | W | 11:30-Noon | 5WKS | 11/14 | \$14 |
|---------|---|------------|------|-------|------|



Little Tyke Basketball (4-6 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Stacie Castillo

Fall

| | | | | | |
|---------|---|---------------|------|------|------|
| 18500-A | F | 10:30-11:00AM | 8WKS | 8/31 | \$22 |
|---------|---|---------------|------|------|------|

Holiday

| | | | | | |
|---------|---|---------------|------|------|------|
| 19500-A | F | 10:30-11:00AM | 5WKS | 11/9 | \$12 |
|---------|---|---------------|------|------|------|

Little Tyke Soccer (4-6 years)

GGGOOOAAALLL! You will get your feet running and learn the basics of the world's most popular sport. (Athletic shoes required)

Instructor: Staci Castillo

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 18600-A | W | 5:30-6:00PM | 8WKS | 8/29 | \$22 |
|---------|---|-------------|------|------|------|

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|---------|---|--------------|------|------|------|
| 18600-B | F | 9:30-10:00AM | 8WKS | 8/31 | \$22 |
|---------|---|--------------|------|------|------|

Holiday

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|---------|---|-------------|------|------|------|
| 19600-A | W | 5:30-6:00PM | 5WKS | 11/7 | \$12 |
|---------|---|-------------|------|------|------|

| | | | | | |
|---------|---|--------------|------|------|------|
| 19600-B | F | 9:30-10:00AM | 5WKS | 11/9 | \$12 |
|---------|---|--------------|------|------|------|

NEW! Ready for Kindergarten Prep Program (4-5 years)

This brand new program is designed to prepare your student for Kindergarten. The program will meet Monday – Thursday from 8:30-2:30 p.m and is an on-going program following the HEB ISD School Calendar and begins on August 27.

The class will be structured like Kindergarten and prepare your child for their big step into formal education. The children will be exposed to reading, writing, math, and science.

The teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education majoring in Elementary Education and a minor in Early Childhood Education and Reading. She has taught Kindergarten and first grade for the last nine years in the Dallas/Ft. Worth area.

The monthly fee is due by the first class of each month. If the fee is not paid by the first class of the month, the child will not be able to participate in class. The class is limited to 15 children and is a school year commitment. A \$25 supply fee will be due to the instructor on the first day of class in August and on the first day of class in January.

Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.

Instructor: Anne Stokes (Certified School Teacher)

August

| | | | | | |
|---------|------|-------------|------|------|------|
| 18050-A | M-TH | 8:30-2:30PM | 1WKS | 8/27 | \$74 |
|---------|------|-------------|------|------|------|

September

| | | | | | |
|---------|------|-------------|------|-----|-------|
| 18050-B | M-TH | 8:30-2:30PM | 4WKS | 9/4 | \$295 |
|---------|------|-------------|------|-----|-------|

October

| | | | | | |
|---------|------|-------------|------|------|-------|
| 18050-C | M-TH | 8:30-2:30PM | 4WKS | 10/1 | \$295 |
|---------|------|-------------|------|------|-------|

November

| | | | | | |
|---------|------|-------------|------|------|-------|
| 18050-D | M-TH | 8:30-2:30PM | 4WKS | 11/1 | \$295 |
|---------|------|-------------|------|------|-------|

December

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|---------|------|-------------|--------|------|-------|
| 18050-E | M-TH | 8:30-2:30PM | 2.5WKS | 12/3 | \$185 |
|---------|------|-------------|--------|------|-------|

Youth Programs

3-in-1 Dance Combo Class - Part I & II

(5-14 years)

Are you looking for a class that has it all? You will get a taste of ballet, tap, and jazz all in the same class! (Ballet, tap, and jazz shoes required.)

Instructor: LaTisha Clay

Fall

Part I: (5-10 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 28300-A | T | 4:00-5:15PM | 8WKS | 8/28 | \$28 |
|---------|---|-------------|------|------|------|

Part II: (7-14 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 28300-B | W | 4:45-6:00PM | 8WKS | 8/29 | \$28 |
|---------|---|-------------|------|------|------|

Holiday

Part I: (5-10 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 29300-A | T | 4:00-5:15PM | 5WKS | 11/6 | \$18 |
|---------|---|-------------|------|------|------|

Part II: (7-14 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 29300-B | W | 4:45-6:00PM | 5WKS | 11/7 | \$18 |
|---------|---|-------------|------|------|------|

Hip-Hop Dance - Part I & II (5-12 years)

In this class you will learn the basics of hip-hop dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Sneakers required)

Instructor: LaTisha Clay

Fall

Part I: (5-10 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 28070-A | W | 4:00-4:45PM | 8WKS | 8/29 | \$24 |
|---------|---|-------------|------|------|------|

Part II: (7-14 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 28070-B | T | 5:15-6:00PM | 8WKS | 8/28 | \$24 |
|---------|---|-------------|------|------|------|

Holiday

Part I: (5-10 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 29070-A | W | 4:00-4:45PM | 5WKS | 11/7 | \$18 |
|---------|---|-------------|------|------|------|

Part II: (7-14 years)

| | | | | | |
|---------|---|-------------|------|------|------|
| 29070-B | T | 5:15-6:00PM | 5WKS | 11/6 | \$18 |
|---------|---|-------------|------|------|------|



Creative Dance (7-12 years)

Do you love listening and dancing to music? We'll get those creative juices flowing and our bodies moving!

Instructor: Adam Jupiter

Fall

| | | | | | |
|---------|---|-------------|------|-----|------|
| 28075-A | S | Noon-1:00PM | 8WKS | 9/1 | \$28 |
|---------|---|-------------|------|-----|------|

Holiday

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|---------|---|-------------|------|-------|------|
| 29075-A | S | Noon-1:00PM | 5WKS | 11/10 | \$20 |
|---------|---|-------------|------|-------|------|

Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 28170-A | T | 4:30-5:30PM | 8WKS | 8/28 | \$24 |
|---------|---|-------------|------|------|------|

Holiday

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|---------|---|-------------|------|------|------|
| 29170-A | T | 4:30-5:30PM | 5WKS | 11/6 | \$15 |
|---------|---|-------------|------|------|------|

Water Coloring (6-12 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 28090-A | T | 5:30-6:30PM | 8WKS | 8/28 | \$24 |
|---------|---|-------------|------|------|------|

Holiday

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|---------|---|-------------|------|------|------|
| 29090-A | T | 5:30-6:30PM | 5WKS | 11/6 | \$15 |
|---------|---|-------------|------|------|------|

Kooky Science Fun (5-12 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

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|---------|---|---------------|------|------|------|
| 28190-A | W | 11:50-12:30PM | 8WKS | 8/29 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

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|---------|---|---------------|------|------|------|
| 29190-B | W | 11:50-12:30PM | 5WKS | 11/7 | \$15 |
|---------|---|---------------|------|------|------|

Guitar - Beginner and Advanced Beginner

(7+ years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar. Fee includes textbook.

Instructor: Dallas Kaemmerling

Fall

Beginner (7-11 years)

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|---------|----|-------------|------|------|------|
| 28020-A | TH | 6:00-6:45PM | 8WKS | 8/30 | \$48 |
|---------|----|-------------|------|------|------|

Advanced Beginner (12+ years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 28020-B | TH | 7:00-7:45PM | 8WKS | 8/30 | \$48 |
|---------|----|-------------|------|------|------|

Holiday

Beginner (7-11 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 29020-A | TH | 6:00-6:45PM | 5WKS | 11/8 | \$30 |
|---------|----|-------------|------|------|------|

Advanced Beginner (12+ years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 29020-B | TH | 7:00-7:45PM | 5WKS | 11/8 | \$30 |
|---------|----|-------------|------|------|------|

Homeschool Art (5-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.** (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall

| | | | | | |
|---------|---|---------------|------|------|------|
| 28040-A | W | 11:00-11:50AM | 8WKS | 8/29 | \$24 |
|---------|---|---------------|------|------|------|

Holiday

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|---------|---|---------------|------|------|------|
| 29040-A | W | 11:00-11:50AM | 5WKS | 11/7 | \$15 |
|---------|---|---------------|------|------|------|

Soccer Skills (7-12 years)

Are you looking to improve your soccer skills? Grab your athletic shoes and ball, and let's get started! We will go over your basic skills and begin working on more advanced skills. (Athletic shoes required.)

Instructor: Stacie Castillo

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 28500-A | W | 6:00-6:30PM | 8WKS | 8/29 | \$22 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 29500-A | W | 6:00-6:30PM | 5WKS | 11/7 | \$14 |
|---------|---|-------------|------|------|------|

Basketball Basics (7-12 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Stacie Castillo

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 28030-A | W | 6:30-7:00PM | 8WKS | 8/29 | \$22 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 29030-A | W | 6:30-7:00PM | 5WKS | 11/7 | \$14 |
|---------|---|-------------|------|------|------|

Girls Volleyball Beginners Basics (8-12 years)

Do you have an interest in playing volleyball? We will learn the basics to get you started. (Tennis shoes required.)

Fall

Instructor: Stacie Castillo

| | | | | | |
|---------|---|-------------|------|------|------|
| 28035-A | W | 7:15-7:45PM | 8WKS | 8/29 | \$22 |
|---------|---|-------------|------|------|------|

Instructor: Shanell Jupiter

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|---------|---|---------------|------|-----|------|
| 28035-B | S | 10:00-10:30AM | 8WKS | 9/1 | \$22 |
|---------|---|---------------|------|-----|------|

Holiday

Instructor: Stacie Castillo

| | | | | | |
|---------|---|-------------|------|------|------|
| 29035-A | W | 7:15-7:45PM | 5WKS | 11/7 | \$14 |
|---------|---|-------------|------|------|------|

Instructor: Shanell Jupiter

| | | | | | |
|---------|---|---------------|------|-------|------|
| 29035-B | S | 10:00-10:30AM | 5WKS | 11/10 | \$14 |
|---------|---|---------------|------|-------|------|

ITF - Tae Kwon Do (5+ years)

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

Fall

(White Belts)

| | | | | | |
|---------|---|--------------|------|-----|------|
| 28700-A | S | 9:05-10:05AM | 8WKS | 9/1 | \$56 |
|---------|---|--------------|------|-----|------|

(Color Belts)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 28700-B | S | 10:10-11:10AM | 8WKS | 9/1 | \$56 |
|---------|---|---------------|------|-----|------|

Holiday

(White Belts)

| | | | | | |
|---------|---|--------------|------|-------|------|
| 29700-A | S | 9:05-10:05AM | 5WKS | 11/10 | \$35 |
|---------|---|--------------|------|-------|------|

(Color Belts)

| | | | | | |
|---------|---|---------------|------|-------|------|
| 29700-B | S | 10:10-11:10AM | 5WKS | 11/10 | \$35 |
|---------|---|---------------|------|-------|------|

Please Remember

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 9-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an on-going monthly class.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

September

| | | | | | |
|---------|---|--------------|------|------|------|
| 28900-A | M | 6:00-7:00 PM | 4WKS | 9/10 | \$35 |
| | S | 9:05-10:00AM | | | |

October

| | | | | | |
|---------|---|--------------|------|------|------|
| 28900-B | M | 6:00-7:00 PM | 4WKS | 10/1 | \$35 |
| | S | 9:05-10:00AM | | | |

November

| | | | | | |
|---------|---|--------------|------|------|------|
| 28900-C | M | 6:00-7:00 PM | 4WKS | 11/5 | \$35 |
| | S | 9:05-10:00AM | | | |

December

| | | | | | |
|---------|---|--------------|------|------|------|
| 28900-D | M | 6:00-7:00 PM | 4WKS | 12/3 | \$35 |
| | S | 9:05-10:00AM | | | |

Homeschool Judo Program (6+ years)

Here is a great opportunity for Homeschoolers looking for physical activities to compliment their studies! Judo was founded in 1882 and focuses on throwing and grappling techniques. You will not only increase your overall fitness level, but will also gain self confidence and discipline. The instructor, Ron Stokes, has 57 years of active Judo experience as a coach and competitor.

This is an on-going monthly class.

Instructor: Ron Stokes

September

| | | | | | |
|---------|----|--------------|------|-----|------|
| 28400-A | MW | 1:00-2:00 PM | 4WKS | 9/5 | \$35 |
|---------|----|--------------|------|-----|------|

October

| | | | | | |
|---------|----|--------------|------|------|------|
| 28400-B | MW | 1:00-2:00 PM | 4WKS | 10/1 | \$35 |
|---------|----|--------------|------|------|------|

November

| | | | | | |
|---------|----|--------------|------|------|------|
| 28400-C | MW | 1:00-2:00 PM | 4WKS | 11/5 | \$35 |
|---------|----|--------------|------|------|------|

December

| | | | | | |
|---------|----|--------------|------|------|------|
| 28400-D | MW | 1:00-2:00 PM | 4WKS | 12/3 | \$35 |
|---------|----|--------------|------|------|------|

Karate/Self-Defense (5-15 years)

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

Fall**Beginner: (8-15 years)**

| | | | | | |
|---------|---|-------------|------|------|------|
| 28111-A | M | 6:00-8:00PM | 8WKS | 8/27 | \$34 |
|---------|---|-------------|------|------|------|

Beginner: (5-7 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 28111-B | MW | 4:00-5:00PM | 8WKS | 8/27 | \$34 |
|---------|----|-------------|------|------|------|

Advanced: (8-15 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 28111-C | MW | 5:00-6:00PM | 8WKS | 8/27 | \$34 |
|---------|----|-------------|------|------|------|

Holiday**Beginner: (8-15 years)**

| | | | | | |
|---------|---|-------------|------|------|------|
| 29111-A | M | 6:00-8:00PM | 5WKS | 11/5 | \$21 |
|---------|---|-------------|------|------|------|

Beginner: (5-7 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 29111-B | MW | 4:00-5:00PM | 5WKS | 11/5 | \$21 |
|---------|----|-------------|------|------|------|

Advanced: (8-15 years)

| | | | | | |
|---------|----|-------------|------|------|------|
| 29111-C | MW | 5:00-6:00PM | 5WKS | 11/5 | \$21 |
|---------|----|-------------|------|------|------|



Gymnastics Programs

Parent/Tot Tumbling (16-36 mos)

A fun class for you and your child to build a growing relationship through the learning of basic motor skills, tumbling, and coordination. **One child per parent.**

Fall

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|--------------|------|------|------|
| 38040-A | M | 9:30-10:00AM | 8WKS | 8/27 | \$22 |
| 38040-B | T | 9:30-10:00AM | 8WKS | 8/28 | \$22 |
| 38040-C | W | 9:30-10:00AM | 8WKS | 8/29 | \$22 |
| 38040-D | TH | 9:30-10:00AM | 8WKS | 8/30 | \$22 |

Instructor: Miranda Slovensky

| | | | | | |
|---------|----|-------------|------|------|------|
| 38040-E | W | 6:00-6:30PM | 8WKS | 8/29 | \$22 |
| 38040-F | TH | 6:00-6:30PM | 8WKS | 8/30 | \$22 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|---------------|------|------|------|
| 38040-G | M | 4:00-4:30PM | 8WKS | 8/27 | \$22 |
| 38040-H | T | 11:00-11:30AM | 8WKS | 8/28 | \$22 |
| 38040-I | T | 4:00-4:30PM | 8WKS | 8/28 | \$22 |
| 38040-J | TH | 11:00-11:30AM | 8WKS | 8/30 | \$22 |
| 38040-K | TH | 4:00-4:30PM | 8WKS | 8/30 | \$22 |

Holiday

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|--------------|------|-------|------|
| 39040-A | M | 9:30-10:00AM | 5WKS | 11/12 | \$14 |
| 39040-B | T | 9:30-10:00AM | 5WKS | 11/13 | \$14 |
| 39040-C | W | 9:30-10:00AM | 5WKS | 11/14 | \$14 |
| 39040-D | TH | 9:30-10:00AM | 5WKS | 11/15 | \$14 |

Instructor: Miranda Slovensky

| | | | | | |
|---------|----|-------------|------|------|------|
| 39040-E | W | 6:00-6:30PM | 5WKS | 11/7 | \$14 |
| 39040-F | TH | 6:00-6:30PM | 5WKS | 11/8 | \$14 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|---------------|------|------|------|
| 39040-G | M | 4:00-4:30PM | 5WKS | 11/5 | \$14 |
| 39040-H | T | 11:00-11:30AM | 5WKS | 11/6 | \$14 |
| 39040-I | T | 4:00-4:30PM | 5WKS | 11/6 | \$14 |
| 39040-J | TH | 11:00-11:30AM | 5WKS | 11/8 | \$14 |
| 39040-K | TH | 4:00-4:30PM | 5WKS | 11/8 | \$14 |

Tiny Tikes (2.5-3.5 years)

Here's a class that introduces your child to the basic motor skills for tumbling and acquaints tots with the gymnastics equipment.

Fall

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|---------------|------|------|------|
| 38030-A | M | 10:00-10:30AM | 8WKS | 8/27 | \$22 |
| 38030-B | T | 10:00-10:30AM | 8WKS | 8/28 | \$22 |
| 38030-C | W | 10:00-10:30AM | 8WKS | 8/29 | \$22 |
| 38030-D | TH | 10:00-10:30AM | 8WKS | 8/30 | \$22 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|-------------|------|------|------|
| 38030-E | T | 9:00-9:30AM | 8WKS | 8/28 | \$22 |
| 38030-F | TH | 9:00-9:30AM | 8WKS | 8/30 | \$22 |

Instructor: Marinda Slovensky

| | | | | | |
|---------|---|-------------|------|------|------|
| 38030-G | M | 5:00-5:30PM | 8WKS | 8/27 | \$22 |
| 38030-H | W | 5:30-6:00PM | 8WKS | 8/29 | \$22 |

Holiday

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|---------------|------|-------|------|
| 39030-A | M | 10:00-10:30AM | 5WKS | 11/12 | \$14 |
| 39030-B | T | 10:00-10:30AM | 5WKS | 11/13 | \$14 |
| 39030-C | W | 10:00-10:30AM | 5WKS | 11/14 | \$14 |
| 39030-D | TH | 10:00-10:30AM | 5WKS | 11/15 | \$14 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|-------------|------|------|------|
| 39030-E | T | 9:00-9:30AM | 5WKS | 11/6 | \$14 |
| 39030-F | TH | 9:00-9:30AM | 5WKS | 11/8 | \$14 |

Instructor: Marinda Slovensky

| | | | | | |
|---------|---|-------------|------|------|------|
| 39030-G | M | 5:00-5:30PM | 5WKS | 11/5 | \$14 |
| 39030-H | W | 5:30-6:00PM | 5WKS | 11/7 | \$14 |

Tumbling Tots I (3-4 years)

Your tot will strengthen motor skills and enhance their coordination while learning tumbling skills and the use of all gymnastics equipment.

Fall

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|---------------|------|------|------|
| 38011-A | M | 10:30-11:00AM | 8WKS | 8/27 | \$22 |
| 38011-B | T | 10:30-11:00AM | 8WKS | 8/28 | \$22 |
| 38011-C | W | 10:30-11:00AM | 8WKS | 8/29 | \$22 |
| 38011-D | TH | 10:30-11:00AM | 8WKS | 8/30 | \$22 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|--------------|------|------|------|
| 38011-E | T | 9:30-10:00AM | 8WKS | 8/28 | \$22 |
| 38011-F | T | 5:30-6:00PM | 8WKS | 8/28 | \$22 |
| 38011-G | TH | 9:30-10:00AM | 8WKS | 8/30 | \$22 |
| 38011-H | TH | 5:30-6:00PM | 8WKS | 8/30 | \$22 |

Instructor: Marinda Slovensky

| | | | | | |
|---------|----|-------------|------|------|------|
| 38011-I | M | 5:30-6:00PM | 8WKS | 8/27 | \$22 |
| 38011-J | W | 5:00-5:30PM | 8WKS | 8/29 | \$22 |
| 38011-K | TH | 5:00-5:30PM | 8WKS | 8/30 | \$22 |

Holiday

Instructor: Tammy Slovensky

| | | | | | |
|---------|----|---------------|------|-------|------|
| 39011-A | M | 10:30-11:00AM | 5WKS | 11/12 | \$14 |
| 39011-B | T | 10:30-11:00AM | 5WKS | 11/13 | \$14 |
| 39011-C | W | 10:30-11:00AM | 5WKS | 11/14 | \$14 |
| 39011-D | TH | 10:30-11:00AM | 5WKS | 11/15 | \$14 |

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|--------------|------|------|------|
| 39011-E | T | 9:30-10:00AM | 5WKS | 11/6 | \$14 |
| 39011-F | T | 5:30-6:00PM | 5WKS | 11/6 | \$14 |
| 39011-G | TH | 9:30-10:00AM | 5WKS | 11/8 | \$14 |
| 39011-H | TH | 5:30-6:00PM | 5WKS | 11/8 | \$14 |
| 39011-I | F | 4:00-4:30PM | 5WKS | 11/9 | \$14 |

Instructor: Marinda Slovensky

| | | | | | |
|---------|----|-------------|------|------|------|
| 39011-J | M | 5:30-6:00PM | 5WKS | 11/5 | \$14 |
| 39011-K | W | 5:00-5:30PM | 5WKS | 11/7 | \$14 |
| 39011-L | TH | 5:00-5:30PM | 5WKS | 11/8 | \$14 |

Help Us Help You!

Please enroll early!
Help us keep your favorite classes around by enrolling early. There is a point when classes must be cancelled due to low enrollment. Help us prevent course cancellations by registering early.

Tumbling Tots II (4-5 years)

Your tumbler will learn more advanced movements while mastering the skills introduced in Level I.

Fall

Instructor: Tammy Slovsky

| | | | | | |
|---------|----|---------------|------|------|------|
| 38022-A | M | 11:00-11:30AM | 8WKS | 8/27 | \$22 |
| 38022-B | T | 11:00-11:30AM | 8WKS | 8/28 | \$22 |
| 38022-C | W | 11:00-11:30AM | 8WKS | 8/29 | \$22 |
| 38022-D | TH | 11:00-11:30AM | 8WKS | 8/30 | \$22 |

Instructor: Miranda Slovsky

| | | | | | |
|---------|----|-------------|------|------|------|
| 38022-E | TH | 5:30-6:00PM | 8WKS | 8/30 | \$22 |
|---------|----|-------------|------|------|------|

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|---------------|------|------|------|
| 38022-F | M | 5:30-6:00PM | 8WKS | 8/27 | \$22 |
| 38022-G | T | 10:00-10:30AM | 8WKS | 8/28 | \$22 |
| 38022-H | T | 6:00-6:30PM | 8WKS | 8/28 | \$22 |
| 38022-I | TH | 10:00-10:30AM | 8WKS | 8/30 | \$22 |
| 38022-J | TH | 6:00-6:30PM | 8WKS | 8/30 | \$22 |

Holiday

Instructor: Tammy Slovsky

| | | | | | |
|---------|----|---------------|------|-------|------|
| 39022-A | M | 11:00-11:30AM | 5WKS | 11/12 | \$14 |
| 39022-B | T | 11:00-11:30AM | 5WKS | 11/13 | \$14 |
| 39022-C | W | 11:00-11:30AM | 5WKS | 11/14 | \$14 |
| 39022-D | TH | 11:00-11:30AM | 5WKS | 11/15 | \$14 |

Instructor: Miranda Slovsky

| | | | | | |
|---------|----|-------------|------|------|------|
| 39022-E | TH | 5:30-6:00PM | 5WKS | 11/8 | \$14 |
|---------|----|-------------|------|------|------|

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|---------------|------|------|------|
| 39022-F | M | 5:30-6:00PM | 5WKS | 11/5 | \$14 |
| 39022-G | T | 10:00-10:30AM | 5WKS | 11/6 | \$14 |
| 39022-H | T | 6:00-6:30PM | 5WKS | 11/6 | \$14 |
| 39022-I | TH | 10:00-10:30AM | 5WKS | 11/8 | \$14 |
| 39022-J | TH | 6:00-6:30PM | 5WKS | 11/8 | \$14 |
| 39022-K | F | 4:30-5:00PM | 5WKS | 11/9 | \$14 |

Tumbling Tots III (4-6 years)

This class is designed for tumblers who have already taken Tumbling Tots I and Tumbling Tots II. Your child must be able to do a forward roll and a cartwheel.

Instructor: Kathryn Cassidy

Fall

| | | | | | |
|---------|----|---------------|------|------|------|
| 38033-A | T | 10:30-11:00AM | 8WKS | 8/28 | \$22 |
| 38033-B | TH | 10:30-11:00AM | 8WKS | 8/30 | \$22 |

Holiday

| | | | | | |
|---------|----|---------------|------|------|------|
| 39033-A | T | 10:30-11:00AM | 5WKS | 11/6 | \$14 |
| 39033-B | TH | 10:30-11:00AM | 5WKS | 11/8 | \$14 |

Beginner Gymnastics (5-10 years)

You will learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars, and vault.

Fall

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|-------------|------|------|------|
| 38051-A | M | 4:30-5:30PM | 8WKS | 8/25 | \$26 |
| 38051-B | T | 4:30-5:30PM | 8WKS | 8/26 | \$26 |
| 38051-C | TH | 4:30-5:30PM | 8WKS | 8/28 | \$26 |

Holiday

Instructor: Kathryn Cassidy

| | | | | | |
|---------|----|-------------|------|------|------|
| 39051-A | M | 4:30-5:30PM | 5WKS | 11/5 | \$16 |
| 39051-B | T | 4:30-5:30PM | 5WKS | 11/6 | \$16 |
| 39051-C | TH | 4:30-5:30PM | 5WKS | 11/8 | \$16 |
| 39051-D | F | 5:00-6:00PM | 5WKS | 11/9 | \$16 |

Tumbling for Beginning Competitive Gymnasts (8-12 years)

If you are gearing up to start competitive gymnastics, this class will help you with your tumbling. We will work on connecting your cartwheels, front and back hand springs, round offs, back walkovers, and more. (You will need to be able to do handstand and bridge up.)

Instructor: Brittany Hamilton

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 38100-A | T | 7:00-8:30PM | 8WKS | 8/28 | \$40 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 39100-A | T | 7:00-8:30PM | 5WKS | 11/6 | \$50 |
|---------|---|-------------|------|------|------|

Private Tumbling Lessons (8+ years)

Do you need one-on-one instruction? The lesson will consist of 10-15 minutes of warm up stretching and the 30 minutes of private instruction based on your needs. Pre-registration is required for each lesson. Tuesdays from 8:30-9:15PM are available August-December. Each private lesson is \$30.

Instructor: Brittany Hamilton

Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructors: William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructors: William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Nutrition Counseling

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. A one-hour session is \$55 or a series of 3 sessions is \$130. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD)

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for the 4 sessions. All evaluations are done by appointment.

Instructors: Esther White (MS, RD, LD); William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Resting Metabolic Rate Test

Are you wondering how many calories your body is actually burning? The Resting Metabolic Rate Test is a scientific test that determines how many calories your body needs at rest. The test is specific to your body and its unique needs. Knowing your Resting Metabolic Rate can help you fine tune your eating patterns so you can finally lose the unwanted pounds or put on lean muscle mass. The test is \$75 and is done by appointment.

Instructors: Angela Pond (Certified Personal Trainer)

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

Fall

48010-A MWThF 8:30-9:15AM 8WKS 8/27 \$28

Holiday

49010-A MWThF 8:30-9:15AM 5WKS 11/5 \$18

Mix It Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of fun cardio and strength work to keep it fun, interesting, and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

Instructor: Behka Hartmann (Certified Fitness Instructor)

Fall

48040-A MWF 9:15-10:15AM 8WKS 8/27 \$40

Holiday

49040-A MWF 9:15-10:15AM 5WKS 11/5 \$25

Zumba

This class can only be described as FUN!! If you want to party, laugh, and have a great time while you lose those unwanted inches come and join us! The Latin inspired, easy-to-follow, calorie burning, dance fitness party. Feel the music and let loose. Every day of class is a whole new set of dancing and fun.

Instructor: Behka Hartmann (Certified Fitness Instructor)

Fall

48065-A MW 6:05-7:00PM 8WKS 8/27 \$40

Holiday

49065-A MW 6:05-7:00PM 5WKS 11/5 \$25

Zumba Gold Toning

Come learn the basic techniques of Zumba in this energizing fitness class. It's a great way to get your groove on! This is a great way for all ages to get started in Zumba or if you need a lower intensity. We'll use the musical maraca sounding toning sticks to bump up the work out by adding resistance. It's great for the mind, body, and soul!

Instructor: Behka Hartmann (Certified Fitness Instructor)

Fall

48050-A TTH 7:30-8:25AM 8WKS 8/28 \$40

Holiday

49050-A TTH 7:30-8:25AM 5WKS 11/6 \$25

Active Independents

Attention Seniors! Are you looking for an exercise class scaled to your fitness level? This is an all inclusive functional fitness class with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

September

48333-A MW 10:30-11:30AM 4WKS 9/5 \$25

October

48333-B MW 10:30-11:30AM 4WKS 10/1 \$25

November

48333-C MW 10:30-11:30AM 4WKS 11/5 \$25

December

48333-D MW 10:30-11:30AM 4WKS 12/3 \$25

Camp HRC

Do you have high blood pressure, Type II Diabetes (adult onset), low back pain (non-traumatic), feel sluggish, and just physically unconditioned? It's time to get in shape! Exercise can prevent, treat, and cure diseases associated with poor diet and sedentary lifestyle. Exercise to increase metabolism, bone density, improve body composition, increase energy levels, and more.

Instructor: Bilal Konte (B.S. Kinesiology/Master of Fitness Specialist)

September

48998-A MW 7:10-8:10 PM 4WKS 9/5 \$25

October

48998-B MW 7:10-8:10 PM 4WKS 10/1 \$25

November

48998-C MW 7:10-8:10 PM 4WKS 11/5 \$25

December

48998-D MW 7:10-8:10 PM 4WKS 12/3 \$25

Bootcamp

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training, and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Fitness Instructor)

September

48420-A MW 6:35-7:30AM 4WKS 9/5 \$25

October

48420-B MW 6:35-7:30AM 4WKS 10/1 \$25

November

48420-C MW 6:35-7:30AM 4WKS 11/5 \$25

December

48420-D MW 6:35-7:30AM 4WKS 12/3 \$25

Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 p.m.?

Drop by and give it a try!



Extreme Fitness

This high intensity, total body workout uses functional every day movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and ability.

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

September

| | | | | | |
|---------|-----|-------------|------|-----|------|
| 48005-A | TTH | 6:00-6:55PM | 4WKS | 9/4 | \$25 |
|---------|-----|-------------|------|-----|------|

October

| | | | | | |
|---------|-----|-------------|------|------|------|
| 48005-B | TTH | 6:00-6:55PM | 4WKS | 10/2 | \$25 |
|---------|-----|-------------|------|------|------|

November

| | | | | | |
|---------|-----|-------------|------|------|------|
| 48005-C | TTH | 6:00-6:55PM | 4WKS | 11/6 | \$25 |
|---------|-----|-------------|------|------|------|

December

| | | | | | |
|---------|-----|-------------|------|------|------|
| 48005-D | TTH | 6:00-6:55PM | 4WKS | 12/4 | \$25 |
|---------|-----|-------------|------|------|------|

Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White (MS, RD, LD)

Fall

| | | | | | |
|---------|-----|-------------|------|------|------|
| 48015-A | TTH | 6:35-7:25AM | 8WKS | 8/28 | \$36 |
|---------|-----|-------------|------|------|------|

Holiday

| | | | | | |
|---------|-----|-------------|------|------|------|
| 49015-A | TTH | 6:35-7:25AM | 5WKS | 11/6 | \$22 |
|---------|-----|-------------|------|------|------|

Cycle and Core

A challenging combo class of cycling and strength to give you that total body workout to burn fat and calories! Bring water, a towel, bike shorts or a padded seat cover, and determination!

Instructor: Esther White (MS, RD, LD)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48300-A | T | 5:15-6:35PM | 8WKS | 8/28 | \$30 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49300-A | T | 5:15-6:35PM | 5WKS | 11/6 | \$22 |
|---------|---|-------------|------|------|------|

Spin & Sweat

Join us for spinning! Turn the basics of cycling into a great cardio workout that burns calories and fat. Get ready to work hard and sweat like crazy!

Instructor: Angela Pond (Certified Personal Trainer)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48444-A | T | 9:00-9:45AM | 8WKS | 8/28 | \$28 |
|---------|---|-------------|------|------|------|

| | | | | | |
|---------|----|-------------|------|------|------|
| 48444-B | TH | 5:30-6:15PM | 8WKS | 8/30 | \$28 |
|---------|----|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49444-A | T | 9:00-9:45AM | 5WKS | 11/6 | \$19 |
|---------|---|-------------|------|------|------|

| | | | | | |
|---------|----|-------------|------|------|------|
| 49444-B | TH | 5:30-6:15PM | 5WKS | 11/8 | \$19 |
|---------|----|-------------|------|------|------|

Flow & Strength

Come challenge yourself to grow in flexibility, strength, and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White (MS, RD, LD)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48060-A | M | 5:10-6:00PM | 8WKS | 8/27 | \$30 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49060-A | M | 5:10-6:00PM | 5WKS | 11/5 | \$19 |
|---------|---|-------------|------|------|------|

Hurst Hustlers Running Club

Come join runners, joggers, and walkers of all levels for a challenging workout using hills, speed work, distance, and drills. You will learn how to run and how to stay injury free all while having fun! This is the perfect way to make friends and meet your running goals.

Instructor: Esther White (MS, RD, LD)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48001-A | M | 6:00-7:00PM | 8WKS | 8/27 | \$30 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49001-A | M | 6:00-7:00PM | 5WKS | 11/5 | \$19 |
|---------|---|-------------|------|------|------|

Hatha Yoga

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering, and meditation. (Eat nothing 2 hours prior to class and bring a yoga mat.)

Instructor: Behka Hartmann (Certified Fitness Instructor)

Fall

| | | | | | |
|---------|---|---------------|------|------|------|
| 48100-A | F | 10:15-11:15AM | 8WKS | 8/31 | \$32 |
|---------|---|---------------|------|------|------|

Holiday

| | | | | | |
|---------|---|---------------|------|------|------|
| 49100-A | F | 10:15-11:15AM | 5WKS | 11/9 | \$20 |
|---------|---|---------------|------|------|------|

Scaravelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class. **Due to the construction project at the Recreation Center, this class will be held at the Brookside Center.**

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48100-B | W | 8:15-9:15PM | 8WKS | 8/29 | \$32 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49100-B | W | 8:15-9:15PM | 5WKS | 11/7 | \$20 |
|---------|---|-------------|------|------|------|

Scaravelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class. **Due to the construction project at the Recreation Center, this class will be held at the Brookside Center.**

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48100-C | W | 7:00-8:00PM | 8WKS | 8/29 | \$32 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49100-C | W | 7:00-8:00PM | 5WKS | 11/7 | \$20 |
|---------|---|-------------|------|------|------|

ITF – Tae Kwon Do

ITF-Tae Kwon Do is the only original and traditional Korean Tae Kwon Do in D/FW. You will increase your flexibility, physical fitness, self defense, self control, discipline, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh)

Fall

(White Belts)

| | | | | | |
|---------|---|--------------|------|-----|------|
| 28700-A | S | 9:05-10:05AM | 8WKS | 9/1 | \$56 |
|---------|---|--------------|------|-----|------|

(Color Belts)

| | | | | | |
|---------|---|---------------|------|-----|------|
| 28700-B | S | 10:10-11:10AM | 8WKS | 9/1 | \$56 |
|---------|---|---------------|------|-----|------|

Holiday

(White Belts)

| | | | | | |
|---------|---|--------------|------|-------|------|
| 29700-A | S | 9:05-10:05AM | 5WKS | 11/10 | \$35 |
|---------|---|--------------|------|-------|------|

(Color Belts)

| | | | | | |
|---------|---|---------------|------|-------|------|
| 29700-B | S | 10:10-11:10AM | 5WKS | 11/10 | \$35 |
|---------|---|---------------|------|-------|------|

Olympic Sport of Judo

Judo has been an Olympic sport since 1964.

Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class. No new students after the first class.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

September

| | | | | | |
|---------|---|-------------|------|------|------|
| 48800-A | M | 7:00-8:30PM | 4WKS | 9/10 | \$35 |
|---------|---|-------------|------|------|------|

| | | | | |
|---|-------------|------|------|------|
| W | 7:00-8:30PM | 8WKS | 8/29 | \$22 |
|---|-------------|------|------|------|

| | | | | |
|---|---------------|------|------|------|
| S | 10:05-11:30AM | 8WKS | 8/30 | \$22 |
|---|---------------|------|------|------|

October

| | | | | | |
|---------|---|-------------|------|------|------|
| 48800-B | M | 7:00-8:30PM | 4WKS | 10/1 | \$35 |
|---------|---|-------------|------|------|------|

| | | | | |
|---|-------------|------|------|------|
| W | 7:00-8:30PM | 8WKS | 8/29 | \$22 |
|---|-------------|------|------|------|

| | | | | |
|---|---------------|------|------|------|
| S | 10:05-11:30AM | 8WKS | 8/30 | \$22 |
|---|---------------|------|------|------|

November

| | | | | | |
|---------|---|-------------|------|------|------|
| 48800-C | M | 7:00-8:30PM | 4WKS | 11/5 | \$35 |
|---------|---|-------------|------|------|------|

| | | | | |
|---|-------------|------|------|------|
| W | 7:00-8:30PM | 8WKS | 8/29 | \$22 |
|---|-------------|------|------|------|

| | | | | |
|---|---------------|------|------|------|
| S | 10:05-11:30AM | 8WKS | 8/30 | \$22 |
|---|---------------|------|------|------|

December

| | | | | | |
|---------|---|-------------|------|------|------|
| 48800-D | M | 7:00-8:30PM | 4WKS | 12/3 | \$35 |
|---------|---|-------------|------|------|------|

| | | | | |
|---|-------------|------|------|------|
| W | 7:00-8:30PM | 8WKS | 8/29 | \$22 |
|---|-------------|------|------|------|

| | | | | |
|---|---------------|------|------|------|
| S | 10:05-11:30AM | 8WKS | 8/30 | \$22 |
|---|---------------|------|------|------|

Volleyball Workout

Get your body moving and out on the court for some volleyball basics and play!

Instructor: Shanell Jupiter

Fall

| | | | | | |
|---------|---|---------------|------|-----|------|
| 48030-A | S | 10:35-11:05AM | 8WKS | 9/1 | \$24 |
|---------|---|---------------|------|-----|------|

Holiday

| | | | | | |
|---------|---|---------------|------|-------|------|
| 49030-A | S | 10:35-11:05AM | 5WKS | 11/10 | \$15 |
|---------|---|---------------|------|-------|------|

Tai Chi

We will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Our class studies the traditional Yang open-hand long form. Each class also includes a qui gong session, which emphasizes deep breathing and relaxation through moving meditation. **Due to the construction project at the Recreation Center, this class will be held at the Hurst Public Library.**

Instructor: Dan Streeter

September

| | | | | | |
|---------|---|-------------|------|-----|------|
| 48070-A | T | 7:00-8:30PM | 4WKS | 9/4 | \$20 |
|---------|---|-------------|------|-----|------|

October

| | | | | | |
|---------|---|-------------|------|------|------|
| 48070-B | T | 7:00-8:30PM | 4WKS | 10/2 | \$20 |
|---------|---|-------------|------|------|------|

November (no class 11/6)

| | | | | | |
|---------|---|-------------|------|-------|------|
| 48070-C | T | 7:00-8:30PM | 4WKS | 11/13 | \$20 |
|---------|---|-------------|------|-------|------|

December (no class 12/25)

| | | | | | |
|---------|---|-------------|------|------|------|
| 48070-D | T | 7:00-8:30PM | 4WKS | 12/4 | \$20 |
|---------|---|-------------|------|------|------|

Belly Dance Basics

Whether you have been dancing all your life or just starting out in dance, you will enjoy this fun dance class! We will learn the basics of Improv Tribal Style. This is a low-impact dance class suitable for all body types.

Instructor: Brandy Bollin

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48200-A | T | 7:00-8:00PM | 8WKS | 8/28 | \$56 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49200-A | T | 7:00-8:00PM | 5WKS | 11/6 | \$35 |
|---------|---|-------------|------|------|------|

Improv Dance Drills

Take your new found belly dance skills and ramp it up a notch or two. We will cover more complex drills and improv combinations, building on what you learned in the Basics class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dances.

Instructor: Brandy Bollin

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48224-A | T | 8:00-9:00PM | 8WKS | 8/28 | \$56 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49224-A | T | 8:00-9:00PM | 5WKS | 11/6 | \$35 |
|---------|---|-------------|------|------|------|

Take it to the Stage: Advanced Belly Dance

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move vocabulary and making it show-worthy by adding props, staging, and interaction with a band. You will also learn to use props such as the veil, skirt, sword, and zills. **INSTRUCTOR APPROVAL REQUIRED.**

Instructor: Brandy Bollin

Fall

| | | | | | |
|---------|---|-------------|------|------|------|
| 48222-A | T | 9:00-9:45PM | 8WKS | 8/28 | \$40 |
|---------|---|-------------|------|------|------|

Holiday

| | | | | | |
|---------|---|-------------|------|------|------|
| 49222-A | T | 9:00-9:45PM | 5WKS | 11/6 | \$25 |
|---------|---|-------------|------|------|------|

Tribal Evolution

This class covers the unique style of Improv Tribal Style, as taught by TE founder, Brandy Bollin. This class is a professional performance level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout. **INSTRUCTOR APPROVAL REQUIRED.**

Instructor: Brandy Bollin

Fall

| | | | | | |
|---------|----|-------------|------|------|------|
| 48226-A | TH | 8:00-9:30PM | 8WKS | 8/30 | \$46 |
|---------|----|-------------|------|------|------|

Holiday

| | | | | | |
|---------|----|-------------|------|------|------|
| 49226-A | TH | 8:00-9:30PM | 5WKS | 11/8 | \$29 |
|---------|----|-------------|------|------|------|

Adult Tap Dance - Intermediate/Advanced

Come and experience the fun of tap dancing. Regardless of if you have never tapped before or you've been tapping for years, this class has something for everyone. (Tap shoes required.)

Instructor: LaTisha Clay

Fall

| | | | | | |
|---------|----|-------------|------|------|------|
| 48111-A | TH | 7:00-7:55PM | 8WKS | 3/22 | \$30 |
|---------|----|-------------|------|------|------|

Holiday

| | | | | | |
|---------|----|-------------|------|------|------|
| 49111-A | TH | 7:00-7:55PM | 5WKS | 3/22 | \$30 |
|---------|----|-------------|------|------|------|





Walktober®

October 2012

FREE

Hurst Recreation Center

Hurst Recreation Events



Walktober®

If walking is your favorite fitness activity, or if you'd like to start walking your way to fitness, join us at the Hurst Recreation Center for our next Healthy Hurst event, Walktober! To participate in Walktober, simply register for this FREE event at the Hurst Recreation Center and keep track of the number of days that you walk on a treadmill or on the track at the Hurst Recreation Center during the month of October. Participants will qualify for an incentive award based on their level of participation.

For more information on Walktober, contact the Hurst Recreation Center at 817.788.7325.

Patron Appreciation Week

Join us at the Hurst Recreation Center, October 15-19, as we celebrate our 12th year since the Recreation Center re-opened in October, 2000. Since re-opening, more than 2.9 million patrons have participated at the Hurst Recreation Center. We'll have refreshments and promo items all week to commemorate this special anniversary.

For more information on Patron Appreciation Week please contact the Hurst Recreation Center at 817.788.7325.

Coming January 2013

The Healthy Hurst Lose the LB's Fitness Challenge will start on January 2, 2013. Keep your eyes open for more information as the date for this event approaches.

Special Events:



Christmas Tree Lighting & Santa's Workshop

Tuesday, Dec. 4

5:00-9:00 PM

Hurst Conference Center

- 3-lane Snow Tubing Hill and Kiddie Hill
- Rudolph's Reindeer Game Area
- Santa's Workshop including visits with Santa and Ms. Claus, hands on crafts, cookies, and toy drive drop off
- Santa's Christmas Marketplace where you can purchase ornaments and holiday décor

- Strolling entertainment and costumed characters
- Reindeer display
- Ride the shuttle from TCC to the HCC
- Children's craft area
- Pony carousel
- Face painting
- Music
- Fireworks show
- Food Truck Food Court (food and beverages for purchase)

FREE

For more information, call 817.788.7320.

NFL Punt, Pass & Kick Competition

Saturday, August 25

9:00 AM-11:00 AM

West Lawn, Hurst Community Park,
601 Precinct Line Road

Boys and girls ages 6-15 can test their football punt, pass and kicking skills in this event sponsored by the National Football League, Texas Amateur Athletic Federation and the City of Hurst. FREE
For more information, call 817.788.7320.

Campfire Stories

Friday, October 19

7:00-8:00 PM

Chisholm Park, Longhorn Pavilion, 2200 Norwood Drive
Bring the family, marshmallows for roasting, lawn chairs or blankets, and experience the magic of the campfire and storytelling for all ages. FREE

For more information, call 817.788.7320.

33rd John Butler Memorial Senior Citizens Banquet

Saturday, December 8

5:00-7:00 PM

Hurst Recreation Center

Tickets will be available for Hurst Residents on Monday, October 8. You may pick up your tickets in person at the Hurst Recreation Center, or call 817-788-7320 to have your tickets mailed to you. There is a limit of TWO tickets per household. FREE

For more information, call 817.788.7320.

Santa's Mailbox

December 3-14

Santa wants to hear from you! Here's your chance to tell Santa your "wish list." You can write to Santa, and he will write you back! Write your letter and drop it in one of Santa's Mailboxes from December 3-14. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library, and Hurst City Hall. FREE

For more information, call 817.788.7320.

Trout Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with trout again this winter. For dates and additional information check the TPWD website, Neighborhood Fishin' at www.neighborhoodfishin.org.



Concert in the Park

Saturday, September 14

7:00-8:00 PM

Chisholm Park

Rain day makeup for the spring concert that was canceled.

Recreation Division Programs

Recreation Center Fees:

Current January 1, 2010

| | Hurst Residents | Non-Hurst Residents |
|--------------------------------------|-------------------|---------------------|
| Daily Pass | \$2.00 | \$10.00 |
| Annual Pass Youth (6 – 15 years) | \$20.00 per year | \$80.00 per year |
| Annual Pass Adult (16 – 64 years) | \$50.00 per year | \$200.00 per year |
| Annual Pass Senior (65+ years) | \$20.00 per year | \$80.00 per year |
| Annual Family Pass | \$125.00 per year | N/A |
| Replacement Card Fee | \$5.00 | \$5.00 |

How do I know I am a Hurst resident?
Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst.

See
Page 48
 for
 registration
 information

Recreation Center Information:

700 Mary Drive: 817.788.7325

Hours of Operation:

Monday-Thursday 6:30 AM – 10:00 PM
 Friday 6:30 AM – 6:00 PM
 Saturday 9:00 AM – 6:00 PM
 Sunday 1:00 PM – 6:00 PM

Healthy Hurst:

Healthy Hurst Online Wellness Program Information

Healthy Hurst is the City of Hurst's community-wide wellness initiative. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration. Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788.7325.



Adult Softball Fall League Registration

Returning Teams:

(Teams playing in Hurst in 2012)

Monday, July 30, 8:00 AM-5:00 PM

Tuesday, July 31, 8:00 AM-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Open Registration:

Wednesday, August 1-17

Monday, Wednesday and Friday from 8:00 AM-5:00 PM

and Tuesday and Thursday from 8:00 AM-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$300 for a 8 game season (No fall playoffs)

League Nights:

Monday - Friday

League Schedules:

Available August 22

League Begins:

August 27

**For more information,
call 817.788.7320.**

Adult Basketball League Registration

Registration:

Monday-Friday, August 13-24

Monday, Wednesday and Friday from 8:00 AM-5:00 PM

and Tuesday and Thursday from 8:00 AM-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$265 for a 7 game season (With playoffs for teams who qualify)

League Nights:

Tuesday and/or Thursday if needed

League Schedules:

Available August 28

League Begins:

September 4

**For more information,
call 817.788.7320.**

Youth Sports Associations:

Hurst Girls Softball League

(HGSL) 817.209.5409

www.eteamz.com/hurstgsl

hurstgirlssoftball@yahoo.com

Mid-Cities Basketball Assn.

(MCBA) 817.354.6208

www.midcitiesbasketball.org

Mid-Cities PeeWee Football

& Cheerleading Assn.

817.282.2390

www.midcitiespeeveefootball.org

Tri-Cities Baseball Assn.

(TCBA) 817.285.0200

www.tcbbaseball.com

Hurst United Soccer Assn.

(HUSA) 817.282.8680

www.hurstunited.com

Welcome to the Hurst Tennis Center

Hurst Tennis Center

701 Mary Drive
817.788.7330

“Home of the Team Hurst
Junior Development Program”

Junior Tennis

Quickstart Tennis

(Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games. Ages 6 and under. Bring one can of new balls to first class.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:00-5:30 PM

Price: \$28 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|-------------|----------|
| 82601-A | Begins 9/5 | (4 wks.) |
| 82601-B | Begins 10/3 | (4 wks.) |
| 82601-C | Begins 11/7 | (4 wks.) |

Jr. Beginner Tennis

(Ages 7 & up)

A fun class for beginners. Learn the fore-hand, backhand, serve and volley. Kids will play plenty of fun games.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:30-7:00 PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|-------------|----------|
| 82601-A | Begins 9/5 | (4 wks.) |
| 82601-B | Begins 10/3 | (4 wks.) |
| 82601-C | Begins 11/7 | (4 wks.) |

NEW! Advanced Beginner/ Intermediate Junior Tennis

(Ages 10 and up)

For players who have had prior instruction & looking to improve their overall game. Singles and doubles, techniques and tactics. Ages 10 and up. Bring one can of new balls to first class.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:30-7:00 PM

Price: \$72 + one new, unopened can of tennis balls

Days: Thursdays

| | | |
|---------|-------------|----------|
| 82601-A | Begins 9/5 | (4 wks.) |
| 82601-B | Begins 10/3 | (4 wks.) |
| 82601-C | Begins 11/7 | (4 wks.) |

Adult Programs

Adult Beginner/ Advanced Beginner Clinic

Just for adults! Learn basic strokes, scoring and strategy. Bring one can of new balls to first class.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|-------------|----------|
| 82601-A | Begins 9/5 | (4 wks.) |
| 82601-B | Begins 10/3 | (4 wks.) |
| 82601-C | Begins 11/7 | (4 wks.) |

Adult Intermediate Clinic

This class is for adults who want to build on existing skills. You'll practice all shots and learn techniques and tactics.

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

| | | |
|---------|-------------|----------|
| 82601-A | Begins 9/5 | (4 wks.) |
| 82601-B | Begins 10/3 | (4 wks.) |
| 82601-C | Begins 11/7 | (4 wks.) |

4.0 Men's Open Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA, and staff

Times: 7:00 - 8:30PM

Price: \$12

Days: Thursdays

| | | |
|---------|------------|----------|
| 88444-A | Begins 9/6 | (weekly) |
|---------|------------|----------|

Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's Prince ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine at least three days in advance.

*Please remember
to bring a can
of new, unopened
tennis balls
to your first class.*

How about a Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Tennis Professionals:

Hurst Tennis Specialist, **Kelly Langdon**, USPTA, or Tennis Center Coordinator, **Mike Campo**, USPTA

- \$50 per hour
- \$26 per half hour
- \$180 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, **Greg Smith**, **Jason Brown**, USPTA, **Austin Wynne**, USPTA, and **Jared Combest**, USPTR.

- \$49 per hour
- \$26 per half hour
- \$180 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$90 for 90 minute group lessons for league teams.

Services and Facilities:

- Lessons for all ages & abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA-Certified Instructors Available
- USTA Adult Leagues

Fall/Winter Operating Hours:

| | |
|-------------------|-------------------|
| Beginning Nov. 12 | |
| Mon. – Thurs. | 8:00 AM – 9:00 PM |
| Friday | 8:00 AM – 6:00 PM |
| Saturday & Sunday | 9:00 AM – 6:00 PM |

Tennis Center Coordinator – Mike Campo, USPTA

Tennis Specialist – Kelly Langdon, USPTA

Tennis Attendants – Corey Doss, Blake Fisher, Eric Thuener, Charlie Crosswait and Jared Jordan

Tennis Instructors – Jason Brown, USPTA, Greg Smith, Sam Elliott, USPTA, Austin Wynne, USPTA, John Schildt, Bryan Combest, USPTA

Please bring one can of new, unopened, tennis balls to your first day of class.

Court Fees

(90 minutes)

\$1 Hurst Residents

(with proof of Hurst residency)

\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs.

We offer 24-hour turn around service and have three United States Racquet Stringer's Association stringers on staff.

Upcoming Tournaments

Fall Mid-Cities Junior Circuit —

TBA

USTA Adult Open Tournament

Sept. 21-23

Fall Adult Leagues begin

Oct. 4
must register by
September 16
cost is
\$25/person

Do you want to practice your serve or hit a few with a friend?

CALL
817.788.7320

for a court reservation.

Registration Easy-Options!

Walk-in registration beginning on Monday, July 30 at 7:00 AM, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until August 6 at 7:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of August 29. (Unless otherwise indicated.)

Walk-In Class Registration Times

(after initial registration days)

| | | | |
|-----------------|-----------------|----------|-----------------|
| Monday-Thursday | 7:00 AM-9:00 PM | Saturday | 9:30 AM-5:00 PM |
| Friday | 7:00 AM-5:00 PM | Sunday | 1:30 PM-5:00 PM |

Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins July 30 at 7:00 AM.**

Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begin August 6 at 7:00 AM.**

Sign up to Register Online:

That's right, you can save time and register your entire family on-line! To get started, you will need to visit the Hurst Recreation Center to activate your account. If you are a Hurst resident, you will need to bring your **Hurst Water Bill, Hurst property tax statement, or Hurst apartment lease, and your photo ID** as proof of Hurst residency to receive the Hurst resident rates. Once you have activated your account and received your user name and password, you will be able to use our on-line registration feature.

You do not have to wait until your appropriate registration date to activate your account and receive your user name and password. Go ahead and do it the next time you are at the Recreation Center for your current class or working out. Then you will be ready to register on-line the day registration starts!

Confirmation:

When you register by mail-in or fax, you will receive a confirmation notice through the postal mail. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice. If you register on-line, you may print a copy of your receipt.

Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the brochure. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

Refund Policy:

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for your cooperation.

Classes begin
the week of
**Aug.
29**

Parks and Recreation Board

Chairman: Alan Neace
Vice Chairman: Rod Robertson
Carol Cole
Ralph Hurd
Howard Shotwell
Hank Williams
Delbert Derrett
Pat King
Karen Spencer

Recreation Staff

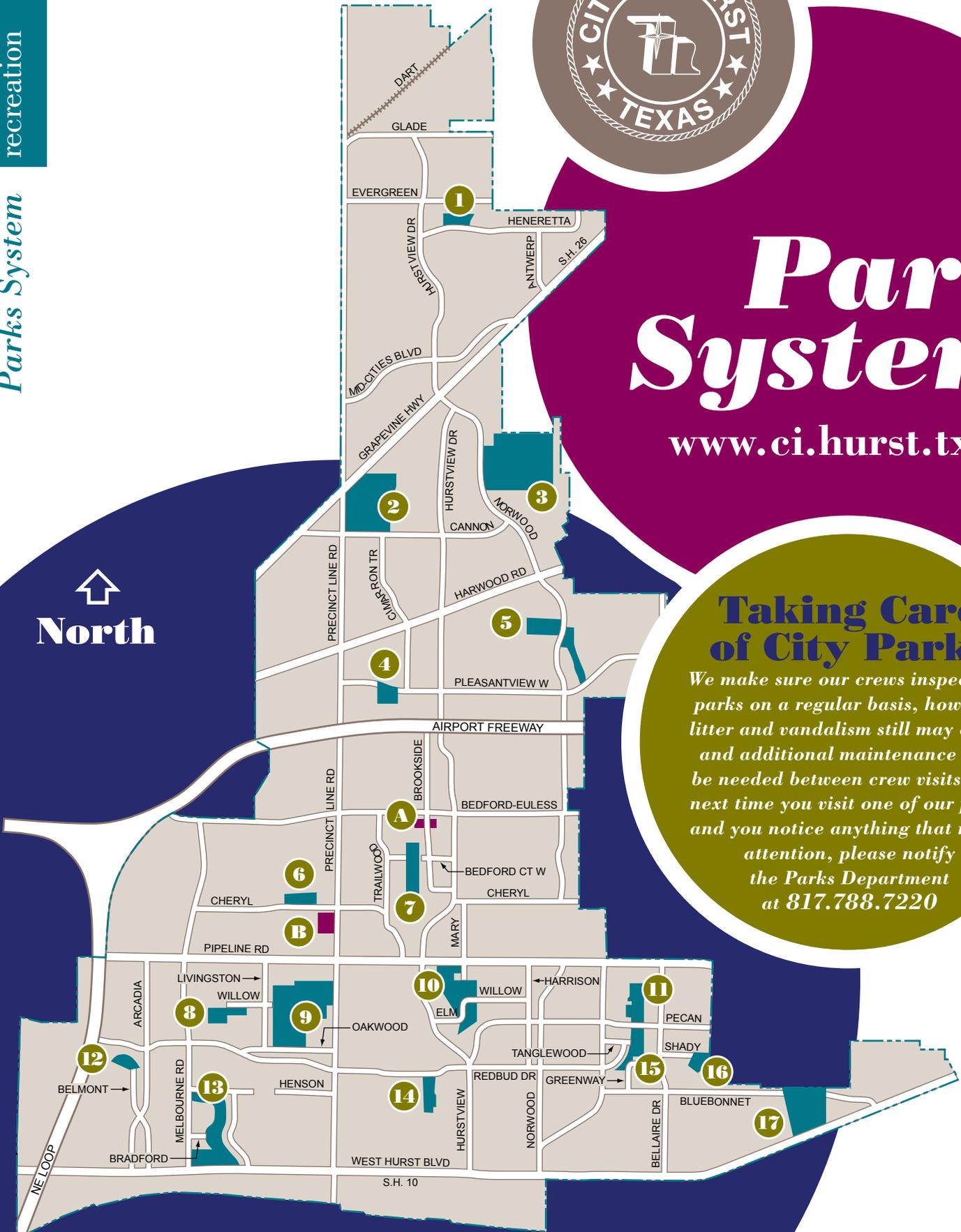
Recreation Director: Chris Watson
Recreation Managers: Kim Mesa, Doug McDaniel,
Kristie Weaver
Recreation Center Supervisor: Mary Singleton
Recreation Specialist: Courtney Barnard
Senior Secretary: Paige Lutz



Park System

www.ci.hurst.tx.us

North



Taking Care of City Parks

We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817.788.7220

Parks

1 ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 HURST ATHLETIC COMPLEX

2104 Precinct Line Road (42.2 Acres)

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

3 CHISHOLM PARK

2200 Norwood (50 Acres)

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

4 SMITH-BARFIELD PARK

640 Pleasantview (6.9 Acres)

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Pet Water Fountain
- Youth Athletic Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

- Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

- Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 HURST COMMUNITY PARK

601 Precinct Line Road (44.9 Acres)

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

10 CENTRAL PARK

700 block of Mary Drive (17.5 Acres)

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

11 VIVAGENE COPELAND PARK

501 Pecan Drive (5.2 Acres)

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

- Playground
- Picnic Tables
- Restrooms
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

- Soccer Field (Unlighted)
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Fitness Course
- Pavilion
- Pet Water Fountain

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

- Playground
- Youth Baseball/Softball Field (Lighted)
- Jogging/Walking Trail System (1/3 mile)
- Pet Water Fountain

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

- Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

- 2 Pavilions
- Picnic Tables
- Nature Trails
- Scenic Overlook
- Winding Stream with 2 Bridges
- Jogging/Walking Trail System (1/2 mile)
- 2 Pet Water Fountains
- Playground

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call

817.788.7320



CITY OF HURST
1505 Precinct Line Road
Hurst, Texas 76054

PRESORTED
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HURST, TX
PERMIT #21

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Postal Customer