

Where

# We Live

*A publication from the City of Hurst*

HURST SENIORS CENTER  
ACTIVITIES CENTER



*Winter*

# 2010

*Recreation  
Class  
Schedule*

*Transforming Hurst*

## **Senior Citizens Center Opens**

*Community*

## **Shop First in Hurst**

*Community*

## **Hometown Champions**





**Daddy &  
Daughter  
Valentine's  
Ball**

**Sunday, Feb. 7**

Photography by Prints Charming

Welcome to the eighth issue of...

# Where We Live

*Welcome to the eighth issue of Where We Live. It's that time of year where people start to reflect on the year that has come and gone and begin to make resolutions for the impending new year. It's no secret that 2009 was a challenging year for our nation and it was certainly a challenging year for our city. We are optimistic about the new year and look forward to a lot of exciting things that it will bring. Not to say that 2009 didn't have some bright spots. We broke ground on our Conference and Meeting Center that will open next fall. This groundbreaking facility marks the second phase of our Transforming Hurst redevelopment initiative, and will be an important asset to our city and community. Hurst Fire Station No. 2 opened this year along with the much anticipated Hurst Senior Citizens Activities Center, completing the city's portion of Heritage Village, the first phase of our redevelopment effort. We had record attendance at our aquatics centers last summer, and drew large crowds to all of our special events. We've also weathered through several major road projects including Precinct Line Road, which will ultimately create better access to our businesses. While 2009 marked some exciting things for the City of Hurst, we're ready and excited for 2010.*

As 2009 turns into 2010, we hope you are able to take advantage of some of the innovative programs and events your city offers. We will continue to remain fiscally conservative in this difficult economy while bringing you the same programs and events you love. I am optimistic that we will weather the impacts and maintain the quality services that the City of Hurst is known for. Now take a moment, sit back and enjoy your eighth issue of *Where We Live*.

## In This Issue...

- Severe Weather Tips..... 6
- Employee Giving Day ..... 8
- Where Your Tax Dollars Go.....10
- Citizens on Patrol.....12
- Winter Library Programs..... 14
- Transforming Hurst ..... 17
- Hurst Senior Center ..... 18

## Recreation Center.....22

- Special Events .....23
- Pre-School Programs.....25
- Youth Programs.....26
- Gymnastic Programs .....27
- Adult Programs .....28
- Adult Winter Leagues .....32
- Hurst Tennis Center.....33
- Registration Information .....36
- Parks System.....38



## Hurst City Council

**Back Row:** Larry Kitchens–Council Member, Henry Wilson–Council Member, Bill McLendon–Mayor Pro Tem, Charles Swearengen–Council Member  
**Front Row:** Nancy Welton– Council Member, Richard Ward–Mayor, Anna Holzer–Council Member

## Hurst Citizens Police Academy Applications

Applications for the 2010 sessions of the Citizen Police Academy are now being accepted by the Hurst Police Department. The CPA is designed to promote better understanding and cooperation between citizens and the police, with the goal to educate citizens about the structure and activities of their police department. The CPA class is not a training class; it is an exciting education class that gives a behind the scenes look at the Hurst Police Department.

The 12 week course begins April 15 and meets once a week at the Police Department for three hours. Topics covered in the class include overviews of the entire police organization and structure, crime prevention, criminal investigations, community policing, crime scene, D.A.R.E., property and identification, TACT, communications center, jail and records section. Employees of the Hurst Police Department instruct the classes. For more information contact the Hurst Police Department at 817.788.7342.



### City Staff

Allan Weegar—City Manager

Allan Heindel—Deputy City Manager

Jeff Jones—Assistant City Manager

John Brown—Fire Chief

Rita Frick—City Secretary

Ron Haynes—Director of Public Works

Dale Harwell—Information Services Manager

Mike Morgan—Director of Planning and Community Development

Steve Moore—Police Chief

Anita Thetford—Director of Finance

Ashleigh Whiteman—Communications Manager



## On the cover...



This issue is a special one for the city. We recently opened our first Senior Center and couldn't be more excited to present this gorgeous facility to our senior residents. To commemorate this special time we chose to highlight none other than the senior center itself. We asked Marcy Davis, Chair of the Senior Citizens Advisory Board to show it off for us.

Originally from Austin, Marcy has called Hurst home since 1962. She has been involved in a number of organizations including the Oak Crest Women's Club, Mid-Cities Newcomers Club, the Mid-Cities Garden Club (president) for several years and president of the Hurst Bowling League. She is currently the chairman of Night Couples Bridge Department and is an active volunteer at Bass Performance Hall in Fort Worth. When not volunteering Davis enjoys playing bridge and traveling. She has three grown children and seven grandchildren who are the joy of her life. We shot the cover at the dedication ceremony for Heritage Village.

Cover shot by photographer Bill Carter



***Ambulance  
Subscriptions  
Due Dec. 30***

**For information call  
817.788.7238**

## **Hurst Citizens Fire Academy Applications**

The Hurst Fire Department is now taking applications for the Hurst Citizens Fire Academy. Class no. 7 will begin on April 5. The ten-week class gives citizens the opportunity to see first hand what duties and responsibilities firefighters have.

You will learn about the organization and operation of the Hurst Fire Department, Fire Prevention, Disaster Preparedness, Emer-

gency Medical Service, Arson Investigation, Firefighting tactics and much more. Firefighters and officers from the Hurst Fire Department who possess a wide variety of skills, experience and training will provide the instruction.

Citizens will have the opportunity to ask questions, discuss issues and learn many of the responsibilities firefighters have as a

daily part of their job. Each week participants will participate in hands on activities such as rappelling, search and rescue, extrication and much more. There is also the opportunity to ride out with the firefighters.

For more information or to get an application please call 817.788.7238 or go to [www.ci.hurst.tx.us](http://www.ci.hurst.tx.us).

# SEVERE WEATHER TIPS

Texas weather is unpredictable, so know what to do when severe weather occurs, including severe flooding.

## Before the flood:

1. Check with the Engineering Department (817.788.7080) on the extent of past flooding in your area. Department staff can tell you about the causes of repetitive flooding, what the City is doing about it and what would be an appropriate flood protection level. They can also visit your property to discuss flood protection alternatives.
2. **Prepare for flooding by doing the following:**
  - Know the flood safety guidance discussed later in this letter
  - Know how to shut off the electricity and gas to your house when a flood comes
  - Make a list of emergency numbers and identify a safe place to go
  - Make a household inventory
  - Put insurance policies, valuable papers, medicine, etc in a safe place
  - Develop a disaster response plan - See the Red Cross' website: [www.redcross.org/services/disaster](http://www.redcross.org/services/disaster) for a copy of the brochure "Your Family Disaster Plan"
  - Get a copy of Repairing Your Flooded Home which can be found on the Red Cross' website, too.
3. **Consider some permanent flood protection measures.**
  - Mark your fuse box to show the circuits to the floodable areas. Turning off the power to these floodable areas can reduce property damage (fires) and save lives.
  - Consider flood protection alternatives such as flood walls or berms.
  - Note that some flood protection measures may require permits. Please check with the Engineering Department and/or the Building Inspections Department for more information.
  - A copy of Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding are available at no charge to download from [www.fema.gov/hazards/floods/lib312.shtm](http://www.fema.gov/hazards/floods/lib312.shtm)
  - Talk to the Engineering Department for information on financial assistance.
  - If you are interested in elevating your building above the flood level, or if you are interested in selling your house to the City, the City can apply for Federal grants to cover 75% or 90% of the cost.
  - Get a flood insurance policy — it will help pay for repairs after a flood and, in some cases, it will help pay the costs of elevating a substantially damaged building.
4. **Get a flood insurance policy.**
  - Homeowner's insurance policies do not cover damage from floods. However,
  - Some owners have purchased flood insurance because it was required by the bank when they received a mortgage or home improvement loan.
  - Don't wait until the next flood to buy flood insurance protection. In most cases, there is a 30-day waiting period before the National Flood Insurance Program coverage takes effect.
  - Contact your insurance agent for more information on rates and coverage.

## During/After the flood:

Ask for a licensed electrician, plumber, etc to check or turn on your power, water, and/or gas. Do not wade through flood waters due to the danger of pollutants, debris (nails, glass, etc), and animals (snakes, ants, etc). Flood waters are often murky and depth is hard to determine. Do not drive through flood waters! Turn around, don't drown! If emergency evacuation is necessary, please heed the warnings of the City Emergency Management and follow the instructions to evacuate - it saves lives of those around you and possibly of the emergency workers responding.

# Hurst Warning Systems

## CodeRed

CodeRed continues to be the main emergency notification system for the City of Hurst for non weather related warnings. CodeRed recently enhanced the capabilities to their system, offering the ability to send email and SMS text to those that have added that information into the system. Just use the CodeRed link on the city website to add your information. If you do not have email or a cell phone, your registered numbers will still be called.

Besides the email and text addition, when you receive a call from CodeRed, you can now call the number on the caller id and hear the last sent message.

CodeRed will continue to be the main emergency notification system for the City of Hurst for non weather related warnings.

## Nixle

When severe weather happens in Texas it happens fast. The City of Hurst's goal is to provide citizens with pertinent, up to the minute information in severe weather or other emergency situations. Nixle is the newest mass communication tool helping us and other cities across the nation come closer to achieving those goals. The information from Nixle is disseminated via email and/or SMS text. It is primarily for more daily information, but as CodeRed is used, the information will also go out through Nixle. An extra benefit to Nixle is the broadcast of National Weather Service warnings via SMS text or Email. The weather information is timely and will provide warning to citizens that have signed up for the service. Please follow the link on the city website to register for the service.

## Twitter Accounts

The city has several Twitter accounts and these will be used separately from CodeRed and Nixle. Information on these accounts will typically be much less formal in nature and will be used by individual departments.



## Follow us here

**Facebook** — <http://www.facebook.com/CityOfHurstTX>

**Twitter** — [CityofHurstTX](#), [HurstFireDept](#), [HurstLibrary](#)

**Nixle.com** — Follow directions

**Websites** — [www.ci.hurst.tx.us](http://www.ci.hurst.tx.us), [www.transforminghurst.com](http://www.transforminghurst.com), [www.hursted.com](http://www.hursted.com)



## 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 website at [www.ci.hurst.tx.us](http://www.ci.hurst.tx.us).



# Employee Giving Day

The City of Hurst's 12th Annual Employee Giving Day will be held Friday, April 9, 2010. We've helped more than 45 homes since 1998, when the program began to help revitalize older areas of the community and help senior citizens make needed repairs to their home's exteriors. Landscaping, clean up and painting are some of the chores that

are provided. Area businesses donate cash and supplies needed for the event and City employees provide the labor.

Please call Michelle Lazo at 817.788.7055 for an application.

## Why Oncor is trimming trees

### What gives Oncor the right to prune customer's trees?

All customers that receive electrical service are bound by a Tariff set forth by the Texas Public Utility Commission. That Tariff is essentially a "contract" between a utility and its customers, whereby the customer is provided electricity at set rates and the customer grants the utility the rights to ensure that the customer and others have service. The Tariff gives Oncor the right to prune a customer's trees that grows too

near the power lines. Further, the Texas Utility Code mandates that Oncor maintain clearances that will promote reliability and safety. The Utility Code and other statutes impose harsh penalties on individuals who interfere with Oncor's maintenance of lines.

Finally, in certain situations, there may be an express or implied easement, granting Oncor the right to prune trees; however, an easement is not a necessity.

### Is it safe for property owners to prune their trees within ten feet?

No. Section 752 of the Texas Health and Safety Code makes it a crime for an unqualified person such as a homeowner to come or bring any tool or material within six feet of a high voltage lines. While it is not a crime to come within ten feet of those lines, OSHA regulations mandate that unqualified persons stay more than ten feet away.

## Hurst, Euless and Bedford honored

The cities of Hurst, Euless and Bedford were recently awarded the Regional Cooperation Award from the North Central Texas Council of Governments (NCTCOG) at the NCTCOG's Annual General Assembly Meeting. The award honors local governments who promote coordination and cooperation to solve regional problems, who do not allow jurisdictional boundaries to be barriers to solutions to those problems and who demonstrate that joint projects often can provide better use of resources as well as high quality service. This is the third time the cities of Hurst, Euless and Bedford have collectively received this award.

Transportation is one of the most critical issues facing North Texans today. Hurst, Euless and Bedford have long searched for the means to provide transportation for those citizens in need. In early 2005, demographic research revealed that although most households in Tarrant County had more than one vehicle, about 5 percent (25,674) did not have access to a vehicle. Many more had only one vehicle, which might or might not be running. We realized as a community we needed to do something to address those needs. In August 2006, the HEB Transit Pilot Program was launched, with American Red Cross as the service provider. The

service has since experienced a steady increase in both ridership and number of trips to date. The hours of operation have been expanded, the number of trips taken year over year has increased two-fold and nearly 80 percent of those trips have been work-related.

HEB Transit grew out of the work that was being done to assist families in need. It has been such a great grassroots effort in our community and we hope to see it replicated in other cities.



**For more  
information  
on HEB  
Transit  
call 211**

# Where your tax dollars go

It's no secret that these economic times are challenging. More challenging than they've been in decades as a matter of fact. Your City Council however has always taken a conservative fiscal approach, addressing the challenges and making proactive decisions that help our city weather the storm. That conservative approach took on a greater significance this year, resulting in a budget that is balanced with a property tax rate that remains unchanged at \$0.535 per \$100 valuation.

The General Fund budget is 1.04% below last year's adopted budget. Even with the decrease, the city will be able to maintain new and improved facilities, provide for a quality workforce, and continue to provide a high level of service to Hurst residents and our guests. The budget includes operational costs for the new Hurst Fire Station No. 2 and Hurst Senior Citizens Activities Center. Each of these new facilities is located on Pipeline Road just southeast of North East Mall and represents completion of the first phase of Transforming Hurst redevelopment efforts. General Fund tax dollars will also support other fire and EMS services, police services, street and drainage maintenance and improvements, library, recreation and parks programs, fiscal management, building inspections, neighborhood services and

city administration; all for a reasonable average monthly cost of \$49.

The 2009/10 budget was also positively impacted by a bond rating upgrade received from Standard & Poor in July 2008. What does that mean to our taxpayers? It means the city's rating was upgraded from AA- to AA, allowing us to reduce debt payment amounts by qualifying for lower interest rates, keeping taxes in check. Key phrase: keeping taxes in check. We recently refinanced a portion of our debt to provide \$150,000 savings to the 2009/10 General Fund budget. Savings realized through the refinancing helped offset declining revenue associated with the city's property value loss of approximately 2 percent. Hurst continues to offer the highest home-stead exemption allowed by state law, and passed the senior tax freeze in 2004 saving senior citizens and disabled tax payers \$130,000 each year.

The City of Hurst recently received its twenty-first consecutive Distinguished Budget Presentation Award from the Government Finance Officers Association. We're proud of the awards and recognitions we've received over the years. We're even prouder of maintaining a quality of life city while remaining fiscally responsible.



## Special Delivery



"Shop First in Hurst," is more than just a catchy phrase. It's our mantra at the City of Hurst. With so much to offer in Hurst, why shop anywhere else? We showcase our wide variety of businesses each year in our Restaurant, Retail and Business Guide. Every mailbox in Hurst receives this annual guide in early November, complete with addresses and phone numbers of each business in Hurst. We publish the guide at no cost to businesses. The guide is also available online with the most up-to-date information at <http://hurst.mesh.net> or call 817.788.7000 for additional copies. Local business is a big part of what makes this community great. By "Shopping First in Hurst" we are all helping to keep our tax dollars at work in our community. This holiday season and beyond, make "shop first in Hurst" your mantra.





**Joe  
Watson  
Scholarship  
Deadline  
March 1**

# SCHOLARSHIP Opportunity

The Joe Watson Scholarship Fund, a component fund of the Community Foundation of North Texas, may award one or more scholarships for a minimum of \$2,000 each year to a graduating senior who is a resident of the City of Hurst or a current participant in the HEBISD Criminal Justice Program or a child of a City of Hurst police officer. Students who are awarded the scholarship may re-apply in each of the three succeed-

ing years for an additional scholarship of \$2,000 per year if they meet the re-application criteria.

Complete eligibility requirements for the scholarship and an application form can be found at [www.ci.hurst.tx.us](http://www.ci.hurst.tx.us) or by contacting 817.788.7013. Application and appropriate documentation must be submitted by the deadline of March 1, 2010.

# Citizens on Patrol

You may have noticed your fellow Hurst citizens driving around in vehicles labeled Citizens on Patrol. Just who are these citizens? They are part of Citizens on Patrol (COP), a joint program with the Hurst Police Department and volunteer citizens who work together to try and reduce crime in the City of Hurst. The program is designed to educate volunteers to recognize potential problems (suspicious vehicles and persons, open garage doors, vacation house checks) and to assist in developing a community patrol group. Members are taught to recognize suspi-

cious or criminal activity and assist the police by actively patrolling the City of Hurst and reporting such activities. It's important to note COP members are observers/reporters and do not place themselves in dangerous situations. COP volunteers do not carry weapons and are encouraged to avoid physical contact by communicating directly with the police communications center using cell phones or the radio.

All COP volunteers are graduates of the Hurst Police Department Citizens Police Academy, have been through back-

ground checks and received additional training prior to performing COP duties. All COP members must complete a minimum of 4 hours of patrol duty a month and attend scheduled meetings.

If you are interested in attending the Hurst Police Department Citizens Police Academy or becoming a COP volunteer, please call Hurst Police Department Community Services at 817.788.7342.

*This program is funded through the Crime Control District.*



# Host a Healthy Superbowl

Winter means that we are all enjoying some seasonal sports like hockey, football and even the Olympics this year. Many of us enjoy watching and cheering on our favorites teams with friends and family. This typically means food is involved and we can sometimes leave our best intentions behind. Here are some simple strategies to help you meet your New Year's resolutions and still get to enjoy the party! Be sure to check out the queso recipe in this issue too!

- Choose healthier versions of your favorite party foods like baked chips, fresh salsa, light queso dip, veggie and fruit trays, leaner meat selections or whole grain crackers and breads boost your health and lower your waist-line.
- Cut down on mindless munching by putting the food in another room away from the game. It's a lot harder to over-eat when the snacks aren't in front of you. This helps you portion control and still enjoy the tasty snacks.
- Make your own healthier pizza, BBQ chicken or hamburgers on the grill so you can control the calories and increase the taste. There are many fantastic tasting and healthy tail-gate recipes out there for you to try so pick one and become the star of your party!
- Have an active half-time—toss around the football, shoot some hoops, take a walk or get outside for a little physical activity before the game comes back on. What a great way to have some friendly competition.
- Host a pre- or post event game—if you are having your buddies over to watch the super bowl, why not have a pre-game game of flag football or ultimate Frisbee? This will help you burn some calories before you consume them!



## Deliciously Light Queso

*Full recipe enough for a party of 20 or more*

### Ingredients

- 1 lb brick of 2% pasteurized cheese product
  - 2- 10 oz cans of chopped tomatoes and green chilies (get spicy for more zing)
  - ½ cup skim milk (add as desired for thick or thin texture)
  - ½ cup chopped onion
  - 1 tbsp minced garlic
  - 1 tsp chili powder
  - 1 tsp ground cumin
  - 1 tbsp chopped cilantro (can substitute dried)
- Serving size: 1/4 cup

**Directions**—In large sauce pan, saute onion and garlic until tender (use a little juice from tomatoes for cooking) then add tomatoes, spices and cilantro, heat until bubbling. Cut cheese in 1 inch cubes and add to tomato mixture. Turn down heat to low and stir as the cheese melts. Mix thoroughly before serving.

*Serve with baked chips, soft corn tortillas or vegetables for a healthy and tasty treat sure to please your guests!*





# Read All About It!

## **Patron Appreciation** - *Thursday, Dec. 10, 5:00-7:00 PM*

Join us for an evening of activities and entertainment as we show our appreciation to the wonderful patrons of Hurst Public Library. Visit with live reindeer, experience the sights and sounds of the Hurst Overland Reader's Railroad, hear hammered dulcimer music by David Mahler, enjoy refreshments and make and take crafts. Come to the library during the month of November to have your name entered into a drawing to win one of 7 construction themed train sets with a book by Patricia Polacco.

## ***New Resources Online*** *accessible 24/7 from our website at [www.hurst.lib.tx.us](http://www.hurst.lib.tx.us)*

Your Library offers free access to over 60 online databases and educational online services. Take a look at the newest arrivals on the Library website.

**Keys to Job Opportunities**—Visit the Library website at [www.hurst.lib.tx.us](http://www.hurst.lib.tx.us) to find interactive tools to learn basic reading, writing and math skills, prepare for academic and career licensing and certification exams, learn a foreign language, prepare a resume, receive live tutoring online, research careers and even locate and apply for jobs.

Choose the Careers and Learning Link on the Library home page and explore Learning Express Library practice tests and tutorial courses, and the Jobview job search database funded with support from the Walmart Foundation. Find even more help with Career Cruising, BYKI Online Language Learning System with 70 languages to choose from, Live Homework Help including tutors for adult learners, Career Cruising and more.

**Hurst  
Public  
Library**

901 Precinct Line Road  
Phone: 817.788.7300

## Visit the Library Online

[www.hurst.lib.tx.us](http://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 and video

## Adult Programs

### Brown Bag Book Club

*First Thursday of the month*

Noon

Meet by the fireplace in the Library Reading Alcove for informal book discussion.

*December 3*

*The Girls' Guide to Hunting and Fishing*

by Melissa Bank -

*January 7*

*Beautiful boy: a father's journey through his son's addiction* by David Sheff

*February 4*

Reader's Choice—pick any romance book to discuss with the group.

### Aspiring Novelists Writing Group

*First and third Saturdays*

*11:00 AM*

Are you an aspiring novelist? A support group for writers meets on the first and third Saturday evenings of each month at the Hurst Public Library in the Reading Alcove. The form and goals of the group are very flexible with the intent to create a core of people who are writing regularly and can energize one another.

### Scrapping at the Library

*Saturdays, December 12, January 2, 23*

*and February 13*

*10:00-4:00 AM*

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.

## Masterworks at the Library

*Evening Performances*

*7:00 PM*

Free for all ages, the MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with ArtsNet and Atmos Energy.

*December 17*

Holiday Cheer Victorian Carolers

*January 28*

John Adams Jazz Trio

*February 25*

Guys and Dolls Vocal Group

## Family Programs

### New DVD Release Showcase

*December 15, January 5 and February 23*

*6:00 PM*

Relax with a bag of popcorn and watch a popular movie on the big screen in the Library Program Room on the first day it's released on DVD. Check at the Library for movie title.

### Celebration of Texas Cultures

*Thursday, March 11*

*6:00-8:00 PM*

Enjoy an evening of music, dance and arts and crafts from a variety of Texas cultures.

## Kid Stuff

### Train Car Creations

*For all ages*

*Tuesday, January 19*

*Thursday, January 21*

*5:00-8:00 PM*

Children of all ages are invited to create their own train cars out of boxes and poster board. A variety of media will be available to decorate personal train cars. All participants will be encouraged to show off their creations in the Train Parade on Saturday, January 23.

### Train Parade

*For all ages*

*Saturday, January 23*

*11:00 AM*

Calling all kids with cars—train cars, that is!—and anyone who wants to see them chugging along in our 6th annual parade! The Kids' Express will track around the Library for all to enjoy. At the end of the line, participants and viewers are invited to a special party celebrating trains.

### Get Kids Moving - Fighting Childhood Obesity

*Thursday, February 18*

*7:00 PM*

### Ongoing: AARP Tax Assistance

**Tuesdays, Noon-4 p.m.**

**February and March**

**Call 817.788.7300  
for an appointment**

## Kid Stuff *Ongoing Activities*

### Story Time

*Ages 3-6 years*

*Tuesdays and Wednesdays*

*10:45-11:15 AM*

### Toddler Time

*Ages 1-3 years*

*Mondays and Thursdays*

*10:00-10:30 AM*

### Chess Club

*For elementary ages and up*

*Mondays*

*4:00-5:00 PM*

## Chapter Chats

*For all ages*

**2nd Tuesdays, 7:00 PM**

Do you enjoy talking about books? Here's your chance. Share your views with other kids who have read what you have! Interested parents are welcome, too.

**January 12**

*Surviving Antarctica* by Andrea White

**February 9**

*Diary of a Wimpy Kid* (any book in the series) by Jeff Kinney

**March 9**

*Peak* by Roland Smith

## Puppet People

*For 4th-8th graders*

**Wednesday, January 20**

**Wednesday, February 17**

**Wednesday, March 17**

**4:00-5:00 PM**

Calling Puppet People—old and new! Would you like to try your hand—or two—at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817-788-7302 to register.

## Totally Teen

### Anime Club

*For 7th-12th graders*

**Thursday, January 7**

Start the year off right. COSPLAY!

**Thursday, February 4**

Show us how much you LOVE anime!

**Thursday, February 23**

Special Anime Club DVD release

**Thursday, March 4**

Don't miss, you will be GREEN with envy!

**6:00-8:00 PM**

If you enjoy anime—watching it and talking about it—this is the place for you! Add snacks and other teens that love anime, too, just for fun!

### Teen Pulse Network—Game Night

*For 7th-12th graders*

**Thursday, January 14, February 11**

**6:30-8:00 PM**

Wii want you to be a (Guitar) Hero and Dance Dance (Revolution) for an hour. Take a short break from homework and get in the game!

### L.D. Bell Art and Photography Reception

*For 7th-12th graders*

**Tuesday, March 2**

**7:00-8:00 PM**

Come see art and photography works by students from L.D. Bell High School. Share refreshments and mingle with the student artists whose work will be on display for the month of March. Bring a friend!

## Library expansion

After some creative design work due to site grading issues, the Library Expansion Project is finally ready to move forward. The design and construction documents are almost complete, and the project should be approved by the Library Board and City Council by the end of the year.

The Library Expansion Project is scheduled to begin in January 2010 and should be completed by December.



**Hurst Public Library**  
*The place to go  
 when you need to know!*

**Opening  
Labor  
Day  
2010**



## **Transforming Hurst** *update*

It's beginning to look a lot like Christmas and the Hurst Conference and Meeting Center is beginning to look a lot like, well, a Conference Center. Each day brings us closer to the opening of this groundbreaking facility for the City of Hurst. Part of our redevelopment initiative Transforming Hurst, the Hurst Conference and Meeting Center is conveniently located on two major freeways running between Dallas and Fort Worth, traveled by an estimated 175,000 cars per day. The 50,000 square foot conference center will fill a major gap in the community, becoming the only center of its kind in Northeast Tarrant County.

### **Components of the facility will include:**

- 14,400-square foot hotel-quality ballroom with divisible areas as small as 900 square feet;
- Six meeting rooms totaling 5,700 square feet

- 2,500-square foot outdoor patio area with a water feature and fireplace that can be used for receptions, weddings, and other special events
- Sophisticated board room with 15 executive chairs overlooking the city's signature view down Thousand Oaks Drive
- In-house kitchen area
- Spacious pre-function area with high levels of finish
- State-of-the-art audio-visual equipment
- Top quality tables, chairs and portable risers

The meeting center will be open by Labor Day 2010. For more information or to book your next event call 817.788.7025. Stay tuned for more information and updates on this exciting project that's beginning to look a lot like a conference center.

**Transforming**  
**HURST**  
THE OPPORTUNITIES ARE BUILDING

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

**Sign up for  
our one-time  
introductory  
discounted  
Charter  
Membership**

*Open 5 days a week  
Monday-Wednesday, 8 a.m.- 5 p.m.  
Thursday, 8 a.m.-9 p.m.  
Friday, 8 a.m.-5 p.m.*

**Now  
Open**





# Hurst Senior Citizens Activities Center

**847 West Pipeline Rd.  
Hurst, TX 76053  
817-788-7710**



# City of Hurst Senior Center

## Membership information

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.

### Hurst residents

**\$20 per year (\$1.67/mo.)**

### Non-residents

**\$80 per year (\$6.67/mo.)**

Fees are per membership year and include many free classes, programs and activities at the Senior Center as well as 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.



## How it works

- Sign-ups for Classes, Activities, and Special Events begin at 9 a.m. on the first business day of each month and continue throughout the month until the classes are full.
- Many classes, activities, and special events require pre-registration (and sometimes a small fee) so that we can provide enough space, instruction, supplies, refreshments, etc.
- We offer many “Open” Activities, including Open Games, Open Billiards, and Open Fitness. These activities are called “Open” because they do not require pre-registration, admission, etc. Seniors just show up and have fun!

**Please  
stop by!**

**We'd love to give  
you a tour and  
sign you up!**

# citizens Activities Center

## Charter Memberships

**Special one-time offer!**

*As a Special One-Time Introductory Offer, we are offering a discounted Charter Membership.*

- If you are a Hurst resident, you will only pay \$10 for the first year of membership.
- If you are a current member of the Bedford Hurst Senior Center, and a non-resident of Hurst, you will only pay \$40 for the first year of membership.
- Additionally, those that sign up for the Charter Membership will receive a special t-shirt and lanyard.
- This offer is only good for your first year of membership and expires January 31, 2010. So, hurry in and sign up to be one of the first members of the new Hurst Senior Citizens Activities Center!

## Gift Cards for Memberships

The Senior Center offers Gift Cards for purchase to be used towards annual memberships. The senior recipient must be at least 55 and must meet the other qualifications for membership. Gift Cards are a great gift idea for birthdays, holidays, or "just because". They are

available in amounts of \$20 or \$80 and are non-refundable, but they do not expire. Gift cards are only good towards membership fees (\$20 or \$80) and not for class or program fees or admission to special events.





# Hurst Recreation Center

With the start of 2010 upon us, have you resolved to start working out, or increase your level of fitness? If so, the Hurst Recreation Center is the place for you. The Hurst Recreation Center has a state-of-the-art Fitness Center, and an indoor Jogging/Walking Track for you to use to meet your New Year's fitness resolutions. Our Cardio Room has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. Many of our treadmills and elliptical crosstrainers now have 15" LCD screens, which enable you to watch television, or use your iPod while working out. There is also an extensive selection of pin-selectorized, and plate-loaded strength equipment, as well as dumbbells, and flexibility equipment to round-out your total fitness program. There are also numerous fitness classes (aerobics, spinning, bootcamp, etc.) that will get you into shape.

Do you have a group of friends that enjoy 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, wallyball 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.*

## New Year - New You *Fitness Challenge*

If you have resolved to start working out, or increase the intensity of your workouts with the start of the New Year, you can participate in the Healthy Hurst New Year – New You Fitness Challenge! The New Year – New You Fitness Challenge is the first Healthy Hurst event in 2010. Register for the Healthy Hurst Wellness Program

at no charge, and you can keep track of your workouts between January 2 and February 28, 2010, to be eligible for incentive awards.

*For more information, please call 817.788-7325.*

# Special Events:



## **Daddy & Daughter Valentine's Ball**

*Sunday, February 7*

*3:00-5:00 PM*

*Hurst Recreation Center  
700 Mary Drive*

Tickets are \$15 per couple and \$8 per additional daughter. Tickets go on sale January 4, 2010, 8:00 AM at the Hurst Recreation Center's Administrative Office. For more information, call 817.788.7320.

## **EGGstravaganza**

*Sunday, March 27*

*Hurst Community Park*

*601 Precinct Line Road*

Activities begin at 1:00 PM and the Egg Hunt starts at 2:00 PM. FREE

Activities include: Crafts, Hurst Clown Rounds, games, photos with Mr. Bunny and refreshments. No pets please. For more information, call 817.788.7320.



# Recreation Division Programs

## Healthy Hurst:

### *Healthy Hurst 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. Parti-

pants 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.

## Recreation Center Fees: *(effective Jan. 2, 2010)*

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

See  
**Page**  
**36** 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



# 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

### Van Gogh's Two's (18 months to 2 years)

Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11020A	M	4:30-5:00 PM	8WKS	1/11	\$22
11020B	W	9:30-10:00 AM	8WKS	1/13	\$22

### Mozart's Two's (18 months to 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. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11000A	M	5:00-5:30 PM	8WKS	1/11	\$22
11000B	W	10:00-10:30 AM	8WKS	1/13	\$22

### Independent Two's (2 to 3 years)

This class is for children who are ready to go to class without their mommies. They will create new projects each week using paint and glue and will have tons of fun! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11080A	W	9:00-9:30 AM	8WKS	1/13	\$22
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### Lunch A Bunch! (3 to 5 years)

Calling all pre-schoolers to the kitchen! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

11170A	T	10:30-11:15 AM	8WKS	1/12	\$24
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### Creative Time For Tots (3 to 4 years)

This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (Supply fee \$10)

Instructor: Barbara Johnson (Certified School Teacher)

11040A	MW	8:45-10:30 AM	8WKS	1/11	\$56
11040B	TTH	8:45-10:30 AM	8WKS	1/12	\$56

### Pre-K Kids (4 to 5 years)

This class is designed to prepare your child for Kindergarten. Through crafts, stories, music and play time, they will learn the alphabet, numbers and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (Supply fee \$10)

Instructor: Barbara Johnson (Certified School Teacher)

11050A	MW	11:00-2:30 PM	8WKS	1/11	\$98
11050B	TTH	11:00-2:30 PM	8WKS	1/12	\$98

### Yes, I Can Draw (3 to 5 years)

Yes, you can draw! This class is designed to teach your youngster the first form of communication, art. They will have a chance to let their creativity flow. (Supply List)

Instructor: Mary Cassidy (Certified School Teacher)

11010A	T	9:00-9:30 AM	8WKS	1/12	\$22
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### Phonics Fun - Step 1 (3 to 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. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11030A	M	9:00-9:45 AM	8WKS	1/11	\$24
11030B	TH	9:00-9:45 AM	8WKS	1/14	\$24

### Phonics Fun - Step 2 (3 to 5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11035A	M	10:30-11:15 AM	8WKS	1/11	\$24
11035B	TH	10:30-11:15 AM	8WKS	1/14	\$24

### Hands-on Science (3 to 5 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11135A	TH	9:45-10:30 AM	8WKS	1/14	\$24
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### Hands-on Math (3 to 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. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11205A	M	9:45-10:30 AM	8WKS	1/11	\$24
11205B	TH	11:15-Noon	8WKS	1/14	\$24

### Crafty Motor Skills (3-5 years)

Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11120A	T	9:30-10:20 AM	8WKS	1/12	\$26
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### Move It... Move It... (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. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11100A	T	11:30-Noon	8WKS	1/12	\$22
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### Little Tyke Soccer (3-6 years)

GGG000AAAALLL! You will get your feet running and learn the basics of the world's most popular sport. Tennis shoes required.

Instructor: Stacie Castillo

(3-6 years) Beginners

11600A	F	9:30-10:00 AM	8WKS	1/15	\$22
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(4-6 years) Intermediate

11600B	F	10:00-10:30 AM	8WKS	1/15	\$22
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### Computer Tots (3-5 years)

Come and learn about computers through the Elmo's Pre-School and Jump Start Kindergarten programs!

Instructor: Vicki McMeans

11800A	TH	9:00-9:30 AM	8WKS	1/14	\$22
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### Tap For Tots (3-5 years)

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Tap shoes required.)

Instructor: LaTisha Clay

11065A	TH	12:15-12:45 PM	8WKS	1/14	\$22
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### 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

11180A	TH	11:45-12:15 PM	8WKS	1/14	\$22
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## Preschool 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.

**Tiny Dancer I** (3-5 years)

Here's a class that will introduce your tiny dancer to the basics of ballet and tap. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

(3-4 years)

11060-A	T	11:45-12:30 PM	8WKS	1/12	\$24
11060-B	W	10:30-11:15 AM	8WKS	1/13	\$24

Instructor: Cassie Grieco

(3-5 years)

11060-C	M	4:00-4:45 PM	8WKS	1/11	\$24
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**Tiny Dancer II** (4-5 years)

Your tiny dancer will learn more advanced ballet and tap moves while building on the skills introduced in Level I. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

11070-A	W	11:15-Noon	8WKS	1/13	\$24
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Instructor: Cassie Grieco

11070-B	T	4:00-4:45 PM	8WKS	1/12	\$24
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## Youth Programs

**Young Artist - Painters** (6-12 years)

Are you a young painter who needs inspiration? Join us to explore the basics of color and painting while practicing on some creative projects. (Supply Fee \$15)

Instructor: Kelly Watkins

21222-A	S	9:05-9:55 AM	8WKS	1/16	\$24
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**Young Artists 3-D** (6-12 years)

Do you enjoy creating with paper and clay? We will learn the basics of sculpture through clay projects, 3-D paper crafting, and foam. (Supply Fee \$15)

Instructor: Kelly Watkins

21666-A	S	10:00-10:50 AM	8WKS	1/16	\$24
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**Young Artists Explore Texture** (6-12 years)

Join us to explore the basics of texture to help stimulate creativity. Our activities will include: sunflowers, treasure maps, paper waving, and repousse. (Supply Fee \$15)

Instructor: Kelly Watkins

21444-A	S	11:00-11:50 AM	8WKS	1/16	\$24
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**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. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

21170-A	T	5:00-5:50 PM	8WKS	1/12	\$24
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**Water Coloring** (6-11 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

21090-A	M	5:30-6:20 PM	8WKS	1/11	\$24
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**Tap & Ballet** (5-10 years)

Here is your chance to get a taste of both tap and ballet in one class. You will learn basic tap and ballet steps to today's modern music. (Tap and ballet shoes are required)

Instructor: Cassie Grieco

21010-A	M	4:45-5:30 PM	8WKS	1/11	\$26
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**Musical Theater** (5-10 years)

In this class you will have an opportunity to sing, dance, and act while having a lot of fun!

Instructor: Cassie Grieco

21130-A	T	4:45-5:30 PM	8WKS	1/12	\$26
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**3-in-1 Dance Combo Class** (5-10 years)

In this class you will learn the basics of ballet, tap, and jazz. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Ballet, Tap and Jazz shoes required)

Instructor: LaTisha Clay

21300-A	W	4:00-5:15 PM	8WKS	1/13	\$28
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**3-in-1 Dance Combo Class II** (7-12 years)

In this class you will learn more advanced ballet, tap, and jazz moves while building on the skills introduced in Level I. (Ballet, Tap, and Jazz shoes required)

Instructor: LaTisha Clay

21333-A	TH	5:00-6:15 PM	8WKS	1/14	\$28
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**Hip Hop Dance** (5-10 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

21070-A	W	5:15-6:00 PM	8WKS	1/13	\$24
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**Hip Hop Dance II** (7-12 years)

In this class you will learn more advanced hip hop moves while building on the skills introduced in Level I. (Sneakers required)

Instructor: LaTisha Clay

21075-A	M	4:00-4:45 PM	8WKS	1/11	\$24
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**NEW CLASS! Homeschool Dance** (5-14 years)

In this educational class you will learn the basics of several styles of dance. Not only will we work on foundational dance concepts, but we will also learn the history behind each style we learn. We will explore ballet, tap, jazz, and more. (Ballet, Tap and Jazz shoes required)

Instructor: LaTisha Clay

(5-10 years)

21080-A	M	1:00-2:15 PM	8WKS	1/11	\$28
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(10-14 years)

21080-B	M	2:15-3:30 PM	8WKS	1/11	\$28
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**Homeschool Art** (5-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

21040A	W	11:30-12:20 PM	8WKS	1/13	\$24
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**Homeschool Lunch-A-Bunch** (5-12 years)

Calling all home-schoolers to the kitchen for some fun! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

21060A	W	12:30-1:20 PM	8WKS	1/13	\$24
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**Guitar I** (9-17 years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred.)

Instructor: Ray Wallace

21020A	TH	6:00-7:00 PM	8WKS	1/14	\$30
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**Guitar II** (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Ray Wallace

21025A	T	6:00-7:00 PM	8WKS	1/12	\$30
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**Guitar III** (All Ages)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Ray Wallace

21023A	T	7:15-8:15 PM	8WKS	1/12	\$30
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**Kids' Workout** (6-15 years)

Let's improve our fitness level and have fun doing it! This class is all-inclusive functional fitness with focus on the 10 points of fitness. (Gym shoes required.)

Instructor: William Reed (Certified Personal Trainer)

(6-10 years)

21555A	TTH	4:00-4:25 PM	8WKS	1/12	\$22
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(11-15 years)

21555B	TTH	4:30-4:55 PM	8WKS	1/12	\$22
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**NEW CLASS! Girl's Volleyball**

**Beginners Basics** (7-12 years)

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

Instructor: Stacie Castillo

21035A	W	6:00-6:30 PM	8WKS	1/13	\$22
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**Basketball Basics** (5-12 years)

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

Instructor: Stacie Castillo

21030A	W	6:30-7:00 PM	8WKS	1/13	\$22
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**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

(Beginner 8-15 years)

21111-A	M	6:00-8:00 PM	8WKS	1/11	\$34
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(Beginner 5-7 years)

21111-B	M/W	4:00-5:00 PM	8WKS	1/11	\$34
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(Advanced 8-15 years)

21111-C	M/W	5:00-6:00 PM	8WKS	1/11	\$34
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**ITF – Tae Kwon Do** (5 and up)

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 and stress relief while building self-esteem and concentration.

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

White belts - (5 and up)

21700A	S	3:00-4:00 PM	8WKS	1/16	\$56
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Colored belts - (5 and up)

21700B	S	4:00-5:00 PM	8WKS	1/16	\$56
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**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 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.

Instructor: Kim Mesa (5th degree black belt)

January:

21900A	M	6:00-7:00 PM	4WKS	1/4	\$32
	S	9:05-10:05 AM			

February:

21900B	M	6:00-7:00 PM	4WKS	2/1	\$32
	S	9:05-10:05 AM			

March:

21900C	M	6:00-7:00 PM	4WKS	3/1	\$32
	S	9:05-10:05 AM			

**One-Time Classes**

**Sweets for the Sweet** (3-12 years)

Be my valentine? Come make some fun sweets for your sweetheart! (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

(3-5 years)

11444A	S	10:00-11:30 AM	1WK	2/6	\$12
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(6-12 years)

21110A	S	12:30-2:00 PM	1WK	2/6	\$12
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**Gymnastics Programs**

**Parent/Tot Tumbling** (16-36 months)

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.

Instructor: Tammy Slovensky

31040A	M	9:30-10:00 AM	8WKS	1/11	\$22
31040B	T	9:30-10:00 AM	8WKS	1/12	\$22
31040C	W	9:30-10:00 AM	8WKS	1/13	\$22
31040D	TH	9:30-10:00 AM	8WKS	1/14	\$22

**Tiny Tykes** (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.

Instructor: Tammy Slovensky

31030A	M	10:00-10:30 AM	8WKS	1/11	\$22
31030B	M	11:30-Noon	8WKS	1/11	\$22
31030C	T	10:00-10:30 AM	8WKS	1/12	\$22
31030D	W	10:00-10:30 AM	8WKS	1/13	\$22
31030E	W	11:30-Noon	8WKS	1/13	\$22
31030F	TH	10:00-10:30 AM	8WKS	1/14	\$22

**Tumbling Tots I** (3-4 years)

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

Instructor: Tammy Slovensky

31011A	M	10:30-11:00 AM	8WKS	1/11	\$22
31011B	T	10:30-11:00 AM	8WKS	1/12	\$22
31011C	W	10:30-11:00 AM	8WKS	1/13	\$22
31011D	TH	10:30-11:00 AM	8WKS	1/14	\$22

**Tumbling Tots II** (4-5 years)

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

Instructor: Tammy Slovensky

31022A	M	11:00-11:30 AM	8WKS	1/11	\$22
31022B	T	11:00-11:30 AM	8WKS	1/12	\$22
31022C	W	11:00-11:30 AM	8WKS	1/13	\$22
31022D	TH	11:00-11:30 AM	8WKS	1/14	\$22

Instructor: Amber McMeans

31022E	T	5:30-6:00 PM	8WKS	1/12	\$22
31022F	T	6:00-6:30 PM	8WKS	1/12	\$22

**Beginner Gymnastics** (6-11 years)

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

Instructor: Amber McMeans

31051A	T	6:30-7:30 PM	8WKS	1/12	\$26
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Instructor: Tana Eden

31051B	M	6:30-7:30 PM	8WKS	1/11	\$26
31051C	T	6:30-7:30 PM	8WKS	1/12	\$26
31051D	T	7:30-8:30 PM	8WKS	1/12	\$26
31051E	W	6:00-7:00 PM	8WKS	1/13	\$26

## 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.

*Instructor: Bilal Konte (BS Kinesiology/Fitness Management) and William Reed (Certified Personal Trainer)*

### 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.

*Instructor: Bilal Konte (BS Kinesiology/Fitness Management) and William Reed (Certified Personal Trainer)*

### 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 \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

*Instructor: Esther White (MS, RD, LD, CSSD)*

### 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 \$142 for the 4 sessions. All evaluations are done by appointment.

*Instructor: Esther White (MS, RD, LD, CSSD); Bilal Konte (BS Kinesiology/Fitness Management); and William Reed (Certified Personal Trainer)*

### NEW CLASS! New Weigh

Here is the solution to all your new year's resolutions to lose weight and get healthier. Each week you will weigh in, participate in activities, and learn new ideas to help you reach your goals with a dietitian and fitness expert. Join us for education, inspiration, and motivation to follow a new weigh!

*Instructor: Esther White (MS, RD, LD, CSSD)*

41000-A	M	7:00-8:00 PM	8WKS	1/11	\$50
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### Low Impact Aerobics

Join the fun and trim your buns with a variety of low impact work-outs. Classes are designed to motivate and energize you while building your strength and stamina.

*Instructor: Behka Hartmann (Certified fitness instructor)*

41040-A	MWF	9:15-10:15 AM	8WKS	1/11	\$36
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### 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*

41010-A	MWThF	8:30-9:15 AM	8WKS	1/11	\$28
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### NEW CLASS! Fit Mom

Pre-natal and post-natal exercise that helps you maintain your fitness and health while supporting your body through pregnancy and beyond.

*Instructor: Esther White (MS, RD, LD, CSSD)*

41095-A	MW	12:15-1:00 PM	8WKS	1/11	\$32
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### 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)*

#### January

41333-A	TTH	10:30-11:30 AM	4WKS	1/5	\$25
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#### February

41333-B	TTH	10:30-11:30 AM	4WKS	2/2	\$25
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#### March

41333-C	TTH	10:30-11:30 AM	4WKS	3/2	\$25
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### 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/Fitness Management)*

#### January

41998-A	MW	7:15-8:10 PM	4WKS	1/4	\$25
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41998-B	TTH	5:00-5:55 PM	4WKS	1/5	\$25
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#### February

41998-C	MW	7:15-8:10 PM	4WKS	2/1	\$25
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41998-D	TTH	5:00-5:55 PM	4WKS	2/2	\$25
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#### March

41998-E	MW	7:15-8:10 PM	4WKS	3/1	\$25
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41998-F	TTH	5:00-5:55 PM	4WKS	3/2	\$25
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### Crossfit for Adults

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)*

#### January

41005-A	TTH	6:00-6:55 PM	4WKS	1/5	\$25
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#### February

41005-B	TTH	6:00-6:55 PM	4WKS	2/2	\$25
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#### March

41005-C	TTH	6:00-6:55 PM	4WKS	3/2	\$25
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### Bootcamp

New Year means a New You! Come tone and tighten that awesome body of yours with a variety of workouts including core strength, stability ball, weights, step, circuits, interval training and much more. Keep your body energized up and working and let's achieve your goals!

*Instructor: Behka Hartmann (Certified Fitness Instructor)*

41420-A	MW	6:35-7:35 AM	8WKS	1/11	\$36
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## 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 PM?

*Drop by and give it a try!*



Matthew Kearney, 13, is a student in the Judo program at the Hurst Recreation Center. He recently won silver as a member of the USA Team at the Pan American Championships in Brazil. Matthew is also the grandson of VIA volunteers and Hurst residents, Cecil and Nancy Kearney.

**Slim it Out, Tone it Up**

Do you want to be sleek and slim? Join this class for a great mix of strengthening and toning exercises to reinvent your body. You will get a total body workout and focus on your core to create a strong and healthy look. This class will challenge and encourage you to meet your goals!

*Instructor: Esther White (MS, RD, LD, CSSD)*

41015A	TTH	6:40-7:30 AM	8WKS	1/12	\$28
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**Cycle and Core**

Challenge yourself with a great combo cardio and strength class. Come prepared to spin, sweat, and strengthen for a total body workout. Bring water, bike shorts or padded seat cover, and determination!

*Instructor: Esther White (MS, RD, LD, CSSD)*

41300A	T	5:15-6:35 PM	8WKS	1/12	\$22
41300B	T	6:00-7:00 PM	8WKS	1/12	\$20

**Spin and Sweat**

Join us for the latest in fitness craze: Spinning! Spinning turns the basics of cycling into a great cardio workout. Get ready to work hard and sweat like crazy!

*Instructor: Esther White (MS, RD, LD, CSSD)*

41444A	TH	5:15-6:15 PM	8WKS	1/14	\$20
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**Hurst Hustlers Running Club**

Come join runners of all levels and abilities for a running workout. We will accomplish speed, distance, and fun! Perfect way to make friends and meet your winter running goals!

*Instructor: Esther White (MS, RD, LD, CSSD)*

41001-A	M	6:00-7:00 PM	8WKS	1/11	\$30
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**NEW CLASS! Flow and 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, CSSD)*

41060A	M	5:15-6:00 PM	8WKS	1/11	\$30
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**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 lap blanket.)

*Instructor: Jessica Copeland*

41100-A	T	9:15-10:15 AM	8WKS	1/12	\$32
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*Instructor: Behka Hartmann*

41100-B	F	10:15-11:15 AM	8WKS	1/15	\$32
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**NEW CLASS! Intense Yoga**

An intense yoga practice focused around adaptations of the Sun Salutation to bring balance to the body and mind through fluid movement. It is recommended that participants have previous yoga experience.

*Instructor: Jessica Copeland*

41100-F	M	11:15-Noon	8WKS	1/11	\$32
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**Scaravelli Yoga**

Relax and renew with Scaravelli-style yoga. This user-friendly style of yoga emphasizes the use of breath and gravity to lengthen the spine allowing yoga poses to unfold naturally and comfortably. (Please bring a blanket to class.)

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

41100-C	M	8:15-9:15 PM	8WKS	1/11	\$28
41100-D	W	8:15-9:15 PM	8WKS	1/13	\$28

**NEW CLASS! 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.

*Instructor: Julie Vela (Certified and Registered with Yoga Alliance)*

41100-E	W	7:00-8:00 PM	8WKS	1/13	\$28
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**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, and stress relief while building self-esteem and concentration.

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

*White belts (5 and up)*

21700-A	S	3:00-4:00 PM	8WKS	1/16	\$28
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*Colored belts (5 and up)*

21700-B	S	4:00-5:00 PM	8WKS	1/16	\$28
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**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.

*Instructor: Kim Mesa (5th degree Black Belt)*

*January:*

41800-A	M	7:00-8:30 PM	4WKS	1/4	\$32
	W	7:00-8:30 PM			
	S	10:05-11:30 AM			

*February:*

41800-B	M	7:00-8:30 PM	4WKS	2/1	\$32
	W	7:00-8:30 PM			
	S	10:05-11:30 AM			

*March:*

41800-C	M	7:00-8:30 PM	4WKS	3/1	\$32
	W	7:00-8:30 PM			
	S	10:05-11:30 AM			

**Tai Chi**

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

*Instructor: Dan Streeter*

**January:**

41070-A	TH	7:30-8:45 PM	4WKS	1/7	\$37
	S	9:05-10:30 AM			

**February:**

41070-B	TH	7:30-8:45 PM	4WKS	2/4	\$37
	S	9:05-10:30 AM			

**March:**

41070-C	TH	7:30-8:45 PM	4WKS	2/4	\$37
	S	9:05-10:30 AM			

**NEW CLASS! Qui Gong/Intro to Tai Chi**

In this class we will focus on the benefits of deep-breathing, moving meditation exercises, followed by an introduction to Tai Chi using the Yang-style 13-movement form. Participants should be able to stand comfortably for the class period, and walking-style shoes are recommended.

*Instructor: Dan Streeter*

**January:**

41075-A	WF	9:00-10:00 AM	4WKS	1/6	\$37
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**February:**

41075-B	WF	9:00-10:00 AM	4WKS	2/3	\$37
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**March:**

41075-C	WF	9:00-10:00 AM	4WKS	3/3	\$37
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**NEW CLASS! Clowning for Fun and Profit**

Do you like clowning around? From make-up to making money, you will learn all aspects of clowning. We'll have fun while learning magic, juggling, puppets, comedy, and much more!

*Instructor: Andy Anderson*

41190-A	TH	7:00-9:00 PM	8WKS	1/14	\$25
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**Porcelain Dolls**

Learn each step of creating a beautiful and delicate porcelain doll. Brushes and paints will be provided for you to use in class. (Supply list)

*Instructor: Mieke Kelch*

41080-A	TH	10:00-1:00 PM	8WKS	1/14	\$52
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**Exploring Water Color**

If you have always wanted to learn how to paint, then why not start with watercolors? This introductory class consists of basic techniques, color harmony, and composition. (Supply list)

*Instructor: Lesley Talty*

41120-A	M	9:30-Noon	4WKS	1/11	\$25
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**Brush and Palette**

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply list)

*Instructor: Elaine Roosz*

41110-A	T	9:00-Noon	8WKS	1/12	\$50
41110-B	T	6:30-9:00 PM	8WKS	1/12	\$50

**Adults on the Computer**

Whether you have no idea how to turn on your computer or you're ready to cruise the Internet, we have a computer class for you. You will learn the basics of operating your computer and venture into word processing and spreadsheets.

*Instructor: Vicki McMeans*

41600-A	TH	9:35-10:55 AM	8WKS	1/14	\$50
41600-B	TH	11:35-1:00 PM	8WKS	1/14	\$50

**Guitar I**

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred).

*Instructor: Ray Wallace*

41500-A	TH	7:15-8:15 PM	8WKS	1/14	\$30
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**Guitar II (All Ages)**

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

*Instructor: Ray Wallace*

21025-A	T	6:00-7:00 PM	8WKS	1/12	\$30
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**Guitar III (All Ages)**

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

*Instructor: Ray Wallace*

21023-A	T	7:15-8:15 PM	8WKS	1/12	\$30
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**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*

41200-A	T	7:00-8:00 PM	8WKS	1/12	\$45
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**NEW CLASS! 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 dance.

*Instructor: Brandy Bollin*

41224-A	T	8:00-9:00 PM	8WKS	1/12	\$45
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**NEW CLASS! 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 skills 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: Brandy Bollin*

41222-A	T	9:00-9:45 PM	8WKS	1/12	\$40
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# 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.*

**NEW CLASS! Belly Dance for the****Club Scene**

Do you just want to dance and have fun? Maybe learn a few new moves to show off on the dance floor while rocking out to your favorite songs? Then this is the class for you! Learn how to "shake it" like Shakira! No prior dance experience required.

Instructor: Brandy Bollin

41228-A	TH	7:00-8:00 PM	8WKS	1/14	\$45
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**NEW CLASS! Drills and Thrills: Belly Dance**

In this fast paced class we will focus on body isolations and muscle memory to develop a strong core. No prior dance experience required. This class will get you moving and make you sweat while having a great time!

Instructor: Brandy Bollin

41225-A	TH	8:00-8:45 PM	8WKS	1/14	\$40
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**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: Brandy Bollin

41226-A	TH	8:45-9:45 PM	8WKS	1/14	\$45
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**Adult Tap Dance**

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

Instructor: LaTisha Clay

41111-A	T	7:00-8:00 PM	8WKS	1/12	\$30
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**Adult Dance Combo**

Come get a taste of several styles of dance in one class. As a class, we will choose one style of dance to explore in depth, while we continue to learn more about ballet, tap, jazz, modern, and more. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

41400-A	T	8:00-9:30 PM	8WKS	1/12	\$36
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**Wedding/Party Dance – The Foxtrot**

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and "just fun" type gatherings: the Foxtrot! Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41165-A	M	8:00-8:45 PM	4WKS	1/11	\$40
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**Line Dancing for Fun Brain Twisting****Exercise**

We will learn a variety of line dances. Simple ones to harder ones will be taught. No one will be left behind. Step out of your box and challenge yourself with great combination patterns, cardio, playful and fun dance movements. Bring your water and dance attitude. Best yet...no partner needed. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41150-A	W	6:15-7:00 PM	4WKS	2/10	\$40
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**Exercise/Workout Latin Style**

Enjoy this fun, flirty, playful routine and workout through Cuban motion and syncopated steps. We will move and exercise to Latin style salsa and Cha Cha patterns plus some meringue and then cool down and stretch with the romantic Bolero. Dress comfortably and prepare to sweat and have fun. Men and women both are encouraged. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41135-A	M	6:15-7:00 PM	4WKS	1/11	\$40
41135-B	M	6:15-7:00 PM	4WKS	2/8	\$40

**Salsa Part I**

We will cover all the basics including cross over, right side pass, left side pass, turns, free style, and more! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41175-A	M	7:05-7:55 PM	4WKS	1/11	\$40
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**Intermediate Waltz - Ballroom or Country**

We will learn the styling and techniques of the waltz and add style and grace to your dance. Prerequisite: Must know more than just a box step in Waltz. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41195-A	M	8:00-8:45 PM	4WKS	2/8	\$40
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**The Romantic Rumba - Intermediate**

The Rumba is the easy going tropical style of dance where you get to move your hips in slow motion as you dance. The Rumba is sultry and has Cuban and Puerto Rican influences. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41122-A	W	7:05-7:55 PM	4WKS	2/10	\$40
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**West Coast Swing - Part II**

Bring your West Coast Swing favorite patterns to share with the class. We will break it down, teach it to the class, and even add to it! To enroll in this class, you must know basics such as baskets, whips, and passes. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41160-A	W	8:00-8:45 PM	4WKS	1/13	\$40
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**Country & Western:****2-Step/3-Step Beginner**

YEEHAW! Come and learn to 2-step/3-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41140-A	W	8:00-8:45 PM	4WKS	2/10	\$40
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**Beginner West Coast Swing**

We will learn one of the most popular forms of swing which originated on the west coast. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Couples encouraged, but singles welcome. Class meets at the Brookside Center. Prices are per person. Couples \$72.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41170-A	W	6:15-7:00 PM	4WKS	1/13	\$40
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**Beginner Tango/American Standard**

Come and learn a passionate dance called the Tango! We will learn techniques and timing. You will learn to move better as a couple and feel the energy of the romance while dancing the Tango. Couples only. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Class meets at the Brookside Center. Prices are per couple.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41124-A	W	7:05-7:55 PM	4WKS	1/13	\$72
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## Spring Adult Softball League Registration

### *Returning Teams:*

*(Teams that played in Hurst in 2009)*

January 25 – 26, 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)

### *Open Registration:*

Monday thru Friday, January 27 – February 12  
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:*

\$350 for a 10 game season (with City Playoffs)

### *League Nights:*

Monday - Friday

### *League Schedules:*

Available February 17

### *Season Begins:*

Monday, February 22

## Winter Men's Adult Basketball League Registration

### *Registration:*

Monday thru Friday, January 4 – 15  
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

### *League Schedules:*

Available January 19

### *Season Begins:*

Tuesday, January 26

**For more information,  
call 817.788.7320.**

## Youth Sports Associations:

### *Mid-Cities Premier Fastpitch Assn.*

817.209.5409  
[www.eteamz.com/hurstgsl](http://www.eteamz.com/hurstgsl)  
[xtremesoftball94@yahoo.com](mailto:xtremesoftball94@yahoo.com)

### *Mid-Cities Basketball Assn.*

(MCBA) 817.354.6208  
[www.midcitiesbasketball.org](http://www.midcitiesbasketball.org)

### *Tri-Cities Baseball Assn.*

(TCBA) 817.285.0200  
[www.tcbaseball.com](http://www.tcbaseball.com)

### *Mid-Cities PeeWee Football & Cheerleading Assn.*

817.282.2390  
[www.midcitiespeeveefootball.org](http://www.midcitiespeeveefootball.org)

### *Hurst United Soccer Assn.*

(HUSA) 817.282.8680  
[www.hurstunitedsoccer.com](http://www.hurstunitedsoccer.com)



Hurst Recreation Center Members Loraine and David Gonzales. Loraine was a member of the U.S. Paralympic Women's Wheelchair Basketball Team that won their second consecutive gold medal at the 2008 Paralympic Games in Beijing. David played wheelchair basketball for the University of Texas at Arlington and is currently playing in a Dallas league. We are proud they call the Hurst Recreation Center home!

# Hurst Tennis Center

701 Mary Drive  
817.788.7330

# Welcome to the Hurst Tennis Center

*“Home of the Team Hurst  
Junior Development Program”*

## Junior Tennis

### **Pee Wee 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.

*Instructor: Brian Combest, USPTA, and Staff*

Times: 4:45 PM - 5:30 PM      Price: \$36      Days: Thursday

82601-A	Begins 1/7	4 WKS
82601-B	Begins 2/4	4 WKS

### **Jr. Beginner Tennis** (Ages 7 & up)

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

*Instructor: Brian Combest, USPTA, and Staff*

Times: 5:30 PM - 7:00 PM      Price: \$64      Days: Thursday

82502-A	Begins 1/7	4 WKS
82502-B	Begins 2/4	4 WKS

### **Junior High Drill Class** (Ages 11 and up)

For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques and tactics.

*Instructor: Brian Combest, USPTA, and Staff*

Times: 7:00 PM - 8:30 PM      Price: \$64      Days: Tuesday

84504-A	Begins 1/5	4 WKS
84504-B	Begins 2/2	4 WKS

### **High School Drill Class** (Ages 14 and up)

For High School players looking to improve their overall game. Singles and doubles, techniques and tactics.

*Instructor: Dustin Tankersley, USPTA, and Staff*

Times: 7:00 PM - 8:30 PM      Price: \$64      Days: Tuesday

84507-A	Begins 1/5	4 WKS
84507-B	Begins 2/2	4 WKS

## 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.

## 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 PM - 8:30 PM

Days: Tuesday

Price: \$64

82505-A	Begins 1/5	4 WKS
82505-B	Begins 2/2	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 PM - 8:30 PM

Days: Tuesday

Price: \$64

82506-A	Begins 1/5	4 WKS
82506-B	Begins 2/2	4 WKS

### Men's Open 4.0 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 PM - 8:30 PM

Days: Thursday

Price: \$12

88444-A	Begins 1/7	(WEEKLY)
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## 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.

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

**CALL  
817.788.7330**

*for a court  
reservation.*

### Winter Operating Hours:

Mon. – Thurs. 8:00 AM – 9:00 PM  
Friday 8:00 AM – 6:00 PM  
Sat. & Sun. 9:00 AM – 6:00 PM

**Tennis Center Coordinator** – Mike Campo, USPTA

**Tennis Specialist** – Kelly Langdon, USPTA

**Tennis Attendants** – Wally Benson, Steven Lu, Mark Hargrove and Charlie Crosswait.

**Tennis Instructors** – Jason Brown, USPTA, Greg Smith, Sam Elliott, USPTA, Bryan Combest, USPTA and Dustin Tankersley, USPTA

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

## How about a Private Lesson?

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

### *Lessons with Hurst Tennis Specialist or Tennis Center Coordinator:*

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

- \$50 per hour
- \$26 per half hour
- \$172 per series of 4 lessons

### *Lessons with Tennis Instructors:*

**Sam Elliott**, USPTA, **Greg Smith**, **Brian Combest**, USPTA, **Jason Brown**, USPTA, and **Dustin Tankersley**, USPTA

- \$49 per hour
- \$25 per half hour
- \$172 per series of 4 lessons

### *The Tennis Center Staff also offers:*

Private and group lessons. \$80 for 90 minute group lessons for league teams.

### *Services and Facilities:*

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

## 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

Mid-Cities Junior Circuit – TBA

*Winter Adult Leagues begin*

**Feb. 2**

*must register by January 22*

*cost is*

**\$25/person**

# Registration Easy-Options!

Walk-in registration beginning on Monday, December 7, 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 December 14 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 January 11. (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 December 7.**

## *Non-Residents:*

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begin December 14.**

## *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.

## *Weather Policy:*

In case of inclement weather, the Hurst Recreation Center will not conduct any classes if the H-E-B Independent School District cancels their classes for the day.

### *Parks and Recreation Board*

*Chairman:* Alan Neace

*Vice Chairman:* Pat King

Carol Cole

Ralph Hurd

Howard Shotwell

Hank Williams

Delbert Derrett

Rod Robertson

Estelle Teague

### *Recreation Staff*

*Recreation Director:* Doug Kratz

*Recreation Managers:* Kim Mesa, Doug McDaniel, and Chris Watson

*Recreation Center Supervisor:* Mary Singleton

*Recreation Specialist:* Kendall Thorntorn

*Senior Secretary:* Jeanne Coons

# Winter 2010 Class Registration Form



Head of Household	Home Phone	Work Phone	E-mail Address
Street Address	Apt#	City	State/Zip

Participant's Name	Date of Birth	Gender	Class #	Fee	
1.					
2.					
3.					
4.					
5.					
			<b>Sub-Total</b>	<b>\$</b>	
Non-Resident Fee of \$2 per class		_____ x \$2 (# of classes)	= \$ _____	+ Sub-Total of \$ _____ =	<b>Total Due \$ _____</b>

**Payment Method:**

Check # \_\_\_\_\_  
 Credit Card  
 Cash/Money



Order

**Checks Payable to :**  
 City of Hurst  
  
**Mail to:**  
 Hurst Parks and Recreation  
 Class Registration  
 700 Mary Drive  
 Hurst, Texas 76053  
  
**Fax to:**  
 817-282-7081

**Credit Card Payment Authorization:**

Visa     Mastercard     Discover     American Express

\_\_\_\_\_ / \_\_\_\_\_  
 Expiration Date  
 month year

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from any injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection or benefits for those who use the recreational equipment or engage in activities on City Premises.

**BY SIGNING THIS RELEASE, I ACCEPT ALL RESPONSIBILITY FOR INJURIES WHICH MAY BE INCURRED.**

\_\_\_\_\_  
 SIGNATURE OF PARTICIPANT/USER                      SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18                      DATE

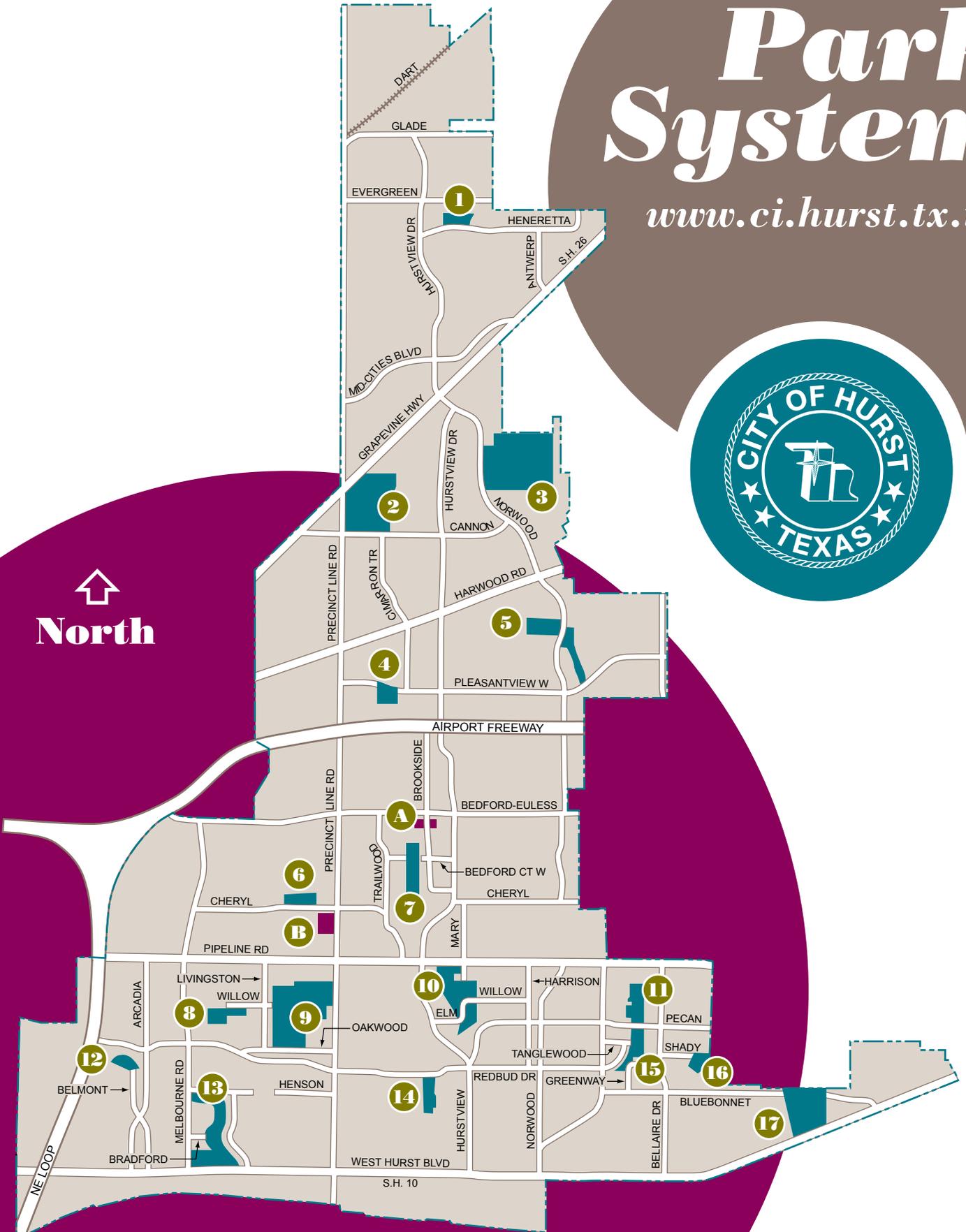


# Park System

[www.ci.hurst.tx.us](http://www.ci.hurst.tx.us)



North ↑



# 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)

- Youth Athletic Practice 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 (effective Jan 2).*

*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

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