

Where

# We Live

*A publication from the City of Hurst*



*Winter*  
**2009**  
*Recreation*  
*Class*  
*Schedule*



*Library*

## *Expansion*

*Community*

## *Shopping in Hurst*

*Community*

## *City Finances*



**Daddy &  
Daughter  
Valentine's  
Ball**  
Sunday, Feb. 8

Welcome to the fourth issue of...

# Where We Live

*Welcome to the fourth issue of Where We Live. As 2008 draws to a close, we reflect on all of the significant programs and events that have helped make this one of our best years yet. In 2008, we launched our first city magazine, combining two familiar publications into one. We had record attendance at our Stars and Stripes event in July and in September we became the only area city to host four shelters for Hurricane evacuees since Katrina. Our bond rating was upgraded in August, resulting in significant savings for current and future tax payers. We broke ground on the first phase of Transforming Hurst, Heritage Village, and the new Fire Station No. 2 will open in January. Bottom line; It's been a busy year in Hurst. We are looking forward to an even bigger year in 2009 with plans to break ground on our 50,000 square-foot Conference and Meeting Facility, open the new Hurst Senior Center and much more.*

*You can start your 2009 off right by signing up for one of our many popular classes at the Recreation Center or joining one of our basketball leagues. In this issue we invite you to read about where your tax dollars are going, why shopping "First in Hurst" is important, where the construction on Precinct Line Road is headed, how to nominate an outstanding citizen for our upcoming Citizen of the Year Awards and how you can get involved in your city through volunteering. Just to name a few.*

It has always been the City Council's goal to provide our citizens with the best in programs, events and services in the area. Please let us know how we can continue to serve you better. As 2008 turns into 2009, we hope you are able to take advantage of some of the innovative programs and events your city offers. Now take a moment, sit back and enjoy your fourth issue of *Where We Live*.

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## Hurst City Council

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

## Mental Health Program

In 2007 the Hurst Police Department's Community Services Division added a Mental Health Peace Officer to the Special Needs Program. The benefit of the Mental Health Peace Officer to the program includes empowering officers with education and knowledge so that the officers can provide exceptional services to the citizens with a safe, positive outcome.

Mental Health Peace Officer Certification is an extension of Crisis Intervention Training. Crisis Intervention is a tool for officers dealing with citizens in crisis, especially those who are in crisis due to a mental health condition. The training has four main objectives which include safety, identification/recognition, communication techniques and resources.

Another focus of the Hurst Police Department's Special Needs Program is a collaborative effort between the Police Department and the Mental Health Mental Retardation (MHMR) Law Enforcement Liaison Project. The Mental Health Peace Officer receives mental health referrals from officers on patrol and citizens as well as family members of citizens with mental health issues. When the Mental Health Peace Officer receives a referral, the officer and representatives from the MHMR Law Enforcement Liaison Project communicate, coordinate and develop a plan regarding the best approach to offer services for the citizen experiencing mental health issues.

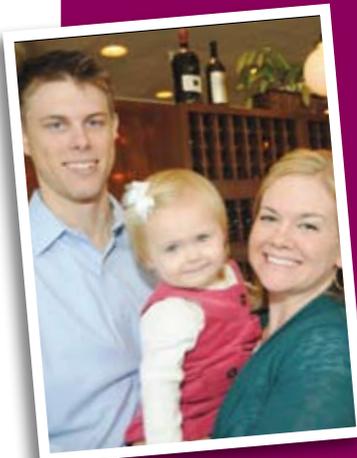


**Lt. Kirk Caldwell**

### 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—*Development Manager*  
 Steve Moore—*Police Chief*  
 Anita Thetford—*Director of Finance*  
 Ashleigh Whiteman—*Communications Manager*

## On the cover...



Our cover family, Michael, Alicia and Anna Rowntree, have been Hurst residents for the past three years. Michael has lived in the HEB area his entire life, except for the four years that he attended the University of Texas, where he met Alicia. Michael is currently working as a youth pastor in North Richland Hills and Alicia stays at home with Anna, who turned one in September. Michael and Alicia enjoy watching college football, exercising, and shooting

skeet together. We met up with the Rowntrees at Italianni's for our cover shoot, shot by photographer Bill Carter.



**Ambulance  
Subscriptions  
Due Dec. 31**

**For information call  
817.788.7238**

## **Hurst Citizens Fire Academy**

The Hurst Fire Department is now taking applications for the Hurst Citizens Fire Academy. The fifth installment of the program will begin on April 6, 2009.

During the ten-week class, participants will learn about the organization and operation of

the Hurst Fire Department, fire prevention, disaster preparedness, emergency medical service, arson investigation, firefighting tactics and much more. 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 even the opportunity to ride out with the firefighters.

For more information or to get an application please call 817.788.7238.

## National Flood Insurance

Every year flooding causes more property damage in the United States than any other type of natural disaster. In fact, a home has four times greater risk of flooding than burning during the course of a 30-year mortgage. Most homeowner's insurance policies will not cover losses from flooding because it only covers falling water, not rising water.

**Fact you may not know:** Property damage caused by flooding is typically not covered by homeowners, renters, or condo insurance. Coverage is available through a separate flood insurance policy program that is administered by the Department of Homeland Security's Federal Emergency Management Agency (FEMA).

The City of Hurst can help determine if your home needs flood insurance coverage. The

City of Hurst participates in the National Flood Insurance Program (NFIP), which makes flood insurance available to all property owners in Hurst. You do not have to live in a floodplain to qualify for flood insurance. Property owners can insure the building and contents, and renters can insure their possessions. To obtain flood insurance, contact your local home insurance provider.

As an NFIP community, the City of Hurst has the latest maps, studies, and revisions to the local floodplains and elevation certificates available for review. Hurst also participates in the Community Rating System Program. This program saves flood insurance policy holders 10% on their annual premiums. Residents, real estate agents, and insurance representatives with questions about the NFIP or floodplains should call 817.788.7076.



# Go Green

Going green in Texas can actually turn into a little green for area motorists. If your vehicle has failed a motor vehicle emissions test, is 10 years or older and is gasoline powered, you may be eligible to receive a grant from the AirCheckTexas Repair and Replacement

Assistance Program. Residents who qualify can receive vouchers for \$3000 toward the purchase of a newer car or up to \$600 for repair assistance. For more information, visit [www.nctcog.org/trans/air/act](http://www.nctcog.org/trans/air/act) or call 1.800.898.9103.



## Up-to-the-minute Precinct Line Updates

Visit online at [www.ci.hurst.tx.us](http://www.ci.hurst.tx.us) and click on



**Construction Projects  
& Updates**



## Reading is a Family Affair

At Hurst Public Library reading is a family affair. During the Library's summer reading program the McNatt family of Hurst earned personal celebrity READ posters. Of the 1,571 registered members in this year's reading clubs, 196 people qualified for celebrity READ posters for reading 50 or more hours during the program. When you visit the Library you may see someone you know featured on a READ poster!

**New Resources Online** accessible 24/7 from our Web site 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.

**Tell Me More Language Learning from Auralog**—an interactive language-learning system including lessons and instruction in English (ESL), Spanish, French, German and Italian. More languages to come soon.

**Small Engine Repair Reference Center from EBSCO**—the definitive online tool for small engine repair assistance, including: ATVs, commercial mowers, farm tractors, generators, motorcycles, marine (boats), outdoor power equipment, personal watercraft/jet ski, snow blowers, snowmobiles, tillers and other small engines.

**Global Road Warrior from World Trade Press**—a comprehensive resource covering support services, telecommunications, key facts and cultural insights for travelers of 175 countries.

**Hurst  
Public  
Library**

901 Precinct Line Road  
Phone: 817.788.7300

**Ongoing:  
AARP Tax Assistance**

Tuesdays, Noon-4 p.m.  
February 3-April 14, 2009  
Call 817.788.7300  
for an appointment

**Family Night**

**Women's Safety**

Thursday, February 19  
7:00 PM

Officer Jimmy Meeks from the City of Hurst police department will present an important program on women's safety and violence prevention. Additional family nights will be held on March 19 and April 16, check the library website at [ci.hurst.tx.us/lib/](http://ci.hurst.tx.us/lib/) for more information.

**Masterworks at the Library**

**Evening Performances**

7:00 PM

Open to the public, the Masterworks Music Series is funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with the Arts Council of Northeast Tarrant County. Evening performances will be held on January 22, February 26, March 26 and April 23. An additional noontime performance will be held on March 13. For information on the schedule for performers check the Library website at [ci.hurst.tx.us.lib](http://ci.hurst.tx.us.lib) or visit the Library and pick up your own copy of the Inside Track calendar of events.



**Kid Stuff**

**Train Car Creations**

For all ages

Tuesday, January 13  
Thursday, January 15  
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 decorations will be available to create personal train cars. All participants will be encouraged to show off their creations in the Train Parade on Saturday, January 17.

**Train Parade**

For all ages

Saturday, January 17  
11:00 AM

Calling all kids with cars—train cars, that is!—and anyone who wants to see them chugging along! 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.

**Puppet People**

For 4th - 8th graders

Wednesday, January 21  
Wednesday, February 18  
Wednesday, March 18  
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

Saturday, February 14  
Saturday, March 7  
2:00-4:00 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 8  
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

Thursday, March 5  
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!

**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

**Youth Programs** *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  
10-10:30 AM

**Chess Club**

For elementary ages and up

Mondays  
4:00-5:00 PM

# Library Expansion

In November 2005, a bond referendum for the expansion of the Hurst Public Library was approved by Hurst residents. Project components outlined in the bond program include additional space for a large program room, café area, family restroom, dedicated youth services area, drive-thru window/book drop, expanded parking and an additional street entry.

In Spring 2008, the Hurst Library Board interviewed

several architectural firms and selected Hidell and Associates to provide architectural services related to the Library Expansion Project. The architect is currently working on a design concept that addresses all of the components outlined in the bond program.

The Library Expansion Project is scheduled to begin in Spring 2009 and should be completed the following year.

## Cranberries: Winter's Healthy Fruit

Just about now most of us are longing for some tropical fruits that just aren't available this time of year. No worries, cranberries can be just as tasty and pack a healthy punch. Scientific research is revealing just how healthful cranberries can be. Loaded with nutrients like antioxidants and other natural compounds, cranberries are a great choice. Cranberries are available in a wide variety of forms including fresh or frozen, juice, sauce, and dried. Juices and sauce are available year-round at your grocery retailer. Fresh fruit is generally available from September to December. Include more cranberries in your diet and start eating healthier today.

**Selection tips:** When buying fresh— look for deep color and firm and full berries. When buying dried— try to find them without added sugar. When buying juice— look for 100% natural juice to get the most health benefits.

**Storage tips:** Fresh cranberries are available in stores mid-September to December. Cranberries may be stored in the refrigerator

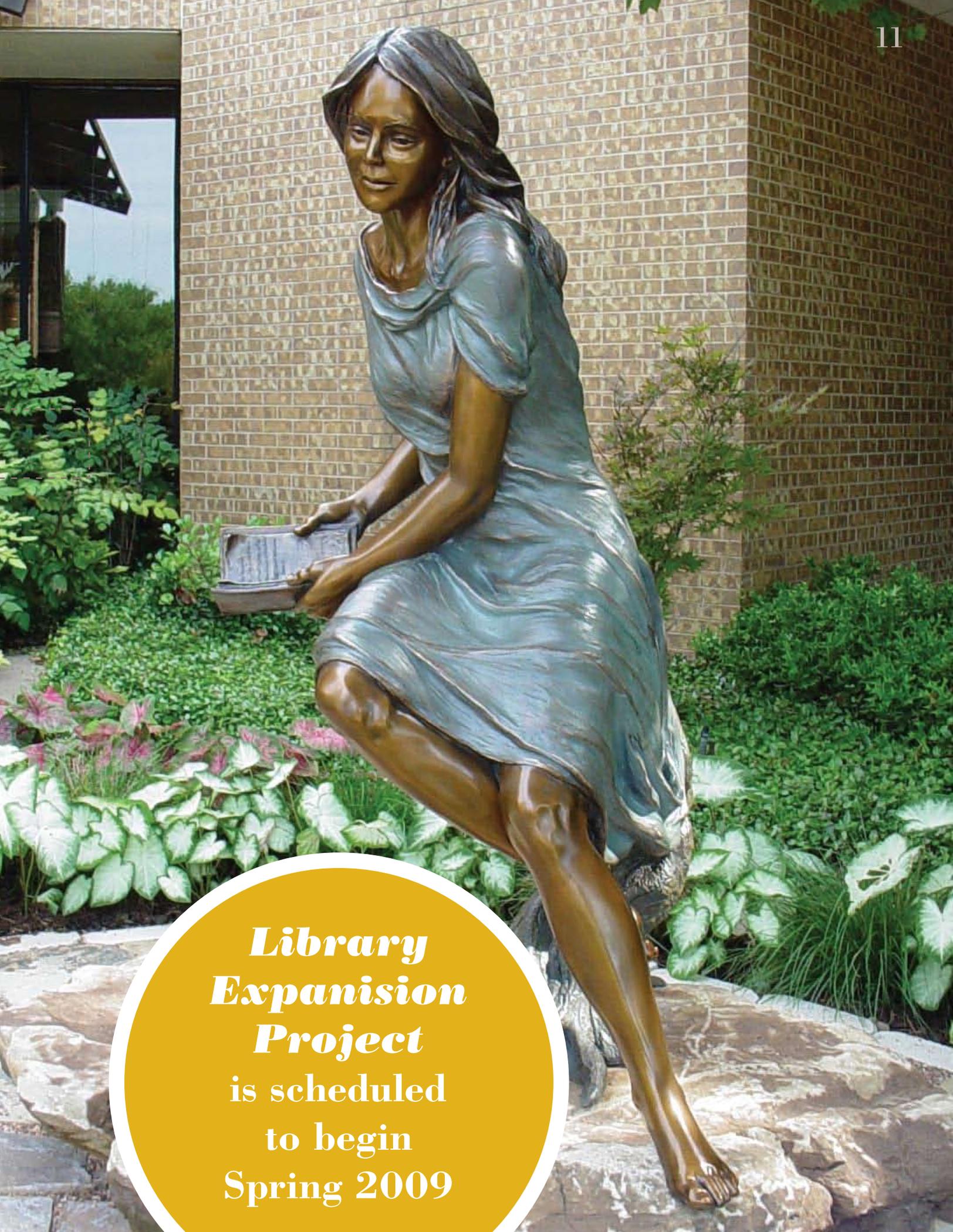
for up to four weeks. Before using, sort and rinse cranberries in running water. Buy fresh cranberries in season, then freeze them to enjoy them all year long. To freeze fresh cranberries, double wrap them in plastic without washing. When using frozen cranberries in your recipes, no thawing is necessary. In fact, best results are obtained without thawing.

**How to eat them:** Fresh and frozen cranberries can be used to make all kinds of dishes, smoothies, sauces and toppings. For a fun holiday treat— make cranberry syrup for your pancakes or to go over ice cream or cheesecake. Dried cranberries can be eaten by themselves or added to muffin and bread recipes. They are also great in stuffing or on a salad. Cranberry juice can be added to your favorite punch or cocktail, frozen into ice cubes for your tea or enjoyed alone.

For more cranberry ideas visit:  
[www.cranberryinstitute.org](http://www.cranberryinstitute.org)

## Nutrition Bits

Cranberries are packed with lots of nutrition. They contain 46 calories per serving, no cholesterol or fat and are low in sodium. Various cranberry products may contain substantial levels of dietary fiber and certain vitamins, as well as a variety of phytochemicals that may be beneficial to your health.

A bronze statue of a woman with long hair, wearing a short-sleeved dress, is depicted in a dynamic, forward-leaning pose. She is holding an open book in her hands. The statue is set on a base of large, light-colored rocks. In the background, there is a brick building and lush greenery, including various plants and flowers.

***Library  
Expansion  
Project***  
is scheduled  
to begin  
Spring 2009



**Paul Liska**

## 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).

## Upcoming Events

Mark your calendars for our annual VIA Holiday Coffee which will be held on Friday, Dec. 12 in the Program Room at the Hurst Public Library. Volunteers who have contributed 200 hours or more either as a full-time volunteer or a special projects volunteer will be presented with a Blue Jacket and an invitation to join the "Blue Jacket Club." Be sure to mark your calendars for this wonderful event!

## Employee Giving Day

The City of Hurst's 11th Annual Employee Giving Day will be held Friday, March 27, 2009. The program began in 1998 to help revitalize older areas of the community and help senior citizens make needed repairs to their homes 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 817.788.7238 for an application or for more information.

## Are you interested in giving back to your community?

*Do you like animals, books or historical facts? Then join the City of Hurst's Volunteers-In-Action program! Current volunteer opportunities include:*

Shelving Assistant – Library  
 Chess Practice Mentor – Library  
 Organizational Assistant/File Clerk –  
 Community Services  
 Historical Data File Clerk – Library  
 Train Maintenance Assistant – Library  
 Warrant Officer Assistant – Police Department  
 Kennel Assistant – Animal Control  
 Filing Assistant – Police Department  
 Clerical Assistant – Public Works  
 Site Plans Organizer – Public Works



**Nominations  
 are now  
 being  
 accepted**

## Citizen of the Year

For more than fifty years the City of Hurst has built upon its solid tradition of being a progressive city that is an exceptional place to live and work. Hurst continues this tradition through the efforts of countless committed citizens who dedicate time, money and volunteer hours to make a difference. Hurst City Council will honor some of these outstanding individuals this spring at the Eleventh Annual Citizen of the Year Awards Program.

The event, created by the Council, will take place at City Hall and honors Hurst residents in five categories including the Pioneer Award, Volunteer of the Year, Community Service Award, Leadership Award and Youth of the Year. Nominations are now being accepted through Feb.1.

Please call 817.788.7029 for more information or download a nomination form at [www.ci.hurst.tx.us](http://www.ci.hurst.tx.us).



**Georgia Kidwell**

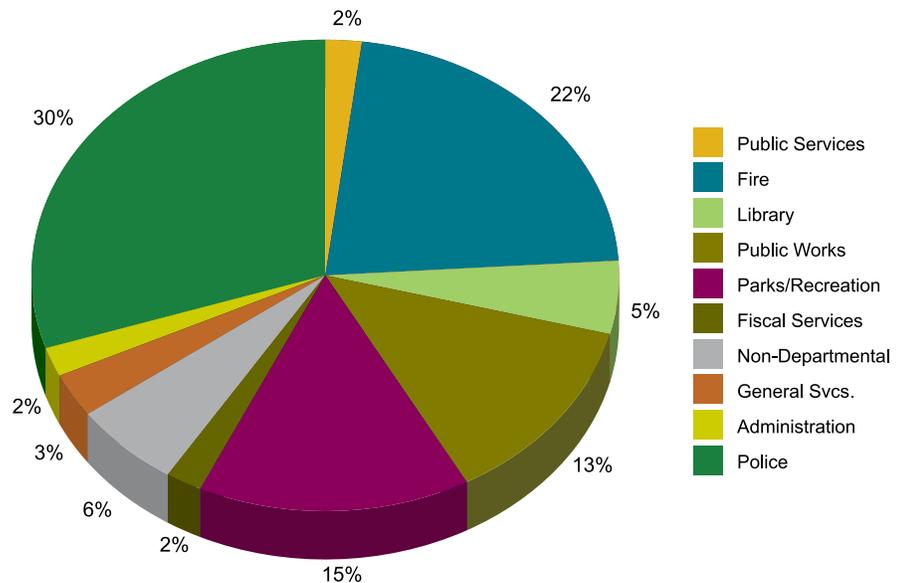
## Where your tax dollars go

The City of Hurst Finance Department has won the Government Finance Officers Association's Distinguished Budget Award twenty years in a row, and there's no secret why. Part of the criteria for receiving this award is being fiscally responsible. Winning this award signifies a strong commitment by the City Council and staff in meeting the highest principles of governmental budgeting. Translation: We take extra care when spending your tax dollars.

Just where are your tax dollars going? They go to fund fire, EMS and police services, street and drainage maintenance and improvements, library, recreation and parks programs; all for an average monthly cost of \$49. One reason why the city is able to provide these services for such a low investment is because of our high credit ratings. The exceptionally high credit rating allows the city to reduce debt payment by qualifying for lower interest rates, keeping our taxes in check. "We are very fortunate to keep the tax rate the same this year as the economy has impacted the City's revenue stream," Mayor Richard Ward said. Hurst also offers the highest homestead exemption allowed by state law, and passed the senior and disabled residents tax cap in 2004.

We're proud of the awards and recognitions we've received over the years. We're even prouder of maintaining our quality of life City while keeping our tax rate low.

### General Fund Distribution of Expenditures



## TV Conversion

On February 17, 2009, all full-power broadcast television stations in the United States will stop broadcasting on analog airwaves and begin broadcasting only in digital. Digital broadcasting will allow stations to offer improved picture and sound quality and additional channels. Who will be affected by the change? If you own a television with a digital tuner or subscribe to a pay-TV service, you will likely continue to receive TV programming as usual after the transition. Contact your service provider for more information. If you use a television that uses a roof-top antenna or "rabbit ears" to get reception, you will need to start using a digital-to-analog converter box. Your antenna or rabbit ears will no longer work. Please note you do not have to discard your television; it will work with a converter box. A coupon is available to help with the purchase cost of a converter box. Please call 1.888.388.2009 for more information or visit [ci.hurst.tx.us](http://ci.hurst.tx.us) and click on the digital tv transition button, located on the right hand side.

*TV conversion  
effective  
February 17,  
2009*



# SCHOLARSHIP Opportunity

The City of Hurst recently announced a scholarship opportunity for local high school students interested in pursuing a career in the criminal justice arena. Named for the much revered former Hurst Police Chief Joe Watson, the scholarship fund is a component fund of the Community Foundation of North Texas. The fund may award one or more scholarships

for a minimum of \$2,000 each year to a graduating senior who is a Hurst resident, current participant in the HEBISD Criminal Justice Program or a child of a Hurst police officer. All applications are due by March 1. For more information or to obtain an application, please call 817.788.7013

## Streetlights

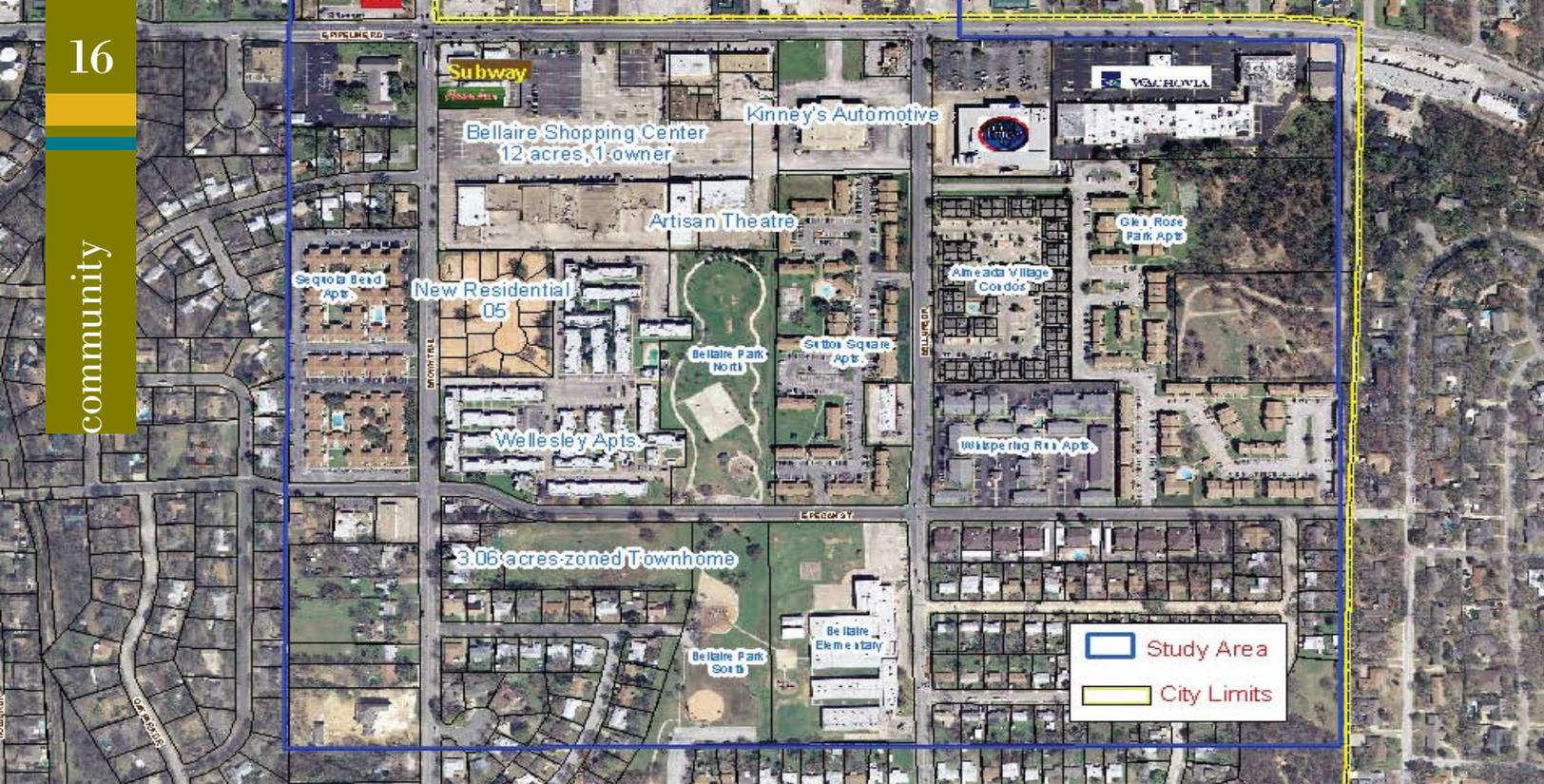
The City of Hurst has thousands of streetlights that line residential and commercial properties. The primary purpose for these lights is to provide safe passage for vehicles and pedestrians during the evening hours. Street lights are intended to provide traffic safety first and foremost, not property security.

The City of Hurst does not install, replace, or repair any streetlights; however, the City will facilitate the process by turning the re-

quests in to Oncor. According to the Public Utility Commission rules, streetlight outages are required to be repaired within 15 days of receipt of a report. Most lights will be repaired within 3 to 5 days on average, some cable failures or knockdowns will require additional time to be completed.

A streetlight outage or damage can be reported by phone 1.888.313.4747 or at [www.oncorgroup.com/community/streetlights/form.aspx](http://www.oncorgroup.com/community/streetlights/form.aspx) by filling out the Streetlight Out-

age Reporting Form. This is the same form used by the City of Hurst when a citizen reports an outage or damage. The form is a simple process and can be completed within a minute. There are some required fields that need to be completed before your form can be processed. Please enter the EXACT location of the streetlight(s). The better the description, the faster Oncor can solve the problem. There is space for additional information provided if the options do not sufficiently describe your particular problem.



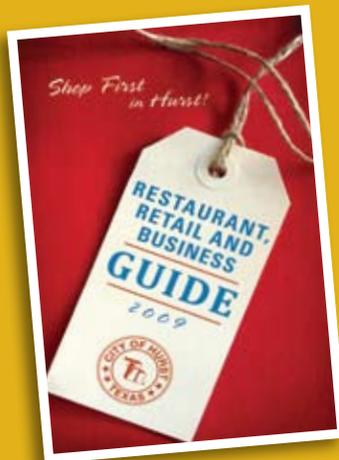
## Bellaire Sustainable Development Plan Kicks Off

The City of Hurst is about to begin a comprehensive study of the Bellaire area of southeast Hurst. The purpose of the study is to identify a realistic redevelopment strategy that will lead to improvements in Bellaire's image and economic viability. The planning project will recommend short-term and

long-term neighborhood-wide improvements at the eastern end of the Pipeline Road corridor. Keys to success are obtaining community and municipal buy-in for a program that will improve neighborhood services and retail, create safe physical and visual connections to/from adjacent and nearby uses,

apartments, housing, businesses, nearby neighborhoods, local amenities and improve overall neighborhood character. We seek to involve all property owners, HEB ISD, Artisan Center Theater and the City of Bedford in on-going redevelopment efforts and community building.

## Special Delivery



“Shop First in Hurst” is more than just a catchy phrase. It's our mantra at the City of Hurst. We continually encourage residents to support our local businesses. 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 can anticipate the arrival of this annual guide, 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 817.788.7094 for additional copies. With the holidays just around the corner make “shop first in Hurst” your mantra.

## Rental Property Registration

Have you heard? The City of Hurst now requires landlords to register their rental property within the city with Building Inspections / Neighborhood Services Department, (BINS). Effective March 25, 2008 landlords must now register their rental property and schedule an inspection before any change of occupancy. A copy of the registration form and the inspection checklist is available online at [www.ci.hurst.tx.us/Departments/Publicworks/Inspections](http://www.ci.hurst.tx.us/Departments/Publicworks/Inspections).

For questions concerning any building code requirement, give us a call at 817.788.7088 or our Code Enforcement Hot Line at 817.788.7099. To schedule an inspection call 817.788.RENT (7368). You are also welcome to come by and see us at City Hall or visit us on the web.



# Youth in Government

The seventh edition of Hurst's Youth in Government program is just revving up for another exciting year. Students from L.D. Bell and Birdville high schools meet monthly throughout the school year covering various topics pertaining to local government.

Participants involved in the program are eligible for scholarships at the end of the year, along with the opportunity for a paid internship with the City of Hurst. Any junior or senior who attends an area school is invited to participate in this free program. For more information please call 817.788.7029.

# Hurst Pride and Business Awards





**Barbara Albright**

## Hurst Honors Businesses with 2008 Appreciation Awards

Each year the City of Hurst's business appreciation program honors businesses for achievement in various categories at the Hurst Pride and Business Awards. The following awards were presented Sept. 12 at the twentieth Business Appreciation Luncheon, recognizing and honoring Hurst businesses for their achievements.

The Business Awards are given by category, and this year's winners are as follows:

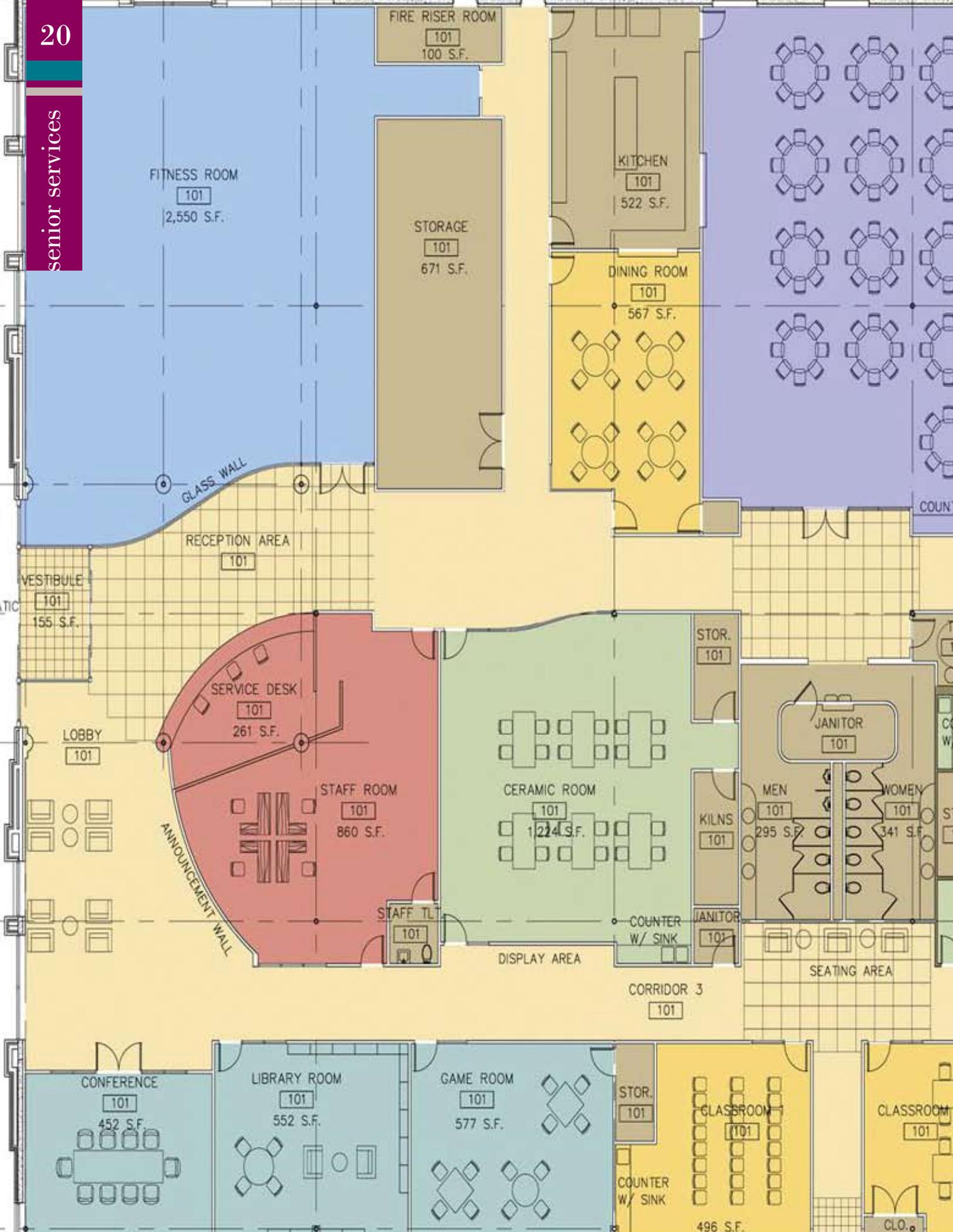
- Longevity: Barbara Albright who has

owned and operated Barbara's Dance Studio for 37 years.

- Quality Service: Hurst Animal Clinic
- Marketing: Stein Mart
- Renovation: Seekers Coffee House & Café
- Image Enhancement: CVS Pharmacy and Dick's Sporting Goods
- Entrepreneur: The Seam Shop

Hurst Pride Awards are given for excellence in appearance, landscaping, design, and overall aesthetics. The 2008 honorees include:

- IHOP on Precinct Line Rd.
- Sonic Drive-In on Hurst Blvd.
- Harwood Business Properties
- Carrie Boyd's Pharmacy on SH 26
- Holiday Inn Express
- Mill Haven Plaza on SH 26
- Grayson Villas Subdivision on Precinct Line Rd. north
- Barnes & Noble Booksellers, Shoppes at North East Mall
- Parkwood Village Shopping Center on Harwood Rd.
- Valley Oaks Apartments on Pipeline Rd.





# Hurst Senior Citizens Activities Center

Construction on the new Hurst Senior Citizens Activities Center began in October as another component of the Heritage Village development. The much anticipated Hurst Senior Center will consist of 27,500 square feet of programming space for a fitness center, kitchen, café, large multi-purpose room, learning center, billiards room, ceramics room, quilting room, three classrooms, game room and library. The Hurst Senior Citizens Activities Center is scheduled to open fall 2009. For more information about the new Hurst Senior Citizens Activities Center and Senior Services Division, please contact the Community Services Department at 817.788.7305.

***Hurst Senior Citizens Activities Center is scheduled to open Fall 2009***

*United Way recently designated Hurst as a Senior Friendly City*





# Hurst Recreation Center

With the start of 2009 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, kickboxing, etc.) that will get you into shape.

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

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

*For more information, contact the Front Desk at the Recreation Center 817.788.7325.*

## 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 2009. Register for the Healthy Hurst Wellness

Program at no charge, and you can keep track of your workouts between January 2 and February 28, 2009, to be eligible for incentive awards.

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

# Special Events:



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

*Sunday, February 8, 2009*

*3:00-5:00 PM*

*Hurst Recreation Center*

*700 Mary Drive, Hurst*

Tickets are \$15 per couple and \$8 per additional daughter. Tickets go on sale January 5, 2009, 8:00 AM at the Hurst Recreation Center's Administrative Office. For more information, call 817.788.7320.

# Recreation Division Programs

Rec Center and Pre-School Programs



## Healthy Hurst:

### *Healthy Hurst Online Wellness Program Information*

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

Healthy Hurst is a FREE program, and all participants receive a Healthy Hurst t-shirt at the time of registration.

Participants are also encouraged to register for the various FREE events that will be offered throughout the year as part of the Healthy Hurst Program.

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

track and log their fitness activities!

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

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



**Tammy Slovensky**

# 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.

www.ci.hurst.tx.us :: ph 817-788-7325 :: fax 817-282-7081

## 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	1/12	\$22
11020B	W	9:30-10:00 AM	8WKS	1/14	\$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	1/12	\$22
11000B	W	10:00-10:30 AM	8WKS	1/14	\$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	1/14	\$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	1/13	\$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. (\$10 supply fee)

Instructor: Barbara Johnson (Certified School Teacher)

11040A	MW	8:45-10:30 AM	8WKS	1/12	\$56
11040B	TTH	8:45-10:30 AM	8WKS	1/13	\$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. (\$10 supply fee)

Instructor: Barbara Johnson (Certified School Teacher)

11050A	MW	11:00-2:30 PM	8WKS	1/12	\$98
11050B	TTH	11:00-2:30 PM	8WKS	1/13	\$98

### Play & Learn (3 to 5 years)

Playing and learning go hand-in-hand, making learning fun. Your child will be introduced to numbers, letters, colors, painting, and crafts. (\$7 supply fee)

Instructor: Tammy Slovensky

11160A	MW	11:30-Noon	8WKS	1/12	\$34
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### 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	1/13	\$22
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### Phonics Fun (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	1/12	\$24
11030B	TH	9:00-9:45 AM	8WKS	1/15	\$24

### 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	1/12	\$24
11205B	TH	10:30-11:15 AM	8WKS	1/15	\$24

### Science Fun (3 to 5 years)

Create some fun experiences using science, and learn more about our earth. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

11130A	TH	9:45-10:30 AM	8WKS	1/15	\$24
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### 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	1/13	\$24
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### Little Tyke Basketball (4-6 years)

Is your child interested in basketball? Come and get started by learning the basics.

Instructor: Jennifer Baer

11500A	M	9:30-10:00 AM	8WKS	1/12	\$22
11500B	M	10:00-10:30 AM	8WKS	1/12	\$22
11500C	W	9:30-10:00 AM	8WKS	1/14	\$22
11500D	W	10:00-10:30 AM	8WKS	1/14	\$22

### Little Tyke Soccer (3-6 years)

GGG000AAALLL! You will get your feet running and learn the basics of the world's most popular sport. Tennis shoes required.

Instructor: Stacie Castillo

(3-4 years)

11600A	F	9:00-9:30 AM	8WKS	1/16	\$22
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(4-6 years)

11600B	F	9:30-10:00 AM	8WKS	1/16	\$22
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### Little Tyke Sports (3-6 years)

Looking for some good old-fashioned fun? We'll get a little taste of soccer, basketball, running, fitness, and just plain fun.

Instructor: Stacie Castillo

(3-4 years)

11700A	F	10:00-10:30 AM	8WKS	1/16	\$22
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(4-6 years)

11700B	F	10:30-11:00 AM	8WKS	1/16	\$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	1/15	\$22
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### Tap For Tots (3-5 years)

No previous tap experience needed! In this fun and energetic class you will learn rotary-based basics of tap dancing. You will also have fun with a wide variety of music, styles, and rhythms. Each class is designed based on the students' abilities. (Tap shoes required.)

Instructor: LaTisha Clay

11065A	T	10:30-11:00 AM	8WKS	1/13	\$22
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Instructor: Mindy Kim

11065B	TH	6:00-6:30 PM	8WKS	1/15	\$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 1** (3-5 years)

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

Instructor: LaTisha Clay

11060-A	T	11:00-11:45 AM	8WKS	1/13	\$24
11060-B	W	10:30-11:15 AM	8WKS	1/14	\$24

Instructor: Candice Sanders

11060-C	M	5:30-6:15 PM	8WKS	1/12	\$24
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**Dynamite Dinosaurs** (3-6 years)

Do you dig dinos? We will learn about the different species of dinosaurs, make crafts, and do a fossil hunt. (\$7 Supply Fee)

Instructor: Jennifer Baer

11200-A	M	10:45-11:15 AM	8WKS	1/12	\$22
11200-B	W	10:15-11:15 AM	8WKS	1/14	\$22

**Let's Find Your Manners!** (3-6 years)

Manners? What the heck are those? Come learn about table and basic daily manners that are important to know. To show our parents how much we learned, we will dress up and have tea and sandwiches on the last class. (\$7 Supply Fee)

Instructor: Jennifer Baer

11100-A	M	11:30-Noon	8WKS	1/12	\$22
11100-B	W	11:30-Noon	8WKS	1/14	\$22

**Paints and Crafts Galore!** (3-5 years)

It's time for fun! We'll create our very own works of art through paints and crafts. (\$5 Supply Fee)

Instructor: Tammy Slovensky

11090-A	T	11:00-11:30 AM	8WKS	1/13	\$22
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## Pre-School & Youth Combination Programs

**Basketball 101** (4-6 years and up)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started!

Instructor: Stacie Castillo

(4-6 years)

21030-A	W	6:00-6:30 PM	8WKS	1/14	\$22
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(6 and up)

21030-B	W	6:30-7:00 PM	8WKS	1/14	\$22
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## Dance Recital Information:

*\$50 costume fee is due by Feb. 1, 2009. No refunds will be given once the costumes are ordered.  
\$20 Dance Recital Fee is due by April 3, 2009.*

**NEW CLASS! Homeschool Music** (5-10 years)

Come join the club! Develop a love for music through fun-filled, hands-on lessons and activities. Students will be exposed to the fundamentals of music theory, rhythm, melody, form, dynamics and more in this stimulating, interactive music class for homeschoolers.

Instructor: Deb Crauford (Certified School Teacher)

(5-6 years)

21200-A	M	9:00-9:50 AM	8WKS	1/12	\$72
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(7-8 years)

21200-B	M	10:00-10:50 AM	8WKS	1/12	\$72
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(9-10 years)

21200-C	M	11:00-11:50 AM	8WKS	1/12	\$72
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## One-Time Classes

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

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

Instructor: Mary Cassidy (Certified School Teacher)

(3-5 years)

11444-A	S	10:00-Noon	1WK	1/17	\$12
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(6-12 years)

21110-A	S	1:00-3:00 PM	1WK	1/17	\$12
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## Youth Programs

**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	1/13	\$24
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**Water Coloring** (6-12 years)

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

Instructor: Mary Cassidy (Certified School Teacher)

21090-A	T	6:00-6:50 PM	8WKS	1/13	\$24
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**Homeschool Food Fun** (6-15 years)

Come learn how to cook a variety of meals using the stove, oven, and microwave. (\$10 Supply Fee)

Instructor: Mary Cassidy (Certified School Teacher)

21060-A	W	Noon-1:00 PM	8WKS	1/14	\$24
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**Homeschool Art Fun** (6-15 years)

Let's let our imagination run and create our own works of art! (\$10 Supply Fee)

Instructor: Mary Cassidy (Certified School Teacher)

21040-A	W	11:00-Noon	8WKS	1/14	\$24
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**Soccer for Homeschool** (6 and up)

Come and learn the simple skills of soccer.

Instructor: Stacie Castillo

21035-A	F	11:00-11:30 AM	8WKS	1/16	\$22
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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

21020-A	TH	6:00-7:00 PM	8WKS	1/15	\$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	1/13	\$30
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**Guitar III** (9-17 years)

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	1/13	\$30
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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 5-7 years)

21111-A	M/W	4:00-5:00 PM	8WKS	1/12	\$34
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(Beginner 8-15 years)

21111-B	M/W	5:00-6:00 PM	8WKS	1/12	\$34
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**ITF – Tae Kwon Do** (5-15 years)

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

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

21700-A	S	3:00-4:00 PM	8WKS	1/17	\$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:

21900-A	M	6:00-7:00 PM	4WKS	1/5	\$32
	S	9:05-10:05 AM			

February:

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

March:

21900-C	M	6:00-7:00 PM	4WKS	3/2	\$32
	S	9:05-10:05 AM			

**Legends Martial Arts** (5-11 years)

A Korean martial art, this class is for all ages. You will develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being.

Instructor: Chris Malhiot

WHITE BELTS: (All beginners start in this class.)

January:

21500-A	TH	5:00-5:30 PM	4WKS	1/8	\$38
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February:

21500-B	TH	5:00-5:30 PM	4WKS	2/5	\$38
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March:

21500-C	TH	5:00-5:30 PM	4WKS	3/5	\$38
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REGULAR CLASS:

January:

21500-D	TH	5:30-7:00 PM	4WKS	1/8	\$38
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February:

21500-E	TH	5:30-7:00 PM	4WKS	2/5	\$38
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March:

21500-F	TH	5:30-7:00 PM	4WKS	3/5	\$38
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**3-In-1 Dance Combo Class** (5-10 years)

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

Instructor: LaTisha Clay

21300-A	T	4:00-5:15 PM	8WKS	1/13	\$28
21300-B	F	3:45-5:00 PM	8WKS	1/16	\$28

**Tap & Ballet** (5-7 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: Candice Sanders

21010-A	M	6:15-7:15 PM	8WKS	1/12	\$26
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**Beginning Jazz** (5-7 years)

Here is your chance to get a taste of jazz. You will learn the basic jazz steps to today's modern music. (Jazz shoes required.)

Instructor: LaTisha Clay

21120-A	T	5:15-6:15 PM	8WKS	1/13	\$26
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Instructor: Candice Sanders

21120-B	W	5:30-6:15 PM	8WKS	1/14	\$24
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**Hip-Hop Dance** (8-14 years)

Even if you have no previous dance experience, you can take this class! We will explore the elements of dance and movement. Not only will we study classical dance, but also learn rhythm and how to count the beats to the music. We will create Hip-Hop style routines and center floor steps.

Instructor: LaTisha Clay

21070-A	F	5:00-5:45 PM	8WKS	1/16	\$24
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Instructor: Mindy Kim

21070-B	W	7:30-8:30 PM	8WKS	1/14	\$26
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**Lyrical Dance** (7-11 years)

We will learn a contemporary form of dance that combines jazz with ballet, while interpreting the meaning of a song's lyrics.

Instructor: Candice Sanders

21334-A	W	6:15-7:00 PM	8WKS	1/14	\$24
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**Tap Dance - Level 1** (6-10 years)

No experience needed! In this fun and energetic class you will learn the basics of tap dancing, studies in rhythm, and a routine to perform on the last day of class for our family and friends. (Tap shoes required)

Instructor: Mindy Kim

21160-A	W	5:30-6:30 PM	8WKS	1/14	\$30
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**Tap Dance - Level 2** (8-14 years)

Do you have your shuffles and flaps down? Ready to move onto more advanced steps? Move on up to this class to expand your tap dancing knowledge.

(Tap shoes required)

Instructor: Mindy Kim

21140-A	W	6:30-7:30 PM	8WKS	1/14	\$30
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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: Lauren Cassidy

31040-A	T	9:30-10:00 AM	8WKS	1/13	\$22
31040-B	TH	9:30-10:00 AM	8WKS	1/15	\$22

Instructor: Tammy Slovensky

31040-C	M	9:30-10:00 AM	8WKS	1/12	\$22
31040-D	T	10:00-10:30 AM	8WKS	1/13	\$22
31040-E	W	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: Lauren Cassidy

31030-A	T	10:00-10:30 AM	8WKS	1/13	\$22
31030-B	TH	10:00-10:30 AM	8WKS	1/15	\$22

Instructor: Tammy Slovensky

31030-C	M	10:00-10:30 AM	8WKS	1/12	\$22
31030-D	M	10:30-11:00 AM	8WKS	1/12	\$22
31030-E	T	9:30-10:00 AM	8WKS	1/13	\$22
31030-F	W	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: Lauren Cassidy

31011-A	T	10:30-11:00 AM	8WKS	1/13	\$22
31011-B	T	5:00-5:30 PM	8WKS	1/13	\$22
31011-C	TH	10:30-11:00 AM	8WKS	1/15	\$22
31011-D	TH	3:30-4:00 PM	8WKS	1/15	\$22

Instructor: Tammy Slovensky

31011-E	M	11:00-11:30 AM	8WKS	1/12	\$22
31011-F	M	5:30-6:00 PM	8WKS	1/12	\$22
31011-G	T	10:30-11:00 AM	8WKS	1/13	\$22
31011-H	W	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: Lauren Cassidy

31022-A	T	11:00-11:30 AM	8WKS	1/13	\$22
31022-B	T	5:30-6:00 PM	8WKS	1/13	\$22
31022-C	TH	11:00-11:30 AM	8WKS	1/15	\$22

Instructor: Tammy Slovensky

31022-D	W	11:00-11:30 AM	8WKS	1/14	\$22
31022-E	W	5:30-6:00 PM	8WKS	1/14	\$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: Lauren Cassidy

31051-A	T	4:00-5:00 PM	8WKS	1/13	\$26
31051-B	TH	4:00-5:00 PM	8WKS	1/15	\$26

Instructor: Tammy Slovensky

31051-C	M	6:00-7:00 PM	8WKS	1/12	\$26
31051-D	W	6:00-7:00 PM	8WKS	1/14	\$26

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

Here's a class just for the boys! You will learn basic tumbling while working on strength, fine motor skills, and coordination.

Instructor: Scotty Cottle

31080-A	T	6:00-6:30 PM	8WKS	1/13	\$22
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**Advanced Beginner Boys Gymnastics** (6-11 years)

With your experience in beginning gymnastics under your belt, it is time to move to the advanced beginner class. You will continue to improve your skills and add new ones.

Instructor: Scotty Cottle

31082-A	T	6:30-7:30 PM	8WKS	1/13	\$26
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**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.

**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.

**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 you 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

**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

**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	1/12	\$28
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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	9:15-10:10 AM	8WKS	1/12	\$38
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**New Class! 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	6:35-7:30 AM	8WKS	1/12	\$36
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**Turbo Kick**

Looking for a fun, full body work-out? Turbo Kick incorporates kickboxing skills and principles to really get fit. Come join the fun!

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

Fall:

41777-A	W	7:15-8:00 PM	8WKS	1/14	\$22
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**Cardio Mix**

Let's mix it up and keep your body challenged. We'll vary our workout of cardio exercises from step aerobics, interval training, and boot-camp style workouts to keep your body guessing so you keep seeing positive results.

Instructor: Michelle Lada (Certified Aerobics Instructor)

41020-A	MW	5:30-6:15 PM	8WKS	1/19	\$22
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## Behka Hartmann

### Piyo

Looking for a change of pace? Piyo is a non-traditional combination of various styles of Pilates and Yoga that encompasses constant movement and flow to improve flexibility, strength, and balance while lowering stress.

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

41060A	M	7:15-8:00 PM	8WKS	1/12	\$22
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### Zumba

Zumba is a cardio-based workout with a fusion of latin and international music and dance themes that mix fast and slow rhythms to tone and sculpt your body.

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

41065A	T	7:15-8:00 PM	8WKS	1/13	\$22
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### New Class! All Star Bootcamp

Each of your workouts in this class will bring resistance training, cardiovascular training, core training, and plyometrics into a unique workout-program that will help you shed inches, increase endurance, and build confidence! You can also receive healthy lifestyle and nutritional counseling from the instructor.

Instructor: Dr. Aaron Gumm

41999A	MWF	7:30-8:25 AM	4WKS	1/12	\$100
41999B	MWF	7:30-8:25 AM	4WKS	2/9	\$100

### Hip Hop Hustle

So, you think you can't dance? Anyone can burn calories with this fun, easy-to-follow aerobic workout.

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

41075A	TH	6:15-7:00 PM	8WKS	1/15	\$22
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### Step-Aerobics

Start your Saturday morning energized with step aerobics. There's no experience required!

Instructor: Stacy Saljoughi (Certified Aerobics Instructor)

41090A	S	11:00-11:45 AM	8WKS	1/17	\$22
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### 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

41015A	TTH	6:40-7:30 AM	8WKS	1/13	\$28
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### Body Sculpting

Here's the total body muscle strengthening class you've been looking for! We'll work on our total body strength using stability balls, tubing, dumbbells, and steps.

Instructor: Michelle Lada (Certified Aerobics Instructor)

41555A	S	9:15-10:15 AM	8WKS	1/24	\$26
41555B	MW	6:15-7:15 PM	8WKS	1/19	\$34

### Legs & Abs

Do you want to focus on improving your leg and abdominal muscles? This class will help you better define these two areas.

Instructor: Michelle Lada (Certified Aerobics Instructor)

41030A	T	6:15-6:55 PM	8WKS	1/20	\$12
41030B	S	10:20-11:00 AM	8WKS	1/24	\$12

### Cardio Kick

Looking for a fun, full body work-out? Cardio Kick incorporates kickboxing skills and principles to really get fit. Come join the fun!

Instructor: Michelle Lada (Certified Aerobics Instructor)

41050A	T	5:30-6:15 PM	8WKS	1/20	\$22
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### Cycle & 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

41300A	T	5:15-6:35 PM	8WKS	1/13	\$22
41300B	T	6:00-7:00 PM	8WKS	1/13	\$20

### Spin & 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

41444A	TH	5:15-6:15 PM	8WKS	1/15	\$22
41444B	TH	6:15-7:00 PM	8WKS	1/15	\$20

### Hurst Hustlers Running Club

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

Instructor: Esther White, MS, RD, LD

41001A	M	6:00-7:00 PM	8WKS	1/12	\$30
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### Hatha Yoga – Kripalu Style

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: Sharon Hasemann (Certified and registered with Yoga Alliance)

41100A	T	9:15-10:15 AM	8WKS	1/13	\$32
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Instructor: Behka Hartmann

41100B	F	10:15-11:10 AM	8WKS	1/16	\$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 Harper (Certified and registered with Yoga Alliance)

41100C	W	8:15-9:15 PM	8WKS	1/14	\$32
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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)

41700A	S	4:00-5:00 PM	8WKS	1/17	\$56
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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:

41800A	MW	7:00-8:30 PM	4WKS	1/5	\$32
	S	10:05-11:30 AM			

February:

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

March:

41800C	MW	7:00-8:30 PM	4WKS	3/2	\$32
	S	10:05-11:30 AM			

## Massage Therapy

At the Hurst Recreation Center

Would a 10 or 15 minute chair massage help you to relax, and relieve your stress? Or, would you prefer to pamper yourself with a 60, 90, or 120 minute massage? The Hurst Recreation Center now offers massage therapy. Enjoy a chair massage while your child attends a class, or schedule an appointment for a table massage. **For more information please check at the front desk of the Recreation Center or call 817.788.7325.**

**Legends Martial Arts**

You will develop flexibility, concentration, general conditioning, hand/eye coordination, balance, self-discipline, and physical/mental well-being.

*Instructor: Chris Malhiot*

*White belts: (All beginners start in this class.)*

**January:**

21500A	TH	5:00-5:30 PM	4WKS	1/8	\$38
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**February:**

21500B	TH	5:00-5:30 PM	4WKS	2/5	\$38
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**March:**

21500C	TH	5:00-5:30 PM	4WKS	3/5	\$38
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**Regular Classes****January:**

41128A	TH	7:00-9:00 PM	4WKS	1/8	\$38
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**February:**

41128B	TH	7:00-9:00 PM	4WKS	2/5	\$38
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**March:**

41128C	TH	7:00-9:00 PM	4WKS	3/5	\$38
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**Tai Chi – Beginner**

This 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.

*Instructor: Dan Streeter*

**January:**

41070A	TH	7:30-8:45 PM	4WKS	1/8	\$37
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**February:**

41070B	TH	7:30-8:45 PM	4WKS	2/5	\$37
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**March:**

41070C	TH	7:30-8:45 PM	4WKS	3/5	\$37
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**Tai Chi – Advanced**

This is for advanced students who have a working understanding of the Yang-style 103-movement form. 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.

*Instructor: Dan Streeter*

**January:**

41095A	S	9:05-10:30 AM	4WKS	1/10	\$37
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**February:**

41095B	S	9:05-10:30 AM	4WKS	2/7	\$37
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**March:**

41095C	S	9:05-10:30 AM	4WKS	3/7	\$37
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**Belly Dance Basics**

Fun dance class! Come learn the basics of belly dance, American Tribal Style! A healthy, low-impact dance class suitable for all body types.

*Instructor: Pavalina*

41200A	T	7:00-8:00 PM	8WKS	1/13	\$40
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41200B	TH	7:00-8:00 PM	8WKS	1/15	\$40
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**Intermediate Belly Dance**

This class will cover transitions and combinations of belly dance techniques and introduce Zills (finger symbols).

*Instructor: Pavalina*

41225A	T	8:00-9:00 PM	8WKS	1/13	\$40
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**Advanced Belly Dance**

This class will take you to the next step in belly dance. You will learn to use props and proper staging.

*Instructor: Pavalina*

41227A	T	9:00-9:45 PM	8WKS	1/13	\$40
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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*

41120A	M	9:30-Noon	8WKS	1/12	\$50
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**Brush & Palette**

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

*Instructor: Elaine Roosz*

41110A	T	9:00-Noon	8WKS	1/13	\$50
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41110B	T	6:30-9:00 PM	8WKS	1/13	\$50
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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: Micke Kelch*

41080A	TH	10:00-1:00 PM	8WKS	1/15	\$52
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**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*

41500A	TH	7:15-8:15 PM	8WKS	1/15	\$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	1/13	\$30
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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.*

**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	1/13	\$30
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**Adults On The Computer – Step 1 and Step 2**

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. In Step 1, you will learn the basics of operating your computer. In Step 2, you'll venture into word processing and spreadsheets.

Instructor: Vicki McMeans

**Step 1**

41600-A	TH	11:35-1:00 PM	8WKS	1/15	\$50
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**Step 2**

41600-B	TH	1:05-2:30 PM	8WKS	1/15	\$50
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**The ABC's of Microsoft Word, Excel, & PowerPoint**

Now that you have learned how to turn your PC on and off, let's learn how to use it! We'll explore the ABC's to Microsoft Word, Excel, and PowerPoint.

Instructor: Vicki McMeans

41666-A	TH	9:35-10:55 AM	8WKS	1/15	\$50
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**Adult Tap Dance**

Whether you have never put on a pair of tap shoes or you are a tap dancing fool, you will be a perfect fit. You will have fun and learn the basics of tap dancing and get a great workout too! Tap shoes required.

Instructor: LaTisha Clay

41111-A	T	6:15-7:15 PM	8WKS	1/13	\$34
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Instructor: Mindy Kim

**(Advanced)**

41111-B	TH	6:30-7:15 PM	8WKS	1/15	\$34
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**Wedding/Party Dance –****The Foxtrot Part I & Swing**

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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

**Part I - Beginning:**

41165-A	M	7:30-8:15 PM	4WKS	1/12	\$30
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**The Foxtrot and Swing:**

41165-B	W	7:30-8:15 PM	4WKS	2/11	\$30
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**Cha Cha – Part I**

Enjoy this fun, flirty, playful dance through Cuban motion and syncopated steps. 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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41150-A	W	6:30-7:15 PM	4WKS	1/14	\$30
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**Cha Cha – Part II**

We add to this fun, flirty, playful dance through Cuban motion and syncopated steps, with Silver Patterns that are fun and leadable. These can be used in both Latin or Country Western Cha Cha dance. 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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41145-A	M	7:30-8:15 PM	4WKS	2/9	\$30
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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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41140-A	W	8:30-9:15 PM	4WKS	1/14	\$30
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**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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41175-A	M	8:30-9:15 PM	4WKS	1/12	\$30
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**Salsa – Part II**

We will be adding to your Salsa basics and go for more challenging patterns. Double hand leads and lots of turns for both the ladies and men. Come on and take the challenge! 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 are welcome. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41155-A	M	8:30-9:15 PM	4WKS	2/9	\$30
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**West Coast Swing – Part II**

We will learn one of the most popular forms of swing which originated on the west coast, and more challenging leadable patterns to add to your brain. 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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41160-A	W	6:30-7:15 PM	4WKS	2/11	\$30
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**Line Dancing for Fun**

Come on out and have some fun while getting some exercise by learning line dances that are fun and challenging. Line dancing is getting more and more popular in most country western establishments. You don't need a partner but you do need water. No open-toed, alligator long-toed, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center. Prices are per person.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41130-A	M	6:30-7:15 PM	4WKS	1/12	\$30
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**Swing Dance for Weddings & Fun - Part I**

This stylized Swing dance is currently popular with many Swing dancers across the country. It is danced to a variety of music including rhythm and blues, top 40 hits, slow to medium Swing, or Disco music. East Coast Swing is a very interpretive and fun dance and is very good for weddings and parties. 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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41170-A	W	7:30-8:15 PM	4WKS	1/14	\$30
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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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41135-A	M	6:30-7:15 PM	4WKS	2/9	\$30
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**Bachata**

Come learn another Latin social dance that is kin to the Salsa and Cha Cha. Bachata consists of side to side as well as back and forth movements to 4/4 time music. If you go Salsa dancing then come and learn the Bachata. It's fun flirty and easy to do. Easy steps and relaxed frames, turns, and raps are taught in the lesson. Come learn and enjoy the dance of fiestas and parties of the Latin community. 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.

Instructor: Gene Willman

(Professionally Trained Dance Instructor)

41180-A	W	8:30-9:15 PM	4WKS	2/11	\$30
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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!*

## Softball Information Spring League Registration

### **Returning Teams:**

*(Teams that played in Hurst in 2008)*

January 26 – 27, 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 28 – February 13  
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 18

### **Season Begins:**

Monday, February 23

## Spring Adult Basketball League Registration

### **Registration:**

Monday thru Friday, January 5 – 16  
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 20

### **Season Begins:**

Tuesday, January 27

**For more information,  
call 817.788.7320.**

## Youth Sports Associations:

**Hurst Girls Softball League**  
(HGSL) 817.825.2198  
[www.eteamz.com/hurstgsl](http://www.eteamz.com/hurstgsl)

**Mid-Cities Basketball Assn.**  
(MCBA) 817.354.6208  
[www.midcitiesbasketball.org](http://www.midcitiesbasketball.org)

**Mid-Cities PeeWee Football  
& Cheerleading Assn.**  
817.282.2390  
[www.midcitiespeeweefootball.org](http://www.midcitiespeeweefootball.org)

**Tri-Cities Baseball Assn.**  
(TCBA) 817.285.0200  
[www.tcbaseball.com](http://www.tcbaseball.com)

**Hurst United Soccer Assn.**  
(HUSA) 817.282.8680  
[www.hurstunitedsoccer.com](http://www.hurstunitedsoccer.com)

## Recreation Center Fees:

	<i>Hurst Residents</i>	<i>Non-Hurst Residents</i>
Daily Pass	\$1.00	\$5.00
Annual Pass <i>Youth (6 – 15 years)</i>	\$10.00 per year	\$40.00 per year
Annual Pass <i>Adult (16 – 64 years)</i>	\$25.00 per year	\$100.00 per year
Annual Pass <i>Senior (65+ years)</i>	\$10.00 per year	\$40.00 per year
Annual Family Pass	\$65.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00



**Shevin  
Michalik**

# 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: Chuck Bison, USPTA, and Staff*

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

82601-A	Begins 1/8	4 WKS
82601-B	Begins 2/5	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: Chuck Bison, USPTA, and Staff*

Times: 5:30 PM - 7:00 PM      Price: \$60      Days: Thursday

82502-A	Begins 1/8	4 WKS
82502-B	Begins 2/5	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: Sam Elliott, USPTA, and Staff*

Times: 7:00 PM - 8:30 PM      Price: \$60      Days: Tuesday

82504-A	Begins 1/6	4 WKS
82504-B	Begins 2/3	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: Sam Elliott, USPTA, and Staff*

Times: 7:00 PM - 8:30 PM      Price: \$60      Days: Tuesday

82504-A	Begins 1/6	4 WKS
82504-B	Begins 2/3	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, Chuck Bison, USPTA, and Staff*

Times: 7:00 PM - 8:30 PM

Days: Tuesday

Price: \$60

82505-A	Begins 1/6	4 WKS
82505-B	Begins 2/3	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, Chuck Bison, USPTA, and Staff*

Times: 7:00 PM - 8:30 PM

Days: Tuesday

Price: \$60

82506-A	Begins 1/6	4 WKS
82506-B	Begins 2/3	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 1/8	(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:

**Beginning November 10, 2008**

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** – Randy Cook, Wally Benson, Steven Lu, Mark Hargrove, and Charlie Crosswait.

**Tennis Instructors** – Chuck Bison, USPTA, Jason Brown, USPTA, Greg Smith and Sam Elliott, 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 City of Hurst Tennis Specialist:*

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

- \$48 per hour
- \$26 per half hour
- \$168 per series of 4 lessons

### *Lessons with Tennis Instructors:*

**Chuck Bison**, USPTA, **Greg Smith** and **Sam Elliott**, USPTA

- \$47 per hour
- \$25 per half hour
- \$168 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 and Youth Leagues

## Court Fees

(90 minutes)

\$1 Hurst Residents

\$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. 3**

*must register by*

*January 27*

*cost is*

**\$25/person**



# Registration Easy-Options!

Walk-in registration beginning on Monday, December 8, 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 15 at 8:00 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 12. (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

## **Sign-up to register online:**

**Existing household passwords have expired. Please stop by the front desk to renew.** You do not have to wait until your appropriate registration date to activate your account and receive your username and password. Go ahead and do it the next time you are at the Recreation Center for your current class, or working out, and be sure to bring your Hurst water bill, property tax statement or apartment lease and a photo ID as proof of Hurst residency, then you will be ready to register online the day registration begins.

## **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 8.**

## **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 15.**

## **Confirmation:**

When you mail-in, fax or online register, you will receive a confirmation notice through the postal mail or e-mail. If you want your receipt e-mailed to you, be sure to include your e-mail address on your form. You will be notified if the designated classes are not available. If the class is not available, you may select a second choice.

## **Supply List and Fees:**

Some of our classes require a supply list. These classes are noted in the magazine. 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. Any supply fees are due on the first day of class.

## **Refund Policy:**

When you sign-up for one of our classes, we depend on your participation for a successful class. If you have unforeseen circumstances 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.



## **Parks and Recreation Board**

*Chairman:* Alan Neace

*Vice Chairman:* Ralph Hurd

Carol Cole

Pat King

Howard Shotwell

Hank Williams

Delbert Derrett

Rod Robertson

Estelle Teague

## **Recreation Staff**

*Recreation Director:* Doug Kratz

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

*Recreation Center Supervisor:* Mary Singleton

*Senior Secretary:* Jeanne Coons

# Winter 2009 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.					
			Sub-Total	\$	
Non-Resident Fee of \$2 per class		_____ x \$2 (# of classes)	= \$ _____	+ Sub-Total of \$ _____ =	Total Due \$ _____

**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

As a participant in any City of Hurst Parks and Recreation Department program or user of 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 the City, its employees and officers from their own negligence for failure to properly design, inspect, or supervise the activities to be engaged in or equipment to be used by the undersigned or the minor from whom the undersigned has signed this release. The City does not provide any medical or other insurance protection or benefits for those who use 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 \$25 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.*

*For more information, call*

**817.788.7320**



CITY OF HURST  
1505 Precinct Line Road  
Hurst, Texas 76054

PRESORTED  
STANDARD  
US POSTAGE  
PAID  
HURST, TX  
PERMIT #21

Hurst Resident