

Where

# We Live

*A publication from the City of Hurst*



Fall/Holiday  
**2013**  
Recreation  
Class  
Schedule

*See page 26*



**Campfire  
Stories**

**NTE Update**

**Youth In  
Government**



**Santa's  
Workshop  
& Tree  
Lighting**

**Tuesday, Dec. 3**



Welcome to the twenty-third issue of...

# Where We Live

Welcome to the twenty third issue of *Where We Live*. It may still be summer in Texas, but that’s not keeping our thoughts from drifting to our favorite time of year: the holidays. And we’ve got a lot of fantastic, family-fun events planned leading up to the holidays this fall. National Night Out is coming up in October and we hope you’ll join us as we promote our anti-crime initiatives and neighborhood involvement. We also have several fun concerts coming up as part of our Heritage Village Presents program. You can read all about them on page 12. The Fire Department is hosting their annual Open House on Sept. 28 and the whole family is invited! Of course, the premier event of the fall/holiday season is our annual Christmas Tree Lighting, happening on Dec. 3 this year at the Hurst Conference Center. Page 41 has all of the details on this spectacular holiday event.

You can see why we’re already looking forward to this year’s fall and holiday seasons here in Hurst; they’re going to be the best yet. I hope you will join us at some of these exciting events coming soon, and most importantly, I would also like to wish you and your family a safe and healthy holiday season. Now sit back and enjoy the twenty-third issue of *Where We Live*.

Front cover photo by Stacy Luecker  
 Inside cover photo by Eric Luecker

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**Back Row (left to right):** Council Member David Booe, Council Member Henry Wilson, Council Member Bill McLendon, Council Member Larry Kitchens

**Front Row (left to right):** Mayor Pro Tem Anna Holzer, Mayor Richard Ward and Council Member Nancy Welton

# Kale Chips

## INGREDIENTS

1 large bunch kale, tough stems removed, leaves torn into pieces (about 16 cups)

- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon sea salt
- 1/8 teaspoon garlic
- 1/8 teaspoon ground pepper

**Directions:** If kale is wet, very thoroughly pat dry with a clean kitchen towel; transfer to a large bowl. Drizzle the kale with oil and sprinkle with salt. Using your hands, mix the oil and spices onto the kale leaves to evenly coat. Fill 2 large rimmed baking sheets with a layer of kale, making sure the leaves don't overlap. (If the kale won't all fit, make the chips in batches, don't over crowd the pan.)

Bake until most leaves are crisp, switching the pans back to front and top to bottom halfway through, 8 to 12 minutes total. (If baking a batch on just one sheet, start checking after 8 minutes to prevent burning.)

**Makes 4 servings, about 2 cups each**



[www.txsmartscape.com](http://www.txsmartscape.com)

**Nutrition:** One serving: 110 Calories; 5 g Fat; 16 g Carbohydrates; 5 g Protein; 6 g Fiber



## City Staff

Allan Weegar–City Manager

Allan Heindel–Deputy City Manager

Jeff Jones–Assistant City Manager

Clay Caruthers–Assistant City Manager

Ron Haynes–Director of Public Works

Rita Frick–City Secretary

Steve Moore–Police Chief

John Brown–Fire Chief

Mike Morgan–Director of Planning and Community Development

Ashleigh Johnson–Communications Manager

Steve Bowden–Director of Economic Development

# Nutrition 101



5

## Snacks — The Healthy Way

Munch, crunch, bite, and chomp... snacks. Everyone does it but are you getting the best benefit for your health? This article will look at snacking and how to make it a delicious and nutritious part of your day.

### Definition:

The dictionary defines a snack as a small amount of food eaten between meals

Essentially a snack is meant to give you a little energy between your meal times to keep you alert and functioning at the best level. But in our current time, small is a word left up to open interpretation. Let's put some specific boundaries on our definition.

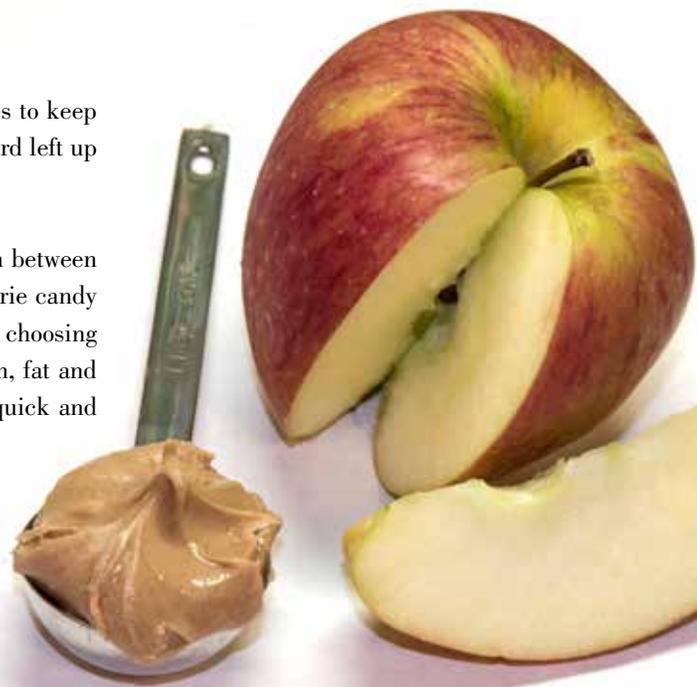
Most health based interpretations of a snack define it as 100-200 calories eaten between meals to keep your blood sugar level and your energy stable. But is 1- 200 calorie candy bar just as good as 27 celery stalks? Here are a few simple rules to follow when choosing a snack: Think lots of color, fiber and nutrients choose fresh, pick some protein, fat and carbohydrate put together and get single servings. Snacking healthier can be quick and convenient too!

So, what does 100-200 calories look like in real food?

### Examples:

- 4-6 oz Greek yogurt with ½ cup of fresh blueberries
- 1 oz cheese and 8-10 whole grain crackers
- 2 boiled eggs
- 2 oz of hummus and 12-15 carrot sticks
- ½ cup salsa and 12 baked tortilla chips
- 1 string cheese and 1 medium pear
- 1/2 a peanut butter and honey sandwich on whole grain bread
- 5-6 vegetable sushi roll pieces
- ½ avocado with sea salt
- 1 tbsp natural peanut butter and 1 medium apple
- 1 cup edamame
- ½ cup cottage cheese and ½ cup pineapple
- 35 pistachios
- ¼ cup trail mix

The possibilities for delicious and healthy snacks are endless. Be creative and see what you can come up with to help your budget, waistline and health.





## Join Us for National Night Out

The Hurst Police Department will be hosting National Night Out on Tuesday, Oct. 1 from 6 p.m. to 8 p.m. at Hurst Community Park, 601 Precinct Line Rd and Vivagene Copeland Park, 501 Pecan Drive. National Night Out provides an opportunity for neighborhoods to come together and send the message that we are all working together to prevent crime and keep our Hurst neighborhoods safe. Please join us as we once again celebrate AMERICA'S NIGHT OUT AGAINST CRIME!

National  
Night Out

**Oct.**  
**1**



# HOLIDAY Safety

## Don't be a Holiday Victim

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers, and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime.

### IF YOU ARE TRAVELING:

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.

### IF YOU ARE OUT FOR THE EVENING:

- Turn on lights and a radio or TV so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

### IF YOU'RE SHOPPING:

- Stay alert and don't allow yourself to become distracted. Stay off your cell phone.
- Park in a well lighted area.
- Lock your vehicle doors.
- If you have an alarm, use it.
- If possible, return to your vehicle in groups.
- When returning to your vehicle, have your keys out and ready.
- Check the front and back floor areas of your vehicle before entering.
- If you have packages stored in your vehicle, make sure they are hidden.
- If you see anything suspicious, CALL 9-1-1 or re-

turn to the store and call for security.

- Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

### TIPS FOR HOLIDAY ON-LINE SHOPPING SAFETY

The holidays are a time for giving, sharing, cheer and fun. Unfortunately if you let down your safety guard, you could become a victim of crime. Here are some tips to make the upcoming shopping season safe and happy.

- Shop with known, reputable firms.
- Confirm phone numbers and addresses so you have another way to contact the company should something go wrong.
- Provide personal information sparingly. Online vendors do not need your Social Security number or driver's license number.
- Only use secure servers. Look for the unbroken key or padlock at the bottom of the browser window.
- Make sure you understand all shipping charges, taxes and delivery dates.
- Schedule deliveries when you will be home, arrange for deliveries to your business or set up a time that you can pick up the package from the delivery service.

When making on-line purchases, use a credit card, not your debit card. If the wrong person gets your debit card information, your bank account could be depleted – protection plans are offered with the credit cards.

Courtesy of  
Hurst Police Department  
Community Services Division  
817.788.7342

# 2014 Ambulance Subscription Service

*Applications are due by December 31*

The City of Hurst will again offer Hurst citizens an ambulance subscription service to help offset the high costs of 911 emergency ambulance transportation. Insurance companies routinely do not pay the entire amount of ambulance transportation, leaving the patient with the responsibility of paying the balance of the bill. The purpose of the subscription service is to cover the amount not covered by your insurance provider or Medicare. For \$60 per year per family, you will never have to worry about paying an ambulance bill. Enrollment for 2014 begins October 1, 2013 through December 31, 2013.

## Program Summary:

- Cost is \$60.00 per calendar year, renewed annually.
- Covers all immediate family members of the household (that reside at the place of residence in Hurst), which includes applicant, spouse and unmarried children under the age of 26 and any other qualified dependents as determined by the IRS. **Medicaid recipients are not covered by this subscription.**
- Saves out of pocket expense for 911 emergency ambulance transportation by paying the amount not covered by health care insurance, Medicare and other supplemental medical insurance.
- Provides the needed insurance information to expedite billing.
- No bill for the unpaid portion of the service not paid by the insurance provider.
- The plan covers you from January 1 to December 31 of the enrollment year

For more information or for an application, please contact the Hurst Fire Department at 817.788.7238. Applications can also be printed from the City's website at [www.hursttx.gov](http://www.hursttx.gov)





*Save the Date*  
**5th Annual Fire  
 Fighters Steak  
 Dinner**

**Saturday, October 12**  
 Fire Station One  
 2100 Precinct Line Road  
 Tickets on Sale September 1  
 at Fire Station 1

**Tickets  
 \$15  
 per  
 person**



## Pet Adoptions

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For those of you interested in pet adoption or helping pets in need, the Hurst Animal Services Center is the place for you! The month of October is Adopt a Shelter Dog Month, followed by Adoption Awareness Month in November. If you are interested in donating food or supplies, the Animal Services Center is in need of blankets, towels, laundry soap, dish soap, cat litter, cat food, dog food, treats/toys, dog and cat beds etc. Our pets need love and care just as we do, so lend a helping hand! Call 817.788.7216 or visit [www.hursttx.gov](http://www.hursttx.gov)

# Fire Department Open House

The Hurst Fire Department will host its annual Open House on Saturday, September 28, 2013. The event will be held at Fire Station #1 located at 2100 Precinct Line Road from 10 am to 2 pm. Hurst Fire apparatus will be on display along with High-Angle Rescue demonstrations, Jaws-of-Life demonstrations, Fire Safety House, Air Ambulance and refreshments. Bring the family and spend the afternoon.

**Hurst Fire  
Department  
Open House**  
*Sept. 28*



## Cease the Grease

The holiday season is a great time to CEASE THE GREASE

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

The most important thing is to NOT pour the grease, fat, or oil down the drain! Sure, you think your garbage disposal can handle it. And yes, it is a liquid. But these oils can build up along your pipes and eventually cause clogs that can be hard to

get rid of. Fats are the most notorious for this because they are sticky and solidify into a gooey mess when cool.

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

FormoreinformationondisposingofFats,OilsandGreasesplease call Environmental Services at 817.788.7217 or 817.788.7237.



# Heritage Village Presents

Heritage Village Presents is a series of FREE events held at Heritage Village Park in the spring and fall. Heritage Village Park is located in Southwest Hurst at 837 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events for Fall 2013.

**2<sup>nd</sup> Annual Salsa & Salsa** - Thursday, September 5 at 7 p.m.

This fun family event is back! Bring a lawn chair or blanket and come enjoy an outdoor concert by the salsa band, Havana NRG. While you're enjoying the music of Havana NRG, refresh with a glass of agua fresca provided free of charge by the Hurst Public Library, and check out the Latin food vendors onsite with items for purchase. For more information, contact the Hurst Public Library at 817.788.7300.

**Performance by Salt Creek** - Thursday, October 17 at 7 p.m.

Join us in the park for a concert by the bluegrass band, Salt

Creek. Gather up your family, friends, and lawn chairs or a blanket for an entertaining evening! Food vendors will be onsite with items for purchase and the City of Hurst will be providing free, sweet treats. For more information, contact the Hurst Public Library at 817.788.7300.

**Movie in the Park** – Friday, November 1 at 7 p.m.

Come enjoy the fall weather with a family movie night in the park! You bring a lawn chair or blanket and a drink and we'll supply the free popcorn! Look for movie details to come on the City's website and Facebook page. For more information, contact the Hurst Public Library at 817.788.7300.





## Jaycee Baker Park Pavilion

Established in 1959, Jaycee Baker Park is a 4.1 acre neighborhood park that contains a playground, picnic tables and benches, a walking trail, and a youth athletic practice field. Now, thanks to the support of Hurst citizens, the park also has a new pavilion. The recently added pavilion is a two tiered 28' diameter pavilion consisting of

a metal roof and stone columns with an 8' eave height. The pavilion is equipped with three picnic tables and a grill. The pavilion may be rented and electrical service is available. For more information on pavilion rentals, please contact Recreation Administration at 817.788.7320. The total cost for the purchase and installation of the pavilion

was \$140,000 and was funded by the Park Donation Fund which was created by the City Council and the Parks and Recreation Board in 1982. Through their monthly water bill, citizens can donate 75 cents to the Park Donation Fund. The City of Hurst would like to thank those who helped fund this project!

# Economic Development

Did you know that there are 126 dining options in the City of Hurst? Asian King Buffet located just outside North East Mall, was recently added to that roster and offers 250 items in 15,000 sq feet of appealing ambiance with its Chinese and American cuisine buffet, hibachi grill and sushi collection. If restaurant food flavors from other countries are what a person seeks, then dining at the new Everything German Restaurant in Mayfair Village is a must visit as well.

The expansion of Highway 121/183 continues thru the HEB area and area residents are fortunate in that landlords and retailers are working thru the chaos and pursuing new business openings in advance of the highway construction completion scheduled for 2015. Wells Fargo Bank and In N Out Burger have already opened along the highway frontage and In N Out Burger has established itself as one of the highest volume in the metroplex. Joining them at Hurst's busiest intersection of Highway 121 and Precinct Line Road were the recent openings of Golden

Chick Fried Chicken and The Pot Belly Sandwich Shop. Soon to follow at this same intersection will be the openings in the next 60 days of the new Outback Steakhouse, Starbucks Coffee and Pei Wei Asian Diner.

These new business offerings added to the 48 new businesses that opened in Hurst in the first quarter. New ground up construction is a rarity in a City like Hurst that is 98% built out. American National Bank recently opened its newly constructed free standing building on N. Precinct as did Express Oil Change just around the corner on Grapevine Hwy. Other significant new business openings include Lumber Liquidators, Woodcraft, Foodland Grocery, Smiles Best Dentistry and at North East Mall the new Blackheart and Tillys Clothing are now offering their latest trends.

For more information on Economic Development in the City of Hurst, contact Steve Bowden at 817.788.7025, sbowden@hursttx.gov or visit [www.hursted.com](http://www.hursted.com)



## The Social Media Connection

Are you a social butterfly? We are too.

### Facebook:

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

**Police Department:** <http://www.facebook.com/CityofHurstPD>

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

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

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

### Twitter:

@TheCityofHurst

@HurstFireDept

@HurstLibrary

@HurstPoliceDept

### Instagram:

cityofhursttx

hurst public library

### Other Websites:

[www.hursttx.gov](http://www.hursttx.gov)

[www.hursttx.gov/library](http://www.hursttx.gov/library)

[www.transforminghurst.com](http://www.transforminghurst.com)

[www.hursted.com](http://www.hursted.com)

[www.hurstcc.com](http://www.hurstcc.com)





## City of Hurst Street Sweeping

Did you know that the City of Hurst street sweeper will sweep the entire city at least four times a year? Most sweeping requests are completed within 2 to 4 days on average. Street sweeping is an important part of the management strategy for our stormwater pollution runoff program. This will keep debris out of the storm drain system and the channels. Street sweeping also keeps our streets clean and clear of debris. For more information or to request street sweeping you can call 817.788.7207 or 817.788.7212.

## North <sup>Update</sup> Tarrant Express

Work continues to progress ahead of schedule along the Hurst corridor of the North Tarrant Express Project. Here are a few things you can expect over the next several months.

- ★ Work will continue on the east bound frontage road of SH183/121. The segment from Precinct Line Road to Hurstview is complete. It is expected that the final portion of the roadway improvements, from Cavender to Norwood Drive will be complete in early October or before. This will allow for active signalization of the Hurstview bridge, both north and south bound.
- ★ The Norwood Drive eastbound entrance ramp on to eastbound SH 183/121 will be permanently closed in late July and work will begin to rework the access road from Norwood Drive to Brown Trail.
- ★ Work will continue on the southeast and southwest corners of the Precinct Line Road intersection at SH183/121. Demolition of the north span of the existing bridge over Precinct Line Road at this intersection is planned in mid-September. This will involve a complete closure of Precinct Line Road for a 24 to 48 hour period.
- ★ Work will begin on the new southern span on the Norwood traffic bridge. Completion is anticipated in late 2013.



## Volunteers In Action

On April 24, 2013, the City of Hurst celebrated its volunteers at the Annual VIA Banquet. Thanks to the innovative thinking of the Hurst City Council the VIA program was created in 1979. Over the last 34 years, the VIA program has become the model for all other municipal volunteer programs and was the first municipal volunteer organization to be officially recognized by the State of Texas.

The theme of this year's banquet was "New Orleans Jazz". It featured a Cajun inspired lunch by the Hurst Conference Center chef and catering team and the music of Razzmajazz, a Dixieland band. In addition to the celebration, the City Council presented awards for 500 hours of volunteer service and every 500 hour increase of service thereafter. The awards presented included: key chains, pen sets, tote bags, and gift certificates. Thirty-four individual volunteers and

14 volunteer groups were recognized at this year's banquet, proving that the City of Hurst has the most dedicated volunteers around. While not everyone received an award, no one left empty handed. VIA sunglass cases and lens cloths were given to each volunteer as a token of Hurst's appreciation for their hard work and commitment to the City.

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' offices in the Hurst Public Library or accessed online through the City's website at [www.hursttx.gov](http://www.hursttx.gov).



## *Want to Get involved?*

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' offices in the Hurst Public Library or accessed online through the city's website at [www.hursttx.gov](http://www.hursttx.gov).

# Good Neighbor Days

Fall is just around the corner and so is the 15<sup>th</sup> Annual Good Neighbor Cleanup Event. As always, the event will be held at the Bellaire Shopping Center on October 19 and 26. On Oct. 19 the City of Hurst will only have the Household Hazardous Waste Trailer. No Trash dumpsters, tree limb chipping or shredding.

The event runs from 7 a.m. until noon both days to collect your used motor oil, cooking oil, gas, antifreeze pesticides, herbicides, old batteries, old computers, electronic devices, tree limbs, scrap metal and most any kind of trash or junk around the house in need of disposing. We now accept Pharmaceuticals. No tires, explosives, compressed gas or construction debris will be accepted.

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

We are very happy to offer document shredding again this year. So protect yourself from identity theft and gather up all of those personal papers you have been meaning to have destroyed and watch them being shredded to bits right before your eyes. For more information call Environmental Services Department at 817.788.7217.

***Interested  
in this year's  
program?***

***Contact Ashleigh at  
817.788.7029 or  
ajohnson@hursttx.gov***



# Youth In Government

The City of Hurst Youth in Government Program is a dynamic group created by the Hurst City Council in 2001. The unique program gives the city's youth an opportunity to get a behind-the-scenes look at local government. Students build valuable friendships among similarly interested juniors and seniors from area schools. The program allows these students to gain a deeper understanding of how different branches of the local government mesh together. The Youth in Government group is presented at Hurst City Council meetings, tours different city departments like the Recreation Center, Police and Fire departments and learns more about what takes place at City Hall.

Students are selected through an application process in early

fall. The application is posted online and advertised in the spring and summer through the city magazine and social networking sites, including Facebook and Twitter. The City of Hurst program typically has between 12 and 20 students each year, all of which are local juniors and seniors who are Hurst residents. The group meets once a month in the evenings and runs from October to May, culminating in City Council presentations and two scholarship awards. Two \$1,000 scholarships are awarded to two seniors. Scholarship recipients are chosen based on attendance over two years and an essay written by the students. The scholarship money is sponsored by Republic Waste, the city's waste services provider.

# Hurst Public Library

901 Precinct Line Road

Phone: 817.788.7300

# Read All About It!

## Library Hours

Monday, Wednesday, Friday, Saturday

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

Tuesday & Thursday

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

Or

VISIT THE LIBRARY ONLINE ANY TIME



Find us on Facebook

[www.facebook.com/HurstPublicLibrary](http://www.facebook.com/HurstPublicLibrary)

## Hurst Public Library

*The place to go  
when you need to know!*

## Kids' Programs

### The Book Experience

Family Storytime at 7:00 PM

Tuesdays

September 10

### The Three Little Pigs

October 8

### Cinderella

November 12

### Goldilocks and the Three Bears

December 10

### The Gingerbread Man

Familiar stories experienced in a variety of different ways.

### Babygarten

Pre-registration required

For children birth-18 months and an accompanying caregiver

10:30-11:30 AM

Saturdays, October 5-November 9

Wednesdays, October 9-November 13

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and pre-literacy skills. Space is limited, so please register at 817.788.7302.

### Boo Books

For All Ages

7:00-8:00 PM

Thursday, October 31

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

## Teen Zone

### Anime Club

7th - 12th graders

6:00-8:00 PM

Thursday, September 5

Thursday, October 3

Thursday, November 7

Thursday, December 5

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

### Teen Night

7th - 12th graders

Thursdays

7:00-8:00 PM

Thursday, September 19

Thursday, October 17

Thursday, November 21

Thursday, December 19

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

## Adult Programs

### Brown Bag Book Club

First Thursday of the month

Noon

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

## Family Programs

### HEB ISD Early Release

### Friday Movie Matinee

For Kids of All Ages

2:00 PM

November 15

Join us November 15 at 2 p.m. for a new release movie on the big screen. Free popcorn! Please contact the library for the movie title!

### Make and Take Craft Nights

6:00-7:00 PM

Come to the library Thursday, August 15 and November 14 between 6-7 p.m. for a fun, free make and take craft

### Library Showcase: Create Your Own Story @ HPL

5:00-8:00 PM

Bring the whole family to the library on September 26 from 5-8 p.m. for an exciting interactive evening featuring Maggie the Balloon Lady, a photo booth, light refreshments and an outdoor performance by the Beatles cover band Me and My Monkey.



## Youth Programs

### Ongoing Activities

#### Toddler Time

Ages 1-3 years

Mondays and Thursdays

10:00-10:30 AM

#### Story Time

Ages 3-6 years

Tuesdays

10:45-11:15 AM

#### Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM

## Masterworks at the Library

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

## Noontime Performances

12:15 PM

Thursday, August 9

### Biscuit Brothers

Children's Entertainment

## Evening Performances

7:00 PM

Thursday, August 22

### Blackfoot Caroline

Acoustic American Music

Thursday, September 26

### Me & My Monkey

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

Thursday, October 24

### Montana Skies

Cello and Guitar

Thursday, November 21

### Three Fools on Three Stools

Acoustic Country and Comedy

## On Display

**August** - Fused Glass by Phylis Denton and Paintings by Judith Wolf

**September** - Paintings and a handmade alien village by Rose Abraham - "The Aliens are Coming"

**October** - Halloween Folk Art from the collection of Betty Laher and the Trinity Arts Guild Member Show

**November** - Mid-Cities Fine Artists Member Show

## Heritage Village Presents Events

See page 12



**Visit the Library Online Anytime!**

[www.hursttx.gov/library](http://www.hursttx.gov/library)

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



# Hurst Senior Center

## Membership information

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

- Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and pay, and ends one year from that date. For example, if you register

and pay for your membership on February 1, your membership will expire on January 31 of the following year.

**Fees for the Senior Center are as follows:**

- Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month)
- Non-Residents - \$80 per membership year. (Equivalent of about \$6.67 per month)

- These fees include many free classes, programs, and activities at the Senior Center, and also include membership in our state-of-the-art Fitness Center. Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.



## Senior Center Hours

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

## Hurst Senior Center Need to Know

The Senior Pipeline is the Center's monthly newsletter and calendar. It is full of information on Senior Center programs and activities. The Senior Pipeline is not distributed by postal service. The next month's edition of the Senior Pipeline is available after 1:00 p.m. on the 3<sup>rd</sup> Thursday of the current month. You are welcome to come by anytime during operating hours to get a copy. Most programs and activities do require registration/sign up. Sign up begins on the first business day of each month at 8:30 a.m. and continues throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to register for your preferred activities.

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

### Fitness Programs

- Zumba Gold
- Tai Chi & Yoga
- Fit Start Exercise
- Line Dance, Belly Dance, Hawaiian Dance
- Personal Training
- DVD led group exercise classes

### Arts & Crafts

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

### Computer Classes

- General Overview for Beginning and Intermediate Users
- Email

- File Management
- Internet Usage
- Microsoft Word

### Groups

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

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

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

The Senior Center has many monthly held activities. Dances are held on the 2nd and 4th Thursday of every month at 7:00 p.m. Cost is \$5 at the door and it's open to the public age 55+. There are two opportunities for playing FREE Bingo each month. Potluck Bingo is always on the 1st Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the 3rd Wednesday of the month and features great prizes and light refreshments. We offer Breakfast Club and Movies & Munchies once a month for only \$3 per person. Space is limited and the menu varies so check the Senior Pipeline for details.

# Senior Center Program Highlights

## Lunch Program

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

The lunch program policies and details are as follows:

- You must register at the front desk. You must register at the front desk for lunch and complete an “A Quick Bite” menu selection slip. Payment is expected at the time of registration. Registration can be made from 7:00 a.m.-7:00 p.m. on Mondays and from 7:00-10:00 a.m. on Tuesdays. No reservations will be taken after 10:00 a.m. No exceptions.
- The kitchen staff and volunteers

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

- Quantities may be limited and may sell out before 10:00 am.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To go boxes are not available.
- Due to Health Code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick up on Tuesdays between noon and 1:00 p.m. Lunches not picked up by 1:00 p.m. must be discarded.

## Donor Board

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

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

For more information or to make a donation, contact the Senior Center Director, Linda Rea at 817.788.7710



## Ice Cream Social

I scream! You scream! We all scream for ice cream! And there was plenty of ice cream to go around at this year’s Ice Cream Social held on June 24. Members gathered at the Senior Center’s multi-purpose room and sampled a variety of homemade and some not so homemade ice creams (you can always count on Blue Bell). Over 20 vendors participated in this annual event bringing with them the equivalent of 40 gallons of ice cream. There were several signature varieties including a designer flavor customized especially for Remarkable Health Care, a healthy version of a frozen confection made completely from fruit by Elevation Health, and as expected the Senior Center’s nostalgic Big Red was a flavor favorite.



## Senior Pipeline

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

## Events & Classes

Here are just a FEW of our upcoming special events – (You must be a member to participate. Sign up and fees may be applicable.)

### **Mondays, 1:00 – 6:00 PM**

#### **Pickle Ball**

Join in this fun game that is a combination of ping pong, badminton and tennis, played with a wiffle ball. Court is set up for open play every Monday. Sign up as you arrive to rotate in to play. No worries if you don't know how to play, we'll help you learn. Paddles and balls provided. Free!

### **August 16, 1:00 – 3:00 PM**

#### **4th Annual Luau & Member Mixer**

You are invited to our 4th Annual Luau & Member Mixer. Put on your tropical attire and plan to spend the afternoon at the Senior Center enjoying Hawaiian atmosphere, entertainment, food and fun! Some of our very own members have been practicing all year for their special performance at this event. Catch up with old friends and meet some new ones. Please RSVP by August 10th. Free!

### **August 27, 10:00 AM**

#### **Elevate Your Health**

We all get stuck in a rut from time to time as we strive to live healthy. Come join us as we kick off a series of challenges to Elevate Your Health. Dr. Ryan Burns will share tips on nutrition, ways to boost activity, track your progress and more, as well as offer a challenge each month to encourage a healthy living lifestyle. FREE!

### **2nd Wednesdays, 2:00 PM**

#### **The Doctor's Health Talk Series**

On the second Wednesday of every month, the Senior Center will feature a special presentation by a Doctor from North Hills Hos-

pital. A variety of topics will be covered over the course of this year. Join us each month for this FREE and informative series.

- August 14 – Dr. and Patient Communication
- September 11 – Foot Issues
- October 9 – Women's Health: Breast Cancer and Mammograms
- November 13 – Sleep and Aging

### **October 25, 9:00 AM - 6:00 PM**

#### **2nd Annual Craft & Holiday Market**

OPEN TO THE PUBLIC OF ALL AGES. Everyone is welcome to tour the Senior Center and pick up some great handmade items, holiday gifts, and more. Interested in being an exhibitor? Exhibitor registration begins September 3rd. Early registration for Senior Center members begins August 26. Contact the Senior Center for more information. Registration forms available August 1st.

### **November 7, 1:00 PM**

#### **Open House & 4th Anniversary**

Members, invite your non-member friends and family to come tour our beautiful facility and see what fun and exciting things we have going on here. If you are not a member, come see why you should be! Tours and events offered throughout the day. Join us at 1:00 p.m. for a cake and punch reception.

### **November 15, 11:00 AM**

#### **Protecting the Oswalds**

Retired Secret Service Agent Mike Howard, recounts his story of Lyndon B. Johnson calling him with the order to protect the Oswald family following the assassination of President Kennedy. This year marks the 50th anniversary of Kennedy's assassination. Free!



**Find Us on  
Facebook!**

[www.facebook.com/  
HurstRecreation](http://www.facebook.com/HurstRecreation)

# Hurst Recreation Center

Now that the summer has come and gone, and the family vacations are complete, you can get back into your regular workout routine at the Hurst Recreation Center. Whether you want to continue your fitness program, get back on track with one, or start a new one altogether, the Hurst Recreation Center can help you meet all of your fitness goals! Our state-of-the-art Fitness Center has treadmills, elliptical crosstrainers, bikes, stair-climbers, rowing machines, seated crosstrainers, and a wide variety of strength equipment (plate loaded, dumbbells, pin-selectorized). All of our treadmills, elliptical crosstrainers, and lateral trainers have 15" LCD screens so that you can watch TV while working out. The treadmills and elliptical crosstrainers are also iPod compatible so you can listen to your favorite tunes or watch your favorite videos stored on your iPod while you work out. If walking or jogging is your preferred fitness activity, you can use our Jogging/Walking Track and never miss a workout because of inclement weather outside. We also offer numerous

fitness classes (aerobics, spinning, Zumba, etc.) that will get you into shape.

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

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

## Our Commitment to Quality:

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

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

# Mission Statement

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

## Pre-School Programs

### 3 Years & Younger

#### Mozart's Twos (18 months-2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

##### FALL

18000-A	M	5:30-6:00PM	8WKS	9/9	\$28
18000-B	W	10:30-11:00AM	8WKS	9/4	\$28

#### Van Gogh's Twos (18 months-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 Early Childhood and All Level Teacher)

##### FALL

18020-A	M	5:00-5:30PM	8WKS	9/9	\$28
18020-B	W	10:00-10:30AM	8WKS	9/4	\$28

#### Happy Feet (2 years)

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

**Instructor:** Dottie Nicholson

##### FALL

18095-A	F	9:00-9:30AM	8WKS	9/6	\$28
19095-A	F	9:00-9:30AM	5WKS	11/15	\$14

#### Colors and Shapes (2-3 years)

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

**Instructor:** Dottie Nicholson

##### FALL

18240-A	W	9:00-9:30AM	8WKS	9/4	\$28
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#### Awesome Twos (2 years)

Let's get together and play! We will learn our shapes and colors, create crafts and just have a blast playing and learning at the same time! (Supply Fee \$10.)

**Instructor:** Dottie Nicholson

##### FALL

18090-A	M	9:00-9:45AM	8WKS	9/9	\$30
<b>HOLIDAY</b>					
19090-A	M	9:00-9:45AM	5WKS	11/11	\$15

#### Little Painters (2 years)

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

**Instructor:** Dottie Nicholson

##### FALL

18333-A	M	10:00-10:30AM	8WKS	9/9	\$28
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##### HOLIDAY

19333-A	M	10:00-10:30AM	5WKS	11/11	\$14
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#### NEW! Christmas with Mozart

(15 months-2 years)

Can you imagine the beautiful Christmas 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 Early Childhood and All Level Teacher)

##### HOLIDAY

19666-A	M	5:30-6:00PM	5WKS	11/11	\$15
19666-B	W	10:30-11:00AM	5WKS	11/13	\$15

#### Rocking Around the Christmas Tree

(15 months-2 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

##### HOLIDAY

19777-A	M	5:00-5:30PM	5WKS	11/11	\$15
19777-B	W	10:00-10:30AM	5WKS	11/13	\$15

#### 1, 2, Buckle My Shoe (2 years)

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

**Instructor:** Dottie Nicholson

##### HOLIDAY

19444-A	W	9:00-9:30AM	5WKS	11/13	\$15
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#### NEW! Phonics Fun for Little Learners

(2-3 years)

Come learn your letters and sounds with fun projects. We will work together to learn our letters. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

##### FALL

18045-A	W	9:00-9:30AM	8WKS	9/4	\$28
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##### HOLIDAY

19045-A	W	9:00-9:30AM	5WKS	11/13	\$14
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#### NEW! Numbers for Little Learners

(2-3 years)

Come create fun projects to help with number concepts. Let's learn your numbers and their value. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

##### FALL

18123-A	W	9:30-10:00AM	8WKS	9/4	\$28
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##### HOLIDAY

19123-A	W	9:30-10:00AM	5WKS	11/13	\$14
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#### NEW! Planes, Trains & Cars

(2-3 years)

We will explore many ways to travel in this fun play class. We'll play games, read stories, and have fun with crafts! (Supply Fee \$10)

**Instructor:** Dottie Nicholson

##### FALL

18345-A	W	9:45-10:30AM	8WKS	9/4	\$28
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### 3 Years & Older

#### Movin' Groovin' (3-5 years)

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions, and our manners.

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

##### FALL

18100-A	T	11:30-Noon	8WKS	9/3	\$24
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##### SUMMER II

19100-A	T	11:30-Noon	5WKS	11/12	\$15
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## Preschool & Youth Programs:

### Just a couple of reminders...

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

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

**Crazy Daisy Autumn** (3-5 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

**FALL**

18015-A	T	9:30-10:20AM	8WKS	9/3	\$25
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**Rocking Around the Christmas Tree** (3-5 years)

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints, and pencils. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

**HOLIDAY**

19777-C	T	9:30-10:20AM	5WKS	11/12	\$15
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**Science Fun 101** (3-5 years)

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

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

**FALL**

18025-A	TH	11:15-Noon	8WKS	9/5	\$25
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**HOLIDAY**

19025-A	TH	11:15-Noon	5WKS	11/14	\$15
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**Science Magic** (3-6 years)

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

**Instructor:** Dottie Nicholson

**FALL**

18026-A	F	9:45-10:30AM	8WKS	9/6	\$25
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**HOLIDAY**

19026-A	F	9:45-10:30AM	5WKS	11/15	\$15
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**Little Princess** (3-6 years)

Calling all princesses of the royal kingdom! We will learn while having fun dressing up, role playing, listening to music and creating crafts. (Supply Fee \$5.)

**Instructor:** Dottie Nicholson

**HOLIDAY**

19111-A	W	11:30-12:15PM	5WKS	11/13	\$15
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**Monster Mash** (3-6 years)

Let's get ready for fall! We'll play and learn about different "monsters" through crafts, stories, and songs. We'll have monster treats at the last class. (Supply Fee \$5)

**Instructor:** Dottie Nicholson

**HOLIDAY**

19200-A	W	9:45-10:30AM	5WKS	11/13	\$15
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**Phonics Fun - Step I** (3-5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

**FALL**

18030-A	M	9:00-9:45AM	8WKS	9/9	\$30
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18030-B	TH	9:00-9:45AM	8WKS	9/5	\$30
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**HOLIDAY**

19030-A	M	9:00-9:45AM	5WKS	11/11	\$19
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19030-B	TH	9:00-9:45AM	5WKS	11/14	\$19
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**Phonics Fun - Step II** (3-5 years)

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

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

**FALL**

18035-A	M	10:30-11:15AM	8WKS	9/9	\$30
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18035-B	TH	10:30-11:15AM	8WKS	9/5	\$30
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**HOLIDAY**

19035-A	M	10:30-11:15AM	5WKS	11/11	\$19
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19035-B	TH	10:30-11:15AM	5WKS	11/14	\$19
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**Hands on Math** (3-5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning! (Supply Fee \$5)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher)

**FALL**

18205-A	M	9:45-10:30AM	8WKS	9/9	\$30
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18205-B	TH	9:45-10:30AM	8WKS	9/5	\$30
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**HOLIDAY**

19205-A	M	9:45-10:30AM	5WKS	11/11	\$19
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19205-B	TH	9:45-10:30AM	5WKS	11/14	\$19
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**Let's Paint** (3-5 years)

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

**Instructor:** Dottie Nicholson

**FALL**

18115-A	W	10:45-11:15AM	8WKS	9/4	\$28
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**Fall & Holiday Crafts** (3-5 years)

Come have some fun with crafts! We will make great seasonal projects. (Supply Fee \$10)

**Instructor:** Dottie Nicholson

**FALL**

18055-A	M	10:45-11:30AM	8WKS	9/9	\$28
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**HOLIDAY**

19055-A	M	10:45-11:30AM	5WKS	11/11	\$18
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**Yes, I Can Draw** (3-6 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 Early Childhood and All Level Teacher)

**FALL**

18895-A	T	9:00-9:30AM	8WKS	9/3	\$28
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**HOLIDAY**

19895-A	T	9:00-9:30AM	5WKS	11/12	\$18
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**Creative Healthy Chef** (3-5 years)

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

**Instructor:** Mary Cassidy (Certified School Teacher)

**FALL**

18170-A	T	10:20-11:15AM	8WKS	9/3	\$30
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**HOLIDAY**

19170-A	T	10:20-11:15AM	5WKS	11/12	\$19
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### Super Heroes (3-6 years)

Do you have super powers? We will learn what it takes to be a super hero. We will play together and learn through stories, crafts, and super hero challenges. (Supply Fee \$28)

Instructor: Dottie Nicholson

#### FALL

18440-A	W	11:30-12:15 AM	8WKS	9/4	\$28
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### Gross Out Foods (3-6 years)

Some food looks too gross to eat, but what if you made food that looked gross on purpose? How about we make some Monster Fingers and Brains Salad? Yum! (Supply Fee \$10)

Instructor: Dottie Nicholson

#### HOLIDAY

19654-A	F	10:45-11:30AM	5WKS	11/15	\$19
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### Bugs, Bugs, Bugs (3-6 years)

Do you like watching those creepy critters in your backyard? We will learn all about insects and even conduct some live inspections of specimens. (Supply Fee \$5.)

Instructor: Dottie Nicholson

#### HOLIDAY

19222-A	W	10:45-11:30AM	5WKS	11/13	\$19
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### International Cooking Flare (3-6 years)

We will learn about different countries and what kids there like to eat. We might even make something that you already like to eat! (Supply Fee \$10.)

Instructor: Dottie Nicholson

#### FALL

18190-A	F	10:45-11:35AM	8WKS	9/6	\$30
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### Pre-School Athletics (4-6 years)

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

Instructor: Tammy Slovensky

#### FALL

18300-A	W	Noon-12:30PM	8WKS	9/4	\$28
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#### HOLIDAY

19300-A	W	Noon-12:30PM	5WKS	11/13	\$18
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### Ballet for Tots (3-5 years)

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

Instructor: LaTisha Clay

#### FALL

18180-A	F	10:30-11:00AM	8WKS	9/6	\$28
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18180-B	F	11:30-Noon	8WKS	9/6	\$28
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18180-C	F	Noon-12:30PM	8WKS	9/6	\$28
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#### HOLIDAY

19180-A	F	10:30-11:00AM	5WKS	11/15	\$15
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19180-B	F	11:30-Noon	5WKS	11/15	\$15
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19180-C	F	Noon-12:30PM	5WKS	11/15	\$15
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### Tap for Tots (3-5 years)

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

Instructor: LaTisha Clay

#### FALL

18065-A	F	11:00-11:30AM	8WKS	9/6	\$28
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#### HOLIDAY

19065-A	F	11:00-11:30AM	5WKS	11/15	\$15
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### Tiny Dancer (3-7 years)

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

Instructor: Sherrie Longino

#### FALL

18060-A	TH	5:00-5:30PM	8WKS	9/5	\$28
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18060-B	S	9:05-9:35AM	8WKS	9/7	\$28
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#### HOLIDAY

19060-A	TH	5:00-5:30PM	5WKS	11/14	\$15
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19060-B	S	9:05-9:35AM	5WKS	11/16	\$15
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## One-Time Classes

### NEW! Spooky Treats (3-12 years)

Come create snacks, candy, and treats for the spooks in your life! (Supply fee \$15)

**Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)**  
(3-6 years)

18555-A	TH	4:00-6:00PM	1 TIME CLASS	10/24	\$15
<b>(6-12 years)</b>					
28555-A	TH	6:30-8:30PM	1 TIME CLASS	10/24	\$17

### Candy Workshop (3-12 years)

Let's get ready for the holidays and make some wonderful candy treats! (Supply fee \$15)

**Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)**  
(3-6 years)

19226-A	S	10:00-11:30AM	1 TIME CLASS	12/7	\$15
<b>(6-12 years)</b>					
29226-A	S	Noon-2:00PM	1 TIME CLASS	12/7	\$17

## Prep Programs

### Ready for Kindergarten Prep Program (4-5 years)

This program is designed to prepare your student for Kindergarten. The program will meet Monday – Thursday from 8:30 – 2:30 p.m and is an on-going program following the HEB ISD School Calendar and begins on August 26.

The class will be structured like Kindergarten and prepare your child for their big step into formal education with the goal is help each child develop a love of learning in a safe and caring environment. The children will be exposed to reading, writing, math, and science.

The teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education majoring in Elementary Education and a minor in Early Childhood Education and Reading. She taught Kindergarten and first grade for 9 years in the Dallas/Ft. Worth area, however her true calling was with Preschoolers and began teaching this program last year following the Leap Frog curriculum.

The monthly fee of \$295 is due by the first class of each month. If the fee is not paid by the first class of the month, the child will not be able to participate in class. The class is limited to 15 children and is a school year commitment. A \$25 supply fee will be due to the instructor on the first day of class in August and on the first day of class in January.

**Instructor: Anne Stokes (Certified School Teacher)**

#### AUGUST

18050-A	M-TH	8:30-2:30PM	1WK	8/26	\$74
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#### SEPTEMBER

18050-B	M-TH	8:30-2:30PM	4WKS	9/3	\$295
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#### OCTOBER

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

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

18050-E	M-TH	8:30-2:30PM	3WKS	12/2	\$222
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## Youth Programs

### NEW! Hippy Hop Dance (5-8 years)

Interested in hip hop dance? We will keep it fun and creative while learning basics.

**Instructor: Sherri Longino**

#### FALL

28333-A	TH	5:30-6:00PM	8WKS	9/5	\$28
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#### HOLIDAY

29333-A	TH	5:30-6:00PM	8WKS	11/14	\$18
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### Ballet & Tap (5-8 years)

You will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

**Instructor: Sherri Longino**

#### FALL

28120-A	TH	6:00-6:30PM	8WKS	9/5	\$28
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28120-B	S	9:40-10:10AM	8WKS	9/7	\$28
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#### HOLIDAY

29120-A	TH	6:00-6:30PM	5WKS	11/14	\$18
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29120-B	S	9:40-10:10AM	5WKS	11/16	\$18
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### 3-in-1 Dance Combo Class

(8-19 years)

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

**Instructor: Sherri Longino**

#### FALL

(8-12 years)

28300-A	S	10:15-11:15AM	8WKS	9/7	\$32
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(12-19 years)

28300-B	S	11:20-12:20PM	8WKS	9/7	\$32
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#### HOLIDAY

(8-12 years)

29300-A	S	10:15-11:15AM	5WKS	11/16	\$18
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(12-19 years)

28300-B	S	11:20-12:20PM	5WKS	11/16	\$18
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### Ballet (5-10 years)

In this class you will perform basic barre and center work. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Ballet slippers required)

**Instructor: LaTisha Clay**

#### FALL

28140-A	F	4:00-4:30PM	8WKS	9/6	\$28
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#### HOLIDAY

29140-A	F	4:00-4:30PM	5WKS	11/15	\$15
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### Tap (5-10 years)

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

**Instructor: LaTisha Clay**

#### FALL

28160-A	F	5:00-5:30PM	8WKS	9/6	\$28
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#### HOLIDAY

29160-A	F	5:00-5:30PM	5WKS	11/15	\$15
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**Please Remember**  
 With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

**Jazz (5-10 years)**

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

Instructor: LaTisha Clay

FALL

28150-A F 4:30-5:00PM 8WKS 9/6 \$28

HOLIDAY

29150-A F 4:30-5:00PM 5WKS 11/15 \$15

**NEW! Stretch and Special Techniques for Dance (9+ years)**

Need some extra help with your flexibility and special techniques such as leaps, jumps, and turns? We will focus on these often overlooked components to help you further your dancing.

Instructor: Sherri Longino

FALL

28145-A TH 6:30-7:30PM 8WKS 9/5 \$32

HOLIDAY

29145-A TH 6:30-7:30PM 5WKS 11/14 \$20

**Hip Hop Dance (5+ years)**

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

Instructor: LaTisha Clay  
 (5-10 years)

28070-A F 5:30-5:55PM 8WKS 9/6 \$26

Instructor: Sherri Longino

(9+ years)

28070-B TH 7:30-8:00PM 8WKS 9/5 \$28

HOLIDAY

Instructor: LaTisha Clay

(5-10 years)

29070-A F 5:30-5:55PM 5WKS 11/15 \$16

Instructor: Sherri Longino

(9+ years)

29070-B TH 7:30-8:00PM 5WKS 11/14 \$18

**Yes, You Can Draw! (6-12 years)**

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

28170-A T 4:30-5:20PM 8WKS 9/3 \$30

HOLIDAY

29170-A T 4:30-5:20PM 5WKS 11/12 \$19

**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. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

28090-A T 5:30-6:30PM 8WKS 9/3 \$28

HOLIDAY

29090-A T 5:30-6:30PM 5WKS 11/12 \$19



### Homeschool Art (6-12 years)

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

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher) **SUM-FALL**

28040-A	W	11:30-12:15PM	8WKS	9/4	\$24
<b>HOLIDAY</b>					
29040-A	W	11:30-12:15PM	5WKS	11/13	\$15

### Homeschool Healthy Chef (6-12 years)

Come learn how to create a healthy breakfast, lunch and dinner. (Supply Fee \$10)

**Instructor:** Mary Cassidy (Certified Early Childhood and All Level Teacher) **SUM-FALL**

28060-A	W	12:15-1:15PM	8WKS	9/4	\$30
<b>HOLIDAY</b>					
29060-A	W	12:15-1:15PM	5WKS	11/13	\$19

### Sewing Club (7+ years)

We will learn basic sewing techniques by hand and by machines. We will also learn how to select and sew by using a pattern. (Supply Fee \$15, and includes all supplies except for scissors.)

**Instructor:** Dottie Nicholson

28420-A	T	4:15-5:15PM	8WKS	9/3	\$32
<b>HOLIDAY</b>					
29420-A	T	4:15-5:15PM	5WKS	11/12	\$20

### ITF - Tae Kwon Do (5+ years)

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

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

**FALL**

(White and Yellow Belts)

28700-A	S	9:05-10:05AM	8WKS	9/7	\$56
<b>(Advanced Belts)</b>					
28700-B	S	10:05-11:05AM	8WKS	9/7	\$56

**HOLIDAY**

(White and Yellow Belts)

29700-A	S	9:05-10:05AM	5WKS	11/16	\$35
<b>(Advanced Belts)</b>					
29700-B	S	10:05-11:05AM	5WKS	11/16	\$35

**Olympic Sport of Judo (6-12 years)**

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

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

**AUGUST**

23900-C	M	6:00-7:00PM	4WKS	8/5	\$35
	S	9:05-10:00AM	4WKS		

**SEPTEMBER**

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

**OCTOBER**

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

**NOVEMBER**

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

**DECEMBER**

28900-D	M	6:00-7:00PM	4WKS	12/2	\$35
	S	9:05-10:00AM	4WKS		

**Karate/Self-Defense (5-15 years)**

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

**Instructor: Bob Klavitter**

**FALL**

**(Beginner 8-15 years)**

28111-A	M	6:00-8:00PM	8WKS	9/9	\$34
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**(Beginner 5-7 years)**

28111-B	MW	4:00-5:00PM	8WKS	9/4	\$34
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**(Advanced 8-15 years)**

28111-C	MW	5:00-6:00PM	8WKS	9/4	\$34
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**HOLIDAY**

**(Beginner 8-15 years)**

29111-A	M	6:00-8:00PM	5WKS	11/11	\$22
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**(Beginner 5-7 years)**

29111-B	MW	4:00-5:00PM	5WKS	11/11	\$22
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**(Advanced 8-15 years)**

29111-C	MW	5:00-6:00PM	5WKS	11/11	\$22
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**Gymnastics Programs**

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

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

**FALL**

**Instructor: Tammy Slovensky**

38040-A	M	9:30-10:00AM	8WKS	9/9	\$28
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38040-B	M	11:30-Noon	8WKS	9/9	\$28
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38040-C	T	9:30-10:00AM	8WKS	9/3	\$28
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38040-D	W	9:30-10:00AM	8WKS	9/4	\$28
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38040-E	TH	9:30-10:00AM	8WKS	9/5	\$28
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38040-F	TH	11:30-Noon	8WKS	9/5	\$28
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**Instructor: Miranda Slovensky**

38040-G	T	6:00-6:30PM	8WKS	9/3	\$28
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38040-H	TH	4:30-5:00PM	8WKS	9/5	\$28
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38040-I	TH	6:30-7:00PM	8WKS	9/5	\$28
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**Instructor: Kathryn Cassidy**

38040-J	T	10:30-11:00AM	8WKS	9/3	\$28
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38040-K	T	6:00-6:30PM	8WKS	9/3	\$28
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38040-L	W	6:00-6:30PM	8WKS	9/4	\$28
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38040-M	TH	10:30-11:00AM	8WKS	9/5	\$28
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38040-N	TH	6:00-6:30PM	8WKS	9/5	\$28
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**HOLIDAY**

**Instructor: Tammy Slovensky**

39040-A	M	9:30-10:00AM	5WKS	11/11	\$18
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39040-B	M	11:30-Noon	5WKS	11/11	\$18
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39040-C	T	9:30-10:00AM	5WKS	11/12	\$18
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39040-D	W	9:30-10:00AM	5WKS	11/13	\$18
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39040-E	TH	9:30-10:00AM	5WKS	11/14	\$18
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39040-F	TH	11:30-Noon	5WKS	11/14	\$18
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**Instructor: Miranda Slovensky**

39040-G	T	6:00-6:30PM	5WKS	11/12	\$18
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39040-H	TH	4:30-5:00PM	5WKS	11/14	\$18
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39040-I	TH	6:30-7:00PM	5WKS	11/14	\$18
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**Instructor: Kathryn Cassidy**

39040-J	T	10:30-11:00AM	5WKS	11/12	\$18
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39040-K	T	6:00-6:30PM	5WKS	11/12	\$18
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39040-L	W	6:00-6:30PM	5WKS	11/13	\$18
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39040-M	TH	10:30-11:00AM	5WKS	11/14	\$18
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39040-N	TH	6:00-6:30PM	5WKS	11/14	\$18
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**Tiny Tikes** (2.5-3.5 years)

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

**FALL****Instructor: Tammy Slovesky**

38030-A	M	10:00-10:30AM	8WKS	9/9	\$28
38030-B	T	10:00-10:30AM	8WKS	9/3	\$28
38030-C	T	11:30-Noon	8WKS	9/3	\$28
38030-D	W	10:00-10:30AM	8WKS	9/4	\$28
38030-E	W	11:30-Noon	8WKS	9/4	\$28
38030-F	TH	10:00-10:30AM	8WKS	9/5	\$28

**Instructor: Kathryn Cassidy**

38030-G	T	9:00-9:30AM	8WKS	9/3	\$28
38030-H	TH	9:00-9:30AM	8WKS	9/5	\$28

**Instructor: Miranda Slovesky**

38030-I	T	4:30-5:00PM	8WKS	9/3	\$28
38030-J	T	6:30-7:00PM	8WKS	9/3	\$28
38030-K	TH	5:00-5:30PM	8WKS	9/5	\$28

**HOLIDAY****Instructor: Tammy Slovesky**

39030-A	M	10:00-10:30AM	5WKS	11/11	\$18
39030-B	T	10:00-10:30AM	5WKS	11/12	\$18
39030-C	T	11:30-Noon	5WKS	11/12	\$18
39030-D	W	10:00-10:30AM	5WKS	11/13	\$18
39030-E	W	11:30-Noon	5WKS	11/13	\$18
39030-F	TH	10:00-10:30AM	5WKS	11/14	\$18

**Instructor: Kathryn Cassidy**

39030-G	T	9:00-9:30AM	5WKS	11/12	\$18
39030-H	TH	9:00-9:30AM	5WKS	11/14	\$18

**Instructor: Miranda Slovesky**

39030-I	T	4:30-5:00PM	5WKS	11/12	\$18
39030-J	T	6:30-7:00PM	5WKS	11/12	\$18
39030-K	TH	5:00-5:30PM	5WKS	11/14	\$18

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

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

**FALL****Instructor: Tammy Slovesky**

38011-A	M	10:30-11:00AM	8WKS	9/9	\$28
38011-B	T	10:30-11:00AM	8WKS	9/3	\$28
38011-C	W	10:30-11:00AM	8WKS	9/4	\$28
38011-D	TH	10:30-11:00AM	8WKS	9/5	\$28

**Instructor: Kathryn Cassidy**

38011-E	M	5:00-5:30PM	8WKS	9/9	\$28
38011-F	T	9:30-10:00AM	8WKS	9/3	\$28
38011-G	T	5:00-5:30PM	8WKS	9/3	\$28
38011-H	W	5:00-5:30PM	8WKS	9/4	\$28
38011-I	TH	9:30-10:00AM	8WKS	9/5	\$28
38011-J	TH	5:00-5:30PM	8WKS	9/5	\$28

**HOLIDAY****Instructor: Tammy Slovesky**

39011-A	M	10:30-11:00AM	5WKS	11/11	\$18
39011-B	T	10:30-11:00AM	5WKS	11/12	\$18
39011-C	W	10:30-11:00AM	5WKS	11/13	\$18
39011-D	TH	10:30-11:00AM	5WKS	11/14	\$18

**Instructor: Kathryn Cassidy**

39011-E	M	5:00-5:30PM	5WKS	11/11	\$18
39011-F	T	9:30-10:00AM	5WKS	11/12	\$18
39011-G	T	5:00-5:30PM	5WKS	11/12	\$18
39011-H	W	5:00-5:30PM	5WKS	11/13	\$18
39011-I	TH	9:30-10:00AM	5WKS	11/14	\$18
39011-J	TH	5:00-5:30PM	5WKS	11/14	\$18



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

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

**FALL**

**Instructor: Tammy Slovensky**

38022-A	M	11:00-11:30AM	8WKS	9/9	\$28
38022-B	T	11:00-11:30AM	8WKS	9/3	\$28
38022-C	W	11:00-11:30AM	8WKS	9/4	\$28
38022-D	TH	11:00-11:30AM	8WKS	9/5	\$28

**Instructor: Kathryn Cassidy**

38022-E	M	5:30-6:00PM	8WKS	9/9	\$28
38022-F	T	10:00-10:30AM	8WKS	9/3	\$28
38022-G	T	5:30-6:00PM	8WKS	9/3	\$28
38022-H	W	5:30-6:00PM	8WKS	9/4	\$28
38022-I	TH	10:00-10:30AM	8WKS	9/5	\$28
38022-J	TH	5:30-6:00PM	8WKS	9/5	\$28

**HOLIDAY**

**Instructor: Tammy Slovensky**

39022-A	M	11:00-11:30AM	5WKS	11/11	\$18
39022-B	T	11:00-11:30AM	5WKS	11/12	\$18
39022-C	W	11:00-11:30AM	5WKS	11/13	\$18
39022-D	TH	11:00-11:30AM	5WKS	11/14	\$18

**Instructor: Kathryn Cassidy**

39022-E	M	5:30-6:00PM	5WKS	11/11	\$18
39022-F	T	10:00-10:30AM	5WKS	11/12	\$18
39022-G	T	5:30-6:00PM	5WKS	11/12	\$18
39022-H	W	5:30-6:00PM	5WKS	11/13	\$18
39022-I	TH	10:00-10:30AM	5WKS	11/14	\$18
39022-J	TH	5:30-6:00PM	5WKS	11/14	\$18

**Tumbling Tots III (4-6 years)**

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

**Instructor: Kathryn Cassidy**

**FALL**

38033-A	TH	11:00-11:30AM	8WKS	9/5	\$28
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**HOLIDAY**

39033-A	TH	11:00-11:30AM	5WKS	11/14	\$18
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**Beginner Gymnastics (5-10 years)**

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

**FALL**

**Instructor: Kathryn Cassidy**

38051-A	M	4:00-5:00PM	8WKS	9/9	\$32
38051-B	T	4:00-5:00PM	8WKS	9/3	\$32
38051-C	W	4:00-5:00PM	8WKS	9/4	\$32
38051-D	TH	4:00-5:00PM	8WKS	9/5	\$32
38051-E	F	4:00-5:00PM	8WKS	9/6	\$32
38051-F	F	5:00-5:55PM	8WKS	9/6	\$32

**Instructor: Miranda Slovensky**

38051-G	T	5:00-6:00PM	8WKS	9/3	\$32
38051-H	TH	5:30-6:30PM	8WKS	9/5	\$32

**HOLIDAY**

**Instructor: Kathryn Cassidy**

39051-A	M	4:00-5:00PM	5WKS	11/11	\$20
39051-B	T	4:00-5:00PM	5WKS	11/12	\$20
39051-C	W	4:00-5:00PM	5WKS	11/13	\$20
39051-D	TH	4:00-5:00PM	5WKS	11/14	\$20

**Instructor: Miranda Slovensky**

39051-E	T	5:00-6:00PM	5WKS	11/12	\$20
39051-F	TH	5:30-6:30PM	5WKS	11/14	\$20

# Adult Programs

**Personal Training**

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

**Instructors: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)**

**Fitness Evaluations**

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

**Instructors: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)**

**Nutrition Counseling**

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

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

**The Power Package**

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

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

**Resting Metabolic Rate Test**

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

**Instructors: Angela Pond (Certified Personal Trainer)**

**Energize Exercise**

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

**Instructor: Karen Cowley**

**FALL**

48010-A	MWThF	8:30-9:15AM	8WKS	9/4	\$30
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**HOLIDAY**

49010-A	MWThF	8:30-9:15AM	5WKS	11/11	\$19
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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 p.m.?  
*Drop by and give it a try!*



## 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.

### Mix It Up Aerobics

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

**Instructor: Behka Hartmann (Certified Fitness Instructor)**

#### FALL

48040-A	MWF	9:15-10:15AM	8WKS	9/4	\$40
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#### HOLIDAY

49040-A	MWF	9:15-10:15AM	5WKS	11/11	\$25
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**Zumba (13+ years)**

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

**Instructor: Behka Hartmann (Certified Fitness Instructor)**

**FALL**

48065-A MW 6:05-7:00PM 8WKS 9/4 \$40

**HOLIDAY**

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

**Zumba Gold Toning**

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

**Instructor: Behka Hartmann (Certified Fitness Instructor)**

**FALL**

48050-A TTH 7:30-8:25AM 8WKS 9/3 \$40

**HOLIDAY**

49050-A TTH 7:30-8:25AM 5WKS 11/12 \$25

**Active Independents**

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

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

**AUGUST**

43333-C MW 10:30-11:30AM 4WKS 8/5 \$25

**SEPTEMBER**

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

**OCTOBER**

48333-B MW 10:30-11:30AM 4WKS 10/2 \$25

**NOVEMBER**

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

**DECEMBER**

48333-D MW 10:30-11:30AM 4WKS 12/2 \$25

**Extreme Fitness**

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

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

**AUGUST**

43005-C TTH 6:00-7:00PM 4WKS 8/1 \$25

**SEPTEMBER**

48005-A TTH 6:00-7:00PM 4WKS 9/3 \$25

**OCTOBER**

48005-B TTH 6:00-7:00PM 4WKS 10/1 \$25

**NOVEMBER**

48005-C TTH 6:00-7:00PM 4WKS 11/5 \$25

**DECEMBER**

48005-D TTH 6:00-7:00PM 4WKS 12/3 \$25

**Bootcamp (13+ years)**

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

**Instructor: Behka Hartmann (Certified Fitness Instructor)**

**AUGUST**

43420-C MW 6:35-7:30AM 4WKS 8/5 \$25

**SEPTEMBER**

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

**OCTOBER**

48420-B MW 6:35-7:30AM 4WKS 10/2 \$25

**NOVEMBER**

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

**DECEMBER**

48420-D MW 6:35-7:30AM 4WKS 12/2 \$25

**Slim It Out, Tone It Up**

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

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

**FALL**

48015-A TTH 6:35-7:25AM 8WKS 9/3 \$36

48015-B TTH 12:10-12:50PM 8WKS 9/3 \$36

**HOLIDAY**

49015-A TTH 6:35-7:25AM 5WKS 11/12 \$22

49015-B TTH 12:10-12:50PM 5WKS 11/12 \$22

**Cycle Circuit**

Want to crank up your workout, metabolism, and energy? Come join us for a blend of cycle and circuit training perfect for fitness at any level. Bring water, a towel and determination!

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

**FALL**

48300-A T 5:20-6:10PM 8WKS 9/3 \$30

48300-B T 6:15-7:00PM 8WKS 9/3 \$30

**HOLIDAY**

49300-A T 5:20-6:10PM 5WKS 11/12 \$19

49300-B T 6:15-7:00PM 5WKS 11/14 \$19

**Spin & Sweat**

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

**Instructor: Angela Pond (Certified Personal Trainer)**

**FALL**

48444-A T 9:00-9:45AM 8WKS 9/3 \$32

48444-B W 6:45-7:30AM 8WKS 9/4 \$32

48444-C TH 5:30-6:15PM 8WKS 9/5 \$32

**HOLIDAY**

49444-A T 9:00-9:45AM 5WKS 11/12 \$20

49444-B W 6:45-7:30AM 5WKS 11/13 \$20

49444-C TH 5:30-6:15PM 5WKS 11/14 \$20

**Flow & Strength**

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

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

**SUMMER I**

48060-A M 5:15-6:00PM 8WKS 9/9 \$30

48060-B MW 12:10-12:50PM 8WKS 9/4 \$36

**SUMMER II**

49060-A M 5:15-6:00PM 5WKS 11/11 \$19

49060-B MW 12:10-12:50PM 5WKS 11/11 \$22

**Hurst Hustlers Running Club**

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

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

**FALL**

48001-A M 6:15-7:15PM 8WKS 9/9 \$30

**HOLIDAY**

49001-A M 6:15-7:15PM 5WKS 11/11 \$19

## Core FX

Core Fitness Xtreme will take your body to the next level. Incorporating a variety of core strengthening exercises and great cardio endurance building, you will begin to see the results of your hard work. This class is designed for all fitness levels and will help you maximize your workout capabilities.

**Instructor:** Behka Hartmann, Certified Personal Trainer and Fitness Instructor

### AUGUST

43700-C	M	7:05-8:00PM	4WKS	8/5	\$20
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### SEPTEMBER

48700-A	M	7:05-8:00PM	4WKS	9/9	\$20
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### OCTOBER

48700-B	M	7:05-8:00PM	4WKS	10/7	\$20
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### NOVEMBER

48700-C	M	7:05-8:00PM	4WKS	11/4	\$20
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### DECEMBER

48700-D	M	7:05-8:00PM	4WKS	12/2	\$20
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## Hatha Yoga

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

**Instructor:** Behka Hartmann (Certified Fitness Instructor)

### FALL

48100-A	M	10:15-11:15AM	8WKS	9/9	\$32
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48100-B	F	10:15-11:15AM	8WKS	9/6	\$32
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### HOLIDAY

49100-A	M	10:15-11:15AM	5WKS	11/11	\$20
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49100-B	F	10:15-11:15AM	5WKS	11/15	\$20
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## Scaravelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class.

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

### FALL

48100-C	W	8:15-9:15PM	8WKS	9/4	\$32
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### HOLIDAY

49100-C	W	8:15-9:15PM	5WKS	11/13	\$20
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## Scaravelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

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

### FALL

48100-D	W	7:05-8:00PM	8WKS	9/4	\$32
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### HOLIDAY

49100-D	W	7:05-8:00PM	5WKS	11/13	\$20
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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, stress relief, self esteem, and concentration.

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

### FALL

#### (White & Yellow Belts)

28700-A	S	9:05-10:05AM	8WKS	9/7	\$56
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#### (Advanced Belts)

28700-B	S	10:05-11:05AM	8WKS	9/7	\$56
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### HOLIDAY

#### (White & Yellow Belts)

29700-A	S	9:05-10:05AM	5WKS	11/16	\$35
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#### (Advanced Belts)

29700-B	S	10:05-11:05AM	5WKS	11/16	\$35
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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 9-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an on-going monthly class.

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

### AUGUST

43800-C	M	7:00-8:30PM	4WKS	8/5	\$35
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W 7:00-8:30PM

S 10:05-11:30AM

### SEPTEMBER

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

S 10:05-11:30AM

### OCTOBER

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

S 10:05-11:30AM

### NOVEMBER

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

S 10:05-11:30AM

### DECEMBER

48800-D	M	7:00-8:30PM	4WKS	12/2	\$35
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W 7:00-8:30PM

S 10:05-11:30AM

**Tai Chi**

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

**Instructor: Dan Streeter**

**AUGUST**

43070-C	TH	7:00-8:15PM	4WKS	8/1	\$37
	S	9:05-11:00AM			

**SEPTEMBER**

48070-A	TH	7:00-8:15PM	4WKS	9/5	\$37
	S	9:05-11:00AM			

**OCTOBER**

48070-B	TH	7:00-8:15PM	4WKS	10/3	\$37
	S	9:05-11:00AM			

**NOEMBER**

48070-C	TH	7:00-8:15PM	4WKS	11/7	\$37
	S	9:05-11:00AM			

**DECEMBER**

48070-D	TH	7:00-8:15PM	4WKS	12/5	\$37
	S	9:05-11:00AM			

**Belly Dance Basics**

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

**Instructor: Tiffany Skalberg**

**FALL**

48200-A	T	7:00-8:00PM	8WKS	9/3	\$56
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**HOLIDAY**

49200-A	T	7:00-8:00PM	5WKS	11/12	\$35
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**Improv Dance Drills**

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

**Instructor: Tiffany Skalberg**

**FALL**

48224-A	T	8:00-9:00PM	8WKS	9/3	\$56
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**HOLIDAY**

49224-A	T	8:00-9:00PM	5WKS	11/12	\$35
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**Take it to the Stage: Advanced Belly Dance**

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

**Instructor: Tiffany Skalberg**

**FALL**

48222-A	T	9:00-9:45PM	8WKS	9/3	\$40
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**HOLIDAY**

49222-A	T	9:00-9:45PM	5WKS	11/12	\$25
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**Tribal Evolution**

This class covers the unique Improv Tribal Style of Tribal Evolution Belly Dance Company. This class is a professional performance-level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout. Instructor approval required.

**Instructor: Tiffany Skalberg**

**FALL**

48226-A	TH	8:00-9:45PM	8WKS	9/5	\$46
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**HOLIDAY**

49226-A	TH	8:00-9:45PM	5WKS	11/14	\$29
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### Sewing for Adults

Get those creative juices flowing! We will learn basic sewing techniques and how to use the machines. We will also learn how to select and sew by using a pattern. (Supply Fee \$15 for the first class. Supply List for remaining 7 classes. Please bring your own scissors to class and a sewing machine if you have one!)

**Instructor: Dottie Nicholson**

#### FALL

48500-A	T	1:15-2:30PM	8WKS	9/3	\$32
48500-B	T	5:15-6:30PM	8WKS	9/3	\$32

#### HOLIDAY

49500-A	T	1:15-2:30PM	5WKS	11/12	\$20
49500-B	T	5:15-6:30PM	5WKS	11/12	\$20

### Brush and Palette

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

**Instructor: Elaine Roosz**

#### FALL

48110-A	T	6:30-9:00PM	8WKS	9/3	\$50
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#### HOLIDAY

49110-A	T	6:30-9:00PM	5WKS	11/12	\$31
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### How to Meal Plan

Do you struggle with getting dinner on the table for your family? Are you spending too much money eating out and wasting time in the drive-thru lines? If you would like to save money and time and learn step by step how to get dinner on the table for your family, this class is for you. Local mom-blogger and author of the site Crystal & Co., will teach you how to meal plan and equip you with over 50 resources and solutions for feeding your family, including 14 easy recipes to get you started. You will also receive a free download of her eBook How to Meal Plan which includes printables and worksheets for meal planning success.

**Instructor: Crystal & Co.**

48553-A	T	7:00-8:30PM	1WK	9/17	\$15
48553-B	S	10-11:30AM	1WK	10/12	\$15
48553-C	S	10-11:30AM	1WK	11/16	\$15
48553-D	T	7:00-8:30PM	1WK	12/10	\$15

### NEW! Essential Oils for Beginners

Come learn about nature's medicine cabinet and how it can impact your health. This four week class will cover the who, what, when, where, how, and why of essential oils, basics of use for a healthy home, body/skin care and event cooking. Supplies included.

**Instructor: Esther White**

#### FALL

48085-A	T	7:00-8:00PM	4WKS	9/3	\$50
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#### HOLIDAY

49085-A	T	7:00-8:00PM	4WKS	11/12	\$50
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## Walktober®

If walking is your favorite fitness activity, or if you'd like to start walking your way to fitness, join us at the Hurst Recreation Center for our next Healthy Hurst event, Walktober! To participate in Walktober, simply register for this FREE event at the Hurst Recreation Center and keep track of the number of days that you walk on a treadmill or on the track at the Hurst Recreation Center during the month of October. Participants will qualify for an incentive award based on their level of participation. For more information on Walktober, contact the Hurst Recreation Center at 817.788.7325.



## Healthy Hurst Lose the LB's Fitness Challenge

January 2, 2014

Keep your eyes open for more information as the date for this event approaches.

# Special Events:



## Campfire Stories

Friday, October 25, 2013

7:00-8:00 p.m.

Chisholm Park,  
2200 Norwood Drive

Chisholm Park, Longhorn Pavilion, 2200 Norwood Drive

Bring the family, marshmallows for roasting, lawn chairs or blankets, and experience the magic of the campfire and storytelling for all ages.

FREE! For more information, call 817.788.7325.

## Christmas Tree Lighting & Santa's Workshop

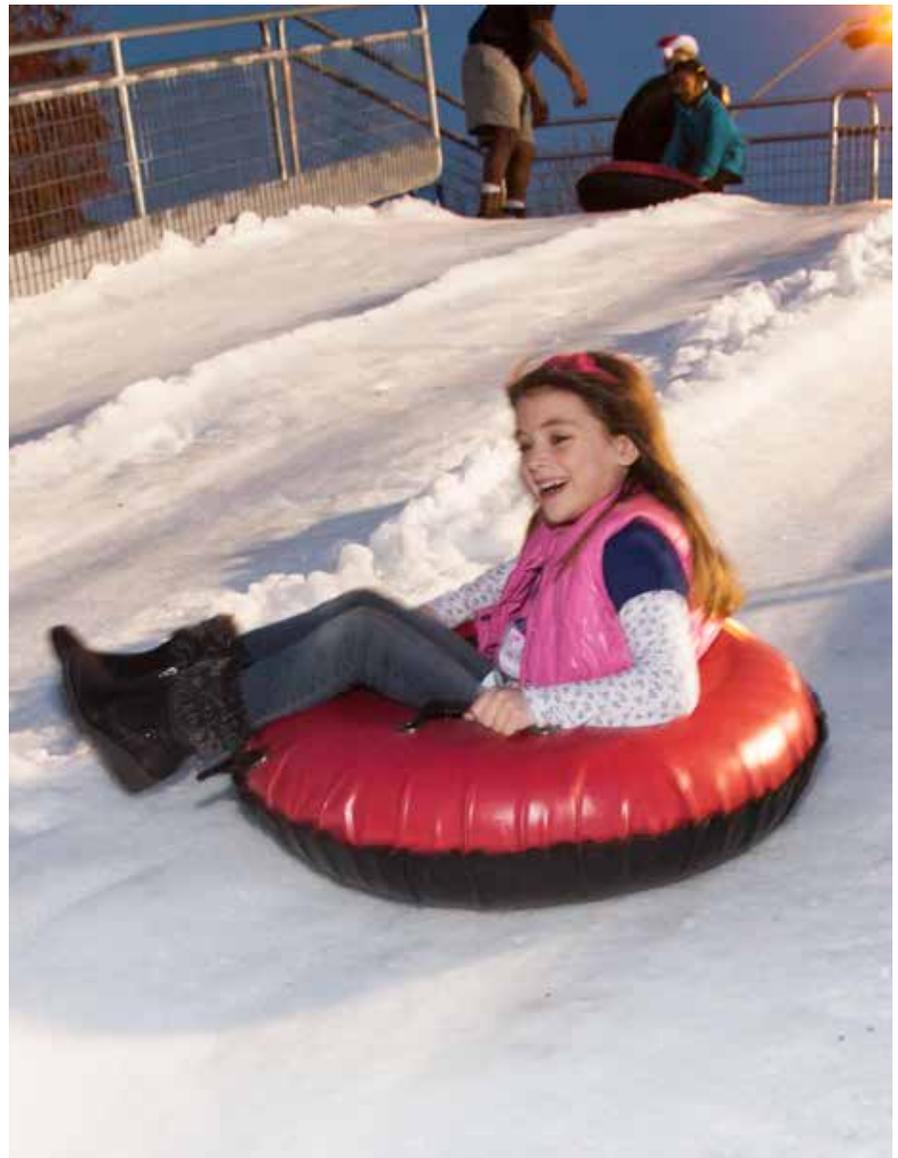
Tuesday, December 3

Hurst Conference Center

5:00-9:00 p.m.

- 3-lane Snow Tubing Hill and Kiddie Hill
- Rudolph's Reindeer Game Area
- Santa's Workshop including visits with Santa and Ms. Claus, hands on crafts, and toy drive drop off
- Santa's Christmas Marketplace where you can purchase ornaments and holiday décor
- Strolling entertainment and costumed characters
- Reindeer display
- Ride the shuttle from TCC to the HCC
- Children's craft area
- Pony carousel
- Face painting
- Music
- Fireworks show
- Food Truck Food Court (food and beverages for purchase)

FREE! For more information, call 817.788.7320.





## Santa's Mailbox

**December 2-15**

Santa wants to hear from you! Here's your chance to tell Santa your "wish list." You can write to Santa, and he will write you back! Write your letter and drop it in one of Santa's Mailboxes from December 2-15. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library, and Hurst City Hall.

FREE! For more information, call 817.788.7320

## 35th John Butler Memorial Senior Citizens Banquet

**Saturday, December 14**

**Hurst Recreation Center**

**601 Precinct Line Road**

**5:00-7:00 p.m.**

Tickets will be available for Hurst Residents on Monday, October 7. You may pick up your tickets in person at the Hurst Recreation Center, or call 817.788.7320 to have your tickets mailed to you. There is a limit of TWO tickets per household.

FREE! For more information, call 817.788.7320.

## Catfish Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with 12" channel catfish. For dates and additional information check the TPWD website, Neighborhood Fishin' at [www.neighborhoodfishin.org](http://www.neighborhoodfishin.org).



# Recreation Division Programs

## Recreation Center Fees:

Current January 1, 2010

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

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

See  
**Page 48**  
 for  
 registration  
 information

## Recreation Center Information:

700 Mary Drive: 817.788.7325

### Hours of Operation:

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

## Healthy Hurst:

### Healthy Hurst Online Wellness Program Information

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

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

The Healthy Hurst program is open to all Hurst residents, as well as non-

residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788-7325.



## Fall Adult Softball League Registration

\* Registration and/or start dates may be adjusted to accommodate weather related delays.

### Returning Teams:

(Teams that played in Hurst in 2012 and 2013)

July 29-30

### Open Registration:

July 31-August 23

Monday, Wednesday and Friday from 8:00 AM-5:00 PM  
and Tuesday and Thursday from 8:00 AM-6:00 PM

## Fall Adult Men's Basketball Registration

### Returning Teams:

(Teams that played in Hurst in 2012 and 2013)

August 8-9

### Open Registration:

August 12-23

Monday, Wednesday and Friday from 8:00 AM-5:00 PM  
and Tuesday and Thursday from 8:00 AM-6:00 PM

### Entry Fee:

\$310 for a 8 game season (No Fall Playoffs)

### League Nights:

Monday – Friday; Men's, Women's, Co-ed  
and Men's Church divisions offered

### League Schedules:

Available online Wednesday, August 28 after 4 p.m.

### League Begins:

Tuesday, September 3

**For more information, call 817.788.7320.**

### Entry Fee:

\$275/team for a 7 game season plus playoffs  
for top two teams from each night.

### League Nights:

Tuesdays or Thursdays; Men's Open Division

### League Schedules:

Available August 28 after 4 p.m.

### League Begins:

Tuesday, September 3

**For more information, call 817.788.7320.**

**Adult Sports Information:** Registration takes place at the Recreation Administration Office located inside the Hurst Recreation Center, 700 Mary Drive. Office hours are: Monday/Wednesday/Friday, 8 a.m.-5 p.m.; Tuesday/Thursday, 8 a.m.-6 p.m. Please call 817.788.7320 or visit [www.teamsideline.com/hurst](http://www.teamsideline.com/hurst) for rules and registration information.



[www.teamsideline.com/hurst](http://www.teamsideline.com/hurst)

## Youth Sports Associations:

### Hurst Girls Softball League

(HGSL) 817.209.5409

[www.eteamz.com/hurstgsl](http://www.eteamz.com/hurstgsl)

[hurstgirlssoftball@yahoo.com](mailto:hurstgirlssoftball@yahoo.com)

### 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.midcitiespeeveefootball.org](http://www.midcitiespeeveefootball.org)

### Tri-Cities Baseball Assn.

(TCBA) 817.285.0200

[www.tcbbaseball.com](http://www.tcbbaseball.com)

### Hurst United Soccer Assn.

(HUSA) 817.282.8680

[www.hurstunited.com](http://www.hurstunited.com)

# 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

### Quickstart Tennis

(Ages 6 & under)

Introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

**Instructor:** Austin Wynne, USPTA, John Schildt, and Staff

Times: 5:00 - 5:30 PM

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

Days: Mondays - or - Wednesdays

#### MONDAYS

82601-A	Begins 9/9	4 wks
82601-B	Begins 10/7	4 wks
82601-C	Begins 11/4	4 wks

#### WEDNESDAYS

82602-A	Begins 9/4	4 wks
82602-B	Begins 10/2	4 wks
82602-C	Begins 10/30	4 wks

### Junior Beginner Tennis

(Ages 7 & up)

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

**Instructor:** Austin Wynne, USPTA, John Schildt, and Staff

Times: 5:30 - 7:00 PM

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

Days: Mondays - or - Wednesdays

#### MONDAYS

82502-A	Begins 9/9	4 wks
82502-B	Begins 10/7	4 wks
82502-C	Begins 11/4	4 wks

#### WEDNESDAYS

82503-A	Begins 9/4	4 wks
82503-B	Begins 10/2	4 wks
82503-C	Begins 10/30	4 wks

### Advanced Beginner/Intermediate Junior Tennis

(Ages 10 and up)

For players who have had prior instruction & looking to improve their overall game. Singles and doubles, techniques and tactics.

**Instructor:** Austin Wynne, USPTA, John Schildt, and Staff

Times: 5:30 - 7:00 PM

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

Days: Mondays - or - Wednesdays

#### MONDAYS

82504-A	Begins 9/9	4 wks
82504-B	Begins 10/7	4 wks
82504-C	Begins 11/4	4 wks

#### WEDNESDAYS

82507-A	Begins 9/4	4 wks
82507-B	Begins 10/2	4 wks
82507-C	Begins 10/30	4 wks

## Adult Programs

### Adult Beginner/Advanced Beginner Clinic

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

**Instructor:** Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

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

Days: Wednesdays

82505-A	Begins 9/4	4 wks
82505-B	Begins 10/2	4 wks
82505-C	Begins 10/30	4 wks

### Adult Intermediate Clinic

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

**Instructor:** Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

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

Days: Wednesdays

82506-A	Begins 9/4	4 wks
82506-B	Begins 10/2	4 wks
82506-C	Begins 10/30	4 wks

### Men's 4.0 & Above - Drop in Drills

Drill class is designed to work on both singles and doubles point play situations. Get a great workout while prepping for your next competition. **\*Minimum of three (3) participants needed for the class to make. Participants must call and register a minimum of 24 hours in advance. Participants should call the Hurst Tennis Center on Thursday to ensure the class has made.**

**Instructor:** Kelly Langdon, USPTA, Bryan Combest, USPTA

Times: 7:00 - 8:30PM

Price: \$12

Days: Thursdays

88444-A	Begins 9/5	(weekly)
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## Attention Tennis Players!

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



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

## How about a Private Lesson?

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

### Lessons with City of Hurst Tennis Professionals:

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

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

### Lessons with Tennis Instructors:

**Greg Smith, Austin Wynne, USTPA, John Schildt, Cameron Bodily and Bryan Combest, USPTR.**

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

### The Tennis Center Staff also offers:

Private and group lessons. \$90 for 90 minute, or \$60 for 1 hour group lessons for league teams.

### Services and Facilities:

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

## Fall/Winter Operating Hours:

*Beginning November 11*

Mon. – Thurs.	8:00 AM – 9:00 PM
Friday	8:00 AM – 6:00 PM
Saturday & Sunday	9:00 AM – 6:00 PM

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

**Tennis Specialist** – Kelly Langdon, USPTA

**Tennis Attendants** – Caleb Wesley, Blake Fisher, Eric Thuener, Brent Eberhart and Jared Jordan

**Tennis Instructors** – Bryan Combest, USPTA, Greg Smith, Cameron Bodily, Austin Wynne, USPTA, John Schildt

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

## Court Fees

(90 minutes)

\$1 Hurst Residents

*(with proof of Hurst residency)*

\$2 Non-Residents

## Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer 24-hour turn around service and have three United States Racquet Stringer's Association stringers on staff.

## Upcoming Tournaments

Fall Mid-Cities Junior Circuit —

TBA

USTA Adult Open Tournament

September 20-22

*Fall Adult Leagues begin*

**October 3**

*must register by*

**September 16**

*cost is*

**\$25/person**

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

**CALL**

**817.788.7330**

*for a court reservation.*

# Registration Easy-Options!

Walk-in registration beginning on Monday, August 5 at 7:00 AM, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until Monday, August 12 at 7:00 AM. Residency is defined by: living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Out of fairness to all citizens of our community, you may only register the members of your household.

**Classes begin the week of September 3.** (Unless otherwise indicated.)

## Walk-In Class Registration Times

(after initial registration days)

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

## Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins August 5 at 7:00 AM.**

## Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins August 12 at 7:00 AM.**

## Sign up to Register Online:

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

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

## Confirmation:

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

## Supply List and Fees:

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

## Refund Policy:

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

Classes begin  
the week of

**Sept.  
3**

## Parks and Recreation Board

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

## Recreation Staff

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





# Park System

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

North

## Taking Care of City Parks

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



# Parks

## 1 ECHO HILLS PARK

**500 Heneretta** (7.1 Acres)

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

## 2 HURST ATHLETIC COMPLEX

**2104 Precinct Line Road** (42.2 Acres)

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

## 3 CHISHOLM PARK

**2200 Norwood** (50 Acres)

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

## 4 SMITH-BARFIELD PARK

**640 Pleasantview** (6.9 Acres)

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

## 5 MAYFAIR PARK

**1725 Norwood** (14.4 Acres)

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

## 6 WINDMILL PARK

**840 Cheryl** (2 Acres)

- Historical Marker

## 7 VALENTINE PARK

**610 Bedford Court West** (4 Acres)

- Youth Athletic Practice Field (Unlighted)

## 8 HURST HILLS PARK

**575 Billie Ruth** (4 Acres)

## 9 HURST COMMUNITY PARK

**601 Precinct Line Road** (44.9 Acres)

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

## 10 CENTRAL PARK

**700 block of Mary Drive** (17.5 Acres)

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

## 11 VIVAGENE COPELAND PARK

**501 Pecan Drive** (5.2 Acres)

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

## 12 JAYCEE BAKER PARK

**500 Belmont** (4.1 Acres)

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

## 13 BILLY CREEK PARK

## 14 REDBUD PARK

**525 Redbud Drive** (7.2 Acres)

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

## 15 BELLAIRE PARK

**500 Pecan Drive** (6.4 Acres)

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

## 16 WAN-KA-KANI PARK

**748 Shadylane** (4.1 Acres)

- Picnic Tables

## 17 RICKEL PARK

**1001 Bluebonnet** (29 Acres)

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

# Facilities

## A BROOKSIDE CENTER

## B HURST LIBRARY

# Park Pavilions

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

For more information, call

**817.788.7320**



**CITY OF HURST**

1505 Precinct Line Road  
Hurst, Texas 76054

PRESORTED  
STANDARD  
US POSTAGE  
PAID  
HURST, TX  
PERMIT #21

\*\*\* ECRWSS \*\*\*

Local  
Postal Customer