

*where we live*  
**HURST ★ TEXAS**

FALL/HOLIDAY 2016

Family Campout

Justice Center Opening

Holiday Safety Tips



# where we live

## In This Issue

Wellness & Health.....	4
Safe Living.....	6
Senior Services.....	10
Our Community.....	14
Public Library.....	18
Recreation Center.....	22
Park System.....	54

## City Staff

- Clay Caruthers** City Manager
- Allan Heindel** Deputy City Manager
- Greg Dickens** Executive Director of Public Works
- Rita Frick** City Secretary
- Steve Moore** Police Chief
- John Brown** Fire Chief
- Matia Messemer** Executive Director of Human Resources
- Steve Bowden** Executive Director of Economic Development
- Ashleigh Johnson** Managing Director of Marketing and Communications



Photos shot by Kara McKinney.



## On the Cover

Jalyn and Cole Watts are avid baseball lovers and spend a lot of their time at the baseball fields at Hurst Community Park! We had so much fun photographing them in their element and learning a thing or two about baseball from them!

Their parents, Lyndsi and Jason Watts, moved their family to Hurst from Amarillo back in 2008 and chose Hurst because of the Core Knowledge Pre-K and Suzuki programs offered at HEB schools, especially Hurst Hills Elementary. They quickly came to love the Hurst Public Library, their extraordinary neighborhood and the ease of access to everything. Jalyn spent eight years at HHE and will attend Hurst Jr. High in the fall. He is active in Boy Scouts, baseball and will be in band. Cole still attends Hurst Hills Elementary, enjoys dancing at Laura's Dance Dynamics and is in his last year of Cub Scouts. Both boys got their start with baseball through Tri Cities Baseball Assoc. and have played countless amount of games at Hurst Community Park.



## Mayor's Message

I say this every year, but it's such a great time to be a Hurst resident! Our programs for families of all ages are some of the best in the area, redevelopment is booming (gourmet grilled cheese, anyone?), we offer a variety of services for citizens including Employee Giving Day, Good Neighbor Day and Paint Up Hurst and our facilities are top notch. Fall is a personal favorite of mine, and this year will be extra special. We're kicking off the month of October with National Night Out, followed by our annual Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include a children's area, a vendor marketplace, food sales and obedience and agility demonstrations. We're also hosting our annual family campout on October 14-15 at Chisholm Park.

Special events aren't the only reason I love our city. We also have some of the best facilities around that allow us to serve you even better. The Hurst Justice Center is one of those facilities, and we celebrated its grand opening last summer. If you weren't able to attend the opening, you can read all about it on pages 6-7. Speaking of our Police Department, check out the holiday safety tips they outlined for us on pages 8-9. Lastly, fall means baseball in my book, and we celebrated that in this issue, by featuring one of our fields.

I think it's easy to see why I love autumn in Hurst. Actually, I love every season in Hurst! I believe that we truly live in one of the best cities around, and I consider it an honor to serve you. 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.

- Mayor Richard Ward

## City Council

**Richard Ward** Mayor  
**Larry Kitchens** Mayor Pro Tem  
**David Booe** Council Member  
**Bill McLendon** Council Member  
**Trasa Cobern** Council Member  
**Nancy Welton** Council Member  
**Henry Wilson** Council Member

## The Social Media Connection

### City of Hurst

**WEBSITE:** [www.HurstTX.gov](http://www.HurstTX.gov)  
**FACEBOOK:** [www.Facebook.com/CityofHurstTX](http://www.Facebook.com/CityofHurstTX)  
**TWITTER:** @TheCityofHurst  
**INSTAGRAM:** CityofHurstTX  
**PERISCOPE:** @TheCityofHurst  
**PINTEREST:** [www.Pinterest.com/CityofHurstTX](http://www.Pinterest.com/CityofHurstTX)

### Hurst Public Library

**WEBSITE:** [www.HurstTX.gov/Library](http://www.HurstTX.gov/Library)  
**FACEBOOK:** [www.Facebook.com/HurstPublicLibrary](http://www.Facebook.com/HurstPublicLibrary)  
**TWITTER:** @HurstLibrary  
**INSTAGRAM:** HurstPublicLibrary

### Hurst Police Department

**FACEBOOK:** [www.Facebook.com/CityofHurstPD](http://www.Facebook.com/CityofHurstPD)  
**TWITTER:** @HurstPoliceDept

### Hurst Conference Center

**WEBSITE:** [www.HurstCC.com](http://www.HurstCC.com)  
**FACEBOOK:** [www.Facebook.com/HurstCC](http://www.Facebook.com/HurstCC)  
**INSTAGRAM:** HurstConferenceCenter  
**PINTEREST:** [www.Pinterest.com/HurstCC](http://www.Pinterest.com/HurstCC)

### Hurst Recreation Center

**FACEBOOK:** [www.Facebook.com/HurstRecreation](http://www.Facebook.com/HurstRecreation)

### Hurst Fire Department

**TWITTER:** @HurstFireDept

### Other Websites

[www.TransformingHurst.com](http://www.TransformingHurst.com)  
[www.HurstED.com](http://www.HurstED.com)

# ROOT for Your Health

Root vegetables bring wellness benefits, tasty food options



Think about welcoming fall in a creative new way this year by trying some new foods you may not regularly enjoy. Root vegetables are full of health benefits and delicious flavors but can often be overlooked. Check out some the options below, and try them for yourself!

- **Sweet Potatoes / Yams**—these are some of the most versatile roots out there. You can make them blend with sweet by pairing them with maple, honey, coconut cinnamon, nuts, fruits or add them to baked goods. For a savory taste try them with ginger, curry, salt and spices then roast, mash or make a soup.
- **Beets**—Have you tried all the different colors of beets, fresh or cooked? Beets are all about the color, adding tons of flavor and beauty to your meal as well as amazing nutrition. Beets have a subtle sweet earthy flavor that is amazing roasted, sautéed or enjoyed fresh. Golden beets are a little sweeter than red.
- **Parsnips**—a close cousin of the carrot, these white vegetables are full of good nutrition and a warm and rich cinnamon like flavor. They are harder than carrots and a wonderful in soups, grated into baked goods or sliced and baked on their own.
- **Turnips / Rutabagas**—these partners in crime are soft in flavor and pair well with other strong flavors and vegetables. You can bake , sauté or roast these with herbs and spices, add them to chunky soups or even purée.

- **Yucca Root**—this is a dense and starchy root that can be enjoyed in similar style to potatoes. You can fry or broil it with spices or even chunk it up and pair it with cheese for a delicious casserole.
- **Kohlrabi**—Although this looks like an alien plant, kohlrabi is a fun new addition to your fall taste buds. Slice away the skin and you can use the juicy center raw sliced into a salad or baked into savory oven fries.
- **Ginger**—You may have heard of the amazing health benefits of ginger as an immune boost, a digestive aid and so much more. But have you thought about cooking with it? Ginger has a powerful spicy citrus like flavor so less is more. You can add it to your favorite Asian dishes, in a fresh smoothie or even in a homemade salad dressing.
- **Onion / Garlic**—mainly considered a flavoring tool, these two vegetables are full of powerful antioxidants and nutrition in their own right. Adding them to your favorite dishes or roasting them on their own is a fantastic way to create new fall flavors around your home.

There are so many other ideas for wonderful fall foods using the plants that thrive during this season. We would love to hear from you! If you have a health or nutrition question or want to share ideas or recipes with us, drop us a note at [ewhite@hursttx.gov](mailto:ewhite@hursttx.gov) or write a suggestion and drop it in the box at the Hurst Recreation Center. The City of Hurst is proud to encourage health and wellness for all of us. Whether it is providing opportunities for education, physical activity or enrichment of other kinds, we are here to serve you.

## ROOT VEGETABLE HAYSTACKS

### Ingredients:

- 4 each parsnips, peeled and grated
- 4 each turnips, peeled and grated
- 1 medium sweet potato, peeled and grated
- 1 tablespoon Olive oil
- 1 dash salt
- 2 sprays olive oil cooking spray

### Directions:

Preheat oven to 400° F. Spray baking sheet with olive oil spray. Combine grated root vegetables, olive oil and salt in a bowl and mix well.

Using a 1/2-cup measure, scoop up vegetables and arrange into little haystacks on baking sheet. Roast for 15 minutes and flip (using a spatula).

Continue baking another 15 minutes or until crisp-tender.

**Servings:** Serves 4

### Nutrition Facts: (per 8 oz serving)

Calories 188, Total Fat 6 g , Sodium 211 mg, Carbohydrate 41 g, Fiber 10 g, Protein 5 g

**Note:** Choose organic ingredients when possible. Nonorganic can have high pesticide residue



# Justice Center Grand Opening

On July, 11 we celebrated the Hurst Justice Center Grand Opening! We had a ribbon cutting and dedication with city officials and staff members, followed by tours of the new building and a backyard bar-b-que themed after party on the top of the parking garage! It was a great opportunity for citizens to come and show their support of the Hurst Police Department.



## Hurst Citizens Police Academy

*Begins Thursday, August 11*

Calling all citizens interested in learning more about your police department! You're invited to participate in a 13 week program that is held on Thursday nights from 6 p.m. to 9 p.m. at the Hurst Justice Center located at 825 Thousand Oaks. The class is free and snacks are provided. Upon successful completion of the CPA class, you will be eligible to attend the COPS training program. **Each applicant must be at least 21 years of age, live or work in the city of Hurst and successfully pass a background investigation.** Contact Evelyn at 817-788-7342 or [emcamis@hursttx.gov](mailto:emcamis@hursttx.gov) for more information.

## Save the Date! National Night Out

### When

Tuesday, October 4 from 5:30 – 8 p.m.

### Where

**Hurst Community Park**

601 Precinct Line Rd.

**Vivagene Copeland Park**

501 Pecan Drive

You're invited! National Night Out provides an opportunity for neighborhoods to come together, meet police officers and city staff, and build relationships to help prevent crime and keep our neighborhoods safe. This is a family fun event, designed for neighbors of all ages.

# Holiday

## SAFETY TIPS

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The mall is full of people with money to spend. As you speed along, focused on getting the perfect gift, a criminal can be searching for the next victim. When you are in a parking lot or garage, be alert to someone who appears to be standing around for no good reason. He or she might be waiting for someone or that person could be an opportunist waiting to grab your shopping bags or your purse.

Courtesy of  
Hurst Police Department,  
Community Services Division,  
817-788-7342

- **Always park in well-lit areas** and park close to the entrance of the store or mall.
- **Don't electronically unlock your vehicle** until you are within door opening distance. This helps stop a thief from getting into the car without you knowing to strike when you least expect it.
- **Stay off the cell phone as you walk** through parking lots and streets. It is an unnecessary distraction that makes you susceptible to thieves, and your cell phone is an enticing target itself.
- **Don't flash large amounts of cash** or offer tempting targets for theft such as expensive jewelry or clothing.
- **Don't fumble for house or car keys.** Have them in your hand, ready to use when you reach the door.
- **ALWAYS lock your car and residence,** even if you are away for only a few moments.
- **Keep your purse close to your body.**



The Hurst Police Department wishes your family a safe holiday season. Crime prevention involves being aware of your surroundings and potential areas of danger. This time of year is filled with hustle and bustle and safety tends to not make the priority list. The Hurst Police Department encourages you to take the time to read over these crime prevention tips to stop you from becoming a victim of theft or burglary.

## ***Don't be a Holiday Victim***

- **If the pocketbook has long straps, shorten them.**
- **Do NOT leave valuables—gifts, cell phones, purse or clothing—in open view in your car.** Take valuables with you, lock them in your trunk, or cover them in an inconspicuous way.
- **Leave lights turned on both inside and outside your residence** after dark. Criminals don't like to be seen.
- **If you will be away from home for several days, make arrangements for someone to pick up your mail and newspapers.** An overstuffed mailbox is a sure sign that no one is home, and burglars are tempted to check those envelopes for holiday gifts.
- **If possible, avoid carrying a large purse when shopping.** A fanny pack is compact and more difficult for a thief to grab and run.
- **Carry only the credit cards you intend to use** leave the others behind.
- **Avoid carrying large amounts of cash.** Use checks or check cards.
- **Use ATMs wisely.** Have the card ready before approaching the machine, and use ATMs in high traffic areas.
- **If you believe someone is following you, cross the street, switch directions, walk into a store or restaurant.** If you are really scared, yell. Don't be embarrassed. Your safety is more important.
- **If you see something—say something.** Call 9-1-1 and report any criminal activity you witness to help us keep our community safe.

# HOLIDAY SHOPPING REMINDER

As you do your holiday shopping, don't give a thief an opportunity.

Do NOT leave valuables in open view in your car. Put them in the trunk, or take them along with you. This is the time of the year when criminals do their own form of "window shopping." They look in parked cars for items left inside, and they will break through car windows to steal your valuables. It takes only a few seconds for a criminal to break into your car. So remember: when you leave your car, leave it empty.



# Senior Center



## Membership Information

Monday, Tuesday, Wednesday, Friday: 7:00AM-7:00PM // Thursday: 7:00AM-9:00PM

The Hurst Senior Activities Center is open to seniors only, ages 55 and over.

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register 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.)
- Nonresidents - \$80 per membership year. (Equivalent of about \$6.67 per month.)
- These fees include many free classes, programs and activities at the Senior Center, as well as membership to our state-of-the-art fitness room.
- Some classes, programs and activities may require additional fees to cover the cost of supplies, refreshments and/or instructor fees.

## Lunch Program

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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 the entrée of the day or a sandwich with a bag of chips and a pickle. All lunches come with a dessert. Grab a friend and stop by the Senior Center for "A Quick Bite"!

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 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 lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- 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 p.m. Lunches not picked up by 1 p.m. must be discarded.



## Donor Board

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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.

## Regular Programs, Classes, Groups and Activities

### "Need to Knows"

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 p.m. on the third Thursday of the current month. You are welcome to come by anytime during operating hours to get a copy. Most programs and activities do require registration/sign up. Sign ups begin on the first business day of each month at 8 a.m. and continue throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to register for your preferred activities.

#### Arts & Crafts

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

#### Groups

- "The Happy Hatters of Hurst" Friendship Club
- Aircraft & Helicopter Science
- Travel
- Book Club
- Grief Support
- Knot-a-Lot

#### Computer Classes

- Beginning and Intermediate Users, General Overview
- Email
- File Management
- Internet
- Microsoft Word®
- Private Lessons (By Appt. \$5 for 30 minutes.)

#### Fitness Programs

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

*The Senior Center has many monthly activities. Dances are held on the second and fourth Thursday of every month at 7 p.m. Cost is \$5 at the door, and it's open to the public for ages 55-plus. There are two opportunities for playing FREE bingo each month. Potluck Bingo is always on the first Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the third 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.*

The Senior Center hosts several open activities, and there are no fees or sign-up required. See the *Senior Pipeline* for day and time details so you can join in on the fun!

- Duplicate & Party Bridge
- Mah-jongg
- Nintendo Wii™ Games
- Dominoes, 42 & Chicken Foot
- Ping-pong
- Canasta
- Billiards

### Happy Hatters of Hurst 5th Anniversary

A small group of ladies at the Hurst Senior Activities Center decided to establish a chapter with the Red Hat Society in August 2011. As time passed, it was discovered that they were more of a friendship group, rather than an international chapter of the Red Hat Society. The decision was made to make the group a "friendship club." While some of the Happy Hatters are Red Hat Society members, it is not a requirement to join this fun group of women that meet on a monthly basis. The Happy Hatters will be celebrating their 5th year as a group and invite any ladies interested in the Happy Hatters to join them for lunch on Friday, August 12 at 11 a.m. Wear your red hat and purple attire and we kindly ask that you sign up at the front desk so we know you are coming.

### Craft and Holiday Market Vendor Call

Save the date for Friday, October 21 for this year's Craft & Holiday Market! The Market will be open 9 a.m. – 6 p.m. and will feature a variety of unique, handmade and home-based business items. Exhibitor registration opens Monday, August 1 for members of the Hurst Senior Activities Center. Non-member registration begins on August 15. Applications are available at the Senior Center front desk during normal operating hours. For questions or more information, contact Michelle Varley at 817-788-7712.

## Senior Center Upcoming 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.)

### Health & Nutrition Workshop

Get a fresh start to a healthier you! Join Tiffany from Tarrant County Health for LIVE cooking demonstrations. Learn how to make a healthy version of Beef Goulash and a Fruit Salad that everyone will enjoy. Free samples and recipes for all attendees. Attend all three classes and receive a FREE cooking gadget! There is a class minimum that must be met, so please register in advance in order to ensure class makes.

10:00-11:00AM // M // 8/8 // 3wks // Free

### Learn a New Game: Marbles & Jokers

Marbles and Jokers is a fast-paced strategic game that will keep you entertained for hours! Similar to Parcheesi or Sorry® but your fate is in the cards you hold. Your cards control how many spaces you move. Some move you forward, while others move you back. Others allow you to split your move between two men. Holding a Joker gives you an advantage to move Home quickly while sending your opponent back to Start. Just when you think you may be close to winning, someone can play a Joker and send you packing! It's a race around the board to be the first player or team to get all five men into Home . . . but you'll need a bit of strategy and a lot of luck to win! Instructor: Jean Freeman.

10:00AM-Noon // TH // 8/11 // Free

### Member Mixer - Hawaiian Style

Join us Friday, August 19 from 1-3 p.m. for our 7th Annual Member Mixer. Dress up in your tropical attire as we celebrate Hawaiian Style! Enjoy light refreshments, entertainment, photo opportunities and more. Current Senior Center membership is required to attend. Please RSVP by Friday, August 12, 2016. For more information call 817-788-7710.

1:00-3:00PM // F // 8/19 // Free



### AARP Driver's Safety Program

Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Please note that class will be going through lunch and we offer "A Quick Bite" for \$5 per person. You must sign up for lunch separately. Space limited. Hurst Senior Center membership is required to take the class or you may participate by making a day pass purchase. Contact the Senior Center for more details 817-788-7710.

9:00AM-2:00PM // T // 9/6

### Vaccination Clinic

Get immunized here! Registered pharmacists will be administering vaccines including influenza, pneumonia, shingles and tetanus. Remember to bring both your medical and prescription insurance cards. \$0 out of pocket expense, based upon your insurance coverage. Most insurance is accepted. It is highly recommended that you schedule an appointment time, however, it is not required and walk ins are welcome. *Sponsored by Mid-Cities Pharmacy.*

9:00AM-Noon // TH // 9/29

### Ball Room Dance Lessons

We are so excited to bring this dance opportunity to the Hurst Senior Activities Center. Mark & Susan O'Brien are seasoned dancers and instructors. They have performed throughout the metroplex, the Texas State Fair, Oklahoma Follies and other venues. They will be bringing this special 8 week class series to HSAC. Lessons are free of charge, but you must be a member of the Senior Center in order to participate. Classes begin September 9 and continue through November 4.

11:00AM-12:30PM // F // 9/9

### Self-Defense for Seniors

Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Class will include lecture as well as hands on training. Taught in a relaxed and fun environment by instructor David Scott who holds a Black Belt in Karate.

5:30-6:30PM // TH // 10/27 // Free

### Masquerade Party

Celebrate All Hallows' Eve by coming to the Senior Center wearing your favorite mask and joining us for a Masquerade Party. We'll enjoy some light refreshments, mix and mingle with friends, play some BINGO and vote on the best mask. Please be sure to sign up!

2:30-3:30PM // M // 10/31

# 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 841 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events for Fall 2016.

For more information about the Heritage Village Presents events, contact the Hurst Public Library at 817-788-7300.

## 5th Annual Salsa & Salsa

This fun family event is back for the fifth year! Bring a lawn chair or blanket and come enjoy an outdoor concert by the salsa band, Havana NRG at 7:00 p.m. Work on your dance moves before the concert with free salsa lessons at 6:00 p.m. 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.

6:00PM // TH // 9/1

## Dogtoberfest

Calling all pet lovers! The City of Hurst would like to invite you to Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include children's activities, a vendor marketplace, food sales, obedience and agility demonstrations, and a DJ. The City of Hurst will be providing free treats for people and dogs!

4:30-6:30PM // TH // 10/6

## Movie in the Park

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.

7:00PM // F // 11/4

## Volunteers-In-Action

*Get involved in your community*

Are you interested in meeting new people, making use of your talents or gaining a new skill? Do you want to support your community while learning more about City of Hurst operations? Then join the City of Hurst's Volunteers-In-Action program!

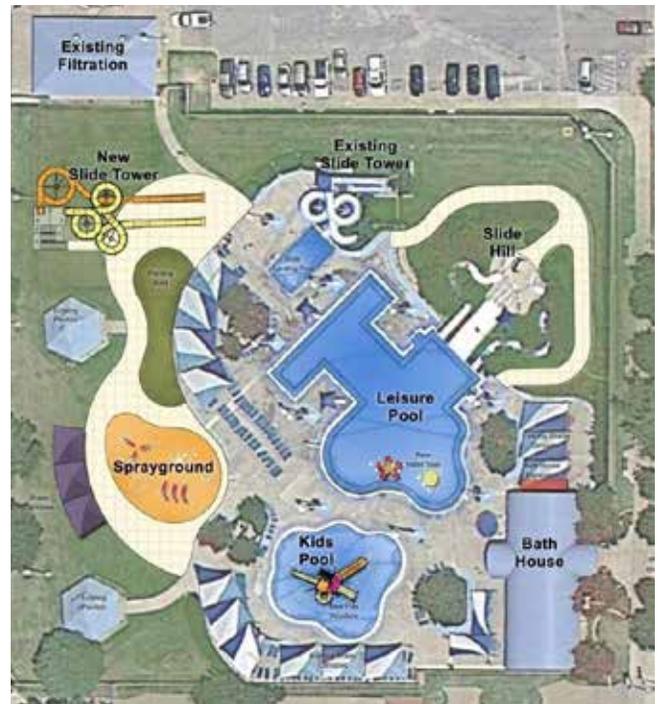
Volunteer application packets can be picked up at the Community Services' offices in the Hurst Public Library or accessed online through the city's website at [www.hursttx.gov](http://www.hursttx.gov). For more information, please contact the Community Services Department at 817-788-7305.



# Central Aquatics Center Renovation

The Central Aquatics Center renovation is underway! Originally opened in 1996, the Central Aquatics Center was the first family aquatics center in the southwest. Over the last 20 years, nearly one million visitors have enjoyed the Center; however, in the past several years, maintenance and repair issues have escalated to the point where a major renovation of the facility was necessary for it to remain a viable facility.

The \$4.18 million renovation is expected to be complete in time to open in May 2017. The project includes: renovating the bathhouse to add a new concession stand, a new slide tower with two run out slides, renovating the leisure pool, replacing the play structure and its pool, a new pump and filtration building, more shade structures, a new spray ground, enhanced landscaping, and all new furniture.



## Annual Neighborhood Cleanup Event

Fall is just around the corner and so is the 18th Annual Good Neighbor Cleanup Event. As always, the event will be held at the Bellaire Shopping Center on October 22 and 29.

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 the Environmental Services Department at 817-788-7217.

## Save the Date! Fire Department Steak Dinner

### When

Saturday, October 8 from 4 – 8 p.m.

### Where

Fire Administration, 2100 Precinct Line Road

### Cost

\$15 per person

### Ticket Sales

Begin September 1 at Fire Administration

The annual Hurst Citizens Fire Academy Alumni Association Fire Department Steak Dinner event (catered by Outback) is Oct. 8 from 4 p.m. to 8 p.m. Tickets are \$15 each and go on sale Sept. 1 at Fire Administration (2100 Precinct). Tickets usually sell out pretty quickly, so get yours soon! For more information call the Fire Department at 817-788-7238.



## Fire Safety Month

### *Practicing fire safety at home*

October is Fire Safety Month, and the National Fire Protection Association's theme for this year is "Don't Wait – Check the Date! Replace Smoke Alarms Every 10 Years." The date can be found on the back of a smoke alarm, and it is recommended that they be changed every 10 years. The Fire Department provides free smoke detectors to those who cannot afford to replace their detectors or are in need of a detector. For more information, please call the Fire Department at 817-788-7238.

Did you know that the most common causes of fire in the United States are arson and intentionally set fires? This includes candles, cooking, heating equipment and young children playing with fire. Smoking is the leading cause of fire related deaths, and heating equipment is the second leading cause of fire fatalities. Cooking is the leading cause of residential structure fires.

## Redbud Park Playground Replacement

Redbud Park, (located at 525 Redbud Drive), was established in 1966. The 7.2 acre park offers visitors multiple amenities, including a large playground area, a soccer field, a pavilion, a fitness/exercise course and a jogging/walking trail. Redbud Park is open daily from 6:00 a.m. to 10:00 p.m.

The Hurst Parks Department recently replaced the aging playground at Redbud Park with a new, state-of-the-art playground. The new playground includes many slides and climbing platforms to keep children entertained and active for hours. Added along with the playground were "Expression Swings," specially designed swings where adults and children can swing face to face, and an "Omni Tri Net" Rope Climber which provides a fun, challenging climbing experience. Additionally, specialized poured-in-place safety



surfacing was installed underneath the playground, two large canopies were placed over the playground to provide shade, and the benches and tables were replaced. The total cost for this project was \$264,256 with the project funding coming from the Community Services Half-Cent Sales Tax Fund and the Park Donation Fund. The Park Donation Fund 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.

## Hwy 10 Redevelopment Taking Shape



We are excited to welcome two very unique businesses to South Hurst: Grain and Dairy and HoneyLove Cakery!

Grain and Dairy is a new take on the always-loved grilled cheese! They specialize in gourmet grilled cheese on artisan breads, using the finest cheese and ingredients. Sandwiches like macaroni, caprese and BBQ brisket paired with a dipper of tomato basil soup are guaranteed crowd pleasers! Grain and Dairy is located at 1222 W. Hurst Blvd, and they serve lunch and dinner seven days a week from 11 a.m. to 9 p.m. You can call ahead for takeout at 817-616-3062. Follow them on social media @grainanddairy!

You can't visit Grain and Dairy without stopping in next door to HoneyLove Cakery for dessert! You will find unique cupcake flavors like blueberry pancake, chocolate marshmallow and caramel apple cider to name a few! They specialize in custom cakery and would love to cater your next event! HoneyLove Cakery is located at 1222 West Hurst Boulevard, Suite 200. They are open Tuesday-Thursday 10 a.m. to 5 p.m., Friday 10 a.m. to 6 p.m. and Saturday 9 a.m. to 2 p.m. You can give them a call at 817-616-5199 and follow them on social media @honeylovecakery!

Both of these businesses coming to South Hurst is a huge step in the redevelopment on Hwy 10. Stop by their stores and welcome them to Hurst!

### Fire Department Open House

*Saturday, September 24 from 10 a.m.-2 p.m.*

Please join us for the Fire Department Open House on Sept. 24! People of all ages are invited to come meet your firefighters, enjoy hotdogs and hamburgers, demonstrations and lots of fire apparatus on display. The event is located at 2100 Precinct Line Road from 10 a.m. to 2 p.m.

# Hurst Public Library

901 Precinct Line Road, Hurst, TX // 817-788-7300 // [www.HurstTX.gov/Library](http://www.HurstTX.gov/Library)



## Ongoing Adult Programs

### Brown Bag Book Club

Bring your lunch and join us at noon the first Thursday of every month for book discussions in the Reading Alcove. Check the library website, Facebook page or call to find out what we're reading!

Noon // 1st Thursday

### Trinity Writer's Workshop

A local writers group in the DFW metroplex. Meets every Tuesday evening at 7pm. Meetings typically last about 2 hours, depending on the number of members reading that day.

7:00PM // T

## Ongoing Youth Programs

### Babygarten

Babies, Birth to 18 Months, with Caregiver

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817-788-7302.

Wednesday Sessions

10:30-11:30AM // W // 9/28-11/2

Saturday Sessions

10:30-11:30AM // S // 10/1-11-5

### Chess Club

Elementary School Ages + // 4:00-5:00PM // M

### Story Time

3 - 6 Years // 10:45-11:15AM // T

### Toddler Time

1 - 3 Years // 10:00-10:30AM // M & TH



Monday, Wednesday, Friday, Saturday: 10:00AM-6:00PM // Tuesday, Thursday: 10:00AM-9:00PM



## Youth Programs

### Boo Books

For All Ages

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.

4:00-5:00PM // S // 10/31

### Puppets Plus Workshop

4<sup>th</sup> - 8<sup>th</sup> Graders

Are you interested in different kinds of puppets? Or maybe readers' theater? Would you like to work with other kids interested in performing a variety of skits for special library programs throughout the year? Now is your chance—come give it a try. Call 817-788-7302 to register.

4:00-5:00PM // T // 9/27, 10/18, 11/15, 12/20

### The Book Experience

For All Ages

Family storytime

**Round up!**

7:00PM // T // 9/13

**Fairy Tale Follies**

7:00PM // T // 10/11

**Vote for Books!**

7:00PM // T // 11/8

**Seasons Readings**

7:00PM // T // 12/13

# Hurst Public Library



## Teen Zone

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### Anime Night

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6<sup>th</sup> - 8<sup>th</sup> Graders

Stop by to watch and talk about anime. The Teen Zone is the place to be!

7:00PM // TH // 9/1, 10/6, 11/3, 12/1

### Chess Club

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Students of all ages through high school

4:00-5:00PM // M

### Middle School Madness

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6<sup>th</sup> - 8<sup>th</sup> Graders

Looking for something to do after school? We have just the program for you! Every month play a game or watch something fun!

4:00-5:00PM // T // 9/6, 10/4, 11/1, 12/6

## Family Programs

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### HEB ISD Early Release Friday Movie Matinee

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For All Ages

Join us November 11th at 2:00 p.m. for a new release movie on the big screen. Free popcorn! Please contact the library for the movie title!

2:00PM // F // 11/11

### Make and Take Craft Nights

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For All Ages

Come to the library for a fun, free make and take craft! Our youngest library friends will need help from an adult.

6:00-7:00PM // TH // 12/8

### Masterworks at the Library

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For All Ages

**EVENING MasterWorks AT THE LIBRARY**

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

#### Blue Clear Sky - George Strait Coverband

Part of our Library Showcase "How the West was Fun!" (Outdoor Performance in the library park, please bring lawn chairs and blankets for seating.)

7:00PM // TH // 9/29

#### Razzmajazz

Dixieland Jazz Band

7:00PM // TH // 10/27

#### Christopher McGuire

Classical Guitar

7:00PM // TH // 11/17

#### Fort Worth Concert Bells

Traditional Handbell Choir performing Holiday Music.

7:00PM // TH // 12/15

2:00PM // S // 12/17



## HPL Library Showcase: How the West Was Fun!

Saddle-up! and bring the whole family to the library on September 29 from 6:00-8:00PM for an exciting, interactive evening to remember! This western themed event will feature pony rides, petting zoo, a photo booth, light refreshments and an outdoor performance by the George Strait Coverband Blue Clear Sky. Guests are welcome to dress for the occasion!



MOVIES, TV SHOWS, MUSIC, TALKING BOOKS  
A new service from the Hurst Public Library

**HOOPLA – MOVIES, TV SHOWS, MUSIC, TALKING BOOKS** - A NEW SERVICE brought to you by the Hurst Public Library - FREE for downloading 24/7. NO costs or hassles for you. ALL you need: Library Card, internet access, and a device such as a phone or tablet.

FROM Hollywood blockbusters to best selling authors and artists, you're sure to find something you'll enjoy. But it's not just the latest titles - there is also an

extensive list of educational materials, children's titles, foreign films and other content not offered anywhere else.

**EASY TO USE:** The HOOPLA web site and mobile apps are easy to use. NO waiting lists. Start **STREAMING** immediately, or **DOWNLOAD** a title to your phone or tablet for offline viewing later. You can return early or rely on **AUTOMATIC RETURNS** so there are **NEVER ANY LATE FEES.**



# HURST RECREATION CENTER

Variety of recreational activities to get you back in the groove  
available at the City of 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, 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 a wide variety of both cardio and strength equipment. If you prefer walking or jogging, come check out our indoor track and never miss a workout because of inclement weather outside. You can also sign up for one of our group fitness classes that are sure to provide you an amazing workout.

If you need a little extra motivation to reach your fitness goals, we have personal trainers who are available to custom-design a fitness plan that will meet your needs. Our fitness coordinator is also available for new member orientations to show you the ropes of the Recreation Center!

While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy 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.

For more information, stop by the Recreation Center or contact our front desk at 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 lifelong 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.

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: **Classes begin the week of September 12** :  
: (unless otherwise indicated) :  
.....



## Hours of Operation

Monday–Thursday // 6:30AM–10:00PM

Friday // 6:30AM–6:00PM

Saturday // 9:00AM–6:00PM

Sunday // 1:00PM–6:00PM

## Contact Information

700 Mary Drive  
Hurst, TX 76053  
817-788-7325

## Recreation Center Fees

### Hurst Residents

Daily Pass: **\$2**

Youth Annual Pass (6–15 Years):  
**\$20 Per Year**

Youth Fitness Annual Pass (12–15 Years):  
**\$50 Per Year**

\* 12–13 Years must have adult supervision

Adult Annual Pass (16–64 Years):  
**\$50 Per Year**

Senior Annual Pass (65+ Years):  
**\$20 Per Year**

Family Annual Pass:  
**\$125 Per Year**

Replacement Card Fee: **\$5**

### Non-Hurst Residents

Daily Pass: **\$10**

Youth Annual Pass (6–15 Years):  
**\$80 Per Year**

Youth Fitness Annual Pass (12–15 Years):  
**\$200 Per Year**

\* 12–13 Years must have adult supervision

Adult Annual Pass (16–64 Years):  
**\$200 Per Year**

Senior Annual Pass (65+ Years):  
**\$80 Per Year**

Replacement Card Fee: **\$5**

*Help Us Help You!*  
**Please Enroll Early**

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

## 3 Years and Younger Programs

## »»» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

### Awesome Twos

2 Years // Supply fee \$10

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!

*Instructor: Dottie Nicholson*

FALL  
18090-A  
9:00-9:45AM // M // 8WKS // 9/12 // \$30

### Cars, Cars, Cars

2 - 4 Years

Vroom! Vroom! Calling all car enthusiasts for a fun time playing, crafting, stories, and games all about cars!

*Instructor: Dottie Nicholson*

FALL // Supply fee \$10  
18140-A  
11:30AM-12:15PM // W // 8WKS // 9/14 // \$30

HOLIDAY // Supply fee \$5  
19140-A  
9:45-10:30AM // F // 4WKS // 11/18 // \$15

### Colors and More

2 Years // Supply fee \$5

Let's learn about all the colors and the shapes that surround us!

*Instructor: Dottie Nicholson*

HOLIDAY  
19240-A  
9:00-9:45AM // M // 4WKS // 11/14 // \$15

### Crazy Daisy Fun with Mom/Dad

18 - 24 Mos // Supply fee \$5

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.

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

FALL  
18130-A  
9:30-10:00AM // W // 8WKS // 9/14 // \$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  
9:00-9:30AM // F // 8WKS // 9/16 // \$28

HOLIDAY  
19095-A  
9:00-9:30AM // F // 4WKS // 11/18 // \$14

### Little Painters

2 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges and even rocks!

*Instructor: Dottie Nicholson*

FALL  
18333-A  
10:00-10:30AM // M // 8WKS // 9/12 // \$28

HOLIDAY  
19333-A  
10:00-10:30AM // M // 4WKS // 11/14 // \$14

### Little Tyke Soccer

2 - 3 Years // Tennis Shoes Required

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

*Instructor: Stacie Castillo*

FALL  
18600-A  
9:00-9:30AM // F // 8WKS // 9/16 // \$28

HOLIDAY  
19600-A  
9:00-9:30AM // F // 4WKS // 11/18 // \$14

## »»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.



## 3 Years and Younger Programs

### GYMNASTICS

#### Parent/Tot Tumbling

16 - 36 Mos // One Child Per Parent

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

FALL

Instructor: Tammy Slovensky

38040-A

9:30-10:00AM // T // 8WKS // 9/13 // \$28

38040-B

9:30-10:00AM // W // 8WKS // 9/14 // \$28

38040-C

9:30-10:00AM // TH // 8WKS // 9/15 // \$28

Instructor: Miranda Slovensky

38040-D

9:30-10:00AM // M // 8WKS // 9/12 // \$28

38040-E

9:30-10:00AM // F // 8WKS // 9/16 // \$28

HOLIDAY

Instructor: Tammy Slovensky

39040-A

9:30-10:00AM // T // 4WKS // 11/15 // \$14

39040-B

9:30-10:00AM // W // 4WKS // 11/16 // \$14

39040-C

9:30-10:00AM // TH // 4WKS // 11/17 // \$14

Instructor: Miranda Slovensky

39040-D

9:30-10:00AM // M // 4WKS // 11/14 // \$14

39040-E

9:30-10:00AM // F // 4WKS // 11/18 // \$14



#### Mom and Me Soccer

1 - 2 Years // Tennis Shoes Required

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOAAAAALLLLL!

Instructor: Stacie Castillo

FALL

18700-A

8:30-9:00AM // F // 8WKS // 9/16 // \$28

HOLIDAY

19700-A

8:30-9:00AM // F // 4WKS // 11/18 // \$14



#### Music Maker – Holiday Fun

18 - 24 Mos // Supply fee \$5

Can you imagine the beautiful Christmas music your 2-year old and their new friends will create with musical instruments? They will dance, skip, march and make musical instruments all for fun!

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

HOLIDAY

19900-A

10:00-10:30AM // W // 4WKS // 11/16 // \$14

#### Music Maker – Scarecrow Fun

18 - 24 Mos // Supply fee \$5

Music is a proven educator for children of all ages. Come learn how to march, dance, move, and groove. Music helps your fine and gross motor skills, direction and spatial concepts. We will make a new instrument each week to take home.

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

FALL

18000-A

10:00-10:30AM // W // 8WKS // 9/14 // \$28

#### My Little Princess

2.5 - 5 Years // Supply fee \$5

Calling all princess of the royal kingdom! We will learn while having fun dressing up, role playing, listening to music and creating crafts.

Instructor: Dottie Nicholson

HOLIDAY

19111-A

10:30-11:15AM // W // 4WKS // 11/16 // \$15

#### Numbers for Little Learners

2 - 3 Years // Supply fee \$5

Come create fun projects to help with number concepts. Let's learn your numbers and their value.

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

FALL

18123-A

9:30-10:00AM // T // 8WKS // 9/13 // \$28

HOLIDAY

19123-A

9:30-10:00AM // T // 4WKS // 11/15 // \$14

3 Years and Younger Programs

Phonics Fun for Little Learners

2 - 3 Years // Supply fee \$5

Come learn your letters and sounds with fun projects. We will work together to learn our letters.

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

FALL  
18045-A  
9:00-9:30AM // T // 8WKS // 9/13 // \$28

HOLIDAY  
19045-A  
9:00-9:30AM // T // 4WKS // 11/15 // \$14

Rocking Around the Christmas Tree

18 Months - 2 Years // Supply fee \$5

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!

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

HOLIDAY  
19777-A  
9:30-10:00AM // W // 4WKS // 11/16 // \$14



GYMNASTICS

Tiny Tykes

2.5 - 3.5 Years

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

FALL  
*Instructor: Tammy Slovensky*

38030-A  
10:00-10:30AM // T // 8WKS // 9/13 // \$28

38030-B  
11:30AM-Noon // T // 8WKS // 9/13 // \$28

38030-C  
10:00-10:30AM // W // 8WKS // 9/14 // \$28

38030-D  
10:00-10:30AM // TH // 8WKS // 9/15 // \$28

*Instructor: Miranda Slovensky*

38030-E  
10:00-10:30AM // M // 8WKS // 9/12 // \$28

38030-F  
10:00-10:30AM // F // 8WKS // 9/16 // \$28

HOLIDAY  
*Instructor: Tammy Slovensky*

39030-A  
10:00-10:30AM // T // 4WKS // 11/15 // \$14

39030-B  
11:30AM-Noon // T // 4WKS // 11/15 // \$14

39030-C  
10:00-10:30AM // W // 4WKS // 11/16 // \$14

39030-D  
10:00-10:30AM // TH // 4WKS // 11/17 // \$14

*Instructor: Miranda Slovensky*

39030-E  
10:00-10:30AM // M // 4WKS // 11/14 // \$14

39030-F  
10:00-10:30AM // F // 4WKS // 11/18 // \$14





## 3 Years and Older Programs

### Backyard Explorers

3 - 5 Years // Tennis shoes required

Come discover insects that live in our backyards. We will look at how they look and move and what they eat. Supply fee \$5.

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

FALL  
18010-A  
11:15AM-Noon // TH // 8WKS // 9/15 // \$30

### Chemistry 101

3 - 5 Years // Supply fee \$5

We will use common household items to create chemical reactions.

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

HOLIDAY  
19010-A  
11:15AM-Noon // TH // 4WKS // 11/17 // \$15

### Claytime Fun

3 - 6 Years // Supply fee \$10

Does your pre-schooler need to work on those fine motor skills? Clay is a great tool for working on those skills while having fun.

*Instructor: Dottie Nicholson*

FALL  
18145-A  
9:00-9:30AM // W // 8WKS // 9/14 // \$28

### Cooking for Fun

3 - 6 Years // Supply fee \$10

Let's learn about different foods and how to prepare them for us to enjoy!

*Instructor: Dottie Nicholson*

FALL  
18250-A  
10:45-11:15AM // F // 8WKS // 9/16 // \$28

HOLIDAY  
19250-A  
10:45-11:15AM // F // 4WKS // 11/18 // \$14



### Creative Healthy Chef

3 - 5 Years // Supply fee \$10

Calling all pre-schoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch, and dinner.

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

FALL  
18170-A  
11:00-11:45AM // T // 8WKS // 9/13 // \$30

HOLIDAY  
19170-A  
11:00-11:45AM // T // 4WKS // 11/15 // \$15

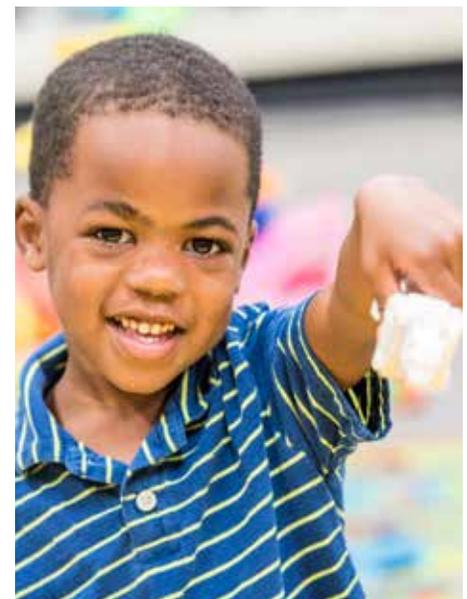
### Dinosaurs

3 - 6 Years // Supply fee \$10

If your little one "digs" dinos they will enjoy this class that explores the world of dinosaurs through stories, crafts, songs and play.

*Instructor: Dottie Nicholson*

FALL  
18666-A  
9:45-10:30AM // F // 8WKS // 9/16 // \$30



### Crazy Daisy Scarecrow Fun

3 - 5 Years // Supply fee \$5

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.

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

FALL  
18015-A  
10:00-10:45AM // T // 8WKS // 9/13 // \$30

## 3 Years and Older Programs

## Hands on Math

3 - 5 Years // Supply fee \$5

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!

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

FALL  
18205-A  
9:45-10:30AM // M // 8WKS // 9/12 // \$30  
18205-B  
9:45-10:30AM // TH // 8WKS // 9/15 // \$30

HOLIDAY  
19205-A  
9:45-10:30AM // M // 4WKS // 11/14 // \$15  
19205-B  
9:45-10:30AM // TH // 4WKS // 11/17 // \$15

## Holiday Crafts

3 - 6 Years // Supply fee \$10

The holidays are a great time for crafting gifts and decorations. We cover all the holidays we can!

*Instructor: Dottie Nicholson*

FALL  
18339-A  
10:45-11:15AM // M // 8WKS // 9/12 // \$28

## Holiday Fun

3 - 5 Years // Supply fee \$10

Let's make gifts for our family! In this class we will make cookies, candy, and ornaments!

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

HOLIDAY  
19002-A  
10:00-11:30AM // M-TH // 1WK // 12/12-12/15 // \$20

## How Does Your Garden Grow?

3 - 6 Years // Supply fee \$10

Do you wonder how a seed turns into a plant? Let's find out together as we plant seeds and see what happens! We will learn about plant life and how they grow.

*Instructor: Dottie Nicholson*

FALL  
18075-A  
11:30AM-12:15PM // M // 8WKS // 9/12 // \$30

## Let's Paint

3 - 6 Years // Supply fee \$5

We'll create masterpieces using finger paints, stencils, sponges and even rocks!

*Instructor: Dottie Nicholson*

FALL  
18115-A  
9:45-10:15AM // W // 8WKS // 9/14 // \$28

HOLIDAY  
19115-A  
9:45-10:15AM // W // 4WKS // 11/16 // \$14



3 Years and Older Programs



### Little Tyke Soccer

3 - 5 Years // Tennis shoes required

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

Instructor: Stacie Castillo

FALL

18600-B : 4 - 5 Years

9:30-10:00AM // F // 8WKS // 9/16 // \$28

18600-C : 3 - 5 Years

5:00-5:30PM // W // 8WKS // 9/14 // \$28

### Messy on Purpose

3 - 6 Years // Supply fee \$10

Do you like making a mess? Let's do it together! We will make a mess with homemade clay, shaving cream, and pudding, just to name a few.

Instructor: Dottie Nicholson

HOLIDAY

19195-A

10:45-11:15AM // M // 4WKS // 11/14 // \$14

### Little Tyke Basketball

3 - 5 Years // Tennis shoes required

Dribbling, passing, and shooting are all part of the basics of basketball. Let's give it a try!

Instructor: Stacie Castillo

FALL

18335-A

10:00-10:30AM // F // 8WKS // 9/16 // \$28

HOLIDAY

19335-A

10:00-10:30AM // F // 4WKS // 11/18 // \$14



## 3 Years and Older Programs

## Phonics Fun – Step 1

3 - 5 Years // Supply fee \$5

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics.

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

FALL  
18030-A  
9:00-9:45AM // M // 8WKS // 9/12 // \$30  
18030-B  
9:00-9:45AM // TH // 8WKS // 9/15 // \$30

HOLIDAY  
19030-A  
9:00-9:45AM // M // 4WKS // 11/14 // \$15  
19030-B  
9:00-9:45AM // TH // 4WKS // 11/17 // \$15

## Phonics Fun – Step 2

3 - 5 Years // Supply fee \$5

Ready for some more phonics? Come take the next step of Phonics Fun and learn some more!

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

FALL  
18035-A  
10:30-11:15AM // M // 8WKS // 9/12 // \$30  
18035-B  
10:30-11:15AM // TH // 8WKS // 9/15 // \$30

HOLIDAY  
19035-A  
10:30-11:15AM // M // 4WKS // 11/14 // \$15  
19035-B  
10:30-11:15AM // TH // 4WKS // 11/17 // \$15

## Pre-School Athletics

3 - 6 Years // Tennis shoes required

Let's get moving this winter with Athletics! We will follow a typical PE format including individual skills as well as team interaction.

*Instructor: Tammy Slovensky*

FALL  
18300-A  
11:30AM-Noon // W // 8WKS // 9/14 // \$28  
HOLIDAY  
19300-A  
11:30AM-Noon // W // 4WKS // 11/16 // \$14

Rocking Around  
the Christmas Tree

3 - 5 Years // Supply fee \$5

Happy Holidays! 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!

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

HOLIDAY  
19777-B  
10:00-10:45AM // T // 4WKS // 11/15 // \$15

## Science Fun

3 - 6 Years // Supply fee \$5

Create some fun experiences using science, and learn more about our earth.

*Instructor: Dottie Nicholson*

HOLIDAY  
19210-A  
11:30-12:15PM // M // 4WKS // 11/14 // \$15

## Scissortime Fun

3 - 6 Years // Supply fee \$5

Are you heading to Kindergarten soon? We will work on the motor skills required for using scissors to prep you for your big transition. We will make puppets, collages, and other projects each week. Safety scissors will be provided.

*Instructor: Dottie Nicholson*

HOLIDAY  
19654-A  
9:00-9:30AM // W // 4WKS // 11/16 // \$14

## Super Heroes

3 - 6 Years // Supply fee \$10

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.

*Instructor: Dottie Nicholson*

FALL  
18120-A  
10:30-11:15AM // W // 8WKS // 9/14 // \$30

## Tiny Dancer

3 - 4 Years // Ballet and tap shoes required

Your tiny dancer will learn tap, ballet and rhythmic movements.

*Instructor: Sherri Longino*

FALL  
18060-A  
5:15-5:45PM // TH // 8WKS // 9/15 // \$28  
18060-B  
9:05-9:35AM // S // 8WKS // 9/17 // \$28

HOLIDAY  
19060-A  
5:15-5:45PM // TH // 4WKS // 11/17 // \$14  
19060-B  
9:05-9:35AM // S // 4WKS // 11/19 // \$14

3 Years and Older Programs



## Ready for Kindergarten - Prep Program

4 - 5 Years // Supply Fee \$25

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.

The class is structured like Kindergarten and prepares your child for their big step into formal education. The goal is to 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.

Our 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 nine years in the Dallas/Ft Worth area. However, her true calling is Pre-schoolers, and she began teaching this program in 2011. The program follows the Frog Street Press curriculum.

The monthly fee of \$320 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 committent. A \$25 supply fee will be due to the instructor on the first class in August and on the first day of class in January.

### »»» Please Remember

In order to provide the best learning environment, children ages 3 and up must be toilet-trained.

\*\*Please note: Hurst residents will be able to register for the Ready for Kindergarten-Prep Program on August 15 at 7:00 a.m. and non-residents will be able to register on August 17 at 7:00 a.m.\*\*

*Instructor: Anne Stokes (Experienced and Certified School Teacher - B.S. in Education in Elementary Education and a minor in Early Childhood Education and Reading.)*

18050-A : August 8:30AM-2:30PM // M-TH // 1WK // 8/22 // \$80      18050-D : November 8:30AM-2:30PM // M-TH // 4WKS // 11/1 // \$320

18050-B : September 8:30AM-2:30PM // M-TH // 4WKS // 9/1 // \$320      18050-E : December 8:30AM-2:30PM // M-TH // 3WKS // 12/1 // \$240

18050-C : October 8:30AM-2:30PM // M-TH // 4WKS // 10/3 // \$320

3 Years and Older Programs



GYMNASTICS

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

11:00-11:30AM // T // 8WKS // 9/13 // \$28

38022-B

11:00-11:30AM // W // 8WKS // 9/14 // \$28

38022-C

11:00-11:30AM // TH // 8WKS // 9/15 // \$28

Instructor: Miranda Slovensky

33022-D

11:00-11:30AM // M // 8WKS // 9/12 // \$28

33022-E

11:00-11:30AM // F // 8WKS // 9/16 // \$28

HOLIDAY

Instructor: Tammy Slovensky

39022-A

11:00-11:30AM // T // 4WKS // 11/15 // \$14

39022-B

11:00-11:30AM // W // 4WKS // 11/16 // \$14

39022-C

11:00-11:30AM // TH // 4WKS // 11/17 // \$14

Instructor: Miranda Slovensky

39022-D

11:00-11:30AM // M // 4WKS // 11/14 // \$14

39022-E

11:00-11:30AM // F // 4WKS // 11/18 // \$14



GYMNASTICS

Tumbling Tots I

3 - 4 Years

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

FALL

Instructor: Tammy Slovensky

38011-A

10:30-11:00AM // T // 8WKS // 9/13 // \$28

38011-B

10:30-11:00AM // W // 8WKS // 9/14 // \$28

38011-C

10:30-11:00AM // TH // 8WKS // 9/15 // \$28

38011-D

11:30AM-Noon // TH // 8WKS // 9/15 // \$28

Instructor: Miranda Slovensky

38011-G

10:30-11:00AM // M // 8WKS // 9/12 // \$28

38011-H

10:30-11:00AM // F // 8WKS // 9/16 // \$28

HOLIDAY

Instructor: Tammy Slovensky

39011-A

10:30-11:00AM // T // 4WKS // 11/15 // \$14

39011-B

10:30-11:00AM // W // 4WKS // 11/16 // \$14

39011-C

10:30-11:00AM // TH // 4WKS // 11/17 // \$14

39011-D

11:30AM-Noon // TH // 4WKS // 11/17 // \$14

Instructor: Miranda Slovensky

39011-E

10:30-11:00AM // M // 4WKS // 11/14 // \$14

39011-F

10:30-11:00AM // F // 4WKS // 11/18 // \$14

3 Years and Older Programs

**Yes, I Can Draw**

3 - 5 Years // Supply List

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  
18895-A  
9:00-9:30AM // W // 8WKS // 9/14 // \$28

HOLIDAY  
19895-A  
9:00-9:30AM // W // 4WKS // 11/16 // \$14



*One-Time Preschool Classes*

**Harvest Candy Fun**

3 - 5 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

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

FALL  
18999-A  
10:00AM-Noon // S // 1DAY // 10/29 // \$15

**Christmas Candy Fun**

3 - 5 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

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

HOLIDAY  
19999-A  
10:00AM-Noon // S // 1DAY // 12/10 // \$15

## Youth Programs



## Ballet & Tap I

5 - 8 Years // Ballet, Tap shoes required

You will learn tap, ballet, and rhythmic movements.

*Instructor: Sherri Longino*

### FALL

28120-A

6:15-6:45PM // TH // 8WKS // 9/15 // \$28

28120-B

9:40-10:10AM // S // 8WKS // 9/17 // \$28

### HOLIDAY

29120-A

6:15-6:45PM // TH // 4WKS // 11/17 // \$14

29120-B

9:40-10:10AM // S // 4WKS // 11/19 // \$14

## Ballet II

6 - 9 Years // Ballet slippers required. Must have completed 2 sessions of Ballet and Tap I)

Have you taken Ballet & Tap I and are ready to learn more? Here is your chance to take your skills to the next level, focusing on Ballet.

*Instructor: Sherri Longino*

### FALL

28125-A

10:15-10:45AM // S // 8WKS // 9/17 // \$28

### HOLIDAY

29125-A

10:15-10:45AM // S // 4WKS // 11/19 // \$14

## Basketball 101

7 - 12 Years // Tennis shoes required

Dribbling, passing, and shooting are all part of the basics of basketball. Let's give it a try!

*Instructor: Stacie Castillo*

### FALL

28101-A

6:00-6:30PM // W // 8WKS // 9/14 // \$28

### HOLIDAY

29101-A

6:00-6:30PM // W // 4WKS // 11/16 // \$14

## Youth Programs

### Ceramics

6 - 12 Years // Supply fee \$20

Learn about mold cast ceramics from start to finish. 3-4 pieces will be completed in this session.

*Instructor: Dottie Nicholson*

FALL  
28720-A  
4:15-5:30PM // T // 8WKS // 9/13 // \$30

### Chemistry 101

5 - 12 Years // Supply fee \$5

We will use common household items to create chemical reactions.

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

HOLIDAY  
29000-A  
1:45-2:30PM // M // 4WKS // 11/14 // \$30

### Creative Healthy Chef

5 - 12 Years // Supply fee \$10

Come learn how to create a healthy breakfast, lunch and dinner.

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

FALL  
28060-A  
Noon-12:45PM // W // 8WKS // 9/14 // \$30

HOLIDAY  
29060-A  
Noon-12:45PM // W // 4WKS // 11/16 // \$15

### Electricity 101

5 - 12 Years // Supply fee \$10

Students will study the magic of electricity. We will explore electric insulations, magnetics and more!

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

HOLIDAY  
28600-A  
1:45-2:30PM // M // 8WKS // 9/12 // \$30

### Girl's Volleyball Beginners Basics

7 - 12 Years // Athletic shoes required

Do you have an interest in playing volleyball? We will learn the basics to get you started.

*Instructor: Stacie Castillo*

FALL  
28035-A  
6:30-7:00PM // W // 8WKS // 9/14 // \$28

HOLIDAY  
29035-A  
6:30-7:00PM // W // 4WKS // 11/16 // \$14

### Guitar for Youth

8 - 11 Years // Appropriate size guitar required and parents are welcome to participate

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility and strength. *Electronic clip-on tuners are suggested.*

*Instructor: Jan Ryberg*

FALL  
28020-B  
4:30-5:15PM // M // 8WKS // 9/12 // \$70

HOLIDAY  
29020-B  
4:30-5:15PM // M // 4WKS // 11/14 // \$35



### Guitar Prep

5 - 8 Years // 1/2 size guitar required; parents are welcome to participate

We will practice basic muscle memory, pitch and rhythm exercises laying the groundwork for good guitar technique. You will learn basic songs.

*Instructor: Jan Ryberg*

FALL  
28020-A  
3:45-4:15PM // M // 8WKS // 9/12 // \$70

HOLIDAY  
29020-A  
3:45-4:15PM // M // 4WKS // 11/14 // \$35

## Youth Programs



## Hippity-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

5:45-6:15PM // TH // 8WKS // 9/15 // \$28

HOLIDAY

29333-A

5:45-6:15PM // TH // 4WKS // 11/17 // \$14

## Homeschool Art

5 - 12 Years // Supply fee \$10

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting.

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

FALL

28040-A

12:45-1:30PM // W // 8WKS // 9/14 // \$30

HOLIDAY

29040-A

12:45-1:30PM // W // 4WKS // 11/16 // \$15



## Homeschool Cursive Handwriting

7 - 12 Years // Supply fee \$5

Learn how to write in cursive, lots of practice makes perfect!

*Instructor: Dottie Nicholson*

FALL

28100-A

2:00-2:30PM // T // 8WKS // 9/13 // \$28

HOLIDAY

29100-A

2:00-2:30PM // T // 4WKS // 11/15 // \$14

## Homeschool Holiday Fun

5 - 12 Years // Supply fee \$10

Let's make gifts for our family!

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

HOLIDAY

29080-A

1:00-2:30PM // M-TH // 1WK // 12/12-12/15 // \$20

## Homeschool Science Fun

6 - 12 Years // Supply fee \$10

Study different regions of the world like rainforests, deserts and mountains, lifestyles, flora and fauna.

*Instructor: Dottie Nicholson*

FALL

28130-A

2:45-3:30PM // T // 8WKS // 9/13 // \$30

HOLIDAY

29130-A

2:45-3:30PM // T // 4WKS // 11/15 // \$15



## ITF - Tae Kwon Do

6-16 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: Bart Powell/Michael Cooper (member of ITF-Unified and Grandmaster Van Binh)*

### FALL

(White & Yellow Belts)

28700-A

6:00-7:00PM // TH // 8WKS // 9/15 // \$46

(Advanced Belts)

28700-B

7:00-8:00PM // TH // 8WKS // 9/15 // \$46

### HOLIDAY

(White & Yellow Belts)

29700-A

6:00-7:00PM // TH // 4WKS // 11/17 // \$23

(Advanced Belts)

29700-B

7:00-8:00PM // TH // 4WKS // 11/17 // \$23

## 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

28111-A : Beginner, 8 - 15 Years

6:00-8:00PM // M // 8WKS // 9/12 // \$40

28111-B : Beginner, 5 - 7 Years :

4:00-5:00PM // MW // 8WKS // 9/12 // \$40

28111-C : Advanced, 8 - 15 Years

5:00-6:00PM // MW // 8WKS // 9/12 // \$40

### HOLIDAY

29111-A : Beginner, 8 - 15 Years

6:00-8:00PM // M // 4WKS // 11/14 // \$20

29111-B : Beginner, 5 - 7 Years :

4:00-5:00PM // MW // 4WKS // 11/14 // \$20

29111-C : Advanced, 8 - 15 Years

5:00-6:00PM // MW // 4WKS // 11/14 // \$20



## Youth Programs

## Movin Groovin

5 - 12 Years // Tennis shoes required

We will get the blood moving with physical education!

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

### FALL

28222-A

1:00-1:45PM // M // 8WKS // 9/12 // \$30

### HOLIDAY

29222-A

1:00-1:45PM // M // 4WKS // 11/14 // \$15



## 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 an 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class with new students starting on the first Monday of the month.

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

23900-C : August

6:00-7:00PM // MW // 4WKS // 8/1 // \$40

28900-A : September

6:00-7:00PM // MW // 4WKS // 9/12 // \$40

28900-B : October

6:00-7:00PM // MW // 4WKS // 10/3 // \$40

28900-C : November

6:00-7:00PM // MW // 4WKS // 11/7 // \$40

28900-D : December

6:00-7:00PM // MW // 4WKS // 12/5 // \$40



## Sewing Club

7 - 12 Years // Supply fee \$20

We will learn basic sewing techniques by hand and by machine. We will also learn how to sew by using a pattern. Supply fee includes all supplies except for scissors.

*Instructor: Dottie Nicholson*

### HOLIDAY

29420-A

4:30-5:30PM // T // 4WKS // 11/15 // \$15

## Soccer Skills

7 - 12 Years // Athletic shoes required

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

*Instructor: Stacie Castillo*

### FALL:

28500-A

5:30-6:00PM // W // 8WKS // 9/14 // \$28

### HOLIDAY

29500-A

5:30-6:00PM // W // 4WKS // 11/16 // \$14

Youth Programs

Tap II

6 - 9 Years // Tap shoes required. Must have completed 2 sessions of Ballet and Tap I.

Have you taken Ballet & Tap I and are ready to learn more? Here is your chance to take your skills to the next level, focusing on Tap.

Instructor: Sherri Longino

FALL  
28165-A  
10:50-11:20AM // S // 8WKS // 9/17 // \$28

HOLIDAY  
29165-A  
10:50-11:20AM // S // 4WKS // 11/19 // \$14

Water Coloring

5 - 12 Years // Supply fee \$10

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications.

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

FALL  
28090-A  
5:25-6:15PM // T // 8WKS // 9/13 // \$30

HOLIDAY  
29090-A  
5:25-6:15PM // T // 4WKS // 11/15 // \$15

Yes, I Can Draw!

5 - 12 Years // Supply list

Yes, you can draw! You will learn how to draw using drawing pencils, colors and paper.

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

FALL  
28118-A  
4:30-5:20PM // T // 8WKS // 9/13 // \$30

HOLIDAY  
29118-A  
4:30-5:20PM // T // 4WKS // 11/15 // \$15

One-Time Youth Classes

Harvest Candy Fun

6 - 12 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

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

FALL  
28999-A  
12:30-2:30PM // S // 1DAY // 10/29 // \$15

Christmas Candy Fun

6 -12 Years // Supply fee \$15

Let's get ready for the holidays and make some wonderful candy treats!

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

HOLIDAY  
29999-A  
12:30-2:30PM // S // 1DAY // 12/10 // \$15

»»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

## Adult Programs



## Belly Dance – Step 1 I.T.S. Foundations

Adults and Mature Teens 13+

Whether you have been dancing all your life and taken other belly dance classes, or are just starting out in dance, this class is for you! In this class you will learn the basics of Improv Tribal Style belly dance (ITS) with an introduction to the fundamentals of tribal movement, partner work, isolations, strength-building and drills for muscle memory. Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the Tribal Evolution troupe format. This is a low-impact dance class suitable for all body types and ages.

Instructor: Tiffany Skalberg

FALL  
48200-A  
7:00-8:00PM // T // 8WKS // 9/13 // \$56

HOLIDAY  
49200-A  
7:00-8:00PM // T // 4WKS // 11/15 // \$28

## Belly Dance – Step 2 More I.T.S.

Adults and Mature Teens 13+

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the Foundations class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance. *This class is best used in combination with Step 1 ITS Foundations as there is no breakdown of the foundation steps. Please complete at least one session of Step 1 before registering for Step 2.*

Instructor: Tiffany Skalberg

FALL  
48224-A  
8:00-9:00PM // T // 8WKS // 9/13 // \$56

HOLIDAY  
49224-A  
8:00-9:00PM // T // 4WKS // 11/15 // \$28

## Belly Dance – Step 3 Take It to the Stage

Adults and Mature Teens 13+

Now that you have perfected your dance skills in Step 1 and Step 2, you are ready to create a performance. This class will focus on taking your ITS 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. *Please complete at least one session of Step 1 and 2 before registering for Step 3.*

Instructor: Tiffany Skalberg

FALL  
48222-A  
9:00-9:45PM // T // 8WKS // 9/13 // \$40

HOLIDAY  
49222-A  
9:00-9:45PM // T // 4WKS // 11/15 // \$20

Adult Programs



### Belly Dance - 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**  
 7:30-9:00PM // TH // 8WKS // 9/15 // \$46

**HOLIDAY**  
**49226-A**  
 7:30-9:00PM // TH // 4WKS // 11/17 // \$23

### Boot Camp

12+ 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 Personal Trainer and Fitness Instructor)*

- 43420-C** : August  
 6:35-7:30AM // MW // 4WKS // 8/1 // \$25
- 48420-A** : September  
 6:35-7:30AM // MW // 4WKS // 9/7 // \$25
- 48420-B** : October  
 6:35-7:30AM // MW // 4WKS // 10/3 // \$25
- 48420-C** : November  
 6:35-7:30AM // MW // 4WKS // 11/2 // \$25
- 48420-D** : December  
 6:35-7:30AM // MW // 4WKS // 12/5 // \$25

### Brush and Palette

Supply List

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

*Instructor: Elaine Roosz*

**FALL**  
**48110-A**  
 6:30-9:00PM // T // 8WKS // 9/13 // \$50

**HOLIDAY**  
**49110-A**  
 6:30-9:00PM // T // 4WKS // 11/15 // \$25

## Cardio & Tone Boot Camp

Ages 16+

Are you struggling finding the time to fit in your cardio and strength/toning goals? Join this boot camp/circuit class to improve your cardiovascular health and muscle tone.

*Instructor: Angela Pond (Certified Personal Trainer)*

FALL

48005-A

6:45-7:25PM // TH // 8WKS // 9/15 // \$36

HOLIDAY

49005-A

6:45-7:25PM // TH // 3WKS // 11/17 // \$14

## Cycle Circuit

Ages 16+ // Bring Water, Towel & Determination!

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.

*Instructor: Angela Pond (Certified Personal Trainer)*

FALL

48300-A

5:45-6:45PM // T // 8WKS // 9/13 // \$37

HOLIDAY

49300-A

5:45-6:45PM // T // 3WKS // 11/15 // \$15

## Tri City Promenaders

Did you know that the Tri City Promenaders offers square dance lessons at Brookside Center on Tuesday nights from 7:30-9:30 p.m.? Drop by and give it a try! Email [tricitypromenaders@gmail.com](mailto:tricitypromenaders@gmail.com) for more information.



## 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

8:30-9:15AM // MTThF // 8WKS // 9/12 // \$30

HOLIDAY

49010-A

8:30-9:15AM // MTThF // 4WKS // 11/14 // \$15

## Fitness Evaluations

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

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

## Flow and Strength

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

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

FALL

48060-A

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

HOLIDAY

49060-A

12:10-12:50PM // MW // 4WKS // 11/14 // \$18



## Adult Programs

### Guitar

#### Ages 13+

You will learn to play songs using a number tab system and be introduced to note reading and chords. We will practice technique exercises for both hands to develop independence, agility, and strength. We will learn songs using finger-picking, flat-picking and classical techniques. (Guitar is required.)

*Instructor: Jan Ryberg*

#### FALL

**49888-A: Beginner**

5:15-6:00PM // M // 8WKS // 9/12 // \$70

**49888-B: Intermediate**

6:00-6:45PM // M // 8WKS // 9/12 // \$35

#### HOLIDAY

**49888-A: Beginner**

5:15-6:00PM // M // 4WKS // 11/14 // \$70

**49888-B: Intermediate**

6:00-6:45PM // M // 4WKS // 11/14 // \$35

### Guitar - Ensemble

#### Ages 13+

This class is for students who can read standard music notation in the first position, or have a dedication to learning notes. Some chord knowledge is preferred but not required. We will be learning ensemble pieces in many different styles and students will be encouraged to bring in their own arrangements and compositions. We will have a performance at the end of the summer.

*Instructor: Jan Ryberg*

#### FALL

**48999-A**

7:30-9:00PM // M // 8WKS // 9/12 // \$70

#### HOLIDAY

**49999-A**

7:30-9:00PM // M // 4WKS // 11/14 // \$35

### Hatha Yoga

#### Ages 16+

**Don't Eat 2 Hours Prior // Yoga Mat**

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility and balance and tone your body. Discover the technique of breath control, centering and meditation.

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

#### FALL

**48100-A**

10:15-11:10AM // M // 8WKS // 9/12 // \$32

**48100-B**

10:15-11:10AM // F // 8WKS // 9/16 // \$32

#### HOLIDAY

**49100-A**

10:15-11:10AM // M // 4WKS // 11/14 // \$16

**49100-B**

10:15-11:10AM // F // 4WKS // 11/18 // \$16

### 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**

6:15-7:15PM // M // 8WKS // 9/12 // \$30

#### HOLIDAY

**49001-A**

6:15-7:15PM // M // 4WKS // 11/14 // \$15

### ITF Taekwon-Do

#### Up to 16 Years

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

*Instructors: : Bart Powell/Michael Cooper (member of ITF-Unified and Grandmaster Van Binh)*

#### FALL

**28700-A : White and Yellow Belts**

6:00-7:00PM // TH // 8WKS // 9/15 // \$46

**28700-B : Advanced Belts**

7:00-8:00PM // TH // 8WKS // 9/15 // \$46

#### HOLIDAY

**29700-A : White and Yellow Belts**

6:00-7:00PM // TH // 4WKS // 11/17 // \$23

**29700-B : Advanced Belts**

7:00-8:00PM // TH // 4WKS // 11/17 // \$23

### Mix-It-Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of cardio and strength work and keep the class 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 Personal Trainer and Fitness Instructor)*

#### FALL

**48040-A**

9:15-10:10AM // MWF // 8WKS // 9/12 // \$48

#### HOLIDAY

**49040-A**

9:15-10:10AM // MWF // 4WKS // 11/14 // \$24

## Adult Programs

## Nutrition Counseling

One-Hour Session \$65 // Three Sessions \$170

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, including expertise in weight loss and weight management, disease management, sports nutrition, eating disorders and general wellness. Sessions are set by appointment.

Instructor: Esther White (MS, RD, LD)

## Olympic Sport of Judo

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

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

43800-C : August  
7:00-8:30PM // MW // 4WKS // 8/1 // \$40

48800-A : September  
7:00-8:30PM // MW // 4WKS // 9/12 // \$40

48800-B : October  
7:00-8:30PM // MW // 4WKS // 10/3 // \$40

48800-C : November  
7:00-8:30PM // MW // 4WKS // 11/7 // \$40

48800-C : December  
7:00-8:30PM // MW // 4WKS // 12/5 // \$40

## Personal Training

One-Hour Session \$41 // Five Sessions \$172

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. Sessions are set by appointment.

Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)

## 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  
8:15-9:15PM // W // 8WKS // 9/14 // \$32

HOLIDAY  
49100-C  
8:15-9:15PM // W // 4WKS // 11/16 // \$16

## 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  
7:00-8:00PM // W // 8WKS // 9/14 // \$32

HOLIDAY  
49100-D  
7:00-8:00PM // W // 4WKS // 11/16 // \$16



## 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  
6:35-7:25AM // TTh // 8WKS // 9/13 // \$32

48015-B  
12:10-12:50PM // TTh // 8WKS // 9/13 // \$32

HOLIDAY  
49015-A  
6:35-7:25AM // TTh // 4WKS // 11/15 // \$16

49015-B  
12:10-12:50PM // TTh // 4WKS // 11/15 // \$16



## Adult Programs

### Spin and 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

9:00-9:45AM // T // 8WKS // 9/13 // \$36

48444-B

5:45-6:30PM // TH // 8WKS // 9/15 // \$36

**HOLIDAY**

49444-A

9:00-9:45AM // T // 3WKS // 11/15 // \$14

49444-B

5:45-6:30PM // TH // 3WKS // 11/17 // \$14



### 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: David Roark*

43070-C : August

7:00-8:15PM // W // 4WKS // 8/3 // \$30

9:05-10:35AM // S // 4WKS

48070-A : September

7:00-8:15PM // W // 4WKS // 9/3 // \$30

9:05-10:35AM // S // 4WKS

48070-B : October

7:00-8:15PM // W // 4WKS // 10/5 // \$30

9:05-10:35AM // S // 4WKS

48070-C : November

7:00-8:15PM // W // 4WKS // 11/2 // \$30

9:05-10:35AM // S // 4WKS

48070-D : December

7:00-8:15PM // W // 4WKS // 12/3 // \$30

9:05-10:35AM // S // 4WKS

### The Power Package

**By Appointment Only // Four Sessions \$145**

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

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

### Zumba

**Ages 14+**

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

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

**FALL**

48065-A

6:00-6:55PM // MW // 8WKS // 9/12 // \$45

**HOLIDAY**

49065-A

6:00-6:55PM // MW // 4WKS // 11/14 // \$23

### Zumba Gold Toning

**Ages 16+**

Come learn the basic techniques of Zumba in this energizing fitness class by getting 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 workout by adding resistance. It's great for the mind, body and soul!

*Instructor: Behka Hartmann (Certified Personal Trainer and Fitness Instructor)*

**FALL**

48050-A

7:30-8:25AM // TTh // 8WKS // 9/13 // \$40

**HOLIDAY**

49050-A

7:30-8:25AM // TTh // 4WKS // 11/15 // \$20

## « CLASS REGISTRATION

### Registration Policy

Walk-in registration beginning on **Monday, August 15**, at **7:00 a.m.** is open only to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills and Euless whose mail is delivered to a Hurst "address" are not eligible to register until August 29 at 7:00 a.m. 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. Non-residents will be able to register beginning on **Monday, August 29**. Out of fairness to all citizens of our community, you may only register the members of your household.

### Classes begin the week of September 12

(unless otherwise indicated)

### Sign Up To Register Online

That's right – you can save time and register your entire family online! 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 online 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 online the day registration starts!

### Help Us Help You! PLEASE ENROLL EARLY!

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

### Walk-In Registration Times

**Monday-Thursday: 7:00AM-9:00PM**

**Friday: 7:00AM-5:00PM**

**Saturday: 9:30AM-5:00PM**

**Sunday: 1:30PM-5:00PM**

### Confirmations

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

### Refund Policy

**Recreation Classes:** We depend on your participation for a successful class. If you have an unforeseen circumstance and can not attend class, we will gladly refund your fee with 72 hours notice prior to the class start date.

### Weather Policy

In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels classes for the day.

### Supply Lists

Some of our classes require a supply list. These classes are noted in this magazine. You will receive a supply list when you register. For mailed registrations, 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.**



# « CLASS REGISTRATION FORM

HEAD OF HOUSEHOLD			EMAIL ADDRESS		
STREET ADDRESS		APT #	CITY	STATE / ZIP	
HOME PHONE			WORK PHONE		

PARTICIPANT'S NAME	DOB	GENDER	CLASS #	CLASS FEE
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				

			Subtotal	\$
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<b>GRAND TOTAL</b>	Non-Resident Fee of \$2 per class	_____ x \$2 # OF CLASSES	= \$ _____	+ Subtotal \$ _____ =	Total Due \$ _____
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## PAYMENT METHOD

<input type="checkbox"/> CHECK	<input type="checkbox"/> CREDIT CARD	<input type="checkbox"/> CASH
CHECK NUMBER: _____	CARD TYPE: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover <input type="checkbox"/> American Express	MAIL TO: Hurst Parks and Recreation Class Registration
MAKE CHECKS PAYABLE TO: City of Hurst	CARD NUMBER: _____ - _____ - _____ - _____	700 Mary Drive, Hurst, TX 76053
	EXPIRATION DATE: ____ / ____	

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

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

SIGNATURE OF PARTICIPANT	DATE
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SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18	DATE
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### Youth Sports Associations

**Tri-Cities Baseball Association**  
 TCBA 817-285-0200  
[www.tcbasesoft.com](http://www.tcbasesoft.com)

**Mid-Cities Basketball Association**  
 MCBA 817-354-6208  
[www.MCBBA.org](http://www.MCBBA.org)

**Hurst United Soccer Association**  
 HUSA 817-504-7479  
[www.hurstunitedsoccer.com](http://www.hurstunitedsoccer.com)

**MidCities PeeWee Football & Cheerleading Association**  
 817-282-2390  
[www.midcitiespeeweefootball.org](http://www.midcitiespeeweefootball.org)

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## Adult Sports Registration Information

Teams may register in person at the Recreation Administration Office located inside the Hurst Recreation Center, 700 Mary Drive. Hours are Monday, Wednesday and Friday from 8:00 a.m. to 5:00 p.m. and Tuesday and Thursday from 8:00 a.m. to 6:00 p.m. For more information, please call 817-788-7320. Registration information and rules are located online at [www.teamsideline.com/hurst](http://www.teamsideline.com/hurst).

### Softball

#### Fall League Registration

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

**Returning Team Registration: August 8-9**  
*Teams that played in Hurst in 2015 and 2016*

**Open Registration: August 10-26**  
*Registration and/or start dates may be adjusted to accommodate weather related delays*

**Entry Fee: \$310 for an 8-game season**  
*With no city playoffs*

**League Schedules: Available August 31, after 4:00PM**

**League Begins: September 6** \*No games on September 5 due to Labor Day.

**League Nights:**  
 Monday – Men's & Women's  
 Tuesday – Men's & Co-ed  
 Wednesday – Men's & Co-ed  
 Thursday – Men's & Co-ed  
 Friday – Men's Church, Men's & Co-ed

**Healthy Hurst  
Wellness Program**

Healthy Hurst is the City of Hurst's community-wide wellness initiative. Healthy Hurst is a FREE program, open to all Hurst residents as well as non-residents who are current members of the Hurst Recreation Center. All participants receive a Healthy Hurst t-shirt at the time of registration, and are encouraged to register for the various FREE events that are offered throughout the year.

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health located on the City of Hurst's Healthy Hurst webpage. 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.

**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 lifelong learning, fitness and fun.*

**Parks and Recreation Board**

*Chairman:*  
**Alan Neace**

*Vice Chair:*  
**Rod Robertson**

**Carol Cole**  
**Delbert Derrett**  
**Ralph Hurd**  
**Pat King**

**Karen Spencer**  
**Cathy Thompson**  
**Bob Walker**

**Recreation Staff**

*Recreation Director:*  
**Chris Watson**

*Recreation Attendants:*

*Recreation Athletics & Aquatics Manager:*  
**Kristie Weaver**

**Kristen Barnett**  
**Mikayla Birdsong**  
**Cliff Bogan**  
**Dakota Ford**  
**Rudy Garcia**  
**Luke Grimsley**  
**Anna James**  
**Matt Mendez**  
**Nancy Phillip**  
**Shana Sanders**  
**Emily Stacey**  
**Cheryl Thompson**  
**Irene Thornton**

*Recreation Manager:*  
**Jordan Taylor**

*Recreation Programs Manager:*  
**Amy Sisler**

*Recreation Supervisor:*  
**Mary Singleton**

*Senior Secretary:*  
**Paige Lutz**

*Facility Maintenance:*  
**Judy Arellano**

*Recreation Receptionists:*  
**Melanie Cox**

*Recreation Specialists:*  
**Lauren Snyder**  
**Aujehl Messier**

**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 Walktober! To participate, simply register for this FREE Healthy Hurst event at the Hurst Recreation Center. Keep track of the number of days that you walk during the month of October and qualify for incentives based on your level of participation. For more information on Walktober, contact the Hurst Recreation Center at 817-788-7325.

**Coming January  
2017**

The Healthy Hurst Lose the LB's Fitness Challenge will start on January 2, 2017. Keep your eyes open for more information as the date for this event approaches.

## Kids' All American Fishing Derby – Rescheduled

Saturday, September 17, 2016 // Chisholm Park, 2200 Norwood Drive

Calling all kids, ages 5 to 16 years old! Here is your chance to show off your fishing skills and win prizes. Bring your parents, fishing pole, and tackle to enjoy a morning of fishing fun! Don't have a fishing pole? No problem! The Hurst Public Library will be on site to rent fishing poles on a first come first serve basis while supplies last. In-and-Out Burger will be there to provide lunch! The event is FREE, however you must pre-register at the Hurst Recreation Center, 700 Mary Drive, by 10 p.m. Thursday, September 15. Space is limited so be sure to register early!

For more information, call 817-788-7325



## Family Campfire Campout

Friday, October 14, 2016 // Chisholm Park, 2200 Norwood Drive, pond area

Campsite selection and set-up: 5:00-6:30PM

Dinner served: 6:30PM

Campsite clean up: Completed by Saturday, October 15 at 9:00AM

Bring the family for this Hurst special event, Family Campfire Campout at Chisholm Park! After you select and set up your campsite, we'll have a traditional chuckwagon dinner, fishing (TPWD will stock the pond on 10/16), campfire songs, homemade ice cream, and a cowboy breakfast cooked over the campfire in the morning.

\$25 per campsite for a maximum of 5 people per site (one adult over the age of 21 must be present throughout the entire event). Registration begins on September 19 at the Hurst Recreation Administrative Office at the Recreation Center. The event is limited to the first 200 campers or 50 campsites, whichever comes first. For more information, call 817-788-7320

## 37th John Butler Memorial Senior Citizens Banquet

Saturday, December 10, 2016 // 5:00-7:00PM  
Hurst Recreation Center

Tickets will be available for Hurst Residents on Monday, October 17. 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 catfish during the following weeks: 9/2, 9/16, 9/30, 10/14 and 10/28. The TPWD will stock Chisholm Park Pond with catfish again this spring. Please check the TPWD website, *Neighborhood Fishin'* at [www.neighborhoodfishin.org](http://www.neighborhoodfishin.org).





## Christmas Tree Lighting & Santa's Workshop

Tuesday, November 29, 2016 // 5:00-9:00PM  
Hurst Conference Center

- 3-lane Snow Tubing Hill and Kiddie Hill
- Rudolph's Reindeer Game Area
- Santa's Workshop, including visits with Santa and Ms. Claus, hands on crafts 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
- Pony carousel
- Face painting
- Music
- Food Court featuring Hurst restaurants (food and beverages for purchase)

FREE! For more information, call 817-788-7320

## Santa's Mailbox

December 1-14, 2016

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 1-14. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library, and Hurst City Hall.

FREE! For more information, call 817-788-7320.

**Fall/Winter Operating Hours**

(Beginning October 31, 2016)

Monday-Thursday: 8:00AM-9:00PM

Friday: 8:00AM-6:00PM

Saturday & Sunday:  
9:00AM-6:00PM

**Hurst Tennis Center**

701 Mary Drive, Hurst, TX

817-788-7330

**Hurst Tennis Center Staff**

*Tennis Attendants:*

Ben Boerner  
Sean Burke  
Ryan Crozier  
Jessica Devous  
Taylor Jackson  
Jackson Shults  
Ibrianna Traylor  
Nick Van Den Handel

*Head Professional:*

Kelly Langdon, USPTA

*Tennis Instructors:*

Cameron Bodily, USPTA  
John Schildt, USPTA  
Michael Seybold, USPTA  
Greg Smith

*Tennis Center Coordinator:*

Austin Wynne, USPTA



- Lessons and team drills for all ages and abilities
- 10 lighted outdoor courts
- USRSA racquet stringers
- Ball machine rental
- USPTA-certified instructors available
- USTA adult leagues

**Upcoming Tournaments**

Fall Mid-Cities Junior Circuit  
TBA

USTA Hurst Adult Open Tournament  
December 10-11



**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 Head Professional Kelly Langdon, USPTA or Coordinator Austin Wynne, USPTA*

- \$35 Per Half Hour
- \$55 Per Hour
- \$200 For Series of 4 Lessons

*Lessons with tennis instructors Greg Smith; Cameron Bodily, USPTA; John Schildt, USPTA; Mike Seybold, USPTA*

- \$35 Per Half Hour
- \$55 Per Hour
- \$200 For Series of 4 Lessons

The Tennis Center Staff also offers group lessons: \$90 for 1½ hour and \$60 for 1-hour group lessons for league teams.

**Racquet Stringing**

The Tennis Center has a large choice of strings and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer's Association certified stringers on staff.

## Youth

### Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

An 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.

Instructors: Michael Seybold, USPTA, and staff

- 88700-A  
5:00-5:30PM // M // 4WKS // 8/29 // \$28
- 88700-B  
5:00-5:30PM // M // 4WKS // 10/3 // \$28
- 88700-C  
5:00-5:30PM // M // 4WKS // 11/7 // \$28
- 88700-D  
5:00-5:30PM // W // 4WKS // 9/7 // \$28
- 88700-E  
5:00-5:30PM // W // 4WKS // 10/5 // \$28
- 88700-F  
5:00-5:30PM // W // 4WKS // 11/2 // \$28

### Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

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

Instructors: Michael Seybold, USPTA, and staff

- 88503-A  
5:30-7:00PM // M // 4WKS // 8/29 // \$72
- 88503-B  
5:30-7:00PM // M // 4WKS // 10/3 // \$72
- 88503-C  
5:30-7:00PM // M // 4WKS // 11/7 // \$72
- 88503-D  
5:30-7:00PM // W // 4WKS // 9/7 // \$72
- 88503-E  
5:30-7:00PM // W // 4WKS // 10/5 // \$72
- 88503-F  
5:30-7:00PM // W // 4WKS // 11/2 // \$72

### Advanced Beginner/Intermediate Junior Tennis

10+ Years // 1 Can of Unopened Balls

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

Instructors: Michael Seybold, USPTA, and staff

- 88507-A  
5:30-7:00PM // TH // 4WKS // 9/8 // \$72
- 88507-B  
10:30AM-Noon // TH // 4WKS // 10/6 // \$72
- 88507-C  
10:30AM-Noon // TH // 4WKS // 11/10 // \$72

## Adult

### Adult Beginner/Advanced Beginner Clinic

1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, and staff

- 88505-A  
7:00-8:30PM // W // 4WKS // 9/7 // \$72
- 88505-B  
7:00-8:30PM // W // 4WKS // 10/5 // \$72
- 88505-C  
7:00-8:30PM // W // 4WKS // 11/2 // \$72

### Adult Intermediate Clinic

1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, and staff

- 88506-A  
7:00-8:30PM // W // 4WKS // 9/7 // \$72
- 88506-B  
7:00-8:30PM // W // 4WKS // 10/5 // \$72
- 88506-C  
7:00-8:30PM // W // 4WKS // 11/2 // \$72

### 4.0 Men's Open Drills

1 Can of Unopened Balls

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. \*Minimum 4 players.

Instructors: Kelly Langdon, USPTA, and staff

- 7:00-8:30PM // TH // Weekly // 9/10 // \$12

### 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.

## 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. [www.HurstTX.gov](http://www.HurstTX.gov)

### Facilities

- A** Hurst Conference Center
- B** Brookside Center
- C** Hurst Library
- D** Hurst Senior Center

### Park Pavilions

Pavilions 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.



### 1 Cotton Belt Trail

7300 block of Precinct Line Road

- Railway Bridge
- The Hurst section of trail is one mile
- Shade

### 2 Echo Hills Park

500 Heneretta Drive // 7.1 Acres

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

### 3 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

### 4 Chisholm Park

2200 Norwood Drive // 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

## 5 Mayfair Linear Park

1725 Norwood Drive // 8.3 Acres

## 6 Smith-Barfield Park

640 Pleasantview Drive // 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

## 7 Mayfair Park

1725 Norwood Drive // 14.4 Acres

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

## 8 Windmill Park

840 W. Cheryl Avenue // 2 Acres

- Historical Marker

## 9 Valentine Park

610 Bedford Court West // 4 Acres

- Youth Athletic Practice Field (Unlighted)

## 10 Library Park

901 Precinct Line Road

- Pavillion

## 11 Hurst Hills Park

575 Billie Ruth Lane // 4 Acres

## 12 Heritage Village Park

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

## 13 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

## 14 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

## 15 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

## 16 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

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

## 17 Parker Cemetery

1308 Cardinal Lane

## 18 Billy Creek Park

161 Billy Creek Drive

## 19 Redbud Park

525 Redbud Drive // 7.2 Acres

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

## 20 Bellaire Park

500 Pecan Drive // 6.4 Acres

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

## 21 Wan-Ka-Kani Park

748 Shady Lane // 4.1 Acres

- Picnic Tables

## 22 Highway 10 Linear Park

188 Arwine Drive

- Hurst's undeveloped park land

## 23 Rickel Park

1001 Bluebonnet Drive // 29 Acres

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



City of Hurst  
1505 Precinct Line Rd.  
Hurst, TX 76054

PRESORTED STANDARD  
U.S. POSTAGE PAID  
HURST, TX PERMIT NO. 21

## *Fall/Holiday 2016*

### RECREATION CLASS SCHEDULE

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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.

