

where we live
HURST★TEXAS

SPRING 2017

Flood Safety

HCC Chef

New Website



where we live

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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
- Clayton Fulton** Executive Director of Strategic and Fiscal Services
- Malaika Farmer** Executive Director of Administration and Customer Service



Cover photo by Kara McKinney.



On the Cover

Chad and Pamela Householder both grew up in Hurst where they have lived for most of their lives. When their daughter Dacie was born, they wanted her to be raised in Hurst just like they were! HEB ISD has a great special needs program, and they knew they wanted her to be part of it. Chad loves to be involved in all the programs Hurst offers its citizens. He is an active member of the HCFAAA and the HCPAAA and will be completing COPS training in early 2017. Chad and Pamela are both active members and volunteers at their church. Dacie plays baseball for Miracle League in Arlington where Chad and Pamela are volunteer coaches, and she also participates in Special Olympics for HEB ISD. Dacie is a thrill seeker and loves amusement parks, and she will go on any ride that Chad can convince Pamela to allow her on. The Householders are proud to call Hurst home, and we are proud to have them as remarkable citizens of Hurst!

We joined the Householders at one of their favorite spots in Hurst, Putt-Putt Fun Center in Hurst's Entertainment District.



Mayor's Message

It's almost springtime, and while I'll miss the smell of the Christmas tree and pumpkin pie, I'm anticipating that this New Year will be filled with so much good for Hurst! Some very special things have been in the works for this spring, and we're excited to share them with you in this issue!

One of the things we are most excited for this year is the launch of our new and improved website. We will be unveiling the new site at this year's Town Hall Forum, so be sure to join us on February 27 and get the VIP look! Visit page 13 for Town Hall Forum details. I can't wait to hear what you think about the new website!

If one of your New Year's resolutions this year is to get more active and have some fun, be sure to check out our recreation programs. I just know you'll find the perfect class for you! Spring is also the time for you to add our family-friendly events to your newly purchased calendar. EGGstravaganza and Concert in the Park are two of my favorites to attend during the spring. I hope to see you there!

It's an honor to be able to serve you in this great city, and I hope to see you get involved in all the great programs and events we offer all throughout the year. You, our citizens, are what make Hurst as great of a city as it is!

Hoping it's been a great start to the New Year for you and your family!

- 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
FACEBOOK: www.Facebook.com/CityofHurstTX
TWITTER: @TheCityofHurst
INSTAGRAM: CityofHurstTX
PERISCOPE: @TheCityofHurst
PINTEREST: www.Pinterest.com/CityofHurstTX
NEXTDOOR: City of Hurst

Hurst Public Library

WEBSITE: www.HurstTX.gov/Library
FACEBOOK: www.Facebook.com/HurstPublicLibrary
TWITTER: @HurstLibrary
INSTAGRAM: HurstPublicLibrary

Hurst Police Department

FACEBOOK: www.Facebook.com/CityofHurstPD
TWITTER: @HurstPoliceDept
NEXTDOOR: Hurst Police Department

Hurst Conference Center

WEBSITE: www.HurstCC.com
FACEBOOK: www.Facebook.com/HurstCC
INSTAGRAM: HurstConferenceCenter
PINTEREST: www.Pinterest.com/HurstCC

Hurst Recreation Center

FACEBOOK: www.Facebook.com/HurstParksandRecreation

Hurst Fire Department

TWITTER: @HurstFireDept

Kick Off Your Healthy Spring

7 Tips

Spring is around the corner, and we're all ready to dust off winter and get moving towards a healthy season! Check out these seven simple tips to give you some ideas:

Get outside: research shows that getting outdoors and in sunlight can significantly impact your vitamin D levels, improve mood, lower stress, increase health and much more. It is recommended to get 20 or more minutes of direct sunlight and to spend at least 30-60 minutes outdoors each day to improve your health. (Tip: Take this magazine outside and finish it in the sunshine!)

Fruits & veggies are on the comeback: the selection available to us increases each day throughout the spring and summer so enjoy more variety and aim to eat 6-9 servings of fruits and vegetables each day. Start right now with a tasty piece of fruit or a carrot stick to crunch. If you can, try to shop local and organic whenever possible too!

Clean out the medicine cabinet: this is the perfect time to rummage around in your cabinet and get rid of old medications, tubes and bathroom paraphernalia you don't need or is expired. Most of us could find things over two years out of date, so set yourself free, and get these things out of your home. You will also want to check on packages at your pharmacy and with poison control to see if there are specific disposal methods for anything you have. (We're now offering 24/7 drop-off for medications! Check out page 6 for more info).

Finally learn to let go: all of us can use stress relief help, so try finding a quiet place daily to sit outdoors and soak in the sun for five minutes with your eyes closed. Listen to quiet music in your car on your commute. Turn off the lights in your office for the last five minutes of your lunch break and lay on your back on the floor. Learn some stretches or yoga

positions to take yourself through a ten minute routine at the beginning and end of each day. Pick a favorite essential oil, put a drop in your palm, cup your mouth and nose and breathe in for five minutes.

Clear out the allergens in your life: If your nose is stuffy or you are experiencing any allergy symptoms, now is the time to clean out your home. Get rid of dusty drapes and rarely cleaned home décor. Clean or replace carpets. Replace pillows and bedding. Get rid of scented cleaning products, deodorizers, laundry and home sprays. Evaluate your food to reduce chemicals, colors and preservatives. Go as clean and clear as you can to help your allergies drift away this spring.

Replace old workout shoes and clothes: Not only will your joints and muscles thank you for new shoes, but you might even be more excited to get out there and move with some new gear!

Organize your office or inbox: Set yourself free from clutter and frustration by putting some basic organization into your life. Give yourself the freedom to throw things away and put away everything you need to keep an organized space so you don't have to worry about finding it in the future.

Here in Hurst, you have lots of options for helping you succeed in meeting your goals this spring! We can help you find options through offering great programs, education, resources, facilities and more! From working with a dietitian or personal trainer at the recreation or senior center, reading the latest healthy book or magazine at the library or participating in education and fun motivational programs offered throughout the year, your possibilities are numerous. Make sure to check out the city website, social media and on-site updates at each city facility and enjoy learning more about all the opportunities today!

LEMONY CHICKEN & VEGGIE SOUP



Ingredients:

- 1 leek, quartered, white part sliced
- 2 cloves garlic, pressed through garlic press
- Italian herbs to taste
- Salt
- Black pepper
- 4 cups chicken stock, hot
- 1 cup fresh English peas (or frozen peas)
- 1 cup baby zucchini, small dice
- 2 cooked chicken breasts, shredded or cubed (you can use rotisserie chicken for convenience)
- 2 teaspoons lemon zest
- 2 tablespoons fresh lemon juice
- 2 cups cooked quinoa
- 1/4 cup chopped, fresh basil leaves
- 4 lemon wedges, garnish

Directions:

Place a medium-large soup pot over medium heat; add 3 tbsp stock, add in the sliced leek and diced carrots, and sweat for about 3-5 minutes, or until slightly tender and the leeks are becoming translucent.

Add in the garlic, and once that becomes aromatic, add in a pinch or two of salt and pepper, and dried Italian herbs; stir to combine.

Next, add in the hot chicken stock, and bring to a gentle simmer; cover partially with a lid, and cook for about 15-20 minutes, or until carrots are tender.

Turn the heat off; add in the English peas (or frozen peas), the diced baby zucchini, the shredded or cubed chicken breast, and the lemon zest and juice; stir to combine, and allow the peas/zucchini to become crisp-tender and bright green in the hot stock, about 3-4 minutes; check to see if additional salt or pepper is needed.

To serve, add about 1/2 cup of the cooked quinoa to a bowl, and ladle some of the soup with the veggies and chicken over top; sprinkle over some of the fresh basil, and squeeze in some additional lemon juice from the lemon wedge garnish, if desired.

Nutrition Facts: 1 cup is a serving: 237 cal, 7 g fat, 28g carb, 3g fiber, 15g protein

Safe Medical Drug Collection

The City of Hurst is now offering a safe and convenient way to properly dispose of medications. The Hurst Police Department recently installed a secure MedReturn Box in the lobby of the station located at 825 Thousand Oaks. The drop box allows residents a free, safe and anonymous way to dispose of any unused or expired medications 24 hours a day. The drop box is not intended for the use of businesses, pharmacies, clinics, doctor's offices or any facility that distributes medications.

Acceptable and unacceptable forms of medications available for drop off are listed below.

Acceptable Medications - prescriptions, pet meds, prescription patches, vitamins, prescription ointments

Unacceptable Medications - needles, inhalers, aerosols, hydrogen peroxide, thermometers, prescription ointments, lotions or liquids.

Why residents should turn in their unused prescription drugs:

- Medications that languish in home cabinets are highly susceptible to misuse and abuse.
- Drugs can be scavenged and illegally sold.
- Unused pharmaceuticals are environmental toxins; flushing them down the toilet or sink can release them into our drinking water and soil.



Spring is mosquito season in North Texas

Spring is often the beginning of the active period for mosquito season in North Texas, and we're prepared each year to help control the mosquito population. The Tarrant County Health Department (TCHD) also works with our staff, as well as surrounding cities, to help us combat mosquito carrying viruses such as Zika, WNV, SLV and other mosquito born viruses.

You can play an active role in helping our staff and the TCHD by contacting our Environmental Services team and allowing us to set traps at your address for collection. To participate, call 817-788-7217 and leave your name, address and telephone number. Staff will be in contact with you to arrange a date for placement of the traps, which are usually



placed between 2 p.m. and 4 p.m. Traps are collected the following morning and samples are delivered to the TCHD.

The TCHD also provides Mosquito Dunks in a limited supply; they are available by request by contacting the Environmental Services Department. Let's work together to help control the mosquito population in our community!



Severe Weather

It is soon going to be time for severe weather, are you prepared? You do not have to spend a lot of time or money to be prepared; sometimes we think that you must have this or that, but the simple things are easy and can be done by almost everyone. How are you being notified of severe weather? You should have something in place that can notify you when awake or asleep. Have you located a place in your residence or at work to protect yourself from severe weather? Interior rooms, lowest elevation, away from windows provides protection from many events. Is your property insurance up to date? Being properly insured can help you avoid frustrations when dealing with storm damage. If you have any questions on preparedness, you can visit the Hurst website or call the Fire Department at 817-788-7238.

Tips for having a safe garage sale

- **Keep watch.** Do not go inside and leave your merchandise unattended. Someone should be at or near the checkout table at all times with another person walking around, straightening items and talking to shoppers.
- **Greet everyone who walks up.** Make sure they know you have seen them.
- **Keep larger, higher-priced items near the garage.**
- **Do not accept large bills.**
- **Keep cash you have been given laying out while you make change.** This will keep con artists from trying to tell you they gave you a larger bill than they actually did.
- **Keep your cell phone or home phone close by.**
- **Keep just enough cash on hand to make change.** Put extra money in the house.
- **Do not let strangers come in your house for any reason.** If someone needs to use the restroom, direct them to the nearest gas station or grocery store.
- **Keep the sale in plain sight.** Set items outside the garage and out toward the sidewalk or street. This keeps you from getting trapped in a place where others can't see.
- **Lock up.** Keep the front door to the house locked, as well as the door from the garage – and make sure you have the key.

2017 Citizen's Fire Academy

Mondays // April 3-June 5 from 6-8 p.m.

The 2017 Hurst Citizen's Fire Academy Class will begin on Monday, April 3, and we invite you to join us! Your Monday evenings will be action packed with opportunities to learn and experience every aspect of daily Fire Department activities. The academy will last 10 weeks. Activities include using the "Jaws of Life" to cut open a car, repel down the training wall, intubate a mannequin and be on the inside of a disaster drill. We will practice fire extinguisher usage, search a smoke filled room to rescue victims and have the opportunity to climb the aerial ladder. All classes are taught by firefighters and officers from the Hurst Fire Department. Participants will also be able to ride out with the firefighters. For more information or to get an application, please call 817-788-7238.

CodeRed

The City of Hurst uses the CodeRED Emergency Notification System to notify the entire city or only the affected areas about emergency situations in a matter of minutes. The system is available to all Hurst residents free of charge.

To sign up, visit hursttx.gov/CodeRED.

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

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

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.

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.)

You Can Paint with Oils

Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Beginners learn basics of color mixing, brush strokes and perspective while completing a detailed landscape or seascape under the patient guidance of award winning "Teacher of the Year," Susan & Robert Garden, founders of the Robert Garden School of Art. All art supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. **Instructor fee \$15; Supply fee \$18.**

9:30AM-12:30PM // Fridays // 2/17, 3/17, 4/14

Aquatics Classes

- **Unstructured Water Time** is available Monday/Wednesday/Friday from 10:00AM - Noon. Stop by the Senior Center for more details and pricing.
- **Water Wellness** is a great water workout if you have sore or tight joints, lower back pain, balance issues, or general aches and pains. Come try this gently paced water wellness class to ease your symptoms. See Senior Center Aquatics Class Schedule for days, times and fees.
- **Aqua Party Fun** is a great low-impact aqua class that is perfect for any fitness level. You will move it and groove it using the water and various equipment tools for resistance to help you improve your muscle tone and strength. See Senior Center Aquatics Class Schedule for days, times and fees.
- **Work It In Water** will help you improve your cardio strength, endurance, and muscle tone. Aqua weights, noodles, and kick boards, along with your own body weight will be used to maximize your workout. See Senior Center Aquatics Class Schedule for days, times and fees.



AARP Driver Safety Training

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. Space is limited. Sign up at front desk. Instructor: John Chreno.

Noon-4:00PM // 2/24

Art Exhibits

Our very own artists from the Hurst Senior Activities Center will be on exhibit throughout the facility for the month of February. Enjoy the work of our members created in one of our many art classes including Multi-Media Painting, Pastel Painting, Art Addicts and You Can Paint with Oils. Artists will also be exhibiting their personal work done outside of the Senior Center. Depending on the artist, some artwork will be for sale. Art will be on display beginning February 1 through March 2.

Artwork created by BISD's special needs students will be on display during the normal operating hours of the Senior Center, March 6-10. Exhibit is open to the public. Senior Center members can plan to meet the students and the teachers on Tuesday, March 7 at a special come and go reception from 4:00-6:00PM.

Aging Mastery Program (AMP)

The Aging Mastery Program® (AMP) was created by the National Council on Aging (NCOA) to develop new expectations, norms and pathways for people age 50 to 100, to make the most of their gift of longevity. AMP helps older adults and boomers build their own playbook for aging well. It is a fun, innovative and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. The program consists of 10 core classes. Classes are led by expert speakers who help participants gain the skills and tools they need to manage their health, remain economically secure and contribute actively in society. Classes begin March 10 and go through May 19.

2:00-3:30PM // 3/10-5/19

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, Benefits & Business Expo

Get to know local businesses and the services and products they provide. Receive healthy living tips, screenings, opportunities for community involvement and more. Door prizes will be given away throughout event.

10:00AM-Noon // 3/30

Document Shredding

Start your spring cleaning by clearing out your old files. Bring your papers and documents to the Senior Center to be shredded. All shredded material is securely recycled. By participating you will save trees, water, landfill space, oil and electricity! FREE!

10:00AM-Noon // 4/22

Winstar Trip

It's time for our annual trip to Winstar! A chartered deluxe motor coach will pick you up and drop you off at the Senior Center. Senior Center membership is not required, so friends and family are welcome to join us as long as they are 55+. We should arrive at Winstar in plenty of time for you to enjoy the free Senior Breakfast at the Gran Via Buffet. Registration opens April 3 and will close April 28. You must sign up in advance. Please plan to arrive early for departure as the bus will leave promptly at 8:00AM. No refunds unless trip minimum is not met. \$25/pp.

10:00AM-Noon // 5/3



Silver & Fit and Silver Sneakers Program

The Hurst Senior Activities Center is pleased to announce that it is now providing the Silver&Fit@Exercise and Healthy Aging program and Silver Sneakers program to help older adults achieve improved health through regular exercise. These programs were designed to provide Medicare beneficiaries with opportunities to improve their fitness by offering no-cost or low-cost access to contracted fitness clubs or exercise centers across the country.

As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership to the Hurst Senior Activities Center through the Silver&Fit or Silver Sneakers program! Both programs are available to people who are Medicare-eligible and have purchased Medicare Advantage or Medicare Supplement coverage that includes the Silver&Fit Exercise and Healthy Aging program or Silver Sneakers program as an added benefit.

Not sure if you are a Silver&Fit or Silver Sneakers program member?

If you are not yet a Silver&Fit or Silver Sneakers member and don't know whether you are eligible to join the program, please contact your health plan or call Medicare at 1-800-MEDICARE.

How do I sign up for Silver&Fit or Silver Sneakers membership and classes?

Once you confirm you are eligible for the Silver&Fit program, just visit the front desk. Attendants will help you with your membership plan and assist you with getting signed up for classes.

Online Registration

Announcing online registration beginning March 1! To start using online registration, go to the City of Hurst webpage at www.hursttx.gov and find Senior Services. Register from the comfort of your home for your fitness, creative arts and other classes. Special programs and activities may not be available for online registration. See the front desk for details and check the Senior Pipeline for computer class schedule to help you learn to navigate the online registration process.

Flood Safety Tips

Texas weather is unpredictable. Know what to do when severe weather occurs, including severe flooding. Here are ways to prepare before a flood occurs and what to do during one.

Before the Flood

1. Check with the Engineering Department (817-788-7080) on the extent of past flooding in your area.

- City staff can tell you about the causes of repetitive flooding, what the city is doing about it and what would be an appropriate flood protection level. They can also visit your property to discuss flood protection alternatives.

2. Prepare for flooding by doing the following:

- Know how to shut off the electricity and gas to your house when a flood comes.
- Make a list of emergency numbers and identify a safe place to go.
- Make a household inventory and put insurance policies, valuable papers, medicine, etc. in a safe place.
- Develop a response plan - consult the American Red Cross website for information on creating an emergency preparedness plan.
- The American Red Cross has also published the brochure *Repairing Your Flooded Home*, which provides information on planning and preparing for a flood event as well as repairing after a flood event.

3. Consider some permanent flood protection measures.

- Mark your fuse box to show the circuits to the floodable areas. Turning off the power to these floodable areas can reduce property damage and save lives.
- Consider flood protection alternatives such as flood walls or berms. Note that some flood protection measures may require permits. Please check with the Engineering Division and/or Building Inspections for more information.
- A copy of *Homeowner's Guide to Retrofitting: Six Ways to Protect Your House from Flooding* are available at no charge to download from FEMA.

4. Talk to the Engineering Division for information on financial assistance.

- If you are interested in obtaining more information on what you can do to prevent flood damage, or what funds may be available to assist you with mitigating flood damage to your property, contact the Engineering Division at 817.788.7076.
- Get a flood insurance policy - it will help pay for repairs after a flood and, in some cases, it will help pay the costs of elevating a substantially damaged building.

5. Get a flood insurance policy.

- Typically, homeowner's insurance policies do not cover damage from floods. However, some owners have purchased flood insurance because it was required by the bank when they received a mortgage or home improvement loan.
- Don't wait until the next flood to buy flood insurance protection. In most cases, there is a 30-day waiting period before the National Flood Insurance Program coverage takes effect.
- Contact your insurance agent for more information on rates and coverage.

During and After the Flood

1. Check with the Engineering Department (817-788-7080) on the extent of past flooding in your area.

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

Volunteers-In-Action

Get involved in your community



Are you looking to become more active in your community? Participating in the Volunteers-In-Action program is a way for you to support your community while learning more about City of Hurst operations, programs, and services. There are volunteer opportunities in many departments including:

- Police
- Hurst Conference Center
- Library
- Parks
- Fire
- Recreation
- Animal Services
- Senior Center

For more information about the Volunteers-In-Action program, please go to the city's website www.hursttx.gov or call 817-788-7027.

36 Miles

Hurst CERT program offers skills for disaster preparedness

December 26, 2015, a tornado unexpectedly devastated the City of Rowlett requiring immediate action on the part of the local area responders. Due to the magnitude of the damage, the Rowlett Community Emergency Response Team (CERT) was activated to assist the overburdened police and fire department personnel. That night and into the morning, the CERT members provided support for damage assessment, search and logistics. The following day, over 225 trained volunteers from 23 regional CERT organizations responded to Rowlett's request for assistance.

If that tornado struck only 36 miles further west the story could be about Hurst. If that were the case, would you be part of the problem or part of the solution? The CERT program was developed so that trained civilian volunteers are available to assist our first responders if they are overwhelmed by a major disaster. The course consists of nine 3 hour classes followed by an exercise to put into practice the skills that have been learned. Topics include light search and rescue, triage, first aid, small fire suppression, cribbing, communications and the national incident command structure. The Hurst CERT is open to all Hurst residents 18 years of age or older regardless of physical abilities. The next class will be hosted by the Bedford CERT and will be held at the Bedford LEC building located at 2121 L Dodson Dr. Bedford on Thursday evenings from 6:30 to 9:30 p.m. The start date is February 23, 2017 and will run thru April 27, 2017. CERT applications are available at the Hurst Fire Station #1, 2100 Precinct Line Rd. or on the Hurst city website under the Fire Department/CERT page.

Annual Town Hall Forum

Monday, February 27 from 6-8 p.m.

Our annual Town Hall Forum is coming up on Feb. 27, and you're invited! This free event is open to the public and features presentations on current and future projects throughout the city. Utility companies will also be on hand to meet with citizens. Light refreshments will be served and parking is complimentary. We hope you'll join us on Feb. 27 from 6 to 8 p.m. at the Hurst Conference Center.

Good Neighbor Day

Spring is just around the corner and so is the 21st Annual Good Neighbor Cleanup Event! This year's event will be on Saturday, April 22 and 29 from 7 a.m. to noon at the Bellaire Shopping Center. Our staff will be onsite 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. Please note we will not be accepting pharmaceuticals of any kind at this event or any future events.* As always, no tires, explosives, compressed gas or contractor related business debris will be accepted.

We are 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 be shredded right before your eyes. There is a five box per customer limit, and we ask that you remove all metal from folders, hangers and files prior to delivery to prevent delay in this process. For more information, call the Environmental Services Department at 817-788-7217.

*The Police Department now offers a 24 hour free drop off for pharmaceuticals. See page 6 for more information.

Employee Giving Day

We believe that true community involves loving your neighbor, which is a big reason why our City Council established Employee Giving Day 19 years ago. Employee Giving Day is all about loving our senior neighbors well by helping them fix up their homes in a variety of ways. Since the program began in 1998, we've worked on more than 75 homes, and we are just getting started! Work on the homes primarily consists of landscaping, clean up, scraping and painting. Many of our area businesses donate funds and supplies needed for this event and city employees provide the labor. We are proud of the work our employees do, and we appreciate all of our local businesses who help to make it possible year after year.



HURSTTX.GOV

Be on the lookout for our new and improved city website! We've made some major updates to give you more ways to find what you're looking for, dynamic photos and so much more. Join us for the official unveiling at the 2017 Town Hall Forum on February 27!



This year's Annual Employee Giving Day is happening on April 21, and we're on the lookout for our neighbors who need some help. For more information on how you can get involved, or to nominate your home or someone you know for consideration, visit hursttx.gov/egd or call Michelle at 817-788-7055.



Chef Siggie Schafner

We are pleased to introduce a new addition to the Hurst Conference Center team...Chef Siggie Schafner!

Chef Siggie was born and raised in Linz, Austria and completed his culinary studies in Europe. His talents allowed for an exciting career traveling and working in exotic locations. His experience includes Sous Chef at the Hotel Europa in Gothenburg, Sweden, Chef de Partie at the Anauco Hotel in Caracas, Venezuela, and Executive Sous Chef at the Caribe Hotel in San Juan, Puerto Rico. After marrying a California girl, Siggie came to the states and became the Executive Chef at the Four Seasons in Beverly Hills. After a decade in sunny California, Siggie came to Texas to be the Executive Chef at the Rivercrest Country Club. After four years in Fort Worth, Siggie decided to see how things were in Dallas, becoming the Executive Chef at City Club. After three years in the



Big D, Siggie moved to the Jack Daniels Restaurant at the Texas Rangers Ballpark. He is now the Executive Chef at the Hurst Conference Center.

When he is not in the kitchen, you can find Siggie hunting, fishing, golfing, cycling or walking two energetic Chihuahuas and his best buddy, an Australian Shepherd.

Hurst Public Library

901 Precinct Line Road, Hurst, TX // 817-788-7300 // www.HurstTX.gov/Library



Ongoing Adult Programs

AARP Tax Assistance

Visit the library to set up your appointment (required).

Noon-4:00PM // T // 2/7-4/11

Brown Bag Book Club

First Thursday of the month at noon in the library reading alcove.

Join us for an informal book discussion.

March - *Grunt* by Mary Roach

April - *Girl Waits with Gun* by Amy Stewart

May - *Mom & Me & Mom* by Maya Angelou

Noon // 1st Thursday

Ongoing Children's and Teen Programming

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



Teen Zone

L. D. Bell Art Reception

6th - 12th Graders and art lovers of all ages

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

7:00PM // TH // 3/9

Volunteer Opportunities

Ages 14-18

Do you need volunteer hours this summer? Have you considered volunteering at the library? We need lots of help with the Summer Reading Club. Come by the Library or check the website starting March 1st to get information on how to apply.

Middle School Madness

6th - 8th Graders

Come enjoy the Teen Zone with fun activities! Enjoy snacks while playing in the Teen Zone!

4:00-5:00PM // T // 3/7, 4/4, 5/2

Teen Zone Happenings

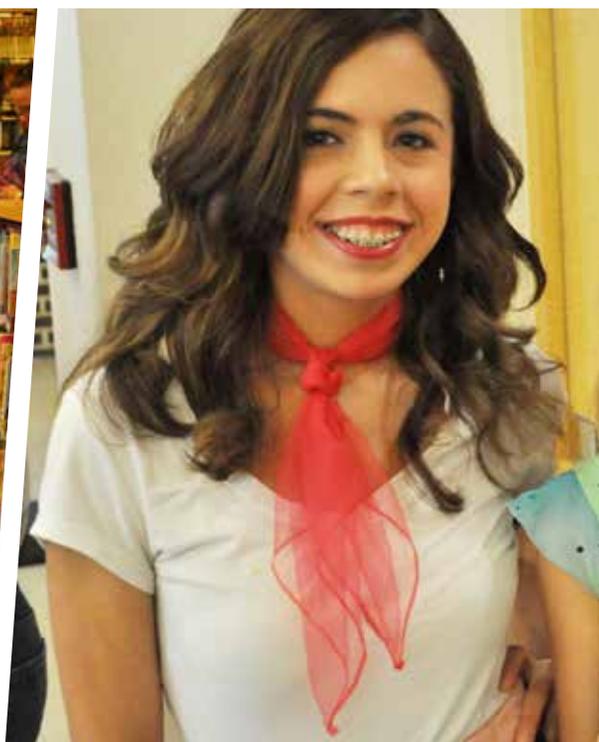
6th - 12th Graders

Anime, gaming, crafts, oh my! Stop by the Teen Zone to see what is happening. The Teen Zone is the place to be!

7:00-8:00PM // TH // 3/2, 4/6, 5/4



Hurst Public Library



Children's Programming

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 // 4/5-5/10

Saturday Sessions

10:30-11:30AM // S // 4/8-5/13

Puppets Plus Workshop

4th - 8th Graders // 1st and 3rd Tuesdays

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 // 3/7, 3/21, 4/4, 4/18, 5/2, 5/16

Streaming Stories

Family Story Time // 7:00PM

Stories and a variety of activities get kids using more than just eyes and ears to enjoy books!

March 14 - *Grow Up*

April 11 - *April Showers*

May 9 - *May Flowers*



Teddy Bear Picnic

4 - 11 Years

Bring your favorite stuffed friend—bear or not!—to the Library for an indoor picnic. Refreshments, stories and other activities round out a special afternoon spent with friends, human and not! Reservations are required and will be taken at the Youth Services Desk starting Monday, April 18. Call 817-788-7302 to reserve your seat. **BONUS:** If you can be without it for one night, bring your stuffed friend to the Library any time between 10 a.m. and 6 p.m. on Friday, April 28, for a stuffed animal overnight at the Library (no kids allowed!); reconnect with your friend at the picnic and get pictures of the goings-on experienced the night before!

3:00-4:00PM // S // 4/29



Programs for All Ages

Make and Take Craft

For All Ages

Stop by our table in the library lobby for a FREE Seasonal craft for you to make and take home with you.

This craft is for all ages, but our younger library friends may need help from an adult or older sibling.

6:30-7:30PM // TH // 4/13



Masterworks at the Library

For All Ages

EVENING MasterWorks AT THE LIBRARY

MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. These free concerts are held at 7:00 p.m. the 4th Thursday of each month at the Hurst Public Library.

Please check the library website for upcoming concert information.

March 23 - Cleghorn

April 27 - Rattletree

Summer Reading Club 2017 HEB Reads—Building a Community of Readers

Book by book, build your imagination! Join the Summer Reading Club for reading fun, prizes and lots of special events. Registration begins May 6 with a reading celebration at Pennington Field from 10 a.m.-1 p.m. The fun continues May 25 with the Summer Activities Kick-Off at Heritage Village featuring a concert by *The Space Rockers*. Rack up your reading minutes after you've registered through July 31. Special weekly programs begin the week of June 5. Come to the Library to register or register online at www.hursttx.gov/library.



HURST RECREATION CENTER

Spring into fitness at the Hurst Recreation Center

If you are ready to "Spring into Fitness" and improve your personal health, wellness and fitness, the Hurst Recreation Center is the place for you. You can schedule a session with our personal trainer to formulate a custom-designed fitness plan, or you can explore on your own! Our Fitness Center has all of the equipment you will need to complete a well-rounded and balanced workout.

The Cardio Room is equipped with treadmills, elliptical cross-trainers and lateral trainers, all of which have individual television screens that will allow you to watch your favorite TV show while you workout. You can also use your iPod to listen to your favorites or enjoy our new HDTVs while using not only our treadmills and ellipticals, but our bikes, stairclimbers, rowing machines and seated crosstrainers as well. There is something for everyone! And any complete fitness program includes a strength training regimen. We have an extensive selection of machined weights and plate-loaded strength equipment, as well as dumbbells and flexibility equipment. For more information on any of our activities or classes, contact the Recreation Center 817-788-7325.

Come and enjoy our activities and programs: hundreds of classes, shoot some hoops with your friends, enjoy a game of racquetball, volleyball or pickleball, use the jogging/walking track to get some exercise or work out in our state-of-the-art fitness center. Equipment for all activities is available for check out with your "Quality of Life" Rec Card at the front desk of the Recreation Center.

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.

.....
: **Classes begin the week of March 20** :
: (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**

* Members ages 12-13 must have an adult present at all times to use the Fitness Rooms. Members ages 12-15 must provide proof of age when registering for a Youth Fitness Pass.

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 canceled 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.

Art Creations with Mom & Dad

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

Let's create and explore your child's creative process. We will look at using paints, mixed media and clay sculpting

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

12130-A
9:30-10:00AM // W // 8WKS // 3/22 // \$28

Colors and Shapes

2 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

12400-A
9:00-9:45AM // M // 8WKS // 3/20 // \$30

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

12095-A
9:00-9:30AM // F // 8WKS // 3/24 // \$28



Let's Make Music with Mom & Dad

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

Are you looking for musical activities that create parent and child bonding time? We will dance, play rhythm instruments and make a special instrument of the week!

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

12000-A
10:00-10:30AM // W // 8WKS // 3/22 // \$28

Little Painters

2 Years // Supply fee \$5

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

Instructor: Dottie Nicholson

12333-A
10:00-10:30AM // M // 8WKS // 3/20 // \$28

»»» 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

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

12600-A

9:00-9:30AM // F // 8WKS // 3/24 // \$28

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 G0000000AAAAAALLL! One child per parent.

Instructor: Stacie Castillo

12700-A

8:30-9:00AM // F // 8WKS // 3/24 // \$28



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)

12123-A

9:30-10:00AM // T // 8WKS // 3/21 // \$28

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.

Instructor: Tammy Slovensky

32040-A

10:00-10:30AM // T // 8WKS // 3/21 // \$28

32040-B

9:30-10:00AM // W // 8WKS // 3/22 // \$28

32040-C

9:30-10:00AM // TH // 8WKS // 3/23 // \$28

32040-D

11:30-Noon // TH // 8WKS // 3/23 // \$28

32040-E

9:30-10:00AM // F // 8WKS // 3/24 // \$28

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)

12045-A

9:00-9:30AM // T // 8WKS // 3/21 // \$28



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.

Instructor: Tammy Slovensky

32030-A

10:30-11:00AM // T // 8WKS // 3/21 // \$28

32030-B

10:00-10:30AM // W // 8WKS // 3/22 // \$28

32030-C

10:00-10:30AM // TH // 8WKS // 3/23 // \$28

32030-D

10:00-10:30AM // F // 8WKS // 3/24 // \$28

3 Years and Older Programs



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

12250-A
10:30-11:15AM // F // 8WKS // 3/24 // \$30

Claymates

3 - 6 Years // Supply fee \$10
Clay is a great tool for working on those fine motor skills while having fun! Your child will bring home projects made in class.

Instructor: Dottie Nicholson

12145-A
9:00-9:30AM // W // 8WKS // 3/22 // \$28

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)

12170-A
11:00-11:45AM // T // 8WKS // 3/21 // \$30

Fairy Friends

3 - 6 Years
This is a dress class all about fairies! We'll have playtime, crafts and games. Costumes are provided, and we will have a fairy party on the last day of class!

Instructor: Dottie Nicholson

12110-A
10:30-11:15AM // W // 8WKS // 3/22 // \$30

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)

12205-A
9:45-10:30AM // M // 8WKS // 3/20 // \$30
12205-B
9:45-10:30AM // TH // 8WKS // 3/23 // \$30

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

12075-A
10:45-11:30AM // M // 8WKS // 3/20 // \$30

3 Years and Older Programs



Let's Paint

3 - 6 Years // Supply fee \$5

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

Instructor: Dottie Nicholson

12115-A
9:45-10:15AM // W // 8WKS // 3/22 // \$28

Let's Create: Picasso

3 - 5 Years // Supply fee \$5

We will learn how to cut with scissors, use paints, markers, colors and clay for your child to explore their creative side. We will be developing fine motor skills with fun winter projects.

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

12055-A
10:00-10:45AM // T // 8WKS // 3/21 // \$30

Let's Draw: Ocean Animals

3 - 5 Years // Supply list

We will use pencils to draw animals under the sea. 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)

12150-A
10:30-11:00AM // W // 8WKS // 3/22 // \$28

Let's Fly

3 - 6 Years

Come create things that fly! Design flying machines, learn about pre engineering and lots of fun!

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

12010-A
11:15-Noon // TH // 8WKS // 3/23 // \$30

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

12335-A
10:00-10:30AM // F // 8WKS // 3/24 // \$28

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

12600-B : 3 - 5 Years
5:00-5:30PM // W // 8WKS // 3/22 // \$28
12600-C : 4 - 5 Years
9:30-10:00AM // F // 8WKS // 3/24 // \$28

Phonics Fun – Step 1

3 - 5 Years // Supply fee \$5

Calling all students to come and learn about the different letters of the alphabet! Our goal in this class is to learn about alphabetic awareness and phonic sounds. We will use teachable moments to discover why letters are so important.

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

12030-A
9:00-9:45AM // M // 8WKS // 3/20 // \$30
12030-B
9:00-9:45AM // TH // 8WKS // 3/23 // \$30

Phonics Fun – Step 2

3 - 5 Years // Supply fee \$5

This class is for students who know their letters and sounds. It is time to look at different picture cards and know what letter the picture starts with. Students will be able to hear and recognize the letters. We will create little phonics readers!

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

12035-A
10:30-11:15AM // M // 8WKS // 3/20 // \$30
12035-B
10:30-11:15AM // TH // 8WKS // 3/23 // \$30

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

12300-A
11:30AM-Noon // W // 8WKS // 3/22 // \$28



3 Years and Older Programs



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.

Instructor: Tammy Slovensky

- 32011-A
11:00-11:30AM // T // 8WKS // 3/21 // \$28
- 32011-B
10:30-11:00AM // W // 8WKS // 3/22 // \$28
- 32011-C
10:30-11:00AM // TH // 8WKS // 3/23 // \$28
- 32011-D
10:30-11:00AM // F // 8WKS // 3/24 // \$28

GYMNASTICS

Tumbling Tots II

4 - 5 Years

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

Instructor: Tammy Slovensky

- 32022-A
11:30-Noon // T // 8WKS // 3/21 // \$28
- 32022-B
11:00-11:30AM // W // 8WKS // 3/22 // \$28
- 32022-C
11:00-11:30AM // TH // 8WKS // 3/23 // \$28
- 32022-D
11:00-11:30AM // F // 8WKS // 3/24 // \$28

Watercolor Fun: Ocean Animals

3 - 5 Years // Supply fee \$10

Come learn how to use water colors to create beautiful ocean animals!

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

- 12090-A
9:00-9:30AM // W // 8WKS // 3/22 // \$28

Science Toys

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

- 12210-A
9:45-10:15AM // F // 8WKS // 3/24 // \$28

Tiny Dancer

3 - 4 Years // Ballet and tap shoes required

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

Instructor: Sherri Longino

- 12060-A
5:15-5:45PM // TH // 8WKS // 3/23 // \$28

»»» Please Remember

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



Ready for Kindergarten - Prep Program

4 - 5 Years // Supply Fee \$25

This program is designed to prepare your student for Kindergarten. The program meets Monday-Thursday from 8:30 a.m. - 2:30 p.m and is an ongoing 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. This program follows the Frog Street Press curriculum. The children are 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 has taught Kindergarten and first grade for the last nine years in the Dallas/Ft Worth area. However, her true calling is pre-schoolers, and she began teaching this program in 2011.

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 is not able to participate in class. The class is limited to 15 children and is a school year committent. A \$25 supply fee is due to the instructor on the first class in August and on the first day of class in January.

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

11050-C : March
8:30AM-2:30PM // M-TH // 2WKS // 3/1 // \$280

12050-A : April
8:30AM-2:30PM // M-TH // 4WKS // 4/3 // \$320

12050-B : May
8:30AM-2:30PM // M-TH // 4WKS // 5/1 // \$320

Youth Programs

Ballet

5 - 9 Years // Ballet slippers required

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

Instructor: Cynthia Duff

(5 - 6 Years)

22140-A

11:15-Noon // W // 8WKS // 3/22 // \$28

(7 - 9 Years)

22140-B

9:00-9:45AM // F // 8WKS // 3/24 // \$28



GYMNASTICS

Beginner Gymnastics

5 - 10 Years

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

Instructor: Cynthia Duff

(5 - 8 Years)

32051-A

4:30-5:30PM // T // 8WKS // 3/21 // \$32

32051-B

5:30-6:30PM // T // 8WKS // 3/21 // \$32

32051-C

10:00-11:00AM // W // 8WKS // 3/22 // \$32

32051-D

10:00-11:00AM // TH // 8WKS // 3/23 // \$32

32051-E

4:30-5:30PM // TH // 8WKS // 3/23 // \$32

32051-F

5:30-6:30PM // TH // 8WKS // 3/23 // \$32

(9 - 12 Years)

32051-G

6:30-7:30PM // T // 8WKS // 3/21 // \$32

32051-H

7:30-8:30PM // T // 8WKS // 3/21 // \$32

32051-I

9:00-10:00AM // W // 8WKS // 3/22 // \$32

32051-J

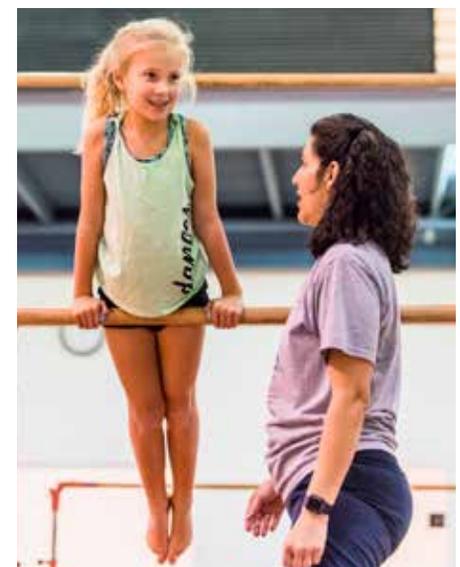
9:00-10:00AM // TH // 8WKS // 3/23 // \$32

32051-K

6:30-7:30PM // TH // 8WKS // 3/23 // \$32

32051-L

7:30-8:30PM // TH // 8WKS // 3/23 // \$32



Ballet & Tap I

5 - 8 Years // Ballet, Tap shoes required

You will learn tap, ballet and rhythmic movements.

Instructor: Sherri Longino

22120-A

6:15-6:45PM // TH // 8WKS // 3/23 // \$28

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

22101-A

6:00-6:30PM // W // 8WKS // 3/22 // \$28



Youth Programs

Ceramics

7 - 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

22720-A

4:15-5:15PM // T // 8WKS // 3/21 // \$32

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)

22060-A

12:15-1:00PM // W // 8WKS // 3/22 // \$30

Dancenastics

8 - 12 Years // Biketard required

This is a combination dance, tumbling and acrobatic class. Students will learn basic skills in each format. They will also be learning choreographed combinations containing each format and learn to perform them to music.

Instructor: Cynthia Duff

32066-A

9:15-10:15AM // S // 8WKS // 3/25 // \$28

Girl's Volleyball Beginners Basics

7 - 12 Years // Tennis shoes required

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

Instructor: Stacie Castillo

22035-A

6:30-7:00PM // W // 8WKS // 3/22 // \$28

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

22020-B

4:30-5:15PM // M // 8WKS // 3/20 // \$70

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

22020-A

3:45-4:15PM // M // 8WKS // 3/20 // \$70

Hip Hop

7 - 12 Years

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

Instructor: Cynthia Duff

(7 - 9 Years)

22800-A

11:15-Noon // TH // 8WKS // 3/23 // \$28

(10 - 12 Years)

22800-B

10:30-11:15AM // F // 8WKS // 3/24 // \$28

Hippity-Hop Dance

5 - 8 Years

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

Instructor: Sherri Longino

22333-A

5:45-6:15PM // TH // 8WKS // 3/23 // \$28

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)

22040-A

11:30AM-12:15PM // W // 8WKS // 1/11 // \$30

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)

(White & Yellow Belts)

22700-A

6:00-7:00PM // TH // 8WKS // 3/23 // \$46

(Advanced Belts)

22700-B

7:00-8:00PM // TH // 8WKS // 3/23 // \$46



Jazz

10 - 12 Years // Jazz shoes required

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

Instructor: Cynthia Duff

22150-A
9:45-10:30AM // F // 8WKS // 3/24 // \$28

Junk Robotics

5 - 12 Years // Supply fee \$10

Let's create hands on challenges and make arm designs, pneumatics and 3 dimensional space.

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

22145-A
1:45-2:30PM // M // 8WKS // 3/20 // \$30

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

22111-A : Beginner, 8 - 15 Years
6:00-8:00PM // M // 8WKS // 3/20 // \$40

22111-B : Beginner, 5 - 7 Years :
4:00-5:00PM // MW // 8WKS // 3/20 // \$40

22111-C : Advanced, 8 - 15 Years
5:00-6:00PM // MW // 8WKS // 3/20 // \$40

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)

22222-A
1:00-1:45PM // M // 8WKS // 3/20 // \$30

Youth Programs



»»» 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.

Olympic Sport of Judo

5 - 13 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)

21900-C : March

6:00-7:00PM // MW // MONTHLY // 3/6 // \$40

22900-A : April

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

22900-B : May

6:00-7:00PM // MW // MONTHLY // 5/1 // \$40

Soccer Skills

7 - 12 Years // Tennis 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

22500-A

5:30-6:00PM // W // 8WKS // 3/22 // \$28

Tap

5 - 9 Years // Tap shoes required

In this class you will learn the basic of tap dancing. We will also work on technique, phrasing, timing and other foundational dance concepts.

Instructor: Cynthia Duff

(5 - 6 Years)

22160-A

1:00-1:45PM // M // 8WKS // 3/20 // \$28

(7 - 9 Years)

22160-B

1:45-2:30PM // M // 8WKS // 3/20 // \$28

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)

22090-A

5:15-6:00PM // T // 8WKS // 3/21 // \$30

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)

22118-A

4:30-5:15PM // T // 8WKS // 3/21 // \$30

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

42200-A
7:00-8:00PM // T // 8WKS // 3/21 // \$56

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

42224-A
8:00-9:00PM // T // 8WKS // 3/21 // \$56

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

42222-A
9:00-9:45PM // T // 8WKS // 3/21 // \$40

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

42226-A

7:30-9:00PM // TH // 8WKS // 3/23 // \$46

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)

41420-C : March

6:35-7:30AM // MW // MONTHLY // 3/1 // \$25

42420-A : April

6:35-7:30AM // MW // MONTHLY // 4/3 // \$25

42420-B : May

6:35-7:30AM // MW // MONTHLY // 5/1 // \$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

42110-A

6:30-9:00PM // T // 8WKS // 3/21 // \$50



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)

42005-A

6:50-7:30PM // TH // 8WKS // 3/23 // \$36

Cycle Circuit

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)

42300-A

5:45-6:45PM // T // 8WKS // 3/21 // \$37

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

42010-A

8:30-9:15AM // MTThF // 8WKS // 3/20 // \$30



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)

42060-A

12:10-12:50PM // MW // 8WKS // 3/20 // \$36



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

42888-A: Beginner
 5:15-6:00PM // M // 8WKS // 3/20 // \$70
42888-B: Intermediate
 6:00-6:45PM // M // 8WKS // 3/20 // \$70

Hatha Yoga

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)

42100-A
 10:15-11:10AM // M // 8WKS // 3/20 // \$32
42100-B
 10:15-11:10AM // F // 8WKS // 3/24 // \$32

ITF Taekwon-Do

Ages 6 - 16

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)

22700-A : White and Yellow Belts
 6:00-7:00PM // TH // 8WKS // 3/23 // \$46
22700-B : Advanced Belts
 7:00-8:00PM // TH // 8WKS // 3/23 // \$46

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

42999-A
 7:30-9:00PM // M // 8WKS // 3/20 // \$70

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)

42001-A
 6:15-7:15PM // M // 8WKS // 3/20 // \$30

Mix-It-Up Aerobics

Ages 16+

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)

42040-A
 9:15-10:10AM // MWF // 8WKS // 3/20 // \$48



Nutrition Counseling

One-Hour Session \$55 // Three Sessions \$130

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders and general wellness. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD)

Olympic Sport of Judo

Ages 14+

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from an eleven-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)

41800-C : March
7:00-8:30PM // MW // MONTHLY // 3/6 // \$40

42800-A : April
7:00-8:30PM // MW // MONTHLY // 4/3 // \$40

42800-B : May
7:00-8:30PM // MW // MONTHLY // 5/1 // \$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)

42100-C
8:15-9:15PM // W // 8WKS // 3/22 // \$32

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)

42100-D
7:00-7:55PM // W // 8WKS // 3/22 // \$32

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)

42015-A
6:35-7:25AM // TTh // 8WKS // 3/21 // \$32

42015-B
12:10-12:50PM // TTh // 8WKS // 3/21 // \$32

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 for more information.

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)

42444-A

9:00-9:45AM // T // 8WKS // 3/21 // \$36

42444-B

5:45-6:30PM // TH // 8WKS // 3/23 // \$36

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

41070-C : March

7:00-8:15PM // W // 4WKS // 3/1 // \$30

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

42070-A : April

7:00-8:15PM // W // 4WKS // 4/1 // \$30

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

42070-B : May

7:00-8:15PM // W // 4WKS // 5/3 // \$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)

42065-A

6:00-6:55PM // MW // 8WKS // 3/20 // \$45

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)

42050-A

7:30-8:25AM // TTh // 8WKS // 3/21 // \$40

»» Pickleball

Already familiar with the game or want to try something new? Pickleball is a fun game for all ages. Whether you're a novice or expert, you'll be sure to get some playtime on our 3 indoor pickleball courts. Courts are set up and ready at the Recreation Center on Tuesdays, Thursdays and Fridays during specified hours. Don't have a racquet or a ball? We've got you covered. Come see what it's all about or call for more details on prices and times at 817-788-7325.

Registration Policy

Walk-in registration beginning on **Monday, February 13**, 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 February 27 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, February 27**. Out of fairness to all citizens of our community, you may only register the members of your household.

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Classes begin the week of March 20
(unless otherwise indicated)

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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 canceled 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 cannot 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 \$

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

PAYMENT METHOD

CHECK

CREDIT CARD

CASH

CHECK NUMBER: _____

CARD TYPE: Visa MasterCard Discover 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

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

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.

Basketball

Spring Adult League Registration

Open Registration: Feb 27-March 15

Entry Fee: \$275 for a 7-game season
With Playoffs for teams who qualify

League Schedules: Available March 17
after 4:00 p.m.

League Begins: March 21

League Nights:

Tuesday – Men's Open
Thursday – Men's Open

Softball

Summer Adult League Registration

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

Returning Team Registration: May 2-3
Teams that played in Hurst in 2015 and 2016

Open Registration: May 4-27

Entry Fee: \$340 for a 10-game season
With No City Playoffs

League Schedules: Available June 1 after 4:00 p.m.

League Begins: Friday, June 6

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

Youth Sports Associations

Tri-Cities Baseball & Softball Association

TCBA 817-285-0200
www.tcbasesoft.com

Mid-Cities Basketball Association

MCBA 817-354-6208
www.MCBBA.org

Hurst United Soccer Association

HUSA 817-504-7479
www.hurstunitedsoccer.com

MidCities PeeWee Football & Cheerleading Association

817-282-2390
www.midcitiespeeweefootball.org

Gym Schedule

There are also outdoor pickleball courts available at Smith-Barfield Park, 640 Pleasantview.

Monday

6:30AM-1:00PM // Open Gym
1:00-2:00PM // Classes
2:00-5:30PM // Open Gym
6:00-9:00PM // Classes
9:00-10:00PM // Open Gym

Tuesday

6:30-9:30AM // Open Gym
9:30AM-Noon // Pickleball
Noon-10:00PM // Open Gym

Wednesday

6:30-11:30AM // Open Gym
11:30AM-Noon // Classes
Noon-5:00PM // Open Gym
5:30-9:00PM // Classes
9:00-10:00PM // Open Gym

Thursday

6:30AM-9:30PM // Open Gym
9:30AM-Noon // Pickleball
Noon-10:00PM // Open Gym

Friday

6:30-8:30AM // Open Gym
8:30-10:30AM // Class
11:30AM-1:30PM // Pickleball
1:30-6:00PM // Open Gym

Saturday

9:00AM-6:00PM // Open Gym

Sunday

1:00-6:00PM // Open Gym

Healthy Hurst Wellness Program

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

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

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

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817-788-7325.

Patron Appreciation Week – March 6-10

More than 204,000 members and guests enjoyed using the Hurst Recreation Center last year! And we want to say thank you to all those who have and continue to choose the Hurst Recreation Center as their go-to facility! Whether it's fitness memberships or classes, open gym play, classroom participants, Pickleball or an occasional visitor, we are extremely grateful for YOU!

We will have give-away items, raffles, refreshments and more! Be sure to stop by and pay us a visit! For more information, call the 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

**Ralph Hurd
Karen Spencer
Gary Waldron**

**Pat King
Cathy Thompson
Bob Walker**

Recreation Staff

Recreation Director:
Chris Watson

Recreation Attendants:

Recreation Manager:
Jordan Taylor

**Kristen Barnett
Mikayla Birdsong**

Recreation Programs and Events Manager:
Amy Sisler

**Cliff Bogan
Dakota Ford**

Recreation Supervisor:
Mary Singleton

**Rudy Garcia
Zach Herd**

Administrative Assistant:
Paige Lutz

**Anna James
Matt Mendez**

Recreation Receptionist:
Melanie Cox

**Aujehl Messier
Caitlyn Myers**

Recreation Specialists:
**Lauren Snyder
Madison Bass**

**Nancy Philip
Shana Sanders**

**Emily Stacey
Cheryl Thompson
Irene Thornton**

Facility Maintenance:
Judy Arellano



Heritage Village Presents: Grand Family Picnic

March 15, 2017 // 11:00AM-2:00PM (rain venue at the Hurst Public Library)
Heritage Village Plaza, 837 W. Pipeline Road

FREE. Concert by Trout Fishing in America, Inflatables, Crafts/Activities, Free Cupcakes.

For more information, call 817-788-7305

EGGstravaganza 2017

April 8, 2017 // Activities begin at 1:00PM, Egg Hunt begins at 2:00PM
Hurst Community Park, 601 Precinct Line Road (just south of Pipeline Road)

FREE. Activities include: Crafts, Hurst Clown Arounds, Games, Photos with Mr. Bunny and refreshments.

Please ... no pets.

For more information, call 817-788-7320

Concert in the Park (Northeast Orchestra)

April 28, 2017 // 7:00-8:00PM (rain venue at the Hurst Public Library)
Heritage Village Plaza, 837 W. Pipeline Road

FREE.

For more information, call 817-788-7320

Fish Stockings at Chisholm Park

For Texans who live in urban areas, Neighborhood Fishin' offers fishing opportunities close to home. Texas Parks and Wildlife Department works in partnership with local governments to stock catfish and rainbow trout in small neighborhood lakes. These fish are fun to catch, and they're stocked frequently in season, so there's nearly always a fresh supply of fish available to take your bait. Over 5,500 fingerling channel catfish were stocked at Chisholm Park in 2016.

A few reminders: Kids under 17 fish for free, but adults must have a fishing license with a freshwater stamp; fishing is allowed with poles only (no trotlines, traps, nets, etc.); daily bag limits and minimum lengths may apply. Visit www.neighborhoodfishin.org for specific rules, regulations and dates.

Need a fishing pole? Go to the Hurst Public Library at 901 Precinct Line Road where you can check one out for free with an adult library card.



Opening Day: Saturday, May 27

Locations

Central Aquatics Center

715 Mary Drive

817-788-7327

May 27-August 4*

Monday-Friday: Noon-5:00PM

Saturday & Sunday: 10:00AM-6:00PM

August 5-August 27

Monday-Friday: Noon-8:00PM

Saturday & Sunday: 10:00AM-6:00PM

Chisholm Aquatics Center

2200 Norwood Drive

817-788-7250

May 27-August 27*

Monday-Friday: Noon-8:00PM

Saturday & Sunday: 10:00AM-6:00PM

September 2-4*

Monday-Friday: 10:00AM-6:00PM

Saturday & Sunday: 10:00AM-6:00PM

***HOLIDAY HOURS**

July 4: 10:00AM-6:00PM

September 4: 10:00AM-6:00PM

Please note these hours differ from our regular hours of operation



Group Reservations

A Daycare/Group is defined as any person or entity, commercial, in home care or non-profit, who provides structured child care and/or activities, whether year round or seasonal.

Any Daycare/Group meeting these criteria will be required to make a reservation, in person, at the City of Hurst Recreation Administration Office, 700 Mary Drive, a minimum of seven (7) working days in advance of the desired date of visit.

Reservations will be taken on a first-come, first-served basis beginning Monday, March 20 for Hurst groups and Monday, April 3 for non-Hurst groups.

Daycare/Group reservations will be available beginning Wednesday, May 31 continuing throughout the summer season. Reservations are Monday - Friday, beginning at 12:00pm. Only ONE reservations per week per Daycare/Group will be allowed.

Pavilion Rentals

Central and Chisholm Aquatics Centers offer covered pavilion areas for rent. Pavilion rentals do not include admission. Admission is based on residency of the guests, not the party host, and we do not accept lists. Each person must pay upon entry to the facility. Pavilion rentals begin March 20 for Hurst residents and April 4 for non-residents. Pavilions are available for rental beginning May 27.

CENTRAL AQUATICS CENTER

TIME PERIODS: Monday-Friday: Noon-4:30PM | Saturday & Sunday: 10:00AM-1:30PM or 2:00-5:30PM

Pavillion	Capacity	Price per Time Period
North	35	\$40
South	35	\$40

CHISHOLM AQUATICS CENTER

TIME PERIODS: Monday-Friday: Noon-4:30PM or 4:00-7:30PM | Saturday & Sunday: 10:00AM-1:30PM or 2:00-5:30PM

Pavillion	Capacity	Price per Time Period
One	35 people	\$40
Two	35 people	\$40
Three	80 people	\$100
Four	35 people	\$40
Five	35 people	\$40





Private Facility Rentals

Central and Chisholm Aquatics Centers are available for Saturday and Sunday after hours private rental for Hurst residents. Reservations begin Monday, March 20 and the first available date is Saturday, June 3. Rental hours are 7:00-9:00 p.m. and include all aquatics staff. The deposit is due upon reservation and the rental balance is due no later than May 12. Private rentals must be booked in person at the Hurst Recreation Administration office during regular office hours. Proof of residency is required.

Central Aquatics Center

Deposit: \$250 **Rental:** \$500

Chisholm Aquatics Center

Deposit: \$250 **Rental:** \$500

Hurst Aquatics

Learn to Swim Program

Registration: Residents, May 1
Non-Residents, May 15

Participants will register by age, session and time. The first day of class is a testing day and staff will separate participants by ability. All classes will be held at Central and Chisholm Aquatics Center.

Step 1

Select your class as determined by age group.

Step 2

Select the dates you wish to attend. Weekday classes are Monday-Thursday, utilizing Fridays for weather make-up days. Saturday classes are four Saturdays per month.

Step 3

Select the time slot; not all ages offered at all times; details provided in the Summer edition of *Where We Live*. Evening classes only offered at Central Aquatics Center.

Age Groups

Water Babies (6 months-3 years)

Parent in the water.

Pre-School (3-5 years)

Parent is not in the water; participants should be able to follow direction from instructors.

Elementary (6-12 years)

Stroke School (10-13 years)

Pre-requisites required.

Session Dates

Session 1

June 5-15

Session 2

June 19-29

Session 3

July 10-20

Session 4

July 24-August 3

Class Times

Weekday Mornings

8:15-8:50AM

9:00-9:35AM

9:45-10:20AM

10:30-11:05AM

11:15-11:50AM

Weekday Nights (Central Only)

5:15-5:50PM

6:00-6:35PM

6:45-7:20PM

7:25-8:00PM

Spring Operating Hours

(Beginning March 6, 2017)

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:

Sean Burke
Ryan Crozier
Jessica Devous
Taylor Jackson

Head Professional:

Kelly Langdon, USPTA

Tennis Instructors:

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

Tennis Center Coordinator:

Austin Wynne, USPTA

Upcoming Tournaments

Spring Mid-Cities

February 4

Hurst Junior Open (USTA Sanctioned)

April 8



- 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

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 Tennis Center 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 Schlidt, 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, Cameron Bodily, and staff

- 82601-A
5:00-5:30PM // M // 4WKS // 3/6 // \$28
- 82602-A
5:00-5:30PM // W // 4WKS // 3/8 // \$28
- 82601-B
5:00-5:30PM // M // 4WKS // 4/10 // \$28
- 82602-B
5:00-5:30PM // W // 4WKS // 4/12 // \$28
- 82601-C
5:00-5:30PM // M // 4WKS // 5/8 // \$28
- 82602-C
5:00-5:30PM // W // 4WKS // 5/10 // \$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, Cameron Bodily, and staff

- 82502-A
5:30-7:00PM // M // 4WKS // 3/6 // \$72
- 82503-A
5:30-7:00PM // W // 4WKS // 3/8 // \$72
- 82502-B
5:30-7:00PM // M // 4WKS // 4/10 // \$72
- 82503-B
5:30-7:00PM // W // 4WKS // 4/12 // \$72
- 82502-C
5:30-7:00PM // M // 4WKS // 5/8 // \$72
- 82503-C
5:30-7:00PM // W // 4WKS // 5/10 // \$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, John Schildt, and staff

- 82504-A
5:30-7:00PM // TH // 4WKS // 3/9 // \$72
- 82504-B
5:30-7:00PM // TH // 4WKS // 4/13 // \$72
- 82504-C
5:30-7:00PM // TH // 4WKS // 5/11 // \$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: Kelly Langdon, USPTA, and staff

- 82505-A
7:00-8:30PM // W // 4WKS // 3/8 // \$72
- 82505-B
7:00-8:30PM // W // 4WKS // 4/12 // \$72
- 82505-C
7:00-8:30PM // W // 4WKS // 5/10 // \$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: Kelly Langdon, USPTA, and staff

- 82506-A
7:00-8:30PM // W // 4WKS // 3/8 // \$72
- 82506-B
7:00-8:30PM // W // 4WKS // 4/12 // \$72
- 82506-C
7:00-8:30PM // W // 4WKS // 5/10 // \$72

4.0 Men's Open Drills

1 Can of Unopened Balls

This drill class is designed to work on both singles and doubles point play situation. Get a great workout while getting ready for your next competition. *Minimum 3 players needed for the class to make. Players must call and register 24 hours in advance. Players should call the tennis center on Thursday to ensure the class has made. (Drills start February 20)

Instructors: Kelly Langdon, USPTA, and Mike Seybold, USPTA

- 7:00-8:30PM // TH // 1WK // 3/9 // \$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

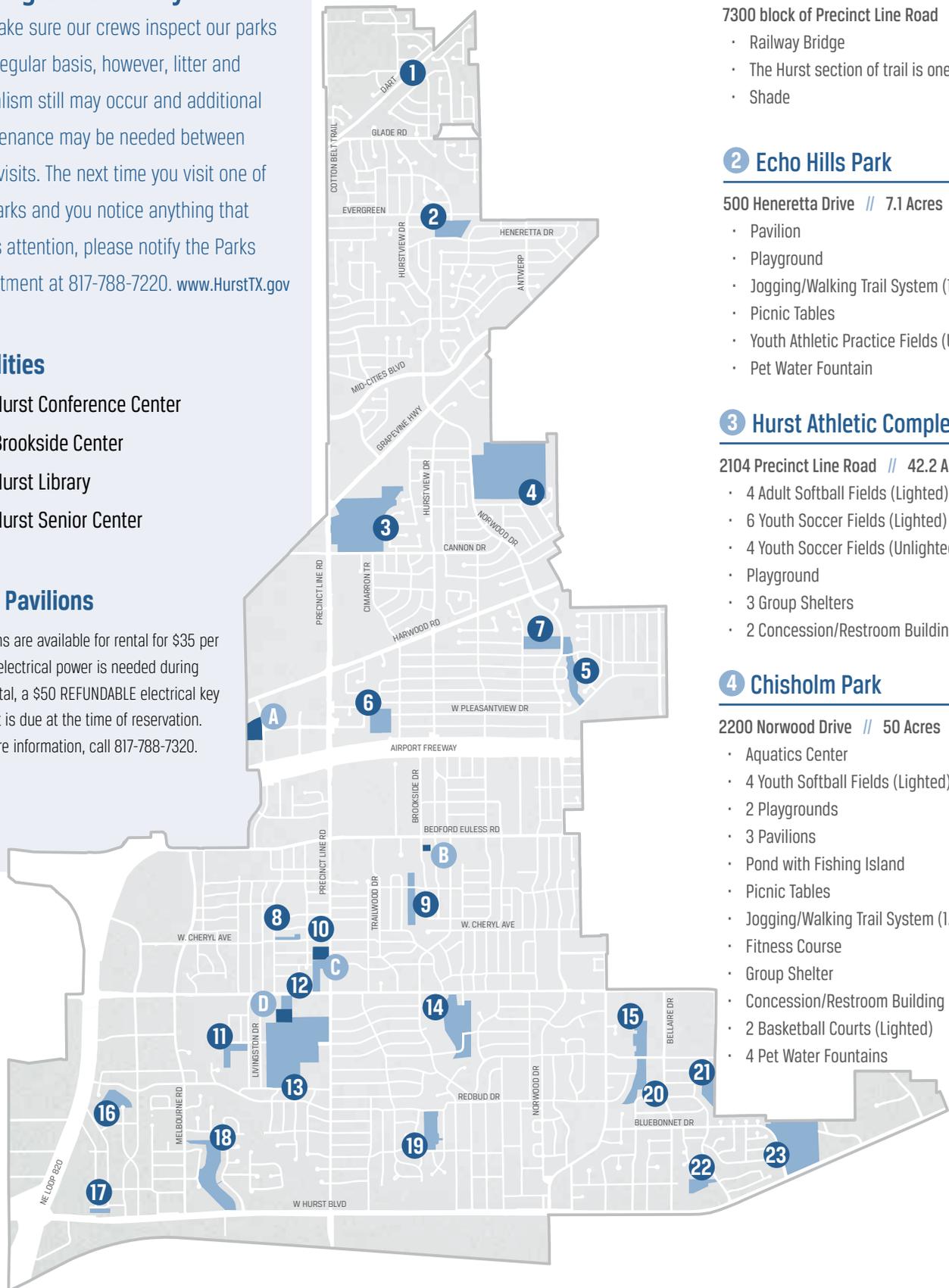
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220. www.HurstTX.gov

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 Shadylane // 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

Spring 2017

RECREATION CLASS SCHEDULE

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.

