

*where we live*  
**HURST★TEXAS**

FALL/HOLIDAY 2018

Push In Ceremony

Cyber Security Forum

Railway Safety



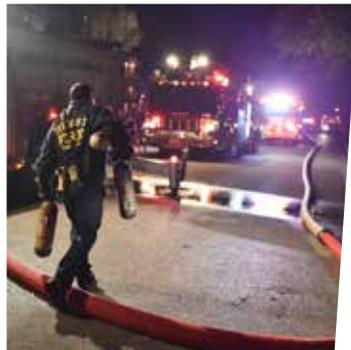
# where we live

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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 Niekamp** Police Chief  
**David Palla** Fire Chief  
**Matia Messemer** Executive Director of Human Resources  
**Steve Bowden** Executive Director of Economic Development and Tourism  
**Clayton Fulton** Executive Director of Strategic and Fiscal Services  
**Malaika Farmer** Executive Director of Administration and Customer Service  
**Michelle Lazo** Executive Director of Planning and Community Development  
**Kara McKinney** Public Information Officer



Cover photos by Ben Saladino

## On the Cover

It's no secret that Hurst has the best public safety in Texas. Our first responders are dedicated to keeping our community safe, and they continually put their lives on the line for us each day. As a city, we are incredibly grateful for the love and support our residents give to our first responders; always quick to show your appreciation and help to make sure they have everything they need to perform their job at the highest quality level. In celebration of the fire department adding a new fire apparatus this fall, we wanted to feature some images that show how they're able to use their equipment to perform life saving techniques for people in need on the cover of this issue. Be sure to turn to page 6 for information on our Push in Ceremony later this fall!



## Mayor's Message

I am so happy to be writing to you in this issue as your new mayor. It's an honor and a privilege to represent you and serve this community, as I have been doing so for the last 33 years as a city council member. Hurst is a wonderful and unique city, and I look forward to seeing it continue to thrive and be a place for families to enjoy and call their home.

With the holiday season quickly approaching, we hope you make the most of your holidays by spending quality time with your loved ones and taking advantage of all that our city offers this time of year. We have several free events coming up, including our Heritage Village Presents events, our second Fall Festival in the Bellaire Shopping Center area, Cyber Security Forum that is geared towards helping parents protect their kids online, and of course, our annual Christmas Tree Lighting event! You will find details to all of our events in this issue.

During last year's Strategic Planning Retreat, city council established four community values that speak to the culture of the city and will continue to help guide council during the budget process and city staff as they conduct daily business for years to come. You can read all about it on page 19. If you are interested in learning more about the city and getting more involved, I highly recommend joining one of our citizen academies. You'll build relationships with your neighbors and get to know council and city staff while learning how the city budget comes together, how our public safety operates, and so much more. Page 19 has all the info!

Hurst has a bright future ahead, and I'm excited to see all that our new council will accomplish. We will continue to work well together to ensure Hurst remains a vibrant community. We wish you and your family a memorable fall/holiday season and look forward to seeing you at our events!

- Mayor Henry Wilson

## City Council

**Henry Wilson** Mayor  
**David Booe** Mayor Pro Tem  
**Larry Kitchens** Council Member  
**Cathy Thompson** Council Member  
**Bill McLendon** Council Member  
**Jon McKenzie** Council Member  
**Cindy Shepard** Council Member

## The Social Media Connection

### City of Hurst

**WEBSITE:** [www.HurstTX.gov](http://www.HurstTX.gov)  
**FACEBOOK:** @CityofHurstTX  
**TWITTER:** @TheCityofHurst  
**INSTAGRAM:** @CityofHurstTX  
**NEXTDOOR:** City of Hurst

### Hurst Public Library

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

### Hurst Police Department

**FACEBOOK:** @HurstPoliceDept  
**TWITTER:** @HurstPoliceDept  
**NEXTDOOR:** Hurst Police Department

### Hurst Conference Center

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

### Hurst Recreation Center

**FACEBOOK:** @HurstParksandRecreation  
**INSTAGRAM:** @HurstParksandRecreation

### Hurst Fire Department

**TWITTER:** @HurstFireDept

### Hurst Senior Activities Center

**FACEBOOK:** @HurstSeniorActivitiesCenter



# Pumpkin: plump and delicious

Pumpkin is all the rage this time of year, but have you actually cooked with it and not just used it as a scent or flavoring?

There are so many fun and creative things you can do with this healthy plant. Check out some of the options below and try them for yourself!

1. There are hundreds of different kinds of pumpkins, gourds and squash that are all part of the same plant family. But not all of them are meant for eating. If you are new to pumpkin, start simple with your regular orange variety.
2. Technically, pumpkin is a fruit because it is edible and full of seeds. The best part is, you can eat it so many different ways and even enjoy the seeds. Start by cutting open the top and scooping out all the inner fibers and seeds. Clean the seeds off and save them for later. Then cut open the pumpkin and harvest out the inside to eat. It is easiest to cut the pumpkin flesh in chunks to use for preparing your favorite recipes. If you are afraid to buy the raw plant, you can also pick up a can of organic pumpkin already pureed and start there.
3. Pumpkins are not only full of taste but also of nutrition. This orange plant is rich in fiber, vitamins A and C, only 49 calories per cup and also gives you a boost of potassium and magnesium. Fall is the perfect time to eat more because it coincides with the "sick season" of the year and helps your immune system stay strong.

4. Pumpkin can be prepared for savory or sweet enjoyment. It is wonderful paired with cinnamon, turmeric, ginger, onion, garlic, cream and more. You can bake, sauté or roast with herbs and spices, add it to chunky soups, purée and add it to your favorite baked goods or, of course, make famous desserts. The options are endless.
5. Don't forget about the seeds. If you harvested pumpkin seeds or bought them at the store, think about adding them to your favorite salad, grabbing a handful as a snack, tossing them in your baked goods or blending them into a smoothie. You can even pair them with cheese and grapes for a delicious appetizer.

There are so many other ideas for wonderful fall foods using this plant. When you think of fall, make sure to include pumpkins in your diet as well as your decorations.

Did you know these articles are written as part of the Healthy Hurst Program? Is there a topic you would like us to cover or want to share your ideas or recipes with us? We would love to hear from you! Please drop us a note at [ewhite@hursttx.gov](mailto:ewhite@hursttx.gov) or write a suggestion and drop it in the box at the Hurst Recreation Center. The City of Hurst is proud to encourage health and wellness for all of us. Whether it is providing opportunities for education, physical activity or enrichment of other kinds, we are here to help you feel good and live well.



# Spicy pulled pork and pumpkin chili with sweet pumpkin seeds

## Ingredients (Choose organic when possible)

- 1 (2-3 pound) pork shoulder roast or butt
- 4 tablespoons honey
- 1/4 cup chili powder
- 2 tablespoons smoked paprika
- 2 teaspoons chipotle chili powder
- 1 teaspoon cinnamon
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon cayenne pepper
- 2 bay leaves
- 1 (12 ounce) beer (optional - could use pumpkin beer)
- 2 teaspoons apple cider vinegar
- 2 teaspoons worcestershire sauce
- 1 (28 ounce) can organic fired roasted crushed tomatoes
- 2 (6 ounce) cans organic tomato paste
- 4 cups fresh pumpkin diced (or 1 can pumpkin puree)
- 1 (14 ounce) can organic black beans rinsed + drained
- shredded sharp cheddar cheese sour cream or greek yogurt and cilantro, for topping

## Cinnamon Sugar Pumpkin Seeds

- 2 tablespoons butter
- 1 cup pumpkin seeds
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- salt to taste

**Nutrition Facts (per 6 oz serving):** Calories 265, Total Fat 11 g, Sodium 104 mg, Carbohydrate 25 g, Fiber 2 g, Protein 16 g

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

## Directions

1. Add the pork to the bowl of a crockpot. Drizzle the honey over the pork and then sprinkle with chili powder, chipotle chili powder, cinnamon, garlic powder, onion powder, cayenne and season with 1/2 teaspoon salt. Add the bay leaves and then pour in the beer, apple cider vinegar, worcestershire, fire roasted tomatoes and tomato paste. Add the cubed pumpkin and stir to combine.
2. Cover the crockpot and cook on low for 7-8 hours or on high for 4-6 hours (recommended to go low and slow).
3. Just before you are ready to shred the pork, make the pumpkin seeds. Preheat the oven to 350 degrees.
4. In a heavy-bottomed medium skillet, add the butter and melt over medium heat until just browned. Butter will melt, foam, and froth, and then begin to brown along the bottom. Whisk the browned bits off of the bottom of the pan. Remove from the heat and stir in the pumpkin seeds, brown sugar, cinnamon and salt. Toss well and then spread the mixture out onto a parchment lined baking sheet. Roast for 20-30 minutes, stirring every 10 minutes to make sure nothing is burning. Remove from the oven. Taste and season with salt if desired.
5. Remove the pork from the crockpot and let cool slightly. Lightly shred the pork with two forks or your hands and return the meat to the crockpot. Add the black beans. Toss well, cover and warm through. If the chili base is too thick for your liking, add a cup or so of chicken broth until your desired consistency is reached.
6. To serve, ladle the chili into bowls. Top with a dollop of greek yogurt and shredded cheddar cheese. Sprinkle the pumpkin seeds over the chili. EAT!

## Fire Safety Month

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October is Fire Safety Month, and we want to remind you of a few steps to take to reduce the likelihood of having a fire – and how to escape safely in the event of one.

"LOOK" for places fire could start. Take a good look around your home. Identify potential fire hazards and take care of them.

"LISTEN" for the sound of the smoke alarm. You could have only minutes to escape safely once the smoke alarm sounds. Go to your outside meeting place, which should be a safe distance from the home and where everyone should meet.

"LEARN" two ways out of every room and make sure all doors and windows leading outside open easily and are free of clutter.

Fire can happen anywhere. Beyond knowing what can happen where you live, you need to know what can happen where you work, shop or anywhere you go! For more information, visit [firepreventionweek.org](http://firepreventionweek.org).



## Push in Ceremony

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*Date TBD // FREE*

*Fire Station 2 // 837 West Pipeline Road*

The Hurst Fire Department is gaining a new fire truck this fall, and we want to celebrate the occasion with YOU! Join us to push in the truck and welcome it to the station! Check back later for event details posted on social media and our website.



## National Night Out

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*October 2 // 5:30-8PM // FREE*

*Vivagene Copeland Park // 501 Pecan Drive*

*Hurst Public Library // 901 Precinct Line Road*

This annual event provides an opportunity for neighborhoods to come together, meet police officers and other city staff while building relationships to help prevent crime and keep our neighborhoods safe.

## Fire Department Open House

*September 29 // 10AM-2PM // FREE  
Main Fire Station // 2100 Precinct Line Road*

Please join us for the Fire Department Open House on Sept. 29! Everyone is invited to come meet your firefighters, enjoy hot dogs and beverages, demonstrations and lots of fire apparatus on display. We will also have face painting and a bounce house! We can't wait to see you there!



## What is CERT?

If a major disaster affects Hurst, our citizens may be forced to rely on each other for help in order to meet their immediate life-saving and life-sustaining needs. Sponsored by the Hurst Fire Department, the Community Emergency Response Team (CERT) is a training program that prepares citizen volunteers to respond to emergency situations that may affect our community. This program teaches emergency preparedness and basic disaster response techniques that will prepare citizen volunteers to take an active role in providing critical support to professional first response members during emergencies. The instructions include basic first aid, triage, small fire suppression, light search and rescue methods, communications, cribbing and an introduction to the Incident Command System.

Since its inauguration in 2014, the Hurst CERT has provided support personnel for Hurst Stars and Stripes and the annual Christmas Tree Lighting event. Additionally, in 2015 Hurst deployed CERT members to supplement the post tornado effort in Rowlett and provided personnel to Ft. Worth and Dallas in 2017 to assist at their Hurricane Harvey shelters.

The CERT program is open to Hurst residents who are 18 years or older, can perform some physical activity and can pass a background check. Applications are available at the Main Fire Station, 2100 Precinct Line Rd., or on the city website at [hursttx.gov/CERT](http://hursttx.gov/CERT).

### 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](http://hursttx.gov/CodeRED).

### SAVE THE DATE!

## Fire Department Steak Dinner

*October 13 // 4-8PM  
Main Fire Station // 2100 Precinct Line Road  
Ticket sales begin September 1 at Fire Administration or a HCFAAA member*

Join us for the annual Hurst Citizens Fire Academy Alumni Association Fire Department Steak Dinner event (catered by Outback)! Tickets usually sell out quickly, so get yours soon! For more information, call 817-788-7238.

# 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 is valid for one year and must be renewed annually.
- Membership includes many free classes, programs and activities, use of our state-of-the-art fitness room and access to aquatics programs. Please note that some classes and programs may require nominal fees.

### Senior Center Membership Fees:

- 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.)
- As a member of a Medicare Advantage or Medicare Supplement plan, you may be eligible for a no-cost or low-cost membership through the Silver & Fit or Silver Sneakers program.
- In order to receive the Hurst resident rate, please bring your Hurst water bill, Hurst property tax statement or Hurst apartment lease and your photo ID as proof of residency.

## Lunch Program

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

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 a.m. No exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To-go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 12:30 p.m. Lunches not picked up by 12:30 p.m. must be discarded.

## Donor Board

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

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

For more information or to make a donation, contact the Senior Center Director Linda Rea at 817-788-7710.

## Contact Information

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700 Heritage Circle  
Hurst, TX 76053  
817-788-7710

## The Social Media Connection

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Did you know that the Hurst Senior Activities Center is now on Facebook? Stay up to date on current happenings, find pictures of recent events and more! Follow us, like us and share us: @HurstSeniorActivitiesCenter

## Registration Policy

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Registration is required for most scheduled classes, activities and programs.

Registration opens the first business day of each month at 8 a.m. and continues throughout the month. You must have an active Senior Center membership or day pass in order to register for classes. Any applicable fees must be paid at time of registration unless otherwise noted. Save time and register online by visiting the Senior Center website: [hursttx.gov/hsac](http://hursttx.gov/hsac). To get started with online registration, you will need to visit the Senior Center to activate your account.

## Senior Center Advisory Board

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Chair: **Marcy Davis**

Vice Chair: **Gerald Grieser**

**Doris Young, Bob Hampton, John Smith, Joan Stinnett, Barbara Albright Durwood Foote and Marie Perry**

## Senior Center Staff

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HSAC Director: **Linda Rea**

Activities Supervisor: **Michelle Varley**

Administrative Assistant: **Laura Gore**

Activities Assistant: **Linda Provence**

Front Desk Attendants:

**Diana Conway**

**Nikki Dancer**

**Tammy McDonald**

**Jorji Northrop**

**Gayle Stevens**

## 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.)



### Nutrition & You

We've all heard the saying "You are what you eat." Come to this new series of monthly classes where Nutritional Health Coach Sinead McCourt will cover topics about the importance of what you put into your body. All attendees will receive a \$5 discount coupon. Sponsored by Natural Grocers.

**August** - Maintaining Muscle Mass

**September** - Natural Snacks to Support a Healthy Mood

**October** - Fight Back Against Stress

**November** - Extraordinary Cranberry

**December** - Taste - Tea and Nourishing

2:00-3:00PM // Friday // 8/24 // Free

2:00-3:00PM // Friday // 9/28 // Free

2:00-3:00PM // Friday // 10/26 // Free

2:00-3:00PM // Friday // 11/30 // Free

2:00-3:00PM // Friday // 12/28 // Free

### Breakfast Club

Wake up and get up to the Senior Center for a hearty breakfast! Each month features a different breakfast entrée, from a fresh made Belgian waffle to gravy and biscuits or tasty breakfast enchiladas. Check the Senior Pipeline for the breakfast entrée of the month. Breakfast is served with juice, coffee and fresh fruit.

8:00 - 9:00AM // Wednesday // 8/22 // \$4

8:00 - 9:00AM // Wednesday // 9/26 // \$4

8:00 - 9:00AM // Wednesday // 10/24 // \$4

8:00 - 9:00AM // Wednesday // 11/28 // \$4

### Movies & Munchies

Each month (typically the first Friday) we offer a current movie, complete with hearty munchies that includes popcorn, soda and more. See the Senior Pipeline for movie title, description and rating.

1:00 - 3:00PM // Thursday // 8/3 // \$3

1:00 - 3:00PM // Thursday // 9/7 // \$3

1:00 - 3:00PM // Thursday // 10/5 // \$3

1:00 - 3:00PM // Thursday // 11/2 // \$3

1:00 - 3:00PM // Thursday // 12/7 // \$3

### Empty Bowls 2019

Design a bowl to keep or to be donated to the "Tarrant Area Foodbank's Empty Soup Bowls 2019" event. Paint and bowls are provided. Please bring your own brushes. Kilns and firing are done on site. \$5 per bowl.

9:00-12:30PM // Thursday // 8/9

9:00-12:30PM // Thursday // 9/13

9:00-12:30PM // Thursday // 10/11

9:00-12:30PM // Thursday // 11/8

9:00-12:30PM // Thursday // 12/13

### What's for Lunch

Come to the Senior Center each month on the 2nd Thursday for lunch! Enjoy a hearty bowl of soup and a healthy salad hosted by Green Valley Healthcare. The Senior Center provides the main entrée and desert. Lunch is only \$3 per person.

11:30AM - 12:30PM // Thursday // 8/9 // \$3

11:30AM - 12:30PM // Thursday // 9/13 // \$3

11:30AM - 12:30PM // Thursday // 10/11 // \$3

11:30AM - 12:30PM // Thursday // 11/08 // \$3

11:30AM - 12:30PM // Thursday // 12/13 // \$3

### Spud & A Show

Get out of the house, and come enjoy a loaded baked potato bar and a classic movie. Please sign up in advance so we can prepare accordingly. See the Senior Pipeline for movie title, description and rating.

5:30 - 8:30PM // Thursday // 8/30 // \$3

5:30 - 8:30PM // Thursday // 12/20 // \$3

### Photography 101

Learn how to get better results when using your SLR digital camera. Four weekly sessions are planned, each one lasting 60-90 minutes. Learn about good composition and storytelling with your camera; how to master all those dozens of controls and settings it has; how to correct exposure errors in your computer; and how to organize your photos like the pros.

2:00 - 3:30PM // Thursday // 10/4-10/25 // \$5

## Senior Center Upcoming Events & Classes

(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 \$20.

9:30AM - 12:30PM // Friday // 8/10

9:30AM - 12:30PM // Friday // 9/14

9:30AM - 12:30PM // Friday // 10/26

9:30AM - 12:30PM // Friday // 11/16

Noon - 3:00PM // Friday // 12/14

### Chair Volleyball

Reap the benefits of being active, and join in the fun of Chair Volleyball. This modified version of volleyball is played much like the traditional game. Chairs are placed to cover the court, and players rotate for serving. The team works together to get the beach ball over the net. There is one catch - you must remain seated, with one cheek in the seat at all times. Chair volleyball is played weekly on Wednesdays.

10:00AM - 12:30PM // Wednesday // Free

### 9th Annual Member Mixer— Summer Party

Put on your summer attire and plan to spend the afternoon at the Senior Center. Enjoy a light buffet, live entertainment, photo opportunities, and more. Catch up with old friends and meet some new ones. Please RSVP by August 10. Sponsors: Walgreens, Lexington Place, and Parkwood Retirement.

1:00 - 3:00PM // Friday // 8/17 // Free



### Elder Financial Fraud

Did you know 1 in 20 older adults experience financial exploitation each year according to the U.S. Department of Justice. An estimated \$3 billion is stolen from seniors annually due to common scams. Lori Varnell, Chief Attorney of the Elder Fraud Division of the Tarrant County District Attorney's Office, has had extensive experience in prosecuting a variety of white collar crimes during her legal career. Come learn how you can protect yourself.

10:00 - 11:30AM // Wednesday // 8/22 // Free

### Vaccination Clinic

Get immunized here! Registered pharmacist will be administering vaccines including influenza, pneumonia, shingles and tetanus. Remember to bring both your medical and prescription insurance cards. \$0 out of pocket expense, based upon your insurance coverage. Most insurance is accepted. It is highly recommended that you schedule an appointment time. Pneumonia, shingles, and tetanus vaccines require pre-approval and special storage, therefore, you MUST pre-register to receive these vaccines. Please let the Front Desk Attendant know which vaccines you wish to receive when making your appointment. Sponsored by Mid-Cities Pharmacy.

9:00AM - 12:00PM // Friday // 9/28

### Masquerade Bingo Party

Celebrate All Hallows' Eve by coming to the Senior Center wearing your favorite mask to our Masquerade Bingo Party. We'll enjoy some light refreshments, mix and mingle with friends, play some BINGO and do the Monster Mash. Please be sure to sign up!

2:00 - 3:30PM // Wednesday // 10/31



## 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.)



### HSAC Anniversary & Open House

On Wednesday, November 7 the Senior Center will celebrate its 9th Anniversary. Please come by and tour our beautiful facility and discover this hidden gem for adults age 55 and over. Tours are available during our normal operating hours, 7am-7pm. Door prize drawings will be held throughout the day. (You must have a valid membership to enter.) There will be live entertainment at the Cake and Punch Reception at 1:00 pm.

Wednesday // 11/7

### Thanksgiving Dessert Buffet

Don't miss out on this dessert extravaganza! Desserts are provided by the Center and through the support of sponsors, but members are invited to bring their favorite dessert as well. Diabetic friendly options will be available. Enjoy hot apple cider or cranberry punch as you indulge in a variety of tasty confections. Please let the front desk know if you plan on bringing a dessert for this annual holiday event and sign up in advance if you plan to attend.

2:00 - 3:30PM // Friday // 11/16 // Free

### Tamale Making Demo

Sign up early for this annual Senior Center tradition with members Jose & Josie Calvillo. Learn how to prepare authentic Mexican tamales from beginning to end. Each participant will receive hands on experience that includes filling, rolling and steaming of the tamales. You will also receive the recipe, ½ dozen tamales to take with you, and tasting samples during demonstration. Space is limited, sign up opens November 15.

11:00AM - 1:30PM // Monday // 12/3 // \$5

### Black-eyed Peas, Cornbread and a Movie

Get ready for the New Year by taking part in this Southern tradition and eat your lucky black-eyed peas! Enjoy the movie "Murder on the Orient Express" while you dine. Everyone is a suspect when a murder is committed on a lavish train ride, and a brilliant detective must race against time to solve the puzzle before the killer strikes again. This suspenseful and thrilling mystery is based on the best-selling novel by Agatha Christie and features an all-star cast.

11:00AM - 1:30PM // Monday // 12/31 // \$3

### Holiday Breakfast Brunch

Enjoy a festive morning of Christmas tradition and fare including a waffle station, an assorted fruit and pastry station, omelet station, a variety of breakfast meats along with fresh coffee and juice. While you dine enjoy holiday and mountain music by the Vanderveer Brothers String Band. Complimentary holiday photo opportunities with Santa will be available. Breakfast will be served 9am-9:45am and entertainment will begin at 10am.

9:00-11:00AM // Friday // 12/14 // \$5 per person

### Grandkids Christmas Breakfast & Activities

Bring your grandkids to the Senior Center for a morning of holiday fun. Get family pictures made with Santa, make a holiday craft and enjoy a Christmas inspired, kid-friendly breakfast while we watch a classic holiday cartoon. We will conclude the activities with everyone creating their own decorated treat.

9:00AM - Noon // Friday // 12/21 // \$5 per person

## Senior Center Upcoming Events & Classes

(You must be a member to participate. Sign-up and fees may be applicable.)



## Senior Center Upcoming Fitness Classes

### *Aquatics Classes*

Purchase a 5 class Punch Card for \$20. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led aquatics classes.)

### **Silversneakers Splash!**

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a kickboard or other aquatic equipment is used to improve strength, balance and coordination. Fees are waived for SilverSneakers members this class only. **Instructor: Rosy Pritchett**

10:00 - 10:55AM // MW // Punch Card

11:00 - 11:45AM // TTH // Punch Card

### **Water Wellness**

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.

**Instructor: Off the Deep End Aquatics**

10:00 - 10:45AM // TTh // Punch Card

### **Unstructured Water Time**

Use of the pool for unstructured water time is available on FRIDAYS in two 55 minute increments. Water noodles and kick boards are available for your use. Inflatable flotation devices are prohibited. **\$5/month per session.**

10:00 - 10:55AM // Friday // \$5

11:00 - 11:55AM // Friday // \$5

### **Aqua Zumba**

This class is perfect for those looking to add a low-impact, high-energy aquatic exercise to their fitness routine. Benefits include less impact on your joints during class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles. **Instructor: Rosy Pritchett**

11:00 - 11:45AM // MW // Punch Card

## Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)

### Group Fitness

Registration for our Group Fitness is required on a per month basis. Registration opens on the first business day of the month. Class fees range from \$2.50 to \$5 for a single class. Most classes meet weekly, averaging four times per month.

### Ageless Grace

A program that works on all 5 functions of the brain as well as the 21 primary physical skills we need for aging youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. **Instructor: V'Ann Giuffre**

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

### Tai Chi

Chinese system of slow meditative exercise designed for relaxation, balance, and health. **Instructor: Chot Pham**

9:00 - 10:00AM // Wednesday // 4WKS // Free

### Non-Contact Boxing

A great way to improve agility, speed, endurance, accuracy, balance, hand-eye coordination, footwork and overall strength. This class is designed with Parkinson's patients in mind, but anyone can benefit from the exercise and is welcome to participate. **Instructor: Rosy Pritchett**

4:00 - 4:45PM // Wednesday // 4WKS // \$10

9:00 - 9:45AM // Friday // 4WKS // \$10

### Fit Start | Exercise

Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Encompasses movements to strengthen the upper body and core, increase flexibility, and improve cardio health and stamina.

**Instructor: Jeri Worl / Andrea McKnight**

9:00 - 10:00AM // Tuesday // 4WKS // \$10

9:00 - 10:00AM // Thursday // 4WKS // \$10



### SilverSneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Includes use of hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. Fees are waived for SilverSneakers members this class only. **Instructor: Debbie Melchiorre/Rosy Pritchett.**

8:00 - 9:00AM // Monday // 4WKS // \$10

5:00 - 6:00PM // Tuesday // 4WKS // \$10

8:00 - 9:00AM // Wednesday // 4WKS // \$10

5:00 - 6:00PM // Thursday // 4WKS // \$10

### Zumba Gold

This class is designed for active older adults that like to move! Easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Benefits include cardiovascular, muscular conditioning, flexibility and balance.

**Instructor: Kalyn Worthey**

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

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

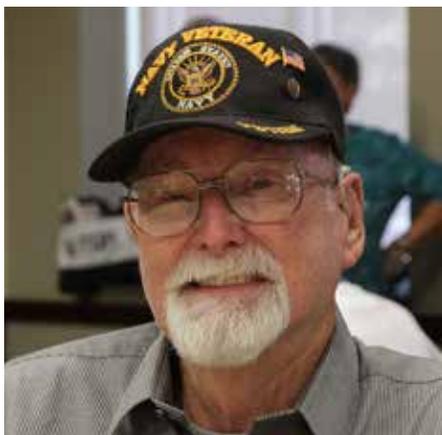
### Back, Shoulders & Balance

You will work to gain muscular strength, increase muscle tone and stretch with purpose in your back, shoulders and areas of balance. Expect to improve your ability to get out of bed, get out of a chair, maintain your posture and alleviate back muscle pain. **Instructor: Rosy Pritchett**

4:30 - 5:15PM // Monday // 4WKS // \$10

## Senior Center Fitness Classes

(You must be a member to participate. Sign-up and fees may be applicable.)



### Yoga

#### Strengthen on Your Mat

A core strengthening class that combines pilates, basic exercise moves, and yoga.

**Instructor: Rosy Pritchett**

10:00 - 11:00AM // Friday // 4WKS // \$10

#### Hatha Yoga

Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. **Instructor: Jamie Goldstein**

2:30 - 3:30PM // Tuesday // 4WKS // FREE

#### Chair Yoga

A practice that modifies yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. **Instructor: Jamie Goldstein**

3:45 - 4:45PM // Tuesday // 4WKS // FREE

#### Gentle Yoga

Incorporates the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Students should be able to get up and down from the floor on their own. **Instructor: Rachel Cowley**

1:00 - 2:00PM // Monday // 4WKS // \$16

#### Silversneakers Yoga

Participants complete seated and standing yoga poses. This class is suitable for beginners to advanced yogis, and it provides breathing exercises and relaxation without the strain on your joints. SilverSneakers members receive priority enrollment and fees are waived for class. **Instructor: D. Melchiorre**

1:00 - 2:00PM // Wednesday // 4WKS // \$10

#### Meditation Workshop

Mindful meditation is the practice of purposefully directing our attention to the present moment. Research shows that mindful meditation helps with chronic pain and lowering stress. It is linked to improving emotional and physical well-being. It can create more peace, balance, and clarity in our lives. This two hour workshop will teach you mindful meditation techniques that you can practice at home to improve the quality of your life. Mindfulness is an innate skill available to us all with practice. Class can be done in a chair or on your mat. No prior experience is needed to attend. **Instructor: Jamie Goldstein**

12:30 - 4:30PM // Friday // 9/14 // \$10

#### Restorative Yoga

Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort.

**Instructor: Michelle Varley**

3:30 - 5:00PM // Friday // 8/3 // \$5

3:30 - 5:00PM // Friday // 9/7 // \$5

3:30 - 5:00PM // Friday // 10/12 // \$5

3:30 - 5:00PM // Friday // 11/2 // \$5

3:30 - 5:00PM // Friday // 12/7 // \$5

#### Yoga Nidra

Yoga Nidra is the yogi's sleep. Come and enjoy an hour of guided relaxation, and you will feel as if you have had a long afternoon nap! You are taken through 'rotation of consciousness' (letting the mind move your thoughts through a series of body parts) and end up in a calm and relaxed state where your body and mind can rest and restore. Yoga Nidra is done on the mat on the ground using props to make you completely comfortable. Gentle yoga poses will be done to prepare your body for lying down. **Instructor: Lisa Womack.**

**Instructor: Lisa Womack**

3:30 - 4:30PM // Friday // 8/24 // \$5

3:30 - 5:00PM // Friday // 9/28 // \$5

3:30 - 5:00PM // Friday // 10/26 // \$5

3:30 - 5:00PM // Friday // 11/16 // \$5

3:30 - 5:00PM // Friday // 12/21 // \$5

## Clear the Shelters 2018

NBC and Telemundo owned stations are teaming up with hundreds of shelters across the country to host Clear the Shelters on **Saturday, August 18 from 9:30 a.m. to 5 p.m.** **That includes the Hurst Animal Shelter!**

This year, we are kicking it up a notch! There will be bounce houses, food vendors, pet vendors and more. The best part is that all adoption fees are waived during this event! Come find your new family member August 18! The Hurst Animal Shelter is located at 891 Cannon Drive.



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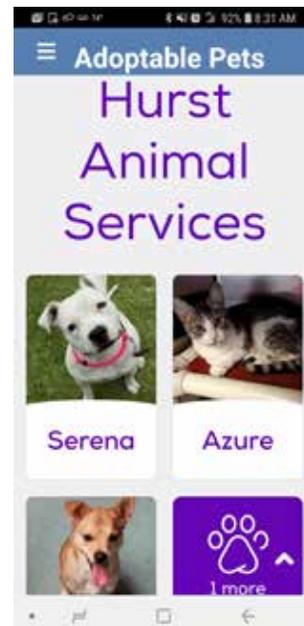
### Hurst Where We Live Mobile App

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Did you know that you can find all of our adoptable pets with the Where We Live mobile app?

Since Clear the Shelters is coming up soon, we thought this would be a good time to remind citizens of this great feature on the app. There are many other features you would enjoy as well! Submit a service request, report a street light outage, use our interactive parks map, search the business directory and more!

If you haven't downloaded your Hurst Where We Live app yet, do it today! It's available for both iPhone and Android. Just search Hurst Where We Live.



# Heritage Village Presents

Heritage Village Presents is a series of FREE events held at Heritage Village Plaza in the spring and fall. Heritage Village Plaza is located at 841 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events for Fall 2018.

## Salsa y Salsa

**Thursday, September 6 // 6-8 p.m.**

This fun, family-friendly event is back for another year! Bring a lawn chair or blanket, and come enjoy an outdoor concert featuring the salsa band Havana NRG at 7 p.m. Work on your dance moves before the concert with free salsa lessons at 6 p.m. While enjoying the music of Havana NRG, grab your free jar of Mrs. Renfro's salsa, and refresh yourself with a glass of agua fresca provided free of charge by the Hurst Public Library. If you work up an appetite, there will be snacks available!



## Dogtoberfest

**Thursday, October 4 // 5-7 p.m.**

Calling all pet lovers! The City of Hurst would like to invite you to Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include a pet-friendly photo booth, a vendor marketplace and live entertainment. Pet owners are encouraged to dress their dogs for the event for a chance to win a prize. As always, the City of Hurst will be providing free treats!

## Movie in the Park

**Friday, November 2 // 7 p.m.**

Come enjoy the fall weather with a family movie night in the park! Bring a lawn chair or blanket and a drink, and we'll supply the free popcorn! Look for movie details to come on the city's website and Facebook page.

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

## 2018 - City of Hurst Cyber Security Forum

The City of Hurst Information Technology Division presents the fifth annual FREE Cyber Security Forum on October 16, 2018 at the Hurst Public Library. This year, we will present two sessions. The first, designed for our students only, is a Q&A session regarding careers in Cyber Security - What It Takes, from 5:30-6:30 p.m. Our second session, which is open to all, is Parental

Awareness - The New Age of Bullying, all about Cyber Bullying, the form it takes and what can be done about it. This is from 6:30-9 p.m.

For more information about the Cyber Security Forum, please visit the City of Hurst website and Facebook page.

# Personal Training

Have you been thinking about getting healthier or taking your fitness to the next level but don't know where to start? Or maybe you know what you want but need some help getting there?

Here at the Hurst Recreation Center, we understand your questions and are here to help you achieve your goals! We offer personal training programs that can help in weight loss, body toning, sports training, flexibility and general exercises that will contribute to your overall wellbeing. Regardless of age, weight or current fitness level, personal training can be adjusted to your individual goals. Stop by the Hurst Recreation Center to book a session or visit [hursttx.gov/recreation](http://hursttx.gov/recreation) for more information. We have two committed personal trainers excited to help you reach your goals!

## Kyle Massingill

Fitness Coordinator

Master Personal Trainer

Kyle is a certified master personal trainer and has been training and coaching for the last four years. He has participated in MMA, swimming, boxing, baseball, hockey, basketball, cross-country and powerlifting and incorporates different parts of the various sports into his training to keep it fun and engaging. With a BA degree in speech communications from The University of Texas at Arlington, his goal is to communicate and connect with his clients to make sure they achieve success physically and mentally. Kyle is ready to inspire you to feel confident and to begin your adventure towards a healthy life.



## Behka Hartman

Certified Personal Trainer

Behka decided 12 years ago to become a certified Group Exercise Instructor and acquired certifications in over 23 different formats; including- Zumba, Hot Hula, boot camp, cycle, yoga, pilates, kickboxing and water aerobics. Behka believes fitness is an essential part in maintaining a healthy lifestyle. She's ready to help you find the right workout and begin your journey to a long, healthy life.



## Adopt a Park

Adopt-a-Park program coming soon! Interested groups or organizations should contact Kristie Weaver, Parks Director, at [kweaver@hursttx.gov](mailto:kweaver@hursttx.gov) or 817-788-7220. More details will be on our website at [hursttx.gov/adoptapark](http://hursttx.gov/adoptapark) and in the spring issue of Where We Live.

## Hurst Citizen Academies

We wrapped up another great year of Hurst 101 and Youth In Government in May! These citizen academies are offered each year to give our residents a first hand look at how each of the departments within the City of Hurst operate and learn how they can get involved in our city at a greater level. Our Youth In Government program has volunteer opportunities and offers a chance to win a college scholarship. To find out more about these programs and how you can be a part of them, visit [hursttx.gov/hurst101](http://hursttx.gov/hurst101) and [hursttx.gov/YIG](http://hursttx.gov/YIG).



# Community Values

Each spring, city council and staff work together to develop an annual strategic plan to guide the city's budget and serve as a road map for the upcoming budget year. The feedback that you provide through our annual citizen survey and Town Hall Forum each year is used to help council plan out their priorities and goals for each department. During their planning session last year, our city council established four community values that serve as the principals for council and city staff to follow while conducting business and keep Hurst a strong and vibrant community.

## 1 RESPECT

Committed to being courteous and understanding of one another

## 2 STEWARDSHIP

Committed to prudent stewardship in the pursuit of excellence

## 3 POSITIVE ENVIRONMENT

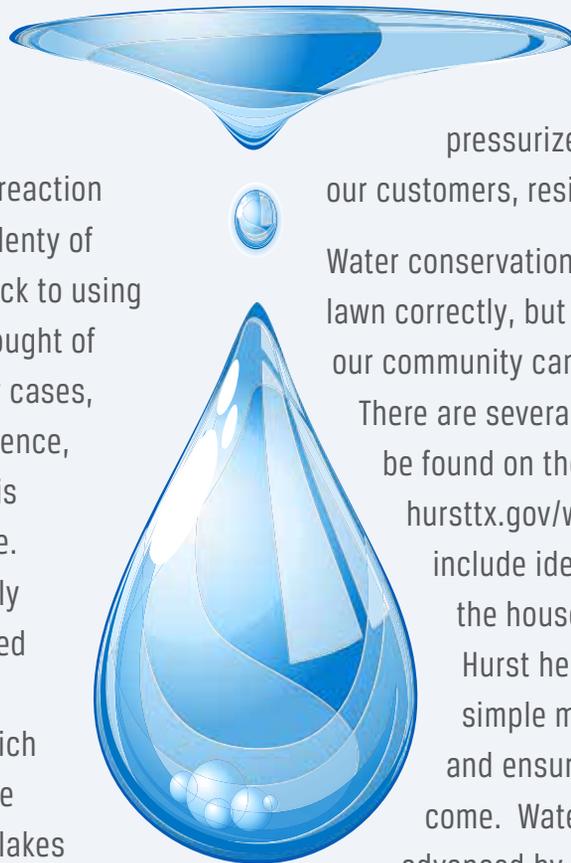
Committed to ensuring the City of Hurst is well maintained, clean and secure, leading to an enjoyable living experience

## 4 INCLUSIVENESS

Committed to providing opportunity for the public to share in guiding the future direction of Hurst

# WATER CONSERVATION

With higher rainfall totals and higher lake levels through the spring and early summer months, the natural reaction is to relax, feel like there is plenty of water for everyone and go back to using water more freely without thought of conservation efforts. In many cases, without considering consequence, we find ourselves wasting this precious and limited resource. The truth is that the seemingly limitless resource is consumed at an alarming rate with the population boom in Texas which is expected to double over the next few decades. Even with lakes full, aquifers semi recharged and rivers running higher than normal capacity, the current water supplies will not be enough to sustain the expected growth. State water supply studies reveal that more water sources are needed but are very costly. These studies also reveal that continued water conservation measures are the most cost effective way to help meet the future demands. With that in mind, water quality is also at the forefront of news stories across the globe. The City of Hurst strides to monitor, maintain, test and move



water in ways that create a safe, potable, fresh and pressurized water system to the benefit of our customers, residents and visitors alike.

Water conservation itself is not just irrigating your lawn correctly, but includes many other ways that our community can steward this limited resource.

There are several conservation tips that can be found on the City of Hurst Website at [hursttx.gov/waterconservation](http://hursttx.gov/waterconservation). These tips include ideas to conserve water inside the house as well as outside. Help keep Hurst healthy by participating in these simple measures to conserve, maintain and ensure supply for generations to come. Water conservation can also be advanced by improving other domestic uses of water. One simple conservation practice is to install ultra-low-flush (ULF) toilets and low-flow showerheads in homes and other buildings. A ULF toilet uses only 1.6 gal (6.1 l) per flush, compared to 5 to 7 gal by a standard toilet. Replacing a standard toilet with an ULF saves about 30 to 40 gal (114 to 151 l) of water per day, equivalent to 10,000 to 16,000 gal (37,850 to 60,560 l) per year. The City of Hurst Water Utilities strives to be a source of encouragement and education to the community in all conservation efforts.



# Railway Safety

TEXRail will begin routine operation later this year, and we wanted to use this as an opportunity to remind you about railway safety. These trains will be faster and quieter than before, so it's very important that we freshen up on these important railway safety tips:

- **The only safe place** to cross is at a designated public crossing with either a crossbuck, flashing red lights or a gate. If you cross at any other place, you are trespassing and can be ticketed or fined. Cross tracks **ONLY** at designated pedestrian or roadway crossings.
- **Railroad tracks, trestles, yards** and equipment are private property, and trespassers are subject to arrest and fine. If you are in a rail yard uninvited by a railroad official, you are trespassing and subject to criminal prosecution; you could be injured or killed in a busy rail yard.
- **It can take a mile or more to stop** a train, so a locomotive engineer who suddenly sees someone on the tracks will likely be unable to stop in time. Railroad property is private property. For your safety, it is illegal to be there unless you are at a designated public crossing.
- **Trains overhang the tracks** by at least three feet in both directions; loose straps hanging from rail cars may extend even further. If you are in the right-of-way next to the tracks, you can be hit by the train.
- **Do not cross the tracks** immediately after a train passes. A second train might be blocked by the first. Trains can come from either direction. Wait until you can see clearly around the first train in both directions.
- **Flashing red lights** indicate a train is approaching from either direction. You can be fined for failure to obey these signals. Never walk around or behind lowered gates at a crossing, and **DO NOT** cross the tracks until the lights have stopped flashing and it's safe to do so.
- **Do not hunt, fish or bungee jump** from railroad trestles. There is only enough clearance on the tracks for a train to pass. Trestles are not meant to be sidewalks or pedestrian bridges! Never walk, run, cycle or operate all terrain vehicles (ATVs) on railroad tracks, rights-of-way or through tunnels.
- **Do not attempt to hop aboard** railroad equipment at any time. A slip of the foot can cost you a limb or your life.
- **Be aware trains do not follow set schedules.** Any Time is Train Time!

# Tackle Grease in the Kitchen

## Why should I help?

- Prevent grease buildups from blocking sewer lines
- Stop sewer overflows into streets and storm drains
- Save money spent on costly cleanups of sewage spills
- Reduce the number of times you have to clean your grease trap (food services)
- Protect the quality of our water

## Do:

- Put oil and grease in covered collection containers.
- Scrape food scraps from dishes into trash cans and garbage bags and dispose of properly. Avoid using your garbage disposal.
- Remove oil and grease from dishes, pans, fryers and griddles. Cool first before you skim, scrape or wipe off excess grease.
- Prewash dishes and pans with cold water before putting them into the dishwasher.
- Cover kitchen sink with catch basket and empty into garbage can as needed.
- Cover floor drain with fine screen and empty into garbage as needed.

## Don't:

- Don't pour oil and grease down the drain.
- Don't run water over dishes, pans, fryers and griddles to wash oil and grease down the drain. Don't rinse off oil and grease with hot water.

## More ways to tackle grease...

- Use environmentally safe cleaning products instead of harsh detergents or cleaners that can damage sewer lines.
- If you generate large amounts of used cooking oil, recycle it. To find a recycler, search "recyclers" or "rendering companies" online.
- If you generate small amounts of used cooking oil, pour it into a container you can throw away. Never pour it down the drain.
- Start a compost pile at your home with scraps that are not meat.

## Fall/Holiday Grease Roundup

Nov. 26 - Jan. 6

This holiday season, we're making it easier than ever to Cease the Grease! You can recycle it for free at our drop-off location at the north end of the Service Center parking lot at 2001 Precinct Line Rd.



## Hurst Hearts

Every person has the opportunity to be a positive influence. Just one kind word or action has the power to change someone's day. There's no such thing as random acts of kindness; kindness is intentional. It happens every day in our city and allows us to build a strong community, and our

Hurst Hearts kindness campaign was created to highlight these acts of kindness. We invite you to join us in this campaign and share your stories of kindness through our website at [hursttx.gov/hursthearts](http://hursttx.gov/hursthearts) or in your Facebook, Twitter or Instagram posts by using #hursthearts.



## *Economic Development*

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2010 was a good year for the City of Hurst. The Hurst Conference Center opened its doors that year and commenced its first year of operation. There was immediate acceptance from the HEB community as visitors marveled at its attractiveness and functionality. The mayor and city council looked at how some of the finest conference centers in the country were designed and came up with the marble floor design, festive carpet, meeting and ballroom design, breathtaking light curtains and ornate ballroom.

The conference center's popularity has grown every year now, averaging over 60,000 conference attendees and 360 events per year. It became increasingly evident that the city council's plan to someday add a conference center hotel to the Hurst Conference Center was becoming paramount to even further continue its success.

Hilton's Global Hospitality Groups, Hilton Garden Inn, is known to be one of the best hospitality partners for conference centers in the country. Their typical size, design,

services they offer and ever popular Hilton Rewards Program had made them an instant success at many locations across the globe. The City of Hurst was fortunate to secure site approval from the Hilton Corporation, and the planning began. Hilton chose to use the same award winning architect that had designed and built the Hurst Conference Center to ensure continuity and the same level of splendor.

The Hilton Garden Inn opened its doors June 2018 and is already receiving rave reviews from the community and its patrons. They operate 140 rooms on six levels overlooking the Hurst Town Center. The two level open atrium lobby with full service restaurant and patio nicely compliments the Hurst Conference Center's common areas in upscale look and design.

We hope residents of Hurst and the many visitors that will come from throughout the state will enjoy the new Hilton Garden Inn and Hurst Conference Center for many years to come.



# Recycling Changes are Here

Most Hurst residents probably are not aware of the recent changes in acceptable recyclable items shipped to China. What does China have to do with us? Glad you asked!

China was, in the past, one of the largest recipients of recyclable goods from the United States. Recently, China has banned imports of 24 kinds of solid waste it deems hazardous. What would make them hazardous? The answer is contaminated containers and items being mixed in that are not recyclable. This drastic reduction has caused quite the issue at our trash and recycling facilities, resulting in a large amount of waste that is no longer recyclable and will ultimately end up in our landfills.

But you can help increase the amount of recyclable goods! Isn't that good news?

*As a guideline, here is a list of what can ALWAYS be placed inside your recycling container:*

**Plastics - #1 thru #7** - Look on the bottom of the containers for a number inside the recycling arrows.

**Metal cans, aluminum foil and aluminum foil pans** - Recycle all food and beverage metal cans, steel, tin, bi-metal and aluminum.

**Cardboard, newspaper and magazines** - You can also include newspaper inserts, catalogs, paperback books, phone books and brochures.

**Paper containers and cartons** - Recycle food boxes including juice boxes, ice cream and paper milk containers and cereal and pasta boxes (remove inside bags).

**Paper** - Recycle envelopes, office paper, junk mail, greeting cards and file folders. Shredded paper should be put in a paper bag.

**Glass** - Recycle brown, green and clear glass.

And remember! Empty. Clean. Dry. You can find out more by visiting [hursttx.gov/recycling](http://hursttx.gov/recycling).

## Fall Festival

**October 6 // 11AM-2PM // FREE**  
**Bellaire Shopping Center/Vivagene Copeland Park**

We are excited to be hosting our FREE Fall Festival again this year! Join us at the Bellaire Shopping Center for our craft fair and car show. Enjoy activities including a pumpkin patch with a decorating station, hayride, face painting, live music food vendors and so much more over at Vivagene Copeland Park. This is a great event for the whole family. We hope to see you there!





# City of Hurst Employees

## Work Closely with Christmas Providers

It's that time of year when we begin focusing on the upcoming Christmas holidays. Stores have their shelves with decorations encouraging us to start preparations early. Children are beginning to dream about the good things that the season holds for them. Unfortunately, too many families in our nearby neighborhoods will wake up Christmas morning without enough food in their pantry, and children will miss the thrill of Santa's visit.

Christmas Providers, a non-profit organization serving the community for over 30 years, sponsors an "Adopt-a-Family" program. Christmas Providers fulfill the Christmas wishes of children in the Hurst-Euless-Bedford and Birdville Independent School Districts.

City of Hurst employees volunteer and donate their time and money toward this worthwhile program. Employees adopt families who reside in Hurst and provide these families with a box of food and gifts for the children. Employees donate their time at the distribution center as well as participate in a food drive. City of Hurst Employees conducted a "peanut butter and jelly" collection this year in an effort to supplement the distribution center and ensure all families were provided with this much needed staple.

If you'd like to become a provider this year, minimum requirements are as follows:

- Provide at least one (1) wrapped reasonably priced gift for each child in the adopted family. A list of requested

gift ideas, including clothing sizes, as recommended by the child's parent/guardian, will be provided to you for your consideration.

- Provide a meat for Christmas dinner (ham or turkey recommended).
- Pick up a box of canned goods and a grocery gift card prepared by Christmas Providers' volunteers at our distribution center (see information below).
- Deliver all the above items directly to the adopted family prior to Christmas Eve.

Please help us help others.

**Adopt a Family – Become a Provider.** Please call our seasonal office at **817-503-0529** between 9AM – 2PM beginning November 6 through December 7, 2018.

**Sort and box** collected food items on December, 4 and/or 5 between 8:30AM-9PM. Our "seasonal" distribution center is located in the Boy Scout Youth Building located at the First United Methodist Church at 521 West Pipeline Rd., Hurst, TX. Contact the seasonal office or contact Marc Roberson at **817-421-0437** to schedule large groups. Walk-in help is always appreciated.

**Cash donations** used to purchase grocery gift cards for each adopted family can be mailed to Christmas Providers at PO Box 621, Hurst, TX 76053.

# Hurst Public Library

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



## Library Showcase 2018

### *The Library of Oz*

October 11, 6-8 p.m.

There's no place like Hurst! Come celebrate the library with us on October 11 from 6-8 p.m. Explore the wilds of Kansas at our petting zoo or take home a new friend from Toto's Haven. Follow the yellow brick road through

a Munchkinland filled with games, giveaways, and yummy treats.

Marvel at the wonders of Oz with a special children's performance by Artie's Playhouse at 6 pm, followed by an exciting concert from popular band



The After Party at 7 p.m. Don't forget to fly back to Kansas in our hot air balloon inflatable!

Guests are encouraged to dress for the occasion.

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



## Adult Programs

### AARP Ride @50 Workshop

11:00AM and 1:30PM // 9/20, 10/18

Technology is changing how we get around. Understanding how to request a ride with the touch of a button on a smartphone can help connect riders with the people and activities that matter to them. The ridesourcing education workshop, Ride@50™, developed by AARP Driver Safety, offers a FREE, interactive 90-minute session. Participants will:

- Learn the social, safety, and financial benefits of using ridesourcing services
- Understand how to use a ride-sourcing app like Lyft or Uber
- Receive hands-on help downloading and activating a ridesourcing app!

Participants will receive a Workshop Getting Around Guide that may be referenced after the workshop. Plus, participants will receive a credit for a free ride! Call 817-788-7301 to register!

### ACH Child & Family Services Night

FOSTER CARE AND ADOPTION 101 - Please join us for a Foster Care and Adoption Information Meeting co-hosted by ACH Child and Family Services - a local not-for-profit organization working toward making sure all foster and adoptive children in our community have a healthy and safe home. ACH will go over the basic requirements to foster and/or adopt kids from our local community and will be happy to answer any questions about the process.

6:00PM // TH // 9/13

### Adult Games, Games, Games!

Come play games at the library! Play Scrabble, cards, Settlers of Catan, Ticket to Ride and more! Or bring your own game to share!

7:00PM // First Thursday // 9/6, 10/4, 11/1, 12/6

2:00PM // Third Saturday // 9/15, 10/20, 11/17

### Brown Bag Book Club

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

Join us for an informal book discussion.

**September** - *Sign My Name to Freedom* by Betsy Reid Soskin

**October** - *Moonrise* by Cassandra King

**November** - *Blue Highways* by William Least Heat-Moon

**December** - *The 100 Year Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson

### Trinity Writer's Workshop

Join us for our writer's workshop!

7:00-9:00PM // Tuesdays

# Hurst Public Library



## Ongoing Youth Programs

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### 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

## Youth Programs

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### 1,000 Books Before Kindergarten

All children under kindergarten age and their caregivers. Registration begins September 4.

**Who:** You and your child

**What:** Read books, any books to your child

**When:** Whenever you can

**Where:** Wherever you are

**Why:** To provide a simple, innovative yet fun approach to establishing strong early literacy skills in young children

**The goal:** Read 1000 books before kindergarten

**The ultimate goal:** Help your child gain the confidence necessary to become a strong reader

It's easier than you think and very manageable! When you register, we will show you various ways you can keep track of what you read; you can choose the best for you. And for every 100 books you and your child share, you will get incentives to encourage you along the way.

### 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 // 10/3-11/7

**Saturday Sessions**

10:30-11:30AM // S // 10/6-11/10

### Boo Books

**For All Ages**

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

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



## Puppet People Workshop

4th-8th Graders

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

4:00-5:00PM // T // 9/18, 10/16, 11/20, 12/18

## Story Laboratory

Family storytime. A selection of stories, a smattering of science, a creative component - experience stories in many different ways and not just with your eyes and ears!

7:00PM // T

**September 11** - *Pirates Ahoy*

**October 9** - *Ghastly Ghosts*

**November 13** - *Cooking Capers*

**December 11** - *Playful Penguins*

## Trinity Writers Letters to Santa

For All Ages

Have you written Santa yet? Want to take a break from the busyness of the season? Take a few minutes to stop by for simple holiday cheer, a little help for writing your Santa letter, and some original stories from the Trinity Writers Workshop.

3:00-5:00PM // S // 12/1



All programs are open to teens in grades 6-12 unless otherwise noted.

## Teen Zone

## Adulting 101

6th-12th Graders

Do you know how to change a tire? Open a bank account and keep it balanced? Write a resume? If not, join us as we share tips and tricks to make your journey to adulthood the G.O.A.T.

7:00PM // TH // 9/13

## Chess Club

Students of all ages through high school

4:00-5:00PM // M

# Hurst Public Library



**Teen Zone** All programs are open to teens in grades 6-12 unless otherwise noted.

## Cover II Cover YA Book Club

6th-12th Graders

If you love romance or science fiction, epic fantasies or gritty dramas, then join us to talk books! Every month, we'll discuss a new topic rather than a specific title. Looking for inspiration? Make sure you pick up our suggested reading list for each month's topic in the Teen Zone!

2:00PM // Saturday

**September 8** - Books based on folktales and mythology

**October 13** - Books examining disabilities

**November 3** - Books examining mental health

**December 15** - Books with a non-Western setting

## Fanime Club

6th-12th Graders

Whether you're new to Japanese animation or a long-time fan, join your fellow otaku as we watch anime, read manga, and celebrate Japanese culture. No registration required. Fourth Thursdays.

6:30PM // TH // 9/27, 10/25, 11/29\*, 12/27

\* Special date. The library is closed for Thanksgiving.

## Gaming Marathon

6th-12th Graders

Out of school early? Come to the Teen Zone and relax with the Xbox or #tbt with Uno, Connect 4, and Operation. Light refreshments provided.

3:00-9:00PM // TH // 11/8

## Teen Innovation Panel

Ages 14-18

Earn volunteer hours for school by planning teen programs, contributing ideas to the library's collection, and helping to make the library more teen friendly. Application is required to join. 3rd Thursdays.

7:00PM // TH // 9/20, 10/18, 11/15, 12/20

## Teen Night

6th-12th Graders

The first Thursday of the month is your time to hang at the library. Discover what we've planned just for you!

7:00PM // TH // 9/6, 10/4, 11/1, 12/6

## Yule Ball

6th-12th Graders

Join us for a Yule Ball celebration! Wear your favorite Harry Potter cosplay or your dress robes and come ready to party! Don't feel like dancing? Don't let your date down! We'll also enjoy refreshments and Potter-themed crafts. Don't miss out on the photobooth, Sorting, and Yule Ball feast in the Great Hall!

6:00-8:00PM // TH // 12/13





## Programs for All Ages

### Cinema 13: New Release Movies!

What better way to spend a relaxing Saturday afternoon than with a big screen showing of a brand new movie and free popcorn? Drinks are available for \$1 in the Friend's café or bring your own. Some movies will be rated PG-13 so be sure to check the library website for upcoming movie titles and details.

**3:00PM // Saturday // 9/8, 9/22, 10/6, 10/27, 12/8**  
**Christmas Edition on December 8!**

### Crafts for a Cause

The holiday season has almost arrived, and this year, you can choose to give back! Come to the library and help us make fun crafts that will put a smile on someone else's face. This event is for everyone of all ages.

**6:00PM // TH // 11/8, 11/29**

### HEB and Birdville ISD Early Release Friday Movie Matinee

Join us November 9 at 2:00 pm for a new release movie on the big screen. Free popcorn! Drinks will be available for purchase in the Friend's café or bring your own. Check the library calendar for upcoming movie details.

**2:00PM // F // 11/9**

### Make and Take Craft Nights

Stop by our table 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 // 10/18, 12/13**

### 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 pm the 4th Thursday of each month at the Hurst Public Library.

**August 23 - Me & My Monkey** "The Beatles" Tribute Band

**September 27 - Cleghorn** Celtic Rock

**October 11 - The After Party** Top 40 hits, Part of our Library Showcase "The Library of Oz"!

**November 15 - Blue Clear Sky** George Strait Tribute Band

**December 20 - Concert Bells of Fort Worth** Traditional Handbell Choir performing Holiday Music. This very popular group will present a special performance on **Saturday, December 15, 2:00 pm** in addition to the 7:00 pm Thursday concert.

**Classes begin the week of September 10**  
(unless otherwise indicated)



# HURST RECREATION CENTER

Activities, programs offer up great ways to get into shape for the holidays

Now that the summer has come and gone, and the family vacations are complete, you can get back into your regular workout routine at the Hurst Recreation Center. Whether you want to continue your fitness program, get back on track, or start a new one altogether, the Hurst Recreation Center can help you meet all of your fitness goals!

Enjoy exercising in a group setting? There are numerous fitness classes you can participate in, helping you reach your fitness goals. Looking for some one-on-one training? You can also schedule a session with one of our personal trainers to formulate a custom-designed fitness plan to meet your needs.

The Fitness Center has all the equipment you need to get a complete workout. The Cardio Room is equipped with treadmills, elliptical crosstrainers 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 at 817-788-7325.

Come and enjoy our activities and programs: 100's 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 are 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.



## Hours of Operation

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Monday–Thursday // 6:30AM–10:00PM

Friday // 6:30AM–6:00PM

Saturday // 9:00AM–6:00PM

Sunday // 1:00PM–6:00PM

## Contact Information

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

\* 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.

## Recreation Center Fees

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### 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**

Family Annual Pass:  
**\$400 Per Year**

Replacement Card Fee: **\$5**

*Help Us Help You!*

## Please Enroll Early

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

## 3 Years and Younger Programs

### Awesome Twos

2 Years // Supply fee \$5

Let's get together and play! We will learn our shapes and colors, create crafts, and just have a blast playing and learning at the same time!

*Instructor: Dottie Nicholson*

**Fall I**  
17090-A  
9:00-9:45AM // M // 4WKS // 9/10 // \$19

**Fall II**  
18090-A  
9:00-9:45AM // M // 4WKS // 10/15 // \$19

**Holiday**  
19090-A  
9:00-9:45AM // M // 4WKS // 11/19 // \$19



### »»» Please Remember

In order to provide the best learning environment, and with the student's best interest in mind, we ask that parents/guardians dropping off students for class remain in one of the designated lobby areas once the class begins. By minimizing distractions, the quality of instruction is least impacted by potential interruptions.



### Little Painters

2 - 3 Years // Supply fee \$5

Let the artist in your child shine through! We'll create masterpieces using finger paints, stencils, sponges, and even rocks!

*Instructor: Dottie Nicholson*

**Fall I**  
17333-A  
10:00-10:30AM // M // 4WKS // 9/10 // \$18

**Fall II**  
18333-A  
10:00-10:30AM // M // 4WKS // 10/15 // \$18

**Holiday**  
19333-A  
10:00-10:30AM // M // 4WKS // 11/19 // \$18

### Happy Feet

2 Years

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

*Instructor: Dottie Nicholson*

**Fall I**  
17095-A  
9:00-9:30AM // F // 4WKS // 9/14 // \$18

**Fall II**  
18095-A  
9:00-9:30AM // F // 4WKS // 10/19 // \$18

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

### Little Tyke Soccer

2-3 Years // Supply fee \$5

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

*Instructor: Stacie Castillo*

**Fall I**  
17600-A  
9:00-9:30AM // F // 4WKS // 9/14 // \$18

**Fall II**  
18600-A  
9:00-9:30AM // F // 4WKS // 10/19 // \$18

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

### »»» Please Remember

Registration for classes must be completed in advance. The deadline for registration in youth programs is one week prior to the start date of the class.

## 3 Years and Younger Programs



## 37040-B

9:30-10:00AM // W // 4WKS // 9/12 // \$18

## 37040-C

9:30-10:00AM // TH // 4WKS // 9/13 // \$18

## 37040-D

11:30-Noon // TH // 4WKS // 9/13 // \$18

*Instructor: Jennifer Shafer*

## 37040-E

9:30-10:00AM // M // 4WKS // 9/10 // \$18

## 37040-F

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

## Fall II

## 38040-A

9:30-10:00AM // T // 4WKS // 10/16 // \$18

## 38040-B

9:30-10:00AM // W // 4WKS // 10/17 // \$18

## 38040-C

9:30-10:00AM // TH // 4WKS // 10/18 // \$18

## 38040-D

11:30-Noon // TH // 4WKS // 10/18 // \$18

*Instructor: Jennifer Shafer*

## 38040-E

9:30-10:00AM // M // 4WKS // 10/15 // \$18

## 38040-F

9:30-10:00AM // F // 4WKS // 10/19 // \$18

## Holiday

## 39040-A

9:30-10:00AM // T // 4WKS // 11/20 // \$18

## 39040-B

9:30-10:00AM // W // 4WKS // 11/21 // \$18

## 39040-C

9:30-10:00AM // TH // 4WKS // 11/22 // \$18

## 39040-D

11:30-Noon // TH // 4WKS // 11/22 // \$18

*Instructor: Jennifer Shafer*

## 39040-E

9:30-10:00AM // M // 4WKS // 11/19 // \$18

## 39040-F

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

## Parent Tot Soccer

## 1-2 Years

Time to not only play with your tot, but get some exercise as well! We will learn the basics of soccer and how to make a GOOOOOOAAAAALLLLL! (Tennis shoes required.) One child per parent.

*Instructor: Stacie Castillo*

## Fall I

## 17700-A

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

## Fall II

## 18700-A

8:30-9:00AM // F // 4WKS // 10/19 // \$18

## Holiday

## 19700-A

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

## »» Please Remember

To assist in providing a good learning environment, students ages 3 and up must be toilet trained.

### 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*

## Fall I

## 37040-A

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

## »» Please Remember

Class supply fees are due to the instructor on the first class.

3 Years and Younger Programs



**GYMNASTICS**

**Tiny Tykes**

2.5 - 3.5 Years

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

**Fall I**

*Instructor: Tammy Slovensky*

- 37030-A  
10:00-10:30AM // T // 4WKS // 9/11 // \$18
- 37030-B  
11:30-Noon // T // 4WKS // 9/11 // \$18
- 37030-C  
10:00-10:30AM // W // 4WKS // 9/12 // \$18
- 37030-D  
10:00-10:30AM // TH // 4WKS // 9/13 // \$18

*Instructor: Jennifer Shafer*

- 37030-E  
10:00-10:30AM // M // 4WKS // 9/10 // \$18
- 37030-F  
10:00-10:30AM // F // 4WKS // 9/14 // \$18

**Fall II**

*Instructor: Tammy Slovensky*

- 38030-A  
10:00-10:30AM // T // 4WKS // 10/16 // \$18
- 38030-B  
11:30-Noon // T // 4WKS // 10/16 // \$18
- 38030-C  
10:00-10:30AM // W // 4WKS // 10/17 // \$18
- 38030-D  
10:00-10:30AM // TH // 4WKS // 10/18 // \$18

*Instructor: Jennifer Shafer*

- 38030-E  
10:00-10:30AM // M // 4WKS // 10/15 // \$18
- 38030-F  
10:00-10:30AM // F // 4WKS // 10/19 // \$18

**Holiday**

*Instructor: Tammy Slovensky*

- 39030-A  
10:00-10:30AM // T // 4WKS // 11/20 // \$18
- 39030-B  
11:30-Noon // T // 4WKS // 11/20 // \$18
- 39030-C  
10:00-10:30AM // W // 4WKS // 11/21 // \$18
- 39030-D  
10:00-10:30AM // TH // 4WKS // 11/29 // \$18

*Instructor: Jennifer Shafer*

- 39030-E  
10:00-10:30AM // M // 4WKS // 11/19 // \$18
- 39030-F  
10:00-10:30AM // F // 4WKS // 11/30 // \$18

## 3 Years and Older Programs



### Claytime Fun

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

#### Fall II

18125-A

9:00-9:30AM // W // 4WKS // 10/17 // \$18

#### Holiday

19125-A

9:00-9:30AM // W // 4WKS // 11/21 // \$18

### Cooking for Fun

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

#### Fall I

17250-A

10:45-11:30AM // F // 4WKS // 9/14 // \$19

#### Fall II

18250-A

10:45-11:30AM // F // 4WKS // 10/19 // \$19

#### Holiday

19250-A

10:45-11:30AM // F // 4WKS // 11/30 // \$19

### All Aboard

3 - 6 Years // Supply fee \$5

All Aboard!! Calling all conductors to climb aboard as we play trains! We will have all kinds of fun learning about trains through play time, stories, and crafts.

*Instructor: Dottie Nicholson*

#### Fall II

18444-A

10:30-11:15AM // W // 4WKS // 10/17 // \$19

### Athletics

5 - 8 Years // Tennis shoes required

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

*Instructor: Tammy Slovensky*

#### Fall I

17300-A

11:30-Noon // W // 4WKS // 9/12 // \$18

#### Fall II

18300-A

11:30-Noon // W // 4WKS // 10/17 // \$18

#### Holiday

19300-A

11:30-Noon // W // 4WKS // 11/21 // \$18



## 3 Years and Older Programs



### Dinosaurs

3 - 6 Years // Supply fee \$5

You think you know your dinosaurs? Learn about new ones! These are some of the cutest dinos to ever roam the Earth, but you may not have heard of them!

*Instructor: Dottie Nicholson*

**Fall I**  
17699-A  
9:45-10:30AM // F // 4WKS // 9/14 // \$19

**Fall II**  
18699-A  
9:45-10:30AM // F // 4WKS // 10/19 // \$19

**Holiday**  
19699-A  
9:45-10:30AM // F // 4WKS // 11/30 // \$19

### Fairy Princesses

3 - 6 Years // Supply fee \$10

Time to dress up and have a ball becoming a fairy princess! Wings will be provided.

*Instructor: Dottie Nicholson*

**Holiday**  
19825-A  
10:30-11:15AM // W // 4WKS // 11/21 // \$19

### Holiday Crafts

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

**Holiday**  
19339-A  
10:45-11:15AM // M // 4WKS // 11/19 // \$18

## 3 Years and Older Programs



## Learn to Lace

3 - 5 Years // Supply fee \$7

Use various types of materials and learn how you can make different things like necklaces, pictures and more!

*Instructor: Karen Wieland*

### Fall I

17175-A  
10:00-11:00AM // MW // 4WKS // 9/10 // \$30

17175-B  
10:00-11:00AM // TTH // 4WKS // 9/11 // \$30

### Fall II

18175-A  
10:00-11:00AM // MW // 4WKS // 10/15 // \$30

18175-B  
10:00-11:00AM // TTH // 4WKS // 10/16 // \$30

### Holiday

19175-A  
9:00-10:00AM // MW // 4WKS // 11/19 // \$30

19175-B  
9:00-10:00AM // TTH // 4WKS // 11/20 // \$30

## Learning by Sight Words

3 - 5 Years // Supply fee \$5

This class is a fun way to learn as they develop stronger motor skills. Kids will learn about colors in the first two Fall sessions and special holidays words in the Holiday session.

*Instructor: Karen Wieland*

### Fall I

17027-A  
9:00-10:00AM // MW // 4WKS // 9/10 // \$30

17027-B  
9:00-10:00AM // TTH // 4WKS // 9/11 // \$30

### Fall II

18027-A  
9:00-10:00AM // MW // 4WKS // 10/15 // \$30

18027-B  
9:00-10:00AM // TTH // 4WKS // 10/16 // \$30

### Holiday

19027-A  
11:00AM-Noon // MW // 4WKS // 11/19 // \$30

19027-B  
11:00AM-Noon // TTH // 4WKS // 11/20 // \$3

## Let's Paint

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

### Fall I

17115-A  
9:45-10:15AM // W // 4WKS // 9/12 // \$18

### Fall II

18115-A  
9:45-10:15AM // W // 4WKS // 10/17 // \$18

### Holiday

19115-A  
9:45-10:15AM // W // 4WKS // 11/21 // \$18

3 Years and Older Programs



### Little Tyke Basketball

4 - 6 Years // Tennis shoes required

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

*Instructor: Stacie Castillo*

**Fall I**

17335-A  
10:00-10:30AM // F // 4WKS // 9/14 // \$18

**Fall II**

18335-A  
10:00-10:30AM // F // 4WKS // 10/19 // \$18

**Holiday**

19335-A  
10:00-10:30AM // F // 4WKS // 11/30 // \$18

### Little Tyke Soccer

3 - 6 Years // Tennis shoes required

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

*Instructor: Stacie Castillo*

**Fall I**

(3 - 4 Years)  
17600-B  
5:00-5:30PM // W // 4WKS // 9/12 // \$18

(5 - 6 Years)

17600-C  
9:30-10:00AM // F // 4WKS // 9/14 // \$18

**Fall II**

(3 - 4 Years)  
18600-B  
5:00-5:30PM // W // 4WKS // 10/17 // \$18

(5 - 6 Years)

18600-C  
9:30-10:00AM // F // 4WKS // 10/19 // \$18

**Holiday**

(3 - 4 Years)  
19600-B  
5:00-5:30PM // W // 4WKS // 11/21 // \$18

(5 - 6 Years)

19600-C  
9:30-10:00AM // F // 4WKS // 11/30 // \$18

### Messy on Purpose

3 - 6 Years // Supply fee \$5

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

*Instructor: Dottie Nicholson*

**Fall II**

18195-A  
10:45-11:15AM // M // 4WKS // 10/15 // \$18

## 3 Years and Older Programs



## Play Money

3 - 6 Years // Supply fee \$10

Learn all about the value of money through math!

*Instructor: Dottie Nicholson*

### Fall I

17400-A

9:00-9:30AM // W // 4WKS // 9/12 // \$18

## »» Please Remember

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

### GYMNASTICS

## Pre-Gymnastics

4 - 6 Years

For the student who is in transitions between Tots and a regular gymnastics class. To continue working on the discipline required to build the muscular endurance and flexibility needed to advance.

### Fall I

Pre-Gym I  
(4 - 5 Years)

*Instructor: Jazmine Duff*

37033-A

4:30-5:00PM // M // 4WKS // 9/10 // \$18

37033-B

4:30-5:00PM // T // 4WKS // 9/11 // \$18

37033-C

5:30-6:00PM // TH // 4WKS // 9/13 // \$18

Pre-Gym II  
(5 - 6 Years)

37033-D

5:00-5:50PM // M // 4WKS // 9/10 // \$20

37033-E

5:00-5:50PM // T // 4WKS // 9/11 // \$20

37033-F

4:30-5:20PM // TH // 4WKS // 9/13 // \$20

*Instructor: Cyndi Duff*

37033-G

10:00-10:50AM // W // 4WKS // 9/12 // \$20

37033-H

9:00-9:50AM // F // 4WKS // 9/14 // \$20



### Fall II

Pre-Gym I  
(4 - 5 Years)

*Instructor: Jazmine Duff*

38033-A

4:30-5:00PM // M // 4WKS // 10/15 // \$18

38033-B

4:30-5:00PM // T // 4WKS // 10/16 // \$18

38033-C

5:30-6:00PM // TH // 4WKS // 10/18 // \$18

Pre-Gym II  
(5 - 6 Years)

38033-D

5:00-5:50PM // M // 4WKS // 10/15 // \$20

38033-E

5:00-5:50PM // T // 4WKS // 10/16 // \$20

38033-F

4:30-5:20PM // TH // 4WKS // 10/18 // \$20

*Instructor: Cyndi Duff*

38033-G

10:00-10:50AM // W // 4WKS // 10/17 // \$20

38033-H

9:00-9:50AM // F // 4WKS // 10/19 // \$20

### Holiday

Pre-Gym I  
(4 - 5 Years)

*Instructor: Jazmine Duff*

39033-A

4:30-5:00PM // M // 4WKS // 11/19 // \$18

39033-B

4:30-5:00PM // T // 4WKS // 11/20 // \$18

39033-C

5:30-6:00PM // TH // 4WKS // 11/29 // \$18

Pre-Gym II  
(5 - 6 Years)

39033-D

5:00-5:50PM // M // 4WKS // 11/19 // \$20

39033-E

5:00-5:50PM // T // 4WKS // 11/20 // \$20

39033-F

4:30-5:20PM // TH // 4WKS // 11/29 // \$20

*Instructor: Cyndi Duff*

39033-G

10:00-10:50AM // W // 4WKS // 11/21 // \$20

39033-H

9:00-9:50AM // F // 4WKS // 11/30 // \$20

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.

**Fall I**

*Instructor: Tammy Slovensky*

37011-A

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

37011-B

10:30-11:00AM // W // 4WKS // 9/12 // \$18

37011-C

10:30-11:00AM // TH // 4WKS // 9/13 // \$18

*Instructor: Jennifer Shafer*

37011-D

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

37011-E

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



**Fall II**

*Instructor: Tammy Slovensky*

38011-A

10:30-11:00AM // T // 4WKS // 10/16 // \$18

38011-B

10:30-11:00AM // W // 4WKS // 10/17 // \$18

38011-C

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

*Instructor: Jennifer Shafer*

38011-D

10:30-11:00AM // M // 4WKS // 10/15 // \$18

38011-E

10:30-11:00AM // F // 4WKS // 10/19 // \$18

**Holiday**

*Instructor: Tammy Slovensky*

39011-A

10:30-11:00AM // T // 4WKS // 11/20 // \$18

39011-B

10:30-11:00AM // W // 4WKS // 11/21 // \$18

39011-C

10:30-11:00AM // TH // 4WKS // 11/29 // \$18

*Instructor: Jennifer Shafer*

39011-D

10:30-11:00AM // M // 4WKS // 11/19 // \$18

39011-E

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

**GYMNASTICS**

**Tumbling Tots II**

4 - 5 Years

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

**Fall I**

*Instructor: Tammy Slovensky*

37022-A

11:00-11:30AM // T // 4WKS // 9/11 // \$18

37022-B

11:00-11:30AM // W // 4WKS // 9/12 // \$18

37022-C

11:00-11:30AM // TH // 4WKS // 9/13 // \$18

*Instructor: Jennifer Shafer*

37022-D

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

37022-E

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

**Fall II**

*Instructor: Tammy Slovensky*

37022-A

11:00-11:30AM // T // 4WKS // 10/16 // \$18

37022-B

11:00-11:30AM // W // 4WKS // 10/17 // \$18

37022-C

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

*Instructor: Jennifer Shafer*

37022-D

11:00-11:30AM // M // 4WKS // 10/15 // \$18

37022-E

11:00-11:30AM // F // 4WKS // 10/19 // \$18

**Holiday**

*Instructor: Tammy Slovensky*

37022-A

11:00-11:30AM // T // 4WKS // 11/20 // \$18

37022-B

11:00-11:30AM // W // 4WKS // 11/21 // \$18

37022-C

11:00-11:30AM // TH // 4WKS // 11/29 // \$18

*Instructor: Jennifer Shafer*

37022-D

11:00-11:30AM // M // 4WKS // 11/19 // \$18

37022-E

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

## 3 Years and Older Programs



## Pre-K 3's

3 Years // Supply fee \$10

This class will help your little one prepare for starting Pre-Kindergarten. We will work on alphabet and number recognition, writing and scissor skills, arts, crafts and listening. Students will grow their socializing skills, fine motor skills and gross motor skills.

*Instructor: Dottie Nicholson*

### Fall I

17052-A

9:00-10:30AM // TTH // 4WKS // 9/11 // \$65

17052-B

11:00-12:30PM // TTH // 4WKS // 9/11 // \$65

### Fall II

18052-A

9:00-10:30AM // TTH // 4WKS // 10/16 // \$65

18052-B

11:00-12:30PM // TTH // 4WKS // 10/16 // \$65

### Holiday

19052-A

9:00-10:30AM // TTH // 4WKS // 11/20 // \$65

19052-B

11:00-12:30PM // TTH // 4WKS // 11/20 // \$65

## Science Fun

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

### Fall I

17206-A

10:45-11:15AM // M // 4WKS // 9/10 // \$18

## Superheroes

3 - 6 Years // Supply fee \$5

Do you have super powers? We will learn what it takes to be a superhero. We will play together and learn through stories, crafts, and superhero challenges.

*Instructor: Dottie Nicholson*

### Fall I

17100-A

10:30-11:15AM // W // 4WKS // 9/12 // \$19

3 Years and Older Programs

*Ready for Kindergarten* PREP PROGRAM

4 - 5 Years

**Hurst Resident Registration:** Monday, August 13

**Non-Resident Registration:** Wednesday, August 15

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 on-going program following the HEB ISD School Calendar.

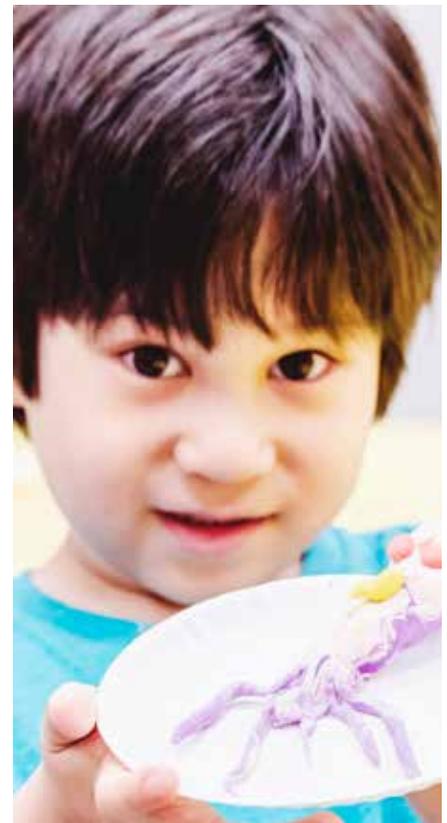
The class is structured like Kindergarten and prepares your child for their big step into formal education. The goal is to help each child develop a love of learning in a safe and caring environment. This program follows the Frog Street Press curriculum. The children are exposed to reading, writing, 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 in the Dallas/Ft Worth area. However, her true calling is Pre-schoolers and began teaching this program in 2011.

The monthly fee 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 14 children and is a school year commitment. A \$25 supply fee is due to the instructor quarterly on the following dates: August 20, November 26 and March 4.

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

<p><b>August</b> 18050-A 8:30AM-2:30PM // M-TH // 2 WKS // 8/20 // \$160</p>	<p><b>November</b> 18050-D 8:30AM-2:30PM // M-TH // 4 WKS // 11/5 // \$240</p>
<p><b>September</b> 18050-B 8:30AM-2:30PM // M-TH // 4 WKS // 9/4 // \$300</p>	<p><b>December</b> 18050-E 8:30AM-2:30PM // M-TH // 3 WKS // 12/3 // \$220</p>
<p><b>October</b> 18050-C 8:30AM-2:30PM // M-TH // 4 WKS // 10/1 // \$360</p>	



## Adventures Around the World

6 - 12 Years // Supply fee \$10

Let's take a trip around the world to new places! We will learn about food, games, and products that come from that country.

*Instructor: Dottie Nicholson*

### Fall I

27225-A

3:15-4:00PM // T // 4WKS // 9/11 // \$19

## Ballet

6 - 11 Years // Ballet shoes 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: Sherri Longino*

### Fall I

27120-A

5:45-6:15PM // TH // 4WKS // 9/13 // \$18

### Fall I

28120-A

5:45-6:15PM // TH // 4WKS // 10/18 // \$18

### Holiday

29120-A

5:45-6:15PM // TH // 4WKS // 11/29 // \$18

## Basketball 101

7 - 12 Years // Tennis shoes required

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

*Instructor: Stacie Castillo*

### Fall I

27101-A

6:00-6:30PM // W // 4WKS // 9/12 // \$18

### Fall II

28101-A

6:00-6:30PM // W // 4WKS // 10/17 // \$18

### Fall II

29101-A

6:00-6:30PM // W // 4WKS // 11/21 // \$18



**GYMNASTICS**

**Beginner Girls Novice Gymnastics**

7 - 12 Years

For the student who has little or no gymnastics experience or some all-around gymnastics knowledge (floor, bars, beam & vault) but still needs work on form and technique. To build the confidence, strength, endurance, and flexibility required to perform basic gymnastics skills through lead up drills and progressions. (Tots moving up must enroll in a Pre-Gym class first.)

**Fall I**

*Instructor: Jazmine Duff*

(7 - 9 Years)

- 37062-A  
6:00-6:50PM // T // 4WKS // 9/11 // \$20
- 37062-B  
6:00-6:50PM // TH // 4WKS // 9/13 // \$20

*Instructor: Cyndi Duff*

(7 - 12 Years)

- 37062-C  
5:00-5:50PM // T // 4WKS // 9/11 // \$20
- 37062-D  
10:00-10:50AM // TH // 4WKS // 9/13 // \$20
- 37062-E  
5:00-5:50PM // TH // 4WKS // 9/13 // \$20
- 37062-F  
10:00-10:50AM // F // 4WKS // 9/14 // \$20

**Fall II**

*Instructor: Jazmine Duff*

(7 - 9 Years)

- 38062-A  
6:00-6:50PM // T // 4WKS // 10/16 // \$20
- 38062-B  
6:00-6:50PM // TH // 4WKS // 10/18 // \$20

*Instructor: Cyndi Duff*

(7 - 12 Years)

- 38062-C  
5:00-5:50PM // T // 4WKS // 10/16 // \$20
- 38062-D  
10:00-10:50AM // TH // 4WKS // 10/18 // \$20
- 38062-E  
5:00-5:50PM // TH // 4WKS // 10/18 // \$20
- 38062-F  
10:00-10:50AM // F // 4WKS // 10/19 // \$20

**Holiday**

*Instructor: Jazmine Duff*

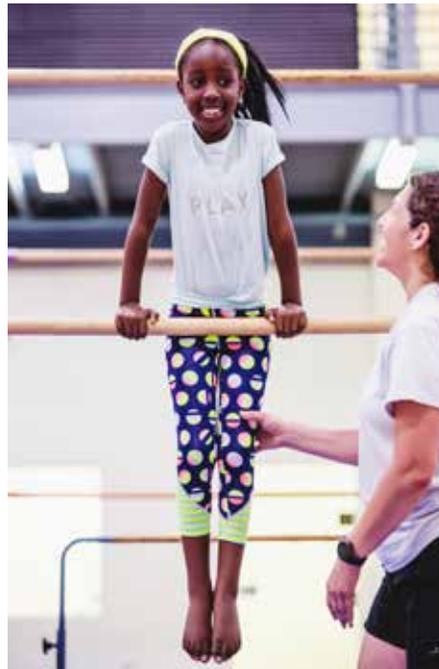
(7 - 9 Years)

- 38062-A  
6:00-6:50PM // T // 4WKS // 11/20 // \$20
- 38062-B  
6:00-6:50PM // TH // 4WKS // 11/29 // \$20

*Instructor: Cyndi Duff*

(7 - 12 Years)

- 38062-C  
5:00-5:50PM // T // 4WKS // 11/20 // \$20
- 38062-D  
10:00-10:50AM // TH // 4WKS // 11/29 // \$20
- 38062-E  
5:00-5:50PM // TH // 4WKS // 11/29 // \$20
- 38062-F  
10:00-10:50AM // F // 4WKS // 11/30 // \$20



**GYMNASTICS**

**Girls Beginner I Gymnastics**

7 - 12 Years

For the student who has some gymnastics knowledge (USAG Novice Level Skills) but still needs work on form and technique. To continue building strength, endurance, and flexibility to continue learning the basic skills needed for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Novice or Girls Beginner I.)

*Instructor: Cyndi Duff*

**Fall I**

- 37090-A  
5:50-6:40PM // T // 4WKS // 9/11 // \$20
- 37090-B  
11:00-11:50AM // W // 4WKS // 9/12 // \$20
- 37090-C  
11:00-11:50AM // TH // 4WKS // 9/13 // \$20
- 37090-D  
5:50-6:40PM // TH // 4WKS // 9/13 // \$20

**Fall II**

- 38090-A  
5:50-6:40PM // T // 4WKS // 10/16 // \$20
- 38090-B  
11:00-11:50AM // W // 4WKS // 10/17 // \$20
- 38090-C  
11:00-11:50AM // TH // 4WKS // 10/18 // \$20
- 38090-D  
5:50-6:40PM // TH // 4WKS // 10/18 // \$20

**Holiday**

- 39090-A  
5:50-6:40PM // T // 4WKS // 11/20 // \$20
- 39090-B  
11:00-11:50AM // W // 4WKS // 11/21 // \$20
- 39090-C  
11:00-11:50AM // TH // 4WKS // 11/29 // \$20
- 39090-D  
5:50-6:40PM // TH // 4WKS // 11/29 // \$20

## Youth Programs

## GYMNASTICS

Girls Beginner II & III  
Gymnastics

7 - 12 Years

For the student who has participated in all-around gymnastics (USAG Novice-Level 1 Skills). To continue building strength, endurance, and flexibility for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Beginner I or Girls Beginner II)

Instructor: Cyndi Duff

## Fall I

## Beginner II

37070-A

5:00-5:50PM // M // 4WKS // 9/10 // \$20

37070-B

7:10-8:00PM // T // 4WKS // 9/11 // \$20

## Beginner III

37070-C

9:00-10:00AM // W // 4WKS // 9/12 // \$22

37070-D

9:00-10:00AM // TH // 4WKS // 9/13 // \$22

37070-E

6:30-7:30PM // TH // 4WKS // 9/13 // \$22

## Fall II

## Beginner II

38070-A

5:00-5:50PM // M // 4WKS // 10/15 // \$20

38070-B

7:10-8:00PM // T // 4WKS // 10/16 // \$20

## Beginner III

38070-C

9:00-10:00AM // W // 4WKS // 10/17 // \$22

38070-D

9:00-10:00AM // TH // 4WKS // 10/18 // \$22

38070-E

6:30-7:30PM // TH // 4WKS // 10/18 // \$22

## Holiday

## Beginner II

39070-A

5:00-5:50PM // M // 4WKS // 11/19 // \$20

39070-B

7:10-8:00PM // T // 4WKS // 11/20 // \$20

## Beginner III

39070-C

9:00-10:00AM // W // 4WKS // 11/21 // \$22

39070-D

9:00-10:00AM // TH // 4WKS // 11/29 // \$22

39070-E

6:30-7:30PM // TH // 4WKS // 11/29 // \$22





**GYMNASTICS**

**Girls Intermediate Gymnastics**

7 - 12 Years

For the student who has mastered USAG Novice-Level 2 skills in all-around gymnastics. To continue building strength, endurance and flexibility for skill advancement through lead up drills and progressions. (Must have previously participated in Girls Beginner II)

*Instructor: Cyndi Duff*

**Fall I**  
37073-A  
6:30-7:30PM // T // 4WKS // 9/11 // \$22

**Fall II**  
38073-A  
6:30-7:30PM // T // 4WKS // 10/16 // \$22

**Holiday**  
39073-A  
6:30-7:30PM // T // 4WKS // 11/20 // \$22

**GYMNASTICS**

**Beginner Tumbling/Acrobatics**

7 - 12 Years

This is a combination tumbling and acrobatics class. Students will be building strength, endurance, and flexibility to learn skills in each format through lead up drills and progressions.

*Instructor: Cyndi Duff*

**Fall I**  
37100-A  
7:10-8:10PM // TH // 4WKS // 9/13 // \$20

**Fall I**  
38100-A  
7:10-8:10PM // TH // 4WKS // 10/18 // \$20

**Holiday**  
39100-A  
7:10-8:10PM // TH // 4WKS // 11/29 // \$20

**Girls Volleyball Beginner 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*

**Fall I**  
27035-A  
6:30-7:00PM // W // 4WKS // 9/12 // \$18

**Fall II**  
28035-A  
6:30-7:00PM // W // 4WKS // 10/17 // \$18

**Holiday**  
29035-A  
6:30-7:00PM // W // 4WKS // 11/21 // \$18

Youth Programs

Guitar for Youth

8 - 11 Years // Appropriate size guitar required  
 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. Parents are welcome to participate.)

*Instructor: Jan Ryberg*

**Fall I**  
 27020-B  
 4:30-5:15PM // M // 4WKS // 9/10 // \$35

**Fall II**  
 28020-B  
 4:30-5:15PM // M // 4WKS // 10/15 // \$35

**Holiday**  
 29020-B  
 4:30-5:15PM // M // 4WKS // 11/19 // \$35

Guitar Prep

5 - 8 Years // Half-size guitar and parent participation required

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

*Instructor: Jan Ryberg*

**Fall I**  
 27020-A  
 3:45-4:15PM // M // 4WKS // 9/10 // \$35

**Fall II**  
 28020-A  
 3:45-4:15PM // M // 4WKS // 10/15 // \$35

**Holiday**  
 29020-A  
 3:45-4:15PM // M // 4WKS // 11/19 // \$35

Private Guitar Lessons

All ages

Are you looking to develop your existing guitar skills? Or are you a beginner wanting the basics of playing? Private guitar lessons are now available! Private sessions can be scheduled on Tuesdays, from 6 to 9:30 pm and on Saturdays, from 1 to 4 pm. Contact the Hurst Recreation Center to schedule lessons.

*Instructor: Jan Ryberg*

**45 Minute Lesson: \$30**



## Youth Programs



### Hippity-Hop Dance

6 - 11 Years

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

*Instructor: Sherri Longino*

**Fall I**

27333-A  
5:15-5:45PM // TH // 4WKS // 9/13 // \$18

**Fall II**

28333-A  
5:15-5:45PM // TH // 4WKS // 10/18 // \$18

**Holiday**

29333-A  
5:15-5:45PM // TH // 4WKS // 11/29 // \$18

### Homeschool Holiday Crafts

6 - 12 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

**Fall II**

28339-A  
3:15-4:00PM // T // 4WKS // 10/16 // \$19

### Karate/Self-Defense

5 - 15 Years

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

*Instructor: Bob Klavitter*

**Fall I**

(Beginner 8-15 years)  
27111-A  
6:00-8:00PM // M // 4WKS // 9/10 // \$23

(Beginner 5-7 years)  
27111-B  
4:00-5:00PM // MW // 4WKS // 9/10 // \$23

(Advanced 8-15 years)  
27111-C  
5:00-6:00PM // MW // 4WKS // 9/10 // \$23

**Fall II**

(Beginner 8-15 years)  
28111-A  
6:00-8:00PM // M // 4WKS // 10/15 // \$23

(Beginner 5-7 years)  
28111-B  
4:00-5:00PM // MW // 4WKS // 10/15 // \$23

(Advanced 8-15 years)  
28111-C  
5:00-6:00PM // MW // 4WKS // 10/15 // \$23

**Holiday**

(Beginner 8-15 years)  
29111-A  
6:00-8:00PM // M // 4WKS // 11/19 // \$23

(Beginner 5-7 years)  
29111-B  
4:00-5:00PM // MW // 4WKS // 11/19 // \$23

(Advanced 8-15 years)  
29111-C  
5:00-6:00PM // MW // 4WKS // 11/19 // \$23

### Loom Knitting

9 - 12 Years // Supply fee \$10

Learn the basics of loom knitting! In this class we will create a cap for a doll or baby in the Fall sessions and a scarf in the Holiday session.

*Instructor: Karen Wieland*

**Fall I**

27105-A  
11:00AM-Noon // MW // 4WKS // 9/10 // \$30

27105-B  
11:00AM-Noon // TTH // 4WKS // 9/11 // \$30

**Fall II**

28105-A  
11:00AM-Noon // MW // 4WKS // 10/15 // \$30

28105-B  
11:00AM-Noon // TTH // 4WKS // 10/16 // \$30

**Holiday**

29105-A  
10:00-11:00AM // MW // 4WKS // 11/19 // \$30

29105-B  
10:00-11:00AM // TTH // 4WKS // 11/20 // \$30



Youth Programs



### 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 (6th degree black belt and certified USA Judo International Coach)*

**August**

23900-C  
6:00-7:00PM // MW // Monthly // 8/6 // \$40

**September**

28900-A  
6:00-7:00PM // MW // Monthly // 9/10 // \$40

**October**

28900-B  
6:00-7:00PM // MW // Monthly // 10/1 // \$40

**November**

28900-C  
6:00-7:00PM // MW // Monthly // 11/5 // \$40

**December**

28900-D  
6:00-7:00PM // MW // Monthly // 12/3 // \$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: Keely Castillo*

**Fall I**

27500-A  
5:30-6:00PM // W // 4WKS // 9/12 // \$18

**Fall II**

28500-A  
5:30-6:00PM // W // 4WKS // 10/17 // \$18

**Holiday**

29500-A  
5:30-6:00PM // W // 4WKS // 11/21 // \$18

### »»» Please Remember

In order to provide the best learning environment, and with the student's best interest in mind, we ask that parents/guardians dropping off students for class remain in one of the designated lobby areas once the class begins. By minimizing distractions, the quality of instruction is least impacted by potential interruptions.

Youth Programs

»» Please Remember

Class supply fees are due to the instructor on the first class.

ITF - Tae Kwon Do

6 - 16 Years

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

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

**Fall I  
(White & Yellow Belts)**

27700-A

6:00-7:00PM // TH // 4WKS // 9/13 // \$25

**(Advanced Belts)**

27700-B

7:00-8:00PM // TH // 4WKS // 9/13 // \$25

**Fall II  
(White & Yellow Belts)**

28700-A

6:00-7:00PM // TH // 4WKS // 10/18 // \$25

**(Advanced Belts)**

28700-B

7:00-8:00PM // TH // 4WKS // 10/18 // \$25

**Holiday  
(White & Yellow Belts)**

29700-A

6:00-7:00PM // TH // 4WKS // 11/29 // \$25

**(Advanced Belts)**

29700-B

7:00-8:00PM // TH // 4WKS // 11/29 // \$25

»» Please Remember

Registration for classes must be completed in advance. The deadline for registration in youth programs is one week prior to the start date of the class.



## Youth Programs



## Tap

6-11 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: Sherri Longino*

### Fall I

27160-A

6:15-6:45PM // TH // 4WKS // 9/13 // \$18

### Fall II

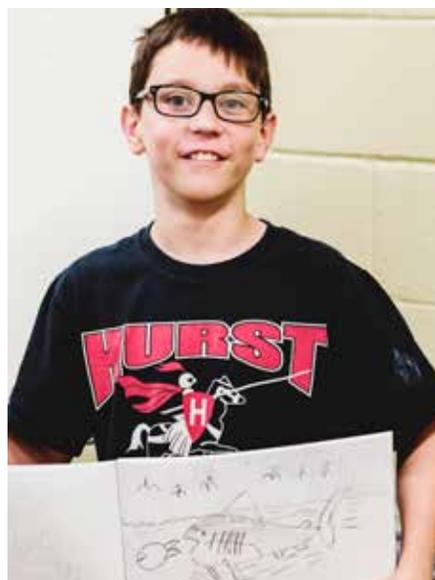
28160-A

6:15-6:45PM // TH // 4WKS // 10/18 // \$18

### Holiday

29160-A

6:15-6:45PM // TH // 4WKS // 11/29 // \$18



## Adult Programs

### 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)*

### 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)*

### 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)*



### 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)*

### Personal Training

**One-Hour Session \$60 // Eight 1-hour Sessions \$400**

**Sessions are by appointment only.**

Become the best version of you! Begin your transformative journey and receive the guidance and accountability required to reach your goals and beyond.

Your Personal Trainer provides the know-how and inspiration for all these areas and more:

- 60 Minute Customized one-on-one training session
- Individualized meal plans
- Nutrition counseling
- Full access to exclusive World Changing Fitness workout database
- Biweekly evaluation and progress checks
- Individual accountability
- 24/7 access to World Changing Fitness Personal Trainer for any questions and information
- Life changing results!

*Instructor: Kyle Massingill (Certified Master Trainer)*

## Adult Programs

## Group Training

One-Hour Session \$25 per person  
2 person minimum // 5 person maximum

### Sessions are by appointment only.

Receive the benefits of working out with a personal trainer while training with your friends, family or coworkers and staying within your budget! Group training builds relationships and strengthens accountability. Sweat together, achieve together, celebrate together.

### Group sessions include:

- 60 Minute Group Workout
- Meal planning
- Nutrition counseling
- 24/7 access to World Changing Fitness Personal Trainer for any questions and information
- Incredible results!

Instructor: Kyle Massingill (Certified Master Trainer)



## AM/PM Bootcamp

Ages 12+

Wish you could find a great fitness class that would help you get in shape, lose those unwanted pounds and make you feel great? This is it. It's time to achieve your goals you've been putting off. Come early in the AM and you'll have the rest of your day, or get it done and then come in the PM to get in your work out in. It's up to you. Every class is different, so you'll never be behind or feel like you missed something. AM/PM Boot Camp is for everyone, no matter what your fitness level is, you will be challenged! Get past those plateaus with a variety of workouts including core strength, stability ball, weights, steps, rope, TRX, circuits, interval training and much more. This class is versatile allowing you to sign up for AM and come to the PM if you can't make it and vice versa. You'll never have to miss a class! Or, you can sign up for both and get twice the work out, it's your choice! Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartman (Certified Personal Trainer & Fitness Instructor)

### August

43420-C  
6:35-7:30AM // MW // MONTHLY // 8/1 // \$30

43421-C  
7:00-7:55PM // MW // MONTHLY // 8/1 // \$30

### Septembeer

48420-A  
6:35-7:30AM // MW // MONTHLY // 9/5 // \$30

48421-A  
7:00-7:55PM // MW // MONTHLY // 9/5 // \$30

### October

48420-B  
6:35-7:30AM // MW // MONTHLY // 10/1 // \$30

48421-B  
7:00-7:55PM // MW // MONTHLY // 10/1 // \$30

### November

48420-C  
6:35-7:30AM // MW // MONTHLY // 11/5 // \$30

48421-C  
7:00-7:55PM // MW // MONTHLY // 11/5 // \$30

### December

48420-D  
6:35-7:30AM // MW // MONTHLY // 12/3 // \$30

48421-D  
7:00-7:55PM // MW // MONTHLY // 12/3 // \$30

## A Simplified Space – Organization Skills

Ages 18+

We only get 24 hours a day, so let's make the most of it! Getting organized and efficient in your space can be challenging, but we're here to help. This 4 week course will cover basics, kitchens, paper management and memories while learning how to simplify your space and cut the chaos! You may sign up per topic for \$15 each, or all four for \$50

Instructor: Rochelle Ross

### Fall I

#### All Four Classes

47700-A  
6:00-7:00PM // T // 4WKS // 9/11 // \$35

#### Organizing Basics

47700-B  
6:00-7:00PM // T // 1 DAY // 9/11 // \$10

#### Paper Management

47700-C  
6:00-7:00PM // T // 1 DAY // 9/18 // \$10

#### Kitchen Organizing

47700-D  
6:00-7:00PM // T // 1 DAY // 9/25 // \$10

#### Memories Organizing

47700-E  
6:00-7:00PM // T // 1 DAY // 10/2 // \$10

### Fall II

#### All Four Classes

48700-A  
6:00-7:00PM // W // 4WKS // 10/17 // \$35

#### Organizing Basics

48700-B  
6:00-7:00PM // W // 1 DAY // 10/17 // \$10

#### Paper Management

48700-C  
6:00-7:00PM // W // 1 DAY // 10/24 // \$10

#### Master Bedroom & Closet

48700-D  
6:00-7:00PM // W // 1 DAY // 10/31 // \$10

#### Kids Rooms

48700-E  
6:00-7:00PM // W // 1 DAY // 11/7 // \$10

Adult Programs

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

Adults and Mature Teens 13+

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

Instructor: Tiffany Skalberg

**Fall I**  
47200-A  
7:00-8:00PM // T // 4WKS // 9/11 // \$28

**Fall II**  
48200-A  
7:00-8:00PM // T // 4WKS // 10/16 // \$28

**Holiday**  
49200-A  
7:00-8:00PM // T // 4WKS // 11/20 // \$28

### Belly Dance – Step 2 More I.T.S.

Adults and Mature Teens 13+

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

Instructor: Tiffany Skalberg

**Fall I**  
47224-A  
8:00-9:00PM // T // 4WKS // 9/11 // \$28

**Fall II**  
48224-A  
8:00-9:00PM // T // 4WKS // 10/16 // \$28

**Holiday**  
49224-A  
8:00-9:00PM // T // 4WKS // 11/20 // \$28

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

Adults and Mature Teens 13+

Now that you have perfected your dance skills in Step 1 and Step 2, you are ready to create a performance. This class will focus on taking your ITS vocabulary and making it show-worthy by adding props, staging and interaction with a band. You will also learn to use props such as the veil, skirt, sword and zills. *Please complete at least one session of Step 1 and 2 before registering for Step 3.*

Instructor: Tiffany Skalberg

**Fall I**  
47222-A  
9:00-9:45PM // T // 4WKS // 9/11 // \$20

**Fall II**  
48222-A  
9:00-9:45PM // T // 4WKS // 10/16 // \$20

**Holiday**  
49224-A  
8:00-9:00PM // T // 4WKS // 11/20 // \$28



## Adult Programs



## NEW CLASS!

## Cardio Dance Party

14+ Years

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 Latin-inspired music like Zumba®, mixed with some contemporary pop. It's an easy-to-follow, calorie-burning, cardio dance party. Feel the music and let loose. Each class is a whole new set of dance and fun.

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

## Fall I

47065-A

6:00-6:55PM // MW // 4WKS // 9/10 // \$24

## Fall II

48065-A

6:00-6:55PM // MW // 4WKS // 10/15 // \$24

## Holiday

49065-A

6:00-6:55PM // MW // 4WKS // 11/19 // \$24

## NEW CLASS!

Cake Decorating-  
Beginning Buttercream

12+ Years // Supply list

Learn the basics of cake decorating, including piping borders, simple flowers and easy ways to frost a cake.

*Instructor: Becky Henry*

## Fall I

47020-A

10:00-11:30AM // M // 4WKS // 9/10 // \$60

## 47020-B

8:00-9:30PM // T // 4WKS // 9/11 // \$60

## Fall II

48020-A

10:00-11:30AM // M // 4WKS // 10/15 // \$60

## 48020-B

8:00-9:30PM // T // 4WKS // 10/16 // \$60

## One Time Classes

## Halloween Cookies

48021-A

7:00-9:00PM // M // 1 DAY // 10/29 // \$30

## Holiday Cake Balls

49021-A

7:00-9:00PM // M // 1 DAY // 12/10 // \$30

## Cardio &amp; Tone Boot Camp

Ages 16+

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

*Instructor: Angela Pond (Certified Personal Trainer)*

## Fall I

47005-A

6:50-7:30PM // TH // 4WKS // 9/13 // \$25

## Fall II

48005-A

6:50-7:30PM // TH // 4WKS // 10/18 // \$25

## Holiday

49005-A

6:50-7:30PM // TH // 4WKS // 11/29 // \$25

## Belly Dance - Tribal Evolution

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

*Instructor approval required.*

*Instructor: Tiffany Skalberg*

## Fall I

47226-A

7:35-9:05PM // TH // 4WKS // 9/13 // \$23

## Fall II

48226-A

7:35-9:05PM // TH // 4WKS // 10/18 // \$23

## Fall II

49226-A

7:35-9:05PM // TH // 4WKS // 11/22 // \$23

Adult Programs



**NEW CLASS!**

### Cycle Circuit

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

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

*Instructor: Angela Pond (Certified Personal Trainer)*

**Fall I**  
47300-A  
5:45-6:45PM // T // 4WKS // 9/11 // \$25

**Fall II**  
48300-A  
5:45-6:45PM // T // 4WKS // 10/16 // \$25

**Holiday**  
49300-A  
5:45-6:45PM // T // 4WKS // 11/20 // \$25

### Cycle Fit

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

Spin your way through cardio fitness! Bring water and a towel. Please arrive a few minutes early, if you are new to spin classes.

*Instructor: Lauri Krumm*

**Fall I**  
47350-A  
6:30-7:15PM // W // 4WKS // 9/12 // \$25

**Fall II**  
48350-A  
6:30-7:15PM // W // 4WKS // 10/17 // \$25

**Holiday**  
49350-A  
6:30-7:15PM // W // 4WKS // 11/28 // \$25

### Energize Exercise

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

*Instructor: Karen Cowley*

**Fall I**  
47010-A  
8:30-9:15AM // MTThF // 4WKS // 9/10 // \$15

**Fall II**  
48010-A  
8:30-9:15AM // MTThF // 4WKS // 10/15 // \$15

**Holiday**  
49010-A  
8:30-9:15AM // MTThF // 4WKS // 11/28 // \$15

## Adult Programs

### Fitness Camp

Ages 16+

This high intensity boot camp is a complete body workout, mixing a variety of traditional military style exercises and today's popular equipment based workout. This camp is designed to improve physical strength, flexibility, posture and enhance mental awareness. Workouts will take place outside, using kettlebells, ropes and tires, and is simply a blast!

*Instructor: Kyle Massingill (Certified Master Trainer)*

- 43080-B** : August  
5:30-6:15AM // TThF // MONTHLY // 8/2 // \$60
- 48080-A** : September  
5:30-6:15AM // TThF // MONTHLY // 9/4 // \$60
- 48080-B** : October  
5:30-6:15AM // TThF // MONTHLY // 10/2 // \$60
- 48080-C** : November  
5:30-6:15AM // TThF // MONTHLY // 11/1 // \$60
- 48080-D** : December  
5:30-6:15AM // TThF // MONTHLY // 12/3 // \$60

### Guitar

Ages 13+

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

*Instructor: Jan Ryberg*

#### Fall I

- 47888-A** : Beginner  
5:15-6:00PM // M // 4WKS // 9/10 // \$35
- 47888-B** : Intermediate  
6:00-6:45PM // M // 4WKS // 9/10 // \$35

#### Fall II

- 48888-A** : Beginner  
5:15-6:00PM // M // 4WKS // 10/15 // \$35
- 48888-B** : Intermediate  
6:00-6:45PM // M // 4WKS // 10/15 // \$35

#### Holiday

- 49888-A** : Beginner  
5:15-6:00PM // M // 4WKS // 11/19 // \$35
- 49888-B** : Intermediate  
6:00-6:45PM // M // 4WKS // 11/19 // \$35

### Guitar - Ensemble

Ages 13+

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

*Instructor: Jan Ryberg*

#### Fall I

- 47999-A**  
7:30-9:00PM // M // 4WKS // 9/10 // \$35

#### Fall II

- 48999-A**  
7:30-9:00PM // M // 4WKS // 10/15 // \$35

#### Holiday

- 49999-A**  
7:30-9:00PM // M // 4WKS // 11/19 // \$35

### Private Guitar Lessons

Are you looking to develop your existing guitar skills? Or are you a beginner wanting the basics of playing? Private guitar lessons are now available! Private sessions can be scheduled on Tuesdays, from 6 to 9:30 pm and on Saturdays, from 1 to 4 pm. Contact the Hurst Recreation Center to schedule lessons.

*Instructor: Jan Ryberg*

**45 minute lesson: \$30**

### Hatha Yoga

Don't Eat 2 Hours Prior // Yoga Mat

Learn about connecting your mind, body and breath with the practice of yoga. Build strength, flexibility, mobility, stability and balance to improve your overall health and well being

*Instructor: Benny Zavala (Certified Yoga Instructor)*

- 48100-A** : September  
10:00-11:00AM // MWF // MONTHLY // 9/5 // \$60
- 48100-B** : October  
10:00-11:00AM // MWF // MONTHLY // 10/1 // \$60
- 48100-C** : November  
10:00-11:00AM // MWF // MONTHLY // 11/2 // \$60
- 48100-D** : December  
10:00-11:00AM // MWF // MONTHLY // 12/3 // \$60

### Hurst Hustlers Running Club

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

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

#### Fall I

- 47001-A**  
6:15-7:15PM // M // 4WKS // 9/10 // \$20

#### Fall II

- 48001-A**  
6:15-7:15PM // M // 4WKS // 10/15 // \$20

#### Fall II

- 49001-A**  
6:15-7:15PM // M // 4WKS // 11/19 // \$20

### 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 a 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. New students start the first Monday of the month.

*Instructor: Kim Mesa (6th degree Black Belt and certified USA Judo International Coach)*

- 43800-C** : August  
7:00-8:30PM // MW // MONTHLY // 8/6 // \$40
- 48800-A** : September  
7:00-8:30PM // MW // MONTHLY // 9/10 // \$40
- 48800-B** : October  
7:00-8:30PM // MW // MONTHLY // 10/1 // \$40
- 48800-C** : November  
7:00-8:30PM // MW // MONTHLY // 11/5 // \$40
- 48800-D** : December  
7:00-8:30PM // MW // MONTHLY // 12/3 // \$40

Adult Programs



**NEW CLASS!**

**Restore Yoga**

Ages 16+

Insomniac or new parent in need of rest and recovery? Exhausted and stressed out from a hectic schedule? The Restorative Class will help you center your breath and body by practicing stillness and gentle movement for extended periods of time. You will not flow in this class, but instead you will utilize props to hold poses for up to 10 minutes. It is deeply relaxing and healing. This Restorative class finishes with concentration and meditation techniques to still the mind. All levels are welcome and will benefit greatly.

*Instructor: Psacha LaJoie (Certified Yoga Instructor)*

43111-C : August

8:15-9:15PM // TH // MONTHLY // 8/2 // \$30

48111-A : September

8:15-9:15PM // TH // MONTHLY // 9/6 // \$30

48111-B : October

8:15-9:15PM // TH // MONTHLY // 10/4 // \$30

48111-C : November

8:15-9:15PM // TH // MONTHLY // 11/1 // \$30

48111-D : December

8:15-9:15PM // TH // MONTHLY // 12/6 // \$30

**Spin and Sweat**

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

*Instructor: Angela Pond (Certified Personal Trainer)*

**Fall I**

47444-A

9:00-9:45AM // T // 4WKS // 9/11 // \$25

47444-B

5:45-6:30PM // TH // 4WKS // 9/13 // \$25

**Fall II**

48444-A

9:00-9:45AM // T // 4WKS // 10/16 // \$25

48444-B

5:45-6:30PM // TH // 4WKS // 10/18 // \$25

**Holiday**

49444-A

9:00-9:45AM // T // 4WKS // 11/20 // \$25

49444-B

5:45-6:30PM // TH // 4WKS // 11/22 // \$25

**Puppy Training**

Puppies 8-18 weeks of age

This is a 6 week course that includes ALL THINGS PUPPY! Learn how to deal with normal puppy behaviors such as jumping, nipping, chewing and digging. Your puppy will learn proper socialization techniques and get started on basic manners.

All training is 100% force free and based on proven behavioral science. Puppies will learn how to make the correct decisions through a series of educational relationship building games.

**Handlers should be 7 years or older (children to be accompanied by an adult). Proof of vaccinations is required; please attach a copy with registration.**

*Instructor: Wendy Dek (Certified Dog Obedience Trainer)*

47090-A

9:00-10:00AM // S // 6WKS // 9/15 // \$165

**Basic Puppy Obedience**

Puppies 18 weeks and older

This is a 7 week course - week 1 WITHOUT your dog. Learn how to teach your dog basic manners and obedience, such as "sit", "down", "stay", "come" when called and "leave it" (that doesn't belong to you). Puppies will also learn loose leash walking as well as some fun tricks that help build your relationship with your dog.

All training is 100% force free and based on proven behavioral science.

**Handlers should be 7 years or older (children to be accompanied by an adult). Proof of vaccinations is required; please attach a copy with registration.**

**Dogs that show aggressive tendencies during class will not be allowed. If your dog has already shown aggression, please contact the trainer before enrolling in this class.**

*Instructor: Wendy Dek (Certified Dog Obedience Trainer)*

48095-A

10:30-11:30AM // S // 7WKS // 9/15 // \$175

Adult Programs



## Tri City Promenaders

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

## Zumba 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: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)*

**Fall I**  
47050-A  
7:30-8:25AM // TTH // 4WKS // 9/11 // \$23

**Fall II**  
48050-A  
7:30-8:25AM // TTH // 4WKS // 10/16 // \$23

**Holiday**  
49050-A  
7:30-8:25AM // TTH // 4WKS // 11/20 // \$23



NEW CLASS!

## Stretch Yoga

Ages 16+

Plagued by tight hamstrings and IT bands from your daily runs, Cross-Fit training, or tennis matches? Get into this class to flush lactic acid, increase flexibility, and get rested for your next intense competition/work-out/training session/practice. This class will increase your performance and help you achieve the flexibility results you want! High blood pressure? High stress job/boss/life? Take a break and guide your body through gentle stretches to loosen up the knots of tension. Learn how to breathe easier and calm your mind. This class is for everyone who needs to relax, unwind, and recover from your busy schedule.

*Instructor: Psacha LaJoie (Certified Yoga Instructor)*

43115-C : August  
6:30-7:30PM // T // MONTHLY // 8/7 // \$30

48115-A : September  
6:30-7:30PM // T // MONTHLY // 9/4 // \$30

48115-B : October  
6:30-7:30PM // T // MONTHLY // 10/2 // \$30

48115-C : November  
6:30-7:30PM // T // MONTHLY // 11/6 // \$30

48115-D : December  
6:30-7:30PM // T // MONTHLY // 12/4 // \$30

NEW CLASS!

## U-Jam Fitness

Ages Mature 12+

U-Jam Fitness unites world beats with urban flavor and takes you around the world from Hip-Hop to Bollywood, with an athletic cardio workout that tones your body and leaves you begging for more! U-Jam Fitness is Universal, Unique and eUphoric! So lace up your kicks and Let The Music Drive You! Suitable for all fitness levels.

*Instructor: Cyndi Duff*

**Fall I**  
47120-A  
12:10-12:55PM // MW // 4WKS // 9/10 // \$25

**Fall II**  
48120-A  
12:10-12:55PM // MW // 4WKS // 10/15 // \$25

**Holiday**  
49120-A  
12:10-12:55PM // MW // 4WKS // 11/19 // \$25

## Fall & Holiday Seminars

### Supporting Your Immune System - Naturally!

Have you ever wondered why we seem to get sicker when the weather turns colder? Why does our immune system seem to be more taxed during this time of year, and how does it work anyway? I'll give you the answers to these questions and more as we explore our immune systems, how they work and how to best support them so they keep us healthier.

Presenter: Ragan Clark (MT-ASCP)

47039-A  
10:00-11:00AM // S // 1 DAY // 9/15 // FREE

### NingXia Red: Funny Name, Serious Nutrition!

If you have been to any of our previous classes, you have heard me mention NingXia Red many times, but what makes it such an important part of any daily routine? Come learn what makes it so wonderfully different than any other "super juice" on the market and why you should add it to your daily supplements. All attendees will get an opportunity to try some NingXia for yourself at our Club Red for \$2/per serving.

Presenter: Ragan Clark (MT-ASCP)

47035-A  
10:00-11:00AM // S // 1 DAY // 10/13 // FREE



### Fall Faire: Cooking with Essential Oils!

What? You can cook with those? Why yes, you can! Cooking with essential oils is a great way to add flavor to your food without adding extra calories, sugar, salt or preservatives. They also lend their healthful benefits to you and those enjoying your cooking. Learn how to easily and correctly incorporate oils into your dishes during this Thanksgiving holiday and every day. We will even do a recipe swap and have an oil-infused treat for all attendees.

Presenter: Ragan Clark (MT-ASCP)

48030-A  
10:00-11:00AM // S // 1 DAY // 11/10 // FREE

### Christmas Gift Extravaganza!

Supply fee \$5 per gift made

Stressing about that Christmas gift list? Why not give a toxin-free gift from your heart and made by your hands? Come DIY your Christmas gifts and take the stress out of your holiday, and your pocketbook! All supplies will be provided.

Presenter: Ragan Clark (MT-ASCP)

49095-A  
10:00-11:00AM // S // 1 DAY // 12/8 // FREE

## Registration Policy

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

.....  
**Classes begin the week of September 10**  
(unless otherwise indicated)

\* Class start dates may be affected by building closures due to the holidays.  
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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.

## 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.**

## Weather Policy

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

## Deadline Policy

Registration for classes must be completed in advance. The deadline for registration in childrens session scheduled programs is one week prior to the start date of the class.

# 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	\$

<b>GRAND TOTAL</b>	Non-Resident Fee of \$2 per class	_____ x \$2 # OF CLASSES	= \$ _____	+ Subtotal \$ _____ =	Total Due \$ _____
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## 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. I give the city of Hurst permission to use photographs obtained during my registered course(s), at recreation special events, or at city facilities, parks, etc. in city sponsored publication materials, and understand it is my responsibility to communicate otherwise with city personnel.

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

### Adult Men's Basketball

**Open Registration:** July 23-August 24

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

**League Schedules:** Available August 29  
after 4:00 p.m.

**League Begins:** September 4/6

**League Nights:**  
Tuesday – Men's Open  
Thursday – Men's Open



### Adult Softball

#### Summer League Registration

**Open Registration:** July 23-August 24  
*Registration and/or start dates may be adjusted to accommodate weather related delays*

**Entry Fee:** \$310 for an 8 game season

**League Schedules:** Available August 29, after  
4:00PM

**League Begins:** September 3

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

### Youth Sports Associations

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

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

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

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



*Effective January 2018*

## Recreation Center West Gym Schedule

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

### Monday

6:30AM-1:00PM // Open Gym  
 2:00-2:45PM // Classes  
 2:45-10:00PM // 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

## » 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 three 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.



## Healthy Hurst Wellness Program

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

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

### Walktober®

If walking is your favorite fitness activity, or if you'd like to start walking your way to fitness, join us at the Hurst Recreation Center for Walktober! To participate, simply register for this FREE Healthy Hurst event at the Hurst Recreation Center. Keep track of the number of days that you walk during the month of October and qualify for incentives based on your level of participation. You don't have to walk at the Hurst Recreation Center. Get outside, enjoy our parks, and get your steps in! For more information on Walktober, contact the Hurst Recreation Center at 817-788-7325.

### Coming January 2019

### Healthy Hurst Lose the LB's Fitness Challenge

The Healthy Hurst Lose the LB's Fitness Challenge will start on January 2, 2019. Looking to shed some holiday pounds or just start the new year off right? This is the challenge for you. Keep your eyes open for more information as the date for this event approaches.

### 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:  
Karen Spencer

Ralph Hurd  
Jessica Martin  
Bob Walker

Pat King  
Rod Robertson  
Gary Waldron

### Recreation Staff

Recreation Director:  
Chris Watson

Recreation Attendants:

Recreation Athletics  
and Aquatics Manager:  
Jennifer Kashner

Jeremy Bailey  
Kristen Barnett  
Dakota Ford  
Rudy Garcia  
Zach Herd

Recreation Programs  
and Events Manager:  
Amy Sisler

Anna James  
Madeline Kime  
Matt Mendez  
Ashleigh Neally  
Nancy Philip  
Shana Sanders  
Cheryl Thompson

Recreation Center  
Manager:  
Jordan Taylor

Recreation Supervisor:  
Mary Singleton

Facility Maintenance:  
Judy Arellano

Administrative Assistant:  
Paige Lutz

Recreation Receptionist:  
Melanie Cox  
Gayle Scott

Recreation Specialists:  
Madison Bass  
Lauren Snyder

## Kids' All American Fishing Derby

Friday, September 21  
4:30-8:30 p.m. // Chisholm Park, 2200 Norwood Drive

Calling all kids, ages 5 to 16 years old! Here is your chance to show off your fishing skills and win prizes. Bring your parents, fishing pole, and tackle to enjoy a morning of fishing fun! Don't have a fishing pole? No problem! The Hurst Public Library will be on site to rent fishing poles on a first come first serve basis while supplies last. In-and-Out Burger will be there to provide lunch! The event is FREE, however you must pre-register at the Hurst Recreation Center, 700 Mary Drive, by 10 p.m. Thursday, September 19. Space is limited so be sure to register early!



## Fall Festival in Hurst

Saturday, October 6  
11:00 a.m.-2:00 p.m. // Bellaire Shopping Center/Vivagine Copeland Park

Last year, we held our first Fall Festival event. Because of the success of the event, we have decided to now hold the 2nd Annual Fall Festival! Join us for an afternoon of fun for the whole family! Live music, craft fair, car show, food trucks, pumpkin patch, and much more!



## Family Campfire Camp-Out

Friday, October 19  
Campsite Selection and Set-Up: 5:00 - 6:30 p.m.  
Dinner Served: 6:30 p.m.  
Campsite Clean Up: Completed by Saturday, October 20 at 9:00 a.m.  
Chisholm Park, Pond Area, 2200 Norwood Drive

Join us again this year for our annual Family Campfire Camp-Out at Chisholm Park! After you select and set up your campsite, we'll have a traditional Chuckwagon dinner, fishing (if desired), campfire, a photo bus to capture the memory, a fun activity for the family, and a cowboy breakfast cooked over the campfire in the morning.

\$40 per campsite for a maximum of 5 people per site (one adult over the age of 21 must be present throughout the entire event). Registration begins on September 17 at the Hurst Recreation Administrative Office at the Recreation Center. Space is limited and fills up fast!





## Join us for our Christmas Tree Lighting and Santa's Workshop

Tuesday, November 27 // 5:00-9:00PM // Hurst Conference Center

- 3-lane Snow Tubing Hill and Kiddie Hill
- Rudolph's Reindeer Game Area
- Santa's Workshop including visits with Santa and Ms. Claus, hands on crafts, and toy drive drop off
- Santa's Christmas Marketplace where you can purchase ornaments and holiday décor
- Strolling entertainment and costumed characters
- Reindeer display
- Ride the shuttle from TCC to the HCC
- Petting Zoo
- Face painting
- Musical performances featuring local elementary schools
- Food Court featuring Hurst restaurants (food and beverages for purchase)



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



## Santa's Mailbox

December 1-15, 2018

Santa wants to hear from you! Here's your chance to tell Santa your "wish list." You can write to Santa, and he will write you back! Write your letter and drop it in one of Santa's Mailboxes from December 1-15. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library, and Hurst City Hall.

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



## 38th John Butler Memorial Senior Citizen's Banquet

Saturday, December 8, 2018  
5:00-7:00 p.m. // Hurst Recreation Center

Tickets will be available for Hurst Residents on Monday, October 29. You may pick up your tickets in person at the Hurst Recreation Center, or call 817-788-7320 to have your tickets mailed to you. There is a limit of TWO tickets per household. FREE!

## Stockings at Chisholm Park

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 2017.

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](http://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.



**Fall/Winter Operating Hours**  
Beginning October 29, 2018

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:*  
**Austin Armstrong**  
**Sean Burke**  
**Ryan Crozier**  
**Austin Lutz**

*Head Professional:*  
**Kelly Langdon, USPTA**

*Tennis Instructors:*  
**Cameron Bodily, USPTA**  
**John Schildt, USPTA**  
**Michael Seybold, USPTA**  
**Greg Smith**

*Tennis Center Coordinator:*  
**Austin Wynne, USPTA**

**Upcoming Tournaments**

Fall Mid-Cities Junior Circuit  
TBA

USTA Adult Open Tournament  
December 8-9



- 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 Per 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 Per Series of 4 Lessons

The Tennis Center staff also offers group lessons: \$90 for 1½ hour group drills for league teams.

**Racquet Stringing**

The Tennis Center has a large choice of strings and accessories for your racquet needs. We offer 24 hour service and United States Racquet Stringers Association certified stringers on staff.

## Youth

### Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

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

Instructors: Michael Seybold, USPTA and Staff

- 88700-A  
5:00-5:30PM // M // 4WKS // 9/3 // \$28
- 88700-B  
5:00-5:30PM // M // 4WKS // 10/1 // \$28
- 88700-C  
5:00-5:30PM // M // 4WKS // 11/5 // \$28
- 88700-D  
5:00-5:30PM // W // 4WKS // 9/5 // \$28
- 88700-E  
5:00-5:30PM // W // 4WKS // 10/3 // \$28
- 88700-F  
5:00-5:30PM // W // 4WKS // 11/7 // \$28

### Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

A fun class for beginners. No experience necessary! Learn the forehand, backhand, serve and volley. Kids will play plenty of fun games.

Instructors: Michael Seybold, USPTA and Staff

- 88503-A  
5:30-7:00PM // M // 4WKS // 9/3 // \$72
- 88503-B  
5:30-7:00PM // M // 4WKS // 10/1 // \$72
- 88503-C  
5:30-7:00PM // M // 4WKS // 11/5 // \$72
- 88503-D  
5:30-7:00PM // W // 4WKS // 9/5 // \$72
- 88503-e  
5:30-7:00PM // W // 4WKS // 10/3 // \$72
- 88503-F  
5:30-7:00PM // W // 4WKS // 11/7 // \$72



### Advanced Beginner/Intermediate Junior Tennis

10+ Years // 1 Can of Unopened Balls

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

Instructors: Michael Seybold, USPTA and Staff

- 88507-A  
5:30-7:00PM // TH // 4WKS // 9/6 // \$72
- 83720-B  
5:30-7:00PM // TH // 4WKS // 10/5 // \$72
- 83720-C  
5:30-7:00PM // TH // 4WKS // 11/8 // \$72



**Adult**

**Adult Beginner/  
Advanced Beginner Clinic**

**1 Can of Unopened Balls**

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

*Instructors: Austin Wynne, USPTA and Staff*

- 88505-A  
7:00-8:30PM // W // 4WKS // 9/5 // \$72
- 88505-B  
7:00-8:30PM // W // 4WKS // 10/3 // \$72
- 88505-C  
7:00-8:30PM // W // 4WKS // 11/7 // \$72

**Adult Intermediate Clinic**

**1 Can of Unopened Balls**

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

*Instructors: Austin Wynne, USPTA and Staff*

- 88506-A  
7:00-8:30PM // W // 4WKS // 9/5 // \$72
- 88506-B  
7:00-8:30PM // W // 4WKS // 10/3 // \$72
- 88506-C  
7:00-8:30PM // W // 4WKS // 11/7 // \$72

**4.0 Men's Open Drills**

**1 Can of Unopened Balls**

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

*Instructors: Kelly Langdon, USPTA and Staff*

7:00-8:30PM // TH // Weekly // 9/13 // \$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 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/Parks](http://www.HurstTX.gov/Parks)

### 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

## *Fall/Holiday 2018*

### RECREATION CLASS SCHEDULE

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

