

*where we live*  
**HURST★TEXAS**

WINTER 2019

Annual Budget Report

New Businesses

Historical Committee



# where we live

## In This Issue

Wellness & Health.....	4
Safe Living.....	6
Senior Services.....	10
Our Community.....	18
Public Library.....	30
Recreation Center.....	36
Park System.....	74

## 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 Stacy Luecker

## On the Cover

Have you ever visited the Historical Plaza at Heritage Village? It's a beautiful area that celebrates the City of Hurst from its formation by early settlers in the late 1800s to its official incorporation in 1952 to its present day as a "Quality of Life" community. It includes a Texas historical marker, the City of Hurst 50th Anniversary Time Capsule, and a bust of the founding father of Hurst, William Letchworth Hurst. We have a rich history, and it's fun to look back and learn about where it all began! On pages 28 and 29, you can find out other ways to learn more about our history. We invite you to visit the Historical Plaza at 841 W. Pipeline Rd. to remember where the city has come from and appreciate where we are today!



## Mayor's Message

It's hard to believe that 2018 is already coming to a close. The best word that I can think of to describe this last year is - FUN. It's been fun stepping into my new role as Mayor and getting to experience so much with you already. It's been fun working alongside our new council and coming up with new ideas to help make our city the best it can be. And getting to enjoy all of our events this year with you has been a ton of fun, as always!

This past October, we celebrated with our fire department the addition of Truck 202 to Fire Station 2. We had a great turn out at our Push-In Ceremony, and I want to thank everyone who attended and showed support for our guys in red. Our second Fall Festival was another great success this year, and each year, our Stars and Stripes attracts more and more visitors to our city!

In this issue, you'll learn about some of the changes to our 2018-2019 budget, get a sneak peek at some of the new businesses making their way to Hurst as well as learn some of the ways you can stay connected with our departments through social media. I love that this issue features information about our Historical Committee and offers you some tools you can use to brush up on your Hurst History!

As you spend time with your loved ones this holiday season, be sure to pause during all of the busyness and reflect on what you're grateful for. There is no better way to head into 2019 than with a heart full of gratitude. I certainly have a lot to be grateful for, and having the opportunity to live in and serve this great community is at the top of my list!

This year has certainly been a great one, but I'm excited to see what all 2019 has in store for us. On behalf of the entire city council, we want to wish you a fantastic start to the New Year!

- 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 Public Safety

**FACEBOOK:** @HurstPublicSafety  
**TWITTER:** @HurstPoliceDept, @HurstFireDept  
**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 Senior Activities Center

**FACEBOOK:** @HurstSeniorActivitiesCenter

# Looking back &

## Participate in health and wellness with Healthy Hurst

As we face a new year, it's a great time to look back at all the fun we had in 2018 and look ahead to what you can enjoy with Healthy Hurst in 2019!

We revamped the Healthy Hurst Program in 2018 to better support our citizens and encourage health and wellness across our community. After all, quality of life and strong community are what we are all about! What did this revamp look like?

The FREE Healthy Hurst program received a face-lift with some new offerings to support health across our community like our physical activity challenge at the 2018 Fall Festival, a new logo, fun giveaways when you enroll and many more upcoming events in 2019.

We are helping everyone recognize health and wellness opportunities throughout all our city venues by highlighting different areas of health. For example: our Jump into a Healthy July Facebook Live video series highlighting different departments and how they contribute to a healthier Hurst, our FREE annual Dash N Splash 1 mile walk & 5 K walk/run and so much more.

Individual, personalized support, attention and accountability through our personal training, nutritionist and health related classes are offered at the Hurst Recreation, Senior Center and the Hurst Public Library. If you need help getting started or

knowing what to do next for your health, this is the best place to start!

Our FREE annual Lose the Pounds challenge where Healthy Hurst members and citizens can track their physical activity and/or weight loss to earn prizes and increase their health!

**LIVE WELL Talks** - Our quarterly interactive education series where we had fun learning new physical activity routines, healthy eating tips, water safety and tips on how to have fun with fitness with our kids!

If you are a follower of social media and want to get in on the fun of the Healthy Hurst program, check out all the City of Hurst social media sites for the latest opportunities to participate. You can also join us by using the hash tags #healthyhurst, #theHurstLife and more as you participate in health and wellness throughout our community!

So, what is ahead for 2019? First, are you a Healthy Hurst member? If not, start by joining today!

We will continue with our great events we host every year, and we are adding some fun pop up events for the whole family. Healthy Hurst can be a part of your personal plan for health and wellness in your life, your family and your community, so please join us! We are here for you and look forward to working together in 2019!

# looking ahead



## *Crock Pot Zucchini Lasagna*

### Ingredients (Choose organic when possible)

- 15 oz ricotta cheese
- 1 large egg
- 1/4 cup freshly grated Parmesan cheese
- 1 cup spinach, chopped
- Salt and pepper
- 4 cups homemade tomato sauce or your favorite organic sauce (Can add meat to your sauce if you want)
- 4 medium zucchini, sliced 1/8-inch thick. (TIP: grill the zucchini slices before you put them in the slow cooker. It helped to draw out some extra moisture!)
- 16 oz mozzarella cheese, shredded
- 2 tbsp parsley

(Recipe from [primaverakitchen.com](http://primaverakitchen.com))

**Nutrition Facts:** 8 servings, - Calories: 251, Total Fat: 13.9g, Carbohydrates: 11.9g, Protein: 20.8g

\* Note: Choose organic ingredients when possible.  
Non-organic can have high pesticide residue.

### Directions

1. In a medium bowl, mix ricotta cheese, egg, Parmesan cheese, spinach. Stir well and set it aside.
2. Lightly coat the inside of the slow cooker with cooking spray.
3. Ladle about 1 cup of homemade tomato sauce on the bottom of the slow cooker and spread it well.
4. Layer 5 or 6 zucchini slices to cover.
5. Place some of the ricotta cheese mixture and top with the mozzarella cheese.
6. Repeat the layers until all your ingredients are all used up.
7. Top the lasagna with mozzarella and Parmesan cheese.
8. Cover and cook on high for 3 to 4 hours.
9. Turn off the slow cooker and let stand for about 3 hours to absorb excess liquid.
10. Before serving, top with fresh parsley



## 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).

## Public Safety Facebook page

Our Police and Fire Departments have always worked closely together by serving our community and helping those in need. Now, they have joined forces on Facebook! They're excited to provide even more quality content to help make our community safer. Be sure to like @HurstPublicSafety on Facebook!

## Ambulance Subscription



Photo by Parker Vangergriff

The City of Hurst is offering citizens an ambulance subscription service to help offset the high costs of emergency ambulance transportation. Insurance companies routinely do not pay the entire amount of ambulance transportation, leaving the patient with the responsibility of paying the balance of the bill. The purpose of the subscription service is to cover the amount not covered by your insurance provider or Medicare. If a person does not have health care insurance, this program covers emergency medical services delivered prior to hospital arrival. For \$60 per year per family, you will never have to worry about paying an ambulance bill in Hurst. Medicaid Recipients are not eligible for this program. 2019 Ambulance Subscription Service enrollment is going on now through December 31, 2018.

For all the details, search Ambulance Subscription at [hursttx.gov](http://hursttx.gov).



# Tips to avoid package theft

- Choose a shipping option where you have to sign for delivery (and tell friends and relatives who may be shipping you packages to do the same). If you can specify that only the person whose name is on the package can sign for it, make that happen.
- Keep an eye on the package's delivery status so you know when to expect it (then you can either be home or leave a note for the delivery person to deliver it to a neighbor). If friends/relatives are sending something, ask them to send you the tracking number.
- Get to know your carriers. Typically they have the same person on your route. Introduce yourself and get to know them where possible. Having a connection to who is delivering your packages will help get better service. If there has been a problem with stolen packages in your neighborhood, tell them about it.
- Ship the package to another location if you aren't generally home such as your office or a neighbor/friends' home. (Check work to make sure this is allowed.)
- Leave special instructions where to deliver packages if you are not going to be home.
- Choose "delivery pick up" so they hold your package rather than leave it on your vacant doorstep or in your open vestibule.
- If you live in a building, set up a way to have neighbors hold each other's packages rather than leave them in a common area.
- Insure your packages, just to be safe.

## What happens when a package IS stolen?

If a package is stolen, call your local police department and report the theft, the business you ordered from and your credit card company (to find out if it offers purchase-protection for reimbursements).

# Holiday

## SAFETY TIPS



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

- The mall is full of people with money to spend. As you speed along, focused on getting the perfect gift, a criminal can be searching for the next victim. When you are in a parking lot or garage, be alert to someone who appears to be standing around for no good reason. He or she might be waiting for someone, or that person could be an opportunist waiting to grab your shopping bags or your purse.
- ALWAYS park in well-lit areas and park close to the entrance of the store or mall.
- Don't electronically unlock your vehicle until you are within door opening distance. This helps stop a thief from getting into the car without you knowing to strike when you least expect it.
- Stay off the cell phone as you walk through parking lots and streets. It is an unnecessary distraction that makes you susceptible to thieves, and your cell phone is an enticing target itself.
- Don't flash large amounts of cash or offer tempting targets for theft such as expensive jewelry or clothing.
- Don't fumble for house or car keys. Have them in your hand, ready to use when you reach the door.
- ALWAYS lock your car and residence, even if you are away for only a few moments.

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

## *A Holiday Shopping Reminder*

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

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



## Senior Center



### Membership Information

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

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

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership 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**

**Tammy McDonald**

**Jorji Northrop**

**Gayle Stevens**

**David Wiggins**

## 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.)

### 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 // 11/28 // \$4

8:00 - 9:00AM // Wednesday // 1/24 // \$4

### 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.

10:15-12:30PM // Wednesday // FREE

### 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 // Friday // 12/7 // \$3

1:00 - 3:00PM // Friday // 1/4 // \$3

1:00 - 3:00PM // Friday // 2/1 // \$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 // 1/27 // \$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.

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

9:30-12:30PM // Thursday // 1/10

9:30-12:30PM // Thursday // 1/22

### 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. Per class supply fee \$20.

9:30-12:30PM // Friday // 12/14 // \$15

9:30-12:30PM // Friday // 1/25 // \$15

9:30-12:30PM // Friday // 2/22 // \$15

### 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.

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

2:00-3:00PM // Friday // 1/25 // Free

2:00-3:00PM // Friday // 2/22 // Free



## Senior Center Upcoming Events & Classes

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

### Dances

All Seniors 55+ are invited to join us for our dances on the second and fourth Thursday night of each month. Come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. A Senior Center membership is not required. Our dances always feature live music. Our special Holiday Dance on December 27 will feature the orchestra Nobles of Note, dance hosts, light refreshments and a sparkling beverage. Invite your friends to join you for an evening out!

7:00-9:15PM // Thursday // 12/13 // \$5

7:00-9:15PM // Thursday // 12/27 // \$5

7:00-9:15PM // Thursday // 1/10 // \$5

7:00-9:15PM // Thursday // 2/24 // \$5

### 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 16.

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

### Holiday Breakfast Bash

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 9-9:45 a.m. and entertainment will begin at 10 a.m.

9:00AM-Noon // Friday // 12/14 // \$5



### 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

### 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

### American Sign Language

Introduction to American Sign Language using conversational methods. Covers vocabulary, grammatical usage, and culturally appropriate behavior within the deaf community. **Instructor: Carolyn Stem**

11:00AM-1:30PM // Thursday // 4WKS // 1/10 // \$15



## 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.)



### Art with an Artist

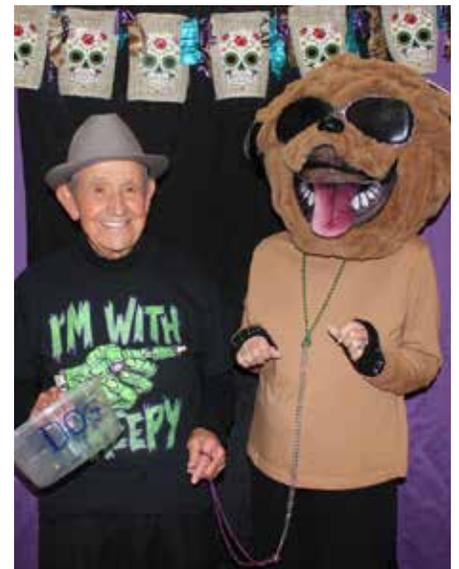
Come and learn with a pro! Texas artist Jim Bratcher has won numerous awards and been featured in art shows throughout the state. Class is designed to meet individual preferences and styles. Students can choose their medium and be guided in their work by the instructor. Graphite drawing, watercolor, oil, pastel, and others are all welcome. Monthly supply fee due to instructor \$20. **Instructor: Jim Bratcher**

6:00-8:00PM // Thursday // 4WKS // 1/10 // \$15

### Woodcarving

If you are looking for a group to carve with or are interested in learning the basics of woodcarving, come join us. Beginning projects and handouts will be provided for those who are learning. Instruction and opportunity to try carving knives and safety equipment will be also available. If you are already carving and would like a group to carve with, bring your projects and share them with us. We will have tips on carving rough-outs and finishing your projects as well. **Instructor: Mike Donnelly**

9:30AM-12:30PM // Thursday // 4WKS // Free



## 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.)

#### *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

#### *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 - 10:45AM // Monday // 4WKS // \$16

11:00 - 11:45AM // Monday // 4WKS // \$16

10:00 - 10:45AM // Tuesday // 4WKS // \$16

11:00 - 11:45AM // Wednesday // 4WKS // \$16

10:00 - 10:45AM // Wednesday // 4WKS // \$16

11:00 - 11:45AM // Thursday // 4WKS // \$16

#### *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 // Tuesday // 4WKS // \$16

10:00 - 10:45AM // Thursday // 4WKS // \$16

#### *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 // Thursday // 4WKS // \$10

## Senior Center Fitness Classes

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

### 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: Kalya 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

#### Kundalini Yoga

This fun, challenging class wakes up the energy centers in your body. Through the use of movement, breath, and meditation, you connect to your core energy and let go of what no longer serves you. This class includes stretching, yoga poses, and chant. **Instructor Cheri Nelson**

1:00 - 2:00PM // Monday // 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: Jamie Goldstein**

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: Debbie Melchiorre**

1:00 - 2:00PM // Wednesday // 4WKS // \$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 // 12/7 // \$5

3:30 - 5:00PM // Friday // 1/4 // \$5

3:30 - 5:00PM // Friday // 2/1 // \$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 // 12/21 // \$5

3:30 - 5:00PM // Friday // 1/25 // \$5

3:30 - 5:00PM // Friday // 2/22 // \$5



## *New businesses blossom in Hurst*

What a great time of year! We all enjoy giving and receiving gifts and celebrating this wonderful holiday season. Many new businesses have opened in Hurst since last Christmas, which will add nicely to the gift selection possibilities. We anticipate shoppers coming from far outside their normal shopping patterns during this season, where most retailers will do 35% to 40% of their annual volume in the six weeks of Christmas shopping.

Shopping is extended and more gratifying when it can include a meal or snack at a great restaurant. Hurst has an abundance of attractive food service operations throughout its 10-mile city limits offering residents and visitors 138 different restaurants, coffee shops and bakery type choices.

Opened this year, or soon to be open are:

- Flamingos Mexican
- Ono Poke
- Tiff's Treats
- Firenza Pizza
- Salvadoreno

- Harwood Café
- Moe's Gyro
- Jack in the Box
- Burning Rice Korean BBQ
- JJ's Taco Shop
- Soulman's Bar-B-Que
- Tropical Smoothie Café
- Just Ripe Produce & Café
- Chicken Salad Chick
- The Garden Grille & Bar
- Burgerim
- Fusion Asian Kitchen
- Corner Bakery Café
- Guanataco
- Proper Pasta & Pizza
- Smoothie King
- Taco Cabana

So whether you're shopping or eating or shopping AND eating, Hurst is the place to be!

# Flood Safety Tips

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

## Before the Flood

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

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

### 2. Prepare for flooding by doing the following:

- Know how to shut off the electricity and gas to your house when a flood comes.
- Make a list of emergency numbers and identify a safe place to go.
- Report blockages in creeks, culverts, drainage ditches and storm drain inlets by calling Public Works at 817-788-7076.
- Make a household inventory and put insurance policies, valuable papers, medicine, etc. in a safe place.
- Develop a response plan - consult the American Red Cross website for information on creating an emergency preparedness plan.
- The American Red Cross has also published the brochure *Repairing Your Flooded Home*, which provides information on planning and preparing for a flood event as well as repairing after a flood event.

### 3. Consider some permanent flood protection measures.

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

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

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

### 5. Get a flood insurance policy.

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

## During and After the Flood

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

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

# Shop First in Hurst!



Shopping local and supporting small business is vital to the health of a community, and we're no different in Hurst. That's why we adopted Shop First in Hurst as our mantra long ago. With so much to offer right here in our city, why shop anywhere else? Last year, we moved our Retail, Restaurant and Business Guide to strictly digital! You can access all

of our businesses in Hurst on our website at [hursttx.gov/retailguide](http://hursttx.gov/retailguide) or on our Where We Live Mobile App! With the holiday season now upon us, we hope that you will take advantage of all the great shopping our city offers and continue to Shop First in Hurst!

## Hurst Where We Live Mobile App – Trash & Recycling info in the palm of your hands

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In an effort to help keep our citizens informed of our trash guidelines and holiday schedules for trash and recycling pick-up, we have placed a link on our mobile app that leads you directly to this highly sought after information.

The Trash & Recycling link on the app is placed second on the list of menu items. Selecting it presents you with three informative links. The first being "General Information." The general information area provides details about our contract with Republic Services, when your normal trash pick-up days are, the holiday pick-up schedule and more. Try scrolling down on this page to see what you can learn!

The two additional links in the menu are for Recycling and Sanitation guidelines. If you're unsure of what can be recycled, or you're curious about sanitation rules, this is the place to go for details!

If you don't have our mobile app, you can download it by searching "Hurst Where We Live" in the iTunes or Google Play stores.

## Youth in Government – Last Call

We're gearing up for our 2019 Youth In Government class! We revamped the program last year making it even more exciting and flexible for our high school juniors and seniors. We've also included more volunteer opportunities that are perfect resume builders! The program will run from January-May, and as always, there will be a chance to win a college scholarship! For all the details and to easily apply online, visit [hurstx.gov/YIG](http://hurstx.gov/YIG).



**DID YOU KNOW?**  
*Hurst is a nets participating city*



**nets**



**NETS is a door-to-door, demand responsive para-transit service and is available to any resident or non-resident of a participating city who is disabled or 65 years of age or older. NETS may be used for medical appointments, socialization, employment, essential shopping and education purposes**

**SCHEDULE AN APPOINTMENT** **817-336-8714**

**SERVICE HOURS** 6AM TO 6PM  
MONDAY - FRIDAY

**Need to Schedule a Trip?**  
Call between 8:00 am – 5:00 pm, Weekdays only  
Trips must be scheduled 48 hours in advance  
Be prepared to provide the following information:

- Time you are due at your destination
- Destination address and description (dr. office, pharmacy)
- Time of your return trip
- Number of guest
- If a personal care attendant will accompany you

## Budget Summary FY 2019

Using the vision, mission and values as a guide, the council established their strategic priorities. These priorities provide a direction for city staff in planning and evaluating their daily actions. The priorities allow staff to have clear direction and focus areas to ensure we are able to achieve the mission and vision.



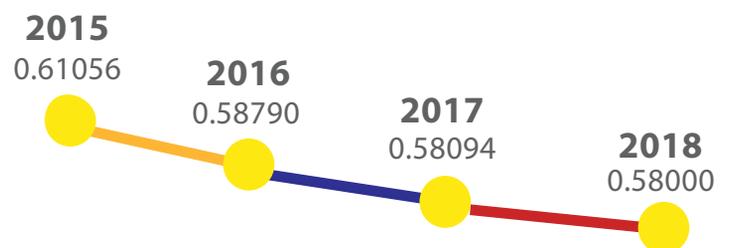
	Pop-up events in Bellaire, proactive planning for the future of North East Mall, implementation of sustainability plan.
	Increasing overtime budget for fire to ensure 24/7 coverage, upgrading training program for police department.
	Continued investment in organizational development with focus on leadership training and development.
	Updating the software used in our planning and community development.
	Active management of our debt portfolio, conservative budgeting approach, lowering of tax rate.
	\$250,000 increase in road maintenance, and an anticipated road bond.

## Tax Rate

For the FY 2019 budget, the City of Hurst has again reduced its tax rate.

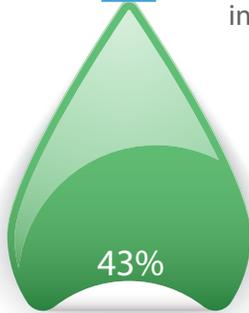
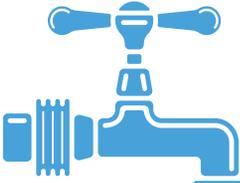
For more information on our budget and tax rate visit [hursttx.gov/budget](http://hursttx.gov/budget).

## Four year history



# Enterprise Fund Expenditures

The enterprise fund tracks revenues and expenditures related to providing water and wastewater services to our community. Each year, we conduct an in depth analysis of customers' consumption patterns, wholesale costs and rates, financial obligations, infrastructure maintenance, and operational costs to determine the rates necessary to continue to provide safe healthy water to the tap and sanitary sewer service to treat the wastewater. You can see that wholesale costs represent the greatest share of costs in the enterprise fund. Council follows a policy of passing through wholesale increases to the customers. For FY19 the council approved a 1.5% rate increase which covers increases in wholesale costs while internal operations did not require any increase.



Wholesale



Water



Wastewater



Admin



Billing & Maintenance Services



Engineering

# General Fund Tax Expenditures

The general fund tracks the revenues and expenditures associated with general purpose property and sales taxes collected by the City. The activity in this fund represents the typical government services we've come to rely upon. As is typical with most cities, just over half our expenditures are related to public safety. Public safety is one of the Council's strategic priorities and illustrates how the priorities guide the development of the annual budget.



Legislative & Public Services



Admin



Planning & Development



Non Departmental



Public Works



Community Services



Public Safety & Judicial Services



# SOCIAL MEDIA



**@HurstParksandRecreation**

A huge THANK YOU to our aquatics staff this season. It is because of their hard work that we are able to operate safe and fun facilities!



**@HurstFireDept**

@MoveOverForEmergencyVehicles is riding across America to remind us to all be aware of emergency vehicles.



**@CityofHurstTx**

Mayor Wilson represented the City of Hurst alongside other area leaders and broke ground on the East Loop 820 project this morning.



**@HurstPublicLibrary**

Having lots of fun with Guitar Hero in the Teen Zone tonight!



**@HurstPublicLibrary**

Storybook Theatre of Texas visited us today! Thanks everyone for coming out!



**@HurstFireDept**

We stopped by Mikayla's lemonade stand this morning to get some delicious treats and thank her for the work she's doing in the community!



**@CityofHurstTx**

Our Youth In Government students participated in 6 Stone's CPR event and worked on a house in Hurst today!



**@HurstAnimalServices**

Kylee Parks celebrated her birthday today by bringing donations to the shelter to share with our dogs and cats!



**@HurstAnimalServices**

Clear the Shelters was this past Saturday, and we wanted to share photos of some of the happy connections made during this annual event!

# CONNECTION



[@HurstPublicSafety](#)

Bella is ready for MHPO (Mental Health Peace Officer) class today!



[@HurstConferenceCenter](#)

We are in full holiday mode here at the HCC! How beautiful is this stage from last night's event?



[@HurstConferenceCenter](#)

Our team took a hard hat tour of the new Hilton Garden Inn today that will be attached to the HCC!



[@HurstSeniorActivitiesCenter](#)

The Happy Hatter's of Hurst are enjoying lunch today at Mitra's Tea Room. Aren't they a beautiful bunch in their red hats?



[@HurstPoliceDept](#)

Our school resource officers are excited for the new school year!



[@HurstSeniorActivitiesCenter](#)

Don't forget to come out to the Ice Cream Social today at 2 p.m.! Over 30 flavors of ice cream will be featured!



[@HurstPoliceDept](#)

Happy National Public Safety Telecommunicators Week to all of our 911 dispatchers!



[@HurstPublicSafety](#)

Our firefighters arrived early this morning and are getting the new truck cleaned, stocked, and ready for the push-in ceremony tonight!



[@HurstParksandRecreation](#)

ICYMI: At last weeks' city council meeting, council proclaimed July as Parks and Recreation month in the City of Hurst!

# 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.

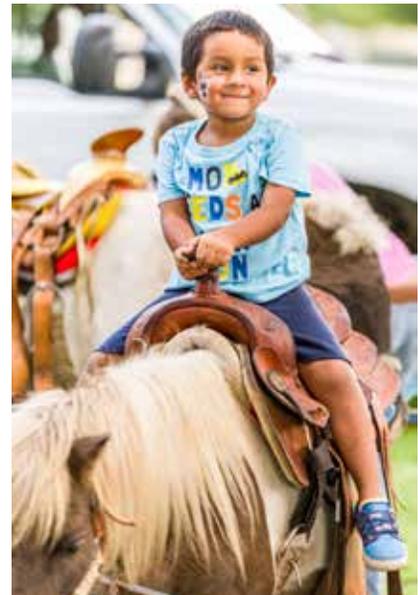
## More ways to tackle grease...

- 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.



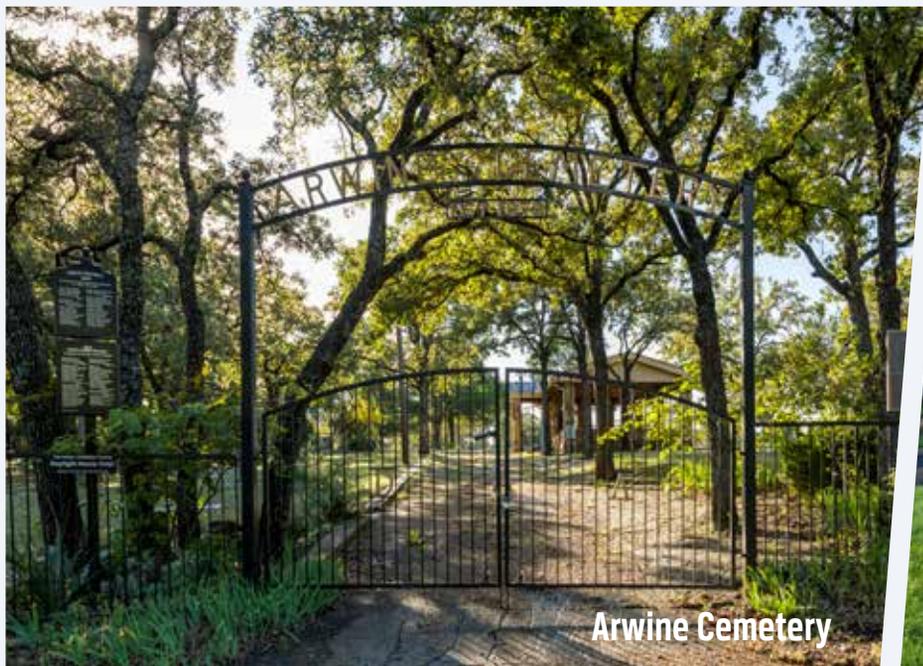
## Pumpkins, ponies and hayrides! Oh my!

With an estimated 3,000 in attendance, the 2nd Annual Fall Festival proved to be yet another successful event hosted by the City of Hurst. As part of our Transforming Hurst initiative, we added the Fall Festival to our list of free events in 2017 as a way to bring the community together in the Bellaire Area. Partnering with HEB ISD and First Baptist Hurst, we were able to offer a wide array of activities that were fun for the whole family again this year! Each child got the opportunity to select and decorate a pumpkin. The entire family could take part in riding the hayride, led by real horses! Not to mention the face painting, pony rides, craft fair, car show and kids activity area. All while being entertained by HEB ISD

Suzuki Strings, an act performed by the Artisan Theatre and awesome performance by The Inspiration Band!

This event has really taken off in the past two years, and we are excited to see it grow even more in the future! Be sure to mark your calendars for October 5, 2019! We would love to see you there!

To continue to bring even more excitement to the Bellaire area, several pop-up events will be held throughout the year complete with food trucks, entertainment and a vendor marketplace with local businesses. As events get closer, we'll post the details on our website and social media!



Arwine Cemetery



## Hurst Historical Landmark Preservation Committee

The Hurst Historical Landmark Preservation Committee is charged with the preservation of the unique identity of the City of Hurst and the history of the area prior to its founding, which produced significant historical, architectural, archaeological and cultural resources and shall:

- Protect and enhance the landmarks which represent distinctive historic, architectural and cultural elements of Hurst;
- Foster civic pride in accomplishments of the past;
- Protect and enhance Hurst's attractiveness to visitors and support and stimulate the economy thereby provided;
- Ensure the orderly, efficient and appropriate growth and development of Hurst;
- Promote economic stability and prosperity of the community by encouraging the most appropriate use of such significant property of Hurst; and
- Stabilize and improve property values.



Windmill Park

Originally, the Committee focused on protecting the significant historical and architectural landmarks. This resulted in the designation of six distinctive sites which include Arwine Cemetery, the Church of Christ, Emma's Café & Souder's Grocery, the Hurst School, the Hurst Train Depot and Windmill Park. In addition, the Hurst Public Library is the home to the Historical Gallery which is a museum type gallery featuring items with information and images of the History of Hurst. A description of each landmark designation site and additional information

on the Historical Gallery can be found on the "Hurst History" webpage within the Hurst Public Library's website: [hursttx.gov/library](http://hursttx.gov/library).

To help foster civic pride and promote the accomplishments of our past, the Historical Plaza was established at Heritage Village Plaza. The Historical Plaza includes a Texas historical marker, the City of Hurst 50th Anniversary Time Capsule, and a



Hurst School



Parker Cemetery

bust of the founding father of Hurst, William Letchworth Hurst. The focal point of the Historical Plaza is "Remembrances of My Home Town" by Janice Hart Melito. On the ledge surrounding the sculpture are plaques recognizing each Mayor who has served the City of Hurst. Plaques recognizing the past and present City of Hurst Councilmembers are on the outer walls of the Historical Plaza.

Throughout the years, the Committee developed a vital cultural initiative, the Hurst Oral History Project. The objective of the Hurst Oral History Project is to identify persons of historical significance to the Hurst area and collect, archive and provide access to living people's testimony about their own life experience living in the Hurst area. This effort has resulted in 13 professionally curated videos that are available for everyone to view at their convenience by searching "Hurst History Videos" at [hursttx.gov](http://hursttx.gov). The production schedule is ongoing, and new content is uploaded regularly after the Committee reviews it.

Most recently, the Committee has taken steps to protect Parker Cemetery, a vital part of the historical and

archeological record of the very early days of Tarrant County and leading up to the city's founding. The Committee has been working hard over the past year to develop a concept plan that includes a wrought iron fence and decorative stone columns around the property and an ADA compliant public entrance that includes a decorative archway welcoming visitors from the north side of the cemetery along Cardinal Drive. Due to the sensitive nature of the site, the Committee has secured an architect and surveyor, a local archeologist, and developed a close relationship with the Texas Historical Commission Antiquities Division for the required permits. In addition, the Committee plans to complete the application for the Historic Texas Cemetery Designation and have the identifying marker installed on a stone column at the newly constructed entrance.

These projects are just some of the highlights that the Historical Landmark Preservation Committee is working hard at in order to fulfill its mission to preserve the unique identity of the City of Hurst. Please visit and explore the entirety of the Hurst History webpage at [hursttx.gov](http://hursttx.gov).

# Hurst Public Library

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



## *L.D. Bell Art Reception*

Thursday, March 21 - 7 p.m.

For art lovers of all ages!

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

## *1,000 Books before Kindergarten*

For children who have not started kindergarten and their caregivers.

A self-paced, ongoing program to provide a simple, innovative, yet fun approach to establishing strong early literacy skills in young children by reaching the goal of reading 1000 books before kindergarten; incentives for every 100 books read through 1000. To register, go to [www.hursttx.gov/kidstuff](http://www.hursttx.gov/kidstuff).

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



## Adult Programs

### AARP Tax Assistance

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

Noon-4:00PM // T // 2/5 - 4/9

### Adult Games, Games, Games!

Come play games and meet new people at the Library! Play Ticket to Ride, Clue, cards, Splendor, and more! Or bring your own game to share!

7:00PM // First Thursday

2:00PM // Third Saturday

### Brown Bag Book Club

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

Join us for an informal book discussion.

**January 3** - Your choice! Your favorite book of 2018

**February 7** - *The Dry* by Jane Harper

**March 7** - *Just Mercy* by Bryan Stevenson

### Caregiver Resources 101

Are you caring for an aging parent? The Tarrant County Area Agency on Aging has resources to help support you! Join us for a look out how they can help you care for your loved ones.

1:00PM // T // 2/12

### Cinema 13: New Release Movies!

Is there a 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. Children under the age of 13 need parental permission to attend.

3:00PM // S // 1/12, 1/26, 2/9, 2/23, 3/9, 3/23

# Hurst Public Library



## Ongoing Youth Programs

### Chess Club

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

### STEM Engine

3:00-5:00PM // W

Geared to elementary ages, but younger may come with an adult. A come and go event with a different STEM activity each week.

### Story Time

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

### Toddler Time

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

## Youth Programs

### Babygarten

Babies, Birth to 18 Months, with Caregiver

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

Wednesday Sessions

10:30-11:30AM // W // 1/16-2/20

Saturday Sessions

10:30-11:30AM // S // 1/19-2/23

### 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 // 1/15, 2/5, 2/19, 3/5, 3/19

## Spring in for a Movie

For All Ages

Make movie matinees part of your spring break each weekday. Enjoy a family favorite on the big screen complete with free popcorn provided by the Friends of the Library.

2:00PM // March 11-15





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## 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

February 12 - *Far-out Outer Space*

March 12 - *Robot Invasion*

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## Train Car Creations

For All Ages

Children of all ages are invited to create their own train cars out of boxes and poster board. A variety of media will be available to design and decorate personal train cars. All participants will be encouraged to show off their creations in the Train Parade on Saturday, January 12.

5:00-8:00PM // T // 1/8

5:00-8:00PM // TH // 1/10

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## Train Parade

For All Ages

The Kids' Express will track around the Library for all to enjoy. Come see the train cars kids and families have made or, better yet, be a part of the fun and create your own train car on January 8 and 10! At the end of the line, participants and viewers are invited to a special party celebrating trains

11:00AM // S // 1/12

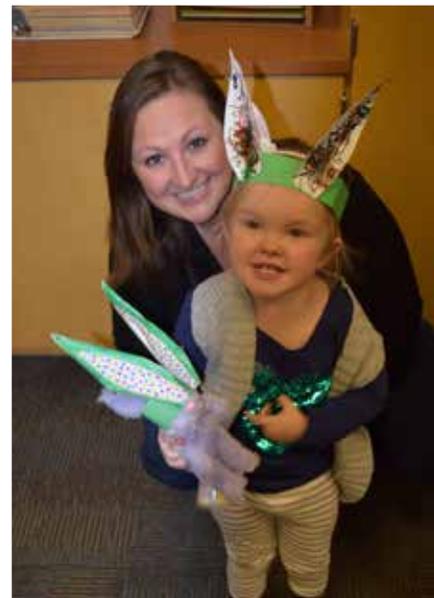
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## Take Your Child to the Library Day

For All Ages

The library—it's more than just a bunch of books (though we think books are great)! Crafts and activities, including a couple of Library tours that take you behind the scenes, will be taking place throughout the day to give you a taste of what the library has for you! PLUS: A special program at 3:00PM.

10:00AM-6:00PM // S // 2/2



# Hurst Public Library



## Teen Zone

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

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

### 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 // 1/10

### Chess Club

Students of all ages through high school  
4:00-5:00PM // M

### Chocolate Olympics

6th-12th Graders

Join us for an afternoon of chocolate fun! Relay races, pie-eating contests, M&M sorting and more! Bring your appetites and your friends.

7:00-8:00PM // TH // 2/14

### 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

January 5 - Most loved books published in 2018

February 16 - Debut authors

March 9 - Historical fiction books

### 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 // 1/24, 2/28, 3/28

### Spring Break Crafternoons

6th-12th Graders

Staying home for spring break? Don't let FOMO get you down! Come to the library every afternoon for cool DIYs even your jet-setting friends will be jealous of.

4:00-5:00PM // March 11-15

### 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.

7:00-8:00PM // TH // 1/17, 2/21, 3/21

### 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!

7:00-8:00PM // TH // 1/3, 2/7, 3/7



## Programs for All Ages

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### Early Release Friday Movie Matinee

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School's out early!

Join us at 2:00PM on Friday, January 18 in the Library program room for a movie on the big screen. Free popcorn provided!

Check the website for upcoming movie details.

2:00PM // F // 1/18

### Make and Take Craft Nights

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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 // 2/14

### Masterworks at the Library

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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 7:00PM the 4th Thursday of each month at the Hurst Public Library.

Please check the library website for upcoming concert information.



**Classes begin the week of January 7**  
(unless otherwise indicated)



# HURST RECREATION CENTER

Programs, activities offer ways to meet New Year's resolutions

If your New Year's resolution is to improve your personal health, wellness and fitness, the Hurst Recreation Center is the place for you. Our very affordable rates for both annual and daily passes will help you accomplish all of your resolutions including the one to save more money in 2019!

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.

If fitness is your thing, there are many fitness classes to help you reach all of your fitness goals. You can also schedule a session with our personal trainer to formulate a custom-designed fitness plan, and our Fitness Center has all of the equipment you will need to complete your workouts. 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 favor-

ite 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 literally something for everyone! And any complete fitness program includes a strength training regimen. We have an extensive selection of machined weights and plate-loaded strength equipment, as well as dumbbells and flexibility equipment. For more information on any of our activities or classes, contact the Recreation Center 817-788-7325.

## **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

Monday–Thursday // 6:30AM–10:00PM

Friday // 6:30AM–6:00PM

Saturday // 9:00AM–6:00PM

Sunday // 1:00PM–6:00PM

## Contact Information

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

\* 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

### 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

NEW CLASS!

### 1, 2, Buckle My Shoe

2 Years // Supply fee \$10

We will work on counting and number recognitions through songs, stories and more!

Instructor: Dottie Nicholson

Winter II

12440-A

9:00-9:30AM // M // 4WKS // 2/11 // \$18

NEW CLASS!

### Claytime Fun with Mom & Dad

2 - 3 Years // Supply fee \$10

Clay is a great tool for working on those fine motor skills while having fun! Your child will bring home projects made in class. At least one parent is required.

Instructor: Dottie Nicholson

Winter I

11125-A

9:00-9:30AM // W // 4WKS // 1/9 // \$18

Winter II

12125-A

9:00-9:30AM // W // 4WKS // 2/13 // \$18

### Colors & Shapes

2 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Winter I

11400-A

9:00-9:30AM // M // 4WKS // 1/7 // \$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.

## »»» 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.

NEW CLASS!

### Happy Dancing with Mom & Dad

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. At least one parent is required.

Instructor: Dottie Nicholson

Winter I

11095-A

9:00-9:30AM // F // 4WKS // 1/11 // \$18

Winter II

12095-A

9:00-9:30AM // F // 4WKS // 2/15 // \$18

### Little Tyke Soccer

2-3 Years // Supply fee \$5

GGG000AALLL! You will get your feet running and learn the basics of the world's most popular sport. (Tennis shoes required)

Instructor: Stacie Castillo

Winter I

11600-A

9:00-9:30AM // F // 4WKS // 1/11 // \$18

Winter II

12600-A

9:00-9:30AM // F // 4WKS // 2/15 // \$18

### 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

Winter I

11333-A

9:45-10:15AM // M // 4WKS // 1/7 // \$18

Winter II

12333-A

9:45-10:15AM // M // 4WKS // 2/11 // \$18



## 3 Years and Younger Programs

## Numbers & Letters for Little Ones

2-3 Years // Supply fee \$5

Come create fun projects to help with letters and number concepts. We will use multi-sensory activities and crafts to develop these skills.

*Instructor: Tawny Goetschius*

### Winter I

11123-A

11:15-11:45AM // M // 4WKS // 1/7 // \$18

### Winter II

12123-A

11:15-11:45AM // M // 4WKS // 2/11 // \$18

**NEW CLASS!**

## Parent Tot Music & Crafts

18 MOS - 2 Years // Supply fee \$10

It's playtime! Come explore music and crafts that help with fine motor skills, as well as play games associated with gross motor skills and interactions with others. At least one parent required.

*Instructor: Dottie Nicholson*

### Winter I

11130-A

10:30-11:00AM // W // 4WKS // 1/9 // \$18

### Winter II

12130-A

10:30-11:00AM // W // 4WKS // 2/13 // \$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*

### Winter I

11700-A

8:30-9:00AM // F // 4WKS // 1/11 // \$18

### Winter II

12700-A

8:30-9:00AM // F // 4WKS // 2/15 // \$18



## »» Please Remember

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

### 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.

### Winter I

*Instructor: Tammy Slovinsky*

31040-A

9:30-10:00AM // T // 4WKS // 1/8 // \$18

31040-B

9:30-10:00AM // W // 4WKS // 1/9 // \$18

*Instructor: Miranda Kirkpatrick*

31040-C

9:30-10:00AM // TH // 4WKS // 1/10 // \$18

31040-D

11:30-Noon // TH // 4WKS // 1/10 // \$18

*Instructor: Jennifer Shafer*

31040-E

9:30-10:00AM // M // 4WKS // 1/7 // \$18

31040-F

9:30-10:00AM // F // 4WKS // 1/11 // \$18

*Instructor: Tawny Goetschius*

31040-G

9:45-10:15AM // M // 4WKS // 1/7 // \$18

31040-H

9:45-10:15AM // F // 4WKS // 1/11 // \$18

31040-I

9:45-10:15AM // S // 4WKS // 1/12 // \$18

### Winter II

*Instructor: Tammy Slovinsky*

32040-A

9:30-10:00AM // T // 4WKS // 2/12 // \$18

32040-B

9:30-10:00AM // W // 4WKS // 2/13 // \$18

*Instructor: Miranda Kirkpatrick*

32040-C

9:30-10:00AM // TH // 4WKS // 2/14 // \$18

32040-D

11:30-Noon // TH // 4WKS // 2/14 // \$18

*Instructor: Jennifer Shafer*

32040-E

9:30-10:00AM // M // 4WKS // 2/11 // \$18

32040-F

9:30-10:00AM // F // 4WKS // 2/15 // \$18

*Instructor: Tawny Goetschius*

32040-G

9:45-10:15AM // M // 4WKS // 2/11 // \$18

32040-H

9:45-10:15AM // F // 4WKS // 2/15 // \$18

32040-I

9:45-10:15AM // S // 4WKS // 2/16 // \$18

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.

**Winter I**

*Instructor: Tammy Slovensky*

- 31030-A  
10:00-10:30AM // T // 4WKS // 1/8 // \$18
- 31030-B  
11:30-Noon // T // 4WKS // 1/8 // \$18
- 31030-C  
10:00-10:30AM // W // 4WKS // 1/9 // \$18

*Instructor: Miranda Kirkpatrick*

- 31030-D  
10:00-10:30AM // TH // 4WKS // 1/10 // \$18

*Instructor: Jennifer Shafer*

- 31030-E  
10:00-10:30AM // M // 4WKS // 1/7 // \$18
- 31030-F  
10:00-10:30AM // F // 4WKS // 1/11 // \$18

**Winter II**

*Instructor: Tammy Slovensky*

- 32030-A  
10:00-10:30AM // T // 4WKS // 2/12 // \$18
- 32030-B  
11:30-Noon // T // 4WKS // 2/12 // \$18
- 32030-C  
10:00-10:30AM // W // 4WKS // 2/13 // \$18

*Instructor: Miranda Kirkpatrick*

- 32030-D  
10:00-10:30AM // TH // 4WKS // 2/14 // \$18

*Instructor: Jennifer Shafer*

- 32030-E  
10:00-10:30AM // M // 4WKS // 2/11 // \$18
- 32030-F  
10:00-10:30AM // F // 4WKS // 2/15 // \$18

**»»» Please Remember**

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

## 3 Years and Older Programs

## Cooking for Fun

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

### Fall I

11250-A

10:45-11:30AM // F // 4WKS // 1/11 // \$19

### Fall II

12250-A

10:45-11:30AM // F // 4WKS // 2/15 // \$19

## Dinosaurs

3 - 6 Years // Supply fee \$10

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*

### Winter I

11699-A

11:30AM-12:15PM // M // 4WKS // 1/7 // \$19

### Winter II

12699-A

11:30AM-12:15PM // M // 4WKS // 2/11 // \$19

## Cheer

3 - 6 Years

Here's your first step in learning to be a cheerleader. You will learn basic motions, jumps, and cheers. Please wear comfortable shorts, t-shirt, tennis shoes, and wear your hair pulled back.

*Instructor: Tawny Goetschius*

### Winter I

11080-A

12:45-1:15PM // M // 4WKS // 1/7 // \$18

11080-B

10:30-11:00AM // F // 4WKS // 1/11 // \$18

### Winter II

12080-A

12:45-1:15PM // M // 4WKS // 2/11 // \$18

12080-B

10:30-11:00AM // F // 4WKS // 2/15 // \$18

## »» Please Remember

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



## Hotwheelers

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

### Winter I

11140-A

11:15AM-Noon // W // 4WKS // 1/9 // \$19

## Let's Paint

3 - 6 Years // Supply fee \$5

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

*Instructor: Dottie Nicholson*

### Winter I

11115-A

9:45-10:15AM // W // 4WKS // 1/9 // \$18

### Winter II

12115-A

9:45-10:15AM // W // 4WKS // 2/13 // \$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*

**Winter I**

11335-A  
10:00-10:30AM // F // 4WKS // 1/11 // \$18

**Winter II**

12335-A  
10:00-10:30AM // F // 4WKS // 2/15 // \$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*

**Winter I**

**(3 - 4 Years)**  
11600-B  
5:00-5:30PM // W // 4WKS // 1/9 // \$18

**(4 - 6 Years)**

11600-C  
9:30-10:00AM // F // 4WKS // 1/11 // \$18

**Winter II**

**(3 - 4 Years)**  
12600-B  
5:00-5:30PM // W // 4WKS // 2/13 // \$18

**(4 - 6 Years)**

12600-C  
9:30-10:00AM // F // 4WKS // 2/15 // \$18

### Movin' Groovin'

4 - 7 Years // Tennis shoes required

We will get the blood moving with physical education!

*Instructor: Tawny Goetschius*

**Winter I**

11777-A  
10:30-11:00AM // M // 4WKS // 1/7 // \$18

**Winter II**

12777-A  
10:30-11:00AM // M // 4WKS // 2/11 // \$18

3 Years and Older Programs

### My Little Princess

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

**Winter II**

12111-A

11:15AM-Noon // W // 4WKS // 2/13 // \$19

### Phonics Fun

3 - 5 Years // Supply fee \$5

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

Instructor: Tawny Goetschius

**Winter I**

11030-A

Noon-12:30PM // M // 4WKS // 1/7 // \$18

**Winter II**

12030-A

Noon-12:30PM // M // 4WKS // 2/11 // \$18



**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. (Tots moving up must enroll in Pre-Gym class first.)

**Winter I**

**Pre-Gym I**

(4 - 5 Years)

Instructor: Jazmine Duff

31033-A

4:30-5:00PM // M // 4WKS // 1/7 // \$18

31033-B

4:30-5:00PM // T // 4WKS // 1/8 // \$18

31033-C

5:30-6:00PM // TH // 4WKS // 1/10 // \$18

**Pre-Gym II**

(5 - 6 Years)

31033-D

5:00-5:50PM // M // 4WKS // 1/7 // \$20

31033-E

5:00-5:50PM // T // 4WKS // 1/8 // \$20

31033-F

4:30-5:20PM // TH // 4WKS // 1/10 // \$20

Instructor: Cyndi Duff

31033-G

10:00-10:50AM // W // 4WKS // 1/9 // \$20

**Winter II**

**Pre-Gym I**

(4 - 5 Years)

Instructor: Jazmine Duff

32033-A

4:30-5:00PM // M // 4WKS // 2/11 // \$18

32033-B

4:30-5:00PM // T // 4WKS // 2/12 // \$18

32033-C

5:30-6:00PM // TH // 4WKS // 2/14 // \$18

**Pre-Gym II**

(5 - 6 Years)

32033-D

5:00-5:50PM // M // 4WKS // 2/11 // \$20

32033-E

5:00-5:50PM // T // 4WKS // 2/12 // \$20

32033-F

4:30-5:20PM // TH // 4WKS // 2/14 // \$20

Instructor: Cyndi Duff

32033-G

10:00-10:50AM // W // 4WKS // 2/13 // \$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.

Winter I

Instructor: Tammy Slovensky

31011-A

10:30-11:00AM // T // 4WKS // 1/8 // \$18

31011-B

10:30-11:00AM // W // 4WKS // 1/9 // \$18

31011-C

11:30-Noon // W // 4WKS // 1/9 // \$18

Instructor: Miranda Kirkpatrick

31011-D

10:30-11:00AM // TH // 4WKS // 1/10 // \$18

Instructor: Jennifer Shafer

31011-E

10:30-11:00AM // M // 4WKS // 1/7 // \$18

31011-F

10:30-11:00AM // F // 4WKS // 1/11 // \$18

Instructor: Tawny Goetschius

31011-G

9:00-9:30AM // M // 4WKS // 1/7 // \$18

31011-H

9:00-9:30AM // F // 4WKS // 1/11 // \$18

31011-I

9:00-9:30AM // S // 4WKS // 1/12 // \$18

Winter II

Instructor: Tammy Slovensky

32011-A

10:30-11:00AM // T // 4WKS // 2/12 // \$18

32011-B

10:30-11:00AM // W // 4WKS // 2/13 // \$18

32011-C

11:30-Noon // W // 4WKS // 2/13 // \$18

Instructor: Miranda Kirkpatrick

32011-D

10:30-11:00AM // TH // 4WKS // 2/14 // \$18

Instructor: Jennifer Shafer

32011-E

10:30-11:00AM // M // 4WKS // 2/11 // \$18

32011-F

10:30-11:00AM // F // 4WKS // 2/15 // \$18

Instructor: Tawny Goetschius

32011-G

9:00-9:30AM // M // 4WKS // 2/11 // \$18

32011-H

9:00-9:30AM // F // 4WKS // 2/15 // \$18

32011-I

9:00-9:30AM // S // 4WKS // 2/16 // \$18

GYMNASTICS

Tumbling Tots II

4 - 5 Years

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

Winter I

Instructor: Tammy Slovensky

31022-A

11:00-11:30AM // T // 4WKS // 1/8 // \$18

31022-B

11:00-11:30AM // W // 4WKS // 1/9 // \$18

Instructor: Miranda Kirkpatrick

31022-C

11:00-11:30AM // TH // 4WKS // 1/10 // \$18

Instructor: Jennifer Shafer

31022-D

11:00-11:30AM // M // 4WKS // 1/7 // \$18

31022-E

11:00-11:30AM // F // 4WKS // 1/11 // \$18

Winter II

Instructor: Tammy Slovensky

32022-A

11:00-11:30AM // T // 4WKS // 2/12 // \$18

32022-B

11:00-11:30AM // W // 4WKS // 2/13 // \$18

Instructor: Miranda Kirkpatrick

32022-C

11:00-11:30AM // TH // 4WKS // 2/14 // \$18

Instructor: Jennifer Shafer

32022-D

11:00-11:30AM // M // 4WKS // 2/11 // \$18

32022-E

11:00-11:30AM // F // 4WKS // 2/15 // \$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*

### Winter I

11052-A

9:00-10:30AM // TTH // 4WKS // 1/8 // \$65

11052-B

11:00-12:30PM // TTH // 4WKS // 1/8 // \$65

### Winter II

12052-A

9:00-10:30AM // TTH // 4WKS // 2/12 // \$65

12052-B

11:00-12:30PM // TTH // 4WKS // 2/12 // \$65

## Science Fun

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

### Winter II

12206-A

10:30-11:15AM // M // 4WKS // 2/11 // \$19

## Science Magic

3 - 6 Years // Supply fee \$10

Let's explore the magical side of science! We'll float under a plate, pull the plastic out of glue, and more spring fun!

*Instructor: Dottie Nicholson*

### Winter I

11206-A

10:30-11:15AM // M // 4WKS // 1/7 // \$19

## Winter Fun

3 - 4 Years // Supply fee \$5

Let's use music to get our creativity flowing to make winter crafts! We will use instruments, paints, scissors and glue to create wonderful masterpieces with a wintery theme.

*Instructor: Tawyn Goetschius*

### Winter I

11015-A

1:30-2:00PM // M // 4WKS // 1/7 // \$18

### Winter II

12015-A

1:30-2:00PM // M // 4WKS // 2/11 // \$18

## Zumba Kids Jr.

4 - 7 Years // Tennis shoes required

Classes that are rockin', high-energy dance parties packed with kid-friendly routines. To help develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun!

*Instructor: Cyndi Duff*

### Winter I

11900-A

11:30-Noon // T // 4WKS // 1/8 // \$18

### Winter II

12900-A

11:30-Noon // T // 4WKS // 2/12 // \$18



3 Years and Older Programs

*Ready for Kindergarten* PREP PROGRAM

4 - 5 Years

**Hurst Resident Registration:** Monday, December 10

**Non-Resident Registration:** Wednesday, December 26

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 on 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.)*

**December**

18050-E

8:30AM-2:30PM // M-TH // 3 WKS // 12/3 // \$220

**January**

11050-A

8:30AM-2:30PM // M-TH // 4 WKS // 1/7 // \$300

**February**

11050-B

8:30AM-2:30PM // M-TH // 4 WKS // 2/4 // \$300

**March**

11050-C

8:30AM-2:30PM // M-TH // 3 WKS // 3/4 // \$240



## Youth Programs



## Adventures Around the World

7 - 14 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*

### Winter I

21225-A

9:45-10:30AM // F // 4WKS // 1/11 // \$19

### Winter II

22225-A

9:45-10:30AM // F // 4WKS // 2/15 // \$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*

### Winter I

21120-A

5:45-6:15PM // TH // 4WKS // 1/10 // \$18

### Winter II

22120-A

5:45-6:15PM // TH // 4WKS // 2/14 // \$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*

### Winter I

21101-A

6:00-6:30PM // W // 4WKS // 1/9 // \$18

### Winter II

22101-A

6:00-6:30PM // W // 4WKS // 2/13 // \$18

Youth Programs

GYMNASTICS

Beginner Girls & Boys  
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.)

Instructor: Cyndi Duff

Winter I

31062-E  
9:00-9:50AM // F // 4WKS // 1/11 // \$20

Winter II

32062-E  
9:00-9:50AM // F // 4WKS // 2/15 // \$20



GYMNASTICS

Beginner Girls  
Novice Gymnastics

7 - 12 Years

For the students who have little or no gymnastics experience or some all-around gymnastics knowledge (floor, bars, beam & vault) but still need to 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.)

Winter I

Instructor: Jazmine Duff

(7-9 Years)

31062-A  
6:00-6:50PM // T // 4WKS // 1/8 // \$20

31062-B  
6:00-6:50PM // TH // 4WKS // 1/10 // \$20

Instructor: Cyndi Duff  
31062-C  
5:10-6:00PM // M // 4WKS // 1/7 // \$20

31062-D  
9:00-9:50AM // W // 4WKS // 1/9 // \$20

Winter II

Instructor: Jazmine Duff

(7-9 Years)

32062-A  
6:00-6:50PM // T // 4WKS // 2/12 // \$20

32062-B  
6:00-6:50PM // TH // 4WKS // 2/14 // \$20

Instructor: Cyndi Duff  
32062-C  
5:10-6:00PM // M // 4WKS // 2/11 // \$20

32062-D  
9:00-9:50AM // W // 4WKS // 2/13 // \$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

Winter I

31090-A  
5:10-6:00PM // T // 4WKS // 1/8 // \$20

31090-B  
6:00-6:50PM // TH // 4WKS // 1/10 // \$20

31090-C  
10:00-10:50AM // F // 4WKS // 1/11 // \$20

Winter II

32090-A  
5:10-6:00PM // T // 4WKS // 2/12 // \$20

32090-B  
6:00-6:50PM // TH // 4WKS // 2/14 // \$20

32090-C  
10:00-10:50AM // F // 4WKS // 2/15 // \$20

GYMNASTICS

Girls Beginner II 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 Beginner I or Girls Beginner II.)

Instructor: Cyndi Duff

Winter I

31070-A  
9:00-9:50AM // F // 4WKS // 1/11 // \$20

Winter II

32070-A  
9:00-9:50AM // F // 4WKS // 2/15 // \$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***Winter I**

31070-B

6:45-7:45PM // T // 4WKS // 1/8 // \$22

31070-C

6:45-7:45PM // TH // 4WKS // 1/10 // \$22

**Winter II**

32070-B

6:45-7:45PM // T // 4WKS // 2/12 // \$22

32070-C

6:45-7:45PM // TH // 4WKS // 2/14 // \$22



## GYMNASTICS

**Girls Beginner 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***Winter I**

31070-D

9:50-10:50AM // M // 4WKS // 1/7 // \$22

**Winter II**

32070-D

9:50-10:50AM // M // 4WKS // 2/11 // \$22

## GYMNASTICS

**Beginner Tumbling/Acrobatics**

7 - 13 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***Winter I****(10-13 Years)**

31100-A

6:00-6:50PM // T // 4WKS // 1/8 // \$20

**(7-9 Years)**

31100-B

5:10-6:00PM // TH // 4WKS // 1/10 // \$20

**Winter I****(10-13 Years)**

32100-A

6:00-6:50PM // T // 4WKS // 2/12 // \$20

**(7-9 Years)**

32100-B

5:10-6:00PM // TH // 4WKS // 2/14 // \$20



Youth Programs

## Cheer

5 - 12 Years

Here's your first step in learning to be a cheerleader. You will learn basic motions, jumps and cheers. Please wear comfortable shorts, t-shirt, tennis shoes, and wear your hair pulled back.

*Instructor: Tawny Goetschius*

### Winter I

21180-A

6:00-7:00PM // T // 4WKS // 1/8 // \$22

21180-B

6:00-7:00PM // TH // 4WKS // 1/10 // \$22

21180-C

10:30-11:30AM // S // 4WKS // 1/12 // \$22

### Winter II

22180-A

6:00-7:00PM // T // 4WKS // 2/12 // \$22

22180-B

6:00-7:00PM // TH // 4WKS // 2/14 // \$22

22180-C

10:30-11:30AM // S // 4WKS // 2/16 // \$22

## Cooking for Fun

7 - 14 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson*

### Winter I

21250-A

11:35-12:20PM // F // 4WKS // 1/11 // \$19

### Winter II

22250-A

11:35-12:20PM // F // 4WKS // 2/15 // \$19



**NEW CLASS!**

## Drama Club

7 - 14 Years // Supply fee \$10

Ready, set, action! Learn how to make props out of recycled material, write a script and act out a story.

*Instructor: Dottie Nicholson*

### Winter I

21040-A

12:30-1:30PM // F // 4WKS // 1/11 // \$20

### Winter II

22040-A

12:30-1:30PM // F // 4WKS // 2/15 // \$20



## Youth Programs

## 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***Winter I**

21035-A

6:30-7:00PM // W // 4WKS // 1/9 // \$18

**Winter II**

22035-A

6:30-7:00PM // W // 4WKS // 2/13 // \$18



## 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***Winter I**

21020-B

4:30-5:15PM // M // 4WKS // 1/7 // \$35

**Winter II**

22020-B

4:30-5:15PM // M // 4WKS // 2/11 // \$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***Winter I**

21020-A

3:45-4:30PM // M // 4WKS // 1/7 // \$35

**Winter II**

22020-A

3:45-4:30PM // M // 4WKS // 2/11 // \$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**

## Hippity-Hop Dance

6 - 11 Years

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

*Instructor: Sherri Longino***Winter I**

21333-A

5:15-5:45PM // TH // 4WKS // 1/10 // \$18

**Winter II**

22333-A

5:15-5:45PM // TH // 4WKS // 2/14 // \$18

## Homeschool Cursive Writing

7 - 13 Years // Supply fee \$5

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

*Instructor: Dottie Nicholson***Winter I**

21100-A

2:00-2:30PM // T // 4WKS // 1/8 // \$18

**Winter II**

22100-A

2:00-2:30PM // T // 4WKS // 2/12 // \$18

Youth Programs

NEW CLASS!

## Jewelry & Crochet

7 - 13 Years // Supply fee \$15

Bring out your crafty side! This class is all about learning to make jewelry and crocheting.

Instructor: Dottie Nicholson

### Winter I

21200-A  
3:45-4:30PM // T // 4WKS // 1/8 // \$19

### Winter II

22200-A  
3:45-4:30PM // T // 4WKS // 2/12 // \$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

### Winter I

(Beginner 8-15 years)  
21111-A  
6:00-8:00PM // M // 4WKS // 1/7 // \$23

(Beginner 5-7 years)  
21111-B  
4:00-5:00PM // MW // 4WKS // 1/7 // \$23

(Advanced 8-15 years)  
21111-C  
5:00-6:00PM // MW // 4WKS // 1/7 // \$23

### Winter II

(Beginner 8-15 years)  
22111-A  
6:00-8:00PM // M // 4WKS // 2/11 // \$23

(Beginner 5-7 years)  
22111-B  
4:00-5:00PM // MW // 4WKS // 2/11 // \$23

(Advanced 8-15 years)  
22111-C  
5:00-6:00PM // MW // 4WKS // 2/11 // \$23



NEW CLASS!

## Kid's Fitness

6 - 12 Years // Tennis shoes required

Have fun getting fit and feeling great! This P.E. style class will involve games, teamwork and workouts for your kids!

Instructor: Kyle Massingill (Certified Master Trainer)

### December:

28015-D  
1:00-1:45PM // MW // MONTHLY // 12/3 // \$50

### January:

21015-A  
1:00-1:45PM // MW // MONTHLY // 1/2 // \$50

### February:

21015-B  
1:00-1:45PM // MW // MONTHLY // 2/4 // \$50

### March:

21015-C  
1:00-1:45PM // MW // MONTHLY // 3/4 // \$50

## Movin' Groovin'

8 - 12 Years // Tennis shoes required

We will get the blood moving with physical education!

Instructor: Tawny Goetschius

### Winter I

21222-A  
11:15-11:45AM // F // 4WKS // 1/11 // \$18

### Winter II

22222-A  
11:15-11:45AM // F // 4WKS // 2/15 // \$18

## »»» Please Remember

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

## Youth Programs

## »»» 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.



## 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)*

### December

21900-D

6:00-7:00PM // MW // Monthly // 12/3 // \$40

### January

21900-A

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

### February

21900-B

6:00-7:00PM // MW // Monthly // 2/4 // \$40

### March

21900-C

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

## Soccer Skills

7 - 12 Years // Tennis shoes required

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

*Instructor: Stacie Castillo*

### Winter I

21500-A

5:30-6:00PM // W // 4WKS // 1/9 // \$18

### Winter II

22500-A

5:30-6:00PM // W // 4WKS // 2/13 // \$18

## 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*

### Winter I

21160-A

6:15-6:45PM // TH // 4WKS // 1/10 // \$18

### Winter II

22160-A

6:15-6:45PM // TH // 4WKS // 2/14 // \$18

### NEW CLASS!

## Texas Our Texas

7-13 Years // Supply fee \$10

Explore the history of our great state! Learn our state song, state bird, state flower and more! We will also enjoy foods from Texas!

*Instructor: Dottie Nicholson*

### Winter I

21845-A

2:45-3:30PM // T // 4WKS // 1/8 // \$19

### Winter II

22845-A

2:45-3:30PM // T // 4WKS // 2/12 // \$19

## »»» 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.

## 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)*

### Free Seminars

#### How to Reach Your Fitness Questions

This free seminar will teach you the basics of how to get started on your fitness goals. This introductory course will give you all the information you need to crush your new year's resolutions. Certified Master Trainer Kyle Massingill will be leading the seminar and answering questions on a broad range of fitness related topics.

10:00AM and 2:00PM // S // 1/19

#### How to Lift Weights Safely While Still Getting Incredible Results

This free seminar will be a complete break down of safety when weightlifting and demonstrations of several technical weightlifting movements. (Including Squats, power cleans, deadlifts and many of useful and important lifts. There will be a Q&A time with master trainer Kyle Massingill at the end of the seminar.

10:00AM and 2:00PM // S // 2/16

### 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)*

**December:**

48420-D

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

48421-D

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

**January:**

41420-A

6:35-7:30AM // MW // MONTHLY // 1/2 // \$30

41421-A

7:00-7:55PM // MW // MONTHLY // 1/2 // \$30

**February:**

41420-B

6:35-7:30AM // MW // MONTHLY // 2/4 // \$30

41421-B

7:00-7:55PM // MW // MONTHLY // 2/4 // \$30

**March:**

41420-C

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

41421-C

7:00-7:55PM // MW // MONTHLY // 3/4 // \$30

**NEW CLASS!**

## Barre &amp; Pilates

Ages 16+

The perfect blend. Barre, a combination of ballet, Pilates and yoga, focuses on isometric strength training exercises and small range of motion movements, while using the ballet barre for balance. Pilates mat exercises are designed for targeted core work. The major benefits of Barre and Pilates are muscle definition, body tone, increased flexibility and balance, improved posture and reduced stress. Modifications are included for all levels. (Students should bring a thick mat and light weights.)

*Instructor: Wendy Dolan (Certified Instructor)*

**Winter I**

41977-A

10:30-11:15AM // S // 4WKS // 1/12 // \$30

**Winter II**

42977-A

10:30-11:15AM // S // 4WKS // 2/16 // \$30

## 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.

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. *Must take two sessions to learn full content.*

Instructor: Tiffany Skalberg

**Winter I**  
41200-A  
7:00-8:00PM // T // 4WKS // 1/8 // \$28

**Winter II**  
42200-A  
7:00-8:00PM // T // 4WKS // 2/12 // \$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. *Must take two sessions to learn full content. 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 two sessions of Step 1 before registering for Step 2.*

Instructor: Tiffany Skalberg

**Winter I**  
41224-A  
8:00-9:00PM // T // 4WKS // 1/8 // \$28

**Winter II**  
42224-A  
8:00-9:00PM // T // 4WKS // 2/12 // \$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. *Must take two sessions to learn full content. Please complete at least two sessions of Step 1 and 2 before registering for Step 3.*

Instructor: Tiffany Skalberg

**Winter I**  
41222-A  
9:00-9:45PM // T // 4WKS // 1/8 // \$20

**Winter II**  
42222-A  
9:00-9:45PM // T // 4WKS // 2/12 // \$20

## 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)*

**January:**

41065-A

6:00-6:55PM // MW // MONTHLY // 1/2 // \$24

**February:**

41065-B

6:00-6:55PM // MW // MONTHLY // 2/4 // \$24

**March:**

41065-C

6:00-6:55PM // MW // MONTHLY // 3/4 // \$24

## Cardio & Tone Boot Camp

Ages 16+

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

*Instructor: Angela Pond (Certified Personal Trainer)*

**Winter I**

41005-A

6:50-7:30PM // TH // 4WKS // 1/10 // \$25

**Winter II**

42005-A

6:50-7:30PM // TH // 4WKS // 2/14 // \$25

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*

**Winter I**

41020-A

10:00-11:30AM // M // 4WKS // 1/7 // \$60

41020-B

8:00-9:30PM // T // 4WKS // 1/8 // \$60

**Winter II**

42020-A

10:00-11:30AM // M // 4WKS // 2/11 // \$60

42020-B

8:00-9:30PM // T // 4WKS // 2/12 // \$60

## 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.

*Must take two sessions to learn full content.*

*Instructor approval required.*

*Instructor: Tiffany Skalberg*

**Winter I**

41226-A

7:35-9:05PM // TH // 4WKS // 1/10 // \$23

**Winter II**

42226-A

7:35-9:05PM // TH // 4WKS // 2/14 // \$23

Adult Programs



NEW CLASS!

### Creative Studio Workshop

Ages 18+

Instructors: Jennifer Neher, Stephanie Fanning, Michelle Gatewood

#### Winter I Drawing & Painting

Class participants will explore the basics of drawing and painting while sharpening their artistic voice. Participants will grow as artists by focusing on the creative process. **(Supply list)**

41110-A  
6:00-8:00PM // M // 4WKS // 1/7 // \$60

#### Winter II Clay & Sculpture

Class participants will explore three dimensional art through clay and multi-media sculpture. Participants will grow as artists by focusing on the creative process. **(Supply fee \$15)**

42110-A  
6:00-8:00PM // M // 4WKS // 2/11 // \$60

### 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)

Winter I  
41300-A  
5:45-6:45PM // T // 4WKS // 1/8 // \$27

Winter II  
42300-A  
5:45-6:45PM // T // 4WKS // 2/12 // \$27

NEW CLASS!

### Cycle Fit

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

Spin your way through cardio fitness! Join us for a great workout for any fitness level. You will increase metabolism and burn calories. Bring water and a towel. Please arrive a few minutes early, if you are new to spin classes.

Instructor: Lauri Krumm

Winter I  
41350-A  
6:30-7:15PM // W // 4WKS // 1/9 // \$25

Winter II  
42350-A  
6:30-7:15PM // W // 4WKS // 2/13 // \$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

Winter I  
41010-A  
8:30-9:15AM // MTThF // 4WKS // 1/7 // \$15

Winter II  
42010-A  
8:30-9:15AM // MTThF // 4WKS // 2/11 // \$15

## Adult Programs

### Guitar

Ages 13+

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

*Instructor: Jan Ryberg*

#### Winter I

41888-A: Beginner

5:15-6:00PM // M // 4WKS // 1/7 // \$35

41888-B: Intermediate

6:00-6:45PM // M // 4WKS // 1/7 // \$35

#### Winter II

42888-A: Beginner

5:15-6:00PM // M // 4WKS // 2/11 // \$35

42888-B: Intermediate

6:00-6:45PM // M // 4WKS // 2/11 // \$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*

#### Winter I

41999-A

7:30-9:00PM // M // 4WKS // 1/7 // \$35

#### Winter II

42999-A

7:30-9:00PM // M // 4WKS // 2/11 // \$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*

**30 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-D : December

10:00-11:00AM // MWF // MONTHLY // 12/3 // \$60

41100-A : January

10:00-11:00AM // MWF // MONTHLY // 1/2 // \$60

41100-B : February

10:00-11:00AM // MWF // MONTHLY // 2/4 // \$60

41100-C : March

10:00-11:00AM // MWF // MONTHLY // 3/4 // \$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)*

#### Winter I

41001-A

6:15-7:15PM // M // 4WKS // 1/7 // \$20

#### Winter II

42001-A

6:15-7:15PM // M // 4WKS // 2/11 // \$20



Adult Programs



### 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)*

- 48800-D : December  
7:00-8:30PM // MW // MONTHLY // 12/3 // \$40
- 41800-A : January  
7:00-8:30PM // MW // MONTHLY // 1/7 // \$40
- 41800-B : February  
7:00-8:30PM // MW // MONTHLY // 2/4 // \$40
- 41800-C : March  
7:00-8:30PM // MW // MONTHLY // 3/4 // \$40

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. **Bring a blanket, strap and socks to class.**

*Instructor: Psacha LaJoie (Certified Yoga Instructor)*

- 48111-D : December  
8:00-9:00PM // TH // MONTHLY // 12/6 // \$30
- 41111-A : January  
8:00-9:00PM // TH // MONTHLY // 1/3 // \$40
- 41111-B : February  
8:00-9:00PM // TH // MONTHLY // 2/7 // \$40
- 41111-C : March  
8:00-9:00PM // TH // MONTHLY // 3/7 // \$40

### Spin and Sweat

Ages 16+

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)*

Winter I

- 41444-A  
9:00-9:45AM // T // 4WKS // 1/8 // \$25
- 41444-B  
5:45-6:30PM // TH // 4WKS // 1/10 // \$25

Winter II

- 42444-A  
9:00-9:45AM // T // 4WKS // 2/12 // \$25
- 42444-B  
5:45-6:30PM // TH // 4WKS // 2/14 // \$25

## Adult Programs

## 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.

**Bring a blanket and strap to class.**

*Instructor: Psacha LaJoie (Certified Yoga Instructor)*

48115-D : December

7:00-8:00PM // T // MONTHLY // 12/4 // \$30

41115-A : January

7:00-8:00PM // T // MONTHLY // 1/8 // \$40

41115-B : February

7:00-8:00PM // T // MONTHLY // 2/5 // \$40

41115-C : March

7:00-8:00PM // T // MONTHLY // 3/5 // \$40



## 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!* Suitables for all fitness levels.

*Instructor: Cyndi Duff*

41120-A : January

11:10-Noon // MW // MONTHLY // 1/2 // \$25

41120-B : February

11:10-Noon // MW // MONTHLY // 2/4 // \$25

41120-C : March

11:10-Noon // MW // MONTHLY // 3/4 // \$25

## 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)*

41050-A : January

7:30-8:25AM // TTH // MONTHLY // 1/3 // \$23

41050-B : February

7:30-8:25AM // TTH // MONTHLY // 2/5 // \$23

41050-C : March

7:30-8:25AM // TTH // MONTHLY // 3/5 // \$23

## Winter Seminars

### New Year, New You: Hands-on How-to with Savvy Minerals

Ladies, it's time to get Savvy! Get confident with your makeup! Confident in how to apply it and confident in the ingredients you're putting on your face! Did you know there are 11 known carcinogens listed by the Internal Agency for Research on Cancer being used by cosmetic companies? Come learn hands-on tips on how to flawlessly apply your makeup and how ingredients in your makeup can impact your health. We'll be color matching and provide cards so you can know exactly how to keep yourself looking young . . . not to mention gorgeous! It's time we get Savvy about our makeup!

Presenter: Ragan Clark (MT-ASCP)

41039-A  
10:00-11:00AM // S // 1 DAY // 1/19 // FREE

### Restorative Aroma Yoga, with guest presenter: Pavani Vadlamani

Supply fee \$5

This is the year to get grounded! The year to get that stress level under control! The European Journal of Epidemiology studied the trend of heart attacks that happen during the week and found that the risk of a heart attack was about 20% greater on Mondays for adult men and 15% greater for adult women. By combining Aromatherapy and Restorative Yoga, Dr. Pavani Vadlamani and I will show you how you can ground and center your mind so those daily stressors will be less likely to throw off your whole day. Bring your yoga mats, if you have them; we'll provide a mini essential oils kit for you to use during the class and take home to continue your practice.

Presenter: Ragan Clark (MT-ASCP)

41035-A  
10:00-11:00AM // S // 1 DAY // 2/16 // FREE



### Naturally Fit, Make and Take

Supply fee \$5

Spring Break is right around the corner! Are you Beach Bod ready? Have you thought about getting there by supporting your body naturally? The traditional creams and salves we find over the counter can contain some pretty harsh chemicals that can wreak havoc on our bodies, doing more harm than good. Come learn how to support and encourage yourself naturally so you can blow past those New Year's goals and hit the beach with total confidence. We'll be making a muscle recovery spray to help get you going (all supplies provided). Please be sure to RSVP so we have enough materials for everyone.

Presenter: Ragan Clark (MT-ASCP)

41030-A  
10:00-11:00AM // S // 1 DAY // 3/16 // FREE

## Registration Policy

Walk-in registration beginning on **Monday, December 10**, 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 December 26 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, December 26**. Out of fairness to all citizens of our community, you may only register the members of your household.

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**Classes begin the week of January 7**  
(unless otherwise indicated)

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## Sign Up To Register Online

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

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

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

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

## Walk-In Registration Times

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

## Confirmations

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

## Refund Policy

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

## 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).



NEW!

### Recreational Bowling League

**Open Registration: December 4-January 12**

*There are 9 total weeks of play (first week is FREE) and 2 games will be played per week!*

Come hang out with friends, win big and have lots of fun with our Recreational Bowling Club at Alley Cats!

Been awhile since you have bowled? No problem! Alley Cats will have instructors giving out pointers on week one!

**Entry Fee: \$100/bowler (4 bowlers/team)**

**League Night: Wednesdays**

## Adult Softball

### Spring League Registration

**Open Registration: January 14-February 15**

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

**Entry Fee: \$360 for an 10 game season + playoffs**

**League Schedules: Available February 19, after 4:00PM**

**League Begins: February 25**

**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 & Softball Associations**  
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)

**Adult Men's Basketball**  
*Winter League Registration*

**Open Registration:** December 17-January 11

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

**League Schedules:** Available January 16  
 after 4:00 p.m.

**League Begins:** January 22/24

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



**Men's 35 & Over Basketball  
 State Tournament**

**Single Elimination w/Consolation**

**Dates:** February 23 & 24

**Entry Fee:** \$250

**Entry Deadline:** February 15

**Venue:** Hurst Recreation Center

**Men's 45 & Over Basketball  
 State Tournament**

**Single Elimination w/Consolation**

**Dates:** April 6 & 7

**Entry Fee:** \$250

**Entry Deadline:** March 29

**Venue:** Hurst Recreation Center

**For more information call 817-788-7320**



**TAAF State Adult Co-ed Kickball Tournament**

**Single Elimination w/Consolation**

**Dates:** March 23 & 24

**Entry Fee:** \$175

**Entry Deadline:** March 15

**Venue:** Hurst Athletic Complex



*Effective August 2018*

## Recreation Center West Gym Schedule

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

### Monday

6:30AM-10:00PM // Open Gym

### Tuesday

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

### Wednesday

6:30-5:00PM // Open Gym  
 5:00-7:00PM // Classes  
 7:00-10:00PM // Open Gym

### Thursday

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

### Friday

6:30-8:30AM // Open Gym  
 8:30-10:30AM // Class  
 10:30-11:30AM // Open Gym  
 11:30-1:30PM // 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. With the use of the information and links that are available on the City of Hurst's Healthy Hurst webpage, participants can increase their health, wellness, and fitness.

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

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. 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.

Healthy Hurst isn't just another program but a state of mind, which we invite citizens to embrace. Whether you're registering for the free program, adopting an animal at Hurst Animal Services, or fishing at Chisholm Park, you are making a Healthy Hurst, and we appreciate you.



### 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**

**Will Blackburn**  
**Pat King**  
**Jessica Martin**  
**Bob Walker**

**Ralph Hurd**  
**Rod Robertson**  
**Gary Waldron**

### Recreation Staff

*Recreation Director:*  
**Chris Watson**

*Recreation Specialist:*  
**Lauren Snyder**

*Recreation Athletics and Aquatics Manager:*  
**Jennifer Kashner**

*Recreation Attendants:*  
**Sierra Anderton**  
**Jeremy Bailey**

*Recreation Programs and Events Manager:*  
**Amy Sisler**

**Kristen Barnett**  
**Dakota Ford**  
**Rudy Garcia**  
**Zach Herd**

*Recreation Center Manager:*  
**Jordan Taylor**

**Anna James**  
**Madeline Kime**  
**Matt Mendez**  
**Christian Pineda**  
**Nancy Philip**  
**Shana Sanders**  
**Justin Taylor**  
**Cheryl Thompson**

*Recreation Supervisor:*  
**Mary Singleton**

*Recreation Coordinator:*  
**Madison Bass**

*Administrative Assistant:*  
**Paige Lutz**

*Facility Maintenance:*  
**Judy Arellano**

*Recreation Receptionist:*  
**Melanie Cox**



## 8 to Great Fitness Challenge

Start 2019 off right with your fitness resolution. You can get started toward your healthy lifestyle with the Healthy Hurst "8 to Great" Fitness Challenge.

Participants can choose to log their workouts and/or track their weight loss during the 2019 "8 to Great," Fitness Challenge. Incentive awards will be given based on level of participation. Register for the Healthy Hurst Wellness Program at no charge, and keep track of your workouts and weight loss for "8 Weeks," between January 2 and February 28, to be eligible for incentive awards. For more information, please call 817-788-7325.

## Patron Appreciation Week *March 4-8*

Join us at the Hurst Recreation Center as we celebrate YOU! On average, 15,000 members and participants use our Recreation Center each month, and we want to show our appreciation for your support! There will be give-away items, refreshments, and door prizes. For more information about Patron Appreciation Week, call the Recreation Center 817-788-7325.



## Daddy & Daughter Valentine's Ball

Saturday, February 9  
2:00 - 4:00 PM  
Hurst Recreation Center, 700 Mary Drive

Tickets are \$20 per couple and \$10 per additional daughter.

Dancing, photos, crafts, sweets, and more! It is an evening she will never forget!

Tickets go on sale January 7, 2019, 8:00 a.m. at the Hurst Recreation Center's Administrative Office. For more information, call 817-788-7320.

## Other Events

Follow us on Facebook at HurstParksandRecreation for information on pop-up events throughout the city!

## 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 2018.

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**  
**Mike Seybold, USPTA**  
**Greg Smith**

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

**Upcoming Tournaments**

Fall/Winter Mid-Cities Junior Circuit  
December 1  
Hurst Adult Open Tournament  
December 8-9

**Fall Adult Tennis Leagues**

Fall adult leagues begin February 10. Register by January 13.  
The cost is \$25 per person.  
For more information call the Hurst Tennis Center.



- Lessons and team drills for all ages and abilities
- 10 lighted outdoor courts
- USRSA racquet stringers
- Ball machine rental
- USPTA-certified instructors available
- USTA, NETT and TCD 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: Austin Wynne, USPTA, Mike Seybold, USPTA and Staff

82601-A	5:00-5:30PM	//	M	//	4WKS	//	1/7	//	\$28
82602-A	5:00-5:30PM	//	W	//	4WKS	//	1/9	//	\$28
82601-B	5:00-5:30PM	//	M	//	4WKS	//	2/4	//	\$28
82602-B	5:00-5:30PM	//	W	//	4WKS	//	2/6	//	\$28
82601-C	5:00-5:30PM	//	W	//	4WKS	//	3/4	//	\$28
82602-C	5:00-5:30PM	//	W	//	4WKS	//	3/6	//	\$28

### Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, Mike Seybold, USPTA and Staff

82502-A	5:30-7:00PM	//	M	//	4WKS	//	1/7	//	\$72
82503-A	5:30-7:00PM	//	W	//	4WKS	//	1/9	//	\$72
82502-B	5:30-7:00PM	//	M	//	4WKS	//	2/4	//	\$72
82503-B	5:30-7:00PM	//	W	//	4WKS	//	2/6	//	\$72
82502-C	5:30-7:00PM	//	M	//	4WKS	//	3/4	//	\$72
82503-C	5:30-7:00PM	//	W	//	4WKS	//	3/6	//	\$72



### Advanced Beginner/Intermediate Junior Tennis

10+ Years // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, Michael Seybold, USPTA and Staff

82504-A	5:30-7:00PM	//	TH	//	4WKS	//	1/10	//	\$72
82504-B	5:30-7:00PM	//	TH	//	4WKS	//	2/7	//	\$72
82504-C	5:30-7:00PM	//	TH	//	4WKS	//	3/7	//	\$72



## Adult

### Adult Beginner/ Advanced Beginner Clinic

#### 1 Can of Unopened Balls

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

*Instructors: Kelly Langdon, USPTA and Staff*

82505-A  
7:00-8:30PM // W // 4WKS // 1/9 // \$72  
82505-B  
7:00-8:30PM // W // 4WKS // 2/6 // \$72  
82505-C  
7:00-8:30PM // W // 4WKS // 3/6 // \$72

### Adult Intermediate Clinic

#### 1 Can of Unopened Balls

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

*Instructors: Kelly Langdon, USPTA and Staff*

82506-A  
7:00-8:30PM // W // 4WKS // 1/9 // \$72  
82506-B  
7:00-8:30PM // W // 4WKS // 2/6 // \$72  
82506-C  
7:00-8:30PM // W // 4WKS // 3/6 // \$72

### 4.0 Men's Open Drills

#### 1 Can of Unopened Balls

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

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

7:00-8:30PM // TH // Weekly // 1/12 // \$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.

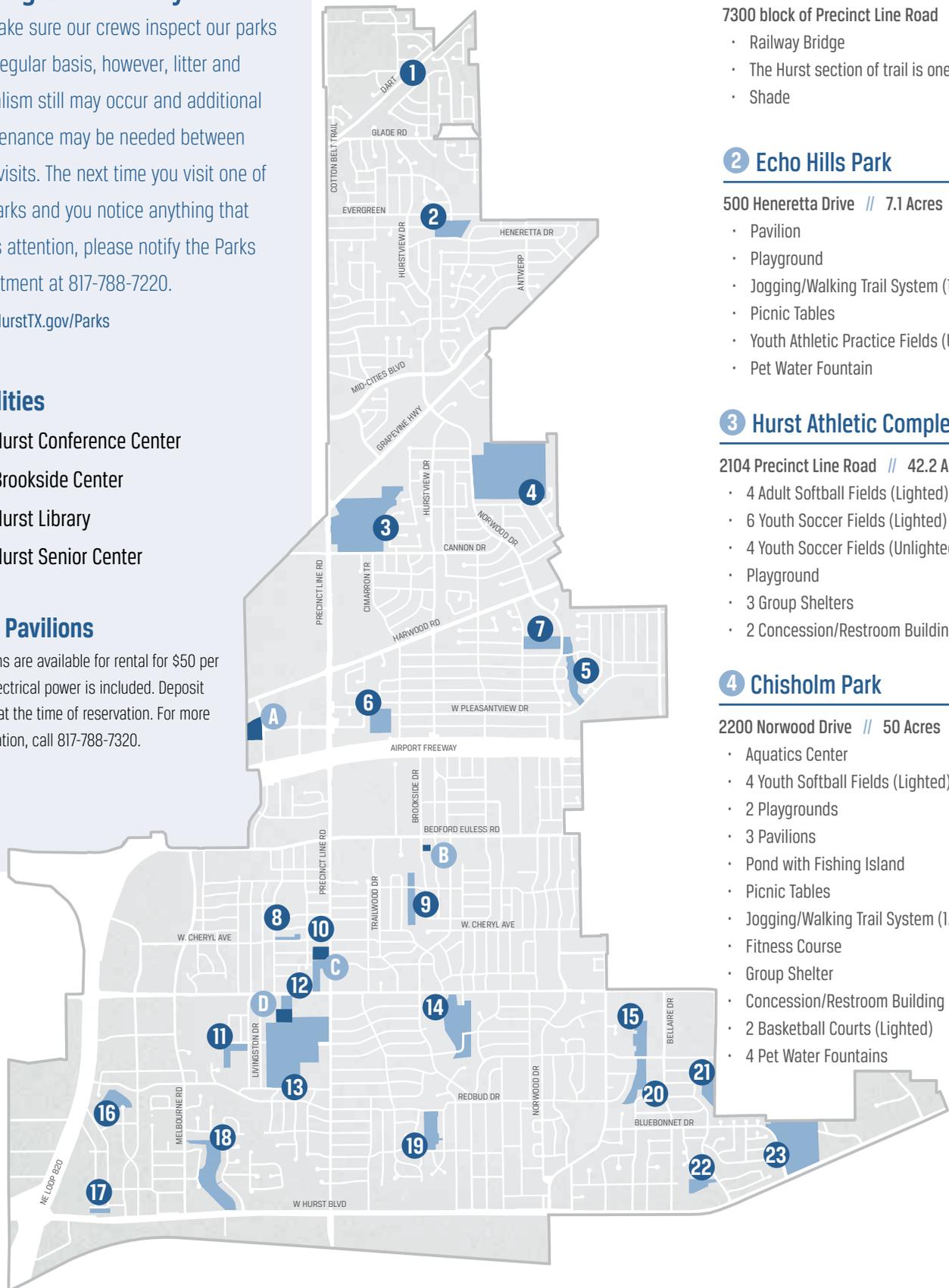
[www.HurstTX.gov/Parks](http://www.HurstTX.gov/Parks)

### Facilities

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

### Park Pavilions

Pavilions are available for rental for \$50 per day. Electrical power is included. 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

*Winter 2019*

## RECREATION CLASS SCHEDULE

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

