

where we live
HURST ★ TEXAS

SPRING 2019

Belaire Pop-Up Event

Town Hall Forum

Adopt-a-Park



where we live

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City Staff

- Clay Caruthers** City Manager
- Allan Heindel** Deputy City Manager
- Greg Dickens** Executive Director of Public Works
- Rita Frick** City Secretary
- Steve Niekamp** Police Chief
- David Palla** Fire Chief
- Matia Messemer** Executive Director of Human Resources
- Steve Bowden** Executive Director of Economic Development and Tourism
- Clayton Fulton** Executive Director of Strategic and Fiscal Services
- Malaika Farmer** Executive Director of Administration and Customer Service
- Michelle Lazo** Executive Director of Planning and Community Development
- Kara McKinney** Public Information Officer



Cover photos by John Ladd and Stacy Luecker

On the Cover

In November, the first of many pop-up events was held in the Belaire Shopping Center to help bring more art and culture to that area of our city. There were a wide variety of vendors selling their unique creations, entertainment by the Artisan Theatre and other local performers, food trucks and fun games for kids to enjoy. It was a great event, and we are thankful to each of you who showed up to check it out! The next one is coming up in the spring, and we are hoping for an even bigger turnout! Featured on the cover are some images taken at the November event. Be sure to turn to page 24 for more information about the upcoming spring pop-up event!



Mayor's Message

I hope you've had a great start to the New Year! We're looking forward to all that's in store in Hurst this spring. Warmer weather is around the corner, and with that comes many opportunities for outdoor events to enjoy with your family.

Last fall, the Belaire Shopping Center held a pop-up event to bring more art and culture to that area of our city. It was a great time, and I look forward to future events in that area! I hope you'll join us at the next one on March 23. Our spring events at Heritage Village Plaza will kick off soon and will include Grand Family Picnic and Concert in the Park, and EGGStravaganza at Hurst Community Park is the best place in town for a giant egg hunt for the kids! To keep up with all of the upcoming events this spring, visit hursttx.gov/calendar.

I'm really looking forward to our Town Hall Forum at the end of February. This is a great opportunity for residents to learn about the future plans for our city as well as visit with each of the council members. Turn to page 19 for all the details.

Have you taken our citizen survey in the past? I invite you to give us your feedback this year and let us know what you love about living in Hurst and what areas you think we can improve on. We use this information during our budget process each year, and this is a great way for you to get involved. You can learn more information on page 19.

It's truly a pleasure serving this city alongside my fellow council members. Working closely with them as well as with our residents, we are making Hurst the best city it can possibly be. I look forward to reading your responses in our citizen survey and visiting with you at our Town Hall Forum and other events this spring!

- 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
FACEBOOK: @CityofHurstTX
TWITTER: @TheCityofHurst
INSTAGRAM: @CityofHurstTX
NEXTDOOR: City of Hurst

Hurst Public Library

WEBSITE: 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
FACEBOOK: @HurstCC
INSTAGRAM: @HurstConferenceCenter

Hurst Recreation Center

FACEBOOK: @HurstParksandRecreation
INSTAGRAM: @HurstParksandRecreation

Hurst Senior Activities Center

FACEBOOK: @HurstSeniorActivitiesCenter

Workout Essentials

Five things you might be missing in your fitness routine

All of us have a definition that comes to mind when we think of fitness. It might be blood, sweat and tears to you. Or perhaps you love cardio and live for treadmills, ellipticals and row machines. Maybe you are all about lifting the heaviest weights you can find. How about dancing your heart out in a Zumba class? All of these are examples of fitness, but they all have something in common. By themselves, they are all incomplete.

So maybe we should go back to our understanding of fitness to correct this problem. The true definition of fitness is "The condition of being physically fit and healthy." It is broad and includes many different modalities or ways to do it.

Most people who are physically fit and healthy for their whole lives manage to do so because they include lots of different types of fitness in their life.

The top 5 areas we should all include to be fit and healthy for life are:

1. **Cardiovascular:** Think everything that makes your heart pump harder and your breathing increase- running, rowing, jumping, playing soccer, tag with your kids and so much more.
2. **Endurance:** Think stamina; the ability to last despite fatigue and other stressors. Not only can you run but you can run another mile if you have to because you have great endurance.
3. **Strength:** It is defined as the quality of your muscular power and vigor. Can you do a pull up, squat down and

pick up the giant rock in your garden or carry all your groceries into your house all at once?

4. **Flexibility:** Your body should be capable of being bent without pain and injury; easily adaptable, pliable, yielding to the movements you do every day. Examples of flexibility work are yoga, Pilates, calisthenics, stretching, and much more.
5. **Balance:** The state of your body's equilibrium or equal distribution of weight, steadiness and stability. A perfect example of balance is to see if you can pick up one foot and stay steady while you brush your teeth in the morning. Balance is tied to flexibility, so these are frequently done together.

So your new definition of fitness could be: Fitness is my body being strong, having endurance, cardiovascular ability, flexibility and balance to do all the activities I want.

Now that we have redefined fitness into a bigger picture, how does your fitness routine measure up? Where do you find yourself needing help?

Well you are in the right place! The Hurst Parks & Recreation Departments along with the Healthy Hurst program strive to provide excellent facilities, classes and opportunities to get all five types of fitness into your routine all while having fun for a great price! Come check out our parks, classes at the rec and senior centers, our FREE Healthy Hurst events and so much more! We truly are a "Quality of Life" city focused on being your Healthy Hurst!



Post workout Green Smoothie

Ingredients (Choose organic when possible)

- 2-3 cups raw organic spinach
- 1 cup organic frozen fruit
- 1/2 cup almond milk
- ½ avocado
- 1 scoop of plant-based protein powder (optional- my favorite is Vega-One All in 1)

Need some more smoothie ideas? Create your own from this list!

- Fruits: frozen pineapple, mango, apple, pear, frozen banana, strawberries, blueberries, cherries
- Liquid: almond milk, nut milks of your choice, water, or coconut water

- Healthy fat: 1-2 tablespoons of almond butter/ nut butters you enjoy, 3 tablespoons of hemp seeds, 1/4 cup of almonds/cashews/walnuts, 2 tablespoons chia seeds, 1/2 avocado, 1-2 tablespoons of coconut oil, etc.
- Protein- Try brands like Garden of Life, Primal Kitchen, BulletProof, Vega One and more for a boost in protein (especially if this is post workout).
- Additional ingredients: you can always choose some of your favorite "superfoods" to give you more nutrients and flavor. If you need more sweet, you can add dates or organic stevia. To boost fiber, try adding things like chia seeds, flax seeds and more.

Summer essential safety tips with Finn



With summer around the corner, Finn is back with some important summer safety tips!

Too much sun is no fun!

- Don't forget the sunscreen! Make sure you apply to all exposed areas to ensure total coverage. Don't forget to reapply often.
- Hats, sunglasses and long sleeves provide extra protection as well. Shade is important, too. Sit under a tree or umbrella for added protection!

Don't wait too late to hydrate!

- Drink lots and lots of water! Sodas, tea, coffee, etc. don't provide enough hydration on their own.
- Try to limit strenuous activity to early morning or evening to avoid the hottest part of the day.

Make sure a grown up is watching me!

- Constant supervision of your child in the water is the number one layer of protection when it comes to water safety. This includes lifeguarded pools. Lifeguards are there for the safety of the entire facility, but only you know your child. Watch for signs of becoming overtired, and encourage them to take breaks between all the water fun.

Don't just pack it, wear your jacket!

- U.S. Coast Guard approved lifejackets are another layer of protection for water safety. Children and adults should wear them at all times on lakes, rivers, oceans; in any type of boat and in pools if they cannot swim. U.S. Coast Guard approved lifejackets are tested and approved through several safety tests. Look for the seal with the approved number before purchasing a life-jacket.

For additional tips from Finn,
stop by our Hurst Aquatic Centers
for our Water Tip Wednesdays this summer!

Hurst Citizens Fire Academy



We're gearing up for the next Hurst Citizens Fire Academy! The ten-week class gives citizens the opportunity to see first hand what duties and responsibilities firefighters have. You will learn about the organization and operation of the Hurst Fire Department, fire prevention, disaster preparedness, emergency medical service, arson investigation, firefighting tactics and much more. Firefighters and officers from the Hurst Fire Department who possess a wide variety of skills, experience and training will provide the instruction. Citizens will have the opportunity to ask questions, discuss issues and learn many of the responsibilities firefighters have as a daily part of their job.

The 2019 Citizens Fire Academy will begin on Monday, April 1 at 6:30 p.m. at Fire Station #1, 2100 Precinct Line Road. A light supper is served at the beginning of each class.

Each week you will have the opportunity to do hands on activities with rappelling, search and rescue, extrication and many more daily activities of firefighters. There is also the opportunity to ride out with the firefighters.

You can register on line or print an application at hursttx.gov/CFA.

For more information or to get an application mailed, please call 817-788-7238.

Household Hazardous Waste Collection and Shredding

4/13/2019

**Hurst Service Center
2001 Precinct Line Road**

Let us help you with your spring-cleaning by bringing your household hazardous waste to the Service Center along with an ID and Hurst water bill.

Accepted items: Automotive fluids, batteries, cleaners & degreasers, cooking oil, lawn/garden/pool chemicals, light bulbs, and paint. There is a limit on paint of three five-gallon containers.

Items not accepted: Ammunition or explosives, appliances or electronics, building materials, bulk trash and yard waste, butane or propane cylinders, medicines or sharps, and tires.

Document shredding will be available. Three (3) box limit, no larger than 15"x12"x10" accepted. Limited space. First come, first served.

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 Renew Active or SilverSneakers 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

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

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

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

The Social Media Connection

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

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. To get started with online registration, you will need to visit the Senior Center to activate your account.

Senior Center Advisory Board

Chair: **Gerald Grieser**

Vice Chair: **Joan Stinnett**

Doris Young, Bob Hampton, John Smith, Barbara Albright, Marcy Davis, Durwood Foote, Marie Perry and Elaine Wicker

Senior Center Staff

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.

95015 (3/50/MPN)

8:30 - 9:30AM // TH // 2/28 // \$4

8:30 - 9:30AM // TH // 3/31 // \$4

8:30 - 9:30AM // TH // 4/25 // \$4

8:30 - 9:30AM // TH // 5/23 // \$4

What's for Lunch

Come to the Senior Center each month on the 2nd Thursday for lunch! Menu varies but will always include a main entrée, side dish, and dessert. See the Senior Pipeline for meal details. Lunch is only \$4 per person.

95096 (1/100/MPN)

11:20AM-12:30PM // TH // 2/14 // \$4

11:20AM-12:30PM // TH // 3/14 // \$4

11:20AM-12:30PM // TH // 4/11 // \$4

11:20AM-12:30PM // TH // 5/9 // \$4

Movies & Munchies

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

95001 (1/100/MPN)

1:00-3:00PM // F // 2/1 // \$3

1:00-3:00PM // F // 3/1 // \$3

1:00-3:00PM // F // 4/19 // \$3

1:00-3:00PM // F // 5/3 // \$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.

95033 (5/125/MPN)

5:30-8:30PM // TH // 4/18 // \$3

Nutrition & You

We've all heard the saying "You are what you eat." Come to this series of monthly classes where various speakers from within our community will cover topics about the importance of what you put into your body.

94010 (1/100/MPN)

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

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

2:00-3:00PM // F // 4/26 // Free

2:00-3:00PM // F // 5/24 // Free

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. Instructor: Diana Conway

91003 (1/15/SA)

9:30AM-12:30PM // T // 2/26

9:30AM-12:30PM // T // 3/26

9:30AM-12:30PM // T // 4/23

9:30AM-12:30PM // T // 5/28

91007 (1/15/SA)

9:30AM-12:30PM // TH // 2/14

9:30AM-12:30PM // TH // 3/14

9:30AM-12:30PM // TH // 4/25

9:30AM-12:30PM // TH // 5/23

Soup & Socks for Seniors

Help to warm the feet of local homebound and isolated seniors by bringing a pair of new socks (men or women sizes) to be distributed to those in need from our community. Complimentary soup provided to all sock contributors. Open to the public!

95097 (5/200/MP)

Noon-1:30PM // F // 2/8 // Sock donation

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. \$20 (cash only) supply fee due to instructor at time of class. Instructor: Susan Garden.

91074 (6/15/SA)

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

9:30-12:30PM // F // 3/22 // \$15

9:30-12:30PM // F // 4/26 // \$15

Senior Center Upcoming Events & Classes

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



Health & Nutrition Workshop

Be Well, Live Well is a series of five lessons designed to get a fresh start to a healthier you! Join Tiffany from Texas A&M AgrLife Extension Service for LIVE cooking demonstrations and more. Learn how to develop healthy eating patterns, read labels, ensure food safety, meal planning, and incorporate physical activity as part of a healthy lifestyle. There is a class minimum that must be met, so please register in advance in order to ensure class makes. FREE!

94042 (8/25/MPN)

9:00-10:00AM // M // 4/22 // Free

9:00-10:00AM // M // 4/29 // Free

9:00-10:00AM // M // 5/6 // Free

9:00-10:00AM // M // 5/13 // Free

9:00-10:00AM // M // 5/20 // Free

Health, Benefits & Business Expo

Get to know local businesses and the service and products they provide. Receive healthy living tips, screenings, opportunities for community involvement and more. Door prizes to be given away throughout event. The Health, Benefits & Business Expo is open to the public, so invite your friends age 55+ to attend.

10:00AM-Noon // TH // 3/28 // Free

Ladies Fashion Show & Luncheon

It's all about the girls today! Fashion show is facilitated by The Southern Way Boutique. Shop the featured fashions after the show! Stacy with You Look Beautiful Boutique will be set up in the front lobby so you can shop for accessories all day. Fashion show is FREE! Luncheon (Appetizer; Assorted Salads; Dessert; Spearmint Tea) is \$5 per person. Reservations must be made in advance. Lunch starts at 11:15, Fashion Show at 12:15 p.m.

11:00AM-1:00PM // F // 4/5 // \$5 for lunch

Chair Volleyball

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

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

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.)



Senior Center Upcoming Fitness 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. Class fees waived for Renew Active members. All other membership types are \$5/ month per session.

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

11:00 - 11:55AM // F // \$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 // M // 4WKS // \$16

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

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

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

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

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

10:00 - 10:45AM // TH // 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 // TH // 4WKS // \$10

Senior Center Upcoming Events & 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 // W // 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 // W // 4WKS // \$10

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

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

Classic Fitness

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, Silver&Fit and Renew Active members this class only. **Instructor: Debbie Melchiorre/Rosy Pritchett.**

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

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

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

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

Senior Center Fitness Classes

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



Zumba Gold

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

Instructor: Kalyn Worthey

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

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

Cardio Fitness

Are you ready for a more intense workout than Classic Fitness? Try this safe and heart-healthy aerobics class to energize your active lifestyle using low-impact movements that focus specifically on building upper-body and core strength, plus cardio endurance. Class fees are waived for SilverSneakers, Renew Active and Silver&Fit members. **Instructor: Rosy Pritchett**

12:10-1:00PM // T // 4WKS // \$10

Personal Training

Personal Trainer Rosy Pritchett is available to assist you in reaching your individual health and fitness goals. She will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer.

One-Hour Session // \$40

Fitness Assessment

Personal Trainer Rosy Pritchett is here to help you get started on a personal fitness program. This 20 minute evaluation will assess five components: cardiovascular, muscular strength, muscular endurance, flexibility, and body composition. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. Includes a free 6-month follow up assessment so you can see your progress.

20 Minute Session // \$10 // By Appointment

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12:10-1:00PM // T // 4 wks // \$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 // F // 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 // T // 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 // M // 4WKS // FREE

Chair 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

3:45 - 4:45PM // T // 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 // M // 4WKS // \$16

Yoga Fitness

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. Fees are waived for SilverSneakers, Silver&Fit and Renew Active members. Other membership types are \$2.50 per class payable at the beginning of the month. **Instructor: Debbie Melchiorre**

12:30-1:30PM // W // 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 // F // 2/1 // \$5

3:30 - 5:00PM // F // 3/1 // \$5

3:30 - 5:00PM // F // 4/12 // \$5

3:30 - 5:00PM // F // 5/3 // \$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**

3:30 - 4:30PM // F // 2/15 // \$5

3:30 - 5:00PM // F // 3/15 // \$5

3:30 - 5:00PM // F // 4/19 // \$5

3:30 - 5:00PM // F // 5/17 // \$5

Mosquito Control and Management

Controlling mosquito populations and reducing the risk for West Nile virus, Zika Virus and Chikungunya Viruses must be done on several fronts—education and prevention are at the forefront of those efforts. As we head into mosquito season, it's imperative that residents take steps to protect themselves and control mosquito populations at home.

The most important thing citizens can do to reduce the risk of exposure to West Nile virus is to eliminate mosquito-breeding areas around the home and limit exposure to feeding mosquitoes. Many female mosquitoes can lay 100-300 eggs on the surface of fresh or stagnant water every third night during its life span. Here are some simple things citizens can do to eliminate potential mosquito breeding sites around the home:

- Do not allow water to accumulate in the saucers of flowerpots, cemetery urns, or in pet dishes for more than two days



- Get rid of tin cans, old tires, buckets, unused plastic swimming pools, or other containers that collect and hold water
- Clean debris from rain gutters, remove standing water from flat roofs, and repair leaks around faucets and air conditioners
- Change the water in birdbaths and wading pools at least once a week
- Fill or drain puddles, ditches and swampy areas
- Check for trapped water in plastic or canvas tarps used to cover boats or pools, and arrange the tarp to drain the water

Make sure you also follow the Four D's

- Use insect repellent containing DEET, picaridin or oil of lemon eucalyptus.
- Dress in long sleeves and long pants when you are outside.
- Stay indoors at dusk and dawn, when mosquitoes are most active.
- Drain standing water where mosquitoes breed. Common breeding sites include old tires, flowerpots and clogged rain gutters.

Spring will be here before we know it along with West Nile Virus. When Hurst sprays to kill mosquitos, we notify the area using our CodeRed Notification System. If you would like to be on that list, please sign up at hursttx.gov/codered.

For more information about mosquito control and management, visit hursttx.gov/fightthebite.



Severe Weather

Springtime will soon be upon us and with that comes the increased potential for severe weather. So the question is how are you going to be warned? Being warned as early as possible gives you more opportunity to take shelter and hopefully avoid injury or worse. There are many methods of warning to choose from, we just ask that you find what works best for you to use each and every day and will also awaken you while sleeping. There are

also applications available for smart phones that will help with notifications. The National Weather Service offers the NOAA Weather Radio for all hazard warning. You simply have to purchase a weather alert radio that is available at many retail locations to access their warnings. Most, if not all, warnings from all other providers are predicated based on what the National Weather Service issues. The City of Hurst has recently added the Weather Warn Notification

System to the CodeRed System to provide more specific notifications to Hurst residents. You will need to sign up for this system at hursttx.gov/weatherwarn because it is separate from the CodeRed System. The Weather Warn System will only notify you if the warning is applicable to your address. If your address is not in the polygon warning area issued by the National Weather Service, then you will not receive a notification.

#HURSTHEARTS

This morning when I took my son to school, I saw a kind hearted act. The crossing guard off of Brown Trail and Redbud, in this cold weather, saw two students without hand gloves. As they were trying to keep their hands warm, she pulled a small bag out of her car and handed them a pair of gloves, just to keep their hands warm while walking to school. I'm sure she paid with her own money, so if anyone in the HEB ISD area has any extra pairs, I think it would be nice to stop by and donate to the crossing guard, so she have enough for the other children who are without! A big thank you to her!" – Karen K.

We love this Hurst Hearts story that Karen shared with us! If you witness a kind act around our community, be sure to let us know so we can feature it on social media! Submit your stories by using #hursthearts in your posts or at hursttx.gov/hursthearts.



Employee Giving Day

Employee Giving Day is one of our favorite ways to show kindness to our neighbors! Our city council established this program over 20 years ago, and we've been able to work on over 80 homes in Hurst! Work on homes primarily consists of landscaping, clean up, scraping and painting. Many of our area businesses donate funds and supplies needed for this event, and city employees provide the labor. We are proud of the work our employees do, and we appreciate all of our local businesses that make this event possible each year!

This year's Employee Giving Day will be April 5, and we're on the lookout for our neighbors who need some assistance. For more



information on how you can get involved, or to nominate your home or someone you know for consideration, visit hursttx.gov/egd, or call Michelle at 817-788-7055.

Citizen Survey

Budget priorities determined through strategic planning

Each year, the City of Hurst engages in our Strategic Planning Process to determine priorities for the upcoming budget. This process allows the city council to evaluate community needs and assess their impact on the city's budget while also helping the city determine which services to provide and at what level they are offered. One critical factor that affects the strategic planning process is our annual citizen survey.

We will run this year's survey during the month of February. We will evaluate how responses have changed over the past year and take information from the Town Hall Forum to effectively

develop a strategic plan to guide the budget process. These survey results are direct feedback and information that is critical to developing council's priorities that staff uses to develop the proposed budget.

We are excited about the opportunity to continue to provide high quality services to our citizens. We sincerely appreciate all who have responded to our surveys in the past. The responses we receive help us develop a budget that meets the needs of our community today and tomorrow. Visit hursttx.gov to take our citizen survey beginning February 1.

Town Hall Forum

February 28

6 - 8 p.m.

Hurst Conference Center

Our annual Town Hall Forum is coming up on February 28, and you're invited! This free event is open to the public and features presentations on current and future projects throughout the city. Utility companies will also be on hand to meet with residents. Light refreshments will be served, and giveaways will be available! We hope you'll join us!





Adopt-a-Park Program

The City of Hurst Parks Division is excited to announce that we now have an "Adopt-a-Park" program!

In recent months, the Parks Division has received numerous inquiries regarding a formal "Adopt-a-Park" program. With the approval of the Parks and Recreation Board, this program is now available!

The Parks Division is responsible for providing the citizens of Hurst with the highest possible level of service regarding design, development, operation, and maintenance of all park and outdoor municipal properties. Responsibilities of the Parks Division include the scheduling for maintenance and installation of improvements at all park, recreational and outdoor municipal facilities, and the ongoing maintenance of medians, water distribution centers, and public rights-of-way.

Our Parks Division works tirelessly to provide our community with clean, attractive, and well-maintained parks. Due to the number of park acres in Hurst, it creates the difficulty of keeping each park in its highest condition. We rely on enthusiastic and willing partners to assist us in our efforts.

Why Adopt-a-Park?

We encourage community participation in our park programs. We want to collaborate with groups, organizations, and individuals to help us maintain our community values of inclusiveness and a positive environment. We want to ensure the City of Hurst is well maintained, clean and secured, leading to an enjoyable living experience. Participate in the Hurst Adopt-a-Park program!

We will track participant hours and turn into the City of Hurst's Volunteers in Action program. Groups or organizations that participate will have their names posted at the park for the duration of their commitment.

Who to Contact

Interested groups or organizations should contact Kristie Weaver, Parks Director via email or phone: kweaver@hursttx.gov or 817.788.7220. Information is available on our webpage at hursttx.gov/parks.

Free Clean-Up Days

We recently made some changes to our Good Neighbor Day event to find ways to be more efficient and give the best customer service to our residents. We've always held the event at the Bellaire Shopping Center, but based on feedback received at neighborhood meetings during our Sustainability Planning and limited parking due to new businesses, we have coordinated with Republic Services to offer additional curbside pickup days in the fall and the spring. You can leave your bulky or green waste items at your curb, and just make sure that loose items are bundled or containerized and set out by 7 a.m.. Our next schedule free clean-up day will be April 6 for normal Monday/Thursday garbage pick up and April 13 for normal Tuesday/Friday pick up. Visit hursttx.gov/gnp for more details including a list of accepted items.



Aquatics Recruitment

Looking for a summer job where you can have fun making new friends while also helping people? We want YOU to work with us this summer! Both Chisholm and Central Aquatics Centers are hiring for Summer 2019. **Visit page 64 for the scoop!**



Heritage Village Presents

Heritage Village presents is a series of FREE events held at Heritage Village Plaza in the spring and fall. This series is dedicated to offering family events designed to promote cultural enrichment, community engagement, and an active lifestyle.

Heritage Village Plaza is located at 841 W. Pipeline Road. The City of Hurst invites you to attend our first event for Spring 2019 – our Grand Family Picnic!

Look for more information on our upcoming events in the next Where We Live issue and the city's website and Facebook page.

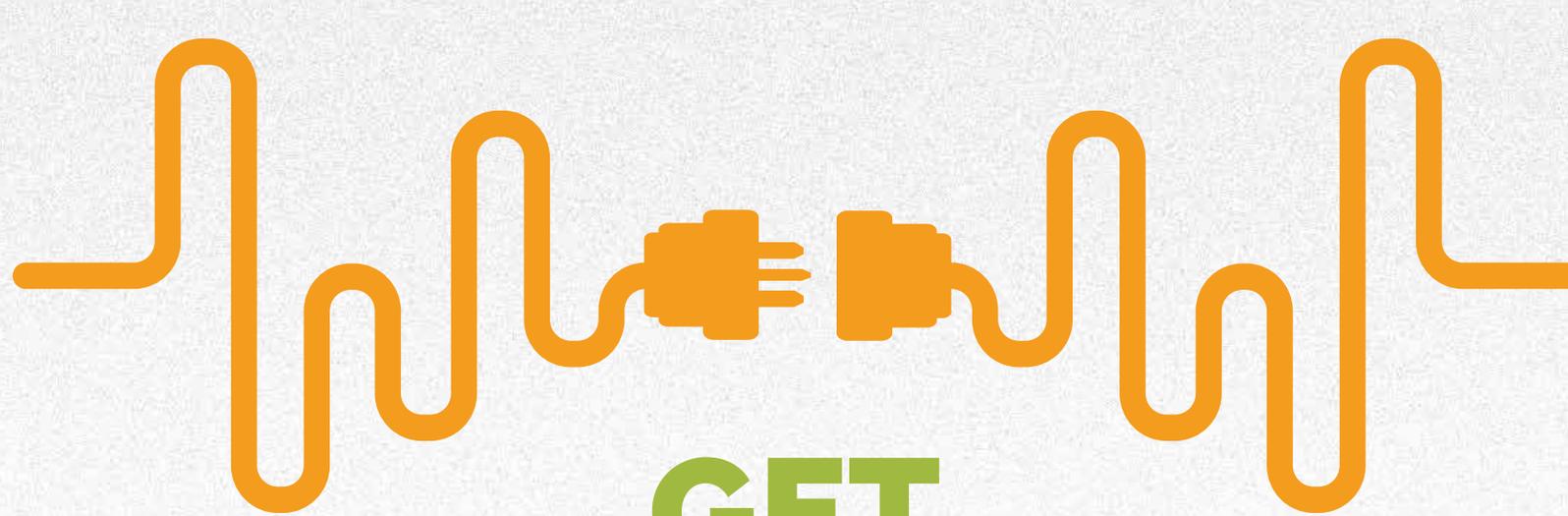
Grand Family Picnic - Wednesday, March 13 from 11 a.m. to 2 p.m.

Bring your lawn chairs or a blanket and come enjoy this outdoor event for the whole family! The fun in the park begins at 11 a.m. with free games and activities. The entertainment continues with a special live performance at noon. The first 800 participants in line will receive a FREE box lunch provided by In-N-Out Burger! Afterwards, enjoy a complimentary treat courtesy of the City of Hurst. For more information, contact Community Services at 817-788-7305.

Save the Date!

April 26 - Concert in the Park

May 30 - Summer Kick Off



GET CONNECTED

Stay "In the Know"

The Marketing and Communications department at the City of Hurst work hard to keep you informed of events and news that affect you. We have several ways that you can stay informed from print materials to electronic communications.

PRINTED COMMUNICATIONS

Where We Live

This popular quarterly publication is your go-to for upcoming events, safety tips, informational news, senior center news, and recreation schedules.

Water Bill Inserts

The city began including a monthly insert in water bills beginning in October 2018. These inserts are intended to help you plan and know about city services.

The Senior Pipeline

This monthly publication includes photos from past senior center events, plus upcoming senior activities and events.

ELECTRONIC AND DIGITAL COMMUNICATIONS

Social Media

The City of Hurst is very active on social media. A link to each of our social media accounts can be found at hursttx.gov/getconnected.

Email Notification

If you prefer to have an email or text message pushed to you for news and information, then sign up for our email notification system at hursttx.gov/getconnected.

In the Know

The city website has a dedicated 'go to' webpage to keep you informed of the latest information. Visit it often to stay "in the know" at hursttx.gov/intheknow.

Events Calendar

The events calendar is always a great resource for all types of events going on around the city. It is easily accessible by visiting hursttx.gov/calendar.

We hope these tips help you stay informed!

BELAIRE



FUN FACT: Wonder why we're spelling Bellaire with only one 'L' to promote these events? Back in 1966 when the Bellaire Shopping Center opened, the sign they ordered was short one letter space – so they had to leave an 'L' off! We're paying tribute to what it was originally known as back in the '60s!



POP-UP



The spring pop-up event in the Belaire Shopping Center is scheduled for March 23 from noon-6 p.m. Enjoy unique vendors, food trucks, entertainment and more!



Hurst Public Library

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



A Universe of Stories

Summer Reading Club 2019

Books can really take you out of this world, and the Hurst Public Library is the place to find books! Join the Summer Reading Club for reading fun, prizes, and lots of special events. Registration begins May 1. Rack up your reading minutes after you've registered through July 31. Special weekly programs and prize distribution begin the week of June 3. Come to the Library to register or register online at hursttx.gov/library.

The fun continues May 30 with Heritage Village Presents: Summer Kick-Off from 6 - 8 p.m. featuring a concert at 7 p.m. Bring a picnic dinner and enjoy free inflatables, ice cream treats, and more!

You are also invited to come to one of the joint events to register and celebrate summer reading:

- HEB Reads - Saturday, May 4, 10 a.m. - 1 p.m. at Pennington Field in Bedford
- Birdville ISD Reads - Saturday, June 1, 10 a.m. - 1 p.m. at the Fine Arts/Athletic Complex in NRH

Both of these collaborative events will have a wide variety of activities, food, and information about what's happening this summer at the various participating libraries in the area.

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



Adult Programs

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.

April 4 - *Eyre Affair* by Jasper Fforde

May 2 - *From the Ground Up* by Amy Stewart

June 6 - *Eleanor & Park* by Rainbow Rowell

Who Do You Think You Are?: Genealogy 101

Join us for an introduction to researching your family history and learn what resources the library has that can help you on your journey to discovering the fascinating story of how you came to be.

3:00PM // TH // 4/18

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

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 children may come with an adult. A come and go event with a different STEM activity each week. Wednesdays through May 29.

Story Time

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

Toddler Time

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

1,000 Books Before Kindergarten

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 1,000 books before kindergarten; incentives for every 100 books read through 1,000. To register, go to www.hursttx.gov/kidstuff.

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 // 4/3-5/8

Saturday Sessions

10:30-11:30AM // S // 3/30-5/11 (except May 4)

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 // 3/5, 3/19, 4/2, 4/16, 5/7, 5/21



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

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

March 12 - *Robot Invasion*

April 9 - *Bouncing Bears*

May 14 - *Beach Adventures*

Teddy Bear Picnic

4 - 11 Years

Bring your favorite stuffed friend—bear or not!—to the Library for an indoor picnic. Refreshments, stories, and other activities round out a special afternoon spent with friends, human and not! Reservations are required and will be taken at the Youth Services Desk starting Monday, April 15. Call 817-788-7302 to reserve your seat. **BONUS:** If you can be without it for one night, bring your stuffed friend to the Library any time between 10 a.m. and 6 p.m. on Friday, April 26, for a stuffed animal overnight at the Library (no kids allowed!); reconnect with your friend at the picnic and get pictures of the goings-on experienced the night before!

3:00-4:00PM // S // 4/27



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 // 5/9

Chess Club

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

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 // 3/28, 4/25, 5/23

L. D. Bell Art Reception

6th-12th Graders and Art Lovers of All Ages

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

7:00PM // March 21

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 Gaming Marathon

6th-12th Graders

Join us for an evening of Xbox One, Wii U, and board games. Refreshments will be provided to keep up your strength!

6:00PM // April 11

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

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 // 3/7, 4/4, 5/2

Teen Tech Week Scavenger Hunt

6th-12th Graders

Familiarize yourself with the library's digital resources, learn about technology, and celebrate YALSA's Teen Tech Week with the TTW Scavenger Hunt! Completed scavenger hunts will be entered into a raffle at the end of March.

March 1 - 31



Programs for All Ages

Early Release Friday Movie Matinee

School's out early!

Join us at 2:00PM on Thursday, May 30 in the Library program room for a movie on the big screen. Free popcorn provided!

Check the website for upcoming movie details.

2:00PM // T // 5/30

Crafts for a Cause

Do more choose to give back! Come to the library and help us make fun crafts that will put a smile on someone else's face. All ages are welcome to participate.

6:30PM // TH // 4/11, 6/13

Make and Take Craft Nights

Stop by our table for a FREE seasonal craft for you to make and take home with you.

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

6:30-7:30PM // TH // 5/16

Masterworks at the Library

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

Upcoming dates: 4/25, 5/30, 6/27

Please check the library website for upcoming concert information.



Classes begin the week of March 25
(unless otherwise indicated)



HURST RECREATION CENTER

It's time to "Spring into Fitness," with the Hurst Recreation Center

As the winter slumber comes to an end, nature begins to wake up and come alive. After all, spring is nature's way of saying "Let's go!" Are you looking for motivation to get active? Join the "Spring Movement" and let the Hurst Recreation Center be your catalyst for improving your personal health, wellness and fitness, and "quality of life." You can schedule a session with our personal trainers to formulate a custom-designed fitness plan, or you can explore on your own! Our Fitness Center has all of the equipment you will need to complete a well-rounded and balanced workout. The Cardio Room is equipped with treadmills, elliptical crosstrainers, and lateral trainers, all of which have individual television screens that will allow you to watch your favorite TV show while you workout. There is something for everyone! And any complete fitness program includes a strength training regimen. We have an extensive selection of machined weights and plate-loaded strength equipment, as well as dumbbells and flexibility equipment.

Enjoy exercising in a group setting? There are numerous fitness classes you can participate in, helping you reach your fitness goals.

For more information on any of our activities or classes, contact the Recreation Center 817.788.7325.

Come and enjoy our activities and programs: 100's of classes, shoot some hoops with your friends, enjoy a game of racquetball, volleyball or pickleball, use the jogging/walking track to get some exercise, or work out in our state-of-the-art fitness center. Equipment for all activities are available for check out with your "Quality of Life" Rec Card at the front desk of the Recreation Center.

Our Commitment to Quality

Your satisfaction is our goal. We strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and lifelong learning opportunities. If you are not completely satisfied with your recreational experience, please call us at 817-788-7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.



Hours of Operation

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

Awesome Two's

2 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Spring I

13090-A

9:00-9:45AM // M // 4WKS // 3/25 // \$19

Spring II

14090-A

9:00-9:30AM // M // 4WKS // 4/29 // \$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.

»» 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

Spring I

13095-A

9:00-9:30AM // F // 4WKS // 3/29 // \$18

Spring II

14095-A

9:00-9:30AM // F // 4WKS // 5/3 // \$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

Spring I

13333-A

10:00-10:30AM // M // 4WKS // 3/25 // \$18

Spring II

14333-A

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

3 Years and Younger Programs

Little Tyke Soccer

2-3 Years

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

Instructor: Stacie Castillo

Spring I

13600-A

9:00-9:30AM // F // 4WKS // 3/29 // \$18

Spring II

14600-A

9:00-9:30AM // F // 4WKS // 5/3 // \$18

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

Spring I

13123-A

11:15-11:45AM // M // 4WKS // 3/25 // \$18

Spring II

14123-A

11:15-11:45AM // M // 4WKS // 4/29 // \$18

NEW CLASS!

Parent Tot Music & Crafts

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

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

Spring I

13130-A

10:30-11:00AM // W // 4WKS // 3/27 // \$18

Spring II

14130-A

10:30-11:00AM // W // 4WKS // 5/1 // \$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 G0000000AAAAALLLLL! (Tennis shoes required.) One child per parent.

Instructor: Stacie Castillo

Spring I

13700-A

8:30-9:00AM // F // 4WKS // 3/29 // \$18

Spring II

14700-A

8:30-9:00AM // F // 4WKS // 5/3 // \$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.

Spring I

Instructor: Tammy Slovensky

33040-A

9:30-10:00AM // T // 4WKS // 3/26 // \$18

33040-B

Noon-12:30PM // T // 4WKS // 3/26 // \$18

33040-C

9:30-10:00AM // W // 4WKS // 3/27 // \$18

Instructor: Miranda Kirkpatrick

33040-D

4:30-5:00PM // W // 4WKS // 3/27 // \$18

33040-E

9:30-10:00AM // TH // 4WKS // 3/28 // \$18

Instructor: Jennifer Shafer

33040-F

9:30-10:00AM // M // 4WKS // 3/25 // \$18

33040-G

9:30-10:00AM // F // 4WKS // 3/29 // \$18

Instructor: Tawny Goetschius

33040-H

9:45-10:15AM // M // 4WKS // 3/25 // \$18

33040-I

9:45-10:15AM // F // 4WKS // 3/29 // \$18

33040-J

9:45-10:15AM // S // 4WKS // 3/30 // \$18

Spring II

Instructor: Tammy Slovensky

34040-A

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

34040-B

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

34040-C

9:30-10:00AM // W // 4WKS // 5/1 // \$18

Instructor: Miranda Kirkpatrick

34040-D

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

34040-E

9:30-10:00AM // TH // 4WKS // 5/2 // \$18

Instructor: Jennifer Shafer

34040-F

9:30-10:00AM // M // 4WKS // 4/29 // \$18

34040-G

9:30-10:00AM // F // 4WKS // 5/3 // \$18

Instructor: Tawny Goetschius

34040-H

9:45-10:15AM // M // 4WKS // 4/29 // \$18

34040-I

9:45-10:15AM // F // 4WKS // 5/3 // \$18

34040-J

9:45-10:15AM // S // 4WKS // 5/4 // \$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.

Spring I

Instructor: Tammy Slovensky

33030-A
10:00-10:30AM // T // 4WKS // 3/26 // \$18

33030-B
11:30-Noon // T // 4WKS // 3/26 // \$18

33030-C
10:00-10:30AM // W // 4WKS // 3/27 // \$18

Instructor: Miranda Kirkpatrick

33030-D
5:00-5:30PM // W // 4WKS // 3/27 // \$18

33030-E
10:00-10:30AM // TH // 4WKS // 3/28 // \$18

Instructor: Jennifer Shafer

31030-F
10:00-10:30AM // M // 4WKS // 3/25 // \$18

31030-G
10:00-10:30AM // F // 4WKS // 3/29 // \$18

Spring II

Instructor: Tammy Slovensky

34030-A
10:00-10:30AM // T // 4WKS // 4/30 // \$18

34030-B
11:30-Noon // T // 4WKS // 4/30 // \$18

34030-C
10:00-10:30AM // W // 4WKS // 5/1 // \$18

Instructor: Miranda Kirkpatrick

34030-D
5:00-5:30PM // W // 4WKS // 5/1 // \$18

34030-E
10:00-10:30AM // TH // 4WKS // 5/2 // \$18

Instructor: Jennifer Shafer

34030-F
10:00-10:30AM // M // 4WKS // 4/29 // \$18

34030-G
10:00-10:30AM // F // 4WKS // 5/3 // \$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

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

Spring I

13180-A

12:45-1:15PM // M // 4WKS // 3/25 // \$18

13180-B

10:30-11:00AM // F // 4WKS // 3/29 // \$18

Spring II

14180-A

12:45-1:15PM // M // 4WKS // 4/29 // \$18

14180-B

10:30-11:00AM // F // 4WKS // 5/3 // \$18

Claytime Fun

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Spring I

13125-A

9:00-9:30AM // W // 4WKS // 3/27 // \$18

Spring II

14125-A

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



Cooking for Fun

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Spring I

13250-A

10:30-11:15AM // F // 4WKS // 3/29 // \$19

Spring II

14250-A

10:30-11:15AM // F // 4WKS // 5/3 // \$19

NEW CLASS!

Creative Art for Kids

4 - 7 Years // Supply fee \$5

Students will explore a variety of artworks, learn about elements of art, and experience the creative process while making their own artwork. The first session will focus on two-dimensional art such as drawing, collage and printmaking. During the second session, students will create three-dimensional art by working with clay and various materials.

Instructor: Michelle King (Certified EC-12 Art Teacher)

Spring I

13033-A

10:00-10:30AM // TH // 4WKS // 3/28 // \$20

Spring II

14033-A

10:00-10:30AM // TH // 4WKS // 5/2 // \$20

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

Spring I

13699-A

11:30AM-12:15PM // M // 4WKS // 3/25 // \$19

Spring II

14699-A

11:30AM-12:15PM // M // 4WKS // 4/29 // \$19

NEW CLASS!

Doodle O's

3 - 6 Years // Supply fee \$5

Come have fun learning how to draw using our basic shapes!

Instructor: Dottie Nicholson

Spring I

13114-A

9:45-10:15AM // W // 4WKS // 3/27 // \$18

Spring II

14114-A

9:45-10:15AM // W // 4WKS // 5/1 // \$18

Kitchen Science

3 - 6 Years // Supply fee \$10

Did you know there are tons to learn about science while in the kitchen? Science is all around us and we'll explore science in the kitchen!

Instructor: Dottie Nicholson

Spring I

13200-A

9:45-10:15AM // F // 4WKS // 3/29 // \$18

Spring II

14200-A

9:45-10:15AM // F // 4WKS // 5/3 // \$18

Lil' Gardener

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Spring I

13075-A

10:45-11:15AM // M // 4WKS // 3/25 // \$18

Spring II

14075-A

10:45-11:15AM // M // 4WKS // 4/29 // \$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

Spring I

13335-A
10:00-10:30AM // F // 4WKS // 3/29 // \$18

Spring II

14335-A
10:00-10:30AM // F // 4WKS // 5/3 // \$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

Spring I

(3 - 4 Years)
13600-B
5:00-5:30PM // W // 4WKS // 3/27 // \$18

(4 - 6 Years)

13600-C
9:30-10:00AM // F // 4WKS // 3/29 // \$18

Spring II

(3 - 4 Years)
14600-B
5:00-5:30PM // W // 4WKS // 5/1 // \$18

(4 - 6 Years)

14600-C
9:30-10:00AM // F // 4WKS // 5/3 // \$18

Movin' Groovin'

4 - 7 Years // Tennis shoes required

We will get the blood moving with physical education!

Instructor: Tawny Goetschius

Spring I

13111-A
10:30-11:00AM // M // 4WKS // 3/25 // \$18

Spring II

14111-A
10:30-11:00AM // M // 4WKS // 4/29 // \$18

3 Years and Older Programs



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

Spring I

13030-A

Noon-12:30PM // M // 4WKS // 3/25 // \$18

Spring II

14030-A

Noon-12:30PM // M // 4WKS // 4/29 // \$18

»»» Please Remember

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



GYMNASTICS

Pre-Gymnastics I

4 - 5 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.)

Spring I

Instructor: Jazmine Duff

33033-A

4:30-5:00PM // M // 4WKS // 3/25 // \$18

33033-B

4:30-5:00PM // T // 4WKS // 3/26 // \$18

33033-C

5:30-6:00PM // TH // 4WKS // 3/28 // \$18

Spring II

Instructor: Jazmine Duff

34033-A

4:30-5:00PM // M // 4WKS // 4/29 // \$18

34033-B

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

34033-C

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

GYMNASTICS

Pre-Gymnastics II

5 - 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.)

Spring I

Instructor: Jazmine Duff

33033-D

5:00-5:50PM // M // 4WKS // 3/25 // \$20

33033-E

5:00-5:50PM // T // 4WKS // 3/26 // \$20

33033-F

4:30-5:20PM // TH // 4WKS // 3/28 // \$20

Instructor: Cyndi Duff

33033-G

10:00-10:50AM // W // 4WKS // 3/27 // \$20

Spring II

Instructor: Jazmine Duff

33033-D

5:00-5:50PM // M // 4WKS // 4/29 // \$20

33033-E

5:00-5:50PM // T // 4WKS // 4/30 // \$20

33033-F

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

Instructor: Cyndi Duff

33033-G

10:00-10:50AM // W // 4WKS // 5/1 // \$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.

Spring I

Instructor: Tammy Slovensky

33011-A
10:30-11:00AM // T // 4WKS // 3/26 // \$18

33011-B
10:30-11:00AM // W // 4WKS // 3/27 // \$18

33011-C
Noon-12:30PM // W // 4WKS // 3/27 // \$18

Instructor: Miranda Kirkpatrick

33011-D
5:30-6:00PM // W // 4WKS // 3/27 // \$18

33011-E
10:30-11:00AM // TH // 4WKS // 3/28 // \$18

Instructor: Jennifer Shafer

33011-F
10:30-11:00AM // M // 4WKS // 3/25 // \$18

33011-G
10:30-11:00AM // F // 4WKS // 3/29 // \$18

Instructor: Tawny Goetschius

33011-H
9:00-9:30AM // M // 4WKS // 3/25 // \$18

33011-I
9:00-9:30AM // F // 4WKS // 3/29 // \$18

33011-J
9:00-9:30AM // S // 4WKS // 3/30 // \$18



Spring II

Instructor: Tammy Slovensky

34011-A
10:30-11:00AM // T // 4WKS // 4/30 // \$18

34011-B
10:30-11:00AM // W // 4WKS // 4/30 // \$18

34011-C
Noon-12:30PM // W // 4WKS // 5/1 // \$18

Instructor: Miranda Kirkpatrick

34011-D
5:30-6:00PM // W // 4WKS // 5/1 // \$18

34011-E
10:30-11:00AM // TH // 4WKS // 5/2 // \$18

Instructor: Jennifer Shafer

34011-F
10:30-11:00AM // M // 4WKS // 4/29 // \$18

34011-G
10:30-11:00AM // F // 4WKS // 5/3 // \$18

Instructor: Tawny Goetschius

34011-H
9:00-9:30AM // M // 4WKS // 4/29 // \$18

34011-I
9:00-9:30AM // F // 4WKS // 5/3 // \$18

34011-J
9:00-9:30AM // S // 4WKS // 5/4 // \$18



GYMNASTICS

Tumbling Tots II

4 - 5 Years

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

Spring I

Instructor: Tammy Slovensky

33022-A
11:00-11:30AM // T // 4WKS // 3/26 // \$18

33022-B
11:00-11:30AM // W // 4WKS // 3/27 // \$18

Instructor: Miranda Kirkpatrick

33022-C
11:00-11:30AM // TH // 4WKS // 3/28 // \$18

Instructor: Jennifer Shafer

33022-D
11:00-11:30AM // M // 4WKS // 3/25 // \$18

33022-E
11:00-11:30AM // F // 4WKS // 3/29 // \$18

Spring II

Instructor: Tammy Slovensky

34022-A
11:00-11:30AM // T // 4WKS // 4/30 // \$18

34022-B
11:00-11:30AM // W // 4WKS // 5/1 // \$18

Instructor: Miranda Kirkpatrick

34022-C
11:00-11:30AM // TH // 4WKS // 5/2 // \$18

Instructor: Jennifer Shafer

34022-D
11:00-11:30AM // M // 4WKS // 4/29 // \$18

34022-E
11:00-11:30AM // F // 4WKS // 5/3 // \$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

Spring I

13052-A

9:00-10:30AM // TTH // 4WKS // 3/26 // \$65

13052-B

11:00-12:30PM // TTH // 4WKS // 3/26 // \$65

Spring II

14052-A

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

14052-B

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

Superheroes

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Spring I

13100-A

11:15AM-Noon // W // 4WKS // 3/27 // \$19

Spring II

14100-A

11:15AM-Noon // W // 4WKS // 5/1 // \$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

Spring I

13015-A

1:30-2:00PM // M // 4WKS // 3/25 // \$18

Spring II

14015-A

1:30-2:00PM // M // 4WKS // 4/29 // \$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

Spring I

13900-A

11:30AM-Noon // T // 4WKS // 3/26 // \$18

Spring II

14900-A

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



3 Years and Older Programs

Ready for Kindergarten

PREP PROGRAM

4 - 5 Years

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.)

March

11050-C

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

April

13050-A

8:30AM-2:30PM // M-TH // 4 WKS // 4/1 // \$360

May

13050-B

8:30AM-2:30PM // M-TH // 3 WKS // 5/1 // \$320



Youth Programs



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

Spring I

23101-A

6:00-6:30PM // W // 4WKS // 3/27 // \$18

Spring II

24101-A

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



Athletics

4 - 12 Years // Tennis shoes required

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

Instructor: Tammy Slovensky

Spring I

13300-A

11:30AM-Noon // W // 4WKS // 3/27 // \$18

Spring II

14300-A

11:30AM-Noon // W // 4WKS // 5/1 // \$18

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

Spring I

23120-A

5:45-6:15PM // TH // 4WKS // 3/28 // \$18

Spring II

24120-A

5:45-6:15PM // TH // 4WKS // 5/2 // \$18

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

Spring I

33062-E
9:00-9:50AM // F // 4WKS // 3/29 // \$20

Spring II

34062-E
9:00-9:50AM // F // 4WKS // 5/3 // \$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.)

Spring I

Instructor: Jazmine Duff

(7 - 9 Years)

33062-A
6:00-6:50PM // T // 4WKS // 3/26 // \$20

33062-B
6:00-6:50PM // TH // 4WKS // 3/28 // \$20

Instructor: Cyndi Duff

(7 - 12 Years)

33062-C
5:10-6:00PM // M // 4WKS // 3/25 // \$20

33062-D
9:00-9:50AM // W // 4WKS // 3/27 // \$20

Spring II

Instructor: Jazmine Duff

(7 - 9 Years)

34062-A
6:00-6:50PM // T // 4WKS // 4/30 // \$20

34062-B
6:00-6:50PM // TH // 4WKS // 5/2 // \$20

Instructor: Cyndi Duff

(7 - 12 Years)

34062-C
5:10-6:00PM // M // 4WKS // 4/29 // \$20

34062-D
9:00-9:50AM // W // 4WKS // 5/1 // \$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

Spring I

33090-A
5:10-6:00PM // T // 4WKS // 3/26 // \$20

33090-B
6:00-6:50PM // TH // 4WKS // 3/28 // \$20

33090-C
10:00-10:50AM // F // 4WKS // 3/29 // \$20

Spring II

34090-A
5:10-6:00PM // T // 4WKS // 4/30 // \$20

34090-B
6:00-6:50PM // TH // 4WKS // 5/2 // \$20

34090-C
10:00-10:50AM // F // 4WKS // 5/3 // \$20

GYMNASTICS

Girls Beginner II 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

Spring I

33070-A
9:00-9:50AM // M // 4WKS // 3/25 // \$20

Spring II

34070-A
9:00-9:50AM // M // 4WKS // 4/29 // \$20

Youth Programs

GYMNASTICS

Girls Beginner II & III Gymnastics

7 - 12 Years

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

Instructor: Cyndi Duff

Spring I

33070-B

6:45-7:45PM // T // 4WKS // 3/26 // \$22

33070-C

6:45-7:45PM // TH // 4WKS // 3/28 // \$22

Spring II

34070-B

6:45-7:45PM // T // 4WKS // 4/30 // \$22

34070-C

6:45-7:45PM // TH // 4WKS // 5/2 // \$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

Spring I

33070-D

9:50-10:50AM // M // 4WKS // 3/25 // \$22

Spring II

34070-D

9:50-10:50AM // M // 4WKS // 4/29 // \$22

GYMNASTICS

Beginner Tumbling/Acrobatcs

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

Spring I

(10-13 Years)

33100-A

6:00-6:50PM // T // 4WKS // 3/26 // \$20

(7-9 Years)

33100-B

5:10-6:00PM // TH // 4WKS // 3/28 // \$20

Spring I

(10-13 Years)

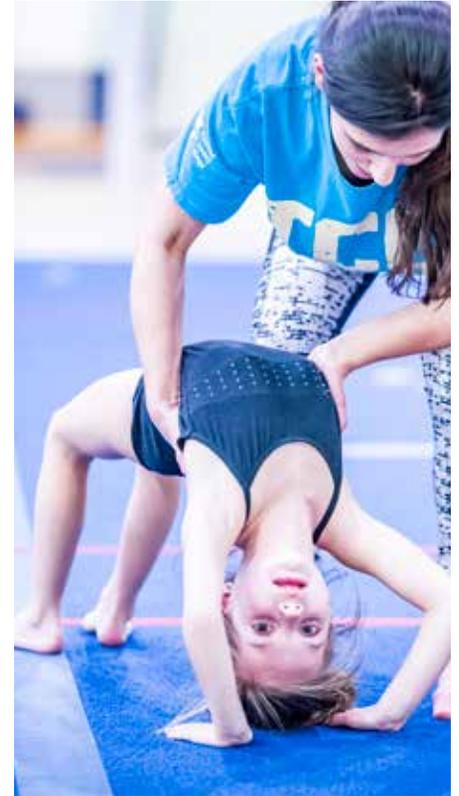
34100-A

6:00-6:50PM // T // 4WKS // 4/30 // \$20

(7-9 Years)

34100-B

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



»» Please Remember

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

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

Spring I

23180-A

6:00-7:00PM // T // 4WKS // 3/26 // \$22

23180-B

6:00-7:00PM // TH // 4WKS // 3/28 // \$22

23180-C

10:30-11:30AM // S // 4WKS // 3/30 // \$22

Spring II

24180-A

6:00-7:00PM // T // 4WKS // 4/30 // \$22

24180-B

6:00-7:00PM // TH // 4WKS // 5/2 // \$22

24180-C

10:30-11:30AM // S // 4WKS // 5/4 // \$22

NEW CLASS!

Creative Art for Kids

8 - 12 Years // Supply fee \$5

Students will explore a variety of artworks, learn about elements of art, and experience the creative process while making their own artwork. The first session will focus on two-dimensional art such as drawing, collage and printmaking. During the second session, students will create three-dimensional art by working with clay and various materials.

Instructor: Michelle King (Certified EC-12 Art Teacher)

Spring I

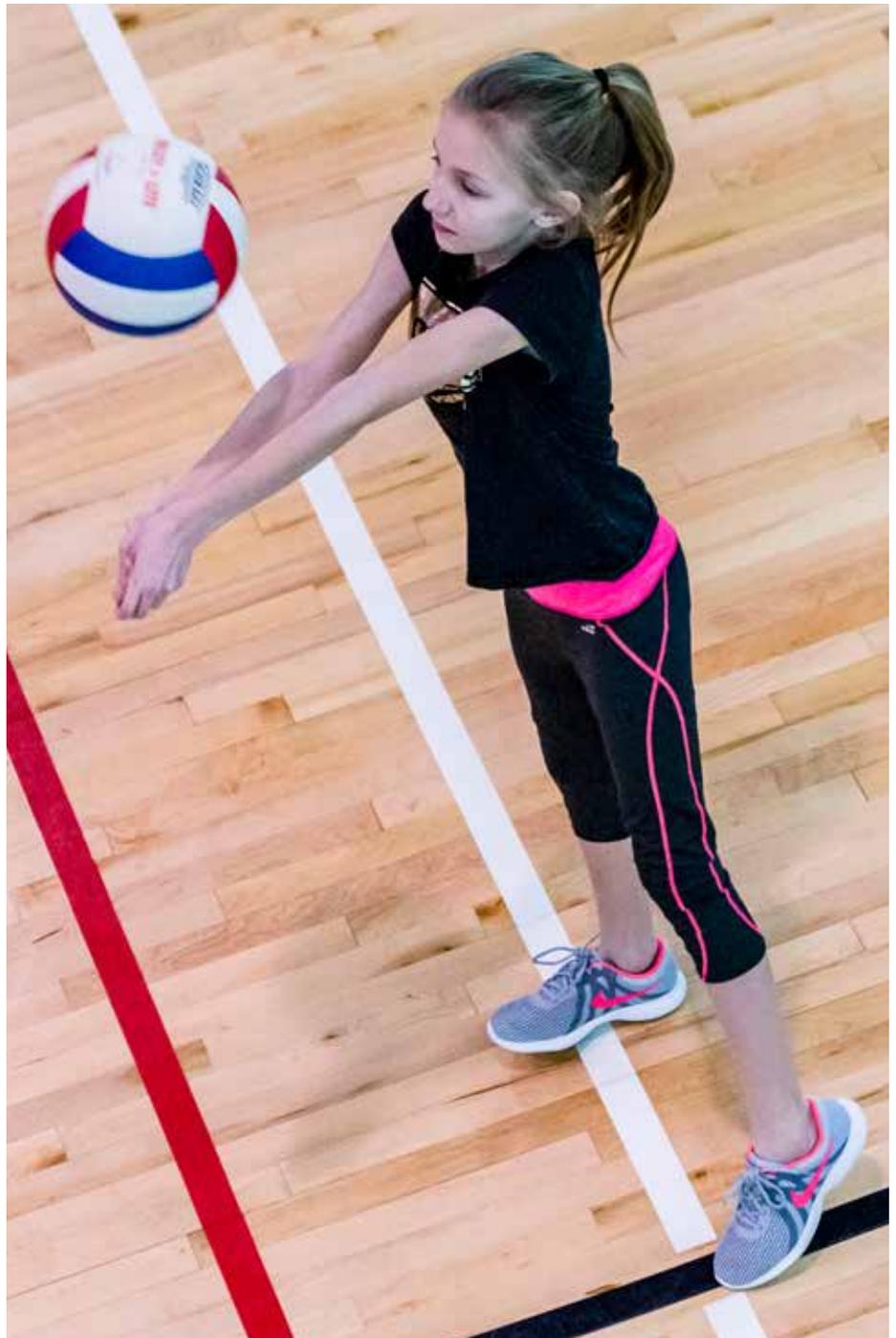
23033-A

10:35-11:20AM // TH // 4WKS // 3/28 // \$22

Spring II

24033-A

10:35-11:20AM // TH // 4WKS // 5/2 // \$22



Youth Programs



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

Spring I

23040-A

11:45-12:30PM // F // 4WKS // 3/29 // \$20

Spring II

24040-A

11:45-12:30PM // F // 4WKS // 5/3 // \$20

Girls Volleyball Beginner Basics

7 - 12 Years // Tennis shoes required

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

Instructor: Stacie Castillo

Spring I

23035-A

6:30-7:00PM // W // 4WKS // 3/27 // \$18

Spring II

24035-A

6:30-7:00PM // W // 4WKS // 5/1 // \$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

Spring I

23020-B

4:30-5:15PM // M // 4WKS // 3/25 // \$35

Spring II

24020-B

4:30-5:15PM // M // 4WKS // 4/29 // \$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

Spring I

23020-A

3:45-4:30PM // M // 4WKS // 3/25 // \$35

Spring II

24020-A

3:45-4:30PM // M // 4WKS // 4/29 // \$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

30 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

Spring I

23333-A

5:15-5:45PM // TH // 4WKS // 3/28 // \$18

Spring II

24333-A

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

Youth Programs

NEW CLASS!

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

Spring I

(Beginner 8-15 years)

23111-A

6:00-8:00PM // M // 4WKS // 3/25 // \$23

(Beginner 5-7 years)

23111-B

4:00-5:00PM // MW // 4WKS // 3/25 // \$23

(Advanced 8-15 years)

23111-C

5:00-6:00PM // MW // 4WKS // 3/25 // \$23

Spring II

(Beginner 8-15 years)

24111-A

6:00-8:00PM // M // 4WKS // 4/29 // \$23

(Beginner 5-7 years)

24111-B

4:00-5:00PM // MW // 4WKS // 4/29 // \$23

(Advanced 8-15 years)

24111-C

5:00-6:00PM // MW // 4WKS // 4/29 // \$23

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)

March:

21222-C

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

April:

23222-A

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

May:

23222-B

1:00-1:45PM // MW // MONTHLY // 5/1 // \$50

Movin' Groovin'

8 - 12 Years // Tennis shoes required

We will get the blood moving with physical education!

Instructor: Tawny Goetschius

Spring I

23105-A

11:15-11:45AM // F // 4WKS // 3/29 // \$18

Spring II

24105-A

11:15-11:45AM // F // 4WKS // 5/3 // \$18



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)

March

21900-C

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

April

23900-A

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

May

23900-B

6:00-7:00PM // MW // Monthly // 5/6 // \$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

Spring I

23500-A

5:30-6:00PM // W // 4WKS // 3/27 // \$18

Spring II

24500-A

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

Spring I

23160-A

6:15-6:45PM // TH // 4WKS // 3/28 // \$18

Spring II

24160-A

6:15-6:45PM // TH // 4WKS // 5/2 // \$18

NEW CLASS!

United States History

7-14 Years // Supply fee \$10

Explore our great nation one state at a time through food, facts and fun!

Instructor: Dottie Nicholson

Spring I

23855-A

3:15-4:00PM // T // 4WKS // 3/26 // \$19

Spring II

24855-A

3:15-4:00PM // T // 4WKS // 4/30 // \$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)



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)

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)

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)

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)

March:

41420-C

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

41421-C

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

April:

43420-A

6:35-7:30AM // MW // MONTHLY // 4/1 // \$30

43421-A

7:00-7:55PM // MW // MONTHLY // 4/1 // \$30

May:

43420-B

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

43421-B

7:00-7:55PM // MW // MONTHLY // 5/1 // \$30

Barre & 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)

Spring I

43977-A

10:30-11:15AM // S // 4WKS // 3/30 // \$30

Spring II

44977-A

10:30-11:15AM // S // 4WKS // 5/4 // \$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 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

March:
41200-C
7:00-8:00PM // T // 3WKS // 3/12 // \$21

April:
43200-A
7:00-8:00PM // T // MONTHLY // 4/2 // \$28

May:
43200-B
7:00-8:00PM // T // MONTHLY // 5/7 // \$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

March:
41224-C
8:00-9:00PM // T // 3WKS // 3/12 // \$21

April:
43224-A
8:00-9:00PM // T // MONTHLY // 4/2 // \$28

May:
43224-B
8:00-9:00PM // T // MONTHLY // 5/7 // \$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

March:
41222-C
9:00-9:45PM // T // 3WKS // 3/12 // \$15

April:
43222-A
9:00-9:45PM // T // MONTHLY // 4/2 // \$20

May:
43222-B
9:00-9:45PM // T // MONTHLY // 5/7 // \$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)

March:

41065-C

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

April:

43065-A

6:00-6:55PM // MW // MONTHLY // 4/1 // \$24

May:

43065-B

6:00-6:55PM // MW // MONTHLY // 5/1 // \$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)

Spring I

43005-A

6:50-7:30PM // TH // 4WKS // 3/28 // \$25

Spring II

44005-A

6:50-7:30PM // TH // 4WKS // 5/2 // \$25

Belly Dance - Tribal Evolution

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

Instructor approval required.

Instructor: Tiffany Skalberg

March:

41226-C

7:35-9:05PM // TH // 3WKS // 3/14 // \$22

April:

43226-A

7:35-9:05PM // TH // MONTHLY // 4/4 // \$27

May:

43226-B

7:35-9:05PM // TH // MONTHLY // 5/2 // \$27

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

Spring I

43020-A

10:00-11:30AM // M // 4WKS // 3/25 // \$60

43020-B

8:00-9:30PM // T // 4WKS // 3/26 // \$60

Spring II

44020-A

10:00-11:30AM // M // 4WKS // 4/29 // \$60

44020-B

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

Adult Programs



NEW CLASS!

Creative Studio Workshop

Ages 18+

Instructors: Jennifer Neher, Stephanie Fanning, Michelle King

Spring 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)**

43110-A
6:00-8:00PM // M // 4WKS // 3/25 // \$60

Spring 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)**

44110-A
6:00-8:00PM // M // 4WKS // 4/29 // \$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)

Spring I
43300-A
5:45-6:45PM // T // 4WKS // 3/26 // \$27

Spring II
44300-A
5:45-6:45PM // T // 4WKS // 4/30 // \$27

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 (Certified Personal Trainer)

Spring I
43350-A
6:30-7:15PM // W // 4WKS // 3/27 // \$25

Spring II
44350-A
6:30-7:15PM // W // 4WKS // 5/1 // \$25

Adult Programs

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

Spring I

43010-A

8:30-9:15AM // MTThF // 4WKS // 3/25 // \$15

Spring II

44010-A

8:30-9:15AM // MTThF // 4WKS // 4/29 // \$15

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

Spring I

43888-A: Beginner

5:15-6:00PM // M // 4WKS // 3/25 // \$35

43888-B: Intermediate

6:00-6:45PM // M // 4WKS // 3/25 // \$35

Spring II

44888-A: Beginner

5:15-6:00PM // M // 4WKS // 4/29 // \$35

44888-B: Intermediate

6:00-6:45PM // M // 4WKS // 4/29 // \$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

Spring I

43999-A

7:30-9:00PM // M // 4WKS // 3/25 // \$35

Spring II

44999-A

7:30-9:00PM // M // 4WKS // 4/29 // \$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)

March:

41100-C

10:00-11:00AM // MWF // MONTHLY // 3/4 // \$60

April:

43100-A

10:00-11:00AM // MWF // MONTHLY // 4/1 // \$60

May:

43100-B

10:00-11:00AM // MWF // MONTHLY // 5/1 // \$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)

Spring I

43001-A

6:15-7:15PM // M // 4WKS // 3/25 // \$20

Spring II

44001-A

6:15-7:15PM // M // 4WKS // 4/29 // \$20

Adult Programs



NEW CLASS!

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)

- March:**
41800-C
7:00-8:30PM // MW // MONTHLY // 3/4 // \$40
- April:**
43800-A
7:00-8:30PM // MW // MONTHLY // 4/1 // \$40
- May:**
43800-B
7:00-8:30PM // MW // MONTHLY // 5/6 // \$40

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)*
- March:**
41111-C
8:00-9:00PM // TH // MONTHLY // 3/7 // \$40
 - April:**
43111-A
8:00-9:00PM // TH // MONTHLY // 4/4 // \$40
 - May:**
43111-B
8:00-9:00PM // TH // MONTHLY // 5/2 // \$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)

- Spring I**
43444-A
9:00-9:45AM // T // 4WKS // 3/26 // \$25
- 43444-B
5:45-6:30PM // TH // 4WKS // 3/28 // \$25
- Spring II**
44444-A
9:00-9:45AM // T // 4WKS // 4/30 // \$25
- 44444-B
5:45-6:30PM // TH // 4WKS // 5/2 // \$25

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)

March:

41115-C

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

April:

43115-A

7:00-8:00PM // T // MONTHLY // 4/2 // \$40

May:

43115-B

7:00-8:00PM // T // MONTHLY // 5/4 // \$40

U-Jam Fitness

Ages Mature 12+

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

Instructor: Cyndi Duff

March:

41120-C

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

April:

43120-A

11:10AM-Noon // MW // MONTHLY // 4/1 // \$25

May:

43120-B

11:10AM-Noon // MW // MONTHLY // 5/1 // \$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)

March:

41050-C

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

April:

43050-A

7:30-8:25AM // TTH // MONTHLY // 4/2 // \$23

May:

43050-B

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

Spring Seminars

Spa Day Face and Skin Care

Is your head spinning over all the skin-care lines out there? Have you considered a toxin-free line? Come learn how to care for your skin naturally so you can face the world as the shining beauty you are. Ready for fun in the sun? What about having a toxin-free summer? It's easier than you think to have a safe, healthy, toxin-free summer vacation, even on a budget! Come learn how to make this your new reality.

Presenter: Ragan Clark (MT-ASCP)

43039-A

10:00-11:00AM // S // 1 DAY // 4/13 // FREE

Oily Babies

Do you have a new baby in the family? Would you like to know an amazing way to calm and bond with that sweet little bundle? Join me for a live demonstration of the infant massage technique using the Young Living Seedlings Line of baby care items. We'll discuss the how-to's and benefits of infant massage. Feel free to bring your new addition to get some hands-on experience yourself!

Presenter: Ragan Clark (MT-ASCP)

43035-A

10:00-11:00AM // S // 1 DAY // 5/11 // FREE

Registration Policy

Walk-in registration beginning on **Monday, February 18**, 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 March 4 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, March 4**. Out of fairness to all citizens of our community, you may only register the members of your household.

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Classes begin the week of March 25
(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	\$

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

PAYMENT METHOD

CHECK

CREDIT CARD

CASH

CHECK NUMBER: _____

CARD TYPE: Visa MasterCard Discover American Express

MAIL TO: Hurst Parks and Recreation
Class Registration

MAKE CHECKS PAYABLE TO:
City of Hurst

CARD NUMBER: _____ - _____ - _____ - _____

700 Mary Drive, Hurst, TX 76053

EXPIRATION DATE: ____ / ____

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

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 & 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

Mid-Cities Basketball Association

MCBA 817-354-6208

www.MCBBA.org

Hurst United Soccer

Association

HUSA 817-504-7479

www.hurstunited.com

MidCities PeeWee Football

& Cheerleading Association

817-282-2390

www.midcitiespeeweefootball.org

Adult Men's Basketball
Spring League Registration

Open Registration: February 25 - March 22

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

League Schedules: Available March 27
 after 4:00 p.m.

League Begins: April 2/4

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: \$200

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: \$200

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



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 Initiative

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.

The Healthy Hurst Initiative also sponsors various FREE events that will be offered throughout the year. These events are open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

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



Mission Statement

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

Parks and Recreation Board

Chairman:
Alan Neace

Vice Chair:
Bob Walker

Will Blackburn
Pat King
Jessica Martin

Ralph Hurd
Rod Robertson
Karen Spencer
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 Oden

Mikayla Birdsong
Dakota Ford
Rudy Garcia
Candace Green

Recreation Center Manager:
Jordan Taylor

Zach Herd
Anna James
Katherine McKinney
Matt Mendez

Recreation Supervisor:
Mary Singleton

Nancy Philip
Christian Pineda
Shana Sanders
Cheryl Thompson

Recreation Coordinator:
Madison Bass

Administrative Assistant:
Paige Lutz

Facility Maintenance:
Judy Arellano

Recreation Receptionists:
Melanie Cox
Michelle Stockel

WE ARE HIRING FOR SUMMER 2019!

We are looking for awesome people to join our Hurst Aquatics Team! *(Must be 16 years of age by May 12 for all positions)*



Lifeguard \$9.25/hour

As a lifeguard, you will have the responsibility of ensuring guest safety while working with a fun, energetic staff. If you enjoy working outside and meeting lots of new people, this job is for you!

Training provided in-house, free of charge.

Must be available to attend ONE of the following classes:
April 25-28; May 2-5; May 9-12

Class times are as follows:

Thursday: 5-10 p.m.

Friday: 5-10 p.m.

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

Sunday: 8 a.m.-6 p.m.

Prerequisites:

Must be able to swim 100 yards, retrieve a 10 lb brick from 12 ft of water, and tread water for 1 minute without hands.

Swim Lesson Instructor \$10/hour

Must be available to attend training on the following dates: May 21, 28-30; 5-9 p.m.

Do you love working with kids? Then this job is for you! As a swim lesson instructor, you will be responsible for teaching kids of all ages and levels how to swim.

Must be able to swim 300 yards. Training provided in-house, free of charge.

Pool Attendant \$9/hour

The Pool Attendants are the backbone of our aquatics team. They help to provide a safe and clean environment for our guests as well as assist with slide dispatch.

Cashier \$8/hour

We are looking for personable and energetic people to be the face of our aquatics centers. Cashiers are responsible for answering phones, taking admissions and providing general customer service.

All training is FREE of charge! We have competitive pay, flexible hours, and lots of fun! APPLY NOW, before it is too late!

It is not too early to apply! Hurry; there are a limited number of positions!

Apply online at: hursttx.gov/aquatics

Questions? Contact Madison Bass at mbass@hursttx.gov or call 817.788.7348.

Family Campout

Rescheduled from Fall 2018

March 22, 2019

Chisholm Park

Check-in 4:30 p.m.

Campsite reservations begin January 22. Space is limited. \$40 per campsite for up to 6 people. Chuckwagon dinner and breakfast included. Campfire with live campfire songs, family activities and camping! Call 817.788.7320 for more information or stop by the Hurst Recreation Center to make your reservation.

Adaptive Egg Hunt

Friday, April 12, 2019

5:00-6:30PM

Central Park

For children under the age of 16 with special needs. FREE event! Photos with Mr. Bunny, crafts, petting zoo, face painting and an egg hunt! For more information, call 817.788.7325.

Eggstravaganza

Saturday, April 13, 2019

Noon-2:00PM

Hurst Community Park

Children ages 12 and under. Egg hunt, inflatables, face painting, photos with Mr. Bunny, petting zoo, pony rides, crafts and more! Event is FREE! For more information, call 817.788.7325.





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 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.

Concert in the Park

Friday, April 26, 2019
Heritage Village Plaza
Start time 7:00PM

Concert provided by the FW Youth Orchestra. Bring your picnic, chairs, blankets and families and enjoy a beautiful Texas Spring Night!

"May I Meet You in the Park"

Stop by Chisholm Park to walk your dog or enjoy the park and get a free treat provided by the Hurst Recreation Staff!

Fridays in May

May 3, 17, 31: 8:30AM - Coffee and treats
May 10, 24: 4:30PM - Popsicles and treats
While supplies last.





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.

- 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 Schliedt, 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.

Spring/Summer Operating Hours

- Monday-Thursday: 8:00AM-10:00PM
- Friday: 8:00AM-6:00PM
- Saturday & Sunday: 8:00AM-7:00PM

Hurst Tennis Center

701 Mary Drive, Hurst, TX
817-788-7330

Hurst Tennis Center Staff

Tennis Attendants:
Austin Armstrong
Sean Burke
Ryan Crozier
Carson Draper
Austin Lutz

Head Professional:
Kelly Langdon, USPTA

Tennis Instructors:
Cameron Bodily, USPTA
John Schliedt, USPTA
Mike Seybold, USPTA
Greg Smith

Tennis Center Coordinator:
Austin Wynne, USPTA

Upcoming Tournaments

- Spring Mid-Cities
February 23
- Hurst Junior Open (USTA Sanctioned)
April 6-7

Spring Adult Tennis Leagues

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

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: Mike Seybold, USPTA, Cameron Bodily and Staff

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

82502-A	5:30-7:00PM	//	M	//	4WKS	//	3/4	//	\$72
82502-A	5:30-7:00PM	//	W	//	4WKS	//	3/6	//	\$72
82502-B	5:30-7:00PM	//	M	//	4WKS	//	4/8	//	\$72
82502-B	5:30-7:00PM	//	W	//	4WKS	//	4/10	//	\$72
82502-C	5:30-7:00PM	//	M	//	4WKS	//	5/6	//	\$72
82502-C	5:30-7:00PM	//	W	//	4WKS	//	5/8	//	\$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: Mike Seybold, USPTA, John Schlidt and Staff

82504-A	5:30-7:00PM	//	TH	//	4WKS	//	3/7	//	\$72
82504-B	5:30-7:00PM	//	TH	//	4WKS	//	4/11	//	\$72
82504-C	5:30-7:00PM	//	TH	//	4WKS	//	5/9	//	\$72





Adult

**Adult Beginner/
Advanced Beginner Clinic**

1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA and Staff

- 82505-A
7:00-8:30PM // W // 4WKS // 3/6 // \$72
- 82505-B
7:00-8:30PM // W // 4WKS // 4/10 // \$72
- 82505-C
7:00-8:30PM // W // 4WKS // 5/8 // \$72

Adult Intermediate Clinic

1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA and Staff

- 82506-A
7:00-8:30PM // W // 4WKS // 3/6 // \$72
- 82506-B
7:00-8:30PM // W // 4WKS // 4/10 // \$72
- 82506-C
7:00-8:30PM // W // 4WKS // 5/8 // \$72



4.0 Men's Open Drills

1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA and Mike Seybold, USPTA

- 7:00-8:30PM // TH // 1WK // 3/7 // \$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 or submit a request through the Where We Live mobile app.

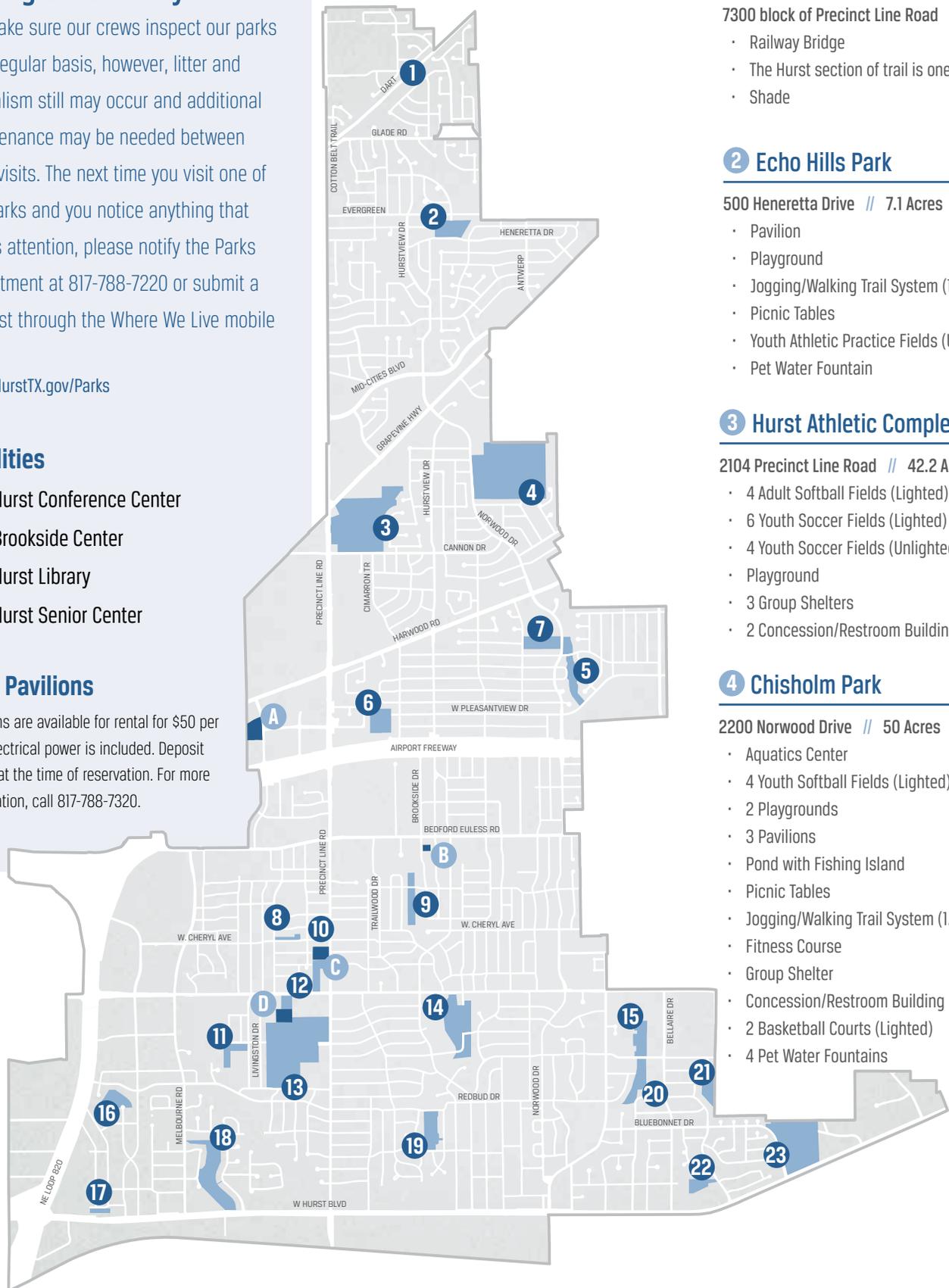
www.HurstTX.gov/Parks

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 Plaza

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

13 Hurst Community Park

601 Precinct Line Road // 44.9 Acres

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

14 Central Park

700 block of Mary Drive // 17.5 Acres

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

15 Vivagene Copeland Park

501 Pecan Drive // 5.2 Acres

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

16 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

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

17 Parker Cemetery

1308 Cardinal Lane

18 Billy Creek Park

161 Billy Creek Drive

19 Redbud Park

525 Redbud Drive // 7.2 Acres

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

20 Bellaire Park

500 Pecan Drive // 6.4 Acres

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

21 Wan-Ka-Kani Park

748 Shadylane // 4.1 Acres

- Picnic Tables

22 Highway 10 Linear Park

188 Arwine Drive

- Hurst's undeveloped park land

23 Rickel Park

1001 Bluebonnet Drive // 29 Acres

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



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

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

Spring 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.

