

where we live
HURST ★ TEXAS

FALL/HOLIDAY 2019

HEB Youth In Government

Updated City Branding

Clear the Shelters



where we live

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City Staff

- Clay Caruthers** City Manager
Clayton Fulton Assistant City Manager
Malaika Farmer Assistant 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
Kyle Gordon Executive Director of Community Services
Michelle Lazo Executive Director
of Planning and Community Development
Kara McKinney Public Information Officer



Cover photos by Stacy Luecker

On the Cover

We are excited to feature our Fall Festival on the cover of this issue! We are gearing up to host our third annual event in October, and this year will be better than ever and at a new location! Please join us at North East Mall in the Nordstrom parking lot for our craft fair and car show, where you and your family will not only enjoy the fall weather, but the fall festivities, too! These include decorating your own pumpkin from our pumpkin patch, a complimentary hayride, face painting, live music, food vendors and so much more. This is a great event for family and friends to enjoy. You can find out all the details on page 68. We hope to see you there!



Mayor's Message

I hope you and your family have had a wonderful summer. It was great seeing so many of you at our recent events; including the Belaire Pop-Up event and Hurst Stars and Stripes! It's hard to believe that summer is drawing to a close, and we will soon be thinking about the upcoming holiday season.

We have many opportunities for you and your family to make the most of the fall and holiday seasons this year. We offer a wide variety of classes and programs through our Recreation and Senior Centers, even some new ones you will want to check out! We will have our fall Heritage Village Presents events starting with Salsa y Salsa in September, our 3rd annual Fall Festival in October and our annual Christmas Tree Lighting on December 3. We're also excited to add a new event this year, a Veteran's Day Parade! You can find information on all of our upcoming events throughout this issue and on our website.

We recently celebrated the graduations of this year's Hurst 101 and Youth In Government programs! These are excellent programs, and if you're looking for ways to get involved in the city and learn more about our budget process and departments, this would be a great place to start. We will begin accepting applications for next year's programs later this fall. You can find out more information on page 18 and 20.

I am proud to work alongside this group of city council members again this year as we continue to follow our Strategic Plan and make decisions on behalf of our residents. These decisions effect not only what our short-term goals are, but they have a lasting impact on what's to come decades from now, and your input helps shape our future.

We hope you have a wonderful holiday season with your loved ones and make some great memories. I look forward to seeing you at some of our upcoming events!

- Mayor Henry Wilson

City Council

Henry Wilson Mayor
Larry Kitchens Mayor Pro Tem
David Booe 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

Healthy Fall Fun

It's almost fall, and fun events like pumpkin patches, hay rides, trick or treating and more are coming! But making the most of your health doesn't have to be a challenge even when extra goodies are such a big part of celebrating. Here are some great ideas to make your fall fun, tasty and full of health!

- 1. Veggie Madness** - Try adding veggies in creative ways to your meals to make them more entertaining and fun. You can carve ghosts out of mushrooms, make broccoli trees, try smashing black beans to make mud or making animals out of squash, green beans, carrots and tomatoes. Just add a little dip, and you have a wonderful veggie platter for any occasion.
- 2. Add some protein and eye popping fun** – Take your traditional deviled egg recipe and add green or black olive rings stuffed with red pimentos to the

top of the eggs to make some creepy eyes and a tasty starter to your next meal.

- 3. Be creative** – Use pumpkins to get more nutrition and color into your fall meals. Try adding pumpkin puree to your favorite muffin recipe, mix pumpkin pie filling with vanilla yogurt for a yummy dip, or try making a pumpkin pie on a graham cracker crust for some healthy and delicious sweet treats.
- 4. Dilute your candy** - Do you love candy corn, chocolate chips, candy bars and other yummy bites? Think about cutting back on how much you consume by mixing a small amount of your favorite candy in with nuts and dried fruit to make your own special trail mix. And as a bonus, there are some healthy nutrients in the nuts and raisins!

Pumpkin Bites

Ingredients

- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1 tsp cinnamon
- 1/2 tsp ginger
- 1/2 tsp allspice
- 1/4 cup melted butter
- 1 cup packed brown sugar
- 1 egg
- 1 egg white
- 1 cup canned pure pumpkin
- 1 tsp vanilla

Directions

- Preheat oven to 350 degrees.
 - In a medium bowl, using a whisk, combine flour, baking powder, baking soda, salt, cinnamon, ginger and allspice. In a large bowl, using an electric mixer, beat butter, sugar, egg and egg white, pumpkin and vanilla. Stir flour mixture into wet ingredients until just combined.
- Optional:** Fold in 1/2 cup semisweet chocolate chips and 1/2 cup raisins
- Drop spoonfuls of dough an inch or so apart on a parchment - or silicone lined cookie sheet. Bake for 12-14 minutes. Remove from cookie sheet to a cooling rack. Makes 30 cookies.

Nutrition Facts:

Per cookie (without chocolate chips or raisins): Calories 78, Total Fat 1.8g, Sodium 64mg, Carbohydrate 14.3g, Fiber 0.4g, Protein 1.3g



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.

Healthy Hurst isn't just about physical activity. It's about mental, physical, and social health. Whether visiting a park, working out at the Hurst Recreation Center, or attending one of our many city events, you are actively being a part of Healthy Hurst.

Be sure to look for our multiple Healthy Hurst sponsored events throughout the year. These events include the Eight to Great Challenge, Kids Triathlon, Dash 'N Splash 1 mile & 5K run, and Walktober.

Walktober®

If walking is your favorite fitness activity, or if you'd like to start walking your way to fitness, join us at the Hurst Recreation Center for Walktober! To participate, simply register for this FREE Healthy Hurst event at the Hurst Recreation Center. Keep track of the number of days that you walk during the

month of October and qualify for incentives based on your level of participation. You don't have to walk at the Hurst Recreation Center. Get outside, enjoy our parks, and get your steps in! For more information on Walktober, contact the Hurst Recreation Center at 817-788-7325.



What is CERT?

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

Since its inauguration in 2014, the Hurst CERT has provided support volunteers for the city's 4th of July celebration and the annual Christmas Tree Lighting event. Additionally, in 2015 Hurst deployed CERT members to supplement the post tornado effort in Rowlett and provided personnel to Ft. Worth and Dallas in 2017 to assist at their Hurricane Harvey shelters.

The CERT program is open to Hurst residents who are 18 years or older, can perform some physical activity and can pass a background check. Applications are available at the Hurst Fire Station #1, 2100 Precinct Line Rd., or on the Hurst city website at hursttx.gov/CERT.



Fire Safety Month

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

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

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

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

Fire can happen anywhere. Beyond knowing what can happen where you live, you need to know what can happen where you work, shop or anywhere you go! For more information, visit firepreventionweek.org.

Save the Date! Fire Department Steak Dinner

When

Saturday, October 12 from 4 – 8 p.m.

Where

Fire Station #1
2100 Precinct Line Road

Ticket Sales

Begin September 1
Fire Administration
or a HCFAAA member

The annual Hurst Citizens Fire Academy Alumni Association Fire Department Steak Dinner event (catered by Outback) is Oct. 12 from 4-8 p.m. Tickets go on sale Sept. 1 at Fire Administration (2100 Precinct Line Rd.). Tickets usually sell out quickly, so get yours soon! For more information, call the Fire Department at 817-788-7238.



Save the Date! National Night Out

When

Tuesday, October 1 from 5:30 – 8 p.m.

Where

Vivagene Copeland Park, Jaycee Baker Park,
N. Echo Hills Park and Smith Barfield Park

National Night Out is an outreach event intended to encourage partnerships between our police department, city staff and our community. Join us for a FREE evening filled with fun activities for the whole family. There will be refreshments and opportunities for an open dialogue with your very own public safety officers on how we can prevent crime in our neighborhoods. Bring your questions, concerns and appetite. We look forward to seeing you there!

Save the Date! Fire Department Open House

When

Saturday, September 28 from 10 a.m. – 2 p.m.

Where

Main Fire Station - 2100 Precinct Line Road

Please join us for the Fire Department Open House on Sept. 28! Everyone is invited to meet your firefighters, enjoy complimentary In-N-Out Burgers and beverages, demonstrations and lots of fire apparatus on display. We will also have face painting and a bounce house! The event will be held at the Main Fire Station at 2100 Precinct Line Road. We can't wait to see you there!

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

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

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, 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**

Building Maintenance: **Araceli Garcia Belo**

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. Breakfast is served with juice, coffee, and fresh fruit. Check the Senior Pipeline for the breakfast entrée of the month.

95015 (3/50/MPN)

8:30 - 9:30AM // F // 9/27 // \$4

8:30 - 9:30AM // F // 10/25 // \$4

8:30 - 9:30AM // F // 11/22 // \$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)

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

11:30AM-12:30PM // TH // 10/10 // \$4

11:30AM-12:30PM // TH // 11/14 // \$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 // 9/6 // \$3

1:00-3:00PM // F // 10/4 // \$3

1:00-3:00PM // F // 11/1 // \$3

1:00-3:00PM // F // 12/6 // \$3



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 twice per week.

10:15AM-12:30PM // MW // Free

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/MP)

5:30-8:30PM // TH // 11/21 // \$3

5:30-8:30PM // TH // 12/19 // \$3

Senior Center Upcoming Events & Classes

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



You Can Paint with Oils

Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Beginners learn basics of color mixing, brush strokes and perspective while completing a detailed landscape or seascape under the patient guidance of award winning "Teacher of the Year," Susan & Robert Garden, founders of the Robert Garden School of Art. All art supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. \$20 (cash only) supply fee due to instructor at time of class.

Instructor: Susan Garden.

91074 (6/18/SA)

9:30AM-12:30PM // F // 9/20 // \$15

9:30AM-12:30PM // F // 10/25 // \$15

9:30AM-12:30PM // F // 11/22 // \$15

11:00AM-2:00PM // F // 12/13 // \$15

AARP Driver Safety Program

Expect to learn current rules of the road, defensive driving techniques and how to operate your vehicle more safely. Consult your agent for insurance discount availability upon course completion. AARP membership is not required. \$15 for AARP members and \$20 for non-members. Fees due at time of class, please have exact change or check, no credit cards. Bring your driver's license. Space is limited. **Instructor: John Chreno**

94049 (1/20/SA)

9:00-1:15PM // F // 11/13 // due to instructor

Vaccination Clinic

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

9:00AM-Noon // F // 9/27

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.)



Craft and Holiday Market

Save the date for Friday October 18th for this year's Craft & Holiday Market! The Market will be open 9 am - 6 pm and will feature a variety of unique, handmade and home-based business items. Exhibitor registration opens Friday, July 19th for members of the Hurst Senior Activities Center. Non-member registration begins on August 5th. Applications will be available beginning July 15th at the Senior Center front desk during normal operating hours. For questions or more information, contact Michelle Varley at mvarley@hursttx.gov or call 817-788-7710.



Masquerade Bingo

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

3:00-4:30PM // TH // 10/31



HSAC Anniversary & Open House

On Thursday, November 7 the Senior Center will celebrate its 10th Anniversary. Please come by and tour our beautiful facility and discover this hidden gem for adults age 55 and over. Tours are available during our normal operating hours, 7:00AM-7:00PM. Door prize drawings will be held throughout the day. (You must have a valid membership to enter.) The Mayor will present a brief message and there will be live entertainment at the Cake and Punch Reception at 1:00PM.

Thanksgiving Dessert Buffet

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

2:00-3:00PM // F // 11/15 // FREE

Senior Center Upcoming Events & Classes

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



Tamale Making Demo

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

12:30-2:00PM // M // 12/9 // \$5 per person

Holiday Breakfast Bash

Enjoy a festive morning of Christmas tradition and fare including a waffle station, an assorted fruit and pastry station, a selection of egg entrees, a variety of breakfast meats along with fresh coffee and juice. While you dine enjoy a painting demo by Susan Garden (painting will be raffled off at the conclusion of the Bash), and Christmas Caroling with Tina Thompson. Complimentary holiday photo opportunities with Santa will be available. Breakfast will be served 9:00-9:45AM and entertainment will begin at 10:00AM.

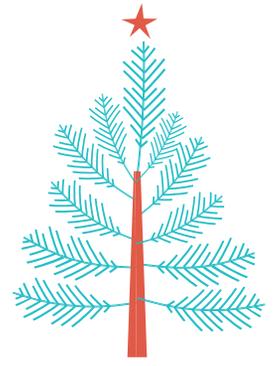
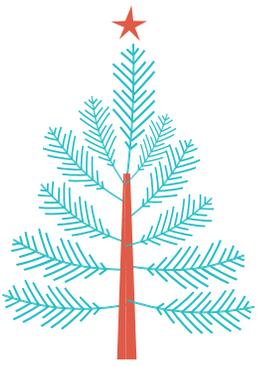
9:00-11:00AM // F // 12/13 // \$5 per person

Christmas with Your Grandkids

Bring your grandkids to the Senior Center for an afternoon of holiday fun. Get family pictures made with Santa, play some Bingo, make a holiday craft and enjoy a cup of hot cocoa and afternoon snack while we watch a classic holiday cartoon. We will wrap up the afternoon with everyone creating their own decorated Christmas Tree treat.

1:00-3:00PM // F // 12/20 // \$5 per person





HURST SENIOR ACTIVITIES CENTER

CRAFT & HOLIDAY MARKET

Find everything you need from decor to treats

FRIDAY, OCTOBER 18, 2019

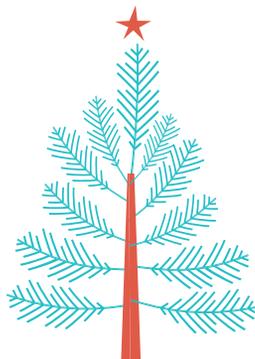
9 AM TO 6 PM

700 HERITAGE CIR., HURST, TX 76053

Buy from local artists, craftsmen, and businesses

Silent Auction benefiting HSAC

Concessions, Bake Sale, and More



Senior Center Fitness Classes

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

Aquatics Classes

SilverSneakers Splash!

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

10:00-10:45PM // M // 4WKS // \$16

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

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

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

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

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

Water Wellness

Water Wellness is a great water workout if you have sore or tight joints, lower back pain, balance issues, or general aches and pains. Come try this gently paced water wellness class to ease your symptoms. **Instructor: Off the Deep End Aquatics**

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

10:00-10:45PM // TH // 4WKS // \$16

Unstructured Water Time

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

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

11:00-11:55PM // F // \$5

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

Ageless Grace is a program that works on all five 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

Tai Chi

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

9:00-9:50AM // 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: Andrea McKnight**

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

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

Zumba Gold

This class is designed for active older adults that like to move! Easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Benefits include cardiovascular, muscular conditioning, flexibility and balance. Class fees waived for Silver & Fit and SilverSneakers members. **Instructor: Kalyn Worthey**

10:15-11:00AM // W // 4WKS // \$16

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. Hand-held weights, elastic tubing and balls for resistance. A chair is available if needed for seated or standing support. Class fees are waived for SilverSneakers, Renew Active & Silver&Fit members. **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

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 & Silver&Fit members. **Instructor: Rosy Pritchett.**

Noon-12:50PM // T // 4WKS // \$10

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

Senior Center Fitness Classes

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

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

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

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**

10:15-11:00AM // M // 4WKS // FREE

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: Cindy Russell

2:30-3:30PM // T // 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: Cindy Russell

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: Debbie Melchiorre**

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. Class fees are waived for SilverSneakers, Renew Active & Silver&Fit members. **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 // 9/6 // \$5

3:30-5:00PM // F // 10/4 // \$5



Let's Tackle Grease in the Kitchen



Why should I help?

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

Do:

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

Don't:

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

More ways to tackle grease . . .

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



Fall/Holiday Grease Roundup

November 25-January 5

Hurst Service Center - 2001 Precinct Line Rd

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



Hurst 101

Each year, the City of Hurst hosts a citizen academy that introduces attendees to the various departments within the city. This year, we celebrated our seventh graduating class!

In this program, city departments provide education, activities, visuals and tours of their respective areas, activities and facilities. There is close interaction between attendees and city staff and open conversation with question and answer opportunities.

The 2019 Hurst 101 Valedictorian, Bobby Grigsby, shared class feedback at the graduation ceremony held at the council meeting on Tuesday, May 14.

Mr. Grigsby shared that the entire class felt the citizen academy experience was outstanding and even commented that one student had attended other academies in other cities and feels the Hurst 101 academy offered more learning opportunities about the city as a whole.



Bobby Grigsby

Mr. Grigsby continued by saying that academy attendees sensed the strong feeling of pride that the City of Hurst employees have and commented on the tenure of Hurst employees.

He ended his comments saying, "Hurst is truly a community built on connection."

If you may be interested in attending the next Hurst 101, which begins in January 2020, visit hursttx.gov/hurst101 to complete the convenient online application. We will be accepting applications through December 31, 2019 or until the class size limit is reached.

If you have questions about the program, you can contact our Outreach Coordinator, Shelly Klein, at 817-788-7036.

Non-Hazardous Material Disposal

Did you know that as a Hurst resident, you can dispose of non-hazardous material at the Arlington landfill for FREE? On the second Saturday of every month, between the months of February and November, you can drop your items off between 7 a.m. and 2:30 p.m. This landfill can be found at 800 Mosier Valley Rd, Arlington Texas. The free disposal of non-hazardous materials will be granted to Hurst residents with a current driver's license or photo identification AND current water bill. Residents must present these documents to use services. For more information, please call Republic Services at 817-332-7301. Service does not include the disposal of hazardous waste or non-compactable waste.

Free service is limited to individual homeowner waste, delivered in a car, a pick up sized load or an 8' long trailer. Larger loads or any commercial business loads will be charged a fee.

Accessible dates for the remainder of 2019:

- August 10
- September 14
- October 12
- November 9

Republic Services and the City of Hurst are thankful for your diligence when it comes to disposing waste and recyclable items. For directions to the facility and more explicit information, visit www.hursttx.gov/trash.

7th Annual Salute to Our Veterans – Taps 'n Tunes to present FREE USO show

Taps n' Tunes Productions, in conjunction with the City of Hurst, will honor veterans on Veteran's Day, November 11 with a FREE event at the Hurst Conference Center. This event will include two USO type shows featuring singing, dancing and a special tribute to all Veterans.

Before the afternoon performance, the main gallery of the conference center will have special guest veterans at individual tables to tell their stories and answer questions. There will be representatives from World War II, Korea, Vietnam and current conflicts. Other special exhibits will be presented by The Military Museum of Ft. Worth, the USO, and we are hoping to have Pets for Vets participating.

The gallery will open from 10:30-11:45 a.m. for viewing of the exhibits. Light refreshments and a chocolate fountain will be provided. The first USO show will begin at 12 p.m. The evening



performance will not include the military exhibits. There will be a cash bar and refreshments from 6-7 p.m. The USO will begin at 7:15 p.m.

For more information, call 817-235-8287.

Youth in Government



We're gearing up for our next HEB Youth In Government program! Last year, we partnered with the HEB Chamber and Cities of Bedford and Euless to offer an even more dynamic program to high school juniors and seniors who live in Hurst, Euless or Bedford. It was a great success – and we are continuing this partnership again next year! We will begin accepting applications online this fall on the HEB Chamber's website. This year's program will run from January-May and will include presentations on city departments and operations, volunteer and shadow opportunities, information on local non profits and opportunities to meet local

officials and city staff. We are proud to partner again this year with Republic Services to offer students a chance to win a college scholarship! For all the details and to easily apply online, visit www.heb.org.

Here's a great perspective from one of our previous Youth In Government students, Lauren!



I am a proud product of the 2017-2018 City of Hurst Youth in Government program. I found out about this opportunity by meeting Kara McKinney, the program's coordinator and city's Public Information Officer, while I

“
My favorite part of the program was the shadow opportunity. . . I learned just how much work goes into the communications sector of city hall.”
– Lauren

worked in Hurst. I told her about my passion for public service and how much I wanted to get involved in my community, and this turned out to be the perfect avenue for me. Thanks to the Youth in Government program, I have dedicated my life to politics–

local to federal to international. I am currently studying pre-law, specifically international human rights law with a focus in women's studies.

The Youth in Government program gives insight to how all of the bodies in the local government entity function. I attended meetings where the logistics of economic development, public safety, finance and neighborhood services were explicitly explained. My favorite part of the program was the shadow opportunity. The members of the program were able to shadow a City of Hurst employee for a day. I shadowed in the Marketing and Communications Department, and I learned just how much work goes into the communications sector of city hall.



Lauren Cuevas

I am grateful for my experience with the City of Hurst. It has allowed me to pursue what I hold very close to my heart. Young people deserve to feel empowered and like they do not have to reach a certain age in order to make a difference. This program provides young people with the tools to create familiarity in their city, to become a city planner, an elected official or economic developer, and the list goes on.

I hope you or someone you know apply to the advantageous Youth in Government program at the City of Hurst. I advise to not stop there – attend your city council meetings, visit

“
This program provides young people with the tools to create familiarity in their city, to become a city planner, an elected official or economic developer, and the list goes on.”
– Lauren

your representative's office, ask the tough questions, pursue a career helping your community. Find your why, and do absolutely everything you can to ensure your actions are helping someone.



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 in Southwest Hurst at 841 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events for Fall 2019!

Salsa y Salsa – Thursday, September 5, 6-8 p.m.

Salsa y Salsa gives City of Hurst citizens a taste of Hispanic Heritage with this free outdoor event. Bring a lawn chair or blanket, and come enjoy an outdoor concert featuring the salsa band Havana NRG at 7 p.m. Work on your dance moves before the concert with free salsa lessons at 6 p.m. While enjoying the music of Havana NRG, grab your free jar of Mrs. Renfro's salsa, and refresh yourself with a glass of agua fresca. If you work up an appetite, there will be free snacks available provided by Abuelo's!

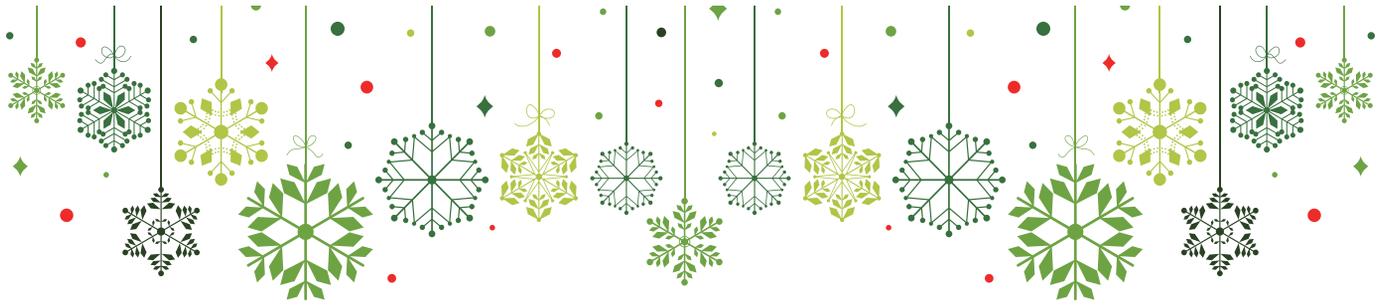
Dogtoberfest – Thursday, October 3, 5-7 p.m.

Calling all pet lovers! The City of Hurst would like to invite you to Dogtoberfest, a festival for people and their canine companions. Heritage Village Presents partners with local businesses that specialize in providing services for your furry best friend to create a pop-up marketplace with educational information and free giveaways. This fun and exciting event for the whole family includes a pet-friendly photo booth and free treats. Pet owners are encouraged to dress their dogs for the event for a chance to win a prize. As always, the City of Hurst will be providing free treats!

Movie in the Park – Friday, November 1, 7 p.m.

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

For more information about the Heritage Village Presents events, contact Community Services at 817-788-7305.



City of Hurst employees work closely with Christmas Providers

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

City of Hurst employees volunteer and donate their time and money toward this worthwhile program. Employees adopt families who reside in Hurst. They provide these families with a box of food and gifts for the children. Employees donate their time at the distribution center as well as participate in a food drive.

If you'd like to become a Provider this year, minimum requirements are:

- Provide at least one (1) wrapped reasonably priced gift for each child in the adopted family. A list of requested gift ideas, including clothing sizes, as recommended by the child's parent/guardian, will be provided to you for your consideration.
- Provide a meat for Christmas dinner (ham or turkey recommended)
- Pick up a box of canned goods and a grocery gift card prepared by Christmas Providers' volunteers at our distribution center (see information below)
- Deliver all the above items directly to the adopted family prior to Christmas Eve
- Adopt a Family-Become a Provider. Please call our seasonal office at 817-503-0529 between 9 a.m. - 2 p.m. beginning November 4 through December 6, 2019.
- Sort and box collected food items on December 9, 10, and/or 11 between 8:30 a.m. - 9 p.m. Our "seasonal" distribution center is located in the Boy Scout Youth Building located at the First United Methodist Church at 521 West Pipeline Rd, Hurst, TX. Contact the seasonal office or contact Marc Roberson at 817-421-0437 to schedule large groups. Walk-in help is always appreciated.
- Cash donations are used to purchase grocery gift cards for each adopted family and can be mailed to Christmas Providers at PO Box 621, Hurst, TX 76053.

NORTH TEXAS GIVING DAY - Thursday, September 19



The 11th annual North Texas Giving Day is an 18-hour online giving event designed to empower every person to give back to their community by supporting local nonprofits and causes they care about in one easy-to-use platform. This annual event benefits the 20 counties of North Texas and offers everyone the opportunity to be a philanthropist to build a strong and more vibrant community. To learn how you can make a difference visit northtexasgivingday.org.



Clear the Shelters 2019

NBC and Telemundo owned stations are teaming up with hundreds of shelters across the country to host Clear the Shelters on Saturday, August 17 from 9:30 a.m.-5 p.m. That includes the Hurst Animal Shelter!

All adoption fees are waived during this event, so come find your new family member August 17! The Hurst Animal Shelter is located at 891 Cannon Drive.

October 12 – 8-11 a.m.

Household Hazardous Waste

Hurst Service Center
2001 Precinct Line Rd.

Bring 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.

If you can't make this event and would like to take your household hazardous waste items to the Environmental Collection Center in Fort Worth, you can find all the details at hursttx.gov/trash.

CodeRED

The City of Hurst uses the CodeRED Emergency Notification System to notify the entire city or only the affected areas, via telephone or cell phone, about emergency situations in a matter of minutes. The system is available to all Hurst residents free of charge. These phone calls will begin with "This is a CodeRed Emergency message from The City of Hurst."

In what case would I receive a Code RED message?

- Homeland Security related emergencies
- Hazardous material emergencies
- Drinking water contamination
- Other emergency situations where rapid and accurate notification is essential for life safety
- Mosquito sprays in neighborhoods
- Missing persons report
- Warning of significant weather

What should I do if I receive a CodeRED message?

- Listen to the entire message carefully, and follow the instructions
- DO NOT call 9-1-1 unless instructed to do so.

Sign up for...



To sign up, visit hursttx.gov/CodeRED.



Good Neighbor Day program

We recently made some changes to our Good Neighbor Day program 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 on October 5 (for those with Monday & Thursday garbage service) and October 12 (for those with Tuesday & Friday garbage service). You can leave your bulky or green waste items at your curb, and just make sure that loose items are bundled or containerized. **Be sure to have items placed at the curb by 7 a.m. to guarantee collection.** Visit hursttx.gov/gnp for more details and a list of accepted items.

**FROM THE MOMENT THE FIRST
TRACKS WERE LAID, HURST BECAME
A POINT OF CONNECTION. THAT
SAME COLLABORATIVE SPIRIT THAT
ONCE BRIDGED THE GAP BETWEEN
DALLAS AND FORT WORTH IS STILL
ALIVE TODAY, BRINGING NEIGHBORS
TOGETHER IN NEW WAYS. ✨**



**As our city evolves,
so does our identity.**

Inspired by the connections within our community, we created a new mark for the City of Hurst. One that better captures the life, energy and optimism the people of Hurst contribute to our community daily.

We hope you like it.





Photos and interview by Lauren Cuevas

Tiff's Treats

Interview with the manager

The City of Hurst was overjoyed to welcome a new franchise into the lot adjoining In-N-Out. In January of 2019, right off of Precinct Line and Airport Freeway, Tiff's Treats opened up their thirteenth location in the Dallas Fort-Worth area.

The manager of Tiff's Treats, Sadie Ferrell, told the heartwarming backstory of the founder's journey to "make people happy," the motto Ms. Ferrell says all of her employees stand by.

Q When did you start at Tiff's Treats; what brought you here?

"I started February of 2017, right before Valentine's Day. My significant other was working for Tiff's Treats a year before I started, and he talked about how he loved the company, how it is a really good company to grow in, and so I applied. I didn't think I would make it as far as I did, and I just keep building and keep building. It is a great company to work for."

At Tiff's Treats, customer service is unparalleled. Guests, who come in to buy dozens of cookies for their own businesses, are immediately greeted by the bright, ready-to-help attitude of manager, Sadie Ferrell.

Q Do you live in Hurst?

"I actually don't, I live in Addison [she admits with a chuckle]. I worked at the Addison store for about a year and a half, but I still live four minutes from the Addison store.

An Addison native, Ms. Ferrell loves the perfect balance between businesses and the smaller, hometown community that the City of Hurst embodies.

Q How does the City of Hurst differ from Addison?

"It has more of a small town feel, definitely in comparison to Addison - which I like a lot. It doesn't seem as congested and busy in this area like it does in Addison or in Downtown Dallas... Sorry I'm running orders [she says apologetically, continuing to devotedly serve customers, even during our interview].

Q What do you think Tiff's Treats has brought or can bring to our community?

"My opinion of what Tiff's Treats can bring to the City of Hurst, or any city in general, is that it's not just regular customer service. It's that top of the line customer service. That's what we strive for. We strive to be the best. We strive to make sure that any customer who walks in here is happy from the

time they smell the cookies to the moment that they don't want to walk out, because they don't want to stop smelling the cookies. Our customer service is one of our top priorities, and we strive to make sure that it is to a T, every single time, because everyone deserves to be happy. So, I mean if they're going to be happy when they walk in for cookies, they're going to continuously be happy. This store, especially being in Hurst, from the time I have been here, has grown so much, for the small town feel that Hurst has. With our customer service, we hope that it will just continue to bring in more and more people."

Tiff's Treats has a lot to offer Hurst residents, whether it be a quick sweet snack or a large order for the whole family and/or co-workers. Ordering through the mobile device application makes enjoying these warm treats even easier. The app can be found under "Tiff's Treats." Cookie, brownie or ice cream-lovers can also place deliveries via cookiedelivery.com. The City of Hurst is grateful for the hard work and love that goes into bringing joy to our residents. We hope you stop by and enjoy Tiff's Treats, along with their great staff, **located at 760 Airport Fwy Ste 350, Hurst, TX 76054.**



Hurst Public Library

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



Hurst Public Library & the Sorcerer's Showcase

October 10, 6:00-8:00PM

Discover the magic waiting in your Library! Come celebrate the Library with us on October 10th from 6 to 8 pm. Meet fantastic beasts at Hagrid's petting zoo or bounce the night away in our inflatable Hogwarts castle. Explore the wonders of Diagon Alley filled with games, giveaways, and yummy

treats. Listen to the greatest band this side of Hogsmeade with a special performance by the wizard rock band, Mudblood. Guests are encouraged to dress for the occasion, so bring your finest dress robes and wands!



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



Ongoing 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 // 9/5, 10/3, 11/7, 12/5

2:00PM // Third Saturday // 9/21, 10/19, 11/16

Brown Bag Book Club

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

Join us for an informal book discussion.

September - *Power of Habit* by Charles Duhigg

October - *Baker's Secret* by Steven P. Kieman

November - *Furiously Happy* by Jenny Lawson

December - *Beartown* by Fredrik Backman

Trinity Writer's Workshop

Join us for our Writer's Workshop. Network and collaborate with other aspiring authors and hone your craft!

7:00-9:00PM // T

Hurst Public Library



Ongoing Youth Programs

Chess Club

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

Story Time

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

Toddler Time

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



1,000 Books Before Kindergarten

Children who have not started kindergarten and their caregivers.

Registration is ongoing

Who: You and your child

What: Read books, any books to your child

When: Whenever you can

Where: Wherever you are

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

The goal: Read 1,000 books before kindergarten

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

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

Youth Programs

Story Laboratory

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

7:00PM // T

September 10 - *Daring Dragons*

October 8 - *Spooky Skeletons*

November 12 - *Pumpkin Parade*

December 10 - *Winter Wonderland*

STEM Engine

Geared to elementary ages, but younger may come with an adult

A come and go event with a different STEM activity each week

3:00-5:00PM // W // Begins September 4

STEM Engine Special: On October 30, the Think Tank will make a special appearance for extra fun!



Babygarten

Babies, Birth to 18 Months, with Caregiver

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

Wednesday Sessions

10:30-11:30AM // W // 10/2-11/6

Saturday Sessions

10:30-11:30AM // S // 10/5-11/9

Boo Books

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

4:00-5:00PM // TH // October 31



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.

Chess Club

Students of all ages through high school

4:00-5:00PM // M

Flix

Join us for a lit movie and free popcorn on the first Thursday of the month!

6:30PM // TH // 9/5, 10/3, 11/7, 12/5

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.

7:00PM // TH // 9/19, 10/17, 11/21, 12/19

Fanime Club

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.

6:30PM // 9/26, 10/24, 11/26

Adulting 101

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 // September 12

Halloween Spook-tacular

Put on a costume and come to the Library for a teen Halloween bash, with fun horror movie trivia, a creepy craft, snacks, and a contest for most creative costume!

7:00PM // TH // October 31

Gaming Marathon

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

3:00-9:00PM // TH // November 14

Winter Wonderland Party

Join us for a party celebrating all things winter! Decorate delicious cookies, enjoy a hot chocolate bar and snow-white cotton candy, and bundle up in your ugliest sweater for a chance to win a prize!

6:30-8:00PM // TH // December 12



Family Programs

Masterworks at the Library

Free for all ages, the 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.

7:00PM // TH

August 22 – *Dallas Black Dance* Contemporary Modern Dance

September 26 – *The Classic Swing Band* Pop, Soft Rock and Jass

October 10 – *Mudblood Wizard Rock Band*, part of our library showcase Hurst Public Library and the Sorcerer's Showcase!

November 21 – *Kalinka* Gypsy folk and rock with Russian instruments

December 19 – *Concert Bells of Fort Worth* – Traditional Handbell Choir performing holiday music. This very popular group will present a special performance on Saturday, December 14 at 2 p.m. in addition to the 7 p.m. Thursday concert.

Crafts for a Cause

For All Ages

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

6:00PM // TH // 11/14, 12/12

Sing-Along Cinema!

For All Ages

What better way to spend a Saturday afternoon than with a big screen showing of a movie musical and free popcorn? Drinks are available for \$1 purchase in the Friend's Café or bring your own. Unlike a regular movie theater where silence is golden, we encourage you to sing along with the movie in this interactive screening!

3:00PM // S

September 7 – *The Sound of Music*

December 7 – *The Nightmare Before Christmas*

HEB & Birdville ISD Early Release Friday Movie Matinees

For All Ages

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

2:00PM // F

November 8 – Birdville ISD

November 15 – HEB ISD

Make and Take Craft Nights

For All Ages

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 // 9/19, 10/17

Classes begin the week of September 9

(unless otherwise indicated)



HURST RECREATION CENTER

Hurst Recreation Center offers opportunities to reach fitness goals

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

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

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

loaded strength equipment, as well as dumbbells and flexibility equipment. For more information on any of our activities or classes, contact the Recreation Center at 817-788-7325.

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

Our Commitment to Quality

Your satisfaction is our goal. We strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and lifelong health and fitness 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 (\$5/monthly draft)

* 12-13 Years must have adult supervision

Adult Annual Pass (16-64 Years):
\$50 Per Year (\$7/monthly draft)

Senior Annual Pass (65+ Years):
\$20 Per Year (\$4/monthly draft)

Family Annual Pass:
\$125 Per Year (\$13/monthly draft)

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 (\$18/monthly draft)

* 12-13 Years must have adult supervision

Adult Annual Pass (16-64 Years):
\$200 Per Year (\$20/monthly draft)

Senior Annual Pass (65+ Years):
\$80 Per Year \$9/monthly draft)

Family Annual Pass:
\$400 Per Year (\$35/monthly draft)

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

ABC & 123

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

Fall I

17123-A

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

Fall II

18123-A

9:45-10:15AM // M // 4WKS // 10/14 // \$18

Holiday

19123-A

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

Awesome Two's

2 Years // Supply fee \$5

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

Instructor: Dottie Nicholson

Fall I

17090-A

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

Fall II

18090-A

9:00-9:45AM // M // 4WKS // 10/14 // \$19

Colors & Shapes

2 Years // Supply fee \$5

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

Instructor: Dottie Nicholson

Holiday

19445-A

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



Happy Feet

2 Years

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

Instructor: Dottie Nicholson

Fall I

17095-A

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

Fall II

18095-A

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

Holiday

19095-A

9:00-9:30AM // F // 4WKS // 11/22 // \$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

Fall I

17333-A

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

Fall II

18333-A

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

Fall I

19333-A

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

»»» Please Remember

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

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

Fall I

17600-A

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

Fall II

18600-A

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

Holiday

19600-A

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

Parent Tot Music Fun

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

Fall I

17130-A

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

Fall II

18130-A

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

Holiday

19130-A

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

Fall I

17700-A

8:30-9:00AM // F // 4WKS // 9/13 // \$18

Fall II

18700-A

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

Holiday

19700-A

8:30-9:00AM // F // 4WKS // 11/22 // \$18

»»» Please Remember

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

»»» Please Remember

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



»»» Please Remember

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

3 Years and Older Programs

All Aboard!

3 - 4 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Fall II

18444-A

11:15AM-Noon // W // 4WKS // 10/16 // \$19

NEW CLASS!

Ballet

3 - 5 Years

Let your inner ballerina come to life! Your little dancer will safely and effectively learn basic ballet and stretching techniques while twirling into a social butterfly! (Ballet shoes, pink or black dance leotard and tights required.)

Instructor: Jennifer Shafer

Fall I

17180-A (3-4 Years)

12:30-1:00PM // M // 4WKS // 9/9 // \$18

17180-B (4-5 Years)

12:30-1:00PM // F // 4WKS // 9/13 // \$18

Fall II

18180-A (3-4 Years)

12:30-1:00PM // M // 4WKS // 10/14 // \$18

18180-B (4-5 Years)

12:30-1:00PM // F // 4WKS // 10/18 // \$18

Holiday

19180-A (3-4 Years)

12:30-1:00PM // M // 4WKS // 11/18 // \$18

19180-B (4-5 Years)

12:30-1:00PM // F // 4WKS // 11/22 // \$18



NEW CLASS!

Cake Decorating for Kids

4 - 6 Years // Supply fee \$10

Pass the sprinkles and icing! Learn the basic skills of cake and cookie decorating.

Instructor: Stacie Castillo

Fall I

17020-A

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

Fall II

18020-A

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

Holiday

19020-A

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

Cooking for Fun

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Fall I

17250-A

10:30-11:15AM // F // 4WKS // 9/13 // \$19

Fall II

18250-A

10:30-11:15AM // F // 4WKS // 10/18 // \$19

Holiday

19250-A

10:30-11:15AM // F // 4WKS // 11/22 // \$19



Creative Art for Kids

4 - 7 Years // Supply fee \$5

Get creative and have fun with art! Students will make a new project weekly- including drawing, painting, sculpture and more! While creating art, students will develop fine motor skills, learn basic art concepts and gain a sense of accomplishment.

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

Holiday

19033-A

10:00-10:30AM // T // 4WKS // 11/19 // \$20

3 Years and Older Programs

Christmas Around the World

3 - 6 Years // Supply fee \$10

Learn how other countries celebrate Christmas!

Instructor: Dottie Nicholson

Holiday

19800-A

11:15AM-Noon // W // 4WKS // 11/20 // \$19

Cheer

3 - 7 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

Fall I

17080-A

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

Fall II

18080-A

11:30AM-Noon // M // 4WKS // 10/14 // \$18

Holiday

19080-A

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

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

Fall I

17699-A

11:30AM-12:15PM // M // 4WKS // 9/9 // \$19

Fall II

18699-A

11:30AM-12:15PM // M // 4WKS // 9/9 // \$19

Holiday

19699-A

11:30AM-12:15PM // M // 4WKS // 9/9 // \$19



Fairy Princesses

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Fall I

17825-A

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

Fall Crafts

3 - 7 Years // Supply fee \$10

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

Instructor: Tawny Goetschius

Fall I

17015-A

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

Fall II

18015-A

10:45-11:15AM // M // 4WKS // 10/14 // \$18

Holiday

19015-A

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

Holiday Crafts

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Holiday

19339-A

10:30-11:15AM // M // 4WKS // 11/18 // \$19

NEW CLASS!

Kids Cooking

3 - 6 Years // Supply fee \$10

Let's have fun cooking kid friendly food, made for the kids soul!

Instructor: Stacie Castillo

Fall I

17205-A

10:00-11:15AM // W // 4WKS // 9/11 // \$20

Holiday

19205-A

10:00-11:15AM // W // 4WKS // 11/20 // \$20

3 Years and Older Programs

NEW CLASS!

Kitchen Chem Fun

3 - 6 Years // Supply fee \$10

In this class we will use food for lots of fun science experiments.

Instructor: Stacie Castillo
Fall I

17305-A

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

Fall II

18305-A

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

Holiday

19305-A

9:00-9:30AM // W // 4WKS // 11/20 // \$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
Holiday

19200-A

9:45-10:15AM // F // 4WKS // 11/22 // \$18

Let's Paint

3 - 6 Years // Supply fee \$5

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

Instructor: Dottie Nicholson
Fall II

18115-A

10:45-11:15AM // M // 4WKS // 10/14 // \$18



Little Tyke Basketball

4 - 6 Years // Tennis shoes required

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

Instructor: Stacie Castillo
Fall I

17335-A

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

17335-B

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

Fall II

18335-A

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

18335-B

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

Holiday

19335-A

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

19335-B

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

Little Tyke Soccer

3 - 6 Years // Tennis shoes required

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

Instructor: Stacie Castillo
Fall I
(3 - 4 Years)

17600-B

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

(4 - 6 Years)

17600-C

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

Fall II
(3 - 4 Years)

18600-B

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

(4 - 6 Years)

18600-C

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

Holiday
(3 - 4 Years)

19600-B

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

(4 - 6 Years)

19600-C

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

Messy on Purpose

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson
Fall I

17195-A

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

Movin' Groovin'

4 - 7 Years // Tennis shoes required

We will get the blood moving with physical education!

Instructor: Tawny Goetschius
Fall I

17111-A

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

Fall II

18111-A

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

Holiday

19111-A

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

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
Fall I

17030-A

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

Fall II

18030-A

10:15-10:45AM // M // 4WKS // 10/14 // \$18

Holiday

19030-A

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

3 Years and Older Programs

Pre Ks 3s

3 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson***Fall I**

17052-A

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

17052-B

11:00AM-12:30PM // TTH // 4WKS // 9/10 // \$65

Fall II

18052-A

9:00-10:30AM // TTH // 4WKS // 10/15 // \$65

18052-B

11:00AM-12:30PM // TTH // 4WKS // 10/15 // \$65

Holiday

19052-A

9:00-10:30AM // TTH // 4WKS // 11/19 // \$65

19052-B

11:00AM-12:30PM // TTH // 4WKS // 11/19 // \$65

Science Fun

3 - 6 Years // Supply fee \$10

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

*Instructor: Dottie Nicholson***Fall I**

17206-A

9:45-10:15AM // F // 4WKS // 9/13 // \$18

Fall II

18206-A

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



»»» Please Remember

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

Play Money

3 - 6 Years // Supply fee \$10

Learn all about the value of money through math!

*Instructor: Dottie Nicholson***Fall I**

17400-A

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

Fall II

18400-A

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

Holiday

19400-A

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

3 Years and Older Programs

NEW CLASS!

Tap

3 - 5 Years // Tap shoes required

Clickity Clack Tap! Your little tapper will dance the night away with this fun class! We will learn basic tap techniques all while making lots of noise! (Pink or black dance leotard and tights for girls, white shirt and black shorts/pants for boys.)

Instructor: Jennifer Shafer
Fall I
17065-A (3-4 Years)
1:00-1:30PM // M // 4WKS // 9/9 // \$18
17065-B (4-5 Years)
1:00-1:30PM // F // 4WKS // 9/13 // \$18
Fall II
18065-A (3-4 Years)
1:00-1:30PM // M // 4WKS // 10/14 // \$18
18065-B (4-5 Years)
1:00-1:30PM // F // 4WKS // 10/18 // \$18
Holiday
19065-A (3-4 Years)
1:00-1:30PM // M // 4WKS // 11/18 // \$18
19065-B (4-5 Years)
1:00-1:30PM // F // 4WKS // 11/22 // \$18

NEW CLASS!

Scissortime

4 - 7 Years // Supply fee \$5

We will work on the motor skills required for using scissors. We will make puppets, collages and other projects each week. Safety scissors will be provided.

Instructor: Dottie Nicholson
Fall I
17555-A
9:45-10:15AM // W // 4WKS // 9/11 // \$18
Fall II
18555-A
9:45-10:15AM // W // 4WKS // 10/16 // \$18
Holiday
19555-A
9:45-10:15AM // W // 4WKS // 11/20 // \$18

Sweets Galore!

3 - 6 Years // Supply fee \$10

Come make and taste a new sweet treat each week!

Instructor: Stacie Castillo
Fall II
18029-A
10:30-11:15AM // W // 4WKS // 10/16 // \$20

3 Years and Older Programs



Ready for Kindergarten - Prep Program

3 - 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 12 children and is a school year commitment. A \$35 supply fee is due to the instructor at the beginning of the school year and once again during the Spring.

Hurst resident registration: Monday, August 12

Non-resident registration: Wednesday, August 14

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

August

18050-A

8:30AM-2:30PM // M-TH // 2WKS // 8/19 // \$160

September

18050-A

8:30AM-2:30PM // M-TH // 4WKS // 9/3 // \$320

October

18050-A

8:30AM-2:30PM // M-TH // 4WKS // 10/1 // \$360

November

18050-A

8:30AM-2:30PM // M-TH // 3WKS // 11/4 // \$220

December

18050-A

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

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

Fall I

27101-A
5:30-6:00PM // W // 4WKS // 9/11 // \$18

Fall II

28101-A
5:30-6:00PM // W // 4WKS // 10/16 // \$18

Holiday

29101-A
5:30-6:00PM // W // 4WKS // 11/20 // \$18

NEW CLASS!

Cake Decorating for Kids

7 - 12 Years // Supply fee \$10

Pass the sprinkles and icing! Learn the basic skills of cake and cookie decorating.

Instructor: Stacie Castillo

Fall I

27022-A
10:00-10:30AM // W // 4WKS // 9/11 // \$18

Fall II

28022-A
10:00-10:30AM // W // 4WKS // 10/16 // \$18

Holiday

29022-A
10:00-10:30AM // W // 4WKS // 11/20 // \$18

Athletics

4 - 12 Years // Tennis shoes required

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

Instructor: Tammy Slovensky

Fall I

17300-A
11:30AM-Noon // W // 4WKS // 9/11 // \$18

Fall II

18300-A
11:30AM-Noon // W // 4WKS // 10/16 // \$18

Holiday

19300-A
11:30AM-Noon // W // 4WKS // 11/20 // \$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

Fall I

27120-A
5:45-6:15PM // TH // 4WKS // 9/12 // \$18

Fall II

28120-A
5:45-6:15PM // TH // 4WKS // 10/17 // \$18

Holiday

29120-A
5:45-6:15PM // TH // 4WKS // 11/21 // \$18

»»» Please Remember

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

Cooking for Fun

6 - 12 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Fall I

27250-A

11:20AM-12:05PM // F // 4WKS // 9/13 // \$19

Fall II

28250-A

11:20AM-12:05PM // F // 4WKS // 10/18 // \$19

Holiday

29250-A

11:20AM-12:05PM // F // 4WKS // 11/22 // \$19

Creative Art for Kids

8 - 12 Years // Supply fee \$5

Get creative and have fun with art! Students will enhance and explore their natural creativity through weekly projects- including drawing, painting, sculpture and more! While creating art, students will learn to see and think like an artist, apply art concepts and gain a sense of accomplishment.

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

Holiday

29033-A

10:35-11:20AM // T // 4WKS // 11/19 // \$22

Cursive Handwriting

7+ Years // Supply fee \$5

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

Instructor: Dottie Nicholson

Fall I

27100-A

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

Fall II

28100-A

2:00-2:30PM // T // 4WKS // 10/15 // \$18



Girls Volleyball Beginner Basics

7 - 12 Years // Tennis shoes required

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

Instructor: Stacie Castillo

Fall I

27035-A

6:15-7:00PM // W // 4WKS // 9/11 // \$20

Fall II

28035-A

6:15-7:00PM // W // 4WKS // 10/16 // \$20

Holiday

29035-A

6:15-7:00PM // W // 4WKS // 11/20 // \$20

Guitar - Prep

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

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

Instructor: Jan Ryberg

Fall I

27020-A

3:45-4:30PM // M // 4WKS // 9/9 // \$35

Fall II

28020-A

3:45-4:30PM // M // 4WKS // 10/14 // \$35

Holiday

29020-A

3:45-4:30PM // M // 4WKS // 11/18 // \$35

Guitar - Youth

8 - 11 Years // Appropriate size guitar required

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

Instructor: Jan Ryberg

Fall I

27020-B

4:30-5:15PM // M // 4WKS // 9/9 // \$35

Fall II

28020-B

4:30-5:15PM // M // 4WKS // 10/14 // \$35

Holiday

29020-B

4:30-5:15PM // M // 4WKS // 11/18 // \$35

Youth Programs

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 - 12 Years

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

Instructor: Sherri Longino

Fall I

27333-A

5:15-5:45PM // TH // 4WKS // 9/12 // \$18

Fall II

28333-A

5:15-5:45PM // TH // 4WKS // 10/17 // \$18

Holiday

29333-A

5:15-5:45PM // TH // 4WKS // 11/21 // \$18



Karate/Self-Defense

5 - 15 Years

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

Instructor: Bob Klavitter

Fall I

(Beginner 8-15 years)

27111-A

6:00-8:00PM // M // 4WKS // 9/9 // \$23

(Beginner 5-7 years)

27111-B

4:00-5:00PM // MW // 4WKS // 9/9 // \$23

(Advanced 8-15 years)

27111-C

5:00-6:00PM // MW // 4WKS // 9/9 // \$23

Fall II

(Beginner 8-15 years)

28111-A

6:00-8:00PM // M // 4WKS // 10/14 // \$23

(Beginner 5-7 years)

28111-B

4:00-5:00PM // MW // 4WKS // 10/14 // \$23

(Advanced 8-15 years)

28111-C

5:00-6:00PM // MW // 4WKS // 10/14 // \$23

Holiday

(Beginner 8-15 years)

29111-A

6:00-8:00PM // M // 4WKS // 11/18 // \$23

(Beginner 5-7 years)

29111-B

4:00-5:00PM // MW // 4WKS // 11/18 // \$23

(Advanced 8-15 years)

29111-C

5:00-6:00PM // MW // 4WKS // 11/18 // \$23

Holiday Crafts

6+ Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Holiday

29339-A

4:30-5:30PM // T // 4WKS // 11/19 // \$20

Jewelry & Crochet

6+ Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Fall I

27200-A

4:30-5:30PM // T // 4WKS // 9/10 // \$20

Fall II

28200-A

4:30-5:30PM // T // 4WKS // 10/15 // \$20

»» Please Remember

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

Youth Programs



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)

August:

25015-C

1:00-1:45PM // MW // MONTHLY // 8/5 // \$50

September:

28015-A

1:00-1:45PM // MW // MONTHLY // 9/4 // \$50

October:

28015-B

1:00-1:45PM // MW // MONTHLY // 10/2 // \$50

November:

28015-C

1:00-1:45PM // MW // MONTHLY // 11/4 // \$50

Youth Programs

Olympic Sport of Judo

5 - 13 Years

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from an 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class with new students starting on the first Monday of the month.

Instructor: Kim Mesa (6th degree black belt and certified USA Judo International Coach)

August:

25900-C
6:00-7:00PM // MW // MONTHLY // 8/5 // \$40

September:

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

October:

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

November:

28900-C
6:00-7:00PM // MW // MONTHLY // 11/4 // \$40

December:

28900-D
6:00-7:00PM // MW // MONTHLY // 12/2 // \$40



United States History

6+ Years // Supply fee \$10

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

Instructor: Dottie Nicholson

Fall I

27855-A
3:30-4:15PM // T // 4WKS // 9/10 // \$18

Fall II

28855-A
3:30-4:15PM // T // 4WKS // 10/15 // \$18

Holiday

29855-A
3:30-4:15PM // T // 4WKS // 11/19 // \$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

Fall I

27160-A
6:15-6:45PM // TH // 4WKS // 9/12 // \$18

Fall II

28160-A
6:15-6:45PM // TH // 4WKS // 10/17 // \$18

Holiday

29160-A
6:15-6:45PM // TH // 4WKS // 11/21 // \$18

Science Matters

6+ Years // Supply fee \$5

Homeschoolers join us for hands-on experiments and learn about different sciences.

Instructor: Dottie Nicholson

Fall I

27130-A
2:45-3:15PM // T // 4WKS // 9/10 // \$18

Fall II

28130-A
2:45-3:15PM // T // 4WKS // 10/15 // \$18

»» Please Remember

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

Gymnastics



Instructor: Jennifer Shafer

38040-E

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

38040-F

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

Holiday

Instructor: Tammy Slovensky

39040-A

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

39040-B

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

Instructor: Miranda Kirkpatrick

39040-C

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

39040-D

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

Instructor: Jennifer Shafer

39040-E

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

39040-F

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

GYMNASTICS

Tiny Tykes

2.5 - 3.5 Years

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

Fall I

Instructor: Tammy Slovensky

37030-A

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

37030-B

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

Instructor: Miranda Kirkpatrick

37030-C

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

37030-D

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

Instructor: Jennifer Shafer

37030-E

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

37030-F

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

GYMNASTICS

Parent/Tot Tumbling

16 - 36 Mos // One Child Per Parent

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

Fall I

Instructor: Tammy Slovensky

37040-A

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

37040-B

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

Instructor: Miranda Kirkpatrick

37040-C

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

37040-D

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

Instructor: Jennifer Shafer

37040-E

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

37040-F

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

Fall II

Instructor: Tammy Slovensky

38040-A

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

38040-B

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

Instructor: Miranda Kirkpatrick

38040-C

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

38040-D

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



Tiny Tykes (cont.)

Fall II

Instructor: Tammy Slovensky

38030-A
10:00-10:30AM // T // 4WKS // 10/15 // \$18

38030-B
10:00-10:30AM // W // 4WKS // 10/16 // \$18

Instructor: Miranda Kirkpatrick

38030-C
5:00-5:30PM // W // 4WKS // 10/16 // \$18

38030-D
10:00-10:30AM // TH // 4WKS // 10/17 // \$18

Instructor: Jennifer Shafer

38030-E
10:00-10:30AM // M // 4WKS // 10/14 // \$18

38030-F
10:00-10:30AM // F // 4WKS // 10/18 // \$18

Holiday

Instructor: Tammy Slovensky

39030-A
10:00-10:30AM // T // 4WKS // 11/19 // \$18

39030-B
10:00-10:30AM // W // 4WKS // 11/20 // \$18

Instructor: Miranda Kirkpatrick

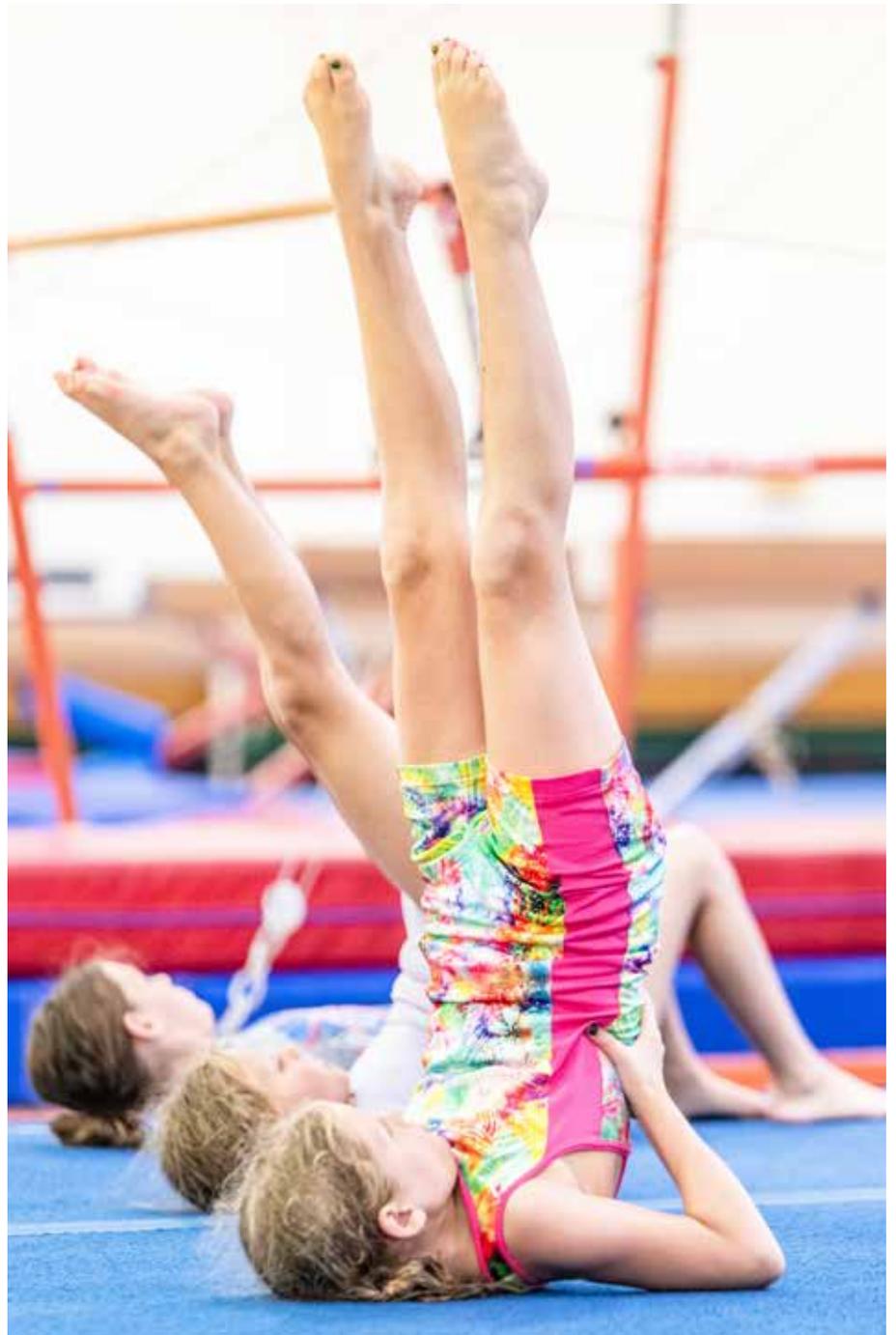
39030-C
5:00-5:30PM // W // 4WKS // 11/20 // \$18

39030-D
10:00-10:30AM // TH // 4WKS // 11/21 // \$18

Instructor: Jennifer Shafer

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

39030-F
10:00-10:30AM // F // 4WKS // 11/22 // \$18



GYMNASTICS

Tumbling Tots I

3 - 4 Years

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

Fall I

Instructor: Tammy Slovensky

37011-A

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

37011-B

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

Instructor: Miranda Kirkpatrick

37011-C

5:30-6:00PM // W // 4WKS // 9/11 // \$18

37011-D

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

Instructor: Jennifer Shafer

37011-E

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

37011-F

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

37011-G

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

Fall II

Instructor: Tammy Slovensky

38011-A

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

38011-B

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

Instructor: Miranda Kirkpatrick

38011-C

5:30-6:00PM // W // 4WKS // 10/16 // \$18

38011-D

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

Instructor: Jennifer Shafer

38011-E

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

38011-F

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

38011-G

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

Holiday

Instructor: Tammy Slovensky

39011-A

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

39011-B

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

Instructor: Miranda Kirkpatrick

39011-C

5:30-6:00PM // W // 4WKS // 11/20 // \$18

39011-D

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

Instructor: Jennifer Shafer

39011-E

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

39011-F

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

39011-G

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



GYMNASTICS

Tumbling Tots II

4 - 5 Years

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

Fall I

Instructor: Tammy Slovensky

37022-A

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

37022-B

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

Instructor: Miranda Kirkpatrick

37022-C

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

Instructor: Jennifer Shafer

37022-D

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

37022-E

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

Fall II

Instructor: Tammy Slovensky

38022-A

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

38022-B

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

Instructor: Miranda Kirkpatrick

38022-C

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

Instructor: Jennifer Shafer

38022-D

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

38022-E

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

Holiday

Instructor: Tammy Slovensky

39022-A

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

39022-B

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

Instructor: Miranda Kirkpatrick

39022-C

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

Instructor: Jennifer Shafer

39022-D

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

39022-E

11:00-11:30AM // F // 4WKS // 11/22 // \$18





Free Personal Training Consultation

A 1-hour free training session with a trainer is the best way to find out if personal training is a good fit for you and to get a great workout. In the hour you will learn some great exercise and learn what you need to do to hit all your goals this year!

Instructor: Kyle Massingill (Certified Master Trainer)

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 Packages

Instructor: Kyle Massingill (Certified Master Trainer)

Bronze Package

- 4 x hour long training sessions
Must complete training sessions within one month.
- Meal Guide
- Free Workout Shirt
- Access to our online training app with custom workout plans
- Recipe suggestions to help hit your goals
- Accountability to your goals

Price: \$250

Silver Package

- 8 x hour long training sessions
Must complete training sessions within one month.
- Nutrition Tracking
- Access to our online training app with custom workout plan

- Recipe Guide
- Free workout shirt
- Serious Accountability (Regular check ups)

Price: \$475

Gold Package

- 12 x hour long training sessions
Must complete training sessions within one month.
- Custom Meal Plan
- Nutrition Tracking
- Free Workout shirt and pull over
- Meal Guides
- Access to our online training app with custom workout plan
- Amazon Fresh Shopping lists
- Intense accountability: Daily check-ups, meal tracking and planning, phone calls, whatever it takes to hold you accountable

Price: \$700

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)

Barre & Pilates

Ages 13+

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 Barre Instructor)

Fall I

47977-A

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

Fall II

48977-A

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

Holiday

49977-A

10:30-11:15AM // S // 4WKS // 11/23 // \$30

Adult Programs

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

Adults and Mature Teens 13+

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

Instructor: Tiffany Skalberg

August:

45200-C

7:00-8:00PM // T // MONTHLY // 8/6 // \$28

September:

48200-A

7:00-8:00PM // T // MONTHLY // 9/3 // \$28

October:

48200-B

7:00-8:00PM // T // MONTHLY // 10/1 // \$28

November:

48200-C

7:00-8:00PM // T // MONTHLY // 11/5 // \$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

August:

45224-C

8:00-9:00PM // T // MONTHLY // 8/6 // \$28

September:

48224-A

8:00-9:00PM // T // MONTHLY // 9/3 // \$28

October:

48224-B

8:00-9:00PM // T // MONTHLY // 10/1 // \$28

November:

48224-C

8:00-9:00PM // T // MONTHLY // 11/5 // \$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

August:

45222-C

9:00-9:45PM // T // MONTHLY // 8/6 // \$20

September:

48222-A

9:00-9:45PM // T // MONTHLY // 9/3 // \$20

October:

48222-B

9:00-9:45PM // T // MONTHLY // 10/1 // \$20

November:

48222-C

9:00-9:45PM // T // MONTHLY // 11/5 // \$20

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 - 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

August:
45226-C
7:35-9:05PM // TH // MONTHLY // 8/1 // \$27

September:
48226-A
7:35-9:05PM // TH // MONTHLY // 9/5 // \$27

October:
48226-B
7:35-9:05PM // TH // MONTHLY // 10/3 // \$27

November:
48226-C
7:35-9:05PM // TH // MONTHLY // 11/7 // \$27

Cardio & Tone Boot Camp

Ages 16+

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

Instructor: Angela Pond (Certified Personal Trainer)

Fall I
47005-A
6:50-7:30PM // TH // 4WKS // 9/12 // \$25

Fall II
48005-A
6:50-7:30PM // TH // 4WKS // 10/17 // \$25

Holiday
49005-A
6:50-7:30PM // TH // 4WKS // 11/21 // \$25



*Creative Studio Workshop
Art Classes*

Clay & Multimedia Sculpture

Ages 18+ // Supply fee \$10

Join the art teachers of cre8iverse.com for a fun day of creating three-dimensional art! We will explore clay hand-building and glazing techniques and we will also explore creating in three dimensions using mixed media building techniques. Participants will walk away with several sculptures in a variety of media and a knowledge of how to make art in three-dimensions.

Instructors: Jennifer Neher, Stephanie Fanning, Michelle King

Fall I
47110-A
10:00AM-3:30PM // S // 1 DAY // 9/14 // \$50

Fall II
48110-A
10:00AM-3:30PM // S // 1 DAY // 10/19 // \$50

Holiday
49110-A
10:00AM-3:30PM // S // 1 DAY // 11/23 // \$50

Adult Programs

Exploring Composition & Acrylic Painting

Ages 18+ // Supply list or \$10 supply fee

Are you looking for a fun, creative, artistic outlet? Come dig deeper into the creative process and into ways to enhance your own artistic skills! Join the art teachers of cre8iverse.com to learn and put into practice techniques for composing artwork creatively. Participants will also learn multiple acrylic painting techniques while utilizing those techniques to complete the unique artworks they compose.

Instructors: Jennifer Neher, Stephanie Fanning, Michelle King

Fall I
47110-C
10:00AM-3:30PM // S // 1 DAY // 9/28 // \$50

Fall II
48110-C
10:00AM-3:30PM // S // 1 DAY // 11/2 // \$50

Holiday
49110-C
10:00AM-3:30PM // S // 1 DAY // 12/7 // \$50

Supercharge Your Drawing & Watercolor Skills

Ages 18+ // Supply list or \$10 supply fee

Enhance your drawing and painting skills with the art teachers of cre8iverse.com in this one day workshop! Develop your creative potential by gaining a deeper working knowledge of the creative process and a toolbox of drawing and painting strategies to capture any subject. Strengthen your painting skills by learning a variety of versatile watercolor techniques to incorporate into the development of your own painting. We will use different drawing media options to apply to your own project and bring clarity to your unique goals in the art universe.

Instructors: Jennifer Neher, Stephanie Fanning, Michelle King

Fall I
47110-B
10:00AM-3:30PM // S // 1 DAY // 9/21 // \$50

Fall II
48110-B
10:00AM-3:30PM // S // 1 DAY // 10/26 // \$50

Holiday
49110-B
10:00AM-3:30PM // S // 1 DAY // 11/30 // \$50



Cycle Circuit

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

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

Instructor: Angela Pond (Certified Personal Trainer)

Fall I
47300-A
5:45-6:45PM // T // 4WKS // 9/10 // \$25

Fall II
48300-A
5:45-6:45PM // T // 4WKS // 10/15 // \$25

Holiday
49300-A
5:45-6:45PM // T // 4WKS // 11/19 // \$25

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)

Fall I
47350-A
6:30-7:15PM // W // 4WKS // 9/11 // \$25

Fall II
48350-A
6:30-7:15PM // W // 4WKS // 10/16 // \$25

Holiday
49350-A
6:30-7:15PM // W // 4WKS // 11/20 // \$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

Fall I

47010-A
8:30-9:15AM // MThF // 4WKS // 9/9 // \$15

Fall II

48010-A
8:30-9:15AM // MThF // 4WKS // 10/14 // \$15

Holiday

49010-A
8:30-9:15AM // MThF // 4WKS // 11/18 // \$15

Fit Body Boot Camp

Ages 16+

This hardcore morning boot camp is the perfect way to jump start your day! It's made up of fun but challenging workout circuits that will push you to the max. We will be using weights, ropes, TRX straps, barre movements and much, much more! Anyone can join and get an incredible workout because all of our circuits can be modified and adjusted based on skill levels and injuries.

Instructor: Kyle Massingill (Certified Personal Trainer)

August:

45040-C
6:35-7:30AM // MW // MONTHLY // 8/5 // \$40

September:

48040-A
6:35-7:30AM // MW // MONTHLY // 9/4 // \$40

October:

48040-B
6:35-7:30AM // MW // MONTHLY // 10/2 // \$40

November:

48040-C
6:35-7:30AM // MW // MONTHLY // 11/4 // \$40

Guitar

Ages 13+

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

Instructor: Jan Ryberg

Fall I

47888-A: Beginner
5:15-6:00PM // M // 4WKS // 9/9 // \$35

47888-B: Intermediate

6:00-6:45PM // M // 4WKS // 9/9 // \$35

Fall II

48888-A: Beginner
5:15-6:00PM // M // 4WKS // 10/14 // \$35

48888-B: Intermediate

6:00-6:45PM // M // 4WKS // 10/14 // \$35

Holiday

49888-A: Beginner
5:15-6:00PM // M // 4WKS // 11/18 // \$35

49888-B: Intermediate

6:00-6:45PM // M // 4WKS // 11/18 // \$35

Guitar - Ensemble

Ages 13+

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

Instructor: Jan Ryberg

Fall I

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

Fall II

48999-A
7:30-9:00PM // M // 4WKS // 10/14 // \$35

Holiday

49999-A
7:30-9:00PM // M // 4WKS // 11/18 // \$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)

Fall I

47100-A
10:15-11:15AM // M // 4WKS // 9/9 // \$24

47100-B

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

47100-C

6:30-7:30PM // TH // 4WKS // 9/12 // \$24

47100-D

10:15-11:15AM // W // 4WKS // 9/13 // \$24

Fall II

48100-A
10:15-11:15AM // M // 4WKS // 10/14 // \$24

48100-B

10:15-11:15AM // W // 4WKS // 10/16 // \$24

48100-C

6:30-7:30PM // TH // 4WKS // 10/17 // \$24

48100-D

10:15-11:15AM // W // 4WKS // 10/18 // \$24

Fall II

49100-A
10:15-11:15AM // M // 4WKS // 11/18 // \$24

49100-B

10:15-11:15AM // W // 4WKS // 11/20 // \$24

49100-C

6:30-7:30PM // TH // 4WKS // 11/21 // \$24

49100-D

10:15-11:15AM // W // 4WKS // 11/22 // \$24

Adult Programs

Hurst Hustlers Running Club

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

Instructor: Esther White (MS, RD, LD)

Fall I

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

Fall II

48001-A
6:15-7:15PM // M // 4WKS // 10/14 // \$20

Holiday

49001-A
6:15-7:15PM // M // 4WKS // 11/18 // \$20

Olympic Sport of Judo

Ages 14+

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class. New students start the first Monday of the month.

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

August:

43800-C
7:00-8:30PM // MW // MONTHLY // 8/5 // \$40

September:

48800-A
7:00-8:30PM // MW // MONTHLY // 9/9 // \$40

October:

48800-B
7:00-8:30PM // MW // MONTHLY // 10/7 // \$40

November:

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

December:

48800-D
7:00-8:30PM // MW // MONTHLY // 12/2 // \$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)

Fall I

47444-A
9:00-9:45AM // T // 4WKS // 9/10 // \$25

47444-B
5:45-6:30PM // TH // 4WKS // 9/12 // \$25

Fall II

48444-A
9:00-9:45AM // T // 4WKS // 10/15 // \$25

48444-B
5:45-6:30PM // TH // 4WKS // 10/17 // \$25

Holiday

49444-A
9:00-9:45AM // T // 4WKS // 11/19 // \$25

49444-B
5:45-6:30PM // TH // 4WKS // 11/21 // \$25

Zumba

Ages 14+

Zumba is a fitness program that is exhilarating, easy to follow, inspired by various international rhythms and dance styles. The routines combine aerobic interval training with a combination of fast and slow dance moves that tone and sculpt the body and burns calories!

Instructor: Leslie Crawford (Certified Zumba Instructor)

August:

45065-C
6:00-6:55PM // TTH // MONTHLY // 8/5 // \$25

September:

48065-A
6:00-6:55PM // TTH // MONTHLY // 9/4 // \$25

October:

48065-B
6:00-6:55PM // TTH // MONTHLY // 10/2 // \$25

November:

48065-C
6:00-6:55PM // TTH // MONTHLY // 11/4 // \$25

December:

48065-D
6:00-6:55PM // TTH // MONTHLY // 12/2 // \$25

Zumba Toning

Ages 16+

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

Instructor: Rosy Pritchett (Certified Personal Trainer and Fitness Instructor)

August:

45050-C
7:30-8:25AM // TTH // MONTHLY // 8/1 // \$23

September:

48050-A
7:30-8:25AM // TTH // MONTHLY // 9/3 // \$23

October:

48050-B
7:30-8:25AM // TTH // MONTHLY // 10/1 // \$23

November:

48050-C
7:30-8:25AM // TTH // MONTHLY // 11/5 // \$23

December:

48050-D
7:30-8:25AM // TTH // MONTHLY // 12/3 // \$23



Seminars

Plant Power: Back to School Make & Take

Supply fee \$5

It's that time of year, again. Time to send the kids back to those special centers for learning and expanding their knowledge; and giving them time back with their friends. With the new school year comes busier schedules, homework, extracurricular activities, sports, competitions, etc. How do you balance it all, keep everyone healthy, and keep your kids (and you) from totally melting down? Join us to learn how to support your and your kids' systems by using a few must-haves so this can be the best year, yet! We'll be making a focus roller blend to get the school year started off right!

Presenter: Ragan Clark (MT-ASCP)

47039-A
10:00-11:00AM // S // 1 DAY // 8/10 // FREE

NingXia Red: Funny Name, Serious Nutrition

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

Presenter: Ragan Clark (MT-ASCP)

47039-A
10:00-11:00AM // S // 1 DAY // 9/14 // FREE

Pumpkin Spice! The Good, the Bad and the Ugly Make & Take

Supply fee \$5

It's that time of year again when everything pumpkin spice flavored and scented shows up on store shelves (whether it should come in pumpkin spice or not)! For those of us that love this time of year, have you ever wondered what exactly goes into making those pumpkin spice flavors or scents? Did you know that it may be wreaking havoc on your body systems? There are hundreds of proprietary scents and flavor elements companies use that have not actually been tested for safety in humans and pets. New studies are showing many of these additives may be extremely harmful to our health, leading to hormone disruption, headaches, nausea, and even cancers! So what are we to do?! Come learn the natural way to Pumpkin Spice and make your own blend to use in scenting your home or flavoring your favorite drink.

Presenter: Ragan Clark (MT-ASCP)

48039-A
10:00-11:00AM // S // 1 DAY // 10/12 // FREE

Fall Faire: Cooking with Essential Oils

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

Presenter: Ragan Clark (MT-ASCP)

48039-B
10:00-11:00AM // S // 1 DAY // 11/9 // FREE

Christmas Gift Extravaganza!

Supply fee \$5 per gift made

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

Presenter: Ragan Clark (MT-ASCP)

48039-C
10:00-11:00AM // S // 1 DAY // 12/14 // FREE



Registration Policy

Walk-in registration beginning on **Monday, August 12** 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 May 6 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Non-residents will be able to register beginning on **Monday, August 26**. Out of fairness to all citizens of our community, you may only register the members of your household.

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Classes begin the week of September 9
(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 Guidelines

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

Supply Lists & Fees

Some of our classes require a supply list or fee. These classes are noted in the magazine. Supply fees should be given to your instructor on the first day of class. You may get a list of what will be provided with those fees at the front desk. If your class requires a supply list, please purchase those the week classes start. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

Weather Guidelines

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 Guideline

Registration for all pre-school and youth classes must be completed in advance. The deadline for registration in pre-school and youth programs is seven days 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 # OF CLASSES	= \$ _____	+ Subtotal \$ _____ =	Total Due \$ _____
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PAYMENT METHOD

CHECK

CREDIT CARD

CASH

CHECK NUMBER: _____

CARD TYPE: Visa MasterCard Discover American Express

MAIL TO: Hurst Parks and Recreation
Class Registration

MAKE CHECKS PAYABLE TO:
City of Hurst

CARD NUMBER: _____ - _____ - _____

700 Mary Drive, Hurst, TX 76053

EXPIRATION DATE: ____ / ____

For the valuable consideration of being allowed to participate in the City of Hurst Parks and Recreation Department's program or use the City's facilities or equipment, I recognize and acknowledge the risk of physical injury and agree to assume the full risk of any injuries, including death or damages, that may result from an injury sustained while participating in activities related to the program or from using the City's facilities or equipment. I DO FULLY RELEASE, INDEMNIFY, AND HOLD HARMLESS, THE CITY, ITS EMPLOYEES AND OFFICERS FROM THEIR OWN NEGLIGENCE FOR FAILURE TO PROPERLY DESIGN, INSPECT, OR MAINTAIN THE EQUIPMENT, OR SUPERVISE THE ACTIVITIES TO BE ENGAGED IN OR EQUIPMENT TO BE USED BY THE UNDERSIGNED, AND FOR ANY ACTS OF THIRD PARTIES. The City does not provide any medical or other insurance protection benefits for those who use the recreational equipment or engage in activities on City Premises. I give the city of Hurst permission to use photographs obtained during my registered course(s), at recreation special events, or at city facilities, parks, etc. in city sponsored publication materials, and understand it is my responsibility to communicate otherwise with city personnel.

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

SIGNATURE OF PARTICIPANT

DATE

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18

DATE

Adult Sports Registration Information

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



Adult Softball Fall League Registration

Open Registration: July 22-August 23
Registration and/or start dates may be adjusted to accommodate weather related delays

Entry Fee: \$310 for an 8 game season

League Schedules: Available August 28, after 4:00PM

League Begins: September 3

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

Adult Men's Basketball Fall League Registration

Open Registration: July 22-August 23

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

League Schedules: Available August 28 after 4:00 p.m.

League Begins: September 3/5

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



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



Recreation Center West Gym Schedule

(Effective August 2019)

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
6:00PM-10:00PM // Basketball

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
6:00PM-10:00PM // Basketball

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

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

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

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
Mikayla Birdsong
Arika Bright
Dakota Ford
Rudy Garcia
Candi Green
Anna James
Madeline Kime
Matt Mendez
Ashleigh Neally
Nancy Philip
Cheryl Thompson

Recreation Programs and Events Manager:
Amy Oden

Recreation Center Manager:
Jordan Taylor

Recreation Supervisor:
Mary Singleton

Recreation Coordinator:
Madison Bass

Administrative Assistant:
Paige Lutz

Facility Maintenance:
Judy Arellano

Recreation Receptionists:
Melanie Cox
Michelle Stockel

» Pickleball

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



Christmas Tree Lighting and Santa's Workshop

Tuesday, December 3 // 5:00-8:30PM
 Hurst Conference Center // FREE

- Take a ride on our snow tubing hills!
- Live Reindeer!
- Santa's Workshop including visits with Santa and a children's craft. Bring a toy to our toy drive for those who are not as fortunate this holiday season.
- Stroll Santa's Christmas Marketplace where you can purchase ornaments, holiday décor and gifts for the whole family!
- Strolling entertainment and costumed characters!
- There is no onsite parking. Ride the shuttle from TCC to the HCC. Limited Handicap parking available in the Conference Center Parking Garage (must have placard visible).
- Pet a fun furry animal in our petting zoo!
- Get a cool design at face painting!
- Listen to some Christmas carols as our local elementary schools perform throughout the event!
- Enjoy a holiday fireworks show! It is the only one around!
- Enjoy a bite to eat at our Food Court featuring Hurst restaurants (food and beverages for purchase).



Kids' All American Fishing Derby

Friday, September 20
4:30-8:30PM // Chisholm Park, 2200 Norwood Dr.
Registration opens August 12

Calling all kids, ages 5 to 16 years old! Here is your chance to show off your fishing skills and win prizes. Bring your parents, fishing pole, and tackle to enjoy a morning of fishing fun! Don't have a fishing pole? No problem! The Hurst Public Library will be on site to rent fishing poles on a first come first serve basis while supplies last. In-and-Out Burger will be there to provide lunch! The event is FREE, however you must pre-register at the Hurst Recreation Center, 700 Mary Drive, or ONLINE (link in our Facebook event at HurstParksandRecreation) by 10:00PM Thursday, September 18. Space is limited so be sure to register early!



Fall Festival

Saturday, October 5
11:00AM-3:00PM
NEW LOCATION!
North East Mall // Nordstrom Parking Lot

The 3rd Annual Fall Festival event will be held at North East Mall this year to accommodate its ongoing growth! Join us for an afternoon of fun for the whole family! Kids activities include face painting, pony rides, inflatables, a petting zoo and more! Come hungry and enjoy one of the many tasty Food Trucks on site! In need of a Halloween pumpkin? Get one here for free at our Pumpkin Patch! While at the event, you can peruse the many vendors set up in our vendor fair! Parking available onsite.



NEW EVENT!

Family Camp-out

Friday, October 18
 Campsite selection and set-up: 4:30-5:30PM
 Dinner served: 6:00PM
 Campsite clean up: completed by Saturday,
 October 19 at 9:00AM
 Chisholm Park, Pond Area, 2200 Norwood Drive

Join us again this year for our annual Family Campfire Camp-Out at Chisholm Park! After you select and set up your campsite, we'll have a traditional Chuckwagon dinner, fishing (Library staff will be onsite to rent you pole if you don't have one), campfire & s'mores, a photo bus to capture the memory, a fun activity for the family, and a cowboy breakfast in the morning.

\$40 per campsite for a maximum of 5 people per site (one adult over the age of 21 must be present throughout the entire event). You may add a 6th camper to your site for \$10. Registration begins on September 9 at the Hurst Recreation Administrative Office at the Recreation Center. Space is limited and fills up fast!

Santa and Soldiers Veterans Day Parade

Saturday, November 9

Let's honor our veterans and kick off the holiday season with our new Santa and Soldiers Parade! The parade will begin at Target on Precinct Line. It will travel west on Bedford Euless to Melbourne Road south and into the North East Mall. Start Time: 8:30AM
 Please expect road closures on the parade route during the parade.

39th John Butler Memorial Senior Citizens Banquet

Saturday, December 14
 5:00-7:00PM
 Hurst Recreation Center

Tickets will be available for Hurst Residents on Monday, October 14. You may pick up your tickets in person at the Hurst Recreation Center, or call 817-788-7320 to have your tickets mailed to you. There is a limit of TWO tickets per household. FREE!



Pawlday Pics

Friday, December 6
5:00-7:00PM
Brookside Center, 1244 Brookside Drive

Don't leave an important member of the family out this holiday season! Bring your pup and your camera and snap a photo with Santa! This event is FREE. Donations for the Hurst Animal Shelter are encouraged. Parking for the Brookside Center is located across Brookside Drive.

Santa's Mailbox

December 1-15

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

Like us on Facebook and Instagram at HurstParksandRecreation for up to date information on all of our events. Visit us online at www.hursttx.gov or call 817.788.7320 for more information.

Fish 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.



Catfish Stocking Schedule

- September 6, 20
- October 4, 18
- November 1





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 adult leagues

How About A Private Lesson?

The HTC Staff offers private lessons for those wanting more one-on-one accelerated learning.

Lessons with City of Hurst Head Professional Kelly Langdon, USPTA or Tennis Center Coordinator Austin Wynne, USPTA

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

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

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

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



Fall/Winter Operating Hours

(Beginning October 25)

- Monday-Thursday: 8:00AM-9:00PM
- Friday: 8:00AM-6:00PM
- Saturday & Sunday: 9:00AM-6:00PM



Hurst Tennis Center

701 Mary Drive, Hurst, TX

817-788-7330



Hurst Tennis Center Staff

Tennis Attendants:

- Sean Burke
- Allen Busbuso
- Carson Draper
- Austin Lutz

Head Professional:

Kelly Langdon, USPTA

Tennis Instructors:

- Cameron Bodily, USPTA
- John Schlidt, USPTA
- Mike Seybold, USPTA
- Greg Smith

Tennis Center Coordinator:

Austin Wynne, USPTA



Upcoming Tournaments

Fall Mid-Cities Junior Circuit
TBA

USTA Adult Open Tournament
December 7-8





Youth

Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

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 and Staff

84710-A	5:00-5:30PM	//	M	//	4WKS	//	9/9	//	\$28
84710-B	5:00-5:30PM	//	M	//	4WKS	//	10/7	//	\$28
84710-C	5:00-5:30PM	//	M	//	4WKS	//	11/4	//	\$28
84710-D	5:00-5:30PM	//	W	//	4WKS	//	9/4	//	\$28
84710-E	5:00-5:30PM	//	W	//	4WKS	//	10/2	//	\$28
84710-F	5:00-5:30PM	//	W	//	4WKS	//	10/30	//	\$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 and Staff

84810-A	5:30-7:00PM	//	M	//	4WKS	//	9/9	//	\$72
84810-B	5:30-7:00PM	//	M	//	4WKS	//	10/7	//	\$72
84810-C	5:30-7:00PM	//	M	//	4WKS	//	11/4	//	\$72
84810-D	5:30-7:00PM	//	W	//	4WKS	//	9/4	//	\$72
84810-E	5:30-7:00PM	//	W	//	4WKS	//	10/2	//	\$72
84810-F	5:30-7:00PM	//	W	//	4WKS	//	10/30	//	\$72

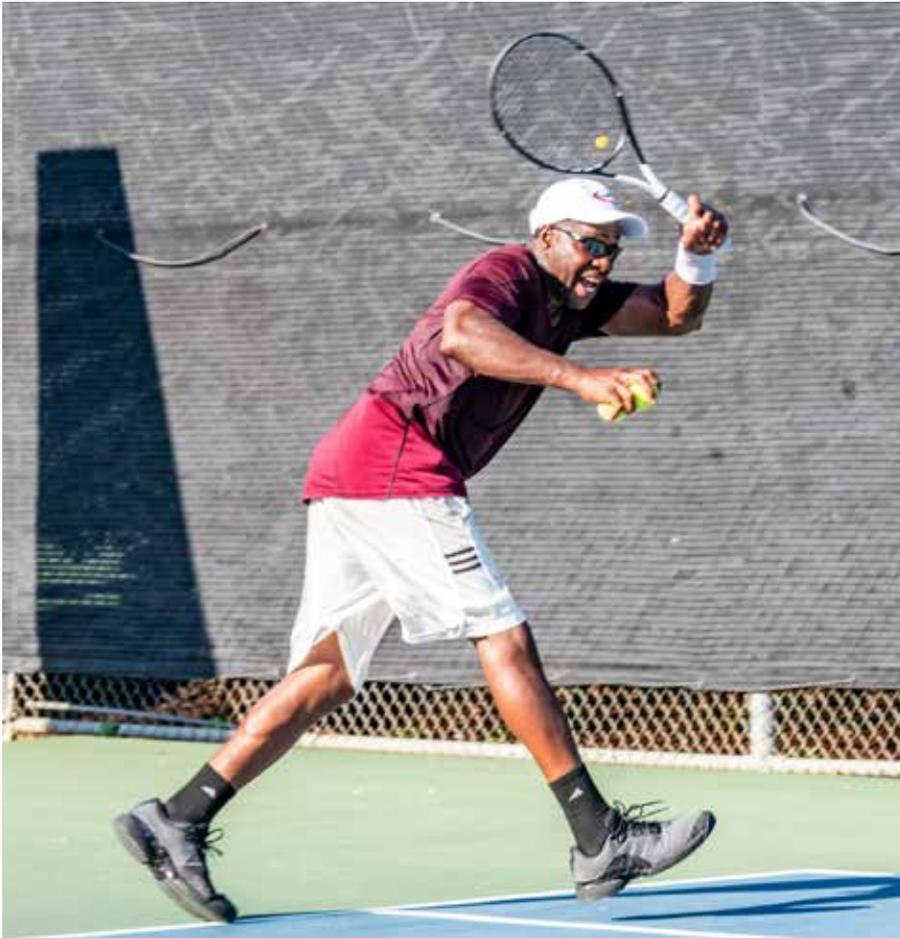
Advanced Beginner/Intermediate Junior Tennis

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. Ages 10 and up. Bring one can of new unopened balls to first class.

Instructors: Mike Seybold, USPTA and Staff

83720-A	5:30-7:00PM	//	TH	//	4WKS	//	9/5	//	\$72
83720-B	5:30-7:00PM	//	TH	//	4WKS	//	10/3	//	\$72
83720-C	5:30-7:00PM	//	TH	//	4WKS	//	10/31	//	\$72



Men's Open 4.0 Clinic

1 Can of Unopened Balls

This drill class is designed to work on both singles and doubles point play situations. Get a great workout while getting ready for your next match. A minimum of three (3) players is needed for the drill to make. Please call and register no later than 24 hours in advance. Players should contact the Hurst Tennis Center on Thursday to ensure the class will meet.

Instructors: Kelly Langdon, USPTA and Staff

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

Attention Tennis Players!

Those looking for a steady practice partner can rent the Hurst Tennis Center's ball machine. It's available for rent seven days a week. The cost is \$10 per hour or \$6 for 30 minutes (tennis balls included). Due to court availability, please reserve the ball machine three days in advance.

Adult

Adult Beginner/ Advanced Beginner Clinic

1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA and Staff

84500-A
7:00-8:30PM // W // 4WKS // 9/4 // \$72
84500-B
7:00-8:30PM // W // 4WKS // 10/2 // \$72
84500-C
7:00-8:30PM // W // 4WKS // 10/30 // \$72

Adult Intermediate Clinic

1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA and Staff

84600-A
7:00-8:30PM // W // 4WKS // 9/4 // \$72
84600-B
7:00-8:30PM // W // 4WKS // 10/2 // \$72
84600-C
7:00-8:30PM // W // 4WKS // 10/30 // \$72



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.

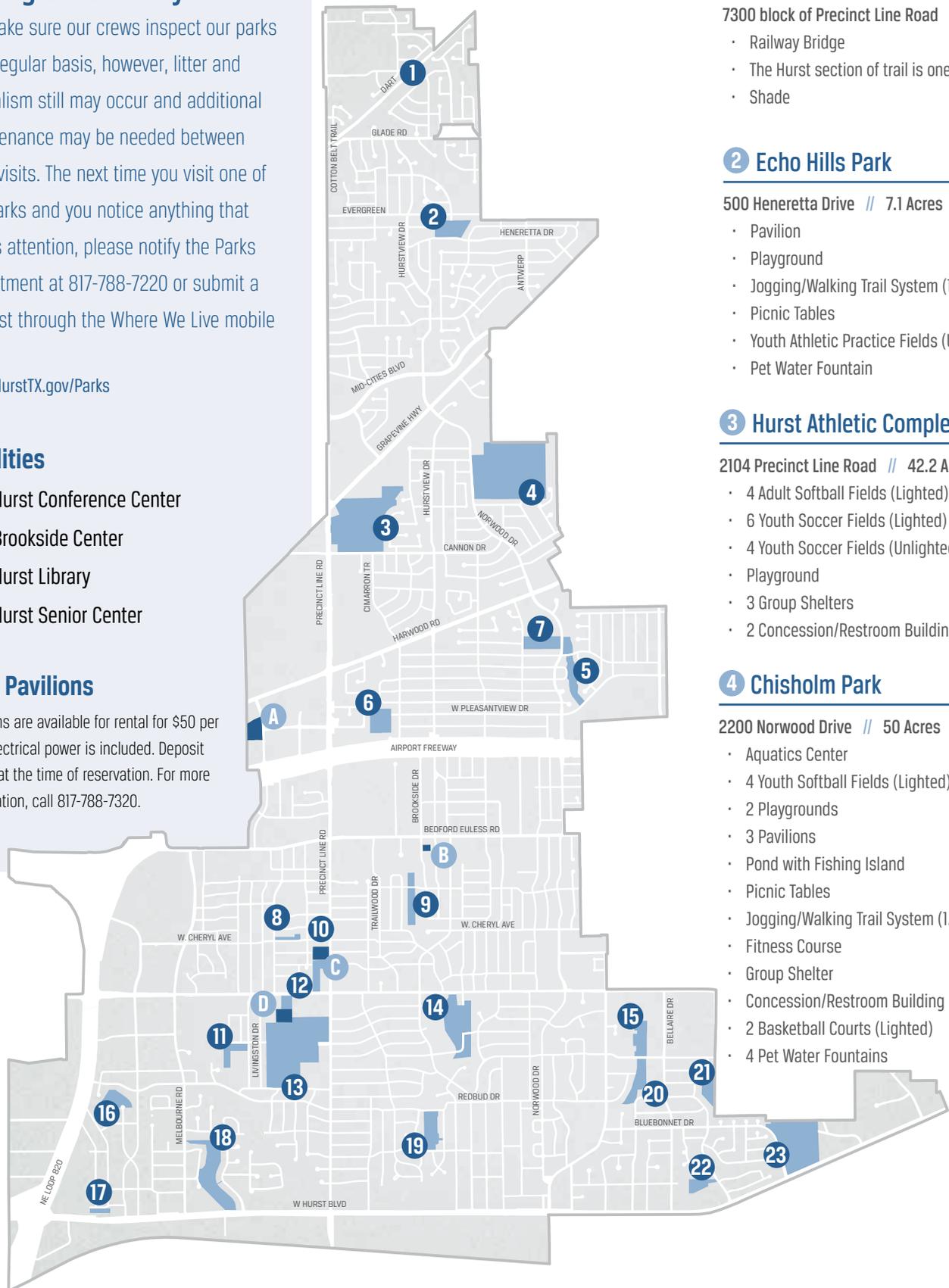
www.HurstTX.gov/Parks

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

Fall/Holiday 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.

