

Where

We Live

A publication from the City of Hurst

**Hurst
Conference
Center
Grand
Opening**

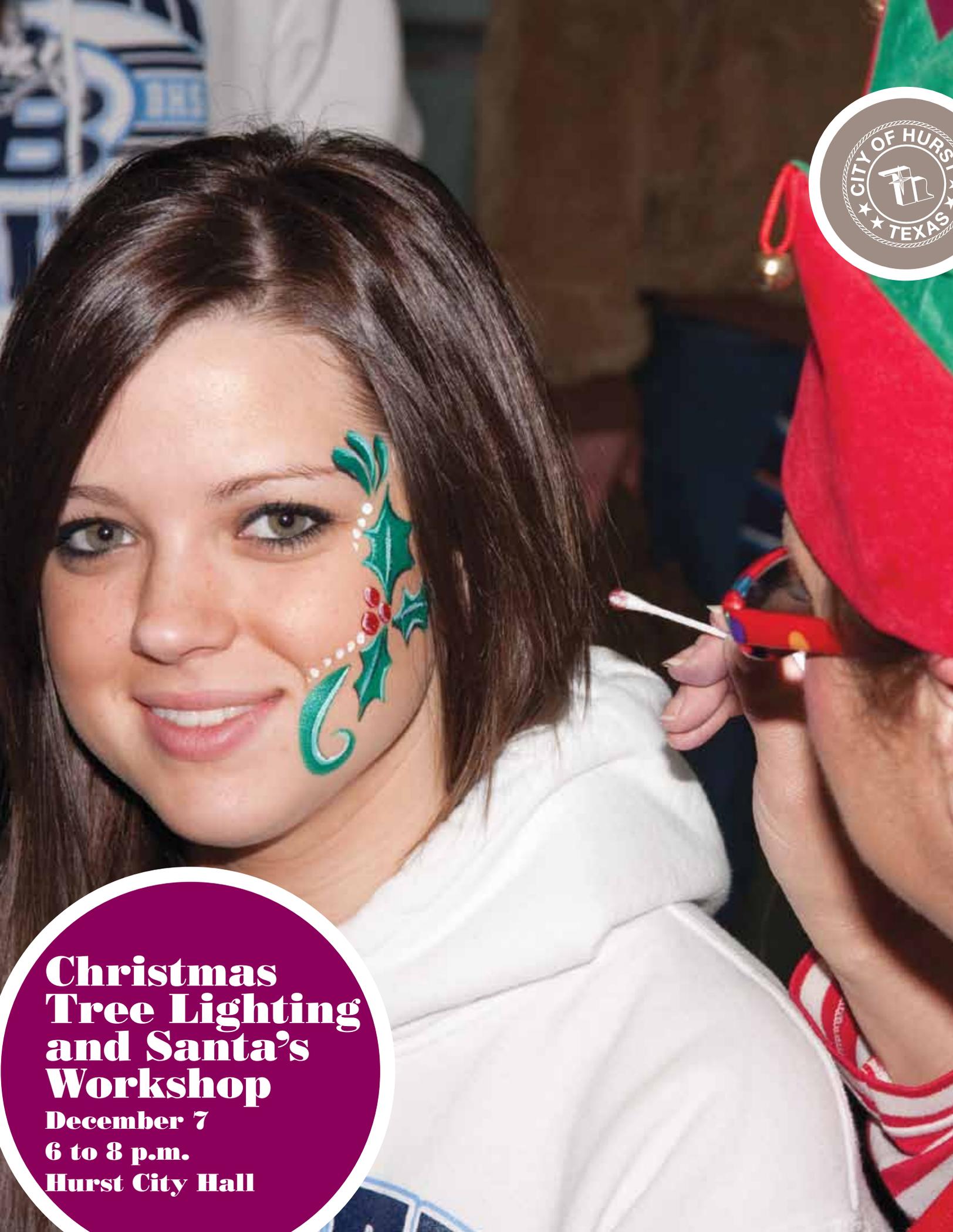


*Library
Expansion
Updates*

*Community
Shop First
in Hurst*

Recreation

***Fall Holiday
Class Schedule***



**Christmas
Tree Lighting
and Santa's
Workshop**

December 7

6 to 8 p.m.

Hurst City Hall

Welcome to the eleventh issue of...

Where We Live

Welcome to the eleventh issue of *Where We Live*. It's been a busy summer at Hurst City Hall, and we are already gearing up for a fantastic fall and holiday season. Not that we anticipate the hot Texas temperatures letting up anytime soon... Regardless of the weather, we've got a lot of great things planned for our city this season. In this issue you'll read about all the happenings around town this summer and what you can look forward to this fall. Articles include information on how your student can join other outstanding area students involved in Youth In Government, details about our grand opening festivities for the Hurst Conference Center, how you can follow your city through social media, and what's going on at the Hurst Public Library and the Hurst Senior Citizen's Activities Center. Just to name a few. In the recreation section you'll get the scoop on Campfire Stories, the John Butler Memorial Senior Citizens Banquet and of course, the Christmas Tree Lighting.

It has always been the City Council's goal to provide you with the best in programs, events and services in the area. As we continue in this difficult economy we will remain fiscally conservative while bringing you the same programs and events you love. I am optimistic that Hurst will weather the impacts and maintain the quality services that the City of Hurst is known for. I hope you will join us at some of the many exciting events this fall, and most importantly, I would also like to wish you and your family a safe and healthy holiday season. Now sit back and enjoy the eleventh issue of *Where We Live*.

— Mayor Richard Ward

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Hurst City Council

Back Row: Larry Kitchens—Mayor Pro Tem, Henry Wilson—Council Member, Bill McLendon—Council Member, Charles Swearengen—Council Member
Front Row: Nancy Welton— Council Member, Richard Ward—Mayor, Anna Holzer—Council Member



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, 700 Mary Drive, for our next Healthy Hurst event, Walktober!

To participate in Walktober, simply register for this event at the Hurst Recreation Center and keep track of the number of days that you walk on a treadmill or on the track at the Hurst Recreation Center during the month of October. Participants will qualify for incentive awards based on their level of participation.

For more information on Walktober, contact the Hurst Recreation Center at 817-788-7325.

City Staff

Allan Weegar—City Manager

Allan Heindel—Deputy City Manager

Jeff Jones—Assistant City Manager

John Brown—Fire Chief

Rita Frick—City Secretary

Ron Haynes—Director of Public Works

Steve Moore—Police Chief

Dale Harwell—Information Services Manager

Mike Morgan—Director of Planning and Community Development

Clay Caruthers—Director of Finance

Steve Bowden—Director of Economic Development

Ashleigh Whiteman—Communications Manager

'Healthified' Banana Nut Bread

From BettyCrocker.com

44% less fat • 50% more fiber • 26% fewer calories than the original recipe. Peel away less healthy ingredients and make smart substitutions like egg whites for whole egg.

Makes: 1 loaf (16 slices)

- 1 1/2 cups Gold Medal® whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 3/4 cup sugar
- 1/4 cup canola oil
- 2 egg whites
- 1 cup mashed ripe bananas (2 large)
- 1/4 cup fat-free (skim) milk
- 1 teaspoon vanilla
- 1/4 cup chopped walnuts or pecans, toasted*

Heat oven to 350°F. Grease bottom only of 8x4-inch or 9x5-inch loaf pan with shortening, or spray with cooking spray.

In medium bowl, mix flour, baking powder, baking soda, salt and cinnamon.

In a large bowl, beat sugar, oil, egg whites, bananas, milk and vanilla with spoon until well blended. Stir in flour mixture until well blended. Stir in walnuts. Spoon into pan.

Bake 8-inch loaf 55 to 62 minutes, 9-inch loaf 45 to 52 minutes, or until toothpick inserted in center comes out clean. Cool 5 minutes; remove from pan to cooling rack. Cool completely, about 1 hour, before slicing.

Nutrition Information:

1 Slice: Calories 140 (Calories from Fat 45); Total Fat 5g (Saturated Fat 0g, Trans Fat 0g); Cholesterol 0mg; Sodium 150mg; Total Carbohydrate 21g (Dietary Fiber 2g, Sugars 11g); Protein 2g

What is 'Healthified'?

We've replaced ingredients with great-tasting alternatives to create better-for-you recipes that are just as yummy as the originals. Did You Know? Bananas are at their sweetest when very ripe, flecked with brown and very soft. Extra unpeeled bananas can be bagged and frozen up to a month. Just thaw, cut off the end of the peel and squeeze the banana into your mixing bowl. Substitution: you can substitute about 1/2 cup dried currants or dried cranberries for the walnuts.



Baking healthy is a snap

It's that time of year again where we start pulling out the favorite family recipes and begin baking for those special events. All of us have certain dishes and desserts that we love and can not pass up making year after year. But what if you could take that famous recipe and make a few small, but healthy changes?

Here is a list of ideas of healthy alternatives to traditional recipes without sacrificing flavor:

- Add ¼ cup of dark chocolate, dried berries or nuts to your favorite bread or muffin recipe to increase antioxidants and promote fighting cancer.
- Try using low-fat milk (1 or 2%) in pudding or homemade ice cream for a creamy texture with less calories and saturated fat.
- Substitute 1 Tbsp ground flaxseed + 3 Tbsp water for 1 egg in your recipe to add some omega 3 fatty acids and promote heart health.
- Rather than using applesauce, mashed bananas or pureed prunes to replace fat in recipes, cooked

mashed sweet potatoes can serve as a healthier substitute for margarine/ butter/ shortening.

- Brownies can be made by substituting ½ the fat for mashed black beans which add protein and fiber while reducing the calories.
- Fluffy marshmallow crème or Cool Whip can substitute for high fat icing on your favorite cake or baked goods.
- Greek yogurt which is heat stable can substitute for sour cream in many recipes. It adds protein while reducing fat and cholesterol in the dish.
- Using white whole wheat flour in place of regular white flour, or having a half and half blend, increases the whole grain servings in the item. In dark baked goods, such as brownies and chocolate cake, you can use regular whole wheat flour.



January 2011

The Healthy Hurst New Year New You Fitness Challenge will start on January 2, 2011.

Keep your eyes open for more information as the date for this event approaches.

Patron Appreciation Week at the Hurst Recreation Center

Join us at the Hurst Recreation Center, 700 Mary Drive, October 11-15, as we celebrate our 10th year since the Recreation Center re-opened in October 2000. Since re-opening, more than 2.4 million patrons have participated at the Recreation Center. We'll have refreshments, and promo items all week to commemorate this special anniversary. For more information on Patron Appreciation Week please contact the Recreation Center at 817-788-7325.

Hurst Fire Fighters Steak Dinner

Mark your calendars for the Annual Hurst Fire Fighters Steak Dinner on October 9 from 4:30 p.m. to 8:30 p.m. Cost is \$15/ per person and tickets can be purchased at the main Hurst Fire Station on Precinct Line Road from Sept. 13 to Oct. 1 from 1 p.m. to 5 p.m. Monday through Friday. The dinner will be held at the same location in the bay. This is a family event, so everyone is invited!

Last year we raised more than \$7,000 and we were able to purchase life saving rope kits for the Hurst Fire Fighters.



**Hurst Fire
Department
Open House**
September 25, 2010
10 a.m.-2 p.m.



Fire Department to host open house

Ever wanted an inside look at your local Fire Department? You and your family will have the chance this fall! The Hurst Fire Department will host its annual Open House on Saturday, Sept. 25. Mark your calendars for this annual event favorite, held at Fire Station No. 1 located at 2100 Precinct Line Road.

The event will be held from 10 a.m. to 2 p.m., where Hurst Fire apparatus will be on display along with High-Angle Rescue demonstrations, Jaws-of-Life demonstrations, Fire Safety House and Air Ambulance.

Refreshments will be served, so bring the family and spend the afternoon with the Hurst Fire Department.



Police host National Night Out

You and your family are invited to join the Hurst Police Department as they celebrate America's Night Out Against Crime! This year's event will be held on October 5 at the Hurst Community Park. National Night Out provides information, educational materials, and technical assistance for the development of effective year-long partnerships between the police and the community that aim to reduce crime, violence and substance abuse at the community level. National Night Out also gener-

ates a high level of community participation and support for crime and drug abuse prevention activities. The presence of local law enforcement in the community under the positive circumstances of National Night Out allows many residents to meet their officers, in many cases for the first time. Of course, the event is free and we encourage residents of all ages to join us. Stay tuned for upcoming details about this special event.

On the cover...



Cover shot by photographer Eric Luecker

We're known for a lot of great things in the City of Hurst. Great shopping. Unique dining. Genuine people with a lot of pride for their city. Pristine parks. Top-of-the-line city services. And an established council with a progressive plan and a conservative fiscal approach. We're about to add something to that list of notables, and it's big. Really big. It's the Hurst Conference Center, opening this September. It's the largest facility opening we've ever had, and it will undoubtedly leave a positive legacy in the city for decades to come. We've been meticulously planning, preparing, designing, staffing and building this hallmark facility and we're excited to show it off. It's nearing completion, with its first major event scheduled in mid September. The HEB Chamber of Commerce's Annual Awards Gala will mark the first event for the center and it promises to be a spectacular one. We hope you'll join us in celebrating this significant milestone for our city soon.

We joined photographer Eric Luecker in the Grand Ballroom to shoot the cover.



Precinct Line Road

Transforming our city

Driving through the City of Hurst it's easy to see the transformation that's taking place. We've completed several projects and are nearing completion on our largest yet.

Transforming Hurst is more than just cosmetic transformations though. Transforming Hurst is a redevelopment initiative that's securing our city's future.

Through careful planning and implementation all of the projects you've already seen completed and those that are yet to come are ensuring that the quality of life Hurst is known for is maintained and even strengthened. These projects are also ensuring our city's financial success now and in the future.

Thank you for your patience as we've undergone these construction projects and we hope you'll join us in celebrating their openings.

Whether you join the Senior Center, take a tour of Fire Station No. 2, enjoy a picnic at Heritage Village Plaza, drive down Precinct Line or book an event at the Hurst Conference Center, we hope to see you soon.



Fire Station No. 2



Hurst Senior Citizens Activities Center



Heritage Village Plaza



Mayfair Park *update*

The \$1.1 million transformation of Mayfair Park is now complete. The neighborhood park, located at 1725 Norwood Drive, now features a children's playground, a park pavilion, a trail system, beautiful new landscaping, park benches, a water fountain and an irrigation system.

Parking is no longer allowed on Yates Drive from Wingate Court to Louella Drive, as parking for Mayfair Park is now available in the southwest corner of the First Baptist Church

of Hurst parking lot, and the speed limit has been reduced to 20 mph in accordance with the City Park Ordinances.

The project was partially funded by the Parks Donation Fund and a grant from the Boundless Playgrounds Foundation in association with CVS Pharmacies.

Transforming
HURST
THE OPPORTUNITIES ARE BUILDING



Bring Your Meeting or Event Home

The moment we've all been waiting for is here. Well, almost. As of press time, we are approximately 30 days from the grand opening of a landmark facility in the City of Hurst.

The Hurst Conference Center will open in September as the only facility of its kind in Northeast Tarrant County. We built it

to serve a need that was largely un-met in Tarrant County. We built it to generate more nights booked in our hotels, more meals eaten in our restaurants and more dollars spent in our business community.

We built the Hurst Conference Center for our residents and for the future of our city. We hope you will consider booking

your next event at the Hurst Conference Center soon and we invite you to see the unique features and breathtaking architecture for yourself.

Follow the Hurst Conference Center on facebook or visit their website at www.hcc.com for information on upcoming tours and events.



Unique features and amenities

The Hurst Conference Center is scheduled to open in September, and will be unlike any other meeting facility in the area. In fact, it's technically the only Conference Center in Northeast Tarrant County.

It's an ideal spot for conferences, meetings, special events and weddings. Plus a lot more. So if you or someone you know has an event coming up, consider booking it in your backyard. Okay, not technically in your backyard, but you get the point.

The Hurst Conference Center is conveniently located in the heart of the city, right off of Airport Freeway on Campus Drive. Stay tuned for details about the grand opening and tours coming this fall. For more information on the Hurst Conference Center call 817.581.0044.

Ammenities include:

- Minutes from downtown Dallas
- 50,000 sq ft of flexible meeting and event space
- 14,000 sq ft column-free, configurable ballroom
- 6 separate breakout rooms
- 20-seat Executive Boardroom with state-of-the-art technology
- Outdoor patio with cozy fireplaces and relaxing water feature
- Wi-Fi access
- Onsite audio visual IT services
- Exclusive full-service catering
- Complimentary covered parking
- Walking distance from hotel accommodations



Hurst Public Library

901 Precinct Line Road
Phone: 817.788.7300



Read All About It!

A Hurst library card = discounts at Hurst businesses for National Library Card Sign-up Month

The City of Hurst Public Library has partnered with these City of Hurst businesses to bring you Library Card Discounts during National Library Card Sign-up Month.

During the month of September, show your City of Hurst Library Card at participating businesses and receive a discount or special offer.

Visit the Library or check the web site at www.hurst.lib.tx.us for details on the special offers from these businesses and more:

- Lone Star Comics
- Fortune Cookie Express
- Miss Saigon Café
- Silver Creek Jewelers
- Mr. C's Ace Hardware
- Linda Lou's Linens
- Cancun Tan
- Gifts and Treasures Hallmark
- Hurst Farmers Market
- Pampered Nails
- Winnie's Fish & Pets
- Hot Chocolates
- Richard's Custom Jewelers
- Thai Thippawan
- Golden Bowl Café
- Dino's Pizzeria
- Music & Arts
- Charby's BBQ & Burgers
- Cooper's Florist
- Susie's Grooming
- Creative Memories
- Debbie's Copy Shop
- Foreman's Inc
- Signature Roofing
- Red Robin Hurst

Hurst Public Library
*The place to go
when you need to know!*

Fall Gardening Tips

September 16, 7:00 PM

Hurst Public Library and Marshall Grain

present a free program on fall

organic gardening.

Truly Teen

7th-12th Graders

Teen Talk

7:00-8:00 PM

Can't wait to share your thoughts on some popular books? Here's a place to do it.

Be a part from the start for this new teen program!

The Hunger Games

by Suzanne Collins

Tuesday, September 14

One copy of the last book in the series, *Mockingjay*, will be given to one attendee!

Beastly by Alex Flinn

Tuesday, October 12

Ranger's Apprentice: The Ruins of Gorlan

by John Flanagan

Tuesday, November 9

Anime Club

Thursday, September 2

Thursday, October 7

Thursday, November 4

Thursday, December 2

6:00-8:00 PM

If you enjoy anime—watching it and talking about it—this is the place for you! Add snacks and other teens that love anime, too, just for fun!

Teen Pulse Game Night

Thursday, September 9

Thursday, October 14

Thursday, November 11

Thursday, December 9

6:30-8:00 PM

Wii want you to be a (Guitar) Hero and Dance Dance (Revolution) for an hour. Take a short break from homework and get in the game!

Adult & Family

Brown Bag Book Club

Meets the first Thursday of the month at noon in the Library reading alcove. Join us for an informal book discussion.

The Sweetness at the Bottom of the Pie

by Alan Bradley

Thursday, September 2, NOON

Dandelion Wine

by Ray Bradbury

Thursday, October 7, NOON

Boy in the Striped Pajamas

by John Boyne

Thursday, November 4, NOON

Charms for the Easy Life

by Kaye Gibbons

Thursday, December 2, NOON

For Kids

Chapter Chats

4th-6th Graders

Meets from 6:00-4:45 PM (Please note, this is a new time for this program)

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have!

Any book from *The 39 Clues* series by various authors

Thursday, September 14, 6:00-6:45 PM

One copy of *Into the Gauntlet*, the last book in the series, will be given to one attendee!

My Life in Dog Years

by Gary Paulsen

Tuesday, October 12, 6:00-6:45 PM

Any book in the *Ramona* series

by Beverly Cleary

Tuesday, November 9, 6:00-6:45 PM

The Best Christmas Pageant Ever

by Barbara Robinson

Tuesday, December 14, 6:00-6:45 PM

September is National Library Card Sign-up Month

Visit the Library and get a card that will really take you places.

Youth Programs

Ongoing Activities

Toddler Time

Ages 1-3 years

Mondays and Thursdays

10:00-10:30 AM

Story Time

Ages 3-6 years

Tuesdays and Wednesdays

10:45-11:15 AM

Chess Club

For elementary ages and up

Mondays

4:00-5:00 PM

Boo Books

Friday, October 29, For All Ages

4:00-5:00 PM

To practice for that special day, treat yourself to a special story time with slightly scary and funny stories; add to that some mildly spooky activities and you get an afternoon of Halloween fun! Costumes are optional but encouraged.



Evening Performances

Thursday, August 26, 7:00 PM
Beyond the Pale - Wild Roots Americana

Thursday, September 23, 7:00 PM
3 Fools on 3 Stools - Texas Country

Thursday, October 28, 7:00 PM
Flying Balalaika Brothers - Russian Folk Music

Thursday, November 18, 7:00 PM
Cindy Horstman - Jazz Harp

Thursday, December 16, 7:00 PM
Razzmajazz Quartet - Holiday Music

MasterWorks

Friday, August 13, 12:15 PM
Mark Shelton - World Roots Music

Friday, September 10, 12:15 PM
Threadneedle Street - Celtic Music

Friday, October 8, 12:15 PM
David Carr Jr. - Jazz Sax

MasterWorks at The Library

Open to the public, the MasterWorks Music Series is funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

Visit the Library Online

www.hurst.lib.tx.us

View the iBistro catalog

Place items on hold

View your own record

Renew materials online

Home access to over 60
databases for research

Download eAudiobooks

Family Nights

All ages welcome

Thursday, August 19, 7:00 PM

Bring the little ones in their pj's for family storytime with a moon theme and moon pie snack.

Thursday, October 21, 7:00 PM

Dia de los Muertos (Day of the Dead) make-and-take craft.

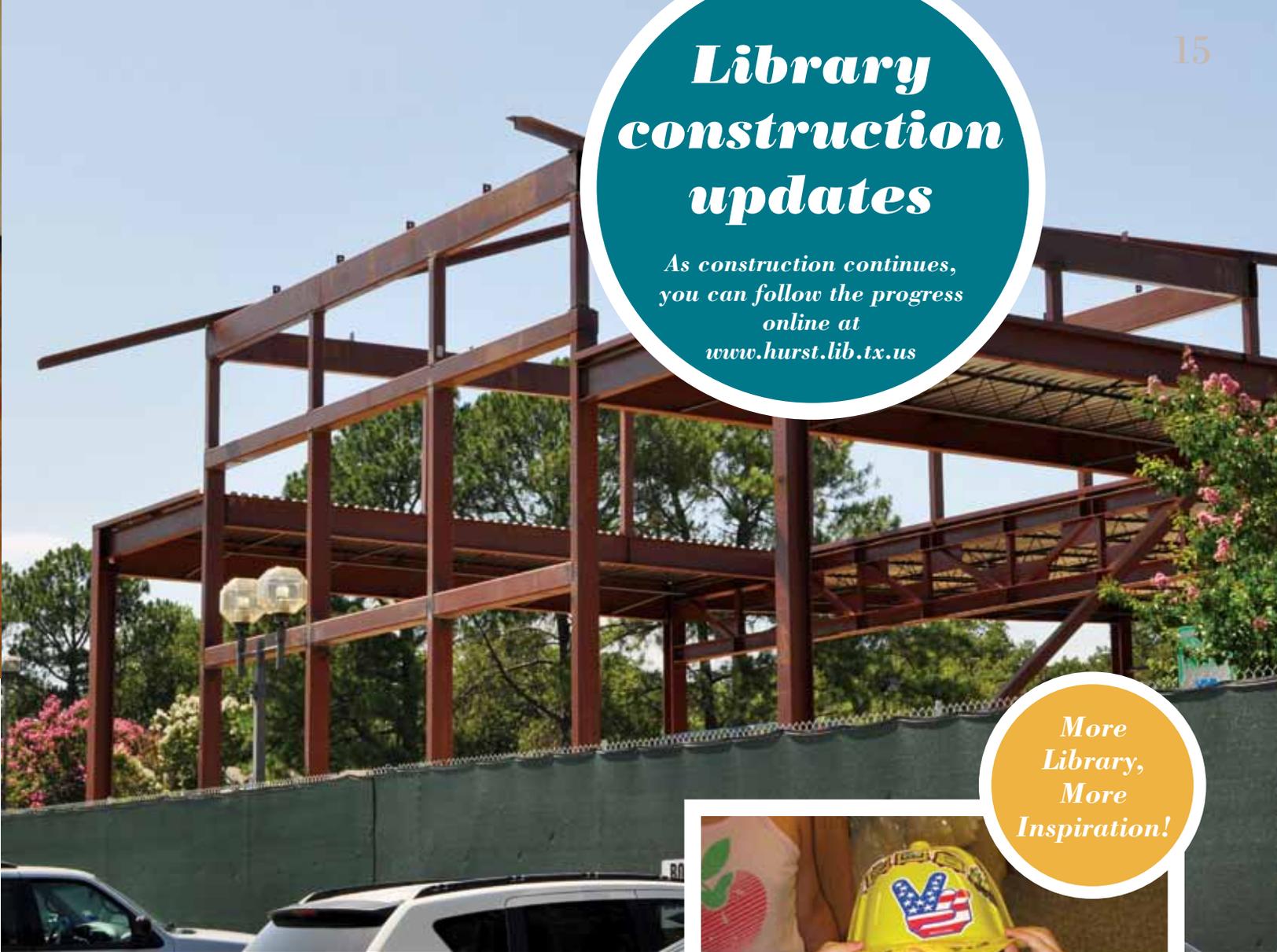
Thursday, December 23, 7:00 PM

Holiday make-and-take craft.

Library construction updates

As construction continues, you can follow the progress online at www.hurst.lib.tx.us

More Library, More Inspiration!



Library Expansion Update

Additional paving appeared, foundations were poured and steel rose as the 10,174 square foot Library Expansion project took shape.

As the Hurst Overland Reader's Railroad trains tunneled in and out of the temporary

entrance corridor, patrons, undaunted by the construction, came to the Library for the Catch the Reading Express Summer Reading Club. Readers also came to enjoy the variety of performances, activities, books, movies, magazines and electronic resources the Hurst Library has to offer.

The project, authorized by voters in 2005, is anticipated to be complete spring 2011. Outdoor book returns are still available at the northwest corner of the building, just follow the signs.

Want to get involved?

The City of Hurst is always looking for new volunteers. If you are interested in joining the VIA program, please contact the Community Services Department at 817.788.7305. Volunteer applications can be picked up at the Community Services' office in the Hurst Public Library or accessed online through the City's Web site at www.ci.hurst.tx.us.



Volunteers In Action

Photo courtesy Randy Foster

Banquet recognizes more than 40 volunteers

The City of Hurst celebrated its volunteers on April 21 at the annual VIA Banquet.

The VIA program began in 1979 thanks to the innovative thinking of the Hurst City Council. Since that time, the VIA program has become the prototype for all other municipal volunteer programs and was the first municipal volunteer organization to be officially recognized by the State of Texas.

Themed "VIA Las Vegas," this year's banquet featured a catered lunch by Chef Joey

Inc. and a performance from David Hallum and the Music of Sinatra.

In addition to the celebration, members that reached specific "volunteer hour milestones" were honored by the Hurst City Council. Volunteers who had contributed at least 500 hours of service and those that had achieved additional 500 hour landmarks received special awards.

Awards given to volunteers acknowledging their service included: key chains, custom-

ized VIA pens, tote bags and gift certificates.

More than 40 individual and group volunteers were recognized at this year's banquet, proving that the City of Hurst has some of the most dedicated volunteers around. VIA clocks were also given to each guest as a token of Hurst's appreciation for their hard work and commitment to the City.



facebook



**Want to get even
more connected?
We're social too.**

Facebook:

www.facebook.com/CityOfHurstTX

Twitter:

www.twitter.com/TheCityofHurst

Get Connected - - - Stay Connected

Email subscription service

Since 2007 citizens have been able to receive a variety of information through the free email subscription service offered by the City of Hurst. Email notifications are sent when information changes on the website. Users opt into any of a variety of categories and are alerted when things change. More than 218,000 emails have been sent to subscribers in 3 years.

We're now offering a variety of topics that you want to know about. Sign-up links take individuals to a menu of the topics they can choose to receive. New topics include Adult Softball, Aquatics Centers, Parks, Press Releases, Senior Services and more.

Sign up today. It's easy. On the City's homepage click the red "Hurst E-mail Updates" button.

<http://www.ci.hurst.tx.us/WebSubscription.htm>

Remove leaves to promote safe, healthy environment

Nothing says autumn like crisp, colorful leaves. While they may epitomize the fall season, leaves and lawn trimmings can actually be quite harmful to the environment.

Runoff from rainfall can be contaminated on its way to larger bodies of water where it will remain prior to filtration into drinking water. The decomposition of these plants can deplete levels of oxygen in these bodies of water, which could be potentially devastating to aquatic life.

Fortunately, there is a simple solution to the issue: rake! raking your lawn throughout the fall is an easy way to prevent the contamination of nearby water supplies, as well keep your neighbors happy.

Mulching leaves is also recommended as it helps to enrich your soil. Otherwise, be sure to bag all excess lawn trimmings and fallen leaves, and keep them out of the gutters. They can be collected on regular trash pick-up days and be disposed of properly by Allied Waste.



Special Delivery

"Shop First in Hurst," is more than just a catchy phrase. It's our mantra at the City of Hurst. We continually encourage residents to support our local businesses. With so much to offer in Hurst, why shop anywhere else? We showcase our wide variety of businesses each year in our Restaurant, Retail and Business Guide.

Every mailbox in Hurst can anticipate the arriv-

al of this annual guide, complete with addresses and phone numbers of each business in Hurst. We publish the guide at no cost to businesses. The guide is also available online with the most up-to-date information at <http://hurst.mesh.net/> or call 817-788-7094 for additional copies.

With the holidays just around the corner make "shop first in Hurst" your mantra.



Good Neighbor Cleanup Event

Fall is just around the corner and so is the 13th Annual Good Neighbor Cleanup Event. As always, the event will be held at the Bellaire Shopping Center on October 23 and 30.

The event runs from 7 a.m. until noon both days where you can bring your used oil, gas, antifreeze, pesticides, herbicides, old batteries, old computers, electronic devices, tree limbs, scrap metal, and just about every kind of trash or junk around the house in need of disposing (NO Pharmaceuticals). No tires, explosives, com-

pressed gas or construction debris will be accepted.

Latex paint and stains can be safely put in the garbage for disposal at a landfill, as long as the paint is dry or solidified first. Small amounts of latex paint should be dried out by removing the lid and exposing the paint to the air. Larger quantities should be solidified by mixing cat litter, sawdust, dirt, or shredded paper into the paint. Once the latex paint is hardened or solidified, place the can with the lid off in your garbage container. The garbage

hauler needs to see that the paint has been solidified.

We are very happy to offer document shredding again this year. So protect yourself from identity theft and gather up all of those personal papers you have been meaning to destroy, and watch them being shredded to bits right before your eyes!

For more information call the Environmental Services Department at 817.788.7217.

Neighborhoods in Action

The Hurst City Council is making neighborhood revitalization a top priority in 2010 and beyond. The City of Hurst is launching a dynamic program this Summer to do just that. Look out for more information on Neighborhoods in Action coming soon.

Want to get your neighborhood involved? Call 817.788.7055 to sign up or for more information.

Neighborhoods In Action

The Hurst City Council has prioritized neighborhood revitalization and integrity with a new outreach effort called Neighborhoods in Action. The plan is to develop new relationships between residents and many City services. City staff has developed a team that includes inspections, neighborhood services, police and fire to provide outreach throughout our neighborhoods.

The goal is simple: neighbors helping neighbors. City staff has

partnered with the police department to meet with neighborhood groups to discuss crime control, neighborhood code enforcement and solicit volunteers.

Our next step is to partner with the Cities of Euless, Bedford and 6 Stones Mission Network to form a community wide outreach effort called Community Powered Revitalization, or "CPR". The CPR team hopes to provide outreach to families in need who may need assistance with home repair, lawn

maintenance or over-all property maintenance.

CPR will partner with area churches, non-profit organizations and local volunteers to maintain neighborhood integrity and to make HEB a safer place to live.

If you would like our NIA team to meet with your neighborhood, or if you would like to volunteer for future projects, please contact Michelle Lazo at 817.788.7055.

Help keep Hurst clean

Help us keep our streets clean by placing your garbage can on the curb on trash day. Not in the street, not halfway up the lawn, but on the curb. Often when it rains on garbage collection days, trash placed in the street can obstruct water drainage flow, causing it to accumulate and flood the area. This can be prevented, along with any other potential issues, by placing your trash in the location designated by Allied Waste Services.

For more information on garbage collection policies, visit the Hurst section of the Allied Waste Services web site at <http://www.alliedwaste-dfw.com/trash-hurst.html>

Thanks for helping us keep our streets safe and clean!

Youth in Government

Students getting involved in their city

The City of Hurst Youth in Government Program is a dynamic group created by the Hurst city council that gives the city's youth a unique opportunity to get a behind-the-scenes look at local government.

Students build valuable friendships among similarly interested juniors and seniors from area schools. The program allows these students to gain a deeper understanding of how different branches of the local government mesh together.

The Youth in Government group is presented at Hurst City Council meetings, tour different city departments like the Recreation Center, Police and Fire departments and learn more about what takes place at City Hall. Also, members are eligible to earn college scholarships and a paid summer internship.

For more information on how to get involved call 817.788.7029.



Scholarships awarded for dedication

Three of our city's Youth in Government members were recently awarded scholarships for their hard work and dedication to the program. Timothy Eckl, left,

will be attending the University of Texas at Austin where he will study business. Kevin Hiles, center, will be attending the University of Tulsa where he will study

history and political science and Abigail James, right, will be attending Dallas Baptist University where she will study education.

Senior Center Hours

Open 5 days a week
 Monday-Wednesday, 8:00 AM-5:00 PM
 Thursday, 8:00 AM-9:00 PM
 Friday, 8:00 AM-5:00 PM

Hurst Senior Center

Photo courtesy Randy Foster

Membership information

The new Hurst Senior Citizens Activities Center is open to Seniors only, ages 55 and over.

- Membership is required in order to attend and participate in the Senior Center. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register and pay, and ends one year from that date. For example, if you register and pay for your membership on February 1, your membership will expire on January 31 of the following year.
- Fees for the new Senior Center are as follows:
 - Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month)
 - Non-Residents - \$80 per membership year. (Equivalent of about \$6.67 per month)
- These fees include many free classes, programs, and activities at the Senior Center, and also include membership in our state-of-the-art Fitness Room.
- Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.



Senior Center expands offerings



We're continuing to add new programs and events at the Hurst Senior Citizen's Activities Center. Here are some of the latest additions:

- Specialized Computer Classes
- Digital Camera Classes
- Craft Classes
- Jewelry Making Classes
- Basic Drawing Classes
- Bunco
- 42

- Beginning Tai Chi
- Travel Talks
- Low Vision Support Groups
- Wii Games
- Bingo

Many more new programs and classes are being added in the fall. Stop by and pick up a copy of the newly redesigned Senior Pipeline or call 817.788.7710 for more information.

Senior Center News

Dances, celebrations bring fun to seniors

There were many fun special events at the Senior Center during the spring and summer.

We celebrated Cinco de Mayo in style! Thanks to all of you who attended and braved the “warm” weather on the patio! The free chips, salsa, queso and frozen drinks made the first party on the patio a success.

The Mother’s Day Tea was very lovely. Everyone enjoyed tea, finger sandwiches, cookies and the guest speaker, MaryAnn Smith. Staff would like to thank everyone who brought their own teapots to use as decorations. We especially appreciate Teddie Dieb, who loaned us many beautiful Victorian items to help decorate the room. The Mother’s Day Tea was such a hit, staff is already planning next year’s to include a teapot contest!

Despite the heat, there was a large turnout for the Memorial Day “Pound Cake on the Patio” Patriotic Celebration. Everyone sipped on lemonade and enjoyed cake

topped with strawberries, blueberries and whipped cream! In honor of Memorial Day, a beautiful version of TAPS was played followed by a moment of silence.

The ladies didn’t get to have all the fun this summer; we had a special Father’s Day Poker and Burgers Party too! The men played poker (just for fun) and enjoyed hamburger sliders, chips and other snacks. The attendees received a goody bag that included a poker visor. Everyone had such a great time that poker may become a regular activity at the Senior Center.

On July 21, we held our 1st Annual Ice Cream Social and had shakes and sun-dae-s. Everyone enjoyed the cold, yummy treats! Also in July, to help beat the heat, we had “Frozen Treat Fridays”. To help us get through the 100 degree days, every Friday afternoon, we served frozen treats to the first 100 people. It was a great way to cool off!

To mix up the dances, we had our 1st An-

nual Sock Hop in July. What a fun dance this was! We had a live Band with 50’s and 60’s music and many of our dancers dressed in poodle skirts, leather jackets, bobby sox and other festive sock hop attire. Everyone enjoyed this blast from the past that included root beer floats, contests and door prizes.

Stop by the Hurst Senior Citizens Activities Center to pick-up a copy of the newly-redesigned Senior Pipeline for information on upcoming classes and events. We have lots of fun programs planned including our first Halloween Dance on October 28. The Halloween Dance will feature a live band, refreshments, a costume contest, and of course, trick or treating!

The Holidays are also just around the corner, so that means lots of parties, food and fun at the Hurst Senior Citizens Activities Center!

Senior Pipeline

Pick up a copy of *The Senior Pipeline*, the monthly newsletter, for more information on Senior Center programs and activities.



Hurst Recreation Center

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

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

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

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788.7325.

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 life-long learning opportunities. If you

are not completely satisfied with your recreational experience, please call us at 817.788.7325 to share your concerns and suggestions for improvement. Thank you for choosing Hurst Parks and Recreation.

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 life-long learning, fitness and fun.

Pre-School Programs

Van Gogh's Two's (18 months to 2 years)

Your 2-year old could be the next Van Gogh! Come find out as they express themselves through fun art projects. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18020A	M	4:30-5:00PM	8WKS	8/30	\$22
18020B	W	9:30-10:00AM	8WKS	9/1	\$22

Holiday:

19020A	M	4:30-5:00PM	5WKS	11/1	\$14
19020B	W	9:30-10:00AM	5WKS	11/3	\$14

Mozart's Two's (18 months to 2 years)

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18000A	M	5:00-5:30PM	8WKS	8/30	\$22
18000B	W	10:00-10:30AM	8WKS	9/1	\$22

Holiday:

19000A	M	5:00-5:30PM	5WKS	11/1	\$14
19000B	W	10:00-10:30AM	5WKS	11/3	\$14

Lunch A Bunch! (3 to 5 years)

Calling all pre-schoolers to the kitchen! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18170A	T	10:30-11:15AM	8WKS	8/31	\$24
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Holiday:

19170A	T	10:30-11:15AM	5WKS	11/2	\$15
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Creative Time For Tots (3 to 4 years)

This class is designed to teach your pre-schooler important social skills through interaction with others. Your child will prepare for Pre-K through an introduction to letters, numbers, and colors. In a structured, yet fun, environment, your child will learn through crafts, music, stories and creative play. (Supply Fee \$10)

Instructor: Margaret Angel (Certified School Teacher)

Fall:

18040A	MW	8:30-10:15AM	8WKS	8/30	\$56
18040B	TTH	8:30-10:15AM	8WKS	8/31	\$56

Holiday:

19040A	MW	8:30-10:15AM	5WKS	11/1	\$35
19040B	TTH	8:30-10:15AM	5WKS	11/2	\$35

Pre-K Kids (4 to 5 years)

This class is designed to prepare your child for Kindergarten. Through crafts, stories, music and play time, they will learn the alphabet, numbers and colors in a structured, yet fun, environment. Your child will develop improved social skills through their interaction with other students. Be sure to bring a sack lunch. (Supply Fee \$10)

Instructor: Margaret Angel (Certified School Teacher)

Fall:

18050A	MW	10:30-2:00PM	8WKS	8/30	\$98
18050B	TTH	10:30-2:00PM	8WKS	8/31	\$98

Holiday:

19050A	MW	10:30-2:00PM	5WKS	11/1	\$61
19050B	TTH	10:30-2:00PM	5WKS	11/2	\$61

Yes, I Can Draw (3 to 5 years)

Yes, you can draw! This class is designed to teach your youngster the first form of communication, art. They will have a chance to let their creativity flow. (Supply List)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18010A	T	9:00-9:30AM	8WKS	8/31	\$22
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Holiday:

19010A	T	9:00-9:30AM	5WKS	11/2	\$14
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Phonics Fun - Step 1 (3 to 5 years)

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18030A	M	9:00-9:45AM	8WKS	8/30	\$24
18030B	TH	9:00-9:45AM	8WKS	9/2	\$24

Holiday:

19030A	M	9:00-9:45AM	5WKS	11/1	\$15
19030B	TH	9:00-9:45AM	5WKS	11/4	\$15

Phonics Fun - Step 2 (3 to 5 years)

Ready for more phonics? Come take the next step of Phonics Fun and learn some more! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18035A	M	10:30-11:15AM	8WKS	8/30	\$24
18035B	TH	10:30-11:15AM	8WKS	9/2	\$24

Holiday:

19035A	M	10:30-11:15AM	5WKS	11/1	\$15
19035B	TH	10:30-11:15AM	5WKS	11/4	\$15

Hands-on Math (3 to 5 years)

Let's learn numbers the fun way! We will learn to add, subtract, and count. We will also use musical instruments to help us have fun while learning! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18205A	M	9:45-10:30AM	8WKS	8/30	\$24
18205B	TH	9:45-10:30AM	8WKS	9/2	\$24

Holiday:

19205A	M	9:45-10:30AM	5WKS	11/1	\$15
19205B	TH	9:45-10:30AM	5WKS	11/4	\$15

Science Fun (3 to 5 years)

We'll explore the world of science through exciting experiments. Science will knock your socks off! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18025A	TH	11:15-Noon	8WKS	9/2	\$24
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Holiday:

19025A	TH	11:15-Noon	5WKS	11/4	\$15
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Crafty Motor Skills (3 to 5 years)

Let's have fun developing our fine motor skills through fun craft projects! By completing the crafts using scissors, pens, and pencils, you will help develop the fine motor skills required to complete these tasks. (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18120A	T	9:30-10:15AM	8WKS	8/31	\$24
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Holiday:

19120A	T	9:30-10:15AM	5WKS	11/2	\$15
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Preschool Programs:

Just a couple of reminders...

With your child's best interest in mind, we ask that parents not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is affected by parental distractions and interruptions.

In order to provide the best learning environment, children 3-5 years must be toilet trained.

NEW CLASS! All Kinds of Arts and Crafts*(4 to 6 years)*

Are you ready to roll up your sleeves and create? We will craft a new project each week and learn about all types of arts and crafts! (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

18200-A	W	9:30-10:15AM	8WKS	9/1	\$22
18200-B	TH	9:00-9:45AM	8WKS	9/2	\$22

Holiday:

19200-A	W	9:30-10:15AM	5WKS	11/3	\$14
19200-B	TH	9:00-9:45AM	5WKS	11/4	\$14

NEW CLASS! Where Do Animals Live?*(4 to 6 years)*

Do you wonder where animals live? Do they live in the forest or the desert? We will explore different habitats in the US. We will use picture books, games, and crafts as part of our learning process. (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

18140-A	W	11:00-11:45AM	8WKS	9/1	\$22
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Holiday:

19140-A	W	11:00-11:45AM	5WKS	11/3	\$14
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NEW CLASS! Beginner Reading Book Club*(3 to 6 years)*

Do you like to hear a good story? Come listen to a different book each week. We will play games, create crafts, and do other activities inspired by our book of the week. We will also keep a Bookworm log of all of the great books that we read together. (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

18150-A	W	9:00-9:30AM	8WKS	9/1	\$22
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Holiday:

19150-A	W	9:00-9:30AM	5WKS	11/3	\$14
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NEW CLASS! Passport to the World*(4 to 6 years)*

Grab your suitcase and passport as we "travel" around the world to new and exciting places. We will visit a new country each class and learn about the people who live there and their culture. We will also learn about famous landmarks in each country and collect some neat "souvenirs" along the way! (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

18130-A	W	10:15-11:00AM	8WKS	9/1	\$22
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Holiday:

19130-A	W	10:15-11:00AM	5WKS	11/3	\$14
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NEW CLASS! Celebrate the Year!*(4 to 6 years)*

There is always something to celebrate! We will learn more about holidays, events, and traditions that we celebrate throughout the year. We will have fun by playing games, creating crafts, and other fun activities. (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

18080-A	TH	9:45-10:15AM	8WKS	9/2	\$22
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Holiday:

19080-A	TH	9:45-10:15AM	5WKS	11/4	\$14
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Movin' Groovin'*(3 to 5 years)*

Come learn to have fun while moving our bodies. "Drill Sergeant Mary" will lead the way through relays and games. We will also work on waiting in lines, following directions, and our manners.

Instructor: Mary Cassidy (Certified School Teacher)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

18100-A	T	11:30-Noon	8WKS	8/31	\$22
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Holiday:

19100-A	T	11:30-Noon	5WKS	11/2	\$12
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NEW CLASS! Roaming Texas Dinosaurs*(3 to 6 years)*

Did you know that dinosaurs once roamed the great state of Texas? We will learn what kinds of dinos once roamed in our backyards through creative play, crafts, stories, and games! (Supply Fee \$10.)

Instructor: Dottie Nicholson

Fall:

18045-A	F	9:00-10:00AM	8WKS	9/3	\$26
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NEW CLASS! Just Buggy!*(3 to 6 years)*

Do you like watching those creepy crawly critters in your backyard? We will learn all about insects and even conduct some live inspections of specimens. (Supply Fee \$10.)

Instructor: Dottie Nicholson

Fall:

18115-A	F	10:15-11:00AM	8WKS	9/3	\$24
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NEW CLASS! All Aboard!*(2.5 to 4 years)*

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. (Supply Fee \$10.)

Instructor: Dottie Nicholson

Fall:

18444-A	F	11:30-12:15PM	8WKS	9/3	\$24
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Tiny Judo Judokas*(5 years)*

Are you ready to step on the mat, but not old enough for the big kids' class yet? We'll work on some of the basics to get you ready to play with the big kids once you turn 6! Of course, we will have a ton of fun at the same time. This is an on-going program with students graduating into the OLYMPIC SPORT OF JUDO class when they turn 6.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

Fall:

18900-A	M	5:30-6:00PM	4WKS	8/30	\$24
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Holiday:

19900-A	M	5:30-6:00PM	5WKS	11/1	\$15
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Tae Kwon Do for Tots*(4-5 years)*

This class will teach the basic physical skills needed for martial arts: strength, flexibility, coordination, and balance. At the same time, you will learn martial arts fundamentals and age appropriate techniques.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian Jujitsu.)

Fall:

18300-A	TH	5:30-6:00PM	8WKS	9/2	\$24
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Holiday:

19300-A	TH	5:30-6:00PM	5WKS	11/4	\$15
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Tap for Tots (3-5 years)

In this class your tot will become familiar with many of the single sound tap moves. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Tap shoes required.)

Instructor: LaTisha Clay

Fall:

18065-A	TH	10:30-11:00AM	8WKS	9/2	\$22
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Holiday:

19065-A	TH	10:30-11:00AM	5WKS	11/4	\$14
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Ballet for Tots (3-5 years)

In this class your tot will become familiar with basic barre and center work. We will also work on counting, tempo, distinguishing our right from our left, and other foundational dance concepts. (Ballet shoes required.)

Instructor: LaTisha Clay

Fall:

18180-A	T	10:30-11:00AM	8WKS	8/31	\$22
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Holiday:

19180-A	T	10:30-11:00AM	5WKS	11/2	\$14
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Tiny Dancer I (3-5 years)

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

(Ballet and tap shoes are required.)

Fall:

Instructor: LaTisha Clay

18060-A	T	11:00-11:45AM	8WKS	8/31	\$24
18060-B	TH	11:00-11:45AM	8WKS	9/2	\$24

Instructor: Caitlin Sonnen

(3 years)

18060-C	S	9:15-10:00AM	8WKS	9/4	\$24
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(4-5 years)

18060-D	S	10:00-10:45AM	8WKS	9/4	\$24
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Holiday:

Instructor: LaTisha Clay

19060-A	T	11:00-11:45AM	5WKS	11/2	\$15
19060-B	TH	11:00-11:45AM	5WKS	11/4	\$15

Tiny Dancer II (4-5 years)

Your tiny dancer will learn tap, ballet, and rhythmic movements. (Ballet and tap shoes are required.)

Instructor: LaTisha Clay

Fall:

18070-A	T	11:45-12:30PM	8WKS	8/31	\$24
18070-B	TH	11:45-12:30PM	8WKS	9/2	\$24

Holiday:

19070-A	T	11:45-12:30PM	5WKS	11/2	\$14
19070-B	TH	11:45-12:30PM	5WKS	11/4	\$14

One Time Programs

Harvest Fun (3-12 years)

Scarecrows and pumpkins galore! We will create fall-themed gifts! (Supply fee \$10)

Instructor: Mary Cassidy

(3-5 years)

18400-A	S	10:00-Noon	1 TIME CLASS	10/23	\$15
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(6-12 years)

18400-B	S	1:00-3:30PM	1 TIME CLASS	10/23	\$17
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Candy Workshop (3-12 years)

Let's get ready for the holidays and make some wonderful candy treats! (Supply fee \$10)

Instructor: Mary Cassidy

(3-5 years)

19333-A	S	10:00-Noon	1 TIME CLASS	12/4	\$15
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(6-12 years)

19333-B	S	1:00-3:30PM	1 TIME CLASS	12/4	\$17
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Christmas Party (4-10 years)

Ready to get in the Christmas spirit? We will get you ready to celebrate the holiday! We will play games, decorate a cookie, make an ornament, and sing some ol' fashioned Christmas carols! (Supply fee \$5)

Instructor: Michelle Riley

19999-A	S	9:30-10:30AM	1 TIME CLASS	12/11	\$12
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Christmas Tea Party (3-10 years)

It is Christmas time! Let's get together for some holiday fun! We will create a special ornament, decorate cookies, have tea, and play Christmas bingo! (Supply fee \$6)

Instructor: Michelle Riley

19999-B	S	10:30-11:15AM	1 TIME CLASS	12/11	\$12
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Youth Programs

Yes, I Can Draw (6-12 years)

Yes, you can draw! You will develop your fine motor skills by putting your creativity to work through drawing. (Supply list)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

28170-A	T	4:30-5:20PM	8WKS	8/31	\$24
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Holiday:

29170-A	T	4:30-5:20PM	5WKS	11/2	\$15
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Water Coloring (6-12 years)

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

28090-A	M	5:30-6:30PM	8WKS	8/30	\$24
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Holiday:

29090-A	M	5:30-6:30PM	5WKS	11/1	\$15
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Home School Lunch-A-Bunch (6-12 years)

Calling all hungry kids to the kitchen for some fun! Come learn how to create a healthy lunch. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

28060-A	W	11:30-12:30PM	8WKS	9/1	\$24
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Holiday:

29060-A	W	11:30-12:30PM	5WKS	11/3	\$15
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NEW CLASS! Home School Art (6-12 years)

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

Fall:

28040-A	W	12:30-1:30PM	8WKS	9/1	\$24
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Holiday:

29040-A	W	12:30-1:30PM	5WKS	11/3	\$15
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NEW CLASS! All Kinds of Arts & Crafts for Homeschoolers

(6-9 years)

Are you ready to roll up your sleeves and create? We will craft a new project each week and learn about all types of arts and crafts! (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

28005-A	TH	10:15-11:00AM	8WKS	9/2	\$22
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Holiday:

29005-A	TH	10:15-11:00AM	5WKS	11/4	\$14
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NEW CLASS! Book Club for Homeschoolers (6-9 years)

Even big kids enjoy a good story! Come listen to a different book each week. We will read both fiction and non-fiction. We will play games, create crafts, and do other activities inspired by our book of the week. We will also keep a log of all of the great books that we read together. (Supply Fee \$10 for the Fall and \$5 for the Holiday.)

Instructor: Suzanne Starks

Fall:

28100-A	TH	11:00-11:30AM	8WKS	9/2	\$22
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Holiday:

29100-A	TH	11:00-11:30AM	5WKS	11/4	\$14
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NEW CLASS! Writing Kids (9-12 years)

Are you the next J.K. Rowling or Stephanie Meyer? Do you have a great idea for a commercial? Do you have a true story you want to share? Writing can be fun and help you express your thoughts and feelings. Come learn several different types of writing and how to put your thoughts on paper.

Instructor: Tiffany Todd

Fall:

28400-A	W	5:00-6:00PM	8WKS	9/1	\$40
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Holiday:

29400-A	W	5:00-6:00PM	5WKS	11/3	\$25
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Guitar I (9-17 years)

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred.)

Instructor: Bill Webb

Fall:

28020-A	TH	6:00-7:00PM	8WKS	9/2	\$30
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Holiday:

29020-A	TH	6:00-7:00PM	5WKS	11/4	\$19
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Guitar II (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Bill Webb

Fall:

28025-A	T	6:00-7:00PM	8WKS	8/31	\$30
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Holiday:

29025-A	T	6:00-7:00PM	5WKS	11/2	\$19
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Guitar III (All Ages)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Bill Webb

Fall:

28023-A	T	7:15-8:15PM	8WKS	8/31	\$30
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Holiday:

29023-A	T	7:15-8:15PM	5WKS	11/2	\$19
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Beginner Violin (9-12 years)

This class will introduce you to your instrument. You will learn to read and play basic music in a group setting. (Students must provide their own violin.)

Instructor: Amanda Flores

Fall:

28050-A	M	6:00-6:45PM	8WKS	8/30	\$60
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28050-B	S	10:00-10:45AM	8WKS	9/4	\$60
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3-in-1 Dance Combo Class (5-10 years)

Are you looking for a class that has it all? You will get a taste of ballet, tap, and jazz all in the same class! (Ballet, tap, and jazz shoes required.)

Fall:

Instructor: LaTisha Clay

Part I (5-10 years)

28300A	TH	4:00-5:15PM	8WKS	9/2	\$28
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Part II (7-12 years)

28300B	W	4:45-6:00PM	8WKS	9/1	\$28
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Instructor: Caitlin Sonnen

(6-8 years)

28300C	S	10:45-Noon	8WKS	9/4	\$28
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Holiday:

Instructor: LaTisha Clay

Part I (5-10 years)

29300A	TH	4:00-5:15PM	5WKS	11/4	\$18
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Part II (7-12 years)

29300B	W	4:45-6:00PM	5WKS	11/3	\$18
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Hip-Hop Dance (5-10 years)

In this class you will learn the basics of hip-hop dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts. (Sneakers required)

Instructor: LaTisha Clay

Fall:

28070A	W	4:00-4:45PM	8WKS	9/1	\$24
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Holiday:

29070A	W	4:00-4:45PM	5WKS	11/3	\$15
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Cheerleading 101 - Beginning and Intermediate

(4-12 years)

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

Fall:

Instructor: Stephanie Torian

(5-7 years)

28180A	T	4:00-4:45PM	8WKS	8/31	\$24
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(8-12 years)

28180B	T	4:45-5:30PM	8WKS	8/31	\$24
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Instructor: Sherri Crawford

Beginning (4-6 years)

28180C	TH	3:30-4:00PM	8WKS	9/2	\$22
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Intermediate (7-12 years)

28180D	TH	4:00-4:30PM	8WKS	9/2	\$22
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Holiday:

Instructor: Stephanie Torian

(5-7 years)

29180A	T	4:00-4:45PM	5WKS	11/2	\$15
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(8-12 years)

29180B	T	4:45-5:30PM	5WKS	11/2	\$15
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Instructor: Sherri Crawford

Beginning (4-6 years)

29180C	TH	3:30-4:00PM	5WKS	11/4	\$13
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Intermediate (7-12 years)

29180D	TH	4:00-4:30PM	5WKS	11/4	\$13
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Kids' Workout (6-15 years)

Let's improve our fitness level and have fun doing it! This class is all-inclusive functional fitness with focus on the 10 points of fitness. Tennis shoes required.

Instructor: William Reed (Certified Fitness Instructor)

Fall:

(6-10 years)

28555A	TTH	4:00-4:25PM	8WKS	8/31	\$22
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(11-15 years)

28555B	TTH	4:30-4:55PM	8WKS	8/31	\$22
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Holiday:

(6-10 years)

29555A	TTH	4:00-4:25PM	5WKS	11/2	\$14
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(11-15 years)

29555B	TTH	4:30-4:55PM	5WKS	11/2	\$14
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Soccer Skills (8-12 years)

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

Instructor: Kourtnee Castillo

Fall:

28500A	W	8:30-9:00PM	8WKS	9/1	\$22
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Holiday:

29500A	W	8:30-9:00PM	5WKS	11/3	\$14
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Basketball Basics (7-12 years)

Is the NBA in your future? Come get the ball bouncing and learn the basics to get started. (Athletic shoes required.)

Instructor: Kourtnee Castillo

Fall:

28030A	W	8:00-8:30PM	8WKS	9/1	\$22
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Holiday:

29030A	W	8:00-8:30PM	5WKS	11/3	\$14
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Girls Volleyball Beginners Basics (5-12 years)

Do you have an interest in playing volleyball? We will learn the basics to get you started. (Tennis shoes required.)

Instructor: Stacie Castillo

Fall:

(5-7 years)

28035A	W	7:00-7:30PM	8WKS	9/1	\$22
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(8-12 years)

28035B	W	7:30-8:00PM	8WKS	9/1	\$22
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Holiday:

(5-7 years)

29035A	W	7:00-7:30PM	5WKS	11/3	\$14
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(8-12 years)

29035B	W	7:30-8:00PM	5WKS	11/3	\$14
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Tae Kwon Do and Jujutsu for Kids (6-12 years)

This class will teach basic and advanced Tae Kwon Do techniques as well as self defense techniques of escapes, take downs and disabling from jujutsu.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian Jujutsu.)

September:

28200A	TH	6:00-7:00PM	4WKS	9/2	\$40
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October:

28200B	TH	6:00-7:00PM	4WKS	10/7	\$40
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November:

28200C	TH	6:00-7:00PM	4WKS	11/4	\$40
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December:

28200D	TH	6:00-7:00PM	4WKS	12/2	\$40
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ITF - Tae Kwon Do (5 and up)

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

Instructor: Jonathan Nguyen (member of ITF-United and Grandmaster Van Binh)

Fall:

White belts - (5 and up)

28700A	S	9:05-10:10AM	8WKS	9/4	\$56
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Colored belts - (5 and up)

28700B	S	10:10-11:10AM	8WKS	9/4	\$56
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Holiday:

White belts - (5 and up)

29700A	S	9:05-10:10AM	5WKS	11/6	\$35
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Colored belts - (5 and up)

29700B	S	10:10-11:10AM	5WKS	11/6	\$35
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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:

(Beginner 8-15 years)

28111A	M	6:00-8:00PM	8WKS	8/30	\$34
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(Beginner 5-7 years)

28111B	MW	4:00-5:00PM	8WKS	8/30	\$34
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(Advanced 8-15 years)

28111C	MW	5:00-6:00PM	8WKS	8/30	\$34
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Holiday:

(Beginner 8-15 years)

29111A	M	6:00-8:00PM	5WKS	11/1	\$21
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(Beginner 5-7 years)

29111B	MW	4:00-5:00PM	5WKS	11/1	\$21
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(Advanced 8-15 years)

29111C	MW	5:00-6:00PM	5WKS	11/1	\$21
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Olympic Sport of Judo (6-12 years)

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

September:

28900A	M	6:00-7:00 PM	4WKS	9/13	\$32
	S	9:05-10:05AM			

October:

28900B	M	6:00-7:00 PM	4WKS	10/4	\$32
	S	9:05-10:05AM			

November:

28900C	M	6:00-7:00 PM	4WKS	11/1	\$32
	S	9:05-10:05AM			

December:

28900D	M	6:00-7:00 PM	4WKS	12/6	\$32
	S	9:05-10:05AM			

NEW CLASS! Special Needs Judo (8+ years)

This class is for students with cognitive delays who need a little additional help and repetition. We will learn the sport of Judo which recently was added to the World Special Olympic format. All students will need medical approval to participate in the class. Judo will not only increase your muscle tone and fitness level, but also increase your confidence and discipline. The class size is limited, pre-registration is highly encouraged.

Instructor: Kim Mesa (5th degree black belt and certified USA Judo International Coach)

September:

28888A	W	6:15-7:00 PM	4WKS	9/1	\$25
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October:

28888B	W	6:15-7:00 PM	4WKS	10/6	\$25
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November:

28888C	W	6:15-7:00 PM	4WKS	11/3	\$25
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December:

28888D	W	6:15-7:00 PM	4WKS	12/1	\$25
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Gymnastics Programs

Parent/Tot Tumbling (16-36 mos)

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

Instructor: Tammy Slovensky

Fall:

38040A	M	9:30-10:00AM	8WKS	8/30	\$22
38040B	T	9:30-10:00AM	8WKS	8/31	\$22
38040C	W	9:30-10:00AM	8WKS	9/1	\$22
38040D	TH	9:30-10:00AM	8WKS	9/2	\$22

Holiday:

39040A	M	9:30-10:00AM	5WKS	11/1	\$14
39040B	T	9:30-10:00AM	5WKS	11/2	\$14
39040C	W	9:30-10:00AM	5WKS	11/3	\$14
39040D	TH	9:30-10:00AM	5WKS	11/4	\$14

Tiny Tikes (2.5-3.5 years)

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

Instructor: Tammy Slovensky

Fall:

38030A	M	10:00-10:30AM	8WKS	8/30	\$22
38030B	T	10:00-10:30AM	8WKS	8/31	\$22
38030C	W	10:00-10:30AM	8WKS	9/1	\$22
38030D	W	11:30-Noon	8WKS	9/1	\$22
38030E	TH	10:00-10:30AM	8WKS	9/2	\$22

Holiday:

39030A	M	10:00-10:30AM	5WKS	11/1	\$14
39030B	T	10:00-10:30AM	5WKS	11/2	\$14
39030C	W	10:00-10:30AM	5WKS	11/3	\$14
39030D	W	11:30-Noon	5WKS	11/3	\$14
39030E	TH	10:00-10:30AM	5WKS	11/4	\$14

Tumbling Tots I (3-4 years)

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

Instructor: Tammy Slovensky

Fall:

38011A	M	10:30-11:00AM	8WKS	8/30	\$22
38011B	M	11:30-Noon	8WKS	8/30	\$22
38011C	T	10:30-11:00AM	8WKS	8/31	\$22
38011D	W	10:30-11:00AM	8WKS	9/1	\$22
38011E	TH	10:30-11:00AM	8WKS	9/2	\$22
38011F	TH	11:30-Noon	8WKS	9/2	\$22

Holiday:

39011A	M	10:30-11:00AM	5WKS	11/1	\$14
39011B	M	11:30-Noon	5WKS	11/1	\$14
39011C	T	10:30-11:00AM	5WKS	11/2	\$14
39011D	W	10:30-11:00AM	5WKS	11/3	\$14
39011E	TH	10:30-11:00AM	5WKS	11/4	\$14
39011F	TH	11:30-Noon	5WKS	11/4	\$14

Tumbling Tots II (4-5 years)

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

Instructor: Tammy Slovensky

Fall:

38022A	M	11:00-11:30AM	8WKS	8/30	\$22
38022B	T	11:00-11:30AM	8WKS	8/31	\$22
38022C	T	11:30-Noon	8WKS	8/31	\$22
38022D	W	11:00-11:30AM	8WKS	9/1	\$22
38022E	TH	11:00-11:30AM	8WKS	9/2	\$22

Holiday:

39022A	M	11:00-11:30AM	5WKS	11/1	\$14
39022B	T	11:00-11:30AM	5WKS	11/2	\$14
39022C	T	11:30-Noon	5WKS	11/2	\$14
39022D	W	11:00-11:30AM	5WKS	11/3	\$14
39022E	TH	11:00-11:30AM	5WKS	11/4	\$14

Beginner Gymnastics (5-7 years)

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

Instructor: Tana Eden

Fall: (5-7 years)

38051-A	M	4:00-5:00PM	8WKS	8/30	\$26
38051-B	T	4:00-5:00PM	8WKS	8/31	\$26
38051-C	W	5:00-6:00PM	8WKS	9/1	\$26
38051-D	TH	5:00-6:00PM	8WKS	9/2	\$26

(7-10 years)

38051-E	M	5:00-6:00PM	8WKS	8/30	\$26
38051-F	T	5:00-6:00PM	8WKS	8/31	\$26
38051-G	W	4:00-5:00PM	8WKS	9/1	\$26
38051-H	TH	4:00-5:00PM	8WKS	9/2	\$26

Holiday: (5-7 years)

39051-A	M	4:00-5:00PM	5WKS	11/1	\$16
39051-B	T	4:00-5:00PM	5WKS	11/2	\$16
39051-C	W	5:00-6:00PM	5WKS	11/3	\$16
39051-D	TH	5:00-6:00PM	5WKS	11/4	\$16

(7-10 years)

39051-E	M	5:00-6:00PM	5WKS	11/1	\$16
39051-F	T	5:00-6:00PM	5WKS	11/2	\$16
39051-G	W	4:00-5:00PM	5WKS	11/3	\$16
39051-H	TH	4:00-5:00PM	5WKS	11/4	\$16

NEW CLASS! Beginning Tumbling (4-6 years)

Forward rolls, cartwheels, and more! We will start with the basics to build a solid tumbling foundation. You will learn the proper technique for cartwheels, round-offs, front tumbling, backbends, back walkovers, and prepare for "assisted" back handsprings.

Instructor: Sherri Crawford

Fall:

38100A	M	3:30-4:00PM	8WKS	8/30	\$22
39100A	M	3:30-4:00PM	5WKS	11/1	\$14

Holiday:

39100A	M	3:30-4:00PM	5WKS	11/1	\$14
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NEW CLASS! Intermediate Tumbling (7-12 years)

If you have completed the beginning tumbling class above, or have previous training to accomplish most of the skills listed in the beginning tumbling class, you may enroll in this intermediate class to further your training to achieve these skills unassisted. You will also prepare for more advanced types of back handsprings.

Instructor: Sherri Crawford

Fall:

38100B	M	4:00-4:45PM	8WKS	8/30	\$24
39100B	M	4:00-4:45PM	5WKS	11/1	\$16

Holiday:

39100B	M	4:00-4:45PM	5WKS	11/1	\$16
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NEW CLASS! Advanced Tumbling (12-15 years)

If you have completed the beginning tumbling and intermediate tumbling classes above, or have previous training to accomplish most of the skills listed in the beginning tumbling class and intermediate tumbling class, you may enroll in this advanced tumbling class to further your current skills, as well as standing backs, running round-off backs, and other more advanced tumbling without using your hands.

Instructor: Sherri Crawford

Fall:

38100C	TH	4:30-5:15PM	8WKS	9/2	\$24
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Holiday:

39100C	TH	4:30-5:15PM	5WKS	11/4	\$16
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NEW CLASS! Beginning Tumbling for Cheerleaders (4-12 years)

Do you want to learn more about tumbling and cheerleading together but do not have any experience? In this class, we will learn the basic motions, jumps, and techniques. You will also learn basic cheers and chants.

Instructor: Sherri Crawford

Fall:

(4-6 years)

38100D	W	3:30-4:15PM	8WKS	9/1	\$24
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(7-12 years)

38100E	W	4:15-5:00PM	8WKS	9/1	\$24
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Holiday:

(4-6 years)

39100D	W	3:30-4:15PM	5WKS	11/3	\$16
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(7-12 years)

39100E	W	4:15-5:00PM	8WKS	9/1	\$16
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NEW CLASS! Advanced Tumbling for Cheerleaders (7-15 years)

Now that you have the basics down, this class will help you fine tune your current skills. We will also learn advanced cheers and chants and dance techniques.

Instructor: Sherri Crawford

Fall:

38100F	W	5:00-5:45PM	8WKS	9/1	\$24
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Holiday:

39100F	W	5:00-5:45PM	5WKS	11/3	\$16
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Adult Programs

Personal Training

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. A one hour session is \$41 or a series of five is \$172. Sessions are set by appointment.

Instructors: Bilal Konte, BS Kinesiology/Fitness

Management and William Reed, Certified Personal Trainer

Fitness Evaluations

Are you getting started on your fitness program and do not know where to begin? A fitness evaluation should be your first step in any fitness program. Your level of fitness is assessed in five components: cardiovascular, muscular strength, muscular endurance, flexibility and body composition. A one hour session is \$41. All evaluations are done by appointment.

Instructors: Bilal Konte, BS Kinesiology/Fitness

Management and William Reed, Certified Personal Trainer

Nutrition Counseling

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. A one-hour session is \$52 or a series of 3 sessions is \$117. All evaluations are done by appointment.

Instructor: Esther White, MS, RD, CSSD, LD

The Power Package

Join forces with the experts in nutrition and fitness for successful results! Your Power Package includes 2 sessions focused on nutrition with a customized diet plan and 2 sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$142 for the 4 sessions. All evaluations are done by appointment.

Instructor: Esther White, MS, RD, CSSD, LD, Bilal

Konte, BS Kinesiology/Fitness Management and William

Reed, Certified Personal Trainer

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:

48010A	MWThF	8:30-9:15 AM	8WKS	8/30	\$28
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Holiday:

49010A	MWThF	8:30-9:15 AM	5WKS	11/1	\$18
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NEW CLASS! Mix It Up Aerobics

Come have fun getting in shape with this versatile class. We do a variety of fun cardio and strength work to keep it fun, interesting, and challenging. If you have never exercised before or if you have been for years, this class is for you! Come mix it up with us and have a great time achieving your goals!

Instructor: Belka Hartmann (Certified Fitness Instructor)

Fall :

48040A	MWF	9:15-10:15 AM	8WKS	8/30	\$40
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Holiday:

49040A	MWF	9:15-10:15 AM	5WKS	11/1	\$25
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Cardio Dance Party

There's no better way to get in shape than doing something you enjoy and that is fun! Come dance the night away with great dance formats including ZUMBA, HULA FITNESS and MUCH, MUCH MORE. This class is sure to help tone and tighten – and help you lose those unwanted pounds with a great big smile on your face. Come on, let's party!

Instructor: Behka Hartmann (Certified Fitness Instructor) Fall:

48065-A	MW	6:05-7:00PM	8WKS	8/30	\$40
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Holiday:

49065-A	MW	6:05-7:00PM	5WKS	11/1	\$25
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Active Independents

Attention Seniors! Are you looking for an exercise class scaled to your fitness level? This class is an all inclusive functional fitness with focus on the 10 points of fitness.

Instructor: William Reed (Certified Fitness Instructor)

September:

48333-A	MW	10:30-11:30AM	4WKS	9/1	\$25
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October:

48333-B	MW	10:30-11:30AM	4WKS	10/4	\$25
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November:

48333-C	MW	10:30-11:30AM	4WKS	11/1	\$25
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December:

48333-D	MW	10:30-11:30AM	4WKS	12/1	\$25
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Camp HRC

Do you have high blood pressure, Type II Diabetes (adult onset), low back pain (non-traumatic), feel sluggish, and just physically unconditioned? It's time to get in shape! Exercise can prevent, treat, and cure diseases associated with poor diet and sedentary lifestyle. Exercise to increase metabolism, bone density, improve body composition, increase energy levels, and more.

Instructor: Bilal Konte (B.S. Kinesiology/Master of Fitness Specialist)

September:

48998-A	MW	7:15-8:10 PM	4WKS	9/1	\$25
48998-B	TTH	5:00-5:55PM	4WKS	9/2	\$25

October:

48998-C	MW	7:15-8:10 PM	4WKS	10/4	\$25
48998-D	TTH	5:00-5:55PM	4WKS	10/5	\$25

November:

48998-E	MW	7:15-8:10 PM	4WKS	11/1	\$25
43998-F	TTH	5:00-5:55PM	4WKS	11/2	\$25

December:

48998-G	MW	7:15-8:10 PM	4WKS	12/1	\$25
43998-H	TTH	5:00-5:55PM	4WKS	12/2	\$25

Bootcamp

Today's the day to achieve the goal you have been putting off. Come early and then have your whole day to be proud of what you accomplished that morning. Boot camp is for everyone. You will get help getting past those plateaus, achieve your goals and get to be a fitter YOU! Come tone and tighten with a variety of workouts including core strength, stability ball, weights, steps, circuits, interval training, and much more. Decide today that YOU ARE WORTH IT!

Instructor: Behka Hartmann (Certified Fitness Instructor)

Fall:

48420-A	MW	6:35-7:30AM	8WKS	8/30	\$40
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Holiday:

49420-A	MW	6:35-7:30AM	5WKS	11/1	\$25
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Extreme Fitness

This high intensity, total body workout uses functional every day movements to get you exercising. The workout and movements will be scaled to meet your personal fitness level and ability.

Instructor: William Reed (Certified Fitness Instructor, Certified Crossfit Instructor)

September:

48005-A	TTH	6:00-6:55PM	4WKS	9/7	\$25
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October:

48005-B	TTH	6:00-6:55PM	4WKS	10/5	\$25
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November:

48005-C	TTH	6:00-6:55PM	4WKS	11/2	\$25
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December:

48005-D	TTH	6:00-6:55PM	4WKS	12/2	\$25
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Slim It Out, Tone It Up

Join us for a fun, challenging and fast-paced workout that uses different moves and equipment to target every muscle in your body. You will walk out with a smile on your face and a little sweat on your shirt!

Instructor: Esther White, MS, RD, CSSD, LD

Fall:

48015-A	TTH	6:35-7:25AM	8WKS	8/31	\$36
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Holiday:

49015-A	TTH	6:35-7:25AM	5WKS	11/2	\$22
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Cycle and Core

A challenging combo class of cycling and strength to give you that total body workout to burn fat and calories! Bring water, a towel, bike shorts or a padded seat cover, and determination!

Instructor: Esther White, MS, RD, CSSD, LD

Fall:

48300-A	T	5:15-6:35PM	8WKS	8/31	\$30
48300-B	T	6:00-7:00PM	8WKS	8/31	\$28

Holiday:

49300-A	T	5:15-6:35PM	5WKS	11/2	\$17
49300-B	T	6:00-7:00PM	5WKS	11/2	\$14

Spin & Sweat

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

Instructor: Angela Pond

Fall:

48444-A	TH	5:30-6:15PM	8WKS	9/2	\$22
48444-B	TH	6:15-7:00PM	8WKS	9/2	\$22

Holiday:

49444-A	TH	5:30-6:15PM	5WKS	11/4	\$14
49444-B	TH	6:15-7:00PM	5WKS	11/4	\$14

Flow & Strength

Come challenge yourself to grow in flexibility, strength, and calmness using yoga and pilates influenced movement to improve your health.

Instructor: Esther White, MS, RD, CSSD, LD

Fall:

48060-A	M	5:10-6:00PM	8WKS	8/30	\$30
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Holiday:

49060-A	M	5:10-6:00PM	5WKS	11/1	\$19
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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, CSSD, LD

Fall:

48001-A	M	6:00-7:00PM	8WKS	8/30	\$30
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Holiday:

49001-A	M	6:00-7:00PM	5WKS	11/1	\$19
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Hatha Yoga I & II

Learn more about yourself from the inside out with the tools of yoga. Increase your flexibility, balance, and tone your body. Discover the technique of breath control, centering and meditation. (Eat nothing 2 hours prior to class and bring a lap blanket.)

Fall:

Hatha Yoga I:

Instructor: Jessica Copeland

48100-A	T	9:15-10:15AM	8WKS	8/31	\$32
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Instructor: Behka Hartmann

48100-B	F	10:15-11:15AM	8WKS	9/3	\$32
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Hatha Yoga II:

Instructor: Jessica Copeland

48100-C	M	10:30-11:15AM	8WKS	8/30	\$32
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Holiday:

Hatha Yoga I:

Instructor: Jessica Copeland

49100-A	T	9:15-10:15AM	5WKS	11/2	\$20
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Instructor: Behka Hartmann

49100-B	F	10:15-11:15AM	5WKS	11/5	\$20
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Hatha Yoga II:

Instructor: Jessica Copeland

49100-C	M	10:30-11:15AM	5WKS	11/1	\$20
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Scaravelli Yoga

Learn to elongate and extend comfortably into poses by using gravity and your breath. This user-friendly style of yoga will teach you how to relax. Please bring a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

Fall:

48100-D	W	8:15-9:15PM	8WKS	9/1	\$32
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Holiday:

49100-D	W	8:15-9:15PM	5WKS	11/3	\$20
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Scaravelli Yoga - Intermediate

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses. Please bring a yoga mat and a blanket to class.

Instructor: Julie Vela (Certified and registered with Yoga Alliance)

Fall:

48100-E	W	7:00-8:00PM	8WKS	9/1	\$32
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Holiday:

49100-E	W	7:00-8:00PM	5WKS	11/3	\$20
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MMA - Mixed Martial Arts 101

Does the UFC intrigue and inspire you? Here's your opportunity to step onto the mat and give it a try. We will cover all aspects of un-armed combat, standing striking techniques, take downs and throws and ground work featuring joint locks and chokes.

Instructor: Paul Kearney (3rd degree black belt in Tae Kwon Do, 1st degree black belt in Judo and Aikijujutsu, and holds a blue belt in Brazilian JiuJitsu.)

September:

48555-A	TH	7:00-8:30PM	4WKS	9/2	\$40
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October:

48555-B	TH	7:00-8:30PM	4WKS	10/7	\$40
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November:

48555-C	TH	7:00-8:30PM	4WKS	11/4	\$40
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December:

48555-D	TH	7:00-8:30PM	4WKS	12/2	\$40
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Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

Instructor: Kim Mesa (5th degree Black Belt and certified USA Judo International Coach)

September:

48800-A	M	7:00-8:30PM	4WKS	9/13	\$32
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	W	7:00-8:30PM			
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	S	10:05-11:30AM			
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October:

48800-B	M	7:00-8:30PM	4WKS	10/4	\$32
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	W	7:00-8:30PM			
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	S	10:05-11:30AM			
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November:

48800-C	M	7:00-8:30PM	4WKS	11/1	\$32
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	W	7:00-8:30PM			
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	S	10:05-11:30AM			
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December:

48800-D	M	7:00-8:30PM	4WKS	12/6	\$32
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	W	7:00-8:30PM			
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	S	10:05-11:30AM			
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ITF - Tae Kwon Do

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

Instructor: Jonathan Nguyen (member of ITF-Unified and Grandmaster Van Binh)

Fall:

WHITE BELTS: (Ages 5 and up)

28700-A	S	9:05-10:10AM	8WKS	9/4	\$56
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COLORED BELTS: (Ages 5 and up)

28700-B	S	10:10-11:10AM	8WKS	9/4	\$56
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Holiday:

WHITE BELTS: (Ages 5 and up)

29700-A	S	9:05-10:10AM	5WKS	11/6	\$35
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COLORED BELTS: (Ages 5 and up)

29700-B	S	10:10-11:10AM	5WKS	11/6	\$35
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Tai Chi

The Thursday evening class will focus on the basics of Tai Chi. Emphasis will be on relaxation, balance, and making the mind-body connection necessary in Tai Chi. Class will study the movements of the first section of the Yang long form. The Saturday morning class is for advanced students who have a working understanding of the Yang-style 103-movement form.

Instructor: Dan Streeter

September:

48070-A	TH	7:30-8:45PM	4WKS	9/2	\$37
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	S	9:05-10:30AM			
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October:

48070-B	TH	7:30-8:45PM	4WKS	10/2	\$37
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	S	9:05-10:30AM			
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November:

48070-C	TH	7:30-8:45PM	4WKS	11/4	\$37
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	S	9:05-10:30AM			
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December:

48070-D	TH	7:30-8:45PM	4WKS	12/2	\$37
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	S	9:05-10:30AM			
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Qui Gong/Intro to Tai Chi

In this class we will focus on the benefits of deep-breathing, moving meditation exercises, followed by an introduction to Tai Chi using the Yang-style 103-movement form. Participants should be able to stand comfortably for the class period, and walking-shoes are recommended.

Instructor: Dan Streeter

September:

48075-A	WF	1:00-2:00PM	4WKS	9/1	\$37
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October:

48075-B	WF	1:00-2:00PM	4WKS	10/1	\$37
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November:

48075-C	WF	1:00-2:00PM	4WKS	11/3	\$37
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December:

48075-D	WF	1:00-2:00PM	4WKS	12/1	\$37
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Beginner, basic level square dance lessons begin

Sept. 14

Tri-Cities Promenadors:

Did you know that the Tri-Cities Promenadors offer Square Dance lessons at the Brookside Center on Tuesday nights from 7:30-9:30 PM?

Drop by and give it a try!



NEW CLASS! Couples Massage Workshop

Here is an opportunity for you and your partner to learn massage techniques to help each other relieve the stress of the world. We will discuss basic education about different massage techniques, the best oils and lotions to use, and how to work the areas of the body that need the most relief after a long day's work. Couples should wear loose and comfortable clothing and bring a mat, pillow, and blanket.

Instructor: Dr. Jeff A. Neal, LMT, MTI, BS, DC and Tammy Minch, LMT, CIMI, and MTI

Fall:

48700-A	T	7:15-9:50PM	ONE DAY	9/21	\$115 per couple
48700-B	T	7:15-9:50PM	ONE DAY	10/19	\$115 per couple

Holiday:

49700-A	T	7:15-9:50PM	ONE DAY	11/16	\$115 per couple
49700-B	T	7:15-9:50PM	ONE DAY	12/14	\$115 per couple

NEW CLASS! Health & Wellness Lifestyle Workshop

Are you looking to live a healthy life? We will learn progressive, proactive steps to attain health and optimize your total wellness experience. We will discuss Defining Health and Affording Your Wellness Lifestyle, among many others.

Instructor: Dr. Jeff A. Neal, LMT, MTI, BS, DC

Fall:

48128-A	T	7:15-9:50PM	ONE DAY	9/7	\$115 per couple
48128-B	T	7:15-9:50PM	ONE DAY	10/5	\$115 per couple

Holiday:

49128-A	T	7:15-9:50PM	ONE DAY	11/2	\$115 per couple
49128-B	T	7:15-9:50PM	ONE DAY	11/30	\$115 per couple
49128-C	T	7:15-9:50PM	ONE DAY	12/7	\$115 per couple

Clowning for Fun and Profit

Do you like clowning around? From make-up to making money, we will learn all aspects of clowning. We will have fun and learn magic, juggling, puppets, comedy, and much more.

Instructor: Andy Anderson

Fall:

48190-A	W	6:30-8:30PM	10WKS	9/15	\$32
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NEW CLASS! Memory Writing for Seniors

Every person has a story to tell. Every family has a history to be shared. Whether you want to publish your story or just share the best memories of your life with those you love, this class is for you. Don't let your story be forgotten. You can use the written word to recapture the best times of your life.

Instructor: Tiffany Todd

Fall:

48115-A	W	10:00AM-11:00PM	8WKS	9/1	\$40
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Holiday:

49115-A	W	10:00AM-11:00PM	5WKS	11/3	\$25
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NEW CLASS! Writing for Teens

Are you the next J.K. Rowling or Stephanie Meyer? Do you have a great idea for a commercial? Do you have a true story you want to share? Writing can be fun and help you express your thoughts and feelings. Come learn several different types of writing and how to put your thoughts on paper.

Instructor: Tiffany Todd

Fall:

48335-A	W	6:00-7:00PM	8WKS	9/1	\$40
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Holiday:

49335-A	W	6:00-7:00PM	5WKS	11/3	\$25
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NEW CLASS! Memory Writing

Do you enjoy writing? Have you wondered how to best tell your personal story? Whether you want to be a published writer or just to share with those close to you, you will benefit from this class. We will learn how to use words to convey your thoughts, feelings, and emotions onto paper.

Instructor: Tiffany Todd

Fall:

48117-A	W	7:00-8:00PM	8WKS	9/1	\$40
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Holiday:

49117-A	W	7:00-8:00PM	5WKS	11/3	\$25
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Brush & Palette

Express your talent through the art of oil painting! Basic strokes, color mixing, and application will be covered. (Supply list)

Instructor: Elaine Roosz

Fall:

48110-A	T	9:00-Noon	8WKS	8/31	\$50
48110-B	T	6:30-9:00PM	8WKS	8/31	\$50

Holiday:

49110-A	T	9:00-Noon	5WKS	11/2	\$31
49110-B	T	6:30-9:00PM	5WKS	11/2	\$31

Puppy Preschool

(Puppies 8 weeks to 5 months) Bring the family so they can learn to train the puppy too! (Kids under the age of 12 must be accompanied by an adult) Puppies are like young kids, they need us to show them the way. We will cover the do's and don'ts of raising puppies. We will talk about puppy basics like potty training, nipping, chewing, digging and crate training as well as the basics that are so important (name recognition, sit, come, stay, down and walking on a loose leash). The younger the puppies, the easier they are to teach, so don't let your puppy grow up without learning the basic skills! The last day of class is a fun day! We will play games with the pups and have some ice cream too! Bring your puppy out to have fun and learn some behavior skills too! Classes limited to 7 puppies. Class meets at the Central Park pavilion.

Instructor: Melinda Meche - Lucky Dog Training

Fall:

43000A	T	6:30-7:30PM	6WKS	9/7	\$99
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Dog Obedience School

(Dogs 6 months and up) Bring the family so everyone can see how dogs learn! (kids under the age of 12 must be accompanied by an adult) This class is great for dogs that need to learn basic obedience. We will discuss the 4 stages of teaching a behavior and the 3 big principles of how dogs learn. You will learn to communicate with your dog, how to stimulate your dog's mind and exercise him. Most importantly we will teach them all the basic obedience skills which include: sit, stay, come, down and walking on a loose leash. We will play games and have basic agility fun with tunnels and jumps. There will be a question and answer session to discuss specific issues you might be having with your dog. Let your dog have fun and learn some skills too! Class meets at the Central Park pavilion.

Instructor: Melinda Meche - Flex Puppy Training

Fall:

48700A	TH	6:30-7:30PM	6WKS	9/9	\$97
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Guitar I

Sing-a-long as you learn basic chords and chord progressions in this beginner class. Students must provide their own guitar (nylon strings preferred).

Instructor: Bill Webb

Fall:

48500A	TH	7:15-8:15PM	8WKS	9/2	\$30
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Holiday:

49500A	TH	7:15-8:15PM	5WKS	11/4	\$19
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Guitar II (All Ages)

Wanting to learn more about playing your guitar? In this class, you will learn music theory, sight reading, and even learn your first solo piece.

Instructor: Bill Webb

Fall:

28025A	T	6:00-7:00PM	8WKS	8/31	\$30
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Holiday:

29025A	T	6:00-7:00PM	5WKS	11/2	\$19
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Guitar III (All Ages)

Guitar III will help you further the skills you have already learned. You will learn more advanced skills and additional solo pieces of your choice. (The class will be presented in a workshop format.)

Instructor: Bill Webb

Fall:

28023A	T	7:15-8:15PM	8WKS	8/31	\$30
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Holiday:

29023A	T	7:15-8:15PM	5WKS	11/2	\$19
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Belly Dance Basics

Fun dance class! Come learn the basics of belly dance, American Tribal Style! A healthy, low-impact dance class suitable for all body types.

Instructor: Brandy Bollin

Fall:

48200A	T	7:00-8:00PM	8WKS	8/31	\$46
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Holiday:

49200A	T	7:00-8:00PM	5WKS	11/2	\$29
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Improv Dance Drills

Take your new-found belly dance skills and ramp it up a notch or two. We will cover more complex drills and improv combinations, building on what you learned in the Basics 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 dancers.

Instructor: Brandy Bollin

Fall:

48224A	T	8:00-9:00PM	8WKS	8/31	\$46
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Holiday:

49224A	T	8:00-9:00PM	5WKS	11/2	\$29
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Take it to the Stage: Advanced Belly Dance

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move 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.

Instructor: Brandy Bollin

Fall:

48222A	T	9:00-9:45PM	8WKS	8/31	\$40
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Holiday:

49222A	T	9:00-9:45PM	5WKS	11/2	\$25
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Tribal Evolution

This class covers the unique style of Improv Tribal Style, as taught by TE founder Brandy Bollin. This class is a professional performance level class that will teach you to include props, musical interpretation, musician interaction, staging, and show layout.

Instructor: Brandy Bollin

Fall:

48226A	TH	8:00-9:30PM	8WKS	9/2	\$46
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Holiday:

49226A	TH	8:00-9:30PM	5WKS	11/4	\$29
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Adult Tap Dance - Intermediate/Advanced

Come and experience the fun of tap dancing. Regardless of if you have never tapped before or you've been tapping for years, this class has something for everyone. (Tap shoes required.)

Instructor: LaTisha Clay

Fall:

48111A	TH	7:00-8:00PM	8WKS	9/2	\$30
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Holiday:

49111A	TH	7:00-8:00PM	5WKS	11/4	\$19
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Adult Dance Combo

Come get a taste of several styles of dance in one class. As a class, we will choose one style of dance to explore in-depth, while we continue to learn more about ballet, tap, jazz, modern, and more. (Ballet and Tap shoes required.)

Instructor: LaTisha Clay

Fall:

48400A	TH	8:00-9:30PM	8WKS	9/2	\$36
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Holiday:

49400A	TH	8:00-9:30PM	5WKS	11/4	\$22
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Wedding/Party Dance: The Foxtrot

Come and learn the social dance that is danced at most weddings, parties, cruise ships, and "just fun" type gatherings: the Foxtrot! No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48165A	M	7:25-8:10PM	4WKS	8/30	\$32 single/ \$60 couple
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Holiday:

49165A	M	7:25-8:10PM	4WKS	11/1	\$32 single/ \$60 couple
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Exercise/Workout Latin Style

Enjoy this fun, flirty, playful routine and workout through Cuban motion and syncopated steps. We will move and exercise to Latin style salsa and Cha Cha patterns plus some Meringue and then cool down and stretch with the romantic Bolero. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to sweat and have fun. Men and women both are encouraged. Class meets at the Brookside Center. (Class fee is \$60 per four weeks if you take both Monday and Wednesday classes.)

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48135A	M	6:30-7:15PM	4WKS	8/30	\$20
48135B	W	6:30-7:15PM	4WKS	9/1	\$20
48135C	M	6:30-7:15PM	4WKS	10/4	\$20
48135D	W	6:30-7:15PM	4WKS	10/6	\$20

Holiday:

49135A	M	6:30-7:15PM	4WKS	11/1	\$20
49135B	W	6:30-7:15PM	4WKS	11/3	\$20

Salsa - Part I

We will cover all the basics including cross over, right side pass, left side pass, turns, free style, and more! Leading for the men and following for the ladies will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48175A	W	8:15-9:00PM	4WKS	9/1	\$32 single/ \$60 couple
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Salsa – Part II

With the basics of Salsa under your belt, we will learn more advanced patterns, double turns, footwork, styling, patterns such as hammer locks, various pretzels and more. We will also review all the basics including cross over, right side pass, left side pass, turns, free style, and more! No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48170A	W	8:15-9:00PM	4WKS	10/6	\$32 single/\$60 couple
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Country Western: 2-step/3-step Beginner

YEEHAW! Come and learn to 2-step/3-step your way across the dance floor. We'll learn basic Texas, old country and western, and the progressive 2-step dances. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48140A	W	7:25-8:10PM	4WKS	10/6	\$32 single/\$60 couple
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The Swing (Triple Time)

The Swing is a great dance to know because it can be danced to most music played at weddings and parties. East coast swing is a triple or single-time style of dance with a rock step. Both styles will be taught. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48150A	M	7:25-8:10PM	4WKS	10/4	\$32 single/\$60 couple
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Intermediate Waltz - Ballroom or Country

We will learn the styling and techniques of the waltz and add style and grace to your dance. Prerequisite: Must know more than just a box step in Waltz. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48195A	W	7:25-8:10PM	4WKS	9/1	\$32 single/\$60 couple
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West Coast Swing - Part II

Bring your West Coast Swing favorite patterns to share with the class. We will break it down, teach it to the class, and even add to it! To enroll in this class, you must know basics such as baskets, whips, and passes. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48160A	M	8:15-9:00PM	4WKS	10/4	\$32 single/\$60 couple
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Tango - American Standard and Argentine Combo

Come and learn how to intermix the two most danced tangos together. We will combine both styles of dance with Ganchos, Ronde's different accent styles, techniques and timings of the Tango. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples only for this class. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

48191A	M	8:15-9:00 PM	4WKS	8/30	\$60 couple
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Intermediate Samba

Let's add to your existing dance patterns you learned in the beginning Samba class. We will learn Samba rolls from behind and in front, Bota Fogo's, volta's, and much more. We will also work on arm styling to improve your styling. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Fall:

49210A	M	8:15-9:00PM	4WKS	11/1	\$32 single/\$60 couple
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Mexican Cultural Dances - Tejano, Cumbia and Bachata

These three South American cultural dances are danced at most Quincienaras and Bodas (weddings) and are just fun to learn. Easy steps and relaxed frames, turns, and raps are included in the lesson. Come learn and enjoy to dance the dances of fiestas and parties of the Hispanic community. No open-toed, alligator long-toed, sliders, or sneaker-style shoes allowed. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Holiday:

49140A	W	8:15-9:00PM	4WKS	11/3	\$32 single/\$60 couple
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Wedding and Party Dancing - The Swing

This stylized Swing dance is currently popular with many Swing dancers across the country. It is danced to a wide variety of music including rhythm-and-blues, top 40 hits, slow-to-medium Swing, or Disco music. East Coast Swing is a very interpretive and fun dance. Dress comfortably and prepare to have fun while learning to dance. Couples encouraged, but singles welcome. Class meets at the Brookside Center.

Instructor: Gene Willman (Professionally-Trained Dance Instructor)

Holiday:

49130A	W	7:25-8:10PM	4WKS	11/3	\$32 single/\$60 couple
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Help Us Help You!

Please enroll early!

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

Recreation Division Programs

Recreation Center Fees:

	<i>Hurst Residents</i>	<i>Non-Hurst Residents</i>
Daily Pass	\$2.00	\$10.00
Annual Pass <i>Youth (6 – 15 years)</i>	\$20.00 per year	\$80.00 per year
Annual Pass <i>Adult (16 – 64 years)</i>	\$50.00 per year	\$200.00 per year
Annual Pass <i>Senior (65+ years)</i>	\$20.00 per year	\$80.00 per year
Annual Family Pass	\$125.00 per year	N/A
Replacement Card Fee	\$5.00	\$5.00

How do I know I am a Hurst resident?
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.

See **Page 44** for registration information

Healthy Hurst:

Healthy Hurst Online Wellness Program Information

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

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

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

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health, and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817.788.7325.

Recreation Center Information:

700 Mary Drive: 817.788.7325

Hours of Operation:

Monday-Thursday	6:30 AM – 10:00 PM
Friday	6:30 AM – 6:00 PM
Saturday	9:00 AM – 6:00 PM
Sunday	1:00 PM – 6:00 PM

Special Events:



NFL Punt, Pass and Kick Competition

Saturday, September 11

Noon.-2:00 PM

Hurst Community Park, 601 Precinct Line Road

Boys and girls ages 8-15 can test their football punt, pass and kicking skills in this event sponsored by the National Football League, the Texas Amateur Athletic Federation and the City of Hurst.

FREE!

For more information, call 817.788.320

Campfire Stories

Friday, October 22

7:00-8:00 PM

Chisholm Park, Longhorn Pavilion, 2200 Norwood Drive

Bring the family, marshmallows for roasting, lawn chairs or blankets, and experience the magic of the campfire and storytelling for all ages.

FREE! For more information, call 817.788.7320



32nd John Butler Memorial Senior Citizens Banquet

Saturday, December 11

5:00-7:00 PM

Hurst Recreation Center

Tickets will be available for Hurst Residents on Monday, October 11. 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! For more information, call 817.788.7320

Catfish and Trout Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with 12" channel catfish.

Week of August 30

Weeks of September 13 and 27

Weeks of October 11 and 25

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with trout again this winter. Please check TPWD website, Neighborhood Fishin' at www.neighborhoodfishin.org or call 817.788.7320.



Christmas Tree Lighting and Santa's Workshop

Tuesday, December 7

6:00 – 8:00 PM

Hurst City Hall

Join us for the lighting of the City's official Christmas Tree! Activities include: children's craft area, pony carousel, costumed characters, face painting, music, refreshments, fireworks, and of course Santa and Ms. Claus! FREE! For more information, call 817.788.7320

Santa's Mailbox

December 1 – 12

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 1-12. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library, and Hurst City Hall.

FREE! For more information, call 817.788.7320



Adult Softball Fall League Registration

Returning Teams:

(Teams playing in Hurst in 2009 and 2010)

Monday, August 2, 8:00 AM-5:00 PM

Tuesday, August 3, 8:00 AM-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Open Registration:

Wednesday, August 4-20

Monday, Wednesday and Friday from 8:00 AM-5:00 PM and Tuesday and Thursday from 8:00 AM.-6:00 PM

Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$300 for an 8 game season (No Fall League Playoffs)

League Nights:

Monday - Friday

League Schedules:

Available August 25

Season Begins:

Monday, August 30

**For more information,
call 817.788.7320.**

Adult Basketball Fall League Registration

Registration:

Monday thru Friday, Sept. 20 - October 1

Monday, Wednesday, and Friday from 8:00 AM - 5:00 PM

and Tuesday and Thursday from 8:00 AM - 6:00 PM

Hurst Recreation Center (700 Mary Drive)

Entry Fee:

\$265 for a 7 game season (With Playoffs for teams who qualify)

League Nights:

Tuesday

League Schedules:

Available October 5

Season Begins:

Tuesday, October 12

**For more information,
call 817.788.7320.**

Youth Sports Associations:

Hurst Girls Softball League

(HGSL) 817.209.5409

www.eteamz.com/hurstgsl

hurstgirlssoftball@yahoo.com

Mid-Cities Basketball Assn.

(MCBA) 817.354.6208

www.midcitiesbasketball.org

Mid-Cities PeeWee Football

& Cheerleading Assn.

817.282.2390

www.midcitiespeeveefootball.org

Tri-Cities Baseball Assn.

(TCBA) 817.285.0200

www.tcbbaseball.com

Hurst United Soccer Assn.

(HUSA) 817.282.8680

www.hurstunitedsoccer.com

Hurst Tennis Center

701 Mary Drive
817.788.7330

Welcome to the Hurst Tennis Center

“Home of the Team Hurst Junior Development Program”

Junior Tennis

Pee Wee Tennis - Quickstart

(Ages 6 & under)

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. Ages 6 and under.

Instructor: Austin Wynne, USPTA and Staff

Times: 4:30-5:00 PM

Price: \$26 + one new, unopened can of tennis balls

Days: Thursday

82601-A	Begins 9/2	4 weeks
82601-B	Begins 10/7	4 weeks
82601-C	Begins 11/4	4 weeks

Jr. Beginner Tennis (Ages 7 & up)

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

Instructor: Bryan Combest, USPTA, and Staff

Times: 5:00-6:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Thursday

82502-A	Begins 9/2	4 weeks
82502-B	Begins 10/7	4 weeks
82502-C	Begins 11/4	4 weeks

Advanced Beginner/Intermediate Tennis (Ages 11 and up)

For Junior High players getting ready for the next step toward playing Varsity tennis. Singles and doubles strategy and plenty of drills, techniques and tactics.

Instructor: Austin Wynne, USPTA, and Staff

Times: 5:00-6:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Thursday

82504-A	Begins 9/2	4 weeks
82504-B	Begins 10/7	4 weeks
82504-C	Begins 11/4	4 weeks

Adult Programs

Adult Beginner/Advanced Beginner Clinic

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

Instructor: Kelly Langdon, USPTA and Austin Wynne, USPTA

Times: 7:00-8:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Tuesday

82505-A	Begins 8/31	4 weeks
82505-B	Begins 10/5	4 weeks
82505-C	Begins 11/2	4 weeks

Adult Intermediate Clinic

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

Instructor: Kelly Langdon, USPTA and Austin Wynne, USPTA

Times: 7:00-8:30 PM

Price: \$68 + one new, unopened can of tennis balls

Days: Tuesday

82506-A	Begins 8/31	4 weeks
82506-B	Begins 10/5	4 weeks
82506-C	Begins 11/2	4 weeks

Men's Open 4.0 Clinic

Meets each Thursday for men rated 4.0 or higher. Learn techniques and strategy. Must register three days in advance. Minimum of four participants.

Instructor: Kelly Langdon, USPTA and staff

Times: 7:00-8:30 PM

Price: \$12

Days: Thursday

88444-A	Begins 9/2	weekly
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Attention Tennis Players!

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



*Please remember
to bring a can
of new, unopened
tennis balls
to your first class.*

*Do you want
to practice your serve or
hit a few with a friend?*

CALL
817.788.7330
*for a court
reservation.*

Fall Operating Hours:

(Until November 14)

Monday – Thursday 8:00 AM – 10:00 PM

Friday – Sunday 8:00 AM – 7:00 PM

Winter Operating Hours:

(Beginning November 15)

Monday – Thursday 8:00 AM – 9:00 PM

Friday 8:00 AM – 6:00 PM

Saturday – Sunday 9:00 AM – 6:00 PM

Tennis Center Coordinator – Mike Campo, USPTA

Tennis Specialist – Kelly Langdon, USPTA

*Tennis Attendants – Corey Doss, Steven Lu, Charlie Crosswait
and Jared Jordan*

*Tennis Instructors – Jason Brown, USPTA, Greg Smith, Sam Elliott,
USPTA, Bryan Combest, USPTA and Austin Wynne, USPTA*

*Please bring one can of new, unopened, tennis balls to
your first day of class.*

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 Tennis Professionals:

Hurst Tennis Specialist, **Kelly Langdon**, USPTA, or Tennis Center Coordinator, **Mike Campo**, USPTA

\$50 per hour
\$26 per half hour
\$172 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, **Greg Smith**, **Jason Brown**, USPTA, **Bryan Combest**, USPTA and **Austin Wynne**, USPTA

\$49 per hour
\$26 per half hour
\$172 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$80 for 90 minute group lessons for league teams.

Services and Facilities:

- Lessons for all ages & abilities
- 10 lighted outdoor courts
- USRSA Racquet Stringers
- Prince Ball Machine
- USPTA-Certified Instructors Available
- USTA Adult Leagues

Court Fees

(90 minutes)

\$1 Hurst Residents

(with proof of Hurst residency)

\$2 Non-Residents

Racquet Stringing

The Tennis Center has a large choice of string and accessories for your racquet needs. We offer fast service and have three United States Racquet Stringer's Association certified stringers on staff.

Upcoming Tournaments

Fall Mid-Cities Junior Circuit
(TBA)

*Fall Adult
Leagues begin*

Oct. 5

*must register by
September 16*

cost is

\$25/person



Registration Easy-Options!

Walk-in registration beginning on Monday, August 2, is open only to those participants who are Hurst residents. Participants who reside in Fort Worth, North Richland Hills, and Euless, whose mail is delivered to a Hurst "address," are not eligible to register until August 9 at 7:00 AM. 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. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of August 30. (Unless otherwise indicated.)

Walk-In Class Registration Times

(after initial registration days)

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



Hurst Residents:

Mail-in (check or credit card payment), fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins August 2 at 7:00 AM.**

Non-Residents:

Fax (credit card payment), online (credit card payment), and walk-in (cash, check or credit card payment) **registration for Recreation Classes begins August 9 at 7:00 AM.**

Sign up to Register Online:

That's right, you can save time and register your entire family on-line! 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 on-line 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 on-line the day registration starts!

Confirmation:

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

Supply List and Fees:

Some of our classes require a supply list. These classes are noted in the brochure. You will receive a supply list when you register. For those mailed, a list will be included with your confirmation letter. **Supplies should not be purchased prior to the Friday before the class starts in case of cancellation.**

Refund Policy:

When you sign up for one of our classes, we depend on your participation for a successful class. If you have an unforeseen circumstance and cannot attend your class, we will gladly refund your fee with 72 hours notice prior to the class start date. Thank you for your cooperation.

Weather Policy:

In case of inclement weather, the Hurst Recreation Center will not conduct any classes if the H-E-B Independent School District cancels their classes for the day.

Parks and Recreation Board

Chairman: Alan Neace

Vice Chairman: Pat King

Carol Cole

Ralph Hurd

Howard Shotwell

Hank Williams

Delbert Derrett

Rod Robertson

Estelle Teague

Recreation Staff

Recreation Director: Doug Kratz

Recreation Managers: Kim Mesa, Doug McDaniel,
and Chris Watson

Recreation Center Supervisor: Mary Singleton

Recreation Specialist: Kendall Thorntorn

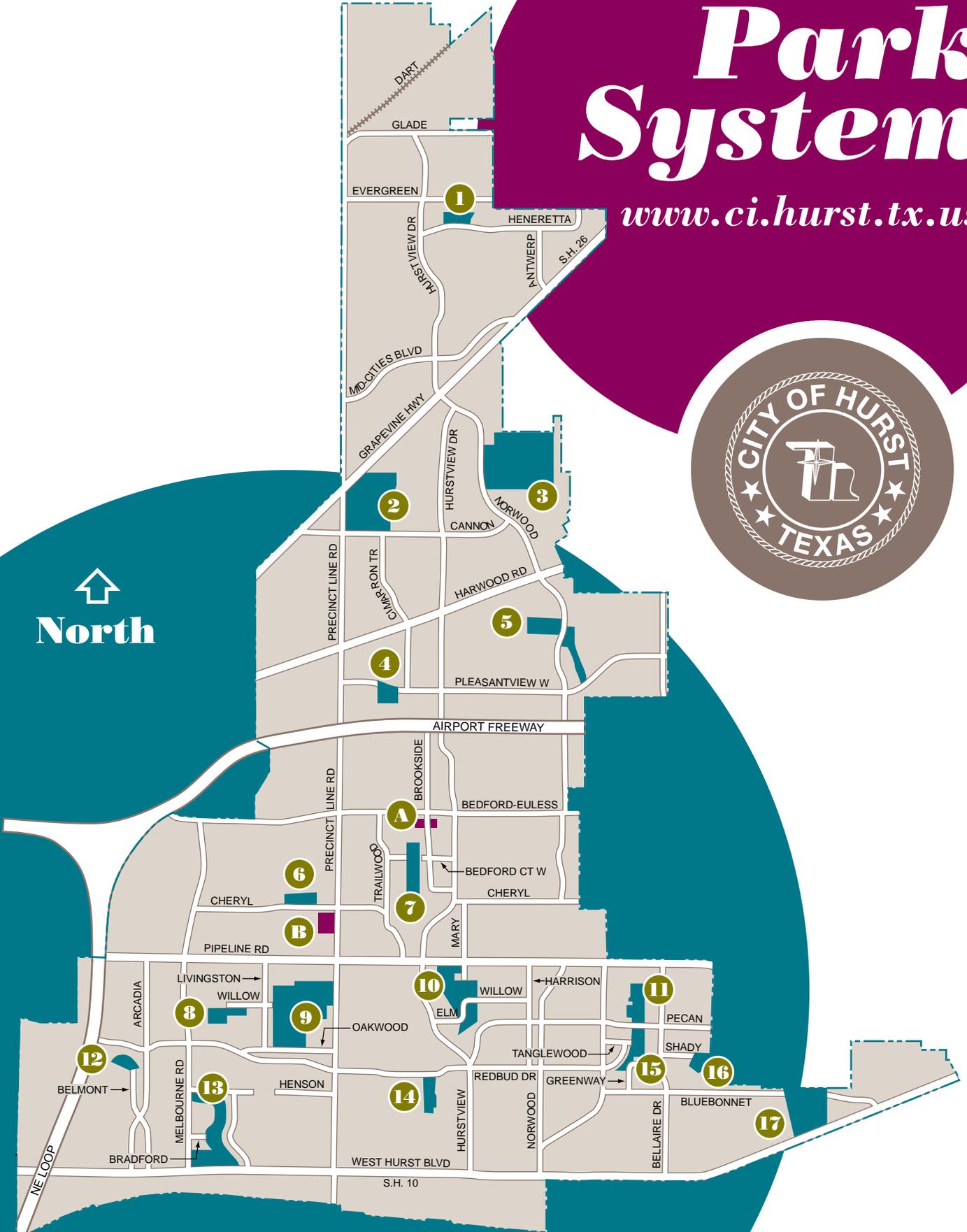
Senior Secretary: Jeanne Coons

Park System

www.ci.hurst.tx.us



North ↑



Parks

1 ECHO HILLS PARK

500 Heneretta (7.1 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/3 mile)
- Picnic Tables
- Youth Athletic Practice Fields (Unlighted)
- Pet Water Fountain

2 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

3 CHISHOLM PARK

2200 Norwood (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

4 SMITH-BARFIELD PARK

640 Pleasantview (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

5 MAYFAIR PARK

1725 Norwood (14.4 Acres)

- Pavilion
- Playground
- Jogging/Walking Trail System (1/4 mile)
- Pet Water Fountain
- Youth Athletic Fields (Unlighted)

6 WINDMILL PARK

840 Cheryl (2 Acres)

- Historical Marker

7 VALENTINE PARK

610 Bedford Court West (4 Acres)

- Youth Athletic Practice Field (Unlighted)

8 HURST HILLS PARK

575 Billie Ruth (4 Acres)

9 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

10 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

11 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

12 JAYCEE BAKER PARK

500 Belmont (4.1 Acres)

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

13 BILLY CREEK PARK

14 REDBUD PARK

525 Redbud Drive (7.2 Acres)

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

15 BELLAIRE PARK

500 Pecan Drive (6.4 Acres)

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

16 WAN-KA-KANI PARK

748 Shadylane (4.1 Acres)

- Picnic Tables

17 RICKEL PARK

1001 Bluebonnet (29 Acres)

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

Facilities

A BROOKSIDE CENTER

B HURST LIBRARY

Park Pavilions

listed are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation.

For more information, call

817.788.7320



CITY OF HURST
1505 Precinct Line Road
Hurst, Texas 76054

PRESORTED
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