

Where
We Live

A publication from the City of Hurst

Spring
2013
Recreation
Class
Schedule

See page 26



2013 Annual Report

Town Hall Forum 2013

North Texas Drought Update



On the Cover

“I grew up in Norman, OK and graduated from TCU in 2007. My husband Tim grew up in Midland, TX and graduated from Texas Tech in 2007. We met through a mutual friend in 2010 and got married on May 5, 2012 (Cinco de Mayo!) in Fort Worth. When we decided we wanted to buy a house we started looking in the mid-cities area. Tim has a good friend that lives in Hurst and when he came to visit he really loved the area. *As we looked for houses, Hurst was definitely our favorite out of all the places we looked. We both loved the established neighborhoods with lots of trees that was away from the “noise” of a big city, but with accessibility to great restaurants and shopping. It’s also really easy to get to Fort Worth or Dallas when we need to.* Now that we live here, we love that there are several parks close by and like to walk our dog, Max, to the park just a few blocks away. We have also enjoyed some of the great local places, getting take-out from Red Panda, a date night at Italianni’s and shopping at Apple Annie’s.”



Welcome to the twenty-first issue of...

Where We Live

Welcome to the twenty-first issue of *Where We Live* and Happy New Year! We hope that your 2013 is off to a great start. Speaking of the new year, how are those resolutions coming? If you made a resolution to get healthy we hope you'll join us at our newly renovated recreation center. You can read all about our new space on page 12. Our very own Wellness Coordinator is also giving us a few pointers on understanding BMI and what that means in terms of your health. She included a yummy, healthy recipe too! (Found on page 4).

This issue is also full of all things Hurst. We're updating you on the NTE project and what's projected to happen this spring. You'll also learn about what's coming down the pike in terms of the drought conditions and our water conservation efforts. We're making progress on our new Justice Center too, and you can read all about it on page 15. We hope you'll make plans to join us on February 21 at the Hurst Conference Center for even more updates and information about your city. For details on this annual event turn to page 8.

2012 was a great year for the City of Hurst and we're certain that 2013 is going to be even better. It's a great time to live and work in Hurst and we can't wait for you to see all that we have in store for you this year. Speaking of which, we hope to see you at some of our upcoming events. Now take a moment, sit back and enjoy the spring issue of *Where We Live*.



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Hurst City Council

Left to Right: Anna Holzer–Council Member, Henry Wilson–Mayor Pro Tem, Charles Swearingen–Council Member, Richard Ward–Mayor, Larry Kitchens–Council Member, Bill McLendon–Council Member, Nancy Welton–Council Member

Spicy Lime Tilapia Street Tacos

INGREDIENTS

1/4 cup reduced-fat sour cream
 2 tablespoons chopped fresh cilantro
 2 tablespoons fresh lime juice
 1 jalapeño pepper, seeded and chopped
 1 cup thinly sliced white onion
 1 1/2 teaspoons paprika
 1 1/2 teaspoons brown sugar
 1 teaspoon dried oregano
 3/4 teaspoon garlic powder
 1/2 teaspoon salt
 1/2 teaspoon ground cumin
 1/4 teaspoon ground red pepper
 4 (6-ounce) tilapia fillets
 1 tablespoon canola oil
 8 (6-inch) corn tortillas
 1 1/2 ripe peeled avocado, thinly sliced
 4 lime wedges

DIRECTIONS:

1. Combine first 4 ingredients in a food processor; process until smooth. Combine jalapeño sauce and onion in a small bowl.
2. Combine paprika and next 6 ingredients (through ground red pepper); sprinkle evenly over fish. Heat oil in a large cast-iron skillet over medium-high heat. Add fish to pan; cook 3 minutes on each side or until desired degree of doneness.
3. Warm tortillas according to package directions. Divide fish, onion mixture, and avocado evenly among tortillas. Serve with lime wedges.

Nutrition

1 serving = 2 tacos
 Per serving : 362 Calories; 13 g Fat;
 27.1 g Carbohydrates; 37 g Protein;
 4.9 g Fiber; 388 mg Sodium\

David Bonom, *Cooking Light*
 March 2011



www.txsmartscape.com

City Staff

Allan Weegar—City Manager

Allan Heindel—Deputy City Manager

Jeff Jones—Assistant City Manager

Clay Caruthers—Director of Finance

Ron Haynes—Director of Public Works

Rita Frick—City Secretary

Steve Moore—Police Chief

John Brown—Fire Chief

Dale Harwell—Information Services Manager

Mike Morgan—Director of Planning and Community Development

Ashleigh Johnson—Communications Manager

Steve Bowden—Director of Economic Development





Nutrition 101

BMI - What does it really mean? In our last issue, we learned about how each person has a unique metabolism and how it plays a vital role in our health. There are many other indicators of our health to focus on so in this issue we will zone in on understanding body mass index (BMI).

BMI:

The Center for Disease Control explains BMI this way. “Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI is a fairly reliable indicator of body fatness for most people. BMI does not measure body fat directly, but research has shown that BMI correlates to direct measures of body fat, such as underwater weighing and dual energy x-ray absorptiometry (DXA).¹ ² BMI can be considered an alternative for direct measures of body fat. Additionally, BMI is an inexpensive and easy-to-perform method of screening for weight categories that may lead to health problems.”

Simply put BMI is an inexpensive way to evaluate your weight versus your height and determine possible health risks. A low BMI can indicate increased risks for osteoporosis, malnutrition and other health problems. A high BMI may indicate increased risks for diabetes, cancer, heart disease, high blood pressure, strokes and other chronic diseases. It is also a tool to help determine overweight and obesity risk in all ages.

So what are the categories?

BMI	Weight Status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 and Above	Obese

Knowing your BMI number and your category can be a first step in your health journey. It may help you know where to start to make sure you are in the best category you can be for optimal health. While it is not a stand alone indicator of overall health, it is a simple tool to evaluate if you may be at risk and when to get more help from a qualified health professional. Everyone can learn their BMI and get started on making healthy lifestyle choices by what they discover.

Here in Hurst, we are committed to helping our residents and customers optimize their health. You can get moving in any of our lovely parks, visit the Hurst Public Library to learn more about being healthy or head to the Hurst Recreation Center to find out your BMI and get a plan to help meet your health goals. Start today by working with a dietitian to determine an optimal nutrition plan or get some input from a personal trainer to become physically active. Your health is in your hands!

TOP 10 Code Violations

High grass and weeds (seasonal)

The Problem. Any property that has grass or weeds taller than 12 inches is declared a nuisance. Property owners should be notified one time via certified mail to mow down tall weeds and grass. If property owners fail to keep the grass mowed, the city will send in a mowing contractor to mow and clean the property.

The Solution. Property owners must monitor their property and keep grass below 12 inches.

Trash and debris

The Problem. Whatever is dangerous, hazardous, offensive or detrimental to human life or health.

The Solution. Remove from property debris, rubbish, trash, dismantled furnishings or items stored in the yard or on porches.

Junk Vehicles

The Problem. Any motor vehicle that meets the State of Texas definition of junked motor vehicle. A junk vehicle is identified as: not having a valid license plate or inspection sticker, being wrecked, dismantled, partially dismantled or discarded, being inoperable for more than 30 consecutive days; and being visible from public property or rights of way.

The Solution. Make sure vehicles meet requirements of the city ordinance.

Front Yard Parking

The Problem. Parking any motor vehicle, trailer or boat on any portion of unpaved front or side yard.

The Solution. Park motor vehicles on hard concrete or asphalt surfaces or six inches of gravel bounded by permanent borders of concrete or stone.

Substandard Structures

The Problem. Not meeting or conforming with one or more of the minimum building standards ordinance to an extent that endangers the life, health, morals, property, safety or welfare of the public.

The Solution. Maintain property and ensure that it meets the city's minimum building standard codes.

Animal Related Issues

The Problem. Having more than the minimum number of animals permitted by city ordinance.

The Solution. Maintain the number of animals as required by city ordinance.

Open and Vacant Structures

The Problem. An unoccupied building that is open and unsecured.

The Solution. Maintain and secure property at all times as required by city ordinance.

Zoning Issues

The Problem. Any person operating a motor vehicle junk/storage yard or a business from a residentially zoned property, any encroachment of public right of way, installation of illegal fences, the accumulation of outside storage or any illegal land use that is contrary to the city's comprehensive zoning ordinance.

The Solution. Conform to the city's ordinance.

Oversized Vehicles

The Problem. Any oversized commercial vehicle.

The Solution. Do not park any oversized commercial vehicle in a residential area.

Graffiti

The Problem. Property owners who fail to remove graffiti from their property.

The Solution. Remove any visible graffiti from property.

To report an issue or for more information, call Michelle at 817.788.7055.



Water Conservation

Despite the rainfall that our area experienced this winter, the majority of Texas is still experiencing moderate to severe drought conditions. Over the past decade North Texas has experienced water shortages that have resulted in mandatory water restrictions that allows only two days a week outside irrigation. Tarrant County has been fortunate to have water supplies in East Texas that receive more rain run off than other water districts. State water planning boards have been studying the weather patterns in the region along with the population growth and have determined North Texas will not have enough water to sustain our current per person demands if other water sources are not available or if water conservation measures are not taken.

One of the recommendations to help offset the shortage is reduce

landscape irrigation. Studies have shown home owners can maintain a healthy lawn by irrigating at the most twice per week. It is further recommended that native plants and grasses be used that are drought tolerant that only need watering once per week.

Water conservation is a community effort, and together as a community we can help offset the water shortages and hopefully avoid additional Drought restrictions. Please watch for updates as we head into the spring and summer months. Information will be posted on the city website at www.hursttx.gov and various other outlets.

Please visit SaveTarrantWater.com to learn more ways to conserve water.

City of Hurst Streetlights

In the City of Hurst there are hundreds of streetlights that line residential and commercial properties. The primary purpose for these lights is to provide safe passage for vehicles and pedestrians during the evening hours. Street lights are intended to provide traffic safety first and foremost, not property security.

The City of Hurst does not install, replace, or repair any streetlights, however we will facilitate the process by turning the requests in to Oncor. According to the Public Utility Commission rules, streetlight outages are required to be repaired within 15 days of receipt of a report. Most lights will be repaired within 3 to 5 days on average, some cable failures or knockdowns will require additional time to be completed.

A streetlight outage or damage can be reported by telephone (1.888.313.747) or on the internet (<http://www.oncorgroup.com/community/streetlights/form.aspx>) by filling out the Streetlight Outage Reporting Form. This is the same form used by the City of Hurst when a citizen reports an outage or damage. The form is a simple process and can be completed within a couple of minutes. There are some required fields that need to be completed before your form can be processed. An example is:

Please enter the EXACT location of the streetlight(s). The better the description the faster Oncor can solve the problem. Here are some examples that would be effective:

1. In front of 123 Main St.
2. At the intersection of Main St. and Elm St. next to the restaurant.
3. The 3rd and 4th lights from the N/W corner 5th and Oak.

There is space for additional information provided if the options do not sufficiently describe your particular problem.

Save the Date

Town Hall Forum

February 21, 6:00-8:00 PM

Hurst Conference Center, FREE

Features presentations on current and future projects throughout the city. Utility companies will also be on hand to meet with citizens.

Light refreshments will be served and parking is complimentary.



Making our Streets Safe

The Hurst Police Department has implemented a Commercial Motor Vehicle (CMV) Program. The program aims to make Hurst streets safer by enforcing all local, state and federal laws associated with commercial motor vehicles.

The basic mission of the CMV enforcement is weighing and checking commercial vehicle traffic operating over the public highways and making them compliant with other laws associated with com-

mercial motor vehicles. Two Hurst Police Department Police Officers attended extensive training through Texas Department of Public Safety (DPS). The officers now have the knowledge to evaluate commercial motor vehicles and determine if they have violated any laws, are dangerous on the roadway, or hazardous in any way. Inspecting these vehicles will prevent them from tearing up the roadways and keep the streets safer.





Heritage Village Presents

Heritage Village presents is a series of FREE events held at Heritage Village Park in the spring and fall. Heritage Village Park is located in Southwest Hurst at 837 W. Pipeline Road. The City of Hurst invites you to attend these fun, exciting events for Spring 2013.

Grand Family Picnic – Wednesday, March 13 at 11:00 a.m.

Pack a picnic lunch and lawn chairs or a blanket and come enjoy this outdoor event for the whole family! The fun in the park begins at 11:00 a.m. with free games and activities. The entertainment continues with a concert by Vocal Trash at noon. After you've enjoyed your picnic lunch, have a complimentary cupcake courtesy of the City of Hurst. For more information, contact Community Services at 817.788.7305.

Concert in the Park – Friday, April 19 at 7:00 p.m.

This popular event has a new location! Gather up the family, a picnic dinner and blanket or lawn chairs and take in the music of the Northeast Orchestra at Heritage Village Park. The rain date for the event is May 10. For more information, contact the Hurst Recreation Center at 817.788.7320.

Performance by Brave Combo– Thursday, May 30 at 7:00 p.m.

Bring a lawn chair or blanket and your family and friends and listen to the band, Brave Combo! While you're enjoying the music, check out the Library and Recreation booths for information on all the summer family activities they provide. Vendors will be on site for you to purchase food and refreshments, but you're welcome to bring your own picnic. Additionally, the City of Hurst will be providing free frozen treats. For more information, contact the Hurst Public Library at 817.788.7300.

Recreation Center

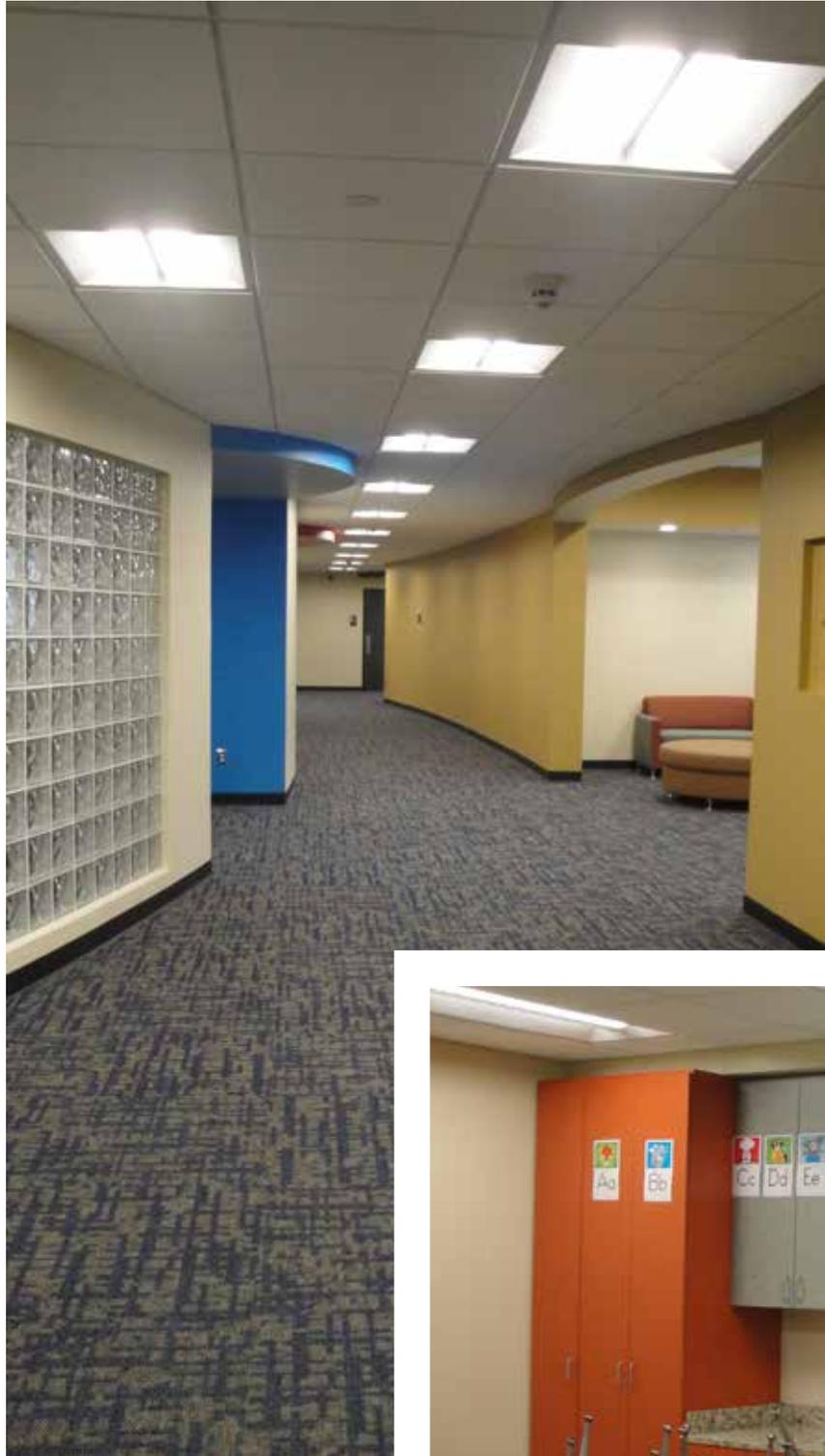
Renovation

On January 3, the City of Hurst celebrated the completion of the Recreation Center Renovation with an Open House. Guests enjoyed refreshments and program demonstrations while touring the renovated areas. The four month long renovation updated the classroom portion of the Recreation Center improving the overall experience for Recreation Center patrons.

Recreation Center Renovation Improvements included:

- New flooring, lighting, ceilings, and wall finishes in the hallway
- Completely renovated restrooms
- New specialty flooring, ceilings, wall finishes, updated doors and hardware, and acoustical absorption devices in the classrooms
- A new lounge area for patrons
- New interior finishes, commercial grade sinks, and improved countertop workspace for the kitchen
- WIFI installed in the entire building
- New sound system in both gyms
- Computer compatible flat screen TVs with Blu-ray players in each classroom

Transforming
HURST
THE OPPORTUNITIES ARE BUILDING



North Tarrant Express Update

Among the specific tasks to be completed, continued and/or initiated in the Hurst Corridor during the first quarter of 2013 are:

Opening of the new, expanded Hurstview Bridge by the end of March. As the new Hurstview Bridge will connect with expanded and improved SH183/121 freeway access road on both north and south sides, Hurstview will become a signalized intersection at both of these locations. Installation and operation of signalization systems is expected to occur at some time during the third quarter of 2013. Additionally, cul-de-sacs have been created at the former intersections of Plainview and Hurstview, both east and west, to eliminate a potential traffic intersection in very close proximity to the Hurstview/SH 183/121 westbound freeway access road.

Continuing operations including pier drilling, future bridge columns and caps at all corners of the intersection of Precinct Line Road and the SH 183/121 intersection. The concentration of activity will initially be in the southeast corner with the right lane of traffic closed to northbound traffic to provide for pedestrian access for a period estimated to be approximately 3 months. Work began in early January.

Install sound wall panels from Hurstview Drive west to Lorean

Branch, effectively completing the installation of all sound wall panels at sound wall #2, adjacent to the newly completed SH183/121 westbound freeway access road, from just west of Norwood Drive to just east of Lorean Branch.

Install soil nail wall on the northwest corner of Precinct Line Road, immediately to the south of Hurst City Hall. The work, expected to start in late January, will require the closure of one of the two southbound right turn lanes, at the intersection of SH 183/121 and Precinct Line Road for a period of one month. Traffic congestion, especially southbound at this intersection and Thousand Oaks to the north should be anticipated until 3/1/13.

Bridge Deck placement and further bridge construction will continue at the Norwood Drive and SH 183/121 intersection. Occasional closures of this intersection, from the hours of 9 a.m. in the evening to 6 a.m. the following morning will be undertaken to provide for public safety during overnight activities. Current traffic patterns and lane configurations are not expected to change in the immediate future.



The Social Media Connection

Are you a social butterfly? We are too.

Facebook:

City of Hurst: <http://www.facebook.com/cityofhursttx>

Police Department: <http://www.facebook.com/CityofHurstPD>

Library: <http://www.facebook.com/HurstPublicLibrary>

Conference Center: <http://www.facebook.com/hurstcc>

Recreation Center: <http://www.facebook.com/HurstRecreation>

Twitter:

@TheCityofHurst

@HurstFireDept

@HurstLibrary

@HurstPoliceDept

Linkedin:

<http://www.linkedin.com/company/city-of-hurst>

Instagram:

cityofhursttx

Other Websites:

www.hursttx.gov

www.hursttx.gov/library

www.transforminghurst.com

www.hursted.com

www.hurstcc.com



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HURST
CONFERENCE
CENTER



Justice Center

Phase 1 of construction (parking and drainage improvements to City Hall complex) is complete, with the exception of the proposed traffic circle that is waiting on the completion of the Airport Freeway access road to the south of City Hall. Phase 2 construction (site utilities package and site preparation) is ongoing and should be completed by the middle of February. Here's a look at what's been completed since construction began last fall:

1. Parking lot improvements were completed to add new spaces and improve traffic flow on the east side of City Hall. In addition, a temporary parking lot was created at the northeast corner of the

complex. This area will be used by employees when the two north parking lots are no longer available in early 2013.

2. Underground conduits were constructed to enable the relocation of franchise utilities (Charter, Oncor, Atmos, and AT&T) and Hurst water.

3. Construction began for the relocation of the sanitary sewer line underneath the north lane of Thousand Oaks Drive.

4. After removing flagpoles and excavating the area east of the entrance to the Police building, the new electrical room was erected.

Hurst Public Library

901 Precinct Line Road
Phone: 817.788.7300



Read All About It!

Library Hours

Monday, Wednesday, Friday, Saturday

10:00 a.m.-6:00 p.m.

Tuesday & Thursday

10:00 a.m.-9:00 p.m.

Or

VISIT THE LIBRARY ONLINE ANY TIME



Find us on Facebook

www.facebook.com/HurstPublicLibrary

Hurst Public Library

*The place to go
when you need to know!*

Kids' Programs

Chapter Chats

For 3rd - 6th graders

7:00 PM

Do you enjoy talking about books? Here's your chance! Share your views with other kids who have read what you have plus you'll have an activity related to the book for added fun.

Tuesday, April 9 - **And the winner**

is... - Read an award winning book from one of the many children's book awards or just come and learn about the newest winners.

Tuesday, May 14 - **Reading is Delicious**

- so choose a book related to food to get ready for the Summer Reading Club.

Babygarten

Pre-registration required

For children birth-18 months and an accompanying caregiver

10:30-11:30 AM

Saturdays, April 6-May 11

Babygarten is an educational curriculum involving songs, rhymes and activities that help babies with language acquisition and preliteracy skills. Space is limited, so please register at 817.788.7302.

Puppet People

For 4th-8th graders

4:00-5:00 PM

Wednesday, March 20

Wednesday, April 17

Wednesday, May 15

Calling Puppet People—old and new! Would you like to try your hand - or two - at puppetry? Now's your chance! We'll be working on shows for kids this summer. Call 817-788-7302 to register.

Spring Tea

For children ages 4-11

3:00-4:00 PM

Saturday, May 11

You are cordially invited to attend the Hurst Public Library's Spring Tea! Enjoy stories, refreshments, and more. Reservations are required and will be taken at the Youth Services Desk starting Monday, April 22. Call 817.788.7302 to reserve your seat.

Bedtime Stories

For all ages

7:00 PM

Tuesday, March 12

Wear your pajamas and slippers and come for some stories and fun that might (or might not!) make you ready for bed!

Totally Teen

Anime Club

7th - 12th graders

6:00-8:00 PM

Thursday, March 7

Thursday, April 4

Thursday, May 2

If you enjoy anime—watching it and talking about it—this is the place for you!

Minecraft Mania

7th - 12th graders

6:00-8:00 PM

Thursday, April 11

Thursday, May 9

Come join the world of Minecraft Mania! Bring a friend and enjoy the Teen Zone at its best.

Reading Is So Delicious!

Summer Reading Club 2013

Sink your teeth into a good book this summer at the Hurst Public Library! With three clubs—one for kids 6th grade and younger, one for teens in 7th through 12th grades, and one for adults of all ages—everyone has the opportunity for reading fun—and incentives, too! Registration begins May 28, and all clubs continue through July 31, with special programs for all ages starting in June. Come to the Library to register or register online at www.hursttx.gov/library.

Visit the Library Online Anytime!

www.hursttx.gov/library

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

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

Adult & Family Programs

Brown Bag Book Club

**First Thursday of the month
Noon**

Meet by the fireplace in the Library Reading Alcove for informal book discussion.

February 7 - *Scent of Rain* by Nancy Pickard

March 7 - *Wild: From Lost to Found on the Pacific Crest Trail* by Cheryl Strayed

April 4 - TBA - Please contact the library for title information.

Scrapbooking at the Library

10:00 AM-4:00 PM

2nd and 4th Saturday of each month

Do you enjoy scrapbooking, but need more space to spread out and work?

Bring your pages, pictures, and come to the Library Learning Center. Meet other scrapbookers, get new ideas and learn new techniques.

AARP Tax Assistance

Noon-3:00 PM

February 5 - April 9

Appointments required.

Programs for All Ages

Masterworks at the Library Evening Performances 7:00 PM

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

Thursday, February 28

Dallas Black Dance Theatre

Thursday, March 28

Beyond the Pale, celtic music

Thursday, April 25

Terri Hendrix, country music

Make and Take Craft

6:30-7:30 PM

Thursday, February 21

Thursday, April 18

Stop by our table in the library lobby. Supplies for all crafts will be provided. All ages are welcome to attend. Our younger library friends will need assistance from an adult.

L.D. Bell Art & Photography Show

For 7th-12th graders and art lovers of all ages

Tuesday, March 5, 7:00-8:00 PM

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

Volunteer Opportunities

Ages 14-18

Do you need volunteer hours this summer? Have you considered volunteering at the library? We need lots of help with the Summer Reading Club. Come by the Library or check the website starting April 1 to get information on how to apply.



Senior Center Hours

Open 5 days a week

Monday-Wednesday, 7:00 AM-7:00 PM

Thursday, 7:00 AM-9:00 PM

Friday, 7:00 AM-7:00 PM



Hurst Senior Center

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 Center.
- Some classes, programs, and activities may require additional fees to cover the cost of supplies, refreshments, and/or instructor fees.



Hurst Senior Center Need to Know

The Senior Pipeline is the Center's monthly newsletter and calendar. It is full of information on Senior Center programs and activities. The Senior Pipeline is not distributed by postal service. The next month's edition of the Senior Pipeline is available after 1:00 p.m. on the 3rd Thursday of the current month. You are welcome to come by anytime during operating hours to get a copy. Most programs and activities do require registration/sign up. Sign ups begin on the first business day of each month at 8:30 a.m. and continue throughout the month. Some classes and programs fill up fast, so we encourage you to come in early to register for your preferred activities.

Below you will find a list of some of our regular programs, classes, groups, and activities:

Fitness Programs

- Zumba Gold
- Tai Chi & Yoga
- Fit Start Exercise
- Line Dance, Belly Dance, Hawaiian Dance
- Personal Training
- DVD led group exercise classes

Arts & Crafts

- Glass Fusion
- Quilting
- Beading & Glass Jewelry
- Painting and Drawing
- Ceramics

Computer Classes

- General Overview for Beginning and Intermediate Users
- Email
- File Management
- Internet Usage
- Microsoft Word

Groups

- Genealogy
- Grief Support
- "The Happy Hatters of Hurst", Red Hat Society Chapter
- Aircraft & Helicopter Science
- Travel

The Senior Center hosts several Open Activities. There are no fees or sign up required for Open Activities. See the Senior Pipeline for day and time details so you can join in on the fun!

- Duplicate & Party Bridge
- Dominoes, "42" and Chicken Foot
- Mahjonn
- Pinochle
- Ping Pong
- Billiards
- Wii Games

The Senior Center has many monthly held activities. Dances are held on the 2nd and 4th Thursday of every month at 7:00 p.m. Cost is \$5 at the door and it's open to the public age 55+. There are two opportunities for playing FREE Bingo each month. Potluck Bingo is always on the 1st Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the 3rd Wednesday of the month and features great prizes and light refreshments. We offer Breakfast Club and Movies & Munchies once a month for only \$3 per person. Space is limited and the menu varies so check the Senior Pipeline for details.

Senior Center Program Highlights

Lunch Program

The Senior Center offers a meal program once a week called “A Quick Bite”. On Tuesdays, for only \$5 you get a cup of the soup of the day, your choice of sandwich, a bag of chips, a pickle and your choice of dessert. Grab a friend and stop by the Senior Center for “A Quick Bite”.

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete an “A Quick Bite” menu selection slip. Payment is expected at the time of registration. Registration can be made between 7:00 a.m. and 7:00 p.m. on Mondays and between 7:00 a.m. and 10:00 a.m. on Tuesdays.
- The kitchen staff and volunteers cannot take money. Please pay

for lunch at the front counter and obtain a receipt. The receipt is only valid for the date the lunch was purchased. No refunds or rain checks for lunches will be issued.

- No reservations will be taken after 10:00 a.m. No exceptions.
- Quantities may be limited and may sell out before 10:00 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick up between noon and 1:00 p.m., on Tuesdays. Lunches not picked up by 1:00 p.m. must be discarded.

Donation Board

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

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

For more information or to make a donation, contact the Senior Center Director, Linda Rea at 817.788.7710



Senior Pipeline

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



Events & Classes

Here are just a FEW of our upcoming special events – (You must be a member to participate. Sign up and fees may be applicable.)

February 13, 2:00 PM

The Doctor's Health Talk Series

On the second Wednesday of every month the Senior Activities Center will feature a special presentation by a Doctor from North Hills Hospital. A variety of topics will be covered over the course of this year. February's talk is on "Heart Health". Join us each month for this FREE and informative series.

February 14, 7:00 – 9:15 PM

Valentine Dance

Bring your sweetheart, friend, family or other special person to the Senior Activities Center for a night of music, dancing and fun! Featured entertainment is the Nobles of Note Orchestra. Dance is open to anyone 55 and over. Light refreshments will be served. Only \$5 per person, payable at the door. Pre-registration is not required.

February 20, 1:00– 2:00 pm

Gotta Go Tours Presents: Arkansas

Join Pattie Harrell, owner of Gotta Go Tours by Patti as she shares all the details of the upcoming May motorcoach tour to Arkansas. Registration for the trip will open immediately following the presentation.

February 20, 4:00– 5:00 PM

Chili Tasting

When the weather is cold outside, there is nothing better than a hot bowl of chili to warm you up! Come to the Senior Activities Center to taste a variety of homemade chilis. Members are invited to participate and bring their chili to be tasted. Contact Michelle Varley for more information and details. A variety of sponsors will also be participating. Grab a spoon, try a bite of them all and then vote for your favorite. Be sure to sign up whether you are cooking or tasting! FREE!

March 1, 8:00 AM – 5:00 PM

Canton Day Trip

If you're looking for a unique gift, ways to spruce up the house or just love browsing around...Canton is the place that has it all. Bring your carts, wear comfortable shoes and enjoy a full day of finding great deals in Canton. Enjoy a relaxing ride on a deluxe motorcoach that has plenty of space for all the treasures you are sure to find. \$46 per person. Registration is already in progress, so make your reservation NOW!

March 14, 2:00 PM

Collette Tours Presents: Irish Splendor

Join Collette Tours and return to times gone by during your unforgettable tour of the amazing Emerald Isle. Representative Chris Keith will be here to answer all your questions and share the details of this fabulous trip to Ireland. Trip departs on November 5 and returns on November 12. Sign up begins following presentation.

April 17, 3:00 PM

Robot Surgery Center Tour

Join the Hurst Senior Activities Center on a tour of North Hills Hospital's robotic surgery center with the da Vinci Robot. This new technology provides surgeons with greater precision, control, and access to hard-to-reach areas, allowing extremely complex operations to be performed through just a few small incisions. Now, minimally invasive techniques can be used for procedures whose complexity once demanded open surgery. See this new technology for yourself, first hand. FREE!

April 26, 10:00 AM – Noon

Document Shredding

Bring those piles of old documents to the Senior Center to be shredded and securely recycled by First Shred. By participating you will help save trees, water, landfill space, oil and electricity. FREE!



3rd Anniversary and Open House

The Hurst Senior Center was proud to celebrate its 3rd Anniversary on Wednesday, November 7. The Center was open to the public for the day and enjoyed many visitors and lots of new faces.

The highlight of the day was an afternoon cake and punch reception. The City Council and the Senior Center Advisory Board were there to recognize the milestone. The program included comments from Mayor Richard Ward and Senior Board Chair Marcy Davis followed by a demonstration from the line dance class. After the program, everyone enjoyed the refreshments while pictures highlighting events of the last three years were shown.

The Senior Center staff would like to thank all of our members and volunteers and all the nice people who make our Center such a great place for the seniors of Hurst!

Want to Get involved?

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' offices in the Hurst Public Library or accessed online through the City's website at www.hursttx.gov.



Volunteers In Action

Did you know that pledging to volunteer more is one of the most common New Year's resolutions? If this was your resolution, the City of Hurst's Volunteers-In-Action program can help you accomplish it! The Volunteers-In-Action program provides an opportunity for you to support your community while learning more about City of Hurst operations. The City of Hurst's Volunteers-In-Action Program utilizes volunteers in a wide variety of departments including:

- Police
- Hurst Conference Center
- Library
- Parks
- Fire

- Recreation
- Finance
- Senior Center

Volunteer application packets can be picked up at the Community Services' offices in the Hurst Public Library or accessed online through the City's website at www.hursttx.gov. For more information, please contact the Community Services Department at 817.788.7305.



16th Annual Good Neighbor Days Cleanup in April



Spring is just around the corner and so is the 16th Annual Good Neighbor Cleanup Event. As always, the event will be held at the Bellaire Shopping Center on April 20 and 27.

The event runs from 7 a.m. until noon both days to collect your used motor oil, cooking oil, gas, antifreeze pesticides, herbicides, old batteries, old computers, electronic devices, tree limbs, scrap metal and most any kind of trash or junk around the house in need of disposing. We now accept Pharmaceuticals. No tires, explosives, compressed gas or construction debris will be accepted.

Latex paint and stains can safely be 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 it 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 have destroyed and watch them being shredded to bits right before your eyes. For more information call Environmental Services Department at 817.788.7217.

Employee Giving Day

The City of Hurst's 15th Annual Employee Giving Day is just around the corner. This annual event takes place every spring and since it began in 1998 we have helped revitalize older areas of the city as well as help our senior citizens make the needed repairs to their home's exteriors. Over the last 15 years we have assisted more than 60 homes and we are just getting started. Work on the homes mainly consists of landscaping, clean up, scraping and painting. Many of our area businesses donate the cash and supplies needed for this

event and city employees provide the labor. We are proud of the work our employees do and we thank all of our local businesses who help to make it possible year after year. This year's Annual Employee Giving Day will take place on April 12. For more information on how you can get involved, or to nominate your home or someone you know for consideration, please call Michelle Lazo at 817.788.7055 or email her at mlazo@hursttx.gov.



Find Us on Facebook!

www.facebook.com/HurstRecreation



Hurst Recreation Center

If you are ready to “Spring into Fitness”, check out all of the fitness opportunities and the state-of-the-art Fitness Center at the Hurst Recreation Center! Our Cardio Room has treadmills, elliptical crosstrainers, lateral trainers, bikes, stairclimbers, rowing machines, and seated crosstrainers. All of our treadmills and elliptical crosstrainers now have 15” LCD screens, which enable you to watch television, or use your iPod while working out. There is also an extensive selection of pin-selectorized, and plate-loaded strength equipment, as well as dumbbells, and flexibility equipment to round-out your total fitness program. If walking is your favorite fitness activity, you can walk on our indoor Jogging/Walking Track to put the spring back in your step! There are also numerous fitness classes (aerobics, spinning, bootcamp, etc.) that will get you into shape.

While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy some volleyball with your friends, play racquetball, wallyball or table tennis. Equipment used to participate in these activities is available for check out, with your “Quality of Life” Rec Card, at the front desk of the Recreation Center.

If you need a little extra motivation to reach your fitness goals, the Hurst Recreation Center has personal trainers, who are available to custom-design a fitness plan that will meet your needs. For more information, contact the Front Desk at the Recreation Center 817.788.7325.

Our Commitment to Quality:

Your satisfaction is our goal. . .we strive to provide you with quality recreation programs and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational, and 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

3 Years & Younger

Mozart's Twos

(18 months-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)

12000-A	M	5:00-5:30PM	8WKS	3/18	\$24
12000-B	W	10:00-10:30AM	8WKS	3/20	\$24

NEW! Spring Fling for Mommy & Me

(18 months-2 years)

Create spring crafts for Easter, Mother's Day, and Spring. We will use paint, shaving cream, and more to create beautiful art! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12020-A	M	4:30-5:00PM	8WKS	3/18	\$24
12020-B	W	9:30-10:00AM	8WKS	3/20	\$24

Mom & Me Soccer (1-2 years)

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

Instructor: Stacie Castillo

12700-A	F	8:30-9:00AM	8WKS	3/22	\$22
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NEW! Independent Twos (2 years)

Come by yourself and create spring art! We will use paint, markers, and shaving cream. We will have fun! No parent required! (Supply Fee \$5)

Instructor: Dottie Nicholson

12080-A	W	9:00-9:30AM	8WKS	3/20	\$24
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Happy Feet (2 years)

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

Instructor: Dottie Nicholson

12095-A	F	9:00-9:30AM	8WKS	3/22	\$24
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Colors and Shapes (2-3 years)

Let's learn about all the colors of the rainbow and the shapes that surround us! (Supply Fee \$10.)

Instructor: Dottie Nicholson

12400-A	M	9:00-9:30AM	8WKS	3/18	\$24
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Little Painters (2-3 years)

We'll create masterpieces using finger paints, stencils, sponges, and even rocks! (Supply Fee \$5.)

Instructor: Dottie Nicholson

12333-A	F	9:45-10:15AM	8WKS	3/22	\$24
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3 Years & Older

Classical Kids-Art (3-6 years)

Who were VanGogh, Monet, and Picasso? Come join us as we discover several famous artists from long ago. (one artist each week) We will read books and look at pictures of their real artwork and even attempt to recreate some of their most famous pieces.

Instructor: Sunnye Simpson Myles

12654-A	TH	10:45-11:15AM	8WKS	3/21	\$24
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Classical Kids-Music (3-6 years)

Who were Mozart, Beethoven, and Bach? Come join us as we discover several famous musicians from long ago. We will read books, play games and listen to music. We will even use instruments to make music of our own.

Instructor: Sunnye Simpson Myles

12234-A	TH	11:30-Noon	8WKS	3/21	\$24
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Movin' Groovin' (3-5 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)

12100-A	T	11:30-Noon	8WKS	3/19	\$22
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Phonics Fun - Step I (3-5 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)

12030-A	M	9:00-9:45AM	8WKS	3/18	\$24
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12030-B	TH	9:00-9:45AM	8WKS	3/21	\$24
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Phonics Fun - Step II (3-5 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)

12035-A	M	10:30-11:15AM	8WKS	3/18	\$24
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12035-B	TH	10:30-11:15AM	8WKS	3/21	\$24
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Hands on Math (3-5 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)

12205-A	M	9:45-10:30AM	8WKS	3/18	\$24
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12205-B	TH	9:45-10:30AM	8WKS	3/21	\$24
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Kooky Science Fun (3-5 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)

12025-A	TH	11:15-Noon	8WKS	3/21	\$24
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NEW! Spring Fling (3-5 years)

Let's use our fine motor skills and create spring crafts! We will make crafts for Easter, Mother's Day, and Spring! (Supply Fee \$5)

Instructor: Mary Cassidy (Certified School Teacher)

12120-A	T	9:30-10:20AM	8WKS	3/19	\$24
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Little Princess (3-6 years)

Calling all princesses of the royal kingdom! We will learn while having fun dressing up, role playing, listening to music and creating crafts. (Supply Fee \$10.)

Instructor: Dottie Nicholson

12111-A	W	10:45-11:15AM	8WKS	3/20	\$24
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Preschool & Youth 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.

Alphabet Fun (3-5 years)

Let's play and learn about the alphabet through stories, games, and lots of practice! (Supply Fee \$10)

Instructor: Dottie Nicholson

12130-A	W	9:45-10:30AM	8WKS	3/20	\$24
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Monster Mash (3-6 years)

Let's get ready for spring! We'll play and learn about different "monsters" through crafts, stories, and songs. We'll have monster treats at the last class. (Supply Fee \$10)

Instructor: Dottie Nicholson

12200-A	W	9:00-9:30AM	8WKS	3/20	\$24
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How Does Your Garden Grow? (3-6 years)

Do you wonder how a seed turns into a plant? Let's find out together as we plant seeds and see what happens! We will learn about plant life and how they grow. (Supply Fee \$10.)

Instructor: Dottie Nicholson

12075-A	M	10:45-11:30AM	8WKS	3/18	\$24
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Kitchen Science (3-6 years)

Did you know there are tons to learn about science while in the kitchen? Science is all around us and we'll explore science in the kitchen! (Supply Fee \$10.)

Instructor: Dottie Nicholson

12026-A	F	10:30-11:15AM	8WKS	3/22	\$24
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Cooking Fun (3-6 years)

Let's learn about different foods and how to prepare them! (Supply Fee \$10.)

Instructor: Dottie Nicholson

12250-A	F	11:30-12:15PM	8WKS	3/22	\$24
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NEW! Springtime Crafts (3-6 years)

Springtime crafts will include Easter, Spring, Mother's Day, and other fun crafts. (Supply Fee \$10.)

Instructor: Dottie Nicholson

12002-A	M	9:45-10:30AM	8WKS	3/18	\$24
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Healthy Chef (3-5 years)

Calling all preschoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch, and dinner. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

12170-A	T	10:30-11:15AM	8WKS	3/19	\$24
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Yes, I Can Draw (3-5 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)

12010-A	T	9:00-9:30AM	8WKS	3/19	\$22
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Pre-School Computers (3-4 years)

In this tech-savvy class for preschoolers, your child will learn the proper way to turn the computer on and off, how to use the mouse, all while having fun with Elmo and other pre-school programs.

Instructor: Vickie McMeans

(3 years)

12800-A	TH	8:30-9:00AM	8WKS	3/21	\$24
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(4 years)

12800-B	TH	9:00-9:30AM	8WKS	3/21	\$24
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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

12180-A	F	10:30-11:00AM	8WKS	3/22	\$26
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12180-B	F	11:00-11:30AM	8WKS	3/22	\$26
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12180-C	F	12:00-12:30PM	8WKS	3/22	\$26
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Taps 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

12065-A	F	11:30-12:00PM	8WKS	3/22	\$26
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Tiny Dancer (3-7 years)

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

Instructor: Sherrie Longino

(3-5 years)

12060-A	S	9:05-9:35AM	8WKS	3/23	\$28
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(5-7 years)

12060-B	S	9:40-10:10AM	8WKS	3/23	\$28
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Pre-School Athletics (4-6 years)

Let's get moving this fall with Athletics! We will follow a typical PE format including individual skills as well as team interaction. (Athletic shoes required.)

Instructor: Tammy Slovensky

12300-A	W	11:30-Noon	8WKS	3/20	\$28
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Little Tyke Soccer (4-6 years)

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

Instructor: Staci Castillo

(3-4 years)

12600-A	F	9:00-9:30AM	8WKS	3/22	\$22
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(3-5 years)

12600-B	F	9:30-10:00AM	8WKS	3/22	\$22
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(5-6 years)

12600-C	W	5:30-6:00PM	8WKS	3/20	\$22
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Little Tyke Basketball (4-6 years)

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

Instructor: Stacie Castillo

12500-A	F	10:00-10:30AM	8WKS	3/22	\$22
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Ready for Kindergarten Prep Program (4-5 years)

Let's get ready for Kindergarten! The program will meet Monday – Thursday from 8:30 – 2:30 p.m and is an on-going program following the HEB ISD School Calendar.

The class will be structured like Kindergarten and prepare your child for their big step into formal education with the goal is help each child develop a love of learning in a safe and caring environment. The children will be exposed to reading, writing, math, and science.

Our teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education majoring in Elementary Education and a minor in Early Childhood Education and Reading. She has taught Kindergarten and first grade for the last 9 years in the Dallas/Ft. Worth area.

The monthly fee of \$295 is due by the first class of each month. If the fee is not paid by the first class of the month, the child will not be able to participate in class. The class is limited to 12 children and is a school year commitment. For new students a \$25 supply fee will be due to the instructor on the on the first day of class.

Instructor: Anne Stokes (Certified School Teacher)

March

11050-C	M-TH	8:30-2:30PM	2.5WKS	3/4	\$222
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April

12050-A	M-TH	8:30-2:30PM	4WKS	4/1	\$295
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May

12050-B	M-TH	8:30-2:30PM	4WKS	5/1	\$295
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Youth Programs

3-in-1 Dance Combo Class

(5-16 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.)

Instructor: LaTisha Clay

(5-10 years)

22300-A	F	4:00-5:15PM	8WKS	3/22	\$32
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Instructor: Sherri Longino

(8-12 years)

22300-B	S	10:15-11:15AM	8WKS	3/23	\$28
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(12-19 years)

22300-C	S	11:20-12:20PM	8WKS	3/23	\$28
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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

22070-A	F	5:15-6:00PM	8WKS	3/20	\$28
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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)

22170-A	T	4:30-5:30PM	8WKS	3/19	\$24
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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)

22090-A	T	5:30-6:30PM	8WKS	3/19	\$24
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Kooky Science Fun (6-12 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)

22190-A	W	11:50-12:30PM	8WKS	3/20	\$24
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Healthy Chef (6-12 years)

Come learn how to create a healthy breakfast, lunch and dinner. (Supply Fee \$10)

Instructor: Mary Cassidy (Certified School Teacher)

22060-A	W	12:30-1:15PM	8WKS	3/20	\$24
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Homeschool 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)

22040-A	W	11:00-11:50AM	8WKS	3/20	\$24
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Basic Art (7-12 years)

Explore different art projects from drawing to shading, sculpting, water coloring and much more! (Supply Fee \$5)

Instructor: Stacie and Keely Castillo

22050-A	W	4:45-5:15PM	8WKS	3/20	\$24
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NEW! Music Theory (1st-3rd grade)

Music is all around us and has become an every day part of our lives. By learning Music Theory, you will learn a great deal of information regarding, rhythm and musical terms. You will be able to identify lines and spaces, value of notes, time signatures, intervals, sharps and flats, treble and bass clefs and more. You will get a head start on learning to play a music instrument. (Supply Fee - \$5. Each student will receive a music theory workbook.)

Instructor: Velda Stearns

22100-A	M	4:00-4:45PM	8WKS	3/18	\$40
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Soccer Skills (7-12 years)

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

Instructor: Stacie and Keely Castillo

22500-A	W	6:00-6:30PM	8WKS	3/20	\$22
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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: Stacie and Keely Castillo

22030-A	W	6:30-7:00PM	8WKS	3/20	\$22
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Sewing Club (7-12 years)

Get those creative juices flowing! We will learn basic sewing techniques by hand and by machines. We will also learn how to select and sew by using a pattern. (Supply Fee \$25 and includes all supplies except for scissors.)

Instructor: Dottie Nicholson

22420-A	T	4:00-5:00PM	8WKS	3/19	\$28
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ITF - Tae Kwon Do (5+ years)

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

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

(White and Yellow Belts)

22700-A	S	9:05-10:05AM	8WKS	3/23	\$56
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(Green Belts)

22700-B	S	10:10-11:10AM	8WKS	3/23	\$56
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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 9-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an on-going monthly class.

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

March

21900-C	M	6:00-7:00PM	4WKS	3/2	\$35
	S	9:05-10:00AM			

April

22900-A	M	6:00-7:00PM	4WKS	4/1	\$35
	S	9:05-10:00AM			

May

22900-B	M	6:00-7:00PM	4WKS	5/4	\$35
	S	9:05-10:00AM			

Homeschool Judo Program (6+ years)

Here is a great opportunity for Homeschoolers looking for physical activities to compliment their studies! Judo was founded in 1882 and focuses on throwing and grappling techniques. You will not only increase your overall fitness level, but will also gain self confidence and discipline. The instructor, Ron Stokes, has 57 years of active Judo experience as a coach and competitor.

This is an on-going monthly class.

Instructor: Ron Stokes (6th degree black belt and certified USA Judo Coach)

March

21400-C	MW	1:00-2:00PM	4WKS	3/4	\$35
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April

22400-A	MW	1:00-2:00PM	4WKS	4/1	\$35
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May

22400-B	MW	1:00-2:00PM	4WKS	5/1	\$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

Beginner: (8-15 years)

22111-A	M	6:00-8:00PM	8WKS	3/18	\$34
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Beginner: (5-7 years)

22111-B	MW	4:00-5:00PM	8WKS	3/18	\$34
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Advanced: (8-15 years)

22111-C	MW	5:00-6:00PM	8WKS	3/18	\$34
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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

32040-A	M	9:30-10:00AM	8WKS	3/18	\$22
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32040-B	T	9:30-10:00AM	8WKS	3/19	\$22
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32040-C	W	9:30-10:00AM	8WKS	3/20	\$22
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32040-D	TH	9:30-10:00AM	8WKS	3/21	\$22
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Instructor: Miranda Slovensky

32040-E	M	5:30-6:00PM	8WKS	3/18	\$22
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32040-F	TH	6:00-6:30PM	8WKS	3/21	\$22
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Instructor: Kathryn Cassidy

32040-G	T	10:30-11:00AM	8WKS	3/19	\$22
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32040-H	T	6:00-6:30PM	8WKS	3/19	\$22
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32040-I	TH	10:30-11:00AM	8WKS	3/21	\$22
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32040-J	TH	5:00-5:30PM	8WKS	3/21	\$22
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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

32030-A	M	10:00-10:30AM	8WKS	3/18	\$22
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32030-B	T	10:00-10:30AM	8WKS	3/19	\$22
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32030-C	W	10:00-10:30AM	8WKS	3/20	\$22
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32030-D	TH	10:00-10:30AM	8WKS	3/21	\$22
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Instructor: Kathryn Cassidy

32030-E	T	9:00-9:30AM	8WKS	3/19	\$22
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32030-F	TH	9:00-9:30AM	8WKS	3/21	\$22
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Instructor: Marinda Slovensky

32030-G	M	5:00-5:30PM	8WKS	3/18	\$22
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32030-H	W	5:00-5:30PM	8WKS	3/20	\$22
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32030-I	TH	5:30-6:00PM	8WKS	3/21	\$22
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Please Remember

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.





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

32011-A	M	10:30-11:00AM	8WKS	3/18	\$22
32011-B	T	10:30-11:00AM	8WKS	3/19	\$22
32011-C	W	10:30-11:00AM	8WKS	3/20	\$22
32011-D	TH	10:30-11:00AM	8WKS	3/21	\$22

Instructor: Kathryn Cassidy

32011-E	T	9:30-10:00AM	8WKS	3/19	\$22
32011-F	T	5:00-5:30PM	8WKS	3/19	\$22
32011-G	TH	9:30-10:00AM	8WKS	3/21	\$22
32011-H	TH	5:30-6:00PM	8WKS	3/21	\$22

Instructor: Marinda Slovensky

32011-I	W	5:30-6:00PM	8WKS	3/20	\$22
32011-J	TH	5:00-5:30PM	8WKS	3/21	\$22

Tumbling Tots II (4-5 years)

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

Instructor: Tammy Slovensky

32022-A	M	11:00-11:30AM	8WKS	3/18	\$22
32022-B	T	11:00-11:30AM	8WKS	3/19	\$22
32022-C	W	11:00-11:30AM	8WKS	3/20	\$22
32022-D	TH	11:00-11:30AM	8WKS	3/21	\$22

Instructor: Kathryn Cassidy

32022-E	T	10:00-10:30AM	8WKS	3/19	\$22
32022-F	T	5:30-6:00PM	8WKS	3/19	\$22
32022-G	TH	10:00-10:30AM	8WKS	3/21	\$22
32022-H	TH	6:00-6:30PM	8WKS	3/21	\$22

Instructor: Marinda Slovensky

32022-I	TH	4:30-5:00PM	8WKS	3/21	\$22
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Tumbling Tots III (4-6 years)

This class is designed for tumblers who have already taken Tumbling Tots I and Tumbling Tots II. Your child must be able to do a forward roll and a cartwheel.

Instructor: Tammy Slovensky

32033-A	M	11:30-12:00PM	8WKS	3/18	\$22
32033-B	T	11:30-12:00PM	8WKS	3/19	\$22

Beginner Gymnastics (5-10 years)

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

Instructor: Kathryn Cassidy
(5-10 years)

32051-A	M	4:00-5:00PM	8WKS	3/18	\$26
32051-B	M	5:00-6:00PM	8WKS	3/18	\$26
32051-C	T	4:00-5:00PM	8WKS	3/19	\$26
32051-D	TH	4:00-5:00PM	8WKS	3/21	\$26
32051-E	F	4:00-5:00PM	8WKS	3/22	\$26
32051-F	F	5:00-6:00PM	8WKS	3/22	\$26

Instructor: Miranda Slovensky
(5-7 years)

32051-G	M	4:00-5:00PM	8WKS	3/18	\$26
32051-H	W	6:00-7:00PM	8WKS	3/20	\$26

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: William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

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: William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

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 \$55 or a series of 3 sessions is \$130. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, 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 \$145 for the 4 sessions. All evaluations are done by appointment.

Instructors: Esther White (MS, RD, LD); William Reed (Certified Personal Trainer) and Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Resting Metabolic Rate Test

Are you wondering how many calories your body is actually burning? The Resting Metabolic Rate Test is a scientific test that determines how many calories your body needs at rest. The test is specific to your body and its unique needs. Knowing your Resting Metabolic Rate can help you fine tune your eating patterns so you can finally lose the unwanted pounds or put on lean muscle mass. The test is \$75 and is done by appointment.

Instructors: Angela Pond (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

42010-A MWThF 8:30-9:15AM 8WKS 3/18 \$28

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: Behka Hartmann (Certified Fitness Instructor)

42040-A MWF 9:15-10:15AM 8WKS 3/18 \$40

Zumba

This class can only be described as FUN!! If you want to party, laugh, and have a great time while you lose those unwanted inches come and join us! The Latin inspired, easy-to-follow, calorie burning, dance fitness party. Feel the music and let loose. Every day of class is a whole new set of dancing and fun.

Instructor: Behka Hartmann (Certified Fitness Instructor)

42065-A MW 6:05-7:00PM 8WKS 3/18 \$40

Zumba Gold Toning

Come learn the basic techniques of Zumba in this energizing fitness class. It's a great way to get your groove on! This is a great way for all ages to get started in Zumba or if you need a lower intensity. We'll use the musical maraca sounding toning sticks to bump up the work out by adding resistance. It's great for the mind, body, and soul!

Instructor: Behka Hartmann (Certified Fitness Instructor)

42050-A TTh 7:30-8:25AM 8WKS 3/19 \$40



Active Independents

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

Instructor: William Reed (Certified Fitness Instructor)

March

41333-C	MW	10:30-11:30AM	4WKS	3/4	\$25
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April

42333-A	MW	10:30-11:30AM	4WKS	4/1	\$25
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May

42333-B	MW	10:30-11:30AM	4WKS	5/1	\$25
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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)

March

41420-C	MW	6:35-7:30AM	4WKS	3/4	\$25
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April

42420-A	MW	6:35-7:30AM	4WKS	4/1	\$25
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May

42420-B	MW	6:35-7:30AM	4WKS	5/1	\$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)

March

41005-C	TTH	6:00-7:00PM	4WKS	3/5	\$25
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April

42005-A	TTH	6:00-7:00PM	4WKS	4/2	\$25
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May

42005-B	TTH	6:00-7:00PM	4WKS	5/2	\$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, LD)

42015-A	TTH	6:35-7:25AM	8WKS	3/19	\$36
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42015-B	TTH	12:10-12:50PM	8WKS	3/19	\$36
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Cycle Circuit

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

Instructor: Esther White (MS, RD, LD)

42300-A	T	5:20-6:10PM	8WKS	3/19	\$30
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42300-B	T	6:15-7:00PM	8WKS	3/19	\$30
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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 (Certified Personal Trainer)

42444-A	T	9:00-9:45AM	8WKS	3/19	\$32
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42444-B	TH	5:30-6:15PM	8WKS	3/21	\$32
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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, LD)

42060-A	M	5:15-6:00PM	8WKS	3/18	\$40
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42060-B	MW	12:10-12:50PM	8WKS	3/18	\$50
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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, LD)

42001-A	M	6:15-7:15PM	8WKS	3/18	\$30
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Core FX

Core Fitness Xtreme will take your body to the next level. Incorporating a variety of core strengthening exercises and great cardio endurance building, you will begin to see the results of your hard work. This class is designed for all fitness levels and will help you maximize your workout capabilities.

Instructor: Behka Hartmann, Certified Personal Trainer and Fitness Instructor-

March

41700-C	M	7:05-8:00PM	4WKS	3/4	\$20
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April

42700-A	M	7:05-8:00PM	4WKS	4/1	\$20
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May

42700-B	M	7:05-8:00PM	4WKS	5/6	\$20
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Hatha Yoga

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 yoga mat.)

Instructor: Behka Hartmann (Certified Fitness Instructor)

42100-A	F	10:15-11:15AM	8WKS	3/22	\$32
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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)

42100-B	W	8:15-9:15PM	8WKS	3/20	\$32
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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)

42100-C	W	7:05-8:00PM	8WKS	3/20	\$32
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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, stress relief, self esteem, and concentration.

Instructor: Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh) (White & Yellow Belts)

22700-A	S	9:05-10:05AM	8WKS	3/23	\$56
(Color Belts)					
22700-B	S	10:10-11:10AM	8WKS	3/23	\$56

Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 9-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an on-going monthly class.

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

March

41800-C	M	7:00-8:30PM	4WKS	3/2	\$35
	W	7:00-8:30PM			
	S	10:05-11:30AM			

April

42800-A	M	7:00-8:30PM	4WKS	4/1	\$35
	W	7:00-8:30PM			
	S	10:05-11:30AM			

May

42800-B	M	7:00-8:30PM	4WKS	5/1	\$35
	W	7:00-8:30PM			
	S	10:05-11:30AM			

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

March

41070-C	TH	7:00-8:15PM	4WKS	3/7	\$30
	S	9:05-11:00AM			

April

42070-A	TH	7:00-8:15PM	4WKS	4/4	\$30
	S	9:05-11:00AM			

May

42070-B	TH	7:00-8:15PM	4WKS	5/2	\$30
	S	9:05-11:00AM			

Belly Dance Basics

Whether you have been dancing all your life or just starting out in dance, you will enjoy this fun dance class! We will learn the basics of Improv Tribal Style. This is a low-impact dance class suitable for all body types.

Instructor: Tiffany Stalberg

42200-A	T	7:00-8:00PM	8WKS	3/19	\$56
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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 dances.

Instructor: Tiffany Stalberg

42224-A	T	8:00-9:00PM	8WKS	3/19	\$56
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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 APPROVAL REQUIRED.

Instructor: Tiffany Stalberg

42222-A	T	9:00-9:45PM	8WKS	3/19	\$40
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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 APPROVAL REQUIRED.

Instructor: Tiffany Stalberg

42226-A	TH	8:00-9:30PM	8WKS	3/21	\$46
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Line Dancing

Looking for a fun way to get your body moving? Give Beginning Line Dancing a try! You don't need a partner, just come ready to dance and have fun. We will learn the basic steps and get you moving and grooving.

Instructor: Nina McMullen

42130A	W	6:30-7:30PM	8WKS	3/20	\$40
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NEW! How to Meal Plan

Do you struggle with getting dinner on the table for your family? Are you spending too much money eating out and wasting time in the drive-thru lines? If you would like to save money and time and learn step by step how to get dinner on the table for your family, this class is for you. Local mom-blogger and author of the site Crystal & Co., will teach you how to meal plan and equip you with over 50 resources and solutions for feeding your family, including 14 easy recipes to get you started. You will also receive a free download of her eBook How to Meal Plan which includes printables and worksheets for meal planning success.

Instructor: Crystal & Co.

42553A	M	7:00-8:30PM	1WK	3/18	\$15
42553B	S	10-11:30AM	1WK	3/23	\$15
42553C	M	7:00-8:30PM	1WK	4/15	\$15
42553D	S	10-11:30AM	1WK	4/20	\$15

Sewing for Adults

Get those creative juices flowing! We will learn basic sewing techniques and how to use the machines. We will also learn how to select and sew by using a pattern. (Supply Fee \$15 for the first class. Supply List for remaining 7 classes. Please bring own scissors to class and a sewing machine if you have one!)

Instructor: Dottie Nicholson

42500-A	T	1:00-2:15PM	8WKS	3/19	\$28
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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 p.m.? *Drop by and give it a try!*



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.

Rag Quilting

Through rag quilting, you can create your own beautiful quilt without quilting! Rag quilts are soft, cuddly, and very simple to complete. We will use simple cutting and sewing to create your own quilt! (Supply List)

Instructor: Vickie McMeans

42556-A	TH	1:00-3:30PM	8WKS	3/21	\$30
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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

42190-A	TH	6:30-8:30PM	8WKS	3/21	\$32
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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

42110-A	T	6:30-9:00PM	8WKS	3/19	\$50
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Central Aquatics Center

715 Mary Drive
817.788.7327

Welcome to the

Hurst Aquatics Centers

Chisholm Aquatics Center

2200 Norwood Drive
817.788.7250

Hurst Aquatics Learn to Swim Program

Registration:

Hurst Residents: April 29
Non-Hurst Residents: May 6

Learn-to-Swim Session Dates:

Session I: June 3 – 13
Session II: June 17 – 27
Session III: July 1 – 11 (No class July 4)
Session IV: July 15 – 25
Session V: July 29 – August 8

Opening Day
Saturday,
May 25

2013 Summer Employment

Now accepting applications for seasonal positions

Positions include: Lifeguard, Cashier, Water Safety Instructor, and Pool Maintenance Attendant.

Positions may be available at both aquatics centers. Applications are available at the Hurst City Hall (1505 Precinct Line Road) or the City of Hurst website, www.hursttx.gov

If you need certification as a Lifeguard or Water Safety Instructor, we will refer you to an upcoming course in the area.

Facility and Pavilion Rentals:

Hurst Residents may begin making Aquatics Center pavilion and facility rentals on March 25. Non-resident may make pavilion reservations beginning on April 1.

Party Packages:

Let us bring the food to your pool party! Beginning March 25, Party Packages are available that include admission, hot dog, chips, drink or sno-cone plus cupcakes (11 or less) or a cake (12 or more). May be purchased with or without pavilion rental.

Group Reservation Policy:

A Daycare/Group is defined as any person or entity, commercial, in home care or non-profit, who provides structured child care and/or activities, whether year round or seasonal. Any Daycare/Group meeting these criteria will be required to make a reservation, in person, at the City of Hurst Recreation Administration Office, 700 Mary Drive, a minimum of seven working days in advance of the desired date of visit. Reservations are on a first-come, first-served basis beginning Monday, March 25 for Hurst groups and Monday, April 1 for non-Hurst groups. Reservations will be available beginning the first Monday in June through the summer season, Monday-Friday, beginning at 12:30 PM. Only two reservations per week per Daycare/Group will be allowed.

Special Events:

Patron Appreciation Week

March 18-22

Join us at the Hurst Recreation Center as we celebrate both our recent renovation project and the start of our 13th year since opening our doors after the Recreation Center's expansion/renovation project that was completed in October 2000. More than 3 million participants have enjoyed using the Hurst Recreation Center since that time. There will be give-away items, refreshments, and door prizes. For more information about Patron Appreciation Week, call the Recreation Center 817.788.7325.

Trout Stockings at Chisholm Park

The Texas Parks and Wildlife Department will stock Chisholm Park Pond with trout again this spring. For dates and additional information check the TPWD website, Neighborhood Fishin' at www.neighborhoodfishin.org.



Concert in the Park

April 19 (rain date May 10)

7:00-8:00 PM

Heritage Village Plaza,
837 W. Pipeline

FREE. For more information, call
817.788.7320.





EGGstravaganza 2013

March 30

Activities begin at 1 p.m.

Egg hunt begins at 2 p.m.

Hurst Community Park, 601 Precinct Line Road (just south of Pipeline Road)

Activities include: crafts, Hurst Clown ArounDs, games, photos with Mr. Bunny, and refreshments. Please, no pets. FREE

For more information, call 817-788-7320

Recreation Division Programs

Recreation Center Fees:

Current January 1, 2010

	Hurst Residents	Non-Hurst Residents
Daily Pass	\$2.00	\$10.00
Annual Pass Youth (6 – 15 years)	\$20.00 per year	\$80.00 per year
Annual Pass Adult (16 – 64 years)	\$50.00 per year	\$200.00 per year
Annual Pass Senior (65+ years)	\$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

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

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. Incentive awards are also available to all participants as they track and log their fitness activities!

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



Adult Basketball Spring League Registration

Returning Teams:

(Teams that played in Hurst in 2012 and 2013)

Monday, March 18, 8:00 AM-5:00 PM
 Tuesday, March 19, 8:00 AM-6:00 PM
 Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday-Friday, March 20-April 5
 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:

\$275 for a 7 game season
 (With playoffs for teams who qualify)

League Nights:

Tuesday and/or Thursday, depending on registration

League Schedules:

Available April 10 after 4 p.m.

League Begins:

Tuesday, April 16

**For more information,
 call 817.788.7320.**

Summer Adult Softball League Registration

Returning Teams:

(Teams that played in Hurst in 2012 and 2013)

Monday, April 29, 8:00 AM-5:00 PM
 Tuesday, April 30, 8:00 AM-6:00 PM
 Hurst Recreation Center (700 Mary Drive)

Open Registration:

Monday-Friday, May 1-17
 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:

\$340 for a 10 game season (with no city playoffs)

League Nights:

Monday-Friday

League Schedules:

Available May 22 after 4 p.m.

League Begins:

Tuesday, May 28

**For more information,
 call 817.788.7320.**



www.teamsideline.com/hurst

Youth Sports Associations:

Hurst Girls Softball League
 (HGSL) 817.209.5409
www.eteamz.com/hurstgsl
hurstgirlsoftball@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.tcbaseball.com

Hurst United Soccer Assn.
 (HUSA) 817.282.8680
www.hurstunited.com

Welcome to the Hurst Tennis Center

Hurst Tennis Center

701 Mary Drive
817.788.7330

“Home of the Team Hurst
Junior Development Program”

Junior Tennis

Quickstart Tennis

(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. Bring one can of new balls to first class.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:00-5:30 PM

Price: \$28 + one new, unopened can of tennis balls

Days: Wednesdays

82601-A	Begins 3/6	(4 wks.)
82601-B	Begins 4/10	(4 wks.)
82601-C	Begins 5/8	(4 wks.)

Jr. Beginner Tennis

(Ages 7 & up)

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

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:30-7:00 PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

82502-A	Begins 3/6	(4 wks.)
82502-B	Begins 4/10	(4 wks.)
82502-C	Begins 5/8	(4 wks.)

Advanced Beginner/Intermediate Junior Tennis

(Ages 10 and up)

For players who have had prior instruction & looking to improve their overall game. Singles and doubles, techniques and tactics. Ages 10 and up. Bring one can of new balls to first class.

Instructor: Austin Wynne, USPTA, John Schildt and Staff

Times: 5:30-7:00 PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

82504-A	Begins 3/6	(4 wks.)
82504-B	Begins 4/10	(4 wks.)
82504-C	Begins 5/8	(4 wks.)

Adult Programs

Adult Beginner/ Advanced Beginner Clinic

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

Instructor: Kelly Langdon, USPTA, and Staff

Times: 7:00 - 8:30PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

82505-A	Begins 3/6	(4 wks.)
82505-B	Begins 4/10	(4 wks.)
82505-C	Begins 5/8	(4 wks.)

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 Staff

Times: 7:00 - 8:30PM

Price: \$72 + one new, unopened can of tennis balls

Days: Wednesdays

82506-A	Begins 3/6	(4 wks.)
82506-B	Begins 4/10	(4 wks.)
82506-C	Begins 5/8	(4 wks.)

4.0 Men's Open 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 - 8:30PM

Price: \$12

Days: Thursdays

88444-A	Begins 3/7	(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.*

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
- \$180 per series of 4 lessons

Lessons with Tennis Instructors:

Sam Elliott, USPTA, **Greg Smith**, **Jason Brown**, USPTA, **Austin Wynne**, USPTA, and **Jared Combest**, USPTR.

- \$49 per hour
- \$26 per half hour
- \$180 per series of 4 lessons

The Tennis Center Staff also offers:

Private and group lessons. \$90 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

Spring/Summer Operating Hours:

Beginning March 4	
Mon. – Thurs.	8:00 AM – 10:00 PM
Friday, Saturday & Sunday	8:00 AM – 7:00 PM

Tennis Center Coordinator – Mike Campo, USPTA
Tennis Specialist – Kelly Langdon, USPTA
Tennis Attendants – Corey Doss, Blake Fisher, Eric Thuener, Charlie Crosswait and Jared Jordan
Tennis Instructors – Greg Smith, Austin Wynne, USPTA, John Schildt, Bryan Combest, USPTA

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

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 24-hour turn around service and have three United States Racquet Stringer's Association stringers on staff.

Upcoming Tournaments

Spring Mid-Cities Junior Circuit —

March 30

Hurst Junior Open Tournament

April 13-14

Spring Adult Leagues begin

March 4

must register by

February 20

cost is

\$25/person

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

**CALL
817.788.7320**

for a court reservation.

Registration Easy-Options!

Walk-in registration beginning on Monday, February 11 at 7:00 AM, 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 February 18 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 March 18. (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 February 11 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 February 18 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.

Classes begin
the week of

**March
18**

Parks and Recreation Board

Chairman: Alan Neace
Vice Chairman: Rod Robertson
Carol Cole
Ralph Hurd
Karen Spencer
Hank Williams
Delbert Derrett
Pat King
Bob Walker

Recreation Staff

Recreation Director: Chris Watson
Recreation Managers: Kim Mesa, Doug McDaniel,
Kristie Weaver
Recreation Center Supervisor: Mary Singleton
Recreation Specialist: Courtney Barnard
Senior Secretary: Paige Lutz



Park System

www.ci.hurst.tx.us

↑
North



Taking Care of City Parks

We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817.788.7220

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
STANDARD
US POSTAGE
PAID
HURST, TX
PERMIT #21

*** ECRWSS ***
Local
Postal Customer