

where we live
HURST ★ TEXAS

FALL/HOLIDAY 2014

Hurst 101

Water Conservation

Family Campfire Camp-Out



where we live

In This Issue

| | |
|------------------------|----|
| Public Library..... | 4 |
| Wellness & Health..... | 8 |
| Senior Services..... | 10 |
| Safe Living..... | 14 |
| Our Community..... | 16 |
| Recreation Center..... | 26 |
| Park System..... | 54 |

City Staff

- Allan Weegar City Manager
- Allan Heindel Deputy City Manager
- Jeff Jones Assistant City Manager
- Clay Caruthers Assistant City Manager
- Ron Haynes Executive Director of Public Works
- Rita Frick City Secretary
- Steve Moore Police Chief
- John Brown Fire Chief
- Matia Messemer Executive Director of Human Resources
- Steve Bowden Executive Director of Economic Development
- Ashleigh Johnson Managing Director of Marketing and Communications



Photos shot by Stacy Luecker.



On the Cover

Tim and Jenny Cary have been married for 12 years and bought their first home in Hurst four years ago. They chose Hurst for the family-friendly atmosphere, exceptional city services and great location. They love taking their two year old daughter, Ivy, to Chisholm and Mayfair parks. Ivy also takes gymnastics at the recreation center. She saw fireworks for the first time at the city Christmas tree lighting last year. We met up with the Cary family at our flagship Starbucks and enjoyed getting to know another one of our Hurst families!



Mayor's Message

It's hard to believe, but fall is just around the corner and the holidays aren't far behind. I say this every year, but it's such a great time to be in Hurst! As usual, we've got a lot of fantastic, family-fun events planned leading up to the holidays this fall. We've even added a couple of NEW events to our lineup. We're kicking off the month of October with our first Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include a children's area, a vendor marketplace, food sales and obedience and agility demonstrations. We're also hosting our first ever family campout on October 17 at Chisholm Park. These new events are in addition to our regularly scheduled family fun, including National Night Out, the Fire Department Open House and our Heritage Village Presents series.

Special events aren't the only way to get involved in your city. We're currently accepting applications for our citizen's academy, Hurst 101 and our Youth In Government program. These unique programs are a great way to get a behind-the-scenes look at local government and interact with elected officials and city staff.

I think it's easy to see why I love autumn in Hurst.

Actually, I love every season in Hurst!

I believe that we truly live in one of the best cities around, and I consider it an honor to serve you. I hope you will join us at some of these exciting events coming soon, and most importantly, I would also like to wish you and your family a safe and healthy holiday season.

– Mayor Richard Ward

City Council

Richard Ward Mayor
Nancy Welton Mayor Pro Tem
David Booe Council Member
Larry Kitchens Council Member
Bill McLendon Council Member
Anna Holzer Council Member
Henry Wilson Council Member

The Social Media Connection

City of Hurst

WEBSITE: www.HurstTX.gov
FACEBOOK: www.Facebook.com/CityofHurstTX
TWITTER: @TheCityofHurst
INSTAGRAM: CityofHurstTX
PINTEREST: www.Pinterest.com/CityofHurstTX

Hurst Public Library

WEBSITE: www.HurstTX.gov/Library
FACEBOOK: www.Facebook.com/HurstPublicLibrary
TWITTER: @HurstLibrary
INSTAGRAM: HurstPublicLibrary

Hurst Police Department

FACEBOOK: www.Facebook.com/CityofHurstPD
TWITTER: @HurstPoliceDept

Hurst Conference Center

WEBSITE: www.HurstCC.com
FACEBOOK: www.Facebook.com/HurstCC
INSTAGRAM: HurstConferenceCenter

Hurst Recreation Center

FACEBOOK: www.Facebook.com/HurstRecreation

Hurst Fire Department

TWITTER: @HurstFireDept

Other Websites

www.TransformingHurst.com
www.HurstED.com

Hurst Public Library

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



Teen Zone

Yu-Gi-Oh Card Game Night

6th - 12th Graders

Yu-Gi-Oh card game mentors will be on hand to teach and play this card game favorite!

6:00-8:00PM // 1st & 3rd Thursdays // 9/4 & 9/18

6:00-8:00PM // 1st & 3rd Thursdays // 10/2 & 10/16

6:00-8:00PM // 1st & 3rd Thursdays // 11/6 & 11/20

6:00-8:00PM // 1st & 3rd Thursdays // 12/4 & 12/18

Adult Programs

The Writer's Club

For writers of all ages, experience and interests. Published or not. Bring a notebook and pen, or your laptop. Bring your imagination and enthusiasm. Future plans include: guest authors, mini field trips and writing inspirations. Come join the fun and creativity.

1:00PM // 1st & 4th Saturdays // 9/6 & 9/27

1:00PM // 1st & 4th Saturdays // 10/4 & 10/25

1:00PM // 1st & 4th Saturdays // 11/1 & 11/22

1:00PM // 1st & 4th Saturdays // 12/6 & 12/27

Brown Bag Book Club

First Thursday of the month at noon. Meet by the fireplace in the Library Reading Alcove for informal book discussion. Please check the library calendar or call the library info desk for upcoming titles.

Programs For All Ages

HEB ISD Early Release Friday Movie Matinee

Join us for a new release movie on the big screen. Free popcorn! Please contact the library for the movie title!

2:00PM // F // 11/14



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



Make and Take Craft Nights

Come to the library for a fun, free make and take craft! Supplies for all crafts will be provided. All ages are welcome to attend. Our younger library friends will need assistance from an adult. This event will be held in the library lobby.

6:00-7:00PM // TH // 11/13, 12/11



Masterworks at the Library

Free for all ages, the Masterworks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast.

Please contact the library information desk, or check the library Facebook page for more concert information.

Les Elegart Orchestra

7:00PM // TH // 9/25

Part of our Library Showcase "Night on the Town" (Outdoor Performance in the library park, please bring lawn chairs and blankets for seating.)

The Gimbles

7:00PM // TH // 10/23

Texas-style swing and country music.

Betty Soo

7:00PM // TH // 11/20

Singer/songwriter

Hurst Public Library



Children's Programs

Boo Books

For All Ages

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

4:00-5:00PM // F // 10/31

Babygarten

Babies, Birth to 18 Months, with Caregiver

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

Wednesday Sessions

10:30-11:30AM // W // 10/1-11/5

Saturday Sessions

10:30-11:30AM // S // 10/4-11/8

Story Time

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

The Book Experience

Family Story Time

Get to know books—beyond just listening or reading!

Get Silly

7:00PM // T // 9/9

The Story Depends on YOU!

7:00PM // T // 10/14

Books Witin Books

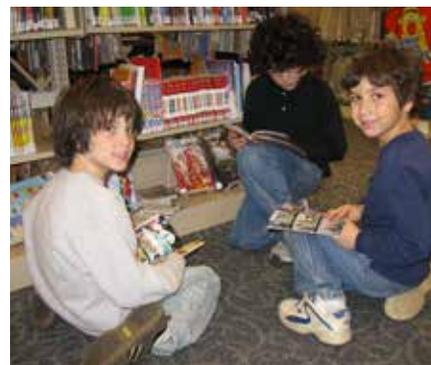
7:00PM // T // 11/11

Hansel and Gretel

7:00PM // T // 12/9

Toddler Time

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





MOVIES, TV SHOWS, MUSIC, TALKING BOOKS
A new service from the Hurst Public Library

FREE for downloading 24/7. NO costs or hassles for you. ALL you need: Library Card, internet access and a device such as a phone or tablet.

FROM Hollywood blockbusters to best selling authors and artists, you're sure to find something you'll enjoy. But it's not just the latest titles - there is also an extensive list of educational materials, children's titles,

foreign films and other content not offered anywhere else.

EASY TO USE: The HOOPLA web site and mobile apps are easy to use. NO waiting lists. Start STREAMING immediately, or DOWNLOAD a title to your phone or tablet for offline viewing later. You can return early or rely on AUTOMATIC RETURNS so there are NEVER ANY LATE FEES."



Library Showcase
Night on the Town

Put on the Ritz, and bring the whole family to the library on September 25 from 5:00 to 8:00 p.m. for an exciting interactive evening to remember! This Gatsby style event will feature glitter tattoos, a photo booth, light refreshments, sparkling grape juice fountains, an indoor performance by Brett Roberts the Magician and an outdoor performance by the Les Egart Orchestra. Guests are welcome to dress for the occasion!



Avoid the Sickies

Simple strategies to stay well

It's the time of year where we start to think about avoiding getting under the weather as the kids go back to school, the weather changes and the newsroom starts buzzing about the latest flu strain sure to be rampant this year. But did you know that there are some simple strategies you can follow to help you stay well even when everyone around you is fighting illness?

Live Well:

All of us have the chance to be well and stay well no matter the time of year or the places we go. But sometimes it feels like a struggle. So here are some consistent habits to put into practice that can impact you!

- Eat lots of fruits and veggies, fresh and full of vibrant color.
- Drink lots of good old fashioned plain water- your body needs it.
- Get probiotics into your system every day like yogurt, kombucha and other fun sources.
- Try some immune boosters like citrus, kale or omega fatty acids.
- Emphasize putting powerful antioxidants into your day by adding blueberries to your oatmeal , enjoying some flax or chia seeds or including some fresh beets on your salad.
- Get moving—regular physical activity enhances your immune system and your emotional well being.

Veggie Lovers Chicken Soup

Ingredients:

(organic recommended)

- 1 tbsp extra-virgin olive oil
- 8 oz boneless, skinless chicken tenders, cut into bite-size chunks
- 1 small zucchini, finely diced
- 1/2 tsp Italian seasoning blend
- 1/8 tsp salt
- 2 plum tomatoes, chopped
- One 14 oz can reduced-sodium chicken broth
- 1/4 c dry white wine
- 2 tbsp orzo, or other tiny pastas such as farfelline
- 1 1/2 cups packed baby spinach

Make Ahead Tip: Cover and refrigerate up to 3 days or freeze up to 3 months.

Note: Choose organic ingredients when possible. Nonorganic can have high pesticide residue.

Instructions:

Heat oil in a large saucepan over medium-high heat. Add chicken and cook, stirring occasionally, until browned, 3 to 4 minutes. Transfer to a plate.

Add zucchini, shallot, Italian seasoning and salt and cook, stirring often, until the vegetables are slightly softened, 2 to 3 minutes. Add tomatoes, broth, wine and orzo (or other tiny pasta); increase heat to high and bring to a boil, stirring occasionally. Reduce heat to a simmer and cook until the pasta is tender, about 8 minutes, or according to package directions. Stir in spinach, the cooked chicken and any accumulated juices from the chicken; cook, stirring, until the chicken is heated through, about 2 minutes.

Makes 2 servings, about 2 cups each

Nutrition Facts: One serving: 261 Calories; 8 g Fat; 12 g Carbohydrates; 31 g Protein; 2 g Fiber.

- Spend time in the sunshine with regular outdoor time.
- Take an organic whole food multi-vitamin/ mineral supplement.
- Add essential oils like wild orange or clove to your daily routine to support your immune functions.

Stay Well:

Take everyday precautions when you are around others who are unwell or you feel yourself fighting illness

- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

- While sick, limit contact with others as much as possible to keep from infecting them.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Senior Center



Membership Information

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

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

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership begins the day you register 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 Senior Center are as follows:

- Hurst Residents - \$20 per membership year. (Equivalent of about \$1.67 per month.)
- Nonresidents - \$80 per membership year. (Equivalent of about \$6.67 per month.)
- These fees include many free classes, programs and activities at the Senior Center, as well as membership to our state-of-the-art fitness room.
- Some classes, programs and activities may require additional fees to cover the cost of supplies, refreshments and/or instructor fees.

Lunch Program

The Senior Center offers a weekly meal program called "A Quick Bite". On Tuesdays, for only \$5, you get a cup of the soup of the day, your choice of the entrée of the day or a sandwich with a bag of chips and a pickle. All lunches come with a dessert. Grab a friend, and stop by the Senior Center for "A Quick Bite"!

The lunch program policies and details are as follows:

- You must register at the front desk for lunch and complete "A Quick Bite" menu selection slip. Payment is expected at the time of registration. Registration can be made from 7 a.m.-7 p.m. on Mondays and from 7-10 a.m. on Tuesdays. No reservations will be taken after 10 a.m.; no exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date the lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- All meals are encouraged to be consumed on the premises. Taking food home from the meal site is done at your own risk. To-go boxes are not available.
- Due to health code policies, personal food items cannot be held in the kitchen refrigerators. Lunches will be available for pick-up on Tuesdays between noon and 1 p.m. Lunches not picked up by 1 p.m. must be discarded.



Donor Program

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

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

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

Regular Programs, Classes, Groups and Activities

"Need to Knows"

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 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 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.

Arts & Crafts

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

Groups

- "The Happy Hatters of Hurst" Friendship Club
- Aircraft & Helicopter Science
- Travel
- Book Club
- Grief Support
- Knot-a-Lot

Computer Classes

- Beginning and Intermediate Users, General Overview
- Email
- File Management
- Internet
- Microsoft Word®
- Private Lessons (By Appt. \$5 for 30 minutes.)

Fitness Programs

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

The Senior Center has many monthly activities. Dances are held on the second and fourth Thursday of every month at 7 p.m. Cost is \$5 at the door, and it's open to the public for ages 55-plus. There are two opportunities for playing FREE bingo each month. Potluck Bingo is always on the first Thursday of the month. Members are asked to bring a side dish or dessert to share. Bingo in the Afternoon is on the third 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.



Ice Cream Social

This year's Ice Cream Social was our biggest and best yet! Over 25 vendors participated bringing the equivalent of 50 gallons of ice cream. Mission Hospice sponsored a special soda fountain themed corner complete with music and dancing. Everyone attending sampled all of the ice cream flavors and then if they still had room, they took their bowl back to be filled with their favorite flavor. Door prizes were given away, including a variety of gift cards, a massage by therapist David Hyland and personal training by Trisha Whitlock (to work off all that ice cream!)

The Senior Center hosts several open activities, and there are no fees or sign-up required. See the *Senior Pipeline* for day and time details so you can join in on the fun!

- Duplicate & Party Bridge
- Mah-jongg
- Nintendo Wii™ Games
- Dominoes, 42 & Chicken Foot
- Ping-pong
- Canasta
- Billiards

Senior Center Upcoming Events & Classes

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



Exercise Classes

The Senior Center offers a variety of ways to get fit and stay active. For those just getting started, check into our Yoga and Tai Chi classes. Looking for something to really get the cardio system going? Try one of our dance classes: Line Dance (Beginners and Intermediate), Zumba Gold, or Hawaiian Dance. Ready to try some new fitness challenges? Enroll in one of our Fit Start classes taught by our certified trainer, Gerald Campbell. Classes are offered several days and times, so they are easy to work into your schedule. If you are interested in one-on-one training, we also offer personal training and private yoga sessions. Stop by the Senior Center to get signed up!

Frozen Fridays

Stop by the Senior Center and beat the heat with a FREE frozen treat. Each Friday has a different sponsor and themed treat. No need to sign up!

3 p.m. // F // 7/11-9/12

Health for Me Workshop

This self-management workshop was developed by Stanford University to help teach you how to learn to deal with chronic health conditions and to live a healthy life. Chronic health conditions include asthma, arthritis, congestive heart failure, high blood pressure, fibromyalgia, diabetes, heart disease or COPD. Registration is required. Hosted by Tarrant County Public Health. **FREE!**

9:30 a.m.-Noon // T // 8/12-9/16

5th Annual Luau & Member Mixer

You are invited to our 5th Annual Luau & Member Mixer. Put on your tropical attire, and plan to spend the afternoon at the Senior Center enjoying the Hawaiian atmosphere, entertainment, food and fun! Catch up with old friends, and meet some new ones. Please RSVP by Aug. 15. **Free!**

1-3 p.m. // 9/22

3rd Annual Craft & Holiday Market

OPEN TO THE PUBLIC OF ALL AGES. Everyone is welcome to tour the Senior Center and pick up some great handmade items, holiday gifts and more. Interested in being an exhibitor? Exhibitor registration begins Sep. 2. Early registration for Senior Center members begins Aug. 25. Contact the Senior Center for more information. Registration forms will be available Aug. 4.

9 a.m.-6 p.m. // 10/24

Open House & Anniversary

Members - invite your non-member friends and family to come tour our beautiful facility and see what fun and exciting things we have going on here. If you are not a member, come see why you should be! Tours and events are offered throughout the day. Join us at 1 p.m. for a cake and punch reception.

1 p.m. // 11/7

2015 Ambulance Subscription Service

Applications due by December 31, 2014



The City of Hurst will again offer Hurst citizens an ambulance subscription service to help offset the high costs of 911 emergency ambulance transportation. Insurance companies routinely do not pay the entire amount of ambulance transportation, leaving the patient with the responsibility of paying the balance of the bill. The purpose of the subscription service is to cover the amount not covered by your insurance provider or Medicare. For \$60 per year per family, you will never have to worry about paying an ambulance bill. Enrollment for 2015 begins October 1 through December 31.

Program Summary:

- Cost is **\$60 per calendar year**, renewed annually.
- Covers **all immediate family members** of the household (that reside at the place of residence in Hurst), which includes applicant, spouse and unmarried children under the age of 26

and any other qualified dependents as determined by the IRS.

Medicaid recipients are not covered by this subscription.

- Saves out of pocket expense for 911 emergency ambulance transportation by paying the amount not covered by health care insurance, Medicare and other supplemental medical insurance.
- Provides the needed insurance information to expedite billing.
- No bill for the unpaid portion of the service not paid by the insurance provider.
- The plan covers you from January 1 to December 31 of the enrollment year

For more information or for an application, please contact the Hurst Fire Department at 817-788-7238. Applications can also be printed from the city's website at www.hursttx.gov.

Save the Date!

6th Annual Firefighter's Steak Dinner

When: Saturday, October 11 from 4:30 – 8 p.m.

Where: Fire Station No. 1 at 2100 Precinct Line Road

Cost: \$15 per person

Ticket Sales: Begin September 2 at Fire Station No. 1

Come out and enjoy a night of good food and fun and support the fire fighters of Hurst! Sponsored by the Hurst Citizen's Fire Academy Alumni Association. Funds raised are used to purchase items that are not in the city budget.

Fire Department Open House

Saturday, September 27 from 10 a.m.-2 p.m.

The Hurst Fire Department will host its annual Open House at Fire Station #1 located at 2100 Precinct Line Road. Hurst Fire apparatus will be on display along with High-Angle Rescue demonstrations, Jaws-of-Life demonstrations, Fire Safety House, Air Ambulance and refreshments. Bring the family and spend the afternoon at this free, family-fun event!



National Night Out

Neighborhoods and police partnering to fight for a safe community

All Hurst neighborhoods are encouraged to come together and send the message that we are all working together to prevent crime and keep our neighborhoods safe.

National Night Out Provides:

- Information and educational materials
- Technical assistance for the development of effective year-long community partnerships that can reduce crime, violence and substance abuse at the community level

National Night Out generated community support for anti-crime and anti-drug abuse prevention activities, as well as a high level of community participation.

The presence of law enforcement in the community under the positive circumstances of a National Night Out allows many residents to meet their officers, in many cases for the first time!

Hot dogs, chips and cookies will be served! There will be entertainment for both the adults and children.

PLEASE JOIN US

When: Tuesday, Oct. 7 from 6 – 8 p.m.

What: National Night Out

Where: Hurst Community Park



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 841 W. Pipeline Road. The City of Hurst invites you to attend our first event for Fall 2014.

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

For more information about the Heritage Village Presents events, contact the Hurst Public Library at 817-788-7300.

3rd Annual Salsa & Salsa

This fun family event is back! Bring a lawn chair or blanket and come enjoy an outdoor concert by the salsa band, Havana NRG at 7 p.m. Work on your dance moves before the concert with free salsa lessons at 6 p.m. While you're enjoying the music of Havana NRG, refresh with a glass of agua fresca provided free of charge by the Hurst Public Library, and check out the Latin food vendors onsite with items for purchase. 6:00PM // TH // 9/4

Dogtoberfest

Calling all pet lovers! The City of Hurst would like to invite you to Dogtoberfest, a festival for people and their canine companions. This fun and exciting event for the whole family will include a children's area, a vendor marketplace, food sales and obedience and agility demonstrations. The City of Hurst will be providing free treats for people and dogs! 4:30-7:30PM // TH // 10/2

Movie in the Park

Come enjoy the fall weather with a family movie night in the park! You bring a lawn chair or blanket and a drink, and we'll supply the free popcorn! Look for movie details to come on the city's website and Facebook page. 7:00PM // F // 11/7



Hurst 101

Have you ever wondered what exactly Public Works is? Or who puts together the city budget and what that process looks like? Or maybe you've always wanted a tour of one of our fire stations or the Hurst Conference Center? If any of these apply to you, or if you're looking to get more involved in your city, we want you! We're gearing up for our third Hurst 101 class and are currently accepting applications to this dynamic program. It is our goal that each participant will walk away from this class with a better understanding of their city and the inner-workings of local government.



of facilities and one on one interaction with city council members. Questions? Call Ashleigh at 817-788-7029.

The class meets nine times between October and March with presentations from various city staff members, tours

Applications are now available at www.hursttx.gov/hurst101.

Chamber Lunch Mobs

Loyalty card offers incentives, discounts to residents

The ongoing construction has not only affected citizens, but it has also had a huge impact on the businesses that we know and love along Airport Freeway. The HEB Chamber of Commerce has created the Chamber Lunch Mobs as a way to show our support to these businesses. On the first and third Tuesday of each month from 11 a.m.-2 p.m., visit the selected restaurant and give these businesses a hand by grabbing some lunch! Keep up with the Chamber Lunch Mob schedule at www.heb.org.

The Chamber Construction Card

The Chamber Construction Card is a unique loyalty card offered to everyone throughout the Hurst-Euless-Bedford area. This card will allow the public to receive special incentives or discounts at businesses affected by the construction in our communities. Everyone will have the opportunity to save on purchases, while at the same time supporting businesses that are facing some challenges during this transitional period. As merchants join the program, their company's information will be listed on the Chamber's website.



Follow the Chamber:

@TheChamberHEB

Facebook: @Hurst Euless Bedford (HEB) Chamber of Commerce

City Plans for the Future

Council takes focused and thoughtful approach in determining implementation of new programs, facility and infrastructure improvements and general operational enhancements.

More than 15 years ago, the Hurst City Council implemented a comprehensive Strategic Planning process that focuses on maintaining and enhancing the high "Quality of Life" that Hurst citizens have come to expect. The Strategic Planning process is year around, beginning with a citizen survey in January, Town Hall Forum in February, strategic planning session in March, Multi Year Financial Planning Session in July and finally the Capital Improvement and Budget preparation and adoption in August and September. Through this process the City Council takes a focused and thoughtful approach in determining the implementation of new programs, facility and infrastructure improvements and general operational enhancements.

Annual citizen surveys consistently find that nine out of ten residents rate the city's quality of life as good or excellent and we're proud to set the standard for quality of life in our area. Improvements to our infrastructure and facilities do not come without a cost, however. The first option to fund these projects is to use cash reserves and pay as you go. If these funds are not available for larger projects, the City may issue debt. It is the City Council's goal to make sure that the impact of these projects is minimal, and that the **only time the tax rate will be impacted is if these improvements are approved by Hurst voters.**

Fiscal Strength

The City of Hurst's fiscal condition remains strong as supported by our credit ratings. Our current credit ratings are AA for Standard & Poor and Aa2 Moody's. These ratings indicate that the city holds high quality debt obligations with very low credit

risk. In a recent report, Standard & Poor's stated, "The ratings reflect our view of the city's: strong wealth and income levels, conservative and sophisticated financial management policies that include a four-level contingency plan, and very strong general fund reserves for more than six consecutive years." During

Animal Shelter Renovation & Expansion



The current Animal Shelter and Operations Building has been open for over 18 years. It is currently overcrowded and needs to be upgraded to meet new animal shelter standard. The City of Bedford is evaluating their participation in the project.

Project Begins: January 2015
Cost: \$3 million
Funding Source: Crime Tax, Reserves
Construction Completed: January 2016

the recent recession, the city reduced its General Fund budget in two consecutive years, eliminated positions outside of Police and Fire operations, lowered employee retirement costs, and continued forecasting revenue in a conservative manner. Per the city's financial policies, an operating reserve of at least 90-days is maintained. Several layers of strategic planning and financial analysis is performed throughout the year. Staff reviews all operating and capital costs monthly. An audit of the city's financial reports is conducted annually, as is a comprehensive review of the multi-year financial plan. Ongoing financial planning and analysis also allows the city to ensure

Aquatic Center Reconstruction

Chisholm Park Aquatics Center will be 25 years old and is experiencing major system costs. Renovations will outpace the life of the facility.



Project Begins: September 2015

Cost: \$7.5 million

Funding Source: Certificates of Obligation backed by ½ cent Community Services Sales Tax (not property tax).

Construction Completed: May 2016

Central Aquatics Center has been open for over 25 years and is experiencing major renovation costs. The center will be renovated and have a facelift to modernize its play structures and systems.

Project Begins: September 2015

Cost: \$3 million

Funding Source: Certificates of Obligation backed by ½ cent Community Services Sales Tax (not property tax).

Construction Completed: May 2016

its fiscal condition remains sound for the immediate future and beyond.

Funding of Capital Projects

The city continues to utilize long-term debt for major high dollar infrastructure improvements (i.e., facilities, streets, drainage and water and wastewater systems). Equipment and short-term assets or maintenance items are paid for with cash-on-hand or on a pay-go basis. Paygo projects totaled \$31 million over the last five years. This strategy provided savings to the city by avoiding additional debt issuance and associated interest costs. The city also lowered interest costs by approximately \$5 million through recent long-term debt refinancing. City staff watches market conditions on an ongoing basis and refinances bonded indebtedness when possible, similar to a person refinancing a mortgage. Refinancing is performed only to achieve savings and the number of years to debt payoff remains intact or may be shortened. Since 2009, only one debt issuance was associated with new programming. In 2012, the city issued \$15.6 million of voter-approved debt to construct a new justice center and related parking. No debt was issued in 2010, and \$19.6 million was issued in 2011 through 2013 to refinance existing debt. All debt issuances are carefully planned and

approved by the City Council only after public notification and open meetings are held. The city holds bond elections for any issuance that may impact the city's tax rate. The portion of the city's tax rate allocated to debt costs is 15.86 cents. The city's portion of a property tax bill represents 23% of the total bill from all taxing entities. An average homeowner pays approximately \$660 annually to the city. \$215 of this amount is allocated to pay the debt that improves city infrastructure and protects the economic viability of the community. The remaining dollars support basic services including police, fire, public works, neighborhood services, fiscal services, senior services, library services, and parks and recreation services. The city offers over \$400 million in property value exemptions (i.e., homestead, senior, and disabled person) resulting in taxpayer savings of \$2.5 million per year. The city also lowered its tax rate nine times between 1992 and 2005, which saved taxpayers \$20 million throughout that timeframe. The city of Hurst meets national standards when evaluating debt per capita. The city of Hurst has maintained a quality of life through paygo projects and long-term financing while remaining fiscally sound and credit worthy.

Debt facts and a 20-year debt history chart can be found on the city's Fiscal Services web page. Please visit www.hursttx.gov/fiscalservices.

Police Storefront (Bellaire Area)



Joint project with the City of Bedford. Locating Police operations in the Village Square Shopping Center at Bellaire and Pipeline. The Storefront will house Hurst and Bedford Police operations along with Victims Assistance Programs. Renovating 5,000 sq ft bank building into storefront operations center.

Renovations Begin: October 2014

Cost: \$75,000

Grant Funding: \$100,000 will be reimbursed for renovations

Funding Source: ½ cent Crime Tax

Construction Completed: November 2014

Projects Under Construction



Hurst Justice Center Update

Progress on the Justice Center is moving along as planned. The new building will be ready for staff to move furniture into around mid-September. Once staff has moved into the new building the old police station will be renovated to construct a new communications center, crime scene lab and expand the jail. The final phase should take eight months to complete, with the complete center opening in late Spring 2015. The new Justice Center will have the capacity to manage current growth rates until the year 2042. The Center will also house the city courts.



Pipeline Road Phase 2 Update

The second phase of Pipeline Road reconstruction from Precinct Line Road east to the Lorean Branch Bridge has been designed. The proposed roadway cross section will be similar to Pipeline Road Phase 1 immediately west of Precinct Line Road with 2-lanes in each direction with left turn lanes and a median. The roadway will be reconstructed with reinforced concrete pavement, sidewalks and pedestrian lighting on both sides, new street lighting along the north side of the street and some landscaping in the medians. Construction on this section should begin in January 2015 and is estimated to be complete by the end of 2015.

Stage 1 Watering Restrictions

In our conservation efforts, the City of Hurst Water Utilities division would like to remind our customers and citizens of the following Stage 1 Restrictions:

Stage 1 Restrictions - Mandatory Watering Schedule:

Monday - No sprinkling or irrigation allowed

Tuesday and Friday - Apartments, businesses, parks, common areas

Wednesday and Saturday - Residential Addresses ending in 0,2,4,6,8 only

Thursday and Sunday - Residential Addresses ending in 1,3,5,7,9 only

Mandatory - No watering between 10 AM and 6 PM





Every drop we save tastes like victory

Saving water is important and, for Team Lawn Whisperer, we're fighting to save every drop. You can help. Remember not to water between 10 a.m. and 6 p.m.



Water twice a week or less and check the Lawn Whisperer Facebook page for weekly watering advice. Join the team and let's save water. Nothing can replace it.

Join the team at SaveNorthTexasWater.com

Nearing Completion

NTE project update

We're in the final stages of the NTE project in Hurst, and we couldn't be more excited. We know you're ready for this project to be complete, too, and the end is near! Here's a look at what will be happening in this last stretch of construction.

- Major work on the Precinct Line Road/SH183 intersection is expected to be completed by late September 2014. NTE is trying to phase the remaining work on the north end of the intersection in order to avoid a final weekend closure if possible. Work is continuing on the new westbound main lane paving on SH183 over the north span of the Precinct Line intersection bridge.
- With the opening of the new west bound Bedford/Eules Road off-ramp on July 6, all of the permanent SH 183 freeway exit off-ramps and freeway entrance on-ramps in the Hurst Corridor have been completed. Temporary closures of these ramps for final paving of access roads can be expected in the next few months.
- NTE plans to start final paving of access roads, both east and west bound from Norwood Drive to Brown Trail, as soon as possible in order to have them completed prior to school openings in late August. Some daytime and mostly nighttime closures should be expected within the next thirty (30) days.
- Work continues on the SH 183 west bound freeway access road from Precinct Line Road, westbound to Bedford/Eules Road. This section, the final access artery completed in the Hurst Corridor, is expected to be completed by the end of September 2014.

Overall substantial completion of the project is still on schedule for December 2014.

4th Annual Salute to Our Veterans

Taps 'n Tunes presents FREE USO type show



Taps 'n Tunes Productions, in conjunction with the City of Hurst and The Military Museum of Fort Worth, will honor veterans on Veterans Day, November 11 with a FREE event at the Hurst Conference Center. This event will include a USO type show, speakers and an 8-piece jazz band, The Jazz Panthers. The band will provide music for listening and dancing. Veterans from World War II, Korea, Vietnam and current conflicts will be available at individual tables to tell their stories and answer guest's questions. The USO will also be present and refreshments will be served.

The Military Museum of Fort Worth will provide authentic military displays. There will be a color guard and a parade of our military service flags - Army, Navy, Air Force, Coast Guard and Marine Corps.

This is the 4th year that Taps 'n Tunes Productions will honor veterans on Veterans Day. The idea became an ongoing project with the special observation on 11-11-11. That seemed too significant a date to ignore. Previous events took place in Fort Worth at the Scott Theater, Will Rogers Coliseum and last year an outdoor event at Veterans Memorial Park. This year, the City of Hurst has brought the event to the beautiful Hurst Conference Center to honor all veterans on this special day.

Parking is free, and there is easy access for physically challenged. An elevator is available at a drop off area.

Events will be ongoing from 1 - 6 p.m. For specific times of various events, call 817-268-0388 or view the schedule on www.tapsntunes.com.



Median Improvements Project *Project improves city landscaping*

The landscaped medians within the City of Hurst are some of the most visible and identifiable elements of the city. These medians serve as a gateway into the City of Hurst and their aesthetics contribute to the "Quality of Life". In the Spring of 2013, the City of Hurst began a three year project to improve the landscaped medians throughout the city.

The need for median improvements can be attributed to many factors including: landscape reaching the end of its life cycle, overgrown landscaping, damage due to the drought and lack of proper irrigation. The Parks Division created a new landscape plan for medians that incorporated the use of ornamental trees such as crepe myrtles, ornamental grasses, knockout roses and some turf grasses and hardscape elements such

as decomposed granite areas and landscape boulders. This new landscaping look is more drought resistant and requires less maintenance but is still quite striking.

Recently completed median improvements:

- Precinct Line Road Medians
- Pipeline Right-of-Way Beds
- Harwood Road Medians

Median improvements planned for Fall 2014:

- Brown Trail Medians
- Pipeline Median at N.E. Loop 820
- Mid Cities Boulevard Median

Special Delivery *Retail Guide*

Shopping First in Hurst has never been easier thanks to the *Restaurant, Retail and Business Guide!* The guide is a great resource for information on each Hurst business. At no cost to the business, you can find their address and phone number in a snap! By shopping locally, you are able to keep your money in the community, help create local jobs and conserve gas. It's a great feeling to help

the community out as well as keep a little cash in your pocket! The latest *Restaurant, Retail and Business Guide* will be out soon, so be sure to keep an eye out for it! Until the latest issue is published, you can find the current information on our website at www.hursttx.gov under the Restaurant, Retail and Business Guide section, or call 817-788-7025.

Volunteers-In-Action

New volunteer positions available

Are you interested in meeting new people, making use of your talents or gaining a new skill? Do you want to support your community while learning more about the City of Hurst operations? Then join the City of Hurst's Volunteers-In-Action program! The following are recently added volunteer positions:

- Computer Lab Assistant (Senior Center)
- Private Computer Lesson Instructor (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.

Youth in Government

Attention high school juniors and seniors! Are you looking to build your resume? Learn about different career paths? Make a difference in your community? By joining our Youth In Government program in the fall, you are sure to do each of those things. It is a great program to meet new people, learn how your local government works and participate in some community service projects. The program is FREE and will run from October 2014 until June 2015, meeting once a month. And did we mention that two \$1,000 scholarships will be awarded? For more information or to apply, contact Kara at kcrane@hursttx.gov. The application is due by September 12.

Up to 15 students will be sponsored by the Hurst City Council to participate in the coming year's program. Students will gain the needed experience for many programs such as International Baccalaureate, Senior Projects, Texas Scholars and much more. This is a unique



2014 Scholarship winners Lydia Meeks and Jason Anderson.

opportunity for students.

Congratulations to last year's scholarship winners, Lydia Meeks and Jason Anderson. They were both awarded \$1,000 scholarships, courtesy of Republic Services.

Employee Giving Day 2015

Each spring, the employees of the City of Hurst volunteer their time to help revitalize older areas of the city. They also lend a hand to senior citizens who need assistance maintaining the exterior of their homes. Thanks to local businesses who donate money and supplies, we are able to update landscaping, tidy up, scrape and paint homes while saving money on supplies and labor. April 17, 2015 will be our 17th Annual Employee Giving Day, and we are looking forward to another opportunity to help our community. For more information on how you can get involved, or to nominate yourself or someone you know for consideration, contact Michelle Lazo at 817-788-7055.



Good Neighbor Days

Fall 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 October 18 and 25.

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 be shredded to bits right before your eyes. For more information call Environmental Services Department at 817-788-7217.



HURST RECREATION CENTER

Exercise, play sports and meet your fitness goals
at the Hurst Recreation Center

Now that the summer has come and gone, and the family vacations are complete, you can get back into your regular workout routine at the Hurst Recreation Center. Whether you want to continue your fitness program, get back on track with one, or start a new one altogether, the Hurst Recreation Center can help you meet all of your fitness goals! Our state-of-the-art fitness center has treadmills, elliptical crosstrainers, bikes, stairclimbers, rowing machines, seated crosstrainers and a wide variety of strength equipment (plate loaded, dumbbells, pin-selectorized). All of our treadmills, elliptical crosstrainers and lateral trainers have 15" LCD screens so that you can watch TV while working out. The treadmills and elliptical crosstrainers are also iPod compatible, so you can listen to your favorite tunes or watch your favorite videos stored on your iPod while you work out. If walking or jogging is your preferred fitness activity, you can use our jogging/walking track and never miss a workout because of inclement weather outside. We also offer numerous fitness classes (Aerobics, Spinning, Zumba, etc.) that will get you into shape.

Do you have a group of friends that enjoy playing basketball? Get a team together and play in the Hurst Recreation Division's Adult Basketball League. 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, walleyball 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 at 817-788-7325.

Our Commitment to Quality

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

Classes begin the week of September 8 (unless otherwise indicated)



Hours of Operation

Monday-Thursday // 6:30AM-10:00PM

Friday // 6:30AM-6:00PM

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

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

Contact Information

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

Recreation Center Fees

Hurst Residents

Daily Pass: **\$2**

Youth Annual Pass (6-15 Years):
\$20 Per Year

Adult Annual Pass (16-64 Years):
\$50 Per Year

Senior Annual Pass (65+ Years):
\$20 Per Year

Family Annual Pass:
\$125 Per Year

Replacement Card Fee: **\$5**

Non-Hurst Residents

Daily Pass: **\$10**

Youth Annual Pass (6-15 Years):
\$80 Per Year

Adult Annual Pass (16-64 Years):
\$200 Per Year

Senior Annual Pass (65+ Years):
\$80 Per Year

Replacement Card Fee: **\$5**

Help Us Help You!

Please Enroll Early

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

3 Years and Younger Programs

Awesome Twos

2 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

FALL

18090-A

9:00-9:45AM // M // 8WKS // 9/8 // \$30

Christmas with Mozart with Mom/Dad

18 Months - 2 Years // Supply Fee \$5

Can you imagine the beautiful Christmas music your 2-year old and their new friends will create with musical instruments? They will play musical instruments and games.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

HOLIDAY

19666-A

5:30-6:00PM // M // 5WKS // 11/10 // \$18

19666-B

10:30-11:00AM // W // 5WKS // 11/12 // \$18

Colors and Shapes

2 - 3 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

HOLIDAY

19240-A

9:00-9:30AM // M // 5WKS // 11/10 // \$18

new class!

Crazy Daisy Fall Fun with Mom/Dad

18 Months - 2 Years // Supply Fee \$5

Come be the next famous artist! We will express ourselves with fun fall art projects!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18130-A

5:00-5:30PM // M // 8WKS // 9/8 // \$28

18130-B

10:00-10:30AM // W // 8WKS // 9/10 // \$28

Happy Feet

2 Years

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

Instructor: Dottie Nicholson

FALL

18095-A

9:00-9:30AM // F // 8WKS // 9/12 // \$28

HOLIDAY

19095-A

9:00-9:30AM // F // 5WKS // 11/14 // \$18

Little Painters

2 - 3 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

FALL

18333-A

10:00-10:30AM // M // 8WKS // 9/8 // \$28

HOLIDAY

19333-A

10:00-10:30AM // M // 5WKS // 11/10 // \$18

Mom and Me Soccer

1 - 2 Years // Tennis Shoes Required

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!

Instructor: Stacie Castillo

FALL

18700-A

8:30-9:00AM // F // 8WKS // 9/12 // \$28

HOLIDAY

19700-A

8:30-9:00AM // F // 5WKS // 11/14 // \$18

Mozart's Twos with Mom/Dad

18 Months - 2 Years // Supply Fee \$5

Can you imagine the beautiful music your 2-year old and their new friends will create with musical instruments and games.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18000-A

5:30-6:00PM // M // 8WKS // 9/8 // \$28

»»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

3 Years and Younger Programs

new class!

Music Maker – Scarecrow Fun with Mom/Dad

18 Months - 2 Years

Music is a proven educator for children of all ages. Come learn to march, dance, moving and grooving. Music helps your fine and gross motor skills, direction and spatial concepts. We will make a new instrument each week to take home.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL
18110-A
10:30-11:00AM // W // 8WKS // 9/10 // \$28

Numbers for Little Learners

2 - 3 Years // Supply Fee \$5

Come create fun projects to help with number concepts. Let's learn your numbers and their value.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL
18123-A
9:30-10:00AM // W // 8WKS // 9/10 // \$28

HOLIDAY
19123-A
9:30-10:00AM // W // 5WKS // 11/12 // \$18

Parachute Fun with Mom/Dad

2.5 - 3.5 Years // Supply Fee \$5

Let's have fun with Mom/Dad as we play games with the parachute and music!

Instructor: Dottie Nicholson

FALL
18555-A
9:45-10:15AM // F // 8WKS // 9/12 // \$28

HOLIDAY
19555-A
9:45-10:15AM // F // 5WKS // 11/14 // \$18

GYMNASTICS

Parent/Tot Tumbling

16 - 36 Mos // One Child Per Parent

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

FALL
Instructor: Tammy Slovensky

38040-A
9:30-10:00AM // M // 8WKS // 9/8 // \$28

38040-B
9:30-10:00AM // T // 8WKS // 9/9 // \$28

38040-C
9:30-10:00AM // W // 8WKS // 9/10 // \$28

38040-D
9:30-10:00AM // TH // 8WKS // 9/11 // \$28

Instructor: Miranda Slovensky

38040-E
5:00-5:30PM // T // 8WKS // 9/9 // \$28

38040-F
6:30-7:00PM // TH // 8WKS // 9/11 // \$28

HOLIDAY
Instructor: Tammy Slovensky

39040-A
9:30-10:00AM // M // 5WKS // 11/10 // \$18

39040-B
9:30-10:00AM // T // 5WKS // 11/11 // \$18

39040-C
9:30-10:00AM // W // 5WKS // 11/12 // \$18

39040-D
9:30-10:00AM // TH // 5WKS // 11/13 // \$18

Instructor: Miranda Slovensky

39040-E
5:00-5:30PM // T // 5WKS // 11/11 // \$18

39040-F
6:30-7:00PM // TH // 5WKS // 11/13 // \$18



3 Years and Younger Programs

GYMNASTICS

Tiny Tykes

2.5 - 3.5 Years

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

FALL

Instructor: Tammy Slovensky

38030-A

10:00-10:30AM // M // 8WKS // 9/8 // \$28

38030-B

11:30-Noon // M // 8WKS // 9/8 // \$28

38030-C

10:00-10:30AM // T // 8WKS // 9/9 // \$28

38030-D

10:00-10:30AM // W // 8WKS // 9/10 // \$28

38030-E

10:00-10:30AM // TH // 8WKS // 9/11 // \$28

Instructor: Miranda Slovensky

38030-F

5:30-6:00PM // T // 8WKS // 9/9 // \$28

38030-G

5:00-5:30PM // TH // 8WKS // 9/11 // \$28

HOLIDAY

Instructor: Tammy Slovensky

39030-A

10:00-10:30AM // M // 5WKS // 11/10 // \$18

39030-B

11:30-Noon // M // 5WKS // 11/10 // \$18

39030-C

10:00-10:30AM // T // 5WKS // 11/11 // \$18

39030-D

10:00-10:30AM // W // 5WKS // 11/12 // \$18

39030-E

10:00-10:30AM // TH // 5WKS // 11/13 // \$18

Instructor: Miranda Slovensky

39030-F

5:30-6:00PM // T // 5WKS // 11/11 // \$18

39030-G

5:00-5:30PM // TH // 5WKS // 11/13 // \$18

Phonics Fun for Little Learners

2 - 3 Years // Supply Fee \$5

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

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18045-A

9:00-9:30AM // W // 8WKS // 9/10 // \$28

HOLIDAY

19045-A

9:00-9:30AM // W // 5WKS // 11/12 // \$18

Rocking Around the Christmas Tree with Mom/Dad

18 Months - 2 Years // Supply Fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

HOLIDAY

19777-A

5:00-5:30PM // M // 5WKS // 11/10 // \$18

19777-B

10:00-10:30AM // W // 5WKS // 11/12 // \$18



3 Years and Older Programs

All Aboard!

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

FALL

19444-A

10:30-11:15AM // W // 5WKS // 11/2 // \$18

Ballet for Tots

3 - 5 Years // Ballet Shoes Required

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.

Instructor: LaTisha Clay

FALL

18180-A

10:30-11:00AM // F // 8WKS // 9/12 // \$28

18180-B

11:30-Noon // F // 8WKS // 9/12 // \$28

18180-C

Noon-12:30PM // F // 8WKS // 9/12 // \$28

Bugs, Bugs, Bugs

3 - 6 Years // Supply Fee \$10

Do you like watching those creepy critters in your backyard? We will learn all about insects and even conduct some live inspections of specimens.

Instructor: Dottie Nicholson

FALL

18222-A

11:30-12:15PM // M // 8WKS // 9/8 // \$19

Cooking for Fun

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

FALL

18250-A

11:30-12:15PM // F // 8WKS // 9/12 // \$30

new class!

Cooking Holiday Treats

3 - 6 Years // Supply Fee \$10

The holiday season means neat treats! Let's meet in the kitchen and mix up some fun!

Instructor: Dottie Nicholson

HOLIDAY

19007-A

11:30-12:15PM // F // 5WKS // 11/14 // \$19

Crazy Daisy Autumn

3 - 5 Years // Supply Fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18015-A

9:30-10:20AM // T // 8WKS // 9/9 // \$32

Creative Healthy Chef

3 - 5 Years // Supply Fee \$10

Calling all pre-schoolers to the kitchen for some fun! Come learn how to create a healthy breakfast, lunch and dinner.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18170-A

10:30-11:15AM // T // 8WKS // 9/9 // \$30

HOLIDAY

19170-A

10:30-11:15AM // T // 5WKS // 11/11 // \$19

Hands-On Math

3 - 5 Years // Supply Fee \$5

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!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18205-A

9:45-10:30AM // M // 8WKS // 9/8 // \$30

18205-B

9:45-10:30AM // TH // 8WKS // 9/11 // \$30

HOLIDAY

19205-A

9:45-10:30AM // M // 5WKS // 11/10 // \$19

19205-B

9:45-10:30AM // TH // 5WKS // 11/13 // \$19

»»» Please Remember

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

3 Years and Older Programs

Holiday Crafts

3 - 6 Years // Supply Fee \$10

Come have some fun with crafts! We will make great seasonal projects.

Instructor: Dottie Nicholson

HOLIDAY

19055-A

10:30-11:15AM // M // 5WKS // 11/10 // \$18

How Does Your Garden Grow

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

FALL

18075-A

11:30-12:15PM // M // 8WKS // 9/8 // \$30

Let's Paint

4 - 6 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

FALL

18115-A

10:45-11:15AM // M // 8WKS // 9/8 // \$28

HOLIDAY

19115-A

9:45-10:15AM // W // 5WKS // 11/12 // \$18

Little Tyke Basketball

4 - 6 Years // Athletic Shoes Required

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

FALL

Instructor: Stacie Castillo

18335-A

10:00-10:30AM // F // 8WKS // 9/12 // \$28

Instructor: Andy Kralik

18335-B

6:30-7:00PM // M // 8WKS // 9/8 // \$28

HOLIDAY

Instructor: Stacie Castillo

19335-A

10:00-10:30AM // F // 5WKS // 11/14 // \$18

Instructor: Andy Kralik

19335-B

6:30-7:00PM // M // 5WKS // 11/10 // \$18



3 Years and Older Programs

Little Tyke Soccer

3 - 5 Years // Athletic Shoes Required

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

FALL

Instructor: Stacie Castillo

(3-4 years)

18600-A

9:00-9:30AM // F // 8WKS // 9/12 // \$28

(4-5 years)

18600-B

9:30-10:00AM // F // 8WKS // 9/12 // \$28

Instructor: Keely Castillo

(4-5 years)

18600-C

5:30-6:00PM // W // 8WKS // 9/10 // \$28

HOLIDAY

(3-4 years)

19600-A

9:00-9:30AM // F // 5WKS // 11/14 // \$18

(4-5 years)

19600-B

9:30-10:00AM // F // 5WKS // 11/14 // \$18

Instructor: Keely Castillo

(4-5 years)

19600-C

5:30-6:00PM // W // 5WKS // 11/12 // \$18

Little Tyke T-Ball

4 - 6 Years // Athletic Shoes Required

Grab your glove and tennis shoes to give t-ball a go. We will work on the basics of t-ball.

Instructor: Andy Kralik

FALL

18140-A

6:00-6:30PM // M // 8WKS // 9/8 // \$28

HOLIDAY

19140-A

6:00-6:30PM // M // 5WKS // 11/10 // \$18



Monster Mash

3 - 6 Years // Supply Fee \$10

Let's get ready for fall! We'll play and learn about different "monsters" through crafts, stories, and songs. We'll have monster treats at the last class.

Instructor: Dottie Nicholson

FALL

18200-A

9:45-10:30AM // W // 8WKS // 9/10 // \$30

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 Early Childhood and All Level Teacher)

FALL

18100-A

11:30-Noon // T // 8WKS // 9/9 // \$28

HOLIDAY

19100-A

11:30-Noon // T // 5WKS // 11/11 // \$18

new class!

Music Maker - Scarecrow & Christmas Fun

3 - 5 Years // Supply Fee \$8

Music is a proven educator for children of all ages. Come learn to march, dance, moving and grooving. Music helps your fine and gross motor skills, direction and spatial concepts. We will make a new instrument each week to take home.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL (Scarecrow Fun)

18020-A

11:30-Noon // M // 8WKS // 9/8 // \$28

HOLIDAY (Christmas Fun)

19020-A

11:30-Noon // M // 5WKS // 11/10 // \$18

3 Years and Older Programs

Phonics Fun - STEP 1

3 - 5 Years // Supply Fee \$5

Come one, come all to the big sounds of letters. You will learn pre-reading skills through games and activities that teach phonics.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18030-A

9:00-9:45AM // M // 8WKS // 9/8 // \$30

18030-B

9:00-9:45AM // TH // 8WKS // 9/11 // \$30

HOLIDAY

19030-A

9:00-9:45AM // M // 5WKS // 11/10 // \$19

19030-B

9:00-9:45AM // TH // 5WKS // 11/13 // \$19



Phonics Fun - STEP 2

3 - 5 Years // Supply Fee \$5

Ready for some more phonics? Come take the next step of Phonics Fun and learn some more!

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18035-A

10:30-11:15AM // M // 8WKS // 9/8 // \$30

18035-B

10:30-11:15AM // TH // 8WKS // 9/11 // \$30

HOLIDAY

19035-A

10:30-11:15AM // M // 5WKS // 11/10 // \$19

19035-B

10:30-11:15AM // TH // 5WKS // 11/13 // \$19

Ready for Kindergarten - Prep Program

4 - 5 Years // Supply Fee \$25

This program is designed to prepare your student for Kindergarten. The program will meet Monday-Thursday from 8:30AM-2:30PM 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. 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.

The teacher, Anne Stokes, graduated from Indiana University with a B.S. in Education, majoring in Elementary Education with a minor in Early Childhood Education and Reading. She taught Kindergarten and first grade for 9 years in the Dallas/Ft. Worth area. However, her true calling is Pre-schoolers and began teaching this program in 2011 following the Leap Frog curriculum.

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. A \$25 supply fee will be due to the instructor on the first day of class in August and on the first day of class in January.

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

18050-A : August

8:30AM-2:30PM // M-TH // 1WK // 8/25 // \$75

18050-D : November

8:30AM-2:30PM // M-TH // 4WKS // 11/3 // \$295

18050-B : September

8:30AM-2:30PM // M-TH // 4WKS // 9/2 // \$295

18050-E : December

8:30AM-2:30PM // M-TH // 3WKS // 12/1 // \$222

18050-C : October

8:30AM-2:30PM // M-TH // 4WKS // 10/1 // \$295

3 Years and Older Programs

Pre-School Athletics

4 - 6 Years // Athletic Shoes Required

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

Instructor: Tammy Slovensky

FALL
18300-A
11:30-Noon // W // 8WKS // 9/10 // \$28

HOLIDAY
19300-A
11:30-Noon // W // 5WKS // 11/12 // \$18

Rocking Around the Christmas Tree

3 - 5 Years // Supply Fee \$5

Let's have fun while developing our fine motor skills through fun craft projects! We will complete our craft projects by using scissors, pens, paints and pencils.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

HOLIDAY
19777-C
9:30-10:20AM // T // 5WKS // 11/11 // \$18

Science Fun

3 - 6 Years // Supply Fee \$10

Create some fun experiences using science and learn more about our planet, EARTH!

Instructor: Dottie Nicholson

HOLIDAY
19210-A
10:30-11:15AM // F // 5WKS // 11/14 // \$19

Science Fun 101

3 - 5 Years // Supply Fee \$5

We'll explore the world of science through exciting experiments. Science will knock your socks off.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL
18025-A
11:15-Noon // TH // 8WKS // 9/11 // \$32

HOLIDAY
19025-A
11:15-Noon // TH // 5WKS // 11/13 // \$20

Scissor Time

3.5 - 5 Years // Supply Fee \$10

Are you heading to Kindergarten soon? We will work on the motor skills required for using scissors to prep you for your big transition. We will make puppets, collages and other projects each week. Safety scissors will be provided.

Instructor: Dottie Nicholson

FALL
18654-A
9:00-9:30AM // W // 8WKS // 9/10 // \$28

HOLIDAY
19654-A
9:00-9:30AM // W // 5WKS // 11/12 // \$18

Super Heroes

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

FALL
18150-A
10:45-11:30AM // W // 8WKS // 9/10 // \$30

Tap for Tots

3 - 5 Years // Tap Shoes Required

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.

Instructor: LaTisha Clay

FALL
18065-A
11:00-11:30AM // F // 8WKS // 9/12 // \$28

Tiny Dancer

3 - 4 Years // Ballet and Tap Shoes Required

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

Instructor: Sherri Longino

FALL
18060-A
5:15-5:45PM // TH // 8WKS // 9/11 // \$28
18060-B
9:05-9:35AM // S // 8WKS // 9/13 // \$28

HOLIDAY
19060-A
5:15-5:45PM // TH // 5WKS // 11/13 // \$18
19060-B
9:05-9:35AM // S // 5WKS // 11/15 // \$18



3 Years and Older Programs

GYMNASTICS

Tumbling Tots I

3 - 4 Years

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

FALL

Instructor: Tammy Slovensky

38011-A
10:30-11:00AM // M // 8WKS // 9/8 // \$28

38011-B
10:30-11:00AM // T // 8WKS // 9/9 // \$28

38011-C
11:30-Noon // T // 8WKS // 9/9 // \$28

38011-D
10:30-11:00AM // W // 8WKS // 9/10 // \$28

38011-E
10:30-11:00AM // TH // 8WKS // 9/11 // \$28

Instructor: Kathryn Cassidy

38011-F
5:00-5:30PM // T // 8WKS // 9/9 // \$28

38011-G
5:00-5:30PM // TH // 8WKS // 9/11 // \$28

HOLIDAY

Instructor: Tammy Slovensky

39011-A
10:30-11:00AM // M // 5WKS // 11/10 // \$18

39011-B
10:30-11:00AM // T // 5WKS // 11/11 // \$18

39011-C
11:30-Noon // T // 5WKS // 11/11 // \$18

39011-D
10:30-11:00AM // W // 5WKS // 11/12 // \$18

39011-E
10:30-11:00AM // TH // 5WKS // 11/13 // \$18

Instructor: Kathryn Cassidy

39011-F
5:00-5:30PM // T // 5WKS // 11/11 // \$18

39011-G
5:00-5:30PM // TH // 5WKS // 11/13 // \$18

GYMNASTICS

Tumbling Tots II

4 - 6 Years

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

FALL

Instructor: Tammy Slovensky

38022-A
11:00-11:30AM // M // 8WKS // 9/8 // \$28

38022-B
11:00-11:30AM // T // 8WKS // 9/9 // \$28

38022-C
11:00-11:30AM // W // 8WKS // 9/10 // \$28

38022-D
11:00-11:30AM // TH // 8WKS // 9/11 // \$28

Instructor: Kathryn Cassidy

38022-E
5:30-6:00PM // T // 8WKS // 9/9 // \$28

38022-F
5:30-6:00PM // TH // 8WKS // 9/11 // \$28

HOLIDAY

Instructor: Tammy Slovensky

39022-A
11:00-11:30AM // M // 5WKS // 11/10 // \$18

39022-B
11:00-11:30AM // T // 5WKS // 11/11 // \$18

39022-C
11:00-11:30AM // W // 5WKS // 11/12 // \$18

39022-D
11:00-11:30AM // TH // 5WKS // 11/13 // \$18

Instructor: Kathryn Cassidy

39022-E
5:30-6:00PM // T // 5WKS // 11/11 // \$18

39022-F
5:30-6:00PM // TH // 5WKS // 11/13 // \$18

When Dinosaurs Roamed

3 - 6 Years // Supply Fee \$10

Do you LOVE dinosaurs? Come learn about all of the different dinosaurs that roamed our great State of Texas! We will have a great time learning through games, crafts, and stories.

Instructor: Dottie Nicholson

FALL

18666-A
10:30-11:15AM // F // 8WKS // 9/12 // \$30

Yes, I Can Draw!

3 - 5 Years // Supply List

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

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

18895-A
9:00-9:30AM // T // 8WKS // 9/10 // \$28

HOLIDAY

19895-A
9:00-9:30AM // T // 5WKS // 11/11 // \$18



Youth Programs

3-In-1 Dance Combo Class

13+ Years // Ballet, Tap and Jazz Shoes Required

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!

Instructor: Sherri Longino

FALL
28300-A
11:20-12:20PM // S // 8WKS // 9/13 // \$32

HOLIDAY
29300-A
11:20-12:20PM // S // 5WKS // 11/15 // \$20

Ballet & Tap I

5 - 8 Years // Ballet and Tap Shoes Required

You will learn tap, ballet, and rhythmic movements.

Instructor: Sherri Longino

FALL
28120-A
6:15-6:45PM // TH // 8WKS // 9/11 // \$28
28120-B
9:40-10:10AM // S // 8WKS // 9/13 // \$28

HOLIDAY
29120-A
6:15-6:45PM // TH // 5WKS // 11/13 // \$18
29120-B
9:40-10:10AM // S // 5WKS // 11/15 // \$18

Ballet II

5 - 8 Years // Ballet Shoes Required

Have you taken Ballet & Tap I and are ready to learn more? Here is your chance to take your skills to the next level, focusing on Ballet. **Must have completed 2 sessions of Ballet & Tap I.**

Instructor: Sherri Longino

FALL
28125-A
10:15-10:45AM // S // 8WKS // 9/13 // \$28

HOLIDAY
29125-A
10:15-10:45AM // S // 5WKS // 11/15 // \$18



Basic Art

7 - 12 Years // Supply Fee \$5

Explore different art projects from drawing to shading, sculpting, water coloring and much more!

Instructor: Keely Castillo

FALL
28050-A
5:00-5:30PM // W // 8WKS // 9/10 // \$28

HOLIDAY
29050-A
5:00-5:30PM // W // 5WKS // 11/12 // \$18

Basketball 101

7 - 12 Years // Athletic Shoes Required

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

Instructor: Keely Castillo

FALL
Instructor: Andy Kralik
28101-A
7:00-7:30PM // M // 8WKS // 9/8 // \$28

Instructor: Keely Castillo
28101-B
6:30-7:00PM // W // 8WKS // 9/10 // \$28

HOLIDAY
Instructor: Andy Kralik
29101-A
7:00-7:30PM // M // 5WKS // 11/10 // \$18

Instructor: Keely Castillo
29101-B
6:30-7:00PM // W // 5WKS // 11/12 // \$18

Youth Programs

GYMNASTICS

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.

FALL

Instructor: Kathryn Cassidy

38051-A

4:00-5:00PM // T // 8WKS // 9/9 // \$32

38051-B

4:00-5:00PM // TH // 8WKS // 9/11 // \$32

Instructor: Miranda Slovensky

38051-C

6:00-7:00PM // T // 8WKS // 9/9 // \$32

38051-D

5:30-6:30PM // TH // 8WKS // 9/11 // \$32

HOLIDAY

Instructor: Kathryn Cassidy

39051-A

4:00-5:00PM // T // 5WKS // 11/11 // \$20

39051-B

4:00-5:00PM // TH // 5WKS // 11/13 // \$20

Instructor: Miranda Slovensky

39051-C

6:00-7:00PM // T // 5WKS // 11/11 // \$20

39051-D

5:30-6:30PM // TH // 5WKS // 11/13 // \$20

Flag Football Basics

7 - 12 Years // Athletic Shoes Required

Do you like watching football with your family? Come on out and learn the basics of flag football.

Instructor: Andy Kralik

FALL

28113-A

7:30-8:00PM // M // 8WKS // 9/8 // \$28

HOLIDAY

29113-A

7:30-8:00PM // M // 5WKS // 11/10 // \$18

Girls Volleyball Beginners Basics

8 - 12 Years // Athletic Shoes Required

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

Instructor: Keely Castillo

FALL

28035-A

7:00-7:30PM // W // 8WKS // 9/10 // \$28

HOLIDAY

29035-A

7:00-7:30PM // W // 5WKS // 11/12 // \$18

Guitar for Youth

9 - 13 Years // Guitar Required

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

Instructor: Jan Ryberg

FALL

28020-B

4:45-5:30PM // M // 8WKS // 9/8 // \$70

HOLIDAY

29020-B

4:45-5:30PM // M // 5WKS // 11/10 // \$43

Guitar Prep

5 - 8 Years

We will practice basic muscle memory, pitch and rhythm exercises laying the groundwork for good guitar technique. You will learn basic songs. **1/2 size guitar and parent participation required.**

Instructor: Jan Ryberg

FALL

28020-A

4:00-4:45PM // M // 8WKS // 9/8 // \$70

HOLIDAY

29020-A

4:00-4:30PM // M // 5WKS // 11/10 // \$43

Hippity-Hop Dance

5 - 8 Years

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

Instructor: Sherri Longino

FALL

28333-A

5:45-6:15PM // TH // 8WKS // 9/11 // \$28

HOLIDAY

29333-A

5:45-6:15PM // TH // 5WKS // 11/13 // \$18

Homeschool Art

6 - 12 Years // Supply Fee \$10

Art is all around us. You will learn about different kinds of art, including painting, drawing, and sculpting.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

28040-A

11:30-12:15PM // W // 8WKS // 9/10 // \$28

HOLIDAY

29040-A

11:30-12:15PM // W // 5WKS // 11/12 // \$18

Homeschool Healthy Chef

6 - 12 Years // Supply Fee \$10

Come learn how to create a healthy breakfast, lunch and dinner.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

28060-A

12:15-1:15PM // W // 8WKS // 9/10 // \$30

HOLIDAY

29060-A

12:15-1:15PM // W // 5WKS // 11/12 // \$19

Youth Programs

ITF Taekwon-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.

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

FALL

28700-A : White and Yellow Belts
9:05-10:05AM // S // 8WKS // 9/13 // \$46
28700-B : Advanced Belts
10:05-11:05AM // S // 8WKS // 9/13 // \$46

HOLIDAY

29700-A : White and Yellow Belts
9:05-10:05AM // S // 5WKS // 11/15 // \$29
29700-B : Advanced Belts
10:05-11:05AM // S // 5WKS // 11/15 // \$29

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.

Instructors: Bob Klavitter

FALL

28111-A : Beginner 8-15 Years
6:00-8:00PM // M // 8WKS // 9/8 // \$40
287111-B : Beginner 5-7 Years
4:00-5:00PM // MW // 8WKS // 9/8 // \$40
28111-C : Advanced 8-15 Years
5:00-6:00PM // MW // 8WKS // 9/8 // \$40

HOLIDAY

29111-A : Beginner 8-15 Years
6:00-8:00PM // M // 5WKS // 11/10 // \$20
29111-B : Beginner 5-7 Years
4:00-5:00PM // MW // 5WKS // 11/10 // \$20
29111-C : Advanced 8-15 Years
5:00-6:00PM // MW // 5WKS // 11/10 // \$20

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 10-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 with new students starting on the first Monday of the month.

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

AUGUST

23900-C
6:00-7:00PM // M // 4WKS // 8/4 // \$40
9:05-10:00AM // S

SEPTEMBER

28900-A
6:00-7:00PM // MW // 4WKS // 9/8 // \$40

OCTOBER

28900-B
6:00-7:00PM // MW // 4WKS // 10/6 // \$40

NOVEMBER

28900-C
6:00-7:00PM // MW // 4WKS // 11/3 // \$40

DECEMBER

28900-D
6:00-7:00PM // MW // 4WKS // 12/1 // \$40



Youth Programs

Sewing Club

7 - 12 Years // Supply Fee \$20 + Scissors

We will learn basic sewing techniques by hand and by machines. We will also learn how to select and sew by using a pattern.

Instructor: Dottie Nicholson

FALL

28420-A

4:15-5:30PM // T // 8WKS // 9/9 // \$36

HOLIDAY

29420-A

4:15-5:30PM // T // 5WKS // 11/11 // \$22

Soccer Skills

7 - 12 Years // Athletic Shoes Required

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

Instructor: Keely Castillo

FALL

28500-A

6:00-6:30PM // W // 8WKS // 9/10 // \$28

HOLIDAY

29500-A

6:00-6:30PM // W // 5WKS // 11/12 // \$18

Stretch and Special Techniques for Dance

9+ Years

Need some extra help with your flexibility and special techniques such as leaps, jumps and turns? We will focus on these often overlooked components to help you further your dancing.

Instructor: Sherri Longino

FALL

28145-A

6:45-7:45PM // TH // 8WKS // 9/11 // \$32

HOLIDAY

29145-A

6:45-7:45PM // TH // 5WKS // 11/13 // \$20

Tap II

5 - 8 Years // Tap Shoes Required

Have you taken Ballet & Tap I and are ready to learn more? Here is your chance to take your skills to the next level, focusing on Tap. **Must have completed 2 sessions of Ballet & Tap.**

Instructor: Sherri Longino

FALL

28165-A

10:50-11:20AM // S // 8WKS // 9/13 // \$28

HOLIDAY

29165-A

10:50-11:20AM // S // 5WKS // 11/15 // \$18

Watercoloring

5 - 12 Years // Supply Fee \$10

Calling all kids! Come explore your creative side by creating your very own watercolors. You will learn about color combinations and different applications

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

28090-A

5:30-6:20PM // T // 8WKS // 9/9 // \$30

HOLIDAY

29090-A

5:30-6:20PM // T // 5WKS // 11/11 // \$19



Yes, I Can Draw!

5 - 12 Years // Supply List

Yes, you can draw! You will learn how to draw using drawing pencils, colors and paper.

Instructor: Mary Cassidy (Certified Early Childhood and All Level Teacher)

FALL

28005-A

4:30-5:20PM // T // 8WKS // 9/9 // \$30

HOLIDAY

29005-A

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



»»» Please Remember

With your child's best interest in mind, we ask that parents do not remain in the classroom after the class begins. Our instructors have found that their quality of instruction is effected by parental distractions and interruptions. Parents may sit in the lobby or lounge areas. Please do not sit in the hallway.

Adult Programs

Acting

Acting is a great empowerment tool. You can use acting to improve your communication skills while making presentations, to find your voice and creativity, or if you just need a release. Come learn and explore!

Instructor: Joy Ingram (Local actor working in television)

FALL
48430-A
6:15-7:15PM // TH // 8WKS // 9/11 // \$105

Belly Dance - Advanced

Now that you have perfected your dance skills, you are ready to create a performance. This class will focus on taking your move skills and making them 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: Tiffany Skalberg

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

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

Belly Dance - Basics

Geared toward the new student, but vital to continuing students for refinement, this class establishes a strong foundation for every dancer and is instrumental in familiarizing students specifically with the Tribal Evolution troupe format. This is a low-impact dance class suitable for all body types.

Instructor: Tiffany Skalberg

FALL
48200-A
7:00-8:00PM // T // 8WKS // 9/9 // \$56

HOLIDAY
49200-A
7:00-8:00PM // T // 5WKS // 11/11 // \$35

Belly Dance - Intermediate

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class, the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the 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 dance. **This class is best used in combination with Basics as there is no breakdown of the foundation steps.**

Instructor: Tiffany Skalberg

FALL
48224-A
8:00-9:00PM // T // 8WKS // 9/9 // \$56

HOLIDAY
49224-A
8:00-9:00PM // T // 5WKS // 11/11 // \$35

Belly Dance - Tribal Evolution

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

Instructor: Tiffany Skalberg

FALL
48226-A
8:00-9:45PM // TH // 8WKS // 9/11 // \$46

HOLIDAY
49226-A
8:00-9:45PM // TH // 5WKS // 11/13 // \$28

Boot Camp

13+ Years

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!

Instructors: Behka Hartmann (Certified Fitness Instructor)

AUGUST
43420-C
6:35-7:30AM // MW // 4WKS // 8/4 // \$25

SEPTEMBER
48420-A
6:35-7:30AM // MW // 4WKS // 9/3 // \$25

OCTOBER
48420-B
6:35-7:30AM // MW // 4WKS // 10/1 // \$25

NOVEMBER
48420-C
6:35-7:30AM // MW // 4WKS // 11/3 // \$25

DECEMBER
48420-D
6:35-7:30AM // MW // 4WKS // 12/1 // \$25

Brush & Palette

Supply List

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

Instructor: Elaine Roosz

FALL
48110-A
6:30-9:00PM // T // 8WKS // 9/16 // \$50

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

Adult Programs

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)

FALL
48300-A

5:20-6:10PM // T // 8WKS // 9/9 // \$30

HOLIDAY
49300-A

5:20-6:10PM // T // 5WKS // 11/11 // \$19

Energize Exercise

Do you like to exercise in the morning and feel energized all day? Then this is the class for you. You will exercise at your own level of endurance. The class puts emphasis on your arms, abdomen and legs.

Instructor: Karen Cowley

FALL
48010-A

8:30-9:15AM // MWThF // 8WKS // 9/8 // \$30

HOLIDAY
49010-A

8:30-9:15AM // MWThF // 5WKS // 11/10 // \$19

Fitness Evaluations

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

Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Flow & Strength

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

Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

FALL
48060-A

5:15-6:00PM // M // 8WKS // 9/8 // \$30

48060-B

12:10-12:50PM // MW // 8WKS // 9/8 // \$36

HOLIDAY
49060-A

5:15-6:00PM // M // 5WKS // 11/10 // \$19

49060-B

12:10-12:50PM // MW // 5WKS // 11/10 // \$22

Guitar

14+ Years // **Guitar Required**

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

Instructor: Jan Ryberg

FALL
48888-A

5:30-6:15PM // M // 8WKS // 9/8 // \$70

HOLIDAY
49888-A

5:30-6:15PM // M // 5WKS // 11/10 // \$44

Tri City Promenaders

Did you know that the Tri City Promenaders offers square dance lessons at Brookside Center on Tuesday nights from 7:30-9:30 p.m.? Drop by and give it a try! Email tricitypromenaders@gmail.com for more information.



Adult Programs

Hatha Yoga

Don't Eat 2 Hours Prior // Yoga Mat

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.

Instructor: Behka Hartmann, Certified Personal Trainer/Fitness Instructor

FALL
48100-A
10:15-11:10PM // M // 8WKS // 9/8 // \$32

48100-B
10:15-11:10PM // F // 8WKS // 9/12 // \$32

HOLIDAY
49100-A
10:15-11:10PM // M // 5WKS // 11/10 // \$20

49100-B
10:15-11:10PM // F // 5WKS // 11/14 // \$20

Hurst Hustlers Running Club

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

Instructor: Esther White (MS, RD, LD)

FALL
48001-A
6:15-7:15PM // M // 8WKS // 9/8 // \$30

HOLIDAY
499001-A
6:15-7:15PM // M // 5WKS // 11/10 // \$19

ITF Taekwon-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.

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

FALL
28700-A : White and Yellow Belts
9:05-10:05AM // S // 8WKS // 9/13 // \$56

28700-B : Advanced Belts
10:05-11:05AM // S // 8WKS // 9/13 // \$56

HOLIDAY
29700-A : White and Yellow Belts
9:05-10:05AM // S // 5WKS // 11/15 // \$35
29700-B : Advanced Belts
10:05-11:05AM // S // 5WKS // 11/15 // \$35

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)

FALL
48040-A
9:15-10:10AM // MWF // 8WKS // 9/8 // \$45

HOLIDAY
49040-A
9:15-10:10AM // MWF // 5WKS // 11/10 // \$28



Adult Programs

Nutrition Counseling

One-Hour Session \$55 // Three Sessions \$130

Can't get rid of that extra weight? Need nutrition assistance for your sports training? Have a medical condition that would benefit from nutrition assistance? Individual nutrition counseling is available for your every need. Expertise in weight loss and management, disease management, sports nutrition, eating disorders, and general wellness. All evaluations are done by appointment.

Instructor: Esther White (MS, RD, LD)

Olympic Sport of Judo

Judo has been an Olympic sport since 1964. Here is your chance to learn the sport of Judo from a 10-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. New students start the first Monday of the month.

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

AUGUST

43800-C

7:00-8:30PM // MW // 4WKS // 8/4 // \$40
10:05-11:30AM // S

SEPTEMBER

48800-A

7:00-8:30PM // MW // 4WKS // 9/8 // \$40

OCTOBER

48800-C

7:00-8:30PM // MW // 4WKS // 10/6 // \$40

NOVEMBER

48800-C

7:00-8:30PM // MW // 4WKS // 11/3 // \$40

DECEMBER

48800-C

7:00-8:30PM // MW // 4WKS // 12/1 // \$40

Personal Training

One-Hour Session \$41 // Five Sessions \$172

Do you need motivation to reach your fitness goals? Through personal training, you can reach your cardiovascular and strength training goals with a program tailored for you. Sessions are set by appointment.

Instructor: Behka Hartmann (Certified Personal Trainer/Fitness Instructor)

Resting Metabolic Rate Test

By Appointment Only // Test Fee \$60

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 done by appointment.

Instructor: Angela Pond (Certified Personal Trainer)

Scaravelli Yoga

Bring Blanket and Yoga Mat

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.

Instructors: Julie Vela (Certified and Registered with Yoga Alliance)

FALL

48100-C

8:15-9:15PM // W // 8WKS // 9/10 // \$32

HOLIDAY

49100-C

8:15-9:15PM // W // 5WKS // 11/12 // \$20

Scaravelli Intermediate

Bring Blanket and Yoga Mat

Are you ready to deepen your yoga practice? Experience steadiness and ease while learning intermediate poses.

Instructors: Julie Vela (Certified and Registered with Yoga Alliance)

FALL

48100-D

7:05-8:00PM // W // 8WKS // 9/10 // \$32

HOLIDAY

49100-D

7:05-8:00PM // W // 5WKS // 11/12 // \$20

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)

FALL

48015-A

6:35-7:25AM // TTh // 8WKS // 9/9 // \$32

48015-B

12:10-12:50PM // TTh // 8WKS // 9/9 // \$32

HOLIDAY

49015-A

6:35-7:25AM // TTh // 5WKS // 11/11 // \$20

49015-B

12:10-12:50PM // TTh // 5WKS // 11/11 // \$20

Adult Programs

Spin and 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)

FALL
48444-A
9:00-9:45PM // T // 8WKS // 9/9 // \$36

48444-B
5:30-6:15PM // TH // 8WKS // 9/11 // \$36

HOLIDAY
49444-A
9:00-9:45AM // T // 5WKS // 11/11 // \$22

49444-B
5:30-6:15PM // TH // 5WKS // 11/13 // \$22



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

AUGUST
43070-C
7:00-8:15PM // TH // 4WKS // 8/7 // \$30
9:05-11:00AM // S

SEPTEMBER
48070-A
7:00-8:15PM // TH // 4WKS // 9/4 // \$30
9:05-11:00AM // S

OCTOBER
48070-B
7:00-8:15PM // TH // 4WKS // 10/2 // \$30
9:05-11:00AM // S

NOVEMBER
48070-C
7:00-8:15PM // TH // 4WKS // 11/6 // \$30
9:05-11:00AM // S

DECEMBER
48070-D
7:00-8:15PM // TH // 4WKS // 12/4 // \$30
9:05-11:00AM // S

The Power Package

By Appointment Only // Four Sessions \$145

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

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

Zumba

13+ Years

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)

FALL
48065-A
6:05-7:00PM // MW // 8WKS // 9/8 // \$45

HOLIDAY
49065-A
6:05-7:00PM // MW // 8WKS // 11/10 // \$28

Zumba - Gold Toning

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

Instructor: Behka Hartmann (Certified Fitness Instructor)

FALL
48050-A
7:30-8:25AM // TTH // 8WKS // 9/9 // \$40

HOLIDAY
49050-A
7:30-8:25AM // TTH // 5WKS // 11/11 // \$25



« CLASS REGISTRATION

Registration Policy

Walk-in registration beginning on **August 11**, at **7:00 a.m.** is open only to those participants who are Hurst residents and reside within the Hurst city limits. Participants who reside in Fort Worth, North Richland Hills and Euless whose mail is delivered to a Hurst "address" are not eligible to register until August 18 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Nonresidents will be able to register beginning on August 18. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of September 8

(unless otherwise indicated)

Sign Up To Register Online

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

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

Help Us Help You! PLEASE ENROLL EARLY!

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

Walk-In Registration Times

Monday-Thursday: 7:00AM-9:00PM

Friday: 7:00AM-5:00PM

Saturday: 9:30AM-5:00PM

Sunday: 1:30PM-5:00PM

Confirmations

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

Refund Policy

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 start of the class. Thank you for your cooperation.

Weather Policy

In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels its classes for the day.

Supply Lists

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



CLASS REGISTRATION FORM

HEAD OF HOUSEHOLD _____ EMAIL ADDRESS _____

STREET ADDRESS _____ APT # _____ CITY _____ STATE / ZIP _____

HOME PHONE _____ WORK PHONE _____

| PARTICIPANT'S NAME | DOB | GENDER | CLASS # | CLASS FEE |
|--------------------|-----|--------|---------|-----------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |
| 8. | | | | |
| 9. | | | | |
| 10. | | | | |

Subtotal \$

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

PAYMENT METHOD

CHECK

CREDIT CARD

CASH

CHECK NUMBER: _____

CARD TYPE: Visa MasterCard Discover American Express

MAIL TO: Hurst Parks and Recreation
Class Registration

MAKE CHECKS PAYABLE TO:
City of Hurst

CARD NUMBER: _____ - _____ - _____

700 Mary Drive, Hurst, TX 76053

EXPIRATION DATE: ____ / ____

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

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

SIGNATURE OF PARTICIPANT _____

DATE _____

SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18 _____

DATE _____



Youth Sports Associations

Hurst Girls Softball League
 HGSL 817-209-5409
www.eteamz.com/hurstgsl
hurstgirlssoftball@yahoo.com

Tri-Cities Baseball Association
 TCBA 817-285-0200
www.tcbaseball.com

MidCities Basketball Association
 MCBA 817-354-6208
www.midcitiesbasketball.org

Hurst United Soccer Association
 HUSA 817-504-7479
www.hurstunited.com

MidCities PeeWee Football & Cheerleading Association
 817-282-2390
www.midcitiespeeweefootball.org

Adult Sports Registration Information

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

Adult Softball
Fall League Registration

Returning Team Registration: August 4-5
Teams that played in Hurst in 2013 and 2014

Open Registration: August 6-29

Entry Fee: \$310 for a 8-game season
With no city playoffs

League Schedules: Available September 3, 4:00PM

League Begins: September 8

League Nights:
 Monday – Men's & Women's
 Tuesday – Men's & Co-ed
 Wednesday – Men's & Co-ed
 Thursday – Men's & Co-ed
 Friday – Men's Church, Men's & Co-ed

Adult Men's Basketball
Fall League Registration

Returning Team Registration: August 7-8
Teams that played in Hurst in 2013 and 2014

Open Registration: August 11-29

Entry Fee: \$275 for a 7-game season
With playoffs for teams that qualify

League Schedules: Available September 3, 4:00PM

League Begins: Tuesday, September 9

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

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



Healthy Hurst Online Wellness Program

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

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

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

Mission Statement

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

Parks and Recreation Board

Chairman:
Alan Neace

Vice Chair:
Delbert Derrett

Carol Cole
Ralph Hurd
Pat King
Rod Robertson

Karen Spencer
Bob Walker
Hank Williams

Recreation Staff

Recreation Director:
Chris Watson

Recreation Attendants:
Marissa Benson

Recreation Managers:
Kim Mesa
Kristie Weaver

Dakota Ford
Rudy Garcia
Vickie Gill
Luke Grimsley
Michael Kearney
Sharla Nagel
Shana Sanders
Cheryl Thompson

Recreation Supervisor:
Mary Singleton

Senior Secretary:
Paige Lutz

Recreation Receptionist:
Melanie Cox
Susan Derr

Facility Maintenance:
Judy Arellano

Recreation Specialist:
Lauren Ferguson



Christmas Tree Lighting & Santa's Workshop

Tuesday, December 2, 2014 // 5:00-9:00PM // Hurst Conference Center, 1601 Campus Drive

Activities begin at 5:00PM, with a fireworks show later that evening and concluding with the tree lighting. Activities include:

- 3-lane Snow Tubing Hill and Kiddie Hill
- Rudolph's Reindeer Game Area
- Santa's Workshop, including visits with Santa and Mrs. Claus, hands on crafts and toy drive
- Santa's Christmas Marketplace where you can purchase ornaments and holiday décor
- Strolling entertainment and costumed characters
- Reindeer display
- Ride the shuttle from TCC to the HCC
- Children's craft area
- Pony carousel
- Face painting
- Music
- Fireworks show
- Food Court featuring Hurst restaurants (food and beverages for purchase)

For more information, call 817-788-7320.

new event!

Family Campfire Camp-Out

Friday, October 17, 2014 // \$25 per Campsite
 Chisholm Park (pond area), 2200 Norwood Drive
 Campsite Selection and Set-up: 5:00-6:30PM
 Dinner: 6:30PM
 Campsite Clean Up: By October 18 at 9:00 AM

Bring the family for this new Hurst special event, Family Campfire Camp-Out at Chisholm Park! After you select and set up your campsite, we'll have a traditional chuckwagon dinner, fishing (TPWD will stock the pond on 10/17), campfire stories, homemade ice cream and a cowboy breakfast cooked over the campfire in the morning.

\$25 per campsite for a maximum of 5 people per site (one adult over the age of 21 must be present throughout the entire event). Registration begins on September 22 at the Hurst Recreation Administrative Office at the Recreation Center. The event is limited to the first 150 campers or 50 campsites, whichever comes first.

For more information, call 817-788-7320.

36th John Butler Memorial Senior Citizens' Banquet

Saturday, December 13, 2014
 5:00-7:00PM // Hurst Recreation Center,
 700 Mary Drive

Tickets will be available for Hurst Residents on Monday, October 13. You may pick up your tickets in person at the Hurst Recreation Center, or call 817-788-7320 to have your tickets mailed to you. There is a limit of TWO tickets per household. For more information, call 817-788-7320



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Santa's Mailbox

December 1-14, 2014

Santa wants to hear from you! Here's your chance to tell Santa your "wish list." You can write to Santa, and he will write you back! Write your letter and drop it in one of Santa's Mailboxes from December 1-14. The mailboxes are located at the Hurst Recreation Center, Hurst Public Library and Hurst City Hall. FREE! For more information, call 817-788-7320.

Walktober®

If walking is your favorite fitness activity, or if you'd like to start walking your way to fitness, join us at the Hurst Recreation Center for our next Healthy Hurst event, Walktober! To participate in Walktober, simply register for this FREE event at the Hurst Recreation Center and keep track of the number of days that you walk on a treadmill or on the track at the Hurst Recreation Center during the month of October. Participants will qualify for an incentive award based on their level of participation. For more information on Walktober, contact the Hurst Recreation Center at 817-788-7325.

Coming in January 2015

The Healthy Hurst Lose the LB's Fitness Challenge will start on January 2, 2015. Keep your eyes open for more information as the date for this event approaches.

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Trout Stockings at Chisholm Park

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

**Fall/Winter
Operating Hours**

(beginning November 10, 2014)

Monday-Thursday: 8:00AM-9:00PM

Friday: 8:00AM-6:00PM

Saturday & Sunday: 9:00AM-6:00PM

Hurst Tennis Center

701 Mary Drive, Hurst, TX

817-788-7330

Hurst Tennis Center Staff

Tennis Attendants:
Cameron Bodily
Trent Pence
Cody Garner
Taylor Cooper

Tennis Instructors:
Bryan Combest, USPTA
John Schildt
Michael Seybold, USPTA
Greg Smith

Tennis Center Coordinator:
Austin Wynne, USPTA

Head Tennis Professional:
Kelly Langdon, USPTA

Upcoming Tournaments

Fall Mid-Cities Junior Circuit
TBA

USTA Adult Open Tournament
September 19-21

Fall Adult Tennis Leagues

Fall adult leagues begin October 3. Register by September 16. The cost is \$25 per person. For more information, call the Hurst Tennis Center.



- Lessons and team drills for all ages and abilities
- 10 lighted outdoor courts
- USRSA racquet stringers
- Ball machine rental
- USPTA-certified instructors available
- USTA adult leagues

How About A Private Lesson?

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

Lessons with City of Hurst Head Professional Kelly Langdon, USPTA

\$26 Per Half Hour
\$50 Per Hour
\$180 For Series Of 4 Lessons

Lessons with tennis instructors Greg Smith; Austin Wynne, USPTA; John Schildt; Cameron Bodily; and Bryan Combest, USPTA.

\$26 Per Half Hour
\$49 Per Hour
\$180 For Series Of 4 Lessons

The Tennis Center Staff also offers group lessons: \$90 for 1½ hour and \$60 for 1-hour group lessons for league teams.

Racquet Stringing

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

Youth

Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

An introduction to the game of tennis. Emphasis is placed on motor skills in a fun learning environment. Kids will learn basic strokes and play lots of fun games.

Instructors: Austin Wynne, USPTA; John Schildt; and Staff

| | | | | | | | | | |
|---------|-------------|----|---|----|------|----|-------|----|------|
| 88700-A | 5:00-5:30PM | // | M | // | 4WKS | // | 9/8 | // | \$28 |
| 88700-B | 5:00-5:30PM | // | M | // | 4WKS | // | 10/6 | // | \$28 |
| 88700-C | 5:00-5:30PM | // | M | // | 4WKS | // | 11/3 | // | \$28 |
| 88700-D | 5:00-5:30PM | // | W | // | 4WKS | // | 9/3 | // | \$28 |
| 88700-E | 5:00-5:30PM | // | W | // | 4WKS | // | 10/1 | // | \$28 |
| 88700-F | 5:00-5:30PM | // | W | // | 4WKS | // | 10/29 | // | \$28 |

Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA; John Schildt; and Staff

| | | | | | | | | | |
|---------|-------------|----|---|----|------|----|-------|----|------|
| 88503-A | 5:30-7:00PM | // | M | // | 4WKS | // | 9/8 | // | \$72 |
| 88503-B | 5:30-7:00PM | // | M | // | 4WKS | // | 10/6 | // | \$72 |
| 88503-C | 5:30-7:00PM | // | M | // | 4WKS | // | 11/3 | // | \$72 |
| 88503-D | 5:30-7:00PM | // | W | // | 4WKS | // | 9/3 | // | \$72 |
| 88503-E | 5:30-7:00PM | // | W | // | 4WKS | // | 10/1 | // | \$72 |
| 88503-F | 5:30-7:00PM | // | W | // | 4WKS | // | 10/29 | // | \$72 |

Intermediate Junior Tennis

10 Years and Up // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA; John Schildt; and Staff

| | | | | | | | | | |
|---------|-------------|----|---|----|------|----|-------|----|------|
| 88507-A | 5:30-7:00PM | // | M | // | 4WKS | // | 9/8 | // | \$72 |
| 88507-B | 5:30-7:00PM | // | M | // | 4WKS | // | 10/6 | // | \$72 |
| 88507-C | 5:30-7:00PM | // | M | // | 4WKS | // | 11/3 | // | \$72 |
| 88507-D | 5:30-7:00PM | // | W | // | 4WKS | // | 9/3 | // | \$72 |
| 88507-E | 5:30-7:00PM | // | W | // | 4WKS | // | 10/1 | // | \$72 |
| 88507-F | 5:30-7:00PM | // | W | // | 4WKS | // | 10/29 | // | \$72 |

Adult

Adult Beginner Clinic

1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA; and Staff

| | | | | | | | | | |
|---------|-------------|----|---|----|------|----|-------|----|------|
| 88505-A | 7:00-8:30PM | // | W | // | 4WKS | // | 9/3 | // | \$72 |
| 88505-B | 7:00-8:30PM | // | W | // | 4WKS | // | 10/1 | // | \$72 |
| 88505-C | 7:00-8:30PM | // | W | // | 4WKS | // | 10/29 | // | \$72 |

Adult Intermediate Clinic

1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA; and Staff

| | | | | | | | | | |
|---------|-------------|----|---|----|------|----|-------|----|------|
| 88506-A | 7:00-8:30PM | // | W | // | 4WKS | // | 9/3 | // | \$72 |
| 88506-B | 7:00-8:30PM | // | W | // | 4WKS | // | 10/1 | // | \$72 |
| 88506-C | 7:00-8:30PM | // | W | // | 4WKS | // | 10/29 | // | \$72 |

Men's 4.0 & Above Drop-In Drill

Minimum of 3 Players

This drill class is designed to work on both singles and doubles point play situation. Get a great workout while getting ready for your next competition. **A minimum of three players is needed for the class to make. Players must call and register 24 hours in advance. Players should call the tennis center on Thursday to ensure the class has made.**

Instructors: Kelly Langdon, USPTA; and Bryan Combest, USPTA

| | | | | | | | |
|---------|-------------|----|----|----|------------------|----|------|
| 88200-A | 7:00-8:30PM | // | TH | // | Drills Start 9/4 | // | \$12 |
|---------|-------------|----|----|----|------------------|----|------|

Attention Tennis Players!

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

Taking Care of City Parks

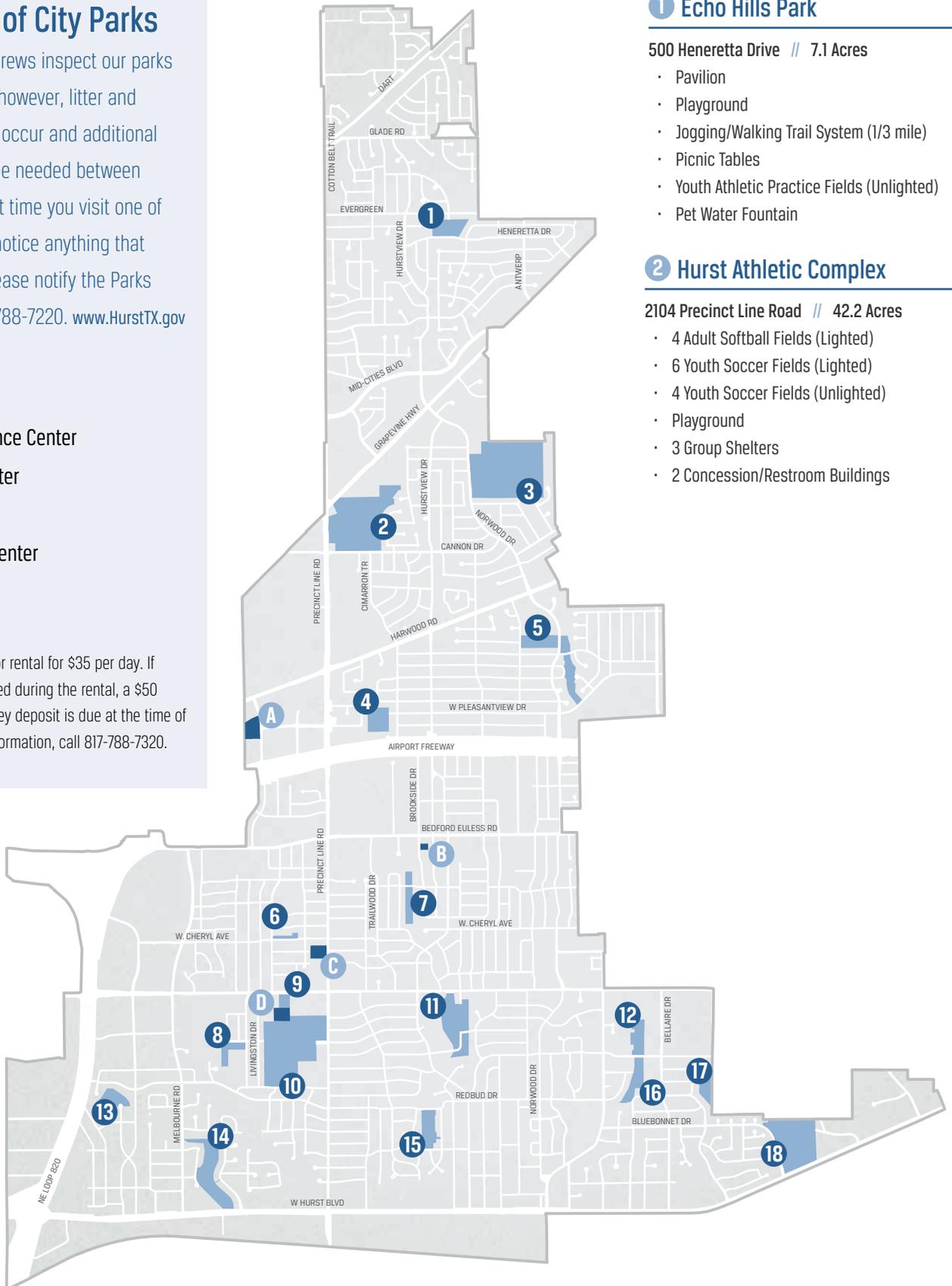
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220. www.HurstTX.gov

Facilities

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

Park Pavilions

Pavilions 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.



1 Echo Hills Park

500 Heneretta Drive // 7.1 Acres

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

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 Drive // 50 Acres

- Aquatics Center
- 4 Youth Softball Fields (Lighted)
- 2 Playgrounds
- 3 Pavilions
- Pond with Fishing Island
- Picnic Tables
- Jogging/Walking Trail System (1.5 miles)
- Fitness Course
- Group Shelter
- Concession/Restroom Building
- 2 Basketball Courts (Lighted)
- 4 Pet Water Fountains

4 Smith-Barfield Park

640 Pleasantview Drive // 6.9 Acres

- Youth Baseball/Softball Field (Lighted)
- 2 Tennis Courts (Lighted)
- Youth Athletic Practice Field (Unlighted)
- Playground
- Pavilion
- Picnic Tables
- Restrooms
- 2 Pet Water Fountains

5 Mayfair Park

1725 Norwood Drive // 14.4 Acres

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

6 Windmill Park

840 W. Cheryl Avenue // 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 Lane // 4 Acres

9 HERITAGE VILLAGE PARK

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

10 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

11 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

12 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

13 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

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

14 Billy Creek Park

161 Billy Creek Drive

15 Redbud Park

525 Redbud Drive // 7.2 Acres

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

16 Bellaire Park

500 Pecan Drive // 6.4 Acres

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

17 Wan-Ka-Kani Park

748 Shady Lane // 4.1 Acres

- Picnic Tables

18 Rickel Park

1001 Bluebonnet Drive // 29 Acres

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



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

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

Fall/Holiday 2014

RECREATION CLASS SCHEDULE

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

