

where we live
HURST ★ TEXAS

SPRING 2015

Wellness

Library Events

Volunteers in Action



where we live

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City Staff

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Allan Heindel Deputy City Manager

Jeff Jones Assistant City Manager

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Ron Haynes Executive Director of Public Works

Rita Frick City Secretary

Steve Moore Police Chief

John Brown Fire Chief

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of Human Resources

Steve Bowden Executive Director
of Economic Development

Ashleigh Johnson Managing Director
of Marketing and Communications



Photos shot by Kara Crane.

On the Cover

The Hurst Conference Center has been a significant addition to the City of Hurst for nearly five years. Our state-of-the-art facility brings in people from all over the country for conveniently located conferences, meetings, weddings and other events in the DFW area. The HCC added a new chef last year, Chef Paul Reid, who does an excellent job creating meals for all of our guests to enjoy. The HCC has been working on a new menu that will debut this spring and will highlight more regional items. Chef Reid is passionate about using locally grown ingredients and adding a few more healthy options to the new menu.

With so many diverse people visiting the Hurst Conference Center each day, it is important for the kitchen to be able to accommodate each person's dietary needs. "I understand as a chef that not every person can always eat what everyone else in a group of 500 people eat," Chef Paul said. Whether you're on a vegan, vegetarian, gluten-free, belief-based or any other strict diet, the Hurst Conference Center can make sure your special request is met—just be sure and let them know ahead of time to guarantee flawless execution of the event!

Featured on the cover is one of Chef Paul's new, unique creations—Beet Salad! For the full recipe, check out page 8.



Mayor's Message

Like most, I'm always a little sad to see the Christmas decorations come and go and the holiday season come to an end. On the flipside, there's also something cathartic about clearing out the clutter and starting the new year fresh! We've been gearing up for spring for a while, and we can't wait for you to enjoy all that we have planned.

There's so much going on in and around Hurst this spring that we decided to put together a comprehensive spring break staycation list for you! Staying in town for the break? Check out page 18 for a list of free events and special discounts being offered at some of your favorite local businesses. Included in that list is our annual family picnic in the park, which is a part of our Heritage Village Presents series. Like I mentioned earlier, we've planned a lot of exciting things for families and friends of all ages!

We get a lot of our ideas from our customers – YOU! Have an idea or an event you'd like to see? Or just want to let us know what you think? Let us know how we're doing by taking our annual citizen survey online. It's available at www.hursttx.gov under the In the Know button. We take your feedback to heart, and the City Council and I use that feedback to assist us each year in setting our strategic plan.

Thank you for allowing us to serve you. I hope that you'll take the time to fill out our citizen survey and join us at one of our upcoming spring events. Most of all, I hope your new year is off to a fantastic start. I look forward to seeing each of you soon!

- 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
PINTEREST: www.Pinterest.com/HurstCC

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

Teen Anime Night

7th - 12th Graders

If you enjoy anime—watching it or talking about it—this is the place for you! Come to the Teen Zone with other teens that love anime, just for fun!

6:00-8:00PM // TH // 5/7

Teen Game Night

7th - 12th Graders

Wii want you at game night! Bring your own game or play one of ours. The Teenzone is the place to be!

7:00PM // TH // 4/2

Adult Programs

AARP Tax Assistance

Visit the library to set up your appointment (required).

Noon-4:00PM // Tuesdays // 2/3 - 4/14

Brown Bag Book Club

First Thursday of the month at noon. Meet by the fireplace in the Library Reading Alcove for informal book discussion.

Getting Life by Michael Morton

Noon // TH // 3/5

We Were Liars by E. Lockhart

Noon // TH // 4/2

Volunteer Opportunities

Ages 14-18

Do you need volunteer hours this summer? Have you considered volunteering at the library? We need lots of help with the Summer Reading Club. Come by the Library or check the website starting March 2nd to get information on how to apply.

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



Programs For All Ages

Make and Take Craft Night

Stop by our table for a FREE Seasonal craft for you to make and take home with you. This craft is for all ages, but our younger library friends may need help from an adult or older sibling. This event will be held in the library lobby.

6:30-7:30PM // TH // 2/12

6:30-7:30PM // TH // 4/16



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.

The Kildares

7:00PM // TH // 3/26

Flutissimo

7:00PM // TH // 4/23

Space Rockers (at Heritage Village)

7:00PM // TH // 5/28

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



Hurst Public Library



Children's Programs

Babygarten

Babies, Birth to 18 Months, with Caregiver

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

Wednesday Sessions

10:30-11:30AM // W // 4/1-5/6

Saturday Sessions

10:30-11:30AM // S // 4/4-5/9

Chess Club

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

Puppet People Workshop

4th - 8th Graders

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

4:00-5:00PM // W // 3/18

4:00-5:00PM // W // 4/15

4:00-5:00PM // W // 5/20



Story Time

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

Teddy Bear Picnic

4 - 11 Years

Bring your favorite stuffed animal—bear or not!—for an indoor tea time. Refreshments, stories, and other activities round out a special afternoon spent with friends, human and not! Reservations are required and will be taken at the Youth Services Desk starting Monday, April 20. Call 817-788-7302 to reserve your seat.

3:00-4:00PM // S // 5/9

Toddler Time

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



The Book Experience

Family Story Time

Experience stories in many different ways—not just with your eyes and ears!

Let's Party

7:00PM // T // 3/10

Pajama Party

7:00PM // T // 4/14

Heroes are Everywhere

7:00PM // T // 5/12



Every Hero Has a Story

Summer Reading Club 2015

All Ages

Registration begins May 26

Runs through July 31

Time to unmask your secret identity because every hero—including you—has a story...and it's time to share it! All ages are encouraged to join the Hurst Summer Reading Club to participate in the reading, the special programs, and the fun! Registration begins May 26, and reading for the club continues through July 31, with special programs for all ages starting May 28 with our Summer Blast-Off at Heritage Village featuring a concert by The Space Rockers! Come to the Library to register or register online at www.hursttx.gov/library.

L. D. Bell Art Reception

7th - 12th Graders and art lovers of all ages

March 5 - 7:00PM

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



Beet Salad

by City of Hurst Chef Paul Reid

Ingredients:

2 bunches baby or medium beets, (about 1 1/2 pounds) tops trimmed

Kosher salt and freshly ground black pepper

2 tablespoons champagne Vinegar

1/3 cup extra-virgin olive oil

1/2 cup walnuts

1 bunch arugula, trimmed and torn

1 bunch Blonde Frisee

1/2 medium head escarole, torn

4 ounces Boursin cheese, crumbled

Instructions:

1. Put the beets in a bowl; toss with oil & Kosher salt. Roast in oven for 25 min or until tender. When the beets are cool enough to handle, remove the skins. It should slide right off with a bit of pressure from your fingers. If they don't, use a paring knife to scrape off any bits that stick. Cut beets into bite-sized wedges.
2. Whisk the vinegar with salt and pepper, to taste, in a large bowl. Whisk in the olive oil in a slow steady stream to make a dressing. Toss the cut beets in the dressing; set aside to marinate for at least 15 minutes or up to 2 hours.
3. Preheat the oven to 350 degrees F. Spread the nuts on a baking sheet and oven-toast, stirring once, until golden brown-about 8 minutes. Let cool.
4. Toss the arugula, escarole and frisee with the beets and divide among four plates. Scatter the walnuts and Boursin cheese on top. Serve.

Sprouts, roots and more

Delicious ways to add nutrients to your diet

Since spring is the time for planting and new things coming to life, let's talk a little bit about sprouts, roots and other fun ways to add some unexpected nutrition to your day! I know you have heard of these things before, but have you ever tried them? Or maybe you are asking yourself why would you want to try them? Why don't we start by defining what they are.

Sprouts: Delicious and nutritious are words that accompany this category of vegetables. Sprouts occur when a seed, bean, legume, grain or other plant is brought to life and grown instead of being in a dried state. There is an amazing increase in nutrients in sprouted foods when compared to their dried counterparts. In the process of sprouting, the vitamins, minerals and protein go up substantially while calories and carbohydrate content go down. Most people think of alfalfa but did you know there are broccoli, wheatgrass, mung bean and so many more kinds of sprouts for you to try? And did you know you can sprout your own inexpensively? So how can you get more sprouts into your diet?

- Add raw sprouts to sandwiches, salads and stir fry's for a little extra punch
- Try steaming with some seasoning and eat with your dinner
- Blend them into smoothies and top soups and stews with them
- Add them to sushi or rice dishes

Roots: They come from under the earth and can even look a little alien like so why should I eat them? Roots are some of the most nutrient dense vegetables you can find, meaning

for every bite you take you get the most nutrition possible! Because they grow below the ground, they absorb nutrients from the soil and water. They are packed with fiber and other super healthful molecules without tons of calories and that makes your gut and your body happy!

- Roots come in all shapes, sizes, colors and tastes so there is something for everyone. Everyone knows carrots and potatoes but can you name a purple, orange or yellow one?
- Root vegetables are not just for winter time. Try adding beets and jicama to salads, try a cold soup from parsnip, sweet potato and carrots, crunch on fresh ones with hummus for a healthy snack. Be creative with new ways to try them!
- Select deep color and hard consistency for the best, most vibrant selection and store in a dark, cool humid place for long lasting roots.
- Think of new creative ways to prepare roots like roasted, raw, steamed, pureed and grilled to name a few. You can pair them with any of your favorite meals!

Here in Hurst, you have a lot of options to learn more about health and wellness and participating in things to make us a Healthy Hurst! From working with a dietitian or personal trainer at the recreation or senior center, reading the latest at the library or participating in education and fun motivational programs offered throughout the year, your possibilities are numerous! Make sure to learn more about all the opportunities today!

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, 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.

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



Holiday Dance

A nice crowd attended our Holiday Dance on December 11. Doc Gibbs provided the evening's music and everyone looked lovely dressed in their holiday attire. The Senior Center typically hosts two dances each month on the 2nd and 4th Thursday, 7-9:15 p.m. Our dances are open to the public age 55+. Cost is \$5 per person, payable at the door. Be sure to check the Senior Pipeline for upcoming dances and band information.

5th Anniversary Open House

Senior Center members got a head start on 2015 and celebrated New Year's Eve with a Black-eyed Peas and Cornbread lunch. There were plenty of "lucky" peas and well wishes for the New Year. Special thanks to June Kim of Blue Cross and Blue Shield for sponsoring our New Year's Eve celebration.



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.)

2nd Annual Soup & Socks for Seniors

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

Noon // 2/20

Adventures in Art Exhibit

Come enjoy the artwork created by BISD's special needs students. Senior Center will be open to the public during exhibit. Please check operating hours.

Noon // 3/24 - 27

Business Expo

Get to know local businesses and the service and products they provide. Receive healthy living tips, screenings, opportunities for community involvement and more. Door prizes to be given away throughout event.

10 a.m. - Noon // 3/20

Document Shredding

Start your spring cleaning by clearing out your old files. Bring your papers and documents to the Senior Center to be shredded. All shredded material is securely recycled. By participating you will save trees, water, landfill space, oil and electricity! **FREE!**

10 a.m. - Noon // 4/17

Matter of Balance

Learn practical strategies to reduce the fear of falling and increase your activity level. Reduce fall risk factors by understanding your environment and how you can change it, and how to gain strength and balance through exercise. Minimum of 10 participants for class to make. Please sign up in advance. Sponsored by Tarrant County Health. **FREE!**

10 a.m. - Noon // Tuesdays // 2/10 - 3/31

New Exercise Class: Chair Yoga

Try this gentle form of yoga that uses a chair for additional support. Yoga is a low-impact form of exercise that increases flexibility and strength. Perfect for beginners or those with low mobility. Poses can be adapted or modified for the individual participant. **FREE!**

3:45 p.m. // Tuesdays

Valentine's Dance

Put on your party attire and come to the Senior Center for an evening of music and dance featuring the music by The Nobles of Note. Open to the public, ages 55+ \$5, payable at the door. Complimentary refreshments provided. No sign up required.

7 - 9:15 p.m. // 2/12



Senior Center T-Shirts

Show your support of the Hurst Senior Center by wearing one of our new T-shirts! Available in sizes S-3XL for only \$15! Call or stop by the Senior Center for more info!

Hurst Citizens

Fire Academy

We are gearing up for the 12th Hurst Citizens Fire Academy! The ten-week class will begin on Monday, April 6 at 6:30 p.m., and a light meal will be served each week. During your time in the academy, you will learn about the organization and operation of the Hurst Fire Department, Fire Prevention, Disaster Preparedness, Emergency Medical Service, Arson Investigation, Firefighting tactics and much more. Firefighters and officers from the Hurst Fire Department who possess a wide variety of skills, experience and training will provide instruction.

Citizens will be able to ask questions, discuss issues and learn many of the responsibilities firefighters have as a daily part of their job. Each week you will have the opportunity to do hands-on activities with rappelling, search and rescue, extrication and other activities including a ride-along with the firefighters. This class is a great opportunity for our citizens to see first hand the duties and responsibilities our firefighters have.

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

Hurst Police Department

Community storefront opens on Pipeline Road



The Hurst Police Department has operated a community services storefront at 309 East Hurst Blvd. since the early 1990s. As part of our Transforming Hurst redevelopment initiative, the storefront was recently relocated to the Bellaire area into an existing renovated bank structure. Staff at the storefront are responsible for providing the citizens of Hurst with crime prevention programs, safety presentations, conducting town hall meetings, neighborhood crime watch meetings, domestic violence programs and various other community programs.

The new storefront, **Community Outreach and Family Services**, is located at 752 Pipeline Rd. The new location provides a centrally located office, which will increase coordination efforts between the cities of Hurst and Bedford, who share two staff positions: Crime Victims Coordinator and Mental Health Coordinator. The new storefront will also staff additional officers and civilian personnel who help deter the occurrence of crime in Hurst, and ultimately enhance the "quality of life."

The relocation was funded in part by a grant awarded by the Office of the Governor, Criminal Justice Division. The remaining costs to operate the new storefront will be split between the cities of Hurst and Bedford.



Community Emergency Response Training (CERT)

Hurst is looking for citizens who want to be trained to better take care of themselves and their neighbors before and after a disaster. The next CERT Class will begin in March. Applications are now being accepted. Applications and more information can be found at www.hursttx.gov/cert or you can call 817-788-7238.

CodeRed - Emergency Communications

Have you signed up for CodeRed or updated your information in the Hurst CodeRed system? You can place your home number, cell number, home address and email address to receive timely information on items such as West Nile Virus fogging. The City does not use CodeRed for severe weather warning. The link to the CodeRed page can be found in the "Apply For..." of the City Website (www.hursttx.gov). For more information call 817-788-7238.

Severe Weather Preparedness

The severe weather season will soon be upon us, are you prepared? Do you have a way of being notified of impending

weather? Do you have adequate food and water if local supplies are cut off for a few hours to a few days? Do you have a communications plan? There are numerous items that you can accomplish before a disaster strikes that can save your life and property. More information can be found at www.hursttx.gov/emergencymgmt or call 817-788-7238.

Helpful local weather apps and websites:

WFAA - <http://static.wfaa.com/weather/weather> - call (free trial, then a subscription service)

WBAP - www.wbap.com has a free weather app.

Fox 4 - www.fox4news.com/weather

CBS DFW - <http://apps.cbslocal.com/weather/dfw>

NBCDFW - www.nbcdfw.com/mobile

NOAA Weather Radios - www.nws.noaa.gov/nwr

YOU ALREADY RECYCLE. GET REWARDED FOR IT.

GET REWARDED FOR RECYCLING.
Visit Recyclebank.com to sign up today.

Recyclebank[®]

2015 Citizen Survey

We want your opinion! We take feedback from our residents seriously, and this is your opportunity to let us know how we're doing. It's quick. It's easy. It's vital. You can fill out the survey from your home computer, at work or in specially designated areas in various city facilities. So, here's your chance. Visit www.hursttx.gov, click the yellow In the Know button and the survey link is at the top. We appreciate your feedback!

The Social Media Connection

Are you a social butterfly? We are, too.

Facebook:

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

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

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

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

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

Youth In Government: <http://www.facebook.com/YouthinGovernment>

Twitter:

@TheCityofHurst

@HurstFireDept

@HurstLibrary

@HurstPoliceDept

Instagram:

cityofhursttx

hurstpubliclibrary

hurstconferencecenter

Pinterest:

www.pinterest.com/CityofHurstTX

www.pinterest.com/HurstCC



**Friday, March 6, 2015
10:00 a.m. to 3:00 p.m.
Hurst Conference Center
1601 Campus Drive**

**OVER 90 EXHIBITORS DISPLAYING PRODUCTS & SERVICES
COMPLIMENTARY FOOD SAMPLES
PRIZE DRAWINGS AND MORE!**

**Exhibit space is still available. Contact (817) 283-1521 or
visit www.heb.org for more information!**

**Business Building Event brought to you by:
The HEB Chamber of Commerce and the Hurst Euless Bedford Economic Development Foundation**



Spring Break *Family friendly activities for everyone*

Spring Break can be a difficult time for parents when kids are out of school and demand entertainment. In an effort to assist those parents, we've compiled a list of local and reasonably priced activities that the entire family can enjoy!

Free Events and Activities

Heritage Village Presents: Grand Family Picnic on March 11, 2015 from 11 a.m.-2 p.m. Bring a picnic lunch and lawn chairs/blankets and enjoy the festivities. For more information visit www.hursttx.gov and enter Heritage Village Presents in the search bar.

Fishing at Chisholm Park: Enjoy a day out in the sun at the fishing pond. A fresh water fishing license is required for everyone 17 years and older. For more information, visit www.hursttx.gov and search Neighborhood Fishing.

Parks: Get outside and enjoy the weather by visiting one of Hurst's 23 parks. There is a park for everything! For a complete list of our local parks and their amenities, visit the parks page on www.hursttx.gov or see pages 50-51 at the back of the magazine.

\$5.25 or less

Tennis Center: For only \$1 per resident or \$2 per non-resident you get 90 minutes of court time.

Rave Cinemas: Discount Tuesdays - \$5.25 tickets for any movie, at any time. Show times can be found on the Cinemark website www.cinemark.com.

\$10 or more

Rebounderz: An indoor trampoline park with many activities from dodge ball, basketball, a foam pit and more. For more information, and to learn about their Daily Dealz, visit <http://rebounderzhurst.com>.

Putt-Putt: Two courses of 18 holes of miniature golf, arcade games and other attractions. They offer group discounts and Daily Specials, all of which can be found on their website: <http://www.putt-puttgolf.com>.

Whirlyball: A sport that combines bumper cars, basketball and lacrosse. For more information visit www.whirlyball.info.

Artisan Center Theater: Singing in the Rain and The Wizard of Oz (Young Performer's Edition). For show times and tickets visit their website: <http://artisanct.com>.

Central Park Improvements

Park enhancements to be completed by March 2015



Central Park is located in South Hurst in the 700 block of Mary Drive. Established in 1955, it is 17.5 acres of a beautiful neighborhood park and is home to the Hurst Recreation Center, the Central Aquatics Center, and the Tennis Center. Central Park is open daily from 6 a.m. to 10 p.m.

The Hurst Parks Department is in the process of replacing the aging playground at Central Park with a new, state-of-the-art playground. The new playground includes many slides and climbing platforms to keep children entertained and active for hours. Along with the playground, specialized poured-in-place safety surfacing will be installed underneath the playground. Additionally, there will be three large canopies installed over the playground to provide shade. The total cost for the purchase and installation of

the playground was \$177,000 with the project funding coming from the Community Services Half-Cent Sales Tax Fund.

While the playground is being replaced, the adjacent pavilion roof is being repaired. The existing composite roof will be replaced with a new standing seam roof, and the exposed decking and fascia will be repainted. The pavilion is equipped with three picnic tables, and grills are available in the park. The pavilion may be rented, and electrical service is available. For more information on pavilion rentals, please contact Recreation Administration at 817-788-7320.

These park enhancements are expected to be completed by March 2015.



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 Spring 2015.

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

Grand Family Picnic

Pack a picnic lunch and lawn chairs or a blanket and come enjoy this outdoor event for the whole family! The fun in the park begins at 11:00 a.m. with free games and activities. The entertainment continues with a performance by Vocal Trash at noon. After you've enjoyed your picnic lunch, have a complimentary cupcake courtesy of the City of Hurst. For more information, contact Community Services at 817-788-7305.

11:00AM-2:00PM // W // 3/11

Save the Date!

May 15 - Concert in the Park

May 28 - Summer Kick Off



Employee Giving Day *Volunteers help revitalize homes*

City of Hurst employees will volunteer their time April 17 as part of the city's annual Employee Giving Day. The program, established in 1998, is a special opportunity to create a visual impact on Hurst neighborhoods. Employee Giving Day also helps create pride in home ownership and promotes neighborhood stability. Employees help revitalize homes of Hurst senior citizens in need each year on a day that typically includes scraping, painting, planting and repairing.

The program began as part of a city council initiative that included revitalization in city neighborhoods and

assistance to senior citizens in making needed repairs to their homes. Area businesses donate resources needed for the event and city employees provide the labor.

Residents who are in need of assistance must submit applications and meet qualifications such as annual income levels. A city committee reviews applications and selects homes based on the level of need. For more information on how to get involved in this program, contact Michelle Lazo at 817-788-7055.

Volunteers-In-Action

Great volunteer opportunities 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 City of Hurst operations? Then join the City of Hurst's Volunteers-In-Action program! Volunteers are used throughout the city including the following departments:

- Police
- Hurst Conference Center
- Library
- Parks
- Fire
- Recreation
- Finance
- Senior Center

Volunteer application packets can be picked up at the Community Services' offices in the Hurst Public Library or accessed online through the city's website at www.hursttx.gov. For more information, please contact the Community Services Department at 817-788-7305.

Save the Date!

The city's annual Town Hall Report to the Community will be Feb. 12 from 6 p.m. to 8 p.m. at the Hurst Conference Center. This free event is open to the public and features presentations on current and future projects throughout the city. Utility companies will also be on hand to meet with citizens. Light refreshments will be served and parking is complimentary. We hope to see you Thursday, February 12!



Good Neighbor Day Cleanup

Bellaire Shopping Center • 7 a.m.-noon, Saturday, April 18

Take advantage of our Good Neighbor Day Cleanup Event as you plan to tackle your "spring cleaning" to-do list! This year's event will be held at the Bellaire Shopping Center from 7 a.m. to noon on Saturday, April 18.

Items that will be accepted for drop off include 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. Please do not bring tires, explosives, compressed gas or construction debris—they will not be accepted.

We are offering document shredding again this year, so be



sure to bring any papers that you would like to have destroyed! This is an important step to take in order to protect yourself from identity theft. For more information, call 817-788-7089.



HURST RECREATION CENTER

Get ready to spring into fitness
at the Hurst Recreation Center

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

Interested in a lower impact group exercise activity? Check out our new Pickle Ball program; a lively racquet game for all ages and abilities. Pickle Ball is a mix between tennis and badminton and is played with 2 people on each team. Courts are set up and ready at the Recreation Center on Mondays, Wednesdays and Fridays during specified hours. Come see what it's all about! Call us at 817-788-7325 for more details on prices and times.

While you are at the Recreation Center, you can also enjoy a variety of recreational activities. You can shoot some hoops, enjoy volley-

ball 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 a personal trainer on staff who will custom-design a fitness plan that will meet your needs. For more information, contact the Front Desk at the Recreation Center 817-788-7325.

Our Commitment to Quality

Your satisfaction is our goal... we strive to provide you with quality recreation programs, and we take pride in making your recreation experience an enjoyable one. Join us this season for recreational, educational and 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 March 16 (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



Colors and Shapes

2 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

12400-A

9:00-9:45AM // M // 8WKS // 3/16 // \$28

Crazy Daisy Spring Fun

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)

12015-A

5:00-5:30PM // M // 8WKS // 3/16 // \$28

12015-B

10:00-10:30AM // M // 8WKS // 3/18 // \$28

Little Painters

2 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

12333-A

10:00-10:30AM // M // 8WKS // 3/16 // \$28

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 GOOOOOOOAAAAALLLLLL!

Instructor: Stacie Castillo

12700-A

8:30-9:00AM // F // 8WKS // 3/20 // \$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

Music Maker – Spring Fun

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

Music is a proven educator for children of all ages. Come learn how to march, dance, move, and groove. 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)

12110-A
5:30-6:00PM // M // 8WKS // 3/16 // \$28
12110-B
10:30-11:00AM // W // 8WKS // 3/18 // \$28

Numbers for Little Ones

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)

12123-A
9:30-10:00AM // W // 8WKS // 3/18 // \$28

Parent and Me Time

16 Months - 2 Years // Supply Fee \$10

This is a social playgroup that uses crafts, music and physical activities to help your child learn to get along with others.

Instructor: Dottie Nicholson

12026-A
9:00-9:45AM // F // 8WKS // 3/20 // \$28

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.

Instructor: Tammy Slovensky

32040-A
9:30-10:00AM // T // 8WKS // 3/17 // \$28
32040-B
9:30-10:00AM // W // 8WKS // 3/18 // \$28
32040-C
9:30-10:00AM // TH // 8WKS // 3/19 // \$28
32040-D
9:30-10:00AM // F // 8WKS // 3/20 // \$28
32040-E
11:30-Noon // F // 8WKS // 3/20 // \$28

Instructor: Miranda Slovensky

32040-F
9:30-10:00AM // M // 8WKS // 3/16 // \$28
32040-G
5:00-5:30PM // T // 8WKS // 3/17 // \$28
32040-H
6:30-7:00PM // TH // 8WKS // 3/19 // \$28

Instructor: Milli Slovensky

32040-I
5:00-5:30PM // M // 8WKS // 3/16 // \$28

Phonics Fun for Little Ones

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)

12045-A
9:00-9:30AM // W // 8WKS // 3/18 // \$28

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.

Instructor: Tammy Slovensky

32030-A
10:00-10:30AM // T // 8WKS // 3/17 // \$28
32030-B
11:30-Noon // T // 8WKS // 3/17 // \$28
32030-C
10:00-10:30AM // W // 8WKS // 3/18 // \$28
32030-D
10:00-10:30AM // TH // 8WKS // 3/19 // \$28
32030-E
10:00-10:30AM // F // 8WKS // 3/20 // \$28

Instructor: Miranda Slovensky

32030-F
10:00-10:30AM // M // 8WKS // 3/16 // \$28
32030-G
5:30-6:00PM // T // 8WKS // 3/17 // \$28
32030-H
6:00-6:30PM // TH // 8WKS // 3/19 // \$28

Instructor: Milli Slovensky

32030-I
4:45-5:15PM // M // 8WKS // 3/16 // \$28
32030-J
5:15-5:45PM // W // 8WKS // 3/18 // \$28



3 Years and Older Programs

Chemistry Fun 101

3 - 5 Years // Supply Fee \$5

We will use common household items to create chemical reactions.

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

12025-A

11:15-Noon // TH // 8WKS // 3/19 // \$32

Creative Healthy Chef

3 - 5 Years // Supply Fee \$5

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)

12170-A

10:30-11:15AM // T // 8WKS // 3/17 // \$30

Dinosaurs Roam

3 - 6 Years // Supply Fee \$10

If your little one "digs" dinos they will enjoy this class that explores the world of dinosaurs through stories, crafts, songs and play.

Instructor: Dottie Nicholson

12666-A

10:00-10:45AM // F // 8WKS // 3/20 // \$28



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)

12205-A

9:45-10:30AM // M // 8WKS // 3/16 // \$30

12205-B

9:45-10:30AM // TH // 8WKS // 3/19 // \$30

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

12075-A

9:45-10:30AM // W // 8WKS // 3/18 // \$28

International Cooking

3 - 6 Years // Supply Fee \$10

We will learn about different countries and what kids there like to eat. We might even make something that you already like to eat!

Instructor: Dottie Nicholson

12250-A

11:00-11:45AM // F // 8WKS // 3/20 // \$28

Kindergarten Fine Motor Skills

3 - 5 Years // Supply Fee \$5

Let's get ready for kindergarten by using scissors, paints and colors. We will make winter projects by using our fine motor skills.

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

12120-A

9:30-10:15AM // T // 8WKS // 3/17 // \$30

3 Years and Older Programs

Let's Get Moving

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)

12100-A
11:30-Noon // T // 8WKS // 3/17 // \$28

Let's Paint

3 - 6 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

12115-A
10:45-11:15AM // M // 8WKS // 3/16 // \$28

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!

Instructor: Stacie Castillo

12335-A
10:00-10:30AM // F // 8WKS // 3/20 // \$28

Little Tyke Soccer

3 - 5 Years // Athletic Shoes Required

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

Instructor: Stacie Castillo

(3-4 years)
12600-A
9:00-9:30AM // F // 8WKS // 3/20 // \$28
(4-5 years)
12600-B
9:30-10:00AM // F // 8WKS // 3/20 // \$28

Instructor: Keely Castillo

(4-5 years)
12600-C
5:30-6:00PM // W // 8WKS // 3/18 // \$28

Music Maker - Spring Fun

3 - 5 Years // Supply Fee \$5

Music is a proven educator for children of all ages. Come learn how to march, dance, move, and groove. 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)

12020-A
11:15-Noon // M // 8WKS // 3/16 // \$28

My Little Princess

3 - 6 Years // Supply Fee \$10

Calling all princess of the royal kingdom! We will learn while having fun dressing up, role playing, listening to music and creating crafts.

Instructor: Dottie Nicholson

12111-A
10:45-11:30AM // W // 8WKS // 3/18 // \$28

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)

12030-A
9:00-9:45AM // M // 8WKS // 3/16 // \$30
12030-B
9:00-9:45AM // TH // 8WKS // 3/19 // \$30

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)

12035-A
10:30-11:15AM // M // 8WKS // 3/16 // \$30
12035-B
10:30-11:15AM // TH // 8WKS // 3/19 // \$30

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

12300-A
11:30AM-Noon // W // 8WKS // 3/18 // \$28

3 Years and Older Programs

Springtime Crafts

3 - 6 Years // Supply Fee \$10

Winter over, time to start anew. Springtime crafts are bright and cheerful. Let's create for Spring.

Instructor: Dottie Nicholson

12002-A

11:30-12:15PM // F // 8WKS // 3/16 // \$28

Tiny Dancer

3 - 4 Years // Ballet and Tap Shoes Required

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

Instructor: Sherri Longino

12060-A

5:15-5:45PM // TH // 8WKS // 3/19 // \$28

12060-B

9:05-9:35AM // S // 8WKS // 3/21 // \$28

»»» Please Remember

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

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 8:30 - 2:30 p.m and is an on-going program following the HEB ISD School Calendar.

The class will be structured like Kindergarten and prepare your child for their big step into formal education. 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.)

11050-C : March

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

12050-A : April

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

12050-B : May

8:30AM-2:30PM // M-TH // 4WKS // 5/4 // \$295



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.

Instructor: Tammy Slovensky

- 32011-A
10:30-11:00AM // T // 8WKS // 3/17 // \$28
- 32011-B
10:30-11:00AM // W // 8WKS // 3/18 // \$28
- 32011-C
10:30-11:00AM // TH // 8WKS // 3/19 // \$28
- 32011-D
10:30-11:00AM // F // 8WKS // 3/20 // \$28

Instructor: Miranda Slovensky

- 32011-E
10:30-11:00AM // M // 8WKS // 3/16 // \$28

Instructor: Meredith Flint

- 32011-F
5:00-5:30PM // M // 8WKS // 3/16 // \$28
- 32011-G
5:00-5:30PM // W // 8WKS // 3/18 // \$28

Instructor: Milli Slovensky

- 32011-J
4:45-5:15PM // W // 8WKS // 3/18 // \$28

GYMNASTICS

Tumbling Tots II

4 - 6 Years

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

Instructor: Tammy Slovensky

- 32022-A
11:00-11:30AM // T // 8WKS // 3/17 // \$28
- 32022-B
11:00-11:30AM // W // 8WKS // 3/18 // \$28
- 32022-C
11:00-11:30AM // TH // 8WKS // 3/19 // \$28
- 32022-D
11:00-11:30AM // F // 8WKS // 3/20 // \$28

Instructor: Miranda Slovensky

- 32022-E
11:00-11:30AM // M // 8WKS // 3/16 // \$28

Instructor: Meredith Flint

- 32022-F
5:30-6:00PM // M // 8WKS // 3/16 // \$28
- 32022-G
5:30-6:00PM // W // 8WKS // 3/18 // \$28

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)

- 12895-A
9:00-9:30AM // T // 8WKS // 3/17 // \$28



Youth Programs

3-In-1 Dance Combo Class - Intermediate/Advanced

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

22300-A

11:20-12:20PM // S // 8WKS // 3/21 // \$32

Around the World Adventures

6-8 Years // Supply Fee \$10

Geography at its finest! Learn about other countries through games, music and more!

Instructor: Dottie Nicholson

22100-A

1:00-1:45PM // T // 8WKS // 3/17 // \$30

Ballet & Tap I

5 - 8 Years // Ballet and Tap Shoes Required

You will learn tap, ballet and rhythmic movements.

Instructor: Sherri Longino

22120-A

6:15-6:45PM // TH // 8WKS // 3/19 // \$28

22120-B

9:40-10:10AM // S // 8WKS // 3/21 // \$28

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

22125-A

10:15-10:45AM // S // 8WKS // 3/21 // \$28

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

22050-A

5:00-5:30PM // W // 8WKS // 3/18 // \$28



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.

Instructor: Meredith Flint

32051-A

4:00-4:00PM // M // 8WKS // 3/16 // \$32

32051-B

4:00-5:00PM // W // 8WKS // 3/18 // \$32

Instructor: Miranda Slovensky

32051-C

5:00-7:00PM // T // 8WKS // 3/17 // \$32

32051-D

5:00-6:00PM // TH // 8WKS // 3/19 // \$32

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

22101-A

6:30-7:00PM // W // 8WKS // 3/18 // \$28

Electricity Circuits & Conductors

5-12 Years // Supply Fee \$10

Learn about electricity circuits as you experiment with conductors. Learn what materials conduct electricity better than others.

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

22113-A

1:45-2:30PM // M // 8WKS // 3/16 // \$28

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

22035-A

7:00-7:30PM // W // 8WKS // 3/18 // \$28

Guitar for Youth

9 - 12 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

22020-B

4:30-5:15PM // M // 8WKS // 3/16 // \$70

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

22020-A

3:45-4:30PM // M // 8WKS // 3/16 // \$70



Youth Programs



Happy Snacking for Homeschoolers

6 - 10 Years // Supply Fee \$10

Recipes will include simple foods you can make yourself using minimal supplies.

Instructor: Dottie Nicholson

22555-A

Noon-12:45PM // F // 8WKS // 3/20 // \$30

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)

22040-A

11:30-12:15PM // W // 8WKS // 3/18 // \$28

Homeschoolers Let's Get Moving

5-12 Years

We will get the blood moving with physical education.

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

22222-A

1:00-1:45PM // M // 8WKS // 3/16 // \$30

Hippity-Hop Dance

5 - 8 Years

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

Instructor: Sherri Longino

22333-A

5:45-6:15PM // TH // 8WKS // 3/19 // \$28

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)

22060-A

12:15-1:15PM // W // 8WKS // 3/18 // \$30

Homeschool Science

6 - 8 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

22190-A

2:00-2:45PM // T // 8WKS // 3/17 // \$30

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.

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

22700-A : White and Yellow Belts
9:05-10:05AM // S // 8WKS // 3/21 // \$46

22700-B : Advanced Belts
10:05-11:05AM // S // 8WKS // 3/21 // \$46

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

22111-A : Beginner 8-15 Years
6:00-8:00PM // M // 8WKS // 3/16 // \$40

22111-B : Beginner 5-7 Years
4:00-5:00PM // MW // 8WKS // 3/16 // \$40

22111-C : Advanced 8-15 Years
5:00-6:00PM // MW // 8WKS // 3/16 // \$40

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)

MARCH
21900-C
6:00-7:00PM // MW // 4WKS // 3/2 // \$40

APRIL
22900-A
6:00-7:00PM // MW // 4WKS // 4/1 // \$40

MAY
22900-B
6:00-7:00PM // MW // 4WKS // 5/4 // \$40



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.

Youth Programs

Sewing Club

7 - 12 Years // Supply Fee \$25

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

22420-A

4:15-5:30PM // T // 8WKS // 3/17 // \$32

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

22500-A

6:00-6:30PM // W // 8WKS // 3/18 // \$28

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

22165-A

10:50-11:20AM // S // 8WKS // 3/21 // \$28



Volleyball

6 - 14 Years // Athletic Shoes Required

Beginners fundamentals focusing on basic position work, serving and general ball handling.

Instructors: Milli Slovensky & Breanna McGranahan (Current varsity players with 5 years club experience.)

6-8 Years

22025-A

5:45-6:15PM // M // 8WKS // 3/16 // \$28

8-10 Years

22025-B

6:15-6:45PM // M // 8WKS // 3/16 // \$28

Water Color Fun

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)

22090-A

5:30-6:20PM // T // 8WKS // 3/17 // \$30

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)

22005-A

4:30-5:20PM // T // 8WKS // 3/17 // \$30

Adult Programs

Belly Dance: Step 1 Its Foundations

13+ Years

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

Instructor: Tiffany Skalberg

42200-A
7:00-8:00PM // T // 8WKS // 3/17 // \$56

Belly Dance: Step 2 More Its

13+ Years

Take your newfound belly dance skills and challenge yourself at this next step in your dance explorations. In this class the emphasis is on refinement. We will cover more complex drills and improv combinations, building on what you have learned in the Foundations class. We will use live music for this class, affording you the opportunity to also learn to use percussion instruments (in the form of zills) to dance. **This class is best used in combination with Step 1 ITS Foundations as there is no breakdown of the foundation steps. Please complete at least one session of Step 1 before registering for Step 2.**

Instructor: Tiffany Skalberg

42224-A
8:00-9:00PM // T // 8WKS // 3/17 // \$56

Belly Dance: Step 3 Take it to the Stage

13+ Years

Now that you have perfected your dance skills in Step 1 and Step 2, you are ready to create a performance. This class will focus on taking your ITS vocabulary and making it show-worthy by adding props, staging, and interaction with a band. You will also learn to use props such as the veil, skirt, sword and zills. **Please complete at least one session of Step 1 and 2 before registering for Step 3.**

Instructor: Tiffany Skalberg

42222-A
9:00-9:45PM // T // 8WKS // 3/17 // \$40

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

42226-A
8:00-9:45PM // TH // 8WKS // 3/19 // \$46

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)

MARCH
41420-C
6:35-7:30AM // MW // 4WKS // 3/2 // \$25

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

MAY
42420-B
6:35-7:30AM // MW // 4WKS // 5/4 // \$25



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

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

42110-A

6:30-9:00PM // T // 8WKS // 3/17 // \$50

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: Angela Pond (Certified Fitness Trainer)

42300-A

5:45-6:35PM // T // 8WKS // 3/17 // \$34

Energize Exercise

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

Instructor: Karen Cowley

42010-A

8:30-9:15AM // MTThF // 8WKS // 3/16 // \$30

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: Esther White (MS, RD, LD)

42060-A

12:10-12:50PM // MW // 8WKS // 3/16 // \$36

Guitar

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. We will learn songs using finger-picking, flat-picking and classical techniques.

Instructor: Jan Ryberg

42888-A : Beginner

5:15-6:00PM // M // 8WKS // 3/16 // \$70

42888-B : Intermediate

6:00-6:45PM // M // 8WKS // 3/16 // \$70

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

42100-A

10:15-11:10PM // M // 8WKS // 3/16 // \$32

42100-B

10:15-11:10PM // F // 8WKS // 3/20 // \$32

Hurst Hustlers Running Club

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

Instructor: Esther White (MS, RD, LD)

42001-A

6:15-7:15PM // M // 8WKS // 3/16 // \$30

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.

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

22700-A : White and Yellow Belts

9:05-10:05AM // S // 8WKS // 3/21 // \$56

22700-B : Advanced Belts

10:05-11:05AM // S // 8WKS // 3/21 // \$56

Mix It Up Aerobics

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

Instructor: Behka Hartmann (Certified Fitness Instructor)

42040-A

9:15-10:10AM // MWF // 8WKS // 3/16 // \$45

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 11-time National medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. Judo involves throwing and grappling techniques. This is an on-going monthly class. New students start the first Monday of the month.

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

MARCH

41800-C

7:00-8:30PM // MW // 4WKS // 3/2 // \$40

APRIL

42800-A

7:00-8:30PM // MW // 4WKS // 1/5 // \$40

MAY

42800-B

7:00-8:30PM // MW // 4WKS // 5/4 // \$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)

42100-C

8:15-9:15PM // W // 8WKS // 3/18 // \$32

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)

42100-D

7:05-8:00PM // W // 8WKS // 3/18 // \$32

Slim It Out, Tone It Up

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

Instructor: Esther White (MS, RD, LD)

42015-A

6:35-7:25AM // TTh // 8WKS // 3/17 // \$32

42015-B

12:10-12:50PM // TTh // 8WKS // 3/17 // \$32

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)

42444-A

9:00-9:45PM // T // 8WKS // 3/17 // \$34

42444-B

5:30-6:15PM // TH // 8WKS // 3/19 // \$34

Adult Programs



Tai Chi

The Wednesday 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: David Roark

MARCH

41070-C

7:00-8:30PM // W // 4WKS // 3/5 // \$30
9:05-11:00AM // S

APRIL

42070-A

7:00-8:30PM // W // 4WKS // 4/1 // \$30
9:05-11:00AM // S

MAY

42070-B

7:00-8:30PM // W // 4WKS // 5/6 // \$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)

42065-A

6:05-7:00PM // MW // 8WKS // 3/16 // \$45

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)

42050-A

7:30-8:25AM // TTH // 8WKS // 3/16 // \$40



« CLASS REGISTRATION

Registration Policy

Walk-in registration beginning on **February 16**, 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 February 23 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Non-residents will be able to register beginning on February 23. Out of fairness to all citizens of our community, you may only register the members of your household.

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Classes begin the week of March 16

(unless otherwise indicated)

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Sign Up To Register Online

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

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

Help Us Help You! PLEASE ENROLL EARLY!

Help us keep your favorite classes around by enrolling early. There is a point when a course must be 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

<input type="checkbox"/> CHECK	<input type="checkbox"/> CREDIT CARD	<input type="checkbox"/> CASH
CHECK NUMBER: _____	CARD TYPE: <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard <input type="checkbox"/> Discover <input type="checkbox"/> American Express	MAIL TO: Hurst Parks and Recreation Class Registration 700 Mary Drive, Hurst, TX 76053
MAKE CHECKS PAYABLE TO: City of Hurst	CARD NUMBER: _____ - _____ - _____	
	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



EGGstravaganza 2015

March 28 // 1:00PM // Hurst Community Park, 601 Precinct Line Road

Activities begin at 1 p.m.; Egg Hunt begins at 2 p.m.

FREE. Activities include: crafts, Hurst Clown Arounds, games, photos with Mr. Bunny and refreshments. No pets please.

For more information, call 817-788-7320.

Catfish Stockings at Chisholm Park

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

STOCKING SCHEDULE

April: 24

May: 8, 22

June: 5, 19

July: 3, 17, 31

September: 4, 18

October: 2, 16, 30

Stocking schedule changed to once per month to try and decrease the cormorant mortality of the trout.

Patron Appreciation Week

March 9-13

Join us at the Hurst Recreation Center as we celebrate 14+ years since opening our doors after the Recreation Center's expansion/renovation project that was completed in October 2000. More than 3.2 million participants have enjoyed using the Hurst Recreation Center since that time. There will be give-away items, refreshments, and door prizes. For more information about Patron Appreciation Week, call the Recreation Center 817-788-7325.



Concert in the Park

May 15 // 7:00-8:00PM // Rain date May 29
Heritage Village Plaza, 837 W. Pipeline Road

FREE.

For more information, call 817-788-7320.



Youth Sports Associations

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

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
Summer League Registration

Returning Team Registration: May 4-5
Teams that played in Hurst in 2014 and 2015

Open Registration: May 6-29

Entry Fee: \$340 for a 10-game season
With no city playoffs

League Schedules: Available June 3, 4:00PM

League Begins: Monday, June 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
Spring League Registration

Returning Team Registration: March 30-31
Teams that played in Hurst in 2014 and 2015

Open Registration: April 1-10

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

League Schedules: Available April 15, 4:00PM

League Begins: Tuesday, April 21

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

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



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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.

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Parks and Recreation Board

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|---------------------------------------|--|
| <i>Chairman:</i>
Alan Neace | <i>Vice Chair:</i>
Rod Robertson |
| Carol Cole | Karen Spencer |
| Delbert Derrett | Bob Walker |
| Ralph Hurd | Hank Williams |
| Pat King | |
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Recreation Staff

- | | |
|--|--|
| <i>Recreation Director:</i>
Chris Watson | <i>Recreation Attendants:</i>
Marissa Benson
Dakota Ford
Rudy Garcia
Vickie Gill
Luke Grimsley
Michael Kearney |
| <i>Recreation Managers:</i>
Kim Mesa
Amy Sisler
Kristie Weaver | Matt Mendez
Shana Sanders
Emily Stacey
Cheryl Thompson |
| <i>Recreation Supervisor:</i>
Mary Singleton | <i>Facility Maintenance:</i>
Judy Arellano |
| <i>Senior Secretary:</i>
Paige Lutz | <i>Recreation Specialist:</i>
Lauren Ferguson |
| <i>Recreation Receptionists:</i>
Melanie Cox
Susan Derr | |
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**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 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 encouraged to register for the various FREE events that are 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 available to all participants as they track and log their fitness activities!

The Healthy Hurst webpage 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.

**Spring/Summer
Operating Hours**

(beginning March 1, 2015)

Monday-Thursday: 8:00AM-10:00PM

Friday: 8:00AM-7:00PM

Saturday & Sunday: 9:00AM-7:00PM

Hurst Tennis Center

701 Mary Drive, Hurst, TX

817-788-7330

Hurst Tennis Center Staff

Tennis Attendants:
Shelby Barturng
Cameron Bodily
Sean Burke
Trent Pence

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

Tennis Center Coordinator:
Austin Wynne, USPTA

Tennis Specialist:
Kelly Langdon, USPTA

Upcoming Tournaments

Spring Mid-Cities Junior Circuit
TBA

Hurst Junior Open Tournament
April 11-12



- 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

Lessons with tennis instructors Greg Smith; Mike Seybold, USPTA; John Schildt.

\$30 Per Half Hour
\$52 Per Hour
\$184 For Series Of 4 Lessons

\$26 Per Half Hour
\$50 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 Hurst Tennis Center has a wide variety of strings and racket accessories. We have USRSA Racket Stringers on staff and guarantee service within 24 hours.

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: Michael Seybold, USPTA; and Staff

81601-C
5:00-5:30PM // M // 4WKS // 3/2 // \$28
82601-A
5:00-5:30PM // M // 4WKS // 4/6 // \$28
82601-B
5:00-5:30PM // M // 4WKS // 5/4 // \$28

81602-C
5:00-5:30PM // W // 4WKS // 3/4 // \$28
82602-A
5:00-5:30PM // W // 4WKS // 4/8 // \$28
82602-B
5:00-5:30PM // W // 4WKS // 5/6 // \$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: Michael Seybold, USPTA; and Staff

81502-C
5:30-7:00PM // M // 4WKS // 3/2 // \$72
82502-A
5:30-7:00PM // M // 4WKS // 4/6 // \$72
82502-B
5:30-7:00PM // M // 4WKS // 5/4 // \$72

81503-C
5:30-7:00PM // W // 4WKS // 3/4 // \$72
82503-A
5:30-7:00PM // W // 4WKS // 4/8 // \$72
82503-B
5:30-7:00PM // W // 4WKS // 5/6 // \$72

Advanced Beginner/ Intermediate Junior Tennis

10 Years and Up // 1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA; and Staff

81504-C
5:30-7:00PM // TH // 4WKS // 3/5 // \$72
82504-A
5:30-7:00PM // TH // 4WKS // 4/9 // \$72
82504-B
5:30-7:00PM // TH // 4WKS // 5/7 // \$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

81508-C
9:30-11:00AM // W // 4WKS // 3/4 // \$72
82508-A
9:30-11:00AM // W // 4WKS // 4/8 // \$72
82508-B
9:30-11:00AM // W // 4WKS // 5/6 // \$72
81505-C
7:00-8:30PM // W // 4WKS // 3/4 // \$72
82505-A
7:00-8:30PM // W // 4WKS // 4/8 // \$72
82505-B
7:00-8:30PM // W // 4WKS // 5/6 // \$72
81509-C
9:30-11:00AM // S // 4WKS // 3/7 // \$72
82509-A
9:30-11:00AM // S // 4WKS // 4/11 // \$72
82509-B
9:30-11:00AM // S // 4WKS // 5/9 // \$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

81506-C
7:00-8:30PM // W // 4WKS // 3/4 // \$72
82506-A
7:00-8:30PM // W // 4WKS // 4/8 // \$72
82506-B
7:00-8:30PM // W // 4WKS // 5/6 // \$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; Austin Wynne, USPTA; and Staff

7:00-8:30PM // TH // Drills Start 3/5 // \$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.



Party Packages

Let us bring the food to your pool party!

Party Package includes admission to facility plus food. Party Packages may be purchased with or without a pavilion rental. Party Packages go on sale Monday, March 23 for Hurst residents and April 6 for non-residents.

Group Reservations

A Daycare/Group is defined as any person or entity, commercial, in home care or non-profit, who provides structured child care and/or activities, whether year round or seasonal. Any Daycare/Group meeting these criteria will be required to make a reservation, in person, at the City of Hurst Recreation Administration Office, 700 Mary Drive, a minimum of seven (7) working days in advance of the desired date of visit.

Reservations will be taken on a first-come, first-served basis beginning the Monday, March 23 for Hurst groups and the second Monday in April for non-Hurst groups.

Daycare/Group reservations will be available beginning Monday, June 1 continuing through out the summer season. Reservations are Monday - Friday, beginning at 12:30PM. Only two reservations per week per Daycare/Group will be allowed.

Summer Employment

If you are 16 years of age or older, responsible, and good with the public, the City of Hurst wants you! We are now accepting applications for 2015 seasonal positions at Central and Chisholm Aquatics Centers. All positions are open: Cashier and Pool Maintenance Attendant (no certification required). Water Safety Instructors (swim lessons) and Lifeguard, Head Guards and Manager positions also available - must meet minimum requirements as set forth by Ellis & Associates. Please see the job descriptions for details. Applications are on the City of Hurst website, www.hursttx.gov/hurstjobs

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Locations

Central Aquatics Center

715 Mary Drive

817-788-7327

Chisholm Aquatics Center

2200 Norwood Drive

817-788-7250

Opening Weekend:

Memorial Weekend, May 23-25

Regular Season: May 30

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Facility & Pavilion Rentals

Hurst Residents may begin making Aquatics Center facility and pavilion rentals on Monday, March 23

Non-Hurst Residents may begin making Aquatics Center pavilion rentals only, on Monday, April 6.



Hurst Aquatics

Learn to Swim Program

Registration: Residents, May 4
Non-Residents, May 11

New registration format this year - Participants will register by age, session and time. The first day of class is a testing day and staff will separate participants by ability.

Step 1

Select your class as determined by age group.

Step 2

Select the session you want.

Step 3

Select the time slot. Lessons are 40 minutes long; not all ages offered at all times. Details provided in the summer edition of *Where We Live*.

Age Groups

Parent/Tot Swim (6 months-3 years)

Parent in the water.

Pre-School (3-5 years)

Parent is not in the water; participants should be able to follow direction from instructors.

Levels 6-12 years

Stroke Development - 10+ years

Must pass prerequisites on first day.

Adult Beginner - 13+ years

Session Dates

Session I

June 8-18

Session II

June 22-July 2

Session III

July 6-16

Session IV

July 20-30

Session V

August 3-13

Class Times

Mornings

8:15-8:50AM

9:00-9:35AM

9:45-10:20AM

10:30-11:05AM

11:15-11:50AM

Evenings

5:15-5:50PM

6:00-6:35PM

6:45-7:20PM

7:25-8:00PM

Taking Care of City Parks

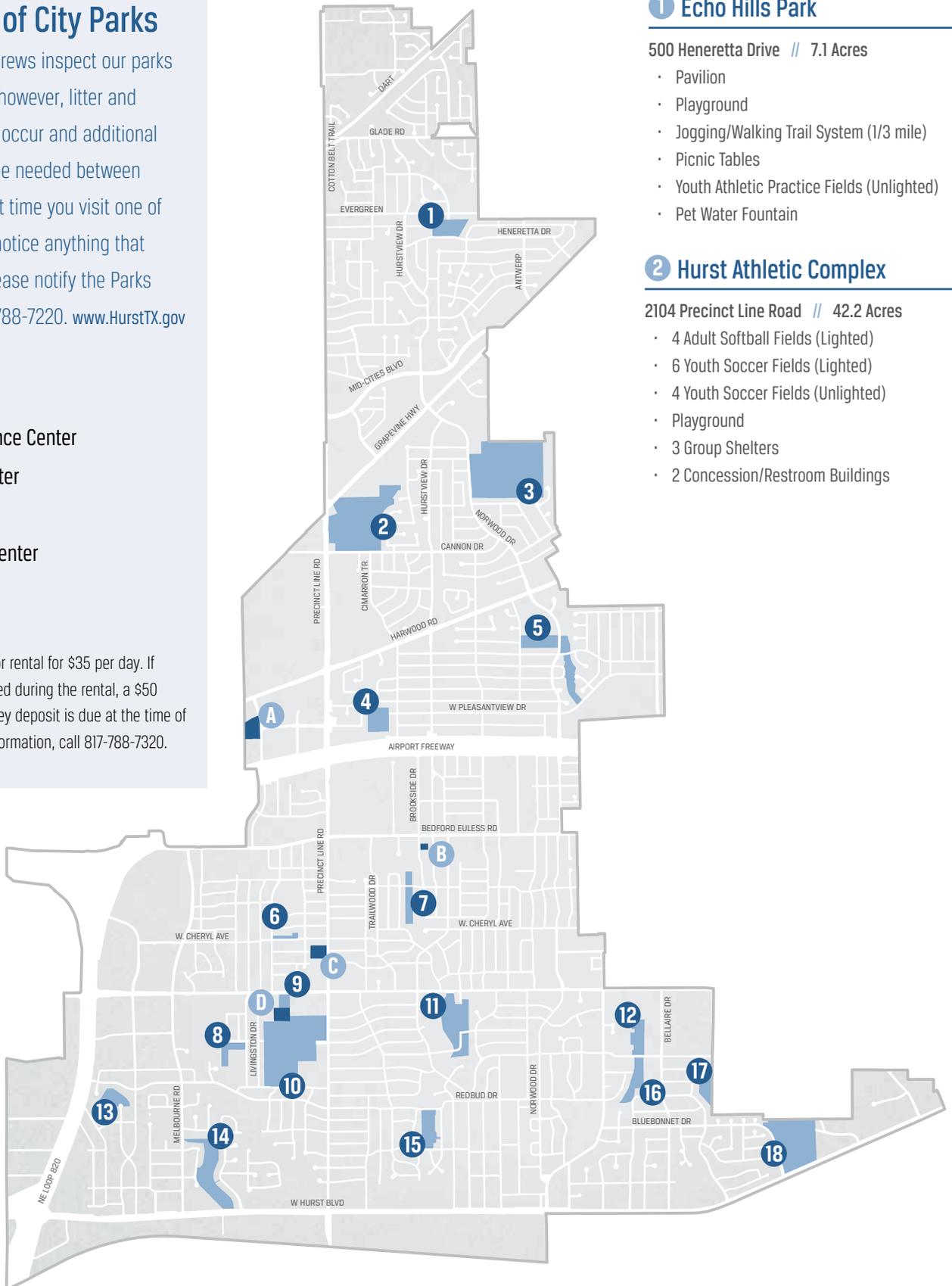
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220.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



Spring 2015

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.