

where we live
HURST ★ TEXAS

WINTER 2016

Hurst 101

Christmas Tree Lighting

Senior Services



where we live

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City Staff

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



Photos shot by Eric and Stacy Luecker.



On the Cover

What began 30 years ago with a donated tree lit up in front of the Library and Santa arriving via fire truck, has since turned into a signature event for the City of Hurst. The Hurst Christmas Tree is now lit atop the Hurst Conference Center in front of thousands, and the actual lighting culminates a night of fun that includes a petting zoo, bounce houses, food trucks and even an ice skating rink. Residents and friends of all ages can also enjoy photos with Santa and the Mrs., a snow sledding hill and shopping at our marketplace. This year's tree lighting marked the 30th anniversary of the event and ushered in the holiday season with a sparkle. We love celebrating the season with our residents, and we wish you and yours a very merry Christmas and a Happy New Year.



Mayor's Message

A new year brings new hopes, dreams and resolutions. And we're dreaming big for 2016. We're enhancing our programs, events and even facilities to better serve our citizens. We're cutting the ribbon on our brand new Chisholm Aquatics Center this spring, our fully complete Justice Center, and we recently unveiled our newly remodeled recreation room at the Recreation Center. You can read about that project on page 17. We're also making preparations for our annual Employee Giving Day. Do you know a senior citizen who is unable to make necessary repairs to their home? Turn to page 16 for details on this year's event and for contact information.

Before we ring in the new year, we'll be celebrating the holiday season, and it wouldn't be the holidays if we didn't encourage you to Shop First in Hurst! Every resident was mailed their very own copy of this year's Retail, Restaurant and Business Guide in November to make it easier to find all of your favorite Hurst businesses. 'Tis the season for shopping in Hurst!

While it wouldn't be the holiday season without shopping, it wouldn't be New Year's without resolutions. What's your dream for 2016? If it's to get healthier, the Hurst Recreation Center is here to help you achieve your goals! Beginning on page 18, we've listed all of our available classes, nutrition experts and personal trainers. We're here for you!

Like I said, we're dreaming big for 2016, and we can't wait to see what the new year has in store. I hope that 2016 is a year of fulfilled dreams for you, and I hope to see you and your family at some of our upcoming events soon!

- Mayor Richard Ward

City Council

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

Winterize Your Wellness

Prepare your body for the winter months

Everyone is scurrying around preparing their homes, vehicles and more for the winter months. But have you thought about treating your body with the same kind of care and preparation?

Sometimes winter sneaks up on us physically and we don't even have time to react before it can be too late. So this year, let's get prepared!

Your Body:

There are four main ingredients to winterize your body and prepare for the winter months!

- It's all about light: Sunlight is an essential part of maintaining a healthy body and mind, especially in the grey months of winter. Try soft natural light by opening the curtains and blinds, sunny colors, bright smells and listening to the sounds of nature on a soundtrack as you prepare for the day. Taking 10-20 minutes in our day to get out in the sunshine, even if it is cold, will brighten our mood and impact our vitamin D levels! It also impacts our mental state by experiencing natural light.
- Don't neglect nutrients: Being properly nourished in winter is critical because it can help your body fight off illness, boost your energy and fight off mental fatigue. Key things to take are a good quality, whole food, organic daily multi-vitamin and organic quality omega oil blend. Eating organic produce and high quality fatty fish also help your body!
- Hydration how to: Drinking adequate fluids during the winter can be a struggle. Be creative with

getting your daily needs by drinking hot herbal or green tea and enjoying soups. Start the day with a full water bottle and keep it re-filled and with you till you head to bed!

- Get moving- even if it is cold or poor weather, your options for being physically active doesn't have to decrease during the winter months. With a little planning and creativity you can have a great time being fit during winter. Head outdoors whenever you can for a walk, run, and yard work or to play at the park. When the weather is crummy, head to the indoor track at the Hurst Recreation Center or for a walk around the mall. You can even use 10 minute indoor fitness routines several times throughout your day to get the body going!

Your Life:

Here are a few quick tips to spice up your life during the winter dull drums.

- Stay social: plan outings that celebrate the season with friends and family. Try ice-skating, tour a tree farm, go caroling, challenge others to a football game, walk your neighborhood and get to know your neighbors on a bad weather day and so much more!
- Make a list of all the things you love about the winter: 10 things you want to do this winter, 3 books to read, 5 people you want to connect with and 7 new winter food dishes to try. Try doing 1 or 2 each week or find a friend and make it a challenge to see who can finish their list first!

Winter White Chicken Chili

Ingredients (organic recommended):

- 4 corn tortillas
- 12 ounces boneless, skinless chicken breasts, trimmed and cut into 3/4-inch chunks
- Salt & freshly ground pepper, to taste
- 1 tablespoon extra-virgin olive oil, or canola oil
- 2 small red bell peppers, seeded and diced
- 1 large onion, chopped
- 1 4-ounce can chopped green chilies
- 3 cloves garlic, minced
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 14-ounce can reduced-sodium chicken broth
- 2 cups low-fat milk
- 2 15-ounce cans white hominy, rinsed
- 1/2 cup chopped fresh cilantro
- 6 organic lime wedges

Directions:

1. Place a tortilla directly on a stovetop burner set at medium-low and toast, turning frequently with tongs, until light golden and fragrant, 30 to 60 seconds. Repeat with remaining tortillas. Cut tortillas into 1-inch-wide strips and set aside.
2. Season chicken with salt and pepper. Heat 1/2 tablespoon oil in a Dutch oven over medium-high heat. Add chicken and cook, stirring often, until lightly browned, 2 to 3 minutes. Transfer to a plate.

3. Add remaining 1/2 tablespoon oil to pan. Add bell peppers and onion; season with salt and pepper and cook, stirring often, until softened, about 3 minutes. Add chilies, garlic, chili powder, cumin and oregano; cook, stirring, until fragrant, about 1 minute. Add chicken broth and milk and bring to a simmer, stirring. Stir in reserved tortilla strips, chicken and hominy.
4. Reduce heat to low. Cover and simmer, stirring occasionally, until chicken is cooked through and chili has thickened, about 20 minutes. Stir in 1/4 cup cilantro. Adjust seasoning with salt and pepper. Serve with remaining cilantro and lime wedges.

Make Ahead Tip: Cover and refrigerate for up to 2 days for more flavor.

Nutrition Facts: 6 servings, 1 1/2 cups each One serving: 251 Calories; 6 g Fat; 30 g Carbohydrates; 18 g Protein; 5 g Fiber

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





Holiday

SAFETY TIPS

Don't be a Holiday Victim

Courtesy of Hurst Police Department,
Community Services Division, 817-788-7342

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else, but chiefly because it's an opportune time for crime.

The holidays are a time for giving, sharing, cheer and fun. Unfortunately if you let down your safety guard, you could become a victim of crime. Here are some tips to make the upcoming shopping season safe and happy.

IF YOU'RE SHOPPING ONLINE:

- Shop with known, reputable firms.
- Confirm phone numbers and addresses so you have another way to contact the company should something go wrong.
- Provide personal information sparingly. Online vendors do not need your Social Security or driver's license numbers.
- Only use secure servers. Look for the unbroken key or padlock at the bottom of the browser window.
- Make sure you understand all shipping charges, taxes and delivery dates.
- Schedule deliveries when you will be home, arrange for deliveries to your business or set up a time that you can pick up the package from the delivery service.
- When making online purchases, use a credit card – not your debit card. If the wrong person gets your debit card information, your bank account could be depleted. Protection plans are offered with credit cards.

IF YOU'RE OUT SHOPPING:

- Stay alert and don't allow yourself to become distracted. Stay off your cell phone.
- Park in a well-lighted area.
- Lock your vehicle doors.
- If you have an alarm, use it.
- If possible, return to your vehicle in groups.
- When returning to your vehicle, have your keys out and ready.
- Check the front and back floor areas of your vehicle before entering.
- If you have packages stored in your vehicle, make sure they are hidden.
- If you see anything suspicious, CALL 9-1-1 or return to the store and call for security.
- Shopping with kids? Teach them to go to a store clerk or security guard if you get separated.

IF YOU ARE TRAVELING:

- Get an automatic timer for your lights.
- Ask a neighbor to watch your home.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign that you're gone.

IF YOU ARE OUT FOR THE EVENING:

- Turn on lights and a radio or TV so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

Law Enforcement Accreditation Program

The Law Enforcement Accreditation Program was the first credentialing program established by Commission on Accreditation for Law Enforcement Agencies, Inc. (CALEA) after its founding. It was originally developed to address what was seen as a need to enhance law enforcement as a profession and to improve law enforcement. That mission continues today. It provides a process to systematically conduct an internal review and assessment of the agencies' policies and procedures and make adjustments wherever necessary to meet a body of internationally accepted standards. The standards, upon which the Law Enforcement Accreditation Program are based on, reflect the current thinking and experience of law enforcement practitioners and researchers.

The Hurst Police Department gained its first accreditation in 1990. In February 2015, the Hurst Police Department had an



on-site Gold Standard Assessment. This assessment allowed more interaction between agency personnel, the assessment team, city leaders and the community. The assessors were able to experience the professionalism and dedication of the members of the Hurst Police Department. In July, the Hurst Police Department was awarded its 7th reaccreditation with excellence and meritorious award.

Water Conservation

We made great strides as a city in the water conservation arena. As a city, we continue to trend towards the conservative side of water use in comparison to previous years. Between October 1, 2014 and September 30, 2015, Hurst residents and businesses consumed 1.82 billion gallons of water, a 64 million gallon decrease from the previous year.

We're proud of the efforts that have been made, but we still have a ways to go. Summer is historically peak season for water use, and this year was no different. Even with a wetter than average rainfall in May and June, our water consumption increased by more than 35,839,000 gallons from the previous year. We attribute that to higher than average lake levels, the removal of Drought Stage 1 signage



and the overall feeling that the drought had ended.

The Tarrant Regional Water District did lift Drought Stage 1 Restrictions in July of 2015 however, the City of Hurst as a proactive measure in cooperation with the City of Fort Worth that maintained the 2 day per week schedule, no watering on Mondays and no watering between 10 a.m. and 6 p.m.

Water conservation is a community effort, and together as a community, we can help offset water shortages and hopefully avoid additional drought restrictions in the future. Please watch for updates as we head into the spring and summer months of 2016. Information will be posted at hursttx.gov and on social media. You can also visit SaveTarrantWater.com to learn more ways to conserve water.

Senior Center



Membership Information

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

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

- Membership is required in order to use the Senior Center amenities or participate in activities and programs. (Occasionally, we will offer special programs that are open to the general public.)
- Membership 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 any time prior to 10 a.m. on Tuesdays. Reservations will not be accepted after 10 a.m. No exceptions.
- The kitchen staff and volunteers cannot take payments. Please pay for lunch at the front counter and obtain a receipt. The receipt is only valid for the date lunch was purchased. No refunds or rain checks for lunches will be issued.
- Quantities may be limited and may sell out before 10 a.m.
- Meal recipients are encouraged to consume food 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 Board

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

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

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

Regular Programs, Classes, Groups and Activities

"Need to Knows"

The *Senior Pipeline* is the Senior 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 third 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

Annual Craft & Holiday Market

On October 23rd, the Senior Center again hosted the Annual Craft & Holiday Market. Over 80 vendors set up booths and showed off their handcrafted items at this event which is open to the public. This year we had to open up additional space in order to meet the needs of the vendors. It may have been pouring rain outside, but that did not keep the Senior Center from being a hotspot of activity at this year's Craft & Holiday Market. Shoppers weathered the storms to see the great variety of handmade crafts, holiday gifts, and artwork. The Senior Center Café was especially busy this year selling homemade sweets and treats. Special thanks to all the volunteers that helped with loading and unloading, organizing, set up, baking and more that make this annual event a success!

6th Anniversary & Open House

On November 6th, the Senior Center celebrated its 6th anniversary. The Senior Center presented displays featuring photographs and information on the various activities, classes and instructors that are offered. Door prizes were given away throughout the day. The celebratory highlight was the Cake and Punch reception attended by many city dignitaries as well as center members. Reception featured live entertainment by the Senior Center Line Dance Class and a grand prize package give away courtesy of Lexington Place Nursing and Rehabilitation.

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.)

Tamale Making Demo

Sign up early for this annual Senior Center tradition with members Jose & Josie Calvillo. Learn how to prepare authentic Mexican tamales from beginning to end including the making of the filling to rolling and steaming. Each participant will receive hands on experience, the recipe, ½ dozen tamales, and tasting samples during demonstration. \$4 per person. Space is limited, so sign up early.

11 a.m.-1 p.m. // 12/7

Travel & Tours Presentation

Join Patti Harrell of Gotta Go Tours by Patti for a special presentation of upcoming tours and travel opportunities for 2016. Highlighted tour will be the "Tour de Mardi Gras," departing February 3 - 7. Itinerary includes an array of Mardi Gras events spanning Louisiana, Mississippi and Alabama. Flyers with detailed information available at the Senior Center

11 a.m.-Noon // 12/9

Holiday Breakfast, Singing & Dancing

Enjoy a festive morning of Christmas tradition and fare including a pancake station sponsored by Mission Hospice, egg casseroles, a variety of meats and assorted fruits and pastries along with fresh coffee and juice. While you dine you will be entertained by our very own Zumba Gold dance class and then join in with Music & Song in an old-fashioned Christmas sing-a-long. A special wintery scene painting by Susan Garden, created right before your eyes will be raffled at the conclusion of the event. Holiday photo opportunities will be available. \$5 per person. Space is limited, sign up early!

9-11 a.m. // 12/16



Grandkids Christmas Lunch & Activities

Bring your grandkids to the Senior Center for mid-day holiday fun. Get your picture made with Santa and then we'll get their energy unloaded with some festive Zumba dance. Enjoy a Christmas inspired lunch with kid-friendly foods. We will conclude the activities with everyone creating their own decorated, sweet confection. \$5 per person (includes photographs, dancing, lunch and treat decorating.)

11:30 a.m.-1:30 p.m. // 12/22

Blackeyed Peas & Cornbread

Get ready for the New Year by having your lucky black-eyed peas! Sign up in advance so we are sure to have enough "luck" for everyone! Sponsored by Parkwood Retirement. **FREE!**

11:30 a.m.-12:30 p.m. // 12/31

Memorial Service

A special time of remembrance has been planned to honor loved ones that were lost in 2015. Come light a candle to show gratitude for the life they lived and for the time that was shared with them. Please make the front desk aware of anyone that should be remembered at this service.

11 a.m.-Noon // 1/14

3rd Annual Soup & Socks for Seniors

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

Noon-1 p.m. // 1/29

Special Delivery

Shop First in Hurst is more than just a catchy phrase. It's our mantra at the City of Hurst.

With so much to offer in Hurst, why shop anywhere else? We showcase our wide variety of businesses each year in our Restaurant, Retail and Business Guide. Every mailbox in Hurst should have recently received this annual guide, complete with addresses and phone numbers of each business in Hurst. Didn't get yours or want an extra copy? Call 817.788.7025, and we'll make sure you get an extra copy. We publish the guide each year at no cost to businesses. The guide is also available online with the most up-to-date information at hursttx.gov/retailguide. Now that the holidays are here, make "Shop First in Hurst" your mantra.



Periscope is a new social media tool that allows you to watch live video and see the world through someone else's eyes. We'd love for you to follow us and get a front row seat as we stream live while at city events, sharing important messages or just enjoying something fun happening in Hurst!

@thecityofhurst

Volunteers in Action (VIA)

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

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

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

Employee Giving Day 2016

We're gearing up for our 17th (seventeenth!) Employee Giving Day, and we're looking for Hurst senior citizens that need help fixing up their homes. We've been helping our senior citizens make needed repairs to their home's exteriors since 1998. In that time we have assisted more than 70 homes, and we are just getting started! Work on the homes primarily consists of landscaping, clean up, scraping and painting. Many of our area businesses donate the

cash and supplies needed for this event and city employees provide the labor. We are proud of the work our employees do, and we appreciate all of our local businesses who help to make it possible year after year. This year's Annual Employee Giving Day will take place on April 8 & 9. For more information on how you can get involved, or to nominate your home or someone you know for consideration, please call Michelle Lazo at 817.788.7055.

Youth in Government

We recently kicked off our '15-'16 Youth In Government program, and it's shaping up to be one of our best years yet! Thirteen years ago, the Hurst City Council created the unique program that has given students many opportunities to meet local officials, make new friends, learn about how local government works and also do community service projects around the city. We have a diverse group of juniors and seniors who are involved in band, drill team, step team, basketball, National Honor Society, DECA, theatre, soccer and more. This program is free and open to all juniors and seniors who live in Hurst or attend a school in one of the four districts that serve Hurst. At least one scholarship will



be awarded to a senior at the end of the program in May. This year's Youth In Government program is currently closed to new applicants, but we will keep you updated when we begin taking applications for '16-'17.

Hurst 101

Have you ever wondered what exactly Public Works is? Or who puts together the city budget and what that process looks like? Or maybe you've always wanted a tour of one of our fire stations or the Hurst Conference Center? If any of these apply to you, or if you're looking to get more involved in your city, we want you! We're gearing up for our fourth Hurst 101 class and are currently accepting applications to this dynamic program. It is our goal that each participant will walk away from this class with a better understanding of their city and the inner-workings of local government. The class meets nine times between January and May with presentations from various city staff members, tours of facilities and one on one interaction with City Council members. Questions? Call Ashleigh at 817-788-7029. Applications are now available at www.hursttx.gov/hurst101.

Recreation Center Multi-Purpose Room Transformed

The Recreation Center's Multi-Purpose room has undergone a complete transformation! In 2013, the City of Hurst celebrated the completion of the Recreation Center Renovation project which included the classrooms, hallway, new lounge area and administrative offices. Now the Multi-Purpose Room has received similar improvements and upgrades, including:

- **New specialty flooring, ceiling, wall finishes, updated doors and hardware**
- **New and improved lighting and ceiling fans**
- **New ballet bars and dance mirrors**
- **New fitness equipment and storage areas**



The new and improved Multi-Purpose Room is used for youth and adult dance classes, fitness classes and camps, special events and more!

Come on by the Recreation Center to check out this excellent new space and sign up for a class!

Hurst Public Library

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



Ongoing Adult Programs

AARP Tax Assistance

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

Noon-4:00PM // T // 2/2-4/12

Brown Bag Book Club

Bring your lunch and join us at noon the first Thursday of every month for informal book discussions in the Reading Alcove. Check the library website, Facebook page or call to find out what we're reading!

Noon // 1st Thursday

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



Ongoing 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 // 1/20-2-24

Saturday Sessions

10:30-11:30AM // S // 1/23-2/27

Chess Club

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

Story Time

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

Toddler Time

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



Teen Zone

Chess Club

Elementary - High School // 4:00-5:00PM // M

Middle School Madness

6th - 8th Graders

Looking for something to do after school? We have just the program for you! Every week make a craft, play a game, or view something short and sweet!

4:00-5:00PM // T // Beginning 1/5

Teen Game Night

6th - 12th Graders

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

7:00-8:00PM // 1st Thursday // 1/7-2/4

Hurst Public Library



Children's Programs

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 // 1/20, 2/17, 3/6

Take Your Child to the Library Day

For All Ages

The library—it's more than just a bunch of books (though we think books are great)! Crafts and activities, including a couple of Library tours that take you behind the scenes, will be taking place throughout the day to give you a taste of what the library has for you! PLUS: A special guest performer at 3 p.m.

10:00AM-6:00PM // S // 2/6

The Book Experience

For All Ages

Family story time. Experience stories in many different ways—not just with your eyes and ears!

How are You Feeling?

7:00PM // T // 2/9

The Story Depends on YOU!

7:00PM // T // 3/8

Train Car Creations

For All Ages

Children of all ages are invited to create their own train cars out of boxes and poster board. A variety of media will be available to design and decorate personal train cars. All participants will be encouraged to show off their creations in the Train Parade on Saturday, January 16.

5:00-8:00PM // T // 1/12

5:00-8:00PM // TH // 1/14

Train Parade

For All Ages

The Kids' Express will track around the Library for all to enjoy. Come see the train cars kids and families have made or, better yet, be a part of the fun and create your own train car on January 12th and 14th! At the end of the line, participants and viewers are invited to a special party celebrating trains

11:00AM // S // 1/16





Programs For All Ages

HEB ISD Early Release Friday Movie Matinee

For All Ages

Join us at 2 p.m. on January 15 in the library program room for a movie on the big screen. Free Popcorn provided by the Friends of the Library.

2:00PM // F // 1/15

Make and Take Craft

For All Ages

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

6:30-7:30PM // TH // 2/11



Masterworks at the Library

For All Ages

EVENING MasterWorks AT THE LIBRARY

FREE for all ages and open to the public, the MasterWorks Music Series is an ongoing series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. Please check the library website for upcoming concert information.

7:00PM // 4th Thursday

L.D. Bell Art Reception

7th - 12th Graders and Art Lovers of All Ages

Thursday, March 3

7 p.m.

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!



HURST RECREATION CENTER

Hurst Recreation Center offers opportunities to accomplish resolutions for health, wellness, fitness

If your New Year's resolution is to improve your personal health, wellness and fitness, the Hurst Recreation Center is the place for you. Our very affordable rates for both annual and daily passes will help you accomplish all of your resolutions including the one to save more money in 2016!

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

If fitness is your thing, there are many fitness classes to help you reach all of your fitness goals. You can also schedule a session with our personal trainer to formulate a custom-designed fitness plan, and our Fitness Center has all of the equipment you will need to complete your workouts. The Cardio Room is equipped with treadmills, elliptical crosstrainers, and lateral trainers, all of which have individual television screens that will allow you to watch your favorite TV show while you workout. You can also use your iPod to listen

to your favorites or enjoy our new HDTVs while using not only our treadmills and ellipticals, but our bikes, stairclimbers, rowing machines and seated crosstrainers as well. There is literally something for everyone! And any complete fitness program includes a strength training regiment. We have an extensive selection of machined weights and plate-loaded strength equipment, as well as dumbbells and flexibility equipment. For more information on any of our activities or classes, contact the Recreation Center 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 January 11 (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

Youth Fitness Annual Pass (12-15 Years):
\$50 Per Year

* 12-13 Years must have adult supervision

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

Youth Fitness Annual Pass (12-15 Years):
\$200 Per Year

* 12-13 Years must have adult supervision

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

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

Replacement Card Fee: **\$5**

Help Us Help You!
Please Enroll Early

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

3 Years and Younger Programs

Awesome Twos

2 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

11090-A

9:00-9:45AM // M // 8WKS // 1/11 // \$30

Crazy Daisy Winter 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)

11130-A

10:00-10:30AM // W // 8WKS // 1/13 // \$28

Happy Feet

2 Years

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

Instructor: Dottie Nicholson

11095-A

9:00-9:30AM // F // 8WKS // 1/15 // \$28

Little Painters

2 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

11333-A

10:00-10:30AM // M // 8WKS // 1/11 // \$28

Little Tyke Soccer

2-3 Years // Tennis Shoes Required

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

Instructor: Stacie Castillo

11600-A

9:00-9:30AM // F // 8WKS // 1/15 // \$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 G0000000AAAAALLLLL! **One child per parent.**

Instructor: Stacie Castillo

11700-A

8:30-9:00AM // F // 8WKS // 1/15 // \$28



3 Years and Younger Programs

Music Maker – Winter 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)

11000-A
10:30-11:00AM // W // 8WKS // 1/13 // \$28

Numbers for Little Learners

2 - 3 Years // Supply Fee \$5

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

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

11123-A
9:30-10:00AM // W // 8WKS // 1/13 // \$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

31040-A
9:30-10:00AM // T // 8WKS // 1/12 // \$28

31040-B
9:30-10:00AM // W // 8WKS // 1/13 // \$28

31040-C
9:30-10:00AM // TH // 8WKS // 1/14 // \$28

31040-D
9:30-10:00AM // F // 8WKS // 1/15 // \$28

Instructor: Miranda Slovensky

31040-E
9:30-10:00AM // M // 8WKS // 1/11 // \$28

31040-F
5:30-6:00PM // T // 8WKS // 1/12 // \$28

31040-G
7:00-7:30PM // TH // 8WKS // 1/14 // \$28

Phonics Fun for Little Learners

2 - 3 Years // Supply Fee \$5

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

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

11045-A
9:00-9:30AM // W // 8WKS // 1/13 // \$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

31030-A
10:00-10:30AM // T // 8WKS // 1/12 // \$28

31030-B
10:00-10:30AM // W // 8WKS // 1/13 // \$28

31030-C
10:00-10:30AM // TH // 8WKS // 1/14 // \$28

31030-D
11:30AM-Noon // TH // 8WKS // 1/14 // \$28

31030-E
10:00-10:30AM // F // 8WKS // 1/15 // \$28

Instructor: Miranda Slovensky

31030-F
10:00-10:30AM // M // 8WKS // 1/11 // \$28

31030-G
6:00-6:30PM // T // 8WKS // 1/12 // \$28

31030-H
6:30-7:00PM // TH // 8WKS // 1/14 // \$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 Older Programs

Bugs Bugs Bugs

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

11222-A

11:30-12:15PM // M // 8WKS // 1/11 // \$30

Cars & Motion

3 - 5 Years // Supply Fee \$10

Come explore the physics of motion. We will build a car, and simulate activities that investigate the physical factors of motion.

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

11888-A

9:45-10:15AM // T // 8WKS // 1/12 // \$28

Claytime Fun

3 - 6 Years // Supply Fee \$10

Does your pre-schooler need to work on those fine motor skills? Clay is a great tool for working on those skills while having fun.

Instructor: Dottie Nicholson

11145-A

9:00-9:30AM // W // 8WKS // 1/13 // \$28

Creative Healthy Chef

3 - 5 Years // Supply Fee \$10

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

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

11170-A

10:30-11:15AM // T // 8WKS // 1/12 // \$30

Cut, Paint & Create

3 - 5 Years // Supply Fee \$5

Create your own art work by learning to use scissors, paint, and different materials to create 3-D art!

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

11055-A

9:00-9:45AM // T // 8WKS // 1/12 // \$30

Dinosaurs

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

11666-A

9:45-10:30AM // F // 8WKS // 1/15 // \$30

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)

11205-A

9:45-10:30AM // M // 8WKS // 1/11 // \$30

11205-B

9:45-10:30AM // TH // 8WKS // 1/14 // \$30

International Cooking

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

11250-A

10:45-11:30AM // F // 8WKS // 1/15 // \$30



Let's Paint

3 - 6 Years // Supply Fee \$5

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

Instructor: Dottie Nicholson

11115-A

9:45-10:15AM // W // 8WKS // 1/13 // \$28

Little Tyke Basketball

4 - 5 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

11335-A

10:00-10:30AM // F // 8WKS // 1/15 // \$28

3 Years and Older Programs

Little Tyke Soccer

3 - 5 Years // Tennis Shoes Required

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

Instructor: Stacie Castillo

(4-5 years)

11600-B

9:30-10:00AM // F // 8WKS // 1/15 // \$28

Instructor: Keely Castillo

(3-5 years)

11600-C

5:30-6:00PM // W // 8WKS // 1/13 // \$28

Messy on Purpose

3 - 6 Years // Supply Fee \$10

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

Instructor: Dottie Nicholson

11350-A

10:45-11:15AM // M // 8WKS // 1/11 // \$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

11111-A

10:30-11:15AM // W // 8WKS // 1/13 // \$30

»»» Please Remember

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



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)

11030-A

9:00-9:45AM // M // 8WKS // 1/11 // \$30

11030-B

9:00-9:45AM // TH // 8WKS // 1/14 // \$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)

11035-A

10:30-11:15AM // M // 8WKS // 1/11 // \$30

11035-B

10:30-11:15AM // TH // 8WKS // 1/14 // \$30

Pre-School Athletics

3 - 6 Years // Athletic Shoes Required

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

Instructor: Tammy Slovinsky

11300-A

11:30AM-Noon // W // 8WKS // 1/13 // \$28

Science Fun 101

3 - 5 Years // Supply Fee \$5

Let's have fun making things "pop"! We will be using chemistry to create wonderful experiments with everyday materials.

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

11025-A

11:15AM-Noon // M // 8WKS // 1/11 // \$30



3 Years and Older Programs

Tiny Dancer

3 - 4 Years // Ballet and Tap Shoes Required

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

Instructor: Sherri Longino

11060-A

5:15-5:45PM // TH // 8WKS // 1/14 // \$28

11060-B

9:05-9:35AM // S // 8WKS // 1/16 // \$28

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

31011-A

10:30-11:00AM // T // 8WKS // 1/12 // \$28

31011-B

11:30AM-Noon // T // 8WKS // 1/12 // \$28

31011-C

10:30-11:00AM // W // 8WKS // 1/13 // \$28

31011-D

10:30-11:00AM // TH // 8WKS // 1/14 // \$28

31011-E

10:30-11:00AM // F // 8WKS // 1/15 // \$28

31011-F

11:30AM-Noon // F // 8WKS // 1/15 // \$28

Instructor: Miranda Slovensky

31011-G

10:30-11:00AM // M // 8WKS // 1/11 // \$28

Instructor: Meredith Flint

31011-H

5:00-5:30PM // M // 8WKS // 1/11 // \$28

31011-I

5:00-5:30PM // W // 8WKS // 1/13 // \$28



Ready for Kindergarten - Prep Program

4 - 5 Years // Supply Fee \$25

This program is designed to prepare your student for Kindergarten. The program meets Monday - Thursday from 8:30 - 2:30 p.m and is an on-going program following the HEB ISD School Calendar.

The class is structured like Kindergarten and prepares your child for their big step into formal education. The goal is to help each child develop a love of learning in a safe and caring environment. The children are 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 she 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 is not able to participate in class. The class is limited to 12 children and is a school year commitment. A \$25 supply fee is due to the instructor on the first day of class in August and on the first day of class in January.

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

18050-E : December

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

11050-C : March

8:30AM-2:30PM // M-TH // 4WKS // 3/1 // \$222

11050-A : January

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

11050-B : February

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

3 Years and Older Programs

GYMNASTICS

Tumbling Tots II

4 - 5 Years

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

Level I

Instructor: Tammy Slovensky

- 31022-A
11:00-11:30AM // T // 8WKS // 1/12 // \$28
- 31022-B
11:00-11:30AM // W // 8WKS // 1/13 // \$28
- 31022-C
11:00-11:30AM // TH // 8WKS // 1/14 // \$28
- 31022-D
11:00-11:30AM // F // 8WKS // 1/15 // \$28

Instructor: Miranda Slovensky

- 31022-E
11:00-11:30AM // M // 8WKS // 1/11 // \$28

Instructor: Meredith Flint

- 31022-F
5:30-6:00PM // M // 8WKS // 1/11 // \$28
- 31022-G
5:30-6:00PM // W // 8WKS // 1/13 // \$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)

- 11895-A
11:15AM-Noon // T // 8WKS // 1/12 // \$28



One-Time Classes

Sweets for the Sweet

3 - 12 Years // Supply Fee \$15

Be my valentine? Come make some fun treats for your sweetheart!

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

(3-5 years)

- 11444-A
10:30-Noon // S // 1 DAY // 2/6 // \$30

(5-12 years)

- 21110-A
1:00-3:00PM // S // 1 DAY // 2/6 // \$30

Youth Programs

Ballet II

5 - 9 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

21125-A

10:15-10:45AM // S // 8WKS // 1/16 // \$28

Ballet & Tap

5 - 8 Years // Ballet and Tap Shoes Required

You will learn tap, ballet, and rhythmic movements.

Instructor: Sherri Longino

21120-A

6:15-6:45PM // TH // 8WKS // 1/14 // \$28

21120-B

9:40-10:10AM // S // 8WKS // 1/16 // \$28

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

21101-A

6:30-7:00PM // W // 8WKS // 1/13 // \$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.

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: Miranda Slovensky

31051-A

6:30-7:30PM // T // 8WKS // 1/12 // \$32

31051-B

5:30-6:30PM // TH // 8WKS // 1/14 // \$32

Instructor: Meredith Flint

31051-C

4:00-5:00PM // M // 8WKS // 1/11 // \$32

31051-D

4:00-5:00PM // W // 8WKS // 1/13 // \$32



Youth Programs

Ceramics

6-12 Years // Supply Fee \$20
Learn about mold cast ceramics from start to finish! 3-4 pieces will be completed in this session.

Instructor: Dottie Nicholson

21720-A
4:00-5:00PM // T // 8WKS // 1/12 // \$30

Creative Healthy Chef

5-12 Years // Supply Fee \$10
Learn about mold cast ceramics from start to finish! 3-4 pieces will be completed in this session.

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

21060-A
12:20-1:15PM // W // 8WKS // 1/13 // \$30

DIY Crafts

7-12 Years // Supply Fee \$10
Do it yourself crafts from Pinterest. Create a fun craft every week!

Instructor: Keely Castillo

21400-A
5:00-5:30PM // W // 8WKS // 1/13 // \$28

Girls Volleyball Beginners Basics

7 - 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

21035-A
7:00-7:30PM // W // 8WKS // 1/13 // \$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

21020-B
4:30-5:15PM // M // 8WKS // 1/11 // \$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

21020-A
3:45-4:30PM // M // 8WKS // 1/11 // \$70

Hippity-Hop Dance

5 - 8 Years
Interested in hip-hop dance? We will keep it fun and creative while learning basics.

Instructor: Sherri Longino

21333-A
5:45-6:15PM // TH // 8WKS // 1/14 // \$28



Youth Programs

*new class!***Homeschool Around the World**

6 - 10 Years // Supply Fee \$10

Let's take a trip around the world to new places! We will learn about food, games, and products that come from that country.

Instructor: Dottie Nicholson

21100-A

2:00-2:45PM // T // 8WKS // 1/12 // \$30

Homeschool Art

5 - 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)

21040-A

11:30-12:15PM // W // 8WKS // 1/13 // \$30

*new class!***Homeschool Junk Robots**

5 - 12 Years // Supply Fee \$10

Let's create hands on challenges and make arm designs, pneumatics, and 3 dimensional space.

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

21145-A

1:45-2:30PM // M // 8WKS // 1/11 // \$30

ITF Taekwon-Do

6 - 16 Years

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

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

21700-A : White and Yellow Belts

6:30-7:30PM // TH // 8WKS // 1/14 // \$46

21700-B : Advanced Belts

7:30-8:30AM // TH // 8WKS // 1/14 // \$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

21111-A : Beginner 8-15 Years

6:00-8:00PM // M // 8WKS // 1/11 // \$40

21111-B : Beginner 5-7 Years

4:00-5:00PM // MW // 8WKS // 1/11 // \$40

21111-C : Advanced 8-15 Years

5:00-6:00PM // MW // 8WKS // 1/11 // \$40

Youth Programs



Movin, Groovin

5 - 12 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)

21150-A
1:00-1:45PM // M // 8WKS // 1/11 // \$30

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)

DECEMBER

28900-D
6:00-7:00PM // MW // 4WKS // 12/2 // \$40

JANUARY

21900-A
6:00-7:00PM // MW // 4WKS // 1/4 // \$40

FEBRUARY

21900-B
6:00-7:00PM // MW // 4WKS // 2/1 // \$40

MARCH

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

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

21500-A
6:00-6:30PM // W // 8WKS // 1/13 // \$28

Youth Programs

Tap II

5 - 9 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

21165-A

10:50-11:20AM // S // 8WKS // 1/16 // \$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)

21090-A

5:30-6:20PM // T // 8WKS // 1/12 // \$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)

21118-A

4:30-5:20PM // T // 8WKS // 1/12 // \$30



March 7-11

Patron Appreciation Week

Join us at the Hurst Recreation Center as we celebrate YOU! On average, 15,000 members and participants use our Recreation Center each month, and we want to show our appreciation for your support! There will be give-away items, refreshments and door prizes. For more information about Patron Appreciation Week, call the Recreation Center 817-788-7325.

Adult Programs

Belly Dance: Step 1 I.T.S. 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

41200-A

7:00-8:00PM // T // 8WKS // 1/12 // \$56

Belly Dance: Step 2 More I.T.S.

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

41224-A

8:00-9:00PM // T // 8WKS // 1/12 // \$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

41222-A

9:00-9:45PM // T // 8WKS // 1/12 // \$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

41226-A

7:30-9:00PM // TH // 8WKS // 1/14 // \$46



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.

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)

DECEMBER

48420-D

6:35-7:30AM // MW // 4WKS // 12/2 // \$25

JANUARY

41420-A

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

FEBRUARY

41420-B

6:35-7:30AM // MW // 4WKS // 2/1 // \$25

MARCH

41420-C

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

Brush & Palette

Supply List

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

Instructor: Elaine Roosz

41110-A

6:30-9:00PM // T // 8WKS // 1/12 // \$50

Adult Programs

Cardio & Tone Boot Camp

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

Instructor: Angela Pond (Certified Fitness Trainer)

41005-A
6:50-7:30PM // TH // 8WKS // 1/14 // \$34

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)

41300-A
5:45-6:35PM // T // 8WKS // 1/12 // \$36

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

41010-A
8:30-9:15AM // MTThF // 8WKS // 1/11 // \$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)

41060-A
12:10-12:50PM // MW // 8WKS // 1/11 // \$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

41888-A : Beginner
5:15-6:00PM // M // 8WKS // 1/11 // \$70

41888-B : Intermediate
6:00-6:45PM // M // 8WKS // 1/11 // \$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

41100-A
10:15-11:10PM // M // 8WKS // 1/11 // \$32

41100-B
10:15-11:10PM // F // 8WKS // 1/15 // \$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)

41001-A
6:15-7:15PM // M // 8WKS // 1/11 // \$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: Jonathan Nguyen/Bart Powell (member of ITF-Unified and Grandmaster Van Binh)

21700-A : White and Yellow Belts
6:30-7:30PM // S // 8WKS // 1/14 // \$46

21700-B : Advanced Belts
7:30-8:30PM // S // 8WKS // 1/14 // \$46

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)

41040-A
9:15-10:10AM // MWF // 8WKS // 1/11 // \$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)

DECEMBER

48800-C

7:00-8:30PM // MW // 4WKS // 12/2 // \$40

JANUARY

41800-A

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

FEBRUARY

41800-B

7:00-8:30PM // MW // 4WKS // 2/1 // \$40

MARCH

41800-C

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

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)

41100-C

8:15-9:15PM // W // 8WKS // 1/13 // \$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)

41100-D

7:00-7:55PM // W // 8WKS // 1/13 // \$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)

41015-A

6:35-7:25AM // TTh // 8WKS // 1/12 // \$32

41015-B

12:10-12:50PM // TTh // 8WKS // 1/12 // \$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)

41444-A

9:00-9:45PM // T // 8WKS // 1/12 // \$34

41444-B

5:45-6:30PM // TH // 8WKS // 1/14 // \$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

DECEMBER

48070-D

7:00-8:15PM // W // 4WKS // 12/2 // \$30
9:05-10:35AM // S

JANUARY

41070-A

7:00-8:15PM // W // 4WKS // 1/6 // \$30
9:05-10:35AM // S

FEBRUARY

41070-B

7:00-8:15PM // W // 4WKS // 2/3 // \$30
9:05-10:35AM // S

MARCH

41070-C

7:00-8:15PM // W // 4WKS // 3/2 // \$30
9:05-10:35AM // 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)

41065-A

6:00-6:55PM // MW // 8WKS // 1/11 // \$45

Zumba - Gold Toning

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

Instructor: Behka Hartmann (Certified Fitness Instructor)

41050-A

7:30-8:25AM // TTH // 8WKS // 1/12 // \$40

« CLASS REGISTRATION

Registration Policy

Walk-in registration beginning on **December 14 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 December 21 at 7:00 a.m. Residency is defined by living within the Hurst city limits, receiving a water bill from the City of Hurst and paying property taxes to the City of Hurst. Nonresidents will be able to register beginning on December 21. 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 January 11

(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	= \$ _____	+ Subtotal \$ _____ =
	# OF CLASSES			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



Daddy & Daughter Valentine's Ball

Sunday, February 7, 2016 // 3:00-5:00PM // Hurst Recreation Center, 700 Mary Drive

Tickets are \$15 per couple and \$8 per additional daughter.

Tickets go on sale January 11, 2015 at 8:00AM at the Hurst Recreation Center's Administrative Office.

For more information, call 817-788-7320.

Trout Stockings at Chisholm Park

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

STOCKING SCHEDULE

Weeks of: Dec. 23, Jan. 22 and Feb. 19

Mission Statement

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

Parks and Recreation Board

Chairman:
Alan Neace

Vice Chair:
Rod Robertson

Carol Cole

Karen Spencer

Delbert Derrett

Cathy Thompson

Ralph Hurd

Bob Walker

Pat King

Recreation Staff

Recreation Director:
Chris Watson

Recreation Attendants:
Mikayla Birdsong

Recreation Managers:

Amy Sisler

Dakota Ford

Kristie Weaver

Rudy Garcia

Vickie Gill

Recreation Supervisor:

Mary Singleton

Luke Grimsley

Matt Mendez

Nancy Phillip

Shana Sanders

Emily Stacey

Cheryl Thompson

Irene Thornton

Recreation

Receptionists:

Melanie Cox

Susan Derr

Facility Maintenance:

Judy Arellano

Recreation Specialists:

Lauren Snyder

Aujehl Messier



Youth Sports Associations

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

MidCities Basketball Association
 MCBBA 817-354-6208
www.mcbba.org

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

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

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
Spring League Registration

Returning Team Registration: January 25-26
Teams that played in Hurst in 2015

Open Registration: January 27-February 19

Entry Fee: \$360 for a 10-game season
With city playoffs

League Schedules: Available February 24, 4:00PM

League Begins: Monday, February 29

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
Winter League Registration

Returning Team Registration: January 4-5
Teams that played in Hurst in 2015

Open Registration: January 6-19

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

League Schedules: Available January 20, 4:00PM

League Begins: Tuesday, January 26

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

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

Healthy Hurst – Lose the LB's Fitness Challenge

Start 2016 off right with your fitness resolution. You can get started toward your healthy lifestyle with the Healthy Hurst "Lose the LB's" Fitness Challenge.

Participants can choose to log their workouts and/or track their weight loss during the 2016 "Lose the LB's" Fitness Challenge. Incentive awards will be given based on level of participation. Register for the Healthy Hurst Wellness Program at no charge, and keep track of your workouts and weight loss between January 2 and February 28, 2016 to be eligible for incentive awards. For more information, please call 817-788-7325.

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Healthy Hurst Wellness Program

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

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

The Healthy Hurst program is open to all Hurst residents, as well as non-residents who have purchased a Hurst Recreation Center Annual Pass. Incentive awards are also available to all participants as they track and log their fitness activities!

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness and health. Give it a try today! Let Healthy Hurst help you get started toward your wellness, health and fitness goals! For more information on the Healthy Hurst program, contact the Hurst Recreation Center at 817-788-7325.



**Fall/Winter
Operating Hours**

(beginning November 9, 2015)

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

Friday: 8:00AM-6:00PM

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

Hurst Tennis Center

701 Mary Drive, Hurst, TX

817-788-7330

Hurst Tennis Center Staff

Tennis Attendants:

Ben Boemer
Cameron Bodily, USPTA
Nick Van Den Handel
Taylor Jackson
Jackson Shults

Tennis Instructors:

John Schildt, USPTA
Michael Seybold, USPTA
Greg Smith

Tennis Center Coordinator:

Austin Wynne, USPTA

Tennis Specialist:

Kelly Langdon, USPTA

Upcoming Tournaments

Hurst Adult Open Tournament
December 2

Spring Mid-Cities Junior Circuit
April 9

Winter Adult Tennis Leagues

Winter adult leagues begin February 10. Register by January 13. The cost is \$25 per person. For more information, call the Hurst Tennis Center.



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

How About A Private Lesson?

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

Lessons with City of Hurst Tennis Specialist, Kelly Langdon, USPTA, or Tennis Center Coordinator, Austin Wynne, USPTA.

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

Lessons with Tennis Instructors: Greg Smith; John Schildt, USPTA; Mike Seybold, USPTA; Cameron Bodily, USPTA

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

Youth

Quickstart Tennis

6 Years and Under // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, John Schlidt, Cameron Bodily and Staff

82601-A	5:00-5:30PM	//	M	//	4WKS	//	1/4	//	\$28
82601-B	5:00-5:30PM	//	W	//	4WKS	//	1/6	//	\$28
82601-C	5:00-5:30PM	//	M	//	4WKS	//	2/1	//	\$28
82602-A	5:00-5:30PM	//	W	//	4WKS	//	2/3	//	\$28
82602-B	5:00-5:30PM	//	M	//	4WKS	//	2/29	//	\$28
82602-C	5:00-5:30PM	//	W	//	4WKS	//	3/2	//	\$28

Adult

Adult Beginner/ Advanced Beginner Clinic

1 Can of Unopened Balls

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

Instructors: Kelly Langdon, USPTA; and Staff

82505-A	7:00-8:30PM	//	W	//	4WKS	//	1/6	//	\$72
82505-B	7:00-8:30PM	//	W	//	4WKS	//	2/3	//	\$72
82505-C	7:00-8:30PM	//	W	//	4WKS	//	3/2	//	\$72

Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, John Schlidt, Cameron Bodily and Staff

82502-A	5:30-7:00PM	//	M	//	4WKS	//	1/4	//	\$72
82502-B	5:30-7:00PM	//	W	//	4WKS	//	1/6	//	\$72
82502-C	5:30-7:00PM	//	M	//	4WKS	//	2/1	//	\$72
82503-A	5:30-7:00PM	//	W	//	4WKS	//	2/3	//	\$72
82503-B	5:30-7:00PM	//	M	//	4WKS	//	3/29	//	\$72
82503-C	5:30-7:00PM	//	W	//	4WKS	//	3/2	//	\$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

82506-A	7:00-8:30PM	//	W	//	4WKS	//	1/6	//	\$72
82506-B	7:00-8:30PM	//	W	//	4WKS	//	2/3	//	\$72
82506-C	7:00-8:30PM	//	W	//	4WKS	//	3/2	//	\$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: Austin Wynne, USPTA, John Schlidt and Staff

82504-A	5:30-7:00PM	//	TH	//	4WKS	//	1/7	//	\$72
82504-B	5:30-7:00PM	//	TH	//	4WKS	//	2/4	//	\$72
82504-C	5:30-7:00PM	//	TH	//	4WKS	//	3/3	//	\$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; Bryan Combest, USPTA

7:00-8:30PM	//	TH	//	Drills Start 1/7	//	\$12
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Attention Tennis Players!

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

Taking Care of City Parks

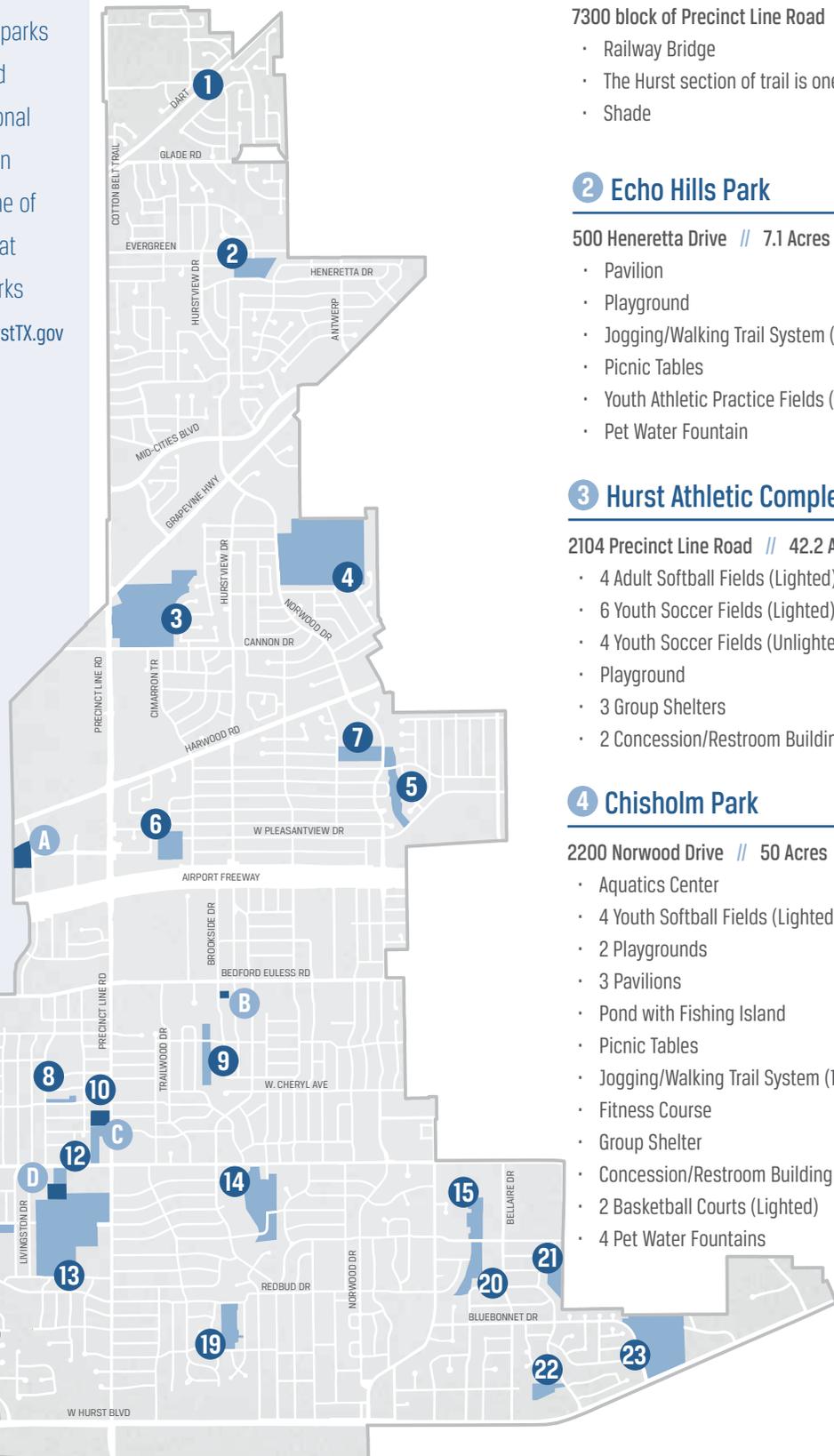
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220.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

Facilities

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

Park Pavilions

Pavilions are available for rental for \$35 per day. If electrical power is needed during the rental, a \$50 REFUNDABLE electrical key deposit is due at the time of reservation. For more information, call 817-788-7320.



1 Cotton Belt Trail

7300 block of Precinct Line Road

- Railway Bridge
- The Hurst section of trail is one mile
- Shade

2 Echo Hills Park

500 Heneretta Drive // 7.1 Acres

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

3 Hurst Athletic Complex

2104 Precinct Line Road // 42.2 Acres

- 4 Adult Softball Fields (Lighted)
- 6 Youth Soccer Fields (Lighted)
- 4 Youth Soccer Fields (Unlighted)
- Playground
- 3 Group Shelters
- 2 Concession/Restroom Buildings

4 Chisholm Park

2200 Norwood Drive // 50 Acres

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

5 Mayfair Linear Park

1725 Norwood Drive // 8.3 Acres

6 Smith-Barfield Park

640 Pleasantview Drive // 6.9 Acres

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

7 Mayfair Park

1725 Norwood Drive // 14.4 Acres

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

8 Windmill Park

840 W. Cheryl Avenue // 2 Acres

- Historical Marker

9 Valentine Park

610 Bedford Court West // 4 Acres

- Youth Athletic Practice Field (Unlighted)

10 Library Park

901 Precinct Line Road

- Pavillion

11 Hurst Hills Park

575 Billie Ruth Lane // 4 Acres

12 HERITAGE VILLAGE PARK

841 W. Pipeline Road

- Historical Plaza
- Picnic Table
- 2 Decorative Water Fountains

13 Hurst Community Park

601 Precinct Line Road // 44.9 Acres

- 4 Youth Baseball Fields (Lighted)
- 2 Youth Soccer Fields (Lighted)
- 2 Sand Volleyball Courts (Lighted)
- Pavilion
- 2 Playgrounds
- Multi-Use Trail System (1 mile)
- Picnic Tables
- Wooded Natural Area
- Open Field Play Area
- Concession/Restroom Building
- 2 Group Shelters
- 2 Pet Water Fountains

14 Central Park

700 block of Mary Drive // 17.5 Acres

- Recreation Center
- Aquatics Center
- Tennis Center (10 Lighted Courts)
- 2 Pavilions
- Playground
- Picnic Tables
- 2 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

15 Vivagene Copeland Park

501 Pecan Drive // 5.2 Acres

- Pavilion
- Playground
- Multi-Use Trail System (1/3 mile)
- Open Field Play Area
- 3 Outdoor Basketball Courts (Lighted)
- Pet Water Fountain

16 Jaycee-Baker Park

500 Belmont Drive // 4.1 Acres

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

17 Parker Cemetery

1308 Cardinal Lane

18 Billy Creek Park

161 Billy Creek Drive

19 Redbud Park

525 Redbud Drive // 7.2 Acres

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

20 Bellaire Park

500 Pecan Drive // 6.4 Acres

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

21 Wan-Ka-Kani Park

748 Shady Lane // 4.1 Acres

- Picnic Tables

22 Highway 10 Linear Park

188 Arwine Drive

- Hurst's undeveloped park land

23 Rickel Park

1001 Bluebonnet Drive // 29 Acres

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



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

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

Winter 2016

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.

