

where we live
HURST ★ TEXAS

WINTER 2017

Hurst Hearts

Youth in Government

Employee Giving Day



where we live

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City Staff

- Clay Caruthers** City Manager
Allan Heindel Deputy City Manager
Greg Dickens 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
Clayton Fulton Executive Director of Strategic and Fiscal Services
Malaika Farmer Executive Director of Administrative and Customer Services
Ashleigh Johnson Managing Director of Marketing and Communications



Cover photo by Kara McKinney.



On the Cover

Meet our winter cover models, Tate and Tiffany Hayes. The Hayes family has lived in Hurst for three years, but Tiffany's heritage runs deep through our city. Her grandparents lived here the majority of their lives, her mother grew up right down the road from their current home, and Tiffany's family owned a successful daycare in the heart of Hurst. They, "absolutely love the big city amenities while still maintaining the small town feel that Hurst offers." Carrying on the family legacy, Tate and Tiffany's cousin and best friend is a Hurst firefighter, and they could not be more proud!

When they're not enjoying a quiet night at home in front of the fireplace, you'll probably find them at Chick-Fil-A at Precinct Line, their favorite place to grab a bite in Hurst. Owners Steve and Debbie Vinson have gone above and beyond, and Tate and Tiffany are so proud to support them! We met up with the Hayeses for the winter cover shoot over warm cups of coffee in front of a cozy fire.



Mayor's Message

Another year has come and gone, and while we're busy as ever preparing for another great season in Hurst, we're also making intentional time for rest. And by rest, we mean that we're carving out quality time with our family and friends, because we believe that's the good stuff in life. We hope you're able to join us in setting aside time to be with the people who matter most to you, too.

Speaking of the good stuff, I'm so proud of the overwhelming response that we've had to our #hursthearts kindness campaign. With all of the negativity that bombards us online and in the media these days, it makes me smile to see all of the good that's happening here in our town. I've always said that I believe Hurst is one of the best cities in Texas, and you certainly proved that by sharing all of the positive things that are happening each day in Hurst. Please continue to share by using the hashtag on social media! If you need a reason to smile, see page 14-15 for some of the highlights from this fall.

We believe quality time with family, kindness and loving your neighbor always matters. We also think it's important to focus on our physical health, and we've got a lot of great resources to help you in your wellness journey. Check out some of those resources and classes in our recreation section starting on page 24. I challenge each of you to sign up for a class that peaks your interest. I promise we have something for everyone!

I'm so proud to be Mayor of one of the best cities in Texas. Thank you for showing me and the rest of the community your #hursthearts and for allowing the City Council and me to serve you. I hope that you are able to spend some time with those who matter most to you this season and soak up the good stuff in life.

- Mayor Richard Ward

City Council

Richard Ward Mayor
Larry Kitchens Mayor Pro Tem
David Booe Council Member
Bill McLendon Council Member
Trasa Cobern 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
PERISCOPE: @TheCityofHurst
PINTEREST: www.Pinterest.com/CityofHurstTX
NEXTDOOR: City of Hurst

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
NEXTDOOR: Hurst Police Department

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

Sleep the Winter Away

Influence your health through sleep

As we stare into the face of the holidays, the start of a new year and the winter season, maybe we should all be thinking about our sleep! Did you know that sleep is an essential factor for maintaining your health in so many ways? And unfortunately sleep problems are experienced by more than 60% of Americans on a nightly basis. Let's look at the top 5 things you should know about sleep.

- 1. Quantity vs quality:** The latest consensus is that good quality sleep can trump the actual amount of time you are at rest to provide health benefits. Sleep needs are somewhat unique to the individual, but 6 hours to 10 hours of good slumber per night can easily help your body win this winter.
- 2. Ward off disease:** Getting adequate rest contributes to the prevention of diseases like diabetes, heart disease, cancer, high blood pressure and stroke. Sleep is even connected with stopping the common cold. Snoozing away allows your body time to repair cells and tissue, generate new healthy ones and even eliminating ones that have overstayed their welcome.
- 3. Timing is everything:** Research shows that getting to bed early, between 8-10 PM, provides the most opportunity for REM cycles and healing rest. When you wake you will find yourself with more energy, mental clarity and stamina to face your day. Even if you get less total hours of sleep, your quality is better and your

body benefits more from an early to rest lifestyle!

- 4. Get moving:** Research shows that the more you move, the better your quality of rest will be! Adequate energy expenditure of 500 or more calories during the day has the potential to eliminate sleeping problems, many mood disorders and promote long term health.
- 5. Your waistline will thank you:** Adequate sleep has been linked with maintaining a healthy weight. There are many possibilities why sleep may help you such as having energy to exercise and eat well, maintain a strong metabolism, mental clarity and even avoid the late night munchies. Research shows that the later you stay up the more salty, sweet and high fat foods you eat.

These are just some of the factors that you can take control of in your daily life to influence your health through sleep. There are lots of other options out there if you are experiencing sleep problems, so do some research, try some natural changes and see what happens. As you face this winter, take time to evaluate your sleep for quantity and quality. You can do this through keeping track of how many times you wake during the night, wearing a device that analyzes your sleep patterns or even having a sleep study done to know more. Then see what changes you can make to promote better sleep in your home to benefit your mental, emotional and physical health. Because doesn't better sleep sound amazing?

WINTER FISH STEW



Ingredients:

- 1 1/4 pounds mahi-mahi, swordfish or halibut steaks, about 3/4 inch thick
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground pepper
- 6 canned plum tomatoes, drained and very coarsely chopped
- 2 stalks celery, diced
- 1/2 medium red onion, halved and sliced
- 1 cup green olives, pitted
- 1/4 cup capers, preferably salt-packed, well rinsed, plus more for garnish
- 1/4 cup extra-virgin olive oil
- 1 clove garlic, chopped
- 1/8 teaspoon crushed red pepper, or to taste
- 1 1/2 cups thinly sliced peeled yellow-fleshed potatoes

Directions:

Pat fish dry and sprinkle both sides with salt and pepper. Set aside.

Combine tomatoes, celery, onion, olives, capers, oil, garlic and crushed red pepper in a large skillet and toss to mix well. Layer potato slices over the vegetables to cover them completely.

Cover the skillet and place over medium-low heat. Cook, adjusting the heat to keep a steady simmer and shaking the pan from time to time—but do not stir the vegetables—until the potatoes are starting to soften, about 20 minutes.

Place the fish on top of the potatoes, cover and continue cooking until the fish is opaque in the middle, 10 to 12 minutes more. Serve sprinkled with parsley and more capers, if desired.

Servings: Serves 6

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

PD in the Community

It's the greatest joy for us to know that we have a true partnership between our department, Hurst residents and the community. You continually pour encouragement into our officers and make us feel incredibly lucky to get to do what we do. We are passionate about what we do because of you and are committed to serving our city well.

There are many ways for you to get involved in the community and build relationships with our officers and your neighbors. We held one of our favorite events last month, National Night Out, which provides the opportunity for neighborhoods to come together, meet police officers and other city staff while building relationships to help prevent crime and keep our neighborhoods safe. Didn't make it out? Make sure to be on the lookout for next year's event, held each October! Another great way to get involved is

joining our Citizens Police Academy. This is a 12-week CPA course that gives you a behind the scenes look at the Hurst Police Department. You can apply online at hursttx.gov/cpa. We've also started holding small gatherings where citizens can join in an informal dialogue with our police chief and other officers, with questions or concerns related to their neighborhood. We are excited to continue this program regularly!

To keep up with what's going on in the police department, follow us on Facebook, Twitter and Nextdoor!

Facebook: @CityofHurstPD

Twitter: @HurstPoliceDept

Nextdoor: Hurst Police Department



Don't Get Stuck

Helpful tips from the Texas Commission on Environmental Quality

It's a sticky topic, but an important one to consider. Needles and syringes from a household or hotel are not considered medical waste, so you can follow general practices recommended for their disposal.

For the safety of you and your family, as well as that of custodial and sanitation workers, we strongly encourage you to follow these recommendations when disposing of needles. Always use caution when handling needles of any kind. You should also be aware that syringes, needles and lancets are not recyclable, so do not put them in a recycling bin.

Do

- Place needles and syringes in a hard plastic or metal container with a tightly secured lid (The container should be labeled Syringes, Sharps or Needles)

- Keep the container out of reach of children and pets
- When the container is full, seal and reinforce its lid with heavy duty tape
- Dispose of the sealed container in the household trash

Make a Do it Yourself Container

- A laundry-detergent or bleach bottle will make a good needle-disposal container
- Don't use see through containers
- Label the container "Syringes", "Sharps" or "Needles"

Don't

- Use containers made of glass or clear plastic
- Use thin plastics, such as soda bottles, as they are easily pierced
- Put the container in the recycling bin.
- Throw loose needles or syringes into your household garbage

Remember:

- Thicker the wall, the safer the container
- Never throw loose needles in the garbage, Loose or protruding needles are a danger to everyone, especially trash collectors, because they can cause accidental needle stick injuries that may require, at a minimum, testing for HIV and hepatitis.

Healthcare professionals who provide in-home care must take needles back to their clinics, hospitals, or places of business to be managed as medical waste. For more information regarding medical waste, visit tceq.texas.gov/goto/medicalwaste.



Holiday

SAFETY TIPS

The mall is full of people with money to spend. As you speed along, focused on getting the perfect gift, a criminal can be searching for the next victim. When you are in a parking lot or garage, be alert to someone who appears to be standing around for no good reason. He or she might be waiting for someone or that person could be an opportunist waiting to grab your shopping bags or your purse.

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

- **Always park in well-lit areas** and park close to the entrance of the store or mall.
- **Don't electronically unlock your vehicle** until you are within door opening distance. This helps stop a thief from getting into the car without you knowing to strike when you least expect it.
- **Stay off the cell phone as you walk** through parking lots and streets. It is an unnecessary distraction that makes you susceptible to thieves, and your cell phone is an enticing target itself.
- **Don't flash large amounts of cash** or offer tempting targets for theft such as expensive jewelry or clothing.
- **Don't fumble for house or car keys.** Have them in your hand, ready to use when you reach the door.
- **ALWAYS lock your car and residence,** even if you are away for only a few moments.
- **Keep your purse close to your body.**



The Hurst Police Department wishes your family a safe holiday season. Crime prevention involves being aware of your surroundings and potential areas of danger. This time of year is filled with hustle and bustle and safety tends to not make the priority list. The Hurst Police Department encourages you to take the time to read over these crime prevention tips to stop you from becoming a victim of theft or burglary.

Don't be a Holiday Victim

- **If the pocketbook has long straps, shorten them.**
- **Do NOT leave valuables—gifts, cell phones, purse or clothing—in open view in your car.** Take valuables with you, lock them in your trunk, or cover them in an inconspicuous way.
- **Leave lights turned on both inside and outside your residence** after dark. Criminals don't like to be seen.
- **If you will be away from home for several days, make arrangements for someone to pick up your mail and newspapers.** An overstuffed mailbox is a sure sign that no one is home, and burglars are tempted to check those envelopes for holiday gifts.
- **If possible, avoid carrying a large purse when shopping.** A fanny pack is compact and more difficult for a thief to grab and run.
- **Carry only the credit cards you intend to use** leave the others behind.
- **Avoid carrying large amounts of cash.** Use checks or check cards.
- **Use ATMs wisely.** Have the card ready before approaching the machine, and use ATMs in high traffic areas.
- **If you believe someone is following you, cross the street, switch directions, walk into a store or restaurant.** If you are really scared, yell. Don't be embarrassed. Your safety is more important.
- **If you see something—say something.** Call 9-1-1 and report any criminal activity you witness to help us keep our community safe.

HOLIDAY SHOPPING REMINDER

As you do your holiday shopping, don't give a thief an opportunity.

Do NOT leave valuables in open view in your car. Put them in the trunk, or take them along with you. This is the time of the year when criminals do their own form of "window shopping." They look in parked cars for items left inside, and they will break through car windows to steal your valuables. It takes only a few seconds for a criminal to break into your car. So remember: when you leave your car, leave it empty.



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.
- 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 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.

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.)

Art Addicts

Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest? Class Room B has been reserved just for you! Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent. Class is offered three times per week.

9:00-11:00AM // Mondays // Free

6:00-8:45M // Thursdays // Free

10:00AM-3:00PM // Fridays // Free

Genealogy Club

Bring your questions, research experience and other knowledge and share with the group. Instructor will be available to assist and will touch on the basics of some of the top free and paid genealogy websites to add to your family tree or preserve documents and photos to share with family and friends. Visit Ancestry.com, Find A Grave, and FamilySearch.org, among others. Instructor: Emily Johnson.

10:00-11:30AM // F // 12/2 // Free

Grief Workshop

Sponsored by Lion Hospice, and facilitated by Dr. Joanne Pryor-Carter, Ed.D. LPC. Topics of discussion include: Navigating the holidays; Families and grief; Healing grief rituals; Self-care; and Finding hope for the future.

10:00-11:00AM // TH // 12/1-12/8 // Free



Potluck Bingo

Due to hectic holiday schedules, we will be having a lunch time Potluck Bingo this month instead of our usual evening meal. Join us for this special version of Holiday Potluck Bingo! Bring a side dish or dessert to share. The Senior Center provides the main entree (Baked Ham), drinks and prizes. Please sign up in advance.

Noon-2:30PM // TH // 12/15 // Free

Holiday Breakfast Bash

Enjoy a festive morning of Christmas tradition and fare including a crepe station sponsored by Lexington place, an assorted fruit and pastry table sponsored by Lion Hospice, egg casseroles, a variety of meats along with fresh coffee and juice. While you dine you will be entertained by the trumpet and vocal sounds of Bill Clark, then work off some calories with the Zumba Gold class. Complimentary holiday photo opportunities with Santa will be available. Breakfast is \$5 per person. Space is limited, sign up early!

9:00-10:30AM // F // 12/16 // \$5

7th Anniversary Open House

On November 7, the Senior Center celebrated its 7th anniversary. The Center was open for members to bring family and friends for a tour and the public was invited to come and see our beautiful facility. 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 giveaways of restaurant gift cards and live entertainment by the Senior Center Line Dance Class.

Annual Craft & Holiday Market

On October 21, the Senior Center again hosted their annual Craft and Holiday Market. We had overwhelming response from vendors this year with over 90 booths and exhibitors. We had many new crafters and businesses that joined us. In order to accommodate the response, we had to expand into two additional rooms in order to meet the needs. The art work of our Art Addicts and Multi-Media classes filled one of the new rooms. For the second year, we hosted a Silent Auction with proceeds from it as well as the Senior Center booth benefitting HSAC. Special thanks to all the volunteers who helped with creating unique items for the Senior Center booth, as well as those volunteers who assisted with set up, clean up, kitchen duty and more. This is one of the biggest events of the Senior Center each year, and it is through the support of the community, our members and our volunteers that it continues.

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 Demonstration

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, 1/2 dozen tamales, and tasting samples during demonstration. \$4 per person. Space is limited, so sign up early.

11:00AM-Noon // M // 12/5 // \$4

Holiday Dance

All Seniors 55+ are invited to join us for our Holiday Dance! Dress up in your finest holiday attire and come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. A Senior Center membership is not required. Our Holiday Dance will feature live music by the Nobles of Note, two dance hosts, refreshments and a sparkling beverage. Invite your friends to join you for an evening out!

7:00-9:15PM // TH // 12/22 // Free

Grandkids Christmas Lunch and Activities

Bring your grandkids to the Senior Center for mid-day holiday fun. Get family pictures made with Santa, make a holiday craft and enjoy a Christmas inspired lunch with kid-friendly foods while we watch a classic holiday cartoon. We will conclude the activities with everyone creating their own decorated sweet confection. \$5 per person (includes photographs, craft, lunch and treat decorating.)

11:30AM-1:30PM // M // 12/19 // \$5

Black-eyed Peas, Cornbread and Classic Movie

Get ready for the New Year by taking part in this Southern tradition and eat your lucky black-eyed peas! Enjoy the movie classic "It's a Wonderful Life" while you dine. Sign up in advance so we are sure to have enough "luck" and cornbread for everyone!

6:00-7:30PM // TH // 12/29 // Free



Health for Me

Take control of your health! Learn better ways to live with chronic conditions like heart disease, diabetes, asthma and arthritis and get insights on how to better take care of someone who has a chronic disease. This six-week self-management program was developed by Stanford and is taught by a trained instructor. You must commit to attending all classes. Sponsored by Tarrant County Health. Free!

- Live better with high blood pressure, heart disease, diabetes, arthritis and other chronic conditions.
- Develop skills to cope with your condition.
- Improve energy levels and reduce pain.
- Learn to make the best choices for your condition and lifestyle.

10:00AM-12:30PM // T // 1/10-2/14 // Free

Memorial Service

A special time of remembrance has been planned to honor loved ones who were lost in 2016. 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. An ornament will be made in their honor and their name read as part of the service. Those that had senior Center Memberships will also be included in a slide show. Friends and family are welcome. Grief counselor will be available following the service. We kindly request that you register if you plan to attend so that we can ensure adequate seating.

11:00AM-Noon // TH // 1/12 // Free

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, Lakewood Village, Keller Oaks Rehabilitation, Caring Senior Services, and Parkwood Retirement.

Noon-1:00PM // F // 1/20 // Sock donation

Elvis Tribute

Tribute Artist, David Allen has received many awards over the last few years and was named one of the Top Ten Tribute Artists in the world. We are excited to have him as our special guest once again here at the Hurst Senior Center. He is passionate about bringing the joy of Elvis to everyone young and old and is dedicated to making each performance as authentically Elvis as he can. Join David and the Senior Center staff as we celebrate this American icon in style. We encourage you to dress the part of a true Elvis fan! FREE!

2:00-3:00PM // F // 1/27 // Free

#HURSTHEARTS

“

Just watched an employee at the Jiffy Lube on Precinct at Bedford Euless help a man who's car had broken down! He helped him push the car into the parking lot. Such appreciation and joy by that man. I love this town.

”

-Vanessa P.



#HURSTHEARTS

“

Community is what we all strive for. I enjoy seeing the same folks in the stores and parks - small(ish) town in the "big city".

”

-Amber Brewer Meyers



#HURSTHEARTS

“

I'm in the Hurst Citizens Police Academy because I want to make a difference in my community.

”

-Barry Smith



#HURSTHEARTS

There's a lot of negativity in our world right now, but we know there's a lot of good out there, too. In fact, we know that there's a whole lot of good happening here in Hurst, because we see it nearly every day. In an effort to share a little more positivity online, we started a campaign to spread the love last summer, and we were blown away by the response! We asked you to post your photos or videos showing acts of kindness, love and compassion using #hursthearts, and it made us smile to see all of the good happening right here in Hurst! Here's a sampling of some of our favorites. Keep spreading the love using #hursthearts on Facebook, Instagram and Twitter and we'll keep sharing!

“

I have lived in Hurst all my life. It still has a small town feel. People still wave at each other and stop to talk at the local cafes. Wouldn't want to be anywhere else!

”

-Cheryl Gafford-Ward



#HURSTHEARTS

“

We had a death in our family, and a couple of Hurst officers stayed at the home until family could get there with us. They sat and listened to stories about our loved one. They went above and beyond for sure!

”

-Stephanie Smith



#HURSTHEARTS

“

We just moved to Hurst from Plano. The people in this town have been nothing but friendly and welcoming to our family! It's definitely easy to see #hursthearts!

”

@j.e.n.g



#HURSTHEARTS

“

I have lived in Hurst for 25 years. Best little city in Texas; friendly and caring community!

”

-@alicia1170





Cease the Grease

Cooking Oil Collection Event

The holiday season is a great time to CEASE THE GREASE!

Please avoid pouring fats, oil, grease or food scraps into your sink or toilet. These materials are generated during food preparation and do not mix well with water. These materials can also build up and block your sewer pipe coming from your home causing sewer overflows inside your home and can even clog the city sewer mains causing spills into our streets and streams.

This year we're making it easier than ever for all Hurst residents to cease the grease! We're hosting a Cooking Oil Collection Event on Jan. 7 at the Service Center (2100 Precinct Line Rd.) from 7 a.m. to noon, where residents can bring their holiday cooking oils for proper disposal.

For more information on disposing of fats, oils and greases, call us at 817-788-7217.

Volunteers in Action

As the holiday season approaches, many of us are thinking about giving back. You can make a difference in your community by giving back through the City of Hurst's Volunteers-In-Action program. The VIA program provides an opportunity for you to support your community while learning more about City of Hurst operations. The volunteer program utilizes volunteers in a wide variety of departments including:

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

Volunteer applications can be picked up at City Hall or accessed at hursttx.gov. For more information, call us at 817-788-7027.

Shop First in Hurst



Shopping local and supporting small business is vital to the health of a community, and we're no different in Hurst. That's why we adopted *Shop First in Hurst* as our mantra long ago. With so much to offer right here in our town, why shop anywhere else? We showcase our wide variety of businesses each year in our *Retail, Restaurant and Business Guide*, and this year's edition is also featured on our Where We Live mobile app, so you can find your favorite Hurst businesses easier from your phone. As for the print edition, every mailbox in Hurst should have recently received one, 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 provide the print and online guide each year at no cost to businesses. Find the guide online at hursttx.gov/retailguide and under the Shop First in Hurst section of the Where We Live mobile app. Now that the holidays are upon us, make *Shop First in Hurst* your mantra.

New Website

Something new is coming to the city's virtual space in February, and we are super excited to share it with you! Our website is getting a fresh new look and will also feature easier navigation, based on what you search for most. We're unveiling the new site at Town Hall Forum in February, so stay tuned for more details.

Employee Giving Day



We believe that true community involves loving your neighbor, which is a big reason why our City Council established Employee Giving Day 18 years ago. Employee Giving Day is all about loving our senior neighbors well by helping them fix up their homes in a variety of ways. Since the program began in 1998, we've worked on more than 75 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 funds 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 is happening on April 21, and we're on the lookout for neighbors who need some help. For more information on how you can get involved, or to nominate your home or someone you know for consideration, visit hursttx.gov/egd or call Michelle at 817-788-7055.

SAVE THE DATE! Annual Town Hall Forum

Monday, February 27 at 6 p.m.

Citizens are invited to come and speak with City Council Members and staff and hear about all of the things planned for the new year. We're unveiling the city's new website this year, so you won't want to miss out on the excitement. See you in February!

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 are currently accepting applications for the fifth installment of 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.

Youth in Government 2017

Students meet local officials, make new friends in local program



We're gearing up for our 2017 Youth In Government class! The Hurst City Council started this program back in 2001, and it 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. This year's class will run from January to May meeting every other

Monday evening. 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, and at least one scholarship will be awarded to a senior at the end of the program! For more information and to apply for the '17 Youth In Government class online, visit hursttx.gov/YIG.

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 // 2/7-4/11

Brown Bag Book Club

First Thursday of the month at 12 noon in the library reading alcove. Join us for informal book discussion. Please ask at the Information desk to find out what we are reading.

Noon // 1st Thursday

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 // 1/18-2/22

Saturday Sessions

10:30-11:30AM // S // 1/21-2/25

Chess Club

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

Puppets Plus Workshop

4th - 8th Graders

Are you interested in different kinds of puppets? Or maybe readers' theater? Would you like to work with other kids interested in performing a variety of skits for special library programs throughout the year? Now is your chance—come give it a try. Call 817-788-7302 to register.

4:00-5:00PM // T // 1/3, 1/17, 2/7, 2/21, 3/7, 3/21

Story Time

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

Toddler Time

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

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



Teen Zone

Chess Club

Students of all ages through high school.

4:00-5:00PM // M

HIFE College Planning

7th - 12th Graders and Parents

Hear how College Planning Coaches can help you and your student establish an action-plan for college selection and career planning.

7:00PM // TTH // 2/9

Middle School Madness

6th - 8th Graders

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

4:00-5:00PM // T // 1/3, 2/7, 3/7

Teen Night

6th - 12th Graders

Anime, gaming, crafts, oh my! Stop by the Teen Zone to see what is happening. The Teen Zone is the place to be!

7:00-8:00PM // TH // 1/5, 2/2, 3/2



Hurst Public Library



Programs for All Ages

Early Release Movie Matinee

For All Ages

School's out early!

Join us January 13 at 2:00 p.m. in the library program room for a movie on the big screen. Free popcorn provided by the Friends of the Library.

2:00PM // F // 1/13

Make and Take Craft

For All Ages

Stop by our table in the library lobby 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 // 2/9

Masterworks at the Library

For All Ages

EVENING MasterWorks AT THE LIBRARY

MasterWorks Music Series is an ongoing concert series funded by a grant from the City of Hurst Hotel/Motel Tax Fund in cooperation with Arts Council Northeast. These free concerts are held at 7:00 pm the 4th Thursday of each month at the Hurst Public Library.

Please check the library website for upcoming concert information.

Streaming Stories

For All Ages

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

7:00PM // 2/14 // *I Love Music!*

7:00PM // 3/14 // *Grow Up!*

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 14.

5:00-8:00PM // T // 1/10

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

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 10 and 12! At the end of the line, participants and viewers are invited to a special party celebrating trains.

11:00AM // S // 1/14



Programs for All Ages

Take Your Child to the Library

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 // 2/4



L. D. Bell Art Reception

7th - 12th Graders

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.

7:00 PM // TH // 3/9



HURST RECREATION CENTER

New Year's resolutions for healthy living, fitness
made easier at the Hurst Recreation Center

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 2017!

Come and enjoy our activities and programs: 100's 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 9

(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 canceled due to low enrollment. Help us prevent class cancelations by registering early!

3 Years and Younger Programs

»»» Please Remember

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

Art Creations with Mom & Dad

18 Mos - 2 Years // Supply fee \$5

Let's create and explore your child's creative process. We will look at using paints, mixed media and clay sculpting

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

11130-A
9:30-10:00AM // W // 8WKS // 1/11 // \$28

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 // 1/9 // \$30

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 // 1/13 // \$28



Let's Make Music with Mom & Dad

18 Mos - 2 Years // Supply fee \$5

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

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

Little Painters

2 Years // Supply fee \$5

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

Instructor: Dottie Nicholson

11333-A
10:00-10:30AM // M // 8WKS // 1/9 // \$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

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 // 1/13 // \$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!

Instructor: Stacie Castillo

11700-A

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

31040-B

9:30-10:00AM // W // 8WKS // 1/11 // \$28

31040-C

9:30-10:00AM // TH // 8WKS // 1/12 // \$28

31040-D

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

31040-E

9:30-10:00AM // F // 8WKS // 1/13 // \$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 // T // 8WKS // 1/10 // \$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 // 1/10 // \$28

31030-B

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

31030-C

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

31030-D

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

Instructor: Mary Moses

31030-E

6:00-6:30PM // T // 8WKS // 1/10 // \$28

31030-F

11:05-11:35AM // S // 8WKS // 1/14 // \$28



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

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

Cooking for Fun

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

11250-A

10:45-11:30AM // F // 8WKS // 1/13 // \$30

Crafts for all Seasons

3 - 6 Years // Supply fee \$10

Make crafts to celebrate the seasons and what ever holidays we can come up with!

Instructor: Dottie Nicholson

11339-A

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

11:00-11:45AM // T // 8WKS // 1/10 // \$30

Fun with Physics

3 - 5 Years // Supply fee \$10

Let your young scientist come out to uncover the mysteries of physics at play. With our experiments they will see the forces of nature, energy and power of physics at work.

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

11025-A

11:15-11:45AM // TH // 8WKS // 1/12 // \$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)

11205-A

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

11205-B

9:45-10:30AM // TH // 8WKS // 1/12 // \$30

3 Years and Older Programs



Let's Create: Picasso

3 - 5 Years // Supply fee \$5

We will learn how to cut with scissors, use paints, markers, colors and clay for your child to explore their creative side. We will be developing fine motor skills with fun winter projects.

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

11055-A
10:00-10:45AM // T // 8WKS // 1/10 // \$30

Little Tyke Basketball

3 - 5 Years // Tennis 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 // 1/13 // \$28

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

11600-B : 3 - 5 Years
5:00-5:30PM // W // 8WKS // 1/11 // \$28
11600-C : 4 - 5 Years
9:30-10:00AM // F // 8WKS // 1/13 // \$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)

11030-A
9:00-9:45AM // M // 8WKS // 1/9 // \$30
11030-B
9:00-9:45AM // TH // 8WKS // 1/12 // \$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 // 1/9 // \$30
11035-B
10:30-11:15AM // TH // 8WKS // 1/12 // \$30

Pre-School Athletics

3 - 6 Years // Tennis 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 Slovensky

11300-A
11:30AM-Noon // W // 8WKS // 1/11 // \$28

3 Years and Older Programs



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 a.m. - 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. This program follows the Frog Street Press curriculum. The children are exposed to reading, writing, math, and science.

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

The monthly fee of \$320 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 15 children and is a school year committent. A \$25 supply fee is due to the instructor on the first 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 // 2WKS // 12/1 // \$180 11050-C : March 8:30AM-2:30PM // M-TH // 4WKS // 3/1 // \$280

11050-A : January 8:30AM-2:30PM // M-TH // 4WKS // 1/2 // \$320

11050-B : February 8:30AM-2:30PM // M-TH // 4WKS // 2/1 // \$320



»» Please Remember

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

3 Years and Older Programs

Science Fun

3 - 6 Years // Supply fee \$10

Create some fun experiences using science, and learn more about our earth.

Instructor: Dottie Nicholson

11210-A

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

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 // 1/12 // \$28



Trains

3 - 6 Years // Supply fee \$10

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

Instructor: Dottie Nicholson

11444-A

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

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 // 1/10 // \$28

31011-B

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

31011-C

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

31011-D

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

Instructor: Mary Moses

31011-E

5:00-5:30PM // M // 8WKS // 1/9 // \$28

31011-F

10:05-10:35AM // S // 8WKS // 1/14 // \$28

One-Time Class

Sweets for the Sweet

3 - 5 Years // Supply fee \$15

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

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

11100-A : 3 - 5 Years

10:30AM-Noon // S // 1DAY // 2/11 // \$15

21100-A : 6 - 12 Years

Noon-2:00PM // S // 1DAY // 2/11 // \$15

GYMNASTICS

Tumbling Tots II

4 - 5 Years

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

Instructor: Tammy Slovensky

31022-A

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

31022-B

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

31022-C

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

31022-D

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

Instructor: Mary Moses

31022-E

5:00-5:30PM // TH // 8WKS // 1/12 // \$28

31022-F

10:35-11:05AM // S // 8WKS // 1/14 // \$28

TX Dinosaurs

2.5 - 4 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 // 1/13 // \$30

Yes, I Can Draw

3 - 5 Years // Supply List

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

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

11895-A

9:00-9:30AM // W // 8WKS // 1/11 // \$28



Youth Programs

Ballet

5 - 9 Years // Ballet slippers required

In this class you will perform basic barre and center work. We will also work on technique, phrasing, timing, and other foundational dance concepts.

Instructor: Cynthia Duff

(5 - 6 Years)

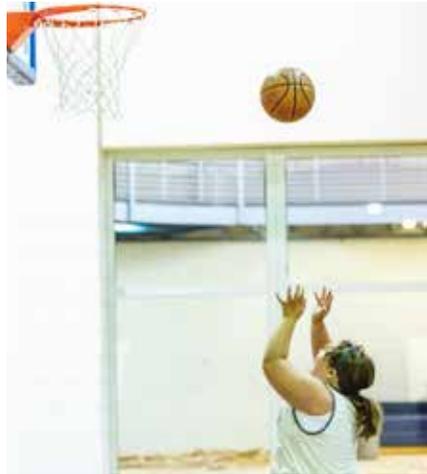
21140-A

11:15-Noon // W // 8WKS // 1/11 // \$28

(7 - 9 Years)

21140-B

9:00-9:45AM // F // 8WKS // 1/13 // \$28



Basketball 101

7 - 12 Years // Tennis shoes required

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

Instructor: Stacie Castillo

21101-A

6:00-6:30PM // W // 8WKS // 1/11 // \$28

Ballet & Tap I

5 - 8 Years // Ballet, Tap shoes required

You will learn tap, ballet, and rhythmic movements.

Instructor: Sherri Longino

21120-A

6:15-6:45PM // TH // 8WKS // 1/12 // \$28

GYMNASTICS

Beginner Gymnastics

5 - 12 Years

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

Instructor: Mary Moses

(5 - 7 Years)

31051-A

4:00-5:00PM // M // 8WKS // 1/9 // \$32

31051-B

4:00-5:00PM // T // 8WKS // 1/10 // \$32

31051-C

9:05-10:05AM // S // 8WKS // 1/14 // \$32

(8 - 10 Years)

31051-D

5:00-6:00PM // T // 8WKS // 1/10 // \$32

31051-E

4:00-5:00PM // TH // 8WKS // 1/12 // \$32

Instructor: Cynthia Duff

(5 - 8 Years)

31051-F

4:30-5:30PM // T // 8WKS // 1/10 // \$32



Youth Programs

31051-G
5:30-6:30PM // T // 8WKS // 1/10 // \$32
31051-H
10:00-11:00AM // W // 8WKS // 1/11 // \$32
31051-I
10:00-11:00AM // TH // 8WKS // 1/12 // \$32
31051-J
4:30-5:30PM // TH // 8WKS // 1/12 // \$32
31051-K
5:30-6:30PM // TH // 8WKS // 1/12 // \$32

(9 - 12 Years)

31051-L
6:30-7:30PM // T // 8WKS // 1/10 // \$32
31051-M
7:30-8:30PM // T // 8WKS // 1/10 // \$32
31051-N
9:00-10:00AM // W // 8WKS // 1/11 // \$32
31051-O
9:00-10:00AM // TH // 8WKS // 1/12 // \$32
31051-P
6:30-7:30PM // TH // 8WKS // 1/12 // \$32
31051-Q
7:30-8:30PM // TH // 8WKS // 1/12 // \$32

Creative Healthy Chef

5 - 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)

21060-A
11:45-12:40PM // W // 8WKS // 1/11 // \$30

Fun with Physics

6 - 12 Years // Supply fee \$10

Let your young scientist come out to uncover the mysteries of physics at play. With our experiments they will see the forces of nature, energy and power of physics at work.

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

21200-A
1:45-2:30PM // M // 8WKS // 1/9 // \$30

Girl's Volleyball Beginners Basics

7 - 12 Years // Tennis shoes required

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

Instructor: Stacie Castillo

21035-A
6:30-7:00PM // W // 8WKS // 1/11 // \$28

Guitar for Youth

8 - 11 Years // Appropriate size guitar required and parents are welcome to participate

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. *Electronic clip-on tuners are suggested.*

Instructor: Jan Ryberg

21020-B
4:30-5:15PM // M // 8WKS // 1/9 // \$70





Guitar Prep

5 - 8 Years // 1/2 size guitar required; parents are welcome to participate

We will practice basic muscle memory, pitch and rhythm exercises laying the groundwork for good guitar technique. You will learn basic songs.

Instructor: Jan Ryberg

21020-A
3:45-4:15PM // M // 8WKS // 1/9 // \$70

Hip Hop

7 - 12 Years

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

Instructor: Cynthia Duff

(7 - 9 Years)
21800-A
11:15-Noon // TH // 8WKS // 1/12 // \$28

(10 - 12 Years)
21800-B
10:30-11:15AM // F // 8WKS // 1/13 // \$28

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 // 1/12 // \$28

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
12:45-1:30PM // W // 8WKS // 1/11 // \$30

Homeschool Cursive Handwriting

6+ Years // Supply fee \$5

Learn how to write in cursive, lots of practice makes perfect!

Instructor: Dottie Nicholson

21100-A
2:00-2:30PM // T // 8WKS // 1/10 // \$28

Homeschool Science: Bizarre Creatures of the Deep

6 - 12 Years // Supply fee \$10

Explore the depths of the ocean to discover the bizarre but cool creatures!

Instructor: Dottie Nicholson

21130-A
2:45-3:30PM // T // 8WKS // 1/10 // \$30

Youth Programs

ITF - Tae Kwon Do

5+ Years

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

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

(White & Yellow Belts)

21700-A

6:00-7:00PM // TH // 8WKS // 1/12 // \$46

(Advanced Belts)

21700-B

7:00-8:00PM // TH // 8WKS // 1/12 // \$46

Jazz

10 - 12 Years // Jazz shoes required

In this class you will learn the basics of jazz dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts.

Instructor: Cynthia Duff

21150-A

9:45-10:30AM // F // 8WKS // 1/13 // \$28



Karate / Self-Defense

5 - 15 Years

Several forms of martial arts have been blended into a practical system of self-defense designed to combat various situations. You will learn how to handle situations both physically and mentally. Fees for belt testing and uniforms are paid to the instructor.

Instructor: Bob Klavitter

21111-A : Beginner, 8 - 15 Years

6:00-8:00PM // M // 8WKS // 1/9 // \$40

21111-B : Beginner, 5 - 7 Years :

4:00-5:00PM // MW // 8WKS // 1/9 // \$40

21111-C : Advanced, 8 - 15 Years

5:00-6:00PM // MW // 8WKS // 1/9 // \$40

Movin Groovin

5 - 12 Years // Tennis shoes required

We will get the blood moving with physical education!

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

21222-A

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



Youth Programs



Sewing Club

7 - 12 Years // Supply fee \$25

We will learn basic sewing techniques by hand and by machine. We will also learn how to sew by using a pattern. Supply fee includes all supplies except for scissors.

Instructor: Dottie Nicholson

21420-A
4:15-5:15PM // T // 8WKS // 1/10 // \$30

Tap

5 - 9 Years // Tap shoes required

In this class you will learn the basic of tap dancing. We will also work on technique, phrasing, timing, and other foundational dance concepts.

Instructor: Cynthia Duff

(5 - 6 Years)
21160-A
1:00-1:45PM // M // 8WKS // 1/9 // \$28

(7 - 9 Years)
21160-B
1:45-2:30PM // M // 8WKS // 1/9 // \$28

Water Coloring

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
5:25-6:15PM // T // 8WKS // 1/10 // \$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 // 1/10 // \$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 an 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 with new students starting on the first Monday of the month.

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

28900-C : December
6:00-7:00PM // MW // MONTHLY // 12/5 // \$40

21900-A : January
6:00-7:00PM // MW // MONTHLY // 1/2 // \$40

21900-B : February
6:00-7:00PM // MW // MONTHLY // 2/6 // \$40

21900-C : March
6:00-7:00PM // MW // MONTHLY // 3/6 // \$40

Soccer Skills

7 - 12 Years // Tennis 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: Stacie Castillo

21500-A
5:30-6:00PM // W // 8WKS // 1/11 // \$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.



Adult Programs



Belly Dance – Step 1 I.T.S. Foundations

Adults and Mature Teens 13+

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 and ages.

Instructor: Tiffany Skalberg

41200-A
7:00-8:00PM // T // 8WKS // 1/10 // \$56

Belly Dance – Step 2 More I.T.S.

Adults and Mature Teens 13+

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 // 1/10 // \$56

Belly Dance – Step 3 Take It to the Stage

Adults and Mature Teens 13+

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 // 1/10 // \$40

Adult Programs



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 // 1/12 // \$46



Boot Camp

12+ 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!

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

48420-D : December
6:35-7:30AM // MW // MONTHLY // 12/5 // \$25
41420-A : January
6:35-7:30AM // MW // MONTHLY // 1/2 // \$25
41420-B : February
6:35-7:30AM // MW // MONTHLY // 2/1 // \$25
41420-C : March
6:35-7:30AM // MW // MONTHLY // 3/1 // \$25



Brush and 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 // 1/10 // \$50

Adult Programs

Cardio & Tone Boot Camp

Ages 16+

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 Personal Trainer)

41005-A

6:50-7:30PM // TH // 8WKS // 1/12 // \$36

Cycle Circuit

Bring Water, Towel & Determination!

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.

Instructor: Angela Pond (Certified Personal Trainer)

41300-A

5:45-6:45PM // T // 8WKS // 1/10 // \$37

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.



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 // MTTThF // 8WKS // 1/9 // \$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 and Fitness Instructor)

Flow and Strength

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

Instructor: Esther White (MS, RD, LD)

41060-A

12:10-12:50PM // MW // 8WKS // 1/9 // \$36

Adult Programs

Guitar

Ages 13+

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. (Guitar is required.)

Instructor: Jan Ryberg

41888-A: Beginner
5:15-6:00PM // M // 8WKS // 1/9 // \$70
41888-B: Intermediate
6:00-6:45PM // M // 8WKS // 1/9 // \$70

Guitar - Ensemble

Ages 13+

This class is for students who can read standard music notation in the first position, or have a dedication to learning notes. Some chord knowledge is preferred but not required. We will be learning ensemble pieces in many different styles and students will be encouraged to bring in their own arrangements and compositions. We will have a performance at the end of the summer.

Instructor: Jan Ryberg

41999-A
7:30-9:00PM // M // 8WKS // 1/9 // \$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 and balance and tone your body. Discover the technique of breath control, centering and meditation.

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

41100-A
10:15-11:10AM // M // 8WKS // 1/9 // \$32
41100-B
10:15-11:10AM // F // 8WKS // 1/13 // \$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 // 1/9 // \$30

ITF Taekwon-Do

Up to 16 Years

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

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

21700-A : White and Yellow Belts
6:00-7:00PM // TH // 8WKS // 1/12 // \$46
21700-B : Advanced Belts
7:00-8:00PM // TH // 8WKS // 1/12 // \$46

Mix-It-Up Aerobics

Ages 16+

Come have fun getting in shape with this versatile class. We do a variety of cardio and strength work and keep the class 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 Personal Trainer and Fitness Instructor)

41040-A
9:15-10:10AM // MW // 8WKS // 1/9 // \$40



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 nine-time national medal winner. Judo will not only increase your fitness level, but also increase your confidence and discipline. This is an ongoing monthly class.

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

48800-D : December

7:00-8:30PM // MW // MONTHLY // 12/5 // \$40

41800-A : January

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

41800-B : February

7:00-8:30PM // MW // MONTHLY // 2/6 // \$40

41800-C : March

7:00-8:30PM // MW // MONTHLY // 3/6 // \$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 and Fitness Instructor)



Scaravelli Yoga

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

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

41100-C

8:15-9:15PM // W // 8WKS // 1/11 // \$32

Scaravelli Yoga - Intermediate

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

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

41100-D

7:00-7:55PM // W // 8WKS // 1/11 // \$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 // 1/10 // \$32

41015-B

12:10-12:50PM // TTh // 8WKS // 1/10 // \$32

Adult Programs

Spin and Sweat

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

Instructor: Angela Pond (Certified Personal Trainer)

41444-A

9:00-9:45AM // T // 8WKS // 1/10 // \$36

41444-B

5:45-6:30PM // TH // 8WKS // 1/12 // \$36



Tai Chi

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

Instructor: David Roark

48070-D : December

7:00-8:15PM // W // 4WKS // 12/3 // \$30

9:05-10:35AM // S // 4WKS

41070-A : January

7:00-8:15PM // W // 4WKS // 1/4 // \$30

9:05-10:35AM // S // 4WKS

41070-B : February

7:00-8:15PM // W // 4WKS // 2/1 // \$30

9:05-10:35AM // S // 4WKS

41070-C : March

7:00-8:15PM // W // 4WKS // 3/1 // \$30

9:05-10:35AM // S // 4WKS

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 two sessions focused on nutrition with a customized diet plan and two sessions focused on fitness with an evaluation and personal exercise plan. The Power Package is \$145 for four sessions. All evaluations are done by appointment.

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

Zumba

Ages 14+

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

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

41065-A

6:00-6:55PM // MW // 8WKS // 1/9 // \$45

Zumba Gold Toning

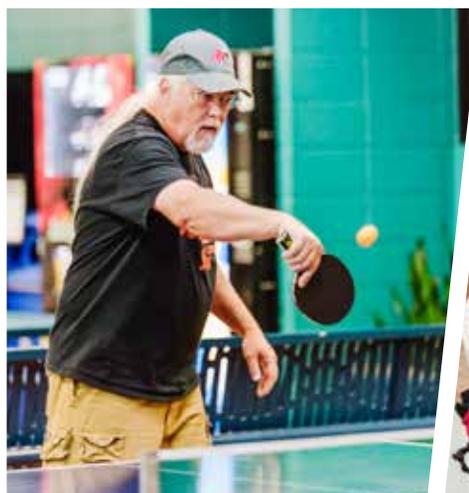
Ages 16+

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 workout by adding resistance. It's great for the mind, body and soul!

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

41050-A

7:30-8:25AM // TTh // 8WKS // 1/10 // \$40



« CLASS REGISTRATION

Registration Policy

Walk-in registration beginning on **Monday, December 12**, 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 26 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 **Monday, December 26**. Out of fairness to all citizens of our community, you may only register the members of your household.

Classes begin the week of January 9

(unless otherwise indicated)

Sign Up To Register Online

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

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

Help Us Help You! PLEASE ENROLL EARLY!

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

Recreation Classes: We depend on your participation for a successful class. If you have an unforeseen circumstance and can not attend class, we will gladly refund your fee with 72 hours notice prior to the class start date.

Weather Policy

In case of inclement weather, the Hurst Recreation Center will not conduct classes if the HEB Independent School District cancels 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	\$
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GRAND TOTAL	Non-Resident Fee of \$2 per class	_____ x \$2 # OF CLASSES	= \$ _____	+ Subtotal \$ _____ =	Total Due \$ _____
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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
MAKE CHECKS PAYABLE TO: City of Hurst	CARD NUMBER: _____ - _____ - _____ - _____	700 Mary Drive, Hurst, TX 76053
	EXPIRATION DATE: ____ / ____	

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

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

SIGNATURE OF PARTICIPANT	DATE
SIGNATURE OF PARENT/GUARDIAN IF USER IS UNDER 18	DATE

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.

Softball

Spring League Registration

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

Returning Team Registration: January 16-17
Teams that played in Hurst in 2016

Open Registration: January 18-February 14

Entry Fee: \$360 for a 10-game season
With City Playoffs

League Schedules: Available February 15 after 4:00 p.m.

League Begins: Friday, February 24

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

Youth Sports Associations

Tri-Cities Baseball & Softball Association

TCBA 817-285-0200

www.tcbasesoft.com

Mid-Cities Basketball Association

MCBA 817-354-6208

www.MCBBA.org

Hurst United Soccer Association

HUSA 817-504-7479

www.hurstunitedsoccer.com

MidCities PeeWee Football & Cheerleading Association

817-282-2390

www.midcitiespeeweefootball.org

Basketball

Winter League Registration

*The gym floor is brand new and begging to be used!
Sign your team up early to secure a spot!*

Registration: December 19-January 13

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

League Schedules: Available January 18 after 4:00 p.m.

League Begins: Tuesday, January 24

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



Healthy Hurst *Lose the LB's Fitness Challenge*

Start 2017 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 2017 "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, 2017, to be eligible for incentive awards. For more information, please call 817-788-7325.

Healthy Hurst *Wellness Program*

Healthy Hurst is the City of Hurst's community-wide wellness initiative. Healthy Hurst is a FREE program, open to all Hurst residents as well as non-residents who are current members of the Hurst Recreation Center. All participants receive a Healthy Hurst t-shirt at the time of registration, and are encouraged to register for the various FREE events that will be offered throughout the year.

Healthy Hurst has a myriad of tips and information on nutrition, fitness, wellness, and health located on the City of Hurst's Healthy Hurst webpage. 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.

Patron Appreciation Week – March 6-10

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.

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

Gary Waldron
Ralph Hurd
Pat King

Karen Spencer
Cathy Thompson
Bob Walker

Recreation Staff

Recreation Director:
Chris Watson

Recreation Athletics & Aquatics Manager:
Kristie Weaver

Recreation Manager:
Jordan Taylor

Recreation Programs Manager:
Amy Sisler

Recreation Supervisor:
Mary Singleton

Senior Secretary:
Paige Lutz

Recreation Receptionists:

Melanie Cox
Rachel McClendon

Recreation Attendants:

Kristen Barnett
Mikayla Birdsong
Cliff Bogan
Dakota Ford
Rudy Garcia

Anna James
Matt Mendez
Aujehl Messier
Caitlyn Myers
Nancy Philip
Shana Sanders
Emily Stacey
Rebeca Suarez
Cheryl Thompson
Irene Thornton

Facility Maintenance:
Judy Arellano

Recreation Specialist:
Lauren Snyder



Daddy & Daughter Valentine's Ball

Saturday, February 4, 2017 // 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 9, 2017, 8 a.m. at the Hurst Recreation Center's Administrative Office.

For more information, call 817-788-7320

Fish Stockings at Chisholm Park

For Texans who live in urban areas, Neighborhood Fishin' offers fishing opportunities close to home. Texas Parks and Wildlife Department works in partnership with local governments to stock catfish and rainbow trout in small neighborhood lakes. These fish are fun to catch, and they're stocked frequently in season, so there's nearly always a fresh supply of fish available to take your bait. Over 5,500 fingerling channel catfish were stocked at Chisholm Park in 2016.

A few reminders: kids under 17 fish for free, but adults must have a fishing license with a freshwater stamp; fishing is allowed with poles only (no trotlines, traps, nets, etc.); daily bag limits and minimum lengths may apply. Visit www.neighborhoodfishin.org for specific rules, regulations and dates.

Need a fishing pole? Go to the Hurst Public Library at 901 Precinct Line Road where you can check one out for free with an adult library card.



Chisholm Park stocking dates:

- December 23
- January 20
- February 17

Fall/Winter Operating Hours

(Beginning October 31, 2016)

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 Boerner
Sean Burke
Ryan Crozier
Jessica Devous
Taylor Jackson

Head Professional:

Kelly Langdon, USPTA

Tennis Instructors:

Cameron Bodily, USPTA
John Schildt, USPTA
Michael Seybold, USPTA
Greg Smith

Tennis Center Coordinator:

Austin Wynne, USPTA



- 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

Upcoming Tournaments

Fall/Winter Mid-Cities Junior Circuit
December 10-11

Hurst Adult Open Tournament
December 10-11

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 or Coordinator Austin Wynne, USPTA

\$35 Per Half Hour
\$55 Per Hour
\$200 For Series of 4 Lessons

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

\$35 Per Half Hour
\$55 Per Hour
\$200 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, Michael Seybold, USPTA, and staff

81601-A	5:00-5:30PM // M // 4WKS // 1/9 // \$28
81602-A	5:00-5:30PM // W // 4WKS // 1/11 // \$28
81601-B	5:00-5:30PM // M // 4WKS // 2/6 // \$28
81602-B	5:00-5:30PM // W // 4WKS // 2/8 // \$28
81601-C	5:00-5:30PM // M // 4WKS // 3/6 // \$28
81602-C	5:00-5:30PM // W // 4WKS // 3/8 // \$28

Junior Beginner Tennis

7+ Years // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, Michael Seybold, USPTA, and staff

81502-A	5:30-7:00PM // M // 4WKS // 1/9 // \$72
81503-A	5:30-7:00PM // W // 4WKS // 1/11 // \$72
81502-B	5:30-7:00PM // M // 4WKS // 2/6 // \$72
81503-B	5:30-7:00PM // W // 4WKS // 2/8 // \$72
81502-C	5:30-7:00PM // M // 4WKS // 3/6 // \$72
81503-C	5:30-7:00PM // W // 4WKS // 3/8 // \$72

Advanced Beginner/Intermediate Junior Tennis

10+ Years // 1 Can of Unopened Balls

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

Instructors: Austin Wynne, USPTA, Michael Seybold, USPTA, and staff

81504-A	5:30-7:00PM // TH // 4WKS // 1/12 // \$72
81504-B	10:30AM-Noon // TH // 4WKS // 2/9 // \$72
81504-C	10:30AM-Noon // TH // 4WKS // 3/9 // \$72

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

81505-A	7:00-8:30PM // W // 4WKS // 1/11 // \$72
81505-B	7:00-8:30PM // W // 4WKS // 2/8 // \$72
81505-C	7:00-8:30PM // W // 4WKS // 3/8 // \$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-A	7:00-8:30PM // W // 4WKS // 1/11 // \$72
81506-B	7:00-8:30PM // W // 4WKS // 2/8 // \$72
812506-C	7:00-8:30PM // W // 4WKS // 3/8 // \$72

4.0 Men's Open Drills

1 Can of Unopened Balls

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. *Minimum 3 players 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. (Drills start February 20)

Instructors: Kelly Langdon, USPTA, and Mike Seybold, USPTA

7:00-8:30PM // TH // 1WK // 1/12 // \$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

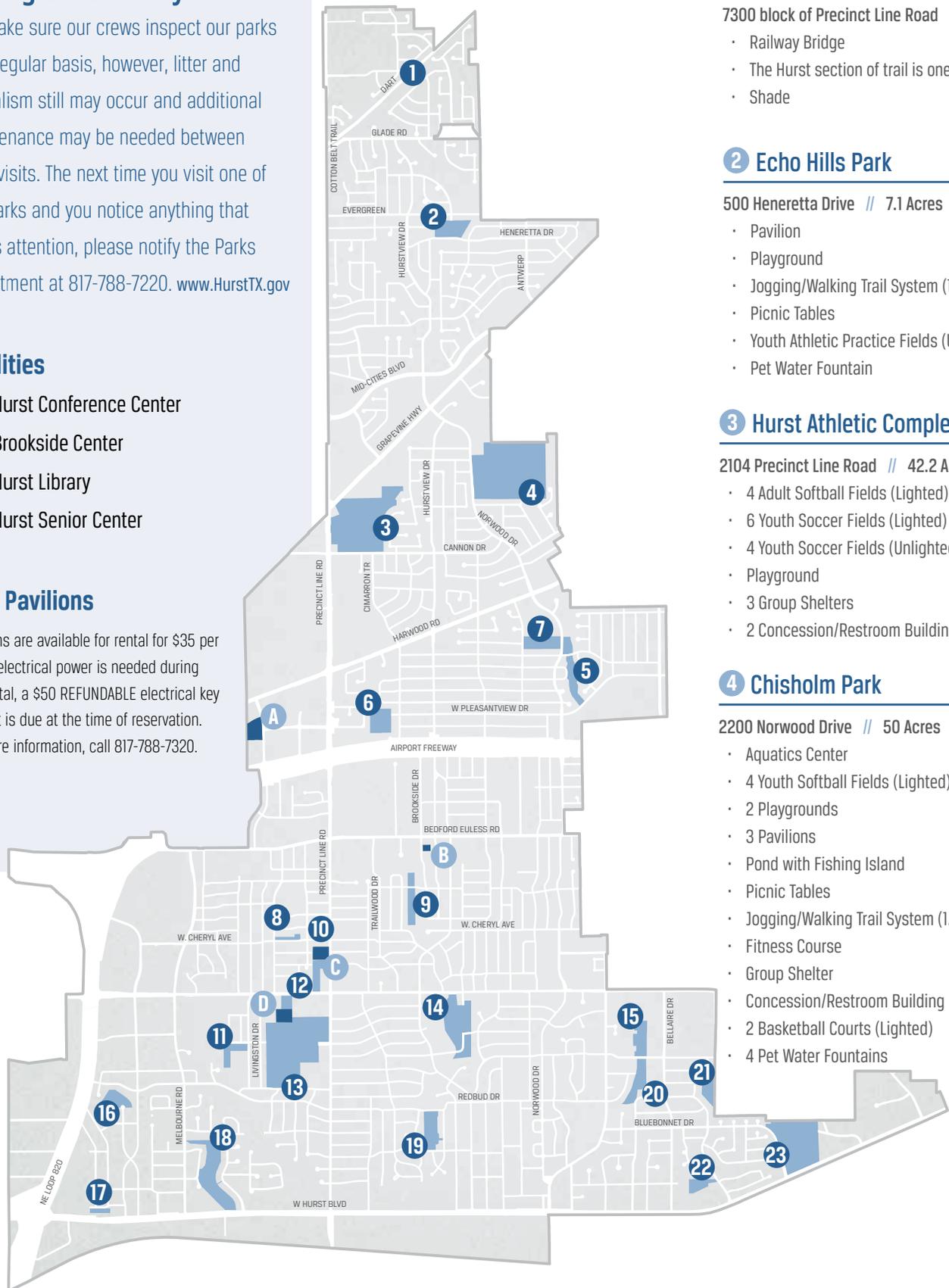
We make sure our crews inspect our parks on a regular basis, however, litter and vandalism still may occur and additional maintenance may be needed between crew visits. The next time you visit one of our parks and you notice anything that needs attention, please notify the Parks Department at 817-788-7220. 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 2017

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.

