

THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEuless.com

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Parks and Community Services

817-685-1429

Euless Family Life Center

817-685-1666

Euless Family Life Senior Center

817-685-1671

Athletics

817-685-1838

Facility Rentals

817-685-1649

Softball World

817-267-7867

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For additional information regarding all our athletic programs, call the athletic office at 817-685-1838.



Adult 4 on 4 Flag Football

Parks at Texas Star Baseball League
Spring 2017
Ages 3 - 12
www.parksattexasstar.com

Euless Youth Track Club

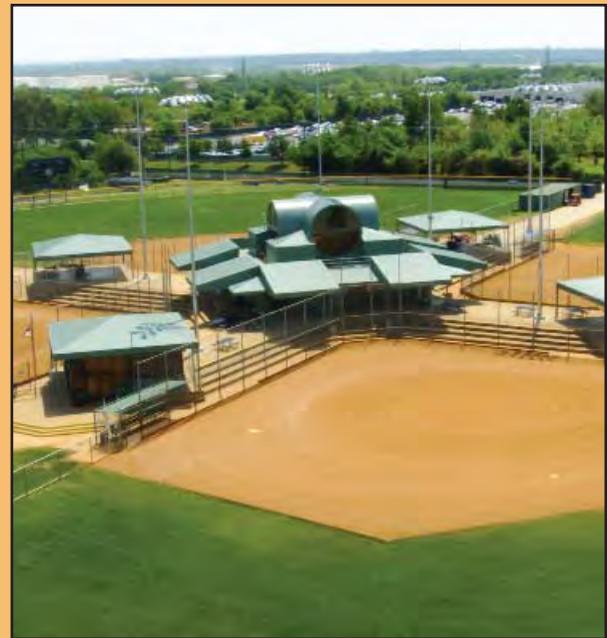
Registration April 1 - May 14
Ages 7-19
\$25 per athlete
817-685-1838

Men's Basketball Mini Season

Registration March 1-30

Ages 16 and up
Cost \$245
817-685-3100

For additional information regarding our athletic programs, call the athletic office at 817-685-1838.



Softball World

www.SoftballWorld.us
1375 W. Euless Blvd, Euless, TX 76040
(817) 267-7867
cthames@eulesstx.gov

Tournament play is offered every weekend February through December including USSSA State Qualifiers, National Invitationals, State Championships, Nationals and World Tournaments for Men, Women and Coed Slow Pitch softball teams. League Play is offered for both Softball and Kickball.





Christmas Parade of Lights 2016

"A FabEulless Christmas"

Saturday, December 3, 6:30 p.m.

Eules Family Life Center

300 W. Midway Dr.

SPECIAL NOTE: The Parade begins at 6:30 p.m. at Midway Dr. and 157. It will travel EAST on Midway and end at the Eules Family Life Center.

Even Santa Claus won't miss this year's spectacular display of moving lights. Organizations of all kinds may enter floats in the best parade in Texas! Let your imagination run wild as you consider this year's theme - A FabEulless Christmas. Parade award winners will be announced on www.eulesstx.gov the next Monday. For more information call Jerry Poteet at 817-685-1449 or visit www.eulesstx.gov.

Heritage Park Christmas Celebration

Saturday, December 10, 1 - 5 p.m.

Heritage Park, 201 Cullum Dr.

Celebrate an old fashioned Christmas at historic Heritage Park. Members of the Eules Historical Preservation Committee will conduct guided tours of the 160+ year-old Himes Log House, McCormick Barn and the Fuller House-all decorated for the holiday season. Visit the Eules Heritage Museum and learn about Eules history. You can listen to local choirs sing your Christmas favorites, visit our petting zoo and enjoy great arts and crafts. Kids can visit with Santa Claus and make their own Christmas ornaments. And we'll have free refreshments for everyone! Holiday cheer and Eules history wrapped up in one great afternoon! Call 817-685-1666 for more information.

Ice Fest 2016

Saturday, December 3, 3 - 4 p.m.

Dr Pepper StarCenter, 1400 S. Pipeline Rd.

Holiday fun for the whole family! General seating and Santa skate \$3. Reserved seating on the ice and Santa skate \$15. Starring two-time U.S. National Champion Ashley Cain, and National Medalist Timothy Leduc, National Champion Amber Glenn and two time National Medalist Aleksei Krasnozhan. Plus special guest Santa Claus.

3-4 p.m. Holiday Ice Show

4-5 p.m. Skate with Santa and the Cast
(included in the cost of admission)

Christmas Tree Recycling Event

Saturday, January 14

10 a.m. - 1 p.m.

Eules Family Life Aquatic Park - Parking Lot

300 W. Midway Drive

Don't throw away your Christmas tree: Recycle it! The city uses the mulch throughout the year to maintain city parks and medians. Residents may bring their own bag to fill with mulch for their gardens or flowers. Limit one bag per person. The Parks Department may work with residents on additional quantities if available. Residents may dispose of LIVE Christmas trees only (with no ornaments or lights) at the designated area of Midway Park from December 26 - January 14. On January 14 the city will host a tree mulching demonstration and will give away bags of mulch and tree saplings to the public. Additionally, hot dogs and drinks will be available for free to anyone who participates in the recycling event. For more information call 817-685- 1650.



Daddy / Daughter Valentine's Dance

Saturday, February 11, 6:30 - 8:30 p.m.

Eules Family Life Senior Center

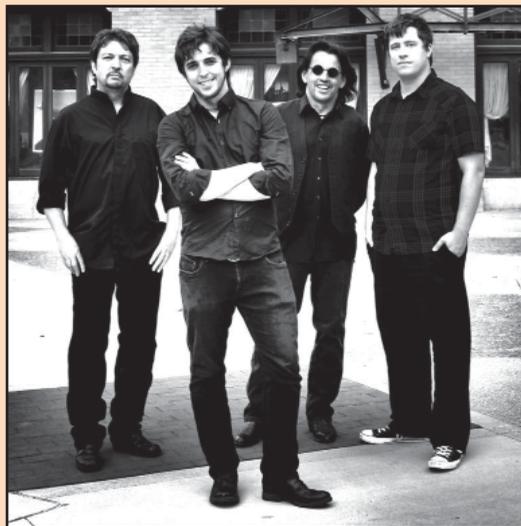
Tickets - \$5 per person available at the Eules Family Life Center beginning January 15.

Attention all Dads, Uncles and Grandpas: This is the event you've all been waiting for. Grab your favorite little lady and get ready for a night you'll both remember forever. Enjoy a night of dancing, refreshments, goody bags, photos, and more. Create memories that will last a lifetime for you and the most important girl in your life. All ages are welcome. This event does sell out, please get your tickets early! For additional information, please call 817-685-1666.



Valentine's Day Dinner

Tuesday, February 14, 6 - 9 p.m.
 Raven's Grille, 1400 Texas Star Parkway
 Discover Euless' best kept secret on Valentine's Day and enjoy a romantic three or four course dinner at Raven's Grille. Menus will be paired with wine and champagne. Treat that special someone in your life to a delicious and romantic menu offering on Valentine's Day. You will start with your choice of a scrumptious appetizer and salad, move on to a mouthwatering entrée and finish with a heavenly dessert. Make your reservations soon for a very special Valentine's Day dinner by Raven's Grille. Call 817-685-1847 to secure your spot.



Masterworks Series: Season of Sounds Concert Series
"Cleghorn" - America's Celtic Rock Band

Friday, March 17, 7 p.m.
 Texas Star Golf Course
 1400 Texas Star Parkway

Arts Council Northeast and the City of Euless are thrilled to welcome Cleghorn - America's Celtic Rock Band for a free concert. The musical engine of CLEGHORN is renowned fiddler Dylan Cleghorn and his father, the legendary Texas guitarist John Cleghorn. CLEGHORN's unique brand of "Celtic rock" mixes their original songwriting with high energy fiddle and bagpipe tunes. Concessions will be available for purchase... Free for everyone!



Arbor Daze

April 29, 10 a.m. - 9 p.m.
 Euless Family Life Center
 300 W. Midway Drive

Volunteers are needed for our National Award-Winning Arbor Daze Festival. We are in need of volunteers for the Kidz Zone, Tree Giveaway, Forestry Village and other exciting areas. Please sign up for a time slot by calling Jerry at 817-685-1449 or e-mail him at jpoteet@eulesstx.gov. Vendor applications are available at www.arbordaze.org in January.

Join our Family of Volunteers Adventure

The City of Euless Parks & Community Services Department is looking for people that love to have fun, find it refreshing to meet new people and that are willing to try new adventures. Each year our department plans and implements several different, but unique family events. In order to produce such outstanding events we need volunteers because without volunteers, our events would not survive. If this sounds appealing to you, then we would love to have you join our Family of Volunteers Program. If you would like to help build a strong community, play an important role in someone's life, and be a part of something exciting, then join our "Family of Volunteers" program. Contact Jerry Poteet at 817- 685-1449 or jpoteet@eulesstx.gov.



Flavor of Main Street

November 25 - December 31

Win free prizes and giveaways just for shopping on Main Street. All you have to do is shop at participating Eulesse Main Street businesses during Nov. 25-Dec. 31, stamp your card at each visit and repeat until you've completed the card and trade it in for another one. Each completed card will be entered into a drawing for \$250 along with great giveaways from our participating businesses.

Don't forget about our Main Street businesses for holiday shopping, eating and pampering. Many of these have been directly affected by the Main Street bridge reconstruction and they need our help! You may get a bingo card at Eulesse City Hall or download from www.eulesstx.gov/FlavorofMain. Get a Flavor of Main and visit them today.

Mayor's Holiday Kickoff

December 1, 7 p.m.

Eulesse City Hall, 201 N. Ector Dr.

Join Mayor Linda Martin as she kicks off the Holidays with a very special event. The Trinity Show Choir and HarpEssence will perform. In addition to some great holiday music, there will be crafts, cookies and stories for all.

Flutissimo Flute Choir

December 12, 7 p.m.

Mary Lib Saleh Eulesse Public Library
201 N. Ector Dr.

Jazz up your holiday with local group Flutissimo in front of the Blooms of Enlightenment glass sculpture. You'll be astounded at the variety of shapes and sizes of flutes as well as the talent of this group. Bring the family and get into the holiday spirit with jazzy holiday tunes.

A Brief History of Christmas Music:

Performer Andy Mason

December 15, 7 p.m.

Mary Lib Saleh Eulesse Public Library

201 N. Ector Dr.

Who wrote the 12 days of Christmas? Why is Rudolph the Red-Nosed Reindeer so popular? Who Sang Rockin' Around the Christmas Tree? What was the first Christmas song to be performed in outer space? And, Did Frosty the Snowman really come to life? The answers to these questions and many more can be found in Andy Mason's "A Brief History of Christmas Music." From 16th Century West Country English Christmas Carols to Christmas music from the new millennium and EVERYTHING in between. Andy Mason will present fascinating Christmas History and Trivia through music. It's an opportunity for the whole family to sing along to their Holiday favorites and celebrate the season.

Breakfast with Santa at Texas Star

Saturday, December 10, 9:30 - 11 a.m.

Texas Star Conference Centre

1400 Texas Star Parkway

Santa is stopping in at Texas Star to enjoy a delicious breakfast with you and your family. Along with breakfast with Santa, local elves will have fun crafts for children of all ages. Bring your camera for a picture with Santa. Reservations are recommended due to limited seating. For more information or to make reservations email admintxstar@eulesstx.gov or call 817-685-1849. Reservations made by Dec. 10: Adults - \$10, children up to 10 years old - \$8, under 2 years old free. Walk-in: Adults - \$12, children up to 10 years old - \$10, Under 2 years old - free

Nominate a Volunteer Today!

Eulesse volunteers are the cream of the crop. They consistently give their time and energy to make our community FabEulesse. In turn, the City of Eulesse honors volunteers each year to celebrate the dedication and service of these outstanding people. Help us honor a resident/business for outstanding volunteer service to make Eulesse great! Eulesse residents are invited to select a Volunteer, Business and Youth of the Year for outstanding service during 2016. Please include a 100-word explanation along with your form. For more information, please visit www.eulesse.org/voy or contact Betsy Deck at 817-685-1821. Please submit your nomination by January 27, 2017.



Eules Ranks 18th in Best Places to Live

Money Magazine, published by Time, Inc., has named Euless 18th on its annual list of "Best Places to Live in America." Money editors and writers look at data about employment, health care, taxes, real estate, schools, safety and also evaluate each city's overall quality of life to determine the rankings. The list which comes out every other year and ranks cities between 50,000 and 300,000, takes a look at what makes a city a home. Highlights include our diversity, excellent schools, our small-town spirit, specialized educational programs at the Library, beautiful parks and Texas Star Golf Course as well as affordable housing. You can see the full write-up here: www.time.com/money/4468986/eules-texas

Town Hall Meeting

January 19, 7 p.m.

Euless City Hall, 201 N. Ector Dr.

Let your voice be heard at the Euless Town Hall meeting while learning about upcoming projects and new programs. Your opinion is important, and we want to hear it at the winter Town Hall meeting. There will be representatives from all departments along with your elected City Council Members available for your questions, comments or suggestions. We look forward to hearing from you to help keep our city FabEuless. For more information, please call (817) 685-1400.

Aquaponic Gardening

January 25, 6:30-8:30 p.m.

Euless City Hall, 201 N. Ector Dr.

Aquaponics is a fascinating growing technique that is beginning to play an important part in the future of agriculture. Aquaponics is a soil-less growing technique that utilizes fish and water as a growing medium. Special guest speaker Warren Wilson will teach participants about aquaponics and how you can benefit from it in your own home. There are several advantages of aquaponics including water conservation, stronger root systems and organic gardening. This presentation will help participants understand the key principles and components necessary for growing fish and plants together in a recirculating soil-less system. It is geared toward people who want to build their own aquaponics system, but don't know where to begin. The event is free to attend, but please make a reservation by calling 817-685-1821 or visiting www.eulesstx.gov.

Dallas Stars to Practice in Euless

February 5, 11 a.m. - noon

Dr Pepper StarCenter, 1400 S. Pipeline Rd.

Your Dallas Stars will be practicing in Euless! This event is free and open to the public. Bring your camera and catch the Dallas Stars in action at this free public practice. There will be many exciting activities for fans to participate in such as a slap shot cage, inflatables and a special appearance from the Dallas Stars Ice Girls. Players will also be on hand after the practice to sign autographs. For more information, please contact the Dr Pepper StarCenter at (817) 267-4233.

Free AARP Tax Aide

February 3, 2017 through April 7, 2017

Euless Family Life Senior Center

300 W. Midway Drive

AARP Tax-Aide offers FREE tax preparation help to anyone. You may begin making appointments on Tuesday, January 3rd. Please call 817-685-1671 to make an appointment. Fridays, 9 a.m.-1 p.m.

Tips for Winter/Spring Plants and Trees

TREES

1. Fertilize your trees during the winter months.
2. Never plant tree below grade, always level or just above grade with root ball.
3. Try not to prune newly planted to two years old, as all leaves and branches play a vital role in development of young trees.

PLANTS

1. Over watering plants can led to diseases, like root rot and fungus and also lead to Insect infestation.
2. For healthy plants allow air circulation around plants to prevent disease.
3. In colder months place mulch around root ball to prevent freezing of desired plants.
4. Regularly prune your plants to stop them from getting leggy.



Historical Preservation

Eules Heritage Museum

201 Cullum Drive / 817-685-1649

Open the 2nd Saturday of every month from

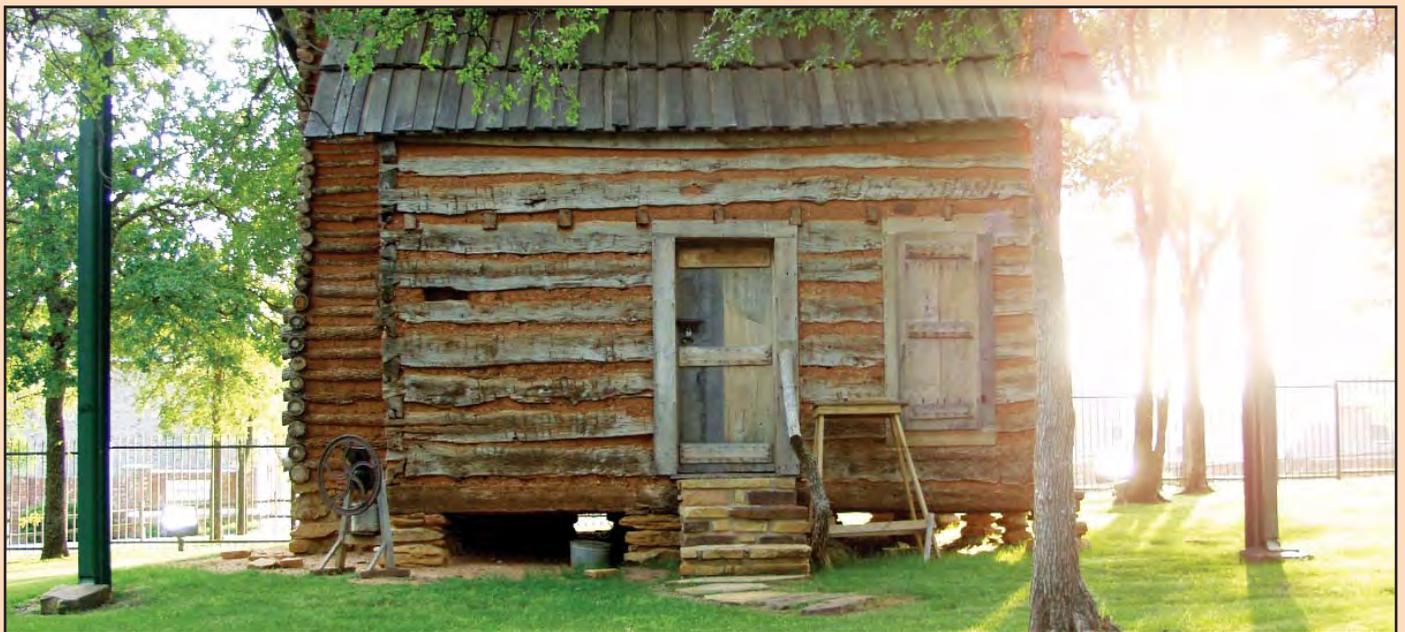
1 – 5 p.m. (December 10, January 14,
February 11, March 11, April 8)

For info or group tours, call 817-685-1649
or email ofaiva-siale@eulesstx.gov



Tours

The tour begins at the Eules Heritage Museum where you will learn about Eules' rich history and continues to the Fuller House, the first brick house in Eules built in 1932 complete with antique furnishings. Then, you will discover daily life as it was in Eules in the 1850's as you tour the Himes Log House, the oldest surviving structure in Eules. You will end at the McCormick Barn which was built with lumber from Camp Bowie after WWI. On the grounds, you will see examples of a water well, farm implements, windmill and outhouse. Group tours are available during off hours, depending on docent availability. Tours are free, but donations are accepted. Call 817-685-1649 or contact ofaiva-siale@eulesstx.gov for details.



Where is Heritage Park?

How long have you lived in Eules? How much do you know about the City you live in? Did you know that the Fuller House was the first brick house in Eules? Or that the McCormick Barn is made out of lumber hauled by horse and buggy from Camp Bowie in Fort Worth? Have you visited the circa 160+ year old Himes Log House? The Log House was found inside one of the homes located northeast of Eules Junior High on Himes Street. These three buildings were dismantled brick by brick, log by log and lumber by lumber, moved and restored to their original condition at beautiful Heritage Park at 203 Cullum Drive, east of Eules Main and Hwy 10. Free tours are provided by the Historical Preservation Committee every second Saturday of the month between 1 - 5 p.m. Special tours may be scheduled depending on docent availability. Call 817-685-1649 or email ofaiva-siale@eulesstx.gov for information on tours, volunteer opportunities, donations, etc.



Eules Family Life Center

300 West Midway Dr.

RECREATION CENTER & FITNESS CENTER

(817) 685-1666

Elizabeth Johnson
Recreation Center Supervisor
(817) 685-1654

Eric Smith
Recreation Program Coordinator
817-685-1668

Ryan Turner
Recreation & Special Event Coordinator
817-685-1668

Alaina Thompson
Recreation & Aquatics Coordinator
(817) 685-1681

HOURS OF OPERATION

Monday – Thursday
5 a.m. – 9 p.m.
Friday
5 a.m. – 8 p.m.
Saturday
8 a.m. – 6 p.m.
Sunday
Noon – 6 p.m.

CHILD CARE

Monday – Friday
5 p.m. – 8 p.m.
Mon./Wed./Fri./Sat.
8 a.m. – 11 a.m.

SENIOR CENTER

(817) 685-1671

Diane Eggers
Senior Center Supervisor
(817) 685-1670

Renee Frizzell
Senior Center Programmer
(817) 685-1871

HOURS OF OPERATION

Mon./Tues./Wed./Fri.
6:30 a.m. - 4 p.m.
Thursday
6:30 a.m. - 9 p.m.
Saturday & Sunday
Closed



HOLIDAY CLOSINGS:

December 16 (closed 10:30 am - 12:30 pm),
December 23 (gym, racquetball, track closed only),
December 24-25, January 1, April 16

Like us on Facebook! "Eules Parks & Community Services"
Visit us at www.PlayEules.com.

Eules Family Life Center Daily Use & Membership Fees

Eules Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour max visit
12-month membership	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Youth (8-15)**	\$10.00	\$25.00	\$50	\$100	NA	NA	NA
Silver Individual	\$80.00	\$225.00	\$125.00	\$310.00	Included	Included	\$5.00 per day
Silver Family*	\$125.00	\$485.00	\$185.00	\$620.00	Included	Included	\$5.00 per day
Gold Individual	\$130.00	\$275.00	\$175.00	\$360.00	Included	Included	Included
Gold Family*	\$190.00	\$585.00	\$250.00	\$720.00	Included	Included	Included
Eules Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour
3-month membership	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Silver Individual	\$35.00	\$95.00	\$55.00	\$130.00	Included	Included	\$5.00 per day
Silver Family*	\$55.00	\$200.00	\$85.00	\$265.00	Included	Included	\$5.00 per day
Gold Individual	\$60.00	\$110.00	\$75.00	\$150.00	Included	Included	Included
Gold Family*	\$85.00	\$240.00	\$115.00	\$305.00	Included	Included	Included
Daily Fees Recreation Center			Daily Fees Indoor Pool				
Ages 2 & up	Resident	Nres	Resident	Nres			
Daily Use Fees	\$5.00	\$10.00	\$10.00	\$15.00			

Eules Family Life Senior Center			Add Indoor Pool (Total Cost)		Fitness Center
Senior (60+)	Resident	Nres	Resident	Nres	Res \ Non-Res
	\$7.00	\$35.00	\$30.00	\$145.00	\$0 \ \$90

* Families are considered to be up to two adults and four dependent children or Seniors (60+) living in the same household; add \$10 for each additional child or Senior (60+). "Dependent" implies tax dependent or dependent through marriage.

**Children under 9 must always be accompanied by an adult. Youth under 12 must be accompanied by an adult in the Indoor Pool. Youth age 12-15 must be accompanied by an adult in the Fitness Center.

Note: The above memberships do not include the Outdoor Aquatic Park. A separate membership is required for those facilities.

Effective January 1, 2016



PRESCHOOL PROGRAMS

Preschool programs will not meet:
Monday, January 16
Monday, March 13 - Friday, March 17

TWO'S TIME

ABC's and 123's is the foundation for learning. This program is designed to provide a varied and exciting experience for children 1.5 - 3 years. Activities will enhance socialization, assist in building self-confidence and provide some educational experience. Children will participate in songs, crafts, games and other activities. Children will be introduced to colors, shapes, numbers, alphabet and much more. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210000-01	1/10	EFLC	1.5-3	TTh	9-12pm	4	\$77
210000-02	2/7	EFLC	1.5-3	TTh	9-12pm	4	\$77
210000-03	3/7	EFLC	1.5-3	TTh	9-12pm	4	\$62
210000-04	4/4	EFLC	1.5-3	TTh	9-12pm	3	\$77
210000-05	5/2	EFLC	1.5-3	TTh	9-12pm	4	\$77

FUN TIME FOR LITTLE LEARNERS

Preschoolers are busy and curious. Are you looking for a preschool program that sets the stage for self-confidence and inspires educational and social success? Our goal is to channel these wonderful behaviors and guide them into the world of learning. This program focuses on independence, social interaction, creative and academic development. Children will participate in art, games, sharing, music and other activities. Learning has never been so much fun! Children must be 3-5 years old and toilet trained by the first day of class. Please bring a lunch to class each day. Snacks will be provided. Supply fee \$10. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210002-01	1/9	EFLC	3-5	MW	9am-1pm	4	\$137
210002-02	2/6	EFLC	3-5	MW	9am-1pm	4	\$137
210002-03	3/6	EFLC	3-5	MW	9am-1pm	4	\$112
210002-04	4/3	EFLC	3-5	MW	9am-1pm	3	\$137
210002-05	5/1	EFLC	3-5	MW	9am-1pm	4	\$137

TERRIFIC TUESDAYS & THURSDAYS

Preschoolers are busy and curious. Are you looking for a preschool program that sets the stage for self-confidence and inspires educational and social success? Our goal is to channel these wonderful behaviors and guide them into the world of learning. This program focuses on independence, social interaction, creative and academic development. Children will participate in art, games, sharing, music and other activities. Learning has never been so much fun! Children must be 3-5 years old and toilet trained by the first day of class. Please bring a lunch to class each day. Snacks will be provided. Supply fee \$10. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	1/10	EFLC	3-5	TTh	9am-1pm	4	\$137
210003-02	2/7	EFLC	3-5	TTh	9am-1pm	4	\$137
210003-03	3/7	EFLC	3-5	TTh	9am-1pm	4	\$112
210003-04	4/4	EFLC	3-5	TTh	9am-1pm	3	\$137
210003-05	5/2	EFLC	3-5	TTh	9am-1pm	4	\$137

PERFORMING ARTS

HEART AND SOUL DANCE

Heart and Soul Dance has been serving the City's recreational programs for 3 years, under the direction of Mary Kharazi Berlingieri and Leah Berlingieri Siek. Our dance instructors are Ms. Mary, Ms. Leah, Ms. Kristen, Ms. Alyssa and Ms. Sue strives to provide students with the experience to express themselves artistically while exploring the opportunity to develop a strong and healthy body. Classes are offered year round in the areas of Ballet, Tap, Jazz, Hip-Hop and Pre-School Dance for all levels. We serve ages 2 through adult. The students will have the opportunity to perform throughout the year at scheduled performances and a recital at the end of May. You may register with staff at the front desk, online at www.eulesstx.gov/pacs/playbook or at Heart and Soul Dance website www.heartandsouldancers.com Discount for multi-family and multiclass are available for students who attended 2 or more in the same month. See page 19 for Adult Classes.

PRESCHOOL DANCE

Preschool Dance is a great way for children to gain confidence and accomplish challenges. They will gain the fundamentals for the next exciting level of their dance experience. Children will learn all the basic ballet and tap steps in a structured non-competitive environment. Instructor: Mary Kharazi Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-01	1/4	EFLC	2-3	T	6-6:45pm	5	\$77
210200-06	2/1	EFLC	2-3	T	6-6:45pm	4	\$62
210200-11	3/1	EFLC	2-3	T	6-6:45pm	3	\$47
210200-16	4/5	EFLC	2-3	T	6-6:45pm	4	\$62
210200-16	5/3	EFLC	2-3	T	6-6:45pm	4	\$62

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-02	1/4	EFLC	2-3	W	10-10:45am	4	\$62
210200-07	2/1	EFLC	2-3	W	10-10:45am	4	\$62
210200-12	3/1	EFLC	2-3	W	10-10:45am	4	\$62
210200-17	4/5	EFLC	2-3	W	10-10:45am	4	\$62
210200-15	5/3	EFLC	2-3	W	10-10:45am	4	\$62

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-03	1/4	EFLC	3-4	W	11am-12pm	4	\$67
210200-08	2/1	EFLC	3-4	W	11am-12pm	4	\$67
210200-13	3/1	EFLC	3-4	W	11am-12pm	4	\$67
210200-18	4/5	EFLC	3-4	W	11am-12pm	4	\$67
210200-23	5/3	EFLC	3-4	W	11am-12pm	4	\$67

Instructor: Kristen Campbell Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-04	1/6	EFLC	3-4	F	5-6pm	4	\$67
210200-09	2/3	EFLC	3-4	F	5-6pm	4	\$67
210200-14	3/3	EFLC	3-4	F	5-6pm	4	\$67
210200-19	4/7	EFLC	3-4	F	5-6pm	4	\$67
210200-23	5/5	EFLC	3-4	F	5-6pm	4	\$67

Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-05	1/5	EFLC	4-5	TH	4-5pm	4	\$67
210200-10	2/2	EFLC	4-5	TH	4-5pm	4	\$67
210200-15	3/2	EFLC	4-5	TH	4-5pm	4	\$67
210200-20	4/6	EFLC	4-5	TH	4-5pm	4	\$67
210200-21	5/4	EFLC	4-5	TH	4-5pm	4	\$67



PRESCHOOL TUMBLING

Preschoolers learn fundamental tumbling skills. These classes focus on the flexibility, balance and the social skills necessary to work in a group. Instructor: Kristen Campbell Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210208-06	1/6	EFLC	3-5	F	1-2pm	4	\$67
210208-07	2/3	EFLC	3-5	F	1-2pm	4	\$67
210208-08	3/3	EFLC	3-5	F	1-2pm	4	\$67
210208-09	4/7	EFLC	3-5	F	1-2pm	4	\$67
210208-10	5/5	EFLC	3-5	F	1-2pm	4	\$67
210208-01	1/6	EFLC	3-5	F	4-5pm	4	\$67
210208-02	2/3	EFLC	3-5	F	4-5pm	4	\$67
210208-03	3/3	EFLC	3-5	F	4-5pm	4	\$67
210208-04	4/7	EFLC	3-5	F	4-5pm	4	\$67
210208-05	5/5	EFLC	3-5	F	4-5pm	4	\$67

BEGINNING HIP HOP

This class will introduce young students' to the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required. Hip-Hop is one of the most recent popular dance styles. You can find hip-hop in T.V. commercials, music videos and movies as well as on Broadway and at school dances. Classes are structured with beginning hip-hop moves. Instructor: Alyssa McCarn

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210204-01	1/5	EFLC	6-9	Th	4:30-5:30pm	4	\$67
210204-02	2/2	EFLC	6-9	Th	4:30-5:30pm	4	\$67
210204-03	3/2	EFLC	6-9	Th	4:30-5:30pm	4	\$67
210204-04	4/6	EFLC	6-9	Th	4:30-5:30pm	4	\$67
210204-05	5/4	EFLC	6-9	Th	4:30-5:30pm	4	\$67

INTERMEDIATE HIP HOP

This class will continue to improve your technique and style of hip hop movement. Hip Hop is about personal style and expression. This high energy class can be taught to anyone with a passion to move, so no dance experience is required. Hip-Hop is one of the most recent popular dance styles. You can find hip-hop in T.V. commercials, music videos and movies as well as on Broadway and at school dances. Classes are structured with beginning hip-hop moves. Instructor: Alyssa McCarn

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210205-01	1/5	EFLC	9-13	Th	5:30-6:30pm	4	\$67
210205-02	2/2	EFLC	9-13	Th	5:30-6:30pm	4	\$67
210205-03	3/2	EFLC	9-13	Th	5:30-6:30pm	4	\$67
210205-04	4/6	EFLC	9-13	Th	5:30-6:30pm	4	\$67
210205-05	5/4	EFLC	9-13	Th	5:30-6:30pm	4	\$67

BEGINNING BALLET

Beginning Ballet will introduce young students' to the elementary positions of classical ballet. Classes are thorough to ensure proper alignment and understanding. Instructor: Sue Hurst

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210206-01	1/5	EFLC	6-9	Th	6-7pm	4	\$67
210206-02	2/2	EFLC	6-9	Th	6-7pm	4	\$67
210206-03	3/2	EFLC	6-9	Th	6-7pm	4	\$67
210206-04	4/6	EFLC	6-9	Th	6-7pm	4	\$67
210206-05	5/4	EFLC	6-9	Th	6-7pm	4	\$67

INTERMEDIATE BALLET

Ballet is a great way to tone your muscles while improving your flexibility. The class is designed to focus on intermediate ballet technique and choreography. Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210207-01	1/5	EFLC	10+	Th	7-8pm	4	\$67
210207-02	2/2	EFLC	10+	Th	7-8pm	4	\$67
210207-03	3/2	EFLC	10+	Th	7-8pm	4	\$67
210207-04	4/6	EFLC	10+	Th	7-8pm	4	\$67
210207-05	5/4	EFLC	10+	Th	7-8pm	4	\$67

ADVANCED TAP

Advanced tap goes deeper into the details of foot work and rhythm combinations still focusing on the technique behind the work. This class continues the development of tap technique and terminology. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210202-01	1/3	EFLC	14-18	T	8-9pm	5	\$77
210202-02	2/7	EFLC	14-18	T	8-9pm	4	\$62
210202-03	3/7	EFLC	14-18	T	8-9pm	3	\$47
210202-04	4/4	EFLC	14-18	T	8-9pm	4	\$62
210202-05	4/4	EFLC	14-18	T	8-9pm	4	\$62

TAP-JAZZ

This combination class is a great way for students to experience different types of dance. The Tap portion of the class will concentrate on building confidence through mastering patterns and steps. Jazz portion of class includes an introduction to proper warm-ups and stretches for the body combined with across-the-floor progressions and mini combinations. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210201-01	1/3	EFLC	7-9	T	5:30-7pm	5	\$96
210201-03	2/7	EFLC	7-9	T	5:30-7pm	4	\$77
210201-05	3/7	EFLC	7-9	T	5:30-7pm	3	\$58
210201-07	4/4	EFLC	7-9	T	5:30-7pm	4	\$77
210201-02	5/2	EFLC	7-9	T	5:30-7pm	4	\$77
210201-04	1/5	EFLC	10-14	Th	7-8:30pm	4	\$77
210201-06	2/2	EFLC	10-14	Th	7-8:30pm	4	\$77
210201-08	3/2	EFLC	10-14	Th	7-8:30pm	4	\$77
210201-09	4/6	EFLC	10-14	Th	7-8:30pm	4	\$77
210201-10	5/4	EFLC	10-14	Th	7-8:30pm	4	\$77

TAP-BALLET

Dancers will enjoy this interactive combination class that builds on basic movements. The Tap portion of the class will concentrate on building confidence through mastering patterns, rhythms and choreography. The Ballet portion of class will help with balance, coordination, strength and flexibility. Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210210-01	1/5	EFLC	6-8	Th	5-6pm	4	\$67
210210-02	2/2	EFLC	6-8	Th	5-6pm	4	\$67
210210-03	3/2	EFLC	6-8	Th	5-6pm	4	\$67
210210-04	4/6	EFLC	6-8	Th	5-6pm	4	\$67
210210-05	5/4	EFLC	6-8	Th	5-6pm	4	\$67

TAP-BALLET-JAZZ

Dancers will enjoy this interactive combination class that builds on basic movements. The Tap portion of the class will concentrate on building confidence through mastering patterns and steps. The Ballet portion of class includes an introduction to the ballet and learning more steps. Jazz portion of class includes an introduction to proper warm-ups and stretches for the body combined with across-the-floor progressions and mini combinations. Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210203-01	1/3	EFLC	5-7	T	4:30-5:30pm	5	\$82
210203-02	2/7	EFLC	5-7	T	4:30-5:30pm	4	\$67
210203-03	3/7	EFLC	5-7	T	4:30-5:30pm	3	\$51
210203-04	4/4	EFLC	5-7	T	4:30-5:30pm	4	\$67
210203-05	5/2	EFLC	5-7	T	4:30-5:30pm	4	\$67



TAP BALLET HIP HOP

Dancers will enjoy this interactive combination class that builds on basic movements. The Tap portion of the class will concentrate on building confidence through mastering patterns and steps. The Ballet portion of class includes an introduction to the ballet and learning more steps. The Hip Hop portion of class includes the basic vocabulary and style of hip hop movement. Hip Hop is about personal style and expression. Instructor: Leah Berlingieri Siek

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

TUMBLING II

Tumbling II is more advanced. Students will be introduced to learning more advanced tumbling skills in a fun, fast-paced class. These classes focus on the flexibility, balance and the social skills necessary to work in a group. Instructor: Kristen Campbell Stevens

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

FINE ARTS

VOICE AND PIANO LESSONS

Voice and music lessons offer a full range of lessons for all ages and abilities. Claudia will help you gain confidence and consistency in various disciplines of the performing arts. Students will be coached in proper technique, theory, songwriting, sight reading, musicality, history, ear training, versatility, self-confidence, improvisation. Lesson times will be set up with the instructor. Lesson pricing will vary depending on the duration and type of class. \$120/month-4 classes; \$150/month-5 classes. 30 minutes per week. Instructor: Claudia Melton

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

CORTEZ MUSIC SCHOOL STRING AND PERCUSSION

Students will get private instruction that meets their learning needs and helps them reach their performance goals. All instruction starts with the basics of music theory as it relates to the drum, any string instrument banjo, ukulele, violin and much more. A onetime try it out lesson before you your new music adventure. Lesson times will be set up with the instructor. Pricing will vary depending on the duration and type of class. Instructor: Cortez Music School Staff

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

YOU CAN PAINT ADULT & TEEN

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years' experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Instructor: Robert Garden Art Enterprises

- January 19 "Cabin in the Snowy Woods"
February 16 "Old Door in San Miguel with Bougainvillea"
March 23 "Spring Landscape with Red Bud Trees"
April 20 "Grand Tetons with Palette Knife"
May 18 "Port Aransas Lighthouse at Sunset"

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

SPORTS & FITNESS PROGRAMS

(Check out the fitness classes in the Adult section for participants age 12 & up.)

HOME SCHOOL PE

PE 101 is designed for students to be active and learn about athletics and team sports. Each class begins with a dynamic warm-up and stretch. We rotate through agility stations and drills. Each unit of study includes sport specific drills and games. Including rules of the game, strategy and the fundamentals required to play. We also enjoy fun classic games like kickball, dodge ball and capture the flag. Instructor: Bowman Sports

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

GIRLS ON THE RUN

Girls on the Run is a life-changing experience for girls in the 3rd through 5th grade. Our mission is to inspire girls to be independent thinkers, enhance their problem solving skills, make healthy decisions and building confidence while training for a 5K (3.1 miles). This group meets twice a week Instructor: Certified Girls on the Run Coaches. Register at www.gotrdfw.org.

Table with 7 columns: BEG, LOC, AGE, DAY, TIME, #WKS, \$





KIDZ LOVE SOCCER

Since 1979, Kidz Love Soccer has been dedicated to teaching children the world's most popular sport within a nurturing, recreational environment. A typical session experience includes age appropriate activities: skill demonstrations, fun games and instructional scrimmages. Young soccer enthusiasts experience soccer fun in a safe, non-competitive environment. Kidz Love Soccer. "Where the score is always FUN to FUN! Kidz Love Soccer class status hotline 1-888-372-5803. To receive cancellation notifications automatically on your smartphone, download the free Kidz Love Soccer app for iPhone and Android. All kids receive a Kidz Love Soccer jersey! KIDZ LOVE SOCCER WILL NOT MEET 4/15, 5/27

MOMMY, DADDY AND ME SOCCER

Introduce your toddler to the world's most popular game! As you participate together in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field and parents are part of the action. No specific equipment is required for this class.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210520-01	1/21	BEP	2-3.5	S	9-9:30am	8	\$95
210520-02	4/8	BEP	2-3.5	S	9-9:30am	8	\$95

TOT PRE-SOCCER

This class teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first class, soccer cleats are optional, shorts and a t-shirt are preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210521-01	1/21	BEP	3.5-5	S	9:40-10:15am	8	\$95
210521-02	4/8	BEP	3.5-5	S	9:40-10:15am	8	\$95

SOCCER 1 - TECHNIQUES AND TEAMWORK

Players will learn dribbling, passing, receiving, shooting and defense. Fun games are played at every class. Shin guards are required after the first class, soccer cleats are optional, shorts and t-shirt are preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210523-01	1/21	BEP	5-6	S	10:15-11am	8	\$95
210523-02	4/8	BEP	5-6	S	10:15-11am	8	\$95

SOCCER 2 - SKILLS AND SCRIMMAGES

Soccer 2 will work on advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. Shin guards are required after the first class, soccer cleats are optional, shorts and a t-shirt are preferred.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210524-01	1/21	BEP	7-10	S	11-11:45am	8	\$95
210524-02	4/8	BEP	7-10	S	11-11:45am	8	\$95

BASKETBALL TRAINING WITH TRAVIS TAYLOR

Train with an 11-year professional basketball player who can take your skills to the next level. We will work on the fundamentals of the game. Everything that helped me reach the NBA, NBA D League, USA World Championship team and play in multiple countries in an all year span. We will work on ball handling, foot work drills, shooting, rebounding, reading and reacting to the defense. Let me help you grow, remember elevation requires preparation. Day, time and group or individual rate should be discussed with the Instructor prior to registration. Instructor: Travis Taylor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210510-01	1/3	EFLC	8-17	TBD	TBD	1	\$62-\$92
210510-02	2/3	EFLC	8-17	TBD	TBD	1	\$62-\$92
210510-03	3/3	EFLC	8-17	TBD	TBD	1	\$62-\$92
210510-04	4/7	EFLC	8-17	TBD	TBD	1	\$62-\$92
210510-05	5/5	EFLC	8-17	TBD	TBD	1	\$62-\$92

BASKETBALL TRAINING WITH THEO

Theo Udume is a 3-year professional basketball skills trainer and has worked with all level players from professionals to beginners as well as interned and worked with different basketball programs in the DFW area. Master the fundamental foundations of basketball and building off those skills. Skills sessions even for players on the same level are usually very different from athlete to athlete since each individual is different from body movement to learning. Higher level training packages equate to a more intense and more physically evolved session. For college pro/ level workouts it may include me guarding the athlete for a drill. Go to @TrainWithTheo basketball on Instagram or Facebook. Day, time and group or individual rate should be discussed with the Instructor prior to registration. Instructor: Theodore Udume

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210515-01	1/3	EFLC	8-17	TBD	TBD	1	\$15-\$40
210515-02	2/3	EFLC	8-17	TBD	TBD	1	\$15-\$40
210515-03	3/3	EFLC	8-17	TBD	TBD	1	\$15-\$40
210515-04	4/7	EFLC	8-17	TBD	TBD	1	\$15-\$40
210515-05	5/5	EFLC	8-17	TBD	TBD	1	\$15-\$40

MARTIAL ARTS

TAEKWON-DO

Camille Dockter with TaeKwon-Do Jungshin Euless was named head instructor in July of 2004 and has been serving the City's recreational programs since. Camille has been a part of TaeKwon-Do Jungshin in one form or another since 1996. She became a student of TaeKwon-Do after her daughter, Kira Dehnel, had been training for two years. Under her direction the school has maintained consistent enrollment with many students continuing on to first degree black belt and beyond. Classes for ages 13+ are on page 18. Uniform Requirements: TigerKubs Students do not require traditional taekwondo uniforms. T-shirts with the school logo are available from the instructor but is not required. Beginner/Advanced/Teen/Adult Taekwon-Do Students can purchase a uniform with the school logo from the instructor. If uniform is purchased elsewhere, it must be a plain white uniform. Uniform payment are payable to the instructor.

TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination and flexibility. This program can help to enhance overall focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210130-01	1/14	EFLC	5-8	S	9-9:45am	9	\$28
210130-02	3/25	EFLC	5-8	S	9-9:45am	8	\$28

BEGINNERS-TAEKWON-DO (White Belt - Green Stripe)

This program is a child specific program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program and designed to instill the physical and character benefits of martial arts while motivating children to achieve success. New students registering for this class must be at least 9 years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. All classes meet at the Euless Family Life Senior Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210131-01	1/10	EFLC	9-15	T	6-7:15pm	9	\$86
				S	10-11:15am		
210131-02	3/21	EFLC	9-15	T	6-7:15pm	8	\$77
				S	10-11:15am		



**ADVANCED TAEKWON-DO
(Green Belt - Black Belt)**

This program is a child specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin beginner program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Prerequisite: Instructor must give approval to register for this class. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210132-01	1/9	EFLC	9-15	M	6-7:15pm	9	\$86
		SIM		Th	6-7:15pm		
210132-02	3/20	EFLC	9-15	M	6-7:15pm	8	\$77
		SIM		Th	6-7:15pm		

SCIENCE PROGRAMS

ANIMATIONS

HRA Computer Science Maker Camps encourage students to use their creativity and curiosity to learn Computer Science in a fun collaborative environment. In this camp, young students will create their own stories and video games using ScratchJr, a free app available for iPads and Android Tablets. They will be introduced to Computational thinking and problem solving empowering them to be the future leaders and innovators of tomorrow. Students will showcase their creations on the final day of Camp. No previous coding experience needed. BYOD - Bring your own device (iPad / Android Tablet with ScratchJr app installed) and power cord. Instructor: Heritage Robotics Academy Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210600-01	3/13	EFLC	6-9	M-F	8:30-10am	1	\$120
210600-02	1/7	EFLC	6-9	S	4-5pm	4	\$120
210600-03	2/4	EFLC	6-9	S	4-5pm	4	\$120
210600-04	3/4	EFLC	6-9	S	4-5pm	4	\$120
210600-05	4/1	EFLC	6-9	S	4-5pm	4	\$120
210600-06	5/6	EFLC	6-9	S	4-5pm	4	\$120

3-D COMPUTER ANIMATIONS USING ALICE

In this Computer Science Maker Camp, students will learn how to create an animation for telling a story or playing an interactive game using Alice. Alice is an innovative 3D programming environment that is designed to introduce students to object oriented programming. This camp is perfect for middle school students with no prior programming experience. Students will showcase their creations on the final day of Camp. No previous coding experience needed. BYOD - Bring your own device (Laptop and power cord). Instructor: Heritage Robotics Academy Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210600-01	3/13	EFLC	12-15	M-F	1-2:30pm	1	\$120
210600-02	1/7	EFLC	12-15	S	1-2pm	4	\$120
210600-03	2/4	EFLC	12-15	S	1-2pm	4	\$120
210600-04	3/4	EFLC	12-15	S	1-2pm	4	\$120
210600-05	4/1	EFLC	12-15	S	1-2pm	4	\$120
210600-06	5/6	EFLC	12-15	S	1-2pm	4	\$120



2-D ANIMATIONS USING SCRATCH

Has your child ever been playing your favorite video game, and thought "I could make this so much better?" In this Computer Science Maker Camp, students will get a chance to experiment with their ideas and make their own cool video games on the computer. Build a racing game, a maze game, a falling objects game, and more. Invite your friends to play with what you create. Students will create their animations using Scratch, a programming language and an online community where children can program and share interactive media such as stories, games and animation with people from all over the world. As children create with Scratch, they learn to think creatively, work collaboratively, and reason systematically. Students will showcase their creations on the final day of Camp. No previous coding experience needed. BYOD - Bring your own device (Laptop and power cord). Instructor: Heritage Robotics Academy Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210601-01	/13	EFLC	9-12	M-F	10:30am-noon	1	\$120
210601-02	1/7	EFLC	9-12	S	2:30-3:30pm	4	\$120
210601-03	2/4	EFLC	9-12	S	2:30-3:30pm	4	\$120
210601-04	3/4	EFLC	9-12	S	2:30-3:30pm	4	\$120
210601-05	4/1	EFLC	9-12	S	2:30-3:30pm	4	\$120
210601-06	5/6	EFLC	9-12	S	2:30-3:30pm	4	\$120

WINTER BREAK CAMP

Come spend the holidays with the City of Euleless. We will have an exciting week playing games, doing arts and crafts, and making new friends. The camp will go on super cool field trips everyday (Main Event, Skating, Tornado Terry's and many more). The camp will meet at the Dr Pepper StarCenter. Please bring a lunch, two snacks and a water bottle to camp each day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111111-01	12/19	DPSC	6-12	M-Th	7:30am-6pm	1	\$84
111111-02	12/27	DPSC	6-12	T-F	7:30am-6pm	1	\$84

SPRING BREAK CAMP

Come spend Spring Break with the City of Euleless. We will have an exciting week playing games, doing arts and crafts, and making new friends. The camp will go on super cool field trips everyday (Main Event, Tornado Terry's and many more). The camp will meet at the EFLC. Please bring a lunch, two snacks and a water bottle each day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211111-01	3/13	EFLC	6-12	M-F	7:30am-6pm	1	\$105





WATER AEROBICS

WATER AEROBICS PAYMENT OPTIONS

- Drop in and try a class for only \$10, non-refundable; not available to use as credit toward punch/membership.
- Seniors - \$30 per month, unlimited class (aquatic membership required)
- Non-senior - \$45 per month, unlimited classes (aquatic membership required)

ARTHRITIC AEROBICS

Start your day with the therapeutic benefits of water. This class is a slower paced class designed to assist in improving and maintaining range of motion to ultimately improve the quality of life. This class will get you warmed up and stretched out for whatever your day has in store for you.

CLASS #	BEG	LOC	DAY	TIME
220700-01	1/4	EFLC	MWF	8-8:45am
220700-02	2/1	EFLC	MWF	8-8:45am
220700-03	3/1	EFLC	MWF	8-8:45am
220700-04	4/3	EFLC	MWF	8-8:45am

WATER CONDITIONING

Get your body moving and your heart rate up! This class will work all major body parts while helping you to maintain a healthy and happy lifestyle.

CLASS #	BEG	LOC	DAY	TIME
220710-01	1/4	EFLC	MWF	8:50-9:35am
220710-02	2/1	EFLC	MWF	8:50-9:35am
220710-03	3/1	EFLC	MWF	8:50-9:35am
220710-04	4/3	EFLC	MWF	8:50-9:35am

AQUA AGILITY

Stamina, strength, and endurance; this is a fast moving, high energy, and upbeat class that will give you a great workout and is designed to increase your overall flexibility.

CLASS #	BEG	LOC	DAY	TIME
220704-01	1/4	EFLC	MWF	9:40-10:25am
220704-02	2/1	EFLC	MWF	9:40-10:25am
220704-03	3/1	EFLC	MWF	9:40-10:25am
220704-04	4/3	EFLC	MWF	9:40-10:25am

WATER TONING

Water Toning embraces water density and uses it to get the most out of exercising and doing it in a soothing environment. Strengthening your core will help you feel stronger and get healthy. Water Toning embraces the healing benefits of the water, and is a workout for the body and the mind.

CLASS #	BEG	LOC	DAY	TIME
220702-01	1/3	EFLC	TTh	8-8:45am
220702-02	2/2	EFLC	TTh	8-8:45am
220702-03	3/2	EFLC	TTh	8-8:45am
220702-04	4/4	EFLC	TTh	8-8:45am

CARDIO BY AQUA

A strong cardiovascular system is vital for a healthy life and is a key ingredient to any fitness routine. This upbeat class will give you a great workout and help to improve your cardiovascular system. Be prepared for cross training with a focus on endurance and interval training.

CLASS #	BEG	LOC	DAY	TIME
220705-01	1/3	EFLC	TTh	8:50-9:35am
220705-02	2/2	EFLC	TTh	8:50-9:35am
220705-03	3/2	EFLC	TTh	8:50-9:35am
220705-04	4/4	EFLC	TTh	8:50-9:35am

HYDRO-RESISTANCE

Come use the resistance of the water for a fun and exciting exercise. Designed to increase overall strength and endurance, this class teaches you how to use your own body weight to get excellent results all while having a splashing good time.

CLASS #	BEG	LOC	DAY	TIME
220709-01	1/3	EFLC	TTh	9:40-10:25am
220709-02	2/2	EFLC	TTh	9:40-10:25am
220709-03	3/2	EFLC	TTh	9:40-10:25am
220709-04	4/4	EFLC	TTh	9:40-10:25am

AQUA-FITNESS

This prime time energized class is excellent for those who want a high intensity, full body workout. This class does it all; toning arms, waist trimming, thigh burning, and whole body stretching. Get your body moving and use the natural resistance in the water to give you a head to toe workout.

CLASS #	BEG	LOC	DAY	TIME
220706-01	1/3	EFLC	TTh	5:30-6:30pm
220706-02	2/2	EFLC	TTh	5:30-6:30pm
220706-03	3/2	EFLC	TTh	5:30-6:30pm
220706-04	4/4	EFLC	TTh	5:30-6:30pm

SPLASH ZUMBA

Dance your way into shape and have a splashing good time while doing it! This unique and fun class is sure to get you moving and grooving into shape with its easy to learn dance moves. You will leave feeling energized and before you know it you'll have danced yourself into shape.

CLASS #	BEG	LOC	DAY	TIME
220707-01	1/3	EFLC	T	6:30-7:30pm
220707-02	2/7	EFLC	T	6:30-7:30pm
220707-03	3/7	EFLC	T	6:30-7:30pm
220707-04	4/4	EFLC	T	6:30-7:30pm

AQUA CROSS TRAINING

This isn't your grandmother's water aerobics class! This class is geared towards your 9 to 5 workers looking to have some fun and burn real calories after that long hard day at work. To get the most out of your training, our class combines multiple workouts to stimulate all muscle groups.

CLASS #	BEG	LOC	DAY	TIME
220703-01	1/5	EFLC	Th	6:30-7:30pm
220703-02	2/2	EFLC	Th	6:30-7:30pm
220703-03	3/2	EFLC	Th	6:30-7:30pm
220703-04	4/6	EFLC	Th	6:30-7:30pm

TABATA 101

Want to add Tabata into your work out but need to build your strength first? Or maybe you're intimidated by the "cross fit" style workouts? Tabata 101 is excellent for learning the official Tabata moves and still providing the amazing workout that you can get from high interval training. Tabata is designed for people looking to improve flexibility, increase stamina, build muscle, and lose weight.

CLASS #	BEG	LOC	DAY	TIME
220708-01	1/7	EFLC	S	9-9:45am
220708-02	2/4	EFLC	S	9-9:45am
220708-03	3/4	EFLC	S	9-9:45am
220708-04	4/1	EFLC	S	9-9:45am

POWER TABATA

This Intense workout uses interval training to bring you to a full body workout. The instructor can modify all skills, but this class is designed for those looking to improve flexibility, increase stamina, build muscle and lose weight. Make sure you bring your water bottle, as you will be working up a serious sweat in this class!

CLASS #	BEG	LOC	DAY	TIME
220711-01	1/7	EFLC	S	9:50-10:35am
220711-02	2/4	EFLC	S	9:50-10:35am
220711-03	3/4	EFLC	S	9:50-10:35am
220711-04	4/1	EFLC	S	9:50-10:35am



SWIM LESSON REGISTRATION

Registration for swim lessons will begin on the day after the last day of each session at 8 a.m. Registration may be done online or in-person.

Class Beginning	Resident regist. begins	Non-resident registration begins
January 9	December 15	December 16
February 6	January 26	January 27
March 31	February 23	February 24
April 5	March 30	March 31

- March session is 3 weeks, no classes March 13-17 for Spring Break - class fees have been adjusted.
- A session consists of eight 30 minute Lessons. Lessons take place at the Natatorium and are Monday & Wednesday nights.
- Swim lesson spots fill quickly. Please remember to register early so you will not be disappointed. If your class is full, please allow us to put you on the wait list. We will contact you as soon as possible if a spot becomes available.
- In the event that a class is canceled, every effort will be made to notify you by telephone. At the time of registration be sure to update all your information and make sure it is accurate.
- Children not potty trained must wear a water diaper.
- In case of inclement weather, we will hold a Safety Class under the pavilion or in the Rec center.
- If you sign up for the wrong level, every effort will be made to try to make the correction, however; if the correct level is full and there is no available space a full refund will be given. To ensure this does not happen, speak with an aquatic team member prior to registering for a class.

PARENT & TOT

Water Introduction is the very first step in swim lessons; this class focuses on getting comfortable in the water through fun and games. A parent or guardian over 18 must be in the water at all times.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220007-01	1/09	EFLC	6mo-2	MW	6:15-6:45pm	4	\$60/\$65
220007-02	2/06	EFLC	6mo-2	MW	6:15-6:45pm	4	\$60/\$65
220007-03	3/06	EFLC	6mo-2	MW	6:15-6:45pm	3	\$45/\$50
220007-04	4/03	EFLC	6mo-2	MW	6:15-6:45pm	4	\$60/\$65

WATER TOTS

Basic water safety rules, submerging mouth-nose and eyes, opening eyes underwater and picking up submerged object, swimming on front and back using arm and leg actions with instructors support, exhaling underwater, floating on front and back, moving comfortably through the water and entering and exiting the water independently. Great for beginners between the ages of 3-4.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220000-01	1/09	EFLC	3-4	MW	5:40-6:10pm	4	\$60/\$65
220000-02	1/09	EFLC	3-4	MW	6:15-6:45pm	4	\$60/\$65
220000-03	2/06	EFLC	3-4	MW	5:40-6:10pm	4	\$60/\$65
220000-04	2/06	EFLC	3-4	MW	6:15-6:45pm	4	\$60/\$65
220000-05	3/06	EFLC	3-4	MW	5:40-6:10pm	3	\$45/\$50
220000-06	3/06	EFLC	3-4	MW	6:15-6:45pm	3	\$45/\$50
220000-07	4/03	EFLC	3-4	MW	5:40-6:10pm	4	\$60/\$65
220000-08	4/03	EFLC	3-4	MW	6:15-6:45pm	4	\$60/\$65



LEVEL 1: INTRODUCTION TO WATER SKILLS

Great for beginners over the age of 4! Basic water safety rules, submerging mouth-nose and eyes, opening eyes underwater and picking up submerged object, swimming on front and back using arm and leg actions with instructors support, exhaling underwater, floating on front and back, moving comfortably through the water, and entering and exiting the water independently.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220001-01	1/09	EFLC	4-9	MW	5:05-5:35pm	4	\$60/\$65
220001-02	1/09	EFLC	4-9	MW	5:40-6:10pm	4	\$60/\$65
220001-03	1/09	EFLC	4-9	MW	6:15-6:45pm	4	\$60/\$65
220001-04	1/09	EFLC	4-9	MW	6:50-7:20pm	4	\$60/\$65
220001-05	2/06	EFLC	4-9	MW	5:05-5:35pm	4	\$60/\$65
220001-06	2/06	EFLC	4-9	MW	5:40-6:10pm	4	\$60/\$65
220001-07	2/06	EFLC	4-9	MW	6:15-6:45pm	4	\$60/\$65
220001-08	2/06	EFLC	4-9	MW	6:50-7:20pm	4	\$60/\$65
220001-09	3/06	EFLC	4-9	MW	5:05-5:35pm	3	\$45/\$50
220001-10	3/06	EFLC	4-9	MW	5:40-6:10pm	3	\$45/\$50
220001-11	3/06	EFLC	4-9	MW	6:15-6:45pm	3	\$45/\$50
220001-12	3/06	EFLC	4-9	MW	6:50-7:20pm	3	\$45/\$50
220001-13	4/03	EFLC	4-9	MW	5:05-5:35pm	4	\$60/\$65
220001-14	4/03	EFLC	4-9	MW	5:40-6:10pm	4	\$60/\$65
220001-15	4/03	EFLC	4-9	MW	6:15-6:45pm	4	\$60/\$65
220001-16	4/03	EFLC	4-9	MW	6:50-7:20pm	4	\$60/\$65

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Give students success with fundamental skills, submerging entire head, front and back glide without support, and recover from a vertical position. Bobbing in water, jellyfish float, swimming using combined stroke on front and back unsupported. Prerequisite: Participants entering this course must have a Level 1 certificate or must be able to demonstrate all the completion requirements in Level 1.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220002-01	1/09	EFLC	4-9	MW	5:05-5:35pm	4	\$60/\$65
220002-02	1/09	EFLC	4-9	MW	5:40-6:10pm	4	\$60/\$65
220002-03	2/06	EFLC	4-9	MW	5:05-5:35pm	4	\$60/\$65
220002-04	2/06	EFLC	4-9	MW	5:40-6:10pm	4	\$60/\$65
220002-05	3/06	EFLC	4-9	MW	5:05-5:35pm	3	\$45/\$50
220002-06	3/06	EFLC	4-9	MW	5:40-6:10pm	3	\$45/\$50
220002-07	4/03	EFLC	4-9	MW	5:05-5:35pm	4	\$60/\$65
220002-08	4/03	EFLC	4-9	MW	5:40-6:10pm	4	\$60/\$65

LEVEL 3: STROKE DEVELOPMENT

The objective of Level 3 is to build on skills they already know such as freestyle and back crawl but focus on swimming technique such as rhythmic breathing, propelling kick and proper pull. In level 3 you will learn elementary backstroke, scissors kick, dolphin kick and build on the fundamentals of treading water. Prerequisite: Participants entering this course must have a Level 2 certificate or must be able to demonstrate all the completion requirements in Level 2.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220003-01	1/09	EFLC	5-15	MW	5:05-5:35pm	4	\$60/\$65
220003-02	1/09	EFLC	5-15	MW	6:50-7:20pm	4	\$60/\$65
220003-03	2/06	EFLC	5-15	MW	5:05-5:35pm	4	\$60/\$65
220003-04	2/06	EFLC	5-15	MW	6:50-7:20pm	4	\$60/\$65
220003-05	3/06	EFLC	5-15	MW	5:05-5:35pm	3	\$45/\$50
220003-06	3/06	EFLC	5-15	MW	6:50-7:20pm	3	\$45/\$50
220003-07	4/03	EFLC	5-15	MW	5:05-5:35pm	4	\$60/\$65
220003-08	4/03	EFLC	5-15	MW	6:50-7:20pm	4	\$60/\$65



LEVEL 4: STROKES AND TURNS

Level 4 focuses on stroke refinement and proficiency. Swimmers will build on strokes they already know such as freestyle, backstroke, breaststroke, scissor kick, and dolphin kick. In level 4 you will learn the arms for sidestroke and butterfly, starts and turns, and how to maintain streamline at faster speeds. This course will build endurance that is necessary to be able to swim efficiently while maintaining a streamline position. Prerequisite: Participants entering this course must have a Level 3 certificate or must be able to demonstrate all the completion requirements in Level 3.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220004-01	1/09	EFLC	5-15	MW	5:05-5:35pm	4	\$60/\$65
220004-02	1/09	EFLC	5-15	MW	6:50-7:20pm	4	\$60/\$65
220004-03	2/06	EFLC	5-15	MW	5:05-5:35pm	4	\$60/\$65
220004-04	2/06	EFLC	5-15	MW	6:50-7:20pm	4	\$60/\$65
220004-05	3/06	EFLC	5-15	MW	5:05-5:35pm	3	\$45/\$50
220004-06	3/06	EFLC	5-15	MW	6:50-7:20pm	3	\$45/\$50
220004-07	4/03	EFLC	5-15	MW	5:05-5:35pm	4	\$60/\$65
220004-08	4/03	EFLC	5-15	MW	6:50-7:20pm	4	\$60/\$65

ADULT

Whether you're a first-time swimmer or are looking to improve your existing skill set, we offer Adult lessons for all stages of swimming ability. We teach beginners who won't get their face wet all the way up to tri-athlete looking to cut time and increase their stroke efficiency. Our trained instructors will guide you through a personalized program and help you to achieve your swimming goals!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220008-01	1/09	EFLC	15+	MW	6:50-7:20pm	4	\$60/\$65
220008-02	2/06	EFLC	15+	MW	6:50-7:20pm	4	\$60/\$65
220008-03	3/06	EFLC	15+	MW	6:50-7:20pm	3	\$45/\$50
220008-04	4/03	EFLC	15+	MW	6:50-7:20pm	4	\$60/\$65

SWIM TEAM PREP

This class helps to bridge the gap between the swimming lesson environment and swim team world. This class will focus on the four competitive strokes, starts, turns and finishes all while providing a coach in the water to ensure proper technique is being learned. Swim Team Prep will correct swimmers form and work to increase endurance while teaching common swim team drills to make the transition to swim team as seamless as possible. Prerequisite: Participants entering this course must have a Level 4 certificate or must be able to demonstrate all the completion requirements in Level 4.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220500-01	1/09	EFLC	5-15	MW	6:15-6:45pm	4	\$60/\$65
220500-02	2/06	EFLC	5-15	MW	6:15-6:45pm	4	\$60/\$65
220500-03	3/06	EFLC	5-15	MW	6:15-6:45pm	3	\$45/\$50
220500-04	4/03	EFLC	5-15	MW	6:15-6:45pm	4	\$60/\$65

GUARD START

Guard start is a course that focuses on the lifeguarding course pre-test only. This is not a lifeguard certification course. This course will work on the 300yd swim, the 2 min. treading, and the brick test. The instructors for this class will fully explain the pre-test and give important hints on techniques to pass the pre-test. This class will fix your swimming, treading, and get you training with the brick in a safe and controlled environment.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$R/NR
220011-01	1/09	EFLC	14	MW	5:40-6:10pm	4	\$60/\$65
220011-02	2/06	EFLC	14	MW	5:40-6:10pm	4	\$60/\$65
220011-03	3/06	EFLC	14	MW	5:40-6:10pm	3	\$45/\$50
220011-04	4/03	EFLC	14	MW	5:40-6:10pm	4	\$60/\$65

NEW! - SENIOR SPLASH

Senior Splash is a stress-free, worry free time to swim and get comfortable being in the water. Experienced Swim Instructors will lead this class for seniors of all abilities. This is especially great for seniors to learn to swim for the very first time. The class will take place during our Adult Swim Time, and we will go at each individual's pace!

CLASS#	BEG	LOC	AGE	DAY	TIME
220711-01	2/1	EFLC	60+	W	11:30am-12:30pm

NATATORIUM OPEN SWIM TIMES



December - April

See page 9 for membership and daily fee information. For additional information, please call 817-685-1666.

Monday & Wednesday	12:20-5 p.m., 7:20-8:30 p.m.
Tuesday & Thursday	12:20-5:30 p.m., 7:30-8:30 p.m.
Friday	12:20-5 p.m.
Saturday	10:30-3:30 p.m.
Sunday	12:00-3:30 p.m.

RENTALS

The Natatorium is also available for rentals for parties. The rental includes use of the party room and the pool.

Open Swim Party Rental (up to 12 swimmers)

Resident: \$100 Non-resident: \$250

Includes admission for up to 12 swimmers and 2-hour rental of party room. This rental can be done during any open swim time from Monday – Sunday.

Private Party Rental (up to 40 swimmers)

Resident: \$175 Non-resident: \$425

Includes admission for up to 40 swimmers and 2-hour rental of party room. Times available: Saturday or Sunday, 3:30 - 5:30 p.m.

A \$250 deposit is required for rental. Party room capacity is 40 and seats 20 comfortably. Renter may bring in cake and drinks. All rental fees are due at time of reservation. The rental may be made a maximum of 60 days in advance and a minimum of 2-weeks' notice. Due to lifeguard staffing requirements no additional guests may be added to the party. To make a reservation, please call 817-685-1649 or e-mail Mary at ofaiva-siale@eulesstx.gov. Rental forms are available at www.eulesstx.gov/pacs/rental/AquaticFacilities.htm#natatorium



FITNESS

HOT HULA

HOT HULA fitness® is a fun, new and exciting dance workout. It provides a "total body workout" in 60 minutes broken down into segments including warm-up and cool-down so you can do a shorter workout depending on your time and fitness level. HOT HULA fitness® isolates your larger muscle groups, increasing strength and definition to your core with specific emphasis on the abs, gluteus, quads and arms. HOT HULA fitness® incorporates easy to perform dance movements set to the sounds of traditional Polynesian drum beats fused with funky reggae music, resulting in a modern, hip fitness workout. All ages and fitness levels will enjoy HOT HULA fitness®. No equipment required barefoot works best. Bring water and a towel. Instructor: Ema Colon

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210330-01	1/2	EFLC	10+	MW	8-8:55pm	4.5	\$47
210330-02	2/1	EFLC	10+	MW	8-8:55pm	4	\$42
210330-03	3/1	EFLC	10+	MW	8-8:55pm	4.5	\$47
210330-04	4/3	EFLC	10+	MW	8-8:55pm	4	\$42
210330-05	5/1	EFLC	10+	MW	8-8:55pm	4	\$42

ZUMBA

Zumba is a Latin cardio class in a party setting. The Latin and international rhythms create a huge fusion that makes you move and you don't realize you are working out. We offer 3 different formats: Zumba, Zumba Tonight (with weights), and Zumba Sentao (in a chair). Not a Dancer? No Worries. It's not a dance class; it's a fitness class. Please bring hand weights of no more than 3lbs. 1st class is free! Instructors: Letty Mota and Gracie Torres

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210300-01	1/2	EFLC	8+	MW	7-8pm	4	\$47
210300-02	2/1	EFLC	8+	MW	7-8pm	4	\$47
210300-03	3/1	EFLC	8+	MW	7-8pm	4	\$47
210300-04	4/3	EFLC	8+	MW	7-8pm	4	\$47
210300-05	5/1	EFLC	8+	MW	7-8pm	5	\$52

TAI CHI-BEGINNERS

Tai Chi Chuan combines aerobic activity, circulation, breathing, and stretching techniques to help all fitness levels find internal balance while doing a weight bearing, low-impact workout. Wear loose clothing and flat shoes. This class repeats monthly. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210305-01	1/10	EFLC	16+	T	6-7pm	4	\$40
210305-02	2/7	EFLC	16+	T	6-7pm	4	\$40
210305-03	3/7	EFLC	16+	T	6-7pm	4	\$40
210305-04	4/4	EFLC	16+	T	6-7pm	4	\$40
210305-05	5/2	EFLC	16+	T	6-7pm	4	\$40

TAI CHI-ADVANCED

Tai Chi is proven to restore energy, strength and endurance, develop grace and balance, resulting in relaxation and suppleness. Returning students learn additional moves and continue the study of Yang form introduced in the beginner course. Chi-Kung exercises and two-person drills will be introduced. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210306-01	1/10	EFLC	16+	T	7-8pm	4	\$40
210306-02	2/7	EFLC	16+	T	7-8pm	4	\$40
210306-03	3/7	EFLC	16+	T	7-8pm	4	\$40
210306-04	4/7	EFLC	16+	T	7-8pm	4	\$40

BARRE FITNESS

Barre Fitness is a low-impact, full-body workout. Movements used are similar to those from ballet and Pilates in order to create long, lean muscle, burn fat, improve flexibility & balance, and give a nice, complete stretch. Features some cardio and weight conditioning on occasion. Instructor: Sara Townley

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210315-01	1/5	EFLC	18+	TH	9:30-10:20am	4	\$42
210315-02	2/2	EFLC	18+	TH	9:30-10:20am	4	\$42
210315-03	3/2	EFLC	18+	TH	9:30-10:20am	5	\$52
210315-04	4/6	EFLC	18+	TH	9:30-10:20am	4	\$42
210315-05	5/4	EFLC	18+	TH	9:30-10:20am	4	\$42

CARDIO KICKBOXING BOOT CAMP

This class is a combination of cardio, kickboxing, boxing and martial arts providing a full body workout. It is a fun workout that works the whole body with quick results. If you want to get in shape, this class is for you. Bring water and lightweight boxing gloves. Instructor: Beverly Hill, National Certified Kickboxing Trainer, ACE

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210316-01	1/2	EFLC	12+	MW	7-7:55pm	4	\$42
210316-02	2/1	EFLC	12+	MW	7-7:55pm	4	\$42
210316-03	3/8	EFLC	12+	MW	7-7:55pm	3.5	\$37
210316-04	4/3	EFLC	12+	MW	7-7:55pm	4	\$42
210316-05	5/1	EFLC	12+	MW	7-7:55pm	4	\$42

PILATES FITNESS

This class focuses on techniques to increase core strength, alignment, cardio, flexibility. This total body workout is easy to follow with quick results. Instructor: Beverly Hill, National Certified Pilates Master Trainer, ACE

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210320-01	1/2	EFLC	12+	MW	6-6:55pm	4	\$42
210320-02	2/1	EFLC	12+	MW	6-6:55pm	4	\$42
210320-03	3/1	EFLC	12+	MW	6-6:55pm	3.5	\$37
210320-04	4/3	EFLC	12+	MW	6-6:55pm	4	\$42
210320-05	5/1	EFLC	12+	MW	6-6:55pm	4	\$42

ZIN YOGA

This class has gentle yoga poses that emphasize stretching, coordination of breath, movement and alignment. Instructor: Beverly Hill, National Certified Yoga Instructor, ACE

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210325-01	1/2	EFLC	12+	MW	5-5:55pm	4	\$42
210325-02	2/1	EFLC	12+	MW	5-5:55pm	4	\$42
210325-03	3/1	EFLC	12+	MW	5-5:55pm	3.5	\$37
210325-04	4/3	EFLC	12+	MW	5-5:55pm	4	\$42
210325-05	5/1	EFLC	12+	MW	5-5:55pm	4	\$42





FINE ARTS

YOU CAN PAINT (ADULT & TEEN)

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or experienced artist! Discover the fun and ease of oil painting step-by-step with the patient and expert guidance of Robert & Susan Garden, professional artists with over 30 years' experience whose specialty is teaching students to complete a beautiful painting in one lesson. You'll be proud to frame and hang your masterpiece at the end of class. Learn perspective, color mixing, time saving brush strokes and composition. All supplies are provided; oil paints, palette, brushes, canvas, easel and detailed lesson plan. Wear an old T-shirt and bring paper towels to class. Instructor: Robert Garden Art Enterprises

January 19 "Cabin in the Snowy Woods"

February 16 "Old Door in San Miguel with Bougainvillea"

March 23 "Spring Landscape with Red Bud Trees"

April 20 "Grand Tetons with Palette Knife"

May 18 "Port Aransas Lighthouse at Sunset"

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210810-01	1/19	EFLC	14+	TH	6-8:45pm	1	\$37
210810-02	2/16	EFLC	14+	TH	6-8:45pm	1	\$37
210810-03	3/23	EFLC	14+	TH	6-8:45pm	1	\$37
210810-04	4/20	EFLC	14+	TH	6-8:45pm	1	\$37
210810-05	5/18	EFLC	14+	TH	6-8:45pm	1	\$37

PERFORMING ARTS

HEART AND SOUL DANCE

Heart and Soul Dance has been serving the City's recreational programs for 3 years, under the direction of Mary Kharazi Berlingieri and Leah Berlingieri Siek. Our dance instructors are Ms. Mary, Ms. Leah, Ms. Kristen, Ms. Alyssa, and Ms. Sue strives to provide students with the experience to express themselves artistically while exploring the opportunity to develop a strong and healthy body. Classes are offered year round in the areas of Ballet, Tap, Jazz, Hip-Hop and Pre-School Dance for all levels. We serve ages 2 through adult. The students will have the opportunity to perform throughout the year at scheduled performances and a recital at the end of May. You may register with staff at the front desk, online at www.eulesstx.gov/pacs/playbook or at the Heart and Soul Dance website www.heartandsouldancers.com Discount for multi-family and multi-class are available for students who attended 2 or more in the same month. See our Youth classes on page 10.

ADULT TAP

Click Click get your feet to tappin' and make some noise! This class is for all levels. Students will explore different types of choreography, musicality and rhythm. Tap is wonderful form of exercise and fun too! Instructor: Leah Berlingieri Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210245-01	1/3	EFLC	18+	T	7-8pm	5	\$77
210245-02	2/7	EFLC	18+	T	7-8pm	4	\$62
210245-03	3/7	EFLC	18+	T	7-8pm	3	\$47
210245-04	4/4	EFLC	18+	T	7-8pm	4	\$62
210245-06	5/2	EFLC	18+	T	7-8pm	4	\$62

ADULT BALLET

Ballet is a great class for flexibility, core strength, balance and technique. This is a great class for adults to continue learning as well as getting a great core. Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210240-01	1/5	EFLC	18+	TH	8-9pm	4	\$62
210240-02	2/2	EFLC	18+	TH	8-9pm	4	\$62
210240-03	3/2	EFLC	18+	TH	8-9pm	4	\$62
210240-04	4/6	EFLC	18+	TH	8-9pm	4	\$62
210240-05	5/4	EFLC	18+	TH	8-9pm	4	\$62

MARTIAL ARTS

TAEKWON-DO

Camille Dockter with TaeKwon-Do Jungshin Euless was named head instructor in July of 2004 and has been serving the City's recreational programs since. Camille has been a part of TaeKwon-Do Jungshin in one form or another since 1996. She became a student of TaeKwon-Do after her daughter, Kira Dehnel, had been training for two years. Under her direction the school has maintained consistent enrollment with many students continuing on to first degree black belt and beyond. Uniform Requirements: Beginner/Advanced/Teen/Adult TaeKwon-Do Students can purchase a uniform with the school logo from the instructor. If uniform is purchased elsewhere, it must be a plain white uniform. Uniform payment is payable to the instructor.

**TAEKWON-DO TEEN/ADULT
(White Belt through Black Belt)**

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character and integrity. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210133-01	1/10	EFLC	16+	T	7:30-9pm	9	\$103
		SIM		TH	7:30-9pm		
210133-02	3/21	EFLC	16+	T	7:30-9pm	8	\$92
		SIM		TH	7:30-9pm		





Dr Pepper StarCenter
1400 S. Pipeline Road
Euless, TX 76040 / 817-267-4233
www.stars.nhl.com



Dr Pepper StarCenter Birthday Party Packages Available

Birthday Party Packages - \$125

- Birthday child is free
Admission and skate rental for 10 skaters
The choice of table skirting (from variety of colors)
2 liters / pitchers of Dr Pepper Product
Downloadable Invites

Upgrades

- Paper Products - \$15.00 (for 10 people)
Party Hostess - \$25.00
Private Skating Instructor - \$50.00
Broomball Referee - \$35.00
Additional Party Guest - \$5 per Guest
Party Room Rental only - \$50.00 per hour
Includes tables & chairs
Pizzas - \$10.00 each
Additional Liter or Pitcher of Beverage - \$3.00

Broomball Events

- \$450.00/hour for private ice rental
Allowed to customize party from above list of upgrades

*For more information, visit stars.nhl.com/club/page.hrm?id=99691

TOT ICE SKATING INSTRUCTION

TotsTots will learn the basics of ice skating in a fun environment. Children will practice falling down and getting up, marching across the ice, back wiggles, and stops. Toys, cones and stuffed animals are all used on the ice as teaching tools. Price includes skate rental on class day plus additional eight free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

ICE SKATING- SKATE LIKE A 'STAR'

Learn the basics of ice skating. Skaters will learn basic forward and backward skating, swizzles, one-foot glides and stops. Crossovers will be introduced. Skate rental included in the class. Price includes 30 minutes of instruction and free public skating and following class, plus eight additional free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$

ADULT ICE SKATING

For adult skaters with little or no experience. Skaters will learn basic forward and backward skating, snowplow stops, swizzles, backward wiggles and one-foot glides. Forward crossovers will be introduced. Skate rental included in the class, plus eight free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

Table with 8 columns: CLASS#, BEG, LOC, AGE, DAY, TIME, #WKS, \$



Euless Family Life Senior Center

300 West Midway Drive, Euless, Texas 76039, 817-685-1671

Diane Eggers, Senior Center Supervisor, 817-685-1670

Renee Frizzell, Senior Center Activity Programmer, 817-685-1871

Monday, Tuesday, Wednesday, Friday (6:30 a.m. - 4 p.m.)

Thursday (6:30 a.m. - 9 p.m.)

SENIOR CENTER CLOSED

December 15 Closed at 4 pm for City Event

December 16 Closed for City Event

December 26 Open 6:30 am - noon

January 2 Open 6:30 am - noon

April 14 Closed

ANNUAL MEMBERSHIP	Euless Residents		Non-Residents		
	Senior Center, Rec Center, Fitness Center	Add Natatorium (Total Cost)	Senior Center Only	Add Fitness Center (Total Cost)	Add Natatorium (Total Cost)
Senior (age 60+)	\$7	\$30	\$35	\$90	\$145



New Class Registration will begin on Monday, December 5th at 8 a.m. (in person and on-line).

*All activities offered through the Euless Family Life Senior Center require a membership to participate. Hesitation on enrolling for programs and activities could result in missing out on some FabEuless opportunities. Help us prevent program and activity cancellation by registering early. Reservations are limited.

HEALTH & WELLNESS CLASS SCHEDULE

Health and Wellness Class Schedule (these fitness class are included with your Senior membership):

Fitness Classes	Monday	Tuesday	Wednesday	Thursday	Friday
8:15 a.m.	Zumba		Zumba		
9:15 a.m.	Sit & Fit	Sweating to the Oldies	Chair Yoga	Sweating to the Oldies	
10:15 a.m.	Pilates	Easy Chair Fitness	Pilates	Easy Chair Fitness	Pilates
11:15 a.m.		Gentle Yoga		Gentle Yoga	
5 p.m.				Easy Zumba	
6 p.m.				Zumba	

(for Health & Wellness Class descriptions, see next page)

Registration begins Monday, December 5 at 8 a.m. (in person and on-line).



HEALTH AND WELLNESS

ZUMBA - MORNING

Party like its 1999! Zumba is a Latin inspired fitness cardio dance class that incorporates Latin and international music. The cardio based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, core and abdominals and improves cardio function. Instructor: Angela Cisneros.

SIT AND FIT

Come join this exciting and results-oriented weight training class designed for seniors. In this class, you'll strengthen your bones, muscles, joints, and increase your cardio endurance. Instructor: Angela Cisneros.

PILATES

This Pilates class is based on techniques which include concentrated work on core strength, body alignment and muscular balance. The overall goal of Pilates is to lengthen and tone the muscles of the core without adding bulk. If you are looking for a foundation for a lifetime of keeping fit then this class is for you. Instructor: Beverly Hill

SWEATING TO THE OLDIES

Gets your body moving! This class will take you through a full-body workout with absolutely no weights. You will strengthen your heart, lungs and increase your balance to the sounds of inspiring upbeat music! Instructor: Beverly Hill

EASY CHAIR FITNESS

This class is designed for those who have never exercised before and tried classes but found them too fast or difficult to follow. Maybe all you need is a refresher class that can help transition you into more advanced classes. Whatever your reason maybe this class is just for you! Hand weights, fitness ball and tubing will be used to help to increase muscular strength, regain range of movement, improve flexibility and balance and learn simple stretches while sitting in a chair. Instructor: Debbie Melchiorre.

GENTLE YOGA

Gentle Yoga presents an introduction to basic yoga poses. The class emphasizes stretching, coordination of breath with movement and attention to alignment. The class is designed to create breath awareness, enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity or other physical limitations. Participants can expect a series of reclining, seated and some standing postures that require getting down on the floor without any assistance. Instructor: Debbie Melchiorre.

CHAIR YOGA

With the use and support of chairs, this Yoga Class is designed to help build strength, improve flexibility and balance in a very gentle way. If you prefer to do some of your practice on the mat that is always an option. Instructor: Debbie Melchiorre.

EASY ZUMBA

Party like its 1999! This Latin inspired fitness class incorporates Latin and international music. The moves are very basic and easy to follow which help focus on your balance, range of motion and coordination. Come join the party! Instructor: Monica Chavez

ZUMBA - EVENING

Party like its 1999! Zumba is a Latin inspired fitness cardio dance class incorporates Latin and international music. The cardio-based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, core and abdominals and improves cardio function. Instructor: Monica Chavez

GAMES, MUSIC AND SUCH

These programs meet every week and do not require advance registration.

"84"

Dominoes at its best. Everyone is welcome. This group meets on Mondays, Tuesdays and Thursdays at 8 a.m.

TEXAS HOLD'EM

Texas Hold'em is played using a standard 52 card deck, and between two to ten players. Join this group and see if you are up for the challenge. This group meets on Mondays at 11:30 a.m.

MAH JONGG

Mah Jong is a fascinating rummy-like game played with tiles rather than cards. This fun group is willing to teach new players. Drop in and play this fun, challenging game of Chinese tiles. The more the merrier! This group meets on Wednesdays at 9 a.m.

POOL TOURNAMENT

Pool Tournaments are held on the 1st Wednesday of each month. All levels are welcome. This group meets at 10 a.m.

QUILTERS

Do you need some extra room to quilt or just want to get out of the house? Bring your handwork, quilt pieces, sewing machine, and whatever else you need to work on your quilt. Come for a couple of hours or stay all day. Everyone is welcome. No instruction provided. This group meets on Wednesday at 10 .am.

PARTY BRIDGE

Our Party Bridge is a drop in group. You don't need a partner to join in the fun. We welcome any and all bridge players, no matter your level of play. This is a group that wants to continue to utilize our minds, expand our bridge skills, develop new friendships and enjoy good company. This group meets on Wednesdays at noon.

B-I-N-G-O

Play for cash prizes! Prize amount is based on the number of players in attendance and will vary for each session. Bingo cards must be purchased before 12:55pm! * \$1 per card, limit 3 cards per person. This group meets on 1st Wednesday at 1 p.m.

PICKLEBALL

Pickleball is a modified tennis game that is fun, great exercise and addictive. Play with an oversized table tennis paddle while hitting a hard plastic tennis-sized ball with tennis-like strokes on a badminton sized court. If you like to play tennis, paddle ball or badminton, you will love to play this game. Equipment is provided and ongoing open games. Join the Fun! This group meets on Tuesdays and Thursdays at 10 a.m. - noon.

PING PONG-TABLE TENNIS

Table tennis, also known as ping pong, is a sport in which two or four players hit a lightweight ball back and forth across a table using a small paddle. Table Tennis-PING PONG is fun, great exercise and addictive. Join the Fun! This group meets on Thursdays at 1 p.m.

JAMMERS

Picking and Grinning is what this group does best! If you play an instrument or just love to listen then you should join this group. Everyone is welcome! This group meets on Thursdays at 1 p.m.

THURSDAY NIGHT GAMES

Do you have a domino, card or board game you love but can't get enough players together? Want to try new games you might not have played before? You've come to the right place. This group meets on Thursdays at 5:00 pm.



ARTS AND CRAFTS

KNIT/CROCHET/CROSS STITCH

Whether you are knitting, crocheting or doing needle work. This group is a great way to meet new people that love to chat while making something with a needle and a piece of string. No instruction is available. This group meets weekly unless otherwise discussed with group. This group meets on Mondays at 12:30 pm.

ANYTHING GOES CRAFTERS

Love crafting? Bring whatever project you are working on and get crafty with other members. Whether you knit, crochet, cross stitch, make jewelry or whatever you create. You are invited to join this informal group. What a great way to share ideas, learn new skills, laugh and enjoy the company. This group meets on Tuesdays at 9am.

COLOR YOUR WORLD

Coloring has therapeutic potential to reduce anxiety, create focus and bring about more mindfulness. Like meditation, coloring allows the brain to switch off other thoughts and focus. Join this colorful group and have some fun showing your color. This group meets on the last Tuesday of each month at 1:00 pm.

CARD MAKING

Join this fun and inspiring card making group. Each week you will learn new ideas and techniques using all kinds of papers, stamps, stickers and some really fun tools to make your all-occasion cards. Please bring your own supplies. This group meets on Thursdays at 9:30am. FREE

STAMPIN' UP

We're absolutely delighted to have Janet Holmes with Stampin' Up. She will offer a monthly class. Each class has a \$7 (cash or check payable to the instructor) supply fee at time of class.

FLIP CARDS

Flip over making 4 cards 2 birthday balloon cards and 2 Valentine cards and make a treat.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-01	1/5	EFLSC	60+	TH	3-5pm	1	\$3

FOLDING CARDS

Fold paper in different ways to make 4 cards. 2 all occasion cards and 2 birthday cards and a Valentine treat to go with last month's Valentine card.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-02	2/2	EFLSC	60+	TH	3-5pm	1	\$3

NEW TECHNIQUE with Stamp'n Up

You will make 4 cards. 2 masculine for any occasion and 2 using a new technique and a St. Patrick's Day treat.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-03	3/2	EFLSC	60+	TH	3-5pm	1	\$3

SPRING HAS SPRUNG CARD

You will make 4 cards. 2 Easter and 2 for any spring occasion and a spring treat.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-04	4/6	EFLSC	60+	TH	3-5pm	1	\$3

BASIC DRAWING CLASS

If you can hold a pencil then this class is for you. You will learn the basic drawing skills to help you draw any subject with lines, shapes and value. No experience necessary. Please bring the following materials: 9x12 sketch book and 4B or Ebony pencils to class.

Instructor: Arlene Taylor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240106-01	1/6	EFLSC	60+	F	10am	4	\$30
240106-02	2/3	EFLSC	60+	F	10am	4	\$30
240106-03	3/3	EFLSC	60+	F	10am	4	\$30
240106-04	4/7	EFLSC	60+	F	10am	4	\$30

CRAFTY CREATIONS

Crafty Creations is a monthly craft that brings out your hidden talents. Each month we will offer a variety of projects. The craft will be something you can give away or keep for yourself. This group meets on the 2nd Wednesday of each month at 1 p.m.

BIRD FEEDER

We will make a bird feeder from a tea cup and saucer. Please bring a tea cup and saucer of your choice.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240109-01	1/11	EFLSC	60+	W	1pm	1	\$10

CLAY POT CREATION

We will make a mushroom from clay pots and saucer.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240109-02	2/8	EFLSC	60+	W	1pm	1	\$10

MASON JAR YARD ART

We will be using a mason jars and glass beads to form some yard art creation.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240109-03	3/8	EFLSC	60+	W	1pm	1	\$10

APRIL SHOWERS BRING MAY FLOWERS

We will make flowers out of plates and drawer knobs. Please bring a plate and drawer knob of your choice.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240109-04	4/12	EFLSC	60+	W	1pm	1	\$10





LUNCH AND LEARN, SEMINARS, Q&A, and MUCH MORE

LUNCH AND LEARN

The Lunch and Learn workshops are designed to be useful and informative. It is the individual's responsibility to make informed decisions regarding these workshops. Please call or stop by to make a reservation. Reservations are limited. If you are on the waiting list you are welcome to come to the workshop with the understanding lunch will not be provided.

LEGEND HEALTHCARE PRESENTS FALL PREVENTION AND SAFETY IN THE HOME

Falls are a leading concern for seniors and with the winter months quickly approaching, the risk for falling increases. You will learn several easy to follow tips that will help to decrease the risk of falling.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240506-01	1/9	EFLSC	60+	M	11:30am-1pm	1	FREE

BACK IN MOTIONS PRESENTS HOW TO STAY YOUNG THE FIRST 100 YEARS

The benefits of caring for your spine as you age as to remain mobile and active.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240507-01	02/13	EFLSC	60+	M	11:30am-1pm	1	FREE

DR RACHEL HUSTON PRESENTS WHAT IS ANKYLOSING SPONDYLITIS

Dr Huston will be presenting information on ankylosing spondylitis. This condition is an inflammatory arthritis that affects the spine and can be severe enough to affect a patient's quality of life and physical function. Come learn how inflammatory back pain (AS) differs from common mechanical back pain!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240508-01	03/13	EFLSC	60+	M	11:30am-1pm	1	FREE

KINDRED REHABILITATION HOSPITAL PRESENTS STROKE AWARENESS AND PREVENTION

These programs will focus on types of strokes, signs and symptoms, risk factors treatment and rehabilitation after a stroke.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240509-01	04/10	EFLSC	60+	M	11:30am-1pm	1	FREE



SEMINARS

Bridgett Williams of Humana presents BATTLE OF THE BULGE SEMINAR

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240514-01	1/26	EFLSC	60+	TH	9-11am	1	FREE

VETERANS AND MEDICARE SEMINAR

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240515-01	2/23	EFLSC	60+	TH	9-11am	1	FREE

SOCIAL SECURITY OVERVIEW SEMINAR

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240516-01	3/30	EFLSC	60+	TH	6-8pm	1	FREE

MEDICARE SAVINGS PROGRAMS SEMINAR

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240517-01	4/27	EFLSC	60+	TH	9-11am	1	FREE

The Foundation for Financial Education formally DFW Educate presents ALL ABOUT SOCIAL SECURITY

One of the most important phases of retirement planning is understanding Social Security benefits. Come learn about: Strategies to maximize your Social Security benefits. The rules are different for singles, couples, widows/widowers, divorcées, and disabled dependents. Even a seemingly small decision can add many dollars to the checks you'll receive over your lifetime. Early benefits could be a BIG mistake! Instructor: The Foundation for Financial Education

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240510-01	1/13	EFLSC	60+	F	11:30am	1	FREE

LONG TERM CARE

The types of coverage available o Startling statistics o Using life insurance to offset the cost o Medicare, healthcare and long term care o Benefits to you and your family Most Americans will need some type of long-term care service in their later years, women need care longer than men. Knowledge is power. Join us for a class full of information so you can make the choice that's BEST for YOU!! Instructor: The Foundation for Financial Education

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240511-01	2/10	EFLSC	60+	F	11:30am	1	FREE

COMMON RETIREMENT MYTHS

You might have a few wrong ideas about your "golden years." After a many decades in the workforce, you'll probably be ready for the day when you can quit your job for good. Unfortunately, you could be in for a shock. Come learn the truth to some pretty common retirement myths!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240512-01	3/10	EFLSC	60+	F	11:30am	1	FREE

Registration begins Monday, December 5 at 8 a.m. (in person and on-line).



THE BEVERLY HILL'S HEALTHY CHAT PRESENTS

We're absolutely delighted to have Beverly Hill one of our fitness instructors. She will offer a monthly healthy chat. Please join her to discuss hot topics about staying healthy as we age. This group meets the 1st Friday of each month at 11:30 am.

LOSING WEIGHT AFTER 60

It is a New Year and time to be that new you. Come learn the tricks to find out how about how to lose the fat and gain muscle.

READING AND UNDERSTANDING FOOD LABELS

The grocery store is like a jungle and you will find out how to get through the store and read the labels so you know what you are eating.

GOOD, BAD AND UGLY FATS

Find out the fats you need and the ones you need to eliminate. Fats are necessary in life but not all fats are created equal.

BASIC NUTRITION-WHAT DO I REALLY NEED EACH DAY

Learn the daily requirements your body needs-protein, carbs, sugars, salt, and more. This will help you have control over your life for a healthier body.

BLOOD PLEASURE CHECKS WITH LEGENDS HEALTHCARE OF EULESS

1st Wednesday of each month at 10:30 a.m. to noon

Texas A&M AgriLife Extension Service presents

EAT SMART, LIVE STRONG

Texas A&M AgriLife Extension Service presents Eat Smart, Live Strong Participants will learn to set goals to increase their fruit and vegetable intake, learn different ways to add more fruits and vegetables to traditional dishes and learn to stretch food dollars. There will be a live cooking demo. All participants will receive a gift for attending all three classes

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240518-01	1/25	EFLSC	60+	W	11:15am	3	FREE



SPECIAL INTERESTS

"HEY, WHATCHA READING?" BOOK CLUB

Energize your reading, with new and different book selections followed by stimulating discussions! Join this ongoing book club. It is a continuous program meeting monthly, reading and discussing a variety of books. This is a great opportunity for all of you avid reader to share your enthusiasm for books. Volunteer: Margret Burris. This group meets on the 2nd Tuesday of each month.

AARP DRIVER SAFETY

This course cannot be used to dismiss a ticket. Payment is made at time of class and checks are payable to AARP. Please call 817-685-1671 to register. *\$15 AARP member, \$20 AARP nonmember. Instructor: AARP Certified Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240704-01	2/8	EFLSC	18+	W	9am-1pm	1	*

SPANISH FOR TRAVELERS

Have you always been interested in learning the Spanish language or planning a trip to Mexico? This fun class will help you to learn Spanish you need to travel around the Spanish speaking world. This class will get you feeling comfortable ordering food, reserving a hotel room, asking for directions to the beach. And much more! Along the way you will learn essential vocabulary, grammar and beginning conversation that will build your confidence so you can travel with confidence. Instructor: Lala Williams

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240703-01	3/1	EFLSC	60+	W	9-11am	6	\$15

BUNCO

BUNCO is a fast-moving, uncomplicated game of dice, luck and prizes. If you like plain, old-fashioned fun, you should consider joining this wild group! *Payment is due at time of event.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240514-01	1/13	EFLSC	60+	F	9am	1	\$30
240515-02	2/10	EFLSC	60+	F	9am	1	\$30
240516-03	3/10	EFLSC	60+	F	9am	1	\$30
240517-04	4/14	EFLSC	60+	F	9am	1	\$30

LINE DANCING

Learn the basic steps of line dancing...And the new favorite dances from around the country. Then have fun dancing ot all varieties of music. Each class builds to the new level. Instructor: Judy Sides. This groups meets on Fridays at 11:15 a.m.





TRIPS

SENIOR CENTER REFUND POLICY Refunds are not given for programs, special events and trips. A refund will be given if the spot can be filled. If a program, special event or trip etc. is cancelled by the senior center staff, a full refund will be issued to the participant.

MCKINNEY AVENUE TROLLEY

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240200-01	1/24	EFLSC	60+	T	9am	1	\$5

THIRD MONDAY TRADES DAYS IN MCKINNEY

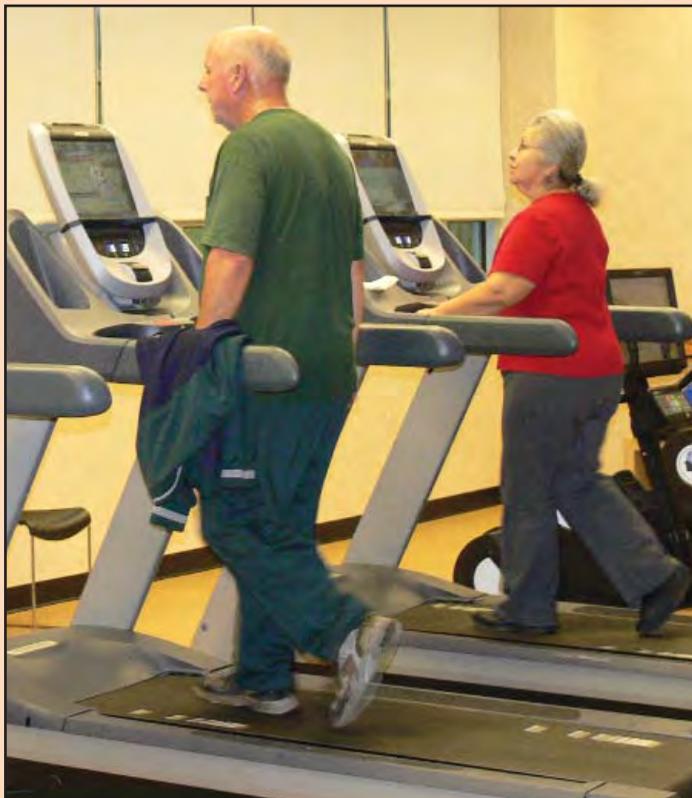
Third Monday Trade Days in McKinney, Texas is the oldest and largest monthly trade days/flea market in North Texas. Over 450 vendors offer almost anything you can imagine - unique gifts, delightful home decor, trendy clothing and accessories, sporting goods, antiques and collectibles, dogs, and specialty items along with many fantastic "state fair" type food concessions. You'll find a mix of antiques, trendy apparel and accessories, baby and children's clothing and accessories, garage sale items, a great variety of home decor--including shabby chic, re-purposed items, vintage, rustic, primitive, western, and seasonal-- metal art, pet supplies, garden/outdoor decor and furniture, health and beauty products, etc. we will depart at 8:00 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240202-03	3/17	EFLSC	60+	F	8am	1	\$5

DALLAS BLOOMS

Dallas Blooms features tulips, daffodils, Dutch Iris and hyacinths, pansies, violas, poppies and thousands of other spring-blooming annuals and perennials. The finale of this spring celebration is the mass flowering of the garden's collection of 3,000 azaleas that bloom during the end of April.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240201-02	3/8	EFLSC	60+	TBA	TBA	1	TBA



MUSEUM MADNESS

Museum Madness is an adventure to explore collections of artifacts and other objects of artistic, cultural, historical or scientific importance. We will travel to different museums throughout the Metroplex Area.

GONE WITH THE WIND MUSEUM

The Gone with the Wind Remembered museum contains one of the most comprehensive and extensive collections. The Museum houses not only the typical auction house memorabilia, but also a number of one-of-a-kind and extremely rare pieces that are not found in other collections.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-01	1/12	EFLSC	60+	TH	9:00am	1	\$15

TEXAS CIVIL WAR MUSEUM

The museum consists of three separate galleries that display a civil war collection, Victorian dress collection and United Daughters of the Confederacy Texas Confederate collection.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-02	02/7	EFLSC	60+	T	9:30am	1	\$15

LOG CABIN VILLAGE

Six log houses, dating back to the mid 1800s, were selected from the North Texas region, moved to the present site, and restored in the 1950s to early 1960s. The Village was then donated to the City of Fort Worth, and it opened to the public in 1966. The Foster Cabin, an impressive 1850s plantation log house, was added in 1974 and the 1870s Marine School in 2003. The restoration of the Reynolds Smokehouse, relocated to the Village in 2004 from Azle, was completed in 2005.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-03	4/12	EFLSC	60+	W	9am	1	\$15



MYSTERY LUNCH

Join us on this fun day out, includes a scrumptious lunch and plenty of head scratching. Come solve the mystery as we travel to different restaurants in the DFW area each month. Registration is required. * Lunch cost varies. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240205-01	1/18	EFLSC	60+	W	12:30pm	1	\$*
240205-02	2/15	EFLSC	60+	W	12:30pm	1	\$*
240205-03	3/15	EFLSC	60+	W	12:30pm	1	\$*
240205-04	4/19	EFLSC	60+	W	12:30pm	1	\$*

FABEULESS FINDS

Sit back and enjoy a day of FabEulless Finds. This group will be on an adventure to find those fabulous finds. We may stop for a new purse or taste a new cupcake or coffee shop and you never know we might catch a train. Each month will be stop at different places. Please arrive 15 minutes prior to departure time. (Departure time subject to change).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240207-01	1/27	EFLSC	60+	F	9:45am	1	\$5
240207-02	2/24	EFLSC	60+	F	9:45am	1	\$5
240207-03	3/31	EFLSC	60+	F	9:45am	1	\$5

SPECIAL EVENTS

MONTHLY MEAL MEDLEY

Join us each month for a different meal. January - Soup, February - Lasagna, March - Corn Beef and Cabbage and April - Fish and Chips. 1st Thursday of each Month at 11:30 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240001-01	1/5	EFLSC	60+	TH	11:30am	1	\$5
240002-02	2/2	EFLSC	60+	TH	11:30am	1	\$5
240003-03	3/2	EFLSC	60+	TH	11:30am	1	\$5
240004-04	4/6	EFLSC	60+	TH	11:30am	1	\$5



AARP Tax Aide

AARP Tax-Aide offers FREE tax preparation help to anyone. You may begin making appointments on Tuesday, January 3rd please call 817-685-1671 to make an appointment. Fridays, 9 a.m. - 1 p.m., February 3, 2017 through April 7, 2017.

FROZEN FRIDAYS

Brrrrrrr! It's freezing at the Center! I Scream, You Scream, We all Scream for Ice Cream! Treats will vary and sugar free options will be available upon request. First-come first serve. Join us for a frozen treat on the 4th Friday of each month at 2:30 p.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
SHOW UP	1/27	EFLSC	60+	F	2:30pm	1	FREE
SHOW UP	2/24	EFLSC	60+	F	2:30pm	1	FREE
SHOW UP	3/24	EFLSC	60+	F	2:30pm	1	FREE
SHOW UP	4/28	EFLSC	60+	F	2:30pm	1	FREE

POOL TOURNAMENT

Join us for a Straight 8 Ball Pool Tournament.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240601-01	1/25	EFLSC	60+	W	8am	1	FREE

WII BOWLING TOURNAMENT

Calling all bowlers for a Wii bowling tournament!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240600-01	2/22	EFLSC	60+	W	9am-2pm	1	FREE

HEALTH EXPO

Friday, April 7, 8 a.m. - noon

You're invited to a fun and informative morning at Euless Senior Center for health and wellness information. Take advantage of door prizes, giveaways and valuable information. All are welcome. Vendor information please call 817-685-1871.

NEW! - SENIOR SPLASH

Senior Splash is a stress-free, worry free time to swim and get comfortable being in the water. Experienced Swim Instructors will lead this class for seniors of all abilities. This is especially great for seniors to learn to swim for the very first time. The class will take place during our Adult Swim Time, and we will go at each individual's pace!

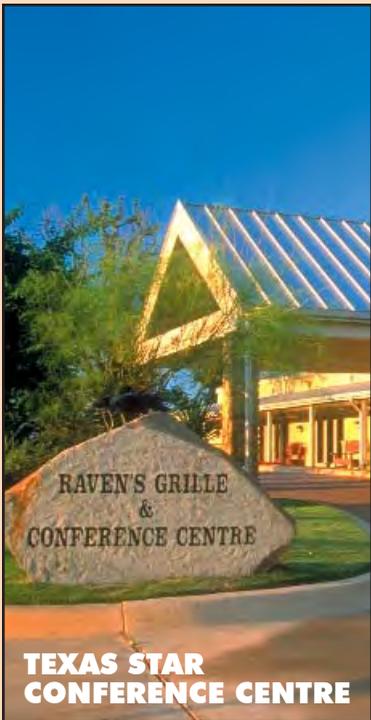
CLASS#	BEG	LOC	DAY	TIME
220711-01	2/1	EFLC	W	11:30am-12:30pm



ACTIVITY ROOM #5



ACTIVITY ROOM #1



TEXAS STAR CONFERENCE CENTRE

Reservation Staff is available to assist with reservations Monday - Friday, 8 a.m. - 5 p.m.
817-685-1649 / www.eulesstx.gov/pacs/rentals / ofaiva-siale@eulesstx.gov

INDOOR FACILITY RENTAL INFORMATION

Euless Family Life Center, 300 W. Midway Dr.

Note: Reservations required, a minimum of 7 business days in advance, a maximum 60 days in advance. After hours rentals require a minimum of 14 business days in advance, a maximum of 60 days in advance.

Amenities: Tables and chairs are included in the rental fee.

After hours rental available (See pg. 9 for hours of operation): Friday, 8 - 11 p.m.; Saturday, 6 - 11 p.m.; Sunday, 6 - 9 p.m.

MEETING ROOMS

Resident:	\$30/hr (For after hours add \$20/hr-building attendant fee)
Non-resident:	\$60/hr (For after hours add \$20/hr-building attendant fee)
Deposit:	Without food or drink \$50
	With food or drink \$250

	Occupancy Load	Seated Occupancy
Activity Room #1	40	24
Activity Room #2	10	10
Activity Room #5	60	40

GYMNASIUM* (capacity = 250)

Only available after hours: Friday, 8 - 11 p.m.; Saturday, 6-11 p.m.; Sunday, 6-9 p.m.

Resident:	\$45/hr (minimum 2-hour rental) + \$20 per hour building attendant fee
Non-resident:	\$90/hr (minimum 2-hour rental) + \$20 per hour building attendant fee
Deposit:	\$50

Note: Sport Court activities are the only activities allowed in the gym. There is no food or drink allowed in the gym.

Simmons Center, 508 Simmons Dr.

Note: Reservations required a minimum of 14 business days in advance. A maximum of 60 days in advance.

Occupancy Load: 60 Friday - Sunday, 8 a.m. - 11 p.m.

Amenities: Full kitchen with refrigerator/freezer, oven, stove, microwave, ice machine, J.A. Carr Park and gazebo.

Tables & Chairs available: 60 chairs, 15 - 6 ft. tables, 10 - 3 ft. card tables

Resident:	3-hour minimum	\$100	Each additional hour	\$35 per hour
Nonresident:	3-hour minimum	\$200	Each additional hour	\$70 per hour
Deposit:	\$50 (without food or drink)		\$250 (with food or drink)	

TEXAS STAR CONFERENCE CENTRE

817-685-1845

A 7,000 square foot conference centre and 4,000 square foot pavilion with full services, amenities and on-site catering. www.TexasStarGolf.com



PARKS AT TEXAS STAR PAVILION



Reservation Staff is available to assist with reservations Monday-Friday, 8 a.m. - 5 p.m.
817-685-1649 / www.eulesstx.gov/pacs/rentals / ofaiva-siale@eulesstx.gov

OUTDOOR FACILITY RENTAL INFORMATION

NOTE: Reservations required, a minimum of 7 business days in advance and a maximum of 60 days in advance.

Area	Resident	Non-Resident	Deposit
Pavilion	\$50	\$100	\$250
Amphitheater	\$150	\$300	\$250
Gazebo	\$25	\$50	\$250

Available time blocks for pavilions, amphitheater and gazebo:

5 a.m. – 9 a.m. / 9:30 a.m. – 1:30 p.m. / 2 p.m. – 6 p.m. / 6:30 p.m. – 10:30 p.m.

PAVILIONS

Bear’s Den Pavilion 1951 Bear Creek Pkwy. (east side of Parkway) Capacity = 200
Amenities: Playground, picnic tables, grilling areas, walking / jogging trail, minimum electricity, restrooms.

Bob Eden Park Pavilion 901 W. Mid-Cities Blvd. Capacity = 250
Amenities: Playground, picnic tables, grilling areas, 3 regulation-size sand volleyball courts, softball practice field (for rental), tennis courts, walking / jogging trail, permanent restroom, minimum electricity.

Parks at Texas Star Pavilion 1501 South Pipeline Rd. Capacity = 200
Amenities: Playground, picnic tables, grilling area, batting cages, walking / jogging area, minimum electricity, permanent restrooms.

Leon Hogg Pavilion 1951 Bear Creek Pkwy. (west side of Parkway) Capacity = 250
Amenities: Picnic tables, benches, grilling areas, walking / jogging trail, serving stand, minimum electricity, restrooms.

LEON HOGG AMPHITHEATER

Amphitheater Stage, & Pavilion / 1951 Bear Creek Pkwy. (west side of Bear Creek Pkwy.)
 Capacity = 1,500

Amenities: Picnic tables, benches, serving stand, grilling area, two additional smaller pavilions, walking / jogging trail, minimum electricity, restrooms.

GAZEBOS

J.A. Carr Park Gazebo 508 Simmons Dr. Capacity = 50

McCormick Park Gazebo 2190 Joyce Court Capacity = 50

The Preserve at McCormick Park Gazebo 2005 Fuller-Wiser Rd. Capacity = 50

PRACTICE FIELD

NOTE: Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit www.eulesstx.gov/pacs. Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

Fees per hour	Resident No Lights	Resident With Lights	Non-Resident No Lights	Non-Resident With Lights
Field	\$10	\$18	\$20	\$28

Bob Eden Park Field 901 W. Mid-Cities Blvd.
 Available: 8 a.m. - 10 p.m.



LEON HOGG PAVILION



J.A. CARR PARK GAZEBO



BOB EDEN FIELD



Blessing Branch Park

408 E. Denton Dr. **Size:** 3 acres
Facilities: Picnic and playground area.

Bob Eden Park

901 W. Mid-Cities Blvd. **Size:** 47 acres
Facilities: One flag football/soccer field, one lighted baseball/softball field (for rental), playground, picnic areas, 1.9 mile walking and jogging track with warm up stations, pavilion, two lighted tennis courts, three lighted regulation-size sand volleyball courts and restrooms. (Trail connects to McCormick Park & Trailwood Park.)

Heritage Park

201 Cullum Dr. **Size:** 4 acres
Facilities: Euless Museum, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

J. A. Carr Park

508 Simmons Dr. **Size:** 5 acres
Facilities: Half-mile walking and jogging trail, picnic areas, sand volleyball court, playground, gazebo and garden, shaded areas, restrooms, Simmons Center.

Kiddie Carr Park

800 Pauline St. **Size:** 4 acres
Facilities: Picnic areas, shade trees, and outdoor basketball courts.

Lakewood Tennis Courts

1600 Donley Dr.
Facilities: Two lighted tennis courts.

McCormick Park

2190 Joyce Court **Size:** 12 acres
Facilities: 1/3 mile bike and hiking trail, picnic areas, restrooms, gazebo and playground. (Trail connects to Bob Eden Park and the Preserve at McCormick Park.)

Midway Park

615 N. Main St. **Size:** 22 acres
Facilities: Two lighted youth baseball/softball fields, playgrounds, picnic areas, Natatorium, Euless Family Life Aquatic Park, shaded area, Euless Family Life Center, Euless Family Life Senior Center.

The Parks at Texas Star

(www.ParksAtTexasStar.com)
1501 S. Pipeline Rd. **Size:** 120 acres
Facilities: Picnic areas, five baseball/softball fields, one championship-size soccer field, six youth soccer fields, three T-ball fields, Dr Pepper Star Center, batting cages, two concession stands, pavilion, concrete walking trail, playground, exercise area, permanent restrooms.

The Preserve at McCormick Park

2005 Fuller-Wiser Road **Size:** 27 acres
Facilities: Concrete walking trails, playground, gazebo, picnic areas, Historic Tree Grove, outdoor classroom, bird watching area, species trail, 2 ponds, fishing pier, restrooms, boardwalk. (Trail connects to McCormick Park and Villages of Bear Creek Park.)

Reflection Park

1251 Fuller-Wiser Rd. **Size:** one-half acre
Facilities: Bench seating.

Softball World at Texas Star

(www.SoftballWorld.us)
1375 W. Euless Blvd. **Size:** 16 acres
Facilities: Four lighted softball fields, concession stand, pro shop.

South Euless Park

600 S. Main St. **Size:** 5 acres
Facilities: Picnic areas, playground, South Euless Park Splash Pad, Old North Main Iron Bridge.

Trailwood Park

500 Trailwood Drive **Size:** 11 acres
Facilities: Playground, picnic stations and trails. (Connects to Bob Edén Park.)

Villages of Bear Creek Park

1951 Bear Creek Parkway **Size:** 40 acres
Facilities: 3 acre dog park, seven soccer fields, picnic areas, three-mile nature walking/jogging trail with plant and tree identification signs throughout, city in-ground tree farm, playground, ground-seating amphitheater, two pavilions, one practice softball field, three large parking areas, restrooms. (Trail connects to The Preserve at McCormick Park.)

West Park

600 Westpark Way **Size:** 21 acres
Facilities: Two youth lighted baseball/softball fields that can be converted to a soccer field, picnic areas, one youth softball field, nature area, playground and restrooms.

Wilshire Park

315 Sierra Dr. **Size:** 4 acres
Facilities: Swimming pool, picnic areas, playground, shaded areas, pond, 1/4 mile concrete walking trail, fishing pier, and restrooms.



Euless Parks & Community Services
1314-B Royal Parkway

1400 Texas Star Parkway
www.TexasStarGolf.com

POSTAL CUSTOMER



WATER AEROBICS / PG. 15



DADDY / DAUGHTER VALENTINE'S DANCE / PG. 4



SENIOR TRIPS / PG. 26



DALLAS STARS TO PRACTICE IN EULESS / PG. 7