

Child Development

TOT TIME FOR 2'S

Children will have fun learning colors, shapes, and songs. This is a great opportunity for your child to start their educational and social journey. Each child should bring a tumbler with lid, folder and a backpack. Children must be appropriate age by start of session. (Instructor will not change diapers) Parent participation is required.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110004-01	9/5	MRC	2	T	9-10:30am	6	\$48
110004-02	10/17	MRC	2	T	9-10:30am	6	\$48

FUNTIME FOR 3'S

This class is designed for the three year old. Your child will learn the benefits of physical activity through arts and crafts, music, and group activities. Come and let your child have a wonderful experience with art, games, and social interaction. Children MUST be potty trained. Children must be appropriate age by start of session.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110000-01	9/5	MRC	3	T/TH	9-12pm	4	\$80
110000-02	10/3	MRC	3	T/TH	9-12pm	4	\$80
110000-03	10/31	MRC	3	T/TH	9-12pm	4	\$74
110000-04	11/28	MRC	3	T/TH	9-12pm	3	\$68

FUNTIME AT MRC

In this activity based class, your child will learn the benefits of physical activity through arts and crafts, music and group activities. Come and let your child have a wonderful experience with art, games, and social interaction. Children should bring a snack and drink every day. Children must be appropriate age by start of session.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110002-01	9/6	MRC	4-5	M/W/F	9-1pm	4	\$132
110002-02	10/2	MRC	4-5	M/W/F	9-1pm	4	\$140
110002-03	10/30	MRC	4-5	M/W/F	9-1pm	4	\$140
110002-04	11/27	MRC	4-5	M/W/F	9-1pm	3	\$112

CREATIVE MOVEMENT

Students will learn all aspects of ballet, tap and tumbling in this fun-filled class. By combining the three subjects, your little one will be sure to stay engaged and excited. Students should wear dance clothing and bring both ballet and tap shoes. Instructor: All Star Movement Educator's.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>Morning Session</i>							
110209-01	9/9	MRC	3-6	S	9-9:45am	6	\$39
110209-02	10/21	MRC	3-6	S	9-9:45am	6	\$39
<i>Afternoon Session</i>							
110209-03	9/13	MRC	3-6	W	3-3:45pm	6	\$39
110209-04	10/25	MRC	3-6	W	3-3:45pm	6	\$39

SPANISH IN MOTION (Ages 3-6)

Twist to the rhythm. Keep the beat. Learn Spanish while moving your feet. By using music and activities, the Spanish language can be acquired in the most natural way. Our innovative method will have your child learning a new language all the while having a blast. Instructor: All Star Movement Educator's.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111220-01	9/9	MRC	3-6	S	11-11:45am	6	\$39
111220-02	10/21	MRC	3-6	S	11-11:45am	6	\$39

HITTING YOUR MARK (Ages 3-6)

Do you have a little performer? This is the class for them. In our "Hitting Your Mark" class, students will sing and dance along with various musical numbers learning to strut their stuff and shine in the spotlight. Instructor: All Star Movement Educator's.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111215-01	9/9	MRC	3-6	S	10-10:45am	6	\$39
111215-02	10/21	MRC	3-6	S	10-10:45am	6	\$39

PARENT AND CHILD ICE SKATING – SKATE LIKE A "STAR"

Learn the basics of Ice-Skating with your child. You will learn ways to help your child practice on ice. Family time on ice! After class you will be able to stay during our public session and practice. Skate rental included in the class. 30 minutes of instruction and free public skating and skate rental following class. All registrations will be taken at Midway Recreation Center. The class will be held at Dr Pepper StarCenter in Euless. Instructors: Qualified Dr Pepper StarCenter Professionals.

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111163-01	9/2	DPSC	3-5	S	1:30-2pm	5	\$75
111163-02	9/5	DPSC	3-5	T	11:30-12pm	5	\$75
111163-03	11/4	DPSC	3-5	S	1:30-2pm	5	\$75
111163-04	11/7	DPSC	3-5	T	11:30-12pm	5	\$75

MUNCHKIN TENNIS

Kids will learn the basics of tennis at the Midway Recreation Center tennis courts, as they practice hitting forehands, backhands and the mechanics of serving. This is a great way to introduce your little one to a lifetime sport. Bring one can of tennis balls and a tennis racket.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110510-01	9/9	MRC	4-6	S	8:45-9:20am	4	\$35
110510-02	10/14	MRC	4-6	S	8:45-9:20am	4	\$35

SOCCER

In this non-competitive class, boys and girls will practice kicking, passing and shooting. Participants should bring shin guards and a size 3 soccer ball. No cleats! This class will meet at Bob Eden Park. Instructor: Shari Haman.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110500-01	9/9	BEP	3-6	S	9-9:45am	4	\$30
110500-02	9/9	BEP	3-6	S	10-10:45am	4	\$30
110500-03	10/14	BEP	3-6	S	9-9:45am	4	\$30
110500-04	10/14	BEP	3-6	S	10-10:45am	4	\$30

LIL' DRIBBLERS

In this non-competitive basketball class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork and endurance. Bring an age appropriate basketball with your child's name on it.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110515-01	9/9	MRC	4-7	S	8:30-9:15am	4	\$30
110515-02	10/14	MRC	4-7	S	8:30-9:15am	4	\$30

CLOGGING

Want to learn to clog? Well getting started is easy and fun! You don't need a partner or any previous dancing experience. Clogging is a great multi-generational family activity. You will learn 8 basic steps and some fun dances! Shoes and taps are required. Instructor will have info on Shoes and Taps at the first class. Instructor: John Pryor.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110245-01	8/16	MRC	9+	W	8-9:30pm	6	\$24
110245-02	9/27	MRC	9+	W	8-8:45pm	6	\$24
110245-03	11/8	MRC	9+	W	8-8:45pm	6	\$24

CLOGGING – INTERMEDIATE

This class builds on basic steps while introducing intermediate steps. Dances will be more upbeat to get your heart rate up! Shoes and taps are required. Instructor: John Pryor.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110245-05	9/27	MRC	9+	W	8:45-9:45pm	6	\$24
110245-06	11/8	MRC	9+	W	8:45-9:45pm	6	\$24

BIKE SKILLS & SAFETY

NEW! One of the best bike safety courses around! Safe cycling gives the rider a fun, safe experience. Cycling is freedom & exercise. As alternative transportation, riders need to know the rules of the road. Traffic laws, bike laws, helmet benefits & proper fit, hand signals, minor bike maintenance check & a skills course will be introduced. Instructor: K.C. Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111210-01	9/9	BEP	4+	S	9am-1pm	1	\$15
111210-02	10/14	BEP	4+	S	9am-1pm	1	\$15
111210-03	11/11	BEP	4+	S	9am-1pm	1	\$15

FAMILY CAMPOUT

Our campouts at Villages of Bear Creek are a great way to “get-away-from-it-all.” We will provide dinner Saturday night, SMORES and hot chocolate, a full breakfast Sunday morning and plenty of fun activities for both kids and adults. Some of the activities include; archery, kite flying, outdoor exploration and cooking, running games, treasure hunts, and MUCH MORE! All you need to bring is your own tent and sleeping bags, as well as anything you will need in your camp area. Don't forget flashlights, bug spray, rain ponchos, etc. Groups of 10 or more will receive \$3 off per person. Price listed is per person. Kids 3 and under are free. Register at www.adventureteamkids.com or call 817-685-1666.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>Adults</i>							
111115-01	9/16	VBC	18+	S-SU	4pm-12pm	1	\$25
<i>Kids</i>							
111115-02	9/16	VBC	4-17	S-SU	4pm-12pm	1	\$15

KIDZ NIGHT OUT

Parents want to enjoy an evening all to yourselves...now you can!! Sign your child up for a kidz night out on the town. We will go out to eat at CiCi's Pizza and then go skating at Skatetown in Grapevine. Departure and arrival will take place at Midway Recreation Center.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111112-01	9/15	MRC	6-12	F	6-10:30pm	1	\$12

TEXAS PARKS & WILDLIFE FAMILY EXPO IN AUSTIN

What is the Texas Parks & Wildlife Expo? It's an outdoor experience where visitors fish, shoot, kayak, rock climb, mountain bike, see wildlife, buy the latest outdoor gear and services, and learn, hands-on, about recreation in the Great Outdoors. The Expo celebrates the diversity of the outdoors experience in Texas. From camping and outdoor skills to shooting sports and fishing, from bird watching to paddle sports the expo has something to offer any participant. Most importantly, visitors find out how *they* can help to conserve this precious resource and the Expo is FREE! Parent/guardian must sign up and attend event. Registration fee covers transportation to and from location. For more information please go to <http://www.tpwd.state.tx.us/exptexas/promos/expo/expo2006/> or call 817-685-1666.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111112-02	10/7	MRC	6+	S	8:30am-5pm	1	\$6

WINTER BREAK HOLIDAZE CAMP

Winter break camp featuring daily fieldtrips, sports, arts & crafts, team building and more! Campers must wear non-marking tennis shoes and socks to camp everyday. Price includes the cost of fieldtrips and transportation to & from. Spaces are limited to the first 25 kids who sign up!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111111-01	12/18	MRC	6-12	M-F	7:30am-5:30pm	1	\$95

HOLIDAY ART CAMP

In this fun-filled art camp your artist will complete 6 different works of art you'll be proud to frame and display; 2 oil, 2 acrylic & 2 watercolors with holiday inspired themes. These classes are taught by a professional artist who specializes in teaching children. All art supplies are furnished, bring paper towels & wear an old t-shirt. Instructor: Susan Rogers.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111150-01	12/18	MRC	6-13	M-TH	9-11:45am	1	\$102

YOUTH OIL PAINTING

Even if you have never held a brush or can't draw a straight line, you can learn to paint with a professional artist with over 25 years teaching experience. Each class is taught step-by-step, with emphasis on perspective, color mixing and brush loading techniques that enable even beginners to start and finish a painting suitable for framing! Bring paper towels and wear old clothes. Instructor: Robert Garden and Susan Rogers.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>“Georgia O’Keefe’s Poppies”</i>							
110815-01	9/14	MRC	6-13	TH	4-5:30pm	1	\$22
<i>“Autumn in New England with Covered Bridge”</i>							
110815-02	10/12	MRC	6-13	TH	4-5:30pm	1	\$22
<i>“Louisiana Swamp in the Moonlight”</i>							
110815-03	11/16	MRC	6-13	TH	4-5:30pm	1	\$22
<i>“Christmas Snow Scene with Cabin”</i>							
110815-04	12/14	MRC	6-13	TH	4-5:30pm	1	\$22

YOUTH TENNIS

Come out to Midway Recreation Center tennis courts and learn how to play the wonderful game of tennis. Learn the rules, etiquette, forehand, backhand, serves and scoring. Bring one can of tennis balls and a tennis racket.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110620-01	9/9	MRC	7-12	S	9:30-10:20am	4	\$40
110620-02	10/14	MRC	7-12	S	9:30-10:20am	4	\$40

BASKETBALL

In this non-competitive class, boys and girls will practice the proper methods of dribbling, shooting, and passing, with a strong emphasis on teamwork and endurance. Bring an age appropriate basketball with students name on it.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110520-01	9/9	MRC	8-12	S	9:30-10:15pm	4	\$34
110520-02	10/14	MRC	8-12	S	9:30-10:15pm	4	\$34

JUNIOR JAZZ & HIP-HOP

This dynamic class will get you moving! Students will learn cool hip-hop steps all while studying jazz technique. Flexibility and coordination will be enhanced as you move to the music. Instructor: All Star Movement Educator's.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110208-01	9/13	MRC	7-12	W	4-4:50pm	6	\$39
110208-02	10/25	MRC	7-12	W	4-4:50pm	6	\$39

HITTING YOUR MARK

Do you have a little performer? This is the class for them. In our “Hitting Your Mark” class, students will sing and dance along with various musical numbers learning to strut their stuff and shine in the spotlight. Instructor: All Star Movement Educator's.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111221-01	9/13	MRC	7-12	W	5-5:50pm	6	\$39
111221-02	10/25	MRC	7-12	W	5-5:50pm	6	\$39

Youth Activities

GALAXY MAGIC

Through unforgettable music and easy-to-learn movements, space travelers of all ages can feel the magic of motion while learning about the planets and the solar system. Learning science has never been so fun! Instructor: All Star Movement Educator's.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111222-01	9/13	MRC	7-12	W	6-6:50pm	6	\$39
111222-02	10/25	MRC	7-12	W	6-6:50pm	6	\$39

TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our TigerKubs program is designed to teach children basic fundamentals of TaeKwon-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 focus and concentration, build character, discipline and self-esteem. Activities are designed to make it fun and exciting without a competitive atmosphere. Instructor: Kira Cole.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110130-01	9/9	MRC	5-8	S	9-9:45am	8	\$30
110130-02	11/4	MRC	5-8	S	9-9:45am	7	\$27

TAEKWON-DO BEGINNER

(Ages 6 –12) (White Belt – Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwon-Do Jungshin Program. It is designed to instill the physical and character benefit 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 approved by the Tigerkubs Instructor before registering in this class. Instructor: Taekwon-Do Jungshin Certified Black Belt Instructor.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110131-01	9/5	RMC	6-12	T	6-7:15pm	8	\$65
		MRC		S	10-11:15am		
110131-02	10/31	RMC	6-12	T	6-7:15pm	7	\$62
		MRC		S	10-11:15am		

TAEKWON-DO ADVANCED

(Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development. Instructor: Taekwon-Do Jungshin Certified Black Belt Instructor.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110132-01	9/7	RMC	8-12	M	6-7:15pm	8	\$63
		MRC		TH			
110132-02	10/30	RMC	8-12	M	6-7:15pm	7	\$60
		MRC		TH			

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. 30 minutes of instruction and free public skating and skate rental following class. All registrations will be taken at Midway Recreation Center. The class will be held at Dr Pepper StarCenter in Euless. Instructors: Qualified Dr Pepper StarCenter Professionals.

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111162-01	9/2	DPSC	6-15	S	1:30-2pm	5	\$65
111162-02	9/5	DPSC	6-15	T	7:30-8pm	5	\$65
111162-03	11/4	DPSC	6-15	S	1:30-2pm	5	\$65
111162-04	11/7	DPSC	6-15	T	7:30-8pm	5	\$65

ICE HOCKEY

Skaters will learn basic skating techniques such as forward strides and crossovers, basic backward skating and hockey stops. Sticks will be introduced in week 2. Skaters MUST wear hockey skates in this class. 30 minutes of instruction and free public skating and skate rental following class. All registrations will be taken at Midway Recreation Center. The class will be held at Dr Pepper StarCenter in Euless. Instructors: Qualified Dr Pepper StarCenter Professionals.

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111164-01	9/2	DPSC	6-15	S	1:30-2pm	5	\$65
111164-02	9/5	DPSC	6-15	T	7:30-8pm	5	\$65
111164-03	11/4	DPSC	6-15	S	1:30-2pm	5	\$65
111164-04	11/7	DPSC	6-15	T	7:30-8pm	5	\$65

Adult/Teen Athletics

WATER AEROBICS/WELLNESS & WEIGHT MANAGMENT

Increase flexibility, range of motion, lean body mass and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. This is an excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. Class will meet at Trinity High School Natatorium. Class will NOT meet on HEB ISD school holidays. Senior discount - \$32 a session / \$16 session 7 & 8. For more information, call Bev at 817-649-SWIM.

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120011-01	9/6	THSN	17+	M/W/TH	11-11:45am	4	\$39
120011-02	9/5	THSN	17+	M/T/TH	7-7:45pm	4	\$39
120011-03	10/2	THSN	17+	M/W/TH	11-11:45am	4	\$39
120011-04	10/2	THSN	17+	M/T/TH	7-7:45pm	4	\$39
120011-05	11/1	THSN	17+	M/W/TH	11-11:45am	4	\$39
120011-06	11/2	THSN	17+	M/T/TH	7-7:45pm	4	\$39
120011-07	12/4	THSN	17+	M/W/TH	11-11:45am	2	\$20
120011-08	12/4	THSN	17+	M/T/TH	7-7:45pm	2	\$20

BOOT CAMP

Time to ENLIST...A high energy, total body conditioning class that incorporates sport-specific drills designed to challenge participants' strength, endurance, power, agility and balance. Whether you just want to tone or lose some unwanted pounds this class will help you achieve your fitness goals. *Class is designed for all ages and fitness levels. NO ONE WILL BE LEFT BEHIND!* Senior discount of \$5 off! Sign up TODAY and change your LIFE! Call 817-685-1666 or stop by the Midway Recreation Center today! Instructor: Jennifer Delano.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310350-04	8/8	MRC	15+	T/TH	6:45-7:30am	4	\$45
110350-01	9/5	MRC	15+	T/TH	6:45-7:30am	4	\$45
110350-02	10/3	MRC	15+	T/TH	6:45-7:30am	4	\$45
110350-03	10/31	MRC	15+	T/TH	6:45-7:30am	4	\$40*

*No class on 11/23.

KICKBOXING

For an intense workout, join Darrick Lee as he instructs this fast paced, fat burning class. This class will help you increase balance, coordination, endurance, speed and flexibility, while toning your abs, hips & thighs in this cardio-workout. Bring a water bottle and exercise mat or towel.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310300-03	8/14	MRC	13+	M/W	7-8pm	5	\$44
110300-01	9/25	MRC	13+	M/W	7-8pm	6	\$52
110300-02	11/13	MRC	13+	M/W	7-8pm	6	\$52

AEROBICS PLUS

Variety is the spice of life! Join us for an energetic class filled with classic free form aerobics, floor work, stretching, an occasional step class, calisthenics and circuit training. Register early! Instructor: Debbie Day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110115-01	9/11	MRC	13+	M/TH	6-7pm	5	\$40
110115-02	10/16	MRC	13+	M/TH	6-7pm	5	\$40
110115-03	11/27	MRC	13+	M/TH	6-7pm	4	\$32

BODY SCULPT

Polish your exterior! This workout will tone and define every major muscle in your body. Ideal workout for fitness levels beginner to intermediate. This is a non aerobic workout using hand weights to tone and strengthen the whole body. There will be a special concentration on toning abdominal muscles. Bring your own hand weights, 3 to 12 lbs depending on your fitness level, and a Yoga/Pilates mat to class.

Instructor: Courtney Jester. No class 9/14 and 11/23.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110355-01	8/14	MRC	16+	M/TH	8-9pm	3	\$30
110355-02	9/7	MRC	16+	M/TH	8-9pm	4	\$32
110355-03	10/2	MRC	16+	M/TH	8-9pm	4	\$35
110355-04	10/30	MRC	16+	M/TH	8-9pm	4	\$32
110355-05	11/27	MRC	16+	M/TH	8-9pm	4	\$35

YOGALATES

This class blends Fitness Yoga with Mat Pilates. The class is designed to improve overall strength, flexibility, balance and "core" condition. It's effective and fun for all ages and levels of fitness. Please bring a Yoga or Pilates mat to class. Instructor: Ladina Debilzan.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110330-01	9/5	MRC	14+	T	6-6:45pm	4	\$23
110330-02	11/7	MRC	14+	T	6-6:45pm	4	\$23

WEIGHT TRAINING

Learn how to strength train as a vital component to improve overall health. Weight training is the most successful and consistent method for raising metabolism, losing weight, toning and significantly improving bone density. Sessions include form and technique on free weights and machines as well as nutritional guidance.

Instructor: Donene Disco, ACE Certified Personal Trainer.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110340-01	9/11	MRC	18+	M/W	8-9pm	3	\$96
110340-02	10/9	MRC	18+	M/W	8-9pm	3	\$96
110340-03	11/6	MRC	18+	M/W	8-9pm	3	\$96
110340-04	12/4	MRC	18+	M/W	8-9pm	3	\$96

TENNIS

Come out to Midway Recreation Center tennis courts and learn how to play the wonderful game of tennis. Learn the rules, etiquette, forehand, backhand, serves and scoring. Bring one can of tennis balls and a tennis racket.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110610-01	9/9	MRC	13+	S	10:30-11:30am	4	\$40
110610-02	10/14	MRC	13+	S	10:30-11:30am	4	\$40

LADIES' GOLF

Ladies will be taught the basic fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will be covered. So come on out and learn from a real Golf Pro! Instructor: Texas Star Golf Pro.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110571-01	9/6	PATS	16+	W	6-7:30pm	4	\$40
110571-02	10/4	PATS	16+	W	6-7:30pm	4	\$40

ADULT ICE SKATING

This class is for adult skaters who have 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. Instructors: Qualified Dr Pepper StarCenter Professionals.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111165-01	9/5	DPSC	16+	T	8-8:30pm	5	\$65
111165-02	11/7	DPSC	16+	T	8-8:30pm	5	\$65

TAI CHI - BEGINNERS

Tai Chi is an ancient Chinese discipline designed to enhance the body, mind and spirit. Tai Chi is great for all ages and fitness levels. You will gain better muscle tone, improve joint flexibility, and increase circulation. This class begins every three months; NEW STUDENTS can only register during new student registration. Instructor: Wendy Love.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>Returning Students</i>							
110305-01	9/6	MRC	16+	W	6-7pm	4	\$40
110305-02	11/1	MRC	16+	W	6-7pm	5	\$40
110305-03	12/6	MRC	16+	W	6-7pm	4	\$40
<i>New Students</i>							
110305-04	10/4	MRC	16+	W	6-7pm	4	\$40

TAI CHI - CORRECTION

Returning students may participate in this class with the instructor's permission. Students will correct and continue learning Tai Chi forms. Instructor: Wendy Love.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110306-01	9/6	MRC	16+	W	7-8pm	4	\$40
110306-02	10/4	MRC	16+	W	7-8pm	4	\$40
110306-03	11/1	MRC	16+	W	7-8pm	5	\$40
110306-04	12/6	MRC	16+	W	7-8pm	4	\$40

BELLY DANCE BASIC FOR LADIES

In this fun dance class you will learn the basics of American Tribal Style Belly Dance. A healthy low impact dance class suitable for all body types and ages.

Instructor: Behka Hartmann.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110220-01	9/5	MRC	16+	T	6-7pm	8	\$35
110220-02	11/7	MRC	16+	T	6-7pm	7	\$32

COUNTRY AND WESTERN DANCE

Join Chuck and Peggy Keim, award winning and dance video producing couple, as you learn the Two-Step and Turns, Three-Step and Turns, Waltz and some Swing. Some line dancing may be introduced. Both singles and couples are welcome. Price is per person. Instructors: Chuck and Peggy Keim, an award winning and dance video producing couple.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110241-01	9/12	MRC	13+	T	7-8pm	6	\$35
110241-02	10/31	MRC	13+	T	7-8pm	6	\$35

BALLROOM DANCE

Relive the wonderful era of the American Big Band as you ease across the dance floor. This class introduces participants to the art of social dancing and some of the most popular dance forms, including the Fox Trot, Waltz, Swing, Push, Jitterbug, Rumba, Mambo, Cha-Cha, Tango and Samba. Couples and singles are welcome. Price is per person. Instructors: Chuck and Peggy Keim, an award winning and dance video producing couple.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110242-01	9/12	MRC	13+	T	8-9pm	6	\$35
110242-02	10/31	MRC	13+	T	8-9pm	6	\$35

BALLROOM DANCE ADVANCED

For the more advanced participants...this class is perfect for you! Couples and singles are welcome. Price is per person. Instructors: Chuck and Peggy Keim, an award winning and dance video producing couple.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110243-01	9/12	MRC	13+	T	9-9:50pm	6	\$35
110243-02	10/31	MRC	13+	T	9-9:50pm	6	\$35

Adult/Teen Activities

SALSA

Luis is BACK! Learn the basic steps of SALSA, such as the basic forward and back rock steps, 2nd position (side step), basic under arm turn and some of the hottest salsa moves in the DFW area...You will also learn how to dance on time and to the beat of the music. To test out your dance moves, instructor will invite participant to a salsa club on the 3rd and last week of class. Instructor will advise time/day in class. Instructor: Luis Herrador.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110230-01	9/11	MRC	13+	M	7-8pm	5	\$55
110230-02	10/23	MRC	13+	M	7-8pm	5	\$55

SALSA – ADVANCED

If you are past the basics and want to learn more advanced moves, come join this class! Participants will learn some of the hottest moves such as the Butterfly, Tunnel, Pretzel, double turns, ladies' styling, men's footwork and more! Instructor: Luis Herrador.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110231-01	9/14	MRC	13+	M	8-9pm	5	\$55
110231-02	10/26	MRC	13+	M	8-9pm	5	\$55

NEW! Clogging dance lessons. See page 18 for more details.

TAEKWON-DO

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: Taekwon-Do Jungshin Certified Black Belt Instructor.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110134-01	9/5	RMC	13+	T	7:30-9pm	8	\$80
		MRC		TH	7:30-9pm		
110134-02	10/31	RMC	13+	T	7:30-9pm	7	\$77
		MRC		TH	7:30-9pm		

FINANCIAL WORKSHOP FOR INDIVIDUAL INVESTORS

This 3-week class, taught by Michael Scoma from Edward Jones Investments, will introduce you to many investment options, including CD's, municipal government and corporate bonds, mutual funds, stocks, retirement planning tools and much more. Class is free to Euless residents, non-residents must pay \$5. Registration is required.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111000-01	9/6	MRC	18+	W	6-7:30pm	3	FREE
111000-02	11/1	MRC	18+	W	10-11:30am	3	FREE

RETIRING SOON?

Don't just dream about retirement, plan for it! Our RETIRING SOON seminar will teach you how. If you plan to retire in five to ten years, it's more important than ever to make sure your retirement plan is on track. Class is free to Euless residents, non-residents must pay \$5. Registration is required.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111004-01	10/4	MRC	18+	W	10-11:30am	3	FREE
111004-02	10/11	MRC	18+	W	6-7:30pm	3	FREE

HAPKIDO

Hapkido, the art of coordinated power, is a comprehensive Korean self-defense system involving joint locks, pressure points, throws, kicks, and strikes. This class is designed for the beginner as well as a cross training opportunity for students in the Taekwon-Do program. Note: Hapkido II is the same class, except that it meets twice per week—Do not sign up for both Hapkido I & II during the same session. No class on 9/4, 10/9, 11/20, 11/24. Instructor: Todd Jach.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>*Hapkido I (meets once a week)</i>							
110133-01	8/28	RMC	13+	M	7:30-9pm	4	\$23
110133-02	10/2	RMC	13+	M	7:30-9pm	4	\$23
110133-03	11/6	RMC	13+	M	7:30-9pm	3	\$18
110133-04	12/4	RMC	13+	M	7:30-9pm	3	\$18
<i>*Hapkido II (meets twice a week)</i>							
110133-05	8/28	RMC	13+	M	7:30-9pm	4	\$43
		MRC		F	6-7:30pm		
110133-06	10/2	RMC	13+	M	7:30-9pm	4	\$38
		MRC		F	6-7:30pm		
110133-07	11/3	RMC	13+	M	7:30-9pm	3	\$29
		MRC		F	6-7:30pm		
110133-08	12/1	RMC	13+	M	7:30-9pm	3	\$34
		MRC		F	6-7:30pm		



ADULT OIL PAINTING

Even if you have never held a brush or can't draw a straight line, you can learn to paint with a professional artist with over 25 years teaching experience. Each class is taught step-by-step, with emphasis on perspective, color mixing & brush loading techniques that enable even beginners to start & finish a painting suitable for framing! Bring paper towels & wear old clothes. Instructor: Robert Garden & Susan Rogers.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
<i>"Summer Landscape with Wildflowers"</i>							
310810-03	8/10	MRC	16+	TH	6-9pm	1	\$37
<i>"Georgia O'Keefe's Poppies"</i>							
110810-01	9/14	MRC	16+	TH	6-9pm	1	\$37
<i>"Autumn in New England with Covered Bridge"</i>							
110810-02	10/12	MRC	16+	TH	6-9pm	1	\$37
<i>"Louisiana Swamp in the Moonlight"</i>							
110810-03	11/16	MRC	16+	TH	6-9pm	1	\$37
<i>"Christmas Snow Scene with Cabin"</i>							
110810-04	12/14	MRC	16+	TH	6-9pm	1	\$37

MOVE & GROOVE: EXERCISE 101

Put on by Tarrant County Public Health, Move & Groove, is a program designed to teach the basics of exercise and how to get started. This class is filled with fun activities such as hula-hoop, chair dancing and stretching. If you like music, join us for MOVE & GROOVE as we create a Healthy New Eules! Participation in the activities is not required and everyone is welcome! The event is FREE! Spaces are limited so please register at the Midway Recreation Center to reserve your spot in the program.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111007-01	9/21	MRC	18+	TH	9-10:30am	1	FREE

KAYAKING

Registration deadline 7 days prior to class start date. All equipment provided for participants. Register online at www.eules.org or call the Midway Recreation Center at 817-685-1666. For directions or more information contact Cutter Aquatics 817-354-6853.

FISHING ON LAKE ARLINGTON

Class will meet at Arkansas Lane boat ramp on Lake Arlington. Learn basic kayaking skills to safely paddle a kayak and to stabilize your boat for fishing. Boats, paddles and lifejackets provided. Bring water to drink & your own fishing gear. A valid Texas fishing license is required to fish. Non-fishers welcome to come & learn about paddling.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110580-01	9/16	OFF	10+	S	8:30-11:30am	1	\$60

HEALTH SCREENINGS

Provided by Tarrant County Public Health, a Nurse Educator will be onsite at Midway Recreation Center to conduct screenings for diabetes, high blood pressure, overweight/obesity (using Body Mass Index), and total cholesterol from 8:00am - 12:00pm. The screenings are FREE! Spaces are limited so you must register at the Midway Recreation Center to reserve your spot by September 18.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111007-02	9/21	MRC	18+	TH	8am-12pm	1	FREE

MORNING LOW IMPACT AEROBICS PLUS!

Class designed to increase your stamina no matter the fitness level. Low-impact aerobics is designed to increase strength, balance, flexibility and continue to build overall body strength. Please bring a set of hand weights and a mat to class. Instructor: Debbie Day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110116-01	9/11	MRC	13+	M/TH	8:15-9am	5	\$40
110116-02	10/16	MRC	13+	M/TH	8:15-9am	5	\$40
110116-03	11/27	MRC	13+	M/TH	8:15-9am	4	\$32

COMPOST-OLGY: THE SCIENCE AND FUN OF BACKYARD COMPOSTING

Composting is a process of recycling nature's organic waste (e.g., leaves and grass) into a rich soil amendment. It is important that Eules residents compost their organic waste to reduce the volume of natural resources needlessly sent to landfills for disposal. It's easy to learn how to compost. Our workshops teach effective composting and vermicomposting methods. Workshop attendees may order a composting package for \$110 that includes a compost bin, thermometer, worm bin and worms. Instructor: Lori De La Cruz, Master Composter Trainer.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
131000-01	9/23	MRC	18+	S	9:30am-12pm	1	\$20
131000-02	10/21	MRC	18+	S	9:30am-12pm	1	\$20
131000-03	11/4	MRC	18+	S	9:30am-12pm	1	\$20

NEW! THEATRE CLASSES FOR YOUTH & ADULTS

Instructor, Anicia D. Brown, is a 25-year veteran of the stage with over 70 production credits. Students are encouraged but not required to perform at the recital on the Saturday after the last scheduled class of the session.

INTRO TO THEATRE

Children learn the basics of live theatre performance that includes introduction to stage acting, theatrical movement or dance and singing for the stage. Acting and improvisation games, as well as exercises will help students prepare for performance or audition of a monologue, skit and a musical theatre routine.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
131201-01	8/28	RMC	4-8	M	4-4:50pm	7	\$53
131201-02	10/23	RMC	4-8	M	4-4:50pm	8	\$60

THEATRICAL DANCE FOR YOUTH & ADULTS

Stay fit learning dance choreography to a Broadway show tune! All levels of experience welcome, class is structured to showcase individual as well as group abilities. A mix of pop, jazz, retro & lyrical dance are combined to create unique but fun theatrical routine.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
131202-01	8/28	RMC	8-18	M	5-5:50pm	7	\$53
131202-02	8/31	RMC	18+	TH	6-6:50pm	8	\$60
131202-03	10/23	RMC	8-18	M	5-5:50pm	8	\$60
131202-04	10/26	RMC	18+	TH	6-6:50pm	7	\$53

ACTING & IMPROV

Kids! Hone up on your Shakespeare! Or maybe just your favorite monologue. This class will improve your acting skills, give you confidence for your next audition and keep you in theatrical shape for future productions! Includes character development and analysis; exercises in projection. Some of the skills learned will be improvisation, keeping character, stage movement, blocking, etc.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
131203-01	8/31	RMC	8-18	TH	5-5:50pm	8	\$60
131203-02	10/26	RMC	8-18	TH	5-5:50pm	7	\$53

THEATRE RECITAL

Students in the above classes are invited to join a recital at the end of the class session to show off their new skills.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
131205-01	10/21	RMC	ALL	S	2pm	1	\$20
131205-02	12/16	RMC	ALL	S	2pm	1	\$20

'SCHOOL HOUSE ROCK LIVE! JUNIOR' CHILDREN'S PRODUCTION

Auditions: August 21 or 24; 7:30 – 9 p.m.

August 26; 10 a.m. – Noon (Callbacks only)

Needed: Large Cast, ages 8-18

Audition Requirements: Short (one verse and/or chorus) song prepared. Comfortable clothes (a short dance sequence will be taught) Head shot or clear photo showing front of head & shoulders helpful but not required.

Rehearsals: Monday & Thursday evenings, Saturday mornings

Tuition: \$75

'SCHOOL HOUSE ROCK LIVE! JUNIOR' PERFORMANCE DATES

November 10, 11; 8 p.m., November 11, 12; 2 p.m.

Ruth Millican Center, 201 Cullum Drive

A part of the Broadway Junior Collection of Music Theatre International, this Emmy Award-winning Saturday morning educational cartoon series is now the basis for one of the most fun and energetic musicals to ever hit the stage! This show is suitable for the entire family! Book by Scott

Ferguson, Kyle Hall and George Keating

Music and Lyrics by Lynn Ahrens, Bob Dorough, Dave Frishberg, Kathy Mandy, George Newall, Tom Yohe. Directed by Anicia D. Brown

Tickets: \$10, adults; \$8 students & seniors

You may purchase tickets in advance at Midway Recreation Center, 300 W. Midway, by calling 817-685-1666 or online at www.eules.org/pacs.htm