



300 West Midway Dr.  
(817) 685-1666



# Midway Recreation Center

Randy Smith, Recreation Superintendent, rsmith@ci.eulesstx.us • Heidi Taylor, Recreation Specialist, Programs, htaylor@ci.eulesstx.us



### Hours of Operation

Monday – Thursday 6 a.m. - 10 p.m.  
Friday 6 a.m. - 8 p.m.  
Saturday 8 a.m. - 6 p.m.  
Sunday 1 p.m. - 6 p.m.

Hours subject to change for holidays or special events.

**Closed May 26 & July 4**



## MIDWAY RECREATION CENTER MEMBERSHIP FEES

	RESIDENT	SILVER	GOLD	PLATINUM
	Individual	Individual	Individual	Individual
Annual Fee	\$ 10	\$ 75	\$ 90	\$ 140
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 2	\$ -	\$ -	\$ -
Racquetball	\$ 3	\$ 3	\$ 3	\$ -
Swimming Pool per Visit	\$ 1	\$ 1	\$ -	\$ -
	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)
Annual Fee	\$ 30	\$ 110	\$ 145	\$ 200
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 2	\$ -	\$ -	\$ -
Racquetball	\$ 3	\$ 3	\$ 3	\$ -
Swimming Pool per Visit	\$ 1	\$ 1	\$ -	\$ -
	Includes	Includes	Includes	Includes
	Gymnasium use, walking/jogging trail, games area, shower availability, photo membership card	Unlimited fitness center visits, gymnasium use, walking/jogging trail, games area, shower availability, photo membership card	Unlimited city pool visits, unlimited fitness center visits, walking/jogging trail, games area, shower availability, photo membership card, gymnasium use	Unlimited usage of racquetball courts, unlimited city pool visits, unlimited fitness center visits, walking/jogging trail, games area, shower availability, photo membership card, gym use
	SENIOR (60+)	YOUTH (8-15)	RACQUETBALL	NON-RESIDENT
	Individual	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 5	\$ 75	\$ 50
Fee per Visit	\$ -	\$ -	\$ -	\$ -
Weight Room per Visit	\$ -	n/a	\$ 2	\$ 3
Racquetball	\$ 3	n/a	\$ -	\$ 5
Swimming Pool per Visit	\$ 1	\$ 1	\$ 1	\$ 1
DAILY USE FEES			STUDENT (18-24)	CORPORATE
	Resident	Non-Resident	Valid only May 15 to Aug 15. Current school ID required.	Company must be in listing or within City limits.
Annual Fee	\$ -	\$ -	\$ 25	
Fee per Visit	\$ 3	\$ 5	\$ -	
With Weight Room	\$ 5	\$ 8	\$ -	Additional \$10 to any annual fee.
With Racquetball	\$ 6	\$ 10	\$ 3	
Swimming Pool per Visit	\$ 1	\$ 1	\$ 1	No family memberships available.

### LEGEND

- MRC Midway Recreation Center
- RMC Ruth Millican Center
- DPSC Dr Pepper StarCenter
- TXG Texas Star Golf Course
- PATS The Parks at Texas Star
- THSN Trinity High Natatorium
- SC Simmons Senior Center
- BEP Bob Eden Park
- OFF Off-Site Location
- M Monday
- T Tuesday
- W Wednesday
- Th Thursday
- F Friday
- S Saturday
- SU Sunday

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# Camps & Clinics

## BRITISH SOCCER CAMP

Each camper will master essential skills through individual foot skill development, small-sided games and coached scrimmages. Campers will not only learn more about soccer and become better players, but they will also become more confident, which in turn leads to greater success and more fun for players and parents alike. Your British soccer coach will help you sharpen your existing skills and teach you many more! For more info, check out [www.challengersports.com](http://www.challengersports.com).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311120-01	8/4	MRC	4-6	M-F	9-10:30am	1	\$75
311120-02	8/4	MRC	4-6	M-F	10:40am-12pm	1	\$75
311120-03	8/4	MRC	6-18	M-F	9am-12pm	1	\$100

## TEXAS ALL-STAR BASEBALL CAMP

Looking for major league instruction? Let the staff of former professional and collegiate players provide your child with the knowledge and fundamentals to become a more competitive and consistent player while having a lot of fun in the process. Children should bring a sack lunch or money to purchase concessions.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311190-01	7/14	PATS	5-14	M-F	9:30am-2pm	1	\$90

## ADVENTURES IN ART CAMP

In this four-day art camp, your artists will complete eight works of art, using five different mediums, which you will be proud to frame and display. Your young Monets will paint with oils, acrylics, and watercolors; and draw with charcoals and oil pastels. All supplies are provided. Bring paper towels and wear old clothes.

Instructor: Susan Rogers

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311155-01	6/2	MRC	5-13	M-TH	2-4:45pm	1	\$102
311155-02	8/11	MRC	5-13	M-TH	2-4:45pm	1	\$102

## SKATE LIKE A "STAR" CAMP

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. Ice time will be 1:45 - 3:15 p.m. Class consists of 30 minutes of instruction, and the rest is supervised practice. Participants will receive five additional public skate passes. Please pack snacks to enjoy in between skating. The class will be held at Dr Pepper StarCenter in Euless. Instructor: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311164-01	6/16	DPSC	6-12	M-F	1:30-3:30pm	1	\$80
311164-02	7/14	DPSC	6-12	M-F	1:30-3:30pm	1	\$80
311164-03	8/11	DPSC	6-12	M-F	1:30-3:30pm	1	\$80



## JUNIOR GOLF

Participants will be taught the fundamentals of grip, stance, swing, ball contact, putting, chipping and driving. Golf rules and etiquette will be covered. The emphasis is learning how to play golf in a creative and fun environment. Participants will need junior size golf clubs. Price includes use of clubs and all you can hit range balls during the lesson.

Instructor: Texas Star Golf Pro

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310572-01	6/9	PATS	6-12	M-W	9-10am	1	\$30

## TENNIS CAMP

Participants will learn fundamentals of tennis including forehands, backhands and the mechanics of serving. Participants will be placed in groups to work on skills, games and strategies to improve their game. Please bring a water bottle and a tennis racquet to class.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311125-01	6/9	MRC	7-14	M-W	9am-12pm	1	\$45
311125-02	7/14	MRC	7-14	M-W	9am-12pm	1	\$45

## BASKETBALL CAMP: BACK TO BASICS

If you have an interest and talent in basketball, this is the only camp to attend! You will learn the fundamentals of all phases of basketball, including teamwork, ball handling, dribbling, passing, shooting, rebounding, offensive moves, and defensive strategies. Register for both camps and get \$5 off the second session.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311180-01	6/16	MRC	7-15	M-F	9am-12pm	1	\$75
311180-02	7/21	MRC	7-15	M-F	9am-12pm	1	\$75

## LIL' TYKE ADVENTURERS

Come have fun and enjoy an adventure as we explore some hands-on theme based activities. Each week will be filled with arts and crafts, music, science, games and plenty of imagination! So join us for an amazing Adventure. Participants may sign up for a week or the whole summer. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
Ocean-Have a splash with an underwater adventure.							
311110-01	6/9	MRC	4-6	M-TH	9am-2pm	1	\$77
Insect World-Come explore a bug's world.							
311110-02	6/16	MRC	4-6	M-TH	9am-2pm	1	\$77
Dinosaurs-Look out Big Rex! What an adventure it will be!							
311110-03	6/23	MRC	4-6	M-TH	9am-2pm	1	\$77
Outer Space-What does it take to be an astronaut?							
311110-04	6/30	MRC	4-6	M-TH	9am-2pm	1	\$77
Farms-Let's learn about farm animals.							
311110-05	7/7	MRC	4-6	M-TH	9am-2pm	1	\$77
Jungle-It's a jungle out there. Come monkey around							
311110-06	7/14	MRC	4-6	M-TH	9am-2pm	1	\$77
Around the World-Visit a destination a day.							
311110-07	7/21	MRC	4-6	M-TH	9am-2pm	1	\$77
Sports All Stars-Come learn about a different sport each day.							
311110-08	7/28	MRC	4-6	M-TH	9am-2pm	1	\$77



### TROJAN BASEBALL SKILLS CAMP

Improve your hitting, throwing, and catching abilities with help from the Trinity High School Baseball Staff. All skills related to the game of baseball will be stressed. So come out and get ready to have fun!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311170-01	6/9	MRC	5-8	M-TH	8:30-10am	1	\$67
311170-02	6/9	MRC	9-14	M-TH	10:30-12pm	1	\$67

### CITY OF EULESS SUMMER ADVENTURE CAMP

Weekly day camp features field trips, swimming, sports, arts & crafts, team building and more. Campers should bring their own lunch, snacks, water bottle, change of clothes, swimsuit, towel and sunscreen in a backpack everyday. Price includes the cost of fieldtrips, transportation to and from, and one camp T-shirt. You may sign your child up for the whole summer or just a week! All Fieldtrips will be announced the week prior.

**COST:** \$10 non-refundable, non-transferable deposit per week per participant. Sibling Discount of \$5 off for each additional child you have enrolled for the same week! Deposits will not be discounted. After registration you will be given a payment schedule to follow for the summer. Each week of camp will be \$75 thereafter (\$55 for week 5).

**REGISTRATION:** Residents, May 3, 2008 at 8 a.m., and Non-Residents, May 8, 2008 at 8 a.m. In order to hold your child's spot, you must put down a \$10 non-refundable, non-transferable deposit per week per participant. Registration will remain open until weeks are filled at which time your child can be placed on a waiting list at no charge. Camp will not meet on Friday, July 4.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311111-01	6/2	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-02	6/9	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-03	6/16	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-04	6/23	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-05	6/30	MRC	6-12	M-TH	7:30am-6pm	1	\$65
311111-06	7/7	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-07	7/14	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-08	7/21	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-09	7/28	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-10	8/4	MRC	6-12	M-F	7:30am-6pm	1	\$85
311111-11	8/11	MRC	6-12	M-F	7:30am-6pm	1	\$85

### TEEN L.I.F.E.

Weekly day camp that stresses Leadership, Integrity, Friendship, and Empowerment. Activities will focus on teamwork, responsibility, and community service. This newly revised program will include teen forums, guest speakers, exciting field trips, and participation in our new Parks initiative, PACS Partners (see page 16 for more information). Participation is limited to thirteen campers per week. Timeline for registration is the same as Summer Adventure Camp. Cost includes \$10 non-refundable, non-transferable deposit per week per participant. Each week of camp will be \$65 thereafter (\$45 for weeks 5).

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311112-01	6/2	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-02	6/9	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-03	6/16	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-04	6/23	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-05	6/30	MRC	12-15	M-TH	7:30am-6pm	1	\$55
311112-06	7/7	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-07	7/14	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-08	7/21	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-09	7/28	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-10	8/4	MRC	12-15	M-F	7:30am-6pm	1	\$75
311112-11	8/11	MRC	12-15	M-F	7:30am-6pm	1	\$75



# Athletics

## Adult Athletics

The Parks at Texas Star  
and  
the City of Euless present



vs.



**May 1, 2008**  
**7 p.m.**

The award-winning Parks at Texas Star will have games, prizes, and giveaways, not to mention the great food from the Fielder's Choice concession stand. So come on out on May 1st and enjoy a major event at a minor price!

Tickets are available for purchase at the Midway Recreation Center, the Parks at Texas Star, or the Parks & Community Services building beginning March 29th.

Cost will be \$5 each.

For more information, please call the Euless Athletic Office at 817-685-1838, Mondays - Fridays, 8 a.m. - 5 p.m.

**Looking for a team to play on?** Call 817-685-3100 to have your name placed on our free agents list! No Charge! All of the Euless PACS adult athletic leagues follow TAAF, NCAA and local rules.

All managers meetings will take place in the Midway Recreation Center, 300 N. Midway. Basketball and dodgeball games are played in the Midway Recreation Center. Sand volleyball games are played at Bob Eden Park. Flag football games are played at West Park and The Villages of Bear Creek Park.

### MEN'S SUMMER BASKETBALL LEAGUE

Registration: June 1 - June 30  
 Cost: \$245 per team  
 Registration Location: MRC  
 300 N. Midway  
 Euless, Texas  
 Age: 16 & older  
 Games: Six (6) plus playoffs  
 Season Opener: Tuesday, July 8th  
 Game Times: 7, 8 & 9 p.m.  
 Managers Meeting: Thurs. July 3rd at  
 7 p.m.  
 Roster Limit: 12 players/coaches

### WOMEN'S SUMMER BASKETBALL LEAGUE

Registration: April 1 - May 31  
 Cost: \$325 per team,  
 \$36 individual  
 Location: MRC, 300 N. Midway  
 Euless, Texas  
 Age: 16 & older  
 Games: Eight (8) plus playoffs  
 Season Opener: Week of June 9th  
 Game Times: Week days: 7, 8 & 9 p.m.,  
 Sunday: 1, 2, 3, 4 p.m.  
 Managers Meeting: Thursday, June 5th 7 p.m.  
 Roster Limit: 12 players/coach Per team  
 Supplies: Like colored jerseys with legal  
 basketball numbers  
 Awards: T-shirts and plaques for Champion  
 and Finalist

## Youth Athletics

*Bedford—Euless Soccer Association* 817-354-4774  
[www.besasoccer.com](http://www.besasoccer.com)  
*Mid-Cities Pee Wee Football & Cheerleading* 817-282-2390  
[www.midcitiespeeweefootball.org](http://www.midcitiespeeweefootball.org)  
*Mid-Cities Youth Basketball* 817-354-6208  
[www.midcitiesbasketball.org](http://www.midcitiesbasketball.org)  
*Texas Amateur Athletic Federation*  
[www.taaf.com](http://www.taaf.com)

### **Euless Athletics Staff**

**John Douthit**  
 Athletic Supervisor 817-685-1838  
**Ryan Alexander**  
 Athletic Coordinator 817-685-3100

## CO-ED SAND VOLLEYBALL - SUMMER 4 ON 4

Registration:	June 1 - June 31
Cost:	\$145.00 per team
Age:	16 & older
Games:	Eight (8) games. One game equals best two (2) out of three (3) match.
Season Opener:	Sunday, July 6th
Game Times:	1, 2:15, 3:30 & 4:45 p.m.
Managers Meeting:	Thursday, July 3rd at 7:45 p.m.
Roster Limit:	Eight (8) players/coach per team
Supplies:	None
Awards:	T-shirts and plaques for Champions and Finalist.

## SUMMER TRACK PROGRAM

The City of Euless Parks and Community Services Department sponsors a SUMMER TRACK PROGRAM for students age 6 through High School.

PRACTICE SESSIONS will be offered on weekdays 3 to 4 times a week at Central Junior High School. Practice will begin the week of May 19th.

COMPETITIVE MEETS are scheduled throughout the area on weekends. All qualifying meets are sanctioned by the Texas Amateur Athletic Federation (TAAF), which offers tracksters the opportunity to advance from local meets to regional meets and then to State competition at the 2008 TAAF Games of Texas held in late July.

PRE--REGISTRATION will be held at Midway Recreation Center, 300 West Midway Drive, now through May 25th. Cost for the program will be \$10 per participant. After May 25th the fee will be \$15 per participant. The fee includes TAAF registration, a City of Euless Track Team Shirt and professional instruction. Price does not include entrance fees for circuit meets. Specific workout and meet information will be made available at registration.



## SUMMER TOURNAMENTS

### **May 23 - 25**

Triple Crown North Texas Shoot-Out  
 7's & 8's Coach Pitch  
 9's-14's D1, D2, 15's, 16's & 18's  
 7's & 8's= \$375  
 9's-14's= \$435  
 15's-18's= \$450  
 John Rathbun 214-306-7712  
 baseball@triplecrown-texas.com  
 www.triplecrownsports.com

### **May 30 - June 1**

USSSA "AA" World Series Qualifier  
 8's, 11's, 12's & 13's "AA"  
 8's= \$200  
 11's-13's= \$250  
 John Douthit 817-685-1838  
 www.parksattexasstar.com

### **June 6 - 8**

USSSA Super NIT World Series Qualifier  
 Age/Cost TBA

### **June 13 - 15**

USSSA World Series Qualifier  
 10's, 12's, 14's AAA  
 \$250  
 John Douthit 817-685-1838  
 www.parksattexasstar.com

### **June 20 - 22**

USSSA "AAA" State Tournament  
 13's & 16's  
 \$400  
 John Douthit 817-685-1838  
 www.parksattexasstar.com

### **June 27 - 29**

Triple Crown North State Championship  
 7's & 8's Coach Pitch  
 9's-14's (D1, D2, D3) 15's, 16's & 18's  
 7's & 8's= \$295 D1 & D2= \$450  
 D3= \$400 15's-18's= \$475  
 John Rathbun 214-306-7712  
 www.triplecrownsports.com

### **July 11 - 13**

Texas Star "AAA" World Series Warm-Up  
 10's, 12's, 14's & 16's  
 10's-14's= \$250 16's= \$300  
 John Douthit 817-685-1838  
 www.parksattexasstar.com

### **July 18 - 20**

Texas Star "AAA" World Series Warm-Up  
 9's, 11's, 13's & 15's  
 9's-13's= \$250 15's= \$300  
 John Douthit 817-685-1838  
 www.parksattexasstar.com

# Aquatics

## SWIMMING POOL HOURS

South Eules Pool	Midway Pool	Wilshire Pool	Splash Island at South Eules Park
600 S. Main St. 817-685-1677 May 31 - August 10	300 W. Midway Dr. 817-685-1676 May 24-26, 31 - August 24 August 30 - September 1	300 Sierra Dr. 817-685-1678 May 31 - August 10	600 S. Main St. May 1 - September 30

M W F 1 - 8 p.m.	M - S 1 - 8 p.m.	M W F 1 - 5 p.m.	M-F 9 a.m. - 8 p.m.
T Th 1 - 5 p.m.		T Th 1 - 8 p.m.	
Saturday 1 - 8 p.m.		Saturday 1 - 8 p.m.	Saturday 9 a.m. - 8 p.m.
Sunday 2 - 6 p.m.	Sunday 2 - 6 p.m.	Sunday 2 - 6 p.m.	Sunday Noon - 6 p.m.

**ADMISSION: \$1.00 (Under 3 Free). There is no charge for Splash Island. Children under 7 must be accompanied by a person 16 years of age or older**  
**NOTE: Alcoholic beverages, tobacco products of any kind, non-prescription drugs and pets are not permitted in pool area. Glass containers of any kind are prohibited inside the pool.**  
*All pools will close at 6 p.m. on July 4. Adult-only swim will be the last ten minutes of each hour.*

### AMERICAN RED CROSS - LIFEGUARDING

Are you 15 or older and looking for a great summer job or challenging career? Through classroom learning and hands on practice you will learn: surveillance skills to help you recognize and prevent injuries, rescue skills, First Aid and professional rescuer CPR training. The class will also cover professional lifeguarding responsibilities like interacting with the public and addressing uncooperative patrons. Classes will meet at Midway Recreation Center Pool. Participants must register 7 days prior to class. Bring a sack lunch, towel, bathing suit and a change of clothes to class. Class will meet May 2, 3, 4, 10, and 11.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320005-01	5/2	MP	16+	F	6-9pm	2	\$90
				SA/SU	8am-4pm		

### WATER TOTS - South Eules Pool (Age 1-4 years)

Children are introduced to the water in a way most comforting to them. Parents must join the child in the pool. Children will be required to wear a swim diaper if not potty trained. Actual water time is 30 minutes. Instructor: Different Strokes Swim School, American Red Cross Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320000-01	6/2	SEP	1-4	M-TH	9-9:35am	2	\$49
320000-02	6/2	SEP	1-4	M-TH	9:45-10:15am	2	\$49
320000-03	6/3	SEP	1-4	T/TH	5:30-6:05pm	4	\$49
320000-04	6/3	SEP	1-4	T/TH	6:10-6:45pm	4	\$49
320000-05	6/3	SEP	1-4	T/TH	6:50-7:25pm	4	\$49
320000-06	6/16	SEP	1-4	M-TH	9-9:35am	2	\$49
320000-07	6/16	SEP	1-4	M-TH	9:45-10:15am	2	\$49
320000-08	7/7	SEP	1-4	M-TH	9-9:35am	2	\$49
320000-09	7/7	SEP	1-4	M-TH	9:45-10:15am	2	\$49
320000-10	7/8	SEP	1-4	T/TH	5:30-6:05pm	4	\$49
320000-11	7/8	SEP	1-4	T/TH	6:10-6:45pm	4	\$49
320000-12	7/8	SEP	1-4	T/TH	6:50-7:25pm	4	\$49

### PRIVATE LESSONS - Midway Pool

Whether you or your children simply want to refine your swimming skills or have experienced a fear of water, this class is the one for you! You will receive concentrated instruction that will be tailored to your specific goals. Receive eight 30-minute classes; semi-private are also available. Instructor: Different Strokes Swim School, American Red Cross Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320006-01	6/2	MP	4+	M-TH	11:15-11:45am	2	\$200
320006-02	6/16	MP	4+	M-TH	11:15-11:45am	2	\$200
320006-03	7/7	MP	4+	M-TH	11:15-11:45am	2	\$200
320006-04	7/21	MP	4+	M-TH	11:15-11:45am	2	\$200

## POOLS OPEN FOR THE SEASON ON MAY 31st!

### Special Daze at the Pool

**"2 Fer 1" NIGHTS:** Thursday nights, two people for the price of one. Starting at 5 p.m.

**FATHER'S DAY:** June 15, all fathers get in free with their child.

**INDEPENDENCE DAY:** July 4, ice-cold watermelon slices served to all patrons at each pool. Pools close at 6 p.m. on July 4.

### Personal Flotation Devices

Although, personal flotation devices, i.e. water wings, raft, inner tubes, etc., offer fun and enjoyment, many accidents and drownings have been attributed to the use of these devices. Therefore, the City of Eules does not allow the use of any flotation devices. The only exception to this policy would be Coast Guard-approved flotation devices.

### Swimming Pool Reservations

Pools may be reserved for private parties during non-public swim hours. Only adults may make reservations.

**Resident Rental Rates:** \$90 (2-hour rental)  
**Non-Resident Rental Rates:** \$100 (2-hour rental)  
 Includes lifeguard fee up to 50 swimmers.  
 Splash Island is NOT available for rental.  
 Depending on group size additional guards may be required. For each additional lifeguard, a fee of \$10 per hour will be added to the reservation cost.

Call 817-685-1649 or email Mary at ofaiva-siale@ci.eules.tx.us to make reservations.

**Reservations require a minimum 14-day notice.**

#### Times Available:

Saturday, 10:30 a.m. - 12:30 p.m.

Sunday, 10:30 a.m. - 12:30 p.m.

Sunday, 6:30 p.m. - 8:30 p.m.

### A Word To Our Parents

**Our lifeguards are highly trained and skilled. Their jobs are to assist in making our facilities a safe place to bring the family. However, they are not babysitters. Parents are expected to watch their children and to assist in enforcing the policies for the safety and enjoyment of all.**



For more information on swim lessons or for inclement weather information, call 817-685-1666.

## AMERICAN RED CROSS SWIM LESSONS

Students receive eight 35-minute classes of instruction. For your convenience, you may register online at [www.eules.org](http://www.eules.org) or in person at the Midway Recreation Center. Any necessary makeup classes will be held on the last Friday of the session. For more information on swim lessons or for inclement weather information, call 817-685-1666.

**In order to pass a level, participants must perform all skills comfortably.**

### LEVEL 1: Introduction to Water Skills

**Purpose:** Help students feel comfortable in the water.

- 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
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Floating on front and back

### LEVEL 2: Fundamental Aquatic Skills

**Purpose:** Give students success with fundamental skills.

- Submerging entire head
- Front and back glide
- Recognizing a swimmer in distress and getting help
- Bobbing in water
- Jellyfish float
- Swimming using combined stroke on front and back

### LEVEL 3: Stroke Development

**Purpose:** Build on the skills in level 2 by providing additional guided practice.

- Reach assist
- Treading water using arm and leg motions
- Submerging and retrieving an object
- Front and back glide
- Front and back crawl
- Kneeling or standing dive (shallow dive progression)
- Rotary breathing in horizontal position
- Survival float, back float
- Butterfly-kick and body motion

**Not sure which level your child should be in?** Let our professional swim instructors ensure proper class enrollment. Join us for a complimentary evaluation at Midway Pool on **Saturday, May 24th from 10 am - noon!**

## Midway Swimming Pool

### Level 1

320001-01	6/2	MP	4+	M-TH	9-9:35am	2	\$49
320001-02	6/2	MP	4+	M-TH	9:45-10:20am	2	\$49
320001-03	6/2	MP	4+	M-TH	10:30-11:05am	2	\$49
320001-04	6/2	MP	4+	M-TH	11:15-11:50am	2	\$49
320001-08	6/16	MP	4+	M-TH	9-9:35am	2	\$49
320001-09	6/16	MP	4+	M-TH	9:45-10:20am	2	\$49
320001-10	6/16	MP	4+	M-TH	10:30-11:05am	2	\$49
320001-14	7/7	MP	4+	M-TH	9:45-10:20am	2	\$49
320001-15	7/7	MP	4+	M-TH	10:30-11:05am	2	\$49
320001-19	7/21	MP	4+	M-TH	9:45-10:20am	2	\$49

### Level 2

320002-01	6/2	MP	4+	M-TH	9:45-10:20am	2	\$49
320002-02	6/2	MP	4+	M-TH	10:30-11:05am	2	\$49
320002-06	6/16	MP	4+	M-TH	9-9:35am	2	\$49
320002-07	6/16	MP	4+	M-TH	9:45-10:20am	2	\$49
320002-08	6/16	MP	4+	M-TH	10:30-11:05am	2	\$49
320002-09	6/16	MP	4+	M-TH	11:15-11:50am	2	\$49
320002-13	7/7	MP	4+	M-TH	9-9:35am	2	\$49
320002-14	7/7	MP	4+	M-TH	9:45-10:20am	2	\$49
320002-15	7/7	MP	4+	M-TH	10:30-11:05am	2	\$49
320002-19	7/21	MP	4+	M-TH	9-9:35am	2	\$49
320002-20	7/21	MP	4+	M-TH	9:45-10:20am	2	\$49
320002-21	7/21	MP	4+	M-TH	10:30-11:05am	2	\$49

### Level 3

320003-01	6/2	MP	4+	M-TH	9-9:35am	2	\$49
320003-02	6/2	MP	4+	M-TH	10:30-11:05am	2	\$49
320003-04	6/16	MP	4+	M-TH	10:30-11:05am	2	\$49
320003-06	7/7	MP	4+	M-TH	9-9:35am	2	\$49
320003-07	7/7	MP	4+	M-TH	9:45-10:20am	2	\$49
320003-09	7/21	MP	4+	M-TH	9-9:35am	2	\$49
320003-10	7/21	MP	4+	M-TH	10:30-11:05am	2	\$49

### Stroke and Turns

320004-01	6/2	MP	4+	M-TH	9-9:35am	2	\$49
320004-03	6/16	MP	4+	M-TH	9:45-10:20am	2	\$49
320004-07	7/21	MP	4+	M-TH	9:45-10:20am	2	\$49
320004-05	7/7	MP	4+	M-TH	10:30-11:05am	2	\$49

## Wilshire Swimming Pool

### Level 1

320001-05	6/2	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320001-06	6/2	WILP	4+	M/W/F	6-6:35pm	3	\$49
320001-07	6/2	WILP	4+	M/W/F	6:45-7:20pm	3	\$49
320001-11	6/23	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320001-12	6/23	WILP	4+	M/W/F	6-6:35pm	3	\$49
320001-13	6/23	WILP	4+	M/W/F	6:45-7:20pm	3	\$49
320001-16	7/14	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320001-17	7/14	WILP	4+	M/W/F	6-6:35pm	3	\$49
320001-18	7/14	WILP	4+	M/W/F	6:45-7:20pm	3	\$49

### Level 2

320002-03	6/2	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320002-04	6/2	WILP	4+	M/W/F	6-6:35pm	3	\$49
320002-05	6/2	WILP	4+	M/W/F	6:45-7:20pm	3	\$49
320002-16	7/14	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320002-17	7/14	WILP	4+	M/W/F	6-6:35pm	3	\$49
320002-18	7/14	WILP	4+	M/W/F	6:45-7:20pm	3	\$49
320002-10	6/23	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320002-11	6/23	WILP	4+	M/W/F	6-6:35pm	3	\$49
320002-12	6/23	WILP	4+	M/W/F	6:45-7:20pm	3	\$49

### Level 3

320003-08	7/14	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320003-03	6/2	WILP	4+	M/W/F	6-6:35pm	3	\$49
320003-05	6/23	WILP	4+	M/W/F	6:45-7:20pm	3	\$49

### Strokes and Turns

320004-02	6/2	WILP	4+	M/W/F	5:15-5:50pm	3	\$49
320004-04	6/23	WILP	4+	M/W/F	6-6:35pm	3	\$49
320004-06	7/14	WILP	4+	M/W/F	6:45-7:20pm	3	\$49

### Teen/Adult

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320008-01	6/23	WILP	15+	M/W/F	6:45-7:20pm	3	\$49
320008-02	7/14	WILP	15+	M/W/F	6:45-7:20pm	3	\$49

# Child Development

## TOTS - LEARN TO SKATE

Tots will learn the basics of ice skating in a fun environment. Toys, cones and stuffed animals are all used on the ice as teaching tools. After class, you will be able to stay during our public session and practice. Skate rental included in the class. Thirty minutes of instruction and free public skating and skate rental following class. Participants will also receive four additional public skate passes. The class will be held at the Dr Pepper StarCenter in Eules. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311161-01	6/7	DPSC	3-4	S	1:30-2pm	4	\$55
311161-02	7/5	DPSC	3-4	S	1:30-2pm	4	\$55
311161-03	8/2	DPSC	3-4	S	1:30-2pm	4	\$55

## 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. After class you will be able to stay during our public session and practice. Skate rental included in the class. Thirty minutes of instruction and free public skating and skate rental following class. Participants will also receive four additional public skate passes. The class will be held at the Dr Pepper StarCenter in Eules. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311163-01	6/7	DPSC	3-5	S	2-2:30pm	4	\$65
311163-02	7/5	DPSC	3-5	S	2-2:30pm	4	\$65
311163-03	8/2	DPSC	3-5	S	2-2:30pm	4	\$65

## TUMBLE & CHEER

This combo class focuses on basic tumbling moves as well as chants, cheers and jumps. Children will improve their coordination, balance and flexibility through this fun and exciting program.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310210-01	6/7	MRC	3-6	S	10-10:45am	4	\$30
310210-02	7/12	MRC	3-6	S	10-10:45am	4	\$30
310210-03	8/9	MRC	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	\$
310515-01	6/7	MRC	4-7	S	8:15-9am	4	\$35
310515-02	7/12	MRC	4-7	S	8:15-9am	4	\$35
310515-03	8/16	MRC	4-7	S	8:15-9am	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. This class will meet at Bob Eden Park.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310500-01	5/10	BEP	4-6	S	9-9:45am	4	\$30
310500-02	5/10	BEP	4-6	S	10-10:45am	4	\$30
310500-03	6/7	BEP	4-6	S	9-9:45am	4	\$30
310500-04	6/7	BEP	4-6	S	10-10:45am	4	\$30
310500-05	7/12	BEP	4-6	S	9-9:45am	4	\$30
310500-06	7/12	BEP	4-6	S	10-10:45am	4	\$30



## 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. Thirty minutes of instruction and free public skating and skate rental following class. Participants will receive four additional public skate passes. The class will be held at Dr Pepper StarCenter in Euless. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311162-01	6/3	DPSC	5-13	T	7:30-8pm	4	\$55
311162-02	6/7	DPSC	5-13	S	1:30-2pm	4	\$55
311162-03	7/1	DPSC	5-13	T	7:30-8pm	4	\$55
311162-04	7/5	DPSC	5-13	S	1:30-2pm	4	\$55
311162-05	8/2	DPSC	5-13	S	1:30-2pm	4	\$55
311162-06	8/5	DPSC	5-13	T	7:30-8pm	4	\$55

## 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 the student's name on it.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310520-01	6/7	MRC	8-12	S	9:15-10am	4	\$35
310520-02	7/12	MRC	8-12	S	9:15-10am	4	\$35
310520-03	8/16	MRC	8-12	S	9:15-10am	4	\$35

## SALSA KIDS

This Salsa program is designed to teach children basic to intermediate moves while stressing coordination and balance. In this new and exciting class, students will work together to perfect their moves and have fun doing so.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310233-01	6/10	MRC	8-16	T	6-7pm	6	\$30
310233-02	7/22	MRC	8-16	T	6-7pm	6	\$30

## TAEKWON-DO TIGERKUBS

This age appropriate introduction to martial arts is designed to teach your child the 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 while building character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. Instructor: Kira Cole.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310130-01	5/31	MRC	5-8	S	9-9:45am	6	\$20
310130-02	7/26	MRC	5-8	S	9-9:45am	6	\$20



## TAEKWON-DO BEGINNERS

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

This age 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 old or completed at least one session of the Tigerkubs program and been approved by the instructor before registering. Instructor: Taekwon-Do Jungshin Certified Black Belt Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310131-01	5/27	MRC	6-12	T	6-7:15pm	6	\$55
		MRC		S	10-11:15am		
310131-02	7/22	MRC	6-12	T	6-7:15pm	6	\$55
		MRC		S	10-11:15am		

## TAEKWON-DO ADVANCED

(Ages 6-12)(Green Belt - Black Belt)

This age 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	\$
310132-01	5/26	MRC	6-12	M	6-7:15pm	6	\$52
		MRC		TH	6-7:15 pm		
310132-02	7/21	MRC	6-12	M	6-7:15pm	6	\$55
		MRC		TH	6-7:15 pm		

\*For more youth classes, see our camp listings on pages 20-21.



# Adult/Teen Activities

## WATER AEROBICS/WELLNESS & WEIGHT MANAGEMENT

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. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. For more information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320011-01	6/2	MP	17+	M/W/F	8-8:50am	4	\$34
320011-02	7/2	MP	17+	M/W/F	8-8:50am	4	\$34
320011-03	8/1	MP	17+	M/W/F	8-8:50am	4	\$34
320011-04	6/2	WILP	17+	M/W	7:30-8:20pm	4	\$30
320011-05	7/2	WILP	17+	M/W	7:30-8:20pm	4	\$30
320011-06	8/4	WILP	17+	M/W	7:30-8:20pm	4	\$30

## DEEP WATER DYNAMICS

Deep-water aerobics offers a program which improves overall aerobic fitness, cardiovascular endurance, flexibility, coordination and promotes the development of muscle strength. Take your workout to the next level with water, power and resistance. Deep-water exercise is at the top of the charts as far as burning calories. Flotation noodles are provided. Minimal swimming skills and water comfort are recommended, unless you prefer to work out in the shallower end. This class is for all fitness levels. Aquatic strength training and abdominal work are included in all classes. For additional information, call Bev at 817-649-SWIM.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
320012-01	6/3	SE	17+	T/TH	7:30-8:20pm	4	\$30
320012-02	7/1	SE	17+	T/TH	7:30-8:20pm	4	\$30
320012-03	8/5	SE	17+	T/TH	7:30-8:20pm	4	\$30

## EVENING COMBO CLASS

### Water Aerobics & Deep Water Dynamics

Sign up for both evening Water Aerobics and Deep Water classes for a total body workout at a discounted price. Please call Bev if you want to attend morning Water Aerobics instead of evening. Permission must be granted before attending morning sessions. See above class for details.

BEG	LOC	AGE	DAY	TIME	#WKS	\$
6/2	WILP/SE	17+	M-TH	7:30-8:20pm	4	\$52
7/1	WILP/SE	17+	M-TH	7:30-8:20pm	4	\$52
8/4	WILP/SE	17+	M-TH	7:30-8:20pm	4	\$52

## WALKING FIT

Walk your way to fitness with a walk in the park. Walking is a great way to get and stay in shape. This low impact cardio workout is for all fitness levels. Learn proper walking and stretching techniques to help prevent injuries. Class will include fitness assessments, walking drills and walking routines. Wear comfortable shoes, sunscreen and ankle/wrist weights to increase intensity level. No class 6/28, 8/2, and 8/30. Instructor: Courtney Jester

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310320-01	6/2	BEP	16+	M/W	6:30-7:20pm	4	\$28
		VBC		SA	9-10:30am		
310320-02	7/7	BEP	16+	M/W	6:30-7:20pm	4	\$28
		VBC		SA	9-10:30am		
310320-03	8/4	BEP	16+	M/W	6:30-7:20pm	4	\$28
		VBC		SA	9-10:30am		

## 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	\$
310315-01	6/2	MRC	13+	M/TH	6-7pm	4	\$37
310315-02	7/7	MRC	13+	M/TH	6-7pm	4	\$37



## BODY SCULPT

If your goal this summer is to tone up and get in shape, this is the class for you! Resistance training helps strengthen muscles and increase metabolism. This workout will tone and define every major muscle in your body and is ideal for fitness levels beginner to intermediate. This is a non-aerobic workout using hand weights to tone and strengthen the whole body. Bring your own hand weights, 3-12 lbs depending on your fitness level, and a yoga mat to class. No class on June 28 or August 1. Price for M/W only is \$38 per session. Instructor: Courtney Jester

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310355-01	6/2	MRC	16+	M/W	8-9pm	4	\$46
				SA	11am-noon		
310355-02	7/7	MRC	16+	M/W	8-9pm	4	\$46
310355-03	8/4	MRC	16+	F	5:30-6:30pm	4	\$38
				M/W	8-9pm		

## YOGA

Yoga is an ancient, multi-faceted art form that magnifies the body, mind and breath connection. Through the execution of asana and philosophy, this class will challenge your mind, regulate your breathing and change your body. Experience strength, balance, grace, relaxation and weight loss. Yoga changes lives! Instructor: Aubree Blomgren

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310330-01	6/3	MRC	13+	T	6-6:55pm	4	\$45
				TH	7-7:55pm		
310330-02	7/8	MRC	13+	T	6-6:55pm	4	\$45
				TH	7-7:55pm		
310330-03	8/26	MRC	13+	T	6-6:55pm	4	\$45
				TH	7-7:55 pm.		

## ZUMBA

Zumba combines Latin music with aerobic interval training to burn calories and sculpt and tone the body. This class is designed for all fitness levels. It is easily becoming one of the newest sensations. Come dance away the pounds! Instructor: Araceli Hernandez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310300-01	5/5	MRC	13+	M/W	7-8pm	4	\$48
310300-02	6/2	MRC	13+	M/W	7-8pm	4	\$48
310300-03	7/2	MRC	13+	M/W	7-8pm	4	\$48
310300-04	8/4	MRC	13+	M/W	7-8pm	4	\$48

## BOOT CAMP

Re-boot your body by starting this new fitness program designed to reveal your physical potential. Boot camp is a high energy, butt kicking, all-level, constantly evolving workout that will burn calories, drop excess weight and uncover the "new" you! Instructor: Aubree Blomgren

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310350-01	6/3	MRC	16+	T/TH	6-7am	4	\$45
310350-02	7/8	MRC	16+	T/TH	6-7am	4	\$45
310350-03	8/26	MRC	16+	T/TH	6-7am	4	\$45

## PILATES

Pilates is a series of non-impact exercises that develops strength, flexibility, balance and inner awareness. This workout will tone without adding bulk, making this routine ideal for anyone seeking to have a more defined body. It can help prevent injuries, improve posture and body alignment and create better concentration, circulation, and balance. Instructor: Aubree Blomgren

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310325-01	6/3	MRC	13+	T	7-7:55pm	4	\$45
				TH	8-8:55pm		
310325-02	7/8	MRC	13+	T	7-7:55pm	4	\$45
				TH	8-8:55pm		
310325-03	8/26	MRC	13+	T	7-7:55pm	4	\$45
				TH	8-8:55pm		

## 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. Participants will receive four additional public skate passes to practice their moves. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS #	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311165-01	6/3	DPSC	14+	T	8-8:30pm	4	\$55
311165-02	7/1	DPSC	14+	T	8-8:30pm	4	\$55
311165-03	8/5	DPSC	14+	T	8-8:30pm	4	\$55

## LADIES GOLF

Ladies will be taught the 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	\$
310571-01	6/4	PATS	16+	W	6-7pm	4	\$40



## TAI CHI - CHI-XERCISE

A system of mental and physical exercises focusing on the six basic conditions of whole health balance: being free from fatigue, sleeping soundly, having good humor, appetite, memory and mindfulness. Experience not just the absence of disease, but a powerful feeling of wellness. New classes begin monthly. Wear loose fitting clothing and flat shoes. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310307-01	6/4	MRC	16+	W	6-7pm	4	\$40
310307-02	7/2	MRC	16+	W	6-7pm	4	\$40
310307-03	8/6	MRC	16+	W	6-7pm	4	\$40

## TAI CHI I - BEGINNERS

Tai Chi is an internal-style martial art that is a weight-bearing, moderate intensity cardiovascular exercise great for all fitness levels. It improves balance, respiratory and immune functions and promotes physical, mental and emotional well-being. Wear loose fitting clothing and flat shoes. This class begins every two months. New students may only register during June or August sessions. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310305-01	6/4	MRC	16+	W	7-8pm	4	\$40
310305-02	7/2	MRC	16+	W	7-8pm	4	\$40
310305-03	8/6	MRC	16+	W	7-8pm	4	\$40

## TAI CHI II - CORRECTION

Returning students may participate in this class with the instructor's permission. Students will progress into more advanced and intricate skill development of the Tai Chi Form, Chi Kung exercises and two-person drills. Instructor: Wendy Love

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310306-01	6/4	MRC	16+	W	8-9pm	4	\$40
310306-02	7/2	MRC	16+	W	8-9pm	4	\$40
310306-03	8/6	MRC	16+	W	8-9pm	4	\$40

## 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	\$
310134-01	5/27	RMC	13+	T	7:30-9pm	6	\$65
		MRC		TH	7:30-9pm		
310134-02	7/22	RMC	13+	T	7:30-9pm	6	\$65
		MRC		TH	7:30-9pm		

# Adult/Teen Activities

## HAPKIDO

Hapkido, the art of coordinated power, is a comprehensive Korean self-defense system involving joint locks, pressure points, throws, kicks and strikes. Hapkido, a "soft" martial art, seeks to gain advantage over an opponent through techniques, avoiding the use of strength against strength. This class is designed for beginner through black belt and beyond. Instructor: Todd Jach

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310133-01	6/2	RMC	13+	M	7:30-9pm	4	\$42
		MRC		F	6-7:30pm		
310133-02	7/7	RMC	13+	M	7:30-9pm	4	\$42
		MRC		F	6-7:30pm		
310133-03	8/1	RMC	13+	M	7:30-9pm	4	\$42
		MRC		F	6-7:30pm		

## BELLY DANCE BASICS FOR LADIES

Try something totally new and different! In this fun and energetic class you will learn the basics of Belly Dance and get a great work out too. No experience needed. Shimmy and shake away those extra pounds with this healthy, low-impact dance class for all body types. No class on June 30. Instructor: Behka Hartmann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310220-01	6/2	MRC	16+	M	6-6:55pm	8	\$39
310220-02	8/4	MRC	16+	M	6-6:55pm	8	\$39

## INTERMEDIATE BELLY DANCE COMBOS

Have fun learning Belly Dance combinations. This class will focus on introducing simple, low-impact choreography. It is recommended that this class be taken only after attending one session of the Monday night basic class, as this class will move at a faster pace. Join us for a shimmy good time! No class on July 2. Instructor: Behka Hartmann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310221-01	6/4	MRC	16+	W	6-6:55pm	8	\$39
310221-02	8/6	MRC	16+	W	6-6:55pm	8	\$39

## SALSA

In this class you will learn basic to intermediate partner moves to Salsa dancing. This includes learning to lead/follow, listening to the music and knowing the correct beat of the music on which you will be dancing. On the weekend of the third and last class we will take a trip to one of the best Salsa clubs in DFW to practice everything you have learned. This is a fun and enjoyable class that offers the opportunity to meet new friends and perhaps even a dance partner. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310230-01	6/9	MRC	13+	M	7-8pm	6	\$40
310230-02	7/21	MRC	13+	M	7-8pm	6	\$40



## SALSA - ADVANCED

In this class you will learn intermediate to advanced partner moves to Salsa dancing. You will continue to improve on leading/following your partner and will incorporate multiple turns, hammer-lock moves, pretzel moves and more. On the weekend of the third and last class we will take a trip to one of the best Salsa clubs in DFW to practice everything you have learned. This is a fun and enjoyable class that offers the opportunity to meet new friends and perhaps even a dance partner. Couples pay only \$100 when they sign up together. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310231-01	6/9	MRC	13+	M	8-9pm	6	\$40
310231-02	7/21	MRC	13+	M	8-9pm	6	\$40

## 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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310241-01	6/3	MRC	13+	T	7-7:55pm	6	\$35
310241-02	7/22	MRC	13+	T	7-7:55pm	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. Some novelty dances will also be taught. Couples and singles are welcome. Price is per person. Instructors: Chuck and Peggy Keim

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310242-01	6/3	MRC	13+	T	8-8:55pm	6	\$35
310242-02	7/22	MRC	13+	T	8-8:55pm	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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
310243-01	6/3	MRC	13+	T	9-9:50pm	6	\$35
310243-02	7/22	MRC	13+	T	9-9:50pm	6	\$35

## 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 10 years, it's more important than ever to make sure your retirement plan is on track to help you achieve the retirement lifestyle of your dreams. Our class will show you how to take inventory of your current assets, determine how much income you may need during retirement and structure retirement plan distributions to best suit your unique situation. Instructor: Mike Scoma of Edward Jones

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
311002-01	6/10	MRC	18+	T	6-7:30pm	1	FREE
311002-02	6/26	MRC	18+	TH	6-7:30pm	1	FREE
311002-03	7/8	MRC	18+	T	6-7:30pm	1	FREE
311002-04	8/19	MRC	18+	T	6-7:30pm	1	FREE



## YOU CAN PAINT

Impress your family and friends with the beautiful landscape, still life, or seascape. You can paint with oils in one inspiring, fun-filled class. Yes, even beginners will start and finish a masterpiece you will want to frame and display. Color theory, time saving brush strokes and color mixing will be explained and demonstrated step-by-step by a professional artist. All of your art supplies are provided. Wear old clothes and bring a roll of paper towels. Instructor: Susan Rogers

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
"Monet's Giverney"							
310815-01	6/5	MRC	14+	TH	6-9pm	1	\$37
"Point Lobos on the Monterey Coast"							
310815-02	7/31	MRC	14+	TH	6-9pm	1	\$37
"Napa Valley Vineyard"							
310815-03	8/14	MRC	14+	TH	6-9pm	1	\$37

