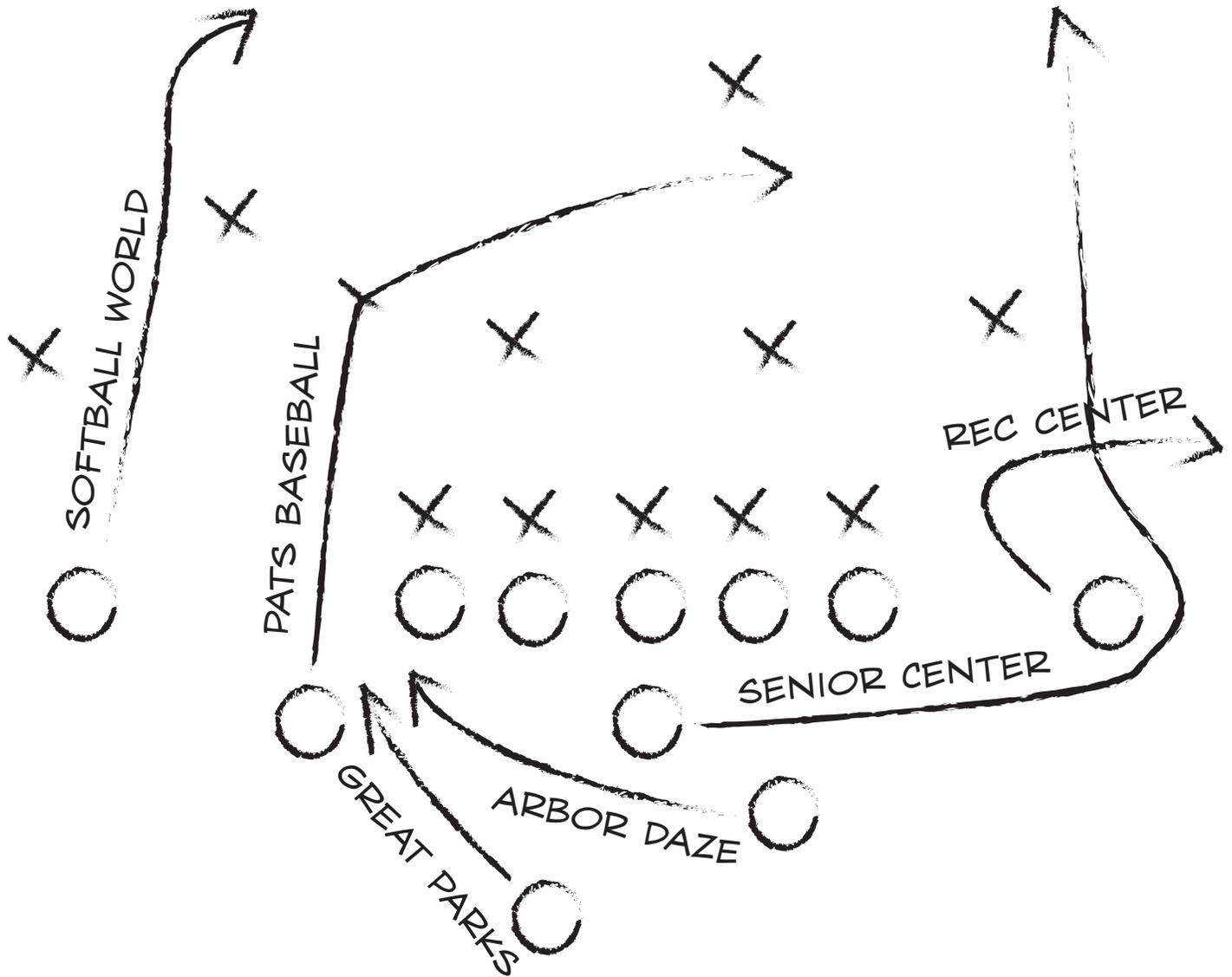




# the PLAYBOOK

SPRING 2012



ATHLETICS / EVENTS / CLASSES / SENIORS / RENTALS / PARKS

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817-685-1666

### Eules Family Senior Center

817-685-1671

### Athletics

817-685-1838

### Facility Rentals

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### Softball World

817-267-7135

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## Welcome...

...to the first edition of The Eules Playbook, the official publication of the Eules Parks and Community Services Department. This is a marketing channel that will make it easier for all of our residents to learn about all the recreational programs that are available through the City. This publication will be produced 3 times a year. The printed version will be available at the various marketing displays throughout the City and inside the Eules Family Life Center. Additionally, an online version will be available on the City website, Facebook and the MyEules email alert system.

The Eules Parks and Community Services Department provides recreational opportunities through 17 parks, 6.4 miles of trail, Recreation Center, Senior Center, Fitness Center, Texas Star Athletic Complex, Softball World, 11 total rental facilities & 15 annual special events.

A special **thank you** to these local businesses for making the Eules Playbook available to area residents: **Eules Chik-Fil-A (3003 Highway 121)**, **Dr Pepper StarCenter (1400 S. Pipeline)**, **Golden Chick (2600 W. Eules Blvd)**, **NYPD Deli (304 S. Industrial)**, **Starbucks (211 N. Main)**, **Microtel Inn (901 Airport Freeway)**, **Eules Wok (1060 N. Main)**.

## Arbor Daze Festival returns in 2012!

The first Arbor Day was proclaimed in the State of Nebraska on April 10, 1872, through the effort of J. Sterling Morton. It is estimated that one million trees were planted in Nebraska on that first Arbor Day. Mr. Morton believed that trees brought value as windbreaks to prevent soil erosion, shade from the hot sun, and a renewable source of fuel and building materials. Today, Arbor Day is celebrated throughout the United States and in many other countries around the world.

The roots of the City of Eules celebration of Arbor Day can be traced to a Home and Garden Expo held in 1988 in the old gymnasium of what is now City Hall. Attended by some 1,500 residents, the event was declared a success and plans made to hold an annual event emphasizing trees and beautification. The following year, the "How to Grow Lawn and Garden Show" was held, and the event kept growing year after year.

A 25 year "Tree City USA" recipient, the City of Eules is proud of their many "tree"-mendous accomplishments promoting Arbor Day. Each

attendee of the festival will receive a free tree. The urban tree canopy has been dwindling for decades, and the Arbor Daze Festival has given over 150,000 trees since its inception 24 years ago. Most of these trees have been planted in the immediate area to replenish the local tree population.

Arbor Daze 2012 will feature great local entertainment, Arts and Crafts Booths, Business Expo, Arbor Dazzling Kidz Zone, Forestry Village and great food! Vendor applications and further details are available by visiting us at [www.arbordaze.org](http://www.arbordaze.org).

## ATHLETICS

### Parks at Texas Star Baseball League

Registration Jan. 2 – Feb. 13

[www.parksattexasstar.com](http://www.parksattexasstar.com)

Athletic Office 817-685-1838

### Spring Men's Basketball League

Registration: March 1 – 31

[www.eulesstx.gov/pacs/athletics](http://www.eulesstx.gov/pacs/athletics)

Athletic Office 817-685-1838

### Summer Women's Basketball League

Registration: May 1 – 31

[www.eulesstx.gov/pacs/athletics](http://www.eulesstx.gov/pacs/athletics)

Athletic Office 817-685-1838

### Youth Summer Track Team

Registration April 1 – May 13

[www.eulesstx.gov/pacs/athletics](http://www.eulesstx.gov/pacs/athletics)

Athletic Office 817-685-1838

## **Family Life Center Open House**

**Saturday, January 7, 10 a.m. to 12 p.m.**

Enjoy a free day of fitness and learn how you can reach your fitness goals at the Euless Family Life Center. Speak with our knowledgeable instructors, try out free class demonstrations, tour the facility, and register for programs. We will also have refreshments and activities for children. (A photo ID is required if you would like to use the facility free for the day.) Please call (817) 685-1666 for more information.

## **DFW Airport R & R Program**

**February 6th - 12th**

Volunteers are needed for this very special event each morning February 6-12. Transportation will be provided for participants who need it, otherwise meet us at DFW Airport and help us give our troops a hero's welcome home. As our hero's come off the plane, we will cheer for each soldier and hand out "goodie bags" filled with snacks. This is just a small way for us to say thank you for their service to our county. The phone number for the flight arrival time is 972-574-0392. Each morning start calling at 6 a.m. to find out the arrival time of the flight, and the corresponding airport terminal where it will land. Participants who require transportation will meet at Euless City Hall 45 minutes before the arrival time. Staff will leave 30 minutes before the arrival time. All other participants will meet at the announced airport terminal 15 minutes prior to arrival time. The Airport R & R Program is a very special way to welcome home our troops, and to show them how much we appreciate what they do for us each and every day. For information, call 817-685-1666. For participants who need transportation please call Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov) to reserve your seat.

## **"Grease", February 24, 6 - 9 p.m.**

**Euless Family Life Senior Center**

**300 W. Midway Drive**

Roll up your jeans or put on your Pink Ladies jacket and get ready for a musical night of family fun as we sing-along to this movie classic! In addition to the movie, we will have a costume contest, crafts, and refreshments. Admission to this event is one canned food item per person, benefitting 6 Stones Mission Network. For more information, please call (817) 685-1666.

## **Tarrant Area Food Bank**

**Monday, March 12, 9 a.m. - Noon**

Volunteers are needed to help the Tarrant Area Food Bank with inspecting, separating, and distributing food for those that are in need. We will work for three hours on Monday, March 12th from 9 a.m. - Noon. We will meet at the Euless Library at 7:30 a.m. and will take vans to their location. If you are interested, please call Jerry Poteet at 817-685-1449 or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). There is enough room for the first 30 who sign-up.

## **Summer Job Prep Class**

**Saturday, March 24, 10 a.m. to 12 p.m.**

March and April are the best months to apply for summer positions. Let the staff at the Euless Family Life Center guide teens through the process of applying, interviewing, and accepting employment. Brief workshops will help them understand the do's and don'ts of employment, including phone etiquette, time management, and communication between parents and employers. Teens will leave with a better understanding of summer employment and will have the opportunity to speak with City of Euless staff about current job opportunities available. This free program is designed for teens and is not a job fair. For more information, please call (817) 685-1666.

## **Texas Trash Off**

**Saturday, April 14, 9 a.m. - Noon**

**Meet at Villages of Bear Creek Park**

**1951 Bear Creek Parkway**

Volunteers are needed for the Annual State Wide Texas Trash Off. Grab a friend and meet us at the Villages of Bear Creek Park (*see the park map on page 14*). When you arrive you will receive a trash bag, plastic gloves, and bottled water, everything that you will need for this event. You will then be assigned to various areas of our city to pick up trash to help beautify our community. Afterwards meet us back at the park for a free hot dog lunch including chips and a drink. For more information please contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov)

## **Coming This Spring!**

### **Kids' Community Service Project**

Want to help make a real difference in your community? Helping in the community can bring great benefits to kids—they'll develop empathy for others, build positive relationships with adults and peers, become empowered to make a difference in their world, and learn valuable life skills. The Euless Parks & Community Services Department will be coordinating a community service project to take place late spring / early summer and we need your help. Difference makers are encouraged to call to pre-register. Specific information about the project will be announced in the spring. For more information, please call (817) 685-1666.

## **Arbor Daze**

**April 28 & 29**

**City Hall Complex**

**201 N. Ector Drive**

Volunteers are needed for our National Award-Winning Arbor Daze Festival scheduled for April 28th & 29th. We need over two hundred volunteers for the Kidz Zone, Tree Give-Away, Forestry Village and other exciting areas. Please sign up for your time slot by calling Jerry at 817-685-1449 or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). Vendor applications are available at [www.arbordaze.org](http://www.arbordaze.org).

# CLASSES

## CHILD & YOUTH ACTIVITIES

### SIGNING TIME: POTTY TIME PARENT & TODDLER WORKSHOP

Potty training made fun and easy! Sing, sign, and dance your way through potty training. This positive approach will help toddlers communicate with their caregivers about what their bodies are telling them. The workshop cost includes parents and toddlers. Instructor: Ginger Cleveland

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210025-01	1/12	EFLC	1+	TH	6-7pm	1	\$17
210025-02	1/14	EFLC	1+	S	10-11am	1	\$17
210025-03	2/21	EFLC	1+	T	6-7pm	1	\$17
210025-04	3/3	EFLC	1+	S	9:30-10:30am	1	\$17

### PRESCHOOL PLAY DATES

Bring your preschooler for fun, games, and social interaction. Meet with other parents and learn about the many programs the Eules Family Life Center offers for families. This program is absolutely free! Call (817) 685-1666 for more information. Instructor: Eules Family Life Center Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210020-01	1/26	EFLC	2+	TH	10-11:30am	1	FREE
210020-02	3/22	EFLC	2+	TH	10-11:30am	1	FREE

### MOMMY AND ME GYMNASTICS

Our Mommy and Me program is a parent/child participation class led by a safety-educated instructor. Includes an aerobic musical warm-up designed to teach the children rhythm, balance, coordination, and basic gymnastics terminology. The class uses a tumbling circuit designed to teach basic tumbling skills like front and back rolls, handstands, and cartwheels. Trampolines are used to help with body awareness, leg strengthening, and balance. Children are also introduced to the bars and balance beam using an apparatus circuit. And we never forget about play time with games and fun activities such as parachutes, bubbles, and balls! The class usually ends with stomp time and the bye-bye song. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210181-01	1/23	EFLC	18-30m	M	6-6:45pm	4	\$54
210181-02	3/19	EFLC	18-30m	M	6-6:45pm	6	\$68
210181-03	4/30	EFLC	18-30m	M	6-6:45pm	4	\$54

### ABRAKADOODLE ART FOR TWOOSY DOODLERS (Ages 20-36 Months)

New classes every week!!! In this class, parents and children will explore the basics of art together. Children will be exposed to many mediums, art styles, and fun while parents have the chance to interact with their child through art. Caregiver participation is required for these classes. An \$8 supply fee is due on the first day of class. No class 3/15. Instructor: Abrakadoodle DFW

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210004-01	1/5	EFLC	20-36m	TH	9:30-10:30am	4	\$40
210004-02	2/2	EFLC	20-36m	TH	9:30-10:30am	4	\$40
210004-03	3/1	EFLC	20-36m	TH	9:30-10:30am	4	\$40
210004-04	4/5	EFLC	20-36m	TH	9:30-10:30am	4	\$40
210004-05	5/3	EFLC	20-36m	TH	9:30-10:30am	4	\$40

### TOT ICE SKATING INSTRUCTION

Tots 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 two free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211161-01	1/21	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-02	2/11	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-03	3/24	DPCS	3-4	S	11:15-11:45am	2	\$30
211161-04	5/12	DPSC	3-4	S	11:15-11:45am	2	\$30

### ABRAKADOODLE ART FOR MINI DOODLERS

Your child will have loads of fun while learning about master and contemporary artists, various art mediums and techniques. In our art education classes, children complete a new project each class. Parents are invited to attend the gallery showing during the last 10 minutes of class, where their child will be presenting their artwork using their newly learned arty words. An \$8 supply fee is due on the first day of class. New classes every week!!! No class 3/15.

Instructor: Abrakadoodle DFW

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210005-01	1/5	EFLC	3-5	TH	4-5pm	4	\$40
210005-02	2/2	EFLC	3-5	TH	4-5pm	4	\$40
210005-03	3/1	EFLC	3-5	TH	4-5pm	4	\$40
210005-04	4/5	EFLC	3-5	TH	4-5pm	4	\$40
210005-05	5/3	EFLC	3-5	TH	4-5pm	4	\$40

### JAZZ/BALLET COMBO

This class teaches the basics of jazz and ballet technique. Students will learn jazz and ballet steps and combinations as well as a recital dance. Students will gain an understanding of body awareness as well as performance skills, rhythm and musicality. All students will learn proper dance terminology. Ballet and jazz shoes are required for participation in this class. No class 3/17. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-01	1/14	EFLC	3-6	S	10-10:45am	7	\$79
210200-02	3/3	EFLC	3-6	S	10-10:45am	4	\$54
210200-03	4/14	EFLC	3-6	S	10-10:45am	6	\$68

### HIP-HOP DANCE

Hip hop your way through 45 minutes of high-energy dance set to pop, hip hop and up tempo music. A short warm up will be followed by a combination that will grow and be repeated throughout class. Each week a new combination will be taught. All students will learn proper dance terminology. Class will end with a short cool down. Requested attire includes: comfortable athletic wear and jazz shoes. No class 3/17. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210208-01	1/14	EFLC	3-6	S	11-11:45am	7	\$79
210208-02	3/3	EFLC	3-6	S	11-11:45am	4	\$54
210208-03	4/14	EFLC	3-6	S	11-11:45am	6	\$68

### JUST 4 FLIPS GYMNASTICS PRE-K

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes, and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210210-01	1/23	EFLC	3-6	M	5-5:45pm	4	\$54
210210-02	3/19	EFLC	3-6	M	5-5:45pm	6	\$68
210210-03	4/30	EFLC	3-6	M	5-5:45pm	4	\$54

### JUST 4 FLIPS CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer! Boys and girls are welcome to join. Our classes are taught by instructors trained as all-star cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210215-01	1/23	EFLC	3-7	M	7-7:45pm	4	\$54
210215-02	3/19	EFLC	3-7	M	7-7:45pm	6	\$68
210215-03	4/30	EFLC	3-7	M	7-7:45pm	4	\$54



**FUN TIME FOR LEARNERS**

In this activity based class, your child will learn the benefits of physical activity through art and crafts, music and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and a lunch to class each day. No Class 1/16, 3/12, & 3/14. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210002-01	1/9	EFLC	3-5	M/W	9am-1pm	3	\$77
210002-02	1/30	EFLC	3-5	M/W	9am-1pm	4	\$102
210002-03	2/27	EFLC	3-5	M/W	9am-1pm	4	\$102
210002-04	4/2	EFLC	3-5	M/W	9am-1pm	4	\$102
210002-05	4/30	EFLC	3-5	M/W	9am-1pm	4	\$102

**TERRIFIC TUESDAY'S & THURSDAY'S**

In this activity based class, your child will learn the benefits of physical activity through arts and crafts, music, and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and lunch to class. No class 3/13 & 3/15. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	1/10	EFLC	3-5	T/TH	9am-1pm	3	\$77
210003-02	1/31	EFLC	3-5	T/TH	9am-1pm	4	\$102
210003-03	2/28	EFLC	3-5	T/TH	9am-1pm	4	\$102
210003-04	4/3	EFLC	3-5	T/TH	9am-1pm	4	\$102
210003-05	5/1	EFLC	3-5	T/TH	9am-1pm	4	\$102

**UNDER THE RIM BASKETBALL**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210515-01	1/7	EFLC	5-10	S	10-10:45am	4	\$35
210515-02	2/4	EFLC	5-10	S	10-10:45am	4	\$35
210515-03	3/10	EFLC	5-10	S	10-10:45am	4	\$35
210515-04	4/14	EFLC	5-10	S	10-10:45am	3	\$27
210515-05	5/5	EFLC	5-10	S	10-10:45am	4	\$35

**YOU CAN PAINT FOR YOUTH**

Amaze yourself, family, and friends with the beautiful oil painting you can complete in one fun and easy lesson taught by professional artist, Robert Garden and Susan Garden. You will learn color mixing and perspective as you master time saving short cuts, which will help you paint like a pro. All art supplies provided. Wear an old T-shirt and bring paper towels. Class themes: Swiss Chalet in the Alps, Stairway to Italian Villa, Sailboats on Lake Grapevine, Close up Bluebonnets, The Grand Canyon  
Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210815-01	1/19	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-02	2/16	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-03	3/22	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-04	4/26	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-05	5/24	EFLC	5-13	TH	4-5:30pm	1	\$22

**GIRLS NIGHT**

Girls-spend your first night of Spring Break with us! Bring your friends and enjoy a night full of games, karaoke, crafts and even a fashion show. Price includes pizza and ice cream. Please register early spots will fill quickly. Instructor: Camp Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211112-01	3/9	EFLC	6-10	F	6-10pm	1	\$15

**ABRAKADOODLE ELEMENTARY ART EDUCATION**

New classes every week!!! Abrikadoodle Art Education classes are designed to meet and exceed Texas and National Standards for art education while children have fun. The children will learn about an artist or technique each week and complete a project to be taken home. Parents are invited to attend the gallery showing during the last 10 minutes of class, when their child will be presenting their artwork using their learned arty words. Home School Students Welcome!! \$8 supply fee due on first day of class. Instructor: Abrikadoodle DFW

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210010-01	1/7	EFLC	6-12	S	1-2pm	4	\$40
210010-02	2/4	EFLC	6-12	S	1-2pm	4	\$40
210010-03	3/3	EFLC	6-12	S	1-2pm	4	\$40
210010-04	4/7	EFLC	6-12	S	1-2pm	4	\$40
210010-05	5/5	EFLC	6-12	S	1-2pm	4	\$40

**TAEKWONDO TIGERKUBS**

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the 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 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	SIM	5-8	S	9-9:45am	9	\$28
210130-02	3/24	SIM	5-8	S	9-9:45am	8	\$28

**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 following class. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211162-01	1/17	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-02	1/21	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-03	2/7	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-04	2/11	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-05	3/20	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-06	3/24	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-07	5/8	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-08	5/12	DPSC	5-13	S	11:15-11:45am	2	\$30

# CLASSES



## TAEKWONDO BEGINNERS (Ages 9-13) (White Belt - Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwondo-Do Jungshin Program. It is 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. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210131-01	1/10	SIM	8-12	T	6-7:15pm	9	\$81
		SIM		S	10-11:15am		
210131-02	3/20	SIM	8-12	T	6-7:15pm	8	\$72
		SIM		S	10-11:15am		

## TAEKWONDO 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 reaching their first black belt and beyond. Must have instructor approval to register. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210132-01	1/9	SIM	8-12	M/TH	6-7:15pm	9	\$81
210132-02	3/19	SIM	8-12	M/TH	6-7:15pm	8	\$72

## MAKING THE CUT BASKETBALL PERFORMANCE

A basketball class specifically designed to meet the needs of the player. Your son or daughter will get individual, one-on-one training to enhance their basketball skills. This class will strengthen the player's weaknesses, while enhancing their strengths. Instructor: James Albin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210520-01	1/7	ELFC	7-14	S	10:45-11:15am	4	\$42
210520-02	2/4	EFLC	7-14	S	10:45-11:15am	4	\$42
210520-03	3/10	EFLC	7-14	S	10:45-11:15am	4	\$42
210520-04	4/14	EFLC	7-14	S	10:45-11:15am	3	\$32
210520-05	5/5	EFLC	7-14	S	10:45-11:15am	4	\$42

## BEGINNER DRUM AND PERCUSSION

Learn the fundamentals of drumming. Stick control, rudiments, playing rhythms in time, coordination between hands and feet, sight reading and sheet music. Drum pads provided. Instructor: Scott Pierson

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211011-01	1/10	EFLC	5-14	T	3:45-4:30pm	4	\$82
211011-02	2/7	EFLC	5-14	T	3:45-4:30pm	4	\$82
211011-03	3/6	EFLC	5-14	T	3:45-4:30pm	4	\$82
211011-04	4/3	EFLC	5-14	T	3:45-4:30pm	4	\$82
211011-05	5/1	EFLC	5-14	T	3:45-4:30pm	4	\$82

## GIRLS ON THE RUN

This program uses the power of running to prepare girls for a lifetime of self-respect and healthy living. Through interactive activities such as running and playing games, girls will tackle tough issues such as peer pressure and body image, while learning about making healthy decisions and performing community services. This is an on-going, 10-week program. At the end of this program, the girls will compete in 5-K event together. Partial financial-need scholarships may be available. No class 3/13 and 3/15. Instructor: Girls on the Run

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210540-01	2/7	EFLC	8-12	T/TH	5:30-7pm	10	\$100

## CITY OF EULESS SPRING BREAK CAMP

Come spend Spring Break with the City of Euleess. 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). Please bring a lunch, two snacks and a water bottle to camp each day. Space is limited so register early!! Instructor: Camp Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211111-01	3/12	EFLC	6-12	M-F	7:30am-6pm	1	\$90

## DR PEPPER STARCENTER SPRING BREAK CAMP

Come learn how to ice skate over Spring Break with the Dr Pepper StarCenter. The camp will cover the basics of ice skating: learn forward and backward skating, swizzles, one foot glides, stop, and introduction to crossovers. Receive 30 minutes of instruction from qualified StarCenter staff and enjoy free skate until 1:30pm. Instructor: Dr Pepper StarCenter staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211163-01	3/12	DPSC	5-12	M-W	12:30-1pm	1	\$35

## JUST 4 FLIPS GYMNASTICS SPRING BREAK CAMP

Come enjoy Spring Break with Just 4 Flips Gymnastics Camp. Your child will learn the basics of gymnastics while in a fun camp atmosphere. All equipment will be provided dress comfortably and be ready to have a blast!! Instructor: Just 4 Flips staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211113-01	3/12	EFLC	4-10	M-F	12-12:45pm	1	\$58

## JUST 4 FLIPS CHEERLEADING SPRING BREAK CAMP

Come learn what it takes to be a cheerleader at the Just 4 Flips Spring Break Cheer Camp. Come learn cheerleading basics in a camp atmosphere. Come work with certified cheer coaches and have an awesome time over Spring Break!! Pompoms included. Instructor: Just 4 Flips staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211115-01	3/12	EFLC	4-10	M-F	1-1:45pm	1	\$68

## ADULT & TEEN ACTIVITIES

### CARDIO DANCE JAM

Get your heart rate up and burn calories while having fun. We will do all types of dancing in an interval style workout. Come and get your groove on!! No experience required. No class 3/14 and 3/16. Instructor: Kellie Grant

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210310-01	1/11	EFLC	12+	W/F	8:30-9:30am	3	\$42
210310-02	2/1	EFLC	12+	W/F	8:30-9:30am	4	\$52
210310-03	3/7	EFLC	12+	W/F	8:30-9:30am	3	\$42
210310-04	4/4	EFLC	12+	W/F	8:30-9:30am	4	\$52
210310-05	5/2	EFLC	12+	W/F	8:30-9:30am	4	\$52

**GENTLE YOGA**

Gentle Yoga is a beginning level Hatha yoga class centered around a slower practice of sun salutations. It is possible to adapt to all levels of experience. Instructor: Scott Jepson

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210340-01	1/9	EFLC	13+	M/W	10-11:15am	4	\$64
210340-02	2/6	EFLC	13+	M/W	10-11:15am	4	\$64
210340-03	3/5	EFLC	13+	M/W	10-11:15am	4	\$64
210340-04	4/2	EFLC	13+	M/W	10-11:15am	4	\$64
210340-05	4/30	EFLC	13+	M/W	10-11:15am	4	\$64

**CARDIO DANCE AND SCULPT**

Bring your hand weights and towel! Get ready to burn calories, sweat out impurities, define and tone through cardio moves, dance, squats, weights, step boxes, and more! No class 3/12, 3/15. Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210315-01	1/9	EFLC	13+	M/TH	6-7pm	4	\$33
210315-02	2/6	EFLC	13+	M/TH	6-7pm	4	\$33
210315-03	3/5	EFLC	13+	M/TH	6-7pm	3	\$25
210315-04	4/2	EFLC	13+	M/TH	6-7pm	4	\$33
210315-05	4/30	EFLC	13+	M/TH	6-7pm	4	\$33

**WATER AEROBICS/ WELLNESS AND 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. Classes will meet at Trinity High School Natatorium. **Special: Celebrate 20 years with \$20 classes in January!** Class will not meet on HEB ISD school holidays. No class 3/12-3/15. Senior Discount \$35 per session/\$26 for March Session. For more information, call Bev at 817-649-SWIM. Instructor: Different Strokes Swim School

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220011-01	1/9	THS	17+	M/W/TH	11-11:45am	3	\$20
220011-02	1/9	THS	17+	M/T/TH	7-7:45pm	3	\$20
220011-03	2/1	THS	17+	M/W/TH	11-11:45am	4	\$42
220011-04	2/2	THS	17+	M/T/TH	7-7:45pm	4	\$42
220011-05	3/1	THS	17+	M/W/TH	11-11:45am	3	\$32
220011-06	3/1	THS	17+	M/T/TH	7-7:45pm	3	\$32
220011-07	4/2	THS	17+	M/W/TH	11-11:45am	4	\$42
220011-08	4/2	THS	17+	M/T/TH	7-7:45pm	4	\$42
220011-09	5/2	THS	17+	M/W/TH	11-11:45am	4	\$42
220011-10	5/1	THS	17+	M/T/TH	7-7:45pm	4	\$42

**30 MINUTE BODY EXPRESS**

This workout will tone all major muscle groups in just 30 short minutes! Resistance training helps strengthen muscles and increase your metabolism. This is a non-aerobic workout using hand weights to tone the whole body. Ideal for all fitness levels beginner to intermediate. Bring your own weights, 3 to 10lbs depending on your fitness level, and a yoga mat to class. No class 3/21. Instructor: Courtney Morrison

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210355-01	1/9	EFLC	16+	M/W	7:00-7:30pm	6	\$26
210355-02	2/20	EFLC	16+	M/W	7:00-7:30pm	5.5	\$24
210355-03	4/2	EFLC	16+	M/W	7:00-7:30pm	6	\$26

**ABS & ASSETS**

Want flat abs to show off for bikini season this year? Abs & Assets is a non-aerobic thirty minute workout specifically designed to target abdominal and gluteus muscles. Appropriate for all fitness levels. Please bring a towel and yoga mat to class. No class 3/21. Instructor: Courtney Morrison

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210343-01	1/9	EFLC	16+	M/W	7:35-8:05pm	6	\$26
210343-02	2/20	EFLC	16+	M/W	7:35-8:05pm	5.5	\$24
210343-03	4/2	EFLC	16+	M/W	7:35-8:05pm	6	\$26

**HATHA YOGA**

Hatha Yoga is an ancient discipline that uses breath, physical postures, mental focus, and relaxation to firm the body, calm the breath, soothe the mind, and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance, and weight loss. Yoga changes lives! Please bring your own sticky mat and beach towel. Instructor: Jessica Copeland No class 3/13, 3/15.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210330-01	1/10	EFLC	13+	T/TH	7-8pm	3	\$36
210330-02	2/7	EFLC	13+	T/TH	7-8pm	3	\$36
210330-03	3/6	EFLC	13+	T/TH	7-8pm	3	\$36
210330-04	4/17	EFLC	13+	T/TH	7-8pm	3	\$36
210330-05	5/8	EFLC	13+	T/TH	7-8pm	3	\$36

**BOOTCAMP**

Ready to kick it up a notch? Then come join Eules Family Life Center Bootcamp. Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. Bootcamp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$42 for two days or come three days for \$62. No class 3/13, 3/15, 3/16. Instructor: Behka Hartmann - Certified Fitness Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210350-01	1/10	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-02	2/7	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-03	3/6	EFLC	16+	T/TH/F	5:45-6:45am	3	\$32/\$47
210350-04	4/3	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-05	5/1	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62

**ZUMBA**

Come join the "Party" and ditch the "Workout"!! You don't have to know how to dance. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. Sign up early as spaces fill up quickly. No class 3/12, 3/14. Instructor: Kellie Grant - Zumba Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210300-01	1/9	EFLC	13+	M/W	7-8pm	3	\$42
210300-02	2/6	EFLC	13+	M/W	7-8pm	4	\$52
210300-03	3/5	EFLC	13+	M/W	7-8pm	3	\$42
210300-04	4/2	EFLC	13+	M/W	7-8pm	4	\$52
210300-05	5/7	EFLC	13+	M/W	7-8pm	3	\$42

**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	3/6	EFLC	16+	T	6-7pm	4	\$40
210305-04	4/3	EFLC	16+	T	6-7pm	4	\$40
210305-05	5/1	EFLC	16+	T	6-7pm	4	\$40



**TAI CHI ADVANCED**

Tai Chi is proven to restore energy, strength and endurance, develop grace and balance, and result 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	3/6	EFLC	16+	T	7-8pm	4	\$40
210306-04	4/3	EFLC	16+	T	7-8pm	4	\$40
210306-05	5/1	EFLC	16+	T	7-8pm	4	\$40

**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 two free public skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211165-01	1/17	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-02	2/7	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-03	3/20	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-04	5/8	DPSC	14+	T	6:45-7:15pm	2	\$30

**TAEKWONDO 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 it will also develop the student's confidence, character, and integrity. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210134-01	1/10	EFLC	13+	T/TH	7:30-9pm	9	\$97
210134-02	3/20	EFLC	13+	T/TH	7:30-9pm	8	\$86

**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. Instructors: Chad Ellerd

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210133-01	1/9	SIM	13+	M	7:30-9pm	4	\$26
210133-02	2/6	SIM	13+	M	7:30-9pm	4	\$26
210133-03	3/5	SIM	13+	M	7:30-9pm	4	\$26
210133-04	4/2	SIM	13+	M	7:30-9pm	4	\$26
210133-05	4/30	SIM	13+	M	7:30-9pm	4	\$26

**YOU CAN OIL PAINT ADULT AND 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. Themes include: Swiss Chalet in the Alps, Stairway to Italian Villa, Sailboats on Lake Grapevine, Close up Bluebonnets, The Grand Canyon. Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210810-01	1/19	EFLC	14+	TH	6-9pm	1	\$37
210810-02	2/16	EFLC	14+	TH	6-9pm	1	\$37
210810-03	3/22	EFLC	14+	TH	6-9pm	1	\$37
210810-04	4/26	EFLC	14+	TH	6-9pm	1	\$37
210810-05	5/24	EFLC	14+	TH	6-9pm	1	\$37

**DIGITAL PHOTOGRAPHY**

Can't figure out that new digital camera? Always wanted to learn how to take pictures without looking through the lens? Come learn new ways to take photographs and impress yourself. Photography fundamentals will be covered such as sunlight, angles, and black/white photos. Participants need to bring their own personal digital camera and any other equipment needed for taking pictures. Instructor: Tim Lane

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210830-01	2/8	EFLC	16+	W	6:30-8pm	2	\$42
210830-02	2/22	EFLC	16+	W	6:30-8pm	2	\$42
210830-03	3/7	EFLC	16+	W	6:30-8pm	2	\$42
210830-04	3/21	EFLC	16+	W	6:30-8pm	2	\$42
210830-05	4/4	EFLC	16+	W	6:30-8pm	2	\$42

**BASIC STAINED GLASS**

Stained glass is an exciting and rewarding art! During the class, one will learn proper cutting technique as well as the use of glass tools such as grinders, soldering irons, and glass breaking tools. During the class students will complete a stained glass piece that is theirs to keep. All tools provided. Instructor: Julie Anderson

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210800-01	1/24	EFLC	15+	T	6:30-8:30pm	3	\$57
210800-02	2/21	EFLC	15+	T	10am-12pm	3	\$57
210800-03	2/21	EFLC	15+	T	6:30-8:30pm	3	\$57
210800-04	4/17	EFLC	15+	T	10am-12pm	3	\$57
210800-05	4/17	EFLC	15+	T	6:30-8:30pm	3	\$57

**RETIREMENT HAS CHANGED WHAT'S YOUR MOVE?**

Together, we'll explore how to organize and record your financial assets, how to set realistic goals for retirement spending, how to determine if you're on track to reach your goals, and what to do if you're not where you'd like to be. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211004-01	1/19	EFLC	18+	TH	10-11:30am	1	FREE
211004-02	3/6	EFLC	18+	T	10-11:30am	1	FREE

**PROTECTING WHAT'S IMPORTANT**

During this seminar, we'll discuss how insurance can help protect you and your family. Specifically, we'll examine what types of insurance you should consider and how to determine how much insurance fits into your overall financial strategy. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211002-01	2/7	EFLC	18+	T	10-11:30am	1	FREE
211002-02	4/19	EFLC	18+	TH	10-11:30am	1	FREE

**FINDING BALANCE IN YOUR BUDGET**

Finding balance in your budget is a seminar designed to help you understand credit, debt, and budgeting. Other topics include: setting personal financial goals, managing expenses and debt, practical savings options for now through retirement, and creating a financial blueprint for the rest of your life. Seminar presented by Michael Scoma of Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210005-01	1/10	EFLC	18+	T	6-7:30pm	1	FREE
210005-02	5/8	EFLC	18+	T	6-7:30pm	1	FREE

**HOW TO STAY YOUNG, THE FIRST 100 YEARS**

Health, wellness, fitness, and conservative health care. A fun and informative talk that explores the myths and misconceptions of aging and also reveals the secret to age proofing your body. It's not what you might think! Plenty of time for questions and complimentary muscle stress.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211000-01	1/5	EFLC	18+	TH	6:30-7:30pm	1	FREE
211000-02	2/2	EFLC	18+	TH	6:30-7:30pm	1	FREE
211000-03	3/1	EFLC	18+	TH	6:30-7:30pm	1	FREE
211000-04	4/5	EFLC	18+	TH	6:30-7:30pm	1	FREE
211000-05	5/3	EFLC	18+	TH	6:30-7:30pm	1	FREE

## AMERICAN RED CROSS SWIM LESSONS

American Red Cross instructors teach aquatic and safety skills in a logical progression. For your convenience, you may register online at [www.eulesstx.gov](http://www.eulesstx.gov) or in person at the Eules Family Life Center. Students receive six 30-minute classes of instruction. **All classes held at Harris HEB Rehab Center at 251 Westpark Way, Eules 76040.**

Get the kids ready for summer! Evening swim lessons are now offered for the spring for beginners thru advanced. Great student/teacher ratio (Level 1-Adult is 5:1). Our indoor pool maintains a temperature of 90 degrees. Instructors are American Red Cross Certified. To ensure class availability, please sign up early. For more information, call 817-685-1666 or visit [www.eulesstx.gov](http://www.eulesstx.gov). **Please note there are swim lessons during Spring Break March 12-16.**

### 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
- \*Supported 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 with support

### LEVEL 2: Fundamental Aquatic Skills

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

- \*Submerging entire head
- \*Front and back glide without support
- \*Recognizing a swimmer in distress and getting help
- \*Bobbing in water
- \*Jellyfish float
- \*Swimming using combined stroke on front and back for five feet

### LEVEL 3: Stroke Development

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

- \*Reaching assist
- \*Submerging and retrieving an object
- \*Front and back glide two body lengths
- \*Front and back crawl two body lengths
- \*Front crawl using combined arm and leg motion for 15 yards
- \*Back crawl using combined arm and leg motion for 10 yards
- \*Kneeling or standing dive (shallow dive progression)
- \*Rotary breathing in horizontal position
- \*Survival float, back float
- \*Treading water using arm and leg motions

### LEVEL 4: Strokes and Turns and Level 5: Stroke Proficiency

All key elements for the competitive swimmer. Our coaches will break down the basics for you and work with you in endurance, stroke refinement and proficiency. All level 4 and above will benefit from this unique class. Instructor: Different Strokes Swim School, American Red Cross Certified.

## LEVEL 1

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220001-01	3/6	HEB	4+	T/TH	6-6:30pm	3	\$85
220001-02	3/6	HEB	4+	T/TH	6:30-7pm	3	\$85
220001-03	3/6	HEB	4+	T/TH	7-7:30pm	3	\$85
220001-04	3/6	HEB	4+	T/TH	7:30-8pm	3	\$85
220001-05	4/10	HEB	4+	T/TH	6-6:30pm	3	\$85
220001-06	4/10	HEB	4+	T/TH	6:30-7pm	3	\$85
220001-07	4/10	HEB	4+	T/TH	7-7:30pm	3	\$85
220001-08	4/10	HEB	4+	T/TH	7:30-8pm	3	\$85
220001-09	5/8	HEB	4+	T/TH	6-6:30pm	3	\$85
220001-10	5/8	HEB	4+	T/TH	6:30-7pm	3	\$85
220001-11	5/8	HEB	4+	T/TH	7-7:30pm	3	\$85
220001-12	5/8	HEB	4+	T/TH	7:30-8pm	3	\$85

## LEVEL 2

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220002-01	3/6	HEB	4+	T/TH	6-6:30pm	3	\$85
220002-02	3/6	HEB	4+	T/TH	6:30-7pm	3	\$85
220002-03	3/6	HEB	4+	T/TH	7-7:30pm	3	\$85
220002-04	3/6	HEB	4+	T/TH	7:30-8pm	3	\$85
220002-05	4/10	HEB	4+	T/TH	6-6:30pm	3	\$85
220002-06	4/10	HEB	4+	T/TH	6:30-7pm	3	\$85
220002-07	4/10	HEB	4+	T/TH	7-7:30pm	3	\$85
220002-08	4/10	HEB	4+	T/TH	7:30-8pm	3	\$85
220002-09	5/8	HEB	4+	T/TH	6-6:30pm	3	\$85
220002-10	5/8	HEB	4+	T/TH	6:30-7pm	3	\$85
220002-11	5/8	HEB	4+	T/TH	7-7:30pm	3	\$85
220002-12	5/8	HEB	4+	T/TH	7:30-8pm	3	\$85

## LEVEL 3

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220003-01	3/6	HEB	4+	T/TH	7-7:30pm	3	\$85
220003-02	3/6	HEB	4+	T/TH	7:30-8pm	3	\$85
220003-03	4/10	HEB	4+	T/TH	7-7:30pm	3	\$85
220003-04	4/10	HEB	4+	T/TH	7:30-8pm	3	\$85
220003-05	5/8	HEB	4+	T/TH	7-7:30pm	3	\$85
220003-06	5/8	HEB	4+	T/TH	7:30-8pm	3	\$85

## LEVEL 4 - Strokes/Turns AND LEVEL 5-Stroke Proficiency

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220004-01	3/6	HEB	4+	T/TH	7:30-8pm	3	\$85
220004-02	3/6	HEB	4+	T/TH	8-8:30pm	3	\$85
220004-03	4/10	HEB	4+	T/TH	7:30-8pm	3	\$85
220004-04	4/10	HEB	4+	T/TH	8-8:30pm	3	\$85
220004-05	5/8	HEB	4+	T/TH	7:30-8pm	3	\$85
220004-06	5/8	HEB	4+	T/TH	8-8:30pm	3	\$85

## TEEN/ADULT

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220008-01	3/6	HEB	13+	T/TH	8-8:30pm	3	\$85
220008-02	4/10	HEB	13+	T/TH	8-8:30pm	3	\$85
220008-03	5/8	HEB	13+	T/TH	8-8:30pm	3	\$85

## WATER TOTS (Age 1-3 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	\$
220000-01	3/6	HEB	1-3	T/TH	6:30-7pm	3	\$85
220000-02	4/10	HEB	1-3	T/TH	6:30-7pm	3	\$85
220000-03	5/8	HEB	1-3	T/TH	6:30-7pm	3	\$85

## PRIVATE SWIMMING LESSONS

Private lessons are available for you and /or your children. You will receive concentrated instruction that will be tailored to your specific goals. Receive six 30-minute classes for \$250; semi private also available for \$140. Private lessons are available at various times. Please call Bev at 817-649-SWIM for additional information.

## H<sub>2</sub>OPE PROGRAM

H<sub>2</sub>OPE is a community outreach aquatic fitness program for children with special needs. H<sub>2</sub>OPE provides an alternative recreational activity to help meet physical, cognitive, and psychosocial needs emphasizing fun, safety, and non-competitive and successful experiences. This is a grant-funded program with no cost to the caregiver. Class meets on Saturdays. For more information, please call Bev at 817-649-SWIM.

# SENIORS



## Eules Family Life Senior Center

300 West Midway Drive, Eules, Texas 76039

Front Counter - 817-685-1671

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

Blake Cloud, Senior Center Activity Programmer, 817-685-1871

Mon.-Tues.-Wed.-Fri. 6:30 a.m. - 4 p.m. / Thurs. 6:30 a.m. - 9 p.m.

### ONGOING ACTIVITES

**Dominoes, 42, 84, Shuffleboard, Pool, Hand & Foot, Spades, Chicken Foot everyday!**

**Registration is required for all activities at the front desk.**

<b>Mon.-Tues.-Wed.-Thurs.</b>	<b>11:40 p.m.</b>	<b>\$2 Lunch*</b>	
<b>Monday</b>	<b>9:00 a.m.</b>	<b>Fit Start Exercise</b>	
	<b>9:30 a.m.</b>	<b>Jewelry Making</b>	<b>\$5</b>
	<b>12:00 p.m.</b>	<b>Texas Hold 'Em</b>	
	<b>12:30 p.m.</b>	<b>Crochet</b>	
<b>Tuesday</b>	<b>10:30 a.m.</b>	<b>Tai Chi</b>	
	<b>1:00 p.m.</b>	<b>Creative Drawing</b>	<b>\$30</b>
<b>Tues. &amp; Fri.</b>	<b>9:00 a.m.</b>	<b>Floor Aerobics</b>	
<b>Tues. &amp; Thurs.</b>	<b>10:30 a.m.</b>	<b>Duplicate Bridge</b>	
<b>Wednesdays</b>	<b>9:00 a.m.</b>	<b>Yoga</b>	
	<b>10:00 a.m.</b>	<b>Quilting Group</b>	
	<b>10:00 a.m.</b>	<b>Mahjong</b>	
	<b>12:00 p.m.</b>	<b>Bridge</b>	
<b>Thursday</b>	<b>1:00 p.m.</b>	<b>Decorative Painting</b>	<b>\$5</b>
	<b>9:30 a.m.</b>	<b>Card Making</b>	
		<b>(Must provide your own supplies.)</b>	
	<b>10:00 a.m.</b>	<b>Oil Painting</b>	<b>\$20/monthly</b>
	<b>1:30 p.m.</b>	<b>Country Jammers</b>	
<b>Friday 1st</b>	<b>6:30 - 9 p.m.</b>	<b>Senior Game Night</b>	
<b>Friday 2nd</b>	<b>11:45 a.m.</b>	<b>\$2 Hamburgers</b>	
	<b>10:00 a.m.</b>	<b>White Elephant Bingo</b>	
	<b>11:40 a.m.</b>	<b>Lunch</b>	
<b>Friday 3rd</b>	<b>11:45 a.m.</b>	<b>\$2 Hot Dog</b>	
<b>Friday 4th</b>	<b>9:00 a.m.</b>	<b>\$2 Breakfast</b>	

### MONTHLY ACTIVITIES

**(Registration required for all activities.)**

#### January

4	Intro to the Fitness Center		10:00 a.m.
6	Hamburger Luncheon	\$2	11:40 a.m.
10	Total Food Makeover Class		10:30 a.m.
13	White Elephant Bingo		10:00 a.m.
	Potato Soup	\$2	11:40 a.m.
16	Pizza & Salad	\$2	11:40 a.m.
18	Livens Law Firm-Free Will Seminar		10:00 a.m.
20	Texas Civil War Museum & Cowgirl Hall of Fame	\$11	9:00 a.m.
	Hot Dog Luncheon	\$2	11:40 a.m.
23	Dining Out Group		5:00 p.m.
24	Bluebonnet Hills Seminar & Free Lunch		11:00 a.m. 11:30 a.m.
27	Breakfast	\$2	9:00 a.m.
	42 Challenge		9:30 a.m.



**EULESS FAMILY LIFE SENIOR CENTER  
SENIOR DANCES**

3rd Thursday of the month starting February 16  
6 p.m. - 8:30 p.m.  
\$6.00 per person  
Music by Roadhouse

**February**

3	Hamburger Luncheon	\$2	11:40 a.m.
10	White Elephant Bingo		10:00 a.m.
	Spaghetti Luncheon	\$2	11:40 a.m.
14	Valentine Extravaganza		1:30 p.m.
17	AARP Free Income Tax Prep		8:30 a.m.
	Cowboy Stadium & The Ballpark at Arlington Tour	\$28	9:00 a.m.
	Hot Dog Luncheon	\$2	11:40 a.m.
20	Dining Out Group		5:00 p.m.
24	AARP Free Income Tax Prep		8:30 a.m.
	Breakfast	\$2	9:00 a.m.
	Washer Tournament		9:30 a.m.

**March**

2	AARP FREE Income Tax		8:30 a.m.
	Hamburger Luncheon	\$2	11:40 a.m.
9	AARP FREE Income Tax		8:30 a.m.
	White Elephant Bingo		10:00 a.m.
	Salad & Sandwich Lunch	\$2	11:40 a.m.
11	Daylight Savings Time Begins		
16	AARP FREE Income Tax		8:30 a.m.
	St. Patrick's Day Hot Dog Luncheon	\$2	11:40 a.m.
	<i>(Everyone wearing green (shirt or hat or pants) gets free lunch.)</i>		
19	Dining Out Group		5:00 p.m.
23	AARP FREE Income Tax		8:30 a.m.
	Dallas Arboretum	\$10	8:30 a.m.
	Breakfast	\$2	9:00 a.m.
30	AARP FREE Income Tax		8:30 a.m.
	Pool Tournament		9:00 a.m.
	Canton First Monday Trip		7:30 a.m.

**April**

6	Open (City Holiday)		8:00 a.m. -12:00 p.m.
13	AARP FREE Income Tax Prep		8:30 a.m.
	White Elephant Bingo		10:00 a.m.
	Pizza & Salad	\$2	11:40 a.m.
16	Dining Out Group		5:00 p.m.
20	Texas Motor Speedway & The Mint	\$TBA	8:30 a.m.
	Hot Dog Lunch	\$2	11:40 a.m.
27	Breakfast	\$2	9:00 a.m.
	Wii Bowling Tournament		9:30 a.m.

**Yet to Come:**

American Airlines Athletic Center Tour & Lunch Out, Ranger Baseball Game, Men's Golf Outing, Cabella's, Sam Moon's downtown Dallas, Downtown Grapevine Shopping, Grapevine Opry, Athen's Fish Hatchery, Horseshoe Pitching Contest, Scrapbook -Photo Album Class, and Grapevine Mills Mall...

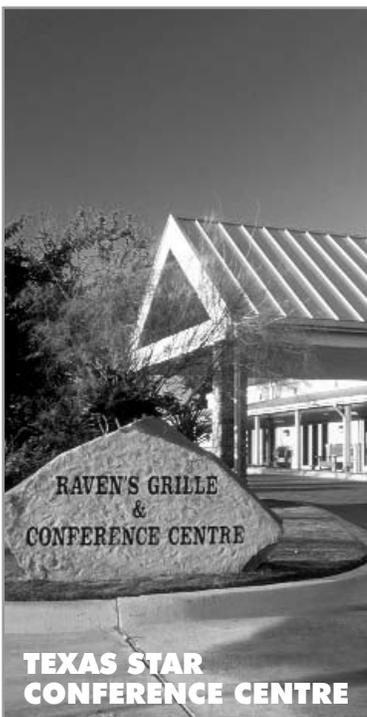
## **INDOOR FACILITY RENTAL INFORMATION**



**ACTIVITY ROOM #5**



**ACTIVITY ROOM #2**



**TEXAS STAR  
CONFERENCE CENTRE**

### MEETING ROOMS

**817-685-1649**

*Note: Reservation required a minimum of 7 days in advance.*

#### **Eules Family Life Center, 300 W. Midway Dr.**

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

Resident:	\$30/hr	
Non-resident:	\$60/hr	
Deposit:	Without food or drink	\$ 50
	With food or drink	\$ 250

#### Activity Room #2

Occupancy Load: 10

Chairs & Tables available to seat: 10

#### Activity Room #5

Occupancy Load: 90

Chairs & Tables available to seat: 90

### 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](http://www.TexasStarGolf.com)



## **FREE TOURS AVAILABLE**

Free tours of historic Heritage Park are offered on the 2nd Saturday of every month between 1 – 5 p.m. Come see the Himes Log House, the oldest structure in Eules and the Fuller House, the first brick house in Eules not to mention the McCormick Barn made with lumber from WWI. Come see "HOW WE LIVED" Contact Ofa or Mary at [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov) or 817-685-1649. Group tours are available on different days depending on staff availability.

# OUTDOOR FACILITY RENTAL INFORMATION



**BEAR'S DEN PAVILION**



**J.A. CARR PARK GAZEBO**



**BOB EDEN FIELD**

## PAVILIONS

**817-685-1649**

Resident:	Four hours	\$ 50
	Each additional hour	\$ 10
Non-resident:	Four hours	\$100
	Each additional hour	\$ 10
Available:	7 a.m. to 11 p.m.	
Deposit:	\$250	

**Bear's Den Pavilion** 1951 Bear Creek Pkwy. (east side of Parkway)

**Amenities:** Playground, picnic tables, grilling areas, minimum electricity, restrooms.

**Bob Eden Park Pavilion**

901 W. Mid-Cities Blvd.

**Amenities:** Playground, picnic tables, grilling areas, 3 regulation-size sand volleyball courts, minimum electricity, tennis courts,

**Parks at Texas Star Pavilion** 1501 South Pipeline Rd.

**Amenities:** Playground, picnic tables, grilling area, batting cages, minimum electricity, restrooms.

**Texas Outdoor Education Trail Pavilion**

1951 Bear Creek Parkway (west side of Parkway)

**Amenities:** Picnic tables, grilling areas, minimum electricity, restrooms, serving stand.

## AMPHITHEATER

**817-685-1649**

**Texas Outdoor Education Trail, Amphitheater Stage, & Pavilion**

1951 Bear Creek Parkway (west side of Bear Creek Pkwy.)

**Amenities:** See Texas Outdoor Education Trail Pavilion for a list.

Resident:	Four hours	\$150
	Each additional hour	\$20
Available:	7 a.m. to 11 p.m.	
Non-resident:	Four hours	\$300
	Each additional hour	\$20
Deposit:	\$250	

## GAZEBOS

**817-685-1649**

Resident:	Four hours	\$ 25
	Each additional hour	\$ 10
Non-resident:	Four hours	\$ 50
	Each additional hour	\$ 10
Available:	8 a.m. to 8 p.m.	
Deposit:	\$250	

**J.A. Carr Park Gazebo**  
508 Simmons Dr.

**McCormick Park Gazebo**  
2190 Joyce Court

## PRACTICE FIELDS

**817-685-1838**

**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](http://www.eulesstx.gov/pacs). Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

Resident:	Lighted per hour	\$ 18	<b>Bob Eden Park Field</b> 901 W. Mid-Cities Blvd.
	Unlighted per hour	\$ 10	
Non-resident:	Lighted per hour	\$ 28	<b>817-685-1649</b> Available: Jan.-Dec. (8 a.m. - 10 p.m.)
	Unlighted per hour	\$ 20	

# EULESS PARKS

## 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, 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:** Ruth Millican Center, 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, two lighted tennis courts, playgrounds, picnic areas, swimming pool, shaded area, Eules Family Life Center.

## The Parks at Texas Star

([www.TheParksAtTexasStar.com](http://www.TheParksAtTexasStar.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, 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](http://www.SoftballWorld.us))  
1375 W. Eules Blvd. **Size:** 16 acres  
**Facilities:** Four lighted softball fields, concession stand, pro shop, playground.

## South Eules Park

600 S. Main St. **Size:** 5 acres  
**Facilities:** Swimming pool, picnic areas, playground, Splash Island, Old North Main Iron Bridge, outdoor basketball court.

## Trailwood Park

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

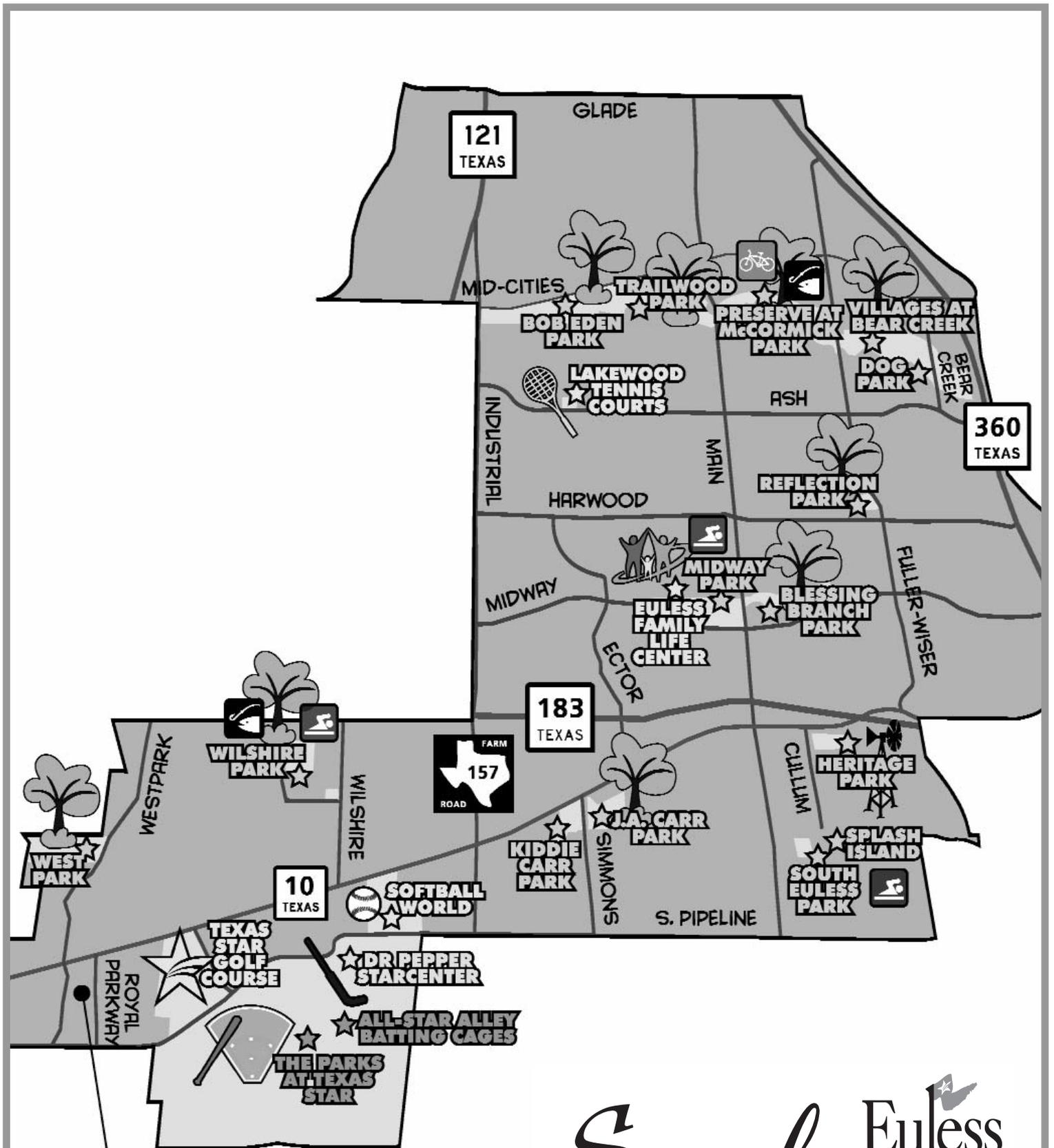
600 Westpark Way **Size:** 21 acres  
**Facilities:** Two youth lighted baseball/softball fields that can be converted to a soccer field, picnic areas, one youth softball field, nature area, playground and restrooms.

## 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.

J.A. Carr Park





Eules Parks & Community Services  
1314-B Royal Parkway

Simply FabEules. **Eules** Parks & Community Services

# Eules Family Life Center

300 West Midway Dr.



## RECREATION CENTER & FITNESS CENTER

**(817) 685-1666**

Heidi Taylor  
Center Supervisor  
(817) 685-1681

Robbie Rodgers  
Center Program Coordinator  
(817) 685-1668

### HOURS OF OPERATION

Monday – Thursday  
5:30 a.m. – 9 p.m.

Friday  
5:30 a.m. – 8 p.m.

Saturday  
8 a.m. – 6 p.m.

Sunday  
1 p.m. – 6 p.m.

### CHILDCARE

Monday – Friday  
5 p.m. – 8 p.m.

Saturday  
8 a.m. – 11 a.m.

### SENIOR CENTER

**(817) 685-1671**

Diane Eggers  
Senior Center Supervisor  
(817) 685-1670

Blake Cloud  
Senior Center Activity 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



## EULESS FAMILY LIFE CENTER MEMBERSHIP FEES

	RESIDENT	SILVER	GOLD
	Individual	Individual	Individual
Annual Fee	\$ 10	\$ 75	\$ 125
Fee per Visit	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 3	\$ -	\$ -
Racquetball	\$ 3	\$ -	\$ -
*Drop-in Daycare per Visit	\$ 5	\$ 5	\$ included
	Family (Parents & children under 18)	Family (Parents & children under 18)	Family (Parents & children under 18)
Annual Fee	\$ 30	\$ 110	\$ 175
Fee per Visit	\$ -	\$ -	\$ -
Weight Room per Visit	\$ 3	\$ -	\$ -
Racquetball	\$ 3	\$ -	\$ -
*Drop-in Daycare per Visit	\$ 5	\$ 5	\$ included
	Includes	Includes	Includes
Photo Membership Card	Yes	Yes	Yes
Basketball	Yes	Yes	Yes
Walking/Jogging trail	Yes	Yes	Yes
Games Area	Yes	Yes	Yes
Shower Availability	Yes	Yes	Yes
Unlimited Fitness Center Visits	No	Yes	Yes
Unlimited Day Care	No	No	Yes
	SENIOR (60+) - Resident	SENIOR (60+) - Non-Resident	SILVER SENIOR (60+) - Non-Resident
	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 25	\$ 75
Access	Full access to both Family Life Center & Senior Center	Access to Senior Center only	Full access to both Family Life Center & Senior Center
	YOUTH (8-15)	RACQUETBALL	NON-RESIDENT
	Individual	Individual	Individual
Annual Fee	\$ 5	\$ 75	\$ 75
Fee per Visit	\$ -	\$ -	\$ -
Weight Room per Visit	n/a	n/a	\$ 3
Racquetball	n/a	\$ -	\$ 3
*Drop-In Daycare Per Visit	n/a	n/a	n/a
	DAILY USE FEES		CORPORATE
	Resident	Non-Resident	
Annual Fee	n/a	n/a	Company must be in listing or within City limits.
Fee per Visit	\$ 5	\$ 10	Additional \$10 to any annual fee.
Add Weight Room per Visit	\$ 8	\$ 13	No family memberships available.
Add Racquetball per Visit	\$ 8	\$ 13	
*Drop-In Daycare Per Visit	n/a	n/a	



\*Daycare service for children 18 mos. to 7 years old (2 hour max per visit)

\*\$5 per visit or \$20 for 10 visits (coupon book)

\*Drop-In Daycare Hours: M-F (5 p.m. - 8 p.m.) / Sat (8 a.m. - 11 a.m.)

\*Three kids per household per visit

\*All subject to availability

\*Not valid for corporate memberships