

# THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEuless.com

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## Greetings From the Mayor



Thank you for reading the latest edition of The Playbook! It's packed with information on city events. You already know how important it is to stay active and this publication is full of great information for you and your family. Read about our upcoming special events, league registration details and new classes for the young and old, as well as, everyone in between. Many of these classes aim to exercise your body and your mind. There are fun dance classes for children and many options for adults to keep you challenged and engaged. We want to keep you active and moving. It keeps us all young!

The indoor pool will be opening in January 2014. What better way to kick off the New Year and all of those resolutions? Swimming is something that residents of all ages and all fitness levels can participate in. Now, you can do it all year long!

Please take note of the special MasterWorks concert in March. They are typically held in the Library, but this event will take place at the Villages of Bear Creek Park Amphitheater. What a fun way to spend the evening!

Believe it or not, Arbor Daze is right around the corner. This event gets better and better every year. The primary focus is the distribution of free trees to our community, but we also have wonderful performances and some great food from local non-profits. I hope to see you all there with your free tree!

Together we're building a better tomorrow!



**Parks and Community Services**  
817-685-1429

**Euless Family Life Center**  
817-685-1666

**Euless Family Senior Center**  
817-685-1671

**Athletics**  
817-685-1838

**Facility Rentals**  
817-685-1649

**Softball World**  
817-267-7135

**Ray McDonald, Director of Parks and Community Services**  
817-685-1669 / [rmdonald@eulesstx.gov](mailto:rmdonald@eulesstx.gov)

**Randy Smith, Parks Manager**  
817-685-1653 / [rsmith@eulesstx.gov](mailto:rsmith@eulesstx.gov)

**Suzanne Hendrickson, Recreation Manager**  
817-685-1662 / [shendrickson@eulesstx.gov](mailto:shendrickson@eulesstx.gov)

**Chris Thames, General Manager Parks at Texas Star and Softball World**  
817-685-1655 / [cthames@eulesstx.gov](mailto:cthames@eulesstx.gov)

**John Douthit, Athletics Supervisor**  
817-685-1838 / [jdouthit@eulesstx.gov](mailto:jdouthit@eulesstx.gov)

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817-685-1449 / [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov)

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**Women's Winter Basketball League**

**Registration Nov. 1 - Dec. 15**

**Cost: \$325 per team**

**Men's Winter Basketball League**

**Registration Nov. 1 - Dec. 15**

**Cost: \$325 per team**

**Adult 4 on 4 Flag Football League**

**Registration Dec. 1 - 31**

**Cost: \$225 per team**

**For more information contact Mike at 817-685-3100 or mmcacken@eulesstx.gov.**

**Parks at Texas Star Baseball League Registration**

**www.ParksAtTexasStar.com / 817-685-1838**

**Spring Registration Dates**

**A & AA January 2 - February 9**  
**AAA December 1 - January 31**

All divisions are organized according to the age of each player as of April 30, 2014. The age of your player on that date will determine which age group he plays in.

**"Recreation/A" League Information**

Players may return to the previous year's team if they desire and remain in the same age group. All other player's will register as draw players. Players may register for the draw utilizing the "buddy system", including siblings. Player's using the "buddy system" must be reciprocating. Teams will be formed using a blind draw. Registration fee includes jersey, cap, pants, socks and belt. Each player will receive 10 ball games and a participation award. Parent(s) or legal guardian(s) must sign a "Positive Participation" oath at the time of registration. This is a recreational league! Regular season will begin the week of Monday, March 31. Practice will begin two weeks prior. If you register in person, you must have a copy of the player's birth certificate. If you would like to register as a team in our "A" division, call 817-685-1838 for approval. All teams playing in the "A" division are subject evaluation during the regular season. If the Athletic Supervisor decides that your team is too competitive for the "A" division, you will be moved up to the "AA" division. Games will be played Monday - Saturday. Each team will play twice per week. To register your player, take a copy of his/her birth certificate to the Euless Family Life Center located at 300 W. Midway Drive, Euless, TX 76039.

Age (as of April 30, 2014)	Cost per Individual
5-6	\$85
7-8	\$90
9-10	\$95
11-12	\$100
13-14	\$105

**"AA" League Info**

This more competitive league is for coaches and teams that want to keep their players together and compete at a higher level. Teams will play a 12 game season with the top 4 teams from each division playing in a single elimination bracket at the end of the season to determine the City Champion. Registration is by team Teams participating in the "AA" division must provide their own uniform and team insurance. Each team must be registered with USSSA Baseball. Each team will receive 2 dozen baseballs. The regular season will begin the week of Monday, March 31. Practice will begin the first week of March. Each player will receive a participation award at the end of the season. Champion and Runner-up will receive team and individual awards. Games will be played Monday - Saturday. Each team will play twice per week.



Age (as of April 30, 2014)	Cost per Team
7 or 8	\$750
9 or 10	\$850
11 or 12	\$950
13 or 14	\$1,100

**"AAA/Major" League Information**

This league is our most competitive! Teams will register as a team only and will pay a fee per team. This league will have a 16 game season with no playoffs. All games a will be played Monday - Thursday; no Friday, Saturday or Sunday games. Teams participating in the "AAA" or Major division must provide their own uniforms, and team insurance. Each team must be registered with USSSA Baseball. Each team will receive 3 dozen baseballs. The regular season will begin the week of Monday, February 24. Practice will begin the first week of February. There will be trophies for Champion and Runner up upon request.

Age (as of April 30, 2014)	Cost per Team
8	\$950
9	\$1,300
10	\$1,300
11	\$1,400
12	\$1,400
13	\$1,500
14U 60/90	\$1,600

*(The 14U 60/90 League is limited to the first 10 teams that register and pay in full.)*



## Children's Free Book Program Expands

Started by recording artist Dolly Parton, Imagination Library is a free national program that mails books monthly to children from birth to age 5 in their homes to encourage a love of reading in children and their families. United Way established the local program in 2008 and offers it in ZIP codes where there is the greatest need. More than 670 children are currently enrolled, and thousands of local youngsters have participated through the years. This fall the program is expanding to benefit both Euless zip codes: 76039 and 76040. To sign up your child, please call United Way at 817-258-8115.

Numerous studies have shown that having books in the home during the preschool years helps youngsters prepare to succeed in school. "I say the earlier you start them off, the better," said Pedro Soto of Euless. Pedro recently signed up his 2-year-old daughter Cassandra to receive Imagination Library books. Two years ago he enrolled older daughters Crystal, who is now in first grade; and Giselle, a kindergartener. "It really got them into reading," said Pedro. "Every month it would be, 'When is the next one coming?' It helped them with reading and writing at school."

Reading the Imagination Library books has been a family affair. "We'd read together at first," said Pedro. "I'd read to them and show them basics about reading. Here lately they start reading on their own and read out loud to me, with me explaining things to them when they get in trouble."

Community Partners for the Imagination Library program include: United Way of Tarrant County, Workforce Solutions for Tarrant County, Arlington ISD, Birdville ISD, Fort Worth ISD, Northeast Leadership Forum, Partners Together for Health (the foundation for JPS Health Network) and Tarrant County Child Care Management Services (CCMS) operated by Child Care Associates.

## Volunteer Opportunities Our Volunteers Rock!

We know it, you know it, now let's show it. Please assist us in recognizing outstanding volunteer service in Euless by nominating a Volunteer, Business and Youth of the Year for volunteer service during 2013. You may nominate online by visiting [www.eulesstx.gov/VOY](http://www.eulesstx.gov/VOY). Nominations are due by Friday, Jan. 24, 2014. For more information, please contact Betsy Deck at (817) 685-1821 or via email at [bdeck@eulesstx.gov](mailto:bdeck@eulesstx.gov).

## Christmas Parade of Lights "A Patriotic Christmas"

Saturday, December 7, 6:30 p.m.

Euless Family Life Center, 300 W. Midway

The Parade begins at Midway Dr. and Fuller-Wiser Rd. It will travel west on Midway and end at Trinity High School. Even Santa Claus won't miss this year's spectacular display of moving lights. Organizations of all kinds may enter floats in the best parade in Texas! Let your imagination run wild as you consider this year's theme, "A Patriotic Christmas." Help us celebrate and thank our Service men and women for protecting our freedom. All participants are asked to attend an informational meeting on Monday, November 18th, at the Euless Family Life Senior Center to discuss safety issues. Call 817-685-1666 for more information. For more information or to receive a float application, call Jerry Poteet at 817-685-1449 or visit [www.eulesstx.gov](http://www.eulesstx.gov).

## Ice Fest 2013

Saturday, December 14, 2 p.m.

Dr Pepper StarCenter, 1400 S. Pipeline Rd.

Holiday fun for the whole family! Starring two-time US National Champion Ashley Cain and Junior National Medalist Elena Taylor. Plus special guest Santa Claus.

2:30-3 p.m.

Public Skating for all

3-3:30 p.m.

Skate with Santa

4-4:45 p.m.

Holiday Ice Show

4:45-5:45 p.m.

Skate with the Cast



## Heritage Park Christmas Celebration

Saturday, December 14, 1 - 5 p.m.

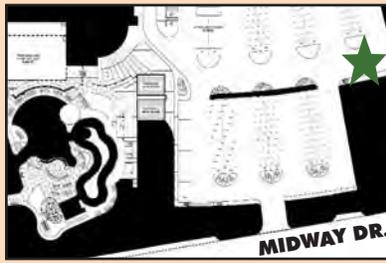
Heritage Park, 201 Cullum Dr.

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



## Christmas Tree Recycling Event

Saturday, January 4  
10 a.m. – 1 p.m.  
Euless Family Life Aquatic  
Park – Parking Lot  
300 W. Midway Drive  
Don't throw away your  
Christmas tree: Recycle it!  
The city uses the mulch



throughout the year to maintain city parks and medians. Residents may bring their own bag to fill with mulch for their gardens or flowers. Limit one bag per person. The Parks Department may work with residents on additional quantities if available. Residents may dispose of LIVE Christmas trees only (with no ornaments or lights) at the designated area of Midway Park from December 26 - January 4. On January 4 the city will host a tree mulching demonstration and will give away bags of mulch and tree saplings to the public. Additionally, hot dogs and drinks will be available for free to anyone who participates in the recycling event. For more information call 817-685-1650.

## Euless Family Life Center Open House

Saturday, January 4, 9 a.m. to noon  
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. Tour the new Indoor Pool and discover all the amazing programs available to you. We will also have refreshments and activities for children. A photo ID is required to use the facility free for the day.

## Valentine's Day Celebrations

### Mother / Son Valentine's Brunch

Saturday, February 15, 10:30 a.m. – 12:30 p.m.  
Tickets - \$10 per couple (each additional sibling is \$5) available at the Euless Family Life Center beginning Jan. 15. Attention all Moms, Aunts, and Grandmas: This is the event you've all been waiting for. Grab your favorite little man and get ready for a day you'll both remember forever. Enjoy a nice brunch, entertainment, goody bags, photos, and more. Create memories that will last a lifetime for you and the most important boy in your life. All ages are welcome.

### Daddy / Daughter Valentine's Dance

Saturday, February 15, 6:30 – 8:30 p.m.  
Tickets - \$10 per couple (each additional sibling is \$5) available at the Euless Family Life Center beginning January 15. Attention all Dads, Uncles, and Grandpas: This is the event you've all been waiting for. Grab your favorite little lady and get ready for a night you'll both remember forever. Enjoy a night of dancing, refreshments, goody bags, photos, and more. Create memories that will last a lifetime for you and the most important girl in your life. All ages are welcome.

## Hometown Food Bank

Monday, March 10, 9 a.m. – noon  
6 Stones Missions Network, 209 N. Industrial Blvd.  
Volunteers will meet at the 6 Stones Campus West facility to inspect, separate, and distribute food for those that are in need. If you are interested, please contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). There is only enough room for the first 30 volunteers who sign up.

## Masterworks Concert Series: The Killdares

Monday, March 10, 7 p.m.  
Villages of Bear Creek Amphitheater  
1951 Bear Creek Parkway

Blending traditional Celtic playing skills, power-pop accessibility, and straight up rock n' roll hooks, the band uses the unconventional pairing of screaming, fire-driven fiddle and bagpipes with the wail of electric guitar, bass and drums. The Killdares have created a fresh new sound that's blended with enough commercial edge to be instantly recognizable, always engaging, and appealing to fans of all ages. Their live shows are filled with an infectious energy so powerful that it has been known to move people to tears.

## Texas Trash Off

Saturday, April 5, 9 a.m. - noon  
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 22 ). When you arrive, you will receive a trash bag, plastic gloves, and bottled water, and 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).

## Arbor Daze

April 26 & 27, City Hall Complex , 201 N. Ector  
Volunteers are needed for our National Award-Winning Arbor Daze Festival. 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 will be available at [www.arbordaze.org](http://www.arbordaze.org). by January 3.



# Historical Preservation

## Eules Heritage Museum

201 Cullum Drive / 817-685-1649

Open the 2nd Saturday of every month  
from 1 – 5 p.m.

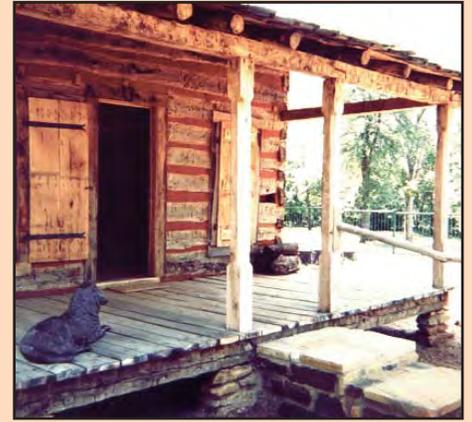
(December 14, January 11, February 8,  
March 8, April 12)

For information or group tour reservations,  
call 817-685-1649 or email at  
ofoiva-siale@eulesstx.gov



## Tours

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



## Local Eules Historical Marker Designation

Honor or commemorate an event, a person or a site with a Eules Historical Marker Designation!

- Buildings must be at least 50 years old and have significance for Eules
- An event must have happened at least 30 years earlier, newsworthy and had some discernible impact in the community
- A person must be deceased at least 10 years. The person must have made a significant contribution to the community or received recognition for something noteworthy.

If a loved one or an event was of historical significance to the area, acquire a Eules Marker to commemorate its importance. Visit [www.eulesstx.gov/history/EulesHistoricalMarkerProgram.htm](http://www.eulesstx.gov/history/EulesHistoricalMarkerProgram.htm) or call 817-685-1662 for details.

## Volunteer

**Are you interested in history? The Eules Heritage Museum is looking for volunteers.**

Being a Eules Historical Committee volunteer affords you the opportunity to become involved in your City, to enjoy a challenge, meet new friends with similar interests, learn or update skills and most of all to have fun helping to educate the public about the wonderful history of Eules. WE provide the interesting training and location - YOU provide the volunteer time to help preserve history and educate visitors. If you would like to volunteer at Heritage Park, please contact the City of Eules Parks and Community Services Department at 817-685-1649.

## Eules Family Life Center

300 West Midway Dr.

### RECREATION CENTER & FITNESS CENTER

**(817) 685-1666**

Robbie Rodgers  
Center Program Coordinator  
(817) 685-1668

Kali Goodfellow  
Recreation Center & Aquatics Coordinator  
(817) 685-1681

### **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

Noon – 6 p.m.

November 29 (7 a.m. - 6 p.m.)

### **CHILDCARE**

Monday – Friday

5 p.m. – 8 p.m.

Mon./Wed./Fri./Sat.

8 a.m. – 11 a.m.

### **SENIOR CENTER**

**(817) 685-1671**

Diane Eggers  
Senior Center Supervisor  
(817) 685-1670

Renee Garrett  
Senior Center Programmer  
(817) 685-1871

### **HOURS OF OPERATION**

Mon.–Tues.–Wed.–Fri.

6:30 a.m. - 4 p.m.

Thursday

6:30 a.m. - 9 p.m.

Saturday & Sunday

Closed



**HOLIDAY CLOSINGS: The Eules Family Life Center is CLOSED on December 24 & 25, January 1. The gymnasium will be closed December 21 - January 1 for resurfacing.**

**Like us on Facebook! "Eules Parks & Community Services" Visit us at [www.PlayEules.com](http://www.PlayEules.com).**

### **Eules Family Life Center Daily Use & Membership Fees**

Eules Family Life Recreation Center			Add Indoor Pool (Total Cost)		Fitness Center	Racquetball	Drop-In Day Care 2-hour max visit
	Resident	Nres	Resident	Nres	Res \ Nres	Res \ Nres	Res \ Nres
Youth (8-15)	\$10.00	\$25.00	NA	NA	NA	NA	NA
Individual	\$15.00	\$75.00	NA	NA	\$3.00 per day	\$3.00 per day	\$5.00 per day
Family*	\$45.00	\$125.00	NA	NA	\$3.00 per day	\$3.00 per day	\$5.00 per day
Silver Individual	\$75.00	\$200.00	\$110.00	\$275.00	Included	Included	\$5.00 per day
Silver Family*	\$110.00	\$450.00	\$160.00	\$575.00	Included	Included	\$5.00 per day
Gold Individual	\$125.00	\$250.00	\$160.00	\$325.00	Included	Included	Included
Gold Family*	\$175.00	\$550.00	\$225.00	\$675.00	Included	Included	Included
	Daily Fees		Indoor Pool		Fitness Center	Racquetball	Drop-In Day Care
	Resident	Nres	Resident	Res \ Nres	Res \ Nres	Res \ Nres	Res \ Nres
Daily Use Fees	\$5.00	\$10.00	\$10.00	\$15.00	\$8 \ \$13	\$8 \ \$13	NA

Eules Family Life Senior Center			Add Indoor Pool (Total Cost)		Fitness Center
	Resident	Nres	Resident	Nres	Res \ Non-Res
Senior (60+)	\$5.00	\$25.00	\$25.00	\$120.00	\$0 \ \$75

\* Families are considered to be up to two adults and four dependent children or Seniors (60+) living in the same household; add \$10 for each additional child or Senior (60+). "Dependent" implies tax dependent or dependent through marriage. Children under 8 must always be accompanied by an adult and do not need a membership card.



## PRESCHOOL CLASSES

### STROLLING STRIDERS

Join other moms each Tuesday and walk your way to a healthier you. This a group class with mothers who have small children that would like to get out and walk. Moms and their strollers will meet in the lobby of the Euless Family Life Center at 9 a.m. each Tuesday. The collective group will walk around Midway Park Trail for approximately 1 hour. In the event of inclement weather participants will walk on the indoor track. Beginning Tuesday January 7 at 9 a.m.

### PRESCHOOL PLAY DATES

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210020-01	1/30	EFLC	2+	TH	10-11:30am	1	FREE
210020-02	3/27	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-minded 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 stamp time and the bye-bye song. No class 3/15. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210181-01	1/11	EFLC	18-30m	S	10-10:45am	3	\$40
210181-02	2/1	EFLC	18-30m	S	10-10:45am	4	\$52
210181-03	3/1	EFLC	18-30m	S	10-10:45am	4	\$52
210181-04	4/5	EFLC	18-30m	S	10-10:45am	4	\$52
210181-05	5/3	EFLC	18-30m	S	10-10:45am	3	\$40

### PRESCHOOL DANCE & CREATIVE MOVEMENT

This class is fun for the little ones to enjoy music and learn to move to the music. They will learn very basic dance moves for their age. They will also learn songs and finger plays that will help with their imaginations, coordination, and balance. No Class 3/12. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-01	1/8	EFLC	2-3	W	9:45-10:30am	4	\$62
210200-02	2/5	EFLC	2-3	W	9:45-10:30am	4	\$62
201200-03	3/5	EFLC	2-3	W	9:45-10:30am	3	\$47
210200-04	4/2	EFLC	2-3	W	9:45-10:30am	4	\$62
210200-05	4/30	EFLC	2-3	W	9:45-10:30am	4	\$62

### 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 four free public passes for skater and parent. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211161-01	1/18	DPSC	3-4	S	12:00-12:30pm	2	\$30
211161-02	2/22	DPSC	3-4	S	12:00-12:30pm	2	\$30
211161-03	3/15	DPCS	3-4	S	12:00-12:30pm	2	\$30
211161-04	4/12	DPSC	3-4	S	12:00-12:30pm	2	\$30
211161-05	5/17	DPSC	3-4	S	12:00-12:30pm	2	\$30



### 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 1/20, 3/10, & 3/12. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210002-01	1/6	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-02	2/3	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-03	3/3	EFLC	3-5	M/W	9am-1pm	3	\$102
210002-04	3/31	EFLC	3-5	M/W	9am-1pm	4	\$127
210002-05	4/28	EFLC	3-5	M/W	9am-1pm	4	\$127

### 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 3/11 & 3/13. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	1/7	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-02	2/4	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-03	3/4	EFLC	3-5	T/TH	9am-1pm	3	\$102
210003-04	4/1	EFLC	3-5	T/TH	9am-1pm	4	\$127
210003-05	4/29	EFLC	3-5	T/TH	9am-1pm	4	\$127

### FUN TIME FRIDAYS

On Fridays we will get hands on and create snacks, art, crafts, and a science experiment. We will also sing songs, play games, and work on literacy and math activities. No Class 3/14. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210010-01	1/10	EFLC	3-5	F	9am-1pm	4	\$62
210010-02	2/7	EFLC	3-5	F	9am-1pm	4	\$62
210010-03	3/7	EFLC	3-5	F	9am-1pm	3	\$47
210010-04	4/4	EFLC	3-5	F	9am-1pm	4	\$62
210010-05	5/2	EFLC	3-5	F	9am-1pm	4	\$62



**PRESCHOOL DANCE**

This class is about learning how to move to the music. Children will learn beginner steps for tap and ballet. They will use their imaginations and creative movements. No class 3/13. Instructor Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210208-01	1/9	EFLC	3-5	TH	1-2pm	4	\$67
210208-02	2/6	EFLC	3-5	TH	1-2pm	4	\$67
210208-03	3/6	EFLC	3-5	TH	1-2pm	3	\$52
210208-04	4/3	EFLC	3-5	TH	1-2pm	4	\$67
210208-05	5/1	EFLC	3-5	TH	1-2pm	4	\$67

**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. No class 3/10 or 3/15. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210210-01	1/6	EFLC	3-5	M	5-5:45pm	4	\$52
210210-02	1/11	EFLC	3-5	S	11-11:45am	3	\$40
210210-03	2/1	EFLC	3-5	S	11-11:45am	4	\$52
210210-04	2/3	EFLC	3-5	M	5-5:45pm	4	\$52
210210-05	3/1	EFLC	3-5	S	11-11:45am	4	\$52
210210-06	3/3	EFLC	3-5	M	5-5:45pm	4	\$52
210210-07	4/5	EFLC	3-5	S	11-11:45am	4	\$52
320210-08	4/7	EFLC	3-5	M	5-5:45pm	4	\$52
320210-09	5/3	EFLC	3-5	S	11-11:45am	4	\$40
320210-10	5/5	EFLC	3-5	M	5-5:45pm	4	\$40

**PRINCE & PRINCESS CAMP**

Come have prince and some princess fun. If your child loves to play dress up, likes to pretend, and be treated like royalty this class is just for them. We will make crafts, play games, learn to dance, and have a snack. Each week we will do different activities and participants will have something beautiful to take home with them. No class 3/11 or 3/13 Instructor: Michelle Burger

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210001-01	1/7	EFLC	3-6	T/TH	9-10am	4	\$55
210001-02	2/4	EFLC	3-6	T/TH	9-10am	4	\$55
210001-03	3/4	EFLC	3-6	T/TH	9-10am	4	\$55
210001-04	4/1	EFLC	3-6	T/TH	9-10am	4	\$55
210001-05	4/29	EFLC	3-6	T/TH	9-10am	4	\$55

**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 girl 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. No class 3/10. Instructor: Just4Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210215-01	1/6	EFLC	4-8	M	7-7:45pm	4	\$52
210215-02	2/3	EFLC	4-8	M	7-7:45pm	4	\$52
210215-03	3/3	EFLC	4-8	M	7-7:45pm	4	\$52
210215-04	4/7	EFLC	4-8	M	7-7:45pm	4	\$52
210215-05	5/5	EFLC	4-8	M	7-7:45pm	3	\$40



**PRETTY PRINCESS TEA PARTY**

Come have some princess fun... If your little girl loves to play dress up, paint nails, and be treated like a princess this class is just for her. We will make crafts, play games, do make-overs, and have tea party. Each week we will do different activities and participants will have something beautiful to take home with them. No class 3/15. Instructor: Claudia Rameriz

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211160-01	1/4	EFLC	3-7	S	10-11am	4	\$42
211160-02	2/1	EFLC	3-7	S	10-11am	4	\$42
211160-03	3/1	EFLC	3-7	S	10-11am	4	\$42
211160-04	4/5	EFLC	3-7	S	10-11am	4	\$42
211160-05	5/3	EFLC	3-7	S	10-11am	4	\$42

**TAP, BALLET, AND JAZZ DANCE**

This class is created to learn basic tap, ballet, and jazz techniques. Children can have fun learning to dance with the music and learn different forms of dance. This class is great for their coordination and balance and overall fun. No class 3/11. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210220-01	1/7	EFLC	4-6	T	5:30-7pm	4	\$77
210220-02	2/4	EFLC	4-6	T	5:30-7pm	4	\$77
210220-03	3/4	EFLC	4-6	T	5:30-7pm	3	\$62
210220-04	4/1	EFLC	4-6	T	5:30-7pm	4	\$77
210220-05	4/29	EFLC	4-6	T	5:30-7pm	4	\$77

**TAP, BALLET, JAZZ**

We will learn tap technique, basic ballet, and jazz techniques. We will also focus on musicality and flexibility. We will also focus on different rhythms and creative movements. No class 3/13. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210230-01	1/9	EFLC	5-7	TH	5:30-6:30pm	4	\$67
210230-02	2/6	EFLC	5-7	TH	5:30-6:30pm	4	\$67
210230-03	3/6	EFLC	5-7	TH	5:30-6:30pm	3	\$52
210230-04	4/3	EFLC	5-7	TH	5:30-6:30pm	4	\$67
2310230-05	5/1	EFLC	5-7	TH	5:30-6:30pm	4	\$67



### TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program can help to enhance focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. This class does not require traditional taekwondo uniforms. T-shirts with the school logo are available from the instructor for a small fee however, they are not required. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210130-01	1/11	SIM	5-8	S	9-9:45am	9	\$28
210130-02	3/29	SIM	5-8	S	9-9:45am	8	\$28

### YOUNG REMBRANDTS ELEMENTARY DRAWING

Start 2014 off with a bang! Young Rembrandts students will flex their creative muscle as they take on artistic challenges like our Still Life Backpack and Sporty Snowboarder lesson. Students will master perspective and personality as they complete a challenging Palm Tree Scene, cute Penguins and their own version of Grant Wood's American Gothic. Then, get ready for a mix of elegance and graphic style drawings as students complete a Graceful Swan and Wise Owl. There's no better way to shake the winter blues. Sign up today! Instructor: Young Rembrandts

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210000-01	1/7	EFLC	5-12	T	5:30-6:30pm	4	\$48
210000-02	2/4	EFLC	5-12	T	5:30-6:30pm	4	\$48
210000-03	3/4	EFLC	5-12	T	5:30-6:30pm	4	\$48
210000-04	4/1	EFLC	5-12	T	5:30-6:30pm	4	\$48
210000-05	5/6	EFLC	5-12	T	5:30-6:30pm	4	\$48



### 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 artists, 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: "Moonlight Snow Scene with Waterfall", "Sun touching the Water with Palm Trees", "English Cottage with Flower Garden", "Stargazer Lilies", "Sunset in Sedona" Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210815-01	1/23	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-02	2/20	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-03	3/20	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-04	4/17	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-05	5/22	EFLC	5-13	TH	4-5:30pm	1	\$22

### 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, free skate rental on class day, and 4 free Public Session passes. Instructors: Qualified Dr Pepper StarCenter Professionals

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211162-01	1/18	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-02	1/21	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-03	2/18	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-04	2/22	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-05	3/11	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-06	3/25	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-07	4/8	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-08	4/12	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-09	5/13	DPSC	5-13	T	6:45-7:15pm	2	\$30
211162-10	5/17	DPSC	5-13	S	11:15-11:45am	2	\$30

### JUST 4 FLIPS GYMNASTICS

Come learn body control while performing the basic fundamentals of gymnastics and dance on the floor, beam, bars, and vault. This class is for boys and girls who want to have fun while learning the proper techniques used in beginning gymnastics. No class 3/10. Instructor: Just 4 Flips

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210205-01	1/6	EFLC	6-9	M	6-6:45pm	4	\$52
210205-02	2/3	EFLC	6-9	M	6-6:45pm	4	\$52
210205-03	3/3	EFLC	6-9	M	6-6:45pm	4	\$52
210205-04	4/7	EFLC	6-9	M	6-6:45pm	4	\$52
210205-05	5/5	EFLC	6-9	M	6-6:45pm	4	\$40

### TAP/JAZZ

This class is designed for children who are 7-10. They will learn basic technique for tap and jazz and improve their flexibility, balance, coordination, and movements. We will learn dances and practice combinations to different kinds of music. No class 3/13. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210235-01	1/9	EFLC	7-10	TH	6:30-8pm	4	\$77
210235-02	2/6	EFLC	7-10	TH	6:30-8pm	4	\$77
210235-03	3/6	EFLC	7-10	TH	6:30-8pm	3	\$58
210235-04	4/3	EFLC	7-10	TH	6:30-8pm	4	\$77
210235-05	5/1	EFLC	7-10	TH	6:30-8pm	4	\$77



**KIDZ BOOT CAMP**

Fitness is for all ages! This boot camp consists of games and exercises to encourage students from 7 to 13 to make healthy choices for a healthier lifestyle. The objective is to build strength and confidence, and develop goal setting skills while improving social skills through team work. Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210510-01	1/8	EFLC	7-13	W	6-7pm	4	\$22
210510-02	2/5	EFLC	7-13	W	6-7pm	4	\$22
210510-03	3/5	EFLC	7-13	W	6-7pm	4	\$22
210510-04	4/9	EFLC	7-13	W	6-7pm	4	\$22
210510-05	5/7	EFLC	7-13	W	6-7pm	4	\$22

**TAEKWON-DO BEGINNERS**

(Ages 9-12) (White Belt - Green Stripe)

This program explores the entire range of techniques for training in the Taekwondo-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. Tuesday class meets at the Euless Family Life Center and Saturday class meets at Simmons Activity Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210131-01	1/7	EFLC	9-12	T	6-7:15pm	9	\$86
		SIM		S	10-11:15am		
210131-02	3/25	EFLC	9-12	T	6-7:15pm	8	\$81
		SIM		S	10-11:15a		

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

This 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. Monday class meets at Euless Family Life Center and Thursday class meets at the Simmons Activity Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210132-01	1/6	EFLC	9-12	M	6-7:15pm	9	\$86
		SIM	9-12	TH	6-7:15pm		
210132-01	3/24	EFLC	9-12	M	6-7:15pm	8	\$81
		SIM	9-12	TH	6-7:15pm		

**GIRLS ON THE RUN**

This program uses the power of running to prepare girls for a life-time 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 a 5K together. Partial financial-need scholarships may be available. No class 3/12 and 3/14. Instructor: Girls on the Run

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210540-01	2/11	EFLC	8-12	T/TH	5:30-7pm	10	\$120

**CITY OF EULESS SPRING BREAK CAMP**

Come spend Spring Break with the City of Euless. 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	3/10	EFLC	6-12	M-F	7:30am-6pm	1	\$90





### PARENT TOT

Water Introduction class is the very first step in swim lessons; this class focuses on getting comfortable in the water through fun and games. A parent or guardian over age 18 must be in the water at all times. Children must wear a swim diaper if not potty trained. Swimmers must be between the ages of 3 months and 3 years.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220000-01	1/06	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220000-02	2/03	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220000-03	3/03	EFLC	3m-3y	M/W	6:10-6:40pm	3	\$43
220000-04	3/31	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
220000-05	4/28	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55

### WATER TOTS

Introduction to the water for children ages 2-4 years old. Children must wear a swim diaper if not potty trained. Swimmers learn to explore the wonderful world of swimming through song and games.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220000-01	1/06	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220000-02	2/03	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220000-03	3/03	EFLC	4-8	M/W	5:30-6:00pm	3	\$43
220000-04	3/31	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220000-05	4/28	EFLC	4-8	M/W	5:30-6:00pm	4	\$55

### LEVEL 1: INTRO TO WATER SKILLS

Helps students feel comfortable in the water. The end goal of this level is for participants to be able to swim a short distance on their front and back, as well as float on their front and back unassisted.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220001-01	1/06	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220001-02	1/06	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220001-03	2/03	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220001-04	2/03	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220001-05	3/03	EFLC	4-8	M/W	5:30-6:00pm	3	\$43
220001-06	3/03	EFLC	4-8	M/W	6:10-6:40pm	3	\$43
220001-07	3/31	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220001-08	3/31	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220001-09	4/28	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220001-10	4/28	EFLC	4-8	M/W	6:10-6:40pm	4	\$55

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives students success with the fundamental skills; the end goal of this level will have participants bobbing underwater and swimming on their front and back and able to swim 2 body lengths all unassisted.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220002-01	1/06	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220002-02	1/06	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220002-03	2/03	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220002-04	2/03	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220002-05	3/03	EFLC	4-8	M/W	5:30-6:00pm	3	\$43
220002-06	3/03	EFLC	4-8	M/W	6:10-6:40pm	3	\$43
220002-07	3/31	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220002-08	3/31	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220002-09	4/28	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220002-10	4/28	EFLC	4-8	M/W	6:10-6:40pm	4	\$55

### LEVEL 3: STROKE DEVELOPMENT

Emphasis is on rhythmic breathing, backstroke, scissor kick, elementary backstroke, and treading water.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220003-01	1/06	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220003-02	1/06	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220003-03	2/03	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220003-04	2/03	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220003-05	3/03	EFLC	4+	M/W	5:30-6:00pm	3	\$43
220003-06	3/03	EFLC	4+	M/W	6:10-6:40pm	3	\$43
220003-07	3/31	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220003-08	3/31	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
220003-09	4/28	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
220003-10	4/28	EFLC	4-8	M/W	6:10-6:40pm	4	\$55

### LEVEL 4: STROKE IMPROVEMENT

Further develops proper technique and increases endurance. Refinement of front and back crawl, butterfly, breaststroke, and side-stroke, as well as starts and turns.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220004-01	1/06	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220004-02	1/06	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220004-03	2/03	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220004-04	2/03	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220004-05	3/03	EFLC	4+	M/W	5:30-6:00pm	3	\$43
220004-06	3/03	EFLC	4+	M/W	6:10-6:40pm	3	\$43
220004-07	3/31	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220004-08	3/31	EFLC	4+	M/W	6:10-6:40pm	4	\$55
220004-09	4/28	EFLC	4+	M/W	5:30-6:00pm	4	\$55
220004-10	4/28	EFLC	4+	M/W	6:10-6:40pm	4	\$55

### DRILL TEAM

Must have successfully completed level 4. This class is for increasing endurance while teaching the basics in competitive swimming. Swimmers will learn and perfect swim team drills all while learning UIL swim rules and regulation. This is a great class that is used to ease the transition from swimming lessons to swim team.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220500-01	1/06	EFLC	6+	M/W	6:50-7:20pm	4	\$65
220500-02	2/03	EFLC	6+	M/W	6:50-7:20pm	4	\$65
220500-03	3/03	EFLC	6+	M/W	6:50-7:20pm	4	\$53
220500-04	3/31	EFLC	6+	M/W	6:50-7:20pm	4	\$65
220500-05	4/24	EFLC	6+	M/W	6:50-7:20pm	3	\$65

### ADULT SWIM LESSONS

Knowing how to swim is for everyone of all ages. Whether you are a non-swimmer and looking to learn to be safe around the water or you are a tri-athlete looking to cut time, this class is for you.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220008-01	1/06	EFLC	14+	M/W	6:50-7:20pm	4	\$55
220008-02	2/03	EFLC	14+	M/W	6:50-7:20pm	4	\$55
220008-03	3/03	EFLC	14+	M/W	6:50-7:20pm	3	\$43
220008-04	3/31	EFLC	14+	M/W	6:50-7:20pm	4	\$55
220008-05	4/28	EFLC	14+	M/W	6:50-7:20pm	4	\$55

### \* ARTHRITIC AEROBICS

Start of your day with the healing benefits of water. This class is a slower paced class designed to assist in improving and maintaining range of motion to ultimately improve the quality of life.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220700-01	1/6	EFLC	18+	M/W/F	8-8:45am	4	\$60
220700-02	2/3	EFLC	18+	M/W/F	8-8:45am	4	\$60
220700-03	3/3	EFLC	18+	M/W/F	8-8:45am	4	\$60
220700-04	3/31	EFLC	18+	M/W/F	8-8:45am	4	\$60

\* Senior-friendly, created with the senior in mind.



### \* WATER PILATES

The combination of Pilates and water merge together in a calming way to increase flexibility and range of motion all while providing a unique workout experience.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220701-01	1/6	EFLC	18+	M/W/F	8:50-9:20am	4	\$60
220701-02	2/3	EFLC	18+	M/W/F	8:50-9:20am	4	\$60
220701-03	3/3	EFLC	18+	M/W/F	8:50-9:20am	4	\$60
220701-04	3/31	EFLC	18+	M/W/F	8:50-9:20am	4	\$60
220701-05	1/7	EFLC	18+	T/TH	8-8:45am	4	\$40
220701-06	2/4	EFLC	18+	T/TH	8-8:45am	4	\$40
220701-07	3/4	EFLC	18+	T/TH	8-8:45am	4	\$40
220701-08	4/1	EFLC	18+	T/TH	8-8:45am	4	\$40

### \*CARDIO BY AQUA

This is a fast pace class designed to improve overall cardio and endurance; this class will get your heart pumping and body moving.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
\$220702-01	1/7	EFLC	18+	T/TH	9:25-10:10am	4	\$40
220702-02	2/4	EFLC	18+	T/TH	9:25-10:10am	4	\$40
220702-03	3/4	EFLC	18+	T/TH	9:25-10:10am	4	\$40
220702-04	4/1	EFLC	18+	T/TH	9:25-10:10am	4	\$40

### \*WATER YOGA

Combining the tranquility of yoga with the healing benefits of the water; this class is a work out for the body and mind.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220703-01	1/7	EFLC	18+	T/TH	8:50-9:20am	4	\$40
220703-02	2/4	EFLC	18+	T/TH	8:50-9:20am	4	\$40
220703-03	3/4	EFLC	18+	T/TH	8:50-9:20am	4	\$40
220703-04	4/1	EFLC	18+	T/TH	8:50-9:20am	4	\$40

### \*AQUA AGILITY

Stamina, strength, and endurance is the focus in this class. This is a fast moving, high energy, and upbeat class that will give you a great workout.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220704-01	1/6	EFLC	18+	M/W/F	9:25-10:10am	4	\$60
220704-02	2/3	EFLC	18+	M/W/F	9:25-10:10am	4	\$60
220704-03	3/3	EFLC	18+	M/W/F	9:25-10:10am	4	\$60
220704-04	3/31	EFLC	18+	M/W/F	9:25-10:10am	4	\$60

### PM WATER PILATES

This is more advanced than morning Pilates and faster paced. The combination of Pilates and water join together in a calming way to increase flexibility and range of motion all while providing a unique workout experience.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220705-01	1/7	EFLC	12+	T/TH	5:55-6:25pm	4	\$40
220705-02	2/4	EFLC	12+	T/TH	5:55-6:25pm	4	\$40
220705-03	3/4	EFLC	12+	T/TH	5:55-6:25pm	4	\$40
220705-04	4/1	EFLC	12+	T/TH	5:55-6:25pm	4	\$40

### AQUA-FITNESS

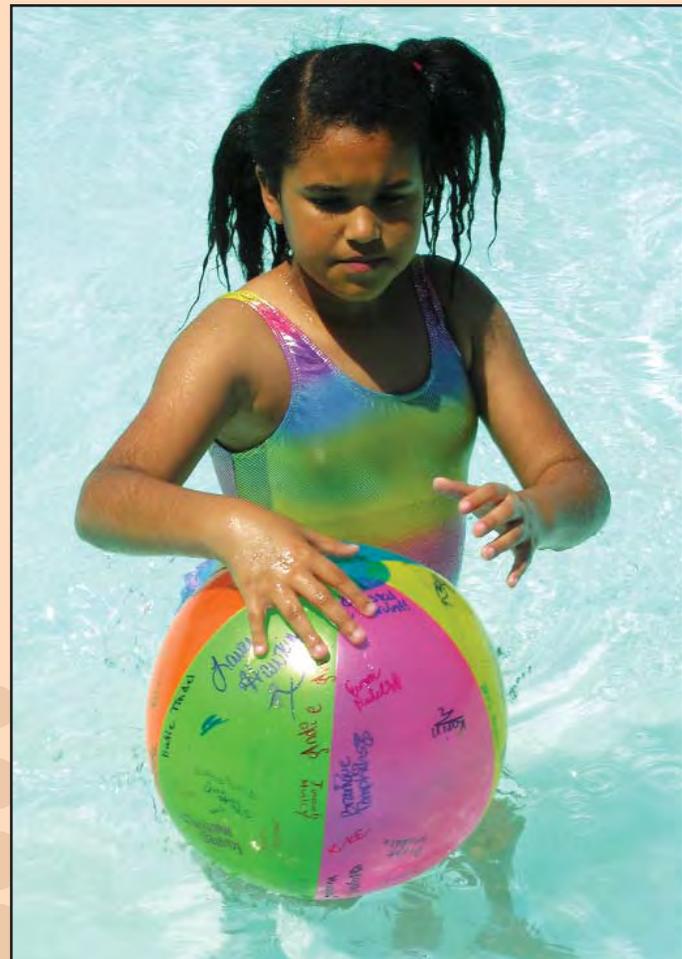
Get ready for this fun and challenging workout that will get you moving and grooving back in to shape.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220706-01	1/7	EFLC	12+	T/TH	5:00-5:45pm	4	\$40
220706-02	2/4	EFLC	12+	T/TH	5:00-5:45pm	4	\$40
220706-03	3/4	EFLC	12+	T/TH	5:00-5:45pm	4	\$40
220706-04	4/1	EFLC	12+	T/TH	5:00-5:45pm	4	\$40

### H2O BOOT CAMP

This class will challenge every muscle group you have and make you beg for more. This intense workout combines water and land exercises for an overall boot camp experience. Participants must be at least an intermediate swimmer to join.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
220707-01	1/11	EFLC	12+	Sat	9-9:45am	3	\$15
220707-02	2/1	EFLC	12+	Sat	9-9:45am	4	\$20
220707-03	3/1	EFLC	12+	Sat	9-9:45am	5	\$25
220707-04	4/5	EFLC	12+	Sat	9-9:45am	4	\$20





## ADULT/TEEN ACTIVITIES

### MEMBERSHIP APPRECIATION MONDAYS

Come join us the first Monday of the month and enjoy a free continental breakfast after you exercise. Enjoy muffins, bagels, fresh fruit, juice, and coffee. It's our way of saying thank you for being a part of the Eules Family Life Center family.

### FENCING

En Garde! Learn an exciting new sport that everyone in the family can experience. Fencing is a safe and fun individual sport that improves concentration, agility, strength, and self-esteem. Students will be provided with equipment and the basic skills to become a modern day musketeer. Instructor: Janos Gasparin

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210135-01	1/6	EFLC	8+	M/W	6-7pm	4	\$37
210135-02	2/3	EFLC	8+	M/W	6-7pm	4	\$37
210135-03	3/3	EFLC	8+	M/W	6-7pm	4	\$37
210135-04	3/31	EFLC	8+	M/W	6-7pm	4	\$37
210135-05	4/28	EFLC	8+	M/W	6-7pm	4	\$37

### BOOT CAMP CARDIO

Get ready to sweat your way through this tough, challenging, but fun class. Every class has a different format including strength, training for your heart, arms, legs, and abdominal area. Please remember your hand weights and mat. A FREE class for residents and members of the Eules Family Life Center. Instructor: Debbie Day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210315-01	1/6	EFLC	13+	M/TH	6-6:45pm	4	FREE
210315-02	2/10	EFLC	13+	M/TH	6-6:45pm	4	\$26
210315-03	3/17	EFLC	13+	M/TH	6-6:45pm	4	\$26
210315-04	4/28	EFLC	13+	M/TH	6-6:45pm	4	\$26

### 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 3/10, 3/12. Instructor Kellie Grant - Zumba Certified

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210300-01	1/6	EFLC	13+	M/W	7-8pm	4	\$42
210300-02	2/3	EFLC	13+	M/W	7-8pm	4	\$42
210300-03	3/3	EFLC	13+	M/W	7-8pm	3	\$37
210300-04	3/31	EFLC	13+	M/W	7-8pm	4	\$42
210300-05	4/28	EFLC	13+	M/W	7-8pm	4	\$42

### TAEKWON-DO 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. Tuesday class meet at the Eules family Life Center and the Thursday class meets at the Simmons Activity Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210134-01	1/7	EFLC	13+	T	7:30-9pm	9	\$99
		SIM	13+	TH	7:30-9pm		
210134-02	3/24	EFLC	13+	T	7:30-9pm	8	\$92
		SIM	13+	TH	7:30-9pm		

### OUTDOOR BOOT CAMP

If you are looking for a fun and challenging outdoor workout (weather permitting) you have found it! This boot camp uses basic movements and continual variety to help build strength, endurance, and confidence in encouraging environment. We move inside the Simmons Center on inclement weather days. Come start your day strong! Monday and Wednesday class meets 5:30-6:30 a.m. and the Saturday class meets 7:30-8:30 a.m. Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210340-01	1/6	SIM	13+	M/W/S	5:30-6:30am	4	\$62
210340-02	2/3	SIM	13+	M/W/S	5:30-6:30am	4	\$62
210340-03	3/3	SIM	13+	M/W/S	5:30-6:30am	4	\$62
210340-04	4/7	SIM	13+	M/W/S	5:30-6:30am	4	\$62
210340-05	5/5	SIM	13+	M/W/S	5:30-6:30am	3	\$42

### 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 Ellred

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210133-01	1/6	SIM	13+	M	7:30-9pm	4	\$26
210133-02	2/3	SIM	13+	M	7:30-9pm	4	\$26
210133-03	3/3	SIM	13+	M	7:30-9pm	4	\$26
210133-04	3/31	SIM	13+	M	7:30-9pm	4	\$26
210133-05	4/28	SIM	13+	M	7:30-9pm	4	\$26

### GET FIT BOOT CAMP AM

Get Fit Boot Camp is designed to get you in shape fast and motivate you to lose weight. We will incorporate aerobics, core work, and TRX training. This class will build stamina, muscle strength, and overall fitness. Come sweat and have a blast in this new class. Instructor Jeremy Wickwire

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210310-01	1/6	EFLC	13+	MWF	5:15-6:15am	4	\$59
210310-02	2/3	EFLC	13+	MWF	5:15-6:15am	4	\$59
210310-03	3/10	EFLC	13+	MWF	5:15-6:15am	4	\$59
210310-04	4/7	EFLC	13+	MWF	5:15-6:15am	4	\$59
210310-05	5/5	EFLC	13+	MWF	5:15-6:15am	4	\$49

### GET FIT BOOT CAMP PM

Get Fit Boot Camp is designed to get you in shape fast and motivate you to lose weight. This class will build stamina, muscle strength, and overall fitness.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210610-01	1/6	EFLC	13+	MWF	6-7pm	4	\$59
210610-02	2/3	EFLC	13+	MWF	6-7pm	4	\$59
210610-03	3/10	EFLC	13+	MWF	6-7pm	4	\$59
210610-04	4/7	EFLC	13+	MWF	6-7pm	4	\$59
210610-05	5/5	EFLC	13+	MWF	6-7pm	3	\$49

### BRAZILIAN JIU-JITSU

Jiu-Jitsu concentrates on dominating your opponent on the ground by using angles, leverage, and superior body positioning to control an opponent's body movement. This style allows for a smaller person to defeat a much larger attacker. We recommend this style for men and women looking for a great workout and realistic self-defense. No class 3/10-3/14. Instructor: Jeremy Wickwire

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210135-01	01/6	EFLC	14+	MWF	7-8pm	4	\$79
210135-02	2/3	EFLC	14+	MWF	7-8pm	4	\$79
210135-03	3/3	EFLC	14+	MWF	7-8pm	4	\$79
210135-04	4/7	EFLC	14+	MWF	7-8pm	4	\$79
210135-05	5/5	EFLC	14+	MWF	7-8pm	3	\$59



**KICKBOXING BOOT CAMP**

Kickboxing Boot Camp will use bags, gloves, jump ropes and much more to increase your cardio and strength. This program can help you get in shape to start the New Year. Bring gloves, towel and water. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210316-01	1/6	EFLC	16+	M/W	7-8pm	3	\$32
210316-02	2/3	EFLC	16+	M/W	7-8pm	3	\$32
210316-03	3/3	EFLC	16+	M/W	7-5pm	3	\$32
210316-04	4/7	EFLC	16+	M/W	7-8pm	3	\$32
210316-05	5/5	EFLC	16+	M/W	7-8pm	3	\$32

**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	1/21	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-02	2/18	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-03	3/11	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-04	4/8	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-05	5/17	DPSC	14+	T	6:45-7:15pm	2	\$30

**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 an 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 of 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: "Moonlight Snow Scene with Waterfall", "Sun Touching the Water with Palm Trees", "English Cottage with Flower Garden", "Stargazer Lilies", "Sunset in Sedona". Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210810-01	1/23	EFLC	14+	TH	6-9pm	1	\$37
210810-02	2/20	EFLC	14+	TH	6-9pm	1	\$37
210810-03	3/20	EFLC	14+	TH	6-9pm	1	\$37
210810-04	4/17	EFLC	14+	TH	6-9pm	1	\$37
210810-05	5/22	EFLC	14+	TH	6-9pm	1	\$37

**ADVANCED TAP**

This class is designed for students who have been tap dancing and already have knowledge of basic techniques and abilities. We will work on speed and learn more in depth rhythms and combinations. No Class 3/12. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210240-01	1/9	EFLC	14+	TH	8-9pm	4	\$62
210240-02	2/6	EFLC	14+	TH	8-9pm	4	\$62
210240-03	3/6	EFLC	14+	TH	8-9pm	3	\$47
210240-04	4/3	EFLC	14+	TH	8-9pm	4	\$62
210240-05	5/1	EFLC	14+	TH	8-9pm	4	\$62

**POWER YOGA**

Open to all levels of yoga students looking to deepen their yoga practice. Power yoga is a vigorous, fitness-based approach to Vinyasa style yoga. Focus will be on strength, core stability, and breath work. Instructor: Beth Pizzuto

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210571-01	1/11	EFLC	15+	S	8:30-9:30am	3	\$36
210571-02	2/1	EFLC	15+	S	8:30-9:30am	4	\$42
210571-03	3/1	EFLC	15+	S	8:30-9:30am	4	\$42
210571-04	3/29	EFLC	15+	S	8:30-9:30am	4	\$42
210571-05	4/26	EFLC	15+	S	8:30-9:30am	4	\$42



**PILATES FITNESS**

Pilates Fitness is a whole body fitness class that promotes strength, flexibility, good posture, and ease of movements. Pilates exercise can improve the daily lives of all ages of men and women. Feel better and enjoy life through Pilates! Please bring a mat and towel. No class 3/10 and 3/12. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210320-01	1/6	EFLC	16+	M/W	6-7pm	3	\$32
210320-02	2/3	EFLC	16+	M/W	6-7pm	3	\$32
210320-03	3/3	EFLC	16+	M/W	6-7pm	3	\$32
210320-04	4/7	EFLC	16+	M/W	6-7pm	3	\$32
210320-05	5/5	EFLC	16+	M/W	6-7pm	3	\$32

**ZUMBA TONING**

Zumba Toning promotes body-sculpting exercises with Latin-infused Zumba moves to create a one hour calorie burning strength-training class. What a great way to get your total work-out! No Class 3/10, 3/12. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210325-01	1/6	EFLC	16+	M/W	5-6pm	3	\$32
210325-02	2/3	EFLC	16+	M/W	5-6pm	3	\$32
210325-03	3/3	EFLC	16+	M/W	5-6pm	3	\$32
210325-04	4/7	EFLC	16+	M/W	5-6pm	3	\$32
210325-05	5/5	EFLC	16+	M/W	5-6pm	3	\$32

**SPIN AND SWEAT**

Want to crank up your workout, burn more calories, and fat? Come join us for a great workout and a great time. Get ready to work hard and sweat like crazy! No class 3/12. Instructor: Angela Pond

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210310-01	1/8	EFLC	16+	W	6-6:45pm	4	\$26
210310-02	2/5	EFLC	16+	W	6-6:45pm	4	\$26
210310-03	3/5	EFLC	16+	W	6-6:45pm	3	\$20
210310-04	4/9	EFLC	16+	W	6-6:45pm	4	\$26
210310-05	5/7	EFLC	16+	W	6-6:45pm	4	\$26





**BEGINNER SALSA**

This class will teach you the basic to some advanced Salsa steps and pattern combinations. This is a fun and a great cardio workout. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210235-01	1/6	EFLC	13+	M	7:15-8:15pm	8	\$60
210235-02	3/3	EFLC	13+	M	7:15-8:15pm	8	\$60

**BEGINNER BACHATA**

This is an exciting dance from the Dominican Republic. You will learn the basic steps and pattern combinations. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210240-01	1/6	EFLC	13+	M	8:15-9pm	8	\$60
210240-02	3/3	EFLC	13+	M	8:15-pm	8	\$60

**INTEMEDIANTE BACHATA**

Must have taken beginner level or know the basic steps, left and right turn. This class will teach you more advanced steps and pattern combinations.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210250-01	1/9	EFLC	13+	TH	8:15-9pm	8	\$60
210250-02	3/6	EFLC	13+	TH	8:15-9pm	8	\$60

**INTERMEDIATE SALSA**

Must have taken beginning level or know basic left and right turn, cross body lead with turn. This class will teach you footwork and pattern combinations. This is a great cardio workout. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210255-01	1/9	EFLC	13+	TH	7:15-8:15pm	8	\$60
210255-02	3/6	EFLC	13+	TH	7:15-8:15pm	8	\$60

**STRETCH & STRENGTHEN WORKOUT**

Luckily, there is a way to get these two benefits from exercise. Because muscles work in pairs--one contracts while the other lengthens--it's possible to strengthen one muscle while increasing flexibility in the other. Instructor Michelle Burger

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210310-01	1/8	EFLC	16+	W	7-7:45am	4	\$36
210310-02	2/5	EFLC	16+	W	7-7:45am	4	\$36
210310-03	3/5	EFLC	16+	W	7-7:45am	4	\$36

**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 3/11, 3/13

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210330-01	1/7	EFLC	16+	T/TH	7-8pm	3	\$36
210330-02	2/11	EFLC	16+	T/TH	7-8pm	3	\$36
210330-03	3/11	EFLC	16+	T/TH	7-8pm	3	\$36
210330-04	4/8	EFLC	16+	T/TH	7-8pm	3	\$36
210330-05	5/6	EFLC	16+	T/TH	7-8pm	3	\$36

**BOOT CAMP**

Ready to kick it up a notch? Then come join Euless Family Life Center Boot Camp. Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. 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! \$42 for two days or come three days for \$62. No Class 3/11, 3/13, 3/14 Instructor: Behka Hartmann - Certified Fitness Instructor

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210350-01	1/7	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-02	2/4	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-03	3/4	EFLC	16+	T/TH/F	5:45-6:45am	3	\$32/\$47
210350-04	4/8	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62
210350-05	5/6	EFLC	16+	T/TH/F	5:45-6:45am	4	\$42/\$62

**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	1/7	EFLC	16+	T	6-7pm	4	\$40
210305-02	2/4	EFLC	16+	T	6-7pm	4	\$40
210305-03	3/4	EFLC	16+	T	6-7pm	4	\$40
210305-04	4/1	EFLC	16+	T	6-7pm	4	\$40
210305-05	4/29	EFLC	16+	T	6-7pm	4	\$40

**TAI CHI ADVANCED**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210306-01	1/7	EFLC	16+	T	7-8pm	4	\$40
210306-01	2/4	EFLC	16+	T	7-8pm	4	\$40
210306-03	3/4	EFLC	16+	T	7-8pm	4	\$40
210306-04	4/1	EFLC	16+	T	7-8pm	4	\$40
210306-05	4/29	EFLC	16+	T	7-8pm	4	\$40

**ADULT TAP**

This class is all about tap dancing, learning tap technique and dancing to the music, learning new rhythms and just having fun. It's great exercise too! No class 3/11. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210245-01	1/7	EFLC	18+	T	7-8pm	4	\$62
210245-02	2/4	EFLC	18+	T	7-8pm	4	\$62
210245-03	3/4	EFLC	18+	T	7-8pm	3	\$45
210245-04	4/1	EFLC	18+	T	7-8pm	4	\$62
210245-05	4/29	EFLC	18+	T	7-8pm	4	\$62



**ROLL IT, TAKE IT, LEAVE IT**

Suitable for: working investors, job changers, workers facing layoffs and recent retirees. If you recently switched jobs, retired, or are facing unemployment due to a layoff or downsizing, this seminar can help you determine what to do with the assets in your company-sponsored retirement savings plan. We'll help you evaluate your retirement goals and potential investment strategies, and then we'll discuss the pros and cons of your options. This seminar is taught by Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211002-01	1/16	EFLC	18+	TH	10-11am	1	FREE
211002-02	4/10	EFLC	18+	TH	10-11am	1	FREE

**SOCIAL SECURITY: YOUR QUESTIONS ANSWERED**

This presentation discusses how social security fits into your retirement income plan, when you should start taking benefits and tax considerations. Instructor: Michael Scoma with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211004-01	2/20	EFLC	18+	T	10-11:00am	1	FREE
211004-02	4/29	EFLC	18+	TH	10-11:00am	1	FREE

**LEARNING ABOUT ME THROUGH NUMEROLOGY**

Using Numerology to confirm things you know about yourself and learn new information. This fun class gives students a way to understand themselves, what they will have to learn to be successful in life, and what obstacles they face in order to learn. Students will receive free number meanings for each of the 10 life areas covered. Instructor: Carol Reed

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210705-01	1/21	EFLC	18+	T	7-8:30pm	4	\$20
210705-02	4/7	EFLC	18+	M	7-8:30pm	4	\$20

**THE FUN WAY TO PUBLIC SPEAKING**

More people fear public speaking than they fear death. This six-week class is set up to help people enjoy public speaking, understand stage fright, and have opportunities to speak before the group. This class will also teach the areas that help in public speaking, as well as critiques of their speeches to keep them improving. Each student will receive a free 40-page workbook. Instructor: Carol Reed

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210710-01	2/10	EFLC	16+	M	7-8:30pm	6	\$32
210710-02	4/22	EFLC	16+	T	7-8:30pm	6	\$32



Our nutritional program works with the body's natural hormone response to the quality of foods consumed and the timing in which they are consumed. We provide you with the tools you need to reduce body fat and preserve lean muscle through a superior, nutrient delivery system, and the elimination of toxins in the body.

Come learn and have fun with free nutrition seminars presented by Elevation Health staff. These seminars will be offered the second Tuesday of the month at 10a.m. in Activity Room 1. Must register to attend.

1/14/2014	10am		The Healing Power of the Nervous System
2/11/2014	10am		Fat Burning Fitness
3/11/2014	10am		Heart Smart Nutrition
4/8/2014	10am		Energizing Nutrition
5/13/2014	10am		Cancer Prevention

**FITNESS ON DEMAND**

With just a touch of a button, you can choose from hundreds of fun and exciting exercise videos including kickboxing, dance, cycling, yoga, and more. With Fitness On Demand, you can enjoy the fun of group fitness many times during the week.

**Fitness On Demand Schedule**

<b>Monday</b>	8 a.m. Power Pilates	<b>Thursday</b>	8 a.m. Groove
9 a.m. Roadee Ride	9 a.m. Total Body Burn	9 a.m. Total Body Burn	9 a.m. Total Body Burn
10 a.m. Blast 'N Burn	10 a.m. Lean Abs	10 a.m. Blast 'N Burn	10 a.m. Blast 'N Burn
11 a.m. Meditation Yoga	11 a.m. Roadee Ride	11 a.m. Meditation Yoga	11 a.m. Meditation Yoga
<b>Tuesday</b>	8 a.m. Groove	<b>Friday</b>	8 a.m. Power Pilates
9 a.m. Total Body Burn			
10 a.m. Lean Abs	10 a.m. Blast 'N Burn	10 a.m. Blast 'N Burn	10 a.m. Blast 'N Burn
11 a.m. Roadee Ride	11 a.m. Meditation Yoga	11 a.m. Meditation Yoga	11 a.m. Meditation Yoga
<b>Wednesday</b>	8 a.m. Power Pilates	<b>Saturday</b>	9 a.m. Total Body Burn
9 a.m. Roadee Ride	9 a.m. Total Body Burn	10 a.m. Lean Abs	10 a.m. Lean Abs
10 a.m. Blast 'N Burn	11 a.m. Meditation Yoga	11 a.m. Meditation Yoga	11 a.m. Meditation Yoga
11 a.m. Meditation Yoga	11 a.m. Meditation Yoga	Noon Roadee Ride	Noon Roadee Ride

## Euless Family Life Senior Center

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

**Diane Eggers**  
Senior Center Supervisor, 817-685-1670  
**Renee Garrett**  
Senior Center Activity Programmer, 817-685-1871

Monday, Tuesday, Wednesday, Friday.  
6:30 a.m. - 4 p.m.  
Thursday  
6:30 a.m. - 9 p.m.

**SENIOR CENTER CLOSED**  
**December 13, 24-25, January 1**



	Senior Center Only		Senior Center & Indoor Pool		Senior & Fitness Center	
MEMBERSHIP	Resident	Non-Res	Resident	Non-Res	Resident	Non-Res
Senior (age 60+)	\$5	\$25	\$25	\$120	\$5	\$75

### ONGOING ACTIVITIES

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

*\*Registration is required for all activities ONE WEEK in advance. Must be a member of EFLSC and 60+ to participate.*

AEROBICS	DAY	TIME	FEE
Fit Start 1	M	9 a.m.	FREE
Fit Start 1	T	1:30 p.m.	FREE
Zumba	M & TH	10:30 a.m.	FREE
Floor Aerobics	T & F	9 a.m.	FREE
Tai Chi	T	10:30 a.m.	FREE
Yoga	W	9 a.m.	FREE
Pickleball (at Rec Center)	T-TH	10 a.m. - noon	FREE (\$2 for non-members)

### WATER AEROBICS

*See page 13 for Water Aerobics offerings.*

### ACTIVITIES

Lunch	M-T-W-TH-F	11:30 a.m. - noon	\$3 daily
<i>Lunches are ordered and paid for 2 days in advance.</i>			
Crochet	M	noon	FREE
Texas Hold Em	M	noon	.50
Jewelry Making Class	T	12:30 p.m.	\$5 monthly
Duplicate Bridge	T & TH	10:30 a.m.	\$6
*Mystery Lunch 3rd Wednesday		12:30 p.m.	\$10-\$20
Quilters & Stitchers	W	10 a.m.	FREE
Party Bridge	W	noon	.50
Decorative Painting	W	1 p.m.	\$5 monthly
Card Making	TH	10 a.m.	FREE
Oil Painting	TH	10 a.m.	\$20 monthly
Jammers	TH	1:30 p.m.	FREE
*Dining Out	3rd M	5 p.m.	\$7-\$20
*Bunco	2nd F	9 a.m.	\$3 (sign-ups in 4s)

**\*Registration is required for these activities. Registration begins Dec. 18, 8 a.m. in person. Phone-in reservation begins at noon on Dec. 18. Call 817-685-1671 to register. You must be a member of EFLSC to participate in any activities.**



## TRIPS

Registration for all trips begins Wednesday, December 18, 8 a.m. in person at the Senior Center.

DAY	LOCATION	TIME	FEE
December 16	Dining Out	5 p.m.	on your own
January 10	Cabela's Trip and lunch	9:30am	free
February 7	Stonebriar Mall	9 a.m.	free
February 21	Perot Museum of Nature & Science	9:30 a.m.	\$10
March 7	Texas Sports Hall of Fame	8 a.m.	\$5
March 21	Dallas Arboretum	8 a. m.	\$10+ lunch on your own
April 11	Granbury Square	7 a.m.	Lunch at Babe's on your own

## SPECIAL ACTIVITIES

### DECEMBER

6	*Christmas Bingo (\$10 new wrapped gift)	10 a.m.	
	*Christmas Potluck (meat provided)	11:30 a.m.	
23	*Soup & Salad	11:20 a.m.	\$2
26	*Pizza & Salad Lunch	11:20 a.m.	\$2
27	*All U Can Eat Pancake Breakfast	9 a.m.	\$2
30	*Soup & Sandwich	11:20 a.m.	\$2
31	*New Year's Celebration	11:20 a.m.	\$3

Black-eyed peas, cornbread, chicken soup, mock champagne & entertainment

### JANUARY

4	Open House	9 a.m. - Noon	
	Pancake Breakfast	9 -9:30am	\$3
17	AARP Driving Class	9 a.m.	\$15 AARP members (\$20 Non-AARP)
24	Pool Tournament	8 a.m.	
	Straight 8-ball, Register by January 17.		
31	Rummage Sale	9 a.m. – 1 p.m.	
	Table reservation starts December 18, in person. Limited to 20 tables.		
	Public can attend garage sale...need not be a senior!		
	Weight Training Class	January 9, 16, 23, or 30 at 10 a.m.	
	<i>Learn how to use the weight equipment to your advantage. Strengthen, not build.</i>		
	Registration required one week in advance per class, class size limited to 8 per class. Need only to sign up for 1 class.		

### FEBRUARY

	AARP Income Tax Prep		
	Fridays through April 11	9 a.m. -1 p.m.	
	<i>Registrations begins January 6</i>		
14	Valentine Party	1 p.m.	
21	Wii Bowling Tournament	8:30 a.m.	
	<i>Register by February 14</i>		

### APRIL

18	Washer Tournament	8 a.m.	
	<i>Last day to register April 11</i>		
25	Best Chocolate Cake in Euless (Winner \$25, 2nd Place \$15, 3rd Place \$10.)		
	• <i>Must be on a disposable plate with name and phone number on bottom of plate. Cakes can be made from mix or scratch, no cakes that need to be refrigerated please.</i>		
	• <i>Must be brought to the senior center by 2 p.m. on Friday, April 25. Any cake delivered after that time will not be judged.</i>		
	• <i>All cakes will be served at Arbor Daze on Saturday, April 26, 11 a.m. for \$1 a slice. Located by volunteer check in.</i>		
	• <i>Winners will be posted at Volunteer booth at Arbor Daze site and at senior center on Monday, April 28.</i>		

**\*Registration is required for all activities at least one week in advance! Must be a member of EFLSC to participate in all classes and activities.**

**INDOOR FACILITY RENTAL INFORMATION**

**817-685-1649**

**MEETING ROOMS**

*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

**Simmons Center, 508 Simmons Dr.**

**817-685-1649**

Occupancy Load: 60

Amenities: Full kitchen with refrigerator/freezer, oven, stove, microwave and ice machine, 60 chairs, 15 - 6 ft. tables, 10 - 3 ft. card tables, J.A. Carr Park. Tables and chairs included in the rental fee.

Resident:	Three hours	\$100
	Each additional hour	\$35
Nonresident:	Three hours	\$200
	Each additional hour	\$70
Deposit:	Without food or drink	\$50
	With food or drink	\$250

**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.

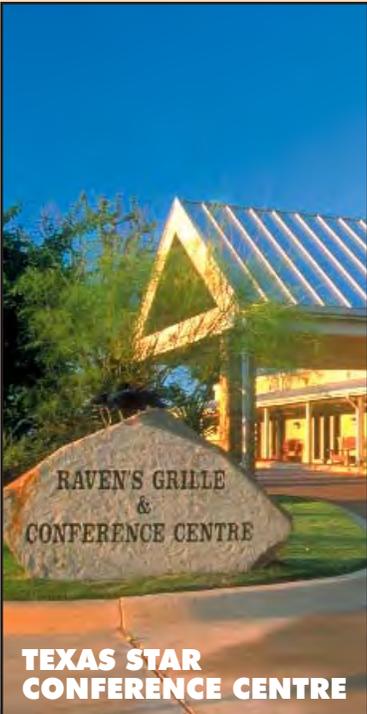
[www.TexasStarGolf.com](http://www.TexasStarGolf.com)



**ACTIVITY ROOM #5**



**ACTIVITY ROOM #2**



**TEXAS STAR CONFERENCE CENTRE**



**PARKS AT TEXAS STAR PAVILION**



## OUTDOOR FACILITY RENTAL INFORMATION



**TEXAS TRAIL PAVILION**

### 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	



**J.A. CARR PARK GAZEBO**



**BOB EDEN FIELD**



# 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, playgrounds, picnic areas, swimming pool, shaded area, Euless Family Life Center.

## The Parks at Texas Star (www.ParksAtTexasStar.com)

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

## The Preserve at McCormick Park

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

## Reflection Park

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

## Softball World at Texas Star (www.SoftballWorld.us)

1375 W. Euless Blvd. **Size:** 16 acres  
**Facilities:** Four lighted softball fields, concession stand, pro shop, playground.

## South Euless 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

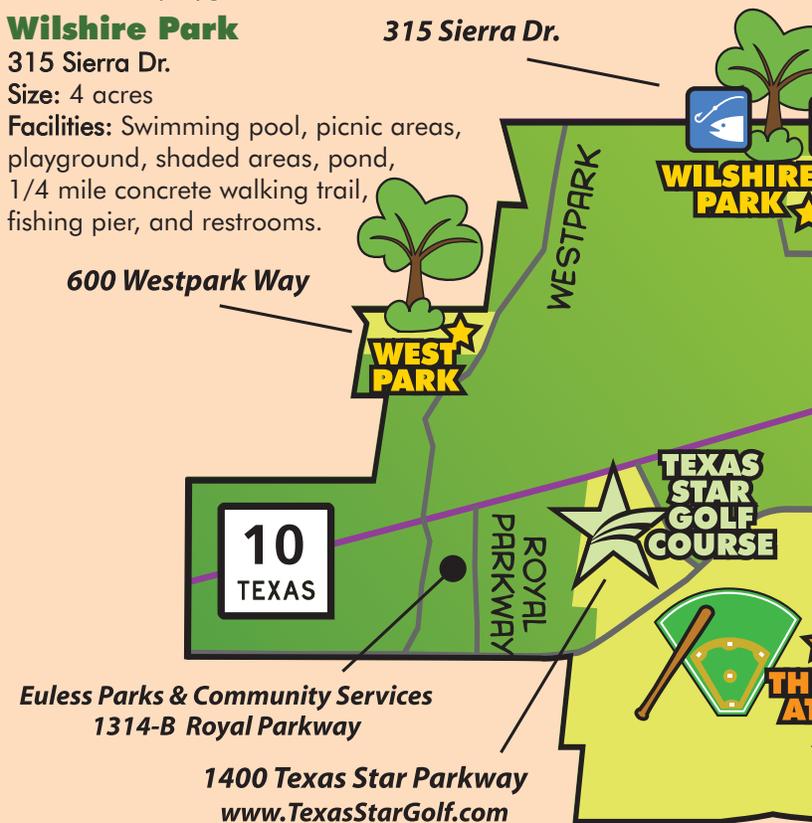
1951 Bear Creek Parkway **Size:** 40 acres  
**Facilities:** 3 acre dog park, seven soccer fields, picnic areas, three-mile nature walking/jogging trail with plant and tree identification signs throughout, city in-ground tree farm, playground, ground-seating amphitheater, two pavilions, one practice 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.

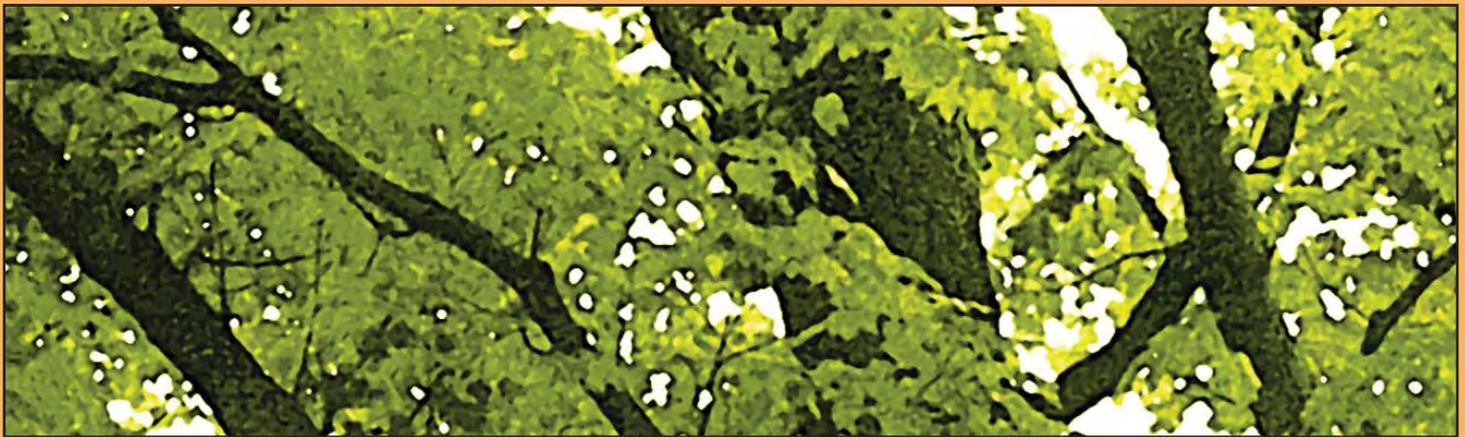


Euless Parks & Community Services  
1314-B Royal Parkway

1400 Texas Star Parkway  
www.TexasStarGolf.com



## POSTAL CUSTOMER



### **TREE PLANTING**

**Spring is just around the corner. It is time to start thinking about planting trees. Due to the recent drought, we have lost many trees throughout the city, not only in parks, but in many neighborhoods as well. After the removal of dead trees, it is time to replace your tree. Here are some items you will need to take into consideration:**

- **How big is the planting site? Does it lend itself to a small, medium, or large tree?**
- **Do you have below ground or overhead utilities? Also consider clearance for sidewalks and driveways.**
- **Why do you want to plant a tree? For shade, fruit, color, wind break?**
- **What type of maintenance are you willing to provide? Will you be able to provide tree care or will you have to hire a company?**

**Tree selection is one of the most important investment decisions a homeowner can make in their landscape. Trees have the potential to outlive most people. The impact of this decision is one that can influence a lifetime.**

**When making your selection, ask questions to ensure you get the proper tree for your needs. November until March is the ideal time to plant trees. With proper care, trees in containers can be planted anytime.**

**If you would like to learn more or volunteer to plant trees, stay tuned for opportunities in 2014 to help with tree maintenance and planting.**