

THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEulless.com

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817-685-1429

Eulless Family Life Center
817-685-1666

Eulless Family Life Senior Center
817-685-1671

Athletics
817-685-1838

Facility Rentals
817-685-1649

Softball World
817-267-7867

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



The Parks at Texas Star Baseball League Spring 2016

Registration Jan. 1 - Feb. 14

For more information log onto
www.parksattexasstar.com

Euless Youth Track Club Summer 2016

Registration April 4 - May 15

For more information log onto
<http://www.eulesstx.gov/pacs/athletics/?ID=16>.

Women's Summer Basketball League Summer 2016

Registration March 1 - 31

For more information log onto
<http://www.eulesstx.gov/pacs/athletics/?ID=4>.

For a complete selection of our adult and youth athletic leagues and events, log onto
www.eulesstx.gov/pacs/athletics.



Softball World

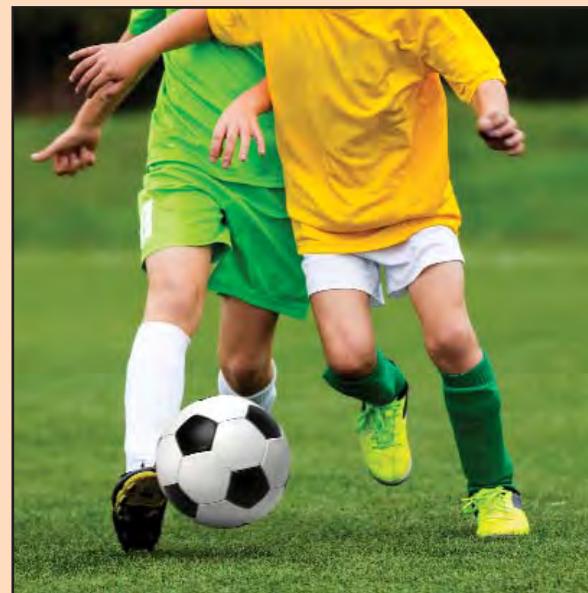
www.SoftballWorld.us

1375 W. Euless Blvd, Euless, TX 76040

(817) 267-7867

cthames@eulesstx.gov

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



Spring Youth Soccer Registration

(Age - 3-19)

Saturday, January 16, 2015

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

Euless Family Life Center

300 W. Midway Drive

For additional information, contact the Bedford-Euless Soccer Association at 817-354-4774 or www.besasoccer.com

Special Events

Ice Fest 2015

Saturday, December 5, 2 p.m.
 Dr Pepper StarCenter, 1400 S. Pipeline Road
 Holiday fun for the whole family! General seating and Santa skate \$3.00. Reserved seating on the ice and Santa skate \$15. Starring two-time U.S. National Champion Ashley Cain, Russian Junior National Champion Alex Krasnozhan, and National Competitor Benjamin Shou. Plus special guest Santa Claus.

3 - 4 p.m. Holiday Ice Show
 4 - 5 p.m. Skate with Santa and the Cast



Christmas Parade of Lights 2015

"A Candy Land Christmas"
 Saturday, December 5, 6:30 p.m.
 Eules Family Life Center
 300 W. Midway Dr.

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

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 Candy Land Christmas. Parade award winners will be announced on www.eulesstx.gov the next Monday. For more information call Jerry Poteet at 817-685-1449 or visit www.eulesstx.gov.

Heritage Park Christmas Celebration

Saturday, December 12, 1 - 5 p.m.
 Heritage Park, 201 Cullum Dr.

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



Christmas Tree Recycling Event

Saturday, January 9
 10 a.m. - 1 p.m.
 Eules Family Life Aquatic Park - Parking Lot
 300 W. Midway Drive

Don't throw away your Christmas tree: Recycle it! The city uses the mulch throughout the year to maintain city parks and medians. Residents may bring their own bag to fill with mulch for their gardens or flowers. Limit one bag per person. The Parks Department may work with residents on additional quantities if available. Residents may dispose of LIVE Christmas trees only (with no ornaments or lights) at the designated area of Midway Park from December 26 - January 9. On January 9 the city will host a tree mulching demonstration and will give away bags of mulch and tree saplings to the public. Additionally, hot dogs and drinks will be available for free to anyone who participates in the recycling event. For more information call 817-685-1650.



Daddy / Daughter Valentine's Dance

Saturday, February 6, 6:30 - 8:30 p.m.
 Eules Family Life Senior Center
 Tickets - \$5 per person available at the Eules Family Life Center beginning January 15. Attention all Dads, Uncles and Grandpas: This is the event you've all been waiting for. Grab your favorite little lady and get ready for a night you'll both remember forever. Enjoy a night of dancing, refreshments, goody bags, photos, and more. Create memories that will last a lifetime for you and the most important girl in your life. All ages are welcome. This event does sell out, please get your tickets early! For additional information, please call 817-685-1666.

Valentine's Day Dinner

Saturday, February 13, 6-9 p.m.
 Texas Star Golf Course, 1400 Texas Star Prkwy.
 Enjoy our Valentine dinner special a day early this year, Saturday, February 13, we will be offering our romantic three or four course dinner at Raven's Grille inside the Texas Star Golf Course. Menus will offer options of wine and champagne especial selected to pair with our entrées and desserts. You may choose from the prix fixe menu or select your meal la carte with your choice of a scrumptious appetizer and salad, move on to a mouthwatering entrée and finish with a heavenly dessert. Make your reservations soon for a very special Valentine's Day dinner by Raven's Grille. Call 817-685-1847 to secure your spot. We will also have a Brunch Special on Sunday, February 14.

Masterworks Series:

Seasons of Sounds Concert Series
 A Hard Night's Day - The Beatles Tribute Band
 Friday, April 1, 7 - 8 p.m.
 Leon Hogg Amphitheater
 1951 Bear Creek Parkway

Arts Council Northeast and the City of Euless are thrilled to welcome A Hard Night's Day for a free concert. A Hard Night's Day has been spreading the gospel of John, Paul, George and Ringo around the world for 20 years. For more information on A Hard Night's Day visit: www.hardnightsday.com. Concessions will be available for purchase. Bring your own chair or blanket for seating. Free for everyone!



Arbor Daze
 April 22 & 23

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. Vendor applications are available at www.arbordaze.org in January.

Join our Family of Volunteers
Adventure

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



Water University - The Edible Landscape

January 20, 6:30 - 8:30 p.m.

Euless City Hall, 201 N. Ector Dr.

Why water and mow what you can't eat. Utilizing areas in your landscape to grow edibles is a way to add food on your table and reduce your grocery bill. This program teaches you how to incorporate edible plants into your home garden and landscape. You will learn how herbs, fruits and vegetables can add to the colors and textures of your permanent landscape combining both aesthetics and functionality.

Town Hall Meeting

January 21, 7 p.m.

Euless City Hall, 201 N. Ector Dr.

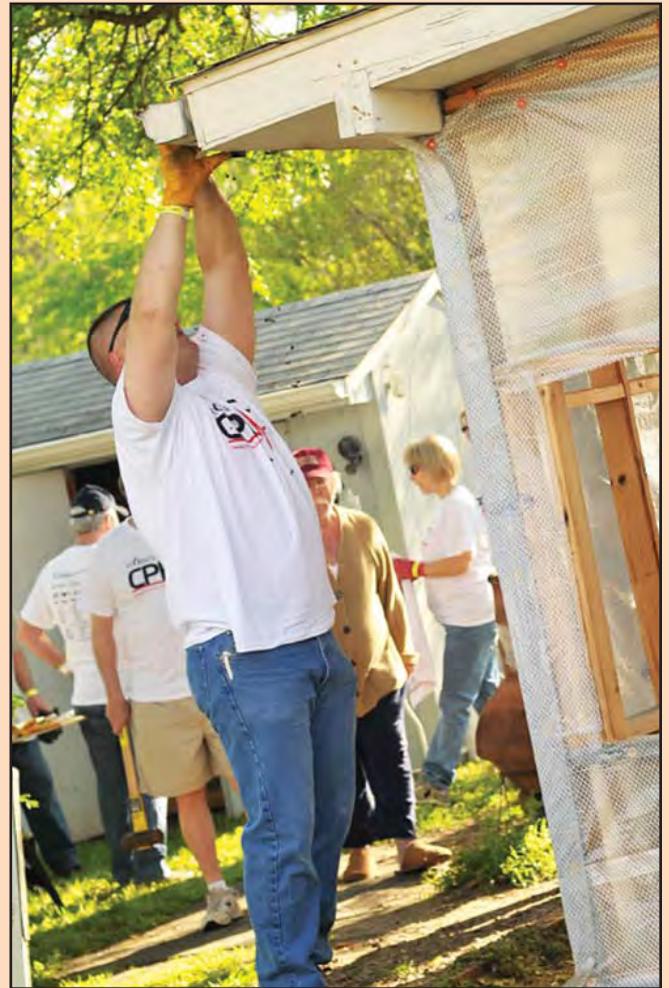
Let your voice be heard at the Euless Town Hall meeting. Learn about upcoming projects and new programs. Your opinion is important and we want to hear it at the winter Town Hall meeting. There will be representatives from all departments along with your elected City Council Members available for your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

Observe a Dallas Stars Practice Session

January 25, 11 a.m. - noon

Dr Pepper StarCenter, 1400 S. Pipeline Rd.

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



CPR Blitz Volunteers Needed

April 8 - 9, 8 a.m.

Meet at 6 Stones Campus West
209 N. Industrial in Bedford

Last fall, hundreds of volunteers helped repair homes in one weekend, and now we are inviting you to help us do it again! Mobilizing community volunteers, we aim to strengthen, grow and revitalize our community one house and one family at a time. Please join our growing CPR family of volunteers and sponsors as we attempt to help more struggling families make needed repairs to their homes. Please register online and fill out a volunteer waiver ahead of time to bring with you to registration. You will be assigned a home after you check in. Breakfast and lunch will be provided. Please bring gloves, ladders, rakes, shovels and push brooms if you have them. Thank you again for your commitment to CPR! We're changing lives, one house at a time. To sign up as a volunteer visit www.6stones.org/cprvolunteer.



Exceptional Service Dedications

In recent months, you may have seen some familiar locations receiving dedications in honor of some long serving Euless City Council members.

In September, the practice facility at the Texas Star Golf Course was named in memory and honor of longtime Councilmember Glenn Porterfield for his years of service to the city. Mr. Porterfield was a member of the Euless City Council from 1999 through 2014, including as Mayor Pro Tem for two years. While serving on the City Council, he served as the City representative to the DFW International Airport Board, as well as a member of the Euless Development Corporation, the Crime Control and Prevention District, and the Tax Increment Reinvestment Zone #3. Prior to his election to the City Council, he served on the Euless Development Corporation.

In October, the southern entrance to the Parks at Texas Star was named to honor Charlie Miller. Mr. Miller was a member of the Euless City Council from 1993 through 2008, including as Mayor Pro Tem for 3 years. While serving on the City Council, he participated in such worthy organizations as the Euless Non-Profit Industrial Development Authority, Grapevine Colleyville Independent School District Liaison, as well as the Euless Development

Corporation and the Half-Cent Sales Tax Education Committee. Mr. Miller has always been an avid supporter of the Parks at Texas Star and youth sports and was instrumental in the vision and development of the facility.

On March 24, the city will honor former Councilmember Glenn Walker with the naming of the 18th bridge at the Texas Star Golf Course. Mr. Walker served on the council for 21 years and has dedicated countless hours in service for the City of Euless. While serving as a member of the Euless City Council from 1975 through 1990 and from 1993 through 1999, including as Mayor Pro Tem for 4 years, he served worthy organizations and volunteer boards such as the Euless Non-Profit Industrial Development Authority, Charter Review Committee, the Economic Development Advisory Board, Trinity River Authority, and the Half-Cent Sales Tax Education Committee and has served on the Historical Preservation Committee since 2006 after leaving office; and was an avid supporter of the Texas Star Golf Course and was instrumental in the visioning and development of the facility

Motivated by their strong sense of loyalty, personal obligation to their fellow citizens, and a sincere desire to continually improve their community, these men have left an indelible mark on the community they have so faithfully served.



Historical Preservation

Euless Heritage Museum

201 Cullum Drive / 817-685-1649

Open the 2nd Saturday of every month
from 1 – 5 p.m. (December 12, January 9,
February 13, March 12, April 9)

For information or group tours,
call 817-685-1649
or email

ofaiva-siale@eulesstx.gov



Tours

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

accepted. Call 817-685-1649 or contact ofaiva-siale@eulesstx.gov for details.



Where is Heritage Park?

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



Eules Family Life Center

300 West Midway Dr.

RECREATION CENTER & FITNESS CENTER

(817) 685-1666

Robbie Rodgers
Recreation
Program Coordinator
(817) 685-1668

Kali Goodfellow
Recreation & 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.

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 Frizzell
Senior Center Programmer
(817) 685-1871

HOURS OF OPERATION

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



HOLIDAY CLOSINGS:

Recreation Center, Fitness Center, Natatorium and Senior Center CLOSED December 24, 25, January 1 and March 27; and at 6 p.m. on December 31. Recreation Center, Fitness Center and Natatorium will close at 6 p.m. on December 31. Senior Center is also CLOSED December 11 and March 25 and at 4 p.m. on December 10 and 31.

Please watch for signs at the Recreation Center for updates on additional closures for upgrades to the facility or visit www.eulesstx.gov / pacs.

Like us on Facebook! "Eules Parks & Community Services"

Visit us at www.PlayEules.com.

Eules Family Life Center Daily Use & Membership Fees

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

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

* Families are considered to be up to two adults and four dependent children or Seniors (60+) living in the same household; add \$10 for each additional child or Senior (60+). "Dependent" implies tax dependent or dependent through marriage. Children under 9 must always be accompanied by an adult.

Note: The above memberships do not include The Outdoor Aquatic Park. A separate membership is required for those facilities.
Effective January 1, 2016



Preschool

TWO'S TIME

Come let your toddler have some fun and meet some new friends in our new class designed just for them! Your toddler will get social interaction while learning songs, playing games, and beginning preschool skills. They will be introduced to colors, shapes, numbers, alphabet, and much more that will help them as they grow. No class 3/15 & 3/17. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210004-01	1/5	EFLC	1.5-2.5	T/TH	9am-12pm	4	\$62
210004-02	2/2	EFLC	1.5-2.5	T/TH	9am-12pm	4	\$62
210004-03	3/1	EFLC	1.5-2.5	T/TH	9am-12pm	4	\$62
210004-04	4/5	EFLC	1.5-2.5	T/TH	9am-12pm	4	\$62
210004-05	5/3	EFLC	1.5-2.5	T/TH	9am-12pm	3	\$52

PRESCHOOL DANCE (2-3)

Preschool Dance is great for your little one to learn how to move and dance to the music. We will learn basic beginner tap and ballet moves, have fun and learn choreography. Heart and Soul Dance is a continuing program. We will have performances throughout the year and a recital at the end. No Class 3/16. Instructor: Mary Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210200-01	1/6	EFLC	2-3	W	10-10:45am	4	\$62
210200-02	2/3	EFLC	2-3	W	10-10:45am	4	\$62
210200-03	3/2	EFLC	2-3	W	10-10:45am	4	\$62
210200-04	4/6	EFLC	2-3	W	10-10:45am	4	\$62
210200-05	5/4	EFLC	2-3	W	10-10:45am	4	\$62

KIDZ LOVE SOCCER

Mommy/Daddy & Me Soccer

Introduce your toddler to the "World's Most Popular Game"! As you and your child participate in our fun age appropriate activities, your child will be developing their large motor skills and socialization skills. The fun happens on the field, with Mommy/Daddy & Me Soccer, parents are part of the action, not watching from the sidelines! No specific equipment is required for the Mommy/Daddy & Me Class. All kids receive a Kidz Love Soccer jersey! This class is held at Bob Eden Park. No class 5/28.

Instructor: Kidz Love Soccer Staff

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210520-01	1/23	BEP	2-3.5	S	9-9:30am	8	\$93
210520-02	4/9	BEP	2-3.5	S	9-9:30am	8	\$93

PRESCHOOL DANCE (3-4)

Preschool Dance is great for your little one to learn how to move and dance to the music. We will learn basic beginner tap and ballet moves, have fun and learn choreography. Heart and Soul Dance is a continuing program. We will have performances throughout the year and a recital at the end. No Class 3/16. Instructor: Mary Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210207-01	1/6	EFLC	3-4	W	11am-12pm	4	\$67
210207-02	2/3	EFLC	3-4	W	11am-12pm	4	\$67
210207-03	3/2	EFLC	3-4	W	11am-12pm	4	\$67
210207-04	4/6	EFLC	3-4	W	11am-12pm	4	\$67
210207-05	5/4	EFLC	3-4	W	11am-12pm	4	\$67



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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211161-01	1/18	DPSC	3-4	M	6:30-7pm	2	\$30
211161-02	1/23	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-03	2/1	DPSC	3-4	M	6:30-7pm	2	\$30
211161-04	2/6	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-05	3/14	DPSC	3-4	M	6:30-7pm	2	\$30
211161-06	3/19	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-07	4/11	DPSC	3-4	M	6:30-7pm	2	\$30
211161-08	4/16	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-09	5/2	DPSC	3-4	M	6:30-7pm	2	\$30
211161-10	5/7	DPSC	3-4	S	11:15-11:45am	2	\$30

PRESCHOOL DANCE (3-4)

Preschool Dance is great for your little one to learn how to move and dance to the music. We will learn basic beginner tap and ballet moves, have fun and learn choreography. Heart and Soul Dance is a continuing program. We will have performances throughout the year and a recital at the end. No class 3/17. Instructor: Kristen Stevens

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

FUN TIME FOR LEARNERS

In this curriculum based class, your child will learn to separate from home, to share, and to interact in group set activities. Children will also learn to express themselves through music, art, and movement. Ages 3-5, must be potty trained. Class meets 9a-1p, please bring a lunch, snack is provided. Don't forget you can also sign up for Terrific Tuesday/Thursday and get all four days at a discounted rate. No class 1/18, 3/14 & 3/16. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210002-01	1/4	EFLC	3-5	M/W	9am-1pm	4	\$132
210002-02	2/1	EFLC	3-5	M/W	9am-1pm	4	\$132
210002-03	2/29	EFLC	3-5	M/W	9am-1pm	4	\$132
210002-04	4/4	EFLC	3-5	M/W	9am-1pm	4	\$132
210002-05	5/2	EFLC	3-5	M/W	9am-1pm	3	\$107

TERRIFIC TUESDAY'S & THURSDAY'S

In this curriculum based class, your child will learn the basics of preschool while making new friends and having lots of fun. Your child will recognize letters and their sounds, numbers, colors. We will also develop tasks such as movements through music, arts and crafts, and science. Ages 3-5 children must be potty trained. Bring a lunch snack will be provided. Don't forget you can sign up for Fun Time for Learners on Monday and Wednesday and get all four days at a discounted rate. No class 3/15 & 3/17. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210003-01	1/5	EFLC	3-5	T/TH	9am-1pm	4	\$132
210003-02	2/2	EFLC	3-5	T/TH	9am-1pm	4	\$132
210003-03	3/1	EFLC	3-5	T/TH	9am-1pm	4	\$132
210003-04	4/5	EFLC	3-5	T/TH	9am-1pm	4	\$132
210003-05	5/3	EFLC	3-5	T/TH	9am-1pm	3	\$107



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 a tea party. Each week we will do different activities and participants will have something beautiful to take home with them. No class 3/12. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211160-01	1/9	EFLC	3-7	S	10-11am	4	\$42
211160-02	2/6	EFLC	3-7	S	10-11am	4	\$42
211160-03	3/5	EFLC	3-7	S	10-11am	4	\$42
211160-04	4/9	EFLC	3-7	S	10-11am	4	\$42
211160-05	5/7	EFLC	3-7	S	10-11am	3	\$32

PRESCHOOL TUMBLING

Tumbling is a great class for your little one. They will learn basic tumbling moves and will get great exercise. Your child will begin learning flexibility and balance. Heart and Soul Dance is a continuing program and will have performances throughout the year and a recital and the end. No class 3/17. Instructor: Kristen Stevens.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210020-01	1/7	EFLC	3-5	TH	4-5pm	4	\$67
210020-02	2/4	EFLC	3-5	TH	4-5pm	4	\$67
210020-03	3/3	EFLC	3-5	TH	4-5pm	4	\$67
210020-04	4/7	EFLC	3-5	TH	4-5pm	4	\$67
210020-05	5/5	EFLC	3-5	TH	4-5pm	4	\$67

**KIDS LOVE SOCCER
TOT SOCCER/PRESOCCER**

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. This class is held at Bob Eden Park. All participants receive a Kidz Love Soccer jersey! No class 5/28. Instructor: Kidz Love Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210521-01	1/23	BEP	3.5-5	S	9:40-10:10am	8	\$93
210521-02	4/9	BEP	3.5-5	S	9:40-10:10am	8	\$93

VOICE AND PIANO LESSONS

A fun and exciting way to learn singing and playing the piano! The goal is to train students in various disciplines of the performing arts. Students will be coached in proper technique, theory, songwriting, sight reading, musicality, history, ear training, versatility, self-confidence, improvisation, and much more! Beginner to advanced students are welcome! Times will be set up through instructor and class prices vary by the duration of class and type of class, please check with front desk for more info. \$240/1hr, \$120/1/2 hr for a 4 week session, etc. No class week of 3/14-3/19. Instr: Claudia Melton.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210231-01	1/4	EFLC	4-12	M-S	10am-8pm	4	\$240
210231-02	2/1	EFLC	4-12	M-S	10am-8pm	4	\$240
210231-03	2/29	EFLC	4-12	M-S	10am-8pm	4	\$240
210231-04	4/4	EFLC	4-12	M-S	10am-8pm	4	\$240
210231-05	5/2	EFLC	4-12	M-S	10am-8pm	4	\$240

PRESCHOOL DANCE (4-5)

Preschool Dance is for 4-5 year olds. We start learning how to move to music and begin basic tap, ballet and hip hop moves. It's a great class to make friends, exercise and have fun. Heart and Soul Dance is a continuing program. We will have performances throughout the year and a recital at the end. No class 3/15. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210209-01	1/5	EFLC	4-5	T	4:30-5:30pm	4	\$67
210209-02	2/2	EFLC	4-5	T	4:30-5:30pm	4	\$67
210209-03	3/1	EFLC	4-5	T	4:30-5:30pm	4	\$67
210209-04	4/5	EFLC	4-5	T	4:30-5:30pm	4	\$67
210209-05	5/3	EFLC	4-5	T	4:30-5:30pm	4	\$67



TAP, BALLET, JAZZ (4.5-6)

This class is an hour of fun! Your child will learn tap, ballet, and jazz. We will begin with basic techniques and combinations. It is a great class to make friends and have fun! Heart and Soul Dance is a continuing program. We will have performances throughout the year and a recital at the end. No class 3/17. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210210-01	1/7	EFLC	4.5-6	TH	6-7pm	4	\$67
210210-02	2/4	EFLC	4.5-6	TH	6-7pm	4	\$67
210210-03	3/3	EFLC	4.5-6	TH	6-7pm	4	\$67
210210-04	4/7	EFLC	4.5-6	TH	6-7pm	4	\$67
210210-05	5/5	EFLC	4.5-6	TH	6-7pm	4	\$67

KIDZ LOVE SOCCER

Soccer 1: Techniques & Teamwork

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey! This class will be held at Bob Eden Park. No class 5/28. Instructor: Kidz Love Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210523-01	1/23	BEP	5-6	S	10:15-11am	8	\$93
210523-02	4/9	BEP	5-6	S	10:15-11am	8	\$93

TAP, BALLET, AND JAZZ DANCE

Dancing is wonderful exercise and great for balance, strength and flexibility! In this class your child will learn beginner to intermediate level steps, technique and choreography. Heart and Soul dance is a continuing program. We will have performances throughout the year and a recital at the end. No class 3/17. Instructor: Leah Siek

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



BALLET I & II

Ballet I & II is a combined class for students who are at beginner to intermediate dance level. Your child will learn ballet positions, ballet technique, terminology and choreography. This class is great for balance, strength and flexibility. Ballet is the core for all dances! Heart and Soul Dance is a continuing program. We will have dance performances throughout the year and a recital at the end! No class 3/17. Instructor: Sue Hurst.

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

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. Additionally, our Tigerkubs program can help to enhance overall focus and concentration, build character, discipline and self-esteem, while heightening your child's awareness. All of this in a non-competitive atmosphere with training and activities designed to make it fun and exciting. More importantly, the program promotes life building characteristics including courtesy, integrity, perseverance, self-control and indomitable spirit, in addition consideration and respect to others. Instructor: Camille Dockter.

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

"SHAKE YOUR HIPS" TAHITIAN/HULA CLASS

Aloha! In our Tahitian/Hula classes you will learn basic steps of the Tahitian and Hawaiian Culture, where you learn to tell a story through hand gestures, hip movements with grace and poise. Classes are taught with live drumming and various island instruments/implements. These classes are a continuing program with a "Luau" recital at the end of the year. Wahine (female) and Kane (male) are welcome to join! Instructor: Fran Galeai.

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

TAP/JAZZ

This combination class is full of fun! Your child will learn tap, rhythms and technique. In ballet we will learn all the positions and beginning technique and jazz we will focus on balance, strength and flexibility. Heart and Soul Dance is a continuing program, with performances throughout the year and a recital at the end. No class 3/15. Instructor: Leah Siek

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

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: " Sundown on Snowy Woods", " Alaskan Waterfall", " Yellowstone River", "Bluebonnets Field with Cowboy Hat", "Lavender Fields of Provence". Instructor: Robert Garden Art Enterprises

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

ICE SKATING- SKATE LIKE A 'STAR'

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

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

BEGINNER HIP HOP

Come join us for our beginner hip hop class. It's a lot of fun, full of energy and dance. Your child will learn how to move to music and beginning hip hop moves. Wonderful exercise and so much fun! This class will continue through the year and we will have performances and a recital at the end. No class 3/17. Instructor: Alyssa McCarn.

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

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, Tornado Terry's and many more). The camp will meet at the EFLC. Please bring a lunch, two snacks and a water bottle each day.

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

JUNIOR JAZZERCISE

Junior Jazzercise is a fitness program just for kids. Sessions will include high energy dance parties, fitness games, performance routines, fun with friends, new music mixes and relay races. This class is all about fitness, coordination, strength, nutrition, confidence and most of all fun!! No class 3/16. Instructor: Jennifer Heilmann.

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



KIDZ LOVE SOCCER Soccer 2 Skillz & Scrimmages

Kidz 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey. This class is held at Bob Eden Park. No class 5/28. Instructor: Kidz Lover Soccer Staff.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210524-01	1/23	BEP	7-10	S	11-11:45am	8	\$93
210524-02	4/9	BEP	7-10	S	11-11:45am	8	\$93

TAEKWON-DO 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	1/5	EFLC	9-12	T	6-7:15pm	9	\$86
		EFLC		S	10-11:15am		
210131-02	3/22	EFLC	9-12	T	6-7:15pm	8	\$77
		EFLC		S	10-11:15am		

TAEKWON-DO ADVANCED (Green Belt - Black Belt)

This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Must have instructor approval to register. Monday class meets at the Euless Family Life Center and the Thursday class meets at the Simmons Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210132-01	1/4	EFLC	9-12	M/TH	6-7:15pm	9	\$86
210132-01	3/21	EFLC	9-12	M/TH	6-7:15pm	8	\$77

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. Instructor: Girls on the Run No payment will be taken at the Euless Family Life Center. Please complete your registration by logging onto www.gotrdfw.org, click on the Class Locations link at the top and select the Euless class listed in the Tarrant County Classes. For scholarship applications, please click on the link in the first paragraph on the Class Locations page.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210540-01	2/15	EFLC	8-12	M/W	5:30-7pm	10	\$150

TAP/JAZZ

This combination class is full of fun! Your child will learn tap, rhythms and technique. In ballet we will learn all the positions and beginning technique and jazz we will focus on balance, strength and flexibility. Heart and Soul Dance is a continuing program, with performances throughout the year and a recital at the end. No class 3/17. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210232-01	1/7	EFLC	9-13	TH	7-8:30pm	4	\$77
210232-02	2/4	EFLC	9-13	TH	7-8:30pm	4	\$77
210232-03	3/3	EFLC	9-13	TH	7-8:30pm	4	\$77
210232-04	4/7	EFLC	9-13	TH	7-8:30pm	4	\$77
210232-05	5/5	EFLC	9-13	TH	7-8:30pm	4	\$77

INTRO TO GUITAR WITH MARK JAX

Introduction to basic chords and guitar tasks for acoustic and electric guitars. Students will learn fingering techniques as well as basic chord combination in a humorous and nurturing environment. No class 3/14. Instructor: Mark Jax.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210705-01	1/4	EFLC	9+	M	6-7:30pm	4	\$82
210705-02	2/1	EFLC	9+	M	6-7:30pm	4	\$82
210705-03	2/29	EFLC	9+	M	6-7:30pm	4	\$82
210705-04	4/4	EFLC	9+	M	6-7:30pm	4	\$82
210705-05	5/2	EFLC	9+	M	6-7:30pm	4	\$82

INTERMEDIATE HIP HOP

Intermediate Hip Hop is a great way to learn the basics of rhythm movements. Your child will learn beginner and intermediate hip hop steps. Heart and Soul Dance is a continuing program. We will have performances throughout the year and a recital at the end. No class 3/17. Instructor: Alyssa McCarn.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210215-01	1/7	EFLC	9-13	TH	6-7pm	4	\$67
210215-02	2/4	EFLC	9-13	TH	6-7pm	4	\$67
210215-03	3/3	EFLC	9-13	TH	6-7pm	4	\$67
210215-04	4/7	EFLC	9-13	TH	6-7pm	4	\$67
210215-05	5/5	EFLC	9-13	TH	6-7pm	4	\$67

INTERMEDIATE/ADVANCED BALLET

Ballet is the core of dance. This class will focus on intermediate to advanced ballet technique and choreography. Heart and Soul Dance is a continuing program and will have performances throughout the year including a recital at the end. No class 3/17. Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210235-01	1/7	EFLC	13-17	TH	7-8pm	4	\$67
210235-02	2/4	EFLC	13-17	TH	7-8pm	4	\$67
210325-03	3/3	EFLC	13-17	TH	7-8pm	4	\$67
210325-04	4/7	EFLC	13-17	TH	7-8pm	4	\$67
210235-05	5/5	EFLC	13-17	TH	7-8pm	4	\$67

ADVANCED TAP

Tap! Tap! Tap! This is a wonderful class to learn tap techniques, combinations, and dance choreography. It's great exercise and lots of fun. Heart and Soul Dance is a continuing program and will have performances throughout the year including a recital at the end. No class 3/15. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210260-01	1/5	EFLC	14-18	T	8-9pm	4	\$62
210260-02	2/2	EFLC	14-18	T	8-9pm	4	\$62
210260-03	3/1	EFLC	14-18	T	8-9pm	4	\$62
210260-04	4/5	EFLC	14-18	T	8-9pm	4	\$62
210260-05	5/3	EFLC	14-18	T	8-9pm	4	\$62



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



**Dr Pepper
StarCenter Birthday Party
Packages Available**

Birthday Party Packages - \$125

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

Upgrades

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

Broomball Events

- \$425.00/hour for private ice rental
- Allowed to customize party from above list of upgrades

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





WATER AEROBICS PAYMENT OPTIONS

We have four incredible payment options for you to choose from. Choose to participate in a variety of classes or stick with just one.

DROP IN, TRY A CLASS, ONLY \$10
Non-refundable; not available to use as credit toward punch/membership

SENIORS - \$30 per month, unlimited classes (aquatic membership required) Best option for members

Non-senior - \$45 per month, unlimited classes (aquatic membership required)

5 class package, \$40 (\$8 per class)

10 classes, 70 (\$7 per class)

20 classes, 120 (\$6 per class)

(Membership NOT required)

NON-refundable, NON-replaceable

NOTE: You can be a non-aquatic member and still sign up for the individual class for \$5 per class, but you must pay for the remainder of the month/class session for that pricing.

ARTHRITIC AEROBICS

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

CLASS#	BEG	DAY	TIME
220700-01	1/4	M/W/F	8-8:45am
220700-02	2/1	M/W/F	8-8:45am
220700-03	3/2	M/W/F	8-8:45am
220700-04	4/1	M/W/F	8-8:45am
220700-05	5/2	M/W/F	8-8:45am

WATER TONING

Did you know that water is 800 times denser than air? This means you will get a better work out with smaller risk of injury than if you were exercising on land! Water Toning embraces water density and uses it to get the most out of exercising and doing it in a soothing environment! Strengthening your core will help you feel stronger and get healthy, Water Toning embraces the healing benefits of the water; this class is a work out for the body and mind.

CLASS#	BEG	DAY	TIME
220702-01	1/5	T/TH	8-8:45am
220702-02	2/2	T/TH	8-8:45am
220702-03	3/1	T/TH	8-8:45am
220702-04	4/5	T/TH	8-8:45am
220702-05	5/3	T/TH	8-8:45am

AQUA AGILITY

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

CLASS#	BEG	DAY	TIME
220704-01	1/4	M/W/F	9:40-10:30am
220704-02	2/1	M/W/F	9:40-10:30am
220704-03	3/2	M/W/F	9:40-10:30am
220704-04	4/1	M/W/F	9:40-10:30am
220704-05	5/2	M/W/F	9:40-10:30am

WATER CONDITIONING

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

CLASS#	BEG	DAY	TIME
220710-01	1/4	EFLC M/W/F	8:50-9:35am
220710-02	2/1	EFLC M/W/F	8:50-9:35am
220710-03	3/2	EFLC M/W/F	8:50-9:35am
220710-04	4/1	EFLC M/W/F	8:50-9:35am
220710-05	5/2	EFLC M/W/F	8:50-9:35am

CARDIO BY AQUA

A strong cardiovascular system is vital for a healthy life and is a key ingredient to any fitness routine. This upbeat class will give you a great workout and help to improve your cardiovascular system. This course has a little of everything in it, be prepared for cross training with a focus on endurance and interval training.

CLASS#	BEG	DAY	TIME
220705-01	1/5	T/Th	8:50-9:35am
220705-02	2/2	T/Th	8:50-9:35am
220705-03	3/1	T/Th	8:50-9:35am
220705-04	4/5	T/Th	8:50-9:35am
220705-05	5/3	T/Th	8:50-9:35am

HYDRO-RESISTANCE

Resistance training has been around for decades, but Hydro-Resistance is the new fun way to work out. Come use the resistance of the water for a fun and exciting exercise. Designed to increase overall strength and endurance, this class teaches you how to use your own body weight to get excellent results all while having a splashing good time.

CLASS#	BEG	DAY	TIME
220709-01	1/5	T/Th	9:40-10:35am
220709-02	2/2	T/Th	9:40-10:35am
220709-03	3/1	T/Th	9:40-10:35am
220709-04	4/5	T/Th	9:40-10:35am
220709-05	5/3	T/Th	9:40-10:35am

AQUA-FITNESS

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

CLASS#	BEG	DAY	TIME
220706-01	1/5	T/TH	5-5:45pm
220706-02	2/2	T/TH	5-5:45pm
220706-03	3/1	T/TH	5-5:45pm
220706-04	4/5	T/TH	5-5:45pm
220706-05	5/3	T/TH	5-5:45pm

SPLASH ZUMBA

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

CLASS#	BEG	DAY	TIME
220707-01	1/5	T	6-7pm
220707-02	2/2	T	6-7pm
220707-03	3/1	T	6-7pm
220707-04	4/5	T	6-7pm
220707-05	5/3	T	6-7pm

AQUA CROSS TRAINING

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

CLASS#	BEG	DAY	TIME
220703-01	1/7	Th	6-7pm
220703-02	2/4	Th	6-7pm
220703-03	3/3	Th	6-7pm
220703-04	4/7	Th	6-7pm
220703-05	5/5	Th	6-7pm



Swim Lessons

TABATA 101

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

CLASS#	BEG	DAY	TIME
220708-01	1/2	Sat	9-9:45am
220708-02	2/6	Sat	9-9:45am
220708-03	3/5	Sat	9-9:45am
220708-04	4/2	Sat	9-9:45am
220708-05	5/7	Sat	9-9:45am

POWER TABATA

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

CLASS#	BEG	DAY	TIME
220711-01	1/2	Sat	9:50-10:20am
220711-02	2/6	Sat	9:50-10:20am
220711-03	3/5	Sat	9:50-10:20am
220711-04	4/2	Sat	9:50-10:20am
220711-05	5/7	Sat	9:50-10:20am

SWIM LESSON HINTS:

* A session consists of eight 30 minute Lessons. Lessons take place at the Natatorium and are Monday & Wednesday nights. (NOTE: March classes will not meet on 3/14 or 3/16 for Spring Break and will be for 6 classes.)

* Swim lesson spots fill quickly. Please remember to register early so you will not be disappointed. If your class is full, please allow us to put you on the wait list. We will contact you as soon as possible if a spot becomes available.

* In the event that a class is canceled, every effort will be made to notify you by telephone. At the time of registration be sure to update all your information and make sure it is accurate.

* Children not potty trained must wear a water diaper.

* In case of inclement weather, we will hold a Safety Class under the pavilion or in the Rec center.

* If you sign up for the wrong level, every effort will be made to try to make the correction, however; if the correct level is full and there is no available space a full refund will be given. To ensure this does not happen, speak with an aquatic team member prior to registering for a class.

** MARCH IS A SHORT SESSION with 6 classes rather than 8. The price reflects the change in classes.

PARENT & TOT

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220007-01	2/1	6mo-3	MW	6:10-6:40pm	4	\$55
220007-02	3/7	6mo-3	MW	6:10-6:40pm	3	\$42
220007-03	4/4	6mo-3	MW	6:10-6:40pm	4	\$55
220007-04	5/2	6mo-3	MW	6:10-6:40pm	4	\$55

WATER TOTS

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220000-01	1/4	3-4	MW	5:30-6:00pm	4	\$55
220000-02	1/4	3-4	MW	6:10-6:40pm	4	\$55
220000-03	2/1	3-4	MW	5:30-6:00pm	4	\$55
220000-04	2/1	3-4	MW	6:10-6:40pm	4	\$55
220000-05	3/7	3-4	MW	5:30-6:00pm	3	\$42
220000-06	3/7	3-4	MW	6:10-6:40pm	3	\$42
220000-07	4/4	3-4	MW	5:30-6:00pm	4	\$55
220000-08	4/4	3-4	MW	6:10-6:40pm	4	\$55
220000-09	5/2	3-4	MW	5:30-6:00pm	4	\$55
220000-10	5/2	3-4	MW	6:10-6:40pm	4	\$55

LEVEL 1: Introduction to Water Skills

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220001-01	1/4	4+	MW	5:30-6:00pm	4	\$55
220001-02	1/4	4+	MW	6:10-6:40pm	4	\$55
220001-03	2/1	4+	MW	5:30-6:00pm	4	\$55
220001-04	2/1	4+	MW	6:10-6:40pm	4	\$55
220001-05	3/7	4+	MW	5:30-6:00pm	3	\$42
220001-06	3/7	4+	MW	6:10-6:40pm	3	\$42
220001-07	4/4	4+	MW	5:30-6:00pm	4	\$55
220001-08	4/4	4+	MW	6:10-6:40pm	4	\$55
220001-09	5/2	4+	MW	5:30-6:00pm	4	\$55
220001-10	5/2	4+	MW	6:10-6:40pm	4	\$55

LEVEL 2 Fundamental Aquatic Skills

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220002-01	1/4	4+	MW	5:30-6:00pm	4	\$55
220002-02	1/4	4+	MW	6:10-6:40pm	4	\$55
220002-03	2/1	4+	MW	5:30-6:00pm	4	\$55
220002-04	2/1	4+	MW	6:10-6:40pm	4	\$55
220002-05	3/7	4+	MW	5:30-6:00pm	3	\$42
220002-06	3/7	4+	MW	6:10-6:40pm	3	\$42
220002-07	4/4	4+	MW	5:30-6:00pm	4	\$55
220002-08	4/4	4+	MW	6:10-6:40pm	4	\$55
220002-09	5/2	4+	MW	5:30-6:00pm	4	\$55
220002-10	5/2	4+	MW	6:10-6:40pm	4	\$55



NATATORIUM HOURS

December - April

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

Monday – Friday	8 a.m. – 8:30 p.m. (Open Swim: 11:40 a.m. – 5 p.m.)
Saturday	9 a.m. – 3 p.m. (Open Swim: 10:30 a.m. – 3 p.m.)
Sunday	Noon – 3 p.m. (Open Swim: Noon – 3 p.m.)

RENTALS

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

Open Swim Party Rental (up to 12 swimmers)

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

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

Private Party Rental (up to 40 swimmers)

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

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

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

LEVEL 3 Stroke Development

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220003-01	1/4	5-14	MW	5:30-6:00pm	4	\$55
220003-02	1/4	5-14	MW	6:10-6:40pm	4	\$55
220003-03	2/1	5-14	MW	5:30-6:00pm	4	\$55
220003-04	2/1	5-14	MW	6:10-6:40pm	4	\$55
220003-05	3/7	5-14	MW	5:30-6:00pm	3	\$42
220003-06	3/7	5-14	MW	6:10-6:40pm	3	\$42
220003-07	4/4	5-14	MW	5:30-6:00pm	4	\$55
220003-08	4/4	5-14	MW	6:10-6:40pm	4	\$55
220003-09	5/2	5-14	MW	5:30-6:00pm	4	\$55
220003-10	5/2	5-14	MW	6:10-6:40pm	4	\$55

LEVEL 4 - Strokes and Turns

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220004-01	1/4	5-14	MW	5:30-6pm	4	\$55
220004-02	1/4	5-14	MW	6:10-6:40pm	4	\$55
220004-03	2/1	5-14	MW	5:30-6pm	4	\$55
220004-04	3/7	5-14	MW	5:30-6pm	3	\$42
220004-05	4/4	5-14	MW	5:30-6pm	4	\$55
220004-06	5/2	5-14	MW	5:30-6pm	4	\$55

Registration begins Monday, December 7 at 8 a.m. (in person and on-line).



Swim Lessons

SWIM TEAM PREP

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220500-01	1/4	5+	MW	6:50-7:20pm	4	\$65
220500-02	2/1	5+	MW	6:50-7:20pm	4	\$65
220500-03	3/7	5+	MW	6:50-7:20pm	3	\$53
220500-04	4/4	5+	MW	6:50-7:20pm	4	\$65
220500-05	5/2	5+	MW	6:50-7:20pm	4	\$65

GUARD START

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220011-01	1/4	14+	MW	6:50-7:20pm	4	\$55
220011-02	2/1	14+	MW	6:50-7:20pm	4	\$55
220011-03	3/7	14+	MW	6:50-7:20pm	3	\$42
220011-04	4/4	14+	MW	6:50-7:20pm	4	\$55
220011-05	5/2	14+	MW	6:50-7:20pm	4	\$55

AQUA FIT KIDS

Ready to move? Want to get stronger and move like a ninja? Tired of the same old stuff? This unique, aquatic program is just for kids between the ages of 6-17. In this class we will be jumping, lifting, twisting, and even learn some cool new dance moves - all in the water! We will learn about some healthy food, how to stretch, and talk about ways to build a mighty body. Worried about your level of ability - don't be - come join us - we got this! Water feels great and you will be amazed at what you can do!

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220501-01	1/8	6-17	F	5-6pm	4	\$55
220501-02	2/5	6-17	F	5-6pm	4	\$55
220501-03	3/4	6-17	F	5-6pm	2	\$14
220501-04	4/1	6-17	F	5-6pm	4	\$55
220501-05	5/6	6-17	F	5-6pm	4	\$55

ADULT

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

CLASS#	BEG	AGE	DAY	TIME	#WKS	\$
220008-01	1/4	15+	MW	6:50-7:20pm	4	\$55
220008-02	2/1	15+	MW	6:50-7:20pm	4	\$55
220008-03	3/7	15+	MW	6:50-7:20pm	3	\$42
220008-04	4/4	15+	MW	6:50-7:20pm	4	\$55
220008-05	5/2	15+	MW	6:50-7:20pm	4	\$55





**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 shall be the development of the student's confidence, character, and integrity. Tuesday class meets at the Eules Family Life Center and the Thursday class meets at the Simmons Center. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210134-01	1/5	EFLC	13+	T/TH	7:30-9pm	9	\$103
210134-02	3/22	EFLC	13+	T/TH	7:30-9pm	8	\$92

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. This class meets at the Simmons Center. Instructors: Chad Ellred

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210133-01	1/4	SIM	13+	M	7:30-9pm	4	\$25
210133-02	2/1	SIM	13+	M	7:30-9pm	4	\$25
210133-03	2/29	SIM	13+	M	7:30-9pm	4	\$25
210133-04	3/28	SIM	13+	M	7:30-9pm	4	\$25
210133-05	4/25	SIM	13+	M	7:30-9pm	4	\$25

ZUMBA & ZUMBA TONING

Zumba is Latin cardio in a party setting. The Latin and international rhythms create a huge fusion that makes you move and you don't realize it's a workout. Come and join the PARTY! No rhythm or not a dancer, NO WORRIES!! This is not a dance class; it's a fitness class. Please bring hand weights, no more that 3lbs each. Instructors: Letty Mota and Gracie Torres

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210300-01	1/4	EFLC	13+	M/W	7-8pm	4	\$42
210300-02	2/1	EFLC	13+	M/W	7-8pm	4	\$42
210300-03	2/29	EFLC	13+	M/W	7-8pm	5	\$52
210300-04	4/4	EFLC	13+	M/W	7-8pm	4	\$42
210300-05	5/2	EFLC	13+	M/W	7-8pm	4	\$42

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 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: "Sundown on Snowy Woods", "Alaskan Waterfall", "Yellowstone River", "Bluebonnet Field with Cowboy Hat", "Lavender Fields of Provence". Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210810-01	1/21	EFLC	14+	TH	6-9pm	1	\$37
210810-02	2/18	EFLC	14+	TH	6-9pm	1	\$37
210810-03	3/17	EFLC	14+	TH	6-9pm	1	\$37
210810-04	4/14	EFLC	14+	TH	6-9pm	1	\$37
210810-05	5/12	EFLC	14+	TH	6-9pm	1	\$37

VOICE AND PIANO LESSONS

A fun and exciting way to learn singing and playing the piano! The goal is to train students in various disciplines of the performing arts. Students will be coached in proper technique, theory, songwriting, sight reading, musicality, history, ear training, versatility, self-confidence, improvisation and much more! Beginner to advanced students are welcome! Times will be set up through instructor and class prices vary by the duration of class and type of class, please check with front desk for more info. \$240/1hr, \$120/1/2 hr for a 4 week session, etc. No class week of 3/14-3/19. Instructor: Claudia Melton.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210231-01	1/4	EFLC	13+	M-S	10am-8pm	4	\$240
210231-02	2/1	EFLC	13+	M-S	10am-8pm	4	\$240
210231-03	2/29	EFLC	13+	M-S	10am-8pm	4	\$240
210231-04	4/4	EFLC	13+	M-S	10am-8pm	4	\$240
210231-05	5/2	EFLC	13+	M-S	10am-8pm	4	\$240

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
211165-01	1/18	DPSC	14+	M	7-7:30pm	2	\$30
211165-02	1/23	DPSC	14+	S	12:30-1pm	2	\$30
211165-03	2/1	DPSC	14+	M	7-7:30pm	2	\$30
211165-04	2/6	DPSC	14+	S	12:30-1pm	2	\$30
211165-05	3/14	DPSC	14+	M	7-7:30pm	2	\$30
211165-06	3/19	DPSC	14+	S	12:30-1pm	2	\$30
211165-07	4/11	DPSC	14+	M	7-7:30pm	2	\$30
211165-08	4/16	DPSC	14+	S	12:30-1pm	2	\$30
211165-09	5/2	DPSC	14+	M	7-7:30pm	2	\$30
211165-10	5/7	DPSC	14+	S	12:30-1pm	2	\$30



Adult

HOT HULA FITNESS

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210330-01	1/4	EFLC	15+	M/W	8-9pm	6	\$62
210330-02	2/15	EFLC	15+	M/W	8-9pm	6	\$62
210330-03	3/28	EFLC	15+	M/W	8-9pm	6	\$62
210330-04	5/9	EFLC	15+	M/W	8-9pm	3	\$32

KICKBOXING BOOT CAMP

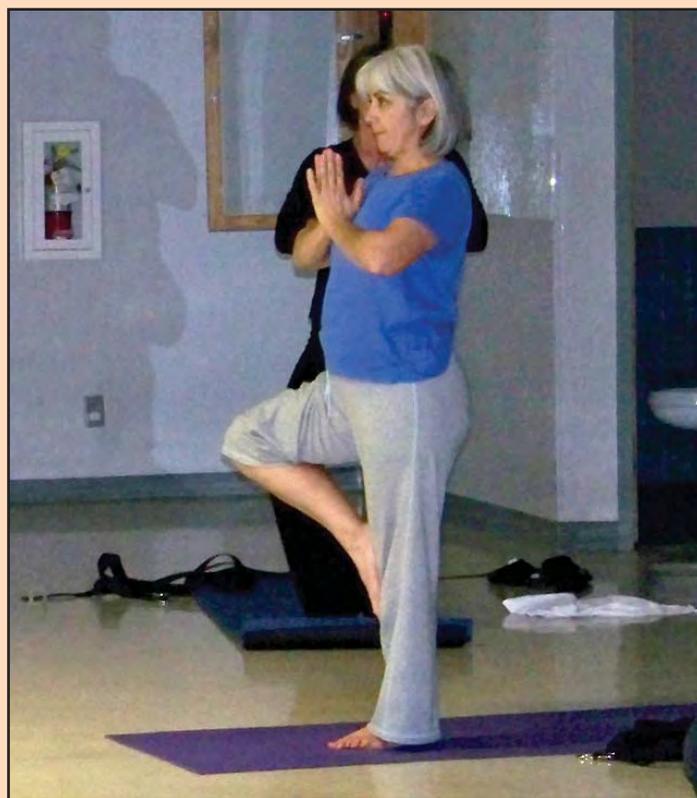
If you want to get in shape and burn calories, this is the class. Class uses bags, gloves, jump ropes, weights, and drills to work every inch of the body. Bring gloves, towel, and water. No class 3/14 & 3/16. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210316-01	1/4	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-02	2/1	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-03	2/29	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-04	4/4	EFLC	16+	M/W	7-7:55pm	3	\$32
210316-05	5/2	EFLC	16+	M/W	7-7:55pm	3	\$32

PILATES FITNESS

This class builds strength, flexibility, and body toning from head to toe. It is designed to help you with daily activities, abdominal strength, and movement. Emphasis on Pilates exercises plus other equipment that is provided. No class 3/14 & 3/16. Please bring a mat and towel. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210320-01	1/4	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-02	2/1	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-03	2/29	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-04	4/4	EFLC	16+	M/W	6-6:55pm	3	\$32
210320-05	5/2	EFLC	16+	M/W	6-6:55pm	3	\$32



YOGA

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. No class 3/14 & 3/16. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210325-01	1/4	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-02	2/1	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-03	2/29	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-04	4/4	EFLC	16+	M/W	5-5:55pm	3	\$32
210325-05	5/2	EFLC	16+	M/W	5-5:55pm	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 3/16. Instructor: Christian Smalls

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210343-01	1/6	EFLC	16+	W	6-6:45pm	4	\$60
210343-02	2/3	EFLC	16+	W	6-6:45pm	4	\$60
210343-03	3/2	EFLC	16+	W	6-6:45pm	4	\$60
210343-04	4/6	EFLC	16+	W	6-6:45pm	4	\$60
210343-05	5/4	EFLC	16+	W	6-6:45pm	4	\$60

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	1/5	EFLC	16+	T	6-7pm	4	\$40
210305-02	2/2	EFLC	16+	T	6-7pm	4	\$40
210305-03	3/1	EFLC	16+	T	6-7pm	4	\$40
210305-04	3/29	EFLC	16+	T	6-7pm	4	\$40
210305-05	4/26	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	1/5	EFLC	16+	T	7-8pm	4	\$40
210306-02	2/2	EFLC	16+	T	7-8pm	4	\$40
210306-03	3/1	EFLC	16+	T	7-8pm	4	\$40
210306-04	3/29	EFLC	16+	T	7-8pm	4	\$40
210306-05	4/26	EFLC	16+	T	7-8pm	4	\$40

DIGITAL PHOTOGRAPHY

This class is for a person that wants to know how to use a camera. Not everything on the camera will be taught, but what will be taught will be most useful in everyday pictures. This class is set to secondary to give you the basic techniques that are used by the pro's to shoot good pictures. The class will be taught in a simple way so everyone will understand the camera and the technique in shooting good pictures. Please bring your camera to class and get ready to learn how to be the photographer you have always wanted to be. Instructor: Tim Lane

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210830-01	1/4	EFLC	16+	M	6:30-8pm	2	\$50
210830-02	2/8	EFLC	16+	M	6:30-8pm	2	\$50
210830-03	2/29	EFLC	16+	M	6:30-8pm	2	\$50
210830-04	3/26	EFLC	16+	S	9am-12pm	1	\$50
210830-05	4/18	EFLC	16+	M	6:30-8pm	2	\$50
210830-06	5/9	EFLC	16+	M	6:30-8pm	2	\$50

ADULT BALLET

Ballet is a great class for flexibility, core strength, balance and technique. This is a great class for adults to continue learning as well as getting a great core. No class 3/17 Instructor: Sue Hurst.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210240-01	1/7	EFLC	18+	TH	8-9pm	4	\$62
210240-02	2/4	EFLC	18+	TH	8-9pm	4	\$62
210240-03	3/3	EFLC	18+	TH	8-9pm	4	\$62
210240-04	4/7	EFLC	18+	TH	8-9pm	4	\$62
210240-05	5/5	EFLC	18+	TH	8-9pm	4	\$62

ADULT TAP

Tap! Tap! Tap! This is a wonderful class to learn tap techniques, combinations, and dance choreography. It's great exercise and lots of fun. Heart and Soul Dance is a continuing program and will have performances throughout the year including a recital at the end. No Class 3/15. Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
210245-01	1/5	EFLC	18+	T	7-8pm	4	\$62
210245-02	2/2	EFLC	18+	T	7-8pm	4	\$62
210245-03	3/1	EFLC	18+	T	7-8pm	4	\$62
210245-04	4/5	EFLC	18+	T	7-8pm	4	\$62
210245-05	5/3	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	1/14	EFLC	18+	TH	10-11am	1	FREE
211002-02	4/7	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	2/4	EFLC	18+	TH	10-11:00am	1	FREE
211004-02	4/28	EFLC	18+	TH	10-11:00am	1	FREE

EULESS \$5 GROUP WORKOUT

Join a fun group that loves music and a great workout. The session is filled with plyometrics, calisthenics, stretching and abdominal exercises that will have your body and mind performing at its best. Post workout drinks and bars available for FREE!! Every Saturday at 10:30am and now offered on Wednesday at 7 p.m.! Sponsored by changelfe.com.





Eules Family Life Senior Center

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

Diane Eggers, Senior Center Supervisor, 817-685-1670
Renee Frizzell, Senior Center Activity Programmer, 817-685-1871
Monday, Tuesday, Wednesday, Friday (6:30 a.m. - 4 p.m.)
Thursday (6:30 a.m. - 9 p.m.)

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

NEW! Class registration will begin on Monday, December 7 at 8 a.m.

SENIOR CENTER CLOSED

December 10	Close at 4 p.m. for City Event
December 11	Closed for City Event
December 24	City Holiday
December 25	City Holiday
December 31	Close at 4 p.m.
January 1	New Years Day
March 25	City Holiday

*All activities offered through the Eules Family Life Senior Center require a membership to participate. Hesitation on enrolling for programs and activities could result in missing out on some FabEules opportunities. Help us prevent program and activity cancellation by registering early. Reservations are limited. Winter weather - If the HEB Independent School District is closed or delayed. The EFLSC will cancel classes and the center will be open normal hours. HEB School closures are announced on the local radio and television stations.

HEALTH & WELLNESS

MORNING ZUMBA

Want to Party while exercising? This Latin inspired fitness dance class incorporates Latin and international music. The cardio-based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, core and abdominals and improves cardio function. Instructor: Angela Cisneros.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240305-01	1/4	EFLSC	60+	MW	8:15-9:15am	4	FREE
240305-02	2/1	EFLSC	60+	MW	8:15-9:15am	4	FREE
240305-03	3/2	EFLSC	60+	MW	8:15-9:15am	4	FREE
240305-04	4/4	EFLSC	60+	MW	8:15-9:15am	4	FREE

SIT & FIT (WEIGHT TRAINING)

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240300-01	1/4	EFLSC	60+	M	9:15-10:15am	4	FREE
				W	10:15-11:15am	4	FREE
240300-02	2/1	EFLSC	60+	M	9:15-10:15am	5	FREE
				W	10:15-11:15am	4	FREE
240300-03	3/2	EFLSC	60+	M	9:15-10:15am	4	FREE
				W	10:15-11:15am	5	FREE
240300-04	4/4	EFLSC	60+	M	9:15-10:15am	4	FREE
				W	10:15-11:15am	4	FREE

Core Strengthening (CORE & STRETCH)

Have better posture and reduce back pain, increase strength and improve flexibility. Instructor: Christian Smalls, Sr.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240301-01	1/4	EFLSC	60+	M	10:15-11:15am	4	FREE
240301-02	2/1	EFLSC	60+	M	10:15-11:15am	5	FREE
240301-03	3/7	EFLSC	60+	M	10:15-11:15am	4	FREE
240301-04	4/4	EFLSC	60+	M	10:15-11:15am	4	FREE

AFTERNOON YOGA

Better than an afternoon nap! Basic and gentle yoga postures on the mat, followed by a time of deep relaxation and renewal. Instructor: Lisa Womack.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240302-01	1/4	EFLSC	60+	M	1:15-2:15pm	4	FREE
240302-02	2/1	EFLSC	60+	M	1:15-2:15pm	5	FREE
240302-03	3/7	EFLSC	60+	M	1:15-2:15pm	4	FREE
240302-04	4/4	EFLSC	60+	M	1:15-2:15pm	4	FREE

Sweating to the Oldies (AEROBIC STRENGTH)

Get your body moving! This class will take you through a full-body workout with absolutely no weights. You will strengthen your heart, lungs and increase your balance to the sounds of inspiring upbeat music! Come see what everyone has been talking about! Instructor: Christian Smalls, Sr.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240304-01	1/5	EFLSC	60+	TF	9:15-10:15am	4	FREE
240304-02	2/2	EFLSC	60+	TF	9:15-10:15am	4	FREE
240304-03	3/1	EFLSC	60+	TF	9:15-10:15am	4	FREE
240304-04	4/5	EFLSC	60+	TF	9:15-10:15am	4	FREE

EASY CHAIR FITNESS-NEW

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240303-01	1/5	EFLSC	60+	TTH	10:15-11:15AM	4	FREE
240303-02	2/2	EFLSC	60+	TTH	10:15-11:15AM	4	FREE
240303-03	3/1	EFLSC	60+	TTH	10:15-11:15AM	4	FREE
240303-04	4/5	EFLSC	60+	TTH	10:15-11:15AM	4	FREE

Registration begins Monday, December 7 at 8 a.m. (in person and on-line).



TAI CHI - 49 FORM

If you are looking for a way to exercise both the mind and the body this class is for you!! This Tai Chi form is very gentle and slow moving, yet it helps to improve your balance, increase your flexibility, strengthen your muscles, reduce stress and helps a variety of other health conditions. And we have FUN!!! Instructor: Annette Briggs.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240306-01	1/5	EFLSC	60+	T	10:30-11:30am	4	FREE
240306-02	2/2	EFLSC	60+	T	10:30-11:30am	4	FREE
240306-03	3/1	EFLSC	60+	T	10:30-11:30am	4	FREE
240306-04	4/5	EFLSC	60+	T	10:30-11:30am	4	FREE

GENTLE YOGA

Gentle Yoga presents an introduction to basic yoga poses. The class emphasizes stretching, coordination of breath with movement and attention to alignment. The class is designed to create breath awareness, enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity or other physical limitations. Instructor: Debbie Melchiorre.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240317-01	1/5	EFLSC	60+	TTH	11:15am-12:15pm	4	FREE
240317-02	2/2	EFLSC	60+	TTH	11:15am-12:15pm	4	FREE
240317-03	3/1	EFLSC	60+	TTH	11:15am-12:15pm	4	FREE
240317-04	4/5	EFLSC	60+	TTH	11:15am-12:15pm	4	FREE

T.L.C. (THERAPEUTIC. LIVELY. CHAIR.) YOGA

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240308-01	1/6	EFLSC	60+	W	9:15-10:15am	4	FREE
240308-02	2/3	EFLSC	60+	W	9:15-10:15am	4	FREE
240308-03	3/2	EFLSC	60+	W	9:15-10:15am	4	FREE
240308-04	4/6	EFLSC	60+	W	9:15-10:15am	4	FREE

Stronger Abs (SENIOR ABS)

Strengthen your core, along with your upper and lower abs, in this fun beginners abdominal class. Let Christian take you through an effective workout that will enable you to achieve the results you want. Instructor: Christian Smalls, Sr.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240311-01	1/7	EFLSC	60+	TH	9:15-10:15am	4	FREE
240311-02	2/4	EFLSC	60+	TH	9:15-10:15am	4	FREE
240311-03	3/3	EFLSC	60+	TH	9:15-10:15am	4	FREE
240311-04	4/7	EFLSC	60+	TH	9:15-10:15am	4	FREE

TAI CHI 16 FORM

This Tai Chi 16 form is easy to learn and understand because it is short with only 16 moves to perform. Yang Style is even, gentle and slow moving to provide increased balance, improved flexibility with stress reduction. If you are looking for a Tai Chi form that is easy to learn, this is it. Instructor: Lowell Johnson.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240316-01	1/7	EFLSC	60+	TH	5-6pm	4	FREE
240316-02	2/4	EFLSC	60+	TH	5-6pm	4	FREE
240316-03	3/3	EFLSC	60+	TH	5-6pm	4	FREE
240316-04	4/7	EFLSC	60+	TH	5-6pm	4	FREE

EVENING ZUMBA

Want to Party while exercising? This Latin inspired fitness dance class incorporates Latin and international music. The cardio-based dance movements are easy to follow steps that include body sculpting, which targets areas such as legs, arms, abdominals and improved cardio function. Instructor: Monica Chavez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240312-01	1/7	EFLSC	60+	TH	6-7pm	4	FREE
240312-02	2/4	EFLSC	60+	TH	6-7pm	4	FREE
240312-03	3/3	EFLSC	60+	TH	6-7pm	4	FREE
240312-04	4/7	EFLSC	60+	TH	6-7pm	4	FREE

FRIDAY FITNESS SAMPLER: FRIDAYS @ 8:45 AM-NEW

Have you ever wanted to try a class, but not sure if you really wanted to commit to the entire workout? This unique opportunity offers members a chance to try a segment of a class to decide if it's right for them. All fitness levels welcome! Each Friday will offer one format for 15 min., rotating between yoga, tai chi, cardio, and strength training.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240307-01	1/8	EFLSC	60+	F	8:45-9:00am	4	FREE
240307-02	2/5	EFLSC	60+	F	8:45-9:00am	4	FREE
240307-03	3/4	EFLSC	60+	F	8:45-9:00am	2	FREE
240307-04	4/1	EFLSC	60+	F	8:45-9:00am	5	FREE

YOGA FOR YOU (Quiet Yoga)

This class will let you 'COME AS YOU ARE' and designed to help you create your own practice with the guidance of the yoga instructor. The class will help to strengthen and lengthen or relax and renew. Each class will have a time that offers poses for strength and flexibility along with time for relaxation. You choose what you want to do based on your energy and skill level. This will be a great introduction to yoga. If you have always wanted to try it, this will be the class for you. Learn To challenge yourself and honor your body!! Instructor: Lisa Womack

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240314-01	1/8	EFLSC	60+	F	10:15-11:15am	4	FREE
240314-02	2/5	EFLSC	60+	F	10:15-11:15am	5	FREE
240314-03	3/4	EFLSC	60+	F	10:15-11:15am	4	FREE
240314-04	4/1	EFLSC	60+	F	10:15-11:15am	5	FREE

"HEY, WATCHA READING?" BOOK CLUB

Love to read? Have a favorite author? Remember that special book you read and still treasure? Join the "Hey, watcha reading?" book club and tell us all about it. Bring a pen and start a new TBR list (To Be Read) as we share what's new, what's good and what's not worth the time! Whether it's hardback, paperback or E-book, we want to know about it. Volunteer: Margret Burris.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240701-01	1/12	EFLSC	60+	T	10-11am	1	FREE
240701-02	2/9	EFLSC	60+	T	10-11am	1	FREE
240701-03	3/8	EFLSC	60+	T	10-11am	1	FREE
240701-04	4/12	EFLSC	60+	T	10-11am	1	FREE

BASIC CYBER SECURITY-ARE MY ELECTRONIC DEVICES SAFE?

Is that network safe to use? Help better understand your home network, what to post on social media, securing webcams and smart phone cameras. Is all software FREE, how safe is it to shop online and much more. Bring your electronic device to class. Volunteer Casey Lee

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240500-01	1/19	EFLSC	60+	T	1-2:30pm	2	FREE
240500-02	2/16	EFLSC	60+	T	1-2:30pm	2	FREE
240500-03	3/15	EFLSC	60+	T	1-2:30pm	2	FREE
240500-04	4/19	EFLSC	60+	T	1-2:30pm	2	FREE

AARP DRIVER SAFETY

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240704-01	2/10	EFLSC	18+	W	9am-1pm	1	*

SPANISH FOR TRAVELING

Hola Amigo! Have you always been interested in learning the Spanish language but didn't know where to start? Or are you planning a trip to Mexico, Spain or any Latin American country and would like to become more familiar with the language? Then this is the class for you! Participants will learn basic vocabulary, grammar and beginning conversation that will help you understand and start communicating in this wonderful language

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240703-01	3/2	EFLSC	60+	W	10:30am-12:30pm	6	\$12



Seniors

COOKING CLASS THE NATURAL WAY

Cooking with Laura Slayton, Holistic Nutritionist and Natural Foods Chef. Specialize in Natural Healing Foods to maintain and regain health. All classes are hands-on. You will do the cooking. We will discuss the nutritional benefits, learn how to prepare the dishes, then, of course, eat what we make.

ANTI-INFLAMMATORY FOODS

Inflammation contributes to diseases such as cancer, heart disease and arthritis. What foods should we be eating to extinguish the flame. Which foods should we avoid? Let's prepare some yummy dishes that our bodies are craving.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240702-01	1/12	EFLSC	60+	T	1-3pm	1	\$17

HEALTHY HEART

Learn what foods can do to keep our ticker happy and reduce the risk of heart disease. Which foods should we be eating and how should we prepare them to bring out all their heart benefits.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240702-02	2/9	EFLSC	60+	T	1-3pm	1	\$17

REDUCE THE RISK OF CANCER

Yes, certain foods have been proven to reduce the risk of some cancers if prepared correctly. Let's learn how to stay healthy or regain our health naturally.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240702-03	3/8	EFLSC	60+	T	1-3pm	1	\$17

CRUCIFEROUS VEGETABLES

I am eating broccoli, isn't that enough? Well, cruciferous vegetables are full of sulfuraphanes if prepared properly. Let's learn how to prepare foods such as bok choy, arugula and more.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240702-04	4/12	EFLSC	60+	T	1-3pm	1	\$17

B-I-N-G-O

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240603-01	1/6	EFLSC	60+	W	1-3pm	1	*
240603-02	2/3	EFLSC	60+	W	1-3pm	1	*
240603-03	3/2	EFLSC	60+	W	1-3pm	1	*
240603-04	4/6	EFLSC	60+	W	1-3pm	1	*

Medicare Q & A

Do you have questions about your Dental, Vision, Memorial Funds, Cancer Plans and Critical Illness plans? Please stop by on Thursdays. Just show up and ask your questions.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240501-01	1/28	EFLSC	60+	TH	9-11am	1	FREE
240501-02	2/25	EFLSC	60+	TH	9-11am	1	FREE
240501-03	3/31	EFLSC	60+	TH	9-11am	1	FREE
240501-04	4/28	EFLSC	60+	TH	9-11am	1	FREE

Baylor Institute for Rehabilitation presents- HOW'S YOUR BALANCE?

Physical Therapist, Kammi Barnard, PT, will talk about balance, from highly competitive athletes to everyday individuals; everyone can improve their current level of balance. Better balance leads to greater levels of activity as well as improved safety and decreased risk for falls. Learn well researched techniques to improve your balance.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240502-01	1/14	EFLSC	60+	TH	11:30am-12:15pm	1	FREE

Baylor Institute for Rehabilitation presents- OSTEOPOROSIS

Physical Therapist, Kammi Barnard, PT will talk about the risk factors for osteoporosis, how it is diagnosed, and recommendations for individuals who either have osteoporosis or are at higher risk for developing this bone involvement.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240503-01	4/14	EFLSC	60+	TH	11:30am-12:15pm	1	FREE

Probate - Gaining Peace of Mind at a Difficult Time

Parkwood Retirement Community and Attorney Antoinette Bone, specializes in Elder Law will present "Gaining Peace of Mind at a Difficult Time" - How can I be certain that my loved one's assets are distributed as intended? How do we ensure that our loved one's will is legally valid? How can we avoid family conflicts during this process, and what is the best way to make sure the process is not too expensive, lengthy and complicated? Lunch will be provided.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240504-01	1/21	EFLSC	60+	TH	11:30am-12:30pm	1	FREE

Texas A&M AgriLife Extension Service presents Simple Cooking with Heart!

Texas A&M AgriLife Extension Service will teach you how to prepare easy, affordable, tasty meals to improve your healthy lifestyle and heart health.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240505-01	2/25	EFLSC	60+	TH	2:30-3:30pm	1	FREE

Seniors for Seniors Q and A on Electronics

Having problems with that new cell, iPad, tablet or laptop? David a senior at Trinity High School will be here each month to assist you with your electronic devices. Come get your questions answered. Just show up on the 1st Thursday of each month.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240516-01	1/7	EFLSC	60+	TH	5-6pm	1	FREE
240516-02	2/4	EFLSC	60+	TH	5-6pm	1	FREE
240516-03	3/3	EFLSC	60+	TH	5-6pm	1	FREE
240516-04	4/7	EFLSC	60+	TH	5-6pm	1	FREE

THURSDAY NIGHT GAMES

Do you have a domino, card or board game you love but can't get enough players together? Want to try new games you might not have played before? You've come to the right place. Every Thursday night we are open for game night. This is a friendly, casual, no-cost event where you can try out new games or enjoy old favorites. Things tend to get going around 5 pm but feel free to drop in anytime throughout the evening. Thursday Evening, 5 - 9 pm, Fee: FREE (membership required).

AARP Tax Aide

AARP Tax-Aide is available free to taxpayers with low and moderate income, with special attention to those 60 and older. No appointments will be scheduled on Good Friday, March 25th. You may begin making appointments on Monday, January 4th; please call 817-685-1671 to make an appointment. Fridays, 9am-1pm, February 5-April 15 Fee: FREE

BUNCO

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240602-01	1/8	EFLSC	60+	F	9-10:30am	1	\$3
240602-02	2/12	EFLSC	60+	F	9-10:30am	1	\$3
240602-03	3/11	EFLSC	60+	F	9-10:30am	1	\$3
240602-04	4/8	EFLSC	60+	F	9-10:30am	1	\$3



EDUCATE DFW SERIES

Social Security - You must have a Strategy!

There are several little known strategies that are capable of boosting your benefits and greatly increasing your retirement income. This is your opportunity to learn some key factors you need to know about your Social Security. It's not just 62, Full Retirement age and 70! How your Social Security affects your taxes. How Required Minimum Distributions can really mess things up. How to coordinate your benefits with your other sources of retirement income.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240512-10	1/8	EFLSC	60+	F	11:30am-12:30pm	1	FREE

Financial Pitfalls

What you don't know about money can really cost you! Your financial situation is a combination of every financial decision you've made up until now. If you're like most, you've had little or no training, so you're just learning as you go. This means while many of your choices may be born of good intentions, they fall flat as a result of improper planning or lack of knowledge. However, identifying your mistakes - and where you went wrong - can change your whole financial future. Come join us and learn how to avoid the most common financial pitfalls, it's so much easier when you're informed.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240511-01	2/12	EFLSC	60+	F	11:30am-12:30pm	1	FREE

All About Wills

Having things buttoned up in retirement includes having a will. Wills can do lots of different things. Come check out this class where you learn some of the specifics about wills and some of the ramifications of not having one.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240512-01	3/11	EFLSC	60+	F	11:30am-12:30pm	1	FREE

All About Annuities

Annuities...are they good, are they bad? Things have changed a lot in the last few years. Come learn all about annuities so you can decide for yourself. We will be learning: What is an annuity? How does it work? What are the different types? Are there tax benefits to annuities?

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240513-01	4/8	EFLSC	60+	F	11:30am-12:30pm	1	FREE

Line Dancing

Line dancing is not the "good ole country steppin" you thought it was. There are moves to keep your heart rate up and it's a great way to meet new friends. Get out there and get those feet and hips moving to the groove! The dances are all choreographed to various types of music, such as Country Western, Pop, Swing, Rock & Roll, Disco and Rhythm & Blues. Volunteer: Sharon Dunn

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240700-01	1/15	EFLSC	60+	F	11:15am-12:45pm	3	FREE
240700-02	2/5	EFLSC	60+	F	11:15am-12:45pm	4	FREE
240700-03	3/4	EFLSC	60+	F	11:15am-12:45pm	3	FREE
240700-04	4/1	EFLSC	60+	F	11:15am-12:45pm	5	FREE

TRIPS

Refunds - no refund will be issued if cancelled 48 hours prior to scheduled trip. Refunds will be given if trip is full and your spot can be filled from the waitlist. If the vacancy cannot be filled a refund will not be issued. If the trip is cancelled by the center a full refund will be issued.

Times - Arrival Time please arrive 15 minutes before the departure time printed. The bus will leave at the printed time with or without you! Return times are approximate and subject to change due to unforeseen circumstances for example traffic, trip running longer than anticipated, etc.

OSWALD ROOMING HOUSE TOUR

Lee Harvey Oswald rented a room from Ms. Hall's grandmother in 1963, until he was accused of killing President John F. Kennedy and Dallas police Officer J.D. Tippit. Pat Hall's family has lived there for over 70 years. She will share her families past with the world, hear her stories and her passion for the truth. Arrival time is 9:45 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240200-01	1/25	EFLSC	60+	M	10am-3:30pm	1	\$20

10 GAL HAT TOUR

Join us as we travel to Garland, Texas to tour the Resistol and Stetson Factory Outlet Store. Resistol Hats has been the leader in the western hat industry for over eighty years. "Resistol Hats," meaning to resist- all weather. Please bring money for lunch. Arrival time is 8:15 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240201-01	2/23	EFLSC	60+	T	8:30am-3:30pm	1	\$10

"GIDDY UP, HORSEY" TOUR

North Texas Horse Country - You'll wind your way through the beautiful North Texas Horse Country aboard a luxury motorcoach while a fun and knowledgeable guide narrates the facts and back story of the area. We will visit two premier horse ranches where you can get an up close & personal look at the equine industry. Arrival time is 7:30 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240202-01	3/5	EFLSC	60+	S	7:45am-4pm	1	\$45

"LIONS, TIGERS AND BEARS OH MY!" TOUR

Join us as we travel to the International Exotic Animal Sanctuary in Boyd, Texas. The tours usually last at least an hour and a half to two hours. The overall route measures about 6/10ths of a mile which is on gravel paths that wind around the habitats. There are a couple of gradual hills and a several sets of steps. This trip is a walking trip. Please wear comfortable walking shoes! Arrival time is 9:45 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240203-01	4/13	EFLSC	60+	W	10am-3pm	1	\$25

MUSEUM MADNESS FULLER HOUSE EULESS

Providing a charming glimpse into the décor and lifestyle of the 1930s and 1940s, the Fuller House is a historical Euless landmark as the community's first brick house and now a museum. Visitors may view displays about the city's history as well as unique documents, artifacts and memorabilia. The house was saved from destruction, then faithfully restored and furnished. Arrival time is 10:15 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-01	1/4	EFLSC	60+	M	10:30am-1pm	1	\$5

ARLINGTON MUSEUM OF ART

Exhibition will feature work by 60 artists including Andy Warhol, Robert Rauschenberg, Jackson Pollack, Roy Lichtenstein, Willem de Kooning, and Robert Motherwell. Modern art has brought a fresh and unconventional approach to the creative community, expressing the loves, hates, ideas, beliefs, interests, passions, strengths and weaknesses of a generation emerging in the mid-Twentieth Century. This exhibit will explore traditional mediums of art, outside the box and how the art world embraced the work that represents a movement that changed the face of fine art in America. Arrival time is 9:45 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-02	2/2	EFLSC	60+	T	10am-3:30pm	1	\$10

TEXAS WOMEN'S HALL OF FAME

The Governor's Commission for Women established the Texas Women's Hall of Fame in 1984 to honor the State's most accomplished women. Inductees include first ladies, teachers, astronauts and athletes. Arrival time is 9:15 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-03	3/7	EFLSC	60+	M	9:30am-3:30pm	1	\$5



NASH FARMS-GRAPEVINE

Learn about Grapevine and the city's heritage by visiting Nash Farm. Purchased by Thomas Jefferson Nash in 1859, this historic landmark brings history to life through exhibits, interpretive programs and touchable displays. Arrival time is 9:45 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240204-04	4/4	EFLSC	60+	M	10am-3:30pm	1	\$8

FABEULOUS FINDS

Sit back and enjoy a day of FabEulless Finds. This group will be on an adventure to find those fabulous finds. We may stop for a new purse or taste a new cupcake or coffee shop and you never know we might catch a train. Each month will be stop at different places. Arrival time is 9:45 a.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240207-01	1/29	EFLSC	60+	F	9:30am-3:30pm	1	\$5
240207-02	2/26	EFLSC	60+	F	9:30am-3:30pm	1	\$5
240207-04	4/29	EFLSC	60+	F	9:30am-3:30pm	1	\$5

DINING OUT CLUB

Do you have a restaurant you love to dine out at but don't like dining out by yourself? Join us on the 3rd Monday of each month. This is a friendly, casual, nominal cost evening where you can dine and enjoy old and new friends. Things tend to get going around 5 p.m. at a local restaurant. Everyone provides their own transportation. Please call 817-685-1671 to make your reservation and find out where we are going each month. *Dinner cost varies.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240206-01	1/18	TBA	60+	M	5-7pm	1	*
240206-02	2/15	TBA	60+	M	5-7pm	1	*
240206-03	3/21	TBA	60+	M	5-7pm	1	*
240206-04	4/18	TBA	60+	M	5-7pm	1	*

MYSTERY LUNCH

Join us on this fun day out, includes a scrumptious lunch and plenty of head scratching. Come solve the mystery as we travel to different restaurants in the DFW area each month. Registration is required. *Lunch cost varies. Arrival time is 12:15 p.m.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240205-01	1/20	EFLSC	60+	W	12:30am-3:30pm	1	*
240205-02	2/17	EFLSC	60+	W	12:30am-3:30pm	1	*
240205-03	3/16	EFLSC	60+	W	12:30am-3:30pm	1	*
240205-04	4/20	EFLSC	60+	W	12:30am-3:30pm	1	*

LUNCH AND LEARN

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

Villages at MacArthur presents MEDICARE BENEFITS FOR REHAB

Medicare benefits for rehab and how to qualify.

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

Parkwood Retirement Community Presents STAYING ACTIVE AFTER RETIREMENT

Learn the health benefits of staying active. We will give you some tips and guidance on different activities that will improve your quality of life and help you live a healthier life. Low impact exercises can reduce stress and pain. You will learn about yoga, tai chi and a few other helpful activities.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240507-02	2/8	EFLSC	60+	M	11:30am-1pm	1	FREE



Baylor Health Care Systems presents HOW SHOULD YOU RECEIVE PREVENTATIVE MEDICAL TESTS

Leading a healthy, active and long life is possible with a few medical tests to help keep your health on track. Jo Darling, MBA, BSN, OCN, cancer services nurse navigator at Baylor Regional Medical Center at Grapevine, will discuss when and how often men and women should receive preventative medical tests.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240508-03	3/14	EFLSC	60+	M	11:30am-1pm	1	FREE

JACK'S PLACE ASSISTED LIVING

Smaller is sometimes better! Do you see yourself living with 50-200 other people in an "apartment/condo" environment. Bingo is not your game. Real Life and Real Home more your style? Like what the Golden Girls had going on? Maybe with the Grumpy Old Men next door? Then let's talk about another solution to "What will I do when I grow up and the kids leave town or the state! And I can't remember where I put my keys!" Or maybe there are no kids! Oh my! Who are you going to trust? Who is going to love me when I'm too old to care!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240509-04	4/11	EFLSC	60+	M	11:30am-1pm	1	FREE

ARTS AND CRAFTS

STAMPIN' UP

We're absolutely delighted to have Janet Holmes with Stampin' Up. She will offer a monthly class.

BIRTHDAY AND THANK YOU THEME

We will make 4 cards, 2 of each design to get the year started. We will also make a calendar treat!! *Supply fee of \$7 (cash or check) is payable to instructor at time of class and all supplies included!!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-01	1/7	EFLSC	60+	TH	3-5pm	1	\$3 plus*

VALENTINE THEME

We will make 4 cards (one will be a new technique) and a Valentine treat. *Supply fee of \$7 (cash or check) is payable to instructor at time of class and all supplies included!!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-02	2/4	EFLSC	60+	TH	3-5pm	1	\$3 plus*

EASTER THEME

We will make 2 Easter cards (one will be a special fold) and 3 Easter treats!! *Supply fee of \$7 (cash or check) is payable to instructor at time of class and all supplies included!!

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

MOTHER'S DAY OR BIRTHDAY THEME

We will make 2 cards that can be used for either Mother's Day or a birthday, and 2 masculine cards that can be used for birthdays or thinking of you. Supply fee of \$7 (cash or check) is payable to instructor at time of class and all supplies included!!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240104-04	4/7	EFLSC	60+	TH	3-5pm	1	\$3 plus*



WEAVE ME ALONE BASKET CLASS-FRUIT BASKET

We're absolutely delighted to have Brenda McKinnon from Bedford, Texas. She will be offering the Fruit Basket class. This basket is a great gift and could be used for much more. Fruit and Roll Basket is worked on a 6" round wooden base with slots in a continuous weave, with a Picket Fence border with a Twist. Height will be about 4 to 5 inches diameter is 8 to 9 inches. Choice of colors, or can be woven all natural. Basket will be pre-started. *\$25 supply fee.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240103-01	1/14	EFLSC	60+	TH	1-3:30pm	1	\$3 plus*

BASIC DRAWING

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240105-01	1/8	EFLSC	60+	F	10-11:30am	4	\$30
240105-03	3/4	EFLSC	60+	F	10-11:30am	4	\$30

MORE DRAWING CLASS

Continue to learn drawing skills for anyone who has taken Basic Drawing. We will learn about texture, negative space, more about faces and how to draw perspective. Please bring the following materials: 9x12 sketch book and 4B or Ebony pencils to class. Prerequisite: Basic Drawing.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240105-02	2/5	EFLSC	60+	F	10-11:30am	4	\$30
240105-04	4/8	EFLSC	60+	F	10-11:30am	4	\$30

OPEN ARTS AND CRAFTS DAY

Enjoy the company of fellow artists and friends while working on your own self directed projects. Bring your own supplies and projects to work on. Meets weekly from 9am to 3pm. Staff will be available from 9am to noon to assist with those details you may need help working through. All are welcome.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240102-01	1/5	EFLSC	60+	T	9am-3pm	4	FREE
240102-02	2/2	EFLSC	60+	T	9am-3pm	4	FREE
240102-03	3/1	EFLSC	60+	T	9am-3pm	5	FREE
240102-04	4/5	EFLSC	60+	T	9am-3pm	4	FREE

SPECIAL EVENTS

POOL TOURNAMENT

Join us for a Straight 8 Ball Pool Tournament.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240601-01	1/27	EFLSC	60+	W	8am	1	FREE

CAJUN BOIL-MARDI GRAS

We may not be in New Orleans but it's the next best thing to being there! You are invited to join the Mardi Gras fun we will have lots of beads! Creole Food! Kings Cake! Dixieland Jazz! It wouldn't be a party without you there

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240403-01	2/9	EFLSC	60+	W	12-1:30pm	1	\$5

WII "SOUPERBOWLING" TOURNAMENT

Calling all bowlers. Join us for a Souper good time. Wii will have a Bowl of Soup for Lunch.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240600-01	2/24	EFLSC	60+	W	9am-2pm	1	FREE

HEALTH EXPO

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

Friday, March 18, 8 a.m. - noon. Held at the EFLSC. FREE.

FROZEN FRIDAYS

Brrrrrr is freezing at the Center! Blue Bell is back in Town-"I Scream, You Scream, We all Scream for Blue Bell" Join us for a frozen treat on the 4th Friday of each month at 2:30pm. Treats will vary and sugar free options will be available upon request. First come first serve.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240001-01	1/22	EFLSC	60+	F	2:30pm	1	FREE
240001-02	2/26	EFLSC	60+	F	2:30pm	1	FREE
240001-03	4/22	EFLSC	60+	F	2:30pm	1	FREE

MONTHLY MEAL MEDLEY

Join us each month for a different meal. January-Chili/Soup, February-Potato/Salad Bar, March-Corn Beef and Cabbage and April-Melt Down-Grilled Cheese Madness.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240001-01	1/7	EFLSC	60+	TH	11:30am-12:30pm	1	\$5
240002-02	2/4	EFLSC	60+	TH	11:30am-12:30pm	1	\$5
240003-03	3/3	EFLSC	60+	TH	11:30am-12:30pm	1	\$5
240004-04	4/7	EFLSC	60+	TH	11:30am-12:30pm	1	\$5

IT'Z FOOD AND FUN

What to be a Kid again? Join us for a fun filled day of unlimited buffet, 2 games of bowling with shoe rental and a 1-hour of unlimited non-ticket/non prize games and souvenir cup. So gather your friends and form a bowling team (prizes will be awarded to the best dressed and best team name) game on!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
240404-01	3/9	EFLSC	60+	W	11am-4pm	1	\$13

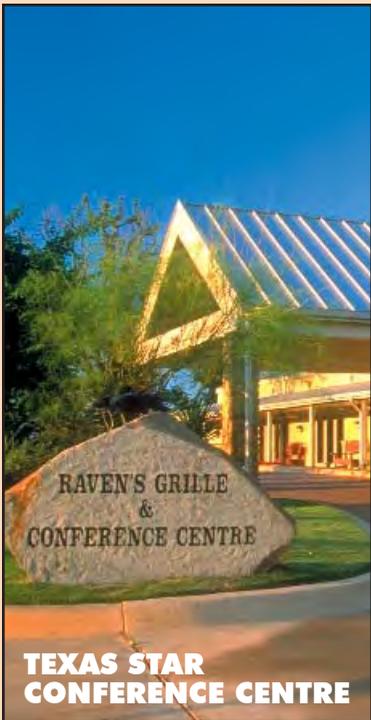




ACTIVITY ROOM #5



ACTIVITY ROOM #1



TEXAS STAR CONFERENCE CENTRE

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

INDOOR FACILITY RENTAL INFORMATION

Euless Family Life Center, 300 W. Midway Dr.

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

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

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

MEETING ROOMS

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

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

GYMNASIUM* (capacity = 250)

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

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

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

Deposit: \$50

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

Simmons Center, 508 Simmons Dr.

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

Occupancy Load: 60

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

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

Resident: 3-hour minimum \$100 Each additional hour \$35 per hour

Nonresident: 3-hour minimum \$200 Each additional hour \$70 per hour

Deposit: \$50 (without food or drink) \$250 (with food or drink)

TEXAS STAR CONFERENCE CENTRE

817-685-1845

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



PARKS AT TEXAS STAR PAVILION



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

OUTDOOR FACILITY RENTAL INFORMATION

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

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

Available time blocks for pavilions, amphitheater and gazebo:

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

PAVILIONS

Aquatic Park Pavilion 300 W. Midway Dr. (available October – April) Capacity = 50

Amenities: Picnic tables, large serving counter, minimum electricity, permanent restrooms.

Bear’s Den Pavilion 1951 Bear Creek Pkwy. (east side of Parkway) Capacity = 200

Amenities: Playground, picnic tables, grilling areas, walking / jogging trail, minimum electricity, restrooms.

Bob Eden Park Pavilion 901 W. Mid-Cities Blvd. Capacity = 250

Amenities: Playground, picnic tables, grilling areas, 3 regulation-size sand volleyball courts, softball practice field (for rental), tennis courts, walking / jogging trail, permanent restroom, minimum electricity.

Parks at Texas Star Pavilion 1501 South Pipeline Rd. Capacity = 200

Amenities: Playground, picnic tables, grilling area, batting cages, walking / jogging area, minimum electricity, permanent restrooms.

Leon Hogg Pavilion 1951 Bear Creek Pkwy. (west side of Parkway) Capacity = 250

Amenities: Picnic tables, benches, grilling areas, walking / jogging trail, serving stand, minimum electricity, restrooms.

LEON HOGG AMPHITHEATER

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

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

GAZEBOS

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

McCormick Park Gazebo 2190 Joyce Court Capacity = 50

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

PRACTICE FIELD

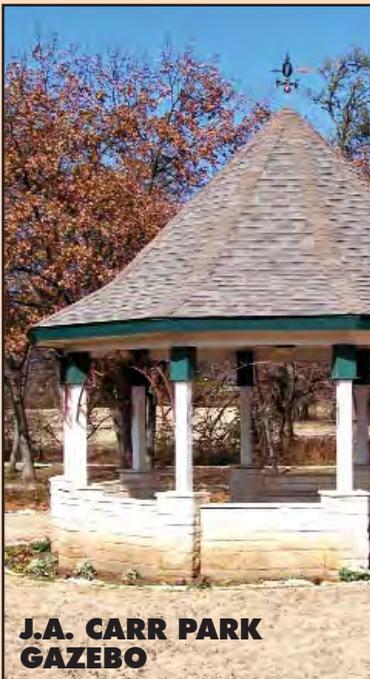
NOTE: Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit www.eulesstx.gov/pacs. Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

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

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



TEXAS TRAIL PAVILION



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: Eules Museum, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

J. A. Carr Park

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

Kiddie Carr Park

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

Lakewood Tennis Courts

1600 Donley Dr.
Facilities: Two lighted tennis courts.

McCormick Park

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

Midway Park

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

The Parks at Texas Star

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

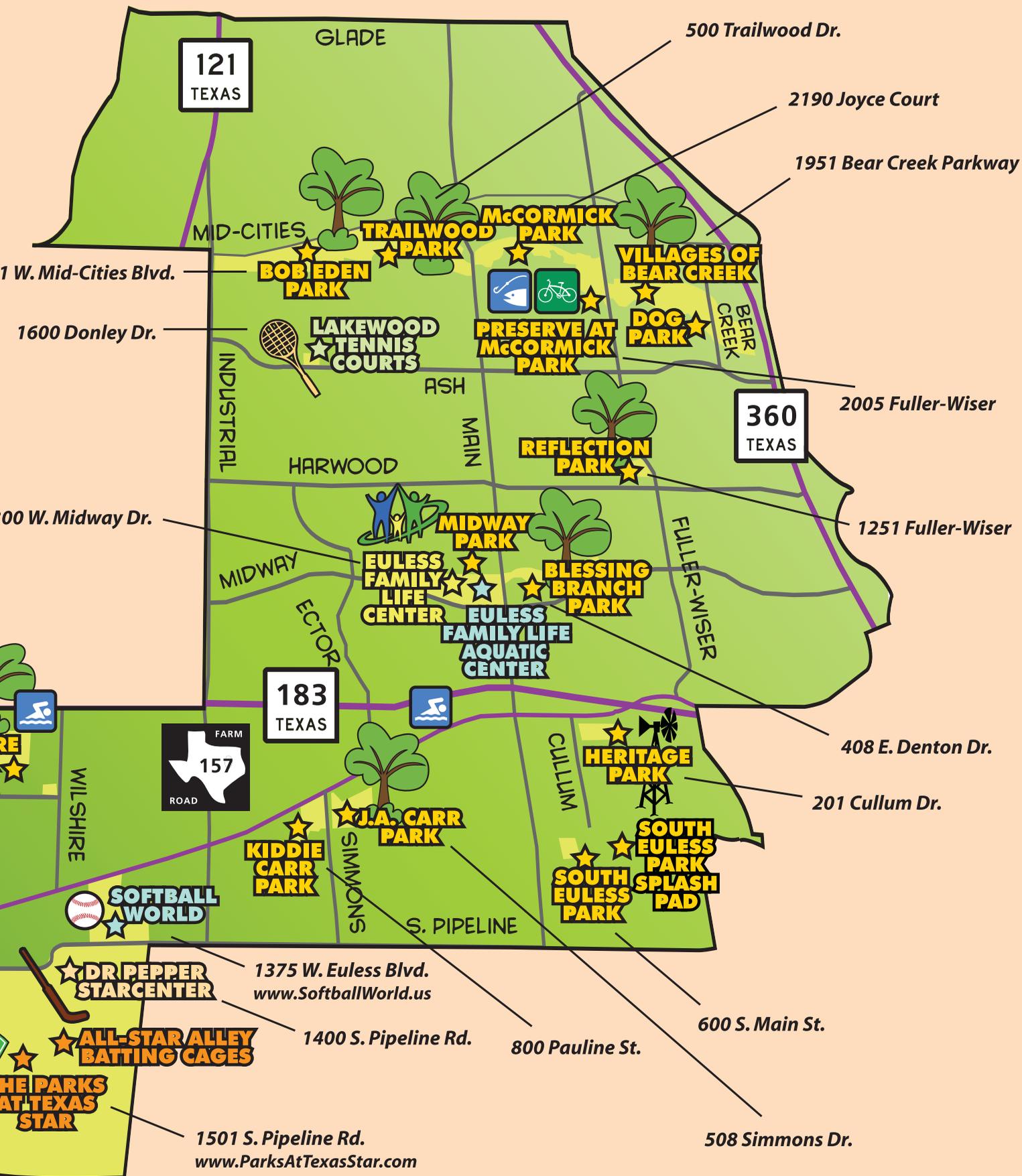
Wilshire Park

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.



Eules Parks & Community Services
1314-B Royal Parkway

1400 Texas Star Parkway
www.TexasStarGolf.com





201 North Ector Drive
Eules, Texas 76039



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TREE TIPS FROM THE EULESS PARKS DEPARTMENT

January

Planting

- Continue to plant new shade trees, fruit trees and evergreen shrubs. Mulch root areas.
- Continue to transplant established trees and shrubs while they are dormant.

Pruning

- Prune with a purpose. Do not "top" any trees or shrubs including crape myrtles. Never leave stubs. Cut flush against remaining branches on shrubs and along the branch collar on trees. Peach and plum trees should be pruned to encourage horizontal branching, remove any strongly vertical shoots.
- Continue to prune evergreen trees such as magnolias, live oaks and wax myrtles to minimize possible ice damage.
- Re-shape evergreen shrubs and shade trees, as needed, during the winter dormant period.

February

Planting

- Continue to plant evergreen shrubs, fruit, nut and shade trees.

Pruning

- Complete pruning of oak trees before February 15 to minimize chance of oak wilt infestation. Note: Do not prune live oaks or red oaks from February 15 to June 30. If you must prune then, always 'paint' the cut end with tree wound paint; being very careful not to paint over the collar of the cut.
- Prune other shade trees and woody shrubs as necessary to remove dead wood and improve structure.
- Finish pruning pecan trees and fruit trees before spring bud break.

March

Planting

- Plant ornamental trees and shrubs while the weather is still cool.

April

Pruning

- Shade trees may be pruned. However, do not prune live oaks and red oaks between Feb. 15 and June 30.

SOURCE: Dallas County Master Gardeners, www.dallascountymastergardeners.org

**If you have a tree related question, please call the Eules Parks Department at 817-685-1650,
Monday - Friday, 7 a.m. - 3:30 p.m.**