



EULESS FAMILY LIFE

# NEWSLETTER



The official newsletter of Eules Parks & Community Services

01

817-685-1666 | [www.eulesstx.gov/pacs](http://www.eulesstx.gov/pacs) | Winter/Spring 2011



Fans cheering, the sound of kids playing ball, the laughter that's heard as water is splashed around in the pool, for years Midway Park has been the focal point of recreation for the citizens of Eules. Edward Bellamy once said that, "If bread is the first necessity, recreation is a close second." If you've lived in Eules any amount of time, chances are that you have a fond memory of participating in some sort of recreation activity at Midway Park either as a participant or spectator. Midway Park has always been that special place where you can go and suddenly feel yourself smiling because of a special memory, reflecting back on that time in your life when things just seemed a little more simple and easy going. Well, thanks to the management and visionary leadership of this great city, Midway Park is even more vibrant and alive today than ever before.

On January 29, at 2 p.m., the Eules City Council will officially open the new Eules Family Life Center in Midway Park. The new center features a renovated recreation center with additional classroom space, a teen game room, drop-in day care, and 5,000 square foot fitness center that adjoins our new senior center with a 5,000 square foot ballroom, kitchen

facilities, game area, library, classrooms, cardio area, locker rooms and computer room. Billed as the "Central Park" of Eules, the Family Life Center really does have something for everyone, kids from two to ninety-two as the song goes, and most importantly provides the citizens of Eules with the opportunity to create memories of a lifetime...for a lifetime.

If you haven't been by to see the new Eules Family Life Center yet, please come by for a visit. A member of the Parks & Community Services staff will be happy to show you around and explain the different memberships that are available. A Eules resident can join for as little as \$10 a year, and a Eules Senior resident can join for as little as \$5 a year. Come see us. New memories await you at the Eules Family Life Center.

Ray McDonald  
Director of Parks & Community Services





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### PARKS & COMMUNITY SERVICES DIRECTORY

Parks and Community Services	817-685-1429
Eules Family Life Center	817-685-1666
Eules Family Senior Center	817-685-1670
Athletics	817-685-1838
Facility Rentals	817-685-1649
Softball World	817-267-7135

### PARKS AND LEISURE SERVICES BOARD

- Eric Owens – *Chairman*
- John Raab
- Randy Jones
- Carroll Scott
- Alex Horton
- Darrel Knobloch
- Travis Riffle – *Alternate #1*
- Tiffany Smith – *Alternate #2*

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### VOLUNTEER SPOTLIGHT



The first-ever Eules Parks & Community Services Volunteer Spotlight recognition goes to **Teresa Foreman** and the members of her church, the Church of Jesus Christ of Latter Day Saints. Through her years of service, she has become a vital part of the Eules volunteer team. Over the last five years, Teresa has brought more than 450 volunteers to Eules Special Events, totaling more than 1,900 volunteer hours. Whether volunteering for an event or recruiting volunteers from the community, Teresa has always stepped up to ensure that special events have plenty of help to function smoothly. She has always presented a positive attitude, a generous heart, and a willingness to help, even when called upon at the last minute. Her tremendous efforts have occupied many hours of her precious personal time. This department and the City of Eules is incredibly fortunate to have such an outstanding volunteer in Teresa Foreman.

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## GREET THE SOLDIERS

February 21-27 (Flight arrival times vary)  
D/FW Airport

The City of Eules has once again been assigned to be a proud participant in the R & R Flights at DFW Airport from February, 21 27. This will be the 6th straight year that Eules residents have taken part in this great program. U.S. Soldiers are returning home for their two week R&R vacation leave and Eules citizens will be there to welcome them back home. Please call 972 574 0392 after 8 p.m. the night before for flight time and Terminal information, and again in the morning to make sure the flight is still on time.

### TRANSPORTATION WILL BE PROVIDED FOR AREA SENIORS AND THOSE WHO NEED IT.

The City of Eules will provide a Recreation Van that will leave Eules City Hall 30 minutes before the scheduled flight time. All other participants will meet at the designated terminal 15 minutes before flight arrival.

Parking coupons are available from the Airport personnel each day so, no one will have to pay to park. Each soldier is provided a goodie bag that contains snacks and other items. Donations are accepted.

For more information call Jerry Poteet, Volunteer Coordinator at 817-685-1449.

## TEXAS TRASH-OFF

Saturday, April 2, 9 a.m. - Noon  
Meet at Villages of Bear Creek  
Park Amphitheater, 1951 Bear Creek Parkway



Volunteers are needed for the Annual State Wide Texas Trash Off. Gather your family and meet us at the Villages of Bear Creek Park located at 1951 Bear Creek Parkway. When you arrive you will receive a free T-shirt, trash bags, plastic gloves, bottled water, and everything that you will need for this event.

You will then be distributed to various areas of our city to pick up trash to help beautify our community. Afterwards meet us back at the park for a free hot dog lunch including chips and a drink.

For more information please contact Jerry Poteet at 817-685-1449 or [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). Group leaders, please contact Jerry ahead of time to reserve your area of our city. Don't forget to bring a blanket and lawn chairs for you and your group members.

# Calendar

### JANUARY

29 Family Life Center Grand Opening 2 - 4 p.m. Eules Family Life Center  
300 W. Midway

### FEBRUARY

11 Grandparent's Valentine's Dance 7 - 9 p.m. Eules Family Life Senior Center  
300 W. Midway

21-27 Greet the Soldiers Flight arrival times vary DFW Airport

### MARCH

14 Volunteer Field Trip 7:45 a.m. Tarrant Area Food Bank

### APRIL

2 Texas Trash-Off 9 a.m. - noon Villages of Bear Creek Amphitheater  
1951 Bear Creek Parkway



## EULESS FAMILY LIFE CENTER MEMBERSHIP FEES

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

\*\$5 per visit or \$20 for 10 visits (coupon book) \*Daycare service for children 18 mos. to 7 years old (2 hour max per visit)  
 \*Three kids per household per visit \*Drop-In Daycare Hours: M-F (5 p.m. - 8 p.m.) / Sat (8 a.m. - 11 a.m.)  
 \*Not valid for corporate memberships \*All subject to availability

**Eulesstx Family Life Center**  
**300 West Midway Drive**  
**(817) 685-1666**

### RECREATION CENTER & FITNESS CENTER

Heidi Taylor  
 Center Supervisor  
 (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  
 1 p.m. – 6 p.m.

### CHILDCARE

Monday – Friday  
 5 p.m. – 8 p.m.  
 Saturday  
 8 a.m. – 11 a.m.

### SENIOR CENTER

Diane Eggers  
 Senior Center Supervisor  
 (817) 685-1670

Blake Cloud  
 Senior Center Activity  
 Programmer  
 (817) 685-1871

### HOURS OF OPERATION

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

Saturday & Sunday  
 Closed

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### FUN TIMES FOR LITTLE LEARNERS

Come join us and learn lots as we enjoy many fun-filled days doing arts and crafts, music, science, and hands-on activities. Come ready to play and ready to use your imaginations. No class 1/17, 3/14, and 3/16. Instructor: Yolanda Scheimann

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210002-01	1/10	EFLC	3-5	M/W	9am-1pm	3	\$77
210002-02	1/31	EFLC	3-5	M/W	9am-1pm	4	\$102
210002-03	2/28	EFLC	3-5	M/W	9am-1pm	4	\$102
210002-04	4/4	EFLC	3-5	M/W	9am-1pm	4	\$102
210002-05	5/2	EFLC	3-5	M/W	9am-1pm	4	\$102

### FUN TIME FRIDAYS!

Let's end the week with an awesome day of crafts, outside and inside play, and spending time with all of our friends. Instructor Yolanda Scheimann

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210003-01	1/14	EFLC	3-5	F	9am-1pm	3	\$39
210003-02	2/4	EFLC	3-5	F	9am-1pm	4	\$52
210003-03	3/4	EFLC	3-5	F	9am-1pm	4	\$52
210003-04	4/8	EFLC	3-5	F	9am-1pm	4	\$39
210003-05	5/6	EFLC	3-5	F	9am-1pm	3	\$39

### ABRAKADOODLE ART FOR TWOOSY DOODLERS

(Ages 20-36 Months)

New classes every week!!! In this class, parents and children will explore the basics of art together. Children will be exposed to many mediums, art styles, and fun while parents have the chance to interact with their child through art. Caregiver participation is required for these classes. A \$12 supply fee is due on the first day of class. No class 3/14 thru 3/18.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210004-01	1/11	EFLC	20-36m	T	10-11am	3	\$40
210004-02	2/1	EFLC	20-36m	T	10-11am	4	\$52
210004-03	3/1	EFLC	20-36m	T	10-11am	4	\$52
210004-04	4/5	EFLC	20-36m	T	10-11am	4	\$52
210004-05	5/3	EFLC	20-36m	T	10-11am	4	\$52

### ABRAKADOODLE ART FOR MINI DOODLERS

Your child will have loads of fun while learning about master and contemporary artists, various art mediums and techniques. In our art education classes, children complete a new project each class. Parents are invited to attend the gallery showing during the last 10 minutes of class, where their child will be presenting their artwork using their newly learned arty words. A \$12 supply fee is due on the first day of class. New classes every week!!! No class 3/14 thru 3/18.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210005-01	1/11	EFLC	3-5	T	1-2pm	3	\$40
210005-02	2/1	EFLC	3-5	T	1-2pm	4	\$52
210005-03	3/1	EFLC	3-5	T	1-2pm	4	\$52
210005-04	4/5	EFLC	3-5	T	1-2pm	4	\$52
210005-05	5/3	EFLC	3-5	T	1-2pm	4	\$52

### BABY SIGNING TIME ACADEMY

Using American Sign Language in your home to communicate is a fantastic way to jumpstart communication with infants and children at an early age, bridge the communication gap in a child with a communication disability, or teach your child to enjoy learning and language. Research has shown that "typical" children who learn to sign as babies: may have higher IQ scores, tend to be better-adjusted socially, and tend to read at an earlier age. Each Baby Signing Time class is designed for parents with children age 3 and under. Class fees are paid per family. Parents and children will practice signs together in a playful setting, learning to make signing a part of daily life.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210015-01	1/13	EFLC	4mo-3yr	TH	10-11am	4	\$40
210015-02	2/5	EFLC	4mo-3yr	S	10-11am	4	\$40



### TAP/BALLET COMBO

This class teaches the basics of tap and ballet technique. Students will learn basic tap and ballet steps and combinations as well as a recital dance. Students will gain an understanding of body awareness as well as performance skills, rhythm and musicality. All students will learn proper dance terminology. Ballet and Tap shoes are required for participation in this class.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210200-01	1/15	EFLC	3-6	S	10-10:45am	3	\$31
210200-02	2/5	EFLC	3-6	S	10-10:45am	6	\$60
210200-03	3/26	EFLC	3-6	S	10-10:45am	6	\$60
210200-04	5/7	EFLC	3-6	S	10-10:45am	3	\$31

### HIP-HOP/JAZZ

Hip hop your way through 45 minutes of high-energy dance set to pop, hip hop and up tempo music. A short warm up will be followed by a combination that will grow and be repeated throughout class. Each week a new combination will be taught. All students will learn proper dance terminology. Class will end with a short cool down. Requested attire includes: Comfortable athletic wear and jazz or ballet shoes.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210208-01	1/15	EFLC	3-6	S	11-11:45am	3	\$31
210208-02	2/5	EFLC	3-6	S	11-11:45am	6	\$60
210208-03	3/26	EFLC	3-6	S	11-11:45am	6	\$60
210208-04	5/7	EFLC	3-6	S	11-11:45am	3	\$31

### MOMMY AND ME GYMNASTICS

Our Mommy and Me program is a parent/child participation class led by a safety-educated instructor. The class is 45 minutes long and is broken down into mini rotations and as well as games and stamp time. The class usually begins with an aerobic musical warm-up designed to teach the children rhythm, balance, coordination, and basic gymnastics terminology. The class uses a tumbling circuit designed to teach basic tumbling skills like front and back rolls, handstands, and cartwheels. Trampolines are used to help with body awareness, leg strengthening, and balance. Children are also introduced to the bars and balance beam using an apparatus circuit. And we never forget about play time with games and fun activities such as parachutes, bubbles, and balls! The class usually ends with stamp time and the bye-bye song.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210181-01	1/10	EFLC	16-30m	M	6-6:45pm	3	\$31
210181-02	1/31	EFLC	16-30m	M	6-6:45pm	6	\$60
210181-03	3/21	EFLC	16-30m	M	6-6:45pm	6	\$60
210181-04	5/2	EFLC	16-30m	M	6-6:45pm	4	\$40

### JUST 4 FLIPS GYMNASTICS PRE-K

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls ages 3 - 5 years old looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210210-01	1/10	EFLC	3-5	M	5-5:45pm	3	\$31
210210-02	1/31	EFLC	3-5	M	5-5:45pm	6	\$60
210210-03	3/21	EFLC	3-5	M	5-5:45pm	6	\$60
210210-04	5/2	EFLC	3-5	M	5-5:45pm	4	\$40

### JUST 4 FLIPS CHEERLEADING

If your child is interested in becoming a cheerleader, this class is the perfect opportunity to learn all that cheerleading has to offer!!! Boys and girls 4 – 8 years old are welcome to join. Our classes are taught by instructors trained as All-Star Cheerleaders, and we incorporate the fundamentals of cheering, arm-movements, jumps, and a variety of tumbling. Parents and friends are invited to our PEP RALLY the last class day to showcase all of our new skills. No class 4/22.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210215-01	1/14	EFLC	4-8	F	6-6:45pm	3	\$31
210215-02	2/4	EFLC	4-8	F	6-6:45pm	6	\$67
210215-03	3/25	EFLC	4-8	F	6-6:45pm	6	\$67
210215-04	5/13	EFLC	4-8	F	6-6:45pm	3	\$31

### TOT ICE SKATING INSTRUCTION

Tots will learn the basics of ice skating in a fun environment. 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 2 free public skate sessions of choice. Instructors: Qualified Dr Pepper StarCenter Professionals

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211161-01	1/22	DPSC	3-4	S	11:15-11:45am	2	\$30
211161-02	2/26	DPSC	3-4	S	11:15-11:45am	2	\$30



### LIL' DRIBBLERS

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

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210515-01	1/15	EFLC	5-9	S	10-10:45am	3	\$35
210515-02	2/5	EFLC	5-9	S	10-10:45am	4	\$35
210515-03	3/5	EFLC	5-9	S	10-10:45am	4	\$35
210515-04	4/2	EFLC	5-9	S	10-10:45am	4	\$35
210515-05	5/7	EFLC	5-9	S	10-10:45am	4	\$35

### 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 and skate rental following class, plus 2 additional free public skate sessions of choice. The class will be held at Dr Pepper StarCenter in Eules. Instructors: Qualified Dr Pepper StarCenter Professionals

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211162-01	1/18	DPSC	5-13	T	6:15-6:45pm	2	\$30
211162-02	1/22	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-03	2/26	DPSC	5-13	S	11:15-11:45am	2	\$30
211162-04	3/1	DPSC	5-13	T	6:15-6:45pm	2	\$30

### GIRLS ON THE RUN

This program uses the power of running to help 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 a 5-K event together. Partial scholarships are available. This class is conducted outside, so girls should wear loose fitting weather-appropriate clothing and athletic shoes.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210540-01	2/8	EFLC	8-12	T/TH	5:30-7pm	10	\$100

### JUST 4 FLIPS GYMNASTICS BEGINNER

Just 4 Flips Mobile Gymnastics is the place to be for all boys and girls ages 6 - 10 years old looking to "flip-start" their introduction to fitness. Each class includes stretching, gymnastics terminology, and drills using gymnastics equipment: bars, beams, springboards, trampolines, barrel mats, parachutes and much more! Innovative themes and age-appropriate lesson plans help discover all that gymnastics has to offer. Our program emphasizes proper technique and terminology and ends with a Mini-Olympic Exhibition the last class day where students get to show off their skills for all the family to watch.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210210-05	1/14	EFLC	6-10	F	5-5:45pm	3	\$31
210210-06	2/4	EFLC	6-10	F	5-5:45pm	6	\$60
210210-07	3/25	EFLC	6-10	F	5-5:45pm	6	\$60
210210-08	5/12	EFLC	6-10	F	5-5:45pm	3	\$31

### TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwon-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program can help to enhance focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. Instructor: Camille Dockter

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210130-01	1/15	EFLC	5-8	S	9-9:45am	9	\$27
210130-02	3/26	EFLC	5-8	S	9-9:45am	8	\$24



### TAEKWON-DO BEGINNERS

(Ages 9-13) (White Belt - Green Stripe)

This children specific program explores the entire range of techniques for training in the Taekwon-Do Jungshin Program. It is designed to instill the physical and character benefit of martial arts while motivating children to achieve success. New students registering for this class must be at least 9 years of age or have completed at least one session of Tigerkubs program and been approved by the instructor before registering. Instructor: Camille Dockter

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210131-01	1/11	EFLC	8-12	S	10-11:15am	9	\$81
		EFLC		T	6-7:15pm		
210131-02	3/22	EFLC	8-12	S	10-11:15am	8	\$72
		EFLC		T	6-7:15pm		

### 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. Instructor: Camille Dockter

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210132-01	1/10	EFLC	8-12	M/TH	6-7:15pm	9	\$81
210131-02	3/21	EFLC	8-12	M/TH	6-7:15pm	8	\$72

### 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 & Susan Garden. You'll learn color mixing and perspective as you master time saving short cuts, which will help you, paint like the pros. All art supplies provided; oil paints, palette, brushes, canvas and easel. Wear an old T-shirt and bring paper towels. Themes include: Rocky Coast of Oregon at Sunset; Swiss Chalet in the Alps; The Pitons of St. Lucia, Up Close Bluebonnets and Prickly Pear Cactus; South Padre Early Morning Sunrise.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210815-01	1/20	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-02	2/17	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-03	3/24	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-04	4/14	EFLC	5-13	TH	4-5:30pm	1	\$22
210815-05	5/12	EFLC	5-13	TH	4-5:30pm	1	\$22

### SPEED READING FOR CHILDREN

A beginner's course for developing speed reading skills and comprehension for children. The average reading speed of a child is approximately 150-200 words per minute. Upon completion of the course, it is not uncommon for the child to be reading 1000(+) words per minute with excellent comprehension. This is a great course for improving confidence in all readers with the dyslexia, attention deficit disorder and attention deficit hyperactivity disorder. Instructor: Dr. Warren Wilson

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211025-01	1/4	EFLC	8-12	T/TH	6-7pm	4	\$75
				S	10-11am		
211025-02	2/1	EFLC	8-12	T/TH	6-7pm	4	\$75
				S	10-11am		
211025-03	3/1	EFLC	8-12	T/TH	6-7pm	4	\$75
				S	10-11am		
211025-04	4/5	EFLC	8-12	T/TH	6-7pm	4	\$75
				S	10-11am		
211025-05	5/3	EFLC	8-12	T/TH	6-7pm	4	\$75
				S	10-11am		

### SPRING BREAK CAMP

One-week camp featuring daily fieldtrips, sports, arts and crafts, team building and more! Price includes the cost of field trips. Spaces are limited, so sign up today!

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211111-01	3/14	EFLC	6-12	M-F	7:30am-6pm	1	\$90



## AMERICAN RED CROSS SWIM LESSONS

Students receive six 30-minute classes of instruction. For your convenience, you may register online at [www.eulesstx.gov](http://www.eulesstx.gov) or in person at the Eules Family Life Center. All classes held at Harris HEB Rehab Center at 251 Westpark Way.

Get the kids ready for this summer! Evening swim lessons are now offered for the spring for beginners thru advanced. Great student/teacher ratio (Level 1 – Adult is 5:1). Our indoor pool maintains a temperature of 90 degrees. Instructors are American Red Cross Certified. To ensure class availability, please sign up early. For more information, call 817-685-1666.

### LEVEL 1: Introduction to Water Skills

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

- \* Basic water safety rules
- \* Submerging mouth, nose and eyes
- \* Opening eyes underwater and picking up submerged object
- \* Swimming on front and back using arm and leg actions
- \* Recognizing a swimmer in distress and getting help
- \* Exhaling underwater
- \* Floating on front and back

### LEVEL 2: Fundamental Aquatic Skills

*Purpose: Give students success with fundamental skills.*

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

### LEVEL 3: Stroke Development

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

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

### LEVEL 4: Strokes and Turns

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



### LEVEL 1

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220001-01	3/8	OFF	4+	T/TH	7-7:30pm	3	\$85
220001-02	3/8	OFF	4+	T/TH	7:30-8pm	3	\$85
220001-03	4/5	OFF	4+	T/TH	7-7:30pm	3	\$85
220001-04	4/5	OFF	4+	T/TH	7:30-8pm	3	\$85
220001-05	5/3	OFF	4+	T/TH	7-7:30pm	3	\$85
220001-06	5/3	OFF	4+	T/TH	7:30-8pm	3	\$85

### LEVEL 2

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220002-01	3/8	OFF	4+	T/TH	7-7:30pm	3	\$85
220002-02	3/8	OFF	4+	T/TH	7:30-8pm	3	\$85
220002-03	4/5	OFF	4+	T/TH	7-7:30pm	3	\$85
220002-04	4/5	OFF	4+	T/TH	7:30-8pm	3	\$85
220002-05	5/3	OFF	4+	T/TH	7-7:30pm	3	\$85
220002-06	5/3	OFF	4+	T/TH	7:30-8pm	3	\$85

### LEVEL 3

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220003-01	3/8	OFF	4+	T/TH	7:30-8pm	3	\$85
220003-02	4/5	OFF	4+	T/TH	7:30-8pm	3	\$85
220003-03	5/3	OFF	4+	T/TH	7:30-8pm	3	\$85

### LEVEL 4 – Strokes/Turns

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220004-01	3/8	OFF	4+	T/TH	8-8:30pm	3	\$85
220004-02	4/5	OFF	4+	T/TH	8-8:30pm	3	\$85
220004-03	5/3	OFF	4+	T/TH	8-8:30pm	3	\$85

### TEEN/ADULT

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220008-01	3/8	OFF	13+	T/TH	8-8:30pm	3	\$85
220008-02	4/5	OFF	13+	T/TH	8-8:30pm	3	\$85
220008-03	5/3	OFF	13+	T/TH	8-8:30pm	3	\$85

### WATER TOTS (Age 1-3 years)

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

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220000-01	3/8	OFF	1-3	T/TH	7-7:30pm	3	\$85
220000-02	3/8	OFF	1-3	T/TH	7:30-8pm	3	\$85
220000-03	4/5	OFF	1-3	T/TH	7-7:30pm	3	\$85
220000-04	4/5	OFF	1-3	T/TH	7:30-8pm	3	\$85
220000-05	5/3	OFF	1-3	T/TH	7-7:30pm	3	\$85
220000-06	5/3	OFF	1-3	T/TH	7:30-8pm	3	\$85

### PRIVATE SWIMMING LESSONS

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

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

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



### MEN'S BASKETBALL SPRING

Registration: March 1 - March 31  
 Cost: \$245 per team  
 Registration Location: EFLC  
 Age: 18 & older  
 Games: Six (6) plus playoffs  
 Season Opener: TBA  
 Game Times: 7, 8 & 9 p.m.  
 Roster Limit: 12 players/coaches per team  
 Supplies: Like colored jerseys with legal basketball numbers on front and back.  
 Awards: T-shirts and plaques for Champion and Finalist

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

Registration: March 1 - March 31  
 Cost: \$145.00 per team  
 Registration Location: EFLC  
 Age: 18 & older  
 Games: Eight (8) games. One game equals best two (2) out of 3 (3) match.  
 Season Opener: TBA  
 Game Times: 1:00, 2:15, 3:30 & 4:45 p.m.  
 Roster Limit: Eight (8) players/coach per team  
 Supplies: None  
 Awards: T-shirts and plaques for Champions and Finalist.

### MEN'S BASKETBALL - SUMMER

Registration: June 1 - June 30  
 Cost: \$245 per team  
 Registration Location: EFLC  
 Age: 18 & older  
 Games: Six (6) plus playoffs  
 Season Opener: TBA  
 Game Times: 7, 8 & 9 p.m.  
 Roster Limit: 12 players/coaches per team  
 Supplies: Like colored jerseys with legal basketball numbers on front and back.  
 Awards: T-shirts and plaques for and Champion and Finalist.

### WOMEN'S BASKETBALL - SUMMER

Registration: April 1 - May 31  
 Cost: \$325 per team, \$36 individual  
 Location: EFLC  
 Age: 18 & older  
 Games: Eight (8) plus playoffs  
 Season Opener: TBA  
 Game Times: Week days: 7, 8 & 9 p.m., Sunday: 1 p.m., 2 p.m., 3 p.m., 4 p.m., 7 p.m.  
 Roster Limit: 12 players/coach per team  
 Supplies: Like colored jerseys with legal basketball numbers  
 Awards: T-shirts and plaques for Champion and Finalist



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

- Registration: June 1 - June 31
- Cost: \$145 per team
- Age: 18 & older
- Games: Eight (8) games. One game equals best two (2) out of three (3) match.
- Season Opener: TBA
- Game Times: 1:00, 2:15, 3:30 & 4:45 p.m.
- Managers Meeting: Thursday, July 6 @ 7:30 p.m.
- Roster Limit: Eight (8) players/coach per team
- Supplies: None
- Awards: T-shirts and plaques for Champions and Finalist.

*Adult Basketball Games will be played at the Midway Family Life Center located at 300 W. Midway Drive. Adult Volleyball games will be played at Bob Eden park located 901 W. Mid Cities Blvd.*

### **SUMMER TRACK (#320510-01)**

The City of Euless Parks & Community Services Department will sponsor a SUMMER TRACK PROGRAM for students ages 6 through High School.

Practice Sessions will be offered Mon-Thurs., 6:30 PM until 8:30 PM at Central Jr. High beginning the week of May 16.

Competitive Meets are scheduled throughout the area on weekends. All qualifying meets are sanctioned by TAAF which offers tracksters the opportunity to advance from local to regional, then to State competition at the 2011 Games of Texas. All circuit meets cost an additional \$3 per meet which allows your athlete to run as many events as he/she likes.

Pre Registration for the summer program will be at the Midway Recreation Center from April 4 through May 16. During pre registration, a fee of \$10 per participant will be required. After May 16, the fee will be \$15 per participant. The fee includes TAAF registration, a Euless Track Team jersey and professional instruction.

FOR MORE INFORMATION, PLEASE CALL 817-685-3100 OR 817-685-1838.

### *Looking For A Great Way To Market Your Business?*

Have you seen the outfield fence advertisements at the Parks at Texas Star? This is a great way to show support for the youth of today, while creating a sales base for tomorrow.

In the past nine years, the Parks at Texas Star has been the home of youth baseball, softball and soccer for local, regional, state and national tournaments. In 2010, the Parks at Texas Star was visited by over 50,000 guests. We are gearing up for an exciting season in 2011.

Advertising spaces at the "Best Baseball Facility in Northeast Tarrant County" are selling fast. Call 817-685-1838 now for more information.

### **ALL-STAR ALLEY BATTING CAGES**

1501 S. Pipeline Road • 817-685-1900  
817-685-1838

*John Douthit, Athletic Supervisor*

#### **AUGUST - OCTOBER**

Monday - Friday	Closed
Saturday	9 a.m. - 9 p.m.
Sunday	Noon - 7 p.m.

#### **NOVEMBER - FEBRUARY** Closed

#### **MARCH - JULY**

Monday - Friday	5 p.m. - 9 p.m.
Saturday	9 a.m. - 9 p.m.
Sunday	Noon - 7 p.m.

*For information and private batting cage rentals and tournaments at the Parks at Texas Star, call John Douthit at 817-685-1838.*



### CARDIO, KICK AND SCULPT

Bring your hand weights and towel! Get ready to burn calories, sweat out impurities, define and tone through cardio moves, kicks, squats, weights, step boxes and more! Instructor: Debbie Day

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210315-01	1/10	EFLC	16+	M/TH	6-7pm	3	\$17
210315-02	1/31	EFLC	16+	M/TH	6-7pm	4	\$22
210315-03	2/28	EFLC	16+	M/TH	6-7pm	4	\$22
210315-04	4/4	EFLC	16+	M/TH	6-7pm	4	\$22
210315-05	5/2	EFLC	16+	M/TH	6-7pm	4	\$22

### WATER AEROBICS/ WELLNESS AND WEIGHT MANAGEMENT

Increase flexibility, range of motion, lean body mass and metabolic rate in water. Get a more beneficial workout without the stress on knees and ankles. Excellent class for weight loss and overall toning. Aquatic strength training, abdominal work and intervals included in each class. Class will meet at Trinity High School Natatorium. Class will not meet on HEB ISD school holidays. Senior discount- \$35 per session/\$26 for January and March session. For more information, call Bev at 817-649-SWIM.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
220011-01	1/10	THSN	17+	M/W/TH	11-11:45am	3	\$32
220011-02	1/10	THSN	17+	M/T/TH	7-7:45pm	3	\$32
220011-03	2/2	THSN	17+	M/W/TH	11-11:45am	4	\$42
220011-04	2/1	THSN	17+	M/T/TH	7-7:45pm	4	\$42
220011-05	3/2	THSN	17+	M/W/TH	11-11:45am	3	\$32
220011-06	3/1	THSN	17+	M/T/TH	7-7:45pm	3	\$32
220011-07	4/4	THSN	17+	M/W/TH	11-11:45am	4	\$42
220011-08	4/4	THSN	17+	M/T/TH	7-7:45pm	4	\$42
220011-09	5/2	THSN	17+	M/W/TH	11-11:45am	4	\$42
220011-10	5/2	THSN	17+	M/T/TH	7-7:45pm	4	\$42

### 30 MINUTE BODY EXPRESS

If your new year's resolution is to get in shape, this is the class for you! This workout will tone all major muscle groups in just 30 short minutes! Resistance training helps strengthen muscles and increase your metabolism. 30 Min Body Express is a non-aerobic workout using hand weights to tone and strengthen the whole body. Ideal for fitness levels beginner to intermediate. Bring your own weights, 3 to 10 lbs depending on your fitness level, and a yoga mat to class. (No class 3/21.)

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210355-01	1/10	EFLC	16+	M/W	7:30-8pm	4	\$18
210355-02	2/7	EFLC	16+	M/W	7:30-8pm	4	\$18
210355-03	3/7	EFLC	16+	M/W	7:30-8pm	3	\$18
210355-04	4/4	EFLC	16+	M/W	7:30-8pm	4	\$18
210355-05	5/2	EFLC	16+	M/W	7:30-8pm	4	\$18

### ABS & ASSETS

Want flat abs to show off for bikini season this year? Abs & Assets in a non-aerobic thirty minute workout specifically designed to target abdominal and gluteus muscles. Appropriate for all fitness levels. Please bring a towel and yoga mat to class. No class 3/14, 3/16 and 3/21. Instructor: Courtney Morrison

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210343-01	1/10	EFLC	16+	M/W	8-8:30pm	4	\$18
210343-02	2/7	EFLC	16+	M/W	8-8:30pm	4	\$18
210343-03	3/7	EFLC	16+	M/W	8-8:30pm	4	\$18
210343-04	4/4	EFLC	16+	M/W	8-8:30pm	4	\$18
210343-05	5/2	EFLC	16+	M/W	8-8:30pm	4	\$18



The official newsletter of Eules Parks & Community Services

817-685-1666

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### BOOTCAMP

Ready to kick it up a notch? Then come join Eules Family Life Center Bootcamp. Whether you've been exercising and want a challenge, or you have just decided to start working out-this is the class for you. Bootcamp is a high energy, butt kicking, all level, constantly evolving workout that will burn calories, drop excess weight, and uncover the "new" you! \$45 for two days or come three days for \$68. Instructor: Behka Hartmann - Certified Fitness Instructor

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210350-01	1/11	EFLC	16+	T/TH/F	5:45-6:45am	3	\$51
210350-02	2/1	EFLC	16+	T/TH/F	5:45-6:45am	4	\$68
210350-03	3/1	EFLC	16+	T/TH/F	5:45-6:45am	3	\$51
210350-04	4/5	EFLC	16+	T/TH/F	5:45-6:45am	4	\$68
210350-05	5/3	EFLC	16+	T/TH/F	5:45-6:45am	4	\$68

### ZUMBA

Come join the "Party" and ditch the "Workout"!! You don't have to know how to dance. Just move your body and follow my lead. Come try it and I guarantee you will have a blast. Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness workout. Class fees will not be prorated for participants wanting to attend just one night of classes per week. Instructor Kellie Grant - Zumba Certified

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210300-01	1/10	EFLC	13+	M/W	7-8pm	3	\$36
210300-02	1/31	EFLC	13+	M/W	7-8pm	4	\$50
210300-03	2/28	EFLC	13+	M/W	7-8pm	3	\$36
210300-04	4/4	EFLC	13+	M/W	7-8pm	4	\$50
210300-05	5/2	EFLC	13+	M/W	7-8pm	4	\$50

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

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211165-01	1/18	DPSC	14+	T	6:45-7:15pm	2	\$30
211165-02	3/1	DPSC	14+	T	6:45-7:15pm	2	\$30

### 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. Class meets at the Ruth Millican Center on Tuesdays, and the Eules Family Life Center on Thursdays. Instructor: Camille Dockter

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210134-01	1/11	EFLC	13+	T	7:30-9pm	9	\$97
		EFLC		TH	7:30-9pm		
210134-02	3/22	EFLC	13+	T	7:30-9pm	8	\$86
		EFLC		TH	7:30-9pm		

### 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. No class 3/14. Instructors: Todd Jach

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210133-01	1/10	EFLC	13+	T	7:30-9pm	4	\$25
210133-02	2/7	EFLC	13+	T	7:30-9pm	4	\$25
210133-03	3/7	EFLC	13+	T	7:30-9pm	4	\$25
210133-04	4/4	EFLC	13+	T	7:30-9pm	4	\$25
210133-05	5/2	EFLC	13+	T	7:30-9pm	4	\$25

### KALEIDOSCOPE MAKING

Geometry, Creativity, and Art become one in this class. You will learn how to put the mirrors together and construct a wand type kaleidoscope. This is a fast entertaining class open to all skill levels resulting in a unique, fun kaleidoscope. All supplies included in class. Instructor: Donna Hardin

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210800-01	1/11	EFLC	18+	T	7-9pm	1	\$42
210800-02	2/8	EFLC	18+	T	7-9pm	1	\$42
210800-03	3/8	EFLC	18+	T	7-9pm	1	\$42
210800-04	4/5	EFLC	18+	T	7-9pm	1	\$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 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: Rocky Coast of Oregon at Sunset; Swiss Chalet in the Alps; The Pitons of St. Lucia; Up Close Bluebonnets and Prickly Pear Cactus; South Padre Early Morning Sunrise.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210810-01	1/20	EFLC	14+	TH	6-9pm	1	\$40
210810-02	2/17	EFLC	14+	TH	6-9pm	1	\$40
210810-03	3/24	EFLC	14+	TH	6-9pm	1	\$40
210810-04	4/14	EFLC	14+	TH	6-9pm	1	\$40
210810-05	5/12	EFLC	14+	TH	6-9pm	1	\$40

### YOU CAN WATERCOLOR ADULT

Even beginners will discover the thrill of learning to paint with confidence and ease using beautiful and transparent watercolors. A professional artist with over 30 years experience shows you the secrets and you'll be amazed at the finished landscape or seascape you can complete in this fun and easy class while learning wet-on-wet techniques, brush loading, color mixing and more. All art supplies are provided and bring paper towels to class. Themes include: Padre Island Sunrise; Geraniums in Pots; Misty Forest Scene; Bluebonnets in the Countryside; Old Barn and Windmill.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210820-01	1/10	EFLC	14+	M	7-9pm	1	\$40
210820-02	2/7	EFLC	14+	M	7-9pm	1	\$40
210820-03	3/7	EFLC	14+	M	7-9pm	1	\$40
210820-04	4/11	EFLC	14+	M	7-9pm	1	\$40
210820-05	5/9	EFLC	14+	M	7-9pm	1	\$40

### DIGITAL PHOTOGRAPHY

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

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210830-01	1/12	EFLC	16+	W	7-8pm	3	\$35
210830-02	2/2	EFLC	16+	W	7-8pm	4	\$45
210830-03	3/2	EFLC	16+	W	7-8pm	4	\$45
210830-04	4/6	EFLC	16+	W	7-8pm	4	\$45
210830-05	5/4	EFLC	16+	W	7-8pm	4	\$45

### SPANISH FOR SENIORS (50+)

Hola! Always wanted to learn another language? Here is your chance. Participants will learn the basics of the Spanish language. Curriculum will cover everyday common words/phrase, months/days a calendar year along with numbering system. Class participation is encouraged, and no books required! Instructor: Alicia Kerbow

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210840-01	1/11	EFLC	50+	T	6-7pm	4	\$35
210840-02	2/1	EFLC	50+	T	6-7pm	4	\$35
210840-03	3/1	EFLC	50+	T	6-7pm	4	\$35
210840-04	4/5	EFLC	50+	T	6-7pm	4	\$35
210840-05	5/3	EFLC	50+	T	6-7pm	4	\$35



### TAI CHI CORRECTION

This class, for returning students, completes and incorporates the forms introduced in the beginner course to create a low-impact workout. It continues to improve overall physical, mental, and emotional health. Wear loose fitting clothing and flat shoes. Instructor: Wendy Love

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
210306-01	1/12	EFLC	18+	W	6-7pm	4	\$40
210306-02	2/9	EFLC	18+	W	6-7pm	4	\$40
210306-03	3/9	EFLC	18+	W	6-7pm	4	\$40
210306-04	4/6	EFLC	18+	W	6-7pm	4	\$40
210306-05	5/4	EFLC	18+	W	6-7pm	4	\$40

### AGING AT HOME – 10 PRACTICAL STEPS FOR UPDATING YOUR HOME

Learn how to avoid the three big mistakes of staying in your home as you age. Learn 10 important Home Improvement steps for extending your ability to stay in your own home. Plan to update your home without total destruction and make it safe, accessible and comfortable for years to come. This class is taught by Kathi Fleck of Lone Star Property Solutions.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211007-01	2/9	EFLC	18+	W	9-11am	1	\$25
211007-02	2/28	EFLC	18+	M	6-8pm	1	\$25

### SQUARE FOOT GARDENING

Want to grow some of your own food? Come learn the easy way to garden! No weeding, no digging, no tilling, no kidding! It is the perfect garden for any sized urban lot. Come to the class and go home and plant your fall garden all in the same day. Beginning to expert gardeners alike can grow their own food in the perfect soil mixture in 20% of the space. Learn from a gardener with over 12 years experience. Instructor: Julie Whitis

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211010-01	3/26	EFLC	18+	S	2-4pm	1	\$20

### PROTECTING WHAT'S IMPORTANT

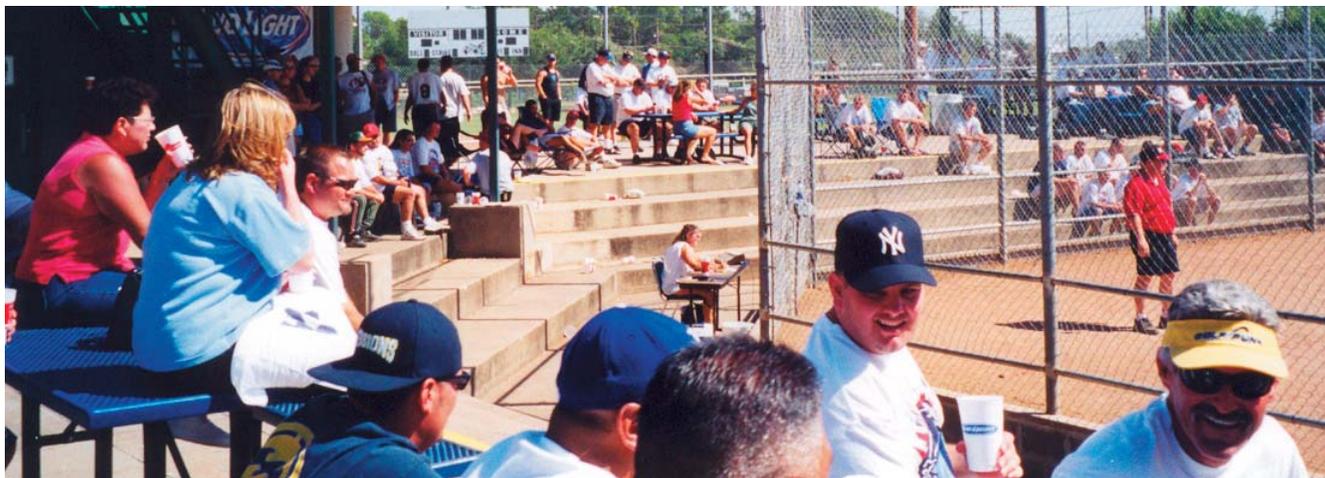
This seminar is designed to help you understand what types of insurance are available, how much you need and how insurance should fit into your overall financial strategy. This seminar is taught by Michael Scoma with Edward Jones.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211003-01	3/29	EFLC	18+	T	10-11:30am	1	FREE
211003-02	5/19	EFLC	18+	TH	10-11:30am	1	FREE

### MAKING SENSE OF RETIREMENT

This seminar is designed to educate you so that you can make informed decisions about retirement. You will learn important investing strategies for retirement including: the five basic questions you should ask yourself to prepare for retirement, the options you can use now to save for retirement, and how time can help or hurt your retirement goals. This seminar is taught by Michael Scoma with Edward Jones.

Class#	Beg	Loc	Age	Day	Time	#Wks	\$
211004-01	1/25	EFLC	18+	T	10-11:30am	1	FREE
211004-02	2/17	EFLC	18+	TH	10-11:30am	1	FREE
211004-03	4/26	EFLC	18+	T	10-11:30am	1	FREE



1375 W. Eules Blvd.  
817-267-7867  
[www.softballworld.us](http://www.softballworld.us)

Chris Thames, *General Manager*  
[cthames@eulesstx.gov](mailto:cthames@eulesstx.gov)

Softball World at Texas Star offers a fantastic new line-up of Tournaments and league play for Men, Women, and Co-ed teams of every level. You can check out our full tournament schedule at [www.softballworld.us](http://www.softballworld.us).

- Spring I - starts the end of February
- Spring II - starts mid-April
- Summer I - starts the beginning of June
- Summer II - starts the end of July
- Fall - starts the beginning of September
- Winter I - starts the beginning of December
- Winter II - starts the end of January

No admission charge for league players. Spectator admission is \$1. Visa, MasterCard and American Express accepted.





**Dominoes, 42, 84, Shuffleboard, Pool, Hand & Foot, Spades, Chicken Foot everyday!**  
REGISTRATION IS REQUIRED FOR ALL ACTIVITIES AT THE FRONT DESK.

Monday	9 a.m.	Sit & Fit Exercise
Monday-Tuesday-Thursday	12 p.m.	\$2 Lunch
Monday	12:15 p.m.	Texas Hold 'Em
Monday	12:30 p.m.	Crochet
Tuesday	9 a.m.	Recycling
Tues. - Thurs.	9 a.m.	Floor Aerobics
Tues. - Thurs.	10:30 a.m.	Duplicate Bridge
Wednesdays	9 a.m.	Yoga
Wednesdays	9 a.m.	Mahjong
Wednesday	12 p.m.	Party Bridge
Thursday	9 a.m.	Card Making - \$5 monthly supply
Thursday	10 a.m.	Oil Painting - \$20 monthly
Thursday	6:30 - 9 p.m.	Senior Game Night
Thursdays 1st & 3rd of month	9 a.m.	Blood Pressure
Friday 1st & 3rd of month	9 a.m.	Yoga
Friday 1st of month	11:30 a.m.	\$2 Hamburgers
Friday 3rd of month	11:30 a.m.	\$2 Hot Dog

### MONTHLY ACTIVITIES (Registration is required for all activities.)

January	Event	Cost	Time
7	Pool Tournament		9 a.m.
	Hamburger Luncheon	\$2	11:30 a.m.
13	Back Screening by Brodows Chiropractor		9 a.m.
	Card Making Class	\$5 Supplies	9 a.m.
14	White Elephant Bingo & Potluck		9 a.m.
	42 Challenge		1 p.m.
21	Hot Dog Luncheon	\$2	11:30 a.m.
26	Fort Worth Stock Show	\$8	9 a.m.
28	AARP Driving Class	\$12 Mem/\$14 Non-Mem	9 a.m.
	Hearing Screening by AQ Hearing		10 a.m.
<b>February</b>			
3	Ask the Doctor Brodows Chiropractor		10 a.m.
4	Hamburger Luncheon	\$2	11:30 a.m.
	AARP Tax Aid		8 a.m.
11	Wii Bowling		9 a.m.
	AARP Tax Aid		8 a.m.
18	Hot Dog Luncheon	\$2	11:30 a.m.
	AARP Tax Aid		8 a.m.
25	AARP Tax Aid		8 a.m.



## March

4	Hamburger Luncheon	\$2	11:30 a.m.
	AARP Tax Aid		8 a.m.
10	Identity Theft Seminar		10 a.m.
11	AARP Tax Aid		8 a.m.
18	Dallas Arboretum	\$9	8:30 a.m.
	AARP Tax Aid		8 a.m.
	Hot Dog Luncheon	\$2	11:30 a.m.
25	AARP Tax Aid		8 a.m.

## April

1	Hamburger Luncheon	\$2	11:30 a.m.
	AARP Tax Aid		8 a.m.
8	Shuffleboard Tournament		8 a.m.
	AARP Tax Aid		8 a.m.
15	Hot Dog Luncheon	\$2	11:30 a.m.
	AARP Tax Aid		8 a.m.
22	Good Friday		
29	Washer Tournament		

### SPINAL SCREENING by Browdows Chiropractor

January 13, 9 a.m.

Spinal screening, pressure point, shoulders massage, and checkup!

### WHITE ELEPHANT BINGO

January 14, 9 a.m.

It is just for fun and you can get rid of those Christmas gifts you received that you didn't really like. Bring a good used, not broken, gift wrapped or in a gift bag. Winners pick a prize and find a surprise. Come join the fun. After bingo we will have a potluck dinner, so bring a covered dish too.

### AARP DRIVING CLASS

Jan. 28, 9 a.m. - 1 p.m.

\$12 for AARP members, \$14 for non-members

This class will help reduce your insurance rates, and refresh your memory and bring you up to date on your driving skills.

### ASK THE DOCTOR By Brodows Chiropractor

February 3, 10 a.m.

One on one with the doctor..ask the questions you never take time to in the office.

### GRANDPARENTS VALENTINE'S DANCE

February 11, 7 - 9 p.m.

Seniors, bring your grandkids for a fun-filled night of dancing to the oldies but goodies. Show them how you can still kick up your feet. For a treasured memory of this event, have your picture taken with your valentine cuties. Light refreshments will also be served. This event is great for grandchildren of all ages and seniors alike. Call (817) 685-1671 for more information. FREE tickets are available at the senior center.



## AARP FREE INCOME TAX AID

Every Friday beginning February 4 through April 15, AARP tax agents will be doing income taxes by appointments only from 8 a.m. - 4 p.m.

Must register in person at front desk to get your AARP tax packet. Registration begins Jan. 15.

## IDENTITY THEFT SEMINAR

Don't get left out in the cold. Make sure your Identity is Safe. Come to a Identity Theft seminar on March 10th from 10-11 a.m. and learn ways to protect yourself. Learn the most common ways that identity theft occurs and how to avoid them. Also, learn methods of recovery to get you back on the right track. For more information call 817-685-1671.

## DALLAS BLOOMS AT THE ARBORETUM

March 18, 8:30 a.m.

\$9

Enjoy the color of spring at its best at the Arboretum's Dallas Bloom 2011.

Dallas Blooms is the premier floral festival in the southwest and has been featured on the MSNBC's *Top Ten Things to Do in America in Spring*. While at the arboretum enjoy "Artscape," the Dallas Arboretum's fine art show and sale.

## HAMBURGER & HOT DOG LUNCHEONS

1st & 3rd Fridays of the month

\$2

Hamburgers and hot dogs with chips for lunch. Pickles, onions, relish, catsup and mustard too.

## EUCHRE ANYONE?

Would you like to learn how to play this challenging game?

If so stop by the center on Thursdays.

## MAHJONG

Wednesdays, 9 a.m.

Learn to play the ancient Chinese game of skill, strategy, and calculation with a certain degree of chance.

## BLOOD PRESSURE

Free blood pressure screenings are available each month on the 1st & 3rd Thursdays, 10 a.m. in the medical room of the Hurst Plaza Rehab Centre.

## THURSDAY NIGHTS AT EFLSC

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

A fun night of just enjoying being with friends playing 42, Mexican train, poker, 84, any games you'd like. It's all about fun and friendship.

## CREATIVE CARD MAKING

Thursdays, 9 a.m.

\$5 monthly supply fee

Everyone can buy a card at the store. In this class you can make special cards for special people. All supplies are provided.





## EULESS HISTORICAL PRESERVATION COMMITTEE

The purpose of the Committee is to preserve the culture, genealogy, archives and structures of the City of Eules by preserving the visible reminders and providing protection for the historical treasures of the City.

The Committee is interested in artifacts from between 1850 and 1930. Certain items may be purchased depending on Museum needs. Certain items may be accepted on loan depending on Committee needs. Please email [ofaiva-siale@eulesstx.gov](mailto:ofaiva-siale@eulesstx.gov) or call 817-685-1649 for more information.

### Play the All New Simply FabEules Historical Trivia\*

There are three buildings located at Heritage Park, 203 Cullum Drive, 76040. All three buildings were moved there from their original locations. Go to <http://www.eulesstx.gov/history/> and answer the following questions for a chance to win a FabEules prize:

- Give the year when each building was opened, dedicated and/or moved to Heritage Park.

Win a gift certificate to the Golf Course, Eules Family Life Center or rental facilities. Your name will be entered in a drawing to win a Simply FabEules prize.

### Historical Trivia Contest Winners

CONGRATULATIONS to Zuhair Mohammed, Suzanne Torio and Asra Fatima, winners of the last Eules Today historical trivia contest. Zuhair and Suzanne won \$25 off any class or membership offered at the all new Eules Family Life Center and Asra won four hours of free facility rental at any Recreation Department facility.

- The answer to the last trivia contest was: "Tookie" was 89 years old at the time of the interview. She was born on September 23, 1915.

*\* Selection of prizes will be at the discretion of the City of Eules. City Council and Board and Commission members are excluded from participation. One winner per household per drawing.*

### Free Tours of Heritage Park

Free tours are offered on the 2nd Saturday of every month from 1-5p.m. Group tours for 15 people or more may be arranged on different days depending on staff availability.

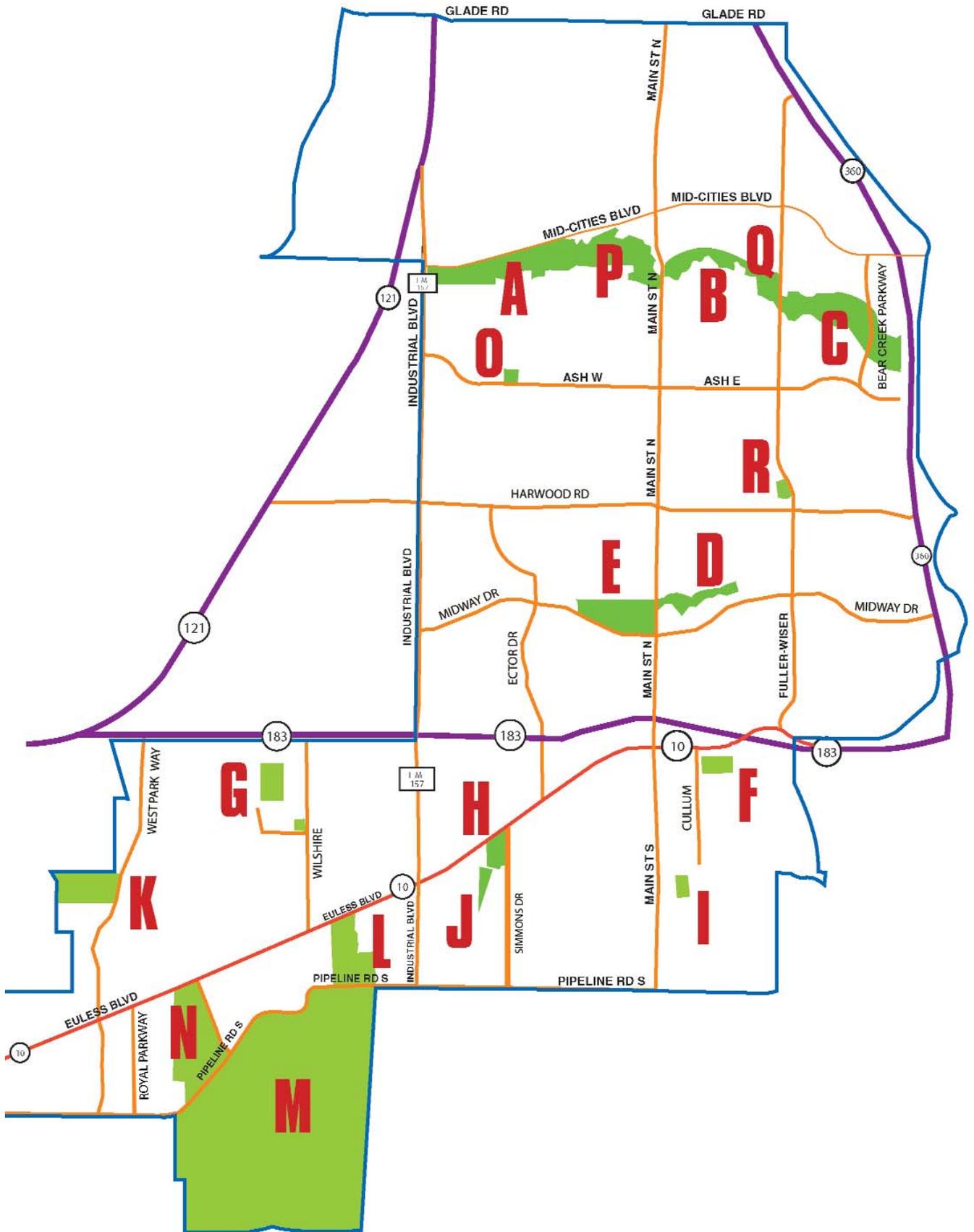
Contact Mary at [ofaiva-siale@eulesstx.org](mailto:ofaiva-siale@eulesstx.org) / 817-685-1649 with your answers to the trivia contest or for more information about the Eules Historical Preservation Committee.



The official newsletter of Eules Parks & Community Services

817-685-1666

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*Park Hours are 7 a.m. - 11 p.m.*

**A. 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 and Trailwood Park.)

**B. McCORMICK PARK**

2190 Joyce Court

Size: 12 acres

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

**C. 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.)

**D. BLESSING BRANCH PARK**

408 E. Denton Dr.

Size: 3 acres

**Facilities:** Picnic and playground area.

**E. MIDWAY PARK**

615 N. Main St.

Size: 22 acres

**Facilities:** Two lighted baseball/softball fields, two lighted tennis courts, playgrounds, picnic areas, swimming pool, shaded area, Eules Family Life Center (51,300 square foot multipurpose recreation center).

**F. HERITAGE PARK**

201 Cullum Dr.

Size: 4 acres

**Facilities:** Ruth Millican Center, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

**G. 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.

**H. 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 Senior Center.

**I. SOUTH EULESS PARK**

600 S. Main St.

Size: 5 acres

**Facilities:** Swimming pool, picnic areas, playground, Splash Island, Old North Main Iron Bridge, outdoor basketball court.

**J. KIDDIE CARR PARK**

800 Pauline St.

Size: 4 acres

**Facilities:** Picnic areas, shade trees, and outdoor basketball courts.

**K. 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.

**L. SOFTBALL WORLD AT TEXAS STAR**

1375 W. Eules Blvd.

Size: 16 acres

**Facilities:** Four lighted softball fields, concession stand, pro shop, playground.

**M. THE PARKS AT TEXAS STAR**

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 StarCenter, batting cages, two concession stands, pavilion, concrete walking trail, playground, exercise area and restrooms.

**N. TEXAS STAR GOLF COURSE**

1400 Texas Star Parkway

Size: 287 acres

**Facilities:** Eighteen hole premier golf facility with clubhouse, restaurant, conference centre, pavilion and pro shop. Open to the public.

**O. LAKEWOOD TENNIS COURTS**

1600 Donley Dr.

**Facilities:** Two lighted tennis courts.

**P. TRAILWOOD PARK**

500 Trailwood Drive

Size: 11 acres

**Facilities:** Playground, picnic stations and trails. (Connects to Bob Eden Park.)

**Q. 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 and boardwalk. (Trail connects to McCormick Park and Villages of Bear Creek Park.)

**R. REFLECTION PARK**

1251 Fuller-Wiser Rd.

Size: one-half acre

**Facilities:** Bench seating.



## INDOOR FACILITY RENTAL INFORMATION

### Reception Halls 817-685-1649

*Note: Reservation required a minimum of 14 days in advance.*

<b>Resident:</b>	Three hours	\$ 100
	Each additional hour	\$ 35
<b>Non-resident:</b>	Three hours	\$ 200
	Each additional hour	\$ 70
<b>Deposit:</b>	Without food or drink	\$ 50
	With food or drink	\$ 250

#### **Ruth Millican Center**

201 Cullum Drive

Occupancy Load: 150

Chairs & Tables available to seat: 100

Available: 8 a.m. - 9 p.m.

Amenities: Full kitchen (includes microwave, freezer, refrigerator, stove, oven and ice machine), Heritage Park, stage. Tables and chairs included in rental fee.

### Meeting Rooms 817-685-1649

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

Midway Family Life Center  
300 W. Midway Dr.

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

<b>Resident:</b>	\$30/hr
<b>Non-resident:</b>	\$60/hr
<b>Deposit:</b>	w/o food
	or drink \$ 50
	With food or drink \$ 250

#### **Activity Room #2**

Occupancy Load: 10

Chairs & Tables available to seat: 10

#### **Activity Room #5**

Occupancy Load: 90

Chairs & Tables available to seat: 90

*Note: With the exception of Texas Star Conference Centre, alcoholic beverages are prohibited at these indoor facilities.*

### Eules Library Meeting Facility 817-685-1679

Available:

Monday, Tuesday, and Thursday	8 a.m. to 8:30 p.m.
Wednesday*	8 a.m. to 5 p.m.
Friday*	8 a.m. to 4 p.m.
Saturday*	9 a.m. to 4 p.m.
Sunday*	1 p.m. to 4 p.m.

\*After hours are subject to Attendant availability.  
All rentals are subject to a three hour minimum.

#### **(1) Library Meeting Room A and B**

Occupancy Load: 188

#### **(2) Library Meeting Room A or B**

Occupancy Load: 50 (Room A), 30 (Room B) (1) (2)

Three hours (minimum)	\$180	\$105
Each additional hour	\$ 60	\$35
Catered Food Fee	\$ 25	\$25
Hourly Audio Visual Fee	\$ 15	\$15
Hourly Attendant After Hours	\$ 15	\$15

**Deposit:**

Without food or drink	\$100
With food or drink	\$500

*Please call for an approved caterer's list.*



### Texas Star Conference Centre

817-685-1845 (call for pricing)

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



## OUTDOOR FACILITY RENTAL INFORMATION

### Pavilions 817-685-1649

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

#### **Bear's Den Pavilion**

1951 Bear Creek Pkwy. (east side of Parkway)

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

#### **Bob Eden Park Pavilion**

901 W. Mid-Cities Blvd.

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

#### **Parks at Texas Star Pavilion**

1501 South Pipeline Rd.

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

#### **Texas Outdoor Education Trail Pavilion**

1951 Bear Creek Parkway (west side of Parkway)

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



### Amphitheater 817-685-1649

Texas Outdoor Education Trail, Amphitheater Stage, & Pavilion

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

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

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

*Note: Alcoholic beverages are prohibited at outdoor facilities.*

### Gazebos 817-685-1649

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

#### **J.A. Carr Park Gazebo**

508 Simmons Dr.

#### **McCormick Park Gazebo**

2190 Joyce Court

### Practice Fields 817-685-1838

**NOTE:** Reservations require a minimum 2-day (48-hour) notice and cannot be made more than 2-weeks prior to the rental. To see full field rental policies, please visit [www.eulesstx.gov/pacs](http://www.eulesstx.gov/pacs).

<b>Resident:</b>	Lighted per hour	\$ 18
	Unlighted per hour	\$ 10
<b>Non-resident:</b>	Lighted per hour	\$ 28
	Unlighted per hour	\$ 20

#### **Bob Eden Park Field 817-685-1649**

901 W. Mid-Cities Blvd.

**Available:** January - December, 8 a.m. - 10 p.m.

Field preparation is not included. Fields may be closed at times for scheduled maintenance or special events.

