

# THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEuless.com

INSIDE: ATHLETICS pg.3 EVENTS pg.4 CLASSES pg.8 AQUATICS pg.12 SENIORS pg.17 RENTALS pg.20



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

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

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

**Athletics**  
817-685-1838

**Facility Rentals**  
817-685-1649

**Softball World**  
817-267-7135

**Ray McDonald, Director of Parks and Community Services**  
817-685-1669 / rmcDonald@eulesstx.gov

**Terry Boaz, Parks Superintendent**  
817-685-1653 / tboaz@eulesstx.gov

**Suzanne Hendrickson, Recreation Manager**  
817-685-1662 / shendrickson@eulesstx.gov

**Chris Thames, General Manager Parks at Texas Star and Softball World**  
817-685-1655 / cthames@eulesstx.gov

**John Douthit, Athletics Supervisor**  
817-685-1838 / jdouthit@eulesstx.gov

**Jeff Henkelman, Athletic Coordinator**  
817-685-3100 / jhenkelman@eulesstx.gov

**Diane Eggers, Family Life Senior Center Supervisor**  
817-685-1670 / deggers@eulesstx.gov

**Renee Garrett, Family Life Senior Center Programmer**  
817-685-1871 / rgarrett@eulesstx.gov

**Robbie Rodgers, Family Life Recreation Center Coordinator**  
817-685-1668 / rrodgers@eulesstx.gov

**Kali Goodfellow, Family Life Recreation and Aquatics Coordinator**  
817-685-1681 / kgoodfellow@eulesstx.gov

**Jerry Poteet, Volunteer and Special Events Coordinator**  
817-685-1449 / jpoteet@eulesstx.gov

**Ofa Faiva-Siale, Special Projects/Rentals Coordinator**  
817-685-1649 / ofaiva-siale@eulesstx.gov

**Jeff Towne, Graphic Artist**  
817-685-1876 / jtowne@eulesstx.gov

**Jordan Peterson, Administrative Secretary**  
817-685-1828 / jpeterson@eulesstx.gov

## Table of Contents

Athletics.....	03
Special Events.....	04
Historical Preservation.....	06
Eules Family Life Center.....	07
Preschool.....	08
Youth/Teen.....	10
Aquatics.....	12
Adult.....	14
Seniors.....	17
Rentals.....	20
Parks.....	22



For more information about leagues, contact Jeff at 817-685-3100 or [jhenkelman@eulesstx.gov](mailto:jhenkelman@eulesstx.gov).

**Adult 4 on 4 Flag Football**  
**Registration: September 1 - 30**

Cost: \$225 per team  
 Season begins early October, 10 games plus playoffs

**Women's Basketball League**  
**Registration : November 1 - December 14**

Cost: \$325 per team  
 Season begins January 5, 8 games plus playoffs

**Men's Basketball League**  
**Registration : November 1 - December 14**

Cost \$325 per team  
 Season begins January 6, 8 games plus playoffs

**Parks at Texas Star Baseball League - Spring 2015**

Ages 3 - 14  
 For more information log onto [www.parksattexasstar.com](http://www.parksattexasstar.com)

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





# Special Events

## Concerts in the Park

Join us at Texas Star Golf Course in the Outdoor Pavilion for our remaining concerts for this year. The concerts are free, food and drink are available for purchase. Come early and eat dinner at the Raven's Grille

**Thursday, August 21, 7 p.m.**  
**Texas Star Golf Course, 1400 Texas Star Parkway**



### Bri Bagwell

Bri Bagwell is real country music, and what country music should strive to be. She is an independent artist without a record deal, and without management. Her popularity is derived 100% by word of mouth and her raw talent. This grass roots effort is rare these days; it speaks to her infectious music and appeal. She fell in love with music at an early age, and started playing in a band with her older brothers while just a teenager growing up in New Mexico. A couple of weeks after turning 18, she moved to Austin, TX to study at UT and begin her music career in the live music capital of the world. Late nights, rowdy Texas crowds, and being alone on stage with just a guitar shaped her onstage charismatic charm. She learned to gain a crowd's attention with her beautiful voice, singing songs she wrote herself. She earned a degree in Marketing from UT, but did not enter the corporate world. Instead, she pulled together some outstanding musicians, and now tours with a full band. <http://bribagwell.com>



### with opening act: The Washers

Just as the pecan trees grow where they will, and the south wind blows warm, muggy air off the Gulf of Mexico most days of the year, The Washers have put somewhat of a stamp on the Texas coastal prairie. For the past four years, the noise of clanging strings, loud singing of heartache or celebration, and the stomping of worn-out boots on hardwood floors of dives and dance halls has

come from the band in the direction of anyone who will listen. Their noise is familiar, yet most may find it a bit hard to pin it down. Rhythmic elements of country music definitely abound, but those pieces can't cleanly be picked away from something that is undoubtedly....louder. Harmonizing lead guitar riffs take a listener back to rock and roll from decades ago, but most times they are juxtaposed by the jangling of acoustic strings. And to confuse ears even more, they have three lead singers, and at any given point, there are up to four voices singing in unison! At any rate, The Washer's sound isn't forthrightly rock and roll, country, folk, or any other discerning genre you want to place it directly in....it bounces from each to the next, floats somewhere between, and fits easiest in the ever-changing boundaries of music called Americana. The uncommon sound of The Washers is due to the vastly different backgrounds of its members, who are drummer Mike Faltysek, guitarist/vocalist Todd Janik, guitarist/vocalist Justin Wilcox, guitarist Dillan Dostal, and bassist/vocalist Matt Kopycinski.

**Saturday, September 13, 7 p.m.**  
**Texas Star Golf Course, 1400 Texas Star Parkway**

### Graceland Ninjaz

The Ninjaz Take Care of Business like no other. Their explosive music and dynamic stage personas draw audiences in and keep them moving all night long. John Kenny, David McMahon, Jason Gonzalez, and Josh Hammond will transform your evening into an unforgettable, Earth-shaking event. <http://www.gracelandninjaz.com>



### with opening act: Fruitcake Superbeing

Providing an ode to an unusual blend of musical spices, FruitCake-SuperBeing mixes a stew of genres, ending with a satisfying hiccup that spreads eagle throughout the Texas music scene. A remarkably entertaining staged event, The FruitCake-SuperBeing Show exudes a persona that paints the music with characters straight out of a trailer park full of barbeques and redemption of Southern souls. Since the release of their debut full-length CD "Electronically-Challenged Blues Hop from teXas", fruitCake-superBeing have propagated their music across the state winning over audiences with delightful shock and memories of good times. <http://www.fruitcake-superbeing.com/>

## Texas Junior Angler Fishing Event

**Saturday, September 20**

**9 a.m. – noon**

**Wilshire Park, 315 Sierra Drive**

Join us at Wilshire Park for a great day of family fun! The Texas Junior Anglers organization will stock Wilshire pond with 500 pounds of catfish. It's absolutely free, and equipment will be available for all the kids who need it. Great prizes will be given out in various age groups and categories. The tournament is for kids only, but parents may fish after the competition. Refreshments will be available for purchase. Call 817-685-1666 for more information.

## Stars over Euless

**Saturday, October 4**

**Bob Eden Park, 901 W. Mid-Cities Blvd.**

**8:30 - 10 p.m.**

Join the Euless Parks and Community Services Department and the staff of the world-renowned Noble Planetarium as we teach area residents about the stars and planets. Planetarium staff will conduct a power-point presentation on different elements in the nighttime sky. Astronomers will bring out powerful telescopes so kids can gaze into outer space and learn about the order and function of stars and planets in the sky. Bring out a blanket for the entire family and enjoy a great evening of educational fun. Refreshments will be available for purchase. Call 817-685-1666 for more information.

## Halloween Trunk or Treat Celebration

**Friday, October 31**

**5:30 – 8:30 p.m.**

**Euless Family Life Center, 300 W. Midway Dr.**

Businesses, Churches, Civic groups, and Boy and Girl Scout Troops, are asked to participate with the City of Euless Parks and Community Services Department's Halloween Trunk or Treat Celebration set for Friday, October 31. Other fun activities will include inflatables. Concessions available for purchase. Please call Jerry at 817-685-1449 or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov) for additional information.

## Christmas Parade of Lights 2014

**"A Patriotic Christmas"**

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

**Euless Family Life Center, 300 W. Midway Dr.**

The Parade begins at 6:30 p.m. at Midway Dr. and 157. It will travel east on Midway and end at the Euless Family Life Center. Even Santa Claus won't miss this year's spectacular display of moving lights. Organizations of all kinds may enter floats in the best parade in Texas! Let your imagination run wild as you consider this year's theme – A Patriotic Christmas. Parade award winners will be announced on [www.eulesstx.gov](http://www.eulesstx.gov) the next day. For more information or to receive a float application, call Jerry Poteet at 817-685-



1449 or visit [www.eulesstx.gov](http://www.eulesstx.gov). All participants are asked to attend an informational meeting on Monday, November 17th at 7 p.m., at the Euless Family Life Senior Center to discuss safety issues. Call 817-685-1666 or email [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov) for more information. Come and experience the excitement of the season, and see Euless lit up with beautiful Christmas lights. Also, help us celebrate and thank our Service Men and Women for protecting our freedom.

## Heritage Park Christmas Celebration

**Saturday, December 13, 1 - 5 p.m.**

**Heritage Park, 201 Cullum Dr.**

Celebrate an old fashioned Christmas at historic Heritage Park. Members of the Euless Historical Preservation Committee will conduct guided tours of the 160+ year-old Himes Log House, McCormick Barn and the Fuller House—all decorated for the holiday season. Visit the Euless Heritage Museum and learn about Euless 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. And we'll have free refreshments for everyone! Holiday cheer and Euless history wrapped up in one great afternoon! Call 817-685-1666 for more information.

## Heritage Park Choirs

We are asking for five (5) Elementary School Choirs, Church Choirs, or Civic Choirs, to sing for thirty (30) minutes a piece. The time slots that are available include:

1:30 – 2:00 p.m.	3:30 – 4:00 p.m.
2:10 – 2:40 p.m.	4:10 – 4:40 p.m.
2:50 – 3:20 p.m.	

If you are interested, please call Jerry at 817-685-1449, or e-mail him at [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov). Do so early because the slots tend to go fast. Please note, choirs need to prepare for a ten minute set-up and tear down, so please be early.

## Join our Family of Volunteers Adventure

The City of Euless Parks & Community Services Department is looking for citizens that love to have fun, finds it refreshing to meet new people and that is 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, than join our "Family of Volunteers" program. **Volunteers are needed for Texas Junior Anglers, Stars Over Euless, and the Heritage Park Christmas Celebration. Contact Jerry Poteet at 817-685-1449 or e-mail [jpoteet@eulesstx.gov](mailto:jpoteet@eulesstx.gov).**



# Historical Preservation

## Eules Heritage Museum

201 Cullum Drive / 817-685-1649

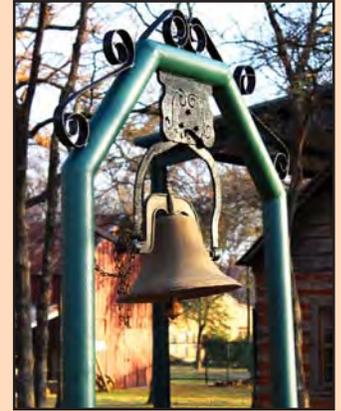
Open the 2nd Saturday of every month  
from 1 – 5 p.m. (August 9, September 13,  
October 11, November 8, December 13)

For information or group tours,  
call 817-685-1649  
or email  
ofaiva-siale@eulesstx.gov



### Tours

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



### Local Eules Historical Marker Designation

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

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

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

### Volunteer

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

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

## Eules Family Life Center

300 West Midway Dr.

### RECREATION CENTER & FITNESS CENTER

**(817) 685-1666**

Robbie Rodgers  
Center Program Coordinator  
(817) 685-1668

Kali Goodfellow  
Recreation & 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 Garrett  
Senior Center Programmer  
(817) 685-1871

### **HOURS OF OPERATION**

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



**HOLIDAY CLOSINGS: Sept. 1, Nov. 27, Dec. 24-25, Jan. 1**  
Like us on Facebook! "Eules Parks & Community Services"  
Visit us at [www.PlayEules.com](http://www.PlayEules.com).

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

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

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

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



### 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	\$
111161-01	9/20	DPSC	3-4	S	11:15-11:45am	2	\$30
111161-02	10/4	DPSC	3-4	S	11:15-11:45am	2	\$30
111161-03	11/8	DPCS	3-4	S	11:15-11:45am	2	\$30

### PRESCHOOL DANCE & CREATIVE MOVEMENT

This class is fun for the little ones to enjoy music and learn to move to the music. They will learn very basic dance moves for their age. They will also learn songs and finger plays that will help with their imaginations, coordination, and balance. You may dance for a session or continue throughout the year with Heart and Soul Dance. We will also perform shows throughout the year. Instructor: Mary Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110200-01	9/3	EFLC	2-3	W	9:45-10:30am	4	\$62
110200-02	10/1	ELFC	2-3	W	9:45-10:30am	4	\$62
110200-03	10/29	EFLC	2-3	W	9:45-10:30am	4	\$62
110200-04	12/3	EFLC	2-3	W	9:45-10:30am	3	\$47

### PRESCHOOL TAP & BALLET

This class is about learning how to move to the music. Children will learn beginner steps for tap and ballet and they will use their imagination and creative movements. Whether you dance for a session or continue throughout the year with Heart and Soul Dance. We will perform shows throughout the year. Instructor: Mary Berlingieri

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110207-01	9/3	EFLC	3-4	W	11-12pm	4	\$67
110207-02	10/1	EFLC	3-4	W	11-12pm	4	\$67
110207-03	10/29	EFLC	3-4	W	11-12pm	4	\$67
110207-04	12/3	EFLC	3-4	W	11-12pm	3	\$50

### PRESCHOOL DANCE

Preschool dance is a great class to introduce little ones to tap, ballet, and hip hop. They will learn different ways to move their bodies, balance, coordination, and rhythm. It's great exercise and fun for all. We will also work on dances whether you want to just for a month or continue through the year, the class grows with your child. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110209-01	9/2	EFLC	3-4	T	4:30-5:30pm	4	\$67
110209-02	9/30	EFLC	3-4	T	4:30-5:30pm	4	\$67
110209-03	10/28	EFLC	3-4	T	4:30-5:30pm	4	\$67
110209-04	12/2	EFLC	3-4	T	4:30-5:30pm	3	\$50

### PRESCHOOL DANCE

Preschool Dance is a great class to introduce 4 and 5 year olds to different forms of dance. We will learn tap and ballet, with an introduction to jazz and hip hop. They will learn balance, coordination, rhythm, and is great exercise for your little one. Your child can try one session or continue through the year. Our program grows with your child and we will have performances and lots of fun for all! Instructor Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110208-01	9/4	EFLC	4-5	TH	5:30-6:30pm	4	\$67
110208-02	10/2	EFLC	4-5	TH	5:30-6:30pm	4	\$67
110208-03	10/30	EFLC	4-5	TH	5:30-6:30pm	4	\$67
110208-04	12/4	EFLC	4-5	TH	5:30-6:30pm	3	\$50

### FUN TIME FOR LEARNERS

In this activity based class, your child will learn the benefits of physical activity through art and crafts, music and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and a lunch to class each day. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110002-01	9/3	EFLC	3-5	M/W	9am-1pm	4	\$127
110002-02	9/29	EFLC	3-5	M/W	9am-1pm	4	\$127
110002-03	10/27	EFLC	3-5	M/W	9am-1pm	4	\$127
110002-04	12/1	EFLC	3-5	M/W	9am-1pm	3	\$102

### TERRIFIC TUESDAY'S & THURSDAY'S

In this activity based class, your child will learn the benefits of physical activity through arts and crafts, music, and group activities. Come let your child have a wonderful experience with art, games, and social interaction. Please bring a snack and lunch to class. Instructor: Yolanda Scheimann

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110003-01	9/2	EFLC	3-5	T/TH	9am-1pm	4	\$127
110003-02	9/30	EFLC	3-5	T/TH	9am-1pm	4	\$127
110003-03	10/28	EFLC	3-5	T/TH	9am-1pm	4	\$127
110003-04	12/2	EFLC	3-5	T/TH	9am-1pm	3	\$102





**FUN FRIDAYS FOR PRESCHOOLERS**

On Fridays we will get hands on and do a cooking recipe, arts, crafts, and a science experiment. We will also sing songs, play games, and work on literacy and math activities. Instructor: Claudia Ramirez

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110010-01	9/5	EFLC	3-5	F	9a-1p	4	\$62
110010-02	10/3	EFLC	3-5	F	9a-1p	4	\$62
110010-03	10/31	EFLC	3-5	F	9a-1p	4	\$62
110010-04	12/5	EFLC	3-5	F	9a-1p	3	\$52

**PRETTY PRINCESS TEA PARTY**

Come have some princess fun... If your little girl loves to play dress up, paint nails, and be treated like a princess this class is just for her. We will make crafts, play games, do make-overs, and have tea party. Each week we will do different activities and participants will have something beautiful to take home with them. Instructor: Claudia Rameriz

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111160-01	9/6	EFLC	3-7	S	10-11am	4	\$42
111160-02	10/4	EFLC	3-7	S	10-11am	4	\$42
111160-03	11/1	EFLC	3-7	S	10-11am	4	\$42
111160-04	12/6	EFLC	3-7	S	10-11am	3	\$32

**TAP, BALLET, AND JAZZ DANCE**

This class is created to learn basic tap, ballet, and jazz techniques. Children can have fun learning to dance with the music and learn different forms of dance. This class is great for their coordination and balance and overall fun. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110220-01	9/2	EFLC	5-7	T	5:30-7pm	4	\$77
110220-02	9/30	EFLC	5-7	T	5:30-7pm	4	\$77
110220-03	10/28	EFLC	5-7	T	5:30-7pm	4	\$77
110220-04	12/2	EFLC	5-7	T	5:30-7pm	3	\$59

**BALLET I**

This class is all about ballet! It is a great class for children to learn an introduction to ballet, good for balance, strength, coordination, and technique. This class will also be a fun way to make friends and get exercise! Whether you choose one session or stay with us throughout the year, your child will continue to grow and learn. Instructor: Kristen Stevens.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110225-01	9/4	EFLC	5-7	TH	3:30-4:30pm	4	\$67
110225-02	10/2	EFLC	5-7	TH	3:30-4:30pm	4	\$67
110225-03	10/30	EFLC	5-7	TH	3:30-4:30pm	4	\$67
110225-04	12/4	EFLC	5-7	TH	3:30-4:30pm	3	\$50

**TAP, BALLET, JAZZ**

This is a great class for children to learn tap, ballet, and jazz! We will focus on flexibility, coordination, rhythm, and have lots of fun. Whether you join for one month or continue on for the year your child will continue to learn and grow. We will also work on dances and performances for you to enjoy! Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110230-01	9/4	EFLC	6-8	TH	4:30-5:30pm	4	\$67
110230-02	10/2	EFLC	6-8	TH	4:30-5:30pm	4	\$67
110230-03	10/30	EFLC	6-8	TH	4:30-5:30pm	4	\$67
110230-04	12/4	EFLC	6-8	TH	4:30-5:30pm	3	\$50

**TAEKWON-DO TIGERKUBS**

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the very basic fundamentals of Taekwondo-Do. Our classes are disciplined, yet informal, with an emphasis on developing strength, aerobic stamina, balance, coordination, and flexibility. This program can help to enhance focus and concentration, build character, discipline and self-esteem. Activities are designed to make it exciting without a competitive atmosphere. This class meet at the Simmons Center. No class the Saturday after Thanksgiving. Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110130-01	9/13	SIM	5-8	S	9-9:45am	7	\$28
110130-02	11/8	SIM	5-8	S	9-9:45am	6	\$28



**YOUNG REMBRANDTS ELEMENTARY DRAWING**

Back-to-school is in full swing at Young Rembrandts, as we present drawing lessons that encompass a fascinating world of color, pattern, and design. Students will strengthen their marker rendering skills as they draw a detailed gumball machine. A drawing of a sandwich will make them hunger for more art. We'll travel back in time to the age of the pharaohs as we illustrate a decorative, Egyptian headdress. An illustration celebrating the fall season will introduce our colorists to warm and cool colors. Organic forms and inorganic forms will also be explored in our lessons. For example, our detailed drawing of a dragonfly will celebrate one of nature's most curious insects. An illustration of a popular automobile will entertain the more technical-minded student, and a marker rendering of a nutcracker will remind us of the holiday season. All this and more await your child in a Young Rembrandts classroom! Sign up today!

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110000-01	9/4	EFLC	5-12	TH	6-7pm	4	\$48
110000-02	10/2	EFLC	5-12	TH	6-7pm	4	\$48
110000-03	10/30	EFLC	5-12	TH	6-7pm	4	\$48

**YOU CAN PAINT FOR YOUTH**

Amaze yourself, family, and friends with the beautiful oil painting you can complete in one fun and easy lesson taught by professional artist, Robert Garden and Susan Garden. You will learn color mixing and perspective as you master time saving short cuts, which will help you paint like a pro. All art supplies provided. Wear an old T-shirt and bring paper towels. Class themes: "Sunflowers in Cobalt Vase", "Sun Touching Water with Palm Trees", "Old Barn in Autumn", "Icy Trees" Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110815-01	9/11	EFLC	5-13	TH	4-5:30pm	1	\$22
110815-02	10/9	EFLC	5-13	TH	4-5:30pm	1	\$22
110815-03	11/13	EFLC	5-13	TH	4-5:30pm	1	\$22
110815-04	12/18	EFLC	5-13	TH	4-5:30pm	1	\$22



**ICE SKATING - SKATE LIKE A 'STAR'**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111162-01	9/16	DPSC	5-13	T	6:45-7:15pm	2	\$30
111162-02	9/20	DPSC	5-13	S	11:15-11:45am	2	\$30
111162-03	10/4	DPSC	5-13	S	11:15-11:45am	2	\$30
111162-04	10/7	DPSC	5-13	T	6:45-7:15pm	2	\$30
111162-05	11/4	DPSC	5-13	T	6:45-7:15pm	2	\$30
111162-06	11/8	DPSC	5-13	S	11:15-11:45am	2	\$30

**BALLET II**

This class is a great for your child to learn ballet technique and combinations. Ballet is great exercise, great for strength, flexibility, balance, and coordination. Whether you choose one session or to stay through the year, your child will learn and continue to grow with our program. Instructor: Kristen Stevens.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110226-01	9/4	EFLC	8-12	TH	4:30-5:30pm	4	\$67
110226-02	10/2	EFLC	8-12	TH	4:30-5:30pm	4	\$67
110226-03	10/30	EFLC	8-12	TH	4:30-5:30pm	4	\$67
110226-04	12/4	EFLC	8-12	TH	4:30-5:30pm	3	\$50

**KIDZ BOOT CAMP**

Fitness is for all ages! This boot camp is designed for kids ages 8-12, consist of engaging age appropriate fitness games and activities to encourage kids to make healthy choices. Confidence is built by challenging themselves while improving social skills through teamwork drills. Instructor: Richard Garner

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110510-01	9/3	EFLC	8-12	W	6-7pm	4	\$22
110510-02	10/1	EFLC	8-12	W	6-7pm	4	\$22
110510-03	10/29	EFLC	8-12	W	6-7pm	4	\$22
110510-04	11/26	EFLC	8-12	W	6-7pm	4	\$22



**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. Tuesday class meets at the Euless Family Life Center and Saturday class meets at the Simmons Center. No class the Saturday after Thanksgiving Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110131-01	9/9	EFLC	9-13	T	6-7:15pm	7	\$68
		SIM		S	10-11:15am		
110131-02	11/4	EFLC	9-13	T	6-7:15pm	6	\$54
		SIM		S	10-11:15a		

**TAEKWON-DO ADVANCED**

**(Green Belt - Black Belt)**

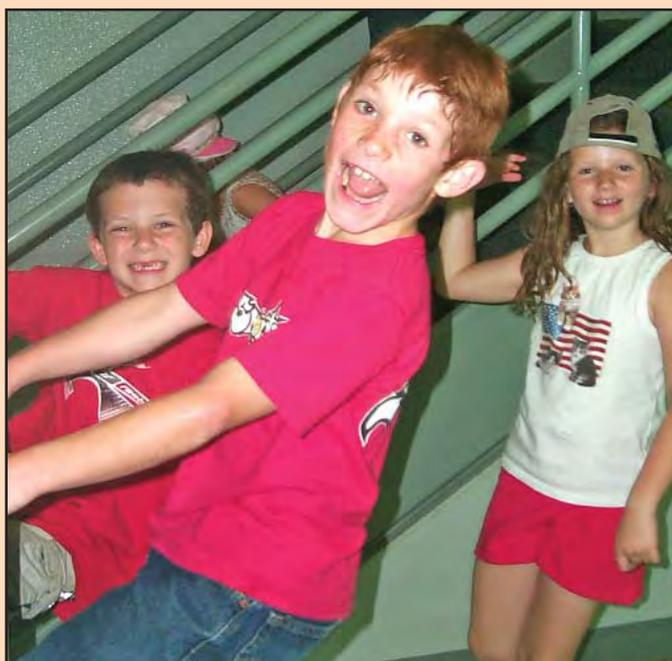
This children specific intermediate/advanced program allows students that have attained a green belt through the Taekwon-Do Jungshin program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Must have instructor approval to register. Monday class meets at the Euless Family Life Center and the Thursday class meets at the Simmons Center. No class 11/22 Thanksgiving Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110132-01	9/8	EFLC	8-12	M/TH	6-7:15pm	7	\$68
110132-01	11/3	EFLC	8-12	M/TH	6-7:15pm	6	\$54

**TAP/JAZZ**

This class is a great way to learn tap and jazz dances, combinations, and technique. This program can be for one session or several. It will continue through the year and will include performances if you choose. It is a great class for flexibility, balance, coordination, and rhythm. Great exercise and lots of fun! Instructor: Leah Siek.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110232-01	9/4	EFLC	9-12	TH	6:30-8pm	4	\$77
110232-02	10/2	EFLC	9-12	TH	6:30-8pm	4	\$77
110232-03	10/30	EFLC	9-12	TH	6:30-8pm	4	\$77
110232-04	12/4	EFLC	9-12	TH	6:30-8pm	3	\$59



**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](http://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	\$
110540-01	9/16	EFLC	8-14	T/TH	5:30-7pm	10	\$150

**CITY OF EULESS WINTER BREAK CAMP**

Come spend the holiday's with the City of Euless. We will have an exciting week playing games, doing arts and crafts, and making new friends. The camp will go on super cool field trips everyday (Main Event, Skating, Tornado Terry's and many more). The camp will meet at the Dr. Pepper Star Center. Please bring a lunch, two snacks and a water bottle to camp each day.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111111-01	12/22	DPSC	6-12	M, T, F	7:30am-6pm	1	\$60
111111-02	12/29	DPSC	6-12	M, T, F	7:30am-6pm	1	\$60

**ADVANCED TAP**

This a tap class for children who have tapped before and want to get back into it. It's great exercise, great fun, great rhythms, and combinations. This class can be for one session or continue through the year. It will continue to grow with your child. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110260-01	9/4	EFLC	11-17	TH	8-9pm	4	\$62
110260-02	10/2	EFLC	11-17	TH	8-9pm	4	\$62
110260-03	10/30	EFLC	11-17	TH	8-9pm	4	\$62
110260-04	12/4	EFLC	11-17	TH	8-9pm	3	\$47

**JAZZ TECHNIQUE**

This is a great class to you strengthen your jazz skills and technique. It will help with your coordination, balance, strength, and flexibility. It's also great for exercise and lots of fun throughout the year. Instructor: Kristen Stevens

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110233-01	9/4	EFLC	12-17	TH	7-8pm	4	\$62
110233-02	10/2	EFLC	12-17	TH	7-8pm	4	\$62
110233-03	10/30	EFLC	12-17	TH	7-8pm	4	\$62
110233-04	12/4	EFLC	12-17	TH	7-8pm	3	\$47



# Aquatics

Euless Aquatics offers American Red Cross classes taught by certified Water Safety instructors. Our main focus is safety; we want you and your family to have the necessary tools to stay safe in and around the water.

\* Children must wear a swim diaper if not potty trained with a covering over the diaper.

\*Don't know what level to sign up for? No problem, come talk with one of our aquatic staff to best assist you and choosing the best level for success!

\*ALL LTS classes are \$55.00, Drill team is \$65.00

### PARENT TOT

Water Introduction class is the first step in becoming comfortable in and around the water. This class focuses on water exploration by the use of fun and games. A parent or guardian over age 18 must be in the water at all times. Children must wear a swim diaper if not potty trained. Swimmers must be between ages of 3 months and 3 years.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120013-01	1/06	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
120013-02	2/03	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
120013-03	3/03	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
120013-04	3/31	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55
120013-05	4/28	EFLC	3m-3y	M/W	6:10-6:40pm	4	\$55

### WATER TOTS

Introduction to the water for children ages 2-3 years old. Children must wear a swim diaper if not potty trained. Swimmers learn to explore the wonderful world of swimming through song and games.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120000-01	8/4	EFLC	2-3	M/W	5:30-6:00pm	4	\$55
120000-02	9/3	EFLC	2-3	M/W	5:30-6:00pm	4	\$55
120000-03	10/1	EFLC	2-3	M/W	5:30-6:00pm	4	\$55
120000-04	11/3	EFLC	2-3	M/W	5:30-6:00pm	4	\$55

### LEVEL 1: INTRO TO WATER SKILLS

Intro to water is a great stepping stone for children 4-8 years old. This class allows the students feel comfortable in the water while moving at a slightly slower pace. The end goal of this level is for participants to be able to swim a short distance on their front and back their body length as well as float on their front and back unassisted.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120001-01	8/4	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
120001-02	8/4	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
120001-03	9/3	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
120001-04	9/3	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
120001-05	10/1	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
120001-06	10/1	EFLC	4-8	M/W	6:10-6:40pm	4	\$55
120001-07	11/3	EFLC	4-8	M/W	5:30-6:00pm	4	\$55
120001-08	11/3	EFLC	4-8	M/W	6:10-6:40pm	4	\$55

### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Level 2 gives students the basic fundamental skills for aquatics. Prior to the first class students must be able to do a full front and back float for 5 seconds. This class is to assist swimmers with their streamline, freestyle, and backstroke.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120002-01	8/4	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120002-02	8/4	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120002-03	9/3	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120002-04	9/3	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120002-05	10/1	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120002-06	10/1	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120002-07	11/3	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120002-08	11/3	EFLC	4+	M/W	6:10-6:40pm	4	\$55

### LEVEL 3: STROKE DEVELOPMENT

Must be able to float on the front and back unsupported and swim two body lengths unassisted to enter this level. This level Emphasizes rhythmic breathing, backstroke, scissors kick, elementary backstroke, and treading water.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120003-01	8/4	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120003-02	8/4	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120003-03	9/3	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120003-04	9/3	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120003-05	10/1	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120003-06	10/1	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120003-07	11/3	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120003-08	11/3	EFLC	4+	M/W	6:10-6:40pm	4	\$55

### LEVEL 4: STROKE IMPROVEMENT

Further develops proper technique and increases endurance. Refinement of front and back crawl, butterfly, breaststroke, and sidestroke, as well as starts and turns. Swimmers must be proficient in front crawl, back crawl, breaststroke, sidestroke, and elementary backstroke prior to entering this class.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120004-01	8/4	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120004-02	8/4	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120004-03	9/3	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120004-04	9/3	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120004-05	10/1	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120004-06	10/1	EFLC	4+	M/W	6:10-6:40pm	4	\$55
120004-07	11/3	EFLC	4+	M/W	5:30-6:00pm	4	\$55
120004-08	11/3	EFLC	4+	M/W	6:10-6:40pm	4	\$55

### DRILL TEAM

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120500-01	8/4	EFLC	7+	M/W	6:50-7:20pm	4	\$65
120500-02	9/3	EFLC	7+	M/W	6:50-7:20pm	4	\$65
120500-03	10/1	EFLC	7+	M/W	6:50-7:20pm	4	\$65
120500-04	11/3	EFLC	7+	M/W	6:50-7:20pm	4	\$65

### GUARD START

Lifeguard class pretest training. Many people want to be lifeguards and not all of them swim at the minimum requirements to pass a lifeguarding class. This class is to correct your freestyle and Brest stroke, correct you're treading, and teach you the tips and tricks to passing the brick drop. This is a class to teach you the minimum requirements to pass the LG pretest. Any age can take this pre-test class, but you must be 14 years old to become an American Red Cross Lifeguard.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS
120008-01	8/4	EFLC	14+	M/W	6:10-6:40pm	4
120008-02	9/3	EFLC	14+	M/W	6:10-6:40pm	4
120008-03	10/1	EFLC	14+	M/W	6:10-6:40pm	4
120008-04	11/3	EFLC	14+	M/W	6:10-6:40pm	4

### ADULT SWIM LESSONS

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
120008-01	8/4	EFLC	14+	M/W	6:10-6:40pm	4	\$55
120008-02	9/3	EFLC	14+	M/W	6:10-6:40pm	4	\$55
120008-03	10/1	EFLC	14+	M/W	6:10-6:40pm	4	\$55
120008-04	11/3	EFLC	14+	M/W	6:10-6:40pm	4	\$55



## ARTHRITIC AEROBICS

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS
120700-01	8/4	EFLC	18+	M/W/F	8-8:45am	4
120700-02	9/3	EFLC	18+	M/W/F	8:8:45am	4
120700-03	10/1	EFLC	18+	M/W/F	8:8:45am	4
120700-04	11/3	EFLC	18+	M/W/F	8:8:45am	4

## WATER TONING

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

CLASS#	BEG	LOC	DAY	TIME	AGE
120702-01	8/4	EFLC	T/TH	8:00-8:45am	14+
120702-02	9/3	EFLC	T/TH	8:00-8:45am	14+
120702-03	10/1	EFLC	T/TH	8:00-8:45am	14+
120702-04	11/3	EFLC	T/TH	8:00-8:45am	14+

## 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	LOC	AGE	DAY	TIME	#WKS
120701-01	8/4	EFLC	12+	M/W/F	8:50-9:20am	4
120701-02	9/3	EFLC	12+	M/W/F	8:50-9:20am	4
120701-03	10/1	EFLC	12+	M/W/F	8:50-9:20am	4
120701-04	11/3	EFLC	12+	M/W/F	8:50-9:20am	4

## 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	LOC	AGE	DAY	TIME	#WKS
220704-01	8/4	EFLC	12+	M/W/F	9:25-10:10am	4
220704-02	9/3	EFLC	12+	M/W/F	9:25-10:10am	4
220704-03	10/1	EFLC	12+	M/W/F	9:25-10:10am	4
220704-04	11/3	EFLC	12+	M/W/F	9:25-10:10am	4

## H2O YOGA (SLOW/MEDIUM)

This class is excellent for anyone with limited mobility or for people who enjoy a calmer atmosphere and work out. Offers an excellent opportunity to not only become stronger but increase flexibility.

CLASS#	AGE	BEG	LOC	DAY	TIME
120703-01	14+	8/4	EFLC	T/Th	8:50-9:20am
120703-02	14+	9/3	EFLC	T/Th	8:50-9:20am
120703-03	14+	10/1	EFLC	T/Th	8:50-9:20am
120703-04	14+	11/3	EFLC	T/Th	8:50-9:20am

## HYDRO-RESISTANCE (MEDIUM)

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, our resistance class teaches you how to use your own body weight to get excellent results all while having a splashing good time.

CLASS#	AGE	BEG	LOC	DAY	TIME
120709-01	14+	8/4	EFLC	TH	5:55-6:25pm
120709-02	14+	9/3	EFLC	TH	5:55-6:25pm
120709-03	14+	10/1	EFLC	TH	5:55-6:25pm
120709-04	14+	11/3	EFLC	TH	5:55-6:25pm

## WATER ZUMBA (FAST)

Back by popular demand! Dance your way into shape, use the combination of water resistance with the movements of Zumba takes your workout to the next level! This unique and fun class is sure to get you moving and grooving in to shape.

CLASS#	BEG	LOC	DAY	TIME	AGE
320703-01	8/4	EFLC	T	6:00-7:00pm	14+
320703-02	9/3	EFLC	T	6:00-7:00pm	14+
320703-03	10/1	EFLC	T	6:00-7:00pm	14+
320703-03	11/3	EFLC	T	6:00-7:00pm	14+



## 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.

<b>\$10 per class, per person</b> (membership NOT required)	<b>SENIORS - \$30 per month, unlimited classes (aquatic membership required) Best option for members</b>	<b>5 class package, \$40 (\$8 per class)</b> <b>10 classes, 70 (\$7 per class)</b> <b>20 classes, 120 (\$6 per class)</b>
	<b>Non-senior - \$45 per month, unlimited classes (aquatic membership required)</b>	<b>(Membership NOT required)</b> <b>NON-refundable, NON-replaceable</b>

**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 for that pricing.

## CARDIO BY AQUA (MEDIUM)

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#	AGE	BEG	LOC	DAY	TIME
120705-01	14+	8/4	EFLC	T/Th	9:25-10:10am
120705-02	14+	9/3	EFLC	T/Th	9:25-10:10am
120705-03	14+	10/1	EFLC	T/Th	9:25-10:10am
120705-04	14+	11/3	EFLC	T/Th	9:25-10:10am

## AQUA-FITNESS (FAST)

This prime time energized class is excellent for those who want a high intensity, full body work out, all while having a great time and meeting new people. Get your body moving and use the natural resistance in the water to give one of the best workouts of your life.

CLASS#	BEG	LOC	DAY	TIME	AGE
120706-01	8/4	EFLC	T/TH	5:00-5:45pm	14+
120706-02	9/3	EFLC	T/TH	5:00-5:45pm	14+
120706-03	10/1	EFLC	T/TH	5:00-5:45pm	14+
120706-04	11/3	EFLC	T/TH	5:00-5:45pm	14+

## TABATA 101 (FAST)

Want to add Tabata into your work out but need to build your strength first? Or maybe you're a little intimidated by the "cross fit" workouts, 101 is excellent for learning the moves and providing the amazing workout that you can only get from high interval training.

CLASS#	BEG	LOC	AGE	DAY	TIME
220707-01	8/4	EFLC	12+	SAT	9-9:45am
220707-02	9/3	EFLC	12+	SAT	9-9:45am
220707-03	10/1	EFLC	12+	SAT	9-9:45am
220707-04	11/3	EFLC	12+	SAT	9-9:45am

## POWER TABATA (FAST)

This class will challenge every muscle group you have and make you beg for more. This Intense workout uses interval training to bring you to a full body intense workout. All skills can be modified by the instructor but this class is designed for those looking to lose weight and tone up so get ready to "feel the burn".

CLASS#	AGE	BEG	LOC	DAY	TIME
120020-01	14+	8/4	EFLC	SAT	9:50-10:20am
120020-02	14+	9/3	EFLC	SAT	9:50-10:20am
120020-03	14+	10/1	EFLC	SAT	9:50-10:20am
120020-04	14+	11/3	EFLC	SAT	9:50-10:20am

**BOOTCAMP**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110350-01	9/9	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62
110350-02	10/7	EFLC	13+	T/TH/F	5:45-6:45am	4	\$42/\$62
110350-03	11/4	EFLC	13+	T/TH/F	5:45-6:45am	3	\$32/\$52
(No class week of Thanksgiving)							
110350-04	12/2	EFLC	13+	T/TH/F	5:45-6:45am	3	\$32/\$52
(No class week of Christmas)							

**BEGINNER SALSA**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110235-01	9/8	EFLC	13+	M	7:15-8:15pm	6	\$60
110235-02	10/20	EFLC	13+	M	7:15-8:15pm	6	\$60

**BEGINNER BACHATA**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110240-01	9/8	EFLC	13+	M	8:15-9pm	6	\$60
110240-02	10/20	EFLC	13+	M	8:15-9pm	6	\$60

**INTERMEDIATE BACHATA**

Must have taken beginner level or know the basic steps, left and right turn. This class will teach you more advanced steps and pattern combinations. No class Thanksgiving. Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110250-01	9/11	EFLC	13+	TH	8:15-9pm	6	\$60
110250-02	10/23	EFLC	13+	TH	8:15-9pm	6	\$60



**INTERMEDIATE SALSA**

Must have taken beginning level or know basic left and right turn, cross body lead with turn. This class will teach you footwork and pattern combinations. This is a great cardio workout. No Class Thanksgiving Instructor: Luis Herrador

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110255-01	9/11	EFLC	13+	TH	7:15-8:15pm	6	\$60
110255-02	10/23	EFLC	13+	TH	7:15-8:15pm	6	\$60

**BOOT CAMP CARDIO**

Every class has a different format including strength training for heart, arms, legs, and abdominal area. Instructor: Debbie Day

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110315-01	9/8	EFLC	13+	M/TH	6-6:45pm	3	FREE
110315-02	9/29	EFLC	13+	M/TH	6-6:45pm	4	\$37
110315-03	10/27	EFLC	13+	M/TH	6-6:45pm	4	\$37
110315-04	12/1	EFLC	13+	M/TH	6-6:45pm	3	\$27

**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 Euless Family Life Center and the Thursday class meets at the Simmons Center. No class 11/27 Thanksgiving Day Instructor: Camille Dockter

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110134-01	9/9	EFLC	13+	T/TH	7:30-9pm	7	\$81
110134-02	11/4	EFLC	13+	T/TH	7:30-9pm	6	\$64

**HAPKIDO**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110133-01	9/8	EFLC	13+	M	7:30-9pm	4	\$25
110133-02	10/6	EFLC	13+	M	7:30-9pm	4	\$25
110133-03	11/3	EFLC	13+	M	7:30-9pm	4	\$25
110133-04	12/1	EFLC	13+	M	7:30-9pm	3	\$20

**ZUMBA**

Zumba is Latin cardio in a party setting. The Latin and international rhythms make you move and you don't even know you are working out. Come and have some fun while working out with the Zumba family. It's not a dance base class so no worries you don't need to have rhythm to fill the workout effectiveness. Instructors: Letty Mota and Gracie Torres

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110300-01	8/25	EFLC	13+	M/W	7-8pm	4	\$42
110300-02	9/22	EFLC	13+	M/W	7-8pm	4	\$42
110300-03	10/20	EFLC	13+	M/W	7-8pm	4	\$42
110300-04	11/17	EFLC	13+	M/W	7-8pm	5	\$52

**GET FIT BOOT CAMP PM**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110610-01	9/8	EFLC	13+	M/W	5:30-6:15pm	4	\$70
110610-02	10/6	EFLC	13+	M/W	5:30-6:15pm	4	\$70
110610-03	11/3	EFLC	13+	M/W	5:30-6:15pm	4	\$70
110610-04	12/1	EFLC	13+	M/W	5:30-6:15pm	3	\$60



**MIXED MARTIAL ARTS**

Jiu-Jitsu concentrates on dominating your opponent on the ground by using angles, leverage, and superior body positioning to control an opponent's body movement. This style allows for a smaller person to defeat a much larger attacker. We recommend this style for men and women looking for a great workout and realistic self-defense. Instructor: Jeremy Wickwire

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110140-01	9/8	EFLC	14+	M/W	7-8:45pm	4	\$80
110140-02	10/6	EFLC	14+	M/W	7-8:45pm	4	\$80
110140-03	11/3	EFLC	14+	M/W	7-8:45pm	4	\$80
110140-04	12/1	EFLC	14+	M/W	7-8:45pm	3	\$70

**MUAY THAI KICKBOXING**

Put your most lethal foot forward by learning how to do Muay Thai, a martial art developed in Thailand that focuses on kickboxing but also teaches you how to defend yourself using your fists and elbows. Instructor: Jeremy Wickwire

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110620-01	9/9	EFLC	14+	T/TH	5:30-6:30pm	4	\$80
110620-02	10/7	EFLC	14+	T/TH	5:30-6:30pm	4	\$80
110620-03	11/4	EFLC	14+	T/TH	5:30-6:30pm	4	\$80
110620-04	12/2	EFLC	14+	T/TH	5:30-6:30pm	3	\$70

**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	\$
111165-01	9/16	DPSC	14+	T	6:45-7:15pm	2	\$30
111165-02	10/7	DPSC	14+	T	6:45-7:15pm	2	\$30
111165-03	11/4	DPSC	14+	T	6:45-7:15pm	2	\$30

**YOU CAN OIL PAINT ADULT AND TEEN**

Never held a paintbrush and can't draw a straight line? This is the program for you whether you're a beginner or 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. Themes include: "Sunflowers in Cobalt Vase", "Sun Touching Water with Palm Trees", "Old Barn in Autumn", "Icy Tress". Instructor: Robert Garden Art Enterprises

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110810-01	9/11	EFLC	14+	TH	6-9pm	1	\$37
110810-02	10/9	EFLC	14+	TH	6-9pm	1	\$37
110810-03	11/13	EFLC	14+	TH	6-9pm	1	\$37
110810-04	12/18	EFLC	14+	TH	6-9pm	1	\$37

**POWER YOGA**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110571-01	9/6	EFLC	15+	S	8:30-9:30 am	4	\$42
110571-02	10/4	EFLC	15+	S	8:30-9:30 am	4	\$42
110571-03	11/1	EFLC	15+	S	8:30-9:30 am	4	\$42
110571-04	12/6	EFLC	15+	S	8:30-9:30 am	3	\$32

**BALLROOM BASICS**

The thrill of partner dancing has become the "new normal" of social dancing for all ages! Ballroom dancing is not just for elegant parties anymore, as most styles transfer quite nicely to the music of country, blues, pop, and Latin. The benefits of the mind, body, and soul are priceless, and you won't find a more fun way to burn calories! In this beginner-level crash course, you will learn fundamentals of ballroom dancing along with basic steps and patterns to a new dance each class. Dances covered are: swing, foxtrot, rumba, cha cha, waltz, and tango. No partner necessary as we will pair up and rotate to allow everyone equal participation. Please wear lightweight shoes that glide easily. No rubber soles or high heels. A free one-hour private lesson (\$55 value) will be given away during each session. Instructor: Lisa Smith

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110231-01	9/8	EFLC	16+	M/W	5-6pm	3	\$48
110231-02	10/6	EFLC	16+	M/W	5-6pm	3	\$48
110231-03	11/3	EFLC	16+	M/W	5-6pm	3	\$48
110231-04	12/1	EFLC	16+	M/W	5-6pm	3	\$48

**KICKBOXING BOOT CAMP**

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

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110316-01	9/8	EFLC	16+	M/W	7-8pm	3	\$32
110316-02	10/6	EFLC	16+	M/W	7-8pm	3	\$32
110316-03	11/3	EFLC	16+	M/W	7-8pm	3	\$32
110316-04	12/1	EFLC	16+	M/W	7-8pm	3	\$32





# Adult

## PILATES FITNESS

Pilates conditions the whole body. You will gain flexibility, strength, and body toning using all kinds of different exercises. This will help you enjoy daily activities and sports. Please bring a mat and towel.

Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110320-01	9/8	EFLC	16+	M/W	6-7pm	3	\$32
110320-02	10/6	EFLC	16+	M/W	6-7pm	3	\$32
110320-03	11/3	EFLC	16+	M/W	6-7pm	3	\$32
110320-04	12/1	EFLC	16+	M/W	6-7pm	3	\$32

## ZUMBA TONING

Zumba Toning combines fun dance cardio moves of Zumba with targeted sculpting exercises. Get a total body workout in just one class. Please bring a towel. Instructor: Beverly Hill

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110325-01	9/8	EFLC	16+	M/W	5-6pm	3	\$32
110325-02	10/6	EFLC	16+	M/W	5-6pm	3	\$32
110325-03	11/3	EFLC	16+	M/W	5-6pm	3	\$32
110325-04	12/1	EFLC	16+	M/W	5-6pm	3	\$32

## SPIN AND SWEAT

Want to crank up your workout, burn more calories, and fat? Come join us for a great workout and a great time. Get ready to work hard and sweat like crazy! Instructor: Angela Pond

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110343-01	9/3	EFLC	16+	W	6-6:45pm	4	\$26
110343-02	10/1	EFLC	16+	W	6-6:45pm	4	\$26
110343-03	11/5	EFLC	16+	W	6-6:45pm	3	\$20
110343-04	12/3	EFLC	16+	W	6-6:45pm	3	\$20

## 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	\$
110305-01	9/2	EFLC	16+	T	6-7pm	4	\$40
110305-02	9/30	EFLC	16+	T	6-7pm	4	\$40
110305-03	10/28	EFLC	16+	T	6-7pm	4	\$40
110305-04	11/25	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	\$
110306-01	9/2	EFLC	16+	T	7-8pm	4	\$40
110306-02	9/30	EFLC	16+	T	7-8pm	4	\$40
110306-03	10/28	EFLC	16+	T	7-8pm	4	\$40
110306-04	11/25	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	\$
110830-01	9/8	EFLC	16+	M	6:30-8pm	2	\$50
110830-02	10/6	EFLC	16+	M	6:30-8pm	2	\$50
110830-03	10/20	EFLC	16+	M	6:30-8pm	2	\$50
110830-04	11/10	EFLC	16+	M	6:30-8pm	2	\$50
110830-05	12/1	EFLC	16+	M	6:30-8pm	2	\$50

## ADULT TAP

This is a great class for any adult to join! It is wonderful exercise and you will learn basic to more advanced tap combinations and dances throughout the year. It is a fun way to keep our bodies moving and keep coordination and balance. Instructor: Leah Siek

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
110245-01	9/2	EFLC	18+	T	7-8pm	4	\$62
110245-02	9/30	EFLC	18+	T	7-8pm	4	\$62
110245-03	10/28	EFLC	18+	T	7-8pm	4	\$62
110245-04	12/2	EFLC	18+	T	7-8pm	3	\$47

## FOUNDATIONS OF INVESTING SEMINAR

This seminar covers the key features of bonds, stocks, and mutual funds as well as the importance of proper asset allocation. This seminar is presented by Michael Scoma of Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111003-01	9/25	EFLC	18+	TH	10-11am	1	FREE
111003-02	10/30	EFLC	18+	TH	10-11am	1	FREE
111003-03	12/4	EFLC	18+	TH	10-11am	1	FREE

## RULES OF THE ROAD SEMINAR

This seminar explores how you can move toward your financial goals with Edward Jones' 10 Rules of the Road Investing. These rules will help you learn the fundamental concepts of investing and potential strategies to help build your wealth. This seminar is presented by Michael Scoma, Financial Advisor with Edward Jones.

CLASS#	BEG	LOC	AGE	DAY	TIME	#WKS	\$
111004-01	9/11	EFLC	18+	TH	10-11am	1	FREE
111004-02	10/9	EFLC	18+	TH	10-11am	1	FREE
111004-03	11/13	EFLC	18+	TH	10-11am	1	FREE



**Euless Family Life Senior Center**

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

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

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

**SENIOR CENTER CLOSED**  
Sept. 1, Nov. 27 & 28, Dec. 12, Dec. 24-25, Jan. 1

ANNUAL MEMBERSHIP	Euless 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+)	\$5	\$25	\$25	\$75	\$120

**ONGOING ACTIVITES**

**MONDAYS**

- FIT START 9:00 a.m.
- ZUMBA 10:30 a.m.
- LUNCH & LEARN 11:30 a.m. (2ND)
- TEXAS HOLD EM 11:30 a.m.
- CROCHET 12:30 p.m.
- YOGA 1:00 p.m.
- DINING OUT 5:00 p.m. (3RD)

**TUESDAYS**

- FLOOR AEROBICS 9:00 a.m.
- TAI CHI 10:30 a.m.
- JEWELRY CLASS 12:30 a.m.
- FIT START 1:30 p.m.

**WEDNESDAYS**

- TLC YOGA 9:00 a.m.
- MAH JONG 9:30 a.m.
- QUILTERS 10:00 a.m.
- PARTY BRIDGE noon
- DECORATIVE PAINTING 12:30 p.m.
- MYSTERY LUNCH 12:30 p.m. (3RD)

**THURSDAYS**

- CARD MAKING 10:00 a.m.
- OIL PAINTING 10:00 a.m.
- DUPLICATE BRIDGE 10:30 a.m.
- ZUMBA 10:30 a.m.
- JAMMERS 1:30 p.m.
- ZUMBA 6:00 p.m.
- GAME NIGHT 4 – 9:00 p.m.

**FRIDAYS**

- BUNCO 9:00 a.m. (2ND)
- FLOOR AEROBICS 9:00 a.m.
- QUIET YOGA 10:30 a.m.

**\*All activities offered through the Euless Family Life Senior Center require a membership to participate. All programs and activities require registration 72 hours in advance.**

**HEALTH AND WELLNESS**

**Fit Start 1**

Sit and Exercise! Want to increase your strength, flexibility and stamina by just sitting in a chair? Then this class is for you. Please bring a towel and a bottle of water.  
Mondays, 9:00 - 10:00 a.m.  
Tuesdays, 1:30 - 2:30 p.m., FREE

**Zumba**

Dance to this Latin-inspired fitness dance class which incorporates Latin and international music. Easy to follow steps that include body sculpting, which targets areas such as legs, arms, core, abdominals and improves cardio function.  
Mondays and Thursdays, 10:30 - 11:15 a.m.  
Thursday Nights, 6:00 – 7:00 p.m, FREE

**Yoga**

Better than an afternoon nap! Basic and gentle yoga postures on the mat, followed by a time of deep relaxation and renewal.  
Mondays, 1 – 2 p.m., FREE

**Floor Aerobics**

Floor Aerobics is a cardiovascular workout that improves coordination, muscle strength and mobility, physiological capabilities, burns calories, helps with weight management, lowers blood pressure, and increases flexibility.  
Tuesdays and Fridays, 9:00 - 10:00 a.m., FREE

**Tai Chi - Yang Style 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, reduces stress and helps a variety of other health conditions.  
Tuesdays, 10:30 - 11:30 a.m., FREE



# Seniors

## T.L.C. YOGA - Therapeutic. Lively. Chair.

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. **Wednesdays, 9 – 10 a.m., FREE**

## Quiet Yoga

This class will focus on the joints and spine helping to improve flexibility and range of motion. Quiet Yoga is based on the principles of Yin Yoga and is designed to balance out the more muscular types of exercise. This practice is done on the mat mostly in seated or reclined poses.

**Fridays, 10:30 – 11:30 a.m., FREE**

## **WHAT'S NEW**

### Trash to Treasures and Arts and Craft Fair

Want to make some extra money? Here is your chance! Join us for this unique event. Trash to Treasures and Arts and Craft Fair. Remember to reserve your spot early. For more information please call Renee at 817-685-1871.

**Saturday, September 27, 9 a.m – 1 p.m.**

**EFSC Member \$5, Non-Member \$10 and Business \$15**

### Whatcha Reading - Book Club - NEW!

Love to read? Have a favorite author? Remember that special book you read and still treasure? Join the "Hey, whatcha 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.

**2nd Tuesday each month, 10:15 – 11:15 a.m., FREE**

### Memory Wire Bangle Bracelet.

This bracelet will be constructed of Memory Wire and 2 hole beads. No previous experience required. Please bring round nose pliers to class if you have them.

**Thursday, September 18, 6:00 - 8:00 pm**

**Fee: \$10 plus \$7 supply fee payable at time of class**

### Flu Shot provided by Wellness Group

It's time to get your flu shot. A flu shot can help you avoid serious complications - especially if you're at a higher risk. Reservation are required. Please bring a photocopy of your Medicare or medical insurance card (front and back) on the day of your appointment.

**Thursday, October 16, 9:00 a.m. – noon**

**Fee: Medicare Part B FREE; Others \$23**

### Genealogy

Come join us and learn how to discover your family history and heritage. This group is for those just beginning on their family tree journey.

**Mondays, 12:30 – 2:30 p.m., FREE**

### Creative Ways to Store Memories

Are you new to scrapbooking? Do you have photos and family memories to preserve? Then this is the class for you! You will learn to create different ways to store memories of the years gone by.

**Mondays, 10:00 a.m. – 12:00 p.m., \$5 per month**

## AARP Driver Safety

Cars have changed. So have traffic rules, driving conditions and the roads you travel every day. By taking a driver safety course you'll learn the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. After completing the course, you will have a greater appreciation of driving challenges and may qualify for an insurance discount. This course cannot be used to dismiss a ticket. Payment is made at time of class and checks are payable to AARP. Call 817-685-1671 to register.

**Wednesday, Sept. 10, 9:00 a.m. – 1:00 p.m.**

**AARP member -\$15 , AARP non-member - \$20**

## Diabetic Footwear

Have you been diagnosed by your doctor with diabetes you may qualify to receive a pair of diabetic footwear through Medicare. Ken Huffman, C.Ped with Perimeter Diabetic Footwear, Inc. along with Guillermo Presburger will be at the center to educate and evaluated to see if you are a candidate for diabetic footwear. Call 817-685-1671 to schedule your appointment. Reservations are required.

**Wednesday, Oct. 8, 9:00 a.m. – noon, Free**

## Improving Balance with Physical therapist, Kammi Barnard, PT of Baylor Institute for Rehabilitation

Everyone can improve their level of balance. Better balance leads to greater levels of activity as well as improved safety and decreased risk for falls. Discover if your level of balance is at a level of concern. Learn techniques to improve your balance and safety. Healthy mid-morning snacks will be provided.

**Thursday, Oct. 23, 10:00 a.m., Free**

## **LUNCH & LEARN**

The Lunch and Learn workshops are designed to be useful and informative. It is the individual's responsibly to make informed decisions regarding these workshops. Please call or stop by to make a reservation. **Reservations are required. 2nd Monday, 11:30 a.m. – 1:00 p.m., FREE**

### Medicare Supplement vs. Medicare Advantage Plan

Adam Stone with AmeriLife and Health Services will go over the differences between a Medicare Supplement and a Medicare Advantage Plan?

**Monday, September 8**

### Female Pelvic Floor Disorders with Dr. Kevin O'Neil

Did you know that pelvic floor disorders such as urinary incontinence, pelvic organ prolapse and fecal incontinence will affect 1 in 3 women in their lifetime? Dr. Kevin O'Neil is a surgeon specializing in Urogynecology, Female Pelvic Medicine and Reconstructive Surgery. He will be giving a talk on Female Pelvic Floor Disorders, their causes and the various treatment options available.

**Monday, October 13**



### Boosting Your Immunity

Learn easy ways to help yourself get through the cold and flu season (and beyond) by Boosting Your Immunity NATURALLY, SAFELY, and EFFECTIVELY! Dr. Curtis Begin, D.C. helps individuals and families increase their awareness about simple lifestyle changes that have significant influence on their health and well-being.

Monday, Nov. 10

### To Hear or Not to Hear your Loved One?

Monique Allen with AccuQuest Hearing Center will discuss how to communicate more effectively with your loved one that may be suffering from hearing loss.

Monday, Dec. 8

## LUNCHEONS

### 1 Potato, 2 Potato, 3 Potato 4!

Join us for a Baked Potato and Salad Bar and all the fixings.

Friday, September 5, noon, \$3

### Halloween Haul

Mirror, Mirror on the wall who's the cutest of them all? Get your creative noggin's going and get that funny, scary or weirdest costume ready for a spooky good time.

Friday, October 31, noon, \$3

### Thanksgiving Potluck

We're throwing a potluck and we hope that you will come. We're providing the main dish (meat) and you all will help supply the rest. If your last name begins with:

A-H you're to bring a side dish

I-P you're to bring a salad

Q-Z you're to bring a desserts.

Be THANKFUL by providing enough to serve 6 to 8 people.

November 7, Noon, FREE with a dish; \$5 without a dish

### North Main Bar-B-Que Luncheon

Annual Holiday Luncheon sponsored by North Main Bar-B-Que. TICKETS required for entry - Be sure to get your tickets starting October 1 - November 12, during normal business hours: Monday through Friday from 6:30 a.m. - 4:00 p.m. Phone reservations will not be accepted.

November 19, 11:30 a.m., FREE to Euless Senior Residents and EFLSC Members

### Christmas Luncheon Potluck

Just like every year, the Christmas potluck is here! We're providing the main dish (meat) and you all will help supply the rest. If your last name begins with:

A-H you're to bring a side dish

I-P you're to bring a salad

Q-Z you're to bring a desserts.

Be GIVING by providing enough to serve 6 to 8 people.

December 19, Noon, FREE with a dish; \$5 without a dish

### New Year's Eve Party

Let us party, party, party! Welcome the New Year with a happy heart so that the whole year will be filled with nothing but smiles! Happy New Year! We will be serving black-eyed peas, chicken soup, corn bread, non-alcoholic beverages and entertainment.

December 31, Noon, \$3



## TRIPS

### Plano Balloon Fest

Come make memories with your Senior Center friends at the Plano Balloon Fest evening GLOW! The sky fills with hot air balloons, a kaleidoscope of colors and shapes.

Friday, September 19, 4:00 – 10:00 p.m., Fee: \$5 - 8

### State Fair of Texas

Big Texas wants to invite you to join the Euless Family Life Senior Center as we travel to the State Fair of Texas. Food at the Fair goes beyond turkey legs and corny dogs. There are lots of culinary surprises, as well as countless activities and shows for us to enjoy.

Thursday, October 9, 9:00 a.m. – 3:30 p.m., Free

### Stonebrair Mall Frisco

Start your Christmas shopping before all the holiday rush.

Thursday, November 20, 10 a.m. – 3:30 p.m., Fee: Free

### Light Show

Do you want to enjoy the Christmas Lights in style? You can leave the driving to us. Join us for this bright light adventure.

December 2

Prairie Lights in Grand Prairie

December 9

Christmas in the Park in Farmers Branch

December 16

Christmas in the Square Frisco

6:30 p.m. – 9:00 p.m., Fee: \$4 each night

## REFUND POLICY

Refunds are not given for programs, special events and trips. A refund will be given if the spot can be filled. If a program, special event or trip etc. is cancelled by the senior center staff, a full refund will be issued in a check payable to the participant.



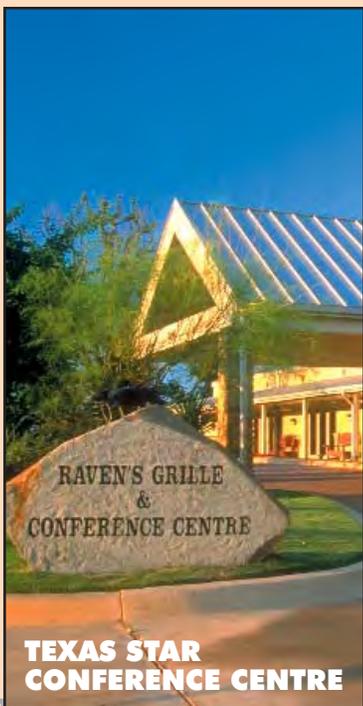
## INDOOR FACILITY RENTAL INFORMATION



**ACTIVITY ROOM #5**



**ACTIVITY ROOM #2**



**TEXAS STAR CONFERENCE CENTRE**

### MEETING ROOMS

**817-685-1649**

Note: Reservation required a minimum of 7 days in advance. Maximum 60 days in advance.

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

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

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

#### Activity Room #2

Occupancy Load: 10  
Chairs & Tables available to seat: 10

#### Activity Room #5

Occupancy Load: 90  
Chairs & Tables available to seat: 90

#### **Simmons Center, 508 Simmons Dr.**

**817-685-1649**

Note: Reservation required a minimum of 2 weeks in advance. Maximum 60 days in advance.

Occupancy Load: 60

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

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

### TEXAS STAR CONFERENCE CENTRE

**817-685-1845**

A 7,000 square foot conference centre and 4,000 square foot pavilion with full services, amenities and on-site catering. [www.TexasStarGolf.com](http://www.TexasStarGolf.com)



**PARKS AT TEXAS STAR PAVILION**

## OUTDOOR FACILITY RENTAL INFORMATION

NOTE: Reservations required a minimum 7 days in advance. A maximum of 60 days in advance.

### PAVILIONS

**817-685-1649**

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

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

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

**Bob Eden Park Pavilion**

901 W. Mid-Cities Blvd.

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

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

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

**Texas Outdoor Education Trail Pavilion**

1951 Bear Creek Parkway (west side of Parkway)

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

### LEON HOGG AMPHITHEATER

**817-685-1649**

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

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

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

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

### GAZEBOS

**817-685-1649**

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

**J.A. Carr Park Gazebo**

508 Simmons Dr.

**McCormick Park Gazebo**

2190 Joyce Court

### PRACTICE FIELDS

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

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



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

## J. A. Carr Park

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

## Kiddie Carr Park

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

## Lakewood Tennis Courts

1600 Donley Dr.  
**Facilities:** Two lighted tennis courts.

## McCormick Park

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

## Midway Park

615 N. Main St. **Size:** 22 acres  
**Facilities:** Two lighted youth baseball/softball fields, playgrounds, picnic areas, swimming pool, shaded area, Euless Family Life Center.

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

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

## The Preserve at McCormick Park

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

## Reflection Park

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

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

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

## South Euless Park

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

## Trailwood Park

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

## Villages of Bear Creek Park

1951 Bear Creek Parkway **Size:** 40 acres  
**Facilities:** 3 acre dog park, seven soccer fields, picnic areas, three-mile nature walking/jogging trail with plant and tree identification signs throughout, city in-ground tree farm, playground, ground-seating amphitheater, two pavilions, one practice softball field, three large parking areas, restrooms. (Trail connects to The Preserve at McCormick Park.)

## West Park

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

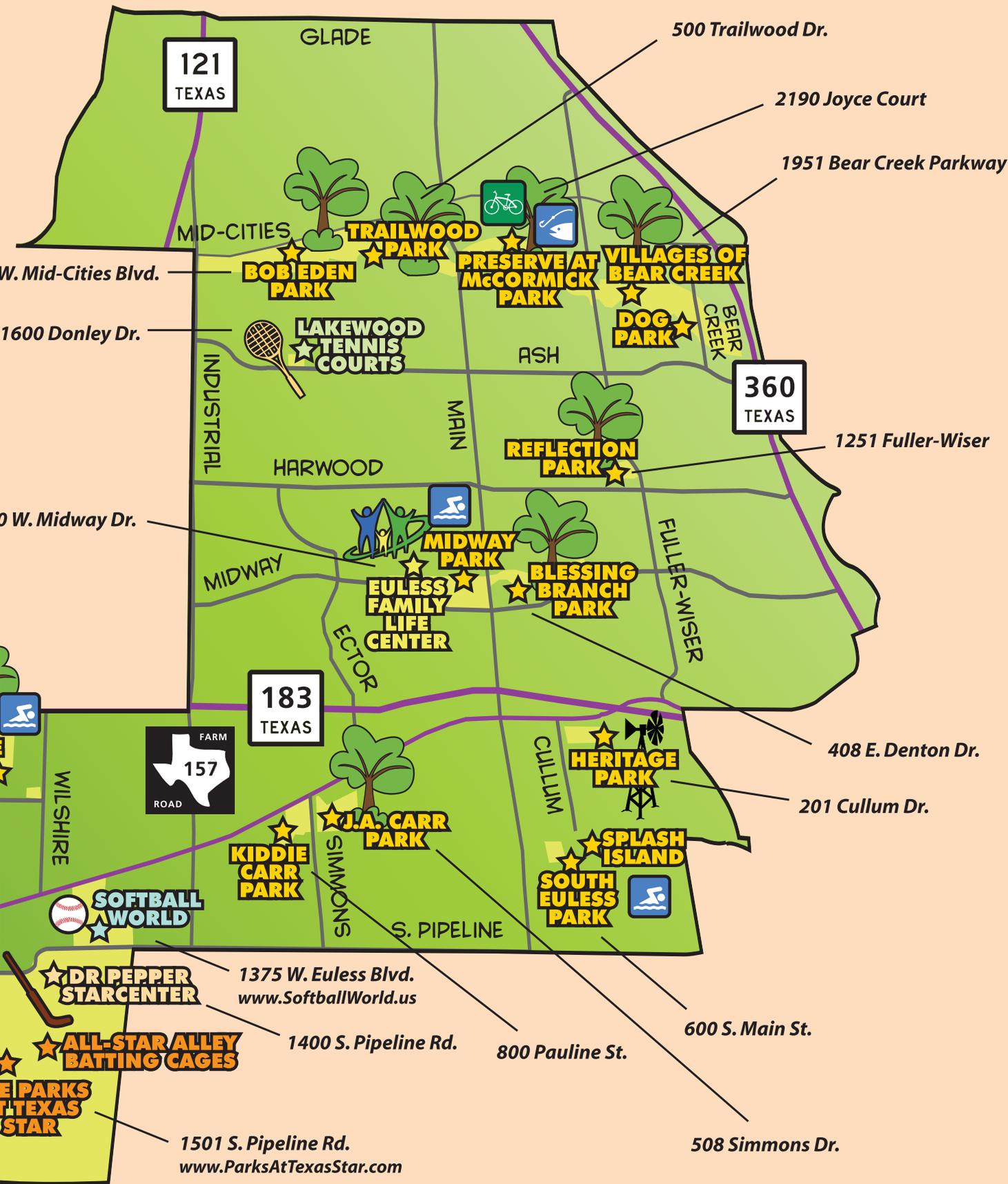
## Wilshire Park

315 Sierra Dr. **Size:** 4 acres  
**Facilities:** Swimming pool, picnic areas, playground, shaded areas, pond, 1/4 mile concrete walking trail, fishing pier, and restrooms.



901 |

30 |





201 North Ector Drive  
Eules, Texas 76039



PRSR STD  
AUTO  
U.S. POSTAGE PAID  
EULESS, TX  
PERMIT NO. 28

## POSTAL CUSTOMER



### **TEXAS STATE ARBOR DAY CELEBRATION**

**Friday, November 7, 2014**

Arbor Day is a holiday in which individuals and groups are encouraged to plant and care for trees. Today, many countries observe this holiday. Though usually observed in the spring, the date varies, depending on climate and suitable planting season. The State of Texas officially celebrates Arbor Day the first Friday in November. Nationally, we celebrate Arbor Day the last Friday in April. So, in Eules, we celebrate in November and in April.

Come by the Eules Greenhouse on Friday, November 7 from 11 a.m. – 2 p.m. The first 100 people will receive a free tree. We will have staff available to answer tree-related questions. The Eules Greenhouse is located behind the Parks at Texas Star Sports Complex at 1997C Pipeline Road, Eules, TX 76040.

**Tree Resources:**

<http://www.arborday.org>

<http://txforestservice.tamu.edu>

### **Calling for your story and pics!**

The City of Eules has been hosting Arbor Day's events for over twenty-five years now. We know we have some trees out there that were planted from a tree that was received from Arbor Daze. We would like to know about your tree and have a picture of it. Your story and pictures may be featured on next year's Arbor Daze website. Please send your stories and pictures to Suzanne Hendrickson, Recreation Manager at [shendrickson@eulesstx.gov](mailto:shendrickson@eulesstx.gov)