

THE PLAYBOOK



CITY OF EULESS PARKS & COMMUNITY SERVICES



PlayEulless.com

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Join our Family of Volunteers Adventure

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

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Parks and Community Services

817-685-1429

Euless Family Life Center

817-685-1666

Euless Family Life Senior Center

817-685-1671

Athletics

817-685-1838

Facility Rentals

817-685-1649

Softball World

817-267-7867

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Jordan Peterson, *Administrative Secretary*

817-685-1828 / jpeterson@eulesstx.gov



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



The Parks at Texas Star 2016 Fall League Registration

July 1 - August 14

Ages 3 - 14

For more information, log onto
www.parksattexasstar.com

Euless Track Club

Registration April 1 - May 15

\$25 per athlete

Ages 6 - 19

For more information, log onto
www.eulesstx.gov/pacs/athletics/?ID=16

Women's Basketball 2016 Summer Basketball League

Registration May 1 - 31

Cost - \$325 per team

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

For a full listing of all our youth and adult athletic programs, log onto
<http://www.eulesstx.gov/pacs/athletics/> or call the Athletic Office at 817-685-1838.



Softball World

www.SoftballWorld.us

1375 W. Euless Blvd, Euless, TX 76040

(817) 267-7867

cthames@eulesstx.gov

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





Visit www.ArborDaze.org for more information.

April 23 (10 a.m. - 9 p.m.)
Midway Park, 300 W. Midway Drive

A 29 year "Tree City USA" recipient, the City of Euless is proud of their many "tree"-mendous accomplishments promoting Arbor Day. Each attendee of the festival will receive a free tree. The urban tree canopy has been dwindling for decades, and the Arbor Daze Festival has given over 150,000 trees since its inception 25 years ago. Most of these trees have been planted in the immediate area to replenish the local tree population.

Arbor Daze 2016 will feature great local entertainment, Arbor Dazzling Kidz Zone, Forestry Village, a petting zoo, bungee jump, rock wall, zipline, and lots of great food! Further details are available by visiting us at www.arbordaze.org.



THE FOLLOWING ARE NOT ALLOWED AT THE FESTIVAL:

Alcohol, dogs/pets (excluding service animals), bicycles, roller blades, skateboards and scooters. Handing out material (pamphlets/ flyers/brochures/cards, etc.) advertising religious information, business ventures, etc. is prohibited. Selling merchandise, products, or services on festival ground requires pre-approval with payment of proper fees prior to the festival. Selling of merchandise, products, services, etc. around the festival ground without proper approval from the City is prohibited.

**MAIN STAGE
 HEADLINE PERFORMERS**

Saturday, April 23

Cold As Ice
 (6 p.m.)



ESCAPE -
A Journey Tribute Band
 (7:30 p.m.)





HEB Reads - Summer Reading Program Kick-Off Party

Pennington Field, 1501 Central Drive, Bedford
Saturday, April 30, 10 a.m. - Noon

Be a part of our community-wide reading challenge this summer by signing up online and tracking your reading minutes. Join us at Pennington Field to find out more about the program. We will have live stage entertainment, bounce houses, activities and food trucks. Learn more on-line at www.hebisd.edu/heb-reads



Masterworks Concert: Season of Sounds Concert Series

The Bad Monkeys

Texas Star Golf Course
1400 Texas Star Parkway
Friday, June 10, 7 p.m.

The Bad Monkeys are a Texas-based party band playing island, rock, Cajun, and your trop-rock favorites! Concessions and drink will be available for purchase. Concert is free for everyone!

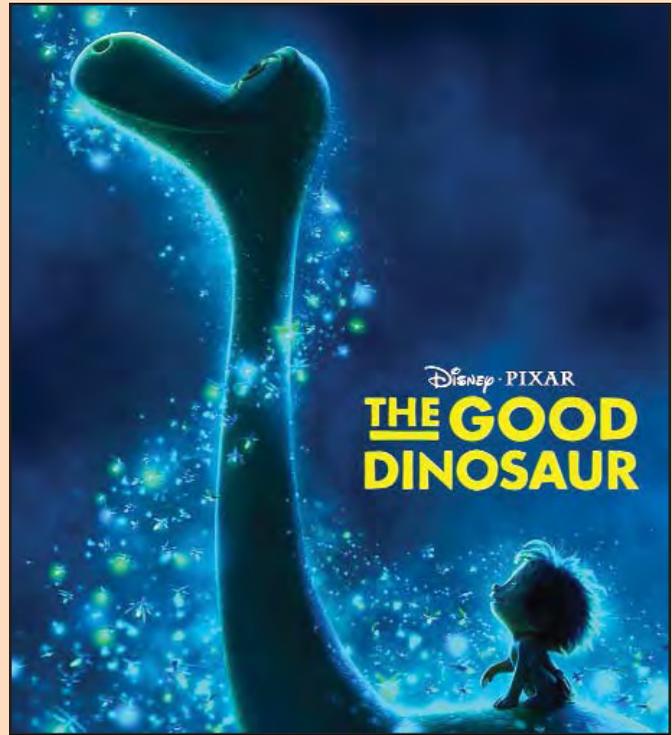


MOVIES IN THE PARK

"Max"

The Leon Hogg Amphitheater
1951 Bear Creek Parkway
Saturday, June 18, 8:45 p.m.

Join us at our beautiful Amphitheater and watch "Max." This is the Disney story of a military dog on an exiting journey with his owner. Bring your favorite pillow and blanket because it is all lawn seating. There will also be a designated area for lawn chairs. Doors open at 8:15 p.m. and the movie begins at dusk. Watch a great family movie and help fight hunger at the same time. All food items donated will be given to the Tarrant Area Food Bank. Admission-1 food donation per person (canned foods, fruit cups, diapers etc.) Concessions will be available for purchase. Call 817-685-1666 for more information.



MOVIES IN THE PARK

"The Good Dinosaur"

Eules Family Life Senior Center
300 W. Midway Drive
Saturday, July 16, 7 p.m.

It may be warm outside but, no worries; we will be inside and comfortable for this movie. Join us as we watch "The Good Dinosaur." Bring your favorite pillow and blanket because or we will have seating available. Doors open at 6:30 p.m. and the movie begins at 7 p.m. Watch a great family movie and help fight hunger at the same time. All food items donated will be given to the Tarrant Area Food Bank. Admission is 1 food donation per person (canned foods, fruit cups, diapers etc.) Concessions will be available for purchase. Call 817-685-1666 for more information.

UPCOMING EVENTS (more details in the next Playbook available August 5):

Drive-In Movie & Concert

Parks at Texas Star
Saturday, August 27, 6:30 p.m.

Stars Over Euless

Bob Eden Park
September 10, 8:30 - 9 p.m.

Crud Day

April 2, 9-11 a.m.

Eules Municipal Complex, 201 N. Ector Dr.

Safely dispose of hazardous waste from your home such as paint, chemicals and oil. Space is limited so please only bring hazardous waste. The mobile collection unit can accept material from approximately 125 households. If the unit reaches its capacity before you arrive, you may deliver your materials to the Environmental Collection Center in east Fort Worth. You may also bring any small electrical appliance you would like to recycle such as computers, radios, VCRs, stereos, clocks and hair dryers. For a complete list of accepted hazardous and electronic waste, please call 817-685-1410 or visit www.eulesstx.gov/hazmat.



GAP Walk-A-Thon

April 16, 10 a.m. - noon

Trinity High School Track

The Trinity High School Girls Awareness Program is hosting a walk-a-thon to raise funds for the Eules Animal Shelter. This dynamic group of young women works hard to find homes for the dogs and cats at the Eules Animal Shelter. In addition, they have made it their personal responsibility to groom, care for, play with, foster and raise money to pay for veterinary services. Teams will have opportunities to win prizes and adoptions will be available. If you would like to form a walk-a-thon team or just give a donation, please visit www.trinitygaprescue.org or call 817-685-1594.



Eules Library Foundation Book Sale

April 8-10

Eules Library, 201 N. Ector Dr.

Find book bargains galore and support your library.

Friday, 2-4 p.m.: Early Bird sale, admission \$5

Saturday, 10 a.m.-4 p.m. (free admission)

Sunday 1-3 p.m. (free admission)



Water University: Drought Tolerant Turf

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

Euless City Hall, 201 N. Ector Drive

Need tuff turf? Choosing the right turf and proper lawn care maintenance is a key component to a healthy lawn. This program covers basic lawn maintenance practices and selecting the right turf grass to improve the health and longevity of your landscape. You will learn how to maintain your landscape using less water, fertilizer, and pesticides.

These programs are taught by the Texas A&M AgriLife Research and Extension Center. The events are free, but you must register to attend. Please register online or call 817-685-1821 for more information.



Child Safety Seat Task Force

April 28, 10 a.m. - 2 p.m.

iT'Z Pizza, 1201 W. Airport Frwy, Suite 400

The Child Safety Seat Task Force will provide a free test that will ensure your child safety seat is installed correctly and securely in your car. The National Highway Traffic Safety Administration shows that as many as 80 percent of all car seats are improperly installed. Many Euless Police officers are certified in the Child Safety Seat restraint system and will provide free checks throughout the year by appointment. Please call 817-685-1686 to make an appointment.

Dementia Registry

The Euless Police Department Community Services has a new voluntary registry for individuals diagnosed with Alzheimer's disease and related Dementias (AD/D). Advanced reporting for individuals that have Alzheimer's disease and related dementias will assist our agency with fast tracking the search efforts for missing persons with AD/D and initiating a Silver Alert if needed.

Criteria for Advanced Reporting are:

- Must be a Euless Resident
- Documented diagnosis of AD/D by a medical professional
- Complete a voluntary registry form and provide required documents.

The following is the link to the online registry and brochure:

<http://www.eulesstx.gov/police/DementiaRegistry/>



Water University: Shade Gardening

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

Euless City Hall, 201 N. Ector Drive



Historical Preservation

Eules Heritage Museum

201 Cullum Drive / 817-685-1649

Open the 2nd Saturday of every month from 1 – 5 p.m. (April 9, May 14, June 11, July 9, August 13)

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



Historic Trees of Euless

Saturday, April 9, 2:30 p.m.

Join us for a special presentation on the many historic trees of Euless will be presented and discussed. Andy Weinzapfel, a member of the Euless Historical Preservation Committee will provide a detailed account of the rich history of trees in the City of Euless.

The Euless Historical Preservation Committee

The Euless Historical Preservation Committee is made up of volunteers and members of the Euless community whose purpose is to preserve the culture, genealogy, archives and structures of the City of Euless by preserving visible reminders and providing protection for the historical treasures of the City. The Committee works on various projects including the following:

- Build a Blacksmith Shop, a miniature Well, Post Office, Kitchen and various other structures
- Update and maintain inventory of artifacts belonging to the City of Euless
- Provide free tours to the public
- Provide historical programs and presentations
- Maintain displays inside the Museum and the Mary Lib Saleh Library
- Work with the HEB-ISD on elementary school projects, programs and tours
- Provide assistance and maintenance of the Calloway Cemetery
- Conduct metal detection on historic sites in Euless
- Write applications for Texas State Historical Markets for historic locations in Euless
- Develop and oversee the Euless local marker program
- Identifies and develops a historic tree program for the City
- Photographs current sites and locations
- Conduct and preserve oral history interviews of living subjects
- Maintain the grounds of Heritage Park
- Attend monthly meetings and volunteer for projects

The Committee is constantly reviewing programs, events and projects to promote the preservation of Euless history. If you are interested in joining the Euless Historical Preservation Committee or volunteering on an as needed basis, please contact us for an application.

Where is Heritage Park?

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



Eules Family Life Center

300 West Midway Dr.

RECREATION CENTER & FITNESS CENTER

(817) 685-1666

Robbie Rodgers
Recreation Program Coordinator
(817) 685-1668

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

HOURS OF OPERATION

Monday – Thursday
5 a.m. – 9 p.m.
Friday
5 a.m. – 8 p.m.
Saturday
8 a.m. – 6 p.m.
Sunday
Noon – 6 p.m.

CHILDCARE

Monday – Friday
5 p.m. – 8 p.m.
Mon./Wed./Fri./Sat.
8 a.m. – 11 a.m.

SENIOR CENTER

(817) 685-1671

Diane Eggers
Senior Center Supervisor
(817) 685-1670
Renee Frizzell
Senior Center Programmer
(817) 685-1871

HOURS OF OPERATION

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



HOLIDAY CLOSINGS:

April 23, May 30, July 4

Like us on Facebook! "Eules Parks & Community Services"
Visit us at www.PlayEules.com.

Eules Family Life Center Daily Use & Membership Fees

| Eules Family Life Recreation Center | | | Add Indoor Pool (Total Cost) | | Fitness Center | Racquetball | Drop-In Day Care 2-hour max visit |
|-------------------------------------|----------|----------|------------------------------|----------|----------------|-------------|-----------------------------------|
| 12-month membership | Resident | Nres | Resident | Nres | Res \ Nres | Res \ Nres | Res \ Nres |
| Youth (8-15)** | \$10.00 | \$25.00 | \$50 | \$100 | NA | NA | NA |
| Silver Individual | \$80.00 | \$225.00 | \$125.00 | \$310.00 | Included | Included | \$5.00 per day |
| Silver Family* | \$125.00 | \$485.00 | \$185.00 | \$620.00 | Included | Included | \$5.00 per day |
| Gold Individual | \$130.00 | \$275.00 | \$175.00 | \$360.00 | Included | Included | Included |
| Gold Family* | \$190.00 | \$585.00 | \$250.00 | \$720.00 | Included | Included | Included |
| Eules Family Life Recreation Center | | | Add Indoor Pool (Total Cost) | | Fitness Center | Racquetball | Drop-In Day Care 2-hour |
| 3-month membership | Resident | Nres | Resident | Nres | Res \ Nres | Res \ Nres | Res \ Nres |
| Silver Individual | \$35.00 | \$95.00 | \$55.00 | \$130.00 | Included | Included | \$5.00 per day |
| Silver Family* | \$55.00 | \$200.00 | \$85.00 | \$265.00 | Included | Included | \$5.00 per day |
| Gold Individual | \$60.00 | \$110.00 | \$75.00 | \$150.00 | Included | Included | Included |
| Gold Family* | \$85.00 | \$240.00 | \$115.00 | \$305.00 | Included | Included | Included |
| Daily Fees Recreation Center | | | Daily Fees Indoor Pool | | | | |
| Ages 2 & up | Resident | Nres | Resident | Nres | | | |
| Daily Use Fees | \$5.00 | \$10.00 | \$10.00 | \$15.00 | | | |

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

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

**Children under 9 must always be accompanied by an adult. Youth under 12 must be accompanied by an adult in the Indoor Pool. Youth age 12-15 must be accompanied by an adult in the Fitness Center.

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



HEART AND SOUL DANCE

Heart and Soul Dance is an all-year dance program that has been serving the community for several years. This program offers the opportunity to develop a strong, healthy body while learning different styles of dance. Whether you choose to try one session or stay with us through the year, your child will continue to grow and learn with our program. There will be performances throughout the year and a recital at the end. Adult Classes are also offered, please see page 26 for the class listing. Multi-family and multi-class discounts are available for programs attended in the same session. www.heartandsouldancers.com

PRESCHOOL DANCE

Preschool Dance is great for your little one to learn how to move and dance to the music. We will learn basic beginner tap and ballet moves, have fun and learn choreography.

Instructor: Leah Siek

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------------|------|------|
| 310200-01 | 5/31 | EFLC | 4-5 | T | 4:30-5:30pm | 4 | \$67 |
| 310200-06 | 8/9 | EFLC | 4-5 | T | 4:30-5:30pm | 4 | \$67 |

Instructor: Mary Berlingieri

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|------------|------|------|
| 310200-02 | 5/31 | EFLC | 2-3 | T | 6-6:45pm | 4 | \$62 |
| 310200-03 | 6/1 | EFLC | 2-3 | W | 10-10:45am | 4 | \$62 |
| 310200-04 | 6/1 | EFLC | 3-4 | W | 11am-12pm | 4 | \$67 |
| 310200-07 | 8/9 | EFLC | 2-3 | T | 6-6:45pm | 4 | \$62 |
| 310200-08 | 8/10 | EFLC | 2-3 | W | 10-10:45am | 4 | \$62 |
| 310200-09 | 8/10 | EFLC | 3-4 | W | 11am-12pm | 4 | \$67 |

Instructor: Kristen Stevens

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310200-05 | 6/3 | EFLC | 3-4 | F | 5-6pm | 4 | \$67 |
| 310200-10 | 8/12 | EFLC | 3-4 | F | 5-6pm | 4 | \$67 |

TAP & JAZZ

This is a great class to learn tap and jazz dance. We will focus on technique, tap and jazz combinations and continue to work on flexibility and coordination. We will also learn different styles of jazz and different rhythms. Instructor: Leah Siek

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|----------|------|------|
| 310201-01 | 5/31 | EFLC | 6-8 | T | 5:30-7pm | 4 | \$77 |
| 310201-02 | 6/2 | EFLC | 9-14 | Th | 7-8:30pm | 4 | \$77 |
| 310201-03 | 8/9 | EFLC | 6-8 | T | 5:30-7pm | 4 | \$77 |
| 310201-04 | 8/11 | EFLC | 9-14 | Th | 7-8:30pm | 4 | \$77 |

ADVANCED TAP

Tap! Tap! Tap! This is a wonderful class to learn tap techniques, combinations and dance choreography. Its great exercise and lots of fun. Instructor: Leah Siek

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-------|-----|-------|------|------|
| 310202-01 | 5/31 | EFLC | 13-18 | T | 8-9pm | 4 | \$62 |
| 310202-02 | 8/9 | EFLC | 13-18 | T | 8-9pm | 4 | \$62 |

TAP, BALLET & JAZZ

This is a great introduction to tap, ballet and jazz dance. This class will focus on tap technique and rhythms. It will also focus on ballet techniques, positions and balance. We will also learn jazz techniques, coordination and stretches. This is a great class with fun dance combinations and choreography. This class will grow with your child each session. Instructor: Leah Siek

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|----------|------|------|
| 310203-01 | 6/2 | EFLC | 5-7 | Th | 4:30-6pm | 4 | \$77 |
| 310203-02 | 6/2 | EFLC | 4-6 | Th | 6-7pm | 4 | \$67 |
| 310203-03 | 8/11 | EFLC | 5-7 | Th | 4:30-6pm | 4 | \$77 |
| 310203-04 | 8/11 | EFLC | 4-6 | Th | 6-7pm | 4 | \$67 |

HIP HOP I

This is a great class to learn all about Hip Hop. You will learn all the basics and learn about rhythm and style. Your child will also learn combinations and choreography. It's a great class to have fun and great exercise. Instructor: Alyssa McCarn

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310204-01 | 8/11 | EFLC | 6-9 | Th | 5-6pm | 4 | \$67 |

HIP HOP II

This is a great class for your child to learn basic Hip Hop dances. They will learn about music, beats, rhythms and will focus on techniques and style. It is a great way to make friends, good exercise and lots of fun. Instructor: Alyssa McCarn

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-------|-----|-------|------|------|
| 310205-01 | 8/11 | EFLC | 10-14 | Th | 6-7pm | 4 | \$67 |

BALLET I/II

This is a great class to learn all about ballet. You will have knowledge of ballet on top of learning ballet techniques, movements and positions. This is a great class to help with balance, coordination and flexibility. Instructor: Sue Hurst

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|-------|------|------|
| 310206-01 | 8/11 | EFLC | 7-10 | Th | 6-7pm | 4 | \$67 |

INTERMEDIATE BALLET

Ballet is the core of dance. This class will focus on intermediate to advanced ballet technique and choreography. Instructor: Sue Hurst

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-------|-----|-------|------|------|
| 310207-01 | 8/11 | EFLC | 11-17 | Th | 7-8pm | 4 | \$67 |





PRESCHOOL TUMBLING

Tumbling is a great class for your little one. They will learn basic tumbling moves and will get great exercise. Your child will begin learning flexibility and balance. Instructor: Kristen Stevens

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310208-01 | 6/3 | EFLC | 3-5 | F | 4-5pm | 4 | \$67 |
| 310208-02 | 8/12 | EFLC | 3-5 | F | 4-5pm | 4 | \$67 |

TUMBLING

This tumbling class is more advanced due to the child's age. They will learn the basics in tumbling and will be introduced to more advanced moves as they progress throughout the year. We will focus on flexibility, balance and getting your child some exercise while they have a great time! Instructor: Kristen Stevens

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310209-01 | 6/3 | EFLC | 6-8 | F | 6-7pm | 4 | \$67 |
| 310209-02 | 8/12 | EFLC | 6-8 | F | 6-7pm | 4 | \$67 |

TOTS - LEARN TO SKATE

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 | \$ |
|-----------|------|------|-----|-----|-----------|------|------|
| 310501-01 | 6/4 | DPSC | 3-5 | S | 12:30-1pm | 2 | \$30 |
| 310501-02 | 6/4 | DPSC | 3-5 | S | 1-1:30pm | 2 | \$30 |
| 310501-03 | 6/6 | DPSC | 3-5 | M | 6-6:30pm | 2 | \$30 |
| 310501-04 | 6/6 | DPSC | 3-5 | M | 6:30-7pm | 2 | \$30 |
| 310501-05 | 6/18 | DPSC | 3-5 | S | 12:30-1pm | 2 | \$30 |
| 310501-06 | 6/18 | DPSC | 3-5 | S | 1-1:30pm | 2 | \$30 |
| 310501-07 | 7/9 | DPSC | 3-5 | S | 12:30-1pm | 2 | \$30 |
| 310501-08 | 7/9 | DPSC | 3-5 | S | 1-1:30pm | 2 | \$30 |
| 310501-09 | 7/11 | DPSC | 3-5 | M | 6-6:30pm | 2 | \$30 |
| 310501-10 | 7/11 | DPSC | 3-5 | M | 6:30-7pm | 2 | \$30 |
| 310501-11 | 7/23 | DPSC | 3-5 | S | 12:30-1pm | 2 | \$30 |
| 310501-12 | 7/23 | DPSC | 3-5 | S | 1-1:30pm | 2 | \$30 |
| 310501-13 | 7/25 | DPSC | 3-5 | M | 6-6:30pm | 2 | \$30 |
| 310501-14 | 7/25 | DPSC | 3-5 | M | 6:30-7pm | 2 | \$30 |
| 310501-15 | 8/6 | DPSC | 3-5 | S | 12:30-1pm | 2 | \$30 |
| 310501-16 | 8/6 | DPSC | 3-5 | S | 1-1:30pm | 2 | \$30 |
| 310501-17 | 8/8 | DPSC | 3-5 | M | 6-6:30pm | 2 | \$30 |
| 310501-18 | 8/8 | DPSC | 3-5 | M | 6:30-7pm | 2 | \$30 |



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 skate rental during lesson 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 | \$ |
|-----------|------|------|------|-----|-----------|------|------|
| 310502-01 | 6/4 | DPSC | 6-14 | S | 12:30-1pm | 2 | \$30 |
| 310502-02 | 6/4 | DPSC | 6-14 | S | 1-1:30pm | 2 | \$30 |
| 310502-03 | 6/6 | DPSC | 6-14 | M | 6-6:30pm | 2 | \$30 |
| 310502-04 | 6/6 | DPSC | 6-14 | M | 6:30-7pm | 2 | \$30 |
| 310502-05 | 6/18 | DPSC | 6-14 | S | 12:30-1pm | 2 | \$30 |
| 310502-06 | 6/18 | DPSC | 6-14 | S | 1-1:30pm | 2 | \$30 |
| 310502-07 | 7/9 | DPSC | 6-14 | S | 12:30-1pm | 2 | \$30 |
| 310502-08 | 7/9 | DPSC | 6-14 | S | 1-1:30pm | 2 | \$30 |
| 310502-09 | 7/11 | DPSC | 6-14 | M | 6-6:30pm | 2 | \$30 |
| 310502-10 | 7/11 | DPSC | 6-14 | M | 6:30-7pm | 2 | \$30 |
| 310502-11 | 7/23 | DPSC | 6-14 | S | 12:30-1pm | 2 | \$30 |
| 310502-12 | 7/23 | DPSC | 6-14 | S | 1-1:30pm | 2 | \$30 |
| 310502-13 | 7/25 | DPSC | 6-14 | M | 6-6:30pm | 2 | \$30 |
| 310502-14 | 7/25 | DPSC | 6-14 | M | 6:30-7pm | 2 | \$30 |
| 310502-15 | 8/6 | DPSC | 6-14 | S | 12:30-1pm | 2 | \$30 |
| 310502-16 | 8/6 | DPSC | 6-14 | S | 1-1:30pm | 2 | \$30 |
| 310502-17 | 8/8 | DPSC | 6-14 | M | 6-6:30pm | 2 | \$30 |
| 310502-18 | 8/8 | DPSC | 6-14 | M | 6:30-7pm | 2 | \$30 |





KIDZ LOVE SOCCER - MOMMY/DADDY & ME SOCCER

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-----|-------|-----|----------|------|------|
| 310520-01 | 7/9 | BEP | 2-3.5 | S | 9-9:30am | 8 | \$95 |

KIDZ LOVE SOCCER - TOT SOCCER

Teaches the basic techniques of the game and builds self-esteem through participation and fun soccer activities. Children learn to follow instructions in a nurturing, age appropriate environment. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey! This class is held at Bob Eden Park. Instructor: Kidz Love Soccer Staff

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-----|-------|-----|--------------|------|------|
| 310521-01 | 7/9 | BEP | 3.5-4 | S | 9:40-10:10am | 8 | \$95 |

**KIDZ LOVE SOCCER
SOCCER 1: TECHNIQUES & TEAMWORK**

Players will learn dribbling, passing, receiving, shooting, age-specific defense, etc. Fun skill games are played every session, and every participant will have a ball at his or her feet. Small-sided soccer matches will be introduced gradually. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey! This class will be held at Bob Eden Park. Instructor: Kidz Love Soccer Staff

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-----|-----|-----|------------|------|------|
| 310523-01 | 7/9 | BEP | 5-6 | S | 10:15-11am | 8 | \$95 |



**KIDZ LOVE SOCCER
SOCCER 2: SKILLZ & SCRIMMAGES**

Kids, 7-10 years of age will enjoy advanced skill building: dribbling, passing and shooting in a team play format. Each class will focus on scrimmages that emphasize application of finer technical points. All levels are welcome to come enjoy the world's most popular game. Shin guards are required after the first meeting, soccer cleats are optional, shorts and a t-shirt are fine. All participants receive a Kidz Love Soccer jersey. This class is held at Bob Eden Park. Instructor: Kidz Love Soccer Staff

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-----|------|-----|------------|------|------|
| 310524-01 | 7/9 | BEP | 7-10 | S | 11-11:45am | 8 | \$95 |

"SHAKE YOUR HIPS" TAHITIAN/HULA CLASS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|-----------|------|------|
| 310181-01 | 6/4 | EFLC | 5+ | S | 10:30-1PM | 4 | \$25 |
| 310181-02 | 7/2 | EFLC | 5+ | S | 10:30-1PM | 4 | \$25 |
| 310181-03 | 8/6 | EFLC | 5+ | S | 10:30-1PM | 4 | \$25 |



TAEKWON-DO TIGERKUBS

An age appropriate introduction to martial arts, our Tigerkubs program is designed to teach your child the 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 | \$ |
|-----------|------|------|-----|-----|----------|------|------|
| 310130-01 | 5/28 | EFLC | 5-8 | S | 9-9:45am | 6 | \$28 |
| 310130-02 | 7/23 | EFLC | 5-8 | S | 9-9:45am | 6 | \$28 |

**TAEKWON-DO BEGINNERS
(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 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 the TigerKubs program and be approved by the TigerKubs instructor before registering. Uniforms with the school logo are available from the instructor for a fee. If a uniform is purchased elsewhere, it must be a plain white uniform. Instructor: Camille Dockter

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|------------|------|------|
| 310131-01 | 5/24 | EFLC | 9-12 | T | 6-7:15pm | 6 | \$58 |
| | | EFLC | | S | 10-11:15am | | |
| 310131-02 | 7/19 | EFLC | 9-12 | T | 6-7:15pm | 6 | \$58 |
| | | EFLC | | S | 10-11:15am | | |

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

This children specific intermediate/advanced program allows students who have attained a green belt through the Taekwon-Do Jungshin beginner program to progress into more advanced and intricate skill development reaching their first black belt and beyond. Participants must have instructor approval prior to register. No class May 30. Instructor: Camille Dockter

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|----------|------|------|
| 310132-01 | 5/23 | EFLC | 9-12 | M | 6-7:15pm | 5.5 | \$54 |
| | | SIM | | Th | 6-7:15pm | | |
| 310132-02 | 7/18 | EFLC | 9-12 | M | 6-7:15pm | 6 | \$58 |
| | | SIM | | Th | 6-7:15pm | | |





SUMMER DAY CAMP 2016 REGISTRATION PROCEDURES

SUMMER CAMP PRE-REGISTRATION LOTTERY FOR EULESS RESIDENTS

To better serve the growing number of parents enrolling their children in summer camp, the Euless Family Life Center is offering a Pre-registration Lottery for 2016 Summer Camp, in advance of the regular Walk-in Registration. A lottery is the most convenient way to register and the most equitable way of making our camps available to the greatest number of interested participants. The Parks and Community Services Department will give Returning Campers who are Euless resident's priority access to register for summer camp.

Pre-registration is a lottery, meaning it does not matter when you submit your registration form within the open lottery period. There is no need to stand in line early in the morning to turn in a registration form, and no payment is required to participate in the lottery. Simply complete your registration form and submit it to the Euless Family Life Center front desk any time between the dates listed below and your registration will be entered into the lottery. Proof of residency is required (photo id and current water bill or lease). Participants who are offered a space in a camp will have until May 9 to secure their space with a \$10 deposit for each session\week of camp. Waiting list calls begin May 10. The Parks and Community Services Department will begin Summer Camp Walk-in Registration for City of Euless residents and non-Euless residents on Wednesday, May 4 at 8 a.m. Registration continues during normal business hours until camp begins. Registration packets will be available on-line at www.eulesstx.gov/pacs by March 11.

REGISTRATION DATES

RETURNING CAMPERS WHO ARE EULESS RESIDENTS

March 14, 2016 - April 3, 2016 at 6 p.m. (no exceptions or late pre-registrations)

Summer Camp pre-registration lottery opens for Returning Campers who are Euless residents.

April 5, 2016

Summer Camp pre-registration lottery results sent.

NEW CAMPERS WHO ARE EULESS RESIDENTS

April 6, 2016 - May 1, 2016 at 6 p.m. (no exceptions or late pre-registrations)

Summer Camp pre-registration lottery opens for New Campers who are Euless residents.

May 3, 2016

Summer Camp pre-registration lottery results sent.

Open and Non-Euless resident registration

May 4, 2016, 8 a.m.

May 9, 2016

Summer Camp deposits from lottery due.

REGISTRATION CONTINUES DURING NORMAL BUSINESS HOURS UNTIL CAMP BEGINS.



SUMMER ADVENTURE CAMP

Weekly day camp features field trips, swimming, sports, art & crafts, team building, and more. The camp hours will be 7:30 a.m. - 6 p.m. The camp activities will start at 9 a.m. and conclude at 4 p.m. There will be small group activities planned for camp drop off and pickup. Campers should bring their own lunch, snacks, water bottle, change of clothes, swimsuit, towel and sunscreen in a back pack every day. Price includes fieldtrips, transportation to and from and one camp T-shirt. You may sign your child up for the entire summer or just a week!

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|------------|------|------|
| 311111-01 | 5/31 | EFLC | 6-11 | T-F | 7:30am-6pm | 1 | \$68 |
| 311111-02 | 6/6 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-03 | 6/13 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-04 | 6/20 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-05 | 6/27 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-06 | 7/5 | EFLC | 6-11 | T-F | 7:30am-6pm | 1 | \$68 |
| 311111-07 | 7/11 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-08 | 7/18 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-09 | 7/25 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-10 | 8/1 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-11 | 8/8 | EFLC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |

This camp will meet at Dr Pepper Star Center which is located at 1400 S Pipeline, Euless, 76040.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|------------|------|------|
| 311111-20 | 5/31 | DPSC | 6-11 | T-F | 7:30am-6pm | 1 | \$68 |
| 311111-21 | 6/6 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-22 | 6/13 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-23 | 6/20 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-24 | 6/27 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-25 | 7/5 | DPSC | 6-11 | T-F | 7:30am-6pm | 1 | \$68 |
| 311111-26 | 7/11 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-27 | 7/18 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-28 | 7/25 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-29 | 8/1 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-30 | 8/8 | DPSC | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |

This camp will meet at South Euless Elementary School which is located at 605 S. Main Street, Euless, 76040.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-----|------|-----|------------|------|------|
| 311111-40 | 6/6 | SEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-41 | 6/13 | SEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-42 | 6/20 | SEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-43 | 6/27 | SEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-44 | 7/5 | SEE | 6-11 | T-F | 7:30am-6pm | 1 | \$68 |
| 311111-45 | 7/11 | SEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-46 | 7/18 | SEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |

This camp will meet at North Euless Elementary School which is located at 1101 Denton Drive, Euless, 76039.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-----|------|-----|------------|------|------|
| 311111-50 | 6/6 | NEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-51 | 6/13 | NEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-52 | 6/20 | NEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-53 | 6/27 | NEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-54 | 7/5 | NEE | 6-11 | T-F | 7:30am-6pm | 1 | \$68 |
| 311111-55 | 7/11 | NEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |
| 311111-56 | 7/18 | NEE | 6-11 | M-F | 7:30am-6pm | 1 | \$85 |



TEEN L.I.F.E.

Weekly day camp that stresses leadership, Integrity, friendship and empowerment. Activities and field trips will focus on teamwork, responsibility and community service.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-------|-----|------------|------|------|
| 311112-01 | 5/31 | EFLC | 12-14 | T-F | 7:30am-6pm | 1 | \$60 |
| 311112-02 | 6/6 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-03 | 6/13 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-04 | 6/20 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-05 | 6/27 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-06 | 7/5 | EFLC | 12-14 | T-F | 7:30am-6pm | 1 | \$60 |
| 311112-07 | 7/11 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-08 | 7/18 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-09 | 7/25 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-10 | 8/1 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |
| 311112-11 | 8/8 | EFLC | 12-14 | M-F | 7:30am-6pm | 1 | \$75 |

*NOTE: TEEN L.I.F.E. allows the registration instructions on pg. 14.



FUN TIME ADVENTURE CAMP

Come, have fun and enjoy an adventure as we explore some hands on theme based activities. Each week will be filled with arts, crafts, music, games and plenty of imagination. Join us for an amazing ride. Participants may sign up weekly or for an entire summer. No camp week of July 4th. Instructor: Yolanda Scheimann

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|------------------|------|------|-----|------|---------|------|------|
| Yay It's Summer | | | | | | | |
| 311109-01 | 6/6 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| Under the Sea | | | | | | | |
| 311109-02 | 6/13 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| A Bugs World | | | | | | | |
| 311109-03 | 6/20 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| Weird Science | | | | | | | |
| 311109-04 | 6/27 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| Down on the Farm | | | | | | | |
| 311109-05 | 7/11 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| Dinosaurs | | | | | | | |
| 311109-06 | 7/18 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| Mighty Jungle | | | | | | | |
| 311109-07 | 7/25 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |
| All Sports Week | | | | | | | |
| 311109-08 | 8/1 | EFLC | 3-6 | M-TH | 9am-2pm | 1 | \$82 |

SUN TIME FRIDAYS CAMP

Hey it's Friday and that means one thing it's Sun Time at the Euless Family Life Center! Come have an awesome time playing games, doing crafts, and meeting new friends, each week will have an exciting theme and all activities will follow this theme. Remember to bring a snack, sunblock, and a huge smile. Participants may sign up weekly or for the entire summer. No camp July 8. Instructor: Claudia Ramirez.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|------------------|------|------|-----|-----|---------|------|------|
| Yay It's Summer | | | | | | | |
| 311114-01 | 6/10 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| Under the Seas | | | | | | | |
| 311114-02 | 6/17 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| A Bugs World | | | | | | | |
| 311114-03 | 6/24 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| Weird Science | | | | | | | |
| 311114-04 | 7/1 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| Down on the Farm | | | | | | | |
| 311114-05 | 7/15 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| Dinosaurs | | | | | | | |
| 311114-06 | 7/22 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| Mighty Jungle | | | | | | | |
| 311114-07 | 7/29 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |
| All Sports Week | | | | | | | |
| 311114-08 | 8/5 | EFLC | 3-6 | F | 9am-2pm | 1 | \$22 |





FLAG FOOTBALL 57

FB57 is action-packed!! This is a skills clinic and flag football program for younger players. Learn passing and receiving as well as defensive coverage. Players also learn plays, routes and become familiar with football formations and basics. Time is set aside at each program for scrimmage. All equipment supplied. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|------|--------|------|------|
| 311120-01 | 6/6 | EFLC | 5-7 | M-TH | 8-11am | 1 | \$90 |
| 311120-02 | 7/18 | EFLC | 5-7 | M-TH | 8-11am | 1 | \$90 |

FLAG FOOTBALL QB WR

This Class is a combination of QB WR skills clinic and a traditional flag football program. During the four sessions of this program, players practice drills and movements including passing and receiving as well as defensive coverage. Players learn plays, routes and become familiar with football formations and basics. We also allow time at each program for scrimmage. All equipment supplied. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|------|--------|------|------|
| 311121-01 | 6/6 | EFLC | 7-12 | M-TH | 8-11am | 1 | \$90 |
| 311121-02 | 7/18 | EFLC | 7-12 | M-TH | 8-11am | 1 | \$90 |

GOLF AGES

Golf clinic features a fun curriculum designed just for young players. We set up drills and stations to get maximum time with a club in hand. Chipping and driving range stations work on the fundamentals and basics while our simulated holes replicate situations. We primarily work with irons and strive to building confidence in swing. Bring your own clubs our use ours, glove recommended. Water bottle, snack and sun-screen/hat. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|------|--------|------|------|
| 311122-01 | 6/27 | EFLC | 7-12 | M-TH | 8-11am | 1 | \$90 |

DODGEBALL

Our ultra-popular program that includes several versions of Dodgeball. The emphasis is on fun, teamwork and exercise. We will play many different versions of the classic game using the new coated foam balls. These balls are perfect for safe FUN play! Groups divided based on ages. Please bring a snack and gym shoes. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|------|-------|------|------|
| 311123-01 | 6/20 | EFLC | 6-12 | M-TH | 1-4pm | 1 | \$90 |
| 311123-02 | 8/1 | EFLC | 6-12 | M-TH | 1-4pm | 1 | \$90 |

SPEED SPORTS CAMP

Fast paced clinic features speed games like capture the flag, dodgeball and agility tag. All speed and agility drills are age appropriate. We teach proper technique and coach with positive reinforcement. Improve your speed and over all conditioning while having a blast with fast paced games. Indoor/outdoor program bring a snack, water, sunscreen and gym shoes. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|------|------|-------|------|------|
| 311124-01 | 8/8 | EFLC | 7-12 | M-TH | 1-4pm | 1 | \$90 |

BASKETBALL TECH CAMP

Basketball TECH Camp is designed for players of all skills and abilities that are looking for a serious and fun basketball experience. We focus on individual dribbling skills, passing, and shooting, but learn team concepts to put all of the pieces together. This is a skill-based program which utilizes drills and games to rein-force skills being taught. Part of each class time will be used for game scrimmages. Bring a snack, water and gym shoes. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|------|----------|------|------|
| 311125-01 | 6/6 | EFLC | 7-12 | M-TH | 9am-12pm | 1 | \$90 |
| 311125-02 | 8/15 | EFLC | 7-12 | M-TH | 9am-12pm | 1 | \$90 |

BEGINNER SOCCER CAMP

Our action-packed, soccer skills clinic incorporates all fundamental aspects of the game. Players learn passing and receiving, dribbling and ball control. Players also become familiar with soccer rules, game play and basic strategy. Time at each program for scrimmage. All equip supplied, shin guards not necessary. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|------|--------|------|------|
| 311126-01 | 6/13 | EFLC | 6-12 | M-TH | 8-11am | 1 | \$90 |
| 311126-02 | 7/11 | EFLC | 6-12 | M-TH | 8-11am | 1 | \$90 |

ROOKIES MULTI SPORT

Our action-packed, soccer skills clinic incorporates all fundamental aspects of the game. Players learn passing and receiving, dribbling and ball control. Players also become familiar with soccer rules, game play and basic strategy. Time at each program for scrimmage. All equip supplied, shin guards not necessary. Instructor: Bowman Sports

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|------|--------|------|------|
| 311127-01 | 6/27 | EFLC | 5-7 | M-TH | 8-11am | 1 | \$90 |





**SCIENCE CAMPS
EARTH, SPACE & BEYOND**

Take a new look at the world around you during this exciting summer camp! Learn how to create codes so you can pass secret messages, protect the planet, understand how to eat like different animals and learn about space during class.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------------|------|-------|
| 311150-01 | 6/20 | EFLC | 3-6 | M-F | 1:30-4:30pm | 1 | \$150 |

LET'S GET GROWING

Mad Science invites you to play in the garden in this exciting camp. Dissect soils and seeds while exploring living plants and leaves. Make your own sun visor. See and make some ladybugs and creepy crawlers then explore the life of a caterpillar.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------------|------|-------|
| 311150-02 | 7/18 | EFLC | 3-6 | M-F | 1:30-4:30pm | 1 | \$150 |

FORENSIC LAB

Join in CSI style forensics in a hands-on look at crime scenes. Identify and collect evidence from fingerprints to trash! Recreate the scene of a crime using clues. Detect suspects using science in this investigation into the science of sleuthing.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|-------------|------|-------|
| 311150-03 | 6/27 | EFLC | 6-10 | M-F | 1:30-4:30pm | 1 | \$150 |

SPY ACADEMY

Learn to spy-oh, my! James Bond? MacGyver? Do you have what it takes to discover "who done it"? If so, this camp is for you! Explore secret communications, detective crime science, inner workings of our cells and cool chemistry.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|------|-----|-------------|------|-------|
| 311150-04 | 8/1 | EFLC | 6-10 | M-F | 1:30-4:30pm | 1 | \$150 |

BRIXOLOGY ENGINEERING

Become the next generation of makers! Learn different types of engineering and team up to construct a different Engineering themed project using LEGO® bricks. Build upon your creativity to solve real world design challenges, while developing problem solving and teambuilding skills.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|-------------|------|-------|
| 311150-05 | 7/11 | EFLC | 7-12 | M-F | 1:30-4:30pm | 1 | \$150 |

RED HOT ROBOTS

Join us in Red Hot Robot exploration! Discover inner workings of robots, experiment with circuits, sensors and power supplies. Explore sound sensing, line tracking and solar power robots. Build your own robot to keep! Supply fee of \$25 due 1st day.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|------|-----|-------------|------|-------|
| 311150-06 | 8/8 | EFLC | 7-12 | M-F | 1:30-4:30pm | 1 | \$150 |



ADVENTURES IN ART CAMP

In this four-day art camp, your child will complete eight different works of art, using five different mediums that you'll be proud to frame and display! Your young Monet will paint with watercolors, heavy and light acrylics and draw with charcoals and oil pastels. Individualized instruction by a professional artist give your child the fundamentals of creativity in a fun and easy approach with truly amazing results. All art supplies are provided. Bring a roll of paper towels and wear an old shirt. Instructor: Susan Garden

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|------|----------|------|-------|
| 311155-01 | 7/25 | ELFC | 5-13 | M-Th | 2-4:45pm | 1 | \$122 |

JUNIOR FORESTER CAMP

The Junior Forester Program is a 4- week, hands-on program offered and supervised by City of Euless Park professionals and is intended to teach and educate participants about the value of trees. Junior Forester participants will engage in many tree related activities including tree identification, how to grow and maintain trees, tree propagation, and much more. The program will also feature workshops, presentations, both indoor and outdoor activities and hopefully develop an overall better understanding and appreciation for our urban forest. This class is held at the Park Maintenance Building located at 1997C South Pipeline Road (Behind the Parks at Texas Star).

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|--------|-----|-------|-------|-----|-----------|------|------|
| 311145 | 6/7 | PMAIN | 13-15 | TTh | 8:30-11am | 4 | FREE |

SUPERHERO CARTOON WORKSHOP

Pow! Bang! Wow! Now you can learn to draw your own comic book superhero. Each day we will complete several drawings while we explore a variety of characters. We will learn to draw the basic muscular superhero body and adapt it to the character of our choice. We will learn to draw action and movement while we complete the scenes around our superheroes, using pencils, markers and Sharpies™. Our collection of drawings will be impressive. Instructor: Young Rembrandts

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|------|-----|-------------|------|------|
| 311158-01 | 6/13 | EFLC | 6-12 | MTW | 1:30-3:30pm | 1 | \$90 |



Aquatics



EULESS FAMILY LIFE AQUATIC PARK 300 W. Midway Drive 817-399-4715

The Eules Family Life Aquatic Park is located adjacent to the Eules Family Life Center. The tot area features a zero-

depth entry pool with a tot playground. There is also a lazy river where inner tubes are provided. The main pool features two flume slides and one run out slide as well as a lily-pad walk (48" height requirement). The facility also includes a bathhouse, concession area, deck space, picnic tables, lounge chairs, shaded areas and plenty of parking.

HOURS:

DAILY SWIMMING BEGINS SATURDAY, MAY 28

Monday - Saturday 11 a.m. - 8 p.m.
Sunday Noon - 7 p.m.

*The Aquatic Park will close at 6 p.m. on May 30, July 4 and September 5.

DAILY FEES

Monday - Friday \$3 residents, \$6 non-residents
Saturday - Sunday & Holidays \$4 residents, \$8 non-residents

Proof of residency is required for resident rates. Children 2 & under are free with a paying adult. Children 9 & under will not be admitted into the pool unless accompanied by a responsible adult. The adult must stay with the child while at the pool.

PASSES

Family passes, and individual passes are available. Photo identification and proof of residency is required in order to purchase a resident pass. All family members must present a photo ID. Family passes and individual passes may be purchased beginning April 1 at Eules Family Life Center. Family passes and individual passes are accepted at Wilshire Pool as well and only good for the year purchased and no exchanges or refunds will be granted.

| | Resident | Non-Resident |
|-------------------|----------|--------------|
| Family Passes | \$150* | \$300* |
| Individual Passes | \$45 | \$90 |

** Families are considered to be up to two adults and four dependent children or Seniors (60+) living in the same household; add \$10 for each additional child or (Senior 60+)

SWIM ATTIRE

Proper swim attire is required to enter the pool area. No jeans or basketball shorts are allowed.

PARTIES

Host a party at the Eules Family Life Aquatic Park. Reservations can be made to rent a cabana or pavilion during daily operating hours or private parties during non-public swim hours on Friday, Saturday, and Sunday evenings. Reservations can be made beginning May 2. All reservations will need to be made at the Parks and Community Services Office at 1314 B Royal Parkway, Monday-Friday, 8 a.m. - 5 p.m., for more information, please visit <http://www.eulesstx.gov/pacs/rental/AquaticFacilities.htm> or contact ofaiva-siale@eulesstx.gov or 817-685-1649.

CABANAS

Cabanas are available to rent during daily operating hours in 2-hour blocks (excluding holidays).

Monday - Saturday times are:

11:15 a.m., 1:30 p.m., 3:45 p.m. or 6 p.m.

Sunday times are:

12:15 p.m., 2:30 p.m. or 4:45 p.m.

Small Cabana - includes one picnic table and admission for up to 12 people; weekday rate \$75 resident; \$175 non-resident; weekend and holiday rate \$96 resident and \$196 non-resident. Additional tickets may be purchased (\$2 weekday, \$3 weekend).

Large Cabana - includes two picnic tables and admission for up to 24 people; weekday rate \$150 resident; \$345 non-resident; weekend and holiday rate \$192 resident and \$387 non-resident. Additional tickets may be purchased (\$2 weekday, \$3 weekend).

Pavilion - includes seating for 50 and admission for up to 25 people; weekday rate \$210 resident; \$450 non-resident; weekend and holiday rate \$250 resident and \$490 non-resident. Additional tickets may be purchased (\$2 weekday, \$3 weekend).

PRIVATE PARTY RESERVATIONS

Private parties can be held during non-public swim hours on Friday or Saturday, 8:30 - 10:30 p.m. and Sunday, 7:30 - 9:30 p.m. between May 28 and August 14. Full payment is due at time of reservation. Prices include lifeguards and access to the facility.

2-HOUR PRIVATE PARTY

Resident: \$900 Non-resident: \$1,500

SENIOR CENTER MEMBERS!

Lazy Daze at the Lazy River- Are you 60 years or older? Then come enjoy the Lazy River at the Aquatic Park from 9 - 11 a.m. on Friday June 10 and Friday July 1 in a way you have never seen the park before!

We have opened the lazy river to senior members only to enjoy a peaceful and relaxing float before the general public comes in. We will provide the tubes; all you need to bring is your membership card and your best sunshades! This event is available to our Senior Center members, yearly resident memberships start at \$7.



WILSHIRE POOL

315 Sierra Drive 817-685-1678

Wilshire Pool is located adjacent to Wilshire Park. This pool is a traditional rectangle pool with one slide and ranges from a depth of 3 feet to 12 feet.

HOURS:

SATURDAY, JUNE 4 to SUNDAY, AUGUST 14

Monday - Friday 1 - 5 p.m.
Saturday 1 - 6 p.m.
Sunday 2 - 6 p.m.

DAILY FEES

Monday - Friday \$2 residents, \$3 non-residents
Saturday - Sunday & Holidays \$3 residents, \$4 non-residents

Season passes bought at the Aquatic Park are valid. Proof of residency is required for resident rates. Children 2 & under are free with a paying adult. Children 9 & under will not be admitted into the pool unless accompanied by a responsible adult. The adult must stay with the child while at the pool.

PRIVATE PARTY RESERVATIONS

Private parties at Wilshire Pool can be held during non-public swim hours on Saturday and Sunday, 10:30 a.m. - 12:30 p.m. or 6:30 - 8:30 p.m. between May 30 and August 14. Full payment is due at time of reservation. Prices include lifeguards for 50 swimmers and access to the facility. Additional lifeguard will be required for swimmers above 50 in increments of 25. Reservations may be made starting May 2 and require a minimum 2-week notice. All reservations can be made at the Parks and Community Services Office at 1314 B Royal Parkway, Monday-Friday, 8 a.m. - 5 p.m., for more information, please visit www.eulesstx.gov/pacs/rental/AquaticFacilities.htm or contact ofaiva-siale@eulesstx.gov or 817-685-1649.

2-hour private party

Resident \$70 Non-resident \$150
Additional Lifeguard \$20 per rental



**SOUTH EULESS PARK
SPLASH PAD
600 S. Main Street**

The Splash Pad offers multiple spray features that provide a safe, no cost play environment for children to cool off during the hot weather. Simply press the top of the yellow bollard to start the water features.

Open May 1 - September 30; Monday - Saturday 9 a.m. - 8 p.m. and Sunday, 2 - 6 p.m. For more information, please call 817-685-1666.



**NATORIUM
300 W. Midway Drive**

The Natorium is open year-round and is adjacent to the Euless Family Life Center. Please see membership rates and daily fees on page 9. This facility consists for a resistance river, 3 lap lanes, a slide (48" height requirement) and a splash play area.

HOURS:

| | |
|------------------------|--|
| Monday-Thursday | 8 a.m. - 8:30 p.m. Open Swim - 11:40 a.m. - 5 p.m. |
| Friday | 8 a.m. - 7:30 p.m. Open Swim - 11:40 a.m. - 5 p.m. |
| Saturday | 9 a.m. - 3:30 p.m. Open Swim - 10:30 a.m. - 3 p.m. |
| Sunday | Noon - 3:30 p.m. Open Swim - 12 - 3 p.m. |

*The Natorium will be closed on April 23, May 30, July 4 and September 5.

PARTIES

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

**Open Swim Party Rental (up to 12 swimmers)
Resident: \$100 Non-resident: \$250**

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

**Private Party Rental (up to 40 swimmers)
Resident: \$175 Non-resident: \$425**

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

A \$250 deposit is required for rental. Party room capacity is 40 and seats 20 comfortably. Renter may bring in cake and drinks. All rental fees are due at time of reservation. The rental may be made a maximum of 60 days in advance and a minimum of 2-weeks' notice. Due to lifeguard staffing requirements no additional guests may be added to the party.

Reservations are on a first come first served basis and date is not confirmed until full payment is made. All reservations can be made at the Parks and Community Services Office at 1314 B Royal Parkway, Monday-Friday, 8 a.m. - 5 p.m., for more information, please visit <http://www.eulesstx.gov/pacs/rental/AquaticFacilities.htm> or call 817-685-1649.

WATER AEROBICS



**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.

| | | |
|---|--|--|
| <p>DROP IN, TRY A CLASS , ONLY \$10 Non-refundable; not available to use as credit toward punch/membership</p> | <p>SENIORS - \$30 per month, unlimited classes (aquatic membership required) Best option for members Non-senior - \$45 per month, unlimited classes (aquatic membership required)</p> | <p>5 class package, \$40 (\$8 per class) 10 classes, \$70 (\$7 per class) 20 classes, \$120 (\$6 per class) (Membership NOT required) NON-refundable, NON-replaceable</p> |
|---|--|--|

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

ARTHRITIC AEROBICS

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|-------|----------|
| 320700-01 | 6/1 | EFLC | M/W/F | 8-8:45am |
| 320700-02 | 7/1 | EFLC | M/W/F | 8-8:45am |
| 320700-03 | 8/1 | EFLC | M/W/F | 8-8:45am |

WATER TONING

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|------|----------|
| 320702-01 | 6/2 | EFLC | T/TH | 8-8:45am |
| 320702-02 | 7/5 | EFLC | T/TH | 8-8:45am |
| 320702-03 | 8/2 | EFLC | T/TH | 8-8:45am |



AQUA AGILITY

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|-------|--------------|
| 320704-01 | 6/1 | EFLC | M/W/F | 9:35-10:25am |
| 320704-02 | 7/1 | EFLC | M/W/F | 9:35-10:25am |
| 320704-03 | 8/1 | EFLC | M/W/F | 9:35-10:25am |

CARDIO BY AQUA

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|------|-------------|
| 320705-01 | 6/2 | EFLC | T/Th | 8:50-9:35am |
| 320705-02 | 7/5 | EFLC | T/Th | 8:50-9:35am |
| 320705-03 | 8/2 | EFLC | T/Th | 8:50-9:35am |

HYDRO-RESISTANCE

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|------|--------------|
| 320709-01 | 6/2 | EFLC | T/Th | 9:40-10:35am |
| 320709-02 | 7/5 | EFLC | T/Th | 9:40-10:35am |
| 320709-03 | 8/2 | EFLC | T/Th | 9:40-10:35am |

AQUA-FITNESS

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|------|----------|
| 320706-01 | 6/2 | EFLC | T/TH | 5-5:45pm |
| 320706-02 | 7/5 | EFLC | T/TH | 5-5:45pm |
| 320706-03 | 8/2 | EFLC | T/TH | 5-5:45pm |

SPLASH ZUMBA

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|-----|-------|
| 320707-01 | 6/7 | EFLC | T | 6-7pm |
| 320707-02 | 7/5 | EFLC | T | 6-7pm |
| 320707-03 | 8/2 | EFLC | T | 6-7pm |

WILSHIRE ZUMBA-FIT

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|-----|-----|-------|
| 320715-01 | 6/8 | Wil | W | 6-7pm |
| 320715-02 | 7/6 | Wil | W | 6-7pm |
| 320715-03 | 8/3 | Wil | W | 6-7pm |

AQUA CROSS TRAINING

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|-----|-------|
| 320703-01 | 6/2 | EFLC | Th | 6-7pm |
| 320703-02 | 7/7 | EFLC | Th | 6-7pm |
| 320703-03 | 8/4 | EFLC | Th | 6-7pm |

DEEP WATER AEROBICS

Deep water aerobics is a great class to improve overall fitness. While Deep Water Aerobics has low impact on your joints, it has a high impact on your cardiovascular system. You will be using noodles, weights, and other water aerobics equipment. You may bring your own flotation belt or lifejacket for support in the deep water, or rely on your ability to float as you perform deep water aerobics routines. Want to join but have deep water hesitations? Wilshire pool has a depth of 3 feet to 12 feet. Talk to the instructor about your comfort levels and they will modify the program to accommodate you. Classes are at Wilshire pool in Wilshire Park. No class July 4.

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|-----|-----|-------|
| 320714-01 | 6/1 | Wil | M/W | 5-6pm |
| 320714-02 | 7/6 | Wil | M/W | 5-6pm |
| 320714-03 | 8/1 | Wil | M/W | 5-6pm |

HYDRO-DYNAMIC DEEP AEROBICS

Deep water aerobics is a great class to improve overall fitness. While Deep Water Aerobics has low impact on your joints, it has a high impact on your cardiovascular system. You will be using noodles, weights, and other water aerobics equipment. You may bring your own flotation belt or lifejacket for support in the deep water, or rely on your ability to float as you perform deep water aerobics routines. Want to join but have deep water hesitations? Wilshire pool has a depth of 3 feet to 12 feet. Talk to the instructor about your comfort levels and they will modify the program to accommodate you. Classes are at Wilshire pool in Wilshire Park. No class July 4.

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|------|-----|-----|-------|
| 320716-01 | 6/6 | Wil | M | 6-7pm |
| 320716-02 | 7/11 | Wil | M | 6-7pm |
| 320716-03 | 8/1 | Wil | M | 6-7pm |

TABATA 101

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|-----|----------|
| 320708-01 | 6/4 | EFLC | Sat | 9-9:45am |
| 320708-02 | 7/2 | EFLC | Sat | 9-9:45am |
| 320708-03 | 8/6 | EFLC | Sat | 9-9:45am |

POWER TABATA

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

| CLASS# | BEG | LOC | DAY | TIME |
|-----------|-----|------|-----|--------------|
| 320711-01 | 6/4 | EFLC | Sat | 9:50-10:20am |
| 320711-02 | 7/2 | EFLC | Sat | 9:50-10:20am |
| 320711-03 | 8/6 | EFLC | Sat | 9:50-10:20am |



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.

*** If you are unsure of what level to choose, speak with an Aquatic team member to assist in choosing the best level for a greater success rate.**

*** ALL Learn To Swim classes are \$55, Drill team is \$65.**

Swim Lesson Hints:

* A session consists of eight 30 minute classes. Classes at the natatorium are Monday & Wednesday nights. Classes at the Aquatic Park are Monday-Thursday.

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

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

* Children not potty trained must wear a water diaper.

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

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

Registration:

Register online at www.PlayEuless.com and click on "online registration", register by phone at 817-685-1666 or register in person at the Euless Family Life Center. First time users will need to register in person.



PARENT & TOT

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-------|------|-------------|------|------|
| 320007-01 | 6/6 | NAT | 6mo-2 | MW | 6:10-6:40pm | 4 | \$55 |
| 320007-02 | 6/6 | EFLAP | 6mo-2 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320007-03 | 6/20 | EFLAP | 6mo-2 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320007-04 | 7/11 | NAT | 6mo-2 | MW | 6:10-6:40pm | 4 | \$55 |
| 320007-05 | 7/11 | EFLAP | 6mo-2 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320007-06 | 7/25 | EFLAP | 6mo-2 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320007-07 | 8/8 | NAT | 6mo-2 | MW | 6:10-6:40pm | 4 | \$55 |

WATER TOTS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|------|--------------|------|------|
| 320000-01 | 6/6 | NAT | 3-4 | MW | 5:30-6:00p | 4 | \$55 |
| 320000-02 | 6/6 | EFLAP | 3-4 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320000-03 | 6/6 | EFLAP | 3-4 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320000-04 | 6/6 | EFLAP | 3-4 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320000-05 | 6/20 | EFLAP | 3-4 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320000-06 | 6/20 | EFLAP | 3-4 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320000-07 | 6/20 | EFLAP | 3-4 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320000-08 | 7/11 | NAT | 3-4 | MW | 5:30-6:00p | 4 | \$55 |
| 320000-09 | 7/11 | EFLAP | 3-4 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320000-10 | 7/11 | EFLAP | 3-4 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320000-11 | 7/11 | EFLAP | 3-4 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320000-12 | 7/25 | EFLAP | 3-4 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320000-13 | 7/25 | EFLAP | 3-4 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320000-14 | 7/25 | EFLAP | 3-4 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320000-15 | 8/8 | NAT | 3-4 | M-TH | 5:30-6:00p | 4 | \$55 |

LEVEL 1: Introduction to Water Skills

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|------|--------------|------|------|
| 320001-01 | 6/6 | NAT | 4-9 | MW | 5:30-6:00p | 4 | \$55 |
| 320001-02 | 6/6 | NAT | 4-9 | MW | 6:10-6:40p | 4 | \$55 |
| 320001-03 | 6/6 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320001-04 | 6/6 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320001-05 | 6/6 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320001-06 | 6/20 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320001-07 | 6/20 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320001-08 | 6/20 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320001-09 | 7/11 | NAT | 4-9 | MW | 5:30-6:00p | 4 | \$55 |
| 320001-10 | 7/11 | NAT | 4-9 | MW | 6:10-6:40p | 4 | \$55 |
| 320001-11 | 7/11 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320001-12 | 7/11 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320001-13 | 7/11 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320001-14 | 7/25 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320001-15 | 7/25 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320001-16 | 7/25 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320001-17 | 8/8 | NAT | 4-9 | MW | 5:30-6:00p | 4 | \$55 |
| 320001-18 | 8/8 | NAT | 4-9 | MW | 6:10-6:40p | 4 | \$55 |

Registration begins Monday, April 4 at 8 a.m. (in person and on-line).



LEVEL 2 Fundamental Aquatic Skills

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|------|--------------|------|------|
| 320002-01 | 6/6 | NAT | 4-9 | MW | 5:30-6:00p | 4 | \$55 |
| 320002-02 | 6/6 | NAT | 4-9 | MW | 6:10-6:40p | 4 | \$55 |
| 320002-03 | 6/6 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320002-04 | 6/6 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320002-05 | 6/6 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320002-06 | 6/20 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320002-07 | 6/20 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320002-08 | 6/20 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320002-09 | 7/11 | NAT | 4-9 | MW | 5:30-6:00p | 4 | \$55 |
| 320002-10 | 7/11 | NAT | 4-9 | MW | 6:10-6:40p | 4 | \$55 |
| 320002-11 | 7/11 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$49 |
| 320002-12 | 7/11 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$49 |
| 320002-13 | 7/11 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$49 |
| 320002-14 | 7/25 | EFLAP | 4-9 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320002-15 | 7/25 | EFLAP | 4-9 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320002-16 | 7/25 | EFLAP | 4-9 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320002-17 | 8/8 | NAT | 4-9 | MW | 5:30-6:00p | 4 | \$55 |
| 320002-18 | 8/8 | NAT | 4-9 | MW | 6:10-6:40p | 4 | \$55 |

LEVEL 3 Stroke Development

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|------|------|--------------|------|------|
| 320003-01 | 6/6 | NAT | 5-15 | MW | 5:30-6:00p | 4 | \$55 |
| 320003-02 | 6/6 | NAT | 5-15 | MW | 6:10-6:40p | 4 | \$55 |
| 320003-03 | 6/6 | EFLAP | 5-15 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320003-04 | 6/6 | EFLAP | 5-15 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320003-05 | 6/6 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320003-06 | 6/20 | EFLAP | 5-15 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320003-07 | 6/20 | EFLAP | 5-15 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320003-08 | 6/20 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320003-09 | 7/11 | NAT | 5-15 | MW | 5:30-6:00p | 4 | \$55 |
| 320003-10 | 7/11 | NAT | 5-15 | MW | 6:10-6:40p | 4 | \$55 |
| 320003-11 | 7/11 | EFLAP | 5-15 | M-TH | 8:55-9:25a | 2 | \$49 |
| 320003-12 | 7/11 | EFLAP | 5-15 | M-TH | 9:35-10:05a | 2 | \$49 |
| 320003-13 | 7/11 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$49 |
| 320003-14 | 7/25 | EFLAP | 5-15 | M-TH | 8:55-9:25a | 2 | \$55 |
| 320003-15 | 7/25 | EFLAP | 5-15 | M-TH | 9:35-10:05a | 2 | \$55 |
| 320003-16 | 7/25 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320003-17 | 8/8 | NAT | 5-15 | MW | 5:30-6:00p | 4 | \$55 |
| 320003-18 | 8/8 | NAT | 5-15 | MW | 6:10-6:40p | 4 | \$55 |

LEVEL 4 - Strokes and Turns

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|------|------|--------------|------|------|
| 320004-01 | 6/6 | NAT | 5-15 | MW | 6:50-7:20p | 4 | \$55 |
| 320004-02 | 6/6 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320004-03 | 6/20 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320004-04 | 7/11 | NAT | 5-15 | MW | 6:50-7:20p | 4 | \$55 |
| 320004-05 | 7/11 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$49 |
| 320004-06 | 7/25 | EFLAP | 5-15 | M-TH | 10:15-10:45a | 2 | \$55 |
| 320004-07 | 8/8 | NAT | 5-15 | MW | 6:50-7:20p | 4 | \$55 |

SWIM TEAM PREP

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-----|------|-----|-------------|------|------|
| 320500-01 | 6/6 | NAT | 5-15 | MW | 6:50-7:20pm | 4 | \$65 |
| 320500-02 | 7/11 | NAT | 5-15 | MW | 6:50-7:20pm | 4 | \$65 |
| 320500-03 | 8/8 | NAT | 5-15 | MW | 6:50-7:20pm | 4 | \$65 |





GUARD START

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------------|------|------|
| 320011-01 | 6/6 | EFLC | 14 | MW | 6:50-7:20pm | 4 | \$55 |
| 320011-02 | 7/11 | EFLC | 14 | MW | 6:50-7:20pm | 4 | \$55 |
| 320011-03 | 8/8 | EFLC | 14 | MW | 6:50-7:20pm | 4 | \$55 |

AQUA FIT KIDS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|-------|------|------|
| 320501-01 | 6/3 | EFLC | 5+ | F | 5-6pm | 4 | \$20 |
| 320501-02 | 7/8 | EFLC | 5+ | F | 5-6pm | 4 | \$20 |
| 320501-03 | 8/5 | EFLC | 5+ | F | 5-6pm | 4 | \$20 |

ADULT

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------------|------|------|
| 320008-01 | 6/6 | EFLC | 15+ | MW | 6:50-7:20pm | 4 | \$55 |
| 320008-02 | 7/11 | EFLC | 15+ | MW | 6:50-7:20pm | 4 | \$55 |
| 320008-03 | 8/8 | EFLC | 15+ | MW | 6:50-7:20pm | 4 | \$55 |

PRIVATE LESSONS

Whether you or your children simply want to refine your swimming skills or have experienced a fear of the water this class is the one for you! You will receive concentrated instruction that will be tailored to your specific goals. *One week class M-Th (4) classes, each class is 30 minutes.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|------|-------------|------|-------|
| 320006-01 | 6/6 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |
| 320006-02 | 6/13 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |
| 320006-03 | 6/27 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |
| 320006-04 | 7/11 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |
| 320006-05 | 7/18 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |
| 320006-06 | 7/25 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |
| 320006-07 | 8/1 | EFLAP | 4+ | M-TH | 8:55-9:25am | 1 | \$120 |

AMERICAN RED CROSS LIFEGUARD

The purpose of this course is to provide entry level lifeguard participants with the knowledge and training needed to prevent, recognize and respond to emergencies. Candidates that successfully complete all portions of this course will receive the following American Red Cross Certifications: Lifeguarding, CPR/AED for the professional rescuer, and First Aid. This is a National level course and is recommended for all people looking to lifeguard for cities or school districts. Fee: \$245.

Course Location: Wilshire Pool. 315 Sierra Dr., Euless TX 76040.

| Course #1 | 320731-01 | |
|-----------|-----------|----------------------|
| Friday | April 29 | 5:30pm-9pm (Pretest) |
| Saturday | April 30 | 8:30am-6:30pm |
| Sunday | May 1 | 8:30am-6:30pm |
| Saturday | May 7 | 8:30am-6:30pm |
| Sunday | May 8 | 8:30am-6:30pm |

| Course #2 | 320731-02 | |
|-----------|-----------|--------------------|
| Friday | June 17 | 5:30-9pm (Pretest) |
| Monday | June 20 | 9am-7:30pm |
| Tuesday | June 21 | 9am-7:30pm |
| Wednesday | June 22 | 9am-7:30pm |
| Thursday | June 23 | 9am-7:30pm |

ALL DATES & TIMES ARE MANDATORY.
ABSOLUTELY NO SWITCHING DATES/TIMES

*Refunds requested due to cancellation within 24 hours of the course will be subject to a \$100 withholding fee. *Participants who are unsuccessful on the pretest are subject to a \$75.00 fee that will not be refunded.

TO ENROLL IN THIS COURSE:

- Sign up at the Euless Family Life Center.
- Show proof of age (must be at least 15 yrs.) Please bring proof of age to the pretest (driver's license/ birth certificate/ military ID). Must be 15 years old on or before the last day of the class.
- Payment must be received when registering along with completed registration form.
- Successfully complete the precourse water test. *The pretest is given immediately on the first day of class.

PRECOURSE WATER TEST:

1. 300 yard continuous swim, 100 yard freestyle using rhythmic breathing and a stabilizing, propellant kick. 100 yard breaststroke using a pull, breathe, kick & glide sequence, 100 yard free and breaststroke (swimmers must complete 25 yard before switching strokes).
2. Tread water for 2 min. with hands crossed & tucked under armpits.
3. Starting in the shallow end, swim 20 yards using Freestyle or Breaststroke, surface dive, retrieve a 10 lb. object using two hands, return to the surface, swim 20 yd back to starting point with the object. Hands may not be removed from the object while transporting back. Place object on the deck and exit the water without using a ladder or steps. Stand fully upright. This task is to be completed within 1 minute 40 seconds.

*For more detailed questions regarding Lifeguarding, contact

Kali Goodfellow
Aquatics & Recreation Coordinator
O: 817-685-1681 F: 817-685-1674
kgoodfellow@eulessTX.gov



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



**Dr Pepper
StarCenter Birthday Party
Packages Available**

Birthday Party Packages - \$125

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

Upgrades

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

Broomball Events

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

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





**Dallas Stars Skating Academy
Summer Skate Camp
Monday, Wednesday, Thursday**

Daily Schedule:

- 9:30-9:45 a.m. Drop Off
- 9:45-10:45 a.m. Office activity
**Will vary each day
(games, crafts, sports)
- 10:45-11:15 a.m. Lunch
- 11:15-11:30 a.m. Skates On
- 11:30-noon On-ice class w/staff coach
- Noon-1:15 p.m. Supervised on-ice practice
*Skate with camp friends
- 1:15-1:30 p.m. Skates off and pick up
*Each child should bring a non-perishable snack and a drink

June 13, 15, 16

July 11, 13, 14

August 15, 17, 18

Ages: 5-14 years

Open to All Levels: Beginner-Freestyle

Price: \$40/day or \$100 for all 3 days

Free Public Skating for Entire Week



Questions? Contact Christy Malacrea,
Skating Programs Manager, (817) 267-4233
ext 229 or cmalacrea@dallasstars.com

**TAEKWONDO ADULT
(White Belt through Black Belt)**

This program is an adult-based comprehensive training system that is designed to prepare all levels of adult students to achieve their fullest potential, from the white belt to the first degree black belt (and beyond). Along with the numerous physical benefits shall be the development of the student's confidence, character and integrity. Instructor: Camille Dockter

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------------|-----|---------|----------------------|------|------|
| 310133-01 | 5/24 | EFLC SIM | 13+ | T Th | 7:30-9pm 7:30-9pm | 6 | \$70 |
| 310133-02 | 7/19 | EFLC SIM | 13+ | T Th | 7:30-9pm 7:30-9pm | 6 | \$70 |

HAPKIDO

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-----|-----|-----|----------|------|------|
| 310136-01 | 6/6 | SIM | 13+ | M | 7:30-9pm | 4 | \$25 |
| 310136-02 | 7/11 | SIM | 13+ | M | 7:30-9pm | 3 | \$20 |
| 310136-03 | 8/1 | SIM | 13+ | M | 7:30-9pm | 5 | \$30 |



BOOT CAMP PLUS MIXED MARTIAL ARTS

This Boot Camp plus MMA is designed to get you in shape fast and motivate you to lose weight. This class will build stamina, muscle strength and overall fitness. The Boot Camp is held on Tuesdays and Thursday followed by MMA class on Friday. The MMA class is Jiu-Jitsu and 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 Wickmire

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|-------------|------|-------|
| 310140-01 | 6/7 | EFLC | 13+ | TTh | 6:45-7:30pm | 4 | \$80 |
| | | | | F | 6:15-6:45pm | | |
| 310140-02 | 6/7 | EFLC | 13+ | TTh | 7:30-9pm | 4 | \$80 |
| | | | | F | 6:45-7:45pm | | |
| 310140-03 | 7/5 | EFLC | 13+ | TTh | 6:45-7:30pm | 4 | \$80 |
| | | | | F | 6:15-6:45pm | | |
| 310140-04 | 7/5 | EFLC | 13+ | TTh | 7:30-9pm | 4 | \$80 |
| | | | | F | 6:45-7:45pm | | |
| 310140-05 | 8/2 | EFLC | 13+ | TTh | 6:45-7:30pm | 5 | \$100 |
| | | | | F | 6:15-6:45pm | | |
| 310140-06 | 8/2 | EFLC | 13+ | TTh | 7:30-9pm | 5 | \$100 |
| | | | | F | 6:45-7:45pm | | |



ADULT TAP

This class is all about tap dancing, learning tap technique, dancing to the music, learning new rhythms and just having fun. It's great exercise too! Instructor: Leah Siek

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310245-01 | 5/31 | EFLC | 18+ | T | 7-8pm | 4 | \$62 |
| 310245-02 | 8/9 | EFLC | 18+ | T | 7-8pm | 4 | \$62 |

ADULT BALLET

Ballet is a great class for flexibility, core strength, balance and technique. This is a great class for adults to continue learning, as well as getting a great core workout. Instructor: Sue Hurst

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310240-01 | 8/11 | EFLC | 18+ | TH | 8-9pm | 4 | \$62 |

ZUMBA & ZUMBA TONING

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|-------|------|------|
| 310300-01 | 6/1 | EFLC | 8+ | MW | 7-8pm | 5 | \$47 |
| 310300-02 | 7/6 | EFLC | 8+ | MW | 7-8pm | 4 | \$37 |
| 310300-03 | 8/1 | EFLC | 8+ | MW | 7-8pm | 5 | \$52 |

HOT HULA FITNESS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310330-01 | 7/11 | EFLC | 15+ | MW | 8-9pm | 6 | \$62 |

SPIN SPIN AND MORE SPIN

Spin Class has something for everyone, ideal for the beginner to the advanced Spinner! This class is a great for burning calories, increase endurance and reducing daily stress. The 45 minute class will include different workouts like intervals, rolling hills, sprints, climbs and runs all to music to motivate and inspire. But don't worry the instructor will guide you through the workout. Bring your energy and prepare to have fun. Instructor: Jessica Gillaspay

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|----------|------|------|
| 310343-01 | 5/4 | EFLC | 16+ | W | 6-6:45pm | 4 | \$52 |
| 310343-02 | 6/1 | EFLC | 16+ | W | 6-6:45pm | 4 | \$52 |
| 310343-03 | 7/6 | EFLC | 16+ | W | 6-6:45pm | 4 | \$52 |
| 310343-04 | 8/3 | EFLC | 16+ | W | 6-6:45pm | 4 | \$52 |

YOGA

Yoga is an ancient discipline that uses breath, physical postures, mental focus and relaxation to firm the body, calm the breath, soothe the mind and refresh the outlook. Make a change in your life with yoga. Experience new increased strength, flexibility, balance and weight loss. Yoga changes lives! Please bring your own sticky mat and beach towel. Instructor: Kati Sizemore

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|----------|------|------|
| 310325-01 | 6/6 | EFLC | 12+ | MW | 5-5:55pm | 3 | \$32 |
| 310325-02 | 7/11 | EFLC | 12+ | M/W | 5-5:55pm | 3 | \$32 |
| 310325-03 | 8/1 | EFLC | 12+ | M/W | 5-5:55pm | 3 | \$32 |



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 | \$ |
|-----------|-----|------|-----|-----|-------|------|------|
| 310305-01 | 6/7 | EFLC | 16+ | T | 6-7pm | 4 | \$40 |
| 310305-02 | 7/5 | EFLC | 16+ | T | 6-7pm | 4 | \$40 |
| 310305-03 | 8/2 | EFLC | 16+ | T | 6-7pm | 5 | \$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 | \$ |
|-----------|-----|------|-----|-----|-------|------|------|
| 310306-01 | 6/7 | EFLC | 16+ | T | 7-8pm | 4 | \$40 |
| 310306-02 | 7/5 | EFLC | 16+ | T | 7-8pm | 4 | \$40 |
| 310306-03 | 8/2 | EFLC | 16+ | T | 7-8pm | 4 | \$40 |



GROUP WORKOUT

Join a fun group that loves music and a great workout. The session is filled with plyometrics, calisthenics, stretching and abdominal exercises that will have your body and mind performing at its best. Post workout drinks and bars available for FREE!! Instructor: Christian Smalls.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|---------------|------|------|
| 310310-01 | 6/1 | EFLC | 12+ | W | 7-8pm | 5 | \$52 |
| 310310-02 | 6/4 | EFLC | 12+ | Sa | 10:30-11:30am | 4 | \$42 |
| 310310-03 | 7/2 | EFLC | 12+ | Sa | 10:30-11:30am | 4 | \$52 |
| 310310-04 | 7/6 | EFLC | 12+ | W | 7-8pm | 5 | \$42 |
| 310310-05 | 8/3 | EFLC | 12+ | W | 7-8pm | 5 | \$52 |
| 310310-06 | 8/6 | EFLC | 12+ | Sa | 10:30-11:30am | 4 | \$42 |

ADULT ICE SKATING

This class is 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 skate sessions. Instructors: Qualified Dr Pepper StarCenter Professionals

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|----------|------|------|
| 310503-01 | 6/4 | DPSC | 15+ | S | 1:30-2pm | 2 | \$30 |
| 310503-02 | 6/6 | DPSC | 15+ | M | 7-7:30pm | 2 | \$30 |
| 310503-03 | 6/18 | DPSC | 15+ | S | 1:30-2pm | 2 | \$30 |
| 310503-04 | 7/9 | DPSC | 15+ | S | 1:30-2pm | 2 | \$30 |
| 310503-05 | 7/11 | DPSC | 15+ | M | 7-7:30pm | 2 | \$30 |
| 310503-06 | 7/23 | DPSC | 15+ | S | 1:30-2pm | 2 | \$30 |
| 310503-07 | 7/25 | DPSC | 15+ | M | 7-7:30pm | 2 | \$30 |
| 310503-08 | 8/6 | DPSC | 15+ | S | 1:30-2pm | 2 | \$30 |
| 310503-09 | 8/8 | DPSC | 15+ | M | 7-7:30pm | 2 | \$30 |



VOICE AND PIANO LESSONS

A fun and exciting way to learn singing and playing the piano! The goal is to train students in various disciplines of the performing arts. Students will be coached in proper technique, theory, songwriting, sight reading, musicality, history, ear training, versatility, self-confidence, improvisation, and much more! Beginners to advanced students are welcome! Times will be set up through instructor and class prices vary by the duration of class and type of class. \$240/1hr, \$120/1/2 hr for a 4 week session, etc. Instructor: Claudia Melton.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|------|-----|-----|----------|------|-------|
| 310231-01 | 6/1 | EFLC | 13+ | S | 8am-noon | 4 | \$240 |
| 310231-02 | 7/1 | EFLC | 13+ | S | 8am-noon | 4 | \$240 |
| 310231-03 | 8/1 | EFLC | 13+ | S | 8am-noon | 4 | \$240 |

YOU CAN OIL PAINT FOR ADULT AND TEEN

Impress yourself, family and friends with the beautiful landscapes, still life or seascape you can paint with oils in one inspiring, fun-filled class. Yes, even beginners will start and finish a masterpiece you'll want to frame and display. Color theory, time saving brush strokes and color mixing will be explained and demonstrated step-by-step by a professional artist and award winning "Teacher of the Year." All your art supplies are provided. Wear an old T-shirt and bring paper towels to class. Themes include: "Moonlight Wave on Rocky Beach", "Tetons with a Palette Knife" and "Sailing Home to Padre." Instructor: Susan Rogers

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|------|-----|-----|-------|------|------|
| 310810-01 | 6/9 | EFLC | 14+ | Th | 6-9pm | 1 | \$37 |
| 310810-02 | 7/28 | EFLC | 14+ | Th | 6-9pm | 1 | \$37 |
| 310810-03 | 8/11 | EFLC | 14+ | Th | 6-9pm | 1 | \$37 |



DIGITAL PHOTOGRAPHY

Learn how to tell a story using only your camera and your love for capturing a great picture. This course is designed to help beginners learn the basics of photography while understanding the techniques to take a beautiful photo. We will work together to help you take better pictures and develop your critical eye for that perfect shot. Be sure to bring your simple point and shoot cameras to class and let the professional photographer inside of you begin to flourish. The Instructor for this class has a varied schedule, please register for the class to express your interest and the Instructor will contact you about class day and times. Instructor: Tim Lane

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|--------|------|-----|-----|------|------|------|
| 310830-01 | June | EFLC | 16+ | TBD | TBD | 2 | \$50 |
| 310830-02 | July | EFLC | 16+ | TBD | TBD | 2 | \$50 |
| 310830-03 | August | EFLC | 16+ | TBD | TBD | 2 | \$50 |





Eules Family Life Senior Center

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

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

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

NEW! Class registration will begin on Monday, April 4 at 8 a.m.

SENIOR CENTER CLOSED

| | |
|--------|------------------|
| May 30 | Memorial Day |
| July 4 | Independence Day |

*All activities offered through the Eules Family Life Senior Center require a membership to participate. Hesitation on enrolling for programs and activities could result in missing out on some FabEules opportunities. Help us prevent program and activity cancellation by registering early. Reservations are limited.

HEALTH & WELLNESS

MORNING ZUMBA

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|-------------|------|------|
| SHOW UP | 5/2 | EFLSC | 60+ | MW | 8:15-9:15am | 4 | FREE |
| SHOW UP | 6/1 | EFLSC | 60+ | MW | 8:15-9:15am | 5 | FREE |
| SHOW UP | 7/6 | EFLSC | 60+ | MW | 8:15-9:15am | 4 | FREE |
| SHOW UP | 8/1 | EFLSC | 60+ | MW | 8:15-9:15am | 5 | FREE |

SIT AND FIT - WEIGHT TRAINING

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|---------------|------|------|
| SHOW UP | 5/2 | EFLSC | 60+ | M | 9:15-10:15am | 4 | FREE |
| | | | | W | 10:15-11:15am | 4 | FREE |
| SHOW UP | 6/1 | EFLSC | 60+ | M | 9:15-10:15am | 4 | FREE |
| | | | | W | 10:15-11:15am | 5 | FREE |
| SHOW UP | 7/6 | EFLSC | 60+ | M | 9:15-10:15am | 3 | FREE |
| | | | | W | 10:15-11:15am | 4 | FREE |
| SHOW UP | 8/1 | EFLSC | 60+ | M | 9:15-10:15am | 5 | FREE |
| | | | | W | 10:15-11:15am | 5 | FREE |

CORE STRENGTHENING

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|------|-------|-----|-----|---------------|------|------|
| SHOW UP | 5/2 | EFLSC | 60+ | M | 10:15-11:15am | 4 | FREE |
| SHOW UP | 6/6 | EFLSC | 60+ | M | 10:15-11:15am | 4 | FREE |
| SHOW UP | 7/11 | EFLSC | 60+ | M | 10:15-11:15am | 3 | FREE |
| SHOW UP | 8/1 | EFLSC | 60+ | M | 10:15-11:15am | 4 | FREE |

SWEATING TO THE OLDIES

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|--------------|------|------|
| SHOW UP | 5/3 | EFLSC | 60+ | TF | 9:15-10:15am | 5 | FREE |
| SHOW UP | 6/3 | EFLSC | 60+ | TF | 9:15-10:15am | 4 | FREE |
| SHOW UP | 7/5 | EFLSC | 60+ | TF | 9:15-10:15am | 4 | FREE |
| SHOW UP | 8/2 | EFLSC | 60+ | TF | 9:15-10:15am | 5 | FREE |

EASY CHAIR FITNESS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|---------------|------|------|
| SHOW UP | 5/3 | EFLSC | 60+ | TTH | 10:15-11:15am | 5 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | TTH | 10:15-11:15am | 4 | FREE |
| SHOW UP | 7/5 | EFLSC | 60+ | TTH | 10:15-11:15am | 4 | FREE |
| SHOW UP | 8/2 | EFLSC | 60+ | TTH | 10:15-11:15am | 5 | FREE |

TAI CHI 49 FORM

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|---------------|------|------|
| SHOW UP | 5/3 | EFLSC | 60+ | T | 10:30-11:30am | 5 | FREE |
| SHOW UP | 6/7 | EFLSC | 60+ | T | 10:30-11:30am | 4 | FREE |
| SHOW UP | 7/5 | EFLSC | 60+ | T | 10:30-11:30am | 4 | FREE |
| SHOW UP | 8/2 | EFLSC | 60+ | T | 10:30-11:30am | 5 | FREE |

Registration begins Monday, April 4 at 8 a.m. (in person and on-line).

GENTLE YOGA

Gentle Yoga presents an introduction to basic yoga poses. The class emphasizes stretching, coordination of breath with movement and attention to alignment. The class is designed to create breath awareness, enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity or other physical limitations. Participants can expect a series of reclining, seated and some standing postures that require getting down on the floor without any assistance. Instructor: Debbie Melchiorre.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|-----------------|------|------|
| SHOW UP | 5/3 | EFLSC | 60+ | TTH | 11:15am-12:15pm | 5 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | TTH | 11:15am-12:15pm | 4 | FREE |
| SHOW UP | 7/5 | EFLSC | 60+ | TTH | 11:15am-12:15pm | 4 | FREE |
| SHOW UP | 8/2 | EFLSC | 60+ | TTH | 11:15am-12:15pm | 5 | FREE |

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

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|--------------|------|------|
| SHOW UP | 5/4 | EFLSC | 60+ | W | 9:15-10:15am | 4 | FREE |
| SHOW UP | 6/1 | EFLSC | 60+ | W | 9:15-10:15am | 5 | FREE |
| SHOW UP | 7/6 | EFLSC | 60+ | W | 9:15-10:15am | 4 | FREE |
| SHOW UP | 8/3 | EFLSC | 60+ | W | 9:15-10:15am | 5 | FREE |



STRONGER ABS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|--------------|------|------|
| SHOW UP | 5/5 | EFLSC | 60+ | TH | 9:15-10:15am | 4 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | TH | 9:15-10:15am | 5 | FREE |
| SHOW UP | 7/7 | EFLSC | 60+ | TH | 9:15-10:15am | 4 | FREE |
| SHOW UP | 8/4 | EFLSC | 60+ | TH | 9:15-10:15am | 4 | FREE |

TAI CHI 16 FORM - EVENING

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|-------|------|------|
| SHOW UP | 5/5 | EFLSC | 60+ | TH | 5-6pm | 4 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | TH | 5-6pm | 5 | FREE |
| SHOW UP | 7/7 | EFLSC | 60+ | TH | 5-6pm | 4 | FREE |
| SHOW UP | 8/4 | EFLSC | 60+ | TH | 5-6pm | 4 | FREE |

EVENING ZUMBA

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|-------|------|------|
| SHOW UP | 5/5 | EFLSC | 60+ | TH | 6-7pm | 4 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | TH | 6-7pm | 5 | FREE |
| SHOW UP | 7/7 | EFLSC | 60+ | TH | 6-7pm | 4 | FREE |
| SHOW UP | 8/4 | EFLSC | 60+ | TH | 6-7pm | 4 | FREE |

SPECIAL INTEREST

GENEALOGY (NEW TIME!)

Are you stuck up your family tree? This group is for those just beginning or wanting more for their genealogy quest. If you are stuck on the ground under your tree, or are stuck somewhere in your family tree, this group will help get you up the tree or unstuck! We're here to help each other swing from branch to branch. Come join us and get busy discovering your rich family history and heritage! Volunteer: ?????

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|------|-------|-----|-----|-----------|------|------|
| SHOW UP | 5/2 | EFLSC | 60+ | M | 1-2:30 pm | 4 | FREE |
| SHOW UP | 6/6 | EFLSC | 60+ | M | 1-2:30 pm | 4 | FREE |
| SHOW UP | 7/11 | EFLSC | 60+ | M | 1-2:30 pm | 3 | FREE |
| SHOW UP | 8/1 | EFLSC | 60+ | M | 1-2:30 pm | 5 | FREE |

"HEY, WHATCHA READING?" BOOK CLUB

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. Volunteer: Margaret Burris.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|------|-------|-----|-----|---------|------|------|
| SHOW UP | 5/10 | EFLSC | 60+ | T | 10-11am | 1 | FREE |
| SHOW UP | 6/14 | EFLSC | 60+ | T | 10-11am | 1 | FREE |
| SHOW UP | 7/12 | EFLSC | 60+ | T | 10-11am | 1 | FREE |
| SHOW UP | 8/9 | EFLSC | 60+ | T | 10-11am | 1 | FREE |

AARP DRIVER SAFETY

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|---------|------|----|
| 340705-06 | 6/8 | EFLSC | 60+ | W | 9am-1pm | 1 | * |



BASIC SPANISH CONVERSATION

If you enjoy learning Spanish, then join us for a four week summer session and continue learning and conversing with our Basic Spanish for Travelers Part II, it will be an easy and fun class....See you then amigos!! Instructor, Lala Williams

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-----------------|------|------|
| 340703-06 | 6/1 | EFLSC | 60+ | W | 10:30am-12:30pm | 4 | \$12 |

LINE DANCING

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|------------------|------|------|
| SHOW UP | 5/6 | EFLSC | 60+ | F | 11:15am-12:45 pm | 4 | FREE |
| SHOW UP | 6/3 | EFLSC | 60+ | F | 11:15am-12:45pm | 4 | FREE |
| SHOW UP | 7/1 | EFLSC | 60+ | F | 11:15am-12:45pm | 5 | FREE |
| SHOW UP | 8/5 | EFLSC | 60+ | F | 11:15am-12:45pm | 4 | FREE |



GAMES AND SUCH

B-I-N-G-O

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|-------|------|----|
| SHOW UP | 5/4 | EFLSC | 60+ | W | 1-3pm | 1 | * |
| SHOW UP | 6/1 | EFLSC | 60+ | W | 1-3pm | 1 | * |
| SHOW UP | 7/6 | EFLSC | 60+ | W | 1-3pm | 1 | * |
| SHOW UP | 8/3 | EFLSC | 60+ | W | 1-3pm | 1 | * |

Registration begins Monday, April 4 at 8 a.m. (in person and on-line).



THURSDAY NIGHT GAMES

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|-------|------|------|
| SHOW UP | 5/5 | EFLSC | 60+ | F | 5-9pm | 4 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | F | 5-9pm | 5 | FREE |
| SHOW UP | 7/7 | EFLSC | 60+ | F | 5-9pm | 4 | FREE |
| SHOW UP | 8/4 | EFLSC | 60+ | F | 5-9pm | 4 | FREE |

BUNCO

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-----------|------|-----|
| 340600-05 | 5/13 | EFLSC | 60+ | F | 9-10:30am | 1 | \$3 |
| 340600-06 | 6/10 | EFLSC | 60+ | F | 9-10:30am | 1 | \$3 |
| 340600-07 | 7/8 | EFLSC | 60+ | F | 9-10:30am | 1 | \$3 |
| 340600-08 | 8/12 | EFLSC | 60+ | F | 9-10:30am | 1 | \$3 |

SEMINARS, Q & A's and MUCH MORE

IPAD, KINDLE FIRE AND TABLET - BOOKS, BOOKS AND MORE BOOKS

Did you know you can get books, books and more books on your iPad, KindleFire or Tablet? The Euless Public Library will be at the center to talk about how you can enjoy books on your electronic device. Join the library staff as they talk about electronic resources. Please bring your fully charged electronic device to get started!

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|------|-------|-----|-----|-------|------|------|
| SHOW UP | 6/14 | EFLSC | 60+ | T | 2-4pm | 1 | FREE |

MEDICARE Q & A

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|------|-------|-----|-----|--------|------|------|
| SHOW UP | 5/26 | EFLSC | 60+ | TH | 9-11am | 1 | FREE |
| SHOW UP | 6/30 | EFLSC | 60+ | TH | 9-11am | 1 | FREE |
| SHOW UP | 7/28 | EFLSC | 60+ | TH | 9-11am | 1 | FREE |
| SHOW UP | 8/25 | EFLSC | 60+ | TH | 9-11am | 1 | FREE |

**EDUCATE DFW SERIES
Taxes in Your Retirement**

Retirees generally have many sources of income from Social Security, pensions, rentals, taxable brokerage accounts, tax-free Roth accounts, saving accounts, bonds and more. They all need to be monitored carefully so you can avoid paying high taxes. After 70 1/2 RMD's enter the picture. Come learn a bit about how to minimize your taxes after you retire.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-----------------|------|------|
| 340510-05 | 5/13 | EFLSC | 60+ | F | 11:30am-12:30pm | 1 | FREE |

LONG TERM CARE

The types of coverage available o Startling statistics o Using life insurance to offset the cost o Medicare, healthcare and long term care o Benefits to you and your family Most Americans will need some type of long-term care service in their later years, women need care longer than men. Knowledge is power. Join us for a class full of information so you can make the choice that's BEST for YOU!!

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-----------------|------|------|
| 340511-06 | 6/10 | EFLSC | 60+ | F | 11:30am-12:30pm | 1 | FREE |

COMMON MISTAKES TO AVOID WITH SOCIAL SECURITY

One of the most important phases of retirement planning is understanding Social Security benefits. Come learn about: Strategies to maximize your Social Security benefits. The current state of the Social Security system...What does it mean to you? How continuing to work will impact your Social Security Benefit. How to coordinate Social Security benefits with your spouse. o How your Social Security affects your taxes. How Required Minimum Distributions can really mess things up. How to coordinate your benefits with your other sources of retirement income. It's not just 62, Full Retirement age and 70! The rules are different for singles, couples, widows/widowers, divorcees, and disabled dependents. Even a seemingly small decision can add many dollars to the checks you'll receive over your lifetime. Early benefits could be a BIG mistake!

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-----------------|------|------|
| 340512-07 | 7/8 | EFLSC | 60+ | F | 11:30am-12:30pm | 1 | FREE |

THE HIDDEN DANGERS OF YOUR RETIREMENT

It is important to learn how to maximize your benefits and organize all of your assets to get optimal income. Your more than likely going to live longer than you think! It would be difficult to overemphasize the ramifications of longevity. Whether you will receive Social Security or another pension, they remain a key component in retirement planning for most. Come join us for a fun and information packed class about you and your money!

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-----------------|------|------|
| 340513-08 | 8/12 | EFLSC | 60+ | F | 11:30am-12:30pm | 1 | FREE |

LUNCH AND LEARN

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

**Legacy Living Memory Care presents
Normal Aging vs Dementia**

Learn the differences between normal aging and dementia. I will be discussing normal aging forgetfulness and dementia, the warning signs, when should you seek professional guidance and key components to a healthy brain lifestyle.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-------------|------|------|
| 340506-05 | 5/9 | EFLSC | 60+ | M | 11:30am-1pm | 1 | FREE |





AbbVie presents

RA Answers and Dr Rachel Huston, Rheumatologist

Dr Huston will discuss how to better live with arthritis. Understand the differences between RA (rheumatoid arthritis) and OA (osteoarthritis) and when to recognize symptoms that may require a discussion with their physicians.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------------|------|------|
| 340514-05 | 5/25 | EFLSC | 60+ | W | 11:30am-1pm | 1 | FREE |

Forest Ridge Funeral Home presents

A loved one has died...what happens now?

We don't like to think about funerals/cremation until it's too late. And when it's time to think about planning one, every decision is clouded by financial stress, worry, and grief. It doesn't have to be that way. Did you know you can protect your family from stress, worry and doubt on one of the hardest days of their lives? It's simple. Start by putting your wishes in writing. Forest Ridge Funeral Home will provide FREE planning guides just for this purpose. You and your family can have complete peace of mind.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------------|------|------|
| 340507-06 | 6/13 | EFLSC | 60+ | M | 11:30am-1pm | 1 | FREE |

PARKWOOD PRESENTS RETIREMENT LIFESTYLE

We would like to invite you to learn about some of the myths of senior living and the choices available in today's Retirement market. Come take a tour of our property, including our fully renovated apartments, and join us for a complimentary lunch. Shuttle will pick at the senior center. Reservations are required.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|----------|------|------|
| 340515-06 | 6/23 | EFLSC | 60+ | TH | 11am-1pm | 1 | FREE |

Suzy Black, CNC,CNHP,CI presents Hidden Youth Wellness Center

Did you know that your Iris is 10 times more identifying than your fingerprint? Do you know why? Suzy Black will be discussing how your own Iris can reveal possible health problems and the most natural ways you can strengthen those areas and your entire body.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------------|------|------|
| 340508-07 | 7/11 | EFLSC | 60+ | M | 11:30am-1pm | 1 | FREE |

Dr. Bryan Labus, owner of Chiropractor at Awareness Chiropractic presents

How To Stay Young Your First 100 Years

Dr Labus has provided Chiropractic Care in the area for 14 years and is very passionate about keeping his patients out of pain and mobile. He will present interesting facts relating to Chiropractic care as well as demonstrate a couple of exercises to take with you to help relieve tension. You will be given the opportunity to take advantage of a FREE non-invasive, digital, spinal scan showing immediate results on muscle tension as it relates to your spine. Dr. Labus will be happy to answer any questions that you might have about Chiropractic Care and how it can help you. Be sure to save the date on your calendar, you will not want to miss the opportunity to learn about how Chiropractic Care can make you a healthier person.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-------------|------|------|
| 340509-08 | 8/8 | EFLSC | 60+ | M | 11:30am-1pm | 1 | FREE |

TRIPS

Refunds for Trips - no refund will be issued if cancelled 48 hours prior to scheduled trip. Refunds will be given if trip is full and your spot can be filled from the waitlist. If the vacancy cannot be filled a refund will not be issued. If the trip is cancelled by the center a full refund will be issued. Times - Arrival Time please arrive 15 minutes before the departure time printed. The bus will leave at the printed time with or without you! Return times are approximate and subject to change due to unforeseen circumstances for example traffic, trip running longer than anticipated, etc.

MONTHLY TRIPS

Magnolia Market at the Silos

Magnolia Market at the Silos is a unique experience unlike many others. Not only do we have our flagship storefront location for shopping, but we encourage you to bring your family and kiddos and stay a while! Play games on the lawn, grab a bite to eat in our food truck park, or take a stroll through the garden. Magnolia Market at the Silos sell inspiring home decor, unique antique finds, signature apparel, local artisan products, and more; all hand-picked by our store-owner and sole buyer, Joanna Gaines. You may know Joanna and her husband, Chip Gaines, as HGTV show hosts of Fixer Upper.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------------|------|-----|
| 340200-05 | 5/23 | EFLSC | 60+ | M | 10am-3:30pm | 1 | \$5 |

HAM ORCHARD

We will travel to Ham Orchard in Terrell Texas. Ham Orchards consists of 100 acres containing five orchards with approximately 10,000 peach trees and a variety of additional fruit trees. There are also two blackberry patches. We may be able to pick your own black berries during blackberry harvesting time.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------------|------|-----|
| 340201-06 | 6/27 | EFLSC | 60+ | M | 10am-3:30pm | 1 | \$5 |

WEATHERFORD SQUARE

Join us as we travel to Weatherford where you will enjoy many treasures. There Historic Shopping District is full of antique, boutique and specialty stores. Many specialize in western memorabilia and rustic, ranch-style furniture. There's also an old-time Farmer's Market downtown, where you can buy fresh Parker County produce, including watermelon, pecans and of course our famous peaches. The crown jewel of the downtown is the Parker County Courthouse, recently restored.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------------|------|-----|
| 340203-08 | 8/22 | EFLSC | 60+ | M | 10am-3:30pm | 1 | \$5 |

DINING OUT CLUB

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

*Dinner cost varies.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|-------|------|----|
| 340206-05 | 5/16 | EFLSC | 60+ | M | 5-7pm | 1 | * |
| 340206-06 | 6/20 | EFLSC | 60+ | M | 5-7pm | 1 | * |
| 340206-07 | 7/18 | EFLSC | 60+ | M | 5-7pm | 1 | * |
| 340206-08 | 8/15 | EFLSC | 60+ | M | 5-7pm | 1 | * |



MYSTERY LUNCH

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|--------------|------|----|
| 340205-05 | 5/18 | EFLSC | 60+ | W | 12:30-3:30pm | 1 | * |
| 340205-06 | 6/15 | EFLSC | 60+ | W | 12:30-3:30pm | 1 | * |
| 340205-07 | 7/20 | EFLSC | 60+ | W | 12:30-3:30pm | 1 | * |
| 340205-08 | 8/17 | EFLSC | 60+ | W | 12:30-3:30pm | 1 | * |

ARTS AND CRAFTS

OPEN ARTS AND CRAFTS DAY

Enjoy the company of fellow artists and friends while working on your own self directed projects. Bring your own supplies and projects to work on. Meets weekly from 9 a.m. to 3 p.m.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|---------|------|------|
| SHOW UP | 5/3 | EFLSC | 60+ | T | 9am-3pm | 5 | FREE |
| SHOW UP | 6/7 | EFLSC | 60+ | T | 9am-3pm | 4 | FREE |
| SHOW UP | 7/5 | EFLSC | 60+ | T | 9am-3pm | 4 | FREE |
| SHOW UP | 8/2 | EFLSC | 60+ | T | 9am-3pm | 5 | FREE |

STAMPIN' UP

We're absolutely delighted to have Janet Holmes with Stampin' Up. She will offer a monthly class. Each class has a \$7 (cash or check) supply fee at time of class payable to the instructor.

MASCULINE AND FEMININE THEME

We will make 4 cards, 2 Masculine type cards, could be used for Father's day and 2 feminine cards could be used for mother's day, birthdays etc.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-------|------|-----|
| 340105-05 | 5/5 | EFLSC | 60+ | TH | 3-5pm | 1 | \$3 |

SUMMER THEME

We will make 4 summer time cards; 2 watermelon and 2 fun popsicle cards. These are sure to bring brightness to someone's day!!

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-------|------|-----|
| 340105-06 | 6/2 | EFLSC | 60+ | TH | 3-5pm | 1 | \$3 |

CHRISTMAS IN JULY

We will make 4 Christmas cards (2 of each design). One design could be used as a gift card holder and a "Christmas in July" theme

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-------|------|-----|
| 340105-07 | 7/7 | EFLSC | 60+ | TH | 3-5pm | 1 | \$3 |

CARDS AND CARD HOLDER TOTE

We will make 4 cards and a card holder tote. The little tote could be used as a gift item for a friend.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-------|------|-----|
| 340105-08 | 8/4 | EFLSC | 60+ | TH | 3-5pm | 1 | \$3 |

ALL ABOUT COLOR

Learn how to use color by making a color wheel, learning how to mix colors and how to use colors to enhance your paintings, home decorating or clothing choices. instructor will provide acrylic paints for classroom use but students can bring their own watercolors, oils, colored pencils or pastels. Students will make a color wheel, color mixing samples and complete at least one painting. Instructor: Arlene Taylor

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|------------|------|------|
| 340106-07 | 7/8 | EFLSC | 60+ | F | 10-11:30am | 4 | \$30 |

CARD MAKING

Join this fun and inspiring card making group. Each week you will learn new ideas and techniques use all kinds of papers, stamps, stickers and some really fun tools to make your all-occasion cards. Volunteer: Sharon Alumbaugh

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|-----|-------|-----|-----|----------|------|------|
| SHOW UP | 5/5 | EFLSC | 60+ | TH | 10am-1pm | 4 | FREE |
| SHOW UP | 6/2 | EFLSC | 60+ | TH | 10am-1pm | 5 | FREE |
| SHOW UP | 7/7 | EFLSC | 60+ | TH | 10am-1pm | 4 | FREE |
| SHOW UP | 8/4 | EFLSC | 60+ | TH | 10am-1pm | 4 | FREE |

SPECIAL EVENTS

FROZEN FRIDAYS

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

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|---------|------|-------|-----|-----|--------|------|------|
| SHOW UP | 5/27 | EFLSC | 60+ | F | 2:30pm | 1 | FREE |
| SHOW UP | 6/24 | EFLSC | 60+ | F | 2:30pm | 1 | FREE |
| SHOW UP | 7/22 | EFLSC | 60+ | F | 2:30pm | 1 | FREE |
| SHOW UP | 8/26 | EFLSC | 60+ | F | 2:30pm | 1 | FREE |

MONTHLY MEAL MEDLEY

Join us each month for a different meal. May-Breakfast for Lunch, June-Hamburgers, July-Hot Dogs and August-Cold Plate (assorted salads).

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|-----|-------|-----|-----|-----------------|------|-----|
| 340005-05 | 5/5 | EFLSC | 60+ | TH | 11:30am-12:30pm | 1 | \$5 |
| 340006-06 | 6/2 | EFLSC | 60+ | TH | 11:30am-12:30pm | 1 | \$5 |
| 340007-07 | 7/7 | EFLSC | 60+ | TH | 11:30am-12:30pm | 1 | \$5 |
| 340008-08 | 8/4 | EFLSC | 60+ | TH | 11:30am-12:30pm | 1 | \$5 |

PARKS AND RECREATION MONTH

Captain Community, the Green Guardian and the Fit Twins will guide you on your adventure during Park and Recreation Month. This July, discover your super powers at your local parks, senior center and recreation center! We will tour some of our local parks and facilities in the City. We are here to help you discover your super powers at your local parks and recreation. Lunch is included.

| CLASS# | BEG | LOC | AGE | DAY | TIME | #WKS | \$ |
|-----------|------|-------|-----|-----|---------|------|-----|
| 340401-07 | 7/25 | EFLSC | 60+ | M | 9am-1pm | 1 | \$5 |





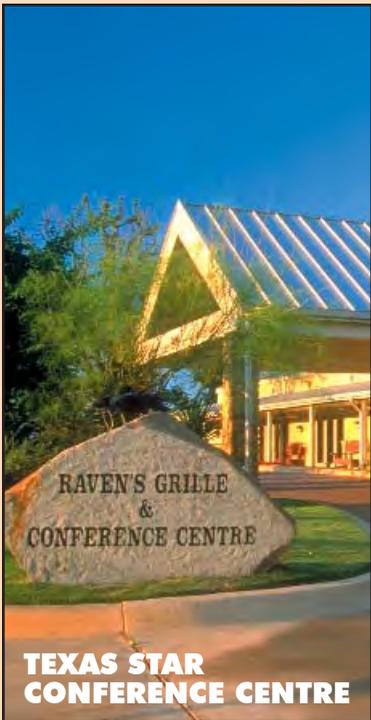
Rentals



ACTIVITY ROOM #5



ACTIVITY ROOM #1



TEXAS STAR CONFERENCE CENTRE

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

INDOOR FACILITY RENTAL INFORMATION

Euless Family Life Center, 300 W. Midway Dr.

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

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

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

MEETING ROOMS

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

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

GYMNASIUM* (capacity = 250)

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

| | |
|---------------|--|
| Resident: | \$45/hr (minimum 2-hour rental) + \$20 per hour building attendant fee |
| Non-resident: | \$90/hr (minimum 2-hour rental) + \$20 per hour building attendant fee |
| Deposit: | \$50 |

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

Simmons Center, 508 Simmons Dr.

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

Occupancy Load: 60

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

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

| | | |
|--------------|------------------------------|------------------------------------|
| Resident: | 3-hour minimum \$100 | Each additional hour \$35 per hour |
| Nonresident: | 3-hour minimum \$200 | Each additional hour \$70 per hour |
| Deposit: | \$50 (without food or drink) | \$250 (with food or drink) |

TEXAS STAR CONFERENCE CENTRE

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

817-685-1845

www.TexasStarGolf.com



PARKS AT TEXAS STAR PAVILION

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

OUTDOOR FACILITY RENTAL INFORMATION

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

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

Available time blocks for pavilions, amphitheater and gazebo:

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

PAVILIONS

Bear’s Den Pavilion 1951 Bear Creek Pkwy. (east side of Parkway) Capacity = 200
Amenities: Playground, picnic tables, grilling areas, walking / jogging trail, minimum electricity, restrooms.

Bob Eden Park Pavilion 901 W. Mid-Cities Blvd. Capacity = 250
Amenities: Playground, picnic tables, grilling areas, 3 regulation-size sand volleyball courts, softball practice field (for rental), tennis courts, walking / jogging trail, permanent restroom, minimum electricity.

Parks at Texas Star Pavilion 1501 South Pipeline Rd. Capacity = 200
Amenities: Playground, picnic tables, grilling area, batting cages, walking / jogging area, minimum electricity, permanent restrooms.

Leon Hogg Pavilion 1951 Bear Creek Pkwy. (west side of Parkway) Capacity = 250
Amenities: Picnic tables, benches, grilling areas, walking / jogging trail, serving stand, minimum electricity, restrooms.

LEON HOGG AMPHITHEATER

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

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

GAZEBOS

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

McCormick Park Gazebo 2190 Joyce Court Capacity = 50

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

PRACTICE FIELD

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

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

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



LEON HOGG PAVILION



J.A. CARR PARK GAZEBO



BOB EDEN FIELD



Parks

Blessing Branch Park

408 E. Denton Dr. **Size:** 3 acres
Facilities: Picnic and playground area.

Bob Eden Park

901 W. Mid-Cities Blvd. **Size:** 47 acres
Facilities: One flag football/soccer field, one lighted baseball/ softball field, playground, picnic areas, 1.9 mile walking and jogging track with warm up stations, pavilion, two lighted tennis courts, three lighted regulation-size sand volleyball courts and restrooms. (Trail connects to McCormick Park & Trailwood Park.)

Heritage Park

201 Cullum Dr. **Size:** 4 acres
Facilities: Eules Museum, Historic Fuller House, Himes Log House, McCormick Barn, playground, picnic areas, 1/4 mile walking trail.

J. A. Carr Park

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

Kiddie Carr Park

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

Lakewood Tennis Courts

1600 Donley Dr.
Facilities: Two lighted tennis courts.

McCormick Park

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

Midway Park

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

The Parks at Texas Star

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

The Preserve at McCormick Park

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

Reflection Park

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

Softball World at Texas Star

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

South Eules Park

600 S. Main St. **Size:** 5 acres
Facilities: Picnic areas, playground, South Eules Park Splash Pad, Old North Main Iron Bridge, outdoor basketball court.

Trailwood Park

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

Villages of Bear Creek Park

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

West Park

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

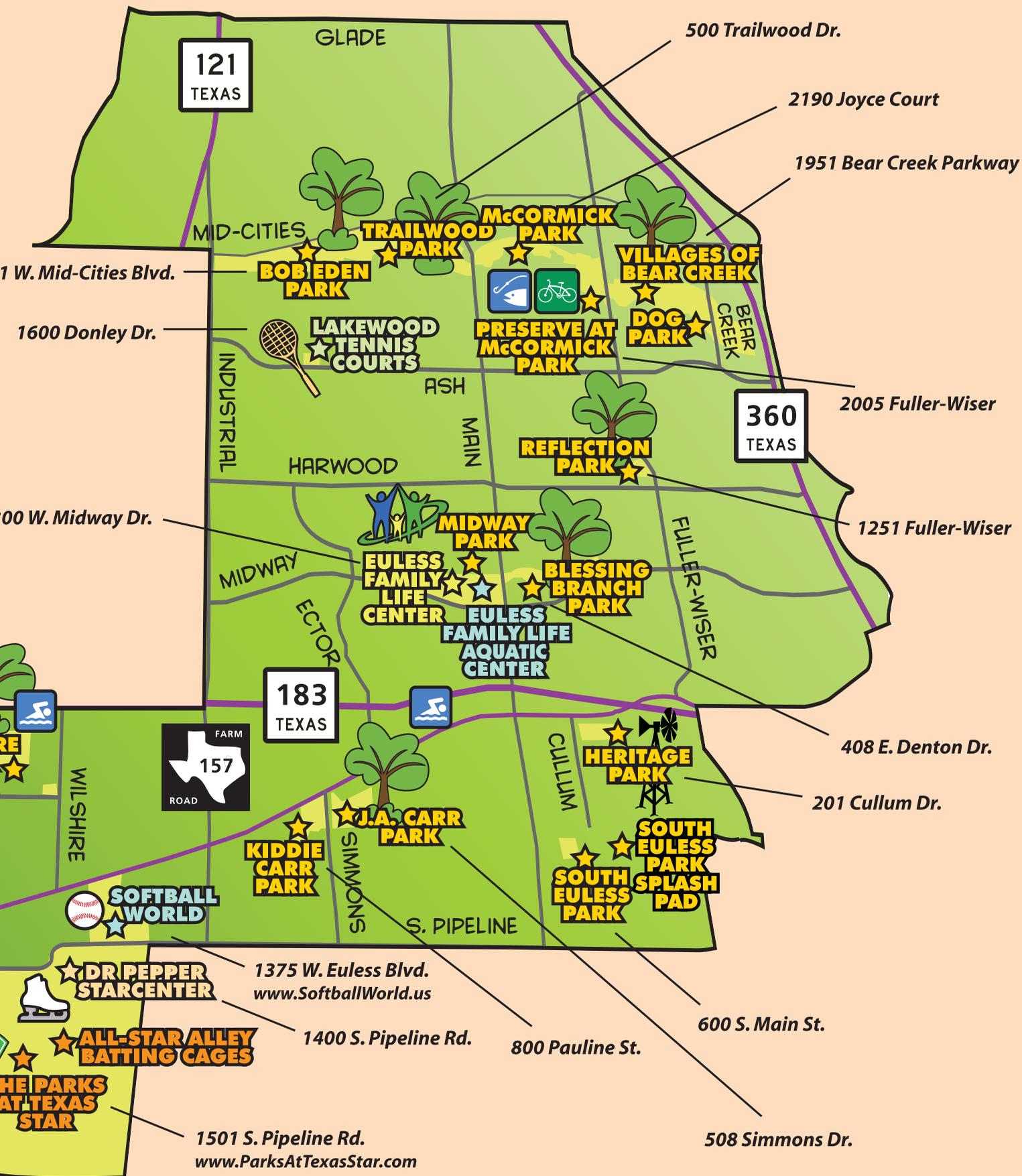
Wilshire Park

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



Eules Parks & Community Services
1314-B Royal Parkway

1400 Texas Star Parkway
www.TexasStarGolf.com



POSTAL CUSTOMER



SUMMER CAMPS / PG. 14



SENIOR TRIPS / PG. 34



AQUATIC PARK OPENS / PG. 18



ARBOR DAZE RETURNS! / PG. 4