

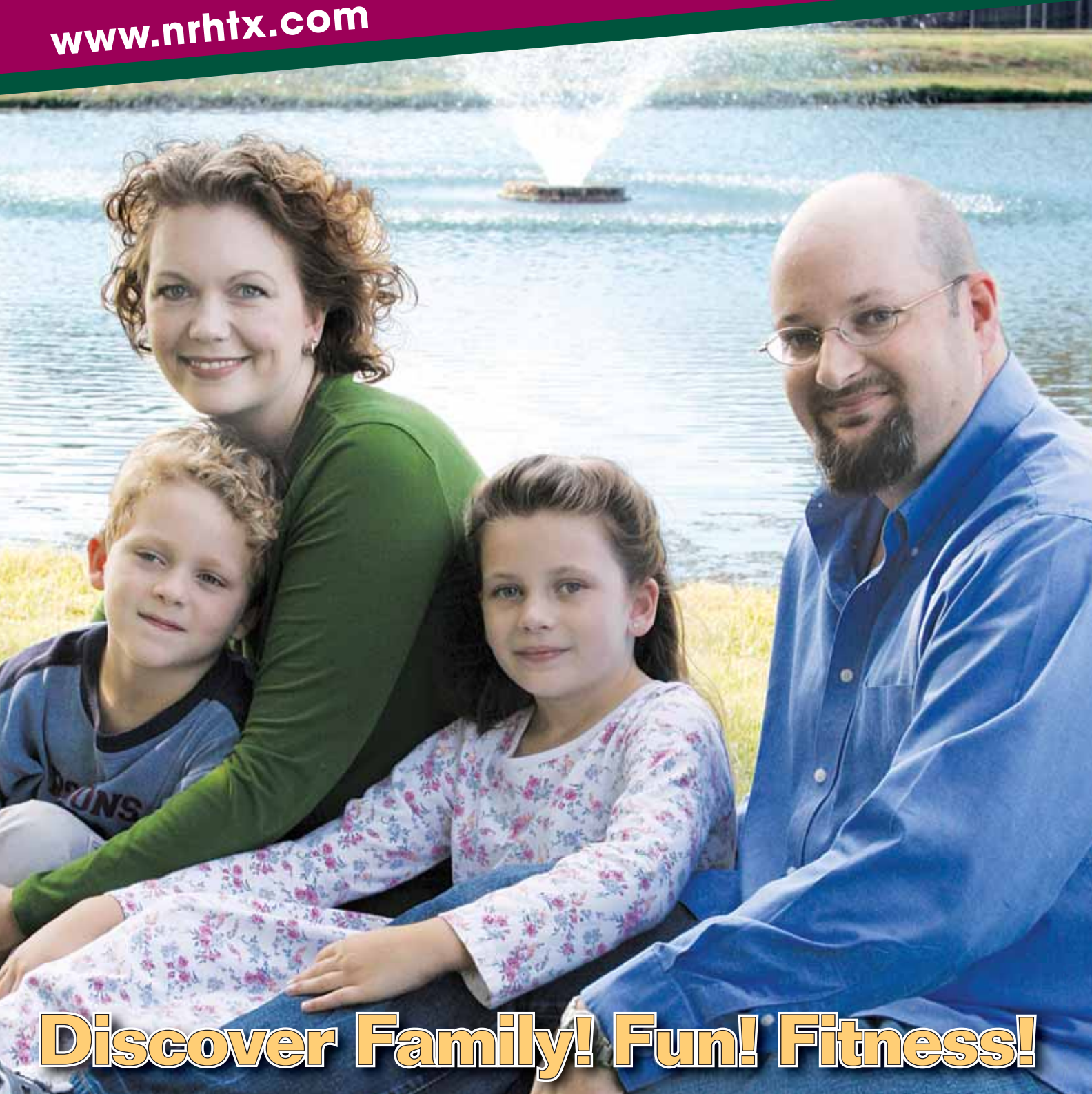
Discover

Winter & Spring 2008

North Richland Hills
Parks and Recreation

Your Complete Guide for Leisure and Learning

www.nrhtx.com



Discover Family! Fun! Fitness!

Discover Fun! Family! Fitness!

BIG
Fun For Little People



MONDAY, WEDNESDAY, FRIDAY
8:30 A.M. - 11:30 A.M.
NRH Recreation Center - 6720 NE Loop 820



Reel Time

FRIDAY, 6:30 P.M.
DECEMBER 14
NRH Recreation Center - 6720 NE Loop 820



TV Off... Family On!

FRIDAY, 6:30 P.M.
FEBRUARY 29 & MARCH 29
NRH Recreation Center - 6720 NE Loop 820

Women's Health Fair

Free Screenings,
Chair Massage,
Group Exercise
Classes, KidZone

Presented by:




Encouraging Total Well Being

SATURDAY, 10:00 A.M. - 1:00 P.M. • JANUARY 12
NRH Recreation Center - 6720 NE Loop 820

Thank You HealthMarkets



The City of North Richland Hills would like to recognize HealthMarkets for sponsoring the inaugural Companies In Action event!

Throughout the year, a series of six events have been available for companies and businesses to sign up teams to compete against one another. Events included: Dodgeball, Bowling, Softball, Volleyball, a 5K Run/Walk, and Golf. Teams enjoyed not only friendly competition, but the opportunity to recreate with fellow co-workers and their families.

presented by
HealthMarkets
Leading the Front of Healthy Living

Thank you HealthMarkets for your enthusiastic support and community leadership throughout Companies In Action!



817.485.6666

where the grass is greener

Message From The Director

Make 2008 Your Year!

I've always been a wide-eyed optimist, even when the evidence didn't support my cheery outlook on life. Age eventually tempers vigorous idealism, but if you try hard enough, you can keep full tilt practicality and realism at bay. It makes for a more enjoyable life. Oh, there has to be a balance between the two, but given a choice I'll always look for possibilities over obstacles.

With 2008 a yet to be released bestseller, we have pages of possibilities before us. The New Year always seems like a fresh start; a new beginning. What New Years Resolutions will you write and which ones will you keep? I have to admit that I've fallen short over the years at keeping my resolutions, but the optimist in me believes that I will eventually be successful.

One resolution that is universal is health and wellness, and for good reason. Most of us could exercise more, eat more healthily and reduce our level of stress. If that rings true for you, I invite you to take a look inside this "Discover" brochure and find a



class or program that supports your new fitness goals. If finding your creative side or learning a new skill is something you've always wanted to do, take the first step by signing up for a class. The most important thing is to do something that brings you joy.

As for me, I'm going to begin a regular walking program. As you can see, I'm going out on limb by publicly stating a resolution that I've been less than successful at keeping over the years,

but I've decided to take a leap of faith. I'll keep you informed and let you know how it goes. By the way, there's room on the branch should you decide to join me. Come on and let's get healthy!

Best wishes in the New Year,

Vickie Loftice
Park and Recreation Director

Hours

Monday-Thursday 8:00 a.m. - 10:00 p.m.
Friday 8:00 a.m. - 6:00 p.m.
Saturday 9:00 a.m. - 5:00 p.m.
Sunday 12:30 p.m. - 4:30 p.m.

Holiday Closings

December 25, January 1, March 23, May 26

City Council

Oscar Trevino, Mayor
Suzy Compton, Mayor Pro Tem
Ken Sapp, Place 2 John H. Lewis, Place 1
Dr. Tim Barth, Place 4 David Whitson, Place 5
Scott Turnage, Place 6 Tim Welch, Place 7

Park and Recreation Board

Brad Greene, Chairman
Marty Kusmierski, Vice Chair
Ricky McElroy Tom Lombard
Marlin Miller Jay Crane
Mike Filis Tracye Tipps

City Manager

Larry J. Cunningham

Facility Telephone Numbers

NRH Recreation Center 817.427.6600
NRH₂O Family Water Park 817.427.6500
Richland Tennis Center 817.427.6680
Dan Echols Senior Center 817.281.9267
Burse Road Senior Center 817.656.9525

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Discover

Memberships

Membership terms begin the date of purchase. Family Rate: 20% off for four or more in the same household/same membership plan. Membership cards also allow members to check out weight belts, ping-pong equipment, basketballs, board games and cards.

Fitness Center

Cardio, machine/free weights, courts. Rates listed are per person.

Resident	Non-resident
\$75/year	\$107/year
\$39/three months	\$46/three months
\$25/month	\$29/month
\$7/day	\$7/day

Gymnasium

Courts only. Open court times vary, please call ahead. Rates listed are per person.

Resident	Non-resident
\$7/day	\$7/day
\$13/year	\$36/year

Group Fitness

Cardio, machine/free weights, courts, Group Fitness, SilverSneakers. Rates listed are per person.

Resident	Non-resident
\$5/class	\$5/class
\$33/month	\$36/month
\$168/six months	\$180/six months
\$300/year	\$324/year

New Year! New You!

- Cardio, machine weights and free weight room
- Group Fitness/Baby Boot Camp/SilverSneakers/Jazzercise
- Childcare, preschool, youth/adult programs
- Private lockers, showers, changing areas
- Personal Training
- Massage Therapy
- Adult athletic leagues
- Full-court gymnasium



Low Membership Rates!
No Enrollment Fees! • No Contract!

Hours

Monday-Thursday	8:00 a.m. - 10:00 p.m.
Friday	8:00 a.m. - 6:00 p.m.
Saturday	9:00 a.m. - 5:00 p.m.
Sunday	12:30 p.m. - 4:30 p.m.

Orientations

Free/Optional with Personal Trainer; Membership required.

1st Tuesday of each month	10:30 a.m.
3rd Tuesday	6:30 p.m.

(Jan/Feb/May/June/Sep/Oct)

Lockers

25¢ for full or half-length locker

Convenience/Discount pass: 21x, \$5; 30x, \$7; 44x, \$10
Membership card required.

Childcare

12 months and older

Monday/Wednesday/Friday	8:30 a.m.-10:30 a.m.
Tuesday/Thursday	9:30 a.m.-11:30 a.m.

1 time visit, \$2/child

Convenience/Discount pass: 5x, \$10; 20x, \$30; 40x, \$40

Step Up To Health!

The City of North Richland Hills works with organizations, partners and citizens to improve the quality of life for all people through lifetime leisure activities that enrich individuals, families and community life. In reviewing national statistics, North Richland Hills Parks and Recreation is excited to be a Step Up to Health Community and looks forward to this community-wide health initiative.

Contact Teddi R. Zonker-Visser at tzonker@nrhtx.com or 817.427.6613 if your school, church, business, neighborhood association or just you and your family need help to Step Up to Health! Call today! Beginning a program can be overwhelming and intimidating - start out slow with lots of fun!

To help you

Step Up To Health, look for all classes marked with this symbol. This symbol indicates a Smart Choice for your health and wellness needs.



Personal Training Achieve your fitness goals

NRH trainers provide results! The following are comments from NRH members who have utilized the training available:

“Despite joining the gym and reading books on working out, I wasn’t making any progress. When I started training, I learned the importance of proper form, breathing and stretching. By working smarter, I’m achieving faster results without injury!”

“Even at age 68+, working with a trainer showed me how much strength I have and how much I can improve. Strength training provides a sense of well-being and accomplishment which provides me with more energy throughout the day!”

“The trainers at NRH are wonderful! They motivate and encourage you to go beyond what you think you can do - we have gained strength and flexibility in a relatively short time!”



Meet Our Personal Trainers



**Berny Killingsworth | 817.705.3086
bernyk777@yahoo.com**

“Let me show you a more effective way to accomplish your goals, using proper food intake, cardio, flexibility training and resistance training the smart way!”

Featured in the Fort Worth Star Telegram due to her strong bond with clients. Following an accident that placed Berny in a wheel chair and in rehab, she became a Dutch national power lifter. Certifications: Physical Fitness Specialist Certification, Cooper Institute; three national personal trainer certifications; certified yoga, cycling and SilverSneakers® instructor.



**Larry Montgomery | 817.723.7586
lnm7586@yahoo.com**

“I understand how it feels to be ridiculed for being overweight and out of shape; therefore, I am willing to devote my time and energy to helping my clients reach their goals. Nothing is more rewarding than reaching your desired level of fitness.”

Featured in the Fort Worth Star-Telegram due to winning his battle against weight loss. Larry began lifting weights in 1995 and since then has lost over 100 pounds and would like to help others achieve similar goals. Certifications: Physical Fitness Specialist Certification, Cooper Institute.

Personal Training Fees	Full Hour	\$35	Discounted Package Training for Two	Fitness Assessment	\$25
	Two Sessions	\$65		Learn more about your fitness level.	
	Three Sessions	\$90		Body Composition	\$5
	Six Sessions	\$170		Learn more about your health risk.	
	Eight Sessions	\$200		Three Sessions	\$150
	Ten Sessions	\$250	Five Sessions	\$250	
			Ten Sessions	\$400	

Massage Therapy We make it easy to escape



**Sandy Woehrle | 817.658.3304
sandy@therapynmotions.com**

“My goal in every session is to tailor each massage to each individual’s needs. Massage helps us to function at our optimal level by relieving the body of toxins. If we do not remove the toxins,

over time they form layers which can cause us to lose range of motion. I love the work I do and I just want to help people feel better.”

Sandy graduated with honors from the Texas Massage Institute in 2001. She has been working with the recreation center since 2002 and has a Bachelor of Science in Biology from the University of Texas in Arlington.

Massage Facts:

- Fact:** Speeds Up Metabolism.
Result: More White Blood Cells!
- Fact:** Aides in Weight Loss.
Result: Improved Circulation and Muscle Tone!
- Fact:** Flushes Toxins.
Result: Alleviates Back Pain, Improved Circulation and Range of Motion!

Menu of Services

- Customized (30/45/60/90 minutes) \$35/\$45/\$60/\$90
- Corporate Chair Massage \$60/hour
- Reflexology or Reiki \$45
- Pregnancy Massage \$60
- Aromatherapy \$65
- Stone Therapy \$90

Group Fitness Schedule*

TIME	MON	TUE	WED	THU	FRI	SAT
8:30am	Total Conditioning -Stacey	SilverSneakers® II (8:20) -Kristin	Step 'n' Tone -Stacey	SilverSneakers® II (8:20) -Kristin		
9:00am	SilverSneakers® I (Dan Echols) -Bery		SilverSneakers® I (Dan Echols) -Bery		SilverSneakers® I (Dan Echols) -Bery	
9:30am	Step 'n' Tone -Stacey	Yoga -Amy	Total Conditioning -Stacey	Total Body Mix -Dee	Step 'n' Pump -Roberta	Jazzercise
10:40am	SilverSneakers® -Kristin	SilverSneakers® -Kristin	SilverSneakers® -Bery	SilverSneakers® -Kristin	SilverSneakers® YogaStretch -Bery	Jazzercise Personal Touch (10:30 am)
11:40am	SilverSneakers® -Lynn		SilverSneakers® -Lynn			
5:00pm	Jazzercise	Jazzercise Circuit	Jazzercise	Jazzercise		
6:00pm	Zumba -Dara	Yoga -Teresita	Pilates Mix -Christina	Step 101 -Roberta		
6:00pm			Jazzercise Martial Arts Room			
7:00pm	Jazzercise		Zumba (7:30) -Dara	Jazzercise		



*Schedule subject to change.
**Excludes Jazzercise and Boot Camp; ages 12 and under.
Group Fitness Membership excludes Jazzercise and Boot Camp.

Group Fitness Membership includes access to cardio, court and machine/free-weights

(Rates listed are per person)
Resident
 \$5/class
 \$33/month
 \$168/six months
 \$300/year
Non-resident
 \$5/class
 \$36/month
 \$180/six months
 \$324/year

Pick up a Frequent Buyer Card and earn free passes, discounts and three free months!

Drop-In Group Fitness Classes

♥ Total Conditioning

Easy-to-follow continuous cardio training with strength and endurance moves using step, weights, bar, tubing and mats to maximize your workout! Thursday includes Zumba.

Mon 8:30 a.m.-9:30 a.m.
Wed 9:30 a.m.-10:30 a.m.
Thu 9:30 a.m.-10:30 a.m.

♥ Step 'n' Tone

Challenge yourself! Cardio workout utilizing fun choreography and music for an effective calorie-burn. Class ends with upper body and ab toning.

Mon 9:30 a.m.-10:30 a.m.
Wed 8:30 a.m.-9:30 a.m.

♥ Yoga

Work out the toxins we build up in the body, particularly in the joints and muscle tissue. Experience deep stretching and move with the breath through a variety of postures created to help you gain flexibility, stress management and increased mobility.

Tue 9:30 a.m.-10:30 a.m.,
Tue 6:00 p.m.-7:00 p.m.

♥ Zumba

A fusion of Latin and International music. Fun, easy, effective for fat burning and total body toning. Join us and burn 500+ calories in one class!

Mon 6:00 p.m.-7:00 p.m.
Wed 7:30 p.m.-8:30 p.m.

♥ Step 'n' Pump

Total body interval workout utilizing step routines and free weights. Class ends with glutes, abs and cool down.

Thu 6:00 p.m.-7:00 p.m.
Fri 9:30 a.m.-10:30 a.m.

♥ Pilates Mix

Core strengthening of Pilates and stretching of Yoga together with stabilization of the ball, giving you a challenging workout that will also improve balance, coordination and posture.

Wed 6:00 p.m.-7:00 p.m.

♥ Senior SilverSneakers® Fitness Class

Free program to Secure Horizons/Humana insurance members or available with Group Fitness Membership. Designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

Tue, Thu (Advanced) 8:20 a.m.-9:20 a.m.
Mon-Thu 10:40 a.m.-11:40 a.m.
Mon/Wed 11:40 a.m.-12:40 p.m.
Fri (YogaStretch) 10:40 a.m.-11:40 a.m.
Mon/Wed/Fri 9:00 a.m.-10:00 a.m.

at the Dan Echols Senior Center/Glenview.

♥ Jazzercise

For information, please call 817.733.4144 or visit www.tonyhop.com/Jazzercise.

Drop-In Group Fitness Classes



♥ Adventure Boot Camp

Whether you are a beginner or an avid fitness enthusiast, want to lose weight, or are simply bored with the same old workout routine, this program is for you! Women of all fitness levels, sizes and ages are participating, testing their limits, and achieving incredible results! Benefit from energizing, open-air fitness instruction, the genuine support of your fellow campers, valuable, eye-opening nutrition seminars and pre/post-camp evaluations to track your individual progress and your personal goal achievements. Classes held at Cross Timbers Park. For details, please visit www.TarrantCountyBootCamp.com or call 817.251.6997.

Weight Room Programs

FREE! ♥ Weight Room Orientation

Free hour with a trainer! Sign up early! Learn how to properly use each weight machine to maximize results while minimizing chances of injury while working out. All orientations are provided by our Certified Personal Training staff and are complimentary to members.

12 and up		1 class		\$0
15995	Jan 8	Tue	10:30 a.m.-11:30 a.m.	
15996	Feb 5	Tue	10:30 a.m.-11:30 a.m.	
15997	Mar 4	Tue	10:30 a.m.-11:30 a.m.	
15998	Apr 1	Tue	10:30 a.m.-11:30 a.m.	
15999	May 6	Tue	10:30 a.m.-11:30 a.m.	
16000	Jan 15	Tue	6:30 p.m.-7:30 p.m.	
16001	Feb 19	Tue	6:30 p.m.-7:30 p.m.	
16002	May 20	Tue	6:30 p.m.-7:30 p.m.	

♥ FitStrech

This class follows the FREE Fitness Center Orientation. Learn to safely/properly use the PreCor Stretch Training machine. Gain more power, mobility and better performance through flexibility. Learn how to stretch your body to improve daily living and decrease fatigue. Instructor: Berny Killingsworth, Cooper Certified Personal Trainer.

12 and up		1 class		\$12
15995	Jan 8	Tue	11:30 a.m.-12:30 p.m.	
15996	Feb 5	Tue	11:30 a.m.-12:30 p.m.	
15997	Mar 4	Tue	11:30 a.m.-12:30 p.m.	
15998	Apr 1	Tue	11:30 a.m.-12:30 p.m.	
15999	May 6	Tue	11:30 a.m.-12:30 p.m.	
16000	Jan 15	Tue	7:30 p.m.-8:30 p.m.	
16001	Feb 19	Tue	7:30 p.m.-8:30 p.m.	
16002	May 20	Tue	7:30 p.m.-8:30 p.m.	

Weight Room Programs



KidFit

Students prepare for mandatory state fitness test in small groups. Personal Training staff covers the basics and helps them reach their goal in the one-mile walk/run, sit-ups/pull-ups and flexibility. Body fat percentage and body mass index are calculated and nutrition and exercise guidelines covered. Youth 15 and under, must provide doctor approval. Personal Trainers: Berny Killingsworth and Larry Montgomery.

All ages			Monthly	\$34
16011	Jan 8-29	Tue	5:30 p.m.-6:15 p.m.	
16012	Feb 5-26	Tue	5:30 p.m.-6:15 p.m.	
16013	Mar 4-25	Tue	5:30 p.m.-6:15 p.m.	

Fitness Testing

♥ Body Composition

Briefly meet with our personal trainers to obtain your Body Composition TODAY! By appointment only, 24-hour advanced notice.

12 and up **\$5**

♥ Complete Fitness Assessment

Provides details on body mass index, flexibility, abdominal and upper body strength and cardiovascular fitness. By appointment only, 24-hour advance notice.

12 and up **\$25**

Educational



♥ Basic Life Support

For medical personnel having access to masks, O2, AED and one and two-person rescue. Compressions, respirations and choking aid covered as well. Manual may be purchased on class day for preparation of skills/written tests. Instructor: Pat Needham, BSN, RN.

18 and up		1 class		\$40
15919	Feb 4	Mon	5:30 p.m.-8:30 p.m.	
15920	Mar 10	Mon	9:00 a.m.-12:00 p.m.	

♥ Diabetes Simplified

One out of three Americans may be diagnosed with diabetes. Learn lifestyle changes that can help prevent Type 2 diabetes and how genetics, diet, exercise and sleep affect your chances. Learn how your metabolism works and how to improve your health with simple lifestyle changes. Instructor: Mary McKee, Registered Nurse.

18 and up		1 class		\$20
15841	Feb 9	Sat	9:00 a.m.-12:00 p.m.	
15842	Mar 8	Sat	9:00 a.m.-12:00 p.m.	
15843	Apr 12	Sat	9:00 a.m.-12:00 p.m.	

♥ Heart Health

Learn your 'heart health numbers' and what they mean, what foods can help improve those numbers and what role sleep plays. Improve your heart health with some simple lifestyle changes, discover available tests and why medication timing is important. Instructor: Mary McKee, Registered Nurse.

18 and up		1 class		\$20
15838	Feb 16	Sat	9:00 a.m.-12:00 p.m.	
15839	Mar 15	Sat	9:00 a.m.-12:00 p.m.	
15840	Apr 19	Sat	9:00 a.m.-12:00 p.m.	

Educational



♥ Heartsaver AED

For those who may have to use CPR and an AED in the work-place. Compressions, respirations and choking aid covered as well. Manual may be purchased on class day for preparation of skills/written tests. Instructor: Pat Needham, BSN, RN.

15 and up			1 class	\$40
15921	Mar 8	Sat	9:00 a.m.-12:00 p.m.	
15922	May 10	Sat	9:00 a.m.-12:00 p.m.	



♥ Heartsaver CPR

For those wanting to be prepared with basic CPR knowledge to assist prior to EMT arrival. Compressions, respirations and choking aid covered. Manual may be purchased on class day for preparation of skills/written tests. Instructor: Pat Needham, BSN, RN.

15 and up			1 class	\$40
15923	Feb 18	Mon	5:30 p.m.-8:30 p.m.	
15924	Apr 14	Mon	5:30 p.m.-8:30 p.m.	



♥ Heartsaver Pediatric/ Babysitter Safety

Excellent for babysitter safety! Learn CPR/safety care for children of all age groups and learn how to act in certain medical emergencies/accidents. Compressions, respirations and choking aid covered. Manual may be purchased on class day for preparation of skills/written tests. Instructor: Pat Needham, BSN, RN.

15 and up			1 class	\$40
15925	Mar 4	Tue	9:00 a.m.-12:00 p.m.	
15926	Apr 21	Tue	9:00 a.m.-12:00 p.m.	

♥ Living Well - First 100 Years

Free lunch, health screening and discussion with doctors from North Hills Chiropractic. Learn about health, wellness, fitness and conservative health care. Lunch provided, pre-registration required three days prior. Instructors: Dr. Dustin Dunham and Dr. Douglas Sullivan.

16 and up			1 class	\$0
15968	Feb 13	Wed	12:00 p.m.-1:00 p.m.	
15969	Feb 27	Wed	11:00 a.m.-12:00 p.m.	
15970	Apr 16	Wed	12:00 p.m.-1:00 p.m.	
15971	May 14	Wed	11:00 a.m.-12:00 p.m.	

♥ Supplement Safety

70% of Americans take supplements. Learn which supplements may interact with your medications, why timing is important and how to avoid scams. Instructor: Mary McKee, Registered Nurse.

18 and up			1 class	\$12
15835	Feb 23	Sat	9:00 a.m.-11:00 a.m.	
15836	Mar 22	Sat	9:00 a.m.-11:00 a.m.	
15837	Apr 26	Sat	9:00 a.m.-11:00 a.m.	

♥ Weight Loss Naturally

Learn the healthy way to lose weight! Understand 20 top tips for weight loss; foods which work with your blood type and herbs to improve energy level/metabolism and promote optimal weight. Instructor: Tonja Wells, Certified Natural Health Professional, Certified Natural Health Consultant.

All Ages			1 class	\$12
15865	Feb 12	Tue	7:00 p.m.-8:30 p.m.	

Outdoor Adventure

♥ Rock Climbing Expedition

Meet at Mineral Wells State Park for a day of climbing! Instructors carefully lead you through various climbing areas focusing on your skill and goal. Ages 5+ allowed with parent/guardian. Climbing gear provided. Please wear comfortable clothing and bring snacks/drinks. Climbers must sign in at the state park office, pay a \$3 climbing fee and a \$5 park entrance fee. Instructors: Pam and Keith Miller.

5 and up			1 class	\$33
15799	Apr 12	Sat	9:00 a.m.-1:00 p.m.	
15800	May 10	Sat	9:00 a.m.-1:00 p.m.	

Martial Arts/Contact Sports

♥ Fencing - Beginner

Learn the sport of modern swordplay in a fun and exciting environment. Fencing promotes physical fitness, critical thinking, independence and self-reliance. Standard beginner classes are twice a week and cover all the fundamentals of fencing. Required before progression to recreational program. Glove available through instructor, \$12. Other equipment provided. Instructor: Kate Seiler.

Youth 8-13			12 Classes	\$49
15928	Jan 28-Mar 6	Mon,Thu	5:00 p.m.-5:45 p.m.	
15929	Mar 24-May 1	Mon,Thu	5:00 p.m.-5:45 p.m.	
14 and up			12 Classes	\$49
15930	Jan 7-Feb 14	Mon,Thu	5:45 p.m.-6:30 p.m.	
15931	Apr 3-May 12	Mon,Thu	5:45 p.m.-6:30 p.m.	

♥ Fencing - Recreational

Prerequisite: Beginner fencing or previous experience. Continue learning general techniques in a group environment, and learn the skills and techniques of bouting. Equipment use policy applies, see instructor for details. Instructor David Sierra, USFCA, AAI.

8 - 11yrs			Monthly	\$66
15932	Jan 3-31	Thu, Mon	4:30 p.m.-5:15 p.m.	
15933	Feb 4-28	Thu, Mon	4:30 p.m.-5:15 p.m.	
15934	Mar 3-31	Thu, Mon	4:30 p.m.-5:15 p.m.	
15935	Apr 3-28	Thu, Mon	4:30 p.m.-5:15 p.m.	
15936	May 1-29	Thu, Mon	4:30 p.m.-5:15 p.m.	

12 - 14yrs			Monthly	\$66
15937	Jan 3-31	Thu, Mon	5:45 p.m.-6:30 p.m.	
15938	Feb 4-28	Thu, Mon	5:45 p.m.-6:30 p.m.	
15939	Mar 3-27	Thu, Mon	5:45 p.m.-6:30 p.m.	
15940	Apr 3-28	Thu, Mon	5:45 p.m.-6:30 p.m.	
15941	May 1-29	Thu, Mon	5:45 p.m.-6:30 p.m.	

15 and up			Monthly	\$66
15942	Jan 3-28	Thu, Mon	6:45 p.m.-8:00 p.m.	
15943	Feb 4-28	Thu, Mon	6:45 p.m.-8:00 p.m.	
15944	Mar 3-31	Thu, Mon	6:45 p.m.-8:00 p.m.	
15945	Apr 3-28	Thu, Mon	6:45 p.m.-8:00 p.m.	
15946	May 1-29	Thu, Mon	6:45 p.m.-8:00 p.m.	

♥ Fencing Competitive

For those interested in serious competitive fencing on the regional and national level. Please see instructor for times/schedules. Requires concurrent registration in Recreation program.

Martial Arts/Contact Sports

♥ Tae Kwon Do-North Star Classic

Great for physical conditioning, mental awareness, self-discipline and self-defense. Train in Olympic-style Taekwondo with World TKD Federation qualified instructors and testing. Instructor: Keith Atkinson, international referee with a 4th degree black belt, certified with WTF. Tuesday, 6:30 p.m.-7:30 p.m. is available as an additional class day to assist student advancement.

6 and up		Monthly	\$53
Beginner:			
15882	Jan 3-31	Mon, Thu	6:00 p.m.-6:45 p.m.
15883	Feb 4-28	Mon, Thu	6:00 p.m.-6:45 p.m.
15884	Mar 3-31	Mon, Thu	6:00 p.m.-6:45 p.m.
15888	Apr 3-28	Mon, Thu	6:00 p.m.-6:45 p.m.
15893	May 1-29	Mon, Thu	6:00 p.m.-6:45 p.m.

Intermediate:			
15885	Jan 3-31	M-Tu, Th	6:45 p.m.-7:30 p.m.
15886	Feb 4-28	M-Tu, Th	6:45 p.m.-7:30 p.m.
15887	Mar 3-31	M-Tu, Th	6:45 p.m.-7:30 p.m.
15889	Apr 1-29	M-Tu, Th	6:45 p.m.-7:30 p.m.
15890	May 1-29	M-Tu, Th	6:45 p.m.-7:30 p.m.

Advanced (Instructor Approval):			
15891	Jan 3-31	Mon, Thu	7:30 p.m.-8:30 p.m.
15892	Feb 4-28	Mon, Thu	7:30 p.m.-8:30 p.m.
15894	Mar 3-31	Mon, Thu	7:30 p.m.-8:30 p.m.
15896	May 1-29	Mon, Thu	7:30 p.m.-8:30 p.m.

Wellness

♥ Energizing Your Life

Learn the right herbs and lifestyle changes for stress, depression, hypoglycemia and under-active thyroid. Understand the skills you need to keep your energy level high, stress under control and emotions stable. Instructor: Tonja Wells, Certified Natural Health Professional/Consultant.

16 and up		1 class	\$12
15866	Feb 19	Tue	7:00 p.m.-8:30 p.m.

♥ Massage Therapy

In today's fast paced world, massage is not a luxury, it is a necessity. Tired, sore, and aching muscles need to be relaxed. Our Registered Massage Therapist provides a general/deep tissue Swedish Massage, Reflexology, Reiki, Polarity, Raindrop, Hot Stone, Aromatherapy, Pregnancy Massage and more. By appointment only. For massage service options, please refer to page 5.

♥ Tai Chi for Health - Beginner

Tai Chi is endorsed by the Arthritis Foundation. Benefits include increased strength and muscle tone, enhanced range of motion and flexibility, and improved balance and coordination. Instructors: Lynn Young.

All Ages		Monthly	\$14
15867	Jan 8-29	Tue	11:40 a.m.-12:40 p.m.
15868	Feb 5-26	Tue	11:40 a.m.-12:40 p.m.
15869	Mar 4-25	Tue	11:40 a.m.-12:40 p.m.
15870	Apr 1-29	Tue	11:40 a.m.-12:40 p.m.
15871	May 6-27	Tue	11:40 a.m.-12:40 p.m.

Wellness

♥ Tai Chi - Beginner

Learn this gentle, energizing exercise program for all age groups. Benefits include improved muscle tone and strength, balance, range of motion, flexibility, stress reduction and physical well-being. Endorsed by the American Arthritis Foundation. Certified Instructors: Lynn Young, Georgann Faulkner, and Joe Denison.

16 and up		Monthly	\$67
15875	Jan 3-31	Tue, Thu	7:00 p.m.-8:00 p.m.
15872	Feb 5-28	Tue, Thu	7:00 p.m.-8:00 p.m.
15873	Mar 4-27	Tue, Thu	7:00 p.m.-8:00 p.m.
15874	Apr 1-29	Tue, Thu	7:00 p.m.-8:00 p.m.
15876	May 1-29	Tue, Thu	7:00 p.m.-8:00 p.m.

♥ Tai Chi II

Learn the Tai Chi long and short forms as well as the Saber set, push hands and self-defense applications and the philosophical underpinnings of Tai Chi Ch'uan. Level I completion recommended. Instructors: Lynn Young and Georgann Faulkner.

14 and up		Monthly	\$67
15878	Jan 3-31	Tue, Thu	8:00 p.m.-9:00 p.m.
15877	Feb 5-28	Tue, Thu	8:00 p.m.-9:00 p.m.
15880	Mar 4-27	Tue, Thu	8:00 p.m.-9:00 p.m.
15879	Apr 1-29	Tue, Thu	8:00 p.m.-9:00 p.m.
15881	May 1-29	Tue, Thu	8:00 p.m.-9:00 p.m.

♥ Yoga - Detox Flow

Take time out to care for yourself! Yoga promotes health and body awareness. Learn basic postures and breathing techniques and gain flexibility, stress management and increased mobility that can be maintained throughout life. Instructor: Teresita Mutis-Flasco, Intensive Study/Practice Certification from the Living Yoga Program.

16 and up		Monthly	\$42
15855	Jan 7-28	Mon	6:30 p.m.-7:45 p.m.
15856	Feb 4-25	Mon	6:30 p.m.-7:45 p.m.
15857	Mar 3-24	Mon	6:30 p.m.-7:45 p.m.
15858	Apr 7-21	Mon	6:30 p.m.-7:45 p.m.
15859	May 5-19	Mon	6:30 p.m.-7:45 p.m.



♥ Yoga - Int/Adv

For hardy beginners or more advanced students. A moderately-paced yoga class designed to build core strength, flexibility, and calm the nervous system, with continued emphasis on breathing and healthy alignment of the body and mind. Class includes variations of standing poses, seated twists, forward bends, arm and leg strengthening exercises, and end with relaxation. The focus is to build uniform strength, improve muscular function, and increase both physical and mental flexibility and awareness. This is a physically challenging class. Knowledge of yoga is not necessary, but the class is best experienced by those who already have some physical conditioning. Instructor: Lynn Matarelli.

All Ages		Monthly	\$38
15850	Jan 10-31	Thu	6:30 p.m.-7:45 p.m.
15851	Feb 7-28	Thu	6:30 p.m.-7:45 p.m.
15852	Mar 6-27	Thu	6:30 p.m.-7:45 p.m.
15853	Apr 3-24	Thu	6:30 p.m.-7:45 p.m.
15854	May 8-29	Thu	6:30 p.m.-7:45 p.m.

Parenting

NEW! **Happy Home Workshop**
Over-committed, disconnected and too busy and stressed to enjoy family? Great opportunity to change your family life where little things make all the difference. Enjoy closeness, joy and meaning. Supply fee: \$20 to instructor. Instructor: Jennifer White, Once Upon a Family Consultant.

All Ages			1 class	\$12
15985	Feb 16	Sat	11:30 a.m.-1:00 p.m.	
15986	Apr 19	Sat	11:30 a.m.-1:00 p.m.	

NEW! **Live, Laugh, Love**
Strengthen your relationships, establish family values and traditions and preserve cherished keepsakes. Go home with some great tradition ideas, a renewed sense of family and simple ways to create the family of your dreams. Instructor: Jennifer White, Once Upon a Family Consultant.

All Ages			1 class	\$0
15990	Jan 10	Fri	7:00 p.m.-8:00 p.m.	
15992	Mar 6	Fri	7:00 p.m.-8:00 p.m.	
15994	May 8	Fri	7:00 p.m.-8:00 p.m.	
15991	Feb 16	Sat	10:00 a.m.-11:00 a.m.	
15993	Apr 19	Sat	10:00 a.m.-11:00 a.m.	

Arts/Crafts

NEW! **Online Scrapbooking**
Create professionally published greeting cards and a desk photo display as you work with family stories and photos. Learn the basics of scanning photos and online scrapbooking and leave with three published items. Laptops invited, but not necessary. Instructor: Rick Springer, Certified Heritage Makers Independent Consultant.

12 and up			4 classes	\$34
15806	Feb 5-26	Tue	9:00 a.m.-10:00 a.m.	
15807	May 6-27	Tue	9:00 a.m.-10:00 a.m.	
12 and up			4 classes	\$34
15810	Feb 5-26	Tue	7:00 p.m.-8:00 p.m.	
15811	May 6-27	Tue	7:00 p.m.-8:00 p.m.	

Computer

NEW! **Computers 101**
Learn the basics of the Microsoft operating system, parts of the computer, mouse basics, menus, creating/managing files and folders, editing text and saving files. Instructor: Cal Quigley IV, Certified Lead Instructor.

All Ages			4 classes	\$34
15973	Feb 4-25	Mon	6:30 p.m.-8:00 p.m.	
15974	Mar 3-31	Mon	6:30 p.m.-8:00 p.m.	
15975	Apr 7-28	Mon	6:30 p.m.-8:00 p.m.	
15983	May 5-26	Mon	6:30 p.m.-8:00 p.m.	

NEW! **Internet User**
History, overview and definition of the Internet and World Wide Web and browser basics. Objectives include obtaining and using email, sending, opening and saving attachments, using search engines and safety. Instructor: Cal Quigley IV, Certified Lead Instructor.

All Ages			4 classes	\$34
15976	Feb 7-28	Thu	6:30 p.m.-8:00 p.m.	
15977	Mar 6-27	Thu	6:30 p.m.-8:00 p.m.	
15978	Apr 3-24	Thu	6:30 p.m.-8:00 p.m.	
15984	May 1-22	Thu	6:30 p.m.-8:00 p.m.	

Computer

NEW! **Microsoft Office Basics**
Learn formatting tools, spell check, basic editing, inserting hyperlinks, templates and an introduction to pictures, bullets and numbered lists. Instructor: Cal Quigley IV, Certified Lead Instructor.

All Ages			4 classes	\$34
15979	Feb 2-23	Sat	11:00 a.m.-12:30 p.m.	
15980	Mar 1-29	Sat	11:00 a.m.-12:30 p.m.	
15981	Apr 5-26	Sat	11:00 a.m.-12:30 p.m.	
15982	May 3-24	Sat	11:00 a.m.-12:30 p.m.	

Dance

♥ Belly Dance

Reshape and tone muscles, gain self-appreciation in a supportive environment while learning basic hip and arm isolations, shimmies and basic choreography. Instructor: Tahja Starr.

All Ages			4 classes	\$43
15860	Jan 9-30	Wed	7:15 p.m.-8:15 p.m.	
15861	Feb 6-27	Wed	7:15 p.m.-8:15 p.m.	
15862	Mar 5-26	Wed	7:15 p.m.-8:15 p.m.	
15863	Apr 2-23	Wed	7:15 p.m.-8:15 p.m.	
15864	May 7-28	Wed	7:15 p.m.-8:15 p.m.	

♥ Country I

Learn the social dance of Texas; the Two-Step! Learn step, turns and couple turns while obtaining the benefits of posture, balance and confidence. Couples encouraged, singles welcome. Instructor: Gene X. Willman, professionally trained dance instructor.

16 and up			4 classes	\$37
15917	May 1-22	Thu	8:00 p.m.-8:50 p.m.	

♥ Hula-Teen/Adult Beginner

Great for those who love to dance but must care for their knees. Enjoy the graceful dance of Hawaii while telling a story with your hands. Instructor: Grace Evangelista.

All Ages			Monthly	\$37
15907	Jan 5-26	Sat	11:15 a.m.-12:10 p.m.	
15908	Feb 2-23	Sat	11:15 a.m.-12:10 p.m.	
15909	Mar 1-22	Sat	11:15 a.m.-12:10 p.m.	
15910	Apr 12-May 3	Sat	11:15 a.m.-12:10 p.m.	
15911	May 10-31	Sat	11:15 a.m.-12:10 p.m.	

♥ Salsa I

Salsa shares many patterns with Rumba and Bolero - fun, flirty and social. Learn six-count Salsa, passes, breaking steps and turns while obtaining the benefits of posture, balance and self-confidence. Couples encouraged. Instructor: Gene X. Willman, professional trained dance instructor.

16 and up			4 classes	\$37
15915	Feb 7-28	Thu	9:00 p.m.-9:50 p.m.	

♥ Salsa II

Prerequisite: Salsa I. Learn even more details and dance moves for social gatherings. Instructor: Gene X. Willman, professional trained dance instructor.

16 and up			4 classes	\$37
15918	Apr 3-24	Thu	8:00 p.m.-8:50 p.m.	

See
Page 14
for Youth Hula
Classes

Dance

♥ Swing I

Learn fun turns and spins while enjoying the benefits of good posture, balance and confidence. Couples encouraged, singles welcome. Instructor: Gene X. Willman, professional trained dance instructor.

16 and up **4 classes** **\$37**
15914 Feb 7-28 Thu 8:00 p.m.-8:50 p.m.

♥ Wedding/Party Dances I

Learn the Foxtrot and the Triple-time Swing which are the dances used at most social gatherings. Enjoy the benefits of good posture, balance and confidence. Couples encouraged, singles welcome. Instructor: Gene X. Willman, professional trained dance instructor.

16 and up **4 classes** **\$37**
15912 Jan 10-31 Thu 8:00 p.m.-8:50 p.m.

NEW! **♥ Wedding/Party Dances II**
 Prerequisite: Wedding/Party I. Learn even more details and dance moves for social gatherings. Instructor: Gene X. Willman, professional trained dance instructor.

All Ages **4 classes** **\$37**
15916 Mar 6-27 Thu 8:00 p.m.-8:50 p.m.

Educational

Confused about Medicare?

Learn about Medicare and other health care options so you can make educated decisions. Refreshments served.

Please pre-register two days prior. Instructor: Gabe Moore.

55 and up **1 class** **\$0**
15812 Feb 23 Sat 10:00 a.m.-11:30 a.m.
15813 Mar 22 Sat 10:00 a.m.-11:30 a.m.
15814 Apr 12 Sat 12:00 p.m.-1:30 p.m.
15815 Apr 30 Wed 1:00 p.m.-2:30 p.m.

Final Expense Workshop

Plan ahead so family doesn't have more stress during the most difficult time in their life. Prepare so medical bills, unexpected legal fees and utility, auto and credit card payments are covered. Refreshments provided. Please pre-register two days prior. Instructor: Gabe Moore.

All Ages **1 class** **\$0**
15820 Jan 12 Sat 10:00 a.m.-11:00 a.m.
15821 Feb 2 Sat 10:00 a.m.-11:00 a.m.
15822 Mar 8 Sat 10:00 a.m.-11:00 a.m.
15823 Apr 26 Sat 10:00 a.m.-11:00 a.m.
15824 May 10 Sat 10:00 a.m.-11:00 a.m.

Free Money Management Seminar

Let us show you how to start saving for retirement, begin funding your child's education, possibly cut your life insurance costs and lower your monthly cash outlay.

Instructor: Patti Garza and Linda Bills, Independent Registered Representative of Primerica Financial Services.

All Ages **1 class** **\$0**
15825 Feb 6 Wed 6:45 p.m.-8:15 p.m.
15826 Mar 5 Wed 6:45 p.m.-8:15 p.m.
15827 Apr 2 Wed 6:45 p.m.-8:15 p.m.
15828 May 7 Wed 6:45 p.m.-8:15 p.m.

Educational

NEW! Retirement Planning for Boomers

Boomers: Retirement transition, avoid mistakes, reduce risk, armor plate your retirement years, improve cash flow, IRAs, rollovers, and the new tax-laws. Included: (65) page course manual. Instructor: Mark Fields, CFP, CSA, CEP, RIA.

60 and up **3 classes** **\$33**
15844 Feb 9-23 Sat 9:00 a.m.-12:00 p.m.
15845 Mar 8-22 Sat 9:00 a.m.-12:00 p.m.
15846 Apr 12-26 Sat 9:00 a.m.-12:00 p.m.

NEW! Why Rent? Buy!

First-time home buyers learn about mortgages, insurance, inspections and receive a free credit report.

Instructor: Juanita Carper.

18 and up **1 class** **\$20**
15848 Mar 4 Tue 6:30 p.m.-8:00 p.m.
15849 Mar 11 Tue 9:00 a.m.-10:30 a.m.

General Programs

NEW! Baking Baklava

Learn to demystify this ancient delicacy and also handle phyllo dough. Benefits include an easy to make gift idea and you expand your appetizer/entree skills. Class fee covers attending/instruction, an additional fee required if you wish to take a prepared batch home. Instructor:

Kathleen Brown.

16 and up **1 class** **\$7**
15830 Feb 5 Tue 5:30 p.m.-6:15 p.m.
15831 Mar 4 Tue 5:30 p.m.-6:15 p.m.

NEW! Handwriting Analysis

Learn important differences in handwriting, complete a basic analysis on yourself and others and learn ways to change your life by changing your handwriting. A great tool for meeting people, starting conversations, understanding yourself and others, helping children develop a healthy handwriting style and having fun. Supply fee: \$20.

Instructor: Cyndi Barker.

14 and up **5 classes** **\$34**
15927 Feb 4-Mar 3 Mon 6:30 p.m.-8:30 p.m.

Basic Spanish

Learn every-day situational Spanish by learning sentence structure along with grammar and over 500 vocabulary words. You will be able to speak Spanish in complete sentences!

Instructor: Teresita Mutis-Flasco.

16 and up **6 classes** **\$44**
15965 Feb 7-Mar 13 Thu 6:30 p.m.-7:30 p.m.
15967 Apr 3-May 8 Thu 6:30 p.m.-7:30 p.m.

New Year! New You!

While children learn, parents can burn... calories! When signing up for youth classes by January 31, save \$5 off a full-hour massage or an annual Fitness Center Membership for yourself!



BIG

Fun For Little People

Open play time for ages 1-4. Child must be accompanied by parent/ guardian for this non-instructor based program. We provide the hoops, balls, mats, and tunnels. You bring your little ball of energy!

Monday/Wednesday/Friday
8:30 a.m. - 11:30 a.m.
NRH Recreation Center.
One visit \$3
Five visits \$12
Ten visits \$21
Twenty visits \$36

It may be cool outside, but there's still plenty of fun for your family!

Play!



Live entertainment, tree lighting, ice sculpture, photos with Santa, food court, train ride, bounce houses, children's craft tent with over a dozen crafts (\$3), ice skating (\$2), train ride (\$1), puppet show, photo scenes up through December 9.

Saturday, December 1
4:00 p.m.-8:00 p.m.
Municipal Complex -
Mid Cities Blvd.



Reel Time

Create a new family holiday tradition! All aboard for "The Polar Express"! Come relaxed in slippers and jammies to enjoy a movie, cocoa, snacks.

Friday, December 14
6:30 p.m.
NRH Recreation Center
Free Family Event

Come out and enjoy these fun family special events!

Connect!



Check off your holiday shopping list in a flash while your kids play at the NRH Recreation Center! Kids enjoy games, crafts, snacks and a special visit from Santa including holiday photos. Register for one session only. Limited space available. Ages 4-12; potty-trained.

Saturday, December 15
Session I:
9:00 a.m.-12:00 p.m.
Session II:
1:00 p.m.-4:00 p.m.
NRH Recreation Center
\$20/child

FREE! Women's Health Fair

Join us for a free day of health and wellness! Local hospitals and medical professionals provide free wellness screenings and education. Recreation Center wellness services showcased with free group exercise classes, free chair massage, free body fat testing and information booths. Free KidsZone and Door Prizes. Carter Blood Care and the Texas Health Resource mobile units on site.

Saturday, January 12
10:00 a.m.-1:00 p.m.
NRH Recreation Center

presented by:



Growing Great Kids- Parenting Solutions

Pre-registration required. Pre-register for childcare ages 1-10 by January 17. Sponsored by: Birdville Council of PTA's, BISD Scores, and the NRH Recreation Center.

7th Annual
Parenting Workshop
Saturday, January 26
8:30 a.m.-12:30 p.m.
NRH Recreation Center
Free Family Event

Move!



**Move - Play - Connect
through Companies In Action!**

Throughout 2008 businesses and organizations will have the opportunity to sign up for variety of athletic events starting with Dodgeball on February 16. Each event requires pre-registration and event fees apply. For a complete listing of events and fees please contact Bob Hagin at bhagin@nrhtx.com

Play!



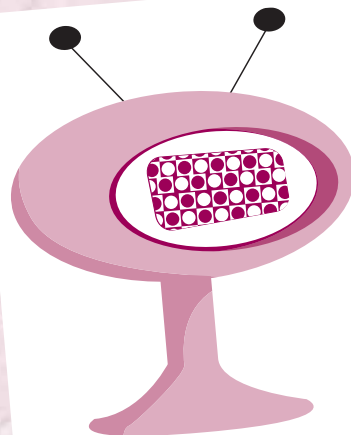
Dancing, live DJ, refreshments, photographs, limo rides and door prizes.

Saturday, February 9

**Ages: 3-9,
6:00 p.m.-7:30 p.m.**

**Ages: 10+,
8:00 p.m.-9:30 p.m.
BISD Fine Arts Complex
9200 Mid Cities Blvd.**

**\$8/person.
Registration begins
December 1**



TV Off... Family On!

Snacks, games and activities so you can get out of the house and spend time together.

**Fridays, February 29
and March 29**

**6:30 p.m.
NRH Recreation Center
\$10/family of four**

It may be cool outside, but there's still plenty of fun for your family!

Connect!

Come out and enjoy these fun family special events!

NEW!
**discover:
project green**



Welcome Spring and learn about tree planting, native plants, composting, gardening, water conservation and green related subjects from local experts and vendors. Activities for the entire family will be part of this great new event!

**Saturday, March 29
10:00 a.m.-2:00 p.m.
Cross Timbers Park
Free Family Event**



Live entertainment, egg hunt, bounce houses, train rides.

**Saturday, March 15
10:00 a.m.-noon
Green Valley Park
7701 Smithfield Rd.
Free Family Event**



Crafts, sports, guests, snacks, field trips.

**Monday-Friday,
7:30 a.m.-6:00 p.m.
NRH Recreation Center
Spring and Summer
Camp NRH!**

**Coming soon!
Registration for both
begins December 1!
Ages: 6-12**

Move!



We invite your family to visit the following web pages to learn more about health and wellness as we develop our healthy community!
www.kidshhealth.org/kid/stay_healthy
www.kidnetic.com
www.verbnow.com
www.bam.gov

Classroom Policy

- With your child's best interest in mind, we kindly ask that parents and siblings not remain in the classroom once class has begun. In order to provide a quality learning environment for all children, our coordinators and instructors have found that the quality of instruction is often affected by distractions that occur when parents and/or siblings remain in the room. We thank you for your cooperation and we look forward to learning with your child.
- Our programs provide wonderful opportunities for growth and learning. It is very beneficial for the success of a program to have students interact with their peers and instructor with limited distractions.
- We understand that for some children our programs may be their first experience in a structured class or group setting. If a transition period is needed, parents are invited to stay in the classroom while the instructor takes attendance.
- We highly encourage parents to attend the last class of each session to view their child's progress and to share in their accomplishments.
- For the safety of your family, please park in designated parking spaces and walk children to and from class.
- Children ages 6 and under must be accompanied by an adult at all times. Children are not permitted in adult classes.
- During programs, except on Parent Day, please wait outside teaching area or in lobby. Thank You.

Arts/Crafts



Art for Kids

Learn to enjoy art! You will use a variety of media; explore your creativity, and paint and design projects you can display. Supply fee to instructor: \$7. Instructor: Cyndi Barker.

4 - 6yrs **4 classes** **\$30**
15740 Feb 9-Mar 1 Sat 9:00 a.m.-10:00 a.m.



Claymates

Improve your child's fine motor skills in this class all about clay! Kid-o's will create original pieces of art with different types of clay using cookie cutters, press molds and free hand forms! Supply fee to instructor: \$6. Instructor: Dottie Nicholson.

3 - 6yrs **6 classes** **\$34**
15756 Mar 3-Apr 7 Mon 10:30 a.m.-11:15 a.m.



Color Me This!

Let's learn about colors and shapes with textures, paints and clay! Activities will improve fine motor skills. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

3 - 6yrs **6 classes** **\$33**
15758 Mar 5-Apr 9 Wed 10:45 a.m.-11:15 a.m.

Arts/Crafts



Paper Jewelry

Make beautiful jewelry out of colored paper. You will learn the process of creating art, explore color and form as well as create gifts for Mother's Day! Supply fee to instructor: \$5. Instructor: Cyndi Barker.

12 - 18yrs **1 class** **\$16**
15834 May 3 Sat 1:30 p.m.-3:30 p.m.

Dance

♥ Ballet, Jazz and Tap

New student registration begins May 1, 2008. Current/continuing students must have been enrolled in the October 2007 session. All students will perform in the spring recital, May 2008. To avoid a \$10 late registration fee, please make note of the following session registration deadlines. You may register for both sessions beginning December 1, 2007.

Winter Session January 7, 2007
Spring Session March 17, 2007

A current class schedule can be obtained from the front desk. Please note, unless directed by the instructor, your child should enroll in the same class day/time attended in the fall. Instructor: Carolyn Riehl.

♥ Hula - Youth Beginning

The foundation for the modern style of Hula. Focus on posture, positioning, hip work, hand movement and direction changes. Enjoy performing at various festivals. Instructor: Grace 'Kalake' Evangelista.

4 - 12 years **4 classes** **\$37**
15897 Jan 5 - Jan 26 Sat 9:15 a.m.-10:10 a.m.
15898 Feb 2 - Feb 23 Sat 9:15 a.m.-10:10 a.m.
15899 Mar 1 - Mar 22 Sat 9:15 a.m.-10:10 a.m.
15900 Apr 12 - May 3 Sat 9:15 a.m.-10:10 a.m.
15901 May 10 - May 31 Sat 9:15 a.m.-10:10 a.m.

♥ Hula - Youth Intermediate

Prerequisite: Beginning Hula or one year experience. Become familiar with Hula Mele (Hawaiian lyrics), use hula implement and learn advanced Tahitian and hula movements. Instructor: Grace 'Kalake' Evangelista.

7 - 12 years **4 classes** **\$37**
15902 Jan 5 - Jan 26 Sat 10:15 a.m. - 11:10 a.m.
15903 Feb 2 - Feb 23 Sat 10:15 a.m. - 11:10 a.m.
15904 Mar 1 - Mar 22 Sat 10:15 a.m. - 11:10 a.m.
15905 Apr 12 - May 3 Sat 10:15 a.m. - 11:10 a.m.
15906 May 10 - May 31 Sat 10:15 a.m. - 11:10 a.m.





Early Childhood Development

Terrific 2's

Your child will thrive in a structured environment learning colors, shapes, singing, playing, and crafts. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

2yrs			7 classes	\$42
15704	Jan 7-Feb 18	Mon	9:15 a.m.-10:15 a.m.	
2yrs			6 classes	\$37
15705	Mar 3-Apr 7	Mon	9:15 a.m.-10:15 a.m.	
15706	Apr 14-May 19	Mon	9:15 a.m.-10:15 a.m.	

Little Painters

Do you have a creative two year-old? This class will let your tot express themselves through a variety of painting techniques. Please wear old clothes! Supply fee to instructor: \$4. Instructor: Dottie Nicholson.

2yrs			7 classes	\$37
15717	Jan 9-Feb 20	Wed	10:45 a.m.-11:15 a.m.	
2yrs			6 classes	\$33
15718	Apr 16-May 21	Wed	10:45 a.m.-11:15 a.m.	

♥ Little Rompers

Energized tots work on hand-eye coordination and motor skills using a variety of games and equipment. Instructor: Dottie Nicholson.

2 - 3yrs			6 classes	\$33
15802	Mar 5-Apr 9	Wed	10:00 a.m.-10:30 a.m.	

Educational

Chess - Beginners

Learn the chess pieces and how they move on the board. Using basic drills, students learn the elements of chess openings, tactics, and endgame. Chess teaches concentration, memory, problem solving, and improves social skills. Chess, a game for all ages, is a game that fully exercises our minds.

10 and up			Monthly	\$58
16145	Jan 3-24	Thu	7:00p.m.-8:30p.m.	
16146	Feb 7-28	Thu	7:00p.m.-8:30p.m.	
16147	Mar 6-27	Thu	7:00p.m.-8:30p.m.	
16148	Apr 3-24	Thu	7:00p.m.-8:30p.m.	
16149	May 1-29	Thu	7:00p.m.-8:30p.m.	

Preschool

New student registration begins July 10, 2008. Great for Kindergarten preparedness! Children explore self-awareness, motor-development, pre-academic skills and creative art. Supply fee to instructor in January: \$25. Instructor: Wendy Compton, Certified Teacher.

Current/continuing students register monthly. A \$25 late fee will be assessed for payments received after the first week of the month.

4 yrs			Monthly	\$106
15608	Jan 2-30	MWF	8:30 a.m.-11:00 a.m.	
15602	Feb 1-29	MWF	8:30 a.m.-11:00 a.m.	
15603	Mar 3-31	MWF	8:30 a.m.-11:00 a.m.	
15604	Apr 2-30	MWF	8:30 a.m.-11:00 a.m.	
15605	May 2-23	MWF	8:30 a.m.-11:00 a.m.	
4 yrs			Monthly	\$106
15609	Jan 2-30	MWF	11:30 a.m.-2:00 p.m.	
15606	Feb 1-29	MWF	11:30 a.m.-2:00 p.m.	
15607	Mar 3-31	MWF	11:30 a.m.-2:00 p.m.	
15600	Apr 2-30	MWF	11:30 a.m.-2:00 p.m.	
15601	May 2-23	MWF	11:30 a.m.-2:00 p.m.	

Martial Arts/Contact Sports

♥ Kenpo Karate

Learn the disciplines of respect, honor, and character development. Youth will follow the Three Steps to a Great Kid program, which incorporates child safety topics and character virtues. Registration fee is monthly. There is a one-time fee of \$50 for a manual and patch and \$25/youth or \$35/adult for uniform. Instructor: Shane Whitehead. Chamberlain Studios of Self Defense, www.dallaskenpo.com.

4 - 6yrs **Monthly** **\$78**

Wednesday, 6:30 p.m.-7:00 p.m. available as an additional class day to assist student advancement.

15741	Jan 2-30	Sat	9:30 a.m.-10:15 a.m.
15744	Feb 2-27	Sat	9:30 a.m.-10:15 a.m.
15747	Mar 1-29	Sat	9:30 a.m.-10:15 a.m.
15751	Apr 2-30	Sat	9:30 a.m.-10:15 a.m.
15755	May 3-31	Sat	9:30 a.m.-10:15 a.m.

7 - 12yrs **Monthly** **\$78**

Wednesday, 7:15 p.m.-8:00 p.m. available as an additional class day to assist student advancement.

15742	Jan 2-30	Sat	10:45 a.m.-11:30 a.m.
15745	Feb 2-27	Sat	10:45 a.m.-11:30 a.m.
15748	Mar 1-29	Sat	10:45 a.m.-11:30 a.m.
15752	Apr 2-30	Sat	10:45 a.m.-11:30 a.m.
15753	May 3-31	Sat	10:45 a.m.-11:30 a.m.

13 yrs and up **Monthly** **\$78**

Wednesday, 8:00 p.m.-9:00 p.m. available as an additional class day to assist student advancement.

15743	Jan 2-30	Sat	12:00 p.m.-1:00 p.m.
15746	Feb 2-27	Sat	12:00 p.m.-1:00 p.m.
15749	Mar 1-29	Sat	12:00 p.m.-1:00 p.m.
15750	Apr 2-30	Sat	12:00 p.m.-1:00 p.m.
15754	May 3-31	Sat	12:00 p.m.-1:00 p.m.

Early Childhood Development

♥ Little Feet on the Beat

Music, dance, and movement are used in this highly active class to give your child the opportunity to enhance their physical development and coordination. Instructor: Dottie Nicholson.

2yrs **7 classes** **\$38**

15720	Jan 4-Feb 15	Fri	9:15 a.m.-10:00 a.m.
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2yrs **6 classes** **\$34**

15721	Mar 7-Apr 11	Fri	9:15 a.m.-10:00 a.m.
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15722	Apr 18-May 23	Fri	9:15 a.m.-10:00 a.m.
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Educational

Just for 3's

New student registration begins August 1, 2008. Pre-registration provided to those who wish to continue throughout the school year (Sep-May). Current/continuing students register monthly.

Involve your child in educational activities and games designed to give him/her a better understanding of letters, numbers, colors, shapes, sizes and songs. Children must be potty-trained. Supply fee to instructor in January: \$25, parents take turns providing snacks and drinks. Instructor: Dottie Nicholson.

3yrs		Monthly	\$73
15610	Jan 3-31	Tue, Thu	9:00 a.m.-11:30 a.m.
15611	Feb 5-Feb 28	Tue, Thu	9:00 a.m.-11:30 a.m.
15614	Mar 4-27	Tue, Thu	9:00 a.m.-11:30 a.m.
15613	Apr 1-29	Tue, Thu	9:00 a.m.-11:30 a.m.
15796	May 1-22	Thu, Tue	9:00 a.m.-11:30 a.m.
3yrs		Monthly	\$73
15615	Jan 3-31	Tue, Thu	12:30 p.m.-3:00 p.m.
15612	Feb 5-Feb 28	Tue, Thu	12:30 p.m.-3:00 p.m.
15616	Mar 4-27	Tue, Thu	12:30 p.m.-3:00 p.m.
15617	Apr 1-29	Tue, Thu	12:30 p.m.-3:00 p.m.
15795	May 1-22	Thu, Tue	12:30 p.m.-3:00 p.m.

Around the World Adventures

Take your child on a trip each week as they learn about different countries through crafts, games and food. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

3 - 6yrs		7 classes	\$42
15725	Jan 4-Feb 15	Fri	11:30 a.m.-12:30 p.m.
3 - 6yrs		6 classes	\$37
15726	Apr 18-May 23	Fri	11:30 a.m.-12:30 p.m.

Dynamite Dinosaurs

Children explore the world of dinosaurs through crafts, stories and a fossil rock hunt. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

3 - 6yrs		6 classes	\$37
15727	Mar 7-Apr 11	Fri	11:30 a.m.-12:30 p.m.



Educational

Silly Sloppy Science

Children ponder the natural world of science through amazing hands-on experiments. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

3 - 6yrs		6 classes	\$34
15728	Apr 14-May 19	Mon	10:30 a.m.-11:15 a.m.

Trains for Tots

'All Aboard' as we embark on a journey to learn about different types of trains through interactive play, games and music. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

2 - 4yrs		6 classes	\$34
15729	Apr 16-May 21	Wed	11:30 a.m.-12:15 p.m.

Music

Beginning Guitar

If you know nothing about music but want to learn, the guitar is the perfect place to start! In this highly interactive class, you will learn the foundations of guitar which include: playing chords and scales, understanding music theory as well as playing basic progressions. By the time session is over you will be showing off to your friends! Instructor: Jordan McGehee.

7 - 15yrs		8 classes	\$89
16014	Jan 12 - Mar 1	Sat	10:00 a.m.-11:00 a.m.
16015	Mar 8 - Apr 26	Sat	10:00 a.m.-11:00 a.m.

Music with Mom

Parents, make joyful noise with your little one as you learn songs, make instruments, and march to the beat. Supply fee to instructor: \$3. Instructor: Dottie Nicholson.

1 - 3yrs		7 classes	\$38
15723	Jan 4-Feb 15	Fri	10:15 a.m.-11:00 a.m.
1 - 3yrs		6 classes	\$34
15724	Mar 7-Apr 11	Fri	10:15 a.m.-11:00 a.m.

Music Jamboree

Children learn new songs and create unique instruments from recycled material. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

3 - 6yrs		6 classes	\$34
15801	Apr 18-May 23	Fri	10:15 a.m.-11:00 a.m.

General Programs

Kids are Cooking

Your little chef receives hands-on experience preparing special foods and treats while utilizing good manners and kitchen safety. Supply fee to instructor: \$6. Instructor: Dottie Nicholson.

3 - 5yrs		7 classes	\$42
15709	Jan 7-Feb 18	Mon	11:30 a.m.-12:30 p.m.
3 - 5yrs		6 classes	\$37
15710	Mar 3-Apr 7	Mon	11:30 a.m.-12:30 p.m.
15711	Apr 14-May 19	Mon	11:30 a.m.-12:30 p.m.

General Programs

Hot Wheelers

Enjoy interactive/social play with Hotwheels and other race cars. Children listen to race car stories and paint a wooden race car that is raced the last class day. Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

3 - 6yrs **7 classes** **\$38**
15719 Jan 9-Feb 20 Wed 11:30 a.m.-12:15 p.m.

NEW! Safety First!

From learning to say 'NO!' to strangers to the dangers of playing with fire, in the street, and with stray animals, this class will have your child ready for a safe and FUN summer! We will have visitors from the Police Department and Fire Department to share safety tips. Supply fee to instructor: \$3. Instructor: Dottie Nicholson.

3 - 6yrs **6 classes** **\$34**
15757 Mar 5-Apr 9 Wed 11:30 a.m.-12:15 p.m.

Time Together

Craft Time with Mom

Parent/child bond during craft time. Each week create and take home timeless treasures including matching t-shirts! Supply fee to instructor: \$5. Instructor: Dottie Nicholson.

2 - 4yrs **7 classes** **\$38**
15707 Jan 7-Feb 18 Mon 10:30 a.m.-11:15 a.m.

♥ Tumble Time

Parent/child interact and focus on motor skills through basic gymnastics, tumbling, music and singing. Instructor: Dottie Nicholson.

18 months - 2yrs **7 classes** **\$37**
15712 Jan 9-Feb 20 Wed 9:15 a.m.-9:45 a.m.

18 months - 2yrs **6 classes** **\$33**
15713 Mar 5-Apr 9 Wed 9:15 a.m.-9:45 a.m.

15714 Apr 16-May 21 Wed 9:15 a.m.-9:45 a.m.

One Day

NEW! Santa's Holiday Drop and Shop

Hey parents, need some extra time to shop for the holiday season? Bring the kids by, drop them off and we'll take care of the rest! You shop 'til you drop while recreation staff entertains your kids through activities, crafts and more! Pre-register for the morning or afternoon session soon! Sign up early, space is limited! Limit one session per child.

Ages 4 - 12yrs **\$20**
16017 Dec 15 Sat 9:00 a.m.-12:00 p.m.
16018 Dec 15 Sat 1:00 p.m.-4:00 p.m.

Japanese Tea Party

This tea party has an oriental flare. Learn more about different tea party customs and enjoy a taste of Japan. Please bring socks and flip flops. Everything else is provided to have a wonderful time. Instructor: Dottie Nicholson.

3 - 6yrs **1 class** **\$16**
15730 Jan 26 Sat 10:00 a.m.-11:30 a.m.

One Day

In Search of Peter Rabbit

Dye eggs, make an Easter Craft and hear an Easter Story. We will end with an Easter egg hunt. All supplies included. Instructor: Dottie Nicholson

3 - 6yrs **1 class** **\$16**
15731 Mar 14 Fri 3:30 p.m.-4:30 p.m.

Royal Manners for Boys and Girls

This class will teach the primary level of basic daily manners including introductions, image, posture, phone use, behavior, self improvement, table manners, and helping others.

Instructor: Dottie Nicholson.

4 - 7yrs **1 class** **\$16**
15732 Mar 29 Sat 10:00 a.m.-11:30 a.m.

Princess Tea Party

Dress up like a princess, dance and have a tea party. Craft and snack included! Instructor: Dottie Nicholson

2 - 4yrs **1 class** **\$16**
15733 Apr 5 Sat 10:00 a.m.-11:30 a.m.

Ceramics

Explore the possibilities with ceramics as Miss Dottie teaches you how to create your very own masterpiece that you can keep forever. Supply fee to instructor: \$4.

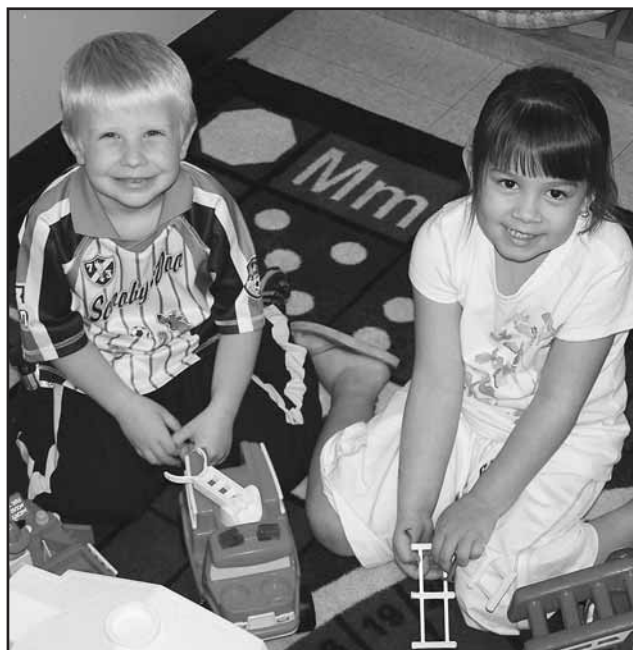
Instructor: Dottie Nicholson.

4 - 7yrs **1 class** **\$16**
15734 Apr 19 Sat 10:00 a.m.-11:00 a.m.

Mother's Day Tea Party

Come be the guest of honor at a lovely tea party prepared by your child. Moms, please return at 11:00 a.m. for tea, a snack, and a special gift prepared just for you. Instructor: Dottie Nicholson.

3 - 6yrs **1 class** **\$16**
15735 May 3 Sat 10:00 a.m.-12:00 p.m.



Physical Development

♥ Gymnastics

This course offers an exceptional approach to developing strength, flexibility and coordination. Students are introduced to tumbling, the uneven bars, balance beam, vaulting and pommel horse. The program encompasses the introductory level student and progresses to the advanced level.

Instructor with over 25 years of experience: Carolyn Riehl.

SESSION I:

Mon	Jan 7-Mar 10	10 classes	\$59
15667	Beg-Int	4 - 5 yrs 10:00 a.m.-11:00 a.m.	
15658	Beg	3 yrs 11:00 a.m.-12:00 p.m.	
15669	Beg-Int	4 yrs & up 1:30 p.m.-2:30 p.m.	
15736	Home School	6 yrs & up 2:30 p.m.-3:30 p.m.	
15670	Beg-Int	3 yrs & up 3:30 p.m.-4:30 p.m.	
Wed	Jan 9-Mar 12	10 classes	\$59
15947	Beg-Int	6 yrs & up 4:30 p.m.-5:30 p.m.	
15738	Int-Adv	5 yrs & up 5:30 p.m.-6:30 p.m.	
15660	Beg-Int	3 - 5 yrs 6:30 p.m.-7:30 p.m.	
15657	Beg-Int	6 yrs & up 6:30 p.m.-7:30 p.m.	

SESSION II:

Mon	March 17-May 19	10 classes	\$59
15662	Beg-Int	4 - 5 yrs 10:00 a.m.-11:00 a.m.	
15654	Beg	3 yrs 11:00 a.m.-12:00 p.m.	
15664	Beg-Int	4 yrs & up 1:30 p.m.-2:30 p.m.	
15737	Home School	6 yrs & up 2:30 p.m.-3:30 p.m.	
15665	Beg-Int	3 yrs & up 3:30 p.m.-4:30 p.m.	
Wed	Mar 19-May 21	10 classes	\$59
15948	Beg-Int	6 yrs & up 4:30 p.m.-5:30 p.m.	
15739	Int-Adv	5 yrs & up 5:30 p.m.-6:30 p.m.	
15661	Beg-Int	3 - 5 yrs 6:30 p.m.-7:30 p.m.	
15656	Beg-Int	6 yrs & up 6:30 p.m.-7:30 p.m.	

♥ Kickin' Kid-O's - Intro to Soccer

You'll get a kick out of this class! In this fun and active class, your child will learn the basic fundamentals of American soccer. Your child will be sure to score a GOOOOOOOOAL! Instructor: Justin Do.

3 - 6yrs	5 classes	\$28
15642	Jan 8-Feb 5 Tue	5:30 p.m.-6:30 p.m.
15643	Feb 12-Mar 11 Tue	5:30 p.m.-6:30 p.m.
15644	Mar 18-Apr 15 Tue	5:30 p.m.-6:30 p.m.
15645	Apr 22-May 20 Tue	5:30 p.m.-6:30 p.m.

Want to receive the latest information electronically from North Richland Hills Parks and Recreation?

Go to www.nrhtx.com/dept_parks.aspx or email tearle@nrhtx.com to receive information electronically about:



- Athletics • Cultural Arts
- Health and Wellness
- Horticulture • Parks
- Recreation Programs
- Youth Programs

Please include first name, last name, email address and what information you are interested in!

Physical Development

♥ Hoops and Chutes

Children improve motor skills and coordination through interactive play using hula hoops and parachutes. Instructor: Dottie Nicholson.

2 - 3yrs	7 classes	\$37
15715	Jan 9-Feb 20 Wed	10:00 a.m.-10:30 a.m.
2 - 3yrs	6 classes	\$33
15716	Apr 16-May 21 Wed	10:00 a.m.-10:30 a.m.

♥ Little Dribblers - Intro to Basketball

This fun class is designed to create an early interest in basketball. Fundamentals of passing, dribbling, and shooting are the skills taught to prepare your child for this team sport.

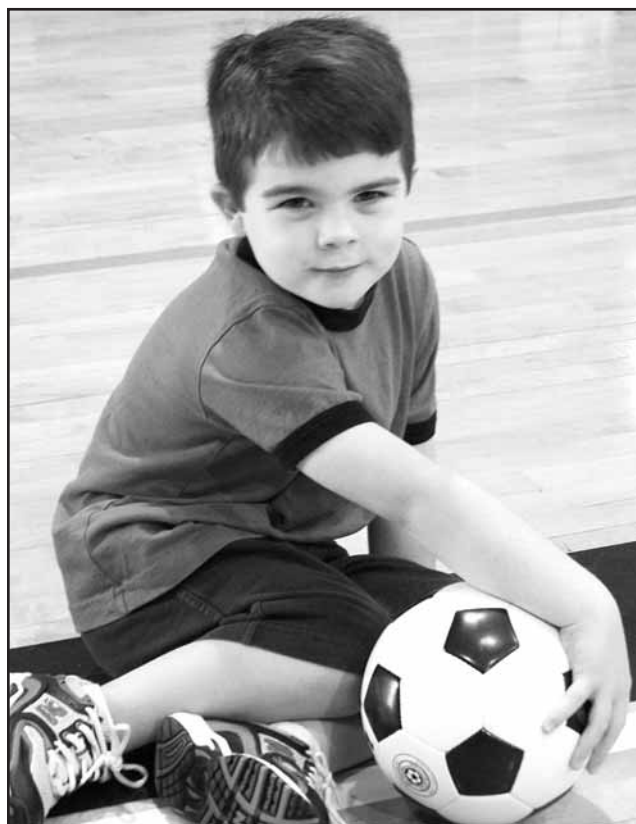
Instructor: Justin Do.

5 - 7yrs	5 classes	\$28
15648	Jan 10-Feb 7 Thu	5:30 p.m.-6:30 p.m.
15649	Feb 14-Mar 13 Thu	5:30 p.m.-6:30 p.m.
15650	Mar 20-Apr 17 Thu	5:30 p.m.-6:30 p.m.
15833	Apr 24-May 22 Thu	5:30 p.m.-6:30 p.m.

♥ Sports for Shorties

This class will offer a fun and simple introduction to various sports and sports techniques. Basketball, baseball, flag football, hockey, soccer, volleyball and more. Nothing competitive - ALL FUN! Instructor: Nic Billington.

3 - 5yrs	5 classes	\$28
15651	Jan 11-Feb 8 Fri	9:00 a.m.-10:00 a.m.
15652	Feb 15-Mar 14 Fri	9:00 a.m.-10:00 a.m.
15653	Mar 21-Apr 18 Fri	9:00 a.m.-10:00 a.m.
15832	Apr 25-May 23 Fri	9:00 a.m.-10:00 a.m.



Camps

♥ Camp NRH - Spring Break!

Spend your spring break at the Recreation Center! Forget school and have some fun. Activities include arts and crafts, dodgeball, gym games and trips to the park. You will also spend one day on a field trip! . Space is limited so register early!

6 - 12yrs **\$85**
15347 Mar 17-21 Mon-Fri 7:30 a.m.-5:30 p.m.

♥ Camp NRH - Summer 2008

Ages 6 - 12

REGISTRATION FOR SUMMER 2008 CAMP NRH BEGINS DECEMBER 1, 2007!

School is out, Camp NRH is on!

Hey kids, what do Extreme Dodgeball and the Accelerator have in common? Just an ordinary week at Camp NRH! Come spend the summer with us playing games, creating art, going on cool field trips, and to top it off, a trip to NRH:O every week! Hey parents, reserve your spot for \$20 beginning December 1, 2007.

Don't miss the chance to enroll your kid-o in one of the best camps around! Experienced adult staff and low counselor to participant ratio make Camp NRH one of the most fun camps around. Hurry, space is limited and school will be out before you know it!

- No camp on Independence Day.
- Camp dates are subject to change based on the BISD calendar.
- Parent Orientation: Thursday, May 22, 2008, 6:30 p.m. at the Recreation Center; attendance encouraged.

Class	Days	Dates	Deposit Due At Registration	Remaining Camp Fee	Complete Tuition Due
15628	M-F	June 2 - 6	\$20	\$75	May 29
15627	M-F	June 9-13	\$20	\$75	June 5
15626	M-F	June 16-20	\$20	\$75	June 12
15625	M-F	June 23-27	\$20	\$75	June 19
15624	M-Th	June 30-July 3	\$20	\$70	June 26
15623	M-F	July 7-11	\$20	\$75	July 3
15622	M-F	July 14-18	\$20	\$75	July 10
15621	M-F	July 21-25	\$20	\$75	July 17
15620	M-F	July 28-Aug 1	\$20	\$75	July 24
15619	M-F	Aug 4-8	\$20	\$75	July 31
15618	M-F	Aug 11-15	\$20	\$75	Aug 7

Camp NRH Payment Information

- \$20 per week / per camper non-refundable deposit is due at time of registration!
- After May 22, 2008 the \$20 deposit CANNOT be refunded or transferred to other sessions.
- Complete payment of each session is due one week before each registered session.
- A \$25 late fee will be incurred for payments made after due dates. Please note tuition due dates as listed above.



Camps



♥ Camp NRH - Leaders in Training

Ages 13 - 15

\$75 per week

So, you're too old for Camp NRH...maybe not. Leaders in Training is a program set up for you! It's a chance for you to experience Camp NRH in the role of Jr. Counselor. You will be responsible for not only assisting counselors but also planning and implementing games, arts and crafts and a service project! Leaders-in-Training is a program for 13 - 15 year olds that teaches leadership through initiative, responsibility, accountability and respect. Sound like something you would like to do? Pick up an application at the NRH Recreation Front Desk!

IMPORTANT: Leaders in Training (LIT) is not open enrollment. All interested candidates must submit a Leaders in Training application. Applications will be reviewed and candidates will be brought in to interview for the program. The interview will be very similar to the hiring process for Camp NRH counselor candidates. Registration will begin for the LIT program after completion of the application/interview process. Not all applicants will be selected. Previous experience at Camp NRH is encouraged but not required. Applications must be received by January 31, 2008. Interviews will begin the week of February 11, 2008.

Camp NRH Payment Information

- \$20 per week / per camper non-refundable deposit is due at time of registration!
 - After May 22, 2008 the \$20 deposit CANNOT be refunded or transferred to other sessions.
 - Complete payment of each session is due one week before each registered session.
- A \$25 late fee will be incurred for payments made after due dates. Please note tuition due dates as listed above on the Camp NRH payment listing.



It may be cooler now, but May is right around the corner and a season pass to NRH:O Family Waterpark is the best way to cool off and enjoy water filled family fun during those hot, dry (thinking positively) summer days.

Where else can you find the world's longest and tallest uphill water coaster, the Green Extreme, the Splashatory family area, the NRH:Ocean wave pool and a host of other great attractions for all ages? If that's not enough, just when you thought racing your friends down the Accelerator couldn't get more exciting, get ready to check out the improved Accelerator! Complete with a four lane timing system, you'll know just how fast you made it to the finish line and you can try to top your best time all summer long!

And don't forget, NRH:O season passes will be on sale beginning in November and are the perfect holiday gift idea. Take advantage of the best offers by purchasing your passes early and receive an entertainment package filled with extras. For details including current pass pricing please visit us on the web at www.nrh2o.com. Hurry, because entertainment packages are only available while supplies last.

Passes may be purchased in person at the park Monday-Friday, 9:00 a.m.-5:00 p.m. or 24 hours a day at www.nrh2o.com. The season pass office is located to the left of the park's main entrance.

Open Gymnasium Policy

- Open play court time is available for basketball and volleyball during designated hours only. Hours vary daily due to class, league, and event schedules. Open play volleyball is conducted on Saturday mornings from 10:00 a.m.-4:20 p.m. Please obtain the most current open play times at the front desk or by calling ahead before arriving at the Recreation Center, 817.427.6600.
- Equipment check out is available to membership card holders only. Current membership cards must be presented to receive equipment. No other form of ID can be used to check out equipment.
- Open play opportunities are for paying members and day pass users only. This includes valid membership card holders as well as single use day pass purchases. Membership cards can only be used by the member listed on the card. Any misuse of membership cards will be cause for immediate membership termination without refund.
- All open play basketball and volleyball participants MUST obtain a wristband at the Recreation Center front desk before going into the gymnasium to play. This includes patrons with membership cards and patrons that purchase the day pass. Anyone without a wristband will be asked to show proof of membership or pay the day pass fee. Wristbands must remain ON while using the gymnasium during open play. If an individual removes the wristband to give to another user, both patrons will be asked to leave the facility.
- Youth Gym memberships are available to youth ages 7-11 and teens ages 12-15. For youth to purchase a new gym membership or upon renewing an expired membership a parent or guardian must be present at the time of purchase. Gym memberships are only valid for use of the gym court area and table tennis equipment located in the lobby. With each youth membership purchased, the member/parent with also obtain a Youth Membership Guide. All procedures and policies within the guide must be followed during the tenure of the membership.

Softball

♥ Men's/Coed Adult Softball

A variety of leagues are offered each week night during each season.

Mon	Men's D	Men's Church	Men's Rec
Tue	Men's D	Men's Competitive	Coed D
Wed	Men's D	Women's D	Men's Rec
Thu	Men's D	Coed D	Coed Rec
Fri	Men's Church	Coed D	Coed Rec

Awards include team trophy, T-shirts and runner-up team trophy and shirts.

- Games begin: March 24
- Registration dates: February 4-March 20
- Location: Northfield Park, 7804 Davis Blvd.
- Fee/Games: \$365/team, 10 games; \$385/team not registered with USSSA
- Rules: USSSA and TAAF
- Homerun Details: Competitive League, 5; D-league, 3; Rec leagues; 0.

♥ Coed Rec and Men's Rec Softball

Perfect for those who don't have much experience, but want to be on the fields in a relaxed, non-competitive, fun atmosphere. All beginners are welcome!

- Games begin: March 24
- Registration dates: February 4-March 20
- Location: Northfield Park, 7804 Davis Blvd.
- Fee/Games: \$365/team, 8 games; \$385 /team not registered with USSSA
- Rules: USSSA and TAAF. Homerun Details: None allowed. No uniform required.

♥ Pre-season "Win and You Are In" Softball Tournament

NRH will host this fun Men's and Coed Softball tournament at Northfield Park, 7804 Davis Blvd. in North Richland Hills. Win the tournament and your entry fee for the spring 2008 softball league in North Richland Hills is paid for! Contact 817.427.6602 for details.

- Tournament Dates: March 1
- Registration deadline: February 25
- Fee/Games: \$175/team

Basketball

♥ Men's Adult Basketball

A league for hoop junkies who are looking for a great round ball experience on Monday night. Come lace up your shoes and show us your game! Awards include champion and runner-up t-shirts.

- Games begin: June 9
- Registration dates: May 1-June 5
- Location: NRH Recreation Center
- Fee/Games: \$356/team, 8 games
- Rules: NCAA rules apply, no jersey required.

♥ Middle School Basketball Basketball leagues for boys and girls

The boy's league is for 6th graders and will be played on Monday nights. The girl's league is for 7th and 8th grades and is played Saturday mornings. Awards include champion and runner-up t-shirts.

- Boys Games begin: February 18
- Girl's games begin March 22
- Location: NRH Recreation Center
- Fee/Games: \$356/team, 8 games
- Registration dates: Boys league January 2-February 14
- Registration dates Girls league February 4-March 15
- Rules: NCAA rules apply, no jersey required.

♥ Drop in Basketball

Unstructured pick-up games for all ages on select day/nights. For a current schedule, please contact 817.427.6600 or visit www.nrhtx.com.

- Location: NRH Recreation Center
- Minimal full court play available
- \$7/player or free with a current Gymnasium or Fitness Center Membership card.
- See Open Gymnasium Policy.

Volleyball

♥ Coed Adult Volleyball and New! Women's Volleyball

Recreation and Competitive Coed Leagues are available on Tuesday/Thursday evenings. Women's league available on Tuesday evenings. In Recreation, spiking occurs, but not with as much skill and consistency required as in the Competitive League. Volleyball leagues are offered year-round.

- Games: 2 out of 3 rally scoring to 25
- Location: NRH Recreation Center
- Game start times range from 7:00 p.m.-9:00 p.m.
- Rules: Coed, TAAF. No uniforms required
- Fee/Games: \$176/team

♥ Drop in Volleyball

Unstructured pick-up games for all ages is offered on most Saturdays from 10:00 a.m.-4:20 p.m. Participants must pay the day pass fee or obtain a current Gymnasium or Fitness Center Membership card. See Open Play Gym Policy.

♥ Middle School 7 on 7 Football Tournament

7 on 7 Football in the spring has become a Texas gridiron tradition!

- Saturday April 12, 9:00 a.m.
- Register: February 1-April 7
- 7th grade and 8th grade divisions
- Location: NRH Middle School
- Fee \$125/team
- Tee shirts for first and second place
- All school districts welcome

♥ Table Tennis

An adult table tennis league for men and women to show off their rally skills! Awards include champion and runner-up t-shirts.

- Games begin: March 28
- Registration dates: February 1-March 17
- Games are Tuesday nights
- Location: NRH Recreation Center

♥ Richland Tennis Center

Richland Tennis Center is operated by the City of North Richland Hills Parks and Recreation Department. The Tennis Center is a sixteen court facility featuring such amenities as a sunken championship court, pro-shop, locker rooms, meeting room and concession area. Richland Tennis Center offers organized tennis programs and supervised tennis play for North Richland Hills and surrounding communities. The Richland Tennis Center programs are supervised by USPTA certified tennis professionals.

- Private and group tennis lessons for youth ages 4-18 and adults
- Private tennis lessons
- Recreational leagues for adults NTRP levels 2.5-4.5
- Team drills and drop-in drills for adults
- USA Team Tennis for youth and adults
- Junior Development and High Performance drills for Juniors playing middle school, JV and varsity tennis
- Full pro-shop offering apparel, shoes, racquets, accessories and full racquet stringing service
- Spring Break Tennis Camp for juniors

The Richland Tennis Center is open seven days per week, except during inclement weather. Hours are subject to change due to reservation requests and court use.

Hours of Operation: Mon-Thu, 8:00 a.m.-9:30 p.m.; Fri, 8:00 a.m.-9:00 p.m.; Sat, 8:00 a.m.-5:00 p.m.; Sun, 1:00 p.m.-5:00 p.m.

Court Fees: \$3/person/1-1/2 hr

For specific program information visit www.nrhtx.com or call 817.427.6680.



Youth Sports Associations

North Area Youth Association (NAYA)
817.281.6292

nayabaseball@yahoo.com

Richland Youth Association (RYA)

817.656.4004

www.myrya.com

Little Miss Kickball (LMK)

817.788.8866

www.netkickball.com

Birdville Area Youth Futbol Alliance (BAYFA)

817.503.9700

www.bayfasoccer.com

North Richland Hills Girls Softball League (NRGSL)

817.581.2742

www.ezteam.com

♥ Companies in Action

Companies in Action is an ongoing athletic event which allows area businesses and organizations the opportunity to compete head to head for NE Tarrant County bragging rights in a number of athletic events. The Dodge ball tournament, a coed competition, kicks off the calendar of events with a February 16

showdown. The fee is \$50 per organization. Following dodge ball, five additional events will take place culminating in a Golf Tournament October 11. Companies will be recognized following the final event for various levels of participation with a luncheon at Iron Horse Golf Course. For a complete listing of events and fees, go to www.nrhtx.com or call Bob Hagin at 817.427.6602.



Custom Leagues

Does your company or organization have at least five teams interested in forming their own league for adult basketball, softball or volleyball? NRH Athletics is your answer! We do all the work, you have all the fun! Contact Bob Hagin at 817.427.6602 or email bhagin@nrhtx.com on how we can customize a league for your group!

Helpful Info

Register online at

RecXpress.nrhtx.com

Schedules/Standings:

www.thesportslineup.com

Softball rainout line:

817.427.6606

For field rental details, see page 26.

Registration Details:

Late registrations must be approved by Athletic Coordinator. A \$25 late fee will apply if registered on/after the deadline for any league or tournament offered.

Dan Echols Senior Center

Dan Echols Senior Center is a place for energetic, 55 years and up, adults who enjoy participating in a variety of activities offered daily. Couples and singles may participate in regular activities or join us for travel opportunities and special events. We are located on the south side of North Richland Hills, and would enjoy meeting with you.

6801 Glenview Drive

Supervisor

Hours: Mon-Fri, 8:00 a.m.-3:00 p.m.

817.281.9267

Kathy McCall

Trips

- Touring the Lone Star State, 2008
- Fort Worth Cats Baseball
- Bossier City and Casinos

Programs/Activities

AARP Tax Assistance

Feb. 7-April 10, 55 and up

AARP Defensive Driving

May 7-9 and July 9-11, 12:00 p.m.-4:00 p.m., \$10

♥ Free Health Screenings/Blood Pressure daily

Educational Seminars

Cooking, Health, Traveling, Recreational opportunities

Saturday Night Jam Sessions

6:00 p.m.-9:00 p.m., \$1 donation per night

Join your neighbors for an evening of the old country music and songs.

Center Council Meeting/Birthdays

2nd Wed, 10:00 a.m.

Sponsor: Holiday Lane Estates

Dan Echols Singers

Thu, 12:30 p.m.

Participants practice and then travel to area retirement communities and schools to sing the popular tunes of the past. New members always welcome. Director, Linda Martin.

Duplicate Bridge

Tue/Thu, 10:00 a.m.

Need a place to play bridge with a partner, come on down. Coffee and snacks available.

Grocery Bingo

1st and 4th Wed, 10:00 a.m.

We play for items you can use plus a chance to win the blackout prize; \$10 gift card.

Sponsor: Merrill Gardens and Bishop Davies

Lunch and Entertainment

3rd Wed, 11:00 a.m.

Come join us for good food and great entertainment. Door prizes/special surprises.

Party Bridge

Thu, 9:30 a.m.-11:30 a.m., No charge

Come play bridge for fun, rotating tables and having the winner each week take home the trophy.

Programs/Activities

Pinochle

Mon/Wed/Fri, 8:00 a.m.-12:00 p.m., No charge

You have to get here early to get a chair for pinochle. These participants enjoy playing Military/double deck pinochle and new players are welcomed.

Classes

♥ Ballroom Dance

Beginners 12:30 p.m.-1:30 p.m.

Intermediate 1:30 p.m.-2:30 p.m.

Wed., \$15/four weeks

Computer

Beginners Wed., 10:30 a.m.-11:30 a.m.,

\$10/8 week session.

Intermediate Wed., 1:00 p.m.-2:00 p.m.,

Max., 8 students per class.

Instructor: Vickie Colon

♥ Line Dancing

Tue, 10:00 a.m.-12:00 p.m., \$15

Beginner/Intermediate, No partner needed

Quilting and Crocheting

Thu, 9:00 a.m., No charge

Work on your own project or learn some new ones with this special group of women.

Health and Wellness

♥ 4th Annual Health Fair

April 4, 8:00 a.m.-1:00 p.m.

Free screenings and latest information on healthcare needs.

♥ Exercise

Tue/Thu, 9:00 a.m.-9:45 a.m., No charge

Low impact exercising to cassette music. Good for low or limited mobility participants.

The Silver Sneakers® Fitness Program



♥ Senior SilverSneakers® Fitness Class

Complimentary program for Secure Horizons Insurance Members; monthly fee for non-members. Designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

Tue/Thu, 8:20 a.m.-9:20 a.m.; Mon-Thu, 10:40 a.m.-11:40 a.m.; Mon/Wed, 11:40 a.m.-12:40 p.m.; 10:40 a.m.-11:40 a.m. (YogaStretch) at the NRH Recreation Center and MWF, 9:00 a.m.-10:00 a.m. at the Dan Echols Senior Center/Glenview.

See Health and Wellness pages for more fitness at the North Richland Hills Recreation Center, 6720 NE Loop 820, 817.427.6600.

Bursey Road Senior Center

The Bursey Road Senior Center, located on the north side of North Richland Hills, offers programs and activities for citizens age 55 and older. You will find that the Bursey Senior Center has a wonderful atmosphere for taking a class, traveling with friends, or maybe just enjoying a monthly potluck lunch.

7301 Bursey Road **817.656.9525**
Supervisor **Dee Ann Case**
Hours: **Mon-Fri, 8:00 a.m.-3:00 p.m.**

Trips

Call for details on trips as they are currently being scheduled.

Programs/Activities

Coffee, Cards, Exercise, Library, Puzzles, Snacks, Socialization

Covered Dish Lunch and Entertainment
 2nd Thu, 10:00 a.m.

Classes

Bingo
 Mon/Tue/Thu, 10:00 a.m.

Bunco
 1st Thu, 10:15 a.m.

Bridge Party
 Wed, 10:00 a.m.-3:00 p.m.

Ceramics
 Fri 9:00 a.m.-2:00 p.m.

Chicken Foot, Hand and Foot, Rummikub, 42, Dominoes, Mexican Train, Skip Bo, Pinochle
 Mon/Tue/Thu, 10:00 a.m.

Computer - Beginner, Intermediate, Advanced
 Wed, 1:00 p.m.-2:00 p.m.
 Instructor: Carl Host

♥ **Line Dancing - Beginners**
 Mon, 1:00 p.m.-2:00 p.m.
 Instructor: Ceil Viescas

♥ **Line Dance -Intermediate**
 Mon, 2:00 p.m.-3:00 p.m.
 Instructor: Ceil Viescas

Needle Work
 Wed, 10:00 a.m.-2:00 p.m.
 Learn the art of quilting, crochet, embroidery, and knitting.
 Bring a sack lunch.

Oil Painter (Beginner-Advanced)
 Wed, 10:15 a.m.-12:15 p.m.
 Instructor: Marcel Riffey

Spanish - Beginner
 Fri, 9:30 a.m.-10:30 a.m.
 Instructor: Fabiola Cordova

Spanish Workshop
 Tues, 12:30 p.m.-1:30 p.m.

French Class - Beginner
 Weds, 12:15 p.m.-1:00 p.m.
 Instructor: Gerald Bradley

Health and Wellness

♥ **Blood Pressure Check**
 Mon/Tue, 8:30 a.m.

♥ **Bowling**
 Wed, 1:30 p.m.

♥ **Exercise**
 Feel better and make new friends! Regular exercise is important for maintaining a healthy and active mind and body. Stretch and tone with weights. Instructor: Harry Ott.
 Mon/Tue/Thu, 9:30 a.m.-10:15 a.m.


♥ **Walk-About**
 Mon-Fri, 8:30 a.m.-9:00 a.m.

♥ **Wellness Marathon Class**
 3rd, 4th, 5th, Thu, 12:00 p.m.-1:00 p.m.
 A series of instructional exercise videos, rotated weekly. Yoga, dance, kickbox, Tai Chi, Belly Dance Cardio, Ballroom dancing cardio, and many more!

♥ **Yoga/Pilates**
 Tue, 1:30 p.m., Fri, 10:30 a.m.
 Instructor: Rani Good

♥ **Water Aerobics**
 Summer months, MWF, 10:45 a.m.

The SilverSneakers®
 Fitness Program



♥ **Senior SilverSneakers® Fitness Class**

Classes located at the NRH Recreation Center and the Dan Echols Senior Activity Center.

Complimentary program for Secure Horizons Insurance Members; monthly fee for non-members. Designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

Tue/Thu, 8:20 a.m.-9:20 a.m.; Mon-Thu, 10:40 a.m.-11:40 a.m.; Mon/Wed, 11:40 a.m.-12:40 p.m.; 10:40 a.m.-11:40 a.m. (YogaStretch) at the NRH Recreation Center and MWF, 9:00 a.m.-10:00 a.m. at the Dan Echols Senior Center/Glenview.

See Health and Wellness pages for more fitness at the North Richland Hills Recreation Center, 6720 NE Loop 820, 817.427.6600.

Fit Challenged?!

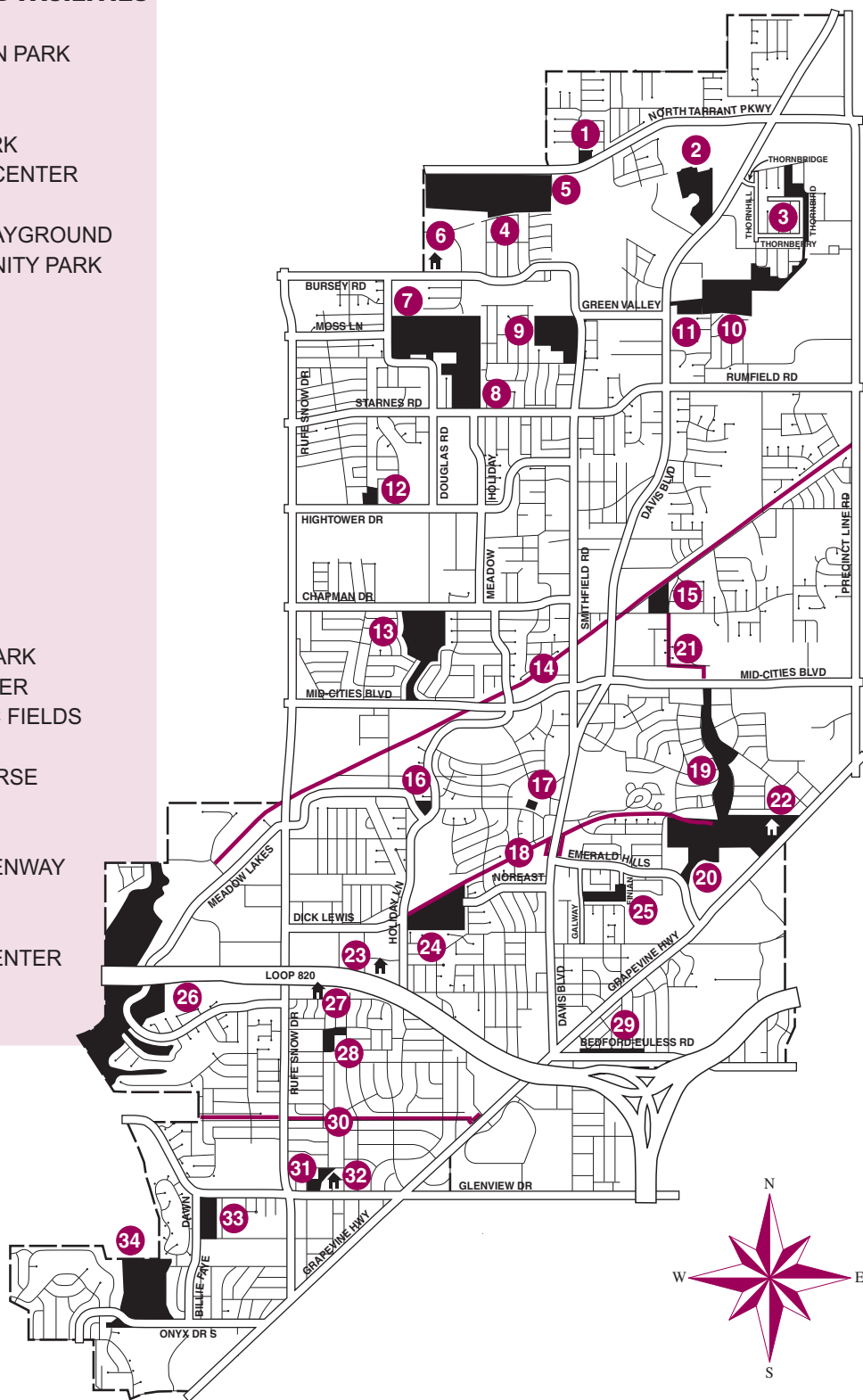
Please visit our center or contact our Health/Wellness Coordinator, Ms. Teddi R. Zonker-Visser at 817/427.6600 or tzonker@nrhtx.com to begin your journey! We can help you begin slowly - small changes will make a world of difference!

Park/Address	Acreage	Athletic Amenities	Concessions Meeting Rooms	Trail	Water/ Dock	Dog Park	Grills	Pavilion	Playground	Public Art	Restrooms	Closed During School Hours
Ace Park 7751 North Richland Blvd.	1.64	Basketball Sidewalk/Table Games							✓	✓		
Adventure World Playground 7451 Starnes Rd.									✓			
Bedford-Eules Road Greenway 7451 Starnes Rd.	3.0			.33-mile						✓		
Burse Road Senior Center 7301 Bursey Rd.	1.40											
Clyde Zellers Park 4801 Vance Rd.	5.19	Practice Baseball Practice Soccer		.45-mile				✓*	✓	✓		✓
Cottonbelt Trail				4-mile								
Cross Timbers Park 7680 Douglas Rd.	101.8	Baseball	✓	3.33-mile				✓	✓		✓	
Dan Echols Senior Center 6801 Glenview Dr.	.67											
Dick Faram Park 8344 Amundson Dr.	7.0	Practice Baseball Practice Soccer		.38-mile			✓	✓**	✓	✓		
Dr. Pillow Park 7501 Continental Trl.	7.5			.22-mile			✓		✓	✓		
Fossil Creek Park 6101 S. Onyx Dr.	58.50	Softball	✓									
Founders Park 7908 Brandon Ct.	2.07			.22-mile			✓	✓	✓	✓		
Green Valley Community Park 7701 Smithfield Rd.	30.6	Soccer Tennis	✓	.96-mile	✓		✓	✓**	✓		✓	
Holiday Lane Athletic Fields 5390 Holiday Ln.	33.0	Practice Baseball Football/Soccer										
Home Town Lakes 8700 Bridge St.	28.0				✓							
Iron Horse Golf Course 6200 Skylark	130.0	18-hole golf course										
JB Sandlin Park 8925 Thornmeadow Ct.	11.0	Practice Baseball		.78-mile			✓	✓*	✓			
JoAnn Johnson Trail	1.9			1.2-mile								
Kay Granger Park 4100 Flory St.	5.33	Practice Baseball Practice Soccer		.48-mile				✓*	✓	✓		✓
Legacy Park 6800 Springdale Ln.	3.07	Practice Baseball Practice Soccer		.31-mile				✓*	✓	✓		✓
Liberty Park 5825 Holiday Ln.	3.0			.19-mile	✓		✓	✓*	✓	✓		
Linda Spurlock Park 6400 Glenview Dr.	14.5	Practice Baseball		.59-mile	✓		✓	✓*	✓	✓	✓	
Norich Park 5400 Finian Ln.	10.0	Practice Soccer		.33-mile			✓		✓	✓		
North Electric Trail				1.9-mile								
Northfield Park 7804 Davis Blvd.	29.0	Basketball/Softball/Tennis Volleyball/Horseshoes	✓	.72-mile			✓	✓**	✓		✓	
NRH ₂ O Family Water Park 9001 Blvd. 26	15		✓		✓			✓			✓	
Recreation Center 6720 NE Loop 820	6.74	38,000 sq. ft. center Gymnasium/Fitness Center/Classrooms	✓								✓	
Richfield Park 7300 Chapman Rd.	42.5	Baseball/Basketball/ Football/Tball/ Tennis	✓				✓		✓			
Richland Tennis Center 7111 NE Loop 820	6.0	16-lighted courts Sunken champion ct. 3,000 sq. ft. pro shop	✓						✓		✓	
Tipps Canine Hollow 7804 Davis Blvd.	5.0					✓						
Tommy and Sue Brown Park 8250 Shadywood Ln.	22.5	Practice Baseball/Disc Golf/ Horseshoe Washer		.37-mile			✓	✓**	✓	✓		
Walker's Creek Park 8403 Emerald Hills Way	57.1	Softball	✓	.68-mile				✓	✓		✓	
Walker's Creek Trail				2.8-mile								

*\$24/four hours pavilion reservation • **\$36/four hours pavilion reservation

NRH PARKS, TRAILS AND FACILITIES

- 1 FOUNDERS PARK
- 2 TOMMY AND SUE BROWN PARK
- 3 J. B. SANDLIN PARK
- 4 DR. PILLOW PARK
- 5 LITTLE BEAR CREEK PARK
- 6 BURSEY ROAD SENIOR CENTER
- 7 CROSS TIMBERS PARK
- 8 ADVENTURE WORLD PLAYGROUND
- 9 GREEN VALLEY COMMUNITY PARK
- 10 NORTHFIELD PARK
- 11 TIPPS CANINE HOLLOW
- 12 LEGACY PARK*
- 13 RICHFIELD PARK
- 14 COTTONBELT TRAIL
- 15 DICK FARAM PARK
- 16 LIBERTY PARK
- 17 ACE PARK
- 18 NORTH ELECTRIC TRAIL
- 19 HOME TOWN LAKES
- 20 WALKER'S CREEK PARK
- 21 WALKER'S CREEK TRAIL
- 22 NRH2O FAMILY WATER PARK
- 23 RICHLAND TENNIS CENTER
- 24 HOLIDAY LANE ATHLETIC FIELDS
- 25 NORICH PARK
- 26 IRON HORSE GOLF COURSE
- 27 RECREATION CENTER
- 28 CLYDE ZELLERS PARK*
- 29 BEDFORD-EULESS GREENWAY
- 30 JOANN JOHNSON TRAIL
- 31 KAY GRANGER PARK*
- 32 DAN ECHOLS SENIOR CENTER
- 33 LINDA SPURLOCK PARK
- 34 FOSSIL CREEK PARK



Help us maintain your parks

Although crews inspect park sites on a regular basis, litter or vandalism may occur between crew visits. The next time you visit one of the parks and notice any broken equipment or vandalism, please report it immediately to the Parks and Recreation Department at 817.427.6629.

*Note: The parks located on school property are only available to the public during non-school hours.

Pavilion Rental

Several pavilions, with picnic tables and grills, are available for exclusive use through the rental process. Reservations are completed at the NRH Recreation Center, 817.427.6600.

- **Small Pavilions - \$24 for four hours; \$6/each additional hour**
Liberty Park, Clyde Zellers Park at Snow Heights Elementary, Kay Granger Park at Mullendore Elementary, Legacy Park at Fossil Creek Elementary, J.B. Sandlin Park, Linda Spurlock Park.
- **Large Pavilions - \$36 for four hours; \$9/each additional hour**
Green Valley Community Park, Northfield Park, Dick Faram Park, Tommy and Sue Brown Park, Cross Timbers Park.

Adult Softball Field Rental

Northfield Park is available during designated hours throughout the year. Reservations are completed at the NRH Recreation Center, 817.427.6600.

- **\$16 for every two hours before 7:00 p.m.; without lights**
- **\$26 for every 1-1/2 hours after 7:00 p.m.; with lighting**

Recreation Center Rental

Available rooms may be rented for your next meeting or celebration. Kitchen space is not available; alcohol/tobacco not permitted.

- All Recreation Center rentals must be made a minimum of two weeks in advance.
- A rental is firm once a security deposit is paid and the rental contract is signed.
- All rentals must be paid in full at least three days prior to the rental date.
- Room sizes and rates vary. Prices range from \$21-\$71/hour.

Director of Parks and Recreation

Vickie Loftice

Assistant Director of Parks and Recreation

Sharon Davis

Recreation Division Staff

Recreation Center Manager	Adrien Pekurney
Adult/Wellness Coordinator	Teddi R. Zonker-Visser
Youth/Family Program Coordinator	Ron Newman
Athletic Coordinator	Bob Hagin
Cultural Arts/Special Events Coordinator	Lori Newman
Customer Service Clerk	Verenis Olivo
Marketing/Special Projects Coordinator	Tina Earle

Recreation Center Staff

Jamie White, Ricky Beard, Erica Wilson, Nic Billington, Morgan Lopez, Stacey Buller

Assistant Director of Parks and Recreation

Bill Thornton

Park Division Staff

Park Superintendent	Gary Bechthold
Park Supervisor	John Baxter
Park Supervisor	Rob Elder
Senior Park Planner	Joe Pack
Landscape Horticulturalist	Geoff Sherman

Earn Extra Money!

Join our team of professional instructors! If you have a specific skill or experience and are interested in teaching, please contact the following at 817.427.6600:

- Teddi R. Zonker-Visser-Adult/Health and Wellness
- Bob Hagin-Athletics
- Lori Newman-Cultural Arts/Special Events
- Ron Newman-Youth/Family Programs



Art in Public Spaces

City of North Richland Hills

By integrating art into daily life, the program beautifies public areas, improves our quality of life and creates a distinctive identity for our community. Since 2002, the City has commissioned 14 original artworks representing diverse media and materials, for residents and visitors alike to enjoy.

In an effort to further enhance the public art program, the Signal Art Program was implemented in the summer of 2007. The program commissioned artists to design original artwork for traffic signal boxes throughout the City. The purpose of this program is to integrate the traffic signal boxes into the surrounding physical landscape and to beautify public spaces.

The City of North Richland Hills also has a Loaned Art Program that allows area artists to display their work in a public setting at little expense to the City. At the end of a six-month to two-year period the City has the option to purchase, continue to display or return the artwork.

If you are interested in touring our program, Art in Public Spaces brochures are available at the North Richland Hills Recreation Center. Brochures include maps and descriptions of each art piece. For more information on the Art in Public Spaces program, please visit our website at www.nrhtx.com or contact us at 817.427.6620.

SIGN ME UP!

WHAT YOU NEED TO KNOW!



RecXpress.nrhtx.com

Call for account log-in
Waiver statement implied



817-427-6607



NRH Recreation Center
6720 N.E. Loop 820
North Richland Hills, TX 76180



Satisfaction Guaranteed

If not completely satisfied, we'll transfer you to another program or offer a credit to your center account.

Sign Up Time

- May 1, August 1 and December 1 (includes summer day camps).
- Facility membership or NRH residence is not required.
- Sign up 3-5 days prior, keep record of dates/times, attend unless otherwise notified.
- NRH residents receive \$4 off each program that meets three or more days.
- Financial assistance available to those who qualify.
- If assistance is needed to participate in a program, please submit accommodation needs at time of registration.

Don't Delay

- If the minimum number of participants is not reached, programs will be cancelled 48 hours prior. A full refund will be issued. Please allow 10 business days for processing.
- Program withdrawals due to schedule conflicts are subject to a \$5 processing fee.
- If a program is full, you may be placed on a waiting list.

Class Time

- For the safety of your family, please park in designated parking spaces and walk children to and from class.
- Children ages 6 and under must be accompanied by an adult at all times. Children are not permitted in adult classes.
- During programs, except on Parent Day, please wait outside teaching area or take time for you—take a class, get a massage or exercise.

CLASS REGISTRATION FORM

Head of Household: _____ Cell: _____
 Home: _____ Work: _____
 Spouse: _____ Home: _____
 Cell: _____ Work: _____
 Address: _____ City: _____ Zip: _____
 E-Mail: _____

Emergency Contact (OUTSIDE of home): _____ Relation: _____
 Home: _____ Cell: _____ Work: _____

Participant's Name	DOB	Male/Female	Accommodation	Class #	Class Title	Fee

Payment Method: MasterCard Visa Check (City of North Richland Hills) Cash **Total Due:** _____

- -
Expiration Date: ____ / ____

I hereby release, absolve, indemnify and hold harmless the City of North Richland Hills, the Parks and Recreation Department, its employees, activity officials, supervisors, any or all in the event of any accident, injury or death sustained by the above named participant(s) while being transported to or from an activity, or while participating in any activity, from any liability of any kind whatsoever. All activities involve some physical nature and I understand and assume the risk. In the event of a serious accident or injury, I understand city officials may contact 911, provide and perform first aid, and when necessary, recommend transport to a hospital and reach the parent/guardian as soon as the situation allows. I, the parent or legal guardian of the above named participant, do hereby give my approval for participation in any and all of the program activities. I give permission for any photographs taken during these activities to be utilized for promotional uses by the City now and in the future.

Participant/Parent/Legal Guardian Signature: _____ Date: _____

A Night of Holiday Magic
CITY OF NORTH RICHLAND HILLS

SATURDAY, 4:00 P.M.
DECEMBER 1
Municipal Complex - Mid Cities Blvd.

Parenting Solutions

SATURDAY, 8:30 A.M.
JANUARY 26
NRH Recreation Center - 6720 NE Loop 820

daddy daughter dance

SATURDAY, 6:00 P.M. - 9:30 P.M.
FEBRUARY 9
BISD Fine Arts Complex - 9200 Mid-Cities Blvd.

Easter in the Park

SATURDAY, 10:00 A.M. - NOON
MARCH 15
Green Valley Park - 7701 Smithfield Rd.

NEW!
discover: projectgreen

SATURDAY, 10:00 A.M. - 2:00 P.M.
MARCH 29
Cross Timbers Park - 7680 Douglas Rd.

Sounds of Spring

**NEW SEASON
NEW LINE UP**

**COMING SOON...
WINTER '08**

2008

www.soundsnrh.com

See page 13 for details on these and other Family Special Events!

cityofnorthrichlandhills

Parks and Recreation
6720 N.E. Loop 820
North Richland Hills, Texas 76180
817.427.6600 • www.nrhtx.com

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