

WINTER/SPRING 2018

# DISCOVER

## NRH CENTRE

activities | fitness | aquatics







# NRH CENTRE

activities | fitness | aquatics

[nrhcentre.com](http://nrhcentre.com)

(817) 427-6600

NRH Centre

6000 Hawk Avenue

North Richland Hills, TX 76180

NRH CENTRE

CREATING A HAPPY, HEALTHY & CONNECTED COMMUNITY!

9,500 square feet  
of indoor event space

A variety of options to subdivide  
ballroom and other spaces

Elegant 1,400  
square foot lobby

State-of-the-art production  
and audio-visual equipment

Full bar service  
available

## Grand Hall at NRH CENTRE

WEDDING

MEETING

BANQUET

SPECIAL EVENTS

SERVICE IS OUR BUSINESS

[grandhallnrh.com](http://grandhallnrh.com)

(817) 427-6640

The Grand Hall at NRH Centre  
6000 Hawk Avenue  
North Richland Hills, TX 76180

2016 wedding **spot** winner  
Top 10 Venues in Texas



Our goal is to create a  
*happy, healthy & connected community*  
where everyone matters.

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### City Council

Oscar Trevino, Mayor  
Scott Turnage, Mayor Pro Tem, Place 6  
Tito Rodriguez, Place 1  
Rita Wright Oujesky, Place 2  
Tom Lombard, Place 3  
Dr. Tim Barth, Place 4  
Mike Benton, Place 5  
Tim Welch, Place 7

### Park and Recreation Board

Marty Kusmierski, Chair, Place 5  
Mike Filis, Vice Chair, Place 7  
Tracye Tipps, Place 1  
Suzy Compton, Place 2  
Russ Mitchell, Place 3  
Paul Peña III, Place 4  
Dianne Spradling, Place 6  
Ken Reeves, Alternate

### City Manager

Mark Hindman

### Managing Director of Community Services

Vickie Loftice

### Facility Telephone Numbers

NRH Centre	817.427.6600	NRH Library	817.427.6800
NRH Senior Center	817.427.6695	Richland Tennis Center	817.427.6680
Grand Hall at the NRH Centre	817.427.6640	NRH <sub>2</sub> O Family Water Park	817.427.6500



# NRH CENTRE

6000 Hawk Avenue | 817-427-6600

## Operational Hours

Mon. - Thur. 5:00 a.m. - 10:00 p.m. | Fri. 5:00 a.m. - 9:00 p.m. | Sat. 7:00 a.m. - 6:00 p.m. | Sun. 10:00 a.m. - 6:00 p.m.



## FITNESS

### *Live Life to the Fittest...*

- State of the Art Equipment
- 1/8 mile indoor track
- Group Exercise
- Personal Training
- Wellness Starting Line
- Nutrition Consultations
- Massage Therapy
- Yoga Therapy



## AQUATICS

### *Aquatics for Everyone...*

- Fitness & Lap Swim
- Deep Water Exercise
- Family Spa
- Tot Swim
- Open Swim
- Pool Parties
- Learn to Swim
- Swim Conditioning



Photo courtesy of Eric Younkin Photography

## ACTIVITIES

### *Healthy Starts Here...*

- Preschool & Youth Physical Development
- Dance & Gymnastics
- Youth & Adult Leagues
- Kids Club Drop-off
- Gymnasium
  - Basketball
  - Pickleball
  - Volleyball

# Membership



## WELCOME TO THE NRH CENTRE!

A premier fitness, aquatic and activity center designed to be the Centre of your active, healthy and connected world.

### NRH Centre Membership includes:

- Expansive, well-equipped fitness center, Ages 14 and up. Ages 12-13 with direct supervision by an adult.
- Personal Training packages available with valid NRH Centre membership.
- Indoor 1/8 mile Walking/ Running Track, Ages 10 and up. Ages 7-9 with direct supervision by an adult.
- Gymnasium with varied activities, Ages 10 and up. Ages 9 and under with direct supervision by an adult.
- Heated Indoor Aquatics Area, Ages 6 and under must be supervised by an adult in the water with arms reach at all times. Ages 7-9 with direct supervision by an adult. Spa ages 4 and up only.

### NRH Centre Membership not required. Activity fees may apply.

- Wide-range of Group Fitness classes, Ages 12 and up.
- Massage Therapy, Yoga, Nutrition and other Wellness services and classes for all.
- Pool Party rooms off the aquatics area for a fun way to celebrate a number of different occasions.
- Kids Club for convenient drop-in onsite babysitting.
- Grand Hall for distinctive upscale rentals that includes a one of a kind Terrace Room.
- Senior Center wing for those ages 55 or better.
- Outdoor Plaza that can accommodate up to 1,000 people.

*There are many great spaces to see and fun activities to enjoy all through the NRH Centre.*

Annual Paid In Full Memberships	Youth Ages 3-18	Adult Ages 19-61	Senior Ages 62+	Family Up to 6 persons in the same household
NRH Resident	\$155	\$299	\$238	\$562
NRH Business	N/A	\$351	\$284	\$658
Non-Resident	\$204	\$393	\$301	\$750

- Membership fee is paid-in-full on the date of enrollment.
- Membership card must be presented upon entry to the facility.
- Term is 12 months from date of enrollment.
- *\$30 cancellation fee applies if membership is cancelled after first 30-days of membership activation. Cancellation must be submitted in writing.*

Auto Renew Monthly Membership Plan	Youth Ages 3-18	Adult Ages 19-61	Senior Ages 62+	Family Up to 6 persons in the same household
NRH Resident	\$20	\$30	\$27	\$50
NRH Business	N/A	\$37	\$34	\$64
Non-Resident	\$35	\$45	\$41	\$75

- Only Auto Renew Monthly Membership Plan payment rates apply to this plan.
- This Membership Plan will automatically charge the credit card used at initial purchase.
- Payments will be processed automatically beginning with the initial date of enrollment.
- **Payments will be automatically deducted on the same date as the date of initial enrollment.** (For example: If you begin the membership on the 8th, your payments will withdraw on the 8th of each month). Payments will be automatically deducted until membership is cancelled or membership plans change.
- Membership card must be presented upon entry to the facility.
- *\$30 cancellation fee applies. Cancellation must be submitted in writing at least 30 days prior to the next payment date to not incur another month's payment.*

Individual Single Month Memberships	Youth Ages 3-18	Adult Ages 19-61	Senior Ages 62+	Family Up to 6 persons in the same household
NRH Resident	\$26	\$36	\$31	\$62
Non-Resident	\$36	\$56	\$46	\$92

- Single Month memberships are valid 30-days from the date of purchase.
- Membership card must be presented upon entry to the facility.
- Single Month memberships are non-refundable.

Daily Guest Drop-In Pass	Youth Ages 3-18	Adult Ages 19-61	Senior Ages 62+	Family Up to 6 persons in the same household
NRH Resident	\$7	\$7	\$7	N/A
Non-Resident	\$10	\$10	\$10	

- Must complete drop-in registration form.
- Daily pass provides access to self-directed fitness, aquatic, walking track and court areas within the facility during applicable hours of operation.
- All facility rules apply and must be followed.



# Fitness

## GROUP EXERCISE | live life to the fittest

50 minute classes | Facility Hours: Mon-Thu 5a-10p, Fri 5a-9p, Sat 7a-6p, Sun 10a-6p



Daily Drop In				Add-On to Membership				Punch Passes			
\$10 per class, per person Membership Not Required Non-refundable; <u>not</u> available to use as credit toward punch/membership.				\$75 per person Add-on <u>not</u> tied to membership expiration date. Non-refundable. <b>Excludes Adaptive Yoga.</b> Annual or Paid in Full Membership Required. <b>*BEST VALUE - MEMBER BENEFIT*</b>				5x punch pass, \$50 10x punch pass, \$80 20x punch pass, \$160 Membership Not Required Non-refundable, Non-replaceable			
<b>MONDAY</b>				<b>TUESDAY</b>				<b>WEDNESDAY</b>			
830a	StrictlyStrength	Suzanne	A	830a	Tabata/Core	Londa	B	530a	Total Body	Amanda	A
830a	Yoga (Hatha)	Christen	B	830a	SilverSneakersCardio	Kristin	A	830a	Barre	Karen	A
930a	Zumba®	Beth H.	A	945a	MeditativeYoga	Teresa	B	830a	Yoga (Hatha)	Christen	B
930a	Cycle	Suzanne	B	930a	ZumbaGold®	Rosy	A	930a	SilverSneakersCycle	Christen	B
1030a	SilverSneakersCircuit	Beth H.	A	930a	WaterFitness	Anna	Pool	1030a	SilverSneakersCardio	Karen	A
1040a	SilverSneakersWater	Londa	Pool	1030a	SilverSneakersClassic	Kristin	A	1040a	SilverSneakersWater	Londa	Pool
535p	WaterFitness	Mary	Pool	1035a	DEEP WaterFitness	Anna	Pool	535p	WaterFitness	Mary	Pool
530p	Cycle	Debi	B	(1100am MSYoga (\$5/class for Adaptive) – Christen, B)				515p	Full Body Boot Camp	Erica	Gym/Plaza
630p	POP Pilates	Debi	B	530p	HIIT	Suzanne	A/Gym	545p	Yoga (BacktoBasics)	Teresa	B
6p	Zumba®	Kari	A	610p	Yoga (Variety) 90min	Marsha	B	6p	KettleBell	Gilbert	A
730p	Yoga (Gentle)	Marsha	B	(Martial Arts - A, 6-8pm)				7p	Zumba	Rosy	A
<b>THURSDAY</b>				<b>FRIDAY</b>				<b>SATURDAY</b>			
830a	TotalBodyCARDIO	Londa	B	830a	Total Body	Robyn	A	8a	Cycle	Suzanne	B
830a	SilverSneakersCircuit	Beth H.	A	930a	BARRE	Karen	A	830a	WaterFitness (1 <sup>st</sup> Sat Deep)	Renea	Pool
930a	ZumbaGold®	Beth H.	A	930a	Yoga (Gentle Flow)	Christen	B	815a	BarbellBlast	Debi	A
930a	WaterFitness (3 <sup>rd</sup> Thu Deep)	Londa	Pool	1040a	SilverSneakersYoga	Christen	A	930a	Kettlebell	Gilbert	A
1030a	SilverSneakersClassic	Linda	A	1040a	SilverSneakersWater	Londa	Pool	9a	Yoga (HathaFlow) 75min	Erin P.	B
9:45a	Restorative Yoga	Christen	B	(Martial Arts - A, 6-8pm)				<b>SUNDAY</b>			
(1100am MSYoga (\$5/class for Adaptive) – Christen, B)				830a	Total Body	Robyn	A	440p	Yoga (Variety)	Marsha	B
530p	Chisel	Casey	A/Gym	930a	BARRE	Karen	A				
6p	Zumba®	Kari	A	930a	Yoga (Gentle Flow)	Christen	B				
715p	Yoga (Yin/Restorative)	Marsha	B	1040a	SilverSneakersYoga	Christen	A				
(Martial Arts - B, 6-7pm/A, 7-8p)				1040a	SilverSneakersWater	Londa	Pool				

To enter any class: Obtain class pass from Guest Services following payment, Provide instructor/Fitness Attendant with pass and sign in.

**Please silence cell phones and arrive to class on time; late arrival is unsafe and disruptive, no admittance after start time.**

**Please note class participant maximum; all classes/equipment and location on the floor are first come, first served and none may be reserved.**

**Appropriate athletic attire and footwear is required for all classes. Schedule subject to change without notice.**

Ages 12 and up, all fitness levels welcome and encouraged. Those under age 12 must have a doctor release provided to the Fitness Coordinator and adult supervision.

10 participants required for class to remain on the schedule; **Low Attendance Notice; will cancel if no increase.**

**★New!**

## Restorative Yoga

**New to the Group Exercise schedule this fall.**

In today's busy world achieving a balanced nervous system can be very challenging. An over stimulated Sympathetic Nervous System presents extreme challenges in obtaining our much needed 'rest and digest' for essential health. Positioning the body in a series of postures supported by props helps rejuvenate oneself, help aid in weight loss as well as balance the systems of the mind and body. Four to five postures are addressed each class and held anywhere from 10-20 minutes at a time. Learn to relax, relieve anxiety and balance the entire body. All skill levels are welcome. Wear loose, comfortable clothing in layers. The body cools significantly as the parasympathetic nervous system turns on! Class maximum: 12. Check the Group Exercise schedule for details. \$10 | \$75/year with membership (add-on) | or punch card (5x\$50, 10x\$80, 20x \$160)



**★New!**

## Know Your Numbers

Meet with the Fitness Coordinator to receive your numbers; weight, calorie requirements, BMI, body fat, muscle, visceral fat (around organs) and body age. To coordinate and for details, please contact the Fitness Coordinator at tzonker@nrhtx.com.

## SilverSneakers and Silver&Fit

If you're a group retiree, or part of a Medicare Advantage or Medicare Supplement Health plan, you may already have the SilverSneakers or Silver&Fit benefit. To find out if you're eligible, contact us direct or visit [www.silversneakers.com](http://www.silversneakers.com) and [www.silver&fit.com](http://www.silver&fit.com).

## Wellness Baseline

There are a variety of wellness services provided at the NRH Centre that can help you meet your goals. We are available to help you get started on your wellness journey. Visit with our Fitness Coordinator, Teddi Zonker, tzonker@nrhtx.com to learn more and find a starting point for wellness. Services available include **equipment orientation, massage therapy, chiropractic/fascia (fibrous tissue enclosing muscle/organ) work, private yoga, nutrition services/health coaching, group exercise, personal training (post physical therapy, in-pool, sport-specific, boxing, martial arts and function movement personal training) and boot camps.**

## Equipment Orientation

If you can't make the orientation, ask to visit with a Fitness Attendant. You want or need to get moving...it's go-time! Members, meet our fitness staff and become familiar with cardio and exercise machines. Maximize results while minimizing chance of injury while exercising!

**Thursday mornings, 10:30 a.m.-11:30 a.m.**

**Wednesday evenings, 6:15 p.m.-7:15 p.m.**

## Family Fitness

To utilize the weight room, youth must be 12-13 with a parent/guardian. This program is for the entire family including youth ages 11 and under. Basic fitness education. Functional movements, body weight exercises and form will be developed so you're ready to go when you turn 12! Prior to use of the fitness equipment, youth must attend the equipment orientation.

### Ages 7-11 4 classes

**\$25**

**8510**

**Feb 7-28**

**Wed**

**5:45 p.m.-6:45 p.m.**

**8511**

**Apr 4-5**

**Wed**

**5:45 p.m.-6:45 p.m.**



# PERSONAL TRAINING

## NRH CENTRE MEMBERSHIP REQUIRED

Individual, couple, half hour, full hour, group, sport-specific, or rehab assistance fitness training available to help you reach your fitness goals.

The NRH Centre is a closed-training facility; only those certified personal trainers who are contracted through the City of North Richland Hills are permitted to fitness train, coach instruct members, participants or guests.

## How Do I Start?

To schedule a Wellness Baseline session, Youth Specific Orientation or find a Personal Trainer that would best suit your needs, contact the NRH Centre Fitness Coordinator at 817.427.6613 or tzonker@nrhtx.com. You may also read about the trainers at [www.nrhcenre.com](http://www.nrhcenre.com).

## Body Fat Check \$10

Meet with a personal trainer to receive basic tips and to begin a plan to meet your goals.

## Fitness Starting Line \$35

Certified personal trainers are available to help you develop a basic workout regimen to increase strength and endurance all while gaining an understanding of the many benefits and myths of training. Cultivate a plan that recognizes the difference between machines and free weights with knowledge of how many reps, sets and minutes of rest to incorporate for your best outcome. Receive your fitness starting line numbers that include body fat percentage. All will help you begin with an informed fitness plan to meet your goals. Stop by the Guest Service desk to pick up a flyer describing all the Personal Trainers available for training.

### 1 hr. individual training sessions for 1 member

**3 sessions..... \$120**

**10 sessions..... \$295**

**6 sessions..... \$210**

**20 sessions..... \$515**

**8 sessions..... \$255**

### 1/2 hr. individual training sessions for 1 member

**6 sessions..... \$135**

**10 sessions..... \$195**

### 1hr. training sessions for 2 members

**3 sessions..... \$180**

**10 sessions..... \$725**

**6 sessions..... \$330**





# Health AND Wellness

Photo courtesy of Eric Younkin Photography

## FDM – Fascial Distortion Model™

A treatment model in which all soft tissue injuries or musculoskeletal complaints are reviewed via detailed physical assessment, which leads to a specific diagnosis, and provides objective outcomes. The patient's verbal and physical descriptions, coupled with the mechanism of injury and relevant orthopedic tests, will lead the practitioner to the proper form of soft tissue treatment and joint mobilization, which helps the healing of painful areas surrounding damaged tissue.

**\$69/initial session (1-2 conditions)**

**\$45/15-20 minutes for general/established patient**

**\$60/20+ minutes for complicated/established patient**

To coordinate and for details, please contact the Fitness Coordinator at [tzonker@nrhtx.com](mailto:tzonker@nrhtx.com).

## Injury Prevention and Mobility (Foam Rolling)

Learn simple ways to help improve mobility avoid injury and increase your performance in the gym. Foam rolling, lacrosse ball and stretches covered. Instructor: Dr. Fawn Ray, DC.

**All Ages 1 class 45 min \$10**

**8512 Mar 31 Sat 10:30 a.m.-11:30 a.m.**

**8513 May 1 Tue 5:30 p.m.-6:30 p.m.**

## Massage Therapy

The NRH Centre provides massage therapy; relaxing to deep tissue/sport as well as Aromatherapy, Pregnancy massage, Reflexology, Trigger Point, Hand or Feet Retreat, Therapeutic Stretch and Chair Massage. Pricing depends on modality and length of time. For details, please contact the Fitness Coordinator at [tzonker@nrhtx.com](mailto:tzonker@nrhtx.com).

## **New! Couples Massage Class**

Focusing on Massage fundamentals, using one-on-one instruction and hands-on practice, this class enables the couple to learn how to more effectively ease each other's aches and pains. Also provided: jar of massage lotion, hand-outs and coupon for 50% off next massage session with Rebecca. Instructor: Rebecca Walz, LMT for 11 years, Certified Sports/Prenatal.

**18 and up 120 min**

**\$125** Date/Time coordinate with therapist directly (two people max)

To coordinate and for details, please contact Rebecca Walz at 817.718.8164 or [trwalz@hotmail.com](mailto:trwalz@hotmail.com).

## Balance and Core

Balance is key to all functional movements, from walking stairs to running to basketball court. Having a strong core is an essential part of balance, healthy posture and back health. A strong core and good balance help decrease ones chance of falling; about 1/3 of those age 65+ fall each year, Mona Rowden.

**All Ages 1 class 60 min \$30**

**8514 Apr 13 Fri 12:00 p.m.-1:00 p.m.**

**NRH Centre offers**

 SilverSneakers

 prime

 OPTUM  
 Silver&Fit

Check with your personal health insurance provider to see if you qualify.

## **New! Health Coaching**

Certified through Primal Health Coach, Kimberly educates, motivates and guides clients toward lifestyle and behavior choices that support optimal well-being. A Paleo/Primal Health Coach stays ahead of the curve with an integrated approach, helping others create lives of maximum vitality using nutrition and fitness intelligence based on scientifically validated ancestral health principals. This coaching food pyramid changes up the known a bit; it includes nuts and seeds, fruit, veggies, healthy fats and meats/fish. Benefits included eliminating sugar/carb cravings, balanced energy, lower cholesterol levels, increased muscle mass, stabilized blood sugar, eliminate symptoms of digestive dysfunction, eliminate inflammation, clear/healthy skin, improved sleep.

**\$65/single session or**

**\$220/four sessions (tips, recipes, 30 days of support)**

To coordinate and for details, please contact the Fitness Coordinator at [tzonker@nrhtx.com](mailto:tzonker@nrhtx.com).

## Ayurveda

Identify your ideal state of balance, determine where there may be an imbalance and discover assistance using diet, herbs, aromatherapy, massage treatments, music and meditation to re-establish balance. Discover your Dosha (unique mind/body type); pulse/tongue analysis; dietary/herbal recommendations massage oil recommendations; lifestyle recommendations, cleansing/detox recommendations; yoga postures, meditation and breathing techniques.

**\$95/single session**

To coordinate and for details, please contact the Fitness Coordinator at [tzonker@nrhtx.com](mailto:tzonker@nrhtx.com).

## Private Yoga

Private (one-on-one) yoga is beneficial for in the following three areas: beginners to gain knowledge and skill before attending a group class; those healing injuries or coping with a variety of health conditions; those seeking to deepen their practice or explore advanced poses.

**1 session \$65, 3 sessions \$190, 5 sessions \$300**

**For two people: 1 session \$75; 3 sessions \$220;**

**5 sessions \$360**

To coordinate and for details, please contact the Fitness Coordinator at [tzonker@nrhtx.com](mailto:tzonker@nrhtx.com).

## **New! Dietitian's Corner**

Dietitian's Corner is an opportunity to get personal with nutrition to fit your lifestyle. Including both individual counseling and group classes, Dietitian's Corner offers a wide variety of services catered to you! Instructor: Emily Johnson, RD, LDN.

Group Classes

All ages	1 class	60min	\$50
8515	Jan 7	Sat	11:00 a.m.-12:30 p.m.
8516	Feb 4	Sat	11:00 a.m.-12:30 p.m.
8517	Mar 4	Sat	11:00 a.m.-12:30 p.m.
8518	Apr 1	Sat	11:00 a.m.-12:30 p.m.
8519	May 6	Sat	11:00 a.m.-12:30 p.m.

Individual Appointment First individual appointment: \$100  
Follow up appointments: \$75





### ★ **New!** Doga (Yoga for You and Your Dog)

After all, isn't anything more fun and interesting when you can bring your dog? Yoga practice that creates a harmony and synchronization of energy flow between you and your pup. Outdoor class, south side of Centre (Plaza).

**18 and up 1 class 60 min \$25**  
**8520 May 13 Sun 2:30 p.m.-3:30 p.m.**

### Yoga - MS (Multiple Sclerosis)

Sponsored by the National Multiple Sclerosis Society, MS Yoga will move you through a series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation promote stress reduction and mental clarity. Class limited to individuals living with MS. Instructor: Christen Stewart, RYT.

All Ages	8 classes	75 min	\$0
8521	Jan 2-30	Tue, Thu	11:00 a.m.-12:00 p.m.
8522	Feb 6-27	Tue, Thu	11:00 a.m.-12:00 p.m.
8523	Mar 1-29	Tue, Thu	11:00 a.m.-12:00 p.m.
8524	Apr 3-26	Tue, Thu	11:00 a.m.-12:00 p.m.
8525	May 1-31	Tue, Thu	11:00 a.m.-12:00 p.m.

### Chair Yoga (Adaptive)

Those with disabilities, weight challenges, inflexibility, or who just cannot get on the floor for whatever reason can benefit from a daily practice

of yoga on a chair. The chair replaces the yoga mat and becomes an extension of your body allowing you to take full advantage of yoga's amazing fitness and health potential. Even if you are in a wheelchair, you can receive the many benefits of chair yoga. Instructor: Christen Stewart, RYT.

All Ages	8 classes	75 min	\$5/class
8521	Jan 2-30	Tue, Thu	11:00 a.m.-12:00 p.m.
8522	Feb 6-27	Tue, Thu	11:00 a.m.-12:00 p.m.
8523	Mar 1-29	Tue, Thu	11:00 a.m.-12:00 p.m.
8524	Apr 3-26	Tue, Thu	11:00 a.m.-12:00 p.m.
8525	May 1-31	Tue, Thu	11:00 a.m.-12:00 p.m.



### Body Composition Test by Body Analytics

Hydrostatic body composition testing. Email [tzonker@nrhtx.com](mailto:tzonker@nrhtx.com) for available time slots; only takes 10 minutes. Submerged in water, bring suit/towel and swim cap if product in your hair; private dressing room on board; mobile unit is heated and water is 88-94 degrees. Water is chemically treated for cleanliness to meet all local swimming pool and hot tub requirements of the local health department. Eating within two hours before may affect your results by up to 1.5%. Exercise and water intake is fine; use restroom and shower prior if possible.

16 and up	1 class	10min	\$49
Wed	Jan 17	4:00 p.m. - 7:00 p.m.	
Wed	Apr 18	4:00 p.m. - 7:00 p.m.	



## Massage Therapy

Relaxing-light to firm, soothing. DeepSport-deep, break down knots. Integrative-Combine up to three modalities

**Relaxing:** 30min \$45 | 45min \$55 | 60min \$65 | 90min \$95  
 Five full hours; \$295 | Five half hours; \$195

**DeepSport:** 30min \$55 | 45min \$65 | 60min \$75 | 90min \$105  
 Five full hours; \$340

**Integrative:** 30min \$50 | 45min \$60 | 60min \$70 | 90min \$100  
 Five full hours; \$315 | Five half hours; \$225

**Jin Shin Jyutsu:** Five full hours \$400 | 10 full hours \$750

### Aromatherapy Massage \$75

(60min, relaxing using various blends of essential oils)

### Jin Shin Jyutsu \$85

(60min, Ancient form of touch therapy, helps promote harmony within energy paths)

### Pregnancy Massage \$75

(60min, relaxing, to relieve aches and pains common to pregnancy)

### Reflexology \$55

(45min, hands and feet only; pressure points which correlate in nervous system)

### Trigger Point Therapy \$85/45

(60min, pressure point therapy; relieve long term muscular pain)

**Hand Retreat \$20** (20min hands, forearms only. Swedish/reflexology)

**Feet Retreat \$20** (20min feet, legs only. Swedish/reflexology)

### Therapeutic Stretch \$10

(12min, clothed passive stretch of joints/muscle pre or post workout)

**Chair massage:** 5, 10, 15, 20 minutes (\$1 per minute)

**Rebecca 817.718.8164**

[trwalz@hotmail.com](mailto:trwalz@hotmail.com)

Licensed Massage Therapist since 2006; with NRH since 2012 Certified Prenatal and Sport Massage, Professional Training in Reflexology

### Marsha

**817.296.8027** [mstew222@hotmail.com](mailto:mstew222@hotmail.com)

Licensed Massage Therapist since 1998, (LMT 0017309); with NRH since 2010, Specializing in Trigger Point Therapy and Sports Massage, Certified Yoga Instructor

### Kevin

**817.600.2391**

[kevinharmonizinghealth@gmail.com](mailto:kevinharmonizinghealth@gmail.com)

Licensed Massage Therapist and with NRH since 2014; Bachelor of Science in Chemistry, Bachelor of Science in Traditional Chinese Medicine; Master of Science in Acupuncture and Oriental Medicine; Jin Shin Jyutsu Practitioner since 2014

### Mona

**469.358.0338**

[mrowden88@gmail.com](mailto:mrowden88@gmail.com)

Licensed Massage Therapist since 1995, with NRH since 2012, Specializing in Trigger Point Therapy, Myofascial Release, Sciatic Nerve Pain and Personal Trainer since 1995

### R.I.P. Fitness Camp

Designed to help you achieve proper form when working out, strengthen muscular endurance, and help you achieve your fitness goals. Unlike other camps that leave some people behind, every member of R.I.P. Fitness camp will get the help and attention they deserve. It's like having a personal trainer in a group setting. We utilize kettlebells, sandbags, suspension trainers, dumbbells, and more! You will learn more about exercise, muscle groups, and training effectively to gain maximum results. Our unique method of training in functional fitness will target all muscle groups in order to enhance your everyday living. Instructor: Gilbert Nunez, NRH Centre Personal Trainer.

13 and up	24 classes	60 min	\$200
8526 M/W/F	Jan 1-Feb 23	5:00 a.m.-6:00 a.m.	
8527 M/W/F	Mar 5-Apr 27	5:00 a.m.-6:00 a.m.	

### Gladiator Fitness Camps

Camp Gladiator is an award winning outdoor fitness program for adults that promises a challenging, motivating and energetic environment where men and women of all ages and fitness levels can reach their goals. Participants may attend ANY and ALL times for an affordable price. For more information and to register, visit [campgladiator.com](http://campgladiator.com).



### Women on Weights

Affordable personal training with a small group. Perfect for those new or returning to the gym and those wanting to experience the benefits of free-weights. Instructor: NRH Centre Personal Trainer, Mona Rowden.

All Ages	4 classes	60 min	\$50
8528 Tue	Apr 3-24	1:00 p.m.-2:00 p.m.	

### Weightlifting Essentials

Great for youth and teens in sports. An introduction to weightlifting including the benefits, form, proper number of sets/repetitions and rest time. Instructor: NRH Centre Personal Trainer, Mona Rowden.

All Ages	1 class	60 min	\$30
8529 Sat	Jan 20	1:00 p.m.-2:00 p.m.	

### Self Defense Seminar for Women

Practical Self Defense Seminar for women of all ages with a focus on crime avoidance, personal safety and simple but effective self-defense techniques to escape an attacker. Excellent for high school and college students as well as adults. <http://www.nrhmartialarts.com/womens-self-defense> Instructors: Kevin and Jackie Bradbury.

16 and up	1 class	\$50
8530 Sun	Jan 28	1:00 p.m.-5:00 p.m.
8531 Sun	Apr 15	1:00 p.m.-5:00 p.m.

### Adult Self Defense

Ongoing class in personal safety and self-defense for adult and teens, men and women. Learn strategies for avoiding danger, de-escalation techniques and armed/unarmed methods of self-defense for all fitness levels. Instructors: Kevin Bradbury (Lakan Dalawa Black Belt, Presas Arnis) and Jackie Bradbury (Dayang Dalawa Black Belt, Presas Arnis).

16 and up	12 class	60 min	\$70
8532 Jan 2-30	Tue, Thu-Fri	7:00 p.m.-8:00 p.m.	
8533 Feb 6-27	Tue, Thu-Fri	7:00 p.m.-8:00 p.m.	
8534 Mar 1-30	Tue, Thu-Fri	7:00 p.m.-8:00 p.m.	
8535 Apr 3-27	Tue, Thu-Fri	7:00 p.m.-8:00 p.m.	
8536 May 1-31	Tue, Thu-Fri	7:00 p.m.-8:00 p.m.	

### **New!** Private Self Defense Lessons

Empty-hand and weapon training self-defense personalized to suit your needs and fitness level. For details, please email [midcitiesarnis@gmail.com](mailto:midcitiesarnis@gmail.com); rate is \$40/hour.

### Filipino Karate

Learn self-defense, fitness and more with Filipino Karate! Derived from the tradition of the Filipino Martial Arts and suitable for all fitness levels. Instructors: Kevin Bradbury (Lakan Dalawa Black Belt, Presas Arnis) and Jackie Bradbury (Dayang Dalawa Black Belt, Presas Arnis).

8 and up	12 class	60 min	\$70
8537 Jan 2-30	Tue, Thu-Fri	6:00 p.m.-7:00 p.m.	
8538 Feb 6-27	Tue, Thu-Fri	6:00 p.m.-7:00 p.m.	
8539 Mar 1-30	Tue, Thu-Fri	6:00 p.m.-7:00 p.m.	
8540 Apr 3-27	Tue, Thu-Fri	6:00 p.m.-7:00 p.m.	
8541 May 1-31	Tue, Thu-Fri	6:00 p.m.-7:00 p.m.	

### American Karate

Learn self-defense, flexibility, physical strength, and confidence; street Krav Maga based self-defenses with more boxing/kickboxing style with grappling, Jujitsu/Judo style ground fighting. First few classes wear shorts and t-shirt. After the first week you need to buy a uniform called a gi; the instructor will help with details. Belt tests are hosted once a month by the instructor; \$15/per test. Instructor: Matthew Crittenden, Black Belt under J. Pat Burleson in 2009. I am currently a 4th degree black belt and certified instructor through the World's Martial Arts Ranking Association.

6-11	8 classes	60 min	\$70
8542 Jan 3-31	Mon, Wed	7:00 p.m.-8:00 p.m.	
8543 Feb 5-28	Mon, Wed	7:00 p.m.-8:00 p.m.	
8544 Mar 5-28	Mon, Wed	7:00 p.m.-8:00 p.m.	
8545 Apr 2-30	Mon, Wed	7:00 p.m.-8:00 p.m.	
8546 May 2-30	Mon, Wed	7:00 p.m.-8:00 p.m.	
Ages 12+	8 classes	60 min	\$70
8547 Jan 3-31	Mon, Wed	8:00 p.m.-9:00 p.m.	
8548 Feb 5-28	Mon, Wed	8:00 p.m.-9:00 p.m.	
8549 Mar 5-28	Mon, Wed	8:00 p.m.-9:00 p.m.	
8550 Apr 2-30	Mon, Wed	8:00 p.m.-9:00 p.m.	
8551 May 2-30	Mon, Wed	8:00 p.m.-9:00 p.m.	



### Youth Personal Training

It's time to provide our youth with more self-empowerment and ultimately teach them a healthy way of living that is fun! Your child will receive a unique program designed exclusively for them, based off their physical abilities, dietary habits and way of life at home. My goal is to have your child walk away with a better knowledge and understanding of basic body-weight, light weight workouts, and athletic training. Children can expect muscle growth/development, fat loss, and overall improved health! Youth training is not just for children struggling with obesity; maybe you have a child needing to be more active or wanting an introduction to body weight exercises/light weights. All children can stand to benefit from youth personal training. Shoot me a text or email and let's get started on empowering our youth! NRH Centre Personal Trainer Giovanni Nunez 682.203.6820 or [Gionunez1997@gmail.com](mailto:Gionunez1997@gmail.com)

**More Family Fitness See page 17**



**SPLASH SWIM (all ages)**

Two Story Tube Waterslide, Rock Climbing Wall, 9ft Plunge Pool, Water Falls, Shared Resistance Walking Channel/ Floating Lazy River, Hydro Therapy Jets in the Main Pool, Kiddie Area, Water Features & Tot Slide, Spa (ages 4-9 with an adult. 10+ without an adult. Under 3 not permitted in the spa).

**Mon-Thu** 11:45 a.m. - 8:30 p.m.

**Friday** 9:00 a.m. - 8:00 p.m.

**Sat & Sun** 11:45 a.m. - 5:30 p.m.

*\*Tube Slide/Rock Wall  
Opens @ 4 p.m. Mon-Fri*

**ADULT FITNESS SWIM (ages 16+)**

**Main Pool, Resistance Channel, Spa**

**Mon-Thur** 5:30 a.m. - 11:45 a.m.

**Fri** 5:30 a.m. - 9:00 a.m.

**Sat** 7:15 a.m. - 11:45 a.m.

**Sun** 10:15 a.m. - 11:45 a.m.

*\*9ft Deep Pool is available M-F beginning @ 8:30 a.m.  
(closes @ 10:30 a.m. on Tues for water Aerobics  
and 3rd Thursday @ 9:30 a.m.)*

**WATER AEROBICS:** M/W/F 10:40-11:30 a.m. | M/W 5:35-6:30 p.m. | T/Th 9:30-10:30 a.m. & Sat 8:30-9:30 a.m.

**Kiddie Swim**

**Kiddie Pool, Tot Slide Area Only** Recommended for ages 6 and under

**Tue/Thur** 9:00 a.m. - 11:45 a.m.

NRH Centre Lap Swim Hours vary daily due to water aerobics class and swim lessons.  
Check out the Lap Lane availability on our website at [www.nrhcentre.com](http://www.nrhcentre.com)

**Parent Night  
Out Gym  
and Swim**

**Ages 8-12**

**6:00 p.m. - 9:00 p.m.**

**\$15**

Dinner included. Kids will swim until 8 pm and play in the gym until 9 pm.  
Cost: \$15/person

**#8203 Friday, Jan 26**

**#8204 Friday, Mar 23**

**EASTER  
EGG HUNT  
IN THE POOL**

**Saturday, March 31  
1:00 p.m. Sharp!**

**Ages 3-12. Free for members and  
paid day pass guests.**

**WS  
365  
APRIL POOLS DAY**

**Saturday, April 7**

**10:00 a.m. - 1:00 p.m.**

Learn about water safety  
in a fun informative way.

Safety stations, vendors,  
free swimming at 12:00 p.m.

**PRIVATE POOL PARTY**

**FEE: \$375**

Includes: Party Room A & B with exclusive pool use and amenities for up to 40 guests. One adult per child 6 & under must be within arms reach in the pool. \$5 each additional swimmer over the first 40, up to 50 guests.

**Friday** 8:00 p.m.-10:00 p.m.

**Saturday** 6:00 p.m.-8:00 p.m.

**Sunday** 5:30 p.m.-7:30 p.m.

**SPLASH SWIM POOL PARTY**

**FEE: \$175**

Includes: Party room A or B for 14 pool guests. One adult per child 6 & under must be within arms reach in the pool. \$5 each additional swimmer over the first 14, up to 20 guests. (Seating for 16 guests only.)

**Friday** 5:30 p.m.-7:30 p.m.

**Saturday Tot Party** 10:30 a.m.-12:30 p.m.

**Saturday** 1:00-3:00 p.m. | 3:30-5:30 p.m.

**Sunday** 12:30-2:30 p.m. | 3:00-5:00 p.m.

**GENERAL POOL PARTY RULES FOR SPLASH SWIM AND PRIVATE PARTIES**

- Lifeguards and party attendants provided. Party attendants assist with party and slide operation.
- Full payment and signed contract for rentals required at the time of reservation.  
- \$50 transfer or cancellation fee with less than 2 weeks notice.
- All swimmers must wear appropriate swim attire.
- Children under the age of 3 or children not potty trained must wear snug fitting swim diapers.  
Swim diapers are for sale at the front desk.
- Outside food is allowed. No glass, alcohol, or piñatas.
- We ask that parties arrive no more than 15 minutes before the scheduled party time. The area must be vacated on time.  
There are no exceptions to this rule. Early arrivals and late departures disrupt other scheduled parties. Please be considerate.
- All children 6 and under MUST have an adult within arms reach at all times while in the pool.

Sign up today online! | [apm.activecommunities.com/northrichlandhills](http://apm.activecommunities.com/northrichlandhills)



# Learn to Swim

<b>Session 1</b>	M/W	Jan 8-Jan 31	T/TH	Jan 9-Feb 1
<b>Session 2</b>	M/W	Feb 5-Feb 28	T/TH	Feb 6-Mar 1
<b>Session 3</b>	M/W	Mar 5-Mar 28	T/TH	Mar 6-Mar 29
<b>Session 4</b>	M/W	Apr 2-Apr 25	T/TH	Apr 3-Apr 26
<b>Session 5</b>	M/W	Apr 30-May 16	T/TH	May 1-May 17
<b>Saturday Session 1</b>		Jan 13-Mar 3		
<b>Saturday Session 2</b>		Mar 24-May 12		

\*No class on April 7 due to April Pools Day

Recommended ages listed.

## Parent & Tot: 6 mths-2½ yrs

8 classes 30 min \$44

Make your child's first splash with us, developing water skills in a safe and fun way. Play games, try new things, and begin to learn necessary lifelong swimming skills. Parent or guardian will be in the water with the students.

## Parent & Preschool: 2-3 yrs

8 classes 30 min \$44

Designed for your child who has either taken Parent/Tot and is ready for more, but not old enough, or the child is not ready to be in the water without a parent. Instructors will guide you and your child as you work one on one focusing on assisted swim skills and building confidence in the water.

## Level 0 – Preschool: 3yrs

8 classes 30 min \$64

Introduction to the pool without a parent in a group lessons setting. Learn skills needed to feel comfortable in the water, begin to put their faces under water, and move more independently in an area they can touch.

## Level 1 - Beginner: 3½ -5 yrs

8 classes 30 min \$84

Assisted swimming with greater independence, proper arm strokes, kicking movements, further exploration of underwater, and learning front and back floats. Students must be able to put their face in the water or feel comfortable in a group lesson before beginning Level 1.

## Level 2 – Intermediate: 4-8 yrs

8 classes 40 min \$84

Basic swim strokes such as freestyle with rhythmic breathing and streamlines off the wall, backstrokes, and endurance building. Students must be able to push off the wall and begin to swim independently before beginning Level 2.

## Level 3 - Swimmer: 7-9 yrs

8 classes 40 min \$84

Coordinate the basic strokes while increasing endurance. Stroke development of breaststroke and butterfly will begin. Swimmers must be able to swim freestyle with rhythmic breathing and backstroke for 10 feet or longer before beginning Level 3.

## Level 4 – Advanced: 8-10 yrs

8 classes 40 min \$84

Stroke development for all of the strokes with dives and flip turns. Students must be able to swim 25 yards with freestyle, backstroke, and breaststroke before beginning Level 4.

## Level 5 – Refinement: 8-12 yrs

8 classes 40 min \$84

Stroke enhancements to improve all swimming techniques for more proficient strokes, dives, and flip turns. Students must be able to swim 50 yards with all strokes before beginning Level 5.

## PARENT | TOT: 30 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
M/W	9:45-10:15 am	8231	8232	8233	8234	8235		
M/W	4:50-5:20 pm	8241	8242	8243	8244	8245		
Sat	9:25-9:55 am						8248	8249

## PARENT | PRESCHOOL: 30 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
T/TH	4:50-5:20 pm	8236	8237	8238	8239	8240		
Sat	8:50-9:20 am						8246	8247

## LEVEL 0: 30 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
M/W	4:50-5:20 pm	8250	8251	8252	8253	8254		
T/TH	4:50-5:20 pm	8255	8256	8257	8258	8259		
Sat	8:50-9:20 am						8260	8261

## LEVEL 1: 30 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
M/W	4:50-5:20 pm	8262	8263	8264	8265	8266		
M/W	5:30-6:00 pm	8267	8268	8269	8270	8271		
T/TH	4:50-5:20 pm	8272	8273	8274	8275	8276		
T/TH	5:30-6:00 pm	8277	8278	8279	8280	8281		
Sat	8:50-9:20 am						8282	8283
Sat	9:30-10:00 am						8284	8285

## LEVEL 2: 40 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
M/W	4:50-5:30 pm	8286	8287	8288	8289	8290		
M/W	5:35-6:15 pm	8291	8292	8293	8294	8295		
T/TH	4:50-5:30 pm	8296	8297	8298	8299	8300		
T/TH	5:35-6:15 pm	8301	8302	8303	8304	8305		
Sat	8:50-9:30 am						8306	8307
Sat	10:10-10:50 am						8308	8309

## LEVEL 3: 40 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
T/TH	5:35-6:15 pm	8310	8311	8312	8313	8314		
Sat	10:10-10:50 am						8315	8316

## LEVEL 4: 40 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
M/W	4:50-5:30 pm	8317	8318	8319	8320	8321		
Sat	9:40-10:20 am						8322	8323

## LEVEL 5: 40 minute lessons

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
Sat	10:30-11:10 am						8329	8330
M/W	6:30-7:10 pm	8324	8325	8326	8327	8328		



**Elementary Lessons - Swimmer: 7-10yrs****8 classes 30 min \$84**

This class is designed for the older kids that haven't learned how to swim yet and do not fit in the traditional classes or levels.

**ELEMENTARY: 30 minute lessons**

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Sat 1	Sat 2
T/TH	6:30-7:00 pm	8331	8332	8333	8334	8335		
Sat	11:00-11:30 am						8336	8337

**Swimming Masters**

Get a 60 minute fitness workout with the focus on proper swim techniques for efficiency and endurance. Speed work for more advanced swimming proficiency level.

**15 & up 18 classes 60 min \$84**  
# T/TH Jan. 9-Mar. 8 7:20-8:20 p.m.**Private Swim Lessons: All ages****4 yrs and up 8 classes 30 min**

Individualized swim lessons for all ages and abilities with the personalized touch to concentrate on what the students wants to learn. Lessons are at a made to order pace for optimal learning. Each session has eight thirty-minute lessons. Private Lesson Fee: (1 student) \$160 Fee: Semi-private (2 students) \$135 per student or (3 students) \$110 per student.

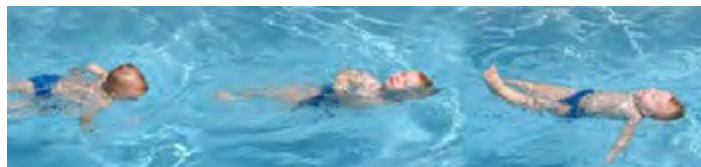
**Pre-Arranged Private Lessons: 30 minute lessons**

Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5
M/W	4:15-4:45 pm	8359	8360	8362	8363	8364
M/W	5:35-6:05 pm	8367	8369	8370	8372	8373
M/W	6:10-6:40 pm	8375	8377	8378	8379	8380
T/TH	4:15-4:45 pm	8383	8384	8385	8387	8388
T/TH	5:35-6:05 pm	8389	8391	8392	8393	8394
T/TH	6:10-6:40 pm	8398	8400	8401	8403	8404
Sat	9:30-10:00 am	8407	8408			
Sat	10:30-11:00 am	8409	8410			
Sat	11:00-11:30 am	8411	8412			
Sat	11:30 am-12:00 pm	8413	8414			

**Custom Private/Semi Private Lessons****4 yrs and up 8 classes 30 min**

We build the schedule around you. Fill out a custom private request form and an instructor will be matched with your request. Two-week notice is required in order to schedule your request.

**Private Lesson Fee One Student:** \$170  
**Private Lesson Fee Two Students:** \$150 per student  
**Private Lesson Fee Three Students:** \$125 per student

**Baby Water Safety**

Hubenak Swim School will teach a technique to keep your child safe around the water with skills to prevent accidental drowning. The goal of the program is to teach your child to roll over and float on their back. They are also taught depending on their age and skill how to get to the side of the pool by using swimming skills once floating occurs. This method has been taught by the Hubenak family since 1975 and is how their child survived falling in a pool at 22 months.

**6 mth-4 yrs 8 classes 30 min \$100**  
 #8353 M/W Jan 8-Feb 1 9:30-10:00 a.m.  
 #8354 M/W Feb 5-Mar 1 9:30-10:00 a.m.  
 #8355 M/W Mar 5-Apr 5 9:30-10:00 a.m.  
 #8356 M/W Apr 9-May 3 9:30-10:00 a.m.

**Boy & Girl Scout Safety Skills/ Swim Test**

Get your troops swim badge and stay to have some group fun at the NRH Centre Aquatics area. Call to speak with the Aquatics Coordinator at 817-427-6600. Fee: \$5/swimmer

**Youth Safety School: CPR and First Aid**

Youth focused safety instruction where students are taught Adult, Child, and Infant CPR along with basic first aid principles for babysitting or scouting badges. One week advanced registration is required.

**8 - 13 yrs 1 class 3 hrs \$25**  
 #8357 Tu Apr 10 5:30-8:30 p.m.

**Lifeguard**

Plan to work as a lifeguard or nanny around a pool? Learn skills to lifeguard a pool such as rescues, first aid, CPR, spinal management, deep water saves, and more. Students must be able to swim 100 yards without resting, tread water in the deep end of the pool for 2 minutes, and retrieve a 10 pound brick from 9 feet of water. Certification may or may not end with lifeguard employment, but the skills are vital in and around the water.

**15-18 yrs 5 classes 24 hours \$100**  
 Sat Mar. 10 10:00 a.m.-5:00 p.m.  
 Mon, Mar 12-Thu, Mar 15 1:00 p.m. - 5:00 p.m.

**Adult Beginner Lessons**

It is never too late to learn to swim. This class will teach floating, freestyle, and backstroke techniques. Must be comfortable in the water and submerging in shallow water before joining this class.

**Ages 18 & Up 8 classes 40 min. \$82**  
 #8349 Sat Jan 13-Mar 3 9:45-10:25 a.m.  
 #8350 Sat Mar 24-May 12 9:45-10:25 a.m.

**Water Safety Class**

Building a pool? Learn CPR and water safety practices to be safe in and around a pool. Class includes CPR certification and water safety skills. Call to set up a class for your family. This is a 3 hour class and is \$25/person. Contact Sarah Gray at 817-427-6647 or by e-mail at sgray@nrhtx.com.

**WATER SAFETY WEDNESDAYS**

Join us to learn about being safe around water with a fun and interactive activity. Attend this free event and be entered into a monthly drawing for a prize.

**Wednesdays, Mar 7-May 30, 2017\***

\*No class on Mar 14, 2017.

**Time: 4:00 pm**

## Underwater Egg Hunt

**Saturday, March 31, 2017 | 1:00 p.m. SHARP! | Ages 3-12**

Join us for an underwater egg hunt. There will be eggs in the pool for the kids to hunt. Prize eggs will be mixed in as well. All children will go home with a goodie bag. This event is free to members and paid day pass guests. This event begins promptly, so get here early to ensure that your kiddo doesn't miss out!



## April Pools Day! It is no joke!

**Saturday, April 7, 2018 | 10:00 am-1:00 p.m.**

Join us to learn about water safety in a fun and interactive way. There will be vendors on-site to share info about water safety and safety stations on the pool deck for families to participate. Once you complete a water safety passport, splash swim will be available for free!

## May Mini Swim Session

May 22-24 and May 29-31

Freshen up on those swimming skills before summer in this 6 class mini swim session. Sign up for one session.

### Beginner \$57

This class is for the kiddo that is not afraid of the water and can submerge their head underwater. This mini session will teach floating, safety exits and beginning swimming.

#8418	4:15-4:45 pm
#8419	4:50-5:20 pm
#8420	5:25-5:55 pm
#8421	6:00-6:30 pm

### Intermediate \$57

This class is for the kiddo that can "dog paddle" or swim underwater for 5 feet. This mini session will build on teaching freestyle, swimming on back as well as safety exits.

#8422	4:15-4:45 pm
#8423	4:50-5:20 pm
#8424	5:25-5:55 pm
#8425	6:00-6:30 pm

### Advanced \$57

This class is for the kiddo that can swim freestyle and backstroke unassisted for 10 feet. This class will build up from that point and teach deep water comfortability and treading.

#8426	4:15-4:55 pm
#8427	5:00-5:40 pm
#8427	5:45-6:25 pm



## Youth

## KIDS CLUB

While you work out or take a class, your child can play in the Kids Club which includes games, toys, activities, and much more. Kids Club is a service offered Centre to provide parents/guardians a safe and fun place for their kids to play while enjoying the amenities and programs at the NRH Centre. Purchase your day pass or punch pass at the Guest Services Desk and then drop your child off at the Kids Club.

Children 1-10 years of age, can stay and play for a maximum of two hours. Punch passes may also be purchased. **Parents (or guardians) may not leave the building while their children are in Kids Club. Parents must remain in the facility at all times.**

### Kids Club Hours of Operation

<b>Monday - Thursday</b>	8:00 a.m.-12:00 p.m., 4:00 p.m.-8:00 p.m.
<b>Friday, Saturday</b>	8:00 a.m.-12:00 p.m.
<b>Sunday</b>	Closed

### Holiday Hours:

Kids Club will be open 8 a.m. – 12 p.m. on the following dates.  
No evening hours on these dates. **January 1 & May 29**

### Pass Information:

\$2 per visit/child; 2-hour maximum visit; ages 1-10 yrs  
Multi-visit Punch Passes are available: 5 passes for \$10 or 20 passes for \$30

*\*No reservations. Children are accepted on first-come, first-served basis.*

*\*Admittance pass required for attendance to Kids Club.*

*\*Parent/guardian must remain in building at all times.*



### Gym Fun for Little Ones

Kids need to burn off energy, play, develop basic skills and coordination. We will provide the gym setup with gymnastics mats, balls and gear. Parents provide supervision. No food or drinks on the mats please. Starts on Friday January, 6. Ages 1-5 yrs Fridays 9:00 a.m. – 11:00 a.m. (Free with NRH Centre Membership or Kids Club Pass)

Kids Club Policies and Procedures can be viewed at [www.nrhcentre.com](http://www.nrhcentre.com).



## EARLY CHILDHOOD DEVELOPMENT

NRH Centre Early Childhood Development programs are ongoing from September through May. Pre-registration priority is given to those who wish to continue through the school year. New student registration for the 2018-19 school year begins February 1, 2018. Pre-registration provided to those who wish to continue throughout the school year (Sep-May).

### Terrific Two's

Your child will thrive in a structured environment learning colors, shapes, singing, playing, and crafts. Students must be 2 years old by September 1, 2017 to participate in the current 2017-18 school year. Supply fee to instructor: \$15.

### Just for 3's

Children participate in educational activities and games designed to provide a better understanding of letters, numbers, colors, shapes, sizes and songs. Supply fee to instructor in September: \$25. Parents take turns providing snacks and drinks. Children must be potty-trained. Current/continue students register monthly. Students must be 3 years old by September 1, 2018 to participate in the current 2018-19 school year. Instructor: Erika Doke, Certified Teacher

### PreK 4's

This popular program will explore a variety of learning activities to prepare your child for Kindergarten. The classes focus on self-awareness, motor-development, pre-academic skills, and creative art. Through the gentle guidance of our caring and experienced teacher, each child is able to achieve realistic goals to meet their needs. Students must be 4 years old by September 1, 2018 to participate in the current 2018-19 school year. Instructor: Erica Parkey, Certified Teacher



## DANCE

### Youth Dance | Ballet/Tap

Ballet/Tap combination classes are designed to instill dance fundamentals with proper technique and terminology of each subject. Classes include fun, engaging music and choreography while creatively building social skills and self-confidence. Instructor: Ellyn Kile, Raise the Barre Dance Academy

Registration Information:

- Beginner classes are for students that have never taken dance.
- Intermediate - 1 year of dance
- Intermediate/Advance - Completed intermediate class

#### Session I

Performance Prep Dance:

This session will prepare dancers for session II.

Mon	Jan 8 - Mar 5	9 classes	50 min	\$80
8118	Beg 3 - 5yrs		10:30 a.m.-11:20 a.m.	
8119	Beg 3 - 5yrs		4:30 p.m.-5:20 p.m.	
8120	Beg 3 - 5yrs		5:30 p.m.-6:20 p.m.	
8121	Beg 6 - 8yrs		6:30 p.m.-7:20 p.m.	
Tue	Jan 9 - Mar 6	9 classes	50 min	\$80
8122	Beg 3 - 5yrs		4:30 p.m.-5:20 p.m.	
8123	Beg 6 - 8yrs		5:30 p.m.-6:20 p.m.	
8124	Beg 3 - 5yrs		6:20 p.m.-7:10 p.m.	
Wed	Jan 10 - Mar 7	9 classes	50 min	\$80
8125	Int 9 and up		6:30 p.m.-7:20 p.m.	

#### Session II

9 classes 60 min \$80

Performance Dance: This session will perform at Easter in the Park and spring recital. Dates TBA.

Mon	Mar 26 - May 21	9 classes	50 min	\$80
8126	Beg 3 - 5yrs		10:45 a.m.-11:35 a.m.	
8127	Beg 3 - 5yrs		4:30 p.m.-5:20 p.m.	
8128	Beg 3 - 5yrs		5:30 p.m.-6:20 p.m.	
8129	Beg 6 - 8yrs		6:30 p.m.-7:20 p.m.	
Tue	Mar 27 - May 22	9 classes	50 min	\$80
8130	Beg 3 - 5yrs		4:30 p.m.-5:20 p.m.	
8131	Beg 6 - 8yrs		5:30 p.m.-6:20 p.m.	
8132	Beg 3 - 5yrs		6:20 p.m.-7:10 p.m.	
Wed	Mar 28 - May 23	9 classes	50 min	\$80
8133	Int 9 and up		6:30 p.m.-7:20 p.m.	



### Youth Dance | Jazz/Hip Hop

This upbeat combination class fuses the self-expressing techniques of jazz with an energizing hip hop twist. Students will enjoy exploring fun yet challenging moves and choreography to their favorite age-appropriate songs. Instructor: Ellyn Kile, Raise the Barre Dance Academy

#### Session I

Wed	Jan 10 - Mar 7	8 classes	50 min	\$80
8114	Beg 6 - 8yrs		4:30 p.m.-5:20 p.m.	
8115	Beg 9 and up		5:30 p.m.-6:20 p.m.	

#### Session I

Wed	Mar 28 - May 23	8 classes	50 min	\$80
8116	Beg 6 - 8yrs		4:30 p.m.-5:20 p.m.	
8117	Beg 9 and up		5:30 p.m.-6:20 p.m.	

### Daddy Daughter Dance Lessons

Sign up and get FREE Daddy/Daughter event tickets (first two couples only). Learn how to dance together for the 26th annual Daddy/Daughter Valentine Dance, February 3, 2018. Instructor: Greg Ricks.

**Ages 3-16 1 class**

7835 Sun Jan 28 3:00 p.m. - 4:00 p.m.

### Daddy Daughter Valentine Dance

The first Daddy/Daughter Valentine Dance in Texas! After your special Valentine dinner, join us for dessert, dancing and photos. Also featured, a DJ and limo ride drawing. The dance does sell out, sign up early, ticket sales prior to the event only.

**Ages 3-7 1 class**

7836 Sat Feb 3 5:30 p.m.-7:00 p.m.

**Ages 8-16 1 class**

7837 Sat Feb 3 7:30 p.m.-9:00 p.m.

# PHYSICAL DEVELOPMENT

## Gymnastics | Tumble Time w/Mom

Spend some time with your kiddo while they are introduced to the basics of gymnastics! This class is a great way to prepare your little one for 'big kid' gymnastics. Instructor: Meredith Glover and Tamara Linn.

**2-3yrs 9 classes 50 min \$65 Instructor**

### Morning Session

**8162 Mon Jan 8-Mar 5 9:30 a.m.-10:15 a.m.** Meredith Glover  
**8164 Mon Mar 19-May 14 9:30 a.m.-10:15 a.m.** Meredith Glover

## Traditional Gymnastics

Gymnastics is an exceptional approach to developing strength, flexibility and coordination. Students are introduced to tumbling, bars, balance beam and vault. Program encompasses the introductory level student and progresses to the advanced level. If first session students want a particular class for second session, they should register early, as classes fill up quickly.

Instructors: Meredith Glover, Tamara Linn and Dustin Conniff, USA Gymnastics Professional



Beginner: Students that have never taken, as well as students learning their cartwheels, handstands and backbends.

Intermediate: Students that can perform cartwheels, handstands, splits and backbends.

Advance: Students that can perform all the skills listed above plus round-offs, backbend kick over and strong handstands.

**Session I 9 classes 50 min \$80 Instructor**

**Mon Jan 8-Mar 5**  
**8138 Beg 3 - 5yrs 10:30 a.m.-11:20 a.m.** Meredith  
**8139 Beg 4 - 5yrs 11:30 a.m.-12:20 p.m.** Meredith  
**8145 Beg 3 - 5yrs 4:15 p.m.-5:05 p.m.** Tamara  
**8146 Beg 5 - 6yrs 5:15 p.m.-6:05 p.m.** Tamara

**Wed Jan 10-Mar 7**  
**8143 Beg 3-4yrs 9:30 a.m.-10:20 a.m.** Meredith  
**8144 Beg 4-5yrs 10:30 a.m.-11:20 a.m.** Meredith  
**8147 Beg 4-5yrs 11:30 a.m.-12:20 p.m.** Meredith

**Thu Jan 11-Mar 8**  
**8140 Beg 3 - 6yrs 3:40 p.m.-4:30 p.m.** Dustin  
**8141 Beg 4-6yrs 4:30 p.m.-5:20 p.m.** Dustin  
**8142 Beg 6 - 10yrs 4:30 p.m.-5:20 p.m.** Dustin  
**8158 Int/Adv 6-12yrs 5:30 p.m.-6:20 p.m.** Dustin  
**8160 Int 6 - 10yrs 5:30 p.m.-6:20 p.m.** Dustin

**Session II 9 classes 50 min \$80 Instructor**

**Mon Mar 19-May 14**  
**8149 Beg 3 - 5yrs 10:30 a.m.-11:20 a.m.** Meredith  
**8152 Beg 4 - 5yrs 11:30 a.m.-12:20 p.m.** Meredith  
**8150 Beg 3 - 5yrs 4:15 p.m.-5:05 p.m.** Tamara  
**8156 Beg 5 - 6yrs 5:15 p.m.-6:05 p.m.** Tamara

**Wed Mar 21-May 16**  
**8148 Beg 3-4yrs 9:30 a.m.-10:20 a.m.** Meredith  
**8153 Beg 4-5yrs 10:30 a.m.-11:20 a.m.** Meredith  
**8154 Beg 4-5yrs 11:30 a.m.-12:20 p.m.** Meredith

**Thu Mar 22-May 17**  
**8151 Beg 3 - 6yrs 3:40 p.m.-4:30 p.m.** Dustin  
**8155 Beg 4-6yrs 4:30 p.m.-5:20 p.m.** Dustin  
**8157 Beg 6 - 10yrs 4:30 p.m.-5:20 p.m.** Dustin  
**8161 Int/Adv 6-12yrs 5:30 p.m.-6:20 p.m.** Dustin  
**8159 Int 6 - 10yrs 5:30 p.m.-6:20 p.m.** Dustin

## Gymnastics | Tumbling

Gymnastics is an exceptional approach to developing strength, flexibility and coordination. Try out our new gymnastics offering that focuses on tumbling! Program encompasses the introductory level student and progresses to the advanced level. If first session students want a particular class for second session, they should register early, as classes fill up quickly.

Instructor: Meredith Glover

**Session I 9 classes 45 min \$75**

**Mon Jan 9-Mar 6**  
**8223 Beg 3-4yrs 3:50 p.m.-4:35 p.m.**  
**8224 Beg 5-8yrs 4:40 p.m.-5:25 p.m.**  
**8225 Beg 9-12yrs 5:30 p.m.-6:15 p.m.**

**Session I 9 classes 45 min \$75**

**Mon Mar 19-May 14**  
**8226 Beg 3-4yrs 3:50 p.m.-4:35 p.m.**  
**8227 Beg 5-8yrs 4:40 p.m.-5:25 p.m.**  
**8228 Beg 9-12yrs 5:30 p.m.-6:15 p.m.**



## Soccer Shots!

Soccer Shots is the national leader in youth soccer development for children ages 2 through 8. Our program has been created under the guidance of childhood education specialists, MLS and USL professional soccer players, and experienced and licensed soccer coaches. Our innovative lesson plans are developmentally appropriate and tailored specifically to the three distinct age groups we teach. Using these creative and age-appropriate curricula and infusing each lesson plan with enthusiasm and structured activity, Soccer Shots aims to leave a lasting, positive impact on every child we serve.

**Session I 8 classes \$87**

**8219 2 - 3yrs Jan 9-Feb 27 Tue 5:00 p.m.-5:30 p.m.**  
**8221 3 - 5yrs Jan 9-Feb 27 Tue 5:40 p.m.-6:15 p.m.**

**Session II 8 classes \$87**

**8220 2 - 3yrs Mar 20-May 8 Tue 5:15 p.m.-5:45 p.m.**  
**8222 3 - 5yrs Mar 20-May 8 Tue 5:55 p.m.-6:30 p.m.**

## Color Your Life

Discover your art talent! Learn how to use different kinds of materials to make crafts, improve skills and enhance your love for art and crafts. Supplies included. Instructor: Dalya Davis, Bachelor of Arts Degree

**4-6 yrs 6 classes 1 hr \$77**  
**8170 Fri Jan 18 - Feb 16 4:00 p.m.-5:00 p.m.**  
**8171 Fri Feb 23 - Apr 6 4:00 p.m.-5:00 p.m.**

\*Class will not be held on Friday, March 16

**7-10 yrs 6 classes 1 hr \$77**  
**8172 Fri Jan 18 - Feb 16 5:15 p.m.-6:15 p.m.**  
**8173 Fri Feb 23 - Apr 6 5:15 p.m.-6:15 p.m.**

\*Class will not be held on Friday, March 16



## SPRING BREAK CAMPS

### Camp NRH | Spring Break!

Camp NRH is one of the best day camps around for kids ages 6-12! Camp is held at the NRH Centre where games are played in the gymnasium, activities are held in the classroom and swimming at the indoor aquatic center. Sign up your child to spend Spring Break with us playing games, swimming and a field trip! Campers will need to bring a sack lunch and water bottle each day.

**6 - 12yrs** **5 days** **\$150**  
**8207** **Mar 12-16 Mon-Fri** **7:30 a.m.-6:00 p.m.**

### Adventures in Art Camp

Finally an art course that really teaches fine art and creative thinking instead of simple crafts! In this all new 4-day art camp your young artist, under the guidance of professional artists from the Robert Garden School of Art, will create 8 amazing works of art you'll be proud to frame and hang. Learn perspective drawing with charcoal, pencil and with oil pastels. Paint with oils, watercolors and acrylics using color theory and simple, time-saving techniques to complete amazing finished landscapes, still life's and seascapes. All art supplies are furnished, bring paper towels and wear old t-shirt.

**5 - 13yrs** **4 classes** **2hr 45 min** **\$122**  
**8208** **Mar 12-15 Mon-Thu** **2:00 p.m.-4:45 p.m.**

### Camp NRH | Independence Week!

Sign up for this new Camp NRH addition! We will have regular camp activities with some fun stuff mixed in! It's not your normal Camp NRH week! Sign up your child to spend this with us playing games, swimming and a field trip! Campers will need to bring a sack lunch and water bottle each day.

**6 - 12yrs** **4 days** **\$140**  
**8207** **July 2-6 Mon-Fri** **7:15 a.m.-6:00 p.m.**

\*Camp will not be held on Wednesday, July 4



## SUMMER CAMP PRE-REGISTRATION

### Camp NRH | Summer 2017, May 29-August 10

Camp NRH is one of the best day camps around! Experienced staff and low counselor to participant ratio make Camp NRH one of the most fun camps for your child to attend. Camp NRH is for kids ages 6 - 12. Camp is held at the NRH Centre where games are played in the gymnasium, activities are held in the classroom and swimming at the indoor aquatic center. Sign up your child to spend the summer with us playing games, creating art, swimming and a field trip every week!

**Registration for Summer Camp NRH begins on January 19, 2018.** Camp spaces are reserved on a first available basis. Camp NRH is held daily, Monday - Friday, from 7:15 a.m. - 6:00 p.m. for children ages 6 - 12 years old. Children must be 6 years old and no older than 12 to attend Camp NRH. LIMITED SPACE, so register early! Camp dates are subject to change based on the BISD 2017-18 and 2018-19 calendars. Regular Camp NRH will not be offered July 2-6. See description for Camp NRH | Independence Week. This camp is a separate fee paid in full.

#### Camp NRH Payment Information

- \$150 per week/child
- Spring Break and Independence Week camp fee is paid in full.
- Withdrawal from Camp NRH weeks must be made on or before April 13, 2018 to avoid a \$30 late withdrawal fee.

## FAMILY PROGRAMS

### Parent Night Out | Kids Club

Hey Parents! Bring the kids by the NRH Centre for Parent Night Out: Kids Club and enjoy the evening. While you are out on the town, NRH Centre Kids Club staff will entertain your kids with a movie and treat them to dinner. Limited space is available so register soon! Parent Night Out: Kids Club is for children ages 3-7. Check out Parent Night: Gym and Swim for children ages 8-12!

**3 - 7yrs** **1 class** **3 hr** **\$15**  
**8205** **Fri Jan 26** **6:00 p.m.-9:00 p.m.**  
**8206** **Fri Mar 23** **6:00 p.m.-9:00 p.m.**



### Parent Night Out | Gym and Swim

Hey Parents! Bring the kids by the NRH Centre for Parent Night Out: Gym and Swim and enjoy the evening. While you are out on the town, NRH Centre staff will provide dinner, swim and play games in the gym! Limited space is available so register soon! Parent Night Out: Gym and Swim is for children ages 8-12! Also, check out Parent Night Out: Kids Club for ages 3-7!

**8 - 12yrs** **1 class** **3 hr** **\$15**  
**8203** **Fri Jan 26** **6:00 p.m.-9:00 p.m.**  
**8204** **Fri Mar 23** **6:00 p.m.-9:00 p.m.**

### Tiny Ninja Warrior

Sometimes the smallest humans are the mightiest. Join us for a Tiny Ninja Warrior course at the NRH Centre. This fun morning will provide your high energy kiddo an opportunity to test their ninja warrior skills on the outdoor course. Lots of tiny ninja warrior goodies and special tiny ninja warrior fuel. Limited enrollment. Sign up early!

**3 - 6yrs 1 class** **60 min** **\$18**  
**8201** **Sat Jan 27** **9:00 a.m.-10:00 a.m.**



### **New!** Family Fun Night in the Gym

Join us for Family Fun Night in the Gym! We will play 9 Square in the Air, Gaga ball and more! This event is free to members and day pass guests!

**Family** **1 Evening** **2 hrs**  
**8202** **Fri Feb 16** **6:00 p.m.-8:00 p.m.**

## FAMILY MOVIE NIGHT

At the NRH CENTRE PLAZA



Get out the lawn chairs and picnic blankets for a movie under the stars at the NRH Centre! Join us in the NRH Centre Plaza for a movie night! Food trucks will be on site and we will also serve popcorn!

**Friday, March 30 7:30 pm - 9:30 pm**



## Tots and Squats

An exercise class for you AND your children; from push-ups, sit-ups, and planks with little ones, to squats and lunges; cardio to core while holding and lifting your tot. You'll laugh, de-stress and get a work out while your little ones learn basic gross motor and developmental skills. By playing and bonding together in this P.E.-style class. Instructor: Suzanne Loyack.

**18mos - 4yrs**      **4 class**      **\$45 (mother/child)**  
**9619**    **Feb 6-27**    **Tue**      **4:45 p.m.-5:30 p.m.**

## Speed Agility for Kiddos Camp

Emphasize concepts such as conditioning, speed, strength, confidence and team building. Learning is active and fun utilizing games, drills, class room learning and friendly competition. Instructor: Suzanne Loyack.

**10 - 14yrs**      **4 class**      **\$75**  
**9620**    **Jan 9-30**    **Tue**      **4:45 p.m.-5:30 p.m.**  
**6921**    **Apr 3-24**    **Tue**      **4:45 p.m.-5:30 p.m.**

## Suspension Training for Tweens

Ages 10-14, suspension training exercises developing strength, balance, flexibility and core strength. Instructor: Suzanne Loyack.

**10 - 14yrs**      **4 class**      **\$60**  
**9622**    **Mar 6-27**    **Tue**      **4:45 p.m.-5:30 p.m.**



## Babysitter Training

American Red Cross Babysitter Training will teach hands-on training in babysitting skills: safety, basic first aid, diaper changing, child handling, feeding, behavior, games, business of babysitting. It will give your child confidence in being responsible for the care of a child. Your child will be instructed by a Licensed Trained American Red Cross Instructor not only in Babysitter Training but in Life saving skills of CPR/FA/AED. Your child will receive a Babysitter's Certificate from the American Red Cross for completing and the course.

**11 - 15yrs**    **1 class**      **\$75**  
**9623**    **April 14**    **Sat**      **9:00 a.m.-4:00 p.m.**

# NRH SPORTS

For League Dates or to sign up for our Free Agent list, please visit [www.teamsideline.com/nrh](http://www.teamsideline.com/nrh) or contact the NRH Athletic Division at 817.427.6615

## ADULT LEAGUES

### Co-Ed Kickball

**WED**      **8 Games**  
 Fossil Creek Park:  
 6101 South Onyx Drive  
 Early Team Registration: \$300  
 Regular Team Registration: \$325

### Co-Ed Volleyball

Competitive, Intermediate, Rec  
**TUE & THU**    **8 matches**  
 NRH Centre: 6000 Hawk Avenue  
 Early Team Registration: \$155  
 Regular Team Registration: \$180

### Men's Basketball

**MON PM**      **6 Games**  
 NRH Centre: 6000 Hawk Avenue  
 Early Team Registration: \$325  
 Regular Team Registration: \$350

### 4x4 Men's

**Flag Football**  
**8 games**    **Dates: TBD**  
 Richfield Park: 7298 Chapman Dr  
 Registration: \$250

### Men's Lacrosse

**8 games**    **Dates: TBD**  
 Green Valley Park:  
 7701 Smithfield Rd

## YOUTH SPORTS ASSOCIATIONS



### North Richland Girls Softball League

Softball for ages 5-18  
[info@nrgsl.com](mailto:info@nrgsl.com)  
[www.nrgsl.com](http://www.nrgsl.com)



### Richland Youth Association

Baseball, Basketball, Cheer, Football for ages 3-14  
[board@ryasports.com](mailto:board@ryasports.com)  
[www.ryasports.com](http://www.ryasports.com)



### Birdville Area Youth Futbol Alliance

Soccer for ages 4-19  
[www.bayfasoccer.com](http://www.bayfasoccer.com)

## NRH CENTRE OPEN GYM

Meet up at the NRH Centre and participate in **Basketball, Pickleball, or Volleyball**  
 Current Open Play Hours at [www.nrhcentre.com](http://www.nrhcentre.com)

**NRH Centre Open Gym Hours vary daily due to class, league, and event schedules.**  
**For the most current Open Gym Hours call 817-427-6600 or visit [www.nrhcentre.com](http://www.nrhcentre.com)**

- Open play is for valid members and day pass users. Sign in is required.
- Wristbands are required and may be obtained after scanning in or purchasing a single use day pass. Wristbands must remain ON while using the gym during open play. Anyone without a wristband will be asked to show proof of membership or pay the day pass fee. If an individual removes the wristband to give to another user, both guests will be asked to leave the facility.
- A current NRH Centre membership card is needed to receive equipment. Day pass users will not be able to check out equipment.





# NRH TRAILS

## MANY MILES...MANY SMILES!

There are lots of opportunities for hikers, bikers, walkers and runners on your North Richland Hills trails!

No matter if you're a serious competitor or just out for a casual stroll with family or friends, NRH Trails offer many paths to get outside for fun and fitness!

For NRH Parks and Trails maps and info please visit:  
[nrhtx.com/parks](http://nrhtx.com/parks)

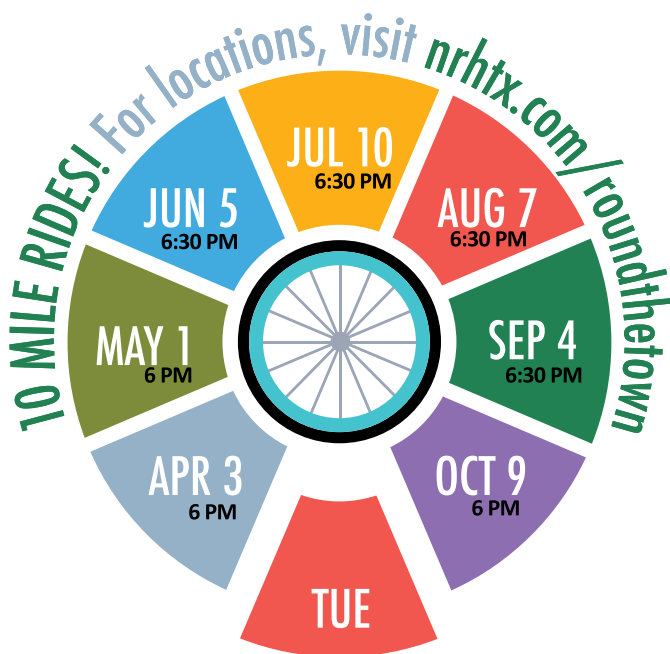


## 'ROUND The TOWN with OSCAR

Whether you're on foot or on wheels, Mayor Oscar Trevino invites people of all ages and abilities to join him on a series of informal, monthly bike rides and walks within our beautiful NRH trails and neighborhoods. During April through October, we hope you, along with your friends and family, will join the Mayor on the path to fun and fitness!



Monthly Bike Rides take place on Tuesdays,  
Monthly Walks are on Thursdays (May through October).  
Full schedule listed at: [nrhtx.com/roundthetown](http://nrhtx.com/roundthetown)



# Seniors

Join us at the NRH Senior Center. You must be at least 55 years old. The center is open Monday through Friday 8:00 a.m. to 5:00 p.m. There is a \$5 monthly donation that is used for refreshments at the center. Some classes collect individual donations, separate from the monthly donation to the center, to be used for specific class supplies.

## ARTS AND CRAFTS

**BEADING/JEWELRY** - This class allows creative ideas to flow to produce lovely original wearable art. There is a \$3 supply fee per class.

8338 WED Jan 3 - Feb 28 12:30 p.m. - 3:00 p.m.  
8339 WED Mar 7 - Apr 25 12:30 p.m. - 3:00 p.m.

**DRAWING** - This class allows for the creative, contemplative and relaxing art of drawing and coordinating patterns.

8340 WED Jan 3 - Feb 28 10:00 a.m. - 11:00 a.m.  
8341 WED Mar 7 - Apr 25 10:00 a.m. - 11:00 a.m.

**OIL PAINTING** - This course is not taught by an instructor, it is more of a workshop where you can come and learn from each other. List of supplies is available at the front desk.

8342 THU Jan 4 - Feb 22 1:00 p.m. - 4:00 p.m.  
8343 THU Mar 1 - Apr 26 1:00 p.m. - 4:00 p.m.

**WATERCOLOR & ACRYLIC PAINTING** - This class is not formal. Anyone who wants to paint in watercolors is welcome. There are individual instructions for beginners and intermediates. The more experienced painters are willing to help those with questions. The main goal is to "paint with joy". List of supplies is available at the front desk.

8344 TUE Jan 2 - Feb 27 1:00 p.m. - 4:00 p.m.  
8345 TUE Mar 6 - Apr 24 1:00 p.m. - 4:00 p.m.

**WOOD CARVERS** - This is a "work at your own pace" group for people interested in the art of woodworking. There is no formal instruction. Wood carvers of all skill levels are welcome.

8346 MON Jan 8 - Feb 26 12:30 p.m. - 3:00 p.m.  
8348 MON Mar 5 - Apr 30 12:30 p.m. - 3:00 p.m.

## SEWING

**BRAZILIAN EMBROIDERY** - Stitchery is done with dimensional stitches by hand.

8351 TUE Jan 2 - Feb 27 1:30 p.m. - 3:00 p.m.  
TUE Oct 7 - Nov 25 1:30 p.m. - 3:00 p.m.  
8352 TUE Mar 6 - Apr 24 1:30 p.m. - 3:00 p.m.



**CRAFTY QUILTERS** - Gather to work on your own projects and socialize with the rest of the group. This group will go on several field trips throughout the year.

8358 MON Jan 8 - Feb 26 9:45 a.m. - 12:45 p.m.  
8361 MON Mar 5 - Apr 30 9:45 a.m. - 12:45 p.m.

## BOARD AND CARD GAMES

**MAHJONG** - This is a popular Chinese game played with sets of tiles. Like many popular games, Mahjong has a small infinity of regional variations, from the Chinese prevailing wind system, to the American Mahjong with special bingo-like scoring cards. This group is for experienced Mahjong players.

8477 MON/TUE Jan 8 - Feb 27 9:00 a.m. - 12:00 p.m.  
8478 MON/TUE Mar 5 - Apr 24 9:00 a.m. - 12:00 p.m.

**DUPLICATE BRIDGE** - This type of bridge requires a partner. It is played on a board and the teams rotate tables.

8365 THU Jan 4 - Apr 26 9:30 a.m. - 1:00 p.m.

**PINOCHLE** - Join the group or form your own, cards and tables are provided for a morning of Pinochle.

8366 TUE/FRI Jan 2 - Feb 27 8:00 a.m. - 12:00 p.m.  
8368 TUE/FRI Mar 2 - Apr 27 8:00 a.m. - 12:00 p.m.

**LEARN TO PLAY "42"** - Join this group and learn basic rules for the Domino game "42".

8371 TUE Jan 2 - Feb 27 10:00 a.m. - 11:30 a.m.  
8374 TUE Mar 6 - Apr 24 10:00 a.m. - 11:30 a.m.

**SAMBA CANASTA** - Basic Canasta with the inclusion of "runs".

8376 THUR Jan 4 - Feb 22 11:00 a.m. - 1:00 p.m.  
8380 THUR Mar 6 - Apr 26 11:00 a.m. - 1:00 p.m.

**LEARN TO PLAY BRIDGE 1** - Join this group and learn basic rules for the game of Bridge.

8386 THUR Jan 4 - Feb 22 9:00 a.m. - 10:30 a.m.  
8390 THUR Mar 6 - Apr 26 9:00 a.m. - 10:30 a.m.

**LEARN TO PLAY BRIDGE 2** - Join this group and learn basic strategy for the game of Bridge.

8395 THUR Jan 4 - Feb 22 10:30 a.m. - 12:00 p.m.  
8396 THUR Mar 1 - Apr 26 10:30 a.m. - 12:00 p.m.

## SPECIAL PROGRAMS

**AARP SAFE DRIVING CLASS** - Do you want to lower your insurance rate? Since 1979, AARP Driver Safety has offered the nation's first and largest refresher course for drivers 50+ and has helped millions of drivers stay in command of the road. Class is limited. You must sign up and pay in person.

8479 THU Jan 25 8:00 a.m. - 1:00 p.m.  
8480 THU March 22 8:00 a.m. - 1:00 p.m.

**JAM SESSION** - Join in the band or just come and appreciate the music.

8397 WED Jan 3 - Apr 25 1:30 p.m. - 4:00 p.m.

**MONTHLY LUNCHEON** - Meals may vary from covered dish to a catered lunch. Space is limited so reservations are required in person.

8399 WED Jan 17 11:00 a.m. - 1:00 p.m.  
8402 WED Feb 21 11:00 a.m. - 1:00 p.m.  
8405 WED Mar 21 11:00 a.m. - 1:00 p.m.  
8406 THR Apr 26 11:30 a.m. - 1:00 p.m.



## DANCE CLASSES

**BEGINNING LINE DANCE 1** - Learn how to dance without a partner! This class incorporates ballroom dancing and line dancing for your convenience.

8440 MON Jan 8 - Feb 26 3:30 p.m. - 4:30 p.m.  
8441 MON Mar 5 - Apr 30 3:30 p.m. - 4:30 p.m.

**BEGINNING LINE DANCE 2** - This class is designed for seniors that already know some line dance steps, but would like a slow paced class.

8438 MON Jan 8 - Feb 26 1:15 p.m. - 2:15 p.m.  
8439 MON Mar 5 - Apr 30 1:15 p.m. - 2:15 p.m.

**BEGINNING LINE DANCE 3** - Already familiar with line dancing but not ready for an intermediate class. This class is for you.

8442 FRI Jan 5 - Feb 23 3:30 p.m. - 4:30 p.m.  
8443 FRI Mar 2 - Apr 27 3:30 p.m. - 4:30 p.m.

**BELLY DANCING** - This ancient, beautiful and mysterious art form provides grace, style and technique. The movements promote flexibility and core training. This class may perform at various functions throughout the metroplex.

8507 WED Jan 3 - Feb 28 11:30 a.m. - 1:00 p.m.  
8508 WED Mar 7 - Apr 25 11:30 a.m. - 1:00 p.m.

**INTERMEDIATE LINE DANCING** - This class is for seniors that know dance steps to several different line dances. There is a \$3 supply fee per class.

8444 FRI Jan 5 - Feb 23 2:45 p.m. - 3:45 p.m.  
8445 FRI Mar 2 - Apr 27 2:45 p.m. - 3:45 p.m.

**LINE DANCE FAVORITES** - This class is for people that already know the basic steps and want to dance to their favorite songs.

8446 MON Jan 8 - Feb 26 2:15 p.m. - 3:15 p.m.  
8447 MON Mar 5 - Apr 30 2:15 p.m. - 3:15 p.m.

## EDUCATIONAL OPPORTUNITIES

**BEGINNER GUITAR** - Do you have a guitar that sits in the corner of your closet because you don't know how to play or you have no place to play? Then you are in luck! Come join the beginning guitar class. All skill levels are welcome.

8448 FRI Jan 5 - Feb 23 9:00 a.m. - 10:00 a.m.  
8449 FRI Mar 2 - Apr 27 9:00 a.m. - 10:00 a.m.

**BOOK CLUB** - Do you love to read? Join us on the First Monday of each month where we discuss the chosen book.

8450 MON Jan 8 12:30 p.m. - 2:00 p.m.  
8452 MON Feb 5 12:30 p.m. - 2:00 p.m.  
8453 MON Mar 5 12:30 p.m. - 2:00 p.m.  
8454 MON Apr 2 12:30 p.m. - 2:00 p.m.

**CONVERSATIONAL SPANISH** - Learn popular phrases in Spanish through conversations. You will learn how to understand and answer questions all in Spanish.

8455 FRI Jan 5 - Feb 23 10:30 a.m. - 12:00 p.m.  
8456 FRI Mar 2 - Apr 27 10:30 a.m. - 12:00 p.m.

**SPANISH 101 (VERBS)** - There is a grand adventure in learning to speak, think and read in a new language. Put your memory and mental flexibility to the test.

8457 FRI Jan 5 - Feb 23 9:30 a.m. - 10:30 a.m.  
8458 FRI Mar 2 - April 27 9:30 a.m. - 10:30 a.m.

**WELLNESS SEMINAR** - Discuss different topics each pertaining to health and over all well-being.

8459 THU Jan 11 10:30 a.m. - 12:00 p.m.  
8460 THU Feb 8 10:30 a.m. - 12:00 p.m.  
8461 THU Mar 8 10:30 a.m. - 12:00 p.m.  
8462 THU Apr 12 10:30 a.m. - 12:00 p.m.

## EXERCISE

**JUST KEEP MOVIN'** - Tuesday focuses on stretching and building stamina with cardio. Thursday class focus is on stretching and balance.

8463 TUE/THU Jan 2 - Feb 27 8:30 a.m. - 9:15 a.m.  
8464 TUE/THU Mar 1 - April 26 8:30 a.m. - 9:15 a.m.

## TAI CHI FOR HEALTH/8 TREASURE MOVEMENTS

- A series of postures and movements developed in China as a system of self-defense, dancing and aerobic exercise. This Tai Chi class also teaches the 8 Treasure Movements.

8465 FRI Jan 5 - Feb 23 11:45 a.m. - 12:45 p.m.  
8466 FRI Mar 2 - April 27 11:45 a.m. - 12:45 p.m.

**BEGINNING TAI CHI** - This form of exercise is gentle on the muscles and effective in increasing mobility, flexibility and improvement of balance.

8467 TUE/THU Jan 2 - Feb 27 11:30 a.m. - 12:30 p.m./  
12:15 p.m. - 1:15 p.m.  
8468 TUE/THU Mar 1 - April 26 11:30 a.m. - 12:30 p.m./  
12:15 p.m. - 1:15 p.m.

**LIGHT AND LIVELY** - This is an informal exercise class. Routines are taught by a CD, there is no instructor. This is a very basic exercise class that you go at your own pace.

8469 M/TU/TH Jan 2 - Feb 27 9:30 a.m. - 10:00 a.m.  
8470 M/TU/TH Mar 1 - April 30 9:30 a.m. - 10:00 a.m.



**SENIOR SWIM** - As a member of the NRH Senior Center you are eligible to participate in the Senior Swim. It is a self-led exercise time, but you are able to take full advantage of the pool at these specific times. Fee for this advantage is \$10/month paid at the NRH Centre Reception Desk.

MON - FRI	Jan	8:00 a.m. - 12:00 p.m.
MON - FRI	Feb	8:00 a.m. - 12:00 p.m.
MON - FRI	Mar	8:00 a.m. - 12:00 p.m.
MON - FRI	Apr	8:00 a.m. - 12:00 p.m.
MON - FRI	May	8:00 a.m. - 12:00 p.m.

**SILVER SNEAKERS** - Stay active with weekly exercise classes. You can participate if you are a Silver Sneakers member or you may pay \$15/monthly. You must sign up for this class each month. Class is limited to the first 35 people who check-in.

8471 MON/WED/FRI Jan 3 - 31 8:30 a.m. - 9:30 a.m.  
8472 MON/WED/FRI Feb 1 - 28 8:30 a.m. - 9:30 a.m.  
8473 MON/WED/FRI Mar 2 - 30 8:30 a.m. - 9:30 a.m.  
8474 MON/WED/FRI Apr 2 - 30 8:30 a.m. - 9:30 a.m.

**YOGA** - Move your whole body safely to increase flexibility, balance and range of motion.

8475 TUE/ FRI Jan 2 - Feb 23 1:00 p.m. - 2:00 p.m./  
10:30 a.m. - 11:30 a.m.  
8476 TUE/ FRI Mar 6 - Apr 2 1:00 p.m. - 2:00 p.m./  
10:30 a.m. - 11:30 a.m.

Park/Address	Acreage	Athletic	Concessions Meeting Rooms	Trail Miles	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 Road									●		●	
Bedford-Euless Road Greenway Bedford-Euless Road	3.0			.33						●		
Calloway Branch Trail				5.2								
Clyde Zellers Park 4801 Vance Road	5.19	Practice Baseball Practice Soccer		.45				● *	●	●		●
Common Ground Community Garden- 5301 S. Davis Blvd.	1.0									●		
Cotton Belt Trail				4								
Cross Timbers Park 7680 Douglas Road	101.8	Baseball	●	3.33				● **	●		●	
Dick Faram Park 8344 Amundson Dr.	7.0	Practice Baseball Practice Soccer		.38			●	● **	●	●		
Dolce Park 6100 Asbury Street												
Dr. Pillow Park 7501 Continental Trail	7.5			.22			●	● *	●	●		
Fossil Creek Park 6101 S. Onyx Drive	58.50	Softball	●									
Founders Park 7908 Brandon Court	2.07			.22			●	●	●	●		
Green Valley Community Park 7701 Smithfield Road	30.06	Soccer/Tennis Pickleball	●	.96	●		●	● **	●			
Holiday Lane Athletic Fields 5390 Holiday Lane	33.0	Practice Baseball Football/Soccer									●	
Home Town Lakes 8700 Bridge Street	28.0				●							
Iron Horse Golf Course 6200 Skylark Circle	130.0	18-hole golf course										
JB Sandlin Park 8925 Thornmeadow Court	11.0	Practice Baseball		.78			●	● *	●			
Jo Ann Johnson Trail	1.9			1.2								
John Barfield Trail				3.7								
Kay Granger Park 4100 Flory Street	5.33	Practice Baseball Football/Soccer		.48				● *	●	●		●
Legacy Park 6800 Springdale Lane	3.07	Practice Baseball Football/Soccer		.31				● *	●	●		●
Liberty Park 5825 Holiday	3.0			.19	●		●	● *	●	●		
Linda Spurlock Park 6400 Glenview Drive	14.5	Practice Baseball		.59	●		●	● *	●	●	●	
Norich Park 5400 Finian Drive	10.0	Practice Soccer		.33		●		●	●			
North Electric Trail				.19								
Northfield Park 7804 Davis Blvd	29.0	Basketball/Softball/Tennis Volleyball/Horseshoes/Pickleball	●	.72			●	● **	●		●	
NRH Centre, Grand Hall & Senior Center 6000 Hawk Ave.		Fitness Center Gymnasium/Aquatics	●								●	
NRH2O Family Water Park 9001 Blvd 26	15.0		●		●			●			●	
Randy Moresi Trail				.6								
Richfield Park 7300 Chapman Road	42.5	Baseball/Basketball Football/Tball/Tennis/Pickleball	●				●	●	●		●	
Richland Tennis Center 7111 NE Loop 820	6.0	16-lighted courts Sunken champion court 3,000 sf pro shop	●						●		●	
Stormy Plaza 9010 Grand Ave	1.05									●		
Tipps Canine Hollow 7804 Davis Blvd	5.0					●						
Tommy and Sue Brown Park 8250 Shadywood Lane	22.5	Practice Baseball/Disc Golf Horseshoes/Washers		.37			●	● **	●	●		
Walker's Creek Park 8403 Emerald Hills Way	57.1	Softball							●		●	
Walker's Creek Trail				2.8								

\*\$30/four hours pavilion reservation \*\*\$42/four hours pavilion reservation

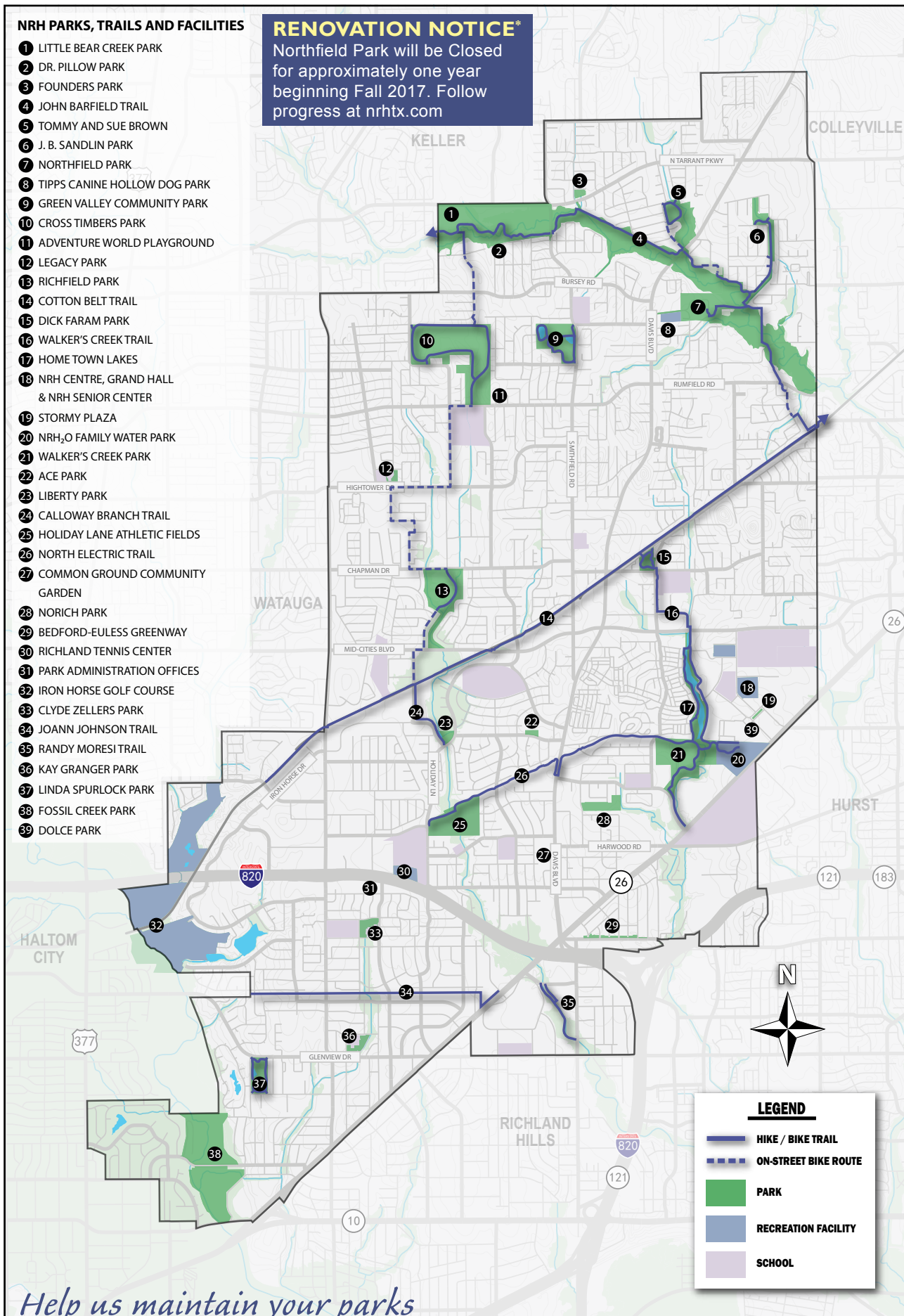


## NRH PARKS, TRAILS AND FACILITIES

- 1 LITTLE BEAR CREEK PARK
- 2 DR. PILLOW PARK
- 3 FOUNDERS PARK
- 4 JOHN BARFIELD TRAIL
- 5 TOMMY AND SUE BROWN
- 6 J. B. SANDLIN PARK
- 7 NORTHFIELD PARK
- 8 TIPPS CANINE HOLLOW DOG PARK
- 9 GREEN VALLEY COMMUNITY PARK
- 10 CROSS TIMBERS PARK
- 11 ADVENTURE WORLD PLAYGROUND
- 12 LEGACY PARK
- 13 RICHFIELD PARK
- 14 COTTON BELT TRAIL
- 15 DICK FARAM PARK
- 16 WALKER'S CREEK TRAIL
- 17 HOME TOWN LAKES
- 18 NRH CENTRE, GRAND HALL & NRH SENIOR CENTER
- 19 STORMY PLAZA
- 20 NRH2O FAMILY WATER PARK
- 21 WALKER'S CREEK PARK
- 22 ACE PARK
- 23 LIBERTY PARK
- 24 CALLOWAY BRANCH TRAIL
- 25 HOLIDAY LANE ATHLETIC FIELDS
- 26 NORTH ELECTRIC TRAIL
- 27 COMMON GROUND COMMUNITY GARDEN
- 28 NORICH PARK
- 29 BEDFORD-EULESS GREENWAY
- 30 RICHLAND TENNIS CENTER
- 31 PARK ADMINISTRATION OFFICES
- 32 IRON HORSE GOLF COURSE
- 33 CLYDE ZELLERS PARK
- 34 JOANN JOHNSON TRAIL
- 35 RANDY MORESI TRAIL
- 36 KAY GRANGER PARK
- 37 LINDA SPURLOCK PARK
- 38 FOSSIL CREEK PARK
- 39 DOLCE PARK

## RENOVATION NOTICE\*

Northfield Park will be Closed for approximately one year beginning Fall 2017. Follow progress at [nrhtx.com](http://nrhtx.com)



*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.

# DADDY DAUGHTER Dance



ages 3-8  
5:30-7:00PM

saturday  
**FEBRUARY 3**

\$15 per person

ages 9-16  
7:30-9:00PM

GRAND HALL at NRH CENTRE  
6000 HAWK AVE. ♥ 817.427.6600

# EASTER in the PARK



**10 AM to 12 Noon**  
**SATURDAY,**  
**MARCH 24**

**GREEN VALLEY PARK**  
7701 Smithfield Road, 76180

Presented by the City of  
North Richland Hills  
nrhtx.com (817) 427-6620

**NRH**  
PARKS & RECREATION

## MAYOR'S 5K

*Run & Walk*  
2018

**Saturday, APRIL 7 at 9 AM**

Starts and ends at the NRH Centre, 6000 Hawk Avenue  
To register, please visit [www.nrhtx.com](http://www.nrhtx.com)  
or call 817-427-6600

# APRIL POOLS DAY

**SATURDAY**  
**APRIL 7**  
11AM to 2PM

[nrhtx.com](http://nrhtx.com)  
or contact Sarah Gray  
at 817-427-6600

Swimming Fun  
for Everyone!



# FAMILY MOVIE NIGHT

**At the**  
**NRH CENTRE**  
**PLAZA**  
6000 Hawk Avenue  
817.427.6600

Get out the lawn chairs  
and picnic blankets for  
a movie under the stars  
at the NRH Centre!  
It's FUN and FREE!

**FRIDAY,**  
**MARCH 30**  
**at 7:30PM**

# SOUNDS of SPRING

APR 13 through MAY 18

FREE MUSIC ON FRIDAY NIGHTS

For Time & Location:

[nrhtx.com/sounds](http://nrhtx.com/sounds)

