LEARN A NEW SKILL THIS FALL!
We have classes, in person and online and activities for all ages!

REGISTRATION IS EASY!
Visit Recreation.ScottsdaleAZ.gov
ART

NEW ANIMAL PERSONALITIES AND MOODS: CARTOON EXPRESSION WORKSHOP
(5-7yrs) These lessons will feature drawings with animal facial expressions. A funny, different cartoon style lesson is presented each day. If your child loves to draw, this is a great way to challenge them and learn more about drawing cartoons.

Sa 10:30-11:15am 9/19(7classes) HRZN $54(R)/$81(N) Young Rembrandts 23857

DANCE

CREATIVE MOVEMENT
(1-3yrs parent/caregiver) Designed to introduce music and movement through interaction and creative activities. They will be dancing to their favorite nursery rhymes using basic dance concepts. This program develops motor skills, sociability, and gives kids a fun hands on introduction to the world of dance.

Th 9:15-10am 9/17(7classes) MTNV $83(R)/$125(N) Dance Sequins Studio 23814
Th 9:15-10am 11/5(6classes) MTNV $72(R)/$108(N) Dance Sequins Studio 25531

DANCE COMBO
(3-6yrs) Learning the beginning fundamentals of Tap, Ballet, and Jazz. Designed to introduce music and movement through interactive and creative activities. Using basic dance concepts, this program develops motor skills, sociability, and gives kids fun hands on introduction to the world of dance. On the last day of class, they will perform a special dance routine and skills they have learned throughout the session.

M 5-5:45pm 9/14(7classes) CACT $83(R)/$125(N) Dance Sequins Studio 23816
M 5-5:45pm 11/2(7classes) CACT $83(R)/$125(N) Dance Sequins Studio 25527

DANCE COMBO
(3-5yrs) Learning beginning Ballet and Tap in an upbeat dance class online! Designed to introducing music and movement through creative activities. Using basic dance concepts, this program develops motor skills, sociability, creativity, exercise, and gives kids a fun introduction to the world of dance. Join us for 30 minutes a week with fun themes!

W 9:30-10am 9/16(7classes) ONLINE $83(R)/$125(N) Dance Sequins Studio 25534
W 9:30-10am 11/4(6classes) ONLINE $72(R)/$108(N) Dance Sequins Studio 25537
Th 4:30-5pm 9/17(7classes) ONLINE $83(R)/$125(N) Dance Sequins Studio 25535
Th 4:30-5pm 11/5(6classes) ONLINE $72(R)/$108(N) Dance Sequins Studio 25539

SPORTS

FIRST STEPS IN SPORTS
(15mos – 3yrs parent/caregiver) Focus on physical movements and social exploration, learn fundamental sport skills and participate in creative motor games, songs, stories, bubble time and more. Coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Parents are encouraged to participate with their child and challenge them according to their skill level.

F 10:30-11:15am 9/18(13classes) HRZN $76(R)/$114(N) Sportball 23834

ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.
**GYMNASICS**  
(4-6yrs) Gymnastics develops strength, flexibility, confidence, self-discipline and body control. Class starts with warm-ups that include tuck, straddle and pike jumps. Includes front and back rolls, cartwheels, handstands and walk-overs. Also included is bar strengthening, stretches and conditioning. This program is designed for each student to achieve the best of their ability and become champions in life.

**MULTI-SPORT & FITNESS FUN**  
(3-6yrs) Over 70 different activities, not just the same team sports, introduce children to a wide variety of activities while helping to encourage a healthy, active lifestyle. Classes are taught in a structured format which consists of warm-ups with stretch bands, instruction and participation in the featured activity of the week followed by cool down and closing huddle. Activities will include sports such as football, soccer, tennis, volleyball, and tee ball as well as fun, age-appropriate fitness activities such as agility exercises, field day, parachute, relay races/running, and much more. JumpBunch builds coordination and interest in sports, teaches through constant praise and encouragement, and offers a safe, non-competitive environment. Only children registered for this class will be allowed in the classroom.

**SUPERHERO TRAINING**  
To be a superhero means having strength, agility, balance, and speed. We focus on learning special superhero training skills through fun games and activities such as jumping over hot lava, dodging fireballs, light saber training, scooter flying, ghostbuster tag, and so many more! Being a superhero also means having a compassion for society, a kind heart, and a willingness to do good and help others. These are qualities we discuss and talk about with our students. Only children registered for this class will be allowed in the classroom.

**MULTI-SPORT & FITNESS FUN JR.**  
(15mos – 3yrs parent/caregiver) Build healthy habits early and introduce your child to the wonderful world of sports and fitness with JumpBunch! This fun and lively class, designed by renowned children’s sports and fitness experts, features age-appropriate warm-ups along with a new sport or fitness activity each week. With over 70 different activities, children will be introduced to anything from popular sports such as soccer, tee ball, tennis, hockey, and golf to fun fitness activities such as parachute, crazy races, limbo, cardio dance, and much more. JumpBunch builds coordination and interest in sports, teaches through constant praise and encouragement, and offers a safe, non-competitive environment. Only children registered for this class will be allowed in the classroom.

**OUTDOOR SOCCER**  
(3-6yrs) Sportball Soccer introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-league environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused play.

**SOCcer & T-Ball, Fundamentals**  
(3-6yrs) Sportball Soccer & T-Ball programs introduce children to fundamental concepts of gameplay and provided the basic skills required to score with confidence in a supportive, non-competitive environment. The first half of the program zeroes in on soccer skills, the second half of the program helps children develop t-ball skills. Trained, certified Sportball Coaches apply their dedicated instruction in fun, exciting, skills-focused games.

**OutDOOR T-BALL**  
(4-6yrs) Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-league environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Please bring a glove.

**ALL PROGRAMS ARE SUBJECT TO CHANGE**  
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**Refunds** will be issued in the event of a cancellation.
SOCCER FOR KIDS
Classes will introduce children to stretching, passing, dribbling, and basic elements of team spirit. Children will have fun exercising, making new friends and learning basic soccer skills. Children play non-competitive games. Please bring soccer ball, water and sport shoes. Only children who are registered for this class will be allowed to participate.

(2-3yrs parent/caregiver)
F 9-9:45am 9/18(6classes) MTNV $75(R)/$113(N) Hatfield 23911
F 9-9:45am 11/6(6classes) MTNV $75(R)/$113(N) Hatfield 25440

(3-5yrs)
M 3-3:45pm 9/14(6classes) CACT $75(R)/$113(N) Hatfield 23909
M 3-3:45pm 11/2(6classes) CACT $75(R)/$113(N) Hatfield 25438

(5-7yrs)
M 4-4:45pm 9/14(6classes) CACT $75(R)/$113(N) Hatfield 23910
M 4-4:45pm 11/2(6classes) CACT $75(R)/$113(N) Hatfield 25439

SOCCER, ABC'S PARENT/CAREGIVER
(2-4yrs parent/caregiver) Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball Coach, parents and children zero in on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes.

Sa 9-9:45am 9/19(14classes) ELDO $76(R)/$114(N) Sportball 23912

SPECIAL INTEREST

NEW FIRE STATION TOUR
(2-5yrs parent/caregiver) Is your child thrilled at the sight of a fire engine? Register to get a behind the scenes tour of Fire Station #9. See what happens behind the scenes and get a close-up look at the great fire engine! This class is designed for parent and child interaction. Only children who are registered for this class will be allowed to attend. One child per parent permitted.

W 9-10am 10/28(1class) SFD9 $13(R)/$17(N) Scottsdale Fire 25454

TRASH TRUCK TRIP
(2-5yrs parent/caregiver) Is your child thrilled at the sight of a garbage truck picking up trash cans? Register to get a behind the scenes tour of the Trash Transfer Station. See what happens to your trash and get a close-up look at the great garbage truck! This class is designed for parent and child interaction. Only children who are registered for this class will be allowed to attend. One child per parent permitted.

F 9-10am 10/30(1class) SWTS $13(R)/$17(N) Parks & Rec 23961
F 10:30-11:30am 10/30(1class) SWTS $13(R)/$17(N) Parks & Rec 25304
F 9-10am 11/20(1class) SWTS $13(R)/$17(N) Parks & Rec 25305
F 10:30-11:30am 11/20(1class) SWTS $13(R)/$17(N) Parks & Rec 25305

ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.
**YOUTH** (5-17 YEARS)

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### DANCE FUSION

**(6-13yrs)** Fusing Hip Hop and Jazz with your favorite Pop songs! Learn upbeat dances along with learning to count music, basic hip hop moves and across the floor jazz technique. Participants will dance to popular music they love while getting a full body workout that develops strength, musicality, coordination and building confidence. All music and movements are age appropriate. A special showcase will be held on the last day of class for family and friends!

- **M 5:50-6:35pm 9/14(7classes)** CACT $83(R)/$125(N) Dance Sequins Studio 23819
- **M 5:50-6:35pm 11/2(7classes)** CACT $83(R)/$125(N) Dance Sequins Studio 25528

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### ONLINE DANCE FUSION

**(6-13yrs)** Fusing hip hop and jazz in an upbeat dance class online! Class will consist of a warm up dance, stretch, dance fusion routine, technique and dance games. Great way to exercise indoors while having fun. This class will help to build confidence, socialization, creativity, memorization and flexibility.

- **W 10:15-10:45am 9/16(7classes)** ONLINE $83(R)/$125(N) Dance Sequins Studio 25533
- **W 10:15-10:45am 11/4(6classes)** ONLINE $72(R)/$108(N) Dance Sequins Studio 25536
- **Th 5:15-5:45pm 9/17(7classes)** ONLINE $83(R)/$125(N) Dance Sequins Studio 25540

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### DANCE STARS

**5-8yrs** With Youth Dance Stars, our dancers learn the fundamentals of ballet, jazz, and hip-hop while developing grace, coordination, balance and poise. By inspiring a passion for dance, our imaginative and engaging classes will create twirling, self-expressive machines! Families will get to experience an off-site recital performance in December.

- **Th 4-4:45pm 9/17(6classes)** MMRA $71(R)/$107(N) Stretch-n-Grow 23997
- **Th 5-5:45pm 9/17(6classes)** MMRA $71(R)/$107(N) Stretch-n-Grow 25496
- **Th 5-5:45pm 11/5(6classes)** MMRA $71(R)/$107(N) Stretch-n-Grow 25497

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### GYMNASTICS

Gymnastics develops strength, flexibility, confidence, self-discipline and body control. Class starts with warm-ups that include tuck, straddle and pike jumps. The gymnastics class includes front and back rolls, cartwheels, handstands, walk-over, bar strengthening, stretches and conditioning. This program is designed for each student to achieve the best of their ability and become champions in life.

**6-10yrs**

- **Sa 9:30-10:15am 9/19(7classes)** MTNV $37(R)/$56(N) Schaffer 23842
- **Sa 9:30-10:15am 11/7(7classes)** MTNV $37(R)/$56(N) Schaffer 25442

**7-9yrs**

- **Sa 10:30-11:30am 9/19(7classes)** MTNV $37(R)/$56(N) Schaffer 24033
- **Sa 10:30-11:30am 11/7(7classes)** MTNV $37(R)/$56(N) Schaffer 25444

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### KOKIKAI KIDS: MARTIAL ARTS

**8-13yrs** Kokikai Kids is an introductory martial arts class. Students will engage in activities such as stretching, rolling, conditioning exercises and movement for self-defense. Participants will come away from this class with increased confidence, mind-body awareness and an appreciation for traditional martial arts. Wear loose, athletic clothing.

- **Tu 6-6:50pm 9/15(6classes)** MTNV $38(R)/$57(N) Barker 23858
- **Tu 6-6:50pm 11/10(5classes)** MTNV $33(R)/$50(N) Barker 25161

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### RACQUETBALL CLINIC

**12-17yrs** Learn racquetball as you burn calories while playing the fastest sport in the world. Have instruction on rules, strategy, and form while learning so much more about the game.

- **Th 4:30-5:30pm 9/17(7classes)** SRPK $39(R)/$59(N) Jacquet 23998
- **Th 4:30-5:30pm 11/5(6classes)** SRPK $35(R)/$53(N) Jacquet 24051

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### MUSIC

**GUITAR**

**11-15yrs** This class covers notes on the first three strings and then we add 6-8 chords to songs. Students use their own guitar. Acoustic or electric 6-string guitars welcome, but no amplifiers. A $5 nonrefundable cash supply fee is due to instructor on first day of class.

- **M 4:30-5:15pm 9/14(7classes)** CHAP $55(R)/$83(N) Fahy 23778
- **M 4:30-5:15pm 11/2(7classes)** CHAP $55(R)/$83(N) Fahy 25165

**PIANO/KEYBOARDING**

**5-12yrs** Whether it’s Star Wars or JS Bach, SpongeBob or Disney, Taylor Swift or Mozart, Elements has it covered! Elements is an innovative Piano program designed to give your child the best opportunity for a successful start on the Piano keyboard. Elements is a musical adventure that includes the fundamentals that are key to learning the piano; note reading, music theory, rhythm, chords, piano technique, and all the skills needed to play the music from class. Keyboards are provided for students class use. Recital held for family and friends on the last day of class.

- **Sa 9:15-10:15am 9/12(6classes)** HRZN $119(R)/$179(N) Elements Music 23886
- **Sa 9:15-10:15am 11/7(6classes)** HRZN $119(R)/$179(N) Elements Music 25433

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**ALL PROGRAMS ARE SUBJECT TO CHANGE**

Refunds will be issued in the event of a cancellation.
AFTER-SCHOOL PROGRAMS

ELEMENTARY PROGRAMS
For students in grades 1-5 as of fall 2020. Trained Recreation professionals will provide structured, engaging recreational and educational activities that include arts & crafts, games, sports, fitness and specialty programs. Program runs each day school is in session from August to May.

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<th>M-F</th>
<th>School Release-6pm</th>
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<td>Cost determined when school starts</td>
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MIDDLE SCHOOL PROGRAMS
For students in grades 6-8 as of fall 2020. Middle school programming offers a variety of cool and exciting activities to peak the interest of middle school aged youth. Activities include but are not limited to, gaming on big screen TVs, ping pong, pool, foosball arts, excursions, and fitness option and daily social interactions with peers.

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Both programs offered at:
HORIZON COMMUNITY CENTER
15444 N. 100th St. | 480-312-2650

MOUNTAIN VIEW COMMUNITY CENTER
8625 E. Mountain View Road | 480-312-2584

AFTER SCHOOL PROGRAMS AT TITLE 1 SCHOOLS
After-School programming is provided in collaboration with Scottsdale Unified School District for the students attending specific Title One schools. Title One elementary after-school programs are for students in grades K-8 as of fall 2020. Program runs each day school is in session from August to May.

| Cost: | Cost determined when school starts |

YAVAPAI - HOHOKAM | 701 N. Miller Road
K thru 5th Grade

NAVAJO | 4525 N. Granite Reef Road
K thru 5th Grade

ECHO CANYON | 4330 N. 62nd St.
K thru 5th Grade
6th thru 8th Grade

TONALEA | 6720 E. Continental
K thru 5th Grade
6th thru 8th Grade

FALL BREAK CAMPS

RECREATION CAMPS – 1ST - 5TH GRADES
Don’t sit home bored during fall break! Participate in fun and exciting recreational activities including crafts, sports, games, and much more.

A morning and afternoon snack will be provided daily.
A lunch with drink is required for all participants.

HORIZON COMMUNITY CENTER
15444 N. 100th Street | 480-312-2650

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<th>M-F</th>
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MOUNTAIN VIEW COMMUNITY CENTER
8625 E. Mountain View Road | 480-312-2584

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YOUTH CROSS COUNTRY RUNNING
This exciting cross country running program meets twice each week for an hour and fifteen minutes at Chaparral Park in Scottsdale (practice dates and times TBD). Each week participants will benefit from experienced coaches and building healthy social and physical habits that will last a lifetime! Cost of program includes an awesome running shirt, water bottle and race refreshments.

PRACTICE LOCATION:
Chaparral Park – Central Ramada
Age Range: 3-8 grade (as of Fall 2020 school year)

| Race 1: Saturday, Sept. 26 at 8am
Camelback Park, 4707 N. Hayden Road |
| Race 2: Saturday, Oct. 26 at 9am

City of Scottsdale After-School Programs are not licensed childcare under ARS section 23-882. To ensure a clear understanding of how the City of Scottsdale After-School Programs operate, caregivers are required to attend a mandatory Parent Information session before youth can attend program.

Register at Recreation.ScottsdaleAZ.gov and search “After-School Programs”.

Registration for Scottsdale After-School programs and camps will be announced once schools open.
CERAMICS

Please view the supply list for this class at ScottsdaleAZ.gov search: Art Supply

HOME ACCENTS
(18+) Rev up your house and patio with fireplace sculptures, bookshelf decorations, lamp bases, flower pots, bonsai dishes and more! Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form. Supplies to bring to class: 25 lbs Cone 5 clay, basic pottery tools, wood knife, pin tool, cutting wire, rib, sponge, brushes, apron and small bucket. $18 non-refundable cash glaze material fee per registered class due to instructor at first class.

Tu 9am-12pm 9/22(10classes) ELDO $183(R)/$275(N) Shock 23792
Th 9am-12pm 9/24(10classes) ELDO $183(R)/$275(N) Shock 23793

INTRODUCTION TO CLAY
(18+) Introduction to basic clay techniques, including coil, pinch, slab, wheel and glazing. Students will explore hand building, wheel throwing, texture, decoration, glazing and firing with an emphasis on design and form, as time allows. Bring basic ceramics tools (cutting wire, brushes, sponge, needle tool) and 25 lbs Cone 5/6 clay to first class. $18 non-refundable material fee per registered class due to instructor at first class.

M 5-8pm 9/14(14classes) ELDO $264(R)/$396(N) Peterson 23794
Tu 9am-12pm 9/22(10classes) ELDO $183(R)/$275(N) Shock 23792
Th 9am-12pm 9/24(10classes) ELDO $183(R)/$275(N) Shock 23793

OPEN STUDIO
(18+) Studio time for working on your clay projects independently. Equipment available includes electric wheels, slab roller, and staff-fired Cone 5/6 electric kiln, plus slips, glazes, and more. NO INSTRUCTION! Proficiency in hand-building or wheel-throwing at an intermediate level or above required. You must be able to design, carry out, and complete a project from wet clay to glazing without assistance. Pieces created at Eldorado clay studio are eligible for firing in the studio kilns. Please bring $18 (cash) non-refundable material fee per registered class to first meeting. Note: instructor approval is required for this class. If you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to find a class at the correct level.

Tu 12:30-3:30pm 9/22(10classes) ELDO $183(R)/$275(N) Shock 23795
Th 12:30-3:30pm 9/24(10classes) ELDO $183(R)/$275(N) Shock 23796

CONFECTION CLASSES

BUTTERCREAM 101
(15+) Learn the skills of basic buttercream piping, and leave feeling confident in your ability to decorate any cake, cupcake or cookie. This class is tailor-made and structured for all levels of learning. Class taught by a professional Pastry Chef. A $20 supply fee is due on the day of workshop to the instructor. Additional supplies are needed.

Sa 12:5-3:30pm 9/26(1class) HRZN $44(R)/$66(N) Sampson 25402

HOLIDAY PIE BAKING
(15+) Join a professional Chef and learn how to create and decorate beautiful pies. In this workshop, each student will make and decorate their own individual pie, to take home and enjoy. This class is tailor-made and structured for all levels of learning. A $20 supply fee is due on the day of the workshop to the instructor. Additional supplies are needed. More information on receipt.

Sa 12:5-3:30pm 11/21(1class) HRZN $44(R)/$66(N) Sampson 25389

DIGITAL PHOTOGRAPHY

BEGINNING
(15+) Learn the basics of photography, how to use your camera, and discover what all those buttons really do. Then begin the process to really “see” your subject before clicking the shutter. Mix in weekly photo assignments to apply what you learn and you will leave this class feeling good about your photography while having fun. This class is taught using DSLR cameras. Please bring your DSLR camera to each class.

W 6-7:30pm 9/16(6classes) HRZN $44(R)/$66(N) Bochenek 23820
W 6-7:30pm 10/28(6classes) HRZN $44(R)/$66(N) Bochenek 24008

ONLINE INTERMEDIATE / ADVANCED
(15+) Fuel your passion for photography with a workshop where you create images people want to see, brand like a professional, and monetize your passion. Led by L Holley, an experienced photographer with a passion for teaching the skills necessary for achieving personal and professional goals in photography. Everyone has a different style. That’s what is unique about photography. In this class we will explore advanced techniques on how to make eye catching photography to get your work noticed. We’ll expand on topics like esthetics, angles, lighting, and ways to elevate your shot! This class is taught using DSLR cameras.

Th 6-7:30pm 9/17(5classes) ONLINE $44(R)/$66(N) Holley 24006
Th 6-7:30pm 11/5(6classes) ONLINE $53(R)/$77(N) Holley 24007

CLASS LISTING LEGEND

COURSE TITLE
The description for this course will be listed in this section. The description may include age restrictions, activities, overview of the class.

W 5:15pm-5:55pm 9/16(12wks) HRZN $57(R) / $86(NR) Martin 102812
£ Day  £ Time  £ Start Date & Length  £ Location  £ Course Code
£ Fees, Resident/Non-Resident  £ Instructor, when applicable

ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.

RECREATION.SCOTTSDALEAZ.GOV - RESIDENT REGISTRATION BEGINS JULY 27 / NON-RESIDENT BEGINS JULY 28

7
ADULT [14+ YEARS]

PARKS AND RECREATION
SCOTTSDALE PLAYS

ARTS & CRAFTS

NEW COLLAGES WITH DESIGN
(18+) This course is about design aspects of your creative ideas! Compositions, color schemes, themes, and collage story boards will be taught. Materials are magazines, newspapers, fabrics, paints and paper products as the main focus. You can bring in other elements as you like as we discuss what your design calls for.

Tu 9am-12pm 11/10(6classes) GRSC $86(R)/$129(N) Godwin 25195
W 9-11:30am 10/14(5classes) HRZN $63(R)/$95(N) Godwin 25196

INTRO TO COLOR THEORY AND INTRO TO DRAWING
(18+) This a great 2 days course to get you acquainted to Color Theory and Drawing Basics. We will dabble and learn with the chance of experimenting with types of techniques. We will go over the color wheels, drawing tools, papers, pencils, tools, forms, composition, portion and 1-2 point perspective. Through this process, you’ll learn how to train your eye to see in a new way to understanding.

W 9-11:30am 12/2(2classes) HRZN $32(R)/$48(N) Godwin 25141
Th 9:30am-12pm 10/15(2classes) HRZN $32(R)/$48(N) Godwin 25143

DRAWING
(18+) Focus on the basic fundamentals of drawing, learning various techniques including perspective, shading, proportion and composition. Enjoy using pencil, colored pencils and charcoal.

Tu 1-4pm 9/15(7classes) VLSC $110(R)/$165(N) Consalvo 23832
Tu 1-4pm 11/3(7classes) VLSC $110(R)/$165(N) Consalvo 24012
F 9am-12pm 9/18(7classes) GRSC $84(R)/$126(N) Milman 23833
F 9am-12pm 11/3(7classes) GRSC $63(R)/$95(N) Milman 24057

DRAW/PAIN
All levels instruction in drawing, painting and more! Have the freedom to use any medium you choose: pencil, colored pencils, pastels, watercolor, oil and acrylic. Teacher emphasis is on individual attention and projects. $1 nonrefundable cash supply fee is due to instructor on first day of class. Must be present at first class for orientation and demonstrations.

(14+)
M 9am-12pm 9/14(11classes) ELSO $124(R)/$186(N) Chestnut 23823
M 6:30-9:30pm 9/14(11classes) ELSO $124(R)/$186(N) Chestnut 23824
Tu 6:30-9:30pm 9/15(11classes) ELSO $124(R)/$186(N) Chestnut 23825
W 9:30am-12:30pm 9/16(10classes) ELSO $114(R)/$171(N) Chestnut 23826
W 1-4pm 9/16(10classes) ELSO $114(R)/$171(N) Chestnut 23827
Th 9:30am-12:30pm 9/17(11classes) ELSO $124(R)/$186(N) Chestnut 23828
Th 1-4pm 9/17(11classes) ELSO $124(R)/$186(N) Chestnut 23829
(18+)
Th 9am-12pm 9/17(7classes) VLSC $110(R)/$165(N) Consalvo 23831
Th 9am-12pm 11/5(6classes) VLSC $94(R)/$141(N) Consalvo 24010

BEGINNING OIL AND ACRYLIC PAINTING
(18+) First Time/Beginning Painters: This class will show that painting is fun! Learn from the basics: Supplies, palette set ups, what to use/not use, color basics, starting a painting fearlessly; what to avoid and what to strive for, application, and more. Students will paint an instructor-chosen picture that will be emailed before first class. I will start the first painting on one student’s canvas, and give individual help at each easel. Subsequent paintings will be chosen by student, from approved material. (Good photo reference, doable for beginner).

Tu 1-4pm 9/15(11classes) ELSO $124(R)/$186(N) Chestnut 23825
Tu 1-4pm 10/27(8classes) ELSO $71(R)/$107(N) Fried 24014

OIL AND ACRYLIC PAINTING
(18+) New and continuing students will focus on developing basic skills, exploring color, style and various techniques in a relaxed environment. Learn techniques using acrylic or oil paints. Learn to develop a portrait, landscape, floral, abstract or non-representational forms.

M 9am-12pm 9/14(7classes) VLSC $100(R)/$150(N) Taylor 23877
M 9am-12pm 9/14(7classes) VLSC $100(R)/$150(N) Taylor 23877
Tu 9am-12pm 9/15(7classes) VLSC $100(R)/$150(N) Roberts 23873
Tu 9am-12pm 9/15(7classes) VLSC $100(R)/$150(N) Roberts 23873
Tu 1-4pm 9/15(7classes) GRSC $98(R)/$147(N) Taylor 23876
Tu 1-4pm 9/15(7classes) GRSC $98(R)/$147(N) Taylor 23876
W 1-4pm 9/16(6classes) VLSC $52(R)/$78(N) Fried 24015
W 1-4pm 10/28(7classes) VLSC $61(R)/$92(N) Fried 24015
F 1-4pm 9/18(7classes) VLSC $110(R)/$165(N) Consalvo 23844
F 1-4pm 11/6(6classes) VLSC $94(R)/$141(N) Consalvo 24011
Sa 1-4pm 11/7(7classes) ELSO $98(R)/$147(N) Taylor 23878
Sa 1-4pm 9/19(7classes) ELSO $98(R)/$147(N) Taylor 24046

PAINT STUDIO
(18+) Focus on the media of your choice: oils, acrylics, watercolors, or mixed media. Enjoy exploring art making and expanding your skills.

M 1-4pm 9/14(7classes) VLSC $74(R)/$111(N) Khamis 23881
M 1-4pm 11/2(7classes) VLSC $74(R)/$111(N) Khamis 24026

PASTELS
(18+) New and continuing students will learn techniques using Pastels. Learn to develop a portrait, landscape, floral, abstract, or a nonrepresentational form with ease. Color is the magical element that gives feeling & emotion to art. Once you understand the meaning of color, it will help you determine the palette to evoke strong emotional response in your paintings. Come learn how color can help your work!

Tu 1-4pm 9/17(7classes) VLSC $100(R)/$150(N) Schneider 23882
Tu 1-4pm 11/5(6classes) VLSC $86(R)/$129(N) Schneider 24056

ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.
ACRYLIC AND WATERCOLOR W/UNIQUE TECHNIQUES
(18+) All levels welcome! This is a chance for you to brush up on your techniques, OR learn the basics of Acrylic and Watercolor mediums with non-traditional and traditional techniques. This gives you the freedom to create and make your art unique. We will work on color mixing, creating your palette along with many fun techniques. We will discuss all this in first class along with types of brushes, paints, papers, pencils and tools. Great class for those who want to loosen up and see what happens while you paint. Painting is to be relaxing! We will work from abstract thinking, still life and also using pictures of your choice depending on skill levels.

Tu 9am-12pm 9/15(6classes) GRSC $86(R)/$129(N) Godwin 25136

WATERCOLOR
(18+) Transparent watercolor for the beginning as well as intermediate student will include basic techniques, color and composition using landscape, still life and portrait. Individual attention with emphasis on learning to see as the artist does.

M 1-4pm 9/14(7classes) GRSC $86(R)/$129(N) Taylor 23968
M 1-4pm 11/2(7classes) GRSC $86(R)/$129(N) Taylor 24045
W 9am-12pm 9/16(8classes) VLSC $82(R)/$123(N) Levine 23966
W 9am-12pm 10/28(7classes) VLSC $95(R)/$143(N) Levine 24027
F 9am-12pm 9/18(6classes) VLSC $82(R)/$123(N) Levine 23967
F 9am-12pm 10/30(7classes) VLSC $95(R)/$143(N) Levine 24028

FOREIGN LANGUAGE

ONLINE BEGINNER SPANISH: STEP 1
(14+) Are you starting “from square one”? In this course, you will learn pronunciation, essential vocabulary and enough grammar to communicate basic ideas. Listening and speaking are emphasized along with simple reading and writing.

Tu 9:30-11am 9/15(14classes) ONLINE $121(R)/$182(N) Buettner 25405

ONLINE BEGINNER SPANISH: STEP 2
(14+) This course is for students who completed Beginner Spanish course. Interactive practice aimed at building vocabulary, conversation, grammar and basic reading.

M 9:30-11am 9/14(14classes) ONLINE $121(R)/$182(N) Buettner 25404

ONLINE SPANISH: CONTINUING I
(14+) A stress free class for novice students who are already familiar with the basics of gender and verb conjugation. Students will build vocabulary and grammar with interactive, engaging skill drills. Each week includes listening comprehension, speaking and reading to improve communication.

W 6-7:30pm 9/16(12classes) ONLINE $105(R)/$158(N) Buettner 25406

ONLINE SPANISH: CONTINUING II
(14+) This class is for students who are familiar with present and past tense verb conjugation from previous experience or instruction. Focus will be on improving listening comprehension, conversation, grammar and reading.

Th 6-7:30pm 9/17(13classes) ONLINE $113(R)/$170(N) Buettner 25407

SPANISH: LEVEL I
(14+) Learn the fundamentals of the Spanish language. Classes will cover basic grammar, pronunciation and vocabulary. This class will emphasize listening, speaking, reading, and writing.

Th 4:50-6:20pm 9/17(13classes) ELDO $111(R)/$167(N) Chavez 23913
W 4:30-6pm 9/23(11classes) ONLINE $95(R)/$143(N) Chavez 25434

SPANISH: LEVEL II
(14+) Continue your study of essential Spanish grammar and vocabulary. Build every day, informal conversation. Move beyond the basics to explore more about the present, past, and future tenses. Practice and develop skills in reading, writing and speaking Spanish. The emphasis of this class will be fluency and accuracy in spoken Spanish.

Th 6:30-8pm 9/17(13classes) ELDO $111(R)/$167(N) Chavez 23914
W 6:05-7:35pm 9/23(11classes) ONLINE $95(R)/$143(N) Chavez 25437

FRENCH: CONTINUING

Tu 5:30-7:30pm 9/15(11classes) HR2N $109(R)/$164(N) Gabor 23836

ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.
ADULT (14+ YEARS)

**BALLROOM DANCE**
(18+) Dances may include: Foxtrot, Waltz, Cha-Cha, Tango, Rumba, Swing and much more. These classes are for couples only. Masks are suggested but not mandatory.

**The Basics**
Learn and improve the dances you need to feel comfortable in any social situation. Dances may include: Foxtrot, Waltz, Cha-Cha, Tango, Rumba, Swing and much more.

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<tr>
<th>Day</th>
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<th>Days</th>
<th>Class Size</th>
<th>Fees</th>
<th>Instructor</th>
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<td>F</td>
<td>6-7pm</td>
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<td>CACT $57(R)/$86(N)</td>
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**LINE DANCING**
(18+) Exercise your mind and body while dancing. Everyone is welcome to join this fun and energizing line dance class. Learn steps and line dances for Country, Latin, waltzes, old standbys and newer dances. No partner is required to enjoy this class and all levels are welcome! Come join the fun. Some dance experience would be helpful.

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**TAP: INTERMEDIATE**
(18+) This fast paced intermediate class is for the fun of tapping to a variety of music and styles. Haven’t tapped for years and up for a great workout and tap challenge...Let’s Tap! Choreography for dances will be taught while learning and building on basic techniques of both Rhythm and Hollywood styles. Tap shoes required. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

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<td>MTNV $57(R)/$86(N)</td>
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**DANCE**

**BROADWAY JAZZ: ALL LEVELS**
(18+) Challenge your body and mind by learning a variety of jazz techniques and dance styles. Dance to today’s modern songs, famous show tunes and more! Learn from the beginning or review basics. New dances will be taught and past dances will be reviewed. New students welcome.

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**ITALIAN: CONVERSATIONAL BASICS: LEVEL 1**
(14+) This is an introductory class to the Italian language designed for students seeking speaking and listening abilities with minimal emphasis on grammar. In this course, you will be introduced to the Italian alphabet, correct pronunciation of the individual letters and selected letter groups. Students will study basic sentence structure, some grammar rules, basic numbers, basic greetings, colors) plus NEW Absolute Beginner 2 (Family, hobbies, time, travel, directions). The class will be tailored to the enrolled participants’ level, goals, and needs.

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**ONLINE BOLLYWOOD DANCE FUN & FITNESS**
(18+) A blend of East Indian, World and contemporary dance styles set to music from Bollywood films. A fun cardio-dance workout open to all levels.

**ONLINE GERMAN BEGINNER**
(15+) "Guten Tag! Wie geht es Ihnen?" - "Danke, sehr gut! Und Ihnen?" If you understand this dialog, then this is your class. This is a continuation for beginners, who have had some German in an informal or formal setting. We will deepen our understanding of the language and culture. Active participation and interaction are the keystones. This is not a class for absolute beginners.

**ONLINE GERMAN FOR ABSOLUTE BEGINNERS COMBO**
(18+) This is a class that combines it all: Absolute Beginner 1 (ABC’s, numbers, basic greetings, colors) plus NEW Absolute Beginner 2 (Family, hobbies, time, travel, directions). The class will be tailored to the enrolled participants’ level, goals, and needs.

**ONLINE GERMAN INTERMEDIATE**
(18+) ‘Die Sprache der Dichter und Denker’ (language of poets and thinkers) is in your ears and in your mind. You already have some fluency for communication in the ‘awful German’ language, although, now and then, it causes you an episode of ‘Weltschmerz.’ Cure yourself by continuing to thinkers (language of poets and thinkers) is in your ears and in your mind. You already have some fluency for communication in the ‘awful German’ language, although, now and then, it causes you an episode of ‘Weltschmerz.’ Cure yourself by continuing to

**ALL PROGRAMS ARE SUBJECT TO CHANGE**

Refunds will be issued in the event of a cancellation.
TAP: SENIOR TECHNIQUES
(18+) You can learn all the basic tap steps and beyond! Learning tap technique and terminology for both Hollywood and Rhythm styles. Improve your coordination, memory and balance in this fast moving workout while enjoying the Art of America’s original Folk Dance. Tap shoes will be discussed the first class. If you don’t have tap shoes, wear a hard sole shoe or sneakers. New students welcome.

Beginning

Th 3-4pm 10/1(11classes) GRSC $62(R)/$93(N) Campi 23946

Intermediate Level I & 2
(18+) Learn the basics of dance routines while improving your memory and having fun.

Th 4-5pm 10/1(11classes) GRSC $62(R)/$93(N) Campi 23947

ONLINE WORLD DANCE MIXX
(18+) A MIXX of music and dance styles from around the world to contemporary. A fun cardio-dance workout open to all levels.

Tu 9-10am 9/15(14classes) ONLINE $39(R)/$57(N) Haag 25423
Th 9-10am 9/17(13classes) ONLINE $85(R)/$128(N) Haag 25429

MARTIAL ARTS

ADULT AIKIDO
(14+) Adult Aikido is an introductory class to the Japanese martial art of Aikido for ages 14+. Students will receive step-by-step instruction on various warm up and fundamental self-defense techniques. This class will also help students increase flexibility, balance, core strength, and situational awareness. Please wear loose, athletic clothing.

W 6-6:30pm 9/16(8classes) MTNV $38(R)/$55(N) Barker 23763
W 6-6:30pm 11/4(3classes) MTNV $33(R)/$50(N) Barker 25163

FITNESS & HEALTH

AEROBICS
(18+) Start your day off right with this ‘work at your own pace’ cardio class! Warm-up, stretch, h/l low impact cardiovascular activity, muscle toning and stretching exercises are all included. Modifications are provided.

Sa 10:30-11:30am 9/19(13classes) HRZN $59(R)/$89(N) Alfraid 23765

B. L. T. BUTT, LEGS AND TUMMY
(14+) Using a stability ball is an incredible way to shape up and get limber with moves that are simple, fun and easy on the joints. This class will condition your abdominals and back, sculpt your legs and shape your butt. Enjoy a relaxing full body stretch that includes yoga poses adapted for the ball.

Th 6-7pm 9/17(12classes) CACT $60(R)/$90(N) Romero 23766

BARRE ABOVE
(18+) Barre Above is one of the most effective ways to change the shape of your body for a total body workout. This sculpting class blends ballet, strength training, yoga and Pilates to create long and lean muscles to reshape your body. Light weights, small ball and glides will be used as props. No experience necessary.

M 6:30-7:30pm 9/14(14classes) MMRA $77(R)/$116(N) Brown 23772

BODY AND MIND
(18+) Whip your heart, mind, and body into shape while having a great time. This course combines aerobics with yoga & Pilate’s providing a full body workout including cardio, strengthening and flexibility.

M W 9:15-10:15am 9/14(27classes) GRSC $111(R)/$167(N) Alfraid 23781
F 11am-12pm 9/18(12classes) VLSC $55(R)/$83(N) Alfraid 23780

BODY CONDITIONING
(18+) Exercise class concentrating on enhancing body tone, strengthening and stretching. This will include an educational aspect on fitness and wellness, to incorporate fitness into everyday life. Please bring personal hand weights to use in class.

W 8-9:50am 9/16(13classes) VLSC $53(R)/$77(N) Alfraid 23782

CARDIO-CORE FITNESS
(18+) A fusion of music provides a great cardio workout and lots of fun. Reduce stress, tone your body, strengthen your muscles, increase flexibility and build core strength. Foot movements are modified as needed and everyone is encouraged to work at their own pace.

Tu 8-9am 9/15(13classes) VLSC $62(R)/$93(N) Robertson 23789
Th 8-9am 9/17(12classes) VLSC $58(R)/$87(N) Robertson 23790

CHAIR REIKI I: SELF HEALING
(18+) Come experience the gentle warmth of Reiki energy! Reiki energy is universal life force that you direct with your hands. It is a simple, natural and safe method of healing that everyone can use. It is effective in treating emotional and physical ailments and works in conjunction with traditional medicine to promote recovery and is offered in many hospitals. Reiki treats the whole person, body, mind and spirit, creating beneficial effects that include relaxation and feelings of well being. There is no touching in this class.

W 1:30-2:45pm 9/16(6classes) VLSC $47(R)/$71(N) Robertson 23789
W 1:30-2:45pm 9/16(12classes) VLSC $53(R)/$80(N) Jenkins 23797
W 1:30-2:45pm 9/16(13classes) VLSC $53(R)/$80(N) Jenkins 24017

CHAIR YOGA
(18+) Perform exercises while sitting in a chair, or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

M 9-10am 9/14(13classes) VLSC $92(R)/$138(N) Yancy 23799
M 10-11am 9/14(13classes) VLSC $92(R)/$138(N) Yancy 23803
W 10-11am 9/16(12classes) VLSC $86(R)/$129(N) Yancy 23802
Th 9-10am 9/17(11classes) VLSC $80(R)/$120(N) Yancy 23798
F 9-10am 9/18(11classes) VLSC $80(R)/$120(N) Yancy 23801
F 10-11am 9/18(11classes) VLSC $80(R)/$120(N) Yancy 23804
F 11am-12pm 9/18(11classes) VLSC $80(R)/$120(N) Yancy 23800
Intermediate
(18+)
This class is for those with previous yoga or chair yoga experience. Students should be able to walk and stand unassisted, without the support of a walker or a cane.

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<td>VLSC</td>
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**NEW**
LATIN DANCE WORKOUT
(14+)
Latin-inspired dance workout and one of the most popular group exercise classes in the world. The aerobic/fitness interval training routines combine fast and slow rhythms to tone and sculpt the body. Grooving to the beats of salsa, cumbia, merengue, pop, and international music feels more like a dance party than a workout. Medium intensity exercise level.

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**NEW**
CARDIO DANCE WORKOUT
(18+)
The Cardio Dance Workout is a dance fitness format that uses commercial choreography and killer music remixes. Our high-cardio class creates an environment where you are able to feel like a performer. Experience an emotional release, mind-body connection, and a sense of community while burning anywhere between 500 to over 1,000 calories!

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**NEW**
LETS H.I.I.T. IT!
(18+)
Come join us for this heart pumping happy hour of high intensity and high fun! Meet your instructor Jenna, who will lead you in moves you’ve never done before. "Let’s H.I.I.T. It" is a class that’s sure to keep your heart racing and muscles shaking. This full body interval training will be the best part of your morning. 6:10am sharp on Wednesdays, we will be offering modifications and advancements for every move so you can CREATE YOUR best workout. Bring all your friends and...."Let’s H.I.I.T It"!

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**NEW**
THE B.I.G.
(BREATHE, INTENTION & GRATITUDI) WAY TO LIVE!
(18+)
In this 3-part series, participants will learn 3 techniques to begin each of your days in a mindful, intentional way. Day 1 teaches healthy breathing, which is one of the most important tools to help you manage stress or anxiety. Day 2 explores intentions and how to set meaningful daily goals that you will manifest for yourself. Day 3 focuses on gratitude and the healing benefits of this daily practice. Each of these sessions will not only be informative and you will also experience a guided relaxation session during the class. This is a highly empowering 3-day workshop that will teach you how to begin each day in a more purposeful, healthy way.

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<td>CACT</td>
<td>$60/R/$90/N</td>
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**NEW**
CONDITIONING COMBO
(14+)
A combination of yoga, pilates, and stretching. This class will help you release stress, increase flexibility, promote core strength and reduce stiffness throughout your entire body. All fitness levels are encouraged to participate.

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**CORE AND MORE**
(14+)
Improve your balance and stability while increasing your stamina. Structured to accommodate all goals and fitness levels, this full body circuit training format, which incorporates cardio activity alongside weight training, is designed to strengthen your entire body. Get your heart rate up and burn calories as you jump from exercise to exercise working your way through each muscle group, with an emphasis on the core muscles (abs, lower back, hips, and butt).

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**FIT AND FABULOUS**
(14+)
This low impact cardio class will give you a jump start to your day! We’ll do a warm up, low impact cardio, muscle conditioning, using weights and a cool down stretch.

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**MAX TONE AND FITNESS**
(14+)
This is a non-stop workout class for the person looking for a ‘killer’ toning class. Sign up today and TONE up!

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**PILATES GENTLE**
(18+)
This Pilates class contains all the benefits to a traditional Pilates class, however the style is slower and a more gentle approach. All levels of athletic ability are encouraged to attend.

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**PILATES**
(14+)
This beginning Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend.

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<td>CACT</td>
<td>$60/R/$90/N</td>
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**PILATES: GOLF CONDITIONING**
(14+)
This conditioning program can significantly enhance your golfing experience while extending your years of play. Increasing strength and flexibility and decrease your risk for injury. Building better bodies and minds is the original purpose of Pilates. Make the most of the equipment that you already have .... Your body and your mind.

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<td>W</td>
<td>7-8pm</td>
<td>9/16</td>
<td>CACT</td>
<td>$55/R/$83/N</td>
</tr>
</tbody>
</table>

**ALL PROGRAMS ARE SUBJECT TO CHANGE**
Refunds will be issued in the event of a cancellation.
PILATES: INTERMEDIATE/ADVANCED
(14+) This Intermediate/Advanced Pilates class will focus on strengthening your body core, stability and balance. All levels of athletic ability are encouraged to attend. Three months of Pilates experience preferred.

PERSONAL FITNESS
(18+) Certified Personal Trainer keeps the class fun. Class includes stretching, hand held weights, stretch bands, balance exercises, and chair exercises.

SENIOR STRENGTH TRAINING
(18+) Resistance and strength training can enable senior citizens to regain muscle mass and strength at any age. You’re never too old to build a little muscle and fight conditions like osteoporosis. Many of the degenerative diseases experienced in the aging process are related to loss of muscle mass and strength. Focus will be geared to those issues related to senior citizens. This class will utilize basic exercises on machines and with free weights.

SHIFT YOUR SHAPE
(18+) Get ready to take on the afternoon after this full body stretch and tone workout! Balance and muscular endurance are promoted. Buttocks, back, thighs, and abdominals are strengthened; exercising at your own pace is encouraged. There is emphasis on increasing flexibility, through various yoga poses and traditional stretches. Most of the exercises are on the mat. Join us in a friendly class to promote long term fitness and flexibility!

SIT AND GET FIT
(18+) This class will perform exercises while sitting in a chair or using the chair for balancing. Exercises are designed to improve flexibility, strength and balance without the impact and stress of traditional exercises.

STEP AEROBICS
(14+) This class provides the ideal workout for those students who want a challenge and results. It will improve strength, muscle endurance, flexibility and balance. Steps can be adjusted for beginners and advance levels.

STEP AND STRENGTHEN
(14+) Have a great time getting in shape while following basic step movements and being instructed on strengthening exercises. Basics are covered for those that are new to stepping and modifications are given when needed. Strengthen your legs, upper body and core with low intensity training.

STRETCH IT OUT!
(14+) This class is designed to loosen tight muscles and joints in a slow and gentle pace. Perfect for those suffering from lower back pain due to limited range of motion. Assists in greater range of motion and flexibility.

TAI CHI
(18+) Learn the Yang Style Long Form, a slow, graceful, rhythmic exercise, which promotes good health and improves balance, memory and concentration. The Yang Style Long Form is a series of postures which are broken into three sections.

THE TOTAL WORKOUT
(18+) Energize your body and mind with this total body workout. Improve your cardiovascular system with gentle aerobic exercise and muscular strength using light hand weights and your own body weight as resistance. Improve posture and balance. Cool down with gentle stretching and deep breathing. Working out in your comfort zone is encouraged.

TONE AND STRETCH
(18+) Start your day off right with this ‘work at your own pace’ cardio and toning class! Warm-up, stretch, hi/low impact cardiovascular activity, muscle toning, stretching and mat work exercises are all included in this total body workout. Class ends with a cool-down and a guided meditation. Modifications are provided. Please bring your own hand weights.
**TOTALLY TONING** *(14+)*
Strengthen and tone your major muscle groups using weights, bands, body bars and gravity. Learn how to use equipment properly for the results you want. Have fun while strengthening your body. Target problem areas and increase your metabolism with more muscle.

**VITAL STRETCH** *(14+)*
This class is a combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion. Must be able to sit on floor and get up from seated position. Bring a towel and water.

**WEIGHT BUSTERS** *(14+)*
Weight loss is the goal and purpose of Weight Busters, as it is designed for individuals with 30+ lbs. to lose. Using a combination of weight training, cardio, and core work the program is proven to help shift your body composition, dropping fat, increasing metabolism and changing your life. The program starts gradually to avoid injury, while maximizing weight loss.

**ZUMBA** *(14+)*
A fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, merengue, cumbia, samba and many more steps presented as aerobic/fitness interval training combining fast and slow rhythms to tone and sculpt the body. It is this mixture of body sculpting movements in easy to follow dance steps and the principals of fitness interval and resistance training that allow Zumba participants to maximize their caloric and fat burning output for total body toning.

**YOGA & MEDITATION**

**YOGA**
Find balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body.

**NEW**
**DOGA: YOGA FOR YOU AND YOUR DOG!** *(18+)*
Basic yoga poses for you that incorporate stretches for your dog. Learning how to work with one another to connect and release through breath, movement and gentle touch. This is a light-hearted class, for any age of person or dog and beginner yogis welcome.

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**ADULT [14+ YEARS]**

RECREATION.SCOTTSDALEAZ.GOV - RESIDENT REGISTRATION BEGINS JULY 27 / NON-RESIDENT BEGINS JULY 28

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**Basics (18+)**
Focus is on essentials of the yoga practice with a gentle approach based in skillful alignment, breath, building core strength and increasing flexibility. Beginner friendly, also perfect for continuing students. Deepen your work in foundational yoga postures while linking breath, awareness and movement from a place of stability.

**Beginning (18+)**

**Intermediate (18+)**
Intermediate requires yoga experience, with knowledge of the alignment principles of yoga for the basic postures and balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. Please note, if you are not at the Intermediate skill level, for your safety, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

**NEW**
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Basic yoga poses for you that incorporate stretches for your dog. Learning how to work with one another to connect and release through breath, movement and gentle touch. This is a light-hearted class, for any age of person or dog and beginner yogis welcome.

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**All Levels (14+)**

**All Levels (18+)**

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**VITAL STRETCH** *(14+)*
This class is a combination of static and rhythmic movements designed to increase flexibility and stability for improved range of motion. Must be able to sit on floor and get up from seated position. Bring a towel and water.

**WEIGHT BUSTERS** *(14+)*
Weight loss is the goal and purpose of Weight Busters, as it is designed for individuals with 30+ lbs. to lose. Using a combination of weight training, cardio, and core work the program is proven to help shift your body composition, dropping fat, increasing metabolism and changing your life. The program starts gradually to avoid injury, while maximizing weight loss.

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**All Levels (14+)**

**All Levels (18+)**

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**NEW**
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Basic yoga poses for you that incorporate stretches for your dog. Learning how to work with one another to connect and release through breath, movement and gentle touch. This is a light-hearted class, for any age of person or dog and beginner yogis welcome.

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**All Levels (14+)**

**All Levels (18+)**

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**All Levels (14+)**

**All Levels (18+)**

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Focus is on essentials of the yoga practice with a gentle approach based in skillful alignment, breath, building core strength and increasing flexibility. Beginner friendly, also perfect for continuing students. Deepen your work in foundational yoga postures while linking breath, awareness and movement from a place of stability.

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**All Levels (14+)**

**All Levels (18+)**

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**NEW**
**DOGA: YOGA FOR YOU AND YOUR DOG!** *(18+)*
Basic yoga poses for you that incorporate stretches for your dog. Learning how to work with one another to connect and release through breath, movement and gentle touch. This is a light-hearted class, for any age of person or dog and beginner yogis welcome.
GENTLE
(18+) Discover the joy of unifying body, mind and spirit in this slower-paced class designed to relax, stretch and strengthen your body with gentle yoga poses, movement, and centered breathing. This “low and slow” class takes place primarily on the floor but also includes standing poses and movement to improve posture, balance, and breath.

- Tu 9-10:30am 9/15(12classes) GRSC $68(R)/$102(N) Vershure 23982
- Tu 9-10:30am 11/3(7classes) GRSC $68(R)/$102(N) Vershure 24047
- Th 9-10:30am 9/17(12classes) GRSC $126(R)/$189(N) Hutchens 24004
- F 8:30-10am 9/18(12classes) GRSC $68(R)/$102(N) Kayatt 23985
- F 8:30-10am 11/3(12classes) GRSC $48(R)/$72(N) Kayatt 24024
- W 8:30-10am 9/16(12classes) ONLINE $61(R)/$92(N) Kayatt 23983
- W 8:30-10am 11/4(8classes) ONLINE $54(R)/$81(N) Kayatt 24023

GENTLE/RESTORATIVE
(18+) This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching, and balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This time is used to find ways to relax, release stress and create a better awareness of the body. All levels welcome.

- Tu 9-10:25am 9/15(14classes) VLSC $99(R)/$149(N) Yancy 23987
- Th 2:30-4pm 9/17(12classes) VLSC $86(R)/$129(N) Yancy 23986

NEW HARVEST MOON SALUTATIONS YOGA WORKSHOP
(18+) To celebrate and honor the Harvest Moon let’s gather together outdoors in the crisp fall air for movement and renewal. To farmers this moon signified a time of new beginning and coming together after hard work and dedication. This moon can be healing if we focus our energies on letting go of the past and embrace the future. We will practice traditional yoga moon salutations, gentle movement and breath. Suitable for all levels.

- Th 5-6:30pm 10/1(1class) CHAP $18(R)/$27(N) Hutchens 25135

NEW RESTORATIVE YOGA
(18+) Counteract a fast-paced, stressed-out life off the mat with restorative yoga. Yogis of all levels can enjoy this gentle, slow, still style of yoga involving long, passive holds in a series of 4-6 restful poses. Supported by props, the body releases tension and achieves physical, mental and emotional relaxation. All levels welcome.

- M 6:45-8pm 9/14(12classes) CACT $78(R)/$117(N) Seeley 24002

NEW ONLINE YIN YOGA
(14+) Enhance your flexibility with Yin Yoga Online. This slow, meditative practice is ideal for beginners or experienced students who want to feel more openness and flexibility in their joints, especially the hips and lower back. Most poses are done on the floor from a seated position or on the back. Alternate poses are offered for anyone who has a challenge with the knees or ankles. Students should have props available: 2 yoga blankets and 2 blocks, along with a yoga mat. Substitute props are fine: beach towels instead of yoga blankets, thick hardbound books wrapped in a towel instead of blocks. Chair or sofa cushions can also be used for support. If you like to use a yoga strap for extension, a belt or old necktie will work. Wear clothes that are comfortable and easy to move in. Practice on floor space in any room of your house!

- Tu 4-5pm 9/15(14classes) ONLINE $97(R)/$146(N) Andrade 25175
- Sa 9-10am 9/19(14classes) ONLINE $97(R)/$146(N) Andrade 23990

NEW YOGA IN THE PARK: GENTLE
(18+) Discover the joy of unifying body, mind and spirit in this slower-paced class designed to relax, stretch and strengthen your body with gentle yoga poses, movement, and centered breathing. This “low and slow” class takes place primarily on the floor but may also include standing poses and movement to improve posture, balance, and breath. Bring your mat, a blanket or large towel, and (optional) blocks.

- W 9-10:30am 10/7(10classes) ELDO $47(R)/$71(N) Vershure 25128
- W 10:30am-12pm 11/18(10classes) ELDO $47(R)/$71(N) Vershure 25298

NEW YOGA IN THE PARK: GENTLE+
(18+) This class is for all yogis seeking a mindful, slower-paced approach to their yoga while enjoying our fabulous fall weather. Practicing on a flat, grassy area under the trees, we’ll focus on breathing, stretching, strengthening, and flowing mindfully through a series of standing poses. If you’ve enjoyed Gentle yoga, this is Gentle+ - a chance to deepen your practice while still honoring your body’s need to move slowly. Bring your mat, a blanket or large towel, and (optional) blocks. All levels welcome.

- W 10:30am-12pm 10/7(10classes) ELDO $47(R)/$71(N) Vershure 25297
- W 10:30am-12pm 11/18(10classes) ELDO $47(R)/$71(N) Vershure 25133

YOGA FOR A HEALTHY BACK
(18+) This class is for anyone wanting to maintain a healthy spine or relieve back strain. It is focused on improving posture and alignment, strengthening core and back muscles, and increasing spinal flexibility. Learn relaxation techniques to relieve back pain, reduce stress, and quiet the mind. If you have any serious back issues, check with your doctor to be sure that a yoga class is appropriate for you. All levels welcome but you must be able to get up from your mat without assistance.

- Tu 10:45am-12pm 9/15(7classes) GRSC $68(R)/$102(N) Vershure 23993
- Tu 10:45am-12pm 11/3(7classes) GRSC $68(R)/$102(N) Vershure 24048

ALL PROGRAMS ARE SUBJECT TO CHANGE

Refunds will be issued in the event of a cancellation.
YOGA IN THE PRESERVE
(14+) Embrace the outdoors in this new all levels yoga class held near Scottsdale’s McDowell Sonoran Preserve Gateway Trail Head. Meet at the trail head and take a stroll out to our open air classroom. This is a great way to first experience yoga for those who have not practiced or can add a new dimension to your current practice. Please bring your own mat, sun protection, and water.

Su 8:30-9:30am 10/18(12classes) GUTH $67(R)/$101(N) Yancy 23994

MEDITATION: BEGINNING
(18+) Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life.

Tu 10:30-11:30am 9/15(14classes) VLSC $99(R)/$149(N) Yancy 23865

MEDITATION: INTERMEDIATE
(18+) This class is for those that have taken the Beginning Meditation class or have prior Meditation experience. Meditation calms the body and soothes the mind. It is also a great way to relieve stress and improve overall health and well-being. Come join us for this meditation and relaxation class. We will explore various forms of meditation and relaxation methods. Through regular practice, you will begin to experience renewed peace and inner calm in your daily life. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

F 12:30-1:30pm 9/18(12classes) VLSC $86(R)/$129(N) Yancy 23866

SAFETY

CPR & FIRST AID COMBO
(14+) This class is intended for community members who do not work in the healthcare field, but are required to/or just desire to have CPR, Basic First Aid & AED knowledge and skills. CPR instruction will include infant, child and adult. Basic First Aid is ideal for employee emergency response teams, school bus drivers, adult residential care personnel, child care workers, teachers, parents and babysitters.

Sa 8:30am-12:30pm 9/26(1class) SPFD $45(R)/$45(N) Scottsdale Fire 23812

CPR PROFESSIONALS
(18+) This class is for healthcare providers, first responders and professional rescuers or individuals needing professional level basic life support training as a job requirement.

Sa 8:30am-12:30pm 9/5(1class) SPFD $45(R)/$45(N) Scottsdale Fire 23813

MUSIC

GUITAR
(16+) This class covers notes on the first three strings and then we add 6 - 8 chords to songs. Students use their own guitar. Acoustic or electric 6-string guitars welcome, but no amplifiers. A $5 nonrefundable cash supply fee is due to instructor on first day of class.

M 1-1:45pm 9/14(7classes) CHAP $55(R)/$83(N) Fahy 23777
M 1-1:45pm 11/2(7classes) CHAP $55(R)/$83(N) Fahy 23164
M 6-6:45pm 9/14(7classes) CHAP $55(R)/$83(N) Fahy 23776
M 6-6:45pm 11/2(7classes) CHAP $55(R)/$83(N) Fahy 25166

INTERMEDIATE GUITAR
(16+) This class covers reading music, notes on all 6-strings, 11 - 15 chords, emphasis on smooth chord transitions and individual strumming/picking techniques. Note: If you are not at the appropriate skill level, you will be asked to withdraw and join the Beginning Adult Guitar class. Students use their own guitar. Electric guitars without amps are allowed. A $5 nonrefundable cash supply fee is due to instructor on first day of class.

M 7-7:45pm 9/14(7classes) CHAP $55(R)/$83(N) Fahy 23849
M 7-7:45pm 11/2(7classes) CHAP $55(R)/$83(N) Fahy 25167

PIANO/KEYBOARD TEEN/ADULT
(13+) From Santana to Sinatra and Streisand; from the Beatles to Bach and Beethoven; from Broadway hits such as Phantom and Cats; to movie themes from the Titanic, Star Wars, James Bond and Lord of the Rings. This unique award winning method teaches keyboard skills on real songs you know and love! The program uses brilliantly conceived visual tools that show students how music works. Learn to read music on the treble clef in a lead sheet format and play chords using our exclusive chordometer. Keyboards are provided for each student for classroom use; and all music materials are included at no extra charge.

W 6:30-7:30pm 9/9(6classes) HRZN $119(R)/$179(N) Elements Music 23885
W 6:30-7:30pm 10/28(6classes) HRZN $119(R)/$179(N) Elements Music 25432

BRIDGE
(18+) Develop a grounding to play successful bridge. This class starts with the basic terminology, seating, dealing, sorting suits, scoring, etc. You will learn the importance of counting high card and distributional points. We’ll cover opening bids and responses, no trump calls, overcalls, preempts, etc. Most important, there will be a great deal of hand play. Weekly review and open discussion will help players develop communications skills with their partners.

Tu 9:30-11:30am 9/15(6classes) HRZN $54(R)/$81(N) Bigham 23785
Tu 9:30-11:30am 11/10(6classes) HRZN $54(R)/$81(N) Bigham 23393

CLASS LISTING LEGEND

The description for this course will be listed in this section.

W 5:15pm-5:55pm 9/16(12wks) HRZN $57(R) / $86(NR) Martin 102812
Day  Time  Start Date & Length  Location  Course Code  Fees, Resident/Non-Resident  Instructor, when applicable
BRIDGE: INTERMEDIATE
(18+) This class is a continuation of the beginning class dealing with the play of the hand as declarer and as defender as well as further instruction in bidding. The most common conventions, e.g. Stayman, Blackwood limit raises; 4 types of doubles; forcing bids; bidding hands of exceptional strength, weakness or shape; slam bidding; requirements for gam bidding; responsibility for continuing or ending the bidding; and other techniques as requested will be explained. Much of the class time will be spent on supervised practice. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

Th 9:15-11:15am 9/17(6classes) HRZN $54(R)/$81(N) Bigham 23787
Th 9:15-11:15am 11/5(6classes) HRZN $54(R)/$81(N) Bigham 25395

CHESS
(18+) Learn the fundamentals of Chess. Have you ever wondered about opening theories, pins, forks, castles and endgames? How about Chess piece names, values and pawn promotions? Each class is designed to expand your knowledge of chess from the board up. You'll practice new tactics and strategies in a fun and inclusive environment.

F 9-11am 9/18(6classes) HRZN $54(R)/$81(N) Bigham 23807
F 9-11am 11/6(6classes) HRZN $54(R)/$81(N) Bigham 25392

MAH JONGG
Beginning
(18+) Learn the American version of an ancient Chinese game that challenges memory skills and expands social networks. Game fundamentals are taught in short presentations followed by tile exercises and practice games.

M 9:45-11:45am 9/14(7classes) HRZN $82(R)/$123(N) Weiner 23861
M 9:45-11:45am 11/21(7classes) HRZN $82(R)/$123(N) Weiner 25397

Intermediate / Advanced
(18+) Classes will expand the skills of the basic Mah Jongg player by focusing on the strategic and competitive elements of the game, including preparation for tournament play. This class is for people who have played Mah Jongg American Version continuously for at least 6 months. A fun “mini-tournament” will be held at the final class of the session. Please note, if you are not at the appropriate skill level, you will be asked to withdraw and staff will do their best to locate a class at the correct level.

Th 9:45-11:45am 9/17(7classes) HRZN $82(R)/$123(N) Weiner 23302
Th 9:45-11:45am 11/5(6classes) HRZN $72(R)/$108(N) Weiner 25399

SPECIAL INTEREST

INTRODUCTION TO VOICE OVER
(18+) This course will introduce members of the community to an exciting and fulfilling part-time hobby or full-time career option. Instructor, Justine Reiss, is affiliated with a professional voice-over training company called Such A Voice. At the end of the 2-hour course, Justine lets students know if this is something they want to pursue, they can get a free voice evaluation where she will provide necessary feedback. While this class is “in person” in the event that instructor availability changes due to COVID19 this class will be offered online through Zoom.

W 5:45-7:45pm 10/21(1class) HRZN $25(R)/$38(N) Reiss 25850
Sa 10am-12pm 10/24(1class) VLSC $25(R)/$38(N) Reiss 25851

NEW AZ RESIDENTS: TAX AND TRUSTS LAWS
(21+) You need to attend this class if you are a new Arizona resident or have not updated your estate plans since you moved to Arizona. Explore Arizona community property, trusts, wills, powers of attorney, estate & gift taxes, and how title to your assets affects your estate plans. We begin the class by exploring unique aspects of Arizona’s income tax laws.

Th 6:15-7:45pm 10/22(2classes) HRZN $14(R)/$21(N) Shellander 23871

POETRY
(18+) Study poetry and its forms from all periods of history. Each week we will discuss students’ work. Handouts and open conversation will assist in understanding. The class does not censor subject matter or language of poetry.

Tu 9:15am-12:15pm 10/6(11classes) ELDO $77(R)/$116(N) Dillard 23898

RACQUETBALL CLINIC
(18+) Learn racquetball as you burn calories while playing the fastest sport in the world. Instruction on rules, strategy, and form while learning so much more about the game. Experience the fast paced fun of racquetball in a safe, social, and fun environment.

Th 5:45-6:45pm 9/17(7classes) SRPK $39(R)/$59(N) Jacquet 23764
Th 5:45-6:45pm 11/5(6classes) SRPK $35(R)/$53(N) Jacquet 24050

TABLE TENNIS: PONG 4 YOU!
(16+) The purpose of this course is to introduce students to basic skills and knowledge associated with the game of table tennis. By applying these principles through active participation, students develop the necessary skills and knowledge to pursue the game of table tennis as a lifetime activity. Former table tennis professional with over 50 years of experience will coach. Ideal for beginners and improvers.

Th 1:30-3pm 9/17(6classes) VLSC $46(R)/$69(N) Altman 23899
Th 1:30-3pm 10/29(6classes) VLSC $46(R)/$69(N) Altman 23929

TRUSTS, WILLS AND ESTATE PLANNING
(21+) Unravel the mystery surrounding trusts, wills, powers of attorney and other estate planning instruments. Learn how title to your assets and how community property can save on income taxes. Discover what only an Attorney and CPA with 30 years of experience in estate planning can tell you about estate planning and common mistakes to avoid.

Tu 6:15-7:45pm 10/6(2classes) HRZN $14(R)/$21(N) Shellander 23963
**POOL LOCATIONS:**

**CACTUS AQUATIC & FITNESS CENTER (CACT)**
7202 E. Cactus Road | 480-312-7665

**ELDORADO AQUATIC & FITNESS CENTER (ELDO)**
2301 N. Miller Road | 480-312-2484

**MCDOWELL MOUNTAIN RANCH AQUATIC & FITNESS CENTER (MMRA)**
15525 N. Thompson Peak Parkway | 480-312-6677

**ADULT SPECIALTY CLASSES**

Drop-in fee: $5 Resident / $8 Non-Resident, space permitting

(Drop-in participation is limited due to class size.)

(Drop-in may not be accommodated if class registration is full.)

(Drop-in is not permitted for Log Rolling course.)

**ACHE AWAY EXERCISE**
(13yrs+)
Back Ache? Joints hurt? Have arthritis? Try this specially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching and toning.

**DEEP WATER EXERCISE**
(13yrs+)
Challenge yourself to the next level of physical fitness! This class is performed in the deep end of the pool features aerobic exercise, treading water, and activities that improve swimming technique and fitness. A variety of water equipment is used for conditioning and total body toning.

**SHALLOW WATER EXERCISE**
(13yrs+)
Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down.

**TONE AND TAI CHI**
(13yrs+)
This class combines water exercises with Tai Chi moves. It benefits students of all ages and abilities by using the water to increase strength, flexibility, balance and energy. A great way to start your day or prepare yourself for water exercise or lap swim.

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**FALL POOL HOURS:**
Call the individual pool or visit ScottsdaleAZ.gov and search “Aquatics” for hours of operation.

**LAP SWIM FEES**

<table>
<thead>
<tr>
<th></th>
<th>Adult (R)</th>
<th>Child (R)</th>
<th>Adult (N)</th>
<th>Child (N)</th>
</tr>
</thead>
<tbody>
<tr>
<td>CACT / ELDO / MMRA</td>
<td>$3</td>
<td>$2</td>
<td>$5</td>
<td>$3</td>
</tr>
</tbody>
</table>

**FALL LESSONS:**

<table>
<thead>
<tr>
<th>M &amp; W</th>
<th>9/9-9/30</th>
</tr>
</thead>
<tbody>
<tr>
<td>CACT / ELDO / MMRA</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>S</th>
<th>9/12-10/31</th>
</tr>
</thead>
<tbody>
<tr>
<td>MMRA only</td>
<td></td>
</tr>
</tbody>
</table>

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**FIND WHAT YOU'RE LOOKING FOR...ONLINE**

Register for classes online at Recreation.ScottsdaleAZ.gov. Search by class name and sort by location, time and day of week.

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**AQUATIC INCLEMENT WEATHER POLICY** – The Aquatic facilities will be closed during electrical storms and other inclement weather. If the pool is closed & lessons are canceled, lessons will not be made up. If 4 or more days in a session are missed due to weather, a credit can be issued for each day missed, starting on the fourth day. The credit must be requested and is good for future programs. Always call ahead to verify pool closures.
YOUTH LEARN TO SWIM LESSONS

Use the age guidelines and the class descriptions to help determine the appropriate level for your child. Swim lesson assessments are offered by the staff to help determine the best class for the child. Please call the aquatic centers directly, if you have questions.

### LEARN TO SWIM LESSONS

Scottsdale instructors are certified by the StarFish Aquatic Institute. The water and safety program teaches swimming and safety skills in a logical progression. Classes will be canceled one-week before start if minimum registration is not met.

- Each session consists of eight 30 minute lessons.
- For session dates and times, search by class name or location.
- Waitlists do not guarantee a spot in a swim lesson.

### SWIM LESSON ASSESSMENTS

Certified instructors will conduct a swim test to determine the child’s current level. All participants will receive a recommended level to assist with lesson registration. To schedule a swim lesson assessment, call any of our aquatic centers. You can also use the swim assessment tool on our website. It is important for the student to be registered in the proper level. Please note: If your child’s skill level is not within the advertised age range, please contact the aquatic facility to discuss age override options.

Search online for swim lessons by class name or by location at Recreation.ScottsdaleAZ.gov

#### Fall 2020 Lessons at Cactus, Eldorado, and McDowell Mountain Ranch

<table>
<thead>
<tr>
<th>Class</th>
<th>Age Range</th>
<th>Ratio</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEA BABIES</strong></td>
<td>6mo-3yrs</td>
<td>1:8</td>
<td>Water acclimation class</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Water safety concepts for caregivers and students</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Introduction to swimming skills</td>
</tr>
<tr>
<td><strong>TADPOLES</strong></td>
<td>2.5-5yrs</td>
<td>1:4</td>
<td>Students participate without caregiver presence</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Basic water safety skills (asking permission, putting on lifejackets)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Blowing bubbles, underwater exploration, assisted and unassisted submersion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Assisted streamlines &amp; rolling from back to front and front to back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Swim benchmarks in swim wear and regular clothes</td>
</tr>
<tr>
<td><strong>GUPPIES</strong></td>
<td>3-6yrs</td>
<td>1:4</td>
<td>Basic water safety skills (putting on a life jacket &amp; kick 20 ft)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jump in, submerge and recover for air assisted and unassisted</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Assisted and unassisted streamline, unassisted front and back floats</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Assisted and unassisted forward movement (kicking and pulling) on front and back</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Swim benchmarks in swim wear and regular clothes</td>
</tr>
<tr>
<td><strong>SEA TURTLES</strong></td>
<td>4-7yrs</td>
<td>1:4</td>
<td>Students must be comfortable moving independently in water up to 4 feet deep</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Variations of glide and streamline assisted and unassisted</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jump in and move independently towards the wall</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Treading water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Swim benchmarks in swim wear and regular clothes</td>
</tr>
<tr>
<td><strong>OTTERS</strong></td>
<td>5yrs+</td>
<td>1:4</td>
<td>Students must be comfortable in deep water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Survival float and treading water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Head first entries</td>
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<td></td>
<td></td>
<td></td>
<td>Freestyle stroke concepts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Introduction to backstroke</td>
</tr>
<tr>
<td><strong>DOLPHINS</strong></td>
<td>5yrs+</td>
<td>1:4</td>
<td>Students must be comfortable in deep water</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Water safety concepts and how to call 9-1-1</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Backstroke &amp; butterfly concepts</td>
</tr>
<tr>
<td><strong>ORCAS</strong></td>
<td>6yrs+</td>
<td>1:4</td>
<td>Students must be comfortable in deep water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Survival floating and treading water for longer durations</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Refinement of all four competitive strokes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Racing starts and endurance building</td>
</tr>
<tr>
<td><strong>SHARKS</strong></td>
<td>6yrs+</td>
<td>1:4</td>
<td>Students must be comfortable in deep water</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Survival floating and treading water</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Refinement of all four competitive strokes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Racing starts and endurance building</td>
</tr>
</tbody>
</table>
TENNIS CENTER LOCATIONS

SCOTTSDALE RANCH PARK (SRPK)
10400 E. Via Linda
480-312-7774
SRPLeagues@ScottsdaleAZ.gov

FALL HOURS OF OPERATION
Sept. 7 – Nov. 29, 2020 | Daily: 7:30am – 9pm

WINTER HOURS OF OPERATION
Nov. 30, 2020 – Feb. 14, 2021 | Daily: 9am – 9pm

TENNIS LESSONS
Session 1 (6 weeks) – 9/14 to 10/24
Session 2 (6 weeks) – 11/2 to 12/19 (no activities the week of 11/23-11/28)

ADULT & SENIOR TENNIS LESSONS
(18yrs+) Scottsdale tennis centers offer programs for all ability levels and ages. Lessons are offered using the USTA's National Tennis Rating Program (NTRP). Rating levels are required and verified for all registrants, however adult beginners (1.0-1.9) do not require a rating.

LESSON REGISTRATION INFORMATION
Registration Opens: 7/27 (R), 7/28 (NR) 8am

ADULT TENNIS LEAGUES
Leagues will be scheduled a six-week regular season plus an additional single elimination tournament to follow; max. three weeks. League levels offered begin at the 2.5 level and up to the 4.5 level. Men’s and women’s singles, men’s and women’s doubles, round-robin doubles, and mixed doubles are offered. Leagues are offered using the USTA’s National Tennis Rating Program (NTRP). Rating levels are required and verified for all registrants. NO MAKE-UPS permitted for tennis league matches.

LEAGUE REGISTRATION INFORMATION
Fall tennis leagues begin the week of 9/14
Early registration period: 7/27 – 8/16
Late registration period: 8/17 – 9/6

RATINGS
All participants must have an NTRP rating to register. Need a rating! Attend one of the FREE rating sessions offered at our tennis centers. Rating appointments take 20 min. Please call SRPK for an appointment. For the tennis rating schedule, please visit ScottsdaleAZ.gov and search “Tennis.”

JUNIOR TENNIS

(5-17yrs) Scottsdale tennis centers offer programs for all ability levels. Juniors are registered by age. SRPK offers the Net Generation program. Juniors are grouped by ability with the program ages of 5-10yrs, 9-12yrs, & 11-17yrs.
*ages may change based on where we are with the pandemic

JUNIOR MATCH PLAY
(10-17yrs) Scottsdale Ranch Park offers junior match play designed to prepare players for tournament style play in a fun and social environment. Participants must be able to serve, rally and keep score. Registration is required.
*program may not be offered due to pandemic

ONLINE REGISTRATION
Complete tennis programs, activity numbers, instructors, locations are online at Recreation.ScottsdaleAZ.gov.
Search for what activity you are looking for, then filter your search based on whatever specifics you like such as a favorite instructor, location, day or time and more. Program instructor or day/time is subject to change.


ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.

For a full list of tennis lessons, visit Recreation.ScottsdaleAZ.gov and search 'Tennis.'
**ADULT SPORTS**

5401 N. Hayden Road
Phone: 480-312-0227
Fax: 480-312-9156
AdultSports@ScottsdaleAZ.gov

For more information, or to access the rules, waiver forms, or schedules, please visit our website at [ScottsdaleAZ.gov/Sports](http://ScottsdaleAZ.gov/Sports), and click on the sport you are interested in.

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**FALL REGISTRATION**

<table>
<thead>
<tr>
<th>Registration Opens:</th>
<th>7/27 (R), 7/28 (N) at 8am</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Registration Ends:</td>
<td>8/28</td>
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<tr>
<td>Last Day to Register:</td>
<td>8/31</td>
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</tbody>
</table>

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**KICKBALL**

Format: 14 League Games/Single Elimination Tournament

- **Team Fee:** $300 ($330 after 8/28)
- **Play Begins:** 9/14

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**SLOW PITCH SOFTBALL**

Format: 14 League Games/Single Elimination Tournament

- **Team Fee:** $495 ($545 after 8/28)
- **Play Begins:** 9/14

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**BASKETBALL**

TBD

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**FLAG FOOTBALL**

TBD

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**INDOOR VOLLEYBALL**

TBD

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**FALL SAND VOLLEY BALL LEAGUES**

League play begins the week of 9/14. Please register early!

- **League fees:**
  - Early registration period: 7/27-8/16 $112/team
  - Late registration period: 8/17-9/6 $140/team

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**SAND VOLLEYBALL LEAGUE (4-PERSON COMPETITIVE)**

League nights are Mondays, Tuesdays, Wednesdays or Thursdays

Game times are 6:30pm & 8:15pm / alternating weeks

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**SAND VOLLEYBALL LEAGUE (6-PERSON CO-ED LEISURE)**

We will not have 6-PERSON CO-ED LEISURE volleyball leagues in the fall due to COVID-19.
SCOTTSDALE FITNESS CENTERS

SENIOR CENTER FITNESS FACILITIES
A variety of cardiovascular equipment, treadmills, bikes, elliptical, weight stations and free weights are available at each center.

GRANITE REEF SENIOR CENTER (GRSC)
1700 N. Granite Reef Road | 480-312-1700
Hours: M-Th: 8am - 9pm | Fri & Sat: 8am - 5pm

VIA LINDA SENIOR CENTER (VLSC)
10440 E. Via Linda | 480-312-5810
Hours: M-Th 7:30am - 8pm | Fri & Sat: 7:30am - 5pm

<table>
<thead>
<tr>
<th></th>
<th>Adult</th>
<th>Youth</th>
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</thead>
<tbody>
<tr>
<td>Daily</td>
<td>$3(R)</td>
<td>$5(N)</td>
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<tr>
<td>1 Month</td>
<td>$15(R)</td>
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</tr>
<tr>
<td>3 Month</td>
<td>$40(R)</td>
<td>$60(N)</td>
</tr>
<tr>
<td>Annual</td>
<td>$130(R)</td>
<td>$195(N)</td>
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</table>

AQUATIC CENTER FITNESS FACILITIES
Each fitness center includes a complete line of free weights, treadmills, bikes, elliptical and single station weight machines. No one under 14 is permitted in the Fitness Center at any time. Ages 14-17 must have a waiver signed by a parent or guardian.

CACTUS AQUATIC & FITNESS CENTER
7202 E. Cactus Road | 480-312-7665

ELDORADO AQUATIC & FITNESS CENTER
2301 N. Miller Road | 480-312-2484

MCDOWELL MOUNTAIN RANCH AQUATIC & FITNESS CENTER
15525 N. Thompson Peak Parkway | 480-312-6677

Fitness Center Fees:
Adult $3(R) / $5(N)  Youth $2(R) / $3(N)

Adult Swipe Cards:
10 visits $30(R) / $50(N)  30 visits $72(R) / $120(N)

Youth Swipe Cards:
10 visits $20(R) / $30(N)  30 visits $48(R) / $72(N)

CLUB SAR
BOXING AND FITNESS CENTER
8055 E. CAMELBACK RD. | 480-312-2669
Meet your fitness needs at our multi-sport facility, which offers various classes, cardio equipment, free weights, single station weight machines, boxing equipment, punching bags and full court basketball.

For more information, visit ScottsdaleAZ.gov and search 'Club SAR'

HOURS
MONDAY – THURSDAY: 6am - 9pm
FRIDAY: 6am - 8pm
SATURDAY & SUNDAY: 10am - 3pm

CLUB SAR FEES AND MEMBERSHIP OPTIONS
All classes are included with membership or daily fee.

<table>
<thead>
<tr>
<th></th>
<th>ADULT (R)</th>
<th>YOUTH (R)</th>
<th>ADULT (N)</th>
<th>YOUTH (N)</th>
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<tr>
<td>1 Year</td>
<td>$99</td>
<td>$50</td>
<td>$150</td>
<td>$75</td>
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<tr>
<td>3 Month</td>
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<td>1 Month</td>
<td>$20</td>
<td>$10</td>
<td>$30</td>
<td>$15</td>
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<tr>
<td>Daily Drop-In</td>
<td>$4</td>
<td>$4</td>
<td>$6</td>
<td>$6</td>
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</table>

CLUB SAR CLASSES
Subject to change, instructors may vary

Barre Workout  M & W  5:30-6:30pm
Kickboxing    Tu & Th  5:30-6:30pm
Spin          M & W  5-5:30pm
Rowing        Tu & Th  5-5:30pm
Yoga          M - Th  6:15-7:15am
Yoga          Sat    10:30-11:30am
Personal Training  Available On Request  (additional fees)

ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.
REGISTRATION

REGISTRATION INFORMATION

REGISTER ONLINE
Recreation.ScottsdaleAZ.gov
(Quickest way to register)

REGISTER BY PHONE
480-312-7957
(Expect delays on registration days)

PAYMENT must be made
at the time of Registration

WE ACCEPT American Express,
Visa, MasterCard and Discover

GENERAL INFORMATION

Refund Policy – Unless otherwise stated, all program refunds shall be prorated, less a $10 processing fee, up to and including the 2nd class. No refunds after the 2nd class date. Classes priced at $10 or less are nonrefundable.

Corrections & Updates – Staff makes every effort to ensure each issue of the Scottsdale LIFE is free from errors, there are times when errors or revisions in dates, times, fees, or instructors do occur. Check the city’s website for up-to-date information.

Fee Assistance Program – Community Services offers a fee assistance program to aid economically disadvantaged individuals and families residing within the city of Scottsdale’s corporate boundaries. Qualified applicants have an opportunity to participate in approved recreational programs, camps and classes for a decreased cost. Visit ScottsdaleAZ.gov/parks/fee-assistance or call 480-312-7957.

Resident? – Residents are citizens who live in or own property within the city of Scottsdale’s Corporate City Boundaries, and pay taxes to the city of Scottsdale.

REGISTRATION QUESTIONS?
Call us before July 26 so we can guide you through the process, making registration a breeze! 480-312-7957

FACILITY CODES

<table>
<thead>
<tr>
<th>CODE</th>
<th>FACILITY NAME</th>
<th>ADDRESS</th>
</tr>
</thead>
<tbody>
<tr>
<td>ADSC</td>
<td>Adapted Services Center</td>
<td>8102 E. Jackrabbit Road</td>
</tr>
<tr>
<td>BGPB</td>
<td>Boys &amp; Girls Club of Greater Scottsdale – Piper Branch</td>
<td>10515 E. Lakeview Drive</td>
</tr>
<tr>
<td>BGTB</td>
<td>Boys &amp; Girls Club of Greater Scottsdale – Thunderbirds Branch</td>
<td>20199 N. 78th Place</td>
</tr>
<tr>
<td>CACT</td>
<td>Cactus Park &amp; Aquatic Center</td>
<td>7202 E. Cactus Road</td>
</tr>
<tr>
<td>CCLB</td>
<td>Civic Center Library</td>
<td>3939 N. Drinkwater Blvd.</td>
</tr>
<tr>
<td>CHAP</td>
<td>Chaparral Park &amp; Aquatic Center</td>
<td>5401 N. Hayden Road</td>
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<tr>
<td>CHES</td>
<td>Chesnut Park</td>
<td>4565 N. Granite Reef Road</td>
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<tr>
<td>CHPS</td>
<td>Chaparral High School</td>
<td>6935 E. Gold Dust Road</td>
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<td>CSAR</td>
<td>Club SAR</td>
<td>8055 E. Camelback Road</td>
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<tr>
<td>ELD0</td>
<td>Eldorado Park &amp; Community Ctr.</td>
<td>2311 N. Miller Road</td>
</tr>
<tr>
<td>ELDG</td>
<td>Eldorado Aquatic Center</td>
<td>2301 N. Miller Road</td>
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<tr>
<td>ELSO</td>
<td>Eldorado South Building</td>
<td>1909 N. Miller Road</td>
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<tr>
<td>FENP</td>
<td>Florence Ely Nelson Desert Park</td>
<td>8950 E. Pinnacle Peak</td>
</tr>
<tr>
<td>GPCK</td>
<td>George &quot;DOC&quot; Cavallier Park</td>
<td>27775 N. Alma School Pkwy.</td>
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<tr>
<td>GRSC</td>
<td>Granite Reef Senior Center</td>
<td>1700 N. Granite Reef Road</td>
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<tr>
<td>HRZN</td>
<td>Horizon Community Center</td>
<td>15444 N. 100th St.</td>
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<tr>
<td>ISPK</td>
<td>Indian School Park</td>
<td>4289 N. Hayden Road</td>
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<tr>
<td>MCRR</td>
<td>McCormick Stillman Railroad Park</td>
<td>7301 E. Indian Bend Road</td>
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<tr>
<td>MMRA</td>
<td>McDowell Mtn Ranch Aquatics</td>
<td>15525 N. Thompson Peak Pkwy.</td>
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<tr>
<td>MSP</td>
<td>McDowell Sonoran Preserve</td>
<td>18333 N. Thompson Peak Pkwy.</td>
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<tr>
<td>MTNV</td>
<td>Mountain View Park</td>
<td>8625 E. Mountain View Road</td>
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<tr>
<td>MUST</td>
<td>Mustang Library</td>
<td>10101 N. 90th St.</td>
</tr>
<tr>
<td>PALO</td>
<td>Palomino Library</td>
<td>12575 E. Via Linda Road</td>
</tr>
<tr>
<td>PNCC</td>
<td>Paine Neighborhood Center</td>
<td>6535 E. Osborn Road</td>
</tr>
<tr>
<td>PPEC</td>
<td>Pinnacle Peak Equestrian Center</td>
<td>3701 E. Pinnacle Peak Road</td>
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<tr>
<td>PPKK</td>
<td>Pinnacle Peak Park</td>
<td>26802 N. 102nd Way</td>
</tr>
<tr>
<td>RIMO</td>
<td>Rio Montaña Park</td>
<td>11180 N. 132nd St.</td>
</tr>
<tr>
<td>SFS9</td>
<td>Scottsdale Fire Station #9</td>
<td>8417 E. Union Hills</td>
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<td>SPFD</td>
<td>Scottsdale Police/Fire Dept.</td>
<td>8401 E. Indian School Road</td>
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<tr>
<td>SRPK</td>
<td>Scottsdale Ranch Park</td>
<td>10400 E. Via Linda</td>
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<tr>
<td>SSCX</td>
<td>Scottsdale Sports Complex</td>
<td>8081 E. Princess Drive</td>
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<td>STAD</td>
<td>Scottsdale Stadium</td>
<td>7408 E. Osborn Road</td>
</tr>
<tr>
<td>SWTS</td>
<td>Solid Waste Transfer Station</td>
<td>8417 E. Union Hills Drive</td>
</tr>
<tr>
<td>VCCC</td>
<td>Vista Del Camino Community Center</td>
<td>7700 E. Roosevelt</td>
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<tr>
<td>VLSC</td>
<td>Via Linda Senior Center</td>
<td>10440 E. Via Linda</td>
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<tr>
<td>VSTA</td>
<td>Vista Del Camino Park</td>
<td>7700 E. Roosevelt</td>
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