

# SCOTTSDALE

FALL 2020 - SEP | OCT | NOV | DEC

# plays



## SCOTTSDALE PARKS & RECREATION

Sep | Oct | Nov | Dec 2020

### Activity Guide

FALL REGISTRATION: RESIDENTS JULY 27 AT 8 A.M. / NON-RESIDENTS JULY 28 AT 8 A.M.



### 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](https://Recreation.ScottsdaleAZ.gov)

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## 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
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### NEW SPACE CAMP: ALIENS AND SPACE SHIPS

(5-7yrs) Students will learn how to draw space ships using basic shapes. The drawings range from very simple and easy to follow to more complex and challenging. Light beams, stars, planets, and aliens doing fun activities are all examples of what our students will be learning how to draw!

Sa	10:30-11:15am	11/7(7classes)	HRZN	\$54(R)/\$81(N)	Young Rembrandts	25200
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## 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) Learn basic tap and creative ballet movements. Students will be introduced to the joy of dance as a recreational activity through studio quality classes. Basic tap and ballet movement promotes coordination, rhythm and memory skills. A fun and nurturing class to encourage learning and self confidence through dance. For this class the instructor requests that parents/caregiver do not stay in the room while the class is in session. At the end of the session you will be invited to see the children's progress and new skills!

Tu	3:55-4:40pm	9/15(7classes)	MMRA	\$97(R)/\$146(N)	Dance Sequins Studio	23817
Tu	3:55-4:40pm	11/3(7classes)	MMRA	\$97(R)/\$146(N)	Dance Sequins Studio	25529
Th	10:05-10:50am	9/17(7classes)	MTNV	\$83(R)/\$125(N)	Dance Sequins Studio	23818
Th	10:05-10:50am	11/5(6classes)	MTNV	\$72(R)/\$108(N)	Dance Sequins Studio	25532

### ONLINE DANCE COMBO

(3-5yrs) Learning beginning Ballet and Tap in an upbeat dance class online! Designed to introduce 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

### DANCE STARS

(2-5yrs) 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 experience an off-site recital performance in December so they can see all that their dancer is learning.

Tu	9:30-10:15am	9/15(6classes)	HRZN	\$56(R)/\$84(N)	Stretch-n-Grow	23955
Tu	9:30-10:15am	11/10(6classes)	HRZN	\$56(R)/\$84(N)	Stretch-n-Grow	25541
Th	3-3:45pm	9/17(6classes)	MMRA	\$71(R)/\$107(N)	Stretch-n-Grow	23954
Th	3-3:45pm	11/5(6classes)	MMRA	\$71(R)/\$107(N)	Stretch-n-Grow	25494

### YOGA STARS

Yoga Stars helps kids channel positive energy by creating a space to practice mindfulness, strength, and breathing techniques. With our engaging weekly sessions, our Stars explore simple yoga poses with songs, props, and stories. Our creative curriculum will have your Yoga Stars increasing their endurance, concentration, and confidence!

### (18mos-3yrs parent/caregiver)

F	9:30-10:15am	9/18(6classes)	CACT	\$56(R)/\$84(N)	Stretch-n-Grow	23995
F	9:30-10:15am	11/6(6classes)	CACT	\$56(R)/\$84(N)	Stretch-n-Grow	25542

### (4-6)

F	10:25-11:10am	9/18(6classes)	CACT	\$56(R)/\$84(N)	Stretch-n-Grow	23996
F	10:25-11:10am	11/6(6classes)	CACT	\$56(R)/\$84(N)	Stretch-n-Grow	25543

## 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
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**ALL PROGRAMS ARE SUBJECT TO CHANGE**

**Refunds will be issued in the event of a cancellation.**

## GYMNASTICS

(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.

Sa	8:45-9:30am	9/19(7classes)	MTNV	\$37(R)/\$56(N)	Schaffer	23843
Sa	8:45-9:30am	11/7(7classes)	MTNV	\$37(R)/\$56(N)	Schaffer	25443

## 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.*

Tu	9:15-10am	9/15(6classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23924
Tu	9:15-10am	11/10(6classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	25455

## 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. Classes will get children moving while helping to develop eye/hand coordination, fine and gross motor skills, and balance. Teaching will consist of constant praise and encouragement enabling the children to establish self-confidence. *Only children registered for this class will be allowed in the classroom.*

M	9:15-10am	9/14(12classes)	MTNV	\$79(R)/\$119(N)	JumpBunch	23870
M	9:15-10am	11/9(12classes)	MTNV	\$79(R)/\$119(N)	JumpBunch	25457
Tu	10:15-11am	9/15(6classes)	MTNV	\$79(R)/\$119(N)	JumpBunch	23869
Tu	10:15-11am	11/10(6classes)	MTNV	\$79(R)/\$119(N)	JumpBunch	25456

## 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.

Sa	10-11am	9/19(14classes)	ELDO	\$76(R)/\$114(N)	Sportball	23880
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## 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.*

### (3-5yrs)

M	10:15-11am	9/14(12classes)	ELDO	\$79(R)/\$119(N)	JumpBunch	23927
M	10:15-11am	11/9(12classes)	ELDO	\$79(R)/\$119(N)	JumpBunch	25458

### (3-6yrs)

W	4:45-5:30pm	9/16(6classes)	MMRA	\$81(R)/\$122(N)	JumpBunch	23925
W	5:45-6:30pm	9/16(6classes)	MMRA	\$81(R)/\$122(N)	JumpBunch	23926
W	4:45-5:30pm	11/4(5classes)	MMRA	\$67(R)/\$101(N)	JumpBunch	25459
W	5:45-6:30pm	11/4(5classes)	MMRA	\$67(R)/\$101(N)	JumpBunch	25460
Th	5:10-5:55pm	9/17(6classes)	CHAP	\$79(R)/\$119(N)	JumpBunch	25492
Th	5:10-5:55pm	11/5(6classes)	CHAP	\$79(R)/\$119(N)	JumpBunch	25493

## MULTI-SPORT & FITNESS FUN

(3-6yrs) Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of six different popular sports: hockey, soccer, football, baseball, basketball & volleyball.

F	11:15am-12:15pm	9/18(13classes)	HRZN	\$76(R)/\$114(N)	Sportball	23868
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## OUTDOOR SOCCER

(3-5yrs) 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.

Sa	11:15am-12:15pm	9/19(14classes)	ELDO	\$76(R)/\$114(N)	Sportball	23879
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## 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.

F	9:15-10:15am	9/18(13classes)	HRZN	\$76(R)/\$114(N)	Sportball	23908
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**ALL PROGRAMS ARE SUBJECT TO CHANGE**

**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
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## 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
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### 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	23962
F	9-10am	11/20(1class)	SWTS	\$13(R)/\$17(N)	Parks & Rec	25304
F	10:30-11:30am	11/20(1class)	SWTS	\$13(R)/\$17(N)	Parks & Rec	25305

# YOUTH (5-17 YEARS)

## ART

### NEW COLORFUL CRITTERS: PASTEL WORKSHOP

(8-13yrs) This Pastel Workshop will feature colorful critters. Pastels may be new to many students, but it is a super fun and interesting technique to learn! These pastel lessons teach a brightly colored fish, bold insects, a fun owl, and more.

Tu	5:15-6:15pm	11/3(7classes)	CHAP	\$109(R)/\$164(N)	Young Rembrandts	25201
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### NEW MONSTERS AND ZOMBIES

(8-13yrs) These lessons will feature drawings of monsters and zombies. This is a great character building exercise. We will draw monsters of different shapes, sizes, and colors. The students will learn to analyze the monsters and zombies faces for exaggerated facial features that amplify the characters personality and emotions.

Tu	5:15-6:15pm	9/15(7classes)	CHAP	\$109(R)/\$164(N)	Young Rembrandts	23872
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## DANCE

### DANCE AND CHEER

(5-9yrs) Learn the fundamentals of dance and cheer, including cheer chant, basic stunts, cheer arm positions, dance technique, and a dance routine. Participants will dance to popular music they love while increasing self-confidence and coordination. All music and movements are age appropriate. A special showcase will be held on the last day of class for family and friends!

Tu	4:45-5:30pm	9/15(7classes)	MMRA	\$97(R)/\$146(N)	Dance Sequins Studio	23815
Tu	4:45-5:30pm	11/3(7classes)	MMRA	\$97(R)/\$146(N)	Dance Sequins Studio	25530

**ALL PROGRAMS ARE SUBJECT TO CHANGE**

**Refunds will be issued in the event of a cancellation.**

## 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

## 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	25538
Th	5:15-5:45pm	9/17(7classes)	ONLINE	\$83(R)/\$125(N)	Dance Sequins Studio	25536
Th	5:15-5:45pm	11/5(6classes)	ONLINE	\$72(R)/\$108(N)	Dance Sequins Studio	25540

## 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	25441
Th	4-4:45pm	11/5(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

## SPORTS

### 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-overs, 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

## 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

## 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

## MUSIC

### GIUITAR

(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

**ALL PROGRAMS ARE SUBJECT TO CHANGE**

**Refunds will be issued in the event of a cancellation.**

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

## 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.

M-F School Release-6pm	TBD
Cost:	Cost determined when school starts

### 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.

M-F School Release-6pm	TBD
Cost:	Cost determined when school starts

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
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#### YAVAPAI - HOHOKAM | 701 N. Miller Road

K thru 5 <sup>th</sup> Grade
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#### NAVAJO | 4525 N. Granite Reef Road

K thru 5 <sup>th</sup> Grade
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#### ECHO CANYON | 4330 N. 62nd St.

K thru 5 <sup>th</sup> Grade
6 <sup>th</sup> thru 8 <sup>th</sup> Grade

#### TONALEA | 6720 E. Continental

K thru 5 <sup>th</sup> Grade
6 <sup>th</sup> thru 8 <sup>th</sup> Grade

## FALL BREAK CAMPS

### RECREATION CAMPS - 1<sup>ST</sup> - 5<sup>TH</sup> 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. 100<sup>th</sup> Street | 480-312-2650

M-F 8am-4pm	10/5-10/9	\$125	Horizon
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#### MOUNTAIN VIEW COMMUNITY CENTER

8625 E. Mountain View Road | 480-312-2584

M-F 8am-4pm	10/5-10/9	\$125	Mountain View
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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
Brown's Ranch, 30301 N. Alma School Pkwy.

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](https://Recreation.ScottsdaleAZ.gov) and search "After-School Programs".

## CERAMICS

Please view the supply list for this class at [ScottsdaleAZ.gov](http://ScottsdaleAZ.gov) search: Art Supply

### HOME ACCENTS

(18+) Rev up your house and patio with fireplace sculptures, bookshelf decorations, lamps, 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: 25lbs 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.

Sa	9:30am-12:30pm	9/19(13classes)	ELDO	\$284(R)/\$426(N)	Peterson	23791
Sa	1-4pm	9/19(13classes)	ELDO	\$284(R)/\$426(N)	Peterson	26417

### 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

### 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	9/18(12wks)	HRZN	\$57(R) / \$86(NR)	Martin	102812			
<input type="checkbox"/>	Day	<input type="checkbox"/>	Time	<input type="checkbox"/>	Start Date & Length	<input type="checkbox"/>	Location	<input type="checkbox"/>	Course Code
<input type="checkbox"/>	Fees, Resident/Non-Resident	<input type="checkbox"/>	Instructor, when applicable						

## 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	12-5:30pm	9/26(1class)	HRZN	\$44(R)/\$66(N)	Sampson	25402
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### 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	12-5:30pm	11/21(1class)	HRZN	\$44(R)/\$66(N)	Sampson	25389
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## 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	\$51(R)/\$77(N)	Holley	24007

**ALL PROGRAMS ARE SUBJECT TO CHANGE**

Refunds will be issued in the event of a cancellation.

## ARTS & CRAFTS

### NEW COLLAGE 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 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	11/13(5classes)	GRSC	\$63(R)/\$95(N)	Milman	24057

### DRAW/PAINT

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)	Chestney	23823
M	6:30-9:30pm	9/14(11classes)	ELSO	\$124(R)/\$186(N)	Chestney	23824
Tu	6:30-9:30pm	9/15(11classes)	ELSO	\$124(R)/\$186(N)	Chestney	23825
W	9:30am-12:30pm	9/16(10classes)	ELSO	\$114(R)/\$171(N)	Chestney	23826
W	1-4pm	9/16(10classes)	ELSO	\$114(R)/\$171(N)	Chestney	23827
Th	9:30am-12:30pm	9/17(11classes)	ELSO	\$124(R)/\$186(N)	Chestney	23828
Th	1-4pm	9/17(11classes)	ELSO	\$124(R)/\$186(N)	Chestney	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

**ALL PROGRAMS ARE SUBJECT TO CHANGE**

**Refunds will be issued in the event of a cancellation.**

### 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(6classes)	ELSO	\$56(R)/\$84(N)	Fried	23779
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	11/2(7classes)	VLSC	\$100(R)/\$150(N)	Taylor	24044
Tu	9am-12pm	9/15(7classes)	VLSC	\$100(R)/\$150(N)	Roberts	23873
Tu	9-12pm	11/3(7classes)	VLSC	\$100(R)/\$150(N)	Roberts	24049
Tu	1-4pm	9/15(7classes)	GRSC	\$98(R)/\$147(N)	Taylor	23876
Tu	1-4pm	11/3(7classes)	GRSC	\$98(R)/\$147(N)	Taylor	24043
W	1-4pm	9/16(6classes)	VLSC	\$52(R)/\$78(N)	Fried	23875
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	23874
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!

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

## 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
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## 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	\$98(R)/\$147(N)	Taylor	23968
M	1-4pm	11/2(7classes)	GRSC	\$98(R)/\$147(N)	Taylor	24045
W	9am-12pm	9/16(6classes)	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
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### 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
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### 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
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### 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
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### 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

(18+) Designed for continuing students wanting to increase their current knowledge in developing conversational skills, practicing pronunciation and learning essential grammatical facts in a supportive and fun environment. Group participation is encouraged. *Text book to be purchased: French Made Simple, by Haze, 2006 edition, \$13.*

Tu	5:30-7:30pm	9/15(11classes)	HRZN	\$109(R)/\$164(N)	Gabor	23836
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**ALL PROGRAMS ARE SUBJECT TO CHANGE**

**Refunds will be issued in the event of a cancellation.**

## 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.*

Sa	10-11:30am	9/19(14classes)	ONLINE	\$125(R)/\$188(N)	Eggink	25426
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## 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.

Th	10-11:30am	9/17(13classes)	ONLINE	\$117(R)/\$176(N)	Eggink	25427
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## 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 expand your vocabulary and your listening/speaking skills with us.

M	9-10:30am	9/14(14classes)	ONLINE	\$125(R)/\$188(N)	Eggink	25425
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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 rules of gender, number agreement, word pronunciation and useful vocabulary and phrases of the Italian language. Students will develop basic speaking, listening, reading, writing and comprehension skills. *Please purchase: Easy Italian Step-by-Step (Nanni-Tate) ISBN: 978-0071453899*

Th	6-8pm	9/17(10classes)	HRZN	\$114(R)/\$171(N)	Keyser	23856
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## DANCE

### 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.

F	6-7pm	9/18(10classes)	CACT	\$57(R)/\$86(N)	Kuhn	25417
F	7-8pm	9/18(10classes)	CACT	\$57(R)/\$86(N)	Kuhn	25418

### Dance Plus

Are you more than a beginner level dancer, and have had beginning level dance lessons, but not yet ready for an intermediate level class? Brush up and enhance your dances skills in dances like Swing, Fox Trot, Waltz, Latin dances, Tango and more.

W	5:45-6:45pm	9/16(7classes)	FENP	\$43(R)/\$65(N)	Kuhn	23771
W	6:45-7:45pm	9/16(7classes)	FENP	\$43(R)/\$65(N)	Kuhn	25420

## 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.

Tu	10:15-11:15am	9/15(14classes)	ONLINE	\$91(R)/\$137(N)	Haag	25424
Th	10:15-11:15am	9/17(13classes)	ONLINE	\$85(R)/\$128(N)	Haag	25428

## 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.

Tu	1pm-1:50pm	9/15(14classes)	GRSC	\$53(R)/\$80(N)	Moore	23788
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## COUNTRY WESTERN DANCE

(18+) If you enjoy listening to country-western music and wearing cowboy boots, you may get a kick out of country and western dancing. Learn the moves and techniques for dances like Arizona Two-Step, Texas Progressive Two-Step, Country Waltz and Line Dancing. No partner needed.

M	7-8pm	9/28(5classes)	ELDO	\$41(R)/\$62(N)	Chapman	23971
M	7-8pm	11/2(5classes)	ELDO	\$41(R)/\$62(N)	Chapman	25431

## 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.

Tu	9:15-10:15am	9/15(13classes)	VLSC	\$91(R)/\$137(N)	Chapman	23859
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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.

Tu	6:15-7:15pm	10/6(10classes)	MTNV	\$57(R)/\$86(N)	Campi	23945
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**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
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### 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
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## 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	\$91(R)/\$137(N)	Haag	25423
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Th	9-10am	9/17(13classes)	ONLINE	\$85(R)/\$128(N)	Haag	25429
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## 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	6-6:50pm	9/16(6classes)	MTNV	\$38(R)/\$57(N)	Barker	23763
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W	6-6:50pm	11/4(5classes)	MTNV	\$33(R)/\$50(N)	Barker	25163
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## FITNESS & HEALTH

### AEROBICS

(18+) Start your day off right with this 'work at your own pace' cardio class! Warm-up, stretch, hi/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
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### 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
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### 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
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### 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.

MW	9:15-10:15am	9/14(27classes)	GRSC	\$111(R)/\$167(N)	Alfraid	23781
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F	11am-12pm	9/18(12classes)	VLSC	\$55(R)/\$83(N)	Alfraid	23780
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### 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	8-8:50am	9/16(13classes)	VLSC	\$51(R)/\$77(N)	Alfraid	23782
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### 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
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Th	8-9am	9/17(12classes)	VLSC	\$58(R)/\$87(N)	Robertson	23790
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### 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)	Jenkins	23797
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W	1:30-2:45pm	10/28(7classes)	VLSC	\$53(R)/\$80(N)	Jenkins	24017
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### 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
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M	10-11am	9/14(13classes)	VLSC	\$92(R)/\$138(N)	Yancy	23803
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W	10-11am	9/16(12classes)	VLSC	\$86(R)/\$129(N)	Yancy	23802
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Th	9-10am	9/17(11classes)	VLSC	\$80(R)/\$120(N)	Yancy	23798
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F	9-10am	9/18(11classes)	VLSC	\$80(R)/\$120(N)	Yancy	23801
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F	10-11am	9/18(11classes)	VLSC	\$80(R)/\$120(N)	Yancy	23804
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F	11am-12pm	9/18(11classes)	VLSC	\$80(R)/\$120(N)	Yancy	23800
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## 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.

M	8-9am	9/14(13classes)	VLSC	\$92(R)/\$138(N)	Yancy	23806
Th	8-9am	9/17(11classes)	VLSC	\$80(R)/\$120(N)	Yancy	23805

## 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.

M	4-5pm	9/28(12classes)	VLSC	\$58(R)/\$87(N)	Roth	24000
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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!

Tu	6-6:50pm	9/15(14classes)	MMRA	\$44(R)/\$66(N)	Espinoza	24005
Th	6-6:50pm	9/24(12classes)	PNCC	\$53(R)/\$80(N)	Espinoza	24061

## NEW LET'S H.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.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.T. It!"

W	6:10-6:55am	9/16(13classes)	MMRA	\$72(R)/\$108(N)	Vanatta	25400
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## NEW THE B.I.G.

### (BREATH, INTENTION & GRATITUDE) 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.

M	3-4pm	11/9(3classes)	VLSC	\$37(R)/\$56(N)	Ginsberg	25174
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## 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.

W	7-8pm	9/16(12classes)	CACT	\$55(R)/\$83(N)	Alfraid	23808
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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).

Tu	5:30-6:30pm	9/15(14classes)	MMRA	\$70(R)/\$105(N)	Teisch	23810
Th	5:30-6:30pm	9/17(13classes)	MMRA	\$65(R)/\$98(N)	Teisch	23957

## 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.

M	8-9am	9/14(12classes)	CACT	\$60(R)/\$90(N)	Romero	23835
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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!

W	5:45-6:45pm	9/16(12classes)	CACT	\$55(R)/\$83(N)	Alfraid	23864
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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.

W	10:30-11:30am	9/16(13classes)	GRSC	\$78(R)/\$117(N)	Alfraid	23896
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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.

M	10-11am	9/14(12classes)	CACT	\$60(R)/\$90(N)	Romero	23887
M	10:30-11:30am	9/14(14classes)	MMRA	\$140(R)/\$210(N)	Nicholas	23889
W	9-10am	9/16(13classes)	MMRA	\$130(R)/\$195(N)	Nicholas	23890
W	4:30-5:30pm	9/16(12classes)	CACT	\$55(R)/\$83(N)	Alfraid	23888
W	6:45-7:45pm	9/16(12classes)	HRZN	\$60(R)/\$90(N)	Martini	23891
Th	1:30p-2:30pm	9/17(12classes)	VLSC	\$86(R)/\$129(N)	Yancy	23892
Tu	2:45-3:45pm	9/15(14classes)	VLSC	\$99(R)/\$149(N)	Yancy	23893

## 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.

Tu	5-5:50pm	9/15(14classes)	HRZN	\$68(R)/\$102(N)	Martin	23894
Th	5-5:50pm	9/17(13classes)	HRZN	\$64(R)/\$96(N)	Martin	23895

**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.*

W	10:10-11:10am	9/16(13classes)	MMRA	\$130(R)/\$195(N)	Nicholas	23897
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## PERSONAL FITNESS

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

M F	10:30-11:30am	9/14(26classes)	GRSC	\$134(R)/\$201(N)	Bockal	23883
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## 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.

M Th	9:15-10:15am	9/28(23classes)	MMRA	\$105(R)/\$158(N)	Whalen	23903
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## 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!

Tu Th	11:15am-12pm	10/6(21classes)	ELDO	\$52(R)/\$78(N)	Reznikoff	23905
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## 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.

Tu	8-8:55am	9/15(13classes)	VLSC	\$92(R)/\$138(N)	Yancy	23907
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W	9-9:55am	9/16(12classes)	VLSC	\$86(R)/\$129(N)	Yancy	23906
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## 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.

Tu	6-7pm	9/15(14classes)	HRZN	\$53(R)/\$80(N)	Martin	23917
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Th	6-7pm	9/17(13classes)	HRZN	\$50(R)/\$75(N)	Martin	23918
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## 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.

Sa	9:15-10:15am	9/19(13classes)	HRZN	\$59(R)/\$89(N)	Alfraid	23919
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## 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.

W	12pm-1pm	9/16(13classes)	VLSC	\$69(R)/\$104(N)	Alfraid	23922
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Th	8-9am	9/17(12classes)	CACT	\$60(R)/\$90(N)	Romero	23921
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## 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.

### Beginning

Beginning class will cover positions from the first section.

M	10:30am-12pm	9/14(14classes)	GRSC	\$89(R)/\$134(N)	Isaacson	23942
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Tu	10:30-11:30am	9/15(13classes)	VLSC	\$61(R)/\$92(N)	Grevtsev	23941
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W	10-11am	9/16(13classes)	VLSC	\$59(R)/\$89(N)	Navarro	23935
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W	11am-12pm	9/16(13classes)	VLSC	\$59(R)/\$89(N)	Isaacson	23934
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W	5:30-7pm	9/16(12classes)	ELDO	\$78(R)/\$117(N)	Isaacson	23933
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Th	9-10:30am	9/17(13classes)	GRSC	\$83(R)/\$125(N)	Isaacson	23938
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Th	10:30am-12pm	9/17(12classes)	VLSC	\$78(R)/\$117(N)	Navarro	23939
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F	9-10am	9/18(12classes)	VLSC	\$78(R)/\$117(N)	Navarro	23936
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Sa	8:45-10:15am	9/19(14classes)	PNCC	\$45(R)/\$68(N)	Isaacson	23937
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Sa	11:15am-12:15pm	9/19(14classes)	MMRA	\$77(R)/\$116(N)	Grevtsev	23940
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### Intermediate

Students must be proficient in positions from previous class.

W	11am-12pm	9/16(13classes)	VLSC	\$53(R)/\$80(N)	Navarro	23943
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### Advanced

Students must be proficient in positions from previous classes.

W	10-11am	9/16(13classes)	VLSC	\$53(R)/\$80(N)	Isaacson	23932
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F	9-10:30am	9/18(12classes)	VLSC	\$74(R)/\$111(N)	Isaacson	23930
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Sa	10:30am-12pm	9/19(14classes)	PNCC	\$79(R)/\$119(N)	Isaacson	23931
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## 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.

F	9:15-10:15am	9/18(9classes)	GRSC	\$44(R)/\$66(N)	Alfraid	23949
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## 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.

M	8-9am	9/14(14classes)	VLSC	\$65(R)/\$98(N)	Robertson	23950
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F	8-9am	9/18(12classes)	VLSC	\$58(R)/\$87(N)	Robertson	23951
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## 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.

Tu	9-10am	9/15(12classes)	CACT	\$60(R)/\$90(N)	Romero	23958
Th	9-10am	9/17(12classes)	CACT	\$60(R)/\$90(N)	Romero	23959

## 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.

M	9-10am	9/14(12classes)	CACT	\$60(R)/\$90(N)	Romero	23965
Tu	6-7pm	9/15(12classes)	CACT	\$60(R)/\$90(N)	Romero	23964

## 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.

Tu	7-8pm	9/15(12classes)	CACT	\$60(R)/\$90(N)	Romero	23969
Th	7-8pm	9/17(12classes)	CACT	\$60(R)/\$90(N)	Romero	23970

## ZUMBA

(14+) A fusion of Latin and International music & dance themes to create a dynamic, exciting and effective fitness system! The routines feature salsa, meringue, 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.

Th	1-2pm	9/17(13classes)	GRSC	\$60(R)/\$90(N)	Pena	23999
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## 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.

#### All Levels (14+)

M	6:45-8pm	9/14(14classes)	MMRA	\$118(R)/\$177(N)	Yancy	23974
W	6:30-8pm	9/16(12classes)	MMRA	\$101(R)/\$152(N)	Yancy	23975

#### All Levels (18+)

W	9:30-10:45am	9/16(6classes)	MMRA	\$42(R)/\$63(N)	Stewart	23992
W	9:30-10:45am	11/4(5classes)	MMRA	\$35(R)/\$53(N)	Stewart	24059
Th	6:30-8pm	9/17(13classes)	ELDO	\$112(R)/\$168(N)	Sikes	23976

### 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.

W	11am-12pm	9/16(6classes)	MMRA	\$33(R)/\$50(N)	Stewart	24058
W	11am-12pm	11/4(5classes)	MMRA	\$28(R)/\$42(N)	Stewart	24060

### Beginning (14+)

M	6:15-7:45pm	9/14(13classes)	MTNV	\$112(R)/\$168(N)	Sikes	23980
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### Beginning (18+)

M	10:45am-12pm	9/14(7classes)	VLSC	\$56(R)/\$84(N)	Phillips	23979
M	10:45am-12pm	11/2(7classes)	VLSC	\$56(R)/\$84(N)	Phillips	24029
W	10:30am-12pm	9/16(13classes)	CACT	\$112(R)/\$168(N)	Sikes	23978
Th	10:30am-12pm	9/17(13classes)	GRSC	\$126(R)/\$189(N)	Hutchens	24003
Th	11am-12:30pm	10/29(6classes)	VLSC	\$58(R)/\$87(N)	Phillips	23981
Th	11am-12:30pm	9/17(6classes)	VLSC	\$58(R)/\$87(N)	Phillips	24032

### Intermediate

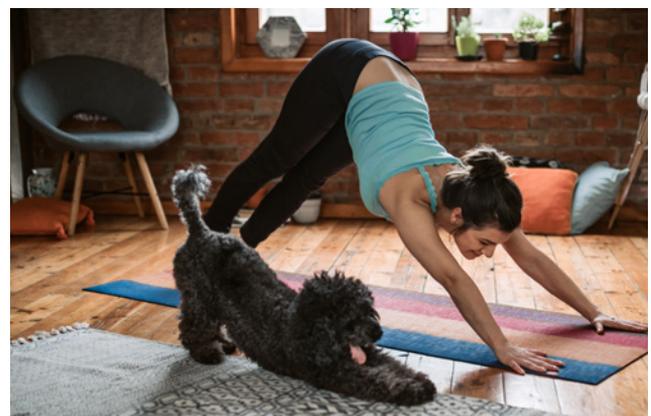
(18+) Intermediate requires yoga experience, with knowledge of the alignment principles of yoga for the basic postures and balance within your body, mind and spirit. The physical practice uses poses which both stretch and strengthen the body. Release tension, restore vitality and improve posture. This 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.*

M	9:15-10:30am	9/14(6classes)	VLSC	\$50(R)/\$75(N)	Phillips	24030
M	9:15-10:30am	10/26(8classes)	VLSC	\$63(R)/\$95(N)	Phillips	23988
Th	9:15-10:45am	9/17(6classes)	VLSC	\$58(R)/\$87(N)	Phillips	24031
Th	9:15-10:45am	10/29(6classes)	VLSC	\$58(R)/\$87(N)	Phillips	23989

### 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.

Sa	9:30-10:30am	10/24(1class)	HRZN	\$20(R)/\$30(N)	Griffin	25421
Sa	9:30-10:30am	11/14(1class)	CHAP	\$20(R)/\$30(N)	Griffin	25422



## 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(7classes)	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(13classes)	GRSC	\$126(R)/\$189(N)	Hutchens	24004
F	8:30-10am	9/18(7classes)	GRSC	\$68(R)/\$102(N)	Kayatt	23985
F	8:30-10am	11/13(5classes)	GRSC	\$48(R)/\$72(N)	Kayatt	24024
↻	W 8:30-10am	9/16(7classes)	ONLINE	\$61(R)/\$92(N)	Kayatt	23983
↻	W 8:30-10am	11/4(6classes)	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
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## NEW RESTORTATIVE 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(13classes)	CACT	\$78(R)/\$117(N)	Seeley	24002
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## ↻ 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	25297
W	9-10:30am	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	25128
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 short walk to our open air outdoor 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(9classes)	GWTH	\$67(R)/\$101(N)	Yancy	23994
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## 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
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## 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
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## 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
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### 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
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### CLASS LISTING LEGEND

#### COURSE TITLE

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

W	5:15pm-5:55pm	9/18(12wks)	HRZN	\$57(R) / \$86(NR)	Martin	102812
Day	Time	Start Date & Length	Location	Course Code	Fees, Resident/Non-Resident	Instructor, when applicable

## 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	25164
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

## GAMES

### BRIDGE: BEGINNING

(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	25393

## 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 bid; 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	11/2(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 TRUST 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
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### 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
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### 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 coaching. 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
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\*\*\* ALL PROGRAMS ARE SUBJECT TO CHANGE \*\*\*

## 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

## FALL POOL HOURS:

Call the individual pool or visit [ScottsdaleAZ.gov](http://ScottsdaleAZ.gov) and search "Aquatics" for hours of operation..

### LAP SWIM FEES

Adult (R) \$3 / Child (R) \$2	CACT / ELDO / MMRA
Adult (N) \$5 / Child (N) \$3	CACT / ELDO / MMRA

## FALL LESSONS:

M & W	9/9-9/30	CACT / ELDO / MMRA
S	9/12-10/31	MMRA only

## 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+) BackAche? 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.



**Find what you're looking for... ONLINE**

Register for classes online at [Recreation.ScottsdaleAZ.gov](http://Recreation.ScottsdaleAZ.gov).

Search by class name and sort by location, time and day of week.

**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.

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

## 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.*



### SEA BABIES

(6mo-3yrs / 1:8 ratio)

- Water acclimation class
- Water safety concepts for caregivers and students
- Introduction to swimming skills



### TADPOLES

(2.5-5yrs / 1:4 ratio)

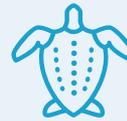
- Students participate without caregiver presence
- Basic water safety skills (asking permission, putting on lifejackets)
- Blowing bubbles, underwater exploration, assisted and unassisted submersion
- Assisted streamlines & rolling from back to front and front to back
- Swim benchmarks in swim wear and regular clothes



### GUPPIES

(3-6yrs / 1:4 ratio)

- Basic water safety skills (putting on a life jacket & kick 20 ft)
- Jump in, submerge and recover for air assisted and unassisted
- Assisted and unassisted streamline, unassisted front and back floats
- Assisted and unassisted forward movement (kicking and pulling) on front and back
- Swim benchmarks in swim wear and regular clothes



### SEA TURTLES

(4-7yrs / 1:4 ratio)

- Students must be comfortable moving independently in water up to 4 feet deep
- Variations of side glide and streamline assisted and unassisted
- Jump in and move independently towards the wall
- Treading water
- Swim benchmarks in swim wear and regular clothes



### OTTERS

(5yrs+ / 1:4 ratio)

- Students must be comfortable in deep water
- Survival float and treading water
- Head first entries
- Freestyle stroke concepts
- Introduction to backstroke



### DOLPHINS

(5yrs+ / 1:4 ratio)

- Students must be comfortable in deep water
- Water safety concepts and how to call 9-1-1
- Backstroke & butterfly concepts



### ORCAS

(6yrs+ / 1:4 ratio)

- Students must be comfortable in deep water
- Breaststroke & side stroke concepts
- Endurance building



### SHARKS

(6yrs+ / 1:4 ratio)

- Students must be comfortable in deep water
- Survival floating and treading water for longer durations
- Refinement of all four competitive strokes
- Racing starts and endurance building

Search online for swim lessons by class name or by location at [Recreation.ScottsdaleAZ.gov](https://Recreation.ScottsdaleAZ.gov)

## 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
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### 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](http://ScottsdaleAZ.gov) and search "Tennis".

## JUNIOR 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](http://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.



Visit: [Recreation.ScottsdaleAZ.gov](http://Recreation.ScottsdaleAZ.gov).

**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](http://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.

## FALL REGISTRATION

Registration Opens:	7/27 (R), 7/28 (N) at 8am
Early Registration Ends:	8/28
Last Day to Register:	8/31

### KICKBALL

Format: 14 League Games/Single Elimination Tournament

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

### SLOW PITCH SOFTBALL

Format: 14 League Games/Single Elimination Tournament

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

### BASKETBALL

TBD

### FLAG FOOTBALL

TBD

### INDOOR VOLLEYBALL

TBD

### 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

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

League nights are Mondays, Tuesdays, Wednesdays or Thursdays  
 Game times are 6:30pm & 8:15pm / alternating weeks

### 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

Daily	\$3(R)	\$5(N)
1 Month	\$15(R)	\$25(N)
3 Month	\$40(R)	\$60(N)
Annual	\$130(R)	\$195(N)

### 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)



### 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.

	ADULT (R)	YOUTH (R)	ADULT (N)	YOUTH (N)
	(18+)	(14-17)	(18+)	(14-17)
1 Year	\$99	\$50	\$150	\$75
3 Month	\$50	\$25	\$75	\$38
1 Month	\$20	\$10	\$30	\$15
Daily Drop-In	\$4	\$4	\$6	\$6

### CLUB SAR CLASSES

Subject to change, instructors may vary

Barre Workout	M & W	5:30-6:30pm
Kick boxing	Tu & Th	5:30-6:30pm
Spin	M & W	5-5:30pm
Rowing	Tu & Th	5-5:30pm
Yoga	W	6:15-7:15am
Yoga	M - Th	6:45-7:45pm
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 INFORMATION

**REGISTRATION STARTS AT 8 A.M.**



**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 2<sup>nd</sup> class. No refunds after the 2<sup>nd</sup> 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](http://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

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