

SCOTTSDALE

SUMMER 2020 - JUN | JUL | AUG

plays



SCOTTSDALE PARKS & RECREATION

Jun | Jul | Aug 2020
Activity Guide

SUMMER REGISTRATION: RESIDENTS MAY 26 AT 8 A.M. / NON-RESIDENTS MAY 27 AT 8 A.M.



FIND YOUR FUN THIS SUMMER!

We have classes and activities for all ages!



REGISTRATION IS EASY!

Visit Recreation.ScottsdaleAZ.gov

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TOT CLASS GUIDELINES

- For your child's safety please accompany them to and from the classroom.
- Classes are designed for the ages listed. Children must meet the age requirement by the first class date. Sorry, no exceptions.
- Children must be able to participate independently except in specified parent/child classes.
- Observers and non-registered individuals, including siblings, are not permitted in classes. Only children that are registered are permitted in class.
- Parents or guardians must participate in parent/child classes. Other siblings are not allowed inside the classroom.

ART

NEW HOUSEHOLD PETS WORKSHOP

(5-7yrs) Students will learn how to draw household pets that are drawn in a realistic manner. The students will also personify common pets, transforming them into fully realized cartoon characters. They'll analyze the animals' shapes, highlight facial expressions, poses, details, and composition.

Sa 10:30-11:15am 6/27(4classes) HRZN \$46(R)/\$96(N) Young Rembrandts 23071

NEW PRINCESSES WORKSHOP

(5-7yrs) These drawing lessons feature close-up shots of princesses. The initial shapes (i.e., head and shoulders) and their placement are consistent throughout this series of drawings. Students will discuss the sample line drawing that features only the basic shapes and will become familiar with basic face, neck, and shoulder construction.

Sa 10:30-11:15am 8/8(5classes) HRZN \$54(R)/\$81(N) Young Rembrandts 23567

DANCE

CREATIVE MOVEMENT

(1-3yrs Parent/Caregiver) Designed to introduce music and movement through interaction and creative activities, participants 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. We encourage parent/caregiver participation.

W 11-11:45am 6/24(4classes) MTNV \$52(R)/\$78(N) Dance Sequins Studio 22982

DANCE COMBO

(3-5yrs) Learn basic tap and creative ballet movements. Basic tap and ballet movement promotes coordination, rhythm and memory skills. This is a fun and nurturing class which will 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 6/23(4classes) MTNV \$52(R)/\$78(N) Dance Sequins Studio 22986

W 10:05-10:50am 6/24(4classes) MTNV \$52(R)/\$78(N) Dance Sequins Studio 22987

TOT TAP & BALLET

(3-5yrs) Classes incorporate basic ballet and tap steps with games and songs to ensure your child learns while having fun. This nurturing environment and instruction will help build coordination and promote self-esteem.

W 5-5:45pm 6/24(8classes) HRZN \$43(R)/\$65(N) Martin 23129

SPORTS

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. The Gymnastics class, includes front and back rolls, cartwheels, handstands, walk-overs, and also included is Bar Strengthening, Stretches and Conditioning.

Sa 8:45-9:30am 6/27(9classes) CACT \$44(R)/\$66(N) Schaffer 23548

Sa 9:30-10:15am 6/27(9classes) CACT \$44(R)/\$66(N) Schaffer 23549



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.

(18mos-3yrs Parent/Caregiver)

F 9:30-10:15am 6/5(6classes) CACT \$62(R)/\$93(N) Stretch-n-Grow 23168

(4-6yrs)

F 10:25-11:10am 6/5(6classes) CACT \$62(R)/\$93(N) Stretch-n-Grow 23169

SOCCER FOR KIDS

Taught by a Professional Soccer Player (Germany 1993-1996) this class 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. This class is held indoors.*

(2-3yrs)

F	9-9:45am	7/31(12classes)	MTNV	\$75(R)/\$113(N)	Hatfield	23083
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(3-5yrs)

M	3-3:45 pm	7/27(12classes)	CACT	\$75(R)/\$113(N)	Hatfield	23081
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(5-7yrs)

M	4-4:45 pm	7/27(12classes)	CACT	\$75(R)/\$113(N)	Hatfield	23082
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MULTI-SPORT & FITNESS FUN JR

(15mos/3mos / Parent & Caregiver) 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. 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.*

Tu	10:15-11am	6/23(7classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23573
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M	9:15-10am	8/10(4classes)	MTNV	\$56(R)/\$84(N)	JumpBunch	23587
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Tu	10:15-11am	8/11(4classes)	MTNV	\$56(R)/\$84(N)	JumpBunch	23590
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MULTI-SPORT & FITNESS FUN

(3-6yrs) 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.*

M	9:15-10am	6/22(7classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23569
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Tu	9:20-10:05am	6/23(7classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23038
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Tu	9:20-10:05am	8/11(4classes)	MTNV	\$56(R)/\$84(N)	JumpBunch	23589
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SUPERHERO TRAINING

(3-6yrs) 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.*

M	10:10-10:55am	6/22(7classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23570
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W	3:45-4:30pm	6/24(7classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23574
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W	4:30-5:15pm	6/24(7classes)	MTNV	\$91(R)/\$137(N)	JumpBunch	23575
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M	10:10-10:55am	8/10(4classes)	MTNV	\$56(R)/\$84(N)	JumpBunch	23588
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W	4:45-5:30pm	8/12(4classes)	MTNV	\$56(R)/\$84(N)	JumpBunch	23591
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W	5:30-6:15pm	8/12(4classes)	MTNV	\$56(R)/\$84(N)	JumpBunch	23592
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SPORTBALL JUNIOR

(1-3yrs) Toddlers and parents/caregivers 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	6/26(6classes)	MTNV	\$76(R)/\$114(N)	Sportball	23080
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MULTI-SPORT INDOOR

(2-3yrs Parent/Caregiver) These parent participation programs help young children to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities. Sports include: soccer, basketball, t-ball, football, hockey, tennis & volleyball.

F	9:15-10:15am	6/26(6classes)	MTNV	\$76(R)/\$114(N)	Sportball	23654
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Sa	9-9:45am	6/27(5classes)	MTNV	\$65(R)/\$98(N)	Sportball	23084
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MULTI-SPORT INDOOR

(3-5yrs) 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	11:15-12:15pm	6/26(6classes)	MTNV	\$76(R)/\$114(N)	Sportball	23037
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Sa	10-10:45am	6/27(5classes)	MTNV	\$65(R)/\$98(N)	Sportball	23553
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SOCCER & T-BALL - INDOOR

(4-6yrs) 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.

Sa	11:15-12:15pm	6/27(5classes)	MTNV	\$65(R)/\$98(N)	Sportball	23048
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ART

NEW ANIMALS OF AFRICA PASTELS

(8-13yrs) This camp uses pastels. These drawings will feature a close-up of a lion's face, a zebra, and a close-up of an antelope's head and more. Students will learn the techniques for using pastels as media and build up their confidence throughout the classes.

Tu 5:15-6:15pm 8/4(5classes) CHAP \$109(R)/\$164(N) Young Rembrandts 23566

NEW FASHION RUNWAY: ROYAL PRINCESSES

(8-13yrs) Workshop featuring a Royal Princess theme. Students learn step-by-step to create a basic human figure when drawing the princesses and fashion accessories. Many drawings, especially those featuring princess faces and bodies. These drawings will emphasize basic figure drawing.

Tu 5:15-6:15pm 6/23(5classes) CHAP \$109(R)/\$164(N) Young Rembrandts 23137

DANCE

DANCE AND CHEER

(5-9yrs) Participants will learn the fundamentals of dance and cheer, including cheer chant, basic stunts, cheer arm positions, dance technique, and a dance routine. Dance to popular music while increasing self-confidence and coordination. *A special showcase will be held on the last day of class for family and friends.*

Tu 4:45-5:30pm 6/23(4classes) MTNV \$52(R)/\$78(N) Dance Sequins Studio 22984

DANCE STARS

(5-12yrs) 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! Your families will get to experience an offsite performance at the end of July, our Summer Theme will be 'Seussical'.

Th 4-4:45pm 6/4(6classes) MMRA \$62(R)/\$93(N) Stretch-n-Grow 23170

Th 4-4:45pm 7/23(6classes) MMRA \$62(R)/\$93(N) Stretch-n-Grow 23563

FIRST AID & SAFETY

CHILDCARE AND BABYSITTER SAFETY

(12-18yrs) If you are wanting to provide child and infant care, this is the class for you. The program discusses the importance of responsibility, teaches you to recognize an emergency and take the correct action. You will hear about personal safety, fire and water safety and basic first aid and choking management. Please bring a sack lunch. Please arrive promptly as doors will be locked and late arrivals will not be able to access the room.

Sa 9am-3pm 6/13(1class) SPFD \$45(R)/\$45(N) Scottsdale Fire 22976

FITNESS

NEW KIDS FITNESS AND HUMAN ANATOMY (ONLINE)

(5-12yrs) Join this online virtual class for basic fitness geared toward elementary children. This will include learning fitness warm-ups and exercises along with learning all of the muscles and bones of the human body. Children who complete the class and learn the anatomy, will receive a medal and certificate at the end of the class.

M 9-10am 6/1(4 classes) ONLINE \$15(R)/\$20(NR) City Staff 25181

SPORTS BASKETBALL

This clinic teaches children basketball skills such as ball handling, shooting, passing, as well as the rules of the game itself. The clinic will start at a beginner level, and we will assess each child to make sure to work at their own pace as we progress towards more advanced basketball skills. During the scrimmage, we will encourage children to play by the rules, while working together as a team, and displaying good sportsmanship. Our JumpBunch coaches will make sure each child is working at their own skill level, while improving their game and having fun!

Tu 11:10-11:55am 7/7(5classes) MTNV \$68(R)/\$102(N) JumpBunch 23571

GYMNASTICS

(7-9yrs) 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, and also included is bar strengthening, stretches and conditioning.

Sa 10:30-11:30am 6/27(9classes) CACT \$44(R)/\$66(N) Schaffer 23550

SPECIAL INTEREST

BEGINNING GUITAR

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

M 4:30-5:15pm 6/22(10classes) CHAP \$75(R)/\$113(N) Fahy 22943

NEW JUGGLING FOR EVERYONE! (ONLINE)

(14+) Learn how to juggle using household items. This beginners class will take you through a four week online virtual class to help you learn the art of juggling. This class is intended for all ages groups from children to senior citizens.

M 9-10am 6/1(4 classes) ONLINE \$15(R)/\$20(NR) City Staff 25180

PIANO/KEYBOARDING

(5-12yrs) This 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 6/27(6classes) HRZN \$119(R)/\$179(N) Elements Music 23758

Sa 9:15-10:15am 6/27(6classes) HRZN \$119(R)/\$179(N) Elements Music 25131

Sa 9:15-10:15am 7/25(6classes) HRZN \$119(R)/\$179(N) Elements Music 23057

HOW TO RIDE A BIKE FOR KIDS

(5-11yrs) Our kid-friendly instructors will help them with their first lesson (possibly the only lesson they will need)! Our fun, unique and proven instruction methods have helped hundreds of kids experience the joy of riding a bike. Please bring your own bike, helmet and closed toe shoes. *Parents need to stay onsite for this class.*

Sa 7:30-9:30am 6/6(1class) CHAP \$76(R)/\$114(N) REI 23015

YOUTH SUMMER CAMPS

1st - 5th grade (5y/9m but less than 12), Fall 2020

*No camps on July 3 (camp will be prorated that week)

Parks and Recreation Summer Camps offer dynamic, enriching recreational opportunities for youth of Scottsdale that address the changing lifestyles and needs of families. Our goal is to provide children a safe, comfortable and enriching place to play and engage others during the summer.

Camps will run Monday - Friday, 8 a.m. to 5 p.m. from June 1 - July 24

\$125 / week

ECHO CANYON

4330 N. 62nd St. | 480-312-2329

COCOPAH MIDDLE SCHOOL

6615 E. Cholla St. | 480-312-2329

DESERT CANYON MIDDLE SCHOOL

10103 E. McDowell Mt. Ranch Road | 480-312-2650

HORIZON PARK AND COMMUNITY CENTER

15444 N. 100th St. | 480-312-2650

TEEN CAMPS

For youth in 6th, 7th or 8th grades, Fall 2020

RECREATION CLUB 678

The summer 'Club 678' offers dynamic, enriching recreational opportunities for teens entering 6th, 7th and 8th grade in the Fall of 2020. The goal of this program is to provide teens a safe, comfortable and fun atmosphere to express themselves, meet others and be physically active. The activities programmed provide an opportunity for self-expression through various art forms, sports, fitness, games, events, excursions and guest speakers.

Camps will run Monday - Friday, 8 a.m. to 5 p.m. from June 1 - July 24

\$125 / week

COCOPAH MIDDLE SCHOOL

6615 E. Cholla St. | 480-312-2329

DESERT CANYON MIDDLE SCHOOL

10103 E. McDowell Mt. Ranch Road | 480-312-2650

ECHO CANYON

4330 N. 62nd St. | 480-312-2329

Summer camps/programs are not licensed childcare. Programs are "drop in" programs, meaning that youth are permitted to come and go as they wish. Participants do not sign in or out.

For updates and new information visit ScottsdaleAZ.gov

ALL PROGRAMS ARE SUBJECT TO CHANGE

SPORTS & ACTIVITY CAMP

Kids will participate in a variety of sports and activities to get them moving and develop physical skills and teamwork! Participants will be divided into groups according to age. For more information please call 480-312-7657.

Camps will run Monday - Friday, 8 a.m. to noon

\$65 / week

MOUNTAIN VIEW COMMUNITY CENTER

8625 E. Mountain View Road | 480-312-7657

1st thru 5th graders

June 1-5 / June 8-12 / June 15-19 / June 22-26

MOHAVE MIDDLE SCHOOL

8490 E. Jackrabbit Rd. | 480-312-7657

1st thru 6th graders

June 29-July 2 (no camp July 3) / July 6-10 / July 13-17 / July 27-31

SUMMER BASKETBALL CAMP FOR YOUTH

8-14 yrs of age

This basketball camp is a fun and instructional program for both boys and girls ages 8-14. The program will emphasize fun, fitness and fundamentals for children. The camp will utilize an indoor gymnasium. Camp will be coordinated by Chaparral High School's head basketball coach, Dan Pederson and supported by staff with experience and enthusiasm. Limited enrollment so register early!

Camps will run Monday - Friday, 9 a.m. to noon from July 27 - 31

\$60 / week

CHAPARRAL HIGH SCHOOL

6935 E. Gold Dust Ave. | 480-312-7657

SCOTTSDALE PARKS AND RECREATION IS COMMITTED TO OFFERING SUMMER CAMPS IN A SAFE, THOUGHTFUL MANNER. YOU'LL NOTICE A FEW CHANGES THIS SUMMER:

- Participants will be dropped off and picked up outside of the building. Parents and caregivers will not enter the building.
- Participants will have their temperatures checked before entering the program.
- If a participant is unwell or exhibits symptoms of illness, they will be isolated and sent home.
- Staff will be wearing masks.
- Increased cleaning will take place before, during and after the program.
- Additional handwashing break are added during the day and hand sanitizer will be available for participants and search 'Summer Camps'.

CERAMICS

Review the supply list and PDF files needed for this class at ScottsdaleAZ.gov and search 'Art Supply'

HOME ACCENTS

(14+) 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.*

W	9am-noon	6/24(5 classes)	GRSC	\$85(R)/\$128(NR)	Peterson	25169
Sa	9:30am-12:30pm	6/27(5classes)	ELDO	\$105(R)/\$158(N)	Peterson	22957

INTRODUCTION TO CLAY

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.*

(14+)

M	5:45-8:45pm	6/22 5classes)	ELDO	\$85(R)/\$128(N)	Peterson	22960
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(18+)

Tu	9am-12pm	6/23(10classes)	ELDO	\$183(R)/\$275(N)	Shock	22958
Th	9am-12pm	6/25(10classes)	ELDO	\$183(R)/\$275(N)	Shock	22959

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. Your 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	6/23(10classes)	ELDO	\$183(R)/\$275(N)	Shock	22961
Th	12:30-3:30pm	6/25(10classes)	ELDO	\$183(R)/\$275(N)	Shock	22962

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						

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.*

Th	6-7:30pm	6/25 (6classes)	HRZN	\$44(R)/\$66(N)	Bochenek	22989
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NEW ADVANCED

(15+) The class is designed to refine your photographic composition into fine art photography. Delve deeper in photography basics and how to apply them in multiple ways. Learn about the self-expressions and how to incorporate it into your photos. Learn how to capture life's intimate moments, create great lighting, and create compelling bodies of work. This class is taught using DSLR cameras. *Please bring your DSLR camera to each class.*

W	6-7:30pm	6/24(6classes)	HRZN	\$36(R)/\$54(N)	Smith	23645
W	6-7:30pm	8/5(5classes)	HRZN	\$41(R)/\$62(N)	Smith	23669

ARTS & CRAFTS

View the supply list for these classes at ScottsdaleAZ.gov and search, 'Art Supply'

DRAW/PAINT

(14+) 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.*

M	9am-12pm	6/22(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22992
M	6:30-9:30pm	6/22(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22993
M	9am-12pm	6/22(11 classes)	GRSC	\$160(R)/\$240(N)	Consalvo	25173
Tu	6:30-9:30pm	6/23(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22994
W	9:30am-12:30pm	6/24(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22995
W	1-4pm	6/24(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22996
Th	9:30am-12:30pm	6/24(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22997
Th	1-4pm	6/24(9classes)	ELSO	\$103(R)/\$155(N)	Chestney	22998
Th	9am-12pm	6/25(11classes)	VLSC	\$171(R)/\$257(N)	Consalvo	23000

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	6/22(11 classes)	VLSC	\$157(R)/\$236(N)	Taylor	23046
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INTERMEDIATE/ADVANCED OIL PAINTING

(18+) Continuing and Intermediate/Advanced Oil students who painted in oil to these levels, plus new students to this group who meet the criteria. Individual help and guidance on all subject matter of student's choosing, plus instructor will demonstrate on her own paintings advanced techniques and problem solving techniques. Please be currently painting regularly and open to learning new techniques.

Tu	9am-12pm	6/23(11classes)	GRSC	\$93(R)/\$140(N)	Fried	23018
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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	6/22(11classes)	VLSC	\$111(R)/\$167(N)	Khamis	23050
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ACRYLICS AND WATERCOLOR WITH UNIQUE TECHNIQUES

(18+) 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. 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.

Tu	9am-12pm	6/23(11classes)	VLSC	\$157(R)/\$236(N)	Godwin	23042
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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.

F	9am-12pm	6/26 (10 classes)	VLSC	\$135(R)/\$203(N)	Taylor	23142
F	9am-12pm	6/26 (10 classes)	VLSC	\$135(R)/\$203(N)	Levinw	23141
W	9am-12pm	6/24 (11 classes)	VLSC	\$149(R)/\$224(N)	Levine	23140

FOREIGN LANGUAGE

BEGINNER SPANISH: STEP 1 (ONLINE)

(15+) 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. This class will be presented through Zoom.com.

Tu	9:30-11:30am	6/23(10classes)	ONLINE	\$89(R)/\$134(N)	Buettner	23090
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BEGINNER SPANISH: STEP 2 (ONLINE)

(15+) This course is for students who completed Beginner Spanish course. Interactive practice aimed at building vocabulary, conversation, grammar and basic reading. This class will be presented through Zoom.com.

M	9:30-11:30am	6/22(10classes)	ONLINE	\$89(R)/\$134(N)	Buettner	23086
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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	7/21(6classes)	HRZN	\$64(R)/\$96(N)	Gabor	23005
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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	5-6:30pm	6/25(10classes)	ELDO	\$81(R)/\$117(N)	Chavez	23088
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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	6:40-8:10pm	6/25(10classes)	ELDO	\$81(R)/\$122(N)	Chavez	23089
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SPANISH: CONTINUING I (ONLINE)

(15+) 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. This class will be presented through Zoom.com.

W	6-8pm	6/24(10classes)	ONLINE	\$89(R)/\$134(N)	Buettner	23085
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SPANISH: CONTINUING II (ONLINE)

(18+) 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. This class will be presented through Zoom.com.

Th	6-8pm	6/25(10classes)	ONLINE	\$89(R)/\$134(N)	Buettner	23087
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DANCE

BALLET: BEGINNING

(14+) This class is designed for the beginning student or those with less than two years of Ballet training. This casual and fun class will offer a great workout while learning ballet basics, technique, terminology and ballet combinations.

M	5-5:50pm	6/22(6classes)	HRZN	\$27(R)/\$41(N)	Pack	22935
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Th	10:30-11:20am	6/25(7classes)	MMRA	\$31(R)/\$47(N)	Pack	22934
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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.

Tu	1-1:50pm	6/23(11classes)	GRSC	\$44(R)/\$66(N)	Moore	22953
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ALL PROGRAMS ARE SUBJECT TO CHANGE
Refunds will be issued in the event of a cancellation.

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.

W	7:15-8:15pm	6/24(5classes)	ELDO	\$41(R)/\$62(N)	Chapman	23145
W	7:15-8:15pm	7/29(5classes)	ELDO	\$41(R)/\$62(N)	Chapman	25117

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!

Tu	9:15-10:15am	6/23(10classes)	VLSC	\$72(R)/\$108(N)	Chapman	23028
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FITNESS & HEALTH

NEW "GERI FIT" STRENGTH TRAINING

(18+) This class involves strength training exercises using dumbbells ranging from 2 and up to 8 pounds. This workout is ideal for older adults that want to regain strength that has been lost through the aging process so that functional capacity, range of motion, balance and gait improves. No floor work. Bring a towel and water.

Tu	6-7pm	6/23(11classes)	CACT	\$56(R)/\$84(N)	Romero	23138
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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	7:45-8:45am	6/27(9classes)	VLSC	\$44(R)/\$66(N)	Alfraid	22932
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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	6/25(11classes)	CACT	\$56(R)/\$84(N)	Romero	22933
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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.

M	6:30-7:30pm	6/22(11classes)	MMRA	\$61(R)/\$93(N)	Brown	22939
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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	6/22(22classes)	GRSC	\$92(R)/\$138(N)	Alfraid	22946
F	11am-12pm	6/26(10classes)	VLSC	\$48(R)/\$72(N)	Alfraid	22945

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	7:45-8:45am	6/24(11classes)	VLSC	\$56(R)/\$84(N)	Alfraid	22947
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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	6/23(11classes)	MMRA	\$35(R)/\$53(N)	Espinoza	23662
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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	7:45-8:45am	6/23(11classes)	VLSC	\$54(R)/\$817(N)	Robertson	22955
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Th	7:45-8:45am	6/25(11classes)	VLSC	\$54(R)/\$817(N)	Robertson	22956
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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	7/6(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22967
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M	10-11am	7/6(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22971
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W	10-11am	7/8(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22970
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Th	9-10am	7/9(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22966
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F	11-12pm	7/10(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22968
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F	9-10am	7/10(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22969
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F	10-11am	7/10(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22972
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INTERMEDIATE

(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. 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	7/6(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22974
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Th	8-9am	7/9(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	22973
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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.

W	7-8pm	6/24(11classes)	CACT	\$51(R)/\$77(N)	Alfraid	22977
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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, lowerback, hips, and butt).

Tu	5:30-6:30pm	6/23(11classes)	MMRA	\$65(R)/\$98(N)	Teisch	22979
Th	5:30-6:30pm	6/25(11classes)	MMRA	\$65(R)/\$98(N)	Teisch	23130

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	6/22(11classes)	CACT	\$56(R)/\$84(N)	Romero	23004
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NEW FULL BODY FLEXIBILITY

(14+) Improve flexibility, balance and strength in three steps. This class blends the best stretching methods from yoga, Pilates, martial arts and sports training into stretching sequences for your every need. This class will enhance your body's natural movements, reduce muscular tension, strengthen joints and improve posture. Must be able to sit on floor and get up from seated position. Please bring a towel and water.

M	9-10am	6/22(11classes)	CACT	\$56(R)/\$84(N)	Romero	23139
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NEW JUGGLING FOR EVERYONE! (ONLINE)

(14+) Learn how to juggle using household items. This beginners class will take you through a four week online virtual class to help you learn the art of juggling. This class is intended for all ages groups from children to senior citizens.

M	9-10am	6/1(4 classes)	ONLINE	\$15(R)/\$20(NR)	City Staff	25180
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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	6/24(11classes)	CACT	\$51(R)/\$77(N)	Alfraid	23033
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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.

MF	10:30-11:30am	6/22(21classes)	GRSC	\$108(R)/\$163(N)	Bockal	23054
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PILATES

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

(14+)

M	10:30-11:30am	6/22(10 classes)	MMRA	\$100(R)/\$150(N)	Nicholas	23060
M	10-11am	6/22(11 classes)	CACT	\$56(R)/\$84(N)	Romero	23058
W	9-10am	6/24(10 classes)	MMRA	\$100(R)/\$150(N)	Nicholas	23066
W	4:30-5:30pm	6/24(11 classes)	CACT	\$56(R)/\$84(N)	Alfraid	23059
W	6-7pm	6/24(10classes)	HRZN	\$52(R)/\$78(N)	Martin	23061

(18+)

Th	1:30-2:30pm	7/9(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23062
Tu	2:45-3:45pm	7/7(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23063

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 suggested.

W	10:10-11:10am	6/3(12classes)	MMRA	\$100(R)/\$150(N)	Nicholas	23068
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PILATES: GOLF CONDITIONING

(14+) This conditioning program can significantly enhance your golfing experience while extending your years of play. Increasing strength and flexibility and decrease your risk for injury. Building better bodies and minds is the original purpose of Pilates.

Tu	5-5:50pm	6/23(10classes)	HRZN	\$52(R)/\$78(N)	Martin	23064
Th	5-5:50pm	6/25(10classes)	HRZN	\$52(R)/\$78(N)	Martin	23065

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	6/24(11classes)	GRSC	\$66(R)/\$99(N)	Alfraid	23067
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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	7:45-8:40am	6/2(13classes)	VLSC	\$92(R)/\$138(N)	Yancy	23079
W	9-9:55am	6/3(13classes)	VLSC	\$92(R)/\$138(N)	Yancy	23078

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	6/23(10classes)	HRZN	\$41(R)/\$62(N)	Martin	23091
Th	6-7pm	6/25(10classes)	HRZN	\$41(R)/\$62(N)	Martin	23092

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

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	6/27(8classes)	HRZN	\$40(R)/\$60(N)	Alfraid	23093
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STRENGTH & STRETCH

(18+) This class is designed to strengthen and stretch your muscles. Utilize your body weight and resistance bands to work all major muscle groups to increase muscular strength and balance. Move into comfortable stretches to improve range of motion, joint health and posture.

Tu	9-10am	6/23(11classes)	MMRA	\$76(R)/\$114(N)	Tuttle	23094
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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. Must be able to sit on floor and get up from seated position.

W	12pm-1pm	6/24(11classes)	VLSC	\$60(R)/\$90(N)	Alfraid	23096
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Th	8-9am	6/25(11classes)	CACT	\$56(R)/\$84(N)	Romero	23095
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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 class will cover positions from the first section.

BEGINNING

M	10:30am-12pm	6/22(11 classes)	GRSC	\$72(R)/\$108(N)	Isaacson	23115
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W	10-11am	6/24(11 classes)	VLSC	\$52(R)/\$78(N)	Navarro	23108
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W	11am-12pm	6/24(11 classes)	VLSC	\$52(R)/\$78(N)	Isaacson	23107
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W	5:30-7pm	6/24(11 classes)	GRSC	\$72(R)/\$108(N)	Isaacson	23106
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Th	9am-10:30am	6/25(11 classes)	GRSC	\$72(R)/\$108(N)	Isaacson	23111
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Th	10:30am-12pm	6/25(11 classes)	VLSC	\$72(R)/\$108(N)	Navarro	23112
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F	9-10am	6/26(11 classes)	VLSC	\$48(R)/\$72(N)	Navarro	23109
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Sa	8:45-10:15am	6/27(9 classes)	PNCC	\$61(R)/\$92(N)	Isaacson	23110
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INTERMEDIATE

All students must be proficient in positions from the first section.

W	11am-12pm	6/24(11 classes)	VLSC	\$46(R)/\$69(N)	Navarro	23116
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ADVANCED

All students must be proficient in positions from the first and second section.

W	10-11am	6/24(11 classes)	VLSC	\$46(R)/\$69(N)	Isaacson	23105
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F	9-10:30am	6/26(9 classes)	VLSC	\$54(R)/\$81(N)	Isaacson	23103
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Sa	10:30am-12pm	6/27(9 classes)	PNCC	\$54(R)/\$81(N)	Isaacson	23104
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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.

F	9:15-10:15am	6/26(9classes)	GRSC	\$44(R)/\$66(N)	Alfraid	23122
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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	7:45-8:45am	6/22(11classes)	VLSC	\$54(R)/\$81(N)	Robertson	23123
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F	7:45-8:45am	6/26(10classes)	VLSC	\$50(R)/\$75(N)	Robertson	23124
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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	6/23(11classes)	CACT	\$56(R)/\$84(N)	Romero	23131
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Th	9-10am	6/25(11classes)	CACT	\$56(R)/\$84(N)	Romero	23132
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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	6/23(11classes)	CACT	\$56(R)/\$84(N)	Romero	23143
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Th	7-8pm	6/25(11classes)	CACT	\$56(R)/\$84(N)	Romero	23144
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ZUMBA

(14+) ZUMBA is 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	6/25(11classes)	GRSC	\$51(R)/\$77(N)	Pena	23172
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YOGA & MEDITATION

All Levels

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.

(14+)

M	6:45-8pm	7/6(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23148
W	6:30-8pm	7/8(9classes)	MMRA	\$67(R)/\$101(N)	Yancy	23149

(18+)

W	9:30-10:45am	8/5(5 classes)	MMRA	\$35(R)/\$35(N)	Stewart	23165
Th	6:30-8pm	6/25(11 classes)	ELDO	\$97(R)/\$146(N)	Sikes	23150

YOGA: BASICS

(18+) 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 welcome.

W	11am-12pm	8/5(5classes)	MMRA	\$28(R)/\$42(N)	Stewart	23664
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BEGINNING

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.

(14+)

M	6:15-7:45pm	6/22(10 classes)	MTNV	\$89(R)/\$134(N)	Sikes	23154
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(18+)

M	10:30-11:45am	6/22(9 classes)	VLSC	\$79(R)/\$105(N)	Phillips	23153
W	10:30am-12pm	6/24(11 classes)	CACT	\$97(R)/\$146(N)	Sikes	23152
Th	10:30am-12pm	7/2(10 classes)	GRSC	\$99(R)/\$146(N)	Hutchens	23151
Th	10:30am-12pm	6/25(9 classes)	VLSC	\$81(R)/\$122(N)	Phillips	23155

INTERMEDIATE

(18+) Intermediate requires yoga experience, with knowledge of the alignment principles of yoga for the basic postures. 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. *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	9-10:15am	6/22(9 classes)	VLSC	\$70(R)/\$105(N)	Phillips	23162
Th	9-10:30am	6/25(9 classes)	VLSC	\$81(R)/\$122(N)	Phillips	23163

GENTLE

(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.

Tu	9-10:30am	6/23(11 classes)	GRSC	\$106(R)/\$159(N)	Vershure	23156
Th	9-10:30am	7/2(10 classes)	GRSC	\$97(R)/\$146(N)	Hutchens	23158
F	8:30-10am	6/26(10 classes)	GRSC	\$96(R)/\$144(N)	Kayatt	23159



GENTLE/RESTORATIVE

(18+) This slower paced, restorative class is designed to focus on breathing, relaxation and gentle stretching. 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.

Tu	8:45-10:15am	7/7(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23161
Th	2:30-4pm	7/9(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23160

YOGA: YIN

Enhance your flexibility with Yin Yoga. 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.

(14+)

Sa	9-10:30am	6/27(9classes)	GRSC	\$66(R)/\$99(N)	Betsy Andrade, LLC	23164
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(18+)

W	5:30-7pm	6/24(11classes)	GRSC	\$79(R)/\$119(N)	Betsy Andrade, LLC	23183
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NEW YIN YOGA (ONLINE)

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	6/23(11 classes)	ONLINE	\$79(R)/\$119(N)	Andrade	25132
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ALL PROGRAMS ARE SUBJECT TO CHANGE

Refunds will be issued in the event of a cancellation.

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 yoga poses and exercises that stretch and strengthen not only core and back muscles, but also legs and arms to better support the back, hips, and neck. 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	10:45-12pm	6/23(11classes)	GRSC	\$89(R)/\$134(N)	Vershure	23166
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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. 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	7/7(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23034
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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. 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	7/10(9classes)	VLSC	\$67(R)/\$101(N)	Yancy	23035
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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 and include tile recognition and naming, reading and thoroughly understanding the playing card, setting up, choosing a hand, dealing, passing and playing the game.

M	12:45-2:45pm	7/20(7classes)	VLSC	\$84(R)/\$126(N)	Barness	23759
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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.

BEGINNING

M	1-1:45pm	6/22(10classes)	CHAP	\$75(R)/\$113(N)	Fahy	22942
M	6-6:45pm	6/22(10classes)	CHAP	\$75(R)/\$113(N)	Fahy	22941

INTERMEDIATE

(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	6/22(10classes)	CHAP	\$75(R)/\$113(N)	Fahy	23017
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SPECIAL INTEREST

INTRODUCTION TO VOICE OVER (ONLINE) 23759

(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.

W	5:45-7:45pm	7/29(1class)	ONLINE	\$25(R)/\$38(N)	Reiss	23756
Sa	10am-12pm	8/1(1class)	ONLINE	\$25(R)/\$38(N)	Reiss	23757



PIANO/KEYBOARD TEEN/ADULT

(13+) 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	6/24(6classes)	HRZN	\$119(R)/\$179(N)	Elements Music	23056
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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	7/23(2classes)	CHAP	\$14(R)/\$21(N)	Shellander	23041
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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	6/30(2classes)	HRZN	\$14(R)/\$21(N)	Shellander	23136
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