

Adapted Recreation

Registration begins April 27. Classes begin the week of June 1, 2009 unless otherwise noted within class description.
No classes July 4, 2009. See page 23 for code of location abbreviations. www.tempe.gov/brochure

Please Note... Adapted Recreation programs are designed for children and adults with intellectual disabilities. Individuals may register at the Parks and Recreation Office, 3500 S. Rural Avenue. If you require special accommodations for these or any City of Tempe programs, or for more information, call the Adapted Recreation office at (480) 858-2469 or TDD 350-5050.



Health & Fitness

Adapted Yoga-This class is designed for people with intellectual disabilities. It will introduce students to basic sitting and standing yoga poses that help to increase flexibility, improve balance and stretch the body. Simple breathing and relaxation techniques will be taught to all participants. Participants should be able to follow simple directions. Preregistration is required. Fee: \$20
18373 14yrs+ Th 9/10-11/5:4:30-5:15pm PAC

Get Movin'-Individuals with intellectual disabilities are invited to have fun and get fit to a variety of music while exploring different forms of dance and movement. Individuals must be independently mobile to participate. Those needing extra supervision must provide his or her own aide. Preregistration is REQUIRED. Fee: \$15.
18375 16yrs+ T 9/8-11/3 5-5:50pm PAC

Social Activities

Bingo/Game Night!-Bingo/Game Night is held the first Friday of the month for individuals of all ages with disabilities. Those requiring assistance must come with their own aide.

When: September 4, October 2
November 6, December 4

Time: 6:30-8pm

Where: Pyle Adult Center, 655 E. Southern Avenue

Fee: \$3 at the door

Fabulous Friday Dances-Dances are held for individuals with disabilities ages 13 and over.

When: September 11
October 9
November 13
December 11

Time: 6:30-9 PM

Where: Pyle Adult Center, 655 E. Southern

Fee: \$4, includes admission, drinks, snacks
& door prizes

Unified Bowling Sports Program-This is a fun unified sports program that provides a great way for athletes with and without disabilities to participate together.

Location: AMF-Tempe Village Bowling Ctr.
4407 S. Rural Road

Dates: Saturdays, Sept 12-Nov 21

Time: 9:30am

Who: 7yrs+

Bowling Fee: \$8 each week for 3 games, shoes and league prizes (\$2 each week if absent)

Registration Fee: \$20

Special Interest

Tempe L.E.A.P.-L.E.A.P. is the Lifeskill Enrichment After School Program. This is a program for teens in the Tempe Unified School District. The program is held at Marcos de Niza High School and transportation is provided to the school from the teen's school. Transportation home is the responsibility of the parent/care provider. Program begins on the first day of the school year. We are a DDD authorized provider. Contact your case manager for authorization. Fee: \$40 per week.

Sports

Team Tempe Special Olympics

Children and teens ages 8 and over are invited to come learn sportsmanship and teamwork on the Special Olympics team!

Special Olympics Golf: Wednesdays, August 5-October 13, 5:30pm at Rolling Hills Golf Course. Ages: 8 and over. Fee: None.

Swimming: Fridays, August 7-October 9, 5:30-7:15pm at Kiwanis Recreation Center. Ages: 8 and over. Fee: \$10.

A Special Olympics Medical Release form and City of Tempe registration form are required for participation. Visit www.tempe.gov/adaptedrecreation for registration and information.