

connecting tempe

AUGUST 17, 2012

THROUGH
PEOPLE,
PARKS &
PROGRAMS

Each season, Tempe offers hundreds of classes and programs for all ages and stages to enjoy and this fall is no different. From rowing, tai-chi and tennis to technology classes and cooking demonstrations, Tempe has an opportunity for you to get active, be competitive or learn something new!

FALL IN LOVE WITH TEMPE'S CLASSES & PROGRAMS

GET ACTIVE:

Get a jump-start on your New Year's resolutions by resolving to get fit this fall! Health and exercise classes are offered for all ages and all levels.

Teens & Adults

Did you watch the Olympics and wish you could be a gold medal runner? Join **Learn to Run** and improve your running form, strength, speed, endurance and flexibility all while preparing for 5K to Marathon races! No prior running experience is necessary.



If running's not your style, try one of Tempe's many Martial Arts Classes. **Aikido** will develop your discipline and self-control and will teach the basics of tumbling, escapes and techniques with focus on awareness and self-discipline. **Muay Thai Kickboxing** is a great class

for beginning boxers who will learn the basic fundamentals of this sport. **Fight Fitness** will give participants an intense, total-body workout with a combination of aerobics, boxing and martial arts to keep your body moving and burning calories.

Adults 50+

Discover **Thai Chi/Body Balance** this fall and help improve your overall balance, flexibility and strength, all while relieving stress! Thai Chi movements target the body's major joints and keep them healthy, while breathing exercises will help re-energize the body.

Or if you're looking to release your inner dancer, join **Beginning Tap for 50+**. This class covers basic tap steps and will help dancers put them together in a creative and fun routine. It's never too late to get active or try something new!



BE COMPETITIVE:

Whether you're a rookie looking for a fun game or a seasoned youth athlete wanting an edge on your competition, Tempe has a selection of sports perfect for the whole family.

Tots (0-5 Years)

Join **Little All Stars** for their fall line-up of sports programs, featuring activities for children ages 16 months to five years. Designed by a child development specialist, the program aims to strengthen gross motor, balance, coordination and social skills. Weekly classes offer games, obstacle courses and drills, focusing on a variety of sports like football, basketball and soccer.



Youth & Teens

Keep the kids active this fall by getting them involved with a new sport! Perfect for the beginning basketball player, [Small Ball Hoops](#) introduces athletes in Kindergarten through 3rd grade to the fundamentals of the sport. [Rec Hoops](#) offers older players in 4th through 8th grade the opportunity to compete in a positive and fun atmosphere.

If your child is more of a football fan, enroll them in [Passing Leagues](#), where they can become familiar with the game of football. Players will learn proper passing, catching, routes, kicking, punting and more.

Even if you're not a veteran athlete, there are opportunities for you to learn to be a fierce competitor. [Learn to Play Tennis](#) is now being offered at Kiwanis for athletes ages 7-15. All players enrolled in a September class will receive a free junior tennis racket.



LEARN SOMETHING NEW:

Going back to school is all about learning new things. For those not jumping back in the classroom this month, Tempe classes give opportunity to try something different and learn new things – without having to open a textbook.

Tots

Even if they're too young for back to school time, little ones can always find an opportunity to learn! Enroll your tot in a **Puterbugs Technology Class** where your 3-7 year old will discover basic concepts like using a mouse and keyboard, and advanced concepts like networks, satellites, wireless and the internet. Each class offers the opportunity to learn a new skill. Your toddler will be the next Bill Gates in no time!

Adults

Greek Salad, Chicken Piccata, Roasted Tomato Soup, Homemade Truffles... are you hungry yet? You don't have to be a world-class chef to make delicious delicacies. Join Tempe Chef JoAnne Groot for a variety of new **Cooking Demonstrations** and classes and learn how to add an exciting twist to your weeknight meals and party appetizers.

If you don't have the time to commit to a season-long class, try taking a one-time **10 Tips Workshop**, perfect for someone looking to learn something new in a shortened period of time. Topics include **10 Cleaning Tips for a Clean & Green Home**, where participants will learn about do-it-yourself cleaning techniques and environmentally friendly house cleaning products; **10 Tips for Homemade Personal Care Products** where participants will learn how to make their own baby and adult hygiene products; and **10 Food Tips for Talented Tastebuds**, a class all about feeding your family healthy and budget-friendly foods.

Ready to register? Here's how:

1. Online at www.Tempe.gov/brochure
2. In person at the [Recreation Administration Office, Edna Vihel Center for the Arts, Pyle Adult Recreation Center, Kiwanis Recreation Center, Escalante Community Center](#) or [North Tempe Multi-Generational Center](#).
3. Fax in a registration form with credit card number to (480) 350-5058.
4. Mail your registration to: Class Registration, 3500 S. Rural Rd. Tempe, AZ, 85282

In addition to viewing the brochure [online](#), you can also pick up a copy at City of Tempe facilities and Tempe Fry's Food Stores. Visit www.frysfood.com for a location near you.

Community Services Scholarship

Program: Tempe's Community Services Scholarship Program encourages Tempe and Guadalupe residents ages 0-17 and youth enrolled in a Tempe public school to stay active by offering discounted course fees to those who cannot afford regular rates. Call (480) 350-5200 for details.



NEW CORPORATE ROWING PROGRAM

City of Tempe's [boating program](#) is now offering a corporate rowing program, perfect for company team-building or a fun after work activity with the coworkers!

Beginning in September, this 7-week program will introduce participants to the basics of rowing, provide the tools and coaching staff needed to participate and garner a little friendly competition with a season-ending regatta. Rowing is a great recreational activity that provides an excellent workout and fosters cooperation and collaboration with teammates.

For more on this great opportunity, visit www.tempe.gov/boating or contact Okie O'Connor, Boating Coordinator, at (480) 350-8034.



SHOW YOUR ASU SPIRIT AT FIRST-EVER TEMPE TAILGATE

Join Sparky and the new Tempe City Council for the first ever Tempe Tailgate!

On Thursday, Aug. 30, ASU will host the NAU Lumberjacks for their season opener. Tempe residents and city employees can purchase tickets at a discount for this special City of Tempe Night, a longstanding tradition aimed at encouraging the community to support its college team.

And this year, you can join fellow Tempe residents before the game in the air-conditioned comfort of Old Main for the Tempe Tailgate. This brand new event will feature great food from local vendors, live music, meet-and-greet with city officials and an expo of city services and programs. Sparky himself will join in the fun, too!

Tickets are \$10 for adults and \$5 for kids 12 and under and include dinner and all the festivities. For more information, visit us [online](#). Tickets for ASU football can be purchased by calling (480) 727-3521.

SCHOOL YEAR SUCCESS IN TEMPE

As the first month of school gets underway, Tempe pre-school through high-school students are back in the classroom and enjoying their first weeks of learning. To keep your students feeling safe and successful throughout the rest of the semester, check out www.tempe.gov/backtoschool. The City of Tempe has gathered essential tips and tools for parents and students and offers resources for year-round learning, including study support, volunteer information and transportation options.

In addition to providing resources for younger students, the campaign includes information specifically for college students, who return to Tempe's Arizona State University the week of August 20.



As these students move onto campus and into the city, they can get important information about being a good neighbor and learn the risks and penalties of underage alcohol use. New students and residents alike can find information on neighborhood codes, Tempe's transit system and [Tempe's Social Host Ordinance](#), by visiting www.tempe.gov/backtoschool.

NFL PUNT, PASS & KICK COMPETITION



Think you already have the skills to become the next Peyton Manning or Larry Fitzgerald? Then join the fun at the NFL Punt, Pass & Kick Competition in Tempe. On Saturday, Sept. 8 from 9 a.m. – Noon, boys and girls, ages 6 – 15 are invited to come out to Benedict Sports Complex and punt, pass and kick their way to the 2013 Super Bowl. Winners in each local competition (by gender and age division) will advance to the sectional competition in October. For more information, visit www.nflppk.com.





TEMPE HISTORY MUSEUM HOSTS ACCLAIMED MUSICAL GROUP IN BENEFIT CONCERT

To kick-off the fall season of its [Performances at the Museum](#) series, the Tempe History Museum will host ETHEL in a benefit concert on Thursday, Aug. 23 at 7 p.m.

Acclaimed as America's premiere post-classical string quartet, ETHEL invigorates contemporary concert music with refreshing exuberance and fierce

intensity. Found in 1998, this group features Juilliard-trained artists.

The concert is held in coordination with the Tempe Historical Society and the [Grand Canyon Music Festival](#). Founded in 1983, the Grand Canyon Music Festival brings world-renowned artists to Arizona for performances, outreach and education programs. It has been

recognized nationally for its programs, which give students opportunity to compose and perform original works.

To order tickets or for concert information, visit www.tempe.gov/museum or call (480) 350-5100.

HONOR THE FALLEN AT HEALING FIELD

This September will mark the 11th anniversary of the Sept. 11 terrorist attacks in New York City, Pennsylvania and at the Pentagon. The lives of 2,977 civilians, military members and first responders were taken in these horrific attacks.

In memory of those who perished, The Exchange Club of Tempe and the City of Tempe will present the ninth annual Healing Field Sept. 9 – 11 at Tempe Beach Park, Mill Ave. and Rio Salado Parkway.

Healing Field is the nation's longest running Sept. 11, 2011 tribute event, where one American flag is flown for every person who died as a result of the terrorist attacks on our nation.



The public is invited to join neighbors, community leaders and public safety officers in a walk of remembrance through the flags.

To see a special Tempe 11 segment on Healing Field, visit Tempe 11's YouTube channel at www.youtube.com/tempe11. For more information, visit www.tempe.gov/healingfield.



GET A CAR WASH AND HELP GOOD CAUSE!

A local Tempe car wash will be donating proceeds to the City of Tempe Special Olympics program through the month of August. Visit Wash Wizard Auto Spa, 1845 E. University Dr., between now and Aug. 31 and mention Tempe's Special Olympics program. The company will donate \$1 per every wash. For more information, visit www.tempe.gov/adaptedrecreation or call (480) 858-2469.



To receive up-to-date information about exciting events and opportunities happening between Connecting Tempe newsletters, become a fan of Tempe Recreation on [Facebook](#).

SAVE THE DATE

Mon, Aug. 13

Fall Registration Begins:

Tempe Residents

Sat, Aug. 18

Free Art Workshops:

Miniature Chairs

12 - 4 p.m.

[Tempe Center for the Arts](#)

Sat, Aug. 18

Movies at the Museum:

Sword in the Stone

2 p.m.

[Tempe History Museum](#)

Mon, Aug. 20

Fall Registration Begins:

Non-Tempe Residents

Thur, Aug. 23

Performances at the Museum

ETHEL

7 p.m.

[Tempe History Museum](#)

Fri, Aug. 24

Free Art Friday

9:30 - 11:30 a.m.

[Edna Vihel Center](#)

Saturday, Aug. 25

Free Art Workshops:

What's your Story?

12 - 4 p.m.

[Tempe Center for the Arts](#)

Saturday, Aug. 25

Movies at the Museum:

The Great Mouse Detective

2 p.m.

[Tempe History Museum](#)

Sunday, Aug. 26

Kiwanis Wave Pool Grandparents' Day

1 - 3 p.m.

[Kiwanis Recreation Center](#)

Thursday, Aug. 30

Tempe Tailgate

4:30 - 7:30 p.m.

[ASU Old Main](#)

Mon, Sept. 3

Labor Day

City of Tempe Facilities Closed