

Activities for Adults (18+ Years)

Registration begins December 4; classes begin January 8 unless noted otherwise within class descriptions.
No class January 15 or February 19. To view a list of class location abbreviations, see page 2.

The activities and classes below are designed specifically for Adults (18+ Years). Additional offerings for adults may be viewed in the Adult (50+ Years) section.

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

To view class materials lists, visit www.tempe.gov/classmaterials or visit the Edna Vihel Activities Center Front Office, 3340 S. Rural Road, Tempe. Students must bring all materials to the first class unless otherwise noted within class description.

Adult Art; Beginning Oil Painting

Ever want to delve into oil painting but not sure where to start? This class will take you through all the basic know how of the media and oil paint application, as well as drawing and composition through still lifes and studying the masters. We will look at a variety of styles. Great for all levels but especially those just itching to paint for the first time. Fee: \$50. 480-350-5287

57268 18 yrs+ T 1/16-3/6 6-9 p.m. VIHEL

Adult Art; Beginning Painting

Your first brush stroke will immerse you into a world of art, created by you. This introductory class will teach you the basic to advanced techniques for painting in a variety of mediums which may include: Oil, Acrylic and Watercolor. Students will learn how to make brush strokes, mix colors and paint from photographs and still lifes. *6-weeks. No class 2/19. Fee: \$38. 480-350-5287

57308 18 yrs+ M 1/22-3/5* 6-9 p.m. VIHEL

Adult Art; Glass Fusion

Learn the basics of glass fusion art. Cut and compose colored glass pieces and play with design and color, that will be melted together in a kiln into a solid artwork. Projects include tiles, jewelry, coasters/small plates and bowls. Glass included. 3-week class. Fee: \$30. 480-350-5287

57270 18 yrs+ S 1/20-2/3 1-2:30 p.m. VIHEL

Adult Art; Mosaics and More

Fascinated by mosaic tile floors or ancient mosaic artworks? Let us show you how to work with ceramic tile, glass beads and recycled materials to enhance projects like flower pots, tabletops and more. Learn the fundamentals of tile placement and grouting. Instructor will cover required and optional supplies on first night of class. Fee: \$65. 480-350-5287

57269 18 yrs+ Th 1/18-3/8 6-9 p.m. VIHEL

Ceramics; Beginning

See what keeps the local community of potters coming back every session as you learn age-old techniques of creating beautiful and functional pieces of art. Build a strong ceramics foundation with an introduction to hand-building, throwing, surface design and glazing. Fee: \$120. 480-350-5287

57275 18 yrs+ T 1/9-2/7 6-9 p.m. VIHEL

Ceramics; Beginning Throwing

Class is recommended for students who have taken Beginning Ceramics. This is your opportunity to become one with the ceramic wheel through a series of exercises that build up your skills. This class will cover bowls, cups, mugs, plates and other dinnerware type items. *No class 2/19. Fee: \$90. 480-350-5287

57276 18 yrs+ M 1/22-3/5* 6-9 p.m. VIHEL

Ceramics; Hand-building Studio

Do you want time to experiment and hone your skills? Intermediate and Advanced hand-builders can work freely in this non-instructional setting. Studio space is being provided during our regular throwing classes and space is limited. *No class 2/19. 480-350-5287

57272 18 yrs+ M 1/22-3/5* 6-9 p.m. VIHEL \$90
57273 18 yrs+ W 1/17-3/7 6-9 p.m. VIHEL \$120

Ceramics; Independent Study

Needing additional time in the ceramics studio to work on your class projects? Find it here. Work independently on your hand-building and throwing projects. Only work created in the studio can be fired and glazed. A ceramics instructor will be on hand to help if you have questions. 4-week class. Fee: \$32. 480-350-5287

57302 18 yrs+ Sa 1/20-2/10 9-11 a.m. VIHEL
57303 18 yrs+ Sa 2/17-3/10 9-11 a.m. VIHEL
57304 18 yrs+ Sa 1/20-2/10 11:15-1:15 p.m. VIHEL
57305 18 yrs+ Sa 2/17-3/10 11:15-1:15 p.m. VIHEL
57306 18 yrs+ Sa 1/20-2/10 1:30-3:30 p.m. VIHEL
57307 18 yrs+ Sa 2/17-3/10 1:30-3:30 p.m. VIHEL

Ceramics; Intermediate/Advanced

If you're ready to advance your ceramics skills, this is the class for you. Increase your knowledge as you create more advanced projects of your choosing. The instructor will provide building and glaze demonstrations and help guide you through your projects. Prerequisite: Beginning Ceramics or other ceramics experience. Fee: \$120. 480-350-5287

57271 18 yrs+ Th 1/18-3/8 6-9 p.m. VIHEL

Ceramics; Intermediate/Advanced Throwing

Class is recommended for students who have taken Beginning Throwing. We will cover advanced throwing forms and techniques such as 2-part cylinders, teapots and decorative techniques. You can also work independently on your own wheel thrown projects. Fee: \$120. 480-350-5287

57279 18 yrs+ W 1/17-3/7 6-9 p.m. VIHEL

Ceramics; Pottery Club

This leisurely morning of working in the studio offers students ample time to create functional and sculptural ceramics work. Potters can freely work on the wheel or hand-build; the choice is yours. Demonstrations in building and glazing will be provided by instructor. Class is recommended for students who have taken Ceramics. Fee: \$160. 480-350-5287

57274 18 yrs+ W 1/17-3/7 9 a.m.-2 p.m. VIHEL

Activities for Adults (18+ Years)

Ceramics; Specialty Surface Decoration

Learn specialty techniques and tips to help you create and personalize your ceramic artwork. From stamps to wax resist glazing, you'll learn how to use color and texture to your advantage. We'll work on tiles and other projects to expand your knowledge and creativity. All skill levels welcome. Fee: \$120. 480-350-5287
57309 18 yrs+ T 1/16-3/6 9 a.m.- 12 p.m. VIHEL

Coloring for Grownups

Coloring reduces stress and anxiety, helps you unplug and focus, and allows you to express your inner artist. Listen to soothing music, while practicing mindfulness and enjoying coloring sheets. Join us every second Sunday of the month. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ Su 12/10, 1/14, 2/11 3-4:30 p.m. LMILL

Create It Sewing

Drop in every Tuesday with your sewing project and use our sewing machines or bring your own. The last Tuesday of each month we will make a specific project. Materials list will be posted on the Library website. We'll supply the notions and assistance. Registration is not required. Fee: None. 480-350-5500
No Code 14 yrs+ T 12/5-2/27 5-7:30 p.m. LMILL



Jewelry; Basics

Learn the basics of jewelry-making and what materials to use. We provide the tools and equipment for you to learn the techniques to work in metals and plenty of time to practice and perfect your technique. Metals will be provided on first class only, additional metals purchased by students. No class 2/19. Fee: \$60. 480-350-5287
57310 18 yrs+ M 1/22-3/5* 6-8:30 p.m. PAC

Jewelry; Open Studio

For safety, only experienced jewelry students are eligible. Looking for a space to work on your own jewelry creations? Utilize the time in Open Studio to take your jewelry project from start-to-finish or complete a project that's already in-progress. Instructor will provide guidance as needed, as well as demonstrate various jewelry techniques. 8-week class. Fee: \$80. 480-350-5287
57311 18 yrs+ Th 1/18-3/8 6-8:30 p.m. PAC

National Puzzle Day

Join us in celebrating National Puzzle Day by participating in a community jigsaw puzzle or taking home a Sudoku, crossword or word search puzzle to keep your brain active. Registration is not required. Fee: None. 480-350-5500
No Code All Ages M 1/29 9 a.m.-8 p.m. LMAIN

Boating

Float Test - Rowing Classes Only (NOT Kayak or SUP)

All Rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video. If you have Rowing experience but are new to the City of Tempe Rowing Program, you must fulfill this requirement. For additional information, please contact the Boating Office at 480-350-8069.

Rowers 18 years and older are eligible to participate in the following skill levels:

Beginner

Learn to Row is the starting point for new rowers. Rowers will be in bigger boats and learn at a steady pace throughout the class.

Advanced

Open Rowing and Sculling focuses on rowing for fitness and technical growth with an option of racing at local and regional regattas.

Adult Learn to Row Workshop

Find out what rowing on Tempe Town Lake is all about. This workshop will introduce you to our rowing program, where you will meet our coaches and other rowers. This program is a great way to find out if rowing is for you. Learn to Row workshop fee counts toward the cost of the full learn to row session. No float test required. No experience necessary. Fee: \$30. 480 350-8069

56962	18 yrs+	Sa/Su	1/6-1/7	7:30-9:30 a.m.	TTLM
56963	18 yrs+	Sa/Su	2/10-2/11	7:30-9:30 a.m.	TTLM

Adult Learn to Row

This course will introduce the basics of rowing safety and boat-handling. Proper rowing technique and fitness development are stressed. This course is designed to be repeated. During the first class, first time participants must pass a 10-minute float test and have a basic level of fitness. First three classes are mandatory. *No Class 1/14. **No Class 3/3 480-350-8069

56961	18 yrs+	Sa/Su	1/13-2/4*	7:30-9:30 a.m.	TTLM	\$84
56992	18 yrs+	Sa/Su	2/17-3/18**	7:30-9:30 a.m.	TTLM	\$108

Adult Open Rowing and Sculling

This session brings experienced rowers together and is designed with athletes in mind. Sweep-rowers and scullers may try either discipline; class utilizes cross-training, video analysis and flexibility and focuses on a high-level of rowing. Prerequisite: Learn to Row or commensurate experience. **No Class 1/14.

*No Class 3/3. 480-350-8069

56985	18 yrs+	Sa	1/13-2/4*	7:30-9:30 a.m.	TTLM	\$84
56986	18 yrs+	Su	2/17-3/18**	7:30-9:30 a.m.	TTLM	\$108
56987	18 yrs+	T	1/13-2/4*	7:30-9:30 a.m.	TTLM	\$84
56983	18 yrs+	T	2/17-3/18**	7:30-9:30 a.m.	TTLM	\$108
56988	18 yrs+	Th	1/13-2/4*	7:30-9:30 a.m.	TTLM	\$84
56984	18 yrs+	Th	2/17-3/18**	7:30-9:30 a.m.	TTLM	\$108

Club Rowing

This program is designed for advanced rowers able to row (singles and doubles only) on Tempe Town Lake. Rowers will check-out equipment during Club Rowing times and train on their own. Prerequisites: Coordinator permission and a successful re-entry test on file. Club Fee: \$60/year, (year-round program); Rowing Fee: \$20/month. To register call 480-350-8034.

No Code	18 yrs+	T-F	1/2	5:30-7 a.m.	TTLM
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Make a Difference - Volunteer! www.tempe.gov/volunteer

Activities for Adults (18+ Years)

Erg Fitness

No experience necessary. Come try one of the best workouts around. Join this class with an experienced instructor who will work with you on your technique and push you to reach new heights on your fitness progression. The workouts will be tailored to the individual. 480-350-8069

56967	18 yrs+	W	1/10-1/31	6-7 p.m.	TTLM	\$28
56995	18 yrs+	W	2/7-2/28	6-7 p.m.	TTLM	\$28
56996	18 yrs+	W	3/7-3/21	6-7 p.m.	TTLM	\$21

Essentials of Kayak Touring

Developed by ACA certified kayak instructors; this class will refine your kayak touring skills and is perfect for all levels of experience. Instructors focus on basic, intermediate and advanced strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-in" touring kayaks. All equipment provided.

No experience necessary. Register early. Fee: \$80. 480-350-8069

56968	18 yrs+	Sa	1/6-1/27	7:30-9:30 a.m.	TTLM
56969	18 yrs+	Sa	2/3-2/24	7:30-9:30 a.m.	TTLM

Glow Kayak

Join us for a night under the stars while we glow and glide across the water. In addition to all necessary kayaking equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. Register early. Adult Fee: \$35, Youth Fee: \$20 Youth, ages 10-17 must be accompanied by an adult. 480-350-8069

56970	10 yrs+	F	2/16	6:30-8:30 p.m.	TTLM
56997	10 yrs+	F	3/16	6:30-8:30 p.m.	TTLM

Introduction to Kayaking

Developed by ACA certified kayak instructors; this is a perfect class for all levels of paddling experience. This class will focus on basic strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-on-top" kayaks. All necessary equipment will be provided. No experience necessary. 480-350-8069

56993	18 yrs+Sa	1/6-1/27	8:30-10:30 a.m.	TTLM	\$70
56994	18 yrs+Sa	2/3-2/17	8:30-10:30 a.m.	TTLM	\$53



Introduction to Stand-up Paddling

Join the fastest-growing watersport in the country on Tempe Town Lake. No experience necessary; this class will teach you the basics of Stand-up Paddling. All equipment is provided. Fee \$30. 480-350-8069

56974	18 yrs+	Sa	1/13	8:30-10 a.m.	TTLM
56975	18 yrs+	Sa	1/27	8:30-10 a.m.	TTLM
56976	18 yrs+	Sa	2/3	8:30-10 a.m.	TTLM
56977	18 yrs+	Sa	2/10	8:30-10 a.m.	TTLM
56978	18 yrs+	Sa	3/10	8:30-10 a.m.	TTLM
56979	18 yrs+	T	3/13	5:30-7 p.m.	TTLM
56980	18 yrs+	Sa	3/17	8:30-10 a.m.	TTLM
56999	18 yrs+	T	3/20	5:30-7 p.m.	TTLM

Stand-up Paddling Fitness

Once you have learned the basics of SUP, stay in shape by taking SUP Fitness. This class will focus on fitness and advanced paddling technique. Prerequisites: Intro to Stand-Up Paddling or commensurate experience. Fee: \$48.

480-350-8069

56990	18 yrs+	Su	1/28-2/18	8-9:30 a.m.	TTLM
56991	18 yrs+	Su	2/25-3/18	8-9:30 a.m.	TTLM



Stand-Up Paddling Yoga

Enjoy paddling on the lake, anchoring boards and setting yoga breathing. It will feature seated and standing yoga postures, including sun salutations, lunges and downward-facing dog. We will take a few quiet meditation moments before paddling back. Prerequisite: Intro SUP or commensurate experience. Fee: \$35.

480-350-8069

56989	18 yrs+	Sa	2/17	10-11:30 a.m.	TTLM
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Books & Reading

Coffee, Tea and Books

Come and discuss recent novels or the occasional nonfiction title. Participants provide their own copy of the book. Responsibility for leading the discussion rotates among group members. Third Monday of the month (*unless otherwise noted) from 6:30-8 p.m. in the Connections Café. Registration is not required. No meeting in December. Fee: None. 480-350-5500

No Code	18 yrs+	M	1/22*	The Japanese Lover by Isabel Allende
No Code	18 yrs+	M	2/26*	Our Souls at Night by Ken Haruf

Keep a Good Class Going. Register Early!

Activities for Adults (18+ Years)

Great Books Discussion Group

The Great Books Foundation promotes reading, thinking and sharing of ideas. Kathy and Don Dietz will lead discussions on the 2nd and 4th Wednesdays from 6-8 p.m. in the Connections Café. Participants provide their own copies of the books. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	12/13	Hateship, Friendship, Courtship, Loveship, Marriage by Alice Munro*
No Code	18 yrs+	W	1/10	Father and Son by Edmund Gosse*
No Code	18 yrs+	W	1/24	Mencius by Mencius
No Code	18 yrs+	W	2/14	Differently by Alice Munro*
No Code	18 yrs+	W	2/28	The Politics by Aristotle

Melody and Malady: Finding Art in Arthritis

Andrea Avery, author of "Sonata: A Memoir of Pain and the Piano", will read from her book, which describes growing up an ambitious pianist with rheumatoid arthritis. The reading will be followed by a casual Q&A and discussion about music, chronic illness, and the craft of writing memoir or creative nonfiction. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	1/17	6:30-7:30 p.m.	LMRA
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Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans to discuss favorite mystery books or authors. Participants must provide their own copies of the books. Responsibility for leading the discussion rotates around the group. First Saturday of each month from 10 a.m.-noon in the Connections Café. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	12/2	The Nightingale Before Christmas by Donna Andrews
No Code	18 yrs+	Sa	1/6	In the Woods by Tana French
No Code	18 yrs+	Sa	2/3	The Far Empty by J. Todd Scott (author will join the discussion)
No Code	18 yrs+	Sa	3/3	Faceless Killers by Henning Mankell

Starting on the Publishing Trail

Now that you have a book written, what's next? Author Randy Lindsay will discuss matters that authors who are ready for publication will need to address in order to succeed. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	12/2	10 a.m.-noon	LMRA
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Story Monsters Among Us: Using storytelling to make nonfiction Fun!

Award-winning children's author, magazine editor and science writer Conrad J. Storad provides his unique perspective on writing and presenting nonfiction material to students ages 5 to 12. The session is a beginner's guide for teachers, writers and those who work with young writers and readers. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	2/24	1-2:30 p.m.	LMRB
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Tempe Community Writing and Cover Design Contest

Please see page 23 for a complete description.

T.M. Williams Writing Series

Registration is not required. Fee: None. 480-350-5500

Backstory and Seamless Weaving

No Code	18 yrs+	Sa	12/16	10 a.m.-noon	LMRA
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Creating Three Dimensional Characters

No Code	18 yrs+	Sa	1/20	10 a.m.-noon	LMRA
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Creating an Effective Pageturner

No Code	18 yrs+	Sa	2/10	10 a.m.-noon	LMRA
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Raising Your Book: From Concept to Published

No Code	18 yrs+	Sa	3/10	10 a.m.-noon	LMRA
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The World of the Paranormal: A Look at the History of Magical Books and Demons

Award-winning author Jeri Westerson writes the new paranormal series "Book of the Hidden" and the critically acclaimed Crispin Guest Medieval Noir Mysteries. Jeri gives a humorous and informative talk on the history of magical books and some of the creatures that appear in her series, followed by a reading. Registration is not required. Fee: None. 480-350-5500

No Code	16 yrs+	W	12/13	6:30-7:30 p.m.	LMRA
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Writers Connection

This informal writer's critique group is free and open to aspiring writers to put words to paper and share their work in a non-threatening atmosphere. *Group meets every other Friday. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	F	12/1-2/23*	2-4 p.m.	LMRB
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Writing Studio

In this free informal writing workshop writers come together to do writing exercises and have time to work on their own writing. This workshop is led by local author Bobbi Illing. *Group meets every other Friday. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	F	12/8-2/16*	2-4 p.m.	LMRB
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Writing Workshops with Duane Roen

Registration is not required. Fee: None. 480-350-5500

Writing about Family Photographs and Heirlooms

No Code	18 yrs+	W	12/6	6:30-8 p.m.	LMRB
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No Code	18 yrs+	Sa	12/9	10:30 a.m.-noon	LMRB
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Making Your Own Family History: Keeping a Journal

No Code	18 yrs+	Sa	1/13	10:30 a.m.-noon	LMRB
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No Code	18 yrs+	W	1/24	6:30-8 p.m.	LMRB
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Weaving Cultural History into Our Family History Writing

No Code	18 yrs+	W	2/7	6:30-8 p.m.	LMRB
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No Code	18 yrs+	Sa	2/17	10:30 a.m.-noon	LMRB
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Business, Computers & Finance

DISC Drop-in Tech Help

Led by ASU's Department of Information Systems Club (DISC). These classes will cater to a range of ability levels from basic skills to advanced individual questions. Computer questions and help with your laptop or tablet will be available. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	1/10 - 2/28	6:30-7:30 p.m.	LCL
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Activities for Adults (18+ Years)

Dance, Music & Theater

New! Bachata

This passionate Latin social dance is one of the most popular styles in Latin nightclubs. Learn beginner and intermediate patterns to slow modern and Spanish songs as you learn the foundations. No dance experience or partner necessary. Instructor: Tee Jay Netters.*No class 2/19. Fee: \$26. Drop-in: \$5. 480-350-5287

57312 18 yrs+ M 1/22-3/5* 7-8 p.m. VIHEL

Belly Dance; Beginning

Come get your shake on and enjoy this beautifully-enchanted and energizing art form which includes dance movements from head to toe. It is a fun and fantastic all-over body workout learning muscle control, balance, strength and coordination skills. Instructor: Samia. Fee: \$35. Drop-in: \$5. 480-350-5287

57314 16 yrs+ W 1/17-3/7 5:30-6:30 p.m. VIHEL

New! Belly Dance; Intermediate/Advance

After knowing the basics, now it's time to expand your belly dance skills. Middle Eastern Dance is a beautiful and vibrant way to express emotion through body movement. Increase your dance knowledge with new solo and combination movements, layered moves, veil work, a bit of floor work, zill rhythms, and performance skills. Samia. Fee: \$35. Drop-in: \$5. 480-350-5287

57280 18 yrs+ W 1/17-3/7 6:40-7:40 p.m. VIHEL

New! Country Two Step

After kGrab your hats and boots for a fun class in Western partner dancing. Build skills and confidence for any nightclub or bar while moving to popular Country ballads. This class is perfect for beginner and intermediate dancers to learn and review timing, partner work and movement. No dance experience or partner necessary. Instructor: Tee Jay Netters. Fee: \$35. Drop-in: \$5. 480-350-5287

57313 18 yrs+ W 1/17-2/21 8-9 p.m. VIHEL

Nuline Dance; Beginning/Intermediate

Dancing can help increase memory, balance and improve your cardiovascular endurance. This class starts you out on the right foot as you learn choreographed routines to a wide variety of music genres; Latin to Pop, Celtic to Country and much more. A great way to learn that is suitable for everyone regardless of experience. Instructor: Fran Dewar. Fee: \$32. Drop-in: \$5. 480-350-5287

57281 18 yrs+ T 1/16-3/6 6:30-7:30 p.m. VIHEL

Nuline Dance; Intermediate/Advanced

Take the next step in this class and continue your journey on the dance floor as you join other dancers and learn more patterns and advanced dance steps. The music just gets better and the fun increases. Instructor: Fran Dewar. Fee: \$45. Drop-in: \$6. 480-350-5287

57282 18 yrs+ T 1/16-3/6 7:30-9 p.m. VIHEL

Readers Theatre Performance of "You Can't Take it With You"

Our own Readers Theatre acting workshop performs Pulitzer-Prize-winning comedy "You Can't Take it With You", adapted for this free performance.

Registration is not required. Fee: None. 480-350-5500

No Code All Ages W 3/7 6:15-7:15 p.m. LMRA

New! West Coast Swing

Easily the most popular dance as this style influenced roots from the Lindy Hop and the Jitterbug. Join us for an active class in moving to the new era of swing dance. This class is designed for beginners to have fun with music to R & B and popular hits today. No dance experience or partner necessary.

Instructor: Tee Jay Netters. Fee: \$35. Drop-in: \$5. 480-350-5287

57315 18 yrs+ Th 1/18-2/22 7-8 p.m. VIHEL

Health & Fitness



Donna Cole is a multi-talented fitness instructor certified in both group fitness and personal training instruction for over 18+ yrs and brings a wealth of experience to the City of Tempe. Donna's undeniable charisma and motivation keeps her students coming back for more. Using the latest techniques and trends, she has successfully taught at multiple studios across the valley specializing in Pilates, yoga, step aerobics and body sculpting. Join Donna as she inspires you to reach your own personal fitness goals.

Exercise; 20/20/20 Fitness Express—burn 400 kcal!

Complete an overall body "Core" training workout which targets the three major components of fitness: 20 minutes of cardio, 20 minutes of strength training followed by 20 minutes of flexibility/stretching. Class taught by a certified fitness trainer. All fitness levels welcome. Instructor: Donna. Fee: \$57. 480-350-5200

56492 16 yrs+ T 1/16-3/27 6-7 p.m. PAC

Exercise; Barre Fit

Barre-Fit 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 small towel (bring own) will be used as props. No experience necessary. Instructor: Donna. Fee: \$62. 480-350-5200

56498 16 yrs+ W 1/10-3/28 6-7 p.m. PAC



New! Exercise; Throwback Thursdays-Step Aerobics

Step up and join Donna for a combo of retro music, step aerobics and strength training using bodyweight exercises and dumbbells. Transport back to a high-energy blend of music from the 70's, 80's, & 90's in this easy-to-follow cardio class. Keep your heart rate up, burn calories and before you know it you'll have the body to show for it. All levels welcome. Fee: \$62. 480-350-5200

56631 16 yrs+ Th 1/11-3/29 6-7 p.m. PAC

Exercise; Core Power

A strong core leads to a powerful body that will make you less prone to injury. Join certified personal trainer Joan, who will guide you through exercises using flex bands, free weights and stability balls. Results include enhanced overall body strength, increased balance, stability and greater flexibility. Suitable for all fitness levels. Fee: \$55. 480-350-5200

56505 16 yr+ T 1/16-3/27 9-10 a.m. KRC

Activities for Adults (18+ Years)



Sunshine Fettkether is an expert in Muay Thai and boxing. As a professional boxer and Thai boxer, she has travelled around the world to compete in Mexico, Ukraine, Holland and throughout the US winning three world welterweight boxing titles. Sunshine retired from competition in 2004 and is currently a certified personal trainer and coach teaching Muay Thai and boxing locally at www.bestmuaythaiaz.com.

Fit to Fight Circuit Training

Train like the professional fighters do. Keep your body guessing in this total body workout that will build your strength and cardiovascular endurance. This no contact circuit training class teaches proper form and modifications using; battle ropes, kettlebells, dumbbells, sandbags, bands and medicine balls. Men/women of all ages and fitness levels welcome. Fee: \$50. 480-350-5200

56506	16 yrs+	M/W/F	1/3-1/31	5:15-6 p.m.	BMT
56543	16 yrs+	M/W/F	2/2-2/28	5:15-6 p.m.	BMT
56544	16 yrs+	M/W/F	3/2-3/30	5:15-6 p.m.	BMT

Intro to Boxing Fitness

Put your gloves on for a great cardio workout. Learn basic boxing techniques; proper stance, footwork, punches, and jabs while using punching and double end bags. Increase your speed, agility and strength with cardio drills, pad and bag work. It's the fastest way to the toned physique you seek. No experience necessary. No sparring. Fee: \$50. 480-350-5200

56500	16 yrs+	T/Th	1/2-1/30	5-6 p.m.	BMT
56501	16 yrs+	T/Th	2/1-2/27	5-6 p.m.	BMT
56502	16 yrs+	T/Th	3/1-3/29	5-6 p.m.	BMT

Functional Self-Care Yoga Classes

These functional self-care classes are designed to train and develop your muscles to make it easier to perform everyday activities, prevent injury, and reduce daily aches and pains. Classes utilize techniques originating from various yoga disciplines by using muscle groups together rather than in isolation. We give you the techniques and the motivation to get you started. With practice, by the end of class you will have all the tools you need to begin your journey of self-care. Classes taught by certified yoga instructor(s); not licensed therapists. All fitness levels welcome. Bring your own yoga mat. 480-350-5200

Yoga; Inflammation & Circulation

Yoga can be used as a tool that can help you manage your body's stress hormones which cause inflammation and poor circulation; compromising your immune system. Common issues include joint pain, arthritis and fibromyalgia and other autoimmune diseases. Learn how yoga poses and gentle stretching can assist the mind and body in reducing the body's stress response.

56698	16 yrs+	T	1/9-3/20	6:15-7:15 p.m.	NCC	Joan	\$49
56528	16 yrs+	W	1/10-3/28	7-8 p.m.	KRC	Carol Ann	\$59

Yoga; Neck/Spine/Posture

If you struggle with neck pain, tight shoulders, or poor posture this class can help you. Learn yoga techniques to help release tension, increase postural awareness and build strength from the spine up. Utilize breathing practices and stretches that focus on strengthening, lengthening and realigning the spine while helping address strain and mobility. No class 1/15, 2/19. Fee: \$49.

56530	16 yrs+	M	1/8-3/26	4:45-5:50 p.m.	PAC	Diane
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Yoga; Pelvis & Lower Back Pain

If you suffer from lower back pain, pelvic pain, incontinence, pelvic organ prolapse or want to prevent piriformis or sciatic nerve pain, then this class is for you. Learn how yoga poses and stretching exercises can increase circulation, build stamina and balance the pelvic floor to alleviate pain. Fee: \$55.

56534	16 yrs+	Su	1/14-3/25	9:15-10:15 a.m.	KRC	Joan
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Yoga; Muscle Tension Release

Enhance your quality of life in this gentle practice designed to open and release muscle tension caused by anxiety and stress. Yoga props are used to allow the body to feel totally supported using various seated and supine postures to stretch and open the body. Learn how to calm the body and quiet the mind with zero muscular contraction to reach complete relaxation. Fee: \$55.

56529	16 yrs+	Sa	1/13-3/24	9:15-10:15 a.m.	KRC	Janelle
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Functional Fitness Bootcamp

Class incorporates conditioning, endurance, strength, coordination, balance, agility and flexibility. Results will be earned, not guaranteed. Fee: \$8.

480-350-5800

56835	18 yrs+	T/Th	1/2-1/25	6:30-7:30 p.m.	ESCA
56836	18 yrs+	T/Th	2/6-3/1	6:30-7:30 p.m.	ESCA

Holistic Health and Wellness

Holistic wellness is a comprehensive approach to nutrition and health that considers all aspects of a person's life. These classes address a wide-array of subjects from ultimate relaxation to a healthier you. Join Health and Wellness certified coaches Marci Cagen and Veronica Clark as they lead you on your journey towards holistic health and wellness. 480-350-5200



Marci Cagen is a best-selling author, dynamic teacher and gifted spiritual guide. She has a unique ability to transform her own inspirational life story into practical tools and knowledge for others to learn and grow from. Her mission is to empower others to live happy, healthy and love-filled lives through coaching, workshops and retreats. Learn more at www.MarciCagen.com.



Veronica Clark, with extensive training in Yoga and holistic nutrition, helps others to experience the power, vitality and luminosity within themselves. Veronica is inspired by the mind-body connection and strives to maintain a balance between mindful eating, stress management and optimal health. She is passionate about helping others to do the same through nutrition and Yoga practice. Learn more at www.healthynutaz.com.

Ayurveda; The Sister Science of Yoga

Ayurveda is a 5000-year-old system of healing from which we derive the ability to flourish in life. Join Veronica Clark for an interactive series of workshops designed to enhance emotional and mental balance through diet and daily activities. Fend against physical and mental burnout, and tap into optimal vitality to be the most powerful version of you. www.healthynutaz.com.

Fee: \$8 per workshop. 480-350-5200

Ayurveda; Creating Daily Rituals

Daily rituals are a mainstay of an Ayurvedic lifestyle. Learn practices to reduce stress, increase energy and maintain mind-body balance. Discuss cycles of nature and how to create healing rituals to help live in accordance with nature at any stage. Workshop includes workbook, DoTerra essential oils and Ayurvedic teas. Materials Fee: \$5; due to instructor. Fee: \$8. 480-350-5200

57264	All Ages	Sa	2/17	11 a.m.-1 p.m.	CSC
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Chakra Healing

Discover the seven main energy centers in the body. Learn their emotional and physical connection, and the colors associated with each one. Class includes a chakra-balancing meditation. Dress comfortably and bring a Yoga mat or blanket. www.MarciCagen.com. Fee: \$8. 480-350-5200

57245	18 yrs+	T	3/6	6-8 p.m.	PAC
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Activities for Adults (18+ Years)

Claim Your Dreams in 2018!

What do you want to create in 2018? Join Marci Cagen for a fun-filled and inspiring evening as you transform your dreams and visions into reality. www.MarciCagen.com. Supply Fee: \$5; due to instructor at the start of class. Fee: \$8. 480-350-5200

57362 18 yrs+ T 1/2 6-8 p.m. PAC

Intro to Meditation

Explore many healing tools used to connect the mind, body and soul in this experiential workshop. Discover powerful practices that will alleviate stress, nurture health, break habits and assist with pain management. Bring a notebook and pen to class. www.MarciCagen.com. Fee: \$8. 480-350-5200

57246 18 yrs+ T 2/6 6-8 p.m. PAC

Meditations for Life in the Fast Lane

Learn a variety of mild-to-active meditation technique and breathing exercises aimed to increase awareness, self-integration and restore balance from emotional wreckage and the demands of day-to-day rigor of life. Class includes meditation in nature, walking meditation and basic Kundalini yoga technique. All levels welcome. www.healthynutaz.com. No Class 2/14. Fee: \$39. 480-350-5200

57265 18 yrs+ W 1/17-2/21 6-7:30 p.m. PAC

The Whole Body Detox; Heal Yourself with Green Juices and Smoothies

Join holistic wellness coach Veronica Clark to learn the basics of green smoothies and juices. Learn how to detoxify your body, stimulate digestion and promote healthy weight loss by creating your own smoothies and juices. Includes take-home notes, recipes and juice samples. Materials Fee: \$5; due to instructor. www.healthynutaz.com. Fee: \$8. 480-350-5200

57266 All Ages Sa 3/17 11 a.m.-1 p.m. CSC

Writing the Truth of the Heart

Use the experiences of your past as a road map to the rich and tumultuous discovery of self-renewal. Explore the shadow side of yourself and learn how to translate your life stories into heartfelt songs, poems and short stories. Coax and cultivate your inner muse through writing and demonstrations in this safe, supportive climate. www.healthynutaz.com. Fee: \$28. 480-350-5200

57355 18 yrs+ W 3/7-3/28 6-7:30 p.m. PAC

Introduction to Personal Fitness

Create a personalized fitness plan at the Kiwanis Fitness Center. Enjoy 6 sessions with a certified fitness professional in a small group setting. Receive hands on instruction to help you properly utilize each piece of equipment for maximum mileage toward your goals. Fee: \$34. 480-350-5201

56827 16 yrs+ T/Th 1/16-2/1 9-10 a.m. KRC

56828 16 yrs+ T/Th 2/13-3/1 9-10 a.m. KRC

Martial Arts; Goju Shorei Self Defense with Cane

Learn how to use a wooden cane as a legal and practical self-defense weapon. Students will learn basic strikes, blocks and footwork. Prior martial arts experience is recommended but not mandatory. Students may either purchase a cane (\$35) or borrow for use during class. Aseem. Fee: \$59. 480-350-5200

56508 16 yrs+ Sa 1/6-3/24 9:20-10:20 a.m. CRC

Martial Arts; Jujutsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Ongoing classes taught by licensed instructors of the Otake Han Doshin Ryu system of Jujutsu. All levels welcome; no prior martial arts training required. Fee: \$50. 480-350-5200

56475 16 yrs+ T/Th 1/2-1/30 7:45-9 p.m. CRC

56476 16 yrs+ T/Th 2/1-2/27 7:45-9 p.m. CRC

56477 16 yrs+ T/Th 3/1-3/29 7:45-9 p.m. CRC

Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended.

Aseem. Fee: \$65. 480-350-5200

56509 12 yrs+ Sa 1/6-3/24 10:35 a.m.-noon CRC

56510 12 yrs+ Th 1/11-3/29 7-8:25 p.m. NCC

Martial Arts; Karate Lim Kenpo

Strengthen family values in this results-oriented Karate class designed for the whole family. Students will learn self-defense, respect and manners, increased self-confidence and focus. Ongoing, monthly program. Uniform Fee: \$55 (includes Lim's 3 patches). For more info contact Patrice Lim at 602-525-8472, www.limkenpo.net. Fee: \$55. 480-350-5200

56457 13 yrs+ T/Th 1/2-1/30 7-8 p.m. KRC

56424 13 yrs+ T/Th 2/1-2/27 7-8 p.m. KRC

56427 13 yrs+ T/Th 3/1-3/29 7-8 p.m. KRC

56425 13 yrs+ W/F 1/3-1/31 7-8 p.m. CRC

56426 13 yrs+ W/F 2/2-2/28 7-8 p.m. CRC

56428 13 yrs+ W/F 3/2-3/30 7-8 p.m. CRC

Martial Arts; Tai Chi – Beginning Level I

Tai Chi has been likened to moving meditation. Experience relaxation and rejuvenation as you exercise in slow, gentle movements. This introductory class in the Guang Ping Yang style of Tai Chi will help you gain balance and flexibility, while improving breathing and posture. Instructor: Peggi. No class 3/17.

Fee: \$45. 480-350-5200

56516 16 yrs+ Sa 1/20-3/24 7-8 a.m. CRC

Martial Arts; Tai Chi – Intermediate Level II

Class builds on the 12 movements learned in Tai Chi Beginner Level I. Emphasis on gaining strength, flexibility and synchronizing breath with movement.

Prerequisite; Level II is for returning students or anyone familiar with Guang Ping Yang style of Tai Chi through at least the first 12 of 64 movements.

Peggi. No class 3/17. Fee: \$45. 480-350-5200

56572 16 yrs+ Sa 1/20-3/24 8-9 a.m. CRC

Martial Arts; Wing Chun Self-Defense

Wing Chun is a Chinese martial art that uses the principals of physics and natural body mechanics to defend against larger and stronger opponents. Students will learn chi-sau and other training methods to develop power, positioning, timing and striking/kicking techniques. Class focus is on practical self-defense applications. Norm. Fee: \$35. 480-350-5200

56488 16 yrs+ Su 1/7-2/11 9-10:30 a.m. CRC

56489 16 yrs+ Su 2/18-3/25 9-10:30 a.m. CRC

Pilates: Intro

Pilates is an exercise system that strengthens and tones your core, enhances balance and improves posture. Learn the concepts and fundamentals of the Pilates techniques while getting a full body workout. Class starts with a gentle warm-up, evolves into a challenging Pilates mat workout and finishes with a series of stretches. Pippa. No class 2/19. Fee: \$49. 480-350-5200.

56514 16 yrs+ M 1/22-3/26 5:30-6:30 p.m. KRC

Pilates & Stretch

Join us for this multi-level class that combines Pilates exercises with effective stretching techniques to increase strength and flexibility for your entire body. Major areas of focus are the core, stability work, coordination, breathing and relaxation. No experience necessary. All levels welcome. Pippa. No class 2/19. Fee: \$49. 480-350-5200

56513 16 yrs+ M 1/22-3/26 6:30-7:30 p.m. KRC

New **Yoga; ABC's of Yoga**

Take the mystery out of yoga and learn the basic fundamentals in this easy-to-follow class. Yoga doesn't have to be complicated; get the tools you need to find your inner yogi. Instructor will guide you through the most common poses and how to use equipment for optimal self-care. Come as you are—just bring a positive attitude. Samantha. Fee: \$39. 480-350-5200

56624 16 yrs+ W 1/17-3/7 4:50-5:50 p.m. PAC

Yoga; Bone Building for Boomers and Beyond

Stop bone loss and restore bone mass. Learn 12 yoga poses that help raise bone mineral density in the spine, hips and femur to help those affected by osteopenia and osteoporosis. Improve your posture, gait, increase range of motion and prevent falls and fractures. Instructor: Tammy, a boomer herself. Fee: \$59. 480-350-5200

56521 16 yrs+ T 1/9-3/27 4:45-5:50 p.m. PAC

Yoga; Core Strength

Join Samantha, as she helps you lengthen and strengthen your core muscles to improve your body alignment and flexibility. Focus will be on toning your core using poses, stretching and breathing techniques that will enhance your stability, balance and body fluidity. A strong core leads to a powerful body that will make you less prone to injury. Instructor: Samantha. Fee: \$55. 480-350-5200

56522 16 yrs+ Th 1/11-3/22 4:50-5:50 p.m. PAC

Yoga; Easy Does It

Designed for those who are new to yoga and want to learn the fundamentals. Emphasis on the basics of breathing, strengthening, alignment, primary poses and using props. Students will be given tools to practice safely, move pain free and experience new levels of relaxation while gaining more flexibility, balance and energy. Bring your own yoga mat. *No class 1/15, 2/19. 480-350-5200

56524 16 yrs+ M 1/8-3/26* 7-8:15 p.m. PAC \$49
56523 16 yrs+ W 1/10-3/28 5:30-6:45 p.m. KRC \$59

Yoga, Evening Wind Down

Let go of your day, calm your mind and body. Class is a wonderful and relaxing way to end the day by combining gentle movement using poses to calm nerves and prepare your body for a good night's sleep. Release tension with simple techniques including breathing, meditation, and stretching. Suitable for all levels. Bring your own yoga mat. Instructor: Caroline. Fee: \$68. 480-350-5200

56481 16 yrs+ T 1/9-3/27 7:30-8:45 p.m. MUS

Yoga; Healthy Backs (All Levels)

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No experience necessary. Bring your own yoga mat. *No class 2/24. 480-350-5200

56526 16 yrs+ W 1/10-3/28 7:10-8:25 p.m. PAC Tammy \$59
56527 16 yrs+ Sa 1/27-3/31* 9:15-10:30 a.m. KRC Nicole \$45

Yoga; Nightcap Nidra

Yoga Nidra induces complete physical, mental and emotional relaxation. Practice consists of breathing exercises and guided meditation while reclining in a restorative position. Release 3 kinds of tension—muscular, emotional and mental. Experience meditative state said to be 5 times more restorative than sleep. www.eighthlimb.com Instructor: Tammy. Fee: \$55. 480-350-5200

56531 16 yrs+ Th 1/11-3/22 7:10-8:10 p.m. PAC

Yoga; Parent & Preschooler

Please see page 8 for a complete description and class times.

Yoga; Parent & Toddler

Please see page 9 for a complete description and class times.

Yoga; Restorative with Guided Meditation

Restorative Yoga is a soothing, gentle class where both restorative and yin poses are utilized to remove deep-seated tension. Class culminates in the profound meditative experience of yoga nidra; restful and effortless guided relaxation. Participants will leave class feeling calm and refreshed. Bring your own yoga mat. Caroline. Fee: \$68. 480-350-5200

56480 16 yrs+ M 1/8-3/26 7:30-8:45 p.m. MUS

Yoga; Slow Flow

This all-levels flow practice mindfully builds strength and flexibility, improves posture and concentration. Breath, mindful movement and posture alignment are integrated. Move in and out of poses in a slow, breath-centric rhythm, using focused transitions. Get a total-body workout at a slow flow pace. Bring your own yoga mat. Caroline. Fee: \$68. 480-350-5200

56482 16 yrs+ M 1/8-3/26 6-7:30 p.m. MUS

Yoga; Slow & Gentle

Perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporate breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Bring your own yoga mat. No class 2/19. Fee: \$48. 480-350-5200

56535 16 yrs+ M 1/22-3/26 10:30 a.m.-noon KRC

Yoga; Stretch and Relaxation

A total-body, mat-based, stretching class with guided meditation. Stretch your body from head-to-toe using a variety of safe exercises. Increase your range of motion and flexibility, reduce back pain and improve posture. Positively transform the way your body looks, feels and performs. All levels welcome. Bring a yoga mat to class. Fee: \$55. 480-350-5200

56601 16 yrs+ Th 1/18-3/29 9-10 a.m. KRC

Yoga; Therapeutic

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Bring your own yoga mat. Kim. *No class 1/15, 2/19. 480-350-5200

56538 16 yrs+ M 1/8-3/26* 4:45-5:50 p.m. PAC \$49
56537 16 yrs+ W 1/10-3/28 6:15-7:15 p.m. NCC \$59

Yoga; Tone and Core

A perfect way to refine your body from the inside-out. Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Bring your own yoga mat. Caroline. Fee: \$68. 480-350-5200

56483 16 yrs+ T 1/9-3/27 6-7:30 p.m. MUS

Yoga; Yin and Meditation

Yin Yoga is a soothing and relaxing form of yoga which allows participants to move deeply into various postures and hold the poses for a longer period of time. End with 20 minutes of Nidra meditation. Students will be coached on how to meditate properly and comfortably. Bring your own yoga mat. www.eighthlimb.com. Tammy. Fee: \$55. 480-350-5200

56540 16 yrs+ F 1/12-3/23 5:45-7 p.m. KRC

Yoga; Yin & Restorative (All Levels)

Practice this gentle, graceful, meditative Yin yoga designed to alleviate stress and tension in the connective tissue of the hips, pelvis and spine. Transition to nurturing, restorative poses that bring balance to the nervous system and allow for deep rest. Experience balance and healing in a setting where you can relax and let go. Janelle. Fee: \$55. 480-350-5200

56519 16 yrs+ T 1/16-3/27 7:10-8:10 p.m. PAC

Activities for Adults (18+ Years)

Yogilates

Yogilates combines Yoga and Pilates practices offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while also emphasizing the deep muscles of the core. No experience necessary. Class taught by certified Yoga/Pilates instructor. Bring your own yoga mat. Diane. No class 1/15, 2/19. Fee: \$49. 480-350-5200

56520 16 yrs+ M 1/8-3/26 6-7 p.m. PAC

Drop-In Fitness Classes

Are you too busy to make a 4 to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: Pay-As-You-Go classes. Now you have the choice to make a commitment to register for a full session of classes, or commit to participate only when you have the time. If you choose to Pay-As-You-Go, please arrive 10 minutes early to register for your class. You will need to show your receipt to the instructor in order to validate payment of class.

Exercise; Building Better Bones with Pippa Frame

Stop bone loss and restore bone mass. Pilates-based exercises to strengthen muscles, increase flexibility and improve balance. Focus on reversal of bone loss, injury prevention and functional fitness to help avoid falls, alleviate pain and maintain independence. Pay-As-You-Go for \$7 per class. Fee: \$59. 480-350-5200

56504 16 yrs+ W 1/17-3/28 9:30-10:30 a.m. KRC

Exercise; Zumba® Fitness - burn 300 kcal!

Zumba is a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps. All levels welcome. Pay-As-You-Go for \$4 per class. No class 1/15, 2/19. Fee: \$39. 480-350-5200

56541 16 yrs+ M 1/8-3/26 6-6:50 p.m. PAC

Special Interest

4th Annual Tempe Public Library Comicon

Marvel, DC, Star Wars, Wholocks, Trekkies and all comic and cosplay fans are invited to gather at the Tempe Public Library in costume for a celebration of pop culture. The Blue Ribbon Army will host a costume contest. Visit www.tempe.gov/Comicon for more information. Registration is not required. Fee: None. 480-350-5500

No Code All ages Sa 1/27 10 a.m.-5 p.m. LPLAZA

American Sign Language (ASL) 101

Learn American Sign Language. This class is an introduction to the basics of ASL. Throughout the eight weeks, you will learn how to fingerspell the manual alphabet, core vocabulary for conversational signs, grammar and key components of deaf culture. Classes will commence with a silent ASL party to put your skills into practice. No Class 2/19. Fee: \$45. 480-350-5200

57200 14 yrs+ M 1/22-3/19 5:30-6:45 p.m. PAC

American Sign Language (ASL) 102

ASL 102 is a continuation of ASL 101. This class will build your expressive and receptive skills, grammar, vocabulary and deaf cultural awareness. Class ends with a silent party. Prerequisite: ASL 101 or permission from instructor.

No Class 2/19. Fee: \$45. 480-350-5200

57201 14 yrs+ M 1/22-3/19 7-8:15 p.m. PAC

Follow Us on Twitter!
@tempe.gov

Citizenship Class

Come join us to practice for the U.S. Citizenship test. Here you will learn about local resources, discuss interview tips and more. This four-part course meets through the month of January. Over the course of the month we'll be covering all 100 of the history and civics questions asked on the Naturalization exam.

Registration is not required. Fee: None. 480-350-5500

No Code 18 yrs+ Th 1/4-1/25 2-3 p.m. LMRB

Demonstration Classes; Chef Monica O'Brien



Monica O'Brien brings 17+ years of industry expertise to Tempe as its new chef. A former instructor within the Culinary Arts Department at Scottsdale Community College, Chef O'Brien has also operated a private catering and personal chef business. Sample every dish in these enjoyable and informative classes; a \$5 Materials Fee is due to Chef O'Brien at the start of class. Fee: \$25 per class. 480-350-5200

Burger Bonanza

Step-up your burger game using fresh ingredients in a new way. Menu includes a grilled Beef burger with caramelized onions, creamy horseradish spread, crisp lettuce and swiss cheese; a Crab cake burger with chayote slaw and citrus tartar sauce and, a black bean burger with roasted red pepper and avocado relish with pickled onions. Materials Fee: \$5; due to chef. Fee: \$25.

57240 15 yrs+ M 1/22 6-8 p.m. CSC

Tasty Tacos

Learn how to prepare a delicious meal with capers, prunes, thyme, vinegar, olives and brown sugar. This sweet and savory entrée is a perfect dish for one, or a great option for entertaining. As the entrée bakes, Chef Sams will prepare a classic risotto. Materials Fee: \$5; due to chef. Fee: \$25.

57241 15 yrs+ M 2/12 6-8 p.m. CSC

Fish 101

Take a culinary trip around the world with the best fish dishes. Menu includes Italian pesto salmon, Greek yogurt, lemon, mint and oregano salmon, Vietnamese Swai French-style with butter, lemon, capers, olives and parsley, and Swai, Asian-style. Make a seared Ahi Japanese salad, and finish with Mahi-Mahi Mexican Tacos. Materials Fee: \$5; due to chef. Fee: \$25.

57242 15 yrs+ M 3/5 6-8 p.m. CSC

Joy of Vegetables

Take your vegetables from ordinary to extraordinary. Menu includes roasted cauliflower steaks with gremolata, sautéed Brussel sprouts with caramelized onions, provincial broiled and stuffed tomatoes, broccoli with garlic, lemon and thyme sauce, creamed corn and a black bean butternut squash side so good it could be a main meal. Materials Fee: \$5; due to chef. Fee: \$25.

57243 15 yrs+ M 3/26 6-8 p.m. CSC

De-Stress after the Holidays with Acupressure and Oriental Medicine

Start the year with fresh energy and replenish from the inside out with Acupressure and Oriental Medicine. Led by Victoria Mogilner, certified Acupuncturist, Reiki Master and Tai Chi Chih instructor trained in China. Registration is not required. Fee: None. 480-350-5500

No Code 18 yrs+ Sa 1/6 10:30-noon LMRA

ESL Table Talk

Do you want to improve your English? We meet once a week to learn and improve common vocabulary, phrasing and discuss American culture. Basic English reading, writing and speaking skills are required. *No Class 12/25, 1/1. Meets in LMRA 12/4, 12/11, 12/18. **No class 12/27, 1/3. Registration is not required. Fee: None. 480-350-5500

No Code 18 yrs+ M 12/4-2/26* 1-2 p.m. LMRB

No Code 18 yrs+ W 12/6-2/28** 3-4 p.m. LMRB

Activities for Adults (18+ Years)

Fake News: The Impact of Fake News in the Real World

What is the impact of "fake news"? How does "fake news" affect community conversations and civic engagement? Join Jamie Bowen, Arizona State University, Walter Cronkite School of Journalism and Mass Communication for a lively frank talk about "fake news," free speech and journalism today. Registration is not required. Fee: None. 480-350-5500

No Code 18 yrs+ Sa 1/13 1-2:30 p.m. LMRA

German Classes

All German students must bring the appropriate required book to the first class. Used books may be purchased from the instructor on the first night of class; the instructor fee is \$30. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials.

German; Introduction to German

Join German School Phoenix for an introduction to German. Learn the basics of reading, writing and speaking in German. Learn about German culture and customs as you build your vocabulary with an instructor who's a native speaker. Required Book: 'Kontakte (6TH Edition),' by Erwin Tschirner. ISBN-13: 978-0073535333. <https://germanschoolphoenix.wordpress.com/>. Fee: \$45. 480-350-5200

57189 15 yrs+ T 1/23-3/13 5:30-6:45 p.m. PAC

Growing Sugar Cane

Join local non-profit Garden Pool to learn how to grow a sugar cane plant to harvest; how to process sugar cane; and nutritional properties of sugar cane. Organically grown sugar cane plants will be for sale for those who want to start growing their own sugar cane plants. Registration is not required. Fee: None. 480-350-5500

No Code All ages Sa 2/17 10 a.m.-noon LMRA

JuggleMania!

Please see page 13 for a complete description and class times.

One-on-One Job Help

Receive personal assistance in creating resumes, searching for and applying for jobs online and with other individual employment needs. Assistance is limited to 30-minute sessions. Appointments can be made at the library or by visiting www.tempe.gov/libraryjoblink. Fee: None. 480-350-5500

No Code 18 yrs+ T 12/5-2/27 2-4 p.m. LBRIC

Personal Cyber Security

Cyber criminals can use your personal information to impersonate you. Protect yourself online by learning about safe passwords, anti-spy software, safe browsing and more from the Tempe Police Department. Registration is not required. Fee: None. 480-350-5500

No Code 18 yrs+ M 12/11 6-7 p.m. LMRB

Personal Safety

Protecting yourself is a matter of avoiding the situation before it happens. The Tempe Police Department will give you tips on how to stay safe at home, work, in your car and more, as well as information on what to do if you find yourself a victim of a crime. Registration is not required. Fee: None. 480-350-5500

No Code 18 yrs+ M 12/4 6-7 p.m. LMRB

Pets; Basic Dog Obedience (6 mos+)

Teach your dog how to follow basic commands. Class focuses on socialization, working with distractions and addresses nuisance behaviors like barking and jumping. No dogs week one; first class includes paperwork, vaccination verification and Q & As. Training is by Perfect Pooch, www.perfectpoochaz.com. Instructor Fee: \$80; due at first class. Fee: \$25. 480-350-5200

57184 16 yrs+ F 2/16-3/23 6:30-7:30 p.m. TSC

Raising Chickens in the City

Join Danielle of local non-profit Garden Pool to learn where to get chickens and what kind to get; zoning issues with chickens in the city; living environment; diet, health and nutrition; companionship and exercise; handling and care for baby chicks; and collecting eggs from your chickens. Registration is not required.

Fee: None. 480-350-5500

No Code All ages Sa 3/3 10 a.m.-noon LMRA

Self-Defense for Adults

Learn easy but highly effective strikes; punches and kicks so you can properly defend yourself. Topics include; avoiding conflict, verbal tactics and vulnerable points of the body. It is better to know self-defense and not need it, than to need self-defense and not know it. Simulated drills partnered with both men and women. Taught by Sensei John Rich. Fee: \$20. 480-350-5200

56494 16 yrs+ Sa 1/27-2/17 1-2 p.m. PAC

Sewing Classes

A sewing machine is encouraged for the classes below. If you don't have a machine, the City has a limited amount available for use; machines may not be removed from classrooms and are only available for use during classroom hours. All students must bring required materials to the first class. To view a list of materials, as well as supply vendors, visit www.tempe.gov/classmaterials.

Sewing; Alterations Workshop

Learn how to repair a variety of clothing items from dresses to skirts, to pants and men's jackets. Workshop includes tapering and hemming. Bring fitted garments to workshop that are the correct length and may be used as baselines to hem other projects. Basic sewing supplies are needed. Instructor: Kathleen. Fee: \$25. 480-350-5200

57212 8 yrs+ Sa 1/27-2/3 9 a.m.-noon PAC

Sewing; Open Studio

A self-paced class for those who are looking to complete an existing project or may need guidance beginning a new project. Studio class is open to all sewing students with a working knowledge of basic skills and techniques. An experienced instructor will be available to help with your projects; bring your patterns and materials to class. Instructor: Kathleen. Fee: \$25. 480-350-5200

57210 8 yrs+ Sa 2/17-2/24 9 a.m.-noon PAC

57211 8 yrs+ M 3/12-3/19 5:30-8:30 p.m. PAC

Sewing; Parent/Child

Please see page 14 for a complete description and class times.

Sewing; Sewing 101 - Beginner

Learn to hand-sew and use your machine. You will be introduced to three basic hand-sewing stitches and machine techniques while creating custom projects. Bring basic sewing supplies and a sewing machine. Taught by a professional seamstress/evening wear designer. For a list of materials, visit www.tempe.gov/classmaterials. Kathleen. No Class 2/19. Fee: \$45. 480-350-5200

57204 14 yrs+ M 1/22-2/26 6-8:30 p.m. PAC

Sewing; Sewing 102 - Intermediate

Mastered the basics of Sewing? Enhance your skills; sew from a pattern. Sewing from a pattern will provide you with many options for creating garments, costumes, soft furnishings, toys and other items. Learn about sizing, alterations, seams, grain lines, button markings and more. Bring a pattern, tracing wheel and paper to class. Kathleen. No Class 3/31. Fee: \$45. 480-350-5200

57205 14 yrs+ Sa 3/3-4/7 9:30 a.m.-noon PAC

Activities for Adults (18+ Years)



809 E. Southern Avenue
480-350-5100

All programs are free and open to the public.

Friday, 12/1; 7 p.m. Performances at the Museum Tessa Karrys and AJ Odneal

Tessa Karrys is an Arizona-based singer-songwriter and performer. She writes, performs and records her original music. She usually performs every week at music venues, weddings, restaurants, bars, private parties, corporate events and/or charitable fundraisers. She incorporates folk, Americana, blues and pop into her playing style and songwriting.

AJ Odneal is an indie folk singer/songwriter heavily influenced by pop, jazz, and her extraordinary love for her listeners. You'll find her music fun and uplifting. Free, fun and family friendly.

Weekends throughout December Saturday: 12/2, 12/9 and 12/16; 10 a.m. - 2 p.m. Sunday: 12/3, 12/10 and 12/17; 10 a.m. - 2 p.m. Christmas at the Petersen House

Experience a Tempe Christmas tradition by visiting the Petersen House Museum this holiday season. Celebrating turn-of-the-century style with a Danish flair in honor of Niels Petersen, the house will be festively decorated with personal tours for visitors. Enjoy refreshments on the porch and create memories with your family during Tempe's Danish Christmas at the Petersen House. Petersen House Museum, 1414 W. Southern Ave.

Friday, 12/15; 7 p.m. Performances at the Museum Christmas with The SunPunchers

The SunPunchers are a group of merry musicians with a signature desert roots revival sound, with Lindsay Cates on bass, Dominic Armstrong on drums and Betsy Ganz on guitar and lead vocals. Their songs feature contemplative lyricism combined with a bedrock of stumbling rhythms and sliding textures. Also visit Santa and his helpers outside and the arts and crafts and karaoke elves next door at the Vihel Center. Free, fun and family friendly.

Saturday, 12/16; 3 p.m. Performances at the Museum 'Tis the Season for Holiday Cheer! Azure Family Concert with Tetra String Quartet

Tetra welcomes guest guitarist Brendan Lake, as well as a special visitor from the North Pole. Presented by the Tetra String Quartet, Azure Concerts are fun, friendly and engaging performances tailored to children and young adults who are on the autism spectrum or have similar challenges. Azure concerts are approximately one hour in length. Family members and caregivers of all ages are welcome to attend. The performance will be followed by an instrument petting zoo. Free tickets are available at www.tetraquartet.org.

Wednesday, 1/10; 11:30 a.m. Tempe Historical Society Lunch Talks Adventurous Spirits: Arizona's Women Artists, 1900-1950 with Betsy Fahlman

Betsy Fahlman is a Professor of Art History at Arizona State University, where she has taught since 1988. A specialist in American Art, she has a strong interest in the art history of Arizona and has written extensively on the subject. "Making the Cultural Desert Bloom: Arizona's Early Women Artists," was published in Arizona's Pioneering Women Artists: Impressions of the Grand Canyon State and accompanied an exhibition at the Museum of Northern Arizona. Admission is free, with coffee and light refreshments provided.

Thursday, 1/18; 7 p.m. Third Thursday at the Museum An Evening with FABRIC (Fashion and Business Resource Innovation Center) - Behind the "Seams" with Local Fashion Designers

Join us for a brief glimpse into the world of local fashion. FABRIC's mission is to create a headquarters for Arizona's fashion industry and to provide a location where local fashion professionals can create, collaborate, learn, source, manufacture, market and celebrate fashion. Meet some of these professionals, see some of their creations and learn how they were produced. Join us for the best local dessert and coffee and an event that is part artist portrait, part history lesson, part community forum and part creative event. Open to the public; donations welcome.

Saturday, 1/27; 7 p.m. Performances at the Museum Sara Robinson Band

This band plays what they term Sonic Blues Rock. Sara Robinson sports one of the best sets of pipes in the Valley. She and her band combine funk and blues with 60s and 70s rock. They meld Texas Roadhouse blues, Led Zeppelin instrumental jam sessions and smoldering vocals into a show that echoes Janis Joplin and Stevie Nicks. Free, fun and family-friendly.

Friday, 2/2; 7 p.m. Performances at the Museum Aunt B

If you like Sam Cooke, Etta James, Jackie Wilson, Stevie Wonder, Al Green, Ray Charles and The Supremes, you'll love Aunt B. Aunt B cooks up a perfect concoction with an old family recipe of Soul, Blues and Rock. Think tasty beats to dance to and a romantic evening by a fire. Aunt B describes themselves as tattooed punk rockers who love Soul Music and R&B. If the words Stax, Muscle Shoals, Motown and Chess Records mean anything to you, then this night is for you. Free, fun and family-friendly.

Wednesday, 2/14; 11:30 a.m. Tempe Historical Society Lunch Talks La Reina Cubana..... with Sule Greg C Wilson

Sule Greg Wilson's lifelong passion is providing people experiences for growth and change. He has over forty-five years as a dancer, storyteller, musician and "energy mover." He is a photographer, writer, archivist and educator. His musical talents grace documentary soundtracks, and the Carolina Chocolate Drops' 2010 Grammy Award-winning recording, *Genuine Negro Jig*. Wilson's book, "The Drummer's Path: Moving the Spirit with Ritual and Traditional Drumming" is considered a standard in the field, and his play, *Keep a Song in Your Soul: The Black Roots of Vaudeville* was nominated for Best Musical of 2011 by the Chicago Black Theatre Alliance. Admission is free, with coffee and light refreshments provided.

Check Out Upcoming Events! www.tempe.gov/FamilyFun

Activities for Adults (18+ Years)

Tempe's Homeless Response System

Homelessness affects all of us and the issues encompass many of society's most pervasive social concerns. As a result, a comprehensive strategy is required to resolve homelessness. Join us to learn more about the City of Tempe's Homeless Response System and what we can all do to end homelessness in our community. Registration is not required.

Fee: None. 480-350-5500

No Code 18 yrs+ M 12/11 5-6:30 p.m. LMRA

Sports

Adult Sports Leagues

Registration

Adult Basketball 12/6 8 a.m. LIB Begins 1/2

Archery Classes

Please see page 15 for a complete description and class times.

Basketball; Adult Open Gym Basketball

Come play indoors. Court will be available for open play. Players must have a free facility membership and a valid fitness pass. A registration form and photo ID are required on the first visit. Fee: \$1 (3-month pass \$10, annual pass \$25). 480-350-5800

No Code 18 yrs+ T Ongoing 6:30-9 p.m. ESCA

No Code 18 yrs+ Su Ongoing 3:30-6 p.m. ESCA

Basketball; Women's League: Fall

Registration: 11/20, 8 a.m. Participants must register in person at Escalante.

Date: League begins 1/8

Fee: \$300

Contact: Alex Jovanovic 480-350-5811



Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but have never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may also be borrowed from the instructor. Meet in Clubhouse. Fee: \$50. 480-350-5200

57234 18 yrs+ Sa 1/6-1/27 9-10 a.m. KMGC

57235 18 yrs+ Sa 2/3-2/24 9-10 a.m. RHGC

57236 18 yrs+ Sa 3/3-3/24 9-10 a.m. KMGC

Golf; Golf 102 - Intermediate

This class is designed for those who have already taken Golf 101, or need to dust-off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing, as well as on-course management. Students are encouraged to bring their own clubs. Meet in Clubhouse. Fee: \$50.

480-350-5200

57237 18 yrs+ Su 1/7-1/28 9-10 a.m. RHGC

57238 18 yrs+ Su 2/4-2/25 9-10 a.m. KMGC

57239 18 yrs+ Su 3/4-3/25 9-10 a.m. RHGC

Pickleball; Drop-In, North Tempe/Escalante Community Centers

There are two courts at each location that are open for drop-in recreational games. All players must have a free facility membership and a valid fitness pass. Fitness pass cost: \$1 per visit, \$10 three month pass, \$25 year pass.

NCC 480-858-6500. ESCA 480-350-5800.

No Code 18 yrs+ Th Ongoing 9 a.m.-noon NCC

No Code 18 yrs+ T Ongoing 8 a.m.-2 p.m. ESCA

Rock-Climbing; Rock-Climbing and Rappelling

Basic instruction of the fundamentals and techniques of rock-climbing, as well as knot-tying and methods of belaying. Class participants need to arrive 15 minutes prior to the start of class to be fitted for shoes and to complete a waiver form.

Fee: \$48. 480-350-5200

57174 16 yrs+ W 2/7-2/21 6:30-9:30 p.m. ROC

57175 16 yrs+ W 2/28-3/14 6:30-9:30 p.m. ROC

Volleyball; Drop-In, Escalante Community Center

Bring your friends for a fun game of volleyball. Players of all levels are welcome. Players must have a free facility membership and a valid fitness pass. A registration form and photo ID are required on the first visit.

Fee: \$1 (3-month pass \$10, annual pass \$25). 480-350-5800

No Code 16 yrs+ Th Ongoing 7:30-9 p.m. ESCA

No Code 16 yrs+ Su Ongoing 1-4 p.m. ESCA

Volleyball; Drop-In, Kiwanis Recreation Center.

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. Fee: \$4. 480-350-5201.

No Code 16 yrs+ Su 1/7-3/18 11 a.m.-2:30 p.m. KRC

Volleyball League Information

www.tempe.gov/kiwanis

League Registration Dates

Resident Teams: 12/4-12/29

Non-Residents Teams: 12/7-12/29

League Dates (T/W): 1/9-2/21

Tournament Dates: 2/27-3/7

Women's A: 56876

Co-Rec B: 56877

Cost: \$325/team

No individual registration will be taken. For more information, contact Carrie Reither, carrie_reither@tempe.gov