TEMPE Opportunities

Registration Dates
Tempe Residents: August 13
Non-Tempe Residents: August 20

Fall 2012

www.tempe.gov/brochure

City of Tempe

PLAY LEARN LIVE GROW

Pick-up a Tempe Opportunities Brochure at participating fry's FOOD STORES/

Registration begins August 13; classes begin September 4 unless noted otherwise within class descriptions. No classes September 3; November 12, 22 and 23. To view a list of class location abbreviations, see page 2, or visit www.tempe.gov/brochure.

These programs are designed for children and adults with intellectual disabilities. Individuals may register for programs at the Recreation Division Office, 3500 S. Rural Road. If you require special accommodations for these or additional City of Tempe programs, contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469; for TDD, call 350-5050.

L.E.A.P. After-School Program

L.E.A.P. is the Lifeskill Enrichment After-School Program, an after-school program for high school students with developmental disabilities in the Tempe Union High School District. The program follows the school year calendar and takes place at Marcos de Niza High School, Mondays through Fridays until 6 p.m.; transportation is provided to the program site from the student's school. We are a DDD authorized provider; contact your case manager for authorization. Please contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469 or Josh_Bell@tempe.gov, for more information regarding the program and registration.

Health & Fitness

Yoga

This class is designed to 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 students; additional techniques taught will be based on student's ability level. Those requiring assistance must come with his/her own aide. *No class 11/21.

480-858-2469

31603	13 yrs+	W	9/12-10/31	4-5 p.m.	Fee: $18	PAC
31606	13 yrs+	W	11/7-12/12*	4-5 p.m.	Fee: $10	PAC

Zumba

Zumba is a high-energy, cardio workout that incorporates unique moves with upbeat Latin and international music. This class is designed for all experience levels and helps participants reach healthy goals by using easy-to-follow dance steps in a fun environment! Individuals must be independently mobile to participate. Those needing extra supervision must provide their own aide.

480-858-2469

31604	13 yrs+	T	9/11-10/30	4-4:45 p.m.	Fee: $18	PAC
31605	13 yrs+	T	11/13-12/11	4-4:45 p.m.	Fee: $10	PAC

Social Activities

Bingo

Bingo prizes include various small items, food/consumable items and grand prizes (typically gift cards or other larger items). Those requiring assistance must come with their own aide.

When: September 7, December 7
Time: 6:30-8 p.m.
Where: Pyle Adult Center, 655 E. Southern Avenue
Fee: $3 at the door

Want to keep a good class going? Register early!

Fabulous Friday Dances

Come out to our monthly, themed dances and boogie-woogie on the dance floor! Dances are held for individuals with disabilities, ages 13 and older. Visit our website at www.tempe.gov/adaptedrecreation to find out the theme of the dance.

When: September 14, October 12, November 9, December 14
Time: 6:30-9 p.m.
Where: Edna Vihel Center, 3340 S. Rural Rd.
Fee: $4; includes admission, drinks, snacks and door-prizes

Karaoke and Game Night

Come and sing your favorite tunes, play some Nintendo Wii, Pool, Ping-Pong and other games! We have a selection of Karaoke music to choose from, or you can bring your own music on a CD or mp3 player. Those requiring assistance must come with his/her own aide.

When: October 5
Time: 6:30-8:30 p.m.
Where: Pyle Adult Center, 655 E. Southern Avenue
Fee: $3 at the door

Sports

Team Tempe Special Olympics

Youth (8 yrs+) and adults with intellectual disabilities are invited to join Special Olympics Arizona to learn sportsmanship and teamwork while achieving their personal goals! For more information, contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469 or visit our website at www.tempe.gov/adaptedrecreation.

A Special Olympics Medical Release Form signed by a medical examiner (good for three years) is required for all athletes to participate, as well as a City of Tempe registration form. Visit www.tempe.gov/adaptedrecreation for registration information and to download medical consent forms.

Team Tempe Fall and Winter Special Olympics Sports

Golf:	August to November
Swimming:	August to October
Bowling:	September to November
Speed Skating:	December to February
Basketball:	December to March
Cheerleading:	December to March

Unified Bowling Program/Buddy Bowling

This is a fun, unified bowling program that provides a great way for athletes with and without disabilities to participate together!

Location:	AMF Tempe Village Lanes
Dates:	September 8 to November 17
Time:	9 a.m.
Who:	7 yrs+
Fees:	$20 registration fee plus $8 each week for three games, shoes and end-of-season league prizes