Registration begins December 9; classes begin January 6 unless noted otherwise within class descriptions. No classes January 20, February 17. To view a list of class location abbreviations, see page 2.

These programs are designed for children and adults with intellectual disabilities. Individuals may register for programs at the Parks and Recreation 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 Mondays through Fridays until 6 p.m.; transportation is provided to the program site from the student's school. Students will participate in a variety of activities that promote physical exercise, social skills development and other benefits.

We are an authorized DDD 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

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 you 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 his or her own aide. Fee: $18. 480-858-2469

38010 13 yrs+ T 1/7-2/25 4-4:45 p.m. 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 his/her own aide. Fee: $3 at the door. 480-858-2469

January 3 6:30-8 p.m. PAC

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. Fee: $4; includes admission, drinks, snacks and door-prizes. 480-858-2469

December 13, January 10, February 14, March 14 6:30-9 p.m. VIHEL

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. Fee: $3 at the door. 480-858-2469

December 6, March 7 6:30-9 p.m. PAC

Movie Night

Join us as we show a recently released DVD movie. Visit our website to see what movie is scheduled to show. Paid admission includes choice of popcorn/candy and soda/ water. Fee: $2 at the door. 480-858-2469

February 7 6:30-8:30 p.m. PAC

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! Athletes of all skill levels are encouraged to participate. For more information and individuals who are completely new to a sport, please contact Josh Bell at 480-858-2469 or josh_bell@tempe.gov.

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.

Registering in advance is recommended. Registration on site is also accepted.

- Register online at www.tempe.gov/brochure (and use the registration code for the program).
- Mail registration to Attn: Josh Bell, Adapted Recreation, 3340 S. Rural Rd., Tempe, AZ 85282. Download form from www.tempe.gov/adaptedrecreation.
- Register in person at the Recreation Office, 3500 S. Rural Rd. (2nd floor of Library), Pyle Adult Recreation Center, 655 E. Southern Ave., or another City facility that processes registrations.

Special Olympics Basketball

For athletes new to basketball, they can learn the fundamentals of basketball and work their way towards joining a team. Traditional team play offer athletes the opportunity to practice and play in officiated games with other athletes, while Unified team play is where athletes and individuals without disabilities play together. Athletes will be assigned to a one hour practice on Saturdays. Fee: $10. 480-858-2469

38007 8 yrs+ Sa 12/7-12/14, 1/5-3/22 8-11:30 a.m.

Special Olympics Cheerleading

Under the guidance of our cheer coaches, athletes both new and experienced at cheer will learn coordination, step-by-step techniques and utilize teamwork to master cheer routines in preparation for the area and state cheer competitions.: $10. 480-858-2469

38008 8 yrs+ T 12/10-12/17, 1/7-3/25 5:30-6:45 p.m. CRC

Special Olympics Speed Skating

Put on some skates and get on the ice in the desert. Learn the technique of ice skating properly then put what you learn to use by practicing for competing in a variety of speed skating events at the state competition. Practices at Polar Ice in Chandler. Fee: $10. 480-858-2469

38009 8 yrs+ M 12/2-2/3 4-5 p.m.

Tempe Special Olympics sports beginning in February/March: Kayaking, Powerlifting, Tennis, Track & Field and Volleyball.

Buddy Bowling League

Unified Bowling Program/Buddy Bowling

Buddy Bowling is a unified bowling league that teams up bowlers with (Bowlers) and without disabilities (Buddy Bowlers) in a fun and friendly league format! At the end of each season trophies and prizes are awarded to all bowlers. Location: AMF Tempe Village Lanes, 4407 S. Rural Rd. Fees: $20 registration fee plus $8 each week for three games, shoes and end-of-season league prizes. 480-858-2469

7yrs+ 1/4–3/22 10 a.m.