

Connecting Tempe

THROUGH PEOPLE, PARKS AND PROGRAMS



August 7, 2009

Registration for Parks and Rec programs starts Aug. 10!

We know fall as a time of change in Tempe, when the scorching heat of the bold summer sun finally fades and when students of all ages buy fresh pens and notebooks to tackle a new school year. Follow fall's example and make a change in the lives of you and your family by registering for Tempe Parks and Recreation's Fall 2009 programs and classes. Whether you are looking to change your fitness level and physique, learn a new language or skill or improve your talents, Parks and Recreation has just the class you need. Each of our programs is listed in the [Tempe Opportunities brochure](#) online. Classes are available for all ages and interests, at convenient times and locations and affordable prices.



Tempe residents can begin registering for hundreds of new and continuing programs this Monday, Aug. 10. Registration for non-residents starts the following Monday, Aug. 17. Register [online](#), at the [Parks and Recreation](#) office or at many community centers. Visit www.tempe.gov/rec or call (480) 350-5200 for more information about registration.

Take a look at some of our new offerings this fall, along with the pages you will find them on in the Tempe Opportunities brochure:



[Russian Language \(Page 24\)](#) – A beginner's class for those who would like to learn about Russia and the Russian language. Course provides a basic command of the Russian language while developing communicative skills in everyday situations. Learn common phrases, vocabulary, basic grammar and pronunciation. Fee: \$43.

[Pastel Painting for Adults 50+ \(Page 26\)](#) – Learn the unique medium of pastel and produce beautiful art with intense colors. Students will go home from each class with a finished, matted painting of an animal, landscape, or floral scene. Fee: \$54-\$61.

[Kids Love to Sign® \(Pages 8 and 11\)](#) – Children ages 3-8 years and their parents will learn basic American Sign Language vocabulary through interactive games, songs and activities. Each week, children will learn 10-15 signs in a fun, themed environment. Topics include ABCs, numbers, colors, feelings, people, days of the week, food and mealtime manners. Fee: \$72 per family, \$30 supply fee for each child.

[Prenatal Pilates \(Page 22\)](#) – Practicing Pilates during pregnancy can support your body's growing process and make recovery easier. In this Prenatal Pilates class, you will be taught appropriate exercises for each trimester to help maintain strength and stamina throughout your pregnancy. Fee: \$79.

[10U Machine Pitch Girls' Softball and 8U Co-ed Coach Pitch Baseball \(Page 11\)](#) – In the 10U Machine Pitch Girls' softball league, coaches will operate a pitching machine to ensure a lively game in a fun non-competitive atmosphere. Coaches will pitch in the 8U Co-ed Coach Pitch Baseball division. These divisions will give boys and girls an excellent opportunity to continue to develop fundamental infield and outfield skills, allow a chance for more at-bats and more fielding and base running. Fee: \$65 each.

Karate: “It can change your life if you let it”



If you participate in Parks and Recreation’s karate courses at [Kiwanis Recreation Center](#) (KRC), you might know Tom Hicks (left), one of the instructors from Lim’s Hawaii Kenpo Karate. If you don’t, he is a man worth knowing about.

Tom Hicks, 43, has been training in karate for five years, and recently earned his black belt. He has taught as an assistant instructor for three years, teaching adults and youth at KRC. He can break three stacks of six bricks, each brick two inches thick, with his palm, elbow and forearm. And in June, he climbed Mt. Kilimanjaro in Africa, the world’s tallest free-standing mountain. With all these and many more accomplishments, it’s hard to believe Hicks is blind.

While serving in the U.S. Army, Hicks’ eye disease called retinitis pigmentosa gradually worsened until he was declared blind 12 years ago. After several years of fighting his blindness and struggling to acclimate to his new life, Hicks found his place in karate. He has learned to stop making excuses for his blindness and instead be proud of it. It was also the karate training and philosophy that helped prepare him for the climb up the 19,331-foot Mount “Kili”. “Karate made me willing to make the climb because I had already been pushed so hard in my karate training, so I was never afraid,” said Hicks.



After many months of rigorous training, Hicks and 24 others, including 7 blind climbers beside himself, 16 sighted guides and an expedition leader, made it to the top of Kili on June 29. The group broke four world records and, most importantly, raised more than \$200,000 for the [Foundation for Blind Children](#) - enough to make up for recent state budget cuts by funding programs for 52 blind infants for a year.



Climbing the tallest free-standing mountain in the world is much like embracing the obstacles we are given. Just as the training for the climb is difficult, the ascent unfamiliar and grueling, and acclimating to the new, thinner air a slow process, the rough terrain we encounter on our way to overcoming and accepting our challenges can be exhausting. But, as Hicks can attest, the feeling of accomplishment at the top of the summit, the feeling of facing life’s obstacles head-on and achieving peace, is worth it all.

Come see for yourself why Hicks has become stronger physically, mentally and spiritually through karate by taking a karate course during the Fall 2009 session. Classes are available for youth, teens and adults of all ages. See pages 9 and 18 of the [Tempe Opportunities brochure](#) for class times, locations and fees.

For more information on Tom Hicks and his climb up Kili, visit www.SeeKiliOurWay.org.

Tempe lifeguard among best at skills contest



A Tempe lifeguard achieved first place at the American Red Cross’s 29th annual Ultimate Lifeguard Challenge, a lifeguarding skills competition held this year at [Kiwanis Recreation Center](#) on Sunday, July 19. Casey Ryan, 18, recently graduated from McClintock High School and has worked as a lifeguard the past three summers at [Escalante](#) pool. He competed in various events at the Challenge against 151 other local lifeguards, and came in first in the Distressed Swimmer Rescue. To win the event, he properly and successfully retrieved a struggling swimmer from the [wave pool](#) in a time of 1:02.

Seven other Tempe lifeguards also participated in the Challenge, showcasing the methods and techniques they use daily to protect and save lives at Tempe’s pools and splash playgrounds. Great job, Casey, and a big thank you to all of Tempe’s lifeguards for keeping us safe this summer!

Speaking of pools...

[McClintock](#) and [Escalante](#) outdoor pools have closed for the season. You can still “Beat the Heat” by visiting the [wave pool](#) at KRC and hanging out at the [COX Splash Playground](#) at Tempe Beach Park. Visit www.tempe.gov/pools for all the details.



Save the Date

Friday-Sunday,
Sept. 11-13

[Healing Field at Tempe Beach Park](#)

A commemoration of lives lost on Sept. 11, 2001.

 **City of Tempe**

www.tempe.gov/recreation

PLAY LEARN LIVE GROW