

connecting tempe

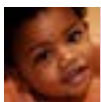
THROUGH
PEOPLE,
PARKS &
PROGRAMS

AUGUST 20, 2014



FALL INTO YOUR NEW FAVORITE ACTIVITY WITH THE 2014 TEMPE OPPORTUNITIES BROCHURE

Each season, Tempe offers hundreds of classes and programs for all ages and stages to enjoy and this fall is no different. The [Fall 2014 Tempe Opportunities Brochure](#) is the best place to find all of these great offerings. From art and gymnastics to computer classes and cooking demonstrations, Tempe has opportunities to help you get active, have fun and “fall” into something new!



Tots

Let's Get Up and Move®

Foster a lifelong love of movement and play with the Let's Get Up and Move® program. A variety of classes are offered for ages 1 month to 5 yrs. that use warm-ups, tumbling, gym equipment, parachutes, props, bubbles, songs, dance and more to exercise both mind and body. Try *Fun-N-Fit Kids Music*, *Movement and Tumbling*, *Wee Play Cruisers*, *Wee Play Gymsters* and *Wee Play Runners*.



NEW! Holiday Fun; Parent/Child

Celebrate the holidays around the world in this exciting series of one-day parent/child workshops designed for ages 2 to 4-years-old. Create fun holiday décor and gifts inspired by the places you “visit,” while further experiencing the culture through song and dance. Discover *Diwali Day* in India, have *Turkey Time Fun* for Thanksgiving, celebrate *St. Lucia* in Sweden, find out what it's like to have *Christmas in Germany*, spend *Christmas in France* and explore the traditions of *Christmas in America*.



Youth

NEW! Horsemanship; Introduction to Horsemanship

Calling all cowgirls, cowboys and animal-lovers! Our new *Horsemanship* program gives you the chance to get up-close and personal with real horses. Learn grooming, leading, handling, tacking-up, as well as how to ride a horse. Further explore these beautiful creatures through art projects and hands-on activities. Classes are offered for ages 3 to 6 and 7 to 12-years-old. Gain the confidence to properly handle and care for horses, all while having a great time.



Flag Football

Is your young athlete ready for some football? The *Flag Football; Small Ball Flag Leagues* allow boys and girls in grades K-5 the opportunity to learn the fundamental concepts of the game. The first two weeks of the program will cover proper technique, offensive/defensive drills, teamwork, terminology and more, while the remaining five weeks will consist of practices and 10-minute four-quarter games.



Teens

NEW! Gymnastics; Trampoline and Tumbling for Teens

Get ready to twist, turn and fly high in the new *Gymnastics; Trampoline and Tumbling for Teens*. Aspiring gymnasts, athletes and teens of all skill levels are invited to learn the fundamentals of tumbling including rolls, handstands, round-offs and more. Teens ages 13 to 15-years-old will develop strength, flexibility, proper body alignment and muscle memory.



Photography; DSLR Basics for Teens

Say cheese! This DSLR Basics class for teens ages 15 years and older is perfect for photography novices and those looking to refresh their skills. Review your camera's functions, care and maintenance. Learn about different types of photography and factors that affect your photos such as shutter speed, exposure, lighting, focal point and more.



Adults 18+

NEW! Pin This!

Are your online boards full of great pins and projects you want to try but just haven't found the time? In our *Pin This!* one-day workshops, we provide the supplies for DIY'ers ages 18 and older to tackle the latest online trends. Choose from *Wooden Signs, Stamped Jewelry, Party Themes, Crayon Art, Mason Jars and More*, and *Holiday Wreath*. At just \$20 per workshop, it's easy to practice to perfection and make completed projects!



Retirement and Estate Planning

You're never too young to start planning for the future and your retirement. In *Retirement and Estate Planning*, adults ages 18 and older will learn how to identify and evaluate their retirement plan to make it as effective as possible. In addition, learn how to supplement retirement income with other retirement plan investments such as IRAs.

Health and Fitness

Tempe's fall *Health and Fitness* classes offer a wide variety of options for all skill levels to help keep you healthy and active. Whether you're looking to continue a routine or try something new, we've got the perfect class for you. *Pilates; Sampler* gives students ages 16 and older the chance to try a variety of Pilates styles, movements and equipment for a full body workout. *Functional Fitness Bootcamp* for ages 18 and older incorporates conditioning, endurance, agility, flexibility and much more.



Adults 50+

Technology Classes

There's a wealth of information and entertainment online, and we want you to be a part of it! Tempe offers an assortment of technology-based classes for users of all skill levels, ages 50 and older. Try *Apps for Seniors* – a free class that utilizes the Tempe Public Library's new Outreach iPad Lab for the hands-on exploration of Apps, or *Blogging made Easy* where we show you how to share thoughts, writing, photos and more online by creating your own blog.



Cooking with Trena: A Cooking Series for Adults 50+

Impress your friends, family and yourself with new culinary skills acquired in our *Cooking with Trena* one-day workshops! Practice basic skills, explore culinary methodology and learn new ways to enhance your favorite recipes. Workshop themes include: *Oktoberfest*, *Protein Possibilities*, *The Fall Harvest*, *Made with Milk*, and *Health Benefits of Herbs & Spices*.



Families

Sewing Programs

Whether you are new to sewing, are a sewing master or want some sewing mommy and me time, we have you covered with sewing classes for the family! Learn the basics and spend time practicing your skills in *Sewing; Mommy and Me* for ages 8 years and older. Spend quality time designing and creating projects with your teen in *Sewing; Patterns* or *Sewing; Alterations* for ages 15 and older.



Exercise; Family Yogi's at Play!

Parents and kids alike will find joy in this active yoga class designed for ages 7 years and older! Class utilizes circus partner yoga, pop culture music and games to create a fun and comfortable environment. Yoga helps improve strength, flexibility, concentration and

coordination for family members of all skill levels.



Adapted Recreation

Tempe's Adapted Recreation Program provides a variety of classes, leagues and social events for individuals with intellectual and developmental disabilities.



Adapted Sportball

Adapted Recreation is excited to continue its partnership with the *Sportball* franchise to provide an array of skill-building opportunities for participants with additional needs. *Adapted Sportball* improves physical and social skills, self-image and self-concept, while developing attention and listening skills for athletes with Autism Spectrum Disorders, Cerebral Palsy, Down Syndrome, and other developmental disabilities.



Aquatics

Swimmers of all ages looking to learn how to swim or brush-up on their technique can find just the right lesson in Tempe. Children as young as 8-months-old can learn to swim in *Parent-Assisted Lessons*, and little swimmers ages 3 and older who are ready to learn independently can participate in *Swim School* or *Stroke School Lessons*. Swim lessons and water fitness classes including *Shallow Water Exercise*,

Transitional Water Exercise and *Aqua Zumba*, as well as *Aquatics High Intensity Interval Training (H.I.I.T.)* are available for adults, ages 15 and older.



Tennis

Cardio Tennis

Tempe's fast-paced tennis aerobics class will hone your skills and get you moving! Class incorporates tennis drills and games set to music, creating a fantastic workout for all ability levels. Classes meet for six-week sessions. Additional Tennis programs are available for Juniors (ages 4-15) and Adults (ages 16 yrs.+) that introduce beginning players to the basic elements of the sport.



General registration for the Fall 2014 session is now open. Classes begin the first week of September. In addition to viewing the brochure online you can also pick up a copy at any City of Tempe facility.

For more information, contact the Recreation Services Office at 480-350-5200.

Ready to register? Here's how:

1. Online at www.Tempe.gov/Brochure
2. In-person at one of the following City of Tempe facilities:

[Recreation Administration Office](#)
[Edna Vihel Activities Center](#)
[Pyle Adult Recreation Center](#)
[Kiwanis Recreation Center](#)
[Escalante Multi-Generational Center](#)
[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 Road, Tempe, AZ, 85282.

NFL PUNT, PASS & KICK COMPETITION

Do you think you have the skills to become the next Peyton Manning or Larry Fitzgerald? If so, join the fun at the [NFL Punt, Pass & Kick Competition](#) in Tempe from 10 a.m.-2 p.m. on Saturday, Sept. 6. Boys and girls ages 6-15 are invited to come out to Benedict Sports Complex and demonstrate their punting, passing and kicking skills. Winners in each local competition (by gender and age division) will advance to the Sectional Round in October. Competitors who advance from the Sectional Round will move on to the Team Championships.

From there, the top finisher in each age bracket will have the chance to compete at the National Finals held during Super Bowl 2015.

For more information, visit the Tempe Youth Sports [Punt Pass and Kick web page](#).



TEMPE HOSTS FREE MARTIAL ARTS DEMONSTRATIONS

How do you know if practicing martial arts is right for you? What style do you want to learn? These questions can be difficult to answer for anyone looking to jump into the world of martial arts for the first time. Tempe wants to help you take the unknown out of choosing a martial art form by hosting a FREE *Introduction to Martial Arts* day. Join us on Saturday, Sept. 6 as we introduce you and your family to the movements and techniques used in eight different martial art styles. Observe the demonstrations in a comfortable, no-pressure setting or participate in a casual group lesson (wear comfortable clothing!) to get a hands-on feel for the style – the choice is up to you!

The free demonstrations will occur throughout the morning at five facilities within Tempe, so you're sure to find a location near you! Make sure to reserve your spot now; space at each demonstration is limited. For a full



description of each martial art listed below, check out the [Fall 2014 Tempe Opportunities Brochure](#).

Once you've chosen your favorite, be sure to register for a Tempe martial art class taking place in fall 2014! There are a total of 32 classes offered at various times and days throughout the week for your convenience.

Registration is currently available [online](#) or in-person at City of Tempe community centers.

For more information, contact the Recreation Services Office at 480-350-5200.



Family Lessons

9:30-10:30 a.m.

Lim Karate

[Kiwanis Recreation Center](#)

Ages 4 yrs.+
#40467

11 a.m.-noon

Aikido

[Edna Vihel Activities Center](#)

Ages 7 yrs.+
#40468

11 a.m.-noon

Peaceful Warrior

[Watashi No Dojo](#)

Ages 6 yrs.+
#40465

Adult Lessons (18 yrs.+)

8:30-9:30 a.m.

Tai Chi

[Pyle Adult Center](#)

#40464

9-10 a.m.

Karate

[Clark Recreation Center](#)

#40463

9:45-10:45 a.m.

Wing Chun Self Defense

[Pyle Adult Center](#)

#40462

10-11 a.m.

Goju Shorei –Wooden Cane

[Clark Recreation Center](#)

#40452

10:30-11:30 a.m.

Jujutsu

[Kiwanis Recreation Center](#)

#40466

HONOR THE FALLEN AT HEALING FIELD

Thirteen years ago this Sept. 11, in New York City, Pennsylvania and at the Pentagon, a typical Tuesday morning quickly became a national nightmare. A “faceless coward” attacked the United States, taking as its victims 2,996 civilians, military members and first responders.

In memory of those who perished, the [Exchange Club of Tempe](#) and the City of Tempe will present the eleventh annual Healing Field from Wednesday, Sept. 10 through Saturday, Sept. 13 at [Tempe Beach Park](#), Mill Ave. and Rio Salado Parkway.

Healing Field is the nation’s longest-running Sept. 11, 2001 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.

A memorial ceremony will be held Thursday, Sept. 11, at 5:46 a.m., the same

time that the first plane struck the World Trade Center. That evening, a candlelight vigil will be held at 7 p.m.

A free memorial concert featuring patriotic songs is scheduled for 6 p.m. on Wednesday, Sept. 10. The American Red Cross will host a blood drive at Tempe Beach Park from 11 a.m.- 7 p.m. on Thursday, Sept. 11, 10 a.m.-4 p.m. on Friday, Sept. 12 and 9 a.m.-3 p.m. on Saturday, Sept. 13. To make an appointment, visit www.RedCrossBlood.org and use the search term “Exchange Tempe,” or call 520-230-7295. Walk-in donors are welcome.

Visit [Tempe 11’s YouTube channel](#) to see a special Tempe 11 segment about Healing Field. For more information, visit www.Tempe.gov/HealingField.



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 the City of Tempe’s Back to School [web page](#). Parents and students will find essential tips, tools and 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. 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.



GO DEVILS!

During the 2014 season Sun Devil fans can look forward to seeing more of the fast-paced, high-octane offense and attacking, big-play defense you enjoyed last season. City of Tempe residents have been a huge part of that success and are invited to show their support for the Devils by attending the annual City of Tempe Night against UCLA on Thursday, Sept. 25. Be sure to wear black to help Blackout the Bruins!

City of Tempe residents can take advantage of discounted tickets at 25%



off! To purchase your seats, check us out online at <http://Promo.SunDevilTickets.com> and enter the promo code **TEMPE**.

For any questions or to inquire about season tickets and groups of 15 or more

for home games, please call Nick Deutsch at 480-727-3521 or email Nick.Deutsch@asu.edu. Visit www.TheSunDevils.com for more information on Sun Devil Athletics.



To receive up-to-date information about exciting events and opportunities happening between Connecting Tempe newsletters, become a fan of Tempe Opportunities on Facebook.

SAVE THE DATE

**Thursday
Aug. 21**

First Day of Classes – [Arizona State University](#)

**Saturday
Sept. 6**

**[Free Martial Arts Demonstrations](#)
9:30 a.m.-noon; Locations vary**

**Saturday
Aug. 23**

**[Movies at the Museum – The Little Mermaid](#)
1 p.m.; [Tempe History Museum](#)**

**Saturday
Sept. 6**

**[NFL Punt Pass and Kick Competition - Tempe](#)
10 a.m.-2 p.m.; [Benedict Sports Complex](#)**

**Sat. & Sun.
Aug. 23 & 24**

**[Wave Pool Theme Days – Tempe Summer Sports](#)
1-5 p.m.; [Kiwaniis Recreation Center](#)**

**Wed.-Sat.
Sept. 10-13**

**[Healing Field](#)
5 a.m.-11 p.m., Daily; [Tempe Beach Park](#)**

**Saturday
Aug. 23**

**[Tempe Rocks](#)
7:30 p.m.; [Tempe Center for the Arts](#)**

**Friday
Sept. 12**

**[Free Art Friday](#)
9:30-11:30 a.m.; [Edna Vihel Activities Center](#)**

**Monday
Sept. 1**

**Labor Day
City of Tempe Administrative Offices Closed**

**Sat. & Sun.
Sept. 13 & 14**

**[Wave Pool Theme Days –
Cub Scouts/Boy Scouts](#)
1-5 p.m.; [Kiwaniis Recreation Center](#)**

Week of Sept. 2 [Tempe Fall 2014 Classes & Programs Begin](#)