

Adapted Recreation

Registration begins December 10, classes begin January 7 unless noted otherwise within class descriptions.
No class January 21, February 18. To view a list of class location abbreviations, see page 2.

These programs are designed for children and adults with intellectual and physical disabilities. Individuals may register for programs at the Recreation Office, 3500 S. Rural Road. Suite 201,

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 480-350-5050.

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

The Life Skills Enrichment After-School Program for middle/high school students with developmental disabilities in the Tempe Elementary and Union High School Districts. The program follows the school year calendar and takes place M-F until 6 p.m.; transportation is provided to the program site from the student's school. Students will participate in recreational activities that promote physical exercise, social skills development and other benefits; while supervised in a 1:4 staff-to-student environment.

We are an authorized DDD provider; contact your case manager for authorization. Please contact Samantha Mason, Adapted Recreation Coordinator, at 480-858-2469 or email Samantha_Mason@tempe.gov, for more information regarding the program and how to register.

No Code 11-21 yrs M-F 1/7-5/22 2-6 p.m.

Health & Fitness

Zumba

Zumba is a high-energy, cardio workout incorporating unique moves with upbeat Latin and international music. 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 their own aide. Fee: \$18. 480-858-2469

61424 13 yrs+ T 1/8-3/5 3:45-4:30 p.m. PAC

Friday Night Social Activities

Friday Night Social Activities are the first two Fridays of each month and are for individuals with intellectual/developmental disabilities ages 13 and older.

The activities promote socialization and fun, and are great opportunities to get together with friends as well as meet new people. Any participants requiring direct supervision should come with a responsible adult. Transportation is not provided by the City of Tempe to and from the Friday Night Socials. Please ensure that participants have reliable forms of transportation and are scheduled for pick by the scheduled end time of the activity.

Supervising staff/adults do not have to pay admission fees. Fees vary between \$2-4 and are paid at the door. There is no advance registration.

The first Friday of each month rotates between Bingo, Karaoke or Movie Night. The second Friday of each month is a themed social dance.

Bingo

Put your luck to the test by joining us for a night of Bingo. Each round will have at least 3 winners who get to choose from a variety of food, snack and non-perishable items. Grand prizes usually consist of higher priced items or gift cards.

When: March 1

Time: 6:30-8 p.m.

Where: Pyle Adult Center, 655 E. Southern Avenue

Fee: \$3 at the door

Karaoke Night

Come and sing your favorite tunes, play ping pong or shoot some pool in the billiards room. We have a selection of Karaoke music to choose from, or you can bring your own music on a CD or mp3 player.

When: February 1

Time: 6:30-9 p.m.

Where: Pyle Adult Center, 655 E. Southern Avenue

Fee: \$3 at the door

Sign Up for the Connecting Tempe Newsletter!

www.tempe.gov/Enotify

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 is for your choice of popcorn/candy and soda/ water.

When: January 4

Time: 6:30-8:30 p.m.

Where: Pyle Adult Center, 655 E. Southern Avenue

Fee: \$2 at the door

Social Dance

The second Friday of each month is our themed social dance, featuring a DJ playing a mix of current hit songs and favorite classics. Paid admission includes entering your name into a door prize drawing, which is typically held around 8 p.m.

When: January 11, February 8, March 8

Time: 6:30-8 p.m.

Where: Edna Vihel Activity Center, 3340 S. Rural Rd.

Fee: \$4 at the door

Tempe Special Olympics

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. Athletes of all skill levels are encouraged to participate. For more information and individuals who are completely new to a sport, please contact Samantha Mason at 480-858-2469 or email samantha_mason@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.

Advance registration is recommended. Participants can also register on-site.

- Register on-line at www.tempe.gov/brochure (use the program registration code).
- Mail registration to: Samantha Mason, Adapted Recreation, 3500 S. Rural Rd., Suite 201, Tempe, AZ 85282. Download form from www.tempe.gov/adaptedrecreation.
- Register in person at the Recreation Office, 3500 S. Rural Rd., Suite 201 (2nd floor of Library), Pyle Adult Recreation Center, 655 E. Southern Ave., or another City facility that processes registration.

Special Olympics-Basketball Skills

Skills is for athletes who are either new to basketball or have not developed the fundamental skills to play organized basketball on a team yet. Skills will focus on basic techniques, such as passing, dribbling and shooting. More advanced skills athletes will focus on incorporating those skills into drills and game-type situations. Fee: \$10. 480-858-2469

61354 8 yrs+ Sa 1/5-2/23 8:15-9 a.m. NCC

Special Olympics Basketball – Traditional and Unified

Athletes who have the fundamental skills and understanding of basketball may sign up to join a team and play in organized basketball games. Traditional team play is when teams are made up entirely of Special Olympics athletes. Traditional Basketball is available for all skill levels, from basic to intermediate to advanced, offering competition for all athletes. In addition to Traditional Basketball, we also offer Unified Basketball, which is when a team is made up of athletes and Unified Partners playing together. Unified Basketball is typically more advanced.

Any athletes interested in Traditional or Unified Basketball need to participate in one or both of the scrimmage dates on December 8 and 15 from 9-10:30 a.m. The scrimmages help us identify who will be playing for the upcoming season and help us determine appropriate team assignments. All athletes who want to play organized basketball will be able to play on a team. We create teams based on the following criteria: individual skill evaluations, creating balanced teams, overall team skill ratings and other factors. For athletes who wish to play Unified, the number of teams we can field depends on overall athlete interest, team balance and skill level, and availability of Unified Partners. Any athletes not selected for Unified will be placed on a Traditional team. Fee: \$10. 480-858-2469

Traditional

61355 8 yrs+ Sa 12/8, 12/15 9-10:30 a.m. NCC
8 yrs+ Sa 1/5-3/2 9 or 10 a.m. NCC

Unified

61356 16 yrs+ Sa 12/8, 12/15 10:30 a.m.-noon NCC
16 yrs+ Sa 1/5-3/2 11 a.m.-noon NCC

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

Adapted Recreation

Special Olympics Cheerleading – Traditional and Unified

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 choreographed to music in preparation for competitions. Both ladies and gents are encouraged to join. The Traditional squad will work on routines with other Special Olympics Athletes, while the Unified squad will incorporate more advanced techniques and routines with other Athletes and Unified Partners. Fee: \$10. 480-858-2469

Traditional

61357 8 yrs+ M 12/10, 12/17, 1/7-3/2 5:30-6:30 p.m. CRC

Unified

61358 8 yrs+ M 12/10, 12/17, 1/7-3/2 6:30-7:30 p.m. CRC



Buddy Bowling League

Buddy Bowling Unified Bowling League

Buddy Bowling is a unified bowling league for individuals with disabilities (Buddy Bowling Athletes) and without disabilities (Buddy Bowling Partners) bowling together on teams in a fun and friendly league format. We encourage bowlers of all experience and ability levels to join the league. Bowlers should be 8 years of age or older (up to any age). Bowlers will be assigned to a team (if they do not have one already). Partners take on a role similar to that of a team captain, participating as an active bowler and teammate while also providing assistance and guidance to other team members, as needed.

Bowlers are welcome to register their own teams of up to 5 bowlers. If a bowler does not have a specific team they would like to join then they will be assigned to a team with an opening.

Buddy Bowling is divided into two divisions: Bumpers and Non-Bumpers. Each Saturday bowlers will bowl two games for a weekly fee (see below). At the end of each season there will be trophies and awards presented to Buddy Bowling Athletes. Prizes are also given to all registered Athletes and Partners at the end of each season. Visit www.tempe.gov/adaptedrecreation for information about registration and league rules.

Location: AMF Tempe Village Lanes, 4407 S. Rural Road, Tempe.
Fee: \$20 registration fee plus \$6 each week for two games, shoes and end-of-season league prizes. 480-858-2469.

61429 8 yrs+ Sa 1/5-5/18 10 a.m.-12:30 p.m. AMF

Make a Difference...



Connect with your community and city government. The Tempe Volunteer program has a wide variety of service opportunities available for individuals and groups, from sixth-graders through golden-agers, from a few hours to years of service.



www.tempe.gov/volunteer
480-350-5190

Keep A Good Class Going
Register Early!