

Activities for Adults (18+ Years)

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.

The activities and classes below are designed specifically for Adults (18+ Years). Additional offerings for adults may be viewed in the Adult (50+ Years) section.

Classes - Participants & Observation:

- Childcare is not offered.
- Observers and non-registered individuals, including children, are not permitted in classes or workshops.
- Closed-toe shoes are required for ceramics, pottery and jewelry classes.

Arts & Crafts

To view class materials lists, visit www.tempe.gov/classmaterials or visit the Edna Vihel Activities Center Front Office, 3340 S. Rural Road, Tempe. Students must bring all materials to the first class unless otherwise noted within class description.

Ceramics; Beginning

Your journey in ceramics starts here. Learn age-old techniques and create functional pieces of art. Build a strong ceramics foundation with an introduction to hand-building, throwing, surface design and glazing. Students provide their own Cone 10 clay. Chris. Fee: \$120. 480-350-5287

60851 18 yrs+ T 1/15-3/5 6-8:50 p.m. EDNA

Ceramics; Beginning Throwing

Class is recommended for students who have taken Beginning Ceramics. This is your opportunity to become one with the ceramic wheel through a series of exercises that build up your skills. This class will cover bowls, cups, mugs, plates and other dinnerware type items. Students provide their own materials and Cone 10 clay. Lisa. No class 1/21, 2/18. Fee: \$120. 480-350-5287

60852 18 yrs+ M 1/14-3/4 6-8:50 p.m. EDNA

Ceramics; Family Ceramics

Learn the basics of hand-building while you create a cookie plate, coco mug and another fun piece. The first 2 classes will include building with clay. The third class will include glazing and painting. Students provide their own Cone 10 Clay. One bag recommended per family of 4. Registration is required.

Fee per participant: \$45. 480-350-5287

60855 8 yrs+ Sa 3/2-3/16 12:30-2 p.m. EDNA

Ceramics; Hand-building Studio

Do you want time to experiment and hone your skills? Intermediate and advanced hand-builders can work freely in this non-instructional setting. Studio space is being provided during our regular throwing classes and space is limited. Students provide their own Cone 10 clay. *No Class 1/21, 2/18. 480-350-5287

60858 18 yrs+ W 1/16-3/6 6-8:50 p.m. EDNA \$100

60859 18 yrs+ M 1/14-3/4* 6-8:50 p.m. EDNA \$75

Ceramics Independent Study

Needing additional time in the ceramics studio to work on your class projects? Find it here. Work independently on your hand-building and throwing projects. Only work created in the studio can be fired and glazed. Previous ceramics experience required. Students provide their own materials and Cone 10 clay. 480-350-5287

60861 18 yrs+ Sa 1/19-3/9 9 a.m.-noon EDNA \$96

60862 18 yrs+ Sa 1/19-2/16 12:30-3:30 p.m. EDNA \$60

Ceramics; Intermediate/Advanced

If you're ready to advance your ceramics skills, this is the class for you. Increase your knowledge as you create advanced projects of your choosing. The instructor will provide building and glaze demonstrations and help guide you through your projects. Prerequisite: Beginning Ceramics or other ceramics experience. Students provide their own materials. Lisa. Fee: \$120. 480-350-5287

60865 18 yrs+ Th 1/17-3/7 6-8:50 p.m. EDNA

Ceramics; Intermediate/Advanced Throwing

This class is recommended for students who have taken Beginning Throwing. Students will cover advanced throwing forms and techniques such as 2-part cylinders, teapots and decorative techniques. You can also work independently on your own wheel-thrown projects. Students provide their own materials and Cone 10 clay. Chris. Fee: \$120. 480-350-5287

60866 18 yrs+ W 1/16-3/6 6-8:50 p.m. EDNA

Ceramics; Pottery Club

This leisurely morning of working in the studio offers students ample time to create functional and sculptural ceramics work. Potters can freely build or work on the wheel. Demonstrations in building and glazing will be provided by instructor. Students provide their own materials and Cone 10 clay. Lisa. Fee: \$160. 480-350-5287

60868 18 yrs+ W 1/16-3/6 9 a.m.-2 p.m. EDNA

Ceramics; Specialty Surface Decoration

Learn specialty techniques and tips to help you personalize your ceramic artwork. From stamps to wax resist glazing, you'll learn how to use color and texture to your advantage. We'll work on tiles and other projects to expand your knowledge and creativity. All skill levels welcome. Students provide their own materials. Lisa. Fee: \$120. 480-350-5287

60870 18 yrs+ T 1/15-3/5 9 a.m.-noon EDNA

Crafternoon

Feeling crafty? Stop by the library to learn how to make a featured project or bring your own project to work on. Assistance and materials for the featured project will be provided. Register by email: tplprograms@tempe.gov. Include "Crafternoon" in the subject line and your name and phone number in the body. Fee: None. 480-350-5500

No Code 14 yrs+ Sa 2/2 2-3 p.m. LMRB

Make A Difference. Volunteer!

www.tempe.gov/volunteer

Glass Fusion

Learn the basics of glass fusion art. Cut and compose colored glass pieces and play with design and color, that will be melted together in a kiln into a solid artwork. Projects include tiles, jewelry, coasters/small plates and bowls. Basic glass included. Chris. Fee: \$70. 480-350-5287

60905 18 yrs+ Sa 1/19-2/23 10 a.m.-noon EDNA

Jewelry; Basics

Join teaching artist, Carol, as she leads students through the basics of jewelry composition and construction. *No class 1/21, 2/18. 480-350-5287

60914 18 yrs+ W 1/16-3/6 6-8:30 p.m. PAC \$80
60915 18 yrs+ M 1/14-3/4* 10 a.m.-12:30 p.m. PAC \$60

Jewelry; Open Studio

For safety, only experienced jewelry students are eligible. Looking for a space to work on your own jewelry creations? Utilize the time in Open Studio to take your jewelry project from start-to-finish or complete a project that's already in-progress. Instructor will provide guidance as needed, as well as demonstrate jewelry techniques. Instructor: Carol Berger-Taylor. Fee: \$80. 480-350-5287

60916 18 yrs+ Th 1/17-3/7 6-8:30 p.m. PAC
60917 18 yrs+ T 1/15-3/5 10 a.m.-12:30 p.m. PAC

Modern Macramé

Knot tying is back, but with a twist. Learn a variety of knots and patterns with instructor led projects including wall hangings, plant hangers and more. Develop your macramé techniques and experiment intertwining different types of fibers with various objects. Materials list can be viewed at www.tempe.gov/classmaterials. Rachel. Fee: \$30. No class 1/21, 2/18. 480-350-5287

60931 15 yrs+ M 1/14-3/4 6:30-8:30 p.m. EDNA

Mosaics and More

Fascinated by mosaic tile floors or ancient mosaic artworks? Let us show you how to work with ceramic tile, glass beads and recycled materials to enhance projects like flower pots, tabletops and more. Learn the fundamentals of tile placement and grouting. Instructor will review required/optional supplies on first night of class. Chris. Fee: \$60. 480-350-5287

60932 18 yrs+ Th 1/17-3/7 6-8:50 p.m. EDNA

Oil Painting; Intermediate

For those who have had previous experience but wish to hone their skills. This session will focus on complex subject matter and composition. Students will look at master painters and study their works. There is a special, one class opportunity to work with the Phoenix Herpetological Society. An experienced handler will accompany our reptilian guest model. Anne. Fee: \$40. 480-350-5287

60940 15 yrs+ T 1/15-3/5 6:20-8:50 p.m. EDNA

Painting; Impressionism to Expressionism

In this workshop series students will be introduced to journey through the world of impressionism and abstract expressionism. Students will explore penciled drawing and oil painting while creating art works in contemporary styles. Tal. Fee: \$40. 480-350-5287

60942 18 yrs+ W 1/16-3/6 6:30-8:30 p.m. EDNA

Register for Classes Online!

www.tempe.gov/brochure

Boating

Float Test, Rowing Classes Only

All rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video (does not include paddling and Adult Learn to Row Workshop participants classes). If you have rowing experience but are new to the City of Tempe Rowing Program, you must fulfill this requirement. For additional information, please contact the Boating Office at 480-350-8069.

Adult Learn to Row

Designed for first-time rowers, this course will introduce the basics of rowing safety and boat-handling. Proper rowing technique and fitness development are stressed. Participants must pass a 10-minute float test and have a basic level of fitness. The first class will include a float test/safety video. First three classes are mandatory. *No class 1/13. 480-350-8069

61192 18 yrs+ Sa/Su 1/5-1/27* 7:30-9:30 a.m. TTLM \$84
61193 18 yrs+ Sa/Su 2/2-2/24 7:30-9:30 a.m. TTLM \$96

Adult Learn to Row Workshop

Find out what rowing on Tempe Town Lake is all about. This workshop will introduce you to our rowing program where you will meet coaches and other rowers. Come find out if rowing is for you. No float test required. No experience necessary. Fee \$30. 480-350-8069

61194 18 yrs+ Sa/Su 3/16-3/17 7:30-9:30 a.m. TTLM

Adult Open Rowing and Sculling

This session brings experienced rowers together and is designed with athletes in mind. Sweep-rowers and scullers may try either discipline. Class utilizes cross-training, video analysis and flexibility and focuses on a high-level of rowing. Prerequisite: Learn to Row or commensurate experience. *No class 3/2.

**No class 1/13, 3/3. 480-350-8069

61209 18 yrs+ Sa 1/5-3/16* 7-9 a.m. TTLM \$90
61210 18 yrs+ Su 1/6-3/17** 7-9 a.m. TTLM \$81
61211 18 yrs+ T 1/8-3/19 9-11 a.m. TTLM \$99
61207 18 yrs+ T 1/8-3/19 5:45-7:45 p.m. TTLM \$99
61212 18 yrs+ Th 1/10-3/21 9-11 a.m. TTLM \$99
61208 18 yrs+ Th 1/10-3/21 5:45-7:45 p.m. TTLM \$99

Essentials of Kayak Touring

Developed by ACA-certified kayak instructors, this class will refine your kayak touring skills and is perfect for all levels of experience. Instructors focus on basic and intermediate strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-inside" touring kayaks. All equipment provided. No experience necessary. Fee: \$80. 480-350-8069

61195 18 yrs+ Sa 1/26-2/16 7-9 a.m. TTLM

Glow Kayak

The wildest and brightest Glow Paddle on Tempe Town Lake. Join us for a night under the stars while we glow and glide across the water. In addition to all necessary kayaking equipment, participants will receive glow in the dark accessories. Feel free to wear glow in the dark clothing items that you don't mind getting wet. Adult Fee: \$35; Youth Fee (10-17 yrs): \$20. 480-350-8069

61196 10 yrs+ Th 3/14 7-9 p.m. TTLM

Introduction to Kayaking

Developed by ACA-certified kayak instructors, this is a perfect class for all levels of paddling experience. This class will focus on basic strokes and maneuvers as well as fitness, boat-handling and rescues in "sit-on-top" kayaks. All necessary equipment will be provided. No experience necessary. Fee: \$70. 480-350-8069

61199 18 yrs+ Sa 1/26-2/16 9-11 a.m. TTLM
61293 18 yrs+ W 1/30-2/20 9-11 a.m. TTLM

Activities for Adults (18+ Years)

Introduction to Stand-up Paddling

Join the fastest-growing watersport in the country on Tempe Town Lake. No experience necessary; this class will teach you the basics of Stand-up Paddling. All equipment is provided. Fee \$30. 480-350-8069

61200	18 yrs+	Sa	1/26	9-10:30 a.m.	TTLM
61201	18 yrs+	Sa	2/16	9-10:30 a.m.	TTLM
61203	18 yrs+	T	3/12	5:30-7 p.m.	TTLM
61204	18 yrs+	T	3/19	5:30-7 p.m.	TTLM
61202	18 yrs+	Sa	3/16	9-10:30 a.m.	TTLM



Stand-up Paddling Fitness

Once you have learned the basics of SUP, stay in shape by taking SUP Fitness. This class will focus on fitness and advanced paddling technique. Prerequisites: Intro to Stand-Up Paddling or commensurate experience. *No class 3/3. 480-350-8069

61214	18 yrs+	Su	1/20-3/17*	8-9:30 a.m.	TTLM	\$72
61215	18 yrs+	W	1/23-3/20	6-7:30 p.m.	TTLM	\$81

Stand-Up Paddling Yoga

Enjoy paddling on the lake, anchoring boards and setting yoga breathing. S.U.P. yoga features seated and standing yoga postures, including sun salutations, lunges and downward-facing dog. We will take a few quiet meditation moments before paddling back. Prerequisite: Intro SUP or commensurate experience.

Fee: \$35. 480-350-8069

61296	18 yrs+	Sa	1/26	10:30 a.m.-noon	TTLM
61213	18 yrs+	Sa	2/16	10:30 a.m.-noon	TTLM
61297	18 yrs+	Sa	3/16	10:30 a.m.-noon	TTLM

Tempe Town Lake Rowing Club

This program is designed for advanced rowers able to row (singles and doubles only) on Tempe Town Lake. Rowers will check-out equipment during Club Rowing times and train on their own. Prerequisites: coordinator permission and a successful re-entry test on file. Club Fee: \$60/year (year-round program); Rowing Fee: \$20/month. To register contact the Boating Office: 480-350-8034

No Code	18 yrs+	T-F	1/2	5:30-7 a.m.	TTLM
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Books & Reading

Author Talk: Katrina Shawver

Local author Katrina Shawver will share highlights from her award-winning biography: *Henry – A Polish Swimmer's True Story of Friendship from Auschwitz to America*, the true story of a Polish (Catholic) swimmer who survived 3 years in Auschwitz and Buchenwald and went on to live the American dream. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	2/9	10-11:30 a.m.	LMRA
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Build Your Author Website

This workshop is designed to help authors and aspiring authors gather all the tools necessary to create an appealing, informative website. Learn how to use your website to attract readers and generate book sales. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	12/12	6-8 p.m.	LMRA
No Code	18 yrs+	W	1/23	6-8 p.m.	LMRA
No Code	18 yrs+	Sa	2/2	2-4 p.m.	LMRA

Coffee, Tea & Books

Come and discuss recent novels or the occasional nonfiction title. Participants provide their own copy of the book. Volunteers rotate leading the discussion. Discussions are held 6:30-8 p.m. in the Connections Café. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	M	1/28	Hannah Coulter by Wendell Berry
No Code	18 yrs+	M	2/25	Indian Horse by Richard Wagamese

Great Books

The Great Books Foundation promotes reading, thinking and sharing of ideas. Kathy and Don Dietz will lead discussions on the 2nd and 4th Wednesdays from 6-8 p.m. in the Connections Café. Participants provide their own copies of the books. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	12/12	Homicide by David Simon
No Code	18 yrs+	W	1/9	The Sorrows of a Young Werther by Johann Wolfgang von Goethe Penguin Classics: Translated by Michael Hulse)
No Code	18 yrs+	W	1/23	I Stand Here Ironing by Tillie Olsen
No Code	18 yrs+	W	2/13	Nickel and Dimed by Barbara Ehrenreich
No Code	18 yrs+	W	2/27	What Work Is by Philip Levine
No Code	18 yrs+	W	2/27	Betting on Men by Joan Frank

How to Have a Fabulous Career as a Novelist

Novelist Paul Mosier shares practical tips which have helped him become someone who makes a living telling lengthy lies. Program includes discussion, prompts and question & answer. Mosier's fourth novel, *Train I Ride*, earned him a multi-book deal with HarperCollins. His latest book, *Echo's Sister*, was released in August 2018. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	2/23	2-4 p.m.	LMRA
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Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans to discuss favorite mystery books or authors. Volunteers rotate leading the discussion. First Saturday of each month from 10 a.m.-noon in the Connections Café. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	12/1	Pilfered Promises by M. Louisa Locke
No Code	18 yrs+	Sa	1/5	IQ by Joe Ide
No Code	18 yrs+	Sa	2/2	Magpie Murders by Anthony Horowitz

Go Outside and Play!!!

www.tempe.gov/parks

Activities for Adults (18+ Years)

Nonfiction Read and Tell

Participants discuss nonfiction books they have read and answer questions from the group. Gary Herrick who describes himself as a researcher working for himself will facilitate the book club. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	Sa	12/8	2-3 p.m.	LMRB
No Code	18 yrs+	Sa	1/12	2-3 p.m.	LMRB
No Code	18 yrs+	Sa	2/9	2-3 p.m.	LMRB

Tempe Community Writing and Cover Design Contests

Submit your short fiction, creative nonfiction, poetry, or cover design to the Tempe Community Writing and Cover Design Contests 2019. Submissions will be open 1/7-2/18. Details are available at www.tempe.gov/WritingContest.

Writers Connection

This informal writer's critique group is free and open to aspiring writers to share their work in a non-threatening atmosphere. *Group meets every other Friday. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	F	12/7-2/15*	2-4 p.m.	LMRB
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Writing Studio

In this free informal writing workshop writers come together to do writing exercises and have time to work on their own writing. This workshop is led by local author Bobbi Illing. *Group meets every other Friday. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	F	12/14-2/22*	2-4 p.m.	LMRB
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Writing Workshops with Duane Roen

Registration is not required. Fee: None. 480-350-5500

Writing about Family Photographs and Heirlooms

No Code	18 yrs+	Sa	12/8	10:30 a.m.-noon	LMRB
No Code	18 yrs+	W	12/19	6:30-8 p.m.	LMRB

Making Your Own Family History: Keeping a Journal

No Code	18 yrs+	Sa	1/12	10:30 a.m.-noon	LMRB
No Code	18 yrs+	W	1/16	6:30-8 p.m.	LMRB

Weaving Cultural History into Our Family History Writing

No Code	18 yrs+	Sa	2/9	10:30 a.m.-noon	LMRB
No Code	18 yrs+	W	2/20	6:30-8 p.m.	LMRB

Business & Computers

DISC Drop in Tech Help

Led by ASU's Department of Information Systems Club (DISC). These classes cater to a range of ability levels from basic skills to advanced individual questions. Computer questions and help with your laptop or tablet will be available. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	1/9-2/27	6:30-7:30 p.m.	LCL
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Getting Fiscally Fit

Join syndicated financial columnist and talk show host Steve Savant in association with The Society for Financial Awareness as he teaches you the steps for getting fiscally fit. Learn basic principles of cash management, roadblocks to financial success and maximizing your wealth and income. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	12/5	6:30-7:30 p.m.	LBRIC
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Maximizing Your Retirement

Join syndicated financial columnist and talk show host Steve Savant in association with The Society for Financial Awareness to learn what all Arizona seniors need to know about government programs, new tax code changes and much more. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	T	1/15	6:30-7:30 p.m.	LBRIC
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One-on-One Tech Help

Need help accessing the library's e-resources? Or maybe you could use some basic computer or tablet guidance? Make an appointment for a 30-minute tech help session with a librarian. Meets every Tuesday and Thursday. Appointments can be made at the library or by visiting www.tempe.gov/learning.

*No class 12/25, 1/1. Fee: None. 480-350-5500

No Code	18 yrs+	T	12/4-2/26*	10 a.m.-noon	LBRIC
No Code	18 yrs+	Th	12/6-2/28	2-4 p.m.	LBRIC

Social Security Explained

Join syndicated financial columnist and talk show host Steve Savant in association with The Society for Financial Awareness. This program will discuss the types of benefits, filing for benefits, planning strategies and more. Registration is not required. Fee: None. 480-350-5500

No Code	18 yrs+	W	2/6	6:30-7:30 p.m.	LBRIC
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Dance, Music & Theater

Belly Dance; All Levels

Come get your shake on and enjoy this beautifully enchanting and energizing art form which includes dance movements from head to toe. It is a fun and fantastic all-over body workout learning muscle control, balance, strength and coordination skills. Youth must be accompanied by a registered adult. Samia. Fee: \$36. Drop in Fee: \$5. 480-350-5287

60850	13 yrs+	W	1/16-3/6	5:30-6:30 p.m.	EDNA
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Dance It Up; Fitness

Are you tired of going to the gym and want to try dancing to get a good workout? Join us for Strengthen, Elongate & Exercise through Dance (SEED). Created by master teacher Tracy Puddy, students will get their groove on and feel confident all while burning up to 800 calories in one class. Aubri. Fee: \$28. 480-350-5287

60894	13 yrs+	W	1/16-3/6	6:45-7:45 p.m.	EDNA
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Dance It Up; Technique

Did you dance while you were younger and want to reignite those groovy sparks? Join us for basic technique training in jazz, hip hop and contemporary, and we'll get you back on the dance floor. Aubri. Fee: \$21. No class 1/21, 2/18. 480-350-5287

60893	13 yrs+	M	1/14-3/4	6:45-7:45 p.m.	EDNA
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Guitar; Beginning

Is that guitar in your living room picking up dust rather than having it's strings plucked? Join Carlos as he leads students through the basics of guitar. Walk in without a clue and walk out knowing just what to play and on what cue. Students provide their own guitar, strings and tuner. Fee: \$40. 480-350-5287

60834	15 yrs+	T	1/15-3/5	6-7:15 p.m.	EDNA
60906	15 yrs +	T	1/15-3/5	7:30-8:45 p.m.	EDNA

Line Dance

Dancing can help increase memory, balance and improve your cardiovascular endurance. This class starts you out on the right foot as you learn choreographed routines to a wide variety of music genres; latin to pop, celtic to country and much more. A great way to learn that is suitable for everyone regardless of experience. Fran. Fee: \$36. Drop-in Fee: \$5. 480-350-5287

60921	18 yrs+	T	1/15-3/5	6:30-7:30 p.m.	EDNA
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Activities for Adults (18+ Years)

Health & Fitness



Donna Cole is a multi-talented fitness instructor certified in both group fitness and personal training instruction for over 18 years and brings a wealth of experience to the City of Tempe. Donna's undeniable charisma and motivation keeps her students coming back for more. Using the latest techniques and trends, she has successfully taught at multiple studios across the valley specializing in Pilates, yoga, step aerobics and body sculpting. Join Donna as she inspires you to reach your own personal fitness goals.

Exercise; 20/20/20 Fitness Express—burn 400 kcal!

Complete an overall body "Core" training workout which targets the three major components of fitness: 20 minutes of cardio, 20 minutes of strength training followed by 20 minutes of flexibility/stretching. All fitness levels welcome.

Donna. Fee: \$60. 480-350-5200

60597 16 yrs+ T 1/8-3/26 6-7 p.m. PAC



Exercise; Barre Fit

Barre-Fit is one of the most effective ways to change the shape of your body for a total body workout. This sculpting class blends ballet, strength training, yoga and Pilates to create long and lean muscles to reshape your body. Light weights, small ball and small towel (bring own) will be used as props. No experience necessary. Donna. Fee: \$60. 480-350-5200

60598 16 yrs+ W 1/9-3/27 6-7 p.m. PAC

Exercise; Throwback Thursdays-Step Aerobics

Join Donna for a combo of retro music, step aerobics and strength training using bodyweight exercises and dumbbells. Transport back to a high-energy blend of music from the 70's, 80's & 90's in this easy-to-follow cardio class. Keep your heart rate up, burn calories and before you know it you'll have the body to show for it. All levels welcome. Fee: \$60. 480-350-5200

60599 16 yrs+ Th 1/10-3/28 6-7 p.m. PAC

Exercise; Core Power

A strong core leads to a powerful body that will make you less prone to injury. Join certified personal trainer Joan, who will guide you through exercises using flex bands, free weights and stability balls. Results include enhanced overall body strength, increased balance, stability and greater flexibility. Suitable for all fitness levels. Fee: \$55. 480-350-5200

60700 16 yrs+ T 1/15-3/26 9-10 a.m. KRC

60701 16 yrs+ T 1/8-3/19 6:15-7:15 p.m. NCC



Sunshine Fekkether is an expert in Muay Thai and boxing. As a professional boxer and Thai boxer, she has traveled around the world to compete in Mexico, Ukraine, Holland and throughout the US winning three world welterweight boxing titles. Sunshine retired from competition in 2004 and is currently a certified personal trainer and coach teaching Muay Thai and boxing locally at www.bestmuaythaiaz.com.

Fit to Fight Circuit Training

Train like the professional fighters. Keep your body guessing in this total body workout that will build your strength and cardiovascular endurance. This no contact circuit training class teaches proper form and modifications using battle ropes, kettlebells, dumbbells, sandbags, bands and medicine balls. All levels welcome. Fee: \$50. 480-350-5200

60519 16 yrs+ M/W/F 1/2-1/30 5:15-6 p.m. BMT

60520 16 yrs+ M/W/F 2/4-2/27 5:15-6 p.m. BMT

60521 16 yrs+ M/W/F 3/1-3/29 5:15-6 p.m. BMT

Intro to Boxing Fitness

Put your gloves on for a great cardio workout. Learn basic techniques; proper stance, footwork, punches and jabs while using punching and double end bags. Increase your speed, agility and strength with cardio drills, pad and bag work. It's the fastest way to the toned physique you seek. No experience necessary.

Fee: \$50. 480-350-5200

60516 16 yrs+ T/Th 1/3-1/31 5-6 p.m. BMT

60517 16 yrs+ T/Th 2/5-2/28 5-6 p.m. BMT

60518 16 yrs+ T/Th 3/5-3/28 5-6 p.m. BMT

Functional Fitness Bootcamp

Class incorporates conditioning, endurance, strength, coordination, balance, agility and flexibility. Results will be earned, not guaranteed. *No class 3/21.

Fee: \$8. 480-350-5800

60974 18 yrs+ T/Th 1/3-1/31 6:30-7:30 p.m. ESCA

60973 18 yrs+ T/Th 2/5-2/28 6:30-7:30 p.m. ESCA

60975 18 yrs+ T/Th 3/5-3/28* 6:30-7:30 p.m. ESCA

Holistic Health and Wellness

Holistic wellness is a comprehensive approach to nutrition and health that considers all aspects of a person's life. These classes address a wide-array of subjects from ultimate relaxation to a healthier you. Join Health and Wellness certified coaches Marci Cagen, Veronica Clark and Debi Sparks as they lead you on your journey towards holistic health and wellness. 480-350-5200



Marci Cagen is a certified coach and entrepreneur who is dedicated to women's empowerment, both personally and professionally. She has a unique ability to transform her own inspirational life story into practical tools and knowledge for others to learn and grow from. Marci's extensive training in holistic and therapeutic practices has helped women across the globe discover their purpose while gaining clarity and confidence to fully step into their dreams. Learn more at www.MarciCagen.com.

Activities for Adults (18+ Years)



Veronica Clark, with extensive training in Yoga and holistic nutrition, helps others to experience the power, vitality and luminosity within themselves. Veronica is inspired by the mind-body connection and strives to maintain a balance between mindful eating, stress management and optimal health. She is passionate about helping others to do the same through nutrition and Yoga practice. Learn more at www.veronicalynnclark.com.



Debi Sparks, RDH, MaED, holds a master's degree in Contemplative Education from Naropa University and is completing a two-year certification in Mindfulness Meditation through UC Berkely. She is a full-time educator at Mesa Community College, leads meditation sessions for students and facilitates workshops on the topics of mindfulness-based and holistic education nationally.

Live. Love. Thrive.

Start 2019 with an open heart, a happy mind and a healthy body. Learn innovative techniques to create more joy, manifest abundance and live the life that you've been dreaming of. This class will fill quickly; please register early. www.MarciCagen.com. Fee: \$25.

61344 18 yrs+ T 1/8-1/22 6-8 p.m. PAC

Mindset Shift; Opportunities for Happiness and Joy

Based on brain science and mindfulness, this course offers ways to subtly shift your mindset to more clearly see the joy and happiness in your life right now. A wonderful way to start the new year. Instruction by Debi Sparks. Fee: \$25.

61346 18 yrs+ Sa 3/30 10 a.m.-2 p.m. PAC

Practical Meditation

This course introduces different ways to practice meditation and is appropriate for those new to meditation, as well as for those with practice experience. Each class includes secular meditation practices, practice origin information and hands-on practice. Instruction by Debi Sparks. No class 2/14. Fee: \$28.

61345 18 yrs+ Th 1/24-2/21 6-7:30 p.m. PAC

Writing the Truth of the Heart

Use the experiences of your past as a road map to the rich and tumultuous discovery of self-renewal. Explore the shadow side of yourself and learn how to translate your life stories into heartfelt songs, poems and short stories. Coax and cultivate your inner muse through writing and demonstrations in this safe, supportive climate. www.TheVeronicaClark.com. Fee: \$28.

61337 18 yrs+ T 2/5-2/26 6-7:30 p.m. PAC

Introduction to Personal Fitness

Create a personalized fitness plan at the Kiwanis Fitness Center. Enjoy 6 sessions with a certified fitness professional in a small group setting. Receive hands-on instruction to help you properly utilize each piece of equipment for maximum mileage toward your goals. Fee: \$34. 480-350-5201

60805 16 yrs+ T/Th 1/15-1/31 9-10 a.m. KRC

60806 16 yrs+ T/Th 2/12-2/28 9-10 a.m. KRC

Martial Arts; Goju Shorei Self Defense with Cane

Learn how to use a wooden cane as a legal and practical self-defense weapon. Students will learn basic strikes, blocks and footwork. Prior martial arts experience is recommended but not mandatory. Students may either purchase a cane (\$35) or borrow for use during class. Instructor: Aseem. Fee: \$65.

480-350-5200

60542 16 yrs+ Sa 1/5-3/30 9:20-10:20 a.m. CRC

Martial Arts; Jujutsu

Learn traditional self-defense techniques such as joint locks, throws, chokes, strikes, blocks, ground fighting, pins and pressure point attacks as practiced by the Doshin (Samurai policeman). Ongoing classes taught by licensed instructors of the Otake Han Doshin Ryu system of Jujutsu. All levels welcome. No prior martial arts training required. Fee: \$50. 480-350-5200

60526 16 yrs+ T/Th 1/3-1/31 7:45-9 p.m. CRC

60527 16 yrs+ T/Th 2/5-2/28 7:45-9 p.m. CRC

60528 16 yrs+ T/Th 3/5-3/28 7:45-9 p.m. CRC

Martial Arts; Karate

Join this Kenpo Karate martial arts class for beginning and intermediate students. Classes begin with a light warm-up and stretch followed by basic kick-punch-block drills. Self-defense techniques are taught, as well as forms (katas) and light sparring (optional). Comfortable clothing is recommended. Instructor: Aseem.

480-350-5200

60543 12 yrs+ Sa 1/5-3/30 10:35 a.m.-noon CRC \$65

60544 12 yrs+ Th 1/10-3/28 7-8:25 p.m. NCC \$59

Martial Arts; Karate Lim Kenpo

Strengthen family values in this Karate class designed for the whole family. Students will learn self-defense, respect and manners, increased self-confidence and focus. Ongoing, monthly program. Uniform Fee: \$55 (includes Lim's 3 patches). For more information call Patrice Lim at 602-525-8472 or visit www.limkenpo.net. Fee: \$55. 480-350-5200

60477 13 yrs+ T/Th 1/3-1/31 7-8 p.m. KRC

60478 13 yrs+ T/Th 2/5-2/28 7-8 p.m. KRC

60511 13 yrs+ T/Th 3/5-3/28 7-8 p.m. KRC

60476 13 yrs+ W/F 1/2-1/30 7-8 p.m. CRC

60479 13 yrs+ W/F 2/1-2/27 7-8 p.m. CRC

60515 13 yrs+ W/F 3/1-3/29 7-8 p.m. CRC

Martial Arts; Tai Chi – Beginning Level I

Tai Chi has been likened to moving meditation. Experience relaxation and rejuvenation as you exercise in slow, gentle movements. This introductory class in the Guang Ping Yang style of Tai Chi will help you gain balance and flexibility, while improving breathing and posture. Peggi. Fee: \$49. 480-350-5200

60538 16 yrs+ Sa 1/19-3/23 7-8 a.m. CRC

Martial Arts; Tai Chi – Beginning Level II

Class builds on the 12 movements learned in Tai Chi Beginner Level I. Emphasis on gaining strength, flexibility and synchronizing breath with movement. Prerequisite Level I. Level II is for returning students or anyone familiar with Guang Ping Yang style of Tai Chi through at least the first 12 of 64 movements. Peggi. Fee: \$49. 480-350-5200

60539 16 yrs+ Sa 1/19-3/23 8-9 a.m. CRC

Martial Arts; Wing Chun Self-Defense

Wing Chun is a Chinese martial art that uses the principals of physics and natural body mechanics to defend against larger and stronger opponents. Students will learn Chi-Sau and other training methods to develop power, positioning, timing and striking/kicking techniques. Class focus is on practical self-defense applications. Norm. 480-350-5200

60548 16 yrs+ Su 1/6-2/10 9-10:30 a.m. CRC \$30

60549 16 yrs+ Su 2/17-3/31 9-10:30 a.m. CRC \$35

Activities for Adults (18+ Years)

Pilates: Intro

Pilates is an exercise system that strengthens and tones your core, enhances balance and improves posture. Learn the concepts and fundamentals of the Pilates techniques while getting a full body workout. Class starts with a gentle warm-up, evolves into a challenging Pilates mat workout and finishes with a series of stretches. Pippa. No class 1/21, 2/18. Fee: \$53. 480-350-5200.
60608 16 yrs+ M 1/7-3/25 5:30-6:30 p.m. KRC

Pilates & Stretch

Join us for this multi-level class that combines Pilates exercises with effective stretching techniques to increase strength and flexibility for your entire body. Major areas of focus are the core, stability work, coordination, breathing and relaxation. No experience necessary. All levels welcome. Pippa.
No class 1/21, 2/18. Fee: \$53. 480-350-5200
60607 16 yrs+ M 1/7-3/25 6:30-7:30 p.m. KRC



Yoga; ABC's of Yoga

Take the mystery out of yoga and learn the basic fundamentals in this easy-to-follow class. Yoga doesn't have to be complicated; get the tools you need to find your inner yogi. Instructor will guide you through the most common poses and how to use equipment for optimal self-care. Come as you are and just bring a positive attitude. Nicole. Fee: \$36. 480-350-5200
60674 16 yrs+ T 1/8-3/12 5-5:50 p.m. PAC

Yoga; Core Strength

Join Samantha, as she helps you lengthen and strengthen your core muscles to improve your body alignment and flexibility. Focus will be on toning your core using poses, stretching and breathing techniques that will enhance your stability, balance and body fluidity. A strong core leads to a powerful body that will make you less prone to injury. Samantha. Fee: \$55. 480-350-5200
60675 16 yrs+ Th 1/10-3/14 4:50-5:50 p.m. PAC

Yoga; Ease Your Pain

Join Carol Ann in this functional self-care class designed to develop your muscles to make it easier to perform everyday activities, prevent injury and reduce daily aches and pains. Learn breathing techniques and yoga poses to stabilize your core. You will have all the tools you need to begin your journey of self-care. Beginners and advanced levels welcome. Fee: \$55. 480-350-5200
60684 16 yrs+ W 1/16-3/27 5:30-6:30 p.m. KRC

Yoga; Evening Wind Down

Let go of your day; calm your mind and body. Class is a wonderful and relaxing way to end the day by combining gentle movement using poses to calm nerves and prepare your body for a good night's sleep. Release tension with simple techniques including breathing, meditation and stretching. Suitable for all levels. Bring your own yoga mat. Caroline. Fee: \$63. 480-350-5200
60556 16 yrs+ T 1/8-3/26 7:30-8:45 p.m. MUS

Yoga; Healthy Backs (All Levels)

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Focus on balancing strength and flexibility in the upper back, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No experience necessary. Bring your own yoga mat. Tammy. Fee: \$59. 480-350-5200
60688 16 yrs+ W 1/9-3/27 7:10-8:25 p.m. PAC

Yoga; Level Up

Take your yoga practice to the next level. Build upon your yoga foundation by perfecting breathing, poses and alignment to make your movements more fluid while improving your practice. Gain more flexibility, improve your balance and increase your energy. Everyone works to his or her own ability and comfort level. Carol Ann. Fee: \$55. 480-350-5200
60685 16 yrs+ W 1/16-3/27 6:45-8 p.m. KRC

Yoga; Neck/Spine/Posture

If you struggle with neck pain, tight shoulders or poor posture this class can help you. Learn yoga techniques to help release tension, increase postural awareness and build strength from the spine up. Utilize breathing practices and stretches that focus on strengthening, lengthening and realigning the spine while helping address strain and mobility. Joan. Fee: \$49. 480-350-5200
60703 16 yrs+ Su 1/13-3/24 9:15-10:15 a.m. KRC

Yoga; Nightcap Nidra

Yoga Nidra induces complete physical, mental and emotional relaxation. Practice consists of breathing exercises and guided meditation while reclining in a restorative position. Release 3 kinds of tension: muscular, emotional and mental. Experience meditative state said to be 5 times more restorative than sleep. www.eighthlimb.com Tammy. Fee: \$55. 480-350-5200
60689 16 yrs+ Th 1/10-3/28 7:10-8:10 p.m. PAC

Yoga; Parent & Preschooler

Please see page 8 for a complete description and class times.

Yoga; Parent & Toddler

Please see page 9 for a complete description and class times.

Yoga; Restorative with Guided Meditation

Restorative Yoga is a soothing, gentle class where both restorative and Yin poses are utilized to remove deep-seated tension. Class culminates in the profound meditative experience of yoga nidra; restful and effortless guided relaxation. Participants will leave class feeling calm and refreshed. Bring your own yoga mat. Caroline. Fee: \$63. 480-350-5200
60555 16 yrs+ M 1/7-3/25 7:30-8:45 p.m. MUS

Yoga; Restorative with Reiki

Join Tammy, a certified Reiki Master, to heal the body, renew the mind and refresh the soul. Experience deep relaxation with restorative poses and Reiki healing energy to reduce stress and fatigue. Yoga props will be used to hold the body in position. Open to all fitness levels. Fee: \$59. 480-350-5200
60690 16 yrs+ T 1/8-3/26 7:15-8:30 p.m. PAC

Activities for Adults (18+ Years)

Yoga; Slow Flow

This all-levels flow practice mindfully builds strength and flexibility, improves posture and concentration. Breath, mindful movement and posture alignment are integrated. Move in and out of poses in a slow, breath-centric rhythm, using focused transitions. Get a total-body workout at a slow flow pace. Bring your own yoga mat. Caroline. Fee: \$63. 480-350-5200

60557 16 yrs+ M 1/7-3/25 6-7:30 p.m. MUS

Yoga; Slow & Gentle

Perfect for beginners and those wanting a slow, meditative and gentle yoga class. Increase flexibility, joint mobility and agility. Incorporate breathing exercises along with visualization techniques for stress reduction. Poses are modified and may be done with props. Bring your own yoga mat. No class 1/21, 2/18.

Fee: \$48. 480-350-5200

60691 16 yrs+ M 1/14-3/25 10:30 a.m.-noon KRC

Yoga; Soothing Spine

Unwind and realign your spine with nurturing yoga poses to eliminate shoulder tension, neck and back pain. Focus on preserving the curve in your spine with stretching, breathing and alignment techniques using yoga poses and props. Move pain free and relax while gaining more flexibility and balance. Practice is slow and soothing. All levels. Fee: \$49. 480-350-5200

60678 16 yrs+ Sa 1/19-3/23 9:15-10:30 a.m. KRC

Yoga; Stress Release

Increase your range of motion and flexibility while managing pain and stress. Yoga designed to release physical and emotional trauma and activate the body's self-healing potential. Especially effective for those suffering from anxiety, PTSD and panic attacks. Instructor trained in Core Stress Release Healing Emphasis yoga. No class 1/21, 2/18. Fee: \$49. 480-350-5200.

60692 16 yrs+ M 1/7-3/25 4:15-5:15 p.m. PAC

Yoga; Stretch and Relaxation

A total-body, mat-based, stretching class with guided meditation. Stretch your body from head-to-toe using a variety of safe exercises. Increase your range of motion and flexibility, reduce back pain and improve posture. Positively transform the way your body looks, feels and performs. All levels welcome.

Bring a yoga mat to class. Fee: \$55. 480-350-5200

60702 16 yrs+ Th 1/17-3/28 9-10 a.m. KRC

Yoga; Therapeutic

Learn to move with grace and ease while using basic breathing exercises and simple yoga poses to help relax your head, neck, shoulders and back. This class will flow at a slower pace and students of all experiences and backgrounds are welcome to attend. Bring your own yoga mat. Kim. *No class 1/21, 2/18.

480-350-5200

60565 16 yrs+ M 1/7-3/25* 4:45-5:50 p.m. PAC \$49

60564 16 yrs+ W 1/9-3/27 6:15-7:15 p.m. NCC \$59

Yoga; Tone and Core

A perfect way to refine your body from the inside-out. Emphasis will be on strengthening the body from the deep center by using a variety of yoga postures as a guide. Target and challenge the muscles of the back, abdominals, hips and glutes. Bring your own yoga mat. Caroline. Fee: \$63. 480-350-5200

60558 16 yrs+ T 1/8-3/26 6-7:30 p.m. MUS

Yoga; Unwind

Leave your worries at the door and step into a safe place where you can let it all go. Release your stress in this mellow, slow and gentle class. Slower paced movements will be used to achieve ultimate relaxation using a combination of lying down, seated and standing poses. Unwind and improve circulation, balance and flexibility for a good night's rest. Fee: \$59. 480-350-5200

60752 16 yrs+ W 1/9-3/27 4:45-5:50 p.m. PAC

Yoga; Yin and Meditation

Yin Yoga is a soothing and relaxing form of yoga which allows participants to move deeply into various postures and hold the poses for a longer period of time. End with 20 minutes of Nidra meditation. Students will be coached on how to meditate properly and comfortably. Bring your own yoga mat.

www.eighthlimb.com. Tammy. Fee: \$55. 480-350-5200

60693 16 yrs+ F 1/11-3/22 5:30-6:45 p.m. KRC

Yin & Restorative (All Levels)

Practice this gentle, graceful, meditative Yin yoga designed to alleviate stress and tension in the connective tissue of the hips, pelvis and spine. Transition to nurturing, restorative poses that bring balance to the nervous system and allow for deep rest. Experience balance and healing in a setting where you can relax and let go. Janelle. No class 1/21, 2/18. Fee: \$49. 480-350-5200

60750 16 yrs+ M 1/7-3/25 7-8:15 p.m. PAC

Yogilates

Yogilates combines Yoga and Pilates practices offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while also emphasizing the deep muscles of the core. No experience necessary. Class taught by certified Yoga/Pilates instructor. Bring your own yoga mat. Diane. No class 1/21, 2/18. Fee: \$49. 480-350-5200

60604 16 yrs+ M 1/7-3/25 6-7 p.m. PAC

Drop-In Fitness Classes

Are you too busy to make a 4 to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: drop-in fitness classes. Now you have the choice to make a commitment to register for a full session of classes or commit to participate only when you have the time. If you choose to drop-in, please arrive 10 minutes early to register for your class. You will need to show your receipt to the instructor in order to validate payment of class.

Exercise; Building Better Bones with Pippa Frame

Stop bone loss and restore bone mass. Pilates-based exercises to strengthen muscles, increase flexibility and improve balance. Focus on reversal of bone loss, injury prevention and functional fitness to help avoid falls, alleviate pain and maintain independence. Fee: \$58. Drop-in Fee: \$7. 480-350-5200

60606 16 yrs+ W 1/16-3/27 9:30-10:30 a.m. KRC

Exercise; Zumba® Fitness - burn 300 kcal!

Zumba is a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps. All levels welcome.

No class 1/21, 2/18. Fee: \$38. Drop-in Fee: \$4. 480-350-5200

60612 16 yrs+ M 1/7-3/25 6-6:50 p.m. PAC

**Sign Up For the
Connecting Tempe
Newsletter!**

www.tempe.gov/enotify

Activities for Adults (18+ Years)

Special Interest

Aquaponics & Urban Farming

Interested in a year-round backyard garden where fish and plants are raised together and there are no weeds to pull? Join Tempe residents and urban farmers Brian and Melissa Rambo as they share their experiences with aquaponics. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ Sa 2/16 10-11 a.m. LMRA

Citizenship Class

Come join us to practice for the U.S. Citizenship test. Here you will learn about local resources, discuss interview tips and more. This four-part course meets through the month of January. Over the course of the month we'll be covering all 100 of the history and civics questions asked on the Naturalization exam. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ Th 1/10-1/31 2-3 p.m. LMRB

DSLR Photography

Review camera operation and settings, memory cards, care and cleaning. Learn about types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field. Classes will conclude with a student photo-sharing opportunity; bring DSLR camera and manual to class. Fee: \$60. 480-350-5200
61336 14 yrs+ Sa 2/2-3/9 9:15-10:45 a.m. PAC

ESL Table Talk

Do you want to improve your English? We meet once a week to learn and improve common vocabulary, phrasing and discuss American culture. Basic English reading, writing and speaking skills are required. Registration is not required. No class 12/31. Fee: None. 480-350-5500
No Code 18 yrs+ M 12/3-2/18 1-2 p.m. LMRB

Holiday History

Every culture has its own set of special days that are remembered with time off work, family gatherings, or other activities. Join Chef Larry Canepa and explore some of these holidays around the world. This program includes demonstration and tasting. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ T 12/11 6-7:30 p.m. LMRA

Hydrate Tempe

Watershed Management Group wants to hydrate your neighborhood with our landscape project series in Tempe. Join us for your favorite topic or attend the full series to build a comprehensive site plan. Each presentation includes a mini-project to create an action plan for your home. Learn more at www.watershedmg.org/hydrate. Registration is not required. Fee: None. 480-350-5500

Hydrate Your Yard

No Code 18 yrs+ W 1/2 6-7:30 p.m. LMRA

Hydrate Your Plants

No Code 18 yrs+ W 1/9 6-7:30 p.m. LMRA

Hydrate Your Food

No Code 18 yrs+ W 1/16 6-7:30 p.m. LMRA

Hydrate Your Soils

No Code 18 yrs+ W 1/23 6-7:30 p.m. LMRB

Hydrate with Greywater

No Code 18 yrs+ W 1/30 6-7:30 p.m. LMRA

Jigsaw Puzzle Tournament

Do you love jigsaw puzzles? It's time to put that love to the test in a tournament. Teams of up to 4 players will try to finish a 550 piece puzzle in 2 hours. Register by email: tplprograms@tempe.gov. Include "Jigsaw Puzzle Tournament" in the subject line and your name, phone number, and if you're registering as an individual or with a team in the body. Fee: None. 480-350-5500
No Code 14 yrs+ Sa 12/8 1-3 p.m. LMRA

JuggleMania!

Please see page 14 for a complete description and class times.

Knitting; Beginning

Explore knitting techniques: knit, purl and bind-off. Knit multi-textured projects that you may show off, or to give as gifts. Learn how to read patterns. With instructor's guidance, discover new projects. To view a list of materials, as well as supply vendors, visit www.tempe.gov/classmaterials. Fee: \$28. 480-350-5200
61334 14 yrs+ W 2/6-2/27 6-7:30 p.m. PAC
61335 14 yrs+ W 3/13-4/3 6-7:30 p.m. PAC

Meet American Ninja Warrior Brian Rambo

Have you seen Tempe resident Brian Rambo on NBC's hit television series, American Ninja Warrior? Join us at the Library for a Q&A session with Brian as he talks about his workouts, nerves and experience on the show. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ Sa 1/12 1:30-2:30 p.m. LMRA

New Energy for the New Year

Learn to set goals and replenish from the inside out. Local acupuncturist Victoria Mogilner will teach the acupressure points for relieving stress and creating a new world with positive thoughts and new ideas. Mogilner is a certified acupuncturist trained in China. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ Sa 1/19 1-3 p.m. LMRA

One-on-One Job Help

Receive personal assistance in creating resumes, searching for and applying for jobs online and with other individual employment needs. Assistance is limited to 30-minute sessions. Meets every Tuesday. Appointments can be made at the library or by visiting www.tempe.gov/libraryjoblink. No class 12/25, 1/1. Fee: None. 480-350-5500
No Code 18 yrs+ T 12/4-2/26 2-4 p.m. LBRIC

Pets; Basic Dog Obedience (6 mos+)

Teach your dog how to follow basic commands. Class focuses on socialization, working with distractions and addresses nuisance behaviors like barking and jumping. No dogs week one; first class includes paperwork, vaccination verification and Q & As. Training is by Perfect Pooch, www.perfectpoochaz.com. Instructor Fee: \$80; due at first class. Fee: \$25. 480-350-5200
61347 16 yrs+ T 1/8-2/12 7-8 p.m. PDP
61348 16 yrs+ Th 3/21-4/25 7-8 p.m. TSC

Pets; Intermediate Dog Obedience (6 mos+)

Gain control of your dog in this class designed to take basic obedience to the next level. Work with the Heel command as well as Urgent Come and Long Stay with Distractions. Your dog will socialize, learn pack management skills and play structured games. No dogs week one. www.perfectpoochaz.com. Prerequisite: Basic Obedience. Instructor Fee: \$80; due at first class. Fee: \$25. 480-350-5200
61349 16 yrs+ W 2/13-3/20 7-8 p.m. TSC

New! **Pets; The Perfect Pooch Puppy Class**

(0-6 mos)

Come join the fun with your puppy. Learn to establish rules and boundaries while learning how to socialize your puppy. Touch, sounds and experiences are a must for a well-balanced dog. Introduce basic commands like sit and stay and teach them to walk on a leash. www.perfectpoochaz.com. No dogs week one. Instructor Fee: \$80; due at first class. Fee: \$25. 480-350-5200

61350 16 yrs+ F 1/25-3/1 7-8 p.m. TSC

Positive Parenting Program (Triple P) Seminar

Triple P provides general information to parents and caregivers of children 0-12 about promoting their child's development and a variety of simple strategies that you can choose from to fit your unique needs as a family. Weekly topics include: the power of positive parenting; raising confident, competent children and raising resilient children. Registration is required. Fee: None.

480-350-5500

61321 18 yrs+ W 2/13-2/27 10 a.m.-noon LMRA

Sewing Classes

A sewing machine is encouraged for the classes below. If you don't have a machine, the City has a limited amount available for use; machines may not be removed from classrooms and are only available for use during classroom hours. All students must bring required materials to the first class. To view a list of materials, as well as supply vendors, visit www.tempe.gov/classmaterials.

Sewing; Alterations Workshop

Learn how to repair a variety of clothing items from dresses to skirts, to pants and men's jackets. Workshop includes tapering and hemming. Bring fitted garments to workshop that are the correct length and may be used as baselines to hem other projects. Basic sewing supplies are needed. Kathleen. Fee: \$25. 480-350-5200

61249 8 yrs+ Sa 1/12-1/19 9 a.m.-noon PAC

Sewing; Intro to Quilting

Whether you are looking to create one-of-a-kind décor, or an heirloom piece, learn how to manipulate and preserve old clothing and fabrics to showcase in a personalized quilt. Explore layouts and use your imagination to design personalized quilt squares bursting with color and full of texture and flair. Kathleen. Fee: \$45. 480-350-5200

61248 8 yrs+ Sa 1/26-2/23 9:30 a.m.-noon PAC

Sewing; Open Studio

A self-paced class for those who are looking to complete an existing project or may need guidance beginning a new project. Studio class is open to all sewing students with a working knowledge of basic skills and techniques. An experienced instructor will be available to help with your projects; bring your patterns and materials to class. Kathleen. Fee: \$25. 480-350-5200

61253 8 yrs+ Sa 3/2-3/9 9 a.m.-noon PAC

Sewing; Parent/Child

Please see page 15 for a complete description and class times.

Sewing; Sewing 101-Beginner

Learn to hand-sew and use your machine. You will be introduced to three basic hand-sewing stitches and machine techniques while creating custom projects. Bring basic sewing supplies and a sewing machine. Taught by a professional seamstress/evening wear designer. For a list of materials, visit www.tempe.gov/classmaterials. Kathleen. *No class 1/21, 2/18. Fee: \$45. 480-350-5200

61251 14 yrs+ M 1/14-2/25* 6-8:30 p.m. PAC

61254 14 yrs+ T 2/5-3/5 6-8:30 p.m. PAC

Sewing; Sewing 102-Intermediate

Mastered the basics of Sewing? Enhance your skills; sew from a pattern. Sewing from a pattern will provide you with many options for creating garments, costumes, soft furnishings, toys and other items. Learn about sizing, alterations, seams, grain lines, button markings and more. Bring a pattern, tracing wheel and paper. Kathleen. No class 4/1. Fee: \$45. 480-350-5200

61252 14 yrs+ M 3/4-4/8 6-8:30 p.m. PAC

Spanish Classes

All Spanish students must bring the appropriate required book to the first class. To view a complete list of class materials, as well as a list of supply vendors, visit www.tempe.gov/classmaterials. 480-350-5200

Passport to Spanish

A casual, interactive introduction to Spanish. Learn the basics of reading, speaking and writing. Prepare for travels as you build your vocabulary through pronunciation and reading. Required Book: "Easy Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-0071463386. Instruction by Mi Escuela Spanish Academy, www.Facebook.com/MiEscuelaSpanishAcademy. Fee: \$60. 480-350-5200

61255 15 yrs+ W 1/30-3/20 5:30-6:45 p.m. PAC

New! **Spanish; Level 2**

Build upon the fundamentals learned in Passport to Spanish with in-depth, every day, informal conversation. Move beyond the basics to explore verb conjugation, tenses, vocabulary and improve your reading and speaking skills. Required Book: "Advanced Spanish Step-By-Step," by Barbara Bregstein. ISBN-13: 978-0071768733. www.Facebook.com/MiEscuelaSpanishAcademy. Fee: \$60. 480-350-5200

61256 15 yrs+ W 1/30-3/20 7-8:15 p.m. PAC

Tempe FanCon

Grab your capes and superpowers and come to the Tempe Public Library for a celebration of comics and pop culture. The free family fun includes costume contests, authors and artists, photo ops with characters, kid-friendly activities, fandom related items for sale and food trucks. Registration is not required. Fee: None. 480-350-5500

No Code All ages Sa 1/26 10 a.m.-4 p.m. LPLAZA



Activities for Adults (18+ Years)



809 E. Southern Avenue
480-350-5100

All programs are free and open to the public.

Saturday: 12/1, 12/8 and 12/15; 10 a.m.-2p.m.

Sunday: 12/2, 12/9 and 12/16; 10 a.m.-2 p.m.

Christmas at the Petersen House

Experience a Tempe Christmas tradition by visiting the Petersen House Museum this holiday season. Celebrating turn-of-the-century style with a Danish flair in honor of Niels Petersen, the house will be festively decorated for the season. Enjoy refreshments and activities on the grounds, and learn about the history as you tour the house. This is sure to create lasting memories with your family and friends during Tempe's Christmas at the Petersen House, 1414 W. Southern Ave, Tempe.

Friday, 12/7; 5 to 7:30 p.m.

Winter Fest

Tempe Recreation Services, Edna Arts Center, Kid Zone Enrichment Program, Kiwanis Recreation Center, Tempe History Museum and Tempe Public Library are partnering to host Tempe's Winter Fest. Kick-start your holiday creativity with make-and-take art projects, create unique decor and crafts, write letters to Santa and decorate cookies. Enjoy a cup of cocoa, listen to Mary Hoffman and other live musical performances, and visit with the jolliest old elf himself, Santa. Guests are encouraged to bring cameras to capture photos with Santa.

Friday, 12/14; 7 p.m.

PERFORMANCES at the MUSEUM

Paradise Winds

Paradise Winds is a reed quintet that started performing together in 2005 at Arizona State University. Since that time, they have appeared in a variety of classically and unusually-oriented concerts at ASU and abroad, and with surrounding area ensembles, such as The Phoenix Symphony, Arizona Opera, Tucson Symphony Orchestra, Ballet Arizona, Symphony of the West Valley, West Valley Symphony, Symphony of the Southwest and the MusicaNova Orchestra. Agents of new repertoire, the Paradise Winds also commission and premier works by upcoming composers. Meet them in a QnA session after their set.

Saturday, 12/15; 3 p.m.

PERFORMANCES at the MUSEUM

Azure Family Concert with Tetra String Quartet

'Tis the season for holiday cheer! Tetra welcomes guest flutist Anna Conigliari, as well as a special visitor from the North Pole. Presented by the Tetra String Quartet, Azure Concerts are fun, friendly and engaging performances tailored to children and young adults who are on the autism spectrum or have similar challenges. Azure concerts are approximately one hour in length. Family members and caregivers of all ages are welcome to attend. The performance will be followed by an instrument petting zoo. Free tickets are available at www.tetraquartet.org/azure

Tuesday, 12/18; 6 p.m. - African American Advisory Committee (AAAC)

Book Club Discussion: The Warmth of Other Suns (Session 4)

The AAAC Book Club will meet at Tempe History Museum to continue in the series of discussions about its current selection: "The Warmth of Other Suns" by Isabel Wilkerson. Discussions of the book are facilitated by Ahmad Daniels, M.Ed., Chairperson of the AAAC Community Chats program.

Thursday, 12/20; 7 p.m.

THIRD THURSDAY at the MUSEUM

An Evening with Sundance Peru – Celebrating the Art and Culture of Peru and other Countries

The folkloric ballet, music and dance studio Sundance Peru is renowned for its work with children, adolescents and adults for spreading the culture, folklore, dance, music and song of Peru and other countries with love, joy and pride. Enjoy an evening of 3 Peruvian folk dances:

- The Huayno from Cuzco is an important dance that spreads local farming and livestock traditions from generation to generation.
 - The Jungle dance has agile and rhythmic movements that reflect the joy and naturalness of the jungle. This dance symbolizes the purification of water and joy for the gifts of nature.
 - The Marinera is a dance that uses handkerchiefs. The man is agile, elegant, free, cheerful and spontaneous, while the lady, barefoot, flirts with mischief, cunning and intelligence.
- After each demonstration dance, there will be a teaching session for all present to learn these 3 Peruvian folk dances. After dancing, enjoy the best local dessert and coffee. Donations welcome.

Wednesday, 1/9; 11:30 a.m.

Tempe Historical Society Lunch Talks

German POWs in Arizona with Steve Hoza

Steve is a Phoenix native who has been in the museum field for 30 years. He is a recognized authority on the history of World War II in Arizona, having written two books, one on the German POW Camps in Arizona and Arizona's WWII aviation training fields. He also runs the official website of the Wallace and Ladmo Show (www.wallacewatchers.com). Coffee and light refreshments provided

Saturday, 1/12; 7 p.m.

PERFORMANCES at the MUSEUM

Suicide Kings and Grave Danger

The Suicide Kings feature an assortment of Arizona music icons: Bruce Connoles (The Jetzons and Billy Clone and the Same) Vince Ramirez (Flathead)

Jon Rauhouse (Neko Case)

Mike Wolfe (Chicken and Waffles)

Paul Schneider (Chicken and Waffles)

When Bruce Connoles writes lines like "Sold my soul for pennies, I was king for a day," he's not just mixing metaphors with clichés. He's doing country music. He's joining countless C&W artists who've borrowed platitudes and familiar imagery to fuel their lonesome songs. Connoles takes the common howl of country music's losers and hard-livers and refines it into a fresh take on the same old thing.

Despite their name, Grave Danger's sound isn't really satanic rock, but actually a kind of surf-tinged rockabilly. Their songs are usually sprite instrumentals or cartoonish tales. Whenever this trio hits the stage, the audience follows the band down a road of excess and good old-fashioned fun. Meet the band in a QnA session after the show.

Sports

Thursday, 1/17: 7 p.m.

THIRD THURSDAY at the MUSEUM

An Evening with Author Eduardo Pagan – “Valley of the Guns: Arizona’s Pleasant Valley War, 1882-1892, and the Trauma of Violence”

Eduardo Pagán, Arizona State University’s Bob Stump Endowed Professor of History, began his college career at Mesa Community College. He received a B.A. from ASU, an M.A. from the University of Arizona, and an M.A. and Ph.D. from Princeton University in U.S. history. Dr. Pagán was one of the hosts of History Detectives (PBS), a historical consultant with American Experience (PBS) and has appeared in national and international documentaries and television shows. His book “Valley of the Guns: Arizona’s Pleasant Valley War, 1882-1892, and the Trauma of Violence” is scheduled for publication in 2018 with the University of Oklahoma Press. Dr. Pagán will discuss the challenges of this new book and lead a discussion to facilitate audience engagement. Join us for the best local dessert and coffee and an event that is part artist portrait, part history lesson, part community forum and part creative event. Donations welcome.

Saturday, 2/9; 5-8 p.m.

PERFORMANCES at the MUSEUM

LOUD VIII: An outdoor celebration of LOUD Bands and Food Trucks

Future Exes, Carol Pacey and the Honeyshakers, The Sara Robinson Band

The Tempe History Museum presents a family-friendly event with LOUD music, bold flavors and a kids’ makerspace. Join us on February 9 for LOUD VIII, an evening outdoor concert featuring bands with women leaders.

Wednesday, 2/13; 11:30 a.m.

Tempe Historical Society Lunch Talks

Arizona’s Rocky Road to Statehood with Marshall Trimble

Marshall Trimble has been called the “Will Rogers of Arizona.” He was born in Mesa, AZ but moved to Ash Fork when he was 8. After attending Phoenix College and serving in the Marines, he began teaching Arizona history at Scottsdale Community College. His first book was published in 1977. Since then he’s written more than twenty books on Arizona and the West. Trimble is one of the state’s most popular speakers and performers. He’s also an educator, lecturer, folk singer and stage performer. Trimble has received many honors both as a historian, writer and performer. In 1997, the governor of Arizona appointed him Official State Historian. In 2000, he was selected as one of Arizona’s representatives in the Library of Congress’ “Local Legacies.” A former Marine, he’s a member of the AZ Veteran’s Hall of Fame, won an Emmy for hosting TV show “Arizona Backroads” and winner of numerous achievement awards. Coffee and light refreshments provided.

Make A Difference Volunteer!

www.tempe.gov/volunteer

Adult Sports Leagues

City of Tempe Adult Sports offers a variety of sports leagues for ages 18+ that will accommodate all play styles and competitive skill levels, whether you are looking for a fun recreational experience, a competitive experience or maybe somewhere in the middle. For additional information about the leagues, rules or the registration process visit www.tempe.gov/adultsports, email adultsports@tempe.gov or call 480-350-5249

Basketball

Step on the court for a 7-week season of 5 vs. 5 basketball. Each season is followed by a single-elimination tournament. Multiple divisions to appeal to different levels of play, from recreational to intermediate to competitive. Teams register to play on one specific day. *No games 1/21, 2/18. **No games 2/14.

No Code	M	1/14-3/25*	6:30, 7:20, 8:10 & 9:10 p.m.	KRC
No Code	M	1/14-3/25*	6:30, 7:20 & 8:10 p.m.	ESCA
No Code	T	1/15-3/12	6:30, 7:20 & 8:10 p.m.	WCC
No Code	W	1/16-3/13	6:30, 7:20 & 8:10 p.m.	ESCA
No Code	Th	1/17-3/21**	6:30, 7:20 & 8:10 p.m.	NCC

Flag Football

Step up to the line of scrimmage for a 7-week season of 8 vs. 8 flag football. Each season is followed by a single-elimination tournament.

No Code	T	2/5-3/19	6:30, 7:30, 8:30 & 9:30 p.m.	TSC/BEN
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Soccer 11 vs. 11

Join us on the pitch for a 7-week season of 11 vs. 11 soccer. Each season is followed by a single-elimination tournament. Multiple divisions are offered to appeal to different levels of play, from recreational to intermediate to competitive. Teams register to play on one specific day.

No Code	M	2/4-3/18	6:30 & 8:15 p.m.	TSC/BEN
No Code	W	2/6-3/20	6:30 & 8:15 p.m.	TSC/BEN

Soccer 6 vs. 6

Enjoy soccer but looking for a smaller field size? 6 vs. 6 soccer is perfect for all competitive play levels, whether you want to just play for fun or you are looking for a fast-paced competitive experience. The 7-week season is followed by a single-elimination tournament. Teams register to play on one specific day.

No Code	Th	2/7-3/21	6:30, 7:30 & 8:30 p.m.	TSC/BEN
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Softball

Whether you are looking to have fun or you are wanting a competitive experience, softball has a variety of options available. We offer both Men’s and Co-Rec divisions in a 6-week season format. Single game divisions follow their season with a single-elimination tournament; double-headers follow with a double-elimination tournament. Teams register to play on one specific day.

Co-Rec Singles

No Code	F	2/15-4/5	6:30, 7:30, 8:30 & 9:30 p.m.	KTWB/TSC
No Code	Su	2/17-4/7	6, 7, 8 & 9 p.m.	KTWB/TSC

Co-Rec Double-Headers

No Code	F	2/15-4/5	6:30, 7:30, 8:30 & 9:30 p.m.	KTWB/TSC
No Code	Su	2/17-4/7	6, 7, 8 & 9 p.m.	KTWB/TSC

Men’s Double-Header

No Code	M	2/11-4/1	6:30, 7:30, 8:30 & 9:30 p.m.	KTWB/TSC
No Code	T	2/12-4/2	6:30, 7:30, 8:30 & 9:30 p.m.	KTWB/TSC
No Code	W	2/13-4/3	6:30, 7:30, 8:30 & 9:30 p.m.	KTWB/TSC
No Code	Th	2/14-4/4	6:30, 7:30, 8:30 & 9:30 p.m.	KTWB/TSC

Activities for Adults (18+ Years)



Archery Classes

Please see page 15 for a complete description and class times.

Basketball; Adult Open Gym Basketball

Come play indoors. Court will be available for open play. Players must have a free facility membership and a valid fitness pass. A registration form and photo ID are required on the first visit. Fee: \$1 (3-month pass \$10, annual pass \$25). 480-350-5800

No Code	18 yrs+	T	Ongoing	6:30-9 p.m.	ESCA
No Code	18 yrs+	Su	Ongoing	3:30-6 p.m.	ESCA

Basketball: Women's Winter League

Registration: 11/13, 8 a.m. Teams must register in person. ESCA

Date: League Begins 1/9

Fee: Team: \$300

Individual: \$50

Individual Registration Code: 61045

Contact: Jennifer Gall 480-350-5805

Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may also be borrowed from the instructor. Meet in clubhouse. Fee: \$50. 480-350-5200

61258	18 yrs+	Sa	1/5-1/26	9-10 a.m.	RHGC
61257	18 yrs+	Sa	2/2-2/23	9-10 a.m.	KMGC
61259	18 yrs+	Sa	3/2-3/23	9-10 a.m.	RHGC

Golf; Golf 102 - Intermediate

Designed for those who have already taken Golf 101 or need to dust-off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing, as well as on-course management. Students are encouraged to bring their own clubs. Meet in clubhouse. Fee: \$50. 480-350-5200

61261	18 yrs+	Su	1/6-1/27	9-10 a.m.	KMGC
61260	18 yrs+	Su	2/3-2/24	9-10 a.m.	RHGC
61262	18 yrs+	Su	3/3-3/24	9-10 a.m.	KMGC

Pickleball; Drop-In, North Tempe/Escalante Community Centers

There are two courts at each location that are open for drop-in recreational games. All players must have a free facility membership and a valid fitness pass. Fee: \$1 (3-month pass \$10, annual pass \$25). NCC 480-858-6500. ESCA 480-350-5800.

No Code	18 yrs+	T	Ongoing	6-9 p.m.	NCC
No Code	18 yrs+	M/Th	Ongoing	8 a.m.-noon	NCC
No Code	18 yrs+	T	Ongoing	8:30 a.m.- 1 p.m.	ESCA

Rock-Climbing; Rock-Climbing and Rappelling

Basic instruction of the fundamentals and techniques of rock-climbing, as well as knot-tying and methods of belaying. Class participants need to arrive 15 minutes prior to the start of class to be fitted for shoes and to complete a waiver form.

Fee: \$48. 480-350-5200

61243	16 yrs+	W	1/23-2/6	6:30-9:30 p.m.	ROC
61244	16 yrs+	W	2/27-3/13	6:30-9:30 p.m.	ROC

Volleyball; Drop-In, Escalante Community Center

Bring your friends for a fun game of volleyball. Players of all levels are welcome. Players must have a free facility membership and a valid fitness pass. A registration form and photo ID are required on the first visit. Fee: \$1 (3-month pass \$10, annual pass \$25). 480-350-5800

No Code	16 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
No Code	16 yrs+	Su	Ongoing	1-4 p.m.	ESCA

Volleyball; Drop-In, Kiwanis Recreation Center.

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. The gymnasium will be closed for maintenance 12/1-12/31. Fee: \$4. 480-350-5201.

No Code	16 yrs+	Su	1/6-3/31	11 a.m.-2:30 p.m.	KRC
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Volleyball; Drop-in, North Tempe Multi-Generational Center

The North Tempe Multi-Generational Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; one court is available for all levels of play. All players must have a free facility membership and a valid fitness pass. Fee: \$1 (3-month pass \$10, annual pass \$25). 480-858-6500.

No Code	16 yrs+	W	Ongoing	6-9 p.m.	NCC
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Volleyball League Information www.tempe.gov/kiwanis

League Registration Dates

Resident Teams:	12/10-12/27
Non-Residents Teams:	12/13-12/27
League Dates (T/W):	1/8-2/20
Tournament Dates:	2/26-3/6

Women's A:	61052
Co-Rec B:	61053

Cost:

\$325 per team. No individual registration will be taken. For more information, visit our website at www.tempe.gov/kiwanis or contact carrie_reither@tempe.gov.