Activities for Adults (18+ Years)

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 of creating beautiful and 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 and small tools. Chris. Fee: $120. 480-350-5287
61862 18 yrs+ T 3/26-5/14 6-8:30 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 Cone 10 clay and small tools. Lisa. No class 4/1. Fee: $105. 480-350-5287
61863 18 yrs+ M 3/25-5/13 6-8:30 p.m. EDNA

Ceramics; Parent/Child
Please see page 11 for a complete description and class times.

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 own materials. Lisa. Fee: $160. 480-350-5287
62038 18 yrs+ T 3/26-5/14 9 a.m.-noon EDNA

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. Students provide own materials. Chris. Fee: $70. 480-350-5287
61892 18 yrs+ Sa 3/30-5/4 10 a.m.-noon EDNA

Impressionism with Watercolors
Class is for beginners to intermediate. Students will use watercolors to unlock the impressionism style of painting. Basic and advanced techniques will help students to create sketches to finished paintings while learning to control the painting process based on the old masters’ paintings like Sargent, Cézanne and more. Students provide own supplies. Tel. Fee: $48. 480-350-5287
61921 18 yrs+ W 3/27-5/15 6:30-8:30 p.m. EDNA

Jewelry; Basics
Join teaching artist Carol as she leads students through the basics of jewelry composition and construction. 480-350-5287 *No class 4/1. 480-350-5287
61942 18 yrs+ W 3/27-5/15 6-8:30 p.m. PYLE $80
61943 18 yrs+ M 3/25-5/13* 10 a.m.-12:30 p.m. PYLE $70
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. Carol. Fee: $80. 480-350-5287

61944 18 yrs+ Th 3/28-5/16 6-8:30 p.m. PYLE
61945 18 yrs+ T 3/26-5/14 10 a.m.-12:30 p.m. PYLE

Modern Macramé
Knot tying is back, but with a contemporary 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 found objects. Students provide own materials. Rachel. Fee: $53. No class 4/1. 480-350-5287

61914 15 yrs+ M 3/25-5/13 6:30-8:30 p.m. EDNA

Mosaics and More
Fascinated by mosaic tile floors or ancient mosaic artworks? Let teaching artist Chris 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 cover required and optional supplies on first night of class. Fee: $60. 480-350-5287

61915 18 yrs+ Th 3/28-5/16 6-8:50 p.m. EDNA

Oil Painting: Intermediate
Break down the complex human face through oil painting. For students who have had oil and drawing experience. Students will study features and proportion of the face, and various painting techniques for matching skin tone and achieving likeness. The skills gained here can enhance all kinds of drawing and painting. Students provide own supplies. Anne. Fee: $32. 480-350-5287

61920 15 yrs+ T 3/26-5/14 6:20-8:30 p.m. EDNA

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 480-350-8034.

Club Fee: $60/year and $20/month to be an active member. To register, contact the Boating Office at 480-350-8034.

No Code 18 yrs+ T/W/Th/F 3/27 5:30-9 a.m. TTLM

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, intermediate and advanced strokes and maneuvers as well as fitness, boat-handling and rescues in “sit-in” touring kayaks. All equipment provided.
No experience necessary. Register early. 480-350-8069

61962 18 yrs+ Th 4/4/25 5:30-7:30 p.m. TTLM $80
61960 18 yrs+ Sa 4/6/20 7-9 a.m. TTLM $60
61961 18 yrs+ Sa 5/4/18 7-9 a.m. TTLM $60

Glow Kayak
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. Register early. Adult Fee: $20 (Ages 10-17 Must be accompanied by an adult.) 480-350-8069

61963 10 yrs+ Th 4/4 7:30-9:30 p.m. TTLM
61967 10 yrs+ Th 4/18 7:30-9:30 p.m. TTLM
61971 10 yrs+ Th 5/9 7:30-9:30 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. 480-350-8069

61979 18 yrs+ Sa 4/6/4/20 8:30-10:30 a.m. TTLM $53
61980 18 yrs+ T 4/2/4/23 5:30-7:30 p.m. TTLM $70
61981 18 yrs+ Sa 5/4/5/18 8:30-10:30 a.m. TTLM $53

Activities for Adults (18+ Years)

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 4/27. 480-350-8069

62002 18 yrs+ Tu 4/2-5/21 5:30-7:30 a.m. TTLM $81
62000 18 yrs+ Tu 4/2-5/21 9-11 a.m. TTLM $81
61966 18 yrs+ Tu 4/2-5/21 5:45-7:45 p.m. TTLM $81
62003 18 yrs+ Th 4/4-5/23 5:30-7:30 a.m. TTLM $81
62001 18 yrs+ Th 4/4-5/23 9-11 a.m. TTLM $81
61997 18 yrs+ Th 4/4-5/23 5:45-7:45 p.m. TTLM $81
61998 18 yrs+ Sa 4/6-5/18* 6:30-8:30 a.m. TTLM $54
61999 18 yrs+ Su 4/7-5/19 6:30-8:30 a.m. TTLM $63

Club Rowing
Designed for advanced rowers to use equipment during non-program hours. Once joining the club, participants may check-out equipment during club times and train. Prerequisites: Coordinator permission and a successful re-entry test. Club Fee: $60/year and $20/month to be an active member. To register, contact the Boating Office at 480-350-8034.

No Code 18 yrs+ 1/2/1/2/5 3/27 5:30-9 a.m. TTLM

Go Outside and Play!!!
tempe.gov/parks
Activities for Adults (18+ Years)

Introduction to Stand-Up Paddling
Join the fastest-growing watersport in the country. No experience is necessary; this class will teach you the basics of Stand-Up Paddling. All necessary equipment is provided. Fee: $35. 480-350-8069
61983 18 yrs+ T 4/2 5:30-7 p.m. TTM
61982 18 yrs+ Sa 4/6 7:30-9 a.m. TTM
61985 18 yrs+ T 4/9 5:30-7 p.m. TTM
61984 18 yrs+ Sa 4/13 7:30-9 a.m. TTM
61986 18 yrs+ T 4/16 5:30-7 p.m. TTM
61987 18 yrs+ T 4/23 5:30-7 p.m. TTM
61989 18 yrs+ Sa 4/20 7:30-9 a.m. TTM
61988 18 yrs+ T 4/30 5:30-7 p.m. TTM
61991 18 yrs+ Sa 5/4 7:30-9 a.m. TTM
61990 18 yrs+ T 5/7 7:30-9 a.m. TTM
61992 18 yrs+ Sa 5/11 7:30-9 a.m. TTM
61993 18 yrs+ T 5/14 5:30-7 p.m. TTM
61994 18 yrs+ Sa 5/18 7:30-9 a.m. TTM
61995 18 yrs+ T 5/21 5:30-7 p.m. TTM

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. 480-350-8069
62007 18 yrs+ W 4/3-5/22 5:30-7 p.m. TTM $72
62006 18 yrs+ Su 4/7-5/19 7:30-9 a.m. TTM $63

Stand-Up Paddling Yoga
Students will enjoy paddling on the lake, then anchoring boards and setting yoga breathing to begin. SUP 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
62004 18 yrs+ Sa 5/18 9-10:30 a.m. TTM

Books & Reading

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. Third Monday of the month (unless otherwise noted) from 6:30-8 p.m. in the Connections Café. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ W 4/3/5/22 6-7:30 p.m. LMRA
No Code 18 yrs+ Sa 4/11/13/15 10 a.m.-noon LMRA
No Code 18 yrs+ M 4/18/20/22 7-10 p.m. LMRA

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 3/13 Salvation Diaries by David Sedaris
No Code 18 yrs+ W 3/27 The Entrepreneur by Po Bronson
No Code 18 yrs+ W 4/10 Antony and Cleopatra (Signet Classics: Ed. By Barbara Everett) by Shakespeare
No Code 18 yrs+ W 4/24 Papi by Edwidge Danticat
No Code 18 yrs+ W 5/8 Career Counselling by Alain de Botton
No Code 18 yrs+ W 5/22 Publishing and Other Near-Death Experiences by Meghan Daum

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. Responsibility for leading the discussion rotates around the group. First Saturday of each month from 10 a.m.-12 p.m. in the Connections Café. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ Sa 3/2 The Twelve Lives of Samuel Hawley by Hannah Tinti
No Code 18 yrs+ Sa 4/6 Murphy’s Law by Rhys Bowen
No Code 18 yrs+ Sa 5/4 The Life We Bury by Allen Eskens

Open Mic: Poetry
Celebrate National Poetry Month by reading your original poetry or listening to others read. Sign up to read at tpltprograms@tempe.gov. In the subject line include “Open Mic: Poetry Reading.” Include your name and phone number in the body. Readings will be limited to five minutes per reader. Fee: None. 480-350-5500
No Code 18 yrs+ W 4/24 6:30-7:30 p.m. LMRA

Tempe Writing and Cover Design Contests Book Launch
Join us in congratulating the Writing Contest and Cover Contest winners. Hear the winners read from their winning entries. Get a chance to meet the judges, buy the new Tempe Writers Forum V.5 book and enjoy light refreshments. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ W 4/3 6-7:30 p.m. LMRA

The (or so) Commandments for Magazine Article Writing
Would you like to get into the business of magazine article writing, but don’t know quite how to go about getting started? Jump start your career with tips and advice on how to write killer queries, find the most lucrative markets, and write articles that will have editors begging for more. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+ F 3/1-5/24* 2-4 p.m. LMRA

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 3/1/5/24* 2-4 p.m. LMRA

Writers in Residence Workshops
The program promotes writing by connecting professional authors to serve as Writers in Residence. Our spring writer is Sci-Fi/Fantasy author Sharon Skinner. Get advice on writing or attend a workshop to learn new skills in the craft of writing and publishing. Full details available at: tempepubliclibrary.org/TempeWrites. Fee: None. 480-350-5500

Character: The Arc and Covenant
No Code 18 yrs+ Sa 3/9 10 a.m.-noon LMRA

Plot: More than a Walk in the Park
No Code 18 yrs+ Sa 3/23 10 a.m.-noon LMRA

Tick, Tick, Tick: Conflict and Tension
No Code 18 yrs+ Sa 4/6 1-3 p.m. LMRA

Inside/Out: Emotion and Sensory Detail
No Code 18 yrs+ Sa 4/20 10 a.m.-noon LMRA
Activities for Adults (18+ Years)

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 3/8-5/31*  2-4 p.m.  LMRB

Writing Memoir and Nonfiction: You are the Expert
In this two-hour workshop learn why it is critical to choose a compelling topic, write a content plan and do an analysis to understand why you are an authority. Learning to develop a winning writing plan will be included. Also see how developing a writing schedule can bring about a solid commitment. Registration is not required. Fee: None. 480-350-5500
No Code 18 yrs+  Sa 4/6  10 a.m.-noon  LMRB

Writing Workshops with Duane Roen
Registration is not required. Fee: None. 480-350-5500

Writing Autobiographies and Memoirs
No Code 18 yrs+  Sa 3/9  10:30 a.m.-noon  LMRB
No Code 18 yrs+  W 3/20  6:30-8 p.m.  LMRB

Using the Techniques of Creative Nonfiction To Write about Family History
No Code 18 yrs+  Sa 4/6  10:30 a.m.-noon  LMRB
No Code 18 yrs+  W 4/10  6:30-8 p.m.  LMRB

Writing Obituaries
No Code 18 yrs+  Sa 5/4  10:30 a.m.-noon  LMRB
No Code 18 yrs+  W 5/22  6:30-8 p.m.  LMRB

Business & Computers

Computer Basics 1
Interested in using a computer but don’t know where to begin? Learn basic computer terminology, identify the parts of a computer, be able to turn the computer on and off, and how to use a mouse. Register in person at the Answers Desk or by email: tplprograms@tempe.gov. Include “Computer Basics 1” in the subject line and your name and phone number in the body. Fee: None. 480-350-5500
No Code 18 yrs+  Sa 3/9  9:30-10:30 a.m.  LCL

Computer Basics 2
Know the basics of using a computer and mouse but want to expand your knowledge? Learn how to use a keyboard and practice your typing skills. Register in person at the Answers Desk or by email: tplprograms@tempe.gov. Include “Computer Basics 2” in the subject line and your name and phone number in the body. Fee: None. 480-350-5500
No Code 18 yrs+  W 3/13  9:30-10:30 a.m.  LCL

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 3/13-4/24  6:30-7:30 p.m.  LCL

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. Appointments can be made in person or by visiting tempepubliclibrary.org. Fee: None. 480-350-5500
No Code 18 yrs+  T 3/19-3/26  6-7:30 p.m.  LBRIC

Protect Your Memories
Can’t find your digital pictures on your device? This two-part class will give you tips to take your photo mess and turn it into an organized collection. Register by email to: tplprograms@tempe.gov. Include your name and phone number. Required: email address and internet capable device with photos. Fee: None. 480-350-5500
No Code 18 yrs+  T 3/26-5/7  10 a.m.-1 p.m.  LMRA

Dance, Music & Theater

Ballet; Beginning
Learn the basics of Ballet Technique. This class with teach basic terminology, coordination, elegance and grace, as we glide across the dance floor in a rhythmic Waltz. No previous dance experience required. Students provide own ballet or jazz flats. Aubri. Fee: $36. 480-350-5287
61859  15 yrs+  T 3/26-5/14  6-7 p.m.  EDNA

Beginning Dance
Have you always wanted to try dance? In this class you will learn all the basics of various dance styles and get a good workout at the same time. No dance experience necessary. Fee: $36. 480-350-5287
61909  15 yrs+  Th 3/28-5/16  7-8 p.m.  EDNA

Dance It Up
Are you tired of going to the gym and want to try dancing to get a good work out? Students will get their groove on and feel confident all while burning up to 800 calories in one class. Aubri. Fee: $32. No class 4/1. 480-350-5287
61882  13 yrs+  M*  3/27-5/15  7-8 p.m.  EDNA

Guitar; Beginning
Is that guitar in your living room picking up dust rather than having its 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
61893  15 yrs+  T 3/26-5/14  6-7:15 p.m.  PYLE
61894  15 yrs+  T 3/26-5/14  7:30-8:45 p.m.  PYLE

Health & Fitness

Donna Cole is a 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.
Activities for Adults (18+ Years)

**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. Class taught by a certified fitness trainer. All fitness levels welcome. Donna. Fee: $40. 480-350-5200
60600  16 yrs+  T  4/2-5/21  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: $40. 480-350-5200
60601  16 yrs+  W  4/3-5/22  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: $40. 480-350-5200
60602  16 yrs+  Th  4/4-5/23  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: $39. 480-350-5200
60704  16 yrs+  T  4/2-5/21  9-10 a.m.  KRC
60705  16 yrs+  T  4/2-5/21  6:15-7:15 p.m.  NCC

**Exercise; Park Fitness**
Enjoy the beautiful weather and your neighborhood park for an effective and educational exercise session. Taught by an ACE certified personal trainer, these classes will cover cardiovascular, strength, core, flexibility and balance training. This class is for all fitness levels. Bring your own fitness mat. Meet at Kiwanis Park Ramada 8. Fee: $37. 480-350-5200
62046  18 yrs+  T  3/19-5/7  9-10 a.m.  KRAM8

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**Sunshine Fettkether** 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 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. *No class 5/27. Fee: $50. 480-350-5200
60524  16 yrs+  M/W/T  4/1-4/29  5:15-6 p.m.  BMT
60525  16 yrs+  M/W/T  5/1-5/31*  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
60522  16 yrs+  T/Th  4/2-4/30  5-6 p.m.  BMT
60523  16 yrs+  T/Th  5/2-5/30  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 5/9. Fee: $8. Drop-In Fee: $2. 480-350-5800
61732  18 yrs+  T/Th  4/2-4/25  6:30-7:30 p.m.  ESCA
61733  18 yrs+  T/Th  5/30-5/28*  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** Combining practical tools and spiritual principles, Marci’s mission is to empower others to live happy, healthy, love-filled lives through coaching, workshops and retreats. Marci draws upon her experience as a licensed nurse and massage therapist to guide her students through various phases of healing. For over a decade, her heart-centered work has helped people across the globe transform their lives. Learn more at MarciCagen.com.

**Veronica Clark** With extensive training in Yoga and holistic nutrition, Veronica Clark 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 veronicalynnclark.com.
Aromatherapy; Essentials for Emotional Health and Well-Being
This informative class will introduce you to basic application methods and the top ten essential oils that no home should be without. Each participant will have an opportunity to make and take their own immune-boosting aromatherapy blend. Materials Fee: $5; due to instructor at the start of class.
62074 18 yrs+ T 4/16 6-8 p.m. PAC

Chakra Healing
Discover the seven main energy centers in the body. Learn their emotional and physical connection, and the colors associated with each one. Class includes a chakra-balancing meditation. Dress comfortably and bring a Yoga mat or blanket.
62073 18 yrs+ T 4/23 6-8 p.m. PAC

Intro to Meditation
Explore many healing tools used to connect the mind, body and soul in this experiential workshop. Discover powerful practices that will alleviate stress, nurture health, break habits and assist with pain management. Bring a notebook and pen to class. MarcCagen.com. Fee: $8.
62075 18 yrs+ T 3/19 6-8 p.m. PAC

Meditation with Aromatherapy; Relax and Renew
Release stress, nurture the spirit and renew your understanding of self-care. Calm the body and mind while allowing the nervous system to balance, refresh and revive. Class includes a soothing aromatherapy blend to take with you when you leave. Dress comfortably and bring a blanket or yoga mat. Materials Fee: $5; due to instructor in class. www.MarcCagen.com. Fee: $8.
62072 18 yrs+ T 3/26 6-7 p.m. PAC

Mindfulness and Meditation; Tools for Everyday Use
Mindfulness meditation studios are open all over the valley. Class teaches the basics of mindfulness, meditation, and offers tools for daily use. Benefits include stress reduction, improved concentration and self-care. Facilitated by Veronica Clark and Debi Sparks; fee includes workbook. Bring blanket or meditation cushion to class. veronicalynnclark.com. Fee: $35.
62071 18 yrs+ W 4/15-5/8 6-7:30 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

Activities for Adults (18+ Years)

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
61825 16 yrs+ T/Th 3/26-4/11 9-10 a.m. KRC
61826 16 yrs+ T/Th 4/23-5/9 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: $40. 480-350-5200
60545 14 yrs+ Sa 4/6-5/25 9-10:20 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
60529 16 yrs+ T/Th 4/2-4/30 7:45-9 p.m. CRC
60530 16 yrs+ T/Th 5/2-5/30 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. Fee: $40. 480-350-5200
60546 12 yrs+ Sa 4/6-5/25 10:35 a.m.-noon CRC
60547 12 yrs+ Th 4/4-5/23 7-8:25 p.m. NCC

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 info contact Patrice Lim at 602-525-8472, limkenpo.com. Fee: $55. 480-350-5200
60493 13 yrs+ T/Th 4/2-4/30 7-8 p.m. KRC
60494 13 yrs+ T/Th 5/2-5/30 7-8 p.m. KRC
60492 13 yrs+ W/F 4/3-4/26 7-8 p.m. CRC
60495 13 yrs+ W/F 5/1-5/31 7-8 p.m. CRC

Keep A Good Class Going
Register Early!
Activities for Adults (18+ Years)

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 Guan Ping Yang style of Tai Chi will help you gain balance and flexibility, while improving breathing and posture. Instructor: Peggi. Fee: $40. 480-350-5200
60540 14 yrs+ Sa 4/6-5/25 7-8 a.m. CRC

Martial Arts; Tai Chi – Intermediate Level II
Class builds upon 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 Guan Ping Yang style of Tai Chi through at least the first 12 of 64 movements. Peggi. Fee: $40. 480-350-5200
60541 14 yrs+ Sa 4/6-5/25 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. Instructor: Norm. Fee: $35. 480-350-5200
60550 16 yrs+ Su 4/7-5/19 9-10:30 a.m. CRC

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. Instructor: Pippa. Fee: $37. 480-350-5200
60611 16 yrs+ M 4/8-5/20 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. Instructor: Pippa. Fee: $37. 480-350-5200
60610 16 yrs+ M 4/8-5/20 6:30-7:30 p.m. KRC

Yoga; ABC’s of Yoga
Take the mystery out of yoga and learn the 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. Instructor: Nicole. Fee: $24. 480-350-5200
60680 16 yrs+ T 4/2-5/7 5-5:50 p.m. PAC
60681 16 yrs+ Th 4/4-5/2 4:45-5:50 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. Instructor: Samantha. Fee: $25. 480-350-5200
60682 16 yrs+ W 4/3-5/22 5:30-6:30 p.m. KRC

Yoga; Engage Your Senses
Join Janelle as she engages your senses in a holistic way. Essential oils will be woven into this gentle yoga class to help clear your mind, relax your body and soul. Find yourself in a deeper meditative state, flowing more freely while alleviating stress from your life. Oils introduced aromatically and topically as desired. Bring your own yoga mat. Instructor: Caroline. Fee: $42. 480-350-5200
60753 16 yrs+ W 4/7-5/20 4:45-5:50 p.m. PAC

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. Instructor: Caroline. Fee: $40. 480-350-5200
60684 16 yrs+ Su 4/1-5/20 7:30-8:45 p.m. MUS

Yoga; Healthy Backs (All Levels)
Healthy Backs Yoga is a therapeutic class designed for participants with chronic back and neck 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. Instructor: Tammy. Fee: $35. 480-350-5200
60694 16 yrs+ W 4/10-5/22 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. Instructor: Carol Ann. Fee: $40. 480-350-5200
60687 16 yrs+ W 4/3-5/22 6:45-8 p.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. Instructor: Tammy. Fee: $39. 480-350-5200
60695 16 yrs+ Th 4/4-5/23 7:10-8:10 p.m. PAC

Sign Up For the Connecting Tempe Newsletter! tempe.gov/enotify
Activities for Adults (18+ Years)

Yoga; Pelvis and Lower Back Pain
If you suffer from lower back pain, pelvic pain, incontinence, pelvic organ prolapse or want to prevent piniforms or sciatic nerve pain, then this class is for you. Learn how yoga poses and stretching exercises can increase circulation, build stamina and balance the pelvic floor to alleviate pain. Instructor: Joan.
No class 4/21. Fee: $30. 480-350-5200
60707 16 yrs+ Su 4/7-5/19 9:15-10:15 a.m. KRC

Yoga; Restorative with Guided Meditation
Restorative Yoga is a soothing, gentle class where both restorative and yin poses are utilized to reduce 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.
Instructor: Caroline. Fee: $42. 480-350-5200
60559 16 yrs+ M 4/1-5/20 7:30-8:45 p.m. MUS

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.
Instructor: Caroline. Fee: $42. 480-350-5200
60561 16 yrs+ M 4/1-5/20 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.
Instructor: Tammy. Fee: $37. 480-350-5200
60697 16 yrs+ M 4/8-5/20 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.
Instructor: Nicole. Fee: $39. 480-350-5200
60679 16 yrs+ Sa 4/6-5/25 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.
Instructor: Tammy. Fee: $35. 480-350-5200.
60698 16 yrs+ M 4/8-5/20 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: $39. 480-350-5200
60706 16 yrs+ Th 4/4-5/23 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.
Instructor: Kim. *No class 4/10. Fee: $35. 480-350-5200
60578 16 yrs+ M 4/8-5/20 4:45-5:50 p.m. PAC
60577 16 yrs+ W 4/3-5/22* 6:15-7:15 p.m. NCC

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.
Instructor: Caroline. Fee: $42. 480-350-5200
60562 16 yrs+ T 4/2-5/21 6-7:30 p.m. MUS

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.
60699 16 yrs+ F 4/5-5/24 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.
Instructor: Janelle. Fee: $35. 480-350-5200
60751 16 yrs+ M 4/8-5/20 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.
Class taught by certified Yoga/Pilates instructor.
Bring your own yoga mat.
Instructor: Diane. Fee: $35. 480-350-5200
60605 16 yrs+ M 4/8-5/20 6-7 p.m. PAC
Activities for Adults (18+ Years)

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 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: $42. Drop-in Fee: $7. 480-350-5200
60609 16 yrs+ W 4/3-5/22 9:30-10:30 a.m. KRC

Exercise; COMMIT® Dance Fitness
A dynamic, fun-filled HIIT (High Intensity Interval Training)-style dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving. All levels welcome. Drop-in Fee: $5. Fee: $19. 480-350-5200
62049 16 yrs+ T 4/9-4/30 6-7 p.m. CSC
62050 16 yrs+ T 5/7-5/28 6-7 p.m. CSC

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. Fee: $27. Drop-in Fee: $5. 480-350-5200
60613 16 yrs+ M 4/8-5/20 6-6:50 p.m. PAC

Cinco de Mayo
Learn how to prepare delicious chicken enchiladas, baked chile relleno, Guatemalan cilantro rice, jicama salad, salsa and Mexican snickerdoodles. Materials fee: $5; due to instructor. Fee: $25.
62043 16 yrs+ M 4/22 6-8 p.m. CSC

Cake Decorating 101
Mother’s Day and wedding season are right around the corner. Learn tricks to prevent your cake from sticking to the pan, as well as basic frosting techniques used by the pros. We will also make a simple marshmallow fondant that tastes great. Materials fee: $5; due to instructor. Fee: $25.
62044 16 yrs+ M 5/6 6-8 p.m. CSC

Once a Month Cooking & Bargain Shopping
No time to cut out coupons? Learn how to shop the grocery ads that come in the mail and get the biggest bang for your buck. We will also talk about how to meal prep on a Saturday and have dinners for a month. Materials fee: $5; due to instructor. Fee: $25.
62045 16 yrs+ M 5/20 6-8 p.m. CSC

DSLR Photography
You’ll never shoot in auto again after learning how to best use concepts like Aperture, Speed and ISO. Mix-in discussions about composition and photo reviews and you’ll leave with a renewed confidence in your photography. Classes will conclude with a student photo-sharing opportunity; bring DSLR camera and manual to class. No class 4/20. Fee: $60. 480-350-5200
62029 14 yrs+ Sa 3/30-4/27 9:15-10:45 a.m. LMRB

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 3/18, 4/1. Fee: None. 480-350-5500
No Code 18 yrs+ M 3/4-5/20 1-2 p.m. LMRB

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

Knitting; Beginning
Adrienne has 30 years of experience as a world traveler, home cook, personal chef and private caterer. She is well versed in traditional cooking and baking, ethnic specialties, comfort food, solar cooking and more. Sample every dish; a $5 materials fee is due at the beginning of each class. Fee: $25 per class; includes printed recipes. 480-350-5200
62041 16 yrs+ M 3/5-4/29 2-3 p.m. LMRB

Cooking Demonstrations with Adrienne DiSalvo
Adrienne has 30 years of experience as a world traveler, home cook, personal chef and private caterer. She is well versed in traditional cooking and baking, ethnic specialties, comfort food, solar cooking and more. Sample every dish; a $5 materials fee is due at the beginning of each class. Fee: $25 per class; includes printed recipes. 480-350-5200
62041 16 yrs+ M 3/5-4/29 2-3 p.m. LMRB

Jam and Jellies
Learn the basics of making homemade Jams and Jellies with simple ingredients. Great for gift giving. Each student will go home with at least one jar of jelly. Materials Fee: $5; due to instructor. Fee: $25.
62041 16 yrs+ W 3/13-4/3 6-7:30 p.m. PAC
62028 14 yrs+ W 4/24-5/15 6-7:30 p.m. PAC

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 must be made at the library or by visiting tempepubliclibrary.org/libraryjoblink. No class 3/19. Fee: None. 480-350-5500
No Code 18 yrs+ M 3/4-5/20 1-2 p.m. LMRB

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, perfectpoochaz.com. Instructor Fee: $80; due at first class. Fee: $25. 480-350-5200
61335 16 yrs+ T 3/21-4/25 7-8 p.m. TSC
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. No class 4/20. Fee: $45. 480-350-5200
62031 8 yrs+ Sa 3/30-5/4 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
612032 8 yrs+ Sa 5/11-5/18 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 tempe.gov/classmaterials. Kathleen. Fee: $45. 480-350-5200
62033 14 yrs+ M 4/22-5/20 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 tempe.gov/classmaterials. 480-350-5200

Passport to Spanish
62034 15 yrs+ W 3/27-5/22 5:30-6:45 p.m. PAC

Spanish: Level 2
62035 15 yrs+ W 3/27-5/22 7-8:15 p.m. PAC

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 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
62030 8 yrs+ Sa 3/16-3/23 9 a.m.-noon PAC

Sewing: Parent/Child
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
612032 8 yrs+ Sa 5/11-5/18 9 a.m.-noon PAC

Public Speaking for the Terrified (Or At Least the Mostly Nervous)
If you’d choose paper cuts over public speaking, this workshop is for you. Learn tips for how to speak with others in a clear and calm manner. Join Sean Buvala from the Small-Tooth-Dog Publishing Group as he shares with you immediately-useful ways to increase your confidence. Register by email to: tplprograms@tempe.gov. Include your name and phone number. Fee: None. 480-350-5500
61250 No Code All Ages Sa 4/13 2-3:30 p.m. LMRA

Seed Library Celebration
Join us as the library celebrates helping edible gardens grow across the city with the 2nd anniversary of the Seed Library. Stop by the expo-style event for information, prizes and giveaways. Learn about gardening by attending an Audubon class “Plants for Birds (and People)” at 2 p.m. For more information: tempepubliclibrary.org/SeedLibrary. Fee: None. 480-350-5500
61251 No Code All Ages Sa 4/13 3-5 p.m. LMRA

Activities for Adults (18+ Years)
ALL PROGRAMES ARE FREE AND OPEN TO THE PUBLIC.

Saturday, 2/16; 7 p.m.

PERFORMANCES at the MUSEUM

Eclecto Fenix

Eclecto Fenix is a collective of musicians dedicated to the rhythm of Cumbia. They combine vocals, bass guitar, keyboard, drums, timbales, congas and electric guitar to generate great dance tunes, including cumbias, nu cumbias and cumbia funk. Come dance the night away. Meet the band in a Q&A session after the show.

Thursday, 2/21; 7 p.m.

THIRD THURSDAY at the MUSEUM

An Evening with Frank Thompson: Teaching Community Building Through Music

Frank Thompson uses community music making sessions to get participants to engage with each other in fun ways they have not done before, using percussion and instruments from around the world. He will teach West African hand drumming and share insights into West African rhythms. After coffee and dessert, join Frank and AZ Rhythm Connection students to jam. Donations welcome.

Sunday, 2/24; 1-5 p.m.

Hayden’s Ferry Days: THE FESTIVAL

This interactive community festival brings Tempe heritage to life with local music performances and diverse “show-and-tell” demonstrations honoring the technology and crafts that defined our past. The event will also include “behind the scenes” museum tours, children’s activities and wild west reenactments. Tempe Historical Society will also be sponsoring a free ice cream social celebrating its 50th anniversary, come early while supplies last.

Saturday, 3/2; 3 p.m.

PERFORMANCES at the MUSEUM

Azure Family Concert with Tetra String Quartet and Percussionist Joe Goglia

Join Tetra for an upbeat program featuring percussionist Joe Goglia. 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. The performance will be followed by an instrument petting zoo. Free tickets are available at tetraquartet.org/azure.

Friday, 3/8; 7 p.m.

PERFORMANCES at the MUSEUM

Sonoran Marimba Band

The Sonoran Marimba Band is a quartet comprised of long-time veteran percussionists - Sonja Branch, Jeremy Muller, Douglas Nottingham and Brett Reed. Each have been active in the Phoenix area as performers, teachers and composers in all genres of percussion ranging from classical, jazz and rock to world music. The group is committed to enthusiastic community engagement to promote a diversity of music and a greater awareness of the marimba and its place in modern music. Meet the band in a Q&A session after the show.

Wednesday, 3/13; 11:30 a.m.

Tempe Historical Society Lunch Talks

Arizona woman journalist led way for next generation - including me with Karina Bland

Karina Bland is a longtime, award-winning journalist at The Arizona Republic and azcentral.com, where she is on the storytelling team and writes a popular column. She is a two-time graduate of Arizona State University, earning a bachelor’s degree in journalism in 1987 and a master’s degree in communication in 1997. She went to work for the Mesa Tribune in 1987, was hired by The Phoenix Gazette in 1990 and then The Republic when the two papers merged in 1997. Karina, 53, raises her teenage son Sawyer and tap dances in Tempe. Coffee and light refreshments provided.

Thursday, 3/21; 7 p.m.

THIRD THURSDAY at the MUSEUM

An Evening with Zarco Guerrero-The Gila and The Salt: Our River Stories

Join the cast of masked characters from “Face to Face in a Frenzy” when they come together again to share the fascinating stories of the Gila and Salt Rivers. These stories span from ancient to modern times, detailing everything from flora to fauna. Over 2000 years of history are laced with humor, sarcasm and biting social commentary. After a break for the best local coffee and dessert, join in a conversation with some local experts about the issues introduced by Zarco’s masked characters. Donations welcome. Sponsored by Cortez Coffee.

Saturday, 3/23; 7 p.m.

PERFORMANCES at the MUSEUM

Darkness Dear Boy

Darkness Dear Boy is a Tempe trio that rocks diversity to a whole new level by combining original alt rock, reggae, punk & honky tonk with dynamic hooks and harmonies. Meet the band in a Q&A session after the show.

Friday, 4/5; 7 p.m.

PERFORMANCES at the MUSEUM

Dusty Ramblers Project

“I’ll be Ms. Lindy and you will be the Dusty Ramblers.” That’s how it all started somewhere around 2013, when Lindy Hamilton, an 8-year-old country/bluegrass singer was sitting in with longtime friends and guitar players Mark McDowell and Ted Brown at a gig they were playing. The free range, organic music was the general rule, and fit the moniker of The Dusty Ramblers Project. They play creative and fun originals with a perfect blend of blues, bluegrass, swing and rock covers. The Dusty Ramblers write songs about some of the most fun things in life: tie dye shirts, old cars, dressing up and life experiences. Meet the band in a Q&A session after the show.

Wednesday, 4/10; 11:30 a.m.

Tempe Historical Society Lunch Talks

Ghost Towns-Specters of the Past with Jay Mark

Historian Jay Mark’s career includes antiques & bookstore owner, commercial photography, professional theater, radio and television. He brings a lifetime of knowledge and experience to his lively and engaging presentations. A regular contributor of history-related articles to the Antique Register; Arizona Contractor & Community, and The Arizona Republic, Jay is also a published writer of seven books. He is a regular contributor of history-related articles to the Antique Register; Arizona Contractor & Community, and The Arizona Republic. Jay is also a published writer of seven books. He is a regular contributor of history-related articles to the Antique Register; Arizona Contractor & Community, and The Arizona Republic.
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<th>Activities for Adults (18+ Years)</th>
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<tr>
<td><strong>Adult Sports Leagues</strong></td>
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<td>City of Tempe Adult Sports offers a variety of sports leagues for ages 18 and older that accommodates 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. Check out our upcoming leagues below. For more information about the leagues, rules and registration visit tempe.gov/adultsports, call 480-350-5249 or e-mail <a href="mailto:adultsports@tempe.gov">adultsports@tempe.gov</a>.</td>
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<td><strong>Individual Free Agents</strong></td>
</tr>
<tr>
<td>Looking to be active and involved in sports but don’t have a team you can register? Email <a href="mailto:adultsports@tempe.gov">adultsports@tempe.gov</a> or call 480-350-5238 and we can add you to the free agent pool list and put you in contact with teams who are looking for additional players. We accept individuals looking for recreational to highly competitive leagues.</td>
</tr>
<tr>
<td><strong>Softball</strong></td>
</tr>
<tr>
<td>Grab your glove and bat and join us on the diamond for our adult baseball wood bat league. Our three leagues accommodate up to 24 teams total and games are played Sunday mornings or evenings.</td>
</tr>
<tr>
<td><strong>Baseball</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Basketball</strong></td>
</tr>
<tr>
<td>Enjoy basketball with friends and neighbors in our basketball league! We offer a variety of division options, from fun recreational play to highly competitive leagues.</td>
</tr>
<tr>
<td><strong>Co-Rec Lite Double-Headers</strong></td>
</tr>
<tr>
<td>Co-Rec Lite Double-headers follow with a modified double-elimination tournament. Teams register to play on one specific day.</td>
</tr>
<tr>
<td><strong>Co-Rec Double-Headers</strong></td>
</tr>
<tr>
<td>Co-Rec Double-headers follow with a single-elimination tournament.</td>
</tr>
<tr>
<td><strong>Soccer 11 vs. 11</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Soccer 6 vs. 6</strong></td>
</tr>
<tr>
<td>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.</td>
</tr>
<tr>
<td><strong>Pickleball; Drop-In, North Tempe/Esclante Community Centers</strong></td>
</tr>
<tr>
<td>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. Drop-in Fee: $1. (3-month pass $10, annual pass $25). NCC 480-858-6500. ESCA 480-350-5800.</td>
</tr>
<tr>
<td><strong>Rock-Climbing; Rock-Climbing and Rappelling</strong></td>
</tr>
<tr>
<td>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. Contact: Contact: Jennifer Gall 480-350-5805.</td>
</tr>
<tr>
<td><strong>Archery Classes</strong></td>
</tr>
<tr>
<td>Please see page 15 for a complete description and class times.</td>
</tr>
<tr>
<td><strong>Basketball; Adult Open Gym Basketball</strong></td>
</tr>
<tr>
<td>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. Drop-in Fee: $1. (3-month pass $10, annual pass $25). 480-350-5800.</td>
</tr>
<tr>
<td><strong>Golf; Golf 101 - Beginner</strong></td>
</tr>
<tr>
<td>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. *No class 4/20. 480-350-5200</td>
</tr>
<tr>
<td><strong>Golf; Golf 102 - Intermediate</strong></td>
</tr>
<tr>
<td>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. *No class 4/21. 480-350-5200.</td>
</tr>
<tr>
<td><strong>Pickleball; Drop-In, North Tempe/Esclante Community Centers</strong></td>
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<tr>
<td>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. Drop-in Fee: $1. (3-month pass $10, annual pass $25). NCC 480-858-6500. ESCA 480-350-5800.</td>
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<td><strong>Archery Classes</strong></td>
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<td>Please see page 15 for a complete description and class times.</td>
</tr>
</tbody>
</table>
**Activities for Adults (18+ Years)**

**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. Drop-In 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 December 1-31. Fee: $4. 480-350-5201.
No Code 16 yrs+ Su 3/24-5/26 11 a.m.-2:30 p.m. KRC

**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. Drop-In Fee: $1 (3-month pass $10, annual pass $25). 480-358-6500.
No Code 16 yrs+ W Ongoing 6-9 p.m. NCC

**Volleyball League Information**
www.tempe.gov/kiwanis

**League Registration Dates**
Resident Teams: 2/19-3/15
Non-Residents Teams: 2/22-3/15
League Dates (T/W): 3/26-5/8
Tournament Dates: 4/14-5/22

**Women’s A:** 61730
**Co-Rec B:** 61731

**Cost:** $325 per team.

Each team guaranteed 7 games plus 1 tournament.

No individual registration will be taken. For more information, visit our website at www.tempe.gov/kiwanis or contact carmen_sanchez@tempe.gov.

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**Dog Parks**
Tempe offers recreation for your canine companions. Visit one or all of our off-leash activity areas! To view information about Basic Dog Obedience classes, see the Activities for Adults (18+ Years)

- **Clark Park**
  19th St. & Roosevelt St.
- **Creamery Park**
  8th Street and Una Avenue
- **Jaycee Park**
  5th Street and Hardy Drive
- **Mitchell Park**
  9th Street and Mitchell Drive
- **Papago Park**
  Curry Road and College Avenue
- **Tempe Sports Complex**
  Carver Road and Hardy Drive

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**Check Out Upcoming Events!**
[tempe.gov/FamilyFun](http://tempe.gov/FamilyFun)