

# Activities for Adults (18+ Years)

Registration begins February 18; classes begin March 17 unless noted otherwise within class descriptions.

No classes March 31. 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](http://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.

### Art; Untangled

Untangle the day through drawing! Learn about line, color and repetition while creating fantastic kaleidoscope patterns. Each class is led by an instructor who'll demonstrate new patterns and coloring techniques that you can take anywhere. So come on, amaze yourself! Fee: \$40. 480-350-5287

38161 16 yrs+ W 3/19-5/7 5-7 p.m. VIHEL

### Beading; Basic Beading

Learn to work with the essential tools of beading and stringing: clasps, crimps and other findings. Establish solid basics, lay-out ideas and explore multiple techniques. Design and create uniquely-beautiful beaded jewelry; re-string and breathe new life into your favorite pieces. Fee: \$45. 480-350-5266

38825 15 yrs+ T 4/15-5/6 6-8:30 p.m. PAC

### Ceramics 2

You've learned the basics in Ceramics Survey. Here's your chance to advance your skills in throwing and hand-building as you explore surface decoration and slip techniques. Instructor will guide you through your selected projects.

Fee: \$100. 480-350-5287

38180 18 yrs+ Th 3/20-5/8 6:30-9:30 p.m. VIHEL

### Ceramics; Open Studio

Open Studio time is available free of charge to all students currently enrolled in and regularly-attending any adult ceramics class. Open Studio times and dates are Wednesdays, 12:15-3:15 p.m., from March 26 to May 7, and Saturdays, 1:30-4:30 p.m., from March 29 to May 10.

### Ceramics; Pottery Club

Do you want time to experiment and hone your skills? This leisurely morning of working in the studio offers students that opportunity. Potters of all skill levels can freely work on the wheel or hand-build; the choice is yours. Guidance and advice will be provided by instructor. Fee: \$100. 480-350-5287

38186 18 yrs+ W 3/19-5/7 9 a.m.-Noon VIHEL

### Ceramics; Survey

See what keeps the local community of potters coming back every session as you 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. This is your first step into a journey that may bring you a lifetime of joy. Fee: \$100. 480-350-5287

38187 18 yrs+ T 3/18-5/6 6:30-9:30 p.m. VIHEL

### Ceramics; Throwing Beginning/Intermediate

For students who have completed the Ceramics Survey class. Become one with the potter's wheel through a series of drills and projects. Learn glazing techniques to bring your pieces to life and make them uniquely yours. No class 3/31. Fee: \$100. 480-350-5287

38188 18 yrs+ M 3/17-5/12 6:30-9:30 p.m. VIHEL

### Ceramics; Throwing Intermediate/Advanced

For students who have completed the Ceramics; Throwing Beginning/Intermediate class. Advance your skills on the wheel while exploring the endless styles and shapes of sculptures that may be created using clay. Experiment with techniques like scraffito and impression work. Practice glazing and finishing methods to complete the process on your unique pieces. Fee: \$100.

480-350-5287

38189 18 yrs+ W 3/19-5/7 6:30-9:30 p.m. VIHEL

### Collage and Mixed Media

Connect with your creative spirit while exploring art in its basic form. Using traditional and non-traditional materials, create wonderful mixed media works that are as unique as you. Learn a variety of methods and techniques as you paint, distress, glue and embellish. Explore how you can add your own special treasures to materials provided in the classroom. Fee: \$50. 480-350-5287

38192 18 yrs+ T 3/18-5/6 6:30-9 p.m. VIHEL

### Jewelry 1

Learn the use of tools, how to saw, file and high-temperature silver solder with silver, copper and brass. Create pierced sawing samples, band rings and a bezel set stone pendant. Projects will implement various finishing techniques/surface treatments: polishing, rolling mill texture and patinas. Supply costs vary; approximate cost \$100. \*No class 3/31. Fee: \$80. 480-350-5287

38214 18 yrs+ M 3/17-5/12\* 6-8:30 p.m. PAC

38215 18 yrs+ Th 3/20-5/8 10 a.m.-12:45 p.m. PAC

### Jewelry; Multiples

Prerequisite: Jewelry 1. Casting experience suggested. Explore techniques in creating multiples for jewelry and small sculpture such as ear wires, links for chains and components for wind chimes. Discuss design options and learn basic techniques for multiples working with wire, fabrication and casting. Supply costs vary; an approximate cost is \$100. Fee: \$80. 480-350-5287

38811 18 yrs+ W 3/19-5/7 6-8:30 p.m. PAC

### 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 various jewelry techniques. Fee: \$80. 480-350-5287

38217 18 yrs+ Th 3/20-5/8 6-8:45 p.m. PAC

Summer Brochure Available April 17

## Activities for Adults (18+ Years)

### Jewelry Sampler

Learn basic skills for jewelry making and small metals through acid etching, lost-wax casting and vitreous glass enameling. Students will experience a sampling of techniques; this fast-paced class is designed to demonstrate techniques and may not result in completely finished projects. Previous experience recommended.

Supply costs vary; approximate cost is \$100. Fee: \$80. 480-350-5287

38216 18 yrs+ T 3/18-5/6 6-8:30 p.m. PAC

### 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. Bring a flat picture frame (any size) to first class; instructor will cover required and optional supplies. Fee: \$50. 480-350-5287

38227 18 yrs+ W 3/19-5/7 6:30-9:30 p.m. VIHEL

### Painting; Beginning

Your first brush stroke will immerse you into a world of art, created by you. This introductory class will teach you the basic techniques for painting in a variety of mediums including: Oil, Acrylic and Watercolor. Students will learn how to make brush strokes, mix colors and paint from photographs and still lifes. No class 3/31. Fee: \$50. 480-350-5287

38238 18 yrs+ M 3/17-5/12 6:30-9:30 p.m. VIHEL

### Painting; Landscapes

Learn the tricks-of-the-trade as you paint your favorite places, both local and those from around the world. Become a master of painting light, atmosphere, depth, color and texture. Beginning-to-Advanced painting techniques will be covered with an emphasis towards individual student skill levels. Fee: \$50.

480-350-5287

38240 18 yrs+ Th 3/20-5/8 7:30-9:30 p.m. VIHEL

### Painting; Portraits

What subject could be more fascinating than the human face? Learn the skills to paint portraits full of expression and life. The class will cover paint application, mixing flesh tones, light and shade, as well as achieving a likeness. Feel the thrill of watching your painting come to life as you explore the many techniques used to create compelling portraits. Fee: \$50. 480-350-5287

38237 18 yrs+ Sa 3/22-5/13 9:30-11:30 a.m. VIHEL

### Wire-Wrapping Classes

Manipulate and transform ordinary artistic wire into one-of-a-kind jewelry pieces. All classes are taught by Carol Berger Taylor, fine artist. For a complete list of class materials and local supply vendors, visit [www.tempe.gov/classmaterials](http://www.tempe.gov/classmaterials). 480-350-5266

### Basketry Techniques in Metal

Explore techniques in metal using common basketry methods of twining, coiling and weaving. Learn traditional and contemporary-techniques; design and create pendants and earrings. Class is suitable for multilevel participants. Tools needed include 18, 20 and 24-gauge copper or sterling wire, a fine-chain-nose plier and flush cutters. Fee: \$45.

38826 15 yrs+ Th 4/3-4/24 6-8:30 p.m. PAC

### Earring Extravaganza

Create several pairs of earrings; learn jeweler secrets as you shape, texture and oxidize your metal to create spiral shapes. Manipulate wire to pair with Czech Glass beads. Tools needed include 18, 20 and 24-gauge copper or sterling wire, Czech Glass beads, fine-chain-nose and flat-nose pliers, ball peen hammer, steel block and flush cutters. Fee: \$37.

38827 15 yrs+ F 4/18-5/2 9:30 a.m.-Noon PAC

### Findings; Clasps, Toggles and Ear Wires

Complete bracelet, necklace, pendant and earring projects by fabricating your own findings. Save money; learn how to design and execute unique clasps, toggle closures and ear wires. Tools needed include 18, 20 and 24-gauge copper or sterling wire, a fine-chain-nose plier, ball peen hammer, steel block and flush cutters. Fee: \$25.

38828 15 yrs+ T 4/4-4/11 9:30 a.m.-Noon PAC

### Treasure Necklaces

Repurpose your favorite brochette, charm, gem, shell or stone. Wire-wrap a messy or woven treasure necklace, a piece that's sure to become a favorite heirloom. Tools needed include found and purchased objects, 18, 20, and 24-gauge copper or sterling wire, a fine-chain-nose and flat-nose pliers, ball peen hammer, steel block and flush cutters. Fee: \$45.-

38829 15 yrs+ Th 5/1-5/22 6-8:30 p.m. PAC

### Wire-Wrapped Bead Bracelets

Wire-Wrap your favorite beads into a one-of-a-kind bracelet. Create a unique clasp; brighten-up your bracelet with colorful Czech Glass beads, and embellish your bracelet with wire-shaped designs. Tools needed include a fine-chain-nose pliers, flush cutters (or nail clippers), 18-gauge wire and Czech glass beads. Fee: \$25.

38830 15 yrs+ Th 3/20-3/27 6-8:30 p.m. PAC

38831 15 yrs+ F 5/9-5/16 9:30 a.m.-Noon PAC

## Boating

### Float Test - Rowing Classes Only (NOT Kayak or SUP)

All Rowing participants must complete a 10-minute float test and watch a U.S. Rowing Safety Video. 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 Rowing

Sign-up now for savings! Register for your rowing class (does not include Adult Beginning Rowing) at least two weeks prior to the start date of class and receive a 20% discount off of the class/program prices listed online and in the brochure. Classes will be regular price after the deadline. Contact the Boating Office for more information at 480-350-8069.

**Rowers 18 years and older are eligible to participate in the following skill levels:**

#### Beginner

Learn to Row is the starting point for new rowers. Rowers will be in bigger boats and learn at a steady pace throughout the class.

#### Advanced

Open Rowing and Sculling focuses on rowing for fitness and technical growth with an option of racing at local and regional regattas.

### Adult Learn to Row

Designed exclusively for first-time rowers, this course will introduce the basics of rowing, safety and boat-handling. Proper rowing technique and initial fitness development are stressed. Participants must be able to pass the 10-minute float test and have a basic level of fitness. The first class will consist of a float test and safety video presentation. Attendance at the first three classes is mandatory.

\*No class 4/12. 480-350-8069

38359 18 yrs+ Sa/Su 4/5-5/11\* 7-9 a.m. \$132 TTLM

38381 18 yrs+ M/W 4/7-5/14 5:45-7:45 p.m. \$144 TTLM

# 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 4/12. 480-350-8069

38379	18 yrs+	Sa/Su	3/29-5/11*	7-9 a.m.	\$132	TTLM
38382	18 yrs+	Sa	3/29-5/10*	5:45-7:45 p.m.	\$132	TTLM
		Th	4/3-5/15	7-9 a.m.		
38383	18 yrs+	T/Th	4/1-5/15	5:45-7:45 p.m.	\$141	TTLM

## Erg Fitness

No experience necessary. Come try one of the best workouts around! Join this class with an experienced instructor who will work with you on your technique and push you to dig deep to reach new heights within your fitness progression. The workouts will be tailored to the individual. Fee: \$66. 480-350-8069

38340	18 yrs+	M/W	3/31-4/23	6:30-7:30 p.m.		TTLM
38341	18 yrs+	M/W	4/28-5/21	6:30-7:30 p.m.		TTLM

## Tempe Town Lake Rowing and Paddling Club

Designed for advanced rowers and paddlers 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 480-350-8069.

NO CODE	18 yrs+	T/W/Th/F	4/1	5:30-7 a.m.		TTLM
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## Tempe Town Lake Rowing League

Is your company or group looking for a team experience and an opportunity to enjoy some competition? If so, the Tempe Town Lake Rowing League is perfect for you! Participants will be coached by the TTLR coaches. Teams must have a minimum of 10 participants with a maximum of 20. Teams will have a choice of Monday/Wednesday or Tuesday/Thursday evening practice sessions leading to the Championship Regatta on 5/17. For more information, and to register your team, call the Boating Office. 480/350-8069

NO CODE	18 yrs+	M/W	4/2-5/17	5:45-7:45 p.m.		TTLM
NO CODE	18 yrs+	T/Th	4/3-5/17	5:45-7:45 p.m.		TTLM

## Adult Paddling Classes

### Glow Paddle

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. Register early! Fee: \$30. 480-350-8069

38394	18 yrs+	F	4/4	7:30-9:30 p.m.		TTLM
38395	18 yrs+	F	4/25	7:30-9:30 p.m.		TTLM
38396	18 yrs+	F	5/9	8-10 p.m.		TTLM
38397	18 yrs+	F	5/23	8-10 p.m.		TTLM

## Kayak Fitness

This is a perfect class for beginners and intermediate kayakers. Program will include stretching, warm-up and on-the-water fitness. There will be a focus on your paddle stroke and on-the-water training. All necessary equipment will be provided. \*No class 4/12. Fee: \$60. 480-350-8069

38358	18 yrs+	Sa	3/29-4/26*	8:30-10:30 a.m.		TTLM
38384	18 yrs+	Sa/Su	5/3-5/11	8:30-10:30 a.m.		TTLM
38385	18 yrs+	T/Th	4/1-4/10	5:45-7:45 p.m.		TTLM
38386	18 yrs+	T/Th	4/15-4/24	5:45-7:45 p.m.		TTLM
38387	18 yrs+	T/Th	4/29-5/8	5:45-7:45 p.m.		TTLM

### Kayak Touring: Essentials

For intermediate to experienced-level kayakers; ACA certified kayak instructors will give you an introduction to Kayak Touring, trip-planning and on-the-water safety and rescues. This class will focus on fitness, boat-handling and stroke technique. All equipment provided. Prerequisite: Kayak Fitness or commensurate experience. \*No class 4/12. Fee: \$60. 480-350-8069

38388	18 yrs+	Sa	3/29-4/26*	6:30-8:30 a.m.		TTLM
38390	18 yrs+	T/Th	4/1-4/10	5:45-7:45 p.m.		TTLM
38391	18 yrs+	T/Th	4/15-4/24	5:45-7:45 p.m.		TTLM
38392	18 yrs+	T/Th	4/29-5/8	5:45-7:45 p.m.		TTLM
38389	18 yrs+	Sa/Su	5/3-5/11	6:30-8:30 a.m.		TTLM

### Kayak Trip to Roosevelt Lake

Apply what you learned in Essentials of Kayak Touring on this overnight trip to Roosevelt Lake. We meet on 5/10 to cover logistics and learn how to properly pack your kayak. Register early; space is limited. Prerequisite: Essentials of Kayak Touring and coach's approval. All necessary boating equipment provided. Fee: \$150. 480-350-8069

38393	18 yrs+	Sa	5/10	8:30-10 a.m.		TTLM
	18 yrs+	Sa/Su	5/17-5/18	TBD		TTLM

## Moonlight Kayak

Spend an enjoyable evening on Tempe Town Lake while paddling in the moonlight. No experience necessary. Bring clothes you don't mind getting wet, a towel, dry clothes and prepare to howl at the moon! All necessary equipment will be provided. Must be 18 years or older to participate. Fee: \$30. 480-350-8069

38360	18 yrs+	F	4/18	7:30-9:30 p.m.		TTLM
38398	18 yrs+	F	5/16	8-10 p.m.		TTLM

## Stand-Up Paddling (SUP); Introduction

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: \$27. 480-350-8069

38342	18 yrs+	T	4/1	5:30-7 p.m.		TTLM
38343	18 yrs+	Sa	4/5	8:30-10 a.m.		TTLM
38344	18 yrs+	T	4/8	5:30-7 p.m.		TTLM
38345	18 yrs+	T	4/15	5:30-7 p.m.		TTLM
38346	18 yrs+	Sa	4/19	8:30-10 a.m.		TTLM
38347	18 yrs+	T	4/22	5:30-7 p.m.		TTLM
38348	18 yrs+	Sa	4/26	8:30-10 a.m.		TTLM
38349	18 yrs+	T	4/29	5:30-7 p.m.		TTLM
38350	18 yrs+	Sa	5/3	8:30-10 a.m.		TTLM
38351	18 yrs+	T	5/6	5:30-7 p.m.		TTLM
38352	18 yrs+	Sa	5/10	8:30-10 a.m.		TTLM
38353	18 yrs+	T	5/13	5:30-7 p.m.		TTLM
38354	18 yrs+	Sa	5/17	8:30-10 a.m.		TTLM
38355	18 yrs+	T	5/20	5:30-7 p.m.		TTLM

## Stand-Up Paddling (SUP) Fitness

Once you have learned the basics of Stand-Up Paddling (SUP), stay in shape by taking SUP Fitness. This class will focus on paddling fitness and proper technique. A self-rescue test will be done the first day of class. Prerequisites: Stand-Up Paddling; Introduction, or commensurate experience. \*No class 4/12. 480-350-8069

38376	18 yrs+	Sa	4/5-5/17*	6:30-8 a.m.	\$90	TTLM
38377	18 yrs+	M/W	3/31-4/9	5:30-7 p.m.	\$60	TTLM
38378	18 yrs+	M/W	4/14-4/23	5:30-7 p.m.	\$60	TTLM
38461	18 yrs+	M/W	4/28-5/7	5:30-7 p.m.	\$60	TTLM
38462	18 yrs+	M/W	5/12-5/21	5:30-7 p.m.	\$60	TTLM

## Activities for Adults (18+ Years)

### Books & Reading

#### Author Visits

Stay tuned for Author Visits—visit our library events website:  
<http://www.tempe.gov/library>

#### Check Out A Book

Seniors, adults and children can visit the Tempe Public Library's Resource Room at the Escalante or North Tempe Community Centers to check out books from the new and always changing book collection. Also available are book collections in the senior centers of each center. Fee: None. 480-350-5802

NO CODE	18 yrs+	M-F	11 a.m.-8 p.m.	ESCA
NO CODE	18 yrs+	M-F	11 a.m.-9 p.m.	NCC
NO CODE	50 yrs+	M-F	10 a.m.-3 p.m.	WCC

#### Great Books Discussion Group

The Great Books Foundation promotes reading, thinking, and the sharing of ideas. Volunteers Kathy and Don Dietz will lead discussions on the second and fourth Wednesday evenings of each month from 6-8 p.m. in the Connections Café Program Room. Participants provide their own copies of the works to be discussed. No registration required. Fee: None.

3/26	To His Mistress Going to Bed, John Donne
4/9	To His Coy Mistress, Andrew Marvell
4/23	Degradation in Erotic Life, Sigmund Freud

#### Mystery Club

Are you an avid mystery reader? If so, you are invited to meet with other fans once a month to discuss favorite mystery books or authors. Participants are required to provide their own copies of the books to be discussed. Responsibility for leading the discussion rotates around the group. Saturdays, 11 a.m.-1:00 p.m. Connections Café. Registration is not required. Fee: None. 480-350-5554

#### Tempe Public Library Outreach Resources Center

The City of Tempe offers this innovative service at two locations, Escalante and North Tempe Community Centers. Use computers with the latest software or "surf the net" to research topics using the same programs offered at the Tempe Public Library.

##### Escalante Hours:

M-F, 11-8 p.m.; Sa, 10-5 p.m.; Su, 1-6 p.m.

##### North Tempe Hours:

M-Th, 11-9 p.m.; F, 11-8 p.m.; Sa, 10-5p.m.

Times are subject to change.

#### Writing Family History Workshops

ASU professor, Dr. Duane Roen will be teaching Family History Workshops at Tempe Library this spring. Classes will be one Saturday a month from 10:30 a.m. - Noon in the Library's Meeting Room B. No registration is required. Fee: None. 480-350-5500

3/15	Publishing Your Family History
4/19	Organizing Your Family History
5/10	Using Cemetery Records For Family History Research

### Business, Computers & Finance

To view computer class offerings for Adults 50+ Years, see page 45.



## Moonlight Paddles

Experience Tempe Town Lake in a new light - the moonlight!

No prior boating experience is required, and all of the equipment is provided.  
 Adults 18+ are welcome. Fee is \$30 per person. Space is limited.

#### Glow Paddle

Participants will receive glow in the dark accessories

Friday, April 4 & 25 7:30-9:30 p.m.

Friday, May 9 & 23 8-10 p.m.

#### Moonlight Kayak

Friday, April 18 7:30-9:30 p.m.

Friday, May 16 8-10 p.m.

Register at: [www.tempe.gov/boating](http://www.tempe.gov/boating)  
**480-350-5200**

\*A working knowledge of computers, the keyboard and the mouse are required for following programs.

#### Basic Internet using Office 2010

Learn how to use search engines to find the information you need, get photos from the web, look at maps/get directions, or to check out all the exciting websites you hear about. This is a Level 2 computer class. Fee: \$10.

480-350-5800

38463	18 yrs+	T	3/18-4/8	10-11 a.m.	ESCA
38464	18 yrs+	T	4/15-5/6	10-11 a.m.	ESCA

#### Basic Word using Office 2010

Learn how to create a letter, edit a document, and create lists, tables, labels and more using MS Word. This is a Level 3 computer class. Fee: \$10. 480-350-5800

38465	18 yrs+	W	3/19-4/9	10-11a.m.	ESCA
38466	18 yrs+	W	4/16-5/7	10-11a.m.	ESCA

#### Basic Excel using Office 2010

Learn how to prepare, edit and sort simple lists, and save and create formulas in a spreadsheet using MS Excel. This is a Level 4 computer class. Fee: \$10.

480-350-5800

38467	18 yrs+	Th	3/20-4/10	10-11 a.m.	ESCA
38468	18 yrs+	Th	4/17-5/8	10-11 a.m.	ESCA

**Summer Brochure Available April 17**

## Business and Financial Planning Classes

These classes share fundamentals for savings and investing. Signing-up for all three classes is recommended in the order that they are listed; hand-outs are included. Classes are taught by Jason Freiwald, CFP, ChFC, CMFC. Fee: \$7 per class. 480-350-5266

### Money Management Planning

Learn the basics of the financial planning process in this highly-interactive class. You will also learn how to organize your finances and put them into a usable financial plan. Discussions include budgeting, college savings, retirement and setting-aside emergency reserves.

37812 18 yrs+ Th 4/3 7-8:30 p.m. PAC

### Stocks and Bonds Investment Planning

Investing can be challenging. Learn how the Stock Market works, as well as the key concepts of stocks, bonds and mutual funds. Class topics include the factors that influence the Market, how to use them to your advantage, and how to incorporate investments into your financial plan to diversify your personal portfolio.

37814 18 yrs+ Th 4/10 7-8:30 p.m. PAC

### Retirement and Estate Planning

An important lifetime goal that most people plan for is their retirement. In this class, learn how to evaluate your retirement plan to make it as effective as possible. In addition, learn how to supplement your retirement income with other retirement plan investments such as IRAs and Roth IRAs.

37817 18 yrs+ Th 4/17 7-8:30 p.m. PAC

### Computers; Computer Repair and Upgrading

Learn the skills needed to perform basic computer repairs and upgrades. Class covers the following topics: operating system repair, virus removal, routine maintenance, introduction to hardware troubleshooting, data recovery, data back-up, operating system restoration, and hardware replacement and upgrades. Instructor will perform hands-on demos in class. Fee: \$15. 480-350-5266

#### Introduction to the Personal Computer

38069 15 yrs+ T 4/8 6-8 p.m. PAC

#### Hardware Troubleshooting and Upgrading

38071 15 yrs+ T 4/29 6-8 p.m. PAC

#### Operating System Repair

38070 15 yrs+ T 5/20 6-8 p.m. PAC

### Computers; Photo Gallery

Class introduces the use of Photo Gallery software as a photo-editing tool. Topics include importing, organizing and editing photos. In addition, the class will help you understand and use powerful photo tools to create stunning panoramas, movies, slide shows, and more! Flash drive is optional. Fee: \$15. 480-350-5266

38074 15 yrs+ M 5/5 6-7:30 p.m. PAC

### Computers; Skype Workshop

Learn the skills needed to access Skype. Instructor will demonstrate how to set-up video and text communication with anyone in the world at no cost. Keep in-touch with distant family members and friends live via video. Fee: \$15.

480-350-5266

38075 15 yrs+ M 4/21 6-7:30 p.m. PAC

### Computers; WordPress Website Design

Learn skills to break into the world of website development. The class teaches you how to utilize WordPress to begin customizing a website to suit your needs. Edit your page from anywhere in the world, share your thoughts, share your photos, or start a blog. WordPress software may be accessed and downloaded for free on your home computer. Flash drive optional. Fee: \$15. 480-350-5266

38072 15 yrs+ M 4/14 6-8 p.m. PAC

38073 15 yrs+ M 5/12 6-8 p.m. PAC



### Ebay and Craigslist

Do you like bargain hunting? We will show the safe way to use Ebay and Craigslist to shop online when searching for great deals. Fee: None.

480-350-5521

38927 18 yrs+ Th 5/8 4-5:30pm NCC

### Housing Market 101 Workshops

The following workshops are designed for those seeking practical business guidance and financial information specific to today's housing market. Sign-up for one, or all workshops; workshops are led by Daphne Roberts, P.C., licensed broker representing MovingAZ Realty LLC. Fee: \$3 per class. 480-350-5266

### Landlord Rights and Responsibilities

Learn and understand your rights when dealing with difficult tenant issues, short sales, foreclosures and leases in Arizona. Workshop includes an overview of state statutes, a review of landlord and tenant basic rights, eviction proceedings and forcible detainer information.

37856 18 yrs+ T 3/25 6-7:30 p.m. PAC

37857 18 yrs+ T 4/22 6-7:30 p.m. PAC

37858 18 yrs+ T 5/20 6-7:30 p.m. PAC

### Navigating Today's Market

Evaluate listings and review basic offer documentation. Join us in this workshop and discuss how to compete in a fast-moving market. Get ahead of potential buyers by determining realistic timelines for offer acceptance based on the pace of the market.

37862 18 yrs+ W 4/9 6-7:30 p.m. VIHEL

37863 18 yrs+ W 5/7 6-7:30 p.m. PAC

### Purchasing Basics

Prepare for your retirement; learn how to invest safely. Assess your needs correctly; learn how to make good choices and buy a great home that will build your future wealth. Gain an understanding of the ins-and-outs of today's market, and how to avoid the typical mistakes that buyers make.

37868 18 yrs+ T 3/18 6-7:30 p.m. PAC

37869 18 yrs+ T 4/15 6-7:30 p.m. VIHEL

37870 18 yrs+ T 5/13 6-7:30 p.m. PAC

### Refinancing Your Home

Discover home-refinancing options; determine which Government-sponsored programs you may qualify for. Gain an understanding of the requirements for different programs, as well as what to expect during the refinancing process. Learn how you can use these programs to help buy another home.

37873 18 yrs+ Th 3/20 6-7:30 p.m. PAC

37874 18 yrs+ Th 5/8 6-7:30 p.m. PAC

### Sales in Today's Market

What do market statistics say about the value of your home? Learn how to stage your home for optimum value, determine necessary repairs, and price your home for the best results in a small amount of time. Understand the title, escrow and closing processes, as well as sales contracts.

37878 18 yrs+ W 3/26 6-7:30 p.m. PAC

37879 18 yrs+ W 4/16 6-7:30 p.m. PAC

37880 18 yrs+ W 5/14 6-7:30 p.m. PAC



### Tablet Talk Club

Each week you will learn about a new app, terms or functions. Then you can share "your" tips and tricks that you have learned on your tablet. This class will be interactive and fun. Fee: None. 480-350-5802

38522 18 yrs+ M 4/7-4/28 4-5 p.m. TPL

38523 18 yrs+ Th 4/17-5/8 3-4 p.m. ESCA

## Activities for Adults (18+ Years)

### Tech Time Help

Do you have technical questions about your laptop, e-reader, tablet, or cell phone? Do you need help downloading library resources? Do you have questions about using Facebook? Call to schedule your 30 minute individualized session with a librarian. Fee: None. 480-350-5521

NO CODE 18 yrs+ M 3/17-5/12 2:30-3:30 pm LMRB

## Dance, Music & Theater

### Ballroom Bash

Think you can't dance? Think again. Our instinct tells us to express rhythm; just as children bob their heads to music and senior citizens tap their canes to the beat, dancing comes naturally to everyone. You'll learn the basic elements on which all dance patterns are based. Don't put it off any longer; walk into class and dance out. No class 3/31. Fee: \$35. 480-350-5287

38169 18 yrs+ M 3/17-5/12 7:45-9 p.m. VIHEL

### Belly Dance; Beginning

An introduction to belly dance that will have you feeling great. Learn basic movements well as an introduction to playing finger cymbals. Immerse yourself in enchanting, exotic music as you explore this art form that will help you tone your body and build strength. Fee: \$35. 480-350-5287

38173 18 yrs+ W 3/19-5/7 6:30-7:30 p.m. VIHEL

### Country Dance

It's easy to learn Country Dance in this progressive class that mixes East Coast Swing and Country Two-Step. Practice useful dance styles for partner dancing such as: Night Club style for slow songs and the Rhythm/Arizona Two-Step, a popular favorite throughout the valley. This relaxed style of dance will have you gliding across the floor. Fee: \$35. 480-350-5287

38193 18 yrs+ T 3/18-5/6 7:45-9 p.m. VIHEL

### Dance Basics

Burn-up the floor to hot Latin Beats. High-energy Salsa, Old School, Hip-Hop and Cumbia music will make you forget your cares and get moving like you never thought you could. Build your confidence while acquiring new dance skills in this sassy and satisfying basics class. Fee: \$35. 480-350-5287

38198 18 yrs+ T 3/18-5/6 6:30-7:30 p.m. VIHEL

### Drum Circle

HealthRHYTHMS® Group Empowerment Drumming is a groundbreaking, evidence-based program developed by Dr. Barry Bittman and integrates drumming with proven health strategies. The drum is used as a tool for communication and personal expression, and is a life-enhancement tool. Appropriate for all ages, abilities and groups. No musical experience required. Fee: \$65. 480-350-5287

38207 16 yrs+ Th 3/20-4/24 5-6 p.m. VIHEL

### Latin Dance

Love the great beats and rhythms of Latin music and the automatic response to move to it? This all-Latin dance class is for you. With a focus on Salsa, you will experience everything Latin from Merengue and Mambo, to Tango and more. No class 3/31. Fee: \$35. 480-350-5287

38219 18 yrs+ M 3/17-5/12 6:30-7:30 p.m. VIHEL

### Line Dance; Advanced

Know your way around the dance floor and want to show-off? This challenging class is for you. Competition-level instruction will be offered in this fast-paced, high-intensity class. Dazzle everyone with the latest and greatest routines. Fee: \$35. 480-350-5287

38222 18 yrs+ Th 3/20-5/8 8:30-9:15 p.m. VIHEL

### Line Dance; Beginning/Intermediate

Studies show that Line Dancing helps increase memory and balance, as well as improve your cardiovascular endurance. This class starts you out on the right foot as you learn basic steps, form, techniques and terminology. You won't need a partner, but invite your friends to join in as you "step-out" for some toe-tapping fun. Fee: \$35. 480-350-5287

38223 18 yrs+ Th 3/20-5/8 6:30-7:30 p.m. VIHEL

### Line Dance; Intermediate/Advanced

Take the next step as you join other dancers and learn more patterns and advanced dance steps to fun and funky music. This ain't your grandma's Line Dance class; we play it all from Country to Blues, with a little Top 40 thrown in for good measure. Fee: \$35. 480-350-5287

38224 18 yrs+ Th 3/20-5/8 7:30-8:30 p.m. VIHEL

### Music; Beginning Guitar

Dazzle your friends as you begin playing music right away. Become one with your guitar as you get to know, tune and care for it. Learn basic scales, chords and strumming as you play different types of music. Students must bring their own guitar (acoustic or electric without amps); songbook will be provided at first class. Fee: \$45. 480-350-5287

38230 18 yrs+ T 3/25-5/13 6-7:25 p.m. PAC

### Music; Beginning Guitar 2

For those who love to play guitar and have knowledge of basic chords. This class will help you turn-it-up-a-notch as you learn bar chords, performance styles and songs. Students must bring their own guitar (acoustic or electric without amps); songbook will be provided at first class. Fee: \$45. 480-350-5287

38233 18 yrs+ T 3/25-5/13 7:30-8:30 p.m. PAC

## Health & Fitness

### Cardio; Step Aerobics – burn 500 kcal!

This traditional class incorporates basic step-choreographed moves with drills to promote cardiovascular endurance, coordination and burn calories at a fast rate. The height of the step will be tailored to fit individual needs and accommodate various fitness levels; modifications will be made for those with less experience. Steps provided. Fee: \$39. 480-350-5200

37095 16 yrs+ Th 4/3-5/22 6:40-7:40 p.m. PAC

### Cardio; Total Body Conditioning (TBC) – burn 500 kcal!

TBC combines intervals of strength training and plyometrics to burn fat and calories while sculpting and toning your entire body. Improve your overall fitness level by building strength, adding definition, increasing bone density and lean muscle. Class uses hand-held weights, tubing and your own body weight. Challenging workout suitable for all fitness levels. Fee: \$39. 480-350-5200

37967 16 yrs+ T 4/1-5/20 6:40-7:40 p.m. PAC

### 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. Fee: \$35. 480-350-5200

36924 16 yrs+ M 4/7-5/19 7-7:50 p.m. PAC

## Activities for Adults (18+ Years)

### Exercise; Booty Barre – burn 300 kcal!

An energetic workout that fuses fitness techniques from Pilates, dance, calisthenics and Yoga that will tone, define and chisel the whole body without adding bulk. Class promises to lift a sagging butt, eliminate cellulite and flatten your belly. The result is a body that looks and moves 10 years younger. Suitable for all fitness levels. Fee: \$39. 480-350-5200

37143 16 yrs+ M 4/7-5/12 5:30-6:30 p.m. PSF

### Exercise; Booty Barre Flex and Flow – burn 300 kcal!

The hottest new Barre class founded by celebrity trainer Tracy Mallet. It fuses Ballet, Pilates and Yoga for deep muscle toning and strength exercises using a 9 foot long elastic band. Firm, sculpt and tone your entire body without adding bulk. Create balance, flexibility and endurance. Your body will look and move 10 years younger. Suitable for all fitness levels. Fee: \$39. 480-350-5200

37146 16 yrs+ Th 4/10-5/15 5:30-6:30 p.m. PSF

### Exercise; Group Personal Fitness Training – burn 400 kcal!

Learn correct fitness techniques in order to achieve the maximum benefit from your workouts. Explore a wide variety of exercises utilizing resistance bands, dumbbells, exercise balls and hand-held equipment. Certified personal trainer will give students individual attention to make sure that they are reaching their workout goals. Fee: \$30. 480-350-5200

37120 16 yrs+ Th 4/10-5/15 9-10 a.m. KRC

### Exercise; Osteo Movement

A beneficial class for those who are prone to Osteoporosis/Osteopenia and/or have a pre-existing condition. Learn how to perform various exercises to prevent further bone loss, as well as how to move in a safe and effective manner.

Fee: \$39. 480-350-5200

37103 16 yrs+ T 4/1-5/20 6:30-7:30 p.m. NCC

### Exercise; Outdoor Boot Camp

This is the ultimate total body workout. Join Jaime Gangi, Certified Fitness Trainer, to improve strength, agility and cardiovascular fitness. Start with calisthenics as a dynamic warm-up, then move into functional training at various circuits to challenge all major muscle groups. Great for beginning to advanced fitness buffs. Participants must bring own water. Fee: \$45. 480-350-5200

37149 16 yrs+ T/Th 4/8-5/1 5:30-6:30 a.m. SIS

### Exercise; Walk in the Park – burn 200 kcal!

Let's get walking! Join us for one hour of walking, stretching, strengthening and body toning using only the park, our own bodies and gravity. All levels welcome; modify to meet your level of ability. Walk to fitness, weight loss and a healthy lifestyle. Class taught by a certified personal fitness trainer. Fee: \$38.

480-350-5200

38097 16 yrs+ T 3/25-5/13 9:15-10:15 a.m. KRC (Entrance)

### Functional Fitness Bootcamp

Class will incorporate conditioning, endurance, strength, coordination, balance, agility, and flexibility. Results will be earned, not guaranteed. Fee: \$8.

480-350-5800

38473 18 yrs+ T/Th 3/25-4/17 6:30-7:30 p.m. ESCA

38474 18 yrs+ T/Th 4/22-5/15 6:30-7:30 p.m. ESCA

### Health; Pfilates – Pelvic Floor Pilates

Learn the 10 simple movements developed by Dr. Bruce Crawford to strengthen all of the muscles of the pelvic floor in order to eliminate urinary incontinence and pelvic organ prolapse. Put an end to embarrassing and difficult situations. Instructor certified; confidential environment. Fee: \$29. 480-350-5200

36948 16 yrs+ W 4/2-5/7 4:30-5 p.m. PSF

### 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

38088 16 yrs+ T/Th 3/18-4/3 9:30-10:30 a.m. KRC

38090 16 yrs+ Th 3/27-5/1 6:30-7:30 p.m. KRC

38089 16 yrs+ T/Th 4/15-5/1 9-10 a.m. KRC

### Martial Arts; Aikido

Aikido is a defensive martial art based on blending-in with energy and moving from your center. Aikido helps develop discipline and self-control, while teaching valuable self-defense skills. In addition, learn the basics of tumbling, escapes, and various techniques with a focus on awareness and self-defense. \*No class 5/24. Fee: Youth/\$25; Adult/\$35. 480-350-5200

36855 7 yrs+ Sa 4/5-4/26 9-11 a.m. VIHEL

36856 7 yrs+ Sa 5/3-5/31\* 9-11 a.m. VIHEL

### Martial Arts; Goju Shorei Weapons Systems

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 art experience is recommended but not mandatory. Instructor is fifth-degree black belt in this art. Students required to purchase a cane (\$35) and wear uniform (\$20); both available for purchase from instructor. Fee: \$39. 480-350-5200

36889 16 yrs+ W 3/19-5/21 7:20-8:30 p.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

36848 16 yrs+ T/Th 4/1-4/29 7:45-9 p.m. CRC

36849 16 yrs+ T/Th 5/1-5/29 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: \$48. 480-350-5200

36894 13 yrs+ Th 3/20-5/22 7:05-8:30 p.m. NCC

36895 13 yrs+ Sa 3/22-5/24 10:35 a.m.-Noon CRC

### Martial Arts Karate; Lim Kenpo

Strengthen the importance of family values in this results-oriented Karate class designed for the whole family. Students will learn self-defense, respect and manners; increased self-confidence and focus. Ongoing, monthly program. For more information, contact Patrice Lim at 602-525-8472, or at [www.limkenpo.net](http://www.limkenpo.net). \*No class 5/22. Fee: \$50. 480-350-5200

36837 13 yrs+ T/Th 4/1-4/29 6-7:30 p.m. KRC

36838 13 yrs+ T/Th 5/1-5/29\* 6-7:30 p.m. KRC

36840 13 yrs+ Th/F 4/3-4/25 6:30-7:30 p.m. CRC

36841 13 yrs+ Th/F 5/1-5/30 6:30-7:30 p.m. CRC

36832 13 yrs+ M/T 4/1-4/29 6:30-7:30 p.m. NCC

36833 13 yrs+ M/T 5/5-5/27 6:30-7:30 p.m. NCC

### Martial Arts of the Peaceful Warrior

Please see page 16 for complete descriptions and class times.

# Activities for Adults (18+ Years)

## Martial Arts; Tai Chi-Beginner Level I

Learn the 12 basic movements of body balance and deep breathing through this introductory course in the Guang Ping Yang style of Tai Chi. Gain strength, improve posture and flexibility while experiencing the relaxation and rejuvenation that comes with exercising in slow, gentle movements. Fee: \$45. 480-350-5200

36883 16 yrs+ Sa 3/22-5/24 8:45-9:45 a.m. CRC

## Martial Arts; Tai Chi-Beginner Level II

Improve upon the 12 basic movements learned in Tai Chi Beginner Level I and add 12 new movements. Learn one movement each class session in sequential order. Emphasis will be on gaining strength, flexibility and synchronizing breath with movement. Prerequisite: Returning students or those familiar with the 12 movements of Quang Ping Yang style of Tai Chi. Fee: \$55. 480-350-5200

36886 16 yrs+ Sa 3/22-5/24 8:45-10:15 a.m. CRC

## Martial Arts; Wing Chun Gung Fu

Learn the ancient Chinese martial art of Wing Chun that emphasizes the principals of physics and natural body mechanics to defend against close-range attacks by larger or stronger opponents. Students will learn Chi-Sau to develop power, positioning, and hand techniques to defeat attackers using their size and strength. Instructor: Norm. No class 5/24. Fee: \$49. 480-350-5200

36860 16 yrs+ Su 3/16-5/25 9-10:30 a.m. CRC

## Mind & Body; Candlelight Meditation

Allow yourself to go on a relaxing journey and quiet the mind as you experience different forms of meditation in a safe and welcoming environment. Class is done to relaxing and meditative music by candlelight; be prepared to unwind. Participants must bring own mat. Instructor: Tammy. Fee: \$27. 480-350-5200

36927 16 yrs+ M 4/7-5/19 8-8:45 p.m. PAC

## Nutrition; 3 Days 3 Diets 3 Ways to Eat

These classes will share information on three different, popular diets. Learn how to eat like a caveman on 4/23. Learn how to balance your meals on 4/30. Have a one-day, fun-day every week after the class on 5/7. Fee: None. 480-350-5800

38503 18 yrs+ W 4/23 7-7:45 p.m. ESCA

38504 18 yrs+ W 4/30 7-7:45 p.m. ESCA

38505 18 yrs+ W 5/7 7-7:45 p.m. ESCA

## Pilates; Stretch and Movement

Join us for this Pilates class that combines basic Pilates core stability work with a variety of stretching methods to build strength and flexibility for your entire body. Major areas of focus are the spine, abdominals, neck and shoulders. No prior Pilates experience necessary; open to all levels. Instructor: Pippa Frame. Fee: \$41. 480-350-5200

37101 16 yrs+ M 4/7-5/19 6:30-7:30 p.m. KRC

## Yoga; Healthy Backs

Healthy Backs Yoga is a therapeutic class designed for participants with chronic neck and back pain. Class instruction focuses on balancing strength and flexibility in the upper back, shoulders, shoulder blades, neck and lower back. Practice is slow, gentle and suited for all skill levels. No yoga experience necessary. Participants must bring yoga mat. \*No class 5/24. 480-350-5200

36863 16 yrs+ Sa 4/5-5/31\* 9-10:30 a.m. Kate \$44 KRC

37182 16 yrs+ W 4/2-5/21 7:05-8:05 p.m. Tammy \$39 PAC

## Yoga; Introduction to Yoga

A yoga class designed specifically for those who are new to yoga or are interested in learning the fundamentals and philosophy of a yoga practice. Focus will be on integrating the breath with body movement and maintaining proper physical alignment. You will leave class feeling stretched, open and rejuvenated. Participants must bring yoga mat. \*No class 5/21. Fee: \$39. 480-350-5200

36937 16 yrs+ T 4/1-5/20 9:30-10:30 a.m. Tammy KRC

36939 16 yrs+ T 4/1-5/20 5-6:15 p.m. Tammy PAC

36936 16 yrs+ W 4/2-5/28\* 6-6:50 p.m. Diane KRC

## Yoga; Introduction to Yoga Meditation

Perfect place to enter into the yoga practice and learn a range of meditations along with Hatha yoga's basic poses, breathing and relaxation techniques. Enjoy this sampling of meditation techniques as you are guided to the blissful silence behind your thoughts and experience deep relaxation. Participants must bring yoga mat. No class 4/9. Fee \$39. 480-350-5200

37134 16 yrs+ W 3/26-5/21 5:45-6:45 p.m. PAC

## Yoga; Level I & 2

Prerequisite: "Intro to Yoga" recommended, but not required. Elevate your body and mind connection as you refine and build-upon the basic postures from Hatha Yoga. This class will assist you with learning the skills you need to take your yoga practice to a deeper level. Participants must bring yoga mat. \*No class 5/21. 480-350-5200

37131 16 yrs+ T 4/1-5/27 7:30-8:45 p.m. Caroline \$49 MUS

37132 16 yrs+ W 4/2-5/28\* 7-8 p.m. Diane \$43 KRC

## Yoga; Level 2

A more challenging and vigorously-led class which will focus equally on strength and functional mobility by incorporating a variety of traditional yoga poses. Less basic instruction will be given, and the teacher will assume students have a certain amount of familiarity with a yoga practice. Participants must bring yoga mat. Fee: \$49. 480-350-5200

37127 16 yrs+ W 4/2-5/28 5:45-7:15 p.m. MUS

## Yoga; Limited Mobility

Well-suited for those with limited mobility, recovering from surgery or living with chronic pain. This slow-paced, alignment-based class is therapeutically oriented. Props used to support and adapt poses making them safe for floor or chair practice. Students must be able to function independently or have an aide to assist with pose transitions. Fee: \$42. 480-350-5200

37091 16 yrs+ M 4/7-5/19 6-7 p.m. PAC

## Yoga; Yoga 101

Students will be introduced to the basics of Yoga. Practice linking poses with one another in a rhythmical fashion to increase muscle tone, strength and endurance. A basic calisthenics-type exercise that focuses on breathing, strengthening, balancing and inversions. All levels welcome. Bring own yoga mat. 480-350-5200

36952 16 yrs+ Th 4/3-5/22 5:15-6:15 p.m. \$35 PAC

36951 16 yrs+ Sa 4/5-5/24 9:15-10:15 a.m. \$39 PAC

## Yoga; Restorative

Restorative Yoga is a relaxation-based class which promotes stress relief. Gentle poses are held for up to 10 minutes using props such as blocks, blankets and straps to support the body and eliminate unnecessary straining. Participants will leave class feeling calm and refreshed. Bring own yoga mat. \*No class 4/20.

37129 16 yrs+ W 4/2-5/28 7:30-8:45 p.m. Caroline \$49 MUS

38067 16 yrs+ Su 4/6-5/18\* 4-5:30 p.m. Linda \$32 KRC

## Yoga; Slow & Gentle Yoga

This is 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. Participants must bring yoga mat. Instructor: Linda. Fee: \$36. 480-350-5200

37140 16 yrs+ M 4/7-5/19 10:30 a.m.-Noon KRC

**Summer Brochure Available April 17**

## Activities for Adults (18+ Years)

### Yoga; Therapeutic Yoga

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. Participants must bring own yoga mat. Instructor: Kim.

36902	16 yrs+	M	4/7-5/19	4:45-5:50 p.m.	\$35	PAC
36901	16 yrs+	W	4/2-5/21	6:15-7:15 p.m.	\$39	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. Participants must bring own yoga mat. 480-350-5200

37106	16 yrs+	T	4/1-5/27	6-7:30 p.m.	Caroline	\$49	MUS
37107	16 yrs+	W	4/2-5/21	7:30-8:20 p.m.	Kim	\$39	NCC

### 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 seated meditation. Students will be coached on how to meditate properly and comfortably. Participants must bring yoga mat. Fee: \$39. 480-350-5200

37138	16 yrs+	F	4/4-5/23	6-7:15 p.m.	Tammy	KRC
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### Yogilates

Yogilates combines both yoga and pilates practices, offering the best of both worlds. Exercises will cultivate proper breath use, strength, stamina, stability and flexibility while emphasizing the deep muscles of the core. No experience necessary. Class taught by Certified Yoga/Pilates instructor. Bring own mat. No class 5/21. Fee: \$39. 480-350-5200

37130	16 yrs+	W	4/2-5/28	5-5:50 p.m.	KRC
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### Drop-In Fitness Classes

Are you too busy to make a four to 12-week fitness commitment? How about fitness when you want it? Introducing a convenient payment method: Pay-As-You-Go 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 Pay-As-You-Go, 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; Aqua Zumba® ("Pool Party")

Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during a class. Aqua Zumba® is a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Pay-As-You-Go for \$5 per class. \*No class 5/27. \*\*No class 5/29. 480-350-5200

36870	16 yrs+	T	4/1-4/29	5:30-6:30 p.m.	\$22	KRC
36871	16 yrs+	Th	4/3-4/24	5:30-6:30 p.m.	\$18	KRC
36872	16 yrs+	T	5/6-5/20*	5:30-6:30 p.m.	\$14	KRC
36873	16 yrs+	Th	5/1-5/22**	5:30-6:30 p.m.	\$18	KRC

### Exercise; Osteo Movement

Stop bone loss and restore bone mass. Pilates-based exercise class for those prone to Osteoporosis/Osteopenia. Move in a safe, effective manner; learn how to engage the deep muscles of the core. Emphasis is on strengthening all the muscles of the body to help avoid falls, alleviate pain, improve posture and maintain independence. Pay-As-You-Go for \$7 per class. Fee: \$49. 480-350-5200

37099	16 yrs+	W	4/2-5/21	9:30-10:30 a.m.	KRC
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### Exercise; Zumba Fitness Express – 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. Zumba is appropriate for all, and no experience is necessary. Pay-As-You-Go for \$4 per class. 480-350-5200

38859	16 yrs+	T	4/1-5/27	6:30-7:30 p.m.	\$34	NCC
36922	16 yrs+	M	4/7-5/19	6-6:50 p.m.	\$26	PAC
36914	16 yrs+	Sa	4/5-5/24	10:30-11:30 a.m.	\$30	PAC

### Exercise; Zumba Sentao™

Zumba Sentao™ combines dance and fitness with explosive chair-based choreography to strengthen your core, torch calories and sculpt muscle. Great option for Zumba students; blend traditional moves like squats, lunges and crunches with dance to improve endurance for a great cardio workout! Pay-as-you-go for \$4 per class. Fee: \$30. 480-350-5200

37977	16 yrs+	W	4/2-5/21	6-6:50 p.m.	PAC
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## Special Interest



### Cooking Classes; Chef JoAnne Groot

Chef JoAnne Groot has been involved in the catering and event-planning business for 10 yrs+ and is a graduate of Scottsdale's LeCordon Bleu. Chef JoAnne has been teaching healthy cooking classes for four years, and owns and operates her own catering business, JoAnne's Kitchen. For an enjoyable, relaxing evening, register for one or all of the classes below. Participants will sample every dish; all recipes are included as part of the class fee. 480-350-5266

### Cooking Demonstration; One Pot Meals

Dazzle your dinner party guests with these one pot delights! Menu: One Pan Pasta, Pork and Plums, Chicken Cacciatore and Almond and Raisin Biscotti. Fee: \$25.

38092	18 yrs+	W	4/2	6-8 p.m.	CSC
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### Cooking Demonstration; Grilled Fish and Seafood

Join Chef JoAnne out on the patio! Menu: Salmon with Citrus Salsa, Shrimp and Noodle Salad, Ahi Tuna Salad, Clams with Basil and Fruit with Chai Syrup. Fee: \$25.

38093	18 yrs+	W	4/23	6-8 p.m.	CSC
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### Cooking Demonstration; Pizza

Perfect your next homemade pizza! Menu: Dough and Sauce; Margarita Pizza, Goat Cheese, Prosciutto and Arugula Pizza, Sausage and Pepperoni Pizza and Chocolate Dessert Pizza. Fee: \$25.

38094	18 yrs+	W	4/30	6-8 p.m.	CSC
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### Cooking Demonstration; Sandwiches and Sides

Spice-up your favorites with new twists on classic recipes! Menu: French Dip, Grilled Vegetable and Goat Cheese Panini, Egg Salad, Hand-Cut French Fries and Italian Pasta Salad. Fee: \$25.

38095	18 yrs+	W	5/21	6-8 p.m.	CSC
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**Want to keep a good  
class going?  
Register early!**

# Activities for Adults (18+ Years)

## Cooking Instruction; Baking 3

Bake the perfect crust for the perfect pie. Week One: Apple and Blueberry Pie. Week Two: Chocolate Roulade and a Jelly Roll. Students must wear long-sleeved shirts and pants, non-loose-fitting clothing, secure hair from face, and wear enclosed shoes with rubber soles. Registration Deadline: 5 p.m.; 4/4. Classes held in Building E, Room 111. Fee: \$35.

38098 18 yrs+ M 4/7-4/14 6-8 p.m. THS

## Cooking Instruction; Pasta

Learn techniques to make traditional, fresh pasta and sauce. Week One: Spinach Pasta and Sauce. Week Two: Ravioli and Sauce. Students must wear long-sleeved shirts and pants, non-loose-fitting clothing, secure hair from face, and wear enclosed shoes with rubber soles. Registration Deadline: 5 p.m.; 5/2. Classes held in Building E, Room 111. Fee: \$35.

38099 18 yrs+ M 5/5-5/12 6-8 p.m. THS

## Creative Writing

Beginning writers will work to develop a story with the help of effective tools such as discovering what makes a good story, useful advice on writing practice and class discussions. Any amount of writing, from a sentence to a chapter, is welcomed. Fee: \$25. 480-350-5287

38195 18 yrs+ Sa 3/22-5/10 1-3 p.m. VIHEL

## Crochet; Crochet for Beginners

Learn the four basic crochet stitches, gauge/hook size, reading yarn labels, tension and how to read a pattern. Crochet a multi-textured scarf that you may show-off, or give as a gift. Class Supplies: Two skeins, four-ply worsted weight yarn (light in color), two crochet hooks (sizes H & I) and one pair of small scissors. No class 4/9. Fee: \$31. 480-350-5266

37761 14 yrs+ W 4/2-4/30 6:30-8:30 p.m. PAC

## Crochet; Crochet 2

Do you know the basic crochet stitches? Are you ready to move on to new, challenging projects? Come and learn new stitches, how to read a pattern, assemble a project and finish edges. Class Supplies: Partial skeins of yarn for practice, two crochet hooks (sizes H, I or J) and one pattern. Fee: \$31.

37765 14 yrs+ W 5/7-5/28 6:30-8:30 p.m. PAC

## ESL Table Talk

Do you want to improve your English? Join our table talk group. We meet once a week to improve conversational skills, increase common vocabulary and phrasing as well as engage in cultural discussion. The class is conducted in English. Basic English reading, writing and speaking skills are required.

Fee: None. 480-350-5521

38780 18 yrs+ M 4/7-5/19 1-2:30 p.m. LMRB

38781 18 yrs+ T 4/8-5/20 11:30 a.m.-12:30 p.m. NCC

## Exploring the Paranormal; the Search for Ghosts

Explore ghost-hunting with Arizona Ghost Investigators, the oldest hunting group in Arizona. Use scientific methods to gather evidence of paranormal activity; receive hands-on training as you conduct an investigation at one of Tempe's haunted hot spots. For additional information, visit [www.arizonaghostinvestigators.com](http://www.arizonaghostinvestigators.com). Fee: \$39. 480-350-5266

38408 15 yrs+ Sa 4/26-5/17 Noon-3 p.m. PAC

## Gender Matters

When we bond with children to form healthy relationships, we lay the foundation for healthy brain development. Research shows that there may be a neurological reason why boys and girls behave differently. Understanding how boys and girls learn is important information that allows children to succeed by teaching the way a child learns best. Fee: None. 480-350-5802

38526 18 yrs+ W 3/5 9:30-11:30 a.m. ESCA

## Health and Wellness; Aromatherapy

Using aromatic plant oils, learn how to maintain and promote physical, physiological and spiritual well-being. Aromatherapy promotes the use of essential oils in massage, baths and healing compresses. Learn common practices; add oils to your vaporizer for inhalation, or diffuse throughout a room. Fee: \$29. 480-350-5266

38084 18 yrs+ Th 5/15-5/29 6-7:30 p.m. PAC

## Health and Wellness; Herbology

Explore the benefits of herb use; enhance your well-being and daily wellness with Herbology, the art and science of herbal preparation. Identify basic classifications and common herbs used for medicinal purposes. Learn how to apply a compress, make tinctures and various teas. Fee: \$35. 480-350-5266

38085 18 yrs+ Th 4/10-5/1 6-7:30 p.m. PAC

## Health and Wellness; Reflexology

Discover Reflexology, an ancient Chinese medicine method that involves the physical act of applying pressure to the feet and hands using specific thumb, finger and hand technique without the use of oil or lotion. Learn how to relieve tension, improve circulation, and promote the natural function of your body. Fee: \$19. 480-350-5266

38086 18 yrs+ W 5/14-5/21 6-7:30 p.m. PAC

## Health and Wellness; Therapeutic Home Massage

Learn basic massage technique designed for at-home use; assist a loved one suffering from pain, long-term illness, stress, fatigue, arthritis, injury or post-surgery. Instructor demonstration is hands-on, and class massage is optional. Fee: \$35. 480-350-5266

38087 18 yrs+ W 4/16-5/7 6-7:30 p.m. PAC

## Hiking; The Nuts and Bolts of Hiking

Learn the basics of safe hiking. Join Hike in Phoenix for local, instructor-guided hikes to be scheduled during class; participants under 17 must be accompanied by an adult. Suitable for all ages/abilities, and includes an individual evaluation to determine the best hiking location for each participant. For more information, visit: [www.hikeinphoenix.com](http://www.hikeinphoenix.com). Fee: Adult/\$29; Youth/\$19. 480-350-5266

37851 5 yrs+ Sa 4/5 9:30 a.m.-Noon PAC

37852 5 yrs+ Sa 4/26 9:30 a.m.-Noon PAC

37853 5 yrs+ Sa 5/17 9:30 a.m.-Noon PAC

## Hunter Education

Facilitated by AZ Game and Fish; bring your SSN to the first class or contact Andy Megaw, Hunter Education Assistant, at [amegaw@azgfd.gov](mailto:amegaw@azgfd.gov), to obtain a Hunter Identification Number. Instruction includes a mandatory hunting simulation; you do not need to supply a firearm for the simulated hunt but you must wear closed-toe shoes. Fee: Adult/\$9; Youth/\$5. 480-350-5266

37821 9 yrs+ F 5/23 5-9 p.m. VIHEL

Sa 5/24 8 a.m.-5 p.m. VIHEL

Su 5/25 8 a.m.-Noon VIHEL

## Pets; Basic Dog Obedience

Teach your dog basic commands such as sit, stay, down-and come. Jumping, greeting, barking, leash-walking and potty-training will also be addressed. Dogs must be at least four months old in order to participate; proof of shots is due at the first class. Class is taught by Troy Bogden, professional trainer; for additional information, visit [www.pawstotrainyourdog.com](http://www.pawstotrainyourdog.com). \*No class 4/20. Fee: \$45. 480-350-5266

37771 12 yrs+ T 4/15-5/20 6-7:15 p.m. HOL

37773 12 yrs+ Su 4/6-5/18\* 9-10:15 a.m. HOL

## Activities for Adults (18+ Years)

### Pets; Save-A-Pet

Taught by local veterinarians, this class covers areas such as first aid for pet injuries, poisoning and CPR. Pet care tips and health information are also included, as well as hands-on CPR training with the Resuscidog. And informative booklet will be included. Fee: \$15. 480-350-5266

37640 15 yrs+ T 4/15 6:30-8:30 p.m. UNIV

### Photography; DSLR Basics

Review basic camera operation and settings, memory cards, care and cleaning. Learn about various types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field. Each class will conclude with a student photo-sharing opportunity; bring a DSLR camera and manual to class. Class taught by David Miller, professional photographer. Fee: \$45. 480-350-5266

38077 15 yrs+ T 4/8-5/6 6:30-8:30 p.m. PAC

### Sewing; Sewing 101 for Beginners

Learn to hand-sew and use your sewing machine in one class. Students will be introduced to three basic hand-sewing stitches and machine techniques while creating custom projects. Bring basic sewing supplies and sewing machine to class. Taught by a professional seamstress and evening wear designer. For a list of supplies, call 480-350-5266. Fee: \$45. 480-350-5266

37621 15 yrs+ M 4/14-5/12 6-8:30 p.m. PAC

### Sewing; Sewing Alterations

Instruction includes tapering/hemming a minimum of two pair of jeans or trousers. Bring basic sewing supplies, sewing machine, and a pair of pants that fit in length to use as a baseline to hem your pants. Class is taught by a professional seamstress and evening wear designer. For a list of supplies, call 480-350-5266. Fee: \$45. 480-350-5266

37625 15 yrs+ W 4/16-5/14 6-8:30 p.m. PAC

### Spanish; Level 1

Basic Spanish class designed for beginners or to be used as a refresher course. This interactive class will place an emphasis on learning common phrases, vocabulary, present tense and an introduction to future tense. Students will develop listening and speaking abilities in Spanish, while forming their own questions and improving pronunciation. Fee: \$45. 480-350-5266

37633 18 yrs+ T 4/1-5/20 5:50-7:05 p.m. PAC

### Spanish; Level 2 Conversation

This class is a continuation of Spanish; Level 1. Students will utilize the skills learned in Level 1 to practice in conversation. Learn how to form sentences and use sentences in a conversation. Fee: \$45. 480-350-5266

37634 18 yrs+ T 4/1-5/20 7:15-8:30 p.m. PAC

### Spanish; Parent & Child

Please see page 11 for complete description and class times.

### Water Safety Plan

Child drownings are one of the top causes of injury-related death for Arizona children. The Tempe Public Library and the Phoenix Children's Hospital make it easy to develop a water safety plan. Work with an expert, learn to recognize child drowning risks and address them at home or places you visit. We will focus on parents with children five and under. Fee: None. 480-350-5802

38525 18 yrs+ Th 3/13 6-7 p.m. ESCA



809 E. Southern Avenue  
480-350-5100

### Black History Month: An Evening with Dr. Muna Ali

Saturday, 2/15; 7 p.m.

Recent Ph.D. Muna Ali will present some of her findings from her dissertation research. The title is "Generation Next: Young Muslim Americans Narrating Self While Debating Faith, Community and Country." This ethnographic study examines how American-born and/or raised offspring of both converts to Islam and immigrant Muslims in the Phoenix and Chicago metropolitan areas define self and community, how they negotiate fissures and fault lines (ethnicity, race, class, gender, and religious interpretation) within their communities, and how their faith informs daily life and envisions a future.

### THIRD THURSDAY at the MUSEUM

Good Sports: Game Time and Playtime in Tempe

Tempe Spring Training

Thursday, 2/20; 7 p.m.

Join the Museum for a free cup of coffee and learn about the local sports world; past, present and future. Topics include early Arizona baseball, the renovation of Sun Devil Stadium, women's sports at ASU and spring training in Tempe. February's presentation features Tempe Diablo Stadium manager Jerry Hall and a Los Angeles Angel's representative. Rodney Johnson, president of the Arizona Chapter of the Society for American Baseball Research, will discuss the new historical exhibits at Diablo Stadium. Also speaking will be Susie Steckner, author of Cactus League: Spring Training who will share stories about Tempe's grand tradition of Spring Training Baseball, past and present.

### Black History Month: A Celebration of Black History Month

Saturday, 2/22; 6:30 p.m.

Join us and celebrate the contributions of the local African American community.

Featuring:

Art from Artists of the Black Community

Gospel Musical Selections

Local High School Essay contest winners presentation

A Buffalo Soldiers presentation

### TEMPE HISTORICAL SOCIETY LUNCH TALKS

Movies Made in Tempe

Wednesday 3/12 at 11:30 a.m.

Jay Mark, AZ Republic columnist, will speak about older movies that were made in Tempe. Curator of Collections Josh Roffler will speak about more recent films made in Tempe.

### PERFORMANCES at the MUSEUM

#### LOUD III

Saturday, 3/15; 5-8 p.m.

KBAQ, the Heart of the Arts is proud to help support Classical Revolution PHX bring more classical music to the Tempe History Museum. Join us on March 15 for LOUD III, an evening outdoor concert with brassy bands, bold percussion and delicious flavors from local food trucks. The Tempe History Museum hosts the event and all guests are invited to enjoy the exhibits while engaging with their community and classical music; admission is free!

### PERFORMANCES at the MUSEUM

#### The Pistoleros

Friday, 4/4; 7 p.m.

April is "Made in Tempe" Rock Month. The Tempe, Arizona-based roots-rockers the Pistoleros are front man Lawrence Zubia, his guitarist brother Mark, guitarist Thomas Laufenberg, bassist Scott Andrews and drummer Gary Smith. The Pistoleros name first emerged in 1995, so this Tempe rock band has been playing for almost 20 years.

**Summer Brochure Available April 17**

# Activities for Adults (18+ Years)

## THIRD THURSDAY at the MUSEUM

Good Sports: Game Time and Playtime in Tempe

Arizona Early Baseball

Thursday, 3/20; 7 p.m.

Join the Museum for a free cup of coffee and learn about the local sports world; past, present and future. Topics include early Arizona baseball, the renovation of Sun Devil Stadium, women's sports at ASU and spring training in Tempe.

What was Tempe's first baseball team? John Tenney and Lance Busch of Arizona Territories Vintage Base Ball League will demonstrate the importance of America's favorite pastime in early Arizona.

## TEMPE HISTORICAL SOCIETY LUNCH TALKS

Eisendrath House and its Restoration

Wednesday, 4/9; 11:30 a.m.

Former Tempe mayor Hugh Hallman will present an update on the house designed and built by well-known Phoenix architect, Robert T. Evans. The 5,250 square foot house is the largest remaining and best preserved Pueblo Revival style structure in Tempe.

## Sports

### Adult Sports Leagues

#### Organizational Meetings

League	Location,Date,Time	Season Starts
Adult Softball	PAC; 3/12; 7 p.m. New teams only	April
Adult Soccer	NA	April
Adult Basketball	PAC; 4/8; 7 p.m.	May

#### Registration Dates Spring 2014

League	Location,Date,Time	Season Starts
Adult Softball	REC; 4/7; 8 a.m.	April
Adult Soccer	REC; 4/9; 8 a.m.	April
Adult Basketball	REC; 4/30; 8 a.m.	May

## Women's Basketball League Fall 2014

Registration begins 7/23/2014 and will continue until the league is full. The league begins on 9/8/2014. Team Fee: \$300. For more information please contact Alex Jovanovic 480-350-5800

Organizational Meeting	W	7/23	7 p.m.	ESCA
Registration	W	7/28	8 a.m.	ESCA

## Basketball; Adult Open Gym Basketball

Come play indoors. Court will be available for open play. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

NO CODE 18 yrs+	T	Ongoing	6:30-9 p.m.	ESCA
NO CODE 18 yrs+	Th	Ongoing	7:30-9 p.m.	ESCA
NO CODE 18 yrs+	Su	Ongoing	3:30-6 p.m.	ESCA

## Archery; Archery for Beginners

Please see page 20 for a complete description and class times.

## Archery; Family Archery

Please see page 20 for a complete description and class times.

## Golf; Golf 101 - Beginner

Have you always wanted to learn how to play golf but have 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. Fee: \$50.

480-350-5266

37797	18 yrs+	M	4/7-4/28	5-6 p.m.	KMGC
37798	18 yrs+	W	4/9-4/30	5-6 p.m.	KMGC
37799	18 yrs+	M	5/5-5/26	5-6 p.m.	KMGC
37800	18 yrs+	W	5/7-5/28	5-6 p.m.	KMGC

## Golf; Golf 102 - Intermediate

This class is 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. Fee: \$50. 480-350-5266

37807	18 yrs+	T	4/8-4/29	5-6 p.m.	KMGC
37808	18 yrs+	Th	4/10-5/1	5-6 p.m.	KMGC
37809	18 yrs+	T	5/6-5/27	5-6 p.m.	KMGC
37810	18 yrs+	Th	5/8-5/29	5-6 p.m.	KMGC

## 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. 480-350-5266

37604	16 yrs+	W	4/9-4/23	6:30-9:30 p.m.	ROC
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## Volleyball; Open Gym

Bring your friends for a fun afternoon of indoor volleyball. All levels of play are usually represented from beginner to advanced. A registration form and state issued photo ID are required on the first visit. Fee: \$1. 480-350-5800

NO CODE	16 yrs+	T/Th	Ongoing	7:30-9 p.m.	ESCA
NO CODE	16 yrs+	Su	Ongoing	1-4 p.m.	ESCA

## Drop-in Volleyball

The Kiwanis Recreation Center offers coed drop-in volleyball for ages 16 yrs+. Teams are formed on-site; learn rules at sign-up. No play 3/9, 3/16, 4/20, 5/25. Fee: \$4. 480-350-5201.

16 yrs+	Su	2/23-5/18	Noon-2:30 p.m.	KRC
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## Volleyball; League Information - Spring 2014

### League Registration Dates

Resident Teams: 2/18-3/21

Non-Residents Teams: 2/20-3/21

League Dates (T/W): 4/1-5/14

Tournament Dates: 5/20-5/28

Women's A:	38103
Co-Rec B:	38105
Co-Rec A:	38104

Cost: \$290/team; no individual registration will be taken. For more information, visit our website at [www.tempe.gov/kiwanis](http://www.tempe.gov/kiwanis).

**Want to keep a good class going? Register early!**