



TEEN & ADULT PROGRAM CONTACTS & LOCATIONS

COMMUNITY CENTER

125 E. Commonwealth Ave.
Tony Baumann, 480-782-2730 | anthony.baumann@chandleraz.gov
Shawn Peoples, 480-782-2746 | shawn.peoples@chandleraz.gov

ENVIRONMENTAL EDUCATION CENTER

4050 E. Chandler Heights Rd. (N.E. corner of Chandler Heights & Lindsay roads)
Daniella Rodriguez, 480-782-2894 | daniella.rodriguez@chandleraz.gov
Dexter Belling, 480-782-2895 | dexter.belling@chandleraz.gov

SNEDIGAR RECREATION CENTER

4500 S. Basha Rd. (East of Alma School Rd., South of Ocotillo Rd.)
Teofilo Ruiz, 480-782-2641 | teofilo.ruiz@chandleraz.gov

TUMBLEWEED RECREATION CENTER

745 E. Germann Rd. (West of McQueen Rd.)
Jenifer Clouse, 480-782-2908 | jenifer.clouse@chandleraz.gov

All class fees are paid during the registration process. All instructor and supply fees must be paid to your instructor at the first class.

Arts & Crafts

ACRYLIC PAINTING – BEGINNER

Enjoy beautiful views while learning to paint at Veterans Oasis Park! Class will cover all the basic elements needed to handle and create a painting with acrylic paint. Contact the EEC for a supply list (students bring their own supplies). No experience necessary; all levels welcome!
Instructor: Tony Meli

Location: Environmental Education Center

Resident fee: \$13	Non-resident fee: \$18			
3EE201	Tu	3/7-3/14	6-7:30 p.m.	16 yrs+
3EE202	Tu	4/4-4/11	6-7:30 p.m.	16 yrs+
3EE203	Tu	5/2-5/9	6-7:30 p.m.	16 yrs+

ADULT CERAMICS (BEGINNER)

Come have lots of fun while learning the art of ceramics. In this class you will be taught how to craft your own unique pieces.
Instructor: Carmen Van Eeden Instructor fee: \$0 Supply fee: \$70

Location: Community Center, Room 107

Resident fee: \$66	Non-resident fee: \$90			
3CC115	M	3/6-5/8	Noon-2 p.m.	18 yrs+

ADULT CERAMICS (INTERMEDIATE)

Come and enjoy ceramics. This class is for people who do not need instruction but would like to make use of the ceramics room to do private projects. For this class you will need to supply your own clay (Cone 5B Mix) and glaze 04-06 is recommended.
Instructor: Carmen Van Eeden

Location: Community Center, Room 107

Resident fee: \$66	Non-resident fee: \$90			
3CC113	Tu	3/7-5/9	Noon-2 p.m.	18 yrs+

ADULT CERAMICS (ADVANCED)

Come and enjoy ceramics. This class is for people who do not need instruction but would like to make use of the ceramics room to do private projects. For this class you will need to supply your own clay (Cone 5B Mix) and glaze 04-06 is recommended.
Instructor: Carmen Van Eeden

Location: Community Center, Room 107

Resident fee: \$78	Non-resident fee: \$106			
3CC114	Th	3/9-5/25	Noon-2 p.m.	18 yrs+

BEGINNING WHEEL THROWING

Learn the art of wheel-throwing in this beginning class. Sign-up with a friend or meet new friends in this fun and informative ceramics class!
Instructor: Doug Edwards Instructor fee: \$0 Supply fee: \$20

Location: Tumbleweed Recreation Center, Ceramics Studio

Resident fee: \$63	Non-resident fee: \$86			
3TW249	Tu	3/7-4/11	6-8 p.m.	18 yrs+
3TW250	W	3/8-4/12	6-8 p.m.	18 yrs+
3TW251	Tu	4/18-5/23	6-8 p.m.	18 yrs+
3TW252	W	4/19-5/24	6-8 p.m.	18 yrs+

KEY



This icon denotes that this class will be engaging in activities that will increase your child's heart rate and metabolism.
Promotes Fitness!

BIRD JOURNALING WORKSHOP

Join award-winning artist, Neil Rizos, for this Bird Journaling workshop. Participants will learn to observe and record essential information needed to draw directly from nature. We will focus on birds found at Veterans Oasis Park. By learning to approach nature in this way, participants have the opportunity to enrich their experience of the natural world. This class will take place indoors and outdoors.
Instructor: Neil Rizos Instructor fee: \$35 Supply fee: \$0

Location: Environmental Education Center

Resident fee: \$10 Non-resident fee: \$14

Introduction to Field Sketching Birds

3EE238	Th	3/9	5-8 p.m.	14 yrs+
3EE239	Th	4/6	5-8 p.m.	14 yrs+
3EE240	Th	5/11	5-8 p.m.	14 yrs+

Introduction to Field Sketching Birds (outside component)

3EE241	Sa	3/11	10 a.m.-1 p.m.	14 yrs+
3EE242	Sa	4/8	10 a.m.-1 p.m.	14 yrs+
3EE243	Sa	5/13	10 a.m.-1 p.m.	14 yrs+

CREATE & PLAY WITH CLAY

Kids, come have lots of fun while learning the art of ceramics. Come create and play with clay to make unique projects. Each project will be painted and fired.
Instructor: Carmen Van Eeden Instructor fee: \$0 Supply fee: \$50

Location: Community Center, Room 107

Resident fee: \$66 Non-resident fee: \$90

3CC127	Th	3/9-5/11	4-5:30 p.m.	13-18 yrs
--------	----	----------	-------------	-----------

CREATIVE CARDMAKING

If you love card making and learning new techniques, this class is for you. This month we will introduce new techniques, stamping products and themes to create three unique greeting cards. No experience is required. Envelopes are provided.
Instructor: Heidi Tekunoff Instructor fee: \$15 Supply fee: \$3

Location: Snedigar Recreation Center, Room 517

Resident fee: \$9 Non-resident fee: \$13

3SN300	Tu	4/25	7-9 p.m.	13 yrs+
--------	----	------	----------	---------

Anytime the Art studio is not booked (during TRC hours) it is open to the public.

Drop-in fees apply unless you are a TRC member.

For the most up-to-date information on availability, call **480-782-2900**.

Come check out
the **OPEN**
ART
STUDIO
AT TRC!

TEEN & ADULT CLASSES

DRAWING FOR BEGINNERS

All great art starts with a sound drawing. Learn the basics, improve your skills, and watch yourself grow as an artist. See you in class! Contact the EEC for a supply list (students bring their own supplies).

Instructor: Tony Meli

Location: Environmental Education Center

Resident fee: \$13	Non-resident fee: \$18		
3EE204	W	3/15-3/22	6-7:30 p.m. 16 yrs+
3EE205	W	4/12-4/19	6-7:30 p.m. 16 yrs+
3EE206	W	5/10-5/17	6-7:30 p.m. 16 yrs+

FUN WITH MOSAIC

Let me help you make your unique masterpiece. There are a variety of kits available. No experience required. Kits start at \$25.

Instructor: Carmen Van Eeden

Location: Community Center, Room 107

Resident fee: \$16	Non-resident fee: \$22		
3CC116	M	3/6-3/27	5-6 p.m. 14 yrs+
3CC117	W	3/8-3/29	5-6 p.m. 14 yrs+
3CC118	M	4/3-4/24	5-6 p.m. 14 yrs+
3CC119	W	4/5-4/26	5-6 p.m. 14 yrs+
3CC120	M	5/1-5/22	5-6 p.m. 14 yrs+
3CC121	W	5/3-5/24	5-6 p.m. 14 yrs+

SEWING FOR BEGINNERS

Learn a variety of different sewing techniques including hand stitching, seam finishing and how to take a full set of measurements. Each week you'll work on different projects that will allow your sewing and designing skills to develop and grow. All fabric and sewing notions are provided. Please bring your own sewing machines to the second class.

Instructor: Nicole Jones Instructor fee: \$0 Supply fee: \$45

Location: Snedigar Recreation Center, Room 502

Resident fee: \$43	Non-resident fee: \$59		
3SN301	M	2/27-5/1*	6:45-8:15 p.m. 13 yrs+

*No class 3/13 & 3/20

STAINED GLASS CLASS

This class is for people with all levels of stained glass experience. You will learn how to cut, grind, foil, and solder glass to make a beautiful piece of art. If you do not already have the tools for this please contact the instructor.

Instructor: Sherry Marston Instructor fee: \$0 Supply fee: \$15

Location: Community Center, Room 116

Resident fee: \$33	Non-resident fee: \$45		
3CC233	W	4/5-4/26	6-8:30 p.m. 16 yrs+

STAINED GLASS WORKSHOP

Enjoy stained glass? This is a great make it and take it home project. Come create a beautiful piece of art. Choose from a sun catcher, wind chime, nightlight, trivet, picture frame, or stepping stone.

Instructor: Sherry Marston Instructor fee: \$0 Supply fee: \$15

Location: Community Center, Room 116

Resident fee: \$12	Non-resident fee: \$17		
3CC230	Sa	4/1	10 a.m.-1 p.m. 16 yrs+
3CC231	Sa	4/29	10 a.m.-1 p.m. 16 yrs+
3CC232	Sa	5/13	10 a.m.-1 p.m. 16 yrs+

WATERCOLOR PAINTING BEGINNER/INTERMEDIATE

Learn to paint in watercolor! Everything from how to apply the paint to composition and color will be covered. Continuing students will learn new tricks and improve skills. Bring your own supplies. Supply list is available at Tumbleweed Recreation Center. supply fee is for beginners.

Instructor: DeeAnn Benson Instructor fee: \$0 Supply fee: \$5

Location: Tumbleweed Recreation Center, Art Studio

Resident fee: \$63	Non-resident fee: \$86		
3TW253	Sa	4/8-5/27	9:30 a.m.-noon 14 yrs+

WATERCOLORS

Bring a picture of your choice and be guided to create your own works of art with watercolors. Be it still life or landscape, you create any piece of art at your pace, creating as many/little and as big/small an art piece as you choose. Contact the EEC for a supply list (students bring their own supplies). Basic to intermediate learners will enjoy this class.

Instructor: Swarna Sitaraman

Location: Environmental Education Center

Resident fee: \$28	Non-resident fee: \$38		
3EE207	Tu	4/4-4/25	10 a.m.-noon 16 yrs+
3EE208	W	4/5-4/26	10 a.m.-noon 16 yrs+

WINE BOTTLE ART

Recycle a wine bottle into a beautiful piece of art. In this class you will transform a wine bottle into either a message chalkboard bottle, wind chime, or votive light.

Instructor: Sherry Marston

Location: Community Center, Room 116

Resident fee: \$12	Non-resident fee: \$17	Instructor fee: \$0	Supply fee: \$15
3CC226	Sa	3/4	10 a.m.-1 p.m. 16 yrs+
3CC227	Sa	4/22	10 a.m.-1 p.m. 16 yrs+
3CC228	Sa	5/6	10 a.m.-1 p.m. 16 yrs+

Cooking

ADULT COOKING

Come enjoy this adult cooking class led by an experienced chef where each student will have direct instruction on how to cook, prepare, and present high end cuisine for family and friends. Students will take home a delicious dish each week that will be sure to impress. Come on out and enjoy an evening of fun and mouthwatering delight!

Instructor: Rauson Smith Instructor fee: \$90 Supply fee: \$5

Location: Community Center, Kitchen

Resident fee: \$26	Non-resident fee: \$36		
3CC224	Sa	3/4-4/8	3-4:30 p.m. 18 yrs+
3CC225	Sa	4/15-5/20	5-6:30 p.m. 18 yrs+

RICE PILAF & LENTIL SOUP

Basmati rice is a very flavorful light rice and when it is cooked as a pilaf, the fragrance of the rice multiplies and it looks very appetizing. Just by the look and flavor you start feeling hungry. A bowl of lentil hot soup is always soothing and nourishing. It is easy to digest and healthy for the body and mind. It is also considered a fat cutter as it contains lots of vegetables and lentils, which are full of nutrients and fiber.

Instructor: Sudesh Abrol Instructor fee: \$0 Supply fee: \$10

Location: Snedigar Recreation Center, Room 510

Resident fee: \$7	Non-resident fee: \$10		
3SN302	Th	3/16	6-7:30 p.m. 18 yrs+

WHAT'S COOKING

Come learn to prepare a few different types of Indian breads like prathas and chapatis. Chapati is a light thin whole wheat bread used in everyday meals and the prathas that we will be preparing are stuffed with potatoes and with cauliflower! You will also get to enjoy some potato curry to accompany the breads. Join us as we prepare these breads from scratch! Be prepared for heavenly flavors and great company!

Instructor: Sudesh Abrol Instructor fee: \$0 Supply fee: \$10

Location: Snedigar Recreation Center, Room 510

Resident fee: \$8	Non-resident fee: \$11		
3SN303	W	4/12	6-7:30 p.m. 18 yrs+

Dance

BEGINNING SALSA FOR COUPLES

Learn the basics of this great Latin dance in this five-week class.

Instructor: Sandy Popovich Instructor fee: \$65/couple Supply fee: \$0

Location: Tumbleweed Recreation Center, Exercise Studio

Resident fee: \$9	Non-resident fee: \$13		
3TW254	W	4/12-5/10	6:15-7:15 p.m. 16 yrs+

BEGINNING SWING FOR COUPLES

Jump and jive and wail as you learn the basics in this great five-week class.

Instructor: Sandy Popovich Instructor fee: \$65/couple Supply fee: \$0

Location: Tumbleweed Recreation Center, Exercise Studio

Resident fee: \$9	Non-resident fee: \$13		
3TW255	W	3/1-3/29	6:15-7:15 p.m. 16 yrs+



◀ WANT MORE?

Check out Break Time online for interactive videos and featured stories.

BELLY DANCING BEGINNING – INTERMEDIATE

Middle Eastern dance is a beautiful, vibrant way to exercise and learn this exotic dance. Basics to Bold learn level one & two moves, combos, veil work, zills, and putting it all together. Learn the art of belly dancing with Samia! Costume supplies available for purchase if needed.

Instructor: Samia/Cathy Eagan Instructor fee: \$40 Supply fee: \$0
Location: Community Center, Room 111

Resident fee: \$11 Non-resident fee: \$15
3CC207 Th 3/23-5/11 6-7 p.m. 13 yrs+

BLAZE PERFORMANCE CREW

Interested in being involved with a hip-hop Performance Crew? This hip-hop crew offers team building, self-expression, choreography and unity! This class is for those that have been on performance crews before and/or for dancers who wish to perform more. A prolonged commitment is expected. Instructor approval required before registration. Outdoor recital on May 6.

Instructor: Stacy J Instructor fee: \$63 Supply fee: \$0
Location: Tumbleweed Recreation Center, Cotton Room South

Resident fee: \$18 Non-resident fee: \$25
3TW256 W 3/8-4/12* 7:15-8 p.m. 12-17 yrs
**No class 3/15*

FUSION BELLY DANCE

Newbies through advanced, get a great workout using all belly dance movements, dancing to Middle Eastern dance music. From basic to bold, we will get your body moving with exotic way to exercise using slow, fluid movement and moving up to shakes and shimmies galore! Come join in the fun. Costumes/hip belts available for purchase if desired.

Instructor: Ana Perez Instructor fee: \$0 Supply fee: \$4
Location: Community Center, Room 204

Resident fee: \$28 Non-resident fee: \$38
3CC208 Th 3/23-5/11 7:10-8:10 p.m. 13 yrs+

FUSE PERFORMANCE CREW

This Lyrical/Free Emotion Performance Crew class offers team building, self-expression, choreography and unity! Tell a story, theatrically, while using free flowing body movements. A must for creative dancers. Performance opportunities available with a prolonged commitment. Outdoor recital on May 6.

Instructor: Stacy J Instructor fee: \$63 Supply fee: \$0
Location: Tumbleweed Recreation Center, Cotton Room South

Resident fee: \$18 Non-resident fee: \$25
3TW257 M 3/6-5/1* 7:30-8:15 p.m. 11-17 yrs
**No class 3/13 & 4/17*

HIP-HOP (SJD)

Learn rhythmic phrasing, conditioning, stretching and funky, upbeat choreography. Please wear movable clothing and clean sneakers. Optional recital on May 6.

Instructor: Stacy J Instructor fee: \$53 Supply fee: \$0
Location: Tumbleweed Recreation Center, Cotton Room South

Resident fee: \$15 Non-resident fee: \$21
3TW258 M 3/6-5/1* 8:15-9 p.m. 14-17 yrs
**No class 3/13 & 4/17*

JAZZ AND TECHNIQUE (SJD)

Upbeat stretching and dance technique, taught with style and flare! This fun spirited class focuses on expression and a passion for movement and conditioning the body and it's flexibility. All levels welcome! Please wear movable clothing and bare feet or dance shoe of choice. Optional recital on May 6.

Instructor: Stacy J Instructor fee: \$53 Supply fee: \$0
Location: Tumbleweed Recreation Center, Cotton Room South

Resident fee: \$15 Non-resident fee: \$21
3TW259 Th 3/2-4/27* 7:15-8 p.m. 12-16 yrs
**No class 3/16 & 4/13*

LINE DANCING – BEGINNING

Line dancing is a fun and easy exercise and is a great low impact, mental exercise. Come meet new people and make new friends. Beginners will be line dancing by the end of the first session. No partner necessary.

Instructor: Shelley Center
Location: Community Center, Room 109

Resident fee: \$23 Non-resident fee: \$32
3CC009 M 3/6-4/24 6-7 p.m. 16 yrs+
3CC010 M 5/1-6/5 6-7 p.m. 16 yrs+

LINE DANCING – INTERMEDIATE

This class is for those who have some previous line dancing experience. The emphasis in this class is on having fun and enjoying low impact exercise. No partner necessary.

Instructor: Shelley Center
Location: Community Center, Room 109

Resident fee: \$23 Non-resident fee: \$32
3CC011 M 3/6-4/24 7-8 p.m. 16 yrs+
3CC012 M 5/1-6/5 7-8 p.m. 16 yrs+

SALSA – CUMBIA – BALLROOM DANCE

This class includes the teaching of salsa, cumbia and ballroom dance, especially waltzes.

Instructor: Kecia Beasley
Location: Community Center, Room 110

Resident fee: \$12 Non-resident fee: \$17
3CC176 F 3/3-3/17 7-8 p.m. 18 yrs+
3CC177 F 4/7-4/21 7-8 p.m. 18 yrs+
3CC178 F 5/12-5/26 7-8 p.m. 18 yrs+

TEEN & ADULT TAP – BEGINNING

Learn beginning tap technique in warm up using barre and progressions across floor. Tap shoes are required. Performance will be held at the end of the session.

Instructor: Diana Wray
Location: Community Center, Room 204

Resident fee: \$34 Non-resident fee: \$46
3CC030 Th 3/9-5/11 7-8 p.m. 14 yrs+
Location: Tumbleweed Recreation Center, Dance Studio
3TW260 W 3/8-5/10 6-7 p.m. 14 yrs+

TEEN & ADULT TAP – INTERMEDIATE

Learn intermediate tap technique in warm up using barre and progressions across floor. Tap shoes are required. Performance will be held at the end of the session.

Instructor: Diana Wray
Location: Community Center, Room 204

Resident fee: \$34 Non-resident fee: \$46
3CC026 Tu 3/7-5/9 7-8 p.m. 14 yrs+
Location: Tumbleweed Recreation Center, Dance Studio
3TW261 W 3/8-5/10 7-8 p.m. 14 yrs+

Education

ADULT IMPROV COMEDY

Learn the basics of improv comedy through exercises, games, and activities emphasizing teamwork, listening, confidence and much more!

Instructor: ImprovMANIA Instructor fee: \$99 Supply fee: \$0
Location: 250 S. Arizona Ave., Chandler AZ. 85295

Resident fee: \$28 Non-resident fee: \$38
3CC190 W 3/1-3/29 7-8:30 p.m. 18 yrs+
3CC191 F 5/3-5/31 7-8:30 p.m. 18 yrs+

DIGITAL STORYTELLING

Modern technology has made it simple to capture video, stills and sounds that can tell our stories. This four-week class will focus on each of those elements and how to improve the quality of your images, footage and recordings culminating in an editing session that puts it all together in a strong multimedia presentation.

Instructor: David Miller Instructor fee: \$80 Supply fee: \$0
Location: Tumbleweed Recreation Center, Meeting Room

Resident fee: \$22 Non-resident fee: \$30
3TW266 W 4/19-5/10 6-8 p.m. 18 yrs+

DOG OBEDIENCE – BASIC

For dogs six months and older. Come learn all the basics like sit, down, stay, coming when called, walking politely on a leash and more! Learn obedience while targeting socialization, good pack leadership skills and structured activities with games and prizes! No dogs week one; admin. paperwork, class overview shot record checks and Q&A's.

Instructor: Perfect Pooch Instructor fee: \$85 Supply fee: \$4
Location: Paseo Vista Dog Park

Resident fee: \$24 Non-resident fee: \$33
3SN304 Sa 3/4-4/15 9-10 a.m. 16 yrs+
Location: Sneidgar Dog Park
3SN305 Su 3/5-4/16 3-4 p.m. 16 yrs+

TEEN & ADULT CLASSES

FICTION AND NONFICTION WRITING WORKSHOP

Ms. Janson provides personalized instructional materials for each participant, including short stories, novels, children's YA, graphic novels, family history, and memoirs. Beginners and experienced writers are welcome to attend.

Instructor: Marilyn Janson Instructor fee: \$0 Supply fee: \$10
Location: Community Center, Room 115

Resident fee: \$28	Non-resident fee: \$38		
3CC111 W	3/1-3/22	6-8 p.m.	13 yrs+
3CC112 W	4/5-4/26	6-8 p.m.	13 yrs+

HOW TO BEAT THE HIGH COST OF COLLEGE

We will show you how to use financial planning strategies specifically geared toward college funding to lower your out-of-pocket expense for college and qualify for more free financial aid. Learn how to maximize your potential for free money to pay for college by understanding scholarships, grants, income and asset planning, and the financial aid forms.

Instructor: Hefar Group
Location: Tumbleweed Recreation Center, Meeting Room

Resident fee: \$3	Non-resident fee: \$5		
3TW262 W	3/15	6:30-7:30 p.m.	18 yrs+
3TW263 W	5/17	6:30-7:30 p.m.	18 yrs+

HOW YOU CAN QUALIFY FOR UP TO \$18K IN GRANTS FOR A DOWN-PAYMENT ON A HOME

The biggest obstacle to purchasing a home is the down payment. With little known down payment assistance programs, you can purchase a home with as little as \$2-3K. This workshop will teach you the ins and outs of down payment assistance programs. Find out how much you can qualify for and you'll be surprised to learn that buying a home may be closer than you think!

Instructor: Hefar Group
Location: Tumbleweed Recreation Center, Meeting Room

Resident fee: \$3	Non-resident fee: \$5		
3TW264 W	3/22	6:30-7:30 p.m.	18 yrs+

INTRODUCTION TO DSLR PHOTOGRAPHY

An introduction to DSLR photography, beginning with understanding basic camera functions and working up to intermediate skills. Must have own camera.

Instructor: Jim Bochenek
Location: Snedigar Recreation Center, Room 502

Resident fee: \$25	Non-resident fee: \$34		
3SN306 Sa	3/25-5/6	9:15-10:15 a.m.	18 yrs+
3SN307 Sa	3/25-5/6	10:30-11:30 a.m.	12-17 yrs

INTRO TO PHOTOGRAPHY – ADULTS

Learn how to use your camera, take great exposures, and understand basic photography concepts. DSLR or point and shoot camera required.

Instructor: Noelle Wells
Location: Community Center, Room 115

Resident fee: \$33	Non-resident fee: \$45		
3CC157 Sa	3/4-4/8	10-11:30 a.m.	18 yrs+
3CC158 Tu	3/7-4/11	6-7:30 p.m.	18 yrs+
3CC159 W	4/26-5/31	4-5:30 p.m.	18 yrs+
3CC160 W	4/26-5/31	6-7:30 p.m.	18 yrs+

INTRO TO PHOTOGRAPHY – TEENS

Learn how to use your camera, take great exposures, and understand basic photography concepts. DSLR or point and shoot camera required.

Instructor: Noelle Wells
Location: Community Center, Room 115

Resident fee: \$33	Non-resident fee: \$45		
3CC155 M	3/6-4/10	6-7:30 p.m.	13-18 yrs
3CC156 Th	4/20-5/25	6-7:30 p.m.	13-18 yrs

INTRODUCTION TO VOICEOVERS

Join this fun, empowering introductory class covering the different types of voiceovers and what tools are needed to find success. Receive coaching and a professional voiceover evaluation. Gain knowledge necessary for the decision if voiceover is something you would like to pursue. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

Instructor: Aaron Fischer Instructor fee: \$40 Supply fee: \$0
Location: Community Center, Room 115

Resident fee: \$11	Non-resident fee: \$15		
3CC201 Tu	3/21	6-8 p.m.	18 yrs+

PHOTOGRAPHY FOR BEGINNERS

Learn how to take great exposures and improve your existing pictures in this class. You will learn how to fully understand your camera and make fantastic compositions and prints. DSLR or mirrorless camera required.

Instructor: David Miller Instructor fee: \$80 Supply fee: \$0
Location: Tumbleweed Recreation Center, Meeting Room

Resident fee: \$22	Non-resident fee: \$30		
3TW265 W	3/1-3/29	6-8 p.m.	18 yrs+

SAT BOOT CAMP

Are you looking for a quick and effective way to improve your test scores? These Boot Camp classes are an intensive four-hour workshop that focus on strategies; how to take the test, how to avoid the traps, and preparing for the writing section. We provide you the most up-to-date test prep information. Presentations are given with visual Power Point backup, and students are provided a manual containing the workshop information including practice questions, tips and vocabulary lists.

Students, please bring pencils, paper and calculators to class.
Instructor: Test Prep BootCamp Instructor fee: \$75 Supply fee: \$0
Location: Community Center, Room 101

Resident fee: \$21	Non-resident fee: \$29		
3CC128 Sa	3/25	9 a.m.-1 p.m.	13-18 yrs
3CC129 Sa	4/1	9 a.m.-1 p.m.	13-18 yrs
3CC130 Sa	5/6	9 a.m.-1 p.m.	13-18 yrs

TEEN IMPROV COMEDY

ImprovMANIA is the perfect place for your funny teen to meet friends, learn improv games, and perform a monthly show at Chandler's own ImprovMANIA comedy club.

Instructor: ImprovMANIA Instructor fee: \$75 Supply fee: \$0
Location: 250 S. Arizona Ave., Chandler AZ. 85295

Resident fee: \$21	Non-resident fee: \$29		
3CC195 Sa	3/4-3/25	1-2 p.m.	13-18 yrs
3CC196 Sa	4/1-4/22	1-2 p.m.	13-18 yrs
3CC197 Sa	5/6-5/27	1-2 p.m.	13-18 yrs

Language

SPANISH FOR ADULTS

This class is designed to teach beginning and conversational Spanish to adults.

Instructor: Kecia Beasley Instructor fee: \$0 Supply fee: \$7
Location: Community Center, Room 201

Resident fee: \$12	Non-resident fee: \$17		
3CC182 Tu	3/7-3/21	7-8 p.m.	18 yrs+
3CC183 Tu	4/11-4/25	7-8 p.m.	18 yrs+
3CC184 Tu	5/16-5/30	7-8 p.m.	18 yrs+

ENGLISH FOR NON-NATIVE SPEAKERS, STEP I

Learn the basics, use the basics, live the basics! Make the time, erase your fears and take the first step with other non-native speakers in this introduction to the English language. Do this for YOU!

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
Location: Snedigar Recreation Center, Room 516

Resident fee: \$43	Non-resident fee: \$59		
3SN308 Th	3/16-5/4	5:30-7 p.m.	18 yrs+

LET'S TALK IT OVER (IN SPANISH!)

Looking for a chance to revive your Spanish language skills, brush up on some vocabulary and discuss real topics? This conversational class is for you.

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
Location: Snedigar Recreation Center, Room 516

Resident fee: \$28	Non-resident fee: \$38		
3SN309 Th	3/16-5/4	7:15-8:15 p.m.	18 yrs+

PASSPORT SPANISH

You're not looking to master the language, just know a little for that wild, upcoming trip to (fill in with any Spanish-speaking country). Go ahead and pack; you'll be ready.

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
 Location: Snedigar Recreation Center, Room 516
Resident fee: \$43 Non-resident fee: \$59
 3SN310 Tu 3/14-5/2 5:30-7 p.m. 18 yrs+

SPANISH IN ACTION

Not ready to submerge yourself in Spanish? This non-traditional, action-based approach lets you skim the surface (and maybe burn some calories) in preparation for future in-depth study.

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
 Location: Snedigar Recreation Center, Room 516
Resident fee: \$43 Non-resident fee: \$59
 3SN311 W 3/15-5/3 7:15-8:45 p.m. 18 yrs+

SPANISH I – BEGINNER

You know you want to do this! It's all here, waiting for you: vocabulary, introductory grammar, and the opportunity to practice what you learn.

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
 Location: Snedigar Recreation Center, Room 516
Resident fee: \$43 Non-resident fee: \$59
 3SN312 W 3/15-5/3 5:30-7 p.m. 18 yrs+

SPEEDY SPANISH

You've mastered other languages, so add Spanish to your list. Because you already understand language concepts and terminology, we're not slowing down for that – or anything else. Ready, set, GO!

Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
 Location: Snedigar Recreation Center, Room 516
Resident fee: \$43 Non-resident fee: \$59
 3SN313 Tu 3/14-5/2 7:15-8:45 p.m. 18 yrs+

Martial Arts

AIKIDO OF CHANDLER

Aikido has roots in ancient Japanese martial arts, created by Morihei Ueshiba. Aikido teaches self-defense by utilizing smooth, flowing techniques. Aikido is a way of learning to blend with energy.

Instructor: Clement
 Location: Snedigar Recreation Center, Room 504/505
Resident fee: \$47 Non-resident fee: \$64
 3SN314 W 3/1-5/31 6:30-7:30 p.m. 13 yrs+

JUJUTSU

Come learn a traditional Japanese JuJutsu martial art that specializes in military policing tactics. The history of this goes back many generations. This is a fun and exciting class that incorporates physical fitness, discipline, and fun!

Instructor: Phil Hillard
 Location: Community Center, Room 109
Resident fee: \$59 Non-resident fee: \$80
 3CC152 M/W 3/1-3/29 7-9 p.m. 13 yrs+
 3CC154 M/W 5/1-5/31* 7-9 p.m. 13 yrs+
Resident fee: \$53 Non-resident fee: \$72
 3CC153 M/W 4/3-4/26 7-9 p.m. 13 yrs+

*No class 5/29

LIM KARATE

Fun, family oriented. Work on self-defense, self-discipline and self-confidence. Students will learn to stretch their limits, build their confidence and make their dreams a reality.

Instructor: Lim Karate Staff Instructor fee: \$44 Supply fee: \$55 (one time fee)
 Location: Tumbleweed Recreation Center, NW gymnasium
Resident fee: \$12 Non-resident fee: \$17
 3TW267 Tu/F 3/3-3/31 6:30-7:30 p.m. 13 yrs+
 3TW268 Tu/F 4/4-4/28 6:30-7:30 p.m. 13 yrs+
 3TW269 Tu/F 5/2-5/30 6:30-7:30 p.m. 13 yrs+

TAEKWONDO

Classes are structured for fun and learning while providing exercise. Each class consists of systematic stretching, various kicking and punching techniques, as well as coordination and balance drills. Training intensity starts at a moderate level and slowly increases for conditioning.

Instructor: Bill Norton Instructor fee: \$45 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Cotton Room South
Resident fee: \$13 Non-resident fee: \$18
 3TW270 M/Th 2/27-3/30* 7-7:45 p.m. 13 yrs+
 3TW271 M/Th 4/3-4/27 7-7:45 p.m. 13 yrs+
 3TW272 M/Th 5/1-5/25 7-7:45 p.m. 13 yrs+
 *No class 3/13, 3/20 & 3/23

TRADITIONAL SHOTOKAN KARATE FOR BEG/INTERMEDIATE

This class emphasizes self defense, exercise and good health. Technique taught will include blocking, punching, kicking and stances.

Instructor: Dave Bracklow
 Location: Tumbleweed Recreation Center, Dance studio
Resident fee: \$28 Non-resident fee: \$38
 3TW805 M/Th 3/6-3/30 6-7 a.m. 18 yrs+
 3TW808 Tu/F 3/7-3/31 9-10 a.m. 18 yrs+
 3TW806 M/Th 4/3-4/27 6-7 a.m. 18 yrs+
 3TW809 Tu/F 4/4-4/28 9-10 a.m. 18 yrs+
 3TW807 M/Th 5/1-5/25 6-7 a.m. 18 yrs+
 3TW810 Tu/F 5/2-5/26 9-10 a.m. 18 yrs+

SNEDIGAR MARTIAL ARTS – BEGINNING ADULTS

Classes include stretching, kicking, punching, stances and self-defense techniques. Uniforms can be purchased on the first day of class. Discounted instructor fee for two or more family members.

Instructor: Snedigar Martial Arts Instructor fee: \$18 Supply fee: \$0
 Location: Snedigar Recreation Center, Room 506
Resident fee: \$5 Non-resident fee: \$7
 3SN315 Th 3/2-3/23 6-6:30 p.m. 18 yrs+
 3SN316 Th 3/30-4/20 6-6:30 p.m. 18 yrs+
 3SN317 Th 4/27-5/18 6-6:30 p.m. 18 yrs+

SNEDIGAR MARTIAL ARTS WHITE, YELLOW, GREEN BELTS PURPLE BELTS AND HIGHER

See YOUTH CLASSES section for more details.

Music

GUITAR FOR BEGINNERS – ADULT

In this class you will learn the fundamental techniques and theories that will equip you to further explore and enjoy playing guitar. Learn how to play chords, scales, and understand basic music theory in just six weeks.

Instructor: Jonny Terrill Instructor fee: \$0 Supply fee: \$3
 Location: Community Center, Room 115
Resident fee: \$22 Non-resident fee: \$30
 3CC146 M 3/6-4/10 5:30-6:30 p.m. 18 yrs+
 3CC147 M 4/17-5/22 5:30-6:30 p.m. 18 yrs+

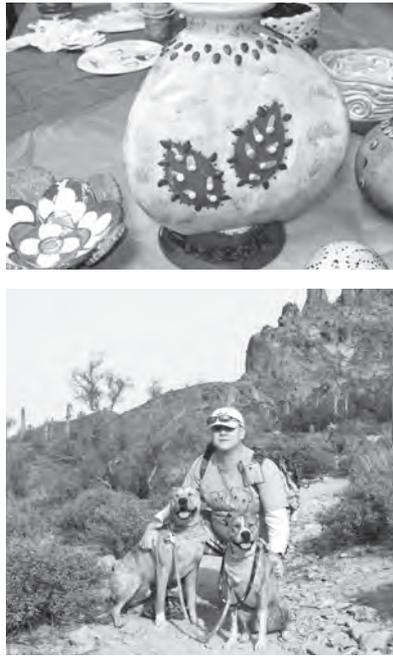
GUITAR FOR BEGINNERS – TEEN

In this class you will learn the fundamental techniques and theories that will equip you to further explore and enjoy playing guitar. Learn how to play chords, scales, and understand basic music theory in just six weeks.

Instructor: Jonny Terrill Instructor fee: \$0 Supply fee: \$3
 Location: Community Center, Room 115
Resident fee: \$22 Non-resident fee: \$30
 3CC144 M 3/6-4/10 4-5 p.m. 13-18 yrs
 3CC145 M 4/17-5/22 4-5 p.m. 13-18 yrs

WANT MORE? ▶
 Check out Break Time online for interactive videos and featured stories.





Nature, Environment & Outdoors

ARIZONA BOATING EDUCATION COURSE

The Arizona Game and Fish Department's Boating Safety Education course includes instruction on basic skills required to safely operate a boat or personal watercraft (PWC), trailering your vessel, navigational rules, buoys, anchoring, legal requirements, boating emergencies, water sports and paddling.

Instructor: Arizona Game and Fish Department staff

Location: Environmental Education Center

Resident fee: \$3	Non-resident fee: \$5		
3EE212	Sa	3/25	8 a.m.-3 p.m. 12 yrs+
3EE213	Sa	5/6	8 a.m.-3 p.m. 12 yrs+

ATTRACTING BIRDS TO YOUR YARD

Add another dimension to your garden by adding birdsong and movement. Learn how to attract birds and other wildlife to your yard by creating a home landscape that is safe and inviting. This class is perfect for gardeners who want to attract more wildlife to their yards!

Instructor: Krys Hammers

Location: Environmental Education Center

Resident fee: \$6	Non-resident fee: \$9		
3EE214	Th	4/6	6:45-7:45 p.m. 16 yrs+

THE BASICS OF GROWING A GARDEN IN ARIZONA **NEW!**

Join us for this informational class on the do's and don'ts of growing a garden in Arizona. We'll go over a short list of fruits, vegetables and flowers that do well in our spring climate as well as techniques on how to maintain your garden.

Instructor: Recreation Staff

Location: Environmental Education Center

Resident fee: \$8	Non-resident fee: \$11		
3EE226	Sa	3/4	9-10:30 a.m. 14 yrs+

BEGINNING BIRDING

Join this three-part, beginner level class and discover the where, when and how of birding in central Arizona. Topics include bird identification, equipment, and birding hotspots. This workshop includes an off-site field trip.

Instructor: Krys Hammers

Location: Environmental Education Center

Resident fee: \$12	Non-resident fee: \$17		
3EE215	W	3/8-3/22	6:45-7:45 p.m. 16 yrs+

LOOKING FOR A PLACE IN *Chandler* to ride your horse?

Then come visit Veterans Oasis Park, a 113-acre park located on the northeast corner of Lindsay and Chandler Heights roads. The designated horse trails running through the park are accessible through V-notches or horse stepover gates in the fence at three of the park's access points. Horseback riding is allowed **ONLY** on these designated



trails and riders must ride in from outside areas, as there is no horse trailer parking nor loading/unloading of horses allowed within the park itself. A trail map is available at the park's Environmental Education Center (EEC) or online at www.chandleraz.gov/eec.

For more information, contact the EEC at 480-782-2890 or EEC@chandleraz.gov.

CIBECUE CANYON EXCURSION

Join us on a canyoneering-style hike where your feet will get wet each time the trail crosses the creek. Because most of the trail is in the creek there will be a lot of rock jumping. It's a fun two mile hike up the canyon with spectacular views. All the little water crossings in the creek tend to keep you nice and cool. The closer you get to the 30 foot waterfall the more narrow the canyon becomes and you start to notice the beauty of it all. Permits, guide, and transportation from the EEC are included.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$48	Non-resident fee: \$65		
3EE609	S	5/6	8 a.m.-6 p.m. 14 yrs+

COLOSSAL CAVING EXCURSION

Visit mysterious, off-route areas of Colossal Cave that few others have seen! You will explore a beautiful, partially-developed section of the Cave that has been closed to the public since the 1950's. Strap on your helmet and headlamp, grab your full-fingered gloves and get ready to explore! Helmet, headlamp, and transportation from the EEC are provided.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$60	Non-resident fee: \$81		
3EE613	W	3/15	8 a.m.-3 p.m. 12 yrs+

SHAKE AND BAKE

NEW!

Molten lava, rumbling mountains...did you know that Arizona was once covered by a large inland sea and dotted with dozens of huge volcanoes? Or even yet, how earthquakes may have helped shape our landscape? Learn about our Arizona's past geological events.

Instructor: Joanna Scheffler

Location: Environmental Education Center

Resident fee: \$8	Non-resident fee: \$11		
3EE219	Th	3/9	6-7:30 p.m. 8 yrs+

EXPLORING MONTEZUMA'S WELL AND CASTLE EXCURSION

Montezuma's Well, a detached unit of Montezuma Castle National Monument, is a natural limestone sinkhole near the town of Rimrock, Arizona through which some 1,500,000 US gallons of water emerge each day from an underground spring. Learn more about this fascinating natural wonder and the nearby cliff dwelling.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$28	Non-resident fee: \$38		
3EE610	Sa	5/27	8 a.m.-4 p.m. 8 yrs+

FOOD FORAGING – NATIVE PLANTS

Since people have been on Earth, there has been a relationship between humans and plants. Take a guided walk through Veterans Oasis Park and learn about the importance of native plants to culture, food, medicine, tradition, crafts, and music. The terrain is easy and will teach you the study of ethnobotany. Meet at the north entrance of the EEC.

Instructor: Elizabeth Ridgely
Location: Environmental Education Center

Resident fee: \$9	Non-resident fee: \$13		
3EE220	Sa 3/18	8-10 a.m.	6 yrs+
3EE221	Sa 4/15	8-10 a.m.	6 yrs+
3EE222	Sa 5/20	8-10 a.m.	6 yrs+

GRAND CANYON CAMPOUT EXCURSION

Sleep overnight on the South Rim of the Grand Canyon. We will cook authentic mountain man meals and show you some of the best views in the state. Choose to tour the Grand Canyon Village or to hike down on the best canyon trails ever. Dinner and breakfast will be cooked for you. Your transportation, National Park fees, and guide is provided as well. Participants under 13 years must be accompanied by an adult.

Instructor: Recreation Staff
Depart from: Environmental Education Center

Resident fee: \$101	Non-resident fee: \$137		
3EE612	F-Sa 4/28-4/29	8 a.m.-5 p.m.	7 yrs+

HIKE AND KAYAK EXCURSION

This two-in-one adventure starts off with a beautiful drive to Canyon Lake. Once there we'll hike a couple of miles on an easy to moderate trail that takes you to an overlook with great 360 degree views of the Superstition Wilderness. After the hike we'll eat lunch at the marina or you can save some money and bring a picnic lunch. We'll spend an hour exploring a cool side canyon in kayaks before returning to the EEC. Permits, guide, and transportation from the EEC are included.

Instructor: Recreation Staff
Depart from: Environmental Education Center

Resident fee: \$41	Non-resident fee: \$56		
3EE608	Sa 4/8	8 a.m.-3 p.m.	13 yrs+

INTERMEDIATE BIRDING

Take your bird ID skills to the next level! This three-part series introduces the advanced techniques that experienced birders use, such as behaviors, calls, structure, and location, when identifying or recognizing birds. The class includes a field trip with date to be determined in class.

Instructor: Cindy Marple
Location: Environmental Education Center

Resident fee: \$12	Non-resident fee: \$17		
3EE223	W 3/29-4/12	6:30-7:30 p.m.	16 yrs+

INTRODUCTION TO FOSSIL IDENTIFICATION PART I – CLASS

300 million years ago most of Arizona was covered by a shallow inland sea that left behind thousands of marine fossils. Learn the basic properties of how fossils form and what types are common to Arizona. Children must be accompanied by an adult and everyone must register.

Instructor: Joanna Scheffler
Location: Environmental Education Center

Resident fee: \$8	Non-resident fee: \$11		
3EE216	Th 5/18	6-7:30 p.m.	8 yrs+

INTRODUCTION TO FOSSIL IDENTIFICATION PART II – FIELD TRIP

Payson, AZ was once covered by a shallow sea that left thousands of fossils. This day-long event of collecting includes transportation and a geologist to answer questions. Bring water, snacks, comfortable shoes and clothing to meet any weather conditions. Children must be accompanied by a guardian for the trip.

Instructor: Joanna Scheffler
Location: Payson, AZ (Depart from the Environmental Education Center)

Resident fee: \$13	Non-resident fee: \$18		
3EE217	Sa 5/20	10 a.m.-4:30 p.m.	7 yrs+

RAMBUNCTIOUS RAPTORS

Raptors aren't just dinosaurs; they're also a type of bird species that may very well be the descendants of those dinosaurs. Join us for an up close, personal look at some of the species found in the Sonoran Desert. Join us Saturday morning for a free guided walk to see these beautiful creatures in their natural habitat.

Instructor: Krys Hammers
Location: Environmental Education Center

Resident fee: \$6	Non-resident fee: \$9		
3EE224	Th 3/2	6:45-7:45 p.m.	16 yrs+

SALT RIVER EXCURSION (DIFFICULTY=2)

Spend the day traveling down the Salt River on kayaks. We will learn about river hydraulics, geology and the Sonoran Desert. Bring a large lunch, a lot of water, and appropriate clothing for the weather. Close-toed shoes and sun protection are required.

Instructor: Recreation Staff
Depart from: Environmental Education Center

Resident fee: \$75	Non-resident fee: \$102		
3EE602	Sa 5/20	8 a.m.-2 p.m.	13 yrs+

SAGUARO LAKE HIKING EXCURSION (DIFFICULTY=2.5)

This trail wraps around a peninsula with secluded coves. Most of the route hugs the cliffs high above Saguaro Lake, making it nice for photography and wildlife spotting. The trail's high points reveal fantastic views of the gaping Salt River Canyon, 1930s-era Stewart Dam and surrounding mountain ranges. Permits, guide, and transportation from the EEC are included.

Instructor: Recreation Staff
Depart from: Environmental Education Center

Resident fee: \$18	Non-resident fee: \$25		
3EE607	Sa 3/4	8am-2 p.m.	13 yrs+

SLIDE ROCK EXCURSION

This waterside was created by Mother Nature without all the chemicals and chlorine. Come see the spectacular red rock views within the venerable Oak Creek Canyon. Cascade along the gently sloping and slippery creek bottom buoyed by a thousand bubbles, or plunge into the crystalline depths of one of the larger pools. All entrance fees, permits, and transportation from the EEC are included. Participants under 13 years must be accompanied by an adult.

Instructor: Recreation Staff
Depart from: Environmental Education Center

Resident fee: \$34	Non-resident fee: \$46		
3EE611	W 5/17	8 a.m.-6 p.m.	8 yrs+

WHITEWATER RAFTING EXCURSION (DIFFICULTY=3)

This will be an unforgettable day in the majestic 2000ft deep Salt River Canyon. You'll go through big rapids as well as the serenity of the Narrows and its beautiful volcanic cliffs. Halfway through, we'll stop at a river side base camp for a delicious hot lunch! Come experience this amazing "bucket list" adventure. Kids 8-12 receive the discounted rate thanks to Salt River Rafting.

Instructor: Recreation Staff
Depart from: Environmental Education Center

Resident fee: \$107	Non-resident fee: \$145		
3EE601	W 3/22	7:30 a.m.-6:30 p.m.	8-12 yrs
Resident fee: \$134	Non-resident fee: \$181		
3EE601	W 3/22	7:30 a.m.-6:30 p.m.	13 yrs+

WONDERFUL WATERFOWL

Learn how to identify some of the more common waterfowl species found at Veterans Oasis Park and how they live and adapt to our local environment. Join us Saturday morning for a free guided walk to see these beautiful creatures in their natural habitat.

Instructor: Krys Hammers
Location: Environmental Education Center

Resident fee: \$6	Non-resident fee: \$9		
3EE225	Th 3/30	6:45-7:45 p.m.	16 yrs+

Sports & Fitness

ADULT SPORTS LEAGUES

See page 69 for more details about Chandler Adult Sports Leagues.

ARCHERY I – BEGINNING FAMILY ARCHERY

Archery is one of the few sports that the entire family can participate. Come learn how to safely shoot a bow and arrow. All the needed equipment is provided.

Instructor: USA Archery Certified Instructor fee: \$70 Supply fee: \$0
Location: Paseo Vista Park, Archery Range 3850 S. McQueen Rd. (north side of park)

Resident fee: \$20	Non-resident fee: \$27		
3SN318	Sa 3/11-4/22*	8-9 a.m.	8 yrs+
3SN319	Sa 3/11-4/22*	9:30-10:30 a.m.	8 yrs+

*No class 4/8

TEEN & ADULT CLASSES

ARCHERY II – INTERMEDIATE

This class is for archers who have taken the Archery I – Beginner and archers with some archery experience. Focus will be on improving your archery form and accuracy. All the needed equipment is provided or archers may use their own equipment.

Instructor: USA Archery Certified Instructor fee: \$70 Supply fee: \$0
Location: Paseo Vista Park, Archery Range 3850 S. McQueen Rd.

Resident fee: \$20 Non-resident fee: \$27
3SN320 Sa 3/11-4/22* 11 a.m.-noon 8 yrs+
*No class 4/8

ARCHERY FUN FOR WOMEN

Women of all ages and abilities are encouraged to come out and enjoy the fun sport of archery while meeting and socializing with other women. Tough by USA archery certified women coaches. Equipment is provided.

Instructor: Sandra Reynolds Instructor fee: \$75 Supply fee: \$0
Location: Paseo Vista Park, Archery Range 3850 S. McQueen Rd. (north side of park)

Resident fee: \$21 Non-resident fee: \$29
3SN321 W 3/1-3/29 Noon-1 p.m. 18 yrs+
3SN322 W 4/12-5/17 Noon-1 p.m. 18 yrs+

BEACH BODY ABS

This core centric class will focus on a variety of exercises to strengthen, tone and restore balance to the lower back and abs.

Instructor: Kathi Thompson Instructor fee: \$30 Supply fee: \$0
Location: Community Center, Room 111

Resident fee: \$9 Non-resident fee: \$13
3CC039 Th 3/9-3/30 7-8 p.m. 13 yrs+
3CC040 Th 4/6-4/27 7-8 p.m. 13 yrs+
3CC041 Th 5/4-5/25 7-8 p.m. 13 yrs+

BEGINNING RACQUETBALL FOR TEENS AND ADULTS

This basic class will teach you safety, basic shots, court etiquette and the stroke techniques needed to play a fun and energetic game of racquetball. Please bring a racquetball racquet to class. Unsupervised Challenge Court 8-10 p.m.

Instructor: Lance McCreary
Location: Tumbleweed Recreation Center, Racquetball Court A

Resident fee: \$16 Non-resident fee: \$22
3TW115 W 3/1-3/29* 5:30-6:30 p.m. 13 yrs+
3TW116 W 4/5-4/26 5:30-6:30 p.m. 13 yrs+
3TW117 W 5/3-5/31** 5:30-6:30 p.m. 13 yrs+
*No class 3/22, **No class 5/24

BEYOND BOOT CAMP “MOVE IT MONDAY”

There really is strength in numbers and Beyond Boot Camp proves it! Groups of 3-6 participants working together in pursuit of a common goal creates camaraderie, emotional support and the push you need to use on your fitness journey. A fast paced cardio and resistance training program designed to test your physical and mental limits. You'll receive personal attention; direction and motivation that will help you break through to new levels or personal fitness. Utilizing the Tumbleweed Recreation Center's state-of-the-art fitness facility, indoor walking/running track and other fitness modalities you will experience working out like never before! Space is limited. Reserve your spot today!

Instructor: Ryan Hookala, NASM Certified Personal Trainer, MFA
Location: Tumbleweed Recreation Center, Dance Studio

Resident fee: \$20 Non-resident fee: \$27
3TW101 M 3/6-3/27* 4:30-5:30 p.m. 18 yrs+
3TW102 M 3/6-3/27* 5:30-6:30 p.m. 18 yrs+
Resident fee: \$26 Non-resident fee: \$36
3TW909 M 4/3-4/24 4:30-5:30 p.m. 18 yrs+
3TW103 M 4/3-4/24 5:30-6:30 p.m. 18 yrs+
3TW910 M 5/1-5/22 4:30-5:30 p.m. 18 yrs+
3TW911 M 5/1-5/22 5:30-6:30 p.m. 18 yrs+
*No class 3/20

BODY COMPOSITION TESTING – TRACK YOUR FITNESS PROGRESS

Take your weight loss and fitness management to a new level with the InBody body composition test. By simply standing on the footplates and holding the handgrips this multi-frequency bioelectrical impedance analysis will provide you with your percentage of body fat and muscle. You will receive printed results of your body composition, metabolic rate and more to help you reach your fitness goal.

Location: Tumbleweed Recreation Center, Fitness Office

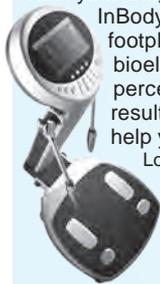
One-time assessment

Resident fee: \$15 Non-resident fee: \$21

Four-time assessment pass

Resident fee: \$45 Non-resident fee: \$61

For more information, contact the TRC at 480-782-2907



CIRCUIT EXPRESS

Are you new to strength training? Are you short on time? Do you just need to be re-inspired to workout? Then this 30-minute circuit express is the workout for you! The circuit area is set to music while you move from one station to another, all while getting cardiovascular and strength training! This class is free to current Tumbleweed Recreation Center pass holders. Teens ages 13-17 are welcome if they have attended the Teen Fitness Orientation.

Location: Tumbleweed Recreation Center, Fitness Center

Fee: TRC rates apply (Included in TRC passes)

Drop-in M-F 8:30-9 a.m. 13 yrs+
Drop-in Tu/Th 5:30-6 p.m. 13 yrs+

CROSSTONE

Do you want to step up your workout routine to get the results you're looking for? If so, then this is the class for you! Cross tone is a combination of cross-fit, cardio, core training, balance training and strength training. This is a very strenuous fitness class and is recommended for people with past fitness experience.

Instructor: Kathi Thompson Instructor fee: \$30 Supply fee: \$0
Location: Community Center, Room 111

Resident fee: \$9 Non-resident fee: \$13
3CC064 M 3/6-3/27 6-7 p.m. 15 yrs+
3CC065 M 4/3-4/24 6-7 p.m. 15 yrs+
3CC066 M 5/1-5/22 6-7 p.m. 15 yrs+

CYCLE “TRACK YOUR RIDE”

Group cycling is an awesome way to burn fat, increase strength and improve cardiovascular fitness. Every ride is fun and different than the last journey through hills, flats and mountains. Learn how to push through adversity, work in your optimum fat burning zone. Please bring water and a towel.

Location: Tumbleweed Recreation Center, Chandler Tennis Center

Fee: TRC rates apply (Included in TRC passes)

Drop-in M/W 9-10 a.m. 13 yrs+
Drop-in M/Tu/Th 6-7 p.m. 13 yrs+
Drop-in Sa 8:15-9:15 a.m. 13 yrs+

FIREFIGHTER FITNESS

Have you ever wondered what it would be like to train like a firefighter? Well now is your chance to find out. This class is taught by a real firefighter and is designed to simulate a firefighter's workout and training regime. Strength, integrated movements, speed, agility, core and power are just some of the fitness variables this training program will focus on.

Instructor: Firefighter, Michael Ballard

Location: Tumbleweed Recreation Center, Lobby and outside fields at TRC

Resident fee: \$26 Non-resident fee: \$36
3TW127 Sa 4/1-4/15 8-9 a.m. 18 yrs+

FIT OVER FIFTY

Bump up your fitness in this fun and invigorating small group personal training program! Together we will build core strength, increase muscle tone, and improve stamina, balance and flexibility. You're never too old to be healthy and strong.

Instructor: Rob Dobbin, ISSA Certified Personal Trainer, Fitness Nutrition

Location: Tumbleweed Recreation Center, Dance Studio

Resident fee: \$48 Non-resident fee: \$65
3TW122 Tu/Th 3/7-3/30 10:30-11:30 a.m. 55-99 yrs+
3TW123 Tu/Th 4/4-4/27 10:30-11:30 a.m. 55-99 yrs+
3TW124 Tu/Th 5/2-2/25 10:30-11:30 a.m. 55-99 yrs+

FOAM ROLLING & PILATES FUSION

Roll your way to tighter abs and a stronger core. Foam rolling is also called myofascial release, and is designed to work out the “knots” in your muscles. By combining foam rolling with classical Mat Pilates exercises you will be able to get a deeper and more effective connection within your soft tissues, allowing for a greater ability to lengthen and strengthen all of the muscles supporting your body. Foam rolling can actually help you feel better and perform better in your workouts and in your life. Enroll and reserve your spot today!

Instructor: Jill Keats, Certified Peak Pilates

Location: Tumbleweed Recreation Center, Dance Studio

Resident fee: \$26 Non-resident fee: \$36
3TW914 W 3/1-3/22 10-11 a.m. 18 yrs+
3TW915 W 4/5-4/26 10-11 a.m. 18 yrs+
3TW916 W 5/3-5/24 10-11 a.m. 18 yrs+



GOLF LESSONS – ADULT

Learn the basics of golf and the fundamentals of the game from a PGA pro and/or assistant pro! You will learn grip, aim, stance, chipping, putting, full swing, rules and etiquette of the game. Included are instruction, range balls and a certificate for nine holes of play.

Instructor: Lone Tree Golf Club Instructor fee: \$125 Supply fee: \$0
Location: Lone Tree Golf Club, 6262 S. Mountain Blvd. (S.E. of Riggs and Gilbert)

Resident fee: \$35	Non-resident fee: \$48		
3CC139	Sa	3/4-3/25	10:30-11:30 a.m. 18 yrs+
3CC140	Sa	4/8-4/29	10:30-11:30 a.m. 18 yrs+

GOLF LESSONS – TEEN

Learn the basics of golf and the fundamentals of the game from a PGA pro and/or assistant pro! You will learn grip, aim, stance, chipping, putting, full swing, rules and etiquette of the game. Included are instruction, range balls and a certificate for nine holes of play.

Instructor: Lone Tree Golf Club Instructor fee: \$125 Supply fee: \$0
Location: Lone Tree Golf Club, 6262 S. Mountain Blvd. (S.E. of Riggs and Gilbert)

Resident fee: \$35	Non-resident fee: \$48		
3CC137	Sa	3/4-3/25	9:15-10:15 a.m. 13-18 yrs
3CC138	Sa	4/8-4/29	9:15-10:15 a.m. 13-18 yrs

GROUP FITNESS CLASSES

See page 68 for the Tumbleweed Recreation Center Group Exercise Calendar.

INTERMEDIATE RACQUETBALL FOR TEENS AND ADULTS

This basic intermediate class will focus on correcting bad habits, strengthening weaknesses, building consistency, developing tactics and improving the level of play. Please bring a racquetball racquet to class.

Instructor: Lance McCreary
Location: Tumbleweed Recreation Center, Racquetball Court A

Resident fee: \$18	Non-resident fee: \$25		
3TW112	M	3/6-3/27*	6:30-8 p.m. 13 yrs+
3TW114	M	5/1-5/22**	6:30-8 p.m. 13 yrs+
Resident fee: \$23	Non-resident fee: \$32		
3TW109	W	3/1-3/29***	6:30-8 p.m. 13 yrs+
3TW113	M	4/3-4/24	6:30-8 p.m. 13 yrs+
3TW110	W	4/5-4/26	6:30-8 p.m. 13 yrs+
3TW111	W	5/3-5/31****	6:30-8 p.m. 13 yrs+

*No class 3/20, **No class 5/15, ***No class 3/22, ****No class 5/17

FREE MEET THE TRAINERS Mini Circuit Workout with the TRC Personal Trainers

WEDNESDAY
MARCH 1 | 6:30-7:30 p.m.

TUMBLEWEED RECREATION CENTER

Ask burning questions you may have regarding training. We will dispel the myths from facts when achieving fitness goals. The first 15 guests will receive a gift.

Call 480-782-2907 to reserve your spot today!

www.chandleraz.gov/personal-training

POUND

Rock-out and work out! Come pound to high energy music and get a great workout! Please be sure to bring a yoga mat with you to this class.

Instructor: Bonnie Addington

Location: Community Center, Room 204

Resident fee: \$18	Non-resident fee: \$25		
3CC148	Sa	3/25-4/15	9:30-10:15 a.m. 10 yrs+
3CC149	Sa	5/6-5/27	9:30-10:15 a.m. 10 yrs+
Location: Chandler Community Center, Outdoor Courtyard			
3CC150	M	4/3-4/24	6:30-7:15 p.m. 10 yrs+
3CC151	W	5/3-5/24	6:30-7:15 p.m. 10 yrs+

ROCK CLIMBING COURSE FOR INTERMEDIATE CLIMBERS (DIFFICULTY=3)

This five-week course is designed to improve the skills of a climber who already knows the basics. In addition to improving strength and technique, students will learn some new rope skills that can take their climbing to the next level. The supply fee is a one-time admission fee due to Phoenix Rock Gym and will include all of your rental gear.

Instructor: Recreation Staff Instructor fee: \$0 Supply fee: \$50

Location: Phoenix Rock Gym, Tempe, AZ

Resident fee: \$28	Non-resident fee: \$38		
3EE604	Tu	4/4-5/2	5-7 p.m. 12 yrs+

ROCK CLIMBING COURSE HANDS-ON (DIFFICULTY=1)

This five-week course is designed to get your climbing knowledge and skills up to speed. Experienced instructors will be there to help you along the way. Activities will include belay, technique, bouldering, route reading and rappelling skills. The supply fee is a one-time admission fee due to Phoenix Rock Gym and will include all of your rental gear.

Instructor: Recreation Staff Instructor fee: \$0 Supply fee: \$50

Location: Phoenix Rock Gym, Tempe, AZ

Resident fee: \$28	Non-resident fee: \$38		
3EE603	Tu	4/4-5/2	5-7 p.m. 12 yrs+

TONE & TIGHTEN

This class is a combination of mat Pilates, cardio exercises and resistance training using free weights, resistance bands and balance balls.

Instructor: Kathi Thompson Instructor fee: \$30 Supply fee: \$0

Location: Community Center, Room 111

Resident fee: \$9	Non-resident fee: \$13		
3CC058	Tu	3/7-3/28	6-7 p.m. 15 yrs+
3CC059	Th	3/9-3/30	6-7 p.m. 15 yrs+
3CC060	Tu	4/4-4/25	6-7 p.m. 15 yrs+
3CC061	Th	4/6-4/27	6-7 p.m. 15 yrs+
3CC062	Tu	5/2-5/23	6-7 p.m. 15 yrs+
3CC063	Th	5/4-5/25	6-7 p.m. 15 yrs+

TEEN & ADULT CLASSES

TRX CLASSIC CORE & STRENGTH

NEW!

Are you ready to feel and look your best? Born in the U.S. Navy Seals and developed by Fitness Anywhere®, TRX Suspension Training® is a revolutionary method of leveraged bodyweight exercise. We'll keep you moving the entire time so you can get a cardio workout while also building strength and core stabilization. Build power, strength, flexibility, balance, mobility, and prevent injuries, all at the intensity you choose. TRX training will change the way you view exercise and will take your workouts to a whole new level. This class is appropriate for all levels. Space is limited. Reserve your spot today!

Instructor: Rob Dobbin, ISSA Certified Personal Trainer, Fitness Nutrition
Location: Tumbleweed Recreation Center, Dance Studio

Resident fee: \$48	Non-resident fee: \$65				
3TW107	M/F	3/6-3/31	9-10 a.m.	18 yrs+	
3TW108	M/F	4/3-4/28	9-10 a.m.	18 yrs+	
3TW913	M/F	5/1-5/26	9-10 a.m.	18 yrs+	

TUMBLEWEED RECREATION CENTER FITNESS CENTER PROGRAMS

FIT START ORIENTATION - A \$99 Value

FREE when you join the TRC. Welcome to our family friendly facility. This is a great way to become familiar with the TRC Fitness Center and our exciting group fitness classes. You will learn how to operate our state-of-the-art Life Fitness cardio, strength and circuit line equipment; as well as learn about proper core and flexibility training. *Please Note: Valid within 30 days of becoming a monthly or annual TRC Passholder. (Available to existing monthly and/or annual pass holders)*

JUMP START PERSONAL TRAINING – NEW YEAR A NEW YOU!

Receive three 30-minute personal training sessions. The TRC is staffed by a team of caring and experienced nationally accredited certified personal trainers. They will create a customized exercise program and plan based on your unique personal needs. Jump Start Package Includes:

- InBody - Comprehensive Body Assessment. (InBody looks beyond the numbers and shows you what your body is really made of).
- Personal Training Session #1
- Personal Training Session #2

Packages as low as **Resident fee: \$58 Non-resident fee: \$79**

FIT-N-FAB IN FIVE - A NEW PERSONAL TRAINING PROGRAM

Did you know that changing your fitness routine helps to prevent a workout plateau? Fit-N-Fab in Five is designed to help "kickstart" your body and give it the boost it needs to achieve results! Train twice a week for five weeks with an accredited certified fitness professional who understands these variables as well as the science of proper training.

Package Includes:

- 10 pack personal training package
- Your choice of 30 or 60 minute sessions
- Goal setting consultation with the trainers

Fees: Personal Training Fees apply.

For more information or to schedule your consultation contact, Recreation Coordinator, Vickie Lang at 480-782-2907.

UTMOST BOOT CAMP

By using a combination of Crossfit, HITT and Military Style training techniques, this FUN and action packed boot camp will get your muscles moving and heart flowing. Together, we will push beyond your physical and mental limits and reach your fullest potential, to the "Utmost"! In only four sessions you will improve your strength, endurance, agility and power. Enroll and reserve your spot today!

Instructor: Constance Denmond, NASM, Certified Personal Trainer
Location: Tumbleweed Recreation Center, Dance Studio & Fitness Center

Resident fee: \$26	Non-resident fee: \$36				
3TW918	W	3/1-3/29*	5:30-6:30 p.m.	16 yrs+	
3TW919	W	4/5-4/26	5:30-6:30 p.m.	16 yrs+	
3TW920	W	5/3-5/24	5:30-6:30 p.m.	16 yrs+	
3TW921	F	3/3-3/31**	5-6 p.m.	16 yrs+	
3TW922	F	3/3-3/31**	6-7 p.m.	16 yrs+	
Resident fee: \$20	Non-resident fee: \$27				
3TW923	F	4/7-4/28***	5-6 p.m.	16 yrs+	
3TW924	F	4/7-4/28***	6-7 p.m.	16 yrs+	
3TW925	F	5/5-5/19	5-6 p.m.	16 yrs+	
3TW926	F	5/5-5/19	6-7 p.m.	16 yrs+	

*No class 3/15, **No class 3/17, ***No class 4/14

WOMEN ON WEIGHTS – X (WOW – X)

This four week weight lifting class is designed to empower women to lift weights properly, improve energy levels and transform their bodies. WOW-X will assist women with increasing strength and losing body mass by teaching proper form and technique. Weight lifting will also enhance bone density, muscle tone and development, while increasing endurance, self-esteem and confidence. Class is limited in size. Enroll and reserve your spot today!

Instructor: Constance Denmond, NASM, Certified Personal Trainer
Location: Tumbleweed Recreation Center, Dance Studio & Fitness Center

Resident fee: \$20	Non-resident fee: \$27				
3TW932	Tu	3/7-3/28*	9-10 a.m.	16 yrs+	
Resident fee: \$26	Non-resident fee: \$36				
3TW927	Tu	4/4-4/25	9-10 a.m.	16 yrs+	
3TW928	Tu	5/2-5/23	9-10 a.m.	16 yrs+	
3TW929	Th	3/2-3/30**	9-10 a.m.	16 yrs+	
3TW930	Th	4/6-4/27	9-10 a.m.	16 yrs+	
3TW931	Th	5/4-5/25	9-10 a.m.	16 yrs+	

*No class 3/14, **No class 3/16

ZUMBA®!

It's dancing, it's aerobic, and it's fun! Only a little over \$4 a class! Let's do this!

Instructor: Genny Moran
Location: Community Center, Room 110

Resident fee: \$13	Non-resident fee: \$18				
3CC188	Tu	3/7-5/30*	5:15-6:15 p.m.	16 yrs+	
3CC189	W	3/8-5/31**	5:15-6:15 p.m.	16 yrs+	

*No class 3/28, **No class 3/29

Yoga, Pilates, T'ai-Chi & Meditation

ALL LEVELS YOGA

Practice yoga in a comfortable setting where all levels are welcome. Breathing techniques and yoga postures presented in a format for beginners and seasoned yogis alike. No previous yoga experience required. Please bring your own yoga mat.

Instructor: Deborah Althoff

Location: Snedigar Recreation Center, Room 503

Resident fee: \$19	Non-resident fee: \$26				
3SN332	W	3/1-3/29	8:30-9:30 a.m.	13 yrs+	
3SN334	W	5/3-5/31	8:30-9:30 p.m.	13 yrs+	
Resident fee: \$16	Non-resident fee: \$22				
3SN333	W	4/5-4/26	8:30-9:30 a.m.	13 yrs+	

CHAIR YOGA

Yoga breathing techniques and postures to stretch and strengthen, all performed while seated in a chair. This class is designed to increase circulation, flexibility and strength. Perfect for students with limited mobility, or those just looking for a way to relax and unwind.

Instructor: Deborah Althoff

Location: Snedigar Recreation Center, Room 503

Resident fee: \$19	Non-resident fee: \$22				
3SN335	W	3/1-3/29	9:45-10:45 a.m.	13 yrs+	
3SN336	W	5/3-5/31	9:45-10:45 p.m.	13 yrs+	
Resident fee: \$16	Non-resident fee: \$22				
3SN337	W	4/5-4/26	9:45-10:45 a.m.	13 yrs+	

YOGA BREATHING & MEDITATION

The primary purpose of this course is to expand our knowledge of Pranayama (breath) and Pratyahara (meditation). You will be guided through a variety of yogic breathing techniques and meditation styles.

Instructor: Loisann Openshaw, RYT, Certified Yoga Instructor

Location: Tumbleweed Recreation Center, Group Exercise Studio

Resident fee: \$20	Non-resident fee: \$27				
3TW125	Sa	4/1-4/29	7-7:45 a.m.	18 yrs+	
Resident fee: \$26	Non-resident fee: \$36				
3TW917	Sa	5/6-5/20	7-7:45 a.m.	18 yrs+	

*No class 4/15

YOGA 101

This is a slow moving course that focuses on twelve essential yoga poses. Detailed instructions on proper physical alignment and mindfulness will be provided. Perfect for beginners, or those who want to deepen their yoga practice.

Instructor: Loisann Openshaw, RYT, Certified Yoga Instructor

Location: Tumbleweed Recreation Center, Dance Studio

Resident fee: \$26	Non-resident fee: \$36				
3TW119	Tu	3/28-4/25	9:30-10:30 a.m.	18 yrs+	
3TW120	Tu	5/2-5/23	9:30-10:30 a.m.	18 yrs+	

*No class 4/4



TUMBLEWEED RECREATION CENTER COUPON

EXPIRES 5/31/2017

Find Your Fitness at the

TUMBLEWEED RECREATION CENTER

WITH A FREE ONE-WEEK PASS!

This pass can be used for the fitness area, group exercise classes, open gym, racquetball, indoor track and youth activities in the Game Pod (hours vary).

*One-week trial offer is valid for first-time TRC users only.

TRC Hours: M-F 5 a.m.-10 p.m.
Sa 7 a.m.-8 p.m.
Su 10 a.m.-6:30 p.m.

745 E. Germann Rd., Chandler, AZ 85286
480-782-2900

www.chandleraz.gov/tumbleweed



For quick access to the TRC website, use your smart phone QR code reader.

NEED A KITCHEN?

The Tumbleweed Recreation Center kitchen can be rented by educational or scouting groups Monday-Thursday, depending on availability. Use by these groups can be scheduled 30 days prior to the day of the event by contacting the coordinator overseeing facility rentals.

For more information see page 84 or call 480-782-2906.

EVENING YOGA FLOW

Discover the benefits of yoga in this slow flow class that emphasizes basic postures. Students will practice strength, flexibility, and balance in each class and will end with a deep relaxation. Everyone is welcome, and class is suitable for all levels. Bring a mat or beach towel.

Instructor: Jackie Pinho Instructor fee: \$24 Supply fee: \$0
Location: Environmental Education Center

Resident fee: \$7	Non-resident fee: \$10		
3EE229 Tu 3/7-3/28 6:30-7:30 p.m.			12 yrs+
3EE230 Tu 4/4-4/25 6:30-7:30 p.m.			12 yrs+
3EE231 Tu 5/2-5/23 6:30-7:30 p.m.			12 yrs+

MEDITATION FOR EVERYONE

Learn practical techniques of meditation that would help you enhance your quality of life. Learn to meditate in nature, in the middle of a busy day, at anytime, anywhere. Improve your concentration, health and peace of mind. No mat required. You will be seated on a chair. Only prerequisite is an open mind.

Instructor: Manoj Chandran
Location: Environmental Education Center

Resident fee: \$3	Non-resident fee: \$5		
3EE235 Sa 3/11 10-11 a.m.			15 yrs+
3EE236 Sa 4/8 10-11 a.m.			15 yrs+
3EE237 Sa 5/13 10-11 a.m.			15 yrs+

MORNING YOGA FLOW

Discover the benefits of yoga in this slow flow class that emphasizes basic postures. Students will practice strength, flexibility, and balance in each class and will end with a deep relaxation. Everyone is welcome, and class is suitable for all levels. Bring a mat or beach towel.

Instructor: Jackie Pinho Instructor fee: \$24 Supply fee: \$0
Location: Environmental Education Center

Resident fee: \$7	Non-resident fee: \$10		
3EE232 M 3/6-3/27 9-10 a.m.			15 yrs+
3EE233 M 4/3-4/24 9-10 a.m.			15 yrs+
3EE234 M 5/1-5/22 9-10 a.m.			15 yrs+

YOGALATES

Come enjoy this dynamic fusion of yoga, Pilates, body sculpting and core strengthening to create long, lean muscles and improve flexibility. Bring a yoga mat and a water bottle.

Instructor: Kathi Thompson Instructor fee: \$30 Supply fee: \$0
Location: Community Center, Room 111

Resident fee: \$9	Non-resident fee: \$13		
3CC055 Tu 3/7-3/28 7-8 p.m.			13 yrs+
3CC056 Tu 4/4-4/25 7-8 p.m.			13 yrs+
3CC057 Tu 5/2-5/23 7-8 p.m.			13 yrs+

YOGA: LEVEL 1

Stretch, breath, relax and learn yoga basics in this fun level-one class. Perfect for brand new yogis and beginning level students. Please bring your own yoga mat.

Location: Snedigar Recreation Center, Room 503
Instructor: Deborah Althoff

Resident fee: \$19	Non-resident fee: \$26		
3SN323 W 3/1-3/29 5:15-6:15 p.m.			13 yrs+
3SN324 Tu 5/2-5/30 6:15-7:15 p.m.			13 yrs+
3SN325 W 5/3-5/31 5:15-6:15 p.m.			13 yrs+
Resident fee: \$16	Non-resident fee: \$22		
3SN326 Tu 3/7-3/28 6:15-7:15 p.m.			13 yrs+
3SN327 Tu 4/4-4/25 6:15-7:15 p.m.			13 yrs+
3SN328 W 4/5-4/26 5:15-6:15 p.m.			13 yrs+

YOGA FOR STRESS RELIEF

Learn to relax and manage stress with breathing techniques, basic yoga poses and stretches. No previous yoga experience required. Bring a yoga mat and towel.

Instructor: Deborah Althoff
Location: Snedigar Recreation Center, Room 503

Resident fee: \$19	Non-resident fee: \$26		
3SN329 W 3/1-3/29 6:30-7:30 p.m.			13 yrs+
3SN330 W 5/3-5/31 6:30-7:30 p.m.			13 yrs+
Resident fee: \$16	Non-resident fee: \$22		
3SN331 W 4/5-4/26 6:30-7:30 p.m.			13 yrs+