

TEEN & ADULT CLASSES



TEEN & ADULT PROGRAM CONTACTS & LOCATIONS

COMMUNITY CENTER

125 E. Commonwealth Ave.
Shaun Bishop, 480-782-2730 | shaun.bishop@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		
2EE201	Tu	12/6-12/13	6-7:30 p.m. 16 yrs+
2EE202	Tu	1/10-1/17	6-7:30 p.m. 16 yrs+
2EE203	Tu	2/7-2/14	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. Students may buy a bag of clay from the instructor for \$20.

Instructor: Carmen Van Eeden Instructor fee: \$0 Supply fee: \$60
Location: Community Center, Room 107

Resident fee: \$53	Non-resident fee: \$72		
2CC076	Tu	1/10-2/28	Noon-2 p.m. 18 yrs+

ADULT CERAMICS (INTERMEDIATE)

In this fun intermediate ceramic.s class, you will use the coiling, slabbing, and pinching techniques you learned before to create your own unique pieces. For this class you will need to supply your own clay (cone 5B mix) and glaze 04-06 is recommended. Participants can buy a bag of clay from the instructor for \$20.

Instructor: Carmen Van Eeden
Location: Community Center, Room 107

Resident fee: \$41	Non-resident fee: \$56		
2CC214	M	1/9-2/27*	Noon-2 p.m. 18 yrs+

*No class 1/16 & 2/20

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: \$53	Non-resident fee: \$72		
2CC077	Th	1/12-3/2	Noon-2 p.m. 18 yrs+

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

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**.

KEY



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

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		
2TW261	Tu	12/6-1/10	6-8 p.m. 18 yrs+
2TW262	W	12/7-1/11	6-8 p.m. 18 yrs+
2TW263	Tu	1/24-2/28	6-8 p.m. 18 yrs+
2TW264	W	1/25-3/1	6-8 p.m. 18 yrs+

CHRISTMAS FOLIO

Come create this gorgeous but very simple way of displaying and showcasing your Christmas family photos, current or from years gone by!

Instructor: Linda Hyden Instructor fee: \$0 Supply fee: \$15
Location: Tumbleweed Recreation Center, Art Studio

Resident fee: \$12	Non-resident fee: \$17		
2TW854	Th	12/1	6-9 p.m. 18 yrs+

CREATE & PLAY WITH CLAY

Teens, 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: \$45
Location: Community Center, Room 107

Resident fee: \$33	Non-resident fee: \$45		
2CC075	Th	1/12-3/2	4-5:30 p.m. 13-18 yrs

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		
2EE204	W	12/7-12/14	6-7:30 p.m. 16 yrs+
2EE205	W	1/18-1/25	6-7:30 p.m. 16 yrs+
2EE206	W	2/15-2/22	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 Instructor fee: \$0 Supply fee: \$25
Location: Community Center, Room 107

Resident fee: \$16	Non-resident fee: \$22		
2CC078	W	1/11-2/1	5-6 p.m. 16 yrs+
2CC079	W	2/8-3/1	5-6 p.m. 16 yrs+

HOME DECOR CANVAS

Add to your home decor with a lovely 5X5 canvas that you learn to design, paint and embellish.

Instructor: Linda Hyden Instructor fee: \$0 Supply fee: \$15
Location: Tumbleweed Recreation Center, Art Studio

Resident fee: \$12	Non-resident fee: \$17		
2TW852	Th	1/26	6-9 p.m. 18 yrs+

NOTEBOOK PORTFOLIO

Come create this fold-out portfolio that opens to a notepad, pen and deep pocket. Beautiful decorative papers and elements are used to create this one of kind notebook.

Instructor: Linda Hyden Instructor fee: \$0 Supply fee: \$15
 Location: Tumbleweed Recreation Center, Art Studio
Resident fee: \$11 Non-resident fee: \$15
 2TW853 Th 2/23 6-8:30 p.m. 18 yrs+

PORCELAIN PAINTING OF THE NATURAL WORLD

You will learn the basic elements of painting on a porcelain canvas. There will be step-by-step, hands-on instructions for creating pieces inspired by native bird species of Arizona. Each piece will be painted and fired in a kiln. We will paint subjects in nature on functional pieces you will take home and enjoy for years.

Instructor: Patricia Ritter Instructor fee: \$40 Supply: \$30
 Location: Environmental Education Center
Resident fee: \$11 Non-resident fee: \$15
 2EE210 Tu 12/6-12/27 5:45-7:45 p.m. 15 yrs+

RIBBON MAKING STATION

NEW!

This class will go over how to make ribbons out of old magazines and scratch paper to use. The instructor will go over instructions on how to get started and students are encouraged to continue making their own.

Instructor: Recreation Staff
 Location: Environmental Education Center
Resident fee: \$5 Non-resident fee: \$7
 2EE207 W 12/7 5-5:45 p.m. 10 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: \$40
 Location: Snedigar Recreation Center, Room 502
Resident fee: \$43 Non-resident fee: \$59
 2SN333 M 12/5-2/13* 6:45-8:15 p.m. 13 yrs+

*No class 12/26, 1/2 & 1/30

STAINED GLASS

This class is for people with all levels of experience. We will focus on glass cutting, foiling, and soldering techniques that will make a beautiful piece of art. Tools are needed for this class and if you don't already have them please contact Sherry Marston. They run about \$100 and will be yours to keep in order to continue working with stained glass.

Instructor: Sherry Marston Instructor fee: \$0 Supply fee: \$15
 Location: Community Center, Room 116
Resident fee: \$28 Non-resident fee: \$38
 2CC213 W 1/11-2/1 6:30-8:30 p.m. 16 yrs+

STAINED GLASS WORKSHOP

Enjoy stained glass? Come in and make one or more of these projects. These make great gifts for others or keep them yourself. No experience needed. Choose from a sun-catcher, wind-chime, or night light. The supply fee is \$15 per project.

Instructor: Sherry Marston Instructor fee: \$0 Supply fee: \$15
 Location: Community Center, Room 116
Resident fee: \$9 Non-resident fee: \$13
 2CC209 Tu 1/17 6:30-8:30 p.m. 16 yrs+
 2CC210 Th 1/26 6:30-8:30 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.

Instructor: DeeAnn Benson Instructor fee: \$0 Supply fee: \$5 (for beginners)
 Location: Tumbleweed Recreation Center, Art Studio
Resident fee: \$63 Non-resident fee: \$86
 2TW265 Sa 1/7-2/25 9:30 a.m.-noon 14 yrs+

WINE BOTTLE ART

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

Instructor: Sherry Marston Instructor fee: \$0 Supply fee: \$15
 Location: Community Center, Room 116
Resident fee: \$9 Non-resident fee: \$13
 2CC211 Tu 1/24 6:30-8:30 p.m. 16 yrs+
 2CC212 Th 2/2 6:30-8:30 p.m. 16 yrs+

Cooking

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: \$8 Non-resident fee: \$11
 2SN303 Th 2/9 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 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
 2SN304 W 1/18 6-7:30 p.m. 18 yrs+

Dance

ACTIVE LATIN FITNESS

Active Latin Fitness is based on the same dance moves used in the original Latin Fitness Class. The active class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

Instructor: Gloria Garza Wells Instructor fee: \$25 Supply fee: \$0
 Location: Community Center, Room 111
Resident fee: \$7 Non-resident fee: \$10
 2CC106 M/W/Th 12/5-1/12* 6-7 p.m. 13 yrs+
 2CC107 M/W/Th 1/16-2/2 6-7 p.m. 13 yrs+
 2CC108 M/W/Th 2/6-2/27** 6-7 p.m. 13 yrs+

*No class 12/19-1/5, **No class 2/20

BALLET FOLKLORICO, MEXICAN FOLK DANCE (INTERMEDIATE/ADVANCED)

Ballet Folklorico is the traditional dance of Latin culture, emphasizing on local folk culture with Ballet characteristics. Dancers learn dances, music, and arts and crafts from different parts of Mexico and other Latin countries.

Instructor: Gloria Garza Wells Instructor fee: \$35 Supply fee: \$0
 Location: Community Center, Room 111
Resident fee: \$10 Non-resident fee: \$14
 2CC102 W 12/7-1/11 6:20-8 p.m. 10 yrs+
 2CC103 W 1/18-2/22 6:20-8 p.m. 10 yrs+

WANT TO BE AN INSTRUCTOR?

Looking for a part-time job? Do you have a special skill or a unique hobby that you think others would be interested in learning? If you possess the desire and ability to teach others, visit www.chandleraz.gov/Content/Instructor-Interest-Form.pdf to fill out an interest form or call 480-782-2728 to offer your services to the community.

TEEN & ADULT CLASSES

BEGINNING SALSA FOR COUPLES

Learn the basics of this great Latin dance in this four-week class.
 Instructor: Sandy Popovich Instructor fee: \$30/person Supply fee: \$0
 Location: Tumbleweed Recreation Center, Exercise Studio
Resident fee: \$8 Non-resident fee: \$11
 2TW266 F 12/2-12/30* 7:15-8:15 p.m. 16 yrs+
 *No class 12/23

BEGINNING SWING FOR COUPLES

Jump, jive and wail as you learn the basics in this great six-week class.
 Instructor: Sandy Popovich Instructor fee: \$40/person Supply fee: \$0
 Location: Tumbleweed Recreation Center, Exercise Studio
Resident fee: \$11 Non-resident fee: \$15
 2TW267 F 1/13-2/17 7:15-8:15 p.m. 16 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.
 Instructor: Stacy J Instructor fee: \$55 Supply fee: \$55
 Location: Tumbleweed Recreation Center, Cotton Room South
Resident fee: \$15 Non-resident fee: \$21
 2TW268 W 1/11-2/15 7:15-8 p.m. 12-17 yrs

COUNTRY SWING—FOR COUPLES

Grab your boots and join us in a good ol' fashioned Country Swing dance class. This is Cowboy-style Swing! Do not confuse it with Ballroom-styles, like the East Coast Swing or West Coast Swing. This couples class features simple boot-scootin' steps with lots of arm turns and moves. Cowboy-style is very smooth and tight. It's not the wild "yank and crank" you may be thinking of. Nor does it include any acrobatics, like aerials, lifts, or flips. It is Swing at its best! Have two left feet? No problem! You will learn how to be comfortable, be confident, and look great on the dance floor! Guaranteed to impress your family and friends...after the first lesson! Be prepared to learn a lot and have a good ol' time!
 Instructor: Michael Femiano
 Location: Community Center, Room 109
Resident fee: \$23 Non-resident fee: \$32
 2CC112 Tu 12/6-12/27 7:30-9 p.m. 18 yrs+
 2CC113 Tu 1/10-1/31 7:30-9 p.m. 18 yrs+
 2CC114 Tu 2/7-2/28 7:30-9 p.m. 18 yrs+

CUMBIA, SALSA, & BALLROOM DANCE ADULT

Spanish Salsa / Ballroom Dance is designed for beginners who want to learn Salsa, Cumbia, and Ballroom Dance.
 Instructor: Kecia Beasley
 Location: Community Center, Room 111
Resident fee: \$37 Non-resident fee: \$50
 2CC180 F 12/9-2/17* 7-8 p.m. 18 yrs+

DADDY DANCE FOR SJD RECITAL (SJD)

For all those Dads involved within the SJD program, it's time for you to strut your stuff! A two day commitment to learn a "dance" routine that will knock the socks off of your families! No experience needed. Shush.... keep it a secret! Must be able to perform at the Dec. 10 dance recital.
 Instructor: Stacy J Instructor fee: \$10 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Cotton Room South
Resident fee: \$3 Non-resident fee: \$5
 2TW269 F 12/2 7:30-9 p.m. 18 yrs+
 Su 12/4 2-3:30 p.m.

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.
 Instructor: Stacy J Instructor fee: \$55 Supply fee: \$55
 Location: Tumbleweed Recreation Center, Cotton Room South
Resident fee: \$15 Non-resident fee: \$21
 2TW270 M 1/9-2/27 7:30-8:15 p.m. 11-17 yrs

HIP-HOP (SJD)

Learn rhythmic phrasing, conditioning, stretching and funky, upbeat choreography. Please wear movable clothing and clean sneakers.
 Instructor: Stacy J Instructor fee: \$45 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Cotton Room South
Resident fee: \$13 Non-resident fee: \$18
 2TW271 M 1/9-2/27* 8:15-9 p.m. 14-17 yrs
 *No class 1/16 & 2/20

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.
 Instructor: Stacy J Instructor fee: \$45 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Cotton Room South
Resident fee: \$13 Non-resident fee: \$18
 2TW272 Th 1/12-2/23 7:15-8 p.m. 12-16 yrs

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: \$22 Non-resident fee: \$30
 2CC011 M 1/9-2/13 6-7 p.m. 18 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: \$22 Non-resident fee: \$30
 2CC012 M 1/9-2/13 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: \$28 Non-resident fee: \$38
 2CC028 Th 1/5-2/23 7-8 p.m. 13 yrs+
 Location: Tumbleweed Recreation Center, Dance Studio
 2TW273 W 1/4-2/22 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: \$28 Non-resident fee: \$38
 2CC024 Tu 1/3-2/21 7-8 p.m. 13 yrs+
 Location: Tumbleweed Recreation Center, Dance Studio
 2TW274 W 1/4-2/22 7-8 p.m. 14 yrs+

TWO-STEP – FOR COUPLES

A staple in the Country Dance world, the Texas Two-Step is the smoothest, most fluid, boot scootin' dance of them all! You will learn to glide around the dance floor, looking and feeling like you are almost floating. We will also be combining turns and Swing-type arm movements with the Texas Two-Step! You will learn three dance steps (Texas Two-Step, Cowboy Two-Step, Arizona Two-Step), and several regional variations. Also learn how to Two-Step forward, backward (in the line of dance), sideways, in circles; and how to navigate crowded dance floors using direction changes. Be prepared to learn a lot and have a good ol' time!
 Instructor: Michael Femiano
 Location: Community Center, Room 109
Resident fee: \$23 Non-resident fee: \$32
 2CC109 Tu 12/6-12/27 6-7:30 p.m. 18 yrs+
 2CC110 Tu 1/10-1/31 6-7:30 p.m. 18 yrs+
 2CC111 Tu 2/7-2/28 6-7:30 p.m. 18 yrs+

Education

ACT BOOT CAMP

This ACT Boot Camp is an intensive four-hour workshop that focuses on strategy; how to take the test and how to avoid the traps writers set. Presentations are given with visual Power Point backup, and students are provided handouts with information in print including practice questions, tips, and vocabulary lists. Students, please bring a pencil, calculator, and notebook to class.

Instructor: Test Prep BootCamp Instructor fee \$75 Supply fee: \$0
 Location: Community Center, Room 101
Resident fee: \$21 Non-resident fee: \$29
 2CC092 Sa 1/28 9 a.m.-1 p.m. 13-18 yrs

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: \$80 Supply fee: \$0
 Location: 250 S. Arizona Ave., Chandler AZ. 85295
Resident fee: \$22 Non-resident fee: \$30
 2CC120 W 1/4-1/25 7-8:30 p.m. 18 yrs+

CABS (CHILD AND BABYSITTING SAFETY) PLUS CPR & FIRST AID

This course will provide the knowledge and skills to confidently care for infants and school age children. Participants will learn how to respond to emergencies and illness with first aid, rescue breathing, CPR (two-year certification) and other appropriate care along with all of the babysitting basics. Bring a non-perishable sack lunch.

Instructor: Heart Healthy AZ Instructor fee: \$45 Supply fee: \$45
 Location: Tumbleweed Recreation Center, Meeting Room
Resident fee: \$13 Non-resident fee: \$18
 2TW850 Sa 12/17 9 a.m.-2:30 p.m. 11-17 yrs
 2TW851 Sa 2/4 9 a.m.-2:30 p.m. 11-17 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: \$70 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Meeting Room
Resident fee: \$20 Non-resident fee: \$27
 2TW282 W 2/1-2/22 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: \$76 Supply fee: \$4
 Location: Paseo Vista Dog Park, 3850 S. McQueen Rd.
Resident fee: \$21 Non-resident fee: \$29
 2SN307 Sa 1/14-3/4 9-10 a.m. 16 yrs+
 Location: Snedigar Dog Park, 4500 S. Basha Rd.
 2SN306 Su 2/12-4/2 3-4 p.m. 16 yrs+

FICTION AND NONFICTION WRITING WORKSHOP

Ms. Janson provides personalized instructional materials for each participant. Short stories, novels, children's YA, graphic novels, family history, 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
 2CC056 W 2/1-2/22 6-8 p.m. 13 yrs+

GIRLS REIGN WORKSHOP™(FOR TEENS)

This workshop is for your *Prettie Girl* if you desire for her to be strong in who she is, confident of her worth, equipped at tapping into and standing in her power, and unapologetic about her reign and shine.

Instructor: Lisa Guice Instructor fee: \$15 Supply fee: \$10
 Location: Tumbleweed Recreation Center, Meeting Room
Resident fee: \$4 Non-resident fee: \$6
 2TW278 Sa 2/25 11:30 a.m.-1:30 p.m. 13-15 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: \$6 Non-resident fee: \$9
 2TW275 W 1/18 6:30-7:30 p.m. 18 yrs+
 2TW276 W 2/22 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: \$6 Non-resident fee: \$9
 2TW279 W 2/8 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: Matthew Strauss
 Location: Snedigar Recreation Center, Room 502
Resident fee: \$25 Non-resident fee: \$34
 2SN308 Sa 1/7-2/18 9:15-10:15 a.m. 18 yrs+
 2SN501 Sa 1/7-2/18 10:30-11:30 a.m. 12-17 yrs

INTRODUCTION TO THE ADOBE CREATIVE CLOUD SUITE

This suite of programs allows limitless creativity in the digital realm of graphic design, film making, photography, illustration and more. In our class, we focus on the basic of Photoshop, Illustrator, Premiere, After Effects – our final day is spent on the mobile Adobe apps that fill out the Creative Cloud Library. Laptop required.

Instructor: David Miller Instructor fee: \$80 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Meeting Room
Resident fee: \$22 Non-resident fee: \$30
 2TW283 M 1/30-2/27 6-8 p.m. 18 yrs+

INTRODUCTION TO VOICEOVERS

This fun, empowering introductory class covers the different types of voiceovers and what tools are needed to find success. Receive coaching and a professional voiceover evaluation. Gain knowledge necessary for deciding 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: Voices for All Instructor fee: \$49 Supply fee: \$0
 Location: Community Center, Room 115
Resident fee: \$14 Non-resident fee: \$19
 2CC058 W 12/7 6-8 p.m. 18 yrs+

PHOTO EDITING

Students will explore various software techniques for editing digital photos including Adobe Lightroom, Photoshop, Nik software and more. Each class will also have critique time for student's personal work.

Instructor: David Miller Instructor fee: \$70 Supply fee: \$0
 Location: Tumbleweed Recreation Center, Meeting Room
Resident fee: \$20 Non-resident fee: \$27
 2TW280 Tu 2/7-2/28 6-8 p.m. 18 yrs+

TEEN & ADULT CLASSES

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
 2TW281 Th 1/5-2/2 6-8 p.m. 18 yrs+

SAT BOOT CAMP

This SAT Boot Camp is an intensive four-hour workshop that focuses on strategy; how to take the test, how to avoid the traps test writers set. The focus is on the New/Revised and SAT that is given this year. Presentations are given with visual Power Point backup, and students are provided handouts containing workshop information including practice questions, tips, and vocabulary lists. Students, please bring a pencil, calculator, and notebook to class.

Instructor: Test Prep BootCamp Instructor fee \$75 Supply fee: \$0
 Location: Community Center, Room 101
Resident fee: \$21 Non-resident fee: \$29
 2CC090 Sa 1/7 9 a.m.-1 p.m. 13-18 yrs
 2CC091 Sa 2/25 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
 2CC124 Sa 12/3-12/17 1-2 p.m. 13-18 yrs
 2CC125 Sa 1/7-1/28 1-2 p.m. 13-18 yrs
 2CC126 Sa 2/4-2/25 1-2 p.m. 13-18 yrs

30 DAYS OF NON-NEGOTIABLE GREATNESS (JUMP STARTING YOUR PURPOSE AND DREAMS)

The life you dreamed of starts today. This interactive workshop gives you a 30 day personalized action plan and steps that you've been waiting for to jump start your purpose and dreams (includes book).

Instructor: Lisa Guice Instructor fee: \$0 Supply fee: \$15
 Location: Tumbleweed Recreation Center, Meeting Room
Resident fee: \$3 Non-resident fee: \$5
 2TW277 Sa 1/21 11:30 a.m.-1:30 p.m. 18 yrs+

Health & Wellness

MINDFUL MEDITATION & CREATIVE VISUALIZATION

Join us for some fun meditation and guided creative visualization sessions that may assist participants in helping them to feel calmer, happier, and more peaceful, as well as successful in school and socializing. Activities include breathing techniques and other fun ways to keep calm in stressful situations.

Instructor: Lori Silva
 Location: Community Center, Room 101
Resident fee: \$18 Non-resident fee: \$25
 2CC082 M 1/9-2/27 5-5:30 p.m. 15-18 yrs

THE WORLD OF LAVENDER AND ITS USES NEW!

In this class we will be going over the history and medicinal uses of over 125 varieties of lavender! Lavender can also be used in cooking, sweet or savory dishes and in crafts. Students will be making and going home with a lavender sachet that they can use for years years, plus information on 30 ways of using this essential oil.

Instructor: Patti Byhoff of Patti's Joy Instructor fee: \$0 Supply fee: \$3
 Location: Environmental Education Center
Resident fee: \$3 Non-resident fee: \$5
 2EE208 M 12/5 1-2:15 p.m. 16 yrs+
 2EE209 M 1/9 1-2:15 p.m. 16 yrs+

Language

BASIC AMERICAN SIGN LANGUAGE

Come and learn basic sign language communication including finger spelling, signing words and sentences. We will do a lot of reviewing and also develop an understanding of the structure of deaf culture. Class will be structured to students' knowledge level.

Instructor: Jill Valentine
 Location: Community Center, Room 101
Resident fee: \$33 Non-resident fee: \$45
 2CC207 Tu 1/3-2/7 3-4:30 p.m. 13 yrs+
 2CC208 W 1/4-2/8 3-4:30 p.m. 13 yrs+

BEGINNERS SPANISH

This class is an introduction to Spanish. The topics covered in this class will consist of pronunciation, easy to memorize phrases and sentences and a lot of vocabulary. We will be using handouts, tapes and crossword puzzles.

Instructor: Cathy Ogden Instructor fee: \$0 Supply fee: \$4
 Location: Community Center, Room 101
Resident fee: \$41 Non-resident fee: \$56
 2CC181 W 12/7-1/11 4-6 p.m. 18 yrs+
 2CC182 W 1/18-2/22 4-6 p.m. 18 yrs+

BEGINNING SPANISH ADULT

This class is a great class to begin learning Spanish and grasp the basics. This is set up to be fun, interactive, and educational.

Instructor: Kecia Beasley Instructor fee: \$0 Supply fee: \$7
 Location: Community Center, Room 101
Resident fee: \$58 Non-resident fee: \$79
 2CC178 Tu 12/6-2/21* 7-8 p.m. 18 yrs+
 *No class 2/14

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
 2SN309 Th 1/12-3/2 5:30-7 p.m. 18 yrs+

MANDARIN CHINESE LEVEL I

Conversational Mandarin Chinese. Designed for students seeking speaking and listening abilities, with little emphasis on vocabulary, grammar, reading, and writing.

Instructor: James Chen
 Location: Community Center, Room 115
Resident fee: \$43 Non-resident fee: \$59
 2CC088 Tu 1/3-2/21 5:30-7 p.m. 13-18 yrs
 2CC089 W 1/4-2/22 7:15-8:45 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
 2SN310 Th 1/12-3/2 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
 2SN311 Tu 1/10-2/28 5:30-7 p.m. 18 yrs+

SPANISH CONVERSATION

This class is for those students that have already taken Spanish Level I or have taken other Spanish classes and are comfortable with starting full conversations. You will learn how to formulate dialogue and be on your way to fluency before you know it!

Instructor: Cathy Ogden
 Location: Community Center, Room 101
Resident fee: \$22 Non-resident fee: \$30
 2CC185 W 12/7-1/11 8-9 p.m. 18 yrs+
 2CC186 W 1/18-2/22 8-9 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
 2SN313 W 1/11-3/1 5:30-7 p.m. 18 yrs+

SPANISH II – INTERMEDIATE

You've taken Spanish I and you are ready for this next step. Same stuff (vocabulary, grammar, practice), just stepped up a notch. You can do it!
 Instructor: Juliette Spence Instructor fee: \$0 Supply fee: \$5
 Location: Snedigar Recreation Center, Room 516
Resident fee: \$43 Non-resident fee: \$59
 2SN312 W 1/11-3/1 7:15-8:45 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
 2SN314 Tu 1/10-2/28 7:15-8:45 p.m. 18 yrs+

SPANISH LEVEL I

This class is intended for those who have taken some Spanish in the past and know the basics. We will work on increasing vocabulary and introducing you to Spanish grammar, basic conjugation, reading, diction and spelling. You may sign up for this class as many times as you prefer; the emphasis will be different every session.
 Instructor: Cathy Ogden
 Location: Community Center, Room 101
Resident fee: \$41 Non-resident fee: \$56
 2CC183 W 12/7-1/11 6-8 p.m. 18 yrs+
 2CC184 W 1/18-2/22 6-8 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: \$41 Non-resident fee: \$56
 2SN315 W 12/7-2/22* 6:30-7:30 p.m. 13 yrs+
 *No class 12/28

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
 2TW284 Tu/F 12/2-12/16 6:30-7:30 p.m. 13 yrs+
 2TW285 Tu/F 1/3-1/31 6:30-7:30 p.m. 13 yrs+
 2TW286 Tu/F 2/3-2/28 6:30-7:30 p.m. 13 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
 2SN319 Th 12/1-12/22 6-6:30 p.m. 18 yrs+
 2SN320 Th 1/5-1/26 6-6:30 p.m. 18 yrs+
 2SN321 Th 2/2-2/23 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.

SPARKS KARATE

Kempo is a combination of punch, kick, block, and throws and escapes in grabs. Designed for beginners all the way through seventh degree Black Belt. Grand Master Andrew Sparks is the highest rank in the United States.
 Instructor: Andrew Sparks Instructor fee: \$35 Supply fee: \$0
 Location: Community Center, Room 204/109
Resident fee: \$10 Non-resident fee: \$14
 2CC018 M/Th 1/5-1/30* 6:45-7:45 p.m. 14 yrs+
 2CC019 M/Th 2/2-2/27** 6:45-7:45 p.m. 14 yrs+
 *No class 1/16, **No class 2/20

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
 2TW287 M/Th 12/5-12/15 7-7:45 p.m. 13 yrs+
 2TW288 M/Th 1/5-1/30* 7-7:45 p.m. 13 yrs+
 2TW289 M/Th 2/2-2/27** 7-7:45 p.m. 13 yrs+
 *No class 1/16, **No class 2/20

Music

ADULT BEGINNING DRUM SET

Learn all about the drum set. Classes cover drum set basics, learning about the drums, music reading, and basic beats.
 Instructor: East Valley Rocks Instructor fee: \$60 Supply fee: \$15
 Location: 2909 S. Dobson Rd. Suite #15, Mesa AZ, 85202
Resident fee: \$17 Non-resident fee: \$23
 2CC145 M 12/5-12/19 8-9 p.m. 18 yrs+
 2CC146 M 1/2-1/24 8-9 p.m. 18 yrs+
 2CC147 M 2/6-2/27 8-9 p.m. 18 yrs+

GUITAR FOR BEGINNERS

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
 2CC064 F 12/2-1/6 4-5 p.m. 13-18 yrs
 2CC065 F 12/2-1/6 5:30-6:30 p.m. 18 yrs+
 2CC066 F 1/13-2/17 4-5 p.m. 13-18 yrs
 2CC067 F 1/13-2/17 5:30-6:30 p.m. 18 yrs+

Nature, Environment & Outdoors

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
 2EE215 Th 2/9 6:45-7:45 p.m. 16 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
 2EE216 W 1/11-1/25 6:45-7:45 p.m. 16 yrs+

CACTUS AND HIEROGLYPHS – EXCURSION

The Superstition Mountains have some of the best scenery found in the Sonoran Desert and include everything from exotic plants to mysterious hieroglyphs. Join us for this three-mile, low key hike to learn more about this beautiful wilderness. Transportation is provided, but bring plenty of water and snacks and wear comfortable shoes and clothing to meet any weather conditions
 Instructor: Joanna Scheffler
 Depart from: Environmental Education Center
Resident fee: \$15 Non-resident fee: \$21
 2EE737 Sa 2/4 8 a.m.-noon 8 yrs+

EXPLORING ARIZONA GEOLOGY

Do you know that Arizona was once covered by a large inland sea and dotted with dozens of huge volcanoes? Ever wonder how a tiny river could create such a Grand Canyon? Learn about our state's ancient past and what geological events helped shape the truly unique landscape of Arizona.
 Instructor: Joanna Scheffler
 Location: Environmental Education Center
Resident fee: \$8 Non-resident fee: \$11
 2EE219 Th 12/1 6-7:30 p.m. 8 yrs+



EXPLORING COPPER COUNTY – EXCURSION

Ever wonder why Arizona is called the Copper State? We have one of the largest deposits of copper minerals found anywhere in the world. On this trip to the non-operational Old Dominion Mine we will learn about how copper is mined and its many uses in our lives. Transportation is provided, but bring plenty of water and snacks and wear comfortable shoes and clothing to meet any weather conditions.

Instructor: Joanna Scheffler

Depart from: Environmental Education Center

Resident fee: \$27 Non-resident fee: \$37
 2EE729 Sa 1/28 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, music, and the study of ethnobotany. The terrain is easy. Meet at the north entrance of the EEC.

Instructor: Elizabeth Ridgely

Location: Environmental Education Center

Resident fee: \$9 Non-resident fee: \$13
 2EE220 Sa 12/17 8-10 a.m. 6 yrs+
 2EE221 Sa 1/28 8-10 a.m. 6 yrs+
 2EE222 Sa 2/25 8-10 a.m. 6 yrs+

FLATIRON EXCURSION (DIFFICULTY=4)

You know those majestic cliffs you always see from the highway? We are going to the top! Some people describe this trail as more of a climb than a hike. The five-an-a-half-mile round trip, features beautiful wild flowers and vertically-challenging terrain. This trip will test your fitness but will prove rewarding for those that make it to the top.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$20 Non-resident fee: \$27
 2EE612 W 2/22 8 a.m.-3 p.m. 14 yrs+

FULL MOON NATURE HIKES

Come and join us for this 60-minute moon-lit hike of Veterans Oasis Park and learn about the Environmental Education Center, the park facilities, water conservation and native plants and animals. Along the way we will look and listen for the creatures that come out only after sunset as temperatures begin to drop.

Instructor: Recreation Staff

Location: Environmental Education Center

Resident fee: \$3 Non-resident fee: \$5
 2EE7111 M 12/14 6-7 p.m. 8 yrs+
 2EE7112 Th 1/12 6:30-7:30 p.m. 8 yrs+
 2EE7113 F 2/10 6:30-7:30 p.m. 8 yrs+

GEOLOGY HIKE AT SAN TAN MOUNTAINS – EXCURSION

Join us for this instructor-led hike and lecture about Arizona's hidden geological past. Bring plenty of water and snacks, wear comfortable shoes and appropriate clothing to meet any weather conditions. Children must be accompanied by an adult and all participants must register. Transportation included.

Instructor: Joanna Scheffler

Depart from: Environmental Education Center

Resident fee \$12 Non-resident fee \$17
 2EE703 Sa 12/3 8-11 a.m. 8 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.

GEOLOGY HIKE AT SOUTH MOUNTAIN – EXCURSION

Join us for this instructor-led hike and lecture about Arizona's hidden geological past. Bring plenty of water and snacks, wear comfortable shoes and appropriate clothing to meet any weather conditions. Children must be accompanied by an adult and all participants must register. Transportation included.

Instructor: Joanna Scheffler

Depart from: Environmental Education Center

Resident fee \$12 Non-resident fee \$17
 2EE704 Sa 1/14 8-11 a.m. 8 yrs+

HORSEMANSHIP ADVANCED

Prerequisite: Intermediate Horsemanship in the past year. This fast-paced class is designed for those who want to learn training techniques for both the horse and the rider. We will work more intensively on each student's abilities and areas they wish to progress in, such as trail riding, Western pleasure, barrel racing, roping and team penning.

Instructor: Valley Silver Bullets

Instructor fee: \$95

Supply fee: \$0

Location: 43757 N. Coyote Rd., San Tan Valley, 85140

Resident fee: \$27 Non-resident fee: \$37
 2CC168 Tu 12/6-12/27 7-8 p.m. 6 yrs+
 2CC169 Tu 1/3-1/24 7-8 p.m. 6 yrs+

HORSEMANSHIP BEGINNING

Learn the basics of horsemanship starting with grooming, general care, saddling safely, mounting and dismounting and proper posture when riding. We will work with each student on simple control techniques such as asking the horses to walk and stop, as well as working on your balance.

Instructor: Valley Silver Bullets

Instructor fee: \$95

Supply fee: \$0

Location: 43757 N. Coyote Rd., San Tan Valley, 85140

Resident fee: \$27 Non-resident fee: \$37
 2CC164 Tu 1/3-1/24 6-7 p.m. 6 yrs+
 2CC165 Tu 2/7-2/28 6-7 p.m. 6 yrs+

HORSEMANSHIP INTERMEDIATE

Prerequisite: Must have taken Beginning Horsemanship in the past year. This class will focus on more specific control and riding techniques, such as getting the horse to respond to certain cues and learning how to post while in a trot. We will cover different gaits, as well as identifying the gaits and correct leads while mounted on the horse.

Instructor: Valley Silver Bullets

Instructor fee: \$95

Supply fee: \$0

Location: 43757 N. Coyote Rd., San Tan Valley, 85140

Resident fee: \$27 Non-resident fee: \$37
 2CC166 Tu 12/6-12/27 6-7 p.m. 6 yrs+
 2CC167 Tu 2/7-2/28 7-8 p.m. 6 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
 2EE218 W 2/1-2/15 6:30-7:30 p.m. 16 yrs+

KARTCHNER CAVERNS EXCURSION (DIFFICULTY=1)

Experience a stunning limestone cave in Southeastern Arizona that boasts world-class features. This "live" cave, discovered in 1974, is host to a wide variety of unique minerals and formations. All entrance fees and transportation are included.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$36 Non-resident fee: \$49
2EE609 Sa 1/21 8 a.m.-5 p.m. 12 yrs+

MASSACRE FALLS EXCURSION (DIFFICULTY=3)

Massacre Grounds Trail is a beautiful six mile out and back trail that features beautiful views and a waterfall. Moderate elevation change keeps this hike relaxing and fun. Hear the stories behind the trail's name. Bring a lunch to eat at the waterfall.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$19 Non-resident fee: \$26
2EE605 W 12/21 8 a.m.-1 p.m. 13 yrs+

PEPPERSAUCE CAVING EXCURSION (DIFFICULTY=3)

This all day trip will take you into an interesting undeveloped cave. Learn about caves and caving safety. Parents are encouraged to accompany their teens but are not required to on this excursion. Everyone must be willing to crawl, climb, slide, and squeeze in small spaces. Transportation from the EEC is provided.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$27 Non-resident fee: \$37
2EE606 W 12/28 8 a.m.-5 p.m. 13 yrs+

PERALTA TRAIL EXCURSION (DIFFICULTY=4)

Fremont saddle boasts beautiful views of Weaver's Needle and the Superstitions. Visitors will enjoy five to six miles of varied terrain, terrific views and useful insight to the canyons' complex volcanic origin. An alternate return route will take us past Geronimo's Cave and introduce participants to some off trail route finding skills. You'll sleep well after this hike.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$19 Non-resident fee: \$26
2EE608 W 1/11 8 a.m.-3 p.m. 12 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. On this guided walk you will see these beautiful creatures in their natural habitat.

Instructor: Krys Hammers

Location: Environmental Education Center

Resident fee: \$6 Non-resident fee: \$9
2EE223 Th 2/2 6:45-7:45 p.m. 16 yrs+

SAGUAROS – GIANTS OF THE DESERT – EXCURSION

Join us for this informative hike at Saguaro National Park in Tucson, where we will learn why Saguaros are the largest cacti found in the US and a landmark of the Southwest. Bring plenty of water and snacks and wear comfortable shoes and clothing to meet any weather conditions.

Transportation included.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$27 Non-resident fee: \$37
2EE734 Sa 2/11 8 a.m.-4 p.m. 8 yrs+

SKI AND SNOWBOARD EXCURSION (DIFFICULTY=2)

Whether it's your first time, or you're an expert, let's shred some powder at Arizona Snowbowl. Transportation and rental equipment is provided. Winter clothing will be up to you. Our staff will help beginners learn to fall with style.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$69 Non-resident fee: \$94
2EE607 W 1/4 6:30 a.m.-7:30 p.m. 12 yrs+

SLEDDING TRIP ON MT. LEMMON EXCURSION (DIFFICULTY=2)

Capture that classic winter childhood memory of playing in the snow and sledding down the slopes. Transportation is included to Mt. Lemmon. Let us share some premium sledding spots. We have a few sleds for you to use or you can bring your own.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$22 Non-resident fee: \$30
2EE604 Sa 12/17 8-3 p.m. 8 yrs+

SUPERSTITIONS BACKPACKING EXCURSION (DIFFICULTY=4)

The Superstition Mountains are beautiful and surprising. This is a great introduction into backpacking. It's also a great way to bond with friends and family. Our guide staff will show you the way and teach skills you'll remember for next time. Students younger than 18 must be accompanied by an adult. Pre-trip meeting and physical test is on Friday, 2/3 from 4-5 p.m.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$123 Non-resident fee: \$167
2EE611 F-Su 2/10-2/12 8 a.m.-3 p.m. 14 yrs+

TOM'S THUMB EXCURSION (DIFFICULTY=3)

This popular guided hike is a must see for AZ Locals. Tom's Thumb Trail is a four-point-three-mile out and back trail that features beautiful wild flowers and is rated as moderate. Dogs are allowed to attend but must be kept on leash and under control. It is common to see falcons in this area as they often nest on Tom's Thumb.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$19 Non-resident fee: \$26
2EE603 Th 12/8 8 a.m.-2 p.m. 14 yrs+

TOURING ARIZONA'S VINEYARDS – EXCURSION

Did you know that the Verde Valley boasts some of the finest wine production in Arizona? This trip visits Page Springs Cellars in Cornville AZ, a family-owned winery and vineyard tucked into the volcanic landscape overlooking pristine Oak Creek Canyon and its local wildlife. Registration covers round-trip transportation from the Environmental Education Center to Page Springs Cellars as well as a guided tour at the vineyard. Adults 21 and older may enjoy wine tasting for an additional \$6 paid to the Vineyard.

Instructor: Recreation Staff

Optional wine tasting fee: \$6

Depart from: Environmental Education Center

Resident fee: \$28 Non-resident fee: \$38
2EE730 Su 2/19 9 a.m.-5 p.m. 8-12 yrs

Resident fee: \$43 Non-resident fee: \$59
2EE730A Su 2/19 9 a.m.-5 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. On this guided walk you will see these beautiful creatures in their natural habitat.

Instructor: Krys Hammers

Location: Environmental Education Center

Resident fee: \$6 Non-resident fee: \$9
2EE224 Th 1/5 6:45-7:45 p.m. 16 yrs+

ZIP LINE TOUR EXCURSION (DIFFICULTY=1)

Experience the wind ripping through your hair on a thrill ride over nature's wildest predators including lions, tigers, servals, leopards, and bears. Transportation from the EEC and all admission fees are included. Guide gratuity is not included. You must weigh between 60 and 275 pounds to ride. Students younger than 12 years must be accompanied by an adult.

Instructor: Recreation Staff

Depart from: Environmental Education Center

Resident fee: \$80 Non-resident fee: \$108
2EE602 Sa 12/3 8 a.m.-3 p.m. 8 yrs+

TEEN & ADULT CLASSES

Sports & Fitness

ARCHERY I – BEGINNER

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
 2SN322 Sa 1/14-2/25* 9-10 a.m. 8 yrs+
 *No class 2/4

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. Toug by USA archery certified women coaches. Equipment is provided.

Instructor: Sandra Reynolds Instructor fee: \$50 Supply fee: \$0
 Location: Paseo Vista Park, Archery Range 3850 S. McQueen Rd. (north side of park)
Resident fee: \$14 Non-resident fee: \$19
 2SN324 W 11/30-12/21 11 a.m.-noon 18 yrs+
 2SN325 W 2/1-2/22 11 a.m.-noon 18 yrs+

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
 2SN323 Sa 1/14-2/25* 10:30-11:30 a.m. 8 yrs+
 *No class 2/4

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: \$45 Supply fee: \$0
 Location: Community Center, Room 111
Resident fee: \$13 Non-resident fee: \$18
 2CC037 Th 1/12-2/23 7-8 p.m. 16 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
 2TW115 W 12/7-12/28 5:30-6:30 p.m. 13 yrs+
 2TW116 W 1/4-1/25 5:30-6:30 p.m. 13 yrs+
 2TW117 W 2/1-2/22 5:30-6:30 p.m. 13 yrs+

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. Space is limited. Reserve your spot today!

Instructor: Ryan Hookala, NASM Certified Personal Trainer, MFA
 Location: Tumbleweed Recreation Center, Dance Studio
Resident fee: \$42 Non-resident fee: \$57
 2TW101 M 1/2-2/27 4:30-5:30 p.m. 18 yrs+
 2TW102 M 1/2-2/27 5:30-6:30 p.m. 18 yrs+
 2TW103 M 1/2-2/27 6:30-7:30 p.m. 18 yrs+
 *No class 1/16 & 2/20

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

BOX AND BURN

This class is a combination of boxing type drills, cardio, strength, body weight and core. This class is designed to create strong, lean, agile, flexible and sculpted bodies with the overall goal of becoming fit in a short amount of time. Come and experience this fat blasting, cutting-edge workout and jab, cross, hook and uppercut your way to a fitter you! Space is limited. Reserve your spot today!

Instructor: Tumbleweed Personal Trainer

Location: Tumbleweed Recreation Center, Dance Studio

Resident fee: \$48

Non-resident fee: \$65

2TW107 M/F 12/5-12/30 9-10 a.m. 18 yrs+

2TW108 M/F 1/2-1/27 9-10 a.m. 18 yrs+

2TW913 M/F 2/6-3/3 9-10 a.m. 18 yrs+

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+

CORE FUSION BARRE

In this class, we will stretch, tone, strengthen, and lengthen your muscles all while sculpting and conditioning your whole body.

Instructor: Kathi Thompson Instructor fee: \$45 Supply fee: \$0

Location: Community Center, Room 111

Resident fee: \$13

Non-resident fee: \$18

2CC036 W 1/11-2/22 7-8 p.m. 16 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: \$40 Supply fee: \$0

Location: Community Center, Room 111

Resident fee: \$11

Non-resident fee: \$15

2CC046 M 1/9-2/27* 6-7 p.m. 16 yrs+

*No class 1/16 & 2/20

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 from 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+

TEEN & ADULT CLASSES



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: \$13	Non-resident fee: \$18		
2CC059	Sa	1/7-1/28	9-9:45 a.m. 10 yrs+
2CC060	Sa	2/4-2/25	9-9:45 a.m. 10 yrs+
Location: Chandler Community Center, Outdoor Courtyard			
2CC061	W	12/7-12/28	6:30-7:15 p.m. 10 yrs+
2CC062	W	1/11-2/1	6:30-7:15 p.m. 10 yrs+
2CC063	W	2/8-3/1	6:30-7:15 p.m. 10 yrs+

RISE-N-SHINE BOOT CAMP

Wake up your body and stretch your physical limits. This program provides a complete, whole body cardio and strength workout that will leave you feeling both accomplished and exhilarated. Whether you're looking to improve your performance or simply want to get healthy and fit, this unique small group personal training program will help improve your health and fitness and keep you injury free!

Instructor: TRC Personal Trainer

Location: Tumbleweed Recreation Center, Group Exercise Studio

Resident fee: \$26	Non-resident fee: \$36		
2TW119	W	12/7-12/28	6-7 a.m. 18 yrs+
2TW120	W	1/4-1/25	6-7 a.m. 18 yrs+
2TW121	W	2/1-2/22	6-7 a.m. 18 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		
2EE601	W	1/18-2/15	5-7 p.m. 12 yrs+

ROCK CLIMBING COURSE FOR INTERMEDIATE CLIMBERS (DIFFICULTY=1)

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		
2EE650	W	1/18-2/15	5-7 p.m. 12 yrs+

TEEN TRAINING BOOT CAMP

Through inspiring and encouraging workout sessions, you will gain overall strength, cardiovascular endurance, agility, flexibility, speed, team-building skills and confidence. Improve your fitness or sports performance and learn good habits that can last a lifetime. Space is limited. Reserve your spot today!

Instructor: Gael Tambe-Ebot, ACSM Certified Personal Trainer

Location: Tumbleweed Recreation Center, Fitness Center

Resident fee: \$26	Non-resident fee: \$36		
2TW918	Sa	12/3-12/24	11 a.m.-noon 13-17 yrs+
2TW919	Sa	1/7-1/28	11 a.m.-noon 13-17 yrs+
2TW920	Sa	2/4-2/25	11 a.m.-noon 13-17 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: \$45 Supply fee: \$0

Location: Community Center, Room 111

Resident fee: \$13	Non-resident fee: \$18		
2CC044	Tu	1/10-2/21	6-7 p.m. 16 yrs+
2CC045	Th	1/12-2/23	6-7 p.m. 16 yrs+

TUMBLEWEED RECREATION CENTER FITNESS CENTER PROGRAMS

FIT START ORIENTATION - A \$99.00 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

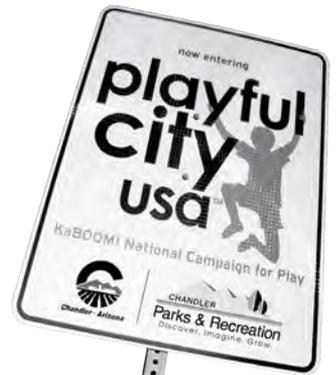
Did you know that changing your fitness routine helps to prevent a workout plateau? Fit-N-Fab in Five is designed to help "kickstart" your body and give it the boost it needs to achieve results! Train twice a week for five weeks with an accredited certified fitness professional who understands these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



WEEKEND WARRIOR 5 STAR BOOT CAMP NEW!

There's nothing like a boot camp class to rev up your workout and pump up your weekend! Our expert trainer, Gael, will push you beyond your limits and help you reach your fitness and or weight loss goals. Class will be held outdoors and indoors. No cookie cutter program here. This boot camp class is suitable for all fitness levels. Reserve your spot today!
 Instructor: Gael Tambe-Ebot, ACSM Certified Personal Trainer
 Location: Tumbleweed Recreation Center, Fitness Center

Resident fee: \$26	Non-resident fee: \$36		
2TW127	Sa	12/3-12/24	9-10 a.m. 18 yrs+
2TW128	Sa	1/7-1/28	9-10 a.m. 18 yrs+
2TW129	Sa	2/4-2/25	9-10 a.m. 18 yrs+

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 Instructor fee \$45 Supply fee: \$0
 Location: Community Center, Room 110

Resident fee: \$13	Non-resident fee: \$18		
2CC093	Tu	12/6-2/28	5:15-6:15 p.m. 16 yrs+
2CC094	W	12/7-2/22	5:15-6:15 p.m. 16 yrs+
2CC095	Sa	12/17-2/25	8-9 a.m. 16 yrs+
2CC096	Sa	12/17-2/25	9:15-10:15 a.m. 16 yrs+



Saturday, FEBRUARY 11, 2017 • 11 a.m.
 Show your support and **WEAR RED** to the ZUMBA® HEART AWARENESS EVENT to be entered in a drawing for prizes. Join us for a ZUMBA® class to show your support for GO RED awareness and exercise your heart! Go Red For Women works to gain equal support for women in the study, prevention and treatment of heart disease.

NO REGISTRATION REQUIRED!
 Classes are a part of daily admission or monthly/annual membership.




Yoga, Pilates, T'ai-Chi & Meditation

BALLET, YOGA & PILATES COMBO

Improve posture, relieve back pain, and tone muscles with this gentle, but effective combination class. Classical ballet barre, pilates, and yoga combined with emphasis on back and core strength. Bring yoga mat and water, ballet slippers optional.

Instructor: Sheila Evans

Location: Community Center, Room 110

Resident fee: \$26	Non-resident fee: \$36		
2CC054	M	12/5-1/16*	6:30-7:45 p.m. 18 yrs+
2CC055	M	1/23-2/27	6:30-&:45 p.m. 18 yrs+

*No class 12/26

EVENING YOGA FLOW

This class is suitable for beginner and advanced practitioners alike. Emphasis will be on the basic yoga postures, but more advanced postures will be added as needed to challenge the students. This class includes meditation, strength, flexibility and balance elements. 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		
2EE229	Tu	1/10-1/31	6:30-7:30 p.m. 12 yrs+
2EE230	Tu	2/7-2/28	6:30-7:30 p.m. 12 yrs+

MORNING PILATES

Start your day off right and join us for a morning of pilates! We will be performing exercises to develop strength, flexibility, and balance using a system that engages the mind and condition the whole body.

Instructor: Kathi Thompson Instructor fee: \$40 Supply fee: \$0

Location: Community Center, Room 111

Resident fee: \$11	Non-resident fee: \$15		
2CC041	W	1/11-2/22	8-9 a.m. 16 yrs+
2CC042	F	1/13-2/24	8-9 a.m. 16 yrs+

MORNING YOGA FLOW

This class is suitable for beginner and advanced practitioners alike. Emphasis will be on the basic yoga postures, but more advanced postures will be added as needed to challenge the students. This class includes meditation, strength, flexibility and balance elements. Bring a mat or beach towel.

Instructor: Jackie Pinho Instructor fee: \$36 Supply fee: \$0

Location: Environmental Education Center

Resident fee: \$10	Non-resident fee: \$14		
2EE231	M	1/9-2/27*	9-10 a.m. 12 yrs+

*No class 1/16 & 2/20

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: \$45 Supply fee: \$0

Location: Community Center, Room 111

Resident fee: \$13	Non-resident fee: \$18		
2CC043	Tu	1/10-2/21	7-8 p.m. 16 yrs+

YOGA: LEVEL 1

Are you looking for a class that focuses on stretching, breath work and increasing your flexibility? This is the class for you. This is a hatha yoga style class designed to introduce slowly to the benefits of yoga and stretching. Please bring your own mat.

Location: Snedigar Recreation Center, Room 503

Instructor: Deborah Althoff

Resident fee: \$9	Non-resident fee: \$13		
2SN328	Tu	12/6-12/13	6:15-7:15 p.m. 13 yrs+
Resident fee: \$19	Non-resident fee: \$26		
2SN329	Tu	1/3-1/31	6:15-7:15 p.m. 13 yrs+
Resident fee: \$16	Non-resident fee: \$22		
2SN330	Tu	2/7-2/28	6:15-7:15 p.m. 13 yrs+

YOGA FOR STRESS RELIEF

Breathing techniques, basic yoga poses and stretches will leave you feeling refreshed and renewed. No previous yoga experience required. Bring your own yoga mat and small towel.

Instructor: Deborah Althoff

Location: Snedigar Recreation Center, Room 503

Resident fee: \$9	Non-resident fee: \$13		
2SN331	W	12/7-12/14	6:15-7:15 p.m. 13 yrs+
Resident fee: \$16	Non-resident fee: \$22		
2SN339	W	1/4-1/25	6:15-7:15 p.m. 13 yrs+
2SN332	W	2/1-2/22	6:15-7:15 p.m. 13 yrs+



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 74 or call 480-782-2906.