Registration begins December 10; classes begin January 7 unless noted otherwise within class descriptions.
To view a list of class location abbreviations, see page 2.
or visit www.tempe.gov/brochure.

These programs are designed for children and adults with intellectual disabilities. Individuals may register for programs at the Recreation Division Office, 3500 S. Rural Road. If you require special accommodations for these or additional City of Tempe programs, contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469; for TDD, call 350-5050.

L.E.A.P. After-School Program

L.E.A.P. is the Lifeskill Enrichment After-School Program, an after-school program for high school students with developmental disabilities in the Tempe Union High School District. The program follows the 2012-13 school year calendar and takes place at Marcos de Niza High School Mondays through Fridays until 6 p.m.; transportation is provided to the program site from the student's school. We are a DDD authorized provider; contact your case manager for authorization. Please contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469, or Josh_Bell@tempe.gov, for more information regarding the program and registration.

Health & Fitness

Yoga

This class is designed to introduce students to basic sitting and standing yoga poses that help to increase flexibility, improve balance and stretch the body. Simple breathing and relaxation techniques will be taught to all students. Additional techniques will be taught based on student's ability level. Those requiring assistance must come with their own aide. No classes 1/21 or 2/18.
Fee: $18. 480-858-2469

33149	13 yrs+	M	1/14-3/18*	4-5 p.m.	PAC

Zumba

Zumba is a high-energy, cardio workout that incorporates unique moves with upbeat Latin and international music. This class is designed for all experience levels and helps participants reach health goals by using easy-to-follow dance steps in a fun environment! Individuals must be independently mobile to participate. Those needing extra supervision must provide their own aide.
Fee: $18. 480-858-2469

33150	13 yrs+	T	1/23-3/13	4-4:45 p.m.	PAC

Friday Night Social Activities

Bingo

Bingo prizes include various small items, food/consumable items and grand prizes (typically gift cards or other larger items). Those requiring assistance must come with their aide.

When: March 1
Time: 6:30-8 p.m.
Where: Pyle Adult Center, 655 E. Southern Avenue
Fee: $3 at the door

Fabulous Friday Dances

Come out to our monthly, themed dances and boogie woogie on the dance floor! Dances are held for individuals with disabilities, ages 13 and older. Visit our website at www.tempe.gov/adaptedrecreation to learn the theme of the dance.

When: January 11, February 8, March 8
Time: 6:30-9 p.m.
Where: Edna Vihel Center, 3340 S. Rural Road
Fee: $4; includes admission, drinks, snacks and entry into door prize drawing.

Karaoke and Game Night

Come and sing your favorite tunes, play some Nintendo Wii, pool, ping-pong and other games! We have a selection of karaoke music to choose from, or you can bring your own music on a CD or mp3 player. Those requiring assistance must come with his/her own aide.

When: January 4
Time: 6:30-8:30 p.m.
Where: Pyle Adult Center, 655 E. Southern Avenue
Fee: $3 at the door

Sports

Team Tempe Special Olympics

Youth (8 yrs+) and adults with intellectual disabilities are invited to join Special Olympics Arizona to learn sportsmanship and teamwork while achieving their personal goals. For more information, contact Josh Bell, Adapted Recreation Coordinator, at 480-858-2469 or visit our website at www.tempe.gov/adaptedrecreation.

A Special Olympics Medical Release Form signed by a medical examiner (good for three years) is required for all athletes to participate, as well as a City of Tempe registration form. Visit www.tempe.gov/adaptedrecreation for registration information and to download medical consent forms.

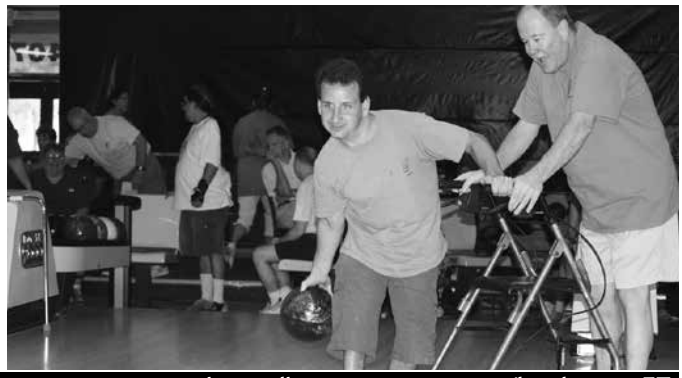
Winter Sports

Basketball: Saturdays, December to March
Cheerleading: Saturdays, January to March
Speed Skating: Mondays, December to February

Summer Sports

Kayaking: Tuesdays, March to April
Powerlifting: Saturdays, February to April
Tennis: Wednesdays, February to April
Track and Field: Mondays, February to April
Volleyball: Saturdays, February to April

Buddy Bowling Unified Bowling League

This is a fun, unified bowling program that provides a great way for athletes with and without disabilities to participate together!

Location: AMF Tempe Village Lanes
Dates: January 19 – March 30
Time: 9:00 a.m.
Who: 7 yrs+
Fees: $20 registration fee plus $8 each week for three games, shoes, and end-of-season league prizes