

August 2018

## Fall for a Favorite Activity and New Routine

We know fall as a time of change in Tempe. When the scorching heat of the bold summer sun finally fades and students of all ages buy fresh pens and notebooks to tackle a new school year. Follow fall's example and make a change in the life of you and your family.

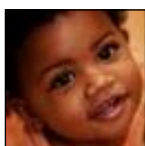
Whether you are looking to change your fitness level and physique, learn a new language or skill or improve your talents, [Tempe Recreation](#) has just the class you need.

The fall [Tempe Opportunities brochure](#) is now available online and in city facilities. It is jam-packed with classes for all ages, stages and abilities, at convenient times and locations and affordable prices.

Tempe residents can begin registering for hundreds of new and continuing programs this Monday, Aug. 13. Non-resident registration starts the following Monday, Aug. 20. Most classes begin the first week of September. Here's a snap shot of a few activities.



### CHECK OUT FALL PROGRAMS FOR ALL AGES



#### Tots

If your toddler loves to move and groove, *Toddler Twinkle Toes* is the class for them. They'll listen to music and learn energetic movements that will bring out their inner dancer. Tots learn the basics of karate in a nurturing environment in *Martial Arts Little Tykes*

*LIM Karate*. Class emphasis is on building character, practicing good manners and body awareness while learning how to actively listen and follow directions. Kick start your toddlers' day with a variety of sports programs that focus on physical movements and social exploration, including *Sportball First Steps in Sports* and *Escalante Indoor Tots Soccer Academy*.



Geared for both boys and girls, *A-1 Baseball/Softball JetHawks T-Ball* will teach children the basics of throwing, hitting, fielding and base running. Young All-Stars learn the fundamentals of the game while working on sportsmanship and teambuilding in *Small Ball Hoops Grades K-3*, *Youth Hoops Grades 4-5* and *Small Ball Flag Football Grades K-5*. Older children continue to develop skills and techniques while learning advanced strategies and plays in



#### Youth

## FALL PROGRAMS FOR ALL AGES (CONTINUED)



*Youth Hoops Grades 6-8 and Flag Football Grades 6-8.* Budding engineers will have a blast designing, building and mechanizing simple structures and bots, and working as a team to team in an epic robo battle bot challenges in *STEAM and Robotics Robo Frenzy*. Hone skills and improve your aim, focus and concentration in *Archery 101*, so you're sure to hit the bullseye every time.



### Teens

Enjoy the excitement and challenge of *Rock-Climbing: Climbers only for Teens*. Students will develop strategic climbing skills while building upper and lower body strength. Move to the top of the neighborhood babysitter list by becoming certified in the *Babysitter & Childcare Safety Training Plus CPR/AED/FA*. Participants will learn how to respond to an emergency and care for children with confidence. Be adventurous and join *Tempe Town Lake Junior Rowing Team*. Athletes will have fun while meeting new friends. No experience is necessary.



Combat the upcoming holiday treats with *Exercise: 20/20/20 Fitness Express* and get a complete overall body workout consisting of 20 minutes cardio, 20 minutes strength training, and 20 minutes stretching. Let go of the day and calm your mind while improving strength and flexibility in one of the 20 plus Yoga classes offered this fall. Be sure to check out the newest ones including *Ease Your Pain, Soothing Spine and Engage your Senses*. Learn the basics of jewelry making in *Jewelry: Basics* and create



### Adults

your own one-of-a-kind treasures. In *Passport to Spanish* participants receive a casual introduction to Spanish with a focus on reading and speaking.



### Adults 50+

Get fit while having fun dancing in our *Line Dance and Tap Dance* classes. No experience is necessary, and a continuum of classes are available. Learn the beauty behind color theory and basic painting techniques in *Acrylic and Oil Painting*. Workout in a small group setting for an hour at Escalante Community Center in *Adult Fitness*.





## FALL PROGRAMS FOR ALL AGES

In partnership with Special Olympics Arizona, Tempe is excited to offer several programs throughout the year for youth (ages 8 years +) and adults with intellectual disabilities. Athletes create new friendships, build skills and learn sportsmanship. All skill levels are invited to participate. *Special Olympics Bowling* begins on Aug. 18 and *Special Olympics Golf* tees off on Aug. 21.



**Adapted**



**Aquatics** Swimmers of all ages looking to learn how to swim or brush-up on their technique can find just the right lesson in Tempe. Children as young as 8-months old can begin to learn swim-readiness skills in parent-assisted lessons and little swimmers ages 3 and older who are ready to learn independently can participate in *Swim School* or *Stroke School Lessons*. Lessons are also available for adults of all skill levels.



Looking for a fun adventure for the whole family? Learn to juggle in *Jugglemania*. Glow and glide across Tempe Town Lake in one of the *Glow Paddles* offered in September and October. Cool off in open swim at Escalante and McClintock outdoor pools now through Labor Day. For fees and hours visit [www.tempe.gov/pools](http://www.tempe.gov/pools).



**Families**

## READY TO REGISTER? HERE'S HOW:

**Ready to register? Here's how:**

1. Online at [www.tempe.gov/brochure](http://www.tempe.gov/brochure)
2. In-person at one of the following City of Tempe facilities:  
[Recreation Administration Office](#), [Edna Vihel Art Center](#), [Escalante Community Center](#), [Kiwanis Recreation Center](#), [Pyle Adult Recreation Center](#) or [North Tempe Multi-Generational Center](#)
3. Fax in a registration form with credit card number to 480-350-5058.
4. Mail your registration to:  
Tempe Recreation Class Registration, 3500 S. Rural Rd., Suite 201, Tempe, AZ, 85282

## BACK-TO-SCHOOL WAVES



Catch a wave every weekend now through Labor Day at the [Kiwaniis Wave Pool](#). The indoor heated pool features 3' waves in varying patterns, has a zero-depth entry and a 127' long and 15' tall double spiral water slide and splashdown pool.

Admission is \$5 for youth ages 2-12 and \$7 for ages 13 and older.

Waves are currently rolling from 1–5 p.m. on Saturdays and Sundays through Sept. 2 and from 1-5 p.m. on Monday, Sept. 3.

## REC PLAYMAKERS - CREIGHTON'S NEWEST BLUEJAY

This fall, Bernadette “Bernie” Lyons will glide into Creighton University in Omaha, Nebraska on a rowing scholarship and become a Bluejay. Bernie began rowing with the City of Tempe in 2016 and instantly fell in love. Pushing herself mentally and physically became second nature as she helped lead her team and others. Bernie enjoyed the team aspect of the sport and being able to make new friends throughout the program.



In addition to her hard work on the Tempe Town Lake Junior Rowing Team, she also volunteered with Tempe’s Masters Rowing Program by steering the boats for the adult rowers. Bernie is excited to have the opportunity to work on her nursing degree while still being able to spend time on the water. Good luck Bernie!

## KID ZONE OFFERS EDUCATION AND ENRICHMENT

Four schools in the City of Tempe’s Kid Zone program are the first to be awarded full accreditation status from the [Arizona Center for Afterschool Excellence](#) (AzCASE). The newly accredited schools are: Aguilar, Fuller, Waggoner and Wood elementary schools. Kid Zone will begin the accreditation process this fall for its remaining schools.

Kid Zone offers a safe and structured environment for students to spend their out-of-school hours. Programs conveniently operate



on-site at Tempe schools, so students can

travel between their classroom and Kid Zone without ever leaving campus.

Curriculum includes STEM programs, cooking and nutrition, sports activities, arts and Homework Club. The program is DHS-licensed, DES-certified, and offers low staff-to-student ratios. Flexible schedule options and scholarships for qualified families make Kid Zone one of the most affordable options for quality before and after school care.

Visit [www.tempe.gov/KidZone](http://www.tempe.gov/KidZone) or call 480.350.5405 for more information.



## GET READY FOR KINDERGARTEN



Escalante's early education program offers a variety of structured educational activities for tots 2-5 years old. Curriculum focuses on the development of social, motor and cognitive skills in a fun, safe and active environment.

Registration is open. *Tiny Tots* and *Kinder Readiness* begin the first week of September. Call 480.350.5814 or visit [www.tempe.gov/escalante](http://www.tempe.gov/escalante) for more details.

## BE PART OF THE RECREATION TEAM

We are currently looking for some amazing individuals to join our Youth and Adult Sports Team. Positions have flexible schedules and offer competitive pay. If you are interested, please visit [www.tempe.gov/jobs](http://www.tempe.gov/jobs) to review the job descriptions and apply.

The following paid, part-time positions are available:

- Coaches – Youth: flag football and basketball
- Officials – Youth: flag football, basketball and softball;  
Adult: softball, soccer and flag football
- Site Sups – Youth and Adult sports
- Field Prep – Adult sports

We are also looking for volunteer coaches to assist in our Youth Sports leagues, including T-ball, softball, volleyball, football and basketball. Please visit [www.tempe.gov/volunteer](http://www.tempe.gov/volunteer) or call 480.350.5190 for more details.



PLAY. LEARN. LIVE. GROW.

[www.tempe.gov/recreation](http://www.tempe.gov/recreation)