

December 2018

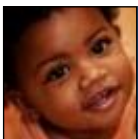
Time to start planning your new year!



The winter Tempe Opportunities brochure is bursting at the seams with new and continuing classes and programs for all ages, interests and abilities. Topics include exercise and fitness, educational programming, sports, music, art, dance and more. Quality programs are offered at convenient times and locations at affordable prices.

You can pick up the latest issue of the brochure at a City of Tempe facility, as well as view it online at tempe.gov/brochure. Tempe resident registration is now open. Non-Tempe resident registration begins at 9 a.m. on Monday, Dec. 17. Most classes and programs start the first week in January.

Here's a sample of some of the great programs available for you and your family this winter.



Tots (0-5 years)

If you think your child could be the next Michelangelo, check out *Exploring Sculpture; Parent/Child*, where participants will explore different types of media and develop new ideas of self-expression.

The fun isn't just for kids! Check out our Parent/Child classes. Toddlers will roll, bounce, balance, hop, jump and enjoy other safe motor development activities, including an obstacle course, in *Toddler Tumble Bugs*. Introduce your child to the art of yoga through fun and imaginative animal play poses in *Yoga: Parent/Preschooler* and *Yoga: Parent/Toddler*.





Youth (5-12 years)

For all the young artists at home, take a look at the drawing and painting classes including still life, flowers and animals. Students will learn different painting techniques as well as use watercolors, pastels and many other types of media. Use that creative energy and make your own tie-dye materials with *Tie-Dye*, where you will learn basic skills, tips and practical techniques.



Some of the newest classes offered this winter are *Robotics* and *Video Game Design* for all the tech-lovers out there. Learn the basics of electrical engineering and coding in these classes. *Zine Machine*, a workshop for students to learn about the history of self-publication, will also help students create their very own Zines.

Winter is a great time to stay active with City of Tempe Youth Sports, including Small Ball, Youth Hoops, soccer, junior golf and LadyHawks softball. Leagues are available for players of all skill levels. Register today and don't miss out on this opportunity!



Teens (12-18 years)

Taking high-quality pictures is an important skill and entertaining hobby. Enroll in *DSLR Photography* to review camera operations and settings, learn about types of photography, shutter speed, exposure, composition, lighting, focal point and depth of field.

Stay active and healthy with *Rock Climbing; Climbers Only for Teens*, where you will build self-confidence while enjoying the excitement and challenge of rock climbing in an indoor, safety-oriented environment. Class includes climbing, bouldering, rappelling, belaying and safety-awareness.



Don't miss *Zumba® Fitness*, a high-energy cardio workout that incorporates unique moves with sizzling Latin dance music. Zumba maximizes caloric output with fat-burning movements and easy-to-follow dance steps.



Adults (18+ years)

Do you like crafts and DIY projects? Check out *Modern Macrame*, where you will learn a variety of knots and patterns with instructor-led projects including wall hangings, plant hangers and more. You also won't want to miss *Knitting; Beginning*, a new class offered this winter, where you will learn how to read patterns and discover new projects.

Ease the stress of the holiday season with *Practical Meditation*, a new class that



introduces different ways to practice. Each class includes secular meditation practices, origin information and hands-on practice. The City of Tempe offers a wide variety of yoga and fitness classes for all ages and skill levels, including *ABC's of Yoga*, *Level-Up*, *Neck/Spine/Posture*, *Unwind*, and *Nightcap Nidra*.

City of Tempe Adult Sports offers a variety of sports leagues for ages 18 and older that accommodates all play styles and competitive skill levels. Whether you are looking for a fun recreational experience, a fun way to be active and exercise, or wanting a more competitive experience, there is a league for you. For more information and to register, visit tempe.gov/AdultSports, call 480-350-5249 or e-mail adultsports@tempe.gov. There are several adult sports leagues offered this season, including basketball, soccer, softball and flag football.



Adults 50+

Create something new and learn about art theory in *Art for Beginners* or work with a new medium in *Pastel Painting*.

If you want to stay active, enroll in *Tap Dance*, which has different classes for beginning, intermediate and performance levels. You can also check out *Tai Chi*, *Zumba*, and a variety of yoga classes.





Tennis



The tennis courts at Kiwanis Recreation Center will be opening this winter, so pick up your raquet and register today. Kiwanis has been recognized by the United States Tennis Association (USTA) as one of the outstanding public tennis facilities in the country and offers a full-range of programs and playing opportunities for all ages and ability levels. Classes range from all abilities and ages.



Adapted Rec

In partnership with Special Olympics Arizona, Tempe is excited to offer several programs throughout the year for individuals (8-years and older) who have intellectual disabilities.

Athletes will create new friendships, build skills and learn sportsmanship. All skill levels are welcome. *Basketball* and *Cheerleading – Traditional and Unified* are both underway, but athletes can join.



Basketball Skills and *Buddy Bowling* begin Jan. 5, just in time to kick off the new year.

READY TO REGISTER? HERE'S HOW:

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1. Online at www.tempe.gov/brochure
2. In-person at one of the following City of Tempe facilities: [Recreation Admin 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



PLAY. LEARN. LIVE. GROW.

www.tempe.gov/recreation