

GLENDALE

SPRING 2017
JAN. / MARCH

@PLAY

NEW! ADULT SPORTS LEAGUES @ FRAC

PAGE 21-22

CHECK OUT GLENDALE'S NEW ARCHERY RANGE

PAGE 23

BE HEALTHIER, HAPPIER THIS HOLIDAY SEASON

PAGE 31

JANUARY 7

The Glendale
Glitter & Glow
Block Party
Rocks Downtown
Glendale



FEBRUARY 3-5

The Glendale Chocolate Affaire is the sweetest event in town with confections galore and much more!

CALENDAR OF EVENTS

DECEMBER

GLENDALE JINGLE BELL ROCKIN' NIGHTS

December 2-3 | 6 - 10 p.m.

Historic Downtown Glendale

The holiday magic continues with more events in downtown Glendale, each Friday and Saturday, from 6 - 10 p.m., Dec. 2 - 17. 623-930-2299 | glendaleaz.com/events

GLENDALE FARMERS MARKET

December 3 & 17 | 8 a.m. - 12 p.m.

First United Methodist Church Parking Lot (7102 N. 58th Dr.)

623-930-4500 | visitglendale.com

GLENDALE WINTER WONDERLAND

December 9-10 | 6 - 10 p.m.

Historic Downtown Glendale

623-930-2299 | glendaleaz.com/events

SANTA'S WORKSHOP

December 10 | 10 a.m. - 12 p.m.

Foothills Recreation and Aquatics Center (5600 W. Union Hills Dr.)

623-930-4600 | glendaleaz.com/parksandrecreation

GLENDALE SPIRIT OF GIVING WEEKEND

December 16-17 | 6 - 10 p.m.

Historic Downtown Glendale

623-930-2299 | glendaleaz.com/events

JANUARY

GLENDALE & GLOW BLOCK PARTY

January 7 | 4 - 10 p.m.

Historic Downtown Glendale

623-930-2299 | glendaleaz.com/events

GLENDALE FARMERS MARKET

January 14 & 28 | 8 a.m. - 12 p.m.

First United Methodist Church Parking Lot (7102 N. 58th Dr.)

623-930-4500 | visitglendale.com

MLK DAY OF SERVICE

January 14 | 9 a.m. - 12 p.m.

Historic Sahuaro Ranch Park (9802 N. 59th Ave.)

623-930-2044 | glendaleaz.com/volunteer

FEBRUARY

GLENDALE CHOCOLATE AFFAIRE

February 3-5 | Friday: 5 - 10 p.m.

Saturday: 10 a.m. - 10 p.m.

Sunday: Noon - 5 p.m.

Historic Downtown Glendale

623-930-2299 | glendaleaz.com/events

GLENDALE FARMERS MARKET

February 11 & 25 | 8 a.m. - 12 p.m.

First United Methodist Church Parking Lot (7102 N. 58th Dr.)

623-930-4500 | visitglendale.com

ANTIQUE ENGINE & TRACTOR SHOW

February 11 - 12 | 9 a.m. - 4 p.m.

Historic Sahuaro Ranch Park

623-435-3955 | aedgeta.org

CITYWIDE GLENDALE'S 11TH SERVE DAY

February 18 | 8 a.m. - 1 p.m.

623-930-2044 | glendaleaz.com/volunteer

GLENDALE DAY AT CAMELBACK RANCH (OPENING DAY)

February 25 | 1:05 p.m.

Camelback Ranch-Glendale Spring Training Facility

623-930-4500 | visitglendale.com

MARCH

GLENDALE FARMERS MARKET

March 11 & 25 | 8 a.m. - 12 p.m.

First United Methodist Church Parking Lot (7102 N. 58th Dr.)

623-930-4500 | visitglendale.com

ANNUAL PARIS IN THE SPRING FRENCH MARKET

TBD | 10 a.m. - 4 p.m.

Historic Downtown Glendale

623-930-4500 | visitglendale.com

GLENDALE FOLK & HERITAGE FESTIVAL

March 18-19 | 10 a.m. - 5 p.m.

Historic Sahuaro Ranch Park

623-930-2299 | glendaleaz.com/events

APRIL

1 & 3

NCAA Men's Final Four

Glendale is proud to welcome the NCAA Men's Final Four at University of Phoenix Stadium! Stay tuned for all the latest news related to the festivities, plus special community events right here in Glendale by checking our website glendaleaz.com/FinalFour2017.cfm.

Contact Us

City of Glendale Public Facilities, Recreation & Special Events Department

Erik Strunk, Director

5970 W. Brown St.
Glendale, AZ 85302

623-930-2820

glendaleaz.com/parksandrecreation

glendaleaz.com/events

glendaleciviccenter.com

visitglendale.com

Connect to our various social media outlets through the above websites.

Residency

To verify your residency in Glendale you must provide a recent city of Glendale water bill. While your address may list your city as Glendale, the Post Office assigns addresses based on zip codes, not city boundaries. If you receive city of Glendale water service, you reside in Glendale.

Advertising

For advertising information, call 623-930-3527. Advertising contained herein does not constitute an endorsement by the city of Glendale or its staff. Information in this publication is subject to change without notice.

CAPRA



Glendale Parks and Recreation is Nationally Accredited. The Glendale Parks and Recreation Department became one of only 139 agencies in the world

to have received national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA). CAPRA provides quality assurance and quality improvement of accredited park and recreation agencies throughout the United States. CAPRA is the only national accreditation of park and recreation agencies, and is a valuable measure of an agency's overall quality of operation, management, and service to the community.

Disclaimer Notice

Participants should be aware that there is some risk involved in these activities and all participants do so at their own risk. Medical insurance is not provided by the city of Glendale. Participants should also be aware that photographs taken at city facilities, during classes and activities may be used to promote future city programs and events.

ADA



Interpreter assistance or reasonable accommodations for people with disabilities may be made available with a minimum 72-hour notice. For more

information, call 623-930-3554. Hearing impaired persons may use the Arizona Relay Service 1-800-367-8939.

A NOTE FROM THE EDITOR

Welcome to a new Glendale @ Play Magazine!

A new year means a makeover for your Glendale @ Play Magazine. Not only are we bringing you the scoop on all of the recreational opportunities at our recreation centers and parks across the city, but also we're now incorporating citywide festivals and other downtown events so your calendar will always be full of friends and family, fitness and fun. On top of that, we've added some informational articles to give you more insight into these areas. In this issue, read about Glendale's new archery range, which opened on Oct. 15, plus some tips for keeping your health and happiness a priority during the most stressful time of year.

We invite you to read our new magazine and let us know what you think! There are plenty of ways to connect with us – see our social media and other contact information to your left. Thank you for reading!

Some other new features you will find in this issue:

- Color-coded sections to find what you're looking for quickly
- Plenty of pictures to give you a better look at what we're all about
- Easier to read class registration information (see below)

MONTH	Class Name
Date	Class Code
	Time
	# of Classes & Days
	\$ RESIDENT / \$ NON RESIDENT

(Age) Class Description

Instructor: Name

Location: Facility - Room (or Room #)

*Charts are used for multiple class offerings.

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Green Living Series

Glendale Main Library | 5959 W. Brown St.

Free classes to help residents create a more water & energy efficient home.



Sat. | Feb. 4 | 10 a.m. to Noon

Desert Edibles

The Sonoran Desert is one of the most ecologically diverse deserts in the world with more than 2,000 native plant species. At one time, many of these plants were important sources of food and medicine for indigenous people. Get a whole new appreciation for desert-adapted plants by learning about which ones are good to eat.

**Please keep in mind that information shared in this class does not constitute medical or dietary advice.*



Wed. | Feb. 22 | 6 to 7:30 p.m.

Cacti & Succulents for Desert Gardens

Get familiar with a wide variety of cacti and succulents that can add beauty and interest to your desert landscape. These plants are drought tolerant and low maintenance, yet provide a range of color, texture, and size – who could ask for more? Learn how to use them for maximum effect in your garden.



Sat. | Mar. 11 | 10 a.m. to Noon

Welcome Wildlife to Your Garden

Everyone needs a home and desert wildlife are no different. An emerging trend in urban gardening is a return back to our desert roots through the use of native plants and sustainable landscape practices. If you build it (habitat), they (wildlife) will come! Give desert wildlife a new lease on life and in your garden by creating a welcoming habitat.



Sat. | Apr. 8 | 9 to 11 a.m.

Irrigation Repair & Maintenance

Now is the time to do an irrigation check-up so that it's in tip-top shape for the long summer. An irrigation expert will cover basic irrigation repair and seasonal maintenance that will keep your system and plants happy all summer long.



Register at:

623-930-3760 or greenliving@glendaleaz.com

Find additional class information at
www.glendaleaz.com/WaterConservation/classesandeducation.cfm

Historic Downtown Glendale

★ RETRO / METRO ★

Nostalgic & New



**Make the scene in Historic Downtown Glendale
and dig on all we have to offer.**



*With everything from rustic and reclaimed to chocolate and schnitzel,
Historic Downtown Glendale is a destination that's uniquely retro and modernly metro.*



Marvel at the state's largest FREE holiday light display
with 1.5 million LED lights!
Sparkling nightly thru January 7th!

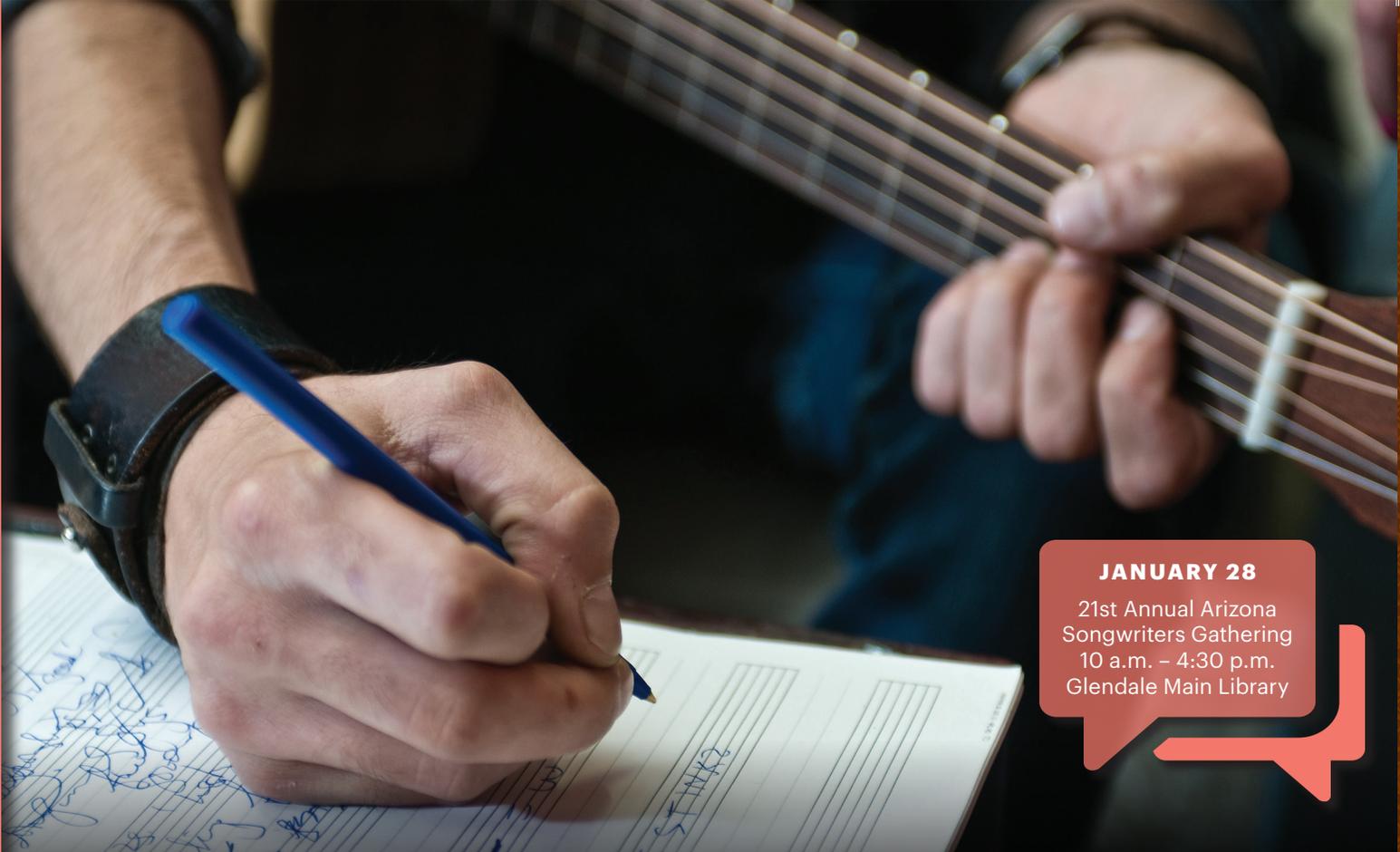
Bring this ad to the Glendale Visitor Center and pick up your free tote bag to fill with all your great finds.

VisitGlendale

A R I Z O N A

Glendale Visitor Center

5800 W. Glenn Drive, #140 | Glendale, AZ 85301 | 623.930.4500 | VisitGlendale.com | #VisitGlendaleaz



JANUARY 28

21st Annual Arizona
Songwriters Gathering
10 a.m. – 4:30 p.m.
Glendale Main Library

GLENDALE PUBLIC LIBRARIES *More than books, more than ever!*

Glendale Public Libraries offer a wide variety of **FREE** programming for **ALL** ages, from babies and children to teens and adults.
Storytimes | Hands-On Art Programs | Games | Job Searching Assistance | Musical Performances | Lectures
eBook Instruction | Book Discussions | Author Appearances | Volunteer Opportunities

*Get Ready for LIBCON West!

Saturday, Dec. 10, 11 a.m. - 6 p.m.
Glendale Main Library

LIBCON West is a West-Valley, teens-only pop culture convention. Enjoy cosplay, crafts, gaming, anime, 3D-printing demos, and fun fandom panels. We're also hosting a cool selection of vendors and entertainers out on the front lawn for all ages to enjoy. Keep an eye on libconwest.weebly.com for updates!

**Express Yourself: This project is supported by the Arizona State Library, Archives and Public Records, a division of the Secretary of State, with federal funds from the Institute of Museum and Library Services. For more information, visit glendaleaz.com/library.*

A Library Card

Your ticket to free books, movies, eBooks, the Internet and so much more!

Meeting Room Rentals

Glendale Public Library meeting rooms are available for rental. For information, visit glendaleaz.com/Library/Rental_Opportunities.cfm.

21st Annual Arizona Songwriters Gathering

Saturday, Jan. 28, 10 a.m. - 4:30 p.m.
Glendale Main Library

Listening! Learning! Networking! Inspiration! Players and audience members of all ages are welcome at this FREE event. Highlights include:

- more than 70 live music performances on two stages all day.
- workshops and lectures on crafting songs, marketing with social media, a Q&A with a music and entertainment attorney, song critique sessions, and much more!
- food and beverages for purchase from Lacy and Wendy's Mobile Wood Fired Pizza Oven throughout the day.
- Friends of the Library fundraiser and book sale.

This event is held in partnership with the Arizona Songwriters Association. For more information, call 623-930-3573.

Main Library

5959 W. Brown St. | 623-930-3530

Mon. & Wed.: 1 - 8 p.m.
Tues. & Thur.: 10 a.m. - 8 p.m.
Friday: Closed
Saturday: 12 - 5 p.m.
Sunday: 1 - 5 p.m.

Foothills Library

19055 N. 57th Ave. | 623-930-3830

Mon.: 1 - 8 p.m.
Tues. & Wed.: 10 a.m. - 8 p.m.
Thur. & Sun.: Closed
Fri.: 1 - 5 p.m.
Sat.: 12 - 5 p.m.

Velma Teague Library

7010 N. 58th Ave. | 623-930-3430

Mon. & Thur.: 1 - 8 p.m.
Tues., Wed.: 10 a.m. - 6 p.m.
Fri. & Sun.: Closed
Sat.: 12 - 5 p.m.

Social Media

Find us on Twitter, Facebook and Instagram!

#1 - One More Time!

The Glendale Civic Center is proud to be ranked #1
for the 5th Year in a Row by Ranking Arizona



FM System Availability 



GLENDALE
CIVIC CENTER

The Glendale Civic Center offers 40,000 square feet of indoor and outdoor meeting space for corporate events, trade shows, weddings and private parties. The facility features several upgrades including rich, luxurious carpet, an FM system for hard of hearing guests and free connection to Google's indoor mapping system for smart phone users.



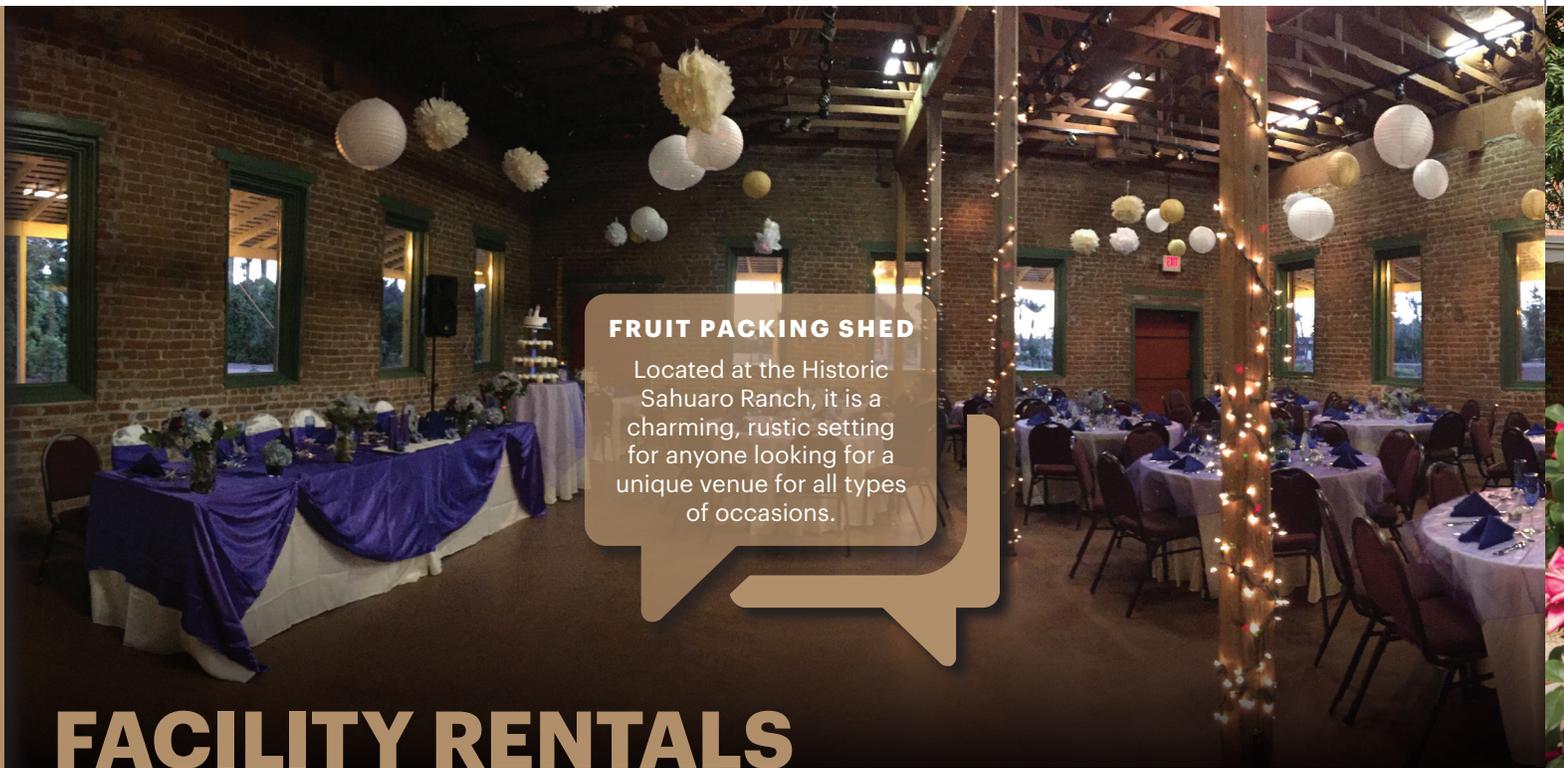
Exclusively catered by:

www.ArizonaCatering.com

5750 West Glenn Drive | 623.930.4300

www.GlendaleCivicCenter.com





FRUIT PACKING SHED

Located at the Historic Sahuaro Ranch, it is a charming, rustic setting for anyone looking for a unique venue for all types of occasions.

FACILITY RENTALS

The Department of Public Facilities, Recreation and Special Events offers a wide variety of facilities available for your next party, meeting or reception — all available at reasonable rates. For information on rates and availability, contact any of the following facilities. They'll be glad to assist you!

Civic Center

5750 W. Glenn Dr. | 623-930-4300

glendaleciviccenter.com

An award-winning meeting and banquet facility located in historic downtown Glendale. Ranked #1 for the 5th year in a row by Arizona Business Magazine's — Ranking Arizona publication, this venue is recognized for its outstanding customer service and beautiful facilities. As one of the largest of its kind in the West Valley, it can accommodate up to 1,500 people for meetings, conferences and graduations. The Crowne Ballroom and its adjacent Annex can host a variety of events including tradeshows, weddings and banquets. Full service catering and banquet service is provided by Arizona Catering. Please visit our website for pricing and additional information.

Foothills Recreation & Aquatics Center

5600 W. Union Hills Dr. | 623-930-4610

glendaleaz.com/foothillscenter/FoothillsRentalInformation.cfm

A welcoming environment for activities of all sizes. Host a birthday party, class, graduation party, business meeting, reception or wedding. An optional catering kitchen is also available for your gathering.

Glendale Adult Center

5970 W. Brown St. | 623-930-4328

glendaleaz.com/adultcenter/AdultCenterRentals.cfm

The perfect place for your next event, meeting or reception featuring facilities for up to 300 guests, a stage and optional catering kitchen.

Glendale Libraries

Main Library | 623-930-3545
Foothills Branch | 623-930-3849

glendaleaz.com/Library/Rental_Opportunities.cfm

Glendale's libraries offer a wide variety of rental opportunities both indoors and out. Plan your next birthday party, business seminar, meeting or outdoor concert. They can even host small gatherings, weddings or conferences.

Historic Sahuaro Ranch

9802 N. 59th Ave. | 623-930-4202

historicsahuaroranch.org

Unique venue surrounded by historic buildings in a rustic setting. The Fruit Packing Shed has country charm ideal for your next gathering. It is large enough to fit 150 guests and outside caterers are allowed. For weddings in the Rose Garden contact Glendale Historical Society at 623-435-0072. Visit our website for pricing and information.

Murphy Park & Open-Air Amphitheatre

In Historic Downtown Glendale
58th Ave. & Glendale Ave.

Attention Nonprofits! Plan your organization's next free public event or performance at the Murph! Ask about our special rental fee waiver program for this facility only. Call 623-930-2820 or visit GlendaleAZ.com/AtTheMurph.cfm to learn more.

Park Ramadas (Select Parks)

623-930-2820

glendaleaz.com/ParksandRecreation/RamadaReservations.cfm

Sports Fields (select fields)

623-930-2820

glendaleaz.com/ParksandRecreation/SportsFields.cfm

Softball and multi-purpose fields available for reservation.



EXPLORE GLENDALE'S HISTORY

The Showplace of the Valley
9802 N. 59th Ave.
623-930-4200

HISTORIC SAHUARO RANCH

The Historic Sahuaro Ranch, a 17-acre site, is listed on the National Register of Historic Places. The buildings were built between 1887 and 1961 and the property also includes a landscape of historic fruit orchards. Our mission is to preserve the history of the ranch and engage the community in the ongoing development of educational and social experiences that connect Glendale residents and visitors. The historic area is open daily from sun-up to sunset.

Free Main House Tours

Fri. - Sat.: 10 a.m. - 2 p.m.
Sun.: 1 - 4 p.m.

Enjoy a free tour of this 1891 structure. View the home furnishings from the 1930's that were owned by some of the former homeowners. For private group tours, call 623-930-4201.

Free Ranch Site Tour

Dec. 2 - 3: 11 a.m. - 3 p.m.

Learn about the various buildings, barnyard, trees, groves and water supply. Meet at the Main House front porch. Call 623-930-4201 for more information.

Annual Rose Pruning Event

Sat., Jan. 7: 8 a.m. - noon

Work alongside experts from the Rose Society of Glendale. Learn about planting, fertilizing, and general rose care. Become a Deadheader while enjoying this beautiful garden. Visit roseglendale.com for more information.

Exhibits

Glendale Arts Council Annual Juried Fine Arts Exhibit

Presented by the Glendale Arts Council, held in the Fruit Packing Shed.

Preview Party: Fri., Jan. 6, 7 - 9 p.m.
Tickets are \$25 at the door, which includes music, wine and hors d'oeuvres.

Arts Exhibit: Jan. 7-8, 11-28, 10 a.m. - 5 p.m. and Jan. 29, 10 a.m. - 2 p.m.
This exhibit is free and open to the public for viewing, and available for sale.

Annual Winter Antique Tractor Show

**Sat., Feb. 11 and Sun., Feb. 12
9 a.m. - 4 p.m.**

Enjoy tractor pulls and displays.
Admission: 13 years old and up \$5
ages 12 and under free

Presented by the Arizona Early Day Gas Engine & Tractor Association.

Glendale Folk & Heritage Festival

**Sat., March 18 and Sun., March 19
10 a.m. - 5 p.m.**

Participate in hands-on workshops, watch demonstrations and enjoy more than 200 performers featuring everything from folk and bluegrass music to cowboy poetry and storytelling. Call 623-930-2724 or visit glendaleaz.com/events for more information. FREE admission.

Opportunities

Event Rentals

The Fruit Packing Shed is a rustic, unique venue ideal for wedding receptions, social events and meetings. Some restrictions may apply to preserve this historic setting. For more information call 623-930-4202. Staff is not available onsite daily but phone calls will be returned as soon as possible.

Educational School Tours

Historic Sahuaro Ranch is the perfect place for educators to conduct field trips for students to explore history. Possible modules include life on the ranch, water conservation practices, the Main House, Blacksmith, and the function of tractors.

Historic Sahuaro Ranch Volunteers

If you are interested in the preservation of history and sharing Glendale's heritage with others, there are many volunteer opportunities available with flexible schedules. Call 623-930-4201.

Media Permits

Historic Sahuaro Ranch has many beautiful photo opportunities. While we invite everyone to enjoy the picturesque setting, staging photography and videography will require a permit on the property. For more information visit glendaleaz.com/parksandrecreation/permits.cfm.

FACILITIES & PARKS

- AP Acoma Park**
53rd Ave. and Acoma Rd.
- AT Arrowhead Towne Center**
7700 W. Arrowhead Towne Center
- AS Arizona Shotokan Karate**
5815 W. Glendale Ave.
- AI AZ Ice**
15829 N. 83rd Ave.
- BN Bonsall North & South**
59th Ave. & Bethany Home Rd.

Bridle Path
51st Ave. Cactus to Bell Roads

- C Chapparal**
57th Ave. & Greenbriar Dr.
- CC Civic Center**
5750 W. Glenn Dr.
- DM Desert Mirage Golf Course**
8710 W. Maryland Ave.
- EM Elsie McCarthy Sensory Garden**
55th Ave. & Morten Ave.
- FR Foothills Recreation & Aquatics Center, Park and SK8 Court**
5600 W. Union Hills Dr.
- GL Glen Lakes Municipal Golf Course**
5450 W. Northern Ave.
- GC Glendale Adult Center**
5970 W. Brown St.
- GA Glendale Amphitheater**
5850 W. Glendale Ave.
- GH Glendale Heroes Regional Park and Splash Pad**
83rd Ave. & Bethany Home Rd.
- GY Glendale Youth Sports Complex**
91st Ave. & Rovey Ave.

Grand Canal Linear
75th Ave. & Camelback to Bethany Home & New River

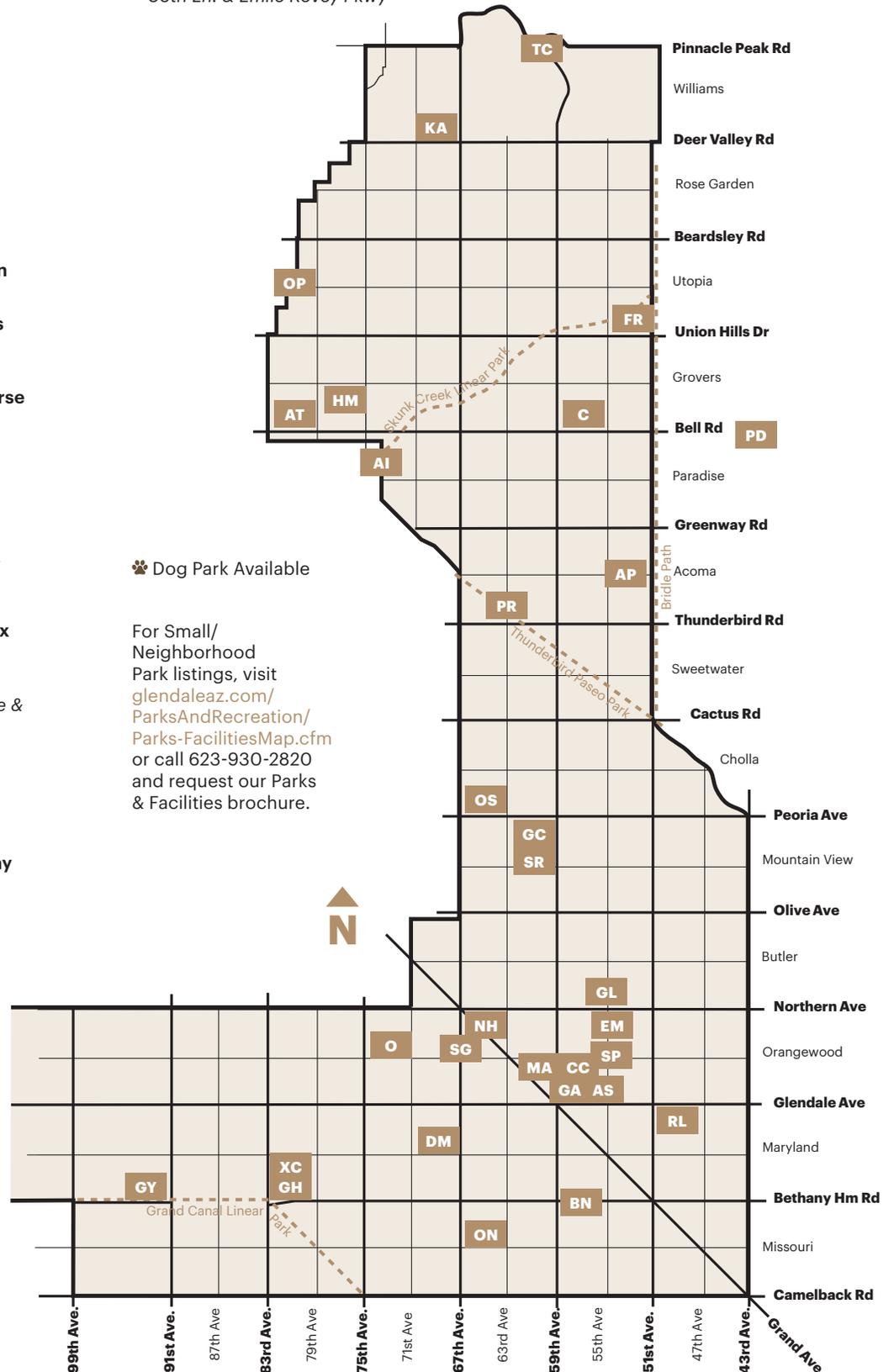
- HM Hidden Meadows**
76th Ave. & St. John Ave.
- KA Keene's ATA Martial Arts**
6740 W. Deer Valley Rd., D-106
- MA Myrtle Avenue Cultural Gateway**
Myrtle Ave. & Grand Ave.
- NH Northern Horizon**
63rd Ave. & Northern Ave.
- OP Oasis Park**
79th Ave. & Utopia
- ON O'Neil**
64th Ave. & Missouri Ave.
- OS On Stage Dance Academy**
6666 W. Peoria Ave.
- O Orangewood**
71st Ave. & Orangewood Ave.
- PR Paseo Racquet Center & Park**
6268 W. Thunderbird Rd.
- PD Purely Dance**
4236 W. Bell Rd., Suite B1
- RL Rose Lane Aquatics Center and Park**
5003 W. Marlette Ave.

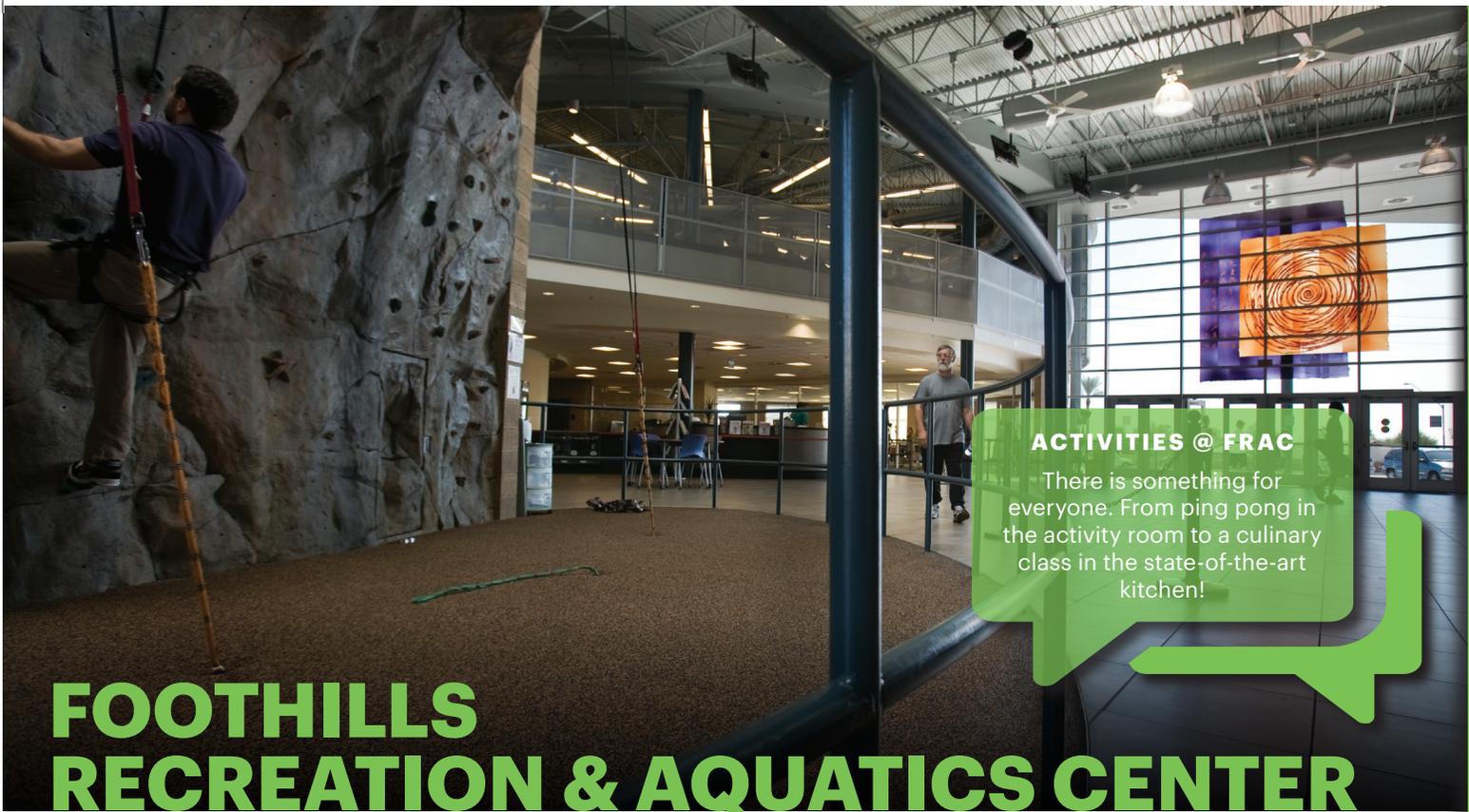
- SR Sahuaro Ranch**
59th Ave. & Mountain View Rd.
- SP Sands Park**
55th Ave. & Orangewood
- Skunk Creek Linear**
51st Ave. & Utopia to 73rd Ave. & Greenway Rd.
- SG Sycamore Grove Park and Splash Pad**
86th Ln. & Emile Rovey Pkwy

- Thunderbird Paseo**
51st Ave. & Cactus to 72nd Ave. & Greenway Rd.
- TC Thunderbird Conservation Park**
59th Ave. & Pinnacle Peak Rd.
- XC X-Court**
83rd Ave. & Bethany Home Rd.

Dog Park Available

For Small/Neighborhood Park listings, visit glendaleaz.com/ParksAndRecreation/Parks-FacilitiesMap.cfm or call 623-930-2820 and request our Parks & Facilities brochure.





FOOTHILLS RECREATION & AQUATICS CENTER

ACTIVITIES @ FRAC

There is something for everyone. From ping pong in the activity room to a culinary class in the state-of-the-art kitchen!

5600 W. Union Hills Dr. | 623-930-4600

WELLNESS | LEARNING | FUN | NO CONTRACTS | NO JOINING FEES

HOURS: Mon.-Fri., 5:30 a.m. – 9 p.m. | Sat., 7 a.m. – 7 p.m. | Sun., 11 a.m. – 4 p.m. | Holidays as posted.

Get your pass today and enjoy the benefits of membership which includes the use of the fitness center, rock wall, walking/jogging track, racquetball courts, activity room, locker room facilities, recreational basketball, badminton, pickle ball, volleyball, wally ball, basic land and water aerobics classes and scheduled fitness lap swimming.

Foothills Recreation membership options include a Day Pass, 15-Punch Pass, 1-Month or Annual Membership – all at great rates! Stop by the Foothills service desk for more information.

Foothills Aquatics

The lap pool is available year round for fitness lap swimming (schedules available at the front desk), a variety of adult water aerobic offerings, private swim lessons for ages 15 and older and swim/dive team. Watch for the Foothills UPDATE brochure for more details on class times and offerings, or visit glendaleaz.com/foothillscenter.

The Foothills Center Is A Silver Sneakers® Location!



Enjoy an active lifestyle. Check out the fitness center, indoor track, pickle ball, racquetball, water aerobics and fitness classes, all included with your membership.

Room Rentals

The Foothills Center is more than just recreation and aquatics; it includes multiple rental rooms for intimate gatherings or larger groups, up to 230 individuals. With a range of room sizes, we can host business and HOA meetings, weddings, birthday parties or overnight graduation parties. Chairs and tables are included, and a catering kitchen is also available for rent. The Foothills Center is open seven days a week and can accommodate after-hours rentals, as well. For details, call Darren at 623-930-4610.



Junior Racquetball League

311304-01 10 - 11:30 a.m.
\$25 R / \$33 NR Saturdays

(10-15) Youth are invited to join this league to learn the game of racquetball in a fun environment. Our racquetball pro will share rules, tips, and teach you how to play against other players. Each day will build on the previous skills learned. Participants should come dressed in workout clothes and tennis shoes. Equipment will be provided. Final date for cancellation is one week prior to start of league. Call Darren at 623-930-4610 for more information.



10th Annual Santa's Workshop

10 10 a.m. - 12 p.m.



Thank you to event partner, Kiwanis International.

Kids of all ages are invited to this special event to purchase holiday presents for their friends, family or even their pets. Everything for sale is \$2. A store will be setup with a variety of items sure to make everyone happy. Santa's elves will be on site to wrap their selection in holiday wrapping paper. Please arrive early for best selection of products. For more information, contact Darren at 623-930-4610.



HORIZONS NEWSLETTER

Get your FREE copy of our HORIZONS newsletter at the center or at GlendaleAZ.com/AdultCenter.



GLENDALE ADULT CENTER Ages 18+

5970 W. Brown St. | 623-930-4321 (option 3)

New Hours! Mon. - Thur.: 8 a.m. - 7 p.m., Fri.: 8 a.m. - 5 p.m., closed Sat. and Sun. Center hours and fees subject to change.

Whether you're looking for a challenging activity, such as a fitness program, or just a friendly place to spend time, the Glendale Adult Center is the place for you! We offer aerobics, dance, cards and games, Wii bowling, bingo, a lunch program and more! The center is open to both Glendale residents and non-residents ages 18+. To ensure that participants enjoy quality facilities and programming, a center membership fee is collected. The **\$40 (\$60 non-Glendale resident)** annual fee covers fitness, billiards, and helps off-set operations, staffing and programming expenses. To join us, just stop at the front desk to learn more membership benefits or get a tour of the facility.

The Glendale Adult Center is the perfect place to hold your special celebration. For room rental details, call 623-930-4328.

Fitness Activities at the Glendale Adult Center!

Fitness Center

Mon.-Thur.: 8 a.m. - 7 p.m.
Fri.: 8 a.m. - 5 p.m.

Orientation provided upon request

Cardio Moves

MWF ☉ 8:10 a.m.

Come join this fun, high energy, fat burning class with easy to follow routines. This cardio class is great way to start your day and it won't even feel like a workout.

Cardio Moves

MW ☉ 3:10 p.m.

Total Body

MWF ☉ 9:15 a.m.

Low impact aerobics/medium intensity followed by toning exercises using bands, balls, and hand weights. During the mat exercises, you may request alternative chair exercises that are just as effective.

Silver Sneakers Classic

MWF ☉ 10:30 a.m. & 1 p.m.

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

Zumba Gold

MWF ☉ 2 p.m.

This class is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Come ready to sweat and prepare to leave empowered and feeling strong!
Instructor: Cyndi Picker

Exercise Programs

Room 107 - Included with GAC membership, with no additional fees.

T'ai Chi - Essentials

TU/TH ☉ 1 p.m.

Discover 5 easy to learn exercises taken directly from the Tai Chi form. Exercises are designed to help improve balance, relaxation, flexibility, strength, & body awareness. Adapted for people of all ages, especially those who do not want to learn the entire Tai Chi form, but still want the benefits.
Instructor: Charlie Gill

Zumba Toning

TU/TH ☉ 2:15 p.m.

This Zumba class will put extra emphasis on toning and sculpting to define muscles. Adding resistance using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups, so you (and your muscles) stay engaged! This class will enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.
Instructor: Cyndi Picker

Isshin-Ryu Karate

TU/TH ☉ 12 p.m.

Join the Karate for Lunch Bunch! Isshin-Ryu is a style of Okinawan karate founded and named by Tatsuo Shimabuku. Isshin-Ryu karate is largely a synthesis of Shorin-ryu karate, Goju-ryu karate, and kobudo. The name means, literally, "one heart way" (as in "wholehearted" or "complete").
NO BODILY CONTACT OR SPARRING.
Volunteer Instructor: John Legendre, working under the direction of Sensei Gary Spender.



COMMUNITY PROGRAMS

Serving residents
 "in the heart of Glendale..."
 "We make dreams a reality."

GLENDALE COMMUNITY CENTERS

Si tiene preguntas o no habla inglés, por favor llame al 623-930-4700.

Glendale Community Center

5401 W. Ocotillo Rd. | 623-930-4700

YWCA Senior Program

M-F ☎ 8 a.m. - 2 p.m.

FREE activities include exercise, socialization, bingo, field trips. Hot meals available for ages 60+

Senior Lunch Program

M-F ☎ 12 - 12:30 p.m.

\$2.50 lunch, please call 24 hours in advance.

Glendale Partners in Action

M-F ☎ 2:30 - 7 p.m.

NEW after school program. FREE activities include academic assistance, art classes, sports, open recreation and much more in a fun, adult supervised program.

O'Neil Recreation Center

6448 W. Missouri Ave. | 623-937-3925

R.O.O.T.S. After School

M-TH M/T/TH: 3:30 - 4:30 p.m.
 W: 12:30 - 1:30 p.m.

Program – Homework Help

Educational homework help, computer assisted learning and tutoring in reading, math and science.

R.O.O.T.S. After School

M-TH M/T/TH: 4:30 - 6 p.m.
 W: 1:30 - 3:30 p.m.

Program – Recreation Time

Social and character development, building friendships, making positive choices, resisting negative peer pressure and practicing non-violent conflict resolution.

Rose Lane Recreation Center

5003 W. Marlette Ave. | 623-930-7945

Heart for the City Summer Program

M-F M/TU/TH: 3 - 7 p.m.
 W/F: 3 - 6 p.m.

Activities include free crafts, games and possible field trips. Snack will be provided.

Glendale Community Center North

14075 N. 59th Ave. | 623-240-2206

Arizona STE[+a]M Shop Program

M-F M/F: 3 - 7 p.m.
 SAT: 12 - 4 p.m.

Activities include robotics, drawing, computer programming, painting/ BEAT LAB, FREQ FREAK, string art, stamp/print making, paper rockets, etc. Register online at azsteamshop.org.

Heroes Regional Park Recreation Building

83rd Ave. and Bethany Home Rd.
 Fall Hours **M-F: 2 - 7 p.m.; SA-SU: TBD**

Wheels in Motion Program

Coming this Fall to X-Court Skate Park. BMX & skate clinics, meet & greet with your favorite pro riders, digital media workshops & video premieres, urban art workshops, and community events. Follow us for updates at fb.com/wimfoundation.



Glendale Recreation After School Program (Qualifies for DES assistance)

LICENSED GRASP

Desert Mirage Elementary School Cafeteria | 8605 W. Maryland Ave.

The GRASP Program is a licensed program that offers a variety of activities for children ages 5 to 13. Activities include arts & crafts, recreational games, sports, guest speakers and much more. The programs are regulated by the Arizona Department of Health Services and can accept DES qualifying families (contact your DES caseworker for more information). Our program provides enrichment opportunities to explore new and fun experiences in a supervised environment. Educational

activities, snacks, group games and homework time are offered by caring staff members. The program site will be open for early release days, but closed on national holidays or when the school campus is closed.

Pre-registration is required, including a non-refundable registration fee for the 2016-2017 school year. Registration forms must be completed at least two business days prior to site attendance. Registration booklets with more detailed information are available at the site or at the Glendale Parks and Recreation Office located at 5970 W. Brown St.

Licensed GRASP Rates

PM Program (After School) - open from school dismissal to 6 p.m.

Daily: \$9

Weekly Rate: \$45

Early Release Days - open at dismissal time for both early release and parent/teacher conference days

Daily: \$5 additional to PM Program Rate

Intercession Days - 7 a.m. - 6 p.m.

Daily: \$25 resident

Daily: \$30 non-resident

Additional Fees

Registration - all programs

\$30 resident

\$37 non-resident

Late Payment - after 12 p.m.

\$10/week per child

Late Pick Up - after closing 6 p.m.

6 - 6:05 p.m.: \$10

6:05 p.m. to later: \$25

For more information, contact Sherilyn Dean-Mason at sdean-mason@glendaleaz.com or call the Glendale Parks and Recreation Office at 623-930-2820.

WINTER BREAK PROGRAM

JAN.
2-6

7 a.m. - 6 p.m. \$25/DAY PER CHILD

A \$10 registration fee is charged for New GRASP Participants. Closed the week of Dec. 26.



ADAPTIVE RECREATION

The city of Glendale strives to provide reasonable accommodations to persons with disabilities and has specially designed these adaptive recreation programs for individuals with physical, mental, emotional or social disabilities. For more information, contact Anthony Garcia at 623-930-4335. Visit us at GlendaleAZ.com/ParksandRecreation/Adaptive.cfm

JAN.-FEB. Adaptive Bowling

7-25

451011-11

11 a.m. - 1 p.m.

\$23 R / \$30 NR

8 Saturdays

(8+) Improve bowling game, enjoy the support of others and make new friends! Parents, guardians and care givers volunteer and assist those with special needs to make this a rewarding experience. Bowling ramps are available to registered bowlers. Instruction is not provided. Includes a bowling ball and shoes.

Location: Glenfair Lanes Bowling Alley, 6110 N. 59th Ave.

Theatre Kidz

To Be Announced

\$25 R / \$30 NR

(10-22) Learn the joy of singing, acting and dancing, while also improving confidence and making new friends. The final class ends with a live performance on stage at the Adult Center.

Location: Glendale Adult Center, 5970 W. Brown St.

LEARN NEW SKILLS

Learn cake decorating basics, including techniques like flowers and lettering, with our class beginning Jan. 7. Info on p. 16.

ADULT SPECIAL INTEREST ACTIVITIES

Sports & Fitness (13+ unless noted)

VARIOUS Adult Co-Ed Racquetball Leagues

Dates \$25 R/\$33 NR

Course #	Dates	Days	Times
311103-01	Jan. 2	8 M	6 - 8 p.m.
311103-02	Jan. 18	8 W	6 - 8 p.m.

Adult co-ed, points-based leagues are offered on Mon. and Wed. evenings. Beginners and intermediates play on Mon. and advanced players on Wed. No league Jan. 16 and Feb. 20. For more information, call 623-930-4610. Instructor: Lovinger

Location: Foothills Rec Center

JAN. Shotokan Karate

9 141113-01 M/W 6 - 7 p.m.
 \$157 R/\$167 NR TU/TH 10 - 11 a.m.
 TU/TH 7 - 8 p.m.
 SA 10 - 11 a.m.

Learn traditional Japanese-style karate basics, forms and sparring. Emphasis is placed on traditional manners and self-discipline. Beginning students will receive a Gi (karate uniform). Classes are available five days a week, seven scheduled class times available. Students are suggested to train at least three days a week.

Instructor: Hyder/Staff

Location: Arizona Shotokan Karate

JAN. Ice Skating Lessons Teen-Adult Beginner

7 141150-01 9:45 - 10:15 a.m.
 \$85 R/\$95 NR 8 Saturdays

(14+) You can be up and skating in 8 weeks. Classes are based on the USFS basic skills program and designed for skaters with little or no experience. Classes will teach the beginning foundation for a lifetime of skating, as a fitness choice or a skater wanting to eventually compete. Rental skates included, and the public session is FREE to all registered skaters on class days. Instructor: AZ Ice Staff

Location: AZ Ice

VARIOUS Warrior X-Fit

Dates \$35 R/\$42 NR

Course #	Dates	Days	Times
141183-01	Jan. 3	4 TU/TH	7:35 - 8:05 p.m.
141183-02	Feb. 2	4 TU/TH	7:35 - 8:05 p.m.
141183-03	March 2	4 TU/TH	7:35 - 8:05 p.m.

Are you looking for a workout that is not your typical same old gym workout and every class is different? It's time to get your sweat on with X-Fit's intense, heart-pumping, fitness-enhancing class. All fitness levels welcome, from beginner to expert. Resistance bands needed and are available for purchase, \$20. Bag gloves optional. Instructor: Keene's Staff

Location: Keene's ATA Martial Arts

JAN. T'ai Chi - Yang Style

12 241115-01 7 - 8:30 p.m.
 \$56 R/\$66 NR 8 Thursdays

The gentle flowing movements of this ancient Chinese exercise help improve balance, reduce stress, increase circulation and more. Investigate the first third of the 36 postures. Loose, comfortable clothing is recommended. Instructor: Gill

Location: Foothills Rec Center - EXB

JAN. T'ai Chi - Essentials

12 241116-01 6-7 p.m.
 \$45 R/\$55 NR 8 Thursdays

Discover five easy to learn exercises taken directly from the T'ai Chi form. Exercises are designed to help improve balance, relaxation, flexibility, strength, and body awareness. Adapted for people of all ages, especially those who do not want to learn the entire T'ai Chi form, but still want the benefits. Instructor: Gill

Location: Foothills Rec Center - 208

VARIOUS Yogalates

Dates \$25 R/\$30 NR

Course #	Dates	Days	Times
241122-01	Jan. 3	4 TU	5:30 - 6:30 p.m.
241122-02	Jan. 5	4 TH	6 - 7 p.m.
241122-03	Jan. 31	4 TU	5:30 - 6:30 p.m.
241122-04	Feb. 2	4 TH	6 - 7 p.m.
241122-05	Feb. 28	4 TU	5:30 - 6:30 p.m.
241122-06	March 2	4 TH	6 - 7 p.m.

Get in shape while strengthening your core and increasing your flexibility. Yogalates combines the best of yoga and mat Pilates for a great workout. Any equipment utilized during class for assistance with yoga poses and strength building is provided. Instructor: Juneau

Location: Foothills Rec Center - EXB

JAN. T'ai Chi - Essentials

12 241117-01 1 - 2 p.m.
 \$43 R/\$52 NR 8 Thursdays

Tai Chi Essentials, a simplified form of Tai Chi Chuan offers an awareness of personal safety through better balance, focused attention, relaxation and a vigorous mind set to students of all levels of physical ability. Learn the 5 easy movements in just 8 weeks and exploring the benefits of each posture in and out of the classroom. Instructor: Burr

Location: Foothills Rec Center - EXB

VARIOUS Yin Yoga

Dates \$59 R / \$69 NR

Course #	Dates	Days	Times
241145-01	Jan. 7	8 SA	12:45 - 1:30 p.m.
241145-02	Jan. 11	8 W	10 - 10:45 a.m.

Yin Yoga targets the deep connective tissues of the body, especially the hips, sacrum and spine. Yin asanas (postures) are more passive and mainly on the floor. Yin Yoga is unique in that you are asked to relax in the asanas, soften the muscle and move closer to the connective tissues, offering a deeper access to the body. Flexibility decreases over time and Yin Yoga is a wonderful way to maintain your flexibility. Instructor: Gutierrez

Location(s):

(241145-01) Foothills Rec Center - EXA
(241145-02) Foothills Rec Center - EXB

JAN. Astanga Yoga

7 241146-01 11:30 - 12:45 p.m.
\$59 R / \$69 NR 8 Saturdays

This class is for those wanting to become familiar and proficient in vinyasa flow (linking breath with movement) and for those who already practice. It is designed to teach or improve your practice. It stresses daily vinyasa, breath and bandha (body energy lock). It is intended to realign the spine, detoxify the body and build strength, flexibility and stamina. This vigorous, athletic style of practice appeals to those who want to clear and center the mind, want a challenging workout and like a sense of order. Whether you are just beginning or have an established practice, this class will allow you to learn and improve.

Instructor: Gutierrez

Location: Foothills Rec Center - EXA

Dance (13+ unless noted)

JAN. Zumba - Drop-In

7 \$5 DROP IN

Dates	Days	Times
Jan. - March	Wednesdays	6:15 - 7:15 p.m.
Jan. - March	Saturdays	10 - 11 a.m.

(15+) Come join the party! Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Class includes interval training sessions using fast and slow rhythms.

Instructor: Haren

Location: Foothills Rec Center - EXA

JAN. Ballet II

11 231198-01 7:15 - 8:15 p.m.
\$56 R / \$66 NR 8 Wednesdays

(15+) Did you take ballet classes when you were younger and miss dancing? This class is designed for adult dancers who have an existing knowledge of ballet. Enjoy a fantastic workout while we have fun at the barre and across the floor with combinations including turns, petite allegro, grande allegro, and adagio. Pre-requisite - prior ballet/dance experience. Wear comfortable, non-restrictive clothes (dance wear or fitness attire) and bring ballet shoes.

Instructor: Soto

Location: Foothills Rec Center - EXA

VARIOUS Egyptian Belly Dance

Dates \$53 R / \$63 NR

Course #	Dates	Days	Times
231173-01	Jan. 10	6 TU	9 - 10 a.m.
231173-02	Jan. 12	6 TH	7 - 8 p.m.
231173-03	Feb. 21	6 TU	9 - 10 a.m.
231173-04	Feb. 23	6 TH	7 - 8 p.m.

Want to learn authentic Egyptian Belly Dance? It is so much more than an athletic workout. Get stronger, increase your stamina, gain flexibility and balance, release tension and have fun. Most of all, you will learn to belly dance. Women from all cultures, body sizes, abilities and ages are encouraged. Instructor, Asata, is an award winning belly dancer with 20 years of dance experience, and is certified to teach Classical Egyptian Belly Dance by the Sausan Academy of Egyptian Dance. For more information visit, mybellydance.net or call 510-974-1203.

Instructor: Asata Iman

Location: Foothills Rec Center - EXA

Culinary Arts (13+ unless noted)

JAN. Teen Cooking

21 201222-01 12:30 - 1:30 p.m.
\$59 R / \$69 NR 4 Saturdays

(13-19) Calling all chefs-to-be! Learn to use ingredients to create yummy dishes from scratch to make a breakfast, lunch and dinner item, along with a dessert. Basic kitchen safety, safe food handling and proper use of kitchen tools will be taught. Also learn to make meals for yourself when you are out on your own. Class may be repeated as the recipes change each session. \$20 supply fee collected at the first class.

Instructor: Barbour

Location: Foothills Rec Center - KIT

JAN. Contemporary Chinese Cooking

11 201187-01 5:30 - 7:30 p.m.
\$69 R / \$79 NR 6 Wednesdays

A contemporary take on healthy Chinese cooking by incorporating a fusion of old and new Chinese preparation. This class will cover basic Chinese cooking techniques, food sanitation and the right way to prepare fresh food without losing the nutrients. Learn how to make tasty and healthy quick fix dishes for your busy life style. Class will participate in the selection and preparation of dishes including steamed or braised fish, coconut shrimp, rainbow shrimp, barbecue spareribs, orange chicken, Hong Kong style beef steak, chicken with red curry, bourbon chicken, fried rice, sesame chicken, Chinese dim sum and more.

Instructor will collect \$30 for supplies at the first class. Instructor: Wang Lam

Location: Foothills Rec Center - KIT

JAN. Cake Decorating Basics - 1

7 201110-01 10 a.m. - 1 p.m.
\$59 R / \$69 NR 4 Saturdays

Build decorating skills you can use for all projects, from holiday cupcakes to cakes for any occasion. Learn to ice and decorate cakes and sweet treats, make different buttercream icing flowers, pipe lines, simple borders, letters and shapes, transfer images, make icing the right consistency and fill and use a decorating bag. Experience the excitement of successfully decorating your first cake. "New Course 1, Building Buttercream Skills" Wilton kit (approx. \$34) and the book, The Wilton Method of Cake Decorating Course 1, Building Buttercream Skills (available at craft stores or on the web, coupons available), is required. Spanish available upon request. Instructor: Finan

Location: Foothills Rec Center - KIT

FEB. Flowers And Cake Design - 2

4 201114-01 10 a.m. - 1 p.m.
\$59 R / \$69 NR 4 Saturdays

Explore sophisticated ways to bring your cakes and desserts to life. You will learn to create professional looking flowers and designs made from royal icing including rosebuds, pansies, violets, poinsettias, apple blossoms, lilies and leaves. Learn piping techniques to make lace, basket weave designs, brush embroidery, and decorative borders using buttercream icing. "Course 2, Flowers and Cake Design" Wilton kit (approx. \$34) and the book, The Wilton Method of Cake Decorating Course 2, Flowers and Cake Design (available at craft stores or on the web, coupons available), is required. Spanish available upon request. Instructor: Finan

Location: Foothills Rec Center - KIT

MARCH **Advanced Gum Paste Flowers - 4**
4 201126-01 10 a.m. - 1 p.m.
 \$59 R / \$69 NR 4 Saturdays

Discover one of the most breathtaking ways to decorate a cake with lifelike gum paste flowers. Create amazing hand shaped blossoms, sweat peas, ivy leaves, lily flowers, briar rose, stephanotis and leaves. Learn to make beautiful floral arrangements that top these cakes. "The Wilton Method of Cake Decorating Course 4, Advanced Gum Paste Flowers Skills, Wilson kit (approx. \$34), and the book, The Wilton Method of Cake Decorating Course 4, Advanced Gum Past Flowers, (available at craft stores and on the web, coupons available), is required. Spanish available upon request. Instructor: Finan
 Location: Foothills Rec Center - KIT

Cultural Arts (13+ unless noted)

JAN. **Beginning Floral Design**
9 221149-01 6 - 7:30 p.m.
 \$59 R / \$69 NR 6 Mondays

Learn to arrange a beautiful floral design for an entire wedding. Basic techniques of floral design will allow you to create beautiful boutonnières and corsages, wedding bouquets, centerpieces, cake tops, arch clips and more. Bring scissors and an apron to first class. Instructor will collect \$100 at first class for all project supplies. All projects will be taken home. No class Jan. 16 and Feb. 20. Instructor: Peverini
 Location: Foothills Rec Center - 208

MARCH **Intermediate Floral Design**
1 221150-01 6 - 7:30 p.m.
 \$59 R / \$69 NR 6 Wednesdays

Learn to arrange larger and more advanced arrangements that will be created in this continuation class, including large altar pieces, arch clips, centerpieces, garlands, candelabras and more. Instructor will collect \$150 at first class for all project supplies. All projects will be taken home. Instructor: Peverini
 Location: Foothills Rec Center - 208

VARIOUS **Oil/Acrylics Painting**
Dates \$59 R / \$69 NR

Course #	Dates	Days	Times
221141-01	Jan. 10	6 TU	9 a.m. - 12 p.m.
221141-02	Feb. 28	6 TU	9 a.m. - 12 p.m.

(14+) Color composition, brush strokes and more are highlighted. Expect lively class interaction in a relaxed atmosphere. Instructor will call with supply list or call 623-974-4699. Instructor: Kimble
 Location: Foothills Rec Center - 208

VARIOUS **Portraits**
Dates \$59 R / \$69 NR

Course #	Dates	Days	Times
221143-01	Jan. 12	6 TH	9 a.m. - 12 p.m.
221143-02	March 2	6 TH	9 a.m. - 12 p.m.

(14+) This class is for anyone who would like to paint or draw portraits. By applying basic principles of line, proportion, light and observation, each participant can dramatically improve their rendering of the human face. Each class will include a mini lesson and plenty of one-on-one coaching and assistance. Bring a sketch pad and sketching pencil, pen and eraser to first class and instructor will give a supply list in first class. Instructor: Bendotti
 Location: Foothills Rec Center - 208

Personal Development (13+ unless noted)

JAN. **Harmonica**
11 281144-01 7 - 8:30 p.m.
 \$49 R / \$59 NR 6 Wednesdays

Learn to play the harmonica from basic blues up to advanced melodies. Open to all skill levels. Instructor is a full time session musician and harmonica teacher with years of stage, teaching and studio experience. Requires a 10 hole diatonic "C" harmonica (Hohner Special 20 is recommended, approximately \$42). Bring pencil and paper. 1-½ hours. Instructor: Regen
 Location: Foothills Rec Center - 212

JAN. **Instant Piano For Hopelessly Busy People**
22 281126-01 1 - 4 p.m.
 \$35 R / \$42 NR 1 Sunday

(18+) Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. Learn all the chords you need to play any song, any style, any key in this one session. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Total beginners can print out a free pamphlet on the treble clef, by visiting justonceclasses.com/info/images/fastpresence/class_notes_for_piano.pdf. Instructor will collect \$29 for piano book and practice CD. Instructor: Coffman
 Location: Foothills Rec Center - 208

FEB. **Instant Guitar For Hopelessly Busy People**
12 281104-01 1:30 - 4 p.m.
 \$35 R / \$42 NR 1 Sunday

(18+) Have you ever wanted to learn to play the guitar but find it difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course teaches some basic chords and gets you playing along with your favorite songs right away. Topics include how to form the three main types of chords, tuning your guitar, basic strumming patterns, how to buy a good guitar and more. Bring your acoustic guitar. Instructor will collect \$29 for workbook and practice DVD. Instructor: Coffman
 Location: Foothills Rec Center - 208

JAN. **Magic**
23 251144-01 6 - 7:30 p.m.
 \$49 R / \$59 NR 8 Mondays

Want to learn magic? Whether you want to show off to family and friends, or do shows for money, this class will teach you how. Learn magic using rubber bands, rope, coins, cards and other everyday objects. Instructor has been a magician for more than 40 years and has taught magic in high school and college for 6 years. Sign up and start learning magic! Instructor will collect \$25 at the first class for your own magic kit. No class Feb. 20. Instructor: Prather
 Location: Foothills Rec Center - 212

JAN. Introduction To Voiceovers
24 251127-01 7 - 9 p.m.
 \$49 R / \$59 NR 1 Tuesday

(18+) Are people always telling you that you have a great voice? Do you often find yourself listening to your favorite audiobook, commercial or cartoon character and thinking, "I could do that"? This fun and empowering two hour introductory class covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. After class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue. (Taught by a professional voice actor from the voice acting training company, Voices for All.)
 Instructor: Voice For All Staff
 Location: Foothills Rec Center - BOB

VARIOUS Mah Jongg - American Version
Dates \$67 R / \$77 NR

Course #	Dates	Days	Times
251142-01	Jan. 10	4 TU	12:30 - 2:45 p.m.
251142-02	Feb. 14	4 TU	12:30 - 2:45 p.m.

Learn to play Mah Jongg, the American version. Instruction provided to play this mentally-challenging and seductive game of ancient China. Classes cover three distinct parts of this skillful game: set up and rules, defensive and offensive moves and increasing speed and agility of play. Instructor: Weiner
 Location: Foothills Rec Center - 206

FEB. Introduction To Computers 101
22 141123-01 10 a.m. - 12 p.m.
 \$35 R / \$42 NR 2 Wednesdays

(18+) Learn to be more confident, proficient and productive with a computer. This basic class will utilize an easy-to-understand, non-technical approach to learning the computer. Understand how to use a computer for most day to day activities with the added instruction of learning how to type, setting up and sending emails, searching the internet, and more, in a stress-free atmosphere.
 Instructor: Schiller
 Location: Glendale Adult Center - 100

MARCH Introduction To Computers 102
22 141125-01 10 a.m. - 12 p.m.
 \$35 R / \$42 NR 2 Wednesdays

(18+) This class is for those who have taken Introduction to Computers 101, or for those who have some experience working with computers and want to extend their knowledge. A wide range of topics will be covered including; changing preference options in the control panel, installing/deleting programs, operating anti-virus programs and registry cleaner and malware programs, scanning documents, importing and editing photos, backing up data, making music CDs and more. Instructor: Schiller
 Location: Glendale Adult Center - 100

MARCH Mystery Shopping
15 151195-01 10 a.m. - 2 p.m.
 \$35 R / \$42 NR 1 Wednesday

(18+) Looking for extra income? Imagine eating at a restaurant or going to the movies and getting paid to do it. Learn what mystery shopping is, how to get started, how to get assignments and evaluating places such as restaurants, movie theaters, etc. Class is based on instructor's 15 years of experience in the field. Instructor: Schiller
 Location: Glendale Adult Center

FEB. Growing Superfoods In As Little As 7 Days
23 151184-01 10 a.m. - 2 p.m.
 \$35 R / \$42 NR 1 Thursday

Microgreens are certain vegetables and herbs harvested young that can be grown in containers either indoors or out. It is so convenient and easy to do that anyone can grow an abundant supply of microgreens in small spaces all year round. Learn about the nutrients in each microgreen and what you need to know to harvest and enjoy these fast-growing, highly-nutritious foods in less than two weeks. \$5 supply fee will be collected at class. A booklet will be provided with a resource list for seeds and supplies as well as recipes.
 Instructor: Schiller
 Location: Glendale Adult Center

VARIOUS Digital Photography
Dates \$55 R / \$65 NR

Course #	Dates	Days	Times
211102-01	Jan. 30	3 M	6 - 9 p.m.
211102-02	March 16	3 TH	6 - 9 p.m.

Learn the basic and advanced features of a digital camera in an easy, non-technical, hands-on approach with tips on achieving the best possible photo. We will discuss camera symbols and their functions and how they relate to taking pictures. One-on-one help will be provided, and time will be allotted for taking pictures. Bring a digital camera (with the ability to be manually set) along with the owner's manual. A comprehensive booklet will be provided. Instructor: Schiller
 Location: Foothills Rec Center - 210

FEB. Digital Photography And Photo Editing
1 111103-01 10 a.m. - 2 p.m.
 \$69 R / \$83 NR 3 Wednesdays

Learn the basic and advanced features of a digital camera in an easy, non-technical, hands-on approach with tips on achieving the best possible photo. We will discuss camera symbols and their functions and how they relate to taking pictures. One-on-one help will be provided, and time will be allotted for taking pictures. The last class will be specific to photo editing using Photoshop Elements. Bring a digital camera (with the ability to be manually set) along with the owner's manual. A comprehensive booklet will be provided. No previous photography or editing experience needed.
 Instructor: Schiller
 Location: Glendale Adult Center

VARIOUS Dog Behavior Training
Dates \$59 R / \$69 NR

Course #	Dates	Days	Times
151187-01	Jan. 17	4 TU	7 - 8:15 p.m.
151187-02	March 7	4 TU	7 - 8:15 p.m.

Train your dog using friendly, non-violent techniques. Sit, stay, come, down, walking on a leash, behavior topics, solving problems such as chewing, barking, biting, jumping and more are covered. Bring your dog, leash, treats in small pieces, water bowl, water, your dog's favorite toy and training equipment already in use. Manual and training aid included. Handlers 16 and under must be accompanied by an adult. Dogs must be at least five months old and have proof of shots. 1 hour, 15 minutes.
 Instructor: Spencer-Snider
 Location: Acoma Park

VARIOUS Pet CPR And First Aid Training

Dates ▶ \$42 R / \$50 NR

Course #	Dates	Days	Times
251147-01	Jan. 21	1 SA	10 a.m. - 12 p.m.
101147-01	Feb. 25	1 SA	10 a.m. - 12 p.m.

Discuss the immediate care and temporary assistance that can be given to an injured or suddenly ill pet until competent veterinary care is available. Properly applied first aid can save your pet's life, reduce recovery time and be the difference between temporary and lifelong disability. In addition to basic emergency care, CPR and emergency choking, learn of the common illnesses and other problems that your pet may experience. Each participant will receive a student handbook and certificate of completion. This program is endorsed by the ASPCA.

Instructor: American Emergency Response Training

Location(s):

(251147-01) Foothills Rec Center - 212
(101147-01) Arrowhead Towne Center

FEB. Organic Container/Raised Bed Gardening

22 ▶ \$43 R / \$52 NR 2 Wednesdays 1:30 - 4:30 p.m.

This course will cover the basics of growing organic fruits and vegetables in containers and/or raised beds. Topics will include choosing containers, potting mixes/soil, seeds and using soil amendments and fertilizers. Second week of class will be a hands-on class. No previous gardening experience needed. Instructor will collect \$5 supply fee at first class. Instructor: Schiller

Location: Glendale Adult Center

JAN. Japanese Characters - Hiragana

13 ▶ \$85 R / \$95 NR 10 Fridays 7:10 - 8:10 p.m.

Learn how to read and write beautiful Japanese characters. This introductory class focuses on hiragana, the first set of characters. Learning the characters helps with the rhythms and sound of Japanese speech. Supplies will be discussed at first class.

Instructor: Omichi

Location: Foothills Rec Center - 206

JAN. Japanese For Beginners

13 ▶ \$85 R / \$95 NR 10 Fridays 6 - 7 p.m.

Learn to speak Japanese. Experience the Japanese culture and customs with a certified, native Japanese instructor. The class will start with greetings and cover useful vocabulary and basic conversation. Supplies will be discussed at first class.

Instructor: Omichi

Location: Foothills Rec Center - 206

JAN. Japanese for Beginners II

10 ▶ \$85 R / \$95 NR 10 Tuesdays 6 - 7 p.m.

For those students who have completed the Japanese for Beginners class or already know a bit of the Japanese language. Supplies will be discussed at first class.

Instructor: Omichi

Location: Foothills Rec Center - 206

JAN. Japanese for Beginners III

10 ▶ \$85 R / \$95 NR 10 Tuesdays 7:10 - 8:10 p.m.

For those students who have completed the Japanese for Beginners II or who know some sentences with adjectives and verbs. This class will focus on useful expressions used in daily conversation. Supplies will be discussed at first class.

Instructor: Omichi

Location: Foothills Rec Center - 206

JAN. Points-Based Poker League

9 ▶ \$17 R / \$21 NR 7 Mondays 6:30 - 9 p.m.
Daily Drop In \$5 R / \$6 NR

(18+) This is a fun, recreational and educational program for the avid poker fan wanting to play, or beginners looking for a relaxed environment to learn Texas Hold 'Em. No prize money involved. Six regular season games are followed by an end-of-season tournament. (Awards given to league and tournament champions.) No prior experience needed. For more information, call 623-930-4610. No league Jan. 16 and Feb. 20.

Location: Foothills Rec Center

VARIOUS CPR/AED Training

Dates ▶ \$37 R / \$42 NR

Course #	Dates	Days	Times
251138-01	Jan. 17	1 TU	6 - 9 p.m.
101141-01	Feb. 18	1 SA	12 - 3 p.m.
251138-02	March 13	1 M	6 - 9 p.m.

The CPR/AED Training program is designed to provide those with an occupational requirement or personal enrichment interest with the core knowledge and hands-on skills to provide care for the injured until EMS arrives. This course will include: adult hands-only CPR, adult/child/infant CPR, AED (automated external defibrillator) usage, and how to relieve choking in an adult, child or infant. Course content conforms to the American Heart Association guidelines for CPR and Emergency Cardiac Care. Upon successful completion each participant will receive a two year certification card. Instructor: American Emergency Response Training

Location(s):

(251138-01) Foothills Rec Center - 212
(101141-01) Arrowhead Towne Center
(251138-02) Foothills Rec Center - 208

VARIOUS Financial Fitness For Women

Dates ▶ \$20 R / \$24 NR

Course #	Dates	Days	Times
251192-01	Jan. 17	1 TU	10:30 a.m. - 12 p.m.
251192-02	Feb. 8	1 W	10:30 a.m. - 12 p.m.

Nearly all women will be responsible for planning major life events alone at some point in their lives. You and a guest are invited to attend an educational seminar to review the financial needs of women in retirement. Learn how to become empowered when it comes to your financial future. The following topics will be addressed: why you shouldn't leave all money matters to your spouse, why women, more than men, should be concerned with outliving their retirement income, how to avoid common mistakes with estate planning documents, and how to leverage government benefits to maximize your retirement income. You will receive a complimentary Empowering Women Kit, including a "Financial To-Do List" and "From the Heart Journal", to help consolidate all your important financial information for your loved ones. Light refreshments will be served. Instructor: Gislason

Location: Foothills Rec Center - 210

VARIOUS Social Security Maximization**Dates** \$20 R / \$24 NR

Course #	Dates	Days	Times
251193-01	Jan. 25	1 W	10:30 a.m. - 12 p.m.
251193-02	Feb. 21	1 TU	10:30 a.m. - 12 p.m.

Maximizing your Social Security benefits can make a significant impact on your retirement income planning. This decision can lead to a significant amount of additional retirement income that you have worked to deserve. Wisely managing your Social Security income benefits, starts with understanding the facts. Because these decisions are so important to your retirement cash flow, you will learn how to obtain a complimentary, proprietary Social Security Maximization Report, to calculate many of the possible filing strategies that can help you maximize these benefits. Light refreshments will be served. Instructor: Gislason
Location: Foothills Rec Center - 210

VARIOUS Social Security: What Everyone Needs To Know**Dates** \$20 R / \$24 NR

Course #	Dates	Days	Times
251108-01	Jan. 26	1 TH	6:30 - 8 p.m.
251108-02	Feb. 23	1 TH	6:30 - 8 p.m.

In this class, we will be answering questions that everyone thinks about. When should I take my Social Security benefits? Should I continue to work while collecting Social Security? How is my benefit amount determined? How do I minimize the tax on Social Security? Get the answers and discuss key strategies to position yourself for your Social Security benefits. Instructor: Urbanowicz, CFP, EA
Location: Foothills Rec Center - 202

VARIOUS Important Things To Know Before & After Retirement**Dates** \$20 R / \$24 NR

Course #	Dates	Days	Times
251109-01	Feb. 21	1 TU	6:30 - 8 p.m.
251109-02	March 14	1 TU	6:30 - 8 p.m.

This class will help clarify important decisions to make before and during retirement. You will learn strategies to lower your taxes, increase your cash flow and minimize your financial worries. We will discuss how tax brackets work, what types of accounts to have and Roth IRA conversions. Should I roll over my 401K or leave it at work? How is the taxation of my social security benefit affected by my retirement income? How can I protect my investment in inflationary times? All of these questions will be discussed and much more.

Instructor: Urbanowicz, CFP, EA
Location: Foothills Rec Center - 202

JAN. 5 Introduction To Managing Stress With Healing Meditations

251146-01 6 - 7 p.m.
\$35 R / \$42 NR 4 Thursdays

Start the New Year peacefully with healing meditations. These tools that can be used at a moment's notice and can be planned to start or end your day. They can help you cope with traumatic memories, the aging process, the loss of a loved one, career demands, difficult relationships and the many other thoughts that continue to circle around and around creating a very busy mind that won't slow down or be quiet. Learn and experience a variety of meditations (self-compassion, audio, visual, and kinetic movement). Together we will relax, lessen stress and allow healing of mind, body and spiritual aches and pains.

Instructor: Weldum, Certified Stress Manager
Location: Foothills Rec Center - 204

FEB. 2 Managing Stress with Healing Meditations II

251146-02 6 - 7 p.m.
\$35 R / \$42 NR 4 Thursdays

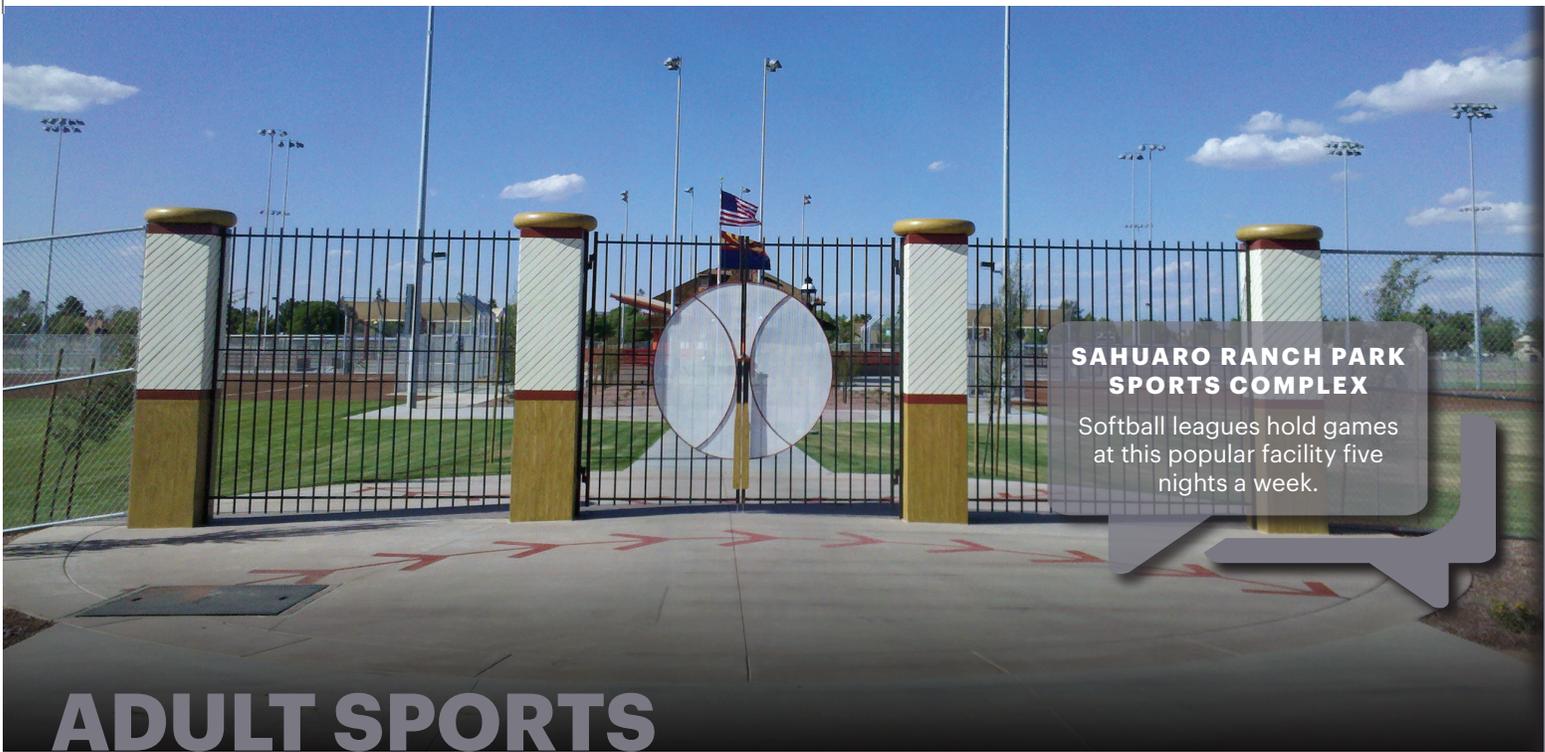
This class is a follow-up to the introductory class. (Experience more time with the four meditations.) Instructor: Weldum, Certified Stress Manager
Location: Foothills Rec Center - 204

VARIOUS Easy Qigong And Tai Chi Movement Healing Meditation**Dates** \$35 R / \$42 NR

Course #	Dates	Days	Times
251145-01	Jan. 23	4 M	6 - 7 p.m.
251145-02	March 9	4 TH	6 - 7 p.m.

Qigong (cheegung) is a 5,000 year old mind-body practice, cultivating vital energy by integrating movement, breathing techniques and mental focus. Tai Chi is a series of Qigong movements that are gentle, flowing, meditative and self-healing. This class is good for any age or physical condition and can be done sitting or standing. Let's get moving together by having fun with building energy within us and calming the mind.

Instructor: Weldum, Certified Stress Manager
Location: Foothills Rec Center - 204



**SAHUARO RANCH PARK
SPORTS COMPLEX**

Softball leagues hold games at this popular facility five nights a week.

ADULT SPORTS

Glendale Parks & Recreation Office | 5970 W. Brown St. Glendale, AZ 85302

**Camelback Ranch-Glendale Spring Training
Tickets on Sale Now**

Opening day at Camelback Ranch-Glendale is Sat., Feb. 25, and you can purchase your season, group, mini-plan and suite tickets now! Single-game tickets go on sale Jan. 9. Visit camelbackranchbaseball.com or call the ticket office at 623-302-5000.



Sign up for leagues at the Glendale Parks & Recreation office, 5970 W. Brown St., between 8 a.m. and 5 p.m. Mon. - Fri. Start dates listed below under each sport. We can provide a free agent list to teams short on players, or individuals looking for a team. If you would like to be placed on the 'free agent' list or have any questions about the Adult Sports program, contact Mike D. at 623-930-4612 or mdavis@glendaleaz.com. Adult Sports program participants must be age 18 or older. To receive Glendale resident rates, proof of residency must be provided. Proof must show address and be current within 60 days. Examples include driver's license, water bill, etc. Teams will pay the maximum non-resident fee until proof of residency is verified, then a refund will be issued for the appropriate amount. Refunds take 7-10 business days.

Winter Adult Softball Leagues

Organizational Meetings

- 5** ☉ Returning teams: 6 p.m.
- ☉ New teams: 7 p.m.

Location: Glendale Main Library

Teams represented by a manager or team player during the entire meeting will receive \$50 off league sign up. Meeting topics will include league format, rule changes and how to sign up.

DEC. Sign Up Packets

- 6** For more information, call 623-930-4612.

Location: Glendale Parks & Recreation Office

**DEC. Returning Teams Roster/Temporary Receipt
Deadline**

6-9

Location: Glendale Parks & Recreation Office

DEC. New Teams Roster/Temporary Receipt Deadline

- 8** Must arrive by 5 p.m.

Location: Glendale Parks & Recreation Office

Residency Verification

New resident-status teams should call 623-930-4612 on or after Dec. 8th. to confirm approval of resident status.

Fees

Includes double-header, 14-game regular season and a single elimination tournament; administrative fees; ASA registration fee; softballs; lights; awards for winning teams; officials and field staff. \$50 off league fees will be given to teams who attend the organizational meeting. The listed rates do NOT include the \$50 discount.

Returning and Glendale resident teams: \$505

New Resident Teams (minimum number of four Glendale residents): \$505

New Non-resident Teams: \$595

Number Of Teams

Leagues are based on eight maximum, six minimum. If leagues do not fill, teams will be placed in another league if space permits.

Format/Days/Locations

Teams play a double-header format one night a week at the following times and locations.

Adult Softball League	Night	Park	Start Date
Men's CL	Tuesday	SRP	1/10
Men's D	Tuesday	SRP	1/10
Men's D	Wednesday	SRP	1/11
Men's D	Thursday	SRP	1/12
Coed C/D	Friday	FSC	1/06
Coed B/C	Friday	SRP	1/06
Coed B/C	Sunday	SRP	1/08
Coed C/D	Sunday	SRP	1/08
Coed C/D	Sunday	FSC	1/08

FSC = Foothills Sports Complex, 19070 N. 57th Ave.

SRP = Sahuaro Ranch Sports Complex, 63rd Ave. & Mountain View Rd.

Spring Adult Men's Basketball Recreational League

FEB. **Men's Recreational**
21 \$350 R/\$420 NR 6:30 p.m., 7:30 p.m., 8:30 p.m.
 Tuesdays

Location: Foothills Basketball Gym

League Format

The leagues will consist of six (6) teams. Teams will play weekly for a total of 8 regular season games, round robin format with a single elimination tournament.

Entry Fee

Upon registration, teams must pay \$420 per team unless proof of residency is met at this time. Payment must be cash, cashier's check, business check, money order or credit card. No personal checks will be accepted. Teams will be refunded \$70 if the Glendale minimum residency requirement is met upon deadline of registration. If proof of residency is shown at time of registration, team will pay only the resident fee. (Teams must show proof of two Glendale residents by submitting photocopies of the player's current Glendale water bill or other documents to prove residency in order to pay the resident fee or receive \$70 refund.)

Registration Criteria

Team Classification

Teams are responsible for signing up in their appropriate leagues. Competitive League players have more experience (i.e. ex-college/high school players with knowledge of the rules and more experience.) Recreational League players are players that have less experience than the competitive players. (i.e. Knowledge of rules from high school or parks and recreation experiences.)

Registration

JAN. **23-27** 8 a.m. - 5 p.m.

Locations: Glendale Parks and Recreation Office or Foothills Rec Center

Registrations for the league will be a first come, first served basis. All teams must submit the league entry fee accompanied by a complete team roster and the minimum proof of residency, to be considered a resident team. League structure is subject to change due to variations in registration and facility allocations.

FEB. Mandatory Managers Meeting

15 6 p.m.

Locations: Foothills Rec Center - Raven Room

Each team who registers in this league must have a representative attend an organizational meeting. Any team not represented at this meeting will forfeit their first scheduled game.

Spring Adult Coed Indoor Volleyball Recreational League

FEB. **Adult Coed Indoor Volleyball**
22 \$180 R/\$240 NR 6:30 - 8:30 p.m.
 Wednesdays

Location: Foothills Basketball Gym

League Format

The Recreational league will consist of six to eight teams. The teams will play weekly for a total of eight regular season matches (best of three games) followed with a single elimination match play tournament.

Entry Fee

Upon registration, teams must pay \$240 per team unless proof of residency is met at this time. Payment must be cash, cashier's check, business check, money order or credit card. No personal checks will be accepted. Teams will be refunded \$60 if the Glendale minimum residency requirement is met upon deadline of registration. If proof of residency is shown at time of registration, team will pay only the resident fee. (Teams must show proof of two Glendale residents by submitting photocopies of the player's current Glendale water bill or other documents to prove residency in order to pay the resident fee or receive \$60 refund.)

Registration Criteria

Team Classification

Teams are responsible for signing up in their appropriate leagues. Competitive League players have more experience (i.e. ex-college/high school players with knowledge of the rules and more experience.) Recreational League players are players that have less experience than the competitive players. (i.e. Knowledge of rules from high school or parks and recreation experiences.)

JAN. Registration

23-27 8 a.m. - 5 p.m.

Locations: Glendale Parks and Recreation Office or Foothills Rec Center

Registrations for the league will be a first come, first served basis. All teams must submit the league entry fee accompanied by a complete team roster and the minimum proof of residency, to be considered a resident team. League structure is subject to change due to variations in registration and facility allocations.

FEB. Mandatory Managers Meeting

15 7 p.m.

Locations: Foothills Rec Center - Raven Room

Each team who registers in this league must have a representative attend an organizational meeting. Any team not represented at this meeting will forfeit their first scheduled game.



GLENDALE'S NEW ARCHERY RANGE

Located at Glendale Heroes Park, at 83rd Avenue and Bethany Home Road.

GLENDALE SHOOTS FOR NEW RECREATIONAL USERS WITH ARCHERY RANGE

If you think archery is mostly standing around....well, that's pretty much correct. But it is so much more than that, and it's hardly boring. Part of the appeal of archery is this surprisingly calm rhythm of absolute focus prior to releasing the arrow toward the target. After the shot, there is time to relax to think about the last arrow as it hits the target. Suddenly, the mind changes to planning mode for the next shot and contemplating every move; the breeze, the sun, and then the internal dialogue of how to improve each shot while enjoying the views of the park on a spring day.

Yes, the sport itself is not as athletic as some others, but it has a charm all of its own that causes each archer, young or old, beginner and expert, to come back and do it again. And over and over again.

In the shadows of the city's Sports and Entertainment District there is a new facility in Glendale, Arizona that is the buzz throughout the archery community; the Archery Range Complex at Heroes Regional Park. Recently constructed using grants, donations and volunteer labor, Glendale was able to design and develop a 16-lane, 90-meter range using virtually zero taxpayer funds.

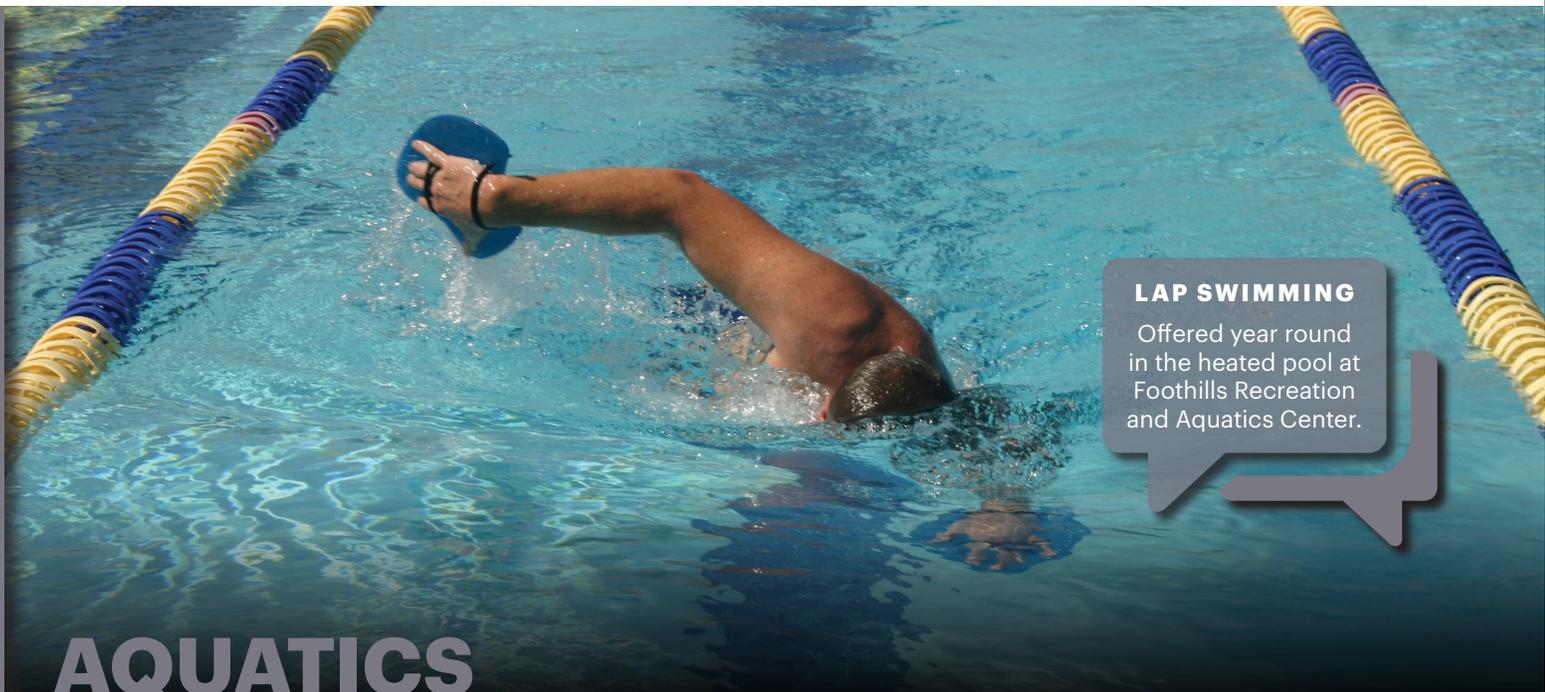
After soliciting grants from the Arizona Game and Fish Department (\$7,000) and the Arizona Sports and Tourism Authority (\$49,000), city staff began to engage a number of partners for supplies, product and volunteer labor. Arizona Materials/Salt River Materials Group was first to contribute by donating nearly 500 tons of gravel for the range surface.

Heritage Trucking donated their transport services and Cemex and Hanson donated concrete for the spectator plaza and walkways. Madison Granite donated nearly 600 tons of landscape granite to make up what is the natural landscape around the range. Shade N' Net contributed a shade structure for the spectator area.

This awesome new facility has a 2400-square-foot spectator plaza shaded by three large, multi-colored structures that are capable of turning 360 degrees to follow the sun. The entire range is fenced, with designated entries to enhance safety. In addition, there is ample parking for large instructional classes and tournaments.

What are you waiting for? Be one of the nearly 20 million Americans who shoot archery each year and take advantage of the health and wellness benefits of this sport.

The Archery Range Complex at Glendale Heroes Park is located at 83rd Avenue and Bethany Home Road, near the picnic ramada area in the eastern section of the park. For more information, visit glendaleaz.com/parksandrecreation/archeryrange.cfm.



LAP SWIMMING

Offered year round in the heated pool at Foothills Recreation and Aquatics Center.

AQUATICS

REGISTER

Online at glendaleaz.com | Call 623-930-4615 or 623-930-2820 (option 1)
 In person at Foothills Recreation and Aquatics Center (5600 W. Union Hills) or at Glendale Adult Center (5970 W. Brown Rd)
 Questions? Call 623-930-2838

Adult Private Swim Lessons

▶ \$35 R / \$42 NR ⌚ 30 minutes

(15+) Adult Foothills members wanting to improve their skills and feel safe around water can receive one-on-one instruction from a certified, experienced instructor. For information, call 623-930-2838. Extremely limited spots available. Must be a Foothills member.

Fitness Lap Swimming

Enjoy this great low-joint impact workout available year round with the purchase of any membership. Check online at glendaleaz.com/foothillscenter/index.cfm or at the Service Desk for the latest monthly lap swim schedule. The Foothills Center lap pool is heated for your swimming comfort.

Lifeguard Instructor Courses: Late December

Are you currently a lifeguard and want to train others what you do? Why not become a Lifeguard Instructor. A lifeguard instructor is a challenging yet rewarding leadership position in which you'll learn to teach others the important techniques for handling emergencies in, on and around the water. If you are 17 years of age or older, a good swimmer, currently an American Red Cross Lifeguard and want to teach others lifesaving skills - we need you. Become a lifeguard instructor!

VARIOUS Winter Break - Lifeguard Instructor (Max 10)

Dates 📅 541569-01
 ▶ \$250 R / \$300 NR (+ ADDITIONAL \$35 REGISTRATION FEE TO AMERICAN RED CROSS)

Day	Date	Time
Friday (Pre-test)	Dec. 23	7:30 - 8:30 a.m.
Tuesday	Dec. 27	2 - 7 p. m.
Wednesday	Dec. 28	2 - 7 p. m.
Thursday	Dec. 29	2 - 7 p. m.
Friday	Dec. 30	2 - 7 p. m.
Saturday	Dec. 31	9 a.m. - 12 p.m.

Upcoming Lifeguard Courses: January & March

If you are a strong swimmer, consider a job as a lifeguard. Lifeguarding is a leadership position where you will learn to handle emergencies in, on and around the water. If you are at least 15 years of age, a good swimmer, and want to learn lifesaving skills, register today to become a lifeguard!

If you are 16 years of age or older Glendale will be conducting interviews to hire certified water safety instructors and lifeguards (15 years old for lifeguards only - must be certified) for the summer at our two aquatic centers. Not certified? Training classes are offered in January and March.

VARIOUS Lifeguard & CPR/AED (Max 20)

Dates ▶ \$150 R / \$200 NR (+ ADDITIONAL \$35 REGISTRATION FEE TO AMERICAN RED CROSS)

📅 541561-01		
Day	Date	Time
Friday (Pre-test)	Dec. 23	9 - 10 a.m.
Monday - Friday	Jan. 2-6	2 - 5 p.m.
Saturday	Jan. 7	2 - 5 p.m.
📅 542561-01		
Day	Date	Time
Saturday (Pre-test)	March 18	12 - 2 p.m.
Monday - Friday	March 20-24	9 a.m. - 12 p.m.
Saturday	March 25	3 - 7 p.m.
📅 542561-02		
Day	Date	Time
Saturday (Pre-test)	March 18	12 - 2 p.m.
Monday - Friday	March 20-24	1 - 4 p.m.
Saturday	March 25	3 - 7 p.m.

Water Safety Instructor Course Offered Late December, March

Learn To Teach Swim Lessons

Learning to swim is a life changing skill. Train to be a swim lesson instructor so that you can help change others' lives for the better. If you are 16 years or older, a good swimmer in all four competitive stroke and want to have a positive impact on countless lives, consider becoming a water safety instructor.

If you are 16 years of age or older Glendale will be conducting interviews to hire certified water safety instructors and lifeguards (15 years old for lifeguards only - must be certified) for the summer at our two aquatic centers. Become certified through one of our classes in either December or March.

VARIOUS A.R.C. Water Safety Instructor - Winter

Dates 541562-01
\$200 R / \$250 NR (+ ADDITIONAL \$35 REGISTRATION FEE TO AMERICAN RED CROSS)

Day	Date	Time
Friday (Pre-test)	Dec. 23	10:30 a.m. - 12 p.m.
Mon. - Fri.	Dec. 26-30	9 a.m. - 1 p.m.
Mon. - Fri.	Jan. 2-6	9 a.m. - 1 p.m.
Saturday	Jan. 7	9 a.m. - 12 p.m.

VARIOUS A.R.C. Water Safety Instructor - Spring

Dates 542562-01

Day	Date	Time
Saturday (Pre-test)	March 25	12 - 2 p.m.
Mon., Wed., Fri.	March 27, 29, 31	5 - 8:30 p.m.
Saturday	April 1	10 a.m. - 2 p.m.
Mon., Wed., Fri.	April 3, 5, 7	5 - 8:30 p.m.
Mon., Wed.	April 10, 12	5 - 8:30 p.m.

Deep Water Aerobics: Winter Schedule

Try a new workout challenge! Have you tried popular Deep Water Aerobics? You'll get cardio, resistance and a serious core workout all in the heated comfort of our beautiful lap pool. Call 623-930- 4600 for information.

NOV.-DEC. December Session (abbreviated session)

28-17 3 weeks

Days	Time	Cost	Code
Class 1 M/W/F (1st come/1st served)	9:50 - 10:50 a.m.	Free to pass holders	
Class 2 TU/TH (6 classes)	11:45 a.m. - 12:45 p.m.	\$30 R \$40 NR	541153-21
Class 3 TU/W/TH (9 classes)	6 - 7 p.m.	\$45 R \$60 NR	541153-22
Class 4 SA (3 classes)	8 - 9 a.m.	\$15 R \$20 NR	541153-23
Class 5 M/W/F (9 classes)	8:40 - 9:40 a.m.	\$50 R \$65 NR	541153-24

JAN.-FEB. January Session

9-4 4 weeks

Days	Time	Cost	Code
Class 1 M/W/F (1st come/1st served)	9:50 - 10:50 a.m.	Free to pass holders	
Class 2 TU/TH (8 classes)	11:45 a.m. - 12:45 p.m.	\$40 R \$50 NR	541153-31
Class 3 TU/W/TH (12 classes)	6 - 7 p.m.	\$60 R \$75 NR	541153-32
Class 4 SA (4 classes)	8 - 9 a.m.	\$20 R \$25 NR	541153-33
Class 5 M/W/F (12 classes)	8:40 - 9:40 a.m.	\$65 R \$80 NR	541153-34

FEB.-MARCH February Session

7-4 4 weeks, No class Feb. 6

Days	Time	Cost	Code
Class 1 M/W/F (1st come/1st served)	9:50 - 10:50 a.m.	Free to pass holders	
Class 2 TU/TH (8 classes)	11:45 a.m. - 12:45 p.m.	\$40 R \$50 NR	541153-41
Class 3 TU/W/TH (12 classes)	6 - 7 p.m.	\$60 R \$75 NR	541153-42
Class 4 SA (4 classes)	8 - 9 a.m.	\$20 R \$25 NR	541153-43
Class 5 M/W/F (12 classes)	8:40 - 9:40 a.m.	\$65 R \$80 NR	541153-44

MARCH-APRIL March Session

4-8 4 weeks of classes spread over 5 weeks
No class March 20-26

Days	Time	Cost	Code
Class 1 M/W/F (1st come/1st served)	9:50 - 10:50 a.m.	Free to pass holders	
Class 2 TU/TH (8 classes)	11:45 a.m. - 12:45 p.m.	\$40 R \$50 NR	542153-11
Class 3 TU/W/TH (12 classes)	6 - 7 p.m.	\$60 R \$75 NR	542153-12
Class 4 SA (4 classes)	8 - 9 a.m.	\$20 R \$25 NR	542153-13
Class 5 M/W/F (12 classes)	8:40 - 9:40 a.m.	\$65 R \$80 NR	542153-14

APRIL-MAY April Session

10-6 4 weeks

Days	Time	Cost	Code
Class 1 M/W/F (1st come/1st served)	9:50 - 10:50 a.m.	Free to pass holders	
Class 2 TU/TH (8 classes)	11:45 a.m. - 12:45 p.m.	\$40 R \$50 NR	542153-21
Class 3 TU/W/TH (12 classes)	6 - 7 p.m.	\$60 R \$75 NR	542153-22
Class 4 SA (4 classes)	8 - 9 a.m.	\$20 R \$25 NR	542153-23
Class 5 M/W/F (12 classes)	8:40 - 9:40 a.m.	\$65 R \$80 NR	542153-24



DANCE CLASSES

Options offered for youth ballet include Ballet, Ballet/Tap Combo (I or II) and Fairytale Ballet. Info on p. 29.

YOUTH & TEEN SPECIAL INTEREST ACTIVITIES

Sports & Fitness

VARIOUS Basketball Clinic

Dates 📅 \$59 R / \$69 NR

(6-8)			
Course #	Dates	Days	Times
241280-01	Jan. 23	6 M	4:30 - 5:30 p.m.
241280-03	March 13	6 M	4:30 - 5:30 p.m.
(9-15)			
Course #	Dates	Days	Times
241280-02	Jan. 23	6 M	5:45 - 6:45 p.m.
241280-04	March 13	6 M	5:45 - 6:45 p.m.

(6-15) Learn and improve the basic fundamentals of shooting, ball handling, offense, defense and intramural games in this interactive basketball clinic. Clinic will wrap up with full competition on last day of class. T-shirt will be provided at completion of clinic.

Instructor: Lee Bradley
Location: Foothills Rec Center - GYM

VARIOUS Beginning Karate-Shotokan - Little Tigers

Dates 📅 \$80 R / \$90 NR

Course #	Dates	Days	Times
141217-01	Jan. 10	5 TU/TH	5:30 - 6 p.m.
141217-02	Feb. 14	5 TU/TH	5:30 - 6 p.m.

(4-6) Introduces the basics of Shotokan karate. Beginning students will receive a Gi (karate uniform).

Instructor: Hyder/Staff
Location: Arizona Shotokan Karate

VARIOUS Karate For Kids

Dates 📅 \$64 R / \$74 NR

Course #	Dates	Days	Times
141285-01	Jan. 3	4 TU/TH	4:35 - 5:05 p.m.
141285-02	Feb. 2	4 TU/TH	4:35 - 5:05 p.m.
141285-03	March 2	4 TU/TH	4:35 - 5:05 p.m.

(7-11) Instruction promotes self-confidence, coordination, balance, agility, poise and thinking instead of panicking in potentially serious situations. It's fun and structured for beginners. Free uniform for first-time students. Instructor: Keene's Staff
Location: Keene's ATA Martial Arts

JAN. Shotokan Karate - Juniors

9 📅 141213-01 🕒 M-TH/SA 6 - 7 p.m. TU/TH/SA 10 - 11 a.m. 10 weeks
📅 \$157 R / \$167 NR

(7-12) Learn traditional Japanese-style karate basics, forms and sparring. Emphasis is placed on traditional manners and self-discipline. Beginning students will receive a Gi (karate uniform). Classes are available 5 days a week, 7 scheduled class times. Students are suggested to train at least 3 days a week. Instructor: Hyder/Staff
Location: Arizona Shotokan Karate

VARIOUS ATA Tiny Tigers

Dates 📅 \$64 R / \$74 NR

Course #	Dates	Days	Times
141286-01	Jan. 3	4 TU/TH	4 - 4:25 p.m.
141286-02	Feb. 2	4 TU/TH	4 - 4:25 p.m.
141286-03	March 2	4 TU/TH	4 - 4:25 p.m.

(4-6) ATA Tiny Tigers inspires self-discipline, courtesy and respect and is designed to improve motor skills, focus and listening skills. Free uniform for first-time students.

Instructor: Keene's Staff
Location: Keene's ATA Martial Arts

VARIOUS Japanese Judo - Beginner

Dates 📅 \$21 R / \$25 NR

Course #	Dates	Days	Times
241212-01	Jan. 4	4 M/W	5:30 - 6:15 p.m.
241212-02	Feb. 1	4 M/W	5:30 - 6:15 p.m.
24212-03	March 1	4 M/W	5:30 - 6:15 p.m.

(6-13) Learn basic judo postures and salutations, how to move on the mat, control your opponent and be thrown safely. No class Jan. 16 and Feb. 20.

Instructor: Dr. Moore
Location: Foothills Rec Center - EXB

VARIOUS Japanese Judo - Intermediate

Dates ▶ \$21 R / \$25 NR

Course #	Dates	Days	Times
241215-01	Jan. 4	4 M/W	6:15 - 7:30 p.m.
241215-02	Feb. 1	4 M/W	6:15 - 7:30 p.m.
241215-03	March 1	4 M/W	6:15 - 7:30 p.m.

(8+) Must have taken prior judo classes and have instructor approval. Techniques of grappling, locking, choking, escaping and sequence combinations taught.

No class Jan. 16 and Feb. 20.

Instructor: Dr. Moore

Location: Foothills Rec Center - EXB

VARIOUS Sportball - Soccer

Dates ▶ \$99 R / \$109 NR

(3-6)			
Course #	Dates	Days	Times
241294-01	Jan. 13	10 F	11:15 a.m. - 12:15 p.m.

(2-3)			
Course #	Dates	Days	Times
241294-02	Jan. 14	10 SA	9 - 10 a.m.

(2-6) Kick start your day! Sportball Soccer introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-league environment. Coaches zero in on skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused play. Instructor: Sportball Staff

Location(s):

(241294-01) Foothills Rec Center - 100

(241294-02) Foothills Rec Center - 202

VARIOUS Sportball - Multi-Sport (Indoors)

Dates ▶ \$99 R / \$109 NR

Course #	Dates	Days	Times
241298-02	Jan. 13	10 F	10:15 - 11:15 a.m.
241298-04	Jan. 14	10 SA	11 a.m. - 12 p.m.

(3-6) Refine, rehearse, and repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis.

Instructor: Sportball Staff

Location(s):

(241298-02) Foothills Rec Center - 100

(241298-04) Foothills Rec Center - 202

JAN. 13 Sportball's Parent & Child Multi-Sport

241298-01 9:15 - 10 a.m.
▶ \$99 R / \$109 NR 10 Fridays

(2-3) Multi-sports programs help young children to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

Instructor: Sportball Staff

Location: Foothills Rec Center - 100

JAN. 14 Sportball's Me & My Dad Multi-Sport

241298-03 10 - 10:45 a.m.
▶ \$99 R / \$109 NR 10 Saturdays

(2-4) Multi-sports programs help young children to refine their motor skills, such as balance and coordination, as well as develop their social skills such as confidence, following instructions, turn-taking and sharing. Coaches introduce a different sport each class using developmentally appropriate games and activities.

Instructor: Sportball Staff

Location: Foothills Rec Center - 202

VARIOUS Soccer - Skills Training by B.E.S.T.

Dates ▶ \$71 R / \$81 NR

(2-3)			
Course #	Dates	Days	Times
241271-01	Jan. 14	5 SA	9:15 - 10 a.m.
241271-03	Feb. 25	5 SA	9:15 - 10 a.m.
(3-6)			
Course #	Dates	Days	Times
241271-02	Jan. 14	5 SA	10:15 - 11 a.m.
241271-04	Feb. 25	5 SA	10:15 - 11 a.m.

(2-6) Our weekly, skill building soccer program will engage your kids in the world of soccer by presenting dribbling, kicking, throw-ins, headers, goalie skills, (age permitting) and more activities that are fun while learning. Please bring a soccer ball with your child's name on it and water bottle and lots of energy!

This is a non-parent participation class.

Instructor: Beginners Edge Sports Training Staff

Location(s):

(241271-01) Foothills Rec Center - GYM

(241271-03) Foothills Rec Center - 100

(241271-02) Foothills Rec Center - GYM

(241271-04) Foothills Rec Center - 100

VARIOUS 2 Sports Preview Multi-Sports by B.E.S.T.

Dates ▶ \$71 R / \$81 NR

Course #	Dates	Days	Times
241279-01	Jan. 14	5 SA	11:15 a.m. - 12 p.m.
241279-02	Feb. 25	5 SA	11:15 a.m. - 12 p.m.

(2-4) Soccer and baseball/softball are a lot of fun for all players! Each sport will offer you the flexibility to see which sport your child likes best and just have fun. We begin with soccer (bring a size #3 or #4 soccer ball) and end with baseball/softball (bring a hitting tee). We supply the rest of the equipment and the fun, skill building games and activities. This is a non-parent participation class.

Instructor: Beginners Edge Sports Training Staff

Location(s):

(241279-01) Foothills Rec Center - GYM

(241279-02) Foothills Rec Center - 100

VARIOUS 4 Sports Preview Multi-Sports by B.E.S.T.

Dates ▶ \$71 R / \$81 NR

Course #	Dates	Days	Times
241239-01	Jan. 14	5 SA	12:15 - 1 p.m.
241239-02	Feb. 25	5 SA	12:15 - 1 p.m.

(4-7) Expose your player to 3 core sports along with track and field. Two weeks of soccer and one week of the remaining sports. We will offer you the flexibility to see which sport your child likes best and just have fun. We begin with soccer, so please bring a size #3 or #4 soccer ball, then baseball/softball, bring a batting tee, and then basketball, bring a junior size basketball. The last week will be track and field. We supply the rest of the equipment and the fun, skill building games and activities.

Parental assistance may be required for certain skill tasks.

Instructor: Beginners Edge Sports Training Staff

Location(s):

(241239-01) Foothills Rec Center - GYM

(241239-02) Foothills Rec Center - 100

VARIOUS Tumbling - Parent & Tot

Dates \$45 R / \$54 NR

Course #	Dates	Days	Times
241243-01	Jan. 9	5 M	9:30 - 10 a.m.
241243-02	Feb. 13	5 M	9:30 - 10 a.m.

(2-5) Learn tumbling skills such as forward rolls, backward rolls, bridges, back bends, cartwheels, handstands, back walkovers and more. Build strength, balance, coordination, flexibility and motor skills.

Instructor: Monk, AZ Tumble N Dance Company

Location: Foothills Rec Center - EXB

VARIOUS Tumbling - NRG Dance

Dates \$55 R / \$65 NR

(3-5)

Course #	Dates	Days	Times
241267-01	Feb. 4	6 SA	10 - 10:45 a.m.

(6-12)

Course #	Dates	Days	Times
241267-02	Feb. 4	6 SA	11 - 11:45 a.m.

(3-12) A fun and exciting way to build strength, flexibility and coordination. Learn tumbling basics such as forward rolls, handstands, cartwheels, back walkovers and more. Each child will be encouraged to advance at his or her own pace safely. Wear form fitting clothing and hair should be pulled back. No experience necessary.

Instructor: NRG Dance

Location: Foothills Rec Center - EXB

Ice Skating & Ice Hockey Lessons

☺ Saturdays, 12:30 - 3:30 p.m.

➡ FREE PUBLIC SESSION TO ALL REGISTERED SKATERS

(3-13) These lessons stress the fundamentals to new skaters. Curriculum based on the United States Figure Skating Association Basic Skills Program. Dress warmly and bring mittens or gloves. Rental skates included.

Location: AZ Ice

VARIOUS Tot I

Dates \$85 R / \$95 NR

Course #	Dates	Days	Times
141253-01	Jan. 6	8 F	4 - 4:30 p.m.
141253-02	Jan. 7	8 SA	9:45 - 10:15 a.m.

(4-6) Teaches basic skills to children who have never had instruction. Learn sit and stand on and off ice; march in place; forward, two-foot glides and dipping in place. Instructor: AZ Ice

Location: AZ Ice

VARIOUS Basic I

Dates \$85 R / \$95 NR

Course #	Dates	Days	Times
141256-01	Jan. 6	8 F	9:30 - 10 a.m.
141256-02	Jan. 6	8 F	4:30 - 5 p.m.
141256-03	Jan. 7	8 SA	9:45 - 10:15 a.m.

(Ages 7-13) Learn falling and standing up, forward marching, two-foot glides, dipping, rocking horses, forward swizzles, snowplow stops, two-foot hops and back wiggles.

Instructor: AZ Ice

Location: AZ Ice

JAN. 7 Parent & Me

141252-01 ☺ 9:45 - 10:15 a.m.
➡ \$85 R / \$95 NR 8 Saturdays

(3-6) For children who have never had formal instruction. Basic skating skills taught while allowing the parent to participate on the ice with them.

Instructor: AZ Ice

Location: AZ Ice

JAN. 7 Hockey I

141255-01 ☺ 9:45 - 10:15 a.m.
➡ \$85 R / \$95 NR 8 Saturdays

(7+) Learn basic hockey skating techniques and the fundamentals of skating in a fun atmosphere.

Instructor: AZ Ice

Location: AZ Ice

Personal Development

JAN. 21 Kids' Cooking

201221-01 ☺ 11 a.m. - 12 p.m.
➡ \$59 R / \$69 NR 4 Saturdays

(7-12) Learn to use ingredients to create yummy dishes from scratch. Learn to make a breakfast, lunch and dinner item, along with a dessert. Also learn basic kitchen safety, safe food handling and proper use of kitchen tools. Class may be repeated as the recipes change each session. \$20 supply fee collected at the first class. Instructor: Barbour

Location: Foothills Rec Center - KIT

JAN. 11 Sewing

221211-01 ☺ 6:30 - 7:30 p.m.
➡ \$49 R / \$59 NR 6 Wednesdays

(9-17) Great class for first time sewers to learn practical skills. Create fun crafts while learning to use a sewing machine, as well as a needle and thread. Make a pillow case, drawstring bag, pajama pants, stuffed animal and more. Patterns and material will be provided for each project. Bring one spool of white and black cotton thread and a sewing machine (if available) with needles and empty bobbins to class. \$35 supply fee collected at the first class. Instructor: Sheldon

Location: Foothills Rec Center - CONF

VARIOUS Child Care & Babysitting Workshop

Dates \$65 R / \$75 NR

Course #	Dates	Days	Times
251280-01	Jan. 28	1 SA	9 a.m. - 2 p.m.
101280-01	March 4	1 SA	10 a.m. - 3 p.m.

(12-18) Learn safe and fun ways to babysit and care for children. Class covers CPR, first aid, techniques for active children and how to have a successful babysitting adventure. Build confidence, self-esteem and skills necessary to care for infants and children on a daily basis and in emergency situations. Bring a sack lunch. Instructor: American Emergency Response Training

Location(s):

(251280-01) Foothills Rec Center - 208

(101280-01) Arrowhead Towne Center

VARIOUS Young Rembrandts - Drawing

Dates \$57 R / \$67 NR

Course #	Dates	Days	Times
251262-01	Jan. 4	4 W	10 - 11 a.m.
251262-02	Feb. 1	4 W	10 - 11 a.m.
251262-03	March 1	4 W	10 - 11 a.m.

(3½ -5) Young Rembrandts has a unique method of drawing with preschoolers that will maximize their development to better prepare them as learners. Students will learn how to follow directions, draw basic shapes, stay on task and focus, gain fine motor skills, enhance their communication skills and increase their self-confidence and self-esteem.

Instructor: Young Rembrandts Staff

Location: Foothills Rec Center - 212

Youth Scholarship Fund

Did you know the city has a scholarship fund to help Glendale youth who don't have the financial means to participate in recreation programs? If you know someone who may want to apply, or you would like more information about donating to the program, visit glendaleaz.com/parksandrecreation/scholarshipprogram.cfm.

Youth & Teen Music & Dance

VARIOUS Ballet/Tap Combo I

Dates \$60 R/\$70 NR

Course #	Dates	Days	Times
231293-01	Feb. 2	6 TH	4:30 - 5:15 p.m.
231293-02	Feb. 4	6 SA	12 - 12:45 p.m.

(3-5) An introduction to ballet, tap, creative movement and tumbling skills. The focus is on having fun and giving your child a positive introduction to dance. No experience is necessary. Black tap shoes required and pink leather ballet shoes recommended. Students can wear any type of comfortable clothing. We recommend that you put your child's initials in their shoes and bring a bag with their ballet shoes inside. Students will start the class in their tap shoes. steppinoutperformingarts.com

Instructor: Steppin' Out Performing Arts
Location(s):

(231293-01) Foothills Rec Center - 100
(231293-02) Foothills Rec Center - 208

VARIOUS Ballet/Tap Combo II

Dates \$60 R/\$70 NR

Course #	Dates	Days	Times
231294-01	Feb. 2	6 TH	5:30 - 6:15 p.m.
231294-02	Feb. 4	6 SA	1 - 1:45 p.m.

(5-7) Great for both boys and girls, this is an exciting introduction to ballet, jazz, tap, creative movement and tumbling basics. Black tap shoes required and pink leather ballet shoes recommended. Students can wear any type of comfortable clothing. We recommend that you put your child's initials in their shoes and bring a bag with their ballet shoes inside. Students will start the class in their tap shoes. steppinoutperformingarts.com

Instructor: Steppin' Out Performing Arts
Location(s):

(231294-01) Foothills Rec Center - 100
(231294-02) Foothills Rec Center - 208

VARIOUS Cheer & Hip Hop Combo

Dates \$60 R/\$70 NR

Course #	Dates	Days	Times
231266-01	Feb. 2	6 TH	6:30 - 7:25 p.m.
231266-02	Feb. 4	6 SA	2 - 2:55 p.m.

(7-12) Students will learn some of the newest dance styles, jumps, and tricks in this high energy class. These skills will be combined into fun dance combos. Students can wear any type of comfortable clothing for easy movement and tennis shoes.

steppinoutperformingarts.com

Instructor: Steppin' Out Performing Arts

Location(s):

(231266-01) Foothills Rec Center - 100
(231266-02) Foothills Rec Center - 208

VARIOUS Dance & Tumbling Combo

Dates \$45 R/\$54 NR

Course #	Dates	Days	Times
231241-01	Jan. 9	5 M	10 - 10:40 a.m.
231241-02	Feb. 13	5 M	10 - 10:40 a.m.

(3-6) Learn dance and tumbling skills to help build strength, coordination, and confidence, while having fun and getting a workout. In this high energy class, they will learn jazz, musical theater and the latest hip hop dance moves and routines. All choreography and music are age appropriate. Join us for a performance for family and friends on the last day of class. Great for boys and girls. Instructor: Tawni Monk, AZ Tumble N Dance Company
Location: Foothills Rec Center - EXB

VARIOUS Fairytale Ballet

Dates \$60 R/\$70 NR

(3-5)			
Course #	Dates	Days	Times
231299-01	Feb. 1	6 W	9:30 - 10:15 a.m.
(2-3) Parent & Tot			
Course #	Dates	Days	Times
231299-02	Feb. 1	6 W	10:30 - 11:15 a.m.

(2-5) Fairytale ballet is an enchanting introduction to ballet and jazz technique in a creative environment using story time, props, and imagination to make each class a magical experience. The focus is on having fun and giving your child a positive introduction to dance. No experience is necessary. Pink leather ballet shoes recommended and any type of comfortable clothing may be worn. Parent participation is required in the 2-3 year old class.

Instructor: Steppin' Out Performing Arts

Location: Foothills Rec Center - 100

VARIOUS Ballet

Dates \$55 R/\$65 NR

(6-9)			
Course #	Dates	Days	Times
131235-01	Jan. 3	4 TU	5 - 6 p.m.

(9-13)			
Course #	Dates	Days	Times
131235-02	Jan. 5	4 TH	8 - 9 p.m.

(6-13) Learn the basics of ballet technique. These foundational skills will help to improve balance, coordination, and build self-confidence. Ballet shoes are required.

Instructor: Purely Dance Staff

Location: Purely Dance

VARIOUS Jazz

Dates \$55 R/\$65 NR

(6-9)			
Course #	Dates	Days	Times
131234-01	Jan. 3	4 TU	4 - 5 p.m.

(9-13)			
Course #	Dates	Days	Times
131234-02	Jan. 5	4 TH	7 - 8 p.m.

(6-13) This fun, high energy class teaches basic jazz technique. Students will learn skills to improve balance, coordination, and build self-confidence.

Instructor: Purely Dance Staff

Location: Purely Dance

VARIOUS Tap

Dates \$55 R/\$65 NR

(6-9)			
Course #	Dates	Days	Times
131236-01	Jan. 7	4 SA	9 - 10 a.m.

(9-13)			
Course #	Dates	Days	Times
131236-02	Jan. 5	4 TH	6 - 7 p.m.

(6-13) Students will learn basic tap dance techniques. This class will improve balance, rhythm, confidence and musicality. Tap shoes are required.

Instructor: Purely Dance Staff

Location: Purely Dance



YOUTH BASKETBALL

Spring youth basketball begins Feb. 18. Deadline to register is Dec. 23. Late fee applies Dec. 26-30.

YOUTH SPORTS

Glendale Parks & Recreation Office | 5970 W. Brown St. Glendale, AZ 85302

The Glendale Parks and Recreation Division Youth Sports program places fun, maximum participation and sportsmanship as the highest priorities for every player.

For more information, contact Mike Davis at 623-930-4612 or mdavis@glendaleaz.com.

2017 Spring Youth Basketball

Our youth basketball leagues emphasize fun while encouraging skill development, teamwork, sportsmanship and community involvement. Games will be played in the Foothill Recreation and Aquatic Center gymnasium. This instructional/recreational league is based on fun and equal participation.

Division Determination

Each child's division will be determined by their age as of Feb. 18, 2017. Boys, girls and coed basketball will be offered to participants ages 5-6 years of age for the Pee Wee Coed division; boys ages 7-9 in the Mini Mites division; and 7-10 year old girls for the Rookie division.

*The girls & boys divisions may be combined to form coed divisions, if not enough participants sign up to form four teams in each individual division.

Games

Games start Sat., Feb. 18 running through April 1. Games will be played between 8 a.m. - 2 p.m. at the Foothills Recreation and Aquatics Center Gym. Space is limited so register today!

Fees

▶ \$55 R / \$75 NR

Fees include team jersey/tee - shirt and eight regular season games.

Registration Deadlines

Registration for 2017 spring youth basketball is Nov. 28 - Dec. 23. Late registration is Dec. 26 - 30. (Late fee is \$10). After the Dec. 30 deadline, there will be a waiting list for potential participants.

STAY HEALTHY, HAPPY THIS HOLIDAY SEASON....WE CAN HELP!

You probably feel it's inevitable. That feeling of panic when you haven't gotten all your shopping done. The dread the day before all your relatives come over for the holiday dinner. And, oh the lack of sleep....

This year, make a vow to actually enjoy your holidays by being mindful of your health and happiness. Follow these simple guidelines to slow down, treat yourself better and enjoy time with your friends and family.

- 1 **Do less, enjoy more.** You don't have to be everything to everyone – you can say NO.
- 2 **Laugh.** Indulge in whatever tickles your funny bone. Watch your favorite comedy or simply make funny faces with your little one and crack up!
- 3 **Start a new tradition.** Are you in a holiday rut? Try a different cultural tradition or invite someone new over for dinner.

Tuna Lettuce Wrap

SERVINGS 4 (8 wraps)

CHEF'S NOTE

You can serve this "easy fix" dish as salad or main course. It's perfect when you are busy! I used canned tuna, but you could also use precooked turkey or rotisserie chicken.

DRESSING

1 tsp. peanut butter (Optional)	2 tsp. mayonnaise
1 tsp. Asian red chili paste (or any kind of chili sauce available)	1 tsp. red wine

INGREDIENTS

6 green onions, chopped, divided	Jalapeño
Red bell pepper	¼ c. diced red onion
(2) 5 oz. cans tuna in water, drained	1 carrot, shredded
¼ c. basil (optional)	½ c. chopped fresh cilantro
1 lime or lemon, juiced	4 tsp. sesame oil
3 tsp. Asian red chili paste (or any kind of chili sauce available)	2 tsp. toasted sesame seeds
2 cloves garlic, minced	2 tsp. sugar
1 tsp. salt	3 sliced ginger, minced (or ¼ tsp. ginger powder)
3 t. light soy sauce	¼ tsp. black pepper
Cilantro or basil for garnish (optional)	

- 4 **Go outdoors!** If anxiety starts creeping up on you, take a walk or a hike and enjoy some Arizona sunshine.

Thunderbird Conservation Park is one of the Valley's best spots for hiking. With amazing views, and eight different trails offering glimpses of wildlife and beautiful landscape, it's a local favorite. glendaleaz.com/ParksandRecreation/ThunderbirdPark.cfm. Read about Glendale's extensive trail system throughout the city glendaleaz.com/ParksandRecreation/trails/.

- 5 **Power down.** Ditch the devices and have some good old fashioned conversations.

- 6 **Turn up the tunes.** What's your jam? Beethoven or Beyonce, it doesn't matter. Listening to music relaxes blood vessels and improves blood flow.

- 7 **Plan a real vacation.** Did you know that half of Americans won't take a vacation this year? Even a staycation can make all the difference.

The Glendale Visitor Center can get you traveling in the right direction! Designated as an official Arizona visitor center, they have knowledgeable staff and information on everything in Arizona, A-Z. See what we did there? Check out visitglendale.com or call 623-930-4500.

- 8 **Savor a spicy meal.** Hot foods contain endorphins, which trigger feelings of euphoria and wellbeing.

Try this spicy Thai recipe from culinary instructor, Wayne Lam. See recipe below. He will be teaching Contemporary Chinese Cooking, beginning Jan. 11 at 5:30 p.m. (Foothills Rec Center, 6 weeks, \$69 r / \$79 nr) More info on page 16.

- 9 **Fit in a workout.** It may be last on your busy list, but it will work wonders for your stress level. Exercise can boost your mood for up to 12 hours!

We've got you covered on fitness. Work out in one of our fitness centers at Foothills Recreation Center or the Glendale Adult Center. Take one of our many classes: Zumba, aerobics, water aerobics, or join a sports league. You can even get sessions with a personal trainer – for a more reasonable price than you'd expect. Turn to page 11 or visit glendaleaz.com/ParksandRecreation/HealthWellness.cfm.

- 10 **Think positive.** Negative thinking can increase your stress level. Focus on the good!

Looking for a new way to ward off stress? Take one of our classes, such as yoga or healing meditation to really refocus your positive energy. Info: Turn to page 15 or visit glendaleaz.com/ParksandRecreation/classesandprograms/.

PREPARATION

Dressing: Mix peanut butter, mayo, wine, chili paste together and refrigerate.

Empty drained tuna into large bowl, and break into chunks. Add 2/3 of green onions to tuna; reserve 1/3 for garnish. Add jalapeno, red pepper, red onion, carrots, basil and/or cilantro to tuna and lightly mix together. In small bowl, whisk lemon/lime juice, sesame oil and seeds, chili paste, sugar, garlic, ginger, soy sauce and pepper, plus salt to taste. Pour over tuna mixture and mix carefully. Spoon onto lettuce leaves and top with dressing and green onions. Garnish with cilantro/basil also, if desired.





City of Glendale
Public Facilities, Recreation
and Special Events

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A CELEBRATION OF FOLK MUSIC, ITS HISTORY & CULTURE



Saturday & Sunday
March 18 & 19, 2017 • 10 a.m. to 5 p.m.

Sahuaro Ranch Historic Area
9802 N. 59th Ave., Glendale

Historic site tours, blacksmith demonstrations,
activities, a food court and more!

Workshops by
accomplished entertainers.

Musician “Jam Session” locale

FREE ADMISSION
Bring a Chair!

Over 400
performers!

*Featuring everything from folk
& bluegrass music to cowboy
poetry and storytelling.*

*Complete performance
schedule available at
GlendaleAZ.com/SRPHA*

PLAN NOW TO ATTEND THIS AWARD-WINNING EVENT!



Info: 623-930-2820 or visit www.GlendaleAZ.com/SRPHA.



**Public Facilities,
Recreation &
Special Events**