

Autumn '08 *update*

FOOTHILLS RECREATION & AQUATICS CENTER

something for everyone!



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foothills recreation
& aquatics center

5600 W. Union Hills Dr.
623-930-4600
www.glendaleaz.com/foothillscenter

Aug.–Dec. 2008



Foothills

RECREATION

► Checkout our GREAT Happenings!

& Aquatics Center

**5600 W. Union Hills Dr.
623-930-4600
www.glendaleaz.com/
foothillscenter**

Check us out! Guided tours are available daily. Free community areas including the Lobby and Activity Room are available 7 days a week. Watch your favorite program on one of our big screen TV's in air conditioned comfort.

RECREATION HOURS

M-F: 5:30 a.m.–10 p.m.
SA: 7 a.m.–8 p.m.
SU: 11 a.m.–5 p.m.
Holidays as posted

CHECK OUT OUR GREAT RENTAL FACILITIES

– perfect for your next party, special event or business meeting. Our great facility features a wide variety of room options, as well as audio visual, microphone, and network capabilities. **FOR INFORMATION CALL 623-930-4609.**

Our year-round heated pool is also available for rental. For information, call 623-930-4608.

Foothills Fitness ♥

Fitness Center — Available to Recreation Pass holders, this is a great place to improve overall health and well-being. The Fitness Center includes strength training, cardio, free weights, a warm-up/stretching area and an indoor track. For an added fee, certified personal trainers and a nutritionist are also available. For more information, call 623-930-4624.



Racquetball Leagues will be available Monday or Wednesday, and a women's league on Saturday. For details, call Dave at 623-930-4607.

Fitness 4-Teens — For ages 13 to 17, meets Sept. 13 and 20, 9 a.m. to noon, and features certified staff providing hands-on experiences with interval training, cardio training, weight training, nutrition and proper workout recovery. **Glendale resident: \$50 • Non-resident: \$65.** TO SIGN UP - SEE PAGE 4. Questions? Call Jackie at 623-930-4608. (Code #334362-01)

Foothills Aquatics ♥

“WEEKEND” RECREATION SWIM CONTINUES IN AUGUST – SATURDAYS & SUNDAYS, NOON to 4 P.M. ONLY. The final day for the Foothills 2008 recreation swim season is Sept. 1, Noon to 6 p.m.

Foothills Aquatics Pass Daily Rates

	Adult	Youth (Age 3-17)	Senior (Age 55+)
Resident*	\$5	\$2.50	\$2.50
Non-Resident	\$6	\$3.00	\$3.00

* Residency is based on physical address and zip code on the City of Glendale boundary map. Proof of residency will be required, such as a current water bill along with picture identification.



Adult Water Aerobic Classes & Adult Swim Lessons

begin the week of August 4, with sign up starting July 25. Schedules are available at the Foothills front desk.

Fitness Lap Swimming

(included with a Recreation Pass) is offered during scheduled lap swim times. Monthly schedules are available at the Foothills front desk, or online at glendaleaz.com/foothillscenter.

Foothills Turtle Club

While you enjoy the amenities of the Foothills Center, the Turtle Club child care center can provide a fun, supervised environment for your children ages 2–9. Stop at the front desk for hours of operation and rate information.

Foothills Happenings

FAMILY Family Ice Cream Social —
Saturday, September 13, from 2-4 p.m.
 Here's the scoop! Join us again for this great neighborhood end-of-summer, family event and make your own ice cream sundaes! Socialize with friends, play games and enjoy great music. Admission is 50¢ with all proceeds going to support Foothill's family programs. For additional information, contact Darren at 623-930-4610.

FAMILY Turkey "Fowl" Contest —
Saturday, November 15, from Noon.-3 p.m.
 Participants ages 8 and up are invited to take a set of 10 basketball "fowl" shots for \$1. Additional rounds may be available as time permits. Age categories include: 3rd-4th grade, 5th-6th grade, 7th-8th grade, 9th-12th grade and adults. The winner of each category will be awarded a 12-pound frozen turkey for Thanksgiving. Make 10 out of 10 shots for your chance to win a PlayStation Portable (PSP). No pre-registration required. For additional information, contact Darren at 623-930-4610.



YOUTH/TEEN Santa's Workshop —
Saturday, December 13, from 10 a.m.-Noon.
 Kids of all ages are invited to this special event where they can purchase holiday presents (everything is \$1) for their friends, family or even their pets. A store will be set up 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 items. For more information, please contact Darren at 623-930-4610.

ADULT Points-Based Poker League —
 If you're an avid fan of poker and can't find a place to play, or a beginner looking for a relaxed environment to learn the game — then join us for this 9-week, Monday night league starting Sept. 22. Check-in 6 p.m. Players must be age 18 or older. Questions? Call Darren at 623-930-4610. **Free to the public.**

Get your **Foothills Recreation Pass!**

NO CONTRACTS OR JOINING FEES!

A Recreation Pass features basic aerobic classes, scheduled fitness lap swimming, recreational basketball, badminton, volleyball, Wally Ball, as well as use of the fitness center, rock wall, walking/jogging track, racquetball courts, activity room, lounge area and locker facilities. **Purchase your Pass at the Center or by using Visa, MasterCard or American Express and calling 623-930-4600.**

Recreation Pass Rates

Residency is based on physical address and zip code on the City of Glendale boundary map. Proof of residency will be required such as a current Glendale water bill with picture identification. Following payment and registration, stop by the front desk on your first visit and complete the required paperwork and request to have your picture taken for your facility ID.

	Monthly	Annual	15-Punch Pass	30-Punch Pass	Daily Pass
ADULT					
Resident	\$35	\$350	\$60	\$120	\$5
Non-Resident	\$42	\$420	\$72	\$144	\$6
NON PRIME TIME (9-11 a.m. / 2-4 p.m.)					
Resident	\$25	\$250	N/A	N/A	\$4
Non-Resident	\$30	\$300	N/A	N/A	\$5
2 PERSON (Any two people residing at the same address)					
Resident	\$55	\$550	N/A	N/A	N/A
Non-Resident	\$66	\$660	N/A	N/A	N
FAMILY (Two persons plus unlimited, unmarried children residing at the same address, 20 years of age or younger)					
Resident	\$65	\$650	N/A	N/A	N/A
Non-Resident	\$78	\$780	N/A	N/A	N/A
STUDENT (Ages 13-19)					
Resident	\$20	\$200	N/A	\$75	\$3
Non-Resident	\$24	\$240	\$45	\$90	\$4
YOUTH (Ages 5-12)					
Resident	\$15	\$150	\$37.50	\$60	\$2.50
Non-Resident	\$18	\$180	\$36	\$72	\$3
SENIOR (Ages 55+)					
Resident	\$20	\$200	\$30	\$60	\$4
Non-Resident	\$24	\$240	\$36	\$72	\$5
GROUP/CORPORATE					
<i>(Includes a maximum of 20 people, age 9 or older. The group submits the monthly or annual amount when registering. Group/Corporate passes are non-transferable and may not be sold. No individual pass refunds or transfers allowed. Group/Corporate pass holders must include 51% Glendale residents with proof of residency OR, payment must be in the form of a company check from a Glendale business. The Glendale business must pay their taxes to the City of Glendale. Proof is required.)</i>					
Resident	\$300	\$3000	N/A	N/A	N/A

► SIGN UP now! *It's fast and easy.*



Online

www.
**glendaleaz.com/
parksandrecreation**

– just follow the
easy instructions.

Pay with Visa,
MasterCard or
American
Express.



Phone

623-930-2820
M–F: 8 a.m.–5 p.m.

623-930-4600
M–F: 7 a.m.–9 p.m.
SA: 8 a.m.–7 p.m.
SU: 11 a.m.–4 p.m.

Please have class/
activity information
ready. Pay with
Visa, MasterCard or
American Express.

In Person

Glendale Parks & Recreation
5850 W. Glendale Ave.
M–F: 8 a.m.–5 p.m.

**Foothills Recreation
& Aquatics Center**
5600 W. Union Hills Dr.
M–F: 7 a.m.–9 p.m.
SA: 8 a.m.–7 p.m.
SU: 11 a.m.–4 p.m.

Pay with VISA, MasterCard,
American Express, cash,
check or money order payable
to *City of Glendale*.

Mail

Complete the
form below and
send it with your
check or money
order, payable to
City of Glendale,
along with a *self-
addressed stamped
envelope*, to one of
the locations noted
on the Sign Up
Form.

After you sign up, you will receive a printed confirmation of your class/activity. Online you will receive a screen receipt that can be printed. If you do not receive confirmation prior to your class/activity start date, call 623-930-2820. Your confirmation will serve as notice for you to attend on the specified start date. You will not be able to attend if your name is not on the class/activity roster. All classes and activities are subject to change depending upon instructor availability and minimum/maximum enrollment and are subject to cancellation due to insufficient enrollment. In the event of a cancellation, you will be notified by phone and may request a transfer or refund. REFUND REQUESTS must be made by phone or in person at least one week prior to the class/activity start date and will take approximately two weeks to be processed. All information is subject to change without notice. Some fees do not include materials or supplies. Estimated cost of the materials or supplies will vary with quality and quantity used. For assistance, call 623-930-4600 or 623-930-2820.

For special accommodations call 623-930-4613. Hearing impaired can call the TDD at 623-930-2197.

CODE		ACTIVITY/CLASS TITLE	PARTICIPANT'S NAME	DATE OF BIRTH <i>(For Children)</i>	GENDER	PRICE

<p>MAIL or BRING to one of these locations:</p> <ul style="list-style-type: none"> - Glendale Parks & Recreation 5850 W. Glendale Ave., Glendale, AZ 85301 - Foothills Recreation & Aquatics Center 5600 W. Union Hills Dr., Glendale, AZ 85308 <p>The city of Glendale Parks and Recreation Department prohibits discrimination on the basis of race, color, sex, national origin, and/or disabling conditions, such as, but not limited to, human immunodeficiency virus or acquired immunodeficiency syndrome in its programs and activities. Complaints alleging discrimination may be filed with either the Glendale Parks and Recreation Department or the Director of Equal Opportunity Program, National Park Service, P.O. Box 37127, Washington, D.C. 20013-7127.</p>	OPTIONAL \$1 FOR SCHOLARSHIP FUND
	TOTAL

Notification is given regarding sign up status at time of receipt. If received through mail, notification is mailed.

NOTICE: Participants should be aware that there is some risk involved in these activities and that all participants do so at their own risk. Medical insurance is not provided by the city of Glendale.

FOOTHILLS RECREATION & AQUATICS CENTER

Special Interest Classes

TO SIGN UP – SEE PAGE 4. Questions? Call Lori Palmer at 623-930-4613.

Advance sign up is required for all special interest classes and begins August 1, 2008.

**The following classes are held at the Foothills Recreation & Aquatics Center
5600 W. Union Hills Drive - Glendale, AZ**

♥ Heart-Healthy Activity

CULTURAL ARTS

(Ages 13 and over unless otherwise noted)

CODE	ACTIVITY (AGE)	DAY (DATE)	TIME	ROOM	CODE	ACTIVITY (AGE)	DAY (DATE)	TIME	ROOM
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ART DISCOVERY

Explore your creative side using a variety of mediums – pottery, painting, glass art, mosaics, drawing and more. \$20 supply fee will be collected at the first class. No class Oct. 14. 1-½ hours. Instructor: BARBOUR. **Begins Sept. 23 or Nov. 18 for 4 weeks. Glendale resident: \$62 • Non-resident: \$74.**



224101-01	DISCOVERY	T (9/23)	9:00 AM	FC-212
224101-03	DISCOVERY	T (11/18)	9:00 AM	FC-212

INTRODUCTION TO DRAWING: YOU CAN DO IT

This introductory course explores a variety of drawing techniques. Topics include materials, shading and blending, perspective, abstract and realistic styles, anatomy and elements and principles of design. Projects include drawing objects, still life, landscape and anatomy. Materials list given at the first class. 3 hours. Instructor: EISENBERG. **Begins Sept. 20 for 10 weeks. Glendale resident: \$125 • Non-resident: \$150.**

224136-01	DRAW	SA (9/20)	1:00 PM	FC-212
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MOSAICS - GLASS

Learn to create mosaics using glass fusion. Working with a professional artist, you will focus on how to create and follow a pattern and prepare materials for a successful mosaic. \$45 supply fee will be collected at the first class. 1-½ hours. Instructor: BARBOUR. **Begins Sept. 23 or Nov. 18 for 4 weeks. Price: Glendale resident: \$75 • Non-resident: \$90.**

224112-01	MOSAIC	T (9/23)	6:30 PM	FC-212
224112-04	MOSAIC	T (11/18)	1:00 PM	FC-212

OIL/ACRYLICS PAINTING

Color composition, control of values, brush strokes, observation and more are highlighted in this class. Expect lively class interaction in a relaxed atmosphere. Instructor will call prior to first class with supply list, or you can call 623-878-5932. 3 hours. Instructor: KIMBLE. **Begins Sept. 16 or Nov. 4 for 6 weeks. Glendale resident: \$55 • Non-resident: \$66.**

224141-01	ADV OIL PAINTING*	T (9/16)	9:00 AM	FC-208
224141-03	ADV OIL PAINTING*	T (11/4)	9:00 AM	FC-208

* Must have taken a beginning oil painting class prior to registering.

OIL PAINTING

Learn to paint realistic images and examine the influence of the great masters of oil painting. Work is centered upon the indirect layered approach. Topics including brush and paint handling, light and color behavior and perspective. Instructor will call prior to first class with supply list. Beginners are welcome. 2-½ hours. Instructor: MARTIN. **Begins Oct. 2 for 6 weeks. Glendale resident: \$55 • Non-resident: \$66.**

224142-01	OIL	TH (10/2)	6:00 PM	FC-208
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GLASS BEAD MAKING

Make your own beautiful glass beads while learning the basics of lampwork (torch work). \$125 supply fee will be collected at the first class. These supplies will provide you with the equipment you'll need to continue to create glass beads at home. No class Oct. 14. 1-½ hours. Instructor: BARBOUR. **Begins Sept. 23 or Nov. 18 for 4 weeks. Glendale resident: \$143 • Non-resident: \$172.**

224121-01	BEAD	T (9/23)	1:00 PM	FC-212
224121-03	BEAD	T (11/18)	6:30 PM	FC-212

GLASS FUSION - FIVE-INCH BOWL

Brilliant pieces of colored glass are shaped and fused together, using kiln firing, to create a colorful bowl. All supplies included. 1-½ hours. Instructor: BARBOUR. **Dec. 16 ONLY. Glendale resident: \$55 • Non-resident: \$66.**

224124-01	BOWL	T (12/16)	6:30 PM	FC-208
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SIGN UP NOW! — just turn to page 4.

GLASS FUSION - JEWELRY

A class where you can create a set of jewels as unique as you! Colored glass is layered and kiln fired to create a beautiful glass pendant and set of matching earrings. 1-½ hours. Instructor: BARBOUR. **Dec. 16 ONLY. Glendale resident: \$55 • Non-resident: \$66.**

224123-01 GLASS T (12/16) 8:00 PM FC-208

HOLIDAY GIFT CREATIONS

Make an assortment of special holiday gifts your friends and family will treasure. Enjoy creating as many gifts as you like — such as jewelry, treasure boxes, candle holders and more using clay and/or glass. 1-½ hours. Instructor: BARBOUR. **Nov. 15 ONLY. Glendale resident: \$50 • Non-resident: \$60.**

224191-01 HOLIDAY SA (11/15) 2:30 PM FC-208

LANGUAGES

(Ages 13 and over unless otherwise noted)

SPANISH FOR BEGINNERS

Want to have fun while learning Spanish? If you're a beginner or if you know some Spanish already, this is a great class in which to learn and practice the language in a fun setting. Learn how to greet and introduce yourself to new friends, tell time, activities/hobbies you enjoy doing, etc. in Spanish. We'll play lots of games to reinforce the lessons you learn. Handouts included in course fee. 1 hour. Instructor: TORAYA. **Begins Sept. 17 for 8 weeks. Glendale resident: \$50 • Non-resident: \$60.**

264110-01 SPANISH W (9/17) 6:30 PM FC-210

CONVERSATIONAL GERMAN

Develop communicative skills for everyday German. Essential vocabulary, correct pronunciation, idiom usage and cultural activities are the focus in this participation class. Students will work from instructor-designed material. 1-½ hours. Instructor: GUNNERY. **Begins Oct. 1 for 8 weeks. Glendale resident: \$44 • Non-resident: \$53.**

264131-01 GERMAN W (10/1) 6:30 PM FC-208

BEGINNING ITALIAN

Learn useful, idiomatic Italian expressions for everyday life situations in a fun, engaging setting, while also learning correct pronunciation, basic grammar rules and interesting features of Italian culture. The textbook, *Barron's: Learn Italian the Fast and Fun Way* (ISBN 0764125303), will need to be purchased prior to the start of class. An English/Italian dictionary is recommended. No class Nov. 11. 1 hour, 20 minutes. Instructor: TOFANI. **Begins Oct. 7 for 8 weeks. Glendale resident: \$43 • Non-resident: \$52.**

264101-01 ITALIAN T (10/7) 6:00 PM FC-210

CONTINUING ITALIAN

Whether you have completed beginning Italian or already know some of the basics, this class provides a variety of dialogues and notes on grammar that allows students to get more familiar with this beautiful language. The textbook, *Learn Italian The Fast and Fun Way*, 3rd Edition, will need to be purchased prior to the start of class. An English/Italian dictionary is recommended. No class Nov. 11. 1-½ hours. Instructor: TOFANI. **Begins Oct. 7 for 8 weeks. Glendale resident: \$43 • Non-resident: \$52.**

264102-01 ITALIAN T (10/7) 7:30 PM FC-210

MUSIC

(Ages 13 and over unless otherwise noted)

BEGINNING (ACOUSTIC) GUITAR

Bring your guitar to class and learn basic chords and strums, how to read music, tab and tune a guitar. \$7 book fee will be collected at the first class. No class Oct. 18. 2 hours. Instructor: MOORE. **Begins Sept. 27 for 8 weeks. Glendale resident: \$52 • Non-resident: \$62.**

254121-02 GUITAR (Age 12+) SA (9/27) 1:30 PM FC-204

INSTANT GUITAR FOR HOPELESSLY BUSY TEENS & ADULTS

Difficult to find time to learn the guitar? Just bring your guitar and in a few hours you can learn enough to give you years of musical enjoyment! This crash course will teach you some basic chords and get you playing along with your favorite songs. Topics include how to tune your guitar, basic strumming patterns and how to buy a good guitar. Workbook and practice DVD included. Class limited to 15 students. 2-½ hours. Instructor: COFFMAN. **Oct. 27 ONLY. Glendale resident: \$53 • Non-resident: \$64.**

254123-01 GUITAR (Age 13+) M (10/27) 6:30 PM FC-BOB

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Regular piano teachers teach note reading, piano professionals use chords. In this one class, you can learn all the chords you'll need to play any song, any style, any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you know enough to enroll. Topics include how chords work, how to get more out of sheet music, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid "counting" and how to simplify over 12,000 complex chords. Workbook and practice CD or cassette included. 3 hours. Beginners can request a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 1019 N. Plymouth Court, Gilbert, AZ 85234. Instructor: COFFMAN. **Sept. 25 ONLY. Glendale resident: \$53 • Non-resident: \$64.**

254126-01 PIANO (Age 18+) TH (9/25) 6:30 PM FC-BOB

CULINARY ARTS

(Ages 13 and over unless otherwise noted)

BAKING AND DESSERTS

For beginning cooks — you will learn to create a variety of desserts and baked goods — from easy cookies and brownies to breads, cakes, mousse and chocolate éclairs! \$60 (cash) supply fee will be collected at the first class. 3 hours. Instructor: CHEF BRANDT. **Begins Sept. 24 for 8 weeks. Glendale residents, \$80 • Non-residents, \$96.**

204118-01 COOK (Age 16+) W (9/24) 6:00 PM FC-KIT

CAKE DECORATING/COURSE I

Learn about icing, leveling, torting and making beautiful icing roses. "The Wilton Method of Cake Decorating" Student Kit Course I, available at Michaels, is required. Spanish on request. 4 hours. Instructor: FINAN. **Begins Sept. 13 for 4 weeks. Glendale resident: \$67 • Non-resident: \$80.**

204110-01 CAKE SA (9/13) 1:00 PM FC-102

CAKE DECORATING/COURSE II

Learn to make elegant borders featuring rosettes, reverse shells and rope designs. Give your cakes incredible dimension with the addition of bold color flow decorations. Create lovely flowers like rosebuds, daisies and more. Flower basket cake using the interwoven basket weave technique will also be taught. "The Wilton Method of Cake Decorating" Student Kit Course II, available at Michaels, is required. Spanish on request.

4 hours. Instructor: FINAN. **Begins Nov. 1 for 4 weeks.**

Glendale resident: \$67 • Non-resident: \$80.

204114-01 CAKE II SA (11/1) 1:00 PM FC-102

FONDANT COOKIES

Come and have fun making beautiful and elegant looking fondant cookies by using food safe rubber stamps. Impress your family and friends by creating a beautiful cookie bouquet for any occasion. \$12 supply fee will be collected at the class. 5 hours.

Instructor: FINAN. **Dec. 20 ONLY. Glendale resident: \$35 •**

Non-resident: \$42.

204121-01 COOKIES SA (12/20) 12:00 PM FC-KIT

EMBOSSSED CHOCOLATE

Looking for unique holiday gifts? Come and make white embossed chocolates on a stick by using a heat tool, food safe rubber stamp and colored edible luster dust. Take home your project — it makes a great and elegant gift. \$12 supply fee will be collected at the class. 5 hours. Instructor: FINAN. **Dec. 6 ONLY. Glendale resident: \$35 • Non-resident: \$42.**

204120-01 CHOCOLATE SA (12/6) 12:00 PM FC-KIT

DINING IN – THE CREATIVE HOME CHEF

Why spend your hard earned money dining out as prices rise and restaurants cut back on portions? Learn to prepare fine meals like a pro! Impress your family and friends with delicious dishes such as Indian curry, Thai noodles, Chinese stir fry, beef stroganoff, Cajun cuisine, spaghetti and meatballs, slow roasted pork, as well as some fancy desserts. Professionally trained "Chef Tom" will show you proven techniques to give you the confidence to be your own home chef. \$75 (cash) supply fee will be collected at the first class. No class Oct. 13. 3 hours.

Instructor: CHEF BRANDT. **Begins Sept. 22 for 8 weeks.**

Glendale residents, \$80 • Non-residents, \$96.

204122-01 COOK (Age 16+) M (9/22) 6:00 PM FC-KIT

CHINESE CUISINE

For both beginners and veteran cooks — learn the basics of traditional Chinese cooking. From appetizers to desserts, learn to "WOW" family and friends with tasty stir-fry and delicate soups. Get hands-on experience making wontons, egg rolls, stir fried noodles and other popular Chinese dishes. \$50 supply fee will be collected at the first class. 3 hours.

Instructor: LEE. **Begins Sept. 18 for 4 weeks.**

Glendale resident: \$77 • Non-resident: \$92.



204102-01 CHINESE TH (9/18) 5:00 PM FC-KIT

EDIBLE HALLOWEEN WITCHES

Let your imagination run wild and have fun making edible Halloween witches. They will be the hit of any Halloween party. You will receive complete instructions at class and take home your project. \$8 supply fee will be collected at the class. 5 hours.

Instructor: FINAN. **Oct. 25 ONLY. Glendale resident: \$35 •**

Non-resident: \$42.

204119-01 WITCHES SA (10/25) 12:00 PM FC-KIT

PERSONAL DEVELOPMENT

(Ages 13 and over unless otherwise noted)

CPR AND FIRST AID TRAINING

Be prepared in an emergency! Learn basic CPR and first aid — providing you the knowledge and skills necessary to administer emergency care in cases of injury or sudden illness. Successful completion cards will be distributed. Optional health care provider is offered for an additional \$5, payable at class.

Ages 12 and older. 3 hours. Instructor: TUTORNE. **Sept. 17, Oct. 15, Nov. 13 or Dec. 16 ONLY. Glendale resident: \$32 •**

Non-resident: \$38.

254141-01 CPR/AID W (9/17) 6:00 PM FC-208

254141-02 CPR/AID W (10/15) 6:00 PM FC-212

254141-03 CPR/AID TH (11/13) 6:00 PM FC-208

254141-04 CPR/AID T (12/16) 6:00 PM FC-210

ACUPRESSURE FOR STRESS REDUCTION

This simple, self-help tool known as the Emotional Freedom Technique (EFT) can help reduce your stress level in less than 60 seconds and has been used to reduce pain, lessen cravings and alleviate negative emotions. It raises your energetic vibration, allowing you to move through "stucks" quickly and flow in the direction of your desires. Please wear comfortable clothes and dress warmly. 1-½ hours. Instructor: LOVE. **Nov. 5 ONLY. Glendale resident: \$35 • Non-resident: \$42.**

254120-01 STRESS W (11/5) 6:30 PM FC-212

MUSCLE TESTING

Our bodies know what is best for us! Learn how to do a simple muscle strength test that will determine if your vitamins, lotions, shampoos, deodorants or perfumes are resonating with your body or creating havoc! It's kinesiology made simple. Learn to listen to your intuition and let your body become a pendulum for improved health. Bring your supplements, deodorants, perfumes, etc., to see if they are good for you. 1-½ hours.

Instructor: LOVE. **Oct. 20 ONLY. Price: Glendale resident: \$35 • Non-resident: \$42.**

254151-01 MUSCLE (Age 18+) M (10/20) 6:30 PM FC-212

GUIDED IMAGERY TO CREATE GOALS

As guided imagery is practiced through self-hypnosis and/or meditation, the powerful potential within your subconscious mind awakens. Instructor will explain brain wave levels and walk you through the steps to create and manifest a specific goal that you have in mind. Dress warmly and bring a pillow, blanket and mat for your comfort. 1-½ hours. Instructor: LOVE. **Oct. 8 ONLY. Glendale resident: \$35 • Non-resident: \$42.**

254107-01 HEALTH W (10/8) 6:30 PM FC-212

PAIN FREE LIFESTYLE WORKSHOP

Good News! Chronic pain can be prevented or cured without surgery or drugs. Egoscue is a revolutionary method for stopping chronic pain in as little as 20 minutes a day, using a series of gentle exercises and stretches called e-cises. Whether the pain is from an injury or you were born with it, you can get relief. Join us as we show you how to get started using the Egoscue Method. *Pain Free*, book by Pete Egoscue is included. 2 hours. Instructor: CATTERMOLE. **Sept. 25 or Oct. 30 ONLY. Glendale resident: \$55 •**

Non-resident: \$66.

254105-01 PAIN FREE TH (9/25) 6:00 PM FC-210

254105-02 PAIN FREE TH (10/30) 6:00 PM FC-210

HOW TO HEAL WITH COLOR AND BALANCE YOUR ENERGY CENTERS

Through breathing, imagination, intention and conscious application, you can apply color in your life for enhanced health, joy and peace of mind. The instructor will share ideas for using color therapy and walk the class through a guided meditation for balancing the Chakras (energy wheels in your aura field). Please bring a mat and pillow for meditation. 1-½ hours.

Instructor: LOVE. **Sept. 22 ONLY. Price: Glendale resident: \$35 • Non-resident: \$42.**

254197-01 COLOR (Age 18+) M (9/22) 6:30 PM FC-212

INTRODUCTION TO AROMATHERAPY

Aromatherapy, the use of pure plant oils, has gained widespread popularity as the benefits of this ancient healing art are rediscovered. Experience how they aid in relaxation, uplift the mood, create euphoria and energy, reduce stress, improve circulation, soothe aches and pains and help with mental clarity and sleep. Wear comfortable clothing, bring a mat and towel.

4 hours. Instructor: SCHILLER. **Nov. 25 ONLY. Per Person – Glendale resident: \$28 • Non-resident: \$34.**

254102-01 AROMA (Age 18+) T (11/25) 5:30 PM FC-204

MEDITATION

Learn to meditate! Participate in a “Whitman’s Sampler” of techniques for dealing with stress, lowering blood pressure and improving health and well-being. No class Oct. 13 or Dec. 1.

1-½ hours. Instructor: CZUKOR. **Begins Sept. 29 for 9 weeks.**

Glendale resident: \$59 • Non-resident: \$71.

244164-01 MEDITATE M (9/29) 1:00 PM FC-212

NEW MOTHERHOOD

Mothers need support and information as they are making complex decisions that will affect themselves and their families. Join us for an 8-week postpartum group as we share our experiences during pregnancy—how decisions were made about birth plans, health care providers, health issues and birth and postpartum experiences. By sharing, we put into perspective our own experiences and gain a greater understanding of choices others have made. 1 hour. Instructor/Facilitator: ISENSTADT (board certified Lactation Consultant, certified childbirth educator and a certified birth Doula). **Begins Oct. 1 for 8 weeks. Glendale resident, \$46 • Non-resident, \$56.**

254184-01 MOTHER W (10/1) 9:00 AM FC-210

UNDERSTANDING THE MAYAN & AZTEC CALENDAR

Learn about Mayan and Aztec hieroglyphs and their meaning, symbolism, myths and how to read and decipher the Mayan and Aztec calendars. A great class to take if you are interested in history or planning a vacation to an ancient city. Please bring a sketch pad and pencils. 2 hours. Instructor: MARTINEZ. **Oct. 21 or Dec. 16 ONLY. Glendale resident: \$21 • Non-resident: \$25.**

254196-01 MAYAN (Age 18+) T (10/21) 6:30 PM FC-212

254196-02 MAYAN (Age 18+) T (12/16) 6:30 PM FC-212

THEATER/ACTING

Want to be an actor? Then join us! You’ll develop skills that include memorization, acting with feeling, stage presentation, improv, how to play the audience, and much more! All participants will perform in class and on stage before a live audience. Rehearsals are essential. Both beginning and experienced actors, as well as people with voice and piano talent are encouraged to sign up. Feel free to call the instructor, Janette with any questions, 623-878-5932. 3 hours. Instructor: KIMBLE. **Begins Oct. 1 for 8 weeks. Glendale resident, \$65 • Non-resident, \$78.**

254172-02 THEATER (Age 14+) W (10/1) 5:30 PM FC-204

CONVERT VHS TAPES TO DVD

Learn to easily archive your videotape collection onto DVD and create your own DVD movies from your camcorder, VCR and more. Demonstrations will show how to convert and view your videos on new devices. The process involves a PC computer, video capture device and software. Please bring a VHS tape and a blank DVD. If converting from other than a VHS tape, please bring a camcorder (with audio and video cables). 4 hours.

Instructor: SCHILLER. **Nov. 25 ONLY. Glendale resident: \$28 • Non-resident: \$34.**

254181-01 CONVERT T (11/25) 1:00 PM FC-210

GUN SAFETY AND CCW

Learn basic fundamentals of gun safety and the history and development of firearms. Discuss the “Ten Commandments of Gun Safety.” Be educated on important rules, kids and guns and information to help your children become “gun safe.” Instruction on the proper use of firearms/CCW will be targeted. Students will receive Concealed Weapons Permit upon completion of class. Ages 21 years and older. 8 hours. Instructor:

LAWRENCE. **Oct. 18 ONLY. Price: Glendale resident: \$99 • Non-resident: \$119.**

254103-02 SAFETY (Age 21+) SA (10/18) 9:00 AM FC-202

FINANCIAL/BUSINESS

(Ages 13 and over unless otherwise noted)

DO YOU REALLY UNDERSTAND YOUR INVESTMENT ACCOUNT?

Learn about different types of investment accounts, the pros and cons of a Roth IRA, Traditional IRA, 529, 401k, annuities, etc. and tax implications and investment flexibilities of these accounts. It’s highly informative for all types of investors. 1-½ hours. Instructor: URBANOWICZ, EA, CCPS. **Oct. 20, Nov. 18 or Dec. 15 ONLY. Price: Glendale resident, \$21 • Non-resident, \$25.**

254155-01 INVEST M (10/20) 6:30 PM FC-202

254155-02 INVEST T (11/18) 6:30 PM FC-202

254155-03 INVEST M (12/15) 6:30 PM FC-202

ESTATE PLANNING, TRUSTS AND CHARITABLE GIVING

Understand trusts and why you might want one, strategies for reducing income tax, capital gains tax and estate tax, legacy with estate planning strategies, the power of powers of attorney and the importance of beneficiaries. A complimentary copy of the Dream Book® guide, an approach that starts with your dreams, not the numbers, will be provided. 2-½ hours. Instructor: HARNDEN (CPA, CFP, PFS). **Sept. 24 ONLY. Per person/couple – Glendale resident: \$15 • Non-resident: \$18.**

254191-01 TRUSTS (Age 18+) W (9/24) 6:30 PM FC-BOB

HOW TO MARKET YOURSELF AND/OR BUSINESS

This course covers strategies, resources and hands-on techniques. Topics include developing a marketing and public relations plan, working with the media, advertising and publicity, traditional and digital approaches to marketing and networking within the community and beyond. No class Nov. 27. 3 hours. Instructor: EISENBERG. **Begins Oct. 2 for 10 weeks. Glendale resident: \$125 • Non-resident: \$150.**

254199-01 MARKET TH (10/2) 6:45 PM FC-202

SIGN UP ONLINE – www.glendaleaz.com/parksandrecreation

TAX CONSIDERATIONS FOR SMALL BUSINESSES

Considering or already started a business? Focusing on businesses classified as a sole proprietorship or single-member LLC — learn how to account for and properly classify business income and expenses, about self employment tax, depreciation and standard mileage. Please bring a calculator and note pad to class. 1-½ hours. Instructor: LUM (CPA).

Oct. 23 or Nov. 15 ONLY. Glendale resident, \$15 • Non-resident, \$18.

254101-01	TAX	TH (10/23)	6:30 PM	FC-204
254101-02	TAX	SA (11/15)	9:00 AM	FC-204

BUILD YOUR FINANCIAL FUTURE BY ELIMINATING CREDIT CARD DEBT

With rising prices, many individuals have little remaining in their wallets to meet credit card and other obligations. But missing one payment can be COSTLY. Learn the negative impacts missing a payment on your credit card can have on your financial health.

Discover key signs to recognize when you might be in too deep. Learn steps, methods, and help available to eliminate credit card debt. 2 hours. Instructor: MELVIN. **Sept. 23 or Oct. 21 ONLY.**

Glendale resident: \$35 • Non-resident: \$42.



254189-01	CREDIT	T (9/23)	6:30 PM	FC-206
254189-02	CREDIT	T (10/21)	6:30 PM	FC-202

PERFECT CREDIT: HOW TO GET IT, KEEP IT, AND PROTECT IT

Whether you're buying a home, car, or applying for a job, in today's credit-driven society, your credit score means everything. Do you know your credit score and what affects it? Maybe you've never had credit before and want to get it established, or just came out of a divorce or foreclosure and need to start over or just want to make your credit better. Having reviewed thousands of credit reports, Certified Mortgage Planner Samuel Melvin will guide you through the in's and out's of the credit maze and help you on the pathway to perfect credit. 2 hours. Instructor: MELVIN. **Sept. 16 or Oct. 14 ONLY. Glendale resident: \$35 • Non-residents: \$42.**

254190-01	PERFECT	T (9/16)	6:30 PM	FC-210
254190-02	PERFECT	T (10/14)	6:30 PM	FC-202

WEATHERING THE FORECLOSURE STORM

Foreclosures are at an all-time high. Nearly 20 mortgage companies have closed in the last two years. Rising energy costs, worries about an oncoming recession, and looming budget cuts are on everyone's mind. Recession-proof your home and future. Protect your family and finances by learning the tools you need to make it through these tough times. Put a step-by-step process in place to shield yourself from the financial rains ahead. 2 hours. Instructor: MELVIN. **Sept. 4 or Oct. 2 ONLY. Glendale resident: \$35 • Non-residents: \$42.**

254188-01	FORECLOSURE	TH (9/4)	6:30 PM	FC-210
254188-02	FORECLOSURE	TH (10/2)	6:30 PM	FC-210

WHAT EVERYONE NEEDS TO KNOW ABOUT SOCIAL SECURITY

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. 1-½ hours. Instructor: URBANOWICZ, EA, CCPs. **Oct. 22, Nov. 20 or Dec. 17 ONLY. Glendale resident, \$21 • Non-resident, \$25.**

254108-01	SECURITY	W (10/22)	6:30 PM	FC-202
254108-02	SECURITY	TH (11/20)	6:30 PM	FC-202
254108-03	SECURITY	W (12/17)	6:30 PM	FC-202

DANCE

(Ages 13 and over unless otherwise noted)

HULA ♥

Aloha, it's back! Whether you've taken hula before or not — NOW is the perfect time to come work out those legs while we learn all new material. Bring a sarong to wrap those hips. 1 hour. Instructor: SEGURITAN. **Begins Sept. 30 for 6 weeks. Glendale resident: \$35 • Non-resident: \$42.**

234181-01	HULA (Age 14+)	T (9/30)	8:15 PM	FC-EXB
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LATIN TONE & TECHNIQUE ♥

If you desire to have the look of a dancer's body, this class is for you! Learn the basic movements and technique of the Samba, Mambo, Rumba, Bolero and Cha Cha. Experience the pleasure in finding your body moving to the different Latin rhythms and discovering muscle groups you never knew you had. Come dressed to sweat. Sneaker or Latin dance shoes will work. No partners needed. No class Nov. 27, Dec. 25 and Jan. 1. 1 hour. Instructor: BATES. **Begins Sept. 11 or Nov. 6 for 8 weeks. Glendale resident: \$40 • Non-resident: \$48.**

234148-01	LATIN (Age 16+)	TH (9/11)	8:15 PM	FC-100
234148-02	LATIN (Age 16+)	TH (11/6)	8:15 PM	FC-100

BEGINNING SALSA DANCING ♥

This introduction to Salsa dancing includes musicality, how to find the rhythm to different Latin songs and the Cuban Motion (movement of your hips). While learning to dance, you will be asked to rotate partners so you will get a grasp on leading and following with different dance partners. Be prepared to dance and have an awesome time! No class Nov. 26. 1 hour. Instructor: BATES. **Begins Sept. 10 or Nov. 5 for 8 weeks. Glendale resident: \$40 • Non-resident: \$48.**

234150-01	SALSA I (Age 16+)	W (9/10)	7:00 PM	FC-100
234151-01	SALSA II* (Age 16+)	W (9/10)	8:00 PM	FC-100
234150-02	SALSA I (Age 16+)	W (11/5)	7:00 PM	FC-100
234151-02	SALSA II* (Age 16+)	W (11/5)	8:00 PM	FC-100

* Must have taken Salsa I prior to registering for Salsa II.

BALLROOM 101 ♥

Learn to dance the classics such as the Tango, Waltz, Foxtrot and more. Learn correct posture, dance frame and footwork with poise and grace. No class Nov. 27, Dec. 25 and Jan. 1. 1 hour. Instructor: BATES. **Begins Sept. 11 or Nov. 6 for 8 weeks. Glendale resident: \$40 • Non-resident: \$48.**

234149-01	BALLROOM (Age 12+)	TH (9/11)	7:00 PM	FC-100
234149-02	BALLROOM (Age 12+)	TH (11/6)	7:00 PM	FC-100

SWING DANCE (BALLROOM DANCE) ♥

BEGINNING: Have a fun and exciting time learning the most popular steps in swing, as well as adding to steps you already know. SWING II:

For intermediate swing dancers. Advanced swing steps will be taught. Singles and couples are welcome.

Sign ups can be accepted the first day of class. No class Nov. 11. 1 hour. Instructor: ROMANI (10+ years teaching experience). **Begins Sept. 9, Oct. 21 or Dec. 9 for 6 weeks. Glendale resident: \$35 • Non-resident: \$42.**



234171-01	BEG SWING	T (9/9)	7:15 PM	FC-100
234171-02	BEG SWING	T (10/21)	7:15 PM	FC-100
234171-03	BEG SWING	T (12/9)	7:15 PM	FC-100
234172-01	SWING II	T (9/9)	8:15 PM	FC-100
234172-02	SWING II	T (10/21)	8:15 PM	FC-100
234172-03	SWING II	T (12/9)	8:15 PM	FC-100

BEGINNING/INTERMEDIATE LINE DANCE ♥

BEGINNING: Includes Cab Driver, Old Bones, Take the First Step and more. INTERMEDIATE: Learn Rio, Bosa Nova, Chaka Chaka and Wishful Thinking. No class Nov. 27 and Dec. 25. 1 hour. Instructor: TERRY & ROSEMARY LUTZ. **Begins Aug. 4, Oct. 6, or Dec. 1 for 8 weeks. Glendale resident: \$20 • Non-resident: \$24.**

234142-01	BEG. LINE	M (8/4)	10:00 AM	FC-EXA
234143-02	INT. LINE*	M (8/4)	11:00 AM	FC-EXA
234142-04	BEG. LINE	M (10/6)	10:00 AM	FC-EXA
234143-05	INT. LINE*	M (10/6)	11:00 AM	FC-EXA
234142-07	BEG. LINE	M (12/1)	10:00 AM	FC-EXA
234143-08	INT. LINE*	M (12/1)	11:00 AM	FC-EXA

* Must have taken a beginning line dance class prior to signing up.

BEGINNING HIP HOP FUNK ♥

Are you ready to burn calories and stay in shape while you learn all the latest hip hop moves? Get basic knowledge of hip hop styles of the past, present and future. Enjoy a positive, fun atmosphere while learning simple dance combinations. No class Nov. 29. 1 hour. Instructor: FRANE. **Begins Oct. 18 for 8 weeks. Glendale resident, \$42 • Non-resident, \$50.**

234137-01	HIPHOP	SA (10/18)	1:30 AM	FC-EXA
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MODERN JAZZ ♥

Introduces the theory and practice of modern jazz. Highlights the development of movement quality and performance skills as well as stretching and warm up and choreography. Dance at the beginning and intermediate level. No class Nov. 29. 1-½ hours. Instructor: MCCRAY. **Begins Sept. 27 for 10 weeks. Glendale resident: \$50 • Non-resident: \$60.**

234186-01	JAZZ	SA (9/27)	3:30 PM	FC-EXA
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BEGINNING BELLY DANCING FOR FUN & FITNESS

♥ This ancient dance form helps improve posture and flexibility, is low impact and appropriate for participants of all ages, sizes and fitness levels. It'll raise your heart rate, so be prepared to sweat a little! Bring a scarf to tie around your hips and any type of dance wear to allow free movement. Pantyhose, socks or ballet slippers are suggested footwear. Monthly performance opportunities available. 1 hour. Instructor: GERHARDT-NAKARAT. **Begins Sept. 27 for 8 weeks. Glendale resident: \$55 • Non-resident: \$66.**

234111-01	BELLY	SA (9/27)	10:00 AM	FC-EXA
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EXERCISE/SPORTS

(Ages 13 and over unless otherwise noted)

ADVENTURE BOOT CAMP FOR WOMEN ♥

Women are getting great results with the beginner Adventure Boot Camp! You can too! Are you looking for a jump-start to your fitness program? Try this new approach to exercise featuring fitness instruction, nutritional counseling and motivational training packed with fun and energizing activities to help you reach your fitness goals. Whether you want to lose weight to fit into that special dress, shed extra pounds from a pregnancy or just get fit before that special event, this is the program for you! Meets 3 days a week for 1 hour. Instructor: DE LA MONTAIGNE. **Begins Sept. 22, Oct. 27 or Dec. 1 for 4 weeks. Glendale resident: \$189 • Non-resident: \$227.**

244120-01	ADVENTURE	M/W/TH (9/22)	7:00 AM	FTHLS PK
244120-02	ADVENTURE	M/W/TH (10/27)	7:00 AM	FTHLS PK
244120-03	ADVENTURE	M/W/TH (12/1)	7:00 AM	FTHLS PK

BOOT CAMP-GET IN SHAPE ♥

A certified fitness trainer leads you through resistance and cardiovascular training, abdominal workouts and nutritional guidance. Join other boot campers in this motivational, encouraging and fun environment. Don't let the name scare you! No matter what your fitness level, this will be an effective workout for you. Meets 3 days a week for 1 hour. Instructor: OLONA. **Begins Sept. 22, Oct. 27 or Dec. 1 for 4 weeks. Price: Glendale resident: \$100 • Non-resident: \$120.**

244102-01	BOOT	M/W/TH (9/22)	4:30 PM	FC-EXA
244102-02	BOOT	M/W/TH (10/27)	4:30 PM	FC-EXA
244102-03	BOOT	M/W/TH (12/1)	4:30 PM	FC-EXA

EXTREME CONDITIONING ♥

Ready to take your fitness to the next level? This class is designed to push you to your limits. Look forward to cardio conditioning, muscular and core strengthening, plyometric drills, distance running, sprints and much more. Expect to increase your endurance, strength, agility and speed, along with your self-esteem and well being. 1 hour. Instructor team: OLESON and SIEGREST (leading Valley fitness instructors with over 15 years experience). **Begins Sept. 29, Oct. 27 or Dec. 1 for 4 weeks. Glendale resident: \$100 • Non-resident: \$120.**

244150-01	EXTREME	M/W/F (9/29)	8:30 AM	FC-GYM
244150-02	EXTREME	M/W/F (10/27)	8:30 AM	FC-GYM
244150-03	EXTREME	M/W/F (12/1)	8:30 AM	FC-GYM

AIKIDO ♥

A great form of exercise, this defensive martial art is based on smooth, powerful blending motions and does not rely on size or power. Begin with simple techniques and move onto advanced philosophy and techniques. Students are evaluated on their personal progress; qualified students will be invited to test for rank. Instructor: HUFFMAN. No class Nov. 28, 29, Dec. 26 and 27. Meets two days a week for 1-½ hours. **Begins Sept. 5, Oct. 3, Nov. 1 or Dec. 5 for 1 month. Glendale resident: \$45 • Non-resident: \$54.**

244111-01	AIKIDO (Age 14+)	F (9/5)	7:00 PM	FC-EXB
		SA	3:00 PM	
244111-02	AIKIDO (Age 14+)	F (10/3)	7:00 PM	FC-EXB
		SA	3:00 PM	
244111-03	AIKIDO (Age 14+)	F (11/1)	7:00 PM	FC-EXB
		SA	3:00 PM	
244111-04	AIKIDO (Age 14+)	F (12/5)	7:00 PM	FC-EXB
		SA	3:00 PM	

SIGN UP NOW! — just turn to page 4.

JAPANESE JUDO ♥

Learn basic judo postures and salutations, how to move on the mat, control your opponent and be thrown safely. Also techniques of grappling, locking, choking, escaping and sequence combinations will be demonstrated and taught. No class Oct. 13, Nov. 26, Dec. 24 and 31. 1-½ hours. Instructor: DR. MOORE. **Begins Sept. 3, Oct. 1, Nov. 3 or Dec. 1 for 1 month. Glendale resident: \$15 • Non-resident: \$18.**

244112-01	JUDO (Age 11+)	M/W (9/3)	7:00 PM	FC-EXB
244112-02	JUDO (Age 11+)	M/W (10/1)	7:00 PM	FC-EXB
244112-03	JUDO (Age 11+)	M/W (11/3)	7:00 PM	FC-EXB
244112-04	JUDO (Age 11+)	M/W (12/1)	7:00 PM	FC-EXB

SHOTOKAN KARATE ♥

Shotokan Karate of America is a traditional form of karate. Practice is divided into basic kicks, punches, forms and self-defense training. A monthly, on-going class. Beginners are welcome. No grading fees. Visit www.ska.org. No class Nov. 11, 27 and Dec. 25. 1 hour, 2 days a week. Instructor: SCHROPP (International Certified Black Belt). **Begins Sept. 2, Oct. 2, Nov. 4 or Dec. 2 for 1 month. Glendale resident: \$15 • Non-resident: \$18.**

244114-01	SHOTOKAN (Age 17+)	T/TH (9/2)	8:00 PM	FC-EXA
244114-02	SHOTOKAN (Age 17+)	T/TH (10/2)	8:00 PM	FC-EXA
244114-03	SHOTOKAN (Age 17+)	T/TH (11/4)	8:00 PM	FC-EXA
244114-04	SHOTOKAN (Age 17+)	T/TH (12/2)	8:00 PM	FC-EXA

T'AI CHI (YANG STYLE) ♥

Derived from an ancient Chinese martial art, Tai Chi movements, when practiced slowly can have certain health benefits such as improved balance, flexibility and stress reduction. Investigate the first third of the 36 posture Yang style form. Instructor: BURR (long time Yang style practitioner). No class Nov. 11. 1-½ hours. **Begins Oct. 2 for 8 weeks. Glendale resident: \$40 • Non-resident: \$48.**

244115-02	T'AI CHI	TH (10/2)	7:00 PM	FC-EXB
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GENTLE YOGA ♥

Yoga "calms the howling of the mind" restoring balance and inner peace. Instruction combines kundalini breathing (pranayama) with stretches and bodywork (asana). Most of the class is done on the floor, on a soft mat, with variations offered for those who prefer to sit on a chair. Please wear exercise clothes and bring a foam rubber exercise mat and towel. No class Oct. 13 and Dec. 11. 1-½ hours. Instructor: CZUKOR. **Begins Sept. 22 for 12 weeks. Glendale resident: \$48 • Non-resident: \$58.**

244124-01	YOGA (Age 16+)	M (9/22)	11:00 AM	FC-EXB
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YOGALATES ♥

An integrated system of pilates and yoga that enhances core strength, balance and flexibility through breath and flow. Yoga brings about peace to the mind, body and spirit. Pilates strengthens abs, back and legs. Please wear appropriate attire. No class Nov. 27. 1 hour. Instructor: JUNEAU. **Begins Sept. 23, Oct. 21 and Nov. 18 two days a week for 4 weeks. Glendale resident: \$42 • Non-resident: \$50.**

244122-01	YOGALATES	T/TH (9/23)	5:30 PM	FC-EXB
244122-03	YOGALATES	T/TH (10/21)	5:30 PM	FC-EXB
244122-05	YOGALATES	T/TH (11/18)	5:30 PM	FC-EXB

PH-FACTOR - PILATES HORTON FACTOR ♥

A uniquely designed and adapted workout system developed to increase flexibility and strengthen the body. This workout enhances placement, sense of line, which promotes good carriage and draws focus and attention to ones mercurial core. Exercises are inspired from Pilates, Yoga and Horton modern dance fortifications. A movement art technique which was designed purposely to strengthen and increase range of movement, improve rhythmic qualities at the pelvic and torso region. Great class for everyone, including equestrians, athletes and dancers. No class Nov. 28. 1-½ hours. Instructor: MCCRAY. **Begins Oct. 3 for 10 weeks. Price: Glendale resident: \$50 • Non-resident: \$60.**

244129-01	PILATES (Age 18+)	F (10/3)	6:45 PM	FC-EXA
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Youth & Teen Special Interest Classes

*Parents – unless noted otherwise,
we ask that only youth and teen participants
attend class. An open house will be held
the last day of class for observation.*

Questions?

Call Lori Palmer at 623-930-4613.

YOUTH & TEEN CULTURAL ARTS

LET'S HAVE A TEA PARTY

Let your child dress up and attend an actual tea party where they are the invited guest! They will make special placemats and napkin rings for their seat at the table. They may bring their favorite doll or stuffed animal to join them in the fun too! They will get to pour their own tea and choose their favorite cookies. It's a fun time they're sure to remember. 1 hour. Instructor: BARRACLOUGH. **Sept. 20 ONLY. Glendale resident: \$15 • Non-resident: \$18.**

224265-01	TEA (Age 3-6)	SA (9/20)	9:00 AM	FC-212
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TEDDY BEAR PICNIC

Have your child bring their favorite teddy bear to a fun-filled Teddy Bear Picnic. They will listen to a fun story about teddy bears having a picnic, with a short discussion of the book following. Crafts centered around the theme of teddy bears will delight the kids. Fun movements will be taught to go along with silly songs. And, of course we will have our very own Teddy Bear Picnic! 1 hour. Instructor: BARRACLOUGH. **Sept. 13 ONLY. Glendale resident: \$15 • Non-resident: \$18.**

224264-01	BEAR (Age 3-6)	SA (9/13)	9:00 AM	FC-208
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SIGN UP NOW! — just turn to page 4.

HOLIDAY GIFT CREATIONS BY CHILDREN

Children will create special treasures for their family and friends. Gifts such as treasure boxes, jewelry, sculptures, picture frames and more can be made using supplies provided. A great opportunity to discover artistic ability and enjoy the gift of creating something special. 1-½ hours. Instructor: BARBOUR.

Nov. 15 ONLY. Glendale resident: \$30 • Non-resident: \$36.

224292-01 HOLIDAY (Age 6-12) SA (11/15) 1:00 PM FC-208

HALLOWEEN FUN

Kids get so excited for Halloween! Have your child come dressed in their favorite costume and enjoy lots of fun crafts to take home to decorate the house for the big day. Please bring a small pumpkin to the class to decorate. 1 hour. Instructor: BARRACLOUGH.

Oct. 25 ONLY. Glendale resident: \$15 •

Non-resident: \$18.

224266-01 HALLOWEEN (Age 3-6) SA (10/25) 10:00 AM FC-206

CREATE YOUR OWN CELEBRITY HAT

To create a Celebrity Hat participants will design, paint and attach elements to a baseball cap that reflect their own personality. Supplies will be provided and students will get to take their hat home. \$10 supply fee will be collected at the first class. 1-½ hours. Instructor: KALAMAS.

Nov. 10 ONLY. Price: Glendale resident: \$30 • Non-resident: \$36.

224285-01 HAT (Age 7-14) M (11/10) 5:30 PM FC-208

THANKSGIVING TIME

Thanksgiving is a time to be thankful. Your child will learn all about Thanksgiving by sharing with their new friends, going on a "Turkey Trot," and decorating a thankful placemat for their table. Turkey crafts made from their little feet and hands will be a great keepsake for mom and dad. 1 hour. Instructor: BARRACLOUGH.

Nov. 15 ONLY. Glendale resident: \$15 •

Non-resident: \$18.

224267-01 THANKSGIVING (Age 3-6) SA (11/15) 10:00 AM FC-206

SOLIDS, LIQUID, GAS?...

It is the day of slime making. Magic recipes provided for 4 slimes, which will be made and played with in class and then taken home. Knowledge every kid wants to possess and use at a party. \$10 supply fee will be collected at the first class. 1-½ hours. Instructor: KALAMAS.

Sept. 23 ONLY. Glendale resident: \$30 • Non-resident: \$36.

224279-01 GAS (Age 7-14) T (9/23) 5:30 PM FC-102

COLORING WITH PASTELS ON WOOD

People of all ages doing this craft absolutely love it. Use pre-cut pieces of wood and pastels to create long lasting works of art. Learn the wonders of pastels and leave with your own work of art. \$10 supply fee will be collected at the first class. 1-½ hours. Instructor: KALAMAS.

Sept. 22 ONLY. Glendale resident: \$30 •

Non-resident: \$36.

224281-01 PASTELS (Age 5-8) M (9/22) 5:30 PM FC-208

CREATIVE ARTS FOR KIDS

Cultivate the artist within using art mediums such as clay, paint, paper mache and more. Create masterpieces and discover a world of art history and a 'featured artist' every week. It's designed to heighten individual expression while developing skills and techniques. No class Nov.29. 1-½ hours. Instructor: LEE (former art instructor).

Begins Sept. 27 for 10 weeks. Price: Glendale resident, \$64 • Non-resident, \$77.

224253-01 ARTS (ages12-16) SA (9/27) 10:30 AM FC-208

TINY TOTS ARTS & CRAFTS

Our tiny tots will use creative materials including paint, textures, papers, glues, parachutes and more that produce laughter along with unique crafts. Age-appropriate lessons help the children learn new skills while having fun through play. Your child will work on fun arts and crafts activities and you'll have no worries about the clean up! 1 hour. Instructor: BARRACLOUGH.

Begins Sept. 11 for 4 weeks. Glendale resident: \$60 • Non-resident: \$72.

224268-01 TINY TOTS (Age 3-6) TH (9/11) 9:00 AM FC-208

PLASTER AND PAINT CREATION

Learn how to mix plaster, cast a mold and paint your creation. Students will take home their projects. \$10 supply fee will be collected at the first class. 1-½ hours. Instructor: KALAMAS.

Oct. 20 ONLY. Glendale resident: \$30 • Non-resident: \$36.

224282-01 PAINT (Ages 7- 14) M (10/20) 5:30 PM FC-208

ARTSY TOTS

Parents and tots will enjoy creative time together.

Through a variety of safe mediums, tots will explore textures, shapes and scents while creating their first masterpieces. 45 minutes. Instructor:

BARBOUR.

Begins Sept. 23 or Nov. 18

for 3 weeks. Glendale

resident: \$42 •

Non-resident: \$50.

224202-01 ARTSY (Age 2-6) T (9/23) 10:45 AM FC-212

224202-02 ARTSY (Age 2-6) T (11/18) 10:45 AM FC-212

CREATIVE KIDS

Create special treasures and discover a variety of art mediums including clay, paints, sand and more, all under the direction of an experienced artist. \$15 supply fee will be collected at the first class. No class Oct. 14. 1-½ hours. Instructor: BARBOUR.

Begins Sept. 23 or Nov. 18 for 4 weeks. Glendale resident:

\$45 • Non-resident: \$54.

224203-01 CREATIVE (Age 5-12) T (9/23) 4:30 PM FC-208

224203-04 CREATIVE (Age 5-12) T (11/18) 4:30 PM FC-208

YOUTH & TEEN MUSIC

YOUNG MOZARTS - KEYBOARD

Beach Boys back-up band member, John Renner, has designed a fun-based instruction method based on research that shows an increase in IQ until age 11. Young musicians will learn to recognize finger numbers, music "ABC's," singing, playing 5-finger exercises and how to find "C." Music theory and hands-on keyboard instruction is incorporated into every lesson. Supplies are included for use during class. The Young Mozarts music program integrates right and left-brain activity, thus helping with motor skill development, coordination, concentration and more! 30 minutes. Instructor: YOUNG MOZARTS STAFF.

Begins Oct. 4 for 8 weeks. Glendale resident: \$135 • Non-

resident: \$162.

244225-01 KEYBOARD (Age 3-6) SA (10/4) 10:00 AM FC-212

244225-02 KEYBOARD (Age 7-10) SA (10/4) 10:30 AM FC-212



YOUNG MOZARTS - AMERICAN IDOL VOCALS

This class, in addition to basic vocal training, will reference critiques and evaluations from popular TV shows. Songs from the show American Idol will be used to practice music intervals, microphone techniques and stage presence. Later classes will prepare student for auditions. No class Nov. 29. 30 minutes. Instructor: YOUNG MOZARTS STAFF. **Begins Oct. 4 for 8 weeks. Glendale resident: \$135 • Non-resident: \$162.**
254270-01 VOCALS (Ages 6-11) SA (10/4) 11:00 AM FC-212

ELEMENTS® AMAZING ELECTRONIC PIANO-KEYBOARD

Using a visually-based method, Elements is the largest provider of keyboard and piano lessons in the Southwest. Your child will learn to play songs in the first few lessons – whether it's Bach or Hanna Montana. Elements offers a comprehensive method that teaches note reading, chords and counting, along with the basic skills needed to play ALL music, from classic to rock to pop to country to R&B. Join us for fun games, prizes, a year-end contest and a special judge from the "American Idol" music staff. Keyboards and headphones for classroom use provided. We offer 5 levels. Beginners should start with Level 1. For those with some keyboard experience, please call Elements at 623-933-0681 to determine the appropriate level. 1 hour. Instructor: ELEMENTS STAFF. **Begins Sept. 13 for 6 weeks. Glendale resident: \$117 • Non-resident: \$140.**

254228-01 LEVEL 1 (Age 6-12) SA (9/13) 9:00 AM FC-210
254228-02 LEVEL 2 (Age 6-12) SA (9/13) 10:10 AM FC-210
254228-03 LEVEL 3 (Age 6-12) SA (9/13) 11:20 AM FC-210
254228-04 LEVEL 4 & 5 (Age 6-12) SA (9/13) 12:30 AM FC-210

YOUNG MOZARTS - GUITAR

Beach Boys back-up band member, John Renner, has designed a fun-based instruction method based on research that shows an increase in IQ until age 11. Learn how to play the guitar, using a special youth-sized guitar. 1 to 2 students per instructor provides a unique learning opportunity. Music theory and hands-on instrument instruction is incorporated into every lesson. All equipment is included for use during class time. The Young Mozarts music program integrates right and left-brain activity, thus helping with motor skill development, coordination, concentration and more! No class Oct. 13. 30 minutes. Instructor: YOUNG MOZARTS STAFF. **Begins Sept. 29 or Oct. 4 for 8 weeks. Glendale resident: \$135 • Non-resident: \$162.**

244224-01 GUITAR (Age 5-8) M (9/29) 5:30 PM FC-212
244224-02 GUITAR (Age 9-12) M (9/29) 6:00 PM FC-212
244224-03 GUITAR (Age 6-9) SA (10/4) 9:00 AM FC-212
244224-04 GUITAR (Age 10-13) SA (10/4) 9:30 AM FC-212

BEGINNING (ACOUSTIC) GUITAR

In this class, you will be taught basic chords and strums, introduced to reading music and tab and how to tune a guitar. It's a great class to take to see if you would like to continue with guitar lessons. Must bring guitar to class. \$7 book fee will be collected at the first class. No class Oct. 18. 2 hours. Instructor: MOORE. **Begins Sept. 27 for 8 weeks. Glendale resident: \$52 • Non-resident: \$62.**

54121-02 GUITAR (Age 12+) SA (9/27) 1:30 PM FC-204

DRUMLINE I

This class has the foundation of drumming that you GOTTA know. Learn the core rudiments: single, double stroke rolls, paradiddle, flam, buzz and more. Learn some cool cadences and experience the drumline sound. Come on out, a drumline is waiting for you. Drum sticks and pads are provided for in class use or may be purchased from instructor. 1 hour. Instructor: LIGGINS. **Begins Oct. 16 for 6 weeks. Glendale resident: \$50 • Non-resident: \$60.**

254232-01 DRUM (Age 8-14) TH (10/16) 6:30 PM FC-212

DRUMLINE II

If you've had Drumline I or other experience, step up your drumming with Drumline II. Are you prepared to work the rudiments faster and learn new ones? Let's speed things up and add the paradiddles diddle, double and triple paradiddles, flam tap, flam accents and some stick tricks. Drum sticks and pads are provided for in class use or may be purchased from instructor. 1 hour. Instructor: LIGGINS. **Begins Oct. 16 for 6 weeks. Glendale resident: \$50 • Non-resident: \$60.**

254232-02 DRUM (Age 8-14) TH (10/16) 5:30 PM FC-212

YOUTH & TEEN

PERSONAL DEVELOPMENT

CHEMICAL MAGIC - MAGICAL MICROSCOPE - ROCKS AND MINERALS

Build your own "futuristic Maglev" car to race and take home. In 1999 a Japanese five-car maglev train set a record of 345 miles/hour. Yours won't go that fast, but we will have fun building it and learning how it operates. Learn about the relationship between magnetism and electricity. You will also get to build a maglev track as well as a cool electromagnet. Learn how motors and generators work. Build and take home the world's simplest motor. Make your own compass and take part in many other magnificent magnetic activities! Yes, Sciensational Workshops start with the maglev car (magnetism - electricity - levitation) and goes in all directions to have fun and learn while doing hands-on activities. 7-½ hours. Instructor: SCHULMAN.

Meets Dec. 29 and 30. Glendale resident: \$145 • Non-resident: \$174.

254209-01 MAGIC (Age 6-11) M/T (12/29) 9:00 AM FC-204

LITTLE CHEFS

This hands-on course is great for young gourmets to create a variety of cooking dishes without using sharp knives, stoves or ovens — then get to eat or take home their dishes. (The Chef will do all cooking and cutting. Please notify instructor of any food allergies at the first class). Dishes include Spaghetti and meatballs, Pizza Party, Taco Party and more! \$75 (cash) supply fee will be collected at the first class. 2 hours. Instructor: CHEF BRANDT. **Begins Sept. 26 for 8 weeks. Glendale residents, \$80 • Non-residents, \$96.**

204217-01 CUISINE (Age 8-15) F (9/26) 5:00 PM FC-KIT

KIDS' COOKING

Learn some of the fun things you can make in the kitchen, how to read a recipe, measure ingredients and enjoy all the interesting things you make. \$10 supply fee will be collected at the first class. 1 hour. Instructor: BARBOUR. **Begins Oct. 25 for 4 weeks. Glendale resident: \$55 • Non-resident: \$66.**

204221-01 COOK (Age 7-16) SA (10/25) 1:00 PM FC-KIT

CHILD CARE & BABYSITTING WORKSHOP

Get training and information on safe and fun ways to babysit and care for children. Covers CPR, first aid, techniques for active children and what to do 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. 6 hours. Instructor: EMERGENCY RESPONSE TRAINING. **Sept. 20, Oct. 18, Nov. 15 or Dec. 20 ONLY. Glendale resident: \$49 • Non-resident: \$59.**

254280-01 BABYSIT (Age 11+) SA (9/20) 9:00 AM FC-208

254280-02 BABYSIT (Age 11+) SA (10/18) 9:00 AM FC-204

254280-03 BABYSIT (Age 11+) SA (11/15) 9:00 AM FC-202

254280-04 BABYSIT (Age 11+) SA (12/20) 9:00 AM FC-204

ADVANCED ROBOTICS

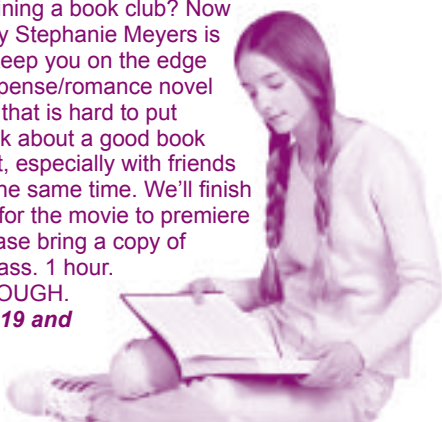
Build and take home your own robot. You will also get to build a wide assortment of other robots: a Robot Dinosaur, Mars Cruiser, Aquabot, Space Copter, Desert Rover, and The Five-Foot Tall Commander Robot. Build as many as you can in the time that we have. You can also build your own robots with our motors, wires, controllers and wheels. Just use your imagination. It's a challenge, but easy to do if you are ready to think. Get ready for Sumo Battles, Battle Box and Sciensational Workshops' Build-a-Thon. 7-½ hours. Instructor: SCHULMAN. **Meets December 22 and 23. Glendale resident: \$145 • Non-resident: \$174.**

254213-01 ROBOTICS (Age 7-12) M/T (12/22) 9:00 AM FC-204

TEEN BOOK CLUB

Ever thought about joining a book club? Now is the time! *Twilight*, by Stephanie Meyers is a must read that will keep you on the edge of your seat. This suspense/romance novel is one of those books that is hard to put down. It's so fun to talk about a good book when you're reading it, especially with friends that are reading it at the same time. We'll finish the book right in time for the movie to premiere on December 12. Please bring a copy of the book to the first class. 1 hour. Instructor: BARRACLOUGH.

Class meets Nov. 5, 19 and Dec. 3. Glendale resident: \$35 • Non-resident: \$42.



254259-01 BOOK (Age 11-15) W (11/5) 6:30 PM FC-202

YOUTH & TEEN DANCE

BABY BALLET ♥

Children learn basic ballet steps, positions and beginning dance combinations. A great class for posture and balance. Ballet shoes required after the first class. 40 minutes. Instructor: PICKER. **Begins Oct. 1 or 3 for 8 weeks. Glendale resident: \$47 • Non-resident: \$57.**

234291-01 BALLET (Age 3-5) W (10/1) 10:00 AM FC-EXB
 234291-02 BALLET II* (Age 3-5) W (10/1) 11:30 AM FC-EXB
 234291-03 BALLET (Age 3-5) F (10/3) 10:00 AM FC-EXB

* Must have taken Baby Ballet prior to registering for Baby Ballet II.

TINY TOTS ♥

Children will have a fun time in this class where they will learn basic dance skills balance and posture — while dancing to their favorite songs. 30 minutes. Instructor: PICKER.

Begins Oct. 1 or 3 for 8 weeks. Glendale resident: \$47 • Non-resident: \$57.

234201-01 TOTS (Age 2-3) W (10/1) 10:45 AM FC-EXB
 234201-02 TOTS (Age 2-3) F (10/3) 10:45 AM FC-EXB

HULA COMBO ♥

Aloha! In this combo class, children will learn a variety of dance skills, stretches and rhythm games, and will top it all off with a hula show to share with parents on the last day! 1 hour. Instructor: SEGURITAN. **Begins Oct. 4 for 6 weeks.**

Glendale resident: \$35 • Non-resident: \$42.

234281-01 HULA (Age 6-13) SA (10/4) 1:00 PM FC-EXB

YOUTH & TEEN EXERCISE/SPORTS

AIKIDO (YOUTH) ♥

A defensive, non-aggressive martial art, Aikido allows one to enjoy success because it does not rely on size, strength or speed, but teaches how to move from your center and redirect an attacker's energy. This monthly, on-going class can help develop awareness, self-esteem and confidence. No class Nov. 28, 29, Dec. 26 and 27. 1 hour. Instructor: HUFFMAN. **Begins Sept. 5, Oct. 3, Nov. 1 or Dec. 5 for 2 days a week for 1 month. Glendale resident: \$45 • Non-resident: \$54.**

244211-01	AIKIDO (Ages 9-13)	F (9/5) SA	6:00 PM 2:00 PM	FC-EXB
244211-02	AIKIDO (Age 9-13)	F (10/3) SA	6:00 PM 2:00 PM	FC-EXB
244211-03	AIKIDO (Age 9-13)	F (11/1) SA	6:00 PM 2:00 PM	FC-EXB
244211-04	AIKIDO (Age 9-13)	F (12/5) SA	6:00 PM 2:00 PM	FC-EXB

JAPANESE JUDO ♥

Learn basic judo postures and salutations, how to move on the mat, control your opponent and be thrown safely. Also techniques of grappling, locking, choking, escaping and sequence combinations will be demonstrated and taught. This class is great for beginners and veterans alike. No class Oct. 13, Nov. 26, Dec. 24 and 31. 1 hour. Instructor: DR. MOORE. **Begins Sept. 3, Oct. 1, Nov. 3 or Dec. 1 for 1 month.**

Glendale resident: \$15 • Non-resident: \$18.

244212-01	JUDO (Age 6-10)	M/W (9/3)	6:00 PM	FC-EXB
244212-02	JUDO (Age 6-10)	M/W (10/1)	6:00 PM	FC-EXB
244212-03	JUDO (Age 6-10)	M/W (11/3)	6:00 PM	FC-EXB
244212-04	JUDO (Age 6-10)	M/W (12/1)	6:00 PM	FC-EXB

SHOTOKAN KARATE ♥

Shotokan Karate of America is a traditional form of karate. Practice is divided into basic kicks, punches, forms and self-defense training. A monthly, on-going class. Beginners are welcome. No grading fees. Visit www.ska.org. No class Nov. 11, 27 and Dec. 25. 1 hour, 2 days a week. Instructor: SCHROPP (International Certified Black Belt). **Begins Sept. 2, Oct. 2, Nov. 4 or Dec. 2 for 1 month. Glendale resident: \$15 • Non-resident: \$18.**

244214-01	SHOTOKAN (Age 8-16)	T/TH (9/2)	7:00 PM	FC-EXA
244214-02	SHOTOKAN (Age 8-16)	T/TH (10/2)	7:00 PM	FC-EXA
244214-03	SHOTOKAN (Age 8-16)	T/TH (11/4)	7:00 PM	FC-EXA
244214-04	SHOTOKAN (Age 8-16)	T/TH (12/2)	7:00 PM	FC-EXA

LIL SLUGGERS BASEBALL ♥

Lil Sluggers is a CORE BASEBALL program created to introduce children to the game. Lil Sluggers classes develop important baseball skills such as throwing, catching, hitting and base running. Developmentally-appropriate equipment and games are used to teach your child the game of baseball in a fun, exciting and positive environment. 45 minutes. Instructor: LIL SLUGGERS STAFF. **Begins Oct. 4 for 8 weeks. Price: Glendale resident: \$115 • Non-resident: \$138.**

244237-01	MASCOTS (Age 2-3)	SA (10/4)	9:00 AM	FC-GYM
244237-02	MINORS (Age 3-4)	SA (10/4)	10:00 AM	FC-GYM

GYMNASTICS ♥

A fun and exciting way to improve coordination, heighten concentration and build self-esteem. Learn basic tumbling moves like handstands, backbends, cartwheels, back walkovers and back handsprings. No class Oct. 13. 1 hour. Instructor: RONCO. **Begins Sept. 29 or Oct. 4 for 6 weeks. Glendale resident: \$50 • Non-resident: \$60.**

244241-01	GYM (Age 6-10)	M (9/29)	5:00 PM	FC-EXB
244241-02	GYM (Age 6-10)	SA (10/4)	11:00 AM	FC-EXB

GYMNASTICS FOR TOTS ♥

Learn basic tumbling moves like front rolls, cartwheels, donkey kicks, bridges and back rolls. No class Oct. 13. 45 minutes. Instructor: RONCO. **Begins Sept. 29 or Oct. 4 for 6 weeks. Glendale resident: \$50 • Non-resident: \$60.**

244246-01	GYM (Age 3-5)	M (9/29)	4:00 PM	FC-EXB
244246-02	GYM (Age 3-5)	SA (10/4)	10:00 AM	FC-EXB

BEGINNING JUMP ROPE ♥

Learn a variety of skills, techniques and games involving Single Rope, Chinese Wheel and Double Dutch. Improve coordination, strength and general fitness. By the end of the class, students will be able to demonstrate a basic Single Rope and group routines. 1 hour. Instructor: KRUCHOWSKY. **Begins Sept. 23 or 25 for 8 weeks. Glendale resident: \$43 • Non-resident: \$52.**

244210-01	JUMP (Age 12-17)	T (9/23)	4:30 PM	FC-GYM
244210-02	JUMP (Age 8-11)	TH (9/25)	4:30 PM	FC-GYM

BASIC POOL TABLE TECHNIQUE ♥

Learn basic fundamentals such as proper stance, pool cue grip, proper stroke technique, how to make shots, break, bridge, pattern play, principles of position and routes. Includes instructor one-on-one feedback on how to improve shots and reduce mistakes. 2 hours. Instructor: PETEN. **Begins Sept. 27 for 6 weeks. Price: Glendale resident: \$97 • Non-resident: \$117.**

254239-01	POOL (Ages 8-17)	SA (9/27)	10:00 AM	FC-ACT
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SPEED & AGILITY ♥

Increase speed and agility through core strength, conditioning, weights, speed ladder, plyometrics, and more. No class Oct. 13. 1 hour. Instructor: COWLES. **Begins Sept. 15 or Nov. 10 for 6 weeks. Glendale resident: \$48 • Non-resident: \$58.**

244219-01	SPEED (Ages 10-16)	M (9/15)	7:00 PM	FC-EXA
244219-02	SPEED (Ages 10-16)	M (11/10)	7:00 P	FC-EXA



Foothills Recreation & Aquatics Center

5600 W. Union Hills Dr. / Glendale, AZ 85308
623-930-4600 / www.glendaleaz.com/foothillscenter

Glendale Parks & Recreation

5850 W. Glendale Ave. / Glendale, AZ 85301
623-930-2820 / glendaleaz.com/parksandrecreation

The City of Glendale strives to hire the most qualified instructors to teach our Special Interest Classes. Some instructors may have their own businesses which offer additional classes, sell products or services related to the class. At no time, should the instructor promote his/her business, sell products or services unless it and the cost is clearly stated in the brochure and is directly related to and used in the class. If the participant chooses to continue any type of business relationship with the instructor or their related business outside the class, the City of Glendale cannot be held liable for any consequences. Nor will the instructor contact you outside of class for the purpose of soliciting your business unless you have granted the instructor permission to do so.



Glendale Parks and Recreation complies with the Americans with Disabilities Act. If you need special accommodations, please call 623-930-2820. Hearing impaired may call the TDD line at 623-930-2197.

The city of Glendale Parks and Recreation Department prohibits discrimination on the basis of race, color, sex, national origin, and/or disabling conditions, such as, but not limited to, Human Immunodeficiency Virus (HIV) or Acquired Immunodeficiency Syndrome (AIDS) in its programs and activities. Discrimination complaints may be filed with either the Glendale Parks and Recreation Department or the Director of Equal Opportunity Program, National Park Service, P.O. Box 37127, Washington, D.C. 20013-7127.

All Information is subject to change without notice.

Notes

SIGN UP NOW! — just turn to page 4.

TAKE A DAY HIKE – EXPERIENCE THE GREAT OUTDOORS!

Day Hikes

*Families with children ages 10 and older are welcome.
Youth under 18 years old must be accompanied by an adult.*

Hikes are limited to the first 12 people who sign up. Hikers are required to bring two quarts of water per person (minimum), a sack lunch, day pack to carry lunch, hiking shoes and appropriate clothing. Transportation is NOT included and is the responsibility of the participant. Carpooling is encouraged. *NOTE: The hikes are much more enjoyable if you are in good physical condition. Please consider your capabilities and the level of difficulty for each hike.*

West Clear Creek • Camp Verde • Saturday, September 13

The trail follows a stream bank which becomes an introduction to the lush forest that grows along this perennial creek. Sycamore, Cottonwood, Arizona Walnut, and Ash trees are prevalent. The first of many pools is reached in a short time. Swimming is an option. Please wear or bring appropriate clothing to best enjoy the available activities. **Easy. 5 miles round trip.** Code #174111-01

West Fork at Oak Creek • Sedona • Saturday, October 25

The West Fork is an easy trek back and forth across a shallow creek at the floor of a thousand-foot-deep canyon. Verdant green pines, firs and oaks contrast against the red Schnebly and pale Coconino sandstone. Maples and oaks light up the canyon with rich yellows and glowing pinks. Please wear wool socks. **Easy. 6 miles round trip.** Code #174109-01

Christopher Creek See Canyon Trail • Payson • Saturday, November 8

The See Canyon Trail runs next to and across the upper portion of Christopher Creek. It is a moderate, then steep trek up to the Rim. You will experience some beautiful scenery — with strands of autumn colors lighting up the forest. A jacket is a must for this hike. **Moderate to Strenuous. 3–9.5 miles round trip.** Code #174114-01

Vultee Arch • Sedona • Saturday, December 6

The Vultee Arch Trail is an easy hike through pinyon, juniper and cypress forest. After about 1.6 miles where Sterling Canyon takes a turn to the southeast, we will follow an unsigned trail north to reach the arch. The arch was named after the president of Vultee Aircraft Co. who was killed in a plane crash nearby in the 1930's. Please bring a jacket for this hike. **Easy. 4 miles round trip.** Code #174115-01

TO SIGN UP — use the form on page 4 or call 623-930-2820 and use Visa, MasterCard or American Express. **Hikes are \$15 for Glendale residents, \$18 for non-residents.** Hikes meet at 6 a.m. at Foothills Recreation and Aquatics Center, 5600 W. Union Hills Dr., for carpooling. Additional fees may be charged at the trail head for parking. For more information, call Hike Guide Mark Barton between 4-8 p.m. at 623-476-8004, or Lori Palmer at 623-930-4613.

