

# GAME ON!

NRPA'S PARK AND RECREATION MONTH - JULY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> Japanese Judo - Beginner class begins 7:30 p.m. (ages 18+) \$	<b>2</b> Karate for Kids Class begins 4:35 p.m. (ages 7-12) \$	<b>3</b> Adult Center Patriotic Lunch 10:30 a.m. (ages 18+) \$	<b>4</b> Happy Independence Day!* <small>*see website for holiday hours of facilities</small>	<b>5</b> Tours of Historic Sahuaro Ranch Main House 10 a.m. - 2 p.m. Free	<b>6</b> Let's Get Crafty Class (ages 8+) 2-4 p.m. Free
<b>7</b> Pickleball (ages 15+) 11 a.m.-1:45 p.m. \$	<b>8</b> Tennis Class begins (ages 4-8) 10 a.m. \$	<b>9</b> Tennis Class begins (ages 9-10, 11-17) 10 a.m. \$	<b>10</b> Jr. Racquetball League begins (ages 10-15) 11 a.m. \$	<b>11</b> Summer Band Concert 8 p.m. Free	<b>12</b> Adult Center Cardio Moves class (ages 18+) 8:10 a.m. member class	<b>13</b> Rose Lane Aquatics Center Recreation Swim Sa, Su 1-5 p.m. \$
<b>14</b> Foothills Recreation & Aquatics Center Recreation Swim 11:30 a.m.-3:30 p.m. \$	<b>15</b> Synchronized Swimming class starts (ages 7-17) 9:45 a.m. \$	<b>16</b> Rose Lane Aquatics Center Discount Days (all ages) T, W, Th, 1-5 p.m. \$1.50	<b>17</b> Drop-in Zumba (ages 15+) 6:30 p.m. \$	<b>18</b> Healthy Chinese Cooking Class begins (ages 13+) \$	<b>19</b> Pickleball (ages 15+) 6-8 p.m. \$	<b>20</b> CPR/AED Training Class (ages 13+) 2:30 p.m. \$
<b>21</b> Heroes Park Splash Pad 11 a.m. - 7 p.m. Daily through Aug. 11 Free	<b>22</b> Hiking 101 Class 6:30 p.m. Free	<b>23</b> Wheels in Motion Action Sports Program (ages K-12) M-F, 5-8 p.m. Free	<b>24</b> Yin Yoga class starts (ages 15+) 10:30 a.m. \$	<b>25</b> Summer Band Concert 8 p.m. Free	<b>26</b> Community Center Drop-in Program (ages K-12) M-Th, 9:30 a.m. - 3:30 p.m., Free	<b>27</b> Tumbling Class begins (ages 4-7) 11 a.m. \$
<b>28</b> Check out Desert Mirage Golf Course Daily, 6 a.m. - 7:30 p.m. \$	<b>29</b> Glendale Youth Sports League Closing Ceremonies 5:30 p.m.	<b>30</b> Community Center YWCA Senior Program M-F, 8 a.m. - 2 p.m. Free	<b>31</b> Check out Paseo Racquet Center M-F, 8 a.m. - 9:30 p.m. \$	<h1>JULY 2019</h1>		