

## LEN COLLA RECREATION CENTER

### BASKETBALL OPEN GYM

#### TUESDAY

6:30 – 8:30 P.M.

Come and enjoy open shooting or self-refereed pick-up games. Full or ½ court play will depend on interest; majority rules. Cost for Open Gym is \$2.00 per visit.

### VOLLEYBALL OPEN GYM

#### THURSDAY

6:30 – 8:30 P.M.

Join us on Thursday nights. Teams will be made based on the number of players. Cost for Open Gym is \$2.00 per visit.

## SPORTS FIELD RENTALS

Sports field rentals require a Request Form to be completed and submitted to the Parks and Recreation office at least seven (7) days in advance of the reservation request.

For more information or to receive a request form click here or contact Matt Jankowski at (520) 421-8677, Ext 4540



## LEAGUES

### ADULT SOFTBALL

#### ENTRY FEE: \$395 PER TEAM

REGISTRATION, ROSTER, AND PAYMENT DUE 5/24  
MUST BE 18 YEARS OF AGE TO PLAY

COACHES MEETING TO BE HELD AT P&R OFFICE,  
WEDNESDAY, MAY 22

CO-REC – 5:00 p.m., MEN'S TEAMS – 6:00 p.m.

Teams attending Coaches Meeting will receive a \$25 credit to their team account.

#### CO-REC SOFTBALL LEAGUE

The co-rec softball league will play Monday evenings. The league consists of 7 weeks of doubleheaders with a single elimination playoff following the regular season.

42346 Mon 6/2-7/21 6:15- 9:15 pm

#### CO-REC 7-3 SOFTBALL LEAGUE

The Wednesday 7 - 3 co-ed league will play for seven weeks at the Paul Mason sportsplex. Teams will consist of a minimum of 7 males and 3 female players, with the batting order alternating through the first six batters.

42349 Wed 6/4-7/30 6:15- 9:15 pm

#### MEN'S RECREATION SOFTBALL LEAGUE

The men's lower division softball league will play Thursday evenings. The league consists of 7 weeks of doubleheaders with a single elimination playoff following the regular season.

42348 Thu 6/5-7/24 6:15- 9:15 pm

#### MEN'S UPPER DIVISION SOFTBALL LEAGUE

The men's upper division softball league will play Tuesday evenings. The league consists of 7 weeks of doubleheaders with a single elimination playoff following the regular season. This league is intended for teams experienced playing softball.

42446 Tue 6/3-7/22 6:15- 9:15 pm

### MEN'S BASKETBALL LEAGUE

ENTRY FEE: \$350 PER TEAM  
MUST BE 18 YEARS OF AGE TO PLAY

COACHES MEETING TO BE HELD AT P&R OFFICE,  
WEDNESDAY, MAY 29, 6:30 PM

The men's basketball league will begin play on June 11. Games will be Wednesday nights and the league will last 7 weeks with a single elimination playoff following the regular season.

42347 Wed 6/5-7/17 7:00- 9:00 pm

### CO-REC VOLLEYBALL LEAGUE

ENTRY FEE: \$200 PER TEAM  
MUST BE 18 YEARS OF AGE TO PLAY

The co-rec volleyball league will begin play on Tuesday, June 10. Matches will be Tuesday evenings and the league will last 7 weeks with a single elimination playoff following the regular season.

42359 Tue 6/10-7/29 6:00- 10:00 pm

## CLASSES

For more information regarding these programs contact the Recreation Office, (520) 421-8677.

### INSTANT GUITAR

\$25

Have you ever wanted to learn the guitar but simply 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 will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Topics include a How chords work in a song, How to form the three main types of chords, How to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), and how to play along with simple tunes. Required materials fee of \$28 + tax will be collected in class by the instructor for workbook and practice DVD.

42361 16+ Thu 5/15 6:30- 9:00 pm P&R



### INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

\$25

While regular piano teachers teach note reading, piano professionals use chords. 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. Topics include: how chords work in a song, how to get more out of sheet music by reading less of it, 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. Materials fee of \$28 plus tax will be collected in class by the instructor for workbook and 60 minute practice CD

42360 16+ Thu 5/8 6:30- 9:30 pm P&R

### EVENT PLANNING SEMINAR

\$25

First in a series, this course will give participants tools to plan and execute high quality events. Acquire the skills to plan the next wedding, anniversary, or holiday party like a professional would plan it.

42397 18+ Mon 7/14 5:00- 7:00 pm P&R

### PLANNING A FUNDRAISING EVENT: PART 1

\$25

Learn the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Learn strategic planning techniques to create a successful fundraising plan.

42697 18+ Mon 7/21 5:00- 7:00 pm P&R

### PLANNING A FUNDRAISING EVENT: PART 2

\$25

Review the fundamentals of effective fundraising for your church, club, corporate, or non-profit organization. Create a team, select strategic planning techniques and implement a successful fundraising event.

42698 18+ Mon 7/28 5:00- 7:00 pm P&R

### YOGA - ALL LEVELS

\$70

Be guided by your breath as you move through traditional salutations and rhythmic vinyasas using familiar poses. Compliment motion with stillness with sustained stretches. Find balance between effort and surrender. Strong beginners and more seasoned students alike are welcome

42350 Mon,Wed 5/5-6/25 5:45- 6:45 pm WC

42351 Mon,Wed 7/7-8/20 5:45- 6:45 pm WC

### YOGA - BASICS

\$70

This class will blend yoga therapy to increase range of motion, yin yoga to increase flexibility, and classic yoga poses and movements to increase strength and stamina. Breathing techniques and meditation will also be explored. This class is perfect for those seeking a gentle practice. Beginners welcome.

42353 Mon,Wed 5/5-6/25 7:00- 8:00 pm WC

42354 Mon,Wed 7/7-8/20 7:00- 8:00 pm WC

### YOGA - POWER FLOW YOGA

\$70

This active class will link poses with the breath in a flow to build heat and stamina. Unique and dynamic transitions will challenge body and mind. We will compassionately explore intermediate postures, and finish with long stretches to quiet the mind. For those with a well established hatha yoga practice.

42357 Tue,Thu 5/6-6/26 6:30- 7:30 pm WC

42358 Tue,Thu 7/8-8/21 6:30- 7:30 pm WC

### ZUMBA!

\$20

Zumba is an aerobics program combines Latin and international music with dance that makes exercise fun! Zumba combines elements of salsa, merengue, cumbia, reggaeton, samba and other international music styles and forms.

42596 Wed 6/4-6/25 5:30- 6:30 pm LCRC

42597 Wed 7/9-7/30 5:30- 6:30 pm LCRC

42598 Wed 8/6-8/27 5:30- 6:30 pm LCRC

