

ADULT

ADULT SPORTS AT LEN COLLA RECREATION CENTER

For more information regarding programs contact Shayla Gunn at (520) 421-8677, Ext. 4550.



BASKETBALL OPEN GYM

TUESDAY 6:30 – 8:30 P.M.

Come and enjoy open shooting or self-refereed pick-up games. Full or 1/2 court play will depend on interest and league play; 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.

PICKLEBALL OPEN GYM

WEDNESDAY & FRIDAY 9:30 – 11:30 A.M.

Please join us for drop-in play beginning Oct. 15. Two indoor courts will be available. Paddles and balls are available for use as well. Cost is \$2.00 per visit.

LINE DANCING

THURSDAY 10:00 – 12:00 P.M.

Classes are held free of charge for Beginner & Intermediate students. Please call the Dorothy Powell Senior Adult Center for more information.

SPECIAL INTEREST

For more information regarding these programs contact Matt Jankowski at (520) 421-8677, Ext. 4540.

LIFEGUARD TRAINING

RE-CERTIFICATION COURSE

This course is for currently certified Lifeguards that need to re-new expiring Lifeguarding Certifications. The course will teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and help prevent drownings and injuries. After successfully completing this course candidates will receive certification in Lifeguarding, CPR, First Aid, and AED.

Fee: \$50

(Each participant will also need to purchase a Lifeguard Training Book on the first day of class, \$40 for book or \$10 for a digital copy)

39696 15+ Tue,Wed 1/7-1/8 9:00- 4:00 pm Pool

LIFEGUARD TRAINING COURSE

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Fee: \$100.00

(Each participant will also need to purchase a Lifeguard Training Book on the first day of class, \$40 for book or \$10 for a digital copy)

40646 16+ Sat 3/29 8:00 am P&R



DANCE

INTRODUCTION TO COUPLES DANCE

Have you ever thought you might like to learn how to social dance? In 3 weeks, 2 sessions each week, you can go from knowing nothing at all about social dancing to learning enough to dance to a variety of music styles. Couples are welcome. Singles of all ages are also welcome.

Fee: \$10.00

40006 18+ Mon,Wed 1/6-1/22 7:00- 9:00 pm WC

40007 18+ Mon,Wed 2/3-2/19 7:00- 9:00 pm WC

LATIN DANCE NIGHT

Students will learn Salsa, Merengue, Bachata, and other styles of Latin Club dancing. Each Friday night students will have an hour of instruction followed by an open dance period for students to work on what they have learned.

Fee: \$30.00

40005 18+ Fri 1/17-2/28 7:00- 9:00 pm WC

FITNESS

BELLY DANCING BASICS

This ancient art form improves posture and flexibility, increases self confidence and tones and strengthens the muscles. Learn a variety of moves and combinations. All ability levels are welcome, so grab a hip scarf and let's shimmy!

Fee: \$30.00

40796	16+	Tue	1/7-2/11	6:30- 7:30 pm	Peart
40797	16+	Tue	2/18-4/1	6:30- 7:30 pm	Peart

YOGA - ALL LEVELS YOGA

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

Fee: \$70.00

39996	16+	Mon,Wed	1/6-2/26	7:00- 8:15 pm	WC
39997	16+	Mon,Wed	3/10-4/23	7:00- 8:15 pm	WC

YOGA - BASICS

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.

Fee: \$70.00

40003	16+	Mon,Wed	1/6-2/26	5:30- 6:45 pm	WC
40004	16+	Mon,Wed	3/10-4/23	5:30- 6:45 pm	WC

YOGA - DEEP STRETCH YOGA

This quiet, mindful class is done entirely on the floor - seated and lying down. It is perfect for everyone - from athletes seeking increased flexibility to those simply seeking to relieve stress. Sustained postures and deep breath work will open the body, move stagnant energy, and calm the nervous system.

Fee: \$70.00

40001	16+	Tue,Thu	1/7-2/27	7:00- 8:15 pm	WC
40002	16+	Tue,Thu	3/11-4/24	7:00- 8:15 pm	WC

YOGA - POWER FLOW YOGA

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.

Fee: \$70.00

39999	18+	Tue,Thu	1/7-2/27	5:30- 6:45 pm	WC
40000	18+	Tue,Thu	3/11-4/24	5:30- 6:45 pm	WC



SPECIAL INTEREST

COUCH POTATO KIDS

There's a rumble, a shake -up going on. Have you felt it? Think of it as a shift in awareness. An awareness about our food supply, our inactive lives and how these two things affect our health and the health of our children. Where do we begin to decipher it all? Is fast food really a villain, and why is it so bad to eat it in front of the TV? What's the deal with fiber anyway? Why in the world are fruits and vegetables so important to our diets? It's enough to make your head spin. Don't call in 'The Exorcist' just yet, because we have a way to make it all crystal clear. Join us for a three week class that will crack the code. After going through the program, parents will be able to implement simple techniques for use in their everyday lives to help their children develop and maintain a lifestyle of healthy eating and exercise habits as well as positively impacting and improving their children's behavior. As a result of educating parents, children develop healthy habits.

Fee: \$45.00

40498	18+	Thu	2/6-2/20	6:30- 8:30 pm	P&R
40546	18+	Thu	4/3-4/17	6:30- 8:30 pm	P&R

GETTING PAID TO TALK - INTRO TO PROFESSIONAL VOICE OVERS

This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all - important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!

Fee: \$20.00

40696	16+	Tue	3/25	6:30- 9:30 pm	P&R
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INVEST IN YOUR IRAH

(INDIVIDUAL RETIREMENT ACCOUNT FOR HEALTH)

Are you worried you won't have enough money for retirement? Let me ask, what good is a fat piggy bank if you don't have your health to enjoy it? Did you know that you are carrying around your own internal pharmacy? If we could show you a way to open up your internal pharmacy so that you could prevent disease and help each body system -including the heart, brain, gut, lungs, joints, eyes, and skin would that be something you would be interested in learning more about? Enjoy your IRA by investing in your IRAH. Sign up for a four week journey into discovering how. Required Materials Fee: \$25.00 will be collected in class by the instructor for the 4 required workbooks. Healthy Snack Included! (This class was developed for the 30+ crowd but we know that everyone of any age can benefit.)

Fee: \$45.00

40496	18+	Wed	2/5-2/26	6:00- 7:30 pm	P&R
40497	18+	Wed	4/9-4/30	6:00- 7:30 pm	P&R

LIFESTYLE WORKSHOPS

These workshops offer a variety of fun, interactive and educational topics for anyone who influences the lives of children. Participants learn how to positively affect a child's learning, behavior, performance, health, weight, attitude, concentration and energy level through practical, easy changes in lifestyle, exercise, attitude and nutrition. Workshops include hands-on activities, workbooks, healthy snacks and recipes. These classes are designed for individuals as well as couples. There is a \$10 material fee due to the instructor the day of the first class.

Fee: \$75.00

40596	18+	Tue	1/7-2/11	6:30- 7:30 am	P&R
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ADULT SOFTBALL LEAGUES

MUST BE 18 YEARS OF AGE TO PLAY

For more information regarding programs contact
Matt Jankowski at 520-421-8677 x4540 or matt_jankowski@casagrandeaz.gov

The City of Casa Grande Recreation Department Fall softball leagues will begin play the week of February 24. There will be three league nights and divisions:

MONDAY - CO-REC LEAGUE DIVISION
TUESDAY - MEN'S UPPER DIVISION
THURSDAY - MEN'S RECREATIONAL DIVISION

IMPORTANT DATES

Manager's Meetings - Held at Parks and Recreation Office, **Wednesday, February 12**
Co-Rec Division Meeting at 5:00 PM,
Men's Divisions meetings at 6:00 PM

Manager's who attend meeting will be awarded a \$25 credit to their team account.
Staff will be onsite to register participants before or after the meeting if desired.

Registration - Beginning December 17 until **deadline Friday, February 14 at 5:00 PM.**
Completed registration form, roster, and \$425 team fee due at time of registration.

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.

Fee: \$425.00

39896 18+ Mon 2/24-4/7 6:15-10:15 pm PMSC

MEN'S RECREATION SOFTBALL LEAGUE

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

Fee: \$425.00

39897 18+ Thu 2/27-4/24 6:30- 9:30 pm PMSC

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 with experience.

Fee: \$425.00

39898 18+ Tue 2/25-4/22 6:00-10:00 pm PMSC

SPORTS FIELD RENTALS

Sports field rentals require a Request Form to be completed and submitted to the Parks and Recreation office 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