

## 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.

### PICKLEBALL OPEN GYM

**MONDAY, WEDNESDAY, FRIDAY** 9:30 – 11:30 A.M.  
Join us each Monday, Wednesday and Friday beginning October 13, 2014 for Pickleball Open Gym. 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 A.M. – 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. The first class will be held on September 4th.

## 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 9/5**

COACHES MEETING TO BE HELD AT P&R OFFICE, WEDNESDAY, 9/3  
CO-REC – 5:00 p.m., MEN'S TEAMS – 6:00 p.m.

#### CO-REC SOFTBALL LEAGUE - MONDAY

This 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.

44401 18+ Mon 9/15-11/3 6:15- 10:15 pm PMSC

#### MEN'S UPPER DIVISION SOFTBALL LEAGUE - TUESDAY

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 experienced teams.

44407 18+ Tue 9/16-11/4 6:15- 10:15 pm PMSC

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

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.

44400 18+ Wed 9/17-11/5 6:15- 10:15 pm PMSC

#### MEN'S RECREATION SOFTBALL LEAGUE - THURSDAY

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.

44406 18+ Thu 9/18-11/6 6:15- 10:15 pm PMSC

#### CO-REC SOFTBALL LEAGUE - FRIDAY

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

44446 18+ Fri 9/19-11/7 6:15- 10:15 pm PMSC

### MEN'S BASKETBALL LEAGUE

**ENTRY FEE: \$350 PER TEAM**

**REGISTRATION, ROSTER, AND PAYMENT DUE 9/12**

COACHES MEETING TO BE HELD AT P&R OFFICE, WEDNESDAY,  
SEPTEMBER 10, 5:00 PM

The men's basketball league will begin play on Wednesday, September 24. Games will be Wednesday nights and the league will last 7 weeks with a single elimination playoff following the regular season.

44405 18+ Wed 9/24-11/12 7:15- 10:15 pm LCRC

### CO-REC VOLLEYBALL LEAGUE

**ENTRY FEE: \$200 PER TEAM**

**REGISTRATION, ROSTER, AND PAYMENT DUE 9/12**

COACHES MEETING TO BE HELD AT P&R OFFICE, WEDNESDAY,  
SEPTEMBER 10, 5:30 PM

The co-rec volleyball league will begin play on Thursday, September 25. Matches will be Thursday evenings and the league will last 7 weeks with a single elimination playoff following the regular season.

44402 18+ Mon 9/22-11/10 6:15 - 10:15 pm LCRC

## CLASSES

Special Interest Classes are offered throughout the year to provide an opportunity to experience new activities or further expand current knowledge and abilities. For further information regarding Adult Special Interest Classes, contact Shayla Gunn at (520) 421-8677, ext. 4550.

### AWAKEN THE WRITER WITHIN YOU \$79

Awaken the creative writer within you by adding a variety of flavors and colors that will tantalize and enhance your creative imagination, while evoking tasty and colorful writing products. This class is offered in partnership with Central Arizona College (CAC). Instructor: Rani Singh  
44849 18+ Sat 10/4-11/8 9:00- 11:00 am P&R

### BASIC INTERIOR DESIGN FOR THE 21ST CENTURY: PART 1 \$29

Do you want to learn interior design concepts and techniques that will make decorating your home or office a fun and exciting activity? Learn about the effects of color on people, environment and space planning, focal point design, furniture arrangement, de-cluttering and organizing your space. This class is offered in partnership with Central Arizona College (CAC). Instructor: Susan Ashe  
44847 18+ Sat 9/6-9/13 1:00- 3:00 pm P&R

### BASIC INTERIOR DESIGN FOR THE 21ST CENTURY: PART 2 \$29

Learn advanced concepts and techniques of interior design to make decorating your home or office a fun and exciting activity. This class is offered in partnership with Central Arizona College (CAC). Instructor: Susan Ashe  
44848 18+ Sat 9/20-9/27 1:00- 3:00 pm P&R

### BEGINNER TAP \$40

This is a beginner level Tap Class for Adults. Class will consist of teaching a variety of tap rhythms at the barre and across the floor. It will begin with stretching and warm ups which will lead into various tap techniques. Instructor: Lisa Borninkhof  
45096 18+ Mon 9/15-11/17 6:45- 7:45 pm Peart

### BELLY DANCING BASICS \$30

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! Instructor: Samantha Page  
44396 16+ Tue 9/2-10/7 6:30- 7:30 pm Peart

### BELLY DANCE: MOTHER & DAUGHTER \$30

Enjoy the Art of dancing with your daughter(s) through this introduction to Belly Dance. Belly dance is a beautiful and timeless form of dance that suits women and girls of all ages and sizes. A great opportunity to nurture confidence while having fun and strengthening your body. Intended for girls ages 4-10, wear comfortable clothing, a simple yoga pant and tank will do. (hip belt or scarf if you have one) Don't miss this great opportunity! Instructor: Jennifer Collins  
44399 4-10 Wed 9/3-10/8 6:30- 7:30 pm Peart

### GOLF 101: BEGINNER \$35

Have you always wanted to learn how to play golf but have never made the time? Come learn the fundamentals of golf from a PGA professional. Students will learn the rules, proper etiquette of golf, stance, grip and swing technique. Participants are encouraged to bring their own clubs; clubs may

also be borrowed from the instructor.

Instructor: Jennifer Marsh  
45148 18+ Mon 10/6-10/27 5:00- 6:00 pm Dave White  
45149 18+ Wed 10/8-10/29 5:00- 6:00 pm Dave White

### GOLF 102: INTERMEDIATE \$35

This class is designed for those who have already taken Golf 101 or need to dust off their clubs and get back in the game. Class is taught by a PGA professional who will help you gain a better understanding of equipment, how to perfect your golf swing as well as on-course management. Students are encouraged to bring their own clubs.

Instructor: Jennifer Marsh  
45150 18+ Mon 11/3-11/24 5:00- 6:00 pm Dave White  
45151 18+ Wed 11/5-11/26 5:00- 6:00 pm Dave White

### 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. Instructor: Craig Coffman  
44403 16+ Tue 10/7 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. Instructor: Craig Coffman  
44404 16+ Tue 9/16 6:30- 9:30 pm P&R



### RECONNECT WITH YOUR INNER SELF \$55

The discoveries in Quantum science today are proving what the philosophers of ancient cultures taught: that all of creation is made of energy. The application of the principles of metaphysics can be used to enrich your life and help you fulfill all your dreams. Come and explore with us this new frontier, with principles that could change your life. This class is offered in partnership with Central Arizona College (CAC).

Instructor: Connie Allison  
44846 18+ Wed 9/3-9/24 10:00am- 12:00 pm P&R



### YOGA - ALL LEVELS FLOW

**\$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.

Instructor: Robyn Bukovina

44408	18+	Mon,Wed	9/8-10/29	5:45- 6:45 pm	WC
44409	18+	Mon,Wed	11/3-12/17	5:45- 6:45 pm	WC

### YOGA - GENTLE & HEALING

**\$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. Instructor: Robyn Bukovina

44411	18+	Mon,Wed	9/8-10/29	7:00- 8:00 pm	WC
44412	18+	Mon,Wed	11/3-12/17	7:00- 8:00 pm	WC

### YOGA - POWER FLOW YOGA

**\$5/DAY**

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. Pre-registration is not required. This is a drop in class only. Instructor: Mike Stauffer

44413	18+	Tue,Thu	9/9-10/23	5:45- 6:45 pm	WC
44414	18+	Tue,Thu	11/4-12/23	5:45- 6:45 pm	WC

### ZUMBA!

**\$25**

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. Instructor: Maria Ornelas

44349	18+	Wed	9/3-9/24	6:00- 7:00 pm	LCRC
44350	18+	Wed	10/8-10/29	6:00- 7:00 pm	LCRC
44351	18+	Wed	11/5-11/26	6:00- 7:00 pm	LCRC

