

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.
Please join us for drop-in play. Teams will be made based on the number of players. Cost 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 2/27

COACHES MEETING TO BE HELD AT P&R OFFICE, WEDNESDAY, 2/25
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.

45548 18+ Mon 3/9-4/27 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.

45552 18+ Tue 3/10-4/28 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.

45546 18+ Wed 3/11-4/29 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.

45551 18+ Thu 3/12-4/30 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.

45547 18+ Fri 3/13-5/1 6:15- 10:15 pm PMSC

MEN'S BASKETBALL LEAGUE

ENTRY FEE: \$350 PER TEAM

REGISTRATION, ROSTER, AND PAYMENT DUE 2/20

COACHES MEETING TO BE HELD AT P&R OFFICE, WEDNESDAY,
FEBRUARY 18, 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.

45550 18+ Wed 3/4-4/22 7:15- 10:15 pm LCRC

CO-REC VOLLEYBALL LEAGUE

ENTRY FEE: \$200 PER TEAM

REGISTRATION, ROSTER, AND PAYMENT DUE 2/20

COACHES MEETING TO BE HELD AT P&R OFFICE, WEDNESDAY,
FEBRUARY 18, 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.

45549 18+ Thu 3/5-4/23 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, please contact Jeff Molner at (520) 421-8677, ext. 4560

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: CAC Staff

45910 18+ Sat 2/7-3/14 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: CAC Staff

45911 18+ Sat 4/4-4/11 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: CAC Staff

45912 18+ Sat 4/18-4/25 1:00- 3:00 pm P&R

BASIC LATIN DANCE

\$79

Light up any dance floor while being swift on your feet! Learn introductory Latin dance steps, including the Salsa and Meringue. This class is offered in partnership with Central Arizona College (CAC).

Instructor: CAC Staff

46346 18+ Mon 3/23-4/27 5:30- 7:30 pm LCRC

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!

45900 16+ Tue 1/13-2/17 6:30- 7:30 pm Peart

45900 16+ Tue 3/10-4/14 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 6-12, 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

46196 6-12 Wed 1/14-2/18 6:00- 7:00 pm Peart

EXPLORING THE REAL YOU

\$55

If you completed the first class, "Reconnect with Your Inner Self", you are ready for the second course of the series. You will continue to learn about the fundamental principles of metaphysics, and how it can be applied in life. In addition, awareness of and exploration of mind powers, reincarnation, family groups and universal laws will be introduced.

Instructor: CAC Staff

45917 18+ Wed 2/18-3/11 10:00am - 12:00pm 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

46296 18+ Mon 1/26-4/27 7:45- 8:45 pm Peart

GETTING PAID TO TALK - INTRO TO VOICE OVERS

\$20

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!

45908 18+ Wed 2/4 6:30- 9:00 pm P&R

GOAL SETTING FOR EVERYDAY USE!

\$65

Do you have goals which you have not yet accomplished or goals where you need help to determine where to start? If so, through guided reflective writing you can identify all the goals you wish to pursue and identify meaningful steps to take to accomplish your goals. By using a journal and pen/pencil, you will learn to reflect on your life over the three life cycles: childhood, young adulthood and adulthood. Through reflective writing, you will identify those goals truly important to you, gain clarity on the steps necessary and put your plan in motion. Special note: Student must provide a spiral notebook and pen/pencil.

Instructor: CAC Staff

45920 18+ Wed 1/14-2/11 2:00- 4:00 pm P&R

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. No class will be held on President's Day.

Instructor: Jennifer Marsh, PGA

45846 18+ Mon 2/2-3/2 4:30- 5:30 pm Dave White

45847 18+ Mon 3/9-3/30 5:00- 6:00 pm Dave White



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, please contact Jeff Molner at (520) 421-8677, ext. 4560

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. No class will be held on Memorial Day.

Instructor: Jennifer Marsh, PGA

45848	18+	Mon	4/6-4/27	4:30- 5:30 pm	Dave White
45849	18+	Mon	5/4-6/1	4:30- 5:30 pm	Dave White

ICE-IN CASE OF EMERGENCY

\$25

Are your family and friends prepared in case you are involved in an emergency situation? Will they know where you keep important documents? Whom would they contact? Where do you keep personal items, such as keys, checkbook, credit cards, etc.? Now is the time to make a list of things family and friends need to know in case you are unable to communicate or manage your own affairs. The ICE (In Case of Emergency) Kit is a tool for you and is helpful when needed for use by your loved ones. The cost of the ICE Kit is \$10 and can be purchased by requesting it at <http://www.dualconnection.biz/contactus.html> or by calling 480-419-6944 and paying by mail.

Instructor: CAC Staff

45913	18+	Fri	2/27	2:00- 4:00 pm	P&R
45914	18+	Fri	5/15	2:00- 4:00 pm	P&R

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

45906	16+	Tue	2/10	6:30- 9:00 pm	P&R
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SPANISH FOR TRAVELERS

\$79

Learn the essentials of conversational Spanish through opportunities to develop Spanish speaking and listening skills by pattern practice, repetition, and practical application. Course will feature basic sentence structure, pronunciation, and vocabulary to be applied to real life conversations.

Instructor: CAC Staff

45918	18+	Wed	1/21-2/25	1:00- 3:00 pm	P&R
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SPANISH FOR TRAVELERS: INTERMEDIATE

\$79

Learn the essentials of conversational Spanish through opportunities to develop Spanish speaking and listening skills by pattern practice, repetition, and practical application. Course will feature basic sentence structure, pronunciation, and vocabulary to be applied to real life conversations.

Instructor: CAC Staff

45919	18+	Wed	3/4-4/8	1:00- 3:00 pm	P&R
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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

45907	16+	Mon	2/2	6:30- 9:30 pm	P&R
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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: CAC Staff

45916	18+	Wed	1/21-2/11	10:00am- 12:00 pm	P&R
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YOGA - ALL LEVELS FLOW

\$70 OR DROP IN FEE \$10/DAY

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

45852 18+ Mon,Wed 1/5-3/4 5:45- 6:45 pm WC

45853 18+ Mon,Wed 3/9-4/22 5:45- 6:45 pm WC

YOGA - UNWIND & RESTORE

\$70 OR DROP IN FEE \$10/DAY

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

45850 18+ Mon,Wed 1/5-3/4 7:00- 8:00 pm WC

45851 18+ Mon,Wed 3/9-4/22 7:00- 8:00 pm WC

PRANA YOGA FLOW

\$35 OR DROP IN FEE \$10/DAY

Begin with pranayama to increase lung capacity and focus the mind. Mindfully challenge the body with a continuous, rhythmic flow. Intermediate postures and transitions will be introduced. Finish with guided meditation and a sweet savasana. Previous yoga experience recommended.

Instructor: Robyn Bukovina

45855 18+ Tue 1/6-2/24 6:15- 7:15 pm WC

45896 18+ Tue 3/10-4/21 6:15- 7:15 pm WC

GENTLE EVENING YOGA & MEDITATION

\$35 OR DROP IN FEE \$10/DAY

Unwind from your day with the gentle yoga practice. Connect with your breath as you stretch the body and relax the mind. Finish with guided meditation. Beginners welcome.

Instructor: Robyn Bukovina

45897 18+ Thu 1/8-2/26 6:15- 7:15 pm WC

45898 18+ Thu 1/8-2/26 6:15- 7:15 pm WC

ZUMBA!

\$25 PER MONTH

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

45902 18+ Wed 1/7-1/28 6:00- 7:00 pm LCRC

45903 18+ Wed 2/4-2/25 6:00- 7:00 pm LCRC

45904 18+ Wed 3/4-3/25 6:00- 7:00 pm LCRC

45905 18+ Wed 4/8-4/29 6:00- 7:00 pm LCRC

