

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 ½ 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.



22nd Annual Desert Grande Duathlon / Triathlon

Saturday, November 2 • 7:30 a.m.
Central Arizona College

DESERT GRANDE DUATHLON/TRIATHLON

The 22nd Annual Desert Grande Duathlon/Triathlon is scheduled for Saturday, November 2 beginning at 7:30 a.m. The Duathlon consists of a 1.5 mile run, a 10.3 mile bike and a 3.0 mile run. The Triathlon consists of a 400m swim, a 10.3 mile bike and a 3.0 mile run. All participants will receive a shirt and refreshments will be provided. This event will be held at Central Arizona College.

When: Saturday, November 2

Time: 7:30 a.m.

Duathlon Fee: \$40/individual, \$60/team

Triathlon Fee: \$50/individual, \$75/team

ADULT

ADULT SPORTS LEAGUES

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

ADULT SOFTBALL LEAGUES

MUST BE 18 YEARS OF AGE TO PLAY

The City of Casa Grande Recreation Department Fall softball leagues will begin play the week of September 16. 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, September 4th,
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 August 20 until **deadline Friday, September 6 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.

Fees: \$425.00

37616 18+ Mon 9/16-11/4 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.

Fees: \$425.00

37617 18+ Thu 9/19-11/7 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 experience playing softball.

Fees: \$425.00

37618 18+ Tue 9/17-11/5 6:00-10:00 pm PMSC

MEN'S BASKETBALL LEAGUE

MUST BE 18 YEARS OF AGE TO PLAY

The men's basketball league will play on Wednesday nights beginning September 25.

WEDNESDAY - MEN'S RECREATIONAL DIVISION

IMPORTANT DATE

Coaches Meeting - Held at Len Colla Recreation Center,
Wednesday, September 18, 5:30 PM

MEN'S BASKETBALL LEAGUE

The league will play Wednesday evenings. and will last 7 weeks with a single elimination playoff following the regular season.

Fees: \$350.00

38496 18+ Wed 9/25-11/13 7:00- 9:00 pm LCRC

CO-REC VOLLEYBALL LEAGUE

MUST BE 18 YEARS OF AGE TO PLAY

The men's basketball league will play on Tuesday nights beginning September 24.

IMPORTANT DATE

Coaches Meeting - Held at Len Colla Recreation Center
Wednesday, September 18, 6:30 PM

CO-REC VOLLEYBALL LEAGUE

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

Fees: \$150.00

38497 18+ Tue 9/24-11/12 6:00-10:00 pm LCRC

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

SPECIAL INTEREST

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

AND THEN THERE WAS ONE

Charlotte Fox is the author of 'And Then There Was One', a workbook to guide one in preparing for the end of life. The author will guide you through the workbook of checklists and forms addressing legalities, health, finances, pets, and funeral arrangements.

Fees: \$29.00

37354 Tue 10/29 10:00- 3:00 pm P & R

ARE YOU SMARTER THAN YOUR SMARTPHONE?

Discover your Smartphone features and how to fully use them for your benefit. Topics include: music, calendars, internet, apps, syncs, and other topics. In the end, you could be smarter than your Smartphone.

Supplies: Must bring their own Smartphone

Fees: \$25.00

37347 Tue 10/1 5:30- 7:30 pm P & R

BEGINNING GUITAR

An introduction to reading music, tuning a guitar, playing chords, and performing simple melodies on the guitar. The text for this class is the Hal Leonard Guitar Method Book I. It can be purchased locally.

Optional supplies include: electronic tuner, extra set of strings, and guitar flat picks. This class is offered in partnership with Central Arizona College (CAC).

Fees: \$105.00

37346 M,W 9/9-9/25 9:30-12:00 pm Peart

BEGINNING GUITAR II

Second part of a guitar playing series. The course contains an introduction to playing accidentals and 1/8th notes, recognizing major key signature, playing 12 open position chords and utilizing basic chord rhythms.

Fees: \$105.00

37348 M,W 9/30-10/16 9:30-12:00 pm Peart

BEGINNING GUITAR III

Third part of a guitar playing series. This class introduces syncopated melodies, playing notes in the second position, reading music tablature, and playing syncopated chord rhythms.

Fees: \$105.00

37349 M,W 10/21-11/6 9:30-12:00 pm Peart

COOKING WITH ARIZONA'S HOT SOLAR RAYS

Want to learn how to build a solar oven and cook in it? You will learn how to build a simple solar oven. Then by using the hot Arizona sun, be able to cook simple and delicious dishes for your family.

Fees: \$29.00

37352 Sat 10/19 10:00- 1:00 pm P & R

CREATIVE WRITING

A very informal class. Instruction will be given while each participant works on his/her own writing projects. We will be reading each others pieces and offering constructive ideas. The class is limited to 10 people, so sign up early.

Fees: \$55.00

37357 Sat 11/2-11/23 9:00-11:00 am P & R

INTERMEDIATE COMPUTER SKILLS: COMMUNITY ENRICHMENT

For personal and/or community enrichment, develop intermediate level computer skills by using MS Office Word, Powerpoint, and Excel software applications, web searches, and Internet based applications.

Fees: \$49.00

37353 Sat 10/19-11/2 2:00- 4:00 pm LCRC

IPAD FOR BEGINNERS

Explore the basics of your iPad. Topics include: iPad settings, customizing, and surfing the web. Supplies: Must bring their own iPad

Fees: \$25.00

37350 Tue 10/15 5:30- 7:30 pm P & R

MAKING SENSE OF SOCIAL SECURITY

Social Security benefits have been designed to provide working Americans with a source of retirement income. In this class, explore Social Security benefits available and how benefits are calculated and eligibility determined. You will also learn how Social Security and Medicare relate to one another.

Fees: \$25.00

37351 Thu 10/17 1:00- 2:00 pm P & R

THE ART OF THE TOHONO O'ODHAM HORSEHAIR BASKET

A Tohono O'odham basket weaver will share the history of the Tohono O'odham horsehair basket. You will learn the process of creating a basket from gathering the materials to the finished basket and its meaning. A demonstration of weaving a horsehair basket will be featured.

Fees: \$29.00

37358 Sat 11/9 9:00-12:00 pm P & R

THE ART OF THE TOHONO O'ODHAM YUCCA BASKET

A Tohono O'odham basket weaver will share the process and history of the Tohono O'odham yucca baskets. You will learn the steps from gathering the materials, making and finishing a basket, and the various meanings of the design. A demonstration of weaving a yucca basket will be featured.

Fees: \$29.00

37359 Sat 12/7 9:00-12:00 pm P & R

WHAT MORE CAN YOUR IPAD DO?

Discover more exciting features of your iPad. Learn how to use all the built in apps, how to purchase additional apps and how everyone in your family can benefit from using the iPad. Supplies: Must bring their own iPad

Fees: \$25.00

37355 Tue 10/29 5:30- 7:30 pm P & R

YOUNG ADULT (16+) SPECIAL INTEREST

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

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!

Fees: \$30.00

38546 16+ Tue 9/3-10/22 6:30- 7:30 pm Peart
38547 16+ Tue 11/5-12/10 6:30- 7:30 pm Peart

INSTANT GUITAR

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.

Fees: \$25.00

37614 16+ Tue 10/29 6:30- 9:30 pm P & R

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

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

Fees: \$25.00

37615 16+ Mon 10/14 6:30- 9:30 pm P & R



YOGA BASICS MORNING - RISE AND REJUVENATE

Greet the day with unhurried breathing and quiet meditation. Find your inner radiance as we open the body with long yin stretches. We'll energize body and spirit by introducing basic yoga postures. Leave feeling refreshed and renewed. Perfect for those new to yoga. All levels welcome.

Fees: \$70.00

37896 16+ Mon,Wed 9/9-10/23 8:30- 9:45 am WC
37897 16+ Mon,Wed 11/4-12/18 8:30- 9:45 am WC

YOGA BASICS PM - THE PATH OF HEALING

Unwind from your busy day with this quiet, healing class. We'll blend yoga therapy to increase range of motion, yin yoga to melt tension, and classic yoga poses to cultivate strength from within. Breathing techniques and meditation will calm the mind. Perfect for those new to yoga. All levels welcome.

Fees: \$70.00

37601 16+ Mon,Wed 9/9-10/23 5:30- 6:45 pm WC
38896 16+ Mon,Wed 11/4-12/18 5:30- 6:45 pm WC

YOGA INTERMEDIATE - VINYASA FLOW

This active class will emphasize energetic and dynamic transitions between asanas. We'll link breath with movement as we approach challenge with grace. Deeply held poses will further open the body and still the mind. For those with a well established hatha yoga practice.

Fees: \$70.00

37610 16+ Tue,Thu 9/10-10/24 5:30- 6:45 pm WC
37611 16+ Tue,Thu 11/5-12/19 5:30- 6:45 pm WC

YOGA - ALL LEVELS YIN YANG FLOW

Be guided by your breath as you move through rhythmic salutations using familiar poses. Complement motion with stillness as we drop into deep passive stretches. Find balance between effort and surrender.

Both newer students and those with more experience will progress their practice here.

Fees: \$70.00

37606 16+ Tue,Thu 9/10-10/24 7:00- 8:15 pm WC
37609 16+ Tue,Thu 11/5-12/19 7:00- 8:15 pm WC