



# foothills update



Fall 2016

happenings – 2  
fitness – 3  
aquatics – 4  
special interest activities – 5  
amenities – 15

*Hosting a party, meeting or event?*

Rentable facilities are available by calling 623-930-4610 or stop in at your convenience.

The Foothills Recreation & Aquatics Center is a city of Glendale facility.

All Information is subject to change without notice.

# FRAC

foothills recreation  
& aquatics center

# 10 YEARS

• Fitness • Aquatics • Classes • Rentals • Special Events •

**twitter**

[twitter.com/GlendaleParks](https://twitter.com/GlendaleParks)



Find us on  
**Facebook**

[facebook.com/GlendaleRecreation](https://facebook.com/GlendaleRecreation)

5600 W. Union Hills Dr.  
623-930-4600

Monday-Friday ■ 5:30 a.m.-9 p.m.

Saturday ■ 7 a.m.-7 p.m.

Sunday ■ 11 a.m.-4 p.m.

Holidays as posted.

[www.GlendaleAZ.com/  
FoothillsCenter](http://www.GlendaleAZ.com/FoothillsCenter)

## foothills programs

### Adult Points-Based Poker League

**Mondays for 7 weeks at 6:30-9 p.m.**

This is a fun, recreational and educational program for the avid poker fan wanting to play, or beginners looking for a relaxed environment to learn Texas Hold 'Em. NO PRIZE MONEY INVOLVED. Six regular season games are followed by an end-of-season tournament. Awards given to league and tournament champions. No prior experience needed. Ages 18+. For more information, call 623-930-4610. No league Oct. 10, 31 & Nov. 7. 2-½ hours. • \$17 (non-resident \$21) Daily drop-in rate. • \$5 (non-resident \$6)

SEPT. 26 M 6:30 PM • 7 WEEKS  
FC (#314151-01)

### Adult Racquetball Leagues coed / points-based

Adult co-ed, points-based leagues are offered on Monday and Wednesday evenings. Beginners and intermediates play on Mondays and advanced players on Wednesdays. No league Oct. 10 & 31. For more information, call 623-930-4610. 2 hours. Instructor: Lovinger. • \$25 (non-resident \$33)

Beginner/Intermediate (Mondays):

Sept. 12 6-8 p.m. #314103-01

Advanced (Wednesdays):

Sept. 7 6-8 p.m. #314103-02

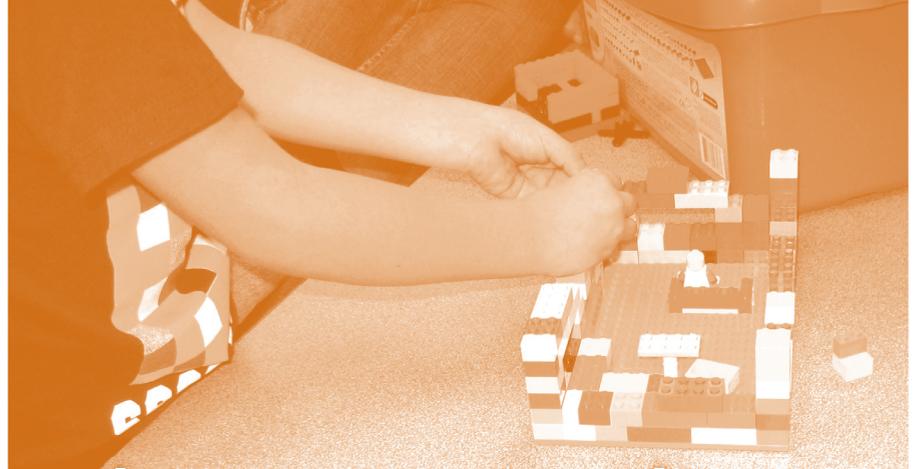
### Silver Sneakers® & PRIME location!

Enjoy an active lifestyle with a variety of offerings including a staffed fitness center, water aerobic classes, pickleball, Silver Sneakers® land aerobic classes, indoor walking/jogging track, racquetball courts, full locker room facilities and fitness lap swimming. Call your health insurance provider and inquire about Silver Sneakers or stop at the Front Desk.

## especially for kids...

### The Turtle Club

Adults enjoy your workout or class while your child enjoys a fun, supervised environment with a wide variety of activities. Turtle Club rates are available in half-hour or hour-long increments. Stop at the Front Desk for rates and hours of operation. Ages 2-9.



# happenings

## FRAC 10th Anniversary Celebration

**Saturday, Oct. 1**

It's been ten years since the Foothills Recreation & Aquatics Center opened its doors. Come help us celebrate! Activities will include raffles, contests, sampler classes and refreshments. Festivities will take place on Saturday, Oct. 1 from 10 a.m.-3 p.m. with a poker tournament starting at 3 p.m. (pre-registration required). For more information, contact Foothills Service Desk, 623-930-4600.

# FRAC

## foothills recreation & aquatics center

# 10 YEARS

## Foothills Neighborhood Halloween Event

**Friday, Oct. 28, 6-9 p.m.**

Children, ages 10 and younger, can load up on candy at the Foothills Recreation & Aquatics Center and enjoy an evening of activities, including carnival games, photo opportunities, temporary tattoos, train rides (additional cost), costume parade and arts and crafts. Admission can be purchased the night of the event for \$4 (\$5 non-residents). Supervision is required: Parents are FREE. For more information, call 623-930-4610.

## 10th Annual Santa's Workshop

**Saturday, Dec. 10, 10 a.m.-Noon**

Kids of all ages are invited to this special event to purchase holiday presents (everything is \$2) for their friends, family or even their pets. A store will be set up with a variety of items sure to make everyone happy. Santa's elves will be on site to wrap their selection in holiday wrapping paper. Please arrive early for best selection of products. For more information, contact Darren at 623-930-4610.



**Center Hours:**  
**Monday-Friday** ■ 5:30 a.m.-9 p.m.  
**Saturday** ■ 7 a.m.-7 p.m.  
**Sunday** ■ 11 a.m.-4 p.m.  
**Holidays as posted.**

**NO CONTRACTS  
OR JOINING FEES!**

DAILY, 15-PUNCH, MONTHLY OR ANNUAL MEMBERSHIPS AVAILABLE. Membership includes: scheduled rock wall hours, fitness center, walking/jogging track, basic land and water aerobic classes (schedules at the desk), open gym time, Sunday open badminton and pickleball, daily scheduled fitness lap swimming, activity room, lounge area with big screen TV, three racquetball courts, wally ball and locker room facilities.

fitness

## fitness@foothills

The **fitness center** is a great place to relieve stress and improve your overall health and well-being. Center highlights include strength training, cardio, free weights, warm-up/stretching area and indoor 3-lane walking/jogging track. Members have access to certified personal trainers and a nutritionist for an hourly fee. Personal Training and Nutrition can be purchased in one-hour increments. For details, call 623-930-4600.

■ **Community Special Interest Classes.** Available to anyone. No membership required.

■ Open **gymnasium** featuring **basketball, badminton** and **pickleball.** Schedules are available at the service desk.

■ Drop-in **aerobics classes** are offered throughout the week and are included with a membership or day pass. Pick up your schedule at the service desk.

■ **Fitness lap swim**  
Enjoy this great low-impact workout available year-round with the purchase of any membership. Check online or at the Service Desk for the latest monthly lap swim schedule. The Foothills Center lap pool is heated for your swimming comfort.

## foothills membership options

**only \$35** for adult resident monthly membership or check out other membership options to best meet your needs! **NO** contracts, **NO** joining fees. Stop in for a tour anytime!

**Membership includes...**

- Basic Aerobic Classes
- Rock Wall
- Fitness Center
- Walking/Jogging Track
- Wally Ball
- Racquetball Courts
- Recreational Basketball
- Activity Room
- Open Badminton
- Scheduled Fitness Lap Swim
- Locker Facilities
- Open Pickleball
- Basic Water Aerobic Classes

*Purchase your membership at the center by using Visa, MasterCard, American Express, check or cash. Renew your membership with a credit card by calling 623-930-4600.*

**Glendale Resident Membership Rates:** A resident is based on physical address and zip code based on the City of Glendale boundary map. Proof of residency includes a current City of Glendale water bill along with picture identification. Please include a current copy of your Glendale water bill with your registration. No refunds or transfers of memberships once purchased. Membership begins on the date of purchase.

MEMBERSHIPS	MONTHLY	ANNUAL	15-PUNCH	DAILY
<b>ADULT</b> (Ages 20-54)	\$35	\$350	\$72	\$6
<i>Non-resident</i>	\$42	\$420	\$96	\$8
<b>2 PERSON</b>	\$60	\$600	-	-
<i>Non-resident</i>	\$72	\$720	-	-
<b>FAMILY</b>	\$70	\$700	-	-
<i>Non-resident</i>	\$84	\$840	-	-
<b>STUDENT</b> (Ages 13-19)	\$25	\$250	\$48	\$4
<i>Non-resident</i>	\$30	\$300	\$60	\$5
<b>YOUTH</b> (Ages 5-12)	\$20	\$200	\$36	\$3
<i>Non-resident</i>	\$24	\$240	\$48	\$4
<b>SENIOR</b> (Ages 55+)	\$25	\$250	\$60	\$5
<i>Non-resident</i>	\$30	\$300	\$72	\$6
<b>GROUP/CORPORATE</b>	\$400	\$4000	-	-

*Memberships are valid for 1-year from the date of purchase including Annual & 15-Punch passes.*

*\*\*2 Person: Any two people residing at the same address. No refunds or transfers allowed.*

*\*\*\*Family: Two adults plus unlimited, unmarried children residing at the same address, 20 years of age or younger. No refunds or transfers allowed.*

*\*\*\*\*Group/Corporate: Maximum of 20 people, ages 9+ Group must include a minimum of 51% Glendale residents with proof of residency OR, payment must be in the form of a company check from a Glendale business. This Glendale business must pay their taxes to the City of Glendale. Proof is required. Group will submit one form of payment when registering. No individual refunds or transfers allowed.*



## Adult Swim Lessons

It's NEVER too late to learn to swim. Learn basic strokes, and improve your comfort level in the water from an experienced, patient instructor. Comfortable, small group with a maximum of six participants. \$60 (non-residents \$72). **Classes are three weeks (6 classes) per session. Two classes offered per session. Class times listed below:**

### Session 2: Sept. 12 – Sept. 29

M & W 11-11:45 a.m. | Class Code: 544150-11

Tu & Th 11-11:45 a.m. | Class Code: 544150-12

## Deep Water Aerobics: Fall Schedule

Looking for a new workout challenge? Try our popular Deep Water Aerobics. You'll get cardio, resistance and a serious core workout all in the refreshing comfort of our beautiful lap pool. Prices listed as \$Resident/\$Non-Resident. Call 623-930-4600 for information.

### September Session – Sept. 5 – Oct. 1 (all classes are 4 weeks)

Class 1: M/W/F 9:50-10:50 a.m. 1st come/1st serve Free to pass holders

Class 2: T/Th 11:45 a.m.-12:45 p.m. 8 classes \$40/\$50 544153-21

Class 3: T/W/Th 6-7p.m. 12 classes \$60/\$75 544153-22

Class 4: Sat 8-9 a.m. 4 classes \$20/\$25 544153-23

Class 5: M/W/F 8:40-9:40 a.m. 12 classes \$65/\$80 544153-24

### October Session – Oct. 3 – 29 (all classes are 4 weeks)

Class 1: M/W/F 9:50-10:50 a.m. 1st come/1st serve Free to pass holders

Class 2: T/Th 11:45 a.m.-12:45 p.m. 8 classes \$40/\$50 544153-31

Class 3: T/W/Th 6-7 p.m. 12 classes \$60/\$75 544153-32

Class 4: Sat 8-9 a.m. 4 classes \$20/\$25 544153-33

Class 5: M/W/F 8:40-9:40 a.m. 12 classes \$65/\$80 544153-34

**For more information on aquatic programs, call 623-930-2838.**

## PLEASE NOTE

The Foothills Center requires all users, including day pass users, to provide identification and fill out required paperwork. A parent or legal guardian must sign off on paperwork for those ages 17 and younger.

## Foothills Recreation & Aquatics Center Code of Conduct Policy

The following Code of Conduct is applicable to all who visit or participate in programs, services and activities of the Glendale Parks and Recreation Division. Management is authorized to take all necessary steps to enforce this Code of Conduct. Noncompliance may result in suspension of all facilities privileges for up to 30 days or permanent expulsion. Refusal to abide by this policy may result in the police being called and violators being prosecuted to the fullest extent of the law.

*The following behaviors do not meet accepted facility standards and include:*

1. Improper dress code – all patrons must be fully dressed, including shirts and shoes.
2. Abuse or vandalism of facilities equipment, artwork, furniture, including attempts to interrupt or vandalize the computer system.
3. Harassment of staff, volunteers, or patrons. "Harassment" includes using profane and/or obscene language, directing verbal or physical threats toward another person, and engaging in behavior with the sole intent of annoying another person.
4. Eating food and drinks are permitted only in designated areas.
5. Gambling, panhandling, soliciting, or loitering.
6. Unauthorized use of drugs, alcohol, or tobacco, including e-cigarettes.
7. Sleeping or engaging in activities not associated with the legitimate use of the facility while in the building.
8. Neglected bodily hygiene. "Neglected bodily hygiene" means bodily hygiene that is offensive as to constitute a nuisance to staff, volunteers and other patrons.
9. Bathing, shaving, washing clothes and hair in the restrooms.
10. Use of cell phones or other electronic devices that are audible to others.
11. Voyeurism or peeping, exhibitionism or flashing, lewd or lascivious acts.
12. Not following signage or verbal communication from staff.
13. Any other alleged violations of applicable city, state and federal laws, ordinances and statutes that apply to the facility.

*The following items are prohibited from being brought into all public facilities:*

- Illegal drugs, alcohol, dangerous weapons (knives, firearms, explosives), flammable materials
- Bicycles, bedrolls, blankets, motorized scooters, and other large articles, without prior approval.
- Animals (except for service animals) into the facility.

**GLENDALE PARKS & RECREATION CANCELLATION AND REFUND POLICIES:** Cancellation Policy: All class cancellation requests must be submitted at least 7 calendar days in advance of the class start date. • All class registrations are subject to a \$5 cancellation fee per class/program per participant. • Refunds will not be given for classes that are missed. • Cancellation requests due to medical reasons that are not submitted 7 days in advance must provide documentation in order to receive a pro-rated refund. Refund Policy: If a refund is less than \$25, a credit will be applied to the registrant's household account and can be used for future classes or programs with Glendale Parks and Recreation. • Refunds \$25 and over will be processed either by credit card or check depending on original payment method.

# special interest activities

Following is a list of Special Interest Activities offered at the Foothills Recreation & Aquatics Center by Glendale Parks and Recreation Division. **Advance sign-up is required.** A description highlight of each activity is featured. Questions? Call 623-930-4613.

## Sports & Fitness

Ages 13+ unless noted otherwise

### ADULT CO-ED RACQUETBALL LEAGUES

Adult co-ed, points-based leagues are offered on Monday and Wednesday evenings. Beginners and intermediates play on Mondays and advanced players on Wednesdays. No league Oct. 10 & 31. For more information, call 623-930-4610. 2 hours. Instructor: Lovinger. • \$25 (non-resident \$33)

SEPT. 12	M 6 PM • 8 WEEKS FC (#314103-01)
SEPT. 7	W 6 PM • 8 WEEKS FC (#314103-02)

### BOXING – GO BOX 101

Go Box 101 is not your typical boxercise class format. Participants will lace up the gloves and do timed round training on heavy bags, specialty bags, and focus mitt drills, with the trainer. This is an incredible full body workout that increases one's balance, agility, coordination and overall strength. Learn the sweet science of boxing, while incorporating number system punch combinations, footwork and a training regimen that boxers use for fight preparation. Personal gloves are recommended. Boxing hand wraps will be required. Gloves and wraps can be purchased prior to class or from the instructor. Ages 15+. 1 hour. Instructor: PTRQK. • \$49 (non-resident \$59)

OCT. 5	W 7:15 PM • 6 WEEKS FG-GYM (#244119-01)
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## LEGEND

### ACTIVITY NAME

Description highlight of activity.  
Activity session length. Instructor.  
• Resident price (Non-resident price)  
Start Day(s) Time • Duration  
Location (#Reg. code)

(M=Monday; TU=Tuesday;  
W=Wednesday; TH=Thursday;  
F=Friday; SA=Saturday; SU=Sunday)

### Advance sign-up required.

For more information, call 623-930-4613.

### Register online

[www.GlendaleAZ.com/  
ParksAndRecreation](http://www.GlendaleAZ.com/ParksAndRecreation)

Set up your account online

### Register by phone

**623-930-4600**

M–F: 5:30 a.m.–8:30 p.m. • SA: 7 a.m.–6:30 p.m. • SU: 11 a.m.–3:30 p.m.

### Register in person

**5600 W. Union Hills Dr.**

Foothills Recreation & Aquatics Center

M–F: 5:30 a.m.–8:30 p.m. • SA: 7 a.m.–6:30 p.m. • SU: 11 a.m.–3:30 p.m.

*After you register, you will receive a confirmation of your activity. Online you will receive a screen receipt that can be printed. If you do not receive confirmation prior to your activity start date, call 623-930-2820. Your confirmation will serve as notice for you to attend on the specified start date. You will not be able to attend if your name is not on the activity roster. All activities are subject to change depending upon instructor availability and minimum / maximum enrollment and are subject to cancellation due to insufficient enrollment. In the event of a cancellation, you will be notified by phone and may request a transfer or refund. For cancellation / refund policy, see page 4. All information is subject to change without notice. Some fees do not include materials or supplies. Estimated cost of the materials or supplies will vary with quality and quantity used. For assistance, call 623-930-4600 or 623-930-2820.*

**NOTICE:** Participants should be aware that there is some risk involved in these activities and that all participants do so at their own risk. Medical insurance is **NOT** provided by the city of Glendale.

 For special accommodations, call 623-930-4613. Hearing impaired can call the TDD at 623-930-2197.

Special Interest Classes (SIC) are offered on a quarterly basis and anyone in the community may sign up. Instructors come from every walk of life to share their special interest or skill. There are five main areas of focus including Sports & Fitness, Dance, Culinary Arts, Cultural Arts & Music and Personal Development. Whether young or in your prime, SIC may have something for you. Learn a new language, how about Pet CPR, Pottery Wheel Throwing, Painting, Zumba, or Karate for Kids. Or, do you have a special skill you would enjoy sharing with the community? Become an SIC instructor. There's no membership requirement as SIC is available to everyone. Call 623-930-4613 for more information.

## GO SOCIETY

Go Society is a fitness regimen allowing individuals to train for improvements in everyday fitness and real life activities. Through the use of functional movement, bodyweight, resistance, weights, tires and plyometrics fitness training is done in a FUN creative format. You will walk away feeling more confident and ready to take on daily activities, with more energy. Core training, balance and flexibility are all included to create a total well rounded program. Classes include GO, GO Hitt (High-intensity interval training), GO Lift & Lean, GO Rope & Core and GO ObstaCross. No classes Sept. 27-Oct. 3. Instructor: PTRQK. For more information on classes/schedule or to register, visit [www.facebook.com/NeverEgoAlwaysWeGo](http://www.facebook.com/NeverEgoAlwaysWeGo) or call 480-548-1665. Location: FC-GYM

Class times:

MON: 6:15-7:15 PM

TUE: 5:30 AM

WED: 6:15-7:15 PM

THUR: 5:30-6:15 AM

FRI: 5:30 AM & 6:15 PM

SAT: 8-9 AM

• GO 1 DAY DROP-IN \$10

Monthly:

• GO 2 a WEEK \$45

• GO 4 a WEEK \$60

• GO Unlimited \$80

• GO 3 a WEEK Student \$40

• GO Unlimited Student \$60

## T'AI CHI - YANG STYLE

The gentle flowing movements of this ancient Chinese exercise help improve balance, reduce stress, increase circulation and more. Investigate the first third of the 36 postures. Loose, comfortable clothing is recommended. 1-½ hours. Instructor: GILL. • \$56 (non-resident \$66)

SEPT. 22 TH 7 PM • 8 WEEKS  
FC-EXB (#244115-01)

## T'AI CHI - ESSENTIALS

Discover five easy to learn exercises taken directly from the T'ai Chi form. Exercises are designed to help improve balance, relaxation, flexibility, strength, and body awareness. Adapted for people of all ages, especially those who do not want to learn the entire T'ai Chi form, but still want the benefits. 1 hour. Instructor: GILL. • \$45 (non-resident \$55)

SEPT. 22 TH 6 PM • 8 WEEKS  
FC-208 (#244116-01)

## YOGALATES

A system of pilates and yoga that enhances core strength, balance and flexibility through breath and flow. Class includes utilization of equipment for proper alignment including pilates bands and rings, blocks, balls, straps and foam rollers. Wear appropriate attire. No class Nov. 22 & 24. 1 hour. Instructor: JUNEAU. • \$55 (non-resident \$65)

SEPT. 13 TU/TH 5:30 PM • 4 WEEKS  
FC-EXB (#244122-01)

OCT. 11 TU/TH 5:30 PM • 4 WEEKS  
FC-EXB (#244122-02)

NOV. 8 TU/TH 5:30 PM • 4 WEEKS  
FC-EXB (#244122-03)

## T'AI CHI - ESSENTIALS

Better balance, breath and brain power are just a few of the benefits of this simplified form of T'ai Chi Chuan. It's easy to learn and a lot of fun. 1 hour. Instructor: BURR. • \$43 (non-resident \$52)

SEPT. 15 TH 1 PM • 8 WEEKS  
FC-EXB (#244117-01)

## YIN YOGA

Yin Yoga targets the deep connective tissues of the body, especially the hips, sacrum and spine. Yin asanas (postures) are more passive and mainly on the floor. Yin Yoga is unique in that you are asked to relax in the asanas, soften the muscle and move closer to the connective tissues, offering a deeper access to the body. Flexibility decreases as we age and Yin Yoga is a wonderful way to maintain your flexibility. 45 minutes. Instructor: GUTIERREZ. • \$59 (non-resident \$69)

SEPT. 24 SA 12:15 PM • 8 WEEKS  
FC-EXA (#244145-01)

SEPT. 28 W 10:30 AM • 8 WEEKS  
FC-EXB (#244145-02)

## ASTANGA YOGA - ALL LEVELS

This class is for those wanting to become familiar and proficient in vinyasa flow (linking breath with movement) and for those who already practice. It is designed to teach or improve your practice in flow. It stresses daily vinyasa flow, breath and bandha (body energy lock). It is intended to realign the spine, detoxify the body and build strength, flexibility and stamina. This vigorous, athletic style of practice appeals to those who want to clear and center the mind, want a challenging workout and like a sense of order. Whether you are just beginning or have an established practice this class will allow you to improve. • \$59 (non-resident \$69)

SEPT. 24 SA 11 AM • 8 WEEKS  
FC-EXA (#244146-01)



## Dance

Ages 13+ unless noted otherwise

### ZUMBA - DROP-IN

Come join the party! Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Class includes interval training sessions using fast and slow rhythms. Ages 15+. No class Nov. 26, Dec. 24 and Dec. 31. 1 hour. Instructor: HAREN. • \$5 drop-in

AUG.–DEC. W 6:15 PM • DROP-IN  
FC-EXA

AUG.–DEC SA 10 AM • DROP-IN  
FC-EXA

### ZUMBA - DROP-IN

Zumba fuses Latin rhythms and easy-to-follow moves to create a dynamic fitness program. Class includes interval training sessions using fast and slow rhythms. Ages 15+. No class Sept. 5, Oct. 10 and Dec. 26. 1 hour. Instructor: PICKER. • \$5 drop-in

AUG.–DEC. M 6:30 PM • DROP-IN  
FC-100

### COUNTRY DANCE - ARIZONA TWO-STEP

Learn the Arizona Two-Step, how to lead and follow, turns and more! If you are a beginner, and would like to master the basics before progressing to a public dance floor, this class is for you. Wear hard-soled shoes that will slide. No class Nov. 24. 1 hour. Instructor: DALALY. • \$39 (non-resident \$49)

SEPT. 15 TH 6:45 PM • 6 WEEKS  
FC-102 (#234191-01)

OCT. 27 TH 7:45 PM • 6 WEEKS  
FC-102 (#234191-02)

### BALLROOM DANCE

Learn a variety of popular ballroom dances for couples, frequently performed at social events and celebrations. Expand your dancing skills while learning the basics of the Waltz, Foxtrot and Tango, taught by experienced ballroom dance instructor, Jason Dalaly. Impress your friends and family at your next event or party with your smooth and skillful dance moves. Geared for couples. Wear hard-soled shoes that will slide. No class Nov. 24. 1 hour. Instructor: DALALY. • \$39 (non-resident \$49)

SEPT. 15 TH 7:45 PM • 6 WEEKS  
FC-102 (#234192-01)

OCT. 27 TH 6:45 PM • 6 WEEKS  
FC-102 (#234192-02)

### BALLET II

Did you take ballet classes when you were younger and miss dancing? This class is designed for adult dancers who have an existing knowledge of ballet. Enjoy a fantastic workout while we have fun at the barre and across the floor with combinations including turns, petite allegro, grande allegro, and adagio. Prerequisite - prior ballet/dance experience. Wear comfortable, non-restrictive clothes (dance wear or fitness attire) and bring ballet shoes. Ages 15+. No class Nov. 23. 1 hour. Instructor: SOTO. • \$45 (non-resident \$54)

SEPT. 14 W 7:15 PM • 6 WEEKS  
FC-EXA (#234198-01)

NOV. 2 W 7:15 PM • 6 WEEKS  
FC-EXA (#234198-02)

### EGYPTIAN BELLY DANCE

Want to learn "authentic" Egyptian Belly Dance? Learn the movements and emotional elements of the dance and a choreography. It's fun, you'll strengthen your body, become more flexible, improve your posture, balance and release stress. Women of all ethnicities, ages, learning abilities and sizes encouraged. Instructor: Asata Iman is an award winning dancer with 20 years of performance & teaching skills. For more info call 510-260-5960 or visit [www.mybellydance.net](http://www.mybellydance.net). No class Nov. 24. 1 hour. Instructor: ASATA IMAN. • \$55 (non-resident \$65)

SEPT. 13 TU 9 AM • 7 WEEKS  
FC-EXA (#234173-01)

SEPT. 15 TH 6:45 PM • 7 WEEKS  
FC-EXA (#234173-02)

NOV. 1 TU 9 AM • 7 WEEKS  
FC-EXA (#234173-03)

NOV. 3 TH 6:45 PM • 7 WEEKS  
FC-EXA (#234173-04)

## Personal Development

Ages 13+ unless noted otherwise

### MAGIC

Want to learn magic? Whether you want to show off to family and friends, or do shows for money, this class will teach you how. Learn magic using rubber bands, rope, coins, cards and other everyday objects. Instructor has been a magician for more than 40 years and has taught magic in high school and college for six years. Sign up and start learning magic! Instructor will collect \$25 at the first class for your own magic kit. No class Oct. 10. 1 ½ hours. Instructor: PRATHER. • \$75 (non-resident \$85)

SEPT. 19 M 6 PM • 8 WEEKS  
FC-212 (#254144-01)

### SPANISH

Spanish for beginners will introduce the sounds and grammar of the Spanish language. Learn to read, write, understand and speak Spanish in the present and future tense. This class is highly recommended for students taking a first year Spanish class in high school or college. No class Oct. 10. 1-½ hours. Instructor: DAVIS. • \$59 (non-resident \$69)

SEPT. 12 M 5 PM • 6 WEEKS  
FC-206 (#264110-01)

SEPT. 12 M 6:30 PM • 6 WEEKS  
FC-206 (#264110-02)

### INTRODUCTION TO VOICEOVERS

This fun and empowering 2 hour introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voiceover evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. Taught by a professional voice actor from the voice acting training company, Voices for All. Ages 18+. 2 hours. Instructor: VOICES FOR ALL STAFF. • \$49 (non-resident \$59)

SEPT. 29 TH 6 PM • 1 DAY  
FC-BOB (#254127-01)

**INSTRUCTORS  
NEEDED FOR SPECIAL  
INTEREST ACTIVITIES!**

For details, call 623-930-4613.

## **MAH JONGG - American version**

Learn to play Mah Jongg, the American version. Instruction and play of this mentally-challenging and seductive game of ancient China. Classes cover three distinct parts of this skillful game: set up and rules, defensive and offensive moves and increasing speed and agility of play. 2-¼ hours. Instructor: WEINER. • \$67 (non-resident \$77)

SEPT. 20 TU 12:30 PM • 4 WEEKS  
FC-206 (#254142-01)

## **LEARN TO SPEAK FRENCH 2 WITH ANDRE**

Learn to Speak French 2 is for students with some knowledge of French. Learn vocabulary, grammar and culture through guided dialogs. Required book for classes: *Get Started in French*, 2011, by Catrine Carpenter (approx. \$14 paperback or \$23 book with 2 CD's). No class Nov. 23. 1-½ hours. Instructor: ANDRE. • \$88 (non-resident \$98)

OCT. 19 W 6:30 PM • 8 WEEKS  
FC-206 (#264143-01)

## **POINTS-BASED POKER LEAGUE**

This is a fun, recreational and educational program for the avid poker fan wanting to play, or beginners looking for a relaxed environment to learn Texas Hold 'Em. NO PRIZE MONEY INVOLVED. Six regular season games are followed by an end-of-season tournament. Awards given to league and tournament champions. No prior experience needed. Ages 18+. For more information, call 623-930-4610. No league Oct. 10, 31 & Nov. 7. 2-½ hours. • \$17 (non-resident \$21) Daily drop-in rate. • \$5 (non-resident \$6)

SEPT. 26 M 6:30 PM • 7 WEEKS  
FC (#314151-01)

## **PLAN FOR THE FUTURE – HOW AN ESTATE PLAN PUTS YOU IN CONTROL**

Private Wealth Advisor, Stephen Harnden, will present on caring for the people you love, even after you're gone, leaving behind a lasting, meaningful legacy, and managing estate tax burden for you and your heirs. Ages 18+. 2 hours. Instructor: HARNDEN (CPA, CFP, PFS). • \$20 per person/couple (non-resident \$24)

NOV. 8 TU 6:30 PM • 1 DAY  
FC-210 (#254191-01)

## **FINANCIAL FITNESS FOR WOMEN**

Nearly all women will be responsible for planning major life events alone at some point in their lives. You and a guest are invited to attend an educational seminar to review the financial needs of women in retirement. Learn how to become empowered when it comes to your financial future. The following topics will be addressed: why you shouldn't leave all money matters to your spouse, why women (more than men) should be concerned with outliving their retirement income, how to avoid common mistakes with estate planning documents, and how to leverage government benefits to maximize your retirement income. You will receive a complimentary Empowering Women Kit, including a "Financial To Do List" and "From the Heart Journal", to help consolidate all your important financial information for your loved ones. Light refreshments will be served. 1-½ hours. Instructor: GISLASON • \$20 per person/couple (non-resident \$24)

SEPT. 27 TU 10:30 AM • 1 DAY  
FC-210 (#254192-01)

NOV. 3 TH 10:30 AM • 1 DAY  
FC-210 (#254192-02)

## **JAPANESE FOR BEGINNERS**

Learn to speak Japanese. Experience the Japanese culture and customs with a certified, native Japanese instructor. The class will start with greetings and cover useful vocabulary and basic conversation. Japanese for Beginners II – for those students who have completed the Japanese for Beginners class or already know a bit of the Japanese language. Japanese for Beginners III – for those students who have completed the Japanese for Beginners II or who know some sentences with adjectives and verbs. This class will focus on useful expressions used in daily conversation. Supplies will be discussed at first class. 1 hour. Instructor: Omichi. • \$85 (non-resident \$95)

JAPANESE FOR BEGINNERS:  
SEPT. 13 TU 6 PM • 10 WEEKS  
FC-206 (#264151-01)

JAPANESE FOR BEGINNERS II:  
SEPT. 16 F 6 PM • 10 WEEKS  
FC-206 (#264151-02)

JAPANESE FOR BEGINNERS III:  
SEPT. 13 TU 7:10 PM • 10 WEEKS  
FC-206 (#264151-03)

## **PET CPR AND FIRST AID TRAINING**

Discuss the immediate care and temporary assistance that can be given to an injured or suddenly ill pet until competent veterinary care is available. Properly applied first aid can save your pet's life, reduce recovery time and be the difference between temporary and lifelong disability. In addition to basic emergency care, CPR and emergency choking, learn of the common illnesses and other problems that your pet may experience. Each participant will receive a student handbook and certificate of completion. This program is endorsed by the ASPCA. 2 hours. Instructor: AMERICAN EMERGENCY RESPONSE TRAINING. • \$42 (non-resident \$50)

DEC. 3 SA 10 AM • 1 DAY  
FC-208 (#254147-01)

## **CPR/AED TRAINING**

The CPR/AED Training program is designed to provide those with an occupational requirement or personal enrichment interest with the core knowledge and hands-on skills to provide care for the injured until EMS arrives. This course will include: adult HANDS-ONLY CPR, adult/child/infant CPR, AED (automated external defibrillator) usage, and how to relieve choking in an adult, child or infant. Course content conforms to the American Heart Association guidelines for CPR and Emergency Cardiac Care. Upon successful completion each participant will receive a two year certification card. 3 hours. Instructor: AMERICAN EMERGENCY RESPONSE TRAINING. • \$37 (non-resident \$42)

SEPT. 19 M 6 PM • 1 DAY  
FC (#254138-01)

OCT. 1 SA 12 PM • 1 DAY  
ARROW (#104141-01)

NOV. 3 TH 6 PM • 1 DAY  
FC-212 (#254138-02)

## **JAPANESE CHARACTERS - KANJI**

Kanji are Chinese characters which were brought to Japan more than 1500 years ago, and play an essential role in the Japanese writing system. During this class, several dozens of Kanji will be introduced with their meanings, usages and derivation. Supplies will be discussed at first class. 1 hour. Instructor: Omichi. • \$85 (non-resident \$95)

SEPT. 16 F 7:10 PM • 10 WEEKS  
FC-206 (#264152-01)

## **SOCIAL SECURITY MAXIMIZATION**

Maximizing your Social Security benefits can make a significant impact on your retirement income planning. This decision can amount to a significant amount of additional retirement income that you have worked to deserve. Wisely managing your Social Security income benefits starts with understanding the facts. Because these decisions are so important to your retirement cash flow, you will learn how to obtain a complimentary, proprietary Social Security Maximization Report, to calculate many of the possible filing strategies that can help you maximize these benefits. Light refreshments will be served. 1-½ hours. Instructor: GISLASON • \$20 per person/couple (non-resident \$24)

OCT. 4 TU 10:30 AM • 1 DAY  
FC-210 (#254193-01)  
DEC. 1 TH 10:30 AM • 1 DAY  
FC-210 (#254193-02)

## **DIGITAL PHOTOGRAPHY**

Learn the basic and advanced features of a digital camera in an easy, non-technical, hands-on approach with tips on achieving the best possible photo. We will discuss camera symbols and their functions and how they relate to taking pictures. One-on-one help will be provided, and time will be allotted for taking pictures. Bring a digital camera (with the ability to be manually set) along with the owner's manual. A comprehensive booklet will be provided. 3 hours. Instructor: SCHILLER. • \$55 (non-resident \$65)

DEC. 7 W 6:00 PM • 3 WEEKS  
FC-210 (#214102-01)

## **EASY QIGONG AND TAI CHI MOVEMENT HEALING MEDITATION**

Qigong (cheegung) is a 5,000 year old mind-body practice, cultivating vital energy by integrating movement, breathing techniques and mental focus. Tai Chi is a series of Qigong movements that are gentle, flowing, meditative and self-healing. This class is good for any age or physical condition and can be done sitting or standing. Let's get moving together by having fun with building energy within us and calming the mind. 1 hour. Instructor: WELDUM, Certified Stress Manager • \$35 (non-resident \$42)

NOV. 8 TU 6:30 PM • 4 WEEKS  
FC-202 (#254145-02)

## **INTRODUCTION TO MANAGING STRESS WITH HEALING MEDITATIONS**

Healing meditations are tools that can be used at a moment's notice and can be planned to start or end your day. These tools can help you cope with traumatic memories, the aging process, the loss of a loved one, career demands, difficult relationships and the many other thoughts that continue to circle around and around creating a very busy mind that won't slow down or be quiet. Learn and experience a variety of meditations (self-compassion, audio, visual, and kinetic movement). Together we will relax, lessen stress and allow healing of mind, body and spiritual aches and pains. Managing Stress with Healing Meditations II – this class is a follow-up to the introduction class. Experience more time with the four meditations. 1 hour. Instructor: WELDUM, Certified Stress Manager • \$35 (non-resident \$42)

### **INTRODUCTION TO MANAGING STRESS:**

SEPT. 6 TU 6:30 PM • 4 WEEKS  
FC-202 (#254146-02)

### **MANAGING STRESS WITH HEALING MEDITATIONS II:**

OCT. 11 TU 6:30 PM • 4 WEEKS  
FC-202 (#254146-04)

## **Culinary Arts**

Ages 13+ unless noted otherwise

### **TEEN COOKING**

(Ages 13-19) Calling all chefs-to-be! Learn to use ingredients to create yummy dishes from scratch to make a breakfast, lunch and dinner item, along with a dessert. Basic kitchen safety, safe food handling and proper use of kitchen tools will be taught. Also learn to make meals for yourself when you are out on your own. Class may be repeated as the recipes change each session. \$20 supply fee collected at the first class. \*The November class will begin on Sunday, Nov. 20 and then resume on Saturdays beginning Dec. 3. No class Nov. 26. 1 hour. Instructor: BARBOUR. • \$59 (non-resident \$69)

OCT. 22 SA 12:30 PM • 4 WEEKS  
FC-KIT (#204222-01)

NOV. 20 \*SU/SA 12:30 PM • 4 WEEKS  
FC-KIT (#204222-02)

### **HOLIDAY CUPCAKES**

Learn to make cupcakes and discover the exciting and unusual ways to decorate cupcakes using fondant. Combine art and pastry recipes to enjoy these delicious cupcakes. Impress your family and friends with these beautiful cupcakes. Cupcakes will be taken home. \$15 supply fee collected at class. Spanish available upon request. 4 hours. Instructor: FINAN. • \$29 (non-resident \$35)

#### **HALLOWEEN CUPCAKES**

OCT. 22 SA 11:30 AM • 1 DAY  
FC-KIT (#204119-01)

#### **THANKSGIVING CUPCAKES**

NOV. 12 SA 11:30 AM • 1 DAY  
FC-KIT (#204118-01)

## CAKE DECORATING BASICS - (COURSE 1)

Build decorating skills you can use for all projects, from holiday cupcakes to cakes for any occasion. Learn to ice and decorate cakes and sweet treats, make different buttercream icing flowers, pipe lines, simple borders, letters and shapes, transfer images, make icing the right consistency and fill and use a decorating bag. Experience the excitement of successfully decorating your first cake. "New Course 1, Building Buttercream Skills" Wilton kit (approx. \$34) and the book, *The Wilton Method of Cake Decorating Course 1, Building Buttercream Skills* (available at craft stores or on the web, coupons available), is required. Spanish available upon request. 3 hours. Instructor: FINAN. • \$59 (non-resident \$69)  
SEPT. 3 SA 10 AM • 4 WEEKS  
FC-KIT (#204110-01)

## HEALTHY STYLE CHINESE COOKING - INTERMEDIATE

Discover general Chinese cooking principles while learning about Chinese cooking equipment, preparing vegetables, stir-frying vegetables, cooking with meat, seafood and tofu, cooking with oil, making sauces, learning seasoning tips and getting the best results when cooking rice. Class will participate in the preparation of soups and appetizers, along with main dishes including mushi pork, cashew chicken, shrimp with walnut, orange chicken, stir-fried beef with onions, fried tofu and more. Instructor will collect \$30 for supplies at the first class. No class Nov. 23. 2 hours. Instructor: Wang Lam. • \$69 (non-resident \$79)  
NOV. 2 W 5:30 PM • 6 WEEKS  
FC-KIT (#204187-01)

## MEXICAN TAMALES

Learn to make traditional green chicken tamales and red pork tamales wrapped in corn husks. Tamales can be fun to prepare with family and friends and are a common Mexican food item for festivals, holidays and celebrations. Students will learn the techniques used to make a variety of tamales. Recipes will be included. Students will take home their tamales. \$20 supply fee will be collected at class. Spanish on request. 4 hours. Instructor: FINAN. • \$34 (Non-resident \$41)  
NOV. 19 SA 11:30 AM • 4 WEEKS  
FC-KIT (#204129-01)

## Cultural Arts

Ages 13+ unless noted otherwise

### FLORAL DESIGN

Learn to arrange a beautiful floral design for an entire wedding. Basic techniques of floral design will allow you to create beautiful boutonnieres and corsages, wedding bouquets, centerpieces, cake tops, arch clips and more. Bring scissors and an apron to first class. Instructor will collect \$100 at first class for all project supplies. All projects will be taken home. No class Oct. 10 & 31. 1-½ hours. Instructor: PEVERINI. • \$59 (non-resident \$69)  
SEPT. 19 M 6 PM • 6 WEEKS  
FC-208 (#224149-01)

### POTTERY WHEEL THROWING

Throw a lidded dish, large serving bowl and large vase in this pottery wheel throwing class. Class is limited to four students. Ages 16+. \$25 supply fee will be collected at the first class. No class Oct. 30. 1-½ hours. Instructor: BARBOUR (former arts academy instructor). • \$125 (non-resident \$135)  
OCT. 19 W 6:45 PM • 3 WEEKS  
FC-208 (#224131-01)  
NOV. 16 W 6:45 PM • 3 WEEKS  
FC-208 (#224131-02)

### OIL/ACRYLICS PAINTING

Color composition, brush strokes and more are highlighted. Expect lively class interaction in a relaxed atmosphere. Instructor will call with supply list or call 623-974-4699. Ages 14+. 3 hours. Instructor: KIMBLE. • \$66 (non-resident \$76)  
SEPT. 13 TU 9 AM • 6 WEEKS  
FC-208 (#224141-01)  
NOV. 1 TU 9 AM • 6 WEEKS  
FC-208 (#224141-02)

### HARMONICA

Learn to play the harmonica from basic blues up to advanced melodies. Open to all skill levels. Instructor is a full time session musician and harmonica teacher with years of stage, teaching and studio experience. Requires a 10-hole diatonic "C" harmonica (Hohner Special 20 is recommended, approximately \$42). Bring pencil and paper. 1-½ hours. Instructor: REGEN. • \$49 (non-resident \$59)  
OCT. 19 W 7 PM • 5 WEEKS  
FC-212 (#284144-01)



**Congratulations to Cooki Peverini, Floral Design Instructor on receiving the Mayor's Business of the week award. (Photo Courtesy of Glendale Mayor's Office.)**

*The City of Glendale strives to hire the most qualified instructors to teach our Special Interest Classes. Some instructors may have their own businesses which offer additional classes, and/or sell products or services related to the class. At no time should the instructor promote his/her business, sell products or services unless it and the cost is clearly stated in this brochure and is directly related to and used in the class. If the participant chooses to continue any type of business relationship with the instructor or their related business outside the class, the City of Glendale cannot be held liable for any consequences. Nor will the instructor contact you outside of class for the purpose of soliciting your business unless you have granted the instructor permission to do so.*

# Youth & Teen

## Special Interest Activities

Parents, unless noted otherwise, we ask that only youth and teen participants attend the activities. An open house will be held the last day of class.

### Youth & Teen Sports & Fitness

#### **JAPANESE JUDO - BEGINNER/JUNIOR**

(Ages 6-13) **Beginning:** Learn basic judo postures and salutations, how to move on the mat, control your opponent and be thrown safely. **Intermediate:** Must have taken prior judo classes and have instructor approval. Techniques of grappling, locking, choking, escaping and sequence combinations taught. No class Oct. 10 & 31. Beginning class: 45 minutes, Intermediate class: 1-¼ hours. Instructor: DR. MOORE. • \$21 (non-resident \$25)

Beginning Judo: AGES 6-13:

SEPT. 7 M/W 5:30 PM • 1 MO.  
FC-EXB (#244212-01)

OCT. 3 M/W 5:30 PM • 1 MO.  
FC-EXB (#244212-02)

NOV. 2 M/W 5:30 PM • 1 MO.  
FC-EXB (#244212-03)

DEC. 5 M/W 5:30 PM • 1 MO.  
FC-EXB (#244212-04)

Intermediate/Advanced Judo: AGES 8+

SEPT. 7 M/W 6:15 PM • 1 MO.  
FC-EXB (#244215-01)

OCT. 3 M/W 6:15 PM • 1 MO.  
FC-EXB (#244215-02)

NOV. 2 M/W 6:15 PM • 1 MO.  
FC-EXB (#244215-03)

DEC. 5 M/W 6:15 PM • 1 MO.  
FC-EXB (#244215-04)

#### **SPORTBALL SPORT SPECIFIC – SOCCER, BASKETBALL & T-BALL**

(Ages 2-6) Using Sportball's cutting edge methodology, highly trained instructors introduce children to one of these popular sports! This industry-leading, one-hour-a-week program, does not require parent participation, instilling confidence through independent success in a fun, high energy environment. Coaches recognize and teach to a child's individual skill level, allowing each child to progress in-line with their abilities regardless of age. All equipment provided. No class Nov. 11, 25, 26. 1 hour. Instructor: SPORTBALL STAFF. • \$79 (non-resident \$89)

##### **T-BALL: AGES 4-6**

SEPT. 9 F 12:15 PM • 6 WEEKS  
FC-202 (#244296-01)

OCT. 21 F 12:15 PM • 6 WEEKS  
FC-202 (#244296-02)

##### **SOCCER: AGES 3-6**

SEPT. 9 F 11:15 AM • 6 WEEKS  
FC-202 (#244294-01)

OCT. 21 F 11:15 AM • 6 WEEKS  
FC-202 (#244294-02)

##### **BASKETBALL: AGES 3-6**

SEPT. 10 SA 9 AM • 6 WEEKS  
FC-202 (#244295-01)

OCT. 29 SA 9 AM • 6 WEEKS  
FC-202 (#244295-02)

#### **BASKETBALL CLINIC**

(Ages 6-15) Learn and improve the basic fundamentals of shooting, ball handling, offense, defense and intramural games in this interactive basketball clinic. Clinic will wrap up with full competition on last day of class. T-shirt will be provided at completion of clinic. 1 hour. Instructor: LEE BRADLEY. • \$59 (Non-resident \$69)

AGES 6-8:

SEPT. 13 TU 4:30 PM • 6 WEEKS  
FC-GYM (#244280-01)

NOV. 1 TU 4:30 PM • 6 WEEKS  
FC-GYM (#244280-03)

AGES 9-15:

SEPT. 13 TU 5:45 PM • 6 WEEKS  
FC-GYM (#244280-02)

NOV. 1 TU 5:45 PM • 6 WEEKS  
FC-GYM (#244280-04)

#### **SPORTBALL - MULTI-SPORT (INDOORS)**

(Ages 2-6) Using Sportball's cutting edge methodology, highly trained instructors introduce children to a new sport each week. This industry-leading, one-hour-a-week program, develops fundamental, social and gross motor skills in a fun, safe environment. The Sportball approach develops the whole child, preparing them both physically and socially to succeed in any sport. We provide all equipment and parent participation is not required. Sports include soccer, t-ball, football, basketball, volleyball, hockey, tennis and golf. No class Nov. 11, 25 & 26. 1 hour. Me & My Dad class, 45 minutes. Instructor: SPORTBALL STAFF. • \$79 (non-resident \$89)

##### **MULTI-SPORT: AGES 3-6**

SEPT. 9 F 10:15 AM • 6 WEEKS  
FC-202 (#244298-01)

SEPT. 10 SA 11 AM • 6 WEEKS  
FC-202 (#244298-02)

OCT. 21 F 10:15 AM • 6 WEEKS  
FC-202 (#244298-04)

OCT. 29 SA 11 AM • 6 WEEKS  
FC-202 (#244298-05)

##### **ME & MY DAD MULTI-SPORT: AGES 2-4**

SEPT. 10 SA 10:15 AM • 6 WEEKS  
FC-202 (#244298-03)

OCT. 29 SA 10:15 AM • 6 WEEKS  
FC-202 (#244298-06)

#### **SOCCER - SKILLS TRAINING by B.E.S.T.**

(Ages 2-6) Our weekly, skill building soccer program will engage your kids in the world of soccer by presenting dribbling, kicking, throw-ins, headers, goalie skills, (age permitting: scrimmaging) and more activities that are fun while learning. Please bring a soccer ball with your child's name on it and water bottle and lots of energy! This is a non-parent participation class. No class Nov. 26. 45 minutes. Instructor: BEGINNERS EDGE SPORTS TRAINING STAFF. • \$85 (non-resident \$95)

AGES 2-3:

SEPT. 10 SA 9:15 AM • 6 WEEKS  
FC-GYM (#244271-01)

OCT. 29 SA 9:15 AM • 6 WEEKS  
FC-GYM (#244271-03)

AGES 3-6:

SEPT. 10 SA 11 AM • 6 WEEKS  
FC-GYM (#244271-02)

OCT. 29 SA 11 AM • 6 WEEKS  
FC-GYM (#244271-04)

## 2 SPORTS PREVIEW

### MULTI-SPORTS by B.E.S.T.

(Ages 2-3) Soccer and baseball/softball are a lot of fun for all players! Three weeks of each sport will offer you the flexibility to see which sport your child likes best and just have fun. We begin with three weeks of soccer (bring a size #3 or #4 soccer ball) then three weeks of Baseball/softball (bring a hitting tee). We supply the rest of the equipment and the fun skill building games and activities. This is a non-parent participation class. No class Nov. 26. 45 minutes. Instructor: BEGINNERS EDGE SPORTS TRAINING STAFF. • \$85 (non-resident \$95)

SEPT. 10 SA 11:45 AM • 6 WEEKS  
FC-GYM (#244279-01)

OCT. 29 SA 11:45 AM • 6 WEEKS  
FC-GYM (#244279-02)

## 3 SPORTS PREVIEW

### MULTI-SPORTS by B.E.S.T.

(Ages 3-6) Have fun learning soccer, baseball and track and field (in that order). Two weeks of each sport will offer a ton of fun and diversity to keep them having fun learning new concepts. We begin with two weeks of soccer (bring a size #3 or #4 soccer ball) then two weeks of baseball (bring a hitting tee) and finally two weeks of Track and Field. Your kiddos will be tired!. We supply the rest of the equipment and the fun skill building games and activities. This is a non-parent participation class. No class Nov. 26. 45 minutes. Instructor: BEGINNERS EDGE SPORTS TRAINING STAFF. • \$85 (non-resident \$95)

SEPT. 10 SA 10 AM • 6 WEEKS  
FC-GYM (#244239-01)

OCT. 29 SA 10 AM • 6 WEEKS  
FC-GYM (#244239-02)

## TUMBLING - Parent & Tot

(Ages 2-5) Learn tumbling skills such as forward rolls, backward rolls, bridges, back bends, cartwheels, handstands, back walkovers and more. Build strength, balance, coordination, flexibility and motor skills. No class Sept. 26. 30 minutes. Instructor: MONK, AZ TUMBLE N DANCE COMPANY. • \$45 (non-resident \$54)

SEPT. 12 M 9:30 AM • 5 WEEKS  
FC-EXB (#244243-01)

NOV. 7 M 9:30 AM • 5 WEEKS  
FC-EXB (#244243-02)

## TUMBLING - NRG DANCE

(Ages 3-7) A fun and exciting way to build strength, flexibility, coordination and large motor skills. Learn basic tumbling moves like front rolls, handstands, cartwheels, back bends and more! Each child will be encouraged to advance at his or her own pace safely. No experience necessary. No class Nov. 26. Ages 3-5: 45 minutes. Ages 5-7: 55 minutes. Instructor: NRG DANCE. • \$55 (non-resident \$65)

AGES 3-5:  
SEPT. 17 SA 10 AM • 6 WEEKS  
FC-EXB (#244267-01)

OCT. 29 SA 10 AM • 6 WEEKS  
FC-EXB (#244267-03)

AGES 5-7:  
SEPT. 17 SA 11 AM • 6 WEEKS  
FC-EXB (#244267-02)

OCT. 29 SA 11 AM • 6 WEEKS  
FC-EXB (#244267-04)

**INSTRUCTORS  
NEEDED FOR SPECIAL  
INTEREST ACTIVITIES!**

For details, call 623-930-4613.

## Youth & Teen Personal Development

### **KIDS' COOKING**

(Ages 7-12) Learn to use ingredients to create yummy dishes from scratch. Learn to make a breakfast, lunch and dinner item, along with a dessert. Also learn basic kitchen safety, safe food handling and proper use of kitchen tools. Class may be repeated as the recipes change each session. \$20 supply fee collected at the first class. \*The November class will begin on Sunday, Nov. 20 and then resume on Saturdays beginning Dec. 3. No class Nov. 26. 1 hour. Instructor: BARBOUR. • \$59 (non-resident \$69)

OCT. 22 SA 11 AM • 4 WEEKS  
FC-KIT (#204221-01)

NOV. 20 \*SA/SU 11 AM • 4 WEEKS  
FC-KIT (#204221-02)

### **POTTERY WHEEL THROWING - YOUTH/TEEN**

(Ages 8-16) Discover how to throw on a potter's wheel the way a pro does. Throw a serving bowl and large vase, which will be painted/glazed with food-safe glazes. A supply fee of \$25 will be collected at the first class. 1-½ hours. Instructor: BARBOUR (former Arts Academy instructor). • \$79 (non-resident: \$89)

OCT. 19 W 5 PM • 3 WEEKS  
FC-208 (#224231-01)

NOV. 16 W 5 PM • 3 WEEKS  
FC-208 (#224231-02)

### **CHILD CARE & BABYSITTING WORKSHOP**

(Ages 12-18) Learn safe and fun ways to babysit and care for children. Class covers CPR, first aid, techniques for active children and how to have a successful babysitting adventure. Build confidence, self-esteem and skills necessary to care for infants and children on a daily basis and in emergency situations. Bring a sack lunch. 5 hours. Instructor: AMERICAN EMERGENCY RESPONSE TRAINING. • \$65 (non-resident \$75)

SEPT. 24 SA 9 AM • 1 DAY  
FC-208 (#254280-01)

### **YOUNG REMBRANDTS - DRAWING**

(Ages 3 ½ - 5) Young Rembrandts has a unique method of drawing with preschoolers that will maximize their development to better prepare them as learners. Students will learn how to follow directions, draw basic shapes, stay on task and focus, gain fine motor skills, enhance their communication skills and increase their self-confidence and self-esteem. 1 hour. Instructor: YOUNG REMBRANDTS STAFF. • \$57 (non-resident \$67)

SEPT. 12 M 10 AM • 4 WEEKS  
FC-212 (#254262-01)

OCT. 18 TU 10 AM • 4 WEEKS  
FC-212 (#254262-02)

### **MOVIE MAKERS**

(Ages 7-19) Students will work collaboratively and produce a video from beginning to end. Lessons include creating a story, producing story boards, acting, lighting, sound, camera work, editing and more. The finished product will be screened the last day. Instructor will collect a \$25 supply fee at the first class. No class Nov. 24. 1-½ hours. Instructor: BARBOUR (former Arts Academy Instructor). • \$125 (non-resident \$135)

OCT. 27 TH 5 PM • 6 WEEKS  
FC-210 (#254292-01)

## Youth & Teen Music & Dance

### **BALLET/TAP COMBO I**

(Ages 3-5) An introduction to ballet, tap, creative movement and tumbling skills. Tap shoes required. Students are invited to participate in an optional, off-site recital, Dec. 10. (Costume approx. \$40). No class Nov. 24 & 26. 45 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, [steppinoutperformingarts.com](http://steppinoutperformingarts.com). • \$80 (non-resident \$90)

OCT. 6 TH 4:30 PM • 8 WEEKS  
FC-100 (#234293-01)

OCT. 8 SA 1:30 PM • 8 WEEKS  
FC-EXA (#234293-02)

### **BALLET/TAP COMBO II**

(Ages 5-7) Great for both boys and girls, this is an exciting introduction to ballet, jazz, tap, creative movement and tumbling basics. Tap shoes required. Students are invited to participate in an optional, off-site recital, Dec. 10. (Costume approx. \$40). No class Nov. 24 & 26. 45 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, [steppinoutperformingarts.com](http://steppinoutperformingarts.com). • \$80 (non-resident \$90)

OCT. 6 TH 5:30 PM • 8 WEEKS  
FC-100 (#234294-01)

OCT. 8 SA 2:30 PM • 8 WEEKS  
FC-EXA (#234294-02)

### **CHEER & HIP HOP COMBO**

(Ages 6-12) In this high-energy class, your cheerleader will learn basics including jumps, kicks, chants and tumbling skills that build coordination and strength, along with an introduction to hip hop basics. The skills learned will be combined into a fun routine. Students are invited to participate in an optional, off-site recital, Dec. 10. (Costume approx. \$40). No class Nov. 24 & 26. 55 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, [steppinoutperformingarts.com](http://steppinoutperformingarts.com). • \$80 (non-resident \$90)

OCT. 6 TH 6:30 PM • 8 WEEKS  
FC-100 (#234266-01)

OCT. 8 SA 3:30 PM • 8 WEEKS  
FC-EX-A (#234266-02)

## **DANCE & TUMBLING COMBO**

(Ages 3-5) Learn dance and tumbling skills to help build strength, coordination, and confidence, while having fun and getting a workout. In this high energy class, they will learn jazz, musical theater and the latest hip hop dance moves and routines. All choreography and music are age appropriate. Join us for a performance for family and friends on the last day of class. Great for boys and girls. No class Sept. 26. 40 minutes. Instructor: TAWNI MONK, AZ TUMBLE N DANCE COMPANY. • \$45 (non-resident \$54)

SEPT. 12 M 10 AM • 5 WEEKS  
FC-EXB (#234241-01)

NOV. 7 M 10 AM • 5 WEEKS  
FC-EXB (#234241-02)

## **FAIRYTALE BALLET**

(Ages 2-5) Fairytale ballet is an enchanting introduction to ballet and jazz technique that uses story time, princess themes, and props to make each class a magical experience. The focus is on having fun and giving your child a positive introduction to dance. No experience is necessary. Ballet shoes or bare feet recommended and any type of comfortable clothing may be worn. Students from the AGES 3-5 class are invited to participate in an optional, off-site recital, December 10. (Costume approx. \$40). The Parent & Tot class will not be participating in the recital. No class Nov. 23. 45 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, [steppinoutperformingarts.com](http://steppinoutperformingarts.com). 8 week class • \$80 (non-resident \$90), 6 week class • \$60 (non-resident \$70)

AGES 3-5

OCT. 5 W 9:30 AM • 8 WEEKS  
FC-100 (#234299-01)

AGES 2-3 (Parent & Tot)

OCT. 5 W 10:30 AM • 6 WEEKS  
FC-100 (#234299-02)

**CITY OF GLENDALE YOUTH SCHOLARSHIP PROGRAM:**  
Glendale youth, ages 17 and younger, that do not have the financial means to participate in programs such as Youth/Teen Special Interest Activities, G.R.A.S.P. (Glendale Recreation After School Program), Adaptive programs and select Foothills Recreation & Aquatics Center programs, may be eligible for a Youth Scholarship. For details, visit [www.GlendaleAZ.com/ParksandRecreation/ScholarshipProgram.cfm](http://www.GlendaleAZ.com/ParksandRecreation/ScholarshipProgram.cfm), or call 623-930-2820.



**INSTRUCTORS  
NEEDED FOR SPECIAL  
INTEREST ACTIVITIES!**

For details, call 623-930-4613.

# foothills amenities

## **Fitness Center**

Available to members, the Fitness Center features a variety of cardiovascular and strength training equipment, a warm up area and an on-duty fitness attendant. Open during regular facility hours. Fitness attire and closed-toe/heel shoes are required. Personal training and nutrition counseling are available for an added charge. No cell phones.

## **Walk/Jog Track**

As a member, you can walk or jog in climate-controlled comfort. Daily track direction is designated by a sign near the entrance. Walkers with strollers also welcome. Sprinting, speed walking or walking side-by-side with strollers not allowed during peak usage. Toddlers must remain in the stroller at all times. Athletic shoes with closed-toe/heel (No wheeled tennis shoes), shirts and shorts/sport pants are required. Lap counters and walking poles available for checkout at the Fitness Desk.

## **Rock Climbing Wall**

Rock wall climbing is available to all members as long as the individual correctly fits into one of the provided harnesses. Staff will belay each climber and provide basic instruction. (Max. climber weight: 300 pounds.) Closed-toe/heel shoes required. No use for individuals wearing a dress.

## **Racquetball Courts**

Use of the racquetball courts is included in your membership. An individual, duo, trio or group may make one reservation per day. Monthly, group/ corporate and annual members may make reservations up to seven days in advance. Day Pass holders may ask for court availability as a walk-in participant but may not make advance reservations. Racquetball leagues are offered throughout the year. For league details, stop at the front desk. Court reservations call 623-930-4624.

## **Gymnasium**

The gymnasium is a regulation-size court with six individual basketball hoops allowing multiple games simultaneously. The gym also converts into two regulation volleyball courts or four regulation badminton courts. Open play specified as "recreational" may not include organized practices/drills or coaching. Open recreation times posted on a monthly basis. For safety, all gym users must wear closed-toe/heel tennis shoes (No wheeled tennis shoes). Water in a sealed container is allowed.

## **Activity Room**

The Activity Room is a free space open to the public unless posted otherwise. It features billiards, ping pong and game tables.

## **Turtle Club**

Ages 2-9 can utilize our supervised drop-in area available for children of adults while they are participating in programs or activities within the center. No food allowed and staff does not give bottles or change diapers. Children may enjoy activities such as arts & crafts, puzzles, games and a wide variety of toys available in the Turtle Club area.

The area is open Monday – Saturday. (stop in at the Front Desk for current scheduled times.)

Unlimited Monthly usage per child. (non-transferrable) \$15 Resident, \$18 NR

Hourly Rate per child (non- transferrable): \$2.50 resident, \$3 NR

## **Aquatics Center**

The outdoor Aquatics Center consists of a heated lap pool, seasonal lazy river, diving well, two water slides, leisure pool with zero depth entry, aquatic playground and seasonal concessions. Members have access to year-round fitness lap swimming during specified hours seven days a week. Public swimming is available seven days a week in the summer during designated times and requires a separate admission fee. All individuals entering the pool area, whether swimming or not, must purchase a daily admission for access. Aquatic programming includes group and private swim lessons, water aerobic classes and rentals. Members have access to three complimentary adult water aerobic classes each week.

## **GET NOTICED!**

The Foothills Recreation & Aquatics Center has opportunities for individuals or businesses to partner or sponsor a program.

Advertise in our quarterly Update, prominently display your logo in the facility or sponsor a community program. For more information, call 623-930-4600.

## **WHERE ARE YOU HAVING YOUR NEXT EVENT?**

Think Foothills Recreation and Aquatics Center for your rental needs! Featuring great facilities at great rates, with a variety of room sizes to meet your needs. Tables and chairs included. Whether a wedding, birthday party, baby shower, dance or business meeting Foothills has the space to meet your needs. The Rock Wall and Activity Room is also available for rent for your party or gathering. Stop in and check us out or call 623-930-4610.

# FOOTHILLS CENTER IS HAVING ITS 10<sup>TH</sup> ANNIVERSARY!

Help us celebrate 10 years of  
fitness and fun.

**FRAC**

foothills recreation  
& aquatics center

10 YEARS

Saturday, Oct. 1, 10 a.m. – 3 p.m.  
Foothills Recreation & Aquatics Center  
5600 W. Union Hills Dr.

Our 10<sup>th</sup> anniversary means gifts for you! Join us for free facility access all day, including lap swimming and rock climbing; and activities like a basketball shoot-out contest; sampler classes; refreshments; free giveaways and raffle prizes; plus FRAC's Top Ten Contest for a grand prize giveaway; and much more.

INFO: [www.glendaleaz.com/foothillscenter](http://www.glendaleaz.com/foothillscenter) • 623-930-4600