

free!

summer 2012

# foothills update

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[www.glendaleaz.com/foothillscenter](http://www.glendaleaz.com/foothillscenter)

phone 623-930-4600



# amenities



## A. Fitness Center

**Ages 13-14:** Must be accompanied at all times by a Recreation Pass holding parent/legal guardian. Orientation required. **Ages 15+:** No additional supervision after orientation.

Available exclusively to Recreation Pass holders, the Fitness Center features a variety of cardiovascular and strength training equipment, a warm up area and an on duty fitness attendant. The Fitness Center is 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.

## B. Walk/Jog Track

**Ages 2-12:** Must be accompanied at all times by a Recreation Pass holding parent/legal guardian. **Ages 13+:** No additional supervision.

As a Recreation Pass holder, you can walk or jog in climate-controlled comfort. Daily track direction is designated by a sign near the entrance. Walkers with strollers may use the outside lane. Sprinting, speed walking or walking side-by-side with strollers is not allowed. Toddlers must remain in the stroller at all times. Athletic shoes with closed toes /heels (wheeled tennis shoes may not be substituted), shirts and shorts/pants are required.

Lap counters may be checked out at the fitness desk for tracking laps.

## C. Rock Climbing Wall

**Ages 5-12:** Must have waiver signed by parent/legal guardian. Ages 5-8 must be accompanied by someone age 16+.  
**Ages 13+:** Waiver required (may sign own waiver).

Rock wall climbing is available to all Recreation Pass holders. Staff provide one-on-one assistance for each climber on this manual belay system. (Max. climber weight: 300 pounds.)

## D. Racquetball Courts

**Ages 2-12:** Must be accompanied at all times by a Recreation Pass holding parent/legal guardian. Goggles required. **Ages 13-14:** Supervision not required after orientation. Goggles required. **Ages 15+:** Able to make reservations. No orientation. Goggles required.

Use of the racquetball courts is included with a Recreation Pass. An individual, duo, trio or group may make one reservation per day. Monthly and annual pass holders may make reservations up to seven days in advance. Day Pass holders may ask for court availability as a walk-in participant only and may

not make advance reservations. Racquetball leagues are offered throughout the year. For league details, just stop at the front desk. Goggles are available at the Fitness Desk. To reserve a court, call 623-930-4624.

## E. Gymnasium

**Ages 2-8:** Must be accompanied by an individual age 16+. **Ages 9+:** No additional supervision.

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. Check the gym schedule for your favorite open recreation time. For safety, all gym users must wear closed-toe/heel tennis shoes (wheeled tennis shoes may not be substituted). Water is the only beverage allowed. No bags of any size or style allowed in the gym.

## F. Activity Room

**Ages 2-8:** Must be accompanied by an individual age 16+ that must stay in the Activity Room during use. **Ages 9+:** No additional supervision.

The Activity Room is open to the

public free of charge and features billiards, ping pong, arcade games, big screen TV, game tables and air hockey.

## G. Turtle Club

**Ages 2-9:** 2 hour maximum visit. Parent/guardian must be in facility.

Children of adults participating in programs and activities at the Foothills Recreation & Aquatics Center can have a fun time in the Turtle Club, a supervised drop-in area for children. Reasonable hourly rates per child are only \$2.50 for Glendale residents and \$3.00 for non-residents. (There is a 10-minute pick up 'grace' period before an additional ½ hour charge is assessed.) Some of the fun activities offered include arts and crafts, puzzles, painting and toys to enjoy! Non-refundable Turtle Club Cards are available for purchase. (Note: Food is not allowed and staff can not give bottles or change diapers.) For hours of operation, call 623-930-4600.



## H. Aquatics Center

- LAP SWIM (Recreation Pass required) **Ages 13+.**

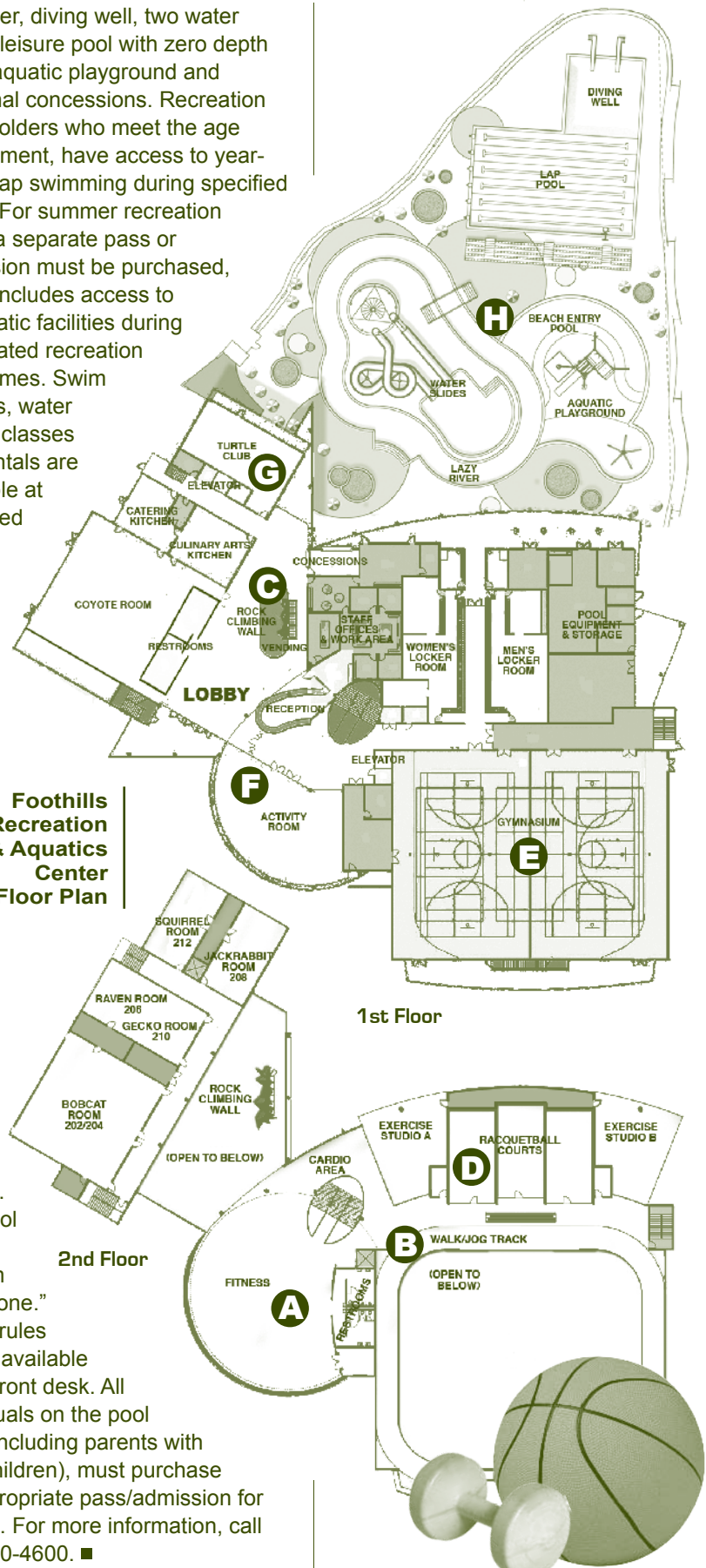
- SUMMER RECREATION SWIM (Swim Pass/Admission Required) **Newborn-6 years:** Direct parent/legal guardian supervision required at all times.

**Ages 7-8:** Must be accompanied at all times by individual age 14+. **Ages 9+:** No additional supervision.

The outdoor Aquatics Center consists of a heated lap pool,

lazy river, diving well, two water slides, leisure pool with zero depth entry, aquatic playground and seasonal concessions. Recreation Pass holders who meet the age requirement, have access to year-round lap swimming during specified hours. For summer recreation swim, a separate pass or admission must be purchased, which includes access to all aquatic facilities during designated recreation swim times. Swim lessons, water fitness classes and rentals are available at an added

**Foothills Recreation & Aquatics Center Floor Plan**



charge. The pool deck is a "Gum Free Zone." A pool rules flyer is available at the front desk. All individuals on the pool deck (including parents with their children), must purchase an appropriate pass/admission for access. For more information, call 623-930-4600. ■

# fitness



■ The Foothills Center is a participating Silver Sneakers® location! Inquire at the Front Desk for details.

only \$35 for adult resident monthly pass!

## ► recreation pass

AT THE FOOTHILLS RECREATION & AQUATICS CENTER

only \$35 for adult resident monthly pass!

**no** contracts, **no** joining fees.

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

*Purchase your pass at the Center by using Visa, MasterCard, American Express, check or cash. Renew your pass with a credit card by calling 623-930-4600. Glendale Resident Rates: Residency is based on physical address and zip code on the City of Glendale boundary map. Proof of residency will be required such as a Glendale water bill along with picture identification. All pass holders must sign a waiver and code of conduct and have an identification photo taken.*

	MONTHLY PASS	ANNUAL PASS	15-PUNCH PASS	DAILY PASS
<b>(NOTE: NEW PRICING IN PARENTHESES IS EFFECTIVE JULY 1, 2012)</b>				
<b>ADULT</b> (Ages 20-54)	\$35 (Same)	\$350 (Same)	\$60 (\$72)	\$5 (\$6)
Non-resident	\$42 (Same)	\$420 (Same)	\$72 (\$96)	\$6 (\$8)
<b>2 PERSON</b>	\$55 (\$60)	\$550 (\$600)	-	-
Non-resident	\$66 (\$72)	\$660 (\$720)	-	-
<b>FAMILY</b>	\$65 (\$70)	\$650 (\$700)	-	-
Non-resident	\$78 (\$84)	\$780 (\$840)	-	-
<b>STUDENT</b> (Ages 13-19)	\$20 (\$25)	\$200 (\$250)	\$37.50 (\$48)	\$3 (\$4)
Non-resident	\$24 (\$30)	\$240 (\$300)	\$45 (\$60)	\$4 (\$5)
<b>YOUTH</b> (Ages 5-12)	\$15 (\$20)	\$150 (\$200)	\$30 (\$36)	\$2.50 (\$3)
Non-resident	\$18 (\$24)	\$180 (\$240)	\$36 (\$48)	\$3 (\$4)
<b>SENIOR</b> (Ages 55+)	\$20 (\$25)	\$200 (\$250)	\$30 (\$60)	\$4 (\$5)
Non-resident	\$24 (\$30)	\$240 (\$300)	\$36 (\$72)	\$5 (\$6)

*2 Person: Any two people residing at the same address. / Family: Two adults plus unlimited, unmarried children residing at the same address, 20 years of age or younger. / Student: Ages 13-19 / Youth: Ages 5-12 / Senior: Ages 55+ / Recreation passes are valid for 1-year from the date of purchase including annual and 15-punch passes and are non-refundable and non-transferable.*

### GROUP/CORPORATE (Resident)

*Maximum of 20 people, ages 9+. Group must include 51%+ Glendale residents with proof of residency OR payment must be in the form of a company check from a Glendale business (with proof that the business pays taxes to the City of Glendale). Group must submit one form of payment for a monthly or annual pass when registering. Passes are non-transferable and may not be sold. No individual pass refunds or transfers allowed. Monthly \$350 (\$400) / Annual \$3500 (\$4000)*

## fitness @ foothills

(Foothills Recreation Pass required)

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. For an additional fee, Recreation Pass holders have access to certified personal trainers and a nutritionist. For details, call 623-930-4624.

- Test your strength and endurance on our **indoor rock climbing wall**. For complete details, just inquire at the front desk. ■ Open **gymnasium** featuring **basketball, badminton** and **volleyball** is available to all Recreation Pass holders. Schedules are available at the front desk. ■ Drop-in **aerobics classes** are offered throughout the week and are included with all Recreation Passes. Pick up your schedule at the front desk. ■ **Fitness lap swim** is scheduled on a monthly basis. Schedules are available at the front desk or at [www.glendaleaz.com/foothillscenter](http://www.glendaleaz.com/foothillscenter).

# aquatics

Summer **recreation swim** is scheduled to begin Saturday, June 2. For complete summer aquatics details, get your copy of the **Splashbook** at the Foothills Center, Glendale Public Libraries, Glendale Parks/Recreation office or online at [www.GlendaleAZ.com/ParksAndRecreation](http://www.GlendaleAZ.com/ParksAndRecreation). Find details inside the **Splashbook** on **public recreation swim, group / private swim lessons, water aerobics** and **jr. lifeguard classes**.



## Foothills recreation swim (single day) rates

*(Proof of residency is based on payment of your water bill to the City of Glendale. A current water bill and picture identification may be requested).*

- **Ages 2 & under: Free** (Non-resident Free)
- **Ages 3–17: \$2.50** (Non-resident \$3.50)
- **Ages 18–54: \$5** (Non-resident \$6)
- **Ages 55+: \$3** (Non-resident \$5)

## Foothills recreation swim punch passes

For details, inquire at the front desk or call 623-930-4600 after May 7. Punch passes are valid only for the 2012 summer recreation swim season and expire August 4, 2012. No refunds/credit or replacements for lost, stolen, damaged, destroyed or unused portions.

**Water aerobics** can help enhance your fitness level in a low-impact setting. Sessions begin Monday, June 4. Purchase your punch pass beginning May 7. See the **Splashbook** for more information.

**Fitness lap swim** is scheduled on a monthly basis. Schedules are available at the front desk or at [www.GlendaleAZ.com/FoothillsCenter](http://www.GlendaleAZ.com/FoothillsCenter).

**Aquatic rentals** are available for your next party! Enjoy floating around the lazy river, the thrill of two giant water slides, spraying water in the play pool, perfecting your dives or just leisurely swimming. Schedule a private pool-side rental for as low as \$200 (resident rate), which includes entrance into the Foothills Aquatics Center for up to 30 guests! Rental reservations are accepted starting May 7. To reserve your date, or for more information, call 623-930-2838.

Join us for an evening of water fun at our **foothills family swim night**, July 14, 5:30-8 p.m. Enjoy our mini-waterpark, and a hot dog and lemonade. (A concession stand will be open for additional purchases.) Parents/Guardians must be present. \$4 per person (Non-resident \$6 per person). No ice chests, swim toys or floatation devices. Event open to first 350 paid participants. For more information, call 623-930-4610.



## Foothills Recreation & Aquatics Center Code of Conduct

...applicable to all who visit or participate in center programs, services, and activities. As a pass holder, participant, or volunteer, you must agree to...

1. Behave in a courteous and respectful manner towards others.
2. Be respectful of the individual and cultural differences of others.
3. Refrain from behavior, dress or language that is abusive, threatening, offensive, or disruptive to others.
4. Respect the personal belongings of others and center property.
5. Act honestly in relationships with others.
6. Be responsible for your actions while using the facility or on the premises.
7. Follow all written rules and guidelines as well as verbal direction by staff.

The Parks and Recreation Director or designee is authorized to take all necessary steps to enforce this Code of Conduct. Failure to comply with this Code of Conduct may result in the suspension and/or revocation of your center privileges and forfeiture of paid fees.

# happenings



## foothills recreation & aquatics center

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

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

M-F 5:30 a.m.-10 p.m.  
SA 7 a.m.-8 p.m.  
SU 11 a.m.-5 p.m.  
Holidays as posted.

Guided facility tours are  
conducted every ½ hour.

Free community areas  
include the Lobby and  
Activity Room.

**Check out our great  
rentable facilities for your  
next party or meeting! For  
details, call 623-930-4605.**

The Foothills Recreation &  
Aquatics Center is a city of  
Glendale Parks, Recreation  
& Library Services facility.

**twitter**

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



Find us on  
**Facebook**

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

## adult happenings

### Adult Points-Based Poker League

**Session 1: Mondays, May 14–July 2 ■ 6:30 p.m.**

**Session 2: Mondays, July 16–Aug. 27 ■ 6:30 p.m.**

These fun, recreational 7-week poker leagues for adults are great for both the avid poker fan or the beginner. Includes 6 regular season games and an end of season tournament. Awards given to league and tournament champions. (Ages 18+.) Session 1 code #313151-03 (No league May 28); Session 2 code #313151-04. **Sign up details, page 11.** Questions, call 623-930-4610.



### Friday Night Dances

**July 20 & Sept. 7 ■ 6:30–9:30 p.m.**

A great event to practice your dance skills or learn new styles. Experience ballroom, swing, jazz and more! Each dance features a 45-minute instructional session, performances from various dance classes and social dancing. \$7 (Non-resident \$9). For more information call 623-930-4613.

### Running / Walking Programs...

#### ■ **Beat The Heat - Summer Indoor Running Program**

Begins May 6. For details, see page 8.

#### ■ **Go The Distance! Half Marathon Training Group**

Begins Sept. 22. For details, see page 9.

#### ■ **Couch Potato To 5K - Beginning Running Program**

Begins Sept. 29. For details, see page 9.



# kid happenings

## Foothills 360 Summer Program

Join us for this popular, supervised, summer program for kids ages 5 through 11. Enjoy the rock wall, swimming, art projects and active games! Drop off and pick up your child at your convenience by communicating with program staff. Send a daily, non-perishable lunch, or lunch can be purchased at the concession stand. Tennis shoes are required. Program runs Monday through Friday, May 29–Aug. 3, 7 a.m.–6 p.m. Choose from a 3-day or 5-day session. (This is not a licensed child care program.) Space is limited and available on a first register, first serve basis.

- 3-Day: \$66/week (non-resident \$83/week). 5-Day: \$100/week (non-resident \$135/week). Registrations are accepted when accompanied with payment. Pick up registration paperwork or download at [www.glendaleaz.com/foothillscenter](http://www.glendaleaz.com/foothillscenter). **Sign up at the front desk, or see page 11.** Questions? Call 623-930-4614 or 623-930-4610.

<b>Foothills 360 Dates</b>	<b>5-Day Code</b>	<b>3-Day Code</b>
*May 29-June 1	#343270-01	#343271-01
June 4-8	#343270-02	#343271-02
June 11-15	#343270-03	#343271-03
June 18-22	#343270-04	#343271-04
June 25-29	#343270-05	#343271-05
*July 2-3 & 5-6	#343270-06	#343271-06
July 9-13	#343270-07	#343271-07
July 16-20	#343270-08	#343271-08
July 23-27	#343270-09	#343271-09
July 30-Aug. 3	#343270-10	#343271-10

*\*Weeks with a holiday will be prorated due to the loss of a program day. No program Memorial Day or 4th of July.*

## King of the Court 1-on-1 Basketball Tournament

**Saturday June 23 ■ 5 p.m.**

Join us for this 1-on-1 winner takes all basketball tournament with 3 age divisions. The top two in each division will receive a King of the Court t-shirt. Winners of each division will be awarded a free Foothills Recreation & Aquatics Center monthly pass (\$20 value). Participants must pre-register. **To sign up, see page 11.** Registration ends 7 p.m. Thursday, June 21. \$5 (Non-resident \$6). For more information, call 623-930-4610.

Ages 8-10	Code #313355-01
Ages 11-13	Code #313355-02
Ages 14-17	Code #313355-03

## Kids Get Fit Adventure Program

Get fit and have fun at the same time! Kids ages 9 to 12 will participate in activities such as climbing the Rock Wall, basketball, obstacle courses, and team challenges. These recreational based activities will challenge all participants. Each session runs Monday through Wednesday, 11:30 a.m. to 12:30 p.m., with two sessions to choose from. Participants will need to bring a personal water bottle, wear comfortable workout attire and closed-toe/heel tennis shoes. No jeans, dresses. \$25 (Non-resident \$32). **To sign up, see page 11.** For more information, call 623-930-4610.

Session 1: July 9–11	Code #333213-04
Session 2: July 23–25	Code #333213-05

## Rock Wall Adventures



Parents... sign up your kids to work directly with the climbing professionals from Arizona Hiking Shack. The Rock Wall Adventures program is great for first time climbers or anyone who wants to learn more about the sport of rock climbing. Highlighted topics include climbing technique, knot tying, belaying, strategy and safety. Participants should bring a water bottle and wear comfortable workout attire and tennis shoes.

No jeans, dresses or open toe/heel shoes. Ages 10 to 17 years old. \$50 (Non-resident \$63). **To sign up, see page 11.** For more information, call 623-930-4610.

Session 1: June 9, 1-5 p.m.	Code #333215-01
Session 2: July 28, 1-5 p.m.	Code #333215-02

## Fitness 4-Teens

Choose from two sessions, one starting June 11, the other July 9. For details, see page 13.

## Junior Racquetball League

Two sessions to choose from, one starting June 12, the other July 10. For details, see page 13.

## Game Night At The Rec

**Fridays starting July 6 ■ 6:30 p.m.**

FREE! Join us for fun games and tournaments in the Activity Room, including ping pong and billiards. No registration required. Questions? Call 623-930-4610.

# special interest activities

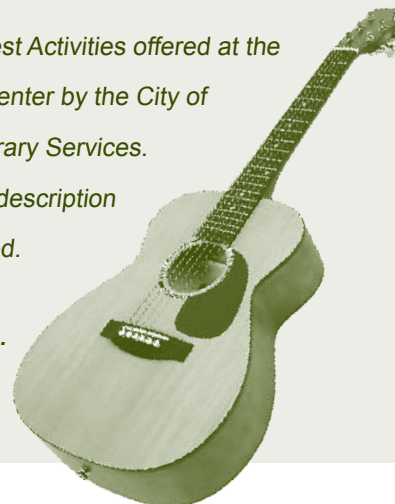
@ the Foothills Recreation & Aquatics Center

Following is a list of Special Interest Activities offered at the Foothills Recreation & Aquatics Center by the City of Glendale Parks, Recreation & Library Services.

**Advance sign up is required.** A description highlight of each activity is featured.

► **to sign up, see page 11.**

Questions? Call 623-930-4613.



## LEGEND

### ACTIVITY NAME

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

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

Advance sign up required. See page 11 for sign up details. For more information, call 623-930-4613.

## sports & fitness

Ages 13+ unless noted otherwise.

### BOOT CAMP - GET IN SHAPE

A certified fitness trainer leads you through resistance and cardiovascular training, abdominal workouts and nutritional guidance. Join other boot campers in this motivational, encouraging and fun environment. No matter what your fitness level is, this will be a great workout for you! 1 hour. Instructor: OLONA. • \$105 (Non-resident \$126)

JULY 9.... M/W/TH 4:30 PM • 4 WEEKS  
FC-EXA (#243102-01)

AUG. 13.. M/W/TH 4:30 PM • 4 WEEKS  
FC-EXA (#243102-02)

### JUMP START FITNESS

Get a jump start on your day with a workout that will challenge, motivate and change the way you feel! Whether new to fitness or looking for a break from your old routine, this class offers full-body workouts that will give you energy and help you reach your fitness goals. Take advantage of the ►

special bonus workout days during the session. No class July 4.1 hour.  
Instructor: DE LA MONTAIGNE. • \$160 (Non-resident \$192)  
JUNE 18....M/W/F 5:35 AM • 6 WEEKS  
FC-GYM (#243120-01)  
AUG. 13....M/W/F 5:35 AM • 6 WEEKS  
FC-GYM (#243120-02)

### ADULT CO-ED RACQUETBALL LEAGUES

Adult coed leagues are offered on Monday and Wednesday evenings with Wednesday's being advanced players. This is a points-based league. No league July 4. Instructor: BLAINE. 2 hours. • \$25 (Non-resident \$33)  
MAY 30.....W 6 PM • 8 WEEKS  
FC (#313103-02)  
JUNE 4.....M 6 PM • 8 WEEKS  
FC (#313103-01)

### AEROBICS-LOW/HIGH COMBO

Work out at your own pace to choreographed music. Focus on warm-up/stretching, monitored cardio respiratory training, kick boxing, floor work, muscle toning and cool down/relaxation. Wear aerobic workout shoes, bring mat and water. Free weights may be used. Ages 18+. No class July 4 and Sept. 3. 1 hour. Instructor: BOONE (Aerobics and CPR-certified instructor). • \$55 (Non-resident \$66)  
JUNE 25....M/W 5:55 PM • 10 WEEKS  
AC-107 (#143101-01)

### TURBO KICK

Turbo Kick is a fat-blasting, ab-defining cardio workout that is sweeping the nation's health clubs. Burn up to 1,000 calories an hour in this mix of kickboxing and simple dance grooves, set to heart pounding dance music! Enjoyed by any fitness level. No class ►

July 19. 1 hour. Instructor: CIRAOLLO. • \$39 (Non-resident \$47)  
JUNE 14....TH 6:45 PM • 6 WEEKS  
FC-EXA (#243180-01)  
AUG. 2.....TH 6:45 PM • 6 WEEKS  
FC-EXA (#243180-02)

### INDOOR CYCLING

For all levels. Adjust the cycle -simulate riding hills, sprints, jumps, flats and more. The more wheel tension you add, the more difficult the "ride." Bring a water bottle and towel. 50 minutes. Instructors: OLESON / SIEGREST (Valley fitness instructors, 15+ years experience). • \$45 (Non-resident \$54)  
JULY 2.....M 8:30 AM • 2 MO.  
FC-EXA (#243199-01)  
JULY 3.....TU 5 PM • 2 MO.  
FC-EXA (#243199-02)  
JULY 5.....TH 9 AM • 2 MO.  
FC-EXA (#243199-03)  
JULY 6.....F 4:30 PM • 2 MO.  
FC-EXA (#243199-04)  
JULY 7.....SA 9:10 AM • 2 MO.  
FC-EXA (#243199-05)

### BEAT THE HEAT - SUMMER INDOOR RUNNING

Stay in shape, regardless of the summer heat. Run on the Foothills Recreation & Aquatics Center air conditioned indoor track (14 laps=1 mile). Choose the 11 session program (May 6–August 5) or purchase a 5 session punch pass. Local races will be discussed. (Track will be closed May 13, June 10 and June 17.) 1 hour. Instructor: SKOUSEN. 11 sessions • \$55 (Non-resident \$66), 5 sessions • \$30 (Non-resident \$36)  
MAY 6.....SU 8 AM • 11 SESSIONS  
FC (#333115-01)  
MAY 6.....SU 8 AM • ANY 5 SESSIONS  
FC (#333115-02)

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**EXTREME CONDITIONING**

Extreme Conditioning is designed to push you to your limits and includes cardio conditioning, core strengthening, distance running and more! Expect to increase your endurance, strength, agility and speed, along with your self-esteem and well-being. Design your own schedule. 1 hour. Instructors: OLESON / SIEGREST (Valley fitness instructors with 15+ years experience). Class times... M: 9:30 AM or 5:30 PM • TU: 6 AM • W: 9:30 AM or 5:30 PM • TH: 6 AM • F: 9:30 AM • SA: 8 AM 1 MONTH - 1 CLASS PER WEEK

• \$44 (Non-resident \$53):  
JUNE 1-30.....FC-GYM (#243170-01)  
JULY 1-31.....FC-GYM (#243170-02)  
AUG. 1-31.....FC-GYM (#243170-03)  
1 MONTH - UNLIMITED CLASSES  
• \$79 (Non-resident \$95):  
JUNE 1-30.....FC-GYM (#243150-01)  
JULY 1-31.....FC-GYM (#243150-02)  
AUG. 1-31.....FC-GYM (#243150-03)  
3 MONTHS - UNLIMITED CLASSES  
• \$207 (Non-resident \$248):  
JUNE 1-AUG. 31 .FC-GYM (#243160-01)  
JULY 1-SEPT. 30 .FC-GYM (#243160-02)  
AUG. 1- OCT. 31 .FC-GYM (#243160-03)

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**GO THE DISTANCE! HALF MARATHON TRAINING**

Looking to run a half marathon? Then try this 17-week program and build up to the 2013 PF Chang's Rock 'n Roll Half Marathon. All running speeds/abilities welcome. You should be comfortable running at least 4 miles without stopping and 10-15 miles per week to begin program. Group runs are Saturday or Sunday. Instructor: Skousen. 1-½ hours.  
• \$82 (Non-resident \$100)  
SEPT. 22 ...SA/SU 7 AM • 17 WEEKS  
FC (#334114-01)

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**T'AI CHI**

Learn the principles and beginning movements of T'ai Chi (Yang form) – better balance, flexibility and stress management. 1 hour. Instructor: BURR.  
• \$41 (Non-resident \$49)  
JUNE 14.....TH 9 AM • 8 WEEKS  
FC-EXB (#243179-01)

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**T'AI CHI - YANG STYLE**

T'ai Chi movements, when practiced slowly, can have certain health benefits such as improved balance, flexibility and stress reduction. Investigate the first third of the 36 postures. 1-½ hours. Instructor: GILL. • \$53 (Non-resident \$64)  
JUNE 7 .....TH 7 PM • 8 WEEKS  
FC-EXB (#243115-01)

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**COUCH POTATO TO 5K - BEGINNING RUNNING**

This program will take you from the couch to the 5K finish line with training that gradually increases your endurance and fitness level. Receive guidance every step of the way in a fun group setting. Put your skills to the test at an optional Jingle Bell 5K run, Dec. 15 (separate fee). Ages 8 to 12 may register with a paid adult. Jogging strollers welcome. Instructor: Skousen. 1-½ hours. • \$35 (Non-resident \$45)  
SEPT. 29 ...SA 9 AM • 11 WEEKS  
FC (#334456-02)

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**HATHA YOGA**

Yoga provides an opportunity to gain flexibility and balance in both the body and mind. Focus on poses, breath-work and meditation. All levels welcome. Wear loose/stretchy, comfortable clothing. Bring yoga mat and water. No class July 4 and Sept. 1. 1 hour. Instructor: JUNEAU. Class 243188-01 and 03 (5 WEEKS) • \$36 (Non-resident \$43); Class 243188-02 and 04 (6 WEEKS) • \$39 (Non-resident \$47)  
JUNE 13.....W 6:45 PM • 5 WEEKS  
FC-EXA (#243188-01)  
JUNE 16.....SA 8:30 AM • 6 WEEKS  
FC-EXB (#243188-02)  
AUG. 8.....W 6:45 PM • 5 WEEKS  
FC-EXA (#243188-03)  
AUG. 4.....SA 8:30 AM • 6 WEEKS  
FC-EXB (#243188-04)

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**GENTLE YOGA**

Yoga "calms the howling of the mind." Instruction combines breathing with stretches and bodywork. Most of the class is done on the floor on a soft mat with variations for those who prefer to sit on a chair. Wear exercise clothes and bring a foam rubber exercise mat and towel. Ages 16+. 1-¼ hours. Instructor: CZUKOR. • \$55 (Non-resident \$66)  
JUNE 11 .....M 11 AM • 10 WEEKS  
FC-EXB (#243124-01)

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**YOGALATES**

A system of pilates and yoga that enhances core strength, balance and flexibility. Wear appropriate attire. 1 hour. Instructor: JUNEAU. Class 243122-01 and 02 (3 WEEKS) • \$45 (Non-resident \$54); Class 243122-03 (4 WEEKS) • \$55 (Non-resident \$66)  
JUNE 12.....TU/TH 5:30 PM • 3 WEEKS  
FC-EXB (#243122-01)  
JULY 3.....TU/TH 5:30 PM • 3 WEEKS  
FC-EXB (#243122-02)  
AUG. 7 .....TU/TH 5:30 PM • 4 WEEKS  
FC-EXB (#243122-03)

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**DAHN YOGA**

Through stretching, breathing techniques, body/brain exercises and meditation, bring your body and brain together. Learn how exercise brings mind and body together to improve energy and well-being. Learn to develop stronger concentration through basic energy meditation techniques and breathing work. 1-¼ hours. Instructor: GATHE. • \$34 (Non-resident \$41)  
JUNE 12.....TU 1 PM • 6 WEEKS  
FC-EXB (#243104-02)  
JULY 31.....TU 1 PM • 6 WEEKS  
FC-EXB (#243104-04)

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**JAPANESE JUDO**

Learn basic judo postures and salutations, how to move on the mat, control your opponent and be thrown safely. Also techniques of grappling, locking, choking, escaping and sequence combinations will be demonstrated and taught. Ages 13+. No class July 4. 1-½ hours. Instructor: DR. MOORE. • \$20 (Non-resident \$24)  
JUNE 4.....M/W 7 PM • 1 MO.  
FC-EXB (#243112-01)  
JULY 2.....M/W 7 PM • 1 MO.  
FC-EXB (#243112-02)  
AUG. 1.....M/W 7 PM • 1 MO.  
FC-EXB (#243112-03)

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**JAPANESE JUDO & SELF-DEFENSE**

Advanced teaching in judo techniques for sport and self-defense. Learn jujitsu techniques, including grappling, chokes, arm locks and striking. Ages 15+. 1 hour. • \$20 (Non-resident \$24)  
JUNE 5.....TU/TH 8:30 PM • 1 MO.  
FC-EXB (#243128-01)  
JULY 31.....TU/TH 8:30 PM • 1 MO.  
FC-EXB (#243128-02)  
AUG. 30.....TU/TH 8:30 PM • 1 MO.  
FC-EXB (#243128-03)

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**dance**

Ages 13+ unless noted otherwise.

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**LATIN 101**

Learn the movements and technique of the Samba, Rumba and more. Come dressed to sweat. Wear sneakers or Latin dance shoes. No partner needed. Ages 15+. No class July 4. 50 minutes. Instructor: BATES. • \$48 (Non-resident \$58)  
JUNE 13.....W 8:30 PM • 6 WEEKS  
FC-100 (#233148-01)  
AUG. 1.....W 8:30 PM • 6 WEEKS  
FC-100 (#233148-02)

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### BEGINNING SALSA DANCING

Find the rhythm to different Latin songs and the Cuban motion. You'll be asked to rotate dance partners to get a better grasp on leading and following. Ages 15+. 50 minutes. Instructor: BATES.

• \$48 (Non-resident \$58)  
JUNE 14.....TH 8:15 PM • 6 WEEKS  
FC-100 (#233150-01)  
AUG. 2.....TH 8:15 PM • 6 WEEKS  
FC-100 (#233150-02)

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### BELLY DANCE - LEVEL I

This dance style incorporates stretching and muscle movements that promote toning in arms, legs and core and is great for all abilities. Focus on basic moves and how to flow from one move to the next. Each session highlights a particular sub style of belly dance. Wear comfortable form fitting clothing in order to see and understand the moves. Ages 16+. 1 hour. Instructor: MURACA.

• \$55 (Non-resident \$66)  
JUNE 15.....F 5:30 PM • 8 WEEKS  
FC-EXA (#233111-01)

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### BALLROOM

Learn to dance the Tango, Waltz and more. Learn posture, dance frame and footwork. Ages 15+. No class July 4 and Sept. 3. 50 minutes. Instructor: BATES. • \$48 (Non-resident \$58)

BALLROOM 101  
JUNE 14.....TH 7:20 PM • 6 WEEKS  
FC-100 (#233149-01)  
AUG. 2.....TH 7:20 PM • 6 WEEKS  
FC-100 (#233149-02)

BALLROOM 202  
(Prerequisite Ballroom 101)  
JUNE 11.....M 7 PM • 5 WEEKS  
FC-100 (#233146-01)  
JULY 30.....M 7 PM • 5 WEEKS  
FC-100 (#233146-02)

BALLROOM 303  
(Prerequisite Ballroom 202)  
JUNE 13.....W 7:30 PM • 6 WEEKS  
FC-100 (#233145-01)  
AUG. 1.....W 7:30 PM • 6 WEEKS  
FC-100 (#233145-02)

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### ZUMBA

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+. 1 hour. Instructor THOMPSON. • \$45 (Non-resident \$54)

JUNE 16.....SA 11 AM • 8 WEEKS  
FC-EXA (#233139-03)  
JULY 9.....M 6:45 PM • 8 WEEKS  
FC-EXA (#233139-01)  
JULY 11.....W 10:05 AM • 8 WEEKS  
FC-EXA (#233139-02)

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### MICHAEL JACKSON'S GREATEST HITS

From Thriller, to Beat It, the King of Pop produced some of the best dance hits of all time. Join us as we dance to the choreography of Michael Jackson's greatest hits. Ages 15+.

50 minutes. Instructor: BATES. • \$48 (Non-resident \$58)  
JUNE 14.....TH 6:20 PM • 6 WEEKS  
FC-102 (#233147-01)  
AUG. 2.....TH 6:20 PM • 6 WEEKS  
FC-102 (#233147-02)

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### DANCE LAB

Practice your Ballroom, Latin and Swing dance skills in a social environment simulating a dance party. No class Sept. 3. 50 minutes. BATES. • \$48 (Non-resident \$58)

JUNE 11.....M 8 PM • 6 WEEKS  
FC-100 (#233178-01)  
JULY 30.....M 8 PM • 6 WEEKS  
FC-100 (#233178-02)

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### SOCIAL DANCE

Experience Ballroom, Jazz and more! Highlights include an instructional session and dance performances. 3 hours. Instructor: BATES.

• \$7 at the door (Non-resident \$9)  
JULY 20.....F 6:30 PM • 1 DAY  
FC-100

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## culinary arts

Ages 13+ unless noted otherwise.

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### FANTASTIC CUP CAKES

Combine art and pastry to make beautiful and delicious cupcakes. Discover exciting and unusual ways to decorate them with fondant. Cupcakes will be taken home. \$20 supply fee collected at class. Spanish on request. 3 hours. Instructor: FINAN.

• \$30 (Non-resident \$36)  
JUNE 10.....SU 1 PM • 1 DAY  
FC-KIT (#203116-01)  
JULY 1.....SU 1 PM • 1 DAY  
FC-KIT (#203116-02)

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### CHOCOLATE TRUFFLES

Create truffles that are delicious and an excellent gift for Mother's Day or other occasions. Learn techniques for melting chocolate, preparing the truffle fillings and assembling the different truffle types. Recipes will be provided. Chocolate truffles will be taken home. \$20 supply fee collected at class.

Spanish on request. 4 hours. Instructor: FINAN. • \$34 (Non-resident \$41)  
JUNE 24.....SU 12:30 PM • 1 DAY  
FC-KIT (#203134-01)

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### CAKE DECORATING - BASICS (COURSE 1)

Learn to decorate a cake, step by step. How to bake a great cake and make color icing. Practice the fundamentals of decorating cakes, cookies and cupcakes. Create icing drop flowers, rosettes, leaves, shaggy mums, ribbon rose and more. "Course 1: Decorating Basics" kit (approx. \$34), available at craft stores, is required. Supply list provided at class. Spanish on request. 3 hours. Instructor: FINAN. • \$65 (Non-resident \$78)

AUG. 11.....SA 1 PM • 4 WEEKS  
FC-KIT (#203110-01)

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### CAKE DECORATING - ADVANCED GUM PASTE FLOWERS (COURSE 4)

Discover a new way to decorate a cake with advanced techniques to create gum paste flowers such as daisies, sweet peas, briar rose, lilies, ivy leaves and more. Learn every step as you create amazing hand-shaped blossoms, flowers, leaves and floral arrangements that top your cakes. "Course 4: Advanced Gum Paste Flowers" kit (approx. \$34), available at craft stores, is required. Book will be provided at class. Spanish on request. 3 hours. Instructor: FINAN. • \$65 (Non-resident \$78)

JULY 7.....SA 10 AM • 4 WEEKS  
FC-KIT (#203175-01)

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### GOURMET COOKING ON A DIME / YOUNG ADULTS BASIC COOKING CLASS

(Ages 17-25) Do you feel equipped and confident with your cooking? Would you like to learn some basic skills that will help you live on a tight budget and help you eat better. Experience how simple it is to make a fast and easy dish that is also friendly on your wallet! \$20 supply fee collected at class. 1 hour. Instructor: TURRIGIANO (gourmetcookingonadime.com). • \$47 (Non-resident \$56)

JUNE 1.....F 1:30 PM • 4 WEEKS  
FC-KIT (#203117-01)

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### PETIT FOURS

Learn to make the most elegant Tiffany Box Petit Fours and how to melt chocolate, use molds, and use tips in creating these boxes. \$18 supply fee collected at class. Spanish on request. 4 hours. Instructor: FINAN. • \$34 (Non-resident \$41)

JULY 15.....SU 12:30 PM • 1 DAY  
FC-KIT (#203161-01)

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## SUGAR COOKIES

Learn to bake and decorate the most beautiful cookies using fondant. \$15 supply fee collected at class. Spanish on request. 4 hours. Instructor: FINAN.  
• \$34 (Non-resident \$41)  
JUNE 17.....SU 12 PM • 1 DAY  
FC-KIT (#203174-01)

## personal development

Ages 13+ unless noted otherwise.

### CREATIVE WRITING

Staring at a blank page even though you know there is a story inside that needs to come out? Or, have you written a knock out novel but have no idea how to get to the next step? This class will focus on character development, word building, outlining stories and proper formatting for submissions. Primary focus is on novel or short story prose, but we will also touch on script writing for stage, screen and graphic novel. Please bring a pen and paper, or laptop to class and be prepared for peer review sessions. 1 hour. Instructor: MURACA. • \$55 (Non-resident \$66)  
JUNE 11.....M 5:30 PM • 8 WEEKS  
FC-208 (#253104-01)

### CPR AND FIRST AID TRAINING

Learn basic CPR and first aid, providing you the knowledge and skills necessary to administer emergency care in cases of injury or sudden illness. Successful completion cards will be distributed. Optional health care provider offered for an additional \$5, payable at class. Ages 12+. 3 hours. Instructor: TUTRONE. • \$37 (Non-resident \$44)  
JUNE 12.....TU 6 PM • 1 DAY  
FC-210 (#253141-01)  
JULY 11.....W 6 PM (1 DAY)  
FC-210 (#253141-02)  
AUG. 7.....TU 6 PM • 1 DAY  
FC-210 (#253141-03)

### HOW TO HANDLE CRITICISM

Most of us handle criticism by trying to avoid it. Learn to get more out of criticism and learn to critique others in a way that gets you the results you want. You will learn techniques, when practiced, will allow you to stand up to the toughest critic and stop you from feeling bullied. Ages 18+. 2 hours. Instructor: DR. JANSSEN.  
• \$40 (Non-resident \$48)  
JULY 11.....W 5:30 PM • 4 WEEKS  
FC-210 (#253109-01)

# sign up!



## online

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

Set up your account online ▪ Pay with VISA, MasterCard or American Express.

## by phone

623-930-4600

M-F: 5:30 a.m.–9 p.m. ▪ SA: 7 a.m.–7 p.m.

▪ SU: 11 a.m.–4 p.m. ▪ Pay with VISA, MasterCard or American Express.

## in person

5600 W. Union Hills Dr.


Foothills Recreation & Aquatics Center

M-F: 5:30 a.m.–9 p.m. ▪ SA: 7 a.m.–7 p.m.

▪ SU: 11 a.m.–4 p.m. ▪ Pay with VISA, MasterCard, American Express, cash, check or money order.

*After you sign up, 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 16. 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.



## foothills update

SUMMER / May – August '12

All Information is subject to change without notice.

The Foothills Recreation & Aquatics Center is a City of Glendale Parks, Recreation & Library Services facility.

12048PR 4/12

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## **BASIC ESTATE PLANNING - AN INTRODUCTION**

Establish or refine your financial and estate planning goals. Learn to avoid probate; the ins and outs of wills, trusts, living wills and powers of attorney; how to protect your assets and more. Ages 18+. 2 hours. Instructor: HARN DEN (CPA, CFP, PFS). • \$18 per person/couple (Non-resident \$22)  
JULY 25.....W 6:30 PM • 1 DAY  
FC-202 (#253191-01)

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## **STRATEGIES FOR SELF MOTIVATION: A KICK IN THE PANTS?**

Many of us are tougher on ourselves than we need to be. If it isn't working, then trying harder might not be the answer. In this class, we will learn to use the strategies that we have and work, yes we do have some, and learn to invent new ones. Get yourself to do what you want to do. Ages 18+. 2 hours. Instructor: DR. JANSSEN. • \$40 (Non-resident \$48)  
JUNE 14.....TH 5:30 PM • 4 WEEKS  
FC-210 (#253103-01)

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## **ORGANIC GARDENING**

Enjoy healthy, home-grown fruits and vegetables freshly picked from your garden. Learn to prepare soil, make compost and use organic fertilizers and soil amendments. 4 hours. Instructor: SCHILLER. • \$34 (Non-resident \$41)  
JUNE 26.....TU 1 PM • 1 DAY  
FC-210 (#253183-01)

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## **DIGITAL PHOTOGRAPHY**

Learn basic and advanced features of digital cameras. Bring a digital camera (with the ability to be manually set) along with the owner's manual. A comprehensive booklet will be provided. 4 hours. Instructor: SCHILLER. • \$49 (Non-resident \$59)  
JUNE 19.....TU 5:30 PM • 2 WEEKS  
FC-210 (#213102-01)

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# languages

Ages 13+ unless noted otherwise.

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## **SPANISH**

Learn greetings, days of the week and more. Emphasizes basic sounds of the alphabet, vowels and phrases. Verb usage and grammar introduced. Ages 14+. 1-½ hours. Instructor: DAVIS. • \$69 (Non-resident \$83)  
JUNE 4.....M 5:30 PM • 8 WEEKS  
FC-210 (#263110-01)  
JUNE 4.....M 7 PM • 8 WEEKS  
FC-210 (#263110-02)

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## **CONVERSATIONAL GERMAN**

Learn essential German vocabulary for use in everyday life including correct pronunciation and idiom usage. Bring note-taking materials and the textbook, *Communicating In German* (elementary level), by Lois M. Feuerle and Conrad J. Schmitt (ISBN 0-07-056934-7), to the first class. No class July 4. 1-½ hours. Instructor: GUNNERY. • \$59 (Non-resident \$71)  
JUNE 25.....M/W 6:30 PM • 4 WEEKS  
FC-206 (#263131-01)  
AUG. 6.....M/W 6:30 PM • 4 WEEKS  
FC-206 (#263131-02)

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# cultural arts

Ages 13+ unless noted otherwise.

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## **INTRODUCTION TO DRAWING**

Explore a variety of drawing techniques including shading, blending, perspective and composition. Projects include drawing objects, still life, landscape, anatomy and more. Bring pencils, eraser, ruler and scissors, Bristol board and white glue to first class; materials list will be discussed. 3 hours. Instructor: EISENBERG (Award-winning instructor, nationally-exhibited fine artist and former university art and design professor.) • \$65 (Non-resident \$78)  
JUNE 14.....TH 6:45 PM • 6 WEEKS  
FC-212 (#223136-01)  
JULY 26.....TH 6:45 PM • 6 WEEKS  
FC-212 (#223136-02)

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## **PORTRAIT/LANDSCAPE PAINTING**

In this introductory class, you'll create lively and brilliantly colored landscapes and/or portraits. Learn value, tone and art principles in painting. For supply list, call 623-878-5932 prior to first class. 2-½ hours. Instructor: KIMBLE. • \$49 (Non-resident \$59)  
MAY 30.....W 6 PM • 5 WEEKS  
FC-208 #223140-01

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## **ZENTANGLE**

Zentangle is an easy to learn method of creating beautiful images from repetitive patterns proving anything is possible one stroke at a time. Completion increases focus and creativity, reduces stress and increased sense of personal well being. Instructor will collect \$6 at first class for beginning supplies. 1-½ hours. Instructor: SHERRI LEE. • \$45 (Non-resident \$54)  
JUNE 11.....M 6:30 PM • 4 WEEKS  
FC-212 (#223190-01)  
AUG. 7.....TU 6:30 PM • 4 WEEKS  
FC-208 (#223190-02)

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## **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 623-878-5932. 3 hours. Instructor: KIMBLE. • \$53 (Non-resident \$64)  
MAY 29.....TU 9 AM • 5 WEEKS  
FC-208 (#223141-01)

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## **OIL PAINTING**

Paint along with the instructor while creating your own masterpiece. Learn the layered approach and explore the methods of the old masters of realism. Learn charcoal sketching, paint application and brush techniques. For supply list, call 602-938-2036 prior to the first class. 2-½ hours. Instructor: MARTIN. • \$60 (Non-resident \$72)  
JUNE 14.....TH 6 PM • 6 WEEKS  
FC-208 (#223142-01)  
JULY 26.....TH 6 PM • 6 WEEKS  
FC-208 (#223142-02)

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## **GLASS FUSION JEWELRY**

Create a set of jewels as unique as you! Colored glass is layered and kiln fired to create a beautiful glass pendant and set of matching earrings. \$20 supply fee will be collected at the first class. 1-½ hours. Instructor: BARBOUR (former arts academy instructor). • \$58 (Non-resident \$70)  
JUNE 19.....TU 6:30 PM • 1 DAY  
FC-212 (#223123-01)  
JULY 17.....TU 6:30 PM • 1 DAY  
FC-212 (#223123-02)  
JULY 31.....TU 6:30 PM • 1 DAY  
FC-212 (#223123-03)  
AUG. 7.....TU 6:30 PM • 1 DAY  
FC-212 (#223123-04)

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# music

Ages 13+ unless noted otherwise.

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## **INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE**

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. You will learn all the chords you will need to play any song in this one session. Any song, any style, any key. 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. Ages 18+. 3 hours. Total beginners can request ▶

a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85296. Instructor: COFFMAN. • \$59 (Non-resident \$71)  
JULY 15.....SU 2 PM • 1 DAY  
FC-202 (#283126-01)

### **INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE**

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. Topics include how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar and more. Bring your acoustic guitar. 2-½ hours. Instructor: COFFMAN. • \$59 (Non-resident \$71)  
JULY 22... SU 2 PM • 1 DAY  
FC-202 (#283123-01)

### **BEGINNING GUITAR**

Bring your acoustic guitar – learn hand positions, basic theory and more. No experience necessary. Notebook/pencil suggested. \$8 supply fee collected at class. Ages 14+. No class July 5. 1 hour. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 7.....TH 6:30 PM • 6 WEEKS  
FC-204 (#283122-01)

### **BEGINNING (ACOUSTIC) GUITAR**

Bring your guitar and learn chords, how to read music and more! \$7 book fee collected at the first class (Hal Leonard Guitar Method, Book 1, 2nd edition). Ages 12+. 2 hours. Instructor: MOORE. • \$71 (Non-resident \$85)  
JUNE 16....SA 1:30 PM • 8 WEEKS  
FC-204 (#283121-01)

## **INSTRUCTORS NEEDED FOR SPECIAL INTEREST ACTIVITIES!**

For details,  
call 623-930-4613.

## **youth/teen special interest activities**

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

### **Youth/Teen sports & fitness**

#### **TODDLER/KIDS GYM**

Ages 3-10) A fun and exciting way to improve coordination, concentration and self-esteem. Learn basic tumbling moves like handstands, cartwheels, backbends and more! 1 hour. Instructor: NRG DANCE. • \$53 (Non-resident \$64)  
AGES 3-5:

JUNE 9.... SA 11 AM • 6 WEEKS  
FC-EXB (#243267-01)  
JULY 28... SA 11 AM • 6 WEEKS  
FC-EXB (#243267-03)

AGES 6-10:

JUNE 9.... SA 12 PM • 6 WEEKS  
FC-EXB (#243267-02)  
JULY 28... SA 12 PM • 6 WEEKS  
FC-EXB (#243267-04)

#### **PARENT & TODDLER GYM**

(Ages 2-4) In this fun class, parents work one-on-one with their child to improve hand and eye coordination, flexibility and concentration. 45 minutes. Instructor: NRG DANCE. • \$53 (Non-resident \$64)  
JUNE 9.... SA 10 AM • 6 WEEKS  
FC-EXB (#243290-01)  
JULY 28... SA 10 AM • 6 WEEKS  
FC-EXB (#243290-02)

#### **TUMBLING**

(Ages 2-12) Learn tumbling skills such as forward rolls, backward rolls, bridges, backbends, cartwheels, handstands, back walkovers and more. Build strength, balance, coordination, flexibility and motor skills. 45 minutes. No class Aug. 13. Ages 6-12: 1 hour. Instructor: TAWNI MONK, AZ TUMBLE N DANCE COMPANY. • \$53 (Non-resident \$64)  
AGES 2-4:

JUNE 4.....M 9 AM • 6 WEEKS  
FC-EXB (#243225-01)  
JULY 23.....M 9 AM • 6 WEEKS  
FC-EXB (#243225-05)

AGES 4-5:

JUNE 4.....M 10 AM • 6 WEEKS  
FC-EXB (#243225-02)  
JULY 23.....M 10 AM • 6 WEEKS  
FC-EXB (#243225-06)

#### **PARENT & TOT TUMBLING**

(Ages 3-5) Learn tumbling basics that build strength, coordination and flexibility. No class July 3 and Sept. 4. 45 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, steppinoutperformingarts.com • \$50 (Non-resident \$60)  
JUNE 12....TU 9:30 AM • 6 WEEKS  
FC (#233226-01)  
JULY 31.....TU 9:30 AM • 6 WEEKS  
FC (#233226-02)

#### **SOCCER AND BASEBALL BY B.E.S.T.**

(Ages 2-6) Introduce your kids to Soccer and T-ball. Learn the mechanics of each sport, three weeks of soccer and three weeks of t-ball, in a fun filled environment. A professionally generated training manual, games list and curriculum will be used. PARENT INVOLVEMENT IS ENCOURAGED! Please arrive on time and bring a water bottle, soccer ball and glove (glove is not mandatory). 45 minutes. Instructor: BEGINNERS EDGE SPORTS TRAINING STAFF. • \$69 (Non-resident \$83)  
AGES 3-4:  
MAY 26.....SA 9:15 AM • 6 WEEKS  
FC-GYM (#243249-01)  
JULY 14.....SA 9:15 AM • 6 WEEKS  
FC-GYM (#243249-04)  
AGES 2-3:  
MAY 26.....SA 10:15 AM • 6 WEEKS  
FC-GYM (#243249-02)  
JULY 14.....SA 10:15 AM • 6 WEEKS  
FC-GYM (#243249-05)  
AGES 4-6:  
MAY 26.....SA 11:15 AM • 6 WEEKS  
FC-GYM (#243249-03)  
JULY 14.....SA 11:15 AM • 6 WEEKS  
FC-GYM (#243249-06)

#### **FITNESS 4-TEENS**

(Ages 13-17) Work directly with certified personal trainers and fitness staff. Participants receive cardio and strength training, aerobic conditioning and develop a personal workout plan. Please bring water bottle, workout attire and closed-toe/heel tennis shoes. Choose 1 session only. 2 hours. • \$50 (Non-resident \$65)  
JUNE 11 M/TU/W/TH 10 AM • 1 WEEK  
FC (#333362-01)  
JULY 9...M/TU/W/TH 10 AM • 1 WEEK  
FC (#333362-02)

#### **JUNIOR RACQUETBALL**

(Ages 10-15) Learn the game of racquetball. Instructor will share rules, tips and teach basics of the game. Each day builds on the previous skills learned. Equipment provided or bring ▶

your own. Tennis shoes required.  
2 hours. • \$25 (Non-resident \$33)  
JUNE 12....TU/TH 11 AM • 3 WEEKS  
FC (#313205-01)  
JULY 10.....TU/TH 11 AM • 3 WEEKS  
FC (#313205-02)

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### **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. 1 hour, 15 minutes. Instructor: LEE BRADLEY. • \$40 (Non-resident \$48)  
AGES 6-7:  
JUNE 5.... TU/TH 10:30 AM • 4 WEEKS  
FC-GYM (#243280-01)  
AGES 8-10:  
JUNE 5.... TU/TH 12 PM • 4 WEEKS  
FC-GYM (#243280-02)  
AGES 11-15  
JUNE 5.... TU/TH 1:30 PM • 4 WEEKS  
FC-GYM (#243280-03)

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### **CHEERLEADING**

(Ages 6-12) Learn motions, jumps, kicks, basic stunts, chants and dance techniques. Focus on team work, motivation, coordination, strength and flexibility. Pom poms will be provided to use during sessions. Skills learned will be combined into a routine for a fun show at the last class. Instructor: TAWNI MONK, AZ TUMBLE N DANCE COMPANY. • \$53 (Non-resident \$64)  
JUNE 9.....SA 12 PM • 6 WEEKS  
FC-EXA (#243244-02)

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### **MARTIAL ARTS / TAE KWON DO - TIGER PROGRAM**

(Ages 3-9) Experience this fun way to release energy while learning self discipline, respect, concentration and focus in a positive environment. (Optional uniform may be purchased for \$30). 30 minutes. Instructor: TEMPLEMAN. • \$38 (Non-resident \$46)  
AGES 3-4:  
JUNE 15....F 6 PM • 5 WEEKS  
FC-EXB (#243275-01)  
AUG. 3.....F 6 PM • 5 WEEKS  
FC-EXB (#243275-04)  
AGES 5-6:  
JUNE 15....F 6:30 PM • 5 WEEKS  
FC-EXB (#243275-02)  
AUG. 3.....F 6:30 PM • 5 WEEKS  
FC-EXB (#243275-05)  
AGES 7-9:  
JUNE 15....F 7 PM • 5 WEEKS  
FC-EXB (#243275-03)  
AUG. 3.....F 7 PM • 5 WEEKS  
FC-EXB (#243275-06)

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

(Ages 6-14) Learn basic judo postures and salutations, how to move on the mat, control your opponent and be thrown safely. Techniques of grappling, locking, choking, escaping and sequence combinations will be taught. Great for beginners and veterans alike. No class July 4. 1 hour. Instructor: DR. MOORE. • \$20 (Non-resident \$24)  
JUNE 4.....M/W 6 PM • 1 MO.  
FC-EXB (#243212-01)  
JULY 2.....M/W 6 PM • 1 MO.  
FC-EXB (#243212-02)  
AUG. 1.....M/W 6 PM • 1 MO.  
FC-EXB (#243212-03)

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### **BATON TWIRLING - LEVEL 1**

(Ages 7-18) This class teaches basic twirling skills and tricks, as well as stretching, technique and character building. Batons will be provided for class or may be purchased for \$25. 1 hour. Instructor: MULLEN. • \$40 (Non-resident \$48)  
JUNE 11 ....M 6:30 PM • 6 WEEKS  
FC-GYM (#243203-01)

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### **Youth/Teen dance**

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### **WE CAN DANCE TWO**

(Age 2) Learn to teach your two year old skills that build strength, coordination, flexibility and motor skills. Using props, stories and fun music, your child will gain a positive introduction to dance and tumbling basics. No class July 3 and Sept. 4. 45 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, steppinoutperformingarts.com. • \$50 (Non-resident \$60)  
JUNE 12....TU 10:30 AM • 6 WEEKS  
FC (#233202-01)  
JULY 31.....TU 10:30 AM • 6 WEEKS  
FC (#233202-02)

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### **HIP HOP/TAP DANCE COMBO I**

(Ages 3-5) For both boys and girls, this is a fun and exciting introduction to hip hop, tap, jazz and tumbling basics. A dance combining learned techniques will be featured at the final class. No class July 4 and Sept. 5. 45 minutes. Instructor: STEPPIN' OUT PERFORMING ARTS, steppinoutperformingarts.com. • \$50 (Non-resident \$60)  
JUNE 13....W 11:30 AM • 6 WEEKS  
FC (#233225-01)  
AUG. 1.....W 11:30 AM • 6 WEEKS  
FC (#233225-02)

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### **HIP HOP**

(Ages 6-12) Build strength, coordination, confidence and have fun while getting a workout In this high-energy class. Learn the latest hip hop dance moves and routines. Performance will be held on the last day of class. Great for boys and girls. No class July 4. Instructor: TAWNI MONK, AZ TUMBLE N DANCE COMPANY. • \$53 (Non-resident \$64)  
JUNE 9.....SA 1 PM • 6 WEEKS  
FC-EXA (#233285-02)

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### **BALLET/JAZZ COMBO**

(Ages 3-5) Ballet, jazz and tumbling skills are taught through stories, games and fun music. 45 minutes. No class July 4 and Sept. 5. Instructor: STEPPIN' OUT PERFORMING ARTS, steppinoutperformingarts.com. • \$50 (Non-resident \$60)  
JUNE 13....W 9:30 AM • 6 WEEKS  
FC-BOB (#233295-01)  
AUG. 1.....W 9:30 AM • 6 WEEKS  
FC-BOB (#233295-02)

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

(Ages 3-5) An introduction to ballet, tap, creative movement and some tumbling skills. Tap shoes required. 45 minutes. No class July 4, 5, Sept. 5 and 6. Instructor: STEPPIN' OUT PERFORMING ARTS, steppinoutperformingarts.com. • \$50 (Non-resident \$60)  
JUNE 13....W 10:30 AM • 6 WEEKS  
FC-BOB (#233293-01)  
JUNE 14....TH 3 PM • 6 WEEKS  
FC-BOB (#233293-02)  
AUG. 1.....W 10:30 AM • 6 WEEKS  
FC-BOB (#233293-03)  
AUG. 2.....TH 3 PM • 6 WEEKS  
FC-BOB (#233293-04)

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

(Ages 5-6) Great for both boys and girls, this is an exciting introduction to ballet, jazz, tap, creative movement and tumbling basics. Tap shoes required. 45 minutes. No class July 5 and Sept. 6. Instructor: STEPPIN' OUT PERFORMING ARTS, steppinoutperformingarts.com. • \$50 (Non-resident \$60)  
JUNE 14....TH 4 PM • 6 WEEKS  
FC-100 (#233294-01)  
AUG. 2.....TH 4 PM • 6 WEEKS  
FC-100 (#233294-02)

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### **ZUMBATOMIC®**

(Ages 6-12) Zumbatomic®, a fitness program for kids that features fun and fitness at the same time, is a fast-▶

forward fusion of the Zumba program that includes salsa, hip-hop and more! 45 minutes. Instructor: THOMPSON.  
• \$45 (Non-resident \$54)  
JUNE 16.....SA 10 AM • 8 WEEKS  
FC-EXA (#233239-01)

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### CHEER & TUMBLE COMBO

(Ages 3-5) In this high-energy class, your little cheerleader will learn basics such as jumps, kicks, chants and tumbling skills that build coordination and strength. The skills learned will be combined into a fun routine. 45 minutes. No class July 3 and Sept. 4. Instructor: STEPPIN' OUT PERFORMING ARTS, stepinoutperformingarts.com.  
• \$50 (Non-resident \$60)  
JUNE 12.....TU 11:30 AM • 6 WEEKS  
FC-BOB (#243266-01)  
JULY 31.....TU 11:30 AM • 6 WEEKS  
FC-BOB (#243266-02)

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Youth/Teen

## personal development

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### NEVER BEE LOST

(Ages 5-7) Never Bee Lost teaches kids the steps to stay safe if they become lost or separated from their parents or caregiver. What a child does and most importantly how prepared they are for the situation can make the difference in their overall safety. 1 hour. Instructor: KIDPROOF STAFF. • \$22 (Non-resident \$26)  
JUNE 6.....W 5 PM • 1 DAY  
FC-206 (#253266-01)  
JUNE 30.....SA 1 PM • 1 DAY  
FC-206 (#253266-02)

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### CHILD CARE & BABYSITTING WORKSHOP

(Ages 12-18) Get training on 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: EMERGENCY RESPONSE TRAINING.  
• \$63 (Non-resident \$76)  
JUNE 6.....W 9 AM • 1 DAY  
FC-212 (#253280-01)  
JUNE 16.....SA 9 AM • 1 DAY  
FC-212 (#253280-02)  
JULY 11.....W 9 AM • 1 DAY  
FC-212 (#253280-03)  
JULY 21.....SA 9 AM • 1 DAY  
FC-212 (#253280-04)  
AUG. 18.....SA 9 AM • 1 DAY  
FC-212 (#253280-05)

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### AT HOME ALONE

(Ages 10-14) This popular, entertaining workshop is designed to prepare children to be at home alone. Important skills are learned through interactive lessons and role play that make both you and your child more confident when they are at home alone. Topics include rights and responsibilities, preparing for an emergency, dealing with visitors, phone calls and more. 2 hours. Instructor: KIDPROOF STAFF.  
• \$32 (Non-resident \$38)  
JUNE 6.....W 6 PM • 1 DAY  
FC-206 (#253265-01)  
JUNE 30.....SA 2 PM • 1 DAY  
FC-206 (#253265-02)

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### BEGINNING ACTING CLASS

(Ages 10-16) Ever watch a movie or TV show and said, "I would love to try acting"? Then this class is for you! Let your imagination soar as you work on monologues, scenes and acting techniques. At the end of class, you'll show off what you have accomplished! No experience needed. 1-½ hours. Instructor: LEIBOWITZ. • \$75 (Non-resident \$90)  
JUNE 16.....SA 10 AM • 8 WEEKS  
FC-202 (#253249-01)

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### SPANISH

(Ages 4-13) Learn Spanish in a fun, friendly atmosphere through games, music and group participation. Learn how to make conversation and more. \$12 collected at first class for snacks. 45 minutes. No class July 4. Instructor: DAVIS. • \$69 (Non-resident \$83)  
AGES 4-6:  
JUNE 4.....M/W 9 AM • 6 WEEKS  
FC-210 (#263210-01)

AGES 7-9:

JUNE 4.....M/W 10 AM • 6 WEEKS  
FC-210 (#263210-02)

AGES 10-13:

JUNE 4.....M/W 11 AM • 6 WEEKS  
FC-210 (#263210-03)

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### KIDS' COOKING

(Ages 7-16) Learn to read a recipe, measure ingredients and enjoy the fun things you can make in the kitchen! \$20 supply fee collected at the first class. 1 hour. Instructor: BARBOUR.  
• \$58 (Non-resident \$70)  
JUNE 16.....SA 1 PM • 4 WEEKS  
FC-KIT (#203221-01)  
JUNE 16.....SA 2:30 PM • 4 WEEKS  
FC-KIT (#203221-02)  
JULY 14.....SA 1 PM • 4 WEEKS  
FC-KIT (#203221-03)  
JULY 14.....SA 2:30 PM • 4 WEEKS  
FC-KIT (#203221-04)

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### GOURMET COOKING ON A DIME - BASIC COOKING CLASS

(Ages 9-16) Come learn basic dishes that are fun and nutritional. Learn cooking skills, confidence and a passion for cooking! \$20 supply fee will be collected. 1 hour. Instructor: TURRIGIANO (gourmetcookingonadime.com).  
• \$47 (Non-resident \$56)  
AGES 9-12:  
JUNE 1.....F 10 AM • 4 WEEKS  
FC-KIT (#203263-01)  
AGES 13-16:  
JUNE 1.....F 11:30 AM • 4 WEEKS  
FC-KIT (#203263-02)

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### SAFE KIDS

(Ages 5-7) This fun, interactive program focuses on preventing common household, playground, and traffic injuries and how to call for help. 1 hour. Instructor: KIDPROOF STAFF.  
• \$22 (Non-resident \$26)  
JUNE 16.....SA 1 PM • 1 DAY  
FC-206 (#253267-01)  
JULY 19.....TH 5 PM • 1 DAY  
FC-206 (#253267-02)

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### FIRST AID FOR KIDS

(Ages 8-12) This informative class shows how to safely respond to medical emergencies. 2 hours. Instructor: KIDPROOF STAFF. • \$32 (Non-resident \$38)  
JUNE 16.....SA 2 PM • 1 DAY  
FC-206 (#253261-01)  
JULY 19.....TH 6 PM • 1 DAY  
FC-206 (#253261-02)

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Youth/Teen

## cultural arts

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### ART CAMP

(Ages 8-16) Taught by a professional artist, children will discover their artistic ability using several art mediums. Professional material will be used to help explore the artist inside. Projects may include pottery making, oil painting on canvas, pastels, watercolors, drawing, sand painting, glass painting, glass fusion and more. A supply fee of \$20 will be collected at the first class. 1-½ hours. Instructor: BARBOUR (former Arts Academy Instructor).  
• \$45 (Non-resident \$54)  
JUNE 19.....TU 2:45 PM • 4 WEEKS  
FC-212 (#223208-03)  
JUNE 19.....TU 4:30 PM • 4 WEEKS  
FC-212 (#223208-04)  
JULY 17.....TU 2:45 PM • 4 WEEKS  
FC-212 (#223208-07)  
JULY 17.....TU 4:30 PM • 4 WEEKS  
FC-212 (#223208-08)

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Youth/Teen  
**music**

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**PARENT TOT MUSIC TIME**

(Ages 6 mo.- 4) A fun, interactive way for families to bring music into their home. Helps develop musical competency in children and their caregivers. Learn songs, games and play music on child friendly instruments. One child per caregiver. \$8 supply fee collected at class. 1 hour. No class July 4. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 6.....W 10 AM • 6 WEEKS  
FC-204 (#283214-01)

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**SUPER SINGERS**

(Ages 9-14) Learn voice technique, song preparation and more! Get the opportunity to sing in an ensemble and soloist setting. No prior experience required. Notebook and pencil suggested. \$8 supply fee collected at class. 1 hour. No class July 4. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 6.....W 3:30 PM • 6 WEEKS  
FC-204 (#283230-01)

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**SINGING FOR LITTLE STARS**

(Ages 4-8) A fun method for little ones to learn how to use their voices when singing and how to present themselves in front of an audience. They'll have an opportunity to sing in an ensemble setting and as a soloist. 1 hour. No class July 4. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 6.....W 11:15 AM • 6 WEEKS  
FC-204 (#283238-01)

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**BEGINNING (ACOUSTIC) GUITAR**

(Ages 12+) Bring your guitar and learn basic chords, strums, how to read music and more! \$7 book fee collected at the first class (Hal Leonard Guitar Method, Book 1, 2nd edition). 2 hours. Instructor: MOORE. • \$71 (Non-resident \$85)  
JUNE 16.....SA 10:30 AM • 8 WEEKS  
AC-102 (#183121-01)  
JUNE 16.....SA 1:30 PM • 8 WEEKS  
FC-204 (#283121-01)

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**BEGINNING YOUTH GUITAR**

(Ages 9-14) Bring an acoustic guitar and make music. Learn hand positions, basic theory and more. No experience necessary. Notebook/pencil suggested. \$8 supply fee collected at class. ▶

1 hour. No class July 5. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 7.....TH 5:30 PM • 6 WEEKS  
FC-204 (#283222-01)

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**GUITAR FOR LITTLE HANDS**

(Ages 6-8) Have your youngster bring a guitar and learn age-appropriate songs! Hand positions, note reading and more taught. Pencil/notebook recommended. 1 hour. No class July 5. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 7.....TH 4:30 PM • 6 WEEKS  
FC-204 (#283223-01)

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**ELEMENTS® AMAZING ELECTRONIC PIANO-KEYBOARD**

(Ages 6-12) Your child will learn to play songs in the first few lessons. Elements is the largest provider of keyboard/piano lessons in the Southwest, offering a method that teaches note reading, chords and counting, along with the basic skills to play ALL music. Join us for games, prizes and a special judge from the "American Idol" music staff. Keyboards and headphones for classroom use provided. For those with some keyboard experience, call Elements at 480-325-2684 to determine appropriate level. 1 hour. Instructor: ELEMENTS STAFF. • \$97 (Non-resident \$117)  
LEVEL 1:  
JUNE 16.....SA 9 AM • 6 WEEKS  
FC-210 (#283228-01)  
LEVELS 2-4:  
JUNE 16.....SA 10:10 AM • 6 WEEKS  
FC-210 (#283228-02)

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**PIANO FOR LITTLE HANDS**

(Ages 4-8) Little ones can learn to make music by learning to play the piano. Proper hand positions, posture, note reading and more taught. Students must bring their own keyboard. 1 hour. No class July 4. Instructor: THE PHOENIX CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 6.....W 12:30 PM • 6 WEEKS  
FC-204 (#283209-01)

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**BEGINNING PIANO**

(Ages 9-14) Bring your keyboard and make music! Learn hand positions, note reading, age appropriate songs and more. No experience necessary. Notebook/pencil suggested. \$8 supply fee collected at class. 1 hour. No class July 4. Instructor: THE PHOENIX ▶

CONSERVATORY OF MUSIC FACULTY. • \$68 (Non-resident \$82)  
JUNE 6.....W 2:30 PM • 6 WEEKS  
FC-204 (#283210-01)

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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, 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.

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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.

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CITY OF GLENDALE YOUTH SCHOLARSHIP PROGRAM: City of 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.

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