

Leisure Times

Summer 2012
VOLUME 37

Cottonwood Parks and Recreation's Guide to Activities, Events and Facilities



**The Cottonwood Farmers
Market Jamboree begins
Thursday, July 5.**

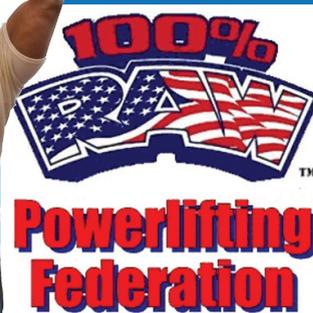
Fun for everyone!



**Daddy/Daughter
Date Night
Friday, June 15**

**at the
Cottonwood
Recreation Center**

**See page 4 for
more
information.**



**See page 6 for
information
on the 2012
American
Challenge
at the CRC.**



PARKS & REC. POLICIES

Parks & Recreation Program Policy

The Cottonwood Parks and Recreation Department strives to provide diversified programming for everyone. Participation is the key factor. A limited amount of participation must be met in order to offer effective programs to the community. If you have any suggestions for adult or youth programs that are not currently being offered through this department or if you are interested in teaching a class, please contact the Cottonwood Parks and Recreation Department.

The Cottonwood Parks and Recreation Department assumes no responsibility for injuries or accidents occurring at programs, activities, special events, trips or outings, or at any City owned park area.

Registration Policy

1. Registration for Cottonwood Parks and Recreation leagues, swim classes and special events are accepted on a first come, first served basis on-site at the office, 150 S. 6th Street at the Cottonwood Recreation Center during the allotted registration dates. Telephone registrations are not accepted for any program. Online registration is available for many CRC programs through the city website. A small convenience fee will apply.
2. Persons and/or teams are not considered “registered” until all fees are paid in full.
3. Special Interest Classes: register for CRC classes at the front desk. Instructors of classes held at the Cottonwood Civic Center collect their own registration information and fees.
4. If a desired class or youth program is filled, names will be placed on a waiting list. Additional classes may be formed upon demand if the appropriate instructor and space can be obtained.
5. **CLEANING/EQUIPMENT/KEY DEPOSITS LEFT UNCLAIMED SIX (6) MONTHS AFTER SAID EVENT WILL BE FORFEITED TO THE DEPARTMENT.**
6. **COTTONWOOD PARKS AND RECREATION HAS A “NO REFUND” POLICY ON ALL DEPARTMENTAL PROGRAMS.**

Facility Rental Policy

Riverfront and Garrison Park ramadas and CRC rooms are available for rent through Parks and Recreation at the CRC office. Rental rates, deposits and rules and regulations for these facilities vary. General rules that apply include no glass bottles at any outdoor facility and no alcohol at any city facility except Riverfront Park (beer in cans only) and the CRC banquet hall, with approval and insurance. Piñatas and bounce houses are not allowed at parks without a prior deposit made at the office. Cleaning deposits will be returned after a minimum one week waiting period and only if the area is cleaned up to staff’s satisfaction. Contact the Parks office for availability and exact pricing.

The **Leisure Times** is produced by Robin Babbitt and Cottonwood Parks & Recreation staff. Information contained in this publication is accurate at press time, however, dates, times, site locations, and offerings are subject to change. *On occasion, the Cottonwood Parks and Recreation department takes photos of participants enrolled in sponsored programs. Please be aware that these photos are for departmental and advertising use only and may be used in future catalogs, brochures, pamphlets or flyers. Please let the photographer know if you do not want you picture taken.*

NOTICE: The U.S. Department of the Interior prohibits discrimination on the basis of race, color, natural origin, or handicap in its federally assisted programs and activities. If anyone believes he or she has been discriminated against in any Parks and Recreation program, activity, or facility, he or she may file a complaint alleging discrimination with either the Cottonwood Parks and Recreation Department or the Director of the Office of Equal Opportunity, U.S. Department of Interior, Washington D.C. 20240. Jason Little, Recreation Manager, is the designated and responsible official to contact or coordinate in regard to all Section 504 compliance efforts. For further information, please contact the Cottonwood Parks and Recreation Department at 928-639-3200. Inquiries or complaints may be mailed to Mr. Little at 150 S. 6th Street, Cottonwood, Arizona 86326.

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CITY DEPARTMENTS

City Council

Diane Joens, Mayor

Karen Pfeifer, Vice Mayor

Jesse Dowling, Tim Elinski, Ruben Juaregui, Linda Norman Terence Pratt

Council meetings are held every First and Third Tuesday, 6 PM,
at the Council Chambers, 826 North Main Street.



Administrative Services

City Manager

Doug Bartosh

City Clerk

Marianne Jiménez

Economic Development Dir.

Casey Rooney

City Hall: 827 North Main Street

Cottonwood, Arizona 86326

Hours: 8 am to 5 pm, Monday through Friday

Phone: 928-634-5526 Fax: 928-634-5520

Web Site/email: cottonwoodaz.gov

Finance & Human

Resources

Rudy Rodriguez,

Administrative Services Manager

816 N. Main Street

634-0060

Public Safety

Fire Department Mike Kuykendal, Chief

191 S. 6th Street

634-2741

Police Dept.

Jody Fanning, Chief

199 S. 6th Street

634-4246

Development Services

Dan Lueder, Development Services Manager

Cottonwood Municipal Water

111 N Main Street

634-0186

Public Works, Sewer, Streets &

Buildings/Parks Maintenance

1490 W. Mingus Avenue

634-8033

Municipal Court

Douglas LaSota, Magistrate

665 E Mingus Avenue

634-7537

Community Services

Richard M. Faust, CPRP,

Community Services Manager

Parks and Recreation

150 S. 6th Street

639-3200

Jason Little, Recreation Manager

Ryan Bigelow, Recreation Program Supervisor

Hezekiah Allen, Aquatics Supervisor/
Special Events

Heather Klomparens, Fitness Center Supervisor

Robin Babbitt, Administrative Coordinator

Richard Wells, Maintenance Supervisor

Kaley Badger and Lisa Wright

Front Desk Supervisors

Jak Teel & Barb Lyskoski, Head Guards

Office Hours: 8 AM to 5 PM, Monday thru Friday

Fax: 928-634-8437

Parks & Recreation Commission

Bill Bowden, Doug Hulse, Tim McKeever,

Carol Nielsen and Bob Richards

This Commission is a volunteer advisory board and meets the fourth Tuesday of most months at 5 pm at the Cottonwood Recreation Center. Please call the office prior to attending to check on possible time or location changes.

Library

Vanessa Ward, Manager

Mary Griffith, Library Coordinator

100 S. 6th Street

634-7559

SPECIAL EVENTS

Outdoor Pool Events

Dive-In Movie Nights!

Cottonwood Aquatic Center
June 9, July 14 & August 11

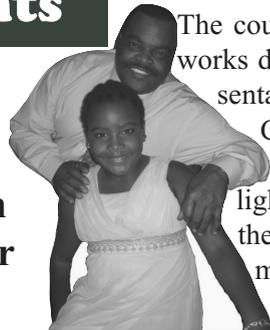
Join Cottonwood Parks & Recreation and the Cottonwood Youth Advisory Commission for the annual Dive-In Movies. Eat pizza and enjoy the cool waters while watching a fun family movie under the stars. This program takes place at the Cottonwood Aquatics Center the second Saturday evening of each month this summer. Movies shown will be appropriate for the entire family. Cost is \$4 per ticket or \$12 for a family of 4. Cash or check only. Tickets may be purchased in advance at the Rec. Center or outdoor pool. Food and concessions will be available for purchase. Stay tuned to hear the premiers!

Father's Day Events

Daddy/Daughter Date Night

Friday, June 15, 6:00 - 8:30pm
Cottonwood Recreation Center
Banquet Hall

Express your love and appreciation for Dad by taking him out for a special evening of fine food and dancing. Cottonwood Parks & Recreation in conjunction with Manzanita Restaurant proudly present the 12th annual Daddy Daughter Date Night. This evening is for girls (ages 5 to 17) to acknowledge their fabulous dads for Father's Day. Dress is semi-formal (coat and tie). Seating is limited to the first 50 father/daughter groups who purchase tickets. Tickets may be purchased from Monday, May 7 through Friday, June 8 at the Recreation Center, \$36 per couple and an additional \$18 for each additional daughter. Price includes music by a DJ, corsage, scrumptious dinner and a photo. Manzanita Restaurant is renowned for German food, superb seafood and charbroiled steaks. The Manzanita Restaurant was featured in Arizona Highways, Triple Diamond rated, and included in "Dining in Arizona's 101 Great Places to Eat."



Events at the Parks

13th Annual Fantastic Family Fourth of July!

Wednesday, July 4 4:00 - 9:30 pm
Cottonwood Kids Park

Pre-show activities for this Independence Day Extravaganza start at 4:00 pm with games, water slides, inflatable rides and watermelon eating contests. Free food provided courtesy Fry's Food & Drug and prepared by Hog Wild BBQ Restaurant from 4 until about 6pm. Wrist bands will be available for the kids games. Soft drinks, glow necklaces and other items will also be available for purchase during the event.

The countdown to Northern Arizona's finest fireworks display begins at 7:45 pm with music, presentations, and a patriotic salute by the VFW Color Guard. At 8:45 pm grab a blanket or lawn chair and settle in for 35 minutes of lights, booms and ahhs. Come down, enjoy the day, have a picnic on us, listen to the music and partake in the activities that the Cottonwood Parks and Recreation Department has put together for you and your family. Admission is Free! Fair parking only \$1 and benefits a local non profit youth organization.

This event is co-sponsored by: Cottonwood Chamber of Commerce, NAWA, Sparkletts, Verde Valley Pepsi, Verde Valley Fair Association and Fry's Food & Drug. Contact Hezekiah Allen, Aquatics/Special Events Supervisor, at 639-3200 x3215 if you have any further questions.





**Every Thursday evening
July through September
5:00 PM to dark
Old Town Activity Park**

Shop for locally grown fruits, vegetables, homemade jams and more while being entertained by fabulous musicians at Cottonwood's "Farmers Market Jamboree." Just a few of the bands scheduled for this summer are Jed Morrison, Black Forest Society, Tucson Eddy, the Knuckleheads and Major Lingo. An entertainment calendar will be available soon at cottonwoodaz.gov/parksrec. Vendor registration packets are currently available at the Cottonwood Recreation Center. Stop by, email hallen@cottonwoodaz.gov or call the office at 639-3200 for more information.

**National Night Out
Tuesday, August 7, 5:30 - 8 PM
Cottonwood Kid's Park**

Neighborhoods throughout the City of Cottonwood are invited to join forces with thousands of communities nationwide for the "29th Annual National Night Out" crime and drug prevention event. National Night Out, sponsored by the National Association of Town Watch (NATW) and co-sponsored locally by the City of Cottonwood Police Department, involves over 15,000 communities from all 50 states, US territories, Canadian cities and military bases around the world. In all, over 37 million people are expected to participate in "America's Night out against Crime."

National Night Out is designed to heighten crime and drug preventions awareness, generate support for, and participation in local anticrime efforts, strengthen neighborhood spirit and police community partnerships and send a message to criminals letting them know neighborhoods are organized and fighting back. Last year we had over 1,400 families and children in attendance and are anticipating over 1,500 participants this year, continuing to be the Largest National Night Out event in Northern Arizona for the fourth year in a row. The Cottonwood Police Department and the NNO Committee have put together an event for the whole

family including bounce houses, slides, entertainment, free Hot Dogs, Hamburgers, popcorn, snow cones, pop, water and much more. Over 25 businesses and organizations from the area will be giving out free information promoting NNO and public safety for children and families along with the Cottonwood Police Department's display and demonstrations.

Please feel free to contact James Iacovacci, NNO Coordinator at 928-202-8120 for more information or Chief Jody Fanning at 928-634-4246.

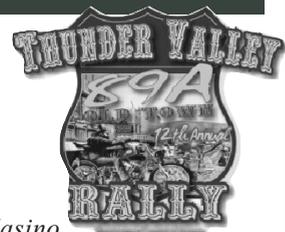


**Cottonwood Kid's Park
Saturday, October 6, 2012**

Save this Date! Rhythm & Ribs will be back this fall with great musical entertainment from local and national acts plus delectable ribs! More information to come soon from Cottonwood Parks & Recreation.

Events in Old Town

**THUNDER
VALLEY
RALLY!**



*Sponsored by: Cliff Castle Casino
Hotel & the City of Cottonwood*

**Old Town Cottonwood
September 14 - 16**



CLIFF CASTLE CASINO®

Everyone is welcome to this 12th annual event. Enjoy a weekend of fun, food, music and prizes. A Poker Run, Bike Show and rockin' live music will all get your motor running! The 3 day rally begins Friday afternoon with the Barley and Grapes Ride starting in Old Town, making its way to Jerome and back down through the wine country of Page Springs, and of course making stops along the way for a bit of tasting. The run will end by returning to Old Town so you can enjoy live music on the street, vendors and some Old Town charm. Saturday will offer the TVR Poker Run, beginning at 10:00 am. Head up Oak Creek Canyon along 89A into Flagstaff and back down Lake Mary Road near Mormon Lake and finish on State Route 260 back toward Old Town. At the end of the Poker Run, everyone will be able to enjoy live music, vendors, demo-rides and much more. Stay tuned for more information to come!

ADULT SPORTS



Powerlifting



The 2012 American Challenge

On June, 23, 2012, the 100% RAW Powerlifting Federation will hold its 3rd American Challenge National Championship.

The SW Regional Meet will be held at the Cottonwood Recreation Center. The Meet will be hosted by the REC-N-CRU POWER TEAM of Cottonwood.

Registered lifters will enter and compete in Power lifting, Bench Press, Deadlift and Strict Curl at this local meet and have their results compared to the other 100% RAW lifters competing that same day. Donations of \$5.00 for adults and \$2.00 for 12 years and under will be requested for admission.

Partake of what the Recreation Center has to offer while there for the event. With the purchase of a day pass, you will have use of the Indoor Aquatic area, Outdoor Pool, Rock Climbing Wall, and the Electronic Game Room. Day Care for 2 year olds and older (Potty Trained) will be available at an hourly rate. "Grandpa's Grill" Concession Trailer, serving Breakfast and Luncheon fare, will be on site all day. Marty Smith, Award Winning Photographer, will be taking pictures of all lifters. There will be over 40 World Record Holders competing in this Meet from all over the Southwest Region. Included teams will be from Tucson, Prescott and Cottonwood. Individual lifters from California, New Mexico and Utah have also inquired about the Competition.

For further information contact State Chairman, Paul Gillott at psgillott@cableone.net or Co-Director Tim McKeever, oldmaster@rec-n-cru.com or 928-451-1185. Entry Forms and additional information are available on the Federation Website.

If you have ever wanted to lift in a 100% RAW National Championship event but were never able to travel, this is your chance to be a National Champion!

REC-N-CRU

The REC-N-CRU is one of the most successful Drug-Free Powerlifting Teams in the USA, competing in the 100% Raw Powerlifting Federation and NASA (Natural Athletes Strength Assoc.). Placement on the REC-N-CRU is at the sole discretion of Tim McKeever Sr., Founder & Coach who is a multi World Record Holder, National Judge and 16 time National Champion.

Since its founding in June 2010 the REC-N-CRU's lifters have set or broke over 80 World Records, 30 National Records and all of the Arizona State Records in every Division they lift. Powerlifting consists of 3 lifts: squat, benchpress and deadlift. All 12 active members are ranked nationally in both Federations and 10 have at least 1 World Record. REC-N-CRU also won 3 National Team Championships in 2011.

Community involvement and fund raising are also a big part of the Team's activities. The REC-N-CRU is a 501(c) (3) Non-Profit Corporation. For information contact Tim McKeever, Sr. 928-451-1185 or oldmaster@rec-n-cru.com.

Skating Groups

Roller Derby

Dirty Verde Roller Derby is Verde Valley's own roller derby league! Roller derby is an American-invented full contact female sport, mixing athleticism and creativity, making it loads of fun. New recruits always welcome for our junior team or adult team, Ages 5 - 100!! Or just come down to skate with us!!

For practice times and locations, contact Carla aka Bam Wow at 254-0149 or Lizzy aka Dizzy Riot at 274-0413 or find us at

www.dirtyverderollerderby.com and on Facebook!



In-Line Hockey

Cottonwood Inline Hockey League offers both youth and adult roller (in-line) hockey leagues and activities during the year.

Sign-ups are in late October for teens and adults. For information about league play, pick-up games or other activities, please contact Jesse Meckley at 1-928-230-4116.

Men's Basketball

Men's Basketball is coming back to Cottonwood! This summer league will run from July 7 through September 1. Games will be played on Saturday mornings using the full court at the Cottonwood Recreation Center. Register your team between Monday, May 21 and Friday, June 15 at the CRC front desk. Sponsorship fees are \$300 and due upon registration. Player fees are \$20 and are due by Thursday, July 5. A maximum of 8 teams will be allowed in this league so register early. Each team should have eight to twelve players on their roster.

League structure will depend on the number of teams registered. Team practices will be scheduled on the two Saturdays before the league begins, June 23 and 30. Open basketball at the CRC is currently available in the evenings from 6:00 to 9:00 pm. The practice and game schedule, league rules and regulations will be discussed at the Coaches meeting scheduled for Thursday, June 21 at 7:00PM at the Cottonwood Recreation Center. Contact Parks and Recreation at 639-3200 or email rbigelow@cottonwoodaz.gov for more information.

Softball Tournaments

Jacob Teague Memorial Foundation Annual Softball Tournament Saturday, August 18, 2012 Riverfront Park

Spend a Saturday at the park hitting balls and supporting a good cause. Entry fees for this Co-Ed tournament are \$175 per team with a maximum of 20 teams allowed. Entry deadline is Monday, August 13. Any fees paid after the deadline will be assessed a \$25 late charge. Each team is guaranteed at least four games. Bring extra cash to the fields for the great raffles, food and silent auction. Proceeds go to Verde Valley area police departments for K-9's and dog related equipment and training.

For more information or to register, call John at 300-3122 or Amber at 928-925-5238. Raffle prizes and donations graciously accepted. Please call John or Amber to arrange pick-up.

Softball Leagues

Men's Fall League

Register for the 2012 Men's Fall Softball season between Tuesday, July 3 and Friday, July 27. Registration/Sponsorship fee is \$300 and due upon registration. A \$20 late fee will be charged to any team who wants to play but doesn't have their sponsorship fee paid by the deadline. Player fees are \$20 and are due by Monday, August 13. Both are accepted at the Cottonwood Recreation Center front desk. Men's games will be played Monday and Wednesday evenings beginning August 20. This league is limited to the first 16 teams who pay their sponsorship fee. Minimum of 12 players required on each team roster. Coaches' informational meeting is tentatively scheduled for Tuesday, August 7, at 7pm to discuss practice and game schedules, home run rules, player conduct and more. All players are required to fill out a Cottonwood Parks and Recreation Athletic Program waiver due with player fee by August 13.

Co-Ed Fall League

Cottonwood's Co-Ed Fall Softball league begins Tuesday, August 21. Register for this season between Tuesday, July 3 and Friday, July 27 at the Cottonwood Recreation Center front desk. Registration/Sponsorship fee is \$300 and due upon registration. A \$20 late fee will be charged to any team who wants to play but doesn't have their sponsorship fee paid by the deadline. Player fees are \$20 and are due by Monday, August 13. Both are accepted at the CRC front desk. Games are Tuesday and Thursday evenings. Coaches' informational meeting is tentatively scheduled for Tuesday, August 7 at 6pm to discuss practice and game schedules, home run



Photo courtesy Verde Independent

rules, player conduct and more. Minimum of 12 players required on each team roster. All players are required to fill out a Cottonwood Parks and Recreation Athletic Program waiver due with player fee by August 13.

HIKING & BIKING

Bicycling

Verde Valley Cyclists

The mission of the Verde Valley Cyclists is to improve the bicycling environment and thereby the quality of life in the region. We promote bicycle safety, education and facilities, and encourage use of the bicycle as an energy-efficient, economical and nonpolluting form of transportation and as a healthful and enjoyable form of recreation.

The VVCC organizes rides for every level including Friday morning "conversational" rides that leave from Jerona Cafe (across from the Post Office in Cottonwood) and rides in Village of Oak Creek. Go to www.vvcc.us for ride information.



Talk to Membership Director Rick at 928-254-2593 - or visit the website at www.vvcc.us.

VVCC is a 501(c)3 non-profit organization of 100 local cyclists of every ability level.

Mountain Bike Basics at Dead Horse Ranch State Park

Mountain Bike rides/clinics will be back in October on Saturday afternoons from noon until 4:00 PM. The rides will be beginner trail rides on dirt, with some instruction on the pavement. Randy Victory, a certified cycling instructor, offers everything from basic riding techniques to trail etiquette. Program fee is \$5 in addition to regular park entrance fees. The day use fee is \$7.00.

For more information and exact start date, call Ranger Victory at 301-1190 or email rvictory@azstateparks.gov.

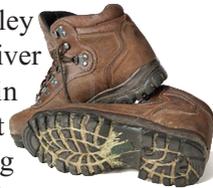
Walking/Hiking Nature Walks

at Dead Horse Ranch State Park

These 1 to 2 hour ranger-led hikes will start up again Saturday mornings at 9am in October. Hikes meander along riparian areas or stroll through the high desert trails. The hikes are free, however regular park entrance fees apply. Call Dead Horse Ranch State Park at 928-634-5283 or email Ranger Sanchez at msanchez@azstateparks.gov for more information and Fall start dates.

Verde Valley Trails

Explore the heart of the Verde Valley on foot. The beautiful Verde River and majestic Mingus Mountain offer stunning scenery throughout Cottonwood and its surrounding areas. Hiking is a great way to get some exercise and explore the outdoors. It is also something the whole family can enjoy. Think all the trails are in Sedona? Think again! Between Dead Horse Ranch State Park and Mingus Mountain there are many trails and areas to discover.



A local trail map is included on the facing page. To download this map visit

For safety's sake, before you go make sure to tell someone where you will be and when you will return. Take a charged cell phone with you and a first aid kit. Make sure to take plenty of water and snacks. Pay close attention to the weather and know your limitations. Wear lots of sunscreen and wear appropriate clothing. Most of all, have fun and enjoy nature.

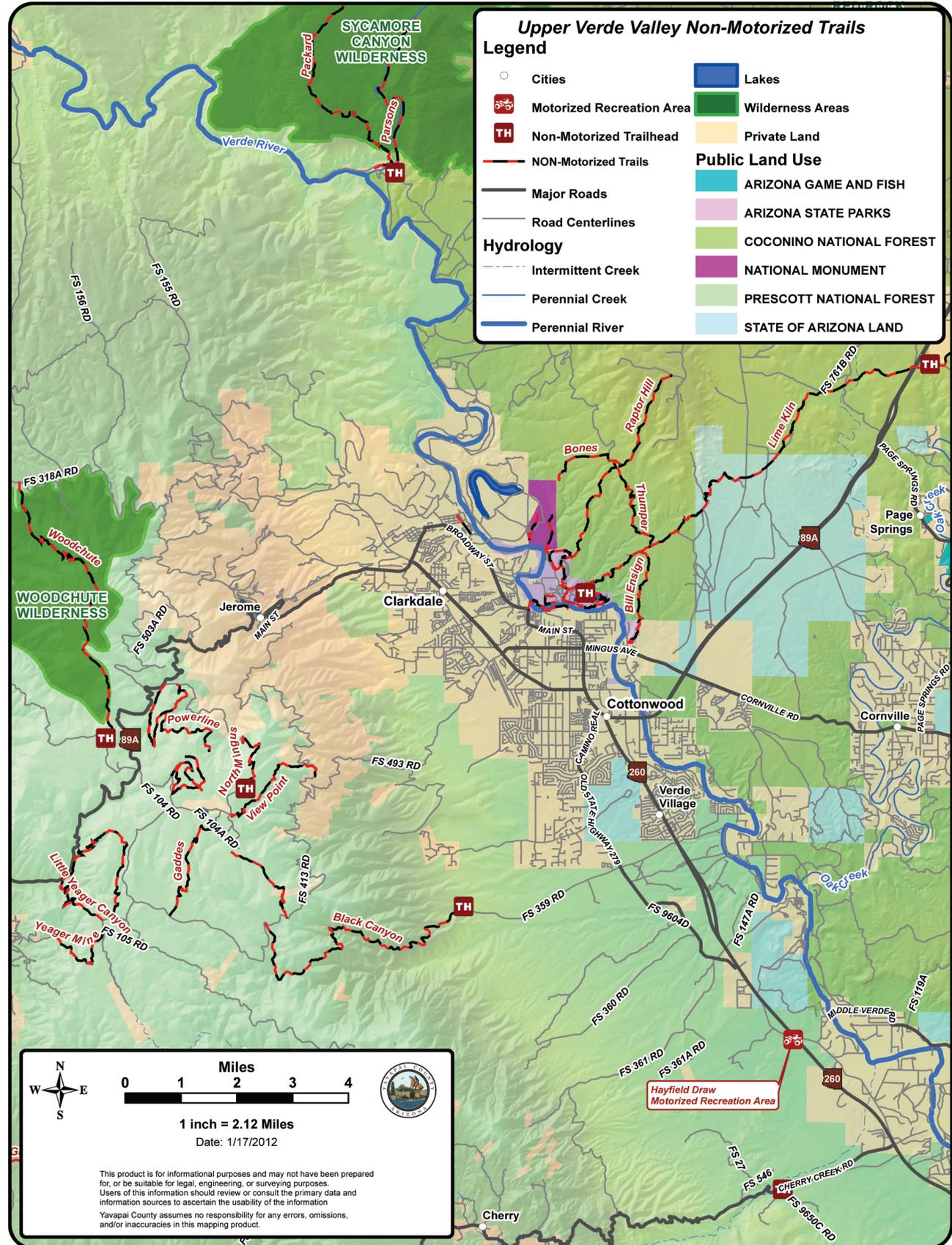
Walking Tracks

Perhaps you would rather stay on the beaten path, or even paved walkway? Then take advantage of the many walking/jogging tracks located in and around Cottonwood. These tracks are relatively flat, have parking areas close by and also allow you to enjoy the beautiful scenery of the area.

<u>Track Name/ Location</u>	<u>Lap Length</u>	<u>Laps/ Mile</u>
VVMC southwest of hospital along 89A	1/4 Mile	4
Ctwd Middle School Mingus Ave., surrounding sport fields	2518 feet	2.1
DDB School Monte Tesoro, around then behind building	1136 feet	4 2/3
Mingus Union Track Fir Street, around football field	400 Meters	~4
Windmill Park Cornville Rd., Cornville	777 feet	6.8

After a long day of work take a few laps around any of the above tracks for a healthy way to relieve the stress of your day.

Upper Verde Valley Trails System



YOUTH PROGRAMS

Learn To Swim

The summer swim season begins Saturday, May 26, 2012 at the Cottonwood Aquatics Center. Cottonwood Parks and Recreation's "Learn to Swim" program begins Tuesday, June 5. This program provides youth ages 3 to 15 with four levels of swim instruction. Levels are mandated by the American Red Cross and are taught by trained and certified water safety instructors. All four levels are offered at three different times in four separate sessions during the summer. Lessons are 30 minutes a day for ten days. *The 10-day sessions are held every day during the 2-week period except for Sunday (and July 4).*

2012 Session Schedule

- #1 Tuesday, June 5 - Friday, June 15
- #2 Tuesday, June 19 - Friday, June 29
- #3 Tuesday, July 3 - Saturday, July 14
- #4 Tuesday, July 17 - Friday, July 27

Level I is offered in the CRC Indoor Leisure Pool at the following times:

**10:00 - 10:30AM, 10:45 - 11:15AM
or 11:30 - 12:00PM**

Levels II through IV are offered at the Aquatics Center at the following times:

8:30 - 9AM, 9:15 - 9:45AM, or 10 - 10:30AM

Abridged Class Descriptions

LEVEL I "MINNOWS" - Water exploration that helps students feel comfortable and learn to enjoy the water safely. Students must be mature enough to attend classes without parental supervision. *Level I is taught at the Cottonwood Recreation Center leisure pool.*

LEVEL II "GUPPIES" - A primary skills class that teaches students to float without support, hold their breath, fully submerge head and beginning stroking techniques.

LEVEL III "GOLDFISH" - Students learn to jump and dive and get increased instruction on different crawls and strokes. Students should feel comfortable in chest deep or deeper water.

LEVEL IV "SEALS" - This level develops confidence in strokes learned thus far and strives to improve other aquatic skills.

Learn To Swim Registration

Register for this program at the Cottonwood Recreation Center front desk. Registrations must be made either in person or on line as completion of registration materials is required. Cost is \$35 per child per session. \$5 discounts for additional children within a family apply only if classes are within the same session. Registrations for each session will be accepted until the Thursday prior each session start date. If a session is full and another date or time is not convenient for your schedule, you may ask to be placed on a waiting list, but that does not guarantee you a spot in that specific class.

Please pick up a Summer 2012 Aquatics Guide at the CRC for more information on this program and others at the Cottonwood Aquatics Center.

Toddler Swim Class

Parent & Tot Class

Ages 6 months to 3 years

This class is held in the Outdoor Pool where you and your child learn to enjoy the water and have a safe aquatics experience together. Goals include feeling comfortable in water, changing body position, some arm and leg action, and breath control.

When: Saturday, June 16 9:30 AM;

AND/OR Saturday, August 4 9:30 AM

Where: Cottonwood Aquatics Center

Fee: \$7.50 per parent/child couple for each date
Pre-registration with fee required at the Cottonwood Recreation Center front desk.

Contact the CRC at 639-3200 for more information.

Youth Exercise Classes

Zumbatomic

Zumba for Kids! Ages 4 - 12

Kick off the week with kid fitness! 30 minutes of fun, healthy, exercise and movement incorporating strength, stretching, cardio, dancing and games. A great way to bring variety into your children's fitness activities.

When: Monday at 3:30 PM

Where: CRC Studio

Fee: Free for CRC members or with a day pass

Class taught by Rose Ortiz.

Summer Day Camps

Summer Day Camp

Ages 7 to 12

Create life long memories and friendships at the Cottonwood Summer Day Camp. Spend warm days swimming outside at the Aquatics Center, horseback riding and canoeing at Dead Horse Ranch State Park. Experience fun and educational activities at the Clemenceau Museum and by tracking Waldo on his worldly adventures. Relax by watching a movie or reading a book at the Cottonwood Library and take advantage of the climbing wall and game room in the air conditioned recreation center. Lunch is included.

Cost is \$140.00 per child per 2-week session. Times each day are 8:00AM to 1:30PM.

- Session #1** May 28 through June 8
- Session #2** June 11 through June 22
- Session #3** June 25 through July 6
- Session #4** July 9 through July 20

Drop off and pick up campers at Garrison Park. Campers must have transportation to and from park. Each camp session is limited to the first 20 paid registrants. Register at the Cottonwood Recreation Center. Space is limited so don't delay. New this year, sign up for 1 week at \$90 or drop-in for \$20/day. *Special Programming participation may be limited for drop-ins.*

Summer Day Camp AFTER CAMP

Do you need to have your child watched until 5pm? After Camp is offered each day the Summer Day Camp is run.

Times: 1:30 - 5:30pm

Cost: \$50/week or \$12/day per child

Mention you are interested in the After Camp when you register for the Day Camp.

This program is presented by the Cottonwood Youth Advisory Commission. **Cash or check only please.**

For more information contact

Cottonwood Parks & Recreation at 639-3200.



Summer Sport Camps

Basketball Camp

Ages 7 to 14

Camps are held at the Cottonwood Recreation Center gymnasium during the following days and times:

Camp Dates:

- #1** Monday, June 11 - Friday, June 15
- #2** Monday, June 18 - Friday, June 22

Camp Times: 7 to 10 year olds 8am - 9:45am

11 to 14 year olds 10am - 12pm

Camp Fee: \$35 per participant per week - includes a camp shirt!

Register: May 7 through June 1 at the Cottonwood Recreation Center

Campers in the 7 - 10 year old group learn the basic fundamentals including passing, shooting, rebounding and blocking out. Campers in the 11 - 14 year old division learn the basics while gradually advancing to more skilled offensive and defensive drills.

All campers must be picked up from the CRC directly after the end of camp each day. Camps limited to 40 participants per division so sign up soon. A minimum of 20 campers needed in each age group to host camps.

For additional information, please contact Parks and Recreation at 639-3200 or email rbigelow@cottonwoodaz.gov.



Challenger Sports British Soccer Camp

Ages 3 to 16

This is a unique camp program that offers players character development and sportsmanship while providing a fun, memorable and positive experience. This camp features Challenger's new 1,000 Touches Curriculum packed with new drills and practices designed to improve individual ball control, foot skills, fakes and moves.

Camp Dates: Monday, July 30 - Friday, August 3

Location: Riverfront Park Soccer/Football Field

<u>Program</u>	<u>Age</u>	<u>Time</u>	<u>Price</u>
1st Kicks	3 - 4 years	8 - 9 am	\$72
Mini Soccer	5 - 6 years	9:30 - 11 am	\$95
Half Day	7 - 10 years	8 - 11 am	\$115
Half Day	11 - 16 years	8 - 11 am	\$115

To Register: Sign-up at www.challengersports.com by June 15 and receive a free jersey. Or bring applications to the CRC (no jersey offer). Email rbigelow@cottonwoodaz.gov for more information.

Summer Theatre

MISSOULA CHILDREN'S THEATRE

Missoula Children's Theatre returns to Cottonwood this summer with their production of

Red Riding Hood

Riding Hood. Children in grades K to 12 are invited to audition to be part of a real live theatre production.

The Missoula Children's Theatre tour arrives with two directors and everything necessary to produce a live play in only 6 days including the set, lights, costumes, props and make-up. The only thing needed is the cast! They audition 50 - 60 local students who have completed Kindergarten through grade 12 for a full-length original musical production. Throughout the tour week the children rehearse, memorize lines, learn songs and choreography. There are also theatre workshops ranging from Theatre Make-Up to Mime. Workshops are open to all school age youth even if not participating in the production. The cast members sell raffle tickets and tickets to the performance.

The week starts with auditions Monday, June 11 at 9:45am at the Cottonwood Civic Center. Older students will need to bring a lunch and plan to stay until 2pm. Younger students who are cast will start rehearsals either Tuesday or Wednesday at 10am.

Cottonwood's MCT production of *Red Riding Hood* ends with two performances on Saturday, June 16 at 3pm and 7pm at the Cottonwood Civic Center in Old Town at 805 N. Main Street.

For more information on this MCT residency, please contact Betsy Williams at 202-8546.

The Missoula Children's Theatre Residency is presented by the Verde Valley Concert Association with a generous contribution by the Cottonwood Parks & Recreation Department and others.

Special Interest

Tennis Lessons Ages 4 & Up

Jeff Cooper, a teaching pro with 23 years experience, is offering group and private tennis lessons at the Cottonwood Tennis Center. Jeff has the highest rating the PTR awards through its comprehensive certification test. He has authored more than 150 articles on tennis and developed dozens of games and drills that make learning tennis easy and fun for juniors and adults at every level. Group lessons start at \$8 per hour. Call Jeff at 567-2169 for further details.

The CTM™ Training Method

Ages 6 - 15

Northern Arizona Movement Center, Inc. presents this training for special needs children. CTM means Confidence Through Motion. This class is designed to build confidence using movement through motion one-move-at-a-time.

When: Fridays, 4:00 PM Where: CRC Studio

Fee: \$2.50 per class - to be paid at front desk

For more information please contact Northern Arizona Movement Center, Inc. at (928) 890-7633.

Summer Music Program - Singing

Song Writing for Children

Ages 5 to 9

This exciting five-week program is based on a three-stage process whereby children are engaged in making art, draw inspiration from that art, and then collaborate with the instructor to make original music. The program completes itself with the children performing their own songs with musical accompaniment as invited family and friends join to realize a child's first experience of creative musical expression and performance.

When: Tuesdays 9:00 - 11:00 AM
June 19, 26, July 3, 10 & 17

Where: Cottonwood Civic Center

Fee: \$60 for 5 weeks

Vocal Instruction for Youth

Ages 8 to 18

The objective of the vocal program is to develop the singing ability through guided practice to understand critical distinctions about breathing, posturing, tonality, preparation, resonance and diction. Each child will bring a background track or sheet music to perform. In addition to the benefit of singing progress, this program stimulates performance, confidence, stage presence and audience relationship.

When: Tuesdays 11:30 AM - 1:30 PM
June 19, 26, July 3, 10 & 17

Where: Cottonwood Civic Center

Fee: \$60 for 5 weeks

The above vocal classes are taught by Beth El Kurchner - Voting member for the Grammy awards and 2011 Sedona Superstar winner. To register please call Beth at 917-741-8691.

Ballet Classes

Ballet with Pam Ages 4 to 12

Dance, flow, relevé and turn. Have the grace and strength our bodies are capable of achieving. Learn correct posture placement and musicality along with basic ballet fundamentals. Make friends with other children who also enjoy the world of ballet. This is an ongoing class throughout the year.

Pre-Ballet for 4 to 6 year olds

When: Thursdays 2:45 - 3:30pm
 Where: Cottonwood Civic Center
 Fee: \$28 per month

Elementary for 7 to 12 year olds

When: Thursdays 3:30 - 4:30pm
 Where: Cottonwood Civic Center
 Fee: \$30 per month

Please contact Pamela Zahnzinger at 592-9114 for more information on this class.

Primary Ballet Ages 5 - 8

This class is for students with no previous ballet training. It teaches some preliminary steps leading up to ballet, stretching, barre work and across the floor work. Strong emphasis on ballet positions & technique.

When: Tuesdays 3:00 - 4:00 pm
 Where: Cottonwood Civic Center
 Fee: \$30 per month

Please call Carla Renard at 254-1058 for more information on the above dance class.

Mixed Ballet Ages 6 - 12 (Levels I thru Intermediate)

This session is for students with some ballet training. It focuses on cleaning up and correcting technique. Strong emphasis on vocabulary and technique.

When: Thursdays 4:40 - 5:40 pm
 Where: Cottonwood Civic Center
 Fee: \$30 per month

Please call Carla Renard at 254-1058 for more information on this class.

Youth Dance Classes

Kids Hip Hop Ages 6 - 12

Fresh moves for movin' & groovin. Hip Hop is good for balance, coordination & rhythmic understanding.

When: Mondays, 4:00 - 4:45 PM
 Where: Cottonwood Civic Center
 Fee: \$28 per month

Please contact Pamela Zahnzinger at 592-9114 for more information on this class.

Junior/Preteen Jazz

Ages 7 - 12

This class is for students interested in dance but don't want the intense structure of ballet. Work on strength training, core strengthening and technique in classical and contemporary Jazz, as well as some Broadway Jazz.

When: Mondays at 4:00 pm
 Where: CRC Studio
 Fee: \$30 per month

Please call Carla Renard at 254-1058 for more information on the above dance classes.

Toddler Programs

Goof and Giggle Ages 1 - 3

Parent/Tot classes combining all the elements of the best classes into one! Create art using recyclables; dance, sing and play instruments to old songs with new words; explore science in tactile tubs; move and groove with balls, hoops and more. New Creative Themes Each Month!

When: Thursdays 9:30 am
 Where: CRC Cottonwood Room
 Fee: \$36 per 4-class session for non-members
 \$28.80 per session for CRC members

Must pre-register before class begins.

Parents must participate with child - IT'S FUN!
 Spring & Summer Sessions forming now. Check with the CRC front desk for exact dates.

For more information contact instructor Sharen Pearson, host of Baby D.I.Y seen on BabyFirstTV.
www.sharenpearson.com or 301-7339

CRC Child Care Ages 2 to 6

The Cottonwood Recreation Center provides child care at reasonable rates for members while they are using the facility. Young children play age appropriate games and have fun while supervised in the child care rooms.

To participate, children must be potty trained. All snacks/supplies to be brought in for each child. Parents must remain in the facility while the child is in the daycare program.

When: Mon - Fri 9 AM - 12 PM and 3:30 - 8 PM and Saturday 9 AM - 3 PM
 Where: CRC Child Care
 Fee: \$2/hour/child (2-hr limit)

Contact the CRC at 639-3200 for more information.

Teen Dance Classes

Contemporary/Jazz

Ages 13 & Up

Alternating class teaching the basics of Contemporary, Classic Jazz and Broadway Jazz. Fun and exciting movement, in a fun atmosphere.

When: Thursdays 5:40 - 6:45 PM

Where: Cottonwood Civic Center

Fee: \$45 per month

Please call Carla Renard at 254-1058 for more information on the above dance class.

Junior Advanced/Advanced

Ballet

Ages 12 & Up

This class is for students who have completed an intermediate level of ballet. For younger students - work on strength training to get to pointe. Older students work on pointe technique. Strong emphasis on vocabulary and technique with an introduction to choreography.

When: Tuesdays 4:00 - 6:00 pm

Where: Cottonwood Civic Center

Fee: \$55 per month

Please call Carla Renard at 254-1058 for more information on this class.

Fire Dept. Programs

Vacation Fire School

Ages 9 to 12

Boys and girls will participate in a wide variety of fire and life safety skills to include CPR, fire safety, physical fitness/obstacle courses, water safety and instruction in leadership and team building. Registration is \$25 and includes a tee shirt and lunch prepared by the Cottonwood Firefighters on both days. *This event is tentatively scheduled for June 14-15.*

Safe Sitter

Ages 11 to 13

Boys and girls will receive instruction in handling emergencies when caring for children, safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. Registration is \$40 and includes a Safe Sitter Manual and completion card. Specific dates have not yet been established.

For more information on either of these events, please call Cheryl Miskiel at 634-2741.

Cottonwood Youth Advisory Commission

The Cottonwood Youth Advisory Commission is a group of young adults who strive to provide a united voice for youth and be a driven, motivated group reaching out to disadvantage teens, always **dreaming big**. The Commission is composed of home schooled students, Cottonwood Middle School students and Mingus Union High School students. Meetings are once a month at the Cottonwood Recreation Center. 2011-2012 was an amazing year for the CYAC. They completed over 800 hours of community service, raised countless funds for non-profits and put on programs that will have a lasting effect. At the beginning of the year they dreamed of improving and having a lasting effect. President Andrew Hickey stated, "I truly believe we have improved this year and challenged ourselves."

Each of this year's programs was significant, but one truly stood out: CYAC's "Dream Big" initiative. The program was conceived by the commission as a way to make a difference. When the commission received a grant from MatForce it was given life. The next step was solidifying a speaker. The commission wanted a speaker to convey their message of "Dream Big" and in a way that would relate to teens. Anthony Robles, winner of the 2011 NCAA National Wrestling Championships, stepped up. He is a remarkable young man who achieved this while dealing with family struggles and being born with one leg. He received a standing ovation from the 1200 students who attended. Today you can see students wearing the commission's "Dream Big" bracelets.

2011-2012 Completed Programs

- Yavapai Food Bank (CYAC donates Turkeys)
- Teen Night (over 300 youth in attendance)
- Verde Valley Sanctuary (gifts provided for 13 families)
- Angel Tree (62 youth received presents)
- Santa Pictures (50 youth got to meet Santa)
- Easter Bunny Pictures (40 families created memories)
- Spring Fling Dance (over 150 youth attend)
- Parent's Night Out (35 families enjoy Valentine's Day)
- Verde Valley Manor (CYAC members create bonds)
- Mayor's March a Mile for Meals
- Steward's for Land Clean-up
- Fall Carnival
- AZ Leagues of Cities & Towns

If you would like additional information about the commission please contact Cottonwood Parks & Recreation at 639-3200 x3215.

CRC ASP

CRC After School Program

Grades 1 through 8

The CRC ASP is a drop-in after school recreation program. Under the supervision of recreation staff, youth are provided with a variety of age appropriate developmental group activities that are fun, stimulating and enriching. Each day includes structured, scheduled activities plus supervised free play. Examples include rock climbing, swimming, homework time, arts/cultural activities and sports.

Youth must be enrolled in 1st through 8th grade, able to follow CRC facility and CRC ASP program rules, able to follow instructions, participate in group settings and able to manage personal hygiene without assistance from staff.

When: M, T, Th, F 2:30 - 6 PM; W 1:30 - 6 PM

Where: Cottonwood Recreation Center

Fee: \$150/month; \$40/week; or \$10/day

Contact the CRC at
639-3200 for more
information.



Youth Athletics/Service Organizations

Cottonwood and Verde Valley youth organizations function as their own entities. Each consists of volunteers who serve and operate with a board of officers to coordinate and manage the daily functions of the league or group. The names and numbers of the league/club contacts are published below.

4-H Cottonwood Clovers 928-554-8999 U of A Ag. Ext

Develop life skills while working with livestock, showing your dog and more.

Baseball & Softball

Verde Valley Little League - Baseball & Girl's Softball Ages 5 to 16 Jayne Lee, President 649-8425

Visit www.eteamz.com/verdevalley/ or call the President for more information. Registration is January 1 through March 1. Spring season runs April through June.

Football - **High Desert Youth Football & Cheer** - ages 6 to 14 Football \$75.00 Cheer \$60.00

Becky Allred, President 451-5519 Kyle Streck, Vice President 301-3010

Early registration accepted January 1 through July 14. Late registration July 14 - August 3 with a \$25 late fee. Ages are as of August 1. First day of practice is July 30, 5:30pm at CMS. Birth certificates and physicals mandatory. HDYF encourages parents who would like to coach or help in any way. For more information call Kyle Streck at 301-3010 or Monette Fanning at 300-4571 or visit www.eteamz.com/HDYF. Registration applications also available at Rice Accounting/Jackson Hewett, Reese Tire & Auto, Cottonwood Recreation Center or All Price Insurance. Mail in registration or drop off at All Price Insurance.

In-Line Hockey ages 12 to 18 Jesse Meckley 1-928-230-4116

Soccer - **AYSO** - ages 4 1/2 to 14 years Region 232 Hotline number 888-808-5453

EMAILS: General Information: CottonwoodTC@ayso232.org Website: www.ayso232.org

Practices begin the end of August, games run through November. Registration runs May through June 30. Check the website for dates, times and locations of walk-up registrations in April & May. Look for our soccer camp in Clarkdale the week of June 4, 2012.

Verde Valley Soccer Club - part of the Arizona Youth Soccer Association

Dave Miller, Club President 300-1927

Year round tournament play throughout the Southwest begins in the fall and runs until May. For more information please call or visit <http://www.vvsoccerclub.org>.

Special Olympics (ages 8 and up, based on eligibility) Debbie Justus 567-8068

Winter and Summer Sports - Softball, Golf, Swimming and More

Swimming

Cottonwood Clippers Swim Team - ages 7 - 18 Christine Soliz 634-1960

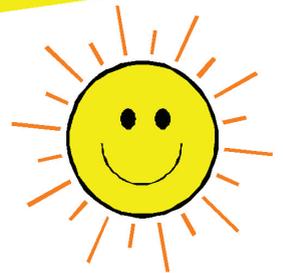
www.cottonwoodclippers.webs.com

Fun, competitive summer program. Must complete all 4 levels of swim lessons and be able to swim 25 yards without assistance. Registration was April 26, 2012 so please call for availability.



Obstacle courses

Summer Camps!



Funday Mondays
June 11 & 18 ~ July 16 & 23

Wonderful Wednesdays
June 13 & 20 ~ July 18 & 25

Games

11:30 - 2:30 Ages 4 & up

\$25 per camp ~ lunch included!

928-274-1881/ 639-2852

Crafts

Tumbling
&
Trampoline

Register online at flipcitygym.org

or at... Flip City 781 W. Air Park Way Cottonwood

Name _____ Age _____ M/F _____ Birth date _____

Address _____ City _____ Zip _____

Phone# _____ Email _____

Card Holder's Name _____ Visa/MC _____ exp _____

Check/Cash Enclosed Amount \$ _____ (Circle Camps Below)

Funday Monday Camp: June 11 - June 18 - July 16 - July 23

Wonderful Wednesday : June 13 - June 20 - July 18 - July 25



Gym-n-Learn

Summer fun!

Monday, Wednesday, & Friday

8:30 - 11:30 Ages 3 - 5

June 4 - 29 ~ \$140 (4 wk session)

July 9 - Aug.3 ~ \$140 (4 week session)

Register & Prepay by May 1st For both sessions
and pay only \$260!

928-274-1881/ 639-2852

Register online at flipcitygym.org

or at... Flip City 781 W. Air Park Way Cottonwood

Name _____ Age _____ M/F _____ Birth date _____

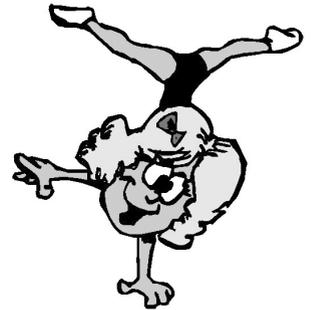
Address _____ City _____ Zip _____

Phone# _____ Email _____

Card Holder's Name _____ Visa/MC _____ exp _____

Check/Cash Enclosed Amount \$ _____

Want to have the GREATEST BIRTHDAY PARTY in town? FLIP CITY!



Standard Party- 1 1/2 hours

Custom Theme Party- fit to your needs

(Sports, Pirate, Princess, Western, Beach, Cheer, Ect...)

Gymnastics, Tumbling, Inflatables, Trampolines,
Games, and so much more!

Both Boys and Girls of all ages!



Reserve your party today!

928-639-2852

email- flipcitygym@yahoo.com

or

visit our website-flipcitygym.net



Mention this ad
&
receive
\$10 off
your Birthday
Party!

781 Air Park Way - Cottonwood

FLIP CITY'S



SUPER BEAR PRESCHOOL CAMP

June 15th & 22nd

July 20th & 27th

Fridays: 11:30 - 1:30

\$20 per Camp

**Lunch
Included!**

Gymnastics, games, crafts, & so much more!

928-274-1881/ 639-2852

Register online at flipcitygym.org

or at... Flip City 781 W. Air Park Way Cottonwood

Name _____ Age _____ M/F _____ Birth date _____

Address _____ City _____ Zip _____

Phone# _____ Email _____

Card Holder's Name _____ Visa/MC _____ exp _____

Check/Cash Enclosed Amount \$ _____ (Circle Camps Below)

June 15

June 22

July 20

July 27

Riverfront Park

1284 E. Riverfront Drive off of North 10th Street

Cottonwood's largest park, Riverfront Park is a day use facility open year-round. The main area includes five ramadas with picnic tables, a large barbeque, two sand volleyball courts, a large children's play apparatus, large swing sets, a five-court horseshoe pit and a large grassy area for field games. For more structured activities, the park has four adult softball fields, a skate park, an in-line hockey arena, an 18 tee Disc Golf Course and two batting cages open mid-February through early November (\$1 tokens available at the CRC). A four field youth ball complex is located on 10th Street and a youth football/soccer field sits across from the park entrance. Some of the amenities of this park may be reserved through Parks and Recreation. Rental fee and cleaning deposits are required on all reservations. Please see the box at the bottom of this page for more information.

Fishing is available year round at the Verde River. Hiking trails lead to and along the Verde River and connect to the Old Jail Trail and others.

Behind the youth ball fields sits the Cottonwood Riverfront Dog Park, a 1 1/3 acre facility with 3 areas for dogs to enjoy: a small and shy dog area for dogs under 25 pounds, a large dog area for all others and a training/discipline area available for K9 Law Enforcement training and dog training classes. Please review the posted rules and be prepared to observe them or to report violators. The enjoyment of the park is directly related to the observance of the rules. Rules are enforced by the Cottonwood Police Department.



Lion's Club Park

Old Town at corner of N. Willard & N. Main Streets

This is a small, beautiful, grassy and shady park in Old Town. A perfect place for a picnic on a warm day. Regular and handicap accessible picnic tables are located on site along with barbecue grills.

Garrison Park

100 Brian Mickelsen Pkwy by the County Annex

This medium sized, day use, year-round park sports a large children's play apparatus, swing set and a large ramada with picnic tables and grills to accommodate up to 60 people. Please call the CRC if interested in renting the ramada.

Cottonwood Tennis Center

The CTC has 4-courts and is open year round. Use of the courts for practice and matches is free during daylight hours. Early morning or evening lights cost \$8 per court per hour (\$4 for CRC members) and needs to be prepaid at the CRC front desk. Weekly tennis groups have priority usage during their scheduled posted practices.

Racquetters

Senior Citizens have been playing mixed doubles tennis at the CTC since the early 1980's. They meet three times a week, Monday, Wednesday and Friday, for two hours a day. They start play as early as 7am in the summer and as late as 9am in the winter. Four players per court play four games and then change partners. If you are interested in joining this group or just want more information, please contact Lee at 646-3393.



Cottonwood Aquatics Center

The CAC is open for swimming from Memorial Day through Labor Day. Look for more information on schedule and pricing on page 22 or in the 2012 Aquatics Guide. CAC usage is included in your CRC membership.

Old Town Activity Park

187 E. Pima in Historic Old Town

The OTAP is a multi-use facility located behind City Hall. It is the perfect place for kids to kick a ball or play field games. It is also the location for the seasonal Cottonwood Farmer's Market Jamboree and the Fall Carnival on Halloween.

Certain areas of some of these parks may be rented for private events. To make reservations, please call Kaley Badger at the office at 639-3200 for availability, rental rates and refundable cleaning/equipment deposit rates. Exact fees will be calculated at that time. Rules regarding alcohol, glass containers, music, piñatas and inflatable jumping equipment are in place. Please see park signs or ask for details when making reservations.

Cottonwood Kid's Park

350 S. 12th Street
in front of the Verde Valley Fairgrounds

Two soccer fields and two ramadas mean this park is mainly used for youth soccer in the spring and fall. It is the location for yearly events such as Rhythm & Ribs in October, Fantastic Family Fourth of July and National Night Out in early August. The ramadas are not available for reservation but please contact Parks and Recreation for information on field scheduling.

Equestrian Center



At the Verde Valley
Fairgrounds
12th Street and Cherry

**EQUESTRIAN and
ANIMAL EVENT**
C E N T E R

The Cottonwood Equestrian and Animal Events Center is supported by Cottonwood Parks and Recreation, Yavapai County and the Verde Valley Fairgrounds. The facility hosts an array of activities such as Barrel Racing, Rodeos and Special Interest Classes. General Public use is sunrise to sundown. This facility is available for booking.

This year the Cottonwood Equestrian and Animal Events Center continued its development into being one of the premier animal events centers in Northern Arizona. The Friends of the Arena, City of Cottonwood and FFA were able to purchase and install a new warm-up arena in hopes for attracting larger rodeos to the facility. For information or general questions about the Cottonwood Equestrian and Animal Event Center, contact Hezekiah at 639-3200 x3215 or visit <http://cottonwoodaz.gov/equest2.htm>.

Cottonwood Barrel

September & October

(Dates to be determined)

Friends of the Arena partner with America West and NBHA to bring you this program. The program consists of a 5-D Barrel Race. Cost is \$30 to compete plus \$6 arena fee each day, \$4 for each time only. Youth/Senior rates: \$20 to compete plus arena fee. Registration starts at 9:30a.m. For information on this event contact Julie Rainwater at 928-925-9133.

CAT/NAIPTA Transit System



Cottonwood Area Transit (CAT) provides local transit service for Cottonwood, Clarkdale and Verde Village. CAT operates two fixed circular routes plus Dial-a-Ride and Paratransit services. Bus Ride Guides with complete scheduling and fee information and route maps are available at the CAT office, from CAT drivers or at Cottonwood City Hall, Parks and Recreation and the Library. *Please Note: Routes, times and fare structure have changed as of January 3, 2012.* CAT is operated by the NAIPTA but will revert to the City of Cottonwood as of July 1, 2012. For more information call 634-CATS (2287).

Two Bus Routes

Monday thru Friday, 7 am to 6 pm, serving signed bus stops along their routes. The bus routes connect on the hour in front of the Cottonwood Library where you can transfer from one route to the other with no waiting or even transfer to Verde Lynx.

Route 1/Blue Route - Central Cottonwood and Verde Village

Route 2/Red Route - Connects Cottonwood to Clarkdale & Yavapai Community College

Fixed Route Buses CAT Fares:

Cash Fare: \$1.25; All Day Pass: \$3.00;
20-Trip Pass: \$25.00

Pay fare to the driver when boarding. Exact change required. All Day Passes let you ride throughout the day. 20-Ride Passes available at the CAT office or by calling 634-2287. Major credit cards accepted.

Verde Lynx Direct Bus Service Between Cottonwood and Sedona - 7 Days a Week

Verde Lynx buses run from the Cottonwood Library to the municipal parking lot in Uptown Sedona. Free Park & Ride facilities are provided at specific spots of the CRC parking lot and the Sedona Municipal Lot or riders may use local transit services to connect to Verde Lynx. A route map, list of bus stops and complete schedule can be found on the Verde Lynx Rider's Guide and at www.verdelynx.az.gov.

All vehicles are wheelchair accessible and operated in accordance with the Americans with Disabilities Act.

CAT complies with Title VI of the Civil Rights Act of 1964. Service will be provided without regard to race, color, National origin, age, sex or disability. To file a civil rights complaint, contact ADOT Civil Rights Office, 1135 N. 22nd Ave., Mail Drop 154A, Phoenix, AZ 85009, (602) 712-7761.

Information about the transit agency, including information in non-English alternative formats may be obtained through the transit manager at 634-2287.

AQUATICS

General Information

The Outdoor pool is located at 100 Brian Mickelsen Parkway and is open from Memorial Day weekend through Labor Day. This pool is used for recreational swimming, lap swimming, competitive teams and swim lessons. The CRC Indoor Leisure Pool is across the parking lot at 150 S. 6th Street. This pool includes a 150-foot water slide, large spa, lazy river and lap lane/water sport area. Pick up a 2012 Aquatics Guide for more information on Learn to Swim classes for youth up to age 15, Adult water exercise classes and other important pool dates. Call the Cottonwood Recreation Center at 639-3200 for more information on the pools.

Closure Information

The Outdoor Pool is closed every other Monday to accommodate in-service training for lifeguards and for pool maintenance requirements. This reduces the necessity for unscheduled shut downs.

Scheduled closed dates:

June 4 & 18, July 2, 16 & 30, August 13 & 27

The Outdoor pool is also closed to the public Saturday, July 28 for the Cottonwood Clippers Swim Meet.

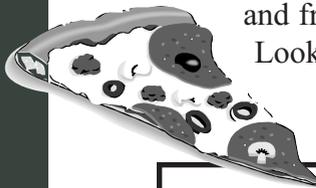
Both the Outdoor and Indoor pool will be closed for 30 minutes if lifeguards detect lightning within a three mile radius in order to ensure the public's safety. Please be respectful and leave the pool if asked.

Snack Shack

The Snack Shack is open during Outdoor Pool Recreational Swim hours. Drinks, snacks

and friendly concessionaires!

Look for new exciting menu items this summer!



The popular Dive-In Movies are returning to the Aquatic Center.
See page 4 for dates.

Outdoor Pool Rates

	Per Visit	10-Visit Pass
Youth (under 18)	\$1.50	\$12.50
Adult	\$2.50	\$20.00
Senior (55 & over)	\$1.50	\$12.50

Anyone interested in a season pass for the Outdoor Pool should purchase a 3-month Cottonwood Recreation Center membership. Use of the Outdoor Pool during the regular summer season is one of the benefits of all CRC memberships, including day passes. CRC pricing information is on page 24.

Swim Schedule

Outdoor Pool

Saturday, May 26 - Monday, August 6

Adult Lap Swim:

Mon - Fri 10:45 - 12:15 & 5 - 6pm

Sat 11 - 12 & 5 - 6pm;

Sun 11 - 12pm

Recreational Swim:

Mon - Thur 12:30 - 4pm; Fri 12:30 - 5pm;

Sat & Sun 12-5pm

Therapeutic Swim:

Mon to Thur 4 - 5pm

The Outdoor Pool begins reduced hours as of August 6 due to the school schedule.

CRC Indoor Pool

Open Year Round

Adult Lap Swim:

Mon - Fri 7 - 11am, 1 - 3pm & 5 - 6pm;

Sat 8-11am; Sun NA

Recreational Swim:

Mon - Fri 3 - 9pm;

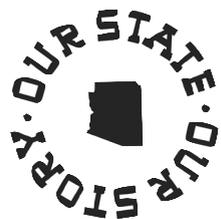
Sat 12 - 6pm; Sun 9am - 5pm

Other than between the hours of 10am and 1pm, Mondays through Saturdays, which is reserved for Parks and Recreation classes, all ages are allowed in the leisure section of the indoor pool during adult lap times.

COTTONWOOD LIBRARY

Youth Services - Programs

- Tiny Tot Time** 10 am every Tuesday
- Music for Tots**
10 am 4th Wednesday **starting in June**
- Storytime**
10 am every Thurs. (except 3rd Thurs.)
- Teen Advisory Board** 4 pm 1st & 3rd Wed.
- Twisted Teen Time**
4 pm 2nd and 4th Wed.
- GAME ON—Kinect with your peers**
(sponsored by Game Plus)
4 pm every Thursday
- Family Craft Hour** 4 pm 1st, 3rd & 4th Fri.
- Fun with Drawing (with Al Vesey)**
4 pm 2nd Fri.
- Teen Karaoke (with Vic Numin)**
4 pm 3rd Fri.
- Family Movie** 11 am every 1st Sat.
- Origami** 12 pm every 3rd Sat.



Summer Reading Program

June 5th to July 26th

This year's program includes 6 presentations on Arizona art, authors, agriculture, music, dance, the Clemenceau Museum and more.
Sign up at the library!



Adult Services - Programs

Job Search Computer

The library has a computer set up specifically for job searching. Users can sign up for a two-hour session on a first come/first serve basis. Stop by the library for more information.

Computer Training

Fridays 10:30-12:00 pm (limited registration!)
For more information call Krysta
at 928-634-7559 ext. 103

eBook Tutorials

Fridays 2:30-4:00 pm (limited registration!)
Learn how to download FREE eBooks to your favorite electronic reading device!
For more information call Kyle
at 928-634-7559 ext. 109

Book Discussion Group

"A Book is Only Half Read Until it is Discussed"

Meets the 1st & 3rd Wednesday at 10:00 AM
Join this group if you love reading and discussing good books with others in the community. These books are readily available in the Cottonwood Library or are in inexpensive paperback editions.

- May 16:** *The Samurai's Garden*
by Gail Tsukiyama
- June 6:** *The Immortal Life of Henrietta Lacks*
by Rebecca Skloot
- June 20:** *A Midsummer Night's Dream*
by William Shakespeare
- July 11:** *Arizona: 100 Years Grand*
by Lisa Schnebly Heindinger

Hours & Contact Info. Come read with us!

Tuesday thru Friday 9:00 AM - 6:00 PM Saturday 10:00 AM - 2:00 PM
Closed Sundays and Mondays

NOTE: Check-out will close 15 minutes prior to library closing. Please check out your books beforehand.

For more information check us out on the web @ www.ctwpl.info, or call the Cottonwood Library at 634-7559.

The Cottonwood Library is located at 100 S. 6th St near Mingus Avenue.

PARKS/REC FACILITIES

Cottonwood Recreation Center

The Cottonwood Recreation Center is the place to be for a great work-out, relaxing in the spa or to have fun with your children and grandchildren. The cardio/fitness area features treadmills, ellipticals, recumbent bikes and more. Use the free weights and pulley machines to target specific areas. Shoot some hoops or join a pick-up game of volleyball in the indoor sport gymnasium. Socialize and burn calories at one of our many classes held in the dance/aerobics studio. Aerobics, spinning, Zumba®, yoga, kid’s classes and classes specifically designed for seniors are available. Many of these classes are free with your membership or a day pass. Finish off your routine by swimming a few laps or just relaxing in the large spa while your kids enjoy the more active features of the indoor leisure pool. Men’s, women’s and family lockers are available for use. Your CRC membership even includes access to the Outdoor Pool during the regular swim season. Do you need help getting motivated or are you unfamiliar with working out? Consider hiring a Personal Trainer to help you reach your health goals. CRC contracted trainers are listed on the opposite page. Planning a party, meeting or seminar? Why not rent the CRC community events hall. The hall can be separated into three smaller areas, each having its own sink and preparation station. A warming kitchen is available for catered affairs. The pool party rooms are also available to rent for parties and meetings. These rooms may be reserved with or without guest passes to the leisure pool. Ask the front desk supervisors for more details on pricing and other rental opportunities available through Cottonwood Parks and Recreation.



Photo by Marc Bigelow

Recreation Center Membership Fees:

	Daily	10-Visit Pass	1 Month	3 Months	6 Months	1 Year
5-17 Years Old	\$3.00	\$18.00	\$20.00	\$50.00	\$85.00	\$150.00
	\$4.00	\$24.00	\$25.00	\$60.00	\$100.00	\$175.00
Adult	\$5.00	\$30.00	\$35.00	\$85.00	\$150.00	\$275.00
	\$6.00	\$36.00	\$45.00	\$110.00	\$200.00	\$350.00
Senior (55 & older)	\$3.00	\$18.00	\$20.00	\$50.00	\$85.00	\$150.00
	\$4.00	\$24.00	\$25.00	\$60.00	\$100.00	\$175.00
Adult Couple	NA	NA	\$50.00	\$120.00	\$220.00	\$400.00
	NA	NA	\$60.00	\$150.00	\$270.00	\$500.00
Family (3 to 5 members)	NA	NA	\$65.00	\$160.00	\$280.00	\$520.00
	NA	NA	\$75.00	\$185.00	\$335.00	\$600.00
Additional Members (to add to a family membership)	NA	NA	\$12.50	\$30.00	\$50.00	\$100.00
	NA	NA	\$15.00	\$35.00	\$60.00	\$115.00

Rates in red are for City of Cottonwood Residents.

Rates in blue are for patrons residing outside of incorporated city limits.

Hours of Operation

	Mon - Fri	Saturday	Sunday	Holidays	Summer Months <small>(May 29 - Aug. 8)</small>
<u>Fitness Area/Gym:</u>	6AM - 9PM	8AM - 6PM	9AM - 5PM	8AM - 5PM	6AM - 9PM
<u>Pool:</u>	7AM - 8PM	8AM - 5PM	9AM - 4PM	8AM - 5PM	7AM - 9PM
<u>Game Room:</u>	4 - 8PM	12 - 6PM	11AM - 3PM	12 - 3PM	12 - 8PM
<u>Child Care:</u>	9AM - 12PM & 3:30 - 8PM	9AM - 3PM	Closed	12 - 3PM	9AM - 12PM & 3:30 - 8PM
<u>Climbing Wall:</u>	3:30 - 7PM	11 - 2PM	Closed	12 - 3PM	1 - 7PM

CRC Holiday Schedule observed on the following:

New Year's Day Memorial Day Independence Day Labor Day Christmas Eve New Year's Eve
Closed Thanksgiving and Christmas

Personal Training

Carla Gardner

fitnessparadise@msn.com 928-254-0149

Carla is an AFAA Certified Personal Trainer who bursts with enthusiasm when helping someone reach their health and fitness goals. Her current focus is on empowering and inspiring women forty and older with the courage, knowledge and skills they need to take better care of themselves and follow their dreams. She helps you become stronger on the outside so you may become stronger on the inside.

Kari Heckt

kweenkari@mac.com 928-274-1424

Kari's strength lies in her ability to motivate and inspire clients to achieve their goals while having fun and learning how to move their body in the full range of motion with proper alignment and strength. Using the latest fitness assessment techniques, Kari observes and tests client's muscle groups to evaluate how they are performing together and makes any corrections to posture and form. Spending time getting to know her clients and their current lifestyle enables her to compile this information and custom design an individual road map to optimal health.

Tonya Nolan

sedonatonya@hotmail.com 928-202-8939

Tonya will figure out what motivates and inspires you and use that in your training sessions. Tonya likes to train "out of the box" and focuses on functional training. You will never do traditional exercises with Tonya; she likes to use weights, bands, balls, straps, bosu balls, kettle bells, body weight, etc. She will focus on YOUR goals and she will do her best to make your training session tough but fun.

Health Programs



The CRC accepts Silver & Fit and Silver Sneakers members. If your health insurance includes these programs, ask about member benefits at the front desk. Health insurances that may cover CRC membership expenses through these add-on programs include: AARP Medicare Complete; AARP Medicare Supplement; Universal Healthcare; State of Arizona Retirees; and Humana. Verification of insurance and program registration is required for membership coverage.

A variety of aerobic classes specifically designed for senior citizens such as Silver Sneakers' Muscular Strength & Range Of Movement, Silver Sneakers' YogaStretch and Zumba® Gold are included with your membership.



Fitness Programs

Mingus Miles Club

With so many requests from members to be able to track how much exercise they are really getting, the CRC presents another great new program. Through the Mingus Miles Club you track your cardiovascular exercise, strength training and group exercise participation to stay on track and earn prizes! Prizes for your efforts include a water bottle at 250 miles, a t-shirt at 500 miles and a hooded sweatshirt at 1,000 miles. Plus you get the added bonus of seeing how much you are really exercising! See a Fitness Attendant today and start tracking!

This program is co-sponsored by Northern Arizona Rehab and Fitness.

Don't Just Make it a Workout, Make it a Lifestyle!

ADULT CLASSES

Aerobics Classes

EnerJeanie Aerobics

Fun aerobics class for teens, adults, men and women. Move your feet in this basic yet very fun class taught by Jean Swesey. Class starts with a five-minute warm up then goes into high-powered fat burning aerobic moves. The cardio portion lasts thirty to forty-five minutes. The last portion focuses on body toning for arms, legs and abdominals then stretching and a cool down. Going at your own pace is emphasized. Get fit in a high energy class that anyone can step into. Taught by Jeanie Swesey.

When: Monday & Wednesday at 5 PM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Cardio Kickboxing

Enjoy a total body workout that improves cardiovascular fitness, strengthens and tones, reduces body fat and reduces stress levels - all while having fun! Taught by Lori Maine.

When: Tuesdays at 9:30 AM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Jeanie's Boot Camp

This is a fun, fast-paced class that will get you moving! The full hour is packed with five-minute intervals of fast cardio mixed with two-minute segments of toning and exercise stations designed to use every part of your body. Boot Camp makes your body work hard, going from cardio to toning and back until each participant has done every station. This class will speed up your metabolism with quick bursts of speed and energy and strengthening moves as well. Boot Camp is a challenging work out done at YOUR own pace that will slim, strengthen, tone and firm! Bring a water bottle, towel and comfortable workout clothes. Camouflage is optional! Taught by Jeanie Swesey.

When: Tuesday evenings at 7 PM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Trim, Tone & Define

Trim, Tone & Define your body using a combination of aerobics and toning. The first 25 minutes uses a basic aerobic routine for burning fat and building cardiovascular endurance. The next 20 minutes consists of a full body toning program designed for contoured results using weights, bands, balls and/or Pilates. Taught by Lori Maine.

When: Fridays at 9:30 AM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Toning Classes

Body Sculpting

A great strength training class that combines flexibility and cardiovascular conditioning to shape and tone the body. Taught by Yolanda Mier.

When: Tuesday & Thursday mornings at 6 AM

Fee: Free to CRC members or with a day pass

Where: CRC Studio

Pilates

Reshape and tone your body to look longer and leaner by using simple yet effective techniques. Great for any age or fitness level. A total body workout. Increase flexibility, flatten abs and improve posture. Taught by Lori Maine.

When: Tuesdays at 8:15 AM

Fee: Free to CRC members or with a day pass

Where: CRC Studio

Hard Core Abs

Thirty minutes of a killer abdominal workout. Great for men and women trying to flatten that belly and strengthen your core. Taught by Jeanie Swesey.

When: Wednesdays at 4:30 PM

Fee: Free to CRC members or w/day pass

Where: CRC Studio

Shape It Up

An hour long low impact aerobic workout combined with toning using light weights to work the entire body. Taught by Lori Maine.

When: Thursday at 8:15 AM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

NEW!

Total Body Tone

This is an all over body sculpting class. The first half focuses on upper body strength: biceps, triceps, shoulders and chest. The second half focuses on lower body strength: lots of lunges, outer thigh, inner thigh, hamstrings, gluts and of course abdominal work included. Get shaped, toned, and increase your strength, while burning lots of calories. Taught by Jeanie Swesey.

When: Thursdays at 7:00 PM

Fee: Free to CRC members or with a day pass

Where: CRC Studio

Abs, Gluts & Thighs

The first half hour is a killer abdominal workout. The second half focuses on legs, outer thighs, inner thighs and gluts. Taught by Jeanie Swesey.

When: Saturdays at 9:15 AM

Fee: Free to CRC members or with a day pass

Where: CRC Studio

Spin Classes

Spin with Kevin

Kevin Dix instructs this low impact fitness class for people of all ages and fitness levels. Get ready for fun and encouragement while benefitting from a great workout.

When: Mon., Wed. & Fri. mornings at 6:00 AM

Where: CRC Studio

Fee: \$8 non-members, \$2 CRC members

Free first class trial!

Spin with Anita

Anita Walden turns your ordinary stationary bicycle ride into a cardio-intensive workout. Burn calories and keep your muscles in shape in an energized atmosphere. Work on spinning techniques, endurance, sprinting, stamina and power resistance. This class is designed for those physically able to maintain an active heart rate for the hour. Bring a water bottle and small towel. Strong-soled athletic shoes required.

When: Tuesday nights at 8:00 PM

Where: CRC Studio

Fee: \$8 non-members,

\$2 CRC members

Free first class trial!



Yoga Classes

Gentle Yoga with Sara

This introductory class explores the philosophy and practice of Hatha Yoga, including breathing exercises, yoga poses and relaxation techniques. Become more self-aware and conscious of your breath, body and mind. An overall sense of well-being and connection will result from regular practice. Taught by Sara Woolsey, CYT.

When: Tuesday at 5PM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Vinyasa Flow Yoga

Vinyasa Flow style yoga focuses on breath-synchronized movement, where you move from one pose to the next on an inhale or an exhale. The poses run together smoothly and become a dance. Classes are lighthearted, positive and fun. Learn to create balance, strength and flexibility on and off the mat. Geared toward intermediate to advanced students, but all levels welcome.

When: Thursdays at 5PM & Saturdays at 10:15AM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Yoga for Healthy Bodies

A 50-minute practice of Hatha Yoga postures that will warm and open the body, encourage internal health and quiet the mind. Instructor Mira Bai Fairlight links basic standing and seated postures with alignment and gentle strength training. Relaxation techniques are introduced. Postures can be modified for any level. Class is suited for beginning and intermediate students, athletes and those recovering from health challenges.

When: Tuesdays at 7AM; Mon. & Wed. at 6PM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

For more information, please contact Mira Bai

Fairlight, RYT, LMT at 254-1131, email

mfairlight@massagetherapy.com.

Ashtanga Yoga

A fun and challenging practice that utilizes poses from the Primary & Secondary Ashtanga Series. Deep and focused breathing is encouraged to create and maintain internal heat. All levels of practitioners are welcome. Guided by Natalie Johnson.

When: Thursday mornings at 7AM

Where: CRC Studio

Fee: Free to CRC members
or with a day pass

Water Classes

All Water classes are \$2 for members or day pass holders. Punch passes are available at the CRC front desk. Water shoes required.

The following classes are held in the Outdoor Pool through July 27. If paying per day, please do so with the outdoor cashiers.

Water Aerobics II

This is an intermediate class, open only to those who have already done Water Aerobics. Packed with fun and variety, this class offers different equipment, more complex moves and more challenging routines than Water Aerobics I. Taught by Sally Davidson and Payton Delmars.

When: Monday & Wednesday at 11AM

Aquatics for Seniors

Use water's properties for a safe and effective low-impact aqua aerobic workout. Each session will include a warm-up to loosen large muscles and joints followed by a cardio portion to raise the heart rate and end with stretching for a complete workout. Taught by Linda Weisberg.

When: Tuesdays & Thursdays at 11AM

Aquatic Interval Training

This class combines alternating bursts of high-intensity water aerobics with low-intensity recovery periods. Interval training can increase fat burning capacity, challenge and improve endurance, speed, strength and balance for all fitness levels. Taught by Linda Weisberg.

When: Fridays at 11AM

Deep Water Aerobics

Take your water workout into the depths of the diving well. Deep water exercise routines combine a blend of resistance and buoyancy for an energetic and fun workout. A small and large noodle are required along with a pair of ankle cuffs (available for purchase at first class). Taught by Linda Weisberg.

When: Saturdays at 11AM

The following classes are held in the Indoor Leisure Pool.

Water Aerobics I

An hour of mid-day fun in the pool with high-energy aerobics, resistance exercises and relaxing stretches. This class is low-impact and easy on the joints. The water buoys you up and challenges you without pain. Work out stress, build strength, endurance and flexibility and return to your afternoon refreshed and alert. Taught by Lori Maine.

When: Mondays at NOON

Joints in Motion

This class is designed for individuals before and after joint replacement surgery and those experiencing joint, muscular, cardiovascular or neuromuscular limitations. Improve overall stamina through a short, light, low-impact aerobic component. Taught by Linda Weisberg.

When: Tuesdays & Thursdays at NOON

Water Intervals

Interval train to burn calories, build up endurance and increase fitness. A fun musical beat with the benefits of low impact on joints and less stress on the heart. Taught by Lori Maine.

When: Wednesdays at NOON

Water Walking

This is a non-stop, challenging workout that maximizes water's resistance using muscle specific, precise movements performed through a full range of motion. The workout is broken into interval sections alternating with aerobics and strength training using noodles and hand buoys. Improve your strength, definition, flexibility, posture and cardiovascular fitness. Taught by Lori Maine.

When: Thursdays at NOON

Aqua Zumba®

Known as the Zumba® "pool party" Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splash, stretch, twist, shout, laugh and holler! Integrating the Zumba philosophy with traditional aqua fitness programs, Aqua Zumba® blends it all together into a safe, challenging workout that's cardio-conditioning, body-toning and exhilarating. Taught by Lori Maine.

When: Fridays at NOON

Senior Fitness

Zumba® Gold

Zumba Gold is a gentler, low impact style of Zumba. This fun fitness party utilizes those same great Latin styles of music and dance while striving to improve balance, strength, flexibility and the heart.

Taught by Lori Maine

When: Wednesdays at 9:30 am

Where: CRC Studio

Fee: Free to members or with a day pass



Forever Young

This is a specialized fitness class for older adults. Class consists of low impact, weight-bearing chair and standing exercises using resistance bands and light weights. It is effective, fun and excellent for people with Osteoporosis, Fibromyalgia, Arthritis, Post-Polio Syndrome, COPD and other conditions that may keep you from exercising. Gain strength and improve your balance, range-of-motion and coordination. Taught by Lori Maine

When: Mondays & Thursdays at 9:30 AM

Where: CRC Studio

Fee: Free to members or with a day pass

Silver Sneakers® MSROM

Silver Sneakers® Muscular Strength and Range of Movement is designed for the older population who need to stay fit in order to continue living independently. Have fun and move to the music through a variety of exercises designed to increase muscular strength and range of movement so you may continue performing activities for daily living. Taught by Karen Runyon.

When: Tuesdays and Fridays at 10:30 AM

Where: CRC Studio

Fee: Free to members or with a day pass

Silver Sneakers® YogaStretch

Silver Sneakers® YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Taught by Karen Runyon.

When: Thursdays at 10:30 AM

Where: CRC Studio

Fee: Free to members or with a day pass

Dance Classes

Line Dance Lessons

The High Desert Kickers Line Dance Group offers beginner and intermediate dance classes. No partner needed. Wear comfortable clothing and shoes and come join the fun! The summer schedule is as follows:

Beginner/Easy Lessons:

When: Thursday mornings, 9 - 10 am

Advanced/Harder Lessons:

When: Thursday mornings, 10 - 11 am

Where: Cottonwood Civic Center

Fees: Ask when calling

For class information call Evelyn at 634-7738 or Jan at 301-7301.

The Special "First Friday" evening classes/dances will resume in the fall. For more information on those call Kent at 202-1603 or email kfullerton28@q.com.

Tap Class

This class is for adults who already have prior tap experience. Build on your talents and work on choreography.

When: Mondays, 5:00 to 5:45 PM

Where: Cottonwood Civic Center

Fee: \$28 per month

For more information on this class, please contact Pamela Zahnzinger at 592-9114.

Ballroom Dance

Learn the basics of ballroom and Latin dances. Each 4-week course embraces one dance style. Choose between Swing, Fox Trot, Cha Cha, Rumba, Ballroom Tango and more - or choose them all! An enjoyable experience!

When: Thursdays, 7:15 to 8:30 pm

Where: Cottonwood Civic Center

Fee: \$5 per class per student

For more information or to register for this class, please contact Pamela Zahnzinger at 592-9114.

Ballet & Jazz

Information on Advanced Ballet and Contemporary/Jazz classes for teens and adults is on page 14. These classes are offered at the Cottonwood Civic Center by Carla Renard, 254-1735.

Hula Classes

Women's Hula Class, New for Beginners

This 6-week class for women ages 15 and older starts June 4, 2012. Hula Basics are given in the first few classes, which lead to learning an entire hula. The simpler foot and hand movements will be reviewed, as will Hawaiian language, culture and history. Prerequisite: None.

When: Mondays, 7:00 - 8:00 PM
 Dates: June 4 to July 9, 2012
 Fee: \$48 for the 6-week session,
 payable at the first class

Kupuna (Senior Citizen) Hula

This class is for adults ages 60 and over, and is conducted at a nice, easy pace. It's also a good chance to get out of the house and get a little exercise while you enjoy the beautiful music and dance of Hawaii! Participants will learn basic hands and feet motions, speak some Hawaiian words, and learn a hula to dance for your mo'opuna (grandchildren)! Class is open entry. Please contact instructor before starting to find out the best date for your first class. Recommended: Completion of New For Beginners Hula class which begins in June.

When: Wednesdays, 2:30 - 3:30 PM
 Fee: \$8 per class

Men's Hula Class Level II

This class is for gentlemen ages 16 and older. Participants learn hula movements that are similar to some martial arts moves, perhaps linking hula to the training of warriors in ancient times. Hawaiian culture, values and language are all a part of the hula training. Hula dances may include modern hula known to many today, as well as the old-style hula done to chants. Prerequisite: Some dance experience extremely helpful but not necessary; please call to discuss with instructor.

When: Wednesdays, 7:30 - 8:30 PM
 Fee: \$5 per class

Women's Hula Class, Beginners Level II

This class is for women ages 15 and older. Participants learn songs about Hawaii and its culture in both Hawaiian and English. Hawaiian language, song, and much of the history of Hawaii that led up to current Hawaiian practices in hula are covered. A review of Hawaiian culture and values helps the individual's understanding of hula. Prerequisite: 1 year of hula training and instructor approval.

When: Mondays, 6:00 - 7:00 PM
 Fee: \$8 per class

Women's Hula Class, Intermediate

This class is for women ages 15 and older. Participants must have had prior hula training, and be familiar with various hula steps, and hand and body movements. Some knowledge of Hawaiian language is very helpful, as most dance songs are in Hawaiian. Prerequisite: 4 years of prior hula training and instructor approval.

When: Wednesdays, 6:00 - 7:30 PM
 Fee: \$10 per class

Hawaiian Language Class for Beginners

Ever wonder what the correct way of pronouncing "Hawaii" is? Or why all the street names in Hawaii begin with "K?" Then this is the class for you! Course will outline simple conversation phrases, vocabulary and sentences. Writing tablet and pen/pencil required. Prerequisite: None.

When: Wednesdays, 4:00 - 5:00 PM
 Dates: Beginning May 2 for 8 weeks
 (Class length may be extended based on interest)
 Fee: \$8 per class

All classes are progressive and ongoing, with each lesson built upon the previous week's lesson. Classes are presented by Halau Hula Napuaokalei'ilima and held at the **Cottonwood Civic Center**, 805 N. Main Street in Old Town. Classes are taught by Kumu Hula (Hula Master) Kehau Chrisman from Hawaii. For more information about these or other classes, visit www.arizonahula.com or call Kehau at 639-4683. If you are inquiring about a first-time lesson, please call to find out the best week to start.

Zumba

The Zumba® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. Achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate!

Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat - all to the exhilarating beat of Latin music. Classes taught at the CRC include Zumba, Zumba Gold and ZumbAtomic for kids. Classes are taught by Rose Ortiz, Yolanda Mier, Lori Maine and Sara Woolsey.

When: Mondays at 8:30AM & 7:00PM
Tuesdays & Thursday at 6:00PM
Wednesdays at 8:30AM, 9:30AM & 7:00PM
Fridays at 5:30PM
Saturdays at 8:15AM

Where: CRC Studio

Fee: Free to CRC members or with a day pass

Call the CRC in the early morning or go online to sign-up for each day's classes as they often get filled.



ZUMBA
fitness

Special Interest

Goddess Reiki & Weight Loss

Learn the ancient art of sacred healing and heal the spiritual goddess within. Tone the physical body by the use of tai chi movement. Quiet the mental body by clearing the mind and lose weight at the same time.

Receive two certificates upon completion of the full course. Certified students can come to the last hour of each class to practice and master their reiki and learn new advanced techniques for no extra charge.

When: Fridays, 6:30 to 9:00 PM

Where: CRC

Fee: \$25 per class or \$20 if you bring a friend.

Evening Dances

Cottonwood Roadrunners Square Dances & Classes

The Cottonwood Roadrunners Square & Round Dance Club would like to meet you!

Square Dancing is a wonderful social activity as well as being ideal exercise. You can meet some of the nicest people in the community, make lifetime friendships, keep in shape with the moderate, low impact activity and keep your mind sharp following the intricate but easy moves of modern Square Dancing.

The Fall session begins September 4, 2012. Classes are every Tuesday.

New Mainstream Class - 6:30pm

Plus Class - 8:15 to 9:30pm

The Cottonwood Roadrunners dance on the 2nd and 4th Saturdays of each month from September until May. All Dances are in the Cottonwood Civic Center starting at 7 PM. If you are an experienced square dancer, come and visit us soon.

Angels are always appreciated. Visitors from other clubs are welcome. The first lesson each session is FREE to new beginners.

For more information on dances or classes, please call Bob Efros at 646-9182 or visit the website at www.cottonwoodroadrunners.org.

Community

Contra Dancing

Everyone is welcome for this easy and fun, high energy dancing to traditional fiddle tunes! Live music always, no partner or experience needed, all dances taught and called. The evening dance is preceded by a pre-dance lesson that includes tips for beginners. We will dance the third Saturdays, October through May at the Cottonwood Civic Center. Admission \$7 per person per night. 6:30 to 7 pm pre-dance lesson; 7 to 10 pm dance.

For more information on these dances and other special seasonal events, contact Sandy at 928-634-0486 or e-mail azwedance@gmail.com

Visit azwedance.org for regular schedule, special events and photos!



SUMMER DAY CAMP

Presented by the Cottonwood Parks & Recreation
Department & Cottonwood Youth Advisory Commission

Spend warm summer days making
lifelong memories at the Cottonwood
Summer Day Camp.

Monday through Friday
8:00 am - 1:30 pm
For ages 7 to 12

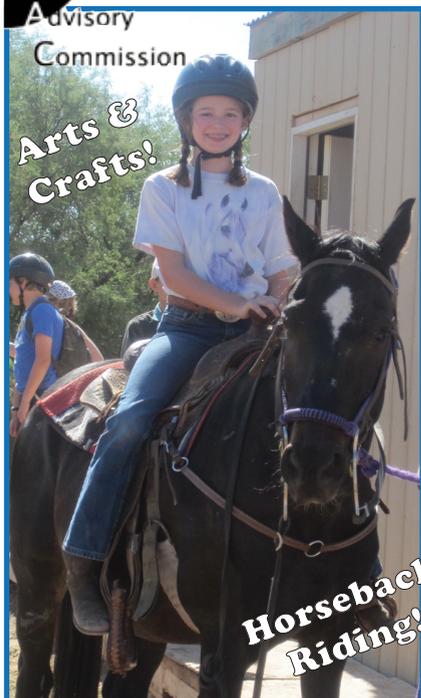
Session #1 May 28 - June 8
Session #2 June 11 - June 22
Session #3 June 25 - July 6
Session #4 July 9 - July 20

Fee: \$140/Session

Weekly and Drop-off rates
available this year! See page 11
for more information.

Cottonwood
Youth
Advisory
Commission

Arts &
Crafts!



Horseback
Riding!



After Camp Session

The After Camp Session takes place
mostly in the Cottonwood Recreation
Center from 1:30 to 5:30pm. Kids will be
supervised while they swim, rock climb,
use the game room and gymnasium.

Cost: \$50/week or \$12/day

Registration packets are
available at the CRC front desk.
Registration must be made in
person as only cash or check are
accepted. Please make checks
payable to CYAC.
For additional information
please contact Cottonwood
Parks and Recreation
at 639-3200 or email
hallen@cottonwoodaz.gov.

