

Leisure Times

Fall 2012
VOLUME 38

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

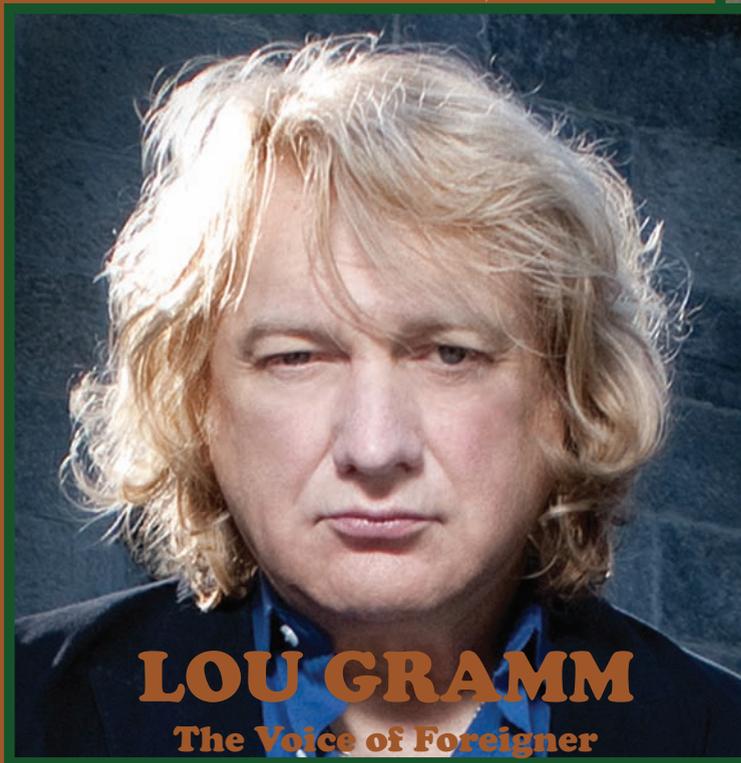
Rhythm & Ribs

**Saturday,
September 22**

Cottonwood Kid's Park



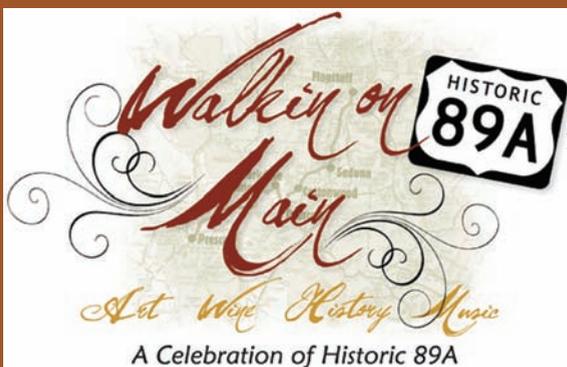
**Troy Olsen rockin' at the
2011 Rhythm & Ribs**



LOU GRAMM
The Voice of Foreigner



**Come
for the
Music
And
the
Ribs!**



**See pages
4 - 7 for
information
on all
of our
special
events.**



**TVR returns to Old Town
September 14 - 16!**

Saturday, November 10, Old Town

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 your 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 Kuykendall, 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

Trevor Faust, 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, Cynthia Burton, Al Hilberger,

Doug Hulse, Tim McKeever,

Carol Nielsen and Bob Richards

This Commission is a volunteer advisory board and meets the 4th Tuesday of most months at 5 pm at the Cottonwood Recreation Center. 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

Equestrian Center



At the Verde Valley
Fairgrounds
12th Street and Cherry
**EQUESTRIAN and
ANIMAL EVENT**

This 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.

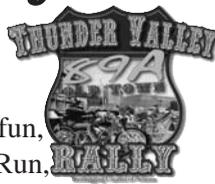
Cottonwood Barrel

Fall Series - September & October
(Exact Dates to be determined)

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

Thunder Valley Rally

Old Town Cottonwood
September 14 and 15



Get your motor runnin' with a weekend of fun, food, music and prizes including a Poker Run, Bike Show and rockin' live music! Join the Barley & Grapes Ride Friday at 4pm or just relax in Old Town listening to the great music of Aces N Eights, Cadillac Angels and Major Lingo. Saturday enjoy a pancake breakfast then get on your bikes for the Poker Run at 10am. Tour beautiful Oak Creek Canyon, Flagstaff and Clint's Well. More music follows upon your return with the 74th St. Band, Rudy "Boy" Experiment, the Mods, HARDRIDE and Hotel California "A Salute to the Eagles." Bike shows and vendors complete the experience. *Sponsored by Cliff Castle Casino Hotel & the City of Cottonwood.*

Halloween Events

OTA's Safe Street

Wednesday, October 31 5 - 8 PM

Get outfitted in your prettiest, spookiest, funniest or most outlandish costume and head to Old Town Cottonwood. Trick or Treat safely at the shops on Historic 89A. Merchants hand out treats until 8pm.

Cottonwood Parks & Rec's

17th Annual FREE

Fall Carnival

Wednesday, October 31, 6 - 9 PM

Old Town Activity Park

Celebrate the fall season and at the Old Town Activity Park for an alternative to trick or treating. The Fall Carnival features bouncy rides, a hay ride and heaps of free candy. Make sure to enter the costume contests for boys and girls ages 2 to 12 especially if you've worked hard on this year's costume. Prizes will be given out to the prettiest, scariest and most original in two age groups, 2 to 7 and 8 to 12 years old. Head for the stage in the middle of the field at 7pm if you want to enter.

Day of the Dead

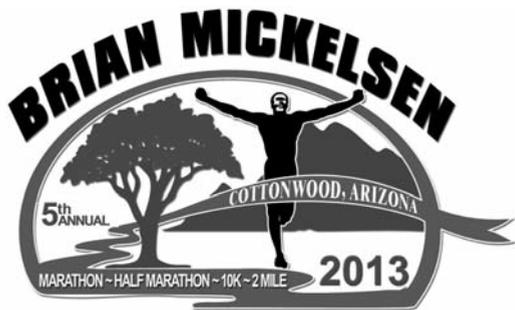
Masquerade Ball

ALL AGES CONCERT!

Saturday, November 3

8 PM - 12 AM, Doors open at 7:30 PM

The Amazing Juggler, James Reid will open this year's concert at 8pm. Come as your favorite dancer/dance style. Great prizes for the best original costumes! Bring a memento of the dearly departed for the altar. Held at the historic Cottonwood Civic Center, 805 N. Main Street. No alcohol or smoking. Check www.majorlingo.com for more information.



MEMORIAL RUN/WALK

Saturday, April 20 - Register Soon

This race is a tribute to Brian Mickelsen, Cottonwood's beloved City Manager who passed away on a training run in 2007. All lengths begin and end at Riverfront Park. The full marathon is back along with the half marathon course, 10K and 2-Mile fun run. The longer routes utilize dirt roads, paved roads and trails for a great variety on the scenic courses.

Be a part of this growing Verde Valley tradition! Register now at www.active.com or at the Cottonwood Recreation Center beginning January 3. Save money and register by January 19. Email or call Parks and Recreation or check the city website at www.cottonwoodaz.gov/parksrec for more information and race course maps.



Clemenceau Events

Zeke Taylor BBQ

Saturday, November 10

11:30 AM - 2:30 PM

Held the second Saturday of November every year, this social event began in 1991 by cowboy/rancher Zeke Taylor as a fund raiser for the Clemenceau Heritage Museum. The tradition is carried on by Don Goddard, who slow roasts succulent beef in a pit of mesquite coals. For a nominal cost, a delicious dinner of BBQ beef, beans, slaw, beverage and dessert is served up to a hungry crowd, along with entertainment. Presented by the Verde Historical Society at the Clemenceau Heritage Museum, 1 N. Willard St. For more information call 634-2868.

Winter Holiday Events

58th Annual Cottonwood Christmas Parade

Saturday, December 1, 11 AM

Bring the lawn chairs and warm drinks to a sidewalk near you for this local yearly tradition. The Parade route starts at Cherry and 12th Streets heading toward Main Street then down through Old Town. Call the Cottonwood Chamber of Commerce at 634-7593 or email Christian at Christian@cottonwoodchamberaz.org for more information or for an entry form.

19th Annual Chocolate Lovers Walk

Saturday, December 1

4 - 8 PM, Old Town

Buy your tickets early for this special evening of Holiday lights and homemade chocolates as this is always a sellout event. Old Town Main Street merchants stay open late and their shops are decorated and scented with hot cocoa, mint and Holiday cheer. Start at the Cottonwood Civic Center, pick up your goodie bag and enjoy live music from the Cottonwood Community Band and carolers. Tickets are \$20. Purchase tickets online at www.oldtown.org or contact the Old Town Association at 877-928-4OTA (4682) for ticket purchase locations. For more information regarding this and other OTA events, visit www.oldtown.org.



Circle of Friends Annual FREE Christmas Concert

MUHS Auditorium

Sunday, December 16, 5:30 PM

Doors open at 4:30pm at Mingus Union High School. Seasonal music and more performed by a wide array of gifted musicians from the Verde Valley and beyond. Hosted by John Ziegler and his Circle of Friends. Perhaps a few tunes from Major Lingo will be included - if we are lucky. This is a lovely evening the entire family will enjoy. This free event is sponsored by Mount Hope Foods *Naturally*.

PARKS/REC EVENTS

Rhythm & Ribs

Saturday, September 22

Cottonwood Kid's Park

LOU GRAMM

"The Voice of Foreigner"

Breakdown - Tom Petty Experience

Christopher Robin Band

Combo Deluxe

The City of Cottonwood Parks and Recreation Department is hosting its 7th annual "Rhythm & Ribs"

event featuring Lou Gramm "The Voice of Foreigner" at the Cottonwood Kids Park. Tickets are on sale at the Cottonwood Recreation Center, Cottonwood Chamber of Commerce, and other participating locations. In 2011, the event was a success with one of the closest rib cook-off competitions to date. This year we are hoping to exceed last year's attendance with Breakdown "A Tom Petty Experience," and Lou Gramm "The Voice of Foreigner." Ticket prices are \$15 in advance, \$20 day of and \$25 VIP. All tickets include three free meaty rib bones and great musical entertainment all day. The restaurants assembled for the 2012 Rhythm and Ribs cook-off are some the state's best.

New for 2012 is the addition of the Joe Blow rib division. This competition allows all those world famous backyard cooks the chance to put it on the line, and also win some prize money. Register for this competition at the Cottonwood Rec. Center.



The musical entertainment for the event includes an astounding lineup:

11:00 am Combo Deluxe, deemed "one of Arizona's favorite bands" consists of front women Llory McDonald accompanied by Luke Jarret on harp, Billy D. Fox on drums and Ron on bass.

1:30 pm Christopher Robin Band, a true musician's musician and his band of all-star players

4:00 pm Breakdown "A Tom Petty Experience," a tribute to Tom Petty and the Heartbreakers. "Breakdown" is as near a real experience as can be delivered by anyone other than the actual artist. From the vocals to the layered guitar melodies, harmonicas to harmonies and everything else that makes up the great sounds of Tom Petty, Breakdown is a "magical" experience.

7:00 pm Lou Gramm "The Voice of Foreigner" The one and only Lou Gramm was the lead singer and one of the driving forces behind the band "Foreigner" producing chart toppers such as "Feels Like the First Time," "Cold as Ice," "Blue Morning, Blue Day," and "I Want to Know What Love Is." He also branched off with a solo-venture with the popular song "Midnight Blue." Lou Gramm with brother Ben Gramm on drums, friends Don Mancuso on guitar, Andy Knoll on keyboards and A.D. Zimmer on bass, play a retrospective of Gramm's work with Foreigner, his solo material, plus a few personal favorites of their own.



Special thanks to: Cliff Castle Casino Hotel, AGM Powersystems, Budweiser, Pepsi, Larry Green Chevrolet, Yavapai Broadcasting, Verde Earthworks, Wal-Mart, Cottonwood Chamber of Commerce, Nice Jons, NAWS, KJ Designs and Suzy Q Market.

Walkin' on Main



Art Wine History Music
A Celebration of Historic 89A

Saturday, November 10

11:00 AM - 5:00 PM

Historic Old Town Cottonwood

The Verde Valley is celebrating Historic 89A and the area's unique history with "Walkin' on Main" Saturday, November 10 from 11:00 a.m. to 5:00 p.m. A juried art



show will fill the streets of this historic section of Old Town Cottonwood which is surrounded by charming galleries, shops and local restaurants.

The event will feature some of the state's finest jazz and blues bands. The Verde Valley Wine Consortium will host an outdoor wine tasting. Past participating wineries and vineyards have included Alcantara Vineyards, Page Springs Cellars, Javelina Leap Winery, Pillsbury Winery, Freitas Winery, AZ Stronghold and Dionysian Winery.

The Mingus Union Art Club will be creating art live before your eyes on the sidewalks. Rounding out the event will be displays from local historical societies, an antique and classic car show organized by the Mingus Union Hot Rod Club, and self-guided historic tours of Old Town Cottonwood provided by the Cottonwood Hotel. Also, on

November 10, don't forget about the Zeke Taylor barbecue, 11:30 am - 2:30 pm, hosted by the Clemenceau Heritage Museum just up the road at Willard Street and Mingus Avenue.



For more information contact the Cottonwood Parks and Recreation Department at (928) 639-3200 or check out the city website at www.cottonwoodaz.gov/parksrec/walkin.php. Artist applications may be picked up at the Cottonwood Recreation Center front desk.

C.Y.A.C. Angel Tree

Cottonwood Youth Advisory Commission's Angel Tree

Cottonwood Recreation Center Throughout December



The Cottonwood Youth Advisory Commission has gotten the go ahead from Santa to put up the Angel Tree. The Angel Tree is a tree of hope and the ever

enduring Christmas spirit. The tree will be covered with descriptions of local youth that need an angel. Each tag will list what clothes each child needs and their size. We are asking citizens to be angels and provide a gift for a special child. The Angel Tree will be erected at the CRC during the month of December.

Santa's Chief Flight Officer has confirmed he will be landing here in Cottonwood high atop the gable of the Cottonwood Recreation Center in December. At this point, depending on weather in the North Pole, we are expecting him from 4:00 pm until 7:00 pm each day he is here. As Santa's schedule is very busy, he has not confirmed exact dates yet. Check back with the front desk beginning mid-November.

YOUTH PROGRAMS

Youth Basketball

Registration for Cottonwood Parks and Recreation's 20th annual Youth Basketball program runs from Monday, September 24 through Friday, October 26, 2012. Practices begin the week of November 26 and are held during the evenings at the CRC and various local school gyms according to coaches' schedules. Games are all local and are every Saturday January 12 through the end of February 2013.



Mighty Mites Boys & Girls, 7 to 9yrs
Youth are taught the basics of the game and how to work together as a team. Emphasis is on fun and teamwork, not competition.

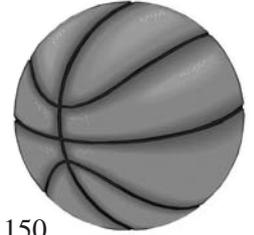
Boy's Power Division I 10 & 11yrs
Boys build on their skills and teamwork. Winning is still second to camaraderie.

Boy's Power Division II 12 & 13yrs
Competition is introduced but honing basketball skills and teamwork is top priority.

Boy's Power Division III 14 to 16yrs
Basketball for all 14 to 16 year old boys who just can't get enough. Focus is on competition, game philosophy and team work. A minimum of 32 registrants needed to run this division. If the minimum is not achieved, 14 year olds may be able to play in PDII.

GIRLS 10 - 14 Division
All girls ages 10 through 14 are invited to play basketball in this league regardless of skill and experience. Have fun, make friends, discover hidden talents - and best of all NO BOYS!

Basketball Registration



Registrations accepted Monday, September 24 through Friday, October 26 at the Cottonwood Recreation Center, 150 S. 6th Street. Ages for each division are as of January 1, 2013. Registration fee is \$35 per player with \$5 discounts for each additional family member and for city of Cottonwood residents. A copy of the player's birth certificate is required to be on file at the Parks office. Registration fee includes team t-shirt and end-of-season medallions for all players. ALL participants, new or returning, are required to attend a player evaluation on either Saturday, November 3 or Saturday, November 10 between 9 am and 12 pm at the Cottonwood Recreation Center Gymnasium. Evaluations should take no longer than 20 minutes.

CRC ASP

After School Program Grades 1 through 8

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

In order to participate in the CRC ASP, 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 13. 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 13 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 May.

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.org

Fun, competitive summer program. Must be able to swim 25 yards of any stroke. Register April 25, 2013.

Cottonwood Youth Advisory Commission

The Cottonwood Youth Advisory Commission is a group of young adults which strives 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. Applications for this year are due September 14 at the Cottonwood Parks and Recreation office.

In the 2010-2011 year, the commission completed 900 hours of community service. Some of the projects and programs they completed included a turkey donation for the Yavapai Food Bank, Teen Night and Spring Fling Dance at the CRC, providing holiday gifts for children staying at the Verde Valley Sanctuary, scheduling Santa and the Easter Bunny for pictures, helping with a variety of community events and producing the well attended "Let's Get Motivated" event with Anthony Robles at MUHS.

If you would like additional information about the commission please contact Cottonwood Parks & Recreation at 639-3200 x3215. The commission is excited for another year, and striving to truly make a difference.



CYAC members with Anthony Robles. His motivational speech was brought to Mingus with the help of a MatForce grant.

Young Child Programs

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 day care 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 hour limit)

Contact the CRC at 639-3200 for more information.



Goof and Giggle

Sharen Pearson, host of BabyFirstTV's Baby D.I.Y. and creator of Goof & Giggle, Where Laughter and Learning Collide, is offering classes for two age groups this fall.

Classes include Crazy Fun Arts & Crafts, Active Music Play, Hands on Science Exploration and Creative Movement!

Parent/Tot Class Ages 1 - 3

A fun way to engage tots and build their gross motor skills while they experience a well-rounded class of play-time and education. Parents and their young child attend class together. IT'S FUN!

When: Tuesdays 1:15 - 2:00 pm

G & G Big Kids Ages 4 - 6

Young children will have fun exploring and creating while learning through play. Parents are welcome to stay and be engaged with their child but it is not necessary.

When: Tuesdays 2:15 - 3:00 pm
Dates: Session 1: October 16 - November 6
Session 2: November 13 - December 11
(no class November 20)

Where: CRC Children's Play Room

Fee: \$36 per 4-class session
\$28 for second child in family
Must pre-register before class begins.

For more information contact instructor Sharen Pearson, www.sharenpearson.com
or goofandgiggle@gmail.com

Youth Exercise Classes

Zumbatomic 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 children's 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.

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

Call Carla Renard at 254-1058 for information.

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 the above dance class.

Youth Dance Classes

Kids Hip Hop **Ages 6 - 12**

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

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

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 the above dance classes.

Musical Programs

The Songsters **Ages 5 to 16**

This exciting seven-week song writing 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 in front of invited family and friends. Join them all during their last class on December 14 to experience them realizing their first experience of creative musical expression and performance.

When: Fridays 3:00 - 4:30 PM
 November 2 through December 14
 Where: Cottonwood Civic Center
 Fee: \$95 for 7 weeks



Vocal Instruction for Youth

Ages 8 to 20

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: Fridays 4:30 - 6:00 PM
 November 2 through December 14
 Where: Cottonwood Civic Center
 Fee: \$95 for 7 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.

**The summer classes were both a great success - don't miss out on this session!
 Register today!**

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

Total Body FIT

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
Saturdays at 11:15 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

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

Spin Class is a cardiovascular workout on a stationary bike led by an instructor to keep you motivated. Kevin Dix gears his instruction of this low impact fitness class for people of all ages and fitness levels. Get ready for fun and encouragement while benefiting 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!

Martial Arts Classes

Tai Chi/Ki Gong

Tai chi or Ki Gong is often described as "meditation in motion," but it might as well be called "medication in motion." There is growing evidence that this mind-body practice, which originated as a martial art, has value in treating or preventing many health problems. And you can get started even if you aren't in top shape or the best of health. Free your body of blockages, stimulating Ki energy flow for healing self and others. Ki Gong with Ralph is for all ages.

When: Friday evenings 5:00 - 6:15 PM

Where: CRC Studio

Fee: \$5 for first class, then \$20/month

Yoga Classes

Gentle Yoga with Sara

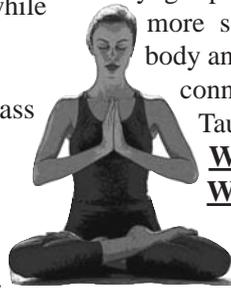
This introductory class explores the philosophy and practice of Hatha Yoga, including breathing exercises, yoga poses and relaxation techniques. Become more self-aware and conscious of your breath, body and mind. An overall sense of well-being and connection will result from regular practice.

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. Taught by Elissa Ballew.

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. Taught by Mira Bai Fairlight, RYT, LMT.

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

Where: CRC Studio

Fee: Free to CRC members or with a day pass

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.

Joint 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

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 & Saturdays at 11 AM

Water Aerobics

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

Water Workout

Water Workout is a great class for feeling energized and refreshed. Class consists of alternating cardiovascular movements and strengthening, toning movements. The workout is designed for all fitness levels. By adjusting the size and speed of your movements, you can vary the level of exertion to suit your needs. Every muscle and joint in the body are worked simultaneously. Taught by Sally Davidson.

When: Mondays at 11 AM

Water Intervals

Interval train to burn calories, build up endurance and increase fitness. Join the 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 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 Payton Delmars.

When: Wednesdays at 11 AM

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 11 AM

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

SilverSplash®

Activate your aqua urge for variety! SilverSplash® offers lots of fun shallow-water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers® kickboard is used to develop strength, balance and coordination. Taught by Linda Weisberg.

When: Saturdays at 10 AM **Begins in October**

This class is free to Silver Sneakers members (\$2 for all others)

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!

Beginner/Easy Lessons:

When: Thursday mornings, 9 - 10 am

Intermediate/Advanced Lessons:

When: Tuesday mornings, 9 - 11 am
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.

Friday evening classes/dances will resume on the third Friday of the month beginning with September 21. Times are 7 - 10pm and \$5/person. For more information 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!

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

Where: Cottonwood Civic Center

Fee: \$6 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 11. These classes are offered at the Cottonwood Civic Center by Carla Renard, 254-1058.

Hula Classes

Women's Beginners Hula

This is a Beginners Hula class for ages 16 and up that started on June 4, 2012. New members may enter this class if they feel they can follow along and catch up with the basics by just observing. The teaching pace is relatively slow. The next Basic Beginners Class will be offered sometime in May 2013. Prerequisite: Enthusiasm, motivation, ability to observe and learn.

When: Mondays, 7:00 - 8:00 PM

Fee: \$8 per class

Women's Hula Class, Intermediate

This class is for women ages 16 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: 5 years of prior hula training and instructor approval.

When: Wednesdays, 6:00 - 7:30 PM

Fee: \$10 per class

Kupuna (Senior Citizen) Hula

This class is for adults ages 60 and over, and is conducted at a nice, easy pace. It's 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 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 for best date to start. Recommended: Completion of New For Beginners Hula class which begins in May/June.

When: Wednesdays, 2:30 - 3:30 PM

Fee: \$8 per class

Women's Hula Class, Beginners Level II

This class is for women ages 16 and older. Participants learn songs about Hawaii and its culture in both Hawaiian and English. Hawaiian language, song, and history that led up to current 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

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 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

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 and Lori Maine.

When: Mondays at 8:30AM & 7:00PM

Tuesdays & Thursday at 6:00PM

Wednesdays at 8:30AM, 9:30AM & 7:00PM

Saturdays at 8:15AM

Where: CRC Studio

Fee: Free to CRC members
or with a day pass



ZUMBA
fitness

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

Self Improvement

Meditation & Forgiveness

Tools to Vibrant Health & Wellbeing

Lori Rubenstein, forgiveness teacher, is joined by meditation expert Sarah McLean, to guide you into meditation and forgiveness practices that are sure to increase your emotional, mental, and physical health. Learn the science behind the tools of meditation and forgiveness practices and start on your way to experiencing the benefits and transformation they offer. Imagine the joy and peace you would feel by being able to let go of anger and judgment. As you learn to quiet the mind, you allow room for your heart and soul to expand.

When: Wednesday, November 7 5:30 to 7:00 PM

Where: CRC Event Hall - Mingus Mountain

Fee: \$10

Please register at lorirubenstein@gmail.com
or call Lori at 928-634-0252.

RESPIRA FELIZ

(Breathe with Ease)

The International Association of Human Values (IAHV) together with the Art of Living Foundation present totally in Spanish, the Wellness Breath, Yoga and Nutrition course "RESPIRA FELIZ (Breathe with Ease)." Due to everyday tensions that cause 90% of diseases, lack of opportunities and the high index of unemployment that affect the Hispanic Community at every metropolitan urban center in the USA, IAHV is offering this extraordinary wellness course with proven, patented and researched techniques to cope with stress in these times of economic recession and uncertainty. This is a 3-day course to: Reduce & control every day stress & anxiety; Improve health, agility and vitality; Practice nutritional life-long habits; Practice rhythmic & relaxing breathing & yoga techniques; Attain mental peace of mind and a clear focus in the present moment; Increase energy levels and enthusiasm; and Improve your interpersonal relationships. This course will be taught within the socio-cultural context of Latin values and traditions.

When: Friday, November 2, 6 PM to 9:00 PM
Sat. & Sun., Nov. 3 & 4, 9 AM TO 3 PM

Where: CRC Event Hall - Verde River Room

Fee: \$50 for 3-day workshop (\$40 for members)
Contact Teacher Sara Woolsey at 928-451-0501 or
visit: www.artofliving.org for more information.

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. (*Winter session begins January 8*)

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!



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 summer 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 (May 28 - Aug. 5)
<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 - 8PM
<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

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 started another great program. Through the Mingus Miles Club you track your cardiovascular exercise, strength training and group exercise participation to stay on track with your goals and to 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!

MMC is co-sponsored by Northern Arizona Rehab and Fitness.



“Lookin’ Good Cottonwood” is a weight-loss competition designed to help people get healthy and feel great. Over 200 people lost weight during the last two years of this program. This year’s program runs from January 9 through April 24, 2013. Look for group exercise classes, weekly seminars, weekly weigh-ins, weekly prizes and more to assist with your weight loss journey. Prize money is awarded to the top two male and female losers over the entire competition. Prizes are awarded based on percentage of weight lost, not just total pounds. Registration runs December 1 through January 4, 2013. Participants must be 18 years or older. Lookin’ Good Cottonwood is sponsored by VVMC. For more information contact Trevor Faust at tfaust@cottonwoodaz.gov or 928-639-3200 x 3210.

“Lookin’ Good Cottonwood” is a weight-loss competition designed to help people get healthy and feel great. Over 200 people lost weight during the last two years of this program. This year’s program runs from January 9 through April 24, 2013. Look for group exercise classes, weekly seminars, weekly weigh-ins, weekly prizes and more to assist with your weight loss journey. Prize money is awarded to the top two male and female losers over the entire competition. Prizes are awarded based on percentage of weight lost, not just total pounds. Registration runs December 1 through January 4, 2013. Participants must be 18 years or older. Lookin’ Good Cottonwood is sponsored by VVMC. For more information contact Trevor Faust at tfaust@cottonwoodaz.gov or 928-639-3200 x 3210.

The CRC will be closed the week of Thanksgiving from Sunday, November 18 through Sunday, November 25 for our annual “face lift.” The facility is also closed on Christmas Day.

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.



Personal Trainers

The following trainers are certified and contracted with the city to provide services at the CRC.

Carla Gardner

fitnessparadise@msn.com 928-254-0149

Kari Heckt

kweenkari@mac.com 928-274-1424

Tonya Nolan

sedonatonya@hotmail.com 928-202-8939

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

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 barbecue, 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.



Cottonwood
Riverfront
Dog Park

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.

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 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. Call the CRC for ramada rental information.

Cottonwood Tennis Center

Use of the 4 Cottonwood Tennis 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.

Racquetees

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 outdoor pool is open Memorial Day through Labor Day. Look for information on schedule and pricing in the spring.

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.

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

COTTONWOOD LIBRARY

TRANSIT SYSTEM

CAT & Verde LYNX

Youth Services

Free Fall Programs

The Library's Youth Services department offers free activities each week for babies through teens. From Story Time to Karaoke and Craft Hour to Family Movies we guarantee there will be something your children will want to do. Check out the schedule at the library or on the web. New this year are early release Wednesday activities and a free tutor available Saturday mornings.



Mark your calendar for Saturday, November 3 for **International Games Day at the Library!**

Book Discussion Group

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

1st & 3rd Wednesday each month @ 10 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.

- Sept 19 *To Kill a Mockingbird* by Harper Lee
- Oct 3: *Burr* by Gore Vidal
- Oct 17: *Longitude* by Dava Sobel
- Nov 7: *Shell Seekers* by Rosamunde Pilcher
- Nov 21: *The Geography of Bliss* by Eric Weiner
- Dec 5: *Unbroken* by Laura Hillenbrand
- Dec 19: Holiday Pot Luck, Details TBA

Hours & Contact Info.

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

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.

Cottonwood Area Transit (CAT) provides local transit service for Cottonwood, Clarkdale and Verde Village. CAT operates two fixed routes plus complementary Paratransit services. Bus Rider Guides with complete scheduling and fare information and route

maps are available at the CAT office at 340 Happy Jack Way, from CAT drivers or at Cottonwood City Hall, Parks and Recreation and the Library. CAT is operated by the City of Cottonwood. For more information call 634-CATS (2287) or go to www.cottonwoodaz.gov/cat.php.

Two Fixed CAT Bus Routes

Fixed bus routes are Monday thru Friday, 7 am to 6 pm, serving signed bus stops along their routes. The routes connect on the hour at the 6th Street entrance to the Cottonwood Library where you can transfer from one route to the other or transfer to Verde Lynx, which connects to Sedona.

Route 1/Blue - Central Cottonwood & Verde Village
Route 2/Red - Connects Cottonwood to Clarkdale & Yavapai Community College

Fixed Route CAT Fares:

Cash Fare: \$1.25; All Day Pass: \$3.00;
20-Trip Pass: \$25.00 Paratransit: \$2.25

Pay fare to the driver when boarding. Exact change required as drivers cannot make change. All Day Passes let you ride throughout the day. 20-Ride Passes are 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 in 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 in the Verde Lynx Rider's Guide and at www.cottonwoodaz.gov/cat-verde_lynx.php or may be picked up at the same locations as the CAT guides.

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 formats may be obtained through the transit office at 634-2287.

ADULT SPORTS

Volleyball

Co-Ed Indoor League

Registration for this winter League begins Wednesday, January 2, 2013 and ends Friday, February 1. Games are scheduled to begin in late February with the season ending late April. Sponsorship fee is \$300 and must accompany registration made at the Cottonwood Recreation Center. Players fees are \$15 and are due by Friday, February 15. Teams choose whether to play in the Competitive or Recreational divisions based on availability. Each team must have a minimum of eight players.

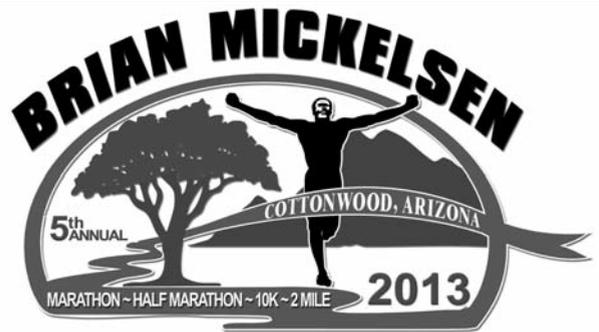
Games are played at the Cottonwood Recreation Center Monday through Thursday evenings; two nights a week for each division. League structure for both divisions will be a double round robin ending with post season double elimination tournaments. Coaches meeting is scheduled for Thursday, February 7 at 6:00PM at the Cottonwood Recreation Center. Practice schedules and league rules and regulations will be discussed at this meeting. Contact the Parks and Recreation office, 639-3200 or email rbigelow@cottonwoodaz.gov for more information.

Softball

Men's & Women's Spring League

The 2013 Spring Softball season begins Monday, April 29. Registration fees accepted at the CRC Monday, February 25 through Monday, April 1. A \$20 fee assessed on all late registrations. Men's games are Monday and Wednesday nights, women's are Tuesday and Thursday evenings. Sponsorship fees are \$300 per team with \$20 per person player fees. Minimum of 12 players required on each team roster. Coaches informational meeting is Thursday, April 4. All men's teams will be entered into a pre-season appreciation tournament Saturday, April 27 at no additional cost. The tournament will be double elimination format and only those individuals on the team rosters may participate. This tournament will not determine a team's division in the league. A donation benefitting child abuse prevention programs would be appreciated.

Running Events



Saturday, April 20 Riverfront Park

This race is a tribute to Brian Mickelsen, Cottonwood's beloved City Manager who passed away on a training run in 2007. The four scenic courses showcase the beauty of the Verde Valley. The Full Marathon goes out and back on Sycamore Canyon Road then joins the half marathon course. Over 600 racers registered in 2012. Be a part of this growing Verde Valley tradition! Register now at www.active.com or at the Cottonwood Recreation Center beginning January 2, 2013. Save money and register by January 19. Check the city website at www.cottonwoodaz.gov, call Parks & Rec or email us for more information.

Walking/Hiking

Nature Walks

at Dead Horse Ranch State Park

Sunday mornings at 9:00 AM, Oct. 7 - Nov. 18

One to two-hour guided hikes will meander along riparian areas or stroll through the high desert trails of the park. Bring plenty of water, sunscreen and wear appropriate clothing: sturdy shoes & a hat. Binoculars and a camera are recommended by hike leader Ranger Margie Sanchez as these hikes are a great opportunity for wildlife sightings and photos. Hikes start at various places in the park so inquire at the park gate for starting points.

For more information call Dead Horse Ranch State Park at 928-634-5283 or email Ranger Sanchez at msanchez@azstateparks.gov with questions. The Day Use fee of \$7.00 applies or Annual Passes also accepted.

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 non-polluting 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

Saturday afternoons at Noon, Oct. 6 - Nov. 17

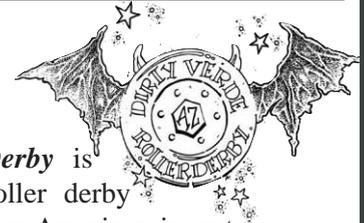
Mountain Bike rides take place from noon until 4:00 PM, "or when everyone gets tired," according to Ranger Randy Victory. These will be BEGINNER trail rides on the dirt, with some instruction on the pavement. Victory, a certified cycling instructor, will offer everything from basic riding techniques to trail etiquette. Although the rides are oriented toward beginners, everyone is welcome to attend (minimum age is 16). Beginners support each other and interact with more experienced riders who offer insight on ways to build skills and have a great time doing it. The focus is on fun. But safety prevails and riders are REQUIRED to wear a helmet and complete an acknowledgment of risk form (parents must sign for riders under 18 years old). Bring water and make sure your bike is in good working order. Flat protection (Slime tire sealant, for example) and riding gloves recommended. The rides start at the Raptor Trailhead at the top of Roadrunner Road in the park.

For more information, call Dead Horse Ranch State Park at 928-634-5283. You may also email Ranger Victory at rvictory@azstateparks.gov. The day use fee of \$7.00 applies or Annual Passes accepted. A \$5.00/rider program fee collected at time of ride.



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 Capt'n Jack at 451-1082 or 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.

Powerlifting

REC-N-CRU

The REC-N-CRU is a competitive Powerlifting Team founded and coached by Tim McKeever Sr. who is a World Record holder with 15 national titles. Powerlifting consists of the squat, bench-press and the deadlift and variations thereof. "Community impact through Competitive lifting." The REC-N-CRU's goal, beyond competition, is community service. They believe that through proper training with an experienced Coach that education and rehabilitation can be provided to those seeking to recover and address life's impairments. Placement on the Team is established at the sole discretion of Tim McKeever.

For more information, contact Tim McKeever Sr. at 451-1185 or oldmaster@rec-n-cru.com, their facebook page or the Wall of Fame at the CRC.

CRC ASP

The Cottonwood Parks and Recreation Department's after school program, CRC ASP, is an affordable drop-in after-school recreation program for children in first through eighth grades. This program is held at the Cottonwood Recreation Center with professional supervision and runs the entire length of the school year.

Where: Cottonwood Rec. Center
150 S. 6th Street.

Days/Times: Mon., Tues., Thurs.
& Fri., 2:30PM-6PM

Wednesday, 1:30PM-6PM

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



Homework Help!

**Game Room
Activities!**

**Cultural
Programs!**

Swimming!

Hiking!

ASP Special Programs

School may be out - but the CRC ASP Programs still run from 8am to 5pm! **Only \$20 per day!**

Fall Break October 8 - 12 (\$90/week)

Holiday Half Day December 21 (\$10)

Winter Break December 24 thru
January 4 (closed 12/25)

MLK Jr. Day January 21

**Lunch
Included!**

Daily participation limited to 25 students.
Walkers chaperoned from CES.
Transportation provided from DDB.
Registration packets available at the CRC
front desk. For additional information please
contact Cottonwood Parks and Recreation at
639-3200 or email
blawler@cottonwoodaz.gov.



Arts & Crafts!

**Rock Wall
Climbing!**

