

Leisure Times

Winter/Spring 2013
VOLUME 39

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



**Saturday,
April 20**

**6 am Start for
First Race
Riverfront Park**



**FULL
MARATHON
Half Marathon
10K & 2 Mile**

MEMORIAL RUN/WALK



**Fun for the
whole
family!**

**See pages 4 - 7
for more
information on
special events.**



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, 928-639-3200.

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 Assistant

Kaley Badger and Lisa Wright,

Front Desk Supervisors

Richard Wells & Al Hilberger, Maintenance Techs

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

Lookin' Good Cottonwood

Lookin' Good Cottonwood is a weight loss and health program sponsored by the City of Cottonwood and Verde Valley Medical Center. The program offers group exercise classes, weekly seminars, weekly weigh-ins and group motivation to assist you. Gift Certificates and cash prizes awarded to the top finishers based on percentage of weight lost. Registration has ended for the 2013 program but you may attend the health seminars even if you are not a participant or CRC member. The seminars are held in the event hall of the Cottonwood Recreation Center on at 5:30pm on the dates listed unless otherwise noted.

January 29	Sports Medicine & Staying Healthy
January 31(5pm)	Working Out Smart & Avoiding Injury
February 5	Nutrition & Portion Distortion
February 12	Heart Health Benefits of Exercise
February 21	TBD by Yavapai County
March 7	To be determined
March 21	To be determined
April 1	To be determined
April 18	To be determined

For more information contact
Trevor Faust at tfaust@cottonwoodaz.gov
or 928-639-3200 x3210.



Equestrian Center



At the Verde Valley
Fairgrounds
12th Street and Cherry

The Cottonwood Equestrian & Animal Events Center is located adjacent to the Verde Valley Fairgrounds off of 12th Street. It consists of two arenas: one large multi-use and a smaller show ground. In 2012, C.E.A.E.C. hosted 83 programs including three rodeos, multiple barrel races, shows and clinics. The facility is open year around and the public is welcome during open hours. Visit our website at cottonwoodaz.gov/parksrec/equestrian.php to view a facility schedule. Hours are dusk to dawn.

Cottonwood Equestrian & Animal Events Center
2012 Large Events included:
*Arizona Junior Rodeo Central Verde Gymkhana
Arizona Women's Pro Rodeo
Arizona High/Junior Rodeo Association
National Barrel Horse Association
Verde Valley Equine Festival*

In 2011, the facility won the "Best Ground in AZ" award from the Arizona Women's Pro Rodeo Association. For general questions or to book your event please contact Hezekiah Allen at 928-639-3200 ext. 3215 or visit the website.

Clemenceau Events

Arts & Crafts

American Style

Saturday, February 9, 9 AM - 4 PM
Clemenceau School Auditorium
1 N Willard Street

The Verde Historical Society sponsors this annual show featuring talented Verde Valley artists and craftsmen displaying stained glass, jewelry, dolls, pottery, woodwork, western items, original paintings, photography and more. A \$1 entrance fee benefits the Clemenceau Heritage Museum. Light refreshments available. For more information call 634-2868.

Sport Championships

Kiwanis Kick-Off Classic

Saturday, March 23, Riverfront Park

Hosted by the Clarkdale/Verde Valley Kiwanis Club the Kick-Off Classic is a Men's "D" and "E" tournament that starts the local softball season. Deadline is Wednesday, March 20. Format is double elimination with individual and team awards going to first through fourth place finishers. To register for this or other local ASA tournaments, contact Rick Seifman at 623-776-2143.

100% Raw Southwest Regional Powerlifting Competition

Sat., April 6 & Sun., April 7
Cottonwood Recreation Center

Come to the CRC and watch your local power lifting team in action. Women and Men 181 lbs and under lift on Saturday. Men 198 lbs and up lift on Sunday. Competition includes Full Power (Squat, Benchpress, Deadlift), Push/Pull, Strict Curl and Single Lift.

Cottonwood's own REC-N-CRU POWER TEAM is hosting this event which is open to the public. Lifting begins at 9:30am both days. Teams and lifters from all over Arizona, New Mexico and California have already committed to attend. Donations for entrance will be accepted.

For further information or sponsorship opportunities contact Tim McKeever Sr., 100% Raw Arizona State Co-Director and REC-N-CRU Founder at 928-451-1185 or the 100% Raw Powerlifting Federation website. There will be more than 20 World Record Holders lifting at this Competition. Bring the whole family and support your local lifters and the REC-N-CRU, National and World Masters Benchpress Champions for 2012. Entry Forms and fees are on the 100% Raw Powerlifting Website.

Youth Events

Baby Bazaar

Clothing Sale & Exchange

March 9, 10 AM - 3 PM

The Cottonwood Recreation Center is hosting this event to help those who would like to sell or exchange new and used children's clothing and toys. If you have anything from maternity clothes, infant to young children's clothes, toys or even children's shoes, bring them to our Baby Bazaar to exchange or sell. There is a \$10 pre-registration fee to set up a table. Pre-registration begins February 11, 2013. A charge of \$15 a table will be charged after March 6. Items being sold or exchanged must be in excellent condition. If you don't have anything to sell or exchange come in and enjoy some shopping, admission is free. Donations accepted.



Cottonwood Parks & Recreation's 23rd Annual **FREE** Old Fashioned

For Ages
Up to
8 years old

Easter Egg Hunt

Saturday, March 30, 10:00 AM

Riverfront Park

The City of Cottonwood Parks and Recreation Department is excited to present this year's Easter Egg Hunt. Over \$2,500 in toy-filled baskets, videos, stuffed animals and food coupons will be given away. The program consists of loads of candy and plastic eggs filled with special prize tags and coupons that are scattered in five separate sections of the Ramada/Soccer field area of the park. The age divisions are set to allow for the greatest enjoyment by the children. The five egg hunting age divisions are: 1 to 17 months, 18 to 35 months, 3-4 years, 5-6 years and 7-8 years old. This event is possible thanks to generous donations by the Verde District Kiwanis Club, Cottonwood Youth Advisory Commission, Wal-Mart Super Center, Pizza Hut, Dairy Queen, Sonic Drive-In, Taco Bell, McDonald's, KFC and more.

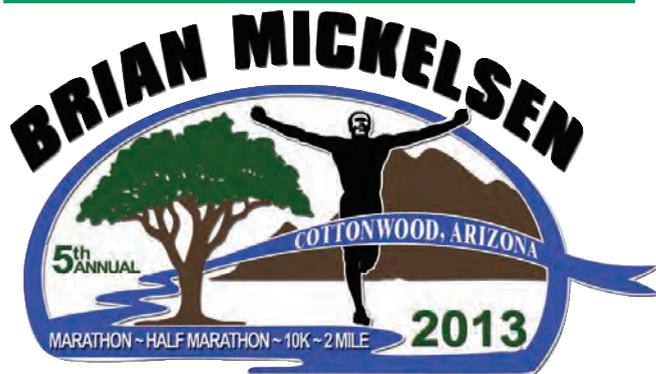
Children's Celebration

Saturday, April 20, 9:30 am - 1 pm

Cottonwood Civic Center

Free! Come to the 20th annual Children's Celebration for a fun family outing full of hands-on activities and games for children. Learn more about community organizations that provide services for children and families in our area. For 2 decades Buena Vista Children's Services has sponsored this event in honor of Child Abuse Prevention Awareness. Participating organizations offer activities or games for kids and information for parents. For 20 years, kids have enjoyed activities such as making hats, creating with play dough, face painting, bubble art, sand tables, a science table and a bouncing tent for the little Tiggers. Don't miss performances by local children to showcase their varied talents, our popular Cake Walk and Silent Auction, as well as a 50/50 raffle. For more information, contact Gail at Buena Vista Children's Services at cc.bvcs@gmail.com.

Race Events



MEMORIAL RUN/WALK Saturday, April 20, 2013

Riverfront Park

Come run or walk the fifth annual Brian Mickelsen Memorial Full Marathon, Half-Marathon, 10K, 2-Mile Run/Walk. This race is a tribute to Brian Mickelsen, Cottonwood's longtime city manager, who passed away suddenly on a training run in 2007. Come share two of his passions - running and the Verde Valley - while experiencing this scenic course! The four picturesque courses showcase the beauty of the Verde Valley. The Marathon goes out and back on Sycamore Canyon Road for 6.6 miles then joins the half marathon course. This route will utilize dirt roads, paved roads and trails for a great variety on the scenic course.

Over 600 racers competed in 2012. Be a part of this growing Verde Valley tradition! Register now at www.cottonwoodaz.gov/parksrec/bmm or at the Cottonwood Recreation Center. Register early and save money. Email or call Parks and Recreation or check the city website for more information and race course maps.

Highlights

Free shirts guaranteed to all who **register by Friday, March 29**. Full, half marathon & 10K racers get technical running shirts. 2 milers get cotton t-shirts.

Awards for the top 3 adult male and female winners in 5 year age groups in the Full, 1/2 Marathon & 10K. First overall male and female in the Full and 1/2 Marathons receive a free pair of running shoes.

Pre-race carb-loading meal Friday, April 19, 5 - 7pm at the CRC when you pick up your race bag.

Post-race amenities include live music, food, fresh fruit, massages and a raffle.

Race Courses & Start Times

All 4 courses begin and end at Riverfront Park & can be viewed @ www.cottonwoodaz.gov/parksrec/bmm.

MARATHON: 6:00 am start time. Follow the half-marathon course but add a run up and back the amazingly scenic Sycamore Canyon Road.

Half-Marathon: 7:30 am start time. Run or walk through historic Old Town Cottonwood and to Tuzigoot National Monument. Continue on scenic trails into Dead Horse Ranch State Park.

10K: 7:40 am start time. This route winds through beautiful Dead Horse Ranch State Park.

2-Mile: 7:50 am start time. Run or walk from the Riverfront ramada area to the state park's main gate and then back.

REGISTRATION & FEES

Pre-register online at www.cottonwoodaz.gov/parksrec/bmm by April 13 or at the Cottonwood Parks and Recreation office through Friday, April 17.

	<u>Through Mar 31</u>	<u>April 1 - 17</u>	<u>RACE DAY</u>
Full Marathon:	\$70.00	\$80.00	\$90.00
1/2 Marathon:	\$50.00	\$60.00	\$70.00
10K Run:	\$30.00	\$40.00	\$50.00
2 Mile:	\$20.00	\$25.00	\$30.00

\$5 discounts for student runners age 17 and under and Seniors 55 & older

Sponsored by the



**Heart & Vascular Center
of Northern Arizona**

Co-sponsored by the City of Cottonwood, Cottonwood Chamber of Commerce, Salomon USA, Mountain View Villa and EntireCare Rehab & Sports Medicine Experts.



Dog Agility Trial

April 20 & 21

Cottonwood Kid's Park

The Verde Valley Dog Agility Club (VVDAC) is hosting their seventh annual trial. VVDAC is affiliated with the North American Dog Agility Council (NADAC) which

provides North American dogs and their handlers with a fast, safe and enjoyable form of the sport of dog agility. A trial demonstrates the ability of a dog and its handler to work as a smoothly functioning team, and provides lots of fun for the dog, handler and audience as well. The fun begins 8:00am. Remember, all dogs must be on a leash at all times and always pick up after your dog. Check out our site at: www.verdevalleyagilityclub.com.

Nature Events

13th Annual Verde Valley Birding and Nature Festival

Thursday, April 25 through
Sunday, April 28
Dead Horse Ranch State Park

Registration for the 2013 VVBNF begins February 1. The event is made up of field trips, workshops, guided walks, exhibit hall and vendors. Registration fee is \$15 plus additional fees for field trips. Our theme this year is “Finches and Flowers” as we look at our gardens and backyard habitats and birding. Our keynote speaker is David Mizejewski, National Wildlife Federation’s spokesperson and naturalist. He was host of the Animal Planet’s TV series “Backyard Habitat,” and has made appearances on TV and radio shows including NBC’s *Today Show* and the *Martha Stewart Show*.

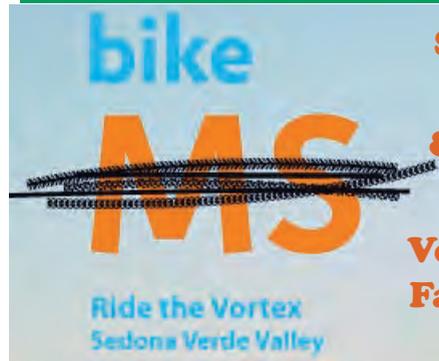
Dave is author of [Attracting Birds, Butterflies and Other Backyard Wildlife](#). The keynote dessert reception is open to the public and held at the Cottonwood Recreation Center, 150 S. 6th Street, Friday, April 26. There will also be an opportunity to go on a field trip with David to a certified NWF backyard habitat.

The popular Canyon and Condors Grand Canyon tour is back along with a host of new special trips. Let’s not forget the popular Cadillac Canoe Brunch. New trips are added every year and this year we are offering two different progressive tours visiting local backyard habitats that offer snacks along the way.

There are also trips available to explore the geology of the Verde Valley with a knowledgeable guide who will describe the processes that created this amazing and unique landscape. This is an extraordinary festival with something for everyone, from birding beginners to experts, lovers of nature and lovers of learning. Saturday is the free “Family Nature Fair” with activities for children and parents alike.

Go to the website at www.birdyverde.org for more information about all the planned field trips, workshops, seminars and more. Events fill quickly, so register as soon as possible to insure space is available. For more information, call Barbie at 928-282-2202.

Bicycling Events



Saturday,
May 18

& Sunday,
May 19

Verde Valley
Fairgrounds

At Bike MS, it’s not just the miles that matter - it’s the unforgettable experience. You feel the electricity at the start. You notice the carbon frame on your left, the tandem ahead, and the recumbent on your right. You glance back at your teammates. As you click into your pedals and settle into the saddle, you know you’re going places you’ve never been. Don’t just ride, Bike MS.

Join us for Bike MS: Ride the Vortex - Sedona Verde Valley presented by Sam’s Club, Arizona’s premier cycling event! There are route options for every level of cyclist, ranging from 30 to 100 miles, so you will surely find a route fit for you. Come enjoy delicious meals and strong support, with frequent rest stops. When you finish, a fantastic festival awaits you with great food, music, a beer garden, massage tent and fun games. Come enjoy a ride in a backdrop of some of the most spectacular scenery in the world.

Most importantly, you will not only get an unforgettable weekend, but a chance to make a difference for people with multiple sclerosis. The money raised supports education, advocacy, research and local programs that enhance the quality of life for people with MS and their families. Don’t just ride, Bike MS.

Bike MS: Ride the Vortex - Sedona Verde Valley
The rides begin and end at the Verde Valley Fairgrounds. Registration Fee is \$50 through February, \$75 in March and April and \$100 in May. There is a \$250 fundraising minimum.

Known as one of the best-supported bike rides in the state, Bike MS will be fully supported with rest stops, medical personnel and support vehicles to help along the way. Come out and join the 1,000 cyclists expected or just turn out to support them along the route.

For more information about Multiple Sclerosis and the National MS Society join the movement at nationalmssociety.org or 1-800-344-4867.

**For more information and to register for
BIKE MS: Ride the Vortex, visit
www.bikeMSarizona.org.**

YOUTH PROGRAMS

CRC ASP

CRC After School Program

Grades 1 through 8

Attention! Calling all 1st through 8th graders! The Cottonwood Recreation Center is offering exclusive programming for students through the After School Program. Our After School Program is a drop-in program designed for school-age children. Servicing Cottonwood's Mountain View Prep, Cottonwood Elementary School, Cottonwood Middle School, and Dr. Daniel Bright, this program offers elementary to middle school students a variety of programming. Under the supervision of a professional recreation staff, youth are provided with individualized attention and a variety of age appropriate developmental group activities that are fun, stimulating and enriching. Homework help and tutoring are integral parts of the program. When students come to the After School Program at the Recreation Center, they will learn to build essential skills needed for success in school, as well as in the community.

Program Components Include:

- Sports & Games
- Educational Enrichment
- Arts & Cultural Activities
- Swimming
- Rock Climbing
- Health and Fitness

In order to participate in the CRC ASP, youth must be enrolled in 1st through 8th grade, able to follow CRC facility and program rules and expectations, 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: 140/month;
40/week;
or \$10/day

Contact the CRC at
blawler@
cottonwoodaz.gov
or 639-3200
for more
information.



ASP Special Programs

ASP Special Programs

In conjunction with the After School Program, holiday and break programs are available as well. From 8AM to 6PM, students and parents are offered an outlet to ease the question of where the kids will be all day. The Afterschool staff realizes the demand on parents and is here to provide students a full day of entertainment, food and unique experiences. These all day programs are much like the regular After School Program, but incorporate cultural programs depending on the holiday, more crafts, lunch and snacks, all the Rec Center amenities, and tours of our local Police/Fire Department and Clemenceau Museum.

Feb 18	President's Day	8 am - 6 pm	\$20
Feb 21, 22	Half Day	11:30 am - 6 pm	\$10 a day
March 11-15	Spring Break	8 am - 6 pm	\$90 or \$20 a day
March 29	Good Friday	8 am - 5 pm	\$20
May 3	Staff Work Day	8 am - 6 pm	\$20
May 24	Half Day	11:30 am - 6 pm	\$10

Additional siblings are half off.

ASP 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. 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.

Continue the fun by staying the rest of the afternoon for "After Camp." Four two-week sessions of this program run from late May through July. Look for more information on dates, prices and registration at the Cottonwood Recreation Center this spring.

Learn To Swim

The summer swim season begins Saturday, May 24, 2013 at the Cottonwood Aquatics Center. Cottonwood Parks and Recreation's "Learn to Swim" program begins Tuesday, June 4. 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).*

2013 Session Schedule

- #1 Tuesday, June 4 - Friday, June 14
- #2 Tuesday, June 18 - Friday, June 28
- #3 Tuesday, July 2 - *Saturday, July 13*
- #4 Tuesday, July 16 - Friday, July 26

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.

More information on this program, Parent and Tot Swim class and others at the Cottonwood Aquatics Center will be available this spring at the CRC.

Learn To Swim Registration

Registration for this program begins Monday, April 15 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 would not be 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.

Athletic Organizations

The following youth groups are not associated with the Cottonwood Parks and Recreation Department.

4-H Cottonwood Clovers 928-554-8999

Baseball & Softball - Verde Valley Little League -
Ages 5 to 16 Sondra Grandy, President 451-9279
grandy0808@msn.com

Register January 1 through March 1.
Season runs April through June.

Football - High Desert Youth Football & Cheer
Ages 6 to 14 Becky Allred, President 451-5519
Kyle Streck, Vice President 301-3010
Register January 1 through July 13.
www.eteamz.com/HDYF.

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

Soccer -
AYSO - Ages 4 1/2 to 13 Hotline #888-808-5453
EMAILS: CottonwoodTC@ayso232.org
Website: www.ayso232.org

Practices/games: September through
November. Registration: May through June 30.

Verde Valley Soccer Club - part of AYSA
Dave Miller, Club President 300-1927
http://www.vvsoccerclub.org.
Tournament play runs fall through May.

Special Olympics (ages 8 and up) 567-8068

Swimming

Cottonwood Clippers Swim Team - Ages 7 - 18
Christine Soliz 634-1960
www.cottonwoodclippers.org
Register April 25, 2013 for this summer program.

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: Check with the front desk or contact Sharen as to dates of the next session

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: Tuesdays at 4:00 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

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. The CYAC has begun their 2012-2013 year with tenacity. Make no mistake this organization is out to have an impact on our community. Out of all the past years this year was our biggest transition year. We had seven open seats on the board. We filled them with an outstanding group of driven students: Sirilak Saengswang, Marshall Shill, Carrington Midkiff, Wyatt Midkiff, Rachel Valentine, Santana Maccioli, and Krista Earl. The application process consists of oral board interviews and a written application with the City Council having the final say.

This year's officer elections were very competitive. The president and vice president positions had at least four candidates a piece. Each presented their goals for the commission in a debate format, and then the commission discussed and voted. The 2012-2013 President is Robert Valentine, Vice President is Spencer Midkiff, and the Secretary is Ashleigh Makuch.

The CYAC is busy preparing for upcoming programs involving community outreach and teen events.

If you would like additional information about the commission please contact Cottonwood Parks & Recreation at 639-3200 x3215. Applications for next year are available in August.



2012-2013 Returning and newly appointed CYAC members with Cottonwood City Council members after being sworn in.

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

Fat Blaster

Burn those calories with this up-tempo, hi-low impact aerobic workout - guaranteed! Take it back to basics, there are no gimmicks, just easy to follow routines that are pure movement and pure sweat! This program welcomes people from all walks of life regardless of shape, size or ability. This workout is created to have an environment that is non-competitive and nonjudgmental. 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! It 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. Your body works hard, going from cardio to toning and back until every station is complete. Increase your metabolism with quick bursts of speed, 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

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!

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 8:30 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 8:30 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. Great for men and women! Taught by Jeanie Swesey.

When: Saturdays at 9:15 AM

Fee: Free to CRC members or with a day pass

Where: CRC Studio

Yoga Classes

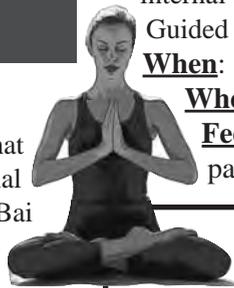
Yoga for Healthy Bodies

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

Where: CRC Studio

Fee: Free to CRC members or with a day pass



Gentle Yoga with Sara

Explore 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. This class is geared toward intermediate to advanced students but all levels are welcome. Taught by Sara Woolsey, CYT.

When: Tuesdays 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

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

Online Class Enrollment

Instead of calling the front desk, sign up for your daily exercise class on line. Just visit the City of Cottonwood website, www.cottonwoodaz.gov. Select Parks and Recreation from the Departments drop down menu. From there choose "Participate in a class or a program at the Cottonwood Recreation Center" on the green box. That will take you to the Active site where once you create an account, you can easily access the classes you want. Upon choosing a class for the day, your information will be sent to the CRC cashiers to be added to the front desk list. It's as simple as that!

Hula Classes

Women's Hula Class

New for Beginners

This 6-week class for women ages 15 and older starts May 6, 2013. 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
May 6 - June 10

Fee: \$48 for the session, payable at first class

Kupuna Hula

(Senior Citizen)

This class is for adults ages 60 and over, and is conducted at a nice, easy pace. It is 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! Classes are progressive and ongoing, with one lesson built upon the previous week's lesson. 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 (see above)..

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

Fee: \$8 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. Classes are progressive and ongoing, with each lesson built upon the previous week's lesson. Prerequisite: 2 years 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. Classes are progressive and ongoing, with each lesson built upon the previous week's lesson. Prerequisite: 5 years of prior hula training, and instructor approval.

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

Fee: \$10 per class

Men's Hula Class Level II

This class is for gentlemen ages 16 and older. Participants will 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. Classes are progressive and ongoing, with each lesson built upon the previous week's lesson. Prerequisite: some dance experience extremely helpful but not necessary; please call to discuss with instructor. For enrollment prior to May 8, please contact the instructor. Location and time may have changed.

When: Wednesdays, 7:30 - 8:30 PM

Fee: \$8 per class

Hawaiian Language

For Beginners

Ever wonder what the correct way of pronouncing "Hawai'i" is? Or why all the street names in Hawaii begin with "K"? If so, this is the class for you! This course will focus on correct pronunciation, vocabulary and simple phrases. Writing tablet and pen/pencil required. Classes are progressive, with one lesson built upon the previous lesson. Prerequisite: None.

When: Wednesdays, 4:00 - 5:00 PM

Begins May 8 (for 8 weeks or longer,
depending on interest)

Fee: \$8 per class

All classes are presented by Halau Hula Napuaokale'i'lima and are 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 when the best week to start is.

Water Classes

The following water classes are held in the Indoor Leisure Pool of the Cottonwood Recreation Center.

These classes are \$2 for members or day pass holders.

Punch passes are available.

Water shoes required for all classes.

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

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. Work out stress, build strength, endurance and flexibility and return to your afternoon refreshed and alert. Taught by Lori Maine.

When: Mondays 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 Lori Maine.

When: Mondays at 11AM and Saturdays at 10 AM

Begin in October

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



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: Fridays 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 Lori Maine.

When: Wednesdays at 11 AM

Aqua Aerobics

Not for the faint at heart, Aqua Aerobics have most of the fat-burning, endurance and muscle building benefits equivalent to other forms of aerobic activity. A cardio portion lasting 30 - 40 minutes burns 100's of calories. Improve cardio vascular health and endurance as well as strengthen and stretch muscles in a livelier, faster paced and energetic aquatic exercise class. 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 Rose Ortiz.

When: Wednesdays at NOON

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

Where: CRC Studio

Fee: Free to CRC members or with a day pass

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



ZUMBA
fitness

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 and Rose Ortiz.

When: Wednesdays 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: Tuesdays and Thursdays at 10:30 AM

Where: CRC Studio

Fee: Free to members or with a day pass

Senior Fitness

Zumba® Gold

Zumba Gold is a gentler, low impact style of Zumba for the active older adult or those whose physical needs require moderate intensity. 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 & Fridays at 9:30 am

Where: CRC Studio

Fee: Free to members or with a day pass



Dance Classes

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.

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 second Friday of the month through May. Times are 7 - 10pm and \$5/person. For more information call Kent at 202-1603 or email kfullerton28@q.com.

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.

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 in September. The Winter session begins in January. 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, 805 N. Main Street in Old Town, starting at 7 PM. If you are an experienced square dancer, come and visit us. 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 dance the third Saturdays of the month, 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 facility. 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. 4)
<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:

Memorial Day Independence Day Labor Day Veteran's Day Christmas Eve New Year's Eve

NEW: Adjusted Holiday Hours

New Year's Day, Easter and Mother's Day

Fitness area/gym & Pool hours: 10am - 2pm

All other rooms will be closed

Fitness Programs

Mingus Miles Club

Members track how much exercise they are really getting at the CRC or out on their own. 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 21 through April 24, 2013. Look for group exercise classes, weekly seminars, weekly weigh-ins, weekly prizes and more to assist with your personal 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 is over for this year but you may still attend the many seminars. 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.

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.



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.

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 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/NAIPTA

Youth Services - Programs

Tiny Tot Time	10 AM every Tuesday
Storytime	10 AM 1st, 2nd, 4th & 5th Thursdays
Mini Melody Makers	10 AM Third Thursday
Twisted Teen Time	4 PM 2nd & 4th Wednesday
GAME ON	4 PM every Thursday
Talent Showcase	4 PM Third Friday
Family Craft Hour	4 PM every Friday
Family Movie	11 AM first Saturday
Origami	12 PM third Saturday



Adult Services - Programs

Check the Library for **Computer Training** and **eBook Tutorials** schedules on Fridays - registration is limited so sign up ahead of time. Also ask us about our **Job Search Computer!**

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.

- Feb 6:** *The Bonfire of the Vanities* by Tom Wolfe
- Feb 20:** *A Beautiful Cruel Country* by Eva Wilber-Cruce
- Mar 6:** *John Adams* by David McCullough
- Mar 20:** *Krakatoa* by Simon Winchester

Hours & Contact Info.

Tuesday thru Friday 9:00 AM - 6:00 PM
Monday & 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 Tuesday, January 3, 2012 and ends Monday, January 30. 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 10. Teams can sign up for 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 9 at 6:30PM 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 15. 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 11. 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.

Men's Basketball

Cottonwood is organizing a Men's Basketball League to be played in July and August of 2013 at the Cottonwood Recreation Center. Registration will be in June at the CRC. Contact Ryan Bigelow, rbigelow@cottonwoodaz.gov and look for more details in the Summer edition of this brochure.

Running Events



MEMORIAL RUN/WALK

Full Marathon - Half Marathon - 10K - 2 Miles
Be a part of this growing Verde Valley tradition! Register now at the Cottonwood Recreation Center or by visiting www.cottonwoodaz.gov/parksrec. Save money and register by March 31. Check the city website, see page 6, call Parks & Recreation or email us for more information.

Walking/Hiking

Nature Walks

at Dead Horse Ranch State Park

Spring is a perfect time to take advantage of our local state parks. Dead Horse Ranch State Park offers 1-2 hour ranger-led hikes on Saturday mornings, from late March through early May. Hikes will meander along riparian areas or stroll through the high desert trails. Bring plenty of water, sunscreen and wear appropriate clothing: sturdy shoes & a hat. Binoculars and a camera are recommended as these hikes are a great opportunity for wildlife sightings and photos. Inquire at the park gate for starting points.

The hikes are free, however regular park entrance fees apply. Annual Passes will also be honored. The day use fee is \$7.00. Call Dead Horse Ranch State Park at 928-634-5283 or email Ranger Sanchez at msanchez@azstateparks.gov for more information.

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

Mountain Bike rides/clinics will take place each weekend from late March through early May. The rides will be beginner trail rides on the dirt, with some instruction on the pavement. Randy 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 will interact with more experienced riders who can offer insight on building skills. The focus is on fun and safety. Riders will be 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. Anyone is welcome. Program fee is \$5 in addition to regular park entrance fees. Annual Passes will be honored. The day use fee is \$7.00.

For more information on specific dates and times, call Dead Horse Ranch State Park at 928-634-5283. You may also email Ranger Victory at rvictory@azstateparks.gov with questions.



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.

See page 5 for information on the April Powerlifting event at the Cottonwood Recreation Center.

RENT THE CRC!

The Cottonwood Recreation Center has rental opportunities for a myriad of events at reasonable rates. Host your next company party, meeting, birthday party, seminar or reception in one of our well-equipped rooms.

The Community Events Hall amenities include:

- One large hall than can be divided into 3 rooms
- Wi-Fi and PA system in each room
- Sink and Preparation area in each room
- Available warming kitchen
- A projector and screen in the Cottonwood Room
- Tables and chairs set up to your specifications
- Ample parking available



Facility Rental Rates Community Events Hall

1 Room	\$50.00/hour	with kitchen	\$80.00/hour
2 Rooms	\$70.00/hour	with kitchen	\$110.00/hour
3 Rooms	\$90.00/hour	with kitchen	\$140.00/hour

Ask us about discounts for residents and renting during non-peak hours. A deposit is required on each reservation.

Party Room	Up to 8 Patrons	9 - 16 Patrons	17 - 24 Patrons	25 - 32 Patrons
Rental Plus	\$70/2 hours	\$100/2 hours	\$130/2 hours	\$160/2 hours
Birthday Package	\$90/2 hours	\$130/2 hours	\$260/2 hours	\$350/2 hours
Deluxe Birthday Package	\$130/2 hours	\$200/2 hours	\$320/2 hours	\$440/2 hours

Straight Room Rental \$50.00/2 hours

Rental Plus and the Birthday packages include use of the facility for guests.

Other CRC rooms may also be available for rent.

Deluxe Packages include cake, tableware, balloons, decorations and more!



For more information about CRC rental opportunities or to schedule your next event, please contact Cottonwood Parks and Recreation at 639-3200 or email kbadger@cottonwoodaz.gov.

