

# Leisure Times

Summer 2013  
VOLUME 40

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

**Daddy/Daughter  
Date Night  
Friday, June 14  
at the  
Cottonwood  
Recreation Center**

**See page 6 for  
more  
information.**



# 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 you picture taken.*

**NOTICE:** The U.S. Department of the Interior prohibits discrimination on the basis of race, color, natural origin, or handicap in its federally assisted programs and activities. If anyone believes he or she has been discriminated against in any Parks and Recreation program, activity, or facility, he or she may file a complaint alleging discrimination with either the Cottonwood Parks and Recreation Department or the Director of the Office of Equal Opportunity, U.S. Department of Interior, Washington D.C. 20240. Richard Faust, Community Services General 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. Faust at 150 S. 6th Street, Cottonwood, Arizona 86326.

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# CITY DEPARTMENTS

## **City Council**

**Diane Joens, Mayor**

Karen Pfeifer, Vice Mayor

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

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



## **Administrative Services**

### **City Manager**

Doug Bartosh

### **City Clerk**

Marianne Jiménez

### **Economic Development Dir.**

Casey Rooney

City Hall: 827 North Main Street

Cottonwood, Arizona 86326

Hours: 8 am to 5 pm, Monday through Friday

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

Web Site/email: cottonwoodaz.gov

## **Finance & Human**

### **Resources**

Rudy Rodriguez,

Administrative Services Manager

816 N. Main Street

634-0060

## **Public Safety**

### **Fire Department** Mike Kuykendal, Chief

191 S. 6th Street

634-2741

### **Police Dept.**

Jody Fanning, Chief

199 S. 6th Street

634-4246

## **Development Services**

Dan Lueder, Development Services Manager

### **Cottonwood Municipal Water**

111 N Main Street

634-0186

### **Public Works, Sewer, Streets &**

### **Buildings/Parks Maintenance**

1490 W. Mingus Avenue

634-8033

## **Municipal Court**

Douglas LaSota, Magistrate

665 E Mingus Avenue

634-7537

## **Community Services**

Richard M. Faust, CPRP,

Community Services Manager

## **Parks and Recreation**

150 S. 6th Street

639-3200

Ryan Bigelow, Recreation Services Supervisor

Hezekiah Allen, Recreation Services Supervisor

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

## **Transportation**

Bruce Morrow, Manager

340 Happy Jack Way

634-2287

# COTTONWOOD LIBRARY

## Youth Services - Programs

<b>Tiny Tot Time</b>	10 AM every Tuesday
<b>Musical Makers</b>	10 AM First Thursday
<b>Storytime</b>	10 AM 2nd & 4th Thursdays
<b>Music for Tots</b>	10 AM Third Thursday
<b>Twisted Teen Time</b>	4 PM 2nd & 4th Wednesday
<b>GAME ON</b>	4 PM every Thursday
<b>Talent Showcase</b>	4 PM Third Friday
<b>Family Craft Hour</b>	4 PM every Friday
<b>Family Movie</b>	11 AM first Saturday
<b>Origami</b>	12 PM third Saturday

The **Summer Reading Program "Dig into Reading"** runs June 3 through July 27. It includes 6 presentations on animals, archeology, dinosaurs and more! Readers earn weekly prizes. Check out the new teen section located upstairs in the mezzanine! It is a great place to kick back and read or socialize with friends.

## 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!**

The **Book Discussion Group** 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. Ask for a current book list at the reference desk or check the library website.

## 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](http://www.ctwpl.info), or call the  
Cottonwood Library at 634-7559.**

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

# TRANSIT SYSTEM

## CAT/LYNX

Cottonwood Area Transit (CAT) provides local transit and ADA Paratransit service for Cottonwood, Clarkdale, and Verde Villages. CAT also provides commuter service to Sedona through the Verde Lynx service. Bus Rider Guides, with complete scheduling and fare information, along with route maps, are available at the CAT office at 340 Happy Jack Way, from CAT/LYNX drivers, Cottonwood City Hall, Cottonwood Rec Center, and the Library. All buses are ADA Accessible. CAT/LYNX is operated by the City of Cottonwood. For more information, call 634-CATS (2287) or look us up on the Web at [www.cottonwoodaz.gov/cat.php](http://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

### CAT Fares:

Cash: \$1.25

**All Day Pass: \$3.00**

**20-Trip Pass: \$25.00**

**Monthly Pass: \$40.00**

**ADA Paratransit: \$2.25**

Pay fare to driver when boarding. Exact change required as drivers cannot make change. All Day passes may be purchased from the driver. Other passes may be purchased at the CAT office, Library, Rec Center, or City Finance Office. Credit Card, Check, or cash are accepted for passes.

### Verde Lynx

### Commuter Service Between

### Cottonwood and Sedona - 7 Days a Week!

Lynx buses run from the Cottonwood Library to Poco Diablo Resort in South Sedona. Park & Ride spaces are provided in the Cottonwood Rec Center parking lot and in the Sedona Municipal Lot or riders may transfer from the CAT buses to the Lynx buses. Fare is \$2.00 each way or \$1.00 within Sedona. Riders may purchase 20-trip Passes for \$40.00 or Monthly Passes for \$60.00 at the Sedona Finance Office or any of the CAT Pass outlets. Route Map and list of bus stops with scheduled times may be found at [www.cottonwoodaz.gov/cat-verde\\_lynx.php](http://www.cottonwoodaz.gov/cat-verde_lynx.php) or picked up at any of the CAT Pass outlets.

## Cottonwood Youth Advisory Commission

The Cottonwood Youth Advisory Commission (CYAC) is a group of young adults, 8th-12th grade, who work hand in hand with the Cottonwood City Council to represent the youth in the Verde Valley. Established for six years now, the goal of the Commission is to provide an outlet for teens through events in youth programming, provide service throughout the community, and serve the less fortunate. The CYAC has collectively donated over 1,000 hours of volunteerism this year through donating to local food banks and sanctuaries, hosting Teen Nights at the Cottonwood Recreation Center, Block Party in Old Town, attended Youth Leadership Conventions, hosted a Parent's Date Night on Valentine's Day, and many other activities. The Youth Commission meets once a month at the Recreation Center to plan and prepare for these undertakings.

In 2013, the CYAC received the 'Governor's Volunteer Service Award.' The Governor's Commission deemed the CYAC, alongside five other deserving groups and individuals throughout the State of Arizona, worthy of receiving the top volunteerism award in the state of Arizona. Alongside Mayor Diane Joens and City Manager Doug Bartosh, the Commission attended the engagement and was formally recognized for their outstanding efforts in volunteerism throughout the community they serve. Commission President Robert Valentine also won the Verde Valley Leadership's "Youth Leader" award. Only one youth was chosen for this honor.

If you are interested in joining the CYAC look for applications in August at the Rec. Center. Their application process includes a written application and an oral interview by a panel of members. The scores are combined to reveal the selected candidates in which the City Council will approve or deny.

If you have any questions or would like additional information about the Commission please contact the Cottonwood Parks and Recreation Dept. at 639-3200.



## 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 May 1 through July 15.  
www.eteamz.com/HDYF.  
Football \$75. Cheerleading \$50.

Ages as of the first official day of practice, August 1, 5:30pm at CMS football field. Birth certificates and physicals mandatory. Applications available at Rice Accounting/Jackson Hewitt, Reese & Sons Tire, All Price Insurance, the Cottonwood Recreation Center and at [www.eteamz.com/hdyf](http://www.eteamz.com/hdyf). Please call Shawna Figy, 300-5322, if you would like to coach or help out.

### In-Line Skating

**Hockey** Ages 12 to 18 Jesse Meckley 230-4116

**Roller Derby Newbies & Mean Green**

Ages 7 to 17 Dizzy Riot 274-0413

Friday evening and Sunday afternoon practices

### Soccer -

**AYSO -** Ages 4 1/2 to 13 Hotline #888-808-5453

EMAILS: [CottonwoodTC@ayso232.org](mailto:CottonwoodTC@ayso232.org)

Website: [www.ayso232.org](http://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**

Winter and summer sports including softball, golf, swimming and more.

### Swimming

**Cottonwood Clippers Swim Team -** Ages 7 - 18

Christine Soliz 634-1960

[www.cottonwoodclippers.webs.com](http://www.cottonwoodclippers.webs.com)

Call for availability in this fun, competitive summer program as registration was in April. Practices begin May 13.

# SPECIAL EVENTS

## Outdoor Pool Events

### Dive-In Movie Nights!

**Cottonwood Aquatic Center  
June 8, July 13 & August 10**

This year, Cottonwood Parks & Recreation and the Cottonwood Youth Advisory Commission are excited to bring you the annual Dive-In Movies for FREE. Eat pizza and enjoy the cool waters while watching a fun family movie under the stars. This program takes place at the Cottonwood Aquatics Center the second Saturday evening of each month this summer. Movies shown will be appropriate for the entire family. A limited number of free tickets will be available in advance at the Rec. Center or outdoor pool beginning one week prior to each showing. Food and concessions will be available for purchase. Stay tuned to hear the premiers!

## Father's Day Events

### Daddy/Daughter Date Night

**Friday, June 14, 6:00 - 8:30pm  
Cottonwood Recreation Center**

Express your love and appreciation for Dad by taking him out for a special evening of fine food and dancing. Cottonwood Parks & Recreation in conjunction with Manzanita Restaurant proudly present the 13th Daddy Daughter Date Night. This evening is for girls (ages 5 to 17) to acknowledge their fabulous dads for Father's Day. Dress is semi-formal (coat and tie). Seating is limited to the first 50 father/daughter groups who purchase tickets. Tickets available through Friday, June 7 at the Recreation Center, \$36 per couple and an additional \$18 for each additional daughter. Price includes music by DJ DBear, corsage, scrumptious dinner and a photo by Genesis Photography. Manzanita Restaurant is renowned for German food, superb seafood and charbroiled steaks. It was featured in Arizona Highways, is Triple Diamond rated, and included in "Dining in Arizona's 101 Great Places to Eat."

## Events at the Parks

### 14<sup>th</sup> Annual Fantastic Family Fourth of July!



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

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



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

*This event is co-sponsored by: Fry's Food & Drug, Cottonwood Chamber of Commerce, NAWS, Sparkletts, Verde Valley Fair Association, Verde/Clarkdale Kiwanis and Knights of Columbus.*



Contact Hezekiah Allen, Recreation Services Supervisor, at 639-3200 x3215 if you have any further questions.



Every Thursday evening  
 July 11 through October 3  
 5:00 PM to dark  
 Old Town Activity Park

Shop for locally grown fruits, vegetables, homemade jams and more while being entertained by fabulous musicians at Cottonwood's "Farmers Market Jamboree." An entertainment calendar will be available soon at [cottonwoodaz.gov/parksrec](http://cottonwoodaz.gov/parksrec). Vendor registration packets are currently available at the Cottonwood Recreation Center. Stop by, email [hallen@cottonwoodaz.gov](mailto:hallen@cottonwoodaz.gov) or call the office at 639-3200 for more information.

## National Night Out

Tuesday, August 6, 5:30 - 8 PM  
 Cottonwood Kid's Park

Citizens throughout Cottonwood and the Verde Valley are invited to join forces with thousands of communities nationwide for the 30th Annual National Night Out (NNO) crime and drug prevention event. NNO, sponsored by the National Association of Town Watch (NATW) and co-sponsored locally by the Cottonwood Police Department, will involve over 15,000 communities from all 50 states, US territories, Canadian cities and military bases around the world. In all over 37 million people are expected to participate in "America's Night out against Crime." NNO 2013 is supported nationally by Target and locally by businesses and organizations from the Verde Valley area. It is because of these local donations that this event has become so successful each year, becoming the largest attended NNO event in Arizona north of Phoenix for the past four years in a row.

NNO is designed to heighten crime and drug prevention awareness, generate support for local anticrime efforts, strengthen neighborhood spirit and police community partnerships and send a message to criminals letting them know neighborhoods are organized.

This free event includes bounce houses, entertainment, hot dogs, hamburgers, popcorn, snow cones, pop and water, prizes and more. Businesses and organizations will have free information promoting NNO and public

safety for children and families along with the Cottonwood Police Department displays and demonstrations.

Please feel free to contact James Iacovacci, NNO Coordinator at 202-8120 for more information or Sergeant Monica Kuhlert at 634-4246.

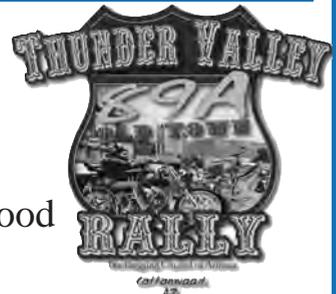
## Rhythm & Ribs

Cottonwood Kid's Park  
 Saturday, October 12

Save the Date! The 8<sup>th</sup> annual Rhythm & Ribs returns this fall with national musical entertainment plus delectable ribs! This year rib competitors will hail from around the southwest. See how your local favorite stands up to some of the best regional, award winning barbecue. Ticket prices are \$15 in advance, \$20 at the gate and \$25 VIP. More information to come soon from Cottonwood Parks & Recreation.

## Events in Old Town

### THUNDER VALLEY RALLY!



Old Town Cottonwood  
 September 20 - 22

The City of Cottonwood with partner 4-Coyotes is very proud to announce the 13th Annual Thunder Valley Rally September 20, 21 and 22 on North Main Street in historic Old Town Cottonwood, the Bootlegging Capital of Arizona.

Ride, walk, or drive down to enjoy the sites, live music, vendors and great atmosphere. The program includes the D&K Service Cycle Bike Show with prize money, Poker Run with prize money, and live music by Jackyl and Leon Russell. North Main Street in Old Town will be reserved for motorcycle parking only. The entertainment is free to the public. Registration fees have been reduced this year and will commence July 1. Register at the Cottonwood Recreation Center or visit [cottonwoodaz.gov](http://cottonwoodaz.gov) for online registration. Don't forget to grab the TVR Guide to Ride with listings on local discounts, specials, live music and the Thunder Valley Rally schedule. Stay tuned for more information!



# YOUTH PROGRAMS

## Learn To Swim

Cottonwood's "Learn to Swim" program provides youth ages 3 to 15 with four levels of swim instruction. 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 held in the CRC Indoor Pool at:

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

Levels II, III and IV are held outdoors at:

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

**Pick up a 2013 Aquatics Guide for more information and complete class descriptions or page 21 for abridged class descriptions**

## Registration

Register at the Cottonwood Recreation Center in person or online 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 are accepted until the Thursday prior each session's start date.

## Parent & Tot Swim Class

**Ages 6 months to 3 years**

You and your child learn to enjoy the water and have a safe aquatics experience together in the outdoor pool. Goals include changing body position, some arm and leg action, and breath control. Sign up for 1, 2 or all 3 sessions.

When: Saturdays, June 15, July 27 and August 10  
9:30 AM

Where: Cottonwood Aquatics Center

Fee: \$7.50 per parent/child couple for each date  
Pre-registration with fee required at the Rec Center.  
Contact the CRC at 639-3200 for more information.

## Kid's Yoga Class

### Children's Yoga Ages 5 - 12

Yoga for Children provides simple exercises and games to help your children become stronger and more flexible, develop good coordination and posture, learn how to relax and concentrate and to let out their energy in a safe, health promoting way. This class is a healthy and fun way to exercise, play and to grow. The instructor will provide children's mats or they may be purchased on site. *This class begins Monday, June 3.*

When: Mondays, 3:30 - 4:30 pm

Where: Cottonwood Recreation Center  
150 S. 6th Street

Fee: \$7 per class hour

## Music Programs

### Singing and Songsters

#### Workshops

**Ages 5 - 20**

The objective of the Singing Workshop is to develop the vocal 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.

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

Taught by Beth El Kurchner, Premiere Voice Instructor, voting member for the Grammy awards and 2011 Sedona Superstar winner.

When: Tuesdays, 10:00am - 12:00 pm  
June 18 through July 23

*The last class on July 23 will be a 1-hour performance.*

Where: Cottonwood Civic Center, 851 N. Main St.

Fee: \$135 for six week session

Call Beth El at 917-741-8691 to reserve your space and send payment to POB 47, Sedona, 86336.

# Summer Sport Camps

## Basketball Camp

**Ages 7 to 14**

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

**Camp Dates:**

**#1 Monday, June 10 - Friday, June 14**

**#2 Monday, June 17 - Friday, June 21**

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

11 to 14 year olds 10am - 12pm

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

**Register:** May 6 through May 29 at the Cottonwood Recreation Center

**Instructor:** Ryan Sanderson

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

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

For additional information, please contact Parks and Recreation at 639-3200 or email [rbigelow@cottonwoodaz.gov](mailto:rbigelow@cottonwoodaz.gov).

## Challenger Sports British Soccer Camp

**Ages 3 to 16**

This is a unique camp program that offers players character development and sportsmanship while providing a fun, memorable and positive experience. Simply the best fun and learning soccer experience available! This camp is packed with drills and practices designed to improve individual ball control, foot skills, fakes and moves.

**Camp Dates:** Monday, July 29 - Friday, August 2

**Location:** Riverfront Park Soccer/Football Field

<u>Program</u>	<u>Age</u>	<u>Time</u>	<u>Price</u>
1st Kicks	3 - 4 years	8 - 9 am	\$77
Mini Soccer	5 - 6 years	9:30 - 11 am	\$94
Half Day	7 - 10 years	8 - 11 am	\$118
Half Day	11 - 16 years	8 - 11 am	\$118

**To Register:** Sign-up at [www.challengersports.com](http://www.challengersports.com) by June 14 and receive a free t-shirt. Or bring applications to the CRC (no shirt offer). Email [rbigelow@cottonwoodaz.gov](mailto:rbigelow@cottonwoodaz.gov) for more information.



## Volleyball Camp

**Ages 7 to 14**

Camp is held at the Cottonwood Recreation Center gymnasium during the following days and times:

**Camp Dates:** Monday, June 3 - Friday, June 7

**Camp Times:** 7 to 10 year olds 8am - 9:45am  
11 to 14 year olds 10am - 12pm

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

**Register:** May 6 through May 29 at the Cottonwood Recreation Center

**Instructor:** Katherine Forbes

Campers in the 7 - 10 year old group will learn the basic fundamentals including hitting, bumping, setting and spiking. Campers in the 11 - 14 year old division will continue to learn the basics while gradually advancing to more skilled drills.

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

For additional information, please contact Parks and Recreation at 639-3200 or email [rbigelow@cottonwoodaz.gov](mailto:rbigelow@cottonwoodaz.gov).



## Fire Department Programs

### Vacation Fire School

**Ages 9 to 12**

Boys and girls participate in a wide variety of fire and life safety skills including CPR, fire safety, physical fitness/obstacle courses, water safety and instruction in leadership and team building. Registration is \$25 and includes a t-shirt and lunch prepared by Cottonwood Firefighters on both days. *This event is tentatively scheduled for July 11-12.*

### Safe Sitter

**Ages 11 to 13**

Boys and girls receive instruction in handling emergencies when caring for children, safe and nurturing child care techniques, behavior management skills and appropriate responses to medical emergencies. Registration is \$40 and includes a Safe Sitter Manual and completion card.

Two dates are available: June 20 & 21 or 27 & 28

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

## Summer Day Camp

### Summer Day Camp



#### Ages 7 to 12

Attention youth of the Verde Valley! The Cottonwood Recreation Center is offering exclusive summer programming. Cut the boredom over the summer with

horseback riding, canoeing, fishing, field trips, movies, crafts, games, swimming and more. Lunches and snacks are included.

Youth are provided individualized attention and a variety of age appropriate developmental group activities that are fun, stimulating and enriching. Students will learn to build essential skills needed for success in school, as well as in the community, all while having fun.

Two-week long sessions run  
Monday through Friday, 8:00AM to 1:30PM.

- Session #1** June 3 through June 14
- Session #2** June 17 through June 28
- Session #3** July 1 through July 12
- Session #4** July 15 through July 26

Fees: Cost is \$140.00 per child per session.  
1 week only is \$90. Drop-in day rates are \$20.

**\*Additional Siblings Half Off!\***

Drop off and pick up: Garrison Park.

Register at the Cottonwood Recreation Center. Space is limited so don't delay! *Special Programming participation may be limited for drop-ins.*

### Summer Day Camp: AFTER CAMP

Can't pick up your kids until 5pm? Sign them up to stay all day by including the After Camp program.

Times: 1:30 - 5:30pm

Cost: \$100/session, \$50/week or \$12/day per child  
Mention you are interested in the After Camp when you register for the Day Camp.

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

For more information contact  
Cottonwood Parks & Recreation at 639-3200.

For a safe, fun place for your kids to be in the afternoons during the school year, sign them up for the CRC After School Program. ASP returns August 6.

## Summer Theatre

### MISSOULA CHILDREN'S THEATRE

The Verde Valley Concert Association is proud to host Missoula Children's Theatre in the Verde Valley again this

summer. The Cottonwood Civic Center, 805 N. Main Street, will host *The Secret Garden* Monday, June 10 through their performance day, Saturday, June 15. Children in grades K to 12 are invited to audition to be part of a real live theatre production.

The Missoula Children's Theatre tour arrives with two directors and everything necessary to produce a live play in only 6 days including the set, lights, costumes, props and make-up. They audition 50 - 60 local students who have completed Kindergarten through grade 12 for a full-length original musical production. Throughout the tour week children rehearse, memorize lines, learn songs and choreography. Children may also participate in theatre workshops.

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

*Blackbeard the Pirate* is coming to Clarkdale/Jerome School the week of June 3. *The Secret Garden* will also be produced in the Village of Oak Creek at the Verde Valley School the week of June 17.

For more information on the MCT residency in Clarkdale or Cottonwood, please contact Shelly Mullins at 634-0035.

Please call Nicole Davis at 301-2814 if in VOC.

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



## Ballet Classes

### **Pre-Ballet**                      **Ages 4 to 6**

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. This is an ongoing class throughout the year.

When:      Thursdays 2:45 - 3:30pm

Where:     Cottonwood Civic Center

Fee:        \$28 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. Learn preliminary steps leading up to ballet, stretching, barre work and across the floor work. Strong emphasis on ballet positions & technique.

When:      Tuesdays 3:00 - 4:00 pm

Where:     Cottonwood Civic Center

Fee:        \$30 per month

Please call Carla Renard at 928-514-3655 for more information on the above dance class.

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

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

When:      Thursdays 4:40 - 5:40 pm

Where:     Cottonwood Civic Center

Fee:        \$30 per month

Please contact Carla Renard at 928-514-3655 or ccbacademy@yahoo.com for more information on this class.

### **Junior Advanced/Advanced Ballet**                      **Ages 12 & Up**

This class is for students who have completed an intermediate level of ballet. 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 928-514-3655 for more information on this class.



## Youth Dance Classes

### **Dance All Around**      **Ages 6 - 12**

This 7-week course will include Interpretive Contemporary (Modern), Musical Broadway Dance and Hip Hop/Jazz Dance. Students will experience the principals of these techniques enjoying 2 1/2 classes of each style. They will learn how to create new and different ways to speak with and control their bodies as well as loving their bodies in motion. *This class runs from June 6 through July 25 (no class July 4).*

When:      Thursdays 3:30 - 4:30pm

Where:     Cottonwood Civic Center

Fee:        \$8 per class hour

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



### **Junior Jazz & Tap** **Ages 7 & Up**

This preteen/teen class starts with a half-hour of Jazz focusing on techniques of classical and Broadway. Jazz is a fun form of dance that allows for healthy exercise and self-expression. Next is a half-hour of Tap...learning to make music with your feet is an exciting way to turn yourself into a musical instrument. Class is open to Mother and me: Come with your pre-teen to class; enjoy exercising with them, spending time with them and getting to know them as they enter into their teenage years.

When:      Mondays at 3:45 pm

Where:     Cottonwood Civic Center

Fee:        \$30 per month

Please call Carla Renard at 928-514-3655 for more information on the above dance class.

### **Contemporary/Jazz**

#### **Ages 13 & Up**

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

When:      Thursdays 5:40 - 6:45 PM

Where:     Cottonwood Civic Center

Fee:        \$45 per month

Please contact Carla Renard at 928-514-3655 or ccbacademy@yahoo.com for more information on the above dance class.

# 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 workout 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

**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, Glutes & Thighs

The first half hour is a killer abdominal workout. The second half focuses on legs, outer thighs, inner thighs and glutes. 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

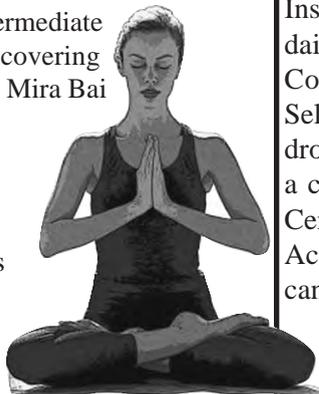
### Yoga for Healthy Bodies

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](http://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 Beginners I

This 6-week Beginners Basic class for women ages 15 and older started May 6, 2013. Learn the simpler foot and hand movements used in hula, along with Hawaiian language, culture, and history. If you have missed the first 6 classes, but have had some prior dance experience and are willing to follow along by watching and listening, you may still enroll. Please discuss this with instructor.

Prerequisite: none.

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

Fee: \$8 per 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.

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. Please contact instructor before starting to find out the best date for your first class.

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

*Class began May 8 and will continue depending on interest (possibly until October). Please contact instructor before starting to find out whether entry in the class is feasible.*

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](http://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

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

The following classes are held in the Outdoor Pool through July 26. If paying per day, please do so with the outdoor cashiers. (These classes are held in the indoor pool during the rest of the year.)

### SilverSneakers Splash®



Activate your aqua urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required and a special SilverSneakers® kickboard or other aquatic equipment is used to improve strength, balance and coordination. Taught by Linda Weisberg.

**When:** Mondays, Wednesdays & Saturdays at 11 AM

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

### Aquatics for Seniors

Use water's properties for a safe and effective low-impact aqua aerobic workout. Each session includes a warm-up to loosen large muscles and joints followed by a cardio portion to raise the heart rate. A muscle conditioning phase (stretching) at the end completes the total body workout. Taught by Lori Maine.

**When:** Tuesdays and Thursdays at 11AM

### 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. The cardio portion lasts 30 - 40 minutes burning loads 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

The following classes are held in the Indoor Leisure Pool year round.

### Water Aerobics I

An hour of mid-day fun in the pool with high-energy aerobics, resistance exercises and relaxing stretches. This class is low-impact and easy on the joints. 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 and proud of yourself. All done to upbeat music with the focus on energetic but FUN movement. Taught by Lori Maine.

**When:** Mondays at NOON

### Joints in Motion

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

**When:** Tuesdays & Thursdays at NOON

### Water Aerobics II

This is an intermediate class, open only to those who have already done Water Aerobics. Packed with fun and variety, it offers different equipment, more complex moves and more challenging routines than Water Aerobics I. Includes interval and circuit training, stepped-up cardio and elements from Water Pilates, Aquatic Tai Chi, Kickboxing and Aquatic Dance. Water gloves recommended. Taught by Lori Maine.

**When:** Wednesdays at Noon

### Water Walking (in lazy river)

This is a non-stop, incredibly 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 tough strength training using noodles and hand buoys. Your heart will be pumping as you push and pull your arms and legs through the water with power and force, which will improve your strength, flexibility, posture and cardiovascular fitness. Taught by Lori Maine.

**When:** Tuesdays & Thursdays at NOON

### Water Intervals

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

**When:** Fridays 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!



**ZUMBA**  
fitness

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 and Zumba Gold. Classes are taught by Rose Ortiz, Lori Maine and Sara Woolsey.

**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.

## Senior Fitness

### Silver Sneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if needed for seated or standing support. Taught by Karen Runyon and Lori Maine.

**When:** Mondays, Wednesdays and Fridays  
at 10:30 AM

**Where:** CRC Studio

**Fee:** Free to members or with a  
day pass

Healthways

**SilverSneakers®**



Fitness Program

## 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® Yoga

Silver Sneakers® Yoga 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 seated and standing 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

## 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



**ZUMBA**  
GOLD

## 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.

## 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! Classes for June, July and August are:

#### Beginner/Easy Lessons:

When: Thursday mornings, 9 - 10 am

#### Intermediate Lessons:

When: Thursday mornings, 10 - 11 am

Where: Cottonwood Civic Center

Fees: Ask when calling

A new class for beginners starts September 5 at 9am. For class information call Evelyn at 634-7738 or Jan at 301-7301.

*Friday evening classes/dances will resume in the fall. 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, 928-514-3655.

## 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 September through May.

**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.

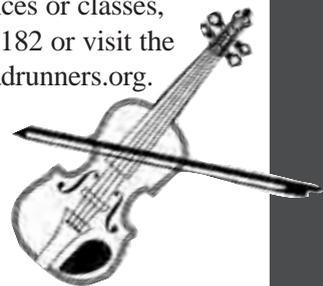
For more information on dances or classes, please call Bob Efros at 646-9182 or visit the website at [www.cottonwoodroadrunners.org](http://www.cottonwoodroadrunners.org).

### 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](mailto:azwedance@gmail.com)

Visit [azwedance.org](http://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, children's yoga 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.



Photo by Marc Bigelow

Do you need a pick-me-up to get you started on your workout? The CRC has the best deal on coffee in town. 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.

### Recreation Center Membership Fees:

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

Rates in red are for City of Cottonwood Residents.

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

# Hours of Operation

	<u>Fitness Area/Gym</u>	<u>Pool</u>	<u>Game Room</u>	<u>Child Care</u>	<u>Climbing Wall</u>
<u>Mondays through Fridays:</u>	6AM - 9PM	7AM - 8PM	4 - 8PM	9AM - 12PM & 3:30 - 8PM	3:30 - 7:30PM
<u>Saturday:</u>	8AM - 6PM	8AM - 5PM	12 - 6PM	9AM - 3PM	11 - 2PM
<u>Sunday:</u>	9AM - 5PM	9AM - 4PM	11AM - 3PM	Closed	Closed
<u>Holidays:</u>	8AM - 5PM	8AM - 5PM	12 - 3PM	12 - 3PM	12 - 3PM
<u>Summer Weekdays:</u> (May 28 - Aug. 4)	6AM - 9PM	7AM - 8PM	12 - 8PM	9AM - 12PM & 3:30 - 8PM	1 - 7PM
<u>Saturdays</u>	8AM - 6PM	8AM - 6PM	12 - 6PM	9AM - 3PM	11 - 2PM
<u>Sundays</u>	9AM - 5PM	9AM - 5PM	11AM - 3PM	Closed	Closed

### CRC Holiday Schedule observed on the following:

Memorial Day    Independence Day    Labor Day    Veteran's Day    Christmas Eve    New Year's Eve  
Adjusted Holiday Hours for: New Year's Day, Easter and Mother's Day  
 Fitness area/gym & Pool hours: 10am - 2pm; All other rooms will be closed

## CRC Child Care

Have a worry free workout when you enroll your child, ages 2 to 6, in CRC's child care while you are using the facility. Young children are supervised while they play age appropriate games, watch movies and have fun.

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 child care program.

When: Mon - Fri 9 AM - 12 PM and 3:30 - 8 PM  
 Saturday 9 AM - 3 PM (closed Sundays)

Where: CRC Child Care

Fee: \$2/hour/child (2-hr limit per stay)  
 Purchase 10 hours for \$20 and get 1 free

Contact the CRC at 639-3200 for more information.

## 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.*

## 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 dog obedience training, K9 Law Enforcement training and other 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.

### Cottonwood Aquatics Center

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

## Equestrian Center

The Cottonwood Equestrian & Animal Events Center is located adjacent to the Verde Valley Fairgrounds off 12th Street. It consists of a large multi-use arena and a smaller show ground. The facility is open year around.

Visit [cottonwoodaz.gov/parksrec/equestrian.php](http://cottonwoodaz.gov/parksrec/equestrian.php) to view a facility schedule. Events include barrel races, rodeos, shows and clinics. Hours are dusk to dawn.

For general questions or to book your event contact Hezekiah Allen at 639-3200 ext. 3215 or visit the website.

## Cottonwood Kid's Park

350 S. 12th Street

in front of the Verde Valley Fairgrounds

Two soccer fields and two ramadas make up this park mainly used for youth soccer in the spring and fall. Yearly events such as Rhythm & Ribs, Fantastic Family Fourth of July and National Night Out happen here. The ramadas aren't available for reservation but please contact Parks & Rec to schedule fields.

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.

# AQUATICS

## General Information

The Outdoor pool is located at 100 Brian Mickelsen Parkway and is open from Saturday, May 25, 2013 through Labor Day. This pool is used for recreational swimming, lap swimming, competitive teams and swim lessons. The CRC Indoor Leisure Pool is across the parking lot at 150 S. 6th Street. This pool includes a 150-foot water slide, large spa, lazy river and lap lane/water sport area. **Pick up a 2013 Aquatics Guide** for more information on Learn to Swim classes for youth ages 3 to 15, Adult water exercise classes, closure dates and other important pool dates. Call the Cottonwood Recreation Center at 639-3200 for more information on the pools.

## Outdoor Pool Rates

	Per Visit	10-Visit Pass
<b>Youth (under 18)</b>	\$1.50	\$12.50
<b>Adult</b>	\$2.50	\$20.00
<b>Senior (55 &amp; over)</b>	\$1.50	\$12.50

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

## Outdoor Pool Schedule

**Saturday, May 25 - Monday, August 6**

### Adult Lap Swim:

Mon - Fri 10:45 - 12:15 & 5 - 6pm  
Saturday 11 - 12 & 5 - 6pm;  
Sunday 11 - 12pm

### Recreational Swim:

Mon - Thur 12:30 - 4pm; Fri 12:30 - 5pm;  
Saturday & Sunday 12-5pm

### Therapeutic Swim:

Mondays thru Thursdays 4 - 5pm

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

Please see page 19 for indoor pool hours.

## Learn to Swim

Parks and Recreation's "Learn to Swim" program 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.

### **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.

### **Session Dates and Times:**

- #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 held in the Indoor Pool at:**

**10:00 AM, 10:45 AM or 11:30 AM**

**Levels II, III & IV are held at the Aquatics**

**Center at: 8:30 AM, 9:15 AM, or 10 AM**  
*10-day sessions are held every day during the 2-week period except for Sunday (and July 4). Daily classes are 30 minutes long.*

### **Registration**

For ages 3 to 15. Cost is \$35 per child per session. \$5 discounts for additional children within a family if classes are within the same session. Register at the CRC or on line as completion of registration materials is required. Registrations accepted until the Thursday prior to each session.

Pick up a 2013 Aquatics Guide for more information.

# ADULT SPORTS

## Men's Basketball Tournament

Hoop it up against the Verde Valley's best in the Inaugural CRC Classic Men's Basketball Tournament tentatively scheduled for Saturday, June 20 and Sunday, June 21 at the Cottonwood Recreation Center. Only 6 teams will be allowed to register for this round robin 5-game tournament - so sign up now at the CRC! Cost is \$200 per team. T-shirts to be given to the winning squad and all-tournament awards are included as well. Contact Ryan Bigelow for additional information at 639-3200 or [rbigelow@cottonwoodaz.gov](mailto:rbigelow@cottonwoodaz.gov).



## Softball Leagues

### Men's Fall League

Register for the 2013 Men's Fall Softball season between Monday, July 1 and Friday, August 2. Registration/Sponsorship fee is \$300 and due upon registration. A \$20 late fee will be charged to any team who wants to play but doesn't have their sponsorship fee paid by August 2. Player fees are \$20 and are due by Monday, August 19. Both are accepted at the Cottonwood Recreation Center front desk. Men's games will be played Monday and Wednesday evenings beginning August 26. Minimum of 12 players required on each team roster. Coaches' informational meeting is tentatively scheduled for Thursday, August 8, at 7pm to discuss practice and game schedules, home run rules, player conduct and more. All players are required to fill out a Cottonwood Parks and Recreation Athletic Program waiver and roster, both due with player fee by August 19.

### Co-Ed Fall League

Cottonwood's Co-Ed Fall Softball league begins Tuesday, August 27. Register for this season between Monday, July 1 and Friday, August 2 at the Cottonwood Recreation Center front desk. Registration/Sponsorship fee is \$300 and due upon registration. A \$20 late fee will be charged to any team who wants to play but doesn't have their sponsorship fee paid by August 2. Player fees are \$20 and are due by Monday, August 19. Both are accepted at the CRC front desk. Games are Tuesday and Thursday evenings. Coaches' informational meeting is tentatively scheduled for Thursday, August 8 at 6pm to discuss practice and game schedules, home run rules, player conduct and more. Minimum of 12 players required on each team roster. All players are required to fill out a Cottonwood Parks and Recreation Athletic Program waiver and roster, both due with player fee by August 19.

## Softball Tournaments

### Jacob Teague

### Memorial Foundation

### Annual Softball

### Tournament

Saturday, August 17, 2013

Riverfront Park

Spend a Saturday at the park hitting balls and supporting a good cause. Entry fees for this Co-Ed tournament are \$175 per team with a maximum of 20 teams allowed. Entry deadline is Monday, August 12. Any fees paid after the deadline will be assessed a \$25 late charge. Each team is guaranteed at least four games. Bring extra cash to the fields for the great raffles, food and silent auction. Proceeds go to Verde Valley area police departments for K-9's and dog related equipment and training.

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

## Hiking/Biking

### 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](http://www.vvcc.us) for ride information.



Talk to Membership Director Rick at 928-254-2593 - or visit the website at [www.vvcc.us](http://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 return each weekend this fall beginning in October. Rides are on dirt, with some instruction on pavement. Randy Victory, a certified cycling instructor, offers everything from basic riding techniques to trail etiquette. Rides are oriented toward beginners but everyone is welcome to attend (minimum age: 16). Helmets and signed acknowledgment of risk form required.

Program fee is \$5 in addition to regular park entrance fees. Annual Passes will be honored. The day use fee is \$7.00.

### Nature Walks

#### at Dead Horse Ranch State Park

These 1-2 hour ranger-led hikes are held Saturday mornings in the fall and spring. Hikes meander along riparian areas or stroll through the high desert trails. These hikes are a great opportunity for wildlife sightings and photos. Hikes are free, however regular park entrance fees apply.



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](mailto:rvictory@azstateparks.gov) with questions on bike rides or Ranger Sanchez at [msanchez@azstateparks.gov](mailto:msanchez@azstateparks.gov) for more information on the hikes.

## 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](http://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.



POWER TEAM

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

# NEW AT THE CRC!

The Cottonwood Recreation Center is getting a new beautiful Indoor Pool Play Apparatus for children ages 3 to 15! This feature is scheduled to be installed in November. The play apparatus will include two raised decks positioned over the lazy river. It will utilize a variety of water components and spray canopies. This water feature was included in the original recreation center



design and will be funded

with monies left over from the original

bond initiative. This water feature is an added value for youth and families while the clearance is high enough not to impact adult usage of the lazy river.

It is our hope that your children participate in these wonderful facilities that Cottonwood has to offer, as we continue to provide for recreation with a multi-generation concept.

Also included in the original design for the Cottonwood Recreation Center was a complete hot water solar panel system. As funding was available after final construction, the Cottonwood City Council moved forward with this project which was completed in April. This project will benefit the city and CRC by reducing operations costs for this large facility. The solar system will be used to heat the waters for the indoor pool, the spa, **sinks and showers.**



Have you heard? The CRC has the best deal on coffee in town! For only \$1 you can get a tasty cup of regular or decaf coffee or espresso. Have a cup to wake you up before your workout, or a cup to keep you going for the rest of your busy day.



Want a Free cup of coffee? Join the CRC Coffee Club and get 11 cups for the price of 10.