

# Green Valley Recreation

# SUMMER

## Program Guide

REGISTRATION IS GOING ON NOW

✦ Courses ✦ Tours ✦ Concerts ✦ Movies ✦ Dances ✦  
✦ Special Events ✦



### GVR Now Offers FOUR Convenient Ways to Register!

#### On-Line

Remember, you must have your GVR number and PIN available in order to access your account online. Below are some basic steps to help you with the process:

- Visit us at [www.gvrec.org](http://www.gvrec.org), and click the “Online Registration” tab at the top right of the screen
- Enter your GVR number and PIN
- Once inside the system, you will be able to view the programs available for registration. The transactions are in real time, meaning our database will reflect the registrations and transactions immediately.
- GVR uses a third party to handle transactions, and members will be charged a “convenience fee” for this service. The fee is a percentage of the total.
- There is a “Help Desk” available online should you need further assistance.

#### Walk-In

Visit Canoa Hills, East Center, Las Campanas or Member Services Center to complete a registration form. Forms can also be found online at [www.gvrec.org](http://www.gvrec.org). Office hours can be found on the back page.

#### Mail-In

Please fill out the registration form completely and include payment. Be sure to include a current telephone number where you may be reached if necessary. Mail your registration and payment to: Green Valley Recreation, Inc., Attn: Recreation Department, PO Box 586, Green Valley, AZ 85622. **Please do not send cash through the mail!**

#### Phone-In

Registrations are accepted over the phone by calling **Canoa Hills (625-6200), East Center (625-4641) or Las Campanas (648-7669)**. Please provide the Member Services Coordinator with your name, GVR number and the course number (s) you are interested in. We accept Visa and MasterCard credit and debit cards.

# Arts & Crafts

## Basic Wire Wrap Jewelry Class

Beginning basic techniques for wire wrapping stones and beads is a hands-on class. Techniques taught include the basic loop, spiral coil cages, and simple free-form wrapped pendant with wrapped bail. Gauges of wire for wrapping will be discussed. Bring these tools: Chain nose, flat nose and round nose jewelry pliers, flush cutters, 12 in. ruler, and a fine tip permanent marker. Material charge is \$25 payable at first class. (Tools available for purchase)

Instructor: Lapidary Club    Fee: \$30    Classes: 1  
**CR#    DATES    DAY    TIME    LOCATION**  
 20302    5/3    M    1-4PM    LC-CTWD

## Beginning Chain Making

The student will learn to make a sterling silver twist chain necklace and bracelet. Lovely to wear or give as a gift. Material charge which includes silver rings and clasp is estimated at \$75 depending on current silver prices, payable at first class. Tools will be furnished.

Instructor: Lapidary Club    Fee: \$35    Classes: 2  
**CR#    DATES    DAY    TIME    LOCATION**  
 20273    7/13-15    TU, TH    1-3PM    EC-STUDIO  
 20274    8/17-19    TU, TH    1-3PM    EC-STUDIO

## Introduction to Fusing Dichroic Jewelry

Students will assemble 3 pieces of fusible glass and dichroic glass. These pieces may be used for pendants, earrings, etc. This class will give a basic knowledge of glass fusion as well as dichroic glass capabilities. No prior experience is necessary. No tools needed. This is a two day (separated) class. The class includes cutting, design, fusing and finishing. The material charge of \$30 which includes glass, bails, etc. is to be paid at the first class.

Instructor: Lapidary Club    Fee: \$30    Classes: 2  
**CR#    DATES    DAY    TIME    LOCATION**  
 20294    7/14-16    W, F    2-4PM    EC-STUDIO  
 20295    8/18-20    W, F    2-4PM    EC-STUDIO



## Metal Forming Seminar

This is a PREREQUISITE FOR ANY METAL FORMING CLASS. The seminar includes safety, metals, tools and techniques used in metal smithing. Learn about our micro brake and other corrugators, circle disc cutter, dapping blocks, punches, mandrels, stamps, hammers and other tools. Lapidary Members Only classes are taught in each of these categories. This class has many demos and hands on activities. Material fee of \$10 paid at class.

Instructor: Lapidary Club    Fee: \$10    Classes: 1  
**CR#    DATES    DAY    TIME    LOCATION**  
 20301    9/25    SA    1-4:30PM    EC-STUDIO

## Silversmithing, Beginning I

Learn how to work with sterling silver. Students will complete a sterling silver pendant with a semi-precious stone while being introduced to the basic elements of silversmithing: cutting, sawing, torch soldering and finishing methods. All necessary tools will be furnished. Material charge: \$25 payable at first class. NOTE: This class requires the ability to stand for 2 hours at a time.

Instructor: Lapidary Club    Fee: \$40    Classes: 3  
**CR#    DATES    DAY    TIME    LOCATION**  
 20276    5/3-5    M-W    4-6PM    DH-LAP  
 20277    5/17-19    M-W    4-6PM    DH-LAP  
 20278    6/7-9    M-W    4-6PM    DH-LAP  
 20279    6/21-23    M-W    4-6PM    DH-LAP  
 20280    7/12-14    M-W    4-6PM    DH-LAP  
 20281    7/26-28    M-W    4-6PM    DH-LAP  
 20282    8/16-18    M-W    4-6PM    DH-LAP

## Silversmithing, Beginning II

Prerequisite: Silversmithing, Beginning I. Expand your basic silversmithing skills and gain confidence in soldering, cutting, sawing and finishing. Complete a pendant with fancy trim or a ring with trim. All necessary tools furnished. A \$25 materials fee for silver and cabochons is payable the first day of class. NOTE: This class requires the ability to stand for 2 hours at a time.

Instructor: Lapidary Club    Fee: \$40    Classes: 3  
**CR#    DATES    DAY    TIME    LOCATION**  
 20285    5/10-12    M-W    4-6PM    DH-LAP  
 20286    6/14-16    M-W    4-6PM    DH-LAP  
 20287    7/19-21    M-W    4-6PM    DH-LAP  
 20288    8/23-25    M-W    4-6PM    DH-LAP

## Silversmithing, Precious Metal Clay (PMC)

The student will be given knowledge in the use of PMC which contains silver to mold a piece of jewelry. Then, it will be kiln fired, finished and polished by the student and made into a beautiful piece of silver jewelry or earrings. Basic tools provided. Material fee of \$50 (depending on silver prices) is payable the first day of class. Materials include PMC, findings and necklace cord.

Instructor: Lapidary Club    Fee: \$30    Classes: 2  
**CR#    DATES    DAY    TIME    LOCATION**  
 20298    7/19-21    M, W    2-4PM    EC-STUDIO



Looking for something new?

This symbol identifies the latest additions to our Summer Program Guide selection. We are pleased to be offering a variety of new classes, as well as continuing favorites. Remember, members may now register online. Please visit us at [www.gvrec.org](http://www.gvrec.org).

## Fabulous Faux for Boring Walls - I

A professional faux painter shares her years of experience and secret tricks of the trade allowing you to create your own mouth-dropping walls. Her dual-roller method quickly creates a variety of looks; suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more. Class formerly called Fast and Easy Twist On Walls. A materials fee of \$29 will be collected in class by the instructor for the "Twist on Walls" painting kit. Course fee of \$30 discounted to \$25 if taking same day with Fabulous Faux II. Bring a paint shirt. This course not available for online registration. Instructor: Linda Coffman. Website - twistonwalls.com

Instructor: Linda Coffman Fee: \$30 Classes: 1  

| CR#   | DATES | DAY | TIME        | LOCATION |
|-------|-------|-----|-------------|----------|
| 20391 | 8/7   | SA  | 9:30AM-12PM | EC-ART   |

## Fabulous Faux for Boring Walls - II

Now that you've learned the basics of this method in Part I, we can go on to emphasize textures such as faux bricks, faux ceramic tile and working with tissue. Go home with samples of each and feel more confident when you tackle your first project. Class formerly called Fast and Easy Twist On Walls II. No required materials except for kit from Part I, but training DVD's are available for discount to remind you of what you saw in class. Course fee of \$30 discounted to \$25 if taking same day with Fabulous Faux I. Bring a paint shirt. This course not available for online registration. Instructor: Linda Coffman. Website - twistonwalls.com

Instructor: Linda Coffman Fee: \$30 Classes: 1  

| CR#   | DATES | DAY | TIME     | LOCATION |
|-------|-------|-----|----------|----------|
| 20393 | 8/7   | SA  | 1-3:30PM | EC-ART   |

## Ceramics

### Ceramics, Beginning

This course is a prerequisite for joining the Ceramics Club. Students will learn how to prepare Greenware, bisque, apply undercoats and glazes, along with other techniques. Students will complete 3 projects, included in the materials fee, to take home. Materials fee of \$25 is payable to the Ceramics Club and due on the first day of class. Students must be able to attend all 6 classes. Please bring notepad, pen and apron to protect clothing.

Instructors: Sandy McCartney and Deborah Mulhall  
Fee: \$40 Classes: 6  

| CR#   | DATES     | DAY | TIME         | LOCATION |
|-------|-----------|-----|--------------|----------|
| 20261 | 5/12-6/16 | W   | 8:30-11:30AM | DH-CER   |

## Dance Lessons

### American Step Dance, Beginning Clogging

Learn a true classic American dance. Dance to jazz, country, blue grass, pop, big band and rock 'n roll music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Walk-ins \$6. No class 6/2.

Instructor: Donna Thiel Fee: \$24/\$30 Classes: 4/5  

| CR#   | DATES      | DAY | TIME  | LOCATION |
|-------|------------|-----|-------|----------|
| 20306 | 5/5-26 (4) | W   | 2-3PM | CV-REC   |
| 20307 | 6/9-30 (4) | W   | 2-3PM | CV-REC   |
| 20308 | 7/7-28 (4) | W   | 2-3PM | CV-REC   |
| 20309 | 8/4-25 (4) | W   | 2-3PM | CV-REC   |
| 20310 | 9/1-29 (5) | W   | 2-3PM | CV-REC   |

### American Step Dance, Adv/Beginning Clogging

Prerequisite American Step Dance/Clogging Beginning. Dance to a variety of music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Walk-ins \$6. No class on 6/2.

Instructor: Donna Thiel Fee: \$24/\$30 Classes: 4/5  

| CR#   | DATES      | DAY | TIME      | LOCATION |
|-------|------------|-----|-----------|----------|
| 20311 | 5/5-26 (4) | W   | 3-4:15 PM | CV-REC   |
| 20312 | 6/9-30 (4) | W   | 3-4:15 PM | CV-REC   |
| 20313 | 7/7-28 (4) | W   | 3-4:15 PM | CV-REC   |
| 20314 | 8/4-25 (4) | W   | 3-4:15 PM | CV-REC   |
| 20315 | 9/1-29 (5) | W   | 3-4:15 PM | CV-REC   |

### American Step Dance, Intermediate Clogging

This is a continuing class for those who have taken Beginning and Adv/Beg clogging. There will be more steps and routines to great music. Wear clogging taps or tennis shoes (no sandals). Walk in \$6. No class on 6/2.

Instructor: Donna Thiel Fee: \$24/\$30 Classes: 4/5  

| CR#   | DATES      | DAY | TIME        | LOCATION |
|-------|------------|-----|-------------|----------|
| 20316 | 5/5-26 (4) | W   | 4:30-5:45PM | CV-REC   |
| 20317 | 6/9-30 (4) | W   | 4:30-5:45PM | CV-REC   |
| 20318 | 7/7-28 (4) | W   | 4:30-5:45PM | CV-REC   |
| 20319 | 8/4-25 (4) | W   | 4:30-5:45PM | CV-REC   |
| 20320 | 9/1-29 (5) | W   | 4:30-5:45PM | CV-REC   |

### Argentine Tango - Beginning

Dave and Shelli Little have been performing and teaching Argentine Tango for over 18 years. In this class you will learn basic steps along with style, technique and floor craft. Shoes with a slight heel are recommended for women. Singles welcome. Fee is per person.

Instructor: Shelli and Dave Little  
Fee: \$80 Classes: 8  

| CR#   | DATES    | DAY | TIME     | LOCATION |
|-------|----------|-----|----------|----------|
| 20235 | 5/7-6/25 | F   | 6-7:30PM | SRS-ANZA |
| 20236 | 8/6-9/24 | F   | 6-7:30PM | SRS-ANZA |

## Line Dance for Dummies

So you think you can't dance? Think again! Learn to feel the music, hear the beat, and master the basic steps you need to actually line dance; and yes, you'll finally learn the Electric Slide! This no-pressure class is very easy and lots of fun. 6/12 and 6/19 classes are held at SRS Anza Room.

|             |                |            |             |                 |   |
|-------------|----------------|------------|-------------|-----------------|---|
| Instructor: | Betty Espinoza | Fee:       | \$20        | Classes:        | 4 |
| <b>CR#</b>  | <b>DATES</b>   | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |   |
| 20185       | 6/5-26         | SA         | 9-10AM      | CH-PVR          |   |
| 20186       | 9/4-25         | SA         | 9-10AM      | CH-PVR          |   |

## More Line Dance for Dummies

More steps, More music, More fun! After a quick review of the Electric Slide, we'll begin where "Line Dance for Dummies" left off. (Taking former class will make taking this class easier, but it is not required).

|             |                |            |             |                 |   |
|-------------|----------------|------------|-------------|-----------------|---|
| Instructor: | Betty Espinoza | Fee:       | \$20        | Classes:        | 4 |
| <b>CR#</b>  | <b>DATES</b>   | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |   |
| 20187       | 7/3-24         | SA         | 9-10AM      | CH-PVR          |   |

## Tap Intermediate/Advanced - Dazzlers

The focus of this class will be on preparation for the Follies. Dances at different levels will be taught, with the relevant technique and with the goal of placing each dancer in the dances best suited to his/her abilities. Non-performers are welcome to attend. Bring tap shoes.

|             |                |            |             |                 |     |
|-------------|----------------|------------|-------------|-----------------|-----|
| Instructor: | Peggy Rushford | Fee:       | \$30/\$37   | Classes:        | 4/5 |
| <b>CR#</b>  | <b>DATES</b>   | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |     |
| 20414       | 5/5-26 (4)     | W          | 8:30-9:30AM | SRS-CRUZ        |     |
| 20415       | 6/2-30 (5)     | W          | 8:30-9:30AM | SRS-CRUZ        |     |
| 20416       | 7/7-28 (4)     | W          | 8:30-9:30AM | SRS-CRUZ        |     |
| 20417       | 9/1-29 (5)     | W          | 8:30-9:30AM | SRS-CRUZ        |     |

## Tap Intermediate/Advanced - Showgirls

The focus of this class will be on preparation for the Follies. Dances at different levels will be taught with the relevant technique and with the goal of placing each dancer in the dances best suited to his/her abilities. Non-performers are welcome to attend. Bring tap shoes.

|             |                |            |             |                 |     |
|-------------|----------------|------------|-------------|-----------------|-----|
| Instructor: | Peggy Rushford | Fee:       | \$30/\$37   | Classes:        | 4/5 |
| <b>CR#</b>  | <b>DATES</b>   | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |     |
| 20418       | 5/5-26 (4)     | W          | 10-11AM     | SRS-CRUZ        |     |
| 20419       | 6/2-30 (5)     | W          | 10-11AM     | SRS-CRUZ        |     |
| 20420       | 7/7-28 (4)     | W          | 10-11AM     | SRS-CRUZ        |     |
| 20421       | 9/1-29 (5)     | W          | 10-11AM     | SRS-CRUZ        |     |

### Drop-In Policy

- Confirm that class allows drop-ins, check course description
- Confirm that class is active not canceled, check with a center coordinator
- Drop-in availability determined by class enrollment: drop-ins not accepted in a full class
- Check course description for any dates that class will not be held or dates the class may be moved to another facility
- Payment will be made to instructor at beginning of class by cash or check made out to GVR. Check course description for drop-in fee
- Membership, Tenant or Guest card must be presented to instructor
- To ensure your space in class, registration is recommended

# Health & Fitness

## Aqua Tai Chi

Improve your balance, posture and stability with these joint friendly movements in the water. This class includes exercises which challenge your body awareness with breathing and flowing movements that will leave you feeling stronger and more energized. Aqua shoes optional.

|             |                 |            |              |                 |   |
|-------------|-----------------|------------|--------------|-----------------|---|
| Instructor: | Jennifer Adolfs | Fee:       | \$36         | Classes:        | 4 |
| <b>CR#</b>  | <b>DATES</b>    | <b>DAY</b> | <b>TIME</b>  | <b>LOCATION</b> |   |
| 20190       | 5/3-24          | M          | 9:30-10:20AM | CP1-POOL        |   |
| 20395       | 6/7-28          | M          | 9-9:50AM     | MV-POOL         |   |

## Pilates Mat

This Pilates mat class blends core exercises with strength, balance and yoga based stretches. All this is combined in one great workout designed to make you feel graceful yet strong, supple yet balanced, and relaxed yet energized! Classes led by Serenity Pilates Instructors. Fee: \$34/\$42 Classes: 4/5

|            |              |            |             |                 |
|------------|--------------|------------|-------------|-----------------|
| <b>CR#</b> | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20364      | 5/6-27 (4)   | TH         | 8:30-9:20AM | LC-JNPR         |
| 20365      | 6/3-24 (4)   | TH         | 8:30-9:20AM | LC-JNPR         |
| 20366      | 7/1-29 (5)   | TH         | 8:30-9:20AM | LC-JNPR         |
| 20367      | 8/5-26 (4)   | TH         | 8:30-9:20AM | EC-AUD          |

## Pilates Fusion Mat Class

This class is a combination of Pilates, Yoga and Tai Chi movements to encourage your body awareness, balance, core strength and peace of mind. Bring a mat.

|             |                 |            |             |                 |   |
|-------------|-----------------|------------|-------------|-----------------|---|
| Instructor: | Jennifer Adolfs | Fee:       | \$34        | Classes:        | 4 |
| <b>CR#</b>  | <b>DATES</b>    | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |   |
| 20191       | 9/7-28          | TU         | 8:30-9:20AM | LC-JNPR         |   |

## Arthritis Aqua Fitness

Improve range of motion, strength, flexibility, endurance and aerobic capacity through low to no impact water exercises. Come benefit from the water's amazing properties. Certified Aquatic Specialist. Supplies: noodle and hand buoys. The punch card will give you fee options that allow you to design a fitness program that can work with your schedule, setting you up for SUCCESS! You pick which dates within the course. There will be no make up classes. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$10. See Drop-in Policy on page 4. This course not available for online registration.

|             |                 |            |   |                 |
|-------------|-----------------|------------|---|-----------------|
| Instructor: | Kimberly Murphy | Fee:       | 5 classes for \$40, 10 classes for \$80, 15 classes for \$120, 20 classes for \$160 |                 |
| <b>CR#</b>  | <b>DATES</b>    | <b>DAY</b> | <b>TIME</b>   | <b>LOCATION</b> |
| 20397       | 6/7-9/23        | M, TH      | 3-4PM   | CPI-POOL        |

## Brain Aerobics

With an aging population worrying about Alzheimer's disease, with stress causing memory blockages, and our poor diets impacting our brain cells, what are we to do? Brain Aerobics is a simple method to keep your brain alive and active for the rest of your life. A few minutes spent each day doing fun activities will help decrease your risk of dementia and keep you alert and functioning well mentally. Come learn more than a dozen techniques that you can do daily - they're fun and easy! Join us for sessions that can change your life! Material fee of \$5 paid to instructor at first class.

Instructor: Patricia Izzi Fee: \$79 Classes: 4

| CR#   | DATES   | DAY | TIME      | LOCATION |
|-------|---------|-----|-----------|----------|
| 20358 | 5/5-26  | W   | 10AM-12PM | CH-MSQT  |
| 20359 | 7/10-31 | SA  | 1-3PM     | EC-LNGE  |
| 20360 | 9/8-29  | W   | 10AM-12PM | CH-MSQT  |

## Full Wave® Breath for Better Health

Full-Wave® Breathing is the single most important exercise to feel less stressed, more energized and alive. Since much of our emotional experience registers in the abdomen and torso, our emotional responses interact with our breathing. We hold our breath, pause, or breathe shallowly to avoid feeling old trauma stored in the chest and abdomen. The body's patterns of breath avoidance become habitual over time. Dysfunctional respiration reinforces chronic tension. The self-repeating loop of tension and shallow breathing becomes habitual.

The results are debilitating as emotional responses become increasingly inhibited and the body loses energy. Full-Wave® Breathing interrupts this predictable loop and new energy flows to depleted areas restoring natural vitality. Bring to class a 10 lb. bag of rice, beans or bird seed and blanket or yoga mat and pillows for comfort on the floor. There will be a \$2 material fee paid to instructor at first class.

Instructor: Patricia Izzi Fee: \$60 Classes: 3

| CR#   | DATES   | DAY | TIME         | LOCATION |
|-------|---------|-----|--------------|----------|
| 20361 | 5/4-18  | TU  | 10AM-12:30PM | LC-CTWD  |
| 20362 | 7/6-20  | TU  | 10AM-12:30PM | CH-MSQT  |
| 20363 | 9/11-25 | SA  | 10AM-12:30PM | EC-AUD   |

## Joint and Gland Exercises

The practice of joint and gland exercises can be used to massage almost all the joints and glands in the body, starting at the head and continuing through the face, neck, shoulders, arms, hands, wrists, abdomen, torso, legs and feet. These "stretches" are done slowly and gently providing a pleasant and enjoyable way to "lubricate" your joints and glands. These exercises are highly recommended for persons with arthritis, rheumatism or stiffness. This is a safe way to get started on a path to better health. This method brings calmness to the mind, relaxation to the body and overall peace. Anyone may participate as most exercises are done seated. A material fee of \$5 will be paid to instructor at class.

Instructor: Patricia Izzi Fee: \$50 Classes: 4

| CR#   | DATES   | DAY | TIME    | LOCATION |
|-------|---------|-----|---------|----------|
| 20385 | 7/10-31 | SA  | 10-11AM | EC-LNGE  |
| 20386 | 8/3-24  | TU  | 10-11AM | CH-MSQT  |



## Natural Vision Improvement

Natural Vision Improvement is a holistic approach to vision care. Vision occurs mainly in the brain. Our eyes receive information in the form of light, and the brain processes the information to make meaning of it, creating our "visual world". The process of improving our eyesight not only enables us to see more clearly, but also helps bring us into greater balance and harmony with ourselves and our surroundings. The benefits from practicing these techniques include: increased clarity of sight in the distance, increased ability to see clearly close up, healthier eyes, greater ease and comfort in and around your eyes, less computer eyestrain, reduced dependence on glasses, enhanced depth perception and better balance and coordination. Material fee of \$2 paid to instructor at first class.

Instructor: Patricia Izzi Fee: \$40 Classes: 4

| CR#   | DATES    | DAY | TIME    | LOCATION |
|-------|----------|-----|---------|----------|
| 20383 | 5/1-22   | SA  | 1-2PM   | LC-IRWD  |
| 20384 | 8/11-9/1 | W   | 10-11AM | CH-MSQT  |

## Exercise - Fun and Fitness

Stretch, tone up, low-impact aerobics, dance and much more to great music. Men are invited too. On-going class year round. Walk-in class \$4. Wear loose clothing and tennis shoes. Tuesdays in Palo Verde Room, Fridays in Saguaro Room. 6/8, 6/11 and 6/18 classes held in the Mesquite Room. 6/15 class held at Desert Hills Room C.

Instructor: Donna Thiel Fee: \$32/\$36 Classes: 8/9

| CR#   | DATES      | DAY   | TIME     | LOCATION |
|-------|------------|-------|----------|----------|
| 20322 | 5/4-28 (8) | TU, F | 8-9:15AM | CH-PVR   |
| 20323 | 6/1-29 (9) | TU, F | 8-9:15AM | CH-PVR   |
| 20324 | 7/2-30 (9) | F, TU | 8-9:15AM | CH-SAG   |
| 20325 | 8/3-31 (9) | TU, F | 8-9:15AM | CH-PVR   |
| 20326 | 9/3-28 (8) | F, TU | 8-9:15AM | CH-SAG   |



## Hatha Yoga

Hatha Yoga is yoking/uniting together the breath, body, and mind into a harmonious flow. As a result of coming together into balance the body and mind gain flexibility, freedom, balance and strength. This class is suitable for both beginner and intermediate yoga students. Emphasis is on the breath, learning yoga breathing techniques, yoga postures, and a final peaceful relaxation. Instructor Richard Roth, is certified by both Mount Madonna Ashtanga Certified Yoga School, 200 hours, and an additional 300 hours with Hatha Yoga Center, Seattle. He is registered by Yoga Alliance at 500 RYT level and a member of Arizona Yoga Association. He has twice studied yoga in India at Benares Hindu University and with 82 year old yoga Ashtanga Master BNS Iyengar. Please bring your own mat, firm blanket/s, old tie/strap, block, an empty stomach and water. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$12. See Drop-in Policy on page 4.

|                          |              |            |             |                 |
|--------------------------|--------------|------------|-------------|-----------------|
| Instructor: Richard Roth | Fee: \$40    | Classes: 4 |             |                 |
| <b>CR#</b>               | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20401                    | 5/4-25       | TU         | 9-10AM      | CR-AMADO        |
| 20403                    | 8/3-24       | TU         | 9-10AM      | AS-REC          |
| 20405                    | 9/7-28       | TU         | 9-10AM      | LC-CTWD         |

## Yoga for Back Care

No Yoga Experience Necessary! This class will benefit you by stretching and aligning the spine by the way of correcting its asymmetry. It will also fortify the muscles that surround the spine to stabilize it. A study performed by the Annals of Internal Medicine in December 2006 showed that "quite clearly Yoga helps those with low back pain." Props not supplied but required. You must bring your own: "Sticky" Yoga mat, 1-2 blankets (Mexican blankets work well) and possibly 8' yoga strap (may be purchased from instructor). Discounted fee if taking 2 concurrent (starting within a week) Seja classes. This class not available for online registration. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$12. See Drop-in Policy on page 4.

|                       |   |            |             |                 |
|-----------------------|---|------------|-------------|-----------------|
| Instructor: Seja Snow | Fee: \$40, fee if taking 2 concurrent Seja classes \$30 | Classes: 4 |             |                 |
| <b>CR#</b>            | <b>DATES</b>  | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20198                 | 5/4-25  | TU         | 8-9AM       | LC-OCOT         |
| 20199                 | 9/7-28  | TU         | 8-9AM       | LC-OCOT         |

## Yoga for Beginners

This practice is for beginners with no previous yoga experience and those who may desire a gentler practice. An unrushed, mindful in-depth approach, studying standing and floor postures with deep relaxation. Emphasis will be on breathing, alignment, stretching and introduction to basic principles of yoga practice. This class is designed to be repeated many times in order to create a firm command and understanding of fundamental yoga poses which will be learned over time. Benefits are progressive and experienced with each class. Home practice encouraged. PROPS A MUST-REQUIRED: yoga mat, 8' yoga strap, 1-2 blankets (Mexican blankets work well). Bolster and block may be purchased later on as one commits to this practice. Discounted fee if taking two concurrent (within a week) Seja classes. This course not available for online registration. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$12. See Drop-in Policy on page 4.

|                       |   |              |             |                 |
|-----------------------|---|--------------|-------------|-----------------|
| Instructor: Seja Snow | Fee: \$30/\$40, fee if taking 2 concurrent Seja classes \$25/\$30 | Classes: 3/4 |             |                 |
| <b>CR#</b>            | <b>DATES</b>  | <b>DAY</b>   | <b>TIME</b> | <b>LOCATION</b> |
| 20211                 | 5/3-24 (4)  | M            | 1:30-3PM    | SRS-FSTA        |
| 20212                 | 9/13-27 (3)   | M            | 1:30-3PM    | SRS-FSTA        |

## Yoga for Stress Relief

Back by popular demand. Very gentle practice with time to release tensions, quiet the mind, and open the breath. Ideal for students with chronic health issues, limited range of motion and anyone desiring to restore deeply. This course can be therapeutic as a complement to any ongoing medical treatments. Props Required: Yoga mat, 8' yoga strap, 2 plus blankets (Mexican blankets work well), bolster, and block. Instructor has props for sale. Discounted fee if signing up for two concurrent (within a week) Seja classes. 5/6 class held in the Cottonwood Room.

|                       |   |            |             |                 |
|-----------------------|---|------------|-------------|-----------------|
| Instructor: Seja Snow | Fee: \$40, fee if taking 2 concurrent Seja classes \$30 | Classes: 4 |             |                 |
| <b>CR#</b>            | <b>DATES</b>  | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20209                 | 5/6-27  | TH         | 1:30-3PM    | LC-JNPR         |
| 20210                 | 9/9-30  | TH         | 1:30-3PM    | LC-JNPR         |

REGISTER ONLINE!  
VISIT US AT [www.gvrec.org](http://www.gvrec.org)

Registering for a GVR course or program is easier than ever with internet registration! Now, members may register 4 different ways - walk-in, mail-in, phone or online. Please see front page for complete details.

## Yoga, Level I/II

This class is for students with substantial yoga experience. The class provides a more vigorous, challenging practice and builds on prior knowledge gained in the Beginners class. A firm understanding and command of fundamental yoga poses and principals is required. An in-depth study of Sun Salutation is presented and more advanced poses may be explored as we continue to build on past learning. Meditative approach and Focused breathing is encouraged. Bring your own props. **PROPS REQUIRED:** yoga mat, 8' yoga strap, 1-2 blankets (Mexican blankets work well). Bolster and block may be purchased later on as one commits to this practice. Instructor has props for sale. Discounted fee if taking two concurrent (within a week) Seja classes. This course not available for online registration. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$12. See Drop-in Policy on page 4.

Instructor: Seja Snow Fee: \$30/\$40, fee if taking 2 concurrent Seja classes \$25/\$30 Classes: 3/4

| CR#   | DATES       | DAY | TIME     | LOCATION |
|-------|-------------|-----|----------|----------|
| 20219 | 5/3-24 (4)  | M   | 3:30-5PM | SRS-FSTA |
| 20220 | 9/13-27 (3) | M   | 3:30-5PM | SRS-FSTA |

## Yogalates

This class is more than Yoga/Pilates. It involves the practice of each to train the mind as well as the body. Yogalates Functional Fitness and progressive training principles are still generating excitement around the world. Join Fadia and her gentle style of Yogalates, improve your health and confidence while meeting new friends. Fadia Bascom is certified by the Yoga Alliance. Bring a yoga mat, straps and block. This class not available for online registration. May sign up for 4 or 8 classes each session. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$10. See Drop-in Policy on page 4. No class 9/6

Instructor: Fadia Bascom Fee: 4 classes \$36, 8 classes \$72

| CR#   | DATES   | DAY  | TIME    | LOCATION |
|-------|---------|------|---------|----------|
| 20437 | 5/3-26  | M, W | 10-11AM | AN-REC   |
| 20438 | 6/7-30  | M, W | 10-11AM | AN-REC   |
| 20439 | 7/7-8/2 | M, W | 10-11AM | AN-REC   |
| 20440 | 8/4-30  | M, W | 10-11AM | AN-REC   |
| 20441 | 9/1-29  | M, W | 10-11AM | AN-REC   |

## Zumba Gold - Level I

This is a low to medium impact Latin dance aerobics class. The focus of this class is to tone, create muscle memory and increase awareness of breathing during movement. The class is also for those who want to incorporate weight bearing exercises into their fitness routine. Move and dance to simple choreography with fun improvisational dance to salsa, merengue, mambo and much more. No previous dance experience necessary, just the desire to have fun. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$10. See Drop-in Policy on page 4. Bring 1 to 1.5 lb. weights and water. Terri James is a certified Zumba Gold instructor with over 25 years of dance training. 6/21 and 6/28 classes held in the Ocotillo Room.

| Instructor: Terri James |              |     | Fee: \$24/\$32 | Classes: 3/4 |
|-------------------------|--------------|-----|----------------|--------------|
| CR#                     | DATES        | DAY | TIME           | LOCATION     |
| 20408                   | 5/10-24 (3)  | M   | 9-10AM         | LC-OCTO      |
| 20409                   | 6/7-28 (4)   | M   | 9-10AM         | LC-CTWD      |
| 20410                   | 7/12-8/2 (4) | M   | 9-10AM         | LC-OCTO      |
| 20411                   | 8/16-30 (3)  | M   | 9-10AM         | LC-OCTO      |
| 20412                   | 9/13-27 (3)  | M   | 9-10AM         | LC-OCTO      |

## Zumba Gold - Level II

This class is for students who have taken at least one session of Zumba or are in another aerobic exercise regimen. It is a medium impact Latin dance aerobics class. Move and dance to simple choreography with fun improvisational dance to salsa, merengue, mambo and much more. The focus of this class is to increase endurance and coordination. Drop-ins welcome after class is confirmed active, contingent upon space availability. Drop-in fee \$10. See Drop-in Policy on page 4. Terri James is a certified Zumba Gold instructor with over 25 years of dance training. 5/19 and 5/26 classes held in the Ocotillo Room. No class on 8/11.

| Instructor: Terri James |             |     | Fee: \$24/\$32 | Classes:3/4 |
|-------------------------|-------------|-----|----------------|-------------|
| CR#                     | DATES       | DAY | TIME           | LOCATION    |
| 20346                   | 5/5-26 (4)  | W   | 9-10AM         | LC-CTWD     |
| 20347                   | 6/9-30 (4)  | W   | 9-10AM         | LC-OCTO     |
| 20348                   | 7/7-28 (4)  | W   | 9-10AM         | LC-OCTO     |
| 20349                   | 8/4-9/1 (4) | W   | 9-10AM         | LC-OCTO     |
| 20350                   | 9/15-29 (3) | W   | 9-10AM         | LC-OCTO     |

# Language Arts & Writing

## Basic Sign Language

We will learn the ABCs, fingerspelling, deaf culture and simple conversation signs and words. Sign language is great exercise for hands and fingers. Instructor has taught sign language for over 25 years. Required text *The Art of Sign Language Phrases* by Christopher Brown (available locally).

|                          |              |            |             |                 |
|--------------------------|--------------|------------|-------------|-----------------|
| Instructor: Debrah Jones | Fee: \$60    | Classes: 6 |             |                 |
| <b>CR#</b>               | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20242                    | 6/22-7/27    | TU         | 10-11:30AM  | LC-ACAC         |
| 20243                    | 8/3-9/7      | TU         | 10-11:30AM  | EC-GAME         |



## Conversational Sign Language

Conversational Sign Language will expand your knowledge and skills. It will pick up where Basic Sign Language left off. Instructor has taught sign language for over 25 years. Required text *The Art of Sign Language Phrases* by Christopher Brown (available locally).

|                          |              |            |             |                 |
|--------------------------|--------------|------------|-------------|-----------------|
| Instructor: Debrah Jones | Fee: \$60    | Classes: 6 |             |                 |
| <b>CR#</b>               | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20247                    | 6/23-7/28    | W          | 1-2:30PM    | LC-ACAC         |
| 20249                    | 8/4-9/8      | W          | 1-2:30PM    | EC-GAME         |

## Spanish Elementary

This class is for those who have finished Basic Spanish. The course covers present tense conjugation of regular verbs, the verbs “to be”, “there is”, “here are” and “to have”. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond.

|                          |              |            |             |                 |
|--------------------------|--------------|------------|-------------|-----------------|
| Instructor: Zandra Pardi | Fee: \$35    | Classes: 3 |             |                 |
| <b>CR#</b>               | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20422                    | 5/3-17       | M          | 9-11AM      | DH-RM A         |
| 20423                    | 7/26-8/9     | M          | 9-11AM      | DH-RM A         |
| 20424                    | 9/13-27      | M          | 9-11AM      | DH-RM A         |

## Spanish - Intermediate

For those who have finished Elementary Spanish. This course covers the personal “a”, 12 useful irregular verbs in the present tense, the verbs “saber” and “conocer” (to know and to know how), and stem-changing verbs in the present tense - Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond.

|                          |              |            |             |                 |
|--------------------------|--------------|------------|-------------|-----------------|
| Instructor: Zandra Pardi | Fee: \$35    | Classes: 3 |             |                 |
| <b>CR#</b>               | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20428                    | 5/5-19       | W          | 9-11AM      | DH-RM A         |
| 20429                    | 7/28-8/11    | W          | 9-11AM      | DH-RM A         |
| 20430                    | 9/15-29      | W          | 9-11AM      | DH-RM A         |

## Spanish - Advanced

For those who have completed Intermediate Spanish. This course covers infinitive verb forms in the present tense, reflexive verbs in the present tense, the verb “gustar” (to be pleasing to) and the present progressive verb form. Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond. Zandra Pardi, B.A., native speaker and experienced instructor.

|                          |              |            |             |                 |
|--------------------------|--------------|------------|-------------|-----------------|
| Instructor: Zandra Pardi | Fee: \$35    | Classes: 3 |             |                 |
| <b>CR#</b>               | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20431                    | 5/6-20       | TH         | 9-11AM      | DH-RM A         |
| 20432                    | 7/29-8/12    | TH         | 9-11AM      | DH-RM A         |
| 20433                    | 9/16-30      | TH         | 9-11AM      | DH-RM A         |

## Music Lessons



### Jamming 101

Whether you can just “Play the Radio” or you are an accomplished musician, you are sure to enjoy participating in JAMMING 101! This One-time seminar is designed to get you playing along right away with other musicians on your favorite tunes. The Jamming 101 Seminar has been featured at the Strawberry Music Festivals, and many more around the country. This workshop is open to ALL AGES, ALL INSTRUMENTS, ALL STYLES AND ALL ABILITY LEVELS. Grab your instrument or just grab a friend and join us for MUSICAL FUN FOR EVERYONE! For more information go to [jamming101.com](http://jamming101.com) There will be a \$29 materials fee for workbook and CD paid to instructor at class. Discounted course fee if taking any 2 Just ONCE music classes the same weekend.

|                           |  |            |             |                 |
|---------------------------|--|------------|-------------|-----------------|
| Instructor: Craig Coffman | Fee: \$30, fee if taking same weekend w/any Just Once class \$25 | Classes: 1 |             |                 |
| <b>CR#</b>                | <b>DATES</b>   | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20356                     | 8/6  | F          | 6:30-9PM    | EC-LNGE         |

### 2010-2011 Season Concert Brochures available mid July!

We have been working hard all year putting together another spectacular Performing Arts Series. Brochures will be available mid July at all major social centers and on-line. **If you would like one mailed to you, please call 520-625-3440, extension 7225 and one will be mailed to you!**

Remember, season tickets are a great way to save time and money, while enjoying quality GVR performances! Look for more details in July’s issue of *Keeping Current*.

## Just ONCE Guitar For Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Topics include: how chords work in song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid) and how to play along with simple tunes. Bring your acoustic guitar. A \$29 supply fee will be collected at class. This fee includes a Guitar Basics workbook and practice DVD. Course fee of \$30 discounted to \$25 if taking same weekend with another "Just ONCE" class. This course not available for online registration. Website: justonceclasses.com.

Instructor: Craig Coffman Fee \$30, fee with another Just Once class \$25

| CR#   | DATES | DAY | TIME        | LOCATION |
|-------|-------|-----|-------------|----------|
| 20389 | 8/7   | SA  | 2:45-5:15PM | EC-AUD   |

## Just ONCE How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing - all expressed in everyday language. This is an ideal follow-up to the "Just ONCE Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Materials fee of \$29 for workbook and practice CD collected in class by instructor. Course fee of \$30 discounted to \$25 if taking same weekend with another "Just ONCE" class. This course not available for online registration. Website: justonceclasses.com

Instructor: Craig Coffman Fee: \$30, fee with another Just Once class \$25

| CR#   | DATES | DAY | TIME      | LOCATION |
|-------|-------|-----|-----------|----------|
| 20388 | 8/7   | SA  | 12-2:30PM | EC-AUD   |

## Just ONCE Piano for Busy People

You don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song, any style, any key. If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. Materials fee \$29 for workbook and 60 minute practice CD to be paid to instructor at class. Total beginners can request a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85296. Course fee of \$30 discounted to \$25 if taking same weekend with another "Just Once" class. This course not available for online registration. Website: justonceclasses.com

Instructor: Craig Coffman Fee: \$30, fee with another Just Once class \$25

| CR#   | DATES | DAY | TIME         | LOCATION |
|-------|-------|-----|--------------|----------|
| 20387 | 8/7   | SA  | 8:30-11:30AM | EC-AUD   |

## Painting & Drawing

### All Media - Fume Free

You will receive one-to-one instruction. Beginners and advanced in acrylic, watercolor or pastels. Realistic or Impressionist. Feel free to call Lupe for any questions about her class at 406-6419. Pick up REVISED SUPPLY LIST at any center office.

Instructor: Guadalupe De La Torre

Fee: 3 classes for \$45, 4 classes for \$60

| CR#   | DATES       | DAY | TIME   | LOCATION |
|-------|-------------|-----|--------|----------|
| 20251 | 5/3-24 (4)  | M   | 9-12PM | DH-ART   |
| 20252 | 6/7-28 (4)  | M   | 9-12PM | DH-ART   |
| 20253 | 7/5-26 (4)  | M   | 9-12PM | DH-ART   |
| 20254 | 8/16-30 (3) | M   | 9-12PM | DH-ART   |
| 20255 | 9/6-27 (4)  | M   | 9-12PM | DH-ART   |
| 20256 | 5/3-24 (4)  | M   | 1-4PM  | DH-ART   |
| 20257 | 6/7-28 (4)  | M   | 1-4PM  | DH-ART   |
| 20258 | 7/5-26 (4)  | M   | 1-4PM  | DH-ART   |
| 20259 | 8/16-30 (3) | M   | 1-4PM  | DH-ART   |
| 20260 | 9/6-27 (4)  | M   | 1-4PM  | DH-ART   |



## Basic Drawing Skills and Elements of Art

This course is designed for beginning artists and as a refresher course for experienced artists in a positive environment. Basic principles will be covered such as value, form, line, 1 and 2 point perspective, color theory, composition, positive and negative shapes, expressive portraiture, and much, much more. Lectures, demos and individualized help will be offered weekly. Bring drawing materials first day of class. A suggested materials list will be available at registration.

| Instructor: Susan Morris |           | Fee: \$95 | Classes: 6 |          |
|--------------------------|-----------|-----------|------------|----------|
| CR#                      | DATES     | DAY       | TIME       | LOCATION |
| 20267                    | 5/19-6/23 | W         | 9AM-12PM   | EC-ART   |
| 20268                    | 7/21-8/25 | W         | 9AM-12PM   | EC-ART   |

## Drawing Portraits in Graphite

This step by step process in drawing portraits in graphite goes beyond just drawing a person. An emphasis on “catching the likeness of the subject” will be taught as well as structure and facial proportions. Students may also work in other media if they wish; the information can be applied to all media. Students will be working mostly from photographs, but will experience some life drawing. Lectures, demos and individualized help will be offered weekly in a positive atmosphere. Bring drawing materials the first day of class. A suggested SUPPLY LIST available at registration. Material fee of \$4 due first day of class for written materials.

| Instructor: Susan Morris |           | Fee: \$95 | Classes: 6 |          |
|--------------------------|-----------|-----------|------------|----------|
| CR#                      | DATES     | DAY       | TIME       | LOCATION |
| 20265                    | 5/21-6/25 | F         | 9AM-12PM   | EC-ART   |
| 20266                    | 7/23-8/27 | F         | 9AM-12PM   | EC-ART   |

## The Wonderful World of Watercolor

Learn traditional watercolor techniques as well as several experimental and fun new methods that add texture, variety, and a spark of interest to your paintings. Come learn to use your creativity in a way that no other medium allows. Color theory, and composition and design elements will also be taught, helping you create art with greater expression and impact. Lectures, demos and friendly feedback are included in each session. Bring watercolor supplies you already have. A suggested supply list will be available at registration.

| Instructor: Susan Morris |           | Fee: \$95 | Classes: 6 |          |
|--------------------------|-----------|-----------|------------|----------|
| CR#                      | DATES     | DAY       | TIME       | LOCATION |
| 20263                    | 5/18-6/22 | TU        | 1-4PM      | EC-ART   |
| 20264                    | 7/20-8/24 | TU        | 1-4PM      | EC-ART   |

## Special Interest

### A Taste of the Tropics

Did you know that, according to a national magazine, Southern Arizona is the number 1 birding destination in the U.S.? Many of the birds people are coming to see live right in your backyard. This class will focus on hummingbirds, trogons, warblers and tanagers. Color slides and audio recordings bring these wonderful birds to life.

| Instructor: Jeff Babson |       | Fee: \$19 | Classes: 1 |          |
|-------------------------|-------|-----------|------------|----------|
| CR#                     | DATES | DAY       | TIME       | LOCATION |
| 20334                   | 5/26  | W         | 10AM-12PM  | LC-IRWD  |
| 20335                   | 8/2   | M         | 10AM-12PM  | LC-IRWD  |

### Bountiful, Beautiful Butterflies

Butterflies are among the most well-known and loved insects. Did you know that Southern Arizona is a very popular location for butterfly watchers? This class will introduce you to these beautiful insects, focusing on classification and identification. We will also discuss butterfly gardening, which is a great way to attract butterflies right to your doorstep.

| Instructor: Jeff Babson |       | Fee: \$19 | Classes: 1 |          |
|-------------------------|-------|-----------|------------|----------|
| CR#                     | DATES | DAY       | TIME       | LOCATION |
| 20336                   | 6/14  | M         | 10AM-12PM  | LC-IRWD  |
| 20337                   | 8/25  | W         | 10AM-12PM  | LC-IRWD  |



### Dragons and Damsels

Dragonflies and damselflies are large, incredibly beautiful insects that are becoming as popular with wildlife watchers as birds and butterflies. Many species bear evocative names like dancers, meadowhawks, skimmers, pondhawks and more. They are conspicuous components of most freshwater habitats. In this class, students will receive an introduction to these fascinating creatures, with a special focus on species found in southern Arizona.

| Instructor: Jeff Babson |       | Fee: \$19 | Classes: 1 |          |
|-------------------------|-------|-----------|------------|----------|
| CR#                     | DATES | DAY       | TIME       | LOCATION |
| 20327                   | 6/23  | W         | 10AM-12PM  | LC-IRWD  |
| 20328                   | 9/13  | M         | 10AM-12PM  | LC-IRWD  |



### Incredible Insects and Super Spiders

Insects and spiders are all around us, astounding in their diversity, beauty and abundance. “Bugs”, as insects and spiders are often collectively termed, are the dominant life forms on Earth. This class will introduce students to these remarkable animals, exploring their variety, ecology and their importance in nature. We will also examine some of the interactions between people and bugs.

| Instructor: Jeff Babson |       | Fee: \$19 | Classes: 1 |          |
|-------------------------|-------|-----------|------------|----------|
| CR#                     | DATES | DAY       | TIME       | LOCATION |
| 20329                   | 7/12  | M         | 10AM-12PM  | LC-IRWD  |
| 20330                   | 9/22  | W         | 10AM-12PM  | LC-IRWD  |



## The Dazzling World of Caterpillars

Everyone is familiar with the dazzling beauty of butterflies (and many moths). However, most people hardly ever glimpse their earlier stages, the egg, caterpillar and pupa. Caterpillars that are observed are usually seen devouring our gardens and flowers. In this class we will investigate the caterpillars of moths and butterflies and dispel some of the myths that pertain to them. Since moths outnumber butterflies by at least 10 to 1, many of the caterpillars we will look at will be those of moths. With this class, we hope to get students to appreciate these wonderful creatures and to search for them in their yards, while walking the dog, or when they are out in nature.

|                         |              |            |             |                 |
|-------------------------|--------------|------------|-------------|-----------------|
| Instructor: Jeff Babson | Fee: \$19    | Classes: 1 |             |                 |
| <b>CR#</b>              | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20331                   | 5/10         | M          | 10AM-12PM   | LC-IRWD         |
| 20332                   | 7/21         | W          | 10AM-12PM   | LC-IRWD         |

## Just-ONCE Facebook and Twitter for Busy People

A year ago, most people had never heard the names Facebook or Twitter. You will be online with your children and old friends before you know it. You will learn the basics of Facebook and Twitter, including how to register, log on, and the most popular aspects of each. No longer will you be left out of online conversations because you don't know the difference between "Tweeting" and "Writing on the wall." You will also learn things to watch out for like potential identity theft. Required Materials Fee of \$29 for Workbook and DVD will be collected in class by the instructor.

|                         |              |            |             |                 |
|-------------------------|--------------|------------|-------------|-----------------|
| Instructor: Dave Estill | Fee: \$30    | Classes: 1 |             |                 |
| <b>CR#</b>              | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20189                   | 6/22         | TU         | 1:30-4PM    | SRS-KINO        |

# TRIPS AND TOURS

## Mini-Time Machine Museum and DeGrazia Gallery in the Sun Tour

Today we visit two great attractions in Tucson. The Mini-Time Machine Museum is a new attraction containing over 160 miniature houses and room boxes that are organized into three main areas: the Enchanted Realm, History Gallery and Exploring the World. We will have a docent tour of this wonderful place that delights visitors of all ages and tastes. A no-host lunch stop at La Encantada is planned. Explore one of their many fine restaurants like Firebirds, Bluepoint or AJ's Fine Market. Then we take in the DeGrazia Gallery in the Sun. What started as a small construction project in the early 1950s developed into a 10-acre National Historic District designed and built by acclaimed Arizona artist Ted DeGrazia. Explore the home, chapel and galleries and obtain a better understanding of this unique artist. Join us for this delightful day outing. Fee includes roundtrip transportation, admission, tour director, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.

Fee: Members \$61, Guest \$66. No refunds after 5/4.

|            |              |            |             |                 |
|------------|--------------|------------|-------------|-----------------|
| <b>CR#</b> | <b>DATES</b> | <b>DAY</b> | <b>TIME</b> | <b>LOCATION</b> |
| 20250      | 5/11         | TU         | 8AM-3:30PM  | DH-PARK         |

## Kitt Peak National Observatory Nighttime Tour"

Travel with us to Kitt Peak National Observatory, located at 7,000 feet in the Quinlan Mountains, for this very special evening. We begin our tour with a stop at their Visitor Center where we will examine the exhibits that describe this national observatory and other interesting topics. We enjoy a light meal and then a docent will give an introduction to astronomy and the night sky. Next, we learn how to find stars and constellations in the sky. Once we are outdoors we will explore the night skies and view them with high-powered binoculars. We then enter one of the domes to view through a telescope and observe the heavens in all of their grandeur. Come along and discover your universe. Good walking shoes and a jacket are highly recommended. (In case of inclement weather we reserve the right to insert an alternate astronomy program presented by Kitt Peak.) Fee includes roundtrip transportation, tour fee at Kitt Peak, box dinner, tour director, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.

Fee: Members \$98, Guest \$103. No refunds after 5/26.

|            |              |            |              |                 |
|------------|--------------|------------|--------------|-----------------|
| <b>CR#</b> | <b>DATES</b> | <b>DAY</b> | <b>TIME</b>  | <b>LOCATION</b> |
| 20351      | 6/11         | F          | 4:45-11:45PM | DH-PARK         |

REGISTER ONLINE!  
VISIT US AT [www.gvrec.org](http://www.gvrec.org)

Registering for a GVR course or program is easier than ever with internet registration! Now, members may register 4 different ways - walk-in, mail-in, phone or online. Please see front page for complete details.

## Arizona Diamondbacks vs Chicago Cubs

Join us for a ball game and cheer on the Diamondbacks. We have reserved seats for this afternoon game at the Chase Ballpark in downtown Phoenix. This state-of-the-art stadium, which is enclosed and air-conditioned, is home to the major league baseball team, the Arizona Diamondbacks. Come root for the home team, grab a hot dog, check out the ballpark and have a great time! With great players on our roster like Adam LaRoche, Brandon Webb and Conor Jackson, who knows what will be in store for this season. A game against the Chicago Cubs always proves to be exciting. No parking hassles - just a good old-fashioned afternoon. Fee includes: transportation, game ticket (seats located on the lower level, section 111), tour director, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.

Fee: Members \$84, Guest \$89. No refunds after 6/14.

| CR#   | DATES | DAY | TIME          | LOCATION |
|-------|-------|-----|---------------|----------|
| 20355 | 7/5   | M   | 9:45AM-6:45PM | DH-PARK  |

## Tanque Verde Guest Ranch and Gaslight

### Theater Show

Join us for this day outing that will find us enjoying delicious food and fun entertainment. We have a delightful buffet lunch at the Tanque Verde Guest Ranch. This establishment, tucked into the foothills of the Rincon Mountains, is charming and offers a hearty meal. The dessert table is to die for! We then take our seats at the Gaslight Theater to enjoy the show titled "Space Wars." This small but well run theater does some very funny and creative work. The melodrama style story line finds us booing the bad guy and clapping for the hero or heroine. We hope you join us as we take in these two special Tucson attractions. Fee includes roundtrip transportation, buffet lunch, show ticket, tour director, bus refreshments and driver tip. Bus departs from Desert Hills upper parking lot.

Fee: Members \$92, Guest for \$97. No refunds after 7/28.

| CR#   | DATES | DAY | TIME        | LOCATION |
|-------|-------|-----|-------------|----------|
| 20353 | 8/15  | SU  | 11:15AM-6PM | DH-PARK  |

### REFUND POLICY FOR TOURS

Due to the necessity of the tour company to arrange ahead of time and pre-pay for bus accommodations, admission tickets and meals, no refunds will be issued after the date stated on the reservation confirmation.

## Look What's Happening This Summer

### April

|    |                                       |    |
|----|---------------------------------------|----|
| 5  | Special Event – Reveille Men's Chorus | WC |
| 6  | Concert – "Swing Fever"               | WC |
| 8  | Concert – "HarpFusion"                | WC |
| 10 | Movie – "The Blind Side"              | WC |
| 13 | Concert – "The Perfect Gentlemen"     | WC |
| 16 | Dance – "Partners Country"            | CH |
| 28 | Movie – "Sherlock Holmes"             | WC |

### May

|    |                                  |    |
|----|----------------------------------|----|
| 4  | Movie – TBD                      | WC |
| 11 | Concert – "The Desert Sons"      | WC |
| 19 | Movie – TBD                      | WC |
| 21 | Dance – "Mid-Life Crisis" – Luau | CH |

### June

|    |                         |    |
|----|-------------------------|----|
| 9  | Ice Cream Social        | WC |
| 16 | Movie – TBD             | WC |
| 22 | Concert – "Marian Call" | WC |
| 30 | Movie – TBD             | WC |

### July

|   |                           |    |
|---|---------------------------|----|
| 6 | Concert – "Odaiko Sonora" | WC |
| 7 | Ice Cream Social          | WC |

### August

|    |                                    |    |
|----|------------------------------------|----|
| 11 | Ice Cream Social                   | WC |
| 12 | Movie – TBD                        | WC |
| 17 | Concert – "Allan Riding's Jazztet" | WC |
| 25 | Movie – TBD                        | WC |

# 2010 Registration Form

Please complete the entire form to avoid delays in the processing of your registration. Print all information clearly. Fill out one form per person (the reverse side may be used for additional registrants). Members are responsible for reading the class cancellation policy. **Class location, days and times are subject to change.**

Name \_\_\_\_\_

Address \_\_\_\_\_  
*(at time of registration)*

GVR# \_\_\_\_\_ Phone# \_\_\_\_\_ E-mail \_\_\_\_\_

| CR# | Class Name | Location | Start Date | Instructor | Fee |
|-----|------------|----------|------------|------------|-----|
|     |            |          |            |            |     |
|     |            |          |            |            |     |
|     |            |          |            |            |     |
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|     |            |          |            |            |     |

VISA                       MASTERCARD

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

● Total Class Fees                      \$ \_\_\_\_\_

**OFFICE USE ONLY**

**SESSION:** \_\_\_\_\_

**STAFF INITIALS:** \_\_\_\_\_

**DATE PROCESSED:** \_\_\_\_\_

**SUPPLY LIST:** \_\_\_\_\_

- ◆ Please make Checks or Money Orders payable to: Green Valley Recreation, Inc.
- ◆ Mail registration form and payment to: Green Valley Recreation, Inc.  
 PO Box 586 Green Valley, AZ 85622. **DO NOT SEND CASH THROUGH THE MAIL.**
- ◆ You can also register online at [www.gvrec.org](http://www.gvrec.org)!

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*(at time of registration)*

GVR# \_\_\_\_\_ Phone# \_\_\_\_\_ E-mail \_\_\_\_\_

| CR# | Class Name | Location | Start Date | Instructor | Fee |
|-----|------------|----------|------------|------------|-----|
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|     |            |          |            |            |     |

VISA                       MASTERCARD

Credit Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Signature: \_\_\_\_\_

● Total Class Fees \$ \_\_\_\_\_

**OFFICE USE ONLY**

**SESSION:** \_\_\_\_\_

**STAFF INITIALS:** \_\_\_\_\_

**DATE PROCESSED:** \_\_\_\_\_

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 PO Box 586 Green Valley, AZ 85622. **DO NOT SEND CASH THROUGH THE MAIL.**
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# Major Social Center Office Hours - Summer

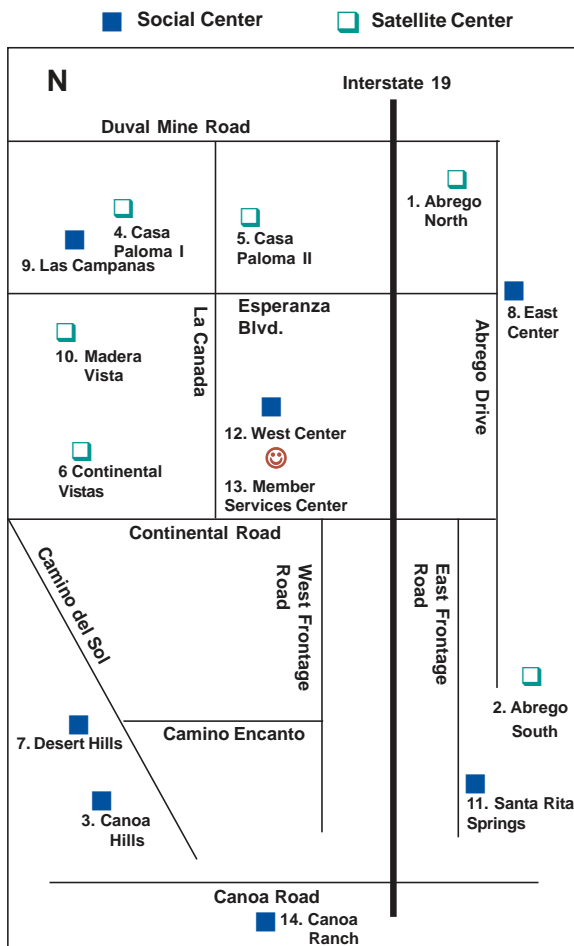
The following three (3) major social center offices and Member Services Center are open for business from 8:00am to 4:00pm each Monday through Friday as follows:

- Canoa Hills Social Center – 625-6200 – 3660 S. Camino del Sol – (Closed 11:30am to 12:30pm)
- East Social Center – 625-4641 – 7 South Abrego Drive – (Closed 12:30pm to 1:30pm)
- Las Campanas - 648-7669 - 565 W. Bell Tower Dr. (Closed 11:30am to 12:30pm)
- Member Services Center – 625-3440 – 1070 Calle del las Casitas.
- East Center is also open on Saturday, Sunday and Holidays from 10am-2pm.

# Facility/Room Abbreviations

- AN - Abrego North
- FSTA - Fiesta Room
- AS - Abrego South
- GAME - Game Room
- CPI - Casa Paloma I
- HAND - Handbuilding Room
- CPII - Casa Paloma II
- IRWD - Ironwood Room
- CH - Canoa Hills
- JNPR - Juniper Room
- CR - Canoa Ranch
- KITCH - Kitchen
- CV - Continental Vistas
- LAP - Lapidary
- DH - Desert Hills
- LNGE - Lounge
- EC - East Center
- MNTY - Monterey Room
- LC - Las Campanas
- MSQT - Mesquite Room
- MV - Madera Vista
- OCOT - Ocotillo Room
- SRS - Santa Rita Springs
- PARK - Parking Lot
- WC - West Center
- PVR - Palo Verde Room
- ACAC - Acacia Room
- REC - Recreation Room
- AGAV - Agave Room
- RM1 - Room 1
- AMADO - Amado Room
- RM2 - Room 2
- ANZA - Anza Room
- RMA - Room A
- ART - Art Room
- RMB - Room B
- AUD - Auditorium
- RMC - Room C
- CER - Ceramics
- SAG - Saguaro Room
- CTWD - Cottonwood Room
- SCPT - Sculpture Room
- CRUZ - Santa Cruz Room
- STU - Studio
- CYPR - Cypress Room
- TC - Tennis Courts
- WHL - Wheel Room

## GVR FACILITY MAP





## *GVR Volunteer Center Now Open*

The Volunteer Center was established to offer centralized support to GVR's hard working volunteers and inform members about volunteer opportunities. The Volunteer Center is staffed by volunteers who give of their time to promote volunteerism within GVR and is overseen by the Volunteer Supervisor. Members who are considering volunteering are invited to visit the volunteer center, where they can inquire about the wide variety of volunteer positions available. Current volunteers can visit the center to obtain information such as, the Pool and Fitness Incentive Program, current points balance, etc. They can also pick up handbooks, recognition gifts, rosters, schedules and much more. The Volunteer Center is located at the West Center and is open Monday through Friday from 10am to 2pm.

*We welcome all GVR members to discover the benefits of volunteering.*



## *GVR Store Expands*

Looking for a unique gift?

The GVR Store, which began at the Member Services Center, has expanded! You can now find your favorite GVR logo wear and gifts, at each GVR office. We have a wide variety of gifts, Polo Shirts, T-Shirts, Flip Flops, Spa Bags, Towels, Caps, Water Bottles with or without holder, coffee mugs, Lounge Chair Covers (new colors available) and some exciting new items, all with the GVR Logo on them for sale. We also offer Gift Bag options, as well as GVR Gift Certificate? Gift Certificates can be purchased at any major social center office and can be used toward GVR programs and classes. GVR offices are open Monday through Friday from 8am to 4pm. We invite you to stop in and take a look!

GVR invites you to come aboard the

Sunset Voyager and set sail for the

## *2010 Summer Sunset Cruise Concert Series*

Brochures available at all GVR centers.  
Deadline to purchase is April 23.

