

# Green Valley Recreation, Inc Summer Course Catalog



MAY - SEPTEMBER 2015 | REGISTRATION BEGINS APRIL 1ST

# GVR Professional Services



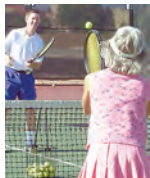
**Personal Trainer**  
 Shelley Whitlatch  
 Ph: (520) 349-3037  
 fitspecialtiesbysw@gmail.com

The owner of Fitness Specialties, LLC, Whitlatch is a GVR fitness orientation instructor and Certified Personal Trainer. She has a M.S. in Exercise Physiology, and is the health promotion coordinator for the Pima Council on Aging, Matter of Balance and Enhanced Fitness Programs. There is a fee for service.



**Personal Trainer**  
 Glenda Martinez  
 Ph: (520) 298-3941  
 Alt. Ph: (520) 979-1216

Martinez provides Specialized Exercise Training (SET) and is certified by the American Council on Exercise and Older Adult Fitness. A licensed practical nurse, she has over 25 years' experience in post-rehabilitation conditioning. There is a fee for service.



**Tennis Instruction**  
 Ray Wardlaw  
 Ph: (520) 625-0274

Wardlaw has over 20 years of instructional experience, and is USPTA Pro 2. Private and group lessons are available. Students will be expected to reserve or schedule court time for lessons. Contact the instructor for private and group lesson fees.



**Swimming Lessons**  
 Leslie Akers  
 Ph: (520) 625-1205  
 Alt. Ph: (317) 373-1124

A Red Cross Certified Lifeguard, Akers has been a water safety instructor for more than 30 years. Private swim lessons available for a fee.

# GVR Facility Abbreviations

- ABN . . . . . Abrego North
- ABS . . . . . Abrego South
- CP1 . . . . . Casa Paloma 1
- CP2 . . . . . Casa Paloma 2
- CH. . . . . Canoa Hills
- CR. . . . . Canoa Ranch
- CV. . . . . Continental Vista
- DH . . . . . Desert Hills
- EC. . . . . East Center
- LC . . . . . Las Campanas
- MSC. . . . . Member Services Center
- MV . . . . . Madera Vista
- SRS . . . . . Santa Rita Springs
- WC . . . . . West Center

## Rooms

- ACAC . . . . . Acacia Room
- AGAV . . . . . Agave Room
- AMADO. . . . . Amado Room
- ANZA . . . . . Anza Room
- ART . . . . . Art Room
- AUD. . . . . Auditorium
- BILL . . . . . Billiards Room
- CER . . . . . Ceramics
- CTWD. . . . . Cottonwood Room
- CRUZ . . . . . Santa Cruz Room
- CYPR . . . . . Cypress Room
- FSTA. . . . . Fiesta Room
- GAME. . . . . Game Room
- HAND. . . . . Handbuilding
- IRWD . . . . . Ironwood
- JNPR . . . . . Juniper Room
- KITCH. . . . . Kitchen
- KINO . . . . . Kino Room
- LAP . . . . . Lapidary
- LNGE . . . . . Lounge
- MSQT. . . . . Mesquite Room
- OCOT . . . . . Ocotillo Room
- PARK . . . . . Parking Lot
- PICKL . . . . . Pickleball Court
- POOL . . . . . Pool
- PVR . . . . . Palo Verde Room
- REC . . . . . Recreation Room
- RM1 . . . . . Room 1
- RM2 . . . . . Room 2
- RMA . . . . . Room A
- RMB . . . . . Room B
- RMC . . . . . Room C
- SAG . . . . . Saguario Room
- SCPT . . . . . Sculpture Room
- STU . . . . . Studio
- TC. . . . . Tennis Courts
- WHL . . . . . Wheel Room

# Artisan Jewelry/Lapidary Silversmith Club

## Basic Wire Wrap Jewelry Class

You'll learn basic wire wrapping techniques, including spirals, loops and bundles and complete three projects in this hands-on class. We'll also discuss gauges and types of wire, tools and sources of supplies. Bring any jewelry making tools you already have (pliers, flush cutter, etc.), plus a ruler and fine tip sharpie. Tools will be available for purchase. Please note that this class could be challenging for those with arthritic hands. Material fee is \$25 payable at class.

Instructor: Lapidary Club

Fee: Member \$30

CR#	DATES	DAY	TIME	LOCATION
32542	6/5	F	1-5PM	EC-STUDIO
32543	8/8	Sa	1-5PM	EC-STUDIO

Classes: 1

## Metal Forming: Introduction

This is a PREREQUISITE FOR ANY METAL FORMING CLASS (excluding Silversmithing) taught by the Lapidary Club.

This introductory class includes safety, metals, tools and their care, and techniques used in metal forming/smithing. Learn about disc cutting, dapping blocks, punches, mandrels, stamps, hammers and mallets, hydraulic press, corrugation and other metal forming tools. The Acetylene/air torch will be used to anneal/soften sheet metal before forming. You will see many examples of copper, brass and silver jewelry designed by the Lapidary Club members.

There will be hands-on activity to make a textured copper pendant and earrings. Wear closed-toe shoes. Bring small jewelry pliers and a Sharpie pen if you have them. Material fee of \$20 paid at class.

Instructor: Lapidary Club

Fee: Member \$25

CR#	DATES	DAY	TIME	LOCATION
32546	7/18	Sa	1-4:30PM	DH-LAP

Classes: 1

## Silversmithing

Learn how to work with silver and the basics of silver soldering. Students will be introduced to the basic elements of Silversmithing and the steps to successful soldering including torch control, choosing the correct solder and fitting a solder joint. You will learn the basic components to productive soldering. The first day will be spent with a short lecture, a demo of what you will be doing and then you will get to practice putting those techniques to work. You will take the components of the project and assemble them to form a finished piece of jewelry. You will learn the methods of cutting, sawing, cleaning and polishing your piece of jewelry. All tools and materials are furnished. Wear old clothes, closed-toed shoes and tie long hair back. Please indicate if you have special physical needs when registering. Because of the open flames used in the classes, oxygen tanks cannot be allowed. The material fee of \$65 will be collected the first day of class.

Instructor: Lapidary Silversmith Club

Fee: Member \$50

CR#	DATES	DAY	TIME	LOCATION
32338	8/19-21	W-F	1-4PM	EC-STUDIO

Classes: 3

## 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: Member \$30

CR#	DATES	DAY	TIME	LOCATION
32544	8/17-19	M,W	9:30AM-12PM	EC-STUDIO

Classes: 2

## Arts & Crafts

### NEW - Basket Weaving for Beginners

Learn to weave a basket from rattan reed. No experience necessary. All materials provided for \$15 material fee. Basket will be completed in class.

Instructor: Arlene Zaloznik

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32455	5/19	Tu	9AM-1PM	EC-ART
32456	6/22	M	12-4PM	EC-ART

Classes: 1

### Secrets of Wine Glass Painting

Create a lovely set of hand painted wine glasses. In just two fun sessions you will learn about glass paints, baking, patterns and brush strokes as you paint two glasses. You will learn a fun, new hobby! The wine glasses make great gifts for holidays, birthdays, anniversaries or are fun to keep for yourself. Material fee of \$20 paid to instructor at first session, includes everything you need including your choice of two wine glasses.

Instructor: Marie Stickford

Fee: Member \$38/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32477	6/16-23	Tu	1-3PM	EC-ART
32478	8/10-17	M	10AM-12PM	EC-ART

Classes: 2

## Cards & Games

### Mah Jongg for Beginners - National

This is an introductory course to the popular game of Mah Jongg. A 2015 National Mah Jongg League card is needed and will be available from the instructor at a cost of \$8 during the first class meeting. Beginners should plan to attend the first two sessions to learn the basics of playing National (American) Mah Jongg.

Instructor: Jane Lombardo

Fee: Member \$70/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32394	5/5-16	Tu,Th,Sa	9-11:30AM	EC-GAME

Classes: 6

## Dance Lessons

### Argentine Tango - Beginning/Intermediate

Dave and Shelli Little have been performing and teaching Argentine Tango for over 20 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: 3 classes \$30, 4 classes \$40/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32404(4)	5/1-22	F	6-7:30PM	SRS-ANZA
32405(4)	6/5-26	F	6-7:30PM	LC-OCOT
32406(4)	7/10-31	F	6-7:30PM	LC-OCOT
32407(4)	8/7-28	F	6-7:30PM	SRS-ANZA
32408(3)	9/11-25	F	6-7:30PM	SRS-ANZA

### Beginner/Advanced Beginner Tap

This class is for those who have always wanted to tap dance. Classes are on-going year round, join anytime. Learn all the basic steps, technique and dance movement in a fun way. Bring tap shoes. If you need tap shoes, Bloch or Leo split toe tap shoes are recommended. **7/7 and 7/14** classes at Abrego South then back at SRS. **Note: No class on 8/11 and 8/18.**

Instructor: Peggy Rushford.

Fee: Member 2 classes \$16, 4 classes \$32, 5 classes \$40  
Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32384(4)	5/5-26	Tu	10:45-11:45 AM	SRS-CRUZ
32385(5)	6/2-30	Tu	10:45-11:45 AM	SRS-CRUZ
32386(4)	7/7-28	Tu	10:45-11:45 AM	ABS-REC
32387(2)	8/4-25	Tu	10:45-11:45 AM	SRS-CRUZ
32388(5)	9/1-29	Tu	10:45-11:45 AM	SRS-CRUZ

### Tap Technique - Advanced/Intermediate

This class will focus on footwork and technique. For intermediate and advanced dancers, the emphasis will be on improving clarity of sound and execution. Bring tap shoes. **7/8 and 7/15** classes at Abrego South then back at SRS. **Note: No class on 8/12 and 8/19.**

Instructor: Peggy Rushford

Fee: Member 2 classes \$16, 4 classes \$32, 5 classes \$40  
Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32389(4)	5/6-27	W	10:30-11:30AM	SRS-CRUZ
32390(4)	6/3-24	W	10:30-11:30AM	SRS-CRUZ
32391(5)	7/1-29	W	10:30-11:30AM	SRS-CRUZ
32392(2)	8/5-26	W	10:30-11:30AM	SRS-CRUZ
32393(5)	9/2-30	W	10:30-11:30AM	SRS-CRUZ

## Health, Fitness & Sports

### NEW - Rainbow Healing - Learn How Your Chakras Work

Chakras, the energy centers of your body, are extremely important to remaining healthy and balanced. These centers described as vortexes of energy receive, regulate and disperse the universal energies necessary to our body's functioning. Each chakra vibrates at a different frequency and is associated with a particular color. You will learn how to recognize imbalances and methods to correct blockages, how wearing different colors will enhance chakra efficiency and how eating certain foods will increase your metabolism, improve your sleep and your overall wellbeing. \$5 material fee paid to instructor at class. **No class 6/16.**

Instructor: Patricia Izzi

Fee: Member \$45/Non-member \$10 more

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
32432	6/2-30	Tu	2:30-3:30PM	ABS-REC

### Joint and Gland Exercises

These simple stretching exercises for joints and glands increase circulation to all parts of your body and help improve your overall flexibility. By releasing accumulated tensions these exercises help relieve the pain of arthritis, rheumatism or any general stiffness. As we work on face, neck, shoulders, arms, hands, wrists, abdomen, torso, legs and feet we also bring new calmness to the mind. Anyone can participate because movements are slow and are done in a sitting position. \$5 material fee paid to instructor at class.

Instructor: Patricia Izzi

Fee: Member \$50/Non-member \$10 more

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
32439	8/6-27	Th	1:30-2:30PM	EC-LNGE

### NEW - Anger Workshop for Women

Anger is a completely normal, usually healthy human emotion, but when it gets out of control it turns destructive. Anger makes your adrenaline pump, your digestion stop, your heart rate jump and your breathing speed up. Over time all of these responses take a toll on your health, contributing to high blood pressure, heart disease and other life threatening illnesses. Do you have the courage to learn a better way to cope? In a safe, confidential setting we can show you how to get back in control. \$5 material fee paid to instructor at class.

**No class 9/15.**

Instructor: Patricia Izzi

Fee: Member \$50/Non-member \$10 more

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
32434	9/8-29	Tu	2:30-4PM	ABS-REC

## NEW - Silence the Mind

### Meditation Made Easy

Have you tried meditation before and failed? Does the silence make you anxious? Can you quiet the “monkey chatter” in your head? After 20 years of avoiding meditation, spending hundreds of dollars in classes with little or no results, I have finally learned how to make it work and I can help you do the same! Join me to learn some of the best techniques to have in your tool box for health and peace of mind. \$5 material fee paid to instructor at class.

Instructor: Patricia Izzi

Fee: Member \$50/Non-member \$10 more

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
32440	9/10-10/1	Th	1:30-2:30PM	DH-RMA

### Healing Water: Aquatic Exercise

Water is a total body workout for all fitness levels. Water exercise has been proven to minimize chronic diseases, pain and improve one’s overall wellness. Come benefit from the water’s amazing properties. Classes will be a fusion of many modalities. Supplies needed: noodle, hand buoys (mini or regular hand buoys) and buoyancy belt if you have one. Equipment might be found at local sports store or online at an aquatic supply website.

Design a fitness program that is as flexible as you are, by purchasing the punch card designed to work with your schedule. No more make-up classes, come to class when your schedule allows. Punch card is only valid in session for which purchased. Unused punches may NOT be used in the following session! Drop-in fee \$12. See Drop-in policy on page 16. Course unavailable for online registration. **No class 5/25 and 9/7.**

Instructor: Christine Bernardo

Fee: Member 5 classes \$45, 10 classes \$90, 15 classes

\$135, 20 classes \$180/Non-member \$10 more

Classes: 42

CR#	DATES	DAY	TIME	LOCATION
32498	5/4-9/30	M,W	1-2PM	CP1-POOL

### Improving Your Swimming Strokes

Want to get comfortable breathing while doing the front crawl? This class is for you. The **June class** will also cover the elementary and racing back strokes. The **July class** will continue to improve breathing and will develop your breast stroke. Instructor has been a Red Cross Certified Water Safety Instructor for 30 plus years.

Instructor: Leslie Akers

Fee: Member \$40/Non-member \$10 more

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
32556	6/2-23	Tu	1-1:45PM	CR-POOL
32557	7/7-28	Tu	1-1:45PM	CR-POOL

## Snorkeling Class

Have you ever tried to go snorkeling and ended up with a mask full of water? This 2 hour snorkeling class has been developed to teach you everything you need to know to be able to safely, comfortably and confidently go snorkeling. You will learn how to select properly fitting equipment, be able to clear water comfortably from your mask and snorkel, learn proper use of your fins, perform surface dives to explore underwater and learn about the physiology of snorkeling. Equipment provided. Please provide height, weight and shoe size at registration.

Instructor: Desert Divers Scuba Center.

Fee: Member \$20/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32504	6/10	W	1-3PM	CP2-POOL
32505	9/15	Tu	1-3PM	CP2-POOL

### Try Scuba Experience

Were you ever curious about how it might feel to experience being weightless like an astronaut or to breathe underwater and see what it would be like to explore the world’s oceans? Three-fourths of our planet is water. Let us show you how you can explore the rest of our planet. This 2 hour “try scuba diving” experience allows you to learn the basics of scuba diving and use scuba equipment in the pool so you can experience what it is like to scuba dive. We will give you about 30 minutes of instruction on the basics of diving and spend 90 minutes using scuba diving equipment in the pool. Equipment provided. Please provide height, weight and shoe size at registration.

Instructor: Desert Divers Scuba Center

Fee: Member \$25/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32506	7/16	Th	1-3PM	CP1-POOL

### A - Z Stretching/Beginners Yoga

We will focus on each of the muscle groups in a relaxing atmosphere. Soothing music carries us along as we hold the stretches for 20 seconds to a minute. Tone muscle, improve flexibility and strengthen your core in this fun class. Great post therapy and great for lower back too. Bring a mat, towel and water. Drop-in fee \$8, See Drop-in policy on page 16. **8/11, 8/15, 8/18 and 8/20** classes at Abrego North then back at LC.

Instructor: Wuanita Powers

Fee: Member \$56/Non-member \$10 more

Classes: 8

CR#	DATES	DAY	TIME	LOCATION
32344	5/5-28	Tu,Th	11:45AM-12:45PM	LC-CYPR
32345	7/7-30	Tu,Th	11:45AM-12:45PM	LC-CYPR
32346	8/4-27	Tu,Th	11:45AM-12:45PM	LC-CYPR
32347	9/1-24	Tu,Th	11:45AM-12:45PM	LC-CYPR

## Chair Yoga with Wuanita

This course utilizes the chair in both standing and sitting positions to practice your yoga poses. The chair is used for safety and stability, so all levels of "yogies" will be able to enjoy this class. Yoga is wonderful for increased range of motion in the joints, restorative breath work and reduction of stress. Drop-in fee \$8. See Drop-in policy on page 16.

**8/11, 8/15, 8/18 and 8/20** classes at Abrego North then back at LC.

Instructor: Wuanita Powers

Fee: Member \$56/Non-member \$10 more      Classes: 8

CR#	DATES	DAY	TIME	LOCATION
32340	5/5-28	Tu,Th	10:30-11:30AM	LC-JNPR
32341	7/7-30	Tu,Th	10:30-11:30AM	LC-JNPR
32342	8/4-27	Tu,Th	10:30-11:30AM	LC-JNPR
32343	9/1-24	Tu,Th	10:30-11:30AM	LC-JNPR

## Belly Dance Style Workout

This workout is designed for the female body from the neck to the knees. Using some of the movements from this dance results in better posture and balance and lost inches. Info will be given at the first class as to what to wear. This class is on-going year round. Drop-in fee \$6.

See Drop-in policy on page 16. **8/13 and 8/20** classes at Madera Vista then back at LC.

Instructor: Donna Thiel

Fee: Member 4 classes \$20, 5 classes \$25

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32414(4)	5/7-28	Th	10-11:15AM	LC-CYPR
32415(4)	6/4-25	Th	10-11:15AM	LC-CYPR
32416(5)	7/2-30	Th	10-11:15AM	LC-CYPR
32417(4)	8/6-27	Th	10-11:15AM	LC-CYPR
32418(4)	9/3-24	Th	10-11:15AM	LC-CYPR

## 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. Wear loose clothing and tennis shoes. Tuesdays in Palo Verde Room, Fridays in Saguaro Room. Drop-in fee \$5. See Drop-in policy on page 16.

**6/2-6/12** classes at Las Campanas Cottonwood Room then back at CH.

Instructor: Donna Thiel

Fee: Member 8 classes \$32, 9 classes \$36

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32409(9)	5/1-29	F,Tu	8-9:15AM	CH-SAG
32410(9)	6/2-30	Tu,F	8-9:15AM	LC-CTWD
32411(9)	7/3-31	F,Tu	8-9:15AM	CH-SAG
32412(8)	8/4-28	Tu,F	8-9:15AM	CH-PVR
32413(9)	9/1-29	Tu,F	8-9:15AM	CH-PVR

## Stretch, Strength and Stabilize

(Previously named Posture Fitness.) You will learn and practice exercises that will promote whole body correction. This is alignment work to establish muscular balance through stretches and gentle exercises, which can help and even eliminate lower back and shoulder pain, chronic pain from injuries and postural issues. It will help correct disparity between the two sides of the body. With practice it can help restore balance and build functional strength.

Wear loose clothing and bring a yoga mat. You must be able to get up and down from the floor as there will be exercises standing, on the floor and on the knees. Drop-in fee \$15. See Drop-in policy on page 16. Call instructor at 318-9590 with questions. **6/1 and 6/8** classes at East Center Lounge then back at CR.

Instructor: Beth Jonquil

Fee: Member 4 classes \$48, 5 classes \$60

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32395(4)	5/4-25	M	10-11:30AM	CR-AMADO
32396(4)	6/1-22	M	10-11:30AM	EC-LNGE
32397(4)	7/6-27	M	10-11:30AM	CR-AMADO
32398(5)	8/3-31	M	10-11:30AM	CR-AMADO
32399(4)	9/7-28	M	10-11:30AM	CR-AMADO

## Pilates Mat

Pilates mat based exercises based on the principles of breathing, concentration, focus, precision, centering, and flow. Pilates will help you develop better body awareness, postural improvement, balance, flexibility, core strength and muscle tone. Instructor may introduce small accessory equipment. Bring a mat and small pillow or towel if needed for head support. **8/10, 8/14 and 8/17** classes at East Center Auditorium.

**8/21** class at East Center Lounge.

Instructor: Serenity Pilates Instructor

Fee: Member 3 classes \$26, 4 classes \$34, 5 classes \$42

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32374(5)	5/1-29	F	9-9:50AM	LC-JNPR
32375(3)	5/4-18	M	8:30-9:20AM	LC-JNPR
32376(5)	6/1-29	M	8:30-9:20AM	LC-JNPR
32377(4)	6/5-26	F	9-9:50AM	LC-JNPR
32378(5)	7/3-31	F	9-9:50AM	LC-JNPR
32379(4)	7/6-27	M	8:30-9:20AM	LC-JNPR
32380(5)	8/3-31	M	8:30-9:20AM	LC-JNPR
32381(4)	8/7-28	F	9-9:50AM	LC-JNPR
32382(4)	9/4-25	F	9-9:50AM	LC-JNPR
32383(3)	9/14-28	M	8:30-9:20AM	LC-JNPR

## Introduction to Hatha Yoga Saguaro

This class is an introduction into the ancient traditions of hatha yoga. Students will learn the basic yoga postures to balance, bring into harmony and union - the body, mind and breath. There will be a strong emphasis on learning breathing and techniques to strengthen the mind and relax the body. Men and women welcome. Richard Roth, who has been teaching yoga since 2004 is an experienced, registered yoga teacher, E-500RYT, by Yoga Alliance. Required props available for purchase from instructor: yoga mat; 2 blocks; 8' yoga strap and 2 very firm blankets (Mexican blankets are the kind). Drop-in fee \$10. See Drop-in policy on page 16.

Instructor: Richard Roth

Fee: Member 3 classes \$24, 4 classes \$32

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32493(3)	5/12-26	Tu	1-2PM	CR-AMADO
32494(3)	6/2-16	Tu	1-2PM	LC-CYPR
32495(4)	7/7-28	Tu	1-2PM	LC-JNPR
32497(4)	9/8-29	Tu	1-2PM	CR-AMADO

## Hatha Yoga Saguaro - Level I/II

This yoga class is for students who know the basic yoga poses and have practiced regularly for at least six months. Sun Salutations begin each class followed with standing, seated postures, twists, balance, back bending, and some inversion poses. Emphasis is on the breath and various breathing techniques. Richard Roth has twice studied yoga in India for extended periods. He is certified by Yoga Alliance as an experienced, registered yoga teacher, E-500-RYT. Men more than welcome. Required props and available for purchase from instructor: yoga mat; 2 blocks; 8' yoga strap and 2 very firm blankets (Mexican blankets are the kind). Drop-in fee \$12. See Drop-in policy on page 16.

Instructor: Richard Roth

Fee: Member 3 classes \$27, 4 classes \$36

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32479(3)	5/12-26	Tu	8:30-10:00AM	LC-CYPR
32480(3)	6/2-16	Tu	8:30-10:00AM	LC-CYPR
32481(4)	7/7-28	Tu	8:30-10:00AM	LC-CYPR
32483(4)	9/8-29	Tu	8:30-10:00AM	LC-CYPR

## Hatha Yoga Saguaro for Back Care

No experience necessary. Beginners welcome. This is a gentle class designed for folks with back issues or little yoga experience. Students take this class to deal with existing back challenges and to avoid back problems in the future that can arise from stiffness, a lack of flexibility, and mental stress frequently associated with back problems. There will be a strong emphasis on breathing techniques to relax both the body and the mind. Men and women are welcome. Instructor has twice studied yoga in India for extended periods. Richard is certified by Yoga Alliance as E-500 RYT, an experienced, registered yoga teacher. Required props and available for purchase from instructor: yoga mat; 2 blocks; 8' yoga strap and 2 very firm blankets (Mexican style blankets are the kind). Drop-in fee \$10. See Drop-in policy on page 16.

Instructor: Richard Roth

Fee: Member 3 classes \$24, 4 classes \$32

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32485(3)	5/12-26	Tu	10:30-11:30AM	LC-CTWD
32486(3)	6/2-16	Tu	10:30-11:30AM	LC-CTWD
32487(4)	7/7-28	Tu	10:30-11:30AM	LC-CTWD
32492(4)	9/8-29	Tu	10:30-11:30AM	LC-CTWD

## Yoga Beyond Beginners - Moving to Level I

This yoga class is designed for beginner yogis who would like to deepen their practice and learn more postures. This class moves a bit faster than beginner classes but time is spent on the postures in order to learn correct alignment. Class is available to all students but designed as a detailed learning class. Your own yoga mat is required. Additional props are also good to bring: blanket (one or two Mexican blankets work well), block(s) and yoga strap. Kathy has props for sale (except mats). Discounted fee if taking two classes per week from Kathy. Course unavailable for online registration. Drop-in fee \$12. See Drop-in policy on page 16. Instructor: Kathy Edds

Fee: Member \$40/\$35/Non-member \$10 more Classes: 4

CR#	DATES	DAY	TIME	LOCATION
32312	5/6-27	W	3-4:30PM	LC-CYPR

## Mixed Levels Yoga

This yoga class is designed for beginners through level I/II practitioners. A basic knowledge of yoga is very helpful. Alignment principles of practice are taught and options will be offered to all practitioners who would like to go deeper in their poses. Your own yoga mat is required. Additional props are also good to bring: blanket (one or two Mexican blankets work well), block(s), and yoga strap. Kathy has props for sale (except mats). Discounted fee if taking two classes per week from Kathy. Course unavailable for online registration. Drop-in fee \$12. See Drop-in policy on page 16. Note: No Class on 7/20, 8/10 and 8/17.

Instructor: Kathy Edds

Fee: Member 2 classes \$20, 3 classes \$30, 4 classes \$40/\$35/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32314(4)	5/4-25	M	9-10:30AM	LC-CYPR
32315(4)	6/1-22	M	9-10:30AM	LC-CYPR
32316(3)	7/6-20	M	9-10:30AM	LC-CYPR
32317(2)	8/3-24	M	9-10:30AM	LC-CYPR

## The MIXX - 50/50

Looking for something more than just a beginner's workout, but not quite ready for an intermediate or advanced class? THE MIXX may be right for you! Our first half hour will focus on aerobics - both floor and on the step. Fun music and lots of variety will get your heart rate up. The second half of class will be spent toning our entire body. We'll finish off with a nice stretch to complete your total body workout. Bring a set of weights (based on your skill level), mat, towel and water. A resistance band may be added during the session. Drop-in fee \$8. See Drop-in policy on page 16.

Instructor: Robin Lowe

Fee: Member \$42/Non-member \$10 more

Classes: 6

CR#	DATES	DAY	TIME	LOCATION
32332	5/4-21	M,Th	8:30-9:35AM	CV-REC

## Dance Mix - Jazzercise®

A Jazzercise® group fitness class combines dance-based cardio with strength training and stretching to sculpt, tone and lengthen muscles for maximum fat burn. Jazzercise® is choreographed to today's most popular music. The class is a fusion of jazz dance, resistance training, Pilates, Yoga and Kickboxing. Drop-in fee \$8. See Drop-in policy on page 16. Bring a mat, weights and water. **No class 5/9, 5/23, 6/27, 8/11, 8/12, 8/13, 8/15, 8/18, 8/19, 8/20, 8/29 and 9/26.**

Instructor: Lisa Barnhart

Fee: Member 2 classes \$10, 3 classes \$15, 4 classes \$20,

5 classes \$25, 8 classes \$40, 9 classes \$45

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32358(3)	5/2-30	Sa	8:30-9:30AM	LC-OCOT
32359(8)	5/5-28	Tu,Th	7-8AM	LC-OCOT
32360(4)	5/6-27	W	7-8AM	LC-OCOT
32361(9)	6/2-30	Tu,Th	7-8AM	LC-OCOT
32362(4)	6/3-24	W	7-8AM	LC-OCOT
32363(3)	6/6-20	Sa	8:30-9:30AM	LC-OCOT
32364(8)	7/7-30	Tu,Th	7-8AM	LC-OCOT
32365(4)	7/8-29	W	7-8AM	LC-OCOT
32366(3)	7/11-25	Sa	8:30-9:30AM	LC-OCOT
32367(4)	8/4-27	Tu,Th	7-8AM	LC-OCOT
32368(2)	8/5-26	W	7-8AM	LC-OCOT
32369(2)	8/8-22	Sa	8:30-9:30AM	LC-OCOT
32371(9)	9/1-29	Tu,Th	7-8AM	LC-OCOT
32372(5)	9/2-30	W	7-8AM	LC-OCOT
32373(3)	9/5-19	Sa	8:30-9:30AM	LC-OCOT

## Zumba® Gold with Toning

The Zumba® Gold-Toning program combines the enticing world rhythms of the Zumba® Gold program with the strength-training techniques of the Zumba® Toning program, creating an easy-to-follow, health-boosting dance-fitness program for the young at heart as well as beginners. You'll learn how to use weighted, maraca-like Zumba® Toning Sticks or 1-2 lb. weights to enhance rhythm, build strength and tone all the target zones. Drop-in fee \$10. See Drop-in policy on page 16. Bring 1 to 2 lb. weights and water. Discounted fee if taking 2 classes from Terri concurrently. Course unavailable for online registration. **8/10, 8/12, 8/17 and 8/19** classes at SRS Anza Room during LC closure.

Instructor: Terri James, licensed instructor

Fee: Member 3 classes \$24/\$21, 4 classes \$32/\$28,

5 classes \$40/\$35/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32348(4)	5/4-25	M	9-10AM	LC-OCOT
32349(4)	5/6-27	W	9-10AM	LC-OCOT
32350(4)	6/3-24	W	9-10AM	LC-OCOT
32351(4)	6/8-29	M	9-10AM	LC-OCOT
32352(5)	7/1-29	W	9-10AM	LC-OCOT
32353(4)	7/6-27	M	9-10AM	LC-OCOT
32354(5)	8/3-31	M	9-10AM	LC-OCOT
32355(4)	8/5-26	W	9-10AM	LC-OCOT
32356(5)	9/2-30	W	9-10AM	LC-OCOT
32357(3)	9/14-28	M	9-10AM	LC-OCOT

## Language Arts and Writing

### Spanish - Basics

This course is an introduction to learn the alphabet and words, telling time, greetings, useful expressions and even how to order a meal. Handouts included. Zandra Pardi, B.A., is a native speaker and experienced instructor.

Instructor: Zandra Pardi

Fee: Member \$45/Non-member \$10 more

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
32424	5/18-22	M,W,F	9-11AM	DH-RMA
32425	8/17-21	M,W,F	9-11AM	DH-RMA

### Spanish Conversations for Travelers

This is a class for people who would like practical tips for conversation in Spanish-speaking countries. We will have fun talking about food, ways to get around town, discussions with taxi drivers, how to find a hotel and how to answer the phone (in case you have to). Even if you do not intend to travel in the near future, you will have a great time conversing with your classmates. This class is for those who have finished Spanish - Basics.

Instructor: Zandra Pardi

Fee: Member \$45/Non-member \$10 more

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
32426	5/1-6	F,M,W	9-11AM	DH-RMA
32427	8/7-12	F,M,W	9-11AM	DH-RMA



## Español Practico I

Esta clase es para aquellos estudiantes que ya terminaron los niveles avanzados del libro de texto. Y desean comenzar a practicar su español. Zandra Pardi, B.A. is a native speaker and experienced instructor.

Instructor: Zandra Pardi

Fee: Member \$55/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32428	9/1-10	Tu,Th	9-11AM	DH-RMA
32430	9/15-24	Tu,Th	9-11AM	DH-RMA

Classes: 4

DH-RMA

DH-RMA

## Music Lessons

### Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar? In just a few hours absolute beginners 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. Bring your acoustic guitar. Required materials fee of \$29 paid to instructor at class for workbook and DVD. Website: [justonceclasses.com](http://justonceclasses.com).

Instructor: Craig Coffman

Fee: Member \$30/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32441	6/9	Tu	4-6:30PM	LC-OCOT

Classes: 1

LC-OCOT

### Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading, piano professionals use chords. 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. Total beginners can request a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85295. Required materials fee \$29 for workbook and 60 minute practice CD paid to instructor at class. Website: [justonceclasses.com](http://justonceclasses.com).

Instructor: Craig Coffman

Fee: Member \$30/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32442	6/9	Tu	6:40-9:30PM	LC-OCOT

Classes: 1

LC-OCOT

## Nature & Gardening

### Aquatic Insects

Arizona's streams, ponds, rivers and lakes contain an amazing diversity of aquatic life. Our waterways are loaded with invertebrates, especially insects. In this class we investigate this diversity, which includes mayflies, dragonflies, beetles, backswimmers, water boatmen, water scorpions and giant water bugs to name a few. Join us for a look at the hidden aquatic diversity that exists in the desert. Many of these insects may even be in your fountain or backyard pond!

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32322	5/15	F	10AM-12PM	LC-IRWD

Classes: 1

LC-IRWD

## Fishes of Arizona: Natives and Invaders

The desert Southwest harbors a surprising number of native fishes. Many of these species have declined precipitously in the wake of habitat destruction and alteration and competition with exotic species. In this class we introduce the natives, such as topminnows, chubs, dace and others. We will also learn about the non-natives, such as bass, sunfish and catfish, many of which were introduced for sport fishing. Join us for a look at the unexpected world of Arizona's fishes.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32323	6/15	M	10AM-12PM	LC-IRWD

Classes: 1

LC-IRWD

## Introduction to the Natural History of Hawaii

Hawaii is the most isolated archipelago in the world, 2500 miles from the nearest landmass. This class will explore the rich natural history of two of the islands, Maui and Hawaii. The islands' geology, habitats, birds, invertebrates and marine life will be the main topics of the class. Also, we will discuss the profound changes to the islands since human settlement.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32321	5/6	W	10AM-12PM	LC-ACAC

Classes: 1

LC-ACAC

## NEW - North American Mammals Part I:

### Rodents

Believe it or not, rodents make up over 40% of the world's mammals, with new species still being discovered on a regular basis. This class surveys the nine families and over 200 species of rodents found in North America. Rodents, also known as the gnawing mammals, exhibit a tremendous diversity of size, shape, color, and habits. They are equally at home in the driest deserts as freshwater lakes and ponds. Some species are beneficial. Others are pests in homes and gardens. Join us as we begin our survey of North American mammals with a look at this intriguing group of animals.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32326	7/27	M	10AM-12PM	LC-IRWD

Classes: 1

LC-IRWD

## NEW - North American Mammals Part II:

### Hoofed Mammals

This class looks into the biology, classification, and conservation of these familiar mammals. We look at the pronghorn, javalina, deer, elk, moose and wild sheep and goats of North America. Many of our hoofed mammals are famous for their grace and speed. They are also North America's most popular game mammals. Join us for a look into these wonderful mammals.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32327	8/10	M	10AM-12PM	EC-LNGE

Classes: 1

EC-LNGE

## The Dazzling World of Caterpillars

Every butterfly and moth that you see flying in your garden or attracted to your porch light was once a caterpillar. That is a lot of caterpillars! In this class, we will explore the many colors, shapes, food plants and ecologies of caterpillars. We will also see what butterfly or moth some of the featured caterpillars will become following their remarkable metamorphosis.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32324	6/24	W	10AM-12PM	LC-ACAC

## The Natural History of Belize

Belize, formerly known as British Honduras, is located on the Yucatan Peninsula, tucked between the Caribbean Sea to the east, Mexico to the north, and Guatemala to the west and south. This class will highlight the incredible natural wonders of this Massachusetts-sized nation. Over 500 species of birds, over 700 species of butterfly, over 4000 species of flowering plants, not to mention jaguars, whale sharks, and many reptiles and amphibians call Belize home. Join us for a look at a natural paradise.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32325	7/13	M	10AM-12PM	LC-ACAC

## The Bizarre and Wonderful World of Flies

Flies make up the insect order Diptera. They are second only to beetles in terms of number of species. Unfortunately, most people think of mosquitoes, horse flies, house flies, and other pests when they think of flies. However, other flies are important pollinators, predators and parasites that are important for maintaining ecosystems in balance. Do you like chocolate? Thank a fly. Join us for a different look at these abundant insects.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32553	8/24	M	10AM-12PM	LC-IRWD

## Pioneers of Western Ornithology

Cooper's Hawk. Wilson's Warbler. Hammond's Flycatcher. Did you ever wonder who the people were who had birds named after them? In this class, we combine history and ornithology as we explore the people immortalized in the names of North American birds.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32555	9/14	M	10AM-12PM	LC-ACAC

## Things That Make You Go Ouch

Southern Arizona is home to many things that can sting, bite, poke or irritate you. We have rattlesnakes, black widows, scorpions, chiggers and other animals that can make us hurt. It seems as though every plant in the desert has thorns or spines on it somewhere! In this class, we investigate the threats that these nasties present to our wellbeing. We focus on the identification of the plants and animals that make living in southern Arizona a wonderful, but occasionally painful, experience.

Instructor: Jeff Babson

Fee: Member \$20/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32552	9/21	M	10AM-12PM	LC-IRWD

## A Naturalist's Tour of our Sky Islands Part I

In southeast Arizona we are endowed with an incredible array of fascinating forested mountains that are separated from each other by drier valleys. These virtual islands - a sort of inland American Galapagos - have latitude, longitude, topography, meteorology and geology, conspiring to make each mountain range unique in its exact complement of flora, fauna and associated natural history. Naturalist and wildlife biologist Vincent Pinto will take you on a slide show tour to some of the most beautiful and diverse areas of the Sky Islands in Arizona and New Mexico. In Part I walk with him as he spends a day in each of the following ranges: Atascosas, Peloncillos, Pinalenos, Catalinas and Galiuros.

Instructor: Vincent Pinto

Fee: Member \$25/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32464	5/14	Th	2-4PM	LC-IRWD
32465	7/9	Th	2-4PM	LC-IRWD

## A Naturalist's Tour of our Sky Islands Part II

In southeast Arizona we are endowed with an incredible array of fascinating forested mountains that are separated from each other by drier valleys. These virtual islands - a sort of inland American Galapagos - have latitude, longitude, topography, meteorology and geology, conspiring to make each mountain range unique in its exact complement of flora, fauna and associated natural history. Naturalist and wildlife biologist Vincent Pinto will take you on a slide show tour to some of the most beautiful and diverse areas of the Sky Islands in Arizona and New Mexico. In Part II join Vincent for in-depth explorations of the Chiricahuas, Dragoons, Huachucas, Santa Ritas and Patagonias. Discover the pleasures of island hopping in your own backyard!

Instructor: Vincent Pinto

Fee: Member \$25/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32466	5/21	Th	2-4PM	LC-IRWD
32467	7/16	Th	2-4PM	LC-IRWD

## Basic Desert Wilderness Survival Skills

Do you have what it takes to survive a night out in the wilds of Arizona? If you love the outdoors, yet lack the skills to survive any number of emergency situations, then you owe it to yourself to learn now! Wilderness survival expert and naturalist Vincent Pinto, will share a wide variety of vital and life-saving desert survival skills. Drawing upon his 30 years of wilderness experience, Vincent will show you do's and don'ts, how to craft effective survival tools, find and purify water, keep hydrated, construct a shelter, navigate without a compass, identify dangerous plants, animals and more! Part of the slide show will document a 3-day wilderness survival trip that Vincent accomplished using no modern gear. He will also share his personal experiences filming for and starring in a Discovery Channel survival show.

Instructor: Vincent Pinto

Fee: Member \$25/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32470	5/22	F	2-4:30PM	LC-IRWD
32471	8/13	Th	9:30AM-12PM	EC-AUD

## Animal Behavior - Wild, Weird, Wacky Wildlife! Part I

Most people enjoy seeing wildlife, yet it seems that few of us truly spend enough time with them to learn their distinct habits and behaviors or the evolutionary forces that produced them. Here, Wildlife biologist and naturalist Vincent Pinto delves into the diets, mating strategies, predator avoidance, thermoregulation, migration, competition, and other intricate wildlife behaviors that collectively make each species unique. Part I is organized by these and other animal behaviors that are sure to fascinate and surprise you. Learn why a female Praying Mantis eats her mate, which species has been known to mate for weeks on end, and which species consists only of females! Whether you are a birdwatcher, gardener, artist, or simply enjoy seeing animals, this class is certain to enrich your wildlife encounters, adding a new depth to them! Parts I and II of Animal Behavior - Wild, Weird, Wacky Wildlife can be taken independently of one another.

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32472	5/14	Th	10AM-12PM	LC-IRWD
32473	7/9	Th	10AM-12PM	LC-IRWD

## Animal Behavior - Wild, Weird, Wacky Wildlife! Part II

In part II of Animal Behavior, Wildlife biologist and naturalist Vincent Pinto will continue to share the often bizarre and unique behaviors exhibited by a broad spectrum of wildlife. You'll learn about a diversity of different species not covered in Part I. This fun exploration of the ways of wildlife is organized by various groups of animals. Mammals, Birds, Amphibians, Reptiles, Fish, and Invertebrates all come to life as you discover not only their behaviors but also the driving forces behind them. Learn why some birds raise siblings rather than have their own nest, which species has "transvestite" males, and why certain insects dance when they find food. Parts I and II of Animal Behavior - Wild, Weird, Wacky Wildlife can be taken independently of one another.

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32474	5/21	Th	10AM-12PM	LC-IRWD
32475	7/16	Th	10AM-12PM	LC-IRWD

## Thorns, Stingers, and Fangs - Welcome to Arizona!

Black widows, poison ivy, rattlesnakes, cacti that "jump" at you, centipedes, kissing bugs, Africanized bees, stinging ants, Gila monsters, scorpions and more - welcome to the southwest! How in the world can we enjoy the wilds with these daunting species as neighbors? Using a combination of slide show, live creatures and preserved specimens, Wildlife biologist Vincent Pinto will help you learn the differences between truly dangerous animals and plants versus those that we unjustly fear. Further, we'll delve deeply into the identification, natural history and first aid involved with each fascinating species covered. Not only will you increase your knowledge and safety with each species, you may also discover that you've made a few unconventional friends along the way - just give them a wide berth at times!

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32476	5/1	F	2-4PM	LC-IRWD

## Sky Islands Monsoon Madness

Southeast Arizona experiences a spectacular summer rainy season that generally falls between July and September. Approximately 70% of our precipitation on average falls during this timespan, bringing forth a profusion of life that has to be seen to be believed. Suddenly we go from desiccated to deluged and from sere to sylvan! Join wildlife biologist and naturalist Vincent Pinto as he takes you on a virtual tour of the Wildlife, Plants, Fungi, and watery displays that burst forth in profusion during our Sky Island Monsoon season. Wildflowers, breeding birds, insects extraordinaire, and fascinating "herps" (reptiles and amphibians) are just some of the species you'll meet while exploring the incredible monsoonal biodiversity of southeast Arizona. Whether you are a snowbird who completely misses the monsoon or a resident of our area, this in-depth presentation is sure to inform, delight, and surprise!

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATIONS
32457	8/24	M	2-4PM	LC-IRWD

## Creatures of the Night

The Sky Islands and Deserts of southeastern Arizona boast one of the highest levels of temperate-zone biodiversity on the planet. We host a wide range of mammals, reptiles, birds, amphibians, and invertebrates that call our area home. Many of these species are predominantly nocturnal or crepuscular (active at dusk and dawn) rendering casual observations of them difficult at best. Wildlife biologist and naturalist Vincent Pinto will lead you on an in-depth exploration of a wide range of species that are mainly active in the dark. Discover ominous Owls, secretive Spadefoot Toads, garrulous Goatsuckers, as well as a legion of colorful Moths, fascinating mammals, and raiding columns of voracious Army Ants among a broad cast of relatively unknown creatures. We'll also explore the nocturnal habits of certain plants in this fun and informative class. The slide show will be accompanied by a display, as well as various wild animal recordings.

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATIONS
32491	8/13	Th	2-4PM	EC-AUD

## Jaguars and Ocelots in Arizona?

Many people are understandably surprised when they first hear about the presence of two tropical cats in Arizona. Both jaguars, the third largest cat species in the world, and their more diminutive cousins the ocelots, skulk in unknown numbers here in our state. Lately, reports have come almost exclusively from the Sky Islands region in the southeast corner. This wasn't always the case. Join wildlife biologist and naturalist Vincent Pinto as he covers the intriguing human-associated history of these cats in Arizona, as well as their natural history. Where do these exotic-looking cats emanate from? What do they eat? Do they have viable populations in Arizona? What does their presence in Arizona mean in terms of land use and conservation? Vincent will address these and other questions in a slide show sure to leave you fascinated with these fabulous felines!

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATIONS
32462	7/28	Tu	10AM-12PM	LC-IRWD

## NEW - Wonderful Wildflowers Part I

The Sky Islands of southeast Arizona are endowed with a spectacular number of intriguing wildflower species. Perennials, annuals and biennials of all imaginable colors and forms make a memorable tapestry throughout the year. Learn to appreciate your local flora by discovering how to find and identify a wide range of native wildflowers across a broad spectrum of habitats. In Part I we'll investigate the flora of the Deserts and Grasslands, covering species across all of the Sky Islands 5 seasons. Wildlife biologist, ethnobotanist, and naturalist Vincent Pinto will be your guide, using an engaging slide show, as well as both dried and fresh plant specimens. Parts I and II will cover very different species.

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATIONS
32458	5/15	F	10AM-12PM	EC-AUD
32459	9/23	W	2-4PM	EC-AUD

## NEW - Wonderful Wildflowers Part II

The Sky Islands of southeast Arizona are endowed with a spectacular number of intriguing wildflower species. Perennials, annuals, and biennials of all imaginable colors and forms make a memorable tapestry throughout the year. Learn to appreciate your local flora by discovering how to find and identify a wide range of native wildflowers across a broad spectrum of habitats. In Part II Wildlife biologist, ethnobotanist, and naturalist Vincent Pinto introduces you to the wildflowers of the canyons and mountains, including over 10,000 feet in elevation! From the base of our Sky Island Ranges to the top, learn about a myriad of wildflowers, including their pollination systems and ecology. Parts I and II will cover very different species.

Instructor: Vincent Pinto

Fee: Member \$20/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATIONS
32460	5/22	F	10AM-12PM	EC-AUD
32461	9/30	W	2-4PM	EC-AUD

## Caring for your Desert Landscaping

Week 1: What to plant and why. Week 2: Pruning and planting. Week 3: Insects, pests, disease and weed control. Week 4: Irrigation and fertilizing. \$8 material fee paid to instructor at class. Instructor is a landscape architect, certified arborist and has accumulated 25 years of gardening experience in the Green Valley area.

Instructor: Linda Strader

Fee: Member \$65/Non-member \$10 more

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
32443	5/5-26	Tu	9-10:30AM	CR-AMADO
32444	7/7-28	Tu	9-10:30AM	CR-AMADO
32445	9/8-29	Tu	9-10:30AM	CR-AMADO

## Planting a Hummingbird Garden

Skip the sugar syrup! Learn what to plant to attract hummingbirds to your yard all year long. Instructor is a landscape architect, certified arborist and has accumulated over 25 years of gardening experience in the Green Valley area. \$2 material fee paid to instructor at class.

Instructor: Linda Strader

Fee: Member \$15/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32451	5/19	Tu	11AM-12PM	CR-AMADO
32452	9/15	Tu	11AM-12PM	CR-AMADO

## Vegetable Gardening in Containers

Learn how to grow vegetables and herbs in containers and which varieties are best for the desert. Instructor has over 25 years of experience growing vegetables in the desert.

\$2 material fee paid to instructor at class.

Instructor: Linda Strader

Fee: Member \$15/Non-member \$10 more

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
32453	5/12	Tu	11AM-12PM	CR-AMADO
32454	9/22	Tu	11AM-12PM	CR-AMADO

## Painting & Drawing

### Watercolor Workshop

This is a workshop for intermediate watercolor artists. Moderator has 30 years of experience in watercolor painting, and will present a new technique each week. Mostly, the workshop will be a way for artists to learn from each other and spend two hours painting together. Bring your own paints, paper, water container and brushes. Material fee of \$3 for copies and stamping materials paid to instructor at class. Supply list given at registration includes items needed to learn new techniques. Do not buy new supplies until after the first class.

Instructor: Linda Strader

Fee: Member 3 classes \$30, 4 classes \$40, 5 classes \$50

Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32446(5)	5/2-30	Sa	9-11AM	DH-ART
32447(4)	6/6-27	Sa	9-11AM	EC-ART
32448(3)	7/11-25	Sa	9-11AM	DH-ART
32449(5)	8/1-29	Sa	9-11AM	DH-ART
32450(4)	9/5-26	Sa	9-11AM	DH-ART

## Beginning Zentangle®

If you can draw a line, a dot or a curve, you can create Zentangle®. This is an easy-to-learn, relaxing method of creating beautiful images from structured patterns. This art form is fun, rewarding and artistically satisfying for all. In these introductory sessions you will learn the basics of Zentangle®. You do not need to be an artist to create beautiful Zentangle® art. \$10 fee paid to instructor at class includes all supplies.

Instructor: Susan Kmiec, certified Zentangle®

Fee: Member \$50/Non-member \$10 more

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
32318	5/4-18	M	1-2:30PM	EC-LNGE
32319	6/4-18	Th	10-11:30AM	EC-LNGE
32320	9/10-24	Th	10-11:30AM	EC-LNGE

## Zentangle® The Adventure Continues

Build on the creative and relaxing designs learned in Beginning Zentangle® and continue your journey by gaining additional understanding of the Zentangle® method. These classes will expand your pattern library while teaching you techniques that will optimize the quality of your Zentangle® art. Bring Zentangle® kit. Material available for purchase from instructor. \$5 material fee paid to instructor at class.

Instructor: Susan Kmiec, certified Zentangle®

Fee: Member \$50/Non-member \$10 more

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
32419	6/2-16	Tu	10-11:30AM	EC-LNGE
32420	9/10-24	Th	1-2:30PM	EC-LNGE

## NEW - Zentangle® III

You tried it, you liked it and you want more. Expand your Zentangle® experience. Make it bigger and better by enhancing your pattern library and skills to showcase your creative spirit and further develop a mindfulness practice. Bring Zentangle® kit. Material available for purchase from instructor. \$5 material fee paid to instructor at class.

Instructor: Susan Kmiec, certified Zentangle®

Fee: Member \$50/Non-member \$10 more

Classes: 3

CR#	DATES	DAY	TIME	LOCATION
32422	5/5-19	Tu	10-11:30AM	EC-LNGE
32423	9/15-29	Tu	1-2:30PM	EC-LNGE

## Special Interest

### AngelSpeake® Workshop

This workshop, based on the book *AngelSpeake®* by Trudy Griswold and Barbara Mack focuses on your relationship with your Angels and your spiritual path. The Angels want to speak to you even more than you want to speak to them. Contact your Angels in writing and have fun doing it. Learn the Four Fundamentals for accessing Angelic help, the Seven Steps to talking with your Angels and how they create miracles. There will be time for sharing any special Angelic encounters you may have had. Absolutely no writing experience is required to take this workshop.

Instructor: Patricia Izzi

Fee: Member \$45/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32435	5/4	M	3-5PM	DH-RMA
32436	6/25	Th	1:30-3:45PM	EC-GAME
32437	9/1	Tu	2:30-4:45PM	ABS-REC

### Advanced Techniques for AngelSpeake®

For those who have learned how to do AngelSpeake®, we will now learn how to refine our questions and better interpret the answers we receive. Please bring some of your most recent writings (if you are willing to share). **PRE-REQUISITE:** Any previous AngelSpeake® class. Please bring a journal or paper and pen/pencil.

Instructor: Patricia Izzi

Fee: Member \$25/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32489	7/7	Tu	2-4PM	ABS-REC
32490	9/24	Th	2:45-4:45PM	EC-GAME

### Circle of Forgiveness

When we resist forgiveness, we drain our energy fields. When we are hardened by our inability to have the compassion to forgive, we lose a piece of ourselves. Anger and resentment are energetic monsters that can cause illness, sleeplessness, loss of appetite, loss of memory and/or clarity and can deprive us of our joy. Using meditation, exercises and self-reflection this class will show you how to eliminate this unhealthy habit and make peace within. \$5 material fee paid to instructor at first class.

Instructor: Patricia Izzi

Fee: Member \$45/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32433	7/9-30	Th	1:30-2:30PM	DH-RMA

### NEW - Let's Clear the Clutter!

Does clutter seem to grow when you are not looking? Do you hesitate to have friends over because of the "mess"? Do you have to stuff your closets with the "junk" when the party is at your house? Stop letting clutter steal your life! Learn how to use Feng Shui principles, clutter control techniques and the 100 Thing Challenge to regain your space and live a more organized life. \$5 material fee paid to instructor at class.

Instructor: Patricia Izzi

Fee: Member \$45/Non-member \$10 more

CR#	DATES	DAY	TIME	LOCATION
32431	5/28-6/18	Th	1:30-2:30PM	EC-LNGE

## 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.**

## Trips & Tours

### The Phantom of the Opera

#### Gammage Auditorium in Tempe

Travel to the Phoenix Valley and enjoy a buffet lunch at the Wandering Horse Restaurant in the Talking Stick Resort/ Casino. We then travel to Gammage Auditorium on the campus of Arizona State University in Tempe. The matinee performance of Andrew Lloyd Webber's "Phantom of the Opera" is one of the largest productions now on tour. Critics are raving that this breathtaking production is "bigger and better than ever before." This Phantom features a brilliant new design by Paul Brown, Tony Award-winning original costume design by Maria Bjornson, lighting design by Tony Award winner-Paule Constable, new choreography by Scott Ambler, and a new staging by director Laurence Conner. The production, overseen by Matthew Bourne and Cameron Mackintosh, boasts many exciting special effects including the show's legendary chandelier. The beloved story and thrilling scores - "Music of the Night," "All I Ask of You," and "Masquerade" - will be performed by a cast and orchestra of 52! This is one musical that never gets old! Fee includes transportation, services of a tour director, lunch (tax and tip), theatre ticket (orchestra level row 13), bus refreshments and driver tip. Bus departs from Desert Hills Social Center **upper** parking lot. Deadline to purchase 4/27/15. No refunds after 4/27/15.

Fee: Member \$149/Guest \$154

CR#	DATES	DAY	TIME	LOCATION
32508	5/28	Th	9AM-6:45PM	DH-PARK

## Kitt Peak National Observatory

### Nighttime Tour

Travel to Kitt Peak National Observatory, located at 7,000' in the Quinlan Mountains, for this very special evening. We begin 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 an introduction to astronomy and the night sky will be given by a docent. Next, we learn how to identify stars and the constellations. Once outdoors we will explore the night skies and view them with high-powered binoculars. Then we enter one of the domes to view through a telescope and observe the heavens in all of its grandeur. Come along and discover your universe. If you've never participated in one of the nighttime Kitt Peak programs before you are in for a very pleasant surprise. Good walking shoes (closed toe), pants (not shorts) 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 transportation, services of a tour director, tour fee at Kitt Peak, box dinner, bus refreshments and driver tip. Bus departs from Desert Hills Social Center **upper** parking lot. Deadline to purchase 6/8/15. No refunds after 6/8/15. Fee: Member \$107/Guest \$112

CR#	DATES	DAY	TIME	LOCATION
32510	6/17	W	4:15-11:45PM	DH-PARK

## Arizona Diamondbacks vs San Francisco Giants at Chase Field

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 their roster like Paul Goldschmidt, Trevor Cahill and David Peralta who knows what will be in store for this season. A game against the 2014 World Series Champions - the San Francisco Giants should prove to be exciting. No parking hassles - just a good old-fashioned afternoon ballgame. Fee includes: transportation, services of a tour director, game ticket (seats located on the lower level, baseline - section 111), bus refreshments and driver tip. Bus departs from Desert Hills Social Center **upper** parking lot. Return time is approximate. Deadline to purchase 7/1/15. No refunds after 7/1/15. Fee: Member \$104/Guest \$109

CR#	DATES	DAY	TIME	LOCATION
32511	7/19	Su	9:30AM-6:15PM	DH-PARK

## Mt Lemmon Tour

Today we journey to a summit within the Santa Catalina Mountains to visit Summerhaven and Ski Valley. We take you to an elevation of 9,000' where temperatures are at least 25 degrees cooler than the valley below! The ribbon of road from the base to the top takes you from the Sonoran Desert to the Aspen-covered peaks as you pass massive rock formations and overlooks that will take your breath away. A delicious lunch at the Irondoor Restaurant is on our agenda as is time to stroll the tiny community of Summerhaven. Also enjoy a peaceful ride on the ski lift as it shuttles you to the summit of the mountain past the quivering aspens and tall green pines. We guarantee you will need a sweater for this "cool" ride. Join us for this wonderful day trip to discover cooler temperatures and fresh mountain air! Fee includes: transportation, services of a tour director, lunch (tax and tip), ski lift ticket, bus refreshments and driver tip. Bus departs from Desert Hills Social Center **upper** parking lot. Deadline to purchase tickets 8/21/15. No refunds after 8/21/15. Fee: Member \$96/Guest \$101

CR#	DATES	DAY	TIME	LOCATION
32509	8/28	F	8:30AM-5PM	DH-PARK

## Tucson's Modern Streetcar Tour

This unique day outing will have us using the new Modern Streetcar for much of our touring as we discover attractions and artwork installed along its route. We'll begin our day with a shuttle to the easternmost stop of the electric train's 3.9 mile route where we'll hop on board. Your tour director will share many tidbits of info on the sculptures of public art. We disembark the streetcar to visit the University of Arizona Art Museum, 4th Avenue Shops, Presidio San Agustin del Tucson and the Southern Arizona Transportation Museum. Lunch will be enjoyed at Cafe a La C'art! Spend the day with us as we explore the sights accessible to the City's SunLink Modern Streetcar system, the largest construction project in our city's history. *Note: Due to the nature of this trip we have limited spaces available.* Sign up soon! Also you must be able to walk short city blocks to reach some of the areas we have planned for you to visit. Fee includes: transportation, services of a tour director, lunch (tax and tip), street car fare, admissions, bus refreshments, and driver tip. Bus departs from Desert Hills Social Center **upper** parking lot. Deadline to purchase 9/16/15. No refunds after 9/16/15.

Fee: Member \$107/Guest \$112

CR#	DATES	DAY	TIME	LOCATION
32512	9/25	F	8AM-4:30PM	DH-PARK

## Drop-In Policy

- Confirm the class allows drop-ins and check course description.
- Confirm the class is active (not cancelled) and 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 the 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 payable to GVR. Check course description for drop-in fee.
- Membership, Tenant or Guest card must be presented to instructor.
- To ensure a seat in class, registration is recommended.

## Major Center Office Hours

These major center offices are open weekdays from 8 am-4 pm. Members may purchase tickets, register for programs, or obtain guest or tenant cards at any of these offices.

### **Canoa Hills Center (CH)**

Ph: (520) 625-6200  
3660 S. Camino del Sol  
Closed 11:30 am-12:30 pm

### **East Center (EC)**

Ph: (520) 625-4641  
7 South Abrego Dr.  
Closed 12:30 pm-1:30 pm

### **Las Campanas Center (LC)**

Ph: (520) 648-7669  
565 W. Belltower Dr.  
Closed 11:30 am-12:30 pm

### **West Center (WC)**

Ph: (520) 625-0288  
1111 Via Arcoiris  
Open weekdays 8 am- 4 pm; Weekends and holidays  
10 am- 2 pm

### **Member Services Center (MSC)**

Ph: (520) 625-3440  
1070 S. Calle de las Casitas  
Open weekdays 8 am-4 pm





# GVR COURSE 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.

**PLEASE PRINT - COMPLETE ALL FIELDS**

Name \_\_\_\_\_

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

GVR # \_\_\_\_\_ Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

E-mail\* \_\_\_\_\_

\*By providing your e-mail address, you acknowledge that GVR may send you periodic news and information. GVR will not share, rent or sell your e-mail address with any other entity.

CR#	Class Name	Location	Start Date	Fee
Total				

**DO NOT complete CREDIT CARD information if enrolling in person!**

VISA    MASTERCARD

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

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

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

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

**OFFICE USE ONLY**

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

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

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

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

- Please make checks or money orders payable to: Green Valley Recreation, Inc.
- Do not send cash in the mail.
- Mail registration form and payment to: Green Valley Recreation, Inc, P.O. Box 586, Green Valley, AZ 85622
- You can register online at [www.gvrec.org](http://www.gvrec.org)
- Photographs/video may be taken at any time throughout and within Green Valley Recreation. By attending and participating in GVR's classes/programs/events, you consent to photographing and using your image and likeness.



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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.

**PLEASE PRINT - COMPLETE ALL FIELDS**

Name \_\_\_\_\_

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

GVR # \_\_\_\_\_ Phone # \_\_\_\_\_ Cell Phone # \_\_\_\_\_

E-mail\* \_\_\_\_\_

\*By providing your e-mail address, you acknowledge that GVR may send you periodic news and information. GVR will not share, rent or sell your e-mail address with any other entity.

CR#	Class Name	Location	Start Date	Fee
Total				

**DO NOT complete CREDIT CARD information if enrolling in person!**

VISA    MASTERCARD

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

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

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

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

**OFFICE USE ONLY**

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

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

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

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

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- You can register online at [www.gvrec.org](http://www.gvrec.org)
- Photographs/video may be taken at any time throughout and within Green Valley Recreation. By attending and participating in GVR's classes/programs/events, you consent to photographing and using your image and likeness.

## Registration Procedures

Registration for classes may be done online, by mail, by phone or by visiting one of GVR's major centers. Early registration is encouraged. By registering early, we are able to give instructors an accurate count of students, and possibly avoid cancellations due to low enrollment. For your convenience, we accept cash, checks, and credit cards (Visa and Mastercard). Please do not send cash through the US Mail.

If the class for which you registered by mail is full, you will automatically be placed on a waiting list and contacted when there is an opening. If no openings occur, you will be refunded. Do not attend the class unless your registration is confirmed.



### On-Line

Online registration begins at 8 am Wednesday, April 1. Please have your GVR number and PIN available to access your account online. Online registration is unavailable to tenants and non-members. Visit us at [www.gvrec.org](http://www.gvrec.org), and click the "Online Registration" tab at the top right of the screen. Follow the instructions to access your account and register for classes. Please note there is a third-party fee for online transactions. The fee is a percentage of the total amount. A "Help Desk" is available online if you need further assistance. Classes that offer discounted fees for multiple registrations are not available for online registrations.



### Walk-In

Walk-in registration begins at 8 am Wednesday, April 1 at all major social centers. Please bring your completed registration form, payment, and your GVR card. Cash, checks and Visa and MasterCard are accepted.



### Mail-In

Members may mail in their registration forms as soon as class catalogs are available; However, mail-in registrations will not be processed until after the initial walk-in registrations have been processed. Please fill out the form completely and include payment, use separate registration forms for each person, and include your telephone number. Mail your registration and payment (no cash, please) to:

**Green Valley Recreation, Inc.,**

Attn: Member Services Department Class Registrations  
PO Box 586, Green Valley, AZ 85622



### Phone-In

Registrations will be accepted over the phone beginning at 8 am Thursday, April 2 at all major social centers. Please provide your name, GVR number, and the course number(s). We accept Visa and MasterCard credit cards only.

## Refund Policy for Tours

Due to the tour company's pre-payment of transportation, admission tickets and meals, refunds will not be issued after the date stated on the reservation form.

## Class Withdrawal and Refund Procedures

Classes may be cancelled by GVR due to lack of enrollment, instructor illness, or other unforeseen circumstances. If a class you are cancelled, you will be notified as soon as possible and given the opportunity to register for another class or receive a full refund. If you registered online, the class fee and service fee both will be refunded.

Full refunds will be issued if registration is cancelled by the member five (5) business days prior to the class start date. Online convenience fees will not be refunded in the event the student withdraws from a class. Those wishing to withdraw four (4) or less business days prior to the class start date (not including the day the class meets) will receive a refund, less the \$5 withdrawal fee for each class. Refunds will not be offered the day the class starts.

If you are unable to attend a class you have registered for, please notify GVR as soon as possible. This allows us to accommodate members on a waiting list.

If you paid by cash or check, you will receive a refund check in the mail. If you paid with Visa or MasterCard, you will receive a credit on your card. Please allow up to fifteen (15) business days for your refund to be processed.

## Non-member Registration Policy

Everyone in the community is invited and welcome to register for classes offered by GVR! Our goal is to offer a wide range of leisure, social and educational classes to encourage lifelong learning and allow you to expand knowledge, talents and skills. We offer knowledgeable and friendly staff and instructors, state-of-the-art equipment, and classroom space conducive to learning to optimize your experience.

Non-GVR members may register for classes in person at any of the major GVR centers. The course fee is \$10 higher for non-GVR members. Registration opens two weeks prior to the start date of the course, and early registration is suggested as classes fill up quickly. (*Note: Ceramics, Clay Studio and Lapidary are reserved exclusively for GVR members only.*) You will receive "Class Pass" upon registration and must acknowledge in writing that you will abide by GVR policies while attending courses at our centers. Non-members may attend a course that allows drop-ins if there is space available.

## Major Centers

1. **Member Services Center (MSC)**  
1070 S. Calle de las Casitas  
(520) 625-3440
2. **West Center (WC)**  
1111 Via Arcoiris  
(520) 625-0288
3. **East Center (EC)**  
7 S. Abrego Dr.  
(520) 625-4641
4. **Las Campanas (LC)**  
565 W. Belltower Dr.  
(520) 648-7669
5. **Desert Hills (DH)**  
2980 S. Camino Del Sol
6. **Canoa Hills (CH)**  
3660 S. Camino Del Sol  
(520) 625-6200
7. **Santa Rita Springs (SRS)**  
921 W. Via Rio Fuerte
8. **Canoa Ranch (CR)**  
5750 S. Turquoise Mountain Dr.  
(520) 547-3975

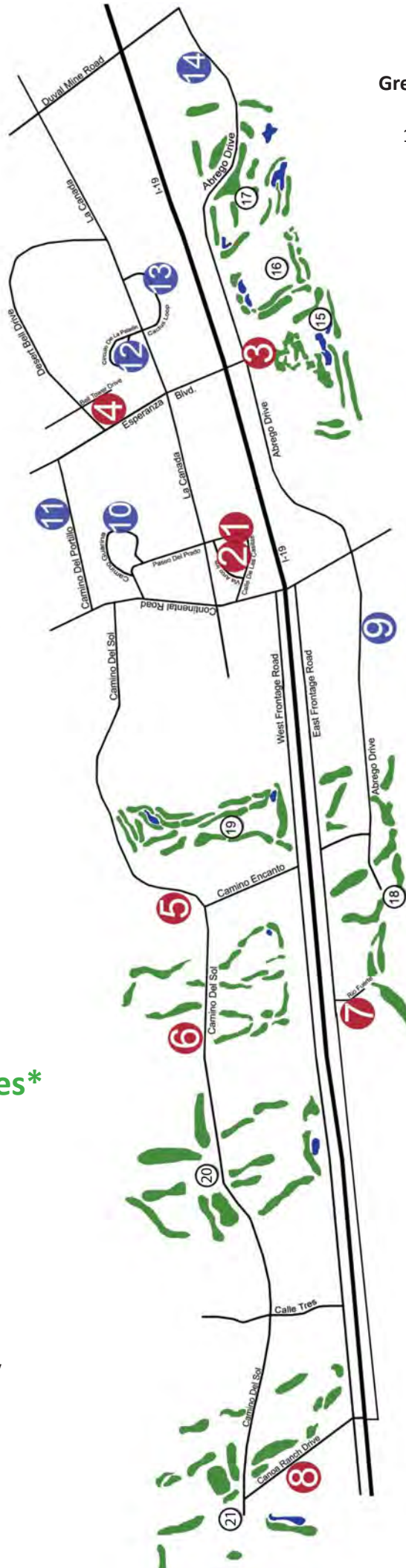
## Satellite Centers

9. **Abrego South (ABS)**  
1655 S. Abrego Dr.
10. **Continental Vistas (CV)**  
906 W. Camino Guarina
11. **Madera Vista (MV)**  
440 S. Camino Del Portillo
12. **Casa Paloma I (CPI)**  
400 W. Circulo Del Paladin
13. **Casa Paloma II (CPII)**  
330 N. Calle de las Banderolas
14. **Abrego North (ABN)**  
1601 N. Abrego Dr.

## Green Valley Area Golf Courses\*

15. **Tortuga Public Golf Course**
16. **Haven Public Golf Course**
17. **Country Club of Green Valley**  
(Private Golf Course)
18. **Torres Blancas Public Golf Course**
19. **Desert Hills Private Golf Course**
20. **San Ignacio Public Golf Course**
21. **Canoa Ranch Public Golf Course**

\* Green Valley Recreation does not own or operate any Green Valley area golf courses.



**Green Valley Recreation, Inc.**

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Green Valley, AZ 85614  
Ph: (520) 625-3440  
Fax: (520) 625-2352  
[www.gvrec.org](http://www.gvrec.org)

