REGISTRATION NOW OPEN FOR WINTER/SPRING!

Winter/Spring 2015-16
Establish Your Customer Account and Register for Activities:
Visit the Parks and Recreation website at www.mesaaz.gov/parksrec and Click on REGISTER for Winter/Spring.
If you are a new customer, please visit the website to create an account and complete your personal information prior to registering for an activity.
If you are a returning customer, please do not use saved links as these have changed.

IN PERSON: 200 S. Center St, Bldg #1, Mesa AZ 85210 – Monday – Thursday 7am-5:30pm

BY MAIL: Completed Registration Form to: Mesa Parks and Recreation, PO Box 1466, Mail Stop 7010, Mesa AZ 85211

FEE ASSISTANCE is available for many programs. Call or visit the website for more information.

Please call 480-644-2352 for more information or visit www.mesaaz.gov/parksrec.
Team Mesa Adaptive Sports is for athletes that have been diagnosed with an intellectual disability. We provide a wide variety of sport options that offer opportunities for our participants to engage in activities that promote socialization, skill development and physical activity. The adaptive programs are provided for individuals, ages 6 through adulthood. A medical examination by a physician is required for participation. For more information call Jacquie at 480-644-4948, email at Jacquie.Gallo@mesaaz.gov or call Oscar at 480-644-5777, email at Oscar.Venegas@mesaaz.gov.

WINTER/SPRING 2015 ADAPTIVE SPORTS PROGRAM OFFERINGS:

ADAPTIVE ADULT BASKETBALL, ages 16+, 6pm, 1/4 – 3/9, Mon, Jefferson Recreation Center, Wed, Webster Recreation Center, $26/$22 Resident
ADAPTIVE JUNIOR BASKETBALL, ages 6-15, 5:30pm 1/5 – 3/8 Tues, Broadway Recreation Center, $26/$22 Resident
ADAPTIVE BOWLING, ages 14+, 3:30pm, 1/6 – 5/25, Wed, Mesa AMF Bowl, $52/$44 Resident, Bowlers must pay $4.00 weekly to Mesa AMF
ADAPTIVE CHEERLEADING, ages 6+, 6:30pm, 1/5 – 3/8, Tues, Broadway Recreation Center, $26/$22 Resident
ADAPTIVE KAYAKING, ages 15+, 5:30pm, 2/22 – 5/7, Mon, Tempe Towne Lake, $26/$22 Resident
ADAPTIVE TRACK AND FIELD Juniors, ages 6-15, 6:00pm, 2/11 – 5/7, Thurs, Mesa High School, $26/$22 Resident
ADAPTIVE TRACK AND FIELD WEST, ages 16+, 6pm, 2/9 – 5/7, Tues, Mesa High School, $26/$22 Resident
ADAPTIVE TRACK AND FIELD EAST, ages 6+, 5:30pm-6:30pm or 6:30pm-7:30pm, Thurs, 2/11 – 5/7 Skyline High School, $26/$22 Resident

ADAPTIVE RECREATION SOCIAL PROGRAMS
These social programs are designed for individuals 13 and older who have intellectual disabilities. Visit our website for registration forms - www.mesaaz.gov/parksrec/adaptive. For more information call Jacquie at 480-644-4948 or email at Jacquie.Gallo@mesaaz.gov.

TGIF COMMUNITY OUTINGS, ages 16+, Fri, twice a month, times/activities/fees TBA
HARLEY’S COOKING CLASS, ages 14+, 6pm, 4/6 – 5/11, Wed, Stapley Jr. High, $60/$50 Resident
OFF BROADWAY ACTING CLASS, ages 8+, 6pm, 3/24 – 6/23, Thurs, Rhodes Jr. High, $30/$25 Resident
ZUMBA CLASS, ages 12+, 5:30pm, 1/7 – 3/8, Thurs or 3/22 – 5/24, Tues, Broadway Recreation Center, $26/$22 Resident

Adaptive Sports for youth and adults with physical disabilities is provided through a City of Mesa partner organization - Arizona Disabled Sports. Information can be found at www.arizonadisabledsports.com

Looking for something for your children to do to stay active and have a blast without breaking the budget? Sign up for the best sports programs around…City of Mesa Youth Sports; It’s Your Place to Play! Volunteer Coaches Needed! www.mesaaz.gov/youthsports

KINDERGARTEN BASKETBALL CLINIC, 8am, 2/6 – 3/12, Sat, Webster Recreation Center, $48/$40 Resident
BASKETBALL LEAGUE, 1st-6th graders, 9:30am-4:30pm, 2/6 – 3/26, Sat, Webster and Broadway Recreation Centers, $66/$55 Resident
VOLLEYBALL LEAGUE, 3rd-6th graders, 6:30-8:30pm, 2/4 – 3/24, Thurs, Webster Recreation Center, $66/$55 Resident
SOCCER LEAGUE, K-6th graders, 5:30-8:30pm, 4/5 – 5/19, Tues & Thurs, Red Mtn. Soccer Complex, $66/$55 Resident
LACROSSE CLINIC, 1st-6th graders, 5:30pm, 2/18 – 3/31 & 4/7 – 5/12, Thurs, Quail Run Soccer Complex, $60/$50 Resident
GOLF CLINIC, 1st-6th graders, 4pm, 2/17 – 3/30 & 4/6 – 5/11, Wed, Dobson Ranch Golf Course, $72/$60 Resident

PLAY BALL! Multi-Sport Clinic, K-6th graders, $60/$50 Resident
• Tues, 5:30pm, 2/16 – 3/29 & 3/29 – 5/10, Quail Run Soccer Complex
• Sat, 11am, 2/20 – 3/26 at Countryside Park & 4/2 – 5/14 at Greenfield Park
• Sat, 8:30am, 2/20 – 3/26 & 4/2 – 5/14, Guerrero Park
• Fri, 2:30pm, 2/19 – 3/25, Porter Elementary (Porter students ONLY)
Fun & Fitness is all about the movement! The cool weather is here and the trailer will be opening its doors to deliver balls, jump ropes, arts & crafts and more to keep the children of Mesa active and moving. For dates, locations and more information, please visit www.mesaaz.gov/funandfitness

We believe in healthy lifestyles.

We deliver recreation that inspires personal growth, healthy lifestyles, and a sense of community. While at the same time maintain a safe place to play, celebrate, contemplate and recreate. Join us for a great winter kickball experience!

Softball, senior softball, flag football, volleyball and kickball are offered throughout the year. There are men, women and co-ed leagues available. Seasons run for 7 weeks plus an end of season tournament for qualifying teams. Registration is online, walk-in or by phone and is on a “first come first serve” basis.

For more information visit: www.mesaaz.gov/adultsports or call 480-644-5308.

WINTER/SPRING 2015-16 ADULT SPORTS:

**Adult Flag Football:** Competitive & Recreational Men’s leagues (Women’s league coming soon!), Tuesdays, Wednesdays, Thursdays, $496/team

**Adult Volleyball:** Competitive & Recreational Women’s leagues, Thursdays, $285/team

**Adult Kickball:** Recreational Coed leagues, Fridays, $315/team

**Adult Softball:** Competitive and Recreational Coed, Men’s, Women’s leagues, Sundays – Fridays, $520/team

**Senior Softball:** Competitive and Recreational, $520/team, registration 11/18 – 11/30
RECREATION Centers

RED MOUNTAIN CENTER
7550 E. Adobe, Mesa, AZ 85207
Phone: 480-644-4800
www.redmountaincenter.com

Looking to increase your overall fitness and wellness this year? The Red Mountain Center offers many opportunities for you and your family in a safe, clean, friendly environment. Daily, monthly and multi-visit memberships available. No contracts or initiation fees. Silver Sneakers accepted. Special Interest Activities also offered for youth and adults with additional fees.

**Facility Hours:**
Mon- Fri: 5:30am-9pm
Sat: 8am-1pm
Closed Sundays

**Exercise Equipment & Group Fitness/Wellness Classes**
Indoor walking track
50+ pieces of cardiovascular and strength training equipment
80+ fitness & wellness classes, including Zumba, Yoga, Pilates & cycling
Shower and lockers available

Come get fit as a family! The Red Mountain Center offers several family Fitness classes. Children ages 8+ may attend with an adult. Here is a list of classes that they may attend:

**Monday**
9:30-10:30am  Back to Basics

6:00-6:55pm Pilates
11:00-11:55am Yogalates
4:15-5:00pm Cycling

**Tuesday**
9:30-10:30am Back to Basics

11:00-11:55pm Pilates
4:15-5:00pm Cycing

**Wednesday**
9:30-10:30am Back to Basics

6:00-6:55pm Pilates
7:00-8:00pm Yoga

**Thursday**
11:00-11:55am Yogalates
4:15-5:00pm Cycling

**Friday**
9:30-10:30am Back to Basics

**Special Interest Classes**
(Offered in partnership with independent contractors, offered with additional fees)

- **Early Childhood Learning**
  Preschool readiness, language and literacy by Innette Crosby
  Toddler music, language and literacy by Miss Colleen’s Music Garden

- **Youth Dance, Movement and Sports Activities**
  Sports skills for youth by Beginners Edge Sports Training (B.E.S.T.)
  Performance crews, hip hop, ballet, jazz, tap, tumbling by Stacy J.
  Ballet, tap, jazz, classical dance by Jana Moore
  Karate by Lim Karate
  Youth exercise and movement by Let’s Get Up and Move
  Aikido by Aikido of Mesa
  Youth fitness and nutrition by Stretch-and-Grow of the East Valley
  Bounce Boot Camp by Ricky Muro

- **Youth Education and Learning**
  Growing Mindfully by Stephen Cordel
  STEM, Minecraft and LEGO building, Cupcake Wars by Bonanza Educational
  STEM, LEGO engineering, LEGO Leagues by Odyssey of the Mind Afterschool

- **Adult Activities**
  Ballroom dance, Wedding and Anniversary Survival by Chad Lakridis
  Peaceful Easy Healing by Joan Marlow
  Hula by Noe Saballos
  Home Improvement Workshop by Bob Fryske
  Tai Chi for Wellness by Jan Voellinger
  Karate by Lim Karate
  Bootcamp at Skyline Park
  Get Fit on the Trail Hiking by Kim Protrainer
  Fit 4 Mom Stroller Strides

**Open Gym**
Open play basketball, volleyball and pickleball.

**Climbing Wall**
Multiple routes of varying difficulty. Staff belayed during open climb.

**Massage Therapy Service**
Swedish & Deep Tissue massage available by appointment

**Fitness Coaching**
Single person and two person sessions by appointment
JEFFERSON GYM & RECREATION CENTER  
120 S. Jefferson Avenue, Mesa 85208  
Phone: 480-644-4578  
E-mail Carmen Scott, Facility Manager at carmen.scott@mesaaz.gov  
www.mesaaz.gov/jrc  

WEBSTER GYM & RECREATION CENTER  
202 N. Sycamore, Mesa 85201  
Phone: 480-644-4925  
E-mail Alyson Johnson, Facility Manager at alyson.johnson@mesaaz.gov  
www.mesaaz.gov/wrc  

HOLIDAY BONANZA – Looking for some Holiday fun? Join us for activities, including games, crafts, sports, and more!  
Dates: December 21, 22, 23, 28, 29, & 30, 2015  
Time: 1:00-5:30pm  
Age: Must be enrolled in Kindergarten through 6th grade only  
Cost: $12/$10 Resident  

SPRING FLING – Do you feel the need for Fun, Frolic, and Frivolity? Celebrate spring in a big way! Join Jefferson and Webster Recreation Centers for our annual carnivals. All activities are FREE and include entertainment, carnival games, inflatable attractions, balloon animals, and many more exciting adventures! Concessions will be sold, and include the school’s PTO groups.  
Jefferson Recreation Center  
Friday, April 1, 5:30-7:30pm  
Webster Recreation Center  
Friday, April 8, 5:30-7:30pm  

SPRING BREAK BONANZA – Bored? Meet friends, Have fun, Get fit! Come join Jefferson and Webster Recreation Centers for games, crafts, sports and more!  
When: March 14 – 18, 2016  
Time: 1:00-5:30pm  
Cost: $12/$10 Resident  

SERVICES AVAILABLE  
Youth After-School Programs  
Special Events  
Facility Reservations  
Birthday Parties  
Adult Volleyball Open Gym (WRC)
AQUATICS

For information on all Aquatics facilities and programs, please call 480-644-4271 or visit www.mesaaz.gov/pools

**TAKE THE PLUNGE!** Participate in the inaugural Polar Brrr Plunge, January 9 at Shepherd Aquatics Complex. Proceeds will benefit Mesa kids who cannot afford swim lessons. Each $25 registration pays for one child’s swim lesson scholarship for a two-week session of lessons. Choose how many kids you would like to sponsor, and make a difference in Mesa’s community! Adults plunge first at 11am, Bear cubs (children) plunge second at 11:30am.

**BEST...JOB....EVER.....** Yes, Lifeguarding is the best job ever and you can become a Lifeguard and Instructor! Get trained and certified this spring in preparation for testing and hiring in March. Classes begin in February with a variety of schedules available including Spring Break.

**SPRING SWIM LESSONS** - Learn to swim, learn a new sport and have fun! Saturday Morning Classes at Kino and Skyline Aquatic Centers (heated pools) with classes March 5 – April 23.

**FLOWRIDER MONTHLY RIDE SESSIONS** - Stay shredding year-round for the same price as a lift ticket! The Flowrider will be open for fun surfing spills and thrills. Monthly ride sessions meet weekly for 2 hours. $90 for 1 month of ride sessions. Capped at 12 riders per month. Sessions January through May. www.mesaaz.gov/flowrider

**POOL RENTALS** - Keep cool and have a great time any time of the year at a Mesa pool. Mesa pool rentals offer the best deal in town. Several Mesa aquatic facilities offer such features as water slides, play features, sand volleyball courts and nearby parks.
SPECIAL EVENTS

MERRY MAIN STREET – November 27-January 3 in Downtown Mesa. Experience ice skating, food trucks, holiday lights and Santa’s Marketplace. www.merrymainst.com

BREAKFAST WITH SANTA – Saturday, December 19, 8am & 10am at the Mesa Convention Center. Come and enjoy a pancake breakfast, picture with Santa and holiday activities. www.mesaamp.com

RIDE-IN-MOVIES AT THE PARK – FREE movies in the park every month through April. Staff will lead a group ride to a local park for a family-friendly movie complete with free popcorn! Check the website for the updated schedule. www.mesaaz.gov/residents/transportation/bike-pedestrian

MESA AMPHITHEATRE CONCERTS – Aggression Session, January 16; G-Eazy, February 5; 2 Cellos, April 9. www.mesaamp.com

MESA FEASTIVAL FOREST – Every Saturday, 5:30-9pm at Pioneer Park. Follow your favorite food truck to Downtown Mesa. www.facebook.com/MesaFeastivalForest

MESA MLK CELEBRATION & PARADE – Monday, January 18, 11am in Downtown Mesa. Community celebration including marching bands, business supporters and community leaders. www.mesamlk.org

PHOENIX/MESA MARATHON – Saturday, February 27 at Mesa Riverview. Sign up for a full marathon, half marathon or 10K run. www.thephoenixmarathon.com

MLB’S PITCH, HIT & RUN – Date and Location TBA. National skills competition for boys and girls to compete individually against their peers! www.mesaaz.gov/youthsports


CELEBRATE MESA – Saturday, April 16, 12-4pm at Pioneer Park. FREE family festival with food, entertainment, rides and prizes! www.mesaaz.gov/celebratemesa

CELEBRATE MESA – SATURDAY, APRIL 16