



Parks & Recreation's Summer Preview II

For more details about these and many other Summer Recreation activities, pick up a copy of the Summer Citizen Brochure or contact Apache Junction Parks & Recreation at (480) 983-2181!

Youth Fitness Programs

CIRKIDZ!

(9-12 year olds)
Instructor: Jill Peterson
Fee: \$4.00, or included in MGC membership

CIRKIDZ! is a youth fitness class based on youth conditioning principles for kid's ages 9-12. The focus of the class will be injury prevention, muscular strength, improved body composition and FUN! The class will follow a circuit-training format simultaneously working muscular strength and aerobic conditioning.

MGC 4-4:45pm Wednesday
*Drop-in class (ongoing)

HIP HOP

(9 years & older)
Instructor: Sonya Chamberlain
Fee: 9-17 year olds \$4.00, 18 & over \$5.00, or included in MGC membership

If you like to dance, this class is for you! By breaking down dance patterns into easy-to-learn sections, you will learn funk and hip-hop patterns used by professional dancers. Move and sweat to music with strong Club, House and Hip-Hop influences.

MGC 7-8pm Tuesday
*Drop-in class (ongoing)

Call 983-2181 For More Details!



"Take delight in the Lord, and He will give you your heart's desires."

St. Georges Catholic Church

Psalms 37:4

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Learn-To-Swim Classes

Apache Junction Parks and Recreation offers a variety of classes to teach the basic fundamentals, increase endurance and improve technical skills in swimming. Throughout the months of June and July, classes will be offered Monday through Thursday mornings or evenings. Class descriptions are in accordance with American Red Cross Standards. If you need help placing your child in the appropriate class, contact Parks and Recreation at (480) 983-2181.

Recreational Swim Team

RECREATIONAL SWIM TEAM

(17 years & under)
Fee: \$45.00

This recreational program is designed to teach basic competitive swimming skills, build self-esteem and improve strokes throughout the summer. Registration is open to individuals 17 and younger who have an American Red Cross swimming ability equivalent to Level IV swim lessons (no exceptions can be made).

Children must be able to perform, with some proficiency, the following strokes: front crawl, back crawl and breaststroke for at least 25 yards across the pool. Swim meets will be held on Tuesday and Thursday evenings and Saturday mornings.

5300.251 SSP 6-7am M-TH 5/19-7/26*
5300.252 SSP 7-8am M-TH 5/19-7/26*
5300.253 SSP 8-9am M-TH 5/19-7/26*

*The first week's practice will be held from 7-8pm Monday, May 19 through Wednesday, May 21 for all ages. Starting on Tuesday, May 29 practices will be held at their regularly scheduled times.

Adult Martial Arts

KENPO KARATE

(13 years & older)
Instructor: Pete Rodriguez
Fee: \$35.00

Kenpo is a complete martial arts system and is great for self-protection and close-quarters defense. Kenpo is a fun, low-stress learning environment that puts a premium on technical mastery and improvement. Uniforms are available for purchase through instructor.

*No class on 7/3.

Class Code	Loc.	Times	Days	Dates
2111.281	MGC	7-8pm	T/TH	6/3-6/26
2112.281	MGC	7-8pm	T/TH	7/1-7/24
2113.281	MGC	7-8pm	T/TH	8/5-8/28

SENIOR TAI-CHI

(50 years & older)
Instructor: Amanda Rogers
Fee: \$20.00

Tai-Chi is a low impact, gentle aerobic exercise based on ancient Chinese tradition. It is widely practiced as a relaxing way to stay healthy.

Class Code	Loc.	Times	Days	Dates
2131.281	MGC	8-9am	W	6/4-6/25
2132.281	MGC	8-9am	W	7/2-7/23
2133.281	MGC	8-9am	W	8/6-8/27

Water Aerobics (for adults)

WATER AEROBICS

(18 years & older)
Instructor: AJPR Staff
Fee: \$25.00

Who says you can't have fun and get a great workout at the same time? Join us for a low to high intensity level aerobics class in the pool! The water aerobics class focuses on cardiovascular work as well as toning, strengthening and stretching. Be prepared to have fun, laugh and splash your way to a great workout! No swimming skills needed.

Class Code	Loc.	Times	Days	Dates
5500.251	SSP	7:30-8:30pm	T/TH	6/10-7/3
5500.252	SSP	7:30-8:30pm	T/TH	7/8-7/31
5500.253	SSP	7:30-8:30pm	T/TH	8/5-8/28

3-On-3 Basketball Tournaments

3-ON-3 BASKETBALL TOURNAMENTS

(2 divisions, 13-15 year olds & 15-17 year olds)

Fee: MGC fees apply
Brackets will be made based on the number of teams registered by 6pm. All participants must have parental consent prior to playing, requires a signed waiver. Games are for fun recreational purposes. Teams will call their own fouls. A list of all the rules is available each night prior to game time.

Loc.	Times	Day	Date
MGC	6-10pm	F	6/6
MGC	6-10pm	F	7/11
MGC	6-10pm	F	8/1



Summer Activities Include

- *Special Events*
 - *Open Gym Programs*
 - *Youth & Adult Sports*
 - *Youth & Adult Fitness*
 - *Learn-To-Swim-Lessons*
 - *Multi-Gen Center Activities*
 - *Youth & Adult Arts and Crafts*
 - *Competitive Swim Team For Kids*
- And Lots, Lots More!

Youth Karate Programs

LITTLE TIGERS

(6-8 year olds)
Instructor: Keith Graves
Fee: \$35.00

These classes will cover the basics of Karate plus how to get away from an attacker, how to fall, roll, jump, and much more.
*No class on 7/7 & 7/9.

White, Yellow and Orange Belts

Class Code	Loc.	Times	Days	Dates
2121.282	MGC	4-4:45pm	M/W	6/9-6/30
2122.282	MGC	5-5:45pm	M/W	6/9-6/30
2124.282	MGC	4-4:45pm	M/W	7/2-7/30
2125.282	MGC	5-5:45pm	M/W	7/2-7/30
2127.282	MGC	4-4:45pm	M/W	8/4-8/25
2128.282	MGC	5-5:45pm	M/W	8/4-8/25

Purple Belts and Above

Class Code	Loc.	Times	Days	Dates
2123.282	MGC	6-7pm	M/W	6/9-6/30
2126.282	MGC	6-7pm	M/W	7/2-7/30
2129.282	MGC	6-7pm	M/W	8/4-8/25

KENPO

(8-12 year olds)
Instructor: Pete Rodriguez
Fee: \$35.00

Kenpo provides physical activity, builds strength, coordination and confidence while providing the groundwork for a healthy lifestyle. Kenpo also builds on life skills and gives the student a greater respect for themselves and others. Uniforms are available for purchase through instructor.

*No class on 7/3.

Class Code	Loc.	Times	Days	Dates
2111.282	MGC	6-6:45pm	T/TH	6/3-6/26
2112.282	MGC	6-6:45pm	T/TH	7/1-7/24
2113.282	MGC	6-6:45pm	T/TH	8/5-8/28

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Fri. 8:30 - 12:30 Country w/Sonoran Sunset Band

Sat. 1 - 5 PM Classic Country w/JudyAnne & The Guys

8:30 - 12:30 Country w/Sonoran Sunset Band

Sun. 8 - 12 Country Jam

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