



FALL 2015

Town of Oro Valley Parks and Recreation

PROGRAM GUIDE



NOW OFFERING CLASSES AND PROGRAMS AT THE NEW
ORO VALLEY COMMUNITY & RECREATION CENTER!



WELCOME!

Scientific evidence shows that access to parks, recreation and open spaces is building healthier communities. Top health officials in our country – U.S. Health and Human Services, Centers for Disease Control and Prevention – validate that parks and recreation are a critical solution to our nation's health epidemic. Your Oro Valley Parks and Recreation team is working hard to keep our community healthy. This program guide is filled with opportunities for youth, adults and seniors to make friends, learn something new, get and/or stay healthy, and most importantly, have fun!

Kristy Diaz-Trahan, CPRP
Parks & Recreation Director

ORO VALLEY PARKS AND RECREATION

680 W. Calle Concordia
Oro Valley, AZ 85704
Phone: (520) 229-5050
Fax: (520) 229-5075

Business Hours:
Monday - Friday (8 a.m. - 5 p.m.)

Website:
www.orovalleyaz.gov/parksandrec

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Scan this QR code with your smartphone to register online.

HOW TO REGISTER

Registration for all activities except golf and tennis can be done online by visiting us at www.orovalleyaz.gov/parksandrec and selecting the "Register for classes" button from the right-hand menu. Once you've reached the Online Registration page, follow these steps:

- Enter your username and password or, if you do not have one, click "Need an Account?"
- Once your information has been submitted, you will receive a confirmation email. You may then register for activities by following the instructions below.
- Under the Quick Links Bar, click "Browse Activities."
- Locate your activity and click on the shopping cart on the left.
- Click on the "Enroll Now" button that pops up at the bottom of the screen.
- Check the box next to the person you would like to enroll for the class and click "Add to Cart."
- Next, you will review and agree to the waiver by clicking "Agree."
- Lastly, click on "Proceed to Checkout," enter payment information, or click "Continue Shopping" if you'd like to add more activities.
- Click "Submit Payment" to complete the process and the system will generate a printable receipt.

Registration for golf and tennis programs can be done by calling the Golf Shop at 520-544-1800 or Tennis Pro Shop at 520-544-1780.

SOCIAL MEDIA

Keep up with Town events and follow the Town of Oro Valley online!



facebook.com/orovalleyazgov



facebook.com/orovalleyparksandrec



[@OroValleyAZGov](https://twitter.com/OroValleyAZGov)



[TownOfOroValleyAZ](https://www.youtube.com/TownOfOroValleyAZ)

TOWN OF ORO VALLEY

Town Council

Mayor Satish I. Hiremath, D.D.S.
Vice Mayor Lou Waters
Councilmember Brendan Burns
Councilmember William Garner
Councilmember Joe Hornat
Councilmember Mary Snider
Councilmember Mike Zinkin

Town Manager

Greg Caton

Parks & Recreation Advisory Board

Adam Wade, chair
Joe Winfield, vice chair
Sue Bishop, member
Tom Carl, member
Sarah Corning, member
Betty Danker, member
Alison Sutton-Ryan, member

Historic Preservation Commission

Ellen Guyer, chair
Marilyn Lane, vice chair
Dan Huff, commissioner
Dean Strandskov, commissioner
Jennie Sunshine, commissioner
Eric Thomae, commissioner
Connie Trail, commissioner

Parks & Recreation Department

Kristy Diaz-Trahan, director
Danielle Tanner, senior office specialist
Brandon Laue, interim manager (Aquatics)
Logan McNutt, assistant manager (Aquatics)
Nancy Ellis, multimodal planner
James Gardner, manager (Park Management)
Lynanne Dellerman, manager (Recreation/Cultural Resources)
Kevin Marts, manager (Community & Recreation Center)
Andrew Kosecki, assistant manager (Community & Recreation Center)
Sam Orozco, park supervisor

ORO VALLEY COMMUNITY & RECREATION CENTER

10555 N. La Cañada
Oro Valley, AZ 85737
520-544-1900

orovalleyaz.gov/community-center

Hours of Operation

Monday - Friday, 5 a.m. to 10 p.m.
Saturday - Sunday, 6 a.m. to 8 p.m.

FEES AND MEMBERSHIPS

DAILY USE

	Resident	Non-resident
Child (under 4)	Free	Free
Youth (4-17 yrs.)	\$5	\$6
Adult (18-61 yrs.)	\$7	\$8
Senior (62+)	\$5*	\$6*
Family	\$14	\$15

MEMBERSHIP LEVELS (MONTH-TO-MONTH)

	Classic	Premium
Youth (4-17)	\$20	\$25
Adult (18-61 yrs.)	\$40	\$60
Senior (62+)	\$30*	\$50*
Couple	\$60	\$75
Family	\$70	\$100

* Military/Fire/Police/EMT

(One-time \$20 registration fee applies)

The monthly rates above are for Oro Valley residents. The fee for non-residents is an additional \$5/month for individual membership and \$10/month for Couple or Family membership.

MEMBERSHIP BENEFITS

CLASSIC MEMBERSHIP

- Cardio and strength equipment
- Fitness classes
- Spinning studio
- Racquetball courts
- Swimming pools (lap swim and rec pool)
- 15 tennis courts
- Free child watch services
- Member discounts on programs

PREMIUM MEMBERSHIP

- All Classic benefits
- 16 additional tennis courts (Pusch Ridge location)
- 72-hour advance tennis court reservation privileges
- 15% discount on food and beverages
- 20% discount hard goods (sports equipment)
- 25% discount soft goods (clothing etc.)
- Access to the Oro Valley Aquatic Center



EL CONQUISTADOR GOLF



Golf in the heart of Oro Valley. The **Cañada Golf Course** has 18 holes of tight, desert-lined fairways and undulating greens which makes for a fantastic playing experience. The **Conquistador Golf Course** offers an additional 18 holes of golf with spectacular views of the Santa Catalina Mountains. Both are located at the Oro Valley Community and Recreation Center at 10555 North La Cañada Drive. Call **520-544-1801** to book your tee time.

Pusch Ridge Golf Course is a nine-hole executive course located near the Hilton El Conquistador Resort, 10000 N. Oracle Road. Call **520-544-1770** to book your tee time.

ANNUAL GOLF MEMBERSHIP

	Resident	Non-resident
MONTHLY RATE		
Individual	\$270	\$300
Family	\$392	\$435
Afternoon*	\$270	300

*Afternoon Membership provides access to play golf and utilize the practice facility after 12 p.m. (noon) Monday - Sunday. This membership type includes the use of an El Conquistador golf cart during your round of golf.

Please Note:

Children under 15 years old must be accompanied by a paying adult.

Golf memberships are a 12-month contract.

To cancel, members must provide 30 days' notice and fill out a Cancellation Form to be removed from automatic billing.

Holiday Closures

Christmas Eve: December 24, 2015, beginning at 1 p.m.
Christmas Day: December 25, 2015

ORO VALLEY AQUATIC CENTER

23 W. Calle Concordia
Oro Valley, AZ 85704
520-297-SWIM (7946)
orovalleyaz.gov/aquatics



MEMBERSHIP DISCOUNT

Fitness Partners Program

The Oro Valley Aquatic Center has teamed up with Anytime Fitness, Koko Fit Club and Planet Fitness to offer dual membership discounts. For Fitness Partner Rates, visit our website at www.orovalleyaz.gov.

AQUATICS

The Oro Valley Aquatic Center is competition-ready and full of family-friendly amenities for guests of all ages! The Aquatic Center is open year-round with an average water temperature of 80 degrees.



The Aquatic Center includes the following:

- Interactive splash pad
- 130' water slide
- 25-yard heated recreation pool
- 50-meter heated competition pool with score board
- 4 springboard diving boards (two, 1-meter boards and two, 3-meter boards)
- Classroom and outdoor ramada for birthday parties, community meetings and Red Cross classes
- Family changing rooms
- Shaded bleachers and rest areas
- Concession stand

HOLIDAYS, CLOSURES & SPECIAL HOURS

- High school swim meets take place most Thursdays, starting at 4 p.m., **Sept. 4 – Oct. 29**
- Labor Day, **September 7**: Pool open with regular hours
- Patriot Meet, **September 11-13**: Pool closed Friday afternoon through Sunday evening
- Find Your Fins Meet (Tentative), **September 26**: Pool open with regular hours
- Dive-In Movie **September 26**: Pool closes at normal time and reopens at 7 p.m. for event
- Oro Valley Triathlon, **October 3**: Pool opens at 11 a.m.
- High School Time Trials (Tentative), **November 8**: Pool open with regular hours
- Veterans Day, **November 11**: Pool open with regular hours
- Thanksgiving Day, **November 26**: Pool open 5 – 10 a.m.
- Winter Lights Meet (Tentative), **December 3-6**: Pool closed Thursday night and all day Friday, Saturday and Sunday
- Christmas Eve, **December 24**: Pool closes at 3 p.m.
- Christmas Day, **December 25**: Pool closed all day
- New Year's Eve, **December 31**: Pool closes at 4 p.m.



RENTAL INFORMATION

GROUP RESERVATIONS

Groups/parties of 50 or more receive 25% off the appropriate daily admission rate. If the ramada and/or classroom are desired, these rates apply, and any additional guests over the 50 count will receive the 25% discount off daily admission rates.

FACILITY RESERVATIONS

The Oro Valley Aquatic Center is available to rent for your exclusive party. It is available outside of normal operating hours, admission rates apply, and parties of 50 or more receive the 25% discount. In addition to admission, lifeguard fees apply.

- Entire facility (9 staff) - \$135/hour
- Recreation elements: slide, splash pad and recreation pool (6 staff) - \$90/hour
- Olympic pool and diving boards (5 staff) - \$75/hour
- Snack bar (1 staff) - \$15/hour
- Movie Projector & Screen Set-Up - \$200 additional fee (patron supplies the actual DVD movie)

CLASSROOM*

Maximum: 30 people
Residents: \$125 for 2 hours
Non-residents: \$150 for 2 hours

RAMADA*

Residents: \$125 for 2 hours up to 25 people
 \$250 for 2 hours up to 50 people
Non-residents: \$150 for 2 hours up to 25 people
 \$275 for 2 hours up to 50 people

For parties of 12 people or fewer, please see manager for pricing options.

*Price includes admission to the Aquatic Center

FEES AND MEMBERSHIPS

DAILY ADMISSION

	Regular Rate	Oro Valley Residents*
Children (Under 4)	Free	Free
Youth (4-17 yrs.)	\$5	\$4
Adult (18-61 yrs.)	\$7	\$6
Senior (62+ yrs.)	\$6	\$5
Family (up to six)	\$15	\$14
Spectator (Events)	\$3	\$3
Military/Fire/Police/EMT	\$5	\$5

MONTH-TO-MONTH MEMBERSHIP (Automatic Billing - 2 Month Minimum)

Must provide 30 days notice and fill out Cancellation Form to be removed from Automatic Billing.

	Regular Rate	Oro Valley Residents*
Youth (4-17)	\$25	\$20
Adult (18-61)	\$35	\$30
Senior (62+)	\$25	\$20
Couple	\$50	\$40
Family (up to six)	\$70	\$60
Military/Fire/Police/EMT	\$20	\$20
Add-On (swim team member)	\$15	\$15
Fitness Partners	20% off membership rates for members of Planet Fitness (Oro Valley), Anytime Fitness (Magee/Oracle location) and Koko Fit Club (Oro Valley)	

*Proof of residency required for Oro Valley Resident Rates

Children under 13 years old must be accompanied by an adult. (An adult is defined as a parent/guardian over the age of 18.) This does not apply to children that are part of a swim team here at the Oro Valley Aquatic Center while a coach is on deck.



LAP SWIMMING SCHEDULE

(AUG. 10 - NOV. 8)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5 a.m. - 4 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	5 a.m. - 4 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	5 a.m. - 4 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	5 a.m. - 4 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	5 a.m. - 4 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	6 a.m. - 5 p.m.	10 a.m. - 5 p.m.

(NOV. 9 - DEC. 31)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
5 a.m. - 8 p.m.	10 a.m. - 5 p.m.	noon - 5 p.m.				

RECREATIONAL SWIMMING POOL (REC POOL)

(AUG. 10 - NOV. 8)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
noon - 4:30 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	noon - 4:30 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	noon - 4:30 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	noon - 4:30 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	noon - 4:30 p.m. 6:30 - 8 p.m. (limited lanes from 6:30 - 8 p.m.)	10 a.m. - 5p.m.	10 a.m. - 5 p.m.

(NOV. 9 - DEC. 31)

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
noon - 8 p.m.	10 a.m. - 5p.m.	noon - 5 p.m.				

AQUATIC CENTER "FUN" ELEMENTS

(AUG. 10 - NOV. 8)

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
SPLASH PAD	10 a.m. - 8 p.m.	10 a.m. - 5 p.m.	10 a.m. - 5 p.m.				
SLIDE	6:30 - 8 p.m.	10 a.m. - 5 p.m.	10 a.m. - 5 p.m.				
DIVING BOARDS	noon - 3:30 p.m.	10 a.m. - 5 p.m.	10 a.m. - 5 p.m.				

(NOV. 9 - DEC. 31)

	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
SPLASH PAD	10 a.m. - 8 p.m.	10 a.m. - 5 p.m.	noon - 5 p.m.				
SLIDE	4 - 8 p.m.	10 a.m. - 5 p.m.	noon - 5 p.m.				
DIVING BOARDS	noon - 3:30 p.m.	12 - 3:30 p.m.	10 a.m. - 5 p.m.	12 - 5 p.m.			

AQUATICS PROGRAMS

ADULT (MASTERS) SWIM TEAM

United States Masters Swimming (USMS) is a national, membership-operated, nonprofit organization that provides membership benefits to nearly 60,000 Masters swimmers across the country. The word Masters in swimming simply means ages 18 and older.

- Audience:** Ages 18+
- Days/Times:** Mon. - Fri. at 5 a.m. and 12 p.m. or Mon., Wed., Fri. from 6:30 - 7:30 p.m.
- Fee:** \$50 per month
- Registration:**
 - Flying Fish Arizona Swim Team (FAST)**
 - Head Coaches Matthew Brauer and Gary Condit 520-906-3474
 - www.fastarizonaswimteam.com

FIND YOUR FINS



Find your Fins (FYF) is a nonprofit working to get veterans, individuals struggling or recovering from addiction, seniors, financially burdened, disabled and special needs individuals into the water. We provide swim lessons to all of these populations for free. FYF will help arrange transportation and provide swim gear when needed. All levels, from extremely fearful to great

swimmers, are welcome. Expand your world to water where so many benefits await!

- Audience:** Ages 13+ (veterans, individuals struggling or recovering from addiction, seniors, financially burdened)
Ages 2+ (disabled and special needs)
- Days/Times:** Arranged with instructor
- Fee:** Free
- Instructor:** Laura Moore, 520-409-5436 or laura@findyourfins.org
www.findyourfins.org

INFANT SWIMMING RESOURCE

Give your child the competence, confidence and skills of aquatic safety with Infant Swimming Resource's Self-Rescue™ program—the safest provider of survival swimming lessons for children six months to six years of age.

- Audience:** Ages 6 months to 6 years
- Days/Times:** Varies. For details, call Pam Housman at 520-572-8865
- Fee:** Varied/special discounts available
- Instructor:** Pam Housman, bokitisr@gmail.com
www.infantswim.com

MAXIMUM IMPACT PHYSICAL THERAPY

Advanced Treatment • Compassionate Care • Maximum Results



Maximum Impact Physical Therapy now offers aquatic therapy services at the Oro Valley Aquatic Center. We can help with your rehabilitation and fitness goals.

- Audience:** Ages 7+
- Days/Times:** Call for appointment: 520-219-5825
- Fee:** More than 140 insurance plans accepted
- Info:** www.maximumimpactpt.com

PRIVATE/SEMI PRIVATE SWIM LESSONS

Private and semi-private swim lessons are taught by Geoff Glaser of Dolphins of the Desert Swimming Academy.

- Audience:** Ages 3+
- Instructor:** To schedule, contact Geoff at 520-891-8914



AQUATICS PROGRAMS

REIKI-IN-THE-WATER

Reiki-in-the-Water combines the healing touch of Reiki with the soothing transformative properties of water. Reiki takes place in a heated pool that is four feet deep. Clients can wear an aerobic belt to be buoyant in the water. Treading water, floating and walking can also be done.

Audience: All ages
Days/Times: By appointment only
Fee: \$40 per session
Instructor: Nancy Bak Smith, Reiki practitioner, 435-640-3807

SCUBA TRAINING BY PLANET SCUBA



Planet Scuba is offering training classes for those interested in becoming scuba certified. Classes are held both at the Dive

Shop (River & 1st) and at the Oro Valley Aquatic Center. Contact the dive shop at 520-209-2700 for monthly dates, times and fees.

Audience: Ages 7+
Days/Times: Flexible
Fee: Varied/special discounts available

WATER AEROBICS & PILATES BY NANCY WHITLOCK WITH BALANCED SPIRIT PILATES STUDIO



Water aerobics is a water exercise performed in fairly shallow water. It is a type of resistance training done mostly vertically without swimming. Pilates is a safe, sensible on deck workout for everyone. It improves core strength, flexibility, and balance

and can help alleviate back pain and other chronic ailments. Pilates can dramatically transform the way your body looks, feels and performs.

Audience: Ages 16+
Days/Times: Varies. For details, call Nancy Whitlock at 520-395-0890
Fee: Varied/special discounts available
Instructor: Nancy Whitlock, Balanced Spirit Pilates Studio, nancywhitlock@live.com



YOUTH SWIM TEAMS

The Flying Fish Arizona Swim Team (FAST) and the Oro Valley Swim Team offer year-round instructional and USA Swimming competitive swim programs at the Oro Valley Aquatic Center for all ages. The Head Coaches from both teams bring extensive years of aquatic experience to the pool deck. These coaches provide expert training opportunities for the beginner as well as the high-level competitor in a world-class facility.

Audience: Ages 5 - 18
Days/Times: Mon. - Sat. (depending on practice group)
Fees: Vary depending on practice group; Registration is on-going.

Registration:

Flying Fish Arizona Swim Team (FAST)



- Head Coaches Matthew Brauer and Gary Condit 520-906-3474
- fastovcoaches@gmail.com
- www.fastarizonaswimteam.com

Oro Valley Swim Team



- Head Coach Stan Valacer 520-358-4121
- www.prrirates.com



GOLF

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Oro Valley was named a Playful City USA community 2011 - 2015 by non-profit KaBOOM!



GET GOLF READY

Would you like to learn the game of golf? Or maybe you are already a student of the game? Join El Conquistador's Mark Jackson, PGA Professional, to study the game, etiquette, techniques and rules. Regardless of what you may be working on or learning, these sessions will challenge you and elevate your game. Program content is advertised by the PGA of America during telecast of PGA events.

3-HOLE GOLF

Are you strapped for time? Troon, in conjunction with the Oro Valley Community & Recreation Center, values your time. 3-Hole Golf allows you to be flexible by playing an abbreviated, three-hole round of golf on our Cañada Course.

Audience: Families and Juniors
Day/Time: Aug. 16, 10 a.m. to noon
Fees: \$10 per adult walking and one complimentary junior with each paid adult.
 \$15 per adult with a golf cart
 \$5 for Junior with no adult
 \$5 cart fee for adult chaperone/riding along
Location: Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register: Call the El Conquistador Golf Shop at 520-544-1800

Audience: Beginners (Ages 18+)
Dates/Times: Sessions are (4) classes in a row
 Mondays: Sept. 14, 21, 28, and Oct. 5 or Nov. 2, 9, 16, and 23 at 9 - 10 a.m.
 Tuesdays: Sept. 8, 15, 22, and 29 or Nov. 3, 10, 17, and 24 at 4:30-5:30 p.m.
 Saturdays: Sept. 12, 19, 26, and Oct. 3 at 2 - 3 p.m.
 Saturdays: Nov. 7, 14, 21, 28 at 9-10 a.m.
Fees: \$79 per four-class session
Location: Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register: Call the El Conquistador Golf Shop at 520-544-1800

FALL JUNIOR SERIES WITH ROB CHARLAND, PGA

Enroll your future star in El Conquistador's Fall Junior Series. Rob Charland, PGA Professional, helps your young golfer learn golf fundamentals, how to have fun with the game and how to develop a competitive edge on the golf course. Juniors learn golf etiquette, full swing, short game, putting and the basic rules of the game. Space is limited to the first 12 juniors, so register early.

Audience: Juniors ages 7-15
Days: Five (5) sessions – Every Tuesday or Thursday
Time: 4:30 - 5:30 p.m.
Session dates: Tuesdays: Sept. 8, 15, 22, 29 and Oct. 6
 Thursdays: Sept. 10, 17, 24, Oct. 1, and 8
Fees: \$10 per session
Location: Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register: Call the El Conquistador Golf Shop at 520-544-1800



ON-COURSE INSTRUCTION

This program is designed to create enjoyment among your group on the golf course. Our PGA professional staff will join your group on the course to provide instruction, course management and fun!

Audience: Golfers of all ages and skill levels (four-person maximum)
Fee: \$150 per person (includes green fees, cart and range balls)
Location: Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register: Call the El Conquistador Golf Shop at 520-544-1800

RECREATION



PROFESSIONAL GOLF CLINICS WITH MARK JACKSON

Hone your golf skills and elevate your game with Mark Jackson, a PGA former top 100 instructor in the United States.

Audience:	Golfers of all ages and skill levels
Days:	Varies (Call to set an appointment)
Fees:	Vary, based on instruction
Location:	Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register:	Call the El Conquistador Golf Shop at 520-544-1800



SATURDAY GOLF CLINICS

Audience:	Golfers of all ages and skill levels
Days/Times:	Saturdays at 10 a.m.
Fees:	\$20 per day
Instructors:	Multiple PGA Members available for individual and small group instruction. Call the Golf Shop at 520-544-1801 to speak to an instructor.
Location:	Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register:	Call the El Conquistador Golf Shop at 520-544-1800



TroonFIT

TROONFIT WALKING TOUR

Oro Valley and Troon are committed to providing opportunities for members, guests and associates to lead fit and healthy lifestyles. TroonFIT raises awareness of the health benefits related to playing (more) golf. Bring a friend, enjoy a beverage of your choice and walk a hole with Mark Jackson, PGA Professional. Learn about the different aspects of the hole (hazards and out-of-bounds), course management and how to read greens accurately.

Audience:	Anyone interested in learning the rules of golf
Day/Time:	Tuesdays, 4 - 4:45 p.m.
Session dates:	October 6, 13, 20, 27 December 1, 8, 15, 22
Fee:	\$5 per person includes one beverage of your choice.
Location:	Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
Register:	Call the El Conquistador Golf Shop at 520-544-1800



TENNIS

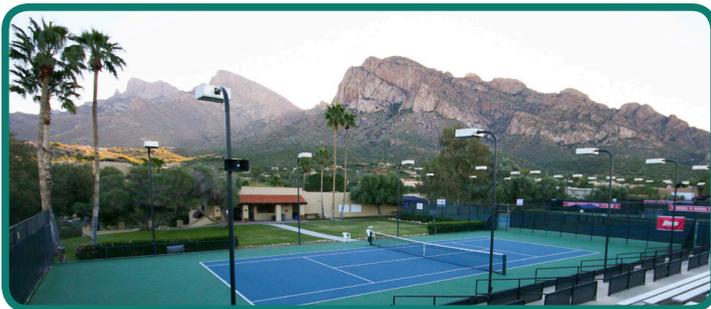
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ADULT PROGRAMS & FEES

To register for tennis programs, call 520-544-1780.

	CLINIC	PRIVATE		SEMI-PRIVATE	THREE & ME	TEAM	
		1 HR	½ HR			1 HR	1 ½ HR
Premium Member	\$15	\$54	\$30	\$30	\$22	\$75	\$100
Classic Member	\$17	\$64	\$36	\$36	\$26	\$90	\$120
Non-Member	\$19	\$75	\$42	\$42	\$30	\$110	\$140



TENNIS CLINICS

Adult clinics will be held September 8 – December 20, 2015. (No clinics November 25-29.) The duration of each clinic depends on number of participants: ½ hr for 1-2 players, 1 hr for 3-5 and 1 ½ hrs for 6 or more. For information and to register, call 520-544-1780.



PRIVATE AND SEMI-PRIVATE LESSONS

Private and semi-private lessons are the perfect tool to improve all facets of your game. To register, call 520-544-1780.



THREE & ME OR TEAM

These group lessons are geared to your specific requests, including strategy, stroke technique, footwork, point play and/or drills. Instruction is available at either the Pusch Ridge facility or the Community & Recreation Center facility. To register, call 520-544-1780.

- Days/Time/Location:**
- Women's 2.5-3.0 Clinic**
Tuesdays at 9 a.m.,
Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive
 - Women's 3.5 Clinic**
Wednesdays at 9 a.m.,
Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive
 - Women's 4.0 & Up Clinic**
Thursdays at 9 a.m.,
Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive
 - Men's Clinic**
Wednesdays at 6:30 p.m.,
Pusch Ridge tennis facility, 10000 N. Oracle Road

RECREATION

JUNIOR PROGRAMS & FEES

To register for tennis programs, call 520-544-1780.

Junior tennis programs will be held September 3 – December 20, 2015. The Academy begins August 31. No Junior programs will be held September 7 or November 26-29.

	ACADEMY	CHALLENGERS	INTRODUCTORY	FUTURE STARS
Premium Member	\$22	\$14	\$14	\$13
Classic Member	\$23	\$15	\$15	\$14
Non-Member	\$24	\$16	\$16	\$15



ACADEMY (JUNIORS)

Players can train five days a week and this program covers all facets of the game. Serious junior players will work on technique, strategy and footwork. Realistic drill situations, high intensity play and plyometric training make this program unique and successful. Players attending three days or more per week are entitled to a free Friday practice.

Days/Time/Location: **Mondays—Thursdays**
4:30 - 6:30 p.m. (Beginning August 31)
Pusch Ridge tennis facility, 10000 N. Oracle Road

Saturdays
Noon – 2 p.m.
Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive

CHALLENGERS (AGES 8 - 18)

Players can train three times a week. All players will be eligible for our El Conquistador Junior Tennis Team. Matches will be played against other clubs.

Days/Times: Tuesdays and Thursdays
4:30-5:30 p.m.
Saturdays
10 - 11 a.m.

Location: Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive



INTRODUCTORY (AGES 6-12)

Players can train three times a week. The introductory program develops sound stroke mechanics for the serve, forehand, backhand and volley. Rallying concepts and scoring are introduced.

Days/Times: Tuesdays and Thursdays
5:30-6:30 p.m.
Saturdays
9 - 10 a.m.

Location: Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive



ADULT TENNIS LEAGUES

To register for tennis programs, call 520-544-1780.

EL CONQUISTADOR TENNIS FALL LEAGUES

The El Conquistador Tennis Fall Leagues begin October 12 at the Oro Valley Community & Recreation Center. The league will last 8-10 weeks and is a great way to practice and meet new people. Please see schedule below.

- Day/Time:** See schedule below
- Fee:** \$20 Premium & Classic Member
\$40 Non-member
- Location:** Oro Valley Community and Recreation Center, 10555 North La Cañada Drive
- Register:** Call 520-544-1780

FUTURE STARS (AGES 3-5)

Players are introduced to tennis through an innovative program of tennis games, developing excellent motor skills and motivation for future training. Players train once a week for 45 minutes.

- Days/Times:** Saturdays, 9 - 9:45 a.m.
- Location:** Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive



SATURDAY SPECIAL (SPECIAL NEEDS)

People with special needs can learn and play tennis at no charge. All players are welcome and encouraged to join.

- Days/Times:** Saturdays, 11 - 11:45 a.m.
- Fee:** FREE
- Location:** Oro Valley Community & Recreation Center, 10555 N. La Cañada Drive

EL CONQUISTADOR TENNIS FALL LEAGUE SCHEDULE

SINGLES
Mondays at 7 p.m.

- Ladies 3.5 & below
- Ladies 4.0 & up
- Men's 3.5 & below
- Men's 4.0 & up

SINGLES
Saturdays at 9 a.m.

- Ladies 3.5 & below
- Ladies 4.0 & up
- Men's 3.5 & below
- Men's 4.0 & up

DOUBLES
Tuesdays at 7 p.m.

- Ladies 3.0
- Ladies 3.5
- Ladies 4.0
- Men's 3.0
- Mens 3.5

DOUBLES
Thursdays at 9 a.m.

- Ladies 3.0
- Ladies 3.5

MIXED DOUBLES
Sundays at 9 a.m.

- 6.0 combined
- 7.0 combined
- 7.5+ combined

Create your own

Come to us with your group and match day/ time, and we will take care of everything else.



LEARN TO PLAY TENNIS

Your El Conquistador tennis pros are offering introductory classes for adults and children of all ages interested in trying and learning the game of tennis. These classes will be taught at the Oro Valley Community & Recreation Center tennis courts and racquets will be available. Proper court shoes must be worn.

Audience: All ages (3-5 yrs., 6-8 yrs., 9-12 yrs., 13-18 yrs., adult/senior ladies and men)

Days/Times: Friday, Sept. 11; Saturday, Oct. 3; Friday, Nov. 6; Saturday, Dec. 5

FRIDAY schedule
 3-5 years: 3:30-4:15 p.m.
 6-8 years: 4:15-5 p.m.
 9-12 years: 5 – 6 p.m.
 13+years: 6-7 p.m.
 Adults co-ed: 6-7 p.m.

SATURDAY schedule
 3-5 years: 2-2:45 p.m.
 6-8 years: 2:45-3:30 p.m.
 9-12 years: 3:30 – 4:30 p.m.
 13+ years: 4:30-5:30 p.m.
 Adults co-ed: 4:30-5:30 p.m.

Fee: 3-8 years: \$7 per class or \$21 for all 4 classes.
 9-12, 13-18, & adult classes: \$8 per class or \$24 for all 4 classes.

Location: Oro Valley Community and Recreation Center, 10555 North La Cañada Drive

Register: Advanced sign-up is required. Call 520-544-1780. Payment due on date of first class.

YOUTH PROGRAMS



AFTER SCHOOL PROGRAM

The Oro Valley Community & Recreation Center after school program helps keep kids engaged and active every afternoon. Featuring homework help, dodgeball, crafts, basketball, tennis and more, this program is designed to educate and motivate. Monthly sign-up. Space limited to the first 50 youth registered.

Audience: 6 – 12 years (must have completed kindergarten)

Days/Times: Monday - Friday, 3 - 6 p.m.

Session dates: August - December (no program Oct. 12-16)

Fees: \$25 members/\$50 Non-members per month (Aug, Sept, Nov)
 \$20 members/\$40 Non-members per month (Oct and Dec)

Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive

ARBORICULTURE ADVICE!

Learn how to manage your greens and take care of those precious trees and lawns around you. Topics will include cacti and succulents (September), citrus (October), native trees (November) and native shrubs (December).

Audience: All ages

Days/Times: Second Monday of each month, 6 - 7 p.m.

Session dates: Sep. 14, Oct. 12, Nov. 9, Dec. 14

Fees: Free

Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive

RSVP: 520-544-1900



ARCHERY: INTERMEDIATE AND ADVANCED ARCHERY—JUNIOR OLYMPIC ARCHERY DEVELOPMENT CLASSES

Following the guidelines of USA Archery, students will:

- Train for line tournaments and competitions
- Train to shoot 3D Archery
- Train for Field Archery (using the NFAA walking courses)

As a sanctioned JOAD club, students will:

- Have the chance to qualify for Olympic pins using the JOAD pin system
- Have the opportunity to compete in state and national tournaments
- Be introduced to and taught thoroughly how to score arrows
- Learn how to tune bows and index arrows
- And most importantly: proper shooting technique

Audience: Ages 8 - 20

Days/Times: Mondays, 4 - 5:15 p.m.
Saturdays, 8 - 10 a.m.

Session dates: August 10 - Sept 5
Sept 14 - Oct. 10
Oct. 19 - Nov. 14
Nov 23 - Dec 19

Fees: 4-week session: 1x weekly \$30, 2x weekly \$55

Location: Oro Valley Archery Range at Naranja Park, 660 W. Naranja Dr.

Instructor: Oro Valley Staff Member Meaghan Bunge, Level 2 Nationally Certified Olympic Coach and 3D division tournament champion

ARCHERY: INTRODUCTION TO ARCHERY

This program is a basic introduction to international-style archery. Archery can be a skill enjoyed for a lifetime and is growing rapidly in popularity. It is safe and fun when basic rules and procedures are followed. We will teach you these rules, procedures, play creative games to improve accuracy and teach the basic skills necessary to help you begin a lifetime of enjoying the sport of archery. This is a great first step to the "Junior Olympic Archery Development" program. All necessary equipment is provided.

Audience: Ages 8 - 12

Days/Times: Tuesdays, 1 - 2: 15 p.m. (For early dismissal)
Thursdays, 3 - 4:15 p.m. and 4 - 5:15 p.m.

For Copper Creek Elementary School:

Oro Valley Staff will meet students in front of the office.

Tuesdays: 12:30 - 12:45 p.m. Depart and walk through gate to range.

Thursdays: 2:30 - 2:45 p.m. Depart and walk through gate to range.

Session dates: August 18 - Sept 1- 12
Sept 15 - Oct. 8
Oct. 20 - Nov. 12

Nov 24 - Dec 17 (No instruction Nov. 26)

Fees: 4-week session: 1x weekly \$30, 2x weekly \$55

Location: Oro Valley Archery Range at Naranja Park, 660 W. Naranja Dr.

Instructors: Provided by trained Oro Valley staff



CRAZY FOR HORSES KIDS CAMPS AT ROLLING HILLS RIDING ACADEMY

Spend your fall break at Rolling Hills Riding Academy! Children spend time on horseback, riding both Western and English styles. They will learn about horse behavior, language, interpreting what the horse is thinking, horse care and grooming, equine anatomy, and colors and breeds. They will do crafts, go on trail rides and play games on horseback. Emphasis is placed on the relationship with the horse and safety. There are helmets and boots to loan students who do not have their own. Instructors emphasize safety and are well trained in their riding discipline.

Audience: Ages 6 - 12
Days/Times: Monday – Friday, 7 – 10 a.m.
Session dates: October 5 - 9 (Marana School District fall break)
 October 12 - 16 (Amphi District fall break)
Fees: \$200
Location: Rolling Hills Riding Academy, 9015 N. Camino de Anza
Instructor: Donica Draper and Susan Blake



CREATE YOUR OWN CAKE POP

Come dip and decorate your own cake pops with your favorite colors and ingredients. All ingredients will be provided and participants will receive three cake pops each. Our October meeting will be Halloween themed, and costumes are encouraged.

Audience: Ages 4 - 16
Dates/Times: October 24 and December 19
 11 a.m. - 12:30 p.m.
Fees: \$10/member; \$20/non-member
Location: Oro Valley Community & Recreation Center,
 10555 North La Cañada Drive



FALL BREAK CAMP

Spend your fall break week with our fun and exciting staff at the Oro Valley Community & Recreation Center. Games, art, swimming, and sports, this camp has it all. Kids will enjoy our fabulous activities, our fantastic staff and our fun atmosphere. Register early. Space limited to the first 50 youth.

Audience: 6 – 12 years (must have completed kindergarten)
Dates/Times: Oct. 12– 16, 9 a.m. – 5 p.m.
 (Extended care available 7 a.m. – 6 p.m.)
Fees: \$85 members/\$160 non-Members (Extended care +\$15)
Location: Oro Valley Community & Recreation Center,
 10555 North La Cañada Drive

KICKSTARTER SPORTS PROGRAM

This program is a great introduction to various sports (basketball, soccer and more), with the active child in mind. Parent participation is required as your little one learns the beginning steps to a life of sports. Sign up soon, as space is limited to the first 20 children registered.

Audience: Ages 3 - 5
Dates/Times: Saturdays, Sept. 19 – Oct. 31, 10 a.m.
Fees: \$40 members/\$80 non-members
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive



THERAPEUTIC RIDING AT ROLLING HILLS RIDING ACADEMY

This program is intended for children with severe A.D.D. or A.D.H.D. and neurodevelopmental disorders as well as persons who have suffered a brain injury. A parent interview and an evaluation lesson with their child is required. (Fee applies to lesson.)

Audience: Ages 6+
Days: Monday - Friday
Time: Varies, call to set up time.
Session dates: Private or semi-private dates will be scheduled upon request
Fees: \$60 per lesson or discount available when purchasing four or more lessons
Location: Rolling Hills Riding Academy, 9015 N. Camino de Anza
Instructors: Donica Draper and Susan Blake, Certified Therapeutic riding instructors



TEAM DANCE

Team Dance is a blend of street jazz and hip-hop, choreographed to the hottest new songs. If you love to dance, this is the place to be.

Audience: Girls, grades 1 - 5
Dates/Times: Mondays @ 2:30 p.m. – Copper Creek Elementary
 Tuesdays @ 12:50 p.m. – Wilson K-8
 Tuesdays @ 3:30 p.m. – Community & Recreation Center
 Wednesdays @ 3:20 p.m. – Painted Sky Elementary
Session dates: Copper Creek: Aug. 17 –Sep. 28 (no class Sept. 7), and Oct. 19 - Nov. 23
 Wilson K-8 and Community & Recreation Center: Aug 18 – 22 and Oct 20 - Nov. 24,
 Painted Sky: Aug 19 – 23 and Oct 21 - Nov 25 (no class Nov. 11)
Fees: \$50 per session
Location: Copper Creek Elementary School gymnasium, 11620 N. Copper Spring
 Wilson K-8 foyer, 2330 W. Glover
 Community & Recreation Center, 10555 North La Cañada Drive
 Painted Sky Elementary School additional P.E. room, 12620 N. Woodburn
Instructor: Shawna Dorame, Jazzercise and Team Dance teacher since 2000



ADDITIONAL SPORTING OPPORTUNITIES ARE AVAILABLE WITH OUR PARTNERS

AYSO 922: www.ayso922.org
CDO Little League: www.cdobaseball.org and cdobaseball@gmail.com
CDO Soccer: www.cdosoccer.com & dan@cdosoccer.com
Oro Valley Fast Pitch Softball: www.ovfps.org
Oro Valley Little League: www.coronadoLL.org

ADULTS & SENIORS

AAA DEFENSIVE DRIVING COURSE

Want to get up to a 15% reduction in your insurance premiums? Take this class taught by AAA, your travel experts, and you could qualify for a reduction in your payments.

Audience: Ages 65+
Day/Time: Friday, Dec. 11 at 11 a.m.
Fees: TBA
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
Fees: 520-544-1900



ADVANCED ARCHERY CLASSES

Following the guidelines of USA Archery, adults will:

- Be introduced to and taught thoroughly how to score arrows
- Learn how to tune bows and index arrows
- And most importantly: Proper shooting technique
- Train for line tournaments and competitions
- Train to shoot 3D Archery
- Train for Field Archery (using the NFAA walking courses)

Audience: Ages 15+
Days/Times: Fridays, 5 - 6:30 p.m. or Saturdays, 3 - 4:30 p.m.
Session dates: Aug. 14 – Sept. 5; Sept. 11 – Oct. 3; Oct. 9 – Oct. 31; Nov. 6 – Dec. 5 (no classes Nov. 27 & 28)
Fees: \$60 for 4 classes
Location: Oro Valley Archery Range at Naranja Park, 660 W. Naranja Dr.
Instructor: Meaghan Bunge, JOAD certified instructor, state champion

ARBORICULTURE ADVICE

Learn how to manage your greens and take care of those precious trees and lawns around you. Topics will include cacti and succulents (September), citrus (October), native trees (November) and native shrubs (December).

Audience: All ages
Days/Times: Second Monday of each month, 6 - 7 p.m.
Session dates: Sep. 14, Oct. 12, Nov. 9, Dec. 14
Fees: Free
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
RSVP: 520-544-1900

BINGO!

B-4 you go home after a workout at the Community & Recreation Center, come have fun with your favorite game. The last Friday of every month will be Potluck Bingo day, so bring a dish and enjoy some company all while yelling BINGO!

Audience: All ages
Days/Times: Fridays at 11 a.m.
Fees: This program is free for members. Non-members must pay the daily drop-in fee.
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
RSVP: 520-544-1900

BROWN'S BOOT CAMP

Strength, cardio, flexibility and nutrition. Want Some? Get Some! Monthly sessions, both low and high-impact instruction available.

Audience: Adult (18+)
Days/Times: Mon.-Fri. at 5:30 a.m.
 Mon., Wed., Fri. at 8 a.m. and 5:45 p.m.
 Sat. at 6 a.m.
Session dates: Aug. 3 – 28, Aug. 31 – Sept. 25, Sept. 28 – Oct. 23, Oct. 26 – Nov. 20, Nov. 23 – Dec. 18
Fees: \$12.45/hour
Location: Riverfront Park, 551 W. Lambert Lane
Instructor: Randy Brown
Contact: 520-339-8878 or www.brownsbootcamp.com
Note: Mandatory orientation will be held at 10 a.m. on the Saturday prior to each session date. Orientation will be held at Resurrection Lutheran Church, 11575 N. First Ave.

HEALTH TALK SERIES

These presentations are focused on getting our community healthier through lectures and sessions with experts around the area. Topics include: cardiology, golf trauma (i.e. those carts are dangerous!), Golden Years women's health, gastro-intestinal health, urology, orthopedics, behavioral health and pediatrics.

For details on which topics will be discussed on each date, visit us at www.orovalleyaz.gov.

Audience: Adult (18+)
Dates: September 3 & 21
 October 7 & 22
 November 5 & 19
 December 2 & 17
Times: 5 - 6 p.m.
Fees: Free and open to the public
RSVP: 520-544-1900



ORO VALLEY WALKING CLUB

Get in shape, have fun, meet new people and it's free! This walking group is very active. In addition to walking three times weekly, the group adopted a wash that runs alongside the park.

Audience: Adult (18+)
Days/Times: Mon., Wed. & Fri., 7:30 - 8:30 a.m.
 (Changes with season, call 520-229-5050 to verify time)
Guide: Margret Parnell
Location: Riverfront Park, 551 W. Lambert Lane

OWLLS (OLDER WISER LIFE-LONG LEARNING SOCIETY)

Join the OWLLS for Second Thursday Socials in conjunction with the Oro Valley Concert Series at Oro Valley Marketplace (southwest corner of Oracle and Tangerine roads). It's a great time to gather and enjoy each other, good food, beverages and live music!

Audience: 55+
Day: Second Thursday of each month
Time: 4:30 p.m. for food and drinks (paid for individually). See locations below.
 6 p.m. for free Oro Valley Concert Series in front of Century Theatres.
Location: August 13, Wandaz (Formerly Harvest Moon)
 September 10, The Keg
 October 8, San Carlos Grill
 November 12, Wandaz (Formerly Harvest Moon)
 December 10, The Keg

(See page 29 of the program for the Concert Series schedule.)



PAINTING @ THE RANCH

Come to historic Steam Pump Ranch and paint in the shadow of Pusch Ridge! Award-winning watercolor and oil media artist Jennifer Coleman addresses the necessary components, composition and values with the individual attention that will make your paintings work. Students are encouraged to paint "plein air" and in the studio environment in one of the ranch buildings. Medium is oil or watercolor. Sessions are three weeks long, one day per week.

Audience: Adults (beginning to advanced)
Days/Times: Tuesdays, 9 a.m. - noon
Session dates: Aug. 4 - 18, Aug. 25 - Sept. 8, Sept. 15 - 29, Oct. 6 - 20, Oct. 27 - Nov. 10, Nov. 17 - Dec. 1, and Dec. 8 - 22
Fees: \$90 per three-week session
Location: Steam Pump Ranch, 10901 N. Oracle Rd.

RECREATION

PARKINSONS: DR. FARLEY TALKS ABOUT PARKINSON'S AND A HEALTHIER BETTER LIFE

Internationally known and PWR! Gym creator Dr. Farley has been helping people with Parkinson's for years. Her motto: People with Parkinson's can get BETTER and STAY BETTER with EXERCISE! Participants will learn how to maintain a healthy life with Parkinson's.

Audience: All ages
Day/Time: Thursday, Oct. 8 at 4 p.m.
Fees: Free
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
Contact: 520-544-1900

SILVERSNEAKERS FLEX STRENGTH & BALANCE FLEX

Brought to you by Healthways SilverSneakers® Fitness Program

Healthways is the leading provider of specialized comprehensive health solutions helping millions of people maintain or improve their health and, as a result, reduce overall health care costs. SilverSneakers encourages Medicare-eligible individuals to participate in physical activity and enjoy the company of others. SilverSneakers is the nation's leading fitness program designed exclusively for active older adults. This four-week program is especially beneficial to individuals with Parkinson's and neuromuscular disorders.

Audience: Seniors
Days/Times: Mon., Wed., & Fri., 2:30 - 4 p.m.
Session dates: Aug. 10 – Sept. 4
Sep. 7 – Oct. 2
Oct. 5 – Oct. 30
Nov. 2 – Nov. 27
Nov. 30 – Dec. 28 (no class Dec. 25)
Fees: Free to most Medicare-eligible members and caregivers
For non-Medicare eligible participants, the following fees apply:
• 1 x weekly, \$45 per session
• 2 x weekly, \$85 per session
• 3 x weekly, \$125 per session
Location: Rancho Vistoso Urgent Care, 13101 N. Oracle
Instructor: Vera Shury, Parkinson's trainer for the University of Arizona



VOLUNTEER OPPORTUNITIES

Are you interested in becoming a volunteer for Oro Valley Parks and Recreation? We have many areas that may be of interest.

- Office assistance
- Bookkeeping
- File maintenance
- Data entry
- Archery Range maintenance
- Grounds keeping at one of our natural parks
- West Lambert Lane
- Honeybee
- Trails in Naranja
- Trails maintenance on one of the Towns pedestrian paths and/or trails
- Assisting with senior programming
- Assisting with horse programs involving children or special needs individuals

If you are interested in any of the above opportunities, please call the Oro Valley Parks and Recreation office at 520-229-5050.



PETS



DOG OBEDIENCE WITH SUBLIME K-9 DROP-IN

This is a unique class developed to build a solid foundation in obedience while strengthening the bond between you and your dog. Whether you want to learn the basics or advance to a competitive level of dog training, this is the class for you!

This is an ongoing class. Your dog will be exposed to new dogs and people on a weekly basis. We will teach the basics—sit, down, stay, come, heel, etc.—and we'll advance you and your dog as needed. We will also give you the opportunity to learn about “dog sports” and guide you in the right direction if you become interested in taking your training a step further.

Audience: All ages of dog owners
Days: Thurs. and/or Sat. (Class is ongoing. You may start at any time.)
Time: 9 - 10 a.m.
Fee: \$100 for 8 group lessons
 \$15 per 1 group lesson
Location: Riverfront Park, 551 W. Lambert Lane
Instructor: JJ Belcher of Sublime Canine
Contact: 520-975-0878 or www.sublimek9.com



JJ'S FLYBALL TRAINING

Flyball is the world's fastest-growing dog sport and is fun for the whole family! Flyball is a relay race for dogs with teams of four racing another team and the clock! It is fast-paced and exciting. Positive reinforcement and clicker training is encouraged.

Audience: All ages of dog owners
Day/Time: Sundays at 9 – 10 a.m.
 Class is ongoing. You may start at any time.
Fee: \$25 per class or \$120 for 6 classes (drop-ins allowed)
Location: James D. Kriegh Park, 23 W. Calle Concordia
Instructor: JJ Belcher of Sublime Canine,
Contact: 520-975-0878, www.sublimek9.com



PERSONAL TRAINING

Personal training classes are not included in the Oro Valley Community & Recreation Center Membership. Fees vary based on instruction. Classes are open to both members and non-members.

ATHLETIC DEVELOPMENT PROGRAM

Secure a fit and healthy future for your children. This 12-week program will strive to improve self-esteem and confidence while making exercise enjoyable for a lifetime. Each session is tailored to the child's age, personality, and physical condition. Sessions are designed to improve strength, endurance, speed, agility, balance, flexibility and cardiovascular health.

Audience: Ages 7-15
Days: Mon. - Sat.
Times: Contact Julian Turner at 520-907-0514 or ovperformance@gmail.com to schedule
Fee: Varies based on instruction
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
Instructors: Jim Truitt, Ryan Archer, Glenda Garcia

CORRECTIVE EXERCISE & ATHLETIC PERFORMANCE TRAINING

This is the "Exclusive Personal Fitness Experience." A group of experienced and motivated professionals are committed to tailoring specific programs for individuals with special needs and concerns.

CORRECTIVE EXERCISE

- Movement training to eliminate pain, improve flexibility, mobility, stability and strength
- Exercise training to correct the "hard drive" that directs your body's movement habits
- Functional exercise techniques to enhance overall health and restore optimal performance
- Pre- and post-rehab, medically-approved fitness programs

SPORTS PERFORMANCE

- Unique programs based upon the principles of functional movement
- Designed to improve response, balance, length, strength and coordination of movement patterns specific to the individual sport
- Learn ideal static and dynamic posture, proper breathing and bracing
- Learn static and dynamic mobilizations, stretching and myofascial release

Audience: Ages 14+
Days: Mon. - Sat.
Times: Contact Julian Turner at 520-907-0514 or ovperformance@gmail.com to schedule
Fee: Varies based on instruction
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
Instructors: Julian Turner, Mylene Brock, Jim Truitt



REACH YOUR POTENTIAL FITNESS PROFESSIONALS

Certified personal trainers are on site to help improve your wellness, train for peak performance or develop skills. Contact Julian Turner at 520-907-0514 or ovperformance@gmail.com.



STAY ON YOUR FEET!

This is an agility-based training program designed to help coordination and balance as we age. Individual and small group classes available. Learn to:

- Improve efficiency of movement
- Improve joint mobility and stability
- Improve overall functional capacity
- Decrease risk of falling
- Reduce risk of injury or re-injury

Audience: 55+
Days: Mon. - Sat.
Times: Contact Julian Turner at 520-907-0514 or ovperformance@gmail.com to schedule
Fee: Varies based on instruction
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
Instructors: Julian Turner, Mylene Brock, Jim Truitt

SPECIAL EVENTS



DRIVE-IN MOVIES ON THE DRIVING RANGE

Join us for a free Drive-in Movie series as we present G- or PG-rated features on our giant, inflatable outdoor screen. Bring your blankets and lawn chairs or enjoy the show from a golf cart! Food and beverages will be available for sale. This is a pet-free event.

Audience: All ages
Day: Saturdays
 Aug. 15 featuring *Up*
 Sept. 12 featuring *The Incredibles*
 Oct. 30 featuring *Hotel Transylvania*
Time: Dusk (check the Parks & Recreation web page as the date gets closer)
Fee: Free
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Dr.



DROP AND SHOP

It's Black Friday shopping time! Drop the kids off (ages 2 – 12) at the Oro Valley Community & Recreation Center and get out there to shop for those deals! Our staff will keep children entertained, fed and happy while you are out getting your holiday shopping done. Register early by calling 520-544-1900. Space limited to the first 40 youth registered. Cost per child is \$10 for members and \$20 for non-members.

Day: Friday, November 27, 6 a.m. to 6 p.m. (Drop off and pick up any time.)
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive

FLAG RAISING CEREMONY

Join us on September 11 at 8:30 a.m. to raise the American flag on our new flagpole at the Oro Valley Community & Recreation Center, 10555 North La Cañada Drive. This patriotic event is free and family-friendly.

FLU SHOTS

Flu season is coming, and we are ready to combat it with flu shots at the Oro Valley Community & Recreation Center. Flu shots will be provided by Walgreens and are billable to your health insurance

Audience: All ages
Dates/Times: Friday, Oct. 2, 9 a.m. – noon and 2-5 p.m.
 Monday, Nov. 9, 3 - 6 p.m.
Fee: Vary according to insurance
Location: Oro Valley Community & Recreation Center, 10555 North La Cañada Drive
Register: Call 520-544-1900

NEW YEAR'S DAY HOT COCOA 5K



Cocoa 5k Run

Kick off 2016 in style—with your running shoes on! Meet at Steam Pump Ranch for the Hot Cocoa 5K and be ready for some fun. The race will include snacks, water, prizes for overall and age group winners, and of course, hot cocoa. Keep your New Year's resolutions with us!

Audience: All ages
Date: Friday, January 1, 2016
Time: 11:16 a.m.
Fee: \$20 (includes a T-shirt) before Dec. 4
 \$25 after Dec. 4 through race day
 Youth 12 and under race for free with paying adult (T-shirt not included).
Location: Cañada Del Oro Multi-Use Path (at Steam Pump Ranch, 10901 N. Oracle Rd.)
Register: Register online or call 520-229-5050

DOGGIE DASH 'N DAWDLE

October 31, 2015

Riverfront Park, 551 W. Lambert Lane

8 a.m.	Registration
8:45 a.m.	Dash start time (2 miles)
9 a.m.	Dawdle start time (1 mile)
Noon	Event ends

\$25 Early Registration by Oct. 10 (includes T-Shirt)

\$35 Late Registration through Oct. 31 (includes T-Shirt)

Including best Doggie Halloween Costume contest (prizes will be awarded)

Sponsored by Northwest Pet Clinic, PLLC

Join the Town of Oro Valley for our Doggie Dash 'n Dawdle. This is a run/walk event for you and your four-legged friends. Bring your dog down to Riverfront Park and dash off in the two-mile run or take a leisurely one-mile dawdle. After the race, you can enjoy fun, pet-friendly activities like the Halloween Costume contest for your pets, an obstacle course and yummy dog biscuit making. Please remember to have your doggie athletes leashed, and we will see you there!

HALLOWEEN SPOOKTACULAR!

FRIDAY, OCT. 30, 2015 AT 5 PM

ORO VALLEY COMMUNITY & RECREATION CENTER, 10555 N. LA CANADA DR.



FUN ACTIVITIES FOR THE WHOLE FAMILY

PUMPKIN CARVING CONTEST | COSTUME CONTEST
TRICK-OR-TREAT CANDY CART LANE | MUSIC

DRIVE-IN MOVIE

"HOTEL TRANSYLVANIA" ON
THE DRIVING RANGE @ DUSK



FLAG RETIREMENT

AT OVPD AND THE OV COMMUNITY & RECREATION CENTER

DROP OFF YOUR RETIRED FLAGS
FOR PROPER DISPOSAL.

JULY 4 – SEPTEMBER 11, 2015

DID YOU KNOW?

U.S. FLAG CODE DICTATES THAT “THE FLAG, WHEN IT IS IN SUCH CONDITION THAT IT IS NO LONGER A FITTING EMBLEM FOR DISPLAY, SHOULD BE DESTROYED IN A DIGNIFIED WAY, PREFERABLY BY BURNING.”

IN HONOR OF THIS TRADITION, THE FLAGS WILL BE TURNED OVER TO THE AMERICAN LEGION AUXILIARY ORO VALLEY UNIT 132 FOR PROPER DISPOSAL OF FLAGS THAT SHOULD BE RETIRED DUE TO WEAR AND TEAR.



Oro Valley Police Department
11000 N. La Cañada Drive

Oro Valley Community & Recreation Center
10555 N. La Cañada Drive

www.ovalleyaz.gov

Harvest Heritage FESTIVAL

NOV. 7
9 a.m. - 3 p.m.

AT STEAM
PUMP RANCH
10901 N. Oracle Road

- Visit our first "Living Museum"
- Historically-accurate short skirts
- Authentic cowboy music by Bill Ganz and Cowboy at Heart
- Performances by local school groups
- Juried historic art show in the Pusch House
- Blacksmith demonstrations with David Flynn
- Horse show and presentations
- Heritage Garden activities including prehistoric activities with Allen Denoyer and harvest cooking demonstrations
- Kids Zone: petting zoo, crafts, straw maze
- Farmers Market
- Food trucks
- Historic, Western and American Arts and Crafts Vendors



www.orovalleyaz.gov



LISTEN! LAUGH! DANCE! and SING!

Saturday, August 1, 2015

Back to School Winds of Change

Music & Dance Academy

It's time to go back to school, and the Winds of Change musicians will help audience members discover all the most wonderful reasons to welcome the return to school. The trio will introduce their favorite school subjects and activities they enjoy, through music. Concert-goers will be asked to sing, dance and frolic their way back to another great year of learning!

Saturday, September 5, 2015

Poetic Silver Strings

Music & Dance Academy

Enjoy the wonderful imagination and wit of the poetry of Shel Silverstein, set to the music of stringed instruments. Music and Dance Academy musicians will bring the poetry to life through interactive instrument playing and movement.

Saturday, October 3, 2015

Thomas the Tank Engine

Tucson Symphony Orchestra Strong Quartet

May the best Engine win! Chugga-chugga wheesh, "All aboard" and "Close the doors!" Join Thomas the Tank Engine and the TSO String Quartet on an exciting and suspenseful musical journey. Help Thomas overcome gigantic musical obstacles while trying to win the race! Be sure to bring your Thomas outfit or engine to the concert

Saturday, November 7, 2015

A Wild, Wild, West Side Story (The True Story of Pecos Bill)

Tucson Symphony Orchestra Percussion Ensemble

Follow Pecos Bill as he travels to Douglas, Arizona, where he hears a voice coming from the city jail -- Cowboy Mouse singing, "El Raton Vaquero". Pull on your boots and grab your cowboy hat so you can enjoy this original story that places the Tall Tale hero in a setting with elements of Bernstein's West Side Story and TV's The Wild, Wild West.

Saturday, December 5, 2015

Beethoven's Mouse

Tucson Symphony Orchestra Piano Trio

Maybe some of you know about Morris the Mouse. He's the mouse who lives backstage at the Tucson Music Hall and loves to listen to the TSO rehearse and perform. You probably didn't know that Morris' Great-great-great grandfather Moritz was just as crazy about music as Morris. Beethoven's Mouse tells the touching tale of how Moritz befriended the great composer. The story is by TSO violinist Michael Fan; the music is by Beethoven, of course!

Oro Valley Council Chambers

10am FREE ADMISSION

The musical magic for kids concerts provide an intimate, interactive experience for young children and their families where they can explore the sights, sounds and workings of instruments and dance.



Saturday, January 2, 2016

Mel and Mama Cholla

Tucson Symphony Orchestra Flute, Viola, Harp Trio

"Uh-oh! These Cholla babies have gotten away from their mother!" Mel, the rabbit, carefully picked up the fuzzy little balls and brought them to the foot of the nearby cactus. But the next morning, Mel came back and found the babies back in the middle of the road. What is going on here? Find out in Mel and Mama Cholla, a musical adventure by TSO's Michael Fan.

Saturday, February 6, 2016

Instrument Petting Zoo

Civic Orchestra of Tucson

Saturday, March 5, 2016

Around the World in 45 Minutes

Music & Dance Academy

The Villarreal-Beltran voice and guitar duo will present musical selections from around the world. Audience members will travel to different parts of the world while learning about the music, moving to the beat and singing along to works from around Europe, Central and South America and beyond.

Saturday, April 2, 2016

Winds in Space

Tucson Symphony Orchestra Wind Quintet

Blast off on a musical adventure through space. Travel with nine-year old twins Alex and Lisa as they explore Bassoonadon and other planets, encounter Queen DoubleReeda, dodge asteroids and meet aliens! But before they know it they're lost, with no way home! Wear your space suit or come dressed as an alien and help them on their adventure before they're lost in space forever!

Saturday, May 7, 2016

Kalimba Kee: An African Elephant and His Best Friend, a Hippo

Tucson Symphony Orchestra Brass Quintet

Celebrate Nandi, Tucson's cutest elephant, with a story about her family far away in Africa. You will love the original story and music written by TSO's Michael Fan. Come in costume and join the herd!

Saturday, June 4, 2016

A Musical Journey

Civic Orchestra of Tucson

The Musical Magic for Kids program is brought to you by the generous underwriting support from the Town of Oro Valley



For information and details, please contact the Southern Arizona Arts & Cultural Alliance at (520) 797-3959 or visit www.SAACA.org



2015

July 9 Old School House Band *Oldies / Classic Rock*

The Old School House Band features a roster of three experienced and talented musician/vocalists who have come together to create an energetic wall of sound. Their 3-part harmony combined with infectious grooves, move listeners to leave their seats to DANCE, and enjoy the band's variety of hit classics from legendary performers.

August 13 Tucson Bandstand *Hits of the 60's & 70's*

Tucson Bandstand is a cover band featuring jukebox favorites from the 50's, 60's and 70's. Their extensive repertoire appeals to a wide demographic. Their set list will certainly conjure up great memories from your past. The band combines three-part harmony among the three vocalists along with vibrant piano, solid bass and steady drums.

September 10 Reno Del Mar *Latin Acoustic Duo*

Reno del Mar is a dynamic acoustic instrumental group that performs beautiful, original guitar and violin music in a wide range of styles that include latin jazz, Americana, western swing, tango, gypsy, flamenco fusion, bebop and blues. The trio is usually violin and two acoustic guitars.

October 8 Bouncing Czechs *German Ocktoberfest*

The Bouncing Czechs Band was formed 14 years ago by members of the Tucson Czech-Slovak Club. The Bouncing Czechs have been popular for dancing and have played at mobile home parks, Senior communities, Fraternal organizations, Tucson and Phoenix Area Arts Festivals, Arizona Casinos, numerous private parties, and Tucson ethnic clubs.

November 12 Saddlebrook Winds and Strings *Classic Pops*

Saddlebrook Winds and Strings was begun in the fall of 2013 by Jim Van Brocklin and Ed Sand. It was organized with the idea that an ensemble was necessary to provide an opportunity for former musicians to get back to playing their instruments. The group has grown to as many as thirty members, playing marches and music from Broadway, film and movies.

December 10 Desert Melodies *Jazz Vocal Standards*

Desert Melodies is Tucson's most eclectic vocal cover group, performing your favorite pop, jazz and easy listening standards from the 20's thru today. Live piano accompaniment and the fabulous vocal talents of Amber Lee, Beth & Chris make these performances memorable and thoroughly enjoyable!



ORO VALLEY CONCERT SERIES

Oro Valley Marketplace

SW corner of Oracle and Tangerine Rd
Century Theatres Courtyard

SECOND THURSDAYS at 6pm

FREE ADMISSION

Attendees are encouraged to bring
their own chairs to enjoy the concert



2016

January 14 Ocotillo Rain & Thunder *Bluegrass*

Ocotillo Rain and Thunder Bluegrass Band presently plays Weekly on Thursdays at the Continental Ranch Farmers Market. Made up from 11 members of all walks of life; they all agreed on one thing when they formed this band, to give back to the community. Every month they choose a charity and all tips and wages go to that charity.

February 11 Rhythm Gang of Tucson *Band Swing*

The Rhythm Gang, a 40's style swing band, is playing music for dancing and listening pleasure for all ages. They specialize in music from the great bands of the swing era such as Benny Goodman, Glenn Miller, Tommy and Jimmy Dorsey, Stan Kenton, Woody Herman and other memorable bands of the time.

March 10 Mr. Boogie Woogie *Boogie Woogie Piano*

Hard drivin', old school Rhythm & Blues, complemented by some killer Boogie Woogie, by the fastest, flashiest, piano-thumping boogie man from the Netherlands. Mr. Boogie Woogie (aka) Eric-Jan Overbeek was born on April 5, 1967 in Nieuw Vennepe, the Netherlands. During his 30 year career he has opened the stage for international giants of blues.

April 14 Swingset *R & B / Jazz / Soul*

Swingset is an semi-acoustic jazz, blues and soul ensemble featuring Troy Martin-bass and vocals, Sandy Carter-acoustic/electric guitar and vocals, Matt Cuthbertson-acoustic guitar and harmonica, Connie Brannock-vocals, cajon and occasionally piano. Audience participation is encouraged and there's always a bucket of percussion instruments for the kids.

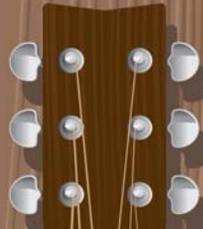
May 12 Ronstadt Generations *Folk*

Ronstadt generations represents the multi-cultural roots America was founded upon. Dating back five generations in North America, Michael Ronstadt, younger brother of Linda Ronstadt, continues the family tradition with his two sons, Michael G. and Petie. These voices, bring to life a repertoire that reaches back to the 19th century while looking ahead to the 21st.

June 9 Sticks & Fingers *Afro-Caribbean World Fusion*

Sticks and Fingers is a dynamic percussion group that produces a Joyful Afro-Caribbean sound. Their range of music genre is vast from Calypso, soca and reggae an African beat to American standards. Artists integrate the Steel Drum and various percussion instruments into all these diverse compositions together with dance and vocals.

For more information visit www.SAACA.org or call the Southern Arizona Arts and Cultural Alliance at (520) 797-3959



Oro Valley

STEAM PUMP RANCH CONCERT SERIES

Second Saturdays at the Oro Valley Farmers Market

10901 N. Oracle Road, Oro Valley, AZ 85737

10:30am-12pm Free Admission

Attendees encouraged to bring their own chairs.

2015-2016 PERFORMANCE LINE-UP:

December 12 **Arizona Banjo Blasters**

January 9 **Gabriel Ayala**

February 13 **River Road Ramblers**

March 12 **Ocotillo Rain and Thunder**

April 9 **Greg Morton**

May 14 **High Desert**



more info at

www.SAACA.org



SECOND SATURDAYS

AT STEAM PUMP RANCH



Join us on the second Saturday of each month at Steam Pump Ranch for special tours, historic and cultural presentations, live music and activities for children.

FREE FOR ALL AGES

EVERY SECOND SATURDAY OCTOBER 11, 2015 – MAY 9, 2016



For additional information call 520-229-5050
or visit our website at
www.orovalleyaz.gov/parksandrec

STEAM PUMP RANCH

10901 N. ORACLE ROAD
ORO VALLEY, ARIZONA

8 – 9:30 a.m.

- Property is open for tours
- Art exhibits in the ranch house

8 a.m. – noon

- Farmers Market
- Historic, Western and Americana Artisan and Antique Fair

9:30 – 10:30 a.m.

- Guest speakers

10:30 a.m. – noon

- Art exhibits in the Ranch house
- Live music
- Heritage Garden demonstrations



ORO VALLEY PUBLIC LIBRARY

HOURS OF OPERATION

Mon. - Thurs. 9 a.m. - 7 p.m.
Fridays 10 a.m. - 5 p.m.
Saturdays 9 a.m. - 5 p.m.
Sundays 1 p.m. - 5 p.m.

The Oro Valley Public Library offers a variety of programs, including story time, baby time, book clubs, craft clubs, bridge, mahjong, master gardeners, computer tutoring, teen programs, family programs, senior programs and much more.

Managed by the Pima County Library District

1305 W. Naranja Drive
Oro Valley, AZ 85737

Phone: (520) 594-5580

Visit our web site for additional programs and events:

www.library.pima.gov/locations/orovalley/

LA VISTA RESTAURANT

Proudly managed by 

OKTOBERFEST

Date: Saturday, October 17 at 5 p.m.
Fee: \$25 (includes tax)
 Tickets will be sold in advance: \$25 (includes tax)
 Three ways to purchase tickets:

- Pick them up at the El Conquistador Golf Shop or at La Vista Restaurant.
- Call Kathy Gillespie at 520-229-5355
- Email Kathy Gillespie kgillespie@troongolf.com

Additional information: Drink specials (priced separately)
 Outdoor patio dining under a big tent
 Community tables (German-style seating)
 Live music
 Includes a commemorative beer stein

LA VISTA THANKSGIVING FEAST

Thanksgiving is a time to count our blessings and toast to good cheer with those we hold dear. Join us for a delicious sit-down meal to celebrate. Enjoy a special Thanksgiving menu and live music. Various menu items priced separately.

Thursday, November 26 beginning at 4 p.m.
 Advance reservations required. Please contact Kathy Gillespie at 520-229-5355 or kgillespie@troongolf.com.



LA VISTA RESTAURANT

10555 N. La Cañada Drive
 Oro Valley, AZ 85737
 (Located in the Oro Valley Community & Recreation Center)
 520-229-5359

Menus can be viewed at:
www.elconquistadorcc.com

Hours of Operation

Lunch Service:
 Daily, 10 a.m.-6 p.m.

Bar Service: Daily
 10 a.m.-6 p.m.

Dinner Service:
 Every Thursday and Friday, 5 - 8 p.m.

Every Thursday night at 5 p.m. is Pasta Night!

Design your own pasta dish and watch as our chefs create it!
 (Gluten-free pasta available.)

\$13.50 adults and \$6 children

Garden Café:

Daily 7 a.m. – 1 p.m.

LA VISTA HOLIDAY HELPER

Would you like a holiday helper? Order your holiday meal for pick-up from La Vista Restaurant!

Special holiday menu – items priced separately.

Place your order online December 1 – 12 by visiting
www.elconquistadorcc.com.

Pick up at La Vista Restaurant on December 24 by noon.

2016 NEW YEAR'S EVE CELEBRATION

Ring in the New Year with El Conquistador Golf & Tennis !

Date: Thursday, December 31
Time: 7 p.m. to 12:30 a.m.
Fee: \$55 per person (includes tax)
 Free bottle of champagne with purchase of two tickets.
 Special dinner menu and live music
RSVP: Advance reservations required. You may call or email Kathy Gillespie at 520-229-5355 or kgillespie@troongolf.com.

You may also make reservations online at
www.elconquistadorcc.com.



16th Annual
ORO VALLEY
Holiday
FESTIVAL OF THE ARTS
& TREE LIGHTING
Celebration

DEC. 5 10 a.m. to 6 p.m. & **DEC. 6** 10 a.m. to 4 p.m.

ORO VALLEY MARKETPLACE, 12155 N. ORACLE RD.

Presented by the Town of Oro Valley and the Southern Arizona Art and Cultural Alliance

The Oro Valley Holiday Festival of the Arts has grown to become one of the largest holiday-themed celebrations in the region. Featuring up to 150 artists at the festival, the event draws artisans from around the country in a diverse range of mediums including sculpture, photography, painting, jewelry, functional art, stone, home décor, metal art and so much more. The weekend's highlight is when we light up a 35-foot holiday tree on Dec. 5 at 6 p.m. in the Oro Valley Marketplace central plaza. Enjoy cookie decorating sponsored by Splendido at Rancho Vistoso, hot cocoa and holiday arts and craft making, as well as a special visit from Santa. One of the must see performances includes the annual Tuba Christmas performance. The event is brought to the public free of charge by the Southern Arizona Arts and Culture Alliance, the Town of Oro Valley and title sponsor Pima Federal Credit Union.

For more information, visit www.orovalleyaz.gov.



ORO VALLEY
MARKETPLACE



GREATER
ORO VALLEY
Chamber of Commerce

Splendido
AT RANCHO VISTOSO