

2012 Spring Special Interest Classes for Teens and Adults

343102 - Lim Kenpo Karate-Adult/Teen

This class is based on the unique and results oriented martial art of Hawaii Kenpo Karate. This program is designed to be a fun activity that teaches self-protection, self-defense, respect, manners, increased self- confidence and overall health including weight management and stress relief. Lim Kenpo Karate has over 40 years teaching experience, and promotes a mindset to exercise. This is an on-going program with the opportunity for belt rank advancement (test fees apply). For more information please contact Patrice Lim at 602-525-8472, limkenpo@cox.net or www.limkenpo.net (Instructor fee refunds are the responsibility of Lim Kenpo Karate.) Payment to the City of Mesa is required when registering for this class: \$12 Res./ \$14 Non-Res. The balance of \$38.00 to be paid to the instructor at the first class.

	Ages	Res	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343102-11	13	99.99	01/04/2012	01/25/2012	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$52.00	5	50
The balance of \$38.00 to be paid to the instructor at the first class. Specific school uniform and patches can be purchased from the head instructor the first day of class-\$45 fee. Age 4 and under participation with approval from head instructor. No class January 2 and 16.											
343102-21	13	99.99	02/01/2012	02/29/2012	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$52.00	5	50
The balance of \$38.00 to be paid to the instructor at the first class. Specific school uniform and patches can be purchased from the head instructor the first day of class-\$45 fee. Age 4 and under participation with approval from head instructor. No class February 20.											
343102-31	13	99.99	03/05/2012	03/28/2012	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$52.00	5	50
The balance of \$38.00 to be paid to the instructor at the first class. Specific school uniform and patches can be purchased from the head instructor the first day of class-\$45 fee. Age 4 and under participation with approval from head instructor.											
343102-41	13	99.99	04/02/2012	04/30/2012	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$52.00	5	50
The balance of \$38.00 to be paid to the instructor at the first class. Specific school uniform and patches can be purchased from the head instructor the first day of class-\$45 fee. Age 4 and under participation with approval from head instructor.											
343102-51	13	99.99	05/02/2012	05/30/2012	MW	6:00 PM	7:30 PM	Red Mtn. Multigen. Center	\$50.00/\$52.00	5	40
The balance of \$38.00 to be paid to the instructor at the first class. Specific school uniform and patches can be purchased from the head instructor the first day of class-\$45 fee. Age 4 and under participation with approval from head instructor. No class May 28.											

343107 - Aikido For Teen/Adult

Aikido is a defensive Japanese martial art which is intended to teach students to defend themselves without causing injury. Aikido can help develop and improve strength, balance, flexibility, coordination and self-confidence. Aikido is based on respect for self and others and is appropriate for both men and women. Teresa Mastison will share her many years of Aikido experience as the contracted instructor for this class. Contact her with inquiries about class content and family registration discount at 480-639-4628 or visit www.AikidoOfPhoenix.com. Payment to the City of Mesa is required when registering for this class: \$12 Res./ \$14 Non-Res. The balance of \$39.00 to be paid to the instructor at the first class.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343107-11	14 99.99	01/06/2012	01/30/2012	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$51.00/\$53.00	4	30
	No class Jan. 2 and Jan. 16.									
343107-21	14 99.99	02/03/2012	02/27/2012	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$51.00/\$53.00	4	30
	No class Feb. 20.									
343107-31	14 99.99	03/02/2012	03/30/2012	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$51.00/\$53.00	4	30
343107-41	14 99.99	04/02/2012	04/30/2012	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$51.00/\$53.00	4	30
343107-51	14 99.99	05/04/2012	05/25/2012	MF	7:15 PM	8:45 PM	Red Mtn. Multigen. Center	\$51.00/\$53.00	4	30
	No class May 28.									

343148 - Capoeira

Capoeira is a martial art that will get you in shape, and test the limits of your body and mind regardless of your experience or age. This Afro-Brazilian martial art combines self-defense, music and acrobatics. This fast and versatile art form is challenging and demanding on the body and is extremely beautiful to watch. There will be opportunity to learn to play associated instruments, such as the berimbau, and sing/speak in Portuguese. Contact Jeremy Turnbow, the contracted instructor at 480-570-9091 with questions. Payment to the City of Mesa is required when registering for this class- \$10Res/\$12 Non-Res. The balance of \$28.00 is due to the instructor the first day of class.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343148-11	12 50	01/24/2012	02/28/2012	Tu	7:00 PM	8:30 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	4	25
343148-21	12 50	03/06/2012	04/10/2012	Tu	7:00 PM	8:30 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	4	25

343332 - Tai Chi - Beginning

Looking for another way to decrease stress? T'ai Chi Chuan is "meditation in motion". Steve MacLear, the contracted instructor for this class, has 24 years of experience, and will guide you through this healing, meditative, martial art. Experience serenity through gentle movements that connect your mind and body, learn the five principles of T'ai Chi, and journey through the "first third" of the Yang style, which is a short form of T'ai Chi. Contact Steve MacLear at 480-734-8591 with questions about this class. Self-disciplined participants age 13 and older can attend with participating adult and instructors approval. Payment to the City of Mesa is required when registering for this class- \$10 Res/\$12 Non-Res. The balance of \$35.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343332-11	15	99	01/03/2012	01/31/2012	TuTh	6:30 PM	7:20 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	30
343332-21	14	99	02/07/2012	02/28/2012	TuTh	6:30 PM	7:20 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	5	30
343332-31	14	99	03/06/2012	03/29/2012	TuTh	6:30 PM	7:20 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	30

343333 - Tai Chi - Intermediate

Tai Chi Chuan, which may be translated as "Supreme Ultimate Fist", is an ancient martial art famous for both it's martial applications, and its healing and meditative benefits for the practitioner. Continue your journey into Tai Chi with this class, which is a continuation of what you learned in the Beg. class. You will be introduced to the "second third" of the Yang style, Cheng Man-Ching, 37 posture form of Tai Chi Chuan. This class is suitable for all fitness levels, as well as all experience levels from beginner to advanced players who want to brush up on their skills. Contact Steve MacLear at 480-734-8591 with questions about this class. Self-disciplined participants age 13 and older can attend with participating adult and instructors approval. Payment to the City of Mesa is required when registering for this class- \$10/Res, \$12/Non-Res. The balance of \$35.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343333-11	15	99	01/03/2012	01/31/2012	TuTh	7:30 PM	8:20 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	30
343333-22	15	99	02/07/2012	02/28/2012	TuTh	7:30 PM	8:20 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	30
343333-32	15	99	03/03/2012	03/29/2012	TuTh	7:30 PM	8:20 PM	Red Mtn. Multigen. Center	\$45.00/\$47.00	6	30

343340 - Spanish for Survival

If you ever wished you knew enough Spanish to effectively communicate...this class is for you! This 10-week class will engage you in conversational, grammatical and interactive lessons. You will learn Spanish through role playing, singing, word games and reading aloud in class. Customized materials will help you communicate in Spanish. This class is great for health care providers, travelers, salespeople, service workers and more! Please contact Chuck Smith at 602-531-2650 with questions about this class. Payment to the City of Mesa is required when registering for this class- \$32Res/\$38 Non-Res. The balance of \$105.00 is due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343340-11	16	99	01/26/2012	03/29/2012	Th	6:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$137.00/\$143.00	10	20

Additional \$10 fee for book, payable to the instructor.

343365 - Belly Dance - Beginning

Exercise and express yourself in a unique and creative way. Belly dance can increase body tone, burn calories, improve digestion and posture and reduce stress, which is why it is one of the hottest new exercise trends. Angelia the contracted instructor for this class, will introduce you to the basics of belly dance techniques, forms, and dance moves, and will share with you her unique experiences and expertise in the art of belly dance. Please contact her at 480-610-5857, or angiefamoso1@yahoo.com for information about this class. Payment to the City of Mesa is required when registering for the class-\$10 Res/\$12 Non-Res. The balance of \$28.00 to be paid to the instructor at the first class.

	Ages	99.99	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343365-11	12	99.99	02/01/2012	03/07/2012	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	5	30
Instructor accepts cash payments only.											
343365-21	12	99.99	04/04/2012	05/09/2012	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	5	30
Instructor accepts cash payments only.											
343365-31	12	99.99	05/23/2012	06/27/2012	W	7:00 PM	8:00 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	5	30
Instructor accepts cash payments only.											

343366 - Belly Dance - Intermediate

Intermediate Belly Dance continues an emphasis on flexibility, while incorporating additional strengthening exercises for stamina, posture, and advance mobility. Students will build on the basics of belly dance techniques, forms, and dance moves and be shown more challenging isolation, strengthening, layering of hips, chest and arm movements and more complex traveling patterns. Angelia is the contracted instructor for this class, and will share with you her unique experiences and expertise in the art of belly dance. Please contact her at 480-610-5857, or angiefamoso1@yahoo.com for information about this class. Payment to the City of Mesa is required when registering for the class-\$10 Res/\$12 Non-Res. The balance of \$28.00 to be paid to the instructor at the first class.

	Ages	99.99	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343366-11	12	99.99	02/01/2012	03/07/2012	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	5	30
Instructor accepts cash payments only.											
343366-21	12	99.99	04/04/2012	05/09/2012	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	5	30
Instructor accepts cash payments only.											
343366-31	12	99.99	05/23/2012	06/27/2012	W	8:00 PM	9:00 PM	Red Mtn. Multigen. Center	\$38.00/\$40.00	5	30
Instructor accepts cash payments only.											

343372 - Dance Sampler

Variety is the spice of life! Spice it up with this class that will teach you the different Ballroom, Latin and Swing dances. You will learn new moves, or polish your existing moves and learn new patterns. No partner necessary, but it's always fun to bring a friend. At the end of this adventure, you will know various Ballroom, West Coast Swing and Latin Dances. Jana Moore is the contracted instructor for this class. Contact her at 480-363-9997 for more information on this program. Payment to the City of Mesa is required when registering for this class: \$12 Res./\$14 Non-Res. The balance of \$40.00 to be paid to the instructor at the first class.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343372-11	16 99	01/25/2012	02/29/2012	W	7:00 PM	7:50 PM	Red Mtn. Multigen. Center	\$52.00/\$54.00	6	25
The balance of \$40.00 to be paid to the instructor at the first class.										
343372-21	16 99	03/21/2012	04/25/2012	W	7:00 PM	7:50 PM	Red Mtn. Multigen. Center	\$52.00/\$54.00	6	25
The balance of \$40.00 to be paid to the instructor at the first class.										

343412 - Weight Loss Challenge

Reach your wellness goals, learn about nutrition and have fun on the way! Carlos Cano, the contracted instructor will coach you through a fun, encouraging journey to incredible results. Each class begins with a weigh-in and measurement, moves through different weekly topics, and ends with a smile. Optional nutritional programs will be available, but are not mandatory. Top three challenge participants will be awarded cash prizes (prize amount determined by the number of participants). Contractor fees are non-refundable. For more information contact Carlos Cano at 480-229-6579 or info@nutritionandwealth.com. Payment to the City of Mesa is required when registering for this class- \$11 Res/ \$14 Non-Res. The balance of \$35.00 is due to the instructor the first day of class.

	Ages	Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343412-11	18 99	01/25/2012	03/07/2012	W	6:00 PM	7:00 PM	Red Mtn. Multigen. Center	\$46.00/\$49.00	5	25
343412-21	18 99	03/21/2012	05/02/2012	W	6:00 PM	7:00 PM	Red Mtn. Multigen. Center	\$46.00/\$49.00	5	25

343414 - Couponing 101

Do you want to save your family money by using coupons? Don't know how to get started? In this class you will learn two methods for getting coupons clipped and organized so you're ready to shop and save! This informative Q & A format will assist you in putting together your very own coupon organizer. Participants will need to provide the current weeks newspaper coupons and scissors. Amy Van Vlack is the contracted instructor for this class, please contact her at 480-784-7190 with questions. Payment to the City of Mesa is required when registering for this class- \$10 Res/\$12 Non-Res. The balance of \$22.00 due to the instructor the first day of class.

	Ages		Begins	Ends	Days	Starts	Ends	Location	Res/NR Fee	Min	Max
343414-11	18	99	01/28/2012	01/28/2012	Sa	9:00 AM	11:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	3	15
343414-21	18	99	02/25/2012	02/25/2012	Sa	9:00 AM	11:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	3	15
343414-31	18	99	03/31/2012	03/31/2012	Sa	9:00 AM	11:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	3	15
343414-41	18	99	04/28/2012	04/28/2012	Sa	9:00 AM	11:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	3	15
343414-51	18	99	05/26/2012	05/26/2012	Sa	9:00 AM	11:30 AM	Red Mtn. Multigen. Center	\$32.00/\$34.00	3	15