

2009

Green Valley Recreation, Inc.



Summer Program Guide

REGISTRATION IS GOING ON NOW

- Courses • Tours • Concerts • Movies • Dances •
- Special Events •

GVR Now Offers FOUR Convenient Ways to Register!

On-Line

Remember, you must have your GVR number and PIN available in order to access your account online. Below are some basic steps to help you with the process:

- Visit us at www.gvrec.org, and click the “Online Registration” tab at the top right of the screen
- Enter your GVR number and PIN
- Once inside the system, you will be able to view the programs available for registration. The transactions are in real time, meaning our database will reflect the registrations and transactions immediately.
- GVR uses a third party to handle transactions, and members will be charged a convenience fee for this service. The fee is a percentage of the total.
- There is a “Help Desk” available online should you need further assistance.

Walk-In

Visit Canoa Hills, Canoa Ranch, East Center, Las Campanas or Member Services Center during regular business hours or West Center on weekends and holidays between 10am - 2pm, to complete a registration form. Forms can also be found online at www.gvrec.org. See *Keeping Current* for summer office hours.

Mail-In

Please fill out the registration form completely and include payment. Be sure to include a current telephone number where you may be reached if necessary. Mail your registration and payment to: Green Valley Recreation, Inc., Attn: Recreation Department, PO Box 586, Green Valley, AZ 85622. **Please do not send cash through the mail!**

Phone-In

Registrations are accepted over the phone by calling Canoa Hills (625-6200), Canoa Ranch (547-3975), East Center (625-4641) or Las Campanas (648-7669). When calling please provide your name, GVR number and the course number (s) you are interested in. We accept Visa and MasterCard credit and debit cards.

Arts & Crafts

Basic Wire Wrap Jewelry Class

Beginning basic techniques for wire wrapping stones and beads is a hands-on class. Techniques taught include the basic loop, spiral coil cages, and simple free-form wrapped pendant with wrapped bail. Gauges of wire for wrapping will be discussed. This is a good introductory class to see if you like to make wire wrapped gem stone jewelry. The Basic Chain Making class is a prerequisite. Bring these tools: Chain nose, flat nose and round nose jewelry pliers, flush cutters, 12 in. ruler, and a permanent marker. Supply cost is \$20 payable at the beginning of class.

Instructor: Lapidary Club	Fee: \$30	Classes: 1		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18114	7/22	W	8:30AM-12:30PM	EC-STUDIO
18115	8/12	W	8:30AM-12:30PM	EC-STUDIO

Beginning Chain Making I

In this class you will create a twist chain necklace and a bracelet in sterling silver using pre-cut silver rings. This jewelry is professional looking and lovely to own or give as a gift. Cost of materials is approximately \$75 depending on current silver prices, payable at first class. Tools will be furnished.

Instructor: Lapidary Club	Fee: \$20	Classes: 2		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18140	7/13-17	M, F	12-2PM	EC-STUDIO
18141	8/24-28	M, F	1-3PM	EC-STUDIO

Fabulous Faux for Boring Walls - I

A professional faux painter shares her years of experience and secret tricks of the trade allowing you to create your own mouth-dropping walls. Her dual-roller method quickly creates a variety of looks; suede, marble, granite, southwest rustic or old world Tuscan. Learn the secret for creating perfect edges, how to rescue a wall from disaster, how to make your own glaze and more. Class formerly called Fast and Easy Twist On Walls. A materials fee of \$29 will be collected in class by the instructor for the painting kit. Course fee of \$30 discounted to \$25 if taking same day with Fabulous Faux II. This course not available for online registration. Website - twistonwalls.com

Instructor: Linda Coffman	Fee: \$30/\$25	Classes: 1		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18111	7/18	SA	9:30AM-12PM	EC-ART

Fabulous Faux for Boring Walls - II

Dualing rollers create so many looks that it takes a second class! Now that you know the basics of the double roller method, let's learn tricks for the incredible niches, tissue faux, how to revive old paneling, how to make raised bricks for old world textures and other ideas. Class formerly called Fast and Easy Twist On Walls II. No need for a new kit, but training DVD's available for discount to remind you of what you saw in class. Course fee of \$30 discounted to \$25 if taking same day with Fabulous Faux I. This course not available for online registration. Website - twistonwalls.com

Instructor: Linda Coffman	Fee: \$30/\$25	Classes: 1		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18113	7/18	SA	1-3:30PM	EC-ART

Introduction to Fusing Dichroic Jewelry

Students will assemble 3 pieces of fusible glass and dichroic glass. These pieces may be used for pendants, earrings, etc. This class will give a basic knowledge of glass fusion as well as dichroic glass capabilities. No prior experience is necessary. No tools needed. Tools will be available for purchase after the class. This is a 2 day class. The second session will be devoted to picking up the pieces just fired and exploring a wire wrap method using the jewelry bit on the grinder as well as artistic wire. Your kit includes various bails which may be glued onto your piece. \$30 material fee to be paid at first class.

Instructor: Lapidary Club	Fee: \$25	Classes: 2		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18125	7/22-24	W, F	2-4PM	EC-STUDIO
18126	8/19-21	W, F	2-4PM	EC-STUDIO

Dyeing with Fiber Reactive Dyes

Explore the wonderful world of dyeing while learning how to create vibrant hues and mix rich colors. Fiber reactive dyes can be used on cotton, linen, silk and rayon. In this course, students will learn low-water immersion dyeing; Shibori (fabric manipulations) to create interesting patterns on fabric; painting with dyes; printing, stenciling and silk screening with thicken dyes; and using different types of resists. All of the techniques addressed in this course can be used on garments and yardage. A \$20 material fee includes all the dyes used in class, two 15 in. x 60 in. silk scarves and an extensive student booklet (approximately 40 pages). Supply list available at registration.

Instructor: Susan Ettl	Fee: \$65	Classes: 3		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18209	5/6-20	W	9AM-12PM	DH-ART
18210	7/8-22	W	9AM-12PM	DH-ART

Silk Paper Wall Hanging

Silk paper is not only luxurious, it has a variety of applications. In this class, students will make several pieces of colorful silk paper, use them to create an appliqued or collaged wall hanging, which will be embellished with paints, foil, threads, beads, and/or found objects. A \$25 material fee will be payable to instructor in class for silk fibers, textile medium to make the paper, novelty threads, fabric scraps, paints, foil glue and foil. Supply list available at registration. Due to purchase of supplies, last day to register is 10 days prior to class start.

Instructor: Susan Ettl	Fee: \$65	Classes: 3		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18211	5/5-19	TU	9AM-12PM	DH-ART
18212	7/7-21	TU	9AM-12PM	DH-ART

Silversmithing, Beginning I

Learn how to work with sterling silver. Students will complete a sterling silver pendant with a semi-precious stone while being introduced to the basic elements of silversmithing: soldering, cutting, sawing, forming, finishing and annealing. All necessary tools will be furnished. A \$45 materials fee for silver and cabochons is payable the first day of class. NOTE: Please be aware that this class requires the ability to stand for 2 hours at a time.

Instructor: Lapidary Club	Fee: \$20	Classes: 3		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18129	6/8-10	M-W	4-6PM	WC-LAP
18130	6/22-24	M-W	4-6PM	WC-LAP
18131	7/13-15	M-W	4-6PM	WC-LAP
18132	7/27-29	M-W	4-6PM	WC-LAP
18133	8/10-12	M-W	4-6PM	WC-LAP

Silversmithing, Beginning II

Prerequisite: Silversmithing, Beginning I. Expand your basic silversmithing skills and gain confidence in soldering, cutting, sawing and finishing. Complete a pendant with fancy trim and a ring with trim. All necessary tools furnished. A \$45 materials fee for silver and cabochons is payable the first day of class. NOTE: Please be aware that this class requires the ability to stand for 2 hours at a time.

Instructor: Lapidary Club	Fee: \$20	Classes: 3		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18147	6/15-17	M-W	4-6PM	WC-LAP
18148	7/20-22	M-W	4-6PM	WC-LAP
18149	8/17-19	M-W	4-6PM	WC-LAP

Silversmithing, Precious Metal Clay

You will make silver jewelry using precious metal clay (PMC). In this class, you will make your project out of molding clay containing silver, fire it in a kiln, and polish the resulting jewelry. Students will make one pair of earrings and one pendant. You will gain basic knowledge on completing projects with PMC. Estimated \$50 material fee is payable the first day of class. Materials include PMC, basic tools provided, findings and cord for adjustable length necklace.

Instructor: Lapidary Club	Fee: \$30	Classes: 2		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18122	7/13-15	M, W	2-4PM	EC-STUDIO

Ceramics

Ceramics, Beginning

This course is a prerequisite for joining the Ceramics Club. Students will learn how to prepare Greenware, bisque, apply undercoats and glazes, along with other techniques. Students will complete 3 projects, included in the materials fee, to take home. Materials fee of \$25 is payable to the Ceramics Club and due on the first day of class. Students must be able to attend all 6 classes. Please bring apron to protect clothing.

Instructor: Karen Brumm and Lisa Crossley	Fee: \$40	Classes: 6		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18207	6/17-7/22	W	8:30-11:30AM	DH-CER

Clay & Sculpture

Artistic Skills - Sculpture

Experience your clay abilities creating a masterpiece under Lupe's guidance. You will create an animal or human figure; realistic or abstract. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Purchase Biz Bod clay in studio at first class. Bring own tools or purchase in clay studio.

Instructor: Guadalupe De La Torre	Fee: \$60	Classes: 4		
<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18099	5/1-22	F	9AM-12PM	SRS-SCULPT
18100	6/5-26	F	9AM-12PM	SRS-SCULPT
18101	9/4-25	F	9AM-12PM	SRS-SCULPT

REGISTER ONLINE!

VISIT US AT WWW.GVREC.ORG

Registering for a GVR course or program is easier than ever with internet registration! Now, members may register 4 different ways - walk-in, mail-in, phone or online. Please see front page for complete details.

Basic Texture Hand Building

This course is for members who have finished the Introduction to Clay Studio class and want to learn basic hand building skills and glazing. It is also a great class to renew the skills you have not used in a while. You will learn step-by-step basics on pinch pot, coil and slab methods. Using these basics you will make bird houses, masks, cylinders, bowls and pots. Experiment with the various types of tools, clay molds, slips and glazes available in the Clay studio. There will be LOTS of TEXTURE available for use. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Supplies needed: Clay tools and ruler. You will purchase different clays during class time.

Instructor: Susanne Phillips Fee: \$60 Classes: 4

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18097	6/6-27	SA	8AM-12PM	SRS-HAND

Five Easy Pieces

Barbara Kobler shares her hand building techniques using stiff and soft paperclay to create variations on at least five easy pieces such as: Bottles, Boxes, Urns, Plates, People, Pots and Pitchers. Class includes methods for ruffles, flanges, lids, feet, handles, laminations, double walls, carvings vertical sculpture and clay supports. See her website for examples: www.claywoman.net. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Suitable for all levels.

Supplies: Bring one bag of studio purchased paperclay. Shared types of other clays can be purchased in first class for \$5-10.

Instructor: Barbara Kobler Fee: \$45 Classes: 3

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18098	5/5-19	TU	9AM-12PM	SRS-HAND

Hand Building for Beginners

So you finished the Introduction to the Clay Studio class and want to learn more? This class is for you! Learn the necessary skills in hand building, working with slabs, coils and molds. This class teaches many different techniques while making fun projects which include a lizard, leaf bowl, coil vase, 3-D animal, sun face, bottle, and a tumbler. All pieces will be glazed. You will need to spend additional time outside of class time on projects. Prerequisite: Introduction to the Clay Studio or equivalent clay experience. Only studio members may work outside of class time in studio. Supplies: 25# bag of BizBod and slip, ruler, clay tools. All clay must be purchased at the Clay Studio.

Instructor: Dorrie Roman Fee: \$60 Classes: 4

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18096	6/4-25	TH	8:30AM-12PM	SRS-HAND

Hand Building with Extruded Clay

This course will teach how to use the extruder and what can be done with the coils and tubes that we extrude in the first class. This is a very unusual artistic method of working with clay. Learn how to use extruded pieces in conjunction with pieces you have thrown, hand built or molded, plus using the extruded pieces to create an animal, a birdhouse or coil pot and how they can be used in creating totem pieces. Prerequisite: Introduction to the Clay Studio. Supplies needed: 25 lbs. B-mix with grog (must be purchased at the Clay Studio), clay tools, wire cutter and ruler.

Instructor: Susanne Phillips Fee: \$60 Classes: 4

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18095	5/9-30	SA	8AM-12PM	SRS-HAND

Introduction to the Clay Studio

This class is required for Clay Studio membership. Upon successful completion of all 3 classes, studio membership will be available to you. You will learn the properties of clay and create one project - from raw clay to a finished, glazed item. The amazing world of hand building, wheel throwing and sculpture with clay will be opened to you. Proper use of studio equipment and safety issues will also be taught. Be prepared for an energetic and fun filled experience. A \$10 supply and firing fee to be paid to the instructor the first day of class. Tools are provided for use during the class periods. Bring an apron or wear old clothing!

Instructor: Jane Ercolani Fee: \$30 Classes: 3

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18103	6/1-15	M	12-4PM	SRS-HAND

Instructor: Susanne Phillips Fee: \$30 Classes: 3

18106	9/12-26	SA	12-4PM	SRS-HAND
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Dance Lessons

American Step Dance, Beginning Clogging

Learn a true classic American dance. Dance to jazz, country, blue grass, pop, big band and rock 'n roll music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Walk-ins \$6. 6/3 class at CPI-REC.

Instructor: Donna Thiel Fee: 4 classes \$24, 5 classes \$30.

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18219	5/6-27 (4)	W	2-3PM	CV-REC
18220	6/3-24 (4)	W	2-3PM	CV-REC
18221	7/1-29 (5)	W	2-3PM	CV-REC
18222	8/5-26 (4)	W	2-3PM	CV-REC
18223	9/2-30 (5)	W	2-3PM	CV-REC

American Step Dance, Adv/Beginning Clogging

Prerequisite: American Step Dance/Clogging Beginning.

Dance to a variety of music while one foot is always on the floor. Wear tennis shoes or other secure footwear (no sandals). Walk-ins \$6. 6/3 class at CPI-REC.

Instructor: Donna Thiel Fee: 4 classes \$24, 5 classes \$30.

CR#	DATES	DAY	TIME	LOCATION
18224	5/6-27 (4)	W	3-4:15PM	CV-REC
18225	6/3-24 (4)	W	3-4:15PM	CV-REC
18226	7/1-29 (5)	W	3-4:15PM	CV-REC
18227	8/5-26 (4)	W	3-4:15PM	CV-REC
18228	9/2-30 (5)	W	3-4:15PM	CV-REC

American Step Dance, Intermediate Clogging

This is a continuing class for those who have taken Beginning and Adv/Beg clogging. There will be more steps and routines to great music. Wear clogging taps or tennis shoes (no sandals). Walk in \$6. 6/3 class at CPI-REC.

Instructor: Donna Thiel Fee: 4 classes \$24, 5 classes \$30.

CR#	DATES	DAY	TIME	LOCATION
18229	5/6-27 (4)	W	4:30-5:45PM	CV-REC
18230	6/3-24 (4)	W	4:30-5:45PM	CV-REC
18231	7/1-29 (5)	W	4:30-5:45PM	CV-REC
18232	8/5-26 (4)	W	4:30-5:45PM	CV-REC
18233	9/2-30 (5)	W	4:30-5:45PM	CV-REC

Line Dance for Dummies

So you think you can't dance? Think again! Learn to feel the music, hear the beat, and master the basic steps you need to actually line dance; and yes, you'll finally learn the Electric Slide! This no-pressure class is very easy and lots of fun.

Instructors: Carol Mitchell and Betty Espinoza

Fee: \$20

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
18252	5/9-30	SA	9-10AM	CH-SAG
18253	7/11-8/1	SA	9-10AM	CH-SAG

More Line Dance for Dummies

More steps, More music, More fun! After a quick review of the Electric Slide, we'll begin where "Line Dance for Dummies" left off. (Taking former class will make taking this class easier, but it is not required). 6/6 class at SRS-ANZA remaining classes at CH-SAG.

Instructors: Carol Mitchell and Betty Espinoza

Fee: \$20

Classes: 4

CR#	DATES	DAY	TIME	LOCATION
18254	6/6-27	SA	9-10AM	SRS-ANZA
18255	8/8-29	SA	9-10AM	CH-SAG

Tap Intermediate/Advanced - Dazzlers

The focus of this class will be on preparation for the Follies. Dances at different levels will be taught, with the relevant technique and with the goal of placing each dancer in the dances best suited to his/her abilities. Non-performers are welcome to attend. Bring tap shoes.

Instructor: Carol McKay Fee: \$30 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
18153	9/9-30	W	11AM-12PM	SRS-CRUZ

Tap Intermediate/Advanced - Showgirls

The focus of this class will be on preparation for the Follies. Dances at different levels will be taught with the relevant technique and with the goal of placing each dancer in the dances best suited to his/her abilities. Non-performers are welcome to attend. Bring tap shoes.

Instructor: Carol McKay Fee: \$30 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
18152	9/9-30	W	10-11AM	SRS-CRUZ

Tap Technique - Advanced/Intermediate

This class will focus on footwork and technique. For intermediate and advanced dancers, the emphasis will be on improving clarity of sound and execution. Bring tap shoes.

Instructor: Carol McKay Fee: \$30 Classes: 4

CR#	DATES	DAY	TIME	LOCATION
18154	9/9-30	W	12:30-1:30PM	SRS-CRUZ

All That Jazz

Jazz is a fun way to add style and movement to dance. Stretch and tone your body and get aerobic exercise while you dance. This class is appropriate for any fitness level and tons of fun! This class not available for online registration. **Three week fee is not available for four week class.**

Instructor: Penny Biller Fee: 4 classes \$32, 3 classes \$24, 2 classes \$16.

CR#	DATES	DAY	TIME	LOCATION
18157	5/14-28 (3)	TH	1-2PM	SRS-CRUZ
18158	6/4-25 (4)	TH	1-2PM	SRS-CRUZ
18159	9/3-24 (4)	TH	1-2PM	SRS-CRUZ

Tap - Beginner/Advanced Beginner

This class is for those who want to learn to tap dance, or have had some tap and need to "brush up". Tap steps, technique and dance movement are all emphasized. Bring tap shoes.

This class not available for online registration. **Three week fee is not available for four week class.**

Instructor: Penny Biller Fee: 4 classes \$32, 3 classes \$24, 2 classes \$16.

CR#	DATES	DAY	TIME	LOCATION
18166	5/12-26 (3)	TU	11:30AM-12:15PM	SRS-CRUZ
18167	6/2-23 (4)	TU	11:30AM-12:15PM	SRS-CRUZ
18168	7/7-28 (4)	TU	11:30AM-12:15PM	SRS-CRUZ
18179	8/4-25 (4)	TU	11:30AM-12:15PM	SRS-CRUZ
18180	9/8-29 (4)	TU	11:30AM-12:15PM	SRS-CRUZ

Tap/Jazz Combination - Low Intermediate

This class is for those who have taken some tap classes and want to advance and improve their dancing. Tap technique and dance movement through jazz are emphasized. Develop more style, become a better dancer, tone and stretch your body and have a lot of fun. Bring tap shoes. This class not available for online registration. **Three week fee is not available for four week class.**

Instructor: Penny Biller Fee: 4 classes for \$36, 3 classes \$27, 2 classes \$18.

CR#	DATES	DAY	TIME	LOCATION
18170	5/12-26 (3)	TU	12:30-2PM	SRS-CRUZ
18171	6/2-23 (4)	TU	12:30-2PM	SRS-CRUZ
18173	9/8-29 (4)	TU	12:30-2PM	SRS-CRUZ

Tap/Jazz Dance Movement - Intermediate

This class is designed for dancers who want more than tap steps. Learn to move and express through dance - to look more like a professional plus have a lot of fun doing it. Bring tap shoes. This class not available for online registration.

Three week fee is not available for four week class.

Instructor: Penny Biller Fee: 4 classes for \$32, 3 classes \$24, 2 classes \$16.

CR#	DATES	DAY	TIME	LOCATION
18161	5/14-28 (3)	TH	11:30AM-12:30PM	SRS-CRUZ
18162	6/4-25 (4)	TH	11:30AM-12:30PM	SRS-CRUZ
18163	9/3-24 (4)	TH	11:30AM-12:30PM	SRS-CRUZ
18181	7/7-28 (4)	TU	10:30-11:30AM	SRS-CRUZ
18182	8/4-25 (4)	TU	10:30-11:30AM	SRS-CRUZ

Health & Fitness

Aqua Tai Chi

Improve your balance, posture and stability with these joint friendly movements in the water. This class includes exercises which challenge your body awareness with breathing and flowing movements that will leave you feeling stronger and more energized. Aqua shoes optional.

Instructor: Jennifer Adolfs Fee: \$36/\$45 Classes: 4/5

CR#	DATES	DAY	TIME	LOCATION
18077	5/6-27 (4)	W	9:30-10:20AM	MV-POOL
18078	9/2-30 (5)	W	9:30-10:20AM	MV-POOL

Arthritis Aqua Fitness

Improve range of motion, strength, flexibility, endurance and aerobic capacity through low to no impact water exercises. Come benefit from the water's amazing properties. Certified Aquatic Specialist. Supplies: noodle and hand buoys. Sign up for either 4 or 8 classes. You pick which dates within each course session. There will be no make up classes. This course not available for online registration.

Instructor: Kimberly Murphy Fee: \$60/\$32 Classes: 8/4

CR#	DATES	DAY	TIME	LOCATION
18090	5/4-28	M, TH	3-4PM	CPI-POOL
18091	6/1-25	M, TH	3-4PM	CPI-POOL
18092	7/6-30	M, TH	3-4PM	CPI-POOL
18093	8/3-27	M, TH	3-4PM	CPI-POOL
18094	8/31-9/24	M, TH	3-4PM	CPI-POOL

Exercise - Fun and Fitness

Stretch, tone up, low-impact aerobics, dance and much more to great music. Men are invited too. On-going class year round. Walk-in class \$4. Wear loose clothing and tennis shoes. Tuesdays in Palo Verde Room, Fridays in Saguaro Room. 6/2 & 6/5 classes at LC - CTWD all others at CH.

Instructor: Donna Thiel Fee: \$36/\$32 Classes: 9/8

CR#	DATES	DAY	TIME	LOCATION
18214	5/1-29 (9)	F, TU	8-9:15AM	CH-SAG
18215	6/2-26 (8)	TU, F	8-9:15AM	LC-CTWD
18216	7/3-31 (9)	F, TU	8-9:15AM	CH-SAG
18217	8/4-28 (8)	TU, F	8-9:15AM	CH-PVR
18218	9/1-29 (9)	TU, F	8-9:15AM	CH-PVR

Guts, Butts and Thighs

Simply irresistible! This class is affordable, satisfying and short in time to fit any schedule before or after your other classes/activities. Treat your front and rear with classic floor/chair exercises that they deserve. Do it to your favorite tunes at your own pace according to your fitness level. Join the class to make your abdominal, back, gluteus, and thigh muscles denser, stronger and elastic, while improving posture, reducing back pain, losing inches and enhancing your appearance and daily living. Class is based on safety, breathing, proper execution, core stabilization and range of motion. Relax through gentle stretching at the end. Bring an exercise mat, towel, small pillow, and water bottle. No class 5/26 & 5/28.

Instructor: Angelika Adkins Fee: \$28 Classes: 8

CR#	DATES	DAY	TIME	LOCATION
18056	5/5-6/4	TU, TH	9-9:35AM	SRS-ANZA
18057	6/9-7/2	TU, TH	9-9:35AM	SRS-ANZA
18058	7/7-30	TU, TH	9-9:35AM	SRS-ANZA
18059	8/4-27	TU, TH	9-9:35AM	SRS-ANZA
18060	9/1-24	TU, TH	9-9:35AM	SRS-ANZA

Love My Aerobics!

Engaging and energizing cardiovascular session combined with body shaping and floor work followed by flexibility session via stretching takes care of your fitness necessities. Incorporating low and/or high impact sport/dance movements with varied range of motions allows you to control the intensity to meet individual needs based upon health history and experience. Simple, repetitive yet fun choreography consisting of step-touch, grape vine, lunges, Charleston, mambo, j-jacks etc. is accompanied by the best '50s, '60s, '70s mid tempo music. Class format: Warm up + cardio (30 min), post cool-down + resistance training (15 min), stretching (5 min). BRING 1-3 lb. dumbbells and/or resistance band/tubing, mat, towel and water. No class 5/26 & 5/28.

Instructor: Angelika Adkins Fee: \$38 Classes: 8

CR#	DATES	DAY	TIME	LOCATION
18051	5/5-6/4	TU, TH	8-8:50AM	SRS-ANZA
18052	6/9-7/2	TU, TH	8-8:50AM	SRS-ANZA
18053	7/7-30	TU, TH	8-8:50AM	SRS-ANZA
18054	8/4-27	TU, TH	8-8:50AM	SRS-ANZA
18055	9/1-24	TU, TH	8-8:50AM	SRS-ANZA

Total Boost

“Total Boost” is the answer if you’re new to weight training, experienced but bored, fighting arthritis, have osteoporosis, lack energy or are following medical advice. Receive a priceless BOOST of BENEFITS by attending this innovative workout using a resistance band, tubing, dumbbells and a chair while accompanied by motivating slow tempo music. Learn correct and modified lifting techniques, progression, proper body form, and injury prevention. BENEFITS help: management/prevention of type-2 diabetes, raise HDL, increase bone density, improve strength/endurance, increase joint mobility, boost metabolism, improve body image, lift moods and confidence, and reduce risk of falls/injuries. BRING: Set of 11lb to 5lb dumbbells, light to medium resistance rubber band tubing. No class 5/26 & 5/28.

Instructor: Angelika Adkins Fee: \$38 Classes: 8

CR#	DATES	DAY	TIME	LOCATION
18061	5/5-6/4	TU, TH	9:45-10:35AM	SRS-ANZA
18062	6/9-7/2	TU, TH	9:45-10:35AM	SRS-ANZA
18063	7/7-30	TU, TH	9:45-10:35AM	SRS-ANZA
18064	8/4-27	TU, TH	9:45-10:35AM	SRS-ANZA
18065	9/1-24	TU, TH	9:45-10:35AM	SRS-ANZA

Introduction to Qi Gong and Meditation

Qi Gong or “energy cultivation” refers to a series of movements and postures that improve health and longevity as well as increasing the sense of harmony within oneself and the world at large. Qi Gong is suitable for people of all ages and levels of mobility. David has taught Qi Gong to people in wheel chairs, people requiring walkers to stand, as well as Karate black belts and athletes, all of whom have been able to perform these movements and gain significant health benefits. No previous experience required. Wear comfortable loose clothing. For further information visit

www.qigonghealingarts.com

Instructor: David McDonald Fee: \$60 Classes: 6

CR#	DATES	DAY	TIME	LOCATION
18071	5/15-6/19	F	10:30-11:30AM	CPI-REC
18072	6/26-7/31	F	10:30-11:30AM	CPI-REC
18073	8/14-9/18	F	10:30-11:30AM	CPI-REC
18074	9/25-10/30	F	10:30-11:30AM	CPI-REC

On the Ball

This exercise class is designed using an exercise ball as your primary resistance. It will improve your abdominal and lower back muscle strength, joint stability and balance. The ball is an excellent resistance device and adds variety to your fitness program. I will also teach you the ten most essential exercises for your lower back. Bring your exercise ball, yoga mat and any hand held weights or bands that you want for your class. We will end each class with a few minutes of basic stretches and some breathing techniques.

Instructor: Wuanita Powers Fee: \$30 Classes: 8

CR#	DATES	DAY	TIME	LOCATION
18202	5/4-27	M, W	10:45-11:45AM	CV-REC
18203	6/8-7/1	M, W	10:45-11:45AM	CV-REC
18204	7/6-29	M, W	10:45-11:45AM	CV-REC
18205	8/3-26	M, W	10:45-11:45AM	CV-REC
18206	9/7-30	M, W	10:45-11:45AM	CV-REC

Step Aerobics

This class consists of low to moderate impact aerobics utilizing the 4 inch traditional step. Cardio is 30 minutes followed by toning and stretching. Bring water bottle, mat and towel.

Instructor: Wuanita Powers Fee: \$30 Classes: 8

CR#	DATES	DAY	TIME	LOCATION
18197	5/4-27	M, W	9:30-10:30AM	CV-REC
18198	6/8-7/1	M, W	9:30-10:30AM	CV-REC
18199	7/6-29	M, W	9:30-10:30AM	CV-REC
18200	8/3-26	M, W	9:30-10:30AM	CV-REC
18201	9/7-30	M, W	9:30-10:30AM	CV-REC

Pilates Fusion Mat Class

This class is a combination of Pilates, Yoga and Tai Chi movements to encourage your body awareness, balance, core strength and peace of mind. Bring a mat.

Instructor: Jennifer Adolfs Fee: \$72/\$81 Classes: 8/9

CR#	DATES	DAY	TIME	LOCATION
18075	5/4-27 (8)	M, W	8:15-9:05AM	LC-JNPR
18076	9/2-30 (9)	W, M	8:15-9:05AM	LC-JNPR

Yoga for Beginners

Yoga practice for beginners with no previous yoga experience. This course will emphasize breathing, alignment, benefits of poses and stretching. Class will provide a gentle yoga practice, combining standing and floor postures, and deep relaxation. Props Required: (can be purchased from the instructor) yoga mat, 8' yoga strap, 1-2 blankets preferably Mexican or small pillow. Discounted fee if taking two concurrent (within a week) Seja classes. This course not available for online registration. No class 9/7.

Instructor: Seja Snow Fee: 3 classes \$30/\$25, 4 classes for \$40/\$30.

CR#	DATES	DAY	TIME	LOCATION
18183	5/4-18 (3)	M	1:30-3PM	SRS-FSTA
18184	5/7-28 (4)	TH	1:30-3PM	SRS-FSTA
18185	8/3-24 (4)	M	1:30-3PM	SRS-FSTA
18186	8/6-27 (4)	TH	1:30-3PM	SRS-FSTA
18187	8/31-9/28 (4)	M	1:30-3PM	SRS-FSTA
18188	9/3-24 (4)	TH	1:30-3PM	SRS-FSTA

Yoga, Level I

This class is for students with some previous yoga experience. We will continue emphasis on breathing, alignment, and perfecting the poses. The class provides a gentle to moderate yoga practice with standing, floor postures and deep relaxation. Props Required: (can be purchased from the instructor) yoga mat, 8' yoga strap, 1-2 blankets preferably Mexican or small pillow. Discounted fee if taking two concurrent (within a week) Seja classes. This course not available for online registration. No class 9/7.

Instructor: Seja Snow Fee: 3 classes \$30/\$25, 4 classes \$40/\$30

CR#	DATES	DAY	TIME	LOCATION
18189	5/4-18 (3)	M	3:30-5PM	SRS-FSTA
18190	5/7-28 (4)	TH	3:30-5PM	SRS-FSTA
18191	8/3-24 (4)	M	3:30-5PM	SRS-FSTA
18192	8/6-27 (4)	TH	3:30-5PM	SRS-FSTA
18195	8/31-9/28 (4)	M	3:30-5PM	SRS-FSTA
18196	9/3-24 (4)	TH	3:30-5PM	SRS-FSTA

Yogalates

This class is more than Yoga/Pilates. It involves the practice of each to train the mind as well as the body. Yogalates Functional Fitness and progressive training principles are still generating excitement around the world. Join Fadia and her gentle style of Yogalates, improve your health and confidence while meeting new friends. Fadia is certified by the Yoga Alliance. Bring a yoga mat, straps and block. This class not available for online registration. 6/25 CLASS AT CPII. May sign up for 8 or 4 classes in each course.

Instructor: Fadia Bascom Fee: \$65/ \$33 Classes: 8/4

CR#	DATES	DAY	TIME	LOCATION
18135	5/4-27	M, W	5:30-6:30PM	CPII-REC
18136	6/1-24	M, W	5:30-6:30PM	CPII-REC
18137	7/6-29	M, W	5:30-6:30PM	CPII-REC
18234	8/3-26	M, W	5:30-6:30PM	CPII-REC
18235	9/7-30	M, W	5:30-6:30PM	CPII-REC
18236	5/5-28	TU, TH	5:30-6:30PM	CPI-REC
18237	6/2-25	TU, TH	5:30-6:30PM	CPI-REC
18238	7/7-30	TU, TH	5:30-6:30PM	CPI-REC
18239	8/4-27	TU, TH	5:30-6:30PM	CPI-REC
18240	9/1-24	TU, TH	5:30-6:30PM	CPI-REC

Language Arts and Writing

Spanish - Basics

This basic course is an introduction to learn the alphabet and words, time and numbers, greetings and even how to order a meal. Then, you're ready for the first conversation!

Instructor: Angelica Lozier Fee: \$35 Classes: 3

CR#	DATES	DAY	TIME	LOCATION
18079	5/4-18	M	12:30-2:30PM	CH-MSQT
18080	5/25-6/8	M	12:30-2:30PM	CH-MSQT
18081	8/17-31	M	12:30-2:30PM	CH-MSQT
18082	9/14-28	M	12:30-2:30PM	CH-MSQT

Spanish Elementary

This class is for those who have finished Basic Spanish. The course covers present tense conjugation of regular verbs, the verbs "to be", "there is", "there are" and "to have". Required text: *Practice Makes Perfect Spanish Verb Tenses*, by Dorothy Devney Richmond (available locally).

Instructor: Angelica Lozier Fee: \$65 Classes: 5

CR#	DATES	DAY	TIME	LOCATION
18134	6/15-7/13	M	12:30-2:30PM	CH-MSQT

Espanol Practico

Esta clase es para aquellas personas que ya hablan en tiempo presente y desean platicar "un poco de todo".

Instructor: Angelica Lozier Fee: \$65 Classes: 5

CR#	DATES	DAY	TIME	LOCATION
18086	8/13-9/10	TH	12:30-2:30PM	DH-RM C

Music Lessons

Instant Guitar For Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Topics include: How chords work in song; How to form the three main types of chords; How to tune your guitar; Basic strumming patterns; How to buy a good guitar (things to avoid); How to play along with simple tunes. Bring your acoustic guitar. A \$27 supply fee will be collected at class. This fee includes a Guitar Basics workbook and practice DVD.

Website: Instantguitarnow.com

Instructor: Craig Coffman Fee: \$30 Classes: 1

CR#	DATES	DAY	TIME	LOCATION
18110	7/18	SA	4:30-7PM	EC-AUD

REGISTER ONLINE!

VISIT US AT WWW.GVREC.ORG

Registering for a GVR course or program is easier than ever with internet registration! Now, members may register 4 different ways - walk-in, mail-in, phone or online. Please see front page for complete details.

Instant Piano for Hopelessly Busy People

You don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song, any style, any key. If you can find middle C and know the meaning of "Every Good Boy Does Fine", you already know enough to enroll in this workshop. Materials fee \$28 for workbook and 60 minute practice CD to be paid to instructor at class. Total beginners can request a free pamphlet by sending a SASE to Innovative Keyboard Instruction, 2841 S. Southwind Dr., Gilbert, AZ 85296. Course fee of \$30 discounted to \$25 if taking same day with "How to Play Piano by Ear". This course not available for online registration.

Instructor: Craig Coffman Fee: \$30/\$25 if taking both courses

CR#	DATES	DAY	TIME	LOCATION
18107	7/18	SA	9AM-12PM	EC-AUD

How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing - all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Materials fee of \$28 for *How to Play Piano by Ear* book and practice CD collected in class by instructor. Course fee of \$30 discounted to \$25 if taking same day with "Instant Piano for Hopelessly Busy People". This course not available for online registration.

Instructor: Craig Coffman Fee: \$30/\$25 if taking with Instant Piano.

CR#	DATES	DAY	TIME	LOCATION
18109	7/18	SA	1-4PM	EC-AUD

Painting & Drawing

All Media - Fume Free

You will receive one-to-one instruction. Beginners and advanced in acrylic, watercolor, drawing or pastel. Feel free to call Lupe for any questions about her class at 406-6419. Pick up SUPPLY LIST at any center office.

Instructor: Guadalupe De La Torre

Fee: \$60

CR#	DATES	DAY	TIME	LOCATION
18041	5/4-25	M	9AM-12PM	DH-ART
18042	6/1-22	M	9AM-12PM	DH-ART
18043	7/6-27	M	9AM-12PM	DH-ART
18044	8/10-31	M	9AM-12PM	DH-ART
18045	9/7-28	M	9AM-12PM	DH-ART
18046	5/4-25	M	1-4PM	DH-ART
18047	6/1-22	M	1-4PM	DH-ART
18048	7/6-27	M	1-4PM	DH-ART
18049	8/10-31	M	1-4PM	DH-ART
18050	9/7-28	M	1-4PM	DH-ART

Classes: 4

Special Interest

A Taste of the Tropics

Did you know that, according to a national magazine, Southern Arizona is the number 1 birding destination in the U.S.? Many of the birds people are coming to see live right in your backyard. This class will focus on hummingbirds, trogons, warblers and tanagers. Color slides and audio recordings bring these wonderful birds to life.

Instructor: Jeff Babson

Fee: \$18

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
18241	7/21	TU	10AM-12PM	LC-IRWD
18242	8/11	TU	10AM-12PM	WC-RM 2

Bountiful, Beautiful Butterflies

Butterflies are among the most well-known and loved insects. Did you know that Southern Arizona is a very popular location for butterfly watchers? This class will introduce you to these beautiful insects, focusing on classification and identification. We will also discuss butterfly gardening, which is a great way to attract butterflies right to your doorstep.

Instructor: Jeff Babson

Fee: \$18

Classes: 1

CR#	DATES	DAY	TIME	LOCATION
18243	8/18	TU	10AM-12PM	LC-IRWD
18244	9/8	TU	10AM-12PM	LC-IRWD

REFUND POLICY FOR TOURS

Due to the necessity of the tour company to arrange ahead of time and pre-pay for bus accommodations, admission tickets and meals, **no refunds will be issued after the date stated on the reservation confirmation.**

Night Sky - Summer 09

Become more familiar with the night sky from an ASTROLOGICAL point of view. We will be looking at the constellations along the ecliptic and talking not only about the yearly cycle but also the grand 26,000 year cycle; how the backdrop of the solstice and equinox points as well as the star we call the North Star changes over time. This night will feature a tiny crescent moon at "Galactic Edge" and Saturn directly above us. Bring flashlight & portable folding or lounge chair. Binoculars optional. PLEASE NOTE LOCATION: Class meets in the overflow parking lot behind Our Lady of the Valley Catholic Church (entrance behind fire station), 555 N. La Canada, Green Valley. It is helpful to locate the parking lot before the event.

Instructor: Gael Chilson Fee: \$14 Classes: 1
CR# **DATES** **DAY** **TIME** **LOCATION**
18213 5/26 TU 8-9:30PM SEE ABOVE

Swimnastics

Swimnastics classes are offered at several GVR pools and are taught by dedicated volunteers. The classes are free and are open to all GVR members. Registration is not required to attend the classes listed below. **Please note that the swimming pools are closed to other users during the designated swimnastics classes.**

Abrego South

Monday and Thursday - 8:30 & 9:40am (year round)

Casa Paloma II

Monday through Saturday - 9am (year round)

Continental Vistas

Monday, Wednesday and Friday - 9am (10am winter)
Tuesday, Thursday and Saturday - 9am (year round)

Desert Hills

Monday, Thursday and Saturday - 8:45am (year round)
Monday and Thursday - 10am (year round)

East Center

Monday and Thursday - 9am (10am winter)

Las Campanas

Monday through Friday - 9am (year round)

Santa Rita Springs

Monday through Saturday - 9am (year round)

Fitness & Tennis Professionals

PERSONAL TRAINER AVAILABLE TO MEMBERS

GVR's fitness professional can provide instruction on the proper use of equipment, assess your fitness level, improve your current workout routine or develop an exercise program just for you! Training is conducted at Las Campanas, Santa Rita Springs, East Center, Canoa Hills and Canoa Ranch. There is a fee paid to the trainer for their services. Please contact the trainer listed below to schedule an appointment.

Glenda Martinez

- Specialized Exercise Training (SET)
- American Council on Exercise Certified
- Phone: (520) 298-3941 or (520) 979-1216
- Certified Older Adult Fitness
- Licensed Practical Nurse
- Post Rehabilitation Conditioning Specialist, over 25 years experience

TAKE LESSONS FROM GVR'S TEACHING TENNIS PROFESSIONAL

Ray Wardlaw

- Available for private or group lessons
- USPTA Certified, developmental coach
- Over 20 years of instructional experience
- Phone: (520) 625-0274

Trips & Tours

Arizona Diamondbacks vs San Diego Padres

Join us for a ballgame and to cheer on the Diamondbacks. We have reserved seats for this afternoon game at the Chase Ballpark in downtown Phoenix. This state-of-the-art stadium, which is enclosed and air-conditioned, is home to the major league baseball team; the Arizona Diamondbacks. Come root for the home team, grab a hot dog, check out the ballpark and have a great time! With players on the roster like Eric Byrnes, Brandon Webb and Conor Jackson who knows what will be in store for this season. A game against the Padres always proves to be exciting. No parking hassles – just a good old-fashioned day at the ball park.

Price includes: Roundtrip Transportation via Motorcoach, Game Ticket (Seats located on the Lower Level-Section 111), Tour Director, Bus Refreshments and Driver Tip. Deadline to purchase tickets: 5/8. No refunds after 5/8. Bus will be at Desert Hills Upper Parking Lot. Fee: Member: \$69/Guest: \$74.

CR#	DATES	DAY	TIME	LOCATION
18169	5/25	M	9AM-6:15PM	DH-PARK

Kitt Peak National Observatory Nighttime Tour

Travel with us to Kitt Peak National Observatory, located at 7,000' in the Quinlan Mountains, for this very special evening. We begin our tour with a stop at their Visitor Center where we will examine the exhibits that describe this national observatory and other interesting topics. We enjoy a light meal and then an introduction to astronomy and the night sky will be given by a docent. Next, we learn how to find stars and the constellations in the sky. Once we are outdoors we will explore the night skies and view them with high-powered binoculars. Then we enter one of the domes to view through a telescope and observe the heavens in all of its grandeur. Come along and discover your universe. If you've never participated in one of the night-time Kitt Peak programs before you are in for a very pleasant surprise. Good walking shoes and a jacket are highly recommended. (In case of inclement weather we reserve the right to insert an alternate astronomy program presented by Kitt Peak.)

Price includes: Roundtrip Transportation via Motorcoach, Tour Fee at Kitt Peak, Box Dinner, Tour Director, Bus Refreshments and Driver Tip.

Deadline to purchase tickets: 6/5. No refunds after 6/5.

Bus will be at Desert Hills Upper Parking Lot.

Fee: Member: \$83/Guest: \$88.

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18251	6/22	M	4-11:30PM	DH-PARK

Tanque Verde Guest Ranch and Gaslight Theatre Show

Join us for this day outing that will find us enjoying delicious food and fun entertainment. We have a delightful buffet lunch at the Tanque Verde Guest Ranch. This establishment, tucked into the foothills of the Rincon Mountains is charming and offers a hearty meal. The dessert table is to die for! Then we take our seats at the Gaslight Theater to enjoy the show. The show title is "The Freedom League of America." This small but well run theater does some very funny and creative work. The melodrama style story line finds us booing the bad guy and clapping for the hero or heroine. We hope you join us as we take in these two special Tucson attractions. Price includes: Roundtrip Transportation via Motorcoach, Lunch, Show Ticket, Tour Director, Bus Refreshments and Driver Tip.

Deadline to purchase tickets: 6/25. No refunds after 6/25.

Bus will be at Desert Hills Upper Parking Lot.

Fee: Member: \$78/Guest: \$83.

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18248	7/12	SU	11:15AM-6PM	DH-PARK

Mount Lemmon Tour

Today we journey to a summit within the Santa Catalina Mountains to visit Summerhaven and Ski Valley. We take you to an elevation of 9,000' where temperatures are at least 25 degrees cooler than the valley below! The ribbon of road from the base to the top takes you from the Sonoran Desert to the Aspen-covered peaks as you pass massive rock formations and overlooks that will take your breath away. A delicious lunch at the Iron Door Restaurant is on our agenda as is time to stroll the tiny community of Summerhaven. Also enjoy a peaceful ride on the ski lift as it shuttles you to the summit of the mountain past the quivering aspens and tall green pines. We guarantee you will need a sweater for this "cool" ride. Join us for this wonderful day trip to discover cooler temperatures and fresh mountain air! Price includes: Roundtrip Transportation via Motorcoach, Ski Lift Ticket, Lunch, Tour Director, Bus Refreshments and Driver Tip.

Deadline to purchase tickets: 8/11. No refunds after 8/11.

Bus will be at Desert Hills Upper Parking Lot.

Fee: Member: \$76/Guest: \$81.

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18250	8/20	TH	9AM-5PM	DH-PARK

Historic Downtown Tucson Tour

Today we explore the cultural and architectural heritage of Downtown Tucson. Modern-day Tucson encompasses an area that represented the entire city before 1900. This tour will help you discover the settlers of Tucson; the native peoples, the Spanish, the pioneers and the business core. We begin our tour with a drive up "A" Mountain. This spot sets the scene for our day of exploring. We then visit the San Agustin del Tucson Park which is a restoration of a portion of the walled city of Tucson that the Spanish established in 1775. Enjoy a lunch stop today at the ever popular El Charro Restaurant. We then take you to tour the Fox Theatre which was originally built in 1930 as a vaudeville and silent-movie house. We know you will enjoy discovering its recently restored "Southwest Art Deco" architecture. A stop at the Downtown Historical Museum which presents exhibits of downtown Tucson's past glory is planned. Then we will be joined by a docent who will tell us about the downtown history and how the arrival of the railroad in 1880 changed the face of the "Old Pueblo." Come along and discover the rich history of downtown Tucson with us. Note: To properly enjoy this tour you must be able to walk short blocks – a few at a time. Wear comfortable walking shoes and bring along a hat. Price includes: Roundtrip transportation via Motorcoach, admissions to all attractions, lunch (tax and tip), tour director, driver tip and bus refreshments.

Deadline to purchase tickets: 9/21. No refunds after 9/21.

Bus will be at Desert Hills Upper Parking Lot.

Fee: Member: \$76/Guest: \$81.

<u>CR#</u>	<u>DATES</u>	<u>DAY</u>	<u>TIME</u>	<u>LOCATION</u>
18249	9/30	W	8:45AM-4:30PM	DH-PARK

Class Registration Procedures

- ❖ **Early registration is encouraged.** GVR contacts instructors several days prior to the class start date to notify them of registration numbers. By registering early, we are able to give instructors an accurate count, and possibly avoid cancellation due to low enrollment.
- ❖ Please *completely* fill out the registration form provided. Use a separate registration form for each person.
- ❖ For your convenience, we accept cash, checks, and credit/debit cards (Visa and Mastercard). *Please do not send cash through the mail.*
- ❖ Early registration is highly recommended because several classes fill quickly. If a class you are registering for is full, you will automatically be placed on a wait list and contacted. We will either return your check, or credit the difference (if you are registering for multiple classes). **Please do not attend the class unless you are notified by a GVR staff member that there is an opening.**

Class Withdrawal and Refund Procedures

- ❖ **Classes may be cancelled by GVR** due to lack of enrollment, instructor illness, or other unforeseen circumstances. If a class you are enrolled in is cancelled, we will notify you immediately and you will be given the opportunity to change to another class, or you will receive a full refund.
- ❖ **Full refunds will be issued** on any class if registration is cancelled by the member **five (5) business days** prior to the class start date. Those wishing to withdraw **four (4) or less business days** prior to the class start date (not including the day the class meets) will receive a refund, **minus a \$5 withdrawal fee for each class. Refunds will not be offered the day the class starts.**
- ❖ **If you are unable** to attend a class you have registered for, please notify GVR as soon as possible. This allows us to accommodate members on a waiting list.
- ❖ **In the event that a class you are interested in is full,** you may choose to be placed on a waiting list and notified by a GVR staff member if a spot opens up.
- ❖ If you paid by cash or check, you will receive a refund check in the US mail. If you paid with Visa or MasterCard, the refund amount will be credited back on the card.
- ❖ **Please** allow up to fifteen (15) working days for your refund to be processed.

Look What's Happening Around GVR this Summer

MAY

6	Movie	"Australia"
12	Concert	"Hot Club of Tucson"
19	Movie	"The Mummy-Tomb of the Dragon Emperor"
22	Dance	"Mid-Life Crisis"

JUNE

3	Movie	"TBA"
10	Special Event	Ice Cream Social "Strolling Valley Players"
12	Dance	"TBA"
18	Concert	"The Arizona Trio"
23	Movie	"TBA"

JULY

8	Special Event	Ice Cream Social "The Wreckettes"
9	Movie	"TBA"
17	Dance	"Sunshine Band"
30	Movie	"TBA"

AUGUST

6	Movie	"TBA"
11	Concert	"Soul Solution"
12	Special Event	Ice Cream Social
14	Dance	"Softwinds"
18	Movie	"TBA"
28-30	Special Event	Dessert Theatre

2009-2010 Season Concert Brochures are available July 20th!

We have been working hard all year putting together another spectacular Performing Arts Series. Brochures will be available on July 20th at all major social centers and on-line. **If you would like one mailed to you, please call 520-625-3440, extension 225 and we will add you to our mailing list.**

Remember, season tickets are a great way to save time and money, while enjoying quality GVR performances! Look for more details in July's issue of *Keeping Current*.