

SUMMER: July & August Classes

Kids Stuff

Children's Dance: Tiny Toes (Beginning Ballet)

This beginning class will introduce students to ballet. It will teach technique, foot and arm positions, terminology, and simple combinations. Students should wear ballet shoes. For ages 7–12.

Code	Dates	Day	Time
700700-A	July 21 – Aug 11	Wed	6:15–7:15 PM
800700-A	Aug 18– Sep 8	Wed	6:15–7:15 PM

Duration: 4 week/4 classes Location: EBC

Instructor: Erica Wasmund Fee: \$20

Happy Tappers

A Combination of Tap, Jazz & Ballet

This class is geared for tiny toes and happy tappers ages 3 to 6. Erica will teach children the basic elements of jazz, tap, and ballet. Students should wear jazz or ballet shoes and tap shoes.

Code	Dates	Day	Time
700700-B	Jul 21 – Aug 11	Wed	5:15–6:00 PM
800700-B	Aug 18– Sep 8	Wed	5:15–6:00 PM

Duration: 4 week/4 classes Location: EBC

Instructor: Erica Wasmund Fee: \$20

Archery For Kids

Learn the basic fundamentals of archery and become a better archer with proper instruction. Jerry will teach you the correct form and technique using supplied equipment or bring your own. You will learn the parts that make up the bow and the arrow, how to use the equipment safely, correct arrow release, aiming, and shot sequence. This class is open to beginner and current archers ages 10 to 17.

Code	Dates	Days	Time
701332A	July 10 – Aug 14	Sat	11 AM–12 PM
801332A	Aug 21 – Sept 25	Sat	11 AM–12 PM

Duration: 6 weeks/6 classes Location: Cole Field

Instructor: Master Coach J. Busha Fee: \$53

Busy Fingers: Knitting for Kids

Hey, kids, let's SIT and KNIT in this cool class.

Nancy will teach you how to "cast on, knit, purl, and bind off" and you'll knit something special to bring home. Notes: Please bring plastic or bamboo knitting needles, size 10, plus one skein of cotton yarn to class.

Code	Dates	Day	Time
700907A	Jul 12 – Jul 21	Mon & Wed	3:00pm – 4:00 PM
800907A	Jul 26 – Aug 4	Mon & Wed	3:00pm – 4:00 PM

Duration: 2 week/4 classes Location: EBC

Instructor: Nancy Wigmore Fee: \$15

Martial Arts Classes

DanZanRyu Jujitsu

DanZanRyu Jujitsu is a Japanese art form of self-defense developed by Professor Sieshiro Okazaki of Hawaii. It is a combination of several martial arts systems, which involves throwing, escapes, constriction techniques, form, and Jujitsu randori (a variation of Judo). Instructors teach this art in its "traditional" form.

The art emphasizes the principles of life's values, discipline, respect, fitness, coordination, and leadership. Safety and awareness is of great importance in this class. Younger students will learn the fundamentals of self-defense. Older students will study the art with the emphasis of mind and body awareness. *This is not a "grappling" class.*

Youth: 6–12 years

Code	Dates	Days	Time
701103-A	Jul 19-Aug 11	M & W	5:30–6:30 PM
801103-A	Aug 16-Sep 13	M & W	5:30–6:30 PM

Duration: 4 weeks/8 classes Location: OYCC

Instructors: Kris Wheeler, David Chait, Meleana Tomooka, Tony Maslanka Fee: \$40

Adult: 13+ years

Code	Dates	Days	Time
701103-B	Jul 19-Aug 11	M & W	6:30–8 PM
801103-B	Aug 16-Sep 13	M & W	6:30–8 PM

Duration: 4 weeks/8 classes Location: OYCC

Instructors: Kris Wheeler Fee: \$45

Notes: There will be no class on Sept. 6

Tai Shin Ki Do Karate

Lil' Dragons: Little Dragons is a high paced, energetic, fun karate class geared towards building confidence, coordination, and strength. The class involves punches, kicks, form training, and fly kicks.

Youth & Adult: Based in the system of Tai Shin Ki Do (way of body, mind, spirit), this beginning karate class teaches physical development, self-defense, kata training, and balance. This system emphasizes the importance of developing physical, mental and spiritual qualities of the students.

Note: New and returning students are required to pay an annual fee of \$50 for membership in the National Isshin-Shorin-Go-Ryu Karate Association (NIKA) which includes a style patch, an AOKA manual, and a uniform, belt, and t-shirt.

Lil' Dragons Level I: 4–6 years

Code	Dates	Days	Time
701104-A	Jul 12-Aug 6	M & F	5–5:45 PM
801104-A	Aug 9-Sep 3	M & F	5–5:45 PM

Lil' Dragons Level II: 6–8 years

Code	Dates	Days	Time
701104-B	Jul 12-Aug 6	M & F	5:45–6:30 PM
801104-B	Aug 9-Sep 3	M & F	5:45–6:30 PM

Youth & Adult: 9+ years

Code	Dates	Days	Time
701104-C	Jul 12-Aug 6	M & F	6:30–8 PM
801104-C	Aug 9-Sep 3	M & F	6:30–8 PM

Duration: 4 weeks/8 classes Location: EBC

Instructor: Victor Martinez Fee: \$46

Notes: There will be no class on Sept. 6

Special Interest Classes

Canine Education

Do you and your best friend need help? Parks & Leisure has the answer, TRAINING. Rocky Boatman, well known in the “Canine Community” both locally and nationally, is back as an instructor for P & L. Rocky has helped hundreds of dog owners and he can help you learn how good communication results in a cooperative addition to the family.

Basic Canine Education

This class will teach you to earn respect from your pushy and out-of-control best friend. Dog owners learn the fundamentals of being a truly responsible pet owner and become aware of how great this best friend can be.

Code	Dates	Day	Time
081304A	Aug 21– Oct 2	Sat	8 AM

Duration: 6 weeks/6 classes Location: TOM

Instructor: Rocky Boatman Fee: \$60

Notes: Class end dates may vary due to weather. There is no class on Sept 4.

Fix 'Em Up, Rent 'Em Out: How to start your own house fix-up and rental business in your spare time

Create wealth by buying, repairing, and renting fix-up houses. This class will teach you how to start your own house repair and rental business. Some of the topics covered include: locating, repairing, and renting properties; why invest in fix-up homes; tax codes; rental contracts; advertising; keeping records. Terry Spouse is the author of the book *Fix 'Em Up, Rent 'Em Out*.

Code	Dates	Day	Time
801333A	Aug 14	Sat	10 AM–12 PM

Duration: 1 day/1 class Location: OYCC

Instructor: Terry Sprouse Fee: \$20

NRA Home Firearm Safety Course

This class is for people who own or have access to firearms and have little or no formal safety training. It is a non-shooting course that teaches students the basic knowledge, skills, and attitude necessary for the safe handling and storage of firearms and ammunition in the home. The course is for safe gun handling that is conducted in the classroom only. Students are taught NRA's three rules for gun handling, primary causes of firearm accidents, firearm parts, how to unload certain action types, ammunition components, cleaning and care, safe storage of firearms in the home, and the benefits of becoming an active participant in the shooting sport. Students will receive the NRA Home Firearm Safety handbook, NRA Gun Safety Rules brochure, Basic Firearm Training Program brochure, and a course completion certificate.

Code	Dates	Day	Time
701324	July 17	Sat	9 AM–1 PM

Duration: 1 day/1 class Location: OYCC

Instructor: Chuck Ostrander Fee: \$45

Feng Shui for Beginners

This class will familiarize you with Asian philosophy, the five elements, the Bagua, I Ching, and tools to analyze a room.

Code	Dates	Days	Time
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801503A Aug 19 Thurs 6–8 PM

Duration: 1 day/1 class Location: OYCC

Instructor: Mackenzie Stillwater Fee: \$25

Palmistry for Beginners

This class will introduce you to the lines and mounds of the hand. The instructor will discuss hand shapes, fingers, and relation to astrology, personality, and graphology as a slide show presentation.

Code Dates Days Time

701317A July 15 Thurs 6–8 PM

Duration: 1 day/1 class Location: OYCC

Instructor: Mackenzie Stillwater Fee: \$25

Archery For Adults

Learn the basic fundamentals of archery and become a better archer with proper instruction. Jerry will teach you the correct form and technique using supplied equipment or bring your own. You will learn the parts that make up the bow and the arrow, how to use the equipment safely, correct arrow release, aiming, and shot sequence. This class is open to adult beginner and current archers ages 18 and over.

Code Dates Days Time

701332B July 10 – Aug 14 Sat 10–11 AM

801332B Aug 21 – Sept 25 Sat 10–11 AM

Duration: 6 weeks/6 classes Location: Cole Field

Instructor: Master Coach J. Busha Fee: \$53

INTERMEDIATE ARCHERY for KIDS & ADULTS

Become a better archer with proper instruction and improve your basic Archery technique with more detailed help from Master Coach Jerry Busha. You will learn the correct form and technique using supplied equipment or bring your own. This class is open to archers who have completed the beginning archery class ages 10 to adult.

Code Dates Days Time

701332C July 10 – Aug 14 Sat 9–10 AM

801332C Aug 21 – Sept 25 Sat 9–10 AM

Duration: 6 weeks/6 classes Location: Cole Field

Instructor: Master Coach J. Busha Fee: \$53

Digital Photos Galore! Now What?

How to Move Digital Photos from Your Camera to Computer and What You Can Do With Them

Digital photography has revolutionized our picture taking. It's now incredibly inexpensive to shoot hundreds and thousands of photos. You've learned to use your digital camera and have been taking lots of photos. Now what? This how-to class will take you through the simple steps of getting your photos off your camera and on to your computer with some tips on organizing them. Then we'll look at ways in which you can share these images with friends and family, from simply printing them yourself to using online services to put your images on special gifts.

Code	Dates	Days	Time
701330	Jul 6 – Jul 13	Tues	2:30pm – 4:30pm

Duration: 2 weeks/2 classes Location: EBC

Instructor: Barry Midgorden Fee: \$35.00

Note: This class assumes you already have a digital camera and a computer (Mac or Windows PC) and have a basic knowledge of how to use both.

Good Health Classes

Fit & Fabulous

Looking for a way to improve the quality of your life? This fun class, taught by certified Senior Exercise instructors, helps maintain your strength, fitness, and flexibility. Wear comfortable clothing—we provide all the equipment.

Code	Dates	Days	Time
801200A	Jul 26 – Aug 20	M, W & F	9–10 AM
801200A	Aug 23 – Sep 20	M, W & F	9–10 AM

Duration: 4 weeks/12 classes Location: EBC

Instructor: Lee Itule Fee: \$20

Notes: There will be no class on September 6.

Tai Chi

Tai Chi—Yang Style

Tai chi is an ancient system of exercise, meditation, and martial art that unites mind and body. It's an exercise to cultivate the body, a meditation to cultivate the spirit, and a martial art to cultivate harmonious relationships with others. The basic practice or Form comprises 37 movements executed in a slow, relaxed, and fluid manner. This class will be offered in the morning for early risers.

Beginning

Code	Dates	Days	Time
601220-A1	Jun 22 –Jul 15	T & Th	7:30–8:30 AM
701220-A	Jul 20 – Aug 19	T & Th	7:30–8:30 AM
801220-A	Aug 24 – Sept 16	T & Th	7:30–8:30 AM

Intermediate

Code	Dates	Days	Time
701220-B	Jun 30 – Jul 28	M & W	7:30–8:30 AM
801220-B	Aug 9 – Sep 1	M & W	7:30–8:30 AM
901220-B	Sep 8 – Oct 4	M & W	7:30–8:30 AM

There will be no classes on July 5.

*Note: New students need to contact the instructor for acceptance into the intermediate class @ bobszone@ThunderMountainTaiChi.com.

Duration: 4 weeks/8 classes Location: EBC

Instructor: Bob Chasan II Fee: \$43

Tai Chi Chi Kung

An Exercise For All Ages

Tai Chi movements are soft, graceful, and flowing. Tai Chi does not put stress on joints or muscles. It can be learned by anyone, regardless of age. Tai Chi fosters an inner quiet that relieves stress, tension, and body aches. Tai Chi is a totally unique form of exercise during which the student will experience a marvelous sense of well being as the physical body is slowly and gently healed and integrated with the mind and spirit.

Code	Dates	Days	Time
701201-B1	Jul 8 – Aug 2	M & Th	5–5:50 PM
801201-B1	Aug 5 – Aug 30	M & Th	5–5:50 PM

Duration: 4 weeks/8 classes Location: EBC

Instructor: Jean Helmstetter Fee: \$46

Notes: A one-time Association fee of \$35 will be charged and paid directly to the instructor. The tai chi uniform is provided free of charge.

Yoga

Evening Vinyasa Flow Yoga For Fitness

Experience increased overall health, energy, vitality and also a stronger and leaner body, reduced stress and tension, better posture, improved concentration, and a higher level of fitness with sequenced yoga poses that flow with the breath (Vinyasa Flow). This higher energy yoga class can be a challenge for the beginner or a refreshing experience for the seasoned practitioner.

Code	Dates	Day	Time
701219A	Jul 8 – Jul 29	Thu	6:30–7:30 PM
801219A	Aug 5 – Aug 26	Thu	6:30–7:30 PM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Carol Smith Fee: \$36

Note: Please bring your own yoga mat.

Gentle Vinyasa Flow Yoga For Stress Relief

Let go of stress and experience a serene space where you can rejuvenate your mind, body, and soul. This slow yoga class is perfect for the beginner or to bring a peaceful balance to an active lifestyle.

Code	Dates	Day	Time
801219	Jul 27 – Aug 17	Tue	6:45–7:45 PM
801219	Aug 24 – Sep 14	Tue	6:45–7:45 PM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Carol Smith Fee: \$36

Note: Please bring your own yoga mat and towel.

Dance

Ballroom & Latin Dancing

Learn to “dance like the stars”! This is a class for beginners who don’t want to look like a beginner. No dance background necessary—just two feet (a right and a left), a partner, and a desire to look great and have fun while dancing the night away. Join us for the perfect exercise for your heart, your mind, and your whole body. No sneakers please.

Need a partner? Call Karen Lamy at the Ethel Berger Center and she’ll try to match you with someone who also needs a partner.

Code	Dates	Day	Time
300705-A	Aug 4 – Sep 8	Wed	6:30–7:45 PM

Duration: 6 weeks/6 classes Location: EBC

Instructor: Mary Scerbo Fee: \$36

You Decide Latin

A Beginner’s Class

Enjoy Latin-dancing right from the start with easy steps—you won’t look like a beginner! The class decides what dances they want to learn: Rumba, Cha-Cha, Mambo, and Swing. Bring your partner and let’s have fun! No sneakers please.

Need a partner? Call Karen Lamy at the Ethel Berger Center and she’ll try to match you with someone who also needs a partner.

Code	Dates	Day	Time
400714-A	Aug 6 – Sep 10	Fri	6:30–7:45 PM

Duration: 6 weeks/6 classes Location: EBC

Instructor: Mary Scerbo Fee: \$36

Waltz/Swing Dance

While the waltz is one of the most asked for dances it is not to be outdone by the faster moving, popular swing. Come join us to learn the beautiful waltz and then have fun with the east coast swing. Bring your partner or contact Karen at Ethel Berger and she'll try to find you one. Dress comfortable and remember no sneakers please.

Code	Dates	Day	Time
800710A	Aug 5 – Sep 9	Thu	6:30 PM-7:45 PM

Duration: 6 weeks/6 classes Location: EBC

Instructor: Mary Scerbo Fee: \$36

Clogging

This percussive dance form is not only a lot of fun, it is a great aerobic exercise. It stimulates your mind, and improves balance. Appropriate for all ages. Young students need parental guidance. Beginner clogging classes start in January of each year. Participants must already clog at the Easy Level of Clogging before attending this class.

Code	Dates	Day	Time
0712	May 6 – Aug 26	Thu	12:30–3:30 PM

Duration: continuous Location: EBC

Instructor: Jill Gunzel Fee: \$6 weekly

Who are the Rickety Rockettes?

The Rickety Rockettes are a group of active adults (50+) committed to displaying the benefits of dance and performance. The Rockettes inspire audiences and other adults to the benefits of keeping active and healthy, no matter what your age. The group performs a variety of tap and jazz numbers for community organizations, care centers, churches, fairs and festivals. They also perform for special occasions, such as birthdays, anniversaries, dinners, and retirement parties. They display their talents locally and travel to events throughout Cochise County and Tucson. The choreographer/director Maxine Huff has brought new life to the group with new dances to popular show tunes and popular new songs. If you would like a performance at your next event please call the Ethel Berger Center for further information.

Happy Feet

Beginning Tap Dance for Adults 50+

It's never too late to learn how to dance! Come join the Rickety Rockettes and learn basic tap. No experience needed—Maxine Huff will teach you how in this fun class. Get plenty of exercise as you learn tap steps and easy dance routines and meet new friends, too!

Beginners

Code	Dates	Day	Time
800708-B	Aug 3 – Aug 24	Tue	10–11 AM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Maxine Huff Fee: \$23

Hawaiian Dance

You don't have to go to the Islands to learn the Hula and Tahitian Dance! Island dance is here for you to learn, combined with the chants and hand movements that tell the story. You will exercise and make new friends! Bring your smiles, enthusiasm, and bare feet. Join Nancy and the Barefoot Wahines Plus One for an hour of fun and dancing to some of the islands favorite melodies.

If you would like to have the Barefoot Wahines Plus One perform at your next event, please call the Ethel Berger Center at 417-6980.

Beginners

Code	Dates	Day	Time
800717-C	Aug 3 – Aug 24	Tue	5-5:30PM
900717-C	Aug 31 – Sep 27	Tue	5–5:30 PM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Nancy Slater Fee: \$8

Intermediate

Code	Dates	Day	Time
800717B	Aug 3 – Aug 24	Tue	5:30PM-6:30PM
900717-B	Aug 31 – Sep 27	Tue	5:30–6:30 PM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Nancy Slater Fee: \$16

Performing

Code	Dates	Day	Time
800717-A	Aug 6 – Aug 27	Fri	10:30 AM–12 PM
900717-A	Sep 3 – Sep 24	Fri	10:30 AM–12 PM

Duration: 4 weeks/4 classes Location: EBC

Instructor: Nancy Slater Fee: \$16

Arts & Crafts

Busy Fingers—Learn A New Craft: Adult Knitting

Knitting is hot! Participants will learn how to “cast on, knit, purl, and bind off.” Come “sit and knit” with us. Please bring plastic or bamboo knitting needles, size 10, plus one skein of cotton yarn to class.

Code	Dates	Days	Time
700907-B	July 12 – July 21	M & W	1–2 PM
700907-B1	July 26– Aug 4	M & W	1–2 PM
800907-B1	Aug 9–Aug 18	M & W	1–2 PM
800907-B2	Aug 23– Sept 1	M & W	1–2 PM
Duration: 2 weeks/4 classes		Location: EBC	
Instructor:	Nancy Wigmore	Fee: \$15	

Adult Crocheting

Did your grandmother crochet beautiful doilies? Do you want to learn how to crochet? Come join the Busy Fingers crochet class and learn to make items just like Grandma made. Please bring crochet hooks, sizes J or K, plus one skein of cotton yarn to class.

Code	Dates	Days	Time
700907-C	July 12 – July 21	M & W	2–3 PM
800907-C1	July 26– Aug 4	M & W	2–3 PM
800907-C1	Aug 9–Aug 18	M & W	2–3 PM
800907-C2	Aug 23– Sept 1	M & W	2–3 PM
Duration: 2 weeks/4 classes		Location: EBC	
Instructor:	Nancy Wigmore	Fee: \$15	

Japanese Flower Arranging

Ikebana Sogetsu

Have you ever been interested in learning the ancient art of Japanese Flower Arrangement? Noriko Blair brings her experience from her training in Ikebana in Japan to Sierra Vista.

You will need to supply your own scissors and Kenzams (base for arrangements). Kenzams and shears will be available for purchase from the instructor. Students will also be required to purchase flowers each week from the instructor. Cost will be about \$10 per class.

Code	Date	Day	Time
701515-A	Jul 22 – Aug 26	Thu	6:30–8 PM
Duration: 6 weeks/6 classes		Location: EBC	
Instructor:	Noriko Blair	Fee: \$45	

Scrapbooking

Summer 2-page Layout Class

Create a 2-page summer layout, perfect for your vacation or just hanging out pictures. Class includes everything you need to create two beautiful 12 x 12 pages. Supply cost of \$10 must be paid to instructor Lorraine Jacobs at the beginning of the class.

Code	Date	Day	Time
800918	Aug 24	Tue	6–8 PM

Duration: 1 day/1 class Location: OYCC

Instructor: Lorraine Jacobs Fee: \$7

The Pottery Studio @ Sierra Vista

This is an opportunity for students at any level to have a ceramic open lab session, working alongside experienced ceramic artists and other students. It is completely self-directed, though your questions will be gladly addressed. The time and intensity of your experience are completely up to you. Explore, experiment, and learn through play and self-motivated practice. There will be a Raku firing on the second Friday of each month.

The fee includes a reasonable amount of clay, use of equipment, bisque firing, glazes, and glaze firing. Students are encouraged to bring their own tools, though studio tools will be available. Participants wishing to go into production will be asked to purchase their clay in addition to the fee. Punch Pass is good for eight hours in the studio.

Code	Dates	Days	Time
NA	Jul 1–29	Thu	6–9 PM
NA	Jul 2–30	Fri	10 AM–4 PM
NA	Jul 10 & 24	Sat	10 AM–2 PM
NA	Aug 5–26	Thu	6–9 PM
NA	Aug 6–27	Fri	10 AM–4 PM
NA	Aug 7 & 21	Sat	10 AM–2 PM

Duration: 9–13 hours/weekly Location: OYCC

Leader: Beverly Terry Fee: \$22 Punch Pass

Notes: It is not possible to sign up for this class on WebTrac. Please come to one of our three locations to register for Pottery Studio. We apologize for the inconvenience. Punch pass is good for eight hours for you to use during open studio as you please. Paid participants in our other pottery classes may attend Pottery Studio at half-price.

Please Note: If there are no participants in attendance at the half way point, the Thursday evening session will close at 7:30 P.M. and the Saturday sessions will close at noon. Call Beverly Terry at (850) 485-2502 if you are going to be late.