



City of Tempe
Adapted Recreation News
Fall 2008

Coordinator's Corner

Change is a tough thing. For years, Yolanda Mathews and I considered ourselves to be the Dynamic Duo of Adapted Recreation. We prided ourselves in being able to fly by the seat of our pants, but ultimately get the job done. I believe that it is our combined passion for Adapted Recreation that allowed this system to work for us. No matter what, we were going to make sure that we maintained a high-quality program that continued to be successful.

Where am I going with this, you might ask? Well, as most of you know Becky LeRoy took over the Adapted Recreation program in March of this year. Yet, sometimes we should expect the unexpected and go with the flow. A quote I recently read said, "This isn't good or bad. It's just the way of things. Nothing stays the same." Becky has moved on, and I have stepped back in to fill the shoes of the Adapted Recreation Coordinator once again. Adapted Recreation is like an old shoe to me, comfortable and easy to step into.

This reminds me of the commercial that has been airing recently. You know the one, where the mom goes on a business trip, but instead of saying "goodbye" as she hops in the taxi, her family says "hello". In this same commercial, two lovers are parting ways. As one is departing, the other sadly says, "hello." I don't remember what the commercial is selling, but it reminds me of how I am also frequently saying hello when I should be saying goodbye. I certainly don't see that as a bad thing. Hello is definitely a more pleasant word to say.

Feel free to call or email me if you have any questions about the program. Please read the newsletter thoroughly, as these dates are very important. I'll see you at the programs.

Hello,
Linda

City of Tempe Adapted Recreation 3500 S. Rural Road Tempe, AZ 85282
Adapted Recreation Staff Recreation Administrator Linda Cano (480) 858-2469 Linda_cano@tempe.gov Special Olympics Coordinator Yolanda Mathews (480) 858-2417 Yolanda_mathews@tempe.gov



Ways to help the environment!

1. **Park It** – Leave your car at home for a day (or a week or a month) and try walking or biking. If work is too far away to walk, take public transit or car-pool. One city bus eliminates the emissions of 40 cars.
2. **Shut Down** – Turn off the lights, the computer and the TV when they are not in use. Using only highly efficient and money saving appliances can reduce the electricity consumption of an average household to one tenth of the US average.
3. **Don't Be Idle** – Turn off your car's engine if stopped for more than 10 seconds. If every driver of a light duty vehicle avoided idling by five minutes a day, collectively, we would save 1.8 million liters of fuel per day, almost 4500 ton of GHG emissions, and \$1.7 million in fuel costs each day (assuming fuel costs are \$0.95/L).



Schedule

Upcoming Events

Aquatics

Tuesdays August 5th-October 14th

Clark Pool

5:00 pm-6:30 pm

Area Competition

September 15th and 16th

Shepherd Junior High– Mesa

Golf

Wednesdays August 6th-October 15th

Rolling Hills Golf Course

5:00 pm -7:00 pm

Area Competition

September 27th

Rolling Hills Golf Course

Bowling

Saturdays September 6th-October 25th

Tempe AMF Lanes

12:30 pm-2:30 pm

Area Competition

October 30th and November 1st

Brunswick Zone– Mesa

Sport	Practice Start
Aquatics	August
Artistic Gymnastics	February
Basketball	January
Bowling	September
Cheerleading	January
Golf	August
Kayaking	March
Power Lifting	February
Rhythmic Gymnastics	February
Track and Field	February
Speed Skating	December

Specific practice dates and times are TBA. Registration forms will be available one month prior to practice start.



Young Athletes is an innovative sports/play program designed to introduce children, ages 2½ to 7, with intellectual disabilities, to the world of sports at an early age. Through the Young Athletes Program, a child acquires and improves fundamental skills such as walking and running, balancing and jumping, trapping and catching, throwing, striking and kicking. These building blocks result in notable improvements in a child's motor skills, cognitive development, social skills, emotional development and communication skills.

Come check out this exciting new program in Tempe!!

For more information or to register, contact Tracy Roberts at

602-476-0839 or Yolanda Mathews at 480-858-2469.

"Let me win. But if I cannot win, let me be brave in the attempt."

Program Watch

Check out what is going on with Adapted Recreation Programs!



Buddy Bowling

Fall League Info

Location: AMF-Tempe Village Bowling
4407 S. Rural Rd

Dates: September 6th-November 22nd

Time: 9:30 am



Age: 7 + years

Fees: Registration fee \$20 plus \$7.00 each week. Includes 3 games, shoes, and prizes. (\$2 each week if absent)

Congratulations to the Tigers- 1st Place and Sparkys-2nd place for the Summer Session

Bingo

- September 5th
- October 3rd
- November 7th
- December 5th

6:30 pm

Pyle Adult Center
\$2.00 at the door

Please bring your own aide if you require assistance

BINGO				
7	25	44	57	62
15	22	40	50	70
11	30	FREE SPACE	46	74
2	28	37	55	68
10	27	39	59	75

L
E
A
P

School is back in session and that means it is time for another exciting year of LEAP! Students will enjoy activities focusing on development of social skills, academics, gross/fine motor skills, and much more.

If you are interested in enrolling for the 2008-2009 school year, registration forms are available on-line at www.tempe.gov/adaptedrecreation



Move N' Groove

Teens and adults 13 and older with disabilities will have fun and get fit to a variety of music, exploring different forms of dance and movement.

Individuals must be independently mobile to participate.

Tuesdays September 9th-October 28th

7:00 pm-8:00 pm

Westside Community Center

Cost: \$10.00

Course Code: 13558

Cancelled

Be the first to try this exciting new program!

Space is limited, so sign up soon!

Call Linda at 480-858-2469 for more information!



Dances



September 12th: Swingin' Safari

October 10th: Monster Bash

November 14th: At the Hop

December 12th: Mistletoe Ball

6:30-9:00 pm

Pyle Adult Center

Teens and adults 13 +

\$3.00 entry fee includes admission, drinks snacks, and door prizes!



ACCOMMODATIONS: The City of Tempe endeavors to make all of its programs, services, and facilities accessible to, usable by, and available to qualified individuals with disabilities. Persons with disabilities are encouraged to call regarding program eligibility requirements, accessibility, and usability of programs, services, and facilities and to request an accommodation for participation. The Parks and Recreation Department has available a personal reading machine, assistive listening devices and a text telephone/TDD (480) 350-5050.