



City of Tempe  
Adapted Recreation News  
Summer 2008

## Coordinator's Corner

Hello! I just wanted to take the time to introduce myself to all of you wonderful people. My name is Becky LeRoy and I took over the position of Adapted Recreation Coordinator on March 10th, 2008. So that voice you hear when you call the Adapted Recreation number that is not Linda...that would be me! I'm looking forward to getting to know everyone involved in all the programs the City has to offer. So far, I really like it here. I've had the opportunity to visit all of the programs including several Special Olympics events...what talented athletes we have! I'm learning something new everyday, yet know I have a long way to go before knowing everything. Please be patient with me! Throughout my life, I have had the opportunity to work with children and adults with varying abilities. My parents brought me to volunteer at a very young age to a very primitive camp (think 3-sided sleeping structures and cooking over a campfire!) for adults with developmental disabilities, and I have been hooked ever since. I am confident that my experiences gained throughout my life will be an asset to the existing program and look forward to seeing what comes my way in my future in Tempe. Please feel free to call or stop by Pyle Center to visit! Have a fun, safe summer! Don't forget the sunblock!

- Becky

**Living in Arizona, it is especially important that we take care of ourselves during the summer months. Here are some tips from the American Red Cross for preventing Heat-Related Illness.**

**Dress for the heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella.

**Drink water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.

**Eat small meals and eat more often.** Avoid foods that are high in protein which increase metabolic heat.

**Avoid using salt tablets unless directed to do so by a physician.**

**Slow down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.

**Stay indoors when possible.**

**Take regular breaks** when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop activity and find a cool place. Remember, have fun, but stay cool!

City of Tempe  
Adapted Recreation  
655 E. Southern Ave  
Tempe, AZ 85282

### Adapted Recreation Staff

**Recreation Coordinator**

Becky LeRoy

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**Special Olympics Coordinator**

Yolanda Mathews

(480) 858-2417

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# Upcoming Opportunities

## Aquatics and Golf

Both Sports will begin practice in late July/Early August

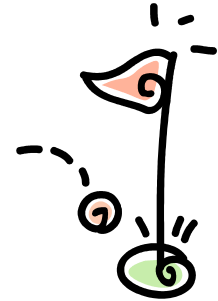
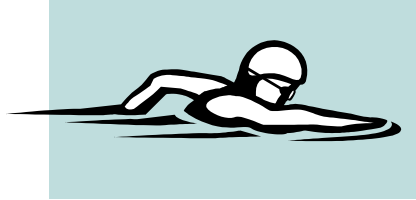
Don't forget to sign up!

### Star Athletes



Become one of our star athletes! The City of Tempe offers a variety of sports throughout the year. Find one (or more!) that is right for you and let yourself shine!

Be on the lookout for practice dates and times!



- Aquatics
- Artistic Gymnastics
- Basketball
- Bowling
- Cheerleading
- Golf
- Kayaking
- Power Lifting
- Rhythmic Gymnastics
- Track and Field
- Speed Skating



A Special Olympics medical release form and City of Tempe Registration form must be on file by the first day of practice in order for you to participate.

Support Tempe Special Olympics! Join Basha's Thanks a Million Program to earn money for our program. Link your card to Group ID # 29308. More information available at [www.bashas.com/charity](http://www.bashas.com/charity)



## WANTED!

Enthusiastic individuals interested in being a volunteer/assistant coach!

Please contact Yolanda Mathews at 858-2417 or

[Yolanda\\_mathews@tempe.gov](mailto:Yolanda_mathews@tempe.gov) for more information on this exciting opportunity!

"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

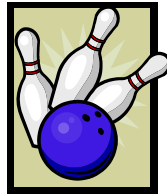
### Summer League Info

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

**Dates:** June 7th-July 25th

**Time:** 9:30 am

**Age:** 7 + years



**Bowling Fee:** \$7.00 each week. Includes 3 games, shoes, and prizes.

**Reg. Fee:** \$20 (\$2 each week if absent)

Like to dance? Want to learn a variety of dance styles? Then our latest new program may be for you! Be on the lookout for more information about Move N' Groove to be offered beginning Fall 2008!



## Dances

June 13th: Boogie Fever  
July 11th: Stars and Stripes  
August 8th: Rock a Hula

6:30-9:00 pm

Pyle Adult Center

Teens and adults 13 +

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

## Bingo

June 8  
August 1  
September 5

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

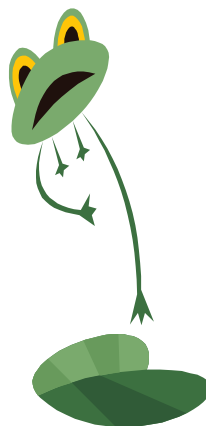


# LEAP

Our teen after school program has been busy this year! Students 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 at the Tempe Parks and Recreation Office, 3500 S. Rural Rd or on-line at

[www.tempe.gov/adaptedrecreation](http://www.tempe.gov/adaptedrecreation)



Does your child enjoy arts and crafts, games, swimming, music, bowling, and field trips? All this and more will be offered at our summer camp program. There is still time to sign up, but don't take too long since spaces fill up quickly for this exciting program. Contact Becky at 480-858-2469 for more information!

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.