

# GLENDALE

SUMMER 2017  
JUNE-JULY-AUGUST

## @PLAY

We're going to  
a **GLENDALE**  
**RECREATION**  
**CENTER** this summer  
for non-stop fun!



**YOU'LL FLIP OVER THIS ISSUE!**

FIND OUR SUMMER SPLASHBOOK FOR  
AQUATICS PROGRAMS – GO TO THE  
BACK COVER AND FLIP OVER.

**FIND YOUR SUMMER ADVENTURE**

BE A TOURIST IN YOUR OWN BACKYARD!

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**MAKE SURE YOUR SUMMER IS SENSATIONAL**

HAVE FUN, PLAY SAFE!

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#### ATTENTION MUSIC LOVERS!

The Glendale Summer Band offers eight weeks of free concerts in downtown Glendale this June-July.

## CALENDAR OF EVENTS\*

### JUNE

#### GLENDALE SUMMER BAND CONCERT SERIES

June 1, 8, 15, 22 & 29 | 8 p.m.

E. Lowell Rogers Amphitheatre, Murphy Park  
[glendaleaz.com/events](http://glendaleaz.com/events)

#### SURVIVING THE SUMMER

June 2 | 6:30 - 8:30 p.m.

Westgate Entertainment District  
[www.glendaleaz.com/events](http://www.glendaleaz.com/events)

#### PHIL LIEBERMAN DAY

June 3 | 9 a.m.

Rose Lane Aquatics Center  
[glendaleaz.com/parksandrecreation](http://glendaleaz.com/parksandrecreation)

#### SUMMER SCAVENGER STROLL

June 10 | 4 p.m.

Historic Downtown Glendale  
[visitglendale.com](http://visitglendale.com)

### WEST VALLEY GIVES RALLY & TREASURE WALK

June 24 | 10 a.m.

University of Phoenix Stadium  
[visitglendale.com](http://visitglendale.com)

### JULY



#### PARKS AND RECREATION MONTH

This July, discover the power of play and adventure.

During National

Park and Recreation Month, Glendale is challenging everyone to get their play on with the Parks & Recreation Division.  
[glendaleaz.com/parksandrecreation](http://glendaleaz.com/parksandrecreation)

### SUMMER BAND CONCERTS

July 6, 13 & 20 | 8 p.m.

E. Lowell Rogers Amphitheatre, Murphy Park  
[glendaleaz.com/events](http://glendaleaz.com/events)

### CHRISTMAS IN JULY

July 8 | 10 a.m. - 4 p.m.

Historic Downtown Glendale  
[visitglendale.com](http://visitglendale.com)

### SEPTEMBER

#### TEDDY BEAR DAY

Sept. 9 | 10 a.m. - 4 p.m.

Historic Downtown Glendale  
[visitglendale.com](http://visitglendale.com)

\*Event dates and times are subject to change.  
Check online for most current information.

## Contact Us

City of Glendale Public Facilities, Recreation & Special Events Department

Erik Strunk, Director

5970 W. Brown St.  
Glendale, AZ 85302

623-930-2820

glendaleaz.com/parksandrecreation

glendaleaz.com/events

glendaleciviccenter.com

visitglendale.com

Connect to our various social media outlets through the above websites.

## Residency

To verify your residency in Glendale you must provide a recent city of Glendale water bill. While your address may list your city as Glendale, the Post Office assigns addresses based on zip codes, not city boundaries. If you receive city of Glendale water service, you reside in Glendale.

## Advertising

For advertising information, call 623-930-3527. Advertising contained herein does not constitute an endorsement by the city of Glendale or its staff. Information in this publication is subject to change without notice.

## CAPRA

Glendale Parks and Recreation is Nationally Accredited. The Glendale Parks and Recreation Department became one of only 139 agencies in the world to have received national accreditation from the Commission for Accreditation of Park and Recreation Agencies (CAPRA). CAPRA provides quality assurance and quality improvement of accredited park and recreation agencies throughout the United States. CAPRA is the only national accreditation of park and recreation agencies, and is a valuable measure of an agency's overall quality of operation, management, and service to the community.

## Disclaimer Notice

Participants should be aware that there is some risk involved in these activities and all participants do so at their own risk. Medical insurance is not provided by the city of Glendale. Participants should also be aware that photographs taken at city facilities, during classes and activities may be used to promote future city programs and events.

## ADA

Interpreter assistance or reasonable accommodations for people with disabilities may be made available with a minimum 72-hour notice. For more information, call 623-930-2820. Hearing impaired persons may use the Arizona Relay Service 1-800-367-8939.

# A NOTE FROM OUR DIRECTOR

Make a "Play" Date with Glendale - Celebrate Park and Recreation Month

Get ready to get your play on this July with City of Glendale and the National Recreation and Park Association (NRPA). Since 1985, America has celebrated July as the nation's official Park and Recreation Month, which specifically highlights the vital and powerful role local parks and recreation, play in conservation, health and wellness, and social equity efforts in communities all across the country.

This year, it's all about discovering the power of play with your local parks and recreation facilities. From learning a new sport like basketball (see page 18) or archery (see page 28) to meeting your friends for a picnic in the park or a swim at one of our aquatics centers, your Glendale parks and recreation facilities are the places where everyone can play, regardless of age or ability. We are encouraging everyone to get out there to experience the power of play for themselves.

To celebrate Park and Recreation month in Glendale, attend one of our events throughout the month, and make sure to enter to win some prizes along the way. Stay tuned for more information at [glendaleaz.com/parksandrecreation](http://glendaleaz.com/parksandrecreation).

Erik Strunk, Director

Glendale Public Facilities, Recreation & Special Events

*This is our second issue with our new design. Here is the key for our new class/activity listings:*

MONTH	Class Name
DATE	Class Code

⌚ Time

# of Classes & Days

### (Age) Class Description

Instructor: Name

Location: Facility - Room (or Room #)

\*Charts are used for multiple class offerings.

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Kids and adults  
can earn prizes for  
reading this summer.  
**SIGN UP TODAY!**

# GLENDALE PUBLIC LIBRARIES

More than books,  
more than ever!

Glendale Public Libraries offer a wide variety of **FREE** programming for **ALL** ages, from babies and children to teens and adults.

Storytimes | Hands-On Art Programs | Games | Job Searching Assistance | Musical Performances | Lectures  
eBook Instruction | Book Discussions | Author Appearances | Volunteer Opportunities

## Summer Reading 2017

Don't miss out! Our two summer reading programs for all ages run from June 1 – Aug. 1.

**\*Express Yourself** - Stop by any Glendale Public Library branch and ask for a reading record to track your reading, then bring it back to the library to collect fun prizes. Be sure to pick up a program calendar, too -- arts and crafts, live music, book discussions, and more await you at the library!



**Maricopa County Reads**  
- "Build a Better World" by reading 20 minutes a day this summer! Register at [maricopacountyreads.org](http://maricopacountyreads.org)

and log your reading time online to earn a free meal at Chipotle. Reach 1,000 points to earn a free book!

*\*This project is supported by the Arizona State Library, Archives & Public Records, a division of the Secretary of State, with federal funds from the Institute of Museum and Library Services.*

## Don't Go Back to School (without the Library)

Ace a test. Learn a foreign language. Write an A+ paper. It's easy when your library card comes with **FREE** live tutoring, classes, testing services, homework help, and so much more. Just visit our website at [glendaleaz.com/library](http://glendaleaz.com/library), click on "Online Research," and log in to take advantage of an assortment of over **three dozen databases**, including these:



**Brainfuse** – Don't pay a fortune for tutoring! Get live, online, one-on-one tutoring for all ages from highly qualified experts in both English and Spanish. Get help with topics like math, writing, science and social studies for elementary through college-level classes. Need help studying for a test? Brainfuse has you covered for the GED, SAT, ACT and U.S. Citizenship exams. Brainfuse even features an Adult Learning Center with great career resources, including live online help with writing a résumé and using Microsoft Excel, PowerPoint and Word.



**Testing & Education Reference Center** – Whether you're taking the GRE, SAT, ACT, CLEP, LSAT, TOEFL, ASVAB, or a career-specific exam, the more than 300 practice tests and courses found here will have you covered. Prepare for high school, college, careers, and graduate school with features like a scholarship search and a résumé builder.

Don't have a library card? If you live in Maricopa County, it's completely **FREE** with a photo ID and proof of address. Stop by one of our three locations today for your ticket to books, movies, music, internet access, and even museum and theater passes!

## A Library Card

Your ticket to free books, movies, eBooks, the Internet and so much more!

## Meeting Room Rentals

Glendale Public Library meeting rooms are available for rental. For information, visit [glendaleaz.com/Library/Rental\\_Opportunities.cfm](http://glendaleaz.com/Library/Rental_Opportunities.cfm).

## Find Us Online

Sign up for our email newsletter at [glendaleaz.com/library](http://glendaleaz.com/library) and follow us on Twitter, Facebook, and Instagram.

## Main Library

**5959 W. Brown St. | 623-930-3530**

Mon. & Wed.: 1 - 8 p.m.  
Tues. & Thur.: 10 a.m. - 8 p.m.  
Friday: Closed  
Saturday: 12 - 5 p.m.  
Sunday: 1 - 5 p.m.

## Foothills Library

**19055 N. 57th Ave. | 623-930-3830**

Mon.: 1 - 8 p.m.  
Tues. & Wed.: 10 a.m. - 8 p.m.  
Thur. & Sun.: Closed  
Fri.: 1 - 5 p.m.  
Sat.: 12 - 5 p.m.

## Velma Teague Library

**7010 N. 58th Ave. | 623-930-3430**

Mon. & Thur.: 1 - 8 p.m.  
Tues., Wed.: 10 a.m. - 6 p.m.  
Fri. & Sun.: Closed  
Sat.: 12 - 5 p.m.



Keep kids busy and active with some of these activities. Find more things to do this summer online at [VISITGLENDALE.COM](http://VISITGLENDALE.COM) and [GLENDALEAZ.COM/PARKSANDRECREATION](http://GLENDALEAZ.COM/PARKSANDRECREATION).

# SUMMER BOREDOM BUSTERS

Every parent has heard this complaint at some point during the long, hot summer months: "I'm bored!" This summer, get ahead of the game and plan activities for your child, and some activities the whole family can do to break up the monotony of staying inside the air-conditioned house! Glendale has you covered, with this list of activities that could be a start for your summer itinerary:

## City of Glendale Programs/Events

City of Glendale Summer Day Camps – Rock-climbing, swimming, STEM activities and much more! Two options/locations are available. See page 9 and 11 for more information.

## JUN 2 Glendale Library Summer Reading Program

Ignite your child's imagination with reading – adventures await in the pages of so many books. Glendale's program (along with Maricopa County) offers incentives and prizes along the way for reading a certain amount of books during the summer months. See page 4 for the scoop.

## JUN 2 Surviving the Summer

FREE

⌚ 6:30 - 8:30 p.m.

Get ready for the sizzling summer with this family-friendly event. You'll find safety information and resources, businesses offering summer activities, entertainment and much more. Plus, kids will enjoy the fountain park water fun, and other activities abound at Westgate.

Location: Westgate Entertainment District



## JUN-JUL 1 20 Glendale Summer Band Concert Series

FREE ⌚ 8 p.m., Thursdays

This concert series is an ensemble of 100+ musicians that perform marches, show tunes and much more. Now in its 51st year, it is the longest-running community band in Arizona. Mark your calendar, bring your blankets, lawn chairs and have a wonderful music-filled evening!

Location: E. Lowell Rogers Amphitheatre



## JUL 11 Glendale's Christmas in July

FREE ⌚ 10 a.m. - 4 p.m.

Just what your family needs to put a little joy into the dog days of summer! This annual event is in partnership with area businesses, offering a day of holiday fun, deals, meals and more. You can even find a snowfield that will cool off the little ones.

Location: Historic Downtown Glendale

## Glendale & West Valley Activities/Attractions

The West Valley region offers a multitude of family fun, from the arcade to the lake. Here are some options you might want to check out:

## Urban Fishing at Bonsall Park

At Bonsall Park Lake, you can take a pole and bait and catch some fish - fun for the whole family! Free, with a license. [glendaleaz.com/ParksandRecreation/BonsallPark.cfm](http://glendaleaz.com/ParksandRecreation/BonsallPark.cfm)

## Challenger Space Center

Space out with camps and activities that are out of this world! [azchallenger.org/camps.html](http://azchallenger.org/camps.html)

## Cerreta Candy Company

Make the summer sweeter with a visit to our hometown candy factory. This summer you'll find summer special deals, free factory tours, and special hands-on activities and treats for Mother's Day, Father's Day and Christmas in July event. [cerreta.com](http://cerreta.com) or 623-930-9000



## Wildlife World Zoo

Your child will find a wild experience like no other at the Wildlife World Zoo camps. They'll be talking about it all summer long, especially getting up close and personal with a variety of animals including penguins and snakes! [wildlifeworld.com/safari-camp-2017](http://wildlifeworld.com/safari-camp-2017)

## Lake Pleasant

Just a short ride north, you'll find an oasis in the desert. Your whole family will get 'on board' for the outdoor fun. From paddle boarding and nature hikes to boating and fishing, the possibilities are endless. [maricopacountyparks.net/park-locator/lake-pleasant-regional-park](http://maricopacountyparks.net/park-locator/lake-pleasant-regional-park) and [pleasantharbor.com](http://pleasantharbor.com)

You can also find more information on what to see, do and eat in Glendale and the West Valley. Check out our website at [visitglendale.com](http://visitglendale.com) or call our Visitor Center at 623-930-4500.



Get moving at the  
**GLENDALE ADULT CENTER.**  
Exercise classes are available  
Monday through Friday.

# GLENDALE ADULT CENTER

Ages 18+

5970 W. Brown St. | 623-930-4321

New Hours! Mon. - Thur.: 8 a.m. - 7 p.m., Fri.: 8 a.m. - 5 p.m., closed Sat. and Sun. Center hours and fees subject to change.

Whether you're looking for a challenging activity, such as a fitness program, or just a friendly place to spend time, the Glendale Adult Center is the place for you! We offer aerobics, dance, cards and games, Wii bowling, bingo, a lunch program and more! The center is open to both Glendale residents and non-residents ages 18+. To ensure that participants enjoy quality facilities and programming, a center membership fee is collected. The **\$40 (\$60 non-Glendale resident)** annual fee covers fitness, billiards, and helps off-set operations, staffing and programming expenses. To join us, just stop at the front desk to learn more membership benefits or get a tour of the facility.

The Glendale Adult Center is the perfect place to hold your special celebration. For room rental details, call 623-930-4328.

#### Additional Operating Hours:

Did you know the facility is now open later Monday through Thursday? Visit until 7 p.m. those days and use the following:

- fitness center
- billiards
- library
- computer lab

#### Fitness Activities at the Glendale Adult Center!

##### Fitness Center

**Mon.-Thur.: 8 a.m. - 7 p.m.**  
**Fri.: 8 a.m. - 5 p.m.**

Orientation provided upon request

#### Exercise Programs

##### Cardio Moves

**MWF** ☰ 8:10 a.m.

Come join this fun, high energy, fat burning class with easy to follow routines. This cardio class is great way to start your day and it won't even feel like a workout.

##### Cardio Moves

**MW** ☰ 3:10 p.m.

##### Total Body

**MWF** ☰ 9:15 a.m.

Low impact aerobics/medium intensity followed by toning exercises using bands, balls, and hand weights. During the mat exercises, you may request alternative chair exercises that are just as effective.

##### Silver Sneakers Classic

**MWF** ☰ 10:30 a.m. & 1 p.m.



Have fun and move to music through a variety of exercises designed to

increase muscular strength, range of movement and activity for daily living skills. Handheld weights, elastic tubing with handles and a ball are offered for resistance. A chair is used for seated and/or standing support.

##### Zumba Gold

**MWF** ☰ 2 p.m.

This class is for active older adults who are looking for a modified Zumba class that recreates the original moves you love at a lower intensity. Come ready to sweat and prepare to leave empowered and feeling strong!

Instructor: Cyndi Picker

#### Exercise Programs

##### T'ai Chi - Essentials

**TU/TH** ☰ 1 p.m.

Discover 5 easy to learn exercises taken directly from the Tai Chi form. Exercises are designed to help improve balance, relaxation, flexibility, strength, & body awareness. Adapted for people of all ages, especially those who do not want to learn the entire Tai Chi form, but still want the benefits.

Instructor: Charlie Gill

##### Zumba Toning

**TU/TH** ☰ 2:15 p.m.

This Zumba class will put extra emphasis on toning and sculpting to define muscles. Adding resistance using Zumba Toning Sticks (or light weights) helps you focus on specific muscle groups, so you (and your muscles) stay engaged! This class will enhance your sense of rhythm and coordination, while toning target zones, including arms, core and lower body.

Instructor: Cyndi Picker

##### Isshin-Ryu Karate

**TU/TH** ☰ 12 p.m.

Join the Karate for Lunch Bunch! Isshin-Ryu is a style of Okinawan karate founded and named by Tatsuo Shimabuku. Isshin-Ryu karate is largely a synthesis of Shorin-ryu karate, Goju-ryu karate, and kobudo. The name means, literally, "one heart way" (as in "wholehearted" or "complete"). NO BODILY CONTACT OR SPARRING. Volunteer Instructor: John Legendre, working under the direction of Sensei Gary Spender.