



Community Center

anthem community council

activityguide

Anthem, Arizona

Upcoming Programs:

Parent-Child Classes

New classes for kids ages 2-5!

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Father-Daughter Dance is back

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Co-Rec Adult Sports

Softball and Kickball leagues
starting this winter

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Preserving, Protecting and Enhancing a Genuine Sense of Community

The Anthem Community Council (ACC) serves as a unifying entity for the overall Anthem community. Our mission is to establish and maintain a governing structure that will preserve, protect and enhance the plans, policies, infrastructure and resources needed to support a genuine sense of community, facilitate sound economic development and promote quality of life for all Anthem residents.

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Published three times annually, the Anthem Community Council (ACC) Activity Guide is your guide to classes, programs, camps and services offered by the ACC. All contents are copyrighted 2016. For additional community information: OnlineAtAnthem.com.



Register at OnlineAtAnthem.com

1. Hover over Recreation & Amenities in the navigation bar.
2. Click Online Registration.
3. Click Login and enter username and password. If you do not have a username and password, contact Membership Coordinators Jennifer Huddleston and Hailey Lawry: jhuddleston@anthemcouncil.com or hlawry@anthemcouncil.com or call 623-879-3013.
4. Search for programs by entering program name or a keyword in the search box.

Register at the ACC Community Center

- Registration is granted on a first-come, first-served basis. Forms are dated and processed in the order they are received.
- Registration forms (available at the front desk and online) must be returned to the ACC Community Center front desk by posted deadlines.
- Forms must be completely filled out before they will be accepted.
- Payment must be received in full at the time of registration; cash, money order or credit card (MasterCard, Visa and Discover only).
- A minimum participation may be required to run programs or sports leagues.

After deadline, fees will be increased by \$5 (i.e. \$28/\$33 fee/fee after deadline). Some programs are offered to non-residents at a higher rate.

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Recreation & Amenities

The ACC Community Center and Community Park provide a variety of amenities and programs for Anthem residents to enjoy.

Indoor

- Group fitness classes (including Zumba, yoga and spinning)
- Indoor basketball/volleyball court
- Lounging/game area
- Teen room
- Meeting room space
- Personal training
- State-of-the-art workout facility (including cardio equipment and free weights)
- Rock Wall
- Women's and men's locker rooms

Child care is available for a fee.

Outdoor

- Adventure Playground & Splash Pad
- Amphitheater
- Anthem Veterans Memorial
- Baseball/softball/soccer fields
- Catch-and-release fishing ponds
- Daisy Mountain Railroad
- Liberty Bell Park & Splash Pad
- Outdoor basketball/bocce/sand volleyball/tennis courts
- Outdoor pool area (includes: Big Splash Water Park, Diving Well, and Lap, Leisure and Wading Pools)
- Picnic ramadas (reservations recommended)
- Skate park/roller hockey rink/pickleball

The ACC Community Center offers adult and youth sports and programming year-round!

Facility Rentals

Host private events at the ACC Community Center or Anthem Civic Building.

- Birthday parties
- Rock Wall parties
- Pool parties
- Gatherings, meetings and celebrations

Visit OnlineAtAnthem.com/facility-reservations for more information.

Memberships

To activate an ACC Community Center membership, or to make changes to an existing membership, call 623-879-3013 to make an appointment.

ACC Community Center Fitness Tours

The Community Center offers free equipment orientation to residents. Book a basic 30-minute orientation with a certified personal trainer.

ACC Community Center Hours

Monday-Thursday: 5 a.m.-10 p.m.

Friday: 5 a.m.-8 p.m.

Saturday: 7 a.m.-8 p.m.

Sunday: 10 a.m.-7 p.m.

Holiday hours posted online.

Pool Hours

Pool hours vary based on seasonal programs. Current schedules are available at OnlineAtAnthem.com/aquatics.

More Information

Call 623-879-3011, Visit OnlineAtAnthem.com or stop by the ACC Community Center front desk.

Mind and Body fitness classes are offered at the Anthem Civic Building, 3701 W. Anthem Way (west off Anthem Way on Venture Dr.).

More details: 623-742-6000 or OnlineAtAnthem.com/ACB.



Dolphins Swim Team

Ages: 5-18 yrs.

The Anthem Dolphins Swim Team offers superior instruction, coaching and organized area swim meets to all skill levels.

Bronze level: Beginning swimmers 8 yrs. and under (must have passed a coach-led swim test)

Silver level: New and returning swimmers who have moved up from Bronze or passed a swim test

Gold level: Swimmers who have successfully completed the Silver level or previously been on a swim team

Senior level: Advanced swimmers looking to compete at the highest level in the state (optional morning workouts offered)

Registration is open. Learn more about being a Dolphin: AnthemDolphins.com or contact Coach Scott Newell, snewell@anthemcouncil.com.

Bronze (up to 8 yrs.)

Date	Time	Day	Cost
1/9-3/29	4:30-5:20 p.m.	M-W	\$185
1/9-3/29	5:30-6:20 p.m.	M-W	\$185

Silver (6-10 yrs./3 days)

Date	Time	Day	Cost
1/9-3/29	4:30-5:30 p.m.	M-W	\$205
1/9-3/29	5:30-6:30 p.m.	M-W	\$205

Silver (6-10 yrs./4 days)

Date	Time	Day	Cost
1/9-3/30	4:30-5:30 p.m.	M-Th	\$245

Silver (11 yrs.+)

Date	Time	Day	Cost
1/9-3/30	5:30-6:30 p.m.	M-Th	\$245

Gold (9-12 yrs.)

Date	Time	Day	Cost
1/9-3/31	5:30-7 p.m.	M-Th	\$295
	4:30-6 p.m.	Fri	

Pre-Senior (11-15 yrs.)

Date	Time	Day	Cost
1/9-3/31	5:30-7 p.m.	M-Th	\$315
	4:30-6 p.m.	Fri	

Senior (14+ yrs.)*

Date	Time	Day	Cost
1/9-3/31	2:40-4:30 p.m.	M-F	\$335



Master Swim

Ages: 14 yrs.+

Join the Master Swim group to work on strokes, breathing techniques, drills and kicking, all while getting a workout under the instruction of a USA-certified coach. This program is for swimmers and triathletes looking for an edge in training and race performance.

Date	Time	Day	Cost	Register by
11/2-11/30	5:30-6:30 a.m.	M/W/F	\$35	10/28
1/30-2/27	5:30-6:30 a.m.	M/W/F	\$35	1/25
3/1-3/31	5:30-6:30 a.m.	M/W/F	\$35	2/24

Swim Camp

Ages: 6-14 yrs.

Make the most of Spring Break. This camp is designed for anyone who wants to practice swim drills, learn dry-land skills, set goals, review nutrition and play games in and out of the water. Please bring a towel, dry set of clothes and lunch each day. Class fills quickly; register early!

Date	Time	Day	Cost	Register by
3/20	8 a.m.-2 p.m.	M	\$25	3/15
3/21	8 a.m.-2 p.m.	T	\$25	3/16
3/22	8 a.m.-2 p.m.	W	\$25	3/17
3/23	8 a.m.-2 p.m.	Th	\$25	3/18
3/20-3/23	8 a.m.-2 p.m.	M-Th	\$90	3/15

>> Scott Newell
Swim Coach
snewell@anthemcouncil.com



CABS

CHILD CARE AND BABYSITTING SAFETY

LEARN

CHILD SAFETY

BASIC INFANT/CHILD CARE

RESPONSIBILITY

EMERGENCY ACTION STEPS

PERSONAL, FIRE & WATER SAFETY

BASIC FIRST AID & CHOKING MANAGEMENT

CABS is a nationally recognized program and will be offered this winter at the Community Center. Participants must be between 11-15 yrs. Certification cards will be given to those who pass the written test at the end of the course.

For class dates, call 623-879-3011.

Youth Programs

Parents Night Out

Ages: 3-10 yrs.

Kids will play games, make crafts, climb the Rock Wall (8 yrs.+) and eat pizza. Kids should bring a water bottle and sack dinner (if they do not eat pizza). A minimum of 12 participants must be registered by deadline. \$10 for each additional child.

Date	Time	Day	Cost	Register by
1/27	6:30-10 p.m.	Fri	\$15	1/22

Saturday Night Fever

Ages: 5th-8th graders

Don't miss out on a fun-filled night! Enjoy the Community Center after hours on a night specifically designed for 5th-8th graders. Light snacks and water will be provided. Parents/guardians must sign participants in and out of the program; participants cannot leave without parents/guardians present. Minimum of eight participants must be registered by the deadline.

Date	Time	Day	Cost	Register by
12/17	8-11 p.m.	Sa	\$15	12/12
1/21	8-11 p.m.	Sa	\$15	1/16

Themed Canvas Painting

Ages: 5-12 yrs.

Young artists will paint a themed craft on an 11"x14" canvas. Crafts will be ready for pick-up one week after class session. Themes: November-turkey; December-snow; January-sports.

Date	Time	Day	Cost	Register by
11/5	9:30-11 a.m.	Sa	\$30	10/31
12/3	9:30-11 a.m.	Sa	\$30	11/28
1/7	9:30-11 a.m.	Sa	\$30	1/2

Early Release Dodgeball

Ages: 10-18 yrs.

Spend your afternoon off from school enjoying a game of dodgeball!

Date	Time	Day	Cost
11/4	1:30-2:30 p.m.	F	\$3
12/9	1:30-2:30 p.m.	F	\$3
1/13	1:30-2:30 p.m.	F	\$3

NEW! Coffee & Craftin'

Parents/guardians only, Adventure Club is available during this class (fees apply).

Join us for coffee, chat and craft! Make a great craft project for you and your little one to enjoy. Program is for anyone wanting to make something special for a child, but the class itself is for parents/guardians only. Check in at the Community Center each month to see what the craft will be.

Date	Time	Day	Cost	Register by
11/2	10-11:30 a.m.	W	\$25	10/28
12/7	10-11:30 a.m.	W	\$25	12/2
1/4	10-11:30 a.m.	W	\$25	12/30

Youth Camps

Ages: 3-12 yrs.

Spend your breaks with the most popular camp in Anthem! Activities include arts and crafts, sports, backyard games, gym games, Rock Wall climbing and more! Participants should bring a non-perishable lunch and two snacks and wear athletic shoes. A minimum of 10 participants must be registered by the deadline. A late registration fee of \$25 will be assessed after the deadline.

Winter Break Camps

Date	Time	Day	Cost	Register by
12/19-12/23	7 a.m.-6 p.m.	M-F	\$168	12/12
12/26-12/30	7 a.m.-6 p.m.	M-F	\$168	12/19
1/2-1/6	7 a.m.-6 p.m.	M-F	\$168	12/26

Day Camps

Date	Time	Day	Cost	Register by
11/11	7 a.m.-6 p.m.	F	\$40	11/4
1/16	7 a.m.-6 p.m.	M	\$40	1/9
2/20	7 a.m.-6 p.m.	M	\$40	2/13

Parent-Child Classes

Pop Up Preschool Classes

Ages: 3-5 yrs.

Join us for an exciting morning of fun and learning! Read a themed story, get hands-on with some messy art/sensory fun and create a project to take home. There will be a different theme each month.

Date	Time	Day	Cost	Register by
11/16	10-11 a.m.	W	\$18	11/11
12/21	10-11 a.m.	W	\$18	12/16
1/18	10-11 a.m.	W	\$18	1/13

>> Brienne McDowell
Program Manager
bmcowell@anthemcouncil.com

Java & Reading

Ages: 2-5 yrs.

Storytime and coffee at the Community Center- the best of both worlds! Little ones can enjoy a story presented by the North Valley Regional Library, while parents sit back and enjoy their morning coffee. This is a great way to meet other parents in the community. Parents/guardians must stay in the room for program.

Date	Time	Day	Cost
11/18	10:15-10:45 a.m.	F	Free
12/16	10:15-10:45 a.m.	F	Free
1/20	10:15-10:45 a.m.	F	Free

Yoga

Ages: 2-4 yrs.

This is a more playful class than traditional yoga classes with an emphasis on imagination and bonding. Learn gentle movements and breathing exercises that help create strength and awareness in you and your child.

Date	Time	Day	Cost	Register by
1/19	1:30-2 p.m.	Th	\$47	1/14

Shop 'Til You Drop

Ages: 4-12 yrs. (must be potty trained)

Shop kid-free! Drop your children at the Community Center for a light snack and fun activities. A minimum of 12 participants must be registered by deadline. \$15 for each additional child.

Date	Time	Day	Cost	Register by
11/26*	8 a.m.-noon	Sa	\$20	11/21
12/3	8 a.m.-noon	Sa	\$20	11/28
12/10*	1-5 p.m.	Sa	\$20	12/5
12/17	1-5 p.m.	Sa	\$20	12/12

*Make a day of it; enroll a child in the Paint a Present class. For children enrolled in both classes, there will be a 30-minute lunch break when they can eat (bring a sack lunch) with a staff member.

Paint a Present

Ages: 4-12 yrs. (must be potty trained)

Children paint a holiday-themed craft on an 11"x14" canvas. Crafts will be ready for pick up one week after the class session. Enjoy an even longer outing and enroll a child in Shop 'Til You Drop.

Date	Time	Day	Cost	Register by
11/26*	12:30-2 p.m.	Sa	\$40	11/21
12/10*	11 a.m.-12:30 p.m.	Sa	\$40	12/5

*Make a day of it; enroll a child in the Shop 'Til You Drop class. For children enrolled in both classes, there will be a 30-minute lunch break when they can eat (bring a sack lunch) with a staff member.

Dance

Ballet/Jazz Combo

Ages: 3-5 yrs.

In this class, children will receive a well-rounded introduction to dance. Using stories, props and fun music, participants will learn ballet, jazz and tumbling skills. Students will perform a short routine for parents on the final day. No experience necessary. Students should wear comfortable clothing and ballet shoes or be barefooted.

Date	Time	Day	Cost	Register by
1/20-2/24	10:30-11:15 a.m.	F	\$61	1/15

Hip-Hop/Tap/Jazz Combo

Ages: 3-5 yrs.

An exciting introduction into hip-hop, tap and jazz basics for the dancer who wants to do it all! Students should wear comfortable clothes and tap shoes (or hard-soled tennis shoes) into the room. Tennis shoes or bare feet are preferred for the remainder of the lesson. Students will perform a short routine for parents on the final day.

Date	Time	Day	Cost	Register by
1/20-2/24	11:30-12:15 a.m.	F	\$61	1/15

Tumbling

Ages: 3-5 yrs.

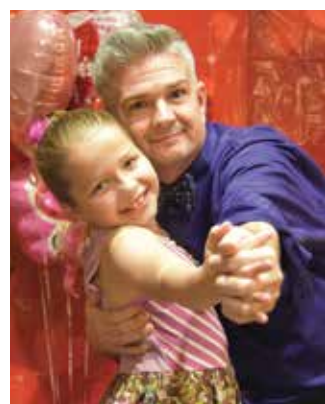
This class is a great introduction to building strength, coordination and motor skills. Students should wear comfortable clothing. No experience necessary.

Date	Time	Day	Cost	Register by
1/20-2/24	9:30-10:15 a.m.	F	\$61	1/15

Father-Daughter Dance

Ages: all

Join us for a fun-filled night to remember. Enjoy ice cream, a photo booth and dancing. \$15 per couple; \$8 per additional child under 18 yrs. Children under 2 yrs. are admitted free. Prices increase night of event (\$20 per pair; \$11 per additional child). Space is limited; sign up early! Moms, grandpas, etc. are also welcome!



Date	Time	Day	Cost
2/10	6-8 p.m.	F	\$15/Pair

Sportball Classes

Parent-and-Child Multi-sport

Ages: 15 mos.-2 yrs.

Sportball Parent & Child programs focus on physical literacy and social exploration as toddlers learn fundamental sports skills and participate in creative motor games, songs, rhymes, stories, bubble time and more. Children are challenged according to their individual skill level and grownups are instructed in techniques to help toddlers refine motor skills while simultaneously developing social skills. Sportball maintains a one-parent-per-child ratio policy in all Parent & Child programs to ensure that focus is kept on helping little ones practice and progress. Class held outside when available.

Date	Time	Day	Cost	Register by
1/14-2/25	9-9:45 a.m.	Sa	\$85	1/9

Parent-and-Child Soccer

Ages: 2-4 yrs.

Get a kick out of Sportball Parent & Child Soccer programs! Participants are introduced to fundamental concepts of soccer and are provided the basic skills required to score with confidence in fun, exciting, skills-focused games. With the guidance and support of their Sportball coach, parents and children focus on soccer skills including: throw-ins, dribbling, trapping, passing, goalie skills and more. Children are challenged according to their individual skill level and coaches help grownups understand proven teaching techniques that can be applied outside of Sportball classes. Class held outside when available.

Date	Time	Day	Cost	Register by
1/14-2/25	10-10:45 a.m.	Sa	\$85	1/9

Multi-sport

Ages: 3-5 yrs.

Refine, rehearse, repeat. Multi-Sport classes are the heart of Sportball programming. Coaches focus on the basic skills common to all sports, like balance, coordination, stamina and timing in a fun, supportive, non-competitive setting that emphasizes teamwork. Each class focuses on one of eight different popular sports: hockey, soccer, football, baseball, basketball, volleyball, golf and tennis. Class held outside when available.

Date	Time	Day	Cost	Register by
1/14-2/25	10:45-11:45 a.m.	Sa	\$85	1/9



Volleyball

Ages: 6-8 yrs.

Bump, set, spike! Sportball Volleyball introduces children to fundamental concepts of gameplay and teaches the basic skills required to play the net with confidence in a supportive, non-league environment. Coaches teach skills like serving, spiking, bumping and volleying in fun, exciting, skill-focused play. Class held in the gym.



Date	Time	Day	Cost	Register by
1/14-2/25	2:30-3:30 p.m.	Sa	\$85	1/9

Soccer

Ages: 3-5 yrs.

Kickstart your day! Sportball Soccer introduces fundamental concepts of gameplay and teaches the basic skills required to bend it like Beckham in a supportive, non-league environment. Coaches instruct skills like throw-ins, dribbling, trapping and passing in fun, exciting, skill-focused play. Class held outside when available.

Date	Time	Day	Cost	Register by
1/14-2/25	11:45 a.m.-12:45 p.m.	Sa	\$85	1/9

T-Ball

Ages: 4-6 yrs.

Big league fun! Sportball T-Ball introduces fundamental concepts of gameplay and teaches the basic skills required to play ball with confidence in a supportive, non-league environment. Coaches zero in on skills like throwing, catching, batting form, running bases and fielding in fun, exciting, skill-focused play. Class held outside when available.

Date	Time	Day	Cost	Register by
1/14-2/25	1:15-2:15 p.m.	Sa	\$85	1/9

Youth Tennis

Tiny Tots

Ages: 3-7 yrs.

Players learn motor skill development, including footwork and hand-eye coordination, which can be applied to school activities and other sports.

Date	Time	Day	Cost	Register by
1/3-2/21	4-4:30 p.m.	Tu	\$70	12/29
1/5-2/23	4-4:30 p.m.	Th	\$70	12/31
1/3-2/23	4-4:30 p.m.	Tu & Th	\$125	12/29

Future Stars

Ages: 7-11 yrs.

Novice to advanced-beginner players learn the fundamentals of playing tennis, scoring and footwork.

Date	Time	Day	Cost	Register by
1/3-2/21	4:30-5:30 p.m.	Tu	\$85	12/29
1/5-2/23	4:30-5:30 p.m.	Th	\$85	12/31
1/3-2/23	4:30-5:30 p.m.	Tu & Th	\$155	12/29

Junior Champs

Ages: 8-15 yrs.

Experienced players focus on training and technique to advance to the next level.

Date	Time	Day	Cost	Register by
1/2-5/22	4-5:30 p.m.	M	\$130	12/28
1/4-5/24	4-5:30 p.m.	W	\$130	12/30
1/2-5/22	4-5:30 p.m.	M & W	\$240	12/28

Elites Silver or Gold

Ages: Up to 18 yrs.

Advanced players and competitors learn more about the nuances of the game by focusing on footwork, advanced spin and game strategies.

Players must have approval from tennis pro before registering for this level.

Date	Time	Day	Cost	Register by
1/2-2/23	5:30-7 p.m.	M, Tu & Th	\$365	12/28

All tennis classes instructed by certified teaching professionals. For more information, contact Cheryl Barnett, USPTA-P1, USPTR-Professional, 602-549-2017; or Josiah Barnett, USPTR-Professional, 623-363-7094.

Recreational Leagues

Practices start the week of Jan. 23. Basketball and kickball teams will practice at various times throughout the week. Early registration for a specific team or practice day will be on a first-come, first-served basis. Once a team is full, participants must choose a different team. Games will be on Saturdays (beginning Jan. 28) at the Community Center. Participants will receive a T-shirt and an award. Volunteer coaches are needed for both leagues.

Basketball

Ages: 5-14 yrs.

Coaches meeting will be Saturday, Jan. 21, at 9 a.m. at the Community Center.

Players will be divided into teams in the following age groups:

Co-rec: 5-6 yrs.; **Boys:** 7-8 yrs., 9-11 yrs., 12-14 yrs.; **Girls:** 7-9 yrs., 10-14 yrs.

Date	Time	Day	Cost	Register by
1/28-3/18	9 a.m.-4 p.m.	Sa	\$80	1/11

Kickball

Ages: 3-6 yrs.

Coaches meeting will be Saturday, Jan. 21, at 11 a.m. at the Community Center.

Date	Time	Day	Cost	Register by
1/28-3/4	9-11 a.m.	Sa	\$60	1/11

Skills Clinic

Lacrosse

Ages: 5-12 yrs.

Participants will learn how to stick handle, pass, shoot and play the fast-moving game of lacrosse. Clinics will be Thursday nights under the lights on Softball Field #3. Players need a lacrosse stick, gloves and helmet. Players do not need prior experience for this league and will be grouped by age and ability.

Date	Time	Day	Cost	Register by
1/26-3/16	6-7 p.m.	Th	\$60	1/21



Intro to Cheerleading

Ages: 5-14 yrs.

Participants will learn the basic of cheers and moves (Wednesdays), and then will cheer at recreation flag football games (Saturdays). Program registration includes a T-shirt, and priceless skills in leadership and confidence.

Date	Time	Day	Cost	Register by
1/25-3/11 (5-7 yrs)	4:30-5 p.m.	W & Sa	\$65	1/13
1/25-3/11 (8-14 yrs)	5-6 p.m.	W & Sa	\$85	1/13

>> Taylor Snell
Sports Manager
tsnell@anthemcouncil.com

Open Play Basketball

Ages: 16 yrs.+

Players participate in competitive pick-up games on a first-come, first-play basis year-round. There is no cost to participate. Sign-up sheets provided.

Date	Time	Day	Location
Year-round	7-9 a.m.	Sa	Gymnasium
Year-round	8-10 p.m.	M	Gymnasium

Adult Tennis

All tennis classes instructed by certified teaching professionals. For more information, contact Cheryl Barnett, USPTA-P1, USPTR-Professional, 602-549-2017; or Josiah Barnett, USPTR-Professional, 623-363-7094.

Cardio Tennis

Hit hundreds of balls while getting a great workout, all at your own pace. All levels are welcome. Drop-in rate is \$10. Classes are on Saturday mornings. Contact tennis pros for times. Come join us for a good workout and lots of fun!

Tuesday/Thursday "Drop-in" Doubles

Compete while receiving instruction from a certified teaching professional who will offer helpful techniques to improve skills. 7 p.m. Cost: \$2/person/day (cost includes one can of balls per court; pay at Community Center front desk).

Adult Sports Leagues

NEW! Awards for winning team and team name will be included on Community Center Hall of Fame Wall.

Monday Night Flag Football

Ages: 18 yrs.+

Are you ready for some football? Get off the couch with some high-flyin' action on Monday nights, under the lights. This 12-game doubleheader season features a double-elimination tournament. Free agent lists available.

Start Date	Time	Day	Cost	Register by
1/23	6:30 p.m.	M	\$275	1/16



Tuesday Night Men's Softball

Ages: 18 yrs.+

The Anthem Men's Softball League features doubleheader Tuesdays! This is a 14-game season with a double-elimination tournament (16-game guarantee). USSSA rules apply, except as noted. Free agent lists available.

Start Date	Time	Day	Cost	Register by
1/17	6:30 p.m.	Tu	\$600	1/10

Wednesday Night Co-Rec Kickball

Ages: 18 yrs.+

This six-game season is a fun league for women and men. Free agent list available.

Start Date	Time	Day	Cost	Register by
2/1	6:30 p.m.	W	\$195	1/25

Thursday Night Men's Basketball

Ages: 18 yrs.+

The basketball season features a round-robin league, with a double-elimination tournament (14-game guarantee). Players are responsible for purchasing their own reversible numbered jersey. Free agent list available.

Start Date	Time	Day	Cost	Register by
1/26	6:30 p.m.	Th	\$600	1/19

Thursday Night Co-Rec Softball

Ages: 18 yrs.+

Anthem Co-Rec Softball Leagues feature doubleheader Thursdays! This 14-game season with a double-elimination tournaments (16-game guarantee) is a fun league for women and men. USSSA rules apply, except as noted. Free agent list is available.

Start Date	Time	Day	Cost	Register by
1/19	6:30 p.m.	Th	\$600	1/12

>> Taylor Snell
Sports Manager
tsnell@anthemcouncil.com

Kung Fu

Kids

Ages: 7-15 yrs.

Pursue a positive outlet by learning skills in defense, balance and power with disciplines for mind and body.

Date	Time	Day	Cost	Register by
11/2-11/30	6-7 p.m.	M & W	\$102	10/28
12/5-12/28	6-7 p.m.	M & W	\$91	11/30
1/2-1/30	6-7 p.m.	M & W	\$102	12/28

Adults

Ages: 18 yrs.+ (16-17 yrs. requires instructor consent)

Northern Shaolin Kung Fu is the original Martial Arts total body workout. This class teaches self-defense, balance and power with discipline for mind and body geared to the active adult.

Date	Time	Day	Cost	Register by
11/2-11/30	7-8 p.m.	M & W	\$102	10/28
12/5-12/28	7-8 p.m.	M & W	\$91	11/30
1/2-1/30	7-8 p.m.	M & W	\$102	12/28

Parent-Teen Fitness Certification

Ages: 12-13 yrs. and parent(s)

This one-hour class, taught by a certified personal trainer, will guide both parents and teens through the regulations of the fitness floor, safe exercises and general fitness questions. Upon completion of the class, teens will be able to work out alongside their parents.

Date	Time	Day	Cost	Register by
11/5	10-11 a.m.	Sa	\$30	10/31
12/3	10-11 a.m.	Sa	\$30	11/28
1/7	10-11 a.m.	Sa	\$30	1/2

Girls Run for Fun

Ages: 4th-6th graders

Girls will use running as a tool to learn life skills, build healthy self-confidence and a lifelong appreciation for being active. Participate in the Emma's Run 5K during Anthem Days, Saturday, March 12, as a celebration of your hard work (race fee is included with registration).

Date	Time	Day	Cost	Register by
1/4-3/8	5-6:30 p.m.	W	\$150	12/30

GROUP EXERCISE CLASSES

Group exercise classes are offered at the Community Center and Anthem Civic Building.

For schedule, fees and class information:

OnlineAtAnthem.com/health-fitness

Tai Chi Chuan

Ages: 18 yrs.+

Designed to accommodate people with different levels of experience and physical abilities, this class begins with a warmup of qigong exercises and light stretching. Based on Yang-style tai chi, the form emphasizes coordination, balance, and body awareness, followed by 108 moving stances.

Clothing should be comfortable and loose fitting. Shoes should feel light, comfortable and have a thin, flat sole.

Date	Time	Day	Cost	Register by
11/2-11/30	8-9 a.m.	M & W	\$100	10/28
12/5-12/28	8-9 a.m.	M & W	\$100	11/30
1/2-1/30	8-9 a.m.	M & W	\$100	12/28

Golden Go Getters

Ages: 50 yrs.+

The Golden Go Getters are a vibrant, organized group of Anthem residents who meet to build friendships, play games and participate in events. There are no dues or meeting obligations. Game days are Monday afternoons from noon-4 p.m. Potlucks are held the second Tuesday of the month, from 5-8 p.m. (tickets are \$3/person). Hand-and-Foot card games are played on the third Friday of the month, from noon-4 p.m.

For more information: Wanda Hill, 623-551-3310.

MAINTAIN, DON'T GAIN

Ages: 14 yrs.+

Challenge runs Nov. 21-Jan. 2. Contact Janet, jstarace6969@gmail.com to set up a body composition meeting.

Weigh-In: Nov. 14-18; Weigh-Out: Jan. 3-5

Must weigh out, or it is considered a forfeit.

COST

Register by Nov. 6: \$30; Register by Nov. 20: \$40

Cost includes weigh-in/out, body composition, tips, recipes and articles via email.

PRIZES

Maintain weight: 4-punch group fitness pass

Lose 1-5 lbs.: 8-punch group fitness pass

Lose 6-12 lbs.: 12-punch group fitness pass

Lose 13-20 lbs.: 24-punch group fitness pass

Lose 21+ lbs.: 24-punch group fitness pass and choice of two free one-hour personal training sessions or 10-punch guest card

Gain: Nada, nothing, zilch!

Prizes must be redeemed by Jan. 27.

NATE DECKER, CONTRIBUTING PHOTOGRAPHER



PHOTOS

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