

the AnthemWay

September 2024

A publication of the Anthem Community Council



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Published six times annually, "The Anthem Way" is your guide to news and information about programs and services offered by the Anthem Community Council, as well as pertinent business and HOA-related information. All contents are copyrighted 2024. For additional community information: AnthemCouncil.com.

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2024 AUTUMNFEST TITLE SPONSOR



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Phone Number

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BCHS Girls Soccer

(623) 227-0906

BCHS Girls Volleyball

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Autumnfest returns Oct. 26-27

You can count on this two-day event to bring back all the Autumnfest favorites! Don't miss out on the arts and crafts fair, food vendors, carnival, live music, pumpkin patch, kids' zone and more! End your evening with the Trunk or Treat Special presented by Church of Latter-Day Saints (October 26 only, from 5 p.m.-6 p.m.). The carnival will open Thursday evening, Oct. 24; hours will be posted online.

>>AnthemCouncil.com/228/Autumnfest

Resident Photo Submissions

We invite the residents of Anthem to share their favorite moments captured in our community! Whether it's a beautiful sunset, a vibrant community event, or a candid moment with neighbors, we want to see your photos! By sharing your photos you are showcasing your talents, fostering community connections, inspiring others, and contributing to the Anthem story.

Photos might be featured on ACC communications such as social media, newsletter, magazine, website, etc.

The submission form and photo consent can be found on the ACC's new website!

>> Anthemcouncil.com/379/Resident-Photo-Submission

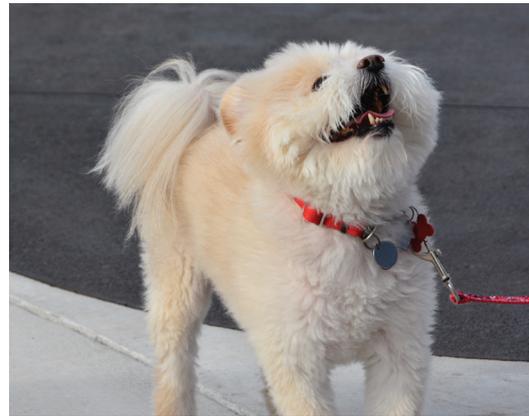
Dog Park renewals start Oct. 1

The Dog Park hours change on Sept. 1 for the fall and winter season; through April, the hours will be 6 a.m.-9:45 p.m. except for Wednesdays when the hours are 12 noon-9:45 p.m.

Registration for Dog Park members for 2024 will begin Oct. 1, and membership can be completed online or in person by appointment at the Community Center. Ensure that your Community Center membership is in place and current.

If renewing online, log into the catalog on our website, log onto AnthemCouncil.com (resident/activity registration tabs) and click on the Dog Park tab. Renew under the 2024 membership. Follow the options until you make the \$50 credit card annual payment (up to 2 dogs and \$10 each up to 4 dogs) and complete the transaction. Email proof of Maricopa Co. dog license and rabies vaccination for each dog registered to dogpark@anthemcouncil.com.

PLEASE NOTE: LICENSING AND RABIES DOCUMENTS NEED TO BE SUBMITTED EACH YEAR AT RENEWAL EVEN IF CURRENT DOCUMENTS ARE ON FILE.



If renewing in person, visit AnthemCouncil.com/parks and find the registration materials under 'Dog Park'. Read the membership guidelines, fill out the membership application, and sign the application and waiver and release form. Call the Community Center front desk to make an appointment with the membership team. Please bring your licensing and rabies documents to that appointment. New dog tags will NOT be issued going forward, your black tags will be used in 2025.

Call the Community Center at 623-879-3011 with any questions. Remember, too, that you can purchase a paver to be placed at the Dog Park to remember or honor a special dog.

>> AnthemCouncil.com/345/ACC-Parks

anthem
community council

Autumnfest
ARTS & CRAFTS FAIR

October
26 & 27

Sat. & Sun.: 12 noon-6 p.m.

FAMILY FUN

CRAFTS | LIVE MUSIC | FOOD | PUMPKIN PATCH

Carnival opens Thursday evening.

ANTHEM COMMUNITY PARK
41703 N. Gavilan Peak Parkway

EVENT FEATURES

Arts & Crafts Fair
Food Court &
Beer Garden
Pumpkin Patch
Live Music

Inflatable
Corn Maze
Train Rides
(fees apply)

Kids' Zone
(fees apply)
Carnival
(opens Oct. 24)
Petting Zoo
(12 noon-4 p.m.)

AnthemCouncil.com/228/Autumnfest

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VETERANS DAY CEREMONY

NOVEMBER 11, 2024 • 10 a.m.

Anthem Veterans Memorial

41703 N. Gavilan Peak Parkway • Anthem, Arizona • Exit 229 off I-17



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BASIS Phoenix North
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AnthemCouncil.com/232/Veterans-Day-Ceremony

Seasonal Pruning For Healthy Shrubs

Contributed by William Redford, DLC Resources Field Manager



During warmer weather, native shrubs grow and bloom with many flowers, showering our landscape in a medley of bright colors! However, when temperatures decrease in the fall, those same shrubs slow their growth dramatically, shedding their flowers. Your DLC team follows a seasonal pruning schedule at Anthem Council to cut shrubs way down in the fall before next year's growing season. This industry standard practice, known as Sustainable Shrub Pruning (or Rejuvenation Pruning), helps keep your shrubs at a reasonable size. And, just imagine the beauty of your shrubs as they grow in the spring and summer, vibrant and fresh!

Let's Talk about Sustainable Landscape Management

Our approach to pruning at DLC adheres to the Sustainable Landscape Management practices of the Arizona Landscape Contractors Association. The Arizona Municipal Water Users Association also recommends Sustainable Shrub Pruning. This pruning method is not only healthier for the plant but also increases curb appeal! Often, you will see more vibrant, green leaves and purple, pink and red flowers (amongst other lovely hues).

Another pruning practice is shearing shrubs into unnatural shapes such as cones, balls and flat tops throughout the growing season. However, shearing is detrimental to the health of the plant over time, causing frequent stress and resulting in shrubs with large, woody



The same area in August after a few months of regrowth; our crew has performed light pruning since January

branches and few leaves. In addition, the shrub requires more water to recover foliage lost from shearing.

Conversely, Sustainable Shrub Pruning stimulates natural growth. Our crew only performs this pruning from about November until April, depending on the species. For example, they seasonally prune Sage shrub varieties from November to April to about half their size. However, per the guidelines, they only prune Red Bird of Paradise shrubs from October to December and 4-6" above the ground. Getting specific about shrub care makes all the difference!

What Happens in the Summer?

Wait, don't shrubs grow a lot in the summertime? During the off-season of seasonal pruning, your DLC crew still prunes shrubs! They prune shrubs just enough so that they don't grow onto streets or sidewalks. Shrubs can also obstruct lines of sight at corners, intersections or road signs, so our crew prunes those as necessary.

We aim to help Anthem Council stay beautiful year-round! We follow a specific schedule and route tailored to meet your Community's needs before summertime arrives.

Therefore, if you see small and unimpressive shrubs in the fall, there is no need to worry. Those shrubs grow back quickly as the weather warms!

In the end, Sustainable Shrub Pruning is more mindful of the health of your Community's shrubs and a more sustainable practice than shearing. Your DLC crew works hard to maintain a clean, healthy and vibrant landscape for the residents of Anthem Council!

>> DLCResources.com/learning-center



Here is what some shrubs will look like after Sustainable Shrub Pruning; this photo was taken in January of 2024



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www.republicservices.com
 to learn more and get started



Anthem Parkside

Mary Beth Zahn, APCA Community Manager
 mzahn@associatedasset.com, 623-742-6004
 AnthemCouncil.com/Parkside

Garage sale guidelines

Fall is a great time to have a garage sale and get rid of unwanted items. Before you move all your stuff out to the driveway, please review the following garage sale guidelines.

- Garage sale signs are permitted on the day of the sale only in the homeowner's front yard.
- Signs must be removed before dark.
- No signs may be placed on trees, poles, street signs, or any other utility units.
- All sale items must be confined to the garage, patio, or driveway of the premises.

Granite/landscape rock replenishment

Please take the time to evaluate the granite/landscaping rock in your yard. If there are bare spots visible in your yard, then it's time to replenish the granite. Approval is not required if you replenish the existing decomposed granite with the same size and color originally approved. If you would like to replace the granite with a new color/size, you must submit a design change application and provide a sample of the new style that is being requested.

All granite should be a minimum of 1/2 inch or larger "screened" and applied as a 2-inch layer minimum. Visit the APCA website to view the approved granite colors in the Design Guidelines.

Overseeding: green grass for the winter season

In order to maintain green lawns through the winter, homeowners with turf need to overseed the Bermuda grass that thrives in the summer. Overseeding should occur (typically early-October) and when the green lawn should be established.



Pamela.Charlet, Community Manager
 Pamela.Charlet@brownmanagement.com
 480-539-1396, AnthemCouncil.com/Village

Upcoming Board meetings

Board meetings are held quarterly and will be posted in advance on the community calendar. Meetings are held at 6 p.m. at the Anthem Civic Building. Meetings are open to all residents; attendance at all sessions is encouraged.



ACCCA Contact Information
 staff@acccahoa.com, 623-742-6030
 AnthemCouncil.com/ACCCA

Please follow the ACCCA on Facebook, Twitter and Instagram to get important and timely updates on news that impacts our community.



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Cutting edge equipment for a cutting edge Community!

To help crews provide a beautiful Anthem landscape, DLC continues to invest in high quality and innovative equipment!



Sweeper Vehicle



Electric Equipment



High Volume Chipper

Holiday Decorating Reminders

Decorating the exterior of your home is allowed for the fall season. For all details about holiday decorations, visit your HOA's Document Center online.

Parkside

- Halloween: Oct. 1-Nov. 12
- Fall and Winter Holidays: Nov. 1-Jan. 15

Village

- Holiday lights may be displayed between Nov. 15 and Jan. 15.

Country Club

- Halloween: Oct. 24-Nov. 7
- Thanksgiving: Nov. 16-Dec. 1
- Winter Holidays: Nov. 24-Jan. 31

FALL DÉCOR MAY ATTRACT WILDLIFE

If you're thinking about putting out pumpkins, or fall decorations like gourds or squash, be aware that these may attract wildlife when displayed outdoors.

Javelina and coyotes eat some of the vegetables that are part of traditional holiday displays. When displayed outdoors, they may attract wildlife to homes, potentially creating conflicts with people.

According to the Arizona Game and Fish Department, once javelina become habituated to human-food sources, they will often roam the neighborhood on a regular basis and lose their fear of people. Javelina, especially when startled, can be aggressive toward people. They are a threat to dogs because they can't tell the difference between a family pet and a coyote (which is one of their predators).

The department recommends that decorated pumpkins and cornucopias be displayed indoors on window sills, and then discarded securely to help prevent encounters with foraging wildlife.



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RECYCLE IT! SHRED IT! DONATE IT!

Saturday, Oct. 19 • 8–10:45 a.m.*

*Residents must be in line before 10:45 a.m. to participate; proof of residency may be required.



ACC Community Park lower parking lot

Enter lot from Whitman Drive

Sample items include:

- Clothing
- Household items
- Electronics
- Paper and plastic
- Household Hazardous Waste
- Paint
- Medication

Expanded list of accepted items: AnthemCouncil.com/231/Go-Green



In partnership with
Republic Services.

Residents must be in line by 10:45 a.m. to participate. Proof of residency is required. Go Green is a semi-annual event, held each spring and fall, sponsored by the ACC, Republic Services and other community partners.

2024 AUTUMNFEST FOOD COURT SPONSOR
EXPERIENCE THE F45 DIFFERENCE

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F45 Training
 42101 N. 41st Drive, Suite 132
 Anthem, Arizona 85086
 F45TRAINING.COM/ANTHEMAZ
 @f45_training_anthem_az

CALENDAR

SEPTEMBER

8th | MARKET IN THE PARK
 6-9 p.m.
 Community Park

**19th | VILLAGE AT ANTHEM ANNUAL
 COUNCIL BOARD MEETING**
 6:00 p.m.
 Civic Building

25th | ACC BOARD MEETING
 6:30 p.m.
 Civic Building

Not a comprehensive list; refer to the Activities Guide and community calendar online for a full list of upcoming meetings and programs.

>> AnthemCouncil.com/calendar

OCTOBER

1st | ASSESSMENTS DUE
 Mail, direct debit, or at the Civic Building

6th | MARKET IN THE PARK
 9 a.m.
 Community Park

19th | GO GREEN
 8-10:45 a.m.
 Community Park (lower lot)
 Must be in line by 10:45 a.m.

23rd | ACC BOARD MEETING
 6:30 p.m.
 Civic Building
 2025 Budget to be presented.

26-27th | AUTUMNFEST
 12 noon-6 p.m.
 Community Park
 Carnival opens Oct. 24.

30th | Monster Ball
 TBD
 Community Center

2024 AUTUMNFEST PUMPKIN PATCH SPONSOR

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Community Center

41130 N. Freedom Way
Anthem, AZ 85086
623-879-3011

Programs Director

Scott Newell
623-879-3023

Business Support Manager

Jennifer Hamilton
623-879-3012

Sports and Fitness Manager

Bobby St. Pierre
623-742-6021

Aquatics Supervisor

Liam Maurisak
623-879-3027

Children and Family Programs

Allison Kaikala
623-879-3014

Dolphins' Head Swim Coach

Paul Root
623-879-3015

Security Manager

623-879-3042



Civic Building

3701 W. Anthem Way
Anthem, AZ 85086
623-742-6000

Memberships and Ramada Reservations

To activate a Community Center or dog park membership, make changes to an existing membership, or to reserve a cabana or ramada, call Membership Services at 623-879-3011.

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.

Lap Pool Hours

Pool hours vary based on seasonal programs. Schedules are posted online.

>> AnthemCouncil.com

Civic Building Hours

Monday: 8 a.m.-5 p.m.
Tuesday: 8 a.m.-7 p.m.
Wednesday: 8 a.m.-7 p.m.
Thursday: 8 a.m.-7 p.m.
Friday: 8 a.m.-3 p.m.
Saturday: 9 a.m.-noon
Sunday: Closed

Late Fee

After the registration deadline, fees may increase.

Cancellation Policy

Minimum participation might be required to run programs. If the minimum is not met by the registration deadline, the program/sport is subject to cancellation.

Refund Policy

Should circumstances prevent your participation in a program you have registered for, please fill out a Refund/Credit Request Form immediately. Requests must be submitted within 48 hours of the start of the program to be eligible for a credit or refund. **Some programs are non-refundable.**

Program Updates

Information listed in the guide is current as of the print date. Occasionally, dates, days, and or times may change due to registration demands, instructors' independent contractors' schedules, and or facility availability. Check online for current details.

Registration is now open for all programs listed

All residents with an existing Community Center membership need to update your (and your family's) information if you have not done so recently. New membership photos will be taken and your key tags updated.

Instructions about how to create an online registration username and password are posted on AnthemCouncil.com. Once your membership is updated, register for both Community and Civic Building programs, book facilities/ramadas, and view your program registration history (see what classes you've registered for).

>> AnthemCouncil.com

Activities Guide Categories

The online registration software includes categories for activities and programs. Please note these categories and their color code (in the Activities Guide). When you register online, these same categories will appear to help guide you.

Why the rush?!

A reminder that when registering for anything through CivicRec, please be sure to wait a few extra seconds until you see your confirmation message. Refreshing the page or trying to register again can lead to double charges. Thank you!

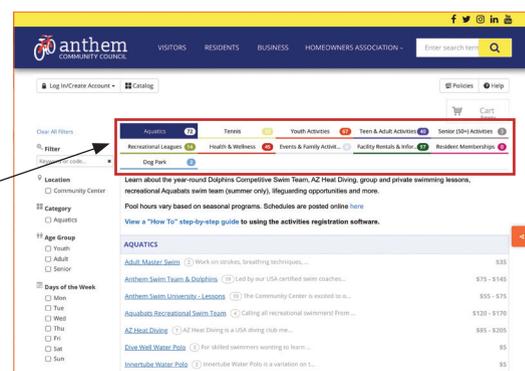
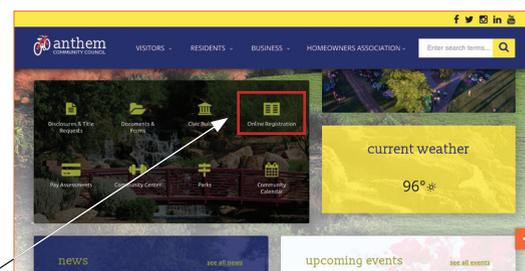
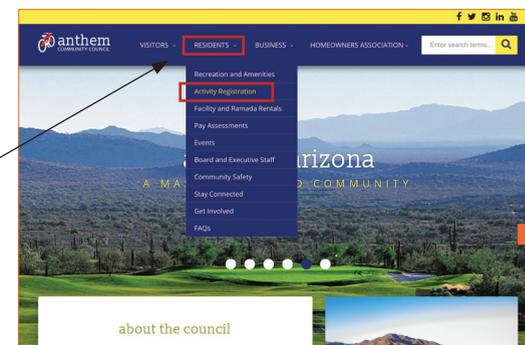
How to get to the Activity Registration page on the ACC website:

1. Go to AnthemCouncil.com
2. Click the **"RESIDENTS"** tab within the top menu.
3. Scroll down the menu and select **"Activity Registration."**
4. You will be taken to the online registration main page.

or

1. Go to AnthemCouncil.com
2. Scroll down to the middle of the page to the dark box below the "about the council" box.
3. Click the icon on the top far right labeled **"Online Registration."**

You can click on any of the tabs below the main menu to go to the section you'd like to see. Current dates and times will be listed for each class.



Providing accurate info to our residents is of the utmost importance to us! Due to program dates/times being subject to change, the complete list of dates and times for programs listed in this section can be found online at bit.ly/ACC-aquatics.



Scan to go to registration page.

Dolphins Competitive Swim Team

Ages: 5 yrs.+



Bronze/Purple level:

Beginning swimmers 7 yrs. and under (must have passed a coach-led swim test).

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

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

Senior/National level: Advanced swimmers looking to compete at the highest level in the state; optional morning workouts included.

*Includes optional extra workouts, including some Saturday mornings and "dry land" exercise and for summer may include long course practices. For more information contact Coach Paul Root, proot@anthemcouncil.com.

AZ Heat Diving

Ages: 6 yrs.+

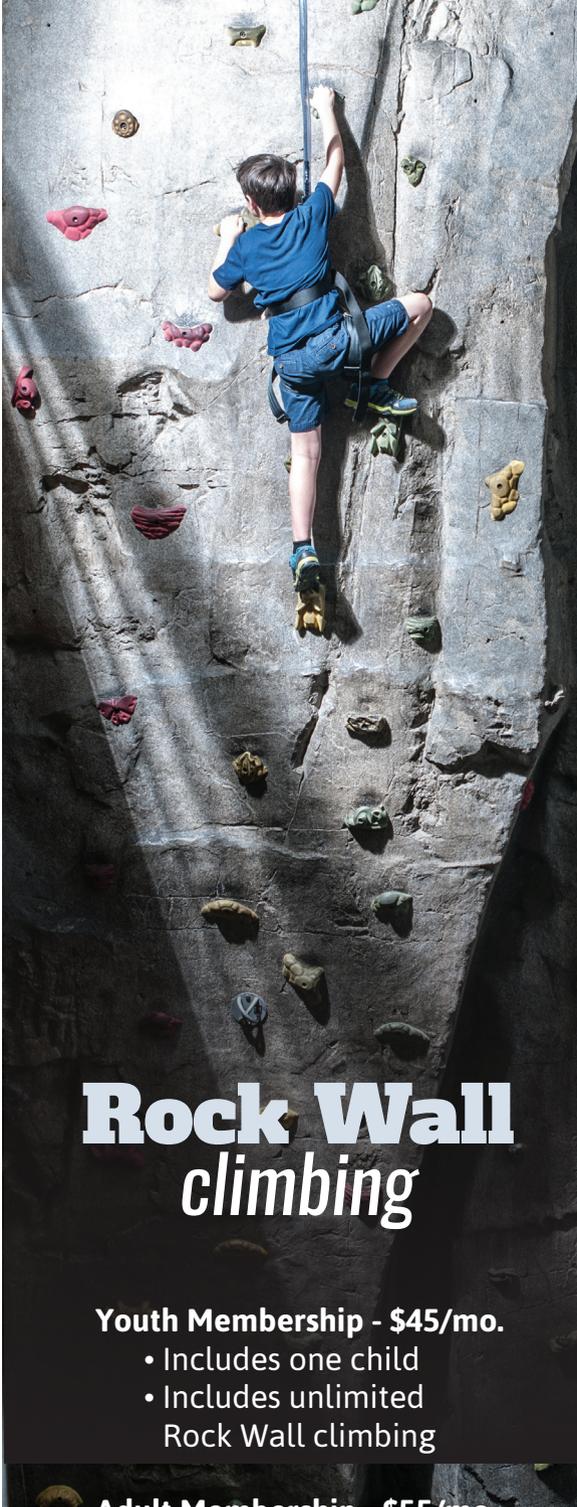
AZ Heat Diving is a USA diving club member team. Club membership is required and must be current through USA Diving, and is separate from monthly fees. Contact Coach Jeff Kunselman at jckunselman@gmail.com with any questions.

Times may be adjusted based on number of divers.

Private Swim Lessons

Ages: All

All private lessons are with trained and certified instructors and coaches; times are set up with the instructors directly. Email Scott Newell at snewell@anthemcouncil.com for more information.



Rock Wall climbing

Youth Membership - \$45/mo.

- Includes one child
- Includes unlimited Rock Wall climbing

Adult Membership - \$55/mo.

- Includes one adult
- Includes unlimited Rock Wall climbing

Drop-in: \$7/person per hour

Hours:

Monday-Friday: 4-8 p.m.
Saturday-Sunday: 10 a.m.-6 p.m.

Age: Must be 3 years of age and 20 lbs. to climb the wall.

Providing accurate info to our residents is of the utmost importance to us! Due to program dates/times being subject to change, the complete list of dates and times for programs listed in this section can be found online at bit.ly/ACC-youth-activities.



Scan to go to registration page.

Parents' Night Out

Ages: 3-12 yrs.

Kids will play games, make crafts, climb the rock wall (tennis shoes required) and eat pizza. Bring a water bottle and sack dinner (if pizza isn't desired).

9/20	6:30-10 p.m.	F	\$20
10/18	6:30-10 p.m.	F	\$20
11/15	6:30-10 p.m.	F	\$20

Youth Tennis

All tennis classes instructed by certified teaching professionals. For more information, contact Cheryl Barnett, USPTA-P1, USPTR-Professional, 602-549-2017; or contact Josiah Barnett, USPTR-Professional, 623-363-7094. You can also email cherylbarnett@cox.net. Visit with the instructor for details. Prorated rates are available for sessions that have already started; contact instructor.

Tiny Tots

Ages: 3-7 yrs.

Players learn motor skill development, including footwork and hand-eye coordination.

Future Stars

Ages: based on playing ability

Novice to advanced-beginner players learn the fundamentals of playing tennis, scoring and footwork, whereas experienced players focus on training and technique to advance to the next level.

Junior Champs

Ages: based on playing ability

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

Volleyball Skills Clinic

Ages: 10-13 yrs.

This six-week clinic will provide you with advanced volleyball skills. Six sessions are led by experienced coaches.

Anthem Tots Sports

Ages: 3-6 yrs.

Hosted by the Community Center, Anthem Tots Sports will have six sessions. On Saturdays, the class will consist of 20-minute instructional drills followed by a game with two, 10-minute halves.

Soccer & Basketball

Ages: 3-4 yrs. & 5-6 yrs.

Dance

Creative Combo

Ages: 3-5 yrs.

This exciting introduction to ballet, jazz, tap and tumbling is a fun and creative class will keep your young dancer engaged, while instilling a love for movement and dance! Drop-in rates of \$20 per session are available.

Creative Combo II

Ages: 4-6 yrs.

A continuation of our Creative Combo I Class instilling further terminology and movement sequences in jazz, ballet, tap, and tumbling. Great exercise for your young dancer.

Kinder Combo

Ages: 5-7 yrs.

Come join us for ballet, jazz, tap, and tumbling for a slightly older age group. This class is fun and creative, and will keep your dancer engaged, while instilling a love for movement and dance!

Junior Combo I/II

Ages: 7-13 yrs.

Jazz, tap, ballet, hip-hop, and tumbling make this dance class a thrill for all beginning and intermediate dancers! Dancers continue to build on their technique and terminology foundations while increasing stamina, flexibility and their love of dance!

Cheer 101/201

Ages: 6-12 yrs.

Is your child interested in cheerleading but you don't know where to start? This class is it! Learn basic cheer positions, tumbling, jumps, and terminology in this high-energy kids cheer class. Ms Dee (a former NBA & NFL professional cheerleader) wants to instill a love for movement and cheerleading in your child!

Brain Powers Chess

Ages: K-12

Location: Civic Building

Brain Powers teaches the game of Chess and other games rooted in concentration of thought and strategic principles. Offering classes and one-on-one instruction to help build memory, thinking speed, and accuracy, including learning from mistakes and turning them into positive life lessons.

Tutors Grades K-12

Ages: Grades K-12

We understand that every child learns differently and sometimes one on one support/coaching can help a child understand the course content on a deeper level. Anthem Community Center is now providing an opportunity for your child to get the support he/she needs.

ACC Basketball Clinics, Small Group and Camp Programs

Anthem Area Basketball - FUNdamentals

Ages: 7-17 yrs.

Youth will experience four major components of playing basketball. Each week will focus on a specific aspect of basketball which includes dribbling, shooting, passing, and basketball dynamics. Children will learn the fundamentals of basketball in a fun, interactive setting. Please bring an age-appropriate basketball and bottled water.

Anthem Area Basketball -Sports Performance Training

Ages: 7-15 yrs.
A program designed to enhance your athletic performance and complement your basketball skills training. This class is formatted like a P.E. class, making it engaging, fun, and beneficial for athletes of all levels. You will be guided through this program that focuses on speed form and agility footwork. These are key components in sports performance, especially in basketball, where quickness, responsiveness, and coordination play a significant role.

Anthem Area Basketball - Foundational

Ages: 14 yrs.+.

Experience basketball training designed to enhance fundamental and basketball-specific skill, by establishing building blocks for athletes. Children will receive instruction on skills, drills and conditioning in dribbling, passing, shooting, and basketball dynamics. Please bring an age-appropriate basketball and bottled water.

Caregiver and Me Music

Brown Teddy Bears

Ages: 5 yrs.-younger

Learn music skills, rhythm & beat, vocal & pitch development, fine motor skills, gross motor skills, classical music experience and more. Prorated options are available.

Youth Camps

Ages: 5-12 yrs.

Activities include arts & crafts, sports, outdoor & gym games, rock wall climbing, daily visits to the waterpark and more! Participants need to bring a non-perishable lunch and two snacks, a towel, sunscreen, swimsuit and wear athletic shoes (required for the rock wall). Registration begins Sept. 1.

Fall Break	10/7-10/11	7 a.m.-6 p.m.	M-F	\$185
Veterans Day	11/11	7 a.m.-6 p.m.	M	\$60
Thanksgiving	11/25-11/27	7 a.m.-6 p.m.	M-W	\$135
Winter Camp	12/18-1/3	7 a.m.-6 p.m.	M-F	\$185

teen & adult activities

Providing accurate info to our residents is of the utmost importance to us! Due to program dates/times being subject to change, the complete list of dates and times for programs listed in this section can be found online at bit.ly/ACC-teen-adult-activities.



Child and Babysitting Safety

Ages: 11-15 yrs.

Learn babysitting and childcare skills like CPR and First Aid from a certified SGE instructor.

Creative Classes

Everyday Card Making Class

Ages: 16 yrs.+

In this class Independent Stampin' Up! Demonstrator, Vicki Dell will guide you in making cards suitable for a variety of occasions. All supplies are included. Class size is limited. Please register early to reserve your spot. **Min. 4; max 12.**

Big Idea Forums

Ages: 18 yrs.+

Location: Civic Building

Big Ideas Forum hosts its next discussion/presentation event. Join us in learning, exploring, and understanding subjects that impact us all, be it cutting edge technology, socio-economic, or cultural trends and phenomena. Expect to be challenged. As always, this event is free.

Tennis

Tuesday/Wednesday/Thursday/Sunday Tennis "Drop-in" Doubles

Ages: 18 yrs.+

Drop-in format, come and play! **7 p.m. start.** Cost: **\$2/person/day.** Cost includes one can of balls per court; pay at Community Center front desk or register online before playing. Payment will not be accepted on the courts. For more information, contact Cheryl Barnett, USPTA-P1, USPTR-Professional, 602-549-2017; or contact Josiah Barnett, USPTR-Professional, 623-363-7094.

Pickleball

Pickleball Private Lessons (Adult/Youth)

Ages: 8 yrs.+

Private Lessons with Certified Coach Paul Roberts is currently accepting all Adult or Children Students who want to improve their game. Each lesson is specifically tailored to you or your group to ensure we focus on the skills that will take you to the next level. Whether you are a true beginner, someone who wants to get into tournament play, or looking to get to an advanced level, He can work with you to meet your goals. Paul has a proven track record of training both adults and children to improve their skill set quickly and efficiently. I am open to coach 1 on 1, 2 on 1, and 3 on 1. Paul will also coach entire families or large groups in an event type format if desired. Available most weekday nights in Anthem for coaching and can be available other times with advance notice.

ADVENTURE CLUB

Parents may drop off their children (6 mo.-9 yrs.) for a maximum of two hours per day, but must remain at the Community Center. Children are supervised by ACC staff members.

Cost: \$5 per child for the first hour and \$7 per child for two hours. Unlimited and VIP monthly packages are available.

Monday-Friday: 8 a.m.-12:30 p.m.; 4-7:30 p.m.

Saturday: 8 a.m.-12:30 p.m.

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Mexican Train Game

Location: Civic Building

Mexican Train is a game played with number dominoes. The object of the game is for a player to play all the dominoes from his or her hand onto one or more chains, or "trains", emanating from a central hub or "station." Be the first player to lay down all of your dominoes; whatever tiles are left in your hand count against you, so play strategically and try to get rid of the high-numbered tiles. Four players per table; supplies provided. Bring a friend!

Ongoing	12-4 p.m.	F	Free
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Golden Go-Getters Game Days

Location: Civic Building

The Golden Go-Getters are a vibrant, organized group of Anthem residents over the age of 50 yrs. who meet to build friendships, play games and participate in events. There are no dues or meeting obligations.

Ongoing	12-4 p.m.	M	Free
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Game Day with Friends

Location: Civic Building

Bring a friend and play games. Featured games will be Mahjong, Mexican Train, and card games. Supplies provided.

Ongoing	12-4 p.m.	W	Free
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Providing accurate info to our residents is of the utmost importance to us! Due to program dates/times being subject to change, the complete list of dates and times for programs listed in this section can be found online at bit.ly/ACC-rec-leagues.



With questions about any of the programs offered in this section, please contact Bobby St. Pierre at bst.pierre@anthemcouncil.com.

Adult Leagues

Men's Softball League

Ages: 17 yrs.+

The ACC will be partnering with some of the local leagues to offer mens softball. Games will be played Saturday evenings out at the Softball fields. Teams will play a 14 game regular season schedule, with playoff at the end of the season. USSSA Softball rules will be utilized. Full 12 person teams are encouraged to sign up as well as free agents looking for teams.

Adult COED Softball League

Ages: 16 yrs.+

The ACC will be partnering with some of the local leagues to offer coed softball. Games will be played Saturday evenings out at the Softball fields. Teams will play a 14 game regular season schedule, with playoff at the end of the season. USSSA Softball rules will be utilized. Full 12 person teams are encouraged to sign up as well as free agents looking for teams.

Adult Men's Basketball League

Ages: 16 yrs.+

A twelve-game fun, recreational season is followed by a single-game elimination tournament.

Youth Leagues

Parents may request *either* a coach or fellow player for their child; however, requests might not be granted. Once teams are formed, coaches will contact players with practice details. Game schedules will be posted.

To volunteer as a coach, contact Bobby St. Pierre at bst.pierre@anthemcouncil.com.

Soccer

Ages: 3-14 yrs.

Basketball

Ages: 7-14 yrs.

Volleyball

Ages: 10-14 yrs.

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With questions about any of the programs offered in this section, please contact Kellen Popovich at kpovich@anthemcouncil.com.

Parent-Teen Fitness Certification

Ages: 12-13 yrs. and adult

A certified trainer guides parents and teens through the regulations of the fitness floor, safe exercises and general fitness topics. Upon completion, teens will be able to work out alongside their parents at the Community Center.

Sound Healing Series

Ages: 18+

Sound therapy works with the nervous system, tissues, and energy to restore harmony to the body that can offer long-term benefits. Each session with a guided breathing/relaxation exercise followed by playing various instruments.

Personal Training

Workout options with certified personal trainers are offered for all fitness levels. Fees apply. If you are interested in working as a personal trainer or with a personal trainer at the Community Center, please call the Community Center Front Desk at 623-879-3011.

Jujitsu & Swordfit

Kids & Adults Jujitsu for Life

Ages: 6 yrs.+

Shoshin Ryu Jujitsu is a complete system of martial arts derived from Japanese martial traditions. Shoshin Ryu is a well-rounded art that allows one to defend from grabs, chokes, holds, weapons, strikes, throws, and ground attacks. Training also focuses on character-building life skills like respect, discipline, focus, and confidence.

SwordFit

Ages: 12 yrs.+

Learn combative Samurai sword skills using safe, padded weapons. Students learn basic movement and handling skills, and then progress to advanced blocking/striking patterns. Students will also learn to fight solo, in pairs, and on battle teams in a safe, controlled environment. It's a serious workout that develops discipline, eye-hand coordination, distance and timing, and teamwork. Most of all, it's fun!

Group Exercise Classes

Ages: Adult & Parent-Teen certified

Providing accurate info to our residents is of the utmost importance to us! Due to program dates/times being subject to change, the complete list of dates and times for programs listed in this section can be found online at bit.ly/ACC-health-wellness-activities.

With questions about any of the programs offered in this section, please contact Kellen Popovich at kpovich@anthemcouncil.com.

ALL LEVELS YOGA: Classes cover yogic postures, alignment, yogic concepts, and how to grow the practice into everyday life.

BOXOLOGY: This is a high-intensity cardio boxing class involving punching and kicking. Gloves and shoes required.

CARDIO DANCE: Join our morning dance party and get your workout in while you're at it! No dance experience necessary.

C.B.S. (Core-Balance-Strength): Toughen up your core, improve your balance, and increase your overall strength! We welcome participants of all levels and abilities.

DEEP WATER: Get your full-body workout while enjoying fresh air, beautiful views, and friendly company!

HIIT: A form of interval training, this exercise strategy alternates short periods of intense anaerobic exercise with less-intense recovery periods.

HIP-HOP CARDIO/ TONING: High-impact dance fitness to the latest hip-hop/pop music and light weights.

KICKOLOGY: Cardio Kickboxing/Kickology is a combination of dance and martial arts that will zap calories and define your muscles.

SHALLOW WATER: Water exercises are not only gentle on the joints, but they also invigorate all muscles, as well as loosen up and relax sore ones.

STRENGTH & CONDITIONING: Challenge your body and avoid fitness plateaus by using a wide variety of equipment and performing many types of exercises.

ZUMBA: Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance.



Dates and times are accurate (as of print date), but please be sure to check for the latest up-to-date program details online at bit.ly/ACC-events-family-activities.



Blood Drive

Ages: 16 yrs.+ (with signed parental consent)

Location: Civic Building

The need for blood is constant, and there is no substitute for volunteer blood donations. You must register in advance at redcrossblood.org and use sponsor code: **AnthemCivicCenter**.

8/14	12:30-6:30 p.m.	W	Free
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Monster Ball

Ages: All

Location: Community Center

Enjoy snacks, drinks and pizza, games, activities and haunted fun! Prices increase the night of the event and space is limited. Register early!

10/30	6-8 p.m.	W	\$TBD per person (under 2 yrs. free)
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Market in the Park

Ages: All

Location: Main Upper Park

Join us at the Market in the Park. Outdoor shopping in a beautiful location with lots of vendors and variety.

10/6	9 a.m.-1 p.m.	Su	Free
10/20	9 a.m.-1 p.m.	Su	Free

Autumnfest

Ages: All

Location: Community Park

The Autumnfest Arts & Crafts fair is a community favorite! Enjoy shopping, pumpkin picking, the carnival & more!

10/14-10/15	10 a.m.-4 p.m.	Sa & Su	
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Fitness & Adventure Club Membership Options

- **VIP Fitness & Childcare Membership - \$69/month***
- **Fitness Class Membership - \$55/month***
- **Peleton Only Membership - \$35/month****
- **Adventure Club Membership - \$45/month***
- **Fitness 12-Punch Pass - \$65**
- **Fitness 24-Punch Pass - \$125**
- **Fitness Classes - Monthly - \$60**
- **Adventure Club - Monthly - \$50**

*Terms: Understanding that this resident only membership will be set up for recurring monthly billing, so a valid credit card is required. There is a minimum of three (3) months of participation. After that period, membership is month to month. Termination of this membership must be done in writing and submitted by the 20th day of the current month for payments to stop for the next monthly billing. Group Fitness and Adventure Club usage is governed by existing rules. Residents agree to carry a Membership Card to identify their participation. All other Community Center rules still apply.

**Peleton Classes under VIP Fitness Package, Fitness Class Membership. Not under Fitness 12-Punch Pass, Fitness Classes Monthly \$60 or any of the Adventure Club passes.