

the AnthemWay

January 2024

A publication of the Anthem Community Council

2024

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Aaron Baker

Interim Director of Finance
Rob Samuelsen

Director of Programs & Aquatics
Scott Newell

Director of Parks & Facilities
Mike Krask

Contact ACC
OnlineAtAnthem.com
info@anthemcouncil.com



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 2022. For additional community information: OnlineAtAnthem.com.



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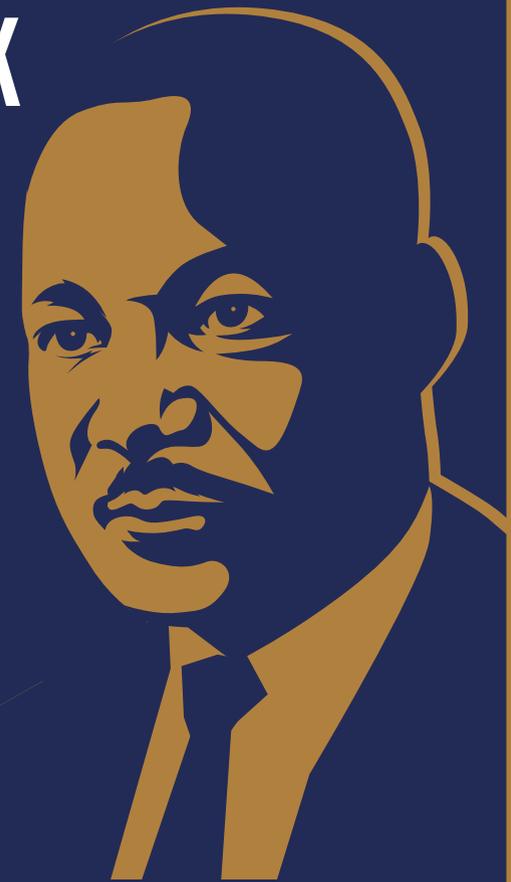
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ANTHEM COMMUNITY COUNCIL

MARTIN LUTHER KING JR. CELEBRATION AND UNITY WALK

JAN 16, 9:00 AM
COMMUNITY PARK
AMPHITHEATER

Please join Anthem residents as we celebrate the life and work of Dr. Martin Luther King, Jr. The 3rd Annual Anthem MLK Day Celebration brings the community together to applaud the lessons Dr. King taught all of us. One of the celebration highlights is the unity walk—a symbol of his inspiration that we carry now and into the future. This is a celebration showing the power of individuals and the community to make a positive difference.



anthem
community council

OnlineAtAnthem.com/MLK

Martin Luther King Jr. Celebration and Unity Walk 2024

Monday, January 15, 2023 | 9 a.m.

Anthem Civic Building | 3701 W Anthem Way

Breakfast: 9-10 a.m.

Ceremony: 10-11:15 a.m.

Unity Walk: 11:15-11:45 a.m.

Please join Anthem residents as we celebrate the life and work of Dr. Martin Luther King, Jr. The 3rd Annual Anthem MLK Day Celebration brings the community together to applaud the lessons Dr. King taught all of us. One of the celebration highlights is the unity walk—a symbol of his inspiration that we carry now and into the future. This is a celebration showing the power of individuals and the community to make a positive difference.

Featured highlights:

- Significance of the Community Walk
- Student Speeches
- The true meaning of Community Service
- Keynote speaker and Closing Prayer by Pastor Randy Williams

The Community Park Amphitheater has tiered seating with a clear view of the stage area. Attendees should consider bringing a blanket or their own chairs. Anybody participating in the Unity Walk is encouraged to wear proper footwear for the one-mile path on cement and other paved, manmade materials.

>> OnlineAtAnthem.com/MLK

Call for Candidates—ACC and HOA Boards

A seven-member Board, made up of volunteer homeowners from each of the three homeowners' associations (HOA), oversees Anthem. The Executive Director is responsible for managing the Anthem Community Council (ACC) and with his or her staff, and carrying out the policies and directives set by the Board.

Each year, an election is held for open Board seats. Individuals are elected to serve three-year terms beginning and ending in April. This year, the ACC Board will have three openings for the 2024-2027 term, one representing the Parkside, Country Club, and Village HOAs.

Election schedule*

January 2: Call for Candidates opens

January 22: Deadline to file candidacy

January 23: Candidates verified; bios posted online.

February 6: Meet the Candidates Night (Parkside), 6:30 p.m., Civic Building

February 14: Voting begins

March 8: Voting ends at 5 p.m. (paper)/midnight (electronic)

March 11: Election verified

March 13: Winners announced

April: New Board members take their seats at Board meetings.

*Village election schedule will be posted/sent separately.

HOA elections

If you are interested in running for any of the open positions and have questions about the process or the duties pertaining to the HOA or ACC Boards, please email your HOA; Parkside at staff@anthepparkside.org; Country Club at staff@accchoa.com; or Village at micalah.williams@brownmanagement.com.

>> OnlineAtAnthem.com/elections



Tree Disposal

Save the Date! January 6 and January 13 from 10 a.m.-2 p.m.

Republic Services provides natural tree drive-thru drop-off. Enter the lower lot of Community Park from Whitman Drive. Please remove all tinsel, lights, ornaments, stands, etc. Please don't bag the tree!

This is a FREE service to all Anthem residents. Residents may also use residential bulk trash pickup for tree disposal.



ACC is hiring

The ACC is hiring for a number of positions - both full-time and part-time. Could you be the one we are looking for? Do you know someone who may be interested? Browse our openings and spread the word! It has always been said that Anthem is a great place to live, WORK, and play - so let's work together!

>> OnlineAtAnthem.com/job_opportunities

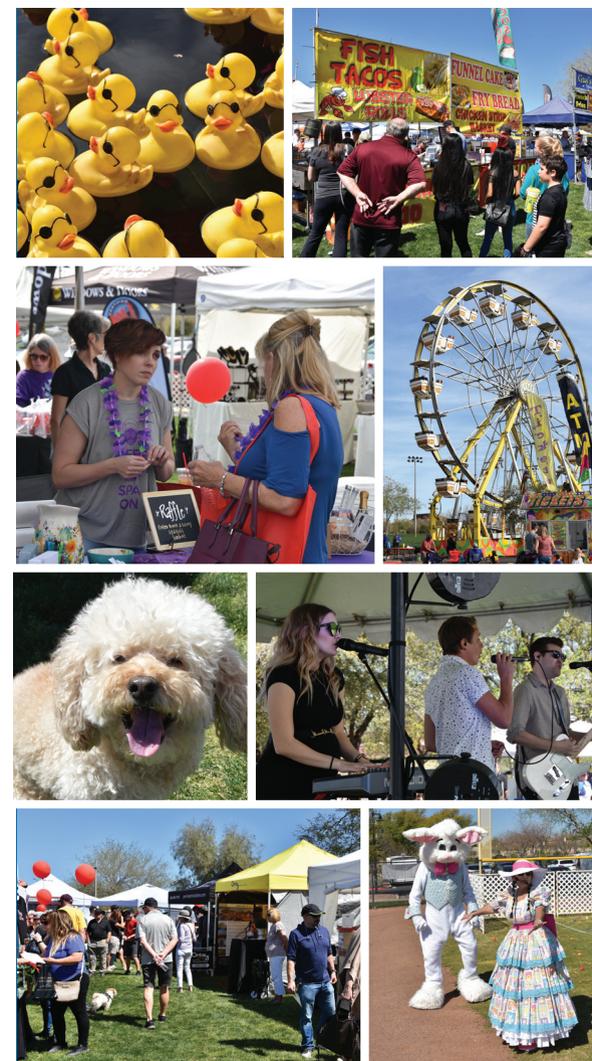


Call for Anthem Days sponsors, vendors

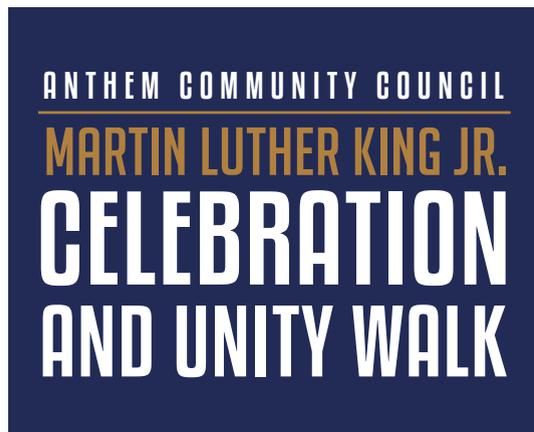
It's time to gear up for the return of Anthem Days, March 16-17, 2024. Don't miss the opportunity to get your business name out there! Event highlights include business & arts/crafts booths, carnival, food vendors, and more.

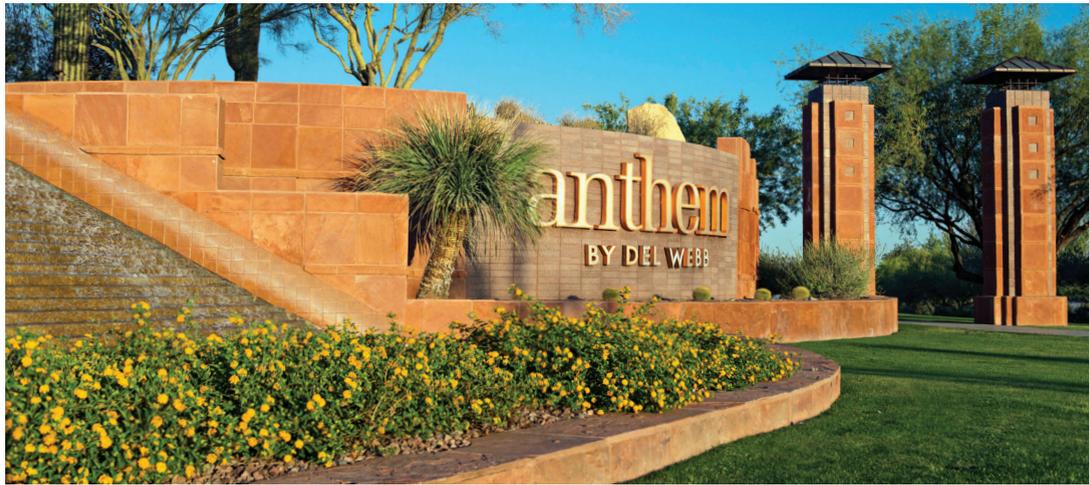
Sponsor the event; the deadline is Friday, January 12. For Title Sponsor and sponsorship details, email Isabel Juarez, Special Events Coordinator at ijuarez@anthemcouncil.com

Pre-registration for vendors opens Jan. 3; and vendor deadline will be March 1.



>> OnlineAtAnthem.com/anthem-days





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

- Update and/or provide your e-mail address to stay informed of activities and projects with the APCA. Please log on to www.onlineatanthem.com, scroll down on the homepage, and enter your email address. Be sure to check the box next to Parkside when subscribing.
- Visit the website regularly for calendar of events, FAQ's, and homeowner documents.

Call for Candidates begins January 2

Starting on January 2, the annual election cycle begins for open positions on the Anthem Parkside Community Association (APCA) Board of Directors and the Anthem Community Council (ACC) (representing the Parkside community). You will receive information in the mail about the election, qualifications, process, and timetable.

There is one open seat on the ACC Board and three open seats on the APCA Board. The three open seats for APCA will hold two-year terms, while the one open seat on the ACC will hold a three-year term. Should you decide to declare your candidacy, please see pg. 4 for important dates.

If you have any questions regarding the election process or timeline, please contact APCA staff at staff@anthemparkside.org.

Post Holiday Reminders

As you start the New Year, please remember to:

- Please be sure to remove your holiday lights by January 14.
- 'Like' the APCA on Facebook to stay up-to-date on what's happening in Anthem Parkside.



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

Connect with your community on social media

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



@ACCCA85086



Micalah Williams, Community Manager
micalah.williams@brownmanagement.com
 480-539-1396, OnlineAtAnthem.com/Village

Dennis Salisbury honored with 2023 Anthem Veterans Service Award



Dennis Salisbury with ACC Board Chair Carolynn Hiron

During the Veterans Day Ceremony held November 11, the Anthem Community Council (ACC) recognized Dennis Salisbury as the recipient of the 2023 Anthem Veterans Service Award. Created by the ACC in 2013 and presented annually, the award recognizes an individual or group demonstrating "extraordinary service and selfless dedication in support of our nation's veterans."

His role as a veteran leader in this community began many years ago. Salisbury is one of those veterans who knows only how to say- "yes," or "how may

I help" and his involvement spans veteran event and activity in Anthem for years, including the Veterans Day and Memorial Day ceremonies, visits to veterans at the federal penitentiary, working with Youth for Troops on many projects, and helping veteran families in need.

Sourced from the nomination, Salisbury's contributions made an impact, "Because of this individual's tireless hours and selfless dedication in support of our veterans, Anthem is a much greater place. The Anthem Veterans Memorial activities are elevated due to his assistance and countless veterans have been positively honored, supported and saluted by him in ways we may never know."

A plaque with the names of all recipients is on display at the Anthem Civic Building. Past winners, selected annually by the ACC Board of Directors based on nominations submitted from the community, include Darlene Gonzales (2022), Mike Spinelli (2021), Youth for Troops (2020); Ron Tucker (2019); Tom Kirk (2018); John Simmons (2017); Bob Hackett (2017); Liz Turner (2016); Ray Norris (2015); Mary Ann Derryberry (2014); and the Daisy Mountain Veterans (2013).

Jim Martin STEM Scholarship

Beginning in 2008, AVM Chief Engineer Jim Martin took a drawing, wrote concept papers, produced technical drawings, worked, and reworked cost estimates, and determined the engineering and math concepts to ensure that the sun could cast a perfect solar spotlight onto The Great Seal every year, including leap years. He then interfaced with the county, vendors, and Haydon Building Corp. personnel on site to bring the idea to life.

Many are not aware that the math behind the Memorial is used in schools around the country, including textbooks, and was even featured on the popular gameshow, Jeopardy. In that spirit, a \$1,000 Science, Technology, Engineering and Math—or "STEM" scholarship—will be awarded to two Anthem residents and 2024 high school seniors or graduates who will attend an accredited university or community college. This student will have demonstrated exceptional mathematical or engineering abilities, determination, integrity, and community spirit, just like Jim Martin.

>>OnlineAtAnthem.com/AVM

Helping Your Landscape Weather the Winter

Contributed by William Redford, DLC Resources Field Manager



The holiday season is always a busy time of year, so it can be easy to let things like winter landscape preparation get lost in the shuffle. As temperatures cool down and nighttime lows dip below freezing, plants and trees are vulnerable to damage. Knowledge and preparation for the chilly nights ahead can help to protect your landscaping from frost damage. DLC Resources, your landscape maintenance partner, has some great landscape advice to weather the winter temperatures!

Frost Season

Typically, the Southwest sees frost from mid-November through February, although temps certainly can vary from year to year.

Prevent Frost Damage before it Starts

Install native plants - Native plants naturally survive our extreme temperatures while plants from other regions may not be as tolerant of our climate. Some examples of native/indigenous plants successfully grown in the valley include Marigolds, Fairy Duster, Deer Grass and Milkweed. All types of succulents and cacti grow well although some cacti may suffer slight damage. Common non-native plants susceptible to frost include Bougainvillea, Hibiscus, Cape Honeysuckle, Lantana, Yellow Bells and Orange Bells.



Frost damage to plants can be difficult to recover from, so take preventative measures to protect them this winter

Select Good Planting Locations

If you do decide to install frost-sensitive plants, select planting areas with western and southern exposure where they'll be more protected. Planting them near block walls, rocks and patios can also help as the hard surfaces absorb heat from the sun and maintain a warmer temperature through the night.

Plant Protection

The evening before a predicted frost, cover plants to protect them from frost damage. Keep green porous cloth or burlap sold at hardware stores for this purpose on hand. You can also use cloth material, towels, blankets, sheets and cardboard boxes to insulate your plants. Do not use plastic or tarps to cover your plants because they lock in moisture that damages the plant. We do not recommend using plastic for plant cover. Drape the cover all the way to the ground to help trap heat radiating from the ground under the cover. Remove the cover after sunrise each morning.

For cacti such as Mexican Fencepost, cover the tops of the posts with foam cups (although a Santa hat can be a festive addition around Christmas!). Cover bare soil with mulch to create a barrier between the frost and your planting areas.

Keep Watering

Continue watering your plants on a routine basis and water your plants and trees in the morning; wet soil absorbs heat during the day. Well-hydrated plants actually stay warmer and prevent susceptibility to frost damage.

Frost in our Southwest Desert is a likely occurrence, but waking up to shriveled and brown plants and trees doesn't have to be. With planning and preventative action, your landscaping will remain healthy until spring.

>> [DLC Resources.com/learning-center](https://www.dlcresources.com/learning-center)

JANUARY

1st | QUARTERLY ASSESSMENTS DUE

2nd | CALL FOR CANDIDATES OPENS

ACC and HOA Board elections
See pg. 4.

6th | CHRISTMAS TREE DROP-OFF

10 a.m.-2 p.m.
Community Park lower lot (near Whitman Dr.)

7th | MARKET IN THE PARK

10 a.m.
Community Park

13th | CHRISTMAS TREE DROP-OFF

10 a.m.-2 p.m.
Community Park lower lot (near Whitman Dr.)

15th | Anthem MLK, Jr. Celebration

9 a.m.
Civic Building

21th | MARKET IN THE PARK

10 a.m.
Community Park

22nd | DEADLINE TO FILE CANDIDACY

ACC, APCA, and ACCCA Board elections
See pg. 4.

24th | ACC BOARD MEETING

6:30 p.m.
Civic Building

25th | ACCCA BOARD MEETING

6:30 p.m.
Civic Building

FEBRUARY

1st | ACCCA BOARD ADMINISTRATIVE MEETING

3 p.m.
Civic Building

4th | MARKET IN THE PARK

10 a.m.
Community Park

7th | PARKSIDE MEET THE CANDIDATES

6:30 p.m.
Civic Building

14th | VOTING OPENS

ACC and HOA Board elections
Via mail or online; see pg. 4.

18th | MARKET IN THE PARK

10 a.m.
Community Park

19th | CIVIC BUILDING CLOSED

ACC and HOA offices closed.
Presidents Day Holiday

28th | ACC BOARD MEETING

6:30 p.m.
Civic Building

Holiday Hours

Civic Building, ACC and HOA offices:

Closed Saturday, Jan. 13-Monday, Jan. 15 in observance of Martin Luther King, Jr. Day and Saturday, Feb. 17 through Monday, Feb. 19 in observance of Presidents Day.

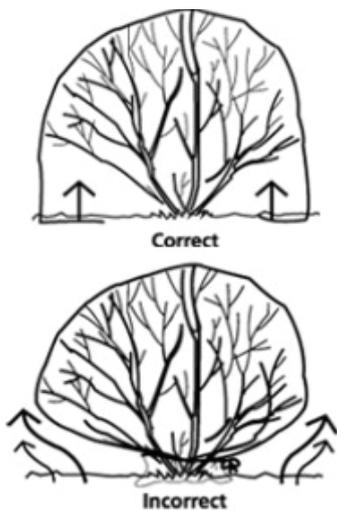
Not a comprehensive list; refer to the Activities Guide and community calendar online for a full list of upcoming meetings and programs: OnlineAtAnthem.com/calendar

Looking ahead to 2024

- March 16-17 | **24th Annual Anthem Days** (10 a.m.-4 p.m., Community Park)
- April 13 | **Go Green** (8-10:45 a.m., Community Park lower parking lot)
- May 3, 10, 17, 24, 31 | **Music in May** (7-9 p.m., Community Park Amphitheater)
- May 27 | **Memorial Day Ceremony** (9 a.m., Anthem Veterans Memorial)*
- July 3 | **Independence Day Celebration** (6-10 p.m., Community Park)
- October TBD | **Go Green** (8-11 a.m., Community Park lower parking lot)
- October TBD | **Autumnfest** (10 a.m.-4 p.m., Community Park)
- November 11 | **Veterans Day Ceremony** (10 a.m., Anthem Veterans Memorial)

Dates and times subject to change.

*Hosted by the Daisy Mountain Veterans



Check out this helpful diagram explaining how to properly cover your plants to protect from frost damage

January 2024

anthem Activities

A publication of the Anthem Community Council



Aquatics

Youth Activities

Teen & Adult Activities

Senior (50+) Activities

Recreational Leagues

Health & Wellness

Events & Family Activities



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 Program 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

Zach Rahn
623-879-3042



Civic Building

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

Customer Service & Business Support Manager

Jodi Claver
623-742-6050

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.
>> OnlineAtAnthem.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.
NEW HOURS 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 OnlineAtAnthem.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).

>> OnlineAtAnthem.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!

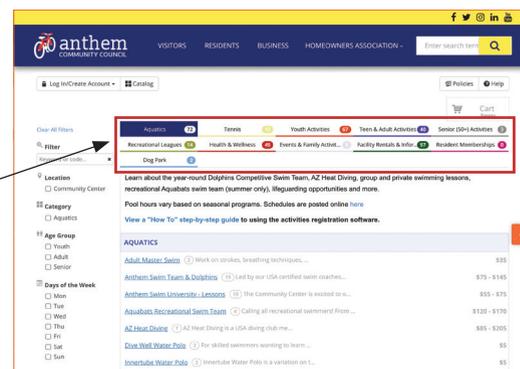
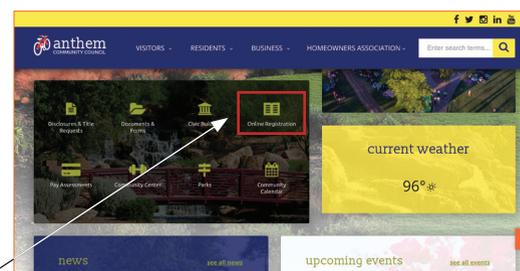
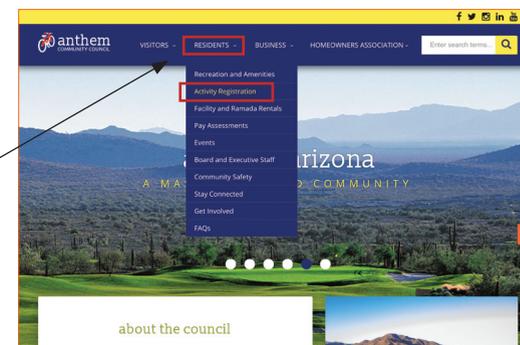
How to get to the Activity Registration page on the ACC website:

1. Go to OnlineAtAnthem.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 OnlineAtAnthem.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.*

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.

Synergy Artistic Synchronized Swimming

Ages: 5-17 yrs.

Learn the basics of the sport including skulling, egg beaters, water fitness, and breath control, all while having fun. Beginner and advanced classes offered.

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

Starguard Elite Lifeguard Cert.

Ages: 15 yrs. +

The Anthem Community Center will be offering Lifeguard Certification Courses to all new lifeguards interested in lifeguarding and first aid.

Lifeguard Skills Prep. Course

Ages: 15 yrs. +

The Anthem Community Center will be offering Lifeguard Skills Preparation Courses to all new Lifeguards interested in preparing for the physical fitness portion of their Starguard Elite Lifeguard Certification Course.

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, and eat pizza. Bring a water bottle and sack dinner (if dinner isn't desired); Jan. 19 and Feb. 16.

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!

Tutors Grades K-12

Ages: Grades K-12

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.

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.

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

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

Basketball

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

Youth Camps

Ages: 5-12 yrs.

MLK	1/15	7 a.m.-6 p.m.	M	\$60
Presidents Day	2/19	7 a.m.-6 p.m.	M	\$60
Spring Break	3/11-3/15	7 a.m.-6 p.m.	M-F	\$185
Spring Day	3/29	7 a.m.-6 p.m.	F	\$60

Volleyball Skills Clinic

Ages: 10-13 yrs.

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

Ha'amana Polynesian Dance

Ages: 4 - 8 yrs.

Location: Community Center

Our goal, as Ha'amana, is to empower one another through Polynesian dance with our hour-long 'Ori Tahiti and Hula classes every week. Classes learn technique in the first half and then a performance dance in the last half. Our Polynesian dance classes are taught by DiAnne Nielsen. DiAnne was born and raised in Hawai'i and began dancing at a young age. Since then, DiAnne has continued to learn, dance, and teach classes. Her goal is to share her love of dance and appreciation for the Polynesian culture.

Little Medical School

Ages: 4-14 yrs.

Little Medical School inspires young minds by sharing our passion for learning, health and careers in medicine. Through hands-on activities, role-play, and interactive demonstrations, children explore the exciting world of healthcare. All programs are written by experienced educators, board-certified physicians and trained healthcare professionals. Our classes are led by trained Little Medical School® Instructors. Little Medical School believes a curriculum based on STEM (Science, Technology, Engineering and Math) will provide students with a strong foundation to pursue careers in medicine.

Brain Powers Chess

Ages: 5 - 14 yrs.

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. These studies help build memory, thinking speed, and accuracy, including learning from mistakes and turning them into positive life lessons.

ADVENTURE CLUB

Parents may drop off their children (6 mo.-12 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 \$2 per child for the second hour. 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.

Basketball Clinics & Sports Performance

EvoAthlete Basketball - FUNdamentals

Ages: 7-15 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.

EvoAthlete Sports Performance Training

Ages: 7-17 yrs.

EvoAthlete's Speed and Agility Class, 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.

EvoAthlete Basketball - Foundational

Ages: 9-12 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.

EvoAthlete Basketball - Advanced

Ages: 14 yrs.+

Players will optimize fitness preparation as well as basketball, individual, and position-specific skills to enhance performance for a competitive edge. Athletes will be devoted to player development and competition, both technical/tactical, as well as fitness improvements.

EvoAthlete Basketball Camps

Ages: 7-18 yrs.

Our experienced coaches provide high-quality training sessions and personalized instruction to help players improve their basketball skills and reach their full potential.

EvoAthlete - Evolution Club Basketball

Ages: 7 & up

Our experienced coaches provide high-quality training sessions and personalized instruction to help players improve their basketball skills and reach their full potential.

Caregiver and Me Music

Gold Stars

Ages: 4 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.

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!

Sketching

Ages: 6-15 yrs.

Take your sketching skills to the next level! Every student comes in at a different skill level and every student gets the individual coaching he or she needs to grow as a sketch artist.

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.

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. In this class you will be making cards for Halloween and Fall (projects will depend on product availability). All supplies are included. Class size is limited. Please register early to reserve your spot. **Min. 4; max 12.**



Tennis

Tuesday/Thursday 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

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.

County Line Dancing

Ages: 16 yrs.+

Location: Community Center

Bust out your boots and cowboy hat and join us for some line dancing fun! Come alone or bring a spouse or friend and let's cut a rug! Beginner is for 16 yrs+ and Intermediate is for 18 yrs+.

Ha'amana Polynesian Dance

Ages: 13 yrs.+

Location: Community Center

Our goal, as Ha'amana, is to empower one another through Polynesian dance with our hour-long 'Ori Tahiti and Hula classes every week. Classes learn technique in the first half and then a performance dance in the last half. Our Polynesian dance classes are taught by DiAnne Nielsen. DiAnne was born and raised in Hawai'i and began dancing at a young age. Since then, DiAnne has continued to learn, dance, and teach classes. Her goal is to share her love of dance and appreciation for the Polynesian culture.

Pickleball

Free t-shirt is included. All sessions are led by Pickleball Instructor Katie Poole.

High School Club Pickleball Program

Ages: 13-18 yrs.

Join this league for high school students in the surrounding area looking to work on their pickleball skills. Players will take part in a 8 week program practicing one day of the week with the final week being a tournament between the participating schools.

Middle School Club Pickleball Program

Ages: 10-13 yrs.

Join this league for middle school students in the surrounding area looking to work on their pickleball skills. Players will take part in a 8 week program practicing two days of the week and open play on Fridays with the final week being a tournament between the participating schools.

Elementary School Club Pickleball Program

Ages: 5-9 yrs.

Join this league for Elementary school students in the surrounding area looking to work on their pickleball skills. Players will take part in a 8 week program practicing one day of the week and open play on Fridays with the final week being a tournament between the participating schools.

Pickleball Private Lessons (Adult/Youth)

Ages: 12 yrs.+

Lessons offered by Dennis Ayotte.

senior (50+) activities

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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

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

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

Fitness & Adventure Club Membership Options

- **VIP Fitness & Childcare Membership - \$69/month***
- **Adventure Club Membership - \$45/month***
- **Fitness Class Membership - \$55/month***
- **Fitness 12-Punch Pass - \$65**
- **Peleton Only Membership - \$35/month****
- **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.

**Pelton 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.



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.

recreational leagues

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

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 Coed Sand Volleyball League

Ages: 16 yrs.+

Games are Tuesday evenings and are played at the Community Park Sand Volleyball Courts. Games are 4v4, but teams can have up to 8 players per team.

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.

Pickleball

Ages: 10-14 yrs.



Meet the trainer: Laura Vincent

Unlock your fitness potential with Laura Vincent. As a certified personal trainer, nutrition coach, weight loss specialist and physique/body building coach, Laura will

tailor workouts to your goals, helping you achieve a healthier, stronger you. Call **630-666-4014** for your free consultation.

- Associate's Degree in Health and Fitness
- Education, BA in Fine Arts
- NSCA Certified Personal Trainer
- NASM Certified Weight Loss Specialist
- NASM Certified Nutrition Coach
- NASM Certified Physique & Body

health & wellness

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 kpopovich@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.

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

Location: Community Center

Kids Jujitsu for Life

Ages: 6-14 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!

Jujitsu for Life - Adults

Ages: 14 yrs.+

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 kpopovich@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/ KICKOLOGY STRONG: 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.

TABATA: 20-second high intensity intervals are followed by a 10-second rest for a total of four minutes, using a variety of exercises and equipment.

TOTAL BODY MIX: This signature class is designed to strengthen your entire body and target all areas in one class.

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**.



Father-Daughter Dance

Ages: All

Location: Community Center

Fathers bring your daughter/s to this fun-filled night to remember! Snacks, photo booth (we will take pictures for you using your own device), dancing and more! Event sells out quickly: register in advance.

2/9	6-8 p.m.	F	\$20 per adult & \$5 per child	Reg. by 2/3
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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.

1/7	10 a.m.-2 p.m.	Su	Free
1/21	10 a.m.-2 p.m.	Su	Free
2/4	10 a.m.-2 p.m.	Su	Free
2/18	10 a.m.-2 p.m.	Su	Free

AARP Tax Services

Ages: All

Location: Civic Building

Need help with your taxes this year? This program is free for everyone. First-come, first-served; no appointments. Arrive early as space is limited and fills up quickly. Visit aarp.org for a list of required materials to bring with you.

2/7-4/10	8:30-12:30 a.m.	W	Free
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