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## CHILDREN'S CLASSES PROVIDE VARIETY OF BENEFITS

**Glendale, Ariz.** —Cheerleading, tumbling, karate, ballet, cooking or guitar classes can teach social skills, fine and large motor skills, teamwork, self-discipline and more, and with Glendale's Parks and Recreation Division offering more than 40 different classes, opportunities for children are endless.

Classes include those mentioned above along with other sports and fitness classes that help prevent child obesity by getting children to be active and includes gymnastics, tennis, baseball, soccer, ice skating, tumbling, basketball and golf. Dance classes also provide children ways to be active and available classes include ballet, tap, jazz and hip hop styles.

Personal development classes can provide children with essential or money-making skills such as cooking and babysitting or creative outlets such as movie making, acting, art, guitar, singing and piano/keyboard.

Children can gain a sense of accomplishment and self esteem, while learning something fun and entertaining.

Classes start the end of August and September, but registration is currently being accepted. For details on all the classes, visit [www.glendaleaz.com/parksandrecreation](http://www.glendaleaz.com/parksandrecreation) or pick up the fall 2012 Activities Guide at the Glendale libraries or one of Glendale's recreation centers.

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