

FITNESS FACILITIES AT OUR AQUATIC CENTERS:

CACTUS AQUATIC AND FITNESS CENTER - 480-312-7665
ELDORADO AQUATIC AND FITNESS CENTER - 480-312-2484
MCDOWELL MTN. RANCH AQUATIC & FITNESS CENTER - 480-312-6677

All of the year round aquatics centers have fitness facilities. Strength training, general conditioning, athletic training, toning and much more is offered! All participants are required to wear closed toed shoes and bring a towel to work out. No one under 13 is permitted in the Fitness Center at any time. Ages 14 and 15 are allowed only when accompanied by an adult and youth ages 16 and 17 must have a waiver signed by parent or guardian. Patrons must check-in one hour prior to close if they intend to exercise for the last hour of the day.

FITNESS CENTER FEES:

RESIDENT: \$2.00 **NON-RESIDENT:** \$3.00

Adult Swipe Cards Available

RESIDENT RATE: 10 visits for \$20.00 and 30 visits for \$60.00

NON-RESIDENT RATE: 10 visits for \$30.00 and 30 visits for \$90.00

FITNESS FACILITY HOURS: September- December

CACTUS	M-F	6am-8pm	MCDOWELL MT RANCH	M-F	6am-8pm
	SA	7am-5pm		SA	8am-2pm
	SU	10am-2pm		SU	CLOSED
ELDORADO	M-F	6am-8pm			
	SA	8am-12pm			
	SU	CLOSED			

CLUB SAR

8055 E. CAMELBACK RD, SCOTTSDALE 85251 – 480-312-2669

Club SAR is the City of Scottsdale's Parks and Recreation Division multi-sports instructional program offering classes in boxing, kickboxing, yoga, spinning, mixed martial arts and circuit weight training. The gym includes a complete line of free weights, cardiovascular treadmills, bikes, stair climbers, rowers, elliptical, and single station weight machines, along with full court basketball. Participants in the Club SAR facility must register on a yearly basis.

MEMBERSHIP FEES

RESIDENT ADULT: \$75 **RESIDENT YOUTH (7-17YEARS):** \$40

NON-RESIDENT ADULT: \$105 **NON-RES. YOUTH (7-17YEARS):** \$55

ONE DAY DROP IN: \$3 (non-members)

CLUB SAR FITNESS CENTER HOURS:

Mon-Fri 6am-9pm, Saturday 12-5pm, Closed Sunday

Spinning	M/W/Th	5:30-6pm
Weight Orientation	Tu/Th	5:30-6pm
Kickboxing Cardio	M-Th	6-7pm
Boxing Cardio	M-Th	6-7pm
Boxing Instruction	M-F	4-5:30pm
Yoga	M-Th	7:15-8:30pm
Yoga	W	6:15-7:30am
Yoga	Fri	6:15-7:30pm
Yoga	Sat	12:30-1:45pm
Rowing	Tu/Fri	5:30-6p
	W	12-12:30pm

Mixed Martial Arts (Call Club SAR for program schedule)



SCOTTSDALE HEALTHCARE HEALTH & WELLNESS CLASSES

AT MCDOWELL MOUNTAIN RANCH PARK & AQUATIC CENTER

If you have any questions please contact
 Ben Evans 480-323-5225: Bevans@shc.org

REGISTRATION INFORMATION:

Once registration has been completed, an instructor will contact you to schedule your times. The days and times are on a first come first serve basis. A class spot can only be filled with registered participants.

FORM & FUNCTION CLASSES

(10 weeks) Each participant can attend a small group class as often as twice a week for the duration of the course. CLASS TIMES TBA

BEGINNERS LEVEL: Introductory class to strength training, body weight movement, posture and function. This class revolves around basic functional movement to help enhance every day strength & conditioning. Class days:

77993 M,T,TH MMRA \$99(R)/\$149(N)

OPEN LEVEL COURSE PREREQUISITE: Each Participant must have completed the 10 week Beginners Form and Function Class. This is a progressive fitness class that will continue the advancement of strength training. Skilled movements with weights are introduced in this class.

77995 M,T,TH MMRA \$54(R)/\$99(N)

STRENGTH TRAINING FOR SENIORS (10 WEEKS)

A slower paced class centered on lifestyle movement and injury prevention for everyday lifting. This class will combine needed functional strength training movements as well as work with the Technogym fitness equipment. All participants can attend class once a week for the duration of the course. CLASS TIMES TBA

77996 M,T,TH MMRA \$54(R)/\$99(N)

ADULT SPORTS

480-312-0227

Adult Sports Office Location: Chaparral Park, Adult Sports Office, 5401 N. Hayden (Jackrabbit & Hayden)

ATTENTION: In order to use Online registration you must have a team account established before registering. Call 480-312-7957 between 8am & 5pm Monday through Friday and request to be set up with a team account prior to registration.

All sports league registrants submit a team roster (complete with player names, home addresses, day phones) to the Adult Sports office within 2 days of registration. Registration will not be accepted without completed roster information and payment for the correct amount. Failure to comply with any or all terms of registration will result in team elimination!

For more information call the Adult Sports Office at 480-312-0227. Visit our web site at www.Scottsdaleaz.gov

REGISTRATION: Kickball, Basketball, & Flag Football - On-line registration begins Tuesday, August 4th @ 6am for Scottsdale residents and Wednesday, August 5th for Non-residents. Walk-in registration will be held Tuesday, August 11th from Noon to 6 pm for remaining available spots. Registration packets must be emailed, faxed or delivered to the Adult Sports office within 2 days of registration to be considered for league placement.

ADULT COED KICKBALL

LEAGUE DATES: Begins the week of September 28th

FORMAT: Round Robin League Play/Single Elimination Tournament

FEE: \$265/Team

KICKBALL REGISTRATION CODES			
Number	League Level	Day	Location
77739	Coed B	M	Eldorado
77740	Coed B	T	Eldorado
77741	Coed B	W	Eldorado
77742	Coed B	Th	Eldorado

5 ON 5 BASKETBALL

LEAGUE DATES: Begins week of August 24th.

FORMAT: 10 League Games/Single Elimination Tournament

FEE: \$450/Team

5 ON 5 BASKETBALL REGISTRATION CODES			
Number	League Level	Day	Location
78279	Men's A	M/W	TBD
78280	Men's B	M/W	TBD
78281	Men's C	M/W	TBD
78282	Men's A	T/Th	TBD
78283	Men's B	T/Th	TBD
78284	Men's C	T/Th	TBD



FLAG FOOTBALL

LEAGUE DATES: Begins week of September 12th.

FORMAT: Round Robin League Play/Single Elimination Tournament

FEE: \$450/team

FLAG FOOTBALL REGISTRATION CODES			
Number	League Level	Day	Location
77738	Elite Division	Sat	TBD
78442	A Division	Sat	TBD
78443	B1 Division	Sat	TBD
78444	B2 Division	Sat	TBD
78445	C Division	Sat	TBD
78446	D Division	Sat	TBD

SLOW PITCH SOFTBALL (MENS & COED)

REGISTRATION: On-line registration begins Tuesday September 8th @ 6am for Scottsdale residents and Wednesday, September 9th for Non-residents. Walk-in registration will be held Tuesday, September 15th from Noon to 6 pm for remaining available spots. Registration packets must be emailed, faxed or delivered to the Adult Sports office within 2 days of registration to be considered for league placement.

LEAGUE DATES: Begins the week of September 28th

FORMAT: 14 League Games/Single Elimination Tournament

FEE: \$523 for Men's & Coed

(See registration tables on page 25)

SOFTBALL LEAGUE REGISTRATION CODES

The Adult Sports office reserves the right to place your team in an alternate league based on registration numbers and/or team ability. Due to our team-limiting policies your initial registration does not guarantee your entry into our league. Final league placement determinations will be made after open registration is complete.

SOFTBALL - COED LEAGUES			
Number	League Level	Day	Location
77618	Coed B	M	Chaparral 1 & 2
77619	Coed C	T	Chaparral 1 & 2
77620	Coed B	W	Chaparral 1 & 2
77621	Coed C	Th	Chaparral 1 & 2
77622	Coed C	F	Chaparral 1 & 2
77623	Coed B	T	Horizon 1 & 2
77624	Coed C	Th	Horizon 1 & 2
77625	Coed C	F	Horizon 1 & 2
77626	Coed C	M	Chaparral 4 & 6
77628	Coed C	W	Chaparral 4 & 6
77629	Coed D	Th	Chaparral 4 & 6
77630	Coed D	F	Eldo Mid & Yav 1
SOFTBALL - MEN'S LEAGUES			
Number	League Level	Day	Location
77631	Men's C	M	Horizon 1 & 2
77632	Men's B	M	Horizon 3 & 4
77633	Men's B	T	Horizon 3 & 4
77634	Men's C	W	Horizon 1 & 2
77635	Men's B	W	Horizon 3 & 4
77636	Men's B	Th	Horizon 3 & 4
77637	Men's C	F	Horizon 3 & 4
77638	Men's C	M	Eldorado N & S
77639	Men's D	T	Eldorado N & S
77640	Men's B	W	Eldorado N & S
77641	Men's C	Th	Eldorado N & S
77642	Men's D	F	Eldorado N & S
77644	Men's C	T	Yavapai 2 & 3
77645	Men's C	W	Yavapai 2 & 3
77646	Men's C	Th	Yavapai 2 & 3
77647	Men's C	F	Yavapai 2 & 3
WOOD BAT LEAGUE - MEN'S & COED			
Number	League Level	Day	Location
77643	Men's C	M	Yavapai 2 & 3
77627	Coed D	T	Chaparral 4 & 6

RESERVABLE SPACES & FUN PLACES!

The City of Scottsdale reserves both indoor and outdoor facilities for your private use.



If you are looking for a place to hold:

- Picnics
- Meetings
- Parties
- Fields
- Sand Volleyball Courts
- etc.

Call the Facility Booking Office,
at 480-312-7707, for more
information and pricing!

Do you know reservations are taken six months in advance for Scottsdale Residents? Facilities go fast so book your activity now!