

August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pre-registration is required for all programs; Register on the FAC App, thru the FAC Member Portal, call or stop by any service desk. Program cancellation is required 48 hours prior to start of program. FAC West: (928) 779-4593 FAC East: (928) 526-8652				1 Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW	2	3
4	5	6 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	7	8	9 Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee	10
11	12	13	14	15 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	16 Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee	17
18	19	20 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE	21 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW	22	23 Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee	24
25	26	27	28	29	30 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	31



August 2024



In Loving Memory of Jim Garretson

We are sad to announce the passing of Jim Garretson, the founder and co-owner (with wife Holly Garretson) of the Flagstaff Athletic Club. Jim was not only a visionary leader but also a beloved member of the Flagstaff community, whose passion and dedication have left an indelible mark on all of us.

Jim founded Flagstaff Athletic Club in 1979 with a mission to promote health, fitness, sport, recreation, and a sense of community. His unwavering commitment to these values has transformed our club into a cornerstone of Flagstaff, bringing people together and fostering a spirit of camaraderie and wellness.

As a community leader, Jim was known for his generosity, integrity, and the genuine care he showed for everyone who walked through our doors. His legacy extends beyond the walls of the athletic club, touching countless lives and inspiring others to pursue their own goals with determination and kindness.

In 2017, Jim semi-retired and passed along the day-to-day operations of the club, ensuring the continued success of his beloved establishment. Flagstaff Athletic Club continues to be owned and in the hands of Holly Garretson and a highly capable management team, led by Carla Caslin, who are all committed to upholding Jim's vision and values.

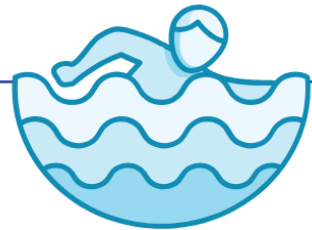
While we mourn the loss of Jim Garretson, we also celebrate his life and the tremendous impact he has had on our community. We are confident that, under the leadership of our owner Holly and the outstanding management team, Flagstaff Athletic Club will continue to thrive and honor Jim's legacy for years to come.

Our thoughts and heartfelt condolences go out to family and friends during this difficult time.

A CELEBRATION TO HONOR JIM GARRETSON WILL TAKE PLACE AT FLAGSTAFF ATHLETIC CLUB EAST ON SATURDAY AUGUST 17 BEGINNING AT 4:30PM. WE INVITE ALL MEMBERS OF OUR COMMUNITY TO JOIN US IN REMEMBERING AND CELEBRATING THE REMARKABLE LIFE OF JIM GARRETSON.

Remodel Update

Some unfortunate news for this update as we regret to inform everyone that the remodel project has suffered a delay. Unfortunately, delivery of multiple different facets of the project has been delayed and thus our completion date has been moved back further than we expected. We are disappointed by this turn of events but are doing everything we can to make up time where we can. We will be taking advantage of this opportunity by improving other parts of the club that were originally not included in the project plans! We will be completing the installation of mirrors; the barn wood walls and some brick veneers in the weeks to come. We are now looking at a completion date for the entire project in mid to late September. Stay tuned for more updates on our website and social media!



Making lap lane reservations is easy with the FAC app! You can make a lane reservation up to 3 days in advance and choose your preferred lane!

KIDS CLUB HOURS

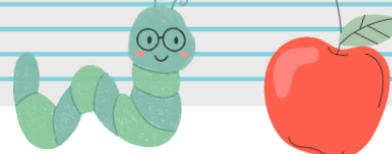
FAC EAST AND WEST

Mon-Sat: 8:00am-12:00pm

Mon-Thur: 4:00pm-7:00pm

CLOSED SUNDAYS

RESERVATIONS REQUIRED



CPR/Heart Saver-AED

The American Heart Association Heart Saver CPR and AED course is designed for the responder who requires a credential for course completion, (this is not a Healthcare provider CPR/AED course). Items covered include recognition and emergency resuscitation techniques for heart attack, stroke and choking adults; recognition and mitigation of cardiopulmonary emergencies; treatment of choking in infants and children; instruction on AED use. There will be skill checklists and review questions to assist participants in meeting course requirements. Cards are delivered electronically via email by AHA within 1 to 2 weeks.

6:00pm - 8:00pm / FACW

Tuesday, August 6th
Matt Turner

Thursday, August 15th
Sean Connolly

Friday, August 30th
Justin Staskey

Do you have a Health Care question?

The Flagstaff Athletic Club partners with local practices to offer you the opportunity to get your Health Care questions answered! Each month Dr. Brad Croft (East Flagstaff Family Medical), and Registered Dietician Haley Smith give an hour of their time at each club to answer your questions about your health. This is a free service for the members of FAC.

Brad Croft:
Monday, August 5th
5:00pm @ FACE

Monday, August 5th
6:15pm @ FACW

Haley Smith
Tuesday, August 20th
5:30pm @ FACE

Wednesday, August 21st
5:30pm @ FACW



Summer 2024 GROUP SWIM LESSON INFO

Red Level – Designed for children with little to no water experience. This class will introduce safety around water and basic swimming skills. Skills introduced include blowing bubbles, breath control, proper kicking techniques, floating, etc.

Yellow Level – Designed for children with some water experience. Children in this class should feel comfortable going underwater. This class will offer practice of the skills learned in Red Level and introduce new skills including arm strokes for freestyle and backstroke, rolling over to float and rest while swimming, breathing to the side, and treading water.

Green Level – Designed for children who can swim on their own but need more practice to develop efficient strokes. Children in this class should be able to swim on their own. This class will practice freestyle, backstroke, and treading water and will introduce breaststroke and diving.

Baby & Me – Designed for ages 6 months to 3 years old. This class will introduce the water and basic swimming skills to babies and parents to help develop good attitudes toward swimming! Introducing the water and having fun in the pool at a young age is beneficial to their success at the next level. This class will discuss how to keep your child comfortable in the water, basic swimming techniques, floating and submerging all while having fun!

Summer Mon/Wed
RED-9:00am
2-week Sessions
July 29th- Aug 7th

Summer Mon/Wed
YELLOW-9:30am
2-week Sessions
July 29th- Aug 7th

Summer Tue/Thu
YELLOW-12:00pm
2-week Sessions
July 23rd- Aug 1st

Summer Tue/Thu
GREEN-12:30pm
2-week Sessions
July 23rd- Aug 1st



Baby & Me/Wed
4-week Sessions
Aug 14th- Sept 4th
12:00-12:30
12:30-1:00
5:30-6:00
6:00-6:30

Baby & Me/Sat
4-week Sessions
Aug 17th- Sept 7th
12:00-12:30
12:30-1:00

***Baby & Me**
Ages: 6 mos-3 yrs. old

***Red, Yellow, Green**
Ages: 3 - 10 yrs. old

Group Swim Lesson registration forms may be picked up at any kiosk or downloaded at www.flagstaffathleticclub.com under the "Swim Lessons" tab.