



FLAGSTAFF ATHLETIC CLUB

# Upcoming Programs and New Group Fitness classes

# May 2024



## Swiminar

with Liz Hobbs

Saturday, May 18th

@ FACW 9:00am-10:00am

This 1-hour swim clinic will focus on perfecting flip turns, freestyle, and backstroke techniques for a faster, more effortless swim.

Coach Liz Hobbs has been a competitive swimmer for her entire life and has coached for 30 years – she has since coached NAU swim team, Masters swim classes, triathlon classes, private swim lessons for children and adults, developed many swim programs to help the community grow their love and abilities for swimming. Don't miss out on this info from one of the best knowledgeable and passionate swim coaches in Northern Arizona.



## FAC SUMMER CAMP 2024

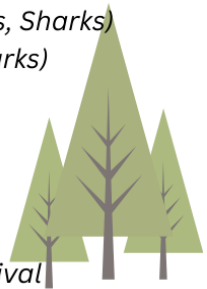
2024 Summer Camp information and registration forms are now available in our FAC Kiosks and on our website at [flagstaffathleticclub.com](http://flagstaffathleticclub.com) under the Youth Activities tab.



Camp runs from Tuesday, May 28th-Friday, August 2nd 2024. Our goal is to create an exciting positive experience for each camper through supervised fun and organized daily activities. Activities are age appropriate, emphasize social and character development, leadership, teamwork, sportsmanship and fun!

## CAMP WEEK/THURSDAY ADVENTURES

- ◆ WEEK 1: MAY 28TH-31ST ◆ *Start Your Engines!*
- ◆ WEEK 2: JUNE 3RD-7TH ◆ *Space Exploration / Levitate Adventure Park*
- ◆ WEEK 3: JUNE 10TH-14TH ◆ *Flagstaff Favorites / Community Visitors*
- ◆ WEEK 4: JUNE 17TH-21ST ◆ *Survivor Showdown / FLG X (Coyotes, Sharks)*
- ◆ WEEK 5: JUNE 24TH-28TH ◆ *Sharks & Minnows / Lake Mary (Sharks)*
- ◆ WEEK 6: JULY 1ST-3RD (NO CAMP JULY 4TH OR 5TH) ◆ *Star Spangled*
- ◆ WEEK 7: JULY 8TH-12TH ◆ *Sports Stars / Bowling*
- ◆ WEEK 8: JULY 15TH-19TH ◆ *Walk of Fame / Harkins Movie*
- ◆ WEEK 9: JULY 22ND-26TH ◆ *FAC Olympians / Ice Skating*
- ◆ WEEK 10: JULY 29TH-AUG. 2ND ◆ *Under the Big Top / Camp Carnival*



## Remodel Update

Our final support beams are in place and the structural flooring and insulation have been installed! The stairway connecting the first and second floors of the new weight room is currently in the process of being constructed. Once that is completed, the concrete for the second floor will be poured which we are hoping happens in the next few days. After framing the first and second floors and a few structural safety tests we will be moving onto beginning the HVAC, electrical and plumbing processes.

Stay tuned for more updates on our website and social media!



## Torpedoes

with Emily Gutaw

Fridays, May 10th–June 7th

(No class May 24th)

@FACW from 4:30pm–5:30pm

Torpedoes is designed for kids ages 6–14 who can swim 25 yards of freestyle with rotary breathing. Kids will be taught and shown the 3 remaining competitive strokes (butterfly, breaststroke and backstroke) and have plenty of opportunity to practice. Goal setting and team building skills are an important part of Torpedoes curriculum.



## East Outdoor Pool

Opening for Lap Swim Monday May 6th there will be 7-lanes available, lane reservations may be made 3-days in advance thru the service desk, app, or member portal. Life guards will be on duty beginning Friday May 24th from 10am–5pm daily, mushroom and slide will be turned on only when 2 lifeguards are on duty. Due to our current over night temperatures the pool temp will be a little cooler during the morning hours.

Join Richard Fridays beginning May 17th for our Aqua Basics class from 8:45am–9:30am in our East Outdoor pool.



### East Outdoor Pool

Temp: 82° –83°F

Length: 25 yards (72 pool lengths/36 laps)=1 mile



## 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

Thursday, May 9th  
Sean Connolly

Tuesday, May 14th  
Matt Turner

Tuesday, May 28th  
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, May 6th  
5:00pm @ FACE

Monday, May 6th  
6:15pm @ FACW

### Haley Smith

(Healthy Aging):

Tuesday, May 14th  
5:30pm @ FACE

Wednesday, May 15th  
5:30pm @ FACW




**KIDS CLUB HOURS**  
FAC EAST AND WEST

Mon–Sat: 8:00am–12:00pm  
Mon–Thur: 4:00pm–7:00pm

CLOSED SUNDAYS

**RESERVATIONS REQUIRED**



## SPRING 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!

Spring Session 3: Tuesday  
May 7th – May 28th  
5:00pm – Baby & Me

Spring Session 4: Thursday  
May 9th – May 30th  
5:00pm – Red  
5:30pm – Yellow  
6:00pm – Green

Spring Session 5: Saturday  
May 11th – June 8th  
(No class May 25th)  
~~10:00am – Red~~  
~~10:30am – Yellow~~  
11:00am – Red  
11:30am – yellow

**Group Swim Lesson registration forms may be picked up at any kiosk or downloaded at [www.flagstaffathleticclub.com](http://www.flagstaffathleticclub.com) under the “Swim Lessons” tab.**

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

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





## GROUP FITNESS–New classes and time changes for current classes

### Advanced TRX Full Body– with Robb

Starting May 3rd  
Fridays at 9:00am  
East Cycling Room

### Les Mills Dance– with Jules

Starting May 1st  
Wednesdays at 11:00am  
East Cycling Room

### Les Mills Dance– with Dayne

Starting May 1st  
Wednesdays at 5:30pm  
East Cycling Room

### Classes offered Sundays in May

East Main Room at 2:45pm  
May 5th: Bodybalance with Rock  
May 12th: Bodybalance with Ely  
May 19th: SOULFUSION with Angie A.  
May 26th: Bodybalance with Tommi

### RPM– with Ely

Starting May 1st  
Wednesdays at 10:00am  
East Cycling Room

### Aqua Basics 45– with Richard

Starting May 21st and 23rd  
East Outdoor Pool

## SportStop at FACE

The SportStop at FAC East has the space you need for your athletic activities. At the SportStop we have:

### Baseball & Softball

6 Iron Mike batting cages (4 baseball, 2 softball), 1 pitching cage with baseball and softball mounds.

### Open Field Space

Over 12,000 sq. ft. of open field space that can be used for a variety of sports, activities, and events. We have the space you bring the sport.

### Indoor Soccer

Adult and youth indoor soccer throughout the year on 2 modified indoor lined soccer fields with goals/nets. Fields are available for rent.

### Sand Volleyball

4 outdoor courts with lights. We offer adult leagues & special events throughout the summer. Courts are available for rent.

### Indoor Pickleball

8 indoor pickleball courts. Court rentals are available weekdays from 4–9pm, weekends from 12–5pm. We have the space. You bring the sport.

## Sports



### Sand Volleyball

Begins May 7th  
Register online at  
[flagstaffathleticclub.com](http://flagstaffathleticclub.com)



## Court Rentals

Weekdays from  
4:00pm-9:00pm

Weekends from  
12:00pm-5:00pm

\$15.00/hour/court

All FAC members receive a  
20% discount  
on anything pickleball.



### May Hours of Operation:

**Monday - Friday**

**4:00 PM - 9:00PM**

**Saturday 9:00am - 5:00pm**

**Sunday 12:00 PM - 5:00 PM**

Please call 928-526-0137 for reservations.

## Summer Pickleball Drop-In

May 4th - August 31st

Monday, Wednesday, Friday 6:00pm - 9:00pm

Saturday 9:00am - 12:00pm





# May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p> <p>FAC West: (928) 779-4593 FAC East: (928) 526-8652</p>						
5	6 Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW	7	8	9 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	10	11
12	13	14 Health Care Corner Registered Dietician Haley Smith (Healthy Aging) 5:30pm @FACE  CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	15 Health Care Corner Registered Dietician Haley Smith (Healthy Aging) 5:30pm @FACW	16	17	18 Swiminar 9:00am-10:00am FACW Indoor Pool
	20	21	22	23	24	25
26	27	28 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW  Summer Camp May 28th- Aug 2nd 2024	29	30	31	