



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group
Fitness classes

June 2024

4th of July
5:00am-4:00pm
Both Clubs



**FREE Core
Sculpting Clinic**

with Maya Uribe

Friday, June 21st
@ FACE 4:15pm

Core is more than just a six-pack! Join Certified Personal Trainer Maya Uribe for this FREE Core Sculpting clinic. Maya will guide you through all the core muscles to gain stabilization, strength, and power. This will be a great workout and leave you feeling strong!

**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
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

The framing of the first and second floor has been completed! We will begin to tape and texture as well as install all the drywall beginning this week. The HVAC, plumbing and electrical systems are still in the process of being completed but we are hoping they will be finished and pass inspection within the next couple of weeks. We are excited to announce we will be adding an outdoor turf area to our first-floor functional training space!

Members and guests will be able to partake in outdoor workouts in this turf area which will be directly accessible from the functional training area. Stay tuned for more updates on our website and social media!



Free Exercise and Nutritional Guidance Clinic

with Maddox Aston
 Thursday, June 27th
 @FACW from 3:00pm-4:00pm

Embark on your fitness journey with Certified Personal Trainer Maddox Aston. Experience the effectiveness of body weight exercises, gain nutritional insights for creating a personalized nutritional pattern, and learn simple weightlifting techniques all in one comprehensive clinic. This free clinic is sure to set you on the path to a healthier lifestyle.

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

**Wednesday, June 5th
 Sean Connolly**

**Thursday, June 13th
 Matt Turner**

**Wednesday, June 26th
 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, June 3rd
5:00pm @ FACE

Monday, June 3rd
6:15pm @ FACW

Haley Smith
Topic: Gut Brain Connection
Tuesday, June 11th
5:30pm @ FACE

Wednesday, June 12th
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



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
June 3rd- 12th
June 17th- 26th
July 1st- 10th
July 15th- 24th
July 29th- Aug 7th

Summer Mon/Wed
YELLOW-9:30am

2-week Sessions
June 3rd- 12th
June 17th- 26th
July 1st- 10th
July 15th- 24th
July 29th- Aug 7th

Summer Tue/Thu
YELLOW-12:00pm

2-week Sessions
June 4th- 13th
June 18th- 27th
July 9th- 18th
July 23rd- Aug 1st

Summer Tue/Thu
GREEN-12:30pm

2-week Sessions
June 4th- 13th
June 18th- 27th
July 9th- 18th
July 23rd- Aug 1st



***Baby & Me**

Ages: 6 mos-3 yrs. old

***Red, Yellow, Green**

Ages: 3 - 10 yrs. old

Summer Saturday

July 6th- 27th

4-week Sessions

RED-10:00am

YELLOW-10:30am

RED-11:00am

YELLOW-11:30am

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



GROUP FITNESS–New classes and time changes for current classes

Bodybalance- with Tommi
Starting June 6th
Thursdays at 5:30pm
East Cycling Room

Bodybalance 30- with Ely
Starting June 4th
Tuesdays at 7:00pm
East Main Room

Les Mills Dance- with Dayne
Wednesdays at 5:30pm
East Cycling Room

Wisdom Yoga- with Jan
Starting June 6th
Thursdays at 9:00am
West Diamond Room
Bring your own mat

BodyBalance New Release
June 2nd at 2:45pm
East Main Room

Silver Fitness- with Jan
Starting June 5th
Wednesdays at 12:00pm
West Main Room

Bodycombat- with Nicole
Starting June 4th
Tuesdays at 5:00pm
East Cycling Room

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 6–9pm, weekends from 12–5pm. We have the space. You bring the sport.



Sports

Friday Night Lights

Sand Volleyball Mixer

Starting June 7th

Register online at
flagstaffathleticclub.com

Summer Session

Adult Sand Volleyball

Registration opens July 8th

Deadline July 19th at 3pm

Register online at
flagstaffathleticclub.com

Court Rentals

Weekdays from
6:00pm-9:00pm

Weekends from
12:00pm-5:00pm

\$15.00/hour/court

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

SPORTSTOP

Summer Hours of Operation:

Monday-Friday

Batting Cages

12:00 PM—9:00PM

Pickleball and Open Fields

6:00PM—9:00 PM

Saturday

(All Batting Cages, Open Fields, and Sand Courts)

9:00AM—5:00PM

Sunday

(All Batting Cages, Open Fields and Sand Courts)

12:00 PM—5:00 PM



SportStop

1500 N. Country Club Rd

(928) 526-0137

**Questions? Email Daniel Martinez at
dmartinez@flagstaffathleticclub.com**



June 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>				30	31	1
2	<p>3</p> <p>Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW</p>	4	<p>5</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	6	<p>7</p> <p>Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee</p>	8
9	10	<p>11</p> <p>Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE</p> <p>Topic: Gut Brain Connection</p>	<p>12</p> <p>Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW</p> <p>Topic: Gut Brain Connection</p>	<p>13</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	<p>14</p> <p>Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee</p>	15
16	17	18	19	20	<p>21</p> <p>Free Core Sculpting Clinic with Maya Uribe Friday June 21st 4:15pm FACE</p> <p>Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee</p>	22
23	24	25	<p>26</p> <p>CPR/ Heart Saver-AED 6:00pm-8:00pm FACW</p>	<p>27</p> <p>FREE Exercise and Nutritional Guidance Clinic with Maddox Aston Thursday 3:00-4:00pm FACW</p>	<p>28</p> <p>Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee</p>	29
30						