



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group Fitness classes

July 2024

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

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 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*



FREE Core Sculpting Clinic

with Maya Uribe

Friday, July 26th @ 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!



Remodel Update

The drywall installation and texturing process is finished for both the first and the second floor! The HVAC, plumbing and electrical systems are all almost completed and will be undergoing inspection soon. We will begin painting, adding bathroom fixtures, installing mirrors and applying our wallpapers within the weeks to come. All brand new equipment from industry leaders such as Life Fitness, Precor, Matrix and more has been ordered and is scheduled to arrive on time.

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



Personal items may not be left in lockers overnight unless you have rented the locker. You may rent a locker by stopping by any service desk and requesting a "Locker Rental Agreement". Any lock left overnight on an unrented locker is subject to the lock be removed and contents donated.

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 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



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, July 1st
5:00pm @ FACE

Monday, July 1st
6:15pm @ FACW

Haley Smith

Tuesday, July 9th
5:30pm @ FACE

Wednesday, July 10th
5:30pm @ FACW



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, July 10th
Matt Turner

Wednesday, July 17th
Sean Connolly

Tuesday, July 30th
Justin Staskey



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

Summer Saturday

July 6th- 27th

4-week Sessions

RED-10:00am

YELLOW-10:30am

RED-11:00am

YELLOW-11:30am



***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.

GROUP FITNESS–New classes and time changes for current classes

Les Mills Launch July 27th–28th

Saturday FAC West

- 7:30 Sprint– Diamond Room
- 8:15 RPM– Diamond Room
- 8:15 Bodycombat– Main Room
- 9:30 Bodypump– Main Room

Sunday FAC East Main Room

- 8:15 Grit
- 9:00 LM Dance–30
- 9:45 Bodycombat–30
- 10:30 Bodypump–30
- 11:15 Bodybalance

BodyPump: Red, White, & BOOM

with Angie R. and Jules

Tuesday July 2nd at 9:00am
East Main 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

FIGHT NIGHT

SPORTSTOP AT FACE

July 27th

First fight starts
at 5:30pm

Tickets for sale at Majestic Marketplace



SportStop

1500 N. Country Club Rd

(928) 526-0137

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



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW	2	3	4 Modified Club Hours July 4th 5:00am-4:00pm FACE FACW	5	6
7	8	9 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACE	10 Health Care Corner Registered Dietician Haley Smith 5:30pm @FACW CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	11	12 Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee	13
14	15	16	17 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	18	19 Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee	20
21	22	23	24	25	26 Free Core Sculpting Clinic with Maya Uribe Friday July 26th 4:15pm FACE Friday Night Lights Sportstop @ FAC 5:30pm \$5 entry fee	27 FIGHT NIGHT SportStop at FAC 5:30pm Tickets can be purchased at Majestic Market Place
28	29	30 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	31	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		