

# APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	4	5	6 Youth Basketball Skills- Athletic Performance Camp 1:00pm-2:00pm FACE (April 6th-May 4th)
7 Volleyball Drop-in 1:00pm-4:00pm FACE GYM  Pickleball 101 Clinic 1:00pm-2:00pm (reg. req.) SportStop	8 FAC Active Kids Drop-In 5:00pm-6:00pm FACW	9 Health Care Corner Registered Dietician Haley Smith (Grocery & Meal Planning) 5:30pm @FACE  Free Core and Cardio Intro 7:30am-8:30am FACW	10 Health Care Corner Registered Dietician Haley Smith (Grocery & Meal Planning) 5:30pm @FACW	11	12	13
14 Free Exercise and Nutritional Guidance Clinic 12:00pm-1:00pm FACW  Volleyball Drop-in 1:00pm-4:00pm FACE GYM  Pickleball 101 Clinic 1:00pm-2:00pm (reg. req.) SportStop	15 Health Care Corner Dr. Brad Croft (East Flagstaff Family Medicine) 5:00pm FACE 6:15pm FACW  FAC Active Kids Drop-In 5:00pm-6:00pm FACW	16 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	17	18	19 FREE Core Sculpting Clinic 4:00pm-5:00pm FACE	20
21 Volleyball Drop-in 1:00pm-4:00pm FACE GYM  Pickleball 101 Clinic 1:00pm-2:00pm (reg. req.) SportStop	22 FAC Active Kids Drop-In 5:00pm-6:00pm FACW	23 CPR/ Heart Saver-AED 6:00pm-8:00pm FACW	24	25	26 Functional Movement Training 6:00pm-7:00pm FACE (April 26th-May 31st)	27 Barbell Basics 10:00am-11:30am FACE
28 Volleyball Drop-in 1:00pm-4:00pm FACE GYM  Pickleball 101 Clinic 1:00pm-2:00pm (reg. req.) SportStop	29 FAC Active Kids Drop-In 5:00pm-6:00pm FACW	30	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			



FLAGSTAFF ATHLETIC CLUB

Upcoming Programs and New Group  
Fitness classes

## APRIL 2024

### 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!

#### Youth Basketball Skills- Athletic Performance Camp with Danny Martinez

Saturdays, April 6th - May 4th  
\*with no session on April 27th\*  
@ FACE from 1:00pm-2:00pm for ages 12-17



Designed and led by FAC Fitness Professional Danny Martinez, National Academy of Sports Medicine Certified Personal Trainer and former NAU Basketball Asst. Coach Athletic Performance Camp is structured to augment your basketball training and take it to the next level of physical performance. While the NBA may be out of reach, improving your game by focusing on the fundamentals of vertical leap and SAQ (speed, agility, and quickness), will certainly add a competitive edge to your aspiring athlete. This four-week program meets every Saturday on the courts at FACE from 1:00pm-2:00pm and is limited in enrollment to focus more closely on the attending individuals. Participants are asked to bring their own basketballs.

### Remodel Update

After a delay in the delivery of our structural steel beams, we are happy to let everyone know that we have received our steel and are beginning to put the structural framing in place for our new weight room. After the structural framing is in place and passes a safety test, we will begin to pour the concrete for the second floor and build the stairway connecting the two floors. We are also hoping to add the insulation while this process takes place. Stay tuned for updates on our website and social media!



### FREE Core Sculpting Clinic

With Maya Uribe

Friday, April 19th

@ FACE from 4:00pm-5:00pm

Core is more than just a six-pack! Join Certified Personal Trainer Maya Uribe for this free core sculpting clinic on Friday, April 19 at FACE. Maya will guide you through training all the core muscles to gain stabilization, strength, and power. This will be a great workout and leave you feeling strong! Limited spots available, registration required.

### FAC Active Kids Drop-in

With Maya Uribe

Mondays @ FACW in

Racquetball court 2;

from 5:00pm-6:00pm

Looking for an activity for your kids in a safe and positive environment? Bring your kids to FACW after school for a fun filled hour of activities with Fitness Professional and Personal Trainer, Maya Uribe! Maya has developed a variety of fun activities that will be challenging in the areas of strength, flexibility, reaction time, and cardiovascular endurance.

### Youth Basketball Skills Free Clinic

with Danny Martinez

Saturday, May 11th

@ FACE from 1:00pm-2:00pm

for ages 12-17

Using skills and coaching learned under the Northern Arizona University Basketball program, get ready to take your game to the next level.

In this program, young basketball players can expect to learn new elements of basketball while improving their speed, quickness, and agility. Enroll in this FREE program and prepare to add a competitive edge to your athlete.

Contact Danny Martinez at (928)830-8805 for more information.



### 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, April 3rd  
Kevin Wiles

Tuesday, April 16th  
Sean Connolly

Tuesday, April 23rd  
Matt Turner

### 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, April 15th

5:00pm @ FACE

Monday, April 15th

6:15pm @ FACW

Haley Smith

(Grocery & Meal Planning):

Tuesday, April 9th

5:30pm @ FACE

Wednesday, April 10th

5:30pm @ FACW



## Sports



### Sand Volleyball

Begins May 7th

Register online at

flagstaffathleticclub.com

### Pickleball 101 Clinic

Every Sunday from

1:00pm-2:00pm

Registration required

Free members/

\$5 non-mem



### Pickleball 201 Clinic

Every Sunday from

2:30pm-4:00pm

Registration required

Free members/

\$5 non-mem

## 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.



April Hours of Operation:

Monday - Friday

4:00 PM - 9:00PM

Weekends 12:00 PM - 5:00 PM

Please call 928-526-0137 for reservations.



## PICKLEBALL LESSONS

Our expert pickleball instructor, Travis Rhea, is dedicated to helping players of all skill levels improve their game and achieve their goals on the court.



Private  
(One on One)  
Lessons



Semi-Private  
(2 person)  
Lessons



Group  
(4 people)  
Lessons



Large Group  
(8 People)  
Lessons

So why not sign up for a lesson today and start perfecting your game? Contact us about lesson packages today.

CONTACT US

flagstaffathleticclub.com  
928-526-0137

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

Starre- with Angie Allen  
Tuesday, April 30th at 4:45pm  
East Main Room  
Step and Barre combo class

Silver Challenge- with Jan  
Moving to 8am starting April 1st  
Mondays and Wednesdays  
West Main Room

Bodybalance Demo- with Rock, Angie R, and Ely  
Sunday, April 28th at 2:45pm  
FAC East

Les Mills Launch-  
New releases will be featured in all Les Mills classes from April 28th- May 4th

Les Mills Dance Launch  
Friday, April 26th  
5:30pm at West Main Room

Dance Fusion- with Carol, Laurie, Jules, Dayne, and Kerry  
Saturday, April 27th at 9:30am FACE  
75-mins of Dance!  
30-mins of Latin dance/ 45-mins of Les Mills Dance

Gentle Yoga with Live Sound Bath- with Jacqui  
Thursday, April 25th at 6:15pm  
Tuesday, April 30th at 6:15pm  
West Diamond 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 4-9pm, weekends from 12-5pm. We have the space. You bring the sport.

## 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 1: Saturday

April 13th – May 4th

10:00am— Red  
10:30am— Yellow  
11:00am— Red  
11:30am— Yellow

### Spring Session 2: Thursday

April 11th – May 2nd

5:00pm— Baby & Me  
5:30pm— Yellow  
6:00pm— Red

**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

