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Scottsdale Parks and Recreation Update | July 2016

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Upcoming Events

Moonlight Swim

Eldorado Aquatic Center
2301 N. Miller Road

Saturday, July 16
5 - 9 p.m.

McDowell Mountain Ranch Aquatic
Center
15525 N. Thompson Peak Parkway

Friday, July 8 & 22
5 - 9 p.m.

Fall/Winter Class Registration

Aug. 8 - Residents
Aug. 9 - Nonresidents
7 a.m.

Happy 4th of July!



We hope that you have a wonderful and safe holiday weekend! You can celebrate in Scottsdale as all parks, pools and tennis centers are open normal hours Monday, July 4. However, please note that the McDowell Sonoran Preserve will close at 3 p.m. Monday, July 4, as a safety precaution. With the focus on fireworks for this holiday, dry summer conditions and the extreme heat and fire danger we are experiencing, the early closure helps protect this precious natural resource.

**Registration for Fall / Winter Classes Starts
Aug. 8**



If you can believe it, fall is fast approaching! We're scheduling some incredible classes and sports activities for the entire family to enjoy! Our online schedule will be viewable July 10, and registration begins Aug. 8 for residents, and Aug. 9 for nonresidents.

Visit [Recreation.ScottsdaleAZ.gov](https://www.recreation.scottsdaleaz.gov) to set up your account and view our calendar of classes!

Hiking Safety



It's always important to be prepared when you hike in Arizona, but even more so during our incredibly hot summers. Before you hit the trails, remember these important tips:

1. Drink water – start drinking two cups of water two hours before any outdoor activity, and be sure to drink five ounces of water each 15 minutes during your activity. Once you are done with your activity, drink 2 – 3 cups of water for each pound of body

weight lost.

2. Hike early or late in the day when there is more shade.
3. Dress appropriately – proper shoes, clothing, hat and sunscreen.
4. Carry a mobile phone, and let others know where you are and when you should be back.
5. Stay on designated trails.

Learn more about hiking in Scottsdale by visiting ScottsdaleAZ.gov and search "hiking."

Aquatic & Fitness Centers



McDowell Mountain Ranch, Cactus and Eldorado Aquatic and Fitness Centers are open for adult lap swim, water exercise classes and fitness center use. Entrance fees to lap swim or to use the fitness center are \$3 for residents and \$5 for nonresidents. Water exercise classes offer monthly registration or drop-ins. Public swim fees and hours vary from facility to facility, so check out each facility calendar for the schedule. Visit Scottsdaleaz.gov and search "Aquatics" for more details!

Tennis Registration for Fall



Fall is approaching, which means optimal weather to get out and recreate. Tennis lessons will be available for adults of all levels, seniors and juniors from age 5 - 17. Three six-week lesson sessions will be available for all ages as well as singles and doubles leagues for adults. Registration begins Aug. 8. For information, call the tennis centers: Scottsdale Ranch Park Tennis Center at 480-312-7774 or Indian School Park Tennis Center at 480-312-2740 or visit ScottsdaleAZ.gov and search "tennis."

Moonlight Swim



Swim under the stars this July at Eldorado Aquatic Center and McDowell Mountain Ranch. McDowell Mountain Ranch will host a moonlight swim from 5 - 9 p.m. Friday, July 8 and 22. Eldorado Aquatic Center will also host one from 5 - 9 p.m. Saturday, July 16. Regular pool fees apply.

Visit ScottsdaleAZ.gov and search "Moonlight Swim" for details.

We hope you are enjoying Scottsdale Parks & Recreation Newsletter. Please forward this to someone who may wish to know about the many free and low-cost recreation opportunities we have available through the City of Scottsdale.

Have something you'd like to share with us? Suggestions and comments are always welcome, we'd love to hear from you, please contact Ann Porter, aporter@ScottsdaleAZ.gov.



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necessary accommodations, please visit www.ScottsdaleAZ.gov/codes/accessibility. Requests should be made of the contact person for that particular activity or program.

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