

## Get Out and Play

The following is a list of places your family can go to get active. This list was compiled by your Great Destinations family who at one time or another had a kid playing, dancing or swimming at one of these locations. If you have a facility or sports program your family has enjoyed, please let us know and we will add it to the list. Have fun!

- **YMCA**-Sports and swimming lessons
  - Website:[www.valleymca.org](http://www.valleymca.org)
- **City of Peoria**-Recreational sports teams and swimming lessons
  - Website:<http://www.peoriaaz.gov>
- **City of Phoenix**- Recreational sports teams and swimming lessons
  - Website: <http://phoenix.gov/recreation/kidsport/index.html>
- **City of Glendale** -Recreational sports teams and swimming lessons
  - Phone: 623-930-2820
  - Website:<https://www.glendaleaz.com/parksandrecreation/YouthSports.cfm>
- **City of Surprise** -Recreational sports teams and swimming lessons
  - Phone: 623-222-2236
  - Website: <http://www.surpriseaz.gov/index.aspx?NID=248>
- **National Youth Sports(NYS)** - Competitive and recreational sports teams
  - Website: <http://www.nysonline.org/index.php>
- **Arizona Youth Sports Leagues (AYSL)**-Offers a variety of different sports
  - Phone: 602-635-6345
  - Website: <http://www.azsportsleagues.com>
- **Arizona Sports Complex (ASC)**- Preschool, youth and teen indoor soccer
  - Phone: 623-587-7171
  - Website:<http://arizonasportscomplex.com>
- **Little League**-youth baseball and softball
  - Phone: 909-887-6446
  - Website:<http://www.littleleaguebiglegacy.com>
- **Arrowhead Country Club**-Offers golf, tennis, swim, and kids fitness summer camp-do not need to be a member
  - Phone: 623-561-9660
  - Website: <http://www.arrowheadccaz.com/-home>
- **Center for Athletic Performance and P.T.-Youth Fitness Club**- Kid's boot camp and individual athletic training
  - Phone: 623-234-8867
  - Website: <http://rebuildingchampions.com>

- **Paseo Racquet Club**-Offers instruction, camps, lessons, tournaments based off level.
  - Phone: 623-979-1234
  - Website: <http://paseoracquetcenter.com>
- **Aquatots**- Instructional swim lessons for young children
  - Phone: 480-845-6241
  - Website: <http://www.aquatots-phoenix.com>
- **Hubbard Swim School**- Offers swim programs ages 2 months to 10 years, and special needs
  - Phone: 602-971-4044
  - Website: <http://www.hubbardswim.com>
- **Little Gym**-Offers gymnastics, karate, and dance for ages 3-6.
  - Website: <http://www.thelittlegym.com/Pages/default.aspx>
- **CCV**- Soccer, Football, Basketball, and Special Needs youth teams.
  - Phone: 623-298-2923
  - Website: <http://www.ccvstars.com/Arena/default.aspx?page=17759>
- **Athletes in Training (AIT)**- Youth sports
  - Website: [www.athletesintraining.com](http://www.athletesintraining.com)
- **Zumba**-Dancing exercise, available at Fitness 1
  - **Website:** <http://www.zumba.com/en-US/>
- **Upward Sports**-Has multiple sports leagues
  - Website: [www.upward.org](http://www.upward.org)
- **Hoyt's Kajukenbo**-Youth programs in karate and judo
  - Phone: 623-687-4245
  - Website: <http://hoytkajukenbo.ryanjb.com>
- **The Lab**-Youth programs in Jiu Jitsu, kickboxing, and wrestling
  - Phone: 623-792-8543
  - Website: <http://www.mmalab.com/youth.html>
- **Spinetts**- Programs in gymnastics and dance
  - Phone: 623-825-4777
  - Website: <http://arrowheadgymnasticsaz.com>
- **Desert Tumbling**- Offers multiple tumbling programs
  - Website: <http://www.deserttumbling.com>