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.valleyymca.org](http://www.valleyymca.org)
- **City of Peoria** - Recreational sports teams and swimming lessons
  - Website: [http://www.peoriaaz.gov](http://www.peoriaaz.gov)
- **City of Phoenix** - Recreational sports teams and swimming lessons
- **City of Glendale** - Recreational sports teams and swimming lessons
  - Phone: 623-930-2820
  - Website: [https://www.glendaleaz.com/parksandrecreation/YouthSports.cfm](https://www.glendaleaz.com/parksandrecreation/YouthSports.cfm)
- **City of Surprise** - Recreational sports teams and swimming lessons
  - Phone: 623-222-2236
- **National Youth Sports (NYS)** - Competitive and recreational sports teams
  - Website: [http://www.nysonline.org/index.php](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](http://www.azsportsleagues.com)
- **Arizona Sports Complex (ASC)** - Preschool, youth and teen indoor soccer
  - Phone: 623-587-7171
  - Website: [http://arizonasportscomplex.com](http://arizonasportscomplex.com)
- **Little League** - Youth baseball and softball
  - Phone: 909-887-6446
  - Website: [http://www.littleleaguebiglegacy.com](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](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](http://rebuildingchampions.com)

- **Paseo Racquet Club** - Offers instruction, camps, lessons, tournaments based off level.
  
  - Phone: 623-979-1234
  - Website: [http://paseoracquetcenter.com](http://paseoracquetcenter.com)

- **Aquatots** - Instructional swim lessons for young children
  
  - Phone: 480-845-6241
  - Website: [http://www.aquatots-phoenix.com](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](http://www.hubbardswim.com)

- **Music Together** - music classes for babies-early elementary
  
  - Website: [https://musictogether.com/greaterphoenix](https://musictogether.com/greaterphoenix)

- **Gymboree** - play and music for 0-5 years
  
  - Website: [www.gymboreeclasses.com](http://www.gymboreeclasses.com)

- **Little Gym** - Offers gymnastics, karate, and dance for ages 1-12 years.
  
  - Website: [http://www.thelittlegym.com/Pages/default.aspx](http://www.thelittlegym.com/Pages/default.aspx)

- **Desert Tumbling** - Offers multiple tumbling programs
  
  - Website: [http://www.deserttumbling.com](http://www.deserttumbling.com)

- **The Dance Project** - Offers dance classes for ages 2-18 years.
  
  - Website: [https://www.azdanceproject.com](https://www.azdanceproject.com)

- **Zumba** - Dancing exercise, available at Fitness 1
  

- **Planet Fitness** - Free for teens during the summer
  
  - Website: [https://www.planetfitness.com](https://www.planetfitness.com)

- **All-Star Karate** - karate classes for kids 3 and up
  
  - Website: [www.allstarkarateaz.com](http://www.allstarkarateaz.com)

- **American Sports Centers** - Offers indoor sports for all ages
  
  - Phone#: 623-792-5504
  - Website: [https://www.ascavondale.com](https://www.ascavondale.com)

- **CCV** - Soccer, Football, Basketball, and Special Needs youth teams.
  
  - Phone: 623-298-2923

- **Athletes in Training (AIT)** - Youth sports
  
  - Website: [www.athletesintraining.com](http://www.athletesintraining.com)
• **Future Stars**- youth basketball, volleyball and soccer  
  o Website: [https://fsiesports.com](https://fsiesports.com)

• **Upward Sports**-Has multiple sports leagues  
  o Website: [www.upward.org](http://www.upward.org)

• **Hoyt’s Kajukenbo**-Youth programs in karate and judo  
  o Phone: 623-687-4245  
  o Website: [http://hoytkajukenbo.com](http://hoytkajukenbo.com)

• **Lotus Club Fight & Fitness**- Juijitsu & kickboxing  
  o Phone#: 623-850-5393  
  o Website: [www.lotusclubfightandfitness.com](http://www.lotusclubfightandfitness.com)

• **Grind House Wrestling**-youth-high school wrestling  
  o Website: [www.thegrindhousewrestlingclub.com](http://www.thegrindhousewrestlingclub.com)

• **The Lab**-Youth programs in Jiu Jitsu, kickboxing, and wrestling  
  o Phone: 623-792-8543  
  o Website: [http://www.mmalab.com/youth.html](http://www.mmalab.com/youth.html)

• **Girls on the Run**- teaches life skills through lessons about movement  
  o Website: [https://www.girlsontherun.org](https://www.girlsontherun.org)

• **Healthy Kids Running Series**-races for children pre-k-8th grade  
  o Website: [https://www.healthykidsrunningseries.org](https://www.healthykidsrunningseries.org)