

SRPMIC

ACTIVITY GUIDE
Fall 2025



Hours and Information

SKE:G HIMDAG KI:

Address: 11725 E. Indian School Rd. Scottsdale, AZ 85256

Phone: 480.362.6800

M-F	6 a.m. - 8 p.m.	Facility
Sat	10 a.m. - 6 p.m.	Facility
M-F	8 a.m. - 5 p.m.	Recreation Office
M-F	9 a.m. - 5 p.m.	Adaptive Recreation Office
M - F	4:30 p.m. - 7:30 p.m.	Pool
Sat	11 a.m. - 5:30 p.m.	Pool
M - F	10 a.m. - 7 p.m.	Library
Sat	10 a.m. - 6 p.m.	Library
M - F	8 a.m. - 12 p.m.	Senior Room
M - R	6 a.m. - 7:30 p.m.	HHS/DPS Fitness Center
Fri	6 a.m. - 6:30 p.m.	HHS/DPS Fitness Center
Sat	10 a.m. - 1:30 p.m.	HHS/DPS Fitness Center
M - F	8 a.m. - 5 p.m.	Youth Services Office
M - F	10 a.m. - 6 p.m.	Boys and Girls Club
M, T, R, F	6 a.m. - 1 p.m.	SRPMIC Government Employees
W	6 a.m. - 12 p.m.	SRPMIC Government Employees

SALT RIVER COMMUNITY CENTER

Address: 1880 N. Longmore Rd. Scottsdale, AZ 85256

Phone: 480.362.6360

LEHI COMMUNITY CENTER

Address: 1231 E. Oak St. Mesa, AZ 85203

Phone: 480.362.6360

W & F	6 p.m. - 9 p.m.	Gym Reservations
M - F	10 a.m. - 6 p.m.	Boys & Girls Club (480)850-4453

***ALL HOURS SUBJECT TO CHANGE**

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GREAT FUTURES START HERE.





Diabetes Prevention Services

August 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

September 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26 	27
28	29	30				

October 2025

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Notes

[illegible]

****FACILITY CLOSED OR MODIFIED HOURS
FOR HOLIDAYS & COUNCIL SPONSORED
EVENTS**

Ske:g Himdag Ki: Guidelines and Rules

The Community Recreational Services Department is committed to providing quality recreation programs and facility for the community. The rules and regulations have been established for the Ske:g Himdag Ki: to ensure our patrons enjoy a quality and safe recreation experience.

- You must be registered in order to utilize the Ske:g Himdag Ki:.
- SRPMIC enrolled members who are 18 years or older are allowed to bring up to three (3) guests (non-enrolled SRPMIC members) at a time. They will only be allowed entrance with the enrolled member and must remain, at all times, and depart facility with the enrolled member.
- All individuals must leave the Ske:g Himdag Ki: property by close of business hours. The operation hours are 6am to 8pm, except holidays and council sponsored events.
- If any minor(s) are left behind at closing, Ske:g Himdag Ki: staff will contact the guardian or emergency contact on file in the membership record. If unable to make contact, proper authorities (i.e. Salt River Police Department) will be contacted to ensure the safety of the minor(s).
- Any personal items brought into the Ske:g Himdag Ki: are subject to search.
- SRPMIC officers, agents, servants and employees are not responsible for loss or damage to personal property.
- The Ske:g Himdag Ki: staff has the right to refuse admittance and service to anyone choosing to enter the facility due to; violation of rules and regulations, misbehavior, mistreatment of staff, volunteers and the facility in any way.
- Any individual that is suspected of being under the influence of any drugs or alcohol, or who are caught using and/or distributing drugs and/or alcohol on the WOLF property will be directed to leave and the incident will be reported to the SRPD. This will also be grounds to terminate membership.
- Pursuant to SRPMIC Code of Ordinances, Section 6-7(b)(6), Gang clothing or anything considered gang affiliated such as displaying gang insignias, monikers, color patterns, bandannas, hats, jewelry, clothing, belts or any other clothing or personal property with any gang significance are not allowed or tolerated within the Ske:g Himdag Ki:. You will be asked to leave the facility and the property.
- Weapons of any kind are not permitted on the premises.
- Smoking or vaping is prohibited in the Ske:g Himdag Ki: and its outside premises.
- Any individual listed on the Sex Offender Registry in any jurisdiction is NOT allowed in the Ske:g Himdag Ki:.



**The best snacks for school are healthy and build the brain.
Join us in making easy snacks for the whole family**

THURSDAY, AUGUST 7, 2025

5:30 pm - 6:30 pm

Ske:g Himdag Ki, Room 247



Inspire Our Community To Be Active & Healthy
Diabetes Prevention Services
Karina Watson 480-362-3278
karina.watson2@srpmic-nsn.gov



Diabetes Among Friends for Seniors

This 5-week program helps those who are living with diabetes, and those who care for them, to better manage their condition. Each week, over two afternoons, we explore a different area that will help you live better with diabetes.

April 13 - May 12 | Thursdays & Fridays, 1:30-3 p.m.

Senior Room at the WOLF

Thursdays include a fun physical activity & May 12 includes a graduation celebration!

April 13 & 14 – Understanding Diabetes
April 20 & 21 – Eating for Health
April 27 & 28 – You & Your Medication
May 4 & 5 – Maximizing Movement
May 11 & 12 – Living Well with Diabetes

For community seniors 55+ and adults with adaptive needs



Limit 15. Signup is recommended by Friday, April 7.
Mention if transportation is needed.
480.876.7180 or celinda.joe@srpmic-nsn.gov



SENIOR SERVICES
SALT RIVER PIMA-MARIKOPA INDIAN COMMUNITY

SAVE THE DATE

HIMDAG KI

FUN FAIR

Friday
SEPT. 19
5pm - 8pm

Food
FUN & CREATIVE OUTDOOR ACTIVITIES

MUSIC

Water Slides

YOUTH SERVICES
A'ai ha Vemtagad

BOYS & GIRLS CLUBS
OF GREATER SCOTTSDALE

Ske:g Himdag Ki
(Way of life Facility)
11725 E Indian School Rd,
Scottsdale, AZ 85256

MORE INFORMATION (480) 362 - 6390 Youth Services Front Desk



SEEKING MALE MENTORS!

Be a positive role model for our community's young men. Share your experience, wisdom and guidance. You will make a difference in their lives!

Interested? Contact Celinda Joe
celinda.joe@srpmic-nsn.gov 480.876.7180

Mondays | starting Sept. 8, 2025 | 5:30-7 p.m.





WELCOME BACK 2 AFTER SCHOOL

REQUIREMENTS:

- ◆ SRPMIC Members only
- ◆ Active \$5 membership (all ages)
- ◆ At least 5 years old and entering kindergarten in the fall

ADDITIONAL INFO & SUPPORT:

- ◆ Transportation offered from select schools (contact us for details)
- ◆ Teen Center members must be at least 12 years old and entering the 7th grade

BEGINNING AUG. 4
AFTER SCHOOL - 6:00 P.M.

SCAN TO REGISTER

RED MOUNTAIN BRANCH
Ske:g Himdag Ki
11725 E. Indian School Rd.
Scottsdale, AZ 85256
(480) 947-1798 | redmountain@bgcs.org
bgcs.org/redmountain

YOUTH SERVICES DEPARTMENT

FOR BOYS & GIRLS 4-18 YEARS OLD

ELIGIBILITY:

- Open to youth Kindergarten-12th grade who are enrolled in SRPMIC or reside in the Community
- Interested families must complete registration from and an orientation with a Youth Development Specialist.
- Enrollment is based on classroom space availability

FOR MORE INFO:

- Youth Services Phone: (480)-362-6390
- Ske:g Himdag Ki, 11725 E. Indian School Rd Scottsdale, AZ 85256 Second Floor Room #211
- Monday - Friday 8am -6pm

REGISTER TODAY @ BGCS.ORG/MYCLUBHUB



Community Recreational Services
Adaptive Recreation

HAUNTING FOR CANDY PUMPKIN HUNT

THURSDAY, OCTOBER 16

6PM-7:30PM

Ske:g Himdag Ki: - Little League Field
FOOD - MUSIC - GAMES

GET READY FOR A SPOOKY SWEET ADVENTURE! JOIN US FOR A HAUNTING FOR CANDY PUMPKIN HUNT WHERE PUMPKINS HIDE ALL AROUND, AND CANDY TREASURES WAIT TO BE FOUND!





Community Recreational Services
Adaptive Recreation

ADAPTIVE RECREATION KICK OFF & CONNECT

SEPTEMBER
6TH, 2025

SKE:G HIMDAG KI:
480.362.3390

SAVE THE DATE

Adaptive Recreation Program is intended for individuals with a documented disability and to serve community members who may need additional support to participate in other CRS Recreational Activities *Ages 3 and

Dress up your POPCORN!

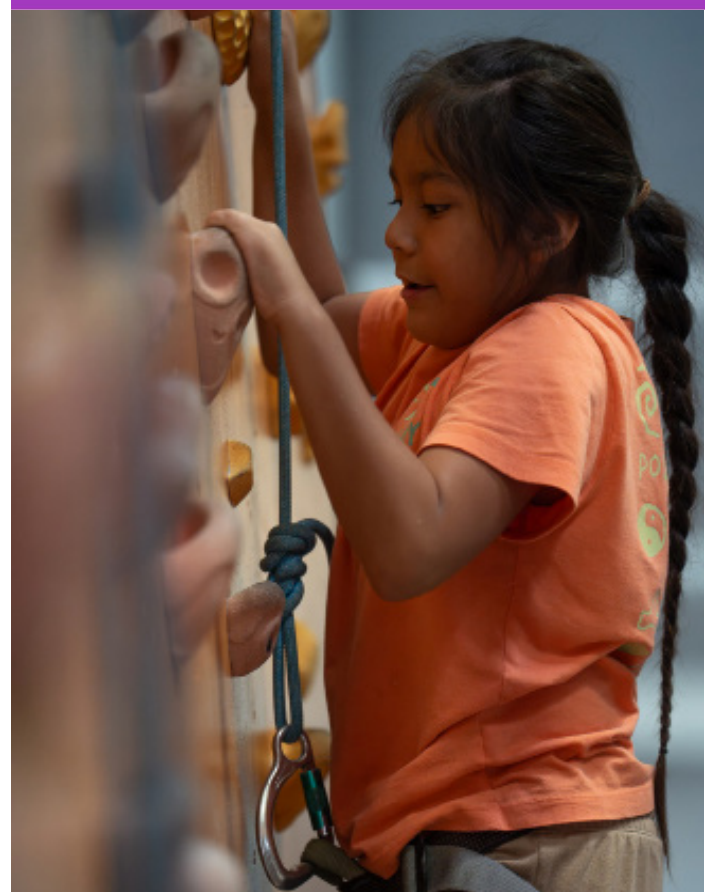


MONDAY, OCTOBER 6, 2025
5:30 PM TO 6:30 PM
SKE:G HIMDAG KI, ROOM 247

Join us and create popcorn recipes by adding healthy ingredients you love. Follow a few tips to stay on track so you never feel guilty eating this yummy snack.



Inspire Our Community To Be Active & Healthy
Public Health
Diabetes Prevention Services
Karina Watson 480-362-3278
karina.watson2@srpmc-usn.gov



2025-26 AFTER SCHOOL PROGRAM *Registration Night*

Tuesday **July 22nd**
6:00pm - 7:00PM

Salt River Community Building

1880 N Longmore Rd. Scottsdale, AZ 85256

CRS Accredited After School Program is an inclusive program designed to create a safe space for all abilities to engage and connect through life skills, social settings, cultural activities, with an emphasis on homework time.

K - 6th Grade

- 3:00PM - 5:30PM
- Students attending Salt River Elementary and Noah Webster Schools.

- Adaptive registered students attending other schools may enroll, must arrange own transportation.

Tweens, 7th & 8th Grade

- 4:30PM - 6:30pm
- Students will need own transportation to Social Building by 4:30PM.

**Registration open to Community and
Ske:g Himdag Ki: members**

Parents must bring proof of tribal enrollment or SRPMIC residency.

After School Program starts August 11, 2025

*More information on serving youth in need of support or accommodations
or for general questions contact CRS Social at (480) 362-6360*

COMMUNITY RECREATIONAL SERVICES

ADAPTIVE Recreation

Adaptive Recreation is committed to providing opportunities that enhance the well-being of the participants through inclusion and exclusive support services, and programs related to leisure, physical, social, emotional development

PROGRAMS OFFERED

- Activities Monthly
- Celebrations & Holiday Parties Quarterly
- Summer Camp Out Annually

INCLUSION SUPPORT FOR CRS PROGRAMS:

- Social After School Program
- Break Camps
- Athletic Programs
- Activities with Salt River Tribal Library

SERVICES PROVIDED

- Sensory Support Room with Social Division
- Specialized Equipment with Aquatics Division
- Specialized Equipment with Athletics Division
- Specialized Gaming Equipment with Salt River Tribal Library

ELIGIBILITY:

- Adapted Recreation Program is intended for individuals with a documented disability and to serve community members who may need additional support to participate in other CRS Recreational Activities.
- Participants must be an Enrolled SRPMIC Community Member, and Ske:g Himdag Ki: Member

ENROLLEMENT PROCESS:

1. Registration Packet turned in to Community Recreational Services Offices.
2. Schedule a Support and Services Interview completed with Adaptive Recreation Coordinators.
3. Support and Service Plan provided to related program staff and family.



480-362-3390



CRSAdaptive@SRPMIC-nsn.gov





MISSION:

TO CULTIVATE EFFECTIVE LEADERS FOR TOMORROW'S GENERATION OF THE SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY YOUTH

VISION:

THE VISION OF THE YOUNG RIVER PEOPLES COUNCIL (YRPC) IS TO PROMOTE COMMUNITY INVOLVEMENT AND HELP PROVIDE POSITIVE OUTREACH FOR THE YOUTH OF THE SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY (SRPMIC) BY ENCOURAGING THE YOUTH OF THE SRPMIC THROUGH EDUCATIONAL, TRADITIONAL AND GOVERNMENTAL OPPORTUNITIES THAT WILL ALLOW THEM TO GAIN NEW EXPERIENCES WITHIN AND OUTSIDE OF THE COMMUNITY THAT PROMOTES INDIVIDUAL PROGRESSION.

WOULD YOU LIKE TO GET INVOLVED IN YOUR COMMUNITY?

JOIN THE YRPC! WE PROVIDE MANY OPPORTUNITIES FOR COMMUNITY INVOLVEMENT THROUGH CULTURAL AND SERVICE PROJECTS

OPPORTUNITIES FOR:

- CULTURAL TEACHINGS AND EXCHANGE
- COMMUNITY PROJECTS
- LEADERSHIP DEVELOPMENT
- JOB SHADOWING
- VOLUNTEER PROJECTS
- TRAVEL

ELIGIBILITY

- SRPMIC YOUTH AGED 13-21



For more information contact: Janyse Salinas
Office: (480) 362-3197 | Cell: (602) 880-1090
Email: Janyse.Salinas@srpmic-nsn.gov



Pre-K (0-4)

EARLY ENRICHMENT PROGRAM

Contact: Youth Services Staff • 480.362.6390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Pre-K (4 - 5 yrs. old)

Registration: Call Youth Services at 480-362-6390 to have Registration form e-mailed, mailed or you can stop by Ske:g Himdag Ki: to pick up.

Description: The Early Enrichment Program provides a strong foundation for the future, a strong self-confidence and a positive feeling towards learning. Need a ride? Transportation is available. To get registered, please stop by the Ske:g Himdag Ki: or call for details. Participants must; be potty-trained, be a resident or enrolled member of the Salt River Pima-Maricopa Indian Community, have updated immunization records, and be 4 years of age at the time of enrollment.

Dates	Days	Times
Year Round	Mon. - Fri.	7:45 a.m. - 1:00 p.m.

FAMILY STORY TIMES

Contact: Salt River Tribal Library • (480)362-6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Pre-K (0-5 yrs old) with their families

Registration: No registration required/Drop In

Description: Come out to the library for a fun adventure as we have a playful story time with songs, learning and fun activities for kids 5 and under and their families!

Dates	Days	Times
Aug. 16th	Sat.	12:30 p.m.
Sept. 8th	Mon.	5:30 p.m.
Sept. 20th	Sat.	12:30 p.m.
Oct. 18th	Sat.	12:30 p.m.
Oct. 27th	Mon.	5:30 p.m.

PARENT AND ME MINI SPORTS BASKETBALL

Contact: Jacob Schurz • 480.362.3491

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Age: 3 - 5 yrs. old

Registration: Aug. 4th - Aug. 15th

Online registration (20 spots available)

Description: This program is designed to help teach youth the basic fundamentals of basketball and help prepare them for future team play. We also encouraging parent involvement and giving simple drills that families can take home to use.

Dates	Days	Times
Aug. 22nd & 29th	Friday	5:00 p.m. - 6:00 p.m.
Sept. 5th	Friday	5:00 p.m. - 6:00 p.m.

PARENT AND ME MINI SPORTS FLAG FOOTBALL

Contact: Jacob Schurz • 480.362.3491

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Age: 3 - 5 yrs. old

Registration: Sept. 22nd - Oct. 3rd

Online registration (20 spots available)

Description: This program is designed to help teach youth the basic fundamentals of flag football and help prepare them for future team play. We also encouraging parent involvement and giving simple drills that families can take home to use.

Dates	Days	Times
Oct. 10th, 17th, 24th	Friday	5:00 p.m. - 6:00 p.m.



Youth (4-17)

YOUTH SERVICES AFTER SCHOOL MENTORSHIP PROGRAM

Contact: Youth Service Staff • 480.362.6390

Location: Ske:g Himdag Ki - 11725 E Indian School Rd. Scottsdale, AZ 85256

Age: K - 12th Grade

Registration requirements: To register, please stop by the Ske:g Himdag Ki: or call for details.

- All registrants must be enrolled in SRPMIC members or reside in the community.
- Registration forms must be completed with supporting documents.
- Complete Parent/Guardian Orientation with Youth Development Specialist.

Description: This after school mentorship program is year round with multiple groups built around like peers. Come develop friendships and participate in structured activities in these safe spaces. Need a ride? Transportation is available.

Mentorship Group

Sessions Dates

Aug. 4th - Oct. 31st	Days	Times
Jr. Quail (K - 1st)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Quail (2nd - 3rd)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Roadrunner (4th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Hummingbird (5th - 6th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Hawk (5th - 6th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Teen WOLF (8th - 12th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.

Fall Mentorship

Break Camp

Oct. 6th - Oct. 10th	Days	Times
Jr. Quail (K - 1st)	Mon. - Fri.	8:00 a.m. - 4:00 p.m.
Quail (2nd - 3rd)	Mon. - Fri.	8:00 a.m. - 4:00 p.m.
Roadrunner (4th)	Mon. - Fri.	8:00 a.m. - 4:00 p.m.
Hummingbird (5th - 6th)	Mon. - Fri.	8:00 a.m. - 4:00 p.m.
Hawk (5th - 6th)	Mon. - Fri.	8:00 a.m. - 4:00 p.m.
Teen WOLF (8th - 12th)	Mon. - Fri.	8:00 a.m. - 4:00 p.m.

RED MOUNTAIN BOYS & GIRLS CLUB AFTER SCHOOL PROGRAM

Contact: Angela Diccio • 480.947.1798

Location: Ske:g Himdag Ki - 11725 E Indian School Rd. Scottsdale, AZ 85256

Age: K - 12th Grade

Register Online: Bgcs.org/myclubhub for application

Membership Fee: \$5.00 per year

Description: Red Mountain Branch provides youth and teen development programs that support a commitment to learning, positive values, healthy habits, and high expectatio

ns for success as an adult. Professionally trained staff offer ongoing, caring relationships and connections to new friends reinforce a sense of belonging, personal accountability, civility and civic responsibility. Field trips, events and programs are created to benefit participants and help them grow socially and academically, while still keeping a focus on fun.

*7th graders seeking to participate in the teen program must be at least 12 years of age.

*The Club follows Mesa Public Schools calendar/schedule for breaks and early release days

Program Dates:

Aug. 4, 2025 - May 20 2026

Grades	Days	Times
1st - 6th	Mon. -Fri.	2:00 p.m. - 6:00 p.m.
1st - 6th	Wed.	12:00 p.m. - 6:00 p.m.
7th - 12th	Mon. -Fri.	4:00 p.m. - 8:00 p.m.



Youth Cont'd (4-17)

YOUNG RIVER PEOPLE'S COUNCIL (YRPC)

Contact: Janyse Salinas • 602.880.1090

Janyse.salinas@srpmic-nsn.gov

Sommer Lopez • 480.873.0893

sommer.lopez@srpmic-nsn.gov

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 13 - 21 yrs. old

Registration: You can find enrollment forms at www.srpmic-nsn.gov/government/youth/yrpc/#YouthCouncil or visit our offices at Ske:g Himdag Ki: Youth Services Department Suite. Enrollment is open all year-around and open to enrolled members and SRPMIC residents.

Mission: To cultivate effective leaders for tomorrow's generation of the Salt River Pima-Maricopa Indian Community youth.

To enroll e-mail: Janyse.salinas@srpmic-nsn.gov
YRPC provides our youth with the opportunities and tools needed to develop their leadership skills, cultural knowledge, and civic engagement. Enrollment is open all year-around and open to enrolled members and SRPMIC residents. Meetings are held a twice a month with events and volunteer opportunities throughout.

Meeting Dates

Meets monthly, dates and times set according to YRPC member schedules.



CRS AFTER SCHOOL PROGRAM - ELEMENTARY

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1800 N Longmore Rd.
Scottsdale, AZ 85256

Ages: K - 6th grade

Registration Night: Jul. 22nd, 6 p.m. – 7 p.m. at
Salt River Community Building.

Open to students attending Salt River Elementary School and Noah Webster School in K -6th grade. Must be enrolled community members or Ske:g Himdag Ki: members to have priority. Transportation from the school to the program will be provided.

Description: CRS After School Program is an inclusive program designed to create a safe space for all abilities to engage and connect through life skills, social settings, cultural activities, with an emphasis on homework time. AZCase accredited program.

Dates	Times
Aug. 11, 2025 - May 14, 2026	3:00 p.m. - 5:30 p.m.

CRS AFTER SCHOOL PROGRAM - TWEENS

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1800 N Longmore Rd.
Scottsdale, AZ 85256

Ages: 7th - 8th grade

Registration Night: Jul. 22nd, 6 p.m. – 7 p.m. at
Salt River Community Building.

Open to students enrolled in 7th & 8th grade. Transportation not provided. Must have own transportation to arrive by 4:30 p.m. Must be enrolled community members or Ske:g Himdag Ki: members to have priority.

Description: **NEW** CRS After School Program - Tweens is an inclusive program designed to create a safe space for all abilities to engage and connect through life skills, social settings, cultural activities, with an emphasis on homework time.

LINK: Learn Inspire, Navigate, and Know

Dates	Times
Aug. 11, 2025 - May 14, 2026	4:30 p.m. - 6:30 p.m.



YOUNG WARRIORS TEEN PROGRAM

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1800 N Longmore Rd.
Scottsdale, AZ 85256

Ages: 7th -12th grade

Registration Jul. 22nd, 6 p.m. – 7 p.m. at
Salt River Community Building.

Description: NEW innovative teen program designed to teach leadership and life skills for students in 7th through 12th grade. Each session will provide hands-on, real-world activities that help teens build confidence, life readiness, and strong social connections. Young Warriors is an inclusive program designed to empower youth, explore who they are, where they are going, and how to confidently steer life's challenges while providing a safe space to do so

Dates	Times
Sept. 2, 2025 - May 5, 2025	6:00 p.m. - 8:00 p.m.



SALT RIVER GIRL SCOUTS TROOP 2516

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1800 N Longmore Rd.
Scottsdale, AZ 85256

Ages: K - 12th grade

Registration Info: Visit Arizona Cactus-Pine website www.girlscoutsaz.org or contact CRS Social Division – 480.362.6360

Description: Girls Scouts is a national program offered here in the community. The troop abides by Girls Scouts of America rules and policies, while following the mission to build girls of courage, confidence, and character, provides opportunities to learn new skills in leadership, personal growth, and community involvement to earn badges throughout the year. *Must be enrolled and participating by October 1 to be eligible for Winter Trip.

Dates	Time
Sept. 2, 2025 - May 15, 2026	6:00 p.m. - 7:00 p.m.
1st & 3rd Tues. of the month	

CRS FALL BREAK CAMP 2025

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1800 N Longmore Rd.
Scottsdale, AZ 85256

Ages: K - 26th grade

Registration Info: TBA

Description: CRS Fall Break Camp is an inclusive program designed to create a safe space for all abilities to engage and connect thought life skills, social settings, cultural activities, and emphasize on classroom time through learning experiences. Must be enrolled community members or Ske:g Himdag Ki: members to have priority.

Dates	Times
Oct. 6th - Oct. 9th	7:45 a.m. - 5:15 p.m.

FRIENDSHIP YOUTH SPORTS LEAGUE CO-ED YOUTH VOLLEYBALL LEAGUE

Contact: Robin Hendricks • 480.362.5785

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 8–12 yrs Division / 13–17 yrs Division (Co-ed)

Registration: Jun. 23rd – Jul. 17th

Description: Learn volleyball fundamentals with drills in serving, setting, passing, offense, and defense.

League Dates	Times
Aug. 19th - Sept. 25th	5:45 p.m. - 8:30 p.m.

Youth Cont'd (4-17)

2025 FIESTA BOWL YOUTH FLAG FOOTBALL CLINIC

Contact: Robin Hendricks • 480.362.5785

Location: ALA Football Field

Grades: 1st – 6th grade youth divisions

Registration: Aug. 25th – Sept. 19th

Description: Learn flag football skills with drills in passing, punting, throwing, catching, offense, and defense..

Date	Time
Oct. 8th	5:30 p.m. - 7:00 p.m.

FRIENDSHIP YOUTH SPORTS LEAGUE FALL FLAG FOOTBALL LEAGUE

Contact: Robin Hendricks • 480.362.5785

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Grade Divisions: 1st–2nd / 3rd–4th / 5th–6th grades

Registration: Sept. 1st – 25th,

Description: Join a fun, non-competitive co-ed flag football league focused on skill building and enjoyment.

League Starts	Time
Oct. 15th	5:45 p.m. - 8:30 p.m.

2025 BACK TO THE SCHOOL YARD YOUTH BASKETBALL TOURNAMENT

Contact: Robin Hendricks • 480.362.5785

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Grade Divisions: K–1st / 2nd–3rd / 4th–5th grades

Registration: Sept. 2nd - 26th

Description: Participate in a semi-competitive co-ed youth basketball tournament focused on fun and fundamentals.

Dates
Oct. 3rd & 4th (Friday & Saturday)



TEEN CUPCAKE WARS

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: 12 - 17 yrs. old

Registration: Sign up beginning Sept.8th at 4 p.m., in-person registration at the Salt River Tribal Library

Description: Unleash the frosting frenzy! Swing by the Salt River Tribal Library for a sprinkle-filled showdown! Teens ages 12-17, it's your time to shine in our Cupcake Wars and dazzle us with your decorating magic! Cool prizes and bragging rights are at stake!

Dates	Time
Sept. 12th	5:00 p.m. - 7:00 p.m.

KID'S AWKWARD ART

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: 6 - 12 yrs. old

Registration: Sign up beginning Sept. 8th at 10 a.m. by phone.

Description: Join Us for a Whimsical Art Experience! Come and create some delightfully awkward art with us using everyday objects and simple art supplies. Let's embrace the weirdness together!

Dates	Time
Sept. 15th	5:30 p.m. - 6:30 p.m.

HORROR MOVIE NIGHT

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 12 - 17 yrs. old

Registration: Sign up beginning Sept.8th at 4 p.m., in-person registration at the Salt River Tribal Library.

Parent/Guardian Permission required

Description: Brace yourselves for a spine-tingling evening of chills, thrills, and popcorn spills at our teen horror movie night with the Salt River Tribal Library!

Dates	Time
Oct. 17th	5:00 p.m. - 7:30 p.m.

PUMPKIN STEM

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 6 -12 yrs. old

Registration: Sign up beginning Oct. 13th at 10 a.m. by phone. Parent/Guardian Permission required

Description: Let's dive into a mess-tastic Pumpkin STEM adventure! This playful and educational escapade will fire up your imagination while unveiling some mind-blowing science!

Dates	Time
Oct. 20th	5:00 p.m. - 6:30 p.m.

LEISURE EDUCATION SKATE AZ CLASS

Contact: Leisure Education Staff • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 12 yrs. old and up

Registration: September 30th at 10am In-person at the Salt River Tribal Library

Description: Our goal is to venture out and see what skateparks Arizona has to offer! We will introduce skateboarding/scooter skills, educate on safety and park etiquette with help from local skater. Skateboarding can encourage physical activity, promote social engagement and team building!

Dates	Time
Oct. 18th & 25th	12:00 p.m. - 4:00 p.m.



Adaptive Recreation

KICK OFF & CONNECT

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages

Registration: Aug. 20th - 29th

Description: Kick Off & Connect, a fun event to launch the new season of adaptive recreation! This is a great opportunity for participants, families, and staff to reconnect, meet new friends, and get excited about all the upcoming activities. Enjoy games, music, light refreshments, and a relaxed space to explore what's ahead in our program.

Date	Time
Sept. 5th	6:30 p.m. - 7:30 p.m.

LEAN INTO SKATING

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages

Registration: Sept. 8th - 19th

Description: Shred your way to fun and excitement at our Lean into Skating Program! This program is designed to introduce young skaters to the thrill of skateboarding in a safe and supportive environments.

Dates	Times
Sept. 22th & 29th	6:00 p.m. - 7:30 p.m.

CULTURE ACTIVITY

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 5 - 11 yrs. old

Registration: Sept. 10th - 17th

Description: Join us for a hands-on cooking experience making yummy mesquite pancakes!

Dates	Times
Sept. 24th	6:00 p.m. - 7:00 p.m.
Oct. 21st	6:00 p.m. - 7:00 p.m.

DINNER DASH: TEEN EDITION

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256 & Off-site

Ages: 12 - 18 yrs. old

Registration: Sept. 15th - 19th

Description: Calling all teens! Ready for a night of great food, and good vibes? Join us for a fun dinner outing where you can enjoy tasty eats and make new friends.

Date	Time
Sept. 25th	6:00 p.m. - 8:00 p.m.

SWIM NIGHT!

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages

Registration: Sept. 17th - 25th

Description: Dive into a night of fun, friends, and swimming! Whether you want to splash around, swim some laps, or just chill by the pool, this night is all about having a great time together.

Dates	Times
Oct. 1st	6:00 p.m. - 7:30 p.m.
Oct. 29th	6:00 p.m. - 7:30 p.m.

PARENT ROUND TABLE TALK

Contact: Teresa Masayeva • 480.362.6602

Location: CRS Social Suite - 1880 N Longmore Rd.
Scottsdale, AZ

Ages: Parents

Registration: Sept. 15th - 25th

Description: Join our Adaptive Recreation Team for our Roundtable Talk sessions for parents and/or caregivers of children/adults living with a disability. Topics for each session vary from sharing resources that work for you, mental health tips, ways your family stays active to sharing your family's journey and many more! Your child does not need to be registered with Adaptive Recreation to participate.

Date	Time
Oct. 2nd	6:00 p.m. - 7:30 p.m.

KIDZ DAY OUT!

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256 & Off-site

Ages: 4 - 11 yrs. old

Registration: Sept. 22nd - 30th

Description: Fall fun is calling! Join us for a Kidz Day Out adventure to the pumpkin patch!

Dates	Time
Oct. 4th	10:00 a.m. - 2:00 p.m.

LEAN INTO SKATING- BONES ON BOARDS

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages

Registration: Sept. 29th - Oct. 9th

Description: Grab your board and your best costume-it's time to skate, spin, and scare up some fun! Join us for a night full of tricks, treats, and plenty of wipeouts (the fun kind).

Dates	Times
Oct. 13th, 20th, 27th	6:00 p.m. - 7:00 p.m.

LITTLE MONSTERS KITCHEN

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: River People Health Center - 10901 E McDowell Rd.
Scottsdale, AZ 85256

Ages: 4 - 11 yrs. old

Registration: Sept. 29th - Oct. 10th

Description: Hey there, little monsters! In collaboration with River People Health Center, get ready for a series of fang-tastic cooking adventures where you'll whip up some tasty treats. Super fun cooking party just for kids!.

Dates	Times
Oct. 14th, 28th	6:00 p.m. - 7:00 p.m.

FAMILY FEAR FACTOR NIGHT!

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd., Scottsdale, AZ 85256

Ages: Family Event

Registration: Oct. 10th - 17th

Description: Can you handle weird tastes, icky textures, and hilarious challenges? Come find out at our Fear Factor Family Night -a kid-friendly event full of goofy, silly, and safe dares that will have everyone laughing and cheering!.

Date	Time
Oct. 24th	6:00 p.m. - 8:00 p.m.

HAUNTING FOR CANDY PUMPKIN HUNT!

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 4 - 11 yrs. old

Registration: Oct. 2nd - 10th

Description: Join us for a Haunting for Candy Pumpkin Hunt where pumpkins hide all around, and candy treasures are waiting to be found!

Date	Time
Oct. 16th	6:00 p.m. - 7:30 p.m.

CULTURE NIGHT

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 4 - 11 yrs. old

Registration: Oct. 9th - 16th

Description: Come dressed in your costume and enjoy a spooky night of bingo incorporating O'odham and Piipaash languages.

Date	Time
Oct. 21st	6:00 p.m. - 7:00 p.m.

TEENS FRIGHT NIGHT OUT!

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Scarizona Scaregrounds- 1901 N Alma School Rd.
Mesa, AZ 85201

Ages: 12 - 18 yrs. old

Registration: Oct. 13th - 17th

Description: We're heading out for a night of thrills - haunted attractions, creepy fun, and spooky surprises await!.

Date	Time
Oct. 22nd	5:30 p.m. - 9:00 p.m.

Adult (18+)

ADULT CO-ED SOFTBALL LEAGUE

Contact: Kimberly Whitelock • 480.362.5790

Location: Salt River Ballfield – 1839 N Longmore Rd. Scottsdale, AZ 85256

Ages: 18+

Registration: Starts Aug. 4th - 22nd

Team Fee: \$200 per team

(Due at registration, Non-refundable)

Description: Co-Ed Softball League. First 8 teams only. Awards based on 15-player rosters. Top 4 teams advance to single elimination tourney. Must be 18+.

League Starts

Sept. 8th

ADULT CO-REC VOLLEYBALL LEAGUE

Contact: Kimberly Whitelock • 480.362.5790

Location: Salt River Pi-Copa Gym – 1880 N Longmore Rd, Scottsdale, AZ 85256

Ages: 18+

Registration: Starts Oct. 6th - 24th

Team Fee: \$200 per team

(Due at registration, Non-refundable)

Description: Co-Ed Volleyball League. First 10 teams. Awards based on 12-player rosters. Top 6 (or 4 if 8 teams) advance to single elimination tourney. Must be 18+.

League Starts

Days

Nov. 10th

Mon. evenings

ADULT MEN & WOMEN PI-COPA ALL-INDIAN BASKETBALL TOURNAMENT

Contact: Kimberly Whitelock • 480.362.5790

Location: Salt River Pi-Copa Gym – 1880 N Longmore Rd, Scottsdale, AZ 85256

Lehi Gym – 1231 E. Oak St., Mesa, AZ 85203

Ages: 18+

Registration: Starts Oct. 20th - Nov. 14th

Team Fee: \$200 per team

(Due at registration, Non-refundable)

Description: First 8 teams per division. Awards for 1st–3rd, All-Tourney, and MVP. Must be 18+.

Dates

Nov. 28th - 29th

BEADING CIRCLE

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: 18+ yrs.

Registration: Drop-In

Description: Relax and connect with your fellow bead artists to share project ideas and learn new techniques in crafting beaded artwork. Bring your own supplies and join us, we meet weekly in the Tribal Library space to enjoy snacks and beading

Dates

Times

Wednesdays

5:30 p.m. - 8:00 p.m.

CREATIVE WRITERS GROUP

Contact: Salt River Tribal Library • 480.362.6600

Location: Lehi Community Building - 1231 E Oak St. Mesa, AZ 85203

Ages: 18+ yrs.

Registration: Walk-In

Description: Have you wanted to explore writing as hobby or more? If so, find your voice in this writer's group as Recreation Education and SCC team up to bring an instructor to guide this writers' group. Each meeting is support through prompts, readings, feedback and resources

Dates

Time

Sept 4th

5:30 p.m - 8:00 p.m.

SEWING CIRCLE AT SALT RIVER TRIBAL LIBRARY

Contact: Salt River Tribal Library • 480.362.6600

Location: Salt River Pi-Copa Gym – 1880 N Longmore Rd, Scottsdale, AZ 85256

Ages: 18+ yrs.

Registration: Walk-In

Description: Bring your project supplies and join fellow community members who enjoy sewing and sharing their knowledge. Quilters, hobbyists and newbies welcome to join in our Makerspace twice a week to sew together!

Dates

Time

Mon. & Wed.

10:00 a.m. - 1:00 p.m.

TRIVIA NIGHT: LORD OF THE RINGS

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: 18+ yrs.

Registration: Sept. 17th at 10 a.m.

Description: Join the fellowship and celebrate Hobbit Day on September 22nd with a friendly competition on the Lord of the Rings Trivia (Movies)! Teams of 4 can compete to win prizes, we will also be serving a fare worthy for all of Middle-Earth: Lembas bread, a hearty stew and of course, Poh-Tay-Toes! A Costume Contest will be held, so come ready!

Date	Times
Sept. 22nd	5:30 p.m. - 7:30 p.m.

Seniors (55+)

ONK AKIMEL TAI CHI ARTHRITIS & FALL PREVENTION

Contact: Celinda Joe • 480.876.7180

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Seniors 55+ & Adults w/ adaptive needs

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: Tai Chi, mediation in motion, is an ancient Chinese martial art used today as an effective exercise for the health of the mind and body. All levels are welcome, and chair option is available.

Location	Day	Times
Ske:g Himdag Ki:	Tues.	9:00 a.m. - 10:00 a.m.
Senior Ser. North Annex	Thurs.	2:30 p.m. - 3:30 p.m.

YOGA FOR FALL PREVENTION

Contact: Celinda Joe • 480.876.7180

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Seniors 55+ & Adults w/ adaptive needs

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: Yoga For Fall Prevention. All levels are welcome, and chair option is available.

Day	Time
Weds.	1:00 p.m. - 2:00 p.m.

AQUATIC FITNESS

Contact: Celinda Joe • 480.876.7180

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Seniors 55+ & Adults w/ adaptive needs

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: Aquatic Fitness. All fitness levels and abilities welcome.

Days	Dates	Times
Every Friday	Aug. 1st - Sept.19th	10:30 a.m. - 11:30 a.m.

AQUATIC FITNESS

Contact: Celinda Joe • 480.876.7180

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Seniors 55+ & Adults w/ adaptive needs

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: 5-week program helps those who are living with diabetes, and those who care for them, to better manage their condition. Each week we explore a different area that will help you live better with diabetes.

****Light lunch will be served**.**

Days	Dates	Times
Every Friday	Aug. 1st - Sept.19th	10:30 a.m. - 11:30 a.m.



Seniors (55+)

SENIOR BOOK CLUB

Contact: Celinda Joe • 480.876.7180
Melissa Rave • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: Seniors 55+ & Adults w/ adaptive needs

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: Discover all the Tribal Library has to offer; with monthly discussions, receive and read new books by Native authors.

Days	Times
Monthly, 2nd Wednesdays.	10:30 a.m. - 11:30 a.m.

SENIOR WALKING CLUB

Contact: Celinda Joe • 480.876.7180 & Dion Begay

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: Seniors 55+ & Adults w/ adaptive needs

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: Walking Club; walking poles used if needed for balance.

Days	Times
Monthly, 3rd Wednesdays.	8:00 a.m. - 8:45 a.m.

SENIOR MALE MENTORSHIP GROUP

Contact: Celinda Joe • 480.876.7180 & Brian Yazzie

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: Seniors 55+

Registration: Celinda Joe 480-876-7180 *transportation provided if requested

Description: Be a positive role model for our community's young men. Share your experience, wisdom and guidance. Scheduled monthly positive activities for senior males and Youth Services males.

Program starts Sept. 8th

Days	Times
Monthly, 2nd Mondays.	5:30 p.m. - 7:00 p.m.

Families & All Ages

BACK TO SCHOOL SNACK IDEAS

Contact: Karina J Watson • 480.362.3278

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages

Registration: Contact Karina J Watson at karina.watson2@srpmic-nsn.gov or call 480-362-3278

Description: The best snacks for school are healthy and build the brain. Join us in making easy snacks for the whole family.

Dates	Times
Aug. 7th	5:30 p.m. - 6:30 p.m.

YOGA CLASS

Contact: Leisure Education Staff • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages (youth with adult)

Registration: Aug. 5th at 10 a.m.

Description: Come join us to introduce foundational poses, focus on proper alignment and breath awareness, and help students feel comfortable and confident in their practice.

Dates	Times
Aug. 14th	6:00 p.m. - 8:00 p.m.

PERCUSSION CLASS

Contact: Leisure Education Staff • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages (12 yrs old with adult)

Registration: Aug. 26th at 10 a.m. or Drop-in as capacity allows

Description: Do you enjoy learning music? SCC will be on-site for a unique experience brought to the community, explore the rhythms of African Percussions in this class! Build a sense drumming, and develop basic techniques in a fun, engaging environment guided by an instructor.

Dates	Times
Sept 18th	6:00 p.m. - 8:00 p.m.



FINANCIAL LITERACY CLASS

Contact: Leisure Education Staff • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: Family (13 yrs old and up with adult)

Registration: Sept. 2nd at 10 a.m.

Description: Is your family interested in developing a spending plan and money management skills? We will learn about Financial Skills for teens and up, signing up as a family ensures you gain knowledge that can be shared! Attend all dates and receive an incentive after completion. A light meal will be served each date.

Dates	Dates	Times
Every Tuesday	Sept. 23rd - Oct. 14th	5:30 p.m. - 7:00 p.m.

DRESS UP YOUR POPCORN

Contact: Karina J Watson • 480.362.3278

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: All Ages (youth with adult)

Registration: Contact Karina J Watson at karina.watson2@srpmic-nsn.gov or call 480-362-3278

Description: Join us and create popcorn recipes by adding healthy ingredients you love. Follow a few tips to stay on track so you never feel guilty eating this yummy snack.

Dates	Times
Oct. 6th	5:30 p.m. - 6:30 p.m.

FAMILY FRIGHT NIGHT!

Contact: Salt River Tribal Library • 480.362.6600

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Age Group: Family & All Ages

Registration: Walk-in as capacity allows

Description: Join us for a spooktacular evening of Halloween fun for all ages! Enjoy Horror Trivia with Woodenhead Collective for adults, kids' activities, a festive costume contest, and shop from spooky community vendors featuring homemade treats and crafts. Costumes encouraged (no costume props involving or resembling weapons).

Dates	Times
Oct. 29th	5:30 p.m. - 7:30 p.m.



Fitness Center Information

HOURS

Mon - Thurs: 6 a.m. - 7:30 p.m. **Fri:** 6 a.m. - 6:30 p.m.

Sat: 10 a.m. - 1:30 p.m.

Closed daily @ 2:30 p.m. - 3:00 p.m. for Cleaning

Note: Hours extend to Indoor Track & Senior Fitness Room

ADDITIONAL INFORMATION

- Eligibility to use Fitness Center based on Ske:g Himdag Ki: membership policy.
- All participants must complete program intake forms prior to using fitness center equipment and group exercise classes.

YOUTH POLICY

- 9 yrs. and younger may not enter areas with; cardio machines, weights, and weight machines – except with a medical referral from a physician. Children may sit on the bench by the entrance with parent/guardian supervision.
- 10 - 11 yrs. can use cardio machines only (treadmills, elliptical, bikes, etc.). Parent/guardian must be in the fitness center area with the youth and supervision is required. 10 - 11 yrs. not permitted to use stair step machine.
- 12 - 14 yrs. can use all cardio machines and weight machines (the ones with pins). Must have parent/guardian present in order to use free weights. Parent/guardian supervision is required.
- 10 - 14 yrs. may participate in group exercise classes if they are willing and able to follow class structure. Parent/guardian participation in same class is highly recommended.
- 15 yrs. and older are permitted full use of the fitness center.

Group Exercise Classes

What's Offered?

Below is a list of the different group exercise classes. All group exercises are for ages 16+ yrs. unless otherwise noted. Youth ages 10 - 14 yrs. old may participate with adult/guardian supervision.

See monthly calendar and flyers for days, times, and specialty group exercise classes.

Classes are limited in size, by dates, and age.

BARBELL/DUMBBELL SHRED

This class is a total body workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength. Circuit training allows you to fit a huge variety of movements into your workout-- meaning a full body challenge! With addition concentration on core functional movements. Instructor will show modified movers for new and beginners. All fitness levels welcome.

BELLS & BOXING

Get ready for the ring! In first half of the class you will focus on strengthening those muscles working through a series of kettlebell and/or barbell exercises and finish with basic boxing fundamentals and calisthenics exercises interval styles. Instructor will show modified movers for new and beginners. All fitness levels.

CIRCUIT & CORE TRAINING

This class is a total body workout! We will use resistance and cardio training techniques to improve your endurance and help you build strength. Circuit training allows you to fit a huge variety of movements into your workout-- meaning a full body challenge! With addition concentration on core functional movements. Instructor will show modified movers for new and beginners. All fitness levels.

DUMBBELLS & BODY WEIGHT

This class is focused on helping you get and stay strong! We will utilize free weights, your body weight, Resistance training does more than just make your muscles stronger though-- it can also boost your metabolism, improve your posture and mood, and much more. All fitness levels

FITNESS BOXING CLASS

A non-contact class which incorporates classic boxing techniques, calisthenics, interval training, skipping, target mitts, heavy bag work to get your moving and burn major calories. A great total body conditioning class. Instructor will show modified movers for new and beginners. All fitness levels.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

This class focuses on interval training by incorporating High intensity interval training (HIIT) using the 20-10 microburst training protocol. HIIT workouts are short in duration and are designed to boost post exercise caloric burn so your metabolism keeps burning more calories long after the exercise is over! Be ready to work hard & sweat hard! Instructor will show modified movers for new and beginners. Moderate to High intensity. All fitness levels.

KETTLEBELL CLASS

Basic kettlebell class will be open to those who have never used a kettlebell or are interested in learning more about this powerful strength training tool. Whether you are an avid gym goer or just starting your fitness journey, you will learn correct Kettlebell use & mechanics, as well as learning the Big 6 of kettlebell movements AND your instructor will teach basic primal movements that will be applied to kettlebell training. Instructor will show modification if there one available. Moderate to High intensity.

METCON

Combines full-body strength training with high intensity cardio bursts designed to shred body fat. A class can consist of core exercises, weight training, cardiovascular conditioning, and body weight training and any other modality of exercises available. Each workout is designed to boost the metabolism for hours after each session. These classes will not only help you burn body fat, but they will improve over-all performance and energy level. Instructor will show modified movers for new and beginners. Moderate to High intensity.

POUND FITNESS

Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Low to Moderate intensity. All fitness levels.

SALT RIVER SENIOR STRENGTH

This Elders strength class for those 55 years or better is designed to get the elder population moving & stronger through simple strength movements as well as fall prevention training while learning how to use various equipment in the fitness center. For All Levels

SENIOR DANCE CLASS 55+:

Enjoy this well-rounded and exciting workout that keeps you on your toes while moving to the beat of the music! In this class you will be learning several line dance routines that are low impact yet get your heart pumping. Roberta Johnston leads the class choreography. Come out and have fun and dance the calories away

SPIN CLASS

Spinning® or Schwinn Cycling® instructor will take you through a workout for 40 -50 minute ride on the indoor cycling ride through variety of movement on the bike, for example, flats, hills, runs jumps and sprints to burn calories. We have 14 bikes available. FIRST COM FIRST SERVES! NO RESERVING BIKE. Remember to bring water bottle and towel for workouts! All spinning classes welcome the beginner to advance riders. Weight limit of 300 lbs. on bike. Participant must be 48 inches tall to ride bikes. Low to High intensity. All fitness levels.

SPIN CORE CLASS

Spin Core class combines a high intensity cardio workout that will help give you endurance and the abs you've always wanted. You'll spend 45-60 minutes on the spin bike riding to great music to keep you energized. The next 15 – 20 minutes of class will be spent doing a challenging core workout. We will finish class with a good stretch to leave you feeling energized. Need to leave early? No problem you're welcome to sneak out after spin Segment just remember to stretch. Moderate to High intensity. All fitness levels.

WOODEN PILLOW (SPECIAL YOGA SESSION)

The wooden pillow is a carefully crafted self-massage tool to help you release the tension in your body, especially in your neck and shoulders. It provides a surprisingly simple way to get your health back on track. It is quick and easy to use, and its benefits are numerous. Instructor will show modified movers for new and beginners

TOTAL BODY CONDITIONING

Looking for a calorie burning class and want to add strength training to your workout? Look into joining this class! A moderate to high intensity class that can be challenging that will give you the results you want of weight loss, lower body fat and add strength to your body. Do your weight training in a group setting. An awesome class! Variety of equipment will be used. *Recommendation: All participants should have at least 3 months or more of consistent workout session; 3 or more days a week of activities prior to taking this class

YOGA & MEDITATION

Yoga class will be done at a moderate pace in order to learn the foundational poses of yoga – opening, standing, shoulder and hip exercises, inversions, twists, backwards and forward bends, salutations, and finishing poses. Students will learn about the principles of alignment and how to flow into the pose using breathing techniques. Complete relaxation and breathing techniques will be practiced. This basic class will teach how to prepare for yoga, what to expect, and how to take your practice into daily life. All levels of fitness.

YOGA SCULPT

Yoga sculpt is a mixture of cardio, strength training, and yoga with a core focus! Modification can be made, if needed. All levels of fitness.

ZUMBA FITNESS®

Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Lead by licensed Zumba® Fitness Instructor. All levels of fitness

Group Exercise maybe canceled or not schedule due to shortage of fitness staff i.e. sick, training, other job duties. Ske:g Himdag Ki: Fitness Center may be CLOSED due to tribal designate holidays, staff mandatory meetings and etc.

PARTICIPANTS MUST BE 16 YEAR AND OLDER TO DO CLASS. All levels of fitness. MUST SIGN UP FOR A SPOT LIMITED TO 12 PARTICIPANTS

**All classes listed on this schedule are taught by certified personal trainers, certified group fitness instructors, and certified yoga instructors, who are staffed or volunteers under diabetes prevention services program. Some group exercise do require specialty license which staff and volunteers do have. **

Open Swim

Ske:g Himdag Ki: Pool | July 28, 2025 - May 22, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	4 p.m. - 7:30 p.m	4 p.m. - 7:30 p.m	4 p.m. - 7:30 p.m	4 p.m. - 7:30 p.m	4 p.m. - 7:30 p.m	11 a.m. - 5:30 p.m

Salt River Pool & Lehi Aquatic Center | July 28, 2025 - May 25, 2026

CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
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Fitness Swim

Ske:g Himdag Ki: Pool | July 28, 2028 - May 22, 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	No Fitness Swim	6 a.m - 1 p.m	6 a.m - 1 p.m	6 a.m - 1 p.m	11 a.m - 1 p.m	No Fitness Swim

Programs

SWIM LESSONS

Contact: Aquatics • 480.362.6310

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: All Ages

Registration: Visit the Ske:g Himdag Ki: Pool to fill out a registration form, and you are good to go.

Description: Prepare for Summer 2026 and come learn to swim! Whether you're a beginner or an advanced swimmer, we will meet you where you are and help you polish up this life-saving skill!

Days	Sessions	Times
Every	Session 1	10:00 a.m. - 10:30 a.m.
Saturday	Session 2	10:30 a.m. - 11:00 a.m

SENIOR HOUR

Contact: Aquatics • 480.362.6310

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: 55 yrs.+

Registration: Are you a part of the 55 and better club? Then come on out to our senior hour at the Ske:g Himdag Ki: pool. We limit access and tailor this time just for you. Water Aerobics, Volleyball, and general pool access

Days	Times
Every Friday	10:00 a.m. - 11:00 a.m.

CPR AND FIRST-AID CLASSES

Contact: Aquatics • 480.362.6310

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd. Scottsdale, AZ 85256

Ages: 12 yrs.+

Registration <https://sugeni.us/4Uu8>

Description: SRPMIC Members, Employees, and Ske:g Himdag Ki: Members may come earn their certification in these lifesaving skills. Upon successful completion of this course you will earn your Adult and Pediatric First Aid/CPR/AED certificate from the American Red Cross valid for the next two years. Come learn to save a life!

***All classes on Saturday**

Dates	Times
Aug. 16th	11:00 a.m. - 1:00 p.m.
Sept. 20th	11:00 a.m. - 1:00 p.m.
Oct. 4th	11:00 a.m. - 1:00 p.m.



HALLOWEEN CRAFT N' SPLASH

Contact: Aquatics • 480.362.6310

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: All Ages

Registration: Sign up genius opens April 1, 2025

Description: Sign up for our annual Easter Egg Hunt in the pool! Collect your eggs and then come do an Easter Craft with us in Rm. 56. Refreshments provided!

Date	Times
Apr. 12th	11:00 a.m. - 1:00 p.m.



SAVE THE DATE – FALL LIFEGUARD ACADEMY

Contact: Aquatics • 480.362.6310

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256

Ages: 15 - 18 yrs. old

Registration: Apply with Human Resources – WIOA Program

Description: Must be 15 by the conclusion of the Academy. Applications must be turned into Human Resources WIOA for consideration. First come, first serve. Daily swimming, conditioning, classwork, and more. If you cannot commit to 100% of class times, applications can be denied. The program is a 9-week commitment. Schedules are Tuesday, Wednesday, and Thursday 4p-7p and Saturdays 8a-1p.

Date (tentative)	Days	Times
Oct. 7th	Tues, Weds, Thurs	4:00 p.m. - 7:00 p.m.
	Sats	8:00 a.m. - 1:00 p.m.



MICHAEL PHELPS
FOUNDATION





SRPMIC Divisions in this Activity Guide

CRS Adaptive Recreation • (480) 362 - 6365

CRS Athletics • (480) 362 - 6365

CRS Aquatics • (480) 362 - 6310

Boys & Girls Club • (480) 947 - 1798

Diabetes Prevention Services • (480) 362 - 6390

Salt River Tribal Library • (480) 362 - 6600

CRS Social Programs • (480) 362 - 6360

Ske:g Himdag Ki: Customer Service • (480) 362 - 6800

Young River People's Council • (480) 362 - 3197

Youth Services • (480) 362 - 6390