

SRPMIC

ACTIVITY GUIDE
Winter 2025-26



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

November 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 30	24	25	26	27 	28 	29

December 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			

January 2026

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:.

COMMUNITY RECREATIONAL SERVICES
ADAPTIVE RECREATION

A NIGHT AT THE NORTH POLE

MOVIE NIGHT

6PM-8PM

11 DEC 2025

Bring your coziest blankets, grab a comfy chair, and make your way to our (not-so-snowy) North Pole Movie Night! We'll be watching a festive Christmas movie, sipping warm cocoa, and snacking on some truly merry movie treats!

FRIENDSHIP PARK

The Adaptive Recreation Program is intended for individuals with documented disabilities, including those with an IEP, 504 plan, or 504 eligibility. It aims to serve community members who may require additional support to participate in CRSS programs.

CRSSADAPTIVE@SRPMIC-NSN.GOV



Elevating Elders

Sarcopenia (sar-koh-pee-nee-ah) is age-related muscle loss—but you don't have to let it slow you down!

Join Physical Fitness Specialist Nevelle Howard for a fun, energizing class that boosts strength using just your body weight and light dumbbells. Let's keep you moving and doing what you love!

Thursdays
9-10 a.m.
Skeg Himdag Ki Senior Room

All fitness levels and abilities welcome. Chair option available.
For seniors 55+ and adults with adaptive needs.

Questions?
480.876.7180

SENIOR SERVICES
SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY

Support for Community, to the Elder & Family
Health Care
Dementia Prevention Services
480.362.7276

Community Recreational Services
Salt River Tribal Library

Senior BOOK Club

Join our monthly book discussion, where we focus on Native authors and subjects

2ND WEDNESDAY
10:00 AM-11:00 AM
Skeg Himdag Ki: Senior Room

in partnership with Senior Services Department

480.362.6600
TribalLibrary@SRPMIC-nsn.gov

SENIOR SERVICES
SALT RIVER PIMA-MARICOPA INDIAN COMMUNITY





YOUTH SERVICES DEPARTMENT

FOR BOYS & GIRLS 5-18 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

NATIVE YOUTH IDENTITY CONFERENCE

2026

MARK YOUR CALENDAR!

FEBRUARY 2026

JOIN US FOR THE 9TH ANNUAL NYIC

A GATHERING OF YOUTH, CULTURE, AND LEADERSHIP – EMPOWERING THE NEXT GENERATION THROUGH CONNECTION, GROWTH, AND IDENTITY.

FOLLOW US FOR UPDATES

@youngriverpeoplescouncil

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.





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



CARSON JR. HIGH SCHOOL
+
WESTWOOD HIGH SCHOOL
FREE AFTER SCHOOL PICKUPS!

Contact (480) 947-1798
or bgcs.org/redmountain
for more information!





ONLY FOR SRPMIC MEMBERS WHO ARE BOYS & GIRLS CLUB MEMBERS
NEED A SIGNED TRASPORTATION FORM

LIKE US ON FACEBOOK AT [FACEBOOK.COM/SRPMIC.WOLF](https://facebook.com/srpmic.wolf)

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Community Recreation Adaptive recreation





SCAN HERE TO REGISTER

H H HORSES HELP

This program is for ALL Abilities!

Join us for Horses Help, a unique program that uses therapeutic and adaptive horsemanship to build confidence, strength, and connection. Participants will engage in fun, hands-on activities with horses that promote physical, social, and emotional growth in a safe and supportive environment.

January 10th, 17th & 24th
February 7th, 14th & 28th

What You'll Learn:

- Basic Riding Techniques
- Horse Care & Grooming
- Confidence on the Saddle





**Community Recreational Services
Salt River Tribal Library**




Rez Readers Book Club

**at Salt River Tribal Library
3rd Thursday 5:30 - 7:00PM**

Book Selections:	Book Title
October 16	NEVER WHISTLE AT NIGHT: AN INDIGENOUS DARK FICTION ANTHOLOGY EDITED BY SHANE HAWK AND THEODORE C. VAN ALST JR.
November 20	ROXANNE DUNBAR ORTIZ'S INDIGENOUS PEOPLES' HISTORY OF THE UNITED STATES: A GRAPHIC INTERPRETATION ADAPTED BY PAUL PEART-SMITH
December 18	HOUSE MADE OF DAWN BY N. SCOTT MOMADAY

Books Available for Checkout

480-362-6600
 TribalLibrary@SRPMIC-nsn.gov **OPEN TO SRPMIC & SKE:G HIMDAG KI: MEMBERS**

**Community Recreational Services
Leisure Education Program**




**ASTRONOMY NIGHT
BEYOND THE TELESCOPE**

Join us in a night beyond the telescope with story's in the planetarium to views of the stars outside on the field.

DECEMBER 11TH
5:30 pm - 8:00 pm

**Astronomy instructor
Carver Bierson**



**Guest Storyteller
Dr. Jacelle Ramon-Sauberan
member of the
Tohono O'odham Nation**



Contact Us
 480-362-6600
 TribalLibrary@SRPMIC-nsn.gov

Open to Community Members and Ske:g Himdag Ki: members. Minors must be accompanied with an adult at all times.



COMMUNITY RECREATIONAL SERVICES
ATHLETICS DIVISION PRESENTS:



Salt River TOYS FOR TOTS - CO REC VOLLEYBALL TOURNAMENT

DECEMBER 5TH & 6TH, 2025

TEAM REGISTRATION
OCTOBER 27TH - NOVEMBER 21ST

FIRST 12 TEAMS THAT SIGN UP

PLAYERS MUST BE 18 YRS
(IF ANY PROTEST, MUST SHOW PROOF OF AGE).

A TOY BROUGHT IN FROM EACH TEAM MEMBER PARTICIPATING.
EACH TEAM WILL BE ASSIGNED AN AGE GROUP ON WHAT TO
BRING. (MINIMUM TOY IS \$15.00 PER TOY)

REGISTRATION LINK:
<https://sugeni.us/eVbs>



FOR MORE INFO CONTACT:
KIM WHITELOCK (480) 362-5790
OR CRS ATHLETICS (480) 362-6365

Community Recreational Services
Athletics



WALKING CHALLENGE
25
Days til Christmas
DECEMBER
1ST - 25TH

REGISTRATION
NOVEMBER 10TH - 30TH

Scan QR code or use link:
<https://sugeni.us/e4X6>



COMMUNITY RECREATIONAL SERVICES
ADPTIVE RECREATION



SAVE THE DATE

COME OUT AND
SHOW YOUR
SUPPORT FOR
INDIVIDUALS WITH
DISABILITIES

10:00 AM - 12:00 PM
ALA HIGH SCHOOL FIELD/TRACK
SATURDAY - 31 JANUARY 2026

Community Recreational Services
Athletics Division



PI-COPA ALL INDIAN MEN & WOMEN BASKETBALL TOURNAMENT

REGISTRATION: OCT. 20TH - NOV. 14TH, 2025

Location: Salt River Pi-Copa and Lehi Gymnasium

ENTRY FEE: \$200 (CASH/CREDIT/DEBIT) Call for Payment
480-362-6365

REGISTRATION CODE WILL BE GIVEN AFTER ENTRY FEE HAS BEEN PAID

FOR MORE INFO CONTACT:
KIM WHITELOCK (480) 362-5790
OR CRS ATHLETICS (480) 362-6360

Pre-K (0-4)

PARENT AND ME MINI SPORTS KICKBALL

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: Dec. 9, 2025 - Jan. 9, 2026

Online registration (20 spots available)

Description: Teaching the fundamentals of Kickball to ages 3-5 yrs old while having fun and interacting with fellow peers. (Parent involvement highly recommend).

Dates	Days	Times
Jan. 16th, 23rd, 30th	Friday	5:30 p.m. - 6:30 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
Nov. 6th	Thurs.	5:30 p.m.
Dec. 18th	Thurs..	5:30 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

Nov. 3rd - Nov. 25th

Dec. 1st - Dec. 19th

Jan. 5th - Jan. 30th

	Days	Times
Juḡumĩ (K)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Kakaicu (1st)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Cu:Vĩ (2nd - 3rd)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Taḡai (4th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Vipismal (5th - 6th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Haupal (5th - 6th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.
Vecij Še'eh (8th - 12th)	Mon. - Fri.	2:45p.m. - 7:00 p.m.

Winter Mentorship

Break Camp

Dec. 29th - Jan. 2nd

(No Camp Jan. 1st.)

	Days	Times
Juḡumĩ (K)	Mon. - Fri.	8:00a.m. - 4:00 p.m.
Kakaicu (1st)	Mon. - Fri.	8:00a.m. - 4:00 p.m.
Cu:Vĩ (2nd - 3rd)	Mon. - Fri.	8:00a.m. - 4:00 p.m.
Taḡai (4th)	Mon. - Fri.	8:00a.m. - 4:00 p.m.
Vipismal (5th - 6th)	Mon. - Fri.	8:00a.m. - 4:00 p.m.
Haupal (5th - 6th)	Mon. - Fri.	8:00a.m. - 4:00 p.m.
Vecij Še'eh (8th - 12th)	Mon. - Fri.	8:00a.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 expectations 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. 7, 2025 - May 22 2026

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

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: Waitlist available

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: Open & On-going

Open to students enrolled in 7th & 8th grade who can arrive by 4:45 p.m. Transportation from school is not provided. Must be enrolled community members or Ske:g Himdag Ki: members to have priority.

Description: 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 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 Himdah 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.

Youth Cont'd (4-17)

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.

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

CRS WINTER BREAK CAMP 2025

Contact: Vanessa Lechuga • 480.362.6360

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

Ages: K - 6th grade

Registration Info: TBA

Description: CRS Winter Break Camp is a 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
Dec. 22nd - 23rd	7:45 a.m. - 5:15 p.m.
Dec. 29th - 30th	7:45 a.m. - 5:15 p.m.



L.I.N.K. (Learn. Inspire. Navigate. Know) TEEN PROGRAM

Contact: Vanessa Lechuga • 480.362.6360

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

Ages: 12 - 17 yrs. old

Registration: Open & On-going

Description: LINK: Learn. Inspire. Navigate. Know. Introducing our innovative teen program designed to teach or help navigate leadership and life skills for students in 7th through 12th grade. Each session will provide hands-on, real-world activities on helping teens build confidence, life readiness, and strong social connections.

We are an inclusive program that will empower youth to 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.
1st & 3rd Tues. of the month	

CREATE-A-GIFT

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: 5 - 17 yrs. old

Registration: Drop-in

Description: Celebrate the Season of Giving! Now is the perfect opportunity to express your love and appreciation for those dear to you! Children and teens aged 17 and under are invited to visit the Salt River Tribal Library to craft their very own unique gifts for their friends and family.

Dates	Times
Dec. 9th & 13th	4:00 p.m. - 6:00 p.m.

TEEN TAKEOVER

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: 13 - 17 yrs. old

Registration: Drop-in

Description: Teens Takeover the Library! Lets make a snack, hang out and make some fun crafts..

Dates	Times
Jan. 21st & 23rd	4:00 p.m. - 6:00 p.m.

SKATE AZ

Contact: Leisure Education Staff • 480.362.6600

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

Ages: 13 - 17 yrs. old

Registration: In-person at Tribal Library starting Dec. 15th

Description: This Skateboarding Workshop is to support teens who already have some skateboarding experience and want to take their skills to the next level. Designed for intermediate level as we will focus on developing techniques such as grinds and kickflips while also encouraging growth through exploration of local skate parks outside of the community. Parent/guardian permission packet must be completed before participation...

Dates	Times
Jan. 5th & 10th	12:00 p.m. - 4:00 p.m.

FRIENDSHIP YOUTH SPORTS LEAGUE CO-ED BASKETBALL LEAGUE

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

Registration: Oct. 20th - Nov. 14th

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

*Games played on Tues. & Thurs.

League Starts	Time
Dec. 2nd - Jan. 29th	5:45 p.m. - 8:30 p.m.

FRIENDSHIP YOUTH SPORTS LEAGUE HIGH SCHOOL BOYS & GIRLS BASKETBALL LEAGUE

Contact: Robin Hendricks • 480.362.5785

Location: Ske:g Himdag Ki: - 11725 E Indian School Rd.
Scottsdale, AZ 85256
Salt River Pi-Copa Gym - 1880 N Longmore Rd, Scottsdale, AZ 85256

Grade Divisions: 9th - 12th High School Divisions

Registration: Jan. 19th - Feb. 20th

Team Fee: \$150 for non-community teams

Description: Competitive league for high school boys & girls teams.

League Starts	Time
Dec. 2nd - Jan. 29th	5:45 p.m. - 8:30 p.m.

FRIENDSHIP YOUTH SPORTS LEAGUE KICKBALL LEAGUE

Contact: Robin Hendricks • 480.362.5785

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

Grade Divisions: 5-7 / 8-12 / 13-17 yrs old Co-Ed Divisions

Registration: Dec. 8, 2025 - Jan 16, 2026

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

*Games played on Tues. & Thurs.

Dates	Time
Feb. 3rd - Mar. 12th	5:45 p.m. - 8:30 p.m.

2026 VALENTINE CLASSIC YOUTH BASKETBALL TOURNAMENT

Contact: Robin Hendricks • 480.362.5785

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

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

Grade Divisions: K - 2nd / 3rd - 6th

Registration: Jan. 2nd - Feb. 2nd

Team Fee: \$150

Description: Participate in this competitive co-ed basketball tournament. Awards for placing teams; 1st - 3rd place per division.

Dates	Time
Feb. 13th & 14th	5:30 p.m. - 8:30 p.m. - Friday 8:30 a.m. - 7:00 p.m. - Saturday

2026 JR. HIGH YOUTH BOYS & GIRLS BASKETBALL TOURNAMENT

Contact: Robin Hendricks • 480.362.5785

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

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

Grade Divisions: 7th & 8th

Registration: Jan. 19th - Feb. 6th

Team Fee: \$150

Description: Participate in this competitive co-ed basketball tournament. Awards for placing teams; 1st - 3rd place per division.

Dates	Time
Feb. 20th & 21st	5:30 p.m. - 8:30 p.m. - Friday 8:30 a.m. - 7:00 p.m. - Saturday

Adaptive Recreation

LEAN INTO SKATING

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 5 - 17 yrs. old

Registration: Oct. 27th -Nov. 28th

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

Dates	Times
Nov. 3rd, 10th, 17th	6:00 p.m. - 7:30 p.m.
Dec. 1st, 8th	6:00 p.m. - 7:30 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: Oct. 27th -Nov. 14th

Description: Come make a splash and enjoy some relaxing time in the pool..

Dates	Times
Nov. 5th, 19th	6:00 p.m. - 7:30 p.m.

ME + 1 = YUM!

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 5 - 17yrs. old

Registration: Oct. 28th -Nov. 6th

Description: Join us for a fun, hands-on cooking activity where you and a partner work together to make a simple and tasty recipe. No cooking experience needed—just come ready to mix, stir, and taste.

Dates	Times
Nov. 6th	Session 1 - 6:00 p.m. - 6:45 p.m. Session 2 - 7:00 p.m. - 7:45 p.m.

COMMUNITY DAY

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 5 - 17 yrs. old

Registration: Oct. 30th - Nov. 6th

Description: Come spend the day with us out in the community! We'll explore local parks, enjoy fun activities, and spend time together making memories. This outing is all about having fun, building friendships, and discovering the great things our community has to offer.

Date	Time
Nov. 8th	10:00 a.m. - 2:00 p.m.

KICKBALL WITH A COP

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 5 - 17 yrs. old

Registration: Nov. 3rd - 11th

Description: Join us for a fun and active game of kickball with our local police officers! This friendly activity is a great way to meet and connect with law enforcement in a relaxed, and playful setting.

Date	Time
Nov. 13th	6:30 p.m. - 7:30 p.m.

TEENS NIGHTS OUT

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 12 - 17 yrs. old

Registration: Nov. 7th - 12th

Description: A night just for teens! Join us for an evening of fun activities designed to bring friends together in a safe and welcoming space.

Date	Time
Nov. 14th	6:00 p.m. - 10:00 p.m.

KIDZ NIGHT OUT

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: Nov. 10th - 19th

Description: Get ready for a dazzling Kidz Day Out as we visit the world's largest drive-thru animated light show, World of Illumination.

Dates	Times
Nov. 21st	6:00 p.m. - 9:00 p.m.

A NIGHT AT THE NORTH POLE

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Two Waters – Friendship Park 3297 N Longmore Rd,
Scottsdale AZ 85256

Ages: All Ages

Registration: Nov. 20th - Dec. 5th

Description: Bring your coziest blankets, grab a comfy chair, and make your way to our (not-so-snowy) North Pole Movie Night! We'll be watching a festive Christmas movie, sipping warm cocoa, and snacking on some truly merry movie treats!

Dates	Times
Dec, 11th	6:30 p.m. - 8:00 p.m.

PARK AND PLAY

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 5 - 11 yrs. old

Registration: Dec. 1st - 11th

Description: Time to get outside! We'll hit the playground and chill at the pool to wrap up the day. Don't miss the fun!

Date	Time
Dec. 13th	10:00 a.m. - 2:00 p.m.

TWEENS/TEENS MOVIE NIGHT OUT

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 12 - 17 yrs. old

Registration: Dec. 8th - 17th

Description: Join us for a fun night watching the new Sponge-Bob movie! Hang out, snack, and chill with friends.

Date	Time
Dec. 19th	6:00 p.m. - 10:00 p.m.

International Day of Acceptance Walk

Contact: Adaptive Recreation Coordinators • 480.362.3390

Location: Accelerated Learning Academy (ALA)
4827 N. Country Club Dr. Scottsdale, AZ 85256

Ages: All Ages

Description: It's that time again! Join us for our annual International Day of Acceptance Walk/Run to support individuals of all abilities.

Date
Jan. 21st

HORSES HELP

Contact: Adaptive Recreation Coordinators • 480.362.3390

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

Ages: 5 - 17 yrs. old

Registration: Dec. 10th - Jan. 1st

Description: Join us for Horses Help, a unique program that uses therapeutic and adaptive horsemanship to build confidence, strength, and connection. Participants will engage in fun, hands-on activities with horses that promote physical, social, and emotional growth in a safe and supportive environment.

Dates
Jan. 10th, 17th, 24th

PARENT ROUND TABLE TALK

Contact: Teresa Masayesva • 480.362.6602

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

Ages: 18 yrs. old or older

Registration: Jan. 5th - 19th

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
Jan. 22nd	6:00 p.m.- 7:30 p.m.

Adult (18+)

TOYS FOR TOTS CO-REC VOLLEYBALL TOURNAMENT

Contact: Kimberly Whitelock • 480.362.5790

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

Ages: 18+ yrs. NO EXCEPTIONS.

Registration: Nov. 3rd - 21st

Team Fee: A toy brought in from each team member participating. Each team will be assigned an age group on what to bring. (Minimum is \$15.00 per Toy)

Description: Taking the first 12 teams that sign up. Awards are based on 10 player rosters. 1st-3rd place awards.

Tournament Dates

Dec. 5th & 6th

ADULT CO-REC BASKETBALL LEAGUE

Contact: Kimberly Whitelock • 480.362.5790

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

Ages: 18+ yrs. NO EXCEPTIONS.

Registration: Dec. 1st - 19th

Team Fee: \$250 per team
(Due at registration, Non-refundable)

Description: Taking the first 8 teams that pay and register. The awards are based on 10 players and for 1st & 2nd in the league & Champions of the League Tournament. The top 4 teams will make the Single Elimination Tournament.

League Starts

Jan. 6th

ADULT CO-REC BASKETBALL LEAGUE

Contact: Kimberly Whitelock • 480.362.5790

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

Ages: 18+ yrs. NO EXCEPTIONS.

Registration: Dec. 1st - 19th

Description: Taking the first 8 teams that pay and register. The awards are based on 10 players and for 1st & 2nd in the league & Champions of the League Tournament. The top 4 teams will make the Single Elimination Tournament.

League Starts

Jan. 7th

INTER-DEPARTMENTAL CO-REC VOLLEYBALL LEAGUE

Contact: Kimberly Whitelock • 480.362.5790

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

Ages: 18+ yrs. NO EXCEPTIONS.

Registration: Dec. 1st - 19th

Team & Player Requirement: Must be a current Tribal or Enterprise employee of SRPMIC. (Must show Work Badge upon signing in).

Description: Taking the first 8 teams that sign up. Awards are based on 15 players and for 1st-2nd in league and Tournament Champions

League Starts

Jan. 5th

Time

11:00 a.m. - 1:00 p.m.

MEN & WOMEN NEW YEARS CLASSIC ALL INDIAN BASKETBALL TOURNAMENT

Contact: Kimberly Whitelock • 480.362.5790

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

Ages: 18+ yrs. NO EXCEPTIONS.

Registration: Dec. 8th - 26th

Team & Player Requirement: Must be a current Tribal or Enterprise employee of SRPMIC. (Must show Work Badge upon signing in).

Description: Taking the first 8 teams in each division that pay & sign up. Awards are based on 10 player rosters. 1st-3rd place awards

Tournament Dates

Jan. 9th & 10th

ANCESTRY LIBRARY CLASS

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: 18+ yrs.

Description: Drop in to our Ancestry Library Classes to learn more about this FREE resource available through the Salt River Tribal Library. We will walk you through searching through Census Records, yearbooks, and more. Basics computer skills are helpful.

Dates

Nov. 14th

Dec. 12th

Jan. 16th

Time

11:00 a.m. - 1:00 p.m.

11:00 a.m. - 1:00 p.m.

11:00 a.m. - 1:00 p.m.

OPEN MIC NIGHT

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: Jan. 5th (optional)

Description: The Salt River Tribal Library will be hosting an open mic night! Storytellers, Writers, Poets and alike can sign up for a spot to share your voice! Stop by, listen in, and buy from our Mini Market (community vendors)

This event is open to the public and intended for adults, open to families at their own discretion.

Dates	Times
Jan. 16th	5:30 p.m. - 7:30 p.m.

COOKBOOK CLUB

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: Read. Cook. Share. Whether you're an experienced cook, learning your way around the kitchen or just a food lover, join us! We will serve great conversation and learn about new recipes by exploring the tribal library's cookbook collection or bring a favorite cookbook of your own. Join our table for Cookbook Club every 2nd.

Dates	Times
Nov. 13th	5:30 p.m. - 7:30 p.m.
Dec. 11th	5:30 p.m. - 7:30 p.m.
Jan. 5th	5:30 p.m. - 7:30 p.m.

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: Do you dread writing? If so, give us a chance to change your mind. Find your voice in this writer's group as Recreation Education and SCC team up to bring to guide this writers group. So, bring your imagination, make new friends, and unleash your creativity!

Dates	Time
Nov. 6th	5:30 p.m - 7:30 p.m.
Dec. 4th	5:30 p.m - 7:30 p.m.
Jan. 3rd	5:30 p.m - 7:30 p.m.

REZ READERS BOOK CLUB

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: 18+ yrs.

Description: Join us for Rez Readers Book Club on the Third Thursdays in November & December from 5:30 PM to 7:00 PM. This engaging book discussion will focus on contemporary and classic Native authors of history and fiction. Books are available for check-out one month prior to meeting dates

Dates	Time	Book Selection
Nov. 20th	5:30 p.m - 8:00 p.m.	Indigenous Peoples' History of the United States: A Graphic Interpretation by Roxanne Dunbar Ortiz adapted by Paul Peart-Smith
Dec. 18th	5:30 p.m - 8:00 p.m.	House Made of Dawn by N. Scott Momaday



Senior Programs (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.	10:00 a.m. - 11:00 a.m.

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, meditation 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.

Days	Times
Tuesdays	9:00 a.m. - 10:00 a.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.

Days	Times
Thursdays	1:00 p.m. - 2:00 p.m..

ELEVATING ELDERS

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: Elevating Elders, Physical Fitness Specialist Nevelle Howard provides an energizing class that boosts strength using just your body weight and light dumbbells.

Dates	Times
Thursdays	9:00 a.m. - 10:00 a.m.

SENIOR MALE MENTORSHIP GROUP

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: 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.

Dates	Times
Monthly, 3rd Monday. Nov. 17th Dec. 15th Jan. 12th	9:00 a.m. - 10:00 a.m.



All Ages Events

O'ODHAM WORLD & SONG TRAIL

Contact: Leisure Education Staff • 480.362.6600

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

Ages: All Ages / Family

Registration: Starts Oct. 27th at 10:00 a.m.

Description: The goal of this lecture from Johnathan Curry, is to learn O'odham songs and culture by exploring the stories and history behind the music. Participants will gain a deeper understanding of how identity is connected to our surroundings and how these traditions link the past to the present.

Dates	Times
Nov. 4th	6:00 p.m. - 8:00 p.m.

LIZARDS AND BLIZZARDS NIGHT

Contact: Leisure Education Staff • 480.362.6600

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

Ages: All Ages / Family

Registration: Drop-In

Description: Learn how to appreciate our scaly neighbors in this upcoming Leisure Education class. Participants will learn about venomous and non-venomous reptiles, how to identify them, respect their habitats and how to co-exist in our desert with them. This is all about awareness and safety with a special snack of Blizzard Ice Cream!

Dates	Times
Nov. 13th, 20th	5:30 p.m. - 6:30 p.m.

ASTRONOMY BEYOND THE TELESCOPE

Contact: Leisure Education Staff • 480.362.6600

Location: SCC Planetarium - 9000 E Chaparral Rd. Scottsdale, AZ 85256

Ages: All Ages

Description: Don't miss this night! Beyond the Telescope will have your family exploring the stars through Tohono O'odham stories shared by Dr. Jacelle Ramon-Sauberan in the planetarium then connect those stories to the night sky by viewing it through telescopes. Held at Scottsdale Community College's Planetarium this is a great opportunity to learn more about the night's sky, dress warm, we will serve warm drinks and a light snack.

Dates	Times
Dec. 11th	5:30 p.m. - 8:00 p.m.

CRS SANTA RUN

Contact: Tatsu Nakamura • 480.362.7561

Location: Accelerated Learning Academy (ALA) 4827 N. Country Club Dr. Scottsdale, AZ 85256

Ages: All Ages

Description: Come enjoy our Holiday 5k Santa Run/Walk. Hot Chocolate, Shirt giveaways, Music and Fun. Invite your family and friends for a good time stroll before Christmas. (Please No Pets)

Date

Dec. 20th

4TH ANNUAL GINGERBREAD HOUSE THROWDOWN

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: All Ages / Family

Registration: Starts Dec. 10th at 10:00 a.m., Open until full, teams of 4

Description: Join Salt River Tribal Library and get ready for sweet competition, creative designs, and plenty of holiday cheer as teams battle it out to build the most epic gingerbread house. Who will take home the crown this year? Come find out! Prizes to Most Creative & Most Unique, the Gingerbread houses will be displayed in the library for in-person vote for a "Fan Favorite" category!

Stop by to vote between Dec. 18 – Dec 23

Date	Time
Dec. 13th	5:30 p.m. - 7:30 p.m.

2026 CRS WALK YOUR DOG VIRTUAL 5K

Contact: Robin Hendricks • 480.362.5785

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

Ages: All Ages

Online Registration: Jan. 12th - Feb. 6th

Description: Race bibs and bandanas will require pick up the Monday February 9th – 12th, 2026 at the WOLF and Complete your 5K in the comfort of your own neighborhood it's up to you where you complete your virtual 5K with your pup Once walk is completed a picture must be sent to Robin.hendricks@srpmic-nsn.gov to receive bonus t-shirt. All employees will receive WELLPATH PTS.

Event Length

Feb. 23rd - Mar. 21st

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
Nov. 15th	11:00 a.m. - 1:00 p.m.
Dec. 6th	11:00 a.m. - 1:00 p.m.
Jan. 10th	11:00 a.m. - 1:00 p.m.

2026 POLAR PLUNGE

Contact: Aquatics • 480.362.6310

Location: Salt River Pool - 1880 N. Longmore Rd. Scottsdale, AZ 85256

Ages: All Ages

Registration: <https://sugeni.us/dzSA>

Description: Polar Plunge: New Year's REZolution – Kick off 2026 with a splash! Make your pledge for the new year, then dive into the icy waters at Salt River Pool. Participants get a T-shirt, breakfast burrito, and drinks.

Date

Jan. 3rd

WINTER 2025-26



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

