

SRPMIC

ACTIVITY GUIDE

Spring - 2026

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Ske:g Himdag Ki:



SKE:G HIMDAG KI:

(O'odham translation: Good Way of Life House)

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

Phone: 480.362.6800

HOURS

Mon - Fri	6 a.m. - 8 p.m.	Facility
Sat	10 a.m. - 6 p.m.	Facility
Mon - Fri	8 a.m. - 5 p.m.	Recreation Office
Mon - Fri	9 a.m. - 5 p.m.	Adaptive Recreation Office
Mon - Fri	4:30 p.m. - 7:30 p.m.	Pool
Sat	11 a.m. - 5:30 p.m.	Pool
Mon - Fri	10 a.m. - 7 p.m.	Library
Sat	10 a.m. - 6 p.m.	Library
Mon - Fri	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
Mon - Fri	8 a.m. - 5 p.m.	Youth Services Office
Mon - Fri	10 a.m. - 6 p.m.	Boys and Girls Club
M, T, R, F	6 a.m. - 1 p.m.	SRPMIC Government Employees
Wed	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

Wed & Fri 6 p.m. - 9 p.m. Gym Reservations

***ALL HOURS SUBJECT TO CHANGE**

LIKE US ON FACEBOOK AT FACEBOOK.COM/SRPMIC.WOLF

Ske:g Himdag Ki:

GUIDELINES & RULES

The Community Recreational Services Department is committed to providing quality recreation programs and facility for the community.

Ske:g Himdag Ki: rules and regulations have been established to ensure our patrons enjoy a quality and safe recreational 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. Guest are only allowed entrance with the enrolled member. Guest must remain with enrolled member 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 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:.

Calendar

SPRING 2026



February 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



March 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				



April 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		



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

Special Events

SPRING 2026



Community Recreational Services Adaptive Recreation

ADAPTIVE SPLASH NIGHT!

February 11th and 25th
6pm - 7:30pm
Ske:g Himdag Ki: Pool

Sensory Splash Night February 11th: Enjoy a calm and welcoming pool environment with reduced noise, smaller crowds, adaptive equipment, and supportive staff to ensure a comfortable and fun experience for all.

Registration starts February 4th
<https://sugeni.us/eR2k>

Questions? Call: (480)362-3390

Community Recreational Services Adaptive Recreation

River People Health Center Nutrition Services



CUPID TREATS

FEBRUARY 5TH
6PM-7PM
RPHC - TEACHING KITCHEN

Adaptive Recreation, in collaboration with the River People Health Center Nutritional Services team, invites you to a fun, hands-on Valentine's themed snack activity designed for grades K-6.

Registration starts: 1/22 - 1/29
Scan QR Code or visit <https://sugeni.us/e6CZ>

For more information, please email us at crsadaptive@srpmic-nsn.gov

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

Drop Off activities/events are intended for enrolled Adaptive Participants only to have to have the full attention of staff and for participants to engage with their peers.



OPEN HOUSE

• Inspire our Community
• Be Active & Healthy

Diabetes Prevention Services

LEARN WHAT OUR PROGRAM OFFERS!!!

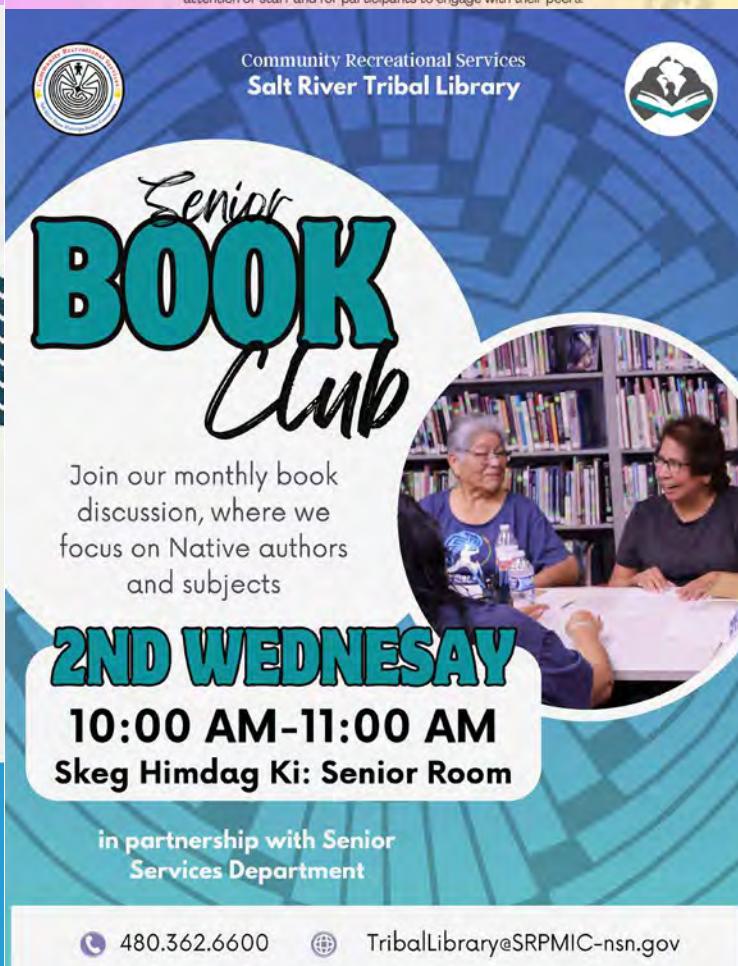
- STAFF INTRODUCTIONS
- FITNESS CENTER TOUR
- HEALTH EDUCATION PROGRAMS/CLASSES
- RECEIVE A HEALTH & WELLNESS STARTER KIT

**SESSION WILL TAKE PLACE AT SKE:G HIMDAG KI:
ROOM #247/FITNESS CENTER**

For more information please contact:
Karina J Watson
Community Health Educator
karina.watson2@srpmic-nsn.gov
480-362-3278

Limit 20 participants per class

FEB 9, 2026
Monday
5:30PM-6:30 PM



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

SPRING 2026

Special Events

Nutrition Bingo Night

Monday
March 23, 2026

Ske:g Himdag Ki: Room #247
5:30 pm-7:00 pm

Ske:g Himdag Ki members ONLY
limited to 25 people

Bring your friends and family for a night of knowledge on health and wellness.

Prizes will be awarded to the lucky Bingo winners!



For more information contact:
Karina J Watson
Community Health Educator
karina.watson2@srpmic-nsn.gov
480-362-3278

B
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Community Recreational Services
Salt River Tribal Library



BOOK SALE & SWAP MEET

Saturday, March 14, 2026
9:00 AM - 3:00 PM

Lehi Community Center
1231 E Oak St
Mesa, AZ 85203

INTERESTED IN SELLING?
Community Member Swap
meet spots registration opens
February 28, 2026 at 10:00 AM
until full



CONTACT US » 480-362-6600

Triballibrary@SRPMIC-nsn.gov

Public Health Diabetes Prevention Services

Strong Ibdak Healthy liwaa



2026 SENIOR HEALTH & FITNESS DAY

Join Public Health Diabetes Prevention for a fun and energizing day focused on wellness, movement and community connection!



Date:
Wednesday
May 27, 2026

Time:
9:00am-12:00pm



Location:
Ske:g Himdag Ki:
Fitness Center



Event Highlights:

- Group Fitness Activities
- Physical Activity Demos
- Health & Wellness
- Education
- Health Screenings
- Snacks and Incentives

This is event is open to SRPMIC community members & spouses 55+ adults with adaptive needs
Sign up by May 26th with Dion.Begay@srpmic-nsn.gov at Ske:g Himdag Ki: Fitness center - (480)362-7320 or Celinda.Joe@srpmic-nsn.gov at Senior Services. (480) 876-7180 Request Transportation if need



Community Recreational Services
Aquatics Division



2026 EASTER CRAFT N' SPLASH!

Thursday, April 2, 2026

5:30p - 7:30p

Ske:g Himdag Ki:
Pool and Room 56/57

EGG HUNT IN THE POOL
PHOTOS WITH THE EASTER BUNNY
CRAFT STATIONS
PIZZA AND DRINKS PROVIDED

Reserve a spot here!
<https://sugeni.us/eiFa>



Questions? Contact 480-362-6310

LIKE US ON FACEBOOK AT FACEBOOK.COM/SRPMIC.WOLF

Special Events

SPRING 2026

Community Recreational Services
Salt River Tribal Library

Save the Date
NATIONAL LIBRARY WEEK
Celebration

APRIL 20, 2026
5:30-7:00PM
SKE:G HIMDAG KI:

Event Highlights

- A STORY WALK
- GIVEAWAYS
- CHARACTER PHOTOS
- FOOD

(480) 362-6600 / TribalLibrary@SRPMIC-nsn.gov

YOUTH SERVICES
A'ah Ha Ve:mtadag

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 Supervisor.
- Enrollment is based on classroom space availability

FOR MORE INFO:

- Youth Services Phone: (480)-362-6390
- Way of Life Facility (WOLF) 11725 E. Indian School Rd Scottsdale, AZ 85256 Second Floor room #
- Monday - Friday 8am -6pm

American Red Cross

FIRST AID & CPR TRAINING

Come out and earn your American Red Cross training!

Class Location:
Ske:g Himdag Ki:
Room 56

Training Options:

Feb. 21, 2026 | 11-1:30PM
Mar. 21, 2026 | 11-1:30PM
Apr. 18, 2026 | 11-1:30PM
May 2, 2026 | 11-1:30PM

Register at:
<https://sugeni.us/4Uu8>

Community Recreational Services
Aquatics & Adaptive Division

Valentines Craft N' Splash

February 2nd, 2026
5:30p - 7:30p

Ske:g Himdag Ki:
Room 56

SAVE THE DATE
RSVP open
1/18/2026

PIZZA
SWIMMING
CRAFTS
PHOTOBOOTH

RSVP here:
<https://sugeni.us/eiFY>

Questions? Contact 480-362-6310



SPRING 2026

Special Events

Community Recreational Services
Athletics Division

2026 SALT RIVER High School Basketball Tournament

April 12th & 13th

REGISTRATION Mar 16 - Apr 3

Entry Fee \$200 per Team
Must pay entry fee before registering

Boys / Girls Divisions
1st - 3 Place Awards MVP + All Tourney

FOR TEAM ENTRY OR MORE INFORMATION
CRS - Athletics División (480) 362-6365
Contact Athletic Staff: Robin Hendricks (480) 362-5785



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



SCAN ME

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

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**



Community Recreational Services
Salt River Tribal Library

Beading Circle

Every Wednesday
5:30PM - 8:00 PM
Salt River Tribal Library



CONNECT WITH OTHERS

SPECIAL PROJECTS

SHARE KNOWLEDGE

(480) 362-6600 / TribalLibrary@SRPMIC-nsn.gov
Open to enrolled SRPMIC members and Ske:g Himdag Ki: members

Pre-K Programs

SPRING 2026

Pre - K (0-4)

CULTURE STORY TIME

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 years old with their families

Registration Info: Drop In

Description: Come out to the Tribal Library for a fun and playful story time with a focus on Native American culture and language. Families can enjoy a story time with books written by indigenous authors, a special craft, activities and snacks!

Dates	Time
Feb. 28th	12:30 p.m.
Mar. 28th	12:30 p.m.
Apr. 18th	12:30 p.m.

Youth (5-17)

COMMUNITY RECREATIONAL SERVICES AFTER SCHOOL PROGRAM

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1880 N Longmore Rd. Scottsdale, AZ 85256

Ages: K - 6th Grade

Registration: Waitlist Available

Open to students attending Salt River Elementary School and Noah Webster School. Must be enrolled community members or Ske:g Himdag Ki: members to have priority. Transportation from 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.



ASP participants created their own Indigenous clothes for the 2025 CRS After School Program IndigiFest.

SALT RIVER GIRL SCOUTS TROOP 2516

Contact: Vanessa Lechuga & Vanessa Ozoran

480.362.6360

Location: CRS Social Suite - 1880 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.

Description: Girls Scouts is a national program offered here in the community with opportunities to meet other troops and scouts in Arizona. The troop abides by Girls Scouts of America rules and policies, while following the mission to build girls of courage, confidence, and character who make the world a better place. Girl Scouts also provides opportunities to learn new skills in leadership, personal growth, and community involvement to earn badges throughout the year.

Dates	Time
-------	------

Current - May 15, 2026



Salt River Girl Scouts 2516 Bridging Ceremony

COMMUNITY RECREATIONAL SERVICES L.I.N.K. (LEARN. INSPIRE. NAVIGATE. KNOW)

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1880 N Longmore Rd. Scottsdale, AZ 85256

Ages: 12 - 17 yrs. old

Registration Info: On-going until filled contact CRS Social Division – 480.362.6360

Description: A new 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 that 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	Time
-------	------

Current - May 5, 2026

RED MOUNTAIN BOYS & GIRLS CLUB AFTER SCHOOL PROGRAM

Contact: Angela Dicicco • 480.947.1798

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

Ages: 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.

YOUTH RIVER PEOPLE'S COUNCIL (YRPC)

Contact: Janyse Salinas • 602.880.1090

Janyse.salinas@srpmic-nsn.gov

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

Ages: 13 - 21 yrs. old

Enrollment: In-person at Ske:g Himdag Ki: Youth Services Office or www.srpmic-nsn.gov/youth/yrpc/YouthCouncil
Enrollment is open all year-around and open to enrolled members and SRPMIC residents.

Description: YRPC provides our youth with the opportunities and tools needed to develop their leadership skills, cultural knowledge, and civic engagement.

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

Meeting Dates

Meetings are held a twice a month with events and volunteer opportunities throughout the year.

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

Ages: K - 12th Grade

Registration: Visit 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 Groups

Feb. 2nd - 27th

Mar. 2nd - 31st

Apr. 1st - 30th

Days

Times

Judumi (K)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

Kakaicu (1st)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

Cu:Vi' (2nd - 3rd)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

Tadai (4th)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

Vipismal (5th - 6th)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

Haupal (5th - 6th)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

Vecij Se'eh (8th - 12th)

Mon. - Fri. 2:45 p.m. - 7:00 p.m.

All Groups

Weds 1:00 p.m. - 7:00 p.m.

Spring Break Mentorship Program

Schools Dates Time

Salt River School Mar. 9th - 13th 9:00 a.m. - 7:00 p.m.

MPS/SUSD Mar. 16th - 19th 9:00 a.m. - 7:00 p.m.

Noah Webster



Young River People's Youth Council at Unity Gala.

Youth Programs

SPRING 2026

COMMUNITY RECREATIONAL SERVICES SPRING BREAK CAMPS

Contact: Vanessa Lechuga • 480.362.6360

Location: CRS Social Suite - 1880 N Longmore Rd.
Scottsdale, AZ 85256

Ages: K - 6th Grade

Registration: In-Person Registration February 12th
Open to SRPMIC members, residents & Ske:g Himdag Ki: members.

Description: CRS Spring Break Camp is a program designed to create a safe space for all abilities to engage and connect through life skills, social settings, cultural activities, and emphasize learning experiences through classroom time.

Registration	Date	Time
In-Person Event	Feb. 12th	6:00 p.m. - 7:00 p.m.
Sessions	Dates	
Session 1	Mar. 9th - 12th	
Session 2	Mar. 16th - 19th	



Intense competition during the 2025 Valentines Classic.

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 Gymnasium - 1880 N. Longmore Rd.
Scottsdale Az. 85256

Ages: K – 2nd Grade (Peewee) / 3rd – 6th Grade (Juniors)

Registration Info: January 2nd - February 2nd

Team Entry Fee: \$200.00

Description: Come participate in this competitive co-ed basketball tournament. Awards: 1st - 3rd place awards per divisions.

Gym admission fee \$3.00
(5 yrs. and under free)

Dates **Time**

Feb. 13th 5:30 p.m. - 8:30 p.m.
Feb. 14th 8:30 a.m. - 7:00 p.m.



CRS After School participants on a scavenger hunt while on a field trip to Red Mountain.



The girls show their power in a game of tug-of-war during their recent CRS Winter Break Camp.



Boys and Girls Club members pan for gold during a field trip to MacDonald's Ranch during fall break.

2026 JR. HIGH 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 Gymnasium - 1880 N. Longmore Rd.
Scottsdale Az. 85256

Ages: 7th - 8th Grade, Boys & Girls Divisions

Registration Info: January 12th - February 6th

Team Entry Fee: \$200.00

Description: Come participate in this competitive basketball tournament. Awards: 1st - 3rd place awards per divisions.

Gym admission fee \$3.00
(5 yrs. and under free)

Dates **Time**

Feb. 20th 5:30 p.m. - 8:30 p.m.
Feb. 21st 8:30 a.m. - 7:00 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 Gymnasium - 1880 N. Longmore Rd. Scottsdale Az. 85256

Ages: 9th - 12th Grade, Boys & Girls Divisions

Registration Info: January 19th - February 20th

Team Entry Fee: \$150.00 (non-community teams)

Description: Competitive high school basketball league.

League Starts	Days	Time
Mar. 10th	Tues. - Thurs.	5:45 p.m. - 8:30 p.m.



Arts & Crafts are always a hit in Youth Services Mentorship groups



Club members take a break from their lacrosse game to pose for a picture. Lacrosse league offered at the Club is flourishing and providing community members access to a sport they may never have otherwise tried.

YOUTH TAKEOVER AT SALT RIVER TRIBAL LIBRARY

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 Info: Drop-in/Registration not required

Description: Youth takeover at the Tribal Library! Come and join us at the Salt River Tribal Library for an exciting variety of fun crafts and engaging activities every month.

Dates	Time
Feb. 23rd - 25th	4:00 p.m. - 6:00 p.m.
Mar. 18th - 20th	4:00 p.m. - 6:00 p.m.

YARN BASKET CLASS

Contact: Leisure Education staff • 480-362-6600

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

Ages: 14 + yrs. old

Registration Info: Begins March 3rd - In-Person
Limited to 15 participants

Description: Join us as our community member instructor teaches about a new way to showcase some art. Utilizing traditional basket designs and contemporary materials we will make a yarn basket. Mark your calendar as this will sign up quickly!

Date	Time
Mar. 17th	5:30 p.m. - 7:30 p.m.
Mar. 19th	5:30 p.m. - 8:30 p.m.
Mar. 24th	5:30 p.m. - 8:30 p.m.

Adaptive Programs SPRING 2026

Adaptive

TEEN GAME NIGHT

Contact: Adaptive Recreation • 480.362.3390

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

Ages: 12 - 17 yrs. old

Registration Info: January 21st - 30th

Description: It's time for epic competition, zero pressure, and all fun. Join us for a night packed with games, snacks, music, and major bragging rights for the champions. Think you've got what it takes? Come prove it!

Date	Time
Feb. 4th	6:00 p.m. - 7:30 p.m.

CUPID'S TREATS

Contact: Adaptive Recreation • 480.362.3390

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

Ages: 5 - 17 yrs. old

Registration Info: January 22nd - 29th

Description: Adaptive Recreation, in collaboration with the River People Health Center Nutritional Services team, invites you to a fun, hands-on Valentine's-themed snack activity designed especially for grades K-6!

Date	Time
Feb. 5th	6:00 p.m. - 7:00 p.m.

DANCE VIBES AND VALENTINES

Contact: Adaptive Recreation • 480.362.3390

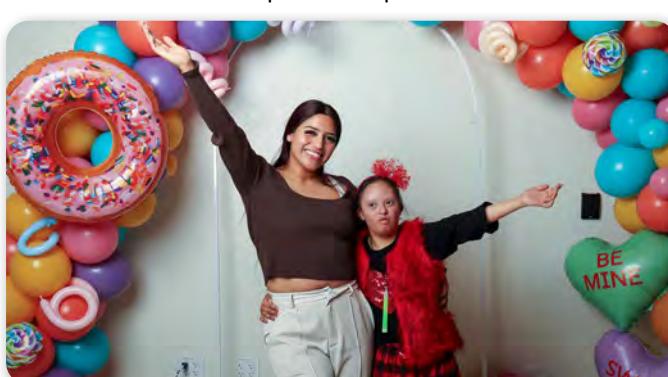
Location: Lehi Community Center - 1231 E Oak St, Mesa, AZ 85203

Ages: All Ages

Registration Info: January 22nd - February 6th

Description: Join us for an evening of fun, love, and dance! Featuring hands-on crafts, interactive games, and joyful activities!

Date	Time
Feb. 12th	6:00 p.m. - 7:30 p.m.



SENSORY SPLASH NIGHT

Contact: Adaptive Recreation • 480.362.3390

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

Ages: All Ages

Registration Info: February 2nd - April 26th

Description: Grab your swimsuit and your squad! Pool Night is the place to be! Enjoy open swim, spirited games, and plenty of laughs as we take over the pool for an unforgettable night of fun. The last session of the month all extra water features will be turned off to create a quieter and more controlled environment. This allows individuals who are sensitive to loud noises or excessive splashing to relax, enjoy the water, and have fun at their own pace.

Dates	Time
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Feb. 11th 6:00 p.m. - 7:30 p.m.

Mar. 25th 6:00 p.m. - 7:30 p.m.

Apr. 8th & 29th 6:00 p.m. - 7:30 p.m.

TEENS NIGHT OUT: BOWLING

Contact: Adaptive Recreation • 480.362.3390

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

Ages: 12 - 17 yrs. old

Registration Info: February 5th - 17th

Description: Let's hit the lanes for a night of strikes, snacks, music, and nonstop fun! Whether you're a bowling pro or just here for the vibes, Teen Strike Night is all about laughing, competing, and rolling into a good time.

Date	Time
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Feb. 19th 6:00 p.m. - 8:00 p.m.

TEENS NIGHT: COMMUNITY SCAVENGER HUNT

Contact: Adaptive Recreation • 480.362.3390

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

Ages: 12 - 17 yrs. old

Registration Info: February 2nd - March 2nd

Description: Gear up for the ultimate adventure! Follow the clues and race around the community to complete challenges, find hidden gems, and earn bragging rights.

Date	Time
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Mar. 4th 6:00 p.m. - 8:00 p.m.

SPRING 2026 Adaptive Programs

PARK AND PLAY

Contact: Adaptive Recreation • 480.362.3390
Location: Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256
Ages: 5 - 11 yrs. old
Registration Info: February 20th - 27th
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
Mar. 7th	10:00 a.m. - 2:00 p.m.

EGGS FOR EVERYONE (Session 1 & 2)

Contact: Adaptive Recreation • 480.362.3390
Location: Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256
Ages: All Ages
Registration Info: March 6th - 13th
Session 1 (Sensory): Designed for kids who enjoy a quieter, sensory-friendly environment, this egg hunt lets everyone go at their own pace while having a safe and supportive adventure. All abilities are welcome, and siblings are invited to join the Easter Hunt! Take a break in the calm zone whenever needed. Limited spots available!
Session 2: Fun-filled Easter celebration designed for participants with disabilities! Hunt for colorful eggs at your own pace, get creative with festive crafts, and snap a special photo with the Easter Bunny.
Siblings are welcome to join in both sessions.

Dates	Time
Session 1 - Sensory Mar. 26th	6:00 p.m. - 7:00 p.m.
Session 2 Apr. 1st	6:00 p.m. - 7:00 p.m.

LEAN INTO SKATING

Contact: Adaptive Recreation • 480.362.3390
Location: Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256
Ages: 5 + yrs. old
Registration Info: March 17th - April 25th
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	Time
Mar. 30th	6:00 p.m. - 7:30 p.m.
Apr. 6th, 13th & 27th	6:00 p.m. - 7:30 p.m.



PARENT TABLE TALK

Contact: Adaptive Recreation • 480.362.3390
Location: CRS Social Suite - 1880 N Longmore Rd. Scottsdale, AZ 85256
Ages: 18 + yrs. old
Registration Info: Begins March 23rd
Description: Join Adaptive Recreation as we continue a series of Table Talk sessions for parents and/or caregivers of children living with a disability. Topics vary from sharing resources that work for you, mental health tips, ways your family stay active, sharing your family's journey, and more! Your child does not need to be registered with Adaptive Recreation to participate.

Date	Time
Apr. 8th	6:00 p.m. - 7:30 p.m.

KIDZ DAY OUT!

Contact: Adaptive Recreation • 480.362.3390
Location: Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256
Ages: 5 - 11 yrs. old
Registration Info: March 27th - April 3rd
Description: We're heading to the movies to see the Super Mario Galaxy movie, then wrapping up the day with some fun at the pool!

Date	Time
Apr. 11th	10:00 a.m. - 3:00 p.m.

TEENS LETS TAKE A HIKE - ADVENTURE AWAITS!

Contact: Adaptive Recreation • 480.362.3390
Location: Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256
Ages: 12 - 17 yrs. old
Registration Info: April 4th - 14th
Description: Whether you're here for the challenge or the chill, this hike has something for everyone. Come explore new paths, hang out with friends, and enjoy the great outdoors. Are you ready to take the next step?

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

Adult Programs

SPRING 2026

Adult (18+)

CREATIVE WRITERS GROUP

Contact: Salt River Tribal Library • 480.362.6600

Location: Lehi Community Center • 1231 E Oak St, Mesa, AZ 85203

Ages: Adults, 18+

Registration Info: Walk In

Description: Come be a part of our inspiring space to unlock your voice, spark imagination, and turn ideas into stories. Through creative prompts and open sharing, participants explore writing as a tool for expression, reflection, and connection - no experience needed.

Dates	Time
Feb. 5th	5:30 p.m. - 7:30 p.m.
Mar. 5th	5:30 p.m. - 7:30 p.m.
Apr. 2nd	5:30 p.m. - 7:30 p.m.

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: Adults, 18+

Registration Info: Drop In

Description: Have you ever wanted to know more about your ancestors? Join us for Ancestry Library Class with the Salt River Tribal Library. During this class we will explore available Census, Birth, Death, and Military Records in this FREE version of Ancestry databases.

Dates	Time
Feb. 6th	11:00 a.m. - 1:00 p.m.
Mar. 7th	11:00 a.m. - 1:00 p.m.
Apr. 3rd	11:00 a.m. - 1:00 p.m.

CULINARY CONNECTIONS

Contact: Leisure Education • 480.362.6600

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

Ages: Adults, 18+

Registration Info: January 30th - 10am, In-Person

Description: Join us for a hands-on introduction to cooking! Culinary Connection brings first-time cooks together to learn simple recipes, kitchen skills, and the joy of sharing good food.

Date	Time
Feb. 17th, 19th, 24th	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: Adults, 18+

Description: Calling all book lovers! Join us for Rez Readers Book Club on the Third Thursdays this spring. This engaging book club will focus on contemporary and classic Native authors of fiction and memoirs. Books are available for check-out.

Book Club meets from 5:30 p.m. - 7:30 p.m.

Dates	Book
Feb. 19th	The El: A Novel by Theodore C. Van Alst Jr.
Mar., 19th	Whiskey Tender: A Memoir by Deborah Jackson Taffa
Apr. 16th	Ceremony by Leslie Marmon Silko.

BEADING CIRCLE**Contact:** Salt River Tribal Library • 480.362.6600**Location:** Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256**Ages:** Adults, 18+**Registration Info:** Drop In**Description:** Sharpen your skills and find inspiration at our weekly Beading Circle. This is a great chance to connect with other bead artists, share your beaded artwork, and learn new techniques. Bring your own supplies and join us at the Tribal Library for snacks and great company. Special guest instructors for projects as available, attend to be the first to know!**Days** **Time**

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

DEPARTMENTAL CO-ED BASKETBALL LEAGUE**Contact:** Kimberly Whitelock • 480.362.5790**Location:** Ske:g Himdag Ki: - 11725 E Indian School Rd, Scottsdale, AZ 85256**Ages:** Adults, 18+ (no exceptions)**Registration Info:** January 12th - February 6th**Description:** Taking the first 10 teams that sign up. Awards are based on 15 players and for 1st-2nd in league and Tournament Champions. Must be a Tribal or Enterprise Employee of SRPMIC. (Must show Work Badge upon signing in).**League Starts** **Days/Time**

Feb. 23th Mon. & Fri., 11:00 a.m. - 1:00 p.m.



Beading Circle

ADULT KICKBALL LEAGUE**Contact:** Kimberly Whitelock • 480.362.5790**Location:** Salt River Baseball Field - 1839 N Longmore Rd, Scottsdale, AZ 85256**Ages:** Adults, 18+ (no exceptions)**Registration Info:** February 9th - March 6th**Team Entry Fee:** \$200.00**Description:** Taking the first 10 teams that sign up. The awards are based on 15 players and for 1st-2nd in the League & Champions of the League Tournament.**League Starts** **Days/Time**

Mar. 23th Mon. evenings.



Senior Programs

SPRING 2026

Senior (55+)

BIG SENIOR CHAIR VOLLEYBALL TOURNAMENT

Contact: Mike Reyes • 480.362.2651
Kim Whitelock • 480.362.5790

Location: SRPMIC Community Building - 1880 N Longmore Rd, Scottsdale, AZ 85256

Ages: 55+ yrs. old

Registration Info: Begins March 9th

Description: Highly Competitive Chair Volleyball Tournament. 32 teams from all over the United State come to compete and enjoy the competition.

Dates

Apr. 30th - May 1st



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: 55+ yrs. old and adults with adaptive needs

Registration Info: 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.

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

ELEVATING ELDERS

Contact: Celinda Joe • 480.876.7180

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

Ages: 55+ yrs. old and adults with adaptive needs

Registration Info: 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.

Days	Time
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Thursdays	9:00 a.m. - 10:00 a.m.
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SENIOR BOOK CLUB

Contact: Celinda Joe • 480.876.7180

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

Ages: 55+ yrs. old and adults with adaptive needs

Registration Info: Celinda Joe 480-876-7180

*transportation provided if requested.

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

Days	Time
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Monthly, 2nd Wednesdays	10:00 a.m. - 11:00 a.m.
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SENIOR MALE MENTORSHIP GROUP

Contact: Celinda Joe • 480.876.7180

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

Ages: 55+ yrs. old and adults with adaptive needs

Registration Info: 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.

Days	Time
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Monthly, 3rd Mondays	5:30 p.m. - 7:00 p.m.
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YOGA FOR FALL PREVENTION

Contact: Celinda Joe • 480.876.7180

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

Ages: 55+ yrs. old and adults with adaptive needs

Registration Info: Celinda Joe 480-876-7180

*transportation provided if requested.

Description: Yoga for Fall Prevention, all levels are welcome, and chair option is available.

Days	Time
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Wednesdays	1:00 p.m. - 2:00 p.m.
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SPRING 2026

All Ages Events

All ages/Families

VAILA DANCE CLASSES

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: All Ages

Description: Get moving with Salt River Tribal Library at our Vaila Class Series! This is a one-of-a-kind experience. We invites you to learn the lively Vaila dance, otherwise known as Chicken Scratch, from talented community member, Pacer Reina.

Date	Time
Feb. 3rd, 5th, 10th, 12th	5:30 p.m. - 7:30 p.m.

BOOK SALE & SWAP MEET

Contact: Salt River Tribal Library • 480.362.6600

Location: Lehi Community Center • 1231 E Oak St, Mesa, AZ 85203

Ages: All Ages

Description: Community Member Swap Meet spots registration opens February 28th at 10:00 a.m. until full. Join Salt River Tribal Library for a Book Sale and Swap Meet on Saturday, March 14 from 9am to 3pm at the Lehi Community Building parking lot. Join us for a fun community-wide swap meet and Tribal Library book sale! Browse gently used items from Community members and stock up on books for all ages at low prices. This event is free and open to all shoppers.

Date	Time
Mar. 14th	9:00 a.m. - 3:00 p.m.

2026 CRS WALK YOUR DOG VIRTUAL 5K

Contact: Robin Hendricks • 480.362.5785

Location: Your own neighborhood

Ages: All Ages

Registration Info: Online January 12th - February 6th. Race bibs and bandanas can be picked up from Monday, February 9th - 12th at the Ske:g Himdag Ki:.

Description: 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 send a picture to Robin.hendricks@srpmic-nsn.gov to receive bonus t-shirt. All SRPMIC Employees will receive WELLPATH PTS.

Dates

Feb. 23rd - March 1st

NATIONAL LIBRARY WEEK CELEBRATION

Contact: Salt River Tribal Library • 480.362.6600

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

Ages: All Ages

Description: Join us for a story walk, photo opportunities with your favorite story book characters, and a chance to win a prize when you sign up for your tribal library card or renew your current one. Corn dogs, popcorn and snow cones will be provided for all participants.

Date	Time
Apr. 20th	5:30 p.m. - 7:30 p.m.

CHICKEN SCRATCH DANCE

Contact: Salt River Tribal Library • 480.362.6600

Location: Salt River Community Building
1880 N Longmore Rd, Scottsdale, AZ 85256

Ages: All Ages

Description: Join Salt River Tribal Library for a Waila/Chicken Scratch Dance at the Salt River Community Building, in partnership with Stronglife Wellness, featuring Waila Style 87 band. Food/drink sales from Fat Dog Foodz and Dank Drank Lemonade. This is a drug/alcohol free event to promote health & wellness in the community.

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

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.

**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. **

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.

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

Aquatics Programs SPRING 2026

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. 11 a.m. - 5:30 p.m.					

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

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 Info: Register on site.

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

Time

Saturdays	10:00 a.m. - 10:30 a.m.
	10:30 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. old

Registration Info: <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!

Days

Time

Feb. 12th	11:00 a.m. - 1:00 p.m.
Mar. 21st	11:00 a.m. - 1:00 p.m.
Apr. 18th	11:00 a.m. - 1:00 p.m.

CRAFT N' SPLASH – VALENTINE'S DAY

Contact: Aquatics • 480.362.6310

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

Ages: 12+ yrs. old

Registration Info: <https://sugeni.us/eiFY>

Description: Join us for an inclusive Valentine's activity and Splash at the Ske:g Himdag Ki:! All are welcome to register for this inclusive event which will include participants with diverse abilities.

Days

Time

Feb. 2nd	5:30 p.m. - 7:30 p.m.
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CRAFT N' SPLASH – EGG HUNT

Contact: Aquatics • 480.362.6310

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

Ages: 12+ yrs. old

Registration Info: <https://sugeni.us/eiFa>

Description: Join us for an inclusive Easter activity and Easter Splash egg hunt at the Ske:g Himdag Ki:! All are welcome to register for this inclusive event which will include participants with diverse abilities.

Days

Time

Apr. 2nd	5:30 p.m. - 7:30 p.m.
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SPRING 2026



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

