

Youth Sports



Athletics not only improve a child's confidence, it impacts improvement in the classroom as well.

From Baseball to Volleyball there's something here for everyone to enjoy including City Parks & Recreation Programs!

Archery

ARCHERY HEADQUARTERS

6401 W Chandler Blvd, CHANDLER
(480) 940-1814

Awards

AWARDS FOR ANYTHING

16840 N Cave Creek Rd, PHOENIX
(602) 795-4133

Baseball / Softball

BASEBALL DIVISIONS

www.littleleague.org

- Little League ages 5-18.
- **Challenger Division:** For special needs school-aged kids through high school. Players must live within boundaries.
- **District 2:** W Phoenix, Glendale and Peoria.
- **District 3:** NE and SE Phoenix, Paradise Valley, Cave Creek, Carefree and New River. www.eteamz.com/azd3
- **District 6:** Scottsdale and Fountain Hills
- **District 7:** Mesa and Apache Junction
www.eteamz.com/azd07

PARADISE VALLEY GIRLS SOFTBALL LEAGUE

(602) 997-8475 / www.pvgsll.com

A girls fast pitch recreational league in NE Phoenix.

RIP CITY BATTING CAGES

1045 E Juniper Ave, GILBERT

(480) 497-9548

Located in Freestone Park.

SCOTTSDALE MISS SOFTBALL

www.eteamz.com/scottsdalemiss

39 years as Arizona's premier girls fast pitch softball organization.

Basketball

JUST FOR HOOPING

PO Box 7145, PHOENIX

(602) 740-8264

Developmental programs for boys and girls ages 18 & under.

Bowling

AMF BOWLING CENTERS

www.amf.com

Several Valley locations.

BRUNSWICK RECREATION CENTERS

9027 E Via Linda, SCOTTSDALE

(480) 860-1363

KYRENE LANES

6225 W Chandler Blvd, CHANDLER

(480) 961-3388

Climbing

AZ ON THE ROCKS

16447 N 91st St, Ste 105, SCOTTSDALE

(480) 502-9777

CLIMBMAX GYM

1330 W Auto Dr, Ste 108, TEMPE

(480) 626-7755

PHOENIX ROCK GYM

1353 E University Dr, TEMPE

(480) 921-8322

SOLID ROCK CLIMBING GYM

23620 N 20th Dr, Ste 24, PHOENIX

(623) 587-7625

Fishing

URBAN FISHING

Arizona Game and Fish Department administers an urban fishing program at 20 Valley lakes. Catfish, sunfish, and trout fishing available at different times of the year. Lakes are stocked every other week.

Phoenix office: (623) 236-7263

Chandler

Desert Breeze Park Lake
Desert Breeze Blvd, S of Ray Rd

Veterans Oasis Lake

NE corner of Chandler Heights Rd & Lindsay Rd

Gilbert

Water Ranch Lake

SE corner of Greenfield Rd & Guadalupe Rd

Mesa

Red Mountain Lake

SE corner of Brown & Sun Valley

Riverview Lake

NW corner of 8th St & Dobson Rd

Peoria

Rio Vista Lake

99th Ave & Thunderbird

Phoenix

Alvord Lake

35th Ave & Baseline

Desert West

63rd Ave & Encanto

Cortez Lake

35th Ave & Dunlap

Encanto Park

7th to 15th Ave, N of Encanto

Papago Lake

N of Van Buren, E of Galvin Pkwy

Scottsdale

Chaparral Lake

Hayden Rd & Chaparral

Surprise

Surprise Lake

Between Bell Rd & Greenway Rd

Tempe

Kiwanis Park Lake

Baseline W of Mill

Ages 14 and younger and blind Arizona residents do not need a license; otherwise an urban fishing license is required. Licenses are sold at sporting goods stores and outlets. Check catch limits at locations. Information booklet available.

Football

NYLS - NATIONAL YOUTH SPORTS
(602) 843-0791 / www.nysonline.org

Golf

GOLF FOR KIDS

Bellair Golf Course
17233 N 45th Ave, GLENDALE
(602) 978-0330

Junior golf classes. Call for information. You do not have to be a member to receive instruction.

Gymnastics

ARIZONA DYNAMIC GYMNASTICS

1025 N McQueen Rd, Ste 150, GILBERT
(480) 633-8414

ARIZONA OLYMPIAN GYMNASTICS

22608 S Gilbert Rd, CHANDLER
(480) 802-8559

ARIZONA SUNRAYS GYMNASTICS AND DANCE CENTER

3110 E Thunderbird Rd, PHOENIX
(602) 992-5790

ARROWHEAD SPINETTS GYMNASTICS

19085 N 83rd Ave, PEORIA
(623) 825-4777

ASPIRE KIDS SPORTS CENTER

50 S Hearthstone Way, CHANDLER
(480) 820-3774

CARTER'S GYMNASTICS ACADEMY

7931 E Pecos, MESA
(480) 461-8464

DESERT DEVIL GYMNASTICS

1927 N Gilbert Rd, MESA
(480) 844-9600

DESERT LIGHTS GYMNASTICS

6175 W Detroit St, CHANDLER
(480) 940-4041

DIAMONDBACK GYMNASTICS

7211 E Southern Rd, Ste C102, MESA
(480) 654-9508

FLAMES GYMNASTICS & CHEER; ARIZONA GOLD

9850 W Peoria Ave, PEORIA
(623) 875-7777

GOLD MEDAL GYMNASTICS ACADEMY

1700 E Elliot Rd, TEMPE
(480) 557-0006

GYMBOREE PLAY & MUSIC

Valleywide locations.
www.gymboreeclases.com

JUST A REBEL GYMNASTICS

3673 S Bullard Rd, AVONDALE
(623) 925-8500

LITTLE GYM, THE

10 Valley locations.
Visit our website for more information.

MY GYM CHILDREN'S FITNESS CENTERS

My Gym Ahwatukee
4142 E Chandler Blvd, Ste 104, PHOENIX
(480) 940-GYMS (4967)

My Gym Phoenix
21035 N Cave Creek Rd, Ste 3, PHOENIX
(602) 992-KIDS (5437)

My Gym Scottsdale
9171 E Bell Rd, Ste 109, SCOTTSDALE
(480) 483-5936

NORTH VALLEY GYMNASTICS

20815 N 28th St, PHOENIX
(602) 404-3547

OASIS GYMNASTICS

8643 W Kelton Ln, Ste 110, PEORIA
(623) 977-6399

PHOENIX GYMNASTICS & DANCE ACADEMY

1926 W Monona Dr, PHOENIX
(623) 582-5293

SCOTTSDALE GYMNASTICS

9321 N 94th St, SCOTTSDALE
(480) 951-0496

SOUTHWEST GYMNASTICS TRAINING CENTER, INC

4930 S Ash Ave, Ste 105, TEMPE
(480) 730-8911

ULTIMATE GYMNASTICS

7812 N 12th St, Ste B, PHOENIX
(602) 248-4212
SEE OUR AD ON PAGE 45

USA YOUTH FITNESS CENTER

1530 S Gilbert Rd, GILBERT
(480) 926-1480 / www.usagyamaz.com

XTREME GYMNASTICS

15821 N 79th St, Ste 3, SCOTTSDALE
(480) 596-3543

Hockey - Ice

ALLTEL ICE DEN

9375 E Bell Rd, SCOTTSDALE
(480) 585-RINK (7465) / www.coyotesice.com

ARCADIA ICE ARENA

3853 E Thomas Rd, PHOENIX
(602) 957-9966



OZZIE ICE

10436 N 32nd St, PHOENIX
(602) 493-4667

POLAR ICE ENTERTAINMENT

7225 W Harrison St, CHANDLER
(480) 598-9400

2305 E Knox Rd, GILBERT
(480) 503-7080

15829 N 83rd Ave, PEORIA
(623) 334-1200

Youth hockey program leagues, competitive travel and hockey development camps available.

Hockey - Inline

CASEY'S IN-LINE HOCKEY

3947 E Union Hills Dr, PHOENIX
(602) 971-3224 / www.caseys-sports.com

It Is time to get your children fit!

Gymnastics

OPEN GYM!
Fridays 7:00 to 9:00 PM
It's for everyone 5yrs +

FREE EVALUATIONS

602 248-4212
Register TODAY!

ON GOING CLASSES THROUGH THE YEAR!

USA GYMNASTICS
Member Club
1907-2011

ULTIMATE GYMNASTICS

7812 B N. 12th St Phoenix, AZ 85020
www.ultimategymnastics.com | info@ultimategymnastics.com

*Preschool Gymnastics 11 months and up
*RECREATIONAL Gymnastics for girls and boys
*Competitive Boys and Girls team programs
*Tumbling & Trampoline
*CHEERLEADING beginning through advanced

Youth Sports

ROLLERPLEX ENTERTAINMENT

16083 N 75th Ave, PEORIA
(602) 334-8118

Horseback Riding

ARIZONA STATE HORSE COUNCIL

28150 N Alma School Pkwy, SCOTTSDALE
(602) 390-6806
Call about horse & saddle clubs around the state.

TWIN ACRES SCHOOL OF RIDING

6407 E Cactus Rd, SCOTTSDALE
(602) 867-2215
5814 E Peak View Rd, CAVE CREEK
(602) 404-2700

Martial Arts

AMERICAN KARATE STUDIOS

15227 N 32nd St, PHOENIX
(602) 971-9810

ARIZONA KARATE ASSOCIATION

6326 N 7th St, PHOENIX
(602) 274-1136 / www.arizonakarate.com

ARIZONA MARTIAL ARTS ACADEMY

12244 N 51st Ave, GLENDALE
(602) 978-2978

ARIZONA PERSONAL PROTECTION ACADEMY

4201 E Robert E Lee St, PHOENIX
(602) 485-4003 / www.azppa.com

BERNSTEN'S PHOENIX HOUSE OF KARATE

2046 N 16th St, PHOENIX
(602) 258-3073 or (602) 252-2822

DEPALMA'S TEAM USA MARTIAL ARTS

8 Valley locations
(480) 892-3949



GOSHIN KARATE & JUDO ACADEMY

6245 E Bell Rd, Ste 120, SCOTTSDALE
(480) 951-2236

RISING SUN KARATE

10855 N Frank Lloyd Wright, Ste 101, SCOTTSDALE
(480) 860-1255

Scuba Diving

EL MAR DIVING CENTER

2245 W Broadway Rd, MESA
(480) 833-4997

SAGUARO DIVING

908 E Impala Ave, MESA
(480) 507-3988

SCUBA SCIENCES, INC

2348 N 7th St, PHOENIX
(602) 253-6622
8502 N Black Canyon Hwy, PHOENIX
(602) 995-5926

SCUBA SPECIALTIES

4139 W Bell Rd, PHOENIX
(602) 866-3636

ULTIMATE DIVE & TRAVEL

15001 N Hayden Rd, SCOTTSDALE
(480) 607-5071

Skateboarding

DESERT WEST SKATEBOARD PARK

6501 W Virginia Ave, PHOENIX
(602) 495-3700

PARADISE VALLEY SKATE PARK

17402 N 40th St, PHOENIX
(602) 495-3777

REED PARK SKATE COURT

1601 E Broadway, MESA
(480) 644-5300

SNEDIGAR SPORTSPLEX

4500 S Basha Rd, CHANDLER
(480) 782-2640

UNION HILLS SKATEPARK

57th Ave & Union Hills Rd, GLENDALE

WEDGE, THE

2311 N Miller Rd, SCOTTSDALE
(480) 312-2483

Skating - Ice / Roller

ALLTEL ICE DEN

9375 E Bell Rd, SCOTTSDALE
(480) 585-RINK (7465)

ARCADIA ICE ARENA

3853 E Thomas Rd, PHOENIX
(602) 957-9966

CASEY AT THE BAT

3947 E Union Hills Dr, PHOENIX
(602) 971-3224

OCEANSIDE ICE ARENA

1520 N McClintock Dr, TEMPE
(480) 941-0944

POLAR ICE ENTERTAINMENT

7225 W Harrison St, CHANDLER
(480) 598-9400

2305 E Knox Rd, GILBERT

(480) 503-7080

15829 N 83rd Ave, PEORIA

(623) 334-1200

USA SKATELAND

1101 E Ray Rd, CHANDLER
(480) 917-9444

7 E Southern, MESA

(480) 833-7775

Skiing

ALPINE SKI CLUB & ADVENTURE TOURS

PO Box 55052, PHOENIX
(602) 992-9394

Soaring

TURF SOARING SCHOOL

8700 W Carefree Hwy, PEORIA
(602) 439-3621
Arizona's ultimate soaring experience, Turf's Glider rides.

Soccer

ARIZONA YOUTH SOCCER ASSOCIATION

www.azyouthsoccer.org

There are many youth soccer leagues located throughout the Valley. Check to see which league is closest to you, age appropriate, and if you want developmental and instructional or competitive play. The website for AYSA is a wonderful place for you to acquire all the information you need.

Sports Therapy Enrichment

H & L MEDICAL SPECIALISTS, INC

3014 N Hayden Rd, Ste 103, SCOTTSDALE
(480) 945-2883

We offer a huge assortment of orthopedic wraps, braces, crutches, and other accessories. Call us for all of your sports therapy equipment needs.

Swimming

AQUA SAFE SWIM SCHOOL

82 W Ray Rd, GILBERT
(480) 821-SWIM (7946)

9383 E Bahia Dr, Ste A104, SCOTTSDALE
(480) 425-SWIM (7946)

AQUA-TOTS
(480) 649-8687

HUBBARD FAMILY SWIM SCHOOL

WEST VALLEY - 101 & Thunderbird
PHOENIX - 32nd St & Thunderbird
EAST VALLEY - 202 & Dobson
(602) 971-4044 / www.hubbardswim.com

Learn to swim classes for children starting as young as 6 months. Stroke classes, squad lessons and stroke clinics for more advanced swimmers. Parent group outings including a sample baby class available upon request. Safer Three presentations regarding water safety available for schools or groups.

INFANT SWIMMING RESOURCE
VALLEYWIDE (602) 952-8696

MIKE TROY'S GOLD MEDAL SWIM SCHOOL

6909 W Ray Rd, Ste 27, CHANDLER
(480) 961-SWIM (7946)

SWIMKIDS USA, INC

2725 W Guadalupe Rd, MESA
SE corner of Loop 101 & Guadalupe
(480) 820-9109 / www.swimkidsusa.us

We deliver the highest quality swim, gymnastics and dance lessons with small class sizes allowing for lots of individual instruction and practice. Our curriculum, teacher training, evaluations, awards and parent communications are designed to provide a total child development education. Our staff are certified professionals chosen for their love of children and their talent for teaching.

TEACHER LYNDA'S SWIMMING
(623) 935-4878

WATERWORKS ON WHEELS, INC
(480) 461-3888

Sports of All Sorts

ARIZONA SPORTS COALITION

894 E Warner Rd, GILBERT
(480) 229-6156

ARIZONA TENNIS ASSOCIATION

7620 E McKellips Rd, Ste 4-212, SCOTTSDALE
(480) 970-0599

BOYS AND GIRLS CLUBS

Wide variety of sports programs. Most offer football, volleyball, swimming, soccer, track, martial arts and more. Baton and dance are also offered. Year-round sports programs, leagues, clinics and special summer programs. Some clubs offer field trips, including hiking and cycling.

NATIONAL YOUTH SPORTS

(602) 843-0791

A non-profit organization offering youth sports throughout the Valley and Tucson. Operated seasonally for ages 4-13. Sports offered: baseball, basketball, soccer, T-ball, flag football, girls fast pitch fastball, and tennis. This program stresses sportsmanship and fundamentals rather than competition. Every child plays at least half of every game. Coaches are mostly parent volunteers. Over 8,000 kids have played in sports sponsored by the Arizona Youth Sports Association.

YMCA

Wide variety of sports programs around the Valley. Sports include soccer, football, basketball, T-ball, wrestling, martial arts, swimming, racquetball and more. Call your nearest YMCA for detailed information.

Parks & Recreation

Recreation and competitive teams, summer camps, year-round programs, leagues and lessons. Swimming, basketball, football, volleyball, gymnastics, karate, T-Ball, baseball, softball and more. Some offer backpacking, golf, boxing and scuba lessons.

CHANDLER RECREATION

125 E Commonwealth Ave
(480) 782-2727

GILBERT PARKS AND RECREATION

90 E Civic Center Dr
(480) 503-6200

GLENDALE RECREATION

5850 W Glendale Ave
(623) 930-2820

MESA PARKS AND RECREATION

200 S Center St, Bldg 1
(480) 644-2195

PEORIA COMMUNITY LEISURE SERVICES

8401 W Monroe St
(623) 773-7137

PHOENIX PARKS AND RECREATION

200 W Washington, 16th Floor
(602) 262-6862

SCOTTSDALE COMMUNITY SERVICES

7340 Scottsdale Mall
(480) 312-7657

TEMPE RECREATION DIVISION

3500 S Rural Rd
(480) 350-5200



Parent Tip!

Caring and Care for Kids Ages 0-4

The first years are magical, filled with potential and promise. There are the first steps, first teeth and first tears. Amid the excitement will be twinges of anxiety. That's okay.

Your little one gives you lots to think about. Take safety for example. Everything from car seats to cribs requires careful consideration. In fact, by the time your child is crawling, your house will resemble one giant childproof playground. There will be safety

latches on kitchen cabinets to keep prying hands out and a safety gate blocking the top stair to keep baby from taking a tumble. Of course, it's impossible to be completely prepared for everything your baby will experience. Just remember: These experiences are opportunities for you to encourage, model, praise and teach. This is your time to create a bond with your child that will outlast rebellion and separation. Over time, your challenges will change. So, too, will the needs of your child.

Parent's Resource Guide would like to thank Dore E. Frances, M.A. of Horizon Family Solutions, LLC for providing this Parent Tip.

Youth Sports

PHOENIX TENNIS CENTER

6330 N 21st Ave, PHOENIX
(602) 249-3712

Lessons for children who have never held a racket. Intermediate and advanced lessons also available.

SALVATION ARMY - SOUTH MOUNTAIN COMMONWEALTH CENTER

1351 E Broadway Rd, PHOENIX
(602) 276-7396

USTA CENTRAL ARIZONA

5310 E Shea Blvd, Ste 5, SCOTTSDALE
(480) 951-4333

VILLAGE RACQUET AND HEALTH CLUB

4444 E Camelback Rd, PHOENIX
(602) 840-6412

AHWATUKEE FOOTHILLS YMCA

1030 E Liberty Ln, PHOENIX
(480) 759-6762
Monday-Thursday 5:00 am-10:00 pm, Friday 5:00 am-9:00 pm,
Saturday 6:30 am-7:00 pm, Sunday 7:00 am-5:00 pm.

CHANDLER/GILBERT FAMILY YMCA

1655 W Frye Rd, CHANDLER
(480) 899-9622
Monday-Thursday 5:00 am-10:00 pm, Friday 5:00 am-9:30 pm,
Saturday 7:00 am-6:00 pm, Sunday 11:00 am-7:00 pm.

CHRIS-TOWN YMCA

5517 N 17th Ave, PHOENIX

(602) 242-7717

Monday-Thursday 5:00 am-10:00 pm, Friday 5:00 am-8:00 pm,
Saturday 6:30 am-5:00 pm, Sunday 9:00 am-4:00 pm.

GLENDALE/PEORIA YMCA

14711 N 59th Ave, GLENDALE
(602) 588-9622
Monday-Friday 5:30 am-9:00 pm, Saturday 7:00 am-5:00 pm,
Sunday 9:00 am-2:00 pm.

DOWNTOWN YMCA

350 N First Ave, PHOENIX
(602) 257-5138

MESA FAMILY YMCA

207 N Mesa Dr, MESA
(480) 969-8166
Monday-Thursday 5:30 am-10:00 pm, Friday 5:30 am-8:00 pm,
Saturday 7:00 am-5:00 pm, Sunday 12:00 pm-5:00 pm.

SCOTTSDALE/PARADISE VALLEY YMCA

6869 E Shea Blvd, SCOTTSDALE
(480) 951-9622

SOUTH MOUNTAIN YMCA

222 E Olympic Dr, PHOENIX
(602) 276-4246
Monday-Thursday 5:00 am-9:00 pm, Friday 5:00 am-8:00 pm,
Saturday 8:00 am-5:00 pm.

TEMPE FAMILY YMCA

7070 S Rural Rd, TEMPE
(480) 730-0240

Monday-Thursday 5:00 am-10:00 pm, Friday 5:00 am-9:00 pm,
Saturday 7:00 am-7:00 pm, Sunday 7:00 am-5:00 pm.

YMCA CAMPING SERVICES

(602) 254-1571
Sky-Y and Chauncey Ranch camps are located near Prescott and Mayer, Arizona, respectively.

Tubing

DESERT VOYAGERS

PO Box 1554, SCOTTSDALE
(480) 998-RAFT (7238)
Half-day scenic float tours on the Salt River through Tonto National Forest.

SALT RIVER RECREATION

9200 N Bush Hwy, MESA
(480) 984-3305

Volleyball

ASU SUN DEVIL VOLLEYBALL

ASU Campus, TEMPE
(480) 965-7178

DAVE RUBIO'S VOLLEYBALL CAMP

U of A Campus, TUCSON
1-520-621-2856 / 1-520-621-2908
Several camps meet in July for all school ages.

