# CAMELBACK E L'ALE L'ALE

#### Time for Nine at The Phoenician

Tuesday, Aug. 3rd - Shotgun start at 4:30pm \$40 + tax at pro shop | Register with Heather | HMcManus@dmbclubs.com

#### "Bring Your Best Girl" Yoga Class at the Athleta Town & Country Store

Saturday - Aug. 7th | 8am - 10am
FREE - 1hr flow Class with Yhara Quiroz
Members receive 20% off one item, light
snacks and raffle prizes.
Sign-up on App or Register with
Heather | HMcManus@dmbclubs.com

#### **Member Appreciation Breakfast**

Tuesday, August 10th | 9am-10am Complimentary yogurt parfaits for members in the atrium next to the Village Café.

#### Happy Hour at Dierks Bentley Whiskey Row

Thursday, Aug. 12th | 6pm-8pm Chef's appetizers, live music & cocktails Limited to 50 members | Must Register to attend on App or Heather | HMcManus@dmbclubs.com

# Hot Sequence Workshop \*Pose \*Purpose \*Practice with Penny and Jane

FREE - Saturday, Aug. 14th | 1pm-3pm Hot Yoga Studio Marta | MMalloy@dmbclubs.com

# Spa Specials

Citrus Infusion Body Polish - \$105 members Citrus Infusion Body Experience - \$140 members Citrus & Kale Facial Treatment - \$125 members Citrus Infusion Pedicure - \$65 members

#### **Back to School Spa Special**

Teen Clean Facial - \$65 Kids' Haircuts: \$25 | Ages: 10 & under \$30 | Boys age: 11-18

\$50 | Girls age: 11-18

**Call & Schedule Today: 602.553.4917** 

#### Parents Day Out

Saturday, August 14th 2pm-6pm | \$30 per child Anita | ANocherino-Chase@dmbclubs.com

#### Sound Meditation Live w/ Kelly Emme

FREE | Sunday, August 15th 3pm- 3:45pm | in Group Exercise room 1 Marta | MMalloy@dmbclubs.com

#### **FREE Inbody Testing**

Tuesday, August 17th | 9am-7pm Meet in the Performance Center Assessment and reviewing results (10 min appointments) Chris | CHorgen@dmbclubs.com

#### Back to School Meal Prep w/ Jamie Miller

FREE - August 17th | 5:30pm-6:15pm In Person: Sign-up on App under program registration for conference room. For Zoom link: Jamie | JaMiller@dmbclubs.com

#### Fitness Friday with Megan & Marta

FREE - Friday, August 20th | 5pm-5:45pm On the Basketball Court. Contact Megan | MSmith@dmbclubs.com

#### Spin and Sip with Miki and Heather

FREE - Friday, Aug. 27th | 4:30pm-5:15pm DJ Chris Horgen live in the Cycle Studio Marta | MMalloy@dmbclubs.com

#### Village Adventures - September 18th-19th

Chiricahua National Monument "Big Loop Hike" Kartchner Caverns and SE AZ wine tasting. More info: Heather | HMcManus@dmbclubs.com

# Friday Night Dinks sponsored by Pomo Pizzeria

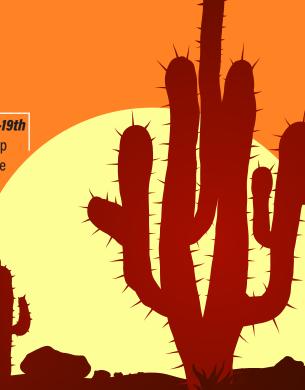
Friday, August 27th | 5pm-7pm
Open play pickleball on the basketball court.
Limited to 32 players. FREE for Members & \$10 for guests (1 guest per member)
Sign-up on App or contact
Heather | HMcManus@dmbclubs.com

# Custom Bracelet Making workshop with Modern Moon

Saturday, August 28th | 1pm-3pm \$35 p.p. | Group Exercise room 1 Sign-up on App or contact Heather | HMcManus@dmbclubs.com

#### **Sedona Golf Outing at Seven Canyons**

Sunday, August 29th - Tee times starting @ noon \$107 per player | Register with Heather | HMcManus@dmbclubs.com





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# All Through August

- HOOPS Men's early morning Bball league FREE - Tuesdays & Thursdays | 5:15am-7am Heather | HMcManus@dmbclubs.com to be placed on confidential email list.
- Men's 40 & Older Basketball pickup games
   FREE Mondays & Thursdays | 4:30pm-6pm
   Heather | HMcManus@dmbclubs.com
- Village Fencing with Jim Barbour
   Classes & private lessons for times & rates
   Jim | JBarbour@dmbclubs.com
- Indoor Open Play Pickleball FREE

  Mon & Wed: 11am-2pm Starting on Aug 2nd.

  Sundays: 11am-1pm \*No Play on Sun. Aug 1st.

  Basketball court. Sign-up on App or

  Heather | HMcManus@dmbclubs.com

#### - Intro to Pickleball Class

Mon & Wed: - 2pm-3pm - Starts on Aug. 4th. Individual: \$50 | Semi-Private: \$60 3 or 4 participants: \$25 per player Must be registered 24 hrs in advance. Contact Heather | HMcManus@dmbclubs.com

# - Private Swim lessons for all ages

For instructors & rates contact Heather | HMcManus@dmbclubs.com

#### - Master Swim

FREE - Tuesdays 5:45am & 6pm Sign-up on App or contact Heather | HMcManus@dmbclubs.com

• Strengthen Your Deep Core & Pelvic Floor
9 Weeks Pilates Reformer Workshop with
Julie Poplawski | Tue. & Thu. 6:30pm-7:30pm
Marta | MMalloy@dmbclubs.com

#### - Strong 30

Mondays at 5pm \*FTR "with Jordan"
Tuesdays at 9:30am \*FTR " with Tracy"
Wednesdays at 5pm \*BBALL "with Jordan"
Thursdays at noon \*PC "with Mark"
Fridays at 5:30pm \*FTR "with Ted"
Sundays at 9:30pm \*FTR "with Ted"

\*FTR is Functional Training Room upstairs,
\*PC is Performance Center in between the
squash and racquetball courts and \*BBall is
basketball court

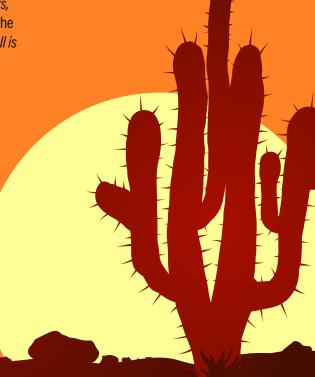
Sign-up on the Village App 25 hours in advance (Group Ex schedule)
Megan | MSmith@dmbclubs.com

#### - FIT 45 & FIT Boxing

Drop-in: \$18 per class
Mon. at 9:15am FIT45 \*PC "with Megan"
Tue. at 6:15am FIT45 \*FTR "with Megan"
Tue. at 4:45pm FIT45 \*FTR "with Megan"
Wed. at 6am FIT Boxing \*GX2 "with Mimi"
Thu. at 9:15am FIT45 \*PC "with Megan"
Thu. at 5:15pm FIT45 \*PC "with Megan"

\*FTR is Functional Training Room upstairs,
\*PC is Performance Center in between the
squash and racquetball courts and \*GX2 is
Group Exercise Room 2

Sign-up on the App under Fitness Programs Message Megan | MSmith@dmbclubs.com or 505-269-6271 & Mimi | 610.761.0057









#### **Youth Services**

#### Parents Day Out

Saturday, August 14th - 2pm-6pm \$30 per child Anita | ANocerino-Chase@dmbclubs.com

#### **Mermaid School**

Saturday, August 28th | 10am-11:30am Calling all Mermaids between the ages of 5-12 to the Village Pool for fun with lifeguard certified instructors and seaside crafts. Limited to 12 mermaids. Purchase your tail at Village Spa for \$69 to register.

#### Back to School Spa Special

Teen Clean Facial - \$65

Kids' Haircuts: \$25 | Ages: 10 & under

\$30 | Boys age: 11-18 \$50 | Girls age: 11-18

Call & Schedule Today: 602.553.4917

## All Through August!!!

#### **Village Vipers Swim Team**

Monday-Thursday practices 4:15pm-6pm Friday practice 4:45pm-6pm Coordinate child's swim assessment contact Heather | HMcManus@dmbclubs.com

# Private Swim lessons for all ages

Heather | HMcManus@dmbclubs.com

#### Jr. Basketball (ages: 6-16)

Private or small group lessons Elijah | EKnox@dmbclubs.com

#### Jr. Basketball Drop-In League

8-week League | Starts Aug. 14th - Oct. 2nd 1pm-2:30pm | \$240 - 8 weeks or \$35 drop-in Heather | HMcManus@dmbclubs.com

#### **Kids Fencing**

Private lessons & Classes - Ages: 7 and Up Jim | JBarbour@dmbclubs.com

#### Junior Certification FREE for kids on the membership

Wed's. Aug. 4th & 18th | 3pm-3:45pm Sat's. Aug. 14th & 28th | 9am-9:45am Sign-up at the welcome desk or contact Chris | CHorgen@dmbclubs.com

## **Kids Aquatics Classes**

8-week Sessions Starting August 2nd Register Now, Spots are Limited!

30 minute classes are offered Monday, Tuesday, Wednesday and Thursday

#### Swim Turtle School - 3:30pm

Ages 3 and older for kids that feel comfortable getting in and out of the water and this class will help them develop independence and confidence near water.

#### Swim Dolphin School - 4pm

Ages 3 and older This class is for swimmers who can comfortably and consistently swim the width of the rec pool and are ready for basic stroke instruction.

#### Swim Stroke School - 4:30pm & 5pm

Ages 5 and older Kids will learn the fundamentals of all four strokes with an emphasis on freestyle and backstroke. The swimmers will develop strength to swim the length of the lap pool. Graduates of this class will be invited to join the Village Vipers Swim Team.

#### **Price Options**

1 day/week: \$200 for 8 weeks 2 day/week: \$400 for 8 weeks 4 day/week: \$750 for 8 weeks \$30 per session drop-in rate

There will be a make-up week at the commencement of this program for any classes not attended during the 8-week session. Contact:

Heather | HMcManus@dmbclubs.com

