

August **CAMELBACK** EVENTS

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

August **CAMELBACK** EVENTS

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 | MAlloy@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

Kids **CAMELBACK** AUGUST EVENTS

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

