

How to keep your tootsies (and the rest of you)

Cool this summer

By Nichole Chivers

When Arizona heats up, beat the heat in these cool and family-friendly places.

**Alltel Ice Den
 Scottsdale
 (480) 585-7465
 www.coyotesice.com**

Home of the Phoenix Coyotes' Adult Hockey League, this 120,000-square-foot ice den is the perfect place to escape the hot summer months.

Skaters immediately feel the temperature drop as they enter the 53-degree ice rink, a refreshing burst of air from the dry heat outside.

The Alltel Ice Den offers daily public skating starting May 27 through the beginning of August.

Teen Request Live and Radio Disney are special skating nights every Friday and Saturday.

TRL is two hours of teen skating on Friday nights starting at 7:20 p.m. for \$8.

TRL includes free skate rental, DJ, laser show and prizes.

For a more family-oriented skate night, Radio Disney is

two hours of skating on Saturday nights at 6:15 p.m. for \$7.

Radio Disney includes free skate rental, a free small soda, door prizes and a live

Radio Disney DJ.

Before you hit the ice, improve or develop your skating skills with skate lessons at the Ice Den.

The U.S. Figure Skating

Basic Skills Program offers programs for ages 4 and 5, 6 and up, as well as pre-hockey and adult programs.

These programs feature 45-minute sessions, free skate rental, USFS liability insurance and a USFS sticker book/crest.

Once your legs get tired, relax outside the rink at the Chilly Bean Café and enjoy some tasty treats or freshly-brewed coffee.

For more games, food and fun, Peter Piper Pizza is the perfect place to grab a slice of pizza inside the Ice Den.

The Alltel Ice Den is also the newest location for the Scottsdale Platinum Mountainside Fitness.

Take some time to stretch your legs or enroll in a cycling class with an IMAX screen.

Contact Mountainside Fitness-Platinum at (480) 502-2096 for class information, pricing, membership, etc.

The Alltel Ice Den is the perfect place to cool down and escape the desert heat.

**Fountain Hills' Splash Park
 Fountain Hills
 Fountain Park**

Officially known as the Fountain Hills Rotary Centennial Splash Park, this hot spot attracts both children and parents for some watered-down fun in the sun.

Located in Fountain Park, the splash park has colorful creatures that squirt water and playground equipment for kids to climb on.

"It's a great place to bring the kids to play for the day," Tammy Brown, visiting from Gilbert, said.

Tammy saw the splash park on a visit to Fountain Hills last weekend and likes the location.

"It's 10 degrees cooler by the water, Tammy said, "We don't have a breeze like this in Gilbert."

Also visiting the splash park was Michelle Salee and her son Allan, 10, from Lake Havasu.

"This is beautiful scenery, it's not like the rest of the Valley, you can see the



Kids cool off at the Rotary Centennial Splash Park in Fountain Hills.

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mountains," Michelle said. Allan was soaking wet from the water and enjoyed the park because "I can get wet," he said.

The splash park is open from sunrise to sunset.

No pets allowed.

AZ on the Rocks Scottsdale
(480) 502-9777
www.azontherocks.com

Stay physically fit and active indoors at AZ on the Rocks' Summer Camp for 5 to 13-year-olds.

AZ on the Rocks is a full-service indoor climbing gym with a workout facility and complete climbing instruction.

Summer camp for kids is weekly from June 9th to August 8th and provides fun with physical activities.

Camp starts daily with climbing from 9 a.m. to 11 a.m.

All climbing levels are welcome and kids will improve as they climb.

"Every kid advances, they all get better," Annette Berk, part-owner and Director of Marketing, said.

Lunch is a kid-friendly, nutritious meal provided by Whole Foods after climbing.

After lunch, campers have open gym at American Elite from noon to 2 p.m.

When they return to AZ on the Rocks, campers have 30 minutes of yoga with Zenergy Yoga upstairs.

The final 30 minutes is devoted to hip-hop or athletic training from Enerjoy Fitness.

During camp, the staff to children ratio is 1 to 6 for 6-year-olds and older, and 1 to 5 for 5-year-olds.

Every Friday is Parent's Day so parents can join their children at camp and participate in the activities.

AZ on the Rocks also helps the surrounding community.

AZ on the Rocks gives 10 percent back to the Scottsdale Unified School District schools' whose enrolled students participate at summer camp.

"Last year we gave \$800 to the Scottsdale schools," she said.

F1 Race Factory Phoenix
(602) 302-7223
www.f1racefactory.com

Do you have a need for speed?

Spend the summer months racing indoors at the F1 Race Factory.

Indoor kart racing has become one of the Valley's hottest indoor sports.

Race around two 1/4 mile tracks behind the wheel of a European kart designed for speed over 45 mph.

This is the perfect adrenaline rush for family, friends and co-workers.

After a brief safety meeting for all participating F1 racers, full-body racing suits and helmets finish the professional racer look.

Racers complete 15 to 24 laps around the track for each race.

A maximum of ten karts race at a time.

The most popular racing format is random order and the first one to cross the finish line wins.

Also available is the pole position race format which includes a qualifying lap and then racing order based on individual track times.

For a team effort, the endurance race format is team versus team with pit stops and driver changes.

The most competitive format is the elimination race when each driver competes in one to three races with a final race among the top 10 best driver times.

When the race has finished, a special scoring system releases statistics for the fastest racer, fastest lap, best overall, etc.

After all the competition, unwind in the F1 Race Factory event lounge or the billiard's room.

A large arcade and rock wall provide additional entertainment.

McDowell Mountain Ranch Park and Aquatic Center Scottsdale

Just off Thompson Peak Parkway and Frank Lloyd Wright Boulevard, the McDowell Mountain Ranch Park and Aquatic Center has a variety of water attractions to stay cool in the Arizona sun.

A large-play pool is the center of attention with zero-depth entry, shallow water and water-play features.

The deepest part of the pool is four feet and includes basketball hoops for competition in the water. An interactive play pad provides instant fun and great visibility for parents.

To the right of the pool is a 600-foot lazy river with a circular path and a slow-moving

current. Rental tubes are provided so you can float along the river.

Make a splash as you exit the water slide, connected to the lazy river.

When you reach the end, take your tube to the top of the slide or continue to ride along the river.

On the opposite side of the lazy river is an eight-lane lap pool with a diving

well and four diving boards. Bring your own towel for the various lawn chairs surrounding all of the pools.

Inside the facility are complete men, women and family-locker rooms.

A fitness center with weights and cardio can be accessed for \$2 (resident) or \$3 (non-resident).

Admission to the Aquatic Center is both resident and non-resident based prices.

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