



**Ahwatukee Foothills Family YMCA #08**

1030 E. Liberty Lane  
Phoenix, AZ 85048  
Main Line: 480-759-6762  
Fax: 480-759-6010

Fitness Center

- Cardio Equipment
  - Strength-Training Equipment
- Circuit Training Outdoor Pools
- Warm-Water Lap Pool
  - Warm-Water Aerobics Pool

Gymnasium  
Group Fitness  
Rock Climbing Wall  
Amazing Kids Child Watch  
Teen & Technology Center  
Family Adventure Room  
Locker Rooms  
Family Changing Area  
Youth Fitness Room/Equipment

**SERVICES:**

Preschool Care  
Before & After-School Care  
Personal Training  
Fitness Assessments  
Educational Workshops

**HOURS:**

Monday – Thursday: 5 am – 10 pm  
Friday: 5 am – 9 pm  
Saturday: 6:30 am – 7 pm  
Sunday: 7 am -5 pm



**Chandler/Gilbert Family YMCA #16**

1655 W. Frye Road  
Chandler, AZ 85224  
Main Line: 480-899-9622  
Fax: 480-899-5883

Fitness Center

- Cardio Equipment
  - Strength-Training Equipment
- Circuit Center  
Outdoor Warm-Water Pool  
Gymnasium

Group Fitness  
Cycling Studio  
Teen & Technology Center  
Snack Bar  
Amazing Kids Child Watch  
Outdoor Play Area  
Locker Rooms  
Family Changing Area

**SERVICES:**

Preschool Care  
Before & After-School Care  
Personal Training  
Sports Therapy  
Summer Day Camp  
Kids Sports  
Fitness Assessments  
Educational Workshops

**HOURS:**

Monday – Thursday: 5:00 am – 10 pm  
Friday: 5:00 am – 9:30 pm  
Saturday: 7 am – 6 pm  
Sunday: 11 am -4 pm



**Copper Basin Family YMCA #28**

28300 N. Main Street  
San Tan Valley, AZ 85143  
Main Line: 480-882-2242  
Fax: 480-882-3051

Fitness Center

- Cardio Training Equipment
- Strength-Training Equipment

Circuit Training

Outdoor Warm-Water Pool

Amazing Kids Child Watch

Group Fitness

Adventure Room for Kids

Teen & Technology Center

Teen Weights

Teen Circuit

Rock Climbing Wall

Locker Rooms

Family Locker Room

**SERVICES:**

Personal Training

Before & After-School Care

Fitness Assessments

Educational Workshops

**HOURS:**

Monday – Thursday: 5 am – 9 pm

Friday: 5 am – 7 pm

Saturday: 8 am – 6 pm

Sunday: 12 pm -5 pm



**Desert Foothills Family YMCA #20**

34250 N. 60th St., Building C,  
Scottsdale, AZ 85266  
Main Line: 480-596-9622  
Fax: 602-212-6295

Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Circuit Training

Outdoor Pool

- Family Warm-Water
- Adventure Pool

- Warm-Water Spa Pool

- Warm-Water Competitive Lap Pool

Gymnasium

Racquetball Courts

Group Fitness

Rock Climbing Wall

Amazing Kids Child Watch

- Outdoor Play Area

Teen & Technology Center

- Recording Studio

Locker Rooms

Family Changing Area

Youth Fitness Room/Equipment

**SERVICES:**

Personal Training

Fitness Assessments

Educational Workshops

**HOURS:**

Monday – Thursday: 5 am – 9 pm

Friday: 5 am – 8 pm

Saturday: 7 am – 6 pm

Sunday: 8 am -5 pm



## YMCA LOCATIONS

**WORKING**  
**ON WELLNESS**  
TOGETHER  
WITH THE **YMCA**



### **Flagstaff Family YMCA #23**

1001 N Turquoise Rd  
Flagstaff, AZ 86001  
Main Line: 928-556-9622  
Fax: 928-556-8625

#### Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Circuit Training

Gymnasium

Group Fitness

Rock Climbing Wall

Amazing Kids Child Watch

Outdoor Play Area

Teen Center

College Resource Center

Locker Rooms

#### **SERVICES:**

Preschool Care

After School Care

Personal Training

Fitness Assessments

Educational Workshops

#### **HOURS:**

Monday – Friday: 5 am – 9:30 pm

Saturday: 6:30 am – 7 pm

Sunday: 12 pm -6 pm



### **Glendale/Peoria Family YMCA #15**

14711 N. 59th Avenue  
Glendale, AZ 85306  
Main Line: 602-588-9622  
Fax: 602-212-5202

#### Fitness Center

- Cardiovascular Equipment
- Strength-Training Equipment

Circuit Training

Outdoor Warm-Water Pool

Gymnasium

Group Fitness

Amazing Kids Child Watch

Locker Rooms

Family Changing Rooms

Kid Zone Ages 7-14 years old

#### **SERVICES:**

Before & After-School Care

Personal Training

Preschool

Massage & Chiropractic Therapy

Fitness Assessments

Educational Workshops

#### **HOURS:**

Monday – Thursday: 5:30 am – 9 pm

Friday: 5:30 am – 8 pm

Saturday: 7 am – 5 pm

Sunday: 9 am -2 pm



## YMCA LOCATIONS

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### **Lincoln Family Downtown YMCA #05**

350 N. 1st Avenue  
Phoenix, AZ 85003  
Main Line: 602-257-5138  
Fax: 602-257-5136

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#### Fitness Centers

- Cardio Equipment
- Strength-Training Equipment
- Weight Room Youth & Family Fitness Room

Indoor Heated Pool

Gymnasium

Group Fitness

Cycling Studio

Racquetball Courts

Amazing Kids Child Watch

Outdoor Playground

Teen Center

i-Learn Computer Room

Café

Locker Rooms

Whirlpool Spa

#### **SERVICES:**

Personal Training

Massage & Chiropractic Therapy

Fitness Assessments

Educational Workshops

#### **HOURS:**

Monday – Friday: 5 am – 11 pm

Saturday: 7 am – 9 pm

Sunday: 9 am -9 pm



### **Legacy Foundation Chris-Town Family YMCA #09**

5517 N. 17th Avenue  
Phoenix, AZ 85015  
Main Line: 602-242-7717  
Fax: 602-242-6791

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#### Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Racquet Ball Courts

Warm Water Lap Pool

Gymnasium

Amazing Kids Child Watch

Sports Field

Group Fitness

Cycling Studio

Teen & Technology Center

Lockers Rooms

#### **SERVICES:**

Before & After-School Care

Personal Training

Massage & Chiropractic Therapy

Medical & Dental Clinic

Fitness Assessments

Educational Workshops

#### **HOURS:**

Monday – Thursday: 5 am – 10 pm

Friday: 5 am – 8 pm

Saturday: 6:30 am – 4 pm

Sunday: 9 am -4 pm



**Maryvale Family YMCA Mike and Cindy Watts Branch #27**

**Community Initiatives**

3825 N. 67th Avenue  
Phoenix, AZ 85033  
Main Line: 623-873-9622  
Fax: 602-212-6164

Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Ladies Only Fitness Room  
Youth Fitness Equipment  
Outdoor Warm-Water Pool  
Gymnasium  
Group Fitness  
Amazing Kids Child Watch  
Teen & Technology Center  
Locker Rooms  
Family Changing Area  
Kids Zone Area

**SERVICES:**

Preschool Care  
Personal Training  
Fitness Assessments  
Educational Workshops

**HOURS:**

Monday – Thursday: 5:30 am – 9 pm  
Friday: 5:30 am – 7pm  
Saturday: 8 am – 5 pm  
Sunday: Closed



**Mesa Family YMCA #14**

207 N. Mesa Drive  
Mesa, AZ 85201  
Main Line: 480-969-8166  
Fax: 480-962-8181

Fitness Center

- Cardio Training Equipment
- Strength-Training Equipment

Youth Fitness Center  
Gymnasium  
Outdoor Warm-Water Pool  
Amazing Kids Child Watch  
Group Fitness  
Teen & Technology Center  
Rock Climbing Wall  
Racquetball Courts  
Outdoor Track & Field  
Locker Rooms

**SERVICES:**

Personal Training  
Wellness Lectures  
Medical Screenings  
Fitness Assessments  
Educational Workshops

**HOURS:**

Monday – Thursday: 5:30 am – 10 pm  
Friday: 5:30 am – 8 pm  
Saturday: 7 am – 5 pm  
Sunday: 12- 5 pm



## YMCA LOCATIONS

**WORKING**  
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### **Ross Farnsworth-East Valley YMCA #13**

1807 S. Sunview  
Mesa, AZ 85206  
Main Line: 480-649-9622  
Fax: 602-212-6340

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#### Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Circuit Training

Outdoor Pool

- Family Warm-Water Adventure Pool
- Warm-Water Competitive Lap Pool

Co-ed Jacuzzi

Gymnasium

Rock Climbing Wall

Group Fitness

Amazing Kids Child Watch

Outdoor Play Area

Teen & Technology Center

Locker Rooms

Family Changing Area

#### **SERVICES:**

Personal Training

Summer Camps

Fall Break

Holiday Camp

Fitness Assessments

Educational Workshops

#### **HOURS:**

Monday – Friday: 5:30 am – 9 pm

Saturday: 7 am – 6 pm

Sunday: 10 am – 3 pm



### **Scottsdale/PV Family YMCA Virginia G. Piper Branch #11**

6869 E. Shea Boulevard  
Scottsdale, AZ 85254  
Main Line: 480-951-9622  
Fax: 480-951-9663

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#### Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Circuit Training

Youth Fitness Center

Outdoor Heated Pool

Gymnasium

Group Fitness

Amazing Kids Child Watch

Teen & Technology Centers

Racquetball Courts

Locker Rooms

#### **SERVICES:**

Preschool Care

Before & After-School Care

Personal Training

Fitness Assessments

Educational Workshops

#### **HOURS:**

Monday – Friday: 5 am – 9 pm

Saturday: 7 am – 6 pm

Sunday: 8 am – 4 pm



**Southwest Valley Family YMCA #26**

2919 N. Litchfield Road  
Goodyear, AZ 85395  
Main Line: 623-935-5193  
Fax: 623-536-0593

Fitness Center

- Cardio Equipment
  - Strength-Training Equipment
- Circuit Training Pools
- Warm-Water Olympic Pool
  - Warm-Water Recreation Pool
  - with 3-story water slide

Group Fitness

Cycling Room

Rock Climbing Wall

Amazing Kids Child Watch

Teen & Technology Center

Locker Rooms

Family Changing Area

**SERVICES:**

Preschool Care

Before & After-School Care

Personal Training

Kids Sports

U.S. Competitive Swim Team

Fitness Assessments

Educational Workshops

**HOURS:**

Monday – Thursday: 5 am – 9 pm

Friday: 5 am – 8 pm

Saturday Noon – 4 pm



**Tempe Family YMCA #07**

7070 S. Rural Road  
Tempe, AZ 85283  
Main Line: 480-730-0240  
Fax: 480-730-0265

Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Circuit Training

Outdoor Warm-Water Pool

Whirlpool

Gymnasium

Group Fitness

Cycling Room

Amazing Kids Child Watch

Outdoor Play Area

Teen & Technology Center

Racquetball Courts

Locker Rooms

Family Changing Area

**SERVICES:**

Before & After-School Care

Personal Training

Fitness Assessments

Educational Workshops

**HOURS:**

Monday – Thursday: 5 am – 10 pm

Friday: 5 am – 9 pm

Saturday: 7 am – 7 pm

Sunday: 9 am – 1 pm



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### **Yuma Family YMCA #24**

1917 W 32<sup>nd</sup> Street  
Yuma, AZ 85364  
Main Line: 928-317-0522  
Fax: 928-726-5476

#### Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Aerobics studio

Cycle studio

Multi-purpose room

Circuit Training

Amazing Kids Child Watch

Teen Center

Outdoor Playground

Locker Rooms

#### **SERVICES**

Preschool Care

Before & After School Care

Personal Training

#### **HOURS:**

Monday – Thursday: 5 am – 10 pm

Friday: 5 am – 8 pm

Saturday: 8 am – 4 pm

Sunday: 9 am – 2 pm



### **Chauncey Ranch**

**(also home of) High Desert Hunt Club & the Stone House**

3027 Old Sycamore Road  
Mayer, AZ 86333  
Main Line: 928-632-7704  
Fax: 928-632-4418

- Many different horse camps
- Ring Riding
- High Ropes
- Archery
- Rock Climbing
- Canoeing
- Swimming
- Paint Ball
- Arts & Crafts and much more



### **Sky Y Camp**

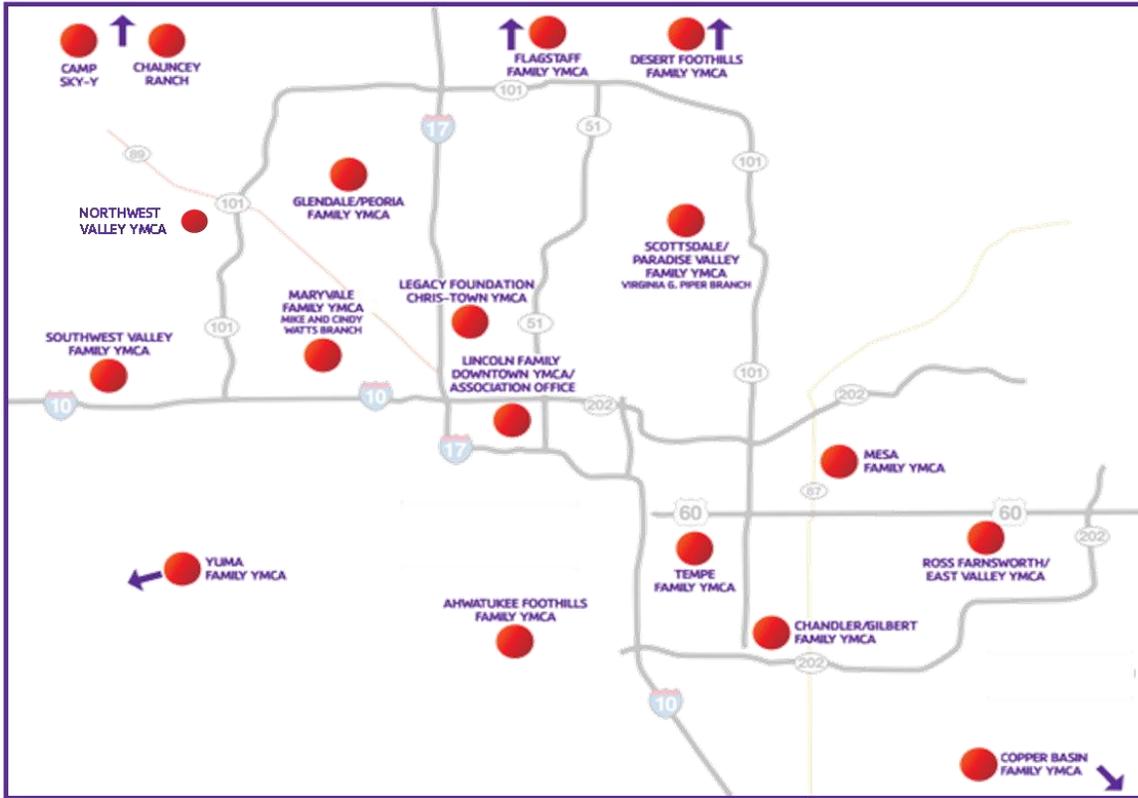
5725 S. Senator Highway  
Prescott, AZ 86303  
Main Line: 800-660-1385  
Fax: 928-445-1908

- Climbing Tower
- High Ropes
- Giant Swing
- Mountain Biking
- Diggler Mountain Scooters
- Sports
- Mountain Boards
- Arts & Crafts
- Paint Ball
- Swimming
- Ceramics
- Canoeing
- Archery and more!



# YMCA LOCATIONS

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### OPENED JUNE 1ST 2014:



#### Northwest Valley YMCA

12450 W. Cinnabar Ave.  
El Mirage, AZ 85335  
602-688-5335

#### Fitness Center

- Cardio Equipment
- Strength-Training Equipment

Circuit Training

Outdoor Warm-Water Pool

Whirlpool

Gymnasium

Group Fitness

Cycling Room

Amazing Kids Child Watch

Outdoor Play Area

Teen & Technology Center

Locker Rooms

Family Changing Area

#### SERVICES:

Before & After-School Care

Personal Training

Fitness Assessments

Educational Workshops

#### HOURS:

Monday – Thursday: 6 am – 9 pm

Friday: 6 am – 8 pm

Saturday: 8 am – 5 pm

Sunday: 12 pm – 4 pm

#### VALLEY OF THE SUN YMCA

350 N. 1st Avenue, Phoenix, AZ 85003

Main Line: 602-257-5120

Fax: 602-257-5136

[www.valleymca.org](http://www.valleymca.org)