

SUN VIEWS

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2024 Budget Process Underway

The current RCSC Board of Directors is committed to making financial decisions based on data with robust input from committee participants and full disclosure to the membership by the Members. To achieve this goal, several changes have been implemented as the 2024 budget process evolves.

The Finance & Budget Committee volunteered to work through the summer in partnership with management to develop a budget which addresses many of the issues our organization faces including inflation, employee turnover, aging facilities, the PIF and the carry forward. The committee and management have held bi-weekly meetings (every other Wednesday) to model the five-year financial impact of different scenarios. In addition, a simpler and more comprehensive reporting system is being developed to provide Members with a clearer understanding of RCSC finances.

An "RCSC Budget & Financing 101" tutorial is being developed to help interested Members who want a better understanding of RCSC finances and how the budget process works. In addition, planning is underway to host Member-led town hall meetings this fall to explain the proposed 2024 budget before it is voted on by the Board. There will also be discussions with Members regarding what is hoped to be the newly adopted RCSC Mission, Vision and Value statement.

It is anticipated that this work will result in better and more transparent financial decisions that can be presented in a clear and concise manner to the Members. Naturally, not everyone will agree with every decision; however, by ensuring that everyone understands the process and knows the facts it should help all to understand the decisions being made.

Here are the budget meetings currently scheduled that RCSC Members are encouraged to attend:

Remaining 2024 Budget Discussion Meetings

Wednesday, August 30 - 1pm in Lakeview Board Room
Wednesday, September 20 - 1pm in Lakeview Board Room

Finance & Budget Committee

Monday, October 16 at 1pm - Lakeview Board Room
Recommending budget for approval to Board of Directors

RCSC Board of Directors Meetings

First Reading of Budget Motion
Thursday, October 26 at 9am - Sundial Auditorium
Second Reading of Budget Motion
Thursday, November 16 at 9am - Sundial Auditorium

We are excited to implement these changes as we work to continue improving the budget process. Additional information will be released as the 2024 budget formation continues. Members can also find upcoming meeting details online at <https://suncityaz.org/rcsc/board-and-committee-meetings/> or in the Your Sun City AZ Week email blasts sent each Sunday.

VOTE

2023

RCSC Board of Directors Election

Monday, November 6 (Online Voting Starts)
to Tuesday, December 12, 2023

Interested in running for the Board of Directors?
There's still time to get in the race!

Candidate Packets are available at the Lakeview Center Corporate Office (lower level) and completed packets must be returned by noon on Friday, October 6, 2023. For more information, contact the Board Office at 623-561-4620. Qualifications to run for a position on the Board can be found in the RCSC Corporate Bylaws online at: <https://suncityaz.org/corporate-bylaws/> - Article VII; Section 4.

Stay in the loop!
Get RCSC News Alert
Emails, sign up at:
www.suncityaz.org

Email addresses
remain confidential

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Sun City Visitors Center Hours @ Bell

- Monday: 8:30am - 4pm
- Tuesday: 8:30am - 6pm
- Wednesday-Friday: 8:30am-4pm

Back to Winter Hours at LV, MV & OM

RCSC Office Closures on Labor Day

All RCSC Offices at Lakeview Center (Corporate, Human Resources, Cardholder Services and Chartered Clubs), will be closed on Monday, September 4, 2023 in observance of Labor Day. The Events & Entertainment Office at Sundial and the Sun City AZ Visitors Center at Bell will also be closed.

Cardholder Services will also be closed on the first Saturday (September 2) due to the holiday but will be open on Saturday, September 9 from 9am to noon for those needing weekend service.

All Recreation Centers (fitness, pools, spas) and Sun City AZ Golf Courses and Bowling Centers will be open over the Labor Day weekend with normal operating hours for Cardholder use.

Summer hours end at Mountain View, Oakmont and Lakeview after Labor Day, returning to winter hours - Sundays from 8am to 7pm; and Monday through Saturday from 6am to 7pm.

Bell and Marinette will continue with the pilot program of Summer Sunday Hours as follows through September 24, 2023:

- Bell Center open on Sundays from 5-8am for Fitness & Pools/Spa Only; All other activities at Bell on Sundays 8am-8pm
- Marinette Center open on Sundays 6am-8pm includes all activities.

Connect with Sun City AZ





2023 RCSC Board of Directors

Phone: 623-561-4620
email: boardoffice@suncityaz.org

Kat Fimmel, President
email: kfimmel@suncityaz.org

Karen McAdam, Vice President
email: kmcadam@suncityaz.org

John Fast, Treasurer
email: jfast@suncityaz.org

Jean Totten, Secretary
jtotten@suncityaz.org

Steve Collins, Director
email: scollins@suncityaz.org

Jeff Darbut, Director
email: jdarbut@suncityaz.org

Denny Nichols, Director
email: dnichols@suncityaz.org

John Nowakowski, Director
email: jnowakowski@suncityaz.org

Jim Rough, Director
email: jrough@suncityaz.org

A Message from Board Director John Nowakowski

A Retirement Golf Community - That's Sun City AZ

Throughout our history, golf has been the image and vision that has kept this Community in the spotlight within our little corner of the world. Wow – that has been our emphasis for many, many years.

How did it begin? In 1975, the Del Webb Corp agreed to give the RCSC title to seven golf courses and Viewpoint Lake in 1977. Quail Run (RCSC's 8th course) came later in 1978. What were the original conditions of exchange for this transaction? There were several:

1. Del Webb agreed to loan RCSC up to \$50,000 as operation capital for 6 months.
2. Revenues for Members and Guests for should equal or greater than expenses.
3. Del Webb will not issue any non-resident golf memberships after 1977.
4. Del Webb Corp could invite outside home purchasing prospects to golf at RCSC facilities as a marketing tool.



John Nowakowski
2023 RCSC Board Director

That's how this all started. As time went on, RCSC expanded on what was originally conceived by the Del Webb Corp. Today, the image of a RETIREMENT GOLF COMMUNITY is alive and well, and the successful model has been copied, and has morphed, changed, improved and been expanded upon by others all over the nation.

For us, in the ORIGINAL SUN CITY, what is the cost of this image? Have we investigated the data upon which we base this image? Of course, the Budget is looked at and passed each year. For the last few years, the RCSC has based its data metric on Rounds Played, and it's impressive. From January through June 2023, our

courses had 206,520 rounds of play. Approximately 82% of our rounds are 18-hole play on our courses. For our full 18-hole play, Annual Pass Holder, we have 100,000, (92,000 resident, 8,000 non-resident) rounds played. Resident Daily, Guest, and Public walk-ons combines to another 65,000 plays.

Golf does generate funds for the RCSC from that action. Income for the first 6-month period of 2023 was \$1.6 Million from Annual Pass holders, and an additional \$2.3 Million from additional daily plays. Annual Pass holders have 61% use of the course, while providing 39% of the revenue. Conversely, the daily use players provide 61% of the income with 39% of course use. For many years, RCSC has created an image of inexpensive golf as its focus.

There have been many ideas on how to "fix" the issue. For now, I would like to propose the following:

1. Annual Non-resident Pass be eliminated.
2. Resident Annual Pass be a Fixed Fee plus Round Surcharge only and fees cover at least 50% of the expenses.
3. All fees should be increased to a level competitive with those charged at surrounding facilities.
4. For the months of November & December 2023, our Small Groups Category included in the Annual Passes agree to include all courses in their rotation and not start before 10am.

The Management Team has also proposed that Tournament Play be limited to Saturday and Sunday. These changes will hopefully get us a little closer to the Del Webb vision of golf being a resident first amenity for Sun City.

UPDATE: Strategic Alternatives Committee

The SAC will be making recommendations to the Board in late September and will be conducting town hall meetings later this fall to further apprise members of their findings and recommendations.



"Neighbors Helping Neighbors"

The next Sun City Foundation meeting will be held on Thursday, September 14, 2023 at 11:00am in the Lakeview Board Room.

This Month @ The Board

RCSC Board of Directors Meetings

Member/Board Exchange	Monday, September 11, 2023 @ 9am	Sundial Auditorium
Board of Directors Meeting	Thursday, September 28, 2023 @ 9am	Sundial Auditorium

Committee Meetings:

Long Range Planning Committee	Tuesday, September 5, 2023 @ 8:30am	Lakeview Board Room
Bowling Committee	Thursday, September 7, 2023 @ 9am	Lakeview Board Room
Strategic Alternatives Committee (SAC)	Friday, September 1, 2023 @ 2pm ** ** Meets weekly - September 1, 8, 15	Grand Sonoran Room
Sun City AZ in Focus Committee	Monday, September 11, 2023 @ 4pm	Lakeview Board Room
Lawn Bowling Committee	Tuesday, September 12, 2023 @ 1pm	Lakeview Board Room
Club Organization Committee (COC)	Wednesday, September 13, 2023 @ 10am	Lakeview Board Room
Technology Committee	Wednesday, September 13, 2023 @ 4pm	Lakeview Board Room
Long Range Planning Committee	Tuesday, September 19, 2023 @ 8:30am	Lakeview Board Room
Golf Advisory Committee	Thursday, September 21, 2023 @ 8:30am	Lakeview Social Hall #2

The following committee(s) do not have meetings scheduled this month: Finance & Budget, Insurance, Properties



2023 Fall Sun Bowl Sunday Concerts

Free for RCSC Members/Cardholders/Escorted Guests

** RCSC Member/Privilege Card with Photo required for entry **

Located on 107th just south of Peoria Avenue



Bring your Lawn Chair or Blanket • Food Trucks Arrive 1-1/2 hours before show

Rain Location @ Sundial | 103rd & Boswell • Relocation Information Message: 623-972-6014



ReBoot The Band
September 24, 2023
6:30pm

We'll kick off the Fall Sun Bowl concert series with a little bit of country as

we bring Reboot The Band to the stage – certain to have the audience hootin' and the dance floor scootin' with stompin' good tunes as we get "Sunday Fun" back on the calendar. Yee-haw!



60's Forever
October 1, 2023
6pm

Put your hands together as we welcome back Arizona's #1 60's Tribute Band to Sun

City! From The Animals and The Beatles to Van Morrison and Wilson Pickett, you're in for an evening that's Born to be Wild until it's time for Wipe Out. We promise - you'll know all the words to all the songs!



The 8-Tracks
October 8, 2023
6pm

Let's rock 'n roll the night away as we travel back in time through the 1950s, 60s and 70s singing and swinging

to the songs you loved as performed by this always a good time local favorite band. Be ready for an evening of non-stop fun, fun, fun!



Great Entertainment Right
Here in Sun City AZ
then...and now!



The Hamptons
October 15, 2023
6pm

Get ready to welcome back The Hamp-
tons – voted Arizona's #1 live band.
Smooth moves and great rhythms
guarantee a performance that is cer-
tain to please everyone. This is a show
you won't want to miss!



Johnny K & Kompany
October 22, 2023
6pm

Hey, hey, hey! Nobody puts
on a show quite like Johnny

K! You're in for an evening of rockin' good times and super harmo-
nies with plenty of great hits from the 1950s to 1960s. Keep on
dancin' and romancin' all night long!



Doo Wah Riders
October 29
6pm

Add a bit of fiddle
to the fun when The
Doo-Wah Riders
bring their unique

brand of country-cajun croonin' good time to the Sun Bowl that
will keep your toes tappin' and your fingers snappin'! Ooh-la-la and
mi o mio, get ready for some fun on the bayou!

**Veterans Day Tribute with the Ahwatukee Foothills
Concert Band and Youth Chorus Members**
November 5, 2023 at 4pm

Join us in paying tribute to our servicemen and women who fought for
our freedom with an exciting performance by the Ahwatukee Foothills
Concert Band and the Youth Chorus Members. NOTE: Early Show Time
and No Food Trucks at this event.

Thank you for your service!



God bless America!

SUN CITY ARIZONA

RCSC Corporate Office

Lakeview Center

10626 W. Thunderbird Blvd.

623-561-4600

Hours: Monday - Friday 7:30am to 4pm

www.suncityaz.org

Cardholder Services Office

Lakeview Center • 623-561-4603

Hours: Monday - Friday 8:30am to 4pm

1st Saturday each month: 9am to noon

Chartered Clubs Office

Lakeview Center • 623-561-4660

Hours: Monday - Friday 8:30am to 4pm

Events & Entertainment Office

Sundial Center • 623-561-4680

14801 N. 103rd Ave.

Hours: Monday - Friday 8am to 4pm

Recreation Centers

Bell Center: 623-876-3040

16820 N. 99th Ave.

Fairway Center: 623-876-3044

10600 W. Peoria Ave.

Grand Center

10415 W. Grand Ave.

Lakeview Center: 623-561-4675

10626 W. Thunderbird Blvd.

Marinette Center: 623-876-3054

9860 W. Union Hills Dr.

Mt. View Center: 623-876-3042

9749 N. 107th Ave.

Oakmont Center: 623-876-3046

10725 W. Oakmont Dr.

Sundial Center: 623-876-3048

14801 N. 103rd Ave.

Sun Bowl Amphitheatre

10220 N. 107th Ave.

(weather recording)

623-972-6014

Softball Field

10220 N. 107th Ave.

Duffeeland Dog Park

14610 N. Del Webb Blvd.

Sun City Visitors Center

1-844-4 SUN CITY or 623-977-5000

Located in the Bell Center at

16824 N. 99th Ave.

Club Directory																									
Art and Craft Clubs		Stitchers: BC 612-834-4579 2019bellstitchers@gmail.com		M-F 9a-3p - Summer Hours thru Sept		Friday Night Social Dance: SD 623-810-8214 www.suncityaz.org/recreation/clubs/friday-night-social-dance-club/ Line Dance: SD 623-972-5127; 231-557-6555 suncitylinedanceclub.facebook Special Dance Sa 9/30, 1:30-4:30p SD Aud Rockin' Thru The Years: SD 602-695-0209; 360-434-0156 Squares: BC 623-694-7194 jr3me@yahoo.com Sun City Poms: MC 602-392-4242 EMAIL scpoms@yahoo.com for more info including classes, schedules Tip-Top Dancers: MC 716-445-7383 tiptopdance@gmail.com FMI on Classes, etc. visit: tiptopdancerss		F 7-9:30p SD Aud; Lesson 6:15p \$5/members; \$10/guests; No jeans, shorts, etc. Tu & Th: 10a-1p; SD Aud Relocated to FW Th 9/28 2nd, 4th & 5th Sa: 6:30-10p; SD Aud Halloween Party Sa 10/28 Closed for Summer		Hobby Clubs Birding Club of Sun City: FW locascio2000@hotmail.com Text to 602-612-7459 Duffieldand Dog Park: Talisman 602-339-8271; cletisagy@gmail.com Garden: GR 623-875-5921 Office M W F 9a-12p Greenhouse M-Su per facility hours Mem Mtg 1st Tu 8:30a SD ED FMI visit suncitymodelrailroadclub.com		Fairway Readers: FW 623-231-5714 maureenopper@gmail.com Hospitality Club: MC 623-974-5615 Illinois Club: FW 775-722-1169 List of activities at https://suncityaz.org/recreation/clubs/illinois-club/ LGBT of Sun City: OM Aud lgbtclubofsuncity@gmail.com Men's: SD 623-977-5116 Michigan Friends in Sun City michigan2arizonaclub@gmail.com Call or text 623-910-1522 to RSVP for Eu New England: LV 623-215-3637; 802-233-3721 NextGen: SD FMI go to: www.NextGenSC.org or email NewMembers@NextGenSC.org Singles Social Club: FW 602-769-3634 https://suncityaz.org/recreation/clubs/ Sun City Frat Club FMI donnalynn1107@aol.com 623-628-4401 Wisconsin Club: SB 920-265-8433 or 608-852-4227 Women's Social: LV 623-826-8900; 509-994-2027		2nd F 1-2:30p FW AZ #1 Books can be reserved in advance at FW Library w/ MCLD Card Sat 11a-5p Friendship Corner - Cards/Games Social Mtg 4th Th 6:30pm FW AZ #3 Meet 2nd Th & 4th W 6pm OM Aud M-Sa 7a-4p; Poker M 4-9p; Bingo resumes Th 9/7, SD Aud Doors open 4p; Play at 6:15p 3rd W 4-6p BC MPR Last Monday 3-5p Euchere/Cards BC MPR M 10/16 New Member Open House 6:30p SD Sun City's active social club open to all RCSC Members/Cardholders 1st F Potluck 6-9p FW AZ 3-4 3rd F Game Night 6-9p FW AZ 3-4 2nd W 10:30a-1:30p Games LV SH 1-2 4th Th 4:30-8p Potluck & Games LV SH 1-2 Save the Date! Next Picnic 3/14/2024 To volunteer, call Linda 715-308-9964 or email mcintyre.linda47@gmail.com M-Su 9:30a-4:30p W 6-8p - Game Instruction Night W 9/22, 12p General Member Meeting Bunco 1st, 3rd Fri 5:30-8p, \$3 at door		Racquetball: BC New club; details coming soon! Shuffleboard Ball: BC 612-471-7045 Shuffleboard Outdoor: LV 408-427-2056 Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 Website: suncitysb.org Archery M-W Sa 9-11a, Tu 6-8p Mem Mtg 3rd Th 8-9a GR Sonoran Room Sun City Yacht Club: LV 360-566-7076/206-802-8622 Swim Club-Masters: BC 406-546-9776 M/W 2:30-4p Yoga for Swim Club BC Aerobics RM Swim Lessons: 480-467-8966 W 8:30-10a LV Table Tennis: BC 602-291-5369; 847-421-5211 M 9a-3p; T 9a-12p; W F 9a-4p; Sa 10a-12p									
Artists by the Lake: LV 402-304-2908 Artistic Stained Glass: BC 623-974-4765 Artistic Weavers & Fiber Artists: OM oakmontawfa@gmail.com Calligraphy: SD 520-709-9745 Camera Guild: GR cameraguildsuncity.com Carvers: LV 847-287-1005 sccarversaz@gmail.com Ceramics & Porcelain: FW 623-972-5818; 217-710-9023 Ceramics: BC 623-974-6750 China Painting: OM 714-684-4286; FMI sccpc1@gmail.com Clay Club: GR 623-933-0899 Clay Corner: MC 623-273-6917 ClayCornerMarinette.org		M-F 9a-4p; Classes & Open Painting Mem Mtg 12p 1st Tu LV SH 1 M-Sa 8a-3p; M-Th 5-8p M-F 9a-12p T-Th 9a-12p; Member Mtg: 1st Sat 9:30-11a GR Sonoran Rm FMI visit http://www.cameraguildsuncity.com/ Tu, Th, Sa 8a-12p LV Rm 213 Gourd Art, Model Construction, Wood Carving https://suncityaz.org/recreation/clubs/sun-city-carvers/ M-F 9a-3p; Sa 9a-1p Mem Mtg 1st Mon 9a M-F 9a-3p, Sa 9a-12p Mem Mtg 2nd F 9a M-F 9a-12p		Woodworking: BC 623-974-6058 Woodworking: FW 623-9724385 Woodworking: LV 623-933-2355		M-W 8a-8p; Th-F 8a-4p; Sa-Su 8a-12p Summer Hours: M Th F 8a-12p; Tu-W 8a-4p M-F 8a-2p; Sa 8a-12p		Card and Game Clubs 500: FW 815-909-6422 Robin Bunco Broncos: FW 623-293-1019 Canasta: OM 480-886-9750 Cribbage: LV 480-221-8953 Euchre: FW 623-693-2881; 623-533-5705 Hand & Foot Club: LV 623-680-8276; 972-838-7512		Mon 6-9:30p FW AZ Rm 3-4 2nd & 4th M 12-3:30p FW AZ Rm 1-2 F 10a-3p OM Aud Doors open 9:30a; Dues \$5/Yr + \$1/week to play Tu 1-4p; W 6-8:30p; F 6-8:30p LV SH3 Tu 6:15-9:30p FW AZ 2-4; Doors open 5:15p Th 1-4p LV SH #3; Doors open 12.15p W 6-9:30p LV SH 1-2; Arrive 5:15-5:50p, Play begins at 6p		Educational Clubs Apple Macintosh: SD 623-933-5300 Visit sunmacsclub.com for updates Computer Club: FW 623-933-8953 www.azccsc.com Life Long Learning: FW scazlifelong@gmail.com Text to 602-330-6371 Spanish Club: FW SunCitySpanishClub@gmail.com		Club Closed thru 9/18 then Tu & Th 8:30-10:30a M 7:30a-12:30p MC Aud; Tu 3-5p MC Aud Th 7:30a-12:30p MC Aud No Session 9/4 Beg Pom Classes start T 9/12, 1-2p MC Aud M 8-10a MC SH, 1-3p MC Aud; Tu 8-11a MC SH; W 8a-12p, 4-7p MC SH Th 8-11a MC SH, 3-4 MC Aud; F 8-11:20a MC SH		Stamp Club: MC 602-329-8905 Vintage Vehicles: GR 602-609-0973 https://www.vintagevehiclesofsuncity.com/ Sun Cities Community Orchestra: FW 623-582-9964 Choraliers: MV Partnered with the Sun City Players Concert Band: FW 602-625-5211		Mtg/Auction 1st M, 7-9p MC SH Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p Potluck Last Tu 5-9p, GR Shop W 8:30a-12p FW Music Room		Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg					
Crafts: BC 623-974-3497 Crafts: SD 503-884-5332 sundialcraftclub@gmail.com Handweavers & Spinners: SD schandweaversandspinnners@gmail.com Jewelry, Stained Glass & More: GR 262-993-4873; 623-322-4595 Knitters: FW 602-469-2505 Lapidary: BC 775-351-8721 Leathercraft: LV 480-276-7583; larryvroom@cox.net Metal: BC 623-974-8206 bellmetalclub@gmail.com Palo Verde Artist: SD 262-323-1188 resident@paloverdeartists.com Quilters on Grand 970-261-1798 Sew-n-Sew: LV www.sewnsew.info - Check webpage for exact dates of classes Silvercraft: BC 623-933-8442 SilverStones: SD 317-508-5959 Sterling & Stones: FW 612-987-9366 - Annual Dues \$15		Reno work nearly done! Opening soon! M Th 9a-7p; Tu F 9a-3p; W 9a-8:30p Mem Mtg 2nd Th 9:30-11a BC SH1 Needle Craft M/Th 9a-1p; Heritage Albums 1st/3rd M 2-6p; Card Making Tu 1-8pm; Scrapbooking F 9a-8p Open Crafts W 9a-6p, Sat 9a-12p; Diamond Dots Sa 8a-12p Xmas Club Last Th 2-6pm; Mem Mtg M 9/5, 9a Summer hours vary; Posted at Club Room		Mah Jongg: MC 206-841-6665 - Karen 970-231-3368 - Katie Monday Night Pinochle: OM 440-478-2530 Kim/623-217-8584 Beverly Pinochle: OM 623-876-1895 Tommie 209-524-7358 Cheryl Table Games: LV 623-734-5007		Tu 11:30a-4p SD WH (National* & Chinese) Th 5:30-9p MC SH (N); Su 11:30a-4p MC SH (N) * Must know National & have current league card M 5:45-9:30p OM Aud Tu 11:30a-4p, Sa 11:30a-4p OM Aud Member Meeting Tu 9/6, 10-11a Every M 6-9p Play; Open 5p LV SH #3		Contract Bridge Clubs Wednesday Afternoon: OM 623-249-9169 Thursday Afternoon: OM 360-509-5379 Friday Afternoon: FW 208-351-3806		W 12:30-4:30p OM Aud Please arrive by 12:15pm Th 12:30-4:30p OM Aud Please arrive by 12:15pm F 12:30-4:30p FW AZ Rm2 Please arrive by 12:15pm		Duplicate Bridge Clubs Duplicate (ACBL): LV 623-518-7916 or 623-640-5554 suncitydbc.com Kachina: SD 651-592-5939 Sharon 623-363-7199 Posy		M Th F 1-4p LV SH 1; Doors open 12:15p; Arrive by 12:45p; Play at 1p; Must have partner 12-4p SD WH Only		Dance Clubs Bell Tea: BC 480-370-3223 www.suncityaz.org/recreation/clubs/bell-tea-dance-club/ Classic Rock Dance Club: BC 623-628-4401 Country Dance Club: SD 480-431-8278; 623-972-5127		Summer Recess; Resume in October 1st, 3rd Sa; Doors 5:30p; Dance 6:30-9:30p BC SH 1-2; Members \$3/Guests \$6 Sa 9/16 Thaddeus Rose Mem \$7/Guest \$10 1st/3rd Sa Open 5:30p, Dance 6-9:30p SD Aud		Zumba Club: SD 623-583-2065 Visit https://suncityaz.org/recreation/clubs/ zumba-fitness-club/ for specific class info Tue 6p Qi Gong LV SH#2; Th 9:30a Bal & Basics, 10:45a Beg TC, 12p Adv Beg TC BC SH#2, 12p Int TC BC SH#1, 1:15p Adv TC BC SH#2 F 9/22 10am Zoom w/ Grandmaster LV #3 M W 11:30a-12:30p Gold BC SH; Tu 6-9a Chair/Gold BC SH; Tu 6:30-7:30p SD WH Th 6:30-7:30p MC Aud; F 9:30-10:30 MC Aud; F 11:30a-12p Chair BC SH; F 12-12:30p Gold BC SH Sa 8:30-9:30a MC Aud Zumba Fitness		Closed for Summer May have outings over summer; email for info Office M W F 9a-12p Greenhouse M-Su per facility hours Mem Mtg 1st Tu 8:30a SD ED FMI visit suncitymodelrailroadclub.com T, W, Th 9a-12p; Sat 9a-1:30p Closed for Summer Sa 10a-1p Mtg/Potluck 4th Tu 4p SD Aud 1st W, 3rd Tu 5-9p Games at BC MP Bldg Mtg/Auction 1st M, 7-9p MC SH Mem Mtg 3rd Tu 1pm LV Social Hall Shop Operations M-Sa 8a-4p Potluck Last Tu 5-9p, GR Shop W 8:30a-12p FW Music Room 3rd M, 7pm MV Aud - Note New Location Rehearsals resume 9/18 Rehearsals Tu 9-11am FW Music Room Rehearsals resume 9/5 F 8:30a-11:30a FW Music Rm Start on F 9/15 4th M 2-4p SD Aud Clubhouse Workshop W 9:30-11:30a Gen Mem Mtg/Entertainment 3rd M 7p Rehearsal Tu 1-5p FW Music Room Mem Mtg 9/5 1pm/Dances return in Oct Th 3-4:30p FW Music Rm On Break; Jam Returns in November Rehearsals resume on 9/8 Th 8:30-11a FW Music Rm		Closed for Summer M 9am Starbucks-107th & Bell; 3rd Tu 4-6p Copper Penny - 107th & Peoria 3rd Tu 6p SD EH Doors open 6pm; Meeting 6:30p Closed for Summer Golf W 9/13 8a LV; W 9/27 8a SD Mem Mtg Tu 9/12 9a LV SH 1	
Sport Clubs		Basketball: MC 206-459-3242; 604-313-3190 charlespeterson@comcast.net Billiards: Bell Billiards Room 315-806-0067 Billiards: LV Billiards Room 623-296-4869; 602-319-0783 Bocce: SD 623-693-2881 Check the Club House Bulletin Board or online at https://suncityaz.org/recreation/ clubs/bocce-club/ for complete schedule Dart Club: BC 623-203-9715 Lawn Bowls: BC 780-566-8568 Lawn Bowls: FW & MV 360-303-9722 Lawn Bowls: LV (Sun City Club) 734-673-8908 Lawn Bowls: LV 623-974-3214 Lawn Bowls: OM 623-792-5202 Mini-Golf: LV 815-791-6991; 602-999-7011 Pickleball: MC, MV spickleball002@gmail.com Contact Club for Times, Other Activities		W 7a-1p; Sa 12-5p; Tu 11a-4p; F 8a-4p M-Tu, Th 8a-12p; W 9a-1p Ladies M, Th 8:30a-12p; Singles: 8 Ball M 8a-12p; 10 Ball W 9a-1p; 9 Ball Th 1-5p, F 8a-12p Doubles: 8 Ball Tu & Th 8a-12p Open Play: T 7:30a to 9/19; Th 7:30a to 9/22 T/Th 9/26-28 9a-12p; Every F 5p; Su 9/24, 1p Daytime Tournaments: M-W, F 9/25-29, 9a-12p M T W 5:30-8:30p; Th 2-4p M W F 7:30a-1p & 7-9:30p Closed for Summer Tu Th Sa 7-9:30a Closed for Summer Golf W 9/13 8a LV; W 9/27 8a SD Mem Mtg Tu 9/12 9a LV SH 1		Closed for Summer M 9am Starbucks-107th & Bell; 3rd Tu 4-6p Copper Penny - 107th & Peoria 3rd Tu 6p SD EH Doors open 6pm; Meeting 6:30p Closed for Summer Golf W 9/13 8a LV; W 9/27 8a SD Mem Mtg Tu 9/12 9a LV SH 1		Summer Schedule June-September Visit https://suncitypickleballclub.org for more info/details																	
Club Directory Key:		M = Monday Tu = Tuesday W = Wednesday Th = Thursday F = Friday Sa = Saturday Su = Sunday a = A.M. & p = P.M. Area codes 623 unless noted.		BC = Bell Center FW = Fairway Center GR = Grand Center LV = Lakeview Center MC = Marinette Center MV = Mountain View Center OM = Oakmont Center SD = Sundial Center SB = Sun Bowl																					

Racquetball: BC New club; details coming soon!	
Shuffleboard Bell: BC 612-471-7045 Shuffleboard Outdoor: LV	M Tu F 1-3:15p M W F 1-4p LV Play starts W 9/6 Th 5:30-9p BC Cts
Shuffleboard Sundial: BC 408-427-2056 Softball (Senior): Sun Bowl 517-526-4873; 509-264-3088 Website: suncitysb.org	League Play T Th F Sa 7a-5p
Sportsmen: GR Dan 319-431-3563 Sun City Yacht Club: LV 360-566-7076/206-802-8622 Swim Club-Masters: BC 406-546-9776 Swim Lessons: 480-467-8966 Table Tennis: BC 602-291-5369; 847-421-5211	Archery M-W Sa 9-11a, Tu 6-8p Mem Mtg 3rd Th 8-9a GR Sonoran Room Closed until Lake Project is Complete M-F 7-9a BC Lap Pool M/W 2:30-4p Yoga for Swim Club BC Aerobics Rm W 8:30-10a LV M 9a-3p; T 9a-12p; W F 9a-4p; Sa 10a-12p
Tennis: BC 608-792-1957; melvindhaus@gmail.com https://suncitytennisclub.wixsite.com/suncityt	
Volleyball 206-459-3242 charlespeterson@comcast.net	Closed for Summer
Walleyball: BC Curt 612-223-9368 or Lori 405-570-1520 Water Volleyball Club of SC: OM 480-297-6783; WVCoFSC@gmail.com Whisperball of Sun City: BC 623-216-9466	Su M W F 11a-3p Su 9/10, 3:30p OM Aud Mem Mtg Su 9/10, 3:30p OM Aud M W F 8:30-9:45am, 1:30-3:30p; Tu 1:30-3:30p Th 6-8am, 1:30-3:30p BC Racquetball Courts

Club Directory Key:

M = Monday	BC = Bell Center
Tu = Tuesday	FW = Fairway Center
W = Wednesday	GR = Grand Center
Th = Thursday	LV = Lakeview Center
F = Friday	MC = Marinette Center
Sa = Saturday	MV = Mountain View Center
Su = Sunday	OM = Oakmont Center
a = A.M. & p = P.M.	SD = Sundial Center
Area codes 623 unless noted.	SB = Sun Bowl

Important Dates for Clubs to Remember!

- September
- 5 SunViews submissions due for October
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

- October
- 1 Club Membership Roster due
- 5 SunViews submissions due for November
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

- November
- 5 SunViews submissions due for December
- 10 Guest Attendance Register & guest fees due
- 10 Monthly Attendance Spreadsheet due

Chartered Clubs Office
623-561-4660
email: clubs@suncityaz.org
Office Hours: Monday-Friday 8:30am to 4pm

Club Publicity Workshops Coming in October • Stayed tuned for more details!
What can we do to help you get the word out about your club? Club Directory, Annual Articles, RCSC Webpages, Club Flyers, Social Media & More!

Thoughts from a Pro -
For Consistent Golf Shots, Work on Tempo

Most golfers consider consistency to be one of the most difficult things to achieve in the game. If this is true for you, working on tempo may be the key.

Think of tempo as the rhythm that your golf swing has. It may be slow, fast, or somewhere in between. What matters most is that it is smooth and allows the swing to be balanced. Balance is crucial since we are swinging at a small ball with a relatively small clubhead. This does not allow us much room for error, and therefore the more balanced we are in the swing the greater our chances of connecting become!

To work on tempo, choose a short-mid iron and practice swinging with a sense of being smooth. Example: “one and two”, or “back and through”, or “turn and hit” ...whatever works best. Try and make both sides of the swing (the back swing and the down swing) feel even.

Second, check the follow-through at the end of the swing for good balance. If the tempo is smooth you should be in balance at the end of the swing, facing the target with all the weight on the forward foot. (left foot for right handers) This position should be easy to hold until the ball comes to rest.

Last, once tempo and balance are achieved begin moving to longer clubs keeping the swing the same.

Robin Eichten is a Life Member of the LPGA and a Certified Teacher. She has been teaching golf professionally since 1987 and in the Sun City area since 1994. For info call/text Robin at 623-322-6300 or email to golfinwithrobin@aol.com

NOTICE TO GOLFERS
RE: Fivesomes Starting on September 1

Starting September 1, all RCSC Courses (Regulation & Executive) will offer fivesomes in an effort to create capacity during high demand times. This is also necessary to be able to include the executive courses in the small group rotation. Both of these changes are based upon recommendations made through the Golf Advisory Committee. These changes will be closely monitored and may be revised at a later date.

Revised - 2023 Overseed Schedule
Course will be Closed including Pro & Snack Shops

Course	Overseed	Opens	Off Cart Path
Willowcreek	Sept 25	Oct 14	Nov 3
Quail Run	Sept 25	Oct 14	Nov 3
Lakes East	Sept 25	Oct 14	Limited Restrictions
North	Sept 25	Oct 14	Limited Restrictions
Willowbrook	Oct 16	Nov 4	Nov 24
Riverview	Oct 16	Nov 4	Nov 24
Lakes West	Oct 16	Nov 4	Nov 24
South	Oct 16	Nov 4	Nov 24

- North and Lakes East non overseeded fairways, cart restrictions limited only to around tees and green complexes
- If temperatures are too high for Sept 25 start first wave will be pushed back one week, resulting in one week overlap of course closures

RCSC Bowling Centers

Lakeview Lanes
10502 W. Thunderbird Blvd.
623-876-3055
Monday-Saturday: 8am-8pm
Sunday: Noon-6pm
Billiards at Lakeview Lanes too!

Bell Lanes
16810 N. 99th Ave.
623-876-3050
Monday-Saturday: 8am-8pm
Sunday: Noon-8pm
Darts, Shuffleboard & Billiards at Bell Lanes!



Bowl with the Director

First Thursday Every Month at Lakeview Lanes
10:30am to Noon
FMIC Mike Dirmyer at 623-561-4652

Now is the time to sign-up to join a
Fall Bowling League!
** Get details online at www.suncityaz.org **

Same great food now at two Sun City AZ locations!



**Stop by & check
out our
Daily Specials**

Breakfast Special 2 Eggs, Bacon or Sausage, Hash Browns & Toast M-Sat 7-11a; Sun 7a-noon	Walleye ‘n Chips 9 Oz. Walleye, Coleslaw & Potato Wednesday & Friday	Fish ‘n Chips 9 Oz. Cod, Coleslaw & Potato Wednesday & Friday
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**George’s
Lakeview Cafe**
Inside Lakeview Lanes
Phone: 623-876-3057

**George’s Cafe at
Bell Center**
Inside Bell Lanes
Phone: 623-518-4525

Hours: Mon-Sat 7am-8pm; Sun 7am-6pm

RCSC Golf Professionals can help improve your game!

Contact golf instructors directly to schedule an
appointment for private lessons:

- Mike Wenger - 623-225-8546 or email: mikewegnergolf@gmail.com
- Bob Day - 602-818-1470 or email: 1day2bettergolf@cox.net
- Robin Eichten - 623-322-6300 or email: golfwithrobin@gmail.com
- Shane Crosley - 702-715-1560 or email: shanecrosley@gmail.com



RCSC’s 8 Golf Courses

Lakes East: (623) 876-3023
Lakes West: (623) 876-3020
10433 Talisman Rd

North: (623) 876-3010
12650 N. 107th Ave.

South: (623) 876-3015
11000 N. 103rd Ave.

Riverview: (623) 876-3025
16401 N. Del Webb Blvd.

Willowbrook: (623) 876-3033
Willowcreek: (623) 876-3030
10600 W. Boswell Blvd.

Quail Run: (623) 876-3035
9774 W. Alabama Ave.

RCSC’s 5 Snack Shops

Menu Available at
suncityaz.org/golf/snack-shops/

September Snack Shop Hours
Open Daily 5:30am - 1pm



Volunteer Ranger Program

For more information about joining our program, please contact Chris Linam, Pro Shop Manager, at 623-876-8419 or email clinam@suncityaz.org. Meetings resume Thursday, September 28, 2023 at 1pm in Talisman Hall.



Sun City Library News
mclidaz.org/suncity
602-652-3000



September Events at Sun City Library



Advanced Registration Required

Hobby Haven
Sun City Library
September 21
2-3:30pm

Terracotta Pot Craft
Fairway Library
September 26
2-3pm

Games Café
Sun City Library
September 26
2-3:30pm

Speed Painting!
Fairway Library
September 5
2-3pm

Want Free eMagazines?



Checkout digital magazines
from the library and read
them on your computer,
phone, or tablet with LIBBY!

Apple iPhone Help

Drop in for help with basic
iPhone/iPad questions most Wednesdays
1:30-3pm



Maricopa County Libraries | mclidaz.org | 602-652-3000

- Sun City Library Hours: Mon 9am-7pm; Tues - Sat 9am-5pm
- Fairway Library Hours: Mon - Sat 9am-5pm

Books Around The Corner | suncitylibraryfriends.org | 602-651-2014

The Friends of the Sun City Libraries, Inc. Bookstore

- Open Monday thru Saturday, 9:30am - 3:30pm
- Located in the Sun City Library at the Bell Recreation Center



Find us on Facebook!



Join our email list @ mclidaz.org/news/subscribe

Water Conservation

Let's Save Water OUTSIDE the Home

Now is the time we can once again start to enjoy early mornings and evenings on the patio. Here are a few suggestions for saving water while you're outside.

Sweep your driveway, patio and/or porch instead of pressure-washing. You've probably seen videos on social media of people pressure-washing their patios and driveways, making everything look so nice and clean. However, that chore wastes lots of good water. Instead of hosing off your driveway or patio to remove leaves, dirt and what-not, get out the broom and do a thorough sweep. Your driveway will get almost as clean, and a little hard work will be rewarded with eco-friendly and wallet-friendly savings.

Run your sprinklers in the mornings or evenings. Watering in the mornings or at dusk is always a smart move – the temperature is lower, the conditions are calmer, so the stage is set for the water to soak into the soil and get to the roots properly. Better yet, watering at these times prevents rapid evaporation from the midday heat, meaning less water is required. Other ways to make the most of your efforts is to ensure that your irrigation is watering the landscaping and not the road, driveway, or the side of the house.

Check for leaks outside. Outdoor leaks may not seem as bad since they're not as visible, but they can be just as wasteful as leaks indoors. So, check for leaks in pipes, hoses, faucets, and couplings outside to keep them drip-free. Also, use hose washers at spigots and hose connections to eliminate leaks.

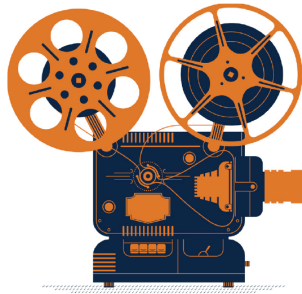
Add organic matter to your lawn or garden beds. Adding organic matter to the soil in your garden beds will help increase its absorption and water retention. For instance, a fresh layer of mulch around shrubs and trees will hold nutrients and moisture much longer than plain old dirt – a super-easy way to conserve water.

Use a soil moisture meter to gauge when you should water your garden. A simple-to-use soil moisture meter helps avoid over- or under-watering your lawn or garden. The meter quickly lets you know whether the soil is dry, so you only need to water the plants when they need it.

And don't forget to use a commercial car wash rather than doing it yourself. Recycled water at these facilities make it a win-win for all. If you must self-wash your automobile at home, please use a bucket of sudsy water and a hose with a nozzle attachment.



Every Drop Counts!
Do your part to help conserve!



FREE MOVIES

Wednesdays at Marinette
Saturdays at Mountain View
Show Times: 2pm & 7pm

Popcorn is no longer being served
but you may bring your own beverages & snacks.

Get the monthly movie listings directly
by either signing up to receive RCSC News Email Alerts
or via the RCSC Web Portal.

Tips from Get Fit for Life
Which Is More Important - Aerobic or Strength?

“The answer to this question is simple,” states Jane Fortier, senior fitness specialist for Get Fit or Life. “Aerobic and Strength exercise are equally important. Because of physiological changes in every aging body, Aerobic exercise and Strength exercise become a necessity. They serve different purposes, each having an impact on the way we feel, and the way that we function. They are synergistic in nature, each enhances the other. When muscle tissue becomes stronger through strength exercise, a person’s aerobic performance can be longer and more intense. When a person has great aerobic capacity, it’s possible to make better gains in muscle tissue hypertrophy. A smart workout routine, for anyone over the age of 50, would include both Aerobic and Strength exercise.”

AEROBIC exercise is continuous motion - doing an activity that has a rhythm, and staying at that activity for a period of time. Outdoor exercising like hiking, walking, jogging, swimming, bicycling, and Indoor exercising with the treadmill, rowing machine, elliptical, stationary bicycle, or NuStep all qualify as Aerobic exercise. The goal of Aerobic exercise is to improve **Aerobic Capacity**, or the body’s ability to utilize oxygen. Aerobic Capacity diminishes by 5-15% every decade after the age of 30. Your Aerobic Capacity will determine how much energy, stamina, and endurance you will have in a 24 hr period. After age 50, “How Much Time” you spend at aerobic exercise is not as important as “How Hard You Work” during aerobic exercise. Elevating heartrate into the Cardio Zone is required, to improve aerobic capacity. Doing so, also improves glucose management, increases overall stamina & endurance, keeps working muscles in good condition, and results in residual fat burn after exercise is complete. Exertion Intervals {short bursts where you work harder} get great results with indoor aerobic equipment. Formulating “patterns of performance” before you use an aerobic machine help to keep you focused on an effective workout.

STRENGTH Exercise is entirely different than Aerobic. It isolates individual muscle groups and takes those muscles to total fatigue. The exercise is done in repetitions with weighted resistance. It’s not about raising heartrate and pumping fresh oxygenated blood to muscle groups. It’s about exhausting a particular muscle group as quickly as possible. Striations or micro-tears occur in the muscle, as it fatigues. The body repairs those striations in the day’s rest, that will follow the workout. This process, when done correctly, builds muscle strength and muscle tissue. A balanced, full body strength workout is necessary, so that muscle “in-balances” don’t occur. Muscle moves the body and dictates metabolism. As we age, we lose muscle - Sarcopenia is the name given to muscle loss, due to aging. Studies reveal that the average adult loses 5-7 pounds of muscle every decade, unless using strength exercise. Muscle makes daily functioning easier, and provides structural support for joints in motion. In addition, muscle affects the body’s metabolic rate. The more muscle, the higher one’s metabolism, and the more fat burned in a 24 hour period. Muscle mass definitely improves quality of life. Strength Exercise needs to be a part of every senior’s exercise regimen.

If you are new to exercise, or need some help in organizing an effective exercise routine, Get Fit for Life trainers can help. Trainers will develop a program that includes both Aerobic exercise, Strength exercise, and Stretching. Workouts are customized - taking needs, goals, and medical issues into consideration. To get additional information about working with a personal trainer, call 623-696-6820, or visit Get Fit for Life, Sun City on Facebook. Trainers are available in all Sun City Fitness Centers.

MONITORED ACTIVITIES

Basketball	Minimum Age: 8	Pickleball	Minimum Age: 8
Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24	Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24
Billiard Tables	Minimum Age: 14	Mountain View: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Bell Lanes	M-Sa 8a-8p; Su: Noon-8p (9/1-4/30)	Racquet/Whisper/Wallyball	Minimum Age: 8
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Bell Center Courts A & B	M-Sa: 6a-9p; Su: 8a-8p;
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Closed for Clubs: M/W/F 8:30a-10p, W 4-8p, Th 6-8a, M-F 1:30-3:30p	
Bingo	Minimum Age: 18	Shuffleboard	Minimum Age: 8
Sundial Center	Thursdays: Doors Open 4:30p; Bingo 6:15p \$9 all 18 games w/3 special games Everyone welcome.	Bell Lanes: Indoor	M-Sa 8a-8p; Su Noon-8p (9/1-4/30)
		Lakeview: Outdoor	M-Sa: 6a-7p; Su 8a-7p
Boating/ Fishing	Minimum Age: 6/NA	Spas	Minimum Age: 16/18*
Lakeview Center	Closed for Viewpoint Lake Renovation	Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 5a*-8p *Trial thru 9/24
Bocce Courts	Minimum Age: 8	Fairway Center	M-Sa: 5a-9p; Su: 8a-8p
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p	Lakeview Center	M-Sa: 6a-7p; Su: 8a-7p
Bowling Lanes	Minimum Age: 4	Marinette Center	M-Sa: 6a-9p; Su: 8*a-8p *Trial thru 9/24
Bell Lanes	M-Sa 8a-8p; Su Noon-8p (9/1-4/30)	Oakmont Center	M-Sa: 6a-7p; Su 8a-7p
Lakeview Lanes	M-Sa: 8a-8p; Su: Noon-6p	Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p
Dog Parks	Minimum Age: NA	Swimming Pools - Open Swim Hours	
Duffeeland	May - September 6am-8pm	Bell Center - 18+ only	Minimum Age: 18
Entry Token Required	Closed last Wed/month for Maintenance	Lap Pool: M-Sa: 5a-9p; Su 5a-8p; Closed for Club/Class: M-F 7-9a	
Darts	Minimum Age: 8	Walking Pool: M-Sa: 5a-9p; Su 5a*-8p *Trial 7/2-9/24	
Bell Center	M-Sa 8a-8p; Su Noon-8p (9/1-4/30)	Fairway Center	Minimum Age: 16
Fitness Centers	Minimum Age: 14*	Lap Pool: M-Sa: 5a-9p;Su 8a-8p	
Bell Center - 18+ only*	M-Sa: 5a-9p; Su: 5a*-8p *Trial thru 9/24	Walking Pool: M-Sa: 5a-9p;Su 8a-8p	
Fairway Center	M-Sa: 5a-9p; Su: 8a-8p	Lakeview Center	Minimum Age: 4-15*/16
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-7p; Su 8a-7p; Closed for Club/Class: W 8-10a (April-Oct only)	
Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24	Children's Pool Hours - Ages 4-15 yrs: Daily 4p-Close*	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Marinette Center	Minimum Age: 4-15*/16
Oakmont Center	M-Sa: 6a-7p; Su 8a-7p	M-Sa: 6a-9p, Su: 6a**-8p; Closed for Class: Tu/F 9-10a Starts 9/18	
Sundial Center - 18+ only*	M-Sa: 6a-9p; Su: 8a-8p	Children's Pool Hours - Ages 4-15 yrs Daily 1-4p* / **Trial thru 9/24	
Horseshoe Courts	Minimum Age: 12	Mountain View Center	Minimum Age: 4-15*/16
Marinette Center	M-Sa: 6a-9p; Su: 8a-8p *Trial thru 9/24	M-Sa: 6a-7p; Su 8a-7p; Closed for Class M, Th 9-10a Starts 9/18	
Mountain View Center	M-Sa: 6a-7p; Su 8a-7p	Children's Pool Hours for Ages 4-15 yrs - Daily 10a-1p*	
Jogging / Walking Track	Minimum Age: 14	Oakmont Center	Minimum Age: 16
Indoor		M-Sa: 6a-7p; Su 8a-7p	
Fairway Center	M-Sa 5a-9p; Su: 6a*-8p	Closed for Club: Every Su M W F 11a-3p; T Th 5:30-7:45p	
Sundial Center	M-Sa only: 6a-8a - Closed in Aug	Closed for Class: M-Tu, Th-F 9-10a Starts 9/18 w/ Swim Lanes closed	
Outdoor	Minimum Age: 8	Sundial Center - 18+ only	Minimum Age: 18
Marinette Center	M-Sa: 6a-9p; Su: 6a*-8p *Trial thru 9/24	Large Pool: M-Sa: 6a-9p; Su: 8a-8p;	
Sun Bowl	Dawn to Dusk	Closed for Class: M-Th 8-10a Starts 9/18	
Library (602) 652-3000	Call to confirm hours	Warm Water Pool: M-Sa: 6a-9p; Su 8a-8p	
Bell Center	M: 9a-7p; Tu-Sa: 9a-5p	Closed for Class: M-Th 10a-12p, 4:30-6:30p Starts 9/18	
FOTL Bookstore at Bell	M-Sa 9:30a-3:30p	Closed for Club: T, Th 12-2p	
Fairway Center	M-Sa: 9a-5p	Table Tennis	Minimum Age: 8
Mini Golf	Minimum Age: 6	Bell Center: M-Sa: 6a-9p; Su: 8a-8p;	
Bell Center	M-Sa: 6a-9p; Su: 8a-8p	Closed for Club Activity: M 10a-3p; W F 10a-4p; Tu Sa: 10a-12p	
Lakeview Center	M-Sa: 6a-7p; Su 8a-7p	Tennis	Minimum Age: 8
Sundial Center	M-Sa: 6a-9p; Su: 8a-8p - Closed for repair	Bell Center: 623-977-3325 M-Sa: 6a-9p; Su: 8a-8p	
		Lakeview Center: 623-561-4676 M-Sa: 6a-7p; Su 8a-7p	
		Mountain View: 623-876-3042 M-Sa: 6a-7p; Su 8a-7p	

Strength Machine Demonstrations

** Wednesdays in September @ 11:30am **

September Group Demo Schedule: Wednesdays @ 11:30am
9/6 @ Bell w/ Dick; 9/13 @ Marinette w/ Dick; 9/20 @ Fairway w/ Jane

Space is limited; advanced sign-up at front/welcome desk at each specific center is required.

Member Fitness & Massage Services

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