

William Clements Recreation Center

Building # 1 - 791-5787



Center Supervisor: Marci Gregg
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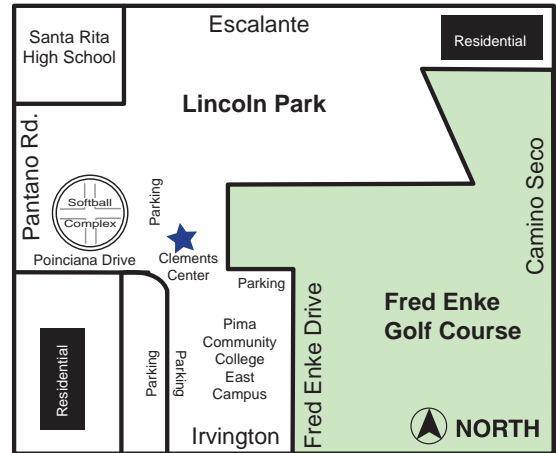
**8155 E. Poinciana Dr.
791-5787**

New Hours:

Monday- Friday 8am-7:30pm
Saturday-Sunday Closed
Holidays Closed

Holidays Closed:
Nov. 11, 27, Dec. 25
Jan. 1, 19, Feb. 16

(Hours are subject to change.)



Weight Room Certification Classes
—Tues., 7:15am —Thurs., 7pm —Sat., 10am

*Participants must be at least 14 years of age.
Ages 14-17 require parental approval and waiver .
Ask about exercise incentive programs.*

Fitness Center - 791-4730



(Hours are subject to change.)

Clements Fitness Building Hours:

Monday- Friday 6am-8pm
Saturday 8am-4pm
Sunday Closed
Holidays Closed

Facility Use:

Pass	Daily	Quarterly	Annual
Adult	\$1.25	\$35	\$140
Senior (62+)	\$1	\$24	\$95
Youth (17 and under)	\$1	\$24	\$95
Family	\$3	\$75	\$300
Single-parent family	\$1.50	\$39	\$155
Indoor walking track	*	*	\$40

* Included with purchase of daily/quarterly/annual pass

Youth Programs

- **Winter Club and Spring Break Club** for ages 6-12. Dec. 22-24, Dec. 29-31 and April 9, 10, 13 from 9:30am-12:30pm. Cost: \$2 per child/per day. Call 791-5787.
- **KIDCO after-school** program for ages 5-11, Mon.-Fri. from dismissal-6pm. Registration and fee required.
- **Busy Bodies** for ages 3-5. Classes meet Mon. and Wed. or Tues. and Thurs., 9am-noon. Registration and fee required. See page 36 for more information.
- **Family Night at the Park** - 791-5787

Teen Programs

- Teen Fitness - 791-578

Adult Programs

- Walk Across America - 791-5787
- Get Fit - 791-5787
- Sports Leagues - 791-4870
- Open Basketball - Fridays, 6-7:30pm; Saturdays, 8-10:30am. Call for additional Open Gym hours. (*Times subject to change.*)
- Pickleball - Tuesdays and Thursdays, 9am-noon
- Family Movie Night under the stars. Call 791-5787 for details.

Senior Programs - Building #2

- Senior Club for ages 50+ - Tues., Thurs., 6am-3pm. Enjoy card games, board games, billiards, crafts, swimming and exercise equipment. Day trips and health/fitness activities planned monthly. Call for lap swim hours and membership requirements.

Human Service Programs

- Community Food Bank Emergency Boxes Mon./Wed./Fri., 9am-6pm. Call for eligibility requirements.

Facility Amenities:

Indoor:

- Aerobics room
- Pool tables
- Computer room (with internet access)
- Multi-purpose room (with kitchen)
- Kid's room great for children's parties
- Rooms available to rent for parties and meetings.

Outdoor:

- Covered basketball court
- Swimming pool
- Lincoln Park (softball, sand volleyball, soccer field and ramadas, walking track)
- Atturbury Bird and Animal Sanctuary

Abraham Lincoln Park

4325 S. Pantano - 6 a.m. to 10:30 p.m.

Home to Clements Regional Recreation Center, Abraham Lincoln Park has a beautiful natural desert landscape, totaling 191 acres. Amenities include a softball field complex with concessions, swimming pool, soccer fields and 1-mile walking path. The site also includes ramadas, a playground and four sand volleyball courts. The Atturbury Bird and Animal Sanctuary is located within the park and is accessible from Escalante Road.



Clements Active Adult Programs ----- Healthy Aging -----

City of Tucson Parks and Recreation, in collaboration with the Pima Council on Aging, will offer two outstanding programs designed to enhance the quality of life and the opportunity for greater independence for older adults and support caregivers.

Matter of Balance: Your odds of falling each year after age 65 are about one in three. This program has been confirmed by research to reduce fear of falling, stop the fear of falling cycle and increase activity levels among older adults. Classes includes practice exercise to improve strength, build coordination and balance, learn to get up and down safely from a lower surface, conduct a home safety evaluation and discuss strategies and options to affect appropriate changes.

Enhance Fitness: Aims to improve health and physical performance in older adults. Class includes a warm-up, cool-down, low impact aerobics, strength training, balance training and flexibility exercise.

If you or a person you know can benefit from this program please call 791-5787.

Clements Pool will reopen April 1, 2009

WERE GOING THROUGH SOME CHANGES!

Changes in year-round pools: Effective Nov. 16, 2008, six year-round pool locations will close and reopen April 1, 2009. Three sites at the Edith Ball Adaptive Recreation Center, Catalina Pool and Sunnyside Pool will remain open to offer year-round swimming and lap swimming opportunities.

