

JUNE 13, 2014

Summer has arrived in Tempe and with each day of 100+ degree temperatures, it's important to find activities that keep you and your family entertained while staying cool. This issue is dedicated to helping you "Beat the Heat" in Tempe.



## beat the heat in Tempe

Wave Pool  
Outdoor Pool  
Splash Playgrounds

[tempe.gov/pools](http://tempe.gov/pools)

## CONTINUE TO "BEAT THE HEAT" IN TEMPE

Tempe's water destinations are the place to be this summer, whether you're looking to swim laps, ride the waves or splash and play. Our affordable and fun pools, splash playground and spray pads are open daily to ensure that you and your family have the chance to chill-out and have a great time when it's convenient for your schedule.

### Escalante Pool

The Escalante Pool features six lanes for lap swimming and a zero-depth entry play pool with play equipment and two slides. Admission is 75 cents for youth ages 6-17 and \$1.25 for adults ages 18 and older. Children ages 5 yrs and younger are free. The pool is open Saturday through Thursday 1-5 p.m. and Friday 1-7 p.m.

### Kiwanis Wave Pool

The Kiwanis Wave Pool is a year-round indoor heated pool featuring a lap pool with six lanes and zero-depth entry. The Wave Pool offers 3-foot waves in varying patterns and a tall, double

spiral water slide and splashdown pool. Admission is \$5 for ages 2-12 and \$7 for ages 13 and older. Throughout June and July, waves run daily from 1-5 p.m.

### Splash Playground at Tempe Beach Park

The Splash Playground at Tempe Beach Park is a one-acre playground featuring play equipment, water buckets and a waterfall. Lifeguards are on-duty during operating hours; however, children should always be watched by an adult while enjoying the splash playground. Admission is free. The playground is open daily from 10 a.m.-7 p.m.

### Neighborhood Spray Pads

Tempe offers three neighborhood spray pads at Esquer, Hudson and Jaycee parks, perfect for families and young children to run around and cool off. Children should always be watched by an adult while enjoying a neighborhood spray pad. No lifeguards or attendants are on duty. Admission is free. Spray pads are open daily from 10 a.m.-7 p.m.



# JOURNEY THROUGH AN EXCITING SUMMER WITH TEEN ADVENTURE SERIES

Tempe has the scene for teens this summer with the Escalante Multi-Generational Center's *Teen Adventure Series*. This series offers teens ages 13-18 the chance to take-part in exciting, single-day events at prices that won't stretch your wallet. Registration is required for each activity. Participants will meet at the Escalante Center before heading out to that day's adventure.

**June 20** – Challenge yourself to the extreme at the [Flagstaff Adventure Course](#). The course's exciting obstacles include rope swings, scrambling walls, hanging nets, wobbly bridges and suspended "surprises." Additional waiver required. Activity takes place from 7:30 a.m.-6 p.m. Fee is \$16 per person.

**June 20** and **July 25** – Join us in your "spare" time for a **Teen Bowling** excursion! "Strike" up a conversation

while meeting other teens, put your own "spin" on some friendly competition and get ready to have great time at [Brunswick Zone](#). Bowling takes place from 2:30-5 p.m. on each date. Fee is \$1 per person.

**July 11** – Flip-out with friends on Indoor Trampolines. Visit [Jumpstreet](#) to enjoy all the jumping, turning and somersaulting you can handle! Additional waiver required. Activity runs from 4-7 p.m. Fee is \$8 per person.

**July 18** – Aim for adventure with a trip to a local Laser Tag facility. Register with friends, meet new teens and master the indoor arena at [Stratum](#). "Tag" your calendar for this day of fun from 3:15-8:15 p.m. Fee is \$8 per person.

Visit [www.Tempe.gov/Brochure](http://www.Tempe.gov/Brochure) to register or call the Escalante Center for more information at 480-350-5800.



## TEMPE'S SECOND SESSION OF SWIM LESSONS KICKS-OFF MID-JUNE

When out at the pool, at the lake or on vacation at the ocean this summer, it's important that every member of the family stays safe in and around water. Tempe offers affordable swim lessons for all ages and skill levels, whether you're looking to introduce your child to the water for the first time or need a refresher course for your own swimming skills.

Swim lessons are offered during multiple sessions throughout the summer, with convenient class times and days to fit your schedule. Classes for the second session of summer begin June 16, 30, July 1 and 14, and are available for children as young as 8 months to adults looking to improve their swim stroke. Lessons are held at two locations - the [Kiwanis Recreation Center](#) and [Escalante Multi-Generational Center](#).

Visit the [Aquatics](#) section of the Summer 2014 brochure for a full schedule of lessons. Register online at [www.Tempe.gov/Brochure](http://www.Tempe.gov/Brochure).



# FIREWORKS LIGHT UP THE TEMPE SKY THIS 4TH OF JULY

Tempe will once again celebrate Independence Day in grand fashion at the 63rd Annual July 4th Tempe Town Lake Festival. The event, presented by [FOX 10](#) and produced by the Kiwanis Club of Tempe, will take place on Friday, July 4, at [Tempe Beach Park](#). Gates open at 5 p.m.

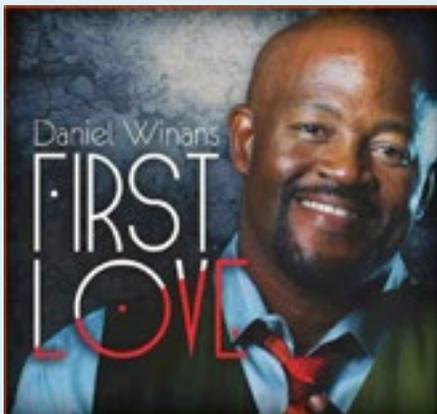
All ages can celebrate the holiday with live, local entertainment, the [AZCentral.com](#) Splash Playground, a Family Fun Fest zone with activities, inflatables and rides, a food court and the annual fireworks spectacular. The 35-minute fireworks show will be launched from the Mill Avenue Bridge and choreographed to patriotic and classical music. The 63rd Annual Festival will benefit the Kiwanis Club of Tempe Children's Charities.

Tickets are on sale now and can be purchased in advance at City of Tempe offices, valley Fry's and Fry's Marketplace stores, as well as online at [www.Tempe4th.com](#). Children 12 and



younger and active military with military ID card receive free general admission. Tickets will also be available day-of at the entrance to Tempe Beach Park until the park reaches capacity. Pre-sale tickets will be honored all night.

Check out [www.Tempe4th.com](#) for more information including tickets, event schedule, parking, traveling to and from the big bash (street closures, bus routes and detours, and METRO light rail information) and more.



## CELEBRATE JUNETEENTH AT THE TEMPE HISTORY MUSEUM

The [Tempe History Museum](#) and the African American Advisory Committee are hosting a free Juneteenth celebration from 6-8 p.m. on June 20. Juneteenth is the oldest known celebration commemorating the ending of slavery in the United States.

This family-friendly evening will offer entertainment, music and food including: costumes of the era, a poetry slam, stepping, music, a drama skit, soul food, a recipe exchange and more. Special guest and Grammy award-winning gospel artist Daniel Winans will perform.

# AVOID GETTING OVERHEATED THIS SUMMER



Each year the [Tempe Fire Department](#) responds to a number of medical calls related to Arizona's high temperatures. The body normally cools itself by sweating, but under some conditions, sweating isn't enough and high body temperatures may cause damage to the brain or other vital organs.

To help avoid heat-related illnesses, remember these hot weather tips:

- Increase your fluid intake regardless of your activity level
- Avoid very cold beverages because they can cause stomach cramps
- Avoid drinks that contain alcohol
- Wear lightweight, light-colored, loose-fitting clothing
- Wear a wide-brimmed hat
- Use sunscreen that is SPF 15 or higher; apply 30 minutes before going outdoors and reapply regularly
- Avoid hot foods and heavy meals as they add heat to your body
- Dress infants and children in cool, loose clothing and shade their heads and faces with a hat

- Limit sun exposure during the mid-day hours
- Rest frequently in a shady or air conditioned area

Those at greatest risk of heat-related illness include infants and children, people 65 years of age or older, people who are overweight, people who overexert themselves during work or exercise and people who are ill or being treated with certain medications. Never leave infants, children or pets in a parked car for any amount of time.

For warning signs of heatstroke, additional sun safety tips and more, visit the Tempe Fire Department's [Warm Weather Tips](#) page.



## COMMUNITY MARKET KEEPS TEMPE FRESH AND FRIENDLY

The Tempe Community Market features the locally-grown produce, handmade foods and unique products from dozens of local farmers and artisans. Located at [620 N. Mill Ave.](#) under the Loop 202 overpass, you can find a wide array of goods from the freshest fruits and vegetables, to honey, preserves, specialty oils and more. The market is a great way to discover new and healthy foods, meet members of the local agricultural community, as well as learn how to grow your own fruits, veggies and herbs at home.

The Tempe Community Market is a project of [Tempe Community Action Agency](#), a nonprofit organization whose mission is to serve the under-served in our community.

This summer, the Market will be open Sundays from 8 a.m. to noon. For more information, call Cindy Gentry at 602-469-9400 or follow the market on Facebook at [www.Facebook.com/TempeMarket](http://www.Facebook.com/TempeMarket).





To receive up-to-date information about exciting events and opportunities happening between Connecting Tempe newsletters, become a fan of Tempe Opportunities on [Facebook](#).

## SAVE THE DATE

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|---|--|---|---|
| <p><b>Friday</b><br/><b>June 13</b></p>                   | <p><b><u>Moonlight Kayak</u></b><br/>7:30-9:30 p.m.; <a href="#">SRP Town Lake Marina</a></p>  | <p><b>Thursday</b><br/><b>June 26</b></p>               | <p><b><u>Totally Tempe – Ronald McDonald: Literacy and Manners</u></b><br/>1:30-3:30 p.m.; <a href="#">Tempe Public Library</a></p> |
| <p><b>Sat. &amp; Sun.</b><br/><b>June 14 &amp; 15</b></p> | <p><b><u>Wave Pool Theme Days – Father’s Day</u></b><br/>1-5 p.m.; <a href="#">Kiwanis Recreation Center</a></p>   | <p><b>Friday</b><br/><b>June 27</b></p>                 | <p><b><u>Glow Paddle</u></b><br/>7:30-9:30 p.m.; <a href="#">SRP Town Lake Marina</a></p>   |
| <p><b>Wednesday</b><br/><b>June 18</b></p>                | <p><b><u>Wild Wednesdays – Go, Slow Whoa</u></b><br/>10 a.m.-3 p.m.; <a href="#">Tempe History Museum</a></p>  | <p><b>Friday</b><br/><b>July 4</b></p>                  | <p><b>Independence Day</b><br/>City of Tempe Administrative Offices Closed</p>  |
| <p><b>Wednesday</b><br/><b>June 18</b></p>                | <p><b>Summer Special Event – Arizona Rick Balloon Cowboy</b><br/>10:30-11:30 a.m.; <a href="#">Westside Community Center</a><br/>1-2 p.m.; <a href="#">Escalante Multi-Generational Center</a></p> | <p><b>Friday</b><br/><b>July 4</b></p>                  | <p><b><u>July 4th Tempe Town Lake Festival</u></b><br/>5-11 p.m.; <a href="#">Tempe Beach Park</a></p>                              |
| <p><b>Thursday</b><br/><b>June 19</b></p>                 | <p><b><u>Totally Tempe – Didgeridoo Down Under</u></b><br/>1:30-3:30 p.m.; <a href="#">Tempe Public Library</a></p>  | <p><b>Friday</b><br/><b>July 4</b></p>                  | <p><b><u>4th of July Celebration</u></b><br/>6-10 p.m.; <a href="#">Tempe Center for the Arts</a></p>                               |
| <p><b>Wednesday</b><br/><b>June 25</b></p>                | <p><b><u>Wild Wednesdays – Fabulous Fruits and Veggies</u></b><br/>10 a.m.-3 p.m.; <a href="#">Tempe History Museum</a></p>  | <p><b>Sat. &amp; Sun.</b><br/><b>July 5 &amp; 6</b></p> | <p><b><u>Wave Pool Theme Days – Armed Forces Weekend</u></b><br/>1-5 p.m.; <a href="#">Kiwanis Recreation Center</a></p>            |
| <p><b>Wednesday</b><br/><b>June 25</b></p>                | <p><b>Summer Special Event – Wildman Phil</b><br/>10:30-11:30 a.m.; <a href="#">Westside Community Center</a><br/>1-2 p.m.; <a href="#">Escalante Multi-Generational Center</a></p>                |   |   |