

5 Ways to Keep Kids Cool

Written by Written by Cassandra Weinman

Keeping kids entertained throughout the hot Arizona summer may seem impossible, but thanks to these fun activities, summer can really be cool.



Jump Street

During the hot Arizona summers, many kids are admonished to stop bouncing off the walls. Jump Street has capitalized on this idea and invites children to do just that, literally. This delightful indoor trampoline park utilizes wall-to-wall trampolines to create a place where everyone can indulge in a little fun entertainment and exercise. There are areas in each park designated for dodge ball and little jumpers so the whole family. www.gotjump.com.

Arizona Science Center

Although many children feel that a trip to a museum is about as fun as a round of vaccinations, the Arizona Science Center makes learning both fun and interesting. With exhibits that allow guests to touch, feel and even taste, parents needn't worry about keeping the kids out of trouble. The Center, which continually experiments with innovative programs, is currently running "Goosebumps: The Science of Fear" until Sept. 6 so that families can enjoy pounding pulses and sweaty palms in a cool place. www.azscience.org.



Stuffington Bear Factory

Creating furry friends since 1959, the Stuffington Bear Factory invites kids and adults to come explore how America's cuddliest toy is made. Both private and daily tours are available, as well as the opportunity to see not only the factory but also to stuff your own bear. After learning the ins and outs of the factory during the tour, guests are given a small bear to stuff, comb and bathe. Various other animals are also available for purchase, as well as adorable outfits to dress each critter for any occasion. www.stuffingtonbear.com.

Garden Flashlight Tours at the Botanical Gardens

The Arizona deserts have some of the most beautiful flora and fauna found in the natural world. While the Botanical Gardens may be a tad too warm for the day, the Garden Flashlight Tour, continuing until Aug. 28, is a perfect way to entertain parents and kids. The tours, available Thursday and Saturday at 7 p.m., provide an extra-sensory experience for those wishing to get a taste of night in the desert. Using only flashlights, participants can explore the Botanical Gardens to experience the wondrous night-blooming flowers and nocturnal creatures. Tickets are available for purchase and children under 3 get in free. www.dbg.org.



Mini Golf Paradise

For a break from the sweltering outside heat, amateur golfers and pro players will love this indoor mini golf park. Featuring 18 holes that range from easy to advanced, Mini Golf Paradise provides a more sophisticated version of putt-putt that's perfect for a family outing. Bonus: The price for unlimited rounds is a mere \$8 so kids can take full advantage of everything the course has to offer. www.minigolfparadise.com.

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