

Staying Active During Monsoon Season

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Monsoon and dust storm season has begun in Tucson and the weather can put a damper on any outdoor plans. Don't let the dust storms rain on your parade; here are some ideas to keep the family active and happy indoors.



Rocks and Ropes

Rocks and Ropes is a rock climbing facility with multiple locations around Tucson. What better way to beat the heat, or storm, than being active in a challenging yet fun indoor rock gym? Admission is just \$13 per person, or \$9 for children under 12. Guests can rent equipment at the rock gym and should wear comfortable, active clothing.

www.rocksandropes.com



Yoga

Yoga can be a fun and relaxing activity for the whole family! Tucson offers a variety of yoga studios with classes for beginners, intermediate, and advanced. At Yoga Oasis, classes are ongoing all day from 7 a.m. Drop in for a class with your spouse, friend, or family.

www.yogaoasis.com



Get Air

Children will love Get Air, Tucson's own indoor trampoline park. The trampoline park is a great way to keep active while having fun. With over 20,000 square feet of floor to wall indoor trampolines, an afternoon can easily be spent jumping around with the family. Join Get Air for Family Night Mondays, where a family of four gets in for half price.

www.getairtucson.com



Indoor Batting Cages

Centerfield, the largest indoor batting cage in Southern Arizona, features professional grade cages that are open to the public. Guests can rent a cage for themselves or for the family seven days a week. Rent a cage for an hour for the family for \$40.

www.centerfieldhits.com



Bowling

Tucson is home to a variety of bowling alleys that can host a family fun day for active families. Lucky Strike Bowling, located on Speedway Boulevard, has prices starting at just \$6.99 per person for a game. Lucky Strike provides necessary equipment to guests.

www.vantagebowlingcenters.com
