

SPORTS / EXERCISE

The **SaddleBrooke Hiking Club** has over five-hundred energetic, enthusiastic members whose passion is hiking the Sonoran Desert, grand canyons, gentle hills and magnificent mountains of Southern Arizona. This is a wonderfully diverse ecosystem. The club also gathers periodically for programs, picnics, and road cleanup days. Additionally, group fitness walks covering 3-4 miles around SaddleBrooke are led weekday mornings. Other activities include downtown Tucson, University of Arizona, and city of Florence walks, in addition to hiking trips to various Southwest areas (Arizona or neighboring states) once or twice a year with multiple hikes over several days.



However, the main activity and focus is hiking in Arizona. Hikes are led by member guides who choose from the club's database of almost 500 hikes or propose their own at guide meetings. Hikes are graded according to difficulty and vary from easy strolls to strenuous, challenging climbs. Members sign up online for hikes that interest them and suit their abilities.

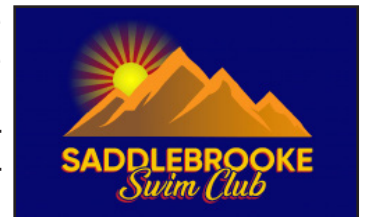
Our website at <https://saddlebrookehikingclub.com> contains information regarding all aspects of our club. View our newsletter by clicking on the link titled "Latest Newsletter" on the home page. Featured are articles about the club and important announcements. There is also a [Hikes Calendar](#) with postings of all hikes and activities for the club.

Membership in the club is open to all SaddleBrooke residents for \$15 a year. If you are a resident, you must be a member to hike with the club, although you may hike one time without joining. Non-resident guests may join a hike as a guest on a space available basis when accompanied by a member. To join our club, go to the website home page and click on "Join SBHC" to start the registration and payment process, with most major credit cards accepted.

If you have any questions, click on the link titled "Contact Us" on the home page, and send us an email. We look forward to seeing you on our hikes!

Come Try a Few Free Swim Workouts!!

If you can already swim laps and would like to socialize with others while you improve your skills, feel free to try a few SaddleBrooke Swim Club workouts for free before joining the club (\$20 per year). Swimmers of all abilities (fitness to competitive) are welcome and many time slots are currently offered several days per week. For more details on times and our friendly coaches, check out the coaching calendar at: <https://saddlebrookeswimclub.org/coaching-schedule>



Questions? Check out our website at <https://saddlebrookeswimclub.org/>



Come join swimmers of all ability levels (fitness to competitive) in one of our many coached workouts like this recent Thursday session at the Desert View Pool.

Photo credit: Terry Heggy



SaddleBrooke's Horseshoe Club is extending an open invitation to all SaddleBrooke residents. Currently we have about dozen male and female members. Please feel free to play horseshoes with us on Tuesdays or Fridays from 7:00am to 9:30am. We hope to see you at the horseshoe courts. The courts are located adjacent to the softball diamond. If you want more info please call: Joe Fiorito 520-818-0363 or Don Stone 520-909-7872.

Pathfinders Bowling League

One of the many activities available to the residents of SaddleBrooke and Northwest Tucson is the Pathfinders Bowling League. This league has been around for over 33 years and is composed of both men and women, Active Adults, with ages ranging from the 40s to the 90s. This is a fully handicapped fun mixed league with bowling averages from the 70s to well over 200. Many of the bowlers come from SaddleBrooke, Sun City Vistoso, Tucson, Oro Valley and Marana. The League bowls every Monday morning from October to April. During the summer months we bowl individually for fun on Monday mornings. All bowling is done at the Fiesta Bowling lanes 501 W. River Rd located near the intersection of River and Oracle in Tucson with practice beginning at 10:10am every Monday morning.

There are 4 person teams composed of both men and women in the Fall/winter League but no teams for summer fun/open bowling. We had 20 teams this last season and have been as high as 30 teams before Covid. If you have bowled previously this is the time to bring back those great memories and fun. The lanes have rental shoes and loaner bowling balls or you can use your own equipment. Prices range from \$11 for 3 games in the summer to \$13 for 3 games during the Fall League season with a portion of the fees going for League, Team and individual bowler prizes. If you have 3 friends who would like to join you then sign up as a team or sign up individually and be placed on a team. To register to play you can sign up for the Pathfinders league which begins October 13th by contacting either Fred or Dianne (fredpilster@gmail.com or Dianne-Rocketred285@gmail.com) at the emails below. If you just want to come and bowl for fun this summer bowling will start June 2nd at 10am. Please contact us below for more information-



Fred Pilster, President
Pathfinders Bowling League
37316 S. Desert Star Dr
SaddleBrooke, AZ 85739
cell phone: 408 691-0900
email: fredpilster@gmail.com

or Sun City/Vistoso contact:
Dianne Wisda, VP—520 526-4786
Email: Rocketred285@gmail.com

The SaddleBrooke Table Tennis Club

Welcomes New Members



Come and get reacquainted with a game you may have played years ago!



Table tennis is great exercise and helps keep your reflexes sharp.

Paddles and balls will be available for your use and players of all skill and experience levels are welcome.

For more information,
please visit the club's website at: <https://sbttc.wordpress.com>

or

Call John Lacika at 435-236-5405

SADDLEBROOKE EZ RIDERS INDOOR CYCLING CLUB



If you like to spin take a look at the EZ Riders Indoor Cycling Club. Our club offers many levels of classes offered by different leaders. All of our leaders are certified instructors and are trained in CPR.

You will be lead on a musical journey of fitness for 45 minutes or in some classes for an hour, followed by a mellow cool down and stretching.

If you are looking for an aerobic workout set to invigorating music and want to be in an upbeat environment while you work out give us a try.

We allow any interested individual two complimentary sessions to try it out before joining. All levels from novice to advanced are welcome.

We work out at the Rincon room at Mountainview. If interested contact our membership chair, Joan Benson at sb.ezriders23@gmail.com or 614-638-4138.

Court Crawl Fridays



Please join your fellow club members for some fun and folly!

*The **FIRST and THIRD Fridays** will be pick out of a hat for either pop or tennis (for those who play or those who are curious)*

*The **SECOND and FOURTH Fridays** will be “Pick your Poison”; choose to round robin on Pop or tennis.*

***** Pop/Tennis rackets available for use**

****** Be sure to bring a smile and a willingness to goof around with your tennis/pop pals**

SaddleBrooke CycleMasters - Join us for the ride!

Inside SaddleBrooke rides Monday, Wednesday, Friday and Saturday. The times of rides change during the year. Please check our website Saddlebrookecyclemasters.org for current month & ride time. Meet in parking lot by Bocce Ball courts at HOA#1. We divide into groups and ride for an hour.



Outside SaddleBrooke ride times and routes available from Mike Hart (michael.hart.mgt@gmail.com), Dan Hoshino (hoshindan3264@gmail.com), or Rod Hutton (rodhutton48@gmail.com). Times vary. Rides are typically 30-50+ miles.

Check out our website at <http://www.saddlebrookecyclemasters.org/> E-bikers welcome.

SaddleBrooke Tennis Club (STC)

One club. Three sports.

Spanning two HOAs, the SaddleBrooke Tennis Club (STC) provides seamless scheduling, shared events, and coordinated court maintenance. The club manages an equitable court reservation system and promotes participation in **Tennis, POP Tennis, and Red Ball Tennis** through both member and non member events.

HOA1 maintains an eight court tennis center with a patio and office. HOA2 maintains 12 courts across three locations: five at the Mountain View complex, four at Desert View, and three at The Preserve. **All 20 courts are available to all SaddleBrooke residents** in the afternoons and evenings.

Members may reserve courts during prime morning hours and benefit from **five certified instructors** plus regularly scheduled clinics for various skill levels in both tennis and POP Tennis.

Three ways to play. One great community.

Where fun, fitness, and friendship come together.

STC is dedicated to the health and enjoyment of SaddleBrooke residents and welcomes players of all skill levels—from beginners to seasoned competitors.

With **one membership**, players can enjoy **three USTA recognized sports**:

Traditional Tennis

A great workout for body and mind—and a highly social sport.

Traditional tennis combines physical intensity, strategy, and social interaction. Research suggests it can add nearly **10 years** to a player's life.

POP Tennis

Fast, fun, and easier on the body.

POP Tennis is played on a smaller court with solid paddles, using the same rules and scoring as traditional tennis. An underhand serve can reduce shoulder strain, and vibration absorbing paddles may be gentler on the arm. Primarily a doubles game, POP emphasizes quick net play and camaraderie.

Red Ball Tennis

Successful rallies in minutes, not months.

Once designed for kids, Red Ball Tennis is now a popular, low pressure option for adults. Larger, slower balls allow new players to rally within **10 minutes**, creating a high energy, social workout without a steep learning curve.

Join the Fun

The SaddleBrooke Tennis Center (HOA1 Tennis Pavilion) is staffed by friendly coordinators **Monday through Saturday mornings**.

STC offers **three membership options**: full annual, three month associate, and social.

How to join: Stop by or call the SaddleBrooke Tennis Center for a membership form or email the club to get started.

SaddleBrooke Tennis Center

Phone: 520 825 0255

Address: 64335 SaddleBrooke Blvd.

Email: tennisclub@saddlebrooke.org