

LOCAL BUSINESS

Swim Club Summer League Makes a Big Splash

Submitted by Mesa Swim Club

The Mesa Swim Club Summer League is in full swing, with swimmers of all ages and agility in the pool.

First-time swimmers and advanced swimmers are enjoying the pool. High school swimmers are preparing for their high school teams. Our mermaids and mermen are flowing in the water. They are learning how to swim like flowing fish and having fun with their friends and family members while burning lots of calories.

Mesa Swim Club Seadogs also have a variety of other groups suited for a wide range of ages, ability levels and practice availability.

The swim club boasts competitive groups. This year-round group meets six times a week. The focus is on long-course swimming, 50 meters and up. Groups compete during the summer, and with short-course swimming during fall, winter and spring. The goal is to prepare for the team's USA certified meets.

Anyone interested in joining the competitive group can prepare by initially entering the pre-competitive group.

Members of this group compete in non-official meets, and are able to choose how many times a week they would like to practice, up to five times.

Mesa Swim Club Seadogs encourages all ages to participate, from kids to adults. Anyone can get involved not only in the Mermaid Program, but also in the Masters Program, which gives those over the age of 18 a place to open water swim, offering the opportunity to stay in shape and have fun with friends.

Valley residents also can come to the swim club for American Red Cross classes on CPR, first aid, lifeguarding and more.

With fees for some programs starting at just \$60 a month, Mesa Swim Club Seadogs is a cost-effective way to get kids moving and having fun.

It's not too late to join in on the fun at Red Mountain Ranch Country Club or Skyline Aquatic Center. Participants can register at any time, and they can stay involved all year long. ■

Visit our website at mesaswimclub.com, or call our office for all the details at (480) 807-3317.



LOCAL BUSINESS

Happy Pets Palace Offers Dog Socializing and Exercise

Submitted by Happy Pets Palace and Playground

Excitement and playtime aren't just for kids anymore, with our dogs often having fun playing, chasing and jumping in pools, maybe even more so than children.

Doggy day care is a great option for people who can't keep up with their dog's energy level. The perks of day care lead to a more well-rounded dog who learns socializing skills.

Dogs need mental stimulation for optimal health. It's best to start them out young with puppy socializing. Some dogs are puppies for several years, and maintain high energy levels requiring time to exercise. Typically, puppy socializing starts as young as 12 weeks, or it begins after the third series of distemper vaccinations.

Doggy day care at Happy Pets Palace and Playground, an award-winning facility, offers all day play inside and outside. The 5,000-square-foot facility has four playgroups with air-conditioning and ceiling fans to keep everyone cool. The outside area is 2,500 square feet, complete with playground equipment, shade structures and aboveground swimming pools for a quick splash.

When the heat gets too hot or you work long hours, remember your dog still enjoys being included in activities. Bring him to doggy day care and he will spend a full day playing with other friendly dogs while supervised by a trained staff. Dogs practically pull their owners to our front door because they enjoy the upbeat, clean and safe play environment.

Summer with this Arizona heat means vacation time. If you can travel with your dog, that is awesome, but not all trips can be dog friendly. The dog boarding industry has revolutionized the past two decades.

Happy Pets Palace embraces the idea of letting friendly dogs play together with supervision and in private villas where your family dogs sleep together at night. The

great thing about boarding your dogs at Happy Pets is that 390-minutes of playtime and potty time is included with overnight boarding. We are the only facility that includes a late-night potty break outside around 10 p.m. Our staff treats the dogs that come to our facility like family because we love them.

All dogs who come to Happy Pets Palace for doggy day care, puppy socializing, and overnight boarding have been prescreened to ensure they are appropriate and friendly in dog-dog group play. All dogs must be neutered or spayed once of age and current on vaccinations. ■

Take a virtual tour and watch the live webcams at HappyPetsPalace.com. To inquire if your dog may be a good fit to experience dog-dog group play, which can be great for socializing and exercise, call Happy Pets Palace and Playground at (480) 207-1852.



HEALTH

GET IN SHAPE THIS SUMMER with In-Home Personal Training

By Jamie Killin

Delia Scegiel, owner of Well You and an American Council on Exercise certified personal trainer, with 15 years of experience, offers in-home personal training, and currently is taking on new clients.

Operating for one year, Well You offers personal training, health coaching and nutrition counseling. In addition, Delia's expertise in weight loss can help you reach your health goals this summer with an easy and cost-effective personal training regimen.

"I work with my clients to help them reach the level of fitness they want," Delia said.

She is able to train clients of all abilities, and even offers partner training for those who want to get fit together for a discounted price.

Each training session lasts approximately one hour and takes place in any area of the home the client chooses.

"It's a comfortable setting, and you don't need a lot of room," Delia said. "Space is not an issue."

Fortunately, equipment isn't an issue either. So, there is no need to invest in a home gym to get a great workout in the privacy of your own home.



Delia is able to provide all the equipment her clients require, and while some clients choose to purchase their own equipment, it's not necessary.

"In-home personal training works well for people who don't want to go to the gym," Delia said.

Having grown up living an active lifestyle playing sports, Delia got her start in the fitness industry teaching group fitness classes. She became a personal trainer, however, after seeing how effective individual training could be.

"I started doing personal training when I saw the benefits of working one-on-one, and I think I'm a very one-on-one person," she said.

Delia values her relationships with her clients. In fact, she even has had clients she trained for up to 14 years.

"I have a passion for helping people," Delia said. "I enjoy being able to help people on the different levels of wellness."

This month, Delia is offering 10 in-home personal training sessions for only \$350, which is a discount of \$100. ■

To schedule an appointment with Delia, call or text her at (480) 250-4171. You also can send an email to scegiel@yahoo.com.