

Inspire at Northern Arizona Healthcare

Inspire, a service of the Children's Health Center at Northern Arizona Healthcare, empowers kids and families to adopt healthier, more active lifestyles. Explore the following community activities, including local sports leagues, businesses, supportive groups, and resources that promote wellness and fun for children and families alike.

Community activities in Flagstaff

Baseball

- [Flagstaff Little League](#)
- [Flagstaff Baseball Club](#)
- [Continental Little League](#)
- [Batting cages at the Flagstaff Athletic Club](#)

Basketball

- [Unlocked Potential](#)
- [Flagstaff Family YMCA](#)

Biking

- [Full moon bike ride at Buffalo Park](#)
- [Flagstaff Biking Organization](#)

Climbing and bouldering

- [Beta Bouldering Gym](#)
- [Flagstaff Climbing](#)

Dance

- [Dance Evolution](#)
- [All That Dance](#)
- [NAU Community Dance Academy](#)

Events

- [City of Flagstaff: Events & Programs](#)
 - Music on the Square
 - Movies on the Square
- [Viola's Pumpkin Patch](#)
- [The Arboretum at Flagstaff](#)
- [Earth Day Celebration](#)
- [Desert Hearts Festival](#)
- [Flagstaff Music Festival](#)
- [Pickin' in the Pines Bluegrass Festival](#)
- [Flagstaff Art in the Park](#)
- [Dancing on the Square](#)
- [Music Together of Northern Arizona](#)
- [Young Jammers](#)

- [FIT4MOM Flagstaff](#) (Prenatal and postnatal fitness program)

Figure skating

- [Flagstaff Figure Skating Club](#)

Flag football

- [Gridiron Football](#)
- [Blue Chip Sports](#)

Football

- [Arizona Youth Football League](#)

Gymnastics and cheer

- [Flagstaff Gymnastics Center](#)
- [Summit Gymnastics Academy](#)
- [Attack Cheer Elite](#)
- [Northern Arizona Elite](#)
- [Momentum Aerial](#)

Gyms and fitness centers

- [CrossFit Flagstaff](#)
- [Flagstaff Athletic Club](#)
- [Flagstaff Family YMCA](#)

Hockey

- [Flagstaff Youth Hockey Association](#)

Horseback riding

- [Summer Sage Stables](#)
- [Historic Hitchin' Post Stables](#)

Martial arts

- [Academy of the Martial Way](#)
- [Maximum Martial Arts](#)
- [Sleeping Lion Martial Arts](#)

Medical

- [Northern Arizona Healthcare \(NAH\): Women & Infants](#)
- [Coconino Coalition for Children & Youth](#)
- [Flagstaff Doulas](#) (Pregnancy, birth and early parenting support)
- [Babysitting classes hosted by the American Red Cross](#)

Nutrition

- [Flagstaff Farmers Market](#)

Pickleball

- [Pickleball at the Flagstaff Athletic Club](#)

Running

- [Girls on the Run Northern Arizona](#)
- [Cross Country with the Flagstaff Junior Academy](#)
- [Upcoming runs throughout Arizona](#)
- [Annual Run for Life](#) (Hosted by Northland Hospice & Palliative Care)
- [Sacred Mountain Prayer Run](#) (Hosted by Native Americans for Community Action Inc.)
- [Dave McKay Memorial Half Marathon and 5K Run/Walk](#) (Hosted by Big Brothers Big Sisters of Flagstaff)
- [Fort Tuthill Family Fun Run](#)

Soccer

- [Indoor soccer and open field space at the Flagstaff Athletic Club](#)
- [Flagstaff Soccer Club](#)
- [Flagstaff Revolution](#)
- [American Youth Soccer Organization](#)
- [Flagstaff Junior Academy](#)

Softball

- [Flagstaff Girls Softball Little League](#)

Swimming

- [Flagstaff Snow Sharks](#)
- [Lumberjack Aquatics Flagstaff](#)

Tennis

- [Flagstaff Tennis Program](#)
- [Flagstaff Junior Beginner Classes](#)

Volleyball

- [Sand volleyball at Flagstaff Athletic Club](#)
- [Northern Arizona Volleyball Camps](#)
- [Club Directory: Arizona Region of USA Volleyball](#)

Community activities in the Verde Valley

Baseball

- [Camp Verde Little League](#)
- [Cottonwood Little League](#)
- [Verde Valley Little League](#)

Basketball

- [Youth Basketball League](#)

Dance

- [Camp Verde Dance & Fitness](#)

Football

- [Mingus Mountain Youth Football](#)

Gymnastics

- [The Farm Sports Center](#)

Gyms and fitness centers

- [Cottonwood Recreation Center](#)
- [Snap Fitness Cottonwood](#)

Nutrition

- [Verde Valley Farmers Market](#)
- [Sedona Community Farmers Market](#)

Parks and recreation

- [Cottonwood Parks & Recreation](#)
- [Sedona Parks & Recreation](#)
- [Arizona State Parks & Trails](#)

Runs, walks and races

- Bike MS: Arizona 2025
- [RunSedona](#)

Soccer

- [American Youth Soccer Organization](#)

Swimming

- [Cottonwood Clippers Swim Team](#)

Wellness

- [Sedona Visitor Information Center's calendar of upcoming events](#)
- [Verde Valley Events](#)
- [Sedona Yoga Festival](#)
- [Habitat for Humanity of Northern Arizona](#)

Community activities in Williams

Events

- [Community Spring Celebration and Kite Festival](#)
- [Upcoming Events in Williams](#)
- [Annual Williams Community Cleanup](#)

Parks and recreation

- [City of Williams Parks & Recreation](#)

Soccer

- [American Youth Soccer Organization](#)

Swimming

- [Williams Aquatic Center](#)

Runs, walks and races

- [Experience Williams' calendar of events](#)
- [National Trails Day](#)
- [American Cancer Society's Relay for Life](#)
- [Upcoming runs throughout Arizona](#)
- [George B. Wallace Mountain Man Run](#)

Community activities in Prescott

Baseball

- [Prescott Little League](#)
- [Prescott Valley Little League](#)
- [Little League – Arizona District 10](#)

Basketball

- [Youth Basketball League at the James Family Prescott YMCA](#)

Hockey

- [The Rink at Pioneer Park](#)

Football

- [Prescott Youth Football & Cheer](#)
- [Bears Youth Football & Cheer](#)

Parks

- [Prescott Valley Parks & Recreation](#)

Runs, walks and races

- [Whiskey Off-Road Bike Race](#)
- [Whiskey Row Marathon](#)
- [Walk to End Alzheimer's](#)

Soccer

- [American Youth Soccer Organization](#)

Softball

- [Prescott Girls Softball Association](#)

Swimming

- [Prescott Valley Aquatics](#)
- [Mountain Valley Splash](#)

Volleyball

- [City of Prescott Volleyball League](#)
- [Youth Volleyball at the James Family Prescott YMCA](#)

Wellness

- [Yavapai County Recovery Day Celebration](#)
- [FallFest in the Park Art & Craft Show](#)
- [Prescott's 4th Friday Artwalk](#)

Community activities in Chinle

Wellness

- [Chinle Diné Youth](#) and the Many Farms Boys & Girls Club
- [Chinle Chapter Community](#)

Community activities in Many Farms

Wellness

- [Many Farms Wellness Program](#)