# Fitness

**Fitness Express**  
**Hours:** Mon. – Thu. 5 a.m. – 10 p.m.  
Fri. 5 a.m. – 9 p.m.  
Sat. 7 a.m. – 7 p.m.  
Sun. 10 a.m. – 3 p.m.  
**Phone:** (520) 761-4820  
**Address:** 2051 N. Grand Ave, Nogales, AZ

**Crossfit Tutuli**  
**Hours:** Mon. – Thu. 8 a.m. – 9 a.m. & 4 p.m. – 8 p.m.  
Frid. 8 a.m. – 9 a.m. & 4 p.m. – 7 p.m.  
Sat. & Sun. Closed  
**Phone:** (520) 980-7851  
**Address:** 156 W. Mariposa Rd, Nogales, AZ

**Rage Boxing & Fitness Club**  
**Hours:** Daily 8 a.m. – 9 p.m.  
**Phone:** (520) 619-0650  
**Address:** 1213 N. Grand Ave, Nogales, AZ

**Desert Sky Gymnastics**  
**Hours:** Mon, Wed, & Thu. 3 p.m. – 8:30 p.m.  
Tues. 3 p.m. – 8 p.m.  
Sat. 9 a.m. – 12 p.m.  
Fri. & Sun. Closed  
**Phone:** (520) 761-4057  
**Address:** 2047 N. Ocean Garden Dr. Nogales, AZ

**Fortress Fitness and MMA**  
**Phone:** (520) 313-6210  
**Address:** 3241 N. Grand Ave #5, Nogales, AZ

**Nogales Recreation Center**  
**Phone:** (520) 285-5782  
**Address:** 1500 N. Hohokam Dr. Nogales, AZ

**Rio Rico Fitness Center**  
**Hours:** Mon. – Thu. 5 a.m. – 9 p.m.  
Frid. 5 a.m. – 8 p.m.  
Sat. 7 a.m. – 7 p.m.  
Sun. 10 a.m. – 4 p.m.  
**Phone:** (520) 281-8370  
**Address:** 389 Avenida Coatimundi, Rio Rico, AZ

**0S3 Movement**  
**Phone:** (520) 223-8030  
**Address:** 2230 N. Calle Rivas, Nogales, AZ  
www.0s3movement.org

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**FUN FACTS**

BY THE TIME YOU HAVE REACHED OLD AGE, YOU WILL HAVE WALKED APPROXIMATELY 70,000 MILES.
#MUSIC

Nogales Music Center
What can I do there?
- Buy instruments
- Repair instruments
What’s the age limit?
All ages
Hours: Mon. - Sat. 11 a.m. – 5:30 p.m.
Sun. Closed
Phone: (520) 761-4021
Address: 245 N. Grand Ave
Nogales, AZ

#ART

Hilltop Gallery
What can I do there?
- 4 week summer program
- Painting lessons
How much?
Advanced Classes: $25
Other programs vary
Contact Info.
730 N. Hill Top Dr.
Nogales, AZ
(520) 287-5515
www.hilltopgallery.org

Patagonia Creative Arts
Provides classes, workshops, & open studios for both children & adults.
Contact Info.
304 Naugle Ave
Patagonia, AZ
(520) 394-9369

#FUN

Arizona Bol
Hours
Mon. Closed
Tue, Wed, & Fri. 4 p.m. – 2 a.m.
Thu. 4 p.m. – 10 p.m.
Sat. 3 p.m. – 2 a.m.
Sun. 2 p.m. – 9 p.m.
Address: 784 N. Morley Ave # B,
Nogales, AZ
Phone: (520) 287-7715

Mitchell Theatres Oasis Cinema 9
Contact Info.
(520) 761-1003
Address: 240 West E. Roper Rd,
Nogales, AZ
Website: www.oasiscinema9.com

Tubac Center of the Arts
What can I do there?
- 4-1 week summer programs
- Painting lessons
- Art exhibits
- Youth arts and crafts
What’s the age limit?
Ages 6-14
How much?
4 week: $195
3 week: $150
2 week: $100
1 week: $50
*Scholarships Available*
Contact Info.
Traci Quinn, Ed. Coordinator
traciquinn@tubacarts.org
(520) 398-2371
9 Plaza Rd. Tubac, AZ
www.tubacarts.org
# Youth Activities

**Border Youth Tennis Exchange**
Bi-national initiative that provides after-school tennis training and academic programs to youth on both sides of the US/Mexico border.

**Contact Info.**
Carlie Cutler, Executive Director
ccutlerb@gmail.com
www.bytetennis.org

**Border Earth Care Youth Institute-BECY**
Paid internship for youth, ages 15-20, to learn practical, marketable skills in watershed restoration, ecosystem, and community restoration.

**Contact Info.**
www.borderlansrestoration.org

**4H Club:**
**Mustang 4-H Community Club**
Contact Info.
Amanda Lindsey  I  Kristin Tomlinson
(520) 909-8307
(520) 234-8307
alindsey03@gmail.com
3142 South Highway 83
Sonoita, AZ 85637
This club meets 2nd Thursday of each month at 6:30p.m.

**Rattlesnakes 4-H Community Club**
Contact Info.
Maggie Gonzalez
(520) 281-2994x106

**San Rafael 4-H Community Club**
Contact Info.
Joy Quiroga
(520) 429-3204
200 Naugle Ave
Patagonia, AZ 85624
This club meets 2nd Monday of the month at 6:30p.m.

**SEEDS/Semillas**
Youth group is creating opportunities for gardens and green infrastructure in the borderlands

**Contact Info.**
Facebook: @semillasnogales
Coronado National Forest [2,3]
Hiking
Camping
Mountain biking

Patagonia Lake State Park [1]
Hiking
Fishing
Camping
Boating

Peña Blanca Lake [5]
Fishing

Guided walks
Bird watching

Sonoita Creek Preserve [4]
Nature walks
Bird watching

DID YOU KNOW...?
-Dedicating your time and talents to a good cause in your community can be a great way to develop your interests and skills while helping others at the same time. Some people volunteer because they want to change their community or world we live in, or to address an issue they think is important. Sometimes people volunteer to help others in need. Volunteering can also be noted on your resume and college applications. Many schools and potential employers think highly of community volunteers!
**Bike and Walking Trails [7]**

**Boy Scout Trail**
The Boy Scout Trail begins at the northwest corner of Pendleton Drive and Rio Rico.

**Anza Trail**
Along Río Rico Frontage Rd, look for two stone trail orientation signs. There is a 4.5-mile trail between Tumacácori and Tubac (off of I-19). The trail also extends north from Tubac for about a mile. It is about 1.25 miles from either trailhead to the first river crossing. The frontage road along Interstate 19 offers biking opportunities.

**Monte Carlo Trails [8]**
MTB Park, Coming Soon!
For more info, please visit: www.0s3movement.org
Boys and Girls Club of Santa Cruz County
Hours: Mon – Fri. 2:30 p.m. – 6:30 p.m.
Sat. & Sun. Closed
Phone: (520) 287-3733
Address: 590 N. Tyler St, Nogales, AZ

Rainbow Umbrella
LGBTQ Charitable Support Group
Meetings 1st Monday of the month at 5:30 p.m.
United Churches Fellowship
Phone: (520) 264-8432
Address: 1049 W. Mariposa Ranch Rd., Nogales, AZ

Circles of Peace
Anti Alcohol Drug Youth Coalition Team (AADYCT)
What do they do?
They are a fun group that goes around the community talking to teenagers about the dangers of using alcohol or drugs before the age of 21.
Phone: (520) 281-0579
Address: 404 W. Crawford St., Nogales, AZ
Contact Info:
Sonia Sanchez
ssanchez@circlesofpeace.us
Website: www.aadyct.com

Santa Cruz Humane Society
Phone: (520) 287-5654
Address: 232 E. Patagonia Highway, Nogales, AZ

Patagonia Youth Enrichment Center
A place where youth can come together to play, study, build community, learn leadership and life skills, job/career guidance, and much more!
Hours
Mon, Tue, Thu, Fri, & Sat. 4 p.m. – 8 p.m.
Wed. & Sun. Closed
Phone: (520) 343-2356
Address: 1155 3rd Ave., Patagonia, AZ
Contact Info:
Anna Colman
info@pyec.org
www.pyec.org
(520) 343-2356

Borderlands Restoration Network
Address:
1 School Street, P.O. Box 121
Patagonia, AZ 85624
www.borderlandsrestoration.org/volunteer

FUN FACTS
In 1977 several million people in the United States sent over 100,000 petitions urging Congress to adopt the metric system.
Nogales Police Department
What can I do there?
- Learn about being a Police Officer
- Crime Prevention Education
- Criminal Law Classes
- Professional Development
What's the age limit?
Ages 16-21
Contact Info.
(520) 287-9115

Santa Cruz County Sheriff’s Department
What can I do there?
- Learn about being a Sheriff’s Officer
- Crime Prevention Education
- Professional Development
What's the age limit?
Ages 16-21
Contact Info.
(520) 761-7869

Nogales Fire Department
What can I do there?
- Learn about being a Firefighter
- Fire Prevention Education
- Professional Development
What's the age limit?
Ages 16-21
Contact Info.
(520) 287-6671

Tubac: The Department Explorers
What can I do there?
- Learn about being a Firefighter
- Fire Prevention Education
Contact Info.
(520) 287-2600

FUN FACTS
A 20 OUNCE BOTTLE OF MOUNTAIN DEW CONTAINS THE EQUIVALENT OF ABOUT 22 PACKETS OF SUGAR.
Border Patrol
What can I do there?
- Learn about being a Border Patrol Agent
- Attend training camps
- Shadow an agent
- Professional Development
What’s the age limit?
Ages 16-21
Contact Info.
(520) 397-2138

Volunteer Corps
Law Enforcement Assist Team
What can I do?
- Respond to 911 calls
- Assist in prisoner transport
- Traffic control
- Assist deputies on scene
Contact Info.
(520) 761-7869

Citizens on Patrol
Hours
Call for details
What can I do?
- Neighborhood watch programs
- Fingerprinting
- Clerical assistance
Contact Info.
Lt. Raoul Rodriguez
(520) 761-7869

Resources
Santa Cruz County Victim Witness Protection Program
Hours
Mon. — Fri. 8 a.m. — 5 p.m.
How can this help?
- Victim advocacy
- Victim compensation
Contact Info.
(520) 281-5868

Child Protective Services (CPS)
Hours
Mon. — Fri. 8 a.m. — 5 p.m.
How can this help?
- Remove children from abusive parents
- Place children in foster care
- Life skills classes
Contact Info.
(520) 287-4126 Ext. 203
**EDUCATION**

**HIGH SCHOOL**

**Nogales High School**
What do they do?
- Grades 9-12
Contact Info.
1905 N. Apache Blvd.
Nogales, AZ
(520)377-2021
www.nhs.nusd.k12.az.us

**Pinnacle Education**
What do they do?
- Alternative school
- Grades 6-12
Contact Info.
2055 N Grand Ave
Nogales, AZ
(520) 281-5109
www.pinnacleeducation.com

**Pierson Vocational School**
What do they do?
- Grades 9-12
- Self-paced
- Trade and vocational classes
Contact Info.
51 N. Arroyo Blvd
Nogales, AZ
(520) 287-0915
www.pvhs.nusd.k12.az.us

**Lourdes Catholic School**
What do they do?
- Grades Pk-12
Contact Info.
555 E. Patagonia Hwy.
Nogales, AZ
(520) 287-5659
www.lcsnogales.org

**Rio Rico High School**
What do they do?
- Grades 9-12
Contact Info.
590 Camino Lito Galindo
Rio Rico, AZ
(520) 375-8700
rrhs.santacruz.k12.az.us/

**Cima Vista High School Program**
Contact Info.
Luz Mendez (520) 375-8857
rrhs.santacruz.k12.az.us

**Patagonia High School**
What do they do?
- Grades 9-12
Contact Info.
200 W. Naugle Ave
Patagonia, AZ
(520) 394-3050
www.patagonia.k12.az.us
DID YOU KNOW...?

YOUR TEETH ARE UNIQUE!
Teeth are about as unique as fingerprints!
Your teeth can show your age, ethnicity, eating habits, and lifestyle.

UA Santa Cruz
Contact Info.
2021 N. Grand Ave
Nogales, AZ 85621
(520) 287–8632
Alan Aguirre
Student Services Coordinator
afaguirre@email.arizona.edu

Pima Community College
Santa Cruz County Provisional Community College District
Contact Info.
2021 N. Grand Ave
Nogales, AZ 85621
Dr. Stella Perez, Director
(520) 394–7181
stell6031@gmail.com
COLLEGE PREPARATION

SEAHEC

Hours
Mon. – Fri. 8 a.m. – 5 p.m.

What do they do?
- Prepare, encourage, and assist youth from our border communities for careers in the healthcare field.
- Support High School-based Health Career Clubs where students learn about health careers, practice hands-on skills and receive guidance on college entrance and financial aid.

Contact Info.
1171 W. Target Range Rd
Nogales, AZ
(520) 287-4722

Mariposa Community Health Center

Summer Youth Institute

What can I do there?
- Become a teen health facilitator.
- Educate peers in your community.
- Personal/Career development.
- Mentorship/Job shadowing.

What’s the age limit?
15-18 years old.

Contact Info.
Community Health Services
Ryann Quick
(520) 375-6050
rquick@mariposachc.net

Adolescent Wellness Network

Positive Youth Leadership Team (PYLoTs)

What can I do there?
- Learn about local health issues and services that affect adolescents in our community.
- Work as a team on leading positive change in our community.

What’s the age limit?
15-18 years old

Contact Info.
Paola Hernandez
(520) 375-6050
phernandez@mariposachc.net
www.adolescentwellness.net
## Libraries

### Nogales-Santa Cruz County Public Library

**Hours**
- Mon. & Wed. 9:30 a.m. – 6 p.m.
- Tues. & Thurs. 9:30 a.m. – 7 p.m.
- Fri. 9 a.m. – 5 p.m.
- Sat. 9 a.m. – 4 p.m.
- Sun. Closed

**Contact Info.**
- 518 N. Grand Ave
- Nogales, AZ
- (520) 285-5715
- www.nogalesaz.gov/about-our-library/

### Rio Rico Public Library

**Hours**
- Mon. – Fri. 8 a.m. – 5 p.m.
- Sat. Closed
- Sun. Closed

**Contact Info.**
- 275 Rio Rico Dr.
- Rio Rico, AZ
- (520) 281-8067

### Patagonia Public Library

**Hours**
- Mon. – Fri. 10 a.m. – 5 p.m.
- Sat. 10 a.m. – 2 p.m.
- Sun. Closed

**Contact Info.**
- 342 Duquesne Ave
- Patagonia, AZ
- (520) 394-2010
- patagoniapubliclibrary.org

### Tubac Public Library

**Hours**
- Mon. – Fri. 9:30 a.m. – 2:30 p.m.

**Contact Info.**
- 50 Bridge Rd. B4
- Tubac, AZ
- (520) 398-9814

### Sonoita Public Library

**Hours**
- Mon, Tues, Thurs, & Fri. 10 a.m. – 2 p.m.
- Wed. 12:30 p.m. – 4:30 p.m.

**Contact Info.**
- 3147 Arizona 83
- Sonoita, AZ
- (520) 455-5517
Feeling a little bit under the weather and in need of healthcare assistance?

For more information on health insurance options call Mariposa Eligibility Department at (520) 281-1550 or visit Healthcare.gov to find local help.

**Health Insurance 101**

Policy: A contract between an insurance company and an individual that provides coverage for health costs in exchange for a set payment.

Claim: A detailed explanation of medical services that you or your doctor must submit to the insurance company in order to be reimbursed.

Co-payment (or co-pay): The portion of the bill you are responsible for each time you receive a service.

Coinsurance: Similar to a co-payment except that instead of paying a fixed amount, you pay a percentage of the total cost.

Coverage limits: This means a maximum amount that an insurance policy will pay over the course of a year or a lifetime.

Deductible: The amount you must pay out of your own pocket before your insurance company will start paying for services.

Out-of-network provider: Any doctor, hospital, or other provider of medical services that has not set up special rates with your insurance company.

In-network provider: Any doctor, hospital, or other provider of medical services that has agreed to be in your insurance company’s network and to offer their services at discounted rates. Also called a participating provider.

Non-covered services: Services that are not covered under your insurance policy, which means you will be responsible for all charges if you choose to get them.

Referral: When your insurance company requires your primary care doctor to authorize any visits to other doctors or specialists. If you don’t get a referral, your visit may not be covered.

Mariposa Community Health Center

**Hours**
Mon, Wed, Fri. 8 a.m. – 4:30 p.m.
Tues. 9 a.m. – 4:30 p.m.
Sat. 9 a.m. – 1 p.m.

**What do they do?**
- Internal Medicine
- Obstetrics & Gynecology
- Pediatrics
- Family Practice
- Dental
- Behavioral Health

**Special Services:**
- Pharmacy
- X-Ray
- Mammography
- Ultrasound
- Health Education
- Youth Programs
- Confidential Services

**Contact Info.**
1852 N. Mastick Way
Nogales, AZ
(520) 281-1550
www.mariposachc.net
facebook.com/mariposaCHC

Mariposa Tubac Health Center
2239 E. Frontage Rd.
Tubac, AZ
**Contact Info.**
(520) 318-5510

**Mariposa Family Health Center**
101 Taylor Street
Patagonia, AZ
**Contact Info.**
(520) 394-2262

**Mariposa Community Health Center Rio Rico**
1103 Circulo Mercado
Rio Rico, AZ
**Contact Info.**
(520) 281-1550

**Nogales Medical Clinic**
480 N. Morley Ave
Nogales, AZ
**Contact Info.**
(520) 287-2726

**Carondelet Medical Group**
**Hours**
Mon. – Fri. 8 a.m. – 5:30 p.m.

**Contact Info.**
1209 W Target Range Rd
Nogales, AZ
(520) 287-4747

**HOSPITALS**

**Carondelet Holy Cross Hospital**
**Hours**
24/7

**What do they do?**
-Emergency, in-and-out patient services

**Contact Info.**
(520) 285-3000
www.carondelet.org

**DID YOU KNOW...?**
Breathing the air in Beijing has the same health risks as smoking 21 cigarettes a day.
Nogales Community Food Bank

Hours: Tue. – Fri. 9 a.m. – 6 p.m.
What do they do?
- Assist clients with SNAP application process.
- Provides food for individuals and families.
- Provides food for TEFAP and Food Plus Clients.
Contact Info.
(520) 281-2790

Women, Infants & Children (WIC)

Hours: Call for program times
What do they do?
- Food and formula for pregnant & breastfeeding Women.
- Prenatal education
- Mother and child classes
Contact Info.
(520) 287-4994
1852 N. Mastick Way Nogales, AZ

Mariposa Platicamos Salud (Community Health Services)

Phone:
(520) 375-6050
Address:
1852 N. Mastick Way
Nogales, AZ
Moving to:
1710 N. Mastick Way
in 2018

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**Fun Facts**

If you cut down a protected species of cactus in Arizona, you could spend more than a year in prison.
#BEHAVIORAL HEALTH SERVICES

**SEABHS**

**What do they do?**
A trauma-informed healthcare provider, especially conscientious of the preponderance of physical and emotional trauma involved in our community.

**Contact Info.**
1891 N. Mastick Way
Nogales, AZ
(520) 375-5300

**Pinal Hispanic Council**

**What do they do?**
Pinal Hispanic Council offers a full and integrated continuum of behavioral health services. This allows for placing individuals in the most appropriate level of treatment for their needs, and allowing step down to other services depending on specific situations.

**Contact Info.**
275 N. Grand Court Plaza Nogales, AZ
(520) 287-0015

**Community Health Associates**

**What do they do?**
A company dedicated to serving the mental health needs of children, adolescents, adults and families living in Santa Cruz County.

**Contact Info.**
32 Blvd. Del Rey David
Nogales, AZ
Office: (520) 394-7400
Toll Free: (877) 320-1587

**Mariposa Community Health Center** *see page 15

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**#HOTLINES**

**National Suicide Prevention Lifeline**
1-800-273-TALK (8255)

**Cenpatico Integrated Care Crisis Line**
(866) 495-6735

**Crisis TEXT Line**
Text CONNECT to 741-741

**Trevor Project**
(866) 488-7386 or text Trevor to (202) 304-1200

**Suicide Prevention Services Depression Hotline**
(630) 482-9696

**RAINN Sexual Assault Hotline**
1-800-656-HOPE (4673)

**Teen Lifeline**
(602) 248-TEEN (8336)
CAREER AID
Arizona @ Work
Hours
Mon. – Fri. 8 a.m. – 5 p.m.
What can I do there?
- Resume building
- Job training
- Structured
- Entrepreneurship
- Job placement
- Trade school tuition assistance
What’s the age limit?
Ages 14-24
Contact Info.
(520) 375-7670

FINANCIAL HELP
Department of
Economic Security
Hours
Mon. – Fri. 8 a.m. – 5 p.m.
What can I do there?
- Nutritional Assistance
- Medical Assistance
- Financial Assistance
Contact Info.
(520) 281-1947

JOBS OPENINGS
Nogales International
nogalesinternational.com

ELECTIONS
Santa Cruz County Recorders Office
Hours
Mon. – Thur. 7 a.m. – 6 p.m.
What can I do there?
- Compile voter registration packets
- Organize voter IDs
- Enter data
- Gain professional skills
- Teen employment
What’s the age limit?
Teens 13+
Contact Info.
(520) 375-7990

*Contact your Political Party for Internships
Fitness

ENDGPPCPOWERFUL
ICCENDHCAOCBUA
ESSEORTBOTEAH
WATEREMPOWERH
PFSAAEETHEART
REFOMEYHTLAEH
WFELTSUSHTESTENO
EIENOITAVITOM
ITEFRUITSTRONG
GNRNXERCISEHM
HEBELEVREWRO
TSTWBEEACHBODYL
SSAEGARUOCTELE
THEOBESTRENGTH

Adjectives – Easy

1. Match the adjectives and opposites.
2. Put the opposites into the crossword puzzle.