

Places To Beat The Heat

Written by Elizabeth Liberatore

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It's that time of year again where sitting in your car is like sitting in a sauna and having a water bottle on hand is an absolute must. Of course, I'm referring to summertime where locals say its, "hotter than h-e-double-hockey-sticks." Indeed, Arizona's blistering hot weather is enough to stay cooped up indoors. Nonetheless, there are several places to beat the heat throughout the Valley; check out these "hot" hangout spots that will certainly keep you cool.



Ice Den

Andre 3000 said it all when he sang, "What's cooler than being cool? Ice cold." This is perfect advice for Arizonans, and what better place to be ice cold than at an ice den. Ice Den has a crisp 53-degree ice rinks open all summer long for public skating. It has convenient sessions scheduled throughout the week to fit your schedule. In addition, they offer live DJ and light shows to enhance your summer skating experience. Teen Request LIVE is on every Friday night and Radio Disney Family Night on Saturdays. You don't need to be a Michelle Kwan to get your skate on, anyone can do it. Just don't forget your elbow and kneepads; they tend to come in handy. <http://www.coyotesice.com/home.php>.



Wet'n'Wild

We may not have beaches, but that's no excuse not to dip our feet in the water. Another great place to keep cool this summer is at Arizona's top water park, Wet'n'Wild. The park is now open for daily operation throughout the rest of summertime. With more than 30 exhilarating slides and attractions, the \$30 million park is ideal for families and thrill seekers alike. Be the first to ride the park's latest attraction, the Constrictor. Riders will speed down the enclosed slide into a series of corkscrew turns, snaking back and forth in the series of spirals. What's second best to the beach? The wave pool of course! Enjoy a day of waves and rides at Wet'n'Wild today. At risk of sounding like my mother, don't forget your sunscreen! <http://phoenix.mywetnwild.com/index.htm>.



Sugar Bowl Ice Cream Parlor

There is nothing like a deliciously refreshing ice cream cone after a day in the water. For all you sweet teeth out there, Sugar Bowl Ice Cream Parlor is a great spot to stay cool, literally! Sitting right in the heart of Old Town Scottsdale, this bubble gum pink building not only looks appealing but also serves mouth-watering treats. With 12 scrumptious flavors and a wide variety of super fancy sundaes and splits, Sugar Bowl will satisfy your summertime craving. <http://www.sugarbowlscottsdale.com>.



AZ On The Rocks

Calling all you adventurers! With temperatures soaring to the boiling hot mark, hiking Camelback and other trials are no longer in the equation. Don't let Mother Nature stop you; drop by AZ On The Rocks to squeeze more hiking time in this summer. AZ On The Rocks is a fully air conditioned rock climbing facility for climbers of all ages and levels. The facility offers approximately 14, 000 square feet of climbing terrain, bouldering, exercise and fitness equipment and the best yoga studio in town. A day pass, including gear, for families is \$52 and individual \$22. Get your climb on while staying cool this summer at AZ On The Rocks. Don't worry if you're a beginner, the staff will show you the "ropes." <http://www.azontherocks.com>.

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Musical Instrumental Museum (MIM)

So you're a music buff, eh? If your next-door neighbor's garage band isn't exactly ideal, stop by The MIM for the most extraordinary museum you'll ever hear. MIM offers a shared experience of the history of musical instruments throughout the world. Collections include instruments from around two hundred countries and territories in the world. Not sure what genre really gets your foot tapping? There are several displays with subsections for different types of ethnic, folk, tribal, rock and bluegrass music. Wireless "hot spots" are located around MIM to immerse guests in the sounds of musical instruments and different rhythms. In addition, the museum offers several children's activities throughout the summer season. Now that is music to my ears. <http://www.themim.org/home>.