

Best Ways to Cool Down in the Valley

Written by By: Vanja Veric
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As temperatures in Phoenix begin to soar into the triple digits, Valley residents try to look for ways to enjoy their summer months while still staying cool. We're looking at some of the top summer activities to help you beat the heat.



Hit up a Water Park

Water parks are classic summer hot spots that are fun for the whole family. They let you stay cool while still enjoying some fun in the sun.

Wet 'n' Wild, Phoenix's newest and largest waterpark built in 2009 boasts nearly 30 water attractions that parents and kids alike will love. The park also frequently features deals and special events during the summer.



Visit a Museum

Visiting a museum is an ideal cool activity because it allows you to remain indoors and view breathtaking collections of art, history, natural artifacts and more. Luckily, Phoenix has museums that fit anyone's interests.

The Heard Museum:

This Phoenix treasure is one of the best destinations for those looking to learn more about Native American arts and culture. With more than 32,000 pieces of cultural and fine art, it's a fun and educational way to spend a summer day. There are permanent exhibits, like the famous Barry Goldwater collection of Kachina Dolls, as well as varying special exhibits year-round.

The Phoenix Art Museum:

This local favorite offers up classic and modern artistic attractions. One of the largest art museums in the Southwest, the Phoenix Art Museum houses a permanent collection of some 16,000 works of art. And, for the fashion fans out there, the museum is known for its extensive fashion collections and special event exhibits year round featuring items donated from fashion icons and designers.

Arizona Science Center:

This hands-on, family museum offers nearly 300 interactive exhibits fun for the whole family. A favorite among kids, the museum separates exhibits based on interesting aspects of science that lets visitors get a hands-on experience that most museums don't typically offer.

Musical Instrument Museum:

A truly unique museum experience, the MIM showcases musical instruments from around the world. The museum also features music theater with a wide range of classic, jazz, world, and contemporary music being featured regularly, a gourmet cafe, library and a special hands-on instrument room for music fans.

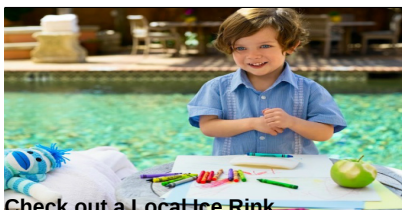
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Phoenix is known as baseball destination, and taking in a day of America's favorite pastime is a simple way to beat the heat.

Chase field, the home of the Phoenix Diamondbacks, is the first baseball facility in the world to combine a retractable roof, air conditioning and a natural turf field. If you are a baseball fan, a trip to the Phoenix staple will be a real treat. Even if baseball isn't your ideal sport, you can spend a couple of hours at the fan favorite, Friday's Front Row Sports Grill, located on the left-field corner of the ballpark.

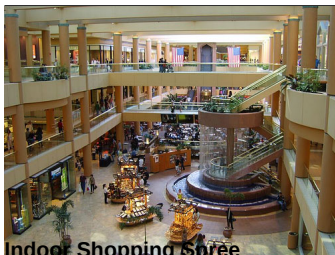


Check out a Local Ice Rink

Nothing like lacing up a pair of ice skates and sipping on hot chocolate indoors to make you forget about the sweltering temperatures outside.

Even if you're ice skating newbie, you can spend a few hours learning with friends or racing around with family in a nice cool environment.

Local favorites like Ice Den, home of the Phoenix Coyotes, feature special summer deals and events for public skating as well as games, show and skating lessons.



Indoor Shopping Spree

While Phoenix is more known for its outdoor malls and activities, when the temperatures soar up into the 100s, consider a sun-free shopping spree.

Indoor shopping locations like Scottsdale Fashion Square, a true destination retail location, offer designer stores and top notch restaurants while still keeping you out of the summer heat.

Summer temperatures in the Valley can be brutal but that doesn't mean you have to stay inside from May until August. Phoenix offers up so many warm weather alternative activities, it would be a crime to not try them all out at least once this season.