

Rio Rancho Aquatic Center

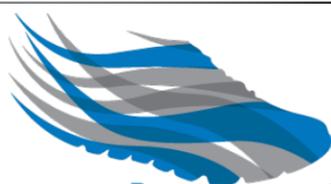
745 Loma Colorado Blvd. • Rio Rancho, NM 87124 • (505) 891-5230

Spring Hours

(Through May 27 2019)
subject to change

Recreation Swim for everyone	Friday	3:00 to 7:00 PM
	Saturday and Sunday	NOON to 6:00 PM
Lap Swim *Adults only please. *Number of available lanes varies throughout the day. There are only two lap lanes available from 5:00 to 7:00 PM.	Monday to Thursday	6:00 to 11:00 AM 2:00 to 7:00 PM
	Friday	6:00 to 11:00 AM 2:00 to 7:00 PM
	Saturday and Sunday	NOON to 6:00 PM
Diving Boards *Must demonstrate the ability to swim one length of the pool	Saturday and Sunday	NOON to 6:00 PM

The Aquatic Center will be closed the first Monday of every month until 2:00 PM for pool maintenance.



Silver Sneakers
by Tivity Health

Now accepting Silver Sneakers® and Prime Fitness Programs to be used for fitness classes or lap swimming. To check eligibility, call Marcella at (505) 891-5231 or email at mcano@rrnm.gov.

AQUA CLASSES

Aquacise Class Times

Monday

9:00 to 10:00 AM - Aqua Circuit
10:00 to 11:00 AM - Deep Water Fitness

Tuesday

9:00 to 10:00 AM - Aqua Therapy
10:00 to 11:00 AM - Aqua Zumba
7:00 to 8:00 PM - Aqua Fitness

Wednesday

9:00 to 10:00 AM - Aqua Fitness
10:00 to 11:00 AM - Aqua Circuit
7:00 to 8:00 PM - Aqua Fitness

Thursday

9:00 to 10:00 AM - Aqua Therapy
10:00 to 11:00 AM - Aqua Zumba

Friday

9:00 to 10:00 AM - Aqua Fitness/Deep Water Combo
10:00 to 11:00 AM - Aqua Fitness

Class descriptions can be found on the Aquatics website: www.rrnm.gov/aquaticsandfitness

Red Cross Lifeguarding Course

This course is designed to teach lifeguards, as professional rescuers, the skills needed to prevent injuries, prepare for and respond appropriately to drowning, injury, breathing, and cardiac emergencies. This training will educate participants about the newly released lifeguard program, CPR/AED for the Professional Rescuer and First Aid. Qualifying participants will receive an American Red Cross Lifeguard Training, First Aid and CPR certifications valid for two years. Must attend all three dates to complete certification.

- Friday, April 12 from 5:00 to 9:00 PM
- Saturday, April 13 from 8:00 AM to 5:00 PM
- Sunday, April 14 from 8:00 AM to 5:00 PM
- Rio Rancho Aquatic Center
- \$100, payable the first day of class

Space is limited so call Marcella at (505) 891-5231 by April 8 to reserve your spot.

Fitness Class Information

- \$30 per month - Unlimited land and water classes
- \$5 - Drop-in Fee
- Ages 15 and up
- First come first served
- Pool passes and pricing apply to water classes only

Try it, you'll like it!
First fitness class free.
For more information,
please call
(505) 891-5230.



GROUP FITNESS CLASSES

Indoor Cycling

Whether you're an experienced outdoor cyclist or your feet haven't touched the pedals since you were a kid, indoor group cycling has something for you. Cycling provides you with a fantastic cardiovascular workout, which is the key to a healthy body and strong heart. Padded cycling shorts and heart rate monitors are recommended but not required. All fitness levels are welcome.

- 9:00 AM: Mondays, Wednesdays and Fridays
- 6:00 AM: Tuesdays
- 6:00 PM: Tuesdays and Thursdays
- 9:00 AM: Saturdays
- Rio Rancho Aquatic Center



Yoga

Enjoy a gentle flow in motion followed by a substantial and soothing sequence of seated poses that leave you feeling complete and nourished.

- 10:00 AM: Mondays
- Rio Rancho Aquatic Center



Circuit City

This class is the perfect combination of heart-pumping cardio and intense resistance training. You'll hit every muscle group as you burn calories zipping through stations of different fitness equipment that may include TRX suspension ropes, kettle bells, medicine balls, jump ropes, and weights. This class is ideal for both men and women of all fitness levels who want total body results in a limited amount of time.

- 9:00 AM: Tuesdays and Thursdays
- 6:00 PM: Mondays and Wednesdays
- Rio Rancho Aquatic Center



Upper Body and Core Fitness

This class offers a workout that will focus on muscular strength and endurance for your upper body muscle groups and core fitness. Exercises in this class will incorporate weights, resistance bands, TRX, and body weight.

- 5:00 PM: Tuesdays
- Rio Rancho Aquatic Center



PIYO

A hybrid class that combines the practice of yoga and Pilates, as well as the principals of stretch, strength training, conditioning and dynamic movement. In this hour long class you will get the benefits of muscle sculpting, core firming and fat burning from this low impact workout.

- 10:00 AM: Wednesdays
- Rio Rancho Aquatic Center



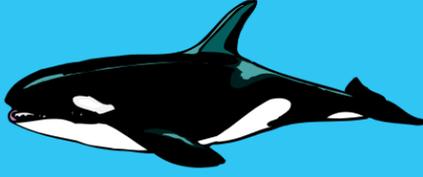
Lower Body and Core Conditioning

Whether you are looking for an awesome hour of workout or to tone up, this class will work those sometimes forgotten muscle groups in both the lower and upper body. There will be half an hour devoted to lower body strengthening and another half hour to core body strength. All fitness levels are welcome.

- 5:00 PM: Thursdays
- Rio Rancho Aquatic Center



Swim Lessons

Time	Session 1 2/16 - 3/17 Saturday only	Session 2 4/6 - 5/11* Saturday only	Session 3 2/4 - 2/25 M&W	Session 4 2/5 - 2/26 T&Th	Session 5 3/4 - 4/1* M&W	Session 6 3/5 - 4/2* T&Th	Session 7 4/8 - 4/29 M&W	Session 8 4/9 - 4/30 T&Th
8:30 AM	4,6,7,9	4,5,8,9	 <div style="background-color: red; color: white; padding: 5px; text-align: center;"> No class during Spring Break, March 25 through 30 or April 20. </div>					
9:20 AM	2,5,8,9	2,3,7,9						
10:10 AM	1,3,5,7	1,3,5,6						
11:00 AM	2,3,4,8	2,4,6,7						
4:50 PM			1,2,4,7	1,2,3,4	4,5,6,7	1,2,6,7	2,4,5,7	4,5,6,7
5:35 PM			2,3,5,6	3,4,5,6	1,2,3,5	1,3,4,5	1,2,3,6	1,3,5,6
6:15 PM			3,4,8,9	2,4,6,7	2,3,4,6	2,4,8,9	3,4,5,6	2,3,4,8



About the Learn to Swim Program Registration

Swim lesson registration will be ongoing at the Parks & Recreation Office in City Hall and the Rio Rancho Aquatic Center.

During the Week Session.....\$42
 Saturday Only\$30

Please read the following descriptions to determine what class best fits your child's abilities. Age levels are given to serve as guidelines. Place children in the level that is most appropriate. Staff will make any necessary adjustments during the classes to assure your child has the best experience.

1. Parent and Tot (Ages 6 months-3 years) Parent must accompany child in the water. Goals include water adjustment, getting in/out, doggie paddle, and safety skills. Max: 10
2. Tadpoles (Preschool - Ages 3 to 5) Students learn basic water skills, water acclimation, submerging, breath control, and safety skills/rules on their own. Max: 6

3. Sea Shells (Early beginners - Ages 4 to 7) Students learn basic water skills, floating, submerging, breath holding, safety skills, and rules. Max: 6
4. Sea Horses (Beginner - Ages 4 to 7) Students learn beginning techniques of front crawl stroke, how to use a kick board, jumping in, safety skills, and rules. Max: 6
5. Sunfish (Beginner Intermediate - Ages 5 to 9) Students work on front crawl stroke emphasizing kicking, breathing, arm stroke technique, safety skills, recovery after falling in deep water, and water safety tips. Max: 6
6. Sting Rays (Intermediate - Ages 6 to 10) Students review and improve on front crawl and learn backstroke. Introduced to deeper water, safety skills and rules. Max: 6

7. Barracudas (Advanced Intermediate - Ages 7 to 12) Students review backstroke and front crawl skills. Large emphasis on safety, how to start dive, and by the end of class the ability should be achieved to swim 25 yards of front crawl. Max: 8
8. Dolphins (Pre-Swim Team - Ages 8 and up) Students review strokes, learn rescue backstroke, breaststroke, and underwater swimming. Max: 8

9. The Adult class is designed for adults who want to learn to swim for the first time and would like to learn basic swimming techniques. The class will be tailored for each individual and is right for any adult who has the desire to learn, even those who may have a fear of the water. Safety skills are also included. Max: 6

*Participants must fall in the age range and successfully completed each previous level to advance to next class.



If you feel your child needs an individual evaluation to advance to the next level, please contact Marcella by e-mail at mcano@rrnm.gov or at (505) 891-5231.



Homeschool Swim Team

This is a great opportunity to get some exercise and meet some new friends. This is a non-competitive team where you will learn the four proper swim strokes. Participants must be able to complete one length of the pool as a prerequisite for the class and will be grouped by ability. There will be an inter-squad swim meet at the conclusion of the class on February 22 and April 26.

Registration Deadline: On-going

- Session 1 - January 14 to February 22
- Session 2 - March 11 to April 26

- Monday, Wednesday and Friday
- 2:00 PM to 3:00 PM

- Rio Rancho Aquatic Center
- Min: 10 Max: 20
- \$20 - once a week
- \$40 - twice a week
- \$60 - three days a week
- Ages 7 to 15



Daily Admission Fees (All Pools)

Child (2 to 12)\$3
 Teen (13 to 19)\$4
 Adult (20 to 54)\$4
 Senior (55 and up)\$3

Pool Pass Fees (All Pools)

Monthly Senior.....\$35
 Monthly Individual.....\$48
 Monthly Family.....\$90
 3 Month Child\$100
 3 Month Teen\$130
 3 Month Adult\$130
 3 Month Senior.....\$100
 3 Month Family\$250
 Punch Pass (15).....\$35
 Senior Punch Pass (15).....\$30

*Passes can be used at all pools.

Rio Rancho Aquatic Center Holiday and Event Closures

Tuesday, January 1
 Monday, January 21
 Saturday, February 2 (Until 2:00 PM)
 Sunday, April 21
 Monday, May 27

Admission Fees

Children - \$3
 Teens - \$4
 Adult - \$4
 Seniors - \$3

