

## Children & Teen Programs



### Beginning Team Dance

This class is designed to help students prepare for dance team. No dance experience is required to take this course.

- June 3 to July 29 (No Class July 4)
- Mondays and Thursdays
- 4:00 PM to 5:00 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 8
- \$100
- Ages 6 to 17

### Intermediate Team Dance

This class is designed to help students prepare for dance team. 1 to 2 years of dance experience in ballet, jazz, and hip hop is required to take this course.

- June 3 to July 29 (No Class July 4)
- Mondays and Thursdays
- 5:00 PM to 6:00 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 10
- \$100
- Ages 6 to 17

### Advanced Team Dance

This class is designed to help students prepare for dance team. 2+ years of dance experience in ballet, jazz and hip hop is required to take this course.

- June 3 to July 29 (No Class July 4)
- Mondays and Thursdays
- 6:00 PM to 7:00 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 12
- \$100
- Ages 8 to 17

### Youth/Teen Tennis

Let your kids learn the sport of a lifetime when we introduce them to the new United States Tennis Association standards. Progress through the colored ball system while learning how to hit the ball properly.

**Beginning** - Learn the basics of the forehand, backhand, and the serve. Your kids will learn how to move on the court and how to score a game.

**Intermediate** - Continue to improve your strokes, learn how to volley, improve footwork and play a match. Previous tennis class required to register for intermediate level.

#### Ages 7 to 10:

- June 3 to July 8
- Mondays
- Class 1 - Beginning: 9:00 AM to 10:00 AM
- Class 2 - Intermediate: 10:00 AM to 11:00 AM
- Class 3 - Beginning: 5:30 PM to 6:30 PM
- Class 4 - Intermediate: 6:30 PM to 7:30 PM
- Rio Rancho Sports Complex
- Min: 4 Max: 12
- \$67 per session

#### Ages 11 to 15:

- Session 1 - June 8 to July 13
- Saturdays
- Class 1 - Beginning: 8:30 AM to 9:30 AM
- Class 2 - Intermediate: 9:30 AM to 11:00 AM
- Session 2 - July 20 to August 24
- Saturdays
- Class 1 - Beginning: 8:30 AM to 9:30 AM
- Class 2 - Intermediate: 9:30 AM to 11:00 AM
- Haynes Park
- Min: 4 Max: 12
- \$67 per session



### Kidszone Preschool

Our Kidszone Program is specifically designed to meet the learning needs of 3-to 5-year old children. Our goal is to introduce activities and experiences that will ensure your child will make a successful transition to kindergarten.

Please contact Jen at (505) 891-6196 or Arilyn at (505) 891-7205 to begin the registration process if you are NEW to Kidszone Preschool.

#### Why should you check us out?

- Wide range of activities and themed curriculum
- Excellent teacher to child ratios
- Well trained and highly qualified staff
- Safe and secure learning environment
- Competitive tuition rates



**The 2019-2020 Kidszone Preschool school year begins on Monday, August 19, 2019. Join us on August 3rd for our Kidszone Preschool registration day and open house. Meet the teachers, check out classrooms and register for the upcoming school year.**

#### Please bring the following to register for the 2019-2020 school year:

- Immunization Records
- Emergency contact and authorized pick up contact info.
- Medical Information
- \$50 nonrefundable deposit for each month you would like to attend during the school year. The deposit does count toward the monthly registration fee.



- Class 1 - Monday thru Thursday from 8:30 am to 12:00 pm
- Class 2 - Monday thru Thursday from 1:00 pm to 4:30 pm
- Session 1 - August 19 thru August 29, \$100
- Session 2 - September 3 thru September 30, \$195
- Session 3 - October 1 thru October 31 (No Class October 14), \$195
- Session 4 - November 4 thru November 26 (No Class November 11), \$195
- Session 5 - December 2 through December 19, \$145
- Session 6 - January 7 through January 30 (No Class January 20), \$195
- Session 7 - February 3 through February 27, \$195
- Session 8 - March 2 through March 31, \$195
- Session 9 - April 1 through April 30, \$195
- Session 10 - May 4 through May 14, \$100

- Sabana Grande Recreation Center
- Min: 3 Max: 27
- Ages 3 to 5



### Beyond the Bell - After School Teen Homework Club

Often when middle schoolers get around to starting their homework, distractions from television, video games, and social media make studying a challenge, especially when parents are at work and not available to assist with homework. Beyond the Bell is a fun, safe place for teens to go after school. We offer a perfect combination of structured homework time with trained tutors, followed by time to just hang out and socialize with friends. Transportation is provided from all RRPS middle schools to the Star Heights Community Center. Middle schoolers enjoy a snack and a few minutes of free time before jumping into their homework where trained tutors are available to assist with homework. Computers and printers are available for students to access PowerSchool. Staff does not have access to PowerSchool, nor do they follow up with teachers on assignments. Once their homework is done, students can play board games, play in the park, or compete in friendly sports activities.

Middle-schoolers in this program receive general academic help and/or homework assistance. Students are expected to be fully prepared and bring the following items to the Homework Club including homework, textbooks, calculator (if needed), notebook, writing utensils, etc. Our tutors/staff will provide assistance, explanation, and clarification. Tutors will NOT do the homework for the student, write their paper or give them the answers. Parents and students must understand and agree that tutoring will not necessarily result in perfect work and does not guarantee an "A" or a passing grade. Success at school is dependent on the student implementing sound study strategies and putting in the needed effort, not on the tutor. We're just here to help.

- Fall session starts August 19 to December 13
- (No class during City of Rio Rancho holidays and RRPS closures)
- Monday through Friday after school til 6:00 PM
- Star Heights Recreation Center
- \$50 per week transportation provided
- \$40 per week no transportation provided
- Grades 6th to 8th

Please call (505) 891-3938 for more information about this program.

Scholarships are available for low income households, please call (505) 891-3938 for more information.

We are always looking for qualified tutors please call (505) 891-3938 for more information.

## Teen/Adult Programs

### YOGA in the Park

Vinyasa style yoga is a gentle flow class for all levels. Customized instruction will be offered to each individual, in order to guide them in adapting their practice to fit their own individualized abilities and intentions.

#### Tuesday Offerings:

- Session 1 - May 14 to June 25
- Session 2 - July 16 to August 27
- Tuesdays
- 6:00 PM to 7:00 PM
- Cabezon Community Park
- Min: 5 Max: 15
- \$30 per session
- Ages 16 and up

#### Thursday Offerings:

- Session 1 - May 16 to June 27
- Session 2 - July 18 to August 29
- Thursdays
- 6:00 PM to 7:00 PM
- Cabezon Community Park
- Min: 5 Max: 15
- \$30 per session
- Ages 16 and up



### YOGA

Vinyasa style yoga is a gentle flow class for all levels. Customized instruction will be offered to each individual, in order to guide them in adapting their practice to fit their own individualized abilities and intentions.

#### Monday Offerings:

- Session 1 - May 13 to July 1 (No Class May 27)
- Session 2 - July 15 to August 26
- Mondays
- 6:00 PM to 7:00 PM
- Star Height Recreation Center
- Min: 5 Max: 15
- \$30 per session
- Ages 16 and up

#### Wednesday Offerings:

- Session 1 - May 15 to June 26
- Session 2 - July 17 to August 28
- Wednesdays
- 6:00 PM to 7:00 PM
- Star Heights Recreation Center
- Min 5 Max: 15
- \$30 per session
- Ages 16 and up



www.rnm.gov or 505-891-5015

### T'ai Chi Chih

T'ai Chi Chih – serenity in the midst of activity – is a series of 19 movements and one pose, which were originated by Justin Stone. Mr. Stone taught T'ai Chi Ch'uan for many years before developing a new technique, which he called T'ai Chi Chih. T'ai Chi Chih is simple and easy to learn with benefits usually beginning from the first class. The gentle movements emphasize a flowing continuity and strongly stimulate the flow and balance of Chi or the "vital force" in the body.

Benefits of regular T'ai Chi Chih practice can include stress reduction, weight and blood pressure control, increased energy, and a greater enthusiasm for life. As the practitioner becomes relaxed, a new understanding and perspective is formed, creative energy flows more freely, and greater joy in everyday life becomes apparent.

- June 4 to July 23
- Tuesdays
- 6:30 PM to 7:30 PM
- Sabana Grande Art Center
- Min: 8 Max: 20
- \$40
- Ages 16 and up



### Latin and Salsa

Step by step, the music of the popular social dance calls you to the floor. Come join us as we learn the movements of the Latin dances of the mambo, cha-cha, and more.

- June 7 to July 19 (No class July 5)
- Fridays
- 7:00 PM to 8:00 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 25
- \$35 per person
- Ages 16 and up

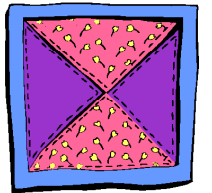
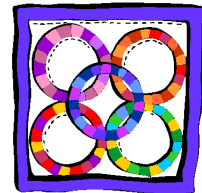


### Thimbleweed Quilters

Members meet twice a month and work on a variety of projects. Learn some new techniques or brush up on some old ones. Stop by for a visit to see what we are all about, no obligation.

#### Registration Deadline: Ongoing

- 1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month
- 9:30 AM to 2:00 PM
- Sabana Grande Recreation Center



- \$29 per fiscal year (renewed on July 1) Newsletters emailed monthly

\$16 Semi-Annually (July - December and/or January - June) Newsletters emailed monthly

- All ages are welcome.

Join the Thimbleweed Quilters for their annual quilt show on Sunday, April 28 from 10:00 AM to 3:00 PM where over 200 quilts will be on display! Vendors will be on site selling fabric, notions, and crafts. Some of the quilts on display will also be for sale. The show will take place at Veteran's Memorial Park, free admission.

### SilverSneakers

Get more active with people just like you. Covered on a variety of insurance plans or through a YMCA membership, SilverSneakers includes functional fitness classes and strength training appropriate for every level, social events, and opportunities to make friends with other mature adults in your area.

If you already have the SilverSneakers benefit through insurance then participation is free.

For more information, call the YMCA directly at (505) 595-1515, press 1.

- Mondays, Wednesdays, and Fridays
- 9:30 AM to 10:30 AM (Arrive 5-10 minutes early to set up)
- Star Heights Recreation Center



**SilverSneakers**  
by Tivity Health