

Adult Athletics

Adult Tennis

It's never too late to learn tennis. You will learn the basic strokes including the forehand, backhand, serve and maybe even an awesome volley. Learn what "love" really means in tennis and how to score the game. This is truly the sport of a lifetime. Intermediate – Advance your basic skills, play short games, learn how to move better on the court and meet new friends.

Wednesday Beginner and Intermediate Option:

- September 4 to October 30
- Wednesdays
- **Option 1** - Beginner - 5:30 PM to 6:30 PM at High Resort Park
- **Option 2** - Intermediate - 6:30 PM to 7:30 PM at High Resort Park

Monday Intermediate Option:

- September 9 to October 28
- Mondays
- 6:00 PM to 7:00 PM at High Resort Park
- Min: 4 Max: 12
- \$67 per session
- Ages 18 and up



6 vs 6 Adult Flag Football: Sundays

Get your cleats and jerseys ready for some action!! Come and enjoy a season of flag football at the Rio Rancho Sports Complex. Rio Rancho provides a two-referee system and all game equipment. Schedules are subject to change. Register online at: www.rrnm.gov/ActiveNet or call (505) 891-7240 for more information.

- Games start on September 1
- 8 game season plus post season games
- Sundays
- Games start: 9:00 AM
- Rio Rancho Sports Complex on Parson's Field
- \$500 per team
- Ages 18 and up

8 vs 8 Adult Flag Football: Thursday Nights

Come and enjoy a season of flag football at the Rio Rancho Sports Complex. Experience an under the lights action packed league that provides a three-man referee system and all game equipment. For more information call the Haynes Community Center at (505) 891-7240 or call Lorenzo at (505) 891-7810.

Adult Softball Fall League

Rio Rancho Softball provides umpires and score keepers for all games. Schedules are subject to change. Online team standings and schedules at www.rrnm.gov/adultsoftball. Contact the Cabezon Community Center at (505) 892-4499 for more information.

- Registration Opens: August 2, 2019. Season starts on Friday September 6, 2019. Registration Deadline: August 23, 2019.
- 10 game season + post season games (Double headers).
- Monday - Women's - 7:00 PM to 10:00 PM (Max: 12 teams)
- Tuesday - Coed- 7:00 PM to 10:00 PM (Max: 12 teams)
- Tuesday - Men's- 7:00 PM to 10:00 PM (Max: 12 teams)
- Wednesday - Men's- 7:00 PM to 10:00 PM (Max: 12 teams)
- Thursday - Men's- 7:00 PM to 10:00 PM (Max: 12 teams)
- Friday - Men's - 7:00 PM to 10:00 PM (Max: 12 teams)
- Sunday - Coed- 12:00 AM to 5:00 PM (Max: 16 teams)
- Sunday - Men's- 5:00 PM to 10:00 PM (Max: 16 teams)
- Rio Rancho Sports Complex
- \$550 per team (Plus \$50 USSSA Sanction fee)
- Ages 18 and up

All adult softball teams need to be USSSA sanctioned once a year in order to play. All teams must be USSSA sanctioned prior to the first game of the season.

