

Rio Rancho Aquatic Center

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

RRAC Hours Through May 25, 2020 (Subject to change)		
Recreation Swim For everyone	Friday	3:00 PM to 7:00 PM
	Saturday & Sunday	12:00 NOON to 6:00 PM
Lap Swim *Adults only please. *Number of available lanes varies throughout the day.	Monday to Thursday	6:00 AM to 11:00 AM 2:00 PM to 8:00 PM
	Friday	6:00 AM to 11:00 AM 2:00 PM to 7:00 PM
	Saturday & Sunday	12:00 NOON to 6:00 PM
Diving Boards *Must demonstrate the ability to swim one length of the pool	Saturday & Sunday	12:00 NOON to 6:00 PM
The Aquatic Center will be closed the first Monday of every month until 2:00 PM for pool maintenance.		

Aquatic Center Closures

Monday, September 2
Monday, October 14
Monday, November 11
Thursday, November 28
Friday, November 29
Tuesday, December 24
Wednesday, December 25
Wednesday, January 1

Special Announcements

The Aquatic Center will not be open to the public until 2:00 PM on Saturday, September 14 due to the Patriot Triathlon.

The Aquatic Center will be closed December 7 and 14, and February 1 due to Swim Meets.

Rio Rancho Aquatic Center Winter Break Hours

December 26 to January 3

- Monday to Thursday
Noon to 5:00 PM
- Friday
Noon to 7:00 PM
- Saturday and Sunday
Noon to 6:00 PM

Admission Fees

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



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 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 and Fridays
- Rio Rancho Aquatic Center



Piyo

A hybrid class that combines the practice of yoga and Pilates, as well as the principles 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
- 5:00 PM: Thursdays
- 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



Fitness

Rio Rancho Aquatics

*All classes are subject to change. Please visit www.rnm.gov to view the most up to date schedule of classes.

Aquacise Class Times

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

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

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

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

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

Class Descriptions

Aqua Fitness: Low-impact, high/low intensity, upright, shallow water workout set to music held in the recreation pool.

Aqua Therapy: Low-impact, low-intensity workout that emphasizes range of motion, strength training, and stretching held in either the recreation or exit pool.

Aqua Zumba: Known as the Zumba® "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering is often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, and water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Aqua Circuit: Tone and sculpt your body with no impact to your joints. This water aerobics workout is a blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, resistance bands, and noodles.



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

No land or water classes December 16 thru January 1

Swim Lessons

Time	Session 1 9/7 - 10/12 Saturday only**	Session 2 10/19 - 11/16 Sat. only	Session 3 1/4 - 2/8** Saturday only	Session 4 9/3 - 9/24 T&Th	Session 5 9/4 - 9/25 M&W	Session 6 9/30 - 10/23** M&W	Session 7 10/1 - 10/22 T&Th	Session 8 10/28 - 11/20** M&W	Session 9 10/29 - 11/21** T&Th	Session 10 1/6 - 1/29** M&W	Session 11 1/7 - 1/28 T&Th
8:30 AM	4,6,8,9	4,6,7,9	3,4,8,9	**No classes due to special events and closures on 09/14, 10/14, 10/31 11/11, 11/25 through 11/30, 1/20, and 2/1**							
9:20 AM	3,5,7,9	2,5,8,9	2,4,7,9								
10:10 AM	1,2,3,5	1,5,6,7	1,5,6,8								
11:00 AM	2,4,7,8	2,3,4,8	2,4,6,7								
4:50 PM				3,4,5,7	2,4,5,6	3,4,5,7	2,4,5,6	3,4,5,7	2,4,5,6	3,4,5,7	2,4,5,6
5:35 PM				2,3,4,5	1,3,5,7	2,3,4,5	1,3,5,7	2,3,4,5	1,3,5,7	2,4,5,6	1,3,5,7
6:15 PM				1,3,5,6	2,3,4,8	1,3,5,6	2,3,4,8	1,3,5,6	2,3,5,8	1,3,5,6	2,3,4,8

About the Learn to Swim Program Registration

Swim lesson registration will be ongoing online, 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. Staff will make any necessary adjustments during the classes to ensure your child has the best experience.

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

1. Parent & 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, and 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. Heavy 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

Home School 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 October 16 and December 4.

Registration Deadline: On-going

- Session 1 - September 9 to October 16 (No practice October 14)
- Session 2 - October 21 to December 4 (No practice November 11 and November 25 and 27)
- Monday and Wednesday
- 2:00 PM to 3:00 PM
- Rio Rancho Aquatic Center
- Min: 10 Max: 20
- \$50 - Mondays & Wednesdays
- \$25 - Wednesdays only
- Ages 7 to 15



If you feel your child needs an individual evaluation to advance to the next level, please contact Ashlynn by email at asteffensen@rrnm.gov or by phone at (505) 891-5232.

Patriot Triathlon

Join us for the annual Patriot Triathlon. The event includes a 400-yard seeded swim, a 15-mile bike ride, and a 3.1-mile run in that order. Proceeds from the event will benefit the City of Rio Rancho Fire & Rescue and Police departments. This is a USA Triathlon sanctioned event. More information available at www.fitfundamentals.com.

Registration Deadline: September 6 (11:59 PM)

- Friday, September 13 (Kids Triathlon)
- 6:00 PM
- Saturday, September 14 (Adult Triathlon)
- 8:00 AM - Seeded Start
- Rio Rancho Aquatic Center
- Max: 400
- \$55 Adult Fee
- \$75 Adult Fee (after July 17)
- \$40 Junior Fee (under 18) & Hero's Division*
- \$50 Junior Fee & Hero's Division (after July 17)
- \$130 Adult Team Fee
- \$160 (After July 17)
- \$75 Junior Team, all team members must be Juniors. (Under 18)
- \$90 Hero's Team Fee, all team members must be Hero.
- \$100 Junior Fee (after July 17)
- \$130 Hero Fee (after July 17)
- \$15 kids race (ages 5 to 15), \$20 after July 17, \$25 after September 8
- All ages



*Hero means those who are police, firefighter, EMS or military personnel.
**All participants must be USAT members or pay a \$12 (Juniors - \$10) USAT one-day fee. For details and information on how to register visit: www.fitfundamentals.com