

Youth Athletics

Gymnastics 2

Children will be introduced to fundamental tumbling skills, balance, coordination, and flexibility.

- **Session 1** - September 11 to October 9
- **Session 2** - October 16 to November 13
- Wednesdays
- 4:00 PM to 4:45 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 12
- \$40 per session
- Ages 3 to 5



Gymnastics 3

Children will build on their fundamental gymnastics skills by learning an advanced skillset of gymnastics techniques.

- **Session 1** - September 11 to October 9
- **Session 2** - October 16 to November 13
- Wednesdays
- 5:00 PM to 5:45 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 12
- \$40 per session
- Ages 6 to 12

Gymnastics - Beginning

This is a beginning recreation gymnastics class geared toward school age children. Participants will be introduced to basic skills that will increase their flexibility, strength, and build self-confidence. Call Star Heights at (505) 891-3938 for more information.

- **Session 1** - September 3 to October 1
- **Session 2** - October 22 to November 19
- Tuesdays or Thursdays
- 6:30 PM to 7:15 PM
- Star Heights Recreation Center
- Min: 6 Max: 12
- \$40 per session
- Ages 5 to 13

Gymnastics - Intermediate

Participants must have previous experience in gymnastics and be able to do a complete backward roll, cartwheel, and handstand to register for this class. This class will focus on more advanced gymnastic skills.

- **Session 1** - September 5 to October 3
- **Session 2** - October 24 to November 21
- Thursdays
- 7:30 PM to 8:15 PM
- Star Heights Recreation Center
- Min: 6 Max: 12
- \$40 per session
- Ages 7 to 13



Tumbling

This class will focus on floor tumbling skills and techniques. Designed for beginning or intermediate level gymnasts or cheerleaders, tumblers will learn the basic skills to further their experience with cartwheels, handstands, round offs, back handsprings, and more.

- **Session 1** - September 3 to October 1
- **Session 2** - October 22 to November 19
- Tuesdays
- 7:30 PM to 8:15 PM
- Star Heights Recreation Center
- Min: 6 Max: 12
- \$40 per session
- Ages 10 to 17

Kourt Kids

Kids will learn valuable skills in dribbling, passing, shooting, and how to play a real game of basketball.

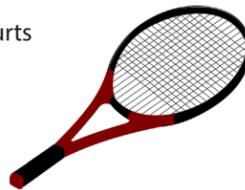
- September 11 to October 9
- Wednesdays
- 6:00 PM to 6:45 PM
- Haynes Park, Basketball Court
- Min: 8 Max: 12
- \$45
- Ages 4 to 9



Little Rackets

Designed to introduce your child to the sport of tennis by utilizing the new United States Tennis Association standards. Learn with the "red" ball which moves slower through the air. We will work on hand-eye coordination, forehands and backhands.

- September 10 to October 8
- Tuesdays
- 4:30 PM to 5:15 PM
- Haynes Park, Tennis Courts
- Min: 4 Max: 14
- \$45
- Ages 4 to 6



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.

- **Session 1** - September 10 to October 29
- Tuesdays
- **Class 1** - Beginning: 5:30 PM to 6:30 PM
- **Class 2** - Intermediate: 6:30 PM to 7:30 PM
- Haynes Park, Tennis Courts
- Min: 4 Max: 12
- \$67 per session
- Ages 7 to 10

- **Session 2** - September 7 to October 26
- Saturdays
- **Class 1** - Beginning: 8:30 AM to 9:30 AM
- **Class 2** - Intermediate: 9:30 AM to 10:30 AM
- Haynes Park, Tennis Courts
- Min: 4 Max: 12
- \$67 per session
- Ages 11 to 16



Little Kickers

This class is for little ones who are interested in the sport of soccer, but are not quite ready for a commitment to an organized team or league. Each week, children will focus on different skills and drills. Skill development and fun is our goal. The session will end with an organized scrimmage among the players.

- September 4 to October 2
- Wednesdays
- 5:00 PM to 5:45 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 14
- \$45
- Ages 4 to 9



Pigskin Players

Pigskin Players is designed to introduce younger children to the basic fundamentals of football. The class is for kids who are not ready to commit to an organization or team, but are looking to have fun while developing basic skills and athletic ability.

- September 3 to October 1
- Tuesdays
- 5:30 PM to 6:15 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 12
- \$45
- Ages 4 to 9



Little Chippers

This class is designed to introduce children to the game of golf at their level. The class will focus on grip, stance, swing, and game play. All equipment will be provided.

- September 5 to October 3
- Thursdays
- 5:00 PM to 5:45 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 15
- \$45
- Ages 4 to 9



Athletes In Action

Don't be tied down to one sport, try them all. Each week we do a different sport and learn a new skill.

- September 9 to October 7
- Mondays
- 5:00 PM to 5:45 PM
- Haynes Park, Roskos Field
- Min: 10 Max: 20
- \$45
- Ages 7 to 13

Home School P.E.

As part of the physical education classes, students will do calisthenics, be introduced to traditional sports and cooperative games, and will have time for socialization with other home-schooled children.

- **Session 1** - September 4 to November 6 (No class on October 14)
- Mondays and Wednesdays
- **Session 2** - September 3 to November 7
- Tuesdays and Thursdays
- **Class 1** - 12:00 PM to 12:50 PM
- **Class 2** - 1:00 PM to 1:50 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 20
- \$70 per session
- Ages 6 to 15



Youth Athletics

Rio Rancho Youth Basketball Recreational/Competitive League

This league is designed to allow boys and girls in 3rd, 4th, 5th, and 6th grades the opportunity to compete against teams from other Rio Rancho schools in the same grade level. Starting in November, each Rio Rancho elementary school will have one or more coed teams, each consisting of 3rd and 4th graders. 5th grade boys will have their own division. Rio Rancho middle schools will suit up two or more teams of 6th graders. There will be a boys team and a girls team. Students attending private school, home school, or those that live outside the Rio Rancho Public School District will be placed on the team at the school they would be attending. All players will be accepted through the online registration deadline. The method of placing players on a team will be random, but with consideration on a case-by-case basis if there is a special circumstance. While we want your kids to have fun and play alongside their friends, allowing parents or coaches to pick teams poses challenges. The City needs to do its best to avoid the appearance of "team stacking".

- Practices begin the week of October 14
- Games begin November 9
Games will be on Saturday on a rotating schedule from 8:00 AM to 6:00 PM
Locations to be determined
- \$115 -- includes jersey / shorts
- Grades 3rd, 4th, 5th, 6th

Registration Requirements:

Registration for Youth Basketball will begin on August 26, 2019 through the Active Net online registration system at: www.rrnm.gov/ActiveNet. In addition to being able to register online you are also able to register for Youth Basketball by calling 505-891-5015 or 505-891-7240.

Volunteers Needed

Volunteer Youth Basketball Coaches needed! Background checks are required and are processed by the City of Rio Rancho. Apply online under "volunteer forms" under the Parks, Recreation page at www.rrnm.gov. Mandatory Coaches Meeting: Haynes Park at 8:00 AM on October 12, 2019. For more information call Coach Ray at 505-891-7215 or email rkantowski@rrnm.gov.

Disclaimer

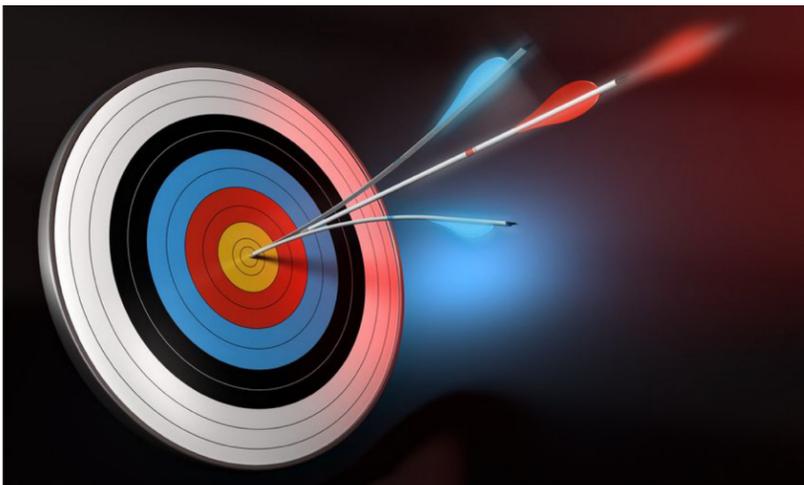
I certify that the information given in regards to my child's age is true to the best of my knowledge. At any time during the season the City of Rio Rancho Parks and Recreation staff have the right to verify a player's age by requesting a birth certificate. I understand and acknowledge that if the information stated about my child's age on this application is proven to be inaccurate, my child will not be allowed to participate in this activity for the remainder of the season. Furthermore, an activity transfer or refund will not be provided.



Homeschool Archery

Basics of archery will be taught in this class including safety, equipment, rules and form. Classes are taught by certified USA NTS Instructor. This class is designed for the beginner homeschool archer who wants something different in their physical education class. The max distance shot in this beginner class is 9 meters.

- **Session 1** - September 3 to October 15 (No class on September 24 or October 1)
- **Session 2** - October 22 to November 19
- Tuesdays
- **Class 1** - 10:00 AM to 11:00 AM
- **Class 2** - 11:15 AM to 12:15 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$75 per session
- Ages 6 to 14



Beginner Archery 1

Basics of archery will be taught in this class including safety, equipment, rules and form. Classes are taught by certified USA NTS Instructor. The max distance shot in this beginner class is 9 meters.

- September 3 to October 15 (No class September 24 or October 1)
- Tuesdays
- 5:15 PM to 6:15 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$75
- Ages 6 to 14

Beginner Archery 2

A continuation of the Basics of archery will be taught in this class including safety, equipment, rules, and form. Classes are taught by certified USA NTS Instructor. The max distance shot in this beginner class is 12 meters. Increased learning of form and execution of shot will be studied.

- October 22 to November 19
- Tuesdays
- 5:15 PM to 6:15 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$75
- Ages 8 and up

Explore Archery Club

After you have completed the requirements, join this fun club to hone your skills for the next level of shooting. You will need to see the instructor to be signed off.

Consistency in shot and form are needed for this fast paced program. Opportunity to earn ranking tags in form, accuracy, skill level and more. New challenges will be addressed each week along with competitions to push you to the next level. We prefer students to have their own equipment, but some equipment is available for class time.

- September 3 to December 3 (No class September 24 or October 1)
- Tuesdays
- 6:30 PM to 8:00 PM
- Sabana Recreation Center
- Min: 5 Max: 20
- \$175
- Ages 9 and up

Rio Rancho Middle School Tennis

This is a great way to learn the sport of tennis and get ready for high school play. Meet new friends and learn the sport of a lifetime in a team format. Contact the Haynes Community Center at (505) 891-7240 for more information.

Registration Deadline: September 6

- Practices start September 10
- Practices will take place on Tuesdays
- Matches will take place on Thursdays
- Match schedule with locations TBA
- 4:00 PM to 5:00 PM (Practice and matches)
- Transportation to practices/matches not provided
- Players may borrow used City rackets

Practice sites:

- Eagle Ridge Middle School students: at Eagle Ridge
- Mountain View Middle School students: at Mountain View
- Lincoln Middle School students: at Rio Rancho High School or Eagle Ridge
- Rio Rancho Middle School students at: Rio Rancho Middle School
- Fee: \$50 Covers: (Player USTA Temporary Membership, School, Organizational USTA Membership, School T-shirt, Balls)

