

## Teen & Adult Programs

### Beginner and Intermediate Adult Ballet

Have you always wanted to try ballet? Maybe you have danced before and you would like to get back into it? This class is a fun, low-pressure environment to either learn the basics or to practice what you've learned before with the option of adding difficulty. Taught by a classically trained instructor with a degree in Modern Dance.

- **Session 1** - January 27 to March 9
- **Session 2** - March 16 to April 27 ( No class March 30)
- Mondays
- 7:15 PM to 8:15 PM
- Sabana Grande Recreation Center
- Min: 8 Max: 20
- \$40
- 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.

- Ongoing classes
- Mondays and Fridays
- 12:00 PM to 1:00 PM
- Star Heights Recreation Center
- \$5 drop-in fee per class
- Ages 16 and up



Now accepting Silver Sneakers® and Prime benefits for these yoga classes. To check eligibility, call Mary at (505) 219-5684 or at mboyd@rrnm.gov.



### Silver Sneakers

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.

#### Class Schedule:

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



### Red Cross Baby-sitting Class

Be more confident when taking care of your child or someone else's child. Learn the basics of CPR and First Aid for child care.

- **Session 1** - March 20
- **Session 2** - April 24
- Friday
- 5:00 PM to 9:00 PM
- Sabana Grande Recreation Center
- \$60 per session
- Ages 12 and up



**American  
Red Cross**

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

Often when middle and high 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 and high schools to the Star Heights Community Center. Middle and high 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 and high 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.

- January 7 to May 15, 2020  
(No class during City of Rio Rancho holidays, RRPS closures and spring break).
- Monday through Friday after school till 6:00 PM
- Star Heights Recreation Center
- \$50 per week transportation provided  
\$40 per week no transportation provided
- Grades 6th to 12th

Call Star Heights Recreation Center at (505) 891-7230 for more information about the Beyond the Bell After School Tutoring Program.

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

