

Little Athletes

@ Haynes Community Center

Bring your little ones to participate in physical activities that teach skills, boosts self esteem, develops team work & discipline, and helps to build character.



Homeschool 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 homeschoolers.

- **Session 1** - March 2 to April 29 (No class March 30) Mondays and Wednesdays
- **Session 2** - March 3 to April 30 (No class March 30) Tuesdays and Thursdays
- **Class 1** - 12:00 PM to 1:00 PM
- **Class 2** - 1:00 PM to 2:00 PM
- Haynes Community Center
- Min: 8 Max: 12
- \$70 per session
- Ages 6 to 15



Kourt Kids

Kids will learn valuable skills in dribbling, passing, shooting, and how to play a real game of basketball. This class is a great start for any child interested in learning how to play the game. This class focuses on fun rather than competition.

- **Session 1** - February 13 to March 19
- Thursdays
- 4:30 PM to 5:15 PM

- **Session 2** - April 9 to May 14
- Thursdays
- 6:00 PM to 6:45 PM

- Haynes Park Basketball Courts
- Min: 8 Max: 12
- \$45 per session
- Ages 4 to 9



Little Sluggers

Interested in baseball? We've got you covered! Learn the fundamentals of America's pastime over the course of our 5 week class. All equipment is provided.

- March 7 to April 11 (No class March 28)
- Saturdays
- 11:00 AM to 11:45 AM
- 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.

- March 3 to April 14 (No class March 31)
- Tuesdays
- 4:30 PM to 5:15 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 12
- \$45
- Ages 4 to 9



Little Rackets

This program is designed to give your child an introduction to the sport of tennis. They will learn basic tennis skills.

- February 18 to March 24
- Tuesdays
- 4:15 PM to 5:00 PM
- Haynes Park
- Min: 8 Max: 14
- \$45
- Ages 4 to 6



Pigskin Players

Pigskin Players is designed to introduce younger children to the basic fundamentals of football. This 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.

- February 12 to March 18
- Wednesdays
- 4:30 PM to 5:15 PM
- Haynes Park, Roskos Field
- Min: 8 Max: 12
- \$45
- Ages 4 to 9



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 are our goals. The session will end with an organized scrimmage among the players.

- March 7 to April 18 (No class March 28)
- Saturdays
- 9:00 AM to 9:45 AM
- Haynes Park
- Min: 8 Max: 14
- \$45
- Ages 4 to 9



Little Kickers 2: Next Step

Here it is, the next step in soccer skills. For those who have taken the Little Kickers class previously with us, we now offer an advanced class with tougher skills and drills to learn.

- March 14 to April 25 (No class March 28)
- Saturdays
- 10:00 AM to 10:45 AM
- Haynes Park
- Min: 8 Max: 14
- \$45
- Ages 4 to 9

Youth & Teen Athletics



Archery

Basics of archery will be taught including range safety, equipment, rules, and form. Each week will focus on key components while shooting at targets of various sizes. Week one of every session is focused on the safety of the sport. Each student and parent will be asked to sign a safety agreement. Equipment is provided. Due to safety and space for all we ask that spectators stay behind the range in the safety zone. Classes are taught by USA Archery NTS certified archery coaches.

Beginner Archery 1

Archery 1 class is for ages 7 and up who have never taken archery lessons before. Basic archery steps will be taught. Accomplishment of 5 of the 12 steps will move them into the next step. Distance shot will be no further than 5M or 9M. Student must be signed off by either coach to promote up to next level.

- **Session 1** - February 18 to March 17
- **Session 2** - April 7 to May 5
- Tuesdays
- 4:15 PM to 5:15 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 15
- \$75 per session
- Ages 7 to 12

Beginner Archery 2

The next step in 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 15 meters. Participant must have taken Beginner Archery 1 or one of the previous archery classes from Coach Suzanne or Coach Jennifer.

- **Session 1** - February 18 to March 17
- **Session 2** - April 7 to May 5
- Tuesdays
- 5:30 PM to 6:30 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 15
- \$75 per session
- Ages 7 to 12

Explore Archery Club

After you have completed the requirements, join this fun monthly club to hone your skills for the next level of shooting. You will need to see the archery 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. Prefer student has own equipment but some equipment is available for class time.

- February 18 to May 5 (No class March 24, 31)
- Tuesdays
- 6:45 PM to 8:15 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$175 per session
- Ages 8 and up

Homeschool Archery

Homeschool Archery is designed to give families a physical education alternative for children that are home schooled. This class will provide participants with a general overview of archery.

- **Session 1** - February 18 to March 17
- **Session 2** - April 7 to May 5
- Tuesdays
- 11:00 AM to 12:00 PM
- Sabana Grande Recreation Center
- Min: 5 Max: 20
- \$75 per session
- Ages 7 to 16

Young Dancers

So you think you can Dance, Dance, Dance? Yes you Can, Can! Join us as together we explore an exciting variety of diverse dance styles, accompanied by uplifting music. Call (505) 219-5684 for more information.

- March 11 to April 22 (No class April 1)
- Wednesdays
- 4:00 PM to 4:45 PM
- Star Heights Recreation Center
- Min: 4 Max: 12
- \$30 per session
- Ages 5 and up



Youth Flag Football League: Spring

This co-ed flag football league teaches the fundamentals of football in a structured, non-contact, and safe environment. Games emphasize basic football skills such as passing, catching, defending, and running.

Registration for Youth Flag Football begins on January 13, 2020 by visiting www.rnm.gov/ActiveNet. The registration deadline is February 14, 2020.

- February 18 to May 30
- No practice or games the week of March 27 to April 4
- Practice Days: Tuesdays and Thursdays at the Rio Rancho Sports Complex
- Practice Times: 5:00 PM to 7:00 PM
- Game Days: Saturdays at RR Sports Complex - Parsons Field
- \$85 per player
- Ages 6 to 8, 9 to 11, and 12 to 14



* Dates and times are subject to change. For more information, contact the Haynes Community Center at (505) 891-7240.

Traditional Okinawan Karate

Come learn Traditional Okinawan Karate (MATSUBAYASHI SHORIN-RYU KARATE-DO). Instructed by Sensei Fred Schlesinger with 50 years of Martial Arts Experience. Study an art form which you can do for the rest of your life. Improve self-confidence. Learn self-defense. No sparring, traditional karate forms and techniques. All techniques are carefully explained, and applied with safety. To register call: (505) 892- 8998 or email: sensei@shinbukanrr.com

- **Session 1** - February 4 to March 10
- **Session 2** - March 17 to May 5 (No class March 31 or April 21)
- Tuesdays
- 6:30 PM to 7:30 PM
- Cabezon Community Center
- Min: 6
- \$50 per session
- Ages 14 to 99



Teen & Adult Athletics

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.

Advanced - To participate in Advanced Teen Tennis the participant must have played on a school team or on a USTA Team.

Youth Tennis:

- February 11 to April 14 (No class March 31)
- Tuesdays
- **Option 1** - Beginning: 5:30 PM to 6:30 PM
- **Option 2** - Intermediate: 6:30 PM to 7:30 PM
- Haynes Park
- Min: 4 Max: 12
- \$67 per session
- Ages 7 to 10

Teen Tennis:

- **Session 1** - February 13 to April 9 (No class April 2)
- Thursdays
- Intermediate: 9:30 AM to 10:30 AM
- Haynes Park
- Min: 4 Max: 12
- \$67 per session
- Ages 11 to 16
- **Session 2** - February 15 to April 18 (No class March 28)
- Saturdays
- Beginning: 8:30 AM to 9:30 AM
- Haynes Park
- Min: 4 Max: 12
- \$67 per session
- Ages 11 to 16

Advanced Teen Tennis:

- February 15 to April 18 (No class March 28)
- Saturdays
- Advanced: 10:30 AM to 11:45 AM
- Haynes Park
- Min: 4 Max: 12
- \$67 per session
- Ages 11 to 16

Adult Tennis League (Doubles)

Come join us for Rio Rancho's first ever adult doubles tennis league! If you have a partner already, both players will need to register. If you do not have a partner, contact Peter the program coordinator at (505) 400-5349, and we will see if arrangements can be made to find a partner. We will play doubles matches weekly, and have a tournament the last 2 weeks of class. Come out, have some fun, and meet other tennis players!

- February 13 to April 23
- Thursdays
- 6:30 PM to 8:30 PM
- Rio Rancho Sports Complex
- Min: 4 players Max: 16 players
- \$20 per person
- Ages 18 and up

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.

To participate in Advanced Adult Tennis the participant must have played on a school team or on a USTA Team.

- **Session 1** - February 10 to April 13 (No class February 17 and March 30)
- Mondays
- **Option 1** - Intermediate - 5:30 PM to 6:30 PM
- **Option 2** - Advanced - 6:30 PM to 7:30 PM
- Rio Rancho Sports Complex
- Min: 4 Max: 12
- \$67 per session
- Ages 18 and up
- **Session 2** - February 11 to April 7
- Tuesdays
- Beginners- 10:00 AM to 11:00 AM
- Rio Rancho Sports Complex
- Min: 4 Max: 12
- \$67 per session
- Ages 18 and up
- **Session 3** - February 12 to April 15 (No class February 26)
- Wednesdays
- **Option 1** - Beginners- 5:30 PM to 6:30 PM
- **Option 2** - Intermediate - 6:30 PM to 7:30 PM
- Rio Rancho Sports Complex
- Min: 4 Max: 12
- \$67 per session
- Ages 18 and up

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** - January 21 to February 20
- **Session 2** - February 25 to March 26
- **Session 3** - April 7 to May 7
- 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** - January 23 to February 20
- **Session 2** - February 27 to March 26
- **Session 3** - April 9 to May 7
- 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 new 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** - January 21 to February 18
- **Session 2** - February 25 to March 24
- **Session 3** - April 7 to May 5
- Tuesdays
- 7:30 PM to 8:15 PM
- Star Heights Recreation Center
- Min: 6 Max: 12
- \$40 per session
- Ages 10 to 17

