

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



Adult Athletics

Kickball League

We're bringing something back to Rio Rancho Adult Sports this spring. Sunday morning Coed Kickball. Come out and try this new twist on your favorite childhood game! Rio Rancho provides umpires & scorekeepers for all games. Schedules are subject to change. Call (505) 892-4499 for more information.

- Registration Opens: January 13, 2019.
- Season starts on Sunday, March 1, 2020.
Registration Deadline: February 14, 2020.
- 10 game season + post season games (Possible double headers).
- Sundays 8:00 AM to 11:00 AM
- Max: 12 Teams
- Rio Rancho Sports Complex
- \$400 per team (Plus \$50 USSSA Sanction fee)
- Ages 18 and up

Coaches Meeting:

There will be a coaches meeting on Wednesday, February 19, 2020 from 6:30 PM to 7:30 PM at the Cabezon Community Center.



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 February 9
- 8 game season plus post season games
- Sundays
- Games start: 9:00 AM
- Rio Rancho Sports Complex (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.

All World Sports - Adult Softball Spring League

All World Sports Softball provides umpires and scorekeepers for all games. Schedules are subject to change. Coaches meeting March 9, 2020 from 6:30 PM to 7:30 PM (location TBD). Contact Brian James at (505) 929-9200 to register or for more information.

- Registration Opens: January 15, 2020. Season starts on March 16, 2020.
- Registration Deadline: March 2, 2020.
- 14 game season + post season games (double headers).
- Monday - Women's (Max: 8 teams)
- Tuesday - Coed (Max: 8 teams)
- Tuesday - Men's (Max: 8 teams)
- Thursday OPEN (Max: 8 teams)
- Friday - Men's (Max: 14 teams)
- Sunday - 6/4 Coed (Max: 10 teams)
- Sunday - Coed (Max: 16 teams)
- Sunday - Men's (Max: 16 teams)
- Rio Rancho Sports Complex
- \$750 per team, plus \$35 All World Sports sanction fee
- Ages 18 and up
- 10 game season + post season (double headers)
- Monday - Superdraft teams (Max: 8 teams)
- \$50 per person, teams of 12 to 13 players

All adult softball teams need to be All World Sports sanctioned once a year in order to play. All teams must be All World Sports sanctioned prior to the first game of the season. Contact Brian James at (505) 929-9200 to register or for more information.

