

Aquatics

Pool Location/Phone Numbers

Haynes Pool: 892-8232
2006 Grande Blvd.
Pool Capacity: 279

Rainbow Pool: 891-7265
301 Southern Blvd.
Pool Capacity: 319

Cabezon Pool: 892-4499
2305 Cabezon Blvd. NE
Pool Capacity: 128

Pool Schedule Open Swim Season

Haynes, Rainbow, and Cabezon

May 23 to August 9
Monday to Sunday
12:00 NOON to 6:00 PM

Haynes Pool

August 10 to September 7
12:00 NOON to 6:00 PM - Weekends

Adult Lap Swim

Haynes & Rainbow Pool

Monday to Sunday
• 12:00 NOON to 6:00 PM

Rainbow Pool Only

Monday to Friday
• 6:00 to 8:00 AM

Senior Swim

Rainbow Pool - Monday to Thursday
• 11:00 AM to 12:00 NOON

Cabezon Pool - Saturday
• 11:00 AM to 12:00 NOON

Water Aerobics

Low-impact classes for beginners to advanced, ages 16 and up.
Rainbow Pool - Monday and Wednesday
11:00 AM to 12:00 NOON, Fees - Class \$3, Punch Pass \$35

Employment Opportunities

Wanted: Lifeguards and Cashiers

The Rio Rancho Aquatics Division is seeking applicants to become lifeguards. Experience not necessary - we will train you! Applicants must be a minimum age of 16. We will begin accepting applications March 1. Please apply in person at the City of Rio Rancho Human Resources Department in City Hall, 3200 Civic Center Circle NE, 4TH Floor.

Lifeguard Information:

Upon employment costs will include books, license, and uniform.

Training Dates

Option 1 - Friday, April 24, 6:00 to 9:00 PM; Saturday, April 25; and Sunday, April 26, 8:00 AM to 5:00 PM at Rio Rancho Aquatic Center. **Option 2** - Friday, May 8, 6:00 to 9:00 PM; Saturday, May 9; and Sunday, May 10, 8:00 AM to 5:00 PM at Haynes Pool

Cashier Information:

Upon employment costs will include uniform.

Training Dates

Saturday, May 9, 12:00 NOON to 2:00 PM or Thursday, May 14, 6:00 to 8:00 PM at the Rio Rancho Aquatic Center

Admission, Pass, and Rental Information

Aquatic Fees Daily Admissions

Child (2 - 12)	\$3
Teen (13 - 19)	\$4
Adult (20 - 54)	\$4
Senior (55 & up)	\$3

Pool Passes Pass Fees

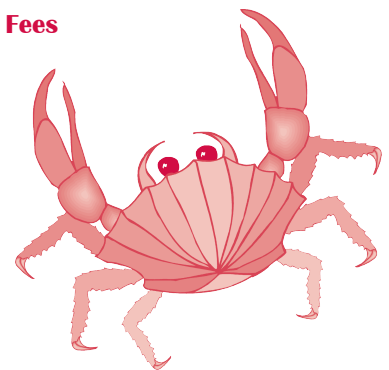
Monthly Individual	\$48
Monthly Family	\$90
Seasonal Individual.....	\$100
Seasonal Family	\$210
Punch Pass (15).....	\$35

Outdoor Pool Rental Rate Fee

2 hours up to 75 participants	\$225
Each additional half-hour	\$50
Each additional 25 participants	\$50

Pool Rental Availability - Haynes, Rainbow, and Cabezon Pool

Please call the Rio Rancho Aquatic Center at 891-5230 for information.



Swim Lessons

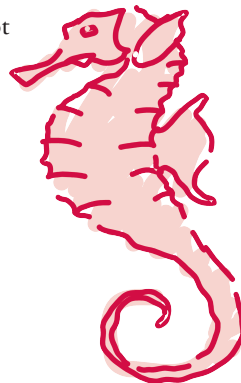
Time	Pool	Saturday	Session 2 - 6 are Monday - Thursday for 2 weeks (8 lessons)				
		Session 1 6/6 - 7/25 (8 lessons)	Session 2 6/1 - 6/11	Session 3 6/15 - 6/25	Session 4 6/29 - 7/9	Session 5 7/13 - 7/23	Session 6 7/27 - 8/6
8:30 AM	H	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8,9
	R		3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8,9
	AC	3,5,7,9	5,6,7,8	3,4,5,6	3,5,7,9	5,6,7,8	2,3,4,6
9:20 AM	H	1,1,2,2,3,4	2,2,3,4,5,9	1,2,2,2,3,4	1,3,4,5,6,7,8	1,2,2,3,3,4	1,3,4,5,6,7,8
	R		1,2,3,4,5,9	1,1,2,2,3,4	2,3,4,5,6,7,8	1,1,2,2,3,4	2,3,4,5,6,7,8
	AC	1,2,4,6	1,2,3,4	1,2,3,8	2,4,6,8	1,2,3,4	1,2,4,7
10:10 AM	H	2,3,4,5,6,7,8	1,3,4,5,6,7,8	2,3,4,5,6,7,8	1,2,3,4,5,6,7	1,2,3,4,5,6,7	1,3,4,5,6,7,8
	R		2,3,4,5,6,7,8	1,3,4,5,6,7,8	1,2,3,4,5,6,7	1,2,3,4,5,6,7	2,3,4,5,6,7,8
	AC	1,2,3,8	1,2,5,6	1,2,4,7	1,2,3,4	1,2,5,6	2,3,4,5
11:00 AM	H	2,3,4,5,6,7,8	1,2,3,4,5,6	1,2,2,2,3,3	3,4,5,6,7,8	2,3,4,5,6,7,8	1,1,2,2,3,3
	R		1,2,3,4	1,2,2,3	1,2,2,3	1,2,2,3	1,2,2,3
	AC	2,3,4,5	3,4,7,8	2,3,4,5	2,3,4,5	2,3,4,7	3,4,5,6
5:15 PM	AC		1,2,6,8	2,4,6,8	1,4,5,7	1,3,5,6	1,2,4,8
6:00 PM	AC		3,4,5,7	1,3,5,7	2,3,6,8	2,4,7,9	3,5,6,7
6:10 PM	H		1,2,2,3,3,4	1,3,4,5,6,7,8	1,2,2,3,4,5,6	1,2,2,3,4,5,6	1,2,3,4,5,6,7
	R		1,2,2	1,2,2	2,2,3	1,3,3	2,3,4
7:00 PM	H		3,4,5,6,7,8	1,1,2,2,3,3	3,4,5,6,7,8	3,4,5,6,7,8	3,4,5,6,7,8,9
	R		2,3,3	1,2,2	1,2,3	2,2,3	2,3,4
7:50 PM	H		2,2,3,4,5,6	3,4,5,6,7,8	3,4,5,6,7,8	2,2,3,4,5,6	3,4,5,6,7,8
	R		2,2,3	2,3,3	2,2,3	2,2,3	2,3,4

Legend

H - Haynes
 R - Rainbow
 AC - Rio Rancho Aquatic Center

*Please note: The Aquatic Center is closed until 3:00 PM the first Monday of the month. If your class falls on one of those Monday's you will have a make-up class the following Friday morning. Sorry for the inconvenience.

- 1 - Parent and Tot
- 2 - Tadpoles
- 3 - Sea Shells
- 4 - Sea Horses
- 5 - Sunfish
- 6 - Sting Rays
- 7 - Barracudas
- 8 - Dolphins
- 9 - Adult



Private Swim Lessons

Interested in private swim lessons? Contact Cabezon Pool at 892-4499 for more information.



About the Learn to Swim Program

Registration

Swim lesson registration will be ongoing at the Parks & Recreation Office Monday thru Friday, 8:00 AM to 5:00 PM thru Wednesday, May 21. Beginning Saturday, May 24, Swim Lesson registration will be at the desired pool.

Fee\$42

Please read the following descriptions to determine what class best fits your child's abilities. Age levels are given to serve as guidelines. Place children in the level that is most appropriate. Staff will make any necessary adjustments during the classes to assure your child has the best experience.

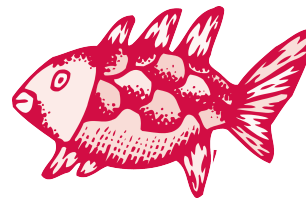
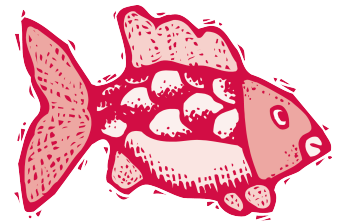
1. Parent and Tot (Ages 6 months-3 years) Parent must accompany child in the water. Goals include water adjustment, getting in/out, doggie paddle, and safety skills.
2. Tadpoles (Preschool) Students learn basic water skills, water acclimation, submerging, breath control, and safety skills/ rules on their own.
3. Sea Shells (Beginner and Ages 6 and up) Students learn basic water skills, floating, submerging, breath holding, safety skills, and rules.
4. Sea Horses (Beginner) Students learn beginning techniques of front crawl stroke, how to use a kickboard, jumping in, safety skills and rules.
5. Sunfish (Beginner Intermediate) 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.
6. Sting Rays (Intermediate) Students review and improve on front crawl and learn backstroke. Introduced to deeper water, safety skills, and rules as well.
7. Barracudas (Advanced Intermediate) Students review backstroke and front crawl skills. Large 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.
8. Dolphins (Pre-Swim Team) Students review strokes, learn elementary backstroke, breaststroke, and underwater swimming.
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 that has the desire to learn; even those who may have a fear of the water. Safety skills are also included.

Swim Teams

Sundance Aquatic League - Sundance is a regional summer-seasonal swim program. Participants should be able to perform the competition strokes of freestyle and backstroke as a prerequisite for this team and be able to swim one length of the pool without stopping.

Registration Deadline: May 22 (late registrations will not be accepted)

- Beginning May 26
- Monday through Friday
- 7:00 to 8:30 AM
- Ages 5 to 18
- Rainbow Pool
- Min: 30 Max: 60
- \$75
- \$55 each additional sibling



Metro Aquatic League - Metro is a great beginning swim team for those who have previously been in swim lessons. This is a competitive team where fun and learning is emphasized. Participants should be able to swim one length of the pool without stopping upon registering for this team.

Registration Deadline: May 22 (late registrations will not be accepted)

- Beginning May 26
- Monday through Thursday
- Ages 6 to 10 - 6:15 to 7:15 PM*
- Ages 11 to 14 - 7:15 to 8:15 PM*
- Rainbow Pool
- Min: 30 Max: 60
- \$60
- \$40 each additional sibling

*Practice time may be adjusted based on child's ability.

For more information or questions about any of our swim teams please contact Jennifer King at jking@ci.rio-rancho.nm.us.

Rio Rancho Aquatic Center

745 Loma Colorado Drive ♦ Rio Rancho, NM 87124 ♦ 891-5230

Summer Hours (May 25 to August 16)

The Aquatic Center will be closed on **Friday, July 3** in observance of Independence Day. On **Saturday, July 4** the Aquatic Center will close at 4:00 PM. Children 12 and under must be accompanied by a responsible person 16 years of age or older at all times. Each swimmer/non-swimmer must pay the daily fee.

Lap Swim *Adults only please *Number of available lanes varies throughout the day	Monday to Thursday	6:00 AM to 9:00 PM
	Friday	6:00 AM to 7:00 PM
	Saturday & Sunday	12:00 NOON to 6:00 PM
Senior Hour	Monday to Friday	11:00 AM to 12:00 NOON
Recreation Swim for everyone Diving Boards *Must demonstrate the ability to swim one length of the pool	Monday to Friday	12:00 NOON to 5:00 PM
	Saturday & Sunday Monday to Friday	12:00 NOON to 6:00 PM 12:00 NOON to 4:00 PM
Family Swim	Tuesday (except the 1 st and 3 rd Tuesday of each month)	7:00 to 9:00 PM

The Aquatic Center will close at 7:00 PM the first and third Tuesday of every month for lifeguard in-service training. In addition, the aquatic center will be closed the first Monday of every month for pool maintenance until 3:00 PM.

Aquacise Class Times

Monday

Aqua Fitness
9:00 to 10:00 AM
7:00 to 8:00 PM

Tuesday

Aqua Therapy
9:00 to 10:00 AM

Wednesday

Aqua Fitness
9:00 to 10:00 AM
Deep Water Fitness
7:00 to 8:00 PM

Thursday

Aqua Therapy
9:00 to 10:00 AM
Aqua Fitness
7:00 to 8:00 PM

Friday

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



Class Descriptions

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

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

Deep Water Fitness: Low-impact, high-intensity, upright, deep water workout designed to increase stamina, endurance, and muscle tone held in the competition pool. Flotation belts for support will be provided.



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 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:** Monday, Wednesday, and Friday
- **6:30 PM:** Monday and Wednesday
- **5:30 and 6:30 PM:** Tuesday and Thursday
- **9:00 and 10:15 AM:** Saturday
- Min: 10 Max: 15

TRX Suspension Training

TRX Suspension Training is a body weight-based training program designed to build strength, flexibility, and core stability for people of all fitness levels. This class is perfect for both men and women who want total body results in a limited amount of time. We are proud to be first in bringing this dynamic program to the metro area in a group setting where you're sure to meet all your fitness goals.

- **9:00 AM:** Tuesday and Thursday
- **5:30 PM:** Monday and Wednesday
- Min: 10 Max: 15

Sessions and fees reflect both programs. Classes can be mixed and matched, but must be preset at registration.

- Session 1 - June 1 to June 27
- Session 2 - June 29 to July 25 (No class July 3)
- Session 3 - July 27 to August 22
- Session 4 - August 24 to September 19 (No class September 7)
- \$20 - Once a week per session
- \$30 - Twice a week per session
- \$40 - Three a week per session
- \$50 - Four a week per session
- \$60 - Five a week per session
- \$7 - Drop-in Fee

Try it, you'll like it!
First fitness class free, reservation required. Call 891-5230.



Teen Splash Bash

Come and get your swim on! This is a fun and safe way for teens to spend a Friday night. We'll have cool tunes playing while you swim the night away. Concessions will be available for a small charge. School ID is required upon entrance.

Registration Deadline:

No registration required

- **Session 1** - June 12
Rio Rancho Aquatic Center
- **Session 2** - June 26
Rainbow Pool
- **Session 3** - July 10
Rio Rancho Aquatic Center
- **Session 4** - July 24
Rainbow Pool
- Friday
- 7:15 to 10:00 PM
- Max: Rainbow - 319
Aquatic Center - 350
- \$5
- Grades 6th thru 9th

Junior Lifeguard Program

This class provides training for swimmers ages 13-15 in the basics of lifeguarding. They will have the opportunity to develop leadership skills, learn water safety skills, and first aid training. Upon successful completion of the course, participants will receive an official City of Rio Rancho junior lifeguard t-shirt, whistle, and a certificate of completion. A select few will have the opportunity to join the aquatic team as paid staff, while others can volunteer their time at either Haynes or Rainbow Pools. A minimum age of 14 is required to be paid staff.

Registration Deadline: May 20

- June 1 to June 11
- Monday through Thursday
- 3:00 to 5:00 PM
- Haynes & Rainbow Pools (First class will be at Rainbow Pool)
- Min: 12 Max: 35
- \$40
- Ages 13 to 15

