

Outdoor Pools Daily Admission Fees and Pool Passes

Haynes Pool

Phone: 505-892-8232
2006 Grande Blvd.
Pool Capacity: 279

Pool schedule May 23 - August 16
Sunday to Saturday 12:00 PM to 6:00 PM

August 17 through September 7
Saturdays and Sundays 12:00 PM to 6:00 PM

Lap swimming available during open hours

Rainbow Pool

Phone: 505-891-7265
301 Southern Blvd.
Pool Capacity: 319

Pool Schedule May 23 to August 16
Sunday to Saturday 12:00 PM to 6:00 PM

Senior hour 11:00 AM to 12:00 PM
Monday - Friday

Lap swimming 9:00 AM to 5:00 PM
Monday to Friday and 12:00 PM to 6:00 PM Saturday and Sunday

Cabezon Pool

Phone: 892-4499
2307 Cabezon Blvd. NE
Pool Capacity: 128

Pool schedule May 23 to August 16
Sunday to Saturday 12:00 PM to 7:00 PM

Lap swimming available during open hours

Daily Admission Fees (All Pools)

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

Pool Pass Fees (All Pools)

Monthly Senior	\$35
Monthly Individual	\$48
Monthly Family	\$90
3 Month Child	\$100
3 Month Teen	\$130
3 Month Adult	\$130
3 Month Senior	\$100
3 Month Family	\$250
Punch Pass (15)	\$35
Senior Punch Pass (15)	\$30

*Passes can be used at all pools.



Important Pool Rules

- All swimmers and non-swimmers must pay the daily fee to enter the facilities.
- Children ages 12 and under must be accompanied by a responsible person 16 years of age or older at all times.

Junior Lifeguard Program

This class provides training for swimmers ages 13-15 in the basics of life guarding. 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, Rainbow or the Aquatic Center pools. A minimum age of 14 is required to be paid staff.

Registration Deadline: May 29

- June 1 to June 11
- Monday through Thursday
- 4:00 PM to 6:00 PM
- Rainbow Pool
- Min: 12 Max: 35
- \$50
- Ages 13 to 15

Rio Rancho Aquatic Center

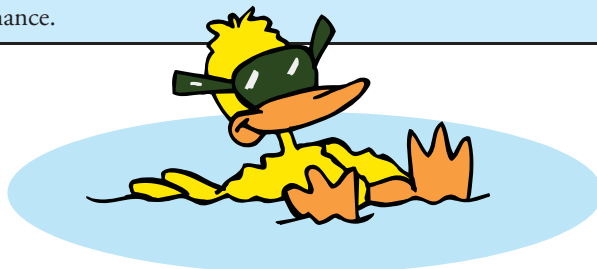
745 Loma Colorado Blvd. • Rio Rancho, NM 87124 • Phone: 505-891-5230

Summer Hours

(May 26 to August 9)
Subject to change

Recreation Swim For Everyone *Diving boards open.	Monday to Friday Session 1 Monday to Friday Session 2	12:00 PM to 2:15 PM 2:45 to 5:00 PM
	Saturday & Sunday	12:00 PM to 6:00 PM
Lap Swim *Adults only please. *Number of available lanes varies throughout the day. There are only two lap lanes available from 5:00 to 7:00 PM.	Monday to Thursday Session 1 Monday to Thursday Session 2	6:00 AM to 2:15 PM 2:45 PM to 8:00 PM
	Friday Session 1 Friday Session 2	6:00 AM to 2:15 PM 2:45 PM to 7:00 PM
	Saturday & Sunday	12:00 PM to 6:00 PM
Senior Hour	Monday to Friday	11:00 AM to 12:00 PM

The Aquatic Center will be closed the first Monday of every month until 2:00 PM for pool maintenance.



Rio Rancho Aquatic Center Holiday Closures

Monday, May 25
Monday, June 1 (open at 2:00 PM)
Friday, July 3
Saturday, July 4
Monday, July 6 (open at 2:00 PM)

August 10 to August 14 closed for yearly maintenance. Lap swim available at Rainbow Pool 6:00 AM to 8:00 PM.

Rio Rancho Aquatic Center Pool Rental

- Pool rental after hours \$250 for two hours up to 75 people. Includes party room.
- Party room rental during open swim on the weekends. Two hour minimum.

Option 1 - \$110 for 25 people
Option 2 - \$200 for 50 people



Outdoor Pool Rentals

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. Reservations will begin Wednesday, April 1.



Employment Opportunities

Wanted: Lifeguards and Cashiers for Cabezon, Haynes and Rainbow Pools

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 tentatively on March 5, 2015. Applications must be submitted electronically via the city's website at www.ci.rio-rancho.nm.us. Paper applications cannot be accepted.

Lifeguard Information: Upon employment costs will include books, licenses and uniform. Applicants must attend all Red Cross training hours and pass written and practical exams to receive certification. Certification does not guarantee employment.

Returning Lifeguards: Those employed from Summer 2014 will need to attend a refresher course on Sunday, May 2 from 8:00 am to 12:00 PM. Please call or email Marcella at 891-5231 or mcano@ci.rio-rancho.nm.us before April 7.

New Lifeguards: Those needing to be Red Cross Lifeguard certified the following class will be held: Tuesdays, Thursdays and Fridays, April 7-24 from 5pm to 8pm at the Rio Rancho Aquatic Center (limit 40). You must attend all classes to become certified. The cost of the class is \$85 due on the first day of class. Call Marcella at 891-5231 to save your spot.

Cashier Information: Upon employment costs will include uniform.

SWIMMING LESSONS

About the Learn to Swim Program

Registration

Swim lesson registration will be ongoing at the Parks & Recreation Office in City Hall and the Rio Rancho Aquatic Center.

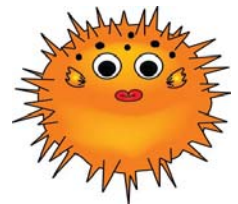
Saturday only fee \$30
Week day fee \$42

Please read the following descriptions to determine what class best fits your child's abilities. Staff will make any necessary adjustments during the classes to assure your child has the best experience.

- 1. Parent and Tot** (Ages 6 months to 3 years) Parent must accompany child in the water. Goals include water adjustment, getting in/out, doggie paddle and safety skills. Max: 10.
- 2. Tadpoles** (Preschool - Ages 3 to 5) Students learn basic water skills, water acclimation, submerging, breath control and safety skills/rules on their own. Max: 6.
- 3. Sea Shells** (Early beginners - Ages 4 to 7) Students learn basic water skills, floating, submerging, breath holding, safety skills and rules. Max: 6.
- 4. Sea Horses** (Beginner - Ages 4 to 7) Students learn beginning techniques of front crawl stroke, how to use a kickboard, jumping in, safety skills and rules. Max: 6.
- 5. Sunfish** (Beginner Intermediate - Ages 5 to 9) 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. Max: 6.
- 6. Sting Rays** (Intermediate - Ages 6 to 10) Students review and improve on front crawl and learn backstroke. Introduced to deeper water, safety skills and rules. Max: 6.
- 7. Barracudas** (Advanced Intermediate - Ages 7 to 12) 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. Max: 8.
- 8. Dolphins** (Pre-Swim Team - Ages 8 and up) Students review strokes, learn elementary backstroke, breaststroke and underwater swimming. Max: 8.
- 9. The Adult Class** is designed for anyone 12 and up who wants 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. Max: 6.

*Participants must fall in the age range and successfully completed each previous level to advance to next class.


If you feel your child needs an individual evaluation to advance to the next level, please contact Jennifer King by e-mail at jkking@ci.rio-rancho.nm.us or at 891-5232.



Skill Levels


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

Haynes Outdoor Pool


Time	Saturday	Saturday	1st week of classes are Monday thru Thursday, 2nd week are Monday thru Wednesday.				
	Session 1 5/30 - 6/27	Session 2 7/11 - 8/8	Session 3 6/1 - 6/10	Session 4 6/15 - 6/24	Session 5 6/29 - 7/8	Session 6 7/13 - 7/22	Session 7 7/27 - 8/5
8:30 AM	4,5,6,8,9	4,5,6,7,9	4,5,6,7,8	4,5,6,7,8	4,5,6,7,8	4,5,6,7,8	4,5,6,7,8
9:20 AM	2,3,5,6,7	2,3,4,5,8	2,3,4,5,7	2,3,4,5,7	2,3,4,5,7	2,3,4,5,7	2,3,4,5,7
10:10 AM	1,2,3,4,5	1,2,4,5,6	1,2,4,6,8	1,2,4,6,8	1,2,4,6,8	1,2,4,6,8	1,2,4,6,8
11:00 AM	2,3,4,5,6	2,3,4,6,7	1,2,3,5,6	1,2,3,5,6	1,2,3,5,6	1,2,3,5,6	1,2,3,5,6
6:05 PM			1,2,7	2,4,8	1,2,7	2,4,8	1,2,7
6:50 PM			3,5,8	1,5,7	3,5,8	1,5,7	3,5,8
7:35 PM			4,5,6	3,6,8	4,5,6	3,6,8	4,5,6

Rainbow Outdoor Pool



Time	Saturday	Saturday	1st week of classes are Monday thru Thursday, 2nd week are Monday thru Wednesday.				
	Session 1 5/30 - 6/27	Session 2 7/11 - 8/8	Session 3 6/1 - 6/10	*Session 4 6/15 - 6/25	Session 5 6/29 - 7/8	Session 6 7/13 - 7/22	Session 7 7/27 - 8/5
9:20 AM	6,7,8	6,7,8	4,6,8	3,5,7	4,6,8	3,4,7	4,6,8
10:10 AM	4,5,7	4,5,7	1,5,7	1,6,8	1,3,7	1,5,8	1,5,7
11:00 AM	2,6,8	2,6,8	2,3	2,4	2,5	2,6	2,3
6:30 PM	*Session 4 - 1st week will be Monday thru Wednesday, 2nd week will be Monday thru Thursday		3,4	2,5	1,2	2,3	
7:15 PM			2,5	3,4	2,6	4,5	

Rio Rancho Aquatic Center

Time	Saturday	Saturday	1st week of classes are Monday thru Thursday, 2nd week are Monday thru Wednesday.				
	Session 1 5/30 - 6/27	Session 2 7/11 - 8/8	Session 3 6/2 - 6/11	Session 4 6/15 - 6/24	Session 5 6/29 - 7/9	Session 6 7/13 - 7/22	Session 7 7/27 - 8/5
8:30 AM	5,6,7,9	4,6,8,9	4,5,7,8	4,5,7,8	4,5,7,8	4,5,7,8	4,5,7,8
9:20 AM	2,3,4,8	2,3,5,7	2,3,4,6	2,3,4,6	2,3,4,6	2,3,4,6	2,3,4,6
10:10 AM	1,3,5,7	2,4,5,8	2,3,5,6	2,3,5,6	2,3,5,6	2,3,5,6	2,3,5,6
11:00 AM	2,4,6,8	1,3,6,7	1,2,7,8	1,2,7,8	1,2,7,8	1,2,7,8	1,2,7,8
5:15 PM			2,4,6	1,4,5	1,4,5	3,5,6	1,2,4
6:00 PM			1,3,9	2,3,6	2,3,9	1,2,4	3,5,6

Fitness

Rio Rancho Aquatics

Aquacise Class Times

Monday
 9:00 to 10:00 AM - Aqua Fitness
 10:00 to 11:00 AM - Aqua Zumba
 7:00 to 8:00 PM - Aqua Fitness

Tuesday
 9:00 to 10:00 AM - Aqua Therapy
 10:00 to 11:00 AM - Aqua Zumba

Wednesday
 9:00 to 10:00 AM - Aqua Fitness

Thursday
 9:00 to 10:00 AM - Aqua Therapy
 10:00 to 11:00 AM - Aqua Zumba
 7:00 to 8:00 PM - Aqua Fitness

Friday
 9:00 to 10:00 AM - Aqua Fitness

Class Descriptions

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

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

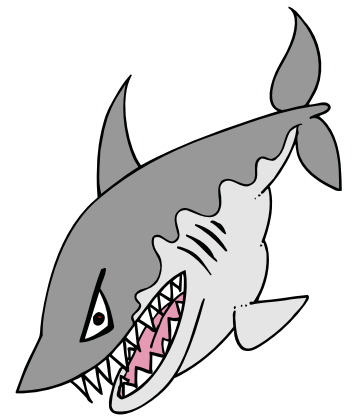
Aqua Zumba: Known as the Zumba® “pool party,” the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting, and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, and water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Metro Swim Team

Metro is a great beginning swim team for those who have previously been in swim lessons. This is a semi-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. This will be strictly enforced. For a more competitive summer swim team, we recommend Chamisa Hills Sundance swim team. Upon registering, participants must choose which days they want to attend.

Registration Deadline: Ongoing

- June 1 to August 6
- Monday through Thursday
- 6:30 to 7:45 PM
- Rainbow Pool
- Min: 20 Max: 50
- \$20 - one day a week
- \$40 - two days a week
- \$60 - three days a week
- \$80 - four days a week
- Ages 6 to 14



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 the 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
- 6:00 PM: Tuesday and Thursday
- 9:00 AM: Saturday
- Min: 5 Max: 15



Try it, you'll like it!
 First fitness class free,
 Reservation required.
 Call 891-5230.
 *Classes are subject to change.

Circuit City

This class is the perfect combination of heart-pumping cardio and intense resistance training. You'll hit every muscle group as you burn calories zipping through stations of different fitness equipment that may include TRX Suspension Ropes, Kettlebells, medicine balls, jump ropes, and weights. This class is ideal for both men and women of all fitness levels who want total body results in a limited amount of t

- 9:00 AM: Tuesday and Thursday
- 6:00 PM: Monday and Wednesday
- Min: 5 Max: 16



Patriot Triathlon

Join us for the annual Patriot Triathlon. The event includes a 400-yard seeded swim, a 15-mile bike ride, and a 3.1-mile run in that order. Proceeds from the event will benefit the City of Rio Rancho Fire & Rescue and Police departments. This is a USA Triathlon sanctioned event. More information available at www.fitfundamentals.com.

Registration Deadline: September 8 (11:59 PM)

- September 12
- Saturday
- 8:00 AM Seeded Start
- Rio Rancho Aquatic Center
- Max: 400
- \$55 Adult Fee
- \$75 Adult Fee (after August 12)
- \$40 Junior Fee (under 18) & Hero's Division*
- \$50 Junior Fee & Hero's Division (after August 12)
- \$130 Adult Team Fee
- \$160 (after August 12)
- \$75 Junior Team, all team members must be Juniors. (under 18)
- \$90 Hero's Team Fee, all team members must be Hero.
- \$100 Junior Fee (after August 12)
- \$130 Hero Fee (after August 12)
- \$15 kids race (ages 5 to 15), \$20 after August 12, \$25 after September 8
- All ages



*Hero means those who are police, firefighter, EMS or military personnel.

**All participants must be USAT members or pay a \$12 (Juniors - \$10) USAT one-day fee. For details and information on how to register visit www.fitfundamentals.com