

# RioVista

RECREATION CENTER

CITY OF PEORIA

8866 W. Thunderbird Rd.

Peoria, AZ 85381



First in Arizona—First in Service

5770 W. Thunderbird Rd.

Glendale, AZ 85306

## Hey kids!

**New  
Schedule**

Rio Vista Recreation Center &  
First Credit Union present

**BEGINS APRIL 1**

# **Be Fit, Don't Sit!**

***Fun after-school activities to keep you fit and fabulous!***

***\*\*program will continue through the summer\*\****

**Open to Rio Vista Recreation Center pass holders  
ages 8 – 14 - Pre-registration NOT REQUIRED**

**Mondays: Jump Rope Clinic 4-5 pm**

**Tuesdays: Cardio Dance 4-4:45 pm**

**Wednesdays: Racquet Sports 4-5 pm**

**Thursdays: Wallyball Games 4-5 pm**

***Parents invited to play!***

**Fridays: Jump Rope Practice Session 4-5 pm**

**TURN OVER FOR ACTIVITY DESCRIPTIONS & INSTRUCTORS' BIOS—>**

**Mondays: Jump Rope Clinic** - Jump rope is more than just a childhood game! Learn skills in single rope, Chinese wheel and double dutch with Laura Filoso, two-time national champion, and her talented team, the Saguaro Skippers, teach the clinics!

**TIME: 4:00 – 5:00 p.m.**

**Tuesdays: Cardio Dance** - Get fit and have fun with heart pumping dance moves. Classes will feature warm up, cardio movement with dance steps and a cool down. Taught by volunteer instructor Renee Pina, who has a B.S. Degree in Recreation Administration with a minor in dance. Renee has been involved in dance since she was 4!

**TIME: 4:00-4:45 p.m.**

**Wednesdays: Racquet Sports** - Racquet sports are a great way to improve hand-eye coordination and cardio fitness. Plus, they are great fun! Racquetball, pickleball and badminton will be taught throughout the year by Stephanie Mellring, a P.E. teacher and certified personal trainer.

**TIME: 4:00-5:00 p.m.**

**Thursdays: Wallyball Games** - Come play wallyball, which is basically volleyball in a racquetball court, except in this sport you can use the walls to ricochet the ball off of to score a point. Work up a sweat as you have fun with friends! ***Parents invited to play!***

**TIME: 4:00-5:00 p.m.**

**Fridays: Jump Rope Practice Session** - If you enjoy our jump rope clinics on Mondays, be sure to stop by on Fridays to build your endurance and enhance your skills. Saguaro Skippers practice 5:00 – 7:00 p.m. followed by Teen Dodgeball at 7:45 p.m.

**TIME: 4:00-5:00 p.m.**

**No pre-registration required**