

November 2010 Gym & Events Schedule



~Court #2 activities listed below, unless otherwise noted. Court 1 is Open Basketball Play~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Kids' Club Jump Rope Clinic 4-5pm (8-12 years)  Saguaro Skippers Practice 5-6:30pm	2 <u>Dance Studio</u> **Kids' Club Yoga 5:30 - 6:30pm (8-12 years) *Adult V-Ball League 6-10pm  6:00pm in Lakeview Room	3 <u>Dance Studio</u> **Kids' Club Fit Dance 5:30-6:30pm <u>Lobby</u> Blood Pressure Screening 5:30pm- 7pm	4 **Kids' Club Jammin' in the Gym 5-6pm (8-12 years) *Adult V-Ball League 6-10pm 	5 Open Badminton 12-4pm <u>Climbing Wall</u> **Kids' Club "Meet at the Rock" 5-6:30pm (8-12 years) Teen Dodgeball 7:30pm (13-17 years)	6 *Youth V-Ball League 7am-11am <u>Aerobics Room</u> **Kids' Club Yoga (last class) 11am-12pm (5-12 years) Open Badminton 1-3pm Red Band Dodgeball 3-4:30pm (9-12 years) Open Volleyball 5pm-7:30pm Open V-ball (13 years & older) 7:30pm-10pm
7 <u>Court 1</u> Open Volleyball 12-2:30pm *Adult V-Ball League 2:00pm-8pm <div style="border: 1px solid red; padding: 2px; margin-top: 5px;"> ***See Open Sunday Basketball Notice, front page * </div> <u>Raq. Court #2</u> <i>Racquetball Challenge</i> Time: 4-8pm Drop-In	8 <u>Lobby</u> Blood Pressure Screening 8am-9:30am Kids' Club Jump Rope Clinic 4-5pm (8-12 years) Saguaro Skippers Practice 5-6:30pm	9 Adaptive Rec Program 9:15am-10:45am <u>Dance Studio</u> **Kids' Club Yoga 5:30-6:30pm (8-12 years) *Adult V-Ball League 6-10pm  6:00pm in Lakeview Room	10 <u>Dance Studio</u> **Kids' Club Fit Dance 5:30-6:30pm	11 Veteran's Day Rio Vista Open 6am-10pm  **Kids' Club Jammin' in the Gym 5-6pm (8-12 years) *Adult V-Ball League 6-10pm <div style="border: 1px solid red; padding: 2px; margin-top: 5px;"> Climbing wall open at 2pm both days. </div>	12 Open Badminton 12-4pm <u>Climbing Wall</u> **Kids' Club "Meet at the Rock" 5-6:30pm (8-12 years) Teen Dodgeball 7:30pm (13-17 years)	13 Teen Dodgeball Tournament* (pre-registration required - see front desk) 10am-2pm Open Badminton 12-3pm Red Band Dodgeball 3-4:30pm (9-12 years) Open Volleyball 5pm-7:30pm Open V-ball (13 years & older) 7:30pm-10pm



Please Note:
 Manager on Duty may change court activities depending upon need.
 "Meet at the Rock" may have other climbers on wall.

*****SUNDAY BASKETBALL NOTICE:**

Court 2 will have the following basketball hours:

12 - 2pm: 1/2 Court and Open Shooting
2 - 7pm: 1/2 or Full Court Play-Majority Rules
7 - 8pm: 1/2 Court and Open Shooting Only.

Veteran's Day Activities – Saturday Nov. 13th
 (Held Outside in Rio Vista Community Park)

Peoria's 5K Veteran's Day Run: Register now for the 3rd annual Veteran's Day 5k run or non-competitive family fitness walk. Registration forms available at the Front Desk. Participants will meet in Group Ramada Area the day of the race.

Climbing Wall Hours:

Mon.-Fri. 4:30-8pm
 Saturday 1pm - 6pm
 Sunday 2pm - 5pm

*Pre-Registration required. **O.T.C. (Off the Couch) Kids' Club Exercise classes and events for kids 8-12 years old. Registration and orientation required. Free to RVRC Pass Holders.

LAST Orientation Date for the 2010 OTC Kids' Club is Wednesday Nov. 10th at 7pm.
2011 OTC Kids' Club will kick-off Saturday Jan. 8th. More details to come.

Parent/Kid Yoga will no longer be offered after Saturday Nov. 6th.

Blood Pressure Screenings
 Courtesy of Banner Boswell Volunteers





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Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>14</p> <p><u>Court 1</u> Open Volleyball 12-2:30pm *Adult V-Ball League 2:00-8pm</p> <p>* See Open Sunday Basketball Notice, front page *</p> <p><u>Raq. Court #2</u> Racquetball Challenge Time: 4-8pm Drop-In</p>	<p>15</p> <p>**Kids' Club Jump Rope Clinic 4-5pm (8-12 years)</p>  <p>Saguaro Skippers Practice 5-6:30pm</p>	<p>16</p> <p><u>Dance Studio</u> **Kids' Club Yoga 5:30 - 6:30pm (8-12 years)</p> <p>*Adult V-Ball League 6-10pm</p>   <p>6:00pm in Lakeview Room</p>	<p>17</p> <p><u>Court 2</u> Gym Rental 12:00-1:30pm</p> <p><u>Dance Studio</u> **Kids' Club Fit Dance 5:30-6:30pm</p>	<p>18</p> <p>**Kids' Club Jammin' in the Gym 5-6pm (8-12 years)</p>  <p>*Adult V-Ball League 6-10pm</p> 	<p>19</p> <p>Open Badminton 12-4pm</p> <p><u>Climbing Wall</u> **Kids' Club "Meet at the Rock" 5-6:30pm (8-12 years)</p> <p>Teen Dodgeball 7:30pm (13-17 years)</p>	<p>20</p> <p>Open Badminton 12-3pm</p> <p>Red Band Dodgeball 3-4:30pm (9-12 years)</p> <p>Open Volleyball 5pm-7:30pm</p> <p>Open Volleyball (13 years & older) 7:30-10pm</p> <p>Parents' Night Out 5:30-9:30pm</p>	
<p>21</p> <p><u>Court 1</u> Open Volleyball 12-2:30pm *Adult V-Ball League 2:00-8pm</p> <p>* See Open Sunday Basketball Notice, front page *</p> <p><u>Raq. Court #2</u> Racquetball Challenge Time: 4-8pm Drop-In</p>	<p>22</p> <p>**Kids' Club Jump Rope Clinic 4-5pm (8-12 years)</p>  <p>Saguaro Skippers Practice 5-6:30pm</p>	<p>23</p> <p>Adaptive Rec Program 9:15am- 10:45am</p> <p><u>Dance Studio</u> **Kids' Club Yoga 5:30 - 6:30pm (8-12 years)</p> <p>*Adult V-Ball League 6-10pm</p>  <p>6:00pm in Lakeview Room</p>	<p>24</p> <p><u>Dance Studio</u> **Kid' Club Fit Dance 5:30-6:30pm</p>	<p>25</p> <p>THANKSGIVING HOLIDAY</p> <p>RIO VISTA IS CLOSED</p> 	<p>26***</p> <p>Open Badminton 12-4pm</p> <p><u>Climbing Wall</u> **Kids' Club "Meet at the Rock" 5-6:30pm (8-12 years)</p> <p>Teen Dodgeball 7:30pm (13-17 years)</p> <p>Climbing wall open at 1pm.</p>	<p>27***</p> <p>Youth Sports V-Ball League 8-11am</p> <p>Open Badminton 12-3pm</p> <p>Red Band Dodgeball 3-4:30pm (9-12 years)</p> <p>Open Volleyball 5pm-7:30pm</p> <p>Open V-ball 7:30pm-10pm (13 years & older)</p>	
<p>28***</p> <p><u>Court 1</u> Open Volleyball 12-2:30pm *Adult V-Ball League 2:00-8pm</p> <p>* See Open Sunday Basketball Notice, front page *</p> <p><u>Raq. Court #2</u> Racquetball Challenge Time: 4-8pm Drop-In</p>	<p>29</p> <p>**Kids' Club Jump Rope Clinic 4-5pm (8-12 years)</p>  <p>Saguaro Skippers Practice 5-6:30pm</p>	<p>30</p> <p><u>Dance Studio</u> **Kids' Club Yoga 5:30 - 6:30pm (8-12 years)</p> <p>*Adult V-Ball League 6-10pm</p>  <p>6:00pm in Lakeview Room</p>	<p>*** After Turkey Day Activities at Rio***</p> <p><u>Walk the Turkey Off - Nov. 26th & 27th</u> Walk 1 mile on the track Friday - Saturday and be entered into a raffle for prizes. (one raffle ticket per day)</p> <p><u>Climb the wall and win prizes:</u> Friday, Nov. 26-1:00-3:00pm Free shirts for climbing to the top of the rock wall (while supplies last)</p> <p><u>Pedal Off the Pounds</u> Friday, Nov. 26th Cycle Fit classes added. Free water bottle w/participation. See flyer for times. Pre-register at front desk.</p>			<p>Parents' Night Out November 20th Every 3rd Saturday of the month from 5:30-9:30pm. Cost for Pass holders: \$10 for first child, \$5 for siblings. Includes pizza, crafts, and more. Register today at the Front Desk!</p> 	