

## Frequently Asked Questions

**1. Can kids younger/older than ages 8-12 participate?**

A. - Children who are within 30 days of their 8th birthday may enroll and as long as a child is no older than 12 at the time of registration, he/she may participate throughout 2010, even after they turn 13.

**2. Is the kids' club membership free?**

A. - It is free with a RVRC pass.

**3. Are there any privileges to membership?**

A. - Access to fitness classes, events and prizes

**4. My kid is 8 and usually has to be with me at all times or in the Kids' Corner, will I have to be there during the classes or events?**

A. - No, as long as they are wearing their lanyard, they can go directly to the classroom.

**5. How often are the OTC classes?**

A. - Weekly classes and monthly special events (Events usually held on the weekend).

## Prizes

**Each kids' club member receives a punch card.** The card is punched for each visit. Every time you fill a card with 30 punches - **you win a prize!!!** Extra punches will be given for participation in special events.



## Thanks to the following Kids' Club Partners

### Co-Sponsor:



14131 N. Rio Vista Blvd. 623-878-1900

### Associate Sponsors:



Meets at Rio Vista every Sunday

### Contributing Sponsors:

*Peoria Police and Fire Depts.*

*Peoria Water Conservation*

*HeroShot Wall Graphics -*

*HeroShotWallGraphics.com*  
602-622-0930

*Wazee's World Laser Zone -*

9750 W. Peoria Ave - 623-680-0451

*Polar Ice Peoria*

15829 N 83rd Ave - 623-334-1200



**Jamha Juice.**

7369 W. Bell Rd - 623-486-1400

**Mr. Goodcents®**  
**Subs & Pastas**

8940 W Bell Road - 623-977-2120  
4920 W. Thunderbird - 602-843-9900



Co-sponsored by Universal Athletic

Year-round fitness activities and events exclusively for Rio Vista Pass Holders ages 8-12 years old!

8866 W. Thunderbird Rd.  
Peoria, AZ 85381  
623-773-8600



**“Physical activities build a great foundation for a healthy life” - CDC Foundation**

Rio Vista Recreation Center is dedicated to community wellness. “Taking community wellness to the next level!” is our motto.

Good health is important at every age which is why a special program for kids ages 8-12 has been created.



The OTC Kids’ Club is designed to help kids develop a love for fitness.

Once enrolled, members will be encouraged and challenged to engage in activities lasting 45-60 minutes a day.

Kids’ Club members will be eligible for special events, classes and awards geared just for them!

### Email - We need it!

Your email address will help ensure you get the most up-to-date information regarding Kids’ Club activities throughout the year.

## Fitness Options at Rio Vista

- ◆ **Rock Climbing** (open every day)
- ◆ **Indoor Walking Track** (open every day during family track hours)
- ◆ **Jump Rope Clinics with the Saguaro Skippers on Mondays**
- ◆ **Interactive Video Games** (Wii Fit, Dance Dance Revolution)
- ◆ **Dodgeball every Saturday**  
(8 year olds may play dodgeball. Must show their O.T.C lanyard to dodgeball staff)
- ◆ **Gymnasium activities** (schedule at the front desk)
  - **Open Badminton**
  - **Open Basketball**
  - **Open Volleyball**



### Weekly Classes

(Kids’ Club Membership + I.D. Badge)

Check out dates and times on the group exercise schedule at the front desk.



- **Cardio kickboxing**
- **Yoga** (parents invited)
- **All Sport Fitness**

## Regular Exercise can...

- Maintain a healthy weight
- Improve sleep
- Build healthy bones, muscles & joints
- Decrease the risk of developing type 2 diabetes
- Decrease stress and achieve a better outlook on life.



The U.S. Department of Health and Human Services recommends that young people (ages 6–17) participate in at least 60 minutes of physical activity daily.

### Enrollment Information:

**Step 1:** Register at the front desk

**Step 2:** Take an orientation (available Wednesdays or Sundays)

**Cost: Free with RVRC Pass**

*See the front desk for details!*



**“Positive experiences with physical activities at a young age help lay the basis for being regularly active throughout life.”**

According to the Center of Disease Control and Prevention