

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 kids 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 North Rio Vista Blvd. 623-878-1900

Associate Sponsors:



Meets at Rio Vista every Sunday

Contributing Sponsors:

Peoria Police and Fire Depts.

Peoria Water Conversation

HeroShot Wall Graphics -

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7369 West Bell Rd - 623-486-1400

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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**
- ◆ **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**



Special Events



Look for monthly events that will take place in the Center and Rio Vista Park.

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 more 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