

Summer Fitness Programs:

L.E.A.N. Teens: Lifestyle Exercise And Nutrition

A 10-week healthy lifestyle education program for ages 13-17. Price includes 3 fitness assessments (beginning, mid-way and final) with a personal trainer, 2 one-on-one personal training sessions, a 3-day food log with follow-up nutritional counseling, an activity calendar of weekly exercises and a weekly Saturday morning support group meeting and exercise session. A grand prize and raffle drawing prizes awarded at the end.

Price \$80 (must have a Rio Vista pass)

Runs 6/6 – 8/14

Course code # 64632

Fitness Adventure Camp for Youth

A mini-camp filled with physical activity focused on play and fun for ages 8-12! Meets twice a week (Tuesday & Friday from 9-11a) for three weeks (2 sessions available).

Price \$45/res \$50/non-res (do not need a Rio Vista pass)

Session 1 – 6/14 – 7/1

Course code # 64027

Session 2 – 7/12 – 7/29

Course code # 64659

Contact Tracy DeBerge with questions. 623-773-8622
tracy.deberge@peoriaaz.gov

Note: Rio Vista Recreation Center has policies regarding age access. Pass holder area requires an adult in the building for those under the age of 13 and direct supervision or Kids' Corner participation for under age of 9. For complete policies visit www.peoriaaz.gov/riovista or see the front desk staff.

A 16/17 year old may accompany a child into the facility with a signed waiver form. Supervisory requirements will be the same as those required of an adult. (Except on the fitness floor, a 16/17 yr old may not accompany a 13/14 yr old on the fitness floor)

If the child is between 9–12, the responsible 16/17 year old has to be in the building. Under 9 years old, direct supervision is required at all times or the child may be checked into the Kids' Corner.

What is required:

Parents of the child being supervised **must complete a waiver form.**

This form can be picked up at the front desk or online.

Both the child and the 16/17 year old are required to pay RVRC fees.

Rio Vista Recreation Center Summer Activities FOR KIDS!



The Rio Vista Recreation Center will be hosting a number of weekly activities throughout the summer. Most activities are free with the purchase of a pass! Activities with a fee will be noted.



**Rio Vista Recreation Center
8866-A West Thunderbird Rd
Peoria, AZ 85381
(623) 773-8600**



Something for Everyone!...

May 23 - August 8



Mondays:

- ★ **6:00-11:00 am** - Open Badminton
- ★ **4:00-5:00 pm** - Jump Rope Clinic (ages 8-14, Court #2 in the gym)
- ★ **3:30-5:00 pm** - **NEW** Board Game Tournaments!!! (Connect Four, Checkers, or Card Games, etc.)



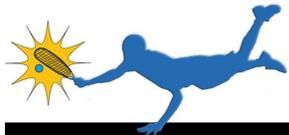
Fridays:

- ★ **2:00-5:00 pm** - Open Teen Volleyball Court #2
- ★ **2:00-5:00 pm** - **NEW** Video Game Tournaments!!!
- ★ **7:30-9:30 pm** - Teen Dodgeball (13-17 yrs olds)



Tuesdays:

- ★ **12:00-2:00 pm** - Pizza Lunch & A Movie on the **BIG SCREEN** in the Lakeview room
\$3.00 for two slices of cheese pizza & a bottle of water
OR bring your own lunch. Register by 11:00 am.
- ★ **3:00 pm** - Movie repeats (no pizza ordered)
- ★ **3:30-5:00 pm** - Racquet Sports (Varies between Badminton, Pickleball and Racquetball)



Saturdays:

- ★ **3:00-4:30 pm** - Red Band Dodgeball (9-12 yrs olds)
- ★ **5:00-10:00 pm** - Open Volleyball Court #2



Ongoing Programs:

The **Off the Couch Fit Club** is a free program for Rio Vista pass holders ages 8-12 years old. Program runs through Dec 1, 2011. Co-Sponsored by: Universal Athletic. An orientation is required before participating in any OTC activities/events. Held every Wednesday night at 7:00 pm.

See the front desk for the schedule of classes.

Open Basketball - Court 1 - all day!

Climbing Wall opens at 2:00 pm Mon.-Fri.

Participate in *Win at the Wall** and win prizes for climbing! *sponsored by Credit Union West.

Junior High Dances (6:30-9:00pm)

Friday June 3, 2011

Friday July 1, 2011

Friday August 5, 2011

(no Teen Dodgeball on dance nights)



Wednesdays:

- ★ **12:00-1:30 pm** - Brown Bag Lunch Series
Teens are invited to join Rio Teen Volunteers for Lunch time seminars. Pre-Register at the Front Desk.
- ★ **3:30-5:00 pm** - **NEW** Table Game Tournaments!!! (Foosball, Ping Pong, etc.)



Thursdays:

- ★ **4:00-5:00 pm** - Wallyball (Racquetball Court #2)