

2023 ACTIVITY GUIDE

HERE'S THE
ULTIMATE WAY TO...

ENJOY
SUMMER

(Hint: it starts now)

INDOOR AND OUTDOOR ACTIVITIES FOR CHILDREN & ADULTS

CARDIO AND WEIGHT TRAINING - PERSONAL AND SMALL GROUP TRAINING - GROUP EXERCISE
YOGA - LAP SWIMMING AND AQUA CLASSES - CHILDREN'S SPORTS & FITNESS ...AND MUCH MORE!

PLUS THESE FAVORITES



Swim Lessons



Tennis



Summer Camp



Pickleball


spare time
sports clubs

RIO DEL ORO
SPORTS CLUB



119 Scripps Drive, Sacramento
916-488-8100 sparetimesportsclubs.com

2023 ACTIVITY GUIDE

Program Key: 🏠 Ages 📅 Program Dates 🕒 Days/Times

Group Exercise

The Club offers about 40 classes per week, with both indoor and outdoor options as well as over 20 live stream virtual classes. Formats include yoga, pilates, strength, aqua, dance, cycle and more. Our classes are lead by expert instructors and designed for all levels.

Yoga Flow

🏠 Adult & Jr. 📅 Ongoing 🕒 Tu, Fr, Sun
Enjoy a seamless flow from one yoga pose to the next, creating a meditative, all-levels practice.

Athletic Performance

🏠 18+ 📅 Ongoing 🕒 Monday & Wednesday 5:30 pm
Athletic drills for cardio, strength, balance, sport specific core and flexibility.

Group Cycle

🏠 18+ 📅 Ongoing 🕒 Mon - Sun (various times)
Both competitive and recreational cyclists will benefit from drills specific to muscular and cardiovascular endurance, speed and more.

Fitness

Our experienced trainers have a variety of backgrounds, specialties, and professionally recognized certifications so you can rely on them to guide and motivate you to a new level of fitness. We offer programs designed for people of all fitness levels.

Teen Sports Conditioning

🏠 13-18 📅 M & W 4:00-5:00 PM; T & Th 5:30-6:30 PM
This class will boost your child's health and fitness translating into great play on the field, court, etc. \$15 drop-in fee.

Personal Training

🏠 Adult & Jr. 📅 Ongoing
Engage the services of a member of the training staff to design, implement and instruct an exercise regime specific to your individual goals

Excel Group Training

🏠 Adult & Jr. 📅 Ongoing M-W-F 5:30 AM; 9:30 AM
Bond with your fellow small group training members and watch each other achieve their fitness goals! \$15 drop-in fee.

Tennis & Pickleball

Whether you are a beginning player or a seasoned competitor, you have come to the right place. Few other sports clubs in the region offer you the court resources necessary to improve your game like us. Plus we have Pickleball too!

Summer Tennis Flex League

🏠 Adults 📅 Starts June 5 🕒 M - Th 9:00 AM - 12:00 PM
Flex scheduling means playing a schedule that you set-up with your opponent that fits your

schedule. This fun format let's you play matches against other Rio del Oro members. You play everyone in your flight once during the 7 week season. This is a great way to meet other Rio del Oro tennis players. Players of all levels are welcome to play.

Wednesday Night Round Robin

🏠 18+ 📅 Ongoing 🕒 Wednesday 6:00 PM
This fun, free social event combines doubles tennis in a social atmosphere. The club provides beverages and snacks. Come out and enjoy one of the great Rio del Oro traditions.

Margarita Mixer Tennis Social

🏠 Adults Only 📅 May 12
This is an annual social doubles tennis event hosted by the tennis committee and the Rio pros.

Summer Jr. Tennis Camp

🏠 7-12 📅 June 12 - Aug 3 🕒 M - Th 9:00AM - 12:00 PM
Rio Tennis camp is a nice combination of kids learning proper technique, scoring, and strategy, with pure fun on the court through games & point play. Levels range from complete beginners to intermediate players. Groups are organized by age and level.

Jr. Team Tennis

🏠 10-18 📅 June 12-Aug 10 🕒 M-Th, 1:30-3:00 PM
Ready to try out some competition? Jr Team tennis is for intermediate players looking to get experience in match play against teams from other clubs in the area. Our practices are designed to fine tune your match play, strategy, and conditioning. It's a great way to get ready for high school tennis.

Pickleball Clinics (Advanced)

🏠 18+ 📅 Ongoing 📅 1st Sunday & 3rd Sunday
Once you've mastered the fundamentals of Pickleball, we'll assist in expanding your technique and skills until you're a force to be reckoned with on the court.

Swimming

A wide range of activities awaits you in the water. Choose from large lap pools for the cardio swimmer, water exercise classes led by a certified instructor, and for your enjoyment, our pools and therapeutic spas are heated year-round.

Master Swim

🏠 18+ 📅 Year Round 🕒 M - F 5:30 AM, 7:30 AM & 6:30 PM; Sat 9:00-10:30 AM
Masters Swimming is a free, organized swim group that practices under the guidance of a qualified coach and is open to adult swimmers of all ages and abilities. The program is designed to improve your overall fitness, your stroke technique, and provides training for swimming competition; all within a welcoming community of like-minded swimmers.

CLUB AMENITIES

- Fitness Center
- Group Exercise Studio
- Group Cycle Studio
- 24 Tennis Courts (19 Lighted Courts)
- 4 Pickleball Courts
- 3 25-yard Lap and Recreation Swimming Pools
- Therapeutic Spa
- Kids' Club (7 - 17 year olds)
- Play Center (6 weeks - 6 year olds)
- Free Towel Service
- Locker Rooms with Steam Rooms
- Poolside Picnic and Recreation Area
- Lighted Fenced Running Track

Aqua Fit Cardio

🏠 18+ 📅 Year Round 🕒 Mon - Fri, Sun, 9:00-10:00 AM
Fun and refreshing workout in the club's heated pool. Increase your range of motion, build endurance and overall strength

STAS Spare Time Aquatics Sharks

🏠 9 - 18 📅 Year Round 🕒 Mon - Fri
USA Swim Year Round Competitive Team. teamunify.com/team/casnsta/page/home

Rio Rapids

🏠 4-18 📅 April 1- July 16; M-F; riorapids.com
Recreational swim team that competes in the NorCal Swim League with 26 teams and 4 conferences. The Rapids are family oriented with many fun events all summer long!

Infant Swim Resources

🏠 6 mos - 6 📅 Spring & Summer 🕒 By Appointment
Infant Swimming Resource is the safest provider of self-rescue swimming lessons for children ages 6 months to 6 years.

Rio Ripples Swim School

🏠 1 - 9 📅 Spring & Summer 🕒 By Appointment
Help your child become water safe and confident with our group and private swim lessons. Our programs are designed to help children learn the correct technique to become lifelong swimmers. We offer swim lessons from babies to adults in the spring and summer. Contact Caitlin Macdougald at caitlinm@sparetimesportsclubs.com.

Youth Programs

Hands down, we offer the area's best health club based youth programs whether its keeping them fit and healthy or providing stellar childcare services.

Kids' Night Out

🏠 6 wks - 12 yo 📅 Third Saturday of each month. 5:00-9:00 PM
Drop your kids off and enjoy the night off while they have a fun night at RIO including food, crafts, activities and more! \$20 1st child, \$15 siblings.

Camp RIO

🏠 5-14 📅 June 19-August 4 🕒 M-F 8:30 AM-5:00 PM
Weekly sessions of day long camps with a different theme each week. Physical education, projects, swimming, and indoor afternoon games occur daily.

Kids' Parties

Let us help make a special day even better! Bounce House, pool usage and other party hallmarks available.