

2021 ACTIVITY GUIDE

YOUR ULTIMATE SOURCE FOR SPRING AND SUMMER PROGRAMS

It's Time To Get Active Again!

Indoor and Outdoor Activities For Children & Adults

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

PLUS THESE FAVORITES



Group Cycle



**Summer Jr.
Tennis Camp**



Pickleball Drop In



Swim Lessons



RIO DEL ORO
SPORTS CLUB

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

*Offer expires April 30, 2021 and is a first visit joining incentive. Requires a one-time \$29 initiation fee. Cannot have been a member in the past 30 days to be eligible. Other restrictions may apply.

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Program Key: 🧑🏿🧑🏻🧑🏼 Ages 📅 Program Dates ☉ Days/Times



Group Exercise

The Club offers about 80 classes per week, including step, resistance, interval, dance, yoga, pilates, and other class formats. From early morning to late evening, there is a class designed for everyone.

Yoga Flow

🧑🏿 Adult & Jr. 📅 Ongoing ☉ Monday - Friday & Sunday
Sequence through yoga poses seamlessly from one to the next. Get your energy flowing.

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.

Fitness First

🧑🏿 Adult & Jr. 📅 Ongoing
Complementary session with club fitness staff providing introduction and demonstration of use of strength and cardio equipment.

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

Small Group Training

🧑🏿 Adult & Jr. 📅 Ongoing
Groups of up to 4 members engaged in workouts based on common fitness goals

Tennis

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 Flex League for Adults

🧑🏿 Adult & Jr. 📅 Starts June 7 ☉ 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.

Summer Jr. Tennis Camp

🧑🏿 7-12 📅 June 21 - Aug 5 ☉ 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

🧑🏿 9 - 15 📅 Starts June 21 ☉ 12 - 2:00 PM
Ready to tryout 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

🧑🏿 18+ 📅 Ongoing 📅 Varies by Program
Join us and play the fastest-growing sport in America. Pickleball is fun and easy-to-learn. Join other players looking to learn the game, or improve their current skill level. We offer beginner instruction and Drop-in and Open play.



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 & 10:00 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 to improve your overall fitness, our stroke technique, train for a swimming competition and more.

Aqua Fit Cardio

🧑🏿 18+ 📅 Year Round ☉ M - F 9:00 AM (Effective 4/5)
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 5:30 AM, 3:30 PM & 5:30 pm
USA Swim Year Round Competitive Team.
www.teamunify.com/team/casnsta/page/home

Group & Private Swim Lessons

🧑🏿 3 - 18 📅 June 7 - August 20
The ability to swim is on the best skills a child can have. It encourages participation in a variety of healthy and enjoyable water activities. Levels range from non-swimmer beginner to those who want to fine tune their techniques.

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 Hannah Sears @ rioswimlessons@gmail.com

Youth Programs

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Fit Camp

🧑🏿 4 - 12 📅 April 5 - 29 ☉ Mon & Wed 3:45 - 4:30 PM
(Ages 7 - 12) 4:30 - 5:15 PM (Ages 4 - 7)
Children learn how to enjoy the world of sports through organized games and activities, etc. fitness questions answered.

Dance Camp

🧑🏿 4 - 12 📅 April 5 - 29 ☉ Tue & Thu 3:45 - 4:30 PM
(Ages 7 - 12) 4:30 - 5:15 PM (Ages 4 - 7)
Children exercise and move to various music genres and learn basic dance routines.

Art Camp

🧑🏿 4 - 12 📅 April 5 - 29 📅 Mon & Wed 3:45 - 4:30 PM
(Ages 7 - 12) 4:30 - 5:15 PM (Ages 4 - 7)
Introduce children to different art mediums and modalities



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
- Two Squash Courts
- Poolside Picnic and Recreation Area
- Lighted Fenced Running Track