

2024 ACTIVITY GUIDE

LET THE
FUN
BEGIN!



PICK FROM AN AMAZING VARIETY OF SPORTS AND FITNESS PROGRAMS FOR EVERYONE IN YOUR FAMILY

Cardio • Weight Training • Personal & Small Group Training • Group Exercise • Yoga • Pilates
Tennis • Pickleball • Aqua Classes • Lap Swimming • Children's Sports & Fitness • Childcare • Parties

PLUS THESE FAVORITES



Swim Lessons



Junior Tennis



Summer Camp



Summer Socials

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

Group Exercise

Yoga Flow

🏠 Adult & Jr. 📅 Ongoing ☉ Weekly, Various Times
Take time for self-care in a welcoming environment to learn and practice yoga. From Gentle Yoga to Yoga Flow, you'll enjoy a guided and complete mind/body experience..

Aqua Fit Cardio

🏠 18+ 📅 Year Round ☉ Mon - Fri, Sun, 9:00-10:00 am
A fun, effective and refreshing workout in Rio's heated pool. Great for getting and staying fit, cross-training, and injury rehab. Appropriate for all levels!

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

Teen Sports Conditioning

🏠 13-18 📅 May - July 📅 Tu/Th 4:00-5:00 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

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 Junior Tennis Camp

🏠 7-14 📅 June 10 - Aug 8 ☉ 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.

Junior Team Tennis

🏠 10-18 📅 June 10-Aug 9 ☉ M-Th, 1:30-3:30 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.

Weekly Pickleball Clinics

🏠 18+ 📅 Ongoing ☉ Tuesday, Thursday and Saturday
All levels welcome to learn the fundamentals of Pickleball in a group setting.

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

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.

Rio Rapids

🏠 4-18 📅 April 1- July 26; 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!

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 Emily Collins at rioswimlessons@spretimesportsclubs.com for more info.

Youth Programs

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 themed night at RIO including food, crafts, activities and more! \$20 1st child, \$15 siblings.

Camp RIO

🏠 5-14 📅 June 10-August 9 ☉ 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. \$275 per week.



Socials

Spring Adult Social

🏠 21+ 📅 May 18 ☉ 6:00-9:00 pm
Tacos, music, tequila tasting.

Rio Family BBQ

🏠 All ages 📅 June 30 ☉ 12:00-4:00 pm
Food, music, family fun.

Kids' Parties

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