

# PROGRAMS & ACTIVITIES

## WINTER 2011-12

### RECREATION CENTERS

#### MEERSCHIEDT RECREATION CENTER

1600 E. Hadley Avenue  
Main (575) 541-2563  
Fax (575) 541-2636

#### Hours of Operation

Mon-Fri: 8 am-9 pm  
Sat: 9 am-5 pm

#### RACQUETBALL COURTS/ PICKLE BALL

Fee: \$2/hr, \$1/racquet

#### WEIGHT ROOM

Ages: 18 & up  
Fee: \$1 per person  
\*No children under the age of 15 are allowed in the weightroom without adult supervision.

#### MESILLA PARK COMMUNITY CENTER

304 W. Bell Avenue  
Main (575) 541-2455  
Fax (575) 541-2458

#### Hours of Operation

Mon-Fri: 8 am-5 pm  
with scheduled evening activities.  
Dates and times for evening activities will be posted.  
Sat: Rentals only  
Sun: Closed

#### Rental Hours and Fees

Mon-Fri: 8 am-7 pm  
Auditorium: \$30/hr  
Classroom: \$15/hr  
Classroom in conjunction with auditorium: \$10/hr  
Sat: 8 am-11 pm  
Auditorium: \$60/hr  
Classroom: \$30/hr  
Classroom in conjunction with auditorium: \$20/hr

*\*City approved professional security guard services must be provided by the renter at a ratio of one guard for every 50 guests. Call for more information on rental policy and procedures.*

#### EAST MESA RECREATION CENTER

5589 Porter Drive  
Main (575) 382-1662

#### BENAVIDEZ COMMUNITY CENTER

1045 McClure Road  
Main (575) 541-5185 Fax (575) 541-5188

#### THERAPEUTIC RECREATION PROGRAM

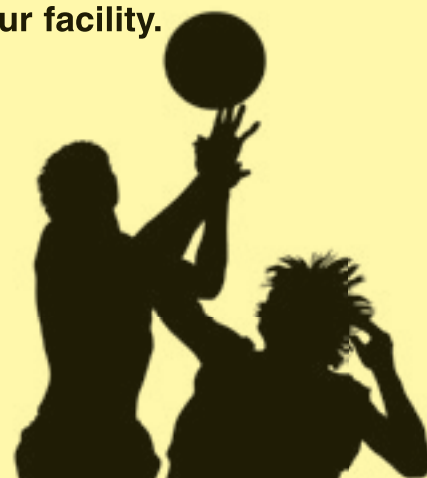
2225 E. Griggs Avenue  
Main (575) 541-5140 TTY (575) 541-2661

**We will offer the following leagues for children and adults this winter!**

MEERSCHIEDT RECREATION CENTER offers a variety of opportunities for all ages and fitness levels. We welcome you and your family to come by and be a part of the action here at our facility.

#### Athletics Program

The purpose of the Parks & Recreation athletic league is to ensure that all children and adults have an opportunity to participate in active play regardless of gender, ability, and economic status. All leagues are governed by fair play and integrity for the game and the individuals participating.



#### YOUTH SPORTSMANSHIP

#### INDOOR SOCCER

- Divisions: Pre-k & k / 1st & 2nd (co-ed)
- Cost: \$35 per player (includes t-shirt)
- Dates: Jan. 21 - Mar. 10, 2012 (eight games)
- Registration: Nov. 21 - Dec. 21, 2011



#### ADULT

#### ADULT BASKETBALL LEAGUE

- Divisions: men's 18 & over, 29 & over, 39 & over, 40 & over, women's 18 & over
- Cost: \$420 per team (10 games + playoff)  
**DEPOSIT OF \$210 DUE AT REGISTRATION**
- Registration: Nov. 21 - Dec. 21, 2011
- Dates: January - March
- Days & times: Monday - Friday, 6 pm-10 pm
- Location: Meerscheidt Recreation Center

#### RACQUETBALL LEAGUE

- Divisions: 18 & over (co-ed)
- Cost: \$12 per player
- Dates: League Jan. 9 - March 2, 2012  
Tournament March 5 - 23, 2012
- Days & times: Monday - Friday, evening hours
- Location: Meerscheidt Recreation Center

#### ADULT CO-ED VOLLEYBALL WINTER LEAGUE

- Divisions: 18 & over (co-ed)
- Cost: \$250 per team (10 games + playoff)  
**DEPOSIT OF \$125 DUE MONDAY, JAN. 9, 2012**
- Registration: Nov. 28, 2011 - Jan. 9, 2011
- League begins: Monday, January 30, 2012
- Dates: January - March
- Location: Meerscheidt Recreation Center



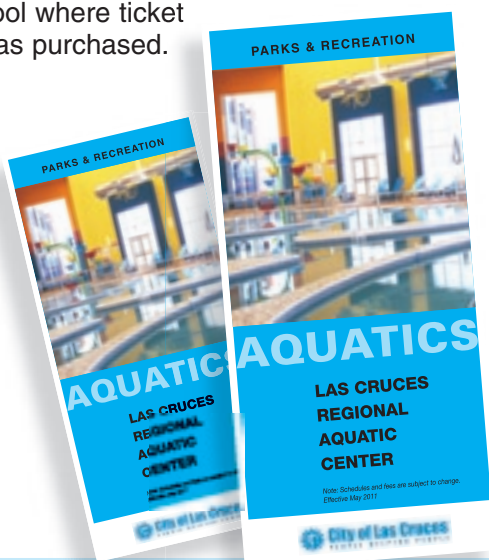
## THE Aquatics Program

is designed for families to come together for wholesome, affordable entertainment. The program provides swimming lessons and water safety awareness classes, which may prevent the loss of life. The program offers many benefits to local youth from developing healthy lifestyles, increasing self-esteem through the development of aquatic skills to employment options for local teens. The social benefits include participating in a sport that is safe for all ages and fitness levels. The Aquatics Program gives individuals an opportunity to spend time with friends and a chance to make new ones.

## Aquatics Advance Admission Ticket Purchase Procedures

Advance admission tickets may be purchased at any of our swimming pool facilities while quantities last.

- Advance admission tickets are good for open swim recreation sessions only.
- Advance admission tickets are available for any session on day purchased, no later than one hour prior to each open swim session's start time.
- Advance admission tickets can be purchased for one session at a time only (am or pm).
- Tickets can be purchased by people 13 years and older with a picture ID.
- Customer may reserve a maximum of five spaces at one time.
- Ticket holders will be allowed admittance to the pool first.
- Ticket holders must be present at designated pool by start of session time or ticket will be void after the first 15 minutes of session; no exceptions.
- There will be no refunds or exchanges made on advance admission tickets; all sales are final.
- Advance admission tickets are not transferrable to other city pools; tickets are only good for admission to the pool where ticket was purchased.



For information on aquatics programs and water fitness class schedule, or to receive a brochure please call

**(575) 541-AQUA or 541-2782.**

## 2011 AQUATICS PROGRAM

### How do I go about reserving a swimming pool for a birthday party or other function?

The Las Cruces Regional Aquatic Center may be reserved by filling out a facility use permit at least seven to 10 working days in advance as long as the rental does not conflict with any program or activity. To reserve, please visit the Parks & Recreation Administrative Office at 1501 E. Hadley Avenue or contact (575) 541-2550.

### LAP SWIM SCHEDULE

## FRENGER SWIMMING POOL SCHEDULE

Now - May 25, 2012 (Summer schedule starts Saturday, May 26, 2012)  
800 Parkview • (575) 523-0362

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	Lap swim 6 - 10 am	Lap swim 6 - 10 am	CLOSED	Lap swim 6 - 10 am	Lap swim 6 - 10 am	CLOSED

**REGULAR LAP SWIMMERS** will need to purchase a punch card for swimming fees from the Las Cruces Regional Aquatic Center, 1401 E. Hadley.

**DROP-IN SWIMMERS** will need to pay exact fee by cash only; no change will be available.

*Hours of operation may be further adjusted based on staffing levels, budget constraints, and/or public demand.*

## REGIONAL AQUATIC CENTER SCHEDULE

Now - May 25, 2012 (Summer schedule starts Saturday, May 26, 2012)  
1401 E. Hadley Ave • (575) 541-AQUA or 541-2782

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open swim sessions 12 - 3:30 p.m. 4 - 7:30 p.m.	CLOSED	9 a.m. - 12 p.m. Classes Lap/exercise  Swim lessons 9 - 10:30 a.m.  Open swim sessions 12 - 3:30 p.m. 5 - 8:30 p.m.  Swim lessons 3:30 - 5 p.m.	9 a.m. - 12:30 pm Classes Lap/exercise  Open swim sessions 1 - 4:30 p.m. 5 - 8:30 p.m.	9 a.m. - 12 p.m. Classes Lap/exercise  Swim lessons 9 - 10:30 a.m.  Open swim sessions 12 - 3:30 p.m. 5 - 8:30 p.m.  Swim lessons 3:30 - 5 p.m.	9 a.m. - 12:30 p.m. Classes Lap/exercise  Open swim sessions 1 - 4:30 p.m. 5 - 8:30 p.m.	Lap/exercise 8 - 11 a.m.  Aqua Zumba 9:30 - 10:15 a.m.  Open swim sessions 12 - 3:30 p.m. 4 - 7:30 p.m.

Swim lessons offered at the regional aquatic center are parent & child, preschool and beginners level 1 & 2.

## AQUATIC FITNESS CLASS SCHEDULE

Want to lap swim, walk either way in our current channel, or work out on your own in the warm water pool?

You could do that here for an hour for only \$2.00. (Only if the area you would like to workout in is not in use by any programmed fitness class.)

Fitness fee: \$2.00 (excluding Super Seniors Class)

Fitness punch card: \$48.00  
30 visits to the facility with no expiration date.

- Aqua shoes are recommended.
- All classes have a capacity limit.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CLOSED	9 - 10 a.m. Aquatic Fitness Warm water pool Instructor: Michael Lambright	9 - 10 a.m. Aquatic Fitness Warm water pool Instructor: Michael Lambright		9 - 10 a.m. Aquatic Fitness Warm water pool Instructor: Michael Lambright	9:30 - 10:30 a.m. Aqua Zumba® Lap lane Instructor: Jody Pino
	10 - 11 a.m. Water Fitness for Non-Swimmers Warm water pool Instructor: Melinda Ostrander -Aviles	10:15 - 11:15 a.m. Aquatic Fitness Warm water pool Instructor: Michael Lambright	10 - 11 a.m. Safe Strength & Gentle Cardio Water Workout Warm water pool Instructor: Melinda Ostrander -Aviles	10:15 - 11:15 a.m. Aquatic Fitness Warm water pool Instructor: Michael Lambright	
	11:30 a.m. - 12:30 p.m. *Super Seniors Water Aerobics Warm water pool Instructor: Melinda Ostrander -Aviles	11:30 a.m. - 12:30 p.m. *Super Seniors Water Aerobics Warm water pool Instructor: Melinda Ostrander -Aviles	11:30 a.m. - 12:30 p.m. *Super Seniors Water Aerobics Warm water pool Instructor: Melinda Ostrander -Aviles	11:30 a.m. - 12:30 p.m. *Super Seniors Water Aerobics Warm water pool Instructor: Melinda Ostrander -Aviles	
	1 - 2 p.m. Relax & Stretch Warm water pool Instructor: Melinda Ostrander -Aviles	1 - 2 p.m. Aqua Fit Warm water pool Instructor: Melinda Ostrander -Aviles		1 - 2 p.m. Aqua Fit Warm water pool Instructor: Melinda Ostrander -Aviles	
	2 - 3 p.m. Aqua Zumba® Lap lane Instructor: Vilma Heard	2 - 3 p.m. Aqua Zumba® Lap lane Instructor: Vilma Heard	2 - 3 p.m. Aqua Zumba® Lap lane Instructor: Vilma Heard		
	5:30 - 6:15 p.m. Aqua Zumba® Lap lane	5:30 - 6:15 p.m. Aqua Zumba® Lap lane	5:30 - 6:15 p.m. Aqua Zumba® Lap lane		

# AFTER SCHOOL PROGRAM



The Afterschool Program is designed to provide an affordable, quality after school program for children during the regular school year.

The program helps children develop their academic, physical, and social skills in a safe and caring environment.

The three major components of the program are education, nutrition, and recreation, with all three given the same importance.

Some of the partners involved in the program are the City museums, library, police department, fire department, Western Heritage Bank, La Piñon, Guzman Karate and our stellar art/music program provided by Wil Wethington.

As part of the nutrition component, the program provides healthy snacks to the participants and discusses healthy food choices to address childhood obesity.

The program is offered at the following schools:

- Alameda Elementary
- Fairacres Elementary
- Conlee Elementary
- Hermosa Heights Elementary
- Highland Elementary
- Monte Vista Elementary

The program runs after school from August thru May (concurrent with the Las Cruces Public Schools calendar) from 2:30 pm – 5:30 pm. The cost of the fall semester is \$288 per participant and \$258 for the spring semester.

With the program's growing popularity, it has become necessary to go to a lottery system to select participants. By doing so, we can afford all families the opportunity to be involved and make participation equitable.

The Afterschool Program has gained recognition as one of the most influential and important programs that the City of Las Cruces provides to our children. Through its professional staff, it delivers a dynamic and fun program!

**For more information call (575) 541-2610.**



## PARKS/BALLFIELD SCHEDULE OF EVENTS (November-December 2011)

**Dog Obedience Club Dog Agility Trial  
ASA Icebreaker Tourney**

**November 25-27  
December 2-4**

**Ron Galla T-Ball  
Harty and Maag Softball**

**All athletic field complexes will be closed from November 28, 2011, thru February 29, 2012 for annual maintenance and rehabilitation.**

## AQUATIC FITNESS CLASS DESCRIPTIONS

### AQUA ZUMBA®

It's a pool party! Aqua Zumba combines high-energy and motivating music with unique movements that allows students to dance away their worries.

### AQUATIC FITNESS

Aquatic Fitness is for beginners to moderates. In addition to cardiovascular endurance, the class provides range of motion/flexibility, strength and weight-bearing exercise and a focus on increasing endurance/stamina. The instructor is certified by the National Arthritis Foundation.

### RELAX & STRETCH

Slow gentle exercises using the warmth and buoyancy of water to relax muscles, improve circulation, flexibility, mobility, coordination, balance, and increase range of motion. All this and fun too. Great for the body, mind and spirit. This is a self-paced class, suitable for non-swimmers. We will be using noodles and other light equipment, as well as the edge and sides of the pool. You will leave feeling both energized and relaxed. Minimum age 16.

### WATER FITNESS FOR THE NON-SWIMMER

This introductory lap pool class is a terrific place to start your water exercise experience. The movements are simple, yet will provide a great overall workout. Learn to use the natural resistance of the water to your advantage. All levels are welcome.

### SUPER SENIORS WATER AEROBICS

Water fitness class for seniors ages 50 and over. (Must be registered through Senior Programs.)

### SAFE STRENGTH AND GENTLE CARDIO WATER WORKOUT

This therapy pool class takes a gentle, low impact approach. Water's natural buoyancy and hydrostatic pressure supports the body in all directions, eliminating stress on joints. Students will work through a variety of exercises to increase overall muscular strength and cardio endurance in a warm and relaxing environment.

### AQUA FIT

This class will start with water walking to warm up the muscles, then move on to self paced aerobic exercises for a cardio workout to increase strength, flexibility and endurance. We will be using noodles and other light equipment, as well as pool sides for stretches and resistance. All muscle groups and joints will get a thorough workout. Come and feel the benefits of improved fitness and health, while finding the perfect balance between energy and relaxation, and above all having fun! Good exercise for the body, mind and spirit!

### CLASS FEE: \$2.00

(excluding Super Seniors Class)

**One hour of lap swim, current channel, and/or warm water pool: \$2.00**

(Available when not in use by any programmed fitness classes or swim lessons.)

**FITNESS PUNCH CARD: \$48.00  
30 visits/no expiration date**

• Aqua shoes are recommended. • All classes have a capacity limit. • Schedule and fees subject to change.



# FITNESS CLASSES

All classes are \$2.00 or a punch card of 30 visits is \$48.00.

**MEERSCHIEDT  
RECREATION CENTER**  
1600 E HADLEY AVENUE  
(575) 541-2563

**AEROBICS**  
Monday, Wednesday,  
and Friday  
8:30 am - 9:30 am

**CORE**  
Monday, Wednesday,  
and Friday  
10:30 am - 11:30 am

**YOGA**  
Tuesday and Thursday  
9:00 am - 10:00 am

**INDOOR CYCLING**  
Monday - Thursday  
5:30 pm - 6:30 pm

**PILATES**  
Tuesday and Thursday  
5:45 pm - 6:45 pm

**ZUMBA**  
Monday-Friday:  
7:00 pm - 8:00 pm

**BENAVIDEZ  
COMMUNITY CENTER**  
1045 MCCLURE (575) 541-5185  
**ZUMBA**  
Monday and Wednesday  
6:00 pm - 7:00 pm

## RECREATION FACILITY AGE LIMITS

*It is recommended that all children under the age of 18 be under the direct supervision of an adult 18 or older, however Parks & Recreation shall use the information below as a guide for regular open hours at all facilities (pool rules differ):*

- 1. Ages one to seven.** Allowed admittance to the facilities (recreation/community) centers under direct supervision of an adult 18 or older, but never allowed in the weight room or group fitness classes. This age group must be accompanied by an adult at all times.
- 2. Ages eight to 11.** Must be accompanied by an adult 18 or older in the facilities. This age group is not allowed in the weight room or group fitness classes. Allowed use of the racquetball courts with an adult 18 or older.
- 3. Ages 12-14.** This age group will be allowed access to most areas of the facilities without an adult, except for the weight room (some group fitness classes, but not spinning). They will also be allowed use of the racquetball courts without an adult.
- 4. Ages 15-17.** This age group may participate in all group fitness classes and will be permitted in the weight room (parent/legal guardian must sign a waiver) only under the direct supervision of an adult 18 or older.
- 5. Ages 18 and over.** This age group will be allowed full access to facilities.
- 6. In swimming pool facilities children ages eight and under must be accompanied by an adult in the water unless child has passed a designated swim test.**

### THE THERAPEUTIC RECREATION PROGRAM

assists adults and youth with and without disabilities in using their leisure time to enhance their physical, social, emotional, intellectual, and artistic abilities. The program provides a wide variety of programs throughout the community.

**FOR INFORMATION ON  
REGISTRATION, OR  
TO RECEIVE A FREE  
MONTHLY CALENDAR  
OR BROCHURE,  
PLEASE CALL  
(575) 541-5140**

(please check the monthly calendar for schedule of events, times, dates and venues).

## PARK RENTALS

**Sixty plus parks, located throughout Las Cruces, are available for public use for your next picnic, birthday party, or other type of get-together. Some parks offer a large fixed picnic shelter, while others offer scattered barbeque grills and picnic tables.**

### How do I go about reserving a portion of a park for a birthday party or other private activity?

A portion of a park may be reserved for exclusive use by filling out a facility use permit at the Parks & Recreation Administrative Office at least seven to 10 working days prior to the function.

Please visit the Parks & Recreation Administrative Office at 1501 E. Hadley Avenue or call (575) 541-2554.

### PARKS & RECREATION ADMINISTRATION (575) 541-2550

MARK JOHNSTON  
Parks & Recreation  
Director

RUDY TREVINO  
Athletics/Special Events  
Parks District Manager

AGUSTIN PAZ  
Turf and Mow  
Parks District Manager

RAY RETA  
Right of Way/Construction  
Parks District Manager

JAKE GUTIERREZ  
Athletics/Meerscheidt  
Recreation Manager

CLAUDIA CHAVEZ  
Aquatics Recreation  
Manager

PHIL CATANACH  
Recreation Programs  
Manager