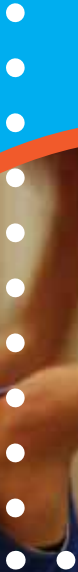


The Rogers

Activity Center



Activity Guide / January 2010

Rogers Activity Center

Where The Community Has Fun!

RAC Amenities

- Two Full Court Gymnasiums
- Indoor Soccer Gym
- Indoor Walking Track
- Locker Rooms with Showers
- Aerobics/Yoga Studio
- Cardio/Strength Training Suite
- Free Weights
- XeR Station
- Kid Care Room
- Meeting Rooms
- Dining/Kitchen Facilities
- TWO NEW ELLIPTICALS
- CYCLING CLASSES

Rogers Activity Center Staff works very hard to develop and provide quality recreational programs and facilities that are available, accessible, and affordable for all. Please feel free to contact us with any suggestions or comments you may have.

Coleta Paris, Director – Rogers Community School Recreation Association
cparis@rogersark.org 479-631-0336 x 434

Cathy Benich, Assistant Director – Rogers Community School Recreation Association
cbenich@rogersark.org 479-631-0336 x 449

Rick Stocker, Director – City of Rogers, Parks Department
rstocker@rogersark.org 479-631-0336 x 435

Healthy / Active / Positive / Powerful / You

Registration Information

You may purchase a membership or register for most of our programs the following ways:

- Come by the Rogers Activity Center during regular business hours.
- Register online at www.rogersarkansas.com/parks
(Excludes Summer Day Camp, After School, and Adult Sports)

REFUND/LATE FEE POLICY

***The RAC has a No Refund, No Transfer Policy!!**

***Effective July 1, 2009 – We will assess a \$5 late fee to anyone who registers after the advertised registration deadline!!**

ANNUAL MEMBERSHIP FEES

Youth Membership	\$20
Adult Membership	\$40
Family Membership (2 adults and 4 children)	\$80

HOURS

Monday - Friday	6 a.m. – 9 p.m.
Saturday	8 a.m. – 6 p.m.
Sunday	1 p.m. – 5 p.m.

The New & Improved Fitness Frenzy

This is the time – achieve your fitness goals by participating in the **NEW** and **IMPROVED** fitness frenzy!



Participants have the option to partake in challenging aerobics, yoga, strength training classes, and/or ZUMBA classes. **NOT TO MENTION, we will be offering Cycling Classes!**

NEW YEAR'S SPECIAL – Join the fitness frenzy movement from January 2 – February 15 for an ANNUAL FEE of \$200! A yearly savings of \$70!

Not ready to make that commitment? Fitness frenzy will also be offered every two months for \$45. (RAC Membership Required)

Yoga



NEW!
Cycling Class!



Check out the Fitness **Frenzy** schedule at www.rogersarkansas.com/parks

Six week sessions begin:
January 4, February 15, March 29

Fit Tots

Games, music, child-to-child interaction and great parent-to-child bonding make this class unique! This class helps toddlers ages 1 – 3 build fundamental motor skills and fosters interaction between child and adult.

Class Time: Wednesdays 10:00 – 10:30 a.m

Fee: \$25 per six week session (RAC Membership Required)

Pre-Tumbling

Children age 3-5 also have the opportunity to begin learning basic tumbling skills in a fun class on their own.

Class Time: Wednesdays 10:30 – 11:00 a.m

Fee: \$25 per six week session (RAC Membership Required)

Tumbling

Children enrolled in this class will learn various fun stunts and tumbling skills. This class involves activities that help build strength and flexibility, as well as self confidence. Tumbling is an inexpensive, music-filled experience geared to teach basic gymnastics skills. This program is open for boys and girls ages 4-12.

Class Times:

Level 1 (Ages 4-6)	Mondays 3:30 – 4:10 p.m.
Level 1 (Ages 7-12)	Mondays 4:10 – 4:50 p.m.
Level 2 (Ages 7-12)	Mondays 4:50 – 5:30 p.m.
Level 3 (Teacher approved)	Mondays 5:30 – 6:10 p.m.

Fee: \$35 per six week session (RAC Membership Required)

Hula Hooping Class

HULA-FUN for all ages! This class is not only fun, it is a great way to strengthen your core, free your mind, and you will feel a sense of accomplishment when you begin to create your own combinations. You will soon be moving the hoop from the waist, hips, shoulders, arms and legs! Each participant will receive a hula hoop that is personalized just to their size and liking.

Class Time: Wednesdays 3:30 – 4:30 p.m.

Fee: \$40 per six week session (RAC Membership Required)

Six week sessions begin:
January 4, February 15, March 29



Adult Belly Dancing

Tone your mid-section and have a blast in our belly dancing class! This one hour class is sure to tighten up the abdominal muscles and core section of the body while increasing cardiovascular endurance. This fun and exciting class is for all levels.

Class Time: Thursdays 6:30 – 7:30 p.m.

Fee: \$45 every two months (RAC Membership Required)

Beginning tennis classes introduce all of the basic tennis strokes using QuickStart junior racquets, lower nets, foam tennis balls, and shorter courts. As the participants move up, the classes progress with the child's development. Advanced beginner and intermediate classes also teach scoring and introduce match play, with an emphasis on serving. Tennis shoes and socks are required. No jeans, shorts with pockets preferred. For more detailed class descriptions, please visit the website at www.rogersarkansas.com/parks.

Winter Indoor Session runs January 11 – February 20

Location: The RAC

Spring Outdoor Session runs March 8 – April 17 with rain make-ups April 19 - May 1 on the same day/time

Location: Northwest Park (1001 North 13th St.)



JUNIOR CLASSES

Beginners 6-8 years:

Winter Indoor	Wednesdays	4:00 – 4:50 p.m.
Spring	Mondays	4:00 – 4:50 p.m.
	Saturdays	9:00 – 9:50 a.m.

Beginner 8-10 years:

Winter Indoor	Wednesdays	5:00 – 5:50 p.m.
Spring	Tuesdays	5:00 – 5:50 p.m.
	Wednesdays	5:00 – 5:50 p.m.

Fee for above classes: \$50, includes a new junior racquet; \$40 for repeat registrants (RAC Membership Required)

JUNIOR CLASSES (cont.)

Advanced Beginners 7-11 years:

Spring	Wednesdays	6:00 – 7:00 p.m.
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Middle School Beginners 10-12 years

Winter Indoor	Tuesdays	4:00 – 5:00 p.m.
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Spring	Mondays	5:00 – 6:00 p.m.
	Wednesdays	4:00 – 5:00 p.m.
	Saturdays	10:00 – 11:00 a.m.

Middle School Intermediate (10 - 12 Years)

Spring	Tuesdays	6:00 – 7:00 p.m.
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Teenage Beginner

Winter Indoor	Tuesdays	5:00 – 6:00 p.m.
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Spring	Wednesdays	6:00 – 7:00 p.m.
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Fee for above classes: \$40, Must provide your own racquet (RAC Membership Required)

ADULT TENNIS CLASSES

Ladies Adult Beginner

Spring	Saturdays 11:00 a.m. – 12:00 p.m.
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Ladies Adult Intermediate

Spring	Saturdays 11:00 a.m. – 12:00 p.m.
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Fee for above classes: \$40, Must provide your own racquet (RAC Membership Required)

H.A.P.P.Y. KIDS

AFTER SCHOOL PROGRAM

Enroll your child to participate in our after school program! Children will enjoy their time after school playing with friends, engaging in various activities, working on homework and staying active!

This program is everyday after school from 2:45 – 6:00 p.m. An afternoon snack will be provided. Children from Northside Elementary School will be walked over to the Rogers Activity Center. If a child from any other school wants to participate, they are responsible for finding transportation to the RAC.

Session 2: January 4 – end of school

**Fee: \$25 per week per child
(RAC Membership Required)**

**Must register for the entire session. Payments must be made every week on Monday.*

SCHOOL'S OUT DAY CAMP

The RAC is the place to be when school is not in session! We offer structured fun activities for children in grades K-7th including field trips, arts and crafts, games, and more! Participants need to bring a sack lunch, however, two daily snacks are provided. Hours for the program are 7:30 a.m. - 5:30 p.m. Registration for this program needs to be done prior to the day you plan for your child to attend. The program tends to fill up, so register early to ensure your spot!

2010 Dates: January 18, February 15, March 22-26, 29

Fee: \$15 per day (RAC Membership Required)



The RAC is pleased to offer free childcare while parents enjoy a workout or the facility amenities! Children are cared for by trained staff. The program is made available to members at no additional charge. (Parents must remain in the building.)

Hours:

Monday – Friday 8:00 a.m. – 11:00 a.m.
Monday – Thursday 5:00 p.m. – 8:00 p.m.



THE FUTURE of FITNESS GAMING!

XeR Station is a cutting edge fitness zone that uses games such as the Wii Fit and Dance Dance Revolution to provide kids the opportunity to have fun while exercising! This popular gaming room includes: Wii Fit; Xavix Interactive Game System; Play Station 2 Eye Toy, and Dance Dance Revolution; and a Nintendo Wii with a full arsenal of games. If you are also looking for recreational games, come try Sport Wall, Table Tennis, or enjoy a game of pool. No matter what you are looking for, you can be sure you will have a great time in XeR Station, while reaping the healthy benefits of exercise! XeR Station is also available for birthday parties or group events. Contact Cathy Benich at 631-0336 x 449 or cbenich@rogersark.org for more information.

XeR Station Hours:

Monday – Friday 3:00 p.m. – 7:00 p.m.
Saturday 10:00 a.m. – 3:00 p.m.
Sunday 1:00 p.m. – 5:00 p.m.

Basketball

Program Director: Lena Sneary | Email: lsneary@rogersark.org

LIL' HOOPSTERS

REGISTRATION DEADLINE: Call for openings!

This FUNdamental program is for children in K-1st grade to begin learning the basic skills of basketball to help them succeed once they are old enough to play in the league. This class is taught by experienced coaches. All Lil' Hoopsters will receive a t-shirt and a basketball. This five week program is held on Saturday mornings at the Rogers Activity Center beginning January 9th.

Session 1 9:00 – 10:00 a.m.
 Session 2 10:15 – 11:15 a.m.

Fee: \$40 (RAC Membership Required)

Soccer

Program Director: Cesar Aguilar | Email: caguilar@rogersark.org

Lil' Kicksters

REGISTRATION DEADLINE: March 19

Boys and girls ages 4-5 have the opportunity to enroll in this fun skill development program. Instructional classes taught by experienced coaches will be held on Saturday mornings beginning April 3 and ending May 1 from 9 a.m. – 10 a.m. at Veterans Park. Participants will receive a t-shirt and a soccer ball.

Fee: \$35 (RAC Membership Required)



Youth Soccer (U6 – U11)

REGISTRATION DEADLINE: February 15

SCORE with our fun, recreational sports league that focuses on skill development and player participation! Children age 5 through fifth grade can participate in this program. Practices are set to begin the beginning of March, with games beginning April 3. Each team will play one or two games per week, with a total of eight games for the season. U-9 and U-11 leagues will also be offered an end-of-season, single-elimination tournament. Remember that if you played in the fall, you will need to register again for the spring by the deadline to guarantee you will be placed back on the same team.

Fee: \$40 (RAC Membership Required)



Middle School Soccer

REGISTRATION DEADLINE: February 15

Exciting changes have been approved! Middle school soccer participants will now be offered more practice time, more games, the best trained and qualified volunteer coaches we can secure, and the opportunity to experience tournament-level play. The Rogers Public School coaches will be working very closely with RAC program administrators and volunteer coaches to ensure that participants receive direction that will prepare them to pursue interscholastic play, while still providing a fun, stress-free experience. Sign up TODAY!

Fee: \$50 (RAC Membership Required)

Softball

Program Director: Lena Sneary | Email: lsneary@rogersark.org

Softball

REGISTRATION DEADLINE: March 21

"Softball....There isn't anything soft about it!" Attention girls in grades K-12th! Don't miss out on this fun recreational league that focuses on developing skills needed to succeed at this awesome sport. Practices are scheduled to begin the week of April 5 and games will begin the week of May 10. The season will conclude with an end-of-season, single-elimination tournament for machine pitch league and older.

The following divisions are offered:

T-ball (K and 1st Grade)

Machine Pitch (2nd and 3rd Grade)

10 & Under Fast Pitch (Born in 1999 or 2000)

12 & Under Fast Pitch (Born in 1997 or 1998)

14 & Under Fast Pitch (Born in 1995 or 1996)

16 & Under Fast Pitch (Born in 1993 or 1994)

18 & Under Fast Pitch (Born in 1991 or 1992)

**Fee: K-1st Grade - \$40 (RAC Membership Required)
2nd Grade and up - \$50 (RAC Membership Required)**



Adult Sports

Program Director: Joe D'Amico | Email: jdamico@rogersark.org

Basketball

REGISTRATION DEADLINE: January 6

HOOP IT UP this winter! Enroll your team in our exciting basketball league. Each team will typically play two games a week for a total of 14-16 games. The following leagues are offered: Men 6' and Under or Men Church.

Fee: \$500

Co-Ed Volleyball

REGISTRATION DEADLINE: January 6

SET IT UP AND SPIKE IT DOWN with your teammates in this fun co-ed volleyball league. Each team will typically play a double-header one night a week. Teams will receive 14-16 games along with a post-season double-elimination tournament.

Fee: \$280

Softball

REGISTRATION DEADLINE: March 31

Grab your friends, co-workers, or fellow church members and form a team to play in our summer adult softball league. Each team will typically play a double-header one night a week. Teams will receive 18-21 games with the exception of women's church and coed, who will receive 14-16 games.

**Fee: Men Open and Men Industrial - \$570
Men Church and Women Open - \$425
Women Church and Coed - \$380**

Rogers Community School Recreation Association

315 West Olive St.
Rogers, AR 72756

tel: (479) 631-0336

Fax: (479) 621-1159

email: cbenich@rogersark.org

